7-11-2007

July 11th 2007

Hispanic News

Follow this and additional works at: https://scholarworks.lib.csusb.edu/hispanicnews

Recommended Citation
https://scholarworks.lib.csusb.edu/hispanicnews/185

This Article is brought to you for free and open access by the Special Collections & Archives at CSUSB ScholarWorks. It has been accepted for inclusion in Hispanic News by an authorized administrator of CSUSB ScholarWorks. For more information, please contact scholarworks@csusb.edu.
Jerry Almendarez was recently promoted to Assistant Superintendent of Human Resources for the Colton School District. Almendarez will be reporting directly to the superintendent's staff and management team.

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, taught math at several middle schools; and with a goal of advancing into the teaching profession, received an M.A. in Educational Administration from the University of Redlands.

Almendarez, 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.

Barbara Alejandro was recently promoted to Assistant to the Superintendent for 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. Alejandro 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." Alejandro 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.
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 primary in January.

percent Latino population, has by far the most delegates at stake. In New York, another delegate-rich state, Latinos will help shape the election, when the Latino effect will 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 it confusing and intimidating.

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. Latinos 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 is the amount you need to pay in the event of a claim. Remember, the deductible amount is the amount you need to pay in the event of a claim.

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 (909) 948-6662.
Almendarez — 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 (EEF) 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 Headress 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 matrical 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.

Outstanding Area Education Administrators Promoted

Alejandre — Continued from page 1

Almendarez — Continued from page 1

Outstanding Area Education Administrators Promoted

Alejandre — 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 Second–Educator of the Year—Colton Association of Mexican-American Educators-Educator 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 Albis, David Zamora, Ray Abril and many others.”

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 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 eating to eat more fiber-rich foods. Experts recommend diets rich in fiber to achieve a healthy weight, 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纤维-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.whydietethungry.com.

Colton High School Graduates Recipients 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 Encino, Pay Venegas, Zorayda Delgado, Bo Moreno, Crystal Moreno, Elvira Regalado, Nicia Barron, Nellie Chacon, Gisselle Puentes, Belen Martinez, Jane Gaonan, and Magnolia Gonzales. Not in photo, Fernando Lemara, Marcela Navarez, 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 earlier without a plan is better off than the careful plaimer who delays. Just opening an individual retirement account (IRA) and developing the habit of saving is half the battle.

Continued on page 6
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.


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.

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 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 citation 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."
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 Commission 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.
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.

You Can Teach!

Do you hold a college degree?

Complete your teaching credential in as little as 9 months, or be a paid intern teacher while you complete the program.

The College of Education at California State University San Bernardino has programs in Elementary, Secondary, Bilingual and Special Education.

Take a positive step toward your future!

Call us today at: (909) 537-5603

www.csusb.edu/coe

UNDOCUMENTED IMMIGRANTS ARE SHOWING A STRENGTH OF CHARACTER THAT CONGRESS LACKS

By Marisa Trevino, latinalist.net

Nationally syndicated radio talk show host Eddie Sotelo, better known to his legions of Spanish-speaking fans as Piolin, delivered one million letters in support of Immigration reform.

Boxes containing one million letters in support of immigration reform.

The undocumented immigrant has always been known for his/her exemplary work ethic, and now they are waiting for manana. 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.

SALE REP WANTED

The IEHN is seeking assertive persons as sale representatives within the INLAND EMPIRE. GOOD commissions. Call (909) 381-8259 for appointment.
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 undocumented immigrants who make vital contributions to our society stranded in the shadows. We call on Congress to renew efforts 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 returning 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 in 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.bsacher.com.

---

San Bernardino City Unified School District

NOW RECRUITING HVACR MECHANIC $3,210.60 to $4,027.86 mo.
PLUMBER $3,183.28 to $3,872.94 mo.
CARPENTER $3,120.60 to $3,797.00 mo.
POWER MOWER OPERATOR $2,565.12 to $3,120.86 mo.
POOL ATTENDANT $2,371.60 to $2,885.40 mo.
Salary Based on 40-hr week/ 8 hrs day.
HOUSING AUTHORITY OF THE COUNTY OF SAN BERNARDINO PUBLIC HOUSING PROGRAM

WAITING LIST
OPEN ENROLLMENT

The Housing Authority of the County of San Bernardino (FACSB) will be accepting pre-applications for the Public Housing waiting list.

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 Medical Center Management Office 1738 W. Ninth Street
South 7th Street Barstow, CA San Bernardino, CA 92411
Yucca Valley Management Office 58945 Business Center Drive
Office 5 7th Street Barstow, CA San Bernardino, CA 92411
Redlands Management Office 131 E. Lugonia
Waterman Gardens Management Office
Redlands, CA 92374 402 Alder Street
San Bernardino, CA 92410

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

FIRST5 SAN BERNARDINO

Employment Opportunities with First 5 San Bernardino

Application period for positions closes at 5:00 PM, Friday, July 13, 2007. Employment requires travel throughout and occasionally outside the County. Qualified candidate's names will remain in an eligible list for twelve months. Faxed or e-mailed applications will not be accepted. Available positions are:

- Administrative Analyst
- Contracts Analyst
- Executive Assistant
- Office Specialist
- Program Analyst, Research
- 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.

Fall Semester Begins
August 20th

Your Community College

- Administration of Justice
- Business Administration
- Accounting
- Marketing
- Business Management
- Computer Information Systems
- Emergency Medical Services
- Radiological Technology
- Respiratory Therapist
- Fire Technology
- Child Development and more

Web & Telephone Registration: Now - August 19th

You can apply online at www.craftonhills.edu

Only $50 Per Unit
1171 Sand Canyon Road
Yucaipa, CA 92399
(909) 794-2161

CraftonHills
COLLEGE

To apply for financial aid at CHC go to www.fafsa.ed.gov
Our school code is 009272

SE RENTAN APARTAMENTOS
San Bernardino – Norte
2640 Del Rosa
$500 & up
Facilidades para moverse cerca de Fwy 30
(760)464-8080

Look & Feel Better
Drink plenty of water even if you are not thirsty. Eight glasses a day is ideal.

We work hard to keep your employees working hard

Are you a business owner whose bottom line is being impacted by employee sick days, illnesses or accidents?

We can help.

ARMC's full-service Occupational Medicine Program offers:

- Comprehensive treatment of job-related injuries
- Injury prevention programs, including on-site ergonomic evaluations
- State-of-the-art medical imaging services, including multi-slice CT scans and MRI
- Cutting-edge rehabilitation services focusing on employees' timely return to work
- Full-service pharmacy

For additional information, call (909) 580-1100.

The Heart Of A Healthy Community