8-8-1990

August 8th 1990

Hispanic News

Follow this and additional works at: https://scholarworks.lib.csusb.edu/hispanicnews

Recommended Citation
https://scholarworks.lib.csusb.edu/hispanicnews/307
Rachel Krasney appointed San Bernardino City Clerk

San Bernardino Mayor Bob Holcomb has announced the appointment of Rachel Mendoza Krasney to the office of City Clerk at the regular council meeting on Monday, August 6. Former City Clerk Shauna Clark Edwards was recently appointed as City Administrator by Mayor Holcomb which resulted in the vacancy. The elective office will be for the duration of the term, which expires on June, 1991.

Ms. Mendoza Krasney, well known San Bernardino resident, has 16 years experience with the City of San Bernardino. She worked for then Mayor Al Ballard from 1966 to 1971. She continued as executive secretary and later Administrative Assistant to Mayor Bob Holcomb from 1971 to 1981. She was Administrative Assistant to Warner Hodgdon in 1986-87 and Assistant to the President/San Bernardino Community Against Drugs in 1987. Prior to her appointment as Administrative Assistant to Mayor Holcomb in June, 1989, she worked as Congressional Assistant and Office Manager for Congressman George Brown.

Ms. Mendoza Krasney graduated from San Bernardino High School, San Bernardino Valley College and majored in Business Administration at Cal State, San Bernardino.

She is very active in community affairs, including the San Bernardino Mexicali-Villahermosa Sister City Committee, where she served as president in 1986-87 and is currently on the Board of Directors, Inland Counties Hispanic Roundtable, Hispanic Chamber of Commerce, Sinfonia Mexicana Board of Directors and has hosted exchange students from Mexico, Japan and France. She was selected as League of Women Voters Citizen of the Year in 1981.

In an exclusive interview with the Inland Empire Hispanic News, Ms. Mendoza Krasney issued the following statement:

"I am extremely honored to have been appointed by Mayor Holcomb to fill the position of city clerk and to complete the unexpired term of my predecessor, Shauna Clark Edwards."

"I appreciate the confidence given me by the Mayor, Members of the City Council and my predecessor, and pledge to do my very best to carry out the duties of the City Clerk."

"Shauna Clark Edwards, the former City Clerk, headed one of the best run City Departments and probably the most efficient City Clerk's Office in the State. I will endeavor to carry on the example she has set and I look forward to carrying on with the charge entrusted to me."

Aumento de Tuberculosis

By Gary L. Euler, Dr. P.H.

Desde el año 1987 ha habido un aumento de tuberculosis (TB) en el condado de San Bernardino - de 64 casos en 1987 a 100 casos en 1989. En cualquier momento durante el año, el condado tiene entre 200 y 500 pacientes de TB. La mayoría de estos pacientes reciben tratamientos médicos preventivos para la tuberculosis. El Departamento de Salud Pública cuida de un 70% de los casos de TB del condado. En 1989 la proporción de infección de tuberculosis era de 0.3 casos por 100,000 residentes con un número de 7 muertes. Las muertes ocurrieron entre personas de 20 a 90 años de edad.

Hasta el momento en 1990, 57 casos de tuberculosis han sido reportados (hasta el 20 de julio). De estos 57 casos, 26 casos (45.6%) han ocurrido entre la comunidad hispana del condado de San Bernardino. Se estima que los hispanos componen el 19% de la población total del condado.

La tuberculosis es una enfermedad contagiosa causada por bacterias usualmente espacialidas en el aire de...
David Rodriguez - Student Success Story

David Rodriguez is dwarfed by mural he painted for San Bernardino High School.

There was a time when David Rodriguez's future was very bleak, he was in trouble at home with his mother and brothers and sisters (and with the whole world, it seems to him). He attended school on an irregular basis, his grades were very poor and he was unable to get along with schoolmates. He also hung around with the wrong crowd. However, David did graduate from San Bernardino High School in June, 1990. This turnaround was the result of hard realities, serious thinking, and luckily for him, persons that he met who became interested in him and his potentials, and who had an influence in his development of goals. Those were the catalysts that had an impact into the current positive status which he now enjoys.

This young man has an inherited artistic talent which he began to develop from a very young age. "I began painting when I was very young and I can remember when my uncles would challenge me to out draw them." The other interest was football. As he said, "I had all this anger in me and I felt that playing football would release this inside me instead of taking it out on people."

"I guess it started at Riley Elementary School, where I would get into trouble, like fighting. I had a teacher, Mr. (Louis) Ramos who would talk and counsel me. During this time, I was glad that Mr. Ramos was Hispanic because I felt he understood what I was feeling," he said.

David was transferred to Hunt-Jefferson Elementary School where he still had problems and his academic record was not very good. He met a teacher, Mrs. (Claudia) Rivera, who took an interest in him, helped him improve his attitude and generally guided him. "She (Mrs. Rivera) would give me jobs at her house and would let me swim in her pool. She also helped me get into the Inland Empire Future Leaders Program, which was really good for me as I learned a lot. I know now that she really cared about me and tried to help," he said very straightforwardly.

"In 9th and 10th grade, I really messed up. I would hang out with the guys and do other bad things, I was really impressed with everything we were doing. I would say to myself, I'll ditch and make up tomorrow.Pretty soon, I would ditch so much that I kept telling myself that I would make up the semester. My mother would talk to me and tell me that my grades were not good. I would get mad at her. We would get into arguments and finally, we just couldn't communicate with each other. During this time, though, I had a very good art teacher, Mr. Saenz, who would encourage me to take art seriously. He would tell me that I had a natural talent to paint. He made me think a lot about myself," he said.

The summer of his senior year was the turning point when he began to think about the past and his future. "I began to do some serious thinking about how I had been messing my life. I thought about how my dad and uncles had graduated from San Bernardino High and I hated to break that tradition. Also, how I had treated my mother and everyone around me. But I seemed to have all this anger in me and felt that football would help me work all this anger out. I went to talk to Ms. Craig, (Karen Craig, San Bernardino High School Principal) and she talked to me for a long time and really encouraged me to improve myself, especially my art. She also told me if I wanted to play football, I would have to talk to Mr. McBride, (Michael McBride, mathematics and physical education teacher) and that she was not going to change any grades for me just because I wanted to play football."

Continued on Page 6

CALIFORNIA HIGHWAY PATROL

Aren't You Looking For A Career You Can Be Proud Of? Aren't You Ready For The Challenge Of Your Life?

If so, the California Highway Patrol is accepting applications for male/female and bilingual speaking candidates for the position of State Traffic Officers.

The starting salary is $2410.00 per month.

Requirements: 20 to 31 years of age, high school diploma or the equivalent, and no felony convictions.

Please attend an orientation either:

* Monday, August 13, 1990 at 5:30 P.M. at the Inland Division CHP Office, 847 E. Brier Dr.
* Tuesday, August 14, at 5:30 P.M. at the Riverside CHP Office, 8118 Lincoln Ave., Riverside.

If you need further information, call our recruitment section at:

(714) 383-4819 (24 Hrs.)

**Continued on Page 6**

**HISPANIC NEWS**

The Inland Empire Hispanic News is owned and operated by the Hispanic Communication and Development Corporation.

Publisher  Cuadiso Gomez
Editor  Jack Fitzgerald
Office Manager  Tito Gomez
Design  Jaclyn Ink
Photographer  Tom Balsteros
Writers  Rebecca Gill
Ray Navarro
Charles Steve

Circulation  Robert Hernandez

The Inland Empire Hispanic News is published every two weeks and distributed in San Bernardino, Colton, Redlands, Fontana, Riverside, Rancho-Cucamonga, Ontario and the High Desert. You may subscribe by calling (714) 381-6259.

1558-D North Waterman, San Bernardino, CA 92404, or call Trini Gomez at (714) 381-6259 to arrange an appointment.

Wednesday, August 8, 1990

**Education**

David Rodriguez proudly displays diploma and awards received at S.B. High School.
Flora Ortiz named UCR Associate Dean

Leland Shannon, Dean, University of California, Riverside, recently announced the appointment of Professor Flora Ortiz as Associate Dean in the Graduate Division.

Dean Shannon stated that Professor Ortiz will work with the Graduate Council and Program Graduate Advisors to increase graduate students admissions selectivity, monitor graduate enrollment and distribute fellowships monies to attract and retain the highest quality students. An added responsibility is to develop and implement strategies to identify, recruit and retain minority and underrepresented female students.

Dr. Ortiz is Professor of Education and Ethnic Studies, and is a nationally recognized scholar. She has been active in graduate affairs and affirmative action issues since joining the UCR facility in 1972. Other areas of major teaching interests are school superintendencies, school administration, implementation and administration of bilingual education programs and instructional systems as they impact minority students. Her previous professional position was music teacher/supervisor and special assistant at the University of New Mexico.

Graduate of the University of Denver with a B.M. in Music, Dr. Ortiz has a M.A. and Ph.D. in Education Administration from the University of New Mexico, Albuquerque.

Dr. Ortiz has had a large number of books, articles, technical reports and professional papers published nationally. She is a member of the leading national educational associations. Other local organizations include the Mexican-American Legal Defense Educational Fund, Community Settlement Association and Tomas Rivera Conference Committee.

Dr. Ortiz is the recipient of numerous awards and honors including the Outstanding Professional Chicana Honoree, Who's Who of American Women-10th Edition and nominee for the Pi Lambda and Tomas Rivera Dissertation Prize.

Castro named City Supervisor

The San Bernardino City Council recently appointed Miguel Castro to the position of Custodial Supervisor. Mr. Castro is responsible for the management of the Housekeeping and Maintenance Section which involves the supervision of 17 permanent and 37 part-time employees that perform the housekeeping/maintenance duties at 46 city facilities, including City Hall, libraries, Central City Mall, police station locations, etc. He is also responsible for a material and supplies inventory which total over $101,000.

Mr. Castro has worked for the City of San Bernardino for 17 years. Starting on a part-time basis, he has worked his way up the promotion ladder as a custodial aide, laborer, maintenance worker, plumber, to his present position. Born in El Dorado, Sinaloa, Mexico, Mr. Castro came to the United States at the age of 13. He worked in various jobs until age 18 when he was employed by the City of San Bernardino.

Since that time, he has attended adult school, enrolled at San Bernardino Valley College, where he attained his GED. In 1986, he obtained his citizenship. He has continued to attend school to further his education, specifically in English, history and music.

Mr. Castro married the former Maria Santos, and has four children, Imelda 14, Miguel 12, Yolanda 10 and Gustavo 9.

Mr. Castro will be in charge of the Housekeeping and Maintenance at 46 city facilities.

Gustavo 9.

His organizations include San Bernardino MAGA, San Bernardino Latinos, and Vice-President of the Inland Empire Lions Club.

He enjoys working on community fund-raising activities and his hobbies are soccer, golf and music with his family.

Mariana Hernandez Receives Grant

SCC Educational Grant -- Jim Burns, left, area manager for Southern California Edison Company, presents an Edison educational grant award to Ms. Mariana Hernandez, a June graduate of San Gorgonio High School. This year, Edison is presenting 100 educational grants valued at $500 to high school graduates to assist them in continuing their education. An Edison mentor will also be assigned to work with each of the students for two years. Joining in the presentation are Ms. Adelle Mendez, right, counselor, San Gorgonio High School, and Bob Stranger, far right, regional affairs manager at Edison's eastern division.
Is UCR Powerless in Affirmative Action?

(Publisher's note: Daniel Morales, UCR graduate, long-time community activist and president of the Concilio for Educational Excellence presented a prepared statement before the Senate Education Committee presided by Senator Art Torres, Dem., 24th Senatorial District regarding lack of appointments of Latino/Chicano educators in the UC system and irregularities in the appointment process at UCR. The Concilio for Educational Excellence is an organization of UCR graduates whose goal is to assist the UCR's academic and affirmative action programs as it relates to minority teachers and students. Appropriately, the organization presents position papers on subjects relevant to minority interest. The following statement is published in verbatim.)

INTRODUCTION

In order to provide a perspective by which to begin this testimony, I offer the same quote that I did in the UCR '43 public hearing. It also would lead to a generalized accommodation to mediocrity in our society on the one hand or the creation of an undemocratic elitism on the other. (Emphasis added)

The above quote is from the President of the University of California, David Pierpont Gardner.

CHICANO/LATINO ACTIVITIES IN AFFIRMATIVE ACTION

In order to attempt to hold President Gardner to one of his words of "equitable treatment of our diverse population," many of us Chicanos and Chicanas, Latinos, and Latinas statewide have tried to point out not only to President Gardner, but to the public, to the legislature, and to the Commission on the Master Plan for Higher Education that a serious problem exists in the hiring and hiring practices of the UC system. The Chicano/Latino Consortium has held several convocations and have presented excellent reports on the status of Chicanos/Latinos in the UC system and in each of its nine campuses. It was sad to hear President Gardner at the convention held in Los Angeles tell us that he did not have the power that we perceived him to have in order to make some strong commitments to affirmative action for Chicanos/Latinos. It was also sad to hear UCR Chancellor Rosemary Schraer also say that she has no power either.

Any way one wants to cut this situation, it smells, it stinks, and is a gross misuse of public monies.

Perhaps the message was stronger than we thought at the time. Maybe they do not in fact have any power. It is this the reason why the Chicano/Latino Consortium presents position papers on subjects relevant to minority interest. The following statement is published in verbatim.

"We do not believe that a public commitment to excellence and educational reform must be made at the expense of a strong public commitment to the equitable treatment of our diverse population. The twin goals of equity and high quality schooling have a profound and practical meaning for our economy and society, and we cannot permit one to yield to the other, either in principle or in practice. To do so would deny young people their chance to learn to live according to their aspiration and ability. It also would lead to a generalized accommodation to mediocrity in our society on the one hand or the creation of an undemocratic elitism on the other."

(Emphasis added)

The above quote is from the President of the University of California, David Pierpont Gardner.

Any way one wants to cut this situation, it smells, it stinks, and is a gross misuse of public monies.

Perhaps the message was stronger than we thought at the time. Maybe they do not in fact have any power. It is this the reason why the Chicano/Latino Consortium presents position papers on subjects relevant to minority interest. The following statement is published in verbatim.

"We do not believe that a public commitment to excellence and educational reform must be made at the expense of a strong public commitment to the equitable treatment of our diverse population. The twin goals of equity and high quality schooling have a profound and practical meaning for our economy and society, and we cannot permit one to yield to the other, either in principle or in practice. To do so would deny young people their chance to learn to live according to their aspiration and ability. It also would lead to a generalized accommodation to mediocrity in our society on the one hand or the creation of an undemocratic elitism on the other." (Emphasis added)

The above quote is from the President of the University of California, David Pierpont Gardner.

Any way one wants to cut this situation, it smells, it stinks, and is a gross misuse of public monies.

The Twin Goals of Equity and High Quality Schooling

The Chicano/Latino Consortium has held several convocations and have presented excellent reports on the status of Chicanos/Latinos in the UC system and in each of its nine campuses. It was sad to hear President Gardner at the convention held in Los Angeles tell us that he did not have the power that we perceived him to have in order to make some strong commitments to affirmative action for Chicanos/Latinos. It was also sad to hear UCR Chancellor Rosemary Schraer also say that she has no power either.

One of the recommendations concerned goals to hire one Chicano ladder rank faculty per year and/or hire in proportion to the Chicano population of California or the Southwest. Chancellor Schraer, in April of 1988, responded that "the proportion of Ph.D. recipients who are Chicano is far less than the proportion of the population of California or the Southwest that are Chicano, so hiring in proportion to the population is not realistic." To the goal concern she responded that "I want very much to see us hire more Chicano (and other under represented) faculty at UC Riverside," Chancellor Schraer also responded that "We do not yet know how many faculty recruitment will take place next year, nor in which fields they will take place, so it is not possible to determine at this time how realistic it would be to set a specific goal of one Chicano hire per year, outside of Ethnic Studies." Perhaps she should have consulted with Mr. Chapell, who in May said there would be 35 to 50 positions.

The second and third recommendations concerned establishing a program for hiring minority/Chicano faculty and the Target of Opportunity Program for hiring faculty from under represented groups. Chancellor Schraer's response was "We are in the final stages of consultation with the Academic Senate regarding initiation of a Target of Opportunity Program, which should address these concerns. We expect to complete the definition of the program and to implement it in time for the next cycle of faculty recruitment, which will begin approximately July 1, 1988, when the 1988/89 academic budget cycle commences. At that time the new faculty positions for which we have waited so long will be authorized."

Utilization of TOP at UCR

In 1989 the name of Kathleen Montgomery was brought before the TOP committee at UCR and the committee did not recommend that she be hired utilizing TOP. Some members commented that it was an academic hire rather than a Chicano hire. The Chicano/Chicana Renewal of California (CRA) claimed that the University's hiring of TOP was influenced by the Chicano community as it pertains to hiring our people to work for the UC system and for UCR. I am available to provide any additional information you may want to consider. Thank you.

Daniel F. Morales, Chairman
Concilio for Educational Excellence
If your electric bills seem to rise with summer temperatures, you'll be happy to hear this. Edison has all kinds of ways to cool yourself, and your bills, all at the same time. The choice is yours. Setting your thermostat at 78, just a few degrees higher, can help you save.

Try using a fan instead of your air conditioner. When temperatures cool, remember to turn your air conditioner off.

Try not to use heat generating appliances, like your washer and dryer, when temperatures are up. And don't cool an empty house when you go out.

An energy-efficient air conditioner can save a bundle. Especially now that Edison is giving rebates. We're giving rebates on energy-efficient refrigerators too.

We've got all kinds of ideas on how to cool your electric bills. We've printed them up for you in a free booklet called "Hot Tips for a Cool Summer." For your copy just call us at 1-800-952-5062, or call our TDD-accessible phone number, 1-800-352-8580.
Hispanic Health & Cholesterol --- Is there a connection?

By Jose A. Marquez, Director, Inland Counties Hypertension Council

Over the last several years there has been a lot of discussion on cholesterol and its effects on health. Cholesterol has been shown to be a major player in heart disease, particularly with heart attacks and strokes. In looking at Hispanic dietary practices, is there a need to be concerned. I would say yes.

At present, many Hispanic diets are high in fat and cholesterol. As a result the Hispanic community has a high incidence and rate of death from heart disease and diabetes and has a high rate of persons that are obese.

One of the main reasons for this occurring in the Hispanic community is the lack of knowledge about cholesterol and fats and the role they play in the development of hypertension, diabetes and other lifestyle related diseases.

What is cholesterol? Cholesterol is a odorless, white, waxy, powdery substance found in all foods made from animals and is part of every animal, including ourselves. You cannot taste or see it in the foods you eat. Our bodies, through the kidneys, produce cholesterol to help make cell walls and hormones, which is good. It is only when there is too much cholesterol in the body, whether our bodies make it or we get it from the food we eat, that it becomes a problem.

Cholesterol is a "fat" or "lipid" and is mixed with protein to create a "lipid protein" which helps carry it through out the body through the bloodstream. Why should we care about cholesterol? As I mentioned earlier, it is one of three major risk factors for heart disease. Too much cholesterol and fat in the blood vessels and veins can cause them to clog and cut off blood to the heart, the head and the rest of the body.

Studies on heart disease have shown that having a high blood cholesterol level can lead to atherosclerosis or "hardening of the arteries." An easy example of this is by trying to think of your body as the pipes in your house. The more "manteca" or fat you put down the pipes, the more chance the pipes will clog. It is the same with your arteries and blood vessels. The more foods you eat that are fried or have fat in them, the more likely you will clog the arteries and go to a heart or brain attack. They can lead to a heart attack or stroke.

How does a person put themselves at risk for high cholesterol? There are several. One is the amount of foods we eat that are high in saturated fats. A list of some of the foods that Hispanics like to eat that are high in these fats are beef, choroizo, eggs, fried foods, bacon, baloney, ham, lunch meats, hot dogs, whole milk, butter, refried beans with manteca, dark, yellow cheeses and tortillas made with manteca, tortilla chips, potato chips, chicharones, to name a few.

How in and what ways can Hispanics lower their cholesterol?

Eat foods that are low in fat. When buying meat, buy the leanest you can find. Eat more chicken and turkey, without the skin. Cook your meat by baking, broiling or barbecuing. Cut back on frying your food. Eat more fresh vegetables. Eat more fruits as snacks. Eat more beans, rice and pasta. Eat mozzarella cheese or ricotta instead of the more yellow or darker cheeses. Eat tortilla chips that are low in fat and cholesterol or eat popcorn without the butter.

It is been said that Hispanic food has too much "manteca," or fat in it which can contribute to heart disease and Hispanic health is clear. Hispanics are dying too soon and too young from heart disease and diabetes and other lifestyle related diseases.

One of the main reasons for this occurring in the Hispanic community is the lack of knowledge about cholesterol and fats and the role they play in the development of hypertension, diabetes and other lifestyle related diseases.

What is cholesterol? Cholesterol is a odorless, white, waxy, powdery substance found in all foods made from animals and is part of every animal, including ourselves. You cannot taste or see it in the foods you eat. Our bodies, through the kidneys, produce cholesterol to help make cell walls and hormones, which is good. It is only when there is too much cholesterol in the body, whether our bodies make it or we get it from the food we eat, that it becomes a problem.

Cholesterol is a "fat" or "lipid" and is mixed with protein to create a "lipid protein" which helps carry it through the bloodstream. Why should we care about cholesterol? As I mentioned earlier, it is one of three major risk factors for heart disease. Too much cholesterol and fat in the blood vessels and veins can cause them to clog and cut off blood to the heart, the head and the rest of the body.

Studies on heart disease have shown that having a high blood cholesterol level can lead to atherosclerosis or "hardening of the arteries." An easy example of this is by trying to think of your body as the pipes in your house. The more "manteca" or fat you put down the pipes, the more chance the pipes will clog. It is the same with your arteries and blood vessels. The more foods you eat that are fried or have fat in them, the more likely you will clog the arteries and go to a heart or brain attack. They can lead to a heart attack or stroke.

How does a person put themselves at risk for high cholesterol? There are several. One is the amount of foods we eat that are high in saturated fats. A list of some of the foods that Hispanics like to eat that are high in these fats are beef, choroizo, eggs, fried foods, bacon, baloney, ham, lunch meats, hot dogs, whole milk, butter, refried beans with manteca, dark, yellow cheeses and tortillas made with manteca, tortilla chips, potato chips, chicharones, to name a few.

How in and what ways can Hispanics lower their cholesterol?

Eat foods that are low in fat. When buying meat, buy the leanest you can find. Eat more chicken and turkey, without the skin. Cook your meat by baking, broiling or barbecuing. Cut back on frying your food. Eat more fresh vegetables. Eat more fruits as snacks. Eat more beans, rice and pasta. Eat mozzarella cheese or ricotta instead of the more yellow or darker cheeses. Eat tortilla chips that are low in fat and cholesterol or eat popcorn without the butter.

It is been said that Hispanic food has too much "manteca," or fat in it which can contribute to heart disease and Hispanic health is clear. Hispanics are dying too soon and too young from heart disease and diabetes and other lifestyle related diseases.

Student Success Story -

Talking to Mr. McBride was one of the key factors in his progress. "Mr. McBride helped me with my schooling during the summer and beginning of school so I could play football. Now I know how much he did for me and I really appreciate it. I am going to thank him personally," he said. Another person that was instrumental in helping him was Mrs. Amparo Olguin, Counselor at Los Padrinos, a youth counseling service in the Westside. "Mrs. Olguin helped me sort out my problems and helped me get along with my mother. I sure appreciate everything she did for me and my family."

David played football during his senior year which was one of his goals.

The other goal was to develop his artistic talent. "I talked to Mr. Baragone (Gene Baragone, equipment attendant) and he suggested that I paint sport murals. The other goal was to develop his artistic talent. "I talked to Mr. Baragone (Gene Baragone, equipment attendant) and he suggested that I paint sport murals. Also, to become a visiting professor at the Iberoamerican University, Mexico's foremost Catholic institution of higher education. A professor of psychology at Crafton Hills College, Yucaipa, Dr. Brink, who specializes in the study of aging, taught a 30-hour course to Mexican psychologists who are working on post-graduate degrees at the Jesus-uni
diversity.

In addition to classroom lectures and case presentations, Dr. Brink took his students to a nursing home for practice in interviewing older patients and administering tests for mental disorders. He has developed psychometric scales for the assessment of dementia, paranoia and hypochondriasis in later life.

Dr. Brink was formerly a clinical assistant professor of psychiatry at Stanford University School of Medicine and a psychology professor at College of Notre Dame. He joined the Crafton Hills College faculty last fall. He has written or edited four books on mental health and the aged.

---

From Page 2

the art class that I wanted. I sure owe them a lot."

During his senior year, David received numerous certificates of recognition, awards, letters of commendation, brought recognition to San Bernardino High School and received three scholar­ship!s!

"My future is to attend college and learn more about art and perhaps, learn more about myself as to how to improve myself as a person."

"If a young man or woman would ask me for advice, my answer would be that it is never too late to change your life around. There are people out there, who care and help you if you listen to them. The most important thing for any one is to get an education, stay in school and believe in yourself."

---

 Classified

VFW FUNDRAISER
4-Bonus Levels Up To 30% Full or Part Time
738 S. Waterman Ave., A-21
San Bernardino
(714) 884-7303

IMMIGRATION, BANKRUPTCY & DIVORCE
Amnesty, Asylum, Marriage, Citizenship
All Immigration matters
(714) 781-0565 (714) 827-3644

POLITICAL ORGANIZERS

Health

Wednesday, August 8, 1990

Crafton Hills Professor teaches effects of aging at Mexico university

REDLANDS - Dr. T. L. Brink of Redlands has returned from his second summer as a visiting professor at Bemeronian University, Mexico's foremost Catholic institution of higher education. A professor of psychology at Crafton Hills College, Yucaipa, Dr. Brink, who specializes in the study of aging, taught a 30-hour course to Mexican psy­chologists who are working on post-graduate degrees at the Jesus-uni
diversity.

In addition to classroom lectures and case presentations, Dr. Brink took his students to a nursing home for practice in interviewing older patients and administering tests for mental disorders. He has developed psychometric scales for the assessment of dementia, paranoia and hypochondriasis in later life.

Dr. Brink was formerly a clinical assistant professor of psychiatry at Stanford University School of Medicine and a psychology professor at College of Notre Dame. He joined the Crafton Hills College faculty last fall. He has written or edited four books on mental health and the aged.

David Rodriguez in front of his sports mural
CALIFORNIA
HIGHWAY
PATROL

OUR DOORS ARE OPEN TO A CAREER

A challenging profession: A rewarding career
Ages 20 - 31 - Salary $2410 - $3376 per month

The CHP wants Hispanic male and female officers!

For more information contact the CHP recruiters:
Patricia Shearer
Carlos Castro
(714) 383-4819

Do You Want To Be A Deputy Sheriff?
San Bernardino County Sheriff's Department is looking for qualified men and women who are interested in joining the fastest growing law enforcement agency.

The residents of the largest county in the United States DEPEND on us to provide the finest in law enforcement.

Join the more than 1400 men and women who have made a career with the San Bernardino County Sheriff's Department.

If you or someone you know is interested in a challenging career as a Deputy Sheriff, now is the time to apply. We want qualified people who enjoy working with others and who are dedicated to the law enforcement purpose.

For applications and more information, contact:
San Bernardino County Personnel
157 West Fifth Street
San Bernardino, CA 92415-0440
An Equal Opportunity/Affirmative Action Employer

Requesting Sub Bids - All Trades
From Qualified MBE/WBE/DBE Subcontractors & Suppliers
Contact Inland Constructors
Ph (714) 369-8835 FAX (714) 369-3236
Bids Due August 10, 1990 at 10:30 A.M. & 11 A.M.

For San Bernardino County Inland Constructors
An Equal Opportunity Employer

Advertise in the Hispanic News

Central Service Attendant I

$1,163 - $1,410 approx. monthly
Plus an extensive benefits plan

San Bernardino County Medical Center is recruiting for Central Service Attendants I who are responsible for decontaminating, sterilizing, packing and issuing medical supplies, equipment and instruments. Requires six months of experience in an acute care hospital operating sterilizing equipment and cleaning surgical instruments and equipment. Experience operating 3M-100% Ethylene Oxide equipment and an AMSCO steam sterilizer is desirable. Successful completion of an accredited Central Service Technician course may be substituted for half of the required experience. Qualified applicants must apply by August 17, 1990.

San Bernardino County Human Resources
157 W. Fifth St.
San Bernardino, CA 92415-0440
(714) 387-8304
EOE m/f/h

Subscribe to the Hispanic News
(714) 381-6259

Send me the Hispanic News twice a month by mail.
Name__________________________
Address________________________
City_________________ZIP________

Enclose your check or M.O. payable to Hispanic News for $15 for a one year subscription and mail to: Hispanic News, 1558-D No. Waterman, San Bernardino, CA 92404
For more information call (714) 381-6259

Subscribed
T.B. on increase in County - Continued from Page 1

loss of the respiratory tract (pulmonary TB) coughs, infectious airborne particles are produced. If these bacteria are inhaled by another person, they cause an infection that usually affects the lung, but can also occur at other sites in the body. Most people who become infected don't become ill because the body's immune system controls the infection. Infected people, however, develop a positive reaction to a tuberculin skin test. Although the body's immune system keeps the tuberculosis under control, the infection can last for many years - or for life.

The infected person remains at risk of developing TB at any time, especially if the immune system becomes weakened. For example, individuals infected with the human immunodeficiency virus (HIV) that cause AIDS already have suppressed immune systems and are more likely to contact TB than the general population.

Most TB in the United States is preventable with the use of preventive drug therapy. Despite the great strides that have been made in the control of tuberculosis, the disease continues to be a public health problem in this country. High risk groups include the homeless, migrant workers, and immigrants/refugees from countries where the disease is prevalent (due to poor nutrition and crowded living conditions), those infected with HIV, I.V. drug abusers, residents of correctional institutions and nursing homes, alcohol abusers, minorities (Blacks, Hispanics, Asians, and Native Americans), and the elderly.

Tuberculin skin tests are available at a local county public health clinic for anyone who is a member of the above high risk groups, those who need clearance statements for work or school, or anyone suspected of having come in contact with TB.

A fee of $8.00 is charged for skin testing service. The skin test must be read at a return visit and a tuberculosis clearance statement is issued at this time. A chest x-ray is required for clearance if the skin test is positive. If a chest x-ray is required, a fee of $20.00 is charged. Persons who have already paid $8.00 for a skin test are charged $12.00 for the chest x-ray.

Aumento de Tuberculosis de pga. #1

La persona infectada mantiene el riesgo de desarrollar TB en cualquier momento, especialmente si el sistema de defensa del cuerpo es debilitado. Por ejemplo, personas infectadas con el virus de inmunodeficiencia humana (VHI) que causa el SIDA tienen un sistema de defensa debilitado. Si estas personas contragan TB que el resto de la población en general.

La mayor parte de la tuberculosis en los Estados Unidos es prevenible con el uso de terapia medica preventiva. A pesar de los grandes avances que se han logrado en el control de la tuberculosis, la enfermedad continua siendo un problema publico de salud en este país. Grupos en alto riesgo incluye a personas sin hogares, trabajadores migrantes e inmigrantes/refugiados de otros paises donde prevalece la enfermedad (debido a la mala nutricion y condiciones de vida apretadas), aquellos infectados con VHI, usuarios de drogas i travesinas, residentes de instituciones correccionales, hogares de ancianos, aborígenes, minorias (Negros, Latinos, Asiaticos y Nativos Americanos).

Examenes de tuberculin de la piel estan disponibles en las clinicas locales de salud publica del condado para cualquier persona que pertenezca a uno de los grupos en alto riesgo mencionados, aquellos que necesiten certificados para el trabajo o escuela, o cualquiera que sospeche haber estado en contacto con TB.

El servicio del examen de la piel tiene un costo de $8.00. El examen de la piel debe ser leido en una visita posterior, donde recibira un certificado. Rayos x del pecho son requeridos para el certificado si el examen de la piel es positivo. Si los rayos x son requeridos se cobraran $20.00. Personas que han pagado $8.00 por el examen de la piel pagaran solo $12.00 por los rayos x.


Exencion de impuestos

La ciudad de San Bernardino tiene un programa de franquicia, para personas de bajos ingresos que viven en la ciudad, que les dan una exencion del impuesto de 8% para las utilidades. El criterio de ingresos para hogares de personas solteras es $12,000 por año y para personas casadas, $15,000 por año. Cuando se aplique para la exencion, copias de pruebas de ingresos y los gastos de las empresas de servicios publicos son necesarios. Para mas informacion o una aplicacion llame:

Sylvia Bates - 384-5348 de 8am hasta las 12pm.

So manda la aplicacion a: San Bernardino City Hall Department of Finance, 6th floor, Attn: Sylvia Bates San Bernardino, CA 92418

El condado tiene otras clinicas en Twin Peaks, Big Bear, Yucaipa, Joshua Tree, Needles y Trona.

Para mas informacion, llame a su clinica local de salud publica del condado de San Bernardino o al programa de control de la tuberculosis al (714) 383-3287.