

DEBT RELIEF



ATTY. LAWRENCE YANG

Like a thief in the night

the strongest sleeping medicine available by prescription. The nurse practitioner that administered the drug said that Michael said that he could not sleep with regular prescription sleeping pills. The only drug that worked for him was administered intravenously and would knock him out completely immediately.

Michael's Neverland house was scheduled for foreclosure sale last year. He could not pay the \$23 million mortgage. His debt load was overwhelming. His income was insufficient to pay his expenses. His accountant testified in 2005 that Michael was spending \$20 to \$30 million than what he is earning annually. His financial situation was a mess even though his assets were worth more than his debts. Thus, he had to go back to work. Are you in the same situation as Michael? Do you owe too much debt? Are you not able to sleep worrying about your debt? If you are in that situation, then don't do as Michael did. Don't get your peace of mind by resorting to sleeping pills. The pills only give you temporary relief by allowing you to forget about your debt when you sleep. When you wake up, the 800 lb gorilla of debt is still in your bedroom and in your face.

Are you thinking of getting a second or third job or asking your spouse to get a second or third job to handle your

debt, just like Michael, who had to start working again at the age of 50? Are you making all kinds of plans to increase your income just like Michael? Well, just like Michael, you are making a mistake. The best laid plans of mice and men are nothing before the Lord! Now, even Michael knows this to be true. The Lord is the way, the truth and the light! The solution to your debt problems is not in sleeping pills or working 2 or 3 more jobs. The solution to your debt problems and peace in your life and family is to seek out Jesus. Michael should have sought Him out in the first place. He might still be alive today if this is what he did, instead of resorting to sleeping pills and planning out 50 concerts.

Place your debt problems on the lap of the Lord, and listen to what he says. Yes, he might tell you to do a personal bankruptcy, maybe a chapter 7, to get rid of all your debt, so you can start life again without debt and be productive again.

If you need debt relief, contact my office. I will analyze your case personally.

Lawrence Bautista Yang specializes in bankruptcy, business, real estate and civil litigation and has successfully represented more than five thousand clients in California. Please call Angie, Barbara or Jess at (626) 284-1142 for an appointment at 1000 S. Fremont Ave., Bldg. A-1 Suite 1125 Unit 58, Alhambra, CA 91803.

(Advertising Supplement)

JUNO CONNECTION



CHARMAINE TEODORO

HEALTHCARE professionals are in one of the most intensive and demanding occupations available today. Not only do they have long hours and graveyard shifts, they work without even seating down at times, and face life and death situations on a regular basis. When they get home, logging on the net is the least of their priorities, especially if they have a family. It's because they have to do a lot of household chores, deal with personal errands and a host of other matters.

The reality, however, is that the internet can actually be used to enhance your healthcare career. The tools before you, like the World Wide Web, chat, social networking sites, file-sharing utilities, browser-based email programs, and other forms of internet media, when used the right way can be a goldmine of resources in becoming a better nurse, therapist or any other allied health worker.

Decide you will be productive
As cliché as it sounds, if you want to get something out of online activities, you need to decide you'll be productive when you log online. The net can have too many distractions, from YM to IM to Facebook to Twitter and MySpace. For you who don't have much time, it's not a good thing. So when logging in, have a mindset that you're online to accomplish something, not just to chat with friends or loved ones. Just as you are passionate in what you do when you're in one of your facilities, have that inclination to search online about something that will make you a better professional.

Be clear on what you want to know or find

Similar to our first suggestion, as soon as you decide that you will be productive, you need to know what information you want to get. Are you looking for some continuing education classes? Want to learn about industry trends in healthcare staffing? Want to know how to have a better relationship with your agency? Interested in understanding the techniques of a particular procedure? Pinpoint what you want to know and go for it.

As you become specific on what you plan to accomplish for the next 20-30 minutes or for a few

Tips on using the Net to enhance your Healthcare Career

hours when you're on the net, be persistent. Remember, a nugget of knowledge you could learn today could save someone's life tomorrow.

Avoid checking e-mails as a first activity

Although all of us have to do it, checking emails is a very time consuming activity, which you may not even realize. Due to unsolicited e-mails and new features, we sometimes spend more time deleting spam and organizing folders than communicating using our e-mail accounts. This alone can eat up a lot of time and may just defocus you from the very beginning. So unless there's some urgent message or file you're waiting for, it's never advisable to check your e-mail first.

Tim Ferris, author of the book *The Four Hour Workweek*, recommends that you only check e-mail twice a day, once at 12nn and another in the evening. You can send an automated response from your e-mail program telling people that they can reach you through your mobile if it's an emergency.

Visit and use niche-oriented sites

Google, Yahoo, MSN, CNN.com, Facebook and their applications are five of the largest and most visited sites online. But they're not the only ones available for information or research. There are websites dedicated to a specific industry or cause and can provide more in-depth information on whatever topic or item you're finding. Our previous article, "Ten websites every healthcare professional should know" (see it at <http://juno careers.wordpress.com>), will be a good starting point for sites you can visit on the industry.

For your personal interest, the following sites give you plenty of materials for any form of personal or professional research. WebMD (<http://webmd.com>), TechCrunch (<http://www.techcrunch.com>), Digital Photography School (<http://digital-photography-school.com>), Environmental News Network (<http://www.enn.com>) and the different channels on About.com (<http://www.about.com>) gives tons of information on their niches.

Knowing, visiting and using niche-oriented sites make you delve deeper in your topic and veer away from the scratch-the-surface and general materials big websites provide. Remember, the internet is a great sea filled with data and people from diverse re-

sources. But to tap into this great gem of knowledge effectively, you have to know where to find what you want.

Basic online research, when understood and properly applied, will allow you to take advantage of the resources the internet offers. From free information, to special software, forums and discussion boards on various topics—everything with useful research techniques can all be within reach. Also, don't forget to visit websites of hospitals and medical schools as they usually have resources sections and electronic libraries you may be able to access.

Consider online social activities a last priority

Although it's the most enjoyable aspect of logging online, if you aim to be productive at work or at home while on the net, don't prioritize these activities. YouTube and Yahoo! Messenger can cause you to lose hours of productivity.

Social networking is an exciting endeavor and can even be used for professional networking, but can also be a distraction. If you want to make something out of your time online, discipline yourself from logging on a social network account until you have accomplished an important part of your online research agenda, whatever your objective may be.

The internet can be a time waster or a free utility for you to discover and create new things or connect to the right people. If done right and with discipline, you can find yourself using it to your utmost advantage, professionally and personally, that will lead you to become a better pro at work!

Charmaine Teodoro is the Senior Vice President of JUNO Healthcare Staffing, a group of companies that recruits RNs, LPNs, CNAs and allied healthcare professionals and deploys them to healthcare facilities on a full-time, part-time, per diem or travel assignment. It also sponsors foreign-trained RNs for immigration to the US. JUNO's offices in California are located in Los Angeles and San Diego.

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CREATIVE SMILES



DR. NELLY LYN MONTILLA

How a cosmetic dentist can enhance your appearance

your smile?

Color of Your Teeth

Tooth color is most commonly what people see first. As you get older, your teeth get darker. The reasons for this include normal changes that occur within the tooth and repeated insults from environmental conditions (coffee or tea stains, for example). Generally, then, darker teeth are associated with older age. The easiest way to correct this is by teeth bleaching. But this alone may not entirely create a natural-looking appearance.

Size and Shape of Your Teeth

Size and shape also are major factors that define the appear-

ance of teeth. The most common cause of changing tooth size and shape over time is tooth wear; and the most common cause of wear is tooth-to-tooth contact, or grinding. Wear on the edges of the teeth can give the appearance of aging because you do not show as much of your teeth when you smile. Another factor that affects how much of your teeth show when you smile is the loss of skin tone as you age. This loss of tone causes your face to sag, thereby showing less of your upper teeth and more of your lower teeth. The treatment to enable more teeth to show when you smile will depend on

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