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MAYOR JUDITH VALLES-THE LAST HURRAH

In her final State of the City address on February 28, 2006, Mayor Judith Valles delivered a farewell speech with her traditional eloquence and humor, peppered with statistical data to a roomful of elected officials, businesspersons and supporters at the Orange Show Valencia Room.

Valles, whose last day as mayor was this last Monday, proudly stated many of her goals were achieved with the cooperation of many others, including Fred Wilson, city administrator and Gary Van Osdel, since taking office in 1998.

For starters, Valles said that crime had been blown out of proportion by the local media, indicating that during her tenure, there was a 34 percent reduction in homicides in comparison to the previous eight years. As publicly stated, there has been a steady increase in homicides, with a high mark of 58 in 2005.

San Bernardino was recently listed as one of 25 most dangerous cities in the nation, two years in a row. Valles said that the city does have a crime problem, but added that crime was a major problem throughout the country.

In her final State of the City report to an audience of elected officials and community leaders at the Clarion Hotel Convention Center, newly sworn in Mayor Morris spoke of collaboration and hard work in succeeding to bring safe streets to every neighbor and creating an expansive economic environment for the city.

"I am confident the people of San Bernardino can work as a team to overcome crime, and create an expansive economic environment for the city," said Mayor Morris.

"Morris pledged to lead by example through collaboration, dedication, and hard work."

"I am confident the people of San Bernardino can work as a team to bring safe streets to every neighbor and increasing home ownership."

SAN BERNARDINO, CA - In his inaugural remarks, Mayor Pat Morris called on citizens, community organizations, religious groups, businesses and governments to join together in fighting crime, creating jobs and increasing home ownership. Easing the campaign message that swept him to a 63% victory, Mayor Morris pledged to lead by example through collaboration, dedication, and hard work.

"I am confident the people of San Bernardino can work as a team to bring safe streets to every neighbor and increasing home ownership."

RIVERSIDE COUNTY SUPERINTENDENT OF SCHOOLS PRESENTS ANNUAL EDUCATION UPDATE- RECOGNIZED OUTSTANDING STUDENTS

Riverside County Superintendent of Schools Dr. David Long presenting his Annual Update to school officials and community leaders at the RCOE Community Room. Dr. Long introduced outstanding students from the Coachella Valley, and outstanding school personnel. County of Riverside has 24% of LES, with 25 different languages spoken. Migrant education programs serve 6,000 students on Migrant Head Start and Migrant Education. See Article on page 4. Photo by IEHN

Migrant Education. See Article on page 4.
MAYOR JUDITH VALLES-THE LAST HURRAH

Mayor Judith Valles is congratulated by Fifth District Supervisor Jose Gonzalez on her tenure as mayor of San Bernardino. Photo by IENH

REACH OUT WEST END'S DIANA FOX NAMED WOMAN OF THE YEAR BY ASSEMBLYWOMEN GLORIA NERGETE MCLEOD

Fox to be honored for her work in substance abuse prevention

Reach Out West Executive Director Diana Fox has been named the 61st Assembly District Woman of the Year by Assemblywoman Gloria Negrete McLeod (D-Inland Empire).

Fox will be honored in a ceremony at the State Capitol Monday, March 20, in recognition of her work so prevent substance abuse among young and adult in the west end communities of San Bernardino County.

"Diana is dedicated to improving the quality of life for West End residents," Negrete McLeod said. "She has a particular passion for after-school programs and spent several years working with students to develop a community garden in memory of Cesar Chavez. I am pleased to name her Woman of the Year."

Fox is on the board of Riverside County Family Resource Center, a member of the Association of Community Based Organizations, the Latino Health Collaborative, First 5 Focus West Collaborative, the Inland Valley Drug Free Coalition, the Coalition for a Tobacco Free San Bernardino County and the Montclair Community Collaborative.

Part of Fox's success lies in her efforts to create collaborations among organizations to develop dynamic programs for west end youth.

Fox believes her many years of work in the private sector before transitioning to non-profits has given her a balanced approach to community stewardship.

However, while her work is fulfilling on many levels, "nothing compares to the joy and support I receive from my three children, Emilee, Aaron, and Brandon," Fox said.

The Woman of the Year ceremony is the centerpiece of the daylong celebration that includes a morning reception with Lt. Governor Cruz Bustamante and lunch with all state legislators and each of their Women of the Year awardees.

The Chair of the Legislative Women's Caucus will coordinate the day's events. Neither state nor legislative funds are used to pay for the activities celebrating the Women of the Year.

COUNTY DEMOCRATIC WOMEN FORM GROUP

The Central Democratic Committee main meeting hall at the Carousel Mall, San Bernardino, was filled with active Democratic women from the region to participate in the swearing in ceremony of the newly established San Bernardino County Democratic Women's Club. State Senator Nell Soto swore in the current and incoming members of the City Council and other political officials.

Morris called for citizens to join together to fight crime, create jobs, and increase homeownership. The ceremony was also attended by outgoing mayor Judith Valles, the current and incoming members of the City Council and over 40 other county, state, and federal elected officials.

The official day at the mayor's office will commence on March 7, 2006.
WASHINGTON, D.C. — In the aftermath of Hurricane Katrina, Hispanic doctors in New Orleans lost their medical practices but gained a new purpose and new patients who have suffered as they have, while their colleagues in Texas opened their doors to evacuees. As evacuees flocked to Texas, doctors in San Antonio put their Spanish-language and medical skills to work helping Hispanics who lost everything. In Houston, Hispanic Physicians opened their doors to evacuees at no charge as others rushed to the Astrodome, hauling medical supplies.

The doctors' efforts have not gone unnoticed, neither by their patients or the nation.

The National Hispanic Medical Association (NHMA), in conjunction with the U.S. Department of Health and Human Services' (HHS) Office of Minority Health, recognized their dedication to medicine and patients at three press conferences, on Feb. 13, St. Jerome Catholic Church Mobile Health Unit in Kenner, LA Feb. 14 at Treviño Restaurant in the Mexican Medical Center in Houston; and Feb. 15 at CentroMed in San Antonio.

"The efforts of these doctors and their health teams are a testament of their commitment to protect the health of those most vulnerable in our nation," said Dr. Garth Graham, HHS deputy assistant secretary for minority health. "In times of crisis and confusion, having a health provider who understands your health needs and provides culturally competent care in a language you can understand is invaluable.

The Office of Minority Health is proud to honor these champions of compassion and service."

NHMA President Dr. Elena Rios is working with HHS and NHMA's medical societies in Louisiana and Texas to help bring the latest resources from FEMA and other federal agencies so Hispanic patients can receive medical care and social services.

"There are many hard-working Hispanic families who lost their homes in Katrina and are starting over," Rios said. "Others have left their families to come help rebuild New Orleans, and they need medical care. We are here to help direct them to the latest community resources and to honor our fellow Hispanic physicians for their leadership in the face of this crisis."

"We are seeing a lot of people now who are very depressed," said Dr. Sofy Botero, president of the Hispanic American Medical Association of Louisiana. "We are seeing Hispanic families who are living apart. It is very difficult to watch."

Botero is among a group of Hispanic physicians whose homes and practices were damaged or destroyed but stayed in the city to give much-needed medical care in makeshift clinics all over the New Orleans area. Many of those doctors face financial physical and emotional hardship themselves.

Dr. John J. Estrada, chair of NHMA's Council of Medical Societies and president of the Latino Health Access Network (LHAN) in Louisiana, said he has been working with numerous Latino patients who are underserved and uninsured.

"The majority of the public health care centers that serve the Latino community in New Orleans were destroyed or destroyed following Katrina. The 2000 Census counted about 15,000 Hispanics in New Orleans but unofficial estimates are higher: 70,000 to 100,000. We have been working with numerous Latino patients who are underserved and uninsured.

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"These doctors are heroes," Rios said. "NHMA is working with HHS to help mobilize Hispanic doctors in the aftermath of such tragedies. We are directing them to resources and services so they can best serve the Hispanic community during and after a crisis.

"In addition, NHMA is placing information on its Web site to help direct Katrina victims and doctors to health and social services.

National Hispanic Medical Association (NHMA) was established in 1994 in Washington, DC. NHMA is a nonprofit association that represents licensed Hispanic physicians in the U.S. in its mission to improve health care for Hispanics and the underserved. For more information visit www.nhmam.org.

SAN BERNARDINO UNIFIED CADETS COMPETED FOR TOP HONORS

Cadets from nine schools competed in the San Bernardino California Cadet Corps regional drill competition in January at the National Orange Show Events Center. The California Cadet Corps is a school-based education program established in 1911. The program uses military-style training to promote academic achievement, good citizenship, and patriotism. It also teaches leadership skills and basic military knowledge.

Students from Arrowview, Chavez, Curtis, Del Vallejo, King, Serrano, and Shandin Hills Middle Schools competed from 8 a.m. to noon in the competitive test cadets' marching skills individually, as part of a color guard, and in large and small groups, known respectively as platoons and squads.

First through third-place winners in each category will represent the San Bernardino region in the state drill championship, March 11 and 12, at Camp Roberts in Central California.

Last year, San Bernardino Unified School District Cadets took three of the top six state awards.

For information, call Lt. Col. Mark Ryan at (909) 862-2905 or (323) 217-4481.
RIVERSIDE COUNTY SUPERINTENDENT OF SCHOOLS PRESENTS ANNUAL EDUCATION UPDATE-RECOGNIZED OUTSTANDING STUDENTS

Dr. David Long, Riverside County Superintendent of Schools, celebrated the academic achievement of Riverside County schools and recognized several outstanding students on March 1, 2006, in his annual “Education Briefing.”

The event at the Riverside County Office of Education was attended by more than 175 schoolteachers, principals, and administrators and community leaders from the County of Riverside to hear how county schools continue to grow in enrollment, and test scores also on the rise.

There were 307,055 students in the county six years ago when he took office and 394,687 now, a 29 percent increase, Long said. Hispanic students are 53 percent of the enrollment; African Americans are 7 percent and Anglos 33 percent. The county grows by 44 students each day, and needs 14 new schools a year.

Riverside County’s population has reached 1.9 million in 2006. Long stated that three-quarters of the counties in the state are in declining enrollment. That presents serious issues for Riverside County when dealing with legislators and funding, he said.

Long introduced Chauncy Veatch, the 2002-03 National Teacher of the Year and 8th Visiting Scholar of the College Board, introducing outstanding students at the Annual Education Update. Veatch introduced student Christian Gonzales, who will be available for presentations on leadership to high school American Government classes throughout the county under a new program called the “Civil Values Initiative.”

Gonzales, student at University of California, Riverside, is majoring in Anthropology, Law and Society. He served as a research assistant at UCR and as an intern in Washington, D.C. at the Library of Congress. While in high school he was class president and captain of the basketball team.

Other students in the Leadership Academy will be involved in the “BCZ initiative,” which refers to collaboration with educators in British Columbia, Canada, and Baja California, Mexico. They will also be available to speak with ASB or leadership groups throughout the County. The Baja California initiative will be funded by a consortium of five California education groups.

The first leadership group includes Christian Inzunza, Monique Dominguez and Monique Manzo. Christian Inzunza is a junior at Coachella Valley High School. He plans to major in business in college and go on to law school. He is a member of varsity football and track teams.

Monique Dominguez and Monique Manzo are eighth-graders at Toro Canyon Middle School. Monique Dominguez is ASB President and a standout in track, softball, volleyball, and basketball. Monique Manzo is ASB vice president and a participant in a Stanford University Geometry program.

Long highlighted schools and districts that have shown significant gains measured by the Academic Performance Index, including top five scoring districts last year were: Temecula Valley Unified (813), Murrieta Valley Unified (807), Menifee (764), Corona-Norco Unified (746), and Riverside Unified (729) school districts.

Based on improvement on the API, the top five districts in API gains from 2004-2005 were Beaumont Unified (38), Romoland Elementary (37), Nuview Union (33), Jurupa Unified (28), and Alvord Unified (26). They were all ahead of the county average of 20 points, which was the same as the state average gain.

Riverside County Achievement Teams (RCAT) from RCOE are working with 110 sites in the county, Long said. RCAT schools are improving faster than the county and state averages.

Long also recognized Don Alomos, a Coachella Valley Unified School District bus driver who has logged 1 million miles and transported 2 million students; Bob Burt, a former Lake Elsinore Unified School District football coach and the Press-Enterprise “Sports Person of the Year,” and Shelli J. Wilson, California Teacher of the Year, from Lincolin High School in the Riverside Unified School District.

Long introduced student Austin Weiss, selected for the second year as captain of the All-County Academic Team. Weiss is a senior at Palm Desert High School in the Desert Sands Unified School District. He has a GPA of 5.07, and scored a perfect 2400 on his SAT. A few of Austin’s remarkable accomplishments include receiving a “4” on a practice AP Biology exam before taking the class and his role as DSUSD Student School Board Member. Weiss and other members of the All-County Academic Team will be honored March 8 at the First Annual Superintendents’ Academic Awards Banquet.

RAINBOW CONFERENCE SET FOR MARCH 11 AT ONTARIO CONVENTION CENTER

SAN BERNARDINO - KidsNCare of the San Bernardino County Superintendent of Schools (SBCSS) will hold its 19th annual Rainbow Conference on March 11 at the Ontario Convention Center to provide information and assistance to parents and childcare professionals on childcare services.

The event will start with registration at 7:30 a.m. and the first of 24 scheduled workshops will begin at 8:45 a.m. The conference will run until 5 p.m. The Ontario Convention Center is located at 2000 Convention Center Way in Ontario.

Cost for the event is $50, which includes breakfast, lunch, parking, the workshops and access to 25 vendors. There will be two featured keynote speakers, Lisa Murphy, chief executive officer of Ooey Gooey, Inc., and Katherine Dines, the creator of the Hunk-Ta-Bunk-Ta Music Series. The event is co-sponsored by First 5 San Bernardino and the Childcare Planning Council. To register for the event, call (909) 537-5995. For more information on the Rainbow Conference, contact program manager Nancy Boyd of KidsNCare at (909) 384-8011.

DR. SEUSS DAY AT ZIMMERMAN ELEMENTARY SCHOOL IN BLOOMINGTON

Dr. Seuss day at Zimmerman Elementary School in Bloomington was a daylong celebration, according to Mrs. Monique Almendarez, reading specialist, and coordinator. Parents, community members, and staff read library books at every grade level to the 900 students; of whom 87% are Hispanics. Students were invited to wear pajamas, and a contest was held for the best-dressed Dr. Seuss character. In Mrs. Meylin Parrales’ 1st grade class, each student made their own Dr. Seuss hat, and the class was served cake and green Jell-O to celebrate Dr. Seuss birthday. Mrs. Trini Gomez, from the Inland Empire Hispanic News, in the background, visited the 1st grade class and read several books to the students, who behaved very well. Mrs. Parrales, teacher, is seated at left. Former librarian Janet Bisnet, in ‘Cat in the Hat’ custom, delivered a new book and Dr. Seuss bookmarks. Photo by IEHN.
COUNTY OF SAN BERNARDINO PARTICIPATES IN "ROAD TO EMPLOYMENT" JOB FAIR

RANCHO CUCAMONGA - Job seekers from all levels will have an opportunity to meet with representatives of more than 60 employers during the "Road to Employment" Job Fair, on March 15, from 9 a.m. to 1 p.m. at Central Park, James L. Brulte Senior Center 11200 Baseline Road, Rancho Cucamonga, CA 91701, sponsored by Congressman David Dreier in partnership with The State of California Employment Development Department, San Bernardino County Economic Development Agency, San Bernardino County Workforce Development Department and the City of Rancho Cucamonga.

Congressman Dreier will deliver a short presentation via video at the job fair. Other guest speakers will be from the County of San Bernardino Economic Development Agency and City of Rancho Cucamonga.

"From entry-level positions, to administrative to management, full-time or part-time—a wide range of positions are being offered at the job fair," said Glenn Miller, Business Resource Specialist with the County of San Bernardino Economic Development Agency.

"We're also encouraging people to attend who are tired of a long commute to LA or Orange County. This creates an opportunity for those individuals to find a job closer to home."

A variety of positions are available from the San Bernardino, County Superintendent of Schools; warehouse and distribution positions with Home Depot, Big Lots and Best Buy; manufacturing opportunities; medical positions at the Hospital of Montclair; management, grounds and maintenance technicians with Lewis Operating Corporation, a variety of shipping and management positions with UPS and FedEx, law enforcement positions with the San Bernardino Police Department and the LA Sheriff's Department, retail, and many others.

Free on-site seminars are also offered, including effective job search strategies for seasoned workers, effective job searching on-line, and resume writing. Whether looking for that new job or currently employed and looking for a better job or tired of a long commute, this is a must-attend event.

For additional information, please contact Congressman David Dreier's Glendora Office at (626) 852-2626.

FIESTA GRILLED CHICKEN SANDWICHES WITH CHIPOTLE MAYONNAISE

Looking for a way to give a tasty new flavor to a cooking-for-two standard, chicken breasts? These grilled chicken breasts get a kick from a quick and easy coating of Parmesan cheese and taco seasoning mix. The taco seasoning mix is made with a blend of Mexican spices, so it's easy to keep on hand and measure out just a spoonful to add a spicy lift to a recipe. Simply close the bag with a twist and use the remaining seasoning to flavor a small amount of taco meat or another Mexican-style dish. With Pillsbury® Oven Baked dinner rolls in the freezer, you can have a fresh-baked roll quickly for any sandwich. There is no need to heat the oven: the frozen dinner rolls can be wrapped in foil and baked right on the grill.

(2 SERVINGS)

Prep Time: 30 minutes

Ingredients:
- 2 tablespoons grated parmesan cheese
- 1 tablespoon Old El Paso® taco seasoning mix
- 2 boneless skinless chicken breasts
- 2 slices (1/2 oz each) pepper jack or Monterey Jack cheese
- 4 Pillsbury® Oven Baked frozen crusty French dinner rolls
- 2 tablespoons chipotle or regular mayonnaise, if desired
- 4 leaves lettuce
- 2 tablespoons Old El Paso® Thick 'n Chunky salsa

Heat gas grill or coils. Mix Parmesan cheese and taco seasoning mix. Coat chicken with mixture. Grill chicken breasts. Place chicken on grill over medium heat. Cook 10 to 12 minutes, turning once or twice, until juice of chicken is clear when center of thickest part is cut (170°F). Cut each chicken breast in half crosswise; top each with half slice of cheese to melt. Heat dinner rolls, place rolls in foil on grill during last 6 to 7 minutes of cooking time until hot. Spread mayonnaise on bottom halves of rolls. Top with lettuce leaf, cheese-topped chicken, salsa and half of roll.

To broil chicken, place on broiler pan; broil 4 to 6 inches from heat using grilling times above as guide.

S. B. D.A. CHARGES ATTEMPTED VOLUNTARY MANSLAUGHTER IN CHINO SHOOTING

San Bernardino, CA - Facing a battery of television cameras and large crowd of reporters, San Bernardino County District Attorney Michael A. Ramos, on Tuesday, March 7, 2006, announced that his office filed a charge of attempted voluntary manslaughter against San Bernardino County Sheriff's Deputy Ivory Webb in the officer-involved shooting of Ello Carrion in Chino, CA.

In addition to the initial attempted voluntary manslaughter charge, there were two special allegations filed: infliction of great bodily injury and use of a firearm. These charges carry a maximum penalty of 18 years, 6 months in state prison.

The charges against Webb are the first on-duty shooting in the County of San Bernardino in many decades. "This is a very difficult decision," Ramos said. "I am not going to kid you about this. Because we work closely with law enforcement. We’re family, we’re friends."

Carrion had recently returned from Iraq, was celebrating with a friend, Luis Escobedo, the driver of the corvette in which Carrion was riding. Those charges are attempting to evade a peace officer while driving recklessly, a felony, and driving under the influence, a misdemeanor.

The maximum penalties for these charges are 3 years in state prison and 6 months in county jail for the DUI.

Both men are expected to surrender themselves in San Bernardino Superior Court on Wednesday, March 8, 2006.

FRIENDS MEET WITH FORMER SENATOR RUBEN AYALA

Former Senator Ruben Ayala was a surprised guest of honor at Mita's Café in February, when fifteen friends sat down and reminisced with the former office holder about the many campaigns and hard battles fought in the Inland Empire. Ayala recently wrote his memoirs "Up From 2nd Street" about growing up in Chino from an orphaned boy raised by his grandparents to become an outstanding politician, serving in a number of political positions at the local and state level. Ayala was on the Chino School District Board of Trustees, Chino mayor (first Hispanic to hold the office), San Bernardino County Supervisor (first Hispanic to hold the office), and state senator. A high school, street, and park have been named in his honor. Ayala became very knowledgeable about the history of water and was the author of numerous water legislation while serving in Sacramento. At the luncheon, Ayala spoke of fond memories of the numerous friends who helped him in campaigns and in office. Photo by IEHN
The Youth Education Motivation Program (YEMP) has a school visit scheduled for Central Middle School and the public is asked to participate as speakers to young students.

School – Central Middle School
4795 Magnolia Avenue, Riverside, CA 92506

Date - Wednesday, April 19, 2006
Reporting Time - 8:00 a.m.
School gymnasium

The Youth Education Motivation program is a meaningful youth-oriented project that is focused at the middle school level. It is designed to motivate and encourage youth to expand career awareness, to reinforce the educational value of the learning process, and to reframe the educational value of the learning process students are now in.

This year the YEMP program, coordinated by Art Alcaraz, is continuing with the support of the Latino Network and the GROUP of Riverside, and their dual support of youth and education and their interest in assisting with the recruitment of volunteer speakers.

The YEMP mission is accomplished through the use of volunteers, representing a variety of public and private agencies in the local area, making classroom presentations. The program has been active in visiting local middle schools in the Inland Empire since 1974. Speakers are asked to emphasize the importance of education and the development of the basic skills—reading, writing, computation, speaking, and listening—which are essential in the working world.

It encourages youth to consider and be aware of traditional and non-traditional opportunities available in society today. This message is related in a language the students will understand as volunteers are living examples that success can be achieved with proper direction and motivation.

For information regarding YEMP, call Art Alcaraz YEMP Program Coordinator at 909-709-2217 or arturoa@charter.net.

LATINO NETWORK CELEBRATES MUJER AWARDS LUNCHEON

Latino Network will be celebrating its Ninth Annual Celebracion de la Mujer Awards Luncheon on March 17, 2006 at Zacatecas Cafe in Riverside from 11:30 a.m. - 1:30 p.m. The event commemorates the contributions and accomplishments of Chicana/Latinas in the Inland Empire.

During the event, Latino Network will be honoring six outstanding women who have demonstrated the spirit of commitment to their communities.

Latino Network invites the public to participate in assisting in the selection of the women to be honored. The nomination should include a statement outlining the reason for the respective nominee exemplifying the spirit of commitment to the Latino community.

Nominees must be considered in the following categories: Cultural/Tradition, Education, Business, Senior, Youth, and Public Safety. Latino Network looks forward to the public’s participation at the Celebracion Luncheon on March 17th. For information and request for applications, call Alfredo Figueroa (951) 827-7215 or alfredo.figueroa@ucr.edu.

Submit completed nomination forms to: Andrea Figueroa, 4525 Victoria Ave., Riverside, CA 92506.

FIRST 5 SAN BERNARDINO

We need your help for children Prenatal-5

Join us in March to tell us how we can help increase needed services for:
• Children with Special Needs
• Prenatal Care
• Healthcare Access

Join us in March to share your thoughts on how we can help increase needed services for children Prenatal-5 in San Bernardino County.

Dates for upcoming meetings:
• Desert Valley - March 14
  First 5 San Bernardino
  130 N. “D” St, Fifth Floor, San Bernardino
  12:00 P.M. - 1:30 P.M.
  5:30 P.M. - 7:00 P.M.

• Vegas Valley - March 20
  Big Bear - Parks and Recreation Community Room
  41220 Park Ave., Big Bear Lake
  12:00 P.M. - 1:30 P.M.
  5:30 P.M. - 7:00 P.M.

• High Desert - March 13
  Desert Mountain Educational Service Center
  17800 Outer Hwy 18, Apple Valley
  12:00 P.M. - 1:30 P.M. & 5:30 P.M. - 7:00 P.M.

A free meal will be served at each meeting.

We want your comments on these issues.

To attend a meeting or send your comments, please call us at 909.386.7706, or send your name, organization name, address, e-mail, web site, phone & fax numbers.

First 5 San Bernardino
330 North “D” Street, Fifth Floor
San Bernardino, CA 92415-0442

You can also fax the information to us at 909.386.7703.
EXERCISE DOES THE ELDERLY BODY GOOD

HOUSTON – Exercise can’t stop the aging process, but experts at Baylor College of Medicine (BCM) in Houston say that for the elderly, whether it’s weight training, walking, swimming or biking, 30 minutes of exercise 3 to 5 times a week is a good prescription for aging.

“It’s never too late to start exercising,” said Dr. Robert Roush, an associate professor of medicine – geriatrics at BCM. “Being physically active and exercising regularly can help prevent or delay some diseases and disabilities as people age.”

Loss of muscle mass typically begins in the 30s or 40s. As muscles shrink, fat cells take their place and make it harder to control, provide arthritis relief and help you get a better night’s rest. And one should always warm up, cool down, stretch before and after any exercise routine.

Roush says it’s a good idea to see your doctor or an exercise physiologist before beginning any exercise program, especially if you have any medical conditions such as joint or back problems or heart disease. Once you start, watch for warning signs like dizziness, excessive shortness of breath or pain in the chest while exercising or shortly thereafter.

“Then we all want to enjoy longer, healthier, active lives,” Roush said. “A little bit of exercise can go a long way. So don’t wait until you’re older, start early in life and maintain some type of exercise for the rest of your life.”

RIVERSIDE SCHOOL DISTRICT CELEBRATES ADULT EDUCATION WEEK

The Riverside Adult School will be hosting an open house on Wednesday, March 15 at 11:30 a.m. in honor of California Adult Education Week. March 12-18, 2006. A brief ceremony and reception will be held on the campus, located at 6735 Magnolia Avenue. Tours of the campus will be available starting at 12:45 p.m. starting from the main office.

Riverside Adult School annually provides instruction to more than 14,000 adult students. Programs offered include English as a Second Language, citizenship, adult literacy, high school diploma, career technical education and apprenticeships, and classes for older adults and adults with disabilities.

The Riverside Adult School will join approximately 400 other adult schools around the state in celebrating Adult Education Week. This Sesquicentennial Year of Adult Education in California with its theme, “California Adult Education: Bridges to Success for 150 years” will allow the public the opportunity to visit classes and to examine the school’s broad range of programs and services.

For more information, please contact the Adult School at 788-7185.
Winter is here and SOUPS are ON!

Soups, an easy way to serve your family "5 a day"
Add frozen, canned or in season fresh vegetables to your soup recipes
San Bernardino County
Department of Public Health, Nutrition Program

SALE REP WANTED

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GOOD commissions.
Call (909) 381-6259 for appointment.

"Community College is changing my life."
Yolanda Ureña

Yolanda Ureña is a math major at Valley College and wants to apply her skills in the scientific field. She is a mother and a part-time student. "At first I was intimidated when I started college, but then I learned about all the possibilities at Valley and there's no stopping me now!"

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