To apply for citizenship, legal permanent residents must meet very specific criteria. They must legally reside in the US for at least 5 years, be a minimum of 18 years old, be able to read, write, and speak English, have knowledge of U.S. history and government, and pay a $400 application fee.

On July 1st, Congresswoman Napolitano attended naturalization workshop held at the San Bernardino National Orange Show grounds. The event was presented by various community organizations in cooperation with government agencies, and provided assistance to legal residents with the federal government’s N-400 application for naturalization, gave free passport photos, and delivered completed citizenship packets to the U.S. Citizenship & Immigration Services (USCIS). The Congresswoman joined USCIS representatives in responding to questions and concerns raised by the participants regarding citizenship requirements and procedures.

The Congresswoman commended the sponsors of these events. “The process of applying to become a U.S. Citizen can be confusing,” noted the Congresswoman. “So many in our communities are eligible.

Congresswoman Napolitano has worked with the Congressional Black Caucus and the Congressional Asian Pacific American Caucus to address issues that disproportionally affect minority communities, such as health care and immigration. Recent events highlight work to engage Asian Pacific Islander (API) leaders in the democratic process:

- **Work with the Asian Pacific American Institute for Congressional Studies (APAICS):** The Congresswoman attended the 12th annual APAICS commemoration of May as “API Month” along with many local, state, and federal officials. The event facilitated a discussion of issues such as the Voting Rights Act (VRA), a bill which will renew and improve critical provisions that protect minority Americans from discrimination in exercising the fundamental right to vote.

  - **Fighting For Taiwan’s Membership in the World Health Organization (WHO):** On June 6, the Congresswoman joined several colleagues in co-sponsoring H.Con.Res. 154, a bill introduced by Rep. Dan Burton (R-IN) expressing the sense of Congress that Taiwan should be accorded full and equal membership in the WHO, providing Taiwan with better resources to fight the Avian Flu across Asia.

**Upcoming events...**

**Veterans Workshop**
A one-stop official event with info on jobs, healthcare and the return to civilian life.

**Citizenship Workshop**
An official event containing info from the US Citizenship & Immigration Bureau
Check: [www.house.gov/napolitano](http://www.house.gov/napolitano)
Caring For Our Returning Soldiers

We know that 35 percent of Iraq veterans have sought mental health services, with 19.1% of Iraq veterans and 11.3% of Afghanistan veterans reported a mental health problem upon returning home. Congresswoman Napolitano strongly supports comprehensive assistance for veterans’ healthcare and urged full funding at the Department of Veterans Affairs (VA) for mental health services to veterans and their families.

Some returning men and women find reintegration to be slow and painful. The information below was adapted from a VA guide for family and friends to help Vets with the adjustment to civilian life:

• Give a vet some space. Most won’t want to talk about the violence they witnessed right away.

• Then lend an ear. When the time comes, prepare to listen. The recollections may come out over the course of weeks or months, as your loved one reformulates the memories into meaningful stories.

• Recognize that things are different now. The world has changed. Bring your vet up to date slowly, one issue at a time.

• Understand the vet’s need to spend time with war buddies. Families need to know that the vets’ lifeline to peers often makes the difference between coping and a withdrawal into isolation.

• Expect a period of adjustment. It can take six to eight weeks to get back to something that approaches normal, both physically and mentally.

• Get help. If problems persist for more than three months, professional help may be needed—for the individual or for families.

• Take the Mental Health Self-Assessment. A new online test offered by the Department of Defense can anonymously help vets affected by deployment in every branch of the military and their family members to identify symptoms before problems become urgent. The program is accessible 24/7 at:
  
  http://www.pdhealth.mil/mhsa.asp

For other questions, servicemembers and families can call the free Military OneSource hotline at: (800) 342-9647

API Month Observed in 38th District
(continued from page 1)

• Meet and Greet with Vietnamese Community of Pomona Valley:

Dr. Huu Vo, President of the Vietnamese Community of Pomona Valley, and several organization members met with the Congresswoman (pictured above) on May 30 to review federal issues affecting residents in Pomona, Hacienda Heights, and the City of Industry, along with other surrounding areas. Major issues discussed were immigration, federal grant opportunities, and increasing civic participation in the Vietnamese American community.

• Meeting with Taiwanese Economic and Cultural Office, Los Angeles (TECO-LA): The Congresswoman met with Dr. Wu-Lien Wei, Director General, TECO-LA, on May 30 to discuss international trade and business concerns. She stressed her support for fair trade, as long as it is balanced trade and fully addresses labor and environmental concerns.

Grants Update:

Two facilities for business development were recently awarded federal grants by the Economic Development Administration (EDA) of the Department of Commerce:

• CalPoly Pomona received a $2 million grant for their Innovation Village project.
• Pomona Fairplex received $1.75 million for construction of their Trade and Conference Center.

Still Need More Help with Your Medicare Part D Plan?

• Are you still having problems getting your medications from your new Medicare drug plan?
• Are you being charged more than $3 for your medications even though you are on Medi-Cal?
• Have you tried to switch to another Part D plan and Social Security continues to deduct Part D premiums from your Social Security check?

The U.S. Department of Heath and Human Services operates a toll-free hotline to help you. They provide assistance with Medicare, and can answer questions you may have about your prescription drug benefit.

For answers, call 1-800-MEDICARE

Supporting Our Nurses

Congresswoman Napolitano attended the annual Professional Nursing Conference of the National Association of Hispanic Nurses (NAHN) on June 2, where she spoke to over 80 nurses and nursing students about their work promoting quality care for the Hispanic/Latino community and explained efforts at the federal level to fund related programs.

The Congresswoman, a member of the Congressional Nursing Caucus, recently signed a letter to the Appropriations Committee in support of full funding in 2007 for Nursing Workforce Development Programs, and also co-sponsored H.R. 3569, the Nurses Education, Expansion, and Development Act of 2005, which contributes towards increasing the number of nursing faculty and students.

The Congresswoman also congratulated Angie Millan, President of the Los Angeles Chapter of NAHN, who was sworn in at the event as an appointee for the California Healthcare and Workforce Policy Commission.

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Montebello Resident Graduates West Point

On Saturday, May 27, Congresswoman Grace Napolitano joined Cadet Lieutenant Brandon Archuleta, and his family from Montebello, in upstate New York to witness his graduation from the United States Military Academy at West Point as President of his class. He was originally nominated by Congresswoman Napolitano to attend West Point Academy.

Brandon received his Bachelor of Sciences degree in American History and a commission as a Second Lieutenant serving as a Field Artillery Officer in the United States Army.

Brandon was elected as President for the Class of 2006 during his freshman year and re-elected to a life-term representing his peers of 1200 in ‘06. He has received the National Defense Service Medal and the Air Assault badge, while his leadership has been profiled by both MSNBC and the New York Times.

Students interested in attending any of the U.S. military academies should contact our District office the first semester of their Freshman year in high school to begin preparation, and should request an Academy Nomination Application Form no later than the second semester of their junior year. A Military Academy Day event is held yearly during the fall semester where students and their parents are invited to attend an information session to learn more about the various military academies by speaking personally with academy representatives.

For more information, please contact Ben Cardenas in our District office at (562) 801-2134.

Visit to North Park Middle School

On May 31, 2006, Sgt. Carlos Lopez invited the Congresswoman (pictured below) to his civics class to discuss her career in the House of Representatives and explain the duties of a Member of Congress.

After a brief overview of her career as a Norwalk City Councilwoman, California State Assemblywoman, and to her current position as representative for the 38th District, the students asked very insightful and thought provoking questions about the war in Iraq, the DREAM act, immigration reform, and many other important current topics.

Sgt. Lopez has since completed his teaching assignment and was recently hired by the Congresswoman to join her District Office staff as a Veterans Liaison.

2006 Congressional Student Art Contest

Members of the U.S. House of Representatives pay tribute to talent-rich high school students through a yearly Congressional Art Contest. The First Place winner’s artwork hangs alongside over 400 First Place winners from throughout the U.S. along the Capitol Tunnel corridor.

Cesar Salas, an El Rancho High School junior in Pico Rivera, was the Judges’ Choice for First Place. His untitled work, a pencil on canvas design which includes a car with his last name on the license plate, won him a Congressional Certificate of Recognition, a $100 cash award, and the opportunity to join over 400 other student artists at the opening of the national exhibition at the U.S. Capitol. The opening was also attended by Members of Congress and representatives from the arts community including actor Joe Pantoliano and artist Vincent Desiderio.

The winning art can be viewed online at: www.house.gov/napolitano/photos/

Becoming a Citizen (continued from page 1)

for citizenship, but simply lack the resources and need assistance to complete the process.”

The Congresswoman strongly supports legislation to assist students in achieving citizenship through the DREAM Act. The bill by Rep. Lincoln Diaz-Ballart (R-FL) allows states to determine residency requirements for higher education and provides a path to citizenship for students who came to the U.S. as children and have been long-term residents.

For more information on immigration, please contact Brenda McPheeters in our District Office at (562) 801-2134.
FEDERAL RESOURCES
Citizenship / Immigration  800-375-5283
Emergency Management  800-621-3362
FBI  310-477-6565
Federal Immunization Info  800-232-4636
Federal Information Center  800-688-9889
IRS (Federal Tax Issues)  800-829-1040
National Park Service  202-208-6843
Small Business (SBA)  818-552-3215
US Post Office  800-275-8777

VETERANS RESOURCES
Veterans' Benefits  800-827-1000
Veterans' Hospital (Loma Linda)  909-825-7084

CALIFORNIA STATE RESOURCES
Attorney General  916-322-3360
Public Inquiry Unit  916-419-7500
Board of Equalization  800-400-7115
Consumer Affairs  800-952-5210
Economic Development  916-448-8252
Education (State Board)  916-319-0800
Emergency Services  916-845-8510
Governor’s Office  916-445-2841
Highway Patrol  562-868-0503
Housing Finance Agency  916-322-3991
Insurance Issues Hotline  800-927-4357
Managed Care  888-466-2219
National Guard  916-854-3304
Occupational Safety & Health  800-963-9424
Public Utilities Commission  415-703-2782
Recycling  800-RECYCLE
Rehabilitation  916-263-7367
Social Services  916-445-6951
State Gov. Directory  916-657-9900
Water Resources  916-653-5791
Workers Compensation  510-286-7100

Los Angeles County Resources
Animal Care and Control  562-940-8899
Board of Supervisors  213-974-1401
Child Abuse Hotline  800-540-4000
Child Support Services  323-889-3340
Consumer Affairs  213-974-9750
Domestic Violence Hotline  800-978-3600
Elder Abuse  213-580-3383
Elder Protective Service  213-351-5401
Elder Abuse Center  877-477-3646
Fairplex (County Fair)  909-623-3111
Fire Dept. Haz Mat Div.  562-790-1810
Health Services Information  800-427-8700
Mental Health Hotline  800-854-7771
Mosquito Abatement / Vector Control District  562-944-9656
MTA Transit Information  800-266-6883
Public Library  562-940-8400
Public Works  626-458-4000
Sanitation  562-699-7411
Senior Services  213-738-2617
Sheriff  323-526-5000

City & Community Resources
City of Industry
City Hall  626-333-2211
Sheriff Station  626-330-3322
Fire Department  626-336-6950

East Los Angeles
Sheriff Department  323-264-4151
Fire Department  323-264-0155

Hacienda Heights
Sheriff Station  626-330-3322
Fire Department  626-336-6950
Library  626-968-9356

La Puente
City Hall  626-855-1500
Sheriff Station  626-330-3322
Fire Station  626-336-6950
Library  626-968-4613

Montebello
City Hall  323-887-1200
Police Services  323-887-1288
Fire Station  323-887-4510
Library  323-722-6551

Norwalk
City Hall  562-929-5700
Public Safety  562-929-5732
Sheriff Station  562-863-8711
Library  562-868-0775
LA County Fire  562-860-8014
Graffiti Hotline  562-929-5555

Pico Rivera
City Hall  562-942-2000
Sheriff Station  562-949-2421
Fire Station  626-336-6950
Library  562-942-7394

Pomona
City Hall  909-620-2051
Fire Department  909-629-9671
Graffiti Hotline  909-620-2265
Library  909-620-3713
Police Department  909-620-2156

Santa Fe Springs
City Hall  562-868-0511
Police Services  562-409-1850
Fire Station  562-944-9713
Library  562-868-7738

SCHOOL DISTRICTS & UNIVERSITIES
Pomona USD  909-397-4800
Norwalk / La Mirada USD  562-868-0431
El Rancho USD  323-942-1500
Montebello USD  323-887-7900
Santa Fe Springs USD  562-868-8241
Hacienda / La Puente USD  626-933-1000
Rowland USD  626-965-2541

Cal Poly Pomona Univ.  909-869-7659
Cerritos College  562-860-2451
Rio Hondo College  562-692-0921
Western Univ. of Health  909-623-6116