

**IMMIGRATION CORNER**



**ATTY. MICHAEL GURFINKEL**

# New hope for people whose relative has died

principal beneficiary) and the alien must continue to reside in the US. Therefore, if the person is outside the US, this new law does not apply to them. The USCIS should adjudicate (or process) the person's petition and/or adjustment application unless approval of their adjustment of status "would not be in the public interest." (However, since

unmarried child of a green card holder); F-2B (single adult child of green card holder); F-3 (married child of US citizen); and F-4 (brothers and sisters of US citizens). Derivative beneficiaries (spouse and/or child) of a pending or approved employment based petition.

**“If you are out of status (TNT), you may also need the benefit of Section 245(i) in order to be eligible for adjustment of status.”**

almost all Filipinos are hardworking, honest, and law abiding, I cannot imagine where granting them a green card would somehow not be in the public interest).

Therefore, if your spouse was under petition by an employer, but your spouse died, you and your children may still be eligible to pursue your own green cards, even though the "worker" has died.

The aliens who benefit from this new law include:

Persons with pending or approved petitions as "immediate relatives" (spouse, parent, or child under 21 years of age of a US citizen). Note that this law includes not only approved petitions, but also covers situations where the petition is still "pending." Under the old law, one of the requirements was that the petition had to already have been "approved."

Pending or approved petitions for asylees, refugees, crime victims, and victims of human trafficking.

Persons with pending or approved petitions (including their spouse and/or child where applicable), in the following family-based categories:

Please also note that if you are not an "immediate relative" (spouse, parent, or minor child of US citizen), then you also have to make sure that the priority date is current on the underlying petition in order for you to be eligible to file for adjustment of status. (For example, if you were petitioned in 2007 by a brother or sister, but the brother or sister recently died, you would not be eligible for adjustment of status at the present time, since they are only processing brothers and sisters of US citizens who were

- F-1 (single adult child of US citizen);
- F-2A (spouse and minor

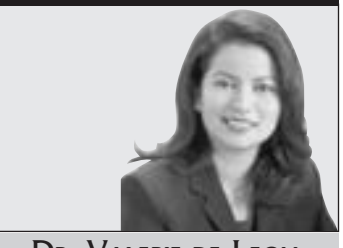
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**A BROKEN HEART FINDS RENEWED HOPE IN THE US ON THIS SUNDAY'S 'CITIZEN PINOY.'** Watch the rollercoaster life of Miguel Fernandez (left) – from how he left his charmed life in the Philippines, endured a miserable existence in the US, until fate smiled on him once more, and he is now looking forward to a brighter future in America. This Sunday, leading US immigration attorney Michael J. Gurfinkel (right) features another success story and answers your (immigration) questions on this encore episode of the most popular immigration talk show on television. Watch 'Citizen Pinoy' on TFC.

TELECAST SCHEDULE		
TFC	Sundays Wednesdays	5:40pm PST 12:15am PST
ANC US	Sundays Sundays	12nn PST 7:30am PST
ANC PHIL	Mondays Sundays	4am Phil 11:30pm Phil

**DR. VAL'S DENTAL VIEWS**



**DR. VALERIE DE LEON**

# How to take care of dentures

DENTURE adhesive can provide additional retention for well-fitting dentures. Denture adhesives are not the solution for old, ill-fitting dentures. A poorly fitting denture, which causes constant irritation over a long period, may contribute to the development of sores. These dentures may need a relines or need to be replaced. If your dentures begin to feel loose, or cause pronounced discomfort, consult with your dentist immediately.

permanently stained and helps your mouth stay healthy. It's best to use a brush designed for cleaning dentures. A toothbrush with soft bristles can also be used. Avoid using hard-bristled brushes that can damage dentures.

uses the existing denture teeth and refits the denture base or makes a new denture base. Dentures may need to be replaced if they become loose and the teeth show signs of significant wear. Dentures become loose because a mouth naturally changes with age. Bone and gum ridges can recede or shrink, causing jaws to align differently. Shrinking ridges can cause dentures to fit less securely. Loose dentures can cause health problems, including sores and infections. A loose denture also makes chewing more difficult and may change your facial features. It's important to replace worn or poorly fitting dentures before they cause problems.

Dentures are very delicate and may break if dropped even a few inches. Stand over a folded towel or a basin of water when handling dentures. When you are not wearing them, store your dentures in a denture container away from children and pets

Some denture wearers use hand soap or mild dishwashing liquid, which are both acceptable for cleaning dentures. Avoid using other powdered household cleansers, which may be too abrasive. Also, avoid using bleach, as this may whiten the pink portion of the denture.

To find out if you would benefit for new dentures, call Dr. De Leon at (650) 697-9000 for consultation.

The first step in cleaning dentures is to rinse away loose food particles thoroughly. Moisten the brush and apply denture cleanser. Brush every surface, scrubbing gently to avoid damage.

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Dentures, when not worn, should be placed in a denture cleanser soaking solution or in water. Never place dentures in hot water, which could cause them to warp.

If you have questions, pls call Dr. Valerie de Leon at (650) 697-9000 or visit our website at [www.millbraesmiles.com](http://www.millbraesmiles.com). She is with Millbrae Smile Center located at 15 El Camino Real, Millbrae 94030. She is a member of American Academy of Cosmetic Dentistry, Academy of Laser Dentistry, ADA, CDA and SMCDS. Please call for a free consultation.

Over time, dentures will need to be relined, rebased, or remade due to normal wear. To reline or rebase a denture, the dentist

# 6 Smart ways to stay warm & save money

*DIY projects before wintertime reduces home energy use, saves you money*

MOORESVILLE, NC—With colder weather here and more families spending time indoors, Lowe's offers easy and affordable do-it-yourself (DIY) projects that will help reduce your family's energy consumption and save you money in no time.



Savings below are estimates from the Environmental Protection Agency (EPA).

Use compact fluorescent light bulbs: Save \$70 or more a year. Replace old incandescent bulbs with compact fluorescent light bulbs (CFLs) in every room of your home like the Energy Star CFLs:

- Energy and money savings: 75 percent less energy can save you \$70 or more a year
- Why it's a smart move: Lasts up to 10 times longer than standard bulbs

Insulate your water: Save \$30 or more. Wrap your water heater with insulation before cold weather strikes.

- Energy and money savings: An insulation blanket for a water heater will reduce heat loss by 25 to 40 percent, saving you \$30 or more annually.
- Why it's a smart move: A

smart move: Your water heater conforms to your schedule with a timer, preventing water wastage when not in use



Replace single-paned windows: Save up to \$465. Install new, nearly maintenance-free vinyl windows that boast energy-efficient features and operate smoothly for years.

- Energy and money savings: High-performance windows can save you an immeasurable fortune, \$465 for Energy Star-qualified models
- Why it's a smart move: Single-paned windows waste energy and require a lot of maintenance. Also, install insulating window treatments like cellular shades to retain heat in winter and keep house cooler in the summer

Seal and insulate your home: Save up to \$200 a year. Sealing and insulating your home maximizes comfort and warmth during colder months and will save you money.

- Energy and money savings: insulating your home with weatherization products such as insulation, weather stripping and waterproof caulk can save you \$200 a year on utility bills
- Why it's a smart move: Using caulk and spray can seal leaks, especially in attics and crawl spaces, around ducts, pipes, wires, vents and even open wall tops

Install a programmable thermostat: Save about \$180 a year. Caring for the environment

need not be costly. For \$29, install a programmable thermostat and set it to automatically lower the temperature at bedtime by 7 degrees.

- Energy and money savings: Programmable thermostats can save about \$180 a year on home energy bills when used properly
- Why it's a smart move: Some models include programmable day and night temperatures as well as a setting for every day of the week

Replace old appliances: Save up to 15% on utility bills. Standard, old models are not as energy-efficient as you might think.

- Energy and money savings: Installing Energy Star appliances can save up to 15 percent on the average home's monthly utility bill because they use 10 to 70 percent less energy than standard models
- Why it's a smart move: The energy saved every year using an Energy Star clothes washer is enough to run your TV for nearly two months

This year, Lowe's won the Energy Star's Retail Partner of the Year award. For more energy saving tips, visit [Lowe's.com](http://Lowe's.com) or your nearest retail store.

(Advertising Supplement)

# Moringa for Senior Citizens

PEOPLE are considered old because of certain changes in their activities or social roles or when they begin to do less or different work—retirement. Aging also affects our social environment. Symptoms of Old age includes wrinkles and liver spots on the skin, hair loss, lessened hearing, worse eyesight, slower reaction times and agility, reduced ability to think clearly, difficulty recalling memories, greater susceptibility to bone diseases such as osteoarthritis. Elderly people tend to have lower body temperatures and infections that would cause fever. Elderly pneumonia sufferers may present with symptoms such as rapid breathing, reduced appetite and reduced functioning. Elderly urinary tract infection sufferers may present with incontinence, confusion and may suffer from falls. To get rid of these symptoms they should take all the nutrients.

Malunggay contains all the essential minerals needed for maintaining a strong bones and physic. As chronological age increases the individuals are prone to develop many diseases. Antioxidants protect us from cell damage and may reduce the risk of cancer and heart disease, and may slow down the aging process. Malunggay contains 46 antioxidants which will prevent the cell damage. Various nutrients, which may be missing in the routine diet, can be taken by help of different supplements available in the market. But good nutrition in the later years still can help lessen the effects of diseases prevalent among older or improve the quality of life in people who have such diseases.

Malunggay is rich in vitamin to the extent that it is one of the richest plant sources of Vitamin. Moringa has Vitamin A (Beta Carotene), Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6 Pyridoxine), Vitamin B7 (Biotin), Vitamin C (Ascorbic Acid), Vitamin D (Cholecalciferol), Vitamin E (Tocopherol) and Vitamin K. Vitamin A is needed to prevent night blindness, promotes healthy skin, and fights infections. Vitamin C is needed to maintain healthy gums, assists in healing wounds, and helps the body use iron. Vitamin E will protect your body against free radical damage to cells. Calcium and Vitamin D are essential to maintain strong bones and teeth.

Malunggay is the richest source of Calcium from a plant material and Malunggay has 17 times more Calcium than that of milk, helps to prevent the occurrence of osteoporosis during old age and strengthen the bones of the young and middle age people. Malunggay, with 25 times more Iron than that of Spinach, helps in the formation of hemoglobin and myoglobin, which carry the oxygen in the blood and the muscle. Iron also makes up part of many proteins and enzymes in the body and deficiency of which leads to the weakening of the immune system, helps in improving the mental ability as the oxygen supply to the brain increases.

The list of Minerals present in Malunggay is abundant and few of the main minerals include Calcium, Copper, Iron, Potassium, Magnesium, Manganese and Zinc. Calcium is one of the most important minerals for the growth, maintenance, and reproduction of the human body. Blood coagulation, transmission of nerve impulses, muscle contraction and relaxation, normal heart beat, stimulation of hormone secretion, activation of enzyme reactions, as well as other functions, all require small amounts of calcium. After age 50, more calcium or 1,200 milligrams are needed to prevent a disease called osteoporosis. As you age, minerals in your bones are lost and bones may get thinner.

Malunggay with 15 times the potassium in Banana assists in the regulation of the acid-base and water balance in the blood and the body tissues. Body proteins are constantly being made and used during your lifetime to maintain cell and organ functions. Adequate protein intake and protein reserves are important for older adults, especially during periods of emotional and physical stresses. Protein helps to prevent muscle loss. As the richest source of Calcium and Potassium it helps in the reducing the blood pressure. It assists in protein synthesis from amino acids and in carbohydrate metabolism. Malunggay capsules are the best natural supplement which provides all the necessary nutrients needed by the body. The bioavailability of the nutrients in Malunggay more compared to other supplement as Malunggay is 100% natural.

For Distribution and Dealer Information, please contact Lark Ellen Inc. (626) 964-6194 1557 E. Amar Rd. Suite H, West Covina, CA 91792. ■

# Log off and enjoy your...

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ways and wows us via the great equalizer and media decimator—youtube. I am hoping fame and fortune don't change their core beings overly much.

to shape minds, move people to action and rule the world by Blackberry or iPhone. China foresees this and similar to its effort to stave off the incursion of enemies in its domain during its long history by building the Great Wall, it is doing all it can to firewall, censor, block or neutralize this unstoppable force, particularly youtube, with a cadre of internet police. The threat is real.

and everything else that goes round and round unregulated on the internet loops. Some are for laughs, others inform while some can make you think harder or even take action. Pet peeves are those that are pure drivel and chain emails with a punitive clause, like a curse of bad luck, if you fail to forward. For malevolent messages and all the rest of the junk from scammers promising riches, simplify your cyberlife and hit DELETE. Do not engage.

If we permit it though, the virtual world can usurp reality. We tend to spend inordinate number of hours glued to the screen. We've seen how the last US election played out over the internet and how the new rules for power, money, media and political gamesmanship are all being rewritten right before our very eyes. God forbid a chilling scenario for one megalomaniac individual with a lust for power and omnipotence, to muster enough resources and harness the power of the web

Until that purely imaginary fateful day and just for the moment, I am picking and choosing from the constant flow of messages in my inbox, only this one below. We receive forwarded jokes, prayers, stories, photos, news, slideshows, petitions

Sometimes a golden nugget comes through that deserves to be amplified. So simple, it hits you right between the eyes. I searched for the author's name but like many other pieces flung by anonymous, creative beings in Cyberville, authorship is largely unknown and unclaimed. To the originator

of this metaphor then, whoever you are and wherever you may be, please accept a profound thank you, from the rest of us. Here it is.

**The Hot Chocolate Story**  
A group of graduates, well established in their careers, were talking at a reunion and decided to go visit their old university professor, now retired. During their visit, the conversation turned to complaints about stress in their work and lives. Offering his guests hot chocolate, the professor went into the kitchen and returned with a large pot of hot chocolate and an assortment of cups—porcelain, glass, crystal, some plain looking, some expensive, some exquisite—telling them to help themselves to the hot chocolate.

When they all had a cup of hot chocolate in hand, the professor said: 'Notice that all the nice looking, expensive cups were taken, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress. The cup that you're drinking from adds nothing to the quality of the hot chocolate. In most cases it is just more expensive and in some cases even hides what we drink. What all of you really wanted was hot chocolate, not the cup; but you consciously went for the best cups... And then you began eyeing each other's cups.

The cup you have does not define, nor change the quality of life you have. Sometimes, by concentrating only on the cup, we fail to enjoy the hot chocolate we have. The happiest people don't have the best of everything... They just make the best of everything that they have.

Live simply. Love generously. Care deeply. Speak kindly. And enjoy your hot chocolate!

But first, LOG OFF.

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