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ENJOY A HAPPY AND SAFE VACATION

Wednesday, July 11, 2007
Volume 20
Number 19



HISPANIC NEWS

The Inland Empire's only Hispanic-owned English language newspaper

San Bernardino ♦ Riverside ♦ Colton ♦ Rialto ♦ Fontana ♦ Moreno Valley
Ontario ♦ Corona ♦ Bloomington ♦ Rancho Cucamonga ♦ Highland ♦ Redlands

OUTSTANDING AREA EDUCATION ADMINISTRATORS PROMOTED



Jerry Almendarez was recently promoted to Assistant Superintendent of Human Resources for the Colton School District. Almendarez will be reporting directly to the superintendent of schools and directly administer the district's personnel system including certificated and classified employees and associated programs, in addition to serving as a member of the superintendent's staff and management team.

Jerry Almendarez projected a quiet, efficient demeanor in an early morning interview in his office, notably reflecting organization without the proverbial stacks of documentation.

Almendarez, former Director of Human Resources for the Colton School District, was promoted to Assistant Superintendent of Human Resources by the board of education, officially starting his tenure on July 2, 2007.

Almedarez, formerly chief contract negotiator for the district, discussed his role in the recently

completed contract negotiations with the district's teacher group. "The negotiations were exhausting and sensitive to me. However, I was able to stick to the issues and avoid personalities." He said. "I was representing the district and at the same time was compassionate with the group due to my previous experience as a teacher in the district. Fortunately, we reached an equitable contract benefiting all parties," he said.

Almendarez grew up in Colton, a product of Colton School District's education system, graduating from Colton High in 1984. "My life is centered in this city, its people and lifelong friends I have a deep commitment to ensure that all students graduate and move on to higher education levels, as I did," he said.

He received a B.A. in Business Administration with an emphasis on finance from Cal State San Bernardino, and later employed at Stater Bros. His wife, Monique, an elementary teacher, Sandy Torres, principal of Ruth Harris were influential in a change of career path into the teaching profession. He taught math at several middle schools; and with a goal of advancing into administration, received an M.A. in Educational Administration from the University of Redlands.

He served as assistant vice principal at Colton Middle School and at Colton High School, principal at Colton High School and appointed Director of HR in 2003.

His commitment to the community includes membership in the Kiwanis Club of Greater San Bernardino, Colton Chamber of Commerce, Association of California School Administrators, Colton Management Association (vice president), and Inland Empire Latino Coalition (chair of the Secondary Education Task Force)

Future educational plans include enrollment in the doctoral program at the University of La Verne.

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Barbara Alejandre was recently promoted to Assistant to the Superintendent to San Bernardino County Superintendent of Schools Dr. Herb Fischer. Alejandre, a 19-year employee in the county superintendent of schools, previously held several supervisory positions in the Information Technology Division. Photo by IEHN

In a major administrative action, San Bernardino County Superintendent of Schools Dr. Herb Fischer announced the appointment

of Barbara Alejandre as Assistant to the Superintendent for the San Bernardino County Superintendent of Schools to replace Bobbi Simenton who recently retired after serving 38 years in education with 24 years at SBCSS.

In a prepared statement, Fischer said, "Ms. Alejandre has been employed with the County Schools office as a manager for over 19 years, serving in a variety of capacities. She brings considerable knowledge and experience working with the K-16 educational community as well as business, labor, government and community partners." Alejandre will be providing support to the superintendent and direct supervision of the superintendent's office staff and communications department. "I am confident she will do an outstanding job as assistant to the superintendent," said Fischer.

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REP. BACA BRINGS IN FEDS TO FIGHT CRIME IN SAN BERNARDINO Department of Justice sends Violent Crime Impact Team (VCIT) to San Bernardino



San Bernardino, CA – On Tuesday, July 3, 2007, Congressman Joe Baca (D-43), local and federal officials announced the arrival of a Department of Justice Violent Crime

Impact Team (VCIT) assigned to the city of San Bernardino.

The goal of a VCIT is to reduce the number of homicides and violence related to firearms through

GREATER RIALTO DEMOCRATIC CLUB TO HEAR SPEAKER

The Greater Rialto Democratic Club will hold its monthly meeting on Saturday, July 14, 2007, at

El Kiosko Mexican Restaurant, 916 So. Riverside Av., Rialto, at 12:00 P.M.

Speaker will be Bill Hedrick, President of the Rialto Education Association, who will provide an in depth state of education in the Rialto School District.

For information call Lou Herz at (909) 875-8954.

LATINOS POISED TO SWING 2008 ELECTION

By Sen. Robert Menendez and Arturo Vargas

There is a relatively overlooked aspect of the supercharged and front-loaded primary schedule that very well may be the major factor in determining our presidential nominees: the Latino effect. It's a dynamic that will be on full display next weekend as the Democratic candidates gather in Orlando, Fla., to address the nation's largest gathering of Latino elected and appointed officials (editor's note: the National Association of Latino Elected Officials held their national conference in July 5, 2007).

Latinos will help shape the election as never before. A glance at the schedule tells this story.

The caucuses in Nevada, where Latinos make up 23.7 percent of the population, have jumped to second in line and will be vital for momentum. Florida, a top-five state for delegates where Latinos comprise 19.6 percent of the population, will also hold its primary in January.

On Feb. 5, (2008) a jam-packed day that will most likely establish both parties' nominees, Latinos will play perhaps the most decisive role. Mega-state California, with its 35.5 percent Latino population, has by far the most delegates at stake. In New York, another delegate-rich state, Latinos make up 16.2 percent of the

population, and in Illinois, Latinos comprise 14.5 percent.

There is also New Mexico, with a whopping 43.6 percent Latino population, Arizona (28.6 percent) and Colorado (19.5 percent), not to mention New Jersey, Connecticut, Utah and Rhode Island.

We can even look beyond the nominating process to the general election, when the Latino effect will be equally potent, if not more so. The states with Latino populations exceeding 10 percent can together deliver 212 electoral votes. On top of that, the four most populous states - California, Texas, New York and Florida - carry a combined 147 electoral votes, and all have sizable Latino populations.

Additionally, the Latino effect may prove critical even in potential battleground states. In the Western states of Colorado, New Mexico and Nevada, where the 2004 margins of victory were within or below 5 percentage points, Latino voters comprise sizable shares of the electorate.

When you absorb these numbers, it's clear that Latinos are perhaps holding the key to the presidential nominations and, eventually, to the White House. Candidates are beating a well-worn path through the early

states - by next year, that path will run right through the Latino community. It's a community that is increasingly involved in the political process.

While Latino voter eligibility, registration and participation have been low in the past, recent elections have seen a sharp reversal. The Latino proportion of the voting electorate hit an all-time high during the 2004 presidential election.

According to many exit polls, that share reached even greater heights last year, with Latinos comprising up to 8 percent of all voters nationwide. Midterm elections are typically a time for voter apathy, but Latinos turned out en masse.

It seems certain that this trend will continue. The Latino population continues to boom and millions of young Latinos are just now reaching voting age. In addition, the number of Latino voters who are naturalized citizens is growing, and they have higher participation rates than Latinos born here. Latino legal permanent residents are applying for U.S. citizenship at what could be a near record rate, and many of these applicants will be eager to cast their first votes in 2008.

Latino voters play a key role in presidential elections not only

because of sheer numbers, but also because their party loyalties are fluid, and they are receptive to appeals from both sides of the political aisle. For example, exit polls from 2004 suggested that 40 percent of Latino voters supported President Bush but only 31 percent of them voted for Republican candidates last year. Clearly, the Latino vote is up for grabs.

A decisive role in determining the next president ensures that candidates will stump extensively in the Latino community, listen closely to Latino voices and represent Latino interests on a broader scale in the White House. This evolution gives Latinos new power not only in 2008 but well into the future.

For decades, many have written about the pending rise of Latinos in our country. We've heard sociologists and scholars talk about how Latinos are making significant contributions to the vibrancy and strength of our culture and our politics. It has been said that Latinos will be a future force in this country.

It is becoming increasingly clear that, among other things, the 2008 campaign will be a contest for the hearts and minds of Latinos. For our community, the future is now.

AUTO INSURANCE MADE EASY

(NAPS)—Understanding insurance can often be like trying to learn a foreign language. Many find it confusing and intimidating.

Fortunately, there's help. Here is a quick reference designed to help you understand some of the most common kinds of coverages. The reference was put together by The Progressive Group of Insurance Companies.

Liability covers bodily injury and property damage (BI/PD). This covers your legal liability, up to the dollar limits you select, for damages caused to others in a covered vehicle accident. In most states today, liability insurance is mandatory.

Under BI/PD, your insurance company pays for damages to an injured person and for property damage that you are legally obligated to pay as a result of an accident. If your policy covers you in the event you're sued after an accident, your insurance company will pay for a lawyer to defend you.

Liability limits generally appear as three numbers, for example, 25/50/25 or 100/300/100. The first number refers to the maximum amount, in

thousands, that your insurance company is obligated to pay for bodily injury per person. The second number is the maximum that would be paid out for bodily injury per claim and the third number represents the maximum amount your insurance company is obligated to pay for property damage you cause.

Collision. When you buy collision coverage, your insurance company

pays for damages if your vehicle collides with another vehicle or object. Collision coverage involves a deductible amount you select when you purchase your policy. This amount is what you are required to pay before your insurance company starts picking the tab. Remember, the deductible amount is the amount you need to pay in the event of a claim.

Continue on page 5

VETERAN JOB AND RESOURCE FAIR IN RANCHO CUCAMONGA

The Employment Development Department (EDD) has scheduled an employment and resource fair for veterans returning to civilian life seeking employment, career changes, training, educational opportunities, developing resumes, etc. mainly, a ONE-STOP SHOP.

The free jobs/resource fair will be held at the Rancho Cucamonga Employment Resource Center, 9650 9th Street, Rancho Cucamonga, Thursday, March 12, 2007, from 9:00 a.m. to 1:00 p.m.

California has more than 2.2 million veterans, the highest in the

nation. Each year, 12,000 veterans enter the job market - many returning from the war. These veterans have technical and leadership skills, experience and discipline, and are potential and valuable employees. Veterans between the ages of 18 and 24 have an unemployment rate of more than 10 percent, according to EDD.

Over 40 companies, state and local agencies will have representatives to offer job opportunities.

For further information, call at (909) 948-6662.



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Telephone (909) 381-6259
Fax (909) 384-0419
Email: hispanicnews@verizon.net

Office:
1558-D North Waterman
San Bernardino, CA 92404

OUTSTANDING AREA EDUCATION ADMINISTRATORS PROMOTED

Almendarez — Continued from page 1

Almendarez educational leadership and community involvement have been recognized by elected officials and community organizations: Congressman Joe Baca-Community Leadership Award, Association of Mexican-American Educators-Educator of the Year for Secondary Schools Award, California League of High School Principals-Principal of the Year Award, Colton Management Association-Principal of the Year Award-, and selected to participate in the Educational Summit in Washington, D.C.-sponsorship by Congressman Joe Baca.

"My professional career has included many people who have supported and advised me. I thank my parents, Walter and Mary Ellen Almendarez, my wife, Monique, role models Congressman Joe Baca, Mel Albiso, David Zamora, Ray Abril and many others."

Alejandre — Continued from page 1

Before assuming the administrative position, Alejandre held several positions in the Information Technology division of County Schools including Quality Assurance Specialist, Administrative Supervisor, Manager of Internet Services where she was responsible for the Enterprise for Economic Excellence (EEE) and the Technology Access Partnership Foundation (TAP), Manager of Technology Projects, and most recently Superintendent's Liaison.

Alejandre received a B.A. in Business Administration with a Management Concentration from Cal-State University, San Bernardino, and Certificates in Structured Query Language, Object Oriented Analysis, and Client/Server Technology from Cal-Poly, Pomona. She is an active member of the Assistance League® of San Bernardino, a non-profit charitable organization serving

children in need within the City of San Bernardino. Alejandre co-chaired the 2005 Headdress Ball and has served on a variety of committees, including strategic planning, website development, and finance.

In an interview, Alejandre said, "I am honored to have been selected for this position where I will be able to provide direct support to the Superintendent and promote the goals and objectives of the organization. I have been fortunate to work in various responsible positions with a highly professional staff, outstanding district superintendents and other school administrators. In all of these positions, I have been blessed with incredible support from my wonderful family and friends."

Alejandre was raised in San Bernardino in a close-knit matriarchal family where activities were centered around Grandmother Delfina Lopez. The family established a tradition of

education as a professional career. Her mother, Delfina Lopez Bryant, retired from the San Bernardino City Unified School District after 42 years in education. Her last position was Director of English Learners and Support Programs. Alejandre's husband, Ted Alejandre, is Assistant Superintendent of Business Services in the Yucaipa-Calimesa Joint Unified School District; sister, Diane Perez, is Assistant Superintendent of Human Resources in the San Jacinto School District. Her father, John P. Bryant III, is a retired educator and Air Force colonel; and brother, John P. Bryant IV is a Lt. Colonel in the United States Air Force. Ms. Alejandre has three children, Ted 14, Breanne 11, and Brooke 6.

"My professional responsibility is to tirelessly support the educational programs for our students in the County of San Bernardino," she said.

BABY BOOMER WOMEN DIET DIFFERENTLY

(NAPS)—As the weather warms, women of all ages begin to heat up their shape-up routine in hopes of shedding a few extra pounds. However, according to a recent survey conducted by HealthFocus International on behalf of Post, baby boomer women have different views of dieting than they did in their 20s and 30s. Sixty-nine percent agree that they now believe it's more important to achieve a healthy weight than to be "model thin" and approximately seven out of 10 said they're not willing to go hungry simply to lose weight.

Renowned physician weight-loss expert and author of "Body for Life for Women" and "Fight Fat After Forty," Dr. Pamela Peeke says the survey supports a growing trend among one of the largest groups of women in America—setting realistic weight goals that fit their current, busy lifestyles.

"Most of the women I see in my practice want to achieve their goals while still getting the satisfaction, enjoyment and the nutrition from the food they eat."

One way to help stay satisfied while dieting is to eat more fiber-rich foods. Experts recommend diets rich in fiber to help keep you satisfied while you lose weight as part of a reduced-calorie diet with exercise. Fiber has many health benefits. The daily recommended intake for fiber for women ages 19 to 50 is 25g and it is 21g for women over 50 years old. Forty-two percent of the women surveyed didn't know their recommended intake.

According to the survey, almost 40 percent said they didn't know what foods to purchase and found it challenging to find fiber rich options that taste good.

Some of Dr. Peeke's tips to fiber up your diet include:

- Top your favorite fiber-rich cereal with berries, such as blueberries, raspberries and strawberries.
- Cereal isn't just for breakfast anymore. In this day and age of 24/7 living, high-fiber cereals (at least 5g fiber per serving) work well for an afternoon snack or as part of your evening meal. Create a simple snack mix of nuts, Post Shredded Wheat and dried fruit or keep your favorite variety in a resealable plastic bag to enjoy anytime of day.
- Enjoy some crunch with a fiber punch. Snack on raw vegetables and dip them in low fat dressing.
- Spread a tablespoon of reduced-fat peanut butter on whole grain toast and add fruit or fat-free milk for breakfast. Spread peanut butter on a few whole grain crackers or apple slices as a snack.
- Grab a handful (one ounce) or single-serve pack of nuts, sprinkle on low-fat cottage cheese and add fruit for an "on-the-go" breakfast.
- Wrap fiber-rich beans, low-fat cheese and egg whites in a whole wheat tortilla for a great breakfast, lunch or dinner option.

For more information on fiber, tips to help you achieve your weight-loss goals and nutritious recipes, visit www.whydiethungry.com.

COLTON HIGH SCHOOL GRADUATES RECIPENTS OF WILSON ALUMNI SCHOLARSHIP AWARDS



Colton High School students received the Colton's Wilson Alumni Annual \$1,000 Scholarship Awards at a special school-ending presentation. Pictured (l to r) Jeremy Enciso, Ray Venegas, Zorayda Delgado, Bo Moreno, Crystal Moreno, Elvira Regalado, Nidia Barron, Nellie Chacon, Gisselle Fuentes, Belen Martinez, Jane Gaolran, and Magnolia Gonzales. Not in photo, Fernando Lerma, Marcela Nevarez, and Jeanette Savell. Students were selected on the basis of grades, financial need, community service, co-curricular activities, and educational goals. Photo courtesy of Luis Hernandez, Scholarship Chair

WHAT TO ASK YOURSELF WHEN PLANNING TO RETIRE

(NAPS)—While the nation's micro-businesses contribute a significant amount to the economy, they may not contribute enough to their own retirement funds, says a recent survey by the National Association for the Self-Employed (NASE).

"The gap between what many business owners say they will need for retirement and what they actually have saved is considerable—nearly 13 percent have no savings at all and 26 percent have less than \$50,000 saved," said NASE president Robert

Hughes. "However, nearly 29 percent believe they will need at least \$1 million in savings before they can retire."

Here are five questions NASE experts say self-employed business owners should ask themselves when planning for retirement.

1. When Should I Start Saving? The early saver without a plan is better off than the careful planner who delays. Just opening an individual retirement account (IRA) and developing the habit of saving is half the battle.

Continue on page 6

TOMAS RIVERA POLICY INSTITUTE REPORT EXAMINES INTER-ETHNIC TENSIONS IN SOUTH LOS ANGELES

For over 50 years, Los Angeles and the nation have been aware that the South Central section of Los Angeles has long been associated with the classic symptoms of widespread urban decay: namely poverty, racial unrest, minority inter-ethnic tensions, strained community police relations and an acknowledged lack of viable economic opportunities for the area's residents.

Despite the efforts of both government agencies and community organizations, the area for many today still remains associated with the 1965 Watts riots, the 1992 Los Angeles civil unrest, and more recently, the epicenter of Black/Latino ethnic tensions. The latter development is adding further complexity to the understanding of the dynamics of this community as the area has recently undergone a significant demographic change.

Researchers at the Tomás Rivera

Policy Institute investigated the candid perceptions of African American and Latino residents in South Central Los Angeles to understand the factors that create tensions between the two groups, and to provide policy recommendations to reduce these tensions.

For a complete report on: Beyond the Racial Divide: Perceptions of Minority Residents on Coalition Building in South Los Angeles check web site www.trpi.org.

The Tomás Rivera Policy Institute (TRPI), founded in 1985, advances informed policy on key issues affecting Latino communities through objective and timely research contributing to the betterment of the nation. TRPI is an affiliated research unit of the University of Southern California School of Policy, Planning, and Development, and is associated with the Institute for Social and Economic Research and Policy at Columbia University.

NATIONAL CATHOLIC FRATERNAL ORGANIZATION FILES BRIEF IN CALIFORNIA SUPREME COURT GAY MARRIAGE CASES

Knights of Columbus, through their attorneys, the Thomas More Society of Chicago, file a "Friend of the Court" brief arguing that California's definition of marriage does not discriminate on the basis of sex or sexual orientation

SACRAMENTO, CA – The California Supreme Court has granted leave to the Chicago-based Thomas More Society to file a "Friend of the Court" legal brief on behalf of the national Catholic men's group, the Knights of Columbus. The brief was filed in defense of the State of California's definition of marriage as the union of one man and one woman. The consolidated cases, on appeal before the state Supreme Court include claims made by the city and county of San Francisco, multiple same-sex couples, and advocates for gay and lesbian rights that traditional marriage unconstitutionally discriminates on the basis of sex and sexual orientation.

The brief, authored by Thomas More Society's special counsel, Paul Linton, argues that the plaintiffs' sex discrimination claim is fatally flawed. Linton explains, "California's definition of marriage as the union of male and female does not discriminate at all between men and women or even between those of differing sexual orientation. This is because men and women, or homosexuals and heterosexuals, all enjoy precisely the same right to

marry. Each and every person in California can get married on exactly the same terms as anybody else. All you have to do is marry a person of the opposite sex – for that's what marriage means."

In fifty pages of argument, with citations to many legal precedents, the brief goes on to rebut other arguments advanced by San Francisco and the same-sex couples, such as the claim that reserving of marriage to opposite-sex couples is equivalent to anti-miscegenation laws (laws that prohibited interracial marriage) and that traditional marriage "discriminates" against homosexuals.

The Knights' brief argues that there are a multitude of good reasons for reserving marriage to opposite-sex couples, reasons that have nothing to do with any "anti-gay animus".

"San Francisco and the same-sex couples ignore this obvious truth," states Linton. "Their lawsuit doesn't seek *equal treatment* – that is, they're not asking to cure any discrimination. Rather, they are asking the California judiciary to give them *special treatment*. What's at stake is nothing less than a radical recasting of this vital, sacred and time-honored institution of marriage."

REP. BACA BRINGS IN FEDS TO FIGHT CRIME IN SAN BERNARDINO

Department of Justice sends Violent Crime Impact Team (VCIT) to San Bernardino

identification, investigation, and arresting those responsible for violent crime. VCIT brings with it additional federal resources and enforcement strategies that have proven successful in 10 identified areas of best practices. It includes the use of the full array of intelligence assets and the deployment of resources of VCIT teams during peak hours of criminal activity.

Rep. Baca and his staff worked closely with the United States Department of Justice, and the Bureau of Alcohol, Tobacco, Firearms, and Explosives (ATF) calling on them to be involved in a series of crime summit meetings Rep. Baca hosted last year. Local non-profit organizations and law enforcement were invited to participate in these collaborative meetings to find federal solutions to crime in San Bernardino.

"The residents of San Bernardino have witnessed a sharp increase in shootings and killings in the streets over the past few years. Deploying Violent Crime Impact Teams to the city of San Bernardino is one of many tools we will use to deter crime," said Rep. Baca. "Today we are here to kick off the beginning of a new era – one that brings together the City police department in a partnership with the federal government."

The city of San Bernardino joins 27 other cities across the nation to have Violent Crime Impact Teams dispatched since its inception in June 2004. After 6 months of the initial pilot in 2005, VCIT areas saw a 17% decline in homicides committed with firearms compared to the same period the previous year.

CONGRATULATIONS Education Medal of Honor & Distinguished Service Award Recipients

2007

The Education Medal of Honor program annually recognizes individuals and groups who give outstanding service and support to public education in San Bernardino County. The Distinguished Service Award celebrates exceptional and distinguished service sustained over many years, significant leadership and contributions to public education in San Bernardino County.



Volunteer in Action/
Community Volunteer
Miles Petroff
Community Volunteer
Chino Valley Unified



Volunteer in Action/Service Group
Assistance League
of Redlands
Madelene Handy, President
Redlands Unified



Excellence in Education/
Education Professional
Evangeline Molina
Teacher
Colton Joint Unified



Partners in Action/Corporation
Bridgestone/Firestone, Inc.
Johan Gallo, Manager
San Bernardino County
Superintendent of Schools
Regional Occupational Program



D. Wayne Huble, Ed.D.
Education
Fontana Unified School District



Partners in Action/
Small Business or Franchise
Goodspeed & Sons
Distributing, Inc.
Buck Goodspeed, Owner
Hesperia Unified



Distinguished Service Award
Wilmer Amina Carter
62nd District, California State Assembly
Rialto High School District

We salute this year's recipients and express our appreciation for all that they do for students and families!

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HISPANIC NEWS

U.S. INTERESTS ARE IMPRISONED BY GUANTANAMO

By Lt. Colonel Gary Solis (U.S.M.C.), retired

(NAPS)—As a Vietnam veteran with 26 years in uniform, I have no sympathy for terrorists. But I am dismayed by what I believe is a policy that subverts international and domestic law.

I am referring to holding prisoners at Guantanamo. I believe it is counterproductive to America's image and interests.

After five years and many millions of dollars spent, we have yet to complete a single trial. In 2006, the Supreme Court invalidated prior Guantanamo military commission procedures and ordered trials that afforded "judicial guarantees...recognized as indispensable by civilized peoples."

The basic objections to Guantanamo are well known: Individuals have been held more than five years without charges, in a location selected to keep prisoners beyond the reach of U.S. judicial protections. The prisoners have been denied unhindered access to counsel and some prisoners subjected to what the President has euphemistically

referred to as "alternative" interrogation procedures.

When it suits Guantanamo needs, prisoners are discussed as if they were POWs, not normally entitled to access to U.S. courts. At other times, they are described as terrorists, held for trials referred to as military commissions.

Congress has responded with the Military Commissions Act of 2006, which besides denying prisoners' rights to habeas corpus protection, allows Combatant Status Review Tribunals (CSRTs) to determine a prisoner's status.

CSRTs allow secret evidence unseen by the prisoner, who is not allowed a lawyer; they allow evidence gained through coercive interrogation; and allow repeat hearings if the desired outcome is not obtained the first time around.

None of this addresses allegations of torture and cruel, inhuman, degrading treatment at Guantanamo. After five years, the United States still has not provided trials to the detainees—including those who are

citizens of U.S. allies such as Canada, Saudi Arabia and Kuwait.

Rather than continue to detain these men indefinitely, under questionable law, the United States should consider returning them to their home countries where they would have access to their own judicial systems. If tried, found guilty and sentenced to imprisonment, they could serve their sentences in their home country.

Guantanamo is sapping our nation's moral authority, inspiring terrorist recruitment overseas and belying our claim of respect for law. It should have been closed a long time ago.

Prof. Solis is a 2007 Scholar in Residence at the Law Library of the Library of Congress, a retired West Point professor of law, and an adjunct professor of law at Georgetown University Law Center. He is a retired Marine who served twice in Vietnam as an armor officer. He has also served as a Marine judge and advocate and military judge.

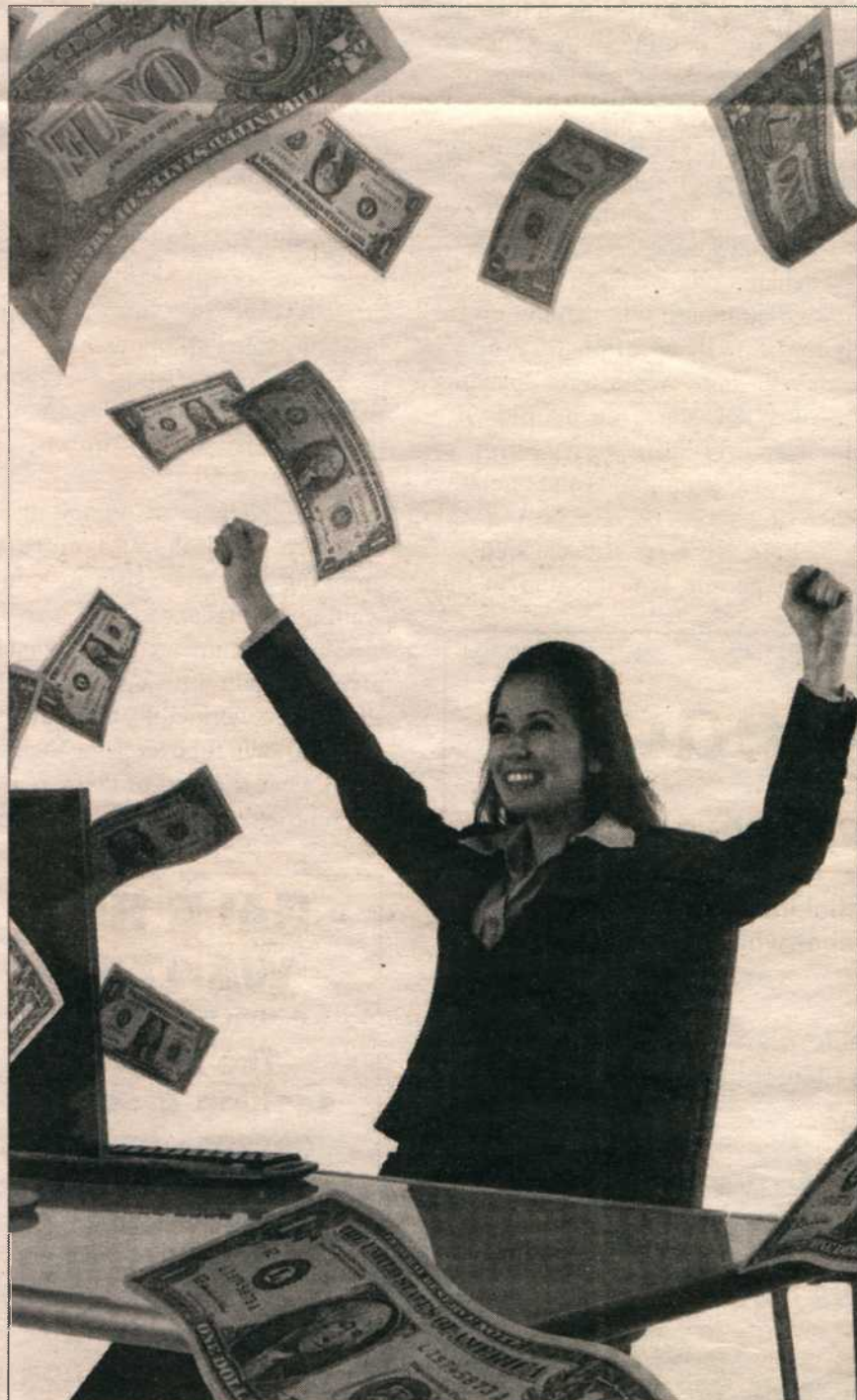
AUTO INSURANCE MADE EASY

Continued from page 2

Comprehensive covers damage caused by events other than a car collision—such as fire, theft, vandalism, hail or flood. It also covers damage caused by your vehicle colliding with an animal. And if your car is stolen, it will cover the cost of a rental, subject to a daily limit. Like collision coverage, a deductible usually applies.

Medical Coverage. Depending on the state in which you live, you may have available to you Medical Payments coverage or Personal Injury Protection (PIP) coverage. While these both work differently, they provide coverage for medical care provided to you as a result of a car accident.

An independent insurance agent can help you determine the price, coverage and service that best meets your needs. To find an agent, go to driveinsurance.com.



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HELPING YOUR DAUGHTER DEVELOP A POSITIVE SELF-IMAGE

By the American Counseling Association

It's an unfortunate fact of our society today that we force upon young women images of perfection that are unrealistic and unhealthy. From the covers of popular teen magazines to countless television ads and music videos, our daughters are bombarded with images of pencil-thin yet voluptuous models whose message is clearly "be like me to be successful and accepted."

These constant and unrelenting media images have a subtle, but certain effect on how girls view themselves, and it's an effect that's being seen at an ever younger age. You find it in girls who dress to mimic the fashions of female music and movie stars. You see it in young women constantly worrying about weight and appearance, or who lose interest in music, art or sports in order to focus more on their physical appearance and popularity with boys.

While it may be impossible to stop the avalanche of unrealistic media images, there are ways to counter this propaganda within your own house.

Start by simply talking with your daughter about the media images she's seeing. Watch some of the TV shows and music videos she's watching. Read some of the

magazines she reads. Then talk with her about how realistically some of these women are being portrayed.

Ask her if this is how she or her friends really act, speak or look. Ask her about the messages being presented and how they make her feel. Are such feelings fair or realistic? Discuss the realities of advertising and other media presentations of women. It's easy for a young girl to accept and admire the images being presented, while forgetting the make-up artists, hair stylists, designers, photographers and other professionals making such images possible.

You can also take action to help your daughter better recognize her own worth. Rather than complimenting her and other young women on their looks, compliment them on their interests, creativity, intellect, ideas and accomplishments. Encourage her to continue to develop her interests in art, music, sports or other activities, or help her develop new interests in areas other than appearance and popularity.

Rather than just allowing your daughter to be impressed by the images the media throws at her, help her gain a realistic perspective. Encourage your daughter to see her real value as a person, rather than measuring herself against unrealistic advertising images.

"The Counseling Corner" is provided as a public service by the American Counseling Association, the nation's largest organization of counseling professionals. Learn more about the counseling profession at the ACA web site, www.counseling.org.

UNDOCUMENTED IMMIGRANTS ARE SHOWING A STRENGTH OF CHARACTER THAT CONGRESS LACKS

By Marisa Trevino, latinalist.net



Boxes containing one million letters in support of immigration reform.

Nationally syndicated radio talk show host Eddie Sotelo, better known to his legions of Spanish-speaking fans as Piolin, delivered one million letters to the steps of Congress from immigrants and citizens across the country who don't want the Senate to postpone the debate on immigration reform any longer.

Throughout this debate on immigration reform, congresspersons have been chided for their lack of will to get things done.

Where Congress lacks the will, the Latino community is making up for it tenfold. In addition to Piolin's caravan, there was a train speeding towards DC carrying people with their family stories of coming to America as immigrants and realizing their dreams.

There were several carloads of young people who headed to our

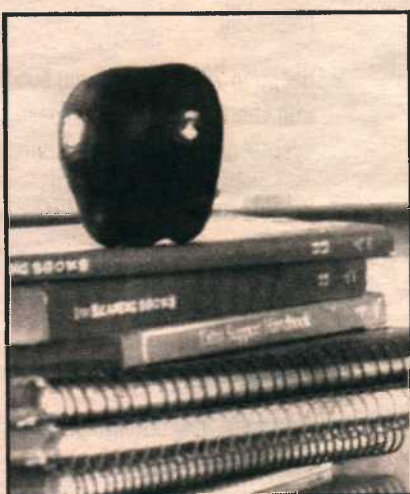
nation's capitol throughout the summer to show Congress they have every intention of qualifying for higher points in any immigration classification system because of higher skills, if only Congress passes the Dream Act to let them realize their dreams of attending college and working after they graduate.

If nothing else, the critics of the immigration reform bill need to recognize the courage of these groups for pushing Congress to act, since no outcome is guaranteed to be completely in favor of the undocumented immigrants.

Yet, there are signs everywhere that the everyday undocumented immigrant has the will to obey the law.

More and more are on waiting lists to learn English, and more are applying for citizenship instead of waiting for mañana.

The undocumented immigrant has always been known for his/her exemplary work ethic, and now they can be known for exercising their will to do what is asked of them — even if Congress won't.



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CATHOLICS IN ALLIANCE FOR THE COMMON GOOD STATEMENT ON THE DEFEAT OF THE IMMIGRATION REFORM LEGISLATION

Washington, D.C.—The inability of Congress to pass a just and humane immigration bill is a political and moral failure, and we are profoundly disappointed that leaders from both parties could not put the common good and human dignity above partisan politics.

The defeat of this legislation will only mean more immigrants dying in the desert, families being torn apart, and workers left without basic protections on the job. Our nation's broken immigration policies continue to abandon millions of hard working immigrants who make vital contributions to our society stranded in the shadows. We call on Congress to renew efforts to pass comprehensive immigration reform and not to drop this critical issue until after the presidential elections.

As Catholics, our faith calls us to treat all people with dignity. We continue to stand in solidarity with those strangers among us who are often demeaned by hateful speech and inhumane policies. We remain

committed to working with Catholic social justice organizations to push our elected leaders to pass comprehensive immigration reform that balances the legitimate need to protect our borders with policies that keep families together, provide undocumented immigrants with an earned path to citizenship, and address the root causes of global migration.

Catholics in Alliance for the Common Good promotes awareness of Catholic social teaching and its core values of justice, dignity and the common good to Catholics, the media and Americans of all faiths. Through communications, grassroots outreach and strategic coordination, Catholics in Alliance supports other Catholic organizations that work to advance the call to faithful citizenship and the common good.

For more information please visit www.catholicsinalliance.org. For information contact Pat Wheeler or John Gehring, 202-822-5105

WHAT TO ASK YOURSELF WHEN PLANNING TO RETIRE

Continued from page 3

2. How Much Money Will I Need For Retirement? Start with a list of current bills. Health care costs, the decision to travel extensively or retiring to an active-lifestyle community could add to your retirement budget. While you're still working, plan to pay off all credit cards and installment loans and, if possible, the mortgage.

3. Can I Use Home Equity For Retirement Income? Yes. A reverse mortgage takes a lien against a home's equity. The borrower—or the borrower's heir—never has to pay back more than the home's value. Check with your financial adviser to see if this option is right for you.

4. What Sources Of Retirement Income Will I Have? Chances are your retirement income will come from several different sources,

including Social Security and savings in retirement plans. The classic investment is an insurance annuity. However, other retirement plans, such as an IRA, Simplified Employee Pension (SEP) and individual 401(k), have become more popular.

5. When Can I Retire? Americans traditionally think 65 is the age to retire. In fact, only Social Security contributors born before 1938 can draw full payments at age 65. Those born in 1960 or later must wait two full years, to age 67. Workers willing to delay drawing Social Security until age 70 can receive more.

These tips were excerpted from a May/June 2007 *Self-Employed* magazine article by Jan Norman. For more tools and tips to help run a micro-business, visit www.NASE.org.

ANTIBIOTICS IN THE TOP 10 FOR DRUG ERRORS

(NAPS)—According to a recent study of drug errors, an estimated 23 million antibiotic prescriptions are written for colds, bronchitis and upper respiratory infections—despite the fact that antibiotics don't kill viruses.

Dr. Oz of "The Oprah Winfrey Show" says there's a treatment that may be more effective than medication. "The [ear, nose and throat] doctors who are specialists in this area will often say a warm saline rinse is a better treatment than a lot of the other drugs that we try to offer folks, because it mechanically cleans out the problem." He says.

Saline cleansing of the nasal sinuses is recommended not only by Winfrey's on-screen physician, but also the authors of a study of 6,000 sinus patients. So instead of pressuring your doctor to prescribe

antibiotics—which may lead to higher medical bills and supergerms—consider an old fashioned remedy, still available in drugstores and endorsed by the University of Nebraska Medical Center.

It's a saline rinse, such as the Ayr Saline Nasal Rinse Kit. Simply fill the squeeze bottle with the pH-balanced salt packet, add warm water and run the mixture through each nostril.

For more information, visit www.bfascher.com.



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Open enrollment application dates are from

July 8, 2007 through July 7, 2008

If you would like to receive a pre-application you may print one from our website at or go to one of our Public Housing Management offices located at:

Barstow Management Office 421 South 7th Street Barstow, CA 92311
 Medical Center Management Office 1738 W. Ninth Street San Bernardino, CA 92411

Yucca Valley Management Office 58945 Business Center Drive OW Yucca Valley, CA 92284

Redlands Management Office 131 E. Lugonia Redlands, CA 92374
 Waterman Gardens Management Office 402 Alder Street San Bernardino, CA 92410



For more information, please visit our website at: www.hacsb.com



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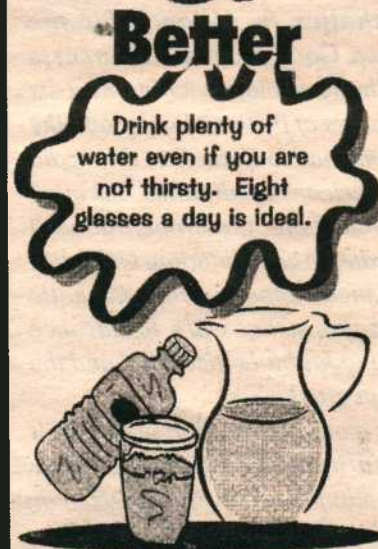
Available positions are:

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- Program Specialist

For complete application process, job descriptions and requirements, visit www.first5sanbernardino.org or contact us at 330 N. D St., 5th floor, San Bernardino, CA 92415, (909) 386-7706.

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