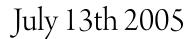
#### California State University, San Bernardino CSUSB ScholarWorks

Hispanic News

Special Collections & Archives

7-13-2005



Hispanic News

Follow this and additional works at: http://scholarworks.lib.csusb.edu/hispanicnews

#### **Recommended** Citation

Hispanic News, "July 13th 2005" (2005). *Hispanic News*. Paper 469. http://scholarworks.lib.csusb.edu/hispanicnews/469

This Article is brought to you for free and open access by the Special Collections & Archives at CSUSB ScholarWorks. It has been accepted for inclusion in Hispanic News by an authorized administrator of CSUSB ScholarWorks. For more information, please contact scholarworks@csusb.edu.

# **Support Our Service Organizations**

Wednesday, July 13, 2005 Volume 18 Number 21

## HISPARY HISPANIC NI The Inland Empire's only Hispanic-owned English lar

JUL 1 9 2005

San Bernardino • Riverside • Colton • Rialto • Fontana • Ontario • Corona • Bloomington • Rancho Cucamonga • Hig

CALIFORNIA STATE UNIVERSE

### NEW MAYOR ANTONIO VILLARAIGOSA ELATES LATINOS



Antonio Villaraigosa, center, taking the oath of office for Mayor of the City of Los Angeles, with his wife, Corina, left, holding the family bible, and Judge Stephen Reinhardt of the U.S. 9<sup>th</sup> Circuit Court of Appeals, administering the oath. Photo courtesy of Assemblyman Joe Baca Jr. **Photo courtesy of Assemblyman Joe Baca Jr.** 

In a televised coverage on July 1<sup>st</sup> in an interfaith ceremony at Our Lady of the Angeles Cathedral attended by over 1,000 national, state and local political figures and friends and supporters, the ecumenical service was a prelude to the swearing in of the first Latino mayor of Los Angeles since Cristobal Aguilar was mayor in 1872. The service included readings by the various religious representatives including Buddhist, Christian, Jewish, Muslim, and Sikh and Hindu leaders.

Leaving the religious services,

"What a beautiful country. I am proof that the United States is a country of opportunity and liberty. In what country of the world could I be in front of you as a mayor of a great city," he said.

"I am asking you to join me in dreaming for our city to achieve high goals, even if it means achieving them seem elusive," he said.

Villaraigosa stated during the campaign that improving the quality of life for the population meant that transportation, traffic congestion, hiring of more police officers to combat crime, gangs, the homeless, improving the environment and economy, and other critical endeavors that were a high priority on his agenda. One of his future goals is to change legislation to be able to appoint members to the Los Angeles School Board, a highly controversial political aim. "I am a proud progressive," he said. "But its time for us who call ourselves progressive must do more than just defend existing government Continue on page 2

#### INLAND EMPIRE CELEBRATES 4TH OF JULY

SAN BERNARDINO, CA. 92407

LIBRARY PERIODICAL DEPT 5500 UNIVERSITY PARKWAY RESORTED STANDARI

U.S. POSTAGE PAID San Bernardino, CA PERMIT NO 118

ewspaper

ey

dlands

Cities in the Inland Empire caught the spirit of patriotism in support of our Armed Forces and planned 4<sup>th</sup> of July parades, including the City of San Bernardino. The following pictorial reviewed on page 4 reflects the diverse units and exhibits in the parade.



San Bernardino Mayor Judith Valles, above, leads the 4<sup>th</sup> of July Parade, followed by elected officials, military units, city organizations, cultural groups, education officials, businesses, mariachi groups, marching units and charro groups. *Photo by IEHN*.

#### OF PRESIDENTS AND OIL By Frank V. Martinez



ENOUGH!

This is the statue of former President, Lazaro Cardenas in Mexicali. He is memorable in the modern history of the U.S.A. and Mexico, for different reasons. Most Norte Americanos say he was a leftist who took away the oil properties of our U.S.A. companies, like Standard and Shell Oil in Mexico. To Mexicanos, he was one of the greatest, not only as a President but as a world-class leader. To many Norte Americanos having property in Mexico, this serves as a mistaken reminder than their properties could also be "taken away" summarily. Mexicanos love him because he stood up for his Country, even against yesterday and today's giants - Great Britain, the Soviet Union and the United States of America. He defied the great powers and made them back off.

Villaraigosa, 52, lead a procession of thousands to the Los Angeles City Hall steps where he took the oath of office with his wife, Corina, holding a family bible and administered by Judge Stephen Reinhardt of the U.S. 9<sup>th</sup> Circuit Court of Appeals.

In a colorful and very festive atmosphere, Villaraigosa spoke in English and Spanish, about the wonders of this country that gave a son of an immigrant from Mexico an opportunity to lead the nation's second-largest city. We were driving North, leaving Mexico through Mexicali, passing some of the new faces of Mexico, mostly thanks to NAFTA; there was Costco, Home Depot, Wal-Mart, Burger-King, Smart & Final, etc., when we approached the glorieta and there it was: the bronze statue's arms are stretched downward, the palms are open and the fingers spread out, pointing to the oversized male and female figures sitting be below him, like maybe gesturing to say, "Ya, Basta!",

Continue on page 2

#### NEW MAYOR ANTONIO VILLARAIGOSA Continued from page 1 ELATES LATINOS



Newly sworn in Los Angeles Mayor Antonio Villarairosa, second from left, with Congressman Joe Baca, right, Assemblyman Joe Baca Jr, and Mrs. Joe Baca Jr. Photo courtesy of Assemblyman Joe Baca Jr.

## programs. We need to be passionate advocates for change."

Villaraigosa and his two sisters were raised by a single mother in the Los Angeles' City Terrace area. He was frequently into scrapes and attended different schools due to his behavior. While attending Roosevelt High School, his school counselor. Herman Katz encouraged him to change his life around and go to college, and he paid for his SAT test. Villaraigosa has publicly thanked Katz for taking an interest in him and helped him redirect his life (Katz and his wife Beverly were reserved chairs for the oath of office ceremony).

He attended UCLA and later be-



came a union activist. He won a seat in the state assembly in 1984 and speaker from 1998 to 2000. He lost his first bid to become mayor in 2001. In 2003, he won a seat in the city council before his successful bid for the mayor's office.

Villaraigosa's success has been a catalyst for further encouragement for Latinos to participate in the political process and others to seek political office in the Southwest and other areas that have experienced Latino population growth.

In one of his final inaugural remarks, Villaraigosa stated, "It may be a short way from City Terrace to city hall, but fellow Angelenos, we all know what a vast distance it truly is."

## OF PRESIDENTS AND OIL

Continued from page 1 By Frank V. Martinez

At 17. Cardenas, the young Tarascan Indian fought in the Mexican Revolution. He emerged from the mortal storm as a General and became a dominant figure in the PRI Party that governed Mexico and until President Fox took office in 2000,

When Leon Trotsky fled the Soviet Union to escape Joseph Stalin's wrath. Cardenas gave the exile sanctuary and brushed off the threats of the communist dictator.

In 1937, after many diplomatic efforts and failed negotiations, Cardenas seized all the properties of the largest international oil companies. Their screams were heard around the world. Cardenas said to the world, "let us see if democracy-loving U.S. and Britain will respect Mexican sovereignty now." The Royal Dutch Petroleum Company tried to influence Great Britain to break diplomatic relationship with Mexico. Armed American invasion had last occurred in 1914 in Vera Cruz. now there was talk of American and British intervention and Mexico braced for the worst.

Cardenas promised the oil companies that the Country would pay them off in ten years. Mexican people responded; campesinos brought and offered livestock' women sold off their jewelry and broke their piggy banks to raise the compensation promised to the oil companies. Cardenas agreed to pay exactly what the oil companies thought their properties were worth. The oil companies started talking in the hundreds of millions, "the dumb Indian" produced sworn declarations of value made by the companies to Mexican Tax Assessors.

Either the CEO's of the great oil companies were guilty of perjury or these were true statements of worth. Since something is better than nothing, the great oil companies settled for those ridiculously low, false figures. Way before Mexico declared war against Japan and entered the war, helping the USA with material resource and manpower, the Bracero Program, and fighting troops, e.g., the famous 201 Flying Squadron, the full debt was paid off.

Respect for sovereignty, when the USA was building its defenses against a possible Japanese attack up the Gulf of California, it negotiated with Mexico to build a radar station at Punta Estrella, just south of, San Felipe, Cardenas insisted that the radar station have Mexican operators.

Nobody stands up to the oil interests nowadays but Lazaro Cardenas stood up and faced the all-mighty in their youthful prime. Too bad no one says – Ya Basta in the USA to our oil barons today.

Frank Martinez, B.S., M.A., is former director of the Inland Manpower Association and was active in employment and training programs in the County of San Bernardino. Frank and his wife, Maureen Martinez, who was director of employment and training in the County of Riverside, are retired and reside in Campo Cielito Lindo, Baja California.

to distinguish between two words with similar sounds (e.g., "volcano" and "tornado") may also cause them to retrieve the wrong word.

• Difficulty learning the names and sounds of the alphabet.

2. Look Into Your Family History. Struggling readers run in families. When a child is diagnosed as a struggling reader, it is common to find that a parent or sibling is one also. Interpreting these early clues is important because early intervention is the best way to prevent and treat reading problems. Dr. Pastorok is an educational specialist with Kumon Math and Reading Centers. She has a doctorate in educational psychology, a master's degree in counseling psychology and more than 30 years experience working with children.

### YOUR CHILD: AT RISK FOR READING DIFFICULTIES?

As you read this, you may care to reflect on what an extraordinary skill you are using. Unlike learning to speak, which happens naturally, learning to read must be acquired. For one in five children in America, it is a frustrating and persistent problem.

"Often the problem is a weakness in the phonological system of the brain, which hinders the ability to identify sounds within words or to detect rhymes and even learn the alphabet," says Dr. Andrea Pastorok of Kumon Math & Reading Centers. How can parents know if pre-reading skills are developing properly Dr. Pastorok recommends that parents: at least 15 months old and do not speak in phrases until they are two years old.

• Difficulty with pronunciation that persists past five or six years of age. Mispronunciation problems are especially noticeably when children try to pronounce new or long words. Other examples of mispronunciations include omitting the first sound (e.g., "pacific" for specific" or inverting the sounds within words (e.g., aminal" for animal")

 Insensitivity to rhyme. Although most three and four year olds love rhyming games, some children are unaware that words can be broken into smaller units of sound and also cannot detect that certain words rhyme. This is worrisome if they have reached kindergarten age

### Wednesday, July 13, 2005

weeks and distributed in San Bernardino, Riverside, Colton, Rialto, Fontana, Moreno Valley, Ontario, Corona, Bloomingtom, Rancho Cucamonga, Highland & Redlands. You may subscribe or advertise by contacting the office.

Telephone (909) 381-6259 Fax (909) 384-0419 Email hispanic\_news@eee.org Office: 1558-D North Waterman San Bernardino, CA 92404  Listen to your Child Speak. If certain sounds are "fuzzy" to your child. he or she may experience some of the following problems that could indicate future reading difficulty:
 Delayed speech. Most children speak their first words by the time they are 14 months old, but some do not speak their first words until they are

• Imprecise language. Children who are insensitive to the sound structure of language may have difficulty retrieving words they know and resort to using vague words such as "thing" and "stuff" to cover up. An inability

util, cal:

1

#### NEW WEBSITE TOOLS MAKE IT EASIER TO BUILD CHILD CARE CENTERS

RIVERSIDE—A new Web site bccriverside.org—provides tools and resources to build and expand child care centers in Riverside County. Information on the site helps developers and others interested in building or expanding a child care center work their way through zoning, financing, licensing and other potential challenges.

The Web site is a project of the ABCD Facilities Blueprint Task Force, a collaborative of more than 40 leaders from city and county government, the child care industry, and the fields of finance and housing.

First 5 Riverside led the formation of the task force, and in 2004 received a constructing Connections grant from First 5 California and the Low Income Investment Fund to support work of the task force. "Our county's need for child care center is increasing at an even greater rate than our population growth," said Harry Freedman, executive director of First 5 Riverside.

The availability of child care has not kept pace with home construction and business development in Riverside County. The county ranks last among the state's 58 counties in its ability to meet the demand for care, according to the Riverside County Office of Education. More centers are needed, especially to care for children with special needs and infants.

"Quality Child care can be provided in a family setting through licensed providers, but centers can serve a lot of families. More construction is essential to keep up with the growing need for care," said First 5 Riverside Commissioner Yolanda Carrillo, a task force member and chief executive officer of the Corona-Norco Family YMCA.

The Web site provides an introduction to the need for child care and goals of the task force. It has useful links to information on planning and development from Building Child Care in California www.buildingchildcare.org/ccc.htm; maps of school districts, zip code areas and more through http:// www.hollister-powell.com/ MapArchive/: city and county planning and zoning departments and state licensing: and information on child care loans, grants and technical assistance from the Low Income Investment Fund, Investment Fund, http:// www.liifund.org/site/index.html

The task force aims to reduce the challenges to building and expanding child care centers. Thee include zoning that lags behind planning for new business, housing and schools, and local building regulations that don't always mesh with state licensing requirements for child care centers.

In addition to launching the Web site, the task force has worked with the Riverside County Child Care Consortium to identify areas of highest need, presented workshops to dozens of faith-based organizations that operate or want to open child care centers; provided information about child care center development to all county planners; and informed government officials about the critical need for child care and what can be done to make it easier to build child care centers.

The task force works through committees that focus on four areas: zoning and land use, facilities development, developer planning, and how child care affects economic growth. To learn more about the collaborative, call Nancy Maich, special projects coordinator with First 5 Riverside, at (951) 248-0014.

For more information about programs and services funded by First 5 Riverside, visit www.rccfc.org.

#### FREE PRESCHOOL EXPERIENCE PROGRAM

The San Bernardino City Unified School District offers a free Preschool Experience Program (PEP) hour classes at one of 18 District elementary schools, Monday through Friday, for four week sessions.

#### Wednesday, July 13, 2005

3

#### TREASURER ANGELIDES URGES CALIFORNIANS TO REWARD GRADUATION BY SETTING MONEY ASIDE FOR COLLEGE ScholarShare Accounts can be Opened Online, Take Advantage of Tax Benefits to Save for College

SACRAMENTO, CA - State Treasurer Phil Angelides, Chair of the ScholarShare Investment Board, today reminded Californians that the best way to reward graduating students is to start saving now for their college education by opening a Golden State ScholarShare College Savings Trust (ScholarShare) account. Anyone in a child's life - including grandparents and family friends - can open a ScholarShare account for as little as \$25 (\$15 for employer payroll deduction accounts). ScholarShare has proven to be a convenient, tax-smart way to help Californians pay for higher education.

"Whether your child is graduating from pre-school or the 8<sup>th</sup> grade, opening a ScholarShare account could help make college possible for them someday," said Treasurer Angelides. "Since 1999, tens of thousands of California families have used ScholarShare to start investing for their children's higher education."

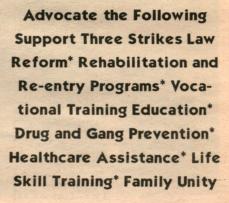
Treasurer Angelides launched ScholarShare in 1999, and the program has since grown to more than 145,000 accounts and more than \$1.4 billion in assets. The program offers five investment options, including the Guaranteed Option, the Age-Based Asset Allocation Option, the Aggressive Age-Based Asset Allocation Option, the 100% Equity Option and the 100% Social Choice Equity Option.

Funds in ScholarShare accounts can be used at most accredited colleges and vocational schools throughout the United States, and some abroad. ScholarShare earnings are exempt from federal and state income taxes when used to pay for tuition, fees, books, room and board, supplies and other qualified expenses.

"Rising college costs mean more and more students are graduating from college with heavy loan burdens. Opening a ScholarShare account today can help your child avoid large loans and put them on the path toward successful adulthood," noted Treasurer Angelides.

For more information on ScholarShare, call (866 506-86774 (toll free) or visit www.scholarshare65.com.





Recomiende lo Siguiente: El apoyo Tres Reforma de la Ley de Huelgas<sup>\*</sup> Rehabilitación y Re- los Programas de la Entrada<sup>\*</sup> la Educación de formación profesional<sup>\*</sup> la Prevención de la Droga y la Pandilla<sup>\*</sup> Ayuda de Asistencia sanitaria<sup>\*</sup> la Vida-Habilidad que Entrena<sup>\*</sup> la Unidad de la Familia

¥

to teach children basic academic and social skills.PEP, which is funded by First 5, provides kindergarten-readiness skills to children who are not currently enrolled in a federally or state-funded preschool program.

There are no income guidelines to qualify for PEP, but children must be 4 years old on or before December 2, 2005, and meet all immunization requirements. Parents are required to provide their child's birth certificate, immunization records and proof of a physical exam prior to enrollment. Participating children attend threeClasses are taught by a credentialed teacher and do not exceed 15 children per class. Students receive school-tohome activities to complete during the break between sessions.

Parents can begin enrolling their children now for the 2005-2006 school year. The July session begins Tuesday, July 5 at Bradley, Cole, Emmerton, Hunt, and Lankershim elementary schools.

Enrollment in PEP is on a firstcome, first-serve basis. For more information or to enroll your child, call (909) 880-6721. Phone/Teléfono: (909) 874-1863 Fax: (909) 874-7565 Web/Sitio web: www.filo7.org Mailing Addess: P.O. Box 1804 Colton, CA 92324

#### \*For more information: Daniel Calderon (951) 905 9844 \*Para mas información: Daniel Calderon (951) 905-9844

Families of Incarcerated Loved Ones, Inc. Barbara Ellis, *Executive Director* 

4

## Wednesday, July 13, 2005

#### INLAND EMPIRE CELEBRATES 4TH OF JULY



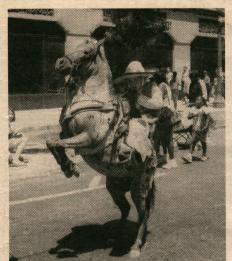


Sinfonta Mexicana "Musical Treasures of Maxico" Los Jacuares del Bajio

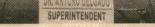


#### JUST AN EMAIL AWAY FROM UP-TO-DATE INFORMATION ON THE SAN BERNARDINO SCHOOL DISTRICT

San Bernardino City Unified said.

















Khmer Buddhist Society Support

School District is offering anyone with an email address the opportunity to receive up-to-the-minute District information through its new email list. The mailing list provides email subscribers with a PDF (Adobe Acrobat) version of school news releases shortly after they are posted to the District website.

"This is a wonderful way for parents, community members, and anyone around the world to receive reliable, current information about the District and its schools," District Communications Director Linda Hill To subscribe, visit the District website at www.sbcusd.com. Click the link that reads "subscribe to our email list today!" and follow the onscreen directions. You must have a valid email address to subscribe.

The mailing list is not a discussion group. Subscribers can receive District emails, but cannot post messages to the list. However, anyone with questions about information sent out on the mailing list is encouraged to use the contact information included in the news release.



#### HUNDREDS OF DOCUMENTS RELEASED TO THE ACLU SHED LIGHT ON LAST SUMMER'S BORDER PATROL RAIDS

More than a thousand pages seem to confirm agency targeted people based on race

LOS ANGELES - Exactly one year after hundreds of people were arrested near bus stations and supermarkets for alleged immigration violations, the American Civil Liberties Union of Southern California has obtained more than a thousand pages of documents that may confirm community suspicions that the border patrol targeted people based on race.

The ACLU of Southern California filed a lawsuit last December seeking Border Patrol records after the agency repeatedly ignored a request for records under the Freedom of Information Act.

Last week, U.S. Customs and Border Protection, formerly the Border Patrol, released the last of 1,500 pages detailing raids last summer in Los Angeles, San Bernardino, Riverside, Kern, and San Diego counties.

"Because these raids were so unusual and intrusive, they sparked tremendous fear in the community. People wanted an explanation, so we filed this case to find out the facts about why the raids happened," said Ramona Ripston, Executive Director

## SALE REPRESENTATIVES WANTED

The IEHN is seeking assertive persons as sale representatives within the INLAND EMPIRE . GOOD commissions. Call (909) 381-6259 for appointment. of the ACLU of Southern California. "When people know what their government is up to, there is greater trust in the system as well as greater knowledge of how to improve the system."

The released CBP documents show:

• Agents suspected people of not being U.S. citizens simply because they spoke Spanish. Agents stopped and questioned at least 45 people who were citizens or legal residents.

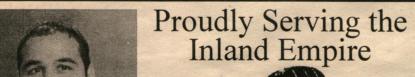
• Although the CBP claimed the raids were based on intelligence from local police, at least one police department denied giving any information to the agency.

• Agents approached pedestrians and people waiting at bus stops and day laborer sites for questioning.

• Agents arrested 423 people altogether, some in cities as far as 250 miles away from the U.S. - Mexico border.

"Although the Border Patrol claimed that the raids were based on specific intelligence, there is nothing in the documents released to support their claims," said Ranjana Natarajan, an attorney for the ACLU of Southern California.

Documents show that Department of Homeland Security and border patrol officials in Washington, D.C. knew nothing of the raids because there was no prior approval from the headquarters. After the raids, Homeland Security told CBP to focus on law enforcement at the border and let a different agency, the U.S. Immigration and Customs Enforcement, handle enforcement inside the country. Nearly a year after the initial request for documents, the ACLU will negotiate with the CBP for the release of additional documents that the agency has continued to withhold.



#### Wednesday, July 13, 2005

#### SCHOOL DISTRICTS CALL FOR STRONG ACTION TO PROTECT CHILDREN FROM PERCHLORATE POLLUTION

San Bernardino and Rialto Unified School Districts Adopt Resolutions Calling for Strengthened California Perchlorate Public Health Goal

The San Bernardino Unified School District adopted a resolution recommending that California Environmental Protection Agency reconsider the Public Health Goal for perchlorate and set the health standard at one part per billion (ppb).

"Clean water and a healthy environment is important to the future of our children," said Elsa Valdez, President of the Board of Education for San Bernardino Unified School District.

The San Bernardino Unified School District, made up of 57,000 students, is the second district in one month to adopt a resolution concerning perchlorate. On May 11, 2005, the Rialto Unified School District adopted a similar resolution asking the state to reconsider the public health goal for perchlorate. In addition, the Rialto Unified School District resolved to write letter to CalEPA recommending the health standard be set a one ppb.

Jan Misquez, Director of the Perchlorate Relief Project at the Center for Community Action and Environmental Justice said, "The passing of this resolution by the school board illustrates that parents and teachers of this region will not stand for rocket fuel [perchlorate] in our drinking water, breast milk, and food."

The water supplies of San Bernardino County, in which both school districts are located, have been heavily impacted by contamination. According to the California Department of Health Services, 87 drinking water sources in San Bernardino County are contaminated with perchlorate. A state health recommendation and subsequent final standard for perchlorate at one part per billion will hold polluters fully accountable for cleanup. "Polluting our water is unacceptable and there needs to be accountability," said Valdez.

The School Board resolutions come on the heels of letters submitted by regulators in Massachusetts, Connecticut and Maine that voice concerns over health impacts of perchlorate on developing fetuses and newborn infants, critiquing recent health assessments issued by the National Academy of Sciences and U.S. Environment Protection Agency.

Perchlorate, the main ingredient in rocket fuel, contaminates the Colorado River and 157 wells located in the counties of Riverside and San Bernardino. Recent scientific studies report that exposure to perchlorate during key windows of time in the development of a baby could lead to numerous health effects. Perchlorate primarily affects the thyroid gland, which controls growth development and metabolism. Developing babies of pregnant women, infant, and children affected by such thyroid gland conditions may be at increased risk of reduced IQs, mental retardation, loss of hearing, speech, and problems with motor skills and coordination.

#### CATHOLIC CHARITIES REFUGEE AND IMMIGRATION DEPARTMENT

With summer fast approaching and vacation time just around the corner, Catholic Charities Refugee and Immigration Department are very happy to announce the continuance of our free "Citizenship Project" for the San Bernardino County Residents from 6/1/2005 - 12/20/2005.

To manit the bighter have been to be

the required CIS fee of \$390. We will help them fill out the application, take their photos, follow-up and referral, and inquire with the USCIS about their pending application.

We have helped countless clients with their immigration needs from the moment they arrive in this country to the proud and happy day of being sworn in as brand-new citizens. We hope you will be able to continue announcing this valuable community service.





Hector Sanchez 104 E. Olive Ave., Suite 103 Redlands, CA 92373 Office: (909) 307-5665

Cell: (951) 990-3260 hectors@remax.net Contact your local realtor for all your real estate needs: sell or purchase of real estate, probate sales, vacant land, new construction or multiple units etc.



To recruit the highest number of eligible permanent residents for American citizenship, we need your cooperation once again. So before your grab the family and head for the beach, please consider enclosed workshop schedule for publication, distribution announcement and client referral.

We will offer citizenship workshops in numerous San Bernardino County communities. As you know, these workshops enable attendees to benefit from expertise of our BIA certified at no cost. The client only pays

If you have any questions, we urge you to call (909) 338-1243. Ask for My-Hanh Luu or Elsa Ventura. Thank you for your cooperation in this important matter. My-Hanh Luu, Program Director Catholic Charities is a Non-Profit Agency

#### PREVENTING AND CONTROLLING HIGH BLOOD PRESSURE COULD SAVE MILLIONS OF LIVES

More Americans are aware of the link between high blood pressure (HBP) and other health problems than in the past, yet the number of people in the U.S. with HBP has actually increased over the past decade. The news is significant, because HBP leads to 60 percent of the heart attacks. 77 percent of the strokes and 74 percent of all cases of heart failure in the U.S. each year.

6

Beginning this May during National High Blood Pressure Education Month. Americans are being asked to join the mission to combat high blood pressure by taking steps to prevent or control it personally and in their families and communities. This call to action comes from the National Heart. Lung. and Blood Institute (NHLBI). part of the National Institutes of Health of the U.S. Department of Health and Human Services. NHLBI is sponsoring a new educational initiative called "Prevent and Control High Blood Pressure: Mission Possible." It has one goal, which is to reduce the more than one million heart attacks. strokes. and kidney failure cases caused by HBP each year. What is High Blood Pressure?

A blood pressure reading of 140 90 mmHg or higher is considered high. Optimal blood pressure is less than 120/80 mmHg.

#### Who's At Risk?

Anyone can develop high blood pressure. However, risk factors include being overweight or obese, being physically inactive, high salt and

#### sodium intake. excessive alcohol consumption. and diabetes.

Preventing and Controlling High Blood Pressure

High blood pressure can be prevented, and it can be controlled. Here is what you can do:

High blood pressure 140/90 mmHg or higher.

Prehypertension between 120-39 and/or 80-89 mmHg.

**Optimal blood pressure** less than 120/80 mmHg

Americans are being asked to take action to prevent and control high blood pressure—a leading factor in more than half of all heart attacks, strokes, and heart failure cases in the U.S. each year.

• Lose weight if needed, and maintain a healthy weight.

• Eat plenty of fruits, vegetables and low fat dairy foods. Also, limit saturated fat, cholesterol, and salt intake.

• If you drink alcoholic beverages, do so in moderation.

• Be physically active. Try to get at least 30 minutes of moderate-level activity each day.

• Ask your health care professional what your blood pressure numbers are and what they mean.

Quit smoking.

• Control your blood sugar if you have diabetes.

 Take your blood pressure medication as prescribed.

For more information about how to prevent and control high blood pressure visit www.nhlbi.nih.gov.

**Thanks for** 

**Talking To Your Kids** 

**About Drinking.** 

#### CNA LAUNCHES <u>WWW.STOPARNOLD.US</u> TO PUT PRESSURE ON SCHWARZENEGGER, DONORS Public Health not Corporate Wealth

The California Nurses Association will launch a new website, <u>www.StopArnold.us.to</u> help organize national opposition to Schwarzenegger's special election and let concerned consumers know what corporations are bankrolling Schwarzenegger. The campaign's tagline is "Public Health not Corporate Wealth" which refer to the distorting influence of healthcare corporations on Schwarzenegger and this special election.

"Schwrzenegger is holding a special election to give himself the power to unilaterally cut healthcare and to silence the voices of registered nurses who might protest. The RNs of California are responding with <u>www.StopArnold.us</u> so people across the country and around the state can tell the Governor what they think of these outrageous plans—and also find out which products and brands they buy which are sponsoring these attacks." Said Deborah Burger, RN president of the California Nurses Association.

"The pharmaceutical industry alone has threatened to raise \$100 million to support Schwarzenegger's anti-patient and anti-nurse policies, so <u>www.StopArnold.us</u> focuses on them first. Consumers need to know that the money they spend on Pfizer's Listerine or Johnson & Johnson's Mylanta is being used against them," Burger continued. Recent polling has made clear that the initiatives on Schwarzenegger's special election are far out of the California mainstream. These include measures to give the Governor unilateral power to make cutbacks in the healthcare, education, and social services budget, and to silence the voices of registered nurses and other public employees in political and policy debates through the "paycheck deception" measure. The overall effect would be a further concentration of power in Governor Schwarzenegger and his corporate backers.

<u>www.StopArnold.us</u>, which will be advertised nationally and statewide, will gather names on a petition demanding that Schwarzenegger stop letting corporations write state policy. The petitions will also be sent on to his corporate donors, to let them know that their consumers do not want to finance attacks on the public good. The first focus of the site will be the pharmaceutical industry which is expected to spend nearly \$100 million on this special election alone.

#### NOTICE OF REQUEST FOR PROPOS-ALS/APPLICATIONS

Notice is hereby given that proposals will be accepted by the South Coast Air Quality Management District, 21865 Copley Drive, Diamond Bar, CA 91765 for the following:

PA2006-01 Rule 1121 Mitigation Fee Program Closing Date: 9/1/05 4:00 p.m. Contact: Mark Coleman (909) 396-3074

PA2006-02 Retrofitting Model Years 1991, 92 & 93 School Buses with Diesel Oxidation Catalysts Closing Date: 8/18/05 4:30 p.m. Contact: Fred Minassian (909) 396-2641

PA2006-03 Air Quality Improvement Projects to be funded by Rule 1173 Mitigation Fees Closing Date: 9/9/05 4:00 p.m. Contact: Vicki White (909) 396-3436 P2006-01 Carl Moyer Memorial Air Quality Standards Attainment Program Closing Date: 9/30/05 4:00 p.m. Contact: Lani Montojo (909) 396-2231

P2005-25 Rule 2202 – On-Road Motor Vehicle Mitigation Options Air Quality Investment Program

Persons attending a bidder conference should confirm their attendance by calling the contact person. Bids will not be

## Public Health not Corporate Wealth

Wednesday, July 13, 2005



#### **RESPONSIBILITY MATTERS** ANHEUSER-BUSCH, INC.

www.familytalkonline.com

2004 Anheuser-Busch Inc., St. Louis, MO

Ing the contact person. Bids will not be accepted from anyone not attending a mandatory bidder's conference. The RFP/Applications may be obtained through the Internet at: http:// www.aqmd.gov/rfp/

If you have questions or would like a copy of the RFP/Application mailed to you, call the contact person.

It is the policy of the AQMD to ensure that all businesses including minority-owned businesses, women-owned businesses, disabled veteran-owned businesses and small businesses have a fair and equitable opportunity to compete for and participate in AQMD contracts.

SCAQMD Procurement Unit 07/13/2005, 07/27/2005, 08/03/2005 CNS-841336#

#### Wednesday, July 13, 2005

#### TIPS FOR NAVIGATING ROUTE 210 CONSTRUCTION ZONE

One of the challenges associated with building Route 210 is maintaining traffic flow through San Bernardino and Rialto with so many areas under construction.

The map below shows active construction areas and the main streets that are open to drivers at this time. In Rialto, the closure of Highland Avenue west of Riverside requires the use of Riverside. Easton, Ayala and Baseline. In San Bernardino. streets to use include Highland Avenue and California Street.

Because of frequent changes to construction activity, residents, business operators and commuters are encouraged to get more information by any of the following methods:

• Call the project helpline at 866-HELP-210

 Register for monthly email updates about construction activity by sending an email to <u>info@sanbag.ca.gov</u>

• Visit the "Projects" section of the SANBAG website, www.sanbag.ca.gov.

### CONSEJOS PARA NAVEGAR LA ZONA DE CONSTRUCCIÓN DE LA RUTA 210

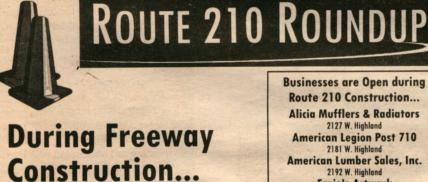
Uno de los retos asociados con la construcción de la Ruta 210 es mantener el flujo del tráfico a través de San Bernardino y Rialto con tantas áreas de construcción.

El mapa abajo muestra áreas de construcción activa y calles principales que están abiertas a los conductores actualmente. En Rialto la clausura de la Avenida Highland al oeste de Riverside requiere que se utilice Riverside, Easton, Ayala y Baseline. En San Bernardino las calles que se deberán utilizar son la Avenida Highland y la calle California.

Debido a los frecuentes cambios en la actividad de construcción se anima a los residentes, operadores de negocios y viajeros pendulares consigan más información de cualquiera de los siguientes métodos:

- Llame a la linea de ayuda del proyecto al 1-866-HELP-210
- Registrese por correo electrónico a <u>info@sanbag.ca.gov</u> para
- actualizaciones mensuales acerca de la actividad de construcció. • Visite la seccion "Projects" de la página Web de SANBAG,

www.sanbag.ca.gov.



Please Continue to Support Highland Avenue Businesses

Construction will be underway this summer on Highland Avenue between Macy and California. Work will involve placing a large storm drain pipe and widening the street in each direction. Detours **Businesses are Open during Route 210 Construction...** Alicia Mufflers & Radiators 2127 W. Highland American Legion Post 710 2181 W. Hig American Lumber Sales, Inc. **Ernie's Artwork** 980 W. Hi **Extra Space Storage** 2180 W. Highla Huerta's Auto Electric 2033 W. H Ita's Barber & Beauty Salon 1996 W. Hi **J & K Tobacco Corporation** 1996 W. Highla La Consentida Night Club 1950 W. Highl La Oficina Bar 2122 W. Highla Los Aguayos Tires/Glass 2137 W. Highland s Market & Li

UNIRNOS EN UNA VIGILIA DE LUZ DE UNA VELA PARA LA JUSTICIA

Los votantes de California estarán orando para los millares de hombres y mujeres, encarcelado bajo la cruel e inhumana Tres Reforma de la Ley de Huelgas de California. Muestre su apoyo para el Dos Mil, Setecientos firmas (2,700)

de presos actualmente encarcelados para peticionar al Gobernador y a nuestros Legisladores para reformar la Tres Ley de Huelgas de California.

El Sábado, Julio 16, 2005, 6:00 pm, Parque de Fleming – Colton, CA, Rincón de La Cadena Dr. y la calle "F" (estacionamiento amplio) La rifa (IPOD, Cestas de Obsequio, las Camisetas)

Hamburguesas, los Perros Calientes, Los Tamales y los Refrescos disponibles

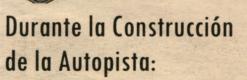
Para más información llame a: Daniel Calderon (951) 905-9844, Kismet Evans (951) 329-0159, Mike y Josie Gonzales, (909) 877-8439.

#### JOIN US IN A CANDLELIGHT VIGIL FOR JUSTICE

California voters will be praying for the thousands of men and women, incarcerated under the cruel and inhumane California's Three Strikes Law. Show your support for the Two Thousand Seven Hundred signatures (2,700) from currently incarcerated inmates to petition the Governor and our Lawmakers to reform California's Three Strikes Law. Saturday July 16, 2005, Fleming Park- Corner of "F" Street and La Cadena Dr - Ample Parking. Start time 6:30 P.M. – Colton, CA 92324. For additional information contact Daniel Calderon (951) 905-9844 or Kismet Evans (951) 329-0159 Raffle, Gift Baskets, T-Shirts, Hamburgers, Hot Dogs, Burritos and Soft Drinks available.

Sponsored by Families of Incarcerated Loved Ones, Inc

Ruta 210 Al Día



Por favor continué apoyando a los negocios de la Avenida Highland

El proyecto de construcción se llevará a cabo durante este verano sobre la Avenida Highland entre las calles Macy y California. El trabajo incluye colocar un gran tubo de drenaje para evacuar las aguas de lluvia y Favor de Continuar su Patrocinio de los Negocios de la Avenida Highland

> Alicia Mufflers & Radiators 2127 W. Highland American Legion Post 710 2181 W. Highland American Lumber Sales, Inc. 2192 W. Highland Ernie's Artwork 1980 W. Highland Extra Space Storage 2180 W. Highland Huerta's Auto Electric 2033 W. Highland Ita's Barber & Beauty Salon 1996 W. Highland J & K Tobacco Corporation 1996 W. Highland J & K Tobacco Corporation 1996 W. Highland 2180 W. Highland La Consentida Night Club 1950 W. Highland La Oficina Bar 2127 W. Highland La Oficina Bar 2127 W. Highland Los Aguayos Tires/Glass 2137 W. Highland Mike's Market & Liquor

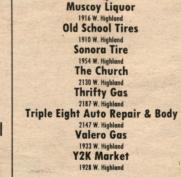


1996 W. Highland **Muscoy Liquor Old School Tires** 1910 W. Hi **Sonora Tire** 1954 W. Hi The Church 2130 W. Highland **Thrifty Gas** 2187 W. Hi **Triple Eight Auto Repair & Body** 2147 W. Highlar Valero Gas 1933 W. Highl Y2K Market 1928 W. Highland

la amplificación de la avenida por cada lado. Se van a requerir desvíos de Highland durante ciertas fases del proyecto. Sin embargo, el libre acceso a los negocios locales se proveerá durante toda la construcción.

> ¿Preguntas? Llame gratis a la línea de ayuda del proyecto:

> > 1-866-435-7210



1996 W.

8

### Wednesday, July 13, 2005



## Arrowhead Has The Answers.

A home loan is one of the most important loans you'll ever get. And at Arrowhead Credit Union, we'll help you get it right. We've got the facts and figures of the many options available to home buyers today, including: SAME DAY APPOINTMENTS ARE AVAILABLE FOR YOUR SICK CHILD



- Pediatric inpatient care
- Pediatric specialties
- 🎔 Sports physicals
- Outpatient follow-up care
- Same-day appointments

10 - 40-Year Mortgages
Low Rate Adjustable Loans
FHA, VA Government Loan Programs
80/20 & 100% Financing Options
CalPERS and CalSTRS Purchase and Refinance

Stop in or give us a call. When the question is, "What's the right home loan for me?" - Arrowhead has the answers.



ARROWHEAD HAS THE ANSWERS www.arrowheadcu.org/re • (800) 743-7228 The Heart Of A Healthy Community  Walk-in acute care (Available at all three Family Health Centers & ARMC Pediatrics Clinic)

ARMC Fontana, McKee and Westside Family Health Center appointments: **(909) 422-8029** 

ARMC Pediatrics Clinic appointments: (909) 580-2725

1000-648 psd MOS-1/1