BELoved PRIEST-FATHER RAMON (RAY) ROSALES-SUCCUMBS

devoted to his Church. "Father Ray and I were in the seminary together, and since his ordination, he reached out to every Christian in his parishes and aided many in their path toward a greater spiritual way of life." Father Rosales was ordained to the priesthood on July 3, 1981, by Bishop Straling at Our Lady of Guadalupe Church, San Bernardino.


He was also director of the Cursillo Movement for the Diocese of San Bernardino.

His survivors include his sisters, Stella Gonzales and Nancy Rosales, and numerous uncles, aunts, nephews and nieces.

Father Ramon (Ray) Rosales was buried in Our Lady Queen of Peace, Colton.

CURRENT STATUS: DOCUMENTARY ON WW II
BY DIRECTOR KEN BURNS ON PBS

Editorial comment: The 14-hour documentary on WWII by Director Ken Burns scheduled by PBS in September, 2007, included interviews of over 40 World War II participants in four communities across the United with two ethnic groups, Japanese-American and African-American, given special consideration. The WWII document ignored approximately 500,000 Hispanic-Americans' heroic participation in every theater of war, European, African, Italian, and Pacific, and in every branch of our Armed Forces, with many not returning. Hispanic servicemen and women returning to our great nation from that global battle against aggressive and destructive dictatorships encountered deep-rooted pre-World War II discriminatory practices in housing, employment, education, and political activities. To date, veteran, human and civil rights organizations have struggled to successfully prevail in partially restoring those basic rights enjoyed by many in our American way of life.

World War II Hispanic-American veterans and those who did not return have yet to overcome their right of equal national public recognition for their unselfish sacrifices in our nation's world involvement 66 years ago.

FONTANA MOURNS LOSS OF DEDICATED COMMUNITY LEADER BEA WATSON
By RUSSELL INGOLD-Fontana Herald

Watson was a member of the Fontana City Council for four years (1992-1996) and Fontana city clerk for eight years (1998-2006), retiring in December, 2006. She was known more for her decades of volunteer work.

"She was considered the 'Mother of Fontana,'" said Linda Nunn of the City of Fontana. "A lot of our newer residents don't realize this, but she was one of the few citizens who really tried to pull our community together."

Tonia Lewis, who was elected city clerk after Watson's retirement, said she truly loved Fontana. "She was always helping children. She made Fontana residents mourned the loss of long-time community servant Beatrice "Bea" Watson, 83, who died Sunday, Aug. 5, 2007.

VETERAN SANTA MARIA TEACHER BECOMES FIRST LATINO PRESIDENT OF THE CALIFORNIA TEACHERS ASSOCIATION

New CTA Leadership Team Officially Takes Over Today

"We will continue the CTA mission to secure a quality education for every student," said Sanchez, who has 27 years of experience as an educator. "We must close the student achievement gaps and the resource gaps that especially challenge our schools of greatest need. Our public schools are making progress, but in order for the progress to continue, they must receive adequate funding."

Sanchez succeeds Riverside educator Barbara E. Kerr, CTA president the past four years. He is a kindergarten teacher in Santa Maria in Santa Barbara County. Sanchez, who is bilingual, was named one of 80 California Latino "Leaders of the Future" by La Opinion newspaper in 2006. He served the past four years as CTA's vice president and calls for his commitment to continue on page 3.

Continue on page 3

Continue on page 4
Guy Gabaldon, who received the Navy’s highest honor for capturing more than 1,000 Japanese civilians and soldiers on the island of Saipan during World War II, died August, 2006 in Old Town, Fla., at age 80, according to documentary filmmaker and soldiers on the island of Saipan more than 1,000 Japanese civilians and Rubin’s documentary, “East L. A. Marine: The Untold True Story of Guy Gabaldon.”

The documentation is the basis for persuading Congress and the president to award Gabaldon what Gabaldon’s wartime experience was the basis for the 1960 Hollywood movie “Hell to Eternity,” a memoir, and Rubin’s documentary, “East L.A. Marine: The Untold Story of Guy Gabaldon.”

The documentation is the basis for persuading Congress and the president to award Gabaldon what supporters have publicly advocated that he deserved the Medal of Honor. In 1944, the Los Angeles City Council and Mayor Antonio Villaraigosa honored Gabaldon.

Gabaldon’s actions occurred in In the Boyle Heights area of Los Angeles had taken Gabaldon, a homeless youth, and raised him. He Gabaldon’s wartime experiences, including an incident in which he killed “three enemy soldiers on a motorcycle and [took] the bike for my own — a Harley Davidson.”

“The incident I describe here may turn some stomachs, but that’s the way it happened, blood, guts, splattered brains, and no compassion when killing the enemy,” he wrote. “I lie down, get a good hold of my piece, hold my breath, take careful aim at the head of the guy on ‘my’ bike, and fire,” he wrote. “I immediately pump the remaining 14 rounds in the clip at rapid fire into the other two and punch another 15 round clip in my carbine while running towards them, blasting away and seeing the reaction of their bodies

in the Northern Marianas in the western Pacific Ocean, where he killed 33 Japanese soldiers on his first day of combat, he said. Later he changed tactics.

Gabaldon, “in disobeying orders, went behind enemy lines looking for Japanese, entering enemy caves, pillboxes, buildings and jungle brush in the face of hostile fire,” reads the citation that went along with his Navy Cross. His goal was to get the Japanese to surrender.

In later years, Gabaldon called his actions foolish, but back then he had reasons to believe he would be successful.

A Japanese American family living in the Boyle Heights area of Los Angeles had taken Gabaldon, a homeless youth, and raised him. He learned the Japanese language, culture and environment.

In 1942, the Japanese family was sent to an internment camp and Gabaldon joined the Marines. His knowledge of the Japanese language was useful in communicating with Japanese soldiers and civilians. “I think it was his bravado and his cockiness that really helped his success,” Rubin said.

Gabaldon persuaded Japanese on Saipan that if they surrendered, they would receive food, water and medical care. In other situations, his talk was more in terms of threats. “He was just a tough little Hispanic kid that just had a lot of guts,” said John Schwabe, an attorney in Portland, Ore., who was a captain and Gabaldon’s commanding officer. “Gabaldon’s action saved lives on both sides and was instrumental in helping to shorten the campaign,” Schwabe said. Gabaldon was wounded by machine gun fire after the island was secured.

Schwabe said he nominated Gabaldon for the Medal of Honor, however, the Marine Corps echelon never received the nomination recommendation, and instead was honored with a Silver Star. But his 1950s appearance on the television show "This Is Your Life" led to the making of “Hell to Eternity” and an upgrading of his medal to the Navy Cross.

Gabaldon worked as a technical advisor on the movie that cast him, a short Mexican American, as a tall Italian American. He was proud of the film, Rubin said.

"I think that movie was very inspirational to a lot of baby boomers," Rubin said. "It was one of the first World War II combat films to portray a sense of humanity in war. In truth, Guy ended up saving not only hundreds of Japanese lives but American lives as well, with a little touch of humanity.”

Decades later in his memoir, “Saipan: Suicide Island,” Gabaldon wrote an expanded account of his wartime experiences, including an incident in which he killed “three enemy soldiers on a motorcycle and [took] the bike for my own — a Harley Davidson.”

“The incident I describe here may turn some stomachs, but that’s the way it happened, blood, guts, splattered brains, and no compassion when killing the enemy,” he wrote. “I lie down, get a good hold of my piece, hold my breath, take careful aim at the head of the guy on ‘my’ bike, and fire,” he wrote. “I immediately pump the remaining 14 rounds in the clip at rapid fire into the other two and punch another 15 round clip in my carbine while running towards them, blasting away and seeing the reaction of their bodies leaping like shot rabbits every time I hit them.”

After the war, Gabaldon fought other battles. He said that in 1961 he gathered a force of 1,000 Americans to travel to Cuba to wage war against Communist leader Fidel Castro. The trip was blocked by then-Atty. Gen. Robert F. Kennedy, who “called me a vigilante.”

In a letter to President Nixon, he condemned discrimination against Mexican Americans, saying he had been refused a hotel room. His wife had been treated rudely by American guards at the border with Mexico.

Gabaldon and his family lived in Saipan for many years, working at various jobs, including police chief and drug abuse counselor. His greatest battle was for the Medal of Honor. He and many of his supporters attributed his failure to receive the award to racism against Latinos.

The effort on Gabaldon’s behalf will continue, said Mimi Lozano, president of the Society of Hispanic Historical and Ancestral Research, “To me he’s the symbol of an American hero, and he’s a Latino,” she said. “And what a wonderful thing to share with our young people. He did what he did out of compassion.”

References for the Guy Gabaldon’s article was on the Internet and the Hispanic-American Veterans Association of the City of Montebello, CA.
S.B. BOARD OF SUPERVISORS APPOINT PATRICK A. PETRE TO HEAD ARROWHEAD REGIONAL MEDICAL CENTER

The San Bernardino County Board of Supervisors today appointed an experienced hospital administrator to serve as director of the county’s Arrowhead Regional Medical Center.

Patrick A. Petre, who most recently served as administrator of Providence Saint Joseph Medical Center in Burbank, will take the reins of the county’s 373-bed acute-care facility in Colton on August 6.

"Patrick is an experienced health care leader with demonstrated success in both the non-profit and for-profit fields," said Boards of Supervisors Chairman Paul Bianc. "The county is fortunate to have someone with his credentials available to take on this important role."

In addition to holding the top spot at Providence Saint Joseph, Mr. Petre has served as the administrator for two other hospitals—Santa Maria Hospital in East Los Angeles and Rio Hondo Hospital in Downey. He also served as Chief Operating Officer for Glendale Memorial Hospital and Garfield Medical Center in Monterey Park and Chief Executive Officer of San Dimas Community Hospital during his distinguished career.

Mr. Petre is a veteran of the U.S. Marine Corps and serves as a reserve police officer for the City of Monterey Park, holding the rank of sergeant. Arrowhead Regional Medical Center is a state-of-the-art facility featuring the newest technology in the field of patient care. The Medical Center is the host to a 24-hour Emergency Department, Level II Trauma Center, three Family Health Centers and the only Burn Center serving San Bernardino, Riverside, Inyo and Mono counties.

Inland Empire Hispanic News

FONTANA MOURNS LOSS OF DEDICATED COMMUNITY LEADER BEA WATSON

By RUSSELL INGOLD-Fontana Herald

Continued from page 1

very good use of the time that God gave her," Lewis said. "Her passing is a terrible loss for Fontana."

A 15-year member of the Exchange Club of Fontana, Watson was in charge of organizing the Fontana Days Parade and the Fontana Christmas Parade throughout that time period. She often said that she loved to be involved in activities which benefited children.

She was also the president of the Fontana Woman’s Club, a board member of Industrial Support Systems, American Legion Auxiliary Post 772, Kaiser Home Health Agency, Fontana Area Chamber of Commerce and first vice president of the Fontana Historical Society.

She received numerous awards for her volunteer efforts, including the Outstanding and Dedicated Service Award from the Exchange Club in 2005, the Congressional Community Leadership Award in 2002, National Exchange “Book of Golden Deeds” Award, and in 2007, the Fontana Citizen of the Year by the Fontana Rotary Club.

Later, her health declined, and she succumbed to congestive heart failure at Legacy Rehabilitation Center in San Bernardino.

BEATRICE Evelyn Watson was born July 1, 1924 in Ashbtula, Ohio. She came to San Bernardino in 1944 and a resident in the region for 32 years. She was a retired Pacific Bell administrator.

Watson is survived by her husband, Larry; daughter, Patricia A. Bentley of Fontana; brother, Fay Allen of San Bernardino; and sister, Margarette Botsford of Fontana, two grandchildren and one great-grandchild.

Visitations on Sunday, Aug. 12 from 4 to 7 p.m. at Ingold Funeral Chapel, 8277 Juniper Avenue. Services on Monday, Aug. 13, at 10:30 a.m. at First Assembly of God Church, 16580 San Bernardino Avenue, Fontana, and interment will follow at Green Acres Memorial Park, 11715 Cedar Avenue in Bloomington.

The family suggests donations to the Boys and Girls Club of Fontana, Inland Empire Hispanic News appreciates permission by the Fontana Herald to reprint article.

Now is the Time to Conserve Water

An important message from your regional and local water agencies who are working together to invest in the future.

- We live in a semi-arid region, which has experienced below average rainfall for the past two years.

- The region depends on imported water from the State Water Project to fill in the gap between local supply and demand.

- All of our local water resources are efficiently used, but our region is experiencing continual growth.

- The State Water Project is experiencing interruptions due to the Delta Smelt, a small native fish, and other environmental issues in the Sacramento Delta.

This message is brought to you as a public service by San Bernardino Valley Municipal Water District in cooperation with:

Bear Valley Mutual Water Company
City of Colton
City of Loma Linda
City of Redlands
City of Rialto
City of San Bernardino

Crafton Water Company
East Valley Water District
Fontana Water Company
West Valley Water District
Yucca Valley Water District

How You Can Help Save Water

1. Put a layer of mulch around trees and plants. Saves 750 to 1,500 gallons a month.

2. Use a pool cover to cut down on evaporation. Saves 1,000 gallons a month.

3. Water early in the morning. Saves 300 gallons each watering.

4. Don’t water the lawn on a windy day. Can waste up to 300 gallons in one watering.

5. Don’t water when it rains or on overcast days. Can save up to 300 gallons each time.

6. Set lawn mower blades one notch higher. Saves 500 to 1,500 gallons each month.
A common problem associated with getting older is the memory loss most of us encounter. Forget a couple of names or misplace those car keys again and we begin to think it’s a first sign of Alzheimer’s and that we’ll soon be forgetting everything.

While Alzheimer’s and other types of dementia are certainly very real problems, the reality is that gradual, mild memory loss is usually just a part of the normal aging process, although not one that we have to simply sit back and accept.

In reality, there are many things that can be done to maintain and improve your memory. It’s simply untrue that every elderly person is going to have a poor memory, or that it’s impossible for an older person to learn new things.

For most of us, memory decline is usually very gradual, generally not even noticeable before the age of 70. And it doesn’t occur in the same way for everyone, since loss of memory can be affected by our physical health, lifestyle habits and even level of education.

Most importantly, there are things we can do to help overcome the natural weakening of memory that may occur as we age.

One important step is to keep an active mind. Just because you are older does not mean you can’t learn something new, like playing chess, how to cook, or any of dozens of other new activities that get you actively using your mind.

Activities that engage your mind and make you think all help improve memory. When you read a book or go to a movie, and then discuss with friends the details, themes and what did or didn’t work; you’re keeping your mind active and forcing your memory to work.

If memory loss is worrying you, check your library or bookstore for books with suggestions for improving memory. Some provide tips on how to organize materials and information to make remembering easier. Others offer strategies, training suggestions and practice sessions to help improve memory skills.

The bottom line is that some memory loss as we age is perfectly normal, not necessarily a sign of serious mental deterioration. But if you are worried that your memory problems seem more serious, talk to a counseling professional or your family physician. They can offer tests to help pinpoint any possible problems.

"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 website at www.counseling.org.

### VETERAN SANTA MARIA TEACHER BECOMES FIRST LATINO PRESIDENT OF THE CALIFORNIA TEACHERS ASSOCIATION

**New CTA Leadership Team Officially Takes Over Today**

Continued from page 1

to school counselors, he was named "Advocate of the Year" in 2006 by the California Association of School Counselors. Vogel served the past four years as the CTA secretary-treasurer and lives in Davis in Yolo County.

New CTA Secretary-Treasurer Daniel R. Vaughn has 28 years of classroom experience. He is an English language arts teacher at West Middle School in the Downey Unified School District in Los Angeles County. Vaughn of Downey, served the past six years on the CTA Board of Directors, representing thousands of teachers in southeastern Los Angeles County.

Detailed biographies of the officers can be found at www.cta.org. The 340,000-member CTA is affiliated with the 3.2 million-member National Education Association.

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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) 753-5229.

Visitors welcomed. Following is a schedule of speakers:

- **August 17-TBA**
- **August 24-TBA**
- **August 30 - Congressman Joe Baca**

View www.sbdems.com for information.

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**LATINO HEALTH COLLABORATIVE POSITION ANNOUNCEMENT**

**EXECUTIVE DIRECTOR**

**ORGANIZATION OVERVIEW:** The mission of the Latino Health Collaborative is to improve the health of Latinos and to address barriers within the public and private health systems that impact Latinos’ access to health care in San Bernardino County. LHC arises from a desire to meet the significant health needs of the Latino population in San Bernardino County and to address the social impact of disparities that can lead to increased disability, poverty, family stress, premature death and mortality.

**QUALIFICATIONS/PERFORMANCE EXPECTATIONS:** As a member of executive management, this high level position helps set the direction and ensures the health of the organization. The individual is expected to be a competent manager, fundraising technician and an excellent organizational development specialist. The individual is expected to:

- Understand the communities in the Inland Empire; or a demonstrated ability to forge community connections so as to emerge as a respected advocate for the interests of Latinos in the region
- Demonstrate excellent presentation, oral, and written communication skills
- Have personal experience working with multicultural communities
- Demonstrate ability to think creatively and plan effectively, adeptly managing change and seizing opportunities for growth in the complex environments in which LHC operates
- Demonstrate a track record of working effectively to achieve desired results with and through others
- Raise funds and support for the LHC mission
- Have experience working with a Board of Directors and staff of a mission-driven charitable organization
- Possess experience in broad-based advocacy and policy interpretation and development
- Evidence a long-term commitment to the Latino Health Collaborative

**SALARY RANGE: $65,000-$75,000**

- **To Apply:** Materials should be submitted electronically, in Microsoft Word or PDF format to executive board members. Include:
  - Letter of interest/Cover Letter
  - Current résumé
  - Names and contact information for three references.
  - Candidates with questions about the position or process may contact executive board members Lourdes Leon at Lourdes.Leon@lls.org or Diana Fox at dianafox@reachout-westend.org.

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**NCLR PRAISES JUDGE'S RULING IN HAZLETON CASE**

**Anti-Immigrant Ordinance Is Unconstitutional**

**WASHINGTON, DC** — The National Council of La Raza (NCLR) commended a federal judge in Scranton, Pennsylvania, after he ruled against the City of Hazleton in a landmark challenge to a local anti-immigrant ordinance (Lozano v. City of Hazleton). The ordinance was an extreme measure that would have resulted in racial profiling, discrimination, and denial of benefits to legal immigrants. The ruling sends a clear message that the Hazleton ordinance and similar measures around the country will not be allowed to stand.

"The proponents of this ordinance exploited the issue of immigration for political gain. They knew the proposal was not an effective way to resolve the immigration issue, and they knew it would be challenged in court. This ruling makes it clear that attempting to regulate immigration at the local level creates enormous problems for the entire community, and runs afoul of the law," stated Janet Murguia, NCLR President and CEO.

The failure of the U.S. Congress to enact responsible and practical immigration reform has resulted in an environment in which states and localities across the country attempt to regulate immigration through local laws. "While we are all legitimately frustrated by Congress's inaction, we must not abandon reason and sensibility," stated Murguia.

"Unfortunately, immigration cannot be regulated state by state, and local attempts have tremendous negative impacts on immigrant communities and U.S. citizens alike. We are hopeful the ruling will convince cities contemplating similar legislation to abandon their efforts and put pressure on Congress to do its job," Murguia continued.

"The American people have been clear that we want a solution to our broken immigration system. The Latino community will continue to oppose ineffectual and harmful anti-immigrant measures at the state and local level, and pressure our representatives in Washington, DC to reject destructive "enforcement-only" proposals and pass effective immigration reform."
SUPERVISOR JOSIE GONZALES FUNDS PONY LEAGUE TO UPGRADE FACILITIES

SAN BERNARDINO — According to Art Solis $15,000 will go a long way to help the Inland Empire Pony Baseball league clean up its home field in San Bernardino.

San Bernardino County 5th District Supervisor Josie Gonzales today awarded the money to help the league to renovate its bathrooms, kitchen and snack bar at Palm Field.

Solis, who is president of the Inland Empire Pony Baseball program, sought Supervisor Gonzales’ support for the improvement project, as well as support from other elected officials and local business owners.

“I would like to thank Supervisor Gonzales and so many others who have donated money and materials. They have made it possible for us to do all renovations to the field,” said Solis. “When it’s complete we will be just as well off as the residents in the north end.”

Members of the league’s board and some of the players will actually do the work to spruce up the ball field.

The league also will purchase a scoreboard and use sand to pack the gopher holes in the outfield to make it safer for the players.

“These kids deserve a home field they can be proud to call their own,” said Supervisor Gonzales. “I hope our assistance lets them know that we at the County Board of Supervisors care about them and that we want them to always strive to attain their own field of dreams.”

Approximately 285 youth, ages four to 18-years old, participate in the Inland Empire Pony Baseball program. They live in the City of San Bernardino and the unincorporated communities of Little Third, Arrowhead Farms, Del Rosa and Muscoy.

The 5th District includes the unincorporated areas of Bloomington, Muscoy and Arrowhead Farms, the city of Rialto, major portions of the cities of Colton and San Bernardino, and a segment of the city of Fontana.

SCHOOL OF THE AMERICAS WATCH

On the weekend of November 16-18, thousands will gather at the gates of Fort Benning, Georgia for the Vigil and the Nonviolent Direct Action to Close the School of the Americas. Take a Stand for Justice!

The weekend will include a massive rally, nonviolent direct action training, workshops, benefit concerts, puppet shows, teach-ins and more.

The School of the Americas (renamed the Western Hemisphere Institute for Security Cooperation SOA/WHINSEC) is not an aberration of U.S. foreign policy but a clear illustration of it. The racist system of violence and domination that is being promoted by institutions like the SOA/WHINSEC, employ military solutions as the one-size-fits-all “solution” for social problems throughout the world.

Fort Benning, Georgia, one of the biggest military bases in the world has become a focal point of the people power resistance to this system. In recent months, caravans from Veterans For Peace, Iraq Veterans Against the War and the Journey for Humanity and Accountability by Cindy Sheehan and Anne Wright took a stand for justice at the gates of Fort Benning.

In November, social movement leaders from Argentina, Chile, Guatemala, Colombia, the United States and other countries will converge on Fort Benning to speak out against empire and call for justice and peace. Join us!

SALE REPRESENTATIVES WANTED

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

GOOD commissions.

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Sale representatives are being sought within the Inland Empire.
DEFEND THE HONOR REVIEW OF "THE WAR"

The War, a 14-hour documentary on WW II, is scheduled to air in September on PBS. Director Ken Burns and associates took more than six years to interview more than 40 individuals in four communities (Waterbury, Connecticut; Mobile, Alabama; Sacramento, California; and Luverne, Minnesota). The documentary features individuals in those communities, with two ethnic/racial groups given special consideration: Japanese Americans and African Americans. The film originally had no reference to the Latino contribution. The documentary also has an accompanying book and educational materials. PBS officials say, in a news release: "Serving our mission to educate and inform, PBS's goal for THE WAR is to reach into every home and classroom — so together we can better understand what we as a nation experienced in those difficult years and what we as a nation accomplished."

In response, letters of protest have been sent to PBS and Ken Burns, as well as the Corporation for Public Broadcasting, and major sponsors, including Anheuser-Busch and General Motors. PBS announced in April, 2007, that Ken Burns had reconsidered his approach, which had omitted Latinos, and now would reconsider his approach, which had omitted Latinos, and now would include them. PBS also announced it had hired Austin documentarian Hector Galan to help in adding the materials. Burns reiterated that the Honor is allied with a number of Latino organizations, national, regional and local, including HACR and the American GI Forum, to address those issues.

The Defend the Honor campaign, a grassroots effort representing thousands of individuals, members of dozens of organizations, includes core organizers Dr. Maggie Rivas-Rodriguez, Austin, Texas; Gus Chavez, San Diego; Ivan Roman, National Association of Hispanic Journalists, and Armando Rendon, San Francisco Bay area. Its mission is to create a greater awareness of the contributions of the Latino WW II generation, specifically as it applies to the upcoming PBS documentary. Latinos/Latinas World War II, their descendents and later generations are encouraged to review weekly updates at website www.defendthehonor.org and become involved.


"Life is struggle and struggle is life, but be mindful that Victory is in the struggle!" Dr. Carlos Munoz, Jr.

A visit to a doctor can be a stressful, anxiety-producing experience. On top of being worried about an illness or a symptom, we often are facing a busy, perhaps impersonal, professional wearing an intimidating white coat and using medical jargon we may not understand.

Fortunately, there are some simple steps to take to reduce the stress of a doctor's visit, to improve doctor-patient communications and to be more in charge of our health care.

One recommendation is to use assertive communication when talking with a health professional. That doesn't mean being loud or abrasive, but simply speaking clearly and directly, being aware of your own needs and communicating those needs to your health care provider. What you want to establish with your doctor is a climate of mutual respect. While you certainly respect your physician's training, experience and expertise, you also have the right to expect your doctor to respect your concerns and needs.

To help make that happen, do some advance preparation. Prepare a short list of questions related to your health issues. Ask your doctor if he or she wants to discuss those questions before or after the exam.

If a doctor's visit makes you too nervous to fully focus on the answers and advice being given, ask a friend or relative to accompany you. A small, portable tape recorder is another way to insure important information isn't missed.

Assertive communication also means asking for clarification if medical language or technical terms leave you confused. Don't be afraid to ask additional questions until you're clear on what you're being told. Summarize what's been said so you're sure you've understood correctly.

If there are treatment choices, ask about the pros and cons of the alternatives, and where additional information can be obtained. If hospitalization or follow-up care is needed, explain your family situation and what support you have available. Help your doctor understand problems you may be facing.

Politely, but assertively communicating your situation makes patient-doctor communication more efficient and effective. The goal is not to be a hostile, demanding patient, or a passive one who simply nods agreement to everything, but rather someone who wants to understand and be an active participant in getting or staying healthy.

Recognize that the best health care happens when patients and doctors work as partners and communicate effectively with each other.

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.

NCLR APPLAUDS HOUSE PASSAGE OF THE CHAMP ACT

Washington, DC — Today, the National Council of La Raza (NCLR), the largest national Hispanic civil rights and advocacy organization in the U.S., praised the members of the U.S. House of Representatives who voted to pass the “Children’s Health and Medicare Protection Act” (CHAMP Act, H.R. 3162). The bill contains numerous provisions that would expand Latino children’s access to the Children’s Health Insurance Program (CHIP), including a long overdue restoration of health coverage access to legal immigrant children and pregnant women.

We are grateful that the bill maximizes coverage for children, including legal immigrants. Though an anti-immigrant amendment attempted to mischaracterize the immigrant issue in the debate, we are glad to see that fairness prevailed,” said Janet Murguia, NCLR President and CEO. “We have every expectation that final legislation, when reconciled with the Senate bill, will include these important provisions.”

The legal immigrant provisions, which have long had bipartisan support, survived an attack on immigrants which is part of a recent backlash against Latino priorities, including those affecting legal immigrants and U.S. citizens.

“We thank the many members of Congress, including the Congressional Hispanic Caucus, particularly Representatives Hilda Solis (D-CA) and Xavier Becerra (D-CA), for recognizing the unfairness of leaving legal immigrant children and pregnant women behind,” praised Murguia. “With the passage of the CHAMP Act, they demonstrated their commitment to ensure equal health access opportunities for all of America’s children.”
Inland Empire Hispanic News

Wednesday, August 8, 2007

REP. BACA SUPPORTS LAW ENFORCEMENT, ECONOMIC INNOVATION
Bill Reverses GOP Cuts, Includes Key Funding Requests for Inland Area

Washington, DC – Congressman Joe Baca (D-Rialto) joined a bipartisan majority in the House of Representatives to support legislation that will invest in law enforcement, economic innovation and vital scientific research to combat climate change. The Commerce-Justice-Science Appropriations bill for FY 2008 was approved by a 281 - 142 vote.

"This appropriations bill marks a commitment to the safety and well-being of every community in America," said Rep. Baca. "After years of Republican led budget cuts, the Democratic Congress is restoring the necessary funding to state and local law enforcement assistance programs."

Baca stated that the bill:

• Makes our streets safer by providing $725 million to the COPS program. This funding will be used to hire more police officers, expand forensic lab capacity, and beef up enforcement in "meth hot spots".

• Helps keep families safe by providing $430 million to programs that reduce violence against women and strengthen services to the victims of domestic assault.

• Invests $28 billion for science and science education as part of the Innovation Agenda.

• Combats global climate change by providing $1.9 billion for initiatives to research and create incentive programs that assist businesses in keeping America clean.

The bill also includes funding requests made by Rep. Baca including: $150,000 for the San Bernardino County Sheriff’s Department mobile fingerprint identification project; $100,000 to the San Bernardino City Superintendent of Schools and the San Bernardino County District Attorney’s Office for a joint Community Prosecutor Program; $100,000 to the city of Fontana Teen Center for after school programs; $300,000 for the San Bernardino Police Department Mobile Data Computer Upgrade Project; and $200,000 to Kid’s Peace in San Bernardino and Riverside counties for a therapeutic foster care facility.

"This funding will enhance public safety and security for families throughout the Inland Empire," added Rep. Baca.

Baca stated that President Bush and Republicans in Congress slashed the budget for state and local law enforcement grants by 42 percent from 2001 to 2006. In that same time, violent crime raised by double digit percentages across the nation, according to the Police Executive Research Forum, a prominent law enforcement association, that released the report. Among the cities surveyed, since 2005, 71 percent had an increase in homicides, 80 percent saw robberies rise and 67 percent reported an increase in aggravated assaults with guns.

"Crime is back on the rise as we have seen, so fully funding state and local law enforcement grants is more important than ever," concluded Rep. Baca.

LOS ANGELES — Religious leaders, congregations and interfaith organizations announced a new coalition to provide refuge for undocumented immigrants facing deportation, with details to be finalized at the end of the year.

The New Sanctuary Movement will work together to make congregations available "to offer hospitality and protection to a limited number of immigrant families whose legal cases clearly reveal contradictions and immoral injustice of our current immigration system," said Alexia Salvatierra, head of Los Angeles-based Clergy and Laity United for Economic Justice and interim director of The New Sanctuary Movement.

The resurgence of religious groups providing sanctuary is reminiscent of the 1980s, when more than 200 churches across the United States opened their doors to undocumented immigrants escaping violence in Central America, the report notes.

In Los Angeles alone, the movement has brought together 17 churches of various faiths and immigrant rights organizations.

"Immigration continues to be a human rights issue," Salvatierra told Univision.com.

Southern California Edison Reminds Customers How to Keep Cool

This summer, SCE is partnering with customers to help them become a little bit cooler...when it comes to central air conditioning. For customers looking for a way to cut costs and stay cooler, SCE has two programs to consider. The A/C Tune-up Program and the Summer Discount Plan can both help customers save money on monthly cooling bills while maintaining a comfort level that fits their lifestyle. And let's not forget—the both programs help the environment, too.

The central A/C system is an important part of any home, keeping families comfortable, cool and safe during hot weather; but customers could be spending up to 30% too much on cooling costs if their system is not installed or maintained properly. Much like a car, a central A/C system requires regular maintenance to keep it running smoothly.

SCE encourages its customers to tune-up their central air conditioning units which can help them save up to 30% on their cooling costs. SCE provides a list of certified contractors who are able to assess the performance of your A/C system and make the appropriate energy and money-saving adjustments that will improve its reliability.

When tuning up an A/C system, a contractor will look at adjusting the refrigerant charge, check to see how clean the condenser coil is, change filters, and if needed, make a recommendation about early retirement for the unit or upgrading to a premium efficiency system. Customers should expect to pay between $75 and $150 for this service. To find a contractor to perform an A/C Tune Up, call 800-369-3652 or visit www.sce.com/summer.

Another program to consider is the Summer Discount Plan. It is free to enroll and can save customers up to $200 on their electric bills each summer. As part of this simple program, customers who sign up allow SCE to install a small remote switch on their central air conditioning unit and then sit back and enjoy their bill credits each summer.

The remote switch allows SCE to occasionally cycle off the A/C unit when energy supplies in the state are threatened. SCE offers three comfort levels customers can choose from to fit their lifestyle.

For more information about the Summer Discount Plan call (800) 497-2813 or visit www.sce.com/SDP.

In the Inland Empire, Energy Supplies are Threatened by Coal

In Southern California Edison's service territory, the region's energy supply is threatened by coal and clean coal. According to the Energy Information Administration, the U.S. Energy Mix shows the South Central region using more than 20% of the nation's coal. This is expected to rise in the next 20 years.

SCE's efforts to increase efficiency and conserve energy are part of the solution.

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SCE's efforts to increase efficiency and conserve energy are part of the solution.

Southern California Edison, a unit of American Electric Power, serves 4.6 million customers in a 22,000 square-mile service territory that includes 86 communities in Central, Southern and San Diego counties.

For more information, call SCE's Customer Service Center at 800-682-7722 or visit www.sce.com.
Inland Empire Hispanic News  Wednesday, August 8, 2007

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For additional information log on to www.JoinSBPD.org or contact the recruiter at (909)388-4847

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