A Vietnam veteran, Frank was born in the city of Bell and was raised in San Bernardino. He earned his BA degree in political science from the University of California Riverside. Elected Vice President of Southern California Edison in 1992 and subsequently elected its treasurer and advisory committees including the Asian Pacific American Legal Center; Edmund G. "Pat" Brown Institute of Public Affairs, the United Negro College Fund Southern California Advisory Committee; California State University, Fullerton University Advisory Board; National Civic League; Orange County Hispanic Education Endowment Fund, Sabriya's Castle of Fun Foundation; Cathedral High School Board of Trustees; and the Los Angeles Women's Foundation.

Nationally, Frank has a long-standing commitment to civic engagement and social responsibility. In 1972, he was nominated by then Governor Reagan and appointed by President Nixon to a local draft board, being one of the youngest - and few - Vietnam veterans appointed during the Vietnam conflict. In 1976, he was appointed by Governor Brown to the State Bar Board of Governors and was subsequently elected its treasurer (1979), the first non-lawyer to hold that office. He also held the office of vice chair of the State Bar Judicial Evaluation Nominees Commission in 1981-1983, serving thereafter as a member in 1988 and 1989. In 1982 he served as executive assistant to Commissioner Tony Gallegos of the U.S. Equal Employment Opportunity Commission. In 1999, Mayor Richard Riordan appointed Frank to the Los Angeles Workforce Investment Board. It is no wonder that Hispanic Business Magazine selected Frank three times as one of the nation's “100 most influential Hispanics.”

Frank and his wife Inez live in Orange County and have three grown children - Frances, Thomas, and Yncs, and are proud grandparents of Thomas Ryan Jett and Gabrielle Yncs Jett.

The National Latina Alliance (NLA) salutes the Latino men and women who demonstrate leadership and spirit in our communities and it is dedicated to the advancement of Latinos through community empowerment, education, and policy analysis.

IEHN commends Frank Quevedo on his Community Service Award.

In addition to his professional acumen, Frank is a tireless activist, having earned a reputation for being a strong proponent of workplace equity and fairness, the empowerment of Latinas and the Latino community, and for being an effective advocate on social justice issues at the local and national level. It is for all of this that we honor him this evening.

Having served as chairman of the board of the Mexican American Legal Defense and Education Fund for three terms, Frank continues to provide his experience and leadership as an active member of that board. He also chairs the Puente Project and serves on a number of other boards and advisory committees including the Asian Pacific American Legal Center; Edmund G. “Pat” Brown Institute of Public Affairs, the United Negro College Fund Southern California Advisory Committee; California State University, Fullerton University Advisory Board; National Civic League; Orange County Hispanic Education Endowment Fund, Sabriya’s Castle of Fun Foundation; Cathedral High School Board of Trustees; and the Los Angeles Women’s Foundation.

The internationally famous Sinfonia Mexicana announced the presentation of the traditional annual “Fiesta Navidad” to be held on Saturday, December 18, 2004, at the historic California Theater of Performing Arts, 562 W. 4th Street, San Bernardino, with performance starting at 7:30 PM.

The internationally famous Mariachi Los Camperos de Nati Cano and the well-known Ballet Folklorico Ollin will be performing famous Mexican music and accompanying dances associated with the Christmas holiday.

Mariachi Los Camperos have performed in many countries, including many performances in the United States and Canada, and received recognition for their musical arrangements and vocal skills of their musicians. In addition to be a favorite of many Latinos, the musical group has gained wide popularity with a large segment of non-Latinos.

Ballet Folklorico Ollin will be performing many favorite Mexican dance routines and including the famous Fiesta de La Posada, centuries-long liturgical event to celebrate the pilgrimage of Joseph and Mary to Bethlehem, and the symbolic asking for lodgings. Sinfonia Mexicana is celebrating its 19th year of sponsoring the finest of Mexican symphonic and traditional music to the audiences in the Inland Empire.

Ticket prices for the event are $22, $27, $35, and $40. Ticket information and reservations, call the Sinfonia Mexicana office at (909) 884-3228 or toll free 1-(866) 687-4284, or directly purchase tickets at the Arts on Fifth, 468 W. 5th Street, San Bernardino.
Lt. Colonel Felix Diaz spoke before a large audience at the 5th Annual Veterans Day Memorial Ceremony on the history of the memorial statue. Lt. Colonel Diaz initiated the concept of building the Veteran’s Memorial in Victorville in 1946, in memory of his mentor Manuel Casillas, who was killed in action during World War II. Casillas was refused burial in the main cemetery in Victorville and was buried in Old Town. Lt. Colonel Diaz vowed to create a memorial statue for Casillas and all Veterans. The Old Town Memorial Statue—Price of Freedom was sculptured by Ismael Rodriguez and dedicated in Old Town on November 9, 1996, located at Seventh and Forrest, Victorville.

A bugler from the Victor Valley High School Marching Band plays taps at the 5th Annual Veterans Day Memorial Ceremonies. In the background is the Old Town Memorial Statue—Price of Freedom built through the efforts of Lt. Colonel Felix Diaz.

Mrs. Rosa Maldonado, accompanied by C/Major Cook-Akins, placed the name of her son, Specialist 4 Daniel Maldonado on the Memorial Statue during the Memorial Ceremonies on Veterans Day in Victorville.

Mrs. Pat Wiscowiche, right, accompanied by C/Major Sedillo, placed the name of her son, Lance Corporal Joseph Wiscowiche, USMC, on the Memorial Statue during the Memorial Ceremonies on Veterans Day in Victorville.

TAMALES, TAMALES, TAMALES!

INDIO, CA - The 13th Annual Indio International Tamale Festival presented by Fantasy Springs Resort Casino for the 3rd consecutive year, will be held on December 4th and 5th from 10 a.m. to 8 p.m. on Saturday and 10 a.m. to 6 p.m. Sunday. The Festival, which continues to grow in size each year and generate national media attention, will again be held on the streets in Old Town Indio.

This year’s Festival is expected to draw crowds of more than 170,000 over the two days. The Tamale Festival is now the largest event anywhere in the Inland Empire during the holiday season. In addition to all of the locals from the Coachella Valley, the festival attracts crowds from Los Angeles, Orange, Riverside, San Bernardino and many more cities beyond the Southern California region.

There will be approximately eighty (80) tamale vendors selling all types of tamales (traditional, gourmet, dessert such as strawberry, chocolate, date, and raisin) and they will collectively sell over 300,000 tamales during the festival making Indio the Tamale Capital of the World! Some individual vendors have sold as many as 6,000 tamales during the two-day event. There are another 230 vendors selling a variety of Mexican arts, crafts, and other holiday merchandise.

Activities and entertainment also include a carnival, rides, games petting zoo, inflatable bounce, rock climbing, a best tamale competition with trophies in seven different categories and tamale eating contest with awards for those who eat the most. There is continuous music and dance throughout the Festival on three (3) different stages. A variety of acts are featured that include local and professional dancers, singers, and musicians.

The official Tamale Festival Holiday Parade will step off on Saturday, December 4 at 10 a.m. The parade, which encourages corn husks as decoration, will start at Miles Park on Miles Avenue and travel east to Oasis Street then south on Oasis to Requa, east on Requa to Wilson Street where it will end and disperse. Santa will again appear in the parade that will also include floats, high school and middle school marching bands, drill teams, gymnasts, equestrian units and custom cars.

Indicative of the Festival’s growing popularity and positive economic impact on Indio and the tourist industry of the Coachella Valley is the support show by the various Festival sponsors.

The Festival provides free parking, admission and entertainment for everyone. The parking is available on the streets around the Old Town area, various lots in the area and at the Larson Justice Center and Date Festival Fairgrounds on Highway 111, where a free shuttle will be available. For information call City of Indio Special Events Office at (760) 342-6532 or visit www.tamalefestival.org.
High School Honor Guard.

Navajo Talkers were instrumental throughout the War, Morris and his Honor Guard, and the Arroyo Valley Congressman Joe Baca, San Bernardino

Korean comrades in arms attended the Route 66, Veterans Day Memorial at Plaza Park, San Bernardino. (I to r) Robert Moreno, David Varela, Ignacio Contreras, Leonard Chavez. Other dignitaries speaking were Congressman Joe Baca, San Bernardino Mayor Judith Valles, VFW Post 6476 Honor Guard, and the Arroyo Valley High School Honor Guard.

Joe Morris, Sr. joined the Marine Corps on April 20, 1944 and trained in San Diego and the Navajo Communication School at Camp Pendleton.

He was sent to the Pacific and assigned to the 22nd Marine Regiment, serving in Guadalcanal, Guam, Saipan, Okinawa, and Tinian, China. Throughout the War, Morris and his Navajo Talkers were instrumental in communicating with each other and the Japanese were unable to translate the Navajo language.

Morris received the Asiatic Pacific Theatre and China Occupation Medals, Rifle Expert Medal, Certificate of Appreciation from the President, Certificate of Recognition from the State of California and combat ribbons. He was discharged in August 20, 1946.

Mayor Valles spoke on the appreciation of the City of San Bernardino to every veteran that resides in the city. She also read a poem sent to Juanita DePasquale by her son, Sgt. Lawrence B. Avila:

Remember My Cause
If I went to war tomorrow, With death always near, I would look to my God, And know there's nothing to fear. I wouldn't fear what could happen, With the dawn of the day. Only hope because of me, That others won't pay. If there was fighting around me, I wouldn't be there! Instead in a place, Where I'm with people who care. Then I would rise to the fight, With a passion so true, While I think of the memories, Of people like you....

The Rancho Verde Sunday Brunch Social Club and over 200 guests honored the Colton Veterans of Foreign Wars Post 6476 and its Honor Guard at the Rancho Verde Golf Club. Pictured (front row, 1 to r) Louis Contreras and Anthony Acevedo (former prisoners of war), Honor Guard members Luis Navarrete and Tim Reyes. Back row (I to r) Tom Trimble, Ray Gomez, Rudy Contreras and Trini Calderilla. Not in picture-Dan Acosta, Pat Cervantes, Ted Esquero, Albert Gonzalez, Pete Hernandez, Bernie Moyeda, David Saez and Mario Silva. Club President Lена Diaz presented Certificates of Appreciation and Congressman Joe Baca presented Resolution of Commendation to the Honor Guard, assisted by Assemblyman-elect Joe Baca, Jr., and 5th District Supervisor-elect Josie Gonzalez. Photo by IEHN

ROUTE 66-SALUTE TO THE ROUTE/VETERANS DAY

Wednesday, November 17, 2004

RANCHO VERDE SUNDAY BRUNCH SOCIAL CLUB HONORS VETERANS

The Rancho Verde Sunday Brunch Social Club and over 200 guests honored the Colton Veterans of Foreign Wars Post 6476 and its Honor Guard at the Rancho Verde Golf Club. Pictured (front row, 1 to r) Louis Contreras and Anthony Acevedo (former prisoners of war), Honor Guard members Luis Navarrete and Tim Reyes. Back row (I to r) Tom Trimble, Ray Gomez, Rudy Contreras and Trini Calderilla. Not in picture-Dan Acosta, Pat Cervantes, Ted Esquero, Albert Gonzalez, Pete Hernandez, Bernie Moyeda, David Saez and Mario Silva. Club President Lena Diaz presented Certificates of Appreciation and Congressman Joe Baca presented Resolution of Commendation to the Honor Guard, assisted by Assemblyman-elect Joe Baca, Jr., and 5th District Supervisor-elect Josie Gonzalez. Photo by IEHN

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TRINITY FOSTER CARE CHRISTMAS PARTY

Thursday, December 9th, 2004 • At Trinity Foster Care, 9600 Center Ave., Ste. 100 Rancho Cucamonga, CA 91730 • Ph. (909) 960-4755

Please help the children in foster care to have a Merry Christmas!

We need donations of:

• New clothes and toys for Christmas gifts
• Money
• Volunteers
• Collection box locations

As you are donating gifts for the Christmas party, please consider:

The ages of the children in foster care range from newborns to 18 years old. If you need a tax deduction receipt for your donation please take your gift directly to Trinity Foster Care, rather than leaving it in one of the collection boxes.

Please deliver all gifts and collection boxes to Trinity Foster Care no later than Nov. 30th to allow the staff sufficient time for sorting and wrapping.

Inland Empire Hispanic News

Korean comrades in arms attended the Route 66, Veterans Day Memorial at Plaza Park, San Bernardino. (I to r) Robert Moreno, David Varela, Ignacio Contreras, Leonard Hernandez and Leonard Chavez. Photo by IEHN

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NEW HORIZONS
The Past, Present and Future of Latinos in America According to Harry Pachón

The following article is the first of two series by IEHN, reprinted with permission of Wendy Pedrero, Editor, Latino Leaders Magazine. The second part of the series will be on Dec. 1st edition.

Dr Harry R Pachón has been at the helm of many heavy-weight Latino organizations in the United States. He is currently the president of the Tomás Rivera Policy Institute at USC—the premiere American research institute on Latino issues. Prior to his present position, he was the executive director of the National Association of Latino Elected and Appointed Officials (NALEO) Educational Fund. He has been honored by the Mexican Government with an Olchi Award for his humanitarian efforts on behalf of the Mexican-American community. Latino Leaders Magazine caught this dynamic expert in the throes of an election year to talk about immigration, government, and other future issues.

P: It has turned from a regional community into a national community with a presence throughout the United States. In 23 of the 50 states, Latinos outnumber Asians and Black Americans. We have moved from the geographic concentrations in the Southwest, Florida, New York and Illinois to a national presence. This trend is going to continue, and we will have Latino communities throughout the continental United States and Hawaii.

P: We have gone through a curious phenomenon in the past 30 years with Latinos in the United States. First, Latinos were invisible, and later when they became visible, people thought that because Latin Americans come from more than 20 different countries, there is no community. There are commonalties of language—an overwhelming 70% of Latinos are Catholic—the commonality of having immigrant roots. Most Latinos, outside of New Mexico, can really trace their arrival to the US in the last 50 years. That is not something that's academic to many Latinos, they have experienced it personally.

L.L.: What is a quick and simple overview of the Hispanic community in the United States today?

P: That's a very good but difficult question to answer. The values are there, but they are also being imposed upon by American values. There is a new mix of values that are present in the Latino community throughout the United States. When Latinos first get here, they like to think of themselves as either being Mexican-American or Guatemalan or Colombian or Dominican. However, after a short while, they begin to realize that there is a Pan-Hispanic culture and community is being impacted by American culture. There is an Americanization of Latinos, so that by the third generation—if not the second—many have become fully fluent in English and have lost some of their Spanish roots, but can still relate to the values of having a common religion and the recent immigration experience.

L.L.: As in the Irish-American community, do you think religion is a large factor in keeping Latinos rooted in the traditions of their home countries?

P: There are a couple of factors that are weakening the ties—which is not all bad—because you do not want to be an isolated community either. By the third generation, who are the grandchildren of immigrants, one out of every two is marrying a non-Latino. If we want to think of the future Latino community as being frozen in time or locked into its own barriers, I think we are mistaken. First off, we do not see the power of Americanization, and second, we do not see that Americanization also refers to blood, in regards to 'out-marriage' and integrating into the community itself. Those factors are not emphasized enough. In addition, there is one factor that many Latinos share in common: we have an immigrant experience. We left our home countries because things were better here in the United States than they were back in the homeland. I do not think this is given enough emphasis. Some neo-Conservatives and Right-wing people in the United States say that Latinos are separatists or that they think more of their home countries than they do of the United States. Well, the reason people left is because they weren't enjoying the full freedom of their lives or the full potential of their lives in Latin America, so they value the US Latinos are refreshing the American ethics of hard work, upward mobility, public education, improving your children's future. These are all American values that Latinos are now reflecting and embodying.

L.L.: Jewish, Irish, German immigrants—every person has put a little something into the melting pot. What do you think will be the greatest contribution of the Latinos to US society overall?

P: Rather than America strictly being an eastward-facing country and thinking that Europe is the center of the world, Latinos make us develop a consciousness that we are in the Western Hemisphere. As Latinos integrate more into American society, it helps us to value Latin America more than we have in the past. Our foreign policy will take the western hemisphere into account as well as the Eastern Hemisphere as far as our vision of the US and the world is concerned. I think the strong family values that Latinos espouse are very positive for the US at a time when the divorce rate is 50 percent. Latinos are living in that two-parent family with children. They are embodying the American values of family and hard work.

L.L.: On the other hand, what are the greatest American influences on Latin American immigrants?

P: There are some very positive influences and some negative. Let us start with the negative. The immigrant usually comes into a central city, where the schools have never been the best. The American Dream that we aspire for our children is being negatively impacted because the schools are not delivering their full potential. Based on what I've heard from my students and from people I meet while working in community service organizations, immigrants really think that things are better when they come to America—so hope is alive in the barrios, as compared to some other low-income areas where hope has died. There is hope of improving your life that characterizes the Latino immigrant community, much more than with people in similar low economic positions who have been here for three of four generations.

L.L.: What helps Latino immigrants successfully adapt and Americanize once they arrive in the US?

P: The structure of American society is more predictable. Overall, there is still law and order in ordinary life. You see much more structure here than in some Latin American countries and that is a very positive thing for many people—that's one of the things that they admire. There are work opportunities that perhaps may not be present in their home countries. In addition, the public school system goes much further in providing educational opportunities. In Mexico or other countries, the average level of education may be under eighth grade. Here, if you push your children hard enough you can expect them to graduate from high school and perhaps go to a community college or even a four-year university. One of the things that we have to watch for and that is disturbing is that many people who are unfamiliar with the Latino community see very negative futures for this community. They see them as an underclass that is going to be perpetually poor and perpetually undereducated in the cities of the US. As absurd as it may sound, some people think of Latinos as Balkanizing or being separatists and those are very pessimistic scenarios that are contradicted by the data and the evidence that is out there. It is funny, you and I are conducting our interview in English, but there are some that see the Latino community as being so separatist that they think the immigrant does not want to learn English. All of our studies at the Tomás Rivera Policy Institute show that rather than culture being a factor for some of the issues that confront our community, the larger issue is the lack of information. A lack of information about schools, health insurance, or how to buy a house in the US.
Es posible que la comunidad latina no esté consciente que la diabetes es la sexta causa de muerte en los Estados Unidos, y que es responsable de más de 200,000 (décimocientos mil) muertes cada año. De acuerdo con el Ministerio de Salud de México, la diabetes ha reemplazado a la pobreza como causa principal de muerte en México. La diabetes afecta a la comunidad latina en forma desproporcionada, a una tasa de dos a tres veces más que a otras etnias, de acuerdo con los Centers for Disease Control and Prevention (Centros para el Control y la Prevención de Enfermedades) (CDC). De hecho, 8.2 por ciento de toda la comunidad latina en los Estados Unidos padece de diabetes.

Esto no tiene por qué ser así. La diabetes tipo 2, la clase más común, puede ser prevenida mediante la detección temprana de una condición conocida como prediabetes, en la que los niveles de glucosa en la sangre son elevados, pero no lo suficiente para arrojar un diagnóstico de diabetes. La mejor forma de prevenir la diabetes es detectarla a una edad temprana.

De acuerdo con la ADA, cerca de 41 millones de estadounidenses tienen prediabetes, y se encuentran en un riesgo mayor de desarrollar diabetes tipo 2.

Algunos factores, que incluyen predisposición genética y el estilo de vida, hacen que los latinos tengan un riesgo más alto de padecer diabetes. Sin embargo, el U.S. Diabetes Prevention Program (Programa de Prevención de Diabetes de EU) halló en el 2001, que un estilo de vida mejorado, que incluya el mantenimiento de un peso saludable y con ejercicio regular, reduce enormemente el desarrollo de la diabetes tipo 2 o puede retrasar su progreso. En el marco del Mes de la Diabetes en Estados Unidos, PacifiCare ofrece sugerencias para ayudar a los latinos a prevenir, identificar y tratar la prediabetes.

### Practiquen estos ejemplos

El primer paso para prevenir la prediabetes es hacerse pruebas. El National Diabetes Education Program (Programa Nacional de Educación sobre la Diabetes) sugiere que las personas mayores de 45 años deberían pedir a sus doctores pruebas para prediabetes y diabetes. Siete de cada 10 estadounidenses no conocen el nivel de glucosa en su sangre, lo que constituye una clave para determinar tanto la prediabetes como la diabetes, de acuerdo con la ADA.

La práctica regular de ejercicio puede ayudar a reducir los niveles de glucosa y es esencial en el mantenimiento de un peso saludable. Se invita a los prediabeticos a consultar a un doctor sobre los niveles recomendados de actividad física. Un programa de ejercicios que incluya a un combinación de actividades acróbaticas, de fuerza y de estiramiento usualmente es el mejor. Otra forma de añadir más ejercicio es hacer algunos cambios menores en el estilo de vida, tales como caminar unas cuantas manzanas y tomar las escaleras en vez del ascensor.

### Cuidar su peso

La prediabetes es un factor de riesgo clave en el desarrollo de prediabetes y diabetes tipo 2. Aun una pequeña reducción de peso puede ayudar a reducir el riesgo. La pérdida de entre 5 y 7 por ciento del peso corporal mediante una dieta saludable y la práctica de ejercicio pueden evitar o retrasar la aparición de la diabetes tipo 2 en los prediabeticos, de acuerdo con el National Institute of Diabetes and Digestive Kidney Diseases. Una dieta adecuada ayuda a mantener niveles normales de glucosa en la sangre, de colesterol y de grasa en la sangre.

Los prediabeticos pueden empezar una dieta saludable recordando una regla muy simple: asegúrese que las calorías que ingiere en los alimentos sean menores que aquellas que quemar durante las actividades diarias. Este es el momento de escoger alimentos sin grasa o bajos en grasa en grasa y tomando porciones más pequeñas. Es importante que aquellos que tienen un alto riesgo de prediabetes y de diabetes tipo 2, especialmente la comunidad latina, pidan a sus doctores que les practiquen las pruebas y busquen el tratamiento adecuado.

### Trabajar con su doctor

Además de ser un grupo de alto riesgo para la diabetes, los latinos pueden tener otros factores adicionales que los hacen propensos a la prediabetes, entre ellos la obesidad, un historial familiar de la enfermedad y presión arterial alta. Sus doctores pueden ayudarles a valorar el nivel de riesgo, recomendar cambios en la dieta, una rutina de ejercicios y ayudarles a determinar qué otras pruebas son apropiadas, tales como una revisión del estilo de vida y los factores de riesgo que los afectan por la diabetes. Por consiguiente, es fundamental que los latinos programen revisiones periódicas y regulares con sus doctores y ayuden a construir un historial familiar completo.

Muchos planes de salud también ofrecen programas de diabetes y ayudan a realizar cambios positivos en el estilo de vida. Los programas como la Diabetes Challenge, de PacifiCare/Secure Horizons, ofrece ayuda para guiarle acerca de la dieta, el ejercicio y materiales preventivos de medicación. El programa también está disponible en Español. PacifiCare ofrece una gama de programas para suplir las necesidades específicas de salud de la comunidad latina.

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**LULAC HAILS RECORD LATINO VOTER TURNOUT**

WASHINGTON, DC - The League of United Latin American Citizens (LULAC) hailed a large Latino voter participation in November elections that helped propel two Hispanic Candidates into the Senate and elected an historic high of 25% of Latino voters to Congress. Based on exit polls reported by CNN, as many as 9 million Hispanics voted on Election Day setting a new record for Latino participation in a presidential election. Hispanic voter participation exceeded all expectations by growing as much as 50% since 2000 when Latino voter participation was just under 6 million.

The Hispanic share of the US electorate also grew up to 33% in just four years and now accounts for 8% of the US electorate compared to 6% in 2000 even as a record number of Americans went to the polls.

"It is clear that Latino voters are energized and engaged in our electoral process like never before," stated LULAC National President Hector M. Flores. "We are confident that the record Latino voter turnout is due in large part to LULAC's Democracy Initiative and the concerted efforts of our partner organizations to register Latino voters and get them to the polls."

For the first time ever, two Latinos won election to the U.S. Senate and a 27-year absence of Latinos in that body in dramatic fashion Democrat Ken Salazar of Colorado and 21 Latino incumbents won election to the House of Representatives increasing Hispanic representation in that body to 23 members.

In addition, Democrats Henry Cuellar of Texas and Steve Salazar of Colorado along with 21 Latino incumbents won election to the House of Representatives increasing Hispanic representation in that body to 23 members. Ken Salazar and Steve Salazar are the first brothers to serve in the Senate and House simultaneously and join other Latino members in high ranking positions, dramatically increase Hispanic representation in the Federal judiciary.

"The dramatic increase in Hispanic voter participation in this election forebodes huge gains in Latino political power still to come," stated LULAC National Executive Director Brent Wilkes. "With the Hispanic population expected to grow to 25% of the US population by 2050, the potential for Latino candidates to make greater inroads into the political system is enormous."

"With the Hispanic population expected to grow to 25% of the US population by 2050, the potential for Latino candidates to make greater inroads into the political system is enormous."
graduate fees will soar by a factor of 60 percent in just four years. This raises huge issues for the CSU system. We need to make a university education more affordable and accessible to students. That is particularly true in the tough economic times that California families are experiencing.

"History tells us that egregiously high fee hikes don't pay off. Our economy dictates the need for more highly skilled, educated workers. These fee hikes close the door to higher education for thousands of California families.

"All of us are indebted to previous generations of Californians who made it possible for qualified students to attend school in the nation's finest educational system. With this vote, we have broken that tradition. We have failed to adequately provide for an entire generation of college students.

"And, of course, we all know who will bear the brunt of this failure. Students from middle class working families and a disproportionately large number of those students are from underrepresented communities.

"Come January, I will be lobbying members of the Legislature to reverse the damage done here today. I am confident that thousands of Californians will be doing the same.
DREAM BIG!
A Roadmap for Facing Life’s Challenges and Creating the Life You Deserve

Deborah Rosado Shaw is the founder of Dream BIG Enterprises, LLC, and the founder and CEO of Umbrellas Plus, LLC, with customers that include Wal-Mart, Costco, and Toys “R” Us. She has been profiled in Business Week, Forbes, USA Today, and on CNN, NBC, and Fox. An accomplished public speaker, Shaw serves on several corporate and non-profit advisory boards. She has been nationally recognized for her achievements, which are made all the more extraordinary by the odds she overcame. Born to an impoverished Puerto Rican family and raised in New York City’s South Bronx, Deborah knows the tragedy and triumph of having to scale unimaginable hurdles every step of the way in the journey to success. In DREAM BIG! A Roadmap for Facing Life’s Challenges and Creating the Life You Deserve (Fireside Books/ A Simon & Schuster Trade Paperback; January 8, 2002), she shares her hard-earned wisdom, offering a bold, fresh, and practical set of rules for seizing the reins to personal and professional fulfillment.

Drawing from her deeply personal experiences as well as from those of other women, Deborah establishes a new paradigm for defying the odds. She cuts through politically correct platitudes and conventional rhetoric to give women a tried-and-true, no-nonsense approach to conquering fear and self-doubt. Using personal anecdotes to illustrate specific strategies, Deborah explains how women can become successful by realizing their talents, desires and dreams. A potent manual for women at all different stages of life, DREAM BIG! Features compelling information about:
- Hidden power zappers
- Nine moves to banish inertia
- Nine energizing treats
- How to have grace in the ring
- Decision making tips
- Transforming your life into a “deliberate journey”
- Common mistakes “rookie fighters” make
- What to do when a “confidence crisis” strikes
- Using disappointments to light the way

While providing a wealth of insights that help women to become their own catalysts to greatness, DREAM BIG! is also a moving and poignant chronicle of one woman’s successful struggle to transform shadows from her past into sources of enlightenment for her future. She looks back with gratitude on some of the challenges that helped to shape her courage today, including growing up under the veil of gang violence, coping with family dysfunction, battling prejudice, and waging a private war against depression and self-doubt.

“Most of my life I have struggled with some very tough challenges, only to discover that dignity, joy and peace were just a decision away. But this simple truth rarely gets any air-time. Instead we get fed a sanitized/glamarized/idealized version that cheats us from what is rightfully ours. And the more we chase this illusion the further away we get from the basic fact that we are each born perfect, powerful and predestined for greatness.”

Play It Safe
Around Holiday Lights

Fun and festive lights are part of the holiday season. Remember to play it safe by following a few important tips.

Keep holiday lights away from carpets and other combustible materials.

Never insert nails or metal tacks through electrical cords, and keep electrical connectors above ground since metal and water conduct electricity.

For more information, visit www.sce.com and click on “Safety First.”

Michael Sendejaz
Meter Reader

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