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Mt. Vernon Avenue Businesses Suffer From Economic Neglect

By George Martinez

There are 32 vacant lots on North Mt. Vernon Avenue between Highland Avenue and 5th Street in San Bernardino. Almost without exception the lots are covered with weeds, broken bottles, and trash.

In addition to the unsightly lots, there are 37 vacant business sites ranging from former food markets to an abandoned Bank of America building, numerous store fronts, and other unoccupied commercial structures. Most are boarded and deteriorating with graffiti instead of business signs for advertising.

Of those businesses that are open and serving the public, the majority are in need of renovation and some have been targeted for closure by the city's Building and Safety Department.

North Mt. Vernon Avenue, which serves as the commercial center for the West Side's roughly seven thousand residents, has long been considered an economically depressed area. It runs parallel to the Black community (north of Baseline) and the Hispanic community (between 5th St. and Baseline Avenue). The West Side is the largest concentration of ethnic minorities in the City of San Bernardino.

A quick inspection of North Mt. Vernon Avenue reveals there are no major department stores, super markets, medical doctors, veterinarians, pharmacies or, believe it or not, pizza parlors. The eight motels located on the northern end of Mt. Vernon Avenue serve not only as low income family units, but as work places for prostitutes and drug dealers.

Placita Park, which serves as a site for special Hispanic holidays and celebrations has only three swings, two slides and a water fountain for a population estimated at 80 percent of the commercial properties on Mt. Vernon Avenue are either vacant or in need of major structural repair.

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CITY BUDGET ADOPTED

On July 18, 1988, the City of San Bernardino adopted the FY 1988-89 Budget totalling $79,289,797, with a General Fund of $56,049,770. Since 1982-83, the City's budget has increased by 59%. The budget for the City's largest department, the Police, has experienced a 75% increase over the same period. In this six-year period, the number of employees in the Police Department has increased by 42%. The overall percentage increase for the City was only 9%.

Gringos Come Home! Tijuana, Baja California

Tijuana: New Face

By Veronica L. Leduc

Tijuana is definitely a city filled with contrasts and dichotomies. Alongside old dilapidated buildings and dwellings, a modern shopping mall has been constructed as a lure to entice tourists to come and take advantage of the possible bargains that retailers have to offer. Inside the outdoor shopping mall one would think he or she was back in a California shopping plaza. The malls were clean, windows wiped, sidewalks swept, and the gardens trimmed and watered. But something was not right.

There were no Mexican shoppers. The Mexican people shuffled through the tidy sidewalks only peering...
An Ounce of Prevention

Mt. Vernon Avenue was probably named in honor of George Washington's home which is located in Fairfax, Virginia about 15 miles from the nation's capitol, Washington, D.C.

We were one to visit Mount Vernon today one would find a finely manicured estate serving as a fitting memorial to our nation's founding father. However, were one to visit Mt. Vernon Avenue in San Bernardino, California one would find what is commonly referred to as an economically depressed area.

Without question, San Bernardino has been experiencing a period of unprecedented social turmoil. Most disturbing, however, is the fact that growth has not been equitably developed nor properly considered by our City's planning agencies and officials.

North Mt. Vernon Avenue, which is the subject of this edition's feature story, is more like a poor relative whose interests have been overlooked by the more affluent family member, downtown, who has been too busy catering to outside interests.

We hear, almost to the point of nausea, of the wonderful projects that city officials are planning to promote San Bernardino's major commercial districts-while the West Side, which contains the largest concentration of San Bernardino's ethnic minorities suffers from social and economic decline.

On the front page you will find an exposition of the City's 1988-89 budget which describes the inequities in the City's policies in behalf of a nation in need of adversity.

Rev. Jesse Jackson, in his usual emotional vigor-which in effect caused my eyes to fill with tears of wonder-for a nation in need of adversity.

Jackson spoke of unity, as had former President Jimmy Carter and Texas keynote speaker Ann Richards the night before. The only way we could enact change is to come together to form a "bigger patch," Jackson insisted. Alone we are but small interest groups-the "lambs" who need to join forces with the "lions;" the nation's biggest conglomerates.

As a key factor to conduct change, Jackson spoke of unity, as had former President Jimmy Carter and Texas keynote speaker Ann Richards the night before. Keynote speaker Ann Richards the night before. The only way we could enact change is to come together to form a "bigger patch," Jackson insisted. Alone we are but small interest groups-the "lambs" who need to join forces with the "lions;" the nation's biggest conglomerates.

From news accounts, I learned that Bush was hostile to the Congress and with great ease it seems to me, to put the nation into even greater debt than it was before the presidential office came under his administration.

Another thing I think should be taken into consideration is who this nation chooses to see as a hero. The seven astronauts who boarded the Challenger who we saw expire instantly to the dismay of ALL Americans, are the people I will have in mind when thinking of heroism. In my opinion, Col. Oliver North is NOT a hero! However, horrifyingly so, North was haled into aggrandizement by some seemingly naive members of our society who believed him to be so! It's no wonder so many government officials are resigning.

But again, it is only evident by fact that serious changes need to be undertaken. That change, I agree, is possible with the Democratic party unitifying itself with the "patches of America." After all, as Rev. Jackson assured, "We're all in the same boat."

Ellisa Serrato Gutierrez
San Bernardino
Letter to the Editor

Issues not In-Laws Determine

In a speech in Dallas, Texas, to members of LULAC (League of United Latin American Citizens), presidential candidate George Bush promised the membership that if elected president, he would appoint a Hispanic to a cabinet position. Also, he informed the audience, he could relate to Hispanics since his daughter-in-law is Hispanic to a cabinet level position, what Bush will select a Hispanic who has been cloned in a republican laboratory, ready to further the conservative agenda.

Hispanics since his daughter-in-law is Hispanic to a cabinet level position, what Bush will select a Hispanic who has been cloned in a republican laboratory, ready to further the conservative agenda.

Groups such as MALDEF, LULAC, MAPA, and other organizations that are the vanguard of Chicano politics-

Supporting a candidate because he promises to appoint a Hispanic to a high post in government isn't a sound basis for rendering votes. Instead, to earn our vote, the soliciting candidate should take strong positions on issues that have real significance to Hispanics, such as committing more funds to bilingual education, health services and housing. However, due to the republican party's track record of keeping government out of the business of helping people, I doubt that the republican stalwarts, even if they happen to be Hispanics, would commit themselves to backs for people.

Additionally, I believe that Bush's revelation that his daughter-in-law is Hispanic, thereby implying that he has an insight to our concerns, is extremely coddling. Does he actually presume that because his daughter married a Hispanic we should vote for him?

Otherwise, this article doesn't imply that only republicans are guilty of patronizing Hispanics, for democrats are no different. From news accounts, I learned that Dakukas frequently addresses Hispanic audiences in Spanish, in hopes of forging an affinity with Hispanic voters. And although I think that it's admirable that Dakukas can speak fluent Spanish, his facility with words has no connection with how Hispanics will mark their ballots come next November.

William O. Medina
Moreno Valley

Republicans Your Party is Over!

At the Democratic convention in Atlanta Rev. Jesse Jackson spoke with his usual wonderfully emotional vigor-which in effect caused my eyes to fill with tears of wonder-for a nation in need of adversity.

Rev. Jackson, in my opinion, touched the very heart of America, speaking to and for the masses. Will we are sick, women, minorities, AIDS victims, the gay and lesbian community, laborers, college students, and the children who aren't of America's future?

As a key factor to conduct change, Jackson spoke of unity, as had former President Jimmy Carter and Texas keynote speaker Ann Richards the night before. The only way we could enact change is to come together to form a "bigger patch," Jackson insisted. Alone we are but small interest groups-the "lambs" who need to join forces with the "lions;" the nation's biggest conglomerates.

Instead Reagan chose to give aid to the Contras and with great ease it seems to me, to put the nation into even greater debt than it was before the presidential office came under his administration.

Another thing I think should be taken into consideration is who this nation chooses to see as a hero. The seven astronauts who boarded the Challenger who we saw expire instantly to the dismay of ALL Americans, are the people I will have in mind when thinking of heroism. In my opinion, Col. Oliver North is NOT a hero! However, horrifyingly so, North was haled into aggrandizement by some seemingly naive members of our society who believed him to be so! It's no wonder so many government officials are resigning.

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Ellisa Serrato Gutierrez
San Bernardino
Letter to the Editor

Hispanic Vote

The Hispanic News welcomes opposing political views or comments about the contents of its publication. Letters should be addressed to: The Inland Empire Hispanic News, Editor, 719 N. "D" Street, San Bernardino, CA 92401. The Hispanic News will correct any errors in factual content or any information that appears misleading.

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West Side Businesses Decline
Continued from Front Page

Pioneer Chicken franchise owners on corner of Baseline and Mt. Vernon decided to close because of repeated burglaries.

“I was hoping, during this term of office, to expand the Central City West Development area (Monge’s Plaza on 5th St.), but I can’t do anything with the expansion of the development zone because of the moratorium”, stated Estrada. Estrada emphasized the importance of redevelopment incentives as key to the revitalization of the economically depressed West Side, but cited examples of individual efforts by local entrepreneurs such as Charles Lee, owner of the Best Markets on Mt.Vernon who recently purchased a well situated lot on the corner of Fifth and Herrington Ave. to expand his thriving businesses.

Abe Beltran, co-owner of Belco Development which operates two relatively new commercial centers on Mt. Vernon, states that it has been extremely difficult attracting new businesses to his commercial properties because of the area’s reputation as economically depressed. He feels that older buildings on Mt. Vernon should be torn down and new ones erected to attract newer businesses.

“Its going to have to be a partnership between the City and private developer,” stated Beltran. He suggested the City buy frontage property on Mt. Ver-
Mt. Vernon
Continued From Page 3

non and negotiate with a private developer to provide the sites to attract new businesses. "There's enough people in this community to support business," stated Beltran but he added there was little to attract new customers.

Alfredo Arciniega, owner of Community Financial Services (check cashing service) at the corner of 5th and Mt. Vernon feels that the area's image and reputation have discouraged customers from patronizing Mt. Vernon stores. Due to the closure of the General Telephone (GTE) center on Fourth Street, his business was designated as a GTE service center for San Bernardino. To his shock, he discovered that many GTE clients who now have to come to the West Side to conduct business were afraid and reluctant to visit the West Side because of what they perceived to be a crime problem. A problem, he states, which no longer exists.

Tony Chavez, owner of All-Star Trophies located at the corner of 5th and Mt. Vernon believes that the problem lies within the West Side business community itself.
"We can't blame the City. It has to come down to the local community," stated Chavez. "They will not cooperate.", referring to the lack of participation in Hispanic Chamber activities designed to improve the business climate on the West Side.

"Eighty percent is our own problem", stated Chavez. Chavez believes that without individual businesses willing to invest in needed improvements, many of the older businesses on the West Side will continue to detract from the area's total attractiveness. Chavez indicated he is planning to move to another location due to the lack of customer traffic in the West Side. Besides being owner of All-Star Trophies, Chavez is Chairman of the Hispanic Chamber Business Division.

Whatever the reasons, Mt. Vernon continues to be an economically depressed area frustrating the efforts of would-be developers, city officials and Hispanic business leaders.

In the words of a resident of the West Side, "The West Side has always been neglected. Don't expect things to change".

(Editor's Note: This is a first in a series of articles dealing with the economic and social service systems within the the West Side of San Bernardino.)

The last bank to close on the West Side was the Bank of America located on the 1600 block of North Mt. Vernon Ave. The location is often used by prostitutes to flag down potential clients that drive through North Mt. Vernon Ave.

One new business that has cropped up in light of declining economic activity on Mt. Vernon Avenue is Fruit-a-Mex frozen fruit bars which occupies the site formerly used by Embassy Liquors on the corner of Vine and Mt. Vernon Ave. Above: Jesus Garcia of Fruit-A-Mex at the corner of 6th and Mt. Vernon Ave.

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Llama queremos complacerte!
824-KDIF, 784-1740 y 784-1440
Future Leaders of America Provide Hispanic Youth with Self-esteem, Motivation and Drive

By Cecilia Gallardo

Attempts at furthering the goals and achievements of Hispanic youth in our nation have, as of late, been extensive. Local efforts toward change are no exception. In San Bernardino Dr. Tom Rivera, educator and associate dean of Educational Support Services at Cal State San Bernardino, has successfully waged a crusade on strengthening existing opportunities for Hispanic youth in our community.

Under the direction of Dr. Rivera, an annual conference, entitled Future Leaders of America (FLA), is held at Camp Seely, located just off Highway 18 in Crestline. The recurring theme of the conference was Latino youth are the future, the future of our land. The main goal of conference organizers is gearing young high school students toward taking an active lead in directing their future and inevitably, the future of Hispanic people.

Programs such as this one are designed to give young minorities an advantage. Students who have demonstrated high scholastic achievement and show tenacity, drive, and a willingness to achieve are the young people in which conference organizers are interested. Graduation from high school is anticipated, but organizers of the leadership conference locally and statewide are talking about preparing the youth, who will be our future leaders, toward graduation from college.

This year, approximately 115 students participated in the week long leadership program. And, says Dr. Rivera, the numbers get bigger every year. More and more Hispanic youth are demonstrating high levels of achievement and more are expressing interest in programs such as FLA. The conference is for eighth and ninth graders from high schools in San Bernardino and Riverside counties.

For the week-long leadership conference a series of workshops were set up. These workshops included goal setting, motivation, speech writing and delivery, mock trials, and an introduction to parliamentary procedure with Robert's Rules of Order.

Students were divided into ten "familias". Each "familia" had a group leader that acted as the parent of the family, a peer counselor that served as a big brother or sister, and an A team leader.

There are many camp leaders and project coordinators involved in the program. The staff of the FLA camp received much praise from the students. All who donated their time found the experience very rewarding. Many staffers, or facilitators, took time out of their vacation to volunteer for the week-long leadership program. Response from group leaders regarding the experience was positive and enthusiastic. Said one head of a "familia", "The experience has left me a lot to think about, about the future of my people, and the role I am to play in that future. Here I feel I have made a difference."

Says Dr. Rivera of the Future Leaders of America program he has helped to create, "Nothing I have seen in all my years of working with student programs works as well as Future Leaders." His frustration was in the difficulty of raising the needed $20,000 to sponsor the program.

Reaction from parents to the program was also very strong. Says Diane Leonard, mother of Erin Mendoza of San Bernardino, "It's been a great experience for her. Her week was cut short for medical reasons, but overall Erin's been thrilled with the project. This is something that's important for our young people today, and very worthwhile.

"Erin is more outgoing, there seems to be the possession of a new belief in herself."

Also, stated Pete and Virgie Florez of Rialto, who's son Richard participated in the conference, "It's a great program. Richard, a student at Eisenhower High school, has really enjoyed it. He was impressed, as are we, and now," added Virgie with a smile, "Richard wants to be a future leader."

The overall feeling from parents seemed to be that their child had more self confidence and esteem.

One of the events organizers stated that San Bernardino's future leaders conference has its roots in a similar program set up in Sacramento county. The Chicano Latino Youth Leadership Conference is held annually in the state capital. The program takes students from Marin, Sonoma, and Sacramento counties for participation in a 6-day conference that involves a variety of different workshops, many of which were sponsored by local businesses.

Continued on Page 10
Tijuana: Bordering on Growth and Prosperity

El Centro Cultural in Tijuana represents the best of Mexico's culture and history.

By Veronica L. Leduc

Tijuana in the past has been known as a dirty border town where people merely passed through trying to get to one side or the other. A lost city-as it has been described-that has proven to be a city full of contrasts in its people, its landscape, and its architecture.

For all its improvements, one cannot help but notice the neglect of old buildings, empty lots filled with garbage, and the poverty of the people who mill around the streets selling souvenirs or begging for a daily meal. The dilapidated homes-which I would not call them—are stacked upon one another, providing a refuge for the poverty of the people who mill around the streets selling souvenirs or begging for a daily meal. The dilapidated homes—which I would not call them—are stacked upon one another, providing a refuge for the poverty of the people who mill around the streets selling souvenirs or begging for a daily meal.

But there is another side of Tijuana that attempts to overshadow the neglect and the poverty. The Centro Cultural, built in 1982, gives tourists a refreshing new look at Tijuana. The Centro Cultural, which is located on the Paseo de Los Heroes y Mina Zona del Rio, is just situated within a mile from the border.

Inside the Centro Cultural's lobby is a small souvenir shop featuring pottery, art books and Rupestrian memorabilia. The main feature of the Centro is a hemisphere shaped screen that projects a circular 180 degree view of a motion picture in a technique called Omnimax. The seats tilt backwards to accommodate the view. The auditorium seats three hundred people and in essence serves to transport the audience through an aerial moving picture of Mexico's past and present.

The movie, "People of The Sun" (Pueblo del Sol), which is also shown in English at specified times, presents an hour long "tour" of Mexico with a brief highlight of Mexican history that touches on Mexico's ancient civilizations and the people who constructed the great pyramids and cities. The climax of the film presentation came during several breathtaking aerial shots of Chiapas, Cancun, Acapulco, Mexico City, and a frightfully realistic scene from a rollercoaster ride in Guadalajara. Viewers would definitely experience the sensation of riding a real rollercoaster feeling its sudden drops and turns.

With its large dome structure, art museum, and several breathtaking motion pictures, the Centro Cultural is a definite lure for tourists to "come in" and see more of Mexico for what it is.

Mexico is a country with much potential. It is a country with a grand ancient history, and Mexico is a country with a mixture of culture as diverse as its people who, though poor, seem to possess some amount of pride.

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Tijuana: New Face

Continued from Front Page (Leduc)

through the windows, and/or sitting in the cool garden-like plaza to converse with other passing browsers. Only a few American tourists or outside visitors actually did any shopping. A retailer could have a team of workers just standing around talking amongst themselves because there were not enough customers for them to wait on.

According to one Mexican worker who has recently tried to find work in California, a laborer earns between three, five and perhaps seven American dollars a day. When one considers the average price of a blouse ($7.00) or a hat ($8.00) one can understand why some vendors are not always consistent in their presence.

With its huge tanned-colored dome structure, the Centro Cultural is hard to miss. There is an adjoining restaurant, theater, meeting hall, and museum that features contemporary art, sculpture, and Rupestrian paintings which are cave drawings recently discovered along the Baja peninsula. Outside the Centro Cultural, a troupe of dancers in native costumes performed an ancient dance to the sun. Four men, both young and old, prepared themselves on top of a twenty meter pole while another performer stood at the very top beating a small wooden drum and asking the Sun God, Huizilopochtli, for permission to fly. The four men leaped down the pole swinging upside down in a circular motion until all of them reached the earth at the same time.

The four men leaped down the pole swinging upside down in a circular motion until all of them reached the earth at the same time.

Above: Sisters of the order Mision de la Orden del Santiago Salvador y Santa Brigida at the Mercado Miguel Hidalgo.

Above: The Centro Cultural.

Left and Below: Grupo de Voladores (Pole Flyers): Xochihuia from Papanche, Vera Cruz performing outside the Centro Cultural for tourists.

Voladores Names: Pablo de Leon, 18, Juan de Leon, 41, San Martin Perez, 40, Salvador de la Cruz, 25, and Calicarpo Garcia, 24.
La Frontera

Inland Empire Hispanic News

Tijuana: Una Populación de casi dos Millones

Sigue de la primera pagina

Avenida Revolución a la izquierda o girando a su derecha iba a dar a Car- tonglandia ya desaparecida, y a la izda conocida como Zona Norte. Ya varios campos deportivos (Sierra Vera) desaparecieron para dar paso a centros arte-

nacionales y comerciales. Todo la Zona del Río está completamente urbanizada y hoy se ve el nuevo Palacio de Gobi-

erno, la "bola" o sea el edificio del Cemet-Fonapas que es a su vez museo, teatro, centro de convenciones y cine donde se proyectan cintas de lo que es la tierra y el espacio; la Plaza Río Tijuana donde se encuentran muchas tiendas de ropa y novedades como Dorian's, mercados de comestibles, frutas y legumbres y ropa como Comercial Mexicana; panaderías de primera. Avenida Revolucion a la izquierda o de viajes tanto para el país como para

viajar a cualquier parte. Restaurantes que le sirven platillos regionales como tacos, tostadas, tamales, tortas, chim-

changas, milanesa con papas, bistec ranchero, huevos rancheros, un de-
sayuno continental o cocina interna-

nacional, así hallamos Las Espuelas, e

infinidad de tiendas de artículos de

artesanía y dulcerías así como suficien-

tes estacionamientos.

Los supermercados siguen ampli-

ando sus actividades y abren tiendas en

todas las colonias, así conocemos a los Calimex, con más de diez locales en la ciudad, los Blanco que eran antes los Limón que también cuentan con más de 10 tiendas, los Ley, los mercados La Canasta e infinidad de otros comercios de abarrotes. Catedral sigue igual de folclórico y majestuosa con su arquitec-

tura medieval, en la Calle Segunda y "H", el tem-

plo de San Francisco por la calle Ter-

cera frente al parque, donde se agrupan infinidad de trabajadores por día como son carpinteros, herreros, plomeros, pintores, y carroceros; casi cada colonia tiene su iglesia a cual más bien constru-

ida y ornamentada en su interior, así recordamos a la de Nuestra Señora de La Paz en la Colonia Independencia y diversos templos en La Mesa y Playas. Tijuana se ha desarrollado enorme-

mente tanto en lo urbano como en lo cultural, social y político. Cuenta con más de 50 nuevas colonias en su periferia de La Mesa, Playas de Tijuana, Fraccionamiento Soler, El Mirador, Infonavit y hacia Rosarito y Tecate, sumando todo ello una población de casi dos millones de habitantes; su aero-

puesto internacional es capaz de recibir los aviones más modernos, y suben y bajan más de 300 vuelos diarios entre comerciales y privados. De su Univer-

sidad egresan anualmente profesion-

ales en Derecho, Economía, Ingeniería, Medicina, Turismo, y Odontología. Sus cines exhiben gran variedad de programas, entre ellos se cuentan el Roble, Cinema, Variedades, Bujazán, los Gemelos, Tijuana 70, Reforma, el Zaragoza y los nuevos y modernos cines de la Mesa de Otay. Con respecto a la salud de la población cuenta con el departamento de Salud y Asisten-

cia Pública, con los hospitales de IS-

STE, de IMSS y otros particulares así como con farmacias y boticas por todos los rumbos de la ciudad.

Hacer un recorrido por Tijuana es por demás interesante, puede usted empezar por la Avenida Revolución y encontrará restaurantes, casi todos ellos con bar y pista de baile, discotecas y terrazas a más de que forman parte de centros comerciales con tiendas de artículos regionales manufacturados y otras variedades de tiendas. Empiece a caminar de la calle Primera hacia de Décima por la Revolución, admirará la arquitectura del hotel Nelson, el Bol Corona, con su boliche y restaurante, recordamos al encargado Güero Villa de hacer años; el centro nocturno El Torero de donde muchas bailarinas dieron el gran salto a la fama del Distrito Federal como Grace Renat; se llega a la amplia tienda de departamentos Woolworth y puede usted admirar

Sigue en Pagina 10

Editors Note:

On July 30, staff, writers and photogra-

phers of the Hispanic News spent the day in Tijuana to re-acquaint themselves

with the sights, sounds and smells of the border city known for its shops, restau-

rants, and nightclubs. Tijuana has doubled in population over the last ten years and now lists nearly two million residents within its borders. No longer just a stop-over for visiting sailors or va-

cationing college students, Tijuana boasts of a new cultural center, several-

shopping centers, reputable universi-

ties, and a growing arts community.

Above: The Caliente Race Track on Agua Caliente Blvd.

Below: The Mercado Miguel Hidalgo is an open air market for more adventuresome tour-

ists.

Above: U.S. tourists, Irene Marquez from Redlands, CA and Veronica Leduc from Mentone CA take a break from shopping on Avenida Revolución where most tourists go to shop for gifts, clothing and souvenirs.
As American as Cactus Pie

By Sonia T. Rodriguez

No one had a name for them — neither classical Greek nor Latin included them in their dictionaries. No one in the civilized world had ever even seen a cactus until Columbus' party stepped ashore on Hispaniola. However, the Mexican people found it fitting to include them in their diet and their country's flag.

Early botanists, in searching the ancient languages for a name to apply to the strange appearing plants, used the Greek word for thistle (cactus) which seemed the best approach to such spiny vegetables. Ever since then we have known them as cactus.

Cactus, like corn, tobacco and tomatoes, was confined to the North and South American continents and had carried out its extraordinary life apart from the plants of the rest of the world.

No sooner had the early explorers of the New World become familiar with the wonders and novelties of the West Indies than they began to carry home these curious succulent plants that so readily survived long sea voyages without water or attention. Soon the greenhouses of Europe were stocked with them. In time some of the common and tolerant species found their ways to semi-arid regions of many parts of the world, and became established as naturalized plants where they have often become major pests.

In Australia, for example, transplanted prickly pears grew so well and spread so widely that until controls were developed there were many thousands of square miles overgrown by their thorny thickets.

The greatest numbers and varieties of cacti occur in Mexico, which could be explained in their popularity in that country, and the center of evolution of the group seems to have been in the Mexico-Caribbean Island region. From there they spread north into North America as far as central Canada, and south into South America.

How does one distinguish cacti from other plants? All cacti are succulents, but not all succulent plants are cacti. This may sound confusing, but there's an easy way to tell the difference:

Examine the plant, asking two questions; does it have any spines or sharp pointed hairs? If so, are they arranged in clusters separated by areas of spineless skin? If the answers to both questions are yes, the plant most likely is a cactus. If one or both characteristics are missing, you may have a succulent plant but certainly not a cactus.

If you're still confused, look at the pattern or arrangement of spines. Botanically, only cacti have areoles. Each areole usually bears multiple spines. In other spiny succulents, the spines or thorns are solitary — rarely occurring in clusters.

One last feature about cacti may help you in identification: flowers originate from the areoles.

Examples of plants most often mistaken for cacti are:
The Century Plant (Agave). This is an American desert plant of the Amaryllis family. The Ocotillo, or Jacob's Staff, a spiny stemmed desert plant of the Southwest belonging to a family of its own. The Joshua Tree, a spiny leaved desert plant belongs to the Lily family.

Actually, cacti are divided into three different categories: Pereskiaeae, Opuntia, and Cereaceae.

The Opuntia species is the one used for nopalas — the cactus used to cook with. A number of flat paddled Opuntias are found along the southern California coastline and further inland. A number of varieties are also found as far north as Santa Barbara and south to San Diego.

The Prickly Pear Cactus, a member of the Opuntia species is found in clumps sometimes 5 feet high and 10 feet in diameter. The flattened pods, or stem points, of the pricklypear growing as they do, in huge clumps, make them the best known of the cactuses throughout the West. There are many species found throughout the United States, but the plants reach their greatest size and most luxuriant growth in the desert areas of the Southwest. The large, red to purple and mahogany, juicy, pear-shaped fruits are known as tunas, and are eaten by people as well as by many animals. Their flowers are large and quite spectacular.

Nopalas are actually very nutritious containing small amounts of potassium, calcium and phosphorus, and Vitamin A and C. Three and one half ounces raw, equals 42 calories. You may buy prepared nopalas at most grocery stores by looking in the Mexican food sections.

The following are some recipes using nopalas:

Cactus Pear Fruit Milk Shake

3 Cactus Pears (Tunas), cleaned, seeded and diced
1 apple, diced
1 pear
1 banana
1 cup nut meats
2 cups milk
Add 2 tablespoons brown sugar if desired. Put all these ingredients in a blender, and blend until smooth.

Nopales Con Pipian y Camaron

2 huevo
1 frasco de Embasa nopalas
1 paquete de Camaron de polvo
1/2 taza de aceite Mazola

In a sarten ondo se le pone 1/4 taza de aceite y cuando este bien calentado se le agrega el paquete de camaron de polvo. Se mezcla bien.

Da 3 cactus con pipian, revisa el paquete de instrucciones de el*...
Oatmeal Shortbread With Peaches (Picture-Left)

6 tablespoons each butter and sugar
1/2 teaspoon lemon zest
1/2 teaspoon vanilla extract
1/4 teaspoon salt
1/2 cup flour
1/2 cup rolled oats
3 fresh California peaches, sliced
1 tablespoon lemon juice

Cream butter with 4 tablespoons sugar until light. Beat in lemon zest, vanilla extract, salt, flour and oats just until combined. Pat dough out evenly into 7-inch round on ungreased baking sheet. Indent edge of round with finger to make a scalloped effect. Cut shortbread into 6 wedges but do not separate. Sprinkle with 1 tablespoon sugar. Bake in 325°F oven 25 to 30 minutes or until golden at edges. Meanwhile, combine peaches with lemon juice and remaining sugar. Cool shortbread on pan 5 minutes. Recut markings so that shortbread may be separated into 6 servings. Spoon peach mixture over shortbread wedges. Serve with whipped cream or ice cream, if desired. 6 servings.

Plum Pork Tenderloin

3/4 pound pork tenderloin
2 tablespoons flour
1/4 teaspoon salt
1/8 teaspoon white pepper
2 fresh California red plums
2 tablespoons butter
1/4 cup sliced green onions

Prepare Plum Sauce. Cut tenderloin crosswise into 1-inch slices. Place between sheets of waxed paper and pound out very thin. Mix flour, salt and pepper together and dust over pork slices. Cut 2 plums into small wedges. Heat butter in 10-inch skillet and brown pork slices over high heat, turning once and cooking about 2 minutes. Add Plum Sauce, sliced plums and onions to skillet. Cook about 2 minutes until sauce thickens slightly and plums are heated through. 4 servings.

Plum Sauce: Slice 1 fresh California plum into blender jar; process smooth to measure 1/3 cup puree. Add 1/4 cup rose or white tables wine. 1 tablespoon each soy sauce and honey, 2 teaspoons each capers and lemon juice, 1 beef bouillon cube, crumbled and 1/4 teaspoon tarragon, crumbled. Blend smooth. Makes about 1/2 cup.

Datos Nutritivos
Durazno
Porción—
mediano (5 onzas)
Calorías 50
Proteínas . 8 gramos
Grasas 1 gramo
Carbohidratos 12 gramos
Sodio .6 miligramos
Potasio 210 miligramos
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To subscribe to the Inland Empire Hispanic News, call (714) 381-6259. Our offices are located at 719 N. "D" St., San Bernardino, CA.
Future Leaders

Continued from Page 5

involve directly interacting with state legislators, the committee process, and the press.

FLA receives its funding from a number of nationwide and local organizations. Nationally, financial support for our Latino youth comes from Latino Peace Officers Association, and the Kiwanis and Elks Club just to name a few. All sponsors were honored at a banquet that signaled the end of the week-long conference. The invocation to the banquet began, "Our beautiful Hispanic culture..."

It's amazing to see what's being done for young minority students like these who show tenacity and drive, and a willingness to achieve. These are young adults interested in the future of their country and what part we as Hispanics need to take.

One can feel the energy and excitement fill the room when these young adults talk of their future and the future of their people when they sing, in voices raised and voices proud, "We are the future leaders of our land."

We need to have more Hispanic leadership, dynamic and strong, to unite the many factions of our Hispanic community and further its goals of greater Hispanic representation and leadership, dynamic and strong, to unite young adults interested in the future of their people when they sing, in voices raised and voices proud, "We are the future leaders of our land."

De Pagina 7: Cardona

Tijuana: La Unica

De pagina 7: Cardona

In the joyería Espinoza los fines trabajadores de oficina, donde hacen artículos únicos de podería y joyería fina a orden suya; otra joyería a mencionar en la avenida Constitución es la Felaní, entre 8 y 9, donde le arreglan su reloj o te renuevan sus anillos y collares, ésta atendida por la familia Melchor.

Siguiendo por la avenida Revolución se encuentra con el magnifico edificio de Importaciones Beatriz, con productos de muchos países a precios de mercado libre. Renglón aparte merece el local del Rfo Ríta, que viene siendo uno de los más antiguos y a la vez el más vanguardista, pues allí se organizan concursos de nuevos valores para darlos a conocer como cantantes.

Our beautiful Hispanic culture...

Tijuana: New Face

Continued from Page 6

meal ($4.24), it is no wonder that Tijuana's malls and shopping centers are not crammed with Mexican consumers.

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On this historic day in 1810, Mexico began its struggle for independence against Spanish rule, a date remembered and commemorated not only by Mexico but by many Americans of Mexican descent who live in the United States.

A special edition of the Hispanic News, scheduled for September 14, will contain not only the latest news and information affecting the Hispanic community in the Inland Empire, but also information on the historical significance of this special Mexican holiday.

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