

People and Events

APALC's new citizenship video available at citizenship application workshop

LOS ANGELES – In conjunction with the release of its new instructional video, Citizenship 101: Your Guide to Citizenship, the Asian Pacific American Legal Center (APALC) will sponsor a citizenship application workshop on Saturday, July 10, 2010. The workshop will be held at APALC, 1145 Wilshire Blvd. in downtown Los Angeles, from 9am to 1:30pm. Appointments are required and may be made by calling APALC at (213)977-7500.

The Citizenship 101 DVD and accompanying 64-page workbook cover everything immigrants need to know in order to understand and complete the citizenship application process. Normally available for a \$10 shipping/handling fee, the program will be included as part of APALC's service at no additional charge to workshop applicants. Both the video and the workbook are also available for free on the Internet at www.apalc.org/citizenship.

At the workshop, APALC staff, pro bono attorneys, and trained volunteers will help attendees determine their eligibility for US citizenship and complete the "naturalization" application form. APALC reviews the applications for accuracy, and

then files them with US Citizenship and Immigration Services (CIS).

The service is provided for only \$70 (discounted \$10 from APALC's regular service fee), and applicants must pay the CIS application/biometrics fee of \$675 (or \$595 for applicants 75 years of age or older). Attendees must also bring two passport-style photos of themselves and a copy of their green card.

Before making an appointment for the workshop, prospective applicants should check their qualifications for naturalization (particularly their English skills) by visiting the CIS webpage www.uscis.gov/naturalization.

The Asian American Justice Center (www.advancingequality.org), Asian Law Caucus (www.asianlawcaucus.org), Asian Pacific American Legal Center (www.apalc.org) and Asian American Institute (www.aaicicago.org) are dedicated to defending and advancing the civil and human rights of Asian Americans both nationally and in local communities. Their strengthened affiliation under the name, Asian American Center for Advancing Justice, will be formally announced on June 24, 2010 at the Advancing Justice Conference (www.advancingjustice.org) in Washington, D.C.

The immigration...

PAGE B1 society. The immigration bickering cannot continue unaddressed and we hope that the differing sides in Congress and the President can find the strength and resolve to provide hope, stability and security to our immigration law and policy.

Atty. Reeves has represented clients in numerous landmark immigration cases that have set new policies regarding INS action and immigrants' rights. His offices are located in Pasadena, San Francisco, Las Vegas and Makati City.
Telephone: (800) 795-8009
E-mail: immigration@rreeves.com
Website: www.rreeves.com

The analysis and suggestions offered in this column do not create a lawyer-client relationship and are not a substitute for the personalized representation that is essential to every case.
(Advertising Supplement)



ACHIEVER. Ahira Ronalyndt Jadman Medalla, daughter of Ronaldo Medalla, graduated from Park Elementary School in 301 North Marengo Ave. Alhambra CA 91801 (Alhambra Unified School District) on June 17. She received the President's Education Award for Outstanding Academic Excellence.



CreativeResol-ve Founder, Olympia Resol, teaching CareGivers CPR



Maria Dechavez [middle]receiving her award as the "Resilient CareGiver" given by Olympia R. Founder of CreativeResol-ve and AQUI S. Director of PWC



Dondi Manzon, EMT, CreativeResol-ve Instructor and PWC member, teaches CareGivers CPR

CareGiver appreciation party

Creativeresol-ve CPR Company, an independent training site for the American heart Association, teamed up with the Pilipino Worker's Center and held a "Caregiver Appreciation Party" to celebrate CPR Week, which kicked off June 1, 2010.

The event was held Saturday June 5, 2010 at the Pilipino Workers Center (PWC) located at 1505 Rockwood Street Los Angeles, CA 90026.

Working caregivers were celebrated because with the drop in the economy they are working hard to maintain their jobs. There are over 33.9 million caregivers in the United States, of which over 76% of them openly admitted to "being overwhelmed". Caregivers are prone to depression, fatigue, high levels of anxiety, and insomnia to name a few, which eventually end up in job "Burn Out".

The event also commemorated CPR [Cardiopulmonary Resuscitation] Week by training the caregivers present at the party. CPR training is critical to saving lives and increases patient survival by enabling more possible bystanders to handle an emergency. Less than one third of out-of-hospital cardiac arrest victims receive CPR from a bystand-

er. Without immediate CPR, the chance of surviving out-of-hospital cardiac arrest drops to 10% for each minute that passes without defibrillation.

Along with free CPR training given to 35 caregivers, there was also a briefing on healthy living using the American Heart cookbook *Mula sa Pusod* designed specifically for Pilipino cooking.

To expand on their healthy cooking agenda CreativeResol-ve founder Olympia Resol, and PWC founder Aquilina Soriano opened on *Kababayan LA*, last June 18, with Janelle So on Channel 18.

Maria Ezarina Dechavez was honored at the event with "The Resilient Caregiver Award," for her constant stand in the fight for laborers rights.

The party was sponsored by established businesses, Prudential Financial (thru the services of Delilah Dijamco) and Holy Spirit CNA School (thru the services of founder Linda Caalim).

For more information on the cooking demo airing on *Kababayan LA* showing and to receive a FREE copy of the *Mula sa Pusod* Cookbook, please contact: Creativ Resol-ve at info@creativeresol-ve.com 1(888) 327-0003 or The PWC aqui@pwcsc.org (213)250-4353. ■

RE-UNION

Filipino-American Associations in America

Searching for a kababata from your hometown, a college buddy or a Pinoy colleague? Your search is finally over. The Asian Journal brings you Re:Union, Filipino American Associations in America -- your link to a network of kababayan associations here in the United States. As your Filipino-American community newspaper, the Asian Journal recognizes your need to nourish and maintain ties with the people and the culture you were born with. This is our way of connecting our kababayans to the past, of creating new opportunities for the present and of inspiring you to pay it forward by becoming active members of your association and the FilAm community at large in the future.

Filipino American Rural Mission (FARM)

Contact: www.flamruralmission.org

THE Filipino American Rural Mission or FARM is a California based US Charitable agency recognized by the IRS as a 501 (c)(3). The agency is dedicated to serving basic needs of poor farmers and indigenous people of the Philippines.

The Majority of the population of the Philippines are farmers. Despite this, it is very unfortunate that the Philippines is not doing well with its agricultural industry. The country was once a center of rice production, but today it cannot even afford to produce enough rice to feed its own people and now depends on the USA and other countries like Thailand and Vietnam – countries who were previously trained to grow rice in UP Los Banos, Philippines through the "International Rice Research Institute".

Farmers are among the poorest sectors of the country as most of them are dependent on landlords or loan sharks to finance their needs. After harvest, farmers are usually in debt because of high interest rates and are sometimes forced to give up the land they till to their creditors! One factor that makes it impossible for farmers to yield profit is the lack of seeds, water (irrigation), basic equipment and other technology that can train them to produce organic fertilizers.

Our goals
The Filipino American Rural Mission (FARM) is dedicated to help economically disadvantaged persons, needy individuals and families especially the farmers, fishermen in the rural areas. It shall also include the following goals:

- 1.To provide funding to programs and giving technical assistance to the rural farmers and indigenous people in the Philippines.
- 2.To provide partnership, financial support and advocacy for small, grassroots organizations and ensuring maximum participation of people

in development endeavors.

3.To help in planting much needed trees and fruit vegetables to help sustain the livelihood and provide income to the indigenous people.

4.To support Indigenous people in their efforts to protect their environment and fulfill their rights by assisting them, provide alternative livelihood to farmers, foresters, fishers and other local nature group and encourage them to conserve the living the living natural heritage and to demonstrate that human societies are able to live harmoniously with nature.

5.Providing scholarships to deserving students enrolled in agricultural education programs and who are willing to give back to the community at least one year of free service.

6.To participate in and contribute to the activities and programs of other non profit organizations or persons pursuing a similar purpose and mission which aim to improve the quality of life of the agro-industrial community and to offer the Filipino-American and other members of the community to reach out by sharing resources, time, money and other blessings.

7.To give grants, support agencies and other organizations as deemed appropriate by the Board of Directors.

FARM is open to all other partnerships with other non-profit groups and individuals pursuing similar goals.

Helping small farmers attain financial freedom will provide food for their family, jobs, education for their children, health care, and numerous other benefits. These can prevent more children from ending up on the streets and women from moving to other countries to be domestic helpers or, worse, becoming part of the local or international sex trade. ■

Who inspires...

PAGE B5 state of the world?

Efren: "ONE IS NEVER TOO STRONG TO THINK ON HIS OWN." No man is an island. We may be very good at something but for us to accomplish great things we need the help of one another. For our efforts to fulfill our country's sought after dream of change for years, we need the cooperation and collaboration of everyone who believe and understand what it means to build the country. It is a challenge for us to build one another up and not drag one down.

Bing: Finally, I imagine that you have been interviewed many times both before and after receiving the CNN Award. What question did nobody ask you that you wished somebody had asked so that you could give him or her your answer? And please do answer the question if there is one that is important to you that I have not asked.

Efren: What is your dream for the Philippines? I'm one of those people who never lose to hope that someday we will have a better Philippines. There is always hope. And it will never fade as long as there's a single soul yearning for good things to happen. That flicker of hope will be noticed in the sea of darkness. What needs to happen is a change of mind and a change of heart. I hope that every Filipino realizes that change should begin from within.

Now that you have read Efren's thoughts on life, how are YOU initiating change from within?

If you would like to find out more about Efren's work, go to: <http://dynamicteencompany.org>.

Bing (Carlyne Odicita-Kohner) was trained as a Life Coach here in the US from the Coaches Training Institute (CTI). She is a member of International Coaching Federation (ICF). She owns Limitbusters Coaching & Training, Inc. (LCT). Please visit her at www.limitbusters.net or email her at bingkohner@limitbusters.net.

Warning...

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few legitimate companies out there but every single day, I hear horror stories from people who have lost thousands of dollars to debt settlement companies. These people tell me that had they known the truth about most debt settlement companies, they could have spared themselves from a lot of stress, aggravation and frustration. For a free consultation so that we can help you evaluate all your options in getting out of debt, call Toll-Free 1-866-477-7772. We have offices in Glendale, Cerritos, West Covina and Valencia.

None of the information herein is intended to give legal advice for any specific situation. Atty. Ray Bulaon has successfully helped over 4,000 clients in getting out of debt. For a free attorney evaluation of your situation, please call Ray Bulaon Law Offices at TOLL FREE 1-866-477-7772.

(Advertising Supplement)

Ang kaibigang alien

Isang maikling kuwento

(Part 2 of 3)

PINAKA-NORMAL na marahil sa mga kaibigan ni Anton sa internet ay ang lalaking may pangalang Rexor. Ang kagandahan sa internet ay nagkakaroon ng contact ang mga magkakakilala, magkakamag-anak o di kaya'y magka-kaibigan; sa paraan lamang ng pagpapalitan ng mensahe mula sa isang computer, patungo sa isang computer.

May mga napupuntahan din, na websites ang tawag, sa internet na makakikilala ng mga bagong kaibigan. May website ukol sa mga mahihilig sa pakikipagkaibigan. May website ukol sa mga mahihilig sa pulitika, sa science, sa comedy, sa negosyo at kung ano-ano pang kinalilibangan o pinagi-interesan ng mga tao.

Nakilala ni Anton si Rexor sa website ukol sa mga mahihilig sa UFO. Natutuhan niya ang pagkatao ni Rexor batay sa mga palitan nila ng mga balita at kuru-kuro. Hindi siya katulad ng iba niyang ka-chat o ka-kontakt sa internet na abnormal ang dating, walang saysay ang sinasabi, at nasa internet lamang upang magpalipap ng oras. Malawak ang kaalaman ni Rexor at malawak din ang nararating nilang mga pak-sain sa kanilang pakikipagtalakayan.

Ni minsan ay di nagkuwento si Rexor ng tungkol sa kanyang sarili o sa kanyang pamilya. Hindi rin alam ni Anton kung ano ang itsura ng ka-chat niya. Hind ito iyong nagvo-volunteer na magpadala ng retrato, kahi't na hindi naman hinihingan. Sa isang dako ay bukas na libro ang paglalarawan ni Rexor sa mga paksaing pinag-uusapan nila; nguni't sa kabilang dako ay malihim siya pagdating sa paglalahad ng tungkol sa kanyang sarili.

Ang website sa UFO ay lugar para sa talakayan tungkol sa science at space travel at unusual occurrences. Kung may buhay sa ibang planeta? Paano makapaglalakbay sa kalawakan? Paanong malalagapan ang bilis ng liwanag upang marat-ing ang malalayong planeta at paano magkakaroon ng hustong fuel at fuerza upang makabalik sa lupa sa panahon ng isang buhay?

Makarelihiyon din si Rexor. Ang sabi niya -- ang lahat sa relihiyon ay maipaliliwanag ng science at ang lahat sa science ay maipaliliwanag ng relihiyon. Ang science at relihiyon ay iisa lamang, ayon sa kanya. Kaya sila magkaiba ay dahil sa ito ang makitid na pagkaalam ng tao, magabaw pa ang kaalaman at abot ng isipan ng mga taong nabubuhay sa mundo sa pangkasalukuyang panahon.

Si Marisa, ang Mrs. ni Anton, ay isang nurse. Namamasukan siya sa isang ospital na di kala-yuan sa kanilang bahay. Masasabing malawak ang kaalaman ni Marisa tungkol sa balangkas ng katawan ng tao, sa mga iba't ibang organs na kung paano sila gumagana, sa mga mahihimalaing katangian ng utak at dugo. At dahil sa ang kanyang gawain ay ang tulungan ang mga maysakit na gumaling kaagad, batid niya ang mga gamot at kung ano pa mang lunas ang

mabibisa sa paglaban sa iba't ibang karamdaman. Mapalad si Anton sapagka't si Marisa ang kanyang tagapag-alaga sa tuwing siya ay matamlay at may dinaramdam sa katawan.

Maganda si Marisa; makinis ang balat, mahaba at itim na itim ang buhok, di kataasan at maganda ang pangangatawan. Di pangkaraniwan ang kulay ng kanyang mga mata - na tila nag-aagaw na asul at berde. Mataginting ang kanyang boses na tila boses ni Ariel, ang serena sa Little Mermaid. At kung kumilos ay kay gang-dang tingnan - tila pasayaw ang hakbang at nak-abibighani ang kilos ng ulo at kamay. May isa lamang bagay na naiba kay Marisa - may anim na daliri ang kanyang kanang kamay. Kapag siya ay tumuturo, makikitang ang kanyang hintuturo ay kambal na daliri. Kapag napag-uusapan ang daliri, binibiro siya ni Anton at nasasabing, -- taga-ibang planeta ka marahil.

Mayroon bang Diyos? Sa paksa na ito ay sabi ni Rexor --- Ang Diyos ay nasa Cosmos, siya naging tao, bumisita sa mundo, ipinako sa kuru, nabuhay nang muli, at suma-Cosmos muli. Mayroon bang langit? Sabi ni Rexor -- Ang langit nga ay ang Cosmos at nararating lamang ng mga karapat-dapat; sapagka't may paraan kung batid mo ang paraan.

Sa Bethlehem ay may lumitaw na makislap na bituin. Ano iyong bituin na iyon? -- Bituin ba o sasakyang pangkalawakan? -- sabi ni Rexor.

Bakit nakapaglakad sa tubig si Hesus? -- Himala ba o anti-gravity.

Bakit napagaling niya ang maysakit at napatayo ang mata? -- Muli, maaring himala, maaring magnetic cellular restoration.

Maraming gabi ang lumipas na ang katalakayan ni Anton sa internet ay si Rexor.

-- Kailan kaya tayo magkikita nang personal? -- tanong ni Anton sa kaibigan.

-- Huwag kang mag-alala, makikita mo rin ako sa tamang panahon, -- pahayag ni Rexor.

Minsan ay may lumabas na balita na may retrato pang kasama sa front page ng National Reporter na may nabigat na alien, di umano, ang mga sundalong Aleman. Pandak ang alien, malaki ang ulo, tila walang ilong, at makitid, hindi bilog, ang mga mata.

Naging paksa ito ng chat nina Anton at Rexor. Sabi ni Rexor, -- ang paniniwala ko ay fake ang retrato. Kapani-National Reporter ay isang tabloid at di kapani-paniwala ang mga balita.

-- Kung may mga alien sa mundo, ang paniniwala ko ay di mag-iiba ang anyo nila sa anyo ng tao, -- patuloy ni Rexor. -- Sila ay may katawang tao, nguni't iba ang programa ng kanilang pag-iisip. Ang pakay nila sa mundo ay upang mapabuti ang kalagayan ng tao. Sila'y tila mga anghel na isinugo ng Panginoon sa mundo upang magmasid at magbantay at mabigyan ng kaligtasan at kabutihan ang sangnilalang. (Per-cival Campoamor Cruz) (to be continued)

BAHAY KUBO Center for Philippine Culture and Arts
For information, call (818) 832-1941 or email us at info@bahay-kubo.org