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Hispanic News

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Coming to California from her native Mexico, Oralia Bahena-Catalan has traversed more than miles. She has gone from living homeless under a Calistoga bridge to now attending UCLA with the fierce dream of becoming California's first governor of Latino descent in more than a century.

Whether or not she's successful such a leader can be far off in a state that is one-third Latino, where the majority of children being born are Latino and where Census Bureau projections show Latinos will become California's largest ethnic group by 2014. (When Bahena-Catalan is in her 50s, California's Latino population alone is projected to be equivalent to the population of the entire state in the mid-1980s.)

Already, Latinos hold more elective offices than ever before; among them, Ll. Gov. C. Bustamante and 27 state legislators such as Sen. L. Figueroa, D-Fresno. The head of the state Democratic party is Latino-Art Torres. A third of the 18-member U.S. Congressional Hispanic Caucus is from California.

At the local level, Matt Gonzalez is the first Latino to serve as president of the San Francisco Board of Supervisors. Ron Gonzalez is mayor of San Jose. And while former Assembly Speaker Antonio Villaraigosa failed to win the L.A. mayoral race in 2001, he energized the Latino vote, capturing 82 percent of it in a city where slightly less than half of its 3.7 million citizens are Latino.

Some political observers bet it will still be a while before Latino political potency matches sheer numbers. For all the cliches about how an immigration backlash in the 1990s woke up a "sleeping giant" in California—and despite the fact that Latino voter registration did climb—Latino turnout here actually dipped in last year's elections.

But others contend that with Latino registration growing daily, the state's next governor could just be a Latino. If not sooner, then later. A Latino governor seems inevitable in California.

What changes would that bring to the state? The answers are complex, with opinions as varied as the ingredients in black mole.

Many believe a Latino governor would mobilize the state's growing Latino electorate around issues of particular importance to Latinos, such as revitalizing public schools and expanding health care.

Others contend it's misleading—if not insulating—to assume the Latino electorate can be lumped together, packaged as neatly as a Shakira CD on a Walmart display.

Others, such as the United Farm Workers' Marc Grossman, former spokesman for César Chávez, believe the consequences of electing the state's first contemporary Latino governor depend more on political outlook than ethnicity.

Grossman quotes his old boss: "There's something more important than the color of your skin... it's what side you're on."

Bahena-Catalan, the UCLA student and aspiring gubernatorial candidate says she'll run as a Catholic-but-pro-choice Democrat. Brainy and a bit shy, she was president of her high school Hispanic Club in Napa and deeply involved in the last election in passing Measure L, which allows housing to be built for migrant workers.

Her mom is her hero. She knew no English before coming here and raised six kids on a housekeeper's salary.

Bahena-Catalan is just one of countless children of Latino immigrants considering politics. Two college students from her hometown of Napa share her dream of becoming the state's first Latino governor.

Take Cesar Lopez... 24-year-old at UC Davis. He spent 10 years working in the vineyards, "sweating, bleeding, dehydrating..." to help support his family, which
ABOUT TIME FOR A LATINO GOVERNOR IN CALIFORNIA
Latinos Will Become the State's Largest Ethnic Group by 2014
By Leslie Gutman, Insight Staff Writer - San Francisco Chronicle

In the governor’s office, the No. 1 issue on their workers from Mexico is owning a successful winery.

When Bahena-Catalan, Lopez and Ceja imagine themselves sitting in the governor’s office, the No. 1 issue on their minds is education. Like many children of immigrants, they have been raised to believe that is the passport to a better life. All three have worked extraordinarily hard to make it to college.

Their No. 2 issue is health care. They have seen too many sick migrant workers, with no access to doctors, or too scared to go to a clinic because they have seen too many sick migrant workers, with no access to doctors, or too scared to go to a clinic because they are undocumented.

Their priorities reflect the top two concerns of the state’s Latinos, according to Mark Baldassare of the Public Policy Institute of California. In poll after poll, Baldassare also found that California Latinos, many of them immigrants in lower-income brackets with kids, want a "larger government with more services."

These voters are not long-waves individualistic seekers like stereotypical Californians - but more like earlier immigrants to own California into account, "government, political party, church and family" when they make decisions.

How else would an electorate with a majority of Latino voters differ from today’s white majority?

"Latinos are socially conservative in a state where most white voters are socially liberal, and Latinos are also fiscally liberal in a state where most white voters are fiscally conservative," says Baldassare. Thus, Latino majorities helped create the pro-

proved Proposition 39, making it easier to pass school bonds, but also when state voters approved Proposition 22 to ban gay marriages.

Los Angeles, a Latino governor creating a generation of Latino voters that will distrust them," said Arturo Vargas, executive director of the National Association of Latino Elected and Appointed Officials Educational Fund. "It would be a huge mistake, suicide even, for Republic-

ans to write off the Latino vote in California given the demographics.

"I actually think you’re going to see greater ideological diversity within the Latino vote," Vargas said. "The greater your numbers, the less people feel they have to all hang together."

Even so, when the nation got its first Latino governor in 20 years in November, he was a Democrat - Bill Richardson of New Mexico.

Although hardly anyone remembers, California already has had one Latino governor. He was Romualdo Pacheco, a smooth, well-read aristocrat who served for nine months in 1875 (filling out the post of Newton Booth, who went on to the U.S. Senate).

One hundred and twenty-eight years later, Orona Bahena-Catalan’s thoughts are filled with visions of leading the state as Pacheco once did. She is away from home at UCLA for the first time. Her mother’s sacrifice for her education is held in a phrase she gave to her daughter, who carries it like a talisman: Mi hija, tienen que luchar para que seas mejor que yo... "Daughter, you have to struggle to become a better person than me.”

When Bahena-Catalan repeats it to herself, which is often, it reminds her that her goal of transforming a state with ret-

ting public schools but gleaming new prisons is worth any struggle ahead.

(Chronicle Staff Writer Vicki Haddock contributed to this report.) The above article was printed with permission from publisher.

The Portuguese American community in Redlands is scheduling two days of celebration in one of their important religious festivals: the Festa do Espirito Santo, starting on Saturday, June 7, 2003, at 6:00 PM. at the Portuguese American Club, 1133 Crafton Ave., Redlands, with offerings of bread, reciting the Rosary, dinner and dance.

The public is invited to join in the two-day special community religious celebration.
The world history and government teacher, and former U.S. Army colonel, began teaching at John Kelley School, a K-8 grade school in Thermal, from 1985 to 1999 and later at Coachella Valley High School (the school district has a 99% Hispanic enrollment). He was able to turn students around with discipline problems into honor roll members. Many former students have gone into higher education at the community college and university levels.

Veatch was an advisor to the California Cadet Corp and activated the youth group, which had been inactive since the 1970s.

An area of achievement for the former high school teacher, who is bilingual in Spanish, was his interest to work with students parents. "I am aware of the importance that parents have in the education of their children and concentrated on their involvement in the educational system, in addition to their own interest in becoming educated," he said.

RCAT is a county-wide program with six major components and implemented in several school districts with major success.

Veatch is tentatively scheduled to work in two of those components, the Special RCAT and the Academic Leadership Center.

"I will be working specifically with migrant students who have reached higher levels of achievement. They will receive added academic training and leadership skills. These students will be formed into leadership teams and will be the role models and trainers for other students needing academic skills to further their education," he said.

Superintendent Long said that Veatch is a national treasure and gifted educator with a passion to teach, and his commitment to teach migrant students.

"We are pleased to have Chauncey work with our students in the county and use the resources available in our county office," Long said.

"There is nothing more powerful than learning, and I want the county to use me as a teacher," Veatch said.

Veatch was chosen California Teacher of the Year in 2001 and one of four finalists for National Teacher of the Year. He was the first to be chosen from Riverside County.

The National Parent Teachers Association has selected migrant education as the highest priority in the forthcoming year after Chauncey Veatch spoke at their national convention.

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The Tomas Rivera Policy Institute will join the School of Policy, Planning, and Development in the Fall. The institute has earned a stellar reputation over the years as a real force in Latino policy issues. It will bring major strength to our School of Policy, Planning, and Development and to USC’s commitment to urban affairs.

The institute will join the school, and president Harry Pachon will join its faculty in the fall.

“A primary commitment of the USC School of Policy, Planning, and Development is to promote understanding—and the values of leadership and community service—among the diverse groups that make up Los Angeles and the United States today,” said the school’s dean, Daniel Mazmanian.

“With this partnership, that commitment assumes a significant new dimension,” Mazmanian said. “We will be deepening our research, knowledge, and involvement within the largest and fastest-growing segment of the population.”

Recent census data predict that one out of four Americans will be Latino by 2050.

“As this nation contemplates its future, TRPI has positioned itself to continue to meet the growing demands and needs of the complex and dynamic Latino community,” Pachon said. “We’re looking forward to this relationship with USC, and the synergy we’ll be developing with faculty and students on applied policy research.”

With a complement of researchers on staff, TRPI investigates key issues that affect Latinos, from immigration and education to technology and employment.

Founded in 1985, the institute has done groundbreaking research on such varied topics as Latino political behavior, immigrant remittances and their impact on Latin American countries; media trends in the Latino community; and the “digital divide” confronting minorities.

In 1993, Pachon joined the institute as president. He is a founding member and past executive director of the National Association of Latino Elected Officials Education Fund. He is currently the Luther Lee Professor of Public Policy at Claremont Graduate University.

“The kind of work we do, both at TRPI and the school, requires an appreciation of the complex workings of the public policy process and government, and of the importance of collaborations among public, private and nonprofit sectors to devise workable solutions to our many challenges,” Mazmanian said.

“This partnership will be of tremendous mutual benefit,” he said. “The institute gains by being at a major research university in an urban setting. And the school gains an important area of scholarly strength.”

Gonzalez shouted in Arabic to the man to stop. The next thing he remembers is firing his weapon and feeling his own blood underneath his chemical suit. He was shot in the left leg.

“I just remember being in one spot and ending in another. I was losing a lot of blood and actually dying,” he stated in a previous interview.

He was flown to Kuwait, and the doctors waited several days to see whether they would amputate his leg. His leg was saved and will require several surgeries and long term therapy.

After arriving at Walter Reed Medical Center, President Bush pinned the Purple Heart on him. Gonzalez was one of the first casualties of the war.

Ending his speech, Gonzalez stated that he was proud of wearing his uniform and serving his country in time of war. He also stated that it was good to be back home with his family.
The Sunday Brunch Social Club recognized 25 area women as Professional Women of the Year at Rialto's Rancho Verde Country Club on May 25. The awardees represented an array of professionals in the private, social and governmental sectors throughout the Inland Empire. Master of ceremonies Rudy Reyes, director of California Lottery in Riverside, welcomed the 300 guests and introduced elected officials and dignitaries.

Lena Diaz, president, announced the names of the awardees (not in order): Henrietta Acuna—senior compliance representative—California Franchise Tax Board; Sophie Arias—executive secretary—Rialto Recreation/Community Services; Lorraine Lopez—Casey-supervising secretary—San Bernardino County, Public Defender's Office; Lisa Diaz—Clark III—San Bernardino County, Public Defender's Office; Deborah J. Galvan—RN—California Supreme Court; Debbie Ruiz—office manager—Inland Empire Hispanic News; Meleia Negrete—assistant treasurer; Steve Martinez—secretary; Pete Ramos—director; Luis Bravo—sergeant at arms; and Ed Dominguez, director.

Gents organization, a community action group, celebrated its 28th Annual Installation of Officers at the Gents Community Hall. Pictured (r to l) District Attorney Michael Ramos, installing officer; Tony Diaz, president; Joe Mujica, vice president; David Martinez, treasurer; Steve Martinez, secretary; Pete Ramos, director; Luis Bravo, sergeant at arms and Ed Dominguez, director.

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DEPRESSION: RECOGNIZING THE SYMPTOMS AND SEEKING HELP
By Carmella Broome

When you think of words like illness or disease, odds are you usually associate them with serious health problems, like cancer or diabetes. We recognize that such illnesses can have a serious impact on our lives, possibly even leading to death, and generally seek the help of a physician when symptoms appear. We realize that ignoring the problem will only let it get worse, and there are usually effective treatment options readily available.

But few of us think to include the word "depression" in that list of diseases or illnesses. Yet, depression is a mental health condition that can have as negative an impact on a person’s life as cancer or any other major health issue. It has clear symptoms, it can, and often will, worsen if left untreated, and certainly can be life threatening. But depression is also highly treatable. The problem, all too often, is that people fail to recognize the symptoms of depression, or to understand that such symptoms need to be taken seriously.

There are a number of common symptoms of depression. You should be concerned if:
• You experience changes in sleep or eating patterns
• You have strong feelings of sadness, guilt, hopelessness or worthlessness
• You lose interest in or the ability to enjoy activities you normally like
• Your energy levels, side effects of medications, or eating patterns change

If possible, first share with someone close to you about how you are feeling. Then see your family doctor, a mental health professional, or a friend who you think may be experiencing depression, it’s time to talk to someone.

Unfortunately, seeking help is often a problem because so many people with depression feel no one can really help and that they’ll never feel better. This isn’t true. Depression is highly treatable. It’s usually combated with a combination of medications and counseling. In most cases, the symptoms of depression can be greatly reduced, or even eliminated, with just a few months of treatment.

Many people suffering from depression also feel as if it’s a problem unique to them and that others simply wouldn’t understand what they are going through. It’s very important for the person facing depression to realize that he or she is not alone. Every year, 9.5 million American adults struggle with depression. Twice as many women as men experience depression, and it occurs in people of all ages, races, and socioeconomic classes.

Many people also try to ignore the symptoms of depression because they think they must be weak or crazy to be feeling what they’re feeling. The truth is that depression isn’t a sign of weakness or mental illness, but rather a health issue that even the most normal person can experience. Depression can be brought on by chronic stress due to financial, work or marital problems, or sadness over the loss of a loved one. Even stress from positive occurrences, such as the birth of a baby, buying a new home or starting a new job, can make a person more vulnerable to depression. Other causes for depression can be related to changes in the brain or in hormone levels, side effects of medications, another health condition, or problems with substances such as drugs or alcohol.

Not seeking help when struggling with depression can be as foolish as ignoring a serious physical health problem. Mild depression leaves someone feeling unhealthy and miserable and more serious cases of depression can indeed lead to life-threatening actions such as suicide.

There are better choices. If you think you may be experiencing depression, it’s time to talk to someone. If possible, first share with someone close to you about how you are feeling and your desire to seek help. You may be surprised by the support you get. Then see your family doctor, a counseling professional, psychologist, or psychiatrist, to get the professional treatment you need to overcome the problem.

There’s no reason to suffer needlessly from depression. Take action now, rather than let the problem grow worse.

Ms. Broome is a graduate student in the Marriage and Family Therapy program at the University of South Carolina and currently is participating in an internship with the Department of Health and Human Services Administration for Children and Families.
LEARN TO DEAL WITH ANGER
By Marlene Greenspan, L.P.C.

Anger can be a tricky feeling, and one that affects our lives in a variety of negative ways. Not being able to control your anger can create significant problems in your social, professional and family relationships. Even milder bouts of anger, if not recognized or dealt with, can have serious implications.

Short-term physical responses to anger may include not feeling well, developing sudden aches and pains, or even unexplained feelings of dissatisfaction about everyone and everything in and around us. Long-term responses may include major illnesses, unruly behavior, and poor performances in the outside world or at home.

One of the key issues facing individuals is determining how to control anger before it controls them. This is a process that takes time and energy, not just a switch to be thrown at will. An important first step is recognizing the internal signs that mean you’re becoming angry or are already there. Self-observation and remembering your personal reactions, both visible and those you keep to yourself, can help you understand how you are reacting when angry. It can also help you to talk to trusted friends and family members, in a calm moment, about how they perceive you when you are angry.

Once you can recognize the signs that indicate you are becoming angry, it’s time to consider what steps you can take to deal with that anger. It’s important to determine these steps in a calm frame of mind in order to assess accurately how you’ll implement them when needed.

There are always a variety of alternatives available for venting anger, some more productive than others. Anyone can strike out verbally or physically at another person who seems to be the cause of the angry feelings. Close investigation, however, usually reveals that uncontrolled anger comes as a response to hidden personal feelings of inadequacy or self-disappointment. Instead of striking out at yourself, you may strike out at the person or thing that seems to reflect your weakness. Unfortunately, many people think that is an acceptable form of dealing with anger.

A more helpful first step in dealing with your anger can be to distance yourself from the anger stimulus – physically remove yourself from the scene or individuals causing your anger.

Next, it helps to find an acceptable means to work off the energy, both physical and emotional, that has been generated by your anger. Healthful physical exercise, like sports, jogging or walking, can be one outlet. Sometimes simply listening to soothing music can have a calming affect. Or perhaps you might feel better if you sing loudly or play an instrument. Some people turn to artistic projects or write letters or letters to vent their dissatisfaction. Muttering to yourself can even help, or you might find someone trustworthy with whom to discuss your distress in search of useful solutions.

When you’ve taken control of your angry feelings enough to avoid an out-of-control reaction, it’s time to determine exactly why you feel so angry, and to look for realistic and positive ways of handling situations and people who make you angry. Sitting down and visualizing what actually happened can help you prepare for situations in the future that might trigger feelings of anger and loss of personal control.

In other words, most cases involving anger do not require angry responses. Fights and explosions do not have to be the outcomes of disagreement or displeasure. If a particular person purposely goads you, an unexpected response like not rising to the bait can be very effective. If a particular situation consistently causes you problems, it may be possible to change or avoid it, or at least be better prepared for it.

The most important thing to remember about anger and loss of control is that there is always a way out or someone to help, even in the darkest moments. As you get to know yourself and your anger triggers, it’s possible to prevent negative responses by redirecting personal energy into more productive behaviors. And if you find, despite your best efforts, that controlling your anger still seems to elude you, seek help. A counseling professional can help you understand what is causing your anger, and provide you with techniques to help control and avoid such reactions.

Marlene Greenspan, a licensed professional counselor, has been coordinator of guidance for the last 18 years at the Yeshiva of North Jersey in River Edge. She is also in private practice in Teaneck, New Jersey, has published numerous articles in professional counseling journals, and conducted workshops for counseling professionals.

STUDENTS NEED MORE FROM SCHOOL, HOME, COMMUNITY

Increasingly, America’s educational system has learned to take direction from within—namely, from the students whose school lives are shaped by the teachers, administrators and curricula in place today.

One way that students’ voices are being heard is through an annual survey that explores the factors and forces at work in students’ lives that encourage or inhibit their success in and out of school. Key findings of The MetLife Survey of the American Teacher, 2002: Student Life—School, Home and Community include:

• 29 percent of teachers believe that their school is preparing students “extremely well” to go to college; only 15 percent of students agree.
• Only 18 percent of students believe that teachers respect all students; just 24 percent believe that teachers are interested in what’s best for all students.
• 56 percent of “A” students report exercising four or more days a week, compared to 45 percent of “D” and “F” students.
• 54 percent of students wish for more time with their parents.

• “D” and “F” students are twice as likely to never eat breakfast as “A” students and are more likely to get less than seven hours of sleep on school night (43 percent vs. 33 percent).
• “D” and “F” students are less likely than “A” students to participate in sports, dance, music, schoolwork programs and drama programs, or to read for fun.

“Differences in opinion provide clues on what we can do to improve education,” said Sibyl Jacobson, president and CEO of MetLife Foundation. “Students of all ages want adults to respect them and be involved in their lives, they want activities that are interesting and relevant and they need support to help them succeed. Student Life—School, Home and Community is the 19th in a series of teacher surveys sponsored annually by MetLife. The surveys are designed to bring the voices of teachers and students to the attention of policymakers and the American public. For more information, or to download a full copy of the survey, visit the Web site at www.metlife.com.
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(909) 885-7051

IMPORTANT NEWS FOR AGRICULTURAL OPERATORS OF SAN BERNARDINO COUNTY!

Problems With Used Oil Management? We Can Help!

INSTEAD OF:
1. Improper oil and filter disposal
2. Leaking, rusted, unmanageable containers
3. Improper oil and filter storage
4. Searching for contractor, paperwork, etc.

WHY NOT GET:
1. FREE oil and oil filter disposal
2. FREE oil and oil filter container
3. FREE management information
4. FREE disposal assistance

For more information on FREE disposal of oil and oil filters, contact:
Stephanie Odenbach, REHS
San Bernardino County Fire Department
Household Hazardous Waste Program
2824 East W Street, Bldg. 302
San Bernardino, CA 92415-0799
Phone: (909) 382-5401
Fax: (909) 382-5413

Used Oil and Filters are 100% Recyclable!

Funded by a Grant from the California Integrated Waste Management Board.