December 23rd 1998

Hispanic News

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Bishop Gerald Richard Barnes' Christmas Message to All

I pray that you and your loved ones may know the love that Jesus, Mary and Joseph knew on that first Christmas night and that you share the peace and happiness of that love with each other.

As the newborn Infant became our Hope, I pray that in the coming year we seize the opportunity as a community of believers in Jesus the Christ, to seek out ways to impact our families, our neighborhood and our society with the Gospel, so that people’s lives are filled with hope.

Faithfully yours In Christ,

Most Reverend Gerald Richard Barnes

Local Children's Christmas Programs

Urbita School celebrated their Christmas Party at San Bernardino Valley College auditorium with a packed house of parents, students and guests. The theme was PEACE, LOVE and WORKING TOGETHER. Each school grade level presented a musical program. Pictured above are Urbita School students who sang several Christmas songs for the audience. The school’s Christmas program was coordinated by Lorrie Gomez.

More Children's Christmas Photos on Page 4
Letters to the Editor
Bilingual parents fight Prop. 227

December 8, 1998

A recent article in the San Bernardino County Sun regarding bilingual parents fighting Proposition 227 refers to a complaint filed asking for a new director of bilingual education for the San Bernardino City Unified School District. The article indicated a Mr. Gil Navarro submitted this complaint on behalf of 75 parents. I wonder if these parents truly know who the director of bilingual education (properly titled English Language Learners) is?

Delfina Lopez Bryant is the director of English Language Learners for the SBCUSD. She was born and raised in San Bernardino, a product of the school system for whom she has worked for over thirty years. Spanish was her first language and she learned English at school. She has devoted years to this community as a teacher, principal and director of English Language Learners. Her major focus throughout her career has always been and continues to be "children first!!". She has always had and continues to have an "open door" policy where parents and community members can come to her personally with questions and/or concerns. Students and parents are a priority with Mrs. Bryant and she spends countless numbers of hours (way beyond the regular work day) attending to their needs.

Mrs. Bryant does follow the law, however, as well as policies and procedures of the SBCUSD. She and her department have labored over the interpretation and implementation of Proposition 227 since it was voted into law. They have held numerous meetings with parents, teachers, administrators, and other community members to apprise everyone of the law and the district's responsibilities concerning it.

Perhaps if those 75 parents had knowledge of all of the positive things Mrs. Bryant has done and continues to do for students in this district, they might have second thoughts about signing a complaint against her.

Peggy Corcovelos

for the Senate Democratic Caucus. Prior to his political career, Flores worked for the California Department of Corrections, the California Youth Authority, and the Department of Justice.

"Throughout his many years of public service, Governor-elect Gray Davis has devoted numerous hours, weeks and months, to working with parents, teachers, principals and support staff about the implementation of this law. I wonder if the parents who signed this complaint truly understand the intent and impact of this action. Parents and so-called parent advocates who do not know Mrs. Bryant may not realize that she embodies the credo of "Children First!!". She has always practiced and continues to have an "open door" policy for parents, educators, community members and school board members. All that is required for an appointment is a phone call. Our schools need more educators like Delfina Bryant who devote their lives and careers to the most precious commodity of the future, our children.

Sincerely,
Christa A. Wallis

Director of Administration and Protocol announced by Governor-elect Davis

Governor-elect Gray Davis announced the appointment of Michael Flores, his Chief of Staff from his Lieutenant Governor's office, as his Director of Administration and Protocol. Flores, 41, also will take on an expanded role as director of protocol serving as Davis' point person for California-Mexico affairs. Flores will be the first Latino to hold the position.

"For the past year, Michael has worked to assist me in reestablishing economic, cultural, and academic ties with Mexico," said Davis. "I am confident he will serve my Administration and the people of California well by helping me to strengthen California's economic ties with our trading partner to the south."

Prior to joining Davis, Flores served as Chief Information Security Officer for then-State Treasurer Kathleen Brown and as an Associate Consultant to the Hispanic Communication News.
Ray Abril, Jr. was reelected to his third consecutive term as president of the Colton Joint Unified School District Board of Education by a unanimous vote.

Cucamonga District Selects Superintendent

The Cucamonga School District Board of Education has hired Michael Ramos as district superintendent at its regularly scheduled board meeting.

Ramos, currently assistant superintendent of Bakersfield City School District will be taking the helm of the 2,500 K-8 elementary district on January 1, 1999. Ramos' beginning salary is set at $102,000 plus benefits.

A native of Colton, Abril has served on the school board since 1973. He is employed by the County Coroner/ Public Guardian Department and is a member of the San Bernardino County Gangs and Drugs Task Force. During his 25 years on the Board of Education, he has missed only one meeting.

Frank A. Ibarra was elected vice president of the board. He has been a member since 1997 and is department chair of the San Bernardino City Unified School District Adult Education Program.

Marge Mendoza-Ware was elected to her second term as clerk of the board. She is an employment services technician with the San Bernardino County Social Services Group, Jobs and Employment Services Department.

The officers will serve one year terms, from December 1998 to December 1999.

Colton High School students, Jenéya Calderilla, center, and Martha Ramirez present a $233 check to Judy Ritter, director of volunteers for the American Red Cross. The girls coordinated a National Honor Society fund-raiser to aid victims of Hurricane Mitch in Central America.

Financial aid is greatly needed in Central America, where 11,000 people died and two million people were left homeless after the October hurricane hit.

The fund raiser was particularly successful, because it was easy, Calderilla said. Money was collected in just three days in cans stationed around the campus.
Santa Claus visited the Casa Bianca Child Care Center where approximately 75 eager children enjoyed receiving many presents (only after saying how good they were). The CBCCC is a component of the Concilio for Spanish Speaking in the Inland Empire, directed by Nati Fuentes. Pictured above (left) is one of the many recipients of Santa’s generosity. Next is the Big Fellow and (right) is the director of CBCCC, Carment Garcia.

Santa Claus is dancing for joy at seeing so many eager faces during his visit to the Casa Blanca Child Care Center. The audience were appreciative that Santa stopped by to present gifts to each youngster at the Center.

A young man is eager to get away from Santa Claus at the big parent/mentor/mentee Christmas Party at the Gents Center sponsored by the San Bernardino Parks and Recreation Department. Over 600 participants gathered to greet Santa and were reciprocated with a dinner and presents.

A young child and mother are happy and enjoying the big Christmas Party organized by Rita Coronado and helpers, as part of the San Bernardino Parks and Recreation Department, and cosponsored by Fifth District Supervisor Jerry Eaves and the Gents Organization.

The Inland Empire Hispanic News is presenting its 1998 Annual Young Role Models and Mentors article on individuals who have excelled in school academics, overcome socio-economic and personal obstacles, outstanding in sport or profession and role models and mentors to their peers.

Julie Torres

Julie Torres’ name was submitted by Dr. Karen Johnson, Principal, and Mrs. Tami Krueger, Associated Student Body Advisor, Arlington High School, Riverside, as one of the most outstanding students, both administrators stating that “Julie is a valued member of the Arlington High School Associated Body.”

Ms. Torres has been on the varsity cheerleader squad for four years, a Director for Student Body, participates in the National Scholarship Federation, Interact Club, Spanish Club and a member of the Arlington School Site Council.

Ms. Torres is currently ranked number one in her class of 498 students! Raised in the Riverside community, she volunteers her time working in various projects, including participation in Adopt-A-Street Program, prepares Thanksgiving meals for the homeless, and helps raise money to build homes in Mexico. This summer she is planning to help build a home in Tijuana.

As a high scholastic student, Ms. Torres future is extremely bright, according to school officials. She is planning to attend Stanford University in the fall of 1999, majoring in psychology. Ultimately, her plans are to attend a law school after graduating from Stanford.

Ms. Torres will be the first member in her family to attend a four year university or college. She will also be the first in the family to graduate from that educational level. 

Teresa Valdez Yeager

“Rarely does the brilliance of a student, when attempting to describe her attributes, leave a counselor at loss for words” stated Martha Medure, Counselor, describing the accomplishments of Teresa Valdez Yeager, a student at Riverside Poly High School, Riverside.

Medure stated that Ms. Yeager is academically gifted, athletically talented, and actively involved in her school and community. Ranked third in a class of 468 seniors, she has a GPA of 4.47 and five advanced placement classes in her schedule, including art history, government, economics, English and Calculus.

Teachers comments in describing Valdez: comprehension of difficult literary texts, displays creativity, accuracy and effort; takes leadership role in group projects; works hard to attain high goals; ideal attitude; and encourages her peers to do their best.

Yeager’s school involvement includes Key Club (president), Model United Nations (senior captain), School Site Council, Spanish Honor Society, California Scholarship Federation, Senior Advisor, Bear Track, among others.

Her community activities involve: Youth Action Council, Catholic Youth Group (Sunday school 1st, 3rd, 4th grade teacher at St. Andrews Newman Center), National Charity League, Riverside Public Library and camp counselor.

In 1998, Teresa Valdez Yeager received five national and state honors and awards including Girls State Alternate, Golden State Diploma, All-American City Delegate, National Youth Conference and Homecoming Princess.

Merry Christmas to One and All.

Julie Torres, above, Arlington High School, Riverside student, who is ranked number one in her class of 498 students.

Teresa Valdez Yeager, Riverside Poly High School student, above, third in a class of 468 students, and one of the most involved students in her school and community.

Conrad Valdez

Conrad Valdez is a senior at San Bernardino High School, San Bernadino Parks and Recreation Department. Over 600 participants gathered to greet Santa and were reciprocated with a dinner and presents.
Inland Empire Hispanic News

Wednesday, December 23, 1998

Youth Role Models

Erica Medina
Erica Medina is a senior at Abraham Lincoln High School, Riverside and one of the most outstanding Latina students. Medina is one of five members of a single parent and has helped in the support of the family by working through the Job Training Partnership Act at the Grindstaff Center and Lincoln High School. At age 18, she moved out and supported herself. She is currently working 20 hours per week at the Employment Development Department as a youth employment specialist.

Maintaining an A average with a perfect attendance and taking four classes, Medina needs 36 credits for a high school diploma and early graduation.

The hardest challenge Medina faces, she states, is living on her own and making ends meet. She is currently living with a friend and will eventually rent an apartment and be fully self-supporting.

Medina is planning to attend Riverside Community College, majoring in computer science. She feels that an AA will increase her potential for advancement at EDD.

According to Barbara Dickey, Guidance Counselor, Erica Medina is a wonderful role model for other Latina students. She states that as a responsible and reliable person, she will continue her goals and be a tremendous contributing member of her community and society.

Editor's note: a photo of Erica Medina was not available at time of publication.

Jeanne Moore, Counselor at John Wesley North High School, Riverside, has recommended Anthony Gonzalez and Kathleen Dubrall as two outstanding Latino students and role models.

Anthony Gonzalez
Anthony Gonzalez is a senior with a 4.5 GPA and has lettered for the last three years as guard on the varsity football. Gonzalez is a member of the National Hispanic Scholar, French Honor Society, IB Diploma Candidate and California Scholastic Federation (since the 9th grade).

He started a chapter of the Vocational Industrial Clubs of America at North High School and volunteers his time at March Air Force Base Museum.

Anthony Gonzalez is considering the following educational institutions after graduating: Cornell University, University of Pennsylvania, MIT or Stanford.

Kathleen Durball
Kathleen Durball is a 4.20 GPA student who participated in softball at the junior varsity level.

Durball is a National Hispanic Scholarship Finalist, a member of the Spanish Honor Society and volunteers at the Eastside Cybrary.

Kathleen Durball is planning to attend either New York University, Boston University or Florida State University after graduation.

Editor's note: pictures of Anthony Gonzalez and Kathleen Durball were unavailable at publication time.

Maribel Pulido
Maribel Pulido is one of the most admired students at Colton High School. In February, 1997, her mother, Maria, died after being released from the hospital after having surgery. Pulido, at age 15, never realized that her mother would die and consequently, she withdrew from family and friends.

However, her closeness to her parish, San Salvador Catholic Church and the church's youth group and the school peer assistance class helped her to cope with the aftermath of her grievance.

Her family, brothers Antonio and Alejandro, sister Vicky and Pulido faced another loss when her father died a day after being released from the hospital after having surgery. Pulido, at age 15, never realized that her mother would die and consequently, she withdrew from family and friends.

Her family, brothers Antonio and Alejandro, sister Vicky and Pulido faced another loss when her father died a day after being released from the hospital after having surgery. Pulido, at age 15, never realized that her mother would die and consequently, she withdrew from family and friends.

Maribel Pulido stated, "Although this was a second tragedy, I was able to cope because my brothers and sister and I had more support from different sources, especially from my grandparents, Jesus and Lupe (Enciso) Nunez," Pulido stated in an interview.

The school's counselors, peer assistance class, students and the church's youth group have since assisted the family with fund-raisers and donations. A senior with a 3.67 GPA, Pulido is actively involved in school and community. She is a member of the National Honor Society, peer assistance class, drama club, yearbook staff and Drug Free Zone Program.

Her goal is to attend either Loyola Marymount University or the University of California, Riverside.

"Although what has happened is not fair, in the spiritual sense, this has made us realize the value of our parents and that we are a family, and this is true with my sister and I. My belief in God and my Church has given me the strength to go forward and do the things that are right for me and my community."

Maribel Pulido stated.

Hispanic Employees Association awards scholarships

Recently, the Hispanic Employees Alliance (HEA) of the County of San Bernardino awarded four scholarships of $500 to County employees. These scholarship awards are designed to assist County Hispanic Employees obtain the additional education and/or training they need to advance within the County system. Scholarship winners were:

Veronica Garcia (who attends San Bernardino College as a Business Administration Major);
Stephanie Mireles (a senior at Cal State University, San Bernardino, pursuing a Bachelors Degree in Accounting with intentions of becoming a CPA);
Lisa Ormonde (plans to attend San Bernardino Valley College as a Computer Science Major); and
Allen Sanchez (attending Crafton Hills College, who intends to receive a Bachelors Degree in Business Administration).

The HEA was established to effect positive and mutually beneficial communication with County management. To assist guide, counsel, and actively support County officials in identifying and implementing strategies to enhance the attainment of the County's legal, moral and ethical goals for personnel.

To be a proactive resource toward the attainment of the County's workforce 2000 goals and assure that training programs are created to enhance the Hispanic workforce's skills and abilities to promote within. And, to develop a training program for managers and supervisors to be more aware and understanding of cultural and language differences that exist in a culturally diverse workforce.

The scholarships were awarded at a luncheon hosted by the HEA at the Gents Community Center. Herb Fischer, County Superintendent of Schools-elect, was the guest speaker and assisted in awarding the scholarships to the recipients.
SCE Announces 1999 Investor Forum Schedule

Southern California Edison (SCE) will sponsor new investor forums in 1999 to help entrepreneurs and start-up ventures earn much-needed capital.

Recognized for their unparalleled ability to match small firms with financial backing, Edison's forums provide company representatives with the opportunity to present their business plans to an audience of investors representing more than $250 million in venture capital, said Barry R. Sedlik, the utility's manager of economic and business development. Prior to the events, participants receive extensive training and mentoring aimed at improving their presentation skills.

"At SCE, we are proud to host these investors forums because of their successful track record," said David Ned Smith, division vice president. "Since 1994, participants at these events have gone on to raise more than $19.2 million in investments." Sedlik said the forums play an important role in helping to build successful new businesses in Southern California.

"These forums give entrepreneurs with solid investment potential the chance to meet face-to-face with leading venture capitalists," he said. "Many of these business owners would never have access to these potential investors otherwise." SCE will sponsor the following investor forums in this area in 1999:

- May 5 - California Venture Forum, Claremont McKenna College, 500 E. 9th St., Claremont
- October 7 - Diamond Venture Forum, Mission Inn, 3649 Mission Inn Ave., Riverside
- November 10 - California Venture Forum, Claremont McKenna College, 500 E. 9th St., Claremont
- December 12 - California Venture Forum, Claremont McKenna College, 500 E. 9th St., Claremont

To request an application to be considered as a 1999 forum presenter, or for more information about attending a forum or other Edison economic and business development program, call 1-800-3-EDISON.

ENJOY THE HOLIDAYS SAFELY
DON'T DRINK AND DRIVE

Tired of Driving to Orange County?
Plastering Co. has immediate position available for exp. lathers. We plaster 1500+ homes per year in the Inland Empire and can keep you busy. Four years exp. preferred. Call A.J. of Kerdus Plastering Co. at (909) 272-6720.

URGENT VOLUNTEERS NEEDED!

The San Bernardino Child Advocacy Program is accepting volunteer applications for two of their programs: the Court Appointed Special Advocate/Guardian Ad Litem (CASA/GAL); and Youth Empowerment Program. The CASA/GAL volunteers work with the court to advocate the best interests of children in the San Bernardino County Juvenile Court System. Currently there is a large number of children on the waiting list for an appointed CASA/GAL.

We need 100 volunteers this year!

No previous experience required. Selected applicants will be trained in courtroom procedures, the social services, juvenile court, and the special needs of abused children. Enhanced training is offered for the Youth Empowerment Program, which helps teens develop morals, values and independence. Law Enforcement personnel are approved for reduced training hours. Orientation will be held January 23rd, 1999 from 8:30 a.m. - 2:00 p.m. Weekend training is scheduled for January 30th, 31st and February 6th, 7th, 1999 from 8:00 a.m. - 5:00 p.m. To receive an application and information, please call (909) 881-6760 or stop by 1635 N. "D" Street, San Bernardino.

THERE IS A CHILD IN THE SYSTEM WHO NEEDS A VOICE, WON'T YOU LEND THEM YOURS?

The Family Development Program of COMMUNITY SERVICES DEPARTMENT (CSD) is seeking families that do not have any type of health coverage for their children. If your children are not eligible for Medical benefits health coverage may be available?

ELIGIBILITY REQUIREMENTS:
- Children MUST be age 1 up to 19, and be California residents.
- Family Income MUST be at or below 200% of the Federal Poverty Level (FPL).
- Children may not be eligible for zero share of cost (SOC) Medical coverage.
- Children MAY NOT be covered by employer-sponsored health insurance for the previous three months.
- Children must be U.S. citizens or eligible qualified aliens.

Attend a scheduled workshop. PLEASE CONTACT COMMUNITY SERVICES DEPARTMENT FAMILY DEVELOPMENT PROGRAM 686 E. MILL STREET 92415-0610 SAN BERNARDINO, CA FOR LOW-COST HEALTH COVERAGE FOR CHILDREN CONTACT A FAMILY DEVELOPMENT SPECIALIST AT:

(909) 891-3954 SUSIE GARCIA
(909) 391-3952 CYNTHIA RHYNE
(909) 891-3948 DARLENE MCINTOSH

MANAGEMENT

THE HOUSING AUTHORITY OF THE COUNTY OF SAN BERNARDINO is currently recruiting for the following position:

PROGRAM MANAGER $3672 - $4391 per month Plus Employee Benefits

To perform complex tasks in the areas of training, housing, child care, education, regulation compliance, support services, and other programs as needed to develop, implement, and maintain a nonprofit entity designed to foster a welfare-to-work program.

A Bachelors degree in business administration, public administration, management, planning, or a related field; plus, two years of experience in planning, development, and/or implementation of support services in the social services field, preferably in a nonprofit environment. Responsible experience in providing training and job skill needs for under educated and under skilled workers; experience in property management is desirable.

Applicants/employees requiring accommodations for testing and interviewing purposes must make such request in writing prior to the applicable closing date.

Candidates may obtain an application by calling,
(909) 884-1811

APPLY BY 5:30 p.m. Wednesday December 30, 1998

AN EQUAL OPPORTUNITY EMPLOYER
The Colton Joint Unified School District is seeking applicants for a variety of employment opportunities.

The District is proud to offer:
- Competitive Salaries
- Excellent Benefits Package
- Supportive Working Environment

Call the District’s Job Line for current openings: (909) 876-4082

Inland Empire Hispanic News
To Advertise Call (909) 381-6259

San Bernardino City Unified School District - Job Openings

ATTENDANCE VERIFIER $9.59 to $11.67 per hour
Experience working directly with groups of children and/or parents, guardians and clerical experience. High school graduation or the equivalent. Valid CDL and auto liability insurance. Personal transportation.

BILINGUAL ATTENDANCE CLERK $11.67 to $14.20 per hour
Three years of responsible clerical experience. Preferably involving the maintenance of detail records, AND high school graduation or equivalent. Type at a speed of 45 WPM

PERSONNEL TECHNICIAN $2,275.42 to $2,768.38 per month
Three years of responsible clerical experience in a personnel related position. High school graduation or equivalent. Additional specialized clerical training is desired.

APPLIANCE REPAIR TECHNICIAN $2,401.08 to $2,994.28 per month
Two years of skilled experience repairing a variety of electrical appliances and related equipment. High school graduation or the equivalent. Valid CDL.

ACCOUNT CLERK II $1,983.18 to $2,412.84 per month
Two years of experience in the preparation and maintenance of financial records. Education equivalent to the completion of the twelfth grade supplemented by additional specialized training or college level course work in accounting or bookkeeping or a related field.

INSTRUCTIONAL ASSISTANT (LIFEGUARD) $10.17 to $12.38 per hour
Experience instructing and/or supervising others in athletic recreational activities involving motor skills. High school graduation or the equivalent. CDL and proof of auto insurance. Valid American Red Cross Lifeguard Training Certificate or the equivalent. Valid First Aid Certificate. Continuous recruitment.

ENERGY MANAGEMENT TECHNICIAN $2,661.92 to $3,238.62
Completion of a formal apprenticeship in the air conditioning heating and repair trade. OR (3) years of full time paid journey level experience performing installation/maintenance of electrical, electronic, or HVACR equipment, which must include experience in energy management and control systems. AND high school graduation or equivalent. Valid CDL. Universal certification issued by EPA-approved agency to recover refrigerants during the maintenance, service, or repair of small appliances, high-pressure equipment and low-pressure equipment.

OFFICE MACHINE MECHANIC $2,461.08 to $2,994.28 per month
Any combination of (36) months of experience performing maintenance and repair of typewriters and other electro-mechanical office appliances. High school graduation or equivalent. Valid CDL.

COMPUTER NETWORK SPECIALIST $3,940.28 to $4,793.84 per month
1. (4) years of full-time paid experience planning, designing, and administering computer networks in a Novell electronic network environment. 2. (20) semester units of completed college course work in computer science, programming, information systems, data processing, or a very closely related field of computer studies. 3. Valid CDL and auto liability insurance. Personal transportation.

LIFEGUARD $8.87 to $10.79 per hour
High school graduation or the equivalent. Valid American Red Cross Lifeguard Training Certificate or the equivalent. Valid First Aid Certificate. Valid CPR Certificate. Continuous recruitment.

All positions require high school graduation or equivalent. Copies of diploma, certificate/transcripts MUST be attached to application. Apply in person at San Bernardino City Schools Human Resources - Classified, 1535 W. Highland Ave. by 4:00 p.m. 1/12/99 Telephone (909) 880-6812 AAE/EEO/HDCP

ENJOY THE HOLIDAYS SAFELY
DON'T DRINK AND DRIVE
Reflections of the Holiday Season
by State Senator Joe Baca

This time of year I reflect on those I should thank as a lawmaker, husband, and father: my family, who stands by me and gives me comfort; the people of the Inland Empire, who elected me to the State Senate this November; my friends and neighbors, and my staff.

This season is a time for celebrating miracles, singing carols, lighting candles, and visiting with family and friends to exchange glad tidings. It is a time of bringing blessings to home and hearth.

I hope you will join with me in praying that the coming year will be one of great bounty for the Inland Empire. We have much for which to be grateful. Our economy is expanding, and the future looks bright. As we stand on the threshold of the new millennium, expectations run high.

During this season, we should also keep in mind those who are less fortunate and in need of life’s blessings, remembering that individual miracles of compassion will make the holiday season shine bright for all.

I wish the people of the Inland Empire a very joyous holiday season and a prosperous, healthy, and happy New Year.

Joe Baca (D. San Bernardino) represents the 32nd State Senate District. On Friday, December 18, 1998, he will be holding a Holiday Open House, from 3:00 p.m. to 6:00 p.m. The public is welcome.

This Holiday Season: Be a Responsible Host
december is Drunk and Drugged Driving Prevention Month

(SACRAMENTO, Calif.) - This holiday season, hundreds of people, including teenagers, will be involved in alcohol-related crashes. Why? Because the driver, or someone else, left a holiday party impaired and got behind the wheel of a car.

To make sure the holidays are a happy occasion, the California Office of Traffic Safety (OTS) encourages people to take responsibility behind the wheel during California’s Drunk and Drugged Driving (3D) Prevention Month during December.

While many feel that alcohol is an integral part of holiday functions, it’s the alcohol when mixed with driving, that often leads to unnecessary tragedies. The highest incidence of alcohol-related collisions are among males 21-34. Unfortunately, teenagers 15-19 and alcohol-related deaths. The prevalence for most cancers is significantly lower in California Latinos compared to other groups such as Whites and African Americans. Although, Latino women do suffer from elevated rates of cervical cancer compared to any other group (California Cancer Registry, 1997).

According to the American Cancer Society, “Our challenge is to help improve the plight of those at risk; to identify the apparent protective cultural practices which explain lower incidence and mortality, such as for the Latino population, and to assist other groups to adopt protective practices.”

What Types of Cancers are Effecting Latinos?

Among California Latino females, the two most common types of cancers are breast and cervical. Early detection plays an important part in controlling breast and cervical cancer. Breast cancer screen has been shown to lead to early diagnosis and reduced breast cancer-related deaths. Invasive cervical cancer is almost totally preventable by early detection of malignancy with the Pap test. Latino males and females in general have a lower percentage of cancer cases diagnosed at an early stage (American Cancer Society, 1997).

The two most common cancers among California Latino males are prostate and lung cancer. About one in seven California males will develop prostate cancer in their lifetime. In 1993, a new test, the prostate-specific antigen (PSA) test, for screening and early diagnosis of prostate cancer became available. In 1995, the percentage of men aged 50 and over who reported having used the PSA test within the last year was 14% among African Americans and 16% among Latino men compared to 39% of Whites and 45% of Asians reported using the same test (Cancer Surveillance Section, 1995).

Lung cancer is the second most common cancer in Latino males. Tobacco use greatly increases the risk of lung cancer and is responsible for one-third of all cancer deaths. Latinos males, with a 16% smoking prevalence, smoke at lower rates than other groups who have smoking rates close to 19% (Cancer Surveillance Section, 1995).

Here are six things to do now to lower our cancer rates:

1. Choose a diet rich in a variety of plant-based foods
2. Eat plenty of vegetables and fruits
3. Maintain a healthy weight and be physically active
4. If you drink alcohol, do so in moderation
5. Select foods low in fat and salt
6. Do not smoke or use tobacco in any form

For more information on how to keep healthy and prevent cancer, contact the American Cancer Society at 1-800-ACS-2345.

This article was written in consultation with Eddy Jara MPH, RD, California Nutrition Network Representative.

CANCER AND LATINOS: A PREVENTABLE DISEASE

Cancer is a growing health problem for men and for the world. Around the world, increases in life expectancy have been coupled with growing urbanization, industrialization and changes in diets and lifestyles, are leading to substantial increases in cancer rates globally (American Institute for Cancer Research, 1996). The good news is that researchers tell us that cancer is a preventable disease that is directly affected by lifestyle choices. Eating right, staying physically active, watching your weight and not smoking could reduce your cancer risk by 60% to 70% (American Institute for Cancer Research, 1998).

The California Department of Health Services recently released the results of the largest dietary survey ever conducted in California. The results show nearly a 17 percent decrease in the number of Latinos in California eating five fruits and vegetables a day. A simple change, such as eating the recommended five servings of fruits and vegetables a day, could reduce cancer rates more than 20%.

In California, cancer is the second leading cause of death. The prevalence for most cancers is significantly lower in California Latinos compared to other groups such as Whites and African Americans. Although, Latino women do suffer from elevated rates of cervical cancer compared to any other group (California Cancer Registry, 1997).

According to the American Cancer Society, “Our challenge is to help improve the plight of those at risk; to identify the apparent protective cultural practices which explain lower incidence and mortality, such as for the Latino population, and to assist other groups to adopt protective practices.”

SHERIFF’S DEPARTMENT OFFERS ACADEMY TO THE PUBLIC

The San Bernardino County Sheriff’s Department is once again offering a Citizens’ Academy in order to acquaint the public with the operations of the Department.

The academy is called “A Journey Behind The Badge.” It is a series of classes at the Sheriff’s Academy. The course is open to the public and requires pre-registration. The training is conducted at the Emergency Vehicle Operations Center (EVOC), such as accident avoidance and a simulated pursuit.

There is a nominal fee for the course, through San Bernardino Valley College. The course concludes with a debriefing and graduation. Members of the media are invited to attend part or all of the program for news coverage purposes.

Participants must be at least 18 years old and must not have prior felony convictions.

For further information or to request an application, contact Corporal Troy Gehringer, training center instructor, at (909) 880-2695.