

What's Up In the Down Economy

# First 5's guide to free and low-cost health resources for families

**S**ACRAMENTO – The recession is hitting families hard and many are struggling to provide basic necessities for their children. With California's unemployment rate more than 10 percent and rising, many families are in need of greater assistance. To help, First 5 California, offers free and low-cost health resources that families with young children can rely on to get through these difficult economic times and ensure their children grow up healthy.

How do I know if my child qualifies for free or low-cost health insurance?

Making sense of which state-funded insurance programs best fit your family's needs and which ones you qualify for can be confusing. There are several programs like Medi-Cal, Healthy Families and Healthy Kids that offer complete coverage, but how do you know which one is right for your child? Start with a call to First 5 California at (800) KIDS-025 to get information on which program you qualify for and how you can enroll your child.

I cannot afford to pay for dental bills right now. How can I make sure my child stays up-to-date with dental checkups?

Children should visit the dentist at least once a year starting as soon as their first tooth comes in to ensure their teeth and gums are healthy. Your health insurance program may cover dental care.

I'm concerned my child has a disability. What do I do?

More than 10 percent of young children in California have a disability or special need that affects their ability to speak, learn and interact with others. By getting help as early as possible, children can make major progress before they start kindergarten.

If you have concerns about your child's development, don't wait – talk to your doctor about getting a screening. You can also call the California Department of Developmental Services at 800-515-BABY or First 5 California to learn more.

Parenting books can be expensive. Are there any cheaper options for learning how to take care of my baby?

Babies don't come with instruction manuals. That's why First 5 California developed the free Kit for New Parents with all the parenting information, advice and useful tips first-time parents need to prepare for the joys and challenges of parent-

hood. The Kit includes an educational DVD with parenting advice from prominent child development experts, an easy-to-read parenting guide, a child's storybook, brochures on Paid Family Leave and the Healthy Families Program, and more.

To order a free Kit for New Parents, please call (800) KIDS-025 for English assistance, (800) 597-9366 for Mandarin or Cantonese, (800) 597-9511 for Korean or (800) 597-9855 for Vietnamese.

How can I make sure my family is eating healthy meals without spending a lot of money?

Good food doesn't have to be expensive, and usually the cheapest and most nutritious way to feed your family is to cook the meal yourself. That's why First 5 California teamed up with nutritionist and TV personality Chef LaLa to develop Yummy for Your Tummy, a free cookbook that offers easy, nutritious recipes that parents can prepare even on a tight budget. To receive your own copy, call (800) KIDS-025 (English) or (800) 50-NI-NOS (Spanish).

What other free resources are there to help my kids grow up in a healthy environment?

First 5 California and the California Smokers' Helpline offer free telephone counseling services to help you quit smoking and keep your children free from the dangers of secondhand smoke. Secondhand smoke increases a child's risk of developing asthma, ear infections and bronchitis, and smoking can lead to lung cancer and heart disease in adults. That's why California has made it illegal for parents to smoke in their cars when minors are present.

The services are completely free and you can save hundreds of dollars a year by kicking the habit. First 5 California and the California Smokers' Helpline can help with a personalized quitting plan. Take the first step by calling (800) NO-BUTTS (English), (800) 838-8917 (Cantonese), (800) 556-5564 (Korean), (800) 838-8917 (Mandarin) and (800) 778-8440 (Vietnamese). Learn more at [www.NoButts.org](http://www.NoButts.org).

First 5 California encourages all parents and caregivers to learn about other local resources that can help their children. For more information, please call (800) KIDS-025 or visit [www.first5california.com](http://www.first5california.com).

(Advertising Supplement)

# The Bridi Law Firm has your back in your personal injury case

**T**RY as we might to keep ourselves out of accidents, our cautiousness do not exactly guarantee we will be shielded from them 100 percent of the time. That is why when we encounter an unfortunate incident, the resulting emotional distress is hard to cope with so it is good to know that there is a company you can rely on to carry you through as you deal with the legalities necessary for you to receive what is due to you: The Bridi Law Firm.



The Bridi Law Firm is a serious, aggressive law office which deals with personal injury law. They cater to clients who have been involved in:

- car accidents or truck accidents, like a vehicle rollover;
- auto accidents, traffic accidents or exploding airbag scenarios;
- motorcycle and bicycle accidents injuries;
- dog bites, dog attacks or animal bites;
- slip and falls and trip and falls;
- head trauma injuries, brain injuries or nerve damage
- spinal cord injuries, herniated discs, disc burst fractures; and - wrongful deaths.

The Bridi Law Firm has an

outstanding track record when it comes to personal injury matters of all sizes. The firm offers free consultations and works on a contingency basis, which means that clients who acquire their services do not need to settle payments upfront until a sign of a settlement with the opposing party is within reach. If their clients cannot afford to go to seek medical treatment, the firm helps them with their medical needs with no upfront costs as well.

The Bridi Law Firm is headed by Mr. Bridi who has more than 12 years of experience in the practice of personal injury law. He once held an associate position at the renowned firm of Mas-

ry & Vititoe of Erin Brockovich fame, where he acted as lead counsel on several high profile cases, litigating matters throughout the State of California and the US. Even more impressive is the fact that Mr. Bridi also represented large insurance companies prior to his work at Bridi Law Firm which made him fully aware of the inner workings, tactics and strategies used by these companies. His diverse legal background has provided him a unique advantage in understanding both sides of the litigation process, thereby allowing him to maximize results for his clients.

Mr. Bridi has always been one who puts the needs of others before his as he has been recognized for his tireless work in the community and particularly for his work with the indigent. The Board of Governors of the State Bar of California awarded Mr. Bridi the Wiley Manuel Award for Pro Bono Legal Services. Mr. Bridi was also awarded by the San Diego Volunteer Lawyer Program, the Pro Bono Publico Distinguished Service award in recognition of outstanding contributions of legal services to the indigent community. (Advertising Supplement)

## People and Events

### PAA of UCLA 7th annual fundraising benefit

**LOS ANGELES, CA** – Before a large audience of hundreds of alumni, students, donors, University officials, and community supporters, the Pilipino Alumni Association of the University of California, Los Angeles (PAA of UCLA) hosted its 8th Annual Fundraising Benefit, "A Golden Foundation for the Hope of Our Future," on Saturday, May 2, 2009 at the Westin Los Angeles Airport Hotel. The Benefit started with a VIP cocktail reception, followed by silent auction, dinner, awards, entertainment, and dancing. Proceeds benefited the annual PAA of UCLA Scholarships, which recognizes outstanding student achievement in academics, leadership, and community service.



UCLA PAA presented multiple scholarship honors, including the Cynthia Rabuy Senior Scholarship, Outstanding Junior, Outstanding Sophomore, and the PAA Board of Directors Leadership Award. Donations from the annual fundraiser supported the PAA Scholarship Endowment Fund, which has now surpassed

\$80,000. Returns generated from the endowment are utilized to fund the annual scholarships on a perpetual basis, and ongoing donations by alum-

► PAGE B7

## Pacquiao and the art of...

PAGE B2 ◀

Bob Arum, Pacquiao's promoter, is convinced about his greatness but since he stands to gain financially by his hyperbole, his opinion may not weigh much to the public at large. It's his job to hype it up and get the numbers soaring until the next big fight.

Some critics of the sport remain unconvinced and are still a little less awed by Pacquiao's accomplishments. Over and over again, they have consistently bet on Pacquiao's opponents

— those great Mexican boxing warriors — based on physical size and strength alone, underestimating Pacquiao's chances each time. These critics have been cautioning colleagues in the business, about putting Pacquiao in that hallowed category, grudgingly admitting he is good, very good but not great — just yet. No matter. Even if Pacquiao retires today, he has already made his mark in the world of boxing and the Philippine national psyche, where it matters. One credible

boxing authority who made a short list of the great boxers by decade beginning in the 1910's has already anointed the Pacman, as the one for this decade.

(To be continued)

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**Nota Bene:** To ask questions, send feedback and requests as well as to inquire about advertising in any or all of the 6 print editions of Asian Journal in California, Nevada and New York/New Jersey and/or advertising in the Print Edition Online of Asian Journal, e-mail [monette.maglaya@asianjournalinc.com](mailto:monette.maglaya@asianjournalinc.com) THANK YOU TO ALL WHO GAVE FEEDBACK. ■

**U.S. Census Bureau News**  
Los Angeles Regional Census Center  
9301 Corbin Avenue, Suite 1000  
Northridge, California 91324

### Managers Being Recruited for 2010 Census Tagalog-Speaking Managers Sought for 19 counties

Northridge, CA

The Los Angeles Regional Census Center is actively recruiting managers for 27 Local Census Offices. 26 will be located in Southern California, and one in Honolulu, Hawaii. With the exception of the U.S. military, the nationwide recruiting effort for the decennial census is the largest peace time hiring of temporary federal employees.

In the fall of 2009, these 27 Local Census Offices will open to direct Field Operations for the region's population count on Census Day, April 1, 2010. These offices will be located in strategic areas of southern California and on the island of Oahu, Hawaii. Managers' salaries range from \$19.25 to \$29.00 per hour depending on location and position.

The current focus and priority is on recruiting and testing to fill six key management positions for each Local Census Office before the openings in the Fall, 2009. The positions are: Local Census Office Manager, Assistant Manager for Field Operations, Assistant Manager for Administration, Assistant Manager for Recruiting, Assistant Manager for Quality Assurance, and Assistant Manager for Technology.

Testing will be ongoing in Local Census Office cities and their surrounding areas. To reserve a seat for testing, please call (866) 861-2010, enter zero: "0" and your zip code.

New offices will open in the counties of Los Angeles, San Diego, Riverside, San Bernardino, Orange, Fresno, Santa Barbara, and Honolulu, Hawaii.

For more information on Census 2010 jobs in the Los Angeles Region, please visit [www.census.gov/losangeles](http://www.census.gov/losangeles).

Click on the link for "Regional Employment."

Bago Sa

## Fiesta Celebration

**Seafood Bami**  
Combination of Canton & Sotanghon noodles topped with shrimps, mussels, squid & fishballs. Serves 2.

**Rellenong Bangus**  
Home-made style stuffed milkfish as served during fiestas. Completely boneless, serves 4.

**Bagoong Fried Rice**  
Fried rice with salted shrimp fry, Lechon tidbits and scrambled eggs. Serves 4.

**Pinaputok na Bangus**  
Grilled to order Milkfish stuffed with tomatoes, onions, ginger and wrapped in banana leaves. Completely boneless, serves 4.

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