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Latino Times

A BILINGUAL PUBLICATION

El Concilio Reaches 50 Year Milestone

By Bob Highfill

Over its existence, El Concilio has been a beacon, providing crucial services that have helped hundreds of thousands of people throughout the Central Valley.

The organization, headquartered in Stockton, is celebrating its 50th year, an accomplishment not lost on El Concilio's President and Chief Executive Officer, Jose Rodriguez.

"The fact that we've been able to achieve this milestone indicates the strong support that the community has given us over the course of time," Rodriguez said. "Not too many organizations reach that type of milestone." Since 1968, El Concilio has provided

numerous services to the community, especially underserved individuals and families, and Spanish-speaking immigrants. Throughout the years, the organization's stewardship has been steadfast behind dedicated board members, deeply committed staff and motivated professionals representing a broad range of backgrounds and ethnicities.

"This is an organization that has transcended many different board members, different political exposure, challenging political environments and has continued to thrive and improve in providing and expanding the services to the entire, diverse community," said San Joaquin County Assessor and for-

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Jose Rodriguez, Assemblywoman Susan Eggman and Steve Bestolarides.

El Concilio alcanza un hito importante

Por Bob Highfill

A lo largo de su existencia, El Concilio ha sido un faro, proporcionando servicios cruciales que han ayudado a cientos de miles de personas en todo el Valle Central.

La organización, con sede en Stockton, celebra su 50 aniversario, un logro que no se pierde en el presidente y director ejecutivo de El Concilio, José Rodríguez.

"El hecho de que hayamos logrado este hito indica el fuerte apoyo que la comunidad nos ha brindado a lo largo del tiempo", dijo Rodríguez. "No muchas organizaciones alcanzan ese tipo de hito".

Desde 1968, El Concilio ha brindado numerosos servicios a la comunidad, especialmente a personas y familias desatendidas, y a inmigrantes de habla hispana. A lo largo de los años, la administración de la organización se ha mantenido firme con la dedicación de sus miembros de la mesa directiva, un personal profundamente comprometido y profesionales motivados que representan una amplia gama de orígenes y etnias.

"Esta es una organización que ha trascendido con muchos miembros diferentes de la mesa directiva, diferentes exposiciones políticas, entornos políticos desafiantes y ha seguido prosperando y mejorando al proporcionar y expandir los servicios a toda la comunidad diversa", dijo el asesor del condado de

San Joaquín y ex Supervisor del Condado de San Joaquín, Steve Bestolarides, Presidente del Consejo de El Concilio. "Estamos comenzando a evolucionar y brindar estos servicios para todos, y para mí es un paso enorme y significativo y cumple con el espíritu de los miembros fundadores de la mesa directiva".

El Concejo atiende anualmente a unas 25,000 familias, aproximadamente 75,000 personas a través de una red de 11 sitios que incluye nueve centros preescolares, tres centros comunitarios, dos centros de inmigración, un centro de servicios para personas mayores y centros de preparación laboral, bienestar familiar y salud conductual. La organización ofrece 20 programas diferentes y numerosos servicios en ocho departamentos destinados a ayudar a jóvenes, bebés, familias y adultos en riesgo.

Bill Trezza, director ejecutivo del Banco de Agricultura y Comercio, quien recientemente renunció después de servir seis años en la Junta Directiva de El Concilio, dijo que el programa de guardería es especialmente importante, permitiendo a los padres con medios limitados llevar a sus hijos a un lugar seguro con ambiente acogedor mientras trabajan y se ganan la vida. Trezza dijo que no puede imaginar cómo sería la vida de miles de personas sin el Consejo.

"Head Start y Day Care son programas enormes", dijo Trezza. "¿Quién es más vulnerable que los niños peque-

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Chris Rivera and Joseph Smith: Joseph Smith, a native of Belize, is the head winemaker for Klinker Brick Winery in Lodi, and Chris Rivera (right), who grew up in Modesto the son of Mexican immigrants, is Klinker Brick's assistant winemaker.

Latino Winemaking Team at Lodi's Renowned Klinker Brick Winery

By Bob Highfill

Smith hails from the Caribbean nation of Belize, while Rivera's parents immigrated to the U.S. from Michoacán, Mexico.

Smith has been Klinker Brick's winemaker nearly 10 years, and Rivera has been his understudy the past four years. Together, their passion and talent have helped Klinker Brick experience phenomenal growth behind a diverse lineup of premium artisan wines. Not only is Klinker Brick Winery a favorite destination for visitors to Lodi, the brand is distributed and enjoyed throughout the United States and overseas.

"We have a lot of energy within the

company," Smith said. "That's what I think has helped with where Klinker Brick is today."

Smith and Rivera not only share Latino heritage, their stories are similar. Both put themselves in position through perseverance and hard work to take advantage of life changing opportunities.

Smith left Belize to work for a relative's construction business in Southern California. He was in his late teens/early 20s at the time and had no knowledge about wine, coming from Belize, where cocktails and beer are the norm. While working on a construction proj-

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Do you want to vote in the Nov. 6, 2018 General Election?

All voters can vote in a general election. Are you registered to vote? Are you ready to vote?

In order to vote you must be registered to vote. Please verify you are registered and think about how you will get your ballot. Are you going to vote at your assigned polling place or get your ballot ahead of time by mail? Call the San Joaquin County Registrar of Voters at 209-468-VOTE • 209-468-8683 to get more information.

The Top Two Candidates Open Primary Act requires that all candidates for a voter-nominated office be listed on the same ballot. Previously known as partisan offices, voter-nominated offices are state legislative offices, U.S. congressional offices, and state constitutional offices.

In both the open primary and general elections, you can vote for any candidate regardless of what party preference you indicated on your voter registration form. In the primary election, the two candidates receiving the most votes—regardless of party preference—move on to the general election. If a candidate receives a majority of the vote (at least 50 percent + 1), a general election still must be held.

Write-in candidates for voter-nominated offices can still run in the primary election. However, a write-in candidate can only move on to the general election if the candidate is one of the top two vote-getters in the primary election. Additionally, there is no independent nomination process for a general election.

¿Quieres votar en la elección primaria el 6 de noviembre, 2018?

**Todos los votantes pueden votar en una elección primaria.
¿Estás registrado para votar? ¿Estás listo para votar?**

Para poder votar, debe estar registrado para votar. Verifique que esté registrado y piense cómo obtendrá su boleta. ¿Vas a votar en el lugar de votación asignado o obtendrás tu boleta con anticipación por correo? Llame al Registro de Votantes del Condado de San Joaquín al 209-468-VOTE • 209-468-8683 para obtener más información.

La Ley de Elecciones Primarias Abiertas de Dos Candidatos Principales requiere que todos los candidatos para un cargo nominado por los votantes aparezcan en la misma boleta. Anteriormente conocidos como cargos partidistas, los cargos nominados por los votantes son cargos legislativos estatales, cargos en el Congreso de los EE. UU. y cargos constitucionales estatales.

Tanto en las elecciones primarias como en las generales, puede votar a cualquier candidato, independientemente de la preferencia de partido indicada en su formulario de inscripción del votante. En las elecciones primarias, los dos candidatos que reciben la mayor cantidad de votos, independientemente de la preferencia de partido, avanzan a las elecciones generales. Si un candidato recibe la mayoría de los votos (por lo menos el 50 por ciento + 1), se deben realizar las elecciones generales de todas formas.

Los candidatos que se agregan por escrito para cargos nominados por los votantes también pueden postularse en las elecciones primarias. Sin embargo, un candidato agregado por escrito solo puede avanzar a las elecciones generales si el candidato es uno de los dos candidatos con la mayor cantidad de votos en las elecciones primarias. Además, no hay un proceso de nominación independiente para las elecciones generales.



**Register to vote online at www.RegisterToVote.ca.gov
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November 6, 2018 General Election Key Dates and Deadlines Elecciones generales y fechas límite del 6 de noviembre de 2018

EVENT DESCRIPTION/ Descripción del evento:

DEADLINE/ Plazo:

**Vote-By-Mail Ballot Mailing Period
Período de entrega de boletas por correo**

October 8 – October 30, 2018

**Voter Registration Deadline
Fecha límite de registro de votantes**

October 22, 2018

**New Citizen (sworn in after Oct. 23, 2018) Voter Registration Period
Nuevo ciudadano (jurado después del 23 de octubre de 2018) período de inscripción de votante**

October 23 – November 6, 2018

**Last Day to Request Vote-By-Mail Ballot
Último día para solicitar una boleta de votación por correo**

October 30, 2018

**Election Day/ (7:00 a.m. to 8:00 p.m.)
Día de elección**

November 6, 2018

**Last Day for Registrar to Receive Vote-By-Mail Ballot (Postmarked No Later Than Nov. 6th 2018)
Último día para que el registrador reciba boletas de votación por correo (con sello postal a más tardar el 6 de noviembre de 2018)**

November 9, 2018

Milestone

continued from Front Page

mer San Joaquin County Supervisor Steve Bestolarides, Chairman of the Board of El Concilio. “We’re starting to evolve and provide these services for everyone and to me that’s a huge and significant step and it meets the spirit of the founding members of the board.”

The Council annually serves about 25,000 families, an estimated 75,000 people through an 11-site network that includes nine preschools, three community centers, two immigration centers, a senior services center and centers for job readiness, family wellness and behavioral health. The organization offers 20 different programs and numerous services across eight departments aimed to help at-risk youth, infants, families and adults.

Bill Trezza, Chief Executive Officer of the Bank of Agriculture and Commerce, who recently termed out after serving six years on El Concilio’s Board of Directors, said the Day Care program is especially important, allowing parents with limited means to take their children to a safe, welcoming environment while they work and earn a living. Trezza said he can’t imagine what life would be like for thousands without the Council.

“The Head Start and Day Care are huge programs,” Trezza said. “Who’s more vulnerable than little kids, especially when you’re dealing with families that can’t afford open market day care?” Bestolarides said programs that provide

basic dental and overall health care, pre- and post-delivery services, pediatric services and translation services for expectant mothers during admissions are of paramount importance.

“To me, those are the services that I really tune in to because those services, had we not been providing them, would hugely and adversely impact health care,” he said.

Rodriguez lauds the impact El Concilio has made through its Immigration Services program, which provides citizenship classes and immigration legal services. El Concilio’s legal professionals provide free and low-cost bilingual citizenship preparation and comprehensive legal services for naturalization application filings, legal permanent resident status, renewal services and eligibility screenings. El Concilio helps undocumented working immigrants attain citizenship status and a green card, bringing them out of the shadows and empowering them to earn better-paying jobs to provide for their families and society. The Council also helps individuals earn a General Equivalency Diploma and pursue higher education, as well as keep their home or own a home, and help them fulfill whatever their version of the American dream might be.

“You name it, the community, especially the Spanish-speaking community, comes to us for just about anything that concerns them as they are learning about this country, the different bu-

reaucracies and services that are available to them,” Rodriguez said. “They come to us to help them navigate what it all means and how they can benefit from it.”

The federal government’s current stance on immigration has brought fear to many in the migrant worker community, which has challenged El Concilio to reach and maintain relationships with clients.

“That is a big challenge because folks that used to be part of the fabric of our society that used to go to work, that used to take their kids to school and seek out services have now basically gone underground,” Rodriguez said. “Many of them are scared to go to work. They’re hesitant to take their kids to school and they’re hesitant to sign up

for any type of even immigration relief that they might be eligible for because they’re concerned about the government having their information and where to locate them.”

El Concilio receives much of its funding through grants, fundraising and federal and state dollars. Through good economic times and bad, El Concilio has been there for the community.

“The really great thing about El Concilio is it’s always looking ahead,” Bestolarides said. “Fifty years celebrates something that was envisioned and a dream that has materialized and evolved.”

And the vision and dream of the original board that convened 50 years ago promises to continue long into the future.

San Joaquin RTD Wins Two National Awards

Stockton, CA –San Joaquin Regional Transit District (RTD) is honored to be recognized by two national awards.

The Government Finance Officers Association of the United States and Canada (GFOA) awarded RTD with the Certificate of Achievement for Excellence in Financial Reporting for its Comprehensive Annual Financial Report (CAFR). Not only is this Certificate of Achievement the highest form of recognition in the area of governmental accounting and financial reporting, but this year marks 15 consecutive years in which RTD has won the GFOA award.

In addition to financial health, the American Heart Association 2018

Workplace Health Achievement Index announced that RTD reached Bronze level recognition for taking significant steps to build a culture of health in the workplace. The Workplace Health Achievement Index recognizes organizations for efforts in implementing quality employee health programs in the workplace; it assesses the quality, comprehensiveness, and effectiveness of workplace health programs and the heart health of employees.

“We wanted to create a culture obsessed with financial sustainability, and a culture obsessed with wellness,” said RTD General Manager/CEO Donna DeMartino. “I’m proud to see RTD recognized in this way.”



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El Concilio

continúa en pág. 1

ños, especialmente cuando se trata de familias que no pueden pagar la guardería de mercado abierto?”

Bestolarides dijo que los programas que brindan atención básica de salud dental y general, servicios pre y post parto, servicios pediátricos y servicios de traducción para mujeres embarazadas durante el ingreso son de suma importancia.

“Para mí, esos son los servicios que realmente sintonizo porque esos servicios, si no los hubiéramos brindado, impactarían de manera enorme y adversa en la atención médica”, dijo.

Rodríguez alaba el impacto que El Concilio ha tenido a través de su programa de Servicios de Inmigración, que brinda clases de ciudadanía y servicios legales de inmigración. Los profesionales legales de El Concilio brindan preparación de ciudadanía bilingüe gratuita y de bajo costo y servicios legales integrales para solicitudes de naturalización, estatus de residente legal permanente, servicios de renovación y exámenes de elegibilidad. El Concilio ayuda a los inmigrantes indocumentados que trabajan a obtener el estatus de ciudadanía y una tarjeta verde, sacándolos de las sombras y empoderándolos para ganar trabajos mejor pagados para mantener a sus familias y la sociedad. El Consejo también ayuda a las personas a obtener un Diploma de Equivalencia General y a cursar estudios superiores, así como conservar su hogar o ser propietarios de un hogar y ayudarlos a cumplir su versión del sueño americano.

“Lo que sea, la comunidad, especialmente la comunidad de habla hispana

¿Qué es la “discreción total” para funcionarios de USCIS y cómo afectaría a inmigrantes?

Esta nueva política comenzó el 11 de septiembre

Entre los ajustes que ha hecho Servicios de Ciudadanía e Inmigración (USCIS), activistas y abogados alertan por uno en particular, la llamada “discreción total” que tendrán los oficiales que revisen cualquier aplicación enviada por inmigrantes, como solicitud de Residencia Legal Permanente, visas de trabajo y naturalización.

Dicha facultad se establece con el memorando del 13 de julio, que entró en vigor este 11 de septiembre, donde se indica que los funcionarios de tienen la autoridad de negar beneficios a los posibles inmigrantes sin darles una segunda o tercera oportunidad de justificar su reclamo.

Eso reemplaza una norma de 2013 del presidente Barack Obama que exigía que los funcionarios ayudaran a los solicitantes, para solventar faltas o errores en sus aplicaciones.

Ahora, salvo casos extremos, si una persona no presenta pruebas suficientes sobre su caso, éste será rechazado sin darle oportunidad a corregir o agregar información.

“La política implementada en esta nueva guía otorga a los adjudicadores discreción total para denegar solicitudes... si no se presenta ninguna de las pruebas requeridas”, alertó la firma

viene a nosotros por cualquier cosa que le preocupe a medida que aprenden sobre este país, las diferentes burocracias y servicios que están disponibles para ellos”, dijo Rodríguez. “Vienen a nosotros para ayudarlos a navegar lo que significa todo y cómo pueden beneficiarse”.

La postura actual del gobierno federal sobre la inmigración ha generado temor en la comunidad de trabajadores migrantes, lo que ha desafiado a El Concilio a establecer y mantener relaciones con sus clientes.

“Ese es un gran desafío porque la gente que solía ser parte de la trama de nuestra sociedad que solía ir a trabajar, que solía llevar a sus hijos a la escuela y buscar servicios, ahora básicamente ha pasado a la clandestinidad”, dijo Rodríguez. “Muchos de ellos tienen miedo de ir a trabajar. Dudan en llevar a sus hijos a la escuela y dudan en inscribirse para recibir algún tipo de ayuda migratoria, incluso si son elegibles, porque les preocupa que el gobierno tenga su información y dónde ubicarlos”.

El Concilio recibe gran parte de su financiamiento a través de subvenciones, recaudación de fondos y dólares federales y estatales. A través de buenos tiempos económicos y malos, El Concilio ha estado ahí para la comunidad.

“Lo mejor de El Concilio es que siempre está mirando hacia el futuro”, dijo Bestolarides. “Cincuenta años celebra algo que fue imaginado y un sueño que se ha materializado y evolucionado”.

Y la visión y el sueño de el consejo original que se convocó hace 50 años promete continuar en el futuro.

de abogados Hall Render Killian Heath & Lyman PC en un texto para lexology.com. “USCIS declara que esta nueva política tiene el objetivo de desalentar el uso de presentaciones frívolas o sustancialmente incompletas... alentar a los peticionarios a ser diligentes en la recopilación y presentación de toda la evidencia requerida”.

Otros abogados, como Ezequiel Hernández -entrevistado para Univisión- expresaron que este podría representar un problema para los inmigrantes que apliquen por “green card”, incluso para ciudadanía, el problema, indicó, es que será el oficial responsable del caso determinar subjetivamente si una aplicación es viable o no.

“Este dictamen dice (al oficial migratorio) ‘si no la ves ahí completa’, entre comillas, porque tú puedes mandar todo, pero si ellos tienen más preguntas, ya no tienen el permiso de mandar un pedido de evidencia alterna ahí mismo tienen que negar y vas a tener que aplicar de nuevo para todo el proceso”, dijo Hernández.

Los expertos sugieren a los inmigrantes hablar con abogados para evaluar su caso y evitar problemas en la aplicación y envío de pruebas a las autoridades.

Latino Times

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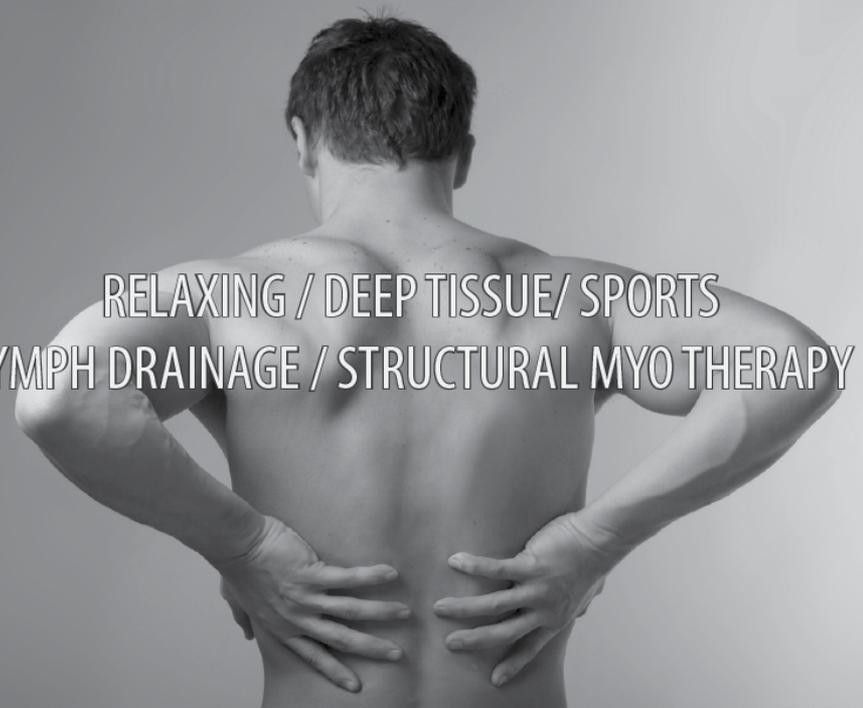


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Do moms need too much wine? Women's drinking habits spark concern

By A. Pawlowski

September is National Recovery Month. Women are at greater risk for some of the negative effects of alcohol, but their drinking is catching up to men.

As Dana Bowman's family grew, so did her appetite for alcohol.

Bowman, who lives in Lindsborg, Kansas, didn't drink much in high school or college, and occasionally enjoyed alcohol in her 20s. But she began drinking more when she got married and her "affair with alcohol" hit its lowest point when she had children, she wrote in her blog.

"I just didn't feel comfortable in my own skin, especially as a parent," Bowman, 47, who is the author of "Bottled: A Mom's Guide to Early Recovery," told TODAY.

Anxious that she didn't know how to raise kids "perfectly," Bowman turned to alcohol, hiding bottles in her closet, her boots and in the laundry room because "that's safe — my husband never went in there," she said.

White wine was her drink of choice — the perfect camouflage since it would seem impossible to the outside world that a mom of two could become an alcoholic if she was just drinking a lovely vintage, Bowman noted. She was relieved to find many parenting groups on Facebook considered wine to be "medicinal" — a perfectly normal part of a harried mom's routine.

At her worst, Bowman drank about a bottle of wine a day, sometimes imbibing additional drinks, perhaps a



cocktail or two, she recalled. 'A real shift'

Experiences like Bowman's have experts concerned.

"Alcohol use is increasing among women in the United States at a time when it's decreasing among men," said Aaron White, a biological psychologist and senior scientific adviser to the director of the National Institute on Alcohol Abuse and Alcoholism. "There has been a real shift."

One recent study found women are now drinking almost as much as men, closing a historically wide gap.

Another study found rates of binge drinking increased by 17.5 percent among women between 2005 and 2012, but rose just 4.9 percent among men for that same period.

The rate of alcohol-related visits

to U.S. emergency rooms spiked by almost 50 percent between 2006 and 2014, especially among women, the government announced in January.

From 2000 to 2015, death rates for chronic liver disease and cirrhosis — often associated with alcohol abuse — increased 57 percent for women 45 to 64 years old, and 18 percent for women ages 25-44, the Centers for Disease Control and Prevention reported.

Problem drinking rose by 83 percent among women between 2002 and 2013, according to a study published last year in JAMA Psychiatry, an increase the authors called "alarming." What's going on?

Researchers say they can only speculate.

With many women delaying marriage and children, they're extending

their young adulthood — traditionally the risk period for alcohol problems — which can set a pattern of alcohol consumption patterns for years to come, said Katherine Keyes, an associate professor of epidemiology at the Columbia University Mailman School of Public Health.

Then, there's the role of industry and alcohol advertising. More wines and spirits are being marketed towards women: Is that a response to demand, or is it driving demand? Keyes suspects it's a combination of both.

Women also often face "having-it-all" stress: The pressure to have beautiful, perfect children; a wonderful family and a "perfect life in multiple dimensions," said Sharon Wilsnack, an expert on drinking behavior in women

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Border apprehensions of migrant families have risen substantially so far in 2018

By Kristen Bialik

The United States apprehended nearly 49,000 family members at the U.S.-Mexico border between January and June of this year – more than twice as many as during the same time period last year, and the highest number during any January-June period since at least 2012, according to a Pew Research Center analysis of U.S. Customs and Border Protection data. Family members also increased as a share of all border apprehensions (24%) over this period compared with the past six years.

All told, there were nearly 203,000 apprehensions along the southern U.S. border during the first half of the year, compared with around 104,000 during the same period in 2017. These figures include family members as well as unaccompanied children and individuals.

The apprehension of families and unaccompanied children has received

renewed attention following the Trump administration's announcement of a "zero tolerance" policy in April. The policy led families to be separated at the border starting in May, though President Donald Trump ended the separation policy in an executive order late last month.

Family units make up an increasing share of U.S. border apprehensions. This May – the first full month during which the policy was in effect – border agents apprehended 9,485 family members at the U.S.-Mexico border. This represents a significant increase over the same month last year (1,580), though is still lower than in May 2014 (12,772), when apprehensions spiked amid a surge in immigration, particularly among Central American children. Family apprehensions made up nearly a quarter (24%) of all Southwest border apprehensions



in May this year, the highest share for that month since at least 2012.

Though Trump ended the separation policy in late June, Customs and Border Protection apprehended a similar number of family members at the Southwest border that month (9,449), representing a slightly larger share of all June apprehensions (28%).

One result of the administration's zero-tolerance policy has been increased public attention on family separations. A total of 2,342 children were separated from families between May 5 and June 9 of this year, according to Customs and

See **BORDER** Page 9

Community Hospice Announces New Board Member

MODESTO, CA (August 23, 2018) – Community Hospice, the oldest and largest nonprofit hospice provider serving the Central Valley since 1979, is pleased to announce a new Board member.

Joining the Community Hospice Board of Directors is Mr. Kurt Robert Wetzell of Oakdale, California. "I am

pleased to welcome Kurt to Community Hospice and our Board," said C. DeSha McLeod, Community Hospice President and CEO. "Kurt brings to Community Hospice a wealth of strategic development and financial management experience; we look forward to working together to proactively provide compassionate and quality care, educa-

tion and support to our community."

The Community Hospice Board of Directors is comprised of community volunteers who provide strategic oversight and governance to the organization's mission to provide compassionate care, education and support to terminally ill patients and their families, regardless of ability to pay.





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Winery

continued from Front Page

ect in Lodi, Smith crossed paths with noted winemaker and consultant Barry Gnekow, who counts Klinker Brick among his clients. This proved to be the break Smith needed to enter the wine business. Smith apprenticed under Gnekow and worked his way up to cellar master and eventually winemaker at Klinker Brick.

Rivera grew up in Modesto the son of naturalized U.S. citizens and graduated with a degree in sports science from University of the Pacific. Rivera worked as a physical therapist out of college and decided to further his education. He took a job with E & J Gallo in Livingston to earn money for graduate school. While there, Rivera said he

was bitten by the wine bug.

“I was in production there,” Rivera said. “It was kind of hard to crossover. The idea is you have to make moves to advance in your career.”

Rivera knew if he wanted to be a winemaker, he would need to land with a smaller winery where he could gain the practical experience he would need. Rivera sent out feelers to a lot of different places and Klinker Brick was the first to give him a chance.

“It’s probably the luckiest break I’ve ever had in my life,” said Rivera, who earned a certificate from the UC Davis winemaking program shortly after joining Klinker Brick. “Joseph has been completely open, all about personal

development, so the success I’ve had in trying to navigate my way into trying to become a winemaker has been due in large part to his support.”

Smith said Rivera reminded him of himself when he was looking to break into the business.

“He’s really hungry. He wants to learn” Smith said. “He came in here and told me, ‘I might shadow you a lot,’ and I’m like, ‘That’s all you’ve got to do.’ That’s kind of how I came into the business and for me, I want to see other people move up in this business.” Rivera said he came to Lodi unsure of the reception he would receive, given he’s a Latino in an industry dominated by white males. But he said the Lodi wine community has been accepting and a good place to work.

“Being a Hispanic male here hasn’t really come into play other than you

just notice there isn’t really anybody else like you,” Rivera said. “Pictures, I always stand out pretty good.”

Rivera said Lodi is becoming a more diverse winemaking community and counts winemakers Susana Rodriguez Vasquez from Peltier Winery and Bokisch Vineyards’ Elyse Perry among his trusted colleagues.

“There is a good amount of female winemakers here now, so the tapestry of Lodi in the winemaking community is changing,” Rivera said. “It feels nice.” Farrah Felten-Jolley said it’s been nice to have Smith and Rivera on Klinker Brick’s team.

“It’s a great team,” said Felten-Jolley, Klinker Brick’s Vice President of Marketing and Sales. “We bring different ideas to the table and we all work together. We all aren’t afraid to bring something to the table.”

Community Hospice Volunteer Receives National Points of Light Award

MODESTO, CA – Ms. Inez Lewis, a longtime Community Hospice Volunteer, has been awarded a Daily Points of Light award for her outstanding service and dedication.

The Daily Points of Light Award, created by the administration of President George H. W. Bush, honors one individual or group each weekday that has made a positive impact in their community.

Ms. Lewis has spent the last 11 years volunteering for Community Hospice in many different capacities including: visiting patients, providing support at the Community Hospice Alexander C

ohen Hospice House and traveling the Central Valley to educate community members on resources offered by Community Hospice.

“Our dedicated volunteers are the heart of our organization and help us fulfill our mission each day,” said Lupe Perez, Community Hospice’s Director of Volunteers. “We are grateful for the support and dedication Inez has shared with our organization and are elated she received such a prestigious recognition.”

To learn more about Community Hospice volunteer opportunities visit hospiceheart.org or call 209.578.6300.



National Points of Light Award winner Ms. Inez Lewis (right)

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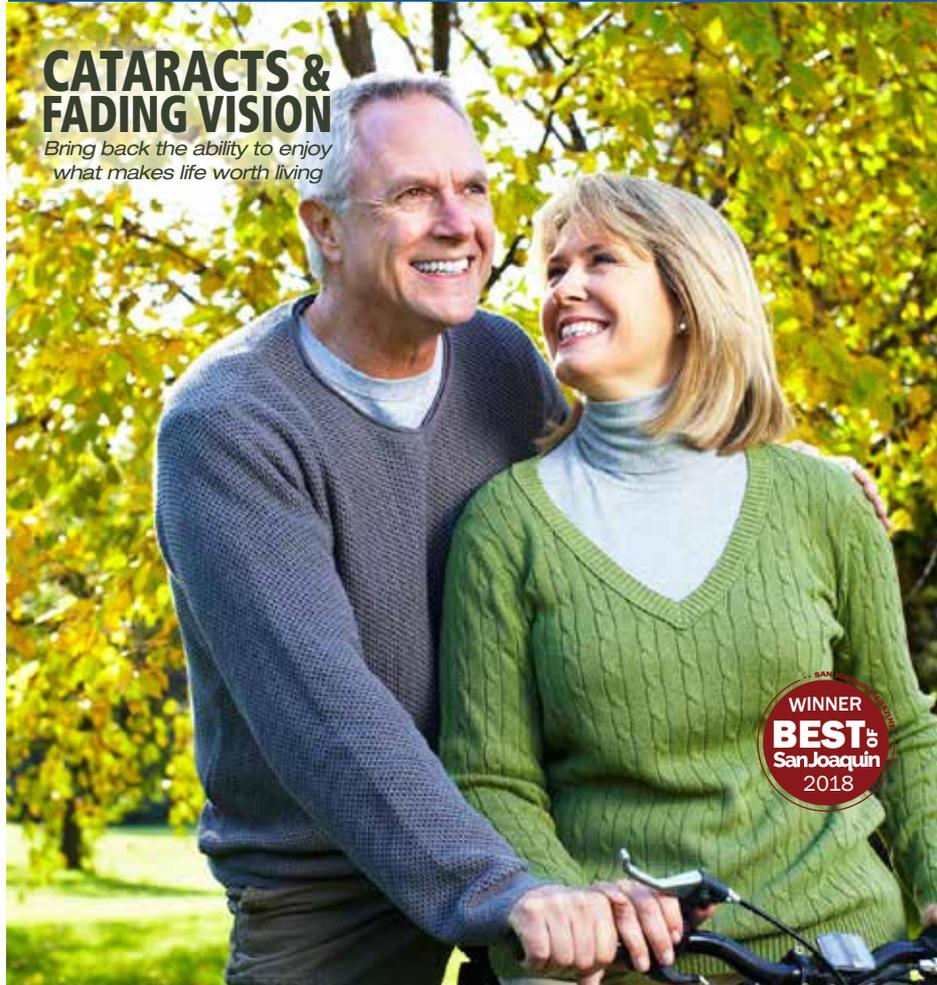
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Border

continued from Page 6

Border Protection. Around 2,000 adults from those families were referred for prosecution. The agency has not published data on family separations occurring before May 5, so it's not yet known how these totals compare with prior time periods. However, estimates from the Department of Homeland Security suggest more than 4,100 children have been separated since October 2016.

U.S. apprehensions of unaccompanied children rose substantially over past year. Border agents also apprehended around 6,400 unaccompanied children on the Southwest border this May, a figure higher than each previous month during the 2018 calendar year and a notable increase over the same month last year (1,473). However, the number of unaccompanied children apprehended in June declined to around 5,100.

(Unaccompanied child apprehensions do not include children who were apprehended as a family unit and later became unaccompanied as a result of prosecution initiatives.)

The vast majority of immigrant families and unaccompanied minors apprehended on the U.S.-Mexico border come from Mexico or the Northern Triangle region (El Salvador, Guatemala and Honduras).

So far in fiscal year 2018 (from October 2017 to the end of June), more than 66,000 family members from Northern Triangle countries have been apprehended at the border, compared with around 71,000 in all of fiscal 2017. Around

half of these family members came from Guatemala (33,389), followed by Honduras (24,451). In addition, around 1,600 apprehended family members were from Mexico, which has seen declines in immigration to the U.S. in recent years even as Northern Triangle countries have outpaced growth elsewhere.

Many families are leaving countries with high levels of violent crime, a fact highlighted last year by U.S. Vice President Mike Pence when he said "vicious gangs and vast criminal organizations" drive illegal immigration to the U.S. In 2016, El Salvador had the world's highest murder rate (82.8 homicides per 10,000 people), followed by Honduras (at a rate of 56.5). Guatemala was 10th (at 27.3), according to data from the United Nations Office on Drugs and Crime.

Poverty represents another motivating force for migration from Central America. Northern Triangle nations are among the poorest in Latin America, and although some have seen a reduction of poverty in recent years, high shares of people still live on less than \$2 a day (the international poverty line is \$1.90). Within Latin America and the Caribbean, Honduras has the second-highest share (16%) of people below the international poverty line, after Haiti (24%), according to the latest data from the World Bank. Guatemala is fourth-highest at 9%. In El Salvador, 2% of people live below \$2 a day.

Given the level of poverty in the

region, some migrants seek out economic opportunity in the U.S. in hopes of sending money back to their home countries. Most remittance dollars flowing to Latin America come from the U.S., and for Northern Triangle countries in particular, remittances make up a relatively large share of each country's gross domestic product. In Honduras, for example, remittances were 19% of the nation's GDP in 2017, according to data from the World Bank. In comparison, remittances were about 3% of

Mexico's GDP last year.

For unaccompanied children, family reunification could also be a strong driver. Among children from the Northern Triangle who were apprehended by the U.S. between January 2014 and April 2015, 60% were released to a parent already living in the U.S. Fewer than 10% were released to a non-family sponsor, such as a family friend or a person the family had no previous relationship with, according to an analysis by the U.S. Government Accountability Office.

Community Hospice Welcomes All to Volunteer Open House

WHAT:

Community Hospice is seeking volunteers to help serve our organization make a difference for our patients, families and programs. Join us for an inaugural Volunteer Open House for opportunity to learn more about Community Hospice and the various ways one may give their time and talent. Volunteers will meet like-minded people, gain hands on experience, earn academic/service credits, build your resume and feel a sense of pride knowing you are helping our community friends and neighbors in need.

Opportunities include: Hospice, Palliative Care, Adult/Children Grief Support Services, Human Resources, Marketing/Public Relations, Finance, Retail and more.

WHEN:

September 26, 2018
3:00 – 6:00 p.m.

WHERE:

Community Hospice
4368 Spyres Way

Modesto, CA 95356

REGISTER:

No registration required.

DETAILS:

Founded by two volunteer registered nurses in 1979, Community Hospice, the oldest and largest nonprofit hospice provider in the Central Valley, has provided compassionate and quality care, comfort and support to thousands of friends and neighbors facing terminal illnesses in their time of need. Today, Community Hospice provides care to over 2,000 patients each year in private homes, skilled nursing facilities, retirement communities and at the Community Hospice Alexander Cohen Hospice House. Grief Support Services are also available to anyone that has experienced a loss, at no cost. For additional information call 209.578.6300 or visit hospiceheart.org.

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“BlacKkKlansman” wins with humor and social intropection

“BlacKkKlansman”, directed by Spike Lee, tells the true story of Ron Stallworth (John David Washington), who became the Colorado Springs Police Department’s first African-American detective. Determined to prove himself worthy to his superiors, Stallworth decides, for his first assignment, to infiltrate, investigate, and expose the local Ku Klux Klan chapter in Colorado Springs. Stallworth recruits Detective Flip Zimmerman (Adam Driver) into the undercover investigation, and together they aim to topple the racist organization and prevent their violent agenda from spreading.



By Angel Ortega

The film, “BlacKkKlansman”, encompasses powerful performances, eloquent but witty dialogue, and social commentary about the current political and social climate.

The two main protagonists, both portrayed by Washington and Driver, were expected standouts in this film. Washington’s portrayal as Ron Stallworth was captivating and entertaining, to say the least. Washington’s ability to be funny in one scene, but serious in the next scene showed that his range as an actor created a well-rounded character in Ron.

Although Driver’s character, Flip Zimmerman, wasn’t the central character of the film, Driver’s portrayal and demeanor as Flip made his character

not only a standout, but an integral part of the film’s narrative. Driver’s ability to portray a Jewish detective, who had to act as a white supremacist, shows how much talent Driver has to offer.

Both Driver and Washington had great performances in “BlacKkKlansman”, but the performance that surprised me the most was Topher Grace’s portrayal of the Grand Wizard of the Ku Klux Klan, David Duke.

Grace was able to portray the white-washed, “civil racist” with his character, however in more intimate moments of the film, Grace could instantly change his demeanor and deliver a more sinister character and show the true evil and intent behind David, and the Klan in general.

Though the actors did an excellent job delivering their performances, the true glory of the characters in the film owes a debt to the writing.

The witty, but captivating, dialogue created an entertaining, yet immersive narrative that never had a dull moment.

Overall, “BlacKkKlansman” is a narratively dense film that showcases strong performances and maintains a significant amount of cinematic integrity. However, the thing I appreciated the most about this film is its social and political commentary.

It’s very clear that there is political



and social tension in this country. There are groups and politicians who are taking initiative to bring much needed reform to this country, but the problem is that many people believe that racism has “come back” when the opposite is true.

“BlacKkKlansman” shows that these issues of racism, white supremacy and oppression have always been prevalent. It has simply gotten worst with the current administration in the White House.

Spike Lee is a director that, in my

opinion, is often overlooked in mainstream cinema. He consistently makes movies that highlight that struggles of the African-American community and has become a voice for the voiceless. By highlighting these issues that many minorities are facing in America today, Lee bringing awareness that these issues need to be resolved, while offering representation for African-Americans in film, and I believe “BlacKkKlansman” thoroughly reflects his message and artistic aesthetic.

Rating: 5/5 Stars



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Editorial: La salud de millones está en juego

La cobertura de salud puede desaparecer si los republicanos mantienen la mayoría en el Congreso

El futuro de la Ley de Cobertura Médica (ACA) está en juego en las elecciones legislativas de noviembre. Es seguro que la cobertura de salud desaparecerá si el Congreso permanece en manos republicanas tal como lo está hoy. Lo único que lo había impedido hasta ahora fue el senador John McCain, recientemente fallecido.

El panorama del llamado Obamacare hoy es muy diferente al pasado. Se estima que el programa se ha ido estabilizando. Los grandes aumentos en las primas de los seguros médicos y la falta de competencia en los mercados por el retiro de las empresas ya no se repiten en el discurso republicano electoral, porque esa amenaza desapareció.

Hoy ocurre todo lo contrario. Varios análisis indican que las primas de los seguros tendrán en 2019 un aumento aproximado de 3.6% a 4% en 47 estados y en Washington DC. El promedio de este año fue de 30%. Hay estados que incluso verán una reducción en las primas. Los analistas dicen que esto se debe que los aumentos les ayudaron a recuperar las pérdidas sufridas anteriormente.

De la misma manera, se está viendo que no sólo cesó el éxodo de las aseguradoras de los mercados sino que regresaron algunas de las que se habían ido. Se espera también que haya un aumento en la lista de beneficiarios, ahora 11 millones de personas, a medida que más estados amplíen la cobertura de Medicaid.



Esto es contrario a la hecatombe anunciada por la administración Trump. Pero la estabilización no detiene sus esfuerzos para destruir el programa.

Veinte estados gobernados por republicanos participan en una demanda para que se suspenda la Ley de Cobertura Médica. Se cree que esto causará un caos en la industria del seguro y dejará a mucha gente sin acceso a un médico. No es casualidad que siete de ellos tengan la mayor población de Estados Unidos sin seguro de salud.

Una de sus prioridades es eliminar la parte de la ley que prohíbe a las aseguradoras negarse a dar cobertura a pacientes con males preexistentes o permitir que les cobren más caro. Esta cláusula del ACA es

la más popular, pero a ellos no les importa.

Tanto para estos estados como para una inmensa mayoría de legisladores republicanos en el Congreso el aspecto humano es lo de menos. Su ideología del gobierno pequeño está por sobre la posibilidad de tener un médico al alcance o el riesgo de quedar en la bancarrota por un tratamiento. Organizaciones ligadas a la medicina se oponen a la demanda mientras que grupos legales conservadores y otros como Gun Owners of America la respaldan.

El voto en la próxima elección decidirá para millones de personas el acceso a un doctor. Para muchas de ellas el resultado puede ser la diferencia entre la vida y la muerte.



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PG&E Installs 100th New Weather Station

SAN FRANCISCO, Calif.— Pacific Gas and Electric Company (PG&E) reached an important milestone this month, installing its 100th new weather station this year and further enhancing its capacity to capture additional meteorological data to better predict where extreme wildfire danger could occur. The expansion is part of the additional safety precautions following the 2017 wildfires that PG&E is taking as part of its Community Wildfire Safety Program, intended to further reduce wildfire threats and keep its customers, their families and communities safe.

Since January of this year, PG&E has installed more than 100 new weather stations, of an expected approximately 200 new stations in high fire-threat areas across its service area by the end of the year. Counties that have received new weather stations so far this year include Alameda, Butte, Calaveras, Contra Costa, El Dorado, Lake, Marin, Mendocino, Napa, Nevada, Placer, Santa Clara, Santa Cruz, Shasta, Sierra, Sonoma and Tuolumne.

Data collected by these stations is streamed in real time and available to state and local agencies and the public through online sources such as the National Weather Service, a division of the National Oceanic and Atmospheric Administration (NOAA), and MesoWest.

“With these new, additional weather stations, PG&E is able to capture additional real-time data related to

temperature, wind speeds and humidity levels to provide improved awareness of current fire danger conditions,” said Kevin Dasso, PG&E vice president of Electric Asset Management. “Our team of meteorologists and wildfire safety experts will use this data to determine any needed actions the company can take to help reduce wildfire risks.”

Public Safety Power Shutoff

One of the actions PG&E may take, as a last resort during extreme fire danger conditions, is temporarily turning off electric power lines for safety. No single factor will drive a Public Safety Power Shutoff. PG&E will take a combination of many criteria into consideration, including:

- “Extreme” fire danger threat level as classified by the National Fire Danger Rating System
- A Red Flag Warning declared by the National Weather Service
- Low humidity levels, generally 20 percent and below
- Sustained winds above approximately 25 mph and wind gusts in excess of approximately 45 mph
- Site-specific conditions such as temperature, terrain and local climate
- Critically dry vegetation that could serve as fuel for a wildfire
- On-the-ground, real-time observations from PG&E field crews

PG&E has alerted more than 570,000 homes and businesses served by electric lines in extreme-fire threat areas about the Public Safety Power



Shutoff program, encouraging customers to visit pge.com/wildfiresafety for information about how to prepare. Customers are also asked to update

their contact information at pge.com/mywildfirealerts to receive important wildfire safety alerts in the event PG&E needs to take this step for safety.

En 2018 PG&E instala la nueva estación meteorológica número 100, la red ayuda a reforzar los esfuerzos de prevención y respuesta a incendios forestales

SAN FRANCISCO, Calif.— Pacific Gas and Electric Company (PG&E) alcanzó un hito importante este mes, instalando su estación meteorológica número 100 este año y mejorando aún más su capacidad de captar datos meteorológicos adicionales, para predecir mejor dónde podría ocurrir un evento de extrema peligrosidad que active fuegos forestales. La expansión es parte de las precauciones adicionales que PG&E está adoptando en materia de seguridad, luego de los incendios áreas boscosas de 2017, como parte de su

Programa de Seguridad para la Comunidad contra los Incendios Forestales. El programa va enfocado en ayudar a reducir, aún más, las amenazas de conflagraciones forestales, así como velar por la seguridad de sus clientes, familiares y comunidades en general.

Desde enero de este año, PG&E ha instalado más de 100 nuevas estaciones meteorológicas, de un total aproximado de 200 nuevas estaciones en zonas de alto riesgo de incendio en toda su área

Ver PG&E Pág 14

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Well Child Visits are a part of their child's HPSJ benefits

(French Camp, CA) – Health Plan of San Joaquin is putting out this message to make sure families know that if their children are health plan members Well Child Visits are an important part of their child's HPSJ benefits. The Well Child Visits are for members from the age of 12 months to 19 years old. During this visit, doctors can make a record of the family's health, give health exams, and do lab work. The American Academy of Pediatrics says children should visit their doctor at least once a year for a Well Child Visit. These yearly exams help make sure children are growing at the right pace. This visit is also a time when parents can talk with the doctor about any problems and ask questions.

For parents - What to expect during the visit

The doctor will:

1. Check your child's weight and height
2. Talk about your child's eating and sleeping patterns
3. Talk to you about any health concerns you have about your child
4. Review ways to keep your child safe in the house
5. Give a fluoride varnish treatment (up to age 6)
6. Make sure kids are up-to-date with all their shots

Some words of advice for parents HEDIS and NCQA Coordinator Dawn Kijowski with Health Plan of San Joaquin says: "It is vital to get your child into the doctor's office for their shots. By seeing the doctor you are not only protecting your child from illnesses and diseases, but also the community's health. Well child

visits are vital to the overall health of your child."

No matter how old, it is vital that you and your child have a relationship with the doctor, as well as, get yearly health exams. Nurse Jennifer Norris at Health Plan of San Joaquin says, "Well-child visits help support a healthy life for your children. These visits help doctors stop health issues before they happen or from getting worse. Help give your children a healthier start in life and talk to your doctor today."

Whether it is to talk about your family records and habits, check vital signs or if you're just making a routine visit, you can work with your doctor to help keep your children healthy or get healthier. Together, you and your doctor can make a plan that works for you and your child.



Here to help – Busy Parents who are members of Health Plan of San Joaquin

For all the ways HPSJ is helping busy parents smooth the way to – and at – their Well Child visits, Customer Service is the one-stop place for the free services available to them (Monday – Friday from 8:00 a.m. to 6:00 p.m.).

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UNCLE Credit Union Celebrates Second Branch in Stockton With Community Event to Benefit St. Joseph's Cancer Institute

LIVERMORE, Calif. — UNCLE Credit Union, serving four Northern California counties, welcomes the community of Stockton and the surrounding areas to a grand opening celebration at its location at 2131 W. March Lane on September 19. Held from 5:30 p.m. to 7:30 p.m., the event features a ribbon cutting, hosted food trucks, music, activities, prizes and plenty of fun. In partnership with St. Joseph's Foundation of San Joaquin, UNCLE is also hosting a fundraising drive to benefit St. Joseph's Cancer Institute. For each attendee who contributes \$10 to the cause at the event, UNCLE will match the contribution.

Festivities commence with a ribbon cutting ceremony presented by the Greater Stockton Chamber of Commerce and the San Joaquin County Hispanic Chamber of Commerce. Stockton Mayor Michael Tubbs will provide a special welcome to the neighborhood. UNCLE representatives will include Board Chairman Chung Bothwell, President and CEO Harold Roundtree, Board Director John Free-

man and Assistant Vice President/Financial Center Manager Jake Harbour, who is based at the new W. March Lane Financial Center.

"An exciting event like this is a wonderful opportunity for individuals in the community to bring their families for an evening of fun, while learning about the many unique benefits of credit union membership as it relates to their financial health," said UNCLE Credit Union President and CEO Harold Roundtree. "It's also a way to connect with what we do on a larger level. That is, to promote the well-being of the communities we serve by supporting the worthy causes and critical services that are working to improve quality of life in the area."

Lindsay Bureaux, spokeswoman for St. Joseph's Foundation of San Joaquin, added, "As a not-for-profit hospital, community donations are a primary reason we're able to sustain state-of-the-art treatment and high-quality, affordable care for our 500 newly diagnosed cancer patients each year. Contributions from individuals and organiza-

tions like UNCLE Credit Union allow us to bring the latest advances in cancer fighting technology and care to the Central Valley."

Although there is no fee to attend the grand opening, those who make an optional donation of \$10 or more to St. Joseph's will enjoy a 30-second turn in UNCLE's Money Booth to collect one of three prizes. The only cancer center in San Joaquin County accredited by the American College of Surgeons, St. Joseph's provides highly specialized treatment and compassionate care from a team of board-certified medical professionals. For more information on the foundation and hospital, visit <https://www.supportstjosephshospital.org/>.

UNCLE Credit Union is expanding its retail network in the Central Valley with two Stockton-based mergers in 2018. The W. March Lane location is the second UNCLE Financial Center to open in Stockton this year. A merger with Allied Credit Union was completed on July 31, 2018. Earlier this year, UNCLE completed a merger

with Stockton Community Federal Credit Union. With the addition of the two Stockton locations, UNCLE has three financial centers in San Joaquin County and four in Alameda County. In 2001, the credit union established a foothold in the San Joaquin market with its Tracy Financial Center, located at 1829 W. 11th Street.

As a result of the mergers, new members of UNCLE Credit Union in Stockton have access to a wider range of financial products and services, as well as enhanced technology for an easier, more convenient banking experience. With a second financial center in Stockton, UNCLE can also better service its eligible members in the area. Furthermore, the merger is part of UNCLE's overall strategy of sustainable growth to ensure the long-term financial health of the organization and optimize value for its members.

Find details on UNCLE Credit Union's Grand Opening at 2131 W. March Lane at <http://www.unclecu.org/grandopening>.

PG&E

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de servicio para finales de año. Entre los condados que cuentan con nuevas estaciones meteorológicas al momento se encuentran: Alameda, Butte, Calaveras, Contra Costa, El Dorado, Lake, Marin, Mendocino, Napa, Nevada, Placer, Santa Clara, Santa Cruz, Shasta, Sierra, Sonoma y Tuolumne.

Los datos recogidos por estas estaciones se transmiten en tiempo real y están a disposición de los organismos estatales y locales, así como del público en general a través de fuentes en línea, tales como el Servicio Meteorológico Nacional, una división de la Administración Nacional Oceánica y Atmosférica (NOAA, por sus siglas en inglés) y MesoWest.

"Con estas nuevas estaciones meteo-

rológicas adicionales, PG&E es capaz de captar datos adicionales en tiempo real relacionados con la temperatura, velocidad del viento, así como niveles de humedad, para ofrecer una mejor comprensión de las condiciones actuales de los peligros de incendio", explicó Kevin Dasso, vicepresidente de la Gestión de Activos Eléctricos de PG&E. "Nuestro equipo de meteorólogos y expertos en seguridad contra incendios forestales usarán estos datos para determinar las acciones necesarias que la compañía puede tomar para ayudar a reducir los riesgos de incendios forestales".

Desconexión de la Energía por la Seguridad Pública

Una de las acciones que PG&E puede tomar, como último recurso du-

rante condiciones extremas de peligro de incendio, es apagar temporalmente las líneas de energía eléctrica por seguridad. No existe un factor único que impulse un apagado por la seguridad pública. PG&E tomará en consideración una combinación de muchos criterios, entre ellos:

- Nivel "extremo" de amenaza de incendio, según la categorización del Sistema Nacional de Clasificación de Peligro de Incendios (National Fire Danger Rating System)
- Una advertencia Bandera Roja (Red Flag), declarada por el Servicio de Meteorología Nacional
- Niveles bajos de humedad, generalmente 20 por ciento o menos
- Vientos sostenidos por encima de aproximadamente 25 mph y ráfagas de vientos en exceso de aproximadamente 45 mph

• Condiciones específicas del lugar, como la temperatura, terreno y clima local

• Vegetación críticamente seca que podría servir como combustible para un incendio forestal

• Observaciones en tiempo real (presenciales) de las cuadrillas de campo de PG&E en el terreno

PG&E ha alertado a más de 570,000 hogares y negocios atendidos por líneas eléctricas en áreas de riesgo de incendio extremo sobre el programa de Desconexión de Energía por Seguridad Pública, exhortando a los clientes a visitar pge.com/wildfiresafety para obtener información sobre cómo prepararse. También se les solicita a los clientes que actualicen su información de contacto en pge.com/mywildfirealerts, para recibir alertas importantes sobre la seguridad contra incendios forestales, en caso de que PG&E necesite tomar este paso por razones de seguridad.

Drinking

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and a professor of psychiatry and behavioral science at the University of North Dakota.

Research suggests that while men tend to use alcohol for its positive reinforcement — they drink to party, "get wasted," have fun; women are more likely to turn to alcohol for its negative reinforcing effects — to decrease feeling bad, and temporarily melt away some anxiety and stress, White said.

For some, boozing it up may send a message of freedom. "I think the gender equality issue is huge... [they demonstrate] 'Look, we can be just as gross as the guys can. We can get just as drunk and be as obnoxious as they are,'" Wilsnack said.

Meanwhile, social media posts can make it look like it's perfectly normal to sip chardonnay all day long: "The more of your friends who are drinking wine in the middle of the day... the more you see that, the more normalized it becomes to you and the more you're

likely to engage in it," Keyes said.

All the buzz about wine can give it an aura that it's somehow different from other booze. You can buy art, T-shirts, mugs devoted to wine. Wilsnack said she was taken aback when one of her grandkids gave her a giant wine glass with "Nana" engraved it for Christmas. In fact, wine glass capacity has increased sevenfold in 300 years, one study found, and some companies are selling wine-holder necklaces to make wine drinking more convenient.

"It can create an expectation that [wine] is not only good and safe, but fun and healthy," White said. "There's a risk of glorifying one of the delivery mechanisms of alcohol... It's still alcohol, no matter how good it tastes or how pretty it is." Women now drink most of the wine — 57 percent — in the U.S., according to Wine Market Council and Nielsen data. Alcohol affects women differently

Too much alcohol is a serious

health issue for women, all of the experts agreed. The U.S. government advises that if alcohol is consumed, it should be in moderation — defined as up to one drink per day for women and two for men, though a recent study found no amount of alcohol is safe for either sex.

But because women tend to weigh less and have less water in their bodies than men, they are more vulnerable to the same amount of alcohol. So if they're drinking like the guys, it's probably taking more of a toll on their bodies, Wilsnack said.

Alcohol increases the risk of cancer of the mouth, throat, esophagus, liver, colon, and breast among women, the CDC warns. Women who drink are also more vulnerable to brain and heart damage than men.

Inflammation of liver from drinking and an unhealthy relationship with alcohol progress more quickly in women than men, White noted. Do you have a problem?

Trouble signs can include spending a lot of time drinking; finding that

alcohol interferes with your work or home life; or being unable to socialize without alcohol. You can find a checklist on the Rethinking Drinking website.

Any dependence that makes you say "I have to have it every night when I come home from work" is worrisome, Wilsnack said. Try going a week without alcohol and see how you feel, she suggested. Many people feel better — they sleep better and lose weight. But if you really miss it or can't do it, that would be a red flag, Wilsnack said.

If you think you're drinking too much, Keyes emphasized there are safe, effective treatments that don't require going away for 30 days and disrupting your life.

A first step may be asking your doctor: What does healthy drinking look like for me?

Bowman, the Kansas mom who once drank a bottle of wine a day, finally decided she had had enough. She stopped drinking in 2011, had a week-long relapse, but has now been sober since New Year's Day 2014.

Drawing Inspiration to Improve Carbon Pollution

When people are asked what inspires them, two of the most common answers are “nature” and “art.” But what if we put them together in one night?

Well, nature has been challenged lately with another round of tragic wildfires and ominous, ever-rising sea levels. We need inspiration to offset the worst possible future consequences of climate change by conserving energy now. That’s why Energy Upgrade California turned to art to spread this message and inspire people to remind them of what nature means to us and why it is important to lower carbon pollution.

As part of a series of statewide events highlighting energy efficiency ahead of the Global Climate Action Summit, Energy Upgrade California hosted an Art Night devoted to the intersection between sustainability and community in Stockton, California. The event was held at HATCH Workshop in partnership with local organizations El Concilio and New Genesis Outreach Ministries. Dozens of community members participated in celebrations and walked away with new knowledge on how to better man-

age energy and help the state achieve its energy goals.

In this case, inspiration was particularly drawn from the excellent local work in sustainability and energy efficiency, as representatives from Senator Cathleen Galgiani and Assemblymember Susan Talamantes Eggman were in attendance and presented certificates of appreciation to recognize El Concilio and New Genesis for their efforts. Their work is even more inspiring because economically disadvantaged and otherwise hard-to-reach communities are being powered to make a difference.

Celebrations like this are important because California is committed to reducing carbon pollution to 1990 levels by 2030. This is an ambitious goal but achievable goal; we must take steps to protect those who are most susceptible to the dangers of climate change and help our low-income populations secure their place our state’s future.

There’s so much to do to protect California for the present and future, it can be quite daunting; but it’s easy for you and your family and friends take your cue from the participants in Art Night by taking action starting with



Rev. Dwight Williams, Lisa Vela, Benjamin Henderson & Ashley Gaddis

the first step—just the flick of a switch.

The Governor’s upcoming Global Climate Summit in San Francisco, will surely encourage Californians to take action to help reduce our carbon footprint; and the growing Latino community in the state is well positioned to capitalize on this momentum given the strong bonds of family and faith. The spirit of cooperation is nothing new to most Hispanic neighborhoods, and many working Latino families are

budget-minded, so the cost savings are strong incentives beyond helping the environment.

Tell your friends. Write your elected officials. Most importantly, find a way that works for you to save energy. We hope you will help to spread the word and begin to change your own energy consumption habits today. We hope you will take inspiration from artists and vow to make a difference.

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This October, celebrate Bi-National Health Month with Health Plan of San Joaquin!



Volunteers offer health exams at 2017 Bi-National Health Fair- SJGH

Bi-National Health Month is a country-wide effort to improve healthcare access for underserved individuals within United States and Canada. During the month of October, local healthcare providers and community-based organizations in our area work together to educate people about health topics such as diabetes, asthma and prenatal care, and provide preventive care services at some events. Health Plan of San Joaquin is proud to participate in Bi-National Health Month!

Attend a Bi-National Health Fair in your area!

San Joaquin County

- October 13:**
YMCA of San Joaquin at Edison High School
100 West Dr. Martin Luther King Blvd, Stockton . . .10 AM- 3 PM
- October 19:**
California Human Development at WorkNet Center
631 W Oak Street, Lodi11 AM- 4 PM
- October 20:**
San Joaquin General Hospital at Main Clinic Parking Lot
500 West Hospital Road, French Camp 10 AM- 1 PM

Stanislaus County

- October 7:**
El Concilio at Hanshaw Middle School
1725 Las Vegas Street, Modesto 8 AM- 3 PM
- October 20:**
Stanislaus Dia de Los Muertos
1010 Tenth Street, Modesto11 AM - 8 PM

View a full calendar of events! Visit www.hpsj.com/calendar-of-events | 888.936.PLAN (7526)

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