SURVIVING CANCER
Three Inland Women Winning The Breast Cancer Battle
Please join our growing list of concerned citizens who help us continue to provide a vital service ...keeping our community engaged, educated & informed.

As a VOICE Patron & Partner you can designate a deserving community based or local non-profit organization, charity, community focused ministry, or service oriented small business to be profiled in a future issue of the VOICE and share the good work they are doing with the entire VOICE community.

Contact Elliott Flowers at the VOICE: 951.682.6070 or email elliott@bpcmediaworks.com

“Men of All Seasons” by Charles Bibbs

With your support of $500 or more you will also receive this limited edition giclée by world renowned artist and VOICE Patron & Partner Charles Bibbs. To find out more about Charles Bibbs, please visit his website at www.theworldart.com.
October is breast cancer awareness month - a time when women everywhere are reminded to check our breasts for any signs or symptoms of breast cancer. We hold educational events. Self-check parties. Send mammogram reminders to our girlfriends and female family members. Hold survivor celebrations. We run, walk, hop, skip and jump for the cure. We wear pink to remind our friends, family, and selves to think breast health first. And we remember those who lost the fight much too young.

Each October I remember Karen.

Karen Krause was my first friend to battle breast cancer. It was the 1980’s and we had just graduated high school. She was young and happy and had her entire life before her, or so we thought. Then she was diagnosed with breast cancer. In your 20’s you think you are invincible. We didn’t understand the severity of the diagnosis. We had no idea her life would be cut so short.

Last week I happened upon a Facebook photo collage posted by her younger sister Danielle showing a number of pictures with Karen’s smiling face. The post sparked an online tribute by family and friends where a chorus of voices mentioned her kindness, compassion, love of fashion and “cool” sense of style. Then there is the photo of Karen, the fierce fighter, her dark eyes looking directly into the camera…defiantly hopeful…tenacious…spunky. The resilient smile on her face framed by the classic banged bob wig she wore after she started chemotherapy. Yes, she was fighting with style and grace and did so until the very end.

According to the Centers for Disease Control and Prevention since the 1990’s when Karen lost her battle with the disease, there has been a slight decrease in the number of incidence of breast cancer. However, there is still work to be done. The Inland Empire has the highest rate of late stage breast cancer incidence than any other region in Southern California. And while there has been a slight decrease in breast cancer mortality rates, Black women are still more likely to die from the disease. It is still the second leading cause of death among women if not detected and treated early enough. And just this year a study found a rise overall in the number of Black women diagnosed with the disease.

In respect to Karen’s memory and the millions of women (and thousands of men) like her whose lives have been cut short by breast cancer, remember to take care of your breasts. Eat well. Avoid stress. Practice self-examinations. Visit your physician annually. Brave the mammogram machine. And inform your healthcare professional at the first sign of any changes in your breasts. It could save your life.
Riverside And San Bernardino Residents Walked To Make Strides Against Breast Cancer

Decked out in pink with matching sashes and crowns, breast cancer survivors from Riverside and San Bernardino County gathered at the first annual Making Strides Against Breast Cancer walk in Riverside, at Rancho Jurupa Park. Families and friends of the survivors came to cheer them on as they cut the ribbon and began the three-mile course through the park.

Inland Empire

The American Cancer Society announced that more than 25 teams and 450 walkers and volunteers participated in its first annual Making Strides Against Breast Cancer® event on Saturday, September 28th at Rancho Jurupa Park in Riverside. Breast cancer survivors, family members, students, churches, and co-workers participated in this inspirational three mile non-competitive walk to honor and celebrate breast cancer survivors, educate people about the disease and raise funds and awareness to create a world with less breast cancer and more birthdays.

The Making Strides walk helps the American Cancer Society make strides to end breast cancer and save lives by helping people stay well by taking steps to reduce breast cancer risk or find it early; helping people get well by providing information and support during and after a breast cancer diagnosis; by finding cures through investment in groundbreaking breast cancer research and by fighting back by encouraging lawmakers to pass laws to defeat breast cancer and by rallying communities worldwide to join the fight.

Sponsors of this year’s Making Strides event included Riverside Community Hospital, Riverside Medical Clinic, Southern California Chevrolet Dealerships, and Clear Channel Radio’s 99.1 KGGI; 94.5 Smooth Jazz; The Toad 1350 AM; Comedy 1440 AM; and Q 103.3 Classic Rock. Clear Channel's on-air personality “Acer” and Street Team member Cindy Jurado captivated the crowd with their music and dynamic personalities. For more information about Making Strides Against Breast Cancer and other American Cancer Society breast cancer programs, call 1-800-227-2345 or to make a donation visit www.makingstrideswalk.org/Riverside.

Stories we’re working on for future VOICE issues:

Man Dies in Police Custody: Raymond Johnson, a 41 year old Moreno Valley resident, died in custody of the Moreno Valley Police Department last Friday after displaying erratic behavior in a Burger King drive-thru. Before his arrest, the altercation between Johnson and as many as six police officers was caught on video and posted on You Tube by a witness. The video shows Johnson refusing to exit his car and police using extreme force to arrest him. Authorities say Johnson stopped breathing after he was taken into custody. Officers were seen giving him chest compressions, but he died at the hospital. The coroner will determine the cause of death.

Moreno Valley City Council Attempts To Rectify Brown Act Violations: Moreno Valley City Hall’s continuing saga of corruption, ignorance, arrogance, and/or stupidity...we’re just not sure.

Election Day in the Inland Empire: November 5th is election day and the voters of both Riverside and San Bernardino counties have much to consider from who will lead our cities and schools to the various recall and reform initiatives on the ballot.

Riverside Long Night of Arts & Innovation Photo Essay: The City of Riverside hosted another successful arts and innovation festival with over 500 people participating in the late night event that took place in over 20 locations in Downtown Riverside, including the Fox Performing Arts Center, Riverside Auditorium and Events Center, University of California Riverside (UCR) Culver Center, Riverside Metropolitan Museum, downtown Library, Riverside Arts Museum, the Main Street pedestrian mall, and City Hall.
Why Reputation Management is Important

By Davina Samuel, Union Bank, N.A.

At Union Bank we define reputation management as a solid, ongoing commitment to responsible banking. Ours is a culture of performing ethically at all times in decisions concerning customers, partners, employees and the communities where we conduct business.

This philosophy has proven successful for Union Bank, as customers ranked the company highest among the top 30 bank holding companies in the United States in a recent survey conducted by the Reputation Institute and American Banker Magazine. The results of the 4th Annual Survey of Bank Reputations appear in the July 2013 issue of the magazine. Union Bank received the highest cumulative score of any bank since the inception of the annual survey in 2010 on measures of trust, admiration and respect. The bank also finished in the top five in several key categories such as governance, performance, workplace, citizenship and leadership. The complete rankings of bank reputation scores and full coverage can be viewed online at www.unionbank.com/Images/ABM-ReputationReset.pdf.

“Banking at its heart is built on trust and reputation is built on earning it,” said Union Bank President and Chief Executive Officer Masashi Oka. “For this survey to recognize the trust we’ve established with customers and communities over our nearly 150-year history—particularly through our focused efforts this past year—is a huge honor for our bank and validates what we consider important.”

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Our approach to responsible banking is built around five core tenants: 1.) responsible lending; 2.) sound financial management; 3.) support of community; 4.) diversity and inclusion; and 5.) responsible products and practices. These principles are fundamental to the way we conduct business everyday throughout our bank, and have been a part of our legacy for nearly 150 years.

“At Union Bank, we take pride in empowering our customers and our communities, including businesses, families and diverse communities,” said Union Bank Executive Vice President Julius Robinson, head of Corporate Social Responsibility. “Our 2012 CSR report illustrates a broad cross section of environmental, economic and social contributions that together represent Union Bank and the character of our business and employees.”

The report, the survey and other recent recognitions help to illustrate our commitment to responsible banking, a commitment that will continue as we embark on the next 150 years.
Breast Cancer Awareness Month has been one of the most successful campaigns to raise public awareness in recent history. Unfortunately, in terms of successfully reducing breast-cancer mortality, the results have been mixed, which has caused fierce debate among doctors, researchers, non-profit groups and patients.

“Embedded in the message driving the campaign every October includes instruction to women to strongly consider getting screened for breast cancer, which is often asymptomatic during the early stages, in the hopes of finding cancer before it metastasizes,” says cancer psychotherapist Dr. Niki Barr, author of “Emotional Wellness, The Other Half of Treating Cancer,” (canceremotionalwellbeing.com).

Debate over the efficacy of screenings has arisen as new studies reveal possible shortfalls: self-examinations haven’t been proven effective; younger women experience false positives due to denser breast tissue, as well as missed positives, despite clinical examinations; and recently published studies such as The New England Journal of Medicine’s findings on three decades of screening have been mixed, Dr. Barr says.

The latter found that screenings did reduce late-stage cancer rates, to a small extent, but mammograms also drastically increased over-diagnosis and unnecessary treatment, including surgeries, toxic drugs and an incalculable amount of stress and suffering, she says.

“I think each woman needs to consider screenings on an individual basis. Family history, age and other risk factors should be considered in their decision,” Dr. Barr says. “It’s equally important to remember that, should you or a loved one be diagnosed with breast cancer, you should care for your emotional well-being as much as you take measures to restore physical well-being.”

While doctors, nurses and medical staff tend to your body, you can tend to your mental health with some of these exercises she recommends to her patients:

• “Catch” anxious feelings before they become anxiety. Prevent anxious thoughts from becoming full-blown anxiety by “catching” those feelings before they intensify. If you find anxious thoughts repeating themselves in your mind, take out some index cards and a pen and write them down, one by one, one per card. When you’ve written them all down, try to identify which one thought started the chain reaction. Then find the thought that came next. Continue until you have each thought in order. Now, go back to the first thought and write down a new thought that does not make you feel anxious. When the first thought comes to mind, substitute it with the second thought. Continue through the list until you have positive, empowering thoughts for each negative, anxious one.
• Release painful feelings and then let them go: Writing down painful thoughts and feelings through journaling is an excellent way of exorcising them. Some people find rereading what they’ve written can be helpful, but others hesitate to use this tool for fear someone will find it and read their private thoughts. For those people, Barr suggests an extra measure of release: Shred the pages while focusing on “letting go” of those feelings.
• Give your mind respite by escaping through music and meditation: Music is a tonic for many things: It can help us relax, lift our spirits, provide an escape from anxious thoughts and the here and now. Always have favorite CDs easily accessible so you can escape with music whenever you need to. Meditation CDs are available to help you learn how to meditate and to provide guided imagery for meditation, which is scientifically proven to trigger soothing chemical changes in the brain. Try “Meditation for Beginners” by Jack Kornfield or “Guided Mindfulness Meditation” by Jon Kabat-Zin. Finally, sleep is an absolute must for both physical and emotional health. If you’re having trouble sleeping, there are CDs and downloads to help! Try “Sleep Through Insomnia” by KRS Edstrom.

“Having an actual box, with three-dimensional items, gives patients something tangible to use during a confusing time,” Dr. Barr says.
Dear Dr. Levister:  When is the best time to get a flu shot? A.E.

Dear A.E.: As temperatures get chillier and people spend more time indoors, flu season sneaks in. Because the flu virus can infect the lungs, it can cause a serious complication like pneumonia -- which can require hospitalization, even lead to death. That’s why certain people must get a flu shot.

October or November is the best time to get vaccinated, but you can still get vaccinated in December or later. Flu season can start as early as October and last as late as May.

If you live with or care for a child under 2 years old, you are in a priority group for flu shots. There are two types of flu vaccines: flu shots and nasal sprays. The flu shot vaccine is recommended for:
- Children aged 6 months to 19 years.
- Pregnant women.
- People age 50 and older.

- People of any age with chronic medical conditions such as asthma.
- People living in nursing homes or other long-term facilities.

Others who could get Flu Mist nasal spray include healthy people 2-49 years old who are not pregnant. Also, protect yourself and your child from catching or spreading viruses:
- Cover nose and mouth with a tissue when you sneeze or cough. Throw it away afterward.
- Wash your hands frequently with soap and water -- especially important after you cough or sneeze on them. Use an alcohol-based hand cleaner if necessary.
- Keep you and your baby away from people who are coughing or sneezing.
- Try not to touch your eyes, nose, or mouth -- since that’s how germs are spread.

In 2009, the H1N1 swine flu, a new flu virus, emerged. This virus spreads from person to person like seasonal flu, mainly through coughing or sneezing or sometimes by touching something that became infected with the virus. A vaccine for swine flu is in production.

Early Breast Cancer Screening & Education Clinics Scheduled

The YWCA of North Orange County in conjunction with the Susan G. Komen Inland Empire and Cancer Detection Partnership will be offering free mammogram and clinical breast exam screenings in the Inland Empire for the 2013-2014 year. Contact the YWCA to determine if you qualify, and to schedule an appointment or visit their website at www.ywcanoc.org to learn more. Appointments are available between 8:30AM-12:30PM. Screening dates and times may change and delays may occur.

The YWCA Early Breast Cancer Screening and Education Outreach helps by promoting early access to care for women who often experience obstacles to care, late stage treatment due to lack of medical insurance. The focus is on African American and Mexican American, Hispanic or Latina women who are uninsured and live 200% below the poverty level.

The Inland Empire has the highest rate of late stage breast cancer diagnosis in Southern California. Susan G. Komen has funded our outreach program and we will provide 660 uninsured or underserved women with early breast cancer screenings.

The YWCA of North Orange County is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom, dignity for all. They are the oldest and the largest mobile, multicultural, neighborhood early breast cancer screening program in Orange County, providing over 140 screenings in over 56 neighborhoods; and we are very excited that this program is being implemented in the (San Bernardino County) Inland Empire.

For more information contact (714) 871-4488.
How San Bernardino Got into Bankruptcy

San Bernardino City Mayor Pat Morris made his annual state of the city address last week and gave a historical overview of the road that has led to the city’s bankruptcy predicament. One of the things he mentioned was Charter Section 186; this one thing put public safety employees, police and fire, on automatic pilot for pay increases as compared to the ten more affluent cities in the state. Ever since the bankruptcy, these employees have had a $1 million a year raise by law and the council could do nothing to prevent it. These two departments take over 80% of the city’s budget before others are even considered with 90% of public safety employees living and paying taxes in other communities. With all of that, the council voted to reduce all employees’ work retirement age and the life expectancy retirement has gone up thus the city is stuck with having to pay out longer high retirement pensions with fewer working employees. These decisions have led to an underfunded benefit and retirement program not to mention a lopsided budget allocation process.

Then we had a downturn in the economy, which left San Bernardino in a depression as the housing market crashed and unemployment rose higher. We had a change in the state government and the governor took redevelopment away from the city, which San Bernardino had been living off of for many years. The city had been using that agency to help fund services, which helped mask the road of bad decisions by the council and problems with Charter Section 186.

Now I am sure you are asking the question: why would the council make those kinds of decisions? As the public safety employees pay increased so did their contributions to elected officials’ campaigns. Not all elected officials make decisions based on contributors, but in the city it is obvious where some loyalties lie when council members say, “don’t bring up public safety” when cuts are considered. Just last week Council member Shorett wanted the council to get an outside estimate of what it would cost to contract for fire services, Council members Jenkins, Valdivia, Kelley and McCammack voted no. This was just to research and make a comparison on cost against what is being spent currently. Now all you have to do is look at campaign statements 460 to see the influence. Also speaking in favor of the no vote was City Attorney Jim Penman a long time receiver of campaign funds from you guessed it, local public safety associations.

I have nothing against people or unions making contributions to elected officials because when I was a school board member I received a good share of contributions from the San Bernardino Teachers Association and California School Employees Association and other outside labor organizations. I did not always vote their way but I was always respectful and would listen to their side of the story even during budget cuts. I even invited and solicited their input because they had children in the schools, who would be impacted by my decisions.

Even though the mayor listed other factors, I want to mention that the money is here in the area to prevent such financial woes for San Bernardino and other local governments. For example, SANBAG has given out over $4 billion federal, state, and local taxpayers dollars in construction contracts to rebuild interstate 10 and 215 to outside contractors who would hire local citizens to work; this is insane. SANBAG is comprised of local elected officials of whom San Bernardino is a part.

In my opinion we need to do two things right away and that is campaign reform and a change in the charter because these things would go a long way in correcting a major portion of the city’s problem. Other things to bring the city out of bankruptcy are re-evaluating the city’s employee benefits and retirement programs. This will require good leadership from the mayor’s office and city council working together.

The citizens are ready to follow but they must see evidence that true cooperation is there and every department is considered in the discussion when it comes to the budget. The citizens who are left in the city must not act blindly and follow on the same old road that has gotten the city to its present financial situation. I recommend every citizen read Mayor Morris’ state of the city message for an understanding of the city’s condition and what it will take to turn things around.
Obamacare Rollout Begins Final Step

On October 1, the federal government shutdown for the first time in 17 years, furloughing 800,000 workers, closing national parks and slowing, or in some cases stopping, important government services. Despite efforts by the House Republicans, one thing that was not shutdown was Obamacare, as that day, thousands of uninsured Americans began enrolling in the health care exchanges that were setup by the legislation.

In a report released by the National Journal, it was revealed that the Congressional districts with the highest percentage of uninsured are in the Southwest region of the United States and are in areas with a large Hispanic population. Fitting that bill perfectly, the report revealed that 24.3% of residents in the 41st Congressional District are uninsured.

The numbers don’t lie. With a high number of insured residents, the Inland Empire will benefit greatly from Obamacare, as the goal of these exchanges is to help uninsured Americans enroll in affordable plans where the monthly premiums are determined solely by income, age, and location. Those who cannot afford to purchase health insurance on their own are eligible to receive tax credits to help pay for the cost, or may qualify for expanded Medi-Cal coverage.

These marketplaces allow individuals and small businesses to choose between several different plans to find the coverage that’s right for them. There are four levels of coverage through Covered California: Bronze, Silver, Gold and Platinum, with Bronze plans being the cheapest, and Platinum being the most expensive.

For example, a family of four living in Riverside making $60,000 a year will pay $299/month for the Bronze plan. The Henry J. Kaiser Family Foundation released a report earlier this year that stated the average annual premium was $4,560 — by enrolling in the Covered CA plan, that same family would save $972 annually.

That is what we’re fighting for - affordable health care for Americans so they have peace of mind and are not forced to go without insurance, leaving them vulnerable to financial ruin.

Obamacare was the culmination of a decades-long fight for health care reform. It includes important consumer protections that prevent insurance companies from denying coverage for people with pre-existing conditions, eliminates annual and lifetime caps on care, and allows young adults to stay on their parents’ plans longer. In addition, the law requires insurance plans to cover free preventive health services and lowers prescription drug costs for seniors by closing the Medicare Part D donut hole.

With 24.3% of the residents in the Inland Empire uninsured, taking away their ability to purchase affordable health insurance and stripping them of the consumer protections would not only be irresponsible, it would be foolish. Republicans decided to shut down the Federal government to force the President to repeal Obamacare. I continue to stand alongside him to protect this plan and the benefits our community needs.

Representative Mark Takano
41st District of California

Congressman Takano is a former educator and college trustee for the Riverside Community College District. As a member of the U.S. House of Representatives his district encompasses the communities of Riverside, Moreno Valley, Jurupa Valley and Perris.

He serves on the House Veterans’ Affairs Committee and the House Science, Space and Technology Committee.
At first glance it is obvious that Riverside resident Timel Sebastian is full of energy with a stylish short-cropped fade and a smile that lights up any room. And those who know her would say she’s not just full of energy she is ‘high energy’.

I'm A Survivor

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Photos by Carlos Puma

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Three Inland Women Winning The Breast Cancer Battle

As the Sales and Special Projects Manager for Adams Motorsports Park, Timel is responsible for as she puts it, “a little bit of everything”, sales, marketing, staffing, and event set-up. And while juggling her career, family, and friends, she had been harboring a secret from many within the community. In December 2012, Timel was diagnosed with breast cancer, accounting for her short-cropped hairstyle, a sign of her treatment from chemotherapy. Timel, along with many women who are diagnosed with breast cancer, has learned to persevere and survive.

“People need to know to react right away,” says Timel who underwent surgery on February 6, 2013. “I started chemo right away in March and will be doing this for one year and three months.”

Timel’s story is not unlike many other women. She had her annual mammogram in October of 2012, and that “just knowing your body helps. Really, my husband felt a lump underneath my breast that moved around like a marble. He told me you better get that checked out. When I went to the doctor, he thought it was a cyst because it was moving. Well the doctor ordered an x-ray and biopsy and when he looked on the computer he was shocked and said it was stage 2 cancer.”

“My grandmother passed away from breast cancer but my mom never had it. It skipped a generation,” she says.

She stresses the importance of women knowing their bodies and not letting fear stop them from getting checked or even being afraid of the treatment for breast cancer. “Chemo is totally different than it used to be as far as the infusions, medications and things you go through. I did lose a little hair but before it got too bad, I cut it all off.”

It is estimated that one in eight women will be diagnosed with breast cancer in their lifetime which is the second leading cause of death among women if not detected and treated early. Over 220,000 women in the United States will be diagnosed with breast cancer and more than 40,000 will succumb from the disease.

According to the American Cancer Society, an estimated 22,850 new cases of invasive breast cancer are expected to occur among women in California in 2013.

Being diagnosed with breast cancer does not mean a death sentence.

“The American Cancer Society encourages all women to put their health first. We want women to understand the benefits of eating a balanced diet, maintaining a healthy weight, exercising regularly and limiting alcohol intake,” said John Morgan, Dr.PH, epidemiologist with the California Cancer Registry, professor at Loma Linda University, and longtime volunteer for the American Cancer Society. “Breast cancer patients and their caregivers can turn to us for free support and information any time of the day or night. It’s because of quality support, early detection and improved treatment that more than 2.9 million breast cancer survivors across the nation will celebrate a birthday this year.”

Much like Timel, San Bernardino resident Cynthia Gatson has annual mammograms and check ups, and everything changed five-years ago. She was shocked to learn from her physician that they had found a lump in her left breast.

“Fortunately, they caught it early,” Cynthia admits. “But in August of 2008, I had to have my left breast removed and not even six months later, they found a lump in my throat and removed my thyroid.”

“I was scared, very scared. I’ve never been a sick person,” she says. I have always been the strong one of the family. I was very scared. I go every year and get my mammogram and never expected to hear that. Never felt any lump or anything. It was a shock. But they believe they got everything.”

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I’m a Survivor, continued from page 11

Cynthia, who was taking four chemo treatments on a five-year regimen, is now on chemo pills everyday. "I have about another year and a couple months left of chemo pills and I’ll be clear," she said ecstatically.

"With chemo, you forget a lot. And I do. I used to be on top of everything, but now I forget a lot and that’s one of the side affects of the chemo pills."

Like most women, breast cancer was not the only thing Cynthia was dealing with at the time. During her own health ordeal, she lost her mother three years ago and while grieving that loss, her son was in a bad car accident in Kentucky, which left him a quadriplegic. She ended up leaving her job that day and went back to Kentucky to be with her son and help in his recovery.

"God is testing me," she thought. "It’s hard. It was a real difficult time, but everything happens for a reason."

She eventually brought her son back home and in between her own treatments, she began taking care of him. “It’s an around the clock thing but I would have it no other way,” she says.

But the key to living a full healthy life is in the preventative measures a woman must take. Yearly mammograms and check-ups are important. Bloomington resident Marlene V. was diagnosed with breast cancer two days after Christmas last year. “The week before Christmas I had a biopsy and through the Christmas holiday I was edgy and had anxiety."

"I was called in to the doctors office of the oncology department and they gave me the news and of course it was startling and it was stressful, but most of all I guess the real word is typically scary."

“Cancer is something you hear about,” she says “and for me I have always avoided even saying the word. Cancer has always represented to me a deadly disease.  Fear and things like death, I didn’t want to have any connection with it. And of course you always think it’s going to be the other person. But someone has to be that someone else and I happened to be that someone else.”

After hearing the diagnosis Flowers admits, “I didn’t let my son know. I think maybe I let my sisters know. My cancer was ductal carcinoma in-situ, which means it wouldn’t spread right away. But they caught it early.”

"Cancer is something you hear about...and for me I have always avoided even saying the word. Cancer has always represented to me a deadly disease."

- Marlene V.

As with Timel and Cynthia, Marlene stresses how important a mammogram is in detecting breast cancer early. “The thing about it is that I have been getting my mammograms on time in the past years but I was late because I was too busy. As a birthday gift to myself every year I get tested. I have my mammogram, PAP smear all that stuff. When I got the news I was angry with myself because I thought if I had stopped and gone for my mammogram…” she pauses and becomes more reflective, “All women need to have mammograms annually because it will save lives. It saved mine. I’m a witness to that.”

Unlike the others, Marlene had options for surgery because her form of cancer was a tumor. She underwent surgery in January 2013 the week of her birthday. The results were okay but the margins of the cancer cells the physicians felt were too close to other tissue. The doctors were concerned that the cancerous cells may be heading into more tissue with the risk to spread.

She underwent a second surgery in February and the results showed that the cancerous cells did not spread. The physicians had gotten all the cancer. After the second surgery, radiation treatments followed.

“I didn’t need chemo because it didn’t spread,” says Marlene. “I had radiation for five weeks and it went well. I had some side affects with it and they put me on anti-cancer medication which I will start next weekend.” Marlene later learned that the removed cancer cells tested positive for estrogen. The receptors in her breast were also positive for estrogen which doctors believe may be the factor that created the cancer. “I will be taking estrogen blockers. Which stops the fat
cells from producing estrogen and I won’t form any more tumors, I had wonderful doctors at Kaiser.”

Currently Marlene is cancer free but says that it’s just not the physical aspect of cancer most patients deal with. It’s the emotional aspect of being diagnosed, going through treatment and surviving cancer.

“Cancer also goes on emotionally,” she says. “Physically, they may take out the tumor but emotionally you’re still impacted because you’re concerned it will come back. I attend cancer groups at Kaiser, a monthly women’s support group. It still affects you emotionally for years to come. I don’t fear that word cancer anymore. I used to refer to it as the Big “C” but I don’t anymore. It’s given me the desire or passion to help others. If I could speak to someone and say the right thing to encourage and comfort, I can tell her. I’ve taken that path before.”

“There are two types of patients of cancer -- cancer patients and cancer survivors. I want others to be encouraged and let them know there is hope for them to deal with their bodies. It involves lifestyle. For me, I have to stay away from the pesticides, herbicides, and fertilizers. I want to go as organic as I can.”

Marlene does not see cancer as the death sentence as she first thought. She has become active with the American Cancer Society and even helps with the monthly women’s support groups at Kaiser in Fontana.

“Because cancer was a reality to me, I joined the American Cancer Society Legislative Ambassadors. We advocate to Congress, Washington and Sacramento and we encourage them to pass certain bills for the study of cancer, pass bills for additional health benefits for women. And we advocate for women’s health overall,” says Marlene.

And much like Timel and Cynthia who serve as women of faith, strength, courage and survival, Marlene says, “I live with the faith that the Lord is going to give me a long life. I’m no worse off than the next person without cancer.”

Susan G. Komen for the Cure® recommends that you:

1. Know your risk by learning about your family health history and talking to your health care provider about your personal risk.
2. Ask your doctor which screening tests are right for you if you are at a higher risk. Have a mammogram every year starting at age 40 if you are at average risk. Have a clinical breast exam at least every 3 years starting at age 20 and every year starting at age 40.
3. Know how your breasts look and feel and report any changes to your health care provider.
4. Make healthy lifestyle choices:
   - Maintain a healthy weight
   - Add exercise into your routine
   - Limit alcohol intake
   - Limit post-menopausal hormone use
   - Breastfeed if you can

Additional breast health & breast cancer resources and information may be obtained through Komen Inland Empire Grant Recipients and Komen Global:


Breast Cancer Solutions
Community Clinics Health Network (CCHN)
Desert Cancer Foundation
Michelle’s Place
Quinn Community Outreach Corporation
Redland’s Community Hospital - Women’s Health Imaging Center
San Antonio Community Hospital
YWCA of North Orange County
October 4, 2013, the Riverside Branch of the NAACP hosted their inaugural “We Shall Not Be Moved” Salute to Labor Unions Awards Program Dinner and Dance at the San Bernardino Hilton Hotel.

Waudieur “Woodie” E. Rucker-Hughes is branch president and Sharon Lewis is membership chair and event chair. NAACP Committee Members: Louise Boone, Ida Clark, Angela Hawkins, Marion McCrory Janice Rooths, Charles Walker, and Maudie Wilson.

The Advisory Committee included: Ricardo Cisneros, Regional Coordinator UDW/AFSCME Local 3930 AFL/CIO; Marilyn Farrow, Teamsters Union Local 63; Ed Toole, SEIU Executive Board Member Local 72; Sheila Futch (Retired) State of California; Lynn Brown Summers, USW Local 7600; and Nancy McCall, California School Employees Association.

Labor honorees include: Labor Hall of Fame: Albert Casey; Friends of Labor Coalition Award: Congressman Mark Takano, Assembly member Jose Medina; Mary Figueroa, Riverside Community College District Board of Trustees; Allison Dale, President A-Z Printing Company; Outstanding Community Outreach Award: SEIU Local 72, IBEW Local 47, CSEA Chapter 506, SEIU United Long Term Care Workers; Foot Soldier Award: AFSCME Local 3930, UFCW Local 1167, Bill Lathrop, Teamsters Union Local 63; Ed Toole, SEIU Executive Board Member Local 72; Sheila Futch (Retired) State of California; Lynn Brown Summers, USW Local 7600; and Nancy McCall, California School Employees Association.

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The Necessary Nutrition Academy is offering a new program, Breast Health New and Improved. The program is designed to help women reduce their risk for breast cancer.

Participants discovered natural ways to reduce their risk, including what to eat and the four biggest mistakes most women make when it comes to their breast health.

The instructor for the evening, Dr. Cynthia Preston of the Inland Naturopathic Medical Center, is a licensed naturopathic family care doctor with special training in women’s health concerns like PMS, menopause, osteoporosis, cardiovascular health, aging and emotional well-being.

The Necessary Nutrition Academy is the educational component of Necessary Nutrition, Inc. Necessary Nutrition collaborates with skilled professionals in the fields of health and wellness in order to offer comprehensive programming; including classes, workshops and nutritional counseling. For a complete list of upcoming classes and events visit www.Necessary-Nutrition.com. For more information on upcoming programs, contact Robin De-Ivy Allen at 951-259-5198.
NOTICE OF SALE OF VEHICLE

Notice is hereby given, pursuant to Section 10871 of the Code of Civil Procedure of the State of California, that the undersigned will sell the following vehicle(s) at lien sale at said time(s) on:

9/27/2013 at 1:45 PM to wit:

Make/Vk: BMW / 1998
Lic.: 4RCN112
Vin #: WBAAB4A958H178700
Location: UPLAND POLICE DEPARTMENT
1456 EAST 13TH STREET, UPLAND, CA 91786

Said sale is for the purpose of satisfying all taxes, fees, or other sums due and owing for the storage, labor, materials, and lien charges, together with costs advertising and expenses of sale. p. 10

The following person(s) is (are) doing business as: M G REALTY
3282 Trade Center Dr.
Riverside, CA 92507
P. O. Box 5250

Intercom Clock & Signal Service

Registrar has not yet begun to transact business under the fictitious name(s) listed above on 9/13/13. I hereby certify that this copy is a correct copy of the original statement on file in my office.

Larry W. Ward, County, Clerk
FILE NO. R-2013-09999
p. 9/26, 10/3, 10/10, 10/17, 2013

Mickoel Ebony Harris
To All Interested Persons: Petitioner:

The Court

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER R-1306586
To All Interested Persons: Petitioner: NICKDEL EBONY HARRIS filed a petition for a change of name as follows: NICKDEL EBONY HARRIS to SCOTT WATERS. The Court Orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection within five days from the date it was filed in the Office of the Clerk. Clerks: Larry W. Ward, County, Clerk
Clerk C. TIDWELL

The Court

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER R-1310734
To All Interested Persons: Petitioner: DEZARAAE HENDerson SCOTT filed a petition for a court for a change of changing name as follows: DEZARAAE HENDerson SCOTT to GREGORY HENDERSON. The Court Orders that all persons interested in this matter appear at this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection within five days from the date it was filed in the Office of the Clerk. Clerks: Larry W. Ward, County, Clerk
Clerk M. ULOA

The Court

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER R-1301145
To All Interested Persons: Petitioner: SHARON J. WATERS filed a petition for a court for a change of changing name as follows: SHARON J. WATERS to SCOTT WATERS. The Court Orders that all persons interested in this matter appear at this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection within five days from the date it was filed in the Office of the Clerk. Clerks: Larry W. Ward, County, Clerk
Clerk G. GOUDE

The Court

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER R-1301145
To All Interested Persons: Petitioner: SHARON J. WATERS filed a petition for a court for a change of changing name as follows: SHARON J. WATERS to SCOTT WATERS. The Court Orders that all persons interested in this matter appear at this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection within five days from the date it was filed in the Office of the Clerk. Clerks: Larry W. Ward, County, Clerk
Clerk G. GOUDE

The Court

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER R-1310734
To All Interested Persons: Petitioner: DEZARAAE HENDerson SCOTT filed a petition for a court for a change of changing name as follows: DEZARAAE HENDerson SCOTT to GREGORY HENDERSON. The Court Orders that all persons interested in this matter appear at this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection within five days from the date it was filed in the Office of the Clerk. Clerks: Larry W. Ward, County, Clerk
Clerk M. ULOA

The Court

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER R-1301145
To All Interested Persons: Petitioner: SHARON J. WATERS filed a petition for a court for a change of changing name as follows: SHARON J. WATERS to SCOTT WATERS. The Court Orders that all persons interested in this matter appear at this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection within five days from the date it was filed in the Office of the Clerk. Clerks: Larry W. Ward, County, Clerk
Clerk G. GOUDE

The Court
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER RIC 1310520
To All Interested Persons: Petitioner: KEON DESHAWN KEETEN filed a petition with this court for a decree changing names as follows: KEON DESHAWN KEETEN to KEON DESHAWN THOMPSON. The Court Orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name change described above must file a written objection that includes the reasons for the objection at least two court days before the matter is set for hearing. Date: AUG 28 2013
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER RIC 1311022
To All Interested Persons: Petitioner: RENÉ P. SOTO filed a petition with this court for a decree changing names as follows: PRESLIANO SOTO to RENÉ P. SOTO. The Court Orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name change described above must file a written objection that includes the reasons for the objection at least two court days before the matter is set for hearing. Date: SEP 10 2013
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER RIC 1313978
To All Interested Persons: Petitioner: KELLY M. SERRANO filed a petition with this court for a decree changing names as follows: KELLY MERCEDES SERRANO to EMILIA SOLORDO. The Court Orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name change described above must file a written objection that includes the reasons for the objection at least two court days before the matter is set for hearing. Date: OCT 22 2013
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER RIC 1319087
To All Interested Persons: Petitioner: Larry W. Ward, County Clerk, FILE NO. R-2013-10190. The Court Orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name change described above must file a written objection that includes the reasons for the objection at least two court days before the matter is set for hearing. Date: SEP 10 2013
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER RIC 1319387
To All Interested Persons: Petitioner: GRACE MARCIA RAMIREZ filed a petition with this court for a decree changing names as follows: GRACE MARCIA RAMIREZ to MARICELA RAMIREZ. The Court Orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name change described above must file a written objection that includes the reasons for the objection at least two court days before the matter is set for hearing. Date: DEC 11 2013
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER RIC 1303549
To All Interested Persons: Petitioner: MATILDE REYES filed a petition with this court for a decree changing names as follows: MATILDE REYES MURIEL to MARIA REYES BARBOSA. The Court Orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name change described above must file a written objection that includes the reasons for the objection at least two court days before the matter is set for hearing. Date: DEC 11 2013
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER RIC 1304592
To All Interested Persons: Petitioner: KRISTINE MANGENTE GARCIA filed a petition with this court for a decree changing names as follows: KRISTINE MANGENTE GARCIA to KRISTINE MANGENTE. The Court Orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name change described above must file a written objection that includes the reasons for the objection at least two court days before the matter is set for hearing. Date: DEC 11 2013
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER RIC 1305516
To All Interested Persons: Petitioner: EREN MURO INJUEZ filed a petition with this court for a decree changing names as follows: EREN MURO INJUEZ to BASSAHAN EREN MURO. The Court Orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name change described above must file a written objection that includes the reasons for the objection at least two court days before the matter is set for hearing. Date: DEC 11 2013
The fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (sec. 14400 et. seq. & b code) Statement filed with the County of Riverside on 09/25/13

I hereby certify that this is a correct copy of the original statement filed in my office.

The filing of this statement does not authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 14400 et. seq. & b code)

The following fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk.

A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (sec. 14400 et. seq. & b code) Statement filed with the County of Riverside on 10/09/13

I hereby certify that this is a correct copy of the original statement filed in my office.

The following fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk.

A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (sec. 14400 et. seq. & b code) Statement filed with the County of Riverside on 10/09/13

I hereby certify that this is a correct copy of the original statement filed in my office.

The following fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk.

A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (sec. 14400 et. seq. & b code) Statement filed with the County of Riverside on 10/09/13

I hereby certify that this is a correct copy of the original statement filed in my office.
“Less sugar” still has too much sugar.

Sugary drinks like juice, sports drinks and soda can cause obesity. Choose milk and water instead.

Learn more with our new kid’s storybook. Your FREE on our website.

First5California.com/parents
Doing the little things means everything.
To the Customers of Southern California Edison

This year, SCE will celebrate the 100th anniversary of its hydroelectric plant system. The original costs to build the plants were fronted by SCE and its investors, and were fully reimbursed by SCE’s customers by 1954. This means that Edison’s customers have continued to receive safe and reliable electricity for nearly 60 years without SCE making an additional dime off the original investment in the plant.

That’s the way The Electric System works. That’s the Regulatory Compact. Utilities like SCE invest in plants and equipment to create The Electric System that serves the entire population living in their service territory. The utility is only allowed to recover its investment and a government-regulated return. If a plant lasts much longer than originally expected, then every customer benefits and the company can’t make additional profit.

This year SCE decided to shut down the San Onofre nuclear power plant nine years before its license was due to expire because of the failure of steam generators designed and manufactured by Mitsubishi Heavy Industries. SCE, on behalf of its customers, is now trying to force Mitsubishi to pay SCE and its customers for the damages Mitsubishi caused.

Just as all of us continue to benefit from extra-long lasting components like SCE’s original fleet of hydroelectric plants, all of us also share in the costs of equipment that is retired early, such as San Onofre. That’s the Regulatory Compact, which led to the creation of the safest, most reliable and most affordable electricity system in the world.

For more information, please visit www.songscommunity.com.
For advertising opportunities, contact Lee Ragin at 951.682.6070
Mike Soubirous
Riverside City Council Ward 3
Candidate

I love Riverside, but we can’t keep doing the same things we’ve been doing for decades. We must think “outside the box” - we must be competitive.

That’s why I’m committed to serving this term without a Council salary. I want to show the people I am here to serve them.

I am running for city council because I know what it takes to get our city moving again. I believe our best years are ahead of us.

Less time on the road means more time with our families - and a better quality of life!

To create jobs, I’ll work for policies that encourage businesses to locate or expand in Riverside. Needless regulations and delays should be eliminated, and costly “red tape” should be cut. We need keep our tax dollars in Riverside!

We need to ensure we have the best restaurants, shopping, recreation and other amenities that draw people and their families to our city. When we become a “destination,” we will attract and keep tax dollars here and businesses will invest and grow here. Let’s make Riverside a destination city!

Higher taxes and rate increases are not the answer - reducing waste, needless spending and duplicative programs are what's needed!

Our city streets are in rutted, pot-holed and in disrepair. Our curbs and gutters are damaged by tree roots - with some of our streets not draining properly - causing a water stagnation problem. I WILL be your advocate on these issues. I WILL ensure the needed work and repairs get done!

As your Ward 3 city councilman, I’ll always fight to ensure the public’s safety - your safety - is my top priority! On the road, at home, in the workplace and especially at our schools - we must maintain a safe and secure environment.

Our city’s traffic must keep flowing as more and longer train traffic traverses our city. I am committed to getting results. I will work tirelessly to achieve these goals! I am opposed to RED LIGHT CAMERAS.

Our city government needs to be accountable to its people. It should be "user-friendly" as well. I am committed to finding and maintaining funding sources for our senior centers, like the Janet Goeske Center, which provides a cool zone in the summer, a place to link with vital services and welcome environment to interact with others with similar needs.

Your councilperson should be responsive to your call. I will work hard to be an advocate for the people living in Ward 3.

I have been a public servant most of my adult life. As a law enforcement officer, I never forgot the fact I worked for taxpayers, and the role I played in serving them. I will bring that same attitude and commitment to our city council. I will work for you!

I will push for more openness and transparency in our local government — ensuring the light of public awareness is shined on all public decisions allowed by law.

I will bring our local government to you. Your voice and your local neighborhood’s voice should be heard. I will represent your interest - not my personal interest.

I will keep my office door open to everyone — making myself available to anyone in Riverside who needs my help.

And, I will always remember that I am elected to serve you, not be served by you!

We can do this - but I need your support to make this happen!

I will do my very best to serve you.

I ask for your vote,

Contact me - I will answer you! - (951) 515-1663, email: msoubirous@mac.com, website: Mike4Riverside.com
"I got an insider’s look and the knowledge I needed to be even more successful."

We are now accepting applications for the Spring 2014 Workshop at Macy’s!

If you are a woman or person of color and own your own business, we invite you to apply for the Workshop at Macy’s! You’ll gain insight from seasoned Macy’s pros and Macy’s partners, and get the tools you need to succeed and sustain growth in the retail industry.

Apply today at macysinc.com/workshop

PICTURED: Kim Roxie, LAMIK Beauty.
Past participant of The Workshop at Macy’s.