

AIRPORTS

Shaping Up!

63 Airports employees complete the department's first Wellness Fitness Program.



Some of those who completed Airports' first Wellness Program, enjoying Dockweiler Beach in Playa del Rey.

Story and photo courtesy Sgt. Karla Ortiz, Airport Police

The first Wellness Fitness Program facilitated by Airport Police Training and Recruitment Officer Cipriano Montes, sponsored by Los Angeles World Airports Risk Management, Human Resources and Airport Police divisions, has concluded. Airports employees from all divisions were given the opportunity to participate in a wellness program that focused on enhancing personal health to improve workplace productivity. The first group of employees participating in the program sweated through their last workout at Dockweiler Beach in Playa del Rey on May 29.

The Wellness Fitness Program was inspired and initiated by Officer Montes and approved by his supervisor, Sgt. Daniel Romo. Airport Police Chief Patrick Gannon, who participates in the program, said, "Like many people, I know the advantages of regular exercise and proper eating habits. However, I have spent a lifetime being inconsistent in practicing what I know to be true." He added, "Since becoming LAWA police chief, I have taken advantage of our wellness program, and I am motivated about taking care of myself to the best of my ability. I would encourage everyone at LAWA to do the same and to take advantage of this great program."

Risk Management and Human Resources approvals were critical and necessary. Airports Nurse Teresa Acuna recommended necessary measures to ensure the safest and healthiest

program available for Airports employees. Human Resources Director Paula Adams said, "When Airport Police Officer Montes shared his vision for a wellness program, it was very natural and easy to lend HR's full support."

"The benefit of having a healthy LAWA workforce is the potential increased productivity and reduction in sick time. We have had significant positive feedback from employees enrolled in the LAWA Wellness Fitness Program."

The program began with a one-week orientation, which includes nutritional education, exercise techniques to prevent or reduce injuries and a voluntary submission to get a health checkup for weight, cholesterol, blood pressure, and blood sugar levels.

The next six weeks covered physical training in two weekly 50-minute sessions conducted by Officer Montes. He held six sessions a week providing training both in the mornings and evenings to accommodate the nearly 100 participants in the first set of workout sessions.

At the end of the six weeks, the participants went through a final evaluation to determine progress and receive a certificate of completion. After a two-week break, the participants submitted their names again to start another six-week program.

All Airports employees are encouraged to participate. The next LAWA Wellness Program began June 17. All training is conducted at the new Airport Police Training Facility at 5520 Arbor Vitae, Los Angeles.

Congratulations to the following Airports employees who completed the wellness program:

- | | | |
|---------------------|-------------------|----------------------|
| Monique F. Atkinson | Erick Bell | Chandra Flemister |
| Stacey Nelson | Erika Carrillo | April Clark |
| Darlene Fuller | Joyce Huffman | Latisha Swader |
| Janon Smith | Cynthia Alexander | Andre M. Coney |
| Sasheen Cooper | Vanessa Guzman | Cheryl Moore |
| Frank Koehler | Korey Holmes | Ana Lopez |
| Kelvin Jones | Eileen Reed | Aprile Benjamin |
| Terrell Hayward | Sylvia Allen | Charlene Waters |
| Roderick Merrick | Laura Chittum | Juan Francisco |
| Jose Bejar | Vyione Wells | Latoya Martin |
| Juan C. Rodriguez | Tammie Crayon | Anastasia Williams |
| Sharon Sauls | Roslyn Orellana | Gayle Hoeven |
| Beverly Ugalde | Tracy Bradley | Maria Iniguez |
| Teresa Acuna | Lisa Benmoin | Danielle Jennings |
| Andrea Bers | Debbie Mingo | Stephan Goff |
| Dawn Davis | Shirnee Cross | Monica Bickerstaff |
| Donna Erie | Nikia Thomas | Latricia Jones |
| Gloria Shaw | Rosa Brice | Sophia Mackey-Carzan |
| Cynthia Hemsley | Sharlene Gonzalez | Eric Strauch |
| Therese Sweeney | Lisa Fondjo | Ericka Holliday |
| Lidia Vaiz | Inez Wade | Adela Lopez |



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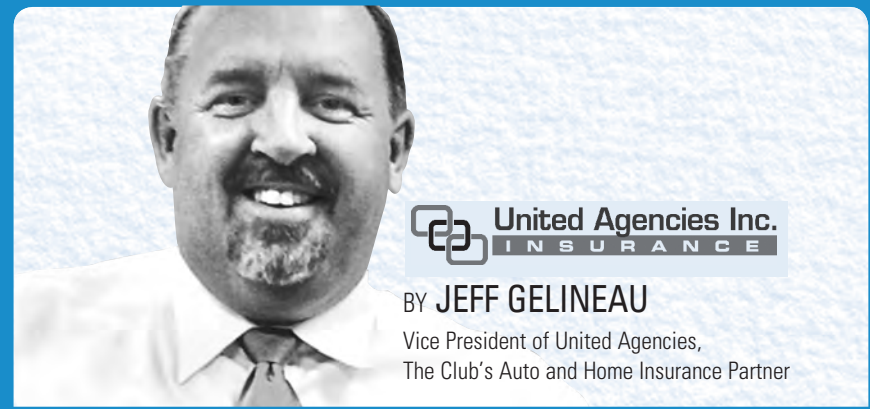
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INSURANCE

BY **JEFF GELINEAU**
Vice President of United Agencies,
The Club's Auto and Home Insurance Partner

What Affects Car Insurance Rates?

We are often asked by people why they pay so much more for car insurance than their neighbor. It seems strange that two people living in the same neighborhood would have such a wide variation in cost.

Many factors affect your premium. Not all companies use all of these factors, and some might use additional factors not listed here. Your premium may depend on some of the following seven items:

1. Your driving record.

The better your record, the lower your premium. If you have had accidents or serious traffic violations, it is likely you will pay more than if you have a clean driving record. You may also pay more if you are a new driver and have not been insured for a number of years.

2. How much you use your car.

The more miles you drive, the more chance for accidents. If you drive your car for work, or drive it a long distance to work, you will pay more. If you drive only occasionally – what some companies call "pleasure use" – you will pay less.

3. Where your car is parked and where you live.

Where you live and where the car is parked can affect the cost of your insurance. Generally, due to higher rates of vandalism, theft and accidents, urban drivers pay a higher auto insurance price than those in small towns or rural areas. Some areas are also prone to more lawsuits, higher medical care and car repair costs.

4. Your age.

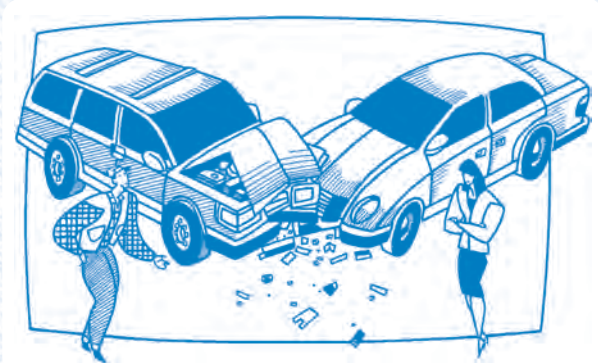
In general, mature drivers have fewer accidents than less-experienced drivers, particularly teenagers. So insurance companies generally charge more if teenagers or young people below age 25 drive your car.

5. Your gender.

As a group, women tend to get into fewer accidents, have fewer driver-under-the-influence accidents and, most importantly, less serious accidents than men. So, all other things being equal, women generally pay less for auto insurance than men. Of course, over time individual driving history for both men and women will have a greater impact on what they pay for auto insurance.

6. The car you drive.

Some cars cost more to insure than others. Variables include the likelihood of theft, the cost of the car, the cost of repairs, and the overall safety record of the car. Engine sizes, even among the same makes and models, can also impact insurance premiums. Cars with high quality safety equipment might qualify for premium discounts.



7. The type and amount of coverage.

In virtually every state, by law you must buy a minimum amount of liability insurance. Buying higher limits will cost more, but not proportionately more. So twice the minimum liability coverage will not double the premium. If you have a new or recent model of car, you likely will also buy Comprehensive and Collision coverage, which pays if you are responsible for damage to your car. Comprehensive and Collision coverages are subject to deductibles; the higher the deductible, the lower your auto insurance premium.

Be safe and have fun!

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