General Election
Tuesday, November 3

Make Your Voice Heard!
Cast Your Vote
General Election
Tuesday, November 3

VOTE

San Bernardino • Colton • Rialto • Bloomington • Redlands • Fontana • Rancho Cucamonga • Ontario • Victor Valley • Riverside • Casa Blanca • Corona

The Inland Empire's Only Hispanic Minority Owned English Language Newspaper

Angie Salas-Dark, Candidate for Ontario City Council

Angie Salas-Dark is a candidate for the Ontario City Council for the forthcoming elections to be held on November 3. Salas-Dark has been a resident of Ontario for 45 years, and a previous employee of the City of Ontario for 20 years with the Community Development Department, specializing in housing rehabilitation. She is currently a housing coordinator for the City of Rialto.

Salas-Dark is actively involved in numerous community groups: Ontario Historical Society (president), South Ontario Kiwanis Club (past member and president), Ontario Noon Kiwanis, Downtown Revitalization Partnership. Past memberships include the Boy Scouts, Salvation Army, Ontario Fire Department Auxiliary, National Women in Construction, amongst many other local and state organizations. Her priorities include the neighborhood restoration through housing programs, street improvements, first-time buyer programs, downtown revitalization, neighborhood safety, and crime prevention and expansion of community policing to cover neighborhood beats.

"My commitment is to put forth the time, effort, leadership, knowledge, and experience and implement common sense solutions," Salas-Dark said. Her motto is "Reaching Out and Moving Forward."

Rudy Favila is Candidate for Ontario Mayor

Rudy Favila, former Ontario City Councilman from 1992 to 1996, is a candidate for the office of mayor in the forthcoming November 3 general elections. Favila is a health/safety officer for the California Youth Authority and Director of the Herman G. Stark Youth Correctional Facility Safety Programs.

During his tenure as former Mayor Pro Tem, Favila was co-chair of the Finance Committee, implemented 1,000 neighborhood watch programs, law enforcement bike patrols and substations, teen learning centers and women and children shelter.

He led the effort to bring projects such as the $200 million Ontario Mills Mall, $65 million Convention Center and the expansion of the $250 million Airport Terminals.

His campaign goals are to build city libraries for all ages, more tournament parks, neighborhood safety, revitalization of downtown Euclid Avenue, and re-control operating rights Ontario airport.

Favila is a member of: American Correctional Association, Mexican American Correctional Association, NALEO, South Kiwanis Club, AZLAN Community Services, Health System Agency and previous member of the Mental Health Board.

Favila and his wife, Claudia, are the parents of Collen and Cristel.

Jesus E. Munoz, Sr., Candidate for San Bernardino Valley Municipal Water District, Division 5

Jesus E. Munoz, Sr. 19 year resident of Yucaipa, is a candidate for the San Bernardino Valley Municipal Water District, Division 5. Actively involved in many activities in the Inland Empire, Munoz is a member of the Yucaipa Chamber of Commerce, Yucaipa Mobilehome Rent Review and past member of the Yucaipa Valley Water District.

Munoz has 42 years experience in underground systems and a licensed contractor on potable water, reclaimed water, sanitation and storm drain systems.

Grace Vargas, Candidate for the Rialto City Council

Grace Vargas, Realtor and owner of Home Life Prime Realty in Rialto, is a candidate for the Rialto City Council. Vargas started as a clerk in the City Clerk Office in 1977, later promoted to licensing inspector in the Treasurer's Office, resigning in 1991. She later started her own real estate business which in 1996 was one of the top 100 women-owned businesses in the Inland Empire.

Vargas is a member of: Alcohol Advisory Board, Rialto Chamber of Commerce, Miss Rialto Pageant, Cancer Society, MAPA, Getaway Cafe Youth Program and Housing Strategy Advisory Task Force, among other activities.

Vargas has been awarded Rialto's Citizen of the Year, Rialto Chamber of Commerce Business Person for 1996, Rialto Police Department Certificate of Appreciation for her fight against drugs and several other awards.

Vargas has seven children, all high school graduates, and either attending college or employed.
Independent Poll Charts Gains for Indians

October 23, 1998 - In the latest statewide survey, more than 59 percent of California voters said they would vote YES on Proposition 5, marking the highest levels of public support to date for the ballot measure which would protect Indian gaming on tribal lands.

The survey, by the Election Connection, an independent public opinion poll by some of the state's leading TV and radio stations and newsspapers, reflects a steady climb in voter approval for the Indian Self Reliance initiative, which has shown solid support among California voters since qualifying for the November ballot.

The 44,000 member Police Officers Research Association of California (PORAC), San Francisco district attorney Terrance Hallman and California Police Chiefs Association former president Leslie Saurisseau as well as Service Employees' International Union (SEIU) local #790 also joined the growing list of organizations in support of the Indian gaming initiative.

By contract, opposition to the measure has dropped to its lowest mark - 17 percent - since polling began on 1998 ballot issues.

Findings indicate opposition to the measure plummeted 12 points against the Election Connection's previous poll in September.

"79 percent of the voters surveyed said 'their minds were made up' on this issue," said Californians For Indian Self-Reliance/YES On 5 campaign chairman Ken Ramirez. "Weeks of multimillion-dollar-spending on negative, anti-Indian advertising has not made a dent with California voters." The overwhelming support for Prop 5 continues in the face of a staggering expense scare campaign being waged by Nevada casinos that fear competition from limited, well regulated Indian gaming. It is genuinely gratifying to know what California voters aren't going to let the Nevada casinos' deal away the truth."

"We support Proposition 5 because Indian gaming is one of the most heavily regulated forms of gaming in this state, with oversight by the FBI, the National Indian Gaming Commission, the Department of Justice, the IRS and the Department of the Interior as well as the security and surveillance measures instituted by tribal gaming management," said PORAC president Steve Craig who heads the largest police association in California.

Law enforcement organizations and individuals supporting Proposition 5 include the San Bernardino Police Officers' Association, Riverside Police Officers' Association, San Bernardino County Safety Employee's Association, the Correctional Peace Officers Association; former Department of Justice Organized Crime & Racketeering special agent Felix Rocha, and retired National Indian Gaming Commission senior field investigator Carl Olson.

Other unions supporting Prop 5 include Construction and General Laborers' Union Locals #220, 291, 389, 591; Communication Workers of America (CWA); Contra Costa Building and construction trade council; Hod Carriers and Laborers' #783; Laborers' International Union Of North American locals #73, 261, 294; and Laborers' Union locals, #139, 185, 507, 550, 652, 802, 882.

Law enforcement, labor, community, education, ethnic and business leaders totaling more than 235,000 have signed on as supporters of Prop 5 making it one of the largest citizen's organizations in California.

Proposition 5, on the November 3rd ballot, allows California Indian tribes to continue the types of gaming currently found on reservations. The measure provides for revenue sharing with non-gaming tribes for economic development, community services and cultural preservation and with communities statewide for emergency services. The measure also provides for new state regulatory authority beyond existing restrictions imposed by numerous federal agencies.

Gang/Narcotics Hotline

The San Bernardino Police Department's "A" Team has created a Gang/narcotics Telephone Hotline. The number is (909) 384-5719.

Citizens are encouraged to call this telephone number 24 hours a day to leave confidential information on gang and narcotics related activity. This telephone number has been set up so that it can accept calls in both English and Spanish.

Sinfonia Mexicana Society

The Sinfonia Mexicana Society wants to offer you an opportunity to purchase tickets to our December 11, 1998 Merri- achi Christmas program at a substan- tial discount.

The concert features Mariachi Sol de Mexico de Jose Hernandez and Stu- dent Mariachi of the Inland Empire in a unique Mexican Music Christmas program especially developed for the presentation at San Bernardino's Cali- fornia Theater.

By purchasing tickets in blocks of 10 or more you can save 25% on se- lected $25 seats. Perhaps they would make nice presents to customers and/ or employees of your organization. In addition, participating businesses will be listed in our concert program book.

Please apply and send your check to the Sinfonia Mexicana Society, 364 West Street, San Bernardino, CA be- tween 8 a.m. and 4 p.m. or call at (909) 381-5388 for further information.

To purchase tickets, visit the San Bernardino Sinfonia Office, 362 W. Court Street, San Bernardino, CA be- tween 8 a.m. and 4 p.m. or call at (909) 381-5388.

Commentary

Wednesday, October 28, 1998

I have known Dr. Herb Fischer profes- sionally and socially for over twenty-five years. During this time, I have found Herb to be an experi- enced leader who has dedicated his professional career to providing a sound educational environment for all students. His commitment to stu- dent success, including college and work preparation, is evidenced by Colton District's increase in their college going rates and a decrease in the drop out rate. As a retired sec- ondary teacher with thirty two years teaching experience, a professional tax preparer and currently a teacher at Crafton Hills College, I believe the development of tomorrow's work force is vital to our future. Herb Fischer possesses the experience, knowledge, and dedication necessary to lead the San Bernardino County School District. Please join me in voting for Dr. Herb Fischer, Office of the San Bernardino County Superintendent of Schools on November 3.

Sincerely,

(signed)

Virginia Cereceres
RetiredTeacher

VOTE TUESDAY, NOVEMBER 3

Latino Leaders Support John Longville for Assembly

Hon. Antonio Villaraigosa
Speaker of the California State Assembly
Hon. Cruz Bustamante
former Speaker of the California State Assembly
Hon. Ruben Ayala, California State Senator
Hon. Joe Baca, California State Assemblymember
Hon. Judith Valles, Mayor of San Bernardino
Hon. Karl Gaytan, Mayor of Colton
Hon. Manuel Mancha, Fontana Mayor pro Tempore
Hon. Esther Estrada, San Bernardino Councilmember
Hon. Rachel Clark, San Bernardino City Clerk
Hon. Dr. Elsa Valdez, San Bernardino School Board Member
Hon. Laura Abernathy Mancha, Fontana School Board Member
Dr. Luis Gomez, President, Crafton Hills Community College
Dr. Tom Rivera, Assoc. Dean
California State University at San Bernardino
Dr. Ernest Garcia, Dean Emeritus
California State University at San Bernardino
Frank Guzman, attorney
and thousands of your friends and neighbors!

Don't be fooled by the Hispanic name of Pete Wilson's hand-picked Republican!
WE SUPPORT JOE BACA FOR STATE SENATE

California Association of Highway Patrolmen
California Correctional Peace Officers Association
California Federation of Teachers
California Nurses Association
California School Employees Association

California Teachers Association
San Bernardino Community College Teachers Association
San Bernardino County Police Officers Association

Senator Ruben Ayala

California Coalition of Law Enforcement Associations
California Faculty Association
California Labor Federation, AFL-CIO
California Organization of Police and Sheriffs
California State Firefighters’ Association
Faculty Association of California Community Colleges

Paid for by Baca for Senate, 707 W. 2nd Street, Ste. G, San Bernardino, CA 92410, (909)386-7884, ID#972071

Wednesday, October 28, 1998

Join us in voting for Assemblyman Joe Baca for State Senate, Tuesday November 3rd, Vote Democratic!
### Voter Recommendations

Inland Empire Hispanic News

**Wednesday, October 28, 1998**

#### State Proposition Recommendations

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**VOTE TUESDAY NOVEMBER 3**

#### Endorsed By:

- All 5 County Supervisors
- Sheriff Larry Smith
- Sheriff’s Association
- Teachers’ Associations
- Classified Associations
- Dr. Damon Castillo
- Ofelia Valdez-Yeager
- Pete Esculvel
- Monica DelgadilloFlores
- Javier Rosales
- Marion M. Ruiz
- Jesse Valenzuela
- The Press-Enterprise
- The Desert Sun
- The Black Voice
- I. E. Hispanic News

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### Don't Experiment with Our Children's Education

**Vote for Experience**

**Dr. Herb Fischer**

**For County Schools Superintendent**

**A Proven Educational Leader**

Who Puts Children First

**Strong Bipartisan Endorsements:**

- Congressmen Brown and Lewis
- State Senators Ayala, Brulte and Knight
- Assemblymen Agular, Granlund, Leonard and Olberg
- Sheriff Penrod; District Attorney Stout; all members of the San Bernardino County Board of Supervisors and Board of Education
- Central Labor Council AFL-CIO; California Teachers’ Association; County and District Teacher Associations; California School Employees Associations #244 and #633; San Bernardino County Police Chiefs and Sheriffs Association; S.B. County Safety Employees’ Association; S. B. County Firefighters Association; and all San Bernardino County school district superintendents.

Paid for and authorized by Committee to Elect Dr. Herbert R. Fischer ID# 972006

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### Vote Dave Long

For

Riverside County
Superintendent of Schools

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Local Endorsements

- **School Board Members**
  - Colton
    - Ray Abril, Jr.
    - Donald R. Alvarez
    - Frank A. Ibarra
    - Marge Mendoza
    - Kawika Smith
  - Rialto
    - Wilmer D. Carter
    - Chuck Skagg
    - Don Olinger
    - Dennis Mobley
  - San Bernardino
    - Marlin L. Brown
    - James Marinis
    - Tony Dupre
    - Lynda K. Savage
    - Louis E. Yeager
- **City Council Members**
  - Colton
    - Deidre Bennett
    - Kelly Chastain
    - Betty Cook
    - John Hutton
    - Donald Sanders
  - Rialto
    - Ray Farmer
    - Joe Sampson
    - Ed Scott
    - Midge Zupanic-Skaggs
  - San Bernardino
    - Betty Anderson
    - Jerry Devlin
    - Esther Estrada
    - Norine Miller
    - Frank Schnetz

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**Endorsed By:**

- All 5 County Supervisors
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- Sheriff’s Association
- Teachers’ Associations
- Classified Associations
- Dr. Damon Castillo
- Ofelia Valdez-Yeager
- Pete Esculvel
- Monica DelgadilloFlores
- Javier Rosales
- Marion M. Ruiz
- Jesse Valenzuela
- The Press-Enterprise
- The Desert Sun
- The Black Voice
- I. E. Hispanic News
Wednesday, October 28, 1998

Election '98
Inland Empire Hispanic News

NELL SOTO
Liderazgo que tiene sentido común

"NELL SOTO es una oficial electa e independiente, al servicio de sus conciudadanos. Nell es una fuerte y patriótica Americana y va ser una gran asambleísta. Yo fuertemente apoyo su candidatura."

Ruben S. Ayala
Senador Estatal

APROYAMOS A NELL SOTO
PARA LA ASAMBLEA ESTATAL

MAESTROS
California School Employees Association
California Federation of Teachers
California Teacher's Association
Association of California School Administrators
NEGOCIANTES
Small Business Coalition of Southern California
California Federation of Business and Professional Women
Asociaciones Pro-Seguridad Publica
Peace Officers Research Association of California (PORAC)
California Organization of Police and Sheriffs (COPS)
Los Angeles County Professional Peace Officers Association
Association of Los Angeles Deputy Sheriffs (ALADS)
San Bernardino County Deputy Sheriffs Association
L.A. County Probation Officers Union
Pomona Police Officer's Association
San Bernardino County Safety Employee's Association
Asociaciones de Bomberos
California Professional Firefighters Association

LOS ANGELES COUNTY FIREFIGHTERS UNION (representing Pomona Firefighters)
Montclair Firefighters Association
Ontario Firefighters Association
Sindicatos Laborales
Central Labor Council, AFL-CIO of San Bernardino and Riverside Counties
San Bernardino and Riverside Counties Committee on Political Education (COPE)
California Federation of Labor, AFL-CIO L.A. County (COPE)
Steamfitters & Refrigeration Local 250 Political Action Committee
United Automobile, Aerospace, Agricultural Implements of America
United Food & Commercial Workers Union, UFCW Local 1167, AFL-CIO-CLC
UFCW, Region 8 States Council, AFL-CIO-CLC
Hob Carriers, Construction, Production, and Maintenance Laborers, Local 783, AFL-CIO

NELL SOTO
para la Asamblea Estatal

Recuerde Votar el Martes 3 de Noviembre.
Si quiere ayudar a Nell, hable al (909) 986-1251.
Gil Navarro, Candidate for San Bernardino Valley Municipal Water District, Division 3

Gil Navarro, an education consultant, is a candidate for the San Bernardino Valley Municipal Water District, Division 3 in the elections on November 3. As an advocate for education, specifically in the areas of disciplinary procedures and discriminatory practices in the public school systems, Navarro, who is knowledgeable with the state education code, has represented parents and students before expulsion boards.

Navarro became a single parent of three sons, Damon, Derrick and Joe, when his wife died of cancer. He became interested in the education of his sons, and involved in the procedural process when his son was issued a severe punishment from the school. Navarro is a member of the California Parents Association (paid advocate), Mexican American Political Association and its San Bernardino Chapter educational director, Mount Vernon Avenue Pride Association (president), Jurupa Community Pride Association and the Kiwanis Club of Greater San Bernardino.

His areas of concern regarding challenges in water resources management are: water quality management in the Santa Ana River; reclaimed water; baseline feeder water transmission system; exchange plan; water storage and recreation; Seven Oaks Dam; education and conservation and high water table.

VOTE TUESDAY, NOVEMBER 3

Art Ramos
Colton City Council, District 4
"The Voice of the Community"
Punch #164 on your ballot

G. Don Small III
Fontana City Council
• Truthful • Honest • Ethical
You can help elect and support.
Send contributions to: 8621 Juniper, Ste. 207, Fontana, CA 92335
Jim Harley, Treasurer, (909) 355-0377, ID #E980374

Latino Leaders Support John Longville for Assembly

Hon. Antonio Villaraigosa
Speaker of the California State Assembly
Hon. Cruz Bustamante
former Speaker of the California State Assembly
Hon. Ruben Ayala, California State Senator
Hon. Joe Baca, California State Assemblymember
Hon. Judith Valles, Mayor of San Bernardino
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Hon. Manuel Mancha, Fontana Mayor pro tempore
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California State University at San Bernardino
Dr. Ernest Garcia, Dean Emeritus
California State University at San Bernardino
Frank Guzman, attorney
(and former primary election opponent of John Longville)
El Chicano
Latino Impact
and thousands of your friends and neighbors!

Don't be fooled by the Hispanic name of Pete Wilson's hand-picked Republican!

ad paid for by Longville for Assembly, ID # 911535
Proposition 9 would be a big step BACKWARDS for California...

All we’d have to look forward to is higher electric rates and higher taxes.

It’s rare that a ballot measure comes along that creates so much opposition from so many different people and groups.

But Proposition 9 would be such a big step backwards in so many ways it’s not surprising it has drawn so many opponents.

Some are concerned about the negative impact of Proposition 9 on electric rates. Others are concerned about the huge taxpayer costs resulting from Proposition 9. And still others worry about the fact that Proposition 9 threatens funding for environmentally friendly energy sources.

The bottom line is, Proposition 9 is a backwards step in many, many ways. Between now and the election, look into the facts. When you do, we think you’ll join us in voting No on 9.

Partial list of 2,000 Individuals and Groups Urging NO on 9

David Horowitz
Consumer Activist
Host, TV Show Fight Back
California State Chamber of Commerce
California Labor Federation, AFL-CIO
California Farm Bureau Federation
California Taxpayers’ Association
Planning and Conservation League
Environmental Defense Fund
League of California Cities
California Manufacturers Association
California State Association of Counties
California State Sheriffs’ Association
Independent Cities Association
Regional Council of Rural Counties
California Retailers Association
California School Boards Association
California Professional Firefighters’ Association
California State Firefighters’ Association
Gray Davis
Democratic Candidate for Governor
Dave Stirling
Republican Candidate for Attorney General
Phil Angelides
Democratic Candidate for State Treasurer
Independent Energy Producers Association
California Democratic Party
California Republican Assembly
American GI Forum, Department of California
Black Business Association
Asian Business Association
Consumers First
Consumers Coalition of California
Golden Age of Los Angeles
California School Employees Association
California Organization of Police & Sheriffs
Peace Officers Research Association of California
Dan Lungren
Republican Candidate for Governor
Bill Lockyer
Democratic Candidate for Attorney General
Curt Pringle
Republican Candidate for State Treasurer
Hispanic Business & Trade Association
Mexican American Opportunity Foundation
Korean Youth & Community Center
The National Center for American Indian Enterprise Development
Natural Resources Defense Council
California Council for Environmental and Economic Balance
California Municipal Utilities Association
California Small Business Association
California Teachers Association

Vote NO on 9

Visit our website: www.NOon9.org

Paid for by No on 9 Coalition. Californians Against Higher Taxes & Higher Electric Rates. Supported by taxpayers, consumers, business organizations, labor, utilities, educators and public safety groups.
We Support Eunice Ulloa for State Senate

Congressman Jerry Lewis
Senator Jim Brulte
Assemblyman Bill Leonard
Assemblywoman Fred Aguiar
California Peace Officers Association
San Bernardino County District Attorney Dennis Stout
San Bernardino County Supervisor Joe Mikeles
San Bernardino County Supervisor Kathy Davis
San Bernardino County Supervisor Dennis Hamberger
San Bernardino County Board of Education Member David Stine
Women Prescientes of California
Chino Police Management Association
Chino Police Officers Association
Ontario Police Officers Association
Fullerton Police Officers Association
Chino Hills City Councilman Dennis Yates
Chino Hills City Councilman James Thalmann
Chino Hills City Councilman Michael Wickman
Rancho Cucamonga City Councilman Czech Bensatti
Rancho Cucamonga City Councilman Betty Cook

CAST YOUR VOTE OF SUPPORT FOR EUNICE ULLOA
TUESDAY, NOVEMBER 3

Democrats for Ulloa

San Bernardino
Letha Bryant
Howard Chau
Rene Cianeros
Rhonda Cunningham
Patricia Davis
Jose Fonseca
Steven Fradue
Marcus Herrera
Javier Iribe
Dalia Jimenez
Alma Kindred
Herbert Laik
Theresia Laik
Elvira Martinez
Raymond Merchant
Noelia Ramirez
Laura Rivas
Dawn Rotolone
Elton Thompson
Omar Ulloa
Ignacio Valencia
Rosa Walker

Cast your vote Nov 3

Los Amigos

George Brown

San Bernardino Mayor Judith Valles
Congresswoman Loretta Sanchez
Endorse
Congressman George Brown.

Ray Abril, Jr.
Marie Alonzo
Don & Maureen Alvarez
Jaime & Eunice Alvarez
Frances Armetta
Joe & Barbara Baca
Elizabeth Barrett
Anne Benjamin
Hardy Brown
Stuart Bundy
Maurice Calderon
Lois Carson
Wilmer Carter
Jules & Betty Carvalho
Jerry & Mary Casillas
Rachel and Ken Clark
Joe Contial
Henry Duro
Jerry & Jena Eaves
David Eshelman
Diane Ezezli
Esther Estrada
Kenneth Facer
Louis Fernandez
Irina Flores
Marileena Garcia

Steve Garcia
Fiorentino Garza
"Chico" Garza
Graclano & Trini Gomez
Luis Gomez
Kathy Gonzales
Nick Gonzalez
Lupe Gutierrez
Jimmy Gutierrez
Ray Gonzales
Gloria Macias Harrison
Andy Hernandez
Manuel Hernandez
Ralph Hernandez
Rebecca Hoggarth
Jerry Horne
Lonino ImPAC
Latino Peace Officers
Carlos Juarez
Bill Lemann
John Longville
Veronica Martinez
Esther Mata
Norine Miller
Tomas & Rose Moody

Marcos & Carmen
Montalvan
Elisa Montes
Cecilia Alatorre
Soledad Morihen
Robert Nava
Ray Nieves
Ray & Pat Quinto
Beverly Powell
Eloise & Frank Reyes
Frank Rincon
Concha Rivera
Joe Rodriguez
David Romero
Javier Rosales
Teri Rubi
Richard Sandoval
Larry Sharp
Aurora Sotano
Manuela Sosa
Mark Takano
Martin Valez
Judith Valles
Michael Valles
Lou Yegar
Jerry Young

Paid for and authorized by the Friends of George Brown, M.S. Tomlinson, Treasurer
Diabetes - What Can We Do About It?

November is National Diabetes Month. Diabetes is a major medical, personal, and public health problem in Riverside and San Bernardino Counties and across the country. Diabetes occurs when the body does not make enough insulin or when the cells cannot make use of the available insulin. Insulin is a hormone that allows the body to use the sugar that we eat.

There are different types of diabetes. Type I, or insulin-dependent diabetes mellitus (IDDM), results from the inability to make insulin. Living with this condition requires adjustment in diet and exercise, regular insulin injections and self-testing. Non-insulin dependent diabetes mellitus (NIDDM) or Type II, may be a completely different type of disease. It usually starts later in life and is often associated with obesity. Individuals with this condition can lead long lives without complications if they control the diabetes through weight management, healthy eating, physical activity, and by following treatment plans (Kaplan, 1993).

According to the California Diabetes Control Program (CDCP), each year there are about 3000 Californians who die of diabetes. In addition, those who felt that the feeling of helplessness was associated with poor control of diabetes. The results concluded that helplessness was associated with poor control of diabetes. In addition, those who felt that the outcomes of their condition were unrelated to their own behavior were also significantly more depressed (Kaplan, 1993).

How can Type II diabetes be controlled or prevented? Evidence suggests that Type II diabetic patients benefit significantly from healthy eating and exercise. Individuals who are physically active and maintain an ideal body weight can prevent or delay the onset of diabetes. The risk for developing diabetes doubles for every 20 percent that the body exceeds its normal weight. In the Southwest United States, the Pima Indians have the highest rate of diabetes for any known population. In the Pima Indians as with other groups, the rate of diabetes appears to occur simultaneously with obesity (Kaplan, 1993). Last week experts at the American Dietetic Association's annual meeting in Kansas City stated that "Obesity is the No.1 malnutrition problem in the United States. As obesity continues to rise, the average man now weighs 25 pounds more than men of his great grandfather's generation" (San Bernardino County SUN, 10/23/98).

Eating foods that are high in complex carbohydrate and fiber reduces blood sugar levels and increases control of Type II diabetes. The California Nutrition Network recommends that we eat fiber-rich foods such as fruit, vegetables, and whole grains, such as whole wheat bread and brown rice. These foods are naturally low in fat. Reducing the amount of fat in the diet helps maintain a healthy weight. The key to healthy eating in controlling or preventing diabetes is balance and moderation. If you or a person you know has diabetes, consult your physician and a registered dietitian for individual expert advice. Exercise is a key ingredient to stay healthy and preventing or controlling diabetes. Continuing diet and exercise produces more and longer lasting weight loss than either approach alone. With physical activity, the blood glucose drops and the effectiveness of the insulin is increased. People with diabetes should schedule their exercise to control the effect exercise has on blood sugar levels.

Learning what we can do about preventing and controlling diabetes is important to people with or without diabetes. To reduce the rates of diabetes in our community, we have to adopt a team approach including all sectors and individuals in our community. Health professional should include the diabetics patient in the decision making process related to their treatment. Spouses and family members can provide valuable support. Organization can maintain and advocate for environments that provide healthy eating and physical activity options.

In recognition of November as National Diabetes Month, the Inland Empire Hispanic Nurses Association is sponsoring a conference on Hispanic Health: Focus on Diabetes at the San Bernardino Hilton Hotel on November 7, 1998 from 8 am to 4 pm. For more information on the conference, please contact (909) 925-0593 or (909) 688-2975. For more information on healthy eating and physical activity, please contact Eddy Jara at (909) 387-6320. The article, Diabetes - What Can We Do About It, was collaborated with Eddy Jara, MPH, R.D., California Nutrition Network Representative.
San Bernardino - Three local ethnic community groups were recognized by County Superintendent Barry Pulliam Wednesday for their contributions to the children of San Bernardino county and to the communities in which they live.

The African American Advisory Committee, Hispanic Advisory Committee, and Latino Internet Committee received Pulliam's appreciation for their advisory roles which, among other things, helped to promote minority teacher recruitment countywide, and initiate free California Basic Educational Skills Test (CBEST) preparation workshops to all prospective teachers.

The groups also provided input on a wide variety of topics including welfare reform, charter schools, and after school programs. In addition, the Latino Internet Committee hosted technology seminars in the East Valley and West End as an outreach to introduce the Latino community on the benefits of the Internet. This committee was also instrumental in developing a website for the Inland Empire Hispanic Chamber of Commerce as an outreach to the Hispanic business community.

County Board of Education members as well as assistant superintendents for the San Bernardino County Superintendent of Schools were present for the honors bestowed on these groups.

Members of the Hispanic Advisory Committee and Latino Internet Committee stand with County Superintendent Barry Pulliam following the presentation of certificates of appreciation from Pulliam.

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Hon. Karl Gaytan, Mayor of Colton
Hon. Manuel Mancha, Fontana Mayor pro Tempore
Hon. Esther Estrada, San Bernardino Councilmember
Hon. Rachel Clark, San Bernardino City Clerk
Hon. Dr. Elsa Valdez, San Bernardino School Board Member
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Dr. Luis Gomez, President, Crafton Hills Community College
Dr. Tom Rivera, Assoc. Dean
California State University at San Bernardino
Dr. Ernest Garcia, Dean Emeritus
California State University at San Bernardino
Frank Guzman, attorney
(and former primary election opponent of John Longville)

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The Healthy Families Program

Beginning July 1, 1998, California’s new Healthy Families program will join forces with Medi-Cal for Children to provide low-cost and no-cost comprehensive health care coverage to the state’s most vulnerable population—low-income, uninsured children under 19 years of age. This effort is funded in part by a federal allocation of state grants known as the Children’s Health Insurance Program. The Healthy Families Program is administered by the Managed Risk Medical Insurance Board, while Medi-Cal for Children and the education and outreach campaign are administered by the California Department of Health Services.

Parents may enroll their children in either the Healthy Families program or Medi-Cal for Children, depending upon which they are eligible for, by filling out the same mail-in application that is available in 10 languages.

California’s Low-Cost Plan to Protect Its Children

Healthy Families is California’s new health care coverage program for low-income, uninsured children. The program offers medical, dental and vision coverage, for a small premium, to low-income, uninsured children under 19 and whose families earn too much to qualify for no-cost Medi-Cal but do not earn enough to afford private health coverage.

Healthy Families, administered by the Managed Risk Medical Insurance Board (MRMIB), will subsidize commercial health insurance coverage through a purchasing pool for an estimated 500,000 children who currently do not have insurance.

Healthy Families is contracting with 26 health plans, four dental plans and 10 vision plans statewide. Eligible families may choose plan combinations available in their counties.

Healthy Families is California’s biggest health care expansion in more than 30 years.

Application Process

Families may apply for the Healthy Families program by using a mail-in application. Applications and other program materials will be made available in up to ten languages.

A toll-free number (1-888-747-1222) will provide easy access to trained staff who will be able to help families complete their application.

Applications may be obtained by phoning the toll-free number or picking one up at a participating community-based program.

Eligibility

Children may be eligible if

• They are between the ages of one up to 19;
• They are California residents and U.S. citizens or eligible qualified aliens;
• Their family income is between 100 and 200 percent of the federal poverty level ($16,450 to $32,900 for a family of four);
• They are not eligible for no-cost, full-scope Medi-Cal; and
• They have not been covered by employer-sponsored insurance for the preceding three months.

Benefits

Full coverage for hospitalization, physician, medical and surgical services, as well as prescription drugs.

Dental, hearing and vision coverage.

Affordable monthly premiums, ranging from $4 per child to a maximum of $27 per family.

Co-payments of $5 (no co-payment for preventive care services).

Latino-imPACt
A California Political Action Committee

Latino-imPACt is a community-based political organization of professionals, community leaders and concerned citizens seeking to improve the quality of life for the Inland Empire. The overriding goal of Latino-imPACt is to develop political strategies for improving the Latino presence and enhance Latino community efforts in addressing community needs.

Latino-imPACt November 3, 1998 Election Endorsements

42nd Congressional District: George Brown
40th Congressional: Jerry Lewis

Governor: Gray Davis
Lieutenant Governor: Cruz Bustamante
Secretary of State: Michela Aiotto
Controller: Kathleen Connell
Treasurer: Phil Angelides
Attorney General: Bill Lockyer
Insurance Commissioner: Diane Martinez

32nd Senatorial District: Joe Baca
34th Assembly District: Steve Figueroa
61st Assembly District: Nell Soto
62nd Assembly District: John Longville
65th Assembly District: Ray Quinto

San Bernardino County Superintendent of Schools: Dr. Herb Fisher,
Riverside County Superintendent of Schools: David Long

State Propositions:

1A. School Bonds - Yes
3. Partisan Primary Voting - Yes
4. Prohibit Use of Traps - Yes
5. Tribal-State Gaming - Yes
6. Prohibit Slaughter Horses - Yes
7. Tax Credits on Air-Emission Reduction - Yes
8. Permanent School Class Size Reduction - No
9. Electric Utilities - No
10. Early Childhood Development - Yes

Victorville City Council: Rudy Calabrias/Terry Caldwell
Mayor of Colton: Carl Gaytan and Colton City Council: Jules Carvalho
Bond Issue Would Build Soc. Sci. C111 Building

A general obligation bond issue, Proposition 1A, on the Nov. 3 ballot includes more than $40 million in appropriations for Cal State, San Bernardino, including a $32.4 million building to house the School of Social and Behavioral Sciences. Currently serving one fifth of the declared majors at the university, the school has academic departments housed throughout the campus.

The new building will add 12 classrooms, ranging from 25 to 150 seats, and 13 teaching laboratories with 267 computer stations. Another computer lab will be self-instructional with 24 stations in which students can complete class projects. Additional graduate research laboratories will support the growing programs in criminal justice, social work and psychology.

The expanded instructional space is "a major need on the growing campus," notes school dean, John Conley, indicating that school faculty are scattered across campus in three separate buildings. With the new building, all 25 faculty will be housed together giving students more opportunities to interact with faculty across disciplines.

Construction plans call for 138,700 square feet in new space and the renovation of some existing space, particularly for laboratories on campus. The increase in lecture and lab space would help the university serve nearly 1,500 more students and expand faculty offices by 53.

The class room complex in just one Cal State project that would be funded by passage of the bond issue that would build facilities for K-12, the community colleges and the UC. More than $20 million to renovate the Biology and Physical Sciences Buildings, both erected in 1967, and some $7.2 million in telecommunications facilities also is provided for Cal State.

Cal Poly Admissions Day

Cal Poly Pomona's Student Outreach and Recruitment will be holding its 1998 Admissions Day, for all high schools senior who have at least a 3.0 GPA and are on track with the CSU subject requirements. Student will receive an admissions decision on the spot and have the opportunity to attend workshops on the Educational Opportunity Program, financial aid, and choosing a major. Tour the campus. Visit with faculty, staff and students. Reservations are required.

This will be held on Wednesday, Nov. 11, 1998 from 8:30 a.m. to 4:30 p.m at University Union (Building 35) at Cal Poly Pomona, in Pomona (at the junction of the 10, 210 and 57 freeways).

Students Named Semifinalists in National Scholarship Program

Bloomington High School senior Luis Cardenas and Colton High School senior Brian Kim were named semifinalists in the National Merit Scholarship program, while Colton High classmates Samuel Juarez and Joe Ramos were chosen as scholar finalists in the National Hispanic Recognition Program.

Cardenas and Kim are among 15,500 semifinalists nationwide from nearly 1.2 million students who took the Preliminary Scholastic Achievement Test (PSAT) in October 1997. The semifinalists are the highest scorers in each state and represent less than one percent of each state's high school graduating class.

The 17 year old son of Blanca Cardenas of Fontana, Luis is active in football, swimming, tennis, track and cross country at Bloomington High. He also is a member of the Key Club, California Scholastic Federation and Mock Trial teams. After graduating, he plans to attend Stanford University to major in environmental studies. He eventually wants to help underdeveloped countries with water and sanitation issues. In addition to being named a semifinalist in the National Merit Scholarship Program, Cardenas has passed five Advanced Placement examinations and intends to take four more exams in May.

Juarez and Ramos were named scholar finalists in the National Hispanic Recognition Program, two of 3,000 identified nationwide. More than 150,000 Hispanic students took the Preliminary Scholastic Achievement Test to qualify for recognition in the program.

Juarez, 17, the son of Sam Juarez and Celinda Garcia of Colton, is a National Honor Society member and player on the school's varsity football and badminton teams. He is active in The Rock Christian Center Youth Group, outside of school. After graduation, he has plans to enroll at the California Institute for Technology (Cal Tech) to study electrical engineering.

Ramos, also 17, is the son of Joe and Erlinda Ramos of San Bernardino. At Colton High, he is active in the National Honor Society and the tennis team. He works part time at Blockbuster Video in Colton and plays hockey on a traveling team. Ramos is undecided about his choice of college of major.

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LABORERS' ENDORSE THE FOLLOWING CANDIDATES & PROPOSITIONS

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<th>Race</th>
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<td>Gray Davis</td>
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<td>Controller</td>
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<td>United States Senate</td>
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<td>United States 42nd Congressional District</td>
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<td>Councilman City of Barstow</td>
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<td>Bob Thompson</td>
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<td>Melody Henriquez</td>
<td>Prop. 19</td>
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MAKE YOUR VOICE HEARD! VOTE TUESDAY, NOVEMBER 3

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Hon. Cruz Bustamante  
former Speaker of the California State Assembly  
Hon. Ruben Ayala, California State Senator  
Hon. Joe Baca, California State Assemblymember  
Hon. Judith Valles, Mayor of San Bernardino  
Hon. Karl Gaytan, Mayor of Colton  
Hon. Manuel Mancha, Fontana Mayor pro tempore  
Hon. Esther Estrada, San Bernardino Councilmember  
Hon. Rachel Clark, San Bernardino City Clerk  
Hon. Dr. Elsa Valdez, San Bernardino School Board Member  
Hon. Laura Fernández, Fontana School Board Member  
Dr. Luis Gomez, President, Crafton Hills Community College  
Dr. Tom Rivera, Assoc. Dean  
California State University at San Bernardino  
Dr. Ernest Garcia, Dean Emeritus  
California State University at San Bernardino  
Frank Guzman, attorney  
(and former primary election opponent of John Longville)  
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Latino ImPACT  
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ad paid for by Longville for Assembly, ID # 911535
"Providing Opportunities To Begin Again" is the theme of the Inland Empire Job Corps Center (IEJCC) in Muscoy for the twentieth anniversary celebration and open house to be held on Friday, November 6, according to JoAnn McDougall, Director.

The 20th anniversary of the Job Corps Center in San Bernardino is a great occasion for many of us, including staff and trainees, the City of San Bernardino and the region. We are proud that many of our young people have graduated throughout these many years and just as importantly, developed into responsible citizens," youth that have graduated from the program have become responsible citizens," trainees, the City of San Bernardino and the region. We are proud that many of our young people have graduated throughout these many years and just as importantly, developed into responsible citizens."

McDougall said that most of the trainees did not complete high school or needed added training beyond their high school trend has been manifested throughout California.

The IEJCC offers individualized instruction with emphasis on hands-on experience that will be beneficial in the "real world of work.

The current Hispanic enrichment in the Center has catapulted to 43% and that growth trend has been manifested throughout California.

The IEJCC offers individualized instruction with emphasis on hands-on experience that will be beneficial in the "real world of work.

Approximately 400 culturally diverse trainees, of which 80% have not completed high school, are offered ten vocational areas of training. GED and social skills classes are also available.

Over 75% of the trainees are placed in employment, with 60% within their field of training. The students participate in a six-week experience program with employers, and are encouraged to participate in community projects.

"This is an opportunity for people who have never visited our Center to find out about our programs and for previous visitors to see the changes that have occurred," McDougall stated. The open house will include tours, games and lunch.

The Inland Empire Job Corps Center is located at 3173 Kerry Street, Muscoy. For more information call (909) 887-6305 ext. 2330.

THE INLAND EMPIRE JOB CORPS CENTER TO CELEBRATE TWENTIETH ANNIVERSARY

- Louis Chavira, left, is elected to his third term as president of the Latino Faculty and Staff Association of the San Bernardino Community College District; Corrina Aleman, secretary; Holly Clements, treasurer, and Dan Martinez, vice president. Our main purpose is to help students in any way that we can," said Chavira. Over the past three years, the organization awarded about 12 scholarships to SBVC students and six to Crafton Hills students. Last year, four scholarships of $200 each went to SBVC students and two to CHC. The association raises money through such events as its recent Sept. 16 Mexican Independence Day scholarship luncheon featuring an historical overview of Mexico's struggle by David Gomez, SBVC adjunct English instructor. The new officers stand in front of a painting by David Rosales, Inland Empire artist and instructor at SBVC.

Bill Signed to Fight Teen Alcohol and Drug Abuse

SACRAMENTO - The California Adolescent Alcohol and Drug Treatment and recovery Act of 1998 has been signed by Governor Wilson on Sunday, September 27, 1998. AB 1784, (chap. 866) by Assembly Member Joe Baca, focuses on the growing problems of alcohol and drug abuse documented among teenagers in California ages 12 to 17. "It's about time we take care of our youth, it's a program long overdue" Assembly member Baca said.

A whole generation, regardless of their economic background, is at risk right now," said Assembly Member Baca. "We have a totally unacceptable situation where it costs upwards of $20,000 to get a young person into a private treatment facility. Average families can't afford this. As a consequence, we have hundreds of youths across California that are falling into substance abuse and without any early intervention."

"We secured roughly $5 million in the new budget to start this program next year," the assemblyman said. "AB 1784 will set the stage. Law enforcement, drug and alcohol counselors and others all agree we must focus on prevention and intervention to help our kids. We begin to lose the fight when our children face incarceration."

"This is an important step forward for our youth and our communities," he added. "We need to address the needs of both! We worry about textbooks, computers and our kids' education, but we have an opportunity to make history in California by establishing the first substance abuse program that helps our children on the road to recovery. Drug and alcohol abuse knows no social or economic boundaries!"

AB 1784 has received strong support from the Ca. Hispanic Commission on Alcohol and Drug Abuse, Inc. California Probation, parole and Correctional Association, California Primary Care Association, California School Nurse Association, and 14 other statewide and community based organizations.

High Tech Training Center

Sacramento - October 13, 1998 - high paying, high tech jobs for the Inland Empire will be the focus of a groundbreaking on Thursday, October 29, 1998 at 10:00 a.m. at Norton Air Force Base. Assembly member Joe Baca will be a featured speaker at the event, to launch a new regional high tech training center.

The center, based at the former NCO Academy at Norton, will offer high tech training and retraining to employees of companies in the Inland Empire. The center is a partnership of Inland Empire colleges and universities, including the San Bernardino Community College District. "I am pleased that we are investing in the future of the Inland Empire," stated Assembly member Baca. "This center will help us create high paying, high tech jobs for the Inland Empire."

Seed money for the center includes a $267,000 Defense Matching Grant from the California Trade & Commerce Agency, obtained with the assistance of Assembly Member Baca.

Inland Empire Hispanic News

TO CELEBRATE TWENTIETH ANNIVERSARY

THE INLAND EMPIRE JOB CORPS CENTER

Make Your Voice Heard! Cast Your Vote in the General Election Tuesday, November 3

San Bernardino Community College District Latino Board

Job Corps Wednesday, October 28, 1998

Inland Empire Hispanic News
UCR University/Eastside Community Collaborative AmeriCorps Project is recruiting for prospective AmeriCorps members.

The University/Eastside Community Collaborative AmeriCorps Project is currently recruiting exceptional individuals to become AmeriCorps Members. Service begins in October and ends on August 31, 1999. Full time members shall contract to serve 1700 hours of service, averaging 40 hours per week. Part time members shall contract to serve 900 hours of service, averaging 21 hours per week. All members will serve as tutors to high-risk children at the elementary and middle school level. Some members will serve as recreational and fine arts instructors. All members will be involved in serving local community-based organizations on a variety of service activities throughout the year, including summer camps in the summer of 1999. The goal of the UECCH AmeriCorps project is to provide a safe place to children, provide academic support to children who are extremely low grades, expose the children to recreational activities and field events, and support local community-based organizations in their efforts to provide a safe haven to children of the community.

If you are someone who can dedicate 12 months of your life to full-time service or 10 months to part-time service, very enthusiastic, highly responsible, can take on any challenges, be a good role model and has a strong desire to work with high-risk children, then UECCH AmeriCorps is for you. Full time and part time positions are available. Monthly living allowances are provided. Educational scholarships are awarded to members upon completion of service. ($2,363 - $4,725.00).

For more information call (909) 787-7694.

The Riverside Community College Art Gallery will showcase three dimensional constructions by illustrator Maria Rendon from October 19 through November 20.

Rendon, a native of Mexico, received her BFA in Illustration from Art Center College of Design in 1997. Her commercial work—editorial, publishing, corporate, advertising—has appeared in Bloomberg, Business Week, Discover, Harper's, Los Angeles Times Magazine, Money Magazine, Smart Money, Wall Street Journal, Worth, and other general interest and specialty publications.

Rendon recently illustrated Touching the Distance, a children's book of Native American riddle-poems by Brian Swant that Harcourt, Brace & Co. of New York published this year.

"I see both illustration and personal work as an opportunity to explore new ways of communicating visually," Rendon said.

In her work, Rendon puts together all types of material (wood, metals, glass, paint, found objects, crafted objects) to convey meaning. To give additional importance to ideas, she often uses openings or windows as containment or sheltering devices.

Rendon says she loves "making objects...getting an idea in my head and through many types of exploration, creating an object out of it." By combining elements and techniques from her personal artwork and illustration she seeks to create an artisitic language that works in both areas.

The Art Gallery is located in the A.G. Paul Quadrangle on the Riverside City College Campus. Hours are Monday through Friday, 10 a.m. to 3 p.m., and Wednesdays from 5 to 7 p.m. The gallery is closed on the weekends and on school holidays.

For more information about the Rendon show or the RCC Art Gallery, call 909/222-8494.

VOTE

A COLLEGE EDUCATION BEGINS IN KINDERGARTEN
Inland Empire Hispanic News

Wednesday, October 28, 1998

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