

Engineering News Record adjustment index for wastewater rates for residential, commercial, and industrial customers.

D. Comments by the Public on Non-Aaenda Items

THE TIME ALLOWED PER NON-AGENDA ITEM FOR COMMENTS MADE BY THE PUBLIC IS LIMITED TO FIVE MINUTES.

The City Council cannot deliberate or take any action on a non-agenda item unless there is factual evidence presented to the City Council indicating that the subject brought up by the public does fall into one of the exceptions under Government Code Section 54954.2 in that (a) there is an emergency situation, or (b) the need to take action on the item arose subsequent to the agenda's being posted.

Unless the City Council is presented with this factual evidence, the City Council will refer the matter for review and placement on a future City Council agenda.



Robin Boriack and her daughters, Tina and Elizabeth, invited Council and the public to participate in the Challenge Failure race event to be held on April 21 at 1310 Thurman Street in Lodi. The event will raise funds for heart failure research and education. Last year's event drew 300 participants and raised \$20,000.

Mayor Mounce applauded Ms. Boriack, who lost her husband two years ago to the disease, for her efforts and stated she would attend the event and welcome participants.

Council Member Johnson commended Ms. Boriack for coordinating this event, including personally fronting the costs associated with the event so that 100 percent of the money raised goes toward this worthy cause.

E. Comments by the City Council Members on Non-Agenda Items

Council Member Hansen commended the Tokay High School students who recently won the regional Science Bowl and will be continuing on to compete in Washington D.C. Further, Council Member Hansen questioned if the mistletoe in the trees along Church Street will be removed and what the plan is for the marked trees along that street.

Public Works Director Wally Sandelin responded that a majority of the Modesto Ash trees will be removed eventually because their age has made them prone to disease and mistletoe and there is no way to save them. The trees will not be removed all at once, they will be replaced, and there is no plan to remove the mistletoe on those trees in the interim.

F. Comments by the City Manager on Non-Aaenda Items

City Manager Bartlam wished Mayor Pro Tempore Nakanishi a happy birthday.

G. Public Hearings

G-1 Public Hearing to Approve the Draft 2012/13 Annual Action Plan for the Community Development Block Grant Program (CD)

Notice thereof having been published according to law, an affidavit of which publication is on file in the office of the City Clerk, Mayor Mounce called for the public hearing to consider approving the Draft 2012/13 Annual Action Plan for the Community Development Block Grant (CDBG) Program.

City Manager Bartlam briefly introduced the subject matter of the Draft 2012/13 Action Plan for the CDBG Program.

# CHALLENGE FAILURE

race for

heart failure research

**APRIL 21ST, 2012**

**RACE FOR HEART FAILURE**

**RESEARCH 5K AND 10K**

**WALK/RUN**

**9:00 AM TO 12:00 PM**

**RACE BEGINS AT SCIENTIFIC SPECIALTIES**

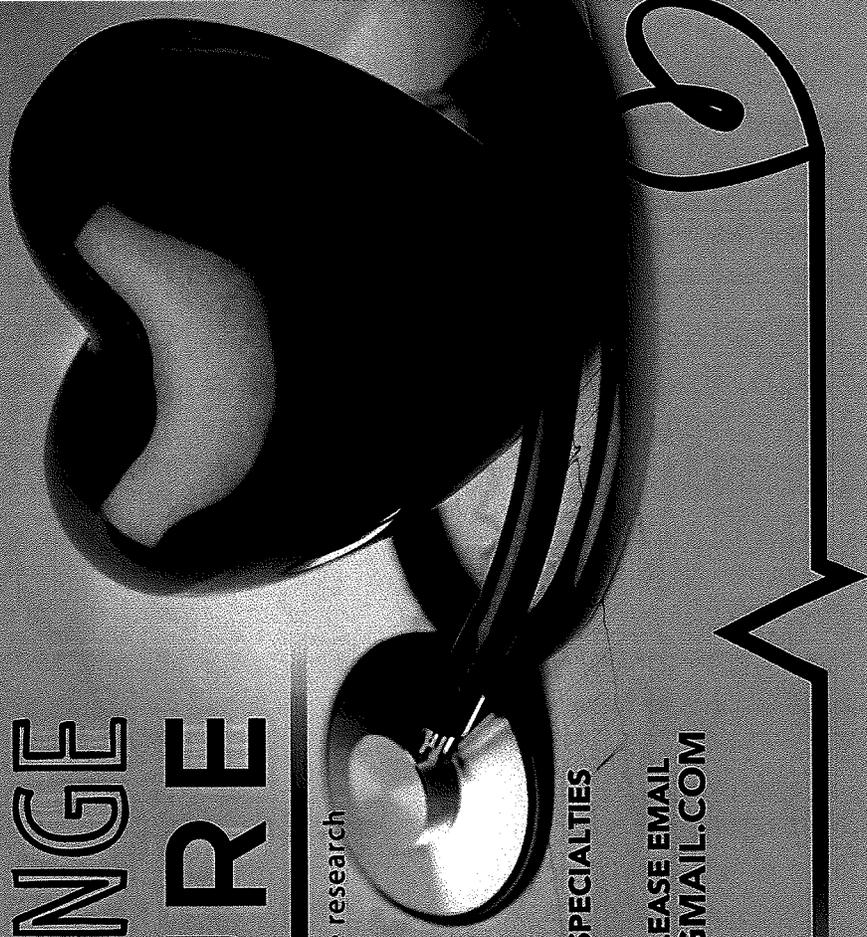
**AT 1310 THURMAN ST, LODI**

**FOR MORE INFORMATION, PLEASE EMAIL**

**CHALLENGEFAILURE@GMAIL.COM**

**OR REGISTER ONLINE AT:**

**ACTIVE.COM**



# HEART MATTERS

SFVAMC Cardiac Research

December 2011

## Message from Robin Boriack and Robin Morjikian

The year 2011 has been an important one for the collaboration between the Boriack Family and NCIRE – The Veterans Health Research Institute. First, the inaugural Challenge Failure 5K / 10K Race was held in Lodi on March 26th to great success. Thank you to all of our runners, walkers, and event champions; our event host, Scientific Specialties, and our corporate sponsors. With your help, we raised close to \$20,000 for heart failure research at the San Francisco VA Medical Center.

This accomplishment has significance and meaning because it was done by many of you to honor the memory of Marc Boriack, US Army Veteran – but it also supports research that benefits America's Veterans and Armed Services members everywhere.

So, welcome to the first issue of our semi-annual newsletter, in which we are pleased to profile John Teerlink, MD, director of the SFVAMC Heart Failure Program. We also invite you to read Part I of a conversation between **Ms. Emily Boriack** and Dr. Teerlink that took place this October in San Francisco. As many of you know, Emily, who is Marc and Robin's daughter, is a student in the Physician Assistant program at the University of California, Davis.

With your dedication and support, Challenge Failure and NCIRE will continue to build upon our collective strengths and lead the effort to better serve the cardiac health of Veterans today and tomorrow. We hope you will join us in Lodi for the 2nd annual Challenge Failure Race on Saturday, April 21, 2012.

Warm regards,

**Robin Boriack**  
*Founder, Challenge Failure*

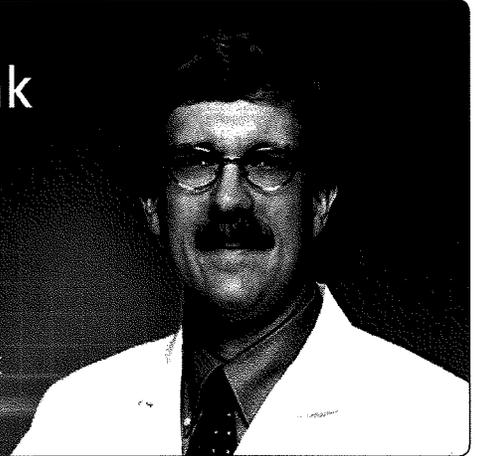
**Robin Morjikian**  
*Director of Development, NCIRE*

To learn more please visit [www.ncire.org](http://www.ncire.org)

NCIRE is a California non-profit 501 (c) 3 corporation

## Dr. John Teerlink Explains Heart Failure

A conversation with Emily Boriack



## WHAT IS heart failure?

Very simply, heart failure is a condition in which the heart is not able to pump enough blood under normal pressures. In some cases, it cannot fill up with enough blood to pump out to the rest of the body, and in other cases, it's too weak to pump that blood efficiently. Heart failure is a chronic, progressive disease that affects about six million people in the United States, and results in about 300,000 deaths each year.

## WHAT PROBLEMS are associated with heart failure?

Heart failure is not merely a disease of the heart, but of the blood vessels, kidneys, lungs, and muscles. The entire body is not getting the normal blood supply that it requires, and it has to adapt to that state. The good news, in a sense, is that our bodies are evolved to do so. When we go into shock due to trauma, with a great deal of blood loss, the body closes down blood vessels to make the remaining blood go further. The heart rate increases and blood flow to muscles and non-vital organs decreases. For example, in the case of a car accident, those processes help us survive. But they are designed to be turned on for a day or two, maybe a week at the most. In heart failure, they're turned on for years to decades. And they have detrimental effects. So a lot of our therapies are geared toward resetting those processes and getting them back to normal.

## WHAT ARE some common causes of heart failure?

Today, the main cause is coronary artery disease, which reduces blood flow to the heart muscle and can cause heart attacks – myocardial infarctions – which can result in decreased left ventricular function, leading to heart failure. Hypertension is also a leading cause, along with diabetes, heart valve disease, and various toxins. Chronic alcoholism can lead to heart failure, as can methamphetamine use. Then there are a whole group of patients for whom we just don't know the cause. We believe many of those cases to be the result of viruses and poorly understood genetic factors.

*(continued on back)*



## Heart Failure Research Milestones at SFVAMC

Physician/researchers at San Francisco VA Medical Center have made a number of significant advances in the treatment of heart failure, including:

- Pioneered use of ACE inhibitors (hypertension drugs) for treatment of heart failure
- Demonstrated that beta blockers, used to treat heart failure, given at surgery reduced risk of post-operative death in heart disease patients
- Demonstrated that reminders attached to echocardiography reports increased medication use among heart failure patients
- Defined the role of anti-clotting therapies in patients with heart failure who have normal heartbeat
- Demonstrated potential effectiveness of omecamtiv mecarbil, a new medication for heart failure that makes heart muscles contract for longer (rather than making the heart beat faster), thereby increasing volume of blood pumped with each beat

(continued from page one)

## WHAT ARE the risk factors for heart failure?

Heart failure is the final common pathway for all cardiovascular disease. So the answer is, anything that can hurt the heart. This includes hypertension and all of the known risk factors for heart disease such as smoking, drinking, bad dietary choices, being overweight, and not exercising. On the other hand, the more good lifestyle factors you have – no smoking, no or very light drinking, whole grains, fruits and vegetables, exercise, good weight, lean body mass – the less likely you are to develop heart disease.

## WHAT IS the life expectancy of someone with heart failure?

That depends. Heart failure is more deadly, and has more of an impact on people's lives, than any other disease in contemporary society, including cancer. However, in some clinical trials, the annual mortality is as low as 6 to 8 percent. So there have been some dramatic advances, which have been made possible by the clinical research we do here at the VA and which is done around the world.

## WHAT ARE some common misconceptions about heart failure?

First, that it goes away when the symptoms go away. It's hard for patients who have been treated, and who feel so much better, to remember that they have a chronic disease that can debilitate them at any time. So they need to stay very vigilant in terms of lifestyle changes they have made, particularly diet and exercise. Speaking of which, contrary to what we used to tell patients, it's actually very good for them to exercise, as long as they listen to their bodies and don't overextend. Another misconception is that patients are so debilitated that they can't do any activities, including sexual activity. In reality, those kinds of activities are not only OK, but good for them, and they should pursue them actively if they can.

## WHAT WOULD you most like patients and their families to know about heart failure?

It's quite treatable. By having a good collaborative relationship with your physician, in which you work together, you can live longer, feel better, and stay out of the hospital.

## An International Leader in Heart Failure Research

– John Teerlink, MD

John Teerlink, MD, Director of the Heart Failure Program and Clinical Echocardiography Laboratory at SFVAMC, had what he terms "quite a week" in the August 20, 2011 issue of the leading British medical journal *The Lancet*. In addition to publishing the results of Dr. Teerlink's Phase I and Phase II trials of a possible breakthrough medication for heart failure, plus a review of medical therapies for heart failure which he co-wrote, the journal singled him out in a profile as a "Renaissance man and leader in heart failure research."

Dr. Teerlink, a UCSF Professor of Clinical Medicine, is widely considered a world leader in the field of acute heart failure, and has led and designed a number of clinical trials for potential heart failure medications. He explains that the Phase I trial results published in *The Lancet* are significant because the drug, omecamtiv mecarbil, works in a different way from existing heart failure therapies: rather than making the heart beat more often, it makes heart muscles contract for longer, thereby increasing the volume of blood pumped with each beat, "theoretically without any of the disadvantages of currently available therapies."

Exciting as it was, Dr. Teerlink's turn in *The Lancet* spotlight has not distracted him from his primary goal: the development of new therapies for heart failure. "I have been fortunate to have the opportunity to work with phenomenally gifted mentors and colleagues who truly represent the best of the Renaissance ideal, all of us striving to find therapies that will help our patients feel better and live longer," he says.

# SAVE the date

2nd Annual

Challenge  
Failure Race

April 21, 2012





# CHALLENGE

# FAILURE

## April 21, 2012

RACE FOR

HEART FAILURE RESEARCH

### 5K & 10K WALK/RUN

Scientific Specialties • 1310 Thurman Street • Lodi, CA

### 9:00am – 12:00pm

Dear Friend:

Welcome to Lodi's 2nd Annual Challenge Failure Race for Heart Failure Research!

We invite you to participate as an event sponsor for this important effort to raise awareness and funds for heart failure research conducted at the San Francisco Veteran's Affairs Medical Center (SFVAMC).

The Challenge Failure Walk/Run is being held in memory of Marc Boriack and is scheduled for April 21, 2012 at Scientific Specialties, 1310 Thurman Street, in Lodi, CA. The event will include a 5K and 10K walk/run for participants of all ages and abilities. We hope you will join us and support this critical work to save lives across the country!

The Challenge Failure event was conceived by Robin Boriack whose late husband Marc suffered from heart failure for many years, and passed away in 2010. **Rather than give in to the reality of heart failure and disease, Robin was struck with a new vision for life: honor Marc's life by helping others find hope and new life through heart failure research!** Robin has since gained support for Challenge Failure from family, friends and event sponsors as well as Dr. John Teerlink,

Professor of Medicine at UCSF and Director of the Heart Failure Clinic at SFVAMC. In 2010, our inaugural event raised close to \$20,000 for heart failure research at the San Francisco VA Medical Center.

**Your support and generous contributions as an event sponsor are needed to assure the success of the Challenge Failure Race charitable event for heart failure research.** This is a great opportunity for you to demonstrate to the community your concern for the health and wellbeing of people of all ages who suffer from heart failure and are looking for hope.

100% of all event fees, donations and sponsorships will go to the NCIRE (94-3084159) Northern California Institute of Research and Education. All costs associated with the event will be absorbed by the Boriack family.

Please review sponsor form for additional details. We look forward to you joining us in this worthy, life-giving cause.

PLEASE REPLY BY SATURDAY, FEBRUARY 25, 2012.

Sincerely: **CHALLENGE FAILURE**  
Organization Team



# CHALLENGE FAILURE

Event Sponsor Information

April 21, 2012

RACE FOR

HEART FAILURE RESEARCH

## 5K & 10K WALK/RUN

Scientific Specialties • 1310 Thurman Street • Lodi, CA

**9:00am – 12:00pm**

**\$1000 PLATINUM SPONSORS** will have (1) large logo on event t-shirts, receive (6) complimentary event t-shirts, be named in 2012 NCIRE news letters, promotional packages and an invitation to meet and tour the director and doctors research facilities in San Francisco, and space to set up an exhibit/promotional table prior to the start of the event.

**\$500 GOLD SPONSORS** will have (1) medium logo on event t-shirts, receive (4) complimentary event t-shirts, and space to set up an exhibit/promotional table prior to the start of the event.

**\$250 SILVER SPONSORS** will have (1) small logo on event t-shirts and receive (2) complimentary event t-shirts.

**\$100 BRONZE SPONSORS** will have their name listed on the event t-shirts.  
*please indicate which name you would like listed on the event t-shirts.*

**Attached is my sponsorship gift of**

**\$**

• Respond by **Saturday, February 25, 2012.**

• Send Name or High Resolution digital logo in .eps, .jpg or pdf format to

CHALLENGEFAILURE@GMAIL.COM.

• Please make checks payable to **NCIRE** (TAX ID: 94-3084159), indicate "**Challenge Failure**" on the notation line of the check, and enclose this completed form, and mail to:

1030 S. HUTCHINS ST., SUITE #4-117, LODI, CA 95240

NAME \_\_\_\_\_

COMPANY NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ FAX \_\_\_\_\_

EMAIL \_\_\_\_\_

PLEASE PRINT INFORMATION CLEARLY



# CHALLENGE FAILURE

RACE FOR  
HEART FAILURE RESEARCH  
SECOND ANNUAL 5 & 10K

**APRIL 21, 2012, 9:00AM – 12:00PM**

Scientific Specialties • 1310 Thurman Street • Lodi, CA

The Challenge Failure event was conceived by Robin Bonack whose late husband Marc suffered from heart failure for many years, and passed away in 2010. Rather than give in to the reality of heart failure and disease, Robin was struck with a new vision: honor Marc's life by helping others find hope and new life through heart failure research. Robin has since gained support for Challenge Failure from family and friends as well as Dr. John Teerlink, Professor of Medicine at UCSF and Director of the Heart Failure Clinic at SFGMC.

The Challenge Failure event offers 3 great ways to participate & support heart failure research:

- 1 Supporters can make direct donations to support heart failure research.
- 2 Participants can register for the walk/run of their choice (5K or 10K).
- 3 Participants can register for the walk/run of their choice (5K or 10K) AND collect additional pledged amounts to be donated up to and including race day.

100% of all event fees, donations and sponsorships will go to the Northern California Institute of Research (NCIRE, 94-3084-159) and Education. All costs associated with the event will be absorbed by the Bonack family.

Last year, at our inaugural event we raised close to \$20,000 and had over 300 participants. We hope you will join us and support this critical work to save lives.

\$25.00 pre-registration, \$35.00 registration day of event.

Post-marked by April 10, or go to [www.onyourmarkevents.com](http://www.onyourmarkevents.com)

enter events and click register on the calendar.



The Veterans Health Research Institute

## WANT TO REGISTER ONLINE?

Go to [www.onyourmarkevents.com](http://www.onyourmarkevents.com), click "events", find the Challenge Failure event on the calendar and click the "Register Online" link to the right of the event.

PLEASE COMPLETE A REGISTRATION CARD FOR EACH PARTICIPANT.

NAME \_\_\_\_\_

interested in sponsoring the event?

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ FAX \_\_\_\_\_

EMAIL \_\_\_\_\_

PARTICIPATING IN THE  5K  10K GENDER \_\_\_\_\_ AGE \_\_\_\_\_

T-SHIRT SIZE:  MEDIUM  LARGE  X-LARGE  XX-LARGE

I have enclosed my \$25.00 registration fee.

I have enclosed my \$25.00 registration fee AND I am collecting additional pledges. (A pledge package will be sent to you)

I enclosed a donation in the amount of \$ \_\_\_\_\_

Registration includes event, t-shirt, medals, lunch, and prizes.

Please respond by April 10, 2012, make checks payable to NCIRE (Tax ID: 94-3084-159) and mail to: 1030 S. Hutchins St., Suite #4-117, Lodi, CA 95240

Waiver: I certify that I am physically fit and sufficiently trained to participate in the Challenge Failure Race. In consideration of my entry into the event, and recognizing that there are certain inherent risks associated with participating in an event of this type, I agree to assume that risk and indemnify, settle, release and hold harmless the City of Lodi and any sponsors including Challenge Failure from any and all claims for damages arising from or out of my participation in and travel to and from the event. I will assume responsibility for my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation in the event. I have read and fully understand the above.

NAME \_\_\_\_\_

DATE \_\_\_\_\_

