

Sweet dreams

Catching 40 winks can be more difficult than you think

Dream on

So much is made of what people experience during dream sleep (REM). *Are dreams somehow relevant and meaningful to the waking world? Can counting sheep predict the future? Solve complex problems?*

At the turn of the 20th century, Sigmund Freud looked into the interpretation of dreams resulting in a certain fascination about an after hours dimension.

But, Dr. Daniel Skenderian says recent studies at UCLA reveal an interest in the function of dreams. Dreams may consolidate daytime experiences and organize information in a person's brain, resulting in insight and increased capacity

Just what is Sleep Apnea?

Pickwickian Syndrome, or Obesity Sleep Apnea, was coined by physicians in the 1800s for Joe, the fat, red-faced boy who keeps dosing off in "The Pickwick Papers," Dickens' debut novel.

Symptoms of Sleep Apnea (Latin for without breath), defined as a potentially life threatening disorder, may include excessive daytime sleepiness, waking un-refreshed, loud snoring, and restless tossing and turning during sleep.

Joe of "The Pickwick Papers," Charles Dickens' first novel, would benefit from a sleep disorder clinic. The serving lad suffers from sleep apnea and falls into slumber standing.

Dr. Dennis H. Nicholson, medical director of the Sleep Disorders Center at Pomona Valley Health Center in Pomona and Chino Hills, says sleepiness like Joe has should be evaluated.

Conversely, Thomas Alva Edison couldn't catch a wink. Psychologist Daniel Skenderian, who practices sleep psychology says, "Thomas Edison was a devoted insomniac." As was Winston Churchill, who slept a scant two to three hours a night. Who knew?

Most people who struggle to fall asleep don't stay up inventing things or winning wars.


People fighting for a good night's sleep often turn to sleep meds. "We want the public to know how this can affect work function, sex function, marital discord, work problems and car accidents. People should call us if they're unable to sleep well for more than three to four weeks," Nicholson says.

According to Skenderian, sleep problems are worsening in the industrialized world because people are sleeping less due to flexible working hours.

After a physician's referral, the first thing potential patients usually do is keep a sleep diary. Did they fall asleep at work or at the wheel? Sleepwalk toward an upstairs window? Pull one all-nighter after another? Wake someone with their snores?

Sometime this summer the two existing centers are consolidating and moving to a brand new building at the Pomona Valley Health Center at Claremont. The Adult and Children's Sleep Disorders Center will be joined by an urgent care hub, physical therapy center, primary care, and radiology, providing on site specialists from a variety of disciplines.

Nicholson, who cites snoring, sleepiness and non-sleep as the most common complaints, says at the new state-of-the-art facility they'll be able to see some 2,000 patients a year for testing and more for evaluation and long-term support.

Sleep trouble left untreated can cause serious medical conditions including stroke, heart disease, diabetes and early death. "Let's face it," Nicholson says, "we all spend one third of our lives asleep — if that's working right we'd do well during the day."  —Allie B. Kagamaster

for learning, and may have a physical restorative effect on a person's health.

In his experience with folks who can't seem to dream, Skenerian says, if they leave pen and paper out at bedtime and suggest that they will dream, usually, "They'll start dreaming in about three or four nights."

But what about interpretation? According to the doctor, that's up to the person dreaming.

People with Obstructive Sleep Apnea have fallen into fatal slumber. Notably, actor John Candy and NFL great Reggie White died in their sleep from the disorder. Others diagnosed with the disorder include vampire novelist Anne Rice, actress Rosie O'Donnell, and musician Jerry Garcia of *The Grateful Dead*.

upfront

Diverse practice

BB&K ranks as one of the nation's most diverse law firms

Riverside's Best Best & Krieger is among the nation's most racially diverse law firms, according to the Minority Law Journal's annual "Diversity Scorecard," with nearly 19 percent of its attorneys from minority backgrounds.


BB&K ranked in the top 10 percent of the 210 largest and highest-grossing firms in the country that responded to the journal's survey, coming in at 19th for the second straight year and maintaining its top-20 status. BB&K is also the largest firm based solely in California to make the top 25.

Of the 194 attorneys at BB&K, 36 are African-American, Asian or Hispanic. The firm's proportion of minority partners, at 12 percent, is nearly double the average for all firms, which is 6.3 percent.

Hispanics, at 9.8 percent, make up the largest minority at BB&K, giving the firm the fourth-highest percentage of Hispanic attorneys of all the firms surveyed.

Attorney Eric Garner, BB&K's managing partner, said he is proud of his firm's status and said it stems from the firm's long-held culture of tolerance, and it reflects the communities where BB&K works.

When it comes to gender, the highest percentage of minority attorneys at the firm is women. Of the 66 female attorneys at BB&K, nearly 25 percent are minorities. That compares to a 16 percent minority makeup for male attorneys.

"Our diversity is reflective of the firm's tolerance of different ideas and different types of people," Garner said. "Historically, we've treated everyone as individuals and without any preconceived notions." 

California Baptist University graduated a record number of students at the University's spring commencement ceremonies breaking the 1,000-graduate mark for the first time in the University's history.



Economic shot in the arm

Schwarzenegger proposes healthy economy, healthy citizens through more jobs

In spite of the economic downturn, the health care industry continues to grow in California, adding more than 27,000 jobs between February 2008 and February 2009.

"The health care industry is one of the bright spots in our economy continuing to add jobs, and still our hospitals and community clinics struggle with massive shortages because our colleges and medical training program can't keep pace with the rising demand," says California Governor Arnold Schwarzenegger.


To address this shortage — and the one looming in the state's future as one million residents are projected to be 85 years or older — Schwarzenegger has proposed the Allied Health Initiative, a \$32 million public-private partnership to add thousands of additional professionals to California's hospitals and health care facilities over the next three years.

With this Initiative, regional industry and education leaders will work together to educate licensed individuals who work in support of a nurse or doctor, such as lab technicians, dental hygienists and pharmacy technicians.

According to a Health Workforce Solutions study, more than 60 percent of the health occupations in California are in allied health and we are already experiencing shortages. According to the California Labor Market Information Division and Federal Bureau of Labor Statistics, California only has 73 percent of the pharmacists, 65 percent of the Medical Lab Technologists, and 62 percent of the Radiation Technologists and Technicians of the national average per 100,000 people.

The Labor and Workforce Development Agency is leading the partnership, which includes several state agencies, the California Community Colleges, the University of California and California State University systems, and the California Hospital Association and its member teaching hospitals.

Funding for the three-year program consists of \$16 million from the state (\$8 million federal Workforce Investment Act funding and \$8 million Recovery Act federal stimulus funding), and \$16 million in matching funds or in-kind contributions by private partners, such as schools and hospitals.

The initiative will begin in the fall with 25 community colleges enrolling more than 700 additional allied health students in their classes. 

upfront

More people=more beds

Inland SoCal critically needs hospital beds

UC Riverside is working mightily to address the local physician shortage. Now the California Healthcare Foundation, an independent philanthropy, forecasts a statewide hospital bed shortage.

The organization examined regions extending from the greater Bay Area to San Diego, and all are projected to have substantial increases in acute care days [versus long term stays] by 2030. However, the study stated that Inland SoCal is likely to see the largest percentage increase. That's because—like the rest of the country—our aging population is expected to occupy more than its fair share of hospital beds over the next few decades, but also because this region continues to grow at unprecedented rates: more people require more beds.

Local officials are working to mitigate this shortfall. Riverside Community Hospital announced an expansion that will add about 100 beds—construction that will keep it in compliance with a state earthquake bill and make the hospital attractive for a residency program for UCR's new medical school.

Do gooder


New LSU philanthropy center aims to aid region

La Sierra University has launched its new Center for Philanthropy offering free training seminars for local nonprofit organizations, a Master's of Business Administration degree with an emphasis in philanthropy and certificate programs in philanthropy. The center will begin enrolling students in the fall.


The university selected Dr. Jim Erickson to serve as the new center's director. Erickson is a University of California vice chancellor emeritus and former president and chief executive officer of the Community Foundation Serving Riverside and San Bernardino Counties. His background includes serving as vice chancellor for advancement at the University of California, Riverside and UC Merced. He also served as executive director of the UC Riverside Foundation beginning in 1985 where annual private sector support grew from \$1.6 million to more than \$27 million, and over \$100 million in private support was generated with the addition of 26 endowed chairs.

"We're creating the center to meet the needs of the community," said business school Dean John Thomas who spearheaded the project. Education in philanthropy will involve matching donors and recipients, and educating regional philanthropists about needs in the Inland Empire, he said.

Creation of the center comes on the heels of a report by the Irvine Foundation showing that Inland Empire donations to foundations are only \$27 per capita. This compares starkly with foundation funding of \$139 per capita in Los Angeles County and \$119 per capita statewide.

La Sierra's Center for Philanthropy will begin to address this issue by providing free educational seminars for nonprofits on donor cultivation and board development. The seminars will help nonprofit leaders formulate a financial assessment and a strategic plan for the organization. "We have to do a better job educating nonprofits and their board members on how to build a sustainable business model that will help them develop a broad range of revenue sources from day one so they can survive the lean years," Thomas said. 


And officials have proposed building hospitals in Temecula and Murrieta, which would add nearly 800 beds in the region.

Without these measures, as well as increased efficiency, CHF reports, Inland SoCal will be unable to accommodate its infirm by 2020. 

It's a beautiful day in the neighborhood

UCR Student Wins Fred Rogers Scholarship

UC Riverside grad student Michael Robb has won a \$10,000 Fred Rogers Memorial Scholarship honoring the late Fred Rogers, creator of "Mister Rogers' Neighborhood." Awarded by the Academy of Television Arts & Sciences, the scholarship is intended to encourage students to pursue a career in children's media that furthers the values and principles of Fred Rogers' work.

Robb, 28, is finishing his third year in the psychology Ph.D. program at UCR. He earned a bachelor's degree in child development from Tufts University in 2002 and worked for several years at KCET in Los Angeles doing educational outreach for children's programming. 




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Survive and thrive

Inland Empire's Mary Bono Mack co-sponsors bill to improve care of childhood cancer survivors

Congresswoman Mary Bono Mack (CA-45) received The Leukemia & Lymphoma Society (LLS) National Capital Chapter's prestigious annual award for her support of initiatives for cancer research and patient services. She, along with Senator Edward Kennedy, was named this year's recipient of Congressional Honors at LLS' Congressional Honors Program, which also supports funding for world-renowned researchers at some of the country's leading research facilities.

Mack sponsored legislation that will improve and expand delivery of medical and psychosocial care to people who survive childhood cancer. A growing number of children diagnosed with cancer are surviving the disease to find they may need lifelong screening and care.

"Coordination of care is essential, as survivors seek to live long, healthy and happy lives," says the congresswoman of her bill "The Pediatric, Adolescent and Young Adult


Cancer Survivorship and Quality of Life Act" that she and Congresswoman Jackie Speier (D-CA) introduced.

More than 10,000 children under the age of 15 are diagnosed with cancer each year in the United States, and currently there are more than 270,000 childhood cancer survivors, a number that is expected to increase drastically over the next decade.



The bipartisan act is designed to follow Institute of Medicine recommendations to enhance healthcare delivery and follow-up care, boost education and training for healthcare providers, and expand research.

Key provisions include expansion of cancer control programs; establishment of grants at the National Institute of Health for research in survivorship and development of a better monitoring system; and grants for childhood survivorship clinics.

The new bill is supported by the Lance Armstrong Foundation, PADRES Contra El Cáncer, Children's Cause for Cancer Advocacy, and the City of Hope National Medical Center. 

— Allie B. Kagamaster



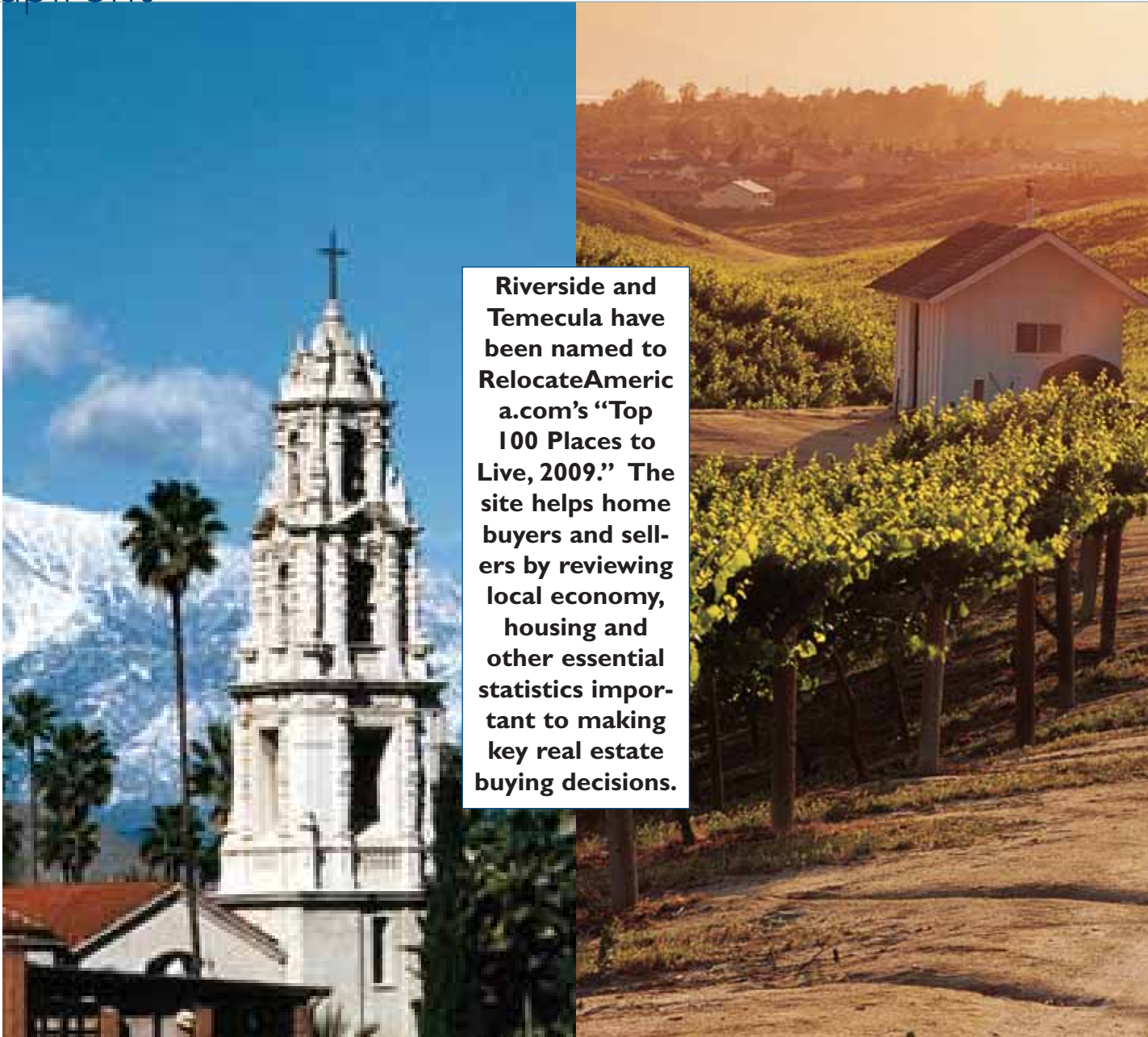
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Riverside and Temecula have been named to RelocateAmerica.com's "Top 100 Places to Live, 2009." The site helps home buyers and sellers by reviewing local economy, housing and other essential statistics important to making key real estate buying decisions.

Best in the West

Upland hospital places in the 100 top U.S. hospitals as well as fastest improved

Thompson Reuters has ranked San Antonio Community Hospital in Upland in its top 100 hospitals based on overall organizational performance. The scorecard measures performance in nine areas: mortality, medical complications, patient safety, average length of stay, expenses, profitability, cash-to-debt ratio, patient satisfaction, and adherence to clinical standards of care.

"To be named one of the nation's top ranked hospitals means that we are succeeding in our 101-year-old mission of providing the highest quality of services for our community," said Steven C. Moreau, President and CEO of San Antonio Community Hospital in a statement. "This is a culmination of many years of hard work by our great physicians and staff who are dedicated to providing the highest quality

ty of care."

The hospital also earned a place among Thomson Reuters' 23 Everest Award winners, recognized for delivering the fastest rate of improvement over a five-year-period.

Thomson Reuters has been conducting its 100 Top Hospital study since 1993. To conduct the study, the company researchers evaluated 3,000 short-term, acute care, non-federal hospitals. They used public information such as Medicare cost reports, Medicare Provider Analysis and Review (MedPAR) data, and core measures and patient satisfaction data from the Centers for Medicare and Medicaid Services (CMS) Hospital Compare data set. 