January 23rd 2008

Hispanic News
CONGRESSMAN BACA RECOGNIZES LOCAL MINISTER AT CEREMONY
IN U.S. CAPITOL

Inland Minister Saul Santos Serves as Guest Chaplain for House of Representatives

Dr. Edward G. Hirschman, center, (l to r) Mark Uffer, San Bernardino County Administrative Officer, Patrick Petre, Director of Arrowhead Regional Medical Center, Josie Gonzales, Fifth District Supervisor, and Frank Reyes, Arrowhead Regional Medical Center Foundation President. Dr. Hirschman was recently honored by renaming the SBCMC Regional Burn Center to the Dr. Edward G. Hirschman Burn Center in appreciation of his contribution of $1 million to the ARMC Foundation. Photo by INHN

INLAND EMPIRE HISPANIC NEWS
PRIMARY ELECTION RECOMMENDATIONS
February 5, 2008

NATIONAL DEMOCRATIC PRESIDENTIAL CANDIDATE
• Hillary Clinton

VOTER INFORMATION:
RIVERSIDE
Registrar of Voters
www.election.co.riverside.ca.us/
2724 Gateway Drive,
Riverside, CA 92507
(951) 486-7200

SAN BERNARDINO
Registrar of Voters
www.sbcounty.gov/rsv/
777 East Rialto Avenue,
San Bernardino, CA 92415-0770
Toll Free 1-800-881-VOTE

CALIFORNIA STATE MEASURES
• Proposition 61 NO
• Proposition 62 YES
• Proposition 63 NO
• Proposition 64 YES
• Proposition 65 YES
• Proposition 66 YES
• Proposition 67 NO

SAN BERNARDINO COMMUNITY COLLEGE DISTRICT
Measure M Bond YES

REDLANDS UNIFIED SCHOOL DISTRICT
Measure J Bond YES
On the eve of Dr. Martin Luther King, Jr.’s birthday and Holiday, the two leading candidates of the Democratic Party went out of their way to mention Dr. Martin Luther King, Jr. in their campaign rhetoric. Then they debated who was more important to the passage of the Civil Rights Bill, President Lyndon Johnson or Dr. King. They lost sight of what Dr. King really stood for. The civil-rights movement that King led was victorious in breaking down an apartheid system of white racial supremacy. The movement made it possible for African-Americans to exercise the right to vote that is the right of all U.S. citizens. It also made possible the integration of black children in the previously all-white public schools and the integration of African-Americans in public places.

But King’s inspiration went beyond black and white. By the late 60’s, other youth of color were inspired to organize their own civil-rights movements. As was the case with civil-rights activists in the South, Mexican American activists were also jailed, beaten and killed for protesting and speaking out against racism throughout the Southwest.

This year is the 40th anniversary of the two key historic events that ignited the emergence of the Chicano Civil Rights Movement throughout the Southwest. Over 10,000 Mexican American high school students walked out during the month of March 1968, from the three high schools located in the barrios of Los Angeles, California. They marched through the streets of the city to protest racism and the inferior segregated education they received in the schools.

The second event was the arrest and indictment of 13 civil-rights activists who were later identified as the key organizers of the walkouts. I was one of them. The indictments were part of the FBI’s Counter Intelligence Program (COINTELPRO) strategy to disrupt and undermine all the civil rights movements. We each faced 66 years in prison for the felony “crime” of conspiring to commit misdemeanors to disrupt the educational system of the City of Los Angeles. It took two years for the higher courts of the State of California to free us from the conspiracy charges. The State Appellate Court ruled we were innocent by virtue of the First Amendment.

Our movement adopted King’s philosophy of nonviolence and echoed his ideas for racial equality and justice, and we applied them to Mexican Americans and other Latinos. Our movement also won significant victories that led to more Latino political representation, equal opportunity in employment, access to higher education via affirmative action programs and Chicano Studies programs.

Today, we should celebrate and remember those collective victories. Most importantly, we must remember those who, like Dr. King, put their lives on the line in the struggle for racial equality and social justice. But racial and ethnic inequality remains alive and well today. Black and Latino children continue to be segregated in the nation’s public schools, especially in inner-city school districts. Latinos are now the most segregated student population in the country, and the one with the highest dropout rate.

We should remember that King’s vision was not limited to what he said in his “I Have a Dream” speech. In other speeches he made clear that the struggle against racism was directly connected to the issues of poverty, war and peace and democracy.

In his “Beyond Vietnam” speech, for example, he called the war the “war of the poor.” He vividly saw the connection between the war in Vietnam and the struggle against poverty and racial inequality at home. He spoke out against the Vietnam War because it not only drained funds away from meeting the human needs of the poor at home, but also sent black men to fight and die ostensibly for democracy abroad when it did not exist in Georgia or East Harlem at the time.

War is once again the enemy of the poor. The lower class accounts for a disproportionate share of the U.S. fighting force, and the cost of the war - to the tune of billions - drains the treasury of funds for the poor. Many of us have already broken the silence against the war in Iraq. King would have wanted us not to be intimidated by those who tell us it is unpatriotic to openly criticize our government and the president during a time of war.

We must have the same courage King had and demand that the war against the innocent people of Iraq be stopped immediately.

The billions being misspent in Iraq must be diverted to fight poverty at home. If he were alive today, King would be one of the leaders against the war in Iraq.

We must put King’s vision into practice and keep his revolutionary spirit alive in our struggle to build an authentic multiracial democracy committed to social justice and peace at home and abroad.

Dr. Carlos Muñoz Jr., Professor Emeritus, Department of Ethnic Studies, University of California, Berkeley, is an award-winning author and long-time activist. He was honored by Community Works as one of 12 civil-rights activists who “made the face of our nation.

"Life is struggle and struggle is life, but be mindful that Victory is in the Struggle”

Dr. Carlos Muñoz, Jr.
SENATOR GLORIA NEGRETÉ MCLEOD NAMED CHAIR OF THE LEGISLATIVE WOMEN'S CAUCUS

In a “passing the torch” ceremony the California Legislative Women’s Caucus selected new leadership Wednesday evening, naming Senator Gloria Negrete McLeod as its Chair.

“I am pleased to serve as chair of the Women’s Caucus. I will work to ensure women and families are recognized in the legislature,” said Senator Negrete McLeod. Senator Negrete McLeod represents the Inland Empire.

Assemblywoman Lorie Saldana was selected the Caucus Vice Chair.

“I am thrilled to represent the Legislature as vice-chair of the Women’s Caucus. I look forward to working with Senator Negrete McLeod on issues affecting women, especially the concerns of caregivers and military families.”

GOV. SCHWARZENEGGER APPOINTS TOMAS ARCINIEGA STUDENT AID COMMISSIONER

since 2004. From 1983 to 2004, Arciniega was president and professor of educational administration at California State University, Bakersfield.

Previously, he served as vice president for academic affairs and professor of educational administration at California State University, Fresno from 1980 to 1983 and dean of education and professor of educational administration at San Diego State University from 1973 to 1980.

Prior to joining the California State University system, Arciniega held several positions at the University of Texas at El Paso and the University of New Mexico.

He is a member of the American Association of State Colleges and Universities and the American Council on Education. This position requires Senate confirmation and the compensation is $100 per diem. Arciniega is a Democrat.

WASHINGTON, DC – Rep. Joe Baca (D-Rialto) hailed the President’s release of the $3.7 billion in additional veterans’ funding provided by Congress – to provide the largest single funding increase in the 77-year history of the Department of Veterans Affairs.

“With this historic veterans’ funding, this new Congress is meeting our promises to honor American veterans with both our words and our deeds,” said Rep. Baca. “After years of neglect in Washington at a time of war, the 110th Congress will ensure that our veterans have the resources and benefits they have earned and improve facilities like the Veterans’ Hospitals at Loma Linda and Los Angeles.

“Americans were shocked to learn last year of the crisis in care for soldiers returning from Iraq and Afghanistan,” continued Rep. Baca.

The almost 30 million veterans living in the United States and the more than 2 million living in California deserve better - and this historic funding increase puts us on the right track for America’s veterans. I am pleased the Bush Administration finally agreed to the critical need for the funding, after originally dismissing the $3.7 billion that the Democratic-led Congress added to the President’s request for 2008.”

With the release of funds, the 110th Congress has provided an extra $6.7 billion over last year for the largest single funding increase in the 77-year history of the Department of Veterans Affairs. These much-needed funds will be used to:

- Strengthen quality health care for 5.8 million patients, including about 263,000 Iraq and Afghanistan veterans, in the 5th year of the war in Iraq.
- Invest in much-needed maintenance for VA health care facilities and treatment for Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury for returning veterans;
- Reduce the backlog of veterans (400,000 claims) waiting for their earned benefits by adding 1,800 claims processors.

"It is our duty to provide quality care and services to our veterans," concluded Rep. Baca. "On the battlefield, the military pledges to leave no soldier behind. And with this national investment, we will begin to fulfill our pledge that when they return home, we leave no veteran behind.”

Most veterans receiving VA health care are struggling to get into the middle class, with a median annual income of $23,000. This increase won widespread support and praise from America’s leading veterans’ organizations including the American Legion, Veterans of Foreign Wars, Military Officers Association of America, Paralyzed Veterans of America, AmVets, Iraq and Afghanistan Veterans of America, National Association for Uniformed Services and Disabled American Veterans.

Rep. Baca is a veteran who served in the U.S. Army as a paratrooper with both the 101st and the 82nd Airborne Divisions from 1966 to 1968.

CAMPAIGN KICK OFF CELEBRATION

for TIM PRINCE

Candidate for U.S Congress
41st Congressional District
Wednesday, January 30, 2008
5:30 p.m. to 8:00 p.m.
Mitten Building, 345 A North 5th Street
Redlands, CA

Heavy hors d'oeuvres, no host bar
Big Band music courtesy of
CHRIS DAVIS ORCHESTRA
$99 per person; $149 per couple
For information – Nancy Ruth White
(909) 793-6229

Gov. Schwarzenegger has appointed Tomas Arciniega, 70, of Valley Center, to the Student Aid Commission. He has served as special assistant to California State University Chancellor Charles Reed.
SURVEY CHALLENGES THEORY THAT WOMEN STRIVE TO TAKE CARE OF EVERYONE EXCEPT THEMSELVES

(NAPS)—A recent survey uncovered a newfound sense of self-empowerment in regard to women’s health and their priorities. The third annual Woman Talk™ survey, conducted by the not-for-profit National Women’s Health Resource Center (NWHRC), found that an overwhelming 94 percent of respondents said that “Making time for myself is one of the best ways I can help to take care of me and my family” and 75 percent of women, respondents said that “Making time for myself is my top priority.”

So often women are focused on taking care of others, so we found it surprising that three out of four women state that taking care of themselves is their number one priority,” says Elizabeth Battaglino Cahill, RN, executive vice president of NWHRC. “We’re pleased to see that women are finally granting themselves permission to take care of their health first, so that they can better take care of their loved ones.”

When asked what being healthy means to them, women most often state “not having any chronic diseases” (47 percent and “being physically active” (43 percent). However, African-American and Hispanic women cite “being happy” as a key indicator of good health (43 percent each).

According to the survey, women are motivated to lead a healthy lifestyle to feel good, be independent, and look good. This is in stark contrast to the nurturing role women are believed to play, putting others’ above their own. Older women are more motivated to maintain their lifestyle and independence, while younger women are motivated to be fit and look good.

Women are increasingly looking after their health, for themselves and their families.

Regardless of motivations, the survey also uncovers major barriers that exist for women to maintain a healthy lifestyle. The majority of women in the survey had set goals for themselves, yet many are not achieving them. For instance, 76 percent of women have set a goal to exercise more, yet only 42 percent have done so. Six in 10 women have set a goal to lose weight, yet only 24 percent have made such progress.

To help women better understand how they can incorporate daily changes into their busy lives, NWHRC has developed the One Small Step to a Healthier You campaign. One part of this program is a comprehensive online wellness center that seeks to provide women with quick and simple ways they can take control of their health in order to see big results and feel better from a mind, body and spirit approach.

For additional information, or to access the online wellness center, visit www.healthywomen.org/wellness or call 877-986-9472.

ARROWHEAD REGIONAL MEDICAL CENTER FOUNDATION HONORS DR. EDWARD G. HIRSCHMAN

Board of Supervisors, hospital personnel and health care supporters.

The renaming of the burn center was in response to the ARMC Foundation receiving the largest monetary gift in its 30-year history, a $1 million donation from Dr. Hirschman and his wife, Anne, of Newport Beach.

Dr. Hirschman had previously requested that the donation be used for “general worthwhile purposes” that will aid ARMC in its ongoing efforts to provide quality care to residents throughout San Bernardino.

Mark Uffer, San Bernardino County Administrative Officer, spoke of Dr. Hirschman’s caring nature toward ARMC and its hospital personnel, and close relationship with the staff members for many years.

Frank Reyes, ARMC Foundation president, thanked Dr. Hirschman for his contribution, stating that “this generous grant will be the catalyst for cultivating other future contributions to the hospital and its mission.

Supervisor Josie Gonzales praised Dr. Hirschman for his generous contribution. “We will always remember this unselhsh gesture for the benefit of the hospital patients,” she said.

“For years, Dr. Hirschman has been a strong supporter of the Medical Center and the services we provide to the community,” said ARMC Director Patrick Pete. “We’d like to thank him and his wife, Anne, on behalf of the hospital and patients who will benefit from his generosity. A donation of this magnitude is unique, and will most certainly put it to good use.”

Dr. Hirschman served as the director of Pharmacy Services for the old San Bernardino County Medical Center (SBCMC) from 1980 to 1997. ARMC, the new county hospital opened in 1999 as the replacement for the SBCMC. Dr. Hirschman continues to work as an ARMC Pharmacy Services.

“My heart is at Arrowhead,” said Dr. Hirschman, who will also be given a permanent seat on the ARMC Foundation’s Board of Directors. “I had wanted to do this for years, and now was the right time.”

“I am honored to have my name attached to the Medical Center’s outstanding burn center, and my hope is that this donation will help the hospital to continue its excellent work in the area of patient care.”

ARMC Dr. Edward G. Hirschman Burn Center is the only burn unit serving the four counties of Riverside, San Bernardino, Inyo, and Mono.

CAL STATE SAN BERNARDINO APPLICATION PERIOD FOR FIRST-TIME FRESHMEN EXTENDED TO MARCH 1

SAN BERNARDINO, Calif. - Cal State San Bernardino and six other California State University campuses will now accept freshman applications until Saturday, March 1. The other 16 CSU campuses will continue to observe a Feb. 1 end-date for freshman applications.

Because the proposed 2008-2009 state budget includes a $312.9 million cut to California State University funding, all CSU campuses will maintain their current enrollment targets for the coming year. “However, despite the limitations of the proposed state budget, our deadline has been extended to March 1 in order to allow additional qualified students the opportunity to go to college,” said CSUSB President Albert Kaming.

CSUs have already closed their freshman admissions, but we still have room to accommodate qualified new students who apply by March 1. Interested students should apply immediately to CSUSB and any other campus of interest, or they can apply to CSUSB on their current application to another Cal State campus. But since time is still short, it’s critical that prospective freshmen file applications before March 1.

“It’s important that applicants list multiple campuses on their applications to the California State University, including Cal State San Bernardino,” said Olivia Rosas, director of admissions and student recruitment at CSUSB. “Students who have already applied to other CSU campuses can easily go online through CSU Mentor, and add CSUSB to their applications.”

CSU Mentor is the Web-based system for students to apply online to the California State University. It is designed to help students and their families learn about the CSU system, select a CSU campus, finance higher education, and apply for admission. The site (www.csumentor.edu) offers technical support, course-check, and open and closed campus information.

Rosas said that all final transcripts, test scores and other supporting documents should be submitted to Cal State San Bernardino’s Office of Admissions and Student Recruitment as soon as possible. She also recommends that students pay close attention to all of the admissions information they receive from the university, such as the deadlines and the additional documents they need to finalize their application.

Students in need of assistance with the online applications may call for technical support at (800) GO-TO-XAP (or (800) 468-6927). The service is open Monday through Friday from 6:30 a.m. to 6:30 p.m. Students with additional questions about applying to CSUSB can contact the university’s Office of Admissions and Student Recruitment at (909) 537-5188.

Cal State San Bernardino will continue to accept applications beyond March 1 from eligible lower- and upper-division transfer students, international and out-of-state students, credential candidates and graduate students.

For more information, contact Cal State San Bernardino’s Office of Public Affairs at (909) 537-5007 and visit http://news.csusb.edu.

Courage is not the absence of fear, but rather the judgment that something else is more important than fear.

Ambrose Redmoon
NEW YORK - A new Web site created by Columbia Law School documents a disturbing drop in enrollment by Mexican-American and African-American students in America’s law schools.

Even though Mexican-American and African-American students have applied to law schools in relatively constant numbers over the past 15 years, their representation in law schools has fallen. (New Web site http://www2.law.columbia.edu/sivilights.)

Even more worrisome is the fact that during the same period, Mexican-American and African-American applicants are doing better than ever on leading indicators used by law schools to determine admissibility, undergraduate grade point average and LSAT scores. In addition, the size of law school classes and the total number of law schools have increased - making room for nearly 4,000 more students.

Despite all that, first-year Mexican-American and African-American enrollment has declined 8.6 percent, from a combined 3,937 in 1992 to 3,595 in 2005. The data are provided together for the first time on a new Web site created by Columbia Law School's Lawyering in the Digital Age Clinic, in collaboration with the Society of American Law Teachers (SALT).

"Most folks are not aware of the numbers, even among those interested in diversity issues," said Conrad Johnson, Clinical Professor of Law at Columbia Law School and a member of SALT's Board of Governors.

"Law school admissions among Mexican-Americans and African-Americans is not as happy a story as some might think," he said. (Conrad Johnson recognized nationally as a leader in innovative legal education, access to justice and technology.)

SALT is concerned about the trend because a less diverse body of law students leads to a number of poor outcomes, including a less diverse pool of lawyers and judges to serve the public, diminished faith in the administration of justice and a less productive, creative workforce.

In addition, a diverse classroom experience helps to teach students about the world beyond their own lives and to work with people very different from themselves - a key asset to being a lawyer, Johnson said.

"We need diversity in our legal profession to promote better legal education and fairness in our system of justice," Johnson said.

Columbia Law School students Cristina Quintero '08 and Jeffrey Penn '07 helped create the Web site as part of their experience in the Lawyering in the Digital Age Clinic. Paula Johnson, a SALT board member and professor at Syracuse University College of Law, prepared the analysis of the Grutter case.

Students in Columbia Law School's Lawyering in the Digital Age Clinic get hands-on experience using the digital technologies reshaping the profession. They work with public-interest lawyers and members of the judiciary.

For information contact: James O'Neill 212-854-1584, cell: 646-396-2935 james.o'neill@law.columbia.edu

The Hispanic Council for Reform and Educational Options, based in Washington, D.C., compiled the following data on what it calls the "Crisis in Latino Education." The council says its mission is "to improve educational outcomes for Hispanic children by empowering families through parental choice in education." More information is available at the Web site www.hrcero.org.

What is the Crisis in Latino Education?

One of every three Hispanic students fails to complete high school.

Twenty-six percent of Hispanic students in the 8th grade and 34 percent of Hispanic students in the 12th grade reported in 2000 that they had been absent three or more days in the preceding month. 

Thirteen percent of Hispanic students in kindergarten through 12th grade in 1999 had repeated a grade.

The dropout rate for Hispanics in 2000 was 28 percent, higher than the 7 percent rate for Whites and the 13 percent rate for Blacks.

Average scores among Hispanic 9-year-olds were 13 percent below Whites' scores (a gap of 28 points in 1999, and among 17-year-olds they were 8 percent below Whites' scores (a gap of 24 points).

Math performance for Hispanic students was lower than that of White students in mathematics in 1999, but Hispanic 13- and 17-year-olds scored higher than Black 13- and 17-year-olds.

Fifty-nine percent of Hispanics completed middle-level mathematics courses, 8 percent took low-level courses and 7 percent completed nonacademic or no mathematics courses.

Hispanics scored below the national average on the SAT in 2001. Hispanics accounted for 9 percent of the SAT-taking population.

S.B. COUNTY SUPERINTENDENT OF SCHOOLS DELIVERS STATE OF EDUCATION ADDRESS

SAN BERNARDINO — Bridging gaps in student achievement, working with districts on stable leadership and finding solutions to the state's budget crisis were among the issues County Superintendent Herbert Fischer highlighted in his ninth annual State of Education Address.

District Attorney Michael Ramo was master of ceremonies and Jack O'Connell, state superintendent of Public Instruction, introduced Fischer.

"Our goal is to see that all students master the state standards and to help our schools and districts transcend the access and achievement gap for all of their students," Fischer said in his speech at the Sturgis Center for the Arts.

To close gaps, whether it's the achievement gap between ethnicities in learning or through support to districts facing challenges like Proposition 1 pass or O'Connell, state superintendent of Schools regional lead for after-school programs. Supporting those students participating in the Quality Education Investment Act with their planning and implementing. Asking those districts in corrective action under No Child Left Behind.

Working with districts on sustaining stable leadership is another focus for the County Schools office this year. "School boards need to hire superintendents who fulfill key leadership responsibilities, and they need to support district and school level leadership and goals for student achievement in ways that enhance stability," said Fischer.

Districts in the county and the state face major financial challenges this year from preliminary budget proposed by the governor.

The governor's budget recommends spending $300 per pupil less than last year. California invests nearly $2,500 per pupil less than the national average for state students, according to Education Week's Quality Counts report.

"This budget crisis did not originate in our public school classrooms, and neither will the solution to the crisis be found by reducing funding to the classroom," Fischer said.

Other highlights from the address included: Featuring high-achieving student programs at Maple Elementary in Fontana Unified and Westside Park Elementary in Adelanto. Both schools exited from Program Improvement Year 4 last year among only 20 statewide to accomplish the feat. "These two schools have made student learning of the No. 1 commitment, and the results show," Fischer said.

Efforts to close the loopholes in laws that govern charter schools continue. "I am pleased to announce today that with the support of State Superintendent O'Connell and County District Attorney Ramos, our office is working on legislation to see that charter schools are held accountable for improved student achievement and sound business practices," Fischer said. "Charter school boards also must be held to the same public scrutiny as school district boards by following Brown Act procedures and conflict of interest requirements." County Schools has the support of the California School Boards Association and the state's Fiscal Crisis and Management Assistance Team in this effort.

According to Fischer, the No. 1 issue in the region continues to be an under-educated workforce. County Schools' solutions are rising from the localized efforts of the Alliance for Education and P-16 Councils that are working on common goals: improving literacy and math skills; increasing graduation and college-going rates; and responding to regional employability and career needs. "Through the Alliance and P-16 Councils, we have more than 1,500 partners in business, labor, government and faith-based communities with the will and courage to help us get the job done," Fischer said.

SUPPORTING A FRIEND WHO HAS CANCER

(NAPS)—When a friend is diagnosed with cancer, it's natural to want to provide support and encouragement. It is not always easy to know how to do that or where to go for information. PLWC.org, the patient information Web site of the American Society of Clinical Oncology, offers practical suggestions about supporting someone living with cancer and is a great resource with answers to some of the most common—and sometimes difficult—questions.

PLWC.org suggests checking in with your friend on a regular basis. Purposefully make plans for the future to give your friend something to look forward to. When with your friend, allow time for fun and laughter, but don't shy away from sadness and reflection. Talk and interact with your friend as much as possible in the same way you did before the diagnosis. Let your friend know when you have a call or visit—that you will be there the next time when it is more convenient.

It can be difficult to find the right words when a friend is facing a serious illness. Know that it is okay to say "I am sorry this happened to you." PLWC.org recommends avoiding saying things such as "I know how you feel," or "I know just what you should do."

Do not be afraid to directly ask your friend how you can help. Keep in mind, however, that a friend coping with cancer may find it difficult to ask for help. Offer to help with practical, everyday tasks that may seem routine to you but can be challenging for someone with a cancer diagnosis, such as running errands or cleaning the house. If your friend has children, offer to baby sit or drive the kids to and from school and evening activities.

PLWC.org also suggests driving your friend to doctors' appointments. If it is an exam, you can help by taking notes so your friend's time can be spent interacting with the physician. Sitting with your friend during a chemotherapy session can also provide great comfort.

Remember that your friend's needs may change frequently due to treatment side effects. Be flexible and, most importantly, make time to be there for your friend when you are needed.

Be sure to check www.plwc.org frequently for doctor-approved cancer and coping information as well as creative ideas about how to provide support.

WHAT YOU CAN DO TO PREVENT BULLYING

(NAPS)—It is important to take a stand because every day more than 160,000 students miss school—no because of illness but due to fear of being bullied.

"Bullying is a serious public health issue that affects countless children and adolescents every day," said Aaron Walton, chairman of the board of the Highmark Foundation, which works to promote lifelong health habits in children. Bullying can be extremely painful and humiliating causing children to suffer from depression and low self-esteem.

There is a lot parents can do to help prevent bullying and to ensure that their children have a safe and successful school career. First, look for the common signs to ensure that your child is not a target of bullying. Second, contact your school and make sure that they are implementing a proven bullying-prevention program.

Cyberbullying—A newer form of bullying—cyberbullying—happens when children or teens bully each other using the Internet, mobile phones or other cyber technology.

It can involve sending mean text, e-mail or instant messages, posting nasty pictures or messages about others in blogs or on websites or using someone else's user name to spread rumors or lies.

Bullying in school is associated with increased reports of physical illness, academic failure and school absence.

One program has shown significant results in changing anti-social behavior, the Olweus Bullying Prevention Program, is a system-wide approach that has resulted in decreasing bullying behaviors among children in grades K-10.

The Bullying Prevention Institute provides the tools and resources that school administrators, counselors, educators, school nurses, policy makers and social workers need to create or improve their bullying prevention program.

"Safe school environments are critical to the academic success of students," said Matthew Masiello, M.D., director of Community Health in Pennsylvania's Comencha Health System and creator of the Highmark Healthy High 5 HAL! Bullying Prevention Program. "If students are worried about their safety in school, their focus gets diverted, making it exceedingly more difficult to succeed academically.

For more information, visit www.highmarkhealthylh5.org.
Many health care professionals turn to angiotensin-converting-enzyme (ACE) inhibitors to treat hypertension.

ACE inhibitors are designed to block or inhibit the production of a protein found in the body that causes blood vessels to constrict. ACE inhibitors relax blood vessels, making blood flow easier, which can reduce blood pressure.

An ACE inhibitor with a history of success in treating hypertension, as well as reducing cardiovascular risk, is ALTACE® (ramipril) capsules. The drug is described as the No. 1 brand name in its class prescribed by cardiologists and endocrinologists.

ACE inhibitors can reduce blood pressure.

ACE inhibitors are designed to block or inhibit the production of a protein found in the body that causes blood vessels to constrict. ACE inhibitors relax blood vessels, making blood flow easier, which can reduce blood pressure. An ACE inhibitor with a history of success in treating hypertension, as well as reducing cardiovascular risk, is ALTACE® (ramipril) capsules. The drug is described as the No. 1 brand name in its class prescribed by cardiologists and endocrinologists.

Its benefits can extend well beyond blood-pressure reduction. It is the only ACE inhibitor proven to reduce the risk of heart attack, stroke, and CV death in high-risk patients aged 55 or over. For these patients, it was found to reduce the risk of heart attack by 20 percent, CV death by 26 percent and stroke by 32 percent. The drug has also proven the ability to reduce the risk of CV complications associated with diabetes.

Studies have shown that this drug may not be for everyone. ALTACE® (ramipril) lower blood sugar if taken with patients with diabetes. A physician should be contacted if one experiences symptoms of low blood sugar, such as sweating or shakiness. Common side effects include persistent dry cough, dizziness, and light-headedness due to low blood pressure. Do not take ALTACE® during pregnancy, as death or injury to your unborn child may result.

How is diabetes related to CV disease and high blood pressure?

Research indicates that these conditions can amplify one another. The presence of one risk factor is likely to influence the development of others. And the more risk factors you have, the higher your risk of heart disease, diabetes and stroke; however, early treatment of individual risk factors is likely to decrease the risk of developing others.

Dr. Banas is a member of many professional organizations and is a Fellow of the American College of Physicians, the American College of Cardiology, and the Council on Clinical Cardiology of the American Heart Association. To learn more visit www.altace.com.

SANTA BARBARA, CA - Entrepreneurship, the willingness to take a risk and start one's own business, has always been the driving force of the U.S. economy. Research indicates that among American minority groups, Hispanics are the most likely to start their own business. The most recent government data shows Hispanics own the largest number of firms.

Continued growth is expected. Hispanic business projects that sales from Hispanic-owned firms will reach $330.1 billion in 2007, and is projected to reach $539 billion by 2012. The retail trade, wholesale trade, and construction account for the top 3 industries within the Hispanic market according to a new Market Brief. "Hispanic-Owned Businesses, Growth Projections to 2012" released today by HispanicTelligence, the research division of Hispanic Business Inc.

HispanicTelligence estimates that existing trends support the projections of at least 2.2 million Hispanic-owned businesses generating close to 388.7 billion dollars in revenues in 2007. "The strong growth reflected in this report indicates the increasingly integral role of Hispanic-owned firms in the U.S. economy" explained Dr. Juan Solana, Hispanic Intelligence Chief Economist.

The Market Brief: Hispanic Owned Businesses, Growth Projections to 2012 highlights the latest research on U.S. Hispanic-owned businesses. It includes in-depth analysis of Hispanic-owned Businesses by Hispanic origin, sales and receipts, number of employees, industry, and metropolitan area.

The report can be purchased online at the Hispanic Business Store at https://secure.hbinc.com/product/view.asp?id=217

For further information on this and other market briefs, contact Business Economist Frankie Rey De Perez at (805) 964-454 ext. 212 or by e-mail: Frankie.Rey.De.Perez@hdbinc.com

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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) 793-6229. Visitors welcomed. Following is a schedule of speakers:

January 25 Senator Assembly member Fran Givens, Juanita Belgiehe and Senior Senator, Kitty Mesler on Ca:11011 Senior legis, at 12 February 8 Hometown gal at Lunchtime, John Longville, Water: $5.00 per person, 1004 Cosmopolitan

February 8 Jim Smith and Dennis Baxter, Native Sons of the Golden West

Disobedience, the rarest and most courageous of the virtues, is seldom distinguished from neglect, the laziest and commonest of the vices.

George Bernard Shaw
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