December 5th 2001

Hispanic News

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La Virgen de Guadalupe, above, will be honored on December 12th by Hispanics in Mexico, Central, South and North America in which La Virgen appeared before Juan Diego. Religious ceremonies will be conducted throughout the continent at every Catholic church reenacting the scene of Her appearance. Hispanics Celebration ... on Page 6

Dr. Herbert Fischer, San Bernardino County Superintendent of Schools, above, has declared his candidacy for the position in papers filed recently. Fischer has stated that students in the county have made impressive scores in the Academic Performance Index (API), although more effort is required to reach API levels comparable to other regions. County Superintendent ... Page 3

SINFONIA MEXICANA CHRISTMAS CONCERT
A HUGE SUCCESS

Actor James Edward Olmos, left, jumps for joy at the ribbon-cutting ceremony for the Second Annual Latino Book Fair at the Orange Show, San Bernardino. Youngsters in middle are members of the Ballet Folklorico Cultural and at right Martin Valdez, president of the Inland Empire Hispanic Chamber of Commerce. In background is Junite (Faun) White, Community Relations and Marketing Representative for the San Manuel Band of Mission Indians, main sponsors of the Second Annual Latino Book Fair. Photo by IEHN, addition photos page 9

OFELIA VALDEZ YEAGER PRESENTED PRESTIGIOUS OHTLI AWARD

Ofelia Valdez Yeager, community activist and assistant to Superintendent David Long, County of Riverside Office of Education, receiving the prestigious Othli Award from Mexican Consul Juan Jose Salgado during an Awards Recognition Dinner at the Holiday Inn, Riverside. Photo by IEHN

JOHN PACHECO SWORN IN AS NEWEST SUPERIOR COURT JUDGE

John Pacheco, above left, is administered the oath of office by Judge Christopher Warner during a swearing in ceremony at the San Bernardino Board of Supervisor before a capacity audience. Judge Pacheco is the second Hispanic to be superior court judge in the history of the county. The first Hispanic judge was Judge Don Alvarez. Judge Pacheco was previously a partner with Garza, Garza and Pacheco. Photo by IEHN
EDITORIAL

To whom it may concern,

My name is Stella Alvarez and I gave birth to Baby Aaron on November 10, 2001, at St. Mary's Hospital in the High Desert. My baby was diagnosed with hypoplastic left heart syndrome, which means the left side of the heart is underdeveloped.

Baby Aaron was airlifted to Loma Linda University Children's Hospital, where he is presently on a breathing machine. Talking with doctors, Baby Aaron has only one option to survive and that is to have a heart transplant. The problem is that organ donors are few and time is short. That is why I have written you for some help. You have the power to spread the word to millions of people across the country, especially during the holiday season when families are together.

Baby Aaron is on a breathing machine and waiting for a heart donor. He has been registered with the United Network for Organ Sharing. This list is a nationwide and lists all babies in need of transplants. This list is not enough. I need the public to know the desperate need for a heart. The problem with Baby Aaron is that he has a rare blood type and is going to be difficult to match and time is short.

Parents that have no hope for their babies to survive might not realize that they can help another baby to survive by donating an organ; in my son's case a heart. Please help me find a heart for Baby Aaron. God Bless you and your family.

Sincerely,

Stella Alvarez

P.S. For additional information, please contact the Community Relations Office at Loma Linda University Medical Center at (909) 558-4419.

CSUSB HONORS MEMBER / COMMITMENT TO DIVERSITY

Four faculty members were honored for helping to make Cal State, San Bernardino a campus that not only accommodates but also celebrates the “variety of the human experience” when the university hosts its annual Diversity Awards Reception. Since the 1995-96 academic year, the university has honored faculty, staff, administrators, students, departments and community members for their significant contributions to further the cause of diversity and multiculturalism at CSUSB. Dr. Frank Rincon, the university’s vice president for student affairs, said that as part of its educational mission the university has adopted a Statement of Commitment to Diversity. The university strives to promote an atmosphere that seeks “to include knowledge and values from many cultures in the curriculum and extra-curricular life of the campus community.” Rincon commented: “Our commitment is to create an environment to promote and maintain activities and programs which further our understanding of individual and group diversity. We will also strive to develop and communicate policies and promote values which discourage intolerance and discrimination.”

The 2000-2001 recipients are:

• Stuart Sumida, professor of biology. Sumida, who is known for his work with animators at Walt Disney studios and with students who assisted in preparing “Sue,” the Tyrannosaurus rex fossil for display, has been active in diversity efforts on and off campus. In his classes, he uses course material as a way of introducing and discussing differences in the human population, such as anatomical differences based on age, maturity and sex.

• Leoni Sutherland, assistant professor of nursing. Diversity is as much a part of Sutherland’s nursing classes as clinical topics. For example, she divides students into groups, ensuring that their ethnic makeup is mixed; assigns each group to study an ethnic group other than one represented in the group, and compare their findings with those already published; and fosters study on the “other faces of diversity” such as socioeconomic status. She has also participated in the university’s diversity conference with colleague Anna Wilson (see below) with a presentation that focused on what students can do to improve their interaction with those from diverse cultures.

• Elsa Valdez, professor of sociology. Valdez, who specializes in Chicano studies, has been a strong and effective advocate for diversity and multiculturalism on and off campus. She provides students with the background of the United States’ legacy of cultural and racial inequities and ongoing efforts to combat that legacy. She had mentored minority students who have gone on to successful careers and prestigious graduate programs. She has been described as a tireless advocate for minority students, faculty and staff. Off campus, she is a member of the San Bernardino City Unified School Board, the Mexican American Political Association, Libreria Del Pueblo and San Bernardino’s Bilingual Taskforce. Hispanic Magazine has named her one of its 35 “Most Influential Latinas.”

• Anna Wilson, professor of nursing. In addition to teaching, Wilson is the Nursing Department’s retention and recruitment coordinator, working to bring more diversity into the nursing program. For the fall quarter, of the 144 students accepted into the nursing program, 28 were students from Wilson’s effort to attract more African Americans, first-generation college students, Hispanics, men, American Indians and economically disadvantaged students. In addition, she has been a speaker at several seminars that focus on recruiting a diverse student population.

Each of the award recipients will receive a $300 travel grant, a one-year free parking pass and will have his or her name added to the Diversity Perpetual Plaque.

For more information, contact Alan Llavore at the public affairs office, (909) 880-5007.

Wednesday, December 5, 2001

KIWANIS CLUB’S AQUINAS HIGH SCHOOL KEY CLUB RUN MEETING

Pictured above is the Aquinas High School Key Club sponsored by the Kiwanis Club of Greater San Bernardino. The members recently conducted a Kiwanis meeting at Milta’s Café, San Bernardino. The Key Club meets on a regular basis to plan projects at school and volunteer work throughout the area. A high percentage of Key Club members have graduated from universities and college, and return to volunteer work in their respective communities. Kiwanis Club has sponsored the Aquinas High School Key Club for over a decade. Photo by IEHN

GIVE TO YOUR LOCAL CHARITY IN THE CHRISTMAS SPIRIT
RAUL YZAGUIRRE DISCLOSES PARKINSON'S DISEASE

Dr. Jonathan Pincus, a noted expert on Parkinson's disease and Professor of Medicine at Georgetown Medical School, is treating Yzaguirre. Dr. Pincus stressed that there is only a tremor of one hand, which is the earliest sign of the mildest form of the disease. "Through his outstanding leadership, Raul Yzaguirre has earned the enduring support of the NCLR Board. We are gratified that Raul has reaffirmed his commitment to continue leading the nation's premier national Hispanic organization, and are heartened that his medical condition is manageable and amenable to treatment," stated Jose Villarreal, Chair of the NCLR Board of Directors. Yzaguirre noted that, "In many ways, I look at this experience as a blessing. It has encouraged me to focus greater attention on my on my health and diet. It has forced me to reexamine my professional and personal priorities and has strengthened my family. It has given me a new understanding of and appreciation for people who face medical conditions and disabilities far greater than mine. I believe it has made me a better human being."

"I want to express my heartfelt thanks to the NCLR Board, staff, and my friends and colleagues for their many expressions of support over the last few days. Your guidance has been immeasurably important to me over the years. Your continuing support helps sustain me in my quest to ensure that the Latino community achieves its rightful place in our society," concluded Yzaguirre.

FATHERHOOD WORKSHOP ADDRESSES THE ROLE OF DADS IN THEIR CHILD'S EDUCATION

RIVERSIDE—In a first of its kind workshop, the San Bernardino County Superintendent of Schools (SBCSS) will join other agencies in offering the Accepting the Challenges of Fatherhood Workshop Dec. 6-7. The workshop will address ways to get fathers more involved in their children's education.

"The focus is on the role of the father in education and its importance to their children's success," said Maria Hutzar, SBCSS parent program specialist in the Student and Family Advocacy department.

The two-day workshop will train administrators, teachers and parents from school sites to conduct programs targeted at getting fathers more involved in their children's education. Representatives from the Center for successful Fathering Inc. in Austin, Texas, will address ways in which fathers can play a part, such as volunteering in the classroom, participating in career days and being apart of learning in the home. Attendees will leave with an awareness, skills and tools to design and implement effective fatherhood programming in schools and other community settings.

The workshop is sponsored by SBCSS, the Southern California Comprehensive Assistance Center, the Regional School Improvement Unit and the California County Superintendents Educational Services Association.

The workshop will be held from 8:30 a.m. to 3:30 p.m. at the Economic Development Agency, 1151 Spruce St. Participants must register. Space is limited. For more information, call (909) 386-2696.

County Superintendent Herbert Fischer today formally declared his candidacy for a second term for the county's top educational seat. "I stated before that I am in this for the long haul. I remain committed to our students and their families in this county — and to the teachers and staff that support them. I want to continue making a positive difference for children and I believe education is the way to make that difference."

Since taking office in January 1999, Fischer has focused the efforts of the County Superintendent of Schools office to support the 33 K-12 school districts in three primary areas: improving student performance for all students; ensuring high school graduates are prepared for higher education and 21st century careers; and maintaining school safety.

"The momentum and commitment throughout the county to advance academic achievement is evident everywhere. At the County Superintendent of Schools' office, we've focused our work to assist districts in their efforts to improve student performance. The reforms are working and I credit that to the hard work of our principals, teachers, students and parents."

Fischer noted that once again this year, schools in San Bernardino County made impressive scores on California's measure of school performance, the Academic Performance Index (API), and outpaced state averages in terms of growth for the second consecutive year.

Eighty-three percent of schools in the county that received API rankings saw increases in scores versus the statewide average of 74 percent. Seventy-two percent of schools countywide met their schoolwide API growth targets versus the 70 percent statewide average. Another note worthy highlight is that the countywide API average continues to increase at 649, up from 629 last year and 608 in 1999. Fischer points to initiatives such as Virtual Hi-Tech High and Advancement Via Individual Determination (AVID) as examples of programs the County Schools office has in place with school districts to prepare students for post high school education and careers.

He attributes successful efforts in the area of school safety to the county's multi-pronged approach that includes several partnership programs between school districts, law enforcement and the juvenile justice system.

The county also continues to experience a downward trend in the number of student expulsions —39 percent in the last five years. Last year, countywide expulsions were at an all time low. "We want our students in school, engaged in learning. This is one of the surest ways to keep our schools safe," noted Fischer. "Students and schools in San Bernardino County are on the course in academic success, "I'm truly dedicated to keeping kids first and working in partnership with our school districts to further increase academic achievement in this county."

Fischer has the endorsement of all 33 K-12 school district superintendents, all five members of the County Board of Education and the California Teachers Association. Underscoring the importance of school and community partnerships, 21 mayors governing city municipalities throughout the county endorse him, including the mayor of his hometown, San Bernardino City Mayor Judith Valles. Fischer is endorsed by San Bernardino County Supervisors Fred Aguilar, Dennis Hamberger and Bill Postmus, County Treasurer Dick Larsen, County Sheriff Gary Penrod, Senator Nell Soto, Assemblywoman Gloria Negrete McLeod, Assemblyman John Longville, Rialto Mayor Grace Vargas the San Bernardino Safety Employees Association and numerous other city, county and state elected officials.
OFELIA VALDEZ YEAGER PRESENTED PRESTIGIOUS OHTLI AWARD

Ofelia Valdez Yeager, Riverside community activist and assistant to Superintendent David Long, County of Riverside Office of Education, was presented with the prestigious Ohtli Award by Mexican Consul Juan Jose Salgado at the Holiday Inn, Riverside.

The Ohtli Award (Ohtli is the nahuatl word for road) is presented to individuals of Mexican descent that have distinguished themselves for their altruistic work in the community on behalf of Mexican nationals residing abroad. The Award consists of a medal, a silver rose and a resolution.

Previous recipients of the Ohtli Award were Nati Fuentes of Riverside and Father Patricio Guillen, co-director of the Libreria Del Pueblo.

Ofelia Valdez Yeager was born in Tayoltita, Durango, Mexico and at age 5, the family of ten moved to Tijuana, Mexico and resided there for five years. Thereafter, when the father earned enough money, he purchased a home in Montebello and the family immigrated to the United States.

Although her parents had limited education, they held high expectations for their children’s education and encouraged high grades in their academic endeavors.

Valdez Yeager enrolled in first grade speaking Spanish only and finished the first year at the top of her class!

She enrolled at UCR in 1965 with the first group of five EOP students. She worked hard and was mentored extremely well, graduating in 1969 with a BA Degree in Spanish, thereafter earning an elementary teaching credential in 1971. She and Ley Yeager were married in 1969. The couple are parents of Marisa, Luis, Ana and Tessa.

During her professional educational career, Valdez Yeager held positions as Upward Bound residential tutor-counselor, high school counseling assistant, elementary bilingual and bicultural teacher, bilingual resource teacher and consultant with public agencies, in addition to working with Mexican families.

Valdez Yeager involvement includes: PTA-1983-present, held leadership positions at every level; YWCA; United Way; Greater Riverside Chamber of Commerce; Riverside Hispanic Chamber of Commerce (current president); Head Start; Riverside Board of Education; Latino Network (president-two terms); Riverside County Literacy Network; Raincross Club; and numerous education, civil rights and civic groups.

She has been the recipient of 13 distinguished community and educational awards since 1985.

Addressing the audience, Valdez Yeager stated that she was humbled to receive the Ohtli Award and proud of being born in Mexico. “I am involved with the community without expecting anything in return. Knowing that people in the community recognize that many of us give to the community makes me feel great.”

Valdez Yeager stated that she hopes that other people will be motivated to be involved by the example of what she and many other community leaders are doing to help people in Riverside and San Bernardino.

In reflection, she indicated that a greater exhilaration would have been for her parents to share this moment. Valdez Yeager’s husband Ley, and daughter Marisa, and family members witnessed the recognition ceremony.
SAVE THE DATE! DECEMBER 31ST MARDI GRAS MASQUERADE GALA CELEBRATION WITH CARLO PONTI, JR. AT THE SAN BERNARDINO RADISSON

The San Bernardino Symphony Guild is celebrating its 7th Annual New Year’s Eve Gala with the Mardi Gras Masquerade. It will be held at the Radisson hotel in downtown San Bernardino on December 31, 2001 from 7:00 PM - 1:00 AM. The evening provides a wonderful way of welcoming in the brand new year. The Symphony’s new conductor, Carlo Ponti, Jr. will be the special guest auctioneer.

The Gala is a fabulous night of food, music and an incredible silent auction. Members of the San Bernardino Symphony will provide elegant salon music leading into a fantastic gourmet four-course dinner. There will be music by the popular band; “Time Machine” and guests can dance the night away.

A champagne toast will be given to bring in the New Year. Throughout the entire evening a spectacular silent auction will be on display and guests can bid on vacations, concerts, artwork, special luncheons, catered dinners, gifts of various design and services. All of this set in a festive, upscale, Mardi Gras atmosphere.

Reservations can be made by calling (909) 381-5388. All proceeds of this gala benefit go toward supporting the San Bernardino Symphony, the best-kept secret of Southern California. Funds also go to Inland Empire Symphony Guild programs such as “Music in the Schools”. This program provides 3rd grade children with up close look at the musical instruments and a talk by volunteer docents in their classrooms. The San Bernardino Symphony is a very accessible, excellent, professional orchestra and the Guild provides this Gala as a major fundraiser to facilitate their goal to keep classical music alive in the Inland Empire!

TOWN HALL FORUM ON BIOTERRORISM IN CALIFORNIA

The events of September 11th and the recent outbreaks of Anthrax have changed all our lives. On Friday, December 7, 2001 Senator Nell Soto will host a Town Hall Forum on Bioterrorism in California. California needs to be educated and prepared on the threat of a bioterrorism attack. That is why Senator Soto is hosting the Town Hall Forum to educate the community on what they need to know to keep from becoming a victim.

Please join Senator Soto and members of the State and local Offices of Emergency Services, firefighters, law enforcement, HAZMAT and health professionals for this very important event from 9:00 to 11:30 A.M., Friday, December 7, 2001, at Western University of Health Sciences, (Swift Hall in the Alumni Center) located at 309 East 2nd Street, Pomona. Please call (909) 984-7741 for more information or to RSVP.

¿QUÉ RÍES CAMBIAR EL MUNDO?

Anímate a ser un MAESTRO.

Buscamos personas como tú, que deseen cambiar el mundo y desarrollar el futuro de nuestra juventud. CalTeach tiene la información y los recursos necesarios para que puedas emprender una carrera como maestro.

California ofrece además muchos incentivos financieros para maestros que califiquen:

- Bonos y becas
- $20,000 otorgados por el Gobernador a través de su proyecto “Teaching Fellowship Program”
- Ayuda para pagar préstamos estudiantiles
- Ayuda para comprar una casa

Otros trabajos podrán pagar más, pero ninguno te dará la satisfacción como la de ser un maestro. ¡Si puedes cambiar el mundo! Anímate a ser un maestro.

Llama al 1-888-CALTEACH (225-8322) o visita www.calteach.com/ad
DR. ELLEN OCHOA

Education... The Stepping Stone To The Stars

LOS ANGELES, CA – Growing up in La Mesa California Dr. Ellen Ochoa never imagined she would be jetting through space for a living. As the first Hispanic woman astronaut, Dr. Ochoa attributes her success to the encouragement of her mother, who inspired her to excel in her education and her teachers who made learning exciting.

"Usually, girls weren’t encouraged to go to college and major in math and science," notes Dr. Ochoa. "My high school calculus teacher, Ms. Paz Jensen, made math appealing and motivated me to continue studying it in college."

At both Grossmont High and San Diego State University, Dr. Ochoa earned the top academic spot and graduated as valedictorian of her class. She received a bachelor’s degree in physics from San Diego State University in 1980 and a master’s and doctorate in electrical engineering from Stanford University in 1981 and 1985, respectively.

Thanks to all the wonderful teachers in her life, Dr. Ochoa now has three shuttle missions, is htimbled by the opportunity to be a two-month study session in Cuernavaca, Mexico. The day I was to fly home, I arrived at the airport early so that I would have time to visit the Basilica of our Lady of Guadalupe.

As I walked up that heavy stone path onto the modern looking square, I was struck yet again by the people on their knees slowly crawling the last yards of their pilgrimage to this church that houses the image of the woman of Tepeyacac. This was the miraculous image of the woman who had appeared to the impoverished native Juan Diego. This was the image of the woman who had asked Juan Diego to seek out the Bishop of Mexico and tell him that a shrine was to be built on the site where she appeared.

Several years ago, I was finishing a two-month study session in Cuernavaca, Mexico. The day I was to fly home, I arrived at the airport early so that I would have time to visit the Basilica of our Lady of Guadalupe. As I walked up that heavy stone path onto the modern looking square, I was struck yet again by the people on their knees slowly crawling the last yards of their pilgrimage to this church that houses the image of the woman of Tepeyacac. This was the miraculous image of the woman who had appeared to the impoverished native Juan Diego. This was the image of the woman who had asked Juan Diego to seek out the Bishop of Mexico and tell him that a shrine was to be built on the site where she appeared.

This was the image of a woman that has been carried before armies of revolution and has been a symbol of hope and the presence of God to the poor and suffering of Mexico, Latin America, and the world. It is this image that adorns churches and homes, cars and bodies. This image is a constant reminder that Mary, the Mother of Jesus, had appeared with a message of hope in a land destroyed by conquest, ravaged by disease.

The message is that she is our mother who is with us in the midst of our struggles and illnesses when we feel conquered or oppressed. She stands with us. She points us to her son Jesus Christ, who promises us salvation and gives us a way to live our lives in love and justice.

I had come here because the months ahead would lead to my priestly ordination. This would be a new way of life in service to the Church and the people of God. I had come here to the Shrine of Our Lady of Guadalupe to ask, as many others, for reassurance that everything would be OK.

Father Paul Granillo is Administrative Assistant to the Bishop/Priest Secretary.
LATINOS FACE DANGER ON THE JOB
By Linda Chavez-Thompson

The price of coming to America should not be death in a dangerous workplace.

The fatality rate for Hispanic workers in the United States is 20 percent higher than for other workers, according to a recent Bureau of Labor Statistics report. Many Hispanics at highest risk are immigrants who end up working in construction, meatpacking and agriculture.

It's only partly true that these industries are inherently more dangerous.

But it's also true that these jobs become more dangerous when employers hire immigrants and then refuse to provide safety training or allow them to speak freely about working conditions or to join coworkers in making the workplace safer.

The first step to ending deaths and serious injuries among Hispanics and immigrant workers is to ensure that immigrant workers have the same rights and freedoms as other employees. This means training workers to report on dangerous conditions. Currently, thousands of immigrants are lured to the United States by employers who know their new hires don't have legal documents. These employers are fully aware that their workers are less likely to raise concerns about hazardous working conditions because they fear being fired or deported.

But to their credit, some employers have tried to address these problems. Some construction companies create Spanish-language videos on the dangers of construction work, and some employers hire supervisors who can speak Spanish and warn of hazards.

However, well intentioned, such moves are not sufficient in making jobs safer for immigrants.

We must also improve national employment policy toward immigrants. Employers who hire immigrant workers should be responsible for following federal job-safety laws, and they should face stiff penalties for failing to do so. And immigrants who currently must live in the shadows of our society because they don't have legal documents should be granted legal status without being chained to a particular employer in the fashion many current guest-worker programs suggest.

Immigrant workers are a major part of our economy and society, and millions of immigrant families are paying taxes and are contributing to our communities. They have dreams for their own children and concerns for their own safety just like everyone else.

We are a nation of immigrants. If we are to remain the beacon of freedom we claim to be, the price of getting to America should be commitment, hard work and contributions to community, not death.

Linda Chavez-Thompson is executive vice president of the AFL-CIO. She can be reached at lpmproj@progressive.org.

GIANT YARD SALE

The Home of Neighborly Service will hold a GIANT yard sale Saturday, December 8th in the parking lot at 839 North Mt. Vernon Avenue from 8:00 A.M. until 2:00 P.M. Items will be accepted or sold. Call 885-3491 for further information.

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CANTICLE OF JOY

You are invited to join our parish in celebrating a celebration of Advent and Christmas music with narration, solos, choir and candlelighting!

Presented by Immaculate Conception Church Choir - Ernie Gomez, director

SUNDAY, DECEMBER 16 at 3 p.m.
Immaculate Conception Church (Corner of La Cadena & Olive) Colton.
FREE WILL offering.
Did you know that you could have diabetes and not even realize it? Half of all Americans with diabetes don’t. Or did you know that many younger Americans are afflicted with the disease? This deadly disease, which kills more people annually than breast cancer and AIDS combined, is only earmarked for 2.5% of the government’s medical research budget in an attempt to find a cure, according to the National Institute of Health.

The U.S. Health and Human services Department recently reported the results of a study that found that people can reduce their risk for type 2 diabetes, which afflicts 90 to 95 percent of all Americans with diabetes don’t. Americans are afflicted with the disease, which kills more people annually than breast cancer and AIDS combined, is only earmarked for 2.5% of the government’s medical research budget in an attempt to find a cure, according to the National Institute of Health.

The first step to identifying and treating diabetes is to see a health care practitioner. He or she can prescribe a daily treatment plan, which may include insulin shots or diabetes pills, diet modification or an exercise regimen. The rate of type 2 diabetes among Hispanics is 90 percent higher than for Caucasians.

The people who participated in the study were able to decrease their risk for diabetes by doing thirty minutes of daily exercise that usually consisted of walking and eating low fat foods. The study found that people who are 60 or over can lessen their chance for diabetes by 71 percent.

Could You Have Diabetes?

Type 2 diabetes is characterized by high blood sugar resulting from the body’s inability to produce enough insulin, or because the body can’t properly use the hormone. Without insulin, blood sugar cannot move into cells. While type 2 diabetes tends to run in families, it usually takes another factor such as obesity, to bring on the disease. Symptoms of diabetes are repeated or hard-to-heal infections, blurred vision, tingling or loss of feeling in hands and feet and dry, itchy skin. Older people may confuse these symptoms with signs of aging. But without treatment, diabetes can lead to kidney failure, gangrene and amputation, blindness and stroke. See Your Doctor for the first step in identifying and treating diabetes is to see a health care practitioner. He or she can prescribe a daily treatment plan, which may include insulin shots or diabetes pills, diet modification or an exercise regimen.

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It is important that people with diabetes work with their physician and their health plan to make sure they receive the preventive services they need to better manage their diabetes. For example, according to the Centers for Disease Control (CDC), people with diabetes are about three times more likely to die from influenza (flu) and pneumonia than those without diabetes. Even worse is that half of the people with diabetes tend to not get an annual flu shot. In addition to daily glucose monitoring, people with diabetes should also have regular tests, such as lipid panel tests, kidney function testing and hemoglobin A1c testing to check blood glucose levels overtime.

Lifestyle Programs Can Help

Managing healthy diet and exercise habits can seem daunting and even unpleasant, but it doesn’t have to be either. Thirty minutes of walking each day, and choosing more fresh vegetables to replace fried foods is a step in the right direction toward healthy living. Try making manageable steps to control the disease rather than taking on too ambitious of a program that you won’t stick to. Contact your health plan or the American Diabetes Association for more information.

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The rate of type 2 diabetes among Hispanics is 90 to 95 percent of all Americans with diabetes. According to the National Institute of Health, the rate of type 2 diabetes among Hispanics is 90 to 95 percent of all Americans with diabetes. This rate is disproportionately affected by diabetes.

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Type 2 diabetes is characterized by high blood sugar resulting from the body’s inability to produce enough insulin, or because the body can’t properly use the hormone. Without insulin, blood sugar cannot move into cells. While type 2 diabetes tends to run in families, it usually takes another factor such as obesity, to bring on the disease. Symptoms of diabetes are repeated or hard-to-heal infections, blurred vision, tingling or loss of feeling in hands and feet and dry, itchy skin. Older people may confuse these symptoms with signs of aging. But without treatment, diabetes can lead to kidney failure, gangrene and amputation, blindness and stroke. See Your Doctor for the first step in identifying and treating diabetes is to see a health care practitioner. He or she can prescribe a daily treatment plan, which may include insulin shots or diabetes pills, diet modification or an exercise regimen.

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It is important that people with diabetes work with their physician and their health plan to make sure they receive the preventive services they need to better manage their diabetes. For example, according to the Centers for Disease Control (CDC), people with diabetes are about three times more likely to die from influenza (flu) and pneumonia than those without diabetes. Even worse is that half of the people with diabetes tend to not get an annual flu shot. In addition to daily glucose monitoring, people with diabetes should also have regular tests, such as lipid panel tests, kidney function testing and hemoglobin A1c testing to check blood glucose levels overtime.

Lifestyle Programs Can Help

Managing healthy diet and exercise habits can seem daunting and even unpleasant, but it doesn’t have to be either. Thirty minutes of walking each day, and choosing more fresh vegetables to replace fried foods is a step in the right direction toward healthy living. Try making manageable steps to control the disease rather than taking on too ambitious of a program that you won’t stick to. Contact your health plan or the American Diabetes Association for more information.
SECOND ANNUAL LATINO BOOK FAIR IS LOCAL SUCCESS

The Second Annual Latino Book Fair held on Saturday and Sunday, December first and second, respectively, was a success, according to Martin Valdez, president of the Inland Empire Hispanic Chamber of Commerce, the community-based organization that initially promoted the educational and cultural event in the Inland Empire.

“We feel that this year’s attendance exceeded last year’s by over 1,500 persons, estimating 7,200 attendees. We are pleased that the event is fully accepted by the general public and especially by young people that came to learn more about their culture. We are especially appreciative of the San Manuel Band of Mission Indians major sponsorship and other co-sponsors,” stated Valdez.

The highlights of the two day event was the visit of several famous authors who read and signed their books: Victor Villasenor, author of Rain of Gold and Thirteen Senses, among others. Yolanda Nava, author of It's All In The Frijoles, who spoke on growing up and seeing her mother carefully select the best beans to make frijoles. Art Rodriguez, author of The Monkey Box and East Side Dreams, spoke about his early childhood and being raised in a dysfunctional family.

The star of the event was James Edward Olmos who was available to interact with the public and sign books. Olmos spoke about Latino culture being more accessible to Latinos. “Intellectually, we have not grown to our fullest.” He stressed that English only is a mistake due to the fact that bilingual and multilingual is a significant advantage and denotes greater educational benefits. He was enthusiastic about the success of the event in its second year of operation.

Valdez indicated that plans would be formulated for third annual Latino book fair. “We are going to involve more organizations and people to make this the biggest cultural and education event in the Inland Empire,” he said.
LOS ANGELES—The Southland’s brightest Hispanic high-school seniors are urged to apply for a $1,000 scholarship from the Ronald McDonald House Charities/Hispanic American Commitment to Educational Resources (RMHC/HACER) Scholarship program. Celebrating its thirteenth year, RMHC/HACER will award $125,000 in scholarships to Southern California students this year to continue assisting promising students in overcoming financial obstacles which may prevent them from realizing their education goals.

Applications for the RMHC/HACER SCHOLARSHIP PROGRAM are available through high school counselors’ offices throughout Southern California. Additionally, students can access applications on the Internet at www.rmhc.org and www.mcdonalds.com or by calling 310/444-7000. All applications must be postmarked no later than Friday, February 1, 2002 in order to be considered.

Established in 1989, the local RMHC/HACER program has awarded more than $800,000 in scholarships to outstanding high school seniors throughout Los Angeles, Orange, Riverside, San Bernardino and Ventura counties. The program is open to high school seniors of Hispanic heritage in the five-county area who plan to attend college the following academic year. The selection criteria are based on a student’s grade point average, a letter of recommendation, demonstrated financial need and community involvement.

Sponsored by the McDonald’s Operator’s Association of Southern California (MOSASC), scholarships are made possible by generous grants from the national and local chapters of Ronald McDonald House Charities, and from local fundraising efforts. MOSASC is comprised of more than 500 franchised and company-owned McDonald’s restaurants in Los Angeles, Orange, Riverside, San Bernardino and Ventura counties.

Ronald McDonald House Charities of Southern California (RMHCSC) helps promote the health and well being of children and their families by providing access to social, medical and educational resources. Since 1987, RMHCSC, through its community grants board, has awarded more than $9 million in funding to hundreds of non-profit, charitable organizations throughout Southern California that benefit children.

For more information on RMHC/HACER, call Porter Novelli at (310) 444-7000.

COUNTY OF SAN BERNARDINO OFFERS LOW INTEREST HOME IMPROVEMENT LOANS

The Department of Economic and Community Development of San Bernardino County has low interest home rehabilitation loans at 3% interest. The lower interest rate makes loans affordable to qualified homeowners who otherwise would not be able to meet monthly payments at the current market rates. An example of a fully amortized 20 year loan would have payments as follows:

- $20,000 - $110.92 per mo.
- 25,000 - $138.65 per mo.
- 30,000 - $166.38 per mo.
- $35,000 - $194.11 per mo.
- $40,000 - $221.84 per mo.
- $45,000 - $249.57 per mo.

To qualify, the applicant must meet Housing and Urban Development (HUD) income guidelines. In evaluating loan applicants, the Department of Economic and Community Development looks at gross annual income. The maximum gross income limits are from $27,950 for one-person household to $52,000 for households of eight or more.

The rehabilitation loan can be used for bringing the building up to community building standards and making needed repairs. The minimum loan is $3,000 and the maximum is $45,000. Improvements such as re-roofing, painting, electrical and plumbing are among the eligible work items. All work must be performed by a licensed contractor.

This program is available countywide with the exception of the Town of Apple Valley, Chino, Fontana, Hesperia, Ontario, Rancho Cucamonga, Rialto, San Bernardino, Upland and Victorville. Unincorporated areas surrounding these cities are eligible. For information regarding programs in non-participating areas, please contact the respective city.

For applications or more information, telephone (909) 388-0925 or write to the Department of Economic and Community Development, 290 North “D” Street, San Bernardino, CA 92415-0040. Funds are limited and applications will be prioritized in order of receipt of completed paper work. Deferred payment loans available to applicants who meet eligibility requirements.

JOHN PACHECO SWORN IN AS NEWEST SUPERIOR COURT JUDGE

Superior Court Judge John Pacheco gave an emotional speech after being sworn in as the newest judge in the County of San Bernardino. Judge Pacheco thanked his friends and especially his wife, Patricia, for the encouragement and support throughout his early years as an attorney. Judge Pacheco and wife Patricia embrace.

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NEWEST SUPERIOR COURT JUDGE

Superior Court Judge John Pacheco was sworn in as the newest judge in the County of San Bernardino. Judge Pacheco was sworn in as the newest superior court judge for the County of San Bernardino. Photo by IEHN
BEING IN THE MIDDLE AN ADVANTAGE FOR SOME STUDENTS

With the excitement over the opening of Arroyo Valley High School in September, it is not surprising that the opening of another new, but different, school has gone unnoticed.

Middle College High School, which opened to students in August, offers the opportunity to earn a high school diploma and an Associate’s Degree at the same time. Students attend college classes in the morning and high school classes in the afternoon, all on the San Bernardino Valley College campus.

Middle College High School is primarily for students who score high on standardized tests, but whose grades do not reflect their potential. Qualifying students are interviewed by District and Valley staff members and must receive parental permission before enrolling in the program. Currently, only sophomores attend Middle College. There are plans to expand the program to include juniors and seniors by 2003.

Jessica Ordway’s grades have improved since enrolling. She said the curriculum is challenging, but interesting. She added that one of the main differences is that college classes are more professional, which motivates her to do better academically. "They don’t treat us like we’re 15 years old," Ordway said. "They treat us like we’re adults.”

Former Pacific High and current Middle College student Marc Watkins agreed, saying that while he has more choices in what subjects he takes, there is a tradeoff in the level of work.

“I like it because I get to choose, to arrange my college classes,” he said. "But, you have to be dedicated." Watkins said he has become more dedicated to his academic success. "This year," he said, "I’m more focused. I want to do well.”

Parents also find Middle College to be a benefit to their children and themselves. Mike Garcia feels that the program is a wonderful opportunity for his daughter, Jessica, because she is receiving an excellent education and will have an advantage over others in her graduating class. Garcia said she also benefits. "It’s a monetary savings," he said, explaining he will save up to two years of college tuition if Jessica earns her Associate’s Degree by the time she graduates high school.

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Your conservation efforts helped get us through the summer without electricity shortages. In fact, one-third of our customers cut back their usage by 20% or more, compared to the previous summer, earning them a 20% discount on their bills.

This California 20/20 Rebate Program is over, but there are still ways to manage your bill as colder weather, holiday entertaining and longer nights approach.

Here’s what to do: Visit www.sce.com take an online energy survey, and check out the energy-saving tips for ways to weatherize your home and business.

Saving energy is always in season.

SAN BERNARDINO SCHOOL DISTRICT TO SWEAR-IN BOARD MEMBERS

The San Bernardino School District announced that newly elected Teresa Parra and returning board members Elsa Valdez, Lynda Savage and Antonio Dupre will be sworn in as incoming members on Tuesday, December 18th at the Board of Education Building, 777 North F Street, San Bernardino at 5:30 PM. A reception will be held prior to the swearing-in ceremony at 4:00 pm in the Community Room RSVP at (909) 381-1250.

HISPANIC CHAMBER ASSOCIATION TO SPONSOR NEW YEAR’S EVE GALA

The Inland Empire Hispanic Chambers of Commerce Association is sponsoring its annual New Year’s Eve Gala Dinner and Dance on December 31, 2001 at the Hilton Ontario Airport. The event will begin at 7:00 p.m. The Association is comprised of Latino Chambers of Commerce from the cities of Corona/Norco, Fontana, Moreno Valley, Ontario, Perris, Pomona, San Bernardino and The San Gorgonio Pass area.

The cost to attend the Gala is $75.00 per person which includes dinner, dance, party favors, one photograph, champagne for the midnight toast and free Menudo breakfast after midnight. The dance will feature the popular Inland Empire band “Frenz & Strangerz”. The Ontario Airport Hilton is also offering a special discounted room rate for persons wishing to spend the night at the Hotel. All proceeds will be used to fund business, educational and community betterment programs sponsored by the individual Latino Chambers.

For tickets, room reservations, or further information contact the Hilton Ontario Airport at 909.980.0400 ext. 3324, Mon. – Fri. 7:30 a.m. – 6:00 p.m. & Sat. 9:00 a.m. – 1:00 p.m.

For further information contact: Jesse Vargas 909.682.4890.

Thanks!

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Saving energy is always in season.
FONTANA HISPANIC CHAMBER OF COMMERCE is sponsoring a Christmas Toy Drive Fundraiser with a trip to LAUGHLIN AT THE FLAMINGO HILTON CASINO
When: Saturday, December 8, 2001
Departing @ 6:45 am.
Returning @ 12:00 am.
Where: Arrow and Alder at the Fontana Sheriff station
Cost: $20.00. This includes a FREE BUFFET. NON-REFUNDABLE
Contact: Jorge Gomez @ 874-1131 to reserve a seat.
PLEASE FIRM COMMITMENTS ONLY

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Inland Counties Legal Services, Inc.
"ELIGIBLE CLIENT" - per federal poverty guidelines.
San Bernardino County resident, nominated by a client or neighborhood group or association. Monthly meetings.
Client board member training to be provided.
Transportation costs reimbursed.
Send organization's nomination letter to: Kenneth W. Nydam, Esq., Board President, Inland Counties Legal Services, Inc., 1737 Atlanta Ave., Suite B-3, Riverside, CA 92507
For information, call Irene Morales, Executive Director: 909-368-2540

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