



Latino Times

A bilingual publication

Local Business Icons: Where Are They Now?

Dave Jimenez longtime lender at Bank of Stockton

By Rhashad R. Pittman

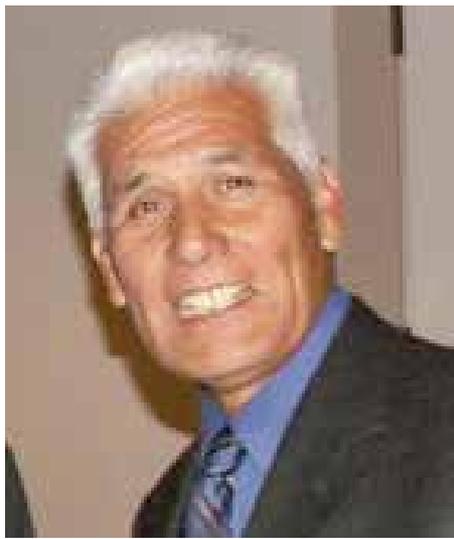
More than 30 years ago, Dave Jimenez was one of the first Latino bankers in the Stockton community to have lending power.

As a loan officer with the Bank of Stockton, Jimenez helped an endless number of Latino families borrow money for cars, homes and businesses, much needed funds that they would not have been able to get otherwise.

“Working for the Bank of Stockton was one of the best things that ever happened to me,” Jimenez said. “It was a great bank. I was very fortunate.”

For 32 years Jimenez helped Latino families get personal and business loans while working in Bank of Stockton's Lodi branch and downtown Stockton location. He worked with customers in both English and Spanish. “I was able to connect with the people who came into the bank,” he said.

In addition to being a banker, Jimenez was very active in the community throughout his career and continues to be.



He's volunteered his time for a number of organizations, including El Concilio, United Way, the Cinco de Mayo Parade and the Emergency Food Bank, as well as former NASA astronaut Jose Hernandez's Reaching for the Stars foundation.

Now Jimenez uses the knowledge and experience he gained from those three decades of lending to help others. Jimenez is currently a loan consultant with the Small Business Development Center. In his current role, he advises local residents who want to start a company or expand an existing business. “My job is to educate them on what they need to do,” Jimenez said. “It's gratifying to help people out.”

¿Dónde están ahora?

David Jiménez, prestamista de toda la vida en Bank of Stockton

Por Rhashad R. Pittman

Hace más de 30 años, Dave Jiménez fue uno de los primeros banqueros latinos en la comunidad de Stockton a tener capacidad de dar un préstamo.

Como un oficial de préstamos con Bank of Stockton, Jiménez ayudó a un sinnúmero de familias latinas pedir dinero prestado para coches, casas y negocios, fondos muy necesarios que no habrían podido obtener de otra manera.

“Trabajar para Bank of Stockton fue una de las mejores cosas que me han pasado,” dijo Jiménez. “Fue un gran banco. Fui muy afortunado.”

Durante 32 años Jiménez ayudó a las familias latinas a obtener préstamos personales y de negocios mientras trabajaba en Bank of Stockton en la sucursal de Lodi y en el centro de Stockton, su otra

ubicación. Trabajó con los clientes, tanto en inglés y español. “Tuve la oportunidad de conectar con la gente que entraba al banco,” dijo.

Además de ser un banquero, Jiménez fue muy activo en la comunidad a lo largo de su carrera y sigue siendo. Él ofreció voluntariamente su tiempo para una serie de organizaciones, entre ellas El Concilio, United Way, el Desfile para el Cinco de Mayo y la Organización de Alimentos de Emergencia, incluyendo la fundación del ex astronauta de la NASA José Hernández Reaching for the Stars.

Ahora Jimenez utiliza el conocimiento y la experiencia que obtuvo de esas tres décadas como prestamista para ayudar a otros. Jiménez es actualmente consultor de préstamos con el Centro de Desarrollo de Pequeños Negocios. En su puesto actual, aconseja a los residentes locales que desean iniciar una empresa o ampliar un negocio existente. “Mi trabajo es educarlos sobre lo que tienen que hacer,” dijo Jiménez. “Es gratificante ayudar a la gente.”

Luis Sanchez longtime member of the financial services industry

By Rhashad R. Pittman

After nearly three decades in the financial services industry, Luis Sanchez left the clutches of the corporate world to explore professional endeavors that have long interest him.

The longtime Stockton resident started his own firm, LHS Enterprises, with the help of his sons. The firm provides businesses with energy, telecommunications and merchant services to help reduce their costs and “enhance their bottom line.”

“I can put in my own time,” Sanchez said. “I'm not accountable to anybody. I have my own loans. I have my own clients. I enjoy that freedom to help others... and to give back.”

In addition to his role as small business owner, Sanchez serves as part-time CEO of Sus Finanzas, a financial education provider, educating high school youth, college students and adults on how best to manage their personal finances.

Throughout his 28 years in the financial services industry, Sanchez served 22 years in senior management positions with American Saving Bank, Washington Mutual and JPMorgan Chase, overseeing its Community Development and Corporate Affairs op-



erations in California.

Sanchez also continues to be involved with a number of local community organizations. He continues to serve on the boards of the United Way of San Joaquin, San Joaquin County General Hospital Foundation and California Coalition for Rural Housing, among others. He is also board chair of the San Joaquin County Revolving Loan Fund.

“What I'm doing now gives me a lot of time to devote to these organizations, and not just be a name on the letterhead, but to help the people,” he said. “I hope I've had a significant impact on the community.”

Jimenez and Sanchez have been trailblazers in the community for more than 30 years. Latino Times would like to thank them for the long legacy of community service they have left behind, as well as the contributions they continue to make.

¿Dónde están ahora?

Luis Sánchez miembro de largo plazo de la industria de servicios financieros

Por Rhashad R. Pittman

Después de casi tres décadas en la industria de servicios financieros, Luis Sánchez salió de las garras del mundo empresarial para explorar esfuerzos profesionales que siempre le han interesado.

El residente de toda la vida en Stockton comenzó su propia empresa, LHS Enterprises, con la ayuda de sus hijos. La compañía ofrece a las empresas servicios de energía, telecomunicaciones y comerciales para ayudar

a reducir sus costos y “mejorar su cuenta de resultados.”

“Yo puedo invertir mi propio tiempo,” dijo Sánchez. “Yo no soy responsable ante nadie. Tengo mis propios préstamos. Tengo mis propios clientes. Me gusta la libertad de poder ayudar a otros.... y dar algo de regreso.”

Además de su papel como propietario de pequeña empresa, Sánchez se desempeña como director ejecutivo a tiempo parcial de Sus Finanzas, un proveedor de educación financiera, ofrece educación a los jóvenes de secundaria, estudiantes universitarios y adultos sobre la mejor manera de manejar sus finanzas personales.

A lo largo de sus 28 años en la

Luis Sánchez en pág. 12

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Félix Saldaña, above, initially ignored his tremors until a doctor diagnosed him with Parkinson's.

Parkinson's, Pesticides and Poverty - The Dilemma of Latino Denial

By Yolanda González Gómez - NAM

Since Félix Saldaña immigrated to the United States from Mexico in 1975, his world revolved around going up and down the high pallets, wooden structures and operating machinery in his construction work, which he performed without problems for years, probably strengthened by his years as an amateur boxer in Mexico.

Over time, he became a supervisor in his company, until one day, at age 46, Saldaña began to feel his hands trembling, his legs stiffen and extreme fatigue set in. He also began

to suffer frequent falls.

Saldaña thought that such discomforts were normal for his work until his sudden inability to turn his head while using equipment and he "suffered two falls from heights that forced my boss to assign me other duties at ground level."

But Saldaña ignored these symptoms for more than two years. Eventually, he became one of only 15 percent of those with Parkinson's diagnosed before age 50. Most cases are diagnosed at age 65 or older.

Both Latinos like Saldaña and

See **DILEMMA** Page 5

Mal de Parkinson, hispanos lo ignoran o aplazan tratamiento

Por Yolanda González Gómez - NAM

Desde que emigró a Estados Unidos en 1975, el mundo de Félix Saldaña giró alrededor de subir y bajar altas tarimas, estructuras de madera y operar maquinaria, debido a su trabajo en el ramo de la construcción, el cual cumplió sin problemas durante muchos años, tal vez respaldado por la fuerza física adquirida como boxeador amateur cuando vivía en México.

Con el tiempo, se convirtió en supervisor general en su compañía, hasta que un día a sus 46 años de edad, comenzó a sentir sus manos temblorosas, las piernas rígidas, fatiga extrema y a sufrir caídas frecuentes, recordó.

Pensó que esas molestias eran normales por su trabajo, hasta que captaron su atención cuando ocurrió lo que así describe: "No pude moverme ni voltear la cabeza a la hora de usar el equipo y sufrí dos caídas de altura que obligaron a mi jefe a asignarme otras tareas a ras del suelo".

Saldaña reveló que ignoró esos síntomas por más de dos años.

"Viví esos dos años muy deprimido y resistiéndome a las señales, pero a medida que se hicieron muy notorias y luego me impidieron continuar trabajando, accedí a ser revisado por un especialista y tras varios exámenes médicos fui diagnosticado con el mal de Parkinson", explica.

"Después de saber que tenía la enfermedad, me aislé de la gente, no quería que nadie me viera porque pensé que se iban a burlar de mí, me escondía, me daba vergüenza que se dieran cuenta y temía mucho caermé, fue un largo tiempo de confusión y angustia", expone.

Saldaña pertenece a la minoría latina que tiene el doble de probabilidades de desarrollar el mal de Parkinson junto con la población blanca en Estados Unidos, en relación a los afroamericanos y asiáticos, según el mayor estudio epidemiológico realizado sobre la incidencia de la enfermedad publicado en el 2010.

Además, forma parte de la población hispana que presenta una mayor tendencia a ignorar los síntomas de la enfermedad por identificarlos como propios de la edad, a postergar el tratamiento debido a desventajas económicas y a excluirse de la educación sobre la condición, desaprovecha recursos y avances médicos existentes.

VIVIR CON PARKINSON

A sus 63 años, ahora el inmigrante mexicano originario del estado de Guanajuato, conoce bien el padecimiento, se ha adaptado a las condiciones que genera y acepta la ayuda de los demás, incluso de su esposa y vecinos. "Ya saben que estoy chueco, eso se ve", señala bromista.

A pesar de la lentitud de sus movimientos, su caminar es seguro y firme.

PARKINSON en pág. 7



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The 4-Year College Myth

By Joanna Pulido - NAM

The teacher smiled and held a hat as a line of about a dozen students looked at each other nervously. Inside the hat were small pieces of paper with each student's name. Luck would determine who would be part of the class, and who would have to continue the search.

Those of us already enrolled in the class waited quietly, watching the smiles and frowns as lucky students moved closer to graduation, and others possibly further. In my four and a half years at San Francisco State University, I saw this scenario play out year after year. Some professors tried to help us by taking into consideration the number of credits students needed, or by adding more students to the class than the limit stipulated — but often times getting into a class just felt like a matter of luck.

This phenomenon isn't unique to SFSU, in many universities across California it's difficult for students to graduate on time because of the space constraints in required classes, tuition costs, credits lost when transferring schools and generally not enough courses offered. And, a new study shows that the commonly held goal of graduating within four-years is unattainable for a growing number of students.

Four-Year Myth, a report from the national nonprofit, Complete College America, declares that a 4-year degree has become a myth in American higher education. The study finds that the majority

of full-time American college students do not graduate on time, costing them thousands of dollars in extra college-related expenses.

Policy experts who analyzed the statistics believe a more realistic benchmark for graduation is six years for a bachelor's degree and three years for a "two-year" certificate.

While in college I heard numerous friends and students debate whether higher education is worth the debt. It's difficult to maintain an optimistic outlook with increasing tuition costs, long commutes and a bleak job market for graduates.

Fellow students frequently bowed to the pressure of not wanting to fall too deep into debt and would work part-time or full-time while in school, which usually meant extending their time in school. Not a great tradeoff.

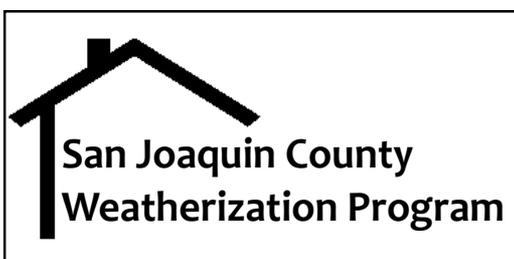
Ideally, students would be able to make classes fit into the demands of the rest of their lives. As is, it works the other way around. Students are given a day and time to register for classes depending on a number of variables: what year of school they're in, whether they're athletes or in a special program because of disabilities or income level. Often, popular classes—and even those needed for graduation—fill up fast. Imagine being given a day and time to register only to discover that the classes you need are already full, with a full wait list too. This is the frustrating reality for many students.

See COLLEGE Page 15

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2015 Income Guidelines

# Personas*	Ingreso Anual	Ingreso Mensual
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3	\$38,709	\$3,225.74
4	\$46,082	\$3,840.17

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- Detector de Humo
- Detector de Monóxido de Carbono
- Termóstato Digital
- La cinta de aislamiento
- La Weather-stripping

Dilemma

continued from Page 2

whites in the United States are twice as likely to develop Parkinson's than African Americans and Asians, according to a 2010 study by the University of Missouri and the American Parkinson Disease Association, which analyzed data from 36 million Medicare recipients.

Like many others in the Hispanic population, Saldaña had a greater tendency to ignore the symptoms of the disease partly because many mistakenly believe their symptoms are natural effects of aging.

But also, they delay treatment because they cannot afford it. Because Latinos tend not to be educated about the condition, they often miss out on resources, existing medical advances and specialized help.

Living With Parkinson's

Saldaña recalled, "I lived those years very depressed and resisting the signals." But the signs became increasingly noticeable work, interfering with his work. Saldaña finally agreed to see a specialist, who diagnosed him with Parkinson's disease.

"After learning I had the disease, I cut myself off from people, did not want anyone to see me because I thought they were going to make fun of me," he said. "I hid, I was embarrassed to be noticed and greatly feared falling/. It was a long time of confusion and anguish."

Originally from the State of

Guanajuato, Saldaña, now 63, has adapted to his condition and come to accept assistance from others, especially his wife and neighbors, "because they already know I'm disabled--that is easy to see," he joked.

Despite his slow movements, his walk is firm and stable. Saldaña attributes his considerable improvement to daily physical exercise in a gym he has assembled in a small room off the kitchen. He also swims, does yoga and goes Zumba dancing with other seniors.

"If you would have seen me 10 years ago you would not recognize me, I was much worse, almost could not walk or be as independent," he states.

Using a specially modified steering wheel, Saldaña is still able to run errands nearby in his pickup truck. And most important, he was able to walk one of daughters to the altar at his wedding. He proudly says he was who danced the most in the wedding party.

Despite being active, though, Saldaña has difficulty sleeping and affording the cost of his medication, which total from \$300-\$800 per month, even with help from Medicare, he said.

"Without my medications I may not have good mobility, because I notice when the levodopa [medicine] gradually loses its effect after a few hours. I have already been 15 years

like this," he said.

Teresa, Saldaña's wife, also adapted to his Parkinson. "At first it was hard to believe, then we faced it, and I have learned to navigate life with this over 15 years," she said.

Saldaña added, "The hardest thing of all is to remember the past, what I was and did. It hurts not being able to move as before. God knows why but I'm here facing this if that his will."

Mobility Becomes New Challenge

Epigmenio Quintanilla Jr., 81, said he has lived one day at a time since he was diagnosed with Parkinson's six years ago: "It started with a strong pain in my back and loss of balance, and difficulty walking later."

The retired geology technician recalled that his father also suffered from Parkinson's in his hometown Laredo, Texas, near the Mexico border. "The hardest part is that this disease is consuming overall. Besides losing control of my movements and walking, I also noticed damage to my voice," said Quintanilla, a Korean War veteran.

Such constant discomfort frequently makes him postpone the physical exercise he should perform twice a week at a nearby center for retirees. "It is very difficult to enter and exit from my vehicle to go there because the pain comes when I move," he explains.

His wife, Helen, said Epigmenio does not like that people feel compassion towards him because of his

illness, so "every day becomes a new challenge."

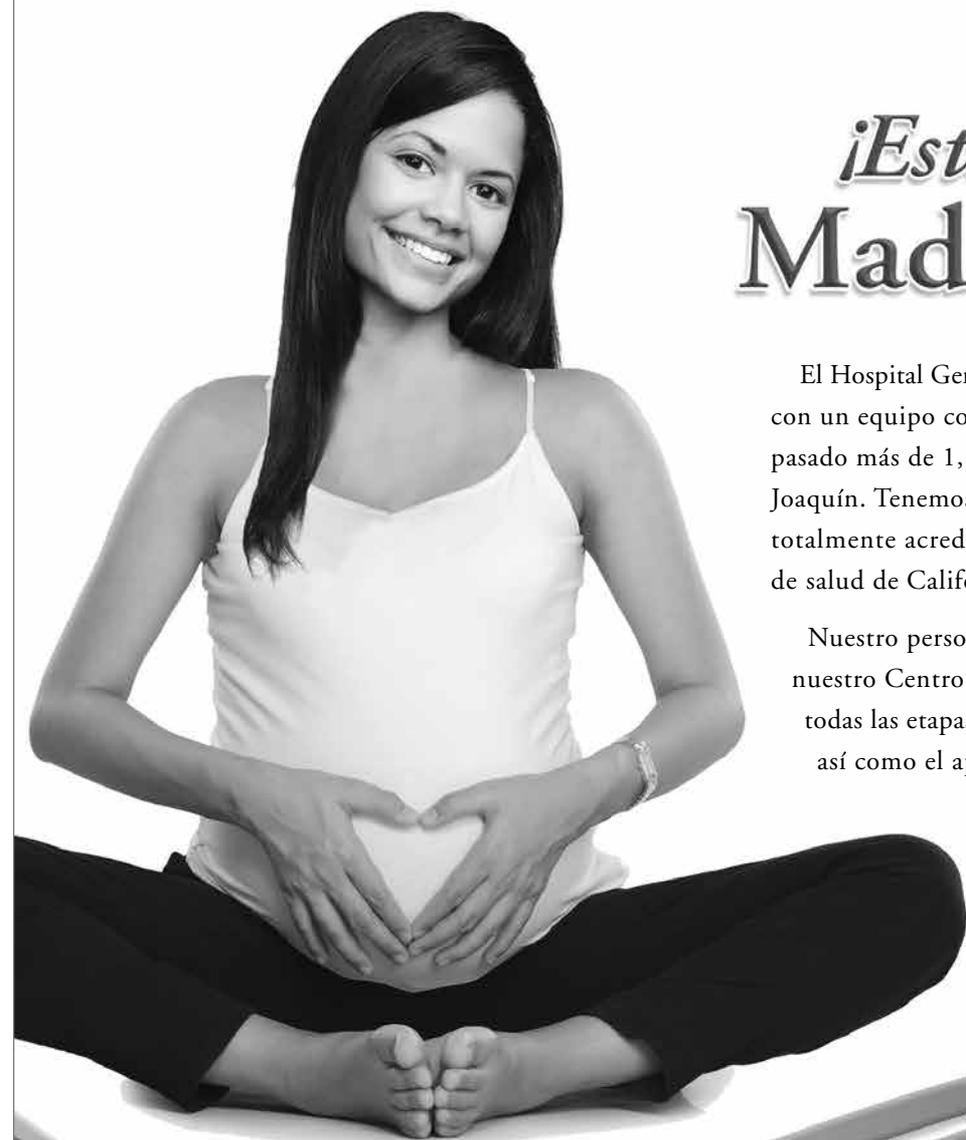
The Quintanillas complained that it is hard to live with Parkinson's in the large house where they raised their two daughters, who are now adults. They have thought of going to a retirement home for seniors. Helen added, "It's hard now that I have to do everything at home."

The couple described needing to make constant adaptations in recent years. Epigmenio commented, "I know I have an incurable condition to live with until they find a cure, so just my biggest complaint is that I can't walk properly." Not yet ready to use a walker, he prefers using one of his three canes for support.

"Medication and exercise are the keys, but not moving especially worsens the problems of motion and walking," said Ingrid Pretzer-Aboff, PhD, co-director of the Parkinson's clinic at the University of Delaware.

"Exercising is a great change of direction in treating Parkinson's disease," Pretzer-Aboff said. It improves not only one's mobility, but it reduced resistance to learning, while also fighting depression and anxiety in a majority of cases.

Pretzer-Aboff explained that Hispanic family members and caregivers often will help in ways that minimize how much a Parkinson patient has to move. However, she added, "We must encourage them to move more and leave the house to avoid isolation."



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Parkinson

continúa en pág. 2

Su mejoría la atribuye al ejercicio físico que hace diariamente en un gimnasio que montó en un pequeño cuarto junto a la cocina de su casa y a veces también practica la natación, el yoga o baila “zumba”, revela.

Incluso conduce todavía su camioneta pick-up, a la que adaptó una esfera metálica en el volante para facilitar su manipulación y sólo maneja para transportarse a lugares cercanos. “Si me hubiera visto hace 10 años no me reconocería, yo estaba mucho peor, casi no podía caminar ni ser tan independiente”, afirma, quien dice que hace un mes entregó en el altar a una de sus hijas en matrimonio y luego fue él quien más bailó en la fiesta de bodas.

Sin embargo, asegura que todavía tiene dificultades para dormir y también para afrontar el costo de su medicamento que asciende de 300 a 800 dólares mensuales incluso con ayuda de Medicare. “Sin mis medicinas no podría tener una buena movilidad, ya que noto cuando se va perdiendo el efecto después de unas horas y ya han sido 15 años así”, asegura.

Su esposa Teresa también se ha adaptado al Parkinson. “Al principio fue difícil crearlo, luego enfrentarlo y ahora hemos aprendido a sortear la vida en 15 años con esto encima”, indica.

Su caso, al ser diagnosticado antes de los 50 años, pertenece al 15% del total de los pacientes de Parkinson que se detectan en una edad temprana.

Saldaña agrega: “Lo más duro es recordar el pasado, lo que yo era y hacía, me duele no poder moverme como antes,

pero Dios sabe que aquí estoy enfrentándolo si esa es su voluntad”.

EL PARKINSON Y LOS HISPANOS

De acuerdo al estudio realizado sobre el análisis de información anual sobre 450,000 casos del mal de Parkinson durante los años de 1995 y del 2000 al 2005, la cual en conjunto incluían los datos de más del 98% de los americanos mayores de 65 años, los hispanos y los blancos desarrollan el doble de veces la enfermedad respecto a los negros y asiáticos.

Incluso, algunos expertos neurólogos sugieren la posibilidad de que haya un número mucho mayor de casos de hispanos con la enfermedad de Parkinson, pero que al no ser médicamente detectados ni diagnosticados, tampoco son reportados en las cifras oficiales.

También en otra investigación anterior en 1995, asentó que los hispanos era el grupo con el mayor índice de casos del mal de Parkinson, al hallar 16.6 casos en latinos por cada 100,000, seguidos por los blancos a 13.6 casos por cada 100,000, los asiáticos presentaban 11.3 y los afroamericanos 10.2 casos por cada 100,000, según el reporte de Kaiser Permanente.

Mientras siguen investigándose los factores genéticos como causa del Parkinson, en estados como Texas, estudios recientes hallaron diversos pesticidas en las casas de Latinas embarazadas que viven a lo largo de la frontera entre Texas y México, sobre todo donde hay incidencia de problemas de desarrollo.

Lo cierto es que los hispanos cuentan con características particulares que

podrían colocarlos en un mayor riesgo de desarrollar el mal de Parkinson, tales como ser la minoría más numerosa, la de más rápido crecimiento y que vive más años en Estados Unidos, además de ser el grupo con más exposición a contaminantes ambientales y pesticidas, aparte de las desventajas económicas que retrasan el acceso a información, falta de educación, factores culturales que niegan o identifican los síntomas como propios del envejecimiento y acceso limitado a cuidado médico.

“Hay expertos en la enfermedad que han comentado que pudiera haber más casos de Parkinson entre hispanos respecto a otros grupos de la población y uno de los factores claves era una menor educación”, señala el doctor Francisco González-Scarano, decano de la Escuela de Medicina del Centro de ciencias de la salud de la Universidad de Texas en San Antonio y reconocido líder y profesor en neurología.

Destacó que debe tomarse en cuenta que la educación sobre la condición del Parkinson aumenta su detección, lo que no sucede entre los hispanos, ya que comúnmente no reconocen la enfermedad sino que la relacionan con el envejecimiento y advirtió que al ser el grupo que vive más años en comparación al resto de la población, habrá más chance de que aumente el número de casos diagnosticados en un futuro si hay más ancianos latinos.

MOVERSE, ARDUO RETO PARA ANCIANOS

A sus 81 años de edad, Epigmenio Quintanilla dice que vive un día a la vez, desde que fue diagnosticado con el mal de Parkinson hace 6 años. “Comenzó con un dolor en la espalda muy fuerte y pérdida del balance, luego dificultad para caminar”, describe.

El técnico geólogo retirado y veterano de la guerra de Corea recuerda que su padre también sufrió de Parkinson en su natal Laredo, en la frontera de Texas con México.

“Lo más difícil es que esta enfermedad consume mucho y la pérdida en el control de mis movimientos y caminar, aunque también he notado daños en mi voz”, menciona Quintanilla.

Esas molestias constantes le hacen que postergue frecuentemente el ejercicio físico que realiza en un centro para jubilados cercano dos veces por semana. “Es difícil entrar y salir de mi vehículo para trasladarme y el dolor viene cuando me muevo”, explica.

Su esposa Helen asegura que aún no le gusta que sientan compasión hacia él por su enfermedad, así que “cada día es un nuevo reto”, dice.

Ambos se quejan de que es difícil vivir con el mal de Parkinson en la amplia casa donde criaron a sus dos hijas ahora adultas, por lo que han pensado en irse a un hogar de retiro para personas mayores. “Es muy pesado ahora que yo tengo que hacer todo en casa”, señala Helen.

Incluso hablan de una adaptación constante a la enfermedad. “Sé que tengo una condición incurable con la que tengo que vivir hasta que hallen una cura, por eso sólo mi mayor queja es que no puedo caminar bien”, recalca Epigmenio, quien revela que aún no está listo para usar una caminadora, sino que sigue prefiriendo uno de sus tres bastones para apoyarse.

“La medicación y el ejercicio son la clave, pero no moverse hace peor los problemas de movimiento y caminar”,

señala la doctora Ingrid Pretzer-Aboff, co-directora de la Clínica de Parkinson y profesora de la escuela de enfermería y del programa de Ciencias biomecánicas y del movimiento de la Universidad de Delaware.

Indica que en culturas como la hispana, generalmente los familiares y cuidadores de enfermos del Parkinson hacen las cosas por ellos para evitar que se muevan y eso los perjudica. “Hay que estimularlos a que se muevan más y que salgan de la casa para evitar el aislamiento”, añade.

“El ejercicio físico es un gran cambio de dirección contra el mal de Parkinson”, recalca, porque mejora no sólo el movimiento sino la resistencia y el proceso de pensamiento y aprendizaje, a la vez que combate la depresión entre un 60 y 80% y la ansiedad, agrega.

Pretzer-Aboff indicó que en la clínica entregan un par de equipos a los pacientes de Parkinson, uno con dispositivos para facilitar las tareas diarias de vestirse, calzarse o abrir objetos y el otro con accesorios para ejercitarse y estimular la actividad física.

SILENCIO, NEGACIÓN, AISLAMIENTO

El mal del Parkinson es un terreno muy conocido para la doctora María de León y no sólo por su profesión de neuróloga en sí, sino porque cuidó a su abuela que lo padecía en sus últimos años y, sobre todo, porque desde hace una década ella también fue diagnosticada con la enfermedad.

“Antes de los 40 años de edad, yo tenía todos los síntomas de Parkinson y me di cuenta cuando no podía hacer las cosas que yo le pedía a mis pacientes neurológicos que hicieran para diagnosticarlos, me desbalanceaba, tenía rigidez y dolor”, detalla.

De León es una neuróloga especializada en desórdenes del movimiento retirada, activista fundadora y presidenta de la organización “Defeat Parkinsons” (Derrotando al Parkinson) y directora de la Red de Acción contra el Parkinson (PAN, por sus siglas del inglés) en Texas.

Cuando recibió el diagnóstico, dice que no podía creerlo. “Cuando aparecen los síntomas se tiende al aislamiento por vergüenza, nos metemos en la concha para que nadie sepa, para que nadie nos vea”, menciona.

Para la neuróloga, los efectos psicológicos y emocionales que conlleva el mal del Parkinson son tan reales como los problemas motores y los temblores que lo caracterizan y a veces hasta más difíciles que la misma enfermedad. “Y las mujeres tenemos más síntomas no motores y otros problemas diferentes”, indica. De hecho, ella escribe actualmente un libro sobre ese tema.

Para ella, prácticamente los hispanos están comenzando a ser considerados en las organizaciones e instituciones médicas como un grupo de población con características propias. “En una conferencia informativa que ofrecí recientemente a hispanos, me recalcaron que los doctores que los atendían no podían tratarlos acorde a sus diferencias culturales y costumbres”, señala.

reativos, entre otras actividades diversas.

Claudia Martínez, coordinadora de alcance hispano, comenta que el centro ofrece apoyo y evaluaciones a pacientes que provienen incluso de varias regiones del norte de México.

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The Library and Literacy Foundation’s 24th Annual Trivia Bee will be held Friday, April 24, 2015 at the Stockton Arena. This year’s theme is “The 60’s – BEE There Or BEE Square”. A cherished Stockton tradition, The Trivia Bee is a fun and eventful evening filled with active participation from both teams and audience members.

Trivia Bee teams are compiled of three people. There will be a wide range of questions separated into sections. The team with the most points at the end will be declared the winner and receive the coveted Bee Bobble Head Award. The entry fee per team is \$600 and includes dinner for each member. Sponsors are also being sought to

underwrite the event, as well as cover the entry fee for local high school teams.

Each team will have the opportunity to compete for the Best Team Name award, while audience members will be able to compete for the Best Costume award and Best Decorated Table award.

This wonderful event raises money for literacy programs throughout San Joaquin County. Get your team registered today. Individual tickets are available to purchase at \$25 per person and includes a wonderful dinner.

To become a sponsor, sign up a team, or purchase individual tickets, contact SASS! Public Relations, Inc. at 209-957-7277 or anna_sass@sasspr.com

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114th Congress is most diverse ever

By Jens Manuel Krogstad

Almost one-in-five members of the House and Senate are a racial or ethnic minority, making the 114th Congress the most diverse in history. However, Congress remains disproportionately white when compared with the U.S. population, which has grown increasingly diverse in recent decades, according to a Pew Research Center analysis.

Overall, non-whites (including blacks, Hispanics, Asian/Pacific Islanders and Native Americans) make up 17% of the new Congress, but that is below these groups' 38% share of the nation's population. This difference also exists among the newly elected members of Congress, as minorities account for 11 of 71 (15%) new members of the House and Senate. (No new senators are a racial or ethnic minority.)

Diversity among congressional members has been growing for decades. But the nation's population has diversified more quickly. When the 107th Congress took office in 2001, minorities accounted for 12% of Congress, compared with about 31% of the nation's population. By comparison, in 1981, 6% of Congress was minority (black, Hispanic, Asian/Pacific Islander or Native American), while in the national population about 20% were non-white.

Among minority groups, the biggest growth over this time has been among Hispanics. In 2001, there were 19 Hispanics in Congress, compared with 32 today.

The increasing number of minorities in Congress is due almost entirely to membership changes in the House, where today 85 of 435 (20%) members are non-white, according to CQ Roll Call. In 2001, there were 60 minorities in the House. By comparison, in the Senate, just six of 100 senators now belong to a racial or ethnic minority group, up from three senators in 2001.

The increase in the number of minorities in the House since 2001 has largely come among newly elected Democrats, though Republicans have also made some gains. Since 2001, the number of House Democrats who are minorities increased by 18, from 56 then to 74 now. By comparison, there was an increase of seven representatives among House Republicans over the same period, rising from four then to 11 now.

But despite these non-white gains, whites account for 83% of the new Congress but just 62% of the population. This gap has widened over time. In 1981, 94% of Congress was white compared with about 80% of the U.S. population.

Another way to measure the racial and ethnic diversity of Congress is to

PARTY AFFILIATION

The 114th Congress is 56 percent Republican and 43 percent Democratic, with two independents.

■ **300** Republicans
■ **232** Democrats

56% 43%

RACE

442 White
46 Black
33 Hispanic
12 Asian-American
2 Native-American



Rep.-elect Mia Love (Utah) is making history as the first black Republican woman in Congress.

RELIGION

Most identify as Christian — Protestant or Catholic — along with **16** Mormons. There are also:
28 Jewish-Americans
2 Buddhists
2 Muslims
1 Hindu

MILITARY SERVICE

38 Army members
16 Navy
16 Air Force
14 National Guard
14 Marines

GENDER

430 men **104** women

AGE

The Senate is older than the House, with an average age of **61** to **57**. Democrats on average are older than Republicans in both chambers, at **62** to **60** in the Senate and **59** to **54** in the House.



81, Sen. Dianne Feinstein (D-Calif.)
37, Sen.-elect Tom Cotton (R-Ark.)



85, Rep. John Conyers Jr. (D-Mich.)
30, Rep.-elect Elise Stefanik (R-N.Y.)

see what share of the U.S. population is represented by House members of the same racial or ethnic group. For the current Congress, 35% of the nation's black population is represented by a congressional representative who

is black, the highest of any minority group. By comparison, 22% of Hispanics, 12% of Asians and 8% of Native Americans are represented by someone of the same racial or ethnic group.



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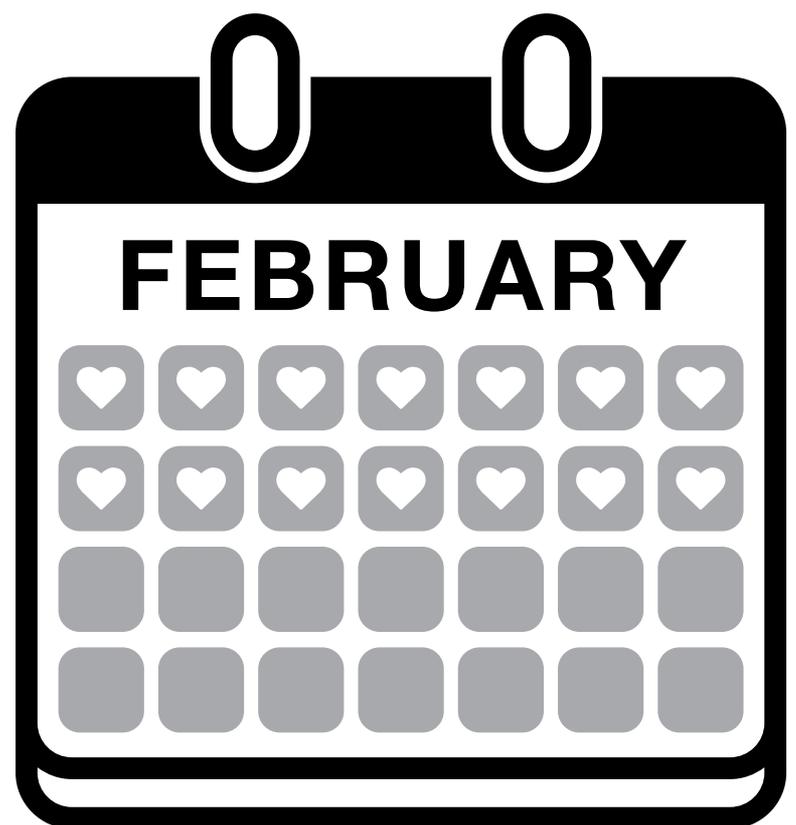
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Most Support Stronger U.S. Ties With Cuba

But Just 32% Expect Cuba to Become More Democratic

Fully 63% of Americans approve of the Obama administration's decision last month to re-establish diplomatic ties with Cuba after more than 50 years. And there is equally broad support for going further and ending the decades-long U.S. trade embargo against Cuba (66% favor this).

Yet there is broad public skepticism that a thaw in U.S.-Cuba relations will lead to greater democracy in Cuba. Only about a third (32%) say they think Cuba will become more democratic over the next several years, while 60% say it will be about the same as it is now.

Yet there is broad public skepticism that a thaw in U.S.-Cuba relations will lead to greater democracy in Cuba. Only about a third (32%) say they think Cuba will become more democratic over the next several years, while 60% say it will be about the same as it is now.

Republicans are more divided in their views: just 40% of Republicans approve of the re-establishment of relations with Cuba, while 48% disapprove. There is somewhat more support among Republicans for an end to the trade embargo, though as many say they oppose lifting the embargo as say they favor it (47% each).

Just a third (33%) of conservative Republicans approve of resuming

diplomatic relations while 55% disapprove; among moderate and liberal Republicans the balance of opinion is reversed (54% approve, 33% disapprove). Similarly, conservative Republicans are less likely to favor ending the trade embargo than moderates and liberals in the party (40% vs. 61%).

Support for both the restoration of diplomatic ties and an end to the trade embargo is seen broadly across demographic groups: 62% of whites, 64% of blacks and 65% of Hispanics approve of re-establishing diplomatic relations with Cuba.

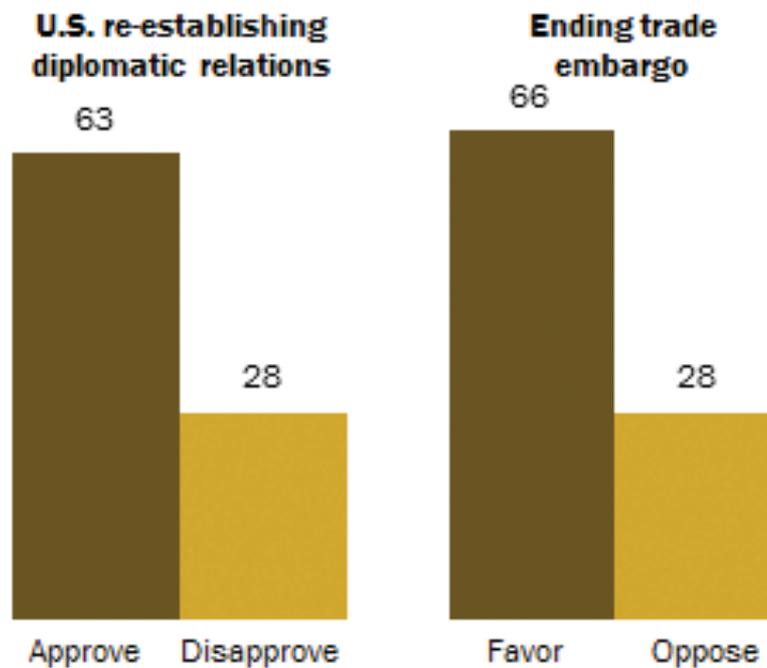
While majorities of those in all age groups approve of the move toward normalization of diplomatic relations, Americans younger than 50 are more supportive than older Americans: 67% of those 18-49 support the re-establishment of relations, compared with 57% of those age 50 and older, with similar divisions in views about the trade embargo.

College graduates are particularly supportive of a restoration of diplomatic ties: 77% approve of the re-establishment of diplomatic relations, while 78% favor an end to the embargo.

When asked whether Cuba will become more democratic, less democratic or remain about the

Most Favor Renewed Diplomatic Relations With Cuba, End to Embargo

% saying...



Survey conducted Jan. 7-11, 2015.

PEW RESEARCH CENTER

same as it is now over the next several years, six-in-ten (60%) Americans expect little change, and this is the majority view among Democrats, Republicans and independents. But

Democrats are more likely than Republicans to say the communist nation will shift in a democratic direction: 41% of Democrats say this, compared with just 24% of Republicans.

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Councilmember Moses Zapien Announces Run for 3rd Supervisorial District

Stockton City Councilmember Moses Zapien announced he is seeking to represent the residents of San Joaquin County's 3rd District on the Board of Supervisors which encompasses north and west Stockton neighborhoods, Lathrop and most of the City of Manteca. Zapien was originally elected to the Stockton City Council in 2012 and has been a vocal advocate for quality of life issues like crime reduction, promoting economic development, improving literacy and cleaning up blighted and disadvantaged neighborhoods. Zapien has worked on regional issues on the San Joaquin Council of Governments (COG) addressing transportation, farmland preservation, sustainability, land use and housing challenges throughout the county.



Councilmember Zapien's work in the community has earned him the support of a number of current and former elected officials and leaders in San Joaquin County. Former County Human Services Agency Director John Vera believes that "Moses' proven experience, leadership and strong work ethic will be a great asset to the County Board of Supervisors. Manteca Mayor Steve DeBrum states that "I have worked closely with Moses on the San Joaquin COG Board and have found him to be an extremely hard working and well prepared board member who understands the regional transportation and planning needs and issues facing San Joaquin County residents. He will be an honest and effective leader on the Board of Supervisors." Stockton City Councilmember Susan Lofthus is supporting Moses because of his "proven leadership, willingness to tackle tough

issues like public safety, fiscal responsibility and economic development while being open, honest and approachable to those he represents." He is also supported by the Vice President of the San Joaquin Delta College Board of Trustees Claudia Moreno "because of his focus on increasing literacy in the county and spearheading the Little Free Libraries program that promotes reading and education in disadvantaged neighborhoods throughout the community." Zapien has also received the endorsement of former San Joaquin County Supervisor Larry Ruhstaller for "his work in fighting the state's efforts to ship Delta water to southern California and for his efforts in protecting our local water supply. Moses has been a vocal advocate for the water needs of San Joaquin County farmers and residents."

Zapien is active in the community and serves on a number of boards. He currently serves as President of the San Joaquin County Bar Association, the first Hispanic to hold the prestigious post. He recently spearheaded the Association's efforts to establish a free legal clinic to serve the needs of the greater community. He serves on the Board of Directors of the Library and Literacy Foundation of San Joaquin County, and has played an integral part in the Little Free Libraries Stockton movement to establish 100 neighborhood book exchanges in Stockton. He also serves on the Advisory Board for the Tiger Elementary School Mentoring Project. Moses previously served as Chair of the Stockton Civil Service Commission from 2010 to 2012, and on the Board of Directors of the California Young Lawyers Association, as one of 20 attorneys state-wide to represent the interests of young lawyers.

Moses is dedicated to serving the residents of Stockton. During his term, his focus will be on improving public safety, promoting economic development to facilitate job creation, and ensuring fiscal responsibility and accountability.

Luis Sánchez

continúa en pág. 1

industria de servicios financieros, Sánchez sirvió 22 años en puestos de alta dirección con American Savings Bank, Washington Mutual y JP Morgan Chase, supervisando las operaciones de Desarrollo Comunitario y Asuntos Corporativos en California.

Sánchez también sigue participando con una serie de organizaciones comunitarias locales. Él continúa sirviendo en las mesas directivas de la United Way de San Joaquín, la Fundación del Hospital General del Condado de San Joaquín y de la Coalición para la Vivienda Rural de California, entre otros. También es presidente de la mesa directiva del

Fondo Rotativo de Préstamos del condado de San Joaquín.

"Lo que estoy haciendo ahora me da un montón de tiempo para dedicarlo a estas organizaciones, y no sólo ser un nombre en el membrete, sino para ayudar a la gente," dijo. "Espero que he tenido un impacto significativo en la comunidad."

Jiménez y Sánchez han sido pioneros en la comunidad por más de 30 años. Latino Times quisiera darles las gracias por el gran legado de servicio a la comunidad que han dejado atrás, así como las contribuciones que continúan haciendo.

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Falling Gas Prices Mask Hidden CA Tax

By George Runner - NAM

So why is it that while other states are now enjoying gas prices of less than \$2 per gallon, California is still paying higher prices? Due to high taxes and costly regulations, our state's gas prices are higher than other states. It's been that way for years. But what's new is that the gap between California's and other states' gas prices has grown.

To get a sense of the change, compare California gas prices with those of the nation as a whole. According to GasBuddy.com, even while overall prices have fallen, the gap has grown from about 32 cents per gallon just a month ago to as much as 47 cents this January. That's a 15 cent increase in just one month! The likely culprit is a new "hidden gas tax" that took effect January 1.

The new regulation expands the state's cap-and-trade program to include transportation fuels. The expansion is the latest in a series of sweeping and costly regulations developed by the California Air Resources Board as it implements the California Global Warming Solutions Act.

Luckily for the Governor and his Air Board appointees, gas prices barely budged when the new rule kicked in; in fact, prices have continued to fall, masking the rule's true impact and ironically causing the new "hidden gas tax" to be even more hidden.

Just a few years ago gas prices were soaring dangerously near \$5 per gallon. Imagine public outcry if the government had caused gas prices to soar then!

When government imposes higher costs on fuel providers, California consumers inevitably pay the price in lost jobs, income and opportunity. As economist Severin Borenstein notes: "Every analysis of cap-and-trade - or of a gas tax or, for that matter, of movements in the price of crude oil - finds that a change in the cost of selling gasoline, up or down, is quickly and fully passed through to consumers."

We'd likely all be paying 10 to 15 cents less per gallon if not for the new regulation. Depending on the auction price of emission credits, some fear the cost could grow far higher in future years.

Concern about the economic impact of high gas prices led to a bipartisan effort last year to postpone the planned cap-and-trade expansion.

Unfortunately, Assemblyman Henry Perea's legislation (AB 69) died when Senate President Pro Tem Darrell Steinberg refused to authorize a hearing. Republicans have already announced a repeal effort this year in the form of SB 5 and AB 23, but it's hard to imagine their bills will fare better.

Of course, with hidden taxes, exactly how much more we're paying is anyone's guess. That's just one of many reasons hidden taxes are such a bad idea. Taxes should be transparent, straightforward and easy to understand. You shouldn't need to hire an economist to know how much money you're sending to Sacramento-or Washington, D.C.-each year or how it's being used.

We do know that 25% of the billions in new revenue the State of California collects from its cap-and-trade system is being used to fund the state's costly and controversial high speed rail project. Yet even with this funding source, the project-which recently broke ground in Fresno-still lacks the necessary funding to finish the job.

So next time you fill up at the pump, remember you're helping pay for a train you won't be able to ride until the year 2029-assuming it ever gets built. (Even then you'll still have to pay to ride the train.)

Maybe that's why politicians try so hard to keep taxes like these hidden.

George Runner represents more than nine million Californians as a taxpayer advocate and elected member of the State Board of Equalization. For more information, visit boe.ca.gov/Runner

REPORT CARD: GOVERNORS SANDOVAL & MARTINEZ

By Raoul Lowery Contreras

Leading the GOP's nuclear election returns last November were Hispanic incumbent governors -- Brian Sandoval of Nevada with 70 percent of the state's vote and Susana Martinez of New Mexico with 58 percent. Both are Mexican Americans.

Note: Mexican Americans are 2/3rds of the 54 million national Hispanic population. They are substantial voter percentages in California, Texas, Illinois, Colorado, New Mexico (40%) and Arizona. Substantial means they can tilt a state one way or the other if properly motivated by candidates.

Question: Were Sandoval's 70 percent vote and Martinez' 58 percent vote in the two states that voted overwhelmingly for Barack Obama in 2012 politically significant considering these two are Republicans? Yes.

In Sandoval's case, though he had a Democrat legislature during his first term, both houses were flipped when he romped in November. For the first time since 1929 Republicans hold the governor's office and both houses of the legislature.

In his first term he found Nevada schools and schooling near the bottom of American education. Terrible high school graduation rates plagued not only the large Hispanic population but the entire state. He single-handedly set out to correct that educational and social

Black Hole. In his second inaugural speech he proposed a tax increase with much of the new revenue targeted to education.

He also proposed making more kindergartens full day; more charter schools, more funds for special education, for English as a Second language programs and more money for gifted students.

He proposed paying for all this by making temporary "Recession" taxes permanent and a new state business license fee ranging from \$400 for small business to \$4 million for large corporations.

Legislators condemned and praised the proposal. Senate Majority Leader (R) Michael Roberson supports the proposal and State Assembly Speaker Designate (R) John Hembrick says, "The Governor is going to have his work cut out for him."

Lining up against Governor Sandoval are the usual suspects, especially as he is proposing to eliminate collective bargaining at the local level; read: teachers unions beware. Public employee bargaining is permitted at the state level but not mandatory. Shades of Governor Scott Walker's Wisconsin.

The Las Vegas Sun reports that "Union leaders applauded Sandoval's promise to increase school funding but recoiled at the thought of losing collec-

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Big Valley Ford monthly Scholarship recipient Leslye Ramirez Nieves with Andrew Ysiano Publisher Latino Times and Steve Kubitz

Faye Spanos Center is full for the SJCHCC 12th Annual Student Financial Aid and College Workshop



Report Card

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tive bargaining.”

By virtue of his 70 percent reelection romp, his crusade to better education and his being Hispanic, Governor Sandoval is on the Republican national radar. If he is successful in pushing education reform and upward progress, he is a man to watch.

Matching Governor Sandoval’s educational improvement campaign is New Mexico’s charming Republican governor Susana Martinez.

In her proposed 2015 \$6.29 billion dollar budget -- announced at an elementary school -- she proposes an increase of \$141 million budget with almost half targeted at education.

She proposes a \$2,000 annual pay increase for new teachers raising the pay

from \$32,000 to \$34,000. New funding of \$68 million for classrooms and students is proposed. Another \$1.5 million for recruitment and retention of teachers.

Both Nevada and New Mexico suffer low high school graduation rates. Low reading and math test levels are endemic to both states with large “minority” populations. High poverty rates bedevil both governors, rates they inherited that increased greatly during the recession.

Both governors have targeted education; that is good. Both have targeted job creation, that is good as Nevada was hit very hard by recession-caused unemployment and New Mexico’s job market is mostly government thus Martinez’ drive to create more private

economy jobs.

Sandoval has the good fortune of working with a Republican legislature while Martinez has the misfortune of working with Democrats. But, even in Democrat New Mexico, a Republican carrying the state with 58 percent of the vote means something.

New Mexican Mark Weber wrote in the Albuquerque Journal, “The morning after the inauguration ceremony of Governor Susana Martinez, I was watching a Democratic supporter on the news. She complained that we are last in education and jobs, and going nowhere, and that it is Susana’s fault. Really? The Democrats have been in power in the legislature for 60 years. They have fought fervently for the status quo in the state since Susana won in 2010.”

Despite split government, Susana Martinez is like a 275-pound fullback

AKA “The Bus” plowing through high school linebackers. Just last week the Democrat-dominated New Mexico State Supreme Court rejected a petition to overturn a judicial appointment of hers. Yes, even the Supreme Court reads election returns.

Is anyone noticing Martinez and Sandoval?

One can wager the kid’s college fund that the Republican Establishment is paying close attention to these two. Are they reserving the nomination for Vice-President for Governors Sandoval or Martinez?

Both are from six Presidential electoral vote states, true, but their presence on a GOP ticket may very well sway many Hispanic votes in Illinois, Colorado, Florida and Nevada. Enough perhaps, to elect the President of the United States in 2016.

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To Burn Off Calories in This Soda, Walk 5 Miles

By Robert Preidt

Alerting teens about how much walking or running they would have to do in order to burn off the calories in a soda or other sugary drink might convince them to choose a lower-calorie beverage, researchers say.

“People don’t really understand what it means to say a typical soda has 250 calories,” study leader Sara Bleich, an associate professor in the department of health policy and management at Johns Hopkins University Bloomberg School of Public Health, said in a university news release.

“If you’re going to give people calorie information, there’s probably a better way to do it. What our research found is that when you explain calories



in an easily understandable way such as how many miles of walking needed to burn them off, you can encourage behavior change.”

For the study, Bleich and her colleagues installed brightly colored 8.5-by-11-inch signs in six corner stores in low-income, predominately black neighborhoods in Baltimore. The signs informed consumers that a 20-ounce bottle of regular soda, sports drink or fruit juice contained 250 calories and 16 tablespoons of sugar, which would require 50 minutes of running or 5 miles of walking to burn off.

The researchers observed nearly 3,100 drink purchases at the stores by teens between the ages of 12 to 19 years. They interviewed 25 percent of the youngsters. Of the 35 percent of teens who said they saw the signs, 59 percent said they believed the information on the signs and 40 percent said they changed their purchases as a result.

Sugary drinks accounted for 98 percent of beverage purchases in the stores

before the signs were posted, compared with 89 percent after the signs were put up, the researchers found. Many teens also chose to buy smaller sizes. And the number of sugary-drink calories bought by each teen went from 203 calories to 179 calories, according to the study.

The percentage of teens who decided not to buy a drink rose from 27 percent to 33 percent, and water purchases rose from 1 percent to 4 percent, according to the study published online Oct. 16 in the American Journal of Public Health.

“This is a very low-cost way to get children old enough to make their own purchases to drink fewer sugar-sweetened beverages, and they appear to be effective even after [the signs] are removed,” Bleich said.

“Black adolescents are one of the groups at highest risk for obesity and one of the largest consumers of sugary beverages. And there is a strong scientific link between consumption of sugary beverages and obesity. Using these

easy-to-understand and easy-to-install signs may help promote obesity prevention or weight loss,” she concluded.

Financial Center Credit Union declares back-to-back \$4 Million extraordinary dividends

Stockton, CA – For the second year in a row, Stockton based Financial Center Credit Union member/shareholders are reaping the rewards of their ownership of the financial cooperative. Due to Financial Center’s long standing favorable financial condition, and in celebration of its 60th birthday, the Board of Directors has once again declared an extraordinary dividend of greater than \$4 million dollars.

“While some members simply look at FCCU as a place to bank, the fact is they’re shareholders and ownership truly makes the difference.” said Michael P. Duffy, President/CEO of Financial Center Credit Union. “This Member Loyalty Dividend demonstrates the cooperative difference, returning money to the contributing shareholders who have helped build upon the Credit Union’s success. Coming off our 60th Anniversary year, what better way to celebrate Financial Center’s accomplishments then returning its 2014 net income back to the member/shareholders?”

At the end of 2013, the Board of Directors declared a \$4.8 million dividend. This time, the dividend equals just over \$4.2 million. Both years, the dividend was based on the total net income for the year.

College

continued from Page 4

We are told that education is the way to success and better lives, but for many it becomes a stressful cycle and may not guarantee anything more than years of debt and an unfinished dream.

As a solution, Complete College America suggests a more structured higher education delivery method, called Guided Pathways to Success (GPS), which would provide students with a direct route to graduation. Utilizing GPS, majors are organized into a semester-by-semester set of courses that lead to on time graduation.

My first two and half years at SFSU, I played for the women’s soccer team, which helped me obtain priority registration, and due to my low income background I was part of the EOP (Educational Opportunity Program), which also offered priority registration. Both of these programs also provided tutoring, counseling, money for books and guidance. To stay in these programs I had to keep a 2.0 GPA and complete 12 units each semester, which kept me on track for graduation.

Ultimately, these structured programs helped me complete classes, save money, and provided moral support that made me feel more confident in my college experience. If in practice, GPS functions the way the programs I was part of did, it may very well prove to be the answer to the increasing time and costs of college.

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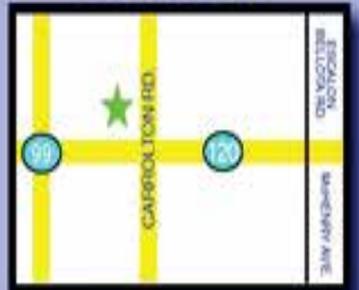
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- Snapping a ton of photos

Are we there already?

POINT BE



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