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The City of San Bernardino held a Memorial Tribute to those "Whose Died in New York and Washington, DC", at the city council on Monday, September 17. Bishop Gerald Barnes, of the Catholic Diocese of Riverside and San Bernardino, reads a prayer for all the victims of the disaster on September 11th. Photo by IEHN

San Bernardino Police Department members bow their heads as prayers are recited at the memorial ceremony held at the San Bernardino City Council. The memorial was attended by several hundred citizens. Photo by IEHN

San Bernardino Fire Department members listen solemnly at the memorial ceremony held at the San Bernardino City Council for victims of the disaster on September 11th. Fire Chief Larry Pitzer is in foreground. Photo by IEHN

The Parent Institute For Quality Education graduating class of parents at Mount Vernon Elementary School, San Bernardino, began with a flag salute by sisters Raquel and Victoria Tejeda. Photo by IEHN See Article on Pages 6&7

The City of Riverside held a Memorial Service on September 14th at the City of Riverside Plaza with representatives from the religious community addressing the large audience. Representatives from the different sectors of the community, including UCR Chancellor Raymond Orbach, Police Chief Russ Leach, Joe Frederickson from the Riverside Chamber of Commerce and Chaplain Steve O'Brien spoke on the effect of the September 11th disaster and the need for the community to unite and respect members of other religions. Photo by IEHN

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Today is Monday, and I'm feeling reasonable frustrated and angry. It has been less than a week since the tragic and mind-numbing events in New York, Washington, and Pennsylvania. I spent the weekend trying to finish my work in Congress, trying to get a flight to California to spend time with my family at week’s end, hug my wife and children, and hold them near and feel the assurance of being a husband and father. I also needed to spend some time with my constituents. I needed to be with people. The people I love and respect. People like me who feel compelled to share our humanity, our love for life, our love of family and our love for America.

This weekend I also had time to reflect about the victims and their families and to give thanks and praise the many volunteers and safety personnel who worked tirelessly this past week and gave us hope with their character. As Americans, we need to honor them, to get back to business, and not give in to fear and intimidation. America is not about buildings or property. America is about an idea. It is the idea of freedom, democracy, and the bill of rights. This is what makes us different from other countries. It is virtually impossible to destroy an idea in full bloom. Like the wounded lion, you only give it added strength. You can’t grind America under your heel. You only inspire the flame of freedom. The notion is that America lives in the hearts and minds of its people and today that resolute and smoldering anger is burning hot. America wants justice for the humanity thrust upon her.

But as Americans, we must proceed as a civilized nation, as a nation of laws. We need to take care of first things first. We must see to the victims and their families. We must pray for wisdom and strength for our leaders and our nation to do the right thing. We must stand united in defense of freedom. We must offer words of encouragement to all Americans and our allies that things will get better and that together we will prevail over evil. We are not going to be allowed to be afraid or terrorized. We must not take for granted the liberties we enjoy or oppress others in America. We must remember our children and grandchildren as they will have to live with the choices we make today. We must not be afraid to go forward, for if we are, we will have allowed them to win. And, we must count our many blessings and have the courage to get on with the business of living free.

Although I’m feeling frustrated and angry, just like most of you; I will put my faith and trust in God and our leaders. I will be patient with the speed of progress in this event, and I will support the will of the people together we face this long, difficult road. As we begin to heal, let us keep our dreams and hopes alive and remember that a composed demeanor will provide a greater sense of security.

Our hopes and prayers are with all of the individuals and families in New York and Washington, and across the country who have suffered in this tragedy. In light of yesterday’s sad events, we thought we would provide you with some resources for talking with children about the tragedy. These are general resources that can be used by parents, teachers, and other caregivers to help children through these difficult days.

Some general advice from the experts includes:
1. Continuously reassure your children that you will help them keep them safe.
2. Turn off the TV. Overexposure to the media can be traumatizing. If your older children are watching the news, be sure to watch with them.
3. Be aware that your child’s age will affect his or her response. Adolescents in particular may be hard hit by these kinds of events. Obtaining counseling for a child or adolescent soon after a disaster may reduce long-term effects.
4. Calmly express your emotions–remember that a composed demeanor will provide a greater sense of security for your child.
5. Give your children extra time and attention and plan to spend more time with your children in the following months.
6. Let your children ask questions, talk about what happened, and express their feelings.
7. Play with children who can’t talk yet to help them work out their fears and respond to the atmosphere around them.
8. Keep regular schedules for activities such as eating, playing and going to bed to help restore a sense of security and normalcy.
9. Consider how you and your child can help. Children are better able to regain their sense of power and security if they feel they can help in some way.

The following Web sites have useful information:
The Parent Center:
http://www.parentcenter.com/general/articles/terrorism.html

American Academy of Pediatrics:
http://www.aap.org/advocacy/re­lease/diastaternelm.htm

American Psychological Association:

American Academy of Child and Adolescent Psychiatry:
http://www.aacap.org/

**CALIF. VICTIM COMPENSATION AND GOVERNMENT CLAIMS BOARD PROGRAM ASSISTS VICTIMS OF TERRORISM**

The Victim Compensation Program reimburses crime victims and their family members for costs they may incur as a result of their victimization.

Victims or their family members can call a toll-free hotline: 1-800-777-9229 for more information and to receive an application for assistance. All languages can be accommodated. A TDD/TTY line is also available at 1-800-735-2929.

**Beginning Thursday, September 13,** both toll free lines will be open from 7 a.m. to 9 p.m.

Eligible victims include immediate family members of those killed or injured during incidents of terrorism.

Typical expenses reimbursed include medical expenses, mental health treatment or counseling, support lost, and funeral and/or burial costs.

Up to $70,000 may be available to individual applicants.

Oldest program. Dating back to 1965, California’s victim compensation program was the first in the nation and only the third in the world.

**First in victims’ rights.** California voters were the first in the nation to enact a Victims’ Rights Constitutional Amendment. Proposition 8 passed in 1982, established a constitutional right to receive restitution.

**Nation’s largest program.** With only one tenth of the nation’s population, California accounts for over one third of the total amount paid by state victim compensation programs. California pays three times the amount paid by Texas, the nation’s second largest program. In 2000/01, the Victim Compensation Program received approximately 50,000 claims and paid out more than $86 million to crime victims. Since its inception, the program has paid out more than $1 billion to California crime victims.

No taxpayer money is used to provide reimbursement to crime victims. The money instead comes from penalties, fines and fees paid by offenders.
GOVERNOR DAVIS ANNOUNCES STATE PROGRAM IS AVAILABLE TO ASSIST FAMILIES OF TERRORISM VICTIMS

Governor Gray Davis announced today that financial help is available for the families of those killed or injured during Tuesday’s terrorist attacks through the California Victim Compensation Program. California victims or their families are urged to call (800) 777-9229 for more information and to receive an application.

“This is a terrible tragedy that has occurred, and my heart goes out to all of the survivors and the families who have lost loved ones,” Governor Davis said. “We will do whatever we can to assist families through this difficult time.”

The Victim Compensation Program is increasing its staffing and upgrading the capacity on its toll-free telephone lines to assist victims and their family members in receiving financial reimbursement for expenses incurred as a result of this tragedy. The program and toll-free hotline can accommodate victims or their family members who speak any language. A TDD/TTY line is also available for the hearing impaired at (800) 735-2929. Beginning Thursday September 13, both toll free lines will be open from 7 a.m. to 9 p.m.

California residents are eligible for up to $70,000 for loss of support, mental health counseling, funeral costs, and possibly other expenses. Victims and family members can also contact the federal Office for Victims of Crime at (800) 331-0075 for referral numbers to compensation programs in every state.

All 50 states have victim compensation programs similar to California’s Victim Compensation Program staff can assist families in receiving assistance from other state programs.

The State Victim Compensation Program assists eligible crime victims in securing reimbursement for expenses incurred as a result of the crime, including acts of terrorism.

For additional information and resources available to victims, please consult the Victim Compensation and Government Claims Board’s Web site at www.boc.ca.gov.

Congressman Joe Baca recognized individuals at the Annual Tribute to Congressman Joe Baca with the Community Leadership Awards. The awardees: (1 to r) Frank Reyes, Education; Martin Matich (represented by son) Business; Robert Vines, Attorney; Ray Medina, Cumbre, Insurance; Laurie Stalnaker, Minority Car Dealers Association; Bud Benson, Regional Council of Carpenters and Gary Liaou, Business. Photo by IEHN

Mrs. Sharon Davis, wife of Governor Gray Davis was keynote speaker at the Annual Tribute to Congressman Joe Baca, sponsored by Friends of Congressman Joe Baca. Mrs. Davis spoke on the recent national disaster and encouraged every citizen to unite as a community and nation and combat the terrorist threat in the United States and foreign countries. Mrs. Davis commended Congressman Baca on his support to pressure the National Public Utilities Commission to enforce regulations on the electrical crisis in California. Photo by IEHN

Friends of Congressman Joe Baca held an Annual Tribute to Congressman Joe Baca on Friday, September 21 at the Radisson Hotel, San Bernardino. Honoring a “Tribute To Our Heroes” Barbara Baca, left, representing Congressman Baca, presented a $5000 check to Skip Kulikoff, President, San Bernardino Firefighters, right, to “Fill The Boot Campaign”. Photo by IEHN

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Salute To The Route Committee held a pre-celebration dinner at the Gents Community Center to recognize individuals that participated in organizing this year’s annual event. The STTRC awarded the Community Person of the Year to Ruben Campos for his voluntary work with youth in the community for over four decades. Presented the award to Campos, right, is Dan Flores, founder and president of the Salute To The Route Committee. The Inland Empire Hispanic News will publish a profile on Ruben Campos in its October publication. Photo by IEHN

The San Bernardino Uniques posed in front of their two classic cars at the Ninth Annual Salute to the Route Celebration at Nunez Park, San Bernardino. Photo by IEHN

A view of the large number of classic cars displayed at the Ninth Annual Salute to the Route at Nunez Park, San Bernardino. Dan Flores is the founder of the annual classic car display that began in 1989. He is the president of the committee that includes the City of San Bernardino and local community groups. Photo by IEHN

Bob Chavez stands proudly in front of his classic 1948 Chevrolet station wagon at the Salute to the Route Chavez hails from the City of Colton. Photo by IEHN

¿Buscando una buena oferta?
Nosotros tenemos exámenes físicos para hombres y mujeres gratis e a bajo costo.
Llame gratis a 1-800-722-4777 para el centro de control de la natalidad cerca de Usted.
NINTH ANNUAL SALUTE TO THE ROUTE

Members of the Lords Club stand in front of their booth at the Ninth Annual Salute to the Route. The Lords Club is currently reorganizing under the Presidency of Ruben Nunez.

Photo by IEHN

Visitors at the Ninth Annual Salute to the Route relax while listening to the Latin music and enjoying the huge number of classics displayed at the celebration at Nunez Park.

Photo by IEHN

SAN BERNARDINO COUNTY BEHAVIORAL HEALTH CELEBRATES 16TH OF SEPTEMBER

Veterans of Foreign Wars Post representatives presented a history of the United States flag and the significance of each of its sections. The representatives gave a demonstration on the proper folding of the flag.

Photo by IEHN

The San Bernardino County-Department of Behavioral Health held the First Annual 16th of September Celebration at the Casa Ramona-Behavioral Health Outreach. Local social and health agencies displayed exhibits and representatives were available to respond to visitors' questions. Performing at the event is the Ballet Folklorico Nuestras Tradiciones.

Photo by IEHN

KIWANIS CLUB OF GREATER SAN BERNARDINO TO HOLD INSTALLATION

The Kiwanis Club of Greater San Bernardino announced its 33rd Annual Installation of Officers and Scholarship Fundraiser to be held at the San Bernardino Hilton, Hospitality Lane, San Bernardino, on Friday, September 28, 2001. The social hour is at 6:00 PM and dinner and program at 7:00 PM. Table sponsorship: $300, individual tickets: $35. For reservations call at (909) 386-2917.

Photo by IEHN

7 OUT OF 10 WOMEN THINK DESIGNATED DRIVERS ARE SEXY.

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Parents' graduation is incentive for student achievement

The Boys and Girls Club ballet folklorico dancers entertained the audience at Mount Vernon School during a PIQE graduation ceremony. Pictured (l to r) Evelyn Moreno and Celene Munoz.

Speaking on behalf of the graduating class, Jesus Gonzalez, Lebaro Estrada, Tina Alvarado, Jesus Padilla and Antonio Garcia spoke on their learning experiences and benefits derived from the program. All stated the program would guide them in helping their children to further their education.

Principal Kristin Kolling spoke to the graduates on the need to follow the course guidelines to be beneficial to their children and help them (the children) develop the incentive to continue into higher education and succeed in the real world.

Kolling said that the program is part of the school's plan for improving test scores and better communication between the school and parents, encouraging them to become more involved in their school. "This program makes for better relationship between parents and the teachers," stated Celia Lopez, bilingual resource teacher.

The Parent Institute for Quality Education (PIQE) is a nine-week course involving home/school collaboration, drugs, gangs, school and community, motivational/self esteem, school system, communication/discipline, college/career and recommendations for parent interest/involvement with their children.

According to PIQE information, the program was started in October, 1987 and has since been taught to over 164,452 parents in Southern California and central California counties. A study by Chester McCall from Pepperdine University indicated that the program decreases disciplinary problems and curriculum is the most important factor in the achievement and motivation for higher career path for children of every economic level.

Mount Vernon is part of the state's Immediate Intervention/Underfoming Schools Program, offering extra funding to develop improvement plans and strict criteria to improve test scores within three years.

The school's demographics indicate that children and greater motivation for children to attend college. According to PIQE, parent involvement and participation in school programs and curriculum is the most important factor in the achievement and motivation for higher career path for children of every economic level.

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MOUNT VERNON ELEMENTARY SCHOOL, SAN BERNARDINO, GRADUATES PARENTS

Parents' graduation is incentive for student achievement

The Boys and Girls Club ballet folklorico group entertained the audience at the recent PIQE graduation ceremony for graduating parents. Pictured (l to r) Danya Padilla, Celene Munoz, Alexandra Rublo, Tania Alonzo and Maria Alonzo. Photo by IENH

cate that Hispanics are 83.5% of student population, of which 302 students are in alternative bilingual education.

Principal Kolling and Victor Venalonzo, PIQE director, presented certificates of completion to the graduates and importantly, witnessed by their children, with a rousing applause for each of the graduates.

Mount Vernon Elementary School is on a roll for parents and students.

CELIA LOPEZ, A PARTNER IN A WINNING SCHOOL TEAM

Celia Lopez is bilingual resource teacher at Mount Vernon Elementary School in San Bernardino and one of a team of administrators, teachers, resources teachers, aides and support staff committed toward the education of over 700 young students on a daily basis.

Lopez, like many of her peers, projects a sense of professional dedication in extending their knowledge and experience to affect the growth of their charges.

"Today, an important part of my responsibilities is working with parents, and I strongly encourage parental support and participation in their child's education," she said. "I truly believe that once a parent takes an interest and active role with their child, the student will believe in him or herself and ultimately succeed throughout their years in school."

Lopez career in the educational field began as an instructional aid in two districts. During that period of time, she enrolled at San Bernardino Valley College, later transferring to Cal-State, San Bernardino, receiving a Multiple Subject SCLAD Teaching Credential. Lopez worked as a bilingual teacher at Lytle Creek Elementary School for five years.

She continued her education and graduated from Azusa Pacific with a Master Degree in Curriculum and Instruction.

Married at an early age, her decision to receive a formal education came late in her life and as a mother of four. "Going to college full time all those years was very hard. The strength to go on year after year in college came from the love and encouragement of my husband, Tony and our children. My family believed in me to succeed before I could possibly believe in myself."

Mount Vernon School, like many schools in the Inland Empire, has seen the tremendous growth of the student population and its accompanying diversity. The school has 34 teachers, 8 aides, an academic coach, a computer coach, RSP tutors, a bilingual resource teacher, a resource teacher and the administrative support personnel.

California school districts are mandated by the state to improve student test scores. Districts are given funds and other incentives to reflect rising performance for each student and their schools within a three year period.

Mount Vernon School, the staff and people like Celia Lopez are meeting the challenge of educating our children during this millennium...
NOTICE IS HEREBY GIVEN that the Board of Supervisors of the County of San Bernardino will hold a public hearing on October 2, 2001 at 10:00 A.M., in the Chambers of the Board of Supervisors, 385 North Arrowhead Avenue, First Floor, San Bernardino, CA. The purpose of the hearing is to consider the proposed substantial amendments to the County’s 2001-2002 CDBG Action Plan, listed below, and to solicit citizen comments regarding these amendments.

BACKGROUND Each year since 1975, the County of San Bernardino has qualified to receive federal housing and community development grant funds from the U.S. Department of Housing and Urban Development (HUD). The funds are to develop viable communities by providing decent housing, suitable living environments and expanded economic opportunities, principally for low- and moderate-income persons. In 1999, HUD renewed the County’s qualification to receive Community Development Block Grant (CDBG), Emergency Shelter Grant (ESG) and HOME Investment Partnerships Act (HOME) programs for Fiscal Years 2000, 2001 and 2002. The CDBG funds are for eligible projects in the unincorporated communities and 14 cooperating cities. These cities are Adelanto, Barstow, Big Bear Lake, Chino Hills, Colton, Grand Terrace, Highland, Loma Linda, Montclair, Needles, Redlands, Twentynine Palms, Yucaipa, and the Town of Yucca Valley. For the purpose of these grant funds, this area is referred to as “the County Consortium.”

To receive the 2001-2002 CDBG, ESG, and HOME grant funds, the County prepared a consolidated grant application. The Consolidated Application was a part of the County’s 2000-2005 Consolidated Plan and 2001-2002 Action Plan. On April 17, 2001, the County of San Bernardino Board of Supervisors approved the proposed Consolidated Plan and Action Plan. Upon completion of the public review period and after all comments were received and considered, the final Consolidated Plan and Action Plan was prepared. The final Consolidated Plan and Action Plan was submitted to HUD on June 6, 2001 for funding approval.

PROPOSED CDBG SUBSTANTIAL AMENDMENTS The following proposed amendments will substantially change the CDBG portion of the 2001-2002 Action Plan:

Cancel the Adelanto Christian Charities Social Service Clothing Distribution Program as a CDBG funded activity and reprogram the project’s $4,140 CDBG allocation to City of Adelanto unprogrammed funds.

Cancel the Adelanto Senior Center Electric Upgrade Project as a CDBG funded activity and reprogram the project’s $25,000 CDBG allocation to the City of Adelanto unprogrammed funds.

Initiate a new project for construction of improvements to Bucky Bucklin Community Park in Twentynine Palms utilizing $10,000 from Twentynine Palms Unprogrammed Funds.

Initiate a new project for assistance to Operation Breakthrough to acquire a facility to provide substance abuse counseling services, utilizing $11,074 from the Operation Breakthrough Transitional Housing Units Project, and cancel the transitional housing project as a CDBG funded activity.

Cancel the Kids University Tuition Assistance Program, the Volunteer Center of the Inland Empire Employment Training and Placement Program, and the Volunteer Center Information and Referral Program as CDBG funded activities and reprogram the $8,000 sum of these three (3) projects to City of Loma Linda unprogrammed funds.

Cancel the Yucca Valley Boys and Girls Club Restroom Rehabilitation Project, Gym Lighting Project, Outdoor Directory, Project and Membership Assistance Program as CDBG funded activities and reprogram the $13,397 sum of these three (3) projects, along with an additional $26,410 of Unprogrammed Funds for the Third Supervisorial District, to the Yucca Valley Boys and Girls Club facility kitchen improvements project.

Provide CDBG funding to continue the transportation services provided by the San Bernardino City Unified School District - Anderson School to vocational training for disabled students, utilizing $2,900 from unprogrammed funds for the Third Supervisorial District.

Initiate the following projects utilizing $160,500 of CDBG program income from the Third District Affordable Housing Acquisition Program: Construction of a snack bar building at Homestead Park using $53,000; construction of Becker Road adjacent to the Landers Association facility using $23,000; purchase of computer equipment, furnishings and installation of library book shelves for Library Services in Morongo Valley using $7,500; and additional funding for construction of Gateway Corridor Roadway landscaping improvements using $75,000.

Initiate the following projects utilizing $395,835 of CDBG program income from the Fourth District Affordable Housing Acquisition Program: Senior transportation services by Golden Xpress in the City of Montclair using $7,000; construction of parking lot improvements at the Ontario Pomerons Association for Retarded Citizens (OPARC) facility in Montclair using $106,260; expansion of the Learning Center Program at the Chino Youth Museum using $45,575; rehabilitation improvements at the Seventh Street Community Theatre located in Chino using $220,000; and, rehabilitation improvements at the YWCA of the West End located in Ontario using $17,000.

Revise the Economic Development Strategy to: Identify additional proposed accomplishments for business loans under the section 108 Loan Guarantee Program; indicate that the County may use future CDBG funds to repay HUD for defaulted Section 108 financed business loans; and, identify the need for an additional $1,200,000 Economic Development Initiative (EDI) grant to provide a loan repayment fund for defaulted Section 108 financed business loans.

PROPOSED HOME SUBSTANTIAL AMENDMENTS The following proposed amendment substantially changes the HOME Program portion of the County’s 2001-02 Action Plan:

Revise the estimated program income identified for the HOME Program to reflect an additional $28,500 to be received from Community Housing Development Organization (CHDO) Projects, and $57,250 to be received from Rental Property Acquisition and Rehabilitation Program Loans.

PROPOSED ESG SUBSTANTIAL AMENDMENTS The following proposed amendment substantially changes the ESG portion of the County’s 2001-02 Action Plan:

Reprogram 2001-02 ESG Funds to the Haley House Domestic Violence Shelter Improvements Project located in the City of Barstow and reduce the 2000-01 ESG allocation for this project by the same amount in order to utilize the 2000-01 funds to complete other year 2000-01 Homeless Services Programs.

ADDITIONAL SUBSTANTIAL AMENDMENT PROVISION: Items may be added to or deleted from this list of Proposed Substantial Amendments at the Board of Supervisors’ hearing.

PUBLIC COMMENT For a period of thirty (30) days beginning on September 18, 2001 and ending on October 18, 2001, the public is invited to submit written comments on these proposed amendments. Comments received after 5:00 p.m. September 18, 2001 cannot be considered in the preparation of the amended Consolidated Plan. Send comments to County ECD at the address shown below.

Those individuals wishing to express their views on these substantial amendments may be present and be heard at the public hearing or may, prior to the time of the hearing, submit written comments to the Clerk of the Board of Supervisors, 385 North Arrowhead Avenue, Second Floor, San Bernardino, CA 92415-0130.

If you challenge any decision regarding the above proposal in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice or in written correspondence delivered to the Board of Supervisors at, or prior to, the public hearing.

Due to time constraints and the number of persons wishing to give oral testimony, time restrictions may be placed on oral testimony at the public hearing regarding this proposal. You may make your comments in writing to assure that you are able to express yourself adequately.

San Bernardino County Department of Economic and Community Development
290 North "D" Street, Sixth Floor
San Bernardino, CA 92415-0040

FRED AGUIAR, CHAIRMAN
BOARD OF SUPERVISORS OF THE COUNTY OF SAN BERNARDINO
Campana lanzada Hoy en Colton para Prevenir los Altos Indices de la Osteoporosis

COLTON - 24 de septiembre del 2001 — Hoy oficiales públicos lanzaron la campaña Huesos Fuertes, Familia Saludable, una campaña para prevenir la osteoporosis entre las familias Latinas del área.

"La osteoporosis continua aumentando en California y contrario a lo que se pudiera pensar, esta enfermedad afecta a las mujeres de todas las edades, afirmando a la comunidad Latina," dijo Jeanne Silberstein, MPH, RD del Departamento de Salud del Condado de San Bernardino.

La osteoporosis es una enfermedad que hace que los huesos se debiliten, se vuelvan frágiles y se quiebren fácilmente. Una simple caída para los que sufren de osteoporosis, puede causar fracturas en la cabeza, la columna vertebral o en la muerte de la mano. Hasta el 20% de las mujeres que sufren de una fractura en la cabeza mueren antes de haber sufrido la fractura. Una de cada dos mujeres mayores de 50 años sufrirá una fractura relacionada a la osteoporosis en el curso de su vida. Mientras que las mujeres Americanas blancas y las Asiáticas están más propensas al desarrollo de la osteoporosis, la mujer Hispana también corre un alto riesgo de contraerla.

La campaña Huesos Fuertes, Familia Saludable le pide a los Latinos de dos años y mayores que tomen una taza extra de leche 1% todos los días para mejorar su salud y aumentar su consumo de calcio. Algunos de los factores principales para protegerse contra la osteoporosis es mantener una alimentación con alto contenido de calcio al igual que hacer ejercicios como caminar, correr, bailar, subir escaleras y levantar pesas. Desde la adolescencia en adelante la mayoría de las mujeres no consumen suficiente calcio. El tomar una taza extra de leche 1% todos los días pondrá a la mayoría de las adolescentes Mexicanas y mayores muy cerca de la meta requerida para el consumo del calcio.

"Tomar una taza extra de leche 1% todos los días es fácil y tiene grandes beneficios para la salud de aquellos que sean de dos años y mayores," dijo Silberstein. "Una taza extra de leche 1% se puede disfrutar con un licuado, con cereal, o en recetas que incluyan leche. Las familias se mantendrán fuertes y sanas con el calcio de la leche 1%.

Los patrocinadores de la campaína están promoviendo la leche 1% porque tiene toda la nutrición de la leche entera y la de 2%. Pero con mucho menos grasa. La campaña Huesos Fuertes, Familia Saludable incluye: dos comerciales de radio, participación en eventos comunitarios, pruebas de leche 1% preparada en licuados en los mercados locales y clases organizadas por mujeres de la comunidad conocidas como promotoras de salud. Estas promotoras han sido entrenadas para enseñar y comunicar los mensajes de la campaña Huesos Fuertes, Familia Saludable por medio de sesiones educativas entre sus familiares y amigas, patrocinadas por el Departamento de Salud del Condado de San Bernardino y La Region del Sur del Proyecto LEAN (Líderes Promoviendo Actividad y Nutrición) de California.

Para más información sobre la osteoporosis y alimentos ricos en calcio, favor de llamar al 1-800-208-9533.

ANHEUSER BUSCH DONATES $108,667 TO HISPANIC SCHOLARSHIP FUND

Jesus Rangel (Vice President of Corporate Relations, Anheuser-Busch Companies, Inc., and Hispanic Scholarship Fund, Vice Chairman of the Board) presents Sara Martinez, Director of Development for the Anheuser-Busch Foundation, with a check for $108,667 to the Hispanic Scholarship Fund at the San Bernardino County Fairgrounds.

HELP FOR PERSONAL AND EMOTIONAL PROBLEMS

If you need counseling that’s affordable, call the Cal State, San Bernardino Community Counseling Center, which offers help for depression, anxiety, working through life changes, relationship issues, eating disorders and other personal challenges.

Graduate students in counseling psychology, overseen by Cal State faculty, are currently taking appointments. The appointments run $10, although the center also operates on a sliding scale. The center offers confidential, one-to-one counseling for individuals from the community, says Ed Teyber, director of the program and a CSUSB psychology professor since 1979. The center, however, doesn’t offer counseling for children, couples or families.

Day and evening appointments can be scheduled, and the center also gives referrals. For more information, call the Community Counseling Center at (909) 880-5569.

CASH IN ON CONSERVATION!

Did you know that you can save money this summer just by being POWERWISE?

By taking these simple energy saving steps around your home, you can ease the load on your air conditioning unit and help maintain the state's power reserves while keeping electric costs down. The less you use, the more you save!

→ Reduce direct sun on windows by using blinds, reflective window film or awnings.

→ When using window air conditioners, close central heating ducts. Keep cool air in the room — not the ductwork.

→ Place outdoor cooling units in the shade. This helps their cooling efficiency.

→ Turn off computers, TV’s and stereo’s when not in use.

Do your part! Be POWERWISE and conserve electricity!

For more information on energy conservation, contact Riverside Public Utilities Marketing Communications at 909.826.5485 or visit our website at www.riversidepublicutilities.com

RIVERSIDE HISPANIC CHAMBER OF COMMERCE SCHEDULES ANNUAL LEGISLATIVE LUNCHEON

The Riverside Hispanic Chamber of Commerce announced its Annual Legislative Luncheon at the Riverside Convention Center, 3443 Orange Street, Riverside from 11:30 AM to 1:00 PM. The theme for the annual event is "Hispanic Business Impact on Political and Economic Development".

The keynote speaker is Lon S. Hatamiya, Secretary, California Technology, Trade and Commerce Agency.

Fee for members: $25, non-members: $35. Table of 8 members: $200, table of 8 non-members: $289.

For information call at (909) 682-7422 or fax at (775) 890-8520 (toll free).

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A message from California Department of Health Services-funded by the U.S. Dept. of Agriculture Department of Public Health Nutrition Program Human Services System County of San Bernardino Project (LEAP) and the Nutrition Education Grant.

Wednesday, September 26, 2001

Inland Empire Hispanic News
McLeod (D-Chino) has been named co-recipient of the Legislator of the Year award by the Faculty Association of California Community Colleges.

Assemblywoman Gloria Negrete McLeod (D-Chino) has been named co-recipient of the Legislator of the Year award by the Faculty Association of California Community Colleges.

"I am honored to be co-Legislator of the Year," Negrete McLeod said. "This year I authored two bills sponsored by FACCC. I look forward to continuing my work for community colleges and specifically with FACCC."

Negrete McLeod and Assemblyman Jerome Horton (D-Inglewood) will receive their awards Sept 28 at a 6:30 p.m. reception during the FACCC Conference at The Fairmont in San Jose.

Negrete McLeod, who serves on the Higher Education Committee, authored Assembly Bill 649 to give part-time faculty a choice between Social Security and alternate comparable plans offered by a community college district. She also authored FACCC co-sponsored AB 607 to increase the California State Teachers' Retirement System maximum age factor cap for career teachers (those with 30 years or more service credit who have earned the 0.2 percent "career bonus") from 2.4 to 2.6 percent. This provides an additional incentive to continue teaching.

Negrete McLeod's civic experience includes more than 25 years of service for community and state organizations, as well as serving as a member of the Chaffey Community College governing board for five years before being elected to the Assembly. She, her husband and most of their 10 children, 27 grandchildren and seven great-grandchildren reside in the 61st District, which includes the cities of Chino, Chino Hills, Montclair, Ontario, Pomona and Rancho Cucamonga.

The Faculty Association of California Community Colleges, founded in 1953, was named "Best Political Voice for Community College Faculty in the State" by the Sacramento News & Review. It is an 8,600-member professional association that lobbies exclusively for all 49,000 instructors, counselors and librarians; it informs faculty of news and issues through workshops, conferences, publications and a web site: www.faccc.org.

The Inland Counties Hispanic Roundtable and Redlands Hispanic Memorial Group sponsored the First Annual 16th of September Hispanic Celebration at the Redlands Community Park and American Legion Post 650. Pictured above Sara Ordez is singing to a large audience at the Legion Post Clubhouse. Accompanying Sara is the Youth Mariachi of the Inland Empire. Photo by IEHN

A member of the Danza de Aztlan performs at the Legion Post 650 at the First Annual Hispanic Celebration in Redlands. The Danza de Aztlan are members of the Nuñez Community Center in San Bernar-dino. Photo by IEHN

The Focus 92411 Neighborhood Partnership invites the community to attend its quarterly meeting to be held at the Community Hospital, Henderson Auditorium, 1805 N. Medical Center Drive, San Bernardino. Dinner meeting is at 5:30 PM with entertainment. An agenda item includes a progress report for the 92411 community. To RSVP or directions, call at (909) 806-1544

Fred Aguiar Chairperson, San Bernardino County Board of Supervisors, above, announced on September 18th that the County of San Bernardino-Purchasing Department was the recipient of the Excellence in Procurement Award for 2001 from the National Purchasing Institute.

Local taxpayers have another reason to be confident in those charged with safeguarding their resources because the County of San Bernardino Purchasing Department has received one of the nation's highest professional honors.

Tuesday, September 18 at the Board of Supervisors meeting, Board Chairman Aurelio De La Torre, above, Director, County of San Bernardino Purchasing Department, was notified by the National Purchasing Institute that his department was the recipient of the Excellence in Procurement Award for 2001. The purchasing department will receive the award at a conference to be held in January, 2002.

Fred Aguiar announced that the County Purchasing Department has earned the Achievement of Excellence in Procurement Award for 2001 from the National Purchasing Institute Inc.

The honor, sponsored by the California Association of Public Purchasing Officers and the National Association of Purchasing Management, is awarded to organizations that demonstrate excellence in procurement by obtaining a high score on a rating of standardized criteria. The program is designed to measure innovation, professionalism, productivity and leadership.

San Bernardino County is one of only 63 public and non-profit organizations honored this year. Other California recipients include the counties of Ventura and San Diego.

The Achievement of Excellence in Procurement Award will be presented in January 2002 at the California Association of Public Purchasing Officers' 55th annual conference in Riverside.

"I'd like to express my appreciation to the Board of Supervisors and the County Administrative Office staff for providing the support and environment to allow Purchasing to constantly improve our internal and external procurement systems to provide the best services to our customers and the public," said Aurelio De La Torre, San Bernardino County's Director of Purchasing.

A member of the Danza de Aztlan performs at the Legion Post 650 at the First Annual Hispanic Celebration in Redlands. The Danza de Aztlan are members of the Nuñez Community Center in San Bernar-}
San Bernardino County’s Hispanic Employees Alliance celebrated the First Annual 16th of September at the Arrowhead Regional Medical Center with music, entertainment, exhibits and food. Pictured above is Valerie Mora, ARMC employee, singing ranchera songs to the audience. Photo by IEHN

County Superintendent of School representative, Linda Miranda, Assistant to the Superintendent, listens as visitors ask questions regarding the SBCSS and educational programs that are offered, at the First Annual 16th of September celebration at the ARMC. Photo by IEHN

Argie Brogdon displays her arrangements of flowers, baskets and other paraphernalia at the First Annual lb*** of September celebration held at he ARMC. Photo by IEHN

Behavioral Health Department representatives talk to visitors regarding the various programs available for the public at the First Annual 16th of September celebration at the ARMC. Photo by IEHN

Food sellers, department representatives, crafts vendors and others prepare for the many visitors expected at the First Annual 16th of September celebration sponsored by the County of San Bernardino Hispanic Employees Alliance. Photo by IEHN

INLAND EMPIRE HISPANIC IMAGE AWARDS TO HOLD EVENT

The Inland Empire Hispanic Image Awards announced its Fourth Annual Image Awards to be held at the Riverside Convention Center on Thursday, October 4th, 2001, with the reception at 6:00 PM and Ceremony at 7:00 PM.

The master of ceremonies for the event is Carlos Amezcua, KTLA Morning News anchor.

This year’s recipients are: Influential Latino of the Year-Bishop Gerald R. Barnes; Influential Latina of the Year-Marie Alonzo; Community Advocate of the Year-Martha Macias Brown; Business of the Year-Cardenas Markets; Educator of the Year-Armando Muñiz; Public Safety Person of the Year-Chief Gene Hernandez; Non-Profit Organization of the Year-The Gents Organization; Journalist of the Year-Carlos Puma; Legislator of the Year-Gloria Negrete McLeod; and Entertainer of the Year-Vic Slick.

Tickets for the event are $75 per person, table sponsors (table of 10) $800. Call at (909) 328-1385 or fax (909) 788-8772 for reservations.

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Wednesday, September 26, 2001

Inland Empire Hispanic News

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