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TIM PRINCE OFFICIALLY ENTERS CONGRESSIONAL RACE

A large audience of San Bernardino County political activists, friends and family, with the background music of Chris Davis, the position with questionable ethical legislative practices on earmarks and addiction to foreign oil, hired the former lobbying firm.

Prince outlined the key proposals in his forthcoming campaign: invest in education and the elimination of the No Child Left Behind with an education program with greater input at the local level, including teacher expertise; the healthcare plan for 45 million people without medical services; program to aid families losing their homes to foreclosures; solution to closing the Iraq War, creating jobs for million of workers due to the recession; need to invest in American workers, not outsourcing jobs, and spend precious dollars on ramping up a preemptive war.

Prince stated that the American people need to provide moral leadership in the world starting with Iraq, where we should be drawing down troops, not escalating the war. He also stated the need to end the addiction to foreign oil.

Tim Prince was born and raised in San Bernardino and graduated from San Bernardino High School in 1983 with Highest Honors. He attended the University of California, Berkeley, graduating with Highest Honors and Distinction in Scholarships.

Prince, the son of Ralph H. Prince, who was elected seven times as City Attorney of San Bernardino (the longest tenure in the city's history), attended the University of California, Hastings College of Law, again, receiving scholarships, including the Lewis King Scholarship and Leonard Family Scholarship. He also worked at various jobs to support his education. He served as law review editor and earned his Juris Doctor in 1990. Thereafter, he served under Judge Marcus Kaufman.

Prince has practiced law for 15 years, previously with Hoor, Dunn, Scott and Tomlinson, and for the last eight years with Tomlinson, Nydam, LLP. He has been highly successful in product liability, wrongful termination and person injury litigation.

Activeiy involved in civic Continue on page 4
GOV. SCHWARZENEGGER APPOINTS TWO TO RIVERSIDE COUNTY SUPERIOR COURT

Governor Arnold Schwarzenegger today announced the appointments of Michael B. Donner and Anthony R. Villalobos to judgehips in the Riverside County Superior Court.

Donner, 61, of Riverside, has served as founder and partner in the law firm Donner, Fernandez & Lauby since 1998. From 1983 to 1998, he served as an associate then partner in the law firm Gilbert, Kelly, Crowley & Jennett. Donner earned a Juris Doctorate degree from Southwestern University School of Law, a Bachelor of Arts degree from California State University, Fullerton, and an Associate of Arts degree from Long Beach City College. He fills one of the new positions created by Senate Bill 56. Donner is a Republican.

Villalobos, 42, of Indio, has served as a deputy district attorney for the Riverside County District Attorney's Office since 1999. He previously was an associate for the Law Office of Mario Rodriguez from 1996 to 1999. Villalobos earned a Juris Doctorate from the University of Notre Dame and a Bachelor of Arts degree from Stanford University. He fills one of the new positions created by Senate Bill 56. Villalobos is registered decline-to-state.
ONTARIO, CA - For the fourth consecutive year, the Court of Appeal, Fourth Appellate District, Division Two, will hold a court-community program. The Outreach Plus Program will be held at Chaffey High School on Feb. 14 beginning at 9 a.m.

"This is a wonderful learning experience about the judicial system for students," County Superintendent Herbert Fischer said. "Students have the opportunity to see actual appeals cases at their school."

With Presiding Justice David Ramirez, there will be two oral arguments heard at Chaffey High, located at 211 W. Fifth St. Following the oral arguments, there will be a 30-minute question-and-answer session conducted by the justices and the audience of students, staff and local officials.

Following the oral arguments and question-and-answer session, the justices and members of the San Bernardino County Bar Association will speak to high school students in the Chaffey classrooms. Justices will discuss careers in law and the importance of high school graduation, plus talk about the roles of trial and appellate courts.

Division Two of the Fourth Appellate District hears appeals from the superior courts in Inyo, Riverside and San Bernardino counties. For more information, contact Angela Dorough, coordinator of History-Social Science for the San Bernardino County Superintendent of Schools, at (909) 386-2611.

OPERATIONAL SERVICES

LEASE OPTIONS: HOW THEY HELP BUYERS AND SELLERS

(Lease Options)—In the current real estate market, the door has been closed to homebuyers who need 100 percent financing or don't have a large down payment. This means about half of potential buyers no longer qualify for a home loan. It also means that sellers have fewer qualified buyers for their homes.

One thing that is helping both home sellers and home buyers in this difficult market is the lease option. Using the lease option strategy could help people to buy or sell their home in this difficult market.

What is a Lease Option?

A combination of contracts that gives a tenant/buyer the choice to purchase a property at an agreed upon price within a specified time frame.

In a slowing real estate market lease options help homebuyers buy and home sellers sell.

Benefits to Buyers

• Occupy a property with very little capital
• Use the lease option term to improve credit scores
• Move into the home they desire without traditional financing
• Helps lenders make more favorable loans

Benefits to Sellers

• Sell their home without drastically lowering their sales price
• Attract more buyers even in a slow seller's market
• Collect a higher than average rent for their property
• Get their mortgage or most of their mortgage paid during the lease option term
• Avoid foreclosure, save their credit and their equity.

If you own a home and want to sell, or if you are looking to purchase a home but are having a hard time getting financing, it might be a good idea to learn how lease options work.

Visit www.Optionpros.com or call (800)824-0479 to learn more.

HELPING CHILDREN IN CRISIS

By Ernie Allen

(NAPS)—Millions have already seen Ben Affleck's powerful film "Gone Baby Gone," based on the novel by Dennis Lehane (http://www.gonebabYGONEMovie.com/). Many of them left the theater discussing and debating what they had just witnessed. It is a riveting police thriller but it is more than that. It portrays the moral and ethical dilemmas often faced by those trying to help children in crisis.

Do we do the "right thing" for a child? Or do we do what is required by law? It is a heart wrenching decision. Some reviewers called the film's ending "unbelievable." Yet this is a dilemma faced every day by child welfare workers, law enforcement, judges and others across the country.

Is it in the best interests of a child to be taken out of an abusive, neglectful home and placed in one that is more caring and nurturing? Obviously. Yet what about taking a child from a poor family and placing him or her in a home that offers greater economic advantages and opportunities?

We are a nation of law, not emotions.

These dilemmas are faced by America's Child Protective Service (CPS) workers every day. Often, our child welfare systems appear to be overwhelmed with the sheer magnitude of the challenge. Yet without the rule of law, often these decisions would be made on the basis of personal biases or emotions.

Judges and CPS workers must make decisions based on the risk of immediate harm to the child. A child cannot be taken away from his parents and awarded to someone else simply because of higher socio-economic status or the fact that they live in a nicer neighborhood. All parents have rights, including those whom we view as not as fit. Without CPS standards, we run the risk that children will be placed arbitrarily into situations with others whom society views as better able to provide for the child.

A fictional recount of child abduction raises important ethical questions about child protection.

Ben Affleck and I spoke early in the process. I visited with him on the movie set. He wanted to be sure that the underlying elements in the film were fair and realistic. He wanted to understand child abduction and the types of victimization experienced by so many children. He worked tirelessly to make this fictional account of a child abduction and its aftermath as rooted in reality as possible. And he did a magnificent job.

Yes, it is a work of fiction, but it raises moral and ethical questions regarding the care and protection of America's children that we must talk about as a nation. Fundamentally, it reminds us that there is no right way to do the wrong thing.

* Ernie Allen is the president and CEO of the National Center for Missing & Exploited Children (NCMEC) in Alexandria, Virginia. NCMEC's mission is to help prevent child abduction and sexual exploitation; help find missing children; and assist victims of child abduction and sexual exploitation, their families and the professionals who serve them. For more information, call 1-800-THE-LOST (1-800-843-5678) or visit www.missingkids.com

S.B. DEMOCRATIC LUNCHEON CLUB

San Bernardino Democratic Luncheon Club of San Bernardino meets at noon on Fridays at Democratic Headquarters, 136 Carousel Mall (near the central glass elevator-lower level).

Questions regarding the Democratic Club call Nancy White at (909) 791-6229.

Visitors welcomed.

Wednesday, February 6, 2008

Followings is a schedule of speakers:

February 8 Jim Smith and Dennis Baxter, Native Sons of the Golden West
February 22 Hattie Inge, Founder/President, Rage Black History Committee Inc
February 29 Mark Westwood, Candidate for 63rd Assembly District

March 1 Installation Banquet at noon at Mill Creek Cattle Co. on Mentone Blvd. featuring Congressman JOE BACA. Reservations ($30 ea or $55 per couple) must be made by Feb. 23 at 909.793.6229.

Club website: www.sbdems.com
UCR PROGRAM NAMED FOR GODDESS OF WISDOM HELPS GIRLS MAKE SMART MOVES

Project ISIS provides middle school girls with taste of college while focusing on future mathematics and science careers. Approximately 120 middle school girls will attend this year's campus tour sponsored by Project ISIS.

RIVERSIDE, CA (www.ucr.edu) – An interactive campus tour for girls interested in mathematics and science will be held at UC Riverside on Feb. 2 from 8 a.m. until 4 p.m. through Project ISIS (I Strive – I Succeed), an outreach partnership program developed through Cur's ALPHA Center.

Approximately 120 girls from De Anza Middle School and Vina Danks Middle School are expected to attend the event along with their teachers, and UCR student mentors.

During the all-day field trip, attendees will explore the UCR campus, dorms, and classrooms while hearing presentations about financial aid, preparing for college and the importance of taking mathematics and science classes. Stops along the tour include a visit to the College of Engineering and a presentation by Maria Chiara Simani, a specialist in physics education. In addition, the attendees will make a trip to an entomology class taught by entomology graduate students.

Project ISIS, a program focused on increasing female students' interest in mathematics and science, became a reality in 2004 when the U.S. Department of Education awarded UCR a grant to develop a program highlighting the importance of mathematics-based careers for middle school girls. The program, which operates under UCR's ALPHA (Academy of Learning Through Partnerships for Higher Education) Center umbrella, enabled the female students to achieve a college education and exciting career choices. The program emphasizes that these students, middle school and undergraduate students can be successful in learning mathematics and science, said Project Director Linda Braatz-Brown. UCR students and staff from Campus Tours along with the Department of Entomology, MESA (Mathematics Engineering Science Achievement), Society of Women in Engineering and Latinos in Science (STEM) subjects. Alliance for Education, a San Bernardino County partnership with business, labor, government, community and education, will provide transportation for the event.

Project ISIS became a reality in August 2005 when the U.S. Department of Education awarded UCR a $482,000 grant to develop a program highlighting the importance of mathematics-based careers for middle school girls. The program, which operates under UCR's ALPHA (Academy of Learning Through Partnerships for Higher Education) Center umbrella, supports efforts to increase the number of female mathematics and science majors who pursue teaching as a career.

"The program emphasizes that these students, middle school and undergraduate students can be successful in learning mathematics and science," Braatz-Brown said. "This success opens up opportunities for them to achieve a college education and exciting career choices. It addresses a large problem our society faces in finding and placing strong mathematics and science teachers in classrooms in the Inland Empire."

For more information on Project ISIS, contact Linda Braatz-Brown, at (951) 827-2963 or e-mail lindabb@ucr.edu.

TIM PRINCE OFFICIALLY ENTERS CONGRESSIONAL RACE

Continued from page 1

organizations, he is a member of the Rotary Club of San Bernardino (president), San Bernardino Community Sponsorship Association, Colton Democratic Club Meeting Wednesday, February 13, 2008 6:00 p.m. La Villa Restaurant 317 W. Valley Blvd. Colton, CA 92344 Special Guest: Superintendent James A. Downs Colton Joint Unified District For more information: 0909) 633-0777 PO. Box 1815 Colton, CA 92324 ID# 331196359

CONGRESSMAN BACA TO PRESENT HOME FORECLOSURE PREVENTION LEGISLATION AT WORKSHOP

Legislation and workshop to provided mortgage delinquency solutions for local residents

ONTARIO, CA – Congressman Joe Baca (D-43) will present legislation to assist families affected by the recent wave of mortgage delinquency at a workshop held in conjunction with Neighborhood Partnership Housing Services, Inc. The legislation and joint workshop are part of Congressman Baca's Foreclosure Prevention Initiative. Attendees will receive a legislative update, and valuable information from volunteer panelists and community leaders.

The plenary session includes homeowner testimony, and speakers representing financial institutions and non-profit financial counseling organizations. Breakout sessions will focus on early intervention, credit counseling, types of mortgage loans, fraud, and assistance for Spanish speakers.

"Home foreclosures continue to soar in my district and economic forecasts for the housing market show predict that it will get worse before getting better," said Congressman Joe Baca. "This legislation and series of joint workshops are designed for homeowners who seek answers to their mortgage problems during these difficult times. My goal is to help keep our families in their homes."

In October 2007, Congressman Baca kicked off his foreclosure prevention campaign by presenting NeighborWorks® America with a check to address local foreclosures and launching a new 24-hour hotline for homeowners needing assistance. He held his first of a series of home foreclosure prevention workshops in November 2007. He has also has shaped and introduced legislation in Congress that will assist families who are going through mortgage delinquency.

NATIONAL YOUTH ORGANIZATION SELECTS RIVERSIDE FOR TOP AWARD

RIVERSIDE, CA – America's Promise Alliance, the nations' largest alliance dedicated to children and youth, named the City of Riverside as one of America's 100 Best Communities for Young People yesterday.

"The 100 Best" competition recognizes the 100 outstanding communities across America for young people to live and grow up in. Nearly 750 participants from more than 300 communities in all 50 states, District of Columbia and Puerto Rico entered this year's competition. The winning communities for 2008 include cities, towns and counties of all sizes and regions from 37 states.

According to America's Promise Alliance, the city's long-standing dedication to enriching the lives of Riverside's youth, such as the city's annual Multicultural Youth Festival, placed the city in the top bracket.

"It is vital to a community to empower our youth with a sense of responsibility and connection to the city," said Mayor Ronald O. Loveridge. "We've always strived for that, and this award acknowledges our efforts."

All communities in the competition were required to submit detailed information to the Alliance on existing community programs and initiatives in five areas: caring adults; safe places; healthy start; effective education; and opportunities to help others. Each of the communities will be eligible to apply for $300,000 in grants from the Alliance in February.

The founder of the Alliance is Gen. Colin Powell, former secretary of state.
NOMINATIONS BEING ACCEPTED FOR COUNTY EDUCATION AWARDS

SAN BERNARDINO, CA - Nominations are being accepted for the San Bernardino County Education Medal of Honor and Distinguished Service Award.

The 17th annual San Bernardino County Education Medal of Honor recognizes individuals and organizations for significant contributions made to public education in the county. The Distinguished Service Award, which started in 1998, recognizes up to two individuals for exceptional leadership and high levels of service to public education in San Bernardino County. Honorees may be career educators, school board members or community members actively supportive of the public schools.

Nominations for the Education Medal of Honor can be made in six categories: Volunteer in Action/Community Volunteer; Volunteer in Action/Service Group; Partners in Education/Small Business or Franchise; Partners in Education/Corporation; Excellence in Education/Education Professional; and Excellence in Education/Student Alumni.

Criteria for nominations should focus on ways in which an individual or organization made an impact or lasting contribution, served as a positive role model and created an awareness and support for education in the community.

Nomination forms for both awards are available at school districts and the San Bernardino County Superintendent of Schools office at 601 N. E St. in San Bernardino. Nomination forms can be downloaded from the County Schools' Web site at www.sbcss.k12.ca.us/superint/supCom_moh.php for the Education Medal of Honor.

Entries need to be returned to the County Schools office, and the deadline is 4:30 p.m. on Feb. 28.

Information on the Distinguished Service Award is available at www.sbcss.k12.ca.us/superint/super_distServ.php.

Award recipients will be recognized at a ceremony during the April 28 spring meeting of the San Bernardino County School Boards Association.

For information about the awards programs, contact the County Schools' Communications Department at (909) 386-2413.

EXPRESSES CONCERN REGARDING THE IMPLEMENTATION OF THE OKLAHOMA TAXPAYER AND CITIZEN PROTECTION ACT OF 2007

Cites Negative Impact on Entire Hispanic Community

OKLAHOMA CITY, OK - The National Council of La Raza (NCLR), the largest national Hispanic civil rights and advocacy organization in the U.S., expressed deep concern about the impact of new state laws which appear to target illegal immigrants, but also have severe negative consequences for the entire Latino community.

Of particular concern is a law in Oklahoma which was implemented in late 2007, the Oklahoma Taxpayer and Citizen Protection Act of 2007. On January 24, in Oklahoma City, representatives from NCLR and its Affiliates will join Oklahoma state officials, parents, and other community leaders at a town hall to discuss the impact of the law and policy alternatives that address the real needs of all Oklahoma residents.

“We are a nation of laws and a nation of immigrants; however, laws like the one enacted in Oklahoma do more harm than good. They encourage treating all Hispanic people in the state as suspects and wreak havoc on our civil rights,” said Janet Murguia, President and CEO of NCLR.

The new Oklahoma law appears to be part of a trend at the state level. According to the National Conference of State Legislatures, more than 1,500 bills related to immigration were introduced in 2007 and more than 200 became law.

“While the failure of Congress to pass comprehensive immigration reform left a vacuum that states understandably feel obligated to address, the nation’s immigration problems will not be solved with a patchwork of state-level policies,” added Murguia.

“Too many states have passed laws that are costly, are practically impossible to enforce, and create a hostile atmosphere for all Hispanics by treating them as if they are in violation of the law by virtue of their ethnicity,” continued Murguia.

“While all Americans are understandably frustrated at the federal government’s failure to solve this nation’s immigration problem, the problem is exacerbated by laws that push immigrants further underground and create a climate of fear and exploitation,” Murguia concluded.
SAN BERNARDINO HOSPITALS GRANT MORE THAN $160,000 TO TWELVE ORGANIZATIONS

CHW Community Grants Program contributes nearly $30 million since 1990

Community Hospital of San Bernardino and St. Bernardine's Center were hosts to non-profit organizations and their representatives selected to receive a total of $163,082 from the Catholic Healthcare West’s Community Grants Program at a recent luncheon. Recipients were American Red Cross, Catholic Charities, Central City Lutheran Mission, Home of Neighborly Services, Inland Congregation for Change, Inland Empire Concerned African American Churches, Legal Aid Society of San Bernardino, Mary’s Mercy Center, Option House, and SAC Health Systems. Photo courtesy of Community Hospital of San Bernardino

SAN BERNARDINO, CA – Twelve local organizations will receive $163,082 in total from Community Hospital of San Bernardino and St. Bernardine Medical Center as part of Catholic Healthcare West’s Community Grants Program. The awards were presented at a luncheon ceremony luncheon on Wednesday, February 6, 2008, at Community Hospital of San Bernardino.

The following 12 organizations are this year’s grant recipients: American Red Cross - $7,361, Catholic Charities - $20,000, Central City Lutheran Mission - $25,000, Home of Neighborly Service - $10,000, Inland Congregations United for Change - $7,360, Inland Empire Concerned African American Churches - $3,000, Legal Aid Society of San Bernardino - $25,000, Mary’s Mercy Center - $20,000, Option House - $10,000, SAC Health System - $3,000, San Bernardino Sexual Assault Services - $25,000, and The Unforgettable Foundation - $7,361.

“CHW is committed to enhancing the advocacy and social justice through its member hospitals and religious sponsors,” says Linda McDonald, vice president of St. Bernardine’s Mission’s Services.

“These grants are an important part of our mission and values, and are pleased to be able to make donations to these 12 worthy organizations that provide much needed services in our community.”

Kimiko Ford, VP Mission Services at Community Hospital of San Bernardino explains, “The criteria for scoring the grant applications and awarding funding was based on: organizations who placed an emphasis on a disproportionate unmet health need; organizations who focused on the primary prevention of ambulatory sensitive conditions (asthma, diabetes, etc.); those agencies who work to build a seamless continuum of care; and those organizations who aim to build community capacity while emphasizing collaborative governance.”

St. Bernardine Medical Center, a 463-bed non-profit, tertiary acute care hospital has served in the Inland Empire since 1931. The hospital offers family care to heart surgery, treating an average of 43,000 individuals in the Emergency Department, delivering 2,600 babies and admitting more than 16,000 patients for treatment each year. For information visit www.StBernardineMedicalCenter.org.

Community Hospital of San Bernardino is a private, non-profit 321-bed acute care hospital that has served since 1908. Its services include an emergency room, acute inpatient care, obstetrical services; inpatient and outpatient surgery, behavioral health services and long term sub-acute care for adults and children. Approximately 12,000 patients are admitted each year and more than 100 people are treated each day in its Emergency Room. The hospital is accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), the nation’s leading accrediting organization for hospitals. For additional information visit www.CHSB.org.

REP BACA VOTES TO EXPAND COLLEGE ACCESS, LOWER EDUCATION COSTS

WASHINGTON, DC — Congressman Joe Baca (D-Rialto) today joined a bipartisan majority in the House of Representatives to vote for final passage of legislation that continues this Congress’ efforts to make college more affordable and accessible for all Americans. The College Opportunity and Affordability Act (H.R. 4137) passed by a vote of 354 - 58, and helps to reform our nation’s higher education system so that it operates in the best interests of students, boosts American competitiveness, and strengthens our future.

“With today’s legislation, Congress continues its historic investment in higher education for all Americans,” said Rep. Baca. “Recent reports show that college tuitions and fees have skyrocketed by 31% in the last five years. This bill addresses these rising costs by strengthening college readiness programs, ensuring that our states maintain their higher education funding commitments and holding colleges accountable for their price increases.”

The College Opportunity and Affordability Act reauthorize the Higher Education Act through the year 2012. It ensures more qualified students can attend college by simplifying the federal student aid application process. The legislation also begins to address the issue of rising college costs by encouraging colleges to use innovative strategies to rein in price increases. In addition, the bill provides need-based grant aid incentives to those colleges and universities that make a good faith effort to keep tuition costs low.

“A college education continues to be the best path to success in America,” added Rep. Baca. “After years of rising education costs, our low and moderate income families deserve a helping hand to make sure the doors of opportunity remain open to them.”

In addition to addressing rising college prices, the College Opportunity and Affordability Act also builds on this Congress’ commitment to invest in minority students. The legislation focuses on expanding college access and preparing minority students for competitive and innovative jobs, a key part of strengthening our workforce and our economy. H.R. 4137 will:

• Expand need-based aid for minority students by making Pell Grant scholarships available year-round.
• Strengthen work-study programs that help colleges and universities pay the wages of eligible undergraduate and graduate students who are willing to work part-time to pay for tuition;
• Expand authorization levels for Historically Black Colleges and Universities, and creates a new graduate program for Hispanic-Serving Institutions; and
• Creates new partnership programs for Minority-Serving Institutions to help attract young students into science, engineering, technology, and mathematics fields.

“As our Inland economies continue to struggle, now more than ever it is important we commit ourselves to making college more affordable and accessible,” concluded Rep. Baca. “I will continue to work so that every capable student has an equal chance at an education, no matter their income level or skin color.”

HISPANIC COLLEGE FUND CALLS FOR APPLICANTS

Scholarship Applications for the 2008-2009 academic years now available

WASHINGTON, DC— (HISPANIC PR WIRE)—January 8, 2007—Scholarship applications for the 2008-2009 academic year are available online at http://www.HispanicFund.org. Scholarship amounts range from $500 - $10,000 and are for one-year only. All scholarship recipients must re-apply each year. The average scholarship awarded is $3,000.

Applications are ONLINE and require an essay, resume and letter of recommendation. We do not accept any paper applications. Deadlines for our scholarships vary from February 1st, 2008 to March 15th, 2008. The Hispanic College Fund offers several scholarships through its scholarship program. You must plan to attend a college or a university as a full-time student for the entire academic year in order to be eligible for a Hispanic College Fund scholarship. Only students who are U.S. citizen or permanent resident residing in the United States or Puerto Rico and have a minimum GPA of 3.0 are eligible.

In 2007 the Hispanic College Fund awarded over $1.8 million in scholarships to 615 students. To learn more go to http://www.HispanicFund.org and begin your application!
LATINOS URGED TO GET AN EYE EXAM DURING GLAUCOMA AWARENESS MONTH

EyeCare America Campaign Raises Awareness that Latinos Are at Higher Risk for Glaucoma.

To commemorate National Glaucoma Awareness Month, EyeCare America in partnership with the Braille Institute and the California Academy of Eye Physicians & Surgeons launched an educational campaign targeting Hispanic Californians to get glaucoma eye exams as part of their New Year’s resolutions.

This statewide campaign will promote early detection and treatment of glaucoma by raising awareness of risk factors, providing educational materials, and facilitating access to free eye exams for uninsured eligible callers who will be directed to call a toll-free, year-round Glaucoma EyeCare Program helpline 1-800-391-3937

Almost 75% of Latinos with glaucoma are undiagnosed, according to the Los Angeles Latino Eye Study.

HELPING GRANDPARENTS AND OTHER RELATIVES RAISE CHILDREN

(NAPS)—According to the 2000 U.S. Census, more than 4.5 million children are living in households headed by grandparents, with 2.4 million of these grandparents taking primary responsibility for their grandchildren’s basic needs. And the issue of grandparents raising grandchildren is expected to increase in coming years.

Yet for many grandparents, finding out where to go for help has been easy; it can be difficult to locate information about the range of support services, benefits and policies available to grandparents and other relatives in their caregiving roles. Fortunately, that changed in 2000 when a group of child and aging advocacy and research organizations developed the first edition of “GrandFacts: State Fact Sheets for Grandparents and Other Relatives Raising Children.”

The fact sheets are designed to help relatives caregivers find out about resources in their states, to reassure them that they are not alone. They are updated annually, and collectively compiled, edited and published by the AARP Foundation. The Brookdale Foundation Group, Casey Family Programs, Child Welfare League of America, Children’s Defense Fund and Generations United.

According to Barbara Kates, director of the Maine Kids-n-Kin program, Families and Children Together, the fact sheets are one of her best and most relied upon resources. “We often get calls from grandparents who are concerned about their grandchildren out of state. It is great to be able to refer them to the State Fact Sheets so they can find out who is in that state can help them.”

They are available in English and Spanish, and provide helpful state-specific data and information on services and policies for grandparents and other relatives raising children in all 50 states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands: They include:

• A list of selected state and local programs, services and other resources;
• A brief description of state foster care policies;
• Information about key public benefit programs;
• References to selected state laws; and
• Census date on the number of grandparent caregivers who are responsible for the children living with them, as well as the number of children in households headed by grandparents and other relatives.

The state Fact Sheets can be downloaded and printed in PDF format at www.grandfactsheets.org.

It is our relation to circumstances that determines their influence over us.

The same wind that carries one vessel into port may blow another offshore.

Christian Bovee

SHAKING THE SALT FROM YOUR DIET

(NAPS)—Americans say they have taken news about sodium to heart. But have they taken steps to protect their health?

More than 90 percent of people recently surveyed identified high blood pressure as one of the biggest health problems caused by high sodium intake. However, only a quarter of those surveyed were concerned about the level of sodium in their diets.

Their lack of concern could lead to a host of health problems, as high sodium intake has been linked to increased risk for heart disease, high blood pressure and stroke.

A Growing Problem

According to the National Health and Nutrition Examination Survey, Americans consume 3,375 milligrams of sodium daily, which is 40 percent more than the recommended daily allowance called for by the United States Department of Agriculture (USDA).

Smart Solutions

The good news is that there are plenty of ways to reduce the sodium in your diet without cutting out taste or favorite foods.

For instance, Orville Redenbacher’s recently introduced SmartPop! 30% Less Sodium. All of the line’s flavors contain 30 percent less sodium and are 94 percent fat free. Plus they are 100 percent whole grain and have zero grams of trans fat.

Snackers can choose from Butter, Kettle Korn, Movie Theater Butter and Organic Butter—a far cry from the bland snack foods often associated with lower sodium diets.

“The most common problem I hear about many lower-sodium snacks is they simply do not taste as good as their full-sodium counterparts, but sometimes, due to health concerns, consumers might not have any other option,” says Carolyn O’Neil, registered dietitian. “What makes the introduction of SmartPop! 30% less Sodium so great is that they have found a way to provide a lower-sodium, health-conscious snack that popcorn lovers want because the product tastes the same as the original—if not better.” The company even has a money-back guarantee that its new lower-sodium variety tastes as good as original SmartPop!.

Another way to reduce the amount of sodium you eat is to replace table salt with pepper, lemon or even garlic powder. Just a dash of the low-sodium seasonings adds a distinct flavor to foods, without putting your health at risk.

Finally, eat fresh fruit and vegetables and read the labels on canned foods. While there are lower-sodium varieties, canned foods tend to be high in sodium—even canned vegetables.

For low-sodium snack ideas, visit www.orville.com.
The San Bernardino City Unified School District is sponsoring a ....

**Teacher Job Fair**

Saturday, February 23, 2008

8:00 a.m. – 12:00 p.m.

The fair will be held at:
San Bernardino Adult Education Building
1200 North "E" Street, in San Bernardino

For more information & to schedule an interview, please call (909) 381-1228.

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**New County recruitments this week:**

- Child Support Officer II
  - $18.65 - $23.80/hr
- Library Page-Fontana Branch
  - $8.15 - $10.36/hr
- Nurse Program Coordinator
  - $30.24 - $35.95/hr
- Office Assistant IV
  - $14.26 - $18.20/hr
- PSD Site Supervisor II-Contract
  - $18.02/hr
- Supervising Child Support Officer
  - $20.56 - $26.27/hr
- Victim Witness Claims Technician II
  - $16.12 - $20.56/hr

San Bernardino County Human Resources
157 W. Fifth Street, First Floor
San Bernardino
(909)397-9304

www.sbcounty.gov/hr

EEO/ADA Compliant

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**Start Your New Year Resolutions Today!**

Take advantage of our free or low-cost educational programs.

**Topics include:**
- Personal Financial Management
- Low Cost Healthy Eating
  - (in Spanish or English)
- Keys to Success for Career Development
- Diabetes (in Spanish or English)
- Weight Management
- Asthma

For more information or to register for a class, call us at 909.887.6333 ext. 9-4734.

Community Hospital
of San Bernardino
A member of CHW
www.chsb.org

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**SALE REP WANTED**

The IEHN is seeking assertive persons as sale representatives with in the INLAND EMPIRE.

GOOD commissions.

Call (909) 381-6259 for appointment.

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**METROLINK WEEKEND Adventures**

**Let's Get Away...**

...and Catch a Game at the Staples Center!

**"Hockey Night Out" March 29, 2008**

...don't miss this special game package deal!

Attention L.A. Kings hockey fans! Metrolink is sponsoring a special game package that includes 2 tickets, 2 nachos, and 2 drinks starting at just $52. Add $10 per person for round-trip Metrolink tickets from San Bernardino, and you've got a real treat — no driving or parking required!

For online details visit:
- www.metrolinktrains.com
- www.sanbag.ca.gov/metrolinkadventures
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For tickets:
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Adults Save 25¢ off the regular weekday fare.