Latino Times
A Bilingual Publication in the Central Valley

SPECIAL EDITION ELECTION ISSUE

BESTOLARIDES
Supervisor
District 3

DRIVON
Superior Court
Judge

FOSTER
Supervisor
District 1

GIOVANETTI
Supervisor
District 1

LEE
City of Stockton
Mayor

RICHARDSON
City Council
District 6

SILVA
Supervisor
District 1

STEBBINS
City Council
District 6

STEBBINS
State Senator
District 5

WELCH
City Council
District 2

"Repo Home Tour" Real Estate Company wins Small Business of the Year

By Rhashad Pittman

The Stockton-based real estate company that attracted national and international media attention for taking potential buyers on bus tours of bank-repossessed homes has been selected Small Business of the Year for the 26th Assembly District.

Assemblyman Greg Aghazarian (R – Stockton) selected Approved Financial & Real Estate Center as the 2008 California Small Business of the Year for its "creative approach to real estate" and praised the company for helping numerous families purchase a home. The company, owned by Cesar Dias and Jorge Espino, will receive the award at a ceremony in Sacramento on May 28.

Approved Financial is known for its signature "Repo Home Tour" (repohometour.com) which it started in September in the midst of a virtually dead local real estate market and during a high point in the local home foreclosure crisis. The company purchased two 20-seat buses to shuttle potential home buyers around to various bank-owned homes in the area.

"Dedicating to helping San Joaquin Valley families own a home, Repo Home Tour has made it possible for hundreds of families in our community to become homeowners through innovative bus tours that have opened their eyes to many affordable homes on the market,"

See Repo Tour page 7

R to L: Cesar Dias, Ricardo Beron, Jorge Espino, Celia Martha Dias

"Repo Home Tour" Compañía de Real Estate obtiene reconocimiento

La compañía de real estate localizada en Stockton que atrajo la atención de los medios de comunicación nacionales e internacionales por su innovativo estilo de llevar a clientes potenciales en autobús y mostrarles casas propiedad de los bancos ha recibido el reconocimiento "Small Business of The Year" de parte del distrito electoral estatal 26.

El asambleísta Greg Aghazarian (Stockton) seleccionó a "Approved Financial & Real Estate Center" para recibir el reconocimieno "2008 California Small Business of The Year" por su creativo acercamiento en el área de real estate" y felicitó a la compañía por ayudar a numerosas familias en la compra de su casa. La compañía que es propiedad de Cesar Días y Jorge Espino recibirá el reconocimiento en una ceremonia en Sacramento el día 28 de mayo.

Approved Financial es conocida por su "Repo Home Tour" (repohometour.com) que iniciara en septiembre pasado en medio de un mercado de real estate prácticamente muerto y en el punto más alto de la crisis hipotecaria. En ese entonces la compañía compró dos autobuses de 20 asientos para llevar posibles compradores a mostrarles casas recuperadas por el banco en el área.

Con la meta de "Dedicarse a ayudar a las familias de San Joaquín para ser propietarios de una casa, Repo Home Tour ha hecho posible que cientos de familias en nuestra comunidad sean finalmente dueños de una casa por medio de los innovativos tours que los han hecho abrir los ojos a muchas casas que hay en el mercado y están dentro de su presupuesto" comentó Aghazarian en un comunicado.

Desde que lanzaron los recorridos en autobús en septiembre, Approved Financial ha atraído la atención de los medios de comunicación de diferentes partes

Real Estate continúa en pág. 7

Why I'm bitter: Clinton is dragging down fhe party

NAM Donal Brown - The Democratic presidential primary race brings to mind the 1968 campaign. Frustrated with Lyndon Johnson's conduct of the Vietnam War, young people, in particular, embraced Senator Eugene McCarthy's motto, "Clean for Gene." They shaved their beards, got haircuts, put their education on hold and walked the precincts.

After McCarthy almost upset Johnson in the New Hampshire primary, rather than suffer a humiliating loss to McCarthy in Wisconsin, Johnson dropped out of the race. McCarthy ultimately lost the nomination to Vice President Hubert Humphrey who had successfully rounded up the votes controlled by party bosses in non-primary states. With the Democratic Party divided and many of the young people disillusioned by the triumph of the old guard, Humphrey lost the presidency to Richard Nixon by a thin margin.

The recent Pennsylvania campaign showed that New York Senator Hillary Clinton can run a dirt-laden campaign and have some success, but at what ultimate cost? Her negative campaigning could deprive the Democratic Party of youthful energy and turn it into a loser in the general election.

As a suburban, college-educated voter, one of the core groups in the party, I am increasingly dismayed and disgusted with how she is conducting the campaign. Red flags went up after Hillary absorbed a shellacking in South Carolina in January, and Bill Clinton tried to brand Senator Barack Obama as a "black candidate" of the stripe of Jesse Jackson or Al Sharpton, rather than a national candidate who could win the nomination and unite the Democrats.

Then Hillary made her infamous remark about Obama's heritage on "60 Minutes," that he was not a Muslim, "as

See Bitter page 6

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– Ed Chavez
Mayor of Stockton

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Latino Times
A Bilingual Publication in the Central Valley

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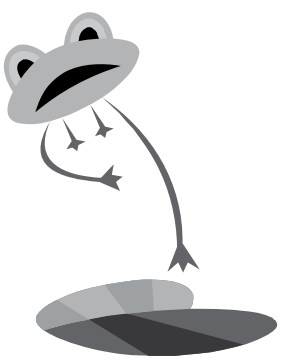

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EQUAL HOUSING LENDER

County Administrator not only manages County, represents Latino Community too

By Rhashad Pittman

Manuel Lopez is the man in charge of making sure every San Joaquin County service runs smoothly, from healthcare to the water supply to the county jail.

As San Joaquin County's first Latino to serve as county administrator, Lopez, 60, feels an extra layer of responsibility. He readily acknowledges that as a Latino, in many people's eyes, he not only represents himself but the entire Latino community as well.

"For a Latino to be here and do a bad job, that gives every Latino a bad name," said Lopez in a recent interview. "It was important to me to do the best I can. I don't want people to say, 'see, that's what happens when you put a Latino in there.'"

One of only a few Latino county administrators in the state, Lopez is responsible for overseeing county operations, making smart business proposals to the Board of Supervisors, and ensuring the county's departments stay within their budget.

He also works closely with the heads of the county's Human Resources and Labor Relations departments to maintain a relationship with the unions and associations that represent the county's 6,000-plus employees.

"It's very exciting and interesting," said Lopez, who became interim county administrator in 2001.

His most daunting tasks involve the overcrowded county jail and San Joaquin General Hospital's financial crisis due to a state budget deficient and shrinking number of patients.

"There are days when you say to yourself, 'Oh my gosh. How are we going to get through this?'" Lopez said. "And we get through it. And we move on."

Manuel Lopez

When Lopez was urged by his predecessor David Baker to fill the county administrator position temporarily, Lopez declined. He was content with being an engineer and serving as the county's Public Works director. But his loyalty to the county led him to accept Baker's offer.

"The county has been really good to me so I felt an obligation," he said. "I was here literally a few days and I realized I loved it."

The Selma native started working for the county in 1985 as deputy director of development services for Pubic Works and stayed in the position until 2000. He was later appointed to director of Public Works. Before coming to San Joaquin County, Lopez was a deputy city engineer for the City of Fresno.

Lopez said he never gets bored with his current job and that despite the urging of his wife to find a hobby in preparation for retirement, he hasn't found one. And he doesn't plan to retire anytime soon.

"Someone told me when it's time to retire you'll know it," Lopez said. "Right now I don't know it. I'm not even thinking about that right now. I'm having so much fun."

Administrador del Condado también representa a la comunidad latina

Rhashad Pittman

Manuel López es la persona en cargo de asegurarse de que cada servicio que proporciona el condado de San Joaquín llegue a los residentes a tiempo, estos incluyen los servicios de salud y agua hasta la cárcel del condado entre otros.

Es el primer Latino que ocupa el puesto de administrador del condado, López, de 60 años, siente que esto es una responsabilidad más, no es gran problema. El reconoce que como latino, en los ojos de muchas gentes, no sólo se representa a si mismo sino a toda la comunidad Latina también. "Para un latino que este aquí y haga un mal trabajo, eso le da a cada latino un mal nombre," dijo Lopez en una entrevista reciente. "Era muy importante para mí hacer lo mejor que pudiera. No quería que la gente dijera, "ves eso es lo que pasa cuando pones a un latino ahí"

Uno de los pocos administradores latinos en el estado, López es responsable por supervisar las operaciones del condado, presentar propuestas de negocios al Consejo de Supervisores y asegurarse que los diferentes departamentos del condado estén dentro de su presupuesto. También trabaja muy de cerca con los directores de recursos humanos y relaciones de trabajo para mantener una buena relación con los sindicatos y asociaciones que representan a los poco más de 6,000 empleados del condado. "Es muy emocionante e interesante" dice López quien se convirtió en administrador interino en el año 2001.

Sus mayores retos son la sobre poblada cárcel del condado y la crisis financiera del Hospital General de San Joaquín debida al presupuesto estatal y un número menor de pacientes. "Hay días en que te dices a ti mismo, ¿Dios mío como vamos a superar esto?" comenta López. "Lo superamos y seguimos adelante" Cuando a López le recomendó su predecesor David Baker, para que ocupara el puesto de administrador del condado en forma temporal, López declinó, estaba contento con ser un ingeniero y servir a la comunidad como director de servicios públicos. Pero su lealtad al condado lo condujo a aceptar la oferta de Baker.

"El condado ha sido muy bueno conmigo así que me sentí obligado," "A los pocos días de estar aquí me di cuenta que me gustaba" Nacido en la ciudad de Selma empezó a trabajar para el condado en 1985 como director adjunto del departamento de servicios dentro de Servicios Públicos, permaneciendo en esa posición hasta el año 2000. Después fue designado director de ese departamento. Antes de venir al condado de San Joaquín, López fue director adjunto de ingeniería en la ciudad de Fresno.

López dice que nunca se aburre en su trabajo y que a pesar de las peticiones de su esposa de encontrar un hobby en preparación para su retiro, no ha encontrado alguno. Además no planea retirarse pronto. "Alguien me dijo que cuando sea el tiempo de retirarte tú lo vas a saber" "Ahora mismo aún no lo sé. Ni siquiera he pensado en eso por el momento. Estoy disfrutando mucho, dice finalmente.

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Legal expert says lawsuit abuse harms businesses, cost residents hundreds of dollars each year

By Rhashad Pittman

During a luncheon on April 30 to address lawsuit abuse, legal expert Horace Cooper went detail by detail through the saga behind the late Anna Nicole Smith's legal claim over her now deceased husband's billion-dollar estate. Cooper did the same for a high profile lawsuit by an administrative law judge against a Washington, D.C., dry cleaners business in which the judge demanded he be paid $54 million over a lost pair of pants.

Both were prime examples of what Cooper called "strike suits," or frivolous lawsuits.

Frivolous lawsuits cost California residents hundreds of dollars per year and threatens the livelihood of small businesses, particularly ones run by minorities, he said.

"There's a lot of money at state," Cooper said in regards to the strike suits. "The incentives give people the wrong attitude."

Cooper, a senior fellow with the American Civil Rights Union, has made numerous appearances across the country as a legal commentator, including ones on television such as ABC's "Nightline." The Stockton event was co-sponsored by the San Joaquin County Hispanic Chamber of Commerce and the Central California Citizens Against Lawsuit Abuse, a non-profit advocacy organization.

The Stockton business owners, community leaders and local political candidates on hand just shook their heads in disbelief as perhaps did millions of people across the country when the cases were all over the news.

Last year, about 80 percent of frivolous lawsuits against California businesses were filed by just 10 percent of the state's lawyers, Cooper said. Two Sacramento lawyers alone were behind roughly 300 cases. Smaller, minority-owned businesses are disproportionately hit, he said.

Horace Cooper

"The businesses have two choices," Cooper said. "They can either pass the cost on to their customers or they can go out of business."

Lawsuit abuse takes away from a business' ability to expand or retain employees, said Mark Martinez, C.E.O of the San Joaquin County Hispanic Chamber of Commerce.

"We need to do whatever we can to protect our economy," Martinez said.

To address the issue, Cooper suggests passing a moratorium on lawsuits for six months to a year so lawyers and judges can discuss the best ways to address the problem.

"Let's have a litigation time out," he said. "Let's not run away the remaining businesses because we've left them with a cost that's too great to bear."

Frivolous lawsuits cost every California resident $880 each year, said Diann Rodgers, president of Central California Citizens Against Lawsuit Abuse.

"When a frivolous lawsuit is filed, it's usually because of one of three things: greed, publicity or harassment," Rodgers said.

Demandas abusivas cuestan cientos de dólares

Por Rhashad Pittman

Stockton – Durante una presentación en abril 30 para hablar sobre el abuso de las demandas, el experto legal Horace Cooper, comentó en forma detallada el caso de la desaparecida Anna Nicole Smith, quien reclamaba parte de la millonaria herencia de su fallecido marido. También comentó detalle tras detalle la demanda que presentó un juez administrativo de la corte civil de Washington, D.C., donde este reclamaba un pago de $54 millones por un par de pantalones perdidos.

Ambos, son un buen ejemplo de lo que Cooper llamó "demandas golpeadoras" o "demandas frívolas." Las llamadas demandas frívolas le cuestan a los residentes de California cientos de dólares por año y son una amenaza para la sobrevivencia de los negocios pequeños, particularmente los que son propiedad de minorías. "Hay mucho dinero en juego," Cooper comentó en relación a este tipo de demandas. "Los incentivos le dan a la gente la actitud equivocada."

Cooper, un asociado senior con la Unión Americana de Derechos Civiles, ha realizado numerosas presentaciones por todo el país como comentarista legal, incluyendo las realizadas en televisión en el programa Nigthline de ABC. El evento realizado en Stockton. fue patrocinado por la Cámara Hispana de Comercio del Condado de San Joaquín y el Comité Ciudadano de California Central en Contra de Demandas Abusivas -una organización non-profit.

Propietarios de negocios, líderes comunitarios y candidatos a puestos públicos presentes en la reunión solo movían sus cabezas de un lado a otro para expresar su desconcierto posiblemente como lo hicieron millones de gentes por todo el país cuando estos casos aparecieron en las noticias.

El año pasado cerca de un 80% de demandas frívolas en contra de negocios californianos fueron realizadas por un 10% de abogados del estado. Cooper mencionó. Dos abogados de Sacramento son los que han presentado más de 300 casos. También comentó que los pequeños negocios propiedad de minorías son un blanco en forma desproporcionada. Cuando esto pasa "los negocios tienen dos opciones," dice Cooper "Le pueden pasar el costo a sus clientes ó pueden cerrar el negocio."

Este tipo de demandas le quita a los

Abusivas continúa en pág. 15

Vote For Mark Stebbins

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Jennet Stebbins

Candidate for State Senator, District 5

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Appointed by Speaker of the Assembly, Willie Brown to his Advisory committee on participation of blacks in Agriculture

Committee to elect Jennet Stebbins ID #092254

Will Your Television Work Next Year?

By Stan Statham

Are you ready for the most significant upgrade in television since color TV?

The transition from analog to digital television (DTV) represents the most significant advancement of television technology since color TV was introduced. While it seems that every technology we use today -- including cell phones, music and radio -- is all digital, television is not. The DTV transition is well underway and will be completed on February 17, 2009.

For California consumers, the benefits of digital television are amazing: crystal clear pictures and CD quality sound; enhanced closed captioning for the hearing impaired; and more choices through additional digital side channels such as all weather or all traffic channels.

What's your role? You need to take action if you are one of the 2 million California homes that rely exclusively on free, over-the-air broadcasts made available through a rooftop antenna or rabbit ears. To make sure your family continues to receive free, over-the-air television, just follow either one of these two simple steps:

1) Use a DTV converter box so that your analog television set can receive the new digital broadcast.

The DTV converter box, sometimes referred to as a set-top box, is an electronic device that makes the new digital signal viewable on an older television set. To help cover the cost of the converter box (which usually sells between $40 and $70), the federal government is offering you two converter box coupons, valued at $40 each. For more information about the converter box coupon program, call 1-888-DTV-2009 or visit www.dtv2009.gov . When you receive your coupons, a list of local stores carrying the converter boxes will be enclosed.

2) Upgrade to a television set with a built-in digital tuner.

You may choose to purchase a new television set with a built-in digital tuner. All television sets manufactured after March 2007 are required to have a digital tuner. As with older sets, you will need a basic antenna that provides quality reception of over-the-air analog television signals to pick up free digital broadcast programming from local stations. For information on DTV antennas visit www.AntennaWeb.org .

If you already have a digital tuner in your television, or subscribe to a cable, satellite or telephone company television service, you can relax and wait. All of these services will allow you to receive digital television signals on analog television sets (as long as they are connected to the service). No additional equipment is required.

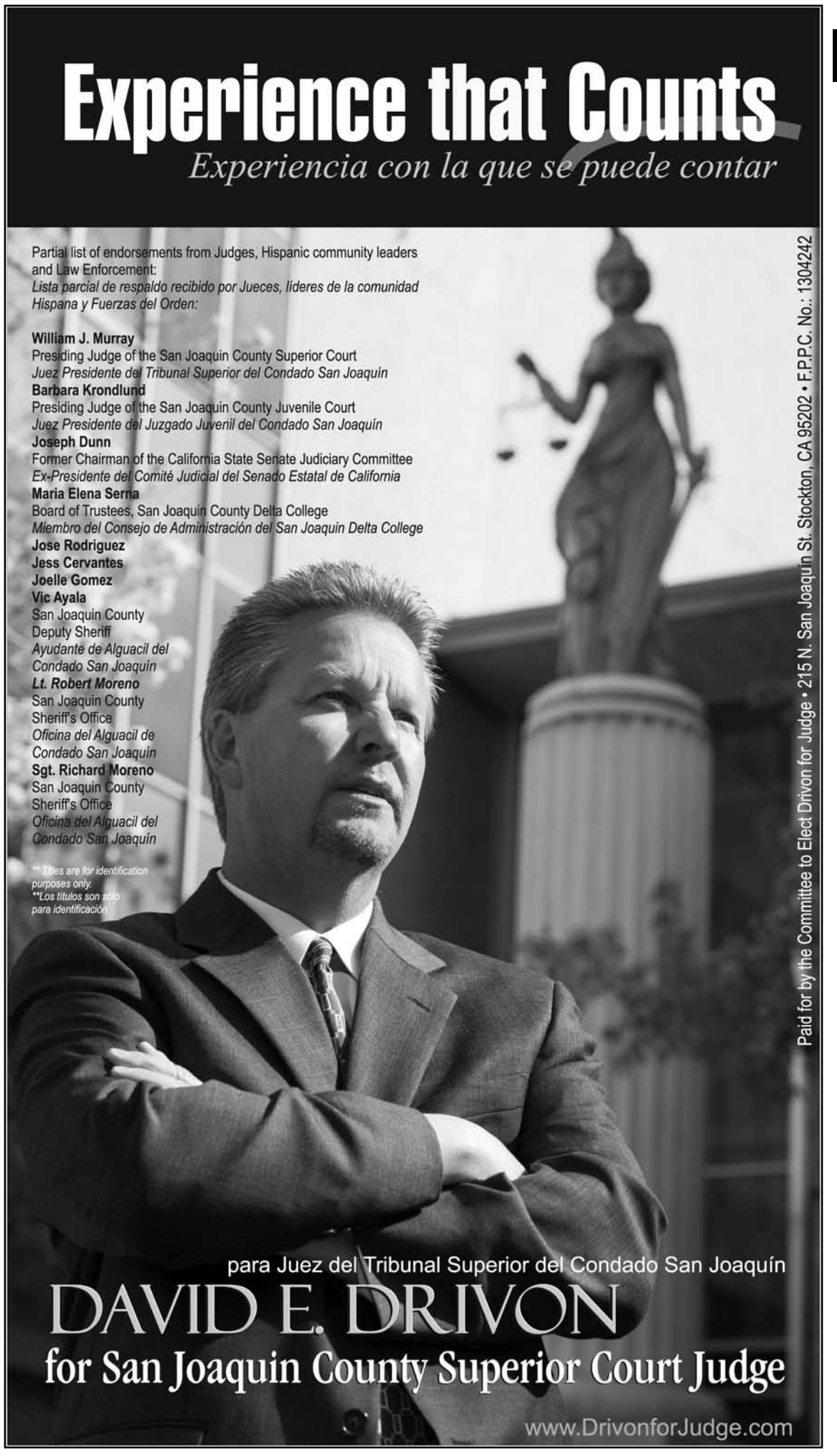
Studies have shown that Californians most at risk to lose their television signal will be senior citizens, non-English speaking households, the economically disadvantaged and those living in rural areas. Local television stations are a primary source of emergency information for Amber Alerts, weather warnings and other disaster information critical to viewer safety. Your stations are using strategies such as public service announcements, news reports, town hall meetings, partnerships with local service organizations and other promotional efforts to ensure you never lose these services.

The California State Legislature has designated May 2008 as DTV Education Month and a van will be traveling the state advising viewers about the transition. Many non-profit organizations and retail businesses are assisting in this massive educational campaign. The goal is to ensure that those who need to take action are given accurate information and know where to go for help.

The digital television transition is coming in February 2009, and it means a better quality television experience for everyone. But don't wait until next year to figure out what to do. Get prepared TODAY for DTV.

Additional information about the DTV transition is available at www.dtvanswers.com .

About the Author: Stan Statham is the President/CEO of the California Broadcasters Association representing the 983 radio and television stations in the state. For more information on the CBA or to contact Mr. Statham, please visit the association's website at www.yourcba.com .



Bitter

continued from Front Page

far as I know." That is creepy slime unworthy for someone who wants to lead the Democrats. And when Obama made his gaffe in a private fundraising meeting in San Francisco where he said that ordinary people stressed in difficult economic times turn to their religion and guns, Hillary could not keep herself from playing the nativist card by characterizing Obama's remarks as "not American."

She is guilty of sins of omission as well. Karen Kaufmann, a political scientist from the University of Maryland, notes that while Obama is quick to say some scurrilous statements about Clinton are not true, Clinton does not condemn lies, even ones by her supporters: for instance, that he attended a "secular madrassa" – the inference of it being an Islamic school -- as a child in Indonesia.

Kaufmann says that were Clinton to twist the arms of super delegates to win the nomination, it would be a great blow to the African-American voters who support Obama in overwhelming numbers. "It would reinforce the notion that they (the African Americans) can't get a fair shake in the political establishment," says Kaufmann. To take these voters for granted would be a mistake in that they would feel they were giving away the farm with nothing in return, she says.

On April 23, Hillary's tactics earned a sharp censure in her "hometown" newspaper, the New York Times, who had endorsed her candidacy in January. The Times reminded her that she is not only alienating voters with the negative campaigning but also undercutting her contention that she is the most qualified candidate. The Times urged her to "call off the dogs" to resurrect her campaign.

It may already be too late. Dislike for Hillary is deepening in the suburbs. Were Hillary to bring off the improbable and win the nomination, I would not want to contribute a dime to her campaign, display a Clinton for president banner or in any way give time or effort. I would suck it up and vote for her only because McCain is copying Bush's horrendous economic plan and has amply demonstrated that he has no real understanding of the Iraq quagmire or the limits of American military power in the world.

Her victory would also send the young people home, cynical and disillusioned to sit out yet another election.

At this point in the campaign, the only way for Hillary Clinton to come out on top would be for her to say she didn't like to disappoint her loyal supporters, but she just had to do the best thing for the Democratic Party and nation and bow out of the race. Her stature with the Democratic faithful would skyrocket and remain in the stratosphere for years to come.

But I know that is not going to happen. She is fated to grind on, damaging herself or Obama for the general election and sacrificing the party on the altar of personal ambition.

It is a shame because the gift of Barack Obama is that he makes all of us feel young and hopeful. He knows how to listen. He is more likely to forego politics as usual to build the coalitions needed to clean up the train wreck of eight years of George W. Bush's policies. But Hillary could drag him down one way or another and in the process drag us all down.

¿Por qué estoy molesto? Porque Clinton está hundiendo el partido

NAM Donal Brown - La campaña presidencial demócrata me recuerda a la campaña de 1968. Frustrados con la forma en que Lyndon Johnson conducía la guerra de Vietnam, la gente joven en particular , apoyaba al senador Eugene McCarthy con su slogan, "Clean for Gene." Se rasuraron las barbas, se cortaron el pelo, y dejaron de ir a la escuela en forma temporal para recorrer las calles.

Después de que McCarthy casi le ganara a Johnson en la primaria de New Hampshire, en vez de sufrir una derrota humillante por parte de McCarthy en Wisconsin, Johnson se retiró de la campaña. McCarthy al final perdió la nominación con el vicepresidente Hubert Humphrey quien exitosamente había logrado obtener los votos controlados por los jefes de los partidos en los estados que no efectuaban primarias. Con el partido demócrata divido y muchos de los seguidores jóvenes desilusionados por el triunfo de la vieja guardia, Humphrey terminó perdiendo la presidencia frente Richard Nixon por un escaso margen.

Lo sucedido recientemente en la campaña en Pennsylvania mostró que la senadora por Nueva York Hillary Clinton, sabe cómo manejar una campaña sucia y tener algo de éxito, ¿Pero a qué precio? Su campaña negativa puede costarle al Partido Demócrata la energía de la juventud y tornarlo un perdedor en la elección general.

Como un elector suburbano y con educación universitaria, uno de los grupos principales en el partido, estoy consternado y disgustado con la forma que ella está conduciendo la campaña. Señales de alerta aparecieron cuando recibió una derrota en South Carolina en enero y Bill Clinton intentó marcar al Senador Barack Obama como un "candidato negro" del estilo de Jesse Jackson o Al Sharpton, en lugar de

Clinton continúa en pág. 15

Repo Tour

continued from Front Page

said Aghazarian in a written statement.

Since launching the bus tours in September, Approved Financial has attracted media coverage from throughout the world, including Tokyo, France and the United Kingdom. Nationally, the Boston Globe, Los Angeles Times, CBS' 60 Minutes, National Public Radio and ABC's Nightly News have also done stories on the bus tours.

The month before launching the bus tours, the company's 10 full- and part-time real estate agents did not sell any homes, Dias said. It was vital that they come up with an idea that was "innovative and bold" to survive financially, he said.

"It was a ghost town for real estate," Dias recalled. "In August of '07, you didn't want to be a real estate agent."

With the bus tours, passengers were able to get a close-up view of more affordable homes. Dias and Spino also informed the passengers of their different financial options available to them and walked them through the often complex process of purchasing a home.

The company has taken some criticism for appearing to be exploiting the foreclosure crisis, which has caused a lot of families' pain. But Dias argued just the opposite. The bus tours are helping sell homes and therefore pumping money back into the local economy as well as reducing the number of abandoned properties in the community, he said.

"This is all a positive movement for the city," Dias said. "We're really giving hope that there's light at the end of the tunnel and people are jumping on board."

Being awarded as Small Business of the Year will help bring legitimacy to their efforts, Dias said.

"Now you have a higher individual saying that this is good for the community," he said.

Real Estate

continúa en pág. 1

del mundo entre otros de Tokio, Francia e Inglaterra. Nacionalmente el Boston Globe, Los Angeles Time, el programa 60 minutos de CBS, National Public Radio y Nigthly News de ABC han reportado historias de estos recorridos.

El mes anterior al lanzamiento de los recorridos en autobús los diez agentes de tiempo completo y medio tiempo no vendieron ni una casa, comenta Días. Era vital pensar una idea que fuera "innovativa y fuerte" para sobrevivir financieramente, dice. Era un pueblo fantasma para el real estate," Días recuerda, en agosto del 2007 nadie quería ser un agente de real estate"

Con los recorridos los pasajeros tuvieron la oportunidad de ver de cerca casas baratas. Días y Espino les informaban a los pasajeros de las diferentes opciones financieras disponibles para ellos y el cómo llevar a cabo todo el proceso del siempre complejo proceso de comprar una casa.

La compañía ha sido criticada en ocasiones porque aparentemente se beneficia de la crisis hipotecaria, que ha causado mucho dolor a las familias. Pero Días argumenta lo contrario. Los recorridos están ayudando a que las casas se vendan y por lo tanto están poniendo dinero de regreso en la economía local así como a reducir el número de propiedades abandonadas en la comunidad dice.

"Esto es un movimiento positivo para la ciudad" "estamos dando esperanza de que en realidad hay luz al final del túnel y la gente está subiendo a bordo" El haber recibido el reconocimiento de "Small Business of the Year" trae legitimidad a los esfuerzos, menciona Días.'

"Ahora tenemos una persona reconocida que dice que esto es bueno para la comunidad." Finalmente comenta.

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Low Turnout in May, High Hopes for November

NAM Elana Shore - In Milwaukee an estimated 30,000 people marched for immigrant rights on May Day. But in Dallas peace officers and members of the press outnumbered the marchers at one point. Two hundred cities saw marches and protests to mark the third anniversary of the "megamarcha" of 2006 but attendance varied wildly report Spanish-language media.

In Milwaukee the march was led by teenagers wearing white T-shirts with red letters saying "Just Immigration Reform First 100 Days," hoping to ensure the next president elected and the U.S. Congress finally enact an immigration bill that would legalize undocumented immigrants. At the march, "A Day without Latinos" which was organized by Voces de las Fronteras, young people outnumbered the adults reports El Conquistador. "Their sheer numbers has sent a strong message to public and elected officials that indeed they are part of this nation and tomorrow they will change the face of America through their vote," according to El Conquistador staff.

The motto of past years -- Today we march, tomorrow we vote -- carries a new urgency this year. With the presidential elections only six months away, and Hispanics now representing more than 15 percent of the population according to the U.S. Census, some organizations predict that as many as 10 million Latinos will be voting in November.

But recent raids across the country have stirred panic in some communities in what some activists see as a deliberate attempt to scare people away from the marches.

In downtown Dallas, Diario La Estrella reporter Jay Torres reports that no more than a dozen protesters had shown up by 5:30 pm, 90 minutes after the scheduled start time.

Manuel Rodela, vice president of the International Coalition for Mexicans Abroad blamed the recent worksite raids and deportations by Immigration and Customs Enforcement (ICE) for intimidating immigrants.

"Also," he adds, "the first of May fell in the middle of the week and people have to work."

Another Spanish language newspaper, Al Día, reports that when the march finally began in Dallas, only a little more than 100 protesters participated.

In Houston, Rumbo newspaper reports that only 200 marchers showed up for the rally.

"Fear always exists, but the real fear is the terrorism of this government when immigration arrives at houses in the middle of the night, knocking on doors in search of the undocumented; that is a terror for American children that scars them for life," Noé Ramírez, president of Latin PowerWheels, an organization of undocumented persons with disabilities, told Rumbo.

In Florida, more than 300 undocumented immigrants were arrested in a two-week ICE operation in Miami-Dade, Broward and Palm Beach, the highest number of arrests in a single operation since the agency was formed in 2003, reports the May 1 edition of El Nuevo Herald. Another 600 people in Miami are expected to be detained in the coming weeks, the Spanish-language daily reports.

This "constant threat of raids," El Nuevo reports, "has spread panic in the immigrant community and caused indignation among the community of immigrant rights activists."

Hundreds of protesters marched in Miami, carrying signs that read "We are not criminals" and "Our dream, the American dream," reports the May 2 edition of El Nuevo Herald.

At a vigil in Miami, U.S. citizen children whose parents had been deported or detained by Immigration and Customs Enforcement (ICE) released white doves into the air, a symbol of "peace, respect and legalization" that they are fighting for, José Lagos, president of Unidad Hondureña, told El Nuevo Herald.

Another group marched from Little Haiti to the offices of the U.S Citizenship and Immigration Services (USCIS), and a third demonstration will be held Saturday in Miami.

In Los Angeles, where MacArthur Park was the scene of police violence last year, the Spanish-language newspaper La Opinión prepared its readers by providing information on their First Amendment rights.

La Opinión published a front-page Q&A column on May 1 informing protesters of their rights, explaining what the First Amendment says about the right of assembly and what to do if the police order a crowd to disperse.

Among the protesters in Los Angeles were representatives of the nearly 200 people who have sued the city for police brutality during last year's march in MacArthur Park, reports La Opinión.

Mayor Antonio Villaraigosa met with police and community leaders and "guaranteed that things would be under control," Angelina Corona, director of Hermandad Mexicana told Univision.com. "They sent the message that everything would be okay, under control, and

High Hopes page 10

Poca Participación en Mayo Altas esperanzas en Noviembre

NAM Elana Shore - En Milwaukee alrededor de 30,000 personas participaron en la marcha por los derechos de los inmigrantes en el llamado "May Day". Pero en la ciudad de Dallas, los oficiales de policía y los miembros de la prensa fueron más numerosos que los participantes en cierto momento. Doscientas ciudades vieron marchas y protestas para celebrar el tercer aniversario de la "mega-marcha" del 2006 pero la asistencia vario ampliamente reportan los medios de comunicación en español.

En Milwaukee, la marcha fue realizada por adolescentes que vistieron camisetas blancas con letras rojas que decían "Reforma Migratoria en los primeros 100 días" esperando así que el próximo presidente electo y el congreso finalmente aprueben la iniciativa que legalizaría millones de inmigrantes indocumentados. En la marcha, "Un día sin Latinos" que fue organizada por "Voces de las Fronteras," los jóvenes fueron más que los adultos reporta El Conquistador. "Su fuerte presencia ha enviado un mensaje al público y a los oficiales electos: que sí, ellos son parte de esta nación y que mañana ellos van a cambiar la cara de América por medio de su voto," de acuerdo a personal de El Conquistador.

El slogan de los años pasados – Hoy marchamos mañana votamos – lleva un mensaje especial este año. Con las elecciones presidenciales a solo seis meses y con los hispanos que ahora representan el 15% de la población de acuerdo a los censos, basado en esto algunas organizaciones predicen que alrededor de 10 millones van a votar en noviembre.

Pero las recientes redadas en todo el país han creado pánico en algunas comunidades en lo que algunos activistas ven esto como una forma deliberada de asustar a la gente evitando así que participen en las marchas. En el centro de Dallas, solamente se presentaron no más de doce manifestantes a las 5:30 pm esto es 90 minutos después de la hora acordada, reporta Jay Torres del diario La Estrella. Manuel Rodela vicepresidente de la

Coalición Internacional de Mexicanos en el Extranjero culpa de esto a las recientes redadas y deportaciones por el ICE dice que son para intimidar a los inmigrantes. 'También, "añade, "El primero de mayo cayó entre semana y la gente tenía que trabajar.

Otro periódico en español, Al Día, reporta que cuando la marcha finalmente empezó en Dallas, un poco más de 100 manifestantes participaron. En Houston, Rumbo reportó que solamente 200 participaron en la marcha. "El miedo siempre existe, pero el verdadero miedo es el terrorismo de este gobierno cuando inmigración llega a las casas en la mitad de la noche, tocando las puertas en busca de indocumentados; eso es terror para los niños ciudadanos americanos que los dejan marcados para siempre, "Noe Ramirez, presidente de "Latin Power Wheels," una organización de personas indocumentadas deshabilitadas, le dijo a Rumbo.

En Florida, más de 300 inmigrantes indocumentados fueron arrestados en un operativo de dos semanas por el ICE en el condado de Miami-Dade, Broward y Palm Beach, el mayor número de arrestos en una sola operación desde que la agencia fue formada en 2003, reporta la edición del 1 de mayo de El Nuevo Herald. Otras 600 personas en Miami se espera sean detenidas en Miami en las semanas por venir, el periódico en español reporta.

Esta "constante amenaza de redadas" El Nuevo reporta, "ha provocado pánico en la comunidad inmigrante y ha causado indignación entre la comunidad de activistas por los derechos de los inmigrantes" Cientos de manifestantes marcharon en Miami, portando letreros que decían "No somos criminales" y "Nuestro sueño es el sueño Americano" reporta El Nuevo Herald. Durante una vigilia en Miami, niños con ciudadanía americana cuyos padres han sido deportados o detenidos por ICE soltaron palomas blancas un símbolo de "paz, respeto y legalización" por el cual ellos pelean, Jose Lagos, presidente de Unidad Hondureña, le dijo a El Nuevo Herald.

Otro grupo marchó del Pequeño Haití a las oficinas del servicio de ciudadanía e inmigración y una tercera demostración se dio el sábado de esa semana en Miami.

En Los Ángeles, donde el parque MacArthur fue el escenario de la violencia policiaca el año pasado el periódico en español La Opinión preparó a sus lectores dándoles a conocer sus derechos en base a la primera enmienda de la constitución. La Opinión publicó una página con preguntas y respuestas en mayo primero informando a los manifestantes de sus derechos explicándoles los que la primera enmienda dice acerca del derecho de reunión y qué hacer si la policía les ordena dispersarse.

Entre los manifestantes en Los Ángeles estuvieron representantes de cerca de 200 personas que han demandado a la ciudad por la brutalidad policiaca que se dio en la marcha del año pasado en el parque MacArthur, reportó La Opinión. El Alcalde Antonio Villaraigosa se reunió con la policía y los líderes comunitarios y garantizó que "las cosas iban a estar bajo control" comentó Angelina Corona, director de "Hermandad Mexicana a Univisión. "Ellos han enviado el mensaje de que todo va estar bien, bajo control y nosotros le hemos enviado el mensaje a nuestra gente que podemos protestar como siempre lo hemos hecho; en forma pacífica y respetuosa.

En su editorial del 1º de Mayo La Opinión reconoció las acciones tomadas por el jefe William Bratton y el departamento de policía de Los Ángeles después de los hechos del año pasado lo que ellos llaman "la brutal represión policiaca en contra de pacíficos manifestantes de los derechos de pro migrantes" en referencia a lo sucedido el 1º de mayo del 2007 en el parque MacArthur. El departamento de policía de los Ángeles ha re entrenado su fuerza para identificar y separar los manifestantes violentos de la marcha – tácticas que menciona el editorial no fueron puestas en práctica hace un año.

El distrito escolar unificado de los Ángeles organizó foros en las escuelas para discutir asuntos de inmigración e informar a los

Esperanzas continúa en pág. 10

I believe in strong, safe neighborhoods and feel that it is important for the city to take an active role in making our residents feel safe. As your City Councilmember, I will focus my attention on our cities greatest needs, such as, reducing crime, eliminating graffiti and attracting companies to our community that provide good family wage jobs.

I know the importance of having a safe place to call home, I was born and raised in Stockton and grew up in the same neighborhood that I currently live. Until we feel safe in our own neighborhoods and provide our residents with the job opportunities that will support our local businesses, we will continue to have issues with public safety and economic stability.

We as a city have made great strides over the years but we still have a long way to go. These efforts are going to take strong leadership and I will provide that leadership.

David
Welch
for City
Council

Welch for City Council — District 2
P.O. Box 7966
Stockton, CA 95267
(209) 321-8427
dwelch@davidwelch.biz

Paid for by Welch for City Council #1305296

YMCA-Lincoln Youth Basketball

The YMCA-Lincoln Youth Basketball program is now open for registrations. The program is for boys and girls currently in Kindergarten through 8th grade who want to learn and improve their basketball skills and enjoy the positive experience of being on a team.

Registration for the YMCA-Lincoln Youth Basketball League will be held through May 30th at the YMCA, 4509 Pacific Ave. Two sign-up days will be held at Sierra Middle School gym (6747 Harrisburg Place) on Saturdays, May 31st and June 7th from 9 to 11 a.m. The $70 fee includes a team T-shirt, AAU membership, insurance and eight games.

For more information, please call the YMCA at 472-9622 or visit our website, www.ymcasjc.org.

Summer Swimming Lessons

YMCA Swimming Lessons are now open for registrations. Swim classes will be offered June 16th through August 8th at the Lincoln High School pool. Classes will be held in the late afternoon (about 3 pm) and early evening. Classes range from Parent-Tot (six months) through Advanced Swimmers. Each two week (eight lessons) session costs $45.

Registration begins on April 18th at the YMCA office at 4509 Pacific Ave. Two sign-up days will also be held on Saturday, May 31st and June 7th between 9 and 11 am at Sierra Middle School gym.

For more information, please call the YMCA at 472-9622 or visit our website, www.ymcasjc.org.

YMCA Day Camp

Summer Day Camp begins Monday, June 9th with ten consecutive one-week sessions through Friday, August 15th. The Day Camp will be held at Sierra Middle School, 6747 Harrisburg Place. Children can arrive as early as 6:45 am and stay as late as 6 pm. Activities include Arts and Crafts, sports, swimming, games, and a weekly field trip. The full day rate for one session is $99; half days is $65. YMCA staff are CPR/First Aid certified and have finger-print clearance.

For more information, please call the YMCA at 472-9622 or visit our website, www.ymcasjc.org.

High Hopes

continued from page 8

we sent the message to our people that we could protest like we always have: peacefully, respectfully."

In its May 1 editorial, La Opinión commended the positive actions taken by Chief William Bratton and the Los Angeles Police Department in the year following what they called the "brutal police repression against peaceful pro-immigrant rights demonstrators" on May 1, 2007 in MacArthur Park. The LAPD has re-trained its force to identify and separate violent members of a peaceful crowd – tactics that the editorial notes were not enforced a year ago.

The Los Angeles Unified School District organized forums in schools to discuss immigration issues and prevent students from walking out of class. Last year, nearly 15,000 students walked out of school to join the marches, school authorities reported.

But students told La Opinión that that did not deter them from participating in the marches. Leonso Montiel called the raids "inhumane" to leave children without their parents, reports Carlos Avilés in the May 1 edition of the newspaper.

In New York, the marches included speakers Al Sharpton and the wife of Sean Bell. Flor Crisóstomo, who is seeking refuge in a Chicago church, and Elvira Arellano, the activist who was deported to Mexico also addressed the marchers via telephone reports Maricarmen Amado in Hoy Nueva York.

In Chicago, where two years ago some 400,000 demonstrators took to the streets, the turnout was down to 15,000. But activists said they weren't bothered by the lower turnout this year.

Emma Lozano of Chicago's International May 1 Coalition told Univision.com that in addition to marching in the streets, "we are in a permanent campaign to get people to vote in November," which she called the "central point of this struggle."

"In November millions will march to the polls," Lozano told Univision.com. "You can be sure of that."

Esparanzas

continúa en pág 9

estudiantes de no abandonar la escuela. El año pasado cerca de 15,000 estudiantes salieron de las escuelas para unirse a las marchas, reportaron las autoridades escolares. Pero los estudiantes le dijeron a La Opinión que eso no los convenció de no participar en las marchas. Leonso Montiel llamo a las redadas "inhumanas" por dejar a los niños sin sus padres, reporta Carlos Avilés en la edición del primero de mayo.

En nueva York, las marchas incluyeron la participación de Al Sharpton y la esposa de Sean Bell. Flor Crisóstomo, quien se encuentra en una iglesia de Chicago y Elvira Arellano la activista que fue deportada a México, tambien se dirigió a los participantes vía telefónica reporta Maricarmen Amado en Hoy Nueva York.

En chicago, donde hace dos años alrededor de 400,000 manifestantes tomaron las calles, esta ocasión solo se presentaron 15,000. Pero activistas dicen que no les molesta la baja participación de este año. Emma Lozano de la "Coalición Internacional de Chicago 1º de Mayo" le dijo a Univisión que en adición a las marchas en las calles, "nosotros estamos en campaña permanente para que la gente vote en Noviembre," lo que ella llama "el punto central de esta lucha." "En noviembre millones van a presentarse en las casillas de votación," Lozano le dijo a Univisión. "Pueden estar seguros de eso"

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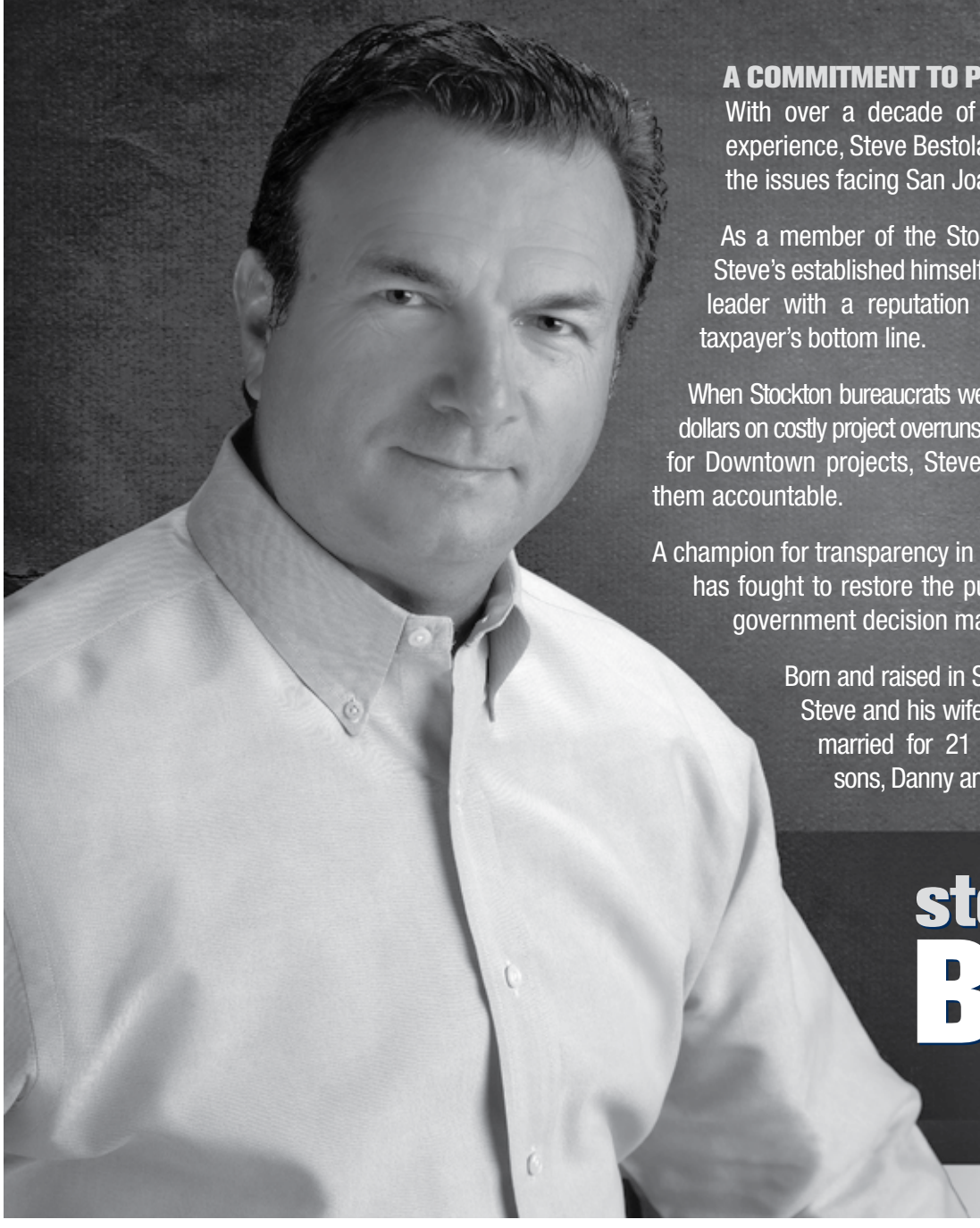

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By Juan Gomez

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Clinton

continúa en pág. 7

un candidato nacional que puede ganar la nominación y unir a los demócratas.

Después Hillary hizo su horrible comentario acerca de los antepasados de Obama en el programa de televisión "60 minutos," que el no era musulmán, pero añadió en tono sarcástico "hasta donde yo sé." Eso es una bajeza para una persona que quiere dirigir a los demócratas.

Cuando Obama hizo comentarios durante una reunión privada para recabar fondos en San Francisco donde mencionó que la gente ordinaria que pasa por dificultades económicas se refugia en su religión y las armas, Hillary no pudo contenerse de jugar la carta pre juiciosa nativista caracterizando lo dicho por Obama como "no americano"

Ella es culpable de los pecados de omisión también. Karen Kaufmann, del departamento de ciencias políticas de la Universidad de Maryland, menciona que "mientras Obama es rápido en decir que cuando se hacen cometarios ofensivos acerca de Clinton, no son verdaderos," por su parte Clinton no condena las mentiras, aún ni las de sus seguidores: por ejemplo, la que se mencionó "que atendió una escuela para musulmanes cuando era niño en Indonesia."

Kaufmann dice que de torcerles Clinton, el brazo a los super delegados para ganar la nominación, esto va a ser un gran escándalo para los electores afro-americanos que apoyan a Obama en grandes números. "Ya que esto reforzaría la percepción de que los afro-americanos no pueden tener su parte del pastel político," El tomar por garantizado estos votos sería un gran error debido a que sentirían que están dando todo por nada.

En abril 23 la estrategia de Hilary le ganó una censura en el periódico de su "hogar" el Nueva York Times, que otorgó el apoyo a su candidatura en enero. El Times le recordó que no solo está creando hostilidad entre los electores con la campaña negativa sino que también empieza a no contenerse en decir que ella es la candidata más calificada. El Times le recomendó moderarse para hacer que su campaña resurja.

Puede ser que sea demasiado tarde. Hillary está perdiendo popularidad en los suburbios. De vencer Hillary lo improbable y ganar la nominación, no voy a contribuir con un centavo para su campaña, poner banners que digan Clinton para presidente o de ninguna forma donar tiempo o esfuerzo. Me voy a aguantar y votar por ella solo porque McCain esta copiando los horrendos planes económicos de Bush y ha demostrado ampliamente que no entiende realmente el desastre de Iraq o los límites del poder militar de los Estados Unidos en el mundo.

Su victoria puede enviar de regreso a los jóvenes a su casa, desilusionados como para enfrentar otra elección. En este punto de la campaña, la única forma de que Hillary Clinton puede adelantarse seria que ella admitiera que no le gustaría desilusionar sus leales seguidores, pero la mejor cosa que puede hacer por el partido demócrata y la nación es renunciar a la campaña. Su estatura dentro del partido crecería y se mantendría ahí en los años por venir.

Pero sé que eso no va a pasar. Esta dispuesta a todo, dañándose ella misma a Obama por la elección general y sacrificando el partido en el altar de la ambición personal. Es una vergüenza porque el talento de Barack Obama es que el nos hace sentir a todos jóvenes y con esperanzas. El sabe como escuchar. El está dispuesto a hacer a un lado los intereses políticos que impiden crear coaliciones que se necesitan para limpiar las políticas de fracasos de ocho años de gobierno de George W. Bush. Pero Hillary lo puede hundir y en el proceso llevarnos a todos junto con el.

Abusivas

continúa en pág 5

negocios la capacidad de crecer o retener empleados, opina Mark Martinez, CEO de la Cámara Hispana de Comercio del Condado de San Joaquín. "Debemos de hacer lo que tengamos que hacer para proteger nuestra economía" afirma Martinez.

Para solucionar este problema, Cooper sugiere el aprobar una moratoria en este tipo de demandas por un periodo de seis meses a un año de tal forma que los abogados y los jueces puedan discutir la mejor forma de solucionar este problema. "Vamos teniendo un periodo de suspensión en la corte," No dejemos solos el resto de los negocios porque entonces los vamos a dejar con un costo tan grande que no lo pueden soportar.

Las demandas frívolas les cuestan a los residentes de California $880 dólares al año, comenta Diann Rodgers, presidente del Comité Central de Ciudadanos en Contra de Demandas Abusivas. "Cuando una demanda frívola es presentada en la corte, es por tres razones: avaricia, publicidad ó acoso," Rodgers comentó.

Beverly Foster
Supervisor District #1

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County School Board Trustee Beverly A. Foster is considered by many to be one of the most sincere and compassionate community leaders and activists in the entire San Joaquin Valley.

First elected to the S.J.C. Board of Education in 1990, she was re-elected in 1996 and again in 2002. Mrs. Foster represents Area 3, which includes parts of Manteca and Stockton Unified School Districts.

Representative Foster has been involved in numerous service and oversight organizations including; the Stockton Transit Board, the Stockton Crime Commission, the Stockton Community Redevelopment Board, and the Fairview Terrace/Seven Oaks Neighborhood Commission. Representative Foster presently serves as an advisory board member for the Salvation Army and Blue Cross of California. Representative Foster also acts as one of the providers for the California State Parole here in Stockton.

Foster has been the recipient of numerous honors and awards by various Stockton organizations.

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Black teens feel the 'Bilingual Preferred' summer job blues

NAM Chris Levister - 'Don't speak Spanish…can't get the job?'

When San Bernardino High School teens Jazanique Jackson, Ashanae Brown and Kimyen Hawkins decided they wanted to work this summer, they left nothing to chance.

They knew the rules: plan ahead; role play; be positive; adapt; relate and encourage. So when they hit the streets to start their summer job search they were prepared for virtually every eventuality except one.

¿No habla ingles? Can't speak Spanish.

"We were shocked. We applied at places like McDonalds, Burger King and Jack in the Box. We went to shoe stores, pizza parlors and convenience stores. The workers were overwhelmingly Spanish speaking. Pretty much they always ask us, 'Do you speak Spanish?' They said we prefer bilingual," says Jazanique. And, as an American who only speaks English, her answer leaves her without the job. "It's hard when you can't even get an interview because you don't speak Spanish," said Jazanique.

For Jazanique, Ashanae and Kimyen the job hunting experience is both frustrating and sobering.

The unemployment rate among African-American teens is shockingly six times the national rate. This according to the U.S. Department of Labor translates into approximately 296,000 African-American teenagers actively seeking employment who are finding it difficult to secure a job.

It does seem strange to Kimyen who grew up believing jobs are plentiful if you're flexible, motivated and willing to work hard. "It's like three strikes...Black, young and non-Spanish speaking. I'm mad but there is nothing I can do about it. It's not fair."

Cashier-customer exchanges at four national fast food restaurants located at the busy intersection of Mt. Vernon and Washington Streets in Colton bore out many of the teen's frustrations.

San Bernardino High School teens Jazanique Jackson, Ashanae Brown And Kimyen Hawkins are feeling the chill from employers who perfer bilingual workers.

Cashier: "Welcome to McDonalds, can I take your order?"
Customer in Spanish: "Dame dos hamburgesas con queso, un Big Mac, dos papitas fritas y tres sodas." - Translation: "Give me two cheeseburgers, one Big Mac, two fries, three Cokes."
Cashier in Spanish: "¿Grandes o chicas?" - Translation: small or large fries?
Customer in Spanish: "Grande" - Translation: Large
Cashier in Spanish: "¿Algo Mas? - Translation: Anything else?
Customer in Spanish: "¿Puedo usar mi tarjeta?" Translation: Can I use my debit?
Cashier in Spanish: "Si" - Translation: yes

Across the street at the Jack in the Box, the buzz among the all Latino staff was a mix of English and Spanish.

"Necesito mas popotes" That was Maggie Castro, on-duty manager, Saturday, calling for a replenishment of straws in the customer self service bins. "Keep this area clean," said Castro wiping the countertop.

"That's what we're up against. It's a form of discrimination," says Jazanique.

And it brings up the question: is it legal, in America, to require an American citizen to speak a foreign language to get certain jobs?

McDonald's for example employs 465,000 workers worldwide serving more than 26 million customers daily. More than 80 percent of its 13,700 U.S. restaurants are independently owned and operated by local franchisees. The food service powerhouse's hiring culture is nothing less than emphatic about its commitment to equal opportunity employment.

The chain has been recognized for it's commitment to diversity by Fortune Magazine, Hispanic Magazine and lauded by Black Enterprise Magazine as one of the 30 Best Companies for Diversity. A statement on the corporation's website says: "McDonalds is committed to recognizing the talents and job performance of all employees and values the contributions that come from people with different backgrounds and perspectives. We believe in developing and maintaining a diverse workforce that will strengthen the McDonald's system."

"I don't think its discrimination. It's more about catering to the customers who come through the door," says Elva Gomez a former manager for Del Taco national food chain.

"Of course, you don't have to learn to speak Spanish to get a job in a fast food restaurant, but in certain parts of the country, like San Bernardino, where you've got the impact of immigration, it certainly limits your chances of getting the job you want," said Gomez.

"You better believe Black teens looking for summer jobs are feeling the impact of immigration," said Gomez. It's worrisome because Blacks are suffering more from the invasion than whites because they (generally) have fewer resources with which to run away from immigration."

"It's a very stressful and difficult dilemma. Sometimes you feel like you're straddling two nations, on one hand you strive for diversity, on the other you are forced to hire people who are best equipped to serve your core customer base. Sometimes that boils down to bilingual preferred," says fast food manager Kevin Ellis who is biracial (Latino/Black) speaks some Spanish and does everything from hire workers to taking customer's orders, cooking food, assembling sandwiches and handing orders to customers.

"I hate to sound so cynical," but the American workplace is turning Spanish very fast. That requires you to learn another language in high school. That's reality." said Ellis.

"When we look in the want ads for jobs we qualify for, they say 'Bilingual, bilingual, bilingual preferred'!" said Nelson. Which he and other Black teens have learned translates into, "If you aren't bilingual, don't bother applying."

Sleep Apnea is quite serious, but very treatable

By Dr. Tat Lam

As a family physician, I often learn about my patient's sleep problems not from the patient, but from a loved one frustrated with the fatigue and sour mood that accompanies poor sleep.

Tossing and turning, snoring, gasping and other of the less relaxing elements of sleep are often no more than a nuisance. Many sleep problems can be solved with changing diet or routine before going to bed.

But these symptoms can point to a more serious problem.

One potentially serious disorder is sleep apnea. Sleep apnea occurs when a person repeatedly stops breathing for 10 seconds or longer while asleep. It can lead to serious effects such as falling asleep involuntarily and high blood pressure. The disorder is caused by a number of factors, including body shape and sleep position.

When we sleep, our body relaxes and its functions slow. That includes our muscles and, as a result, our breathing. All is fine as long as air is able to get in and out of our lungs without difficulty.

But if the nose is congested, air may have trouble passing through. A person's unique shape, such as narrow throat, prominent roof of the mouth or deviated nasal septum can restrict airflow. A person is more likely to experience sleep apnea if he or she is overweight because excess fat can restrict body movement, such as the lungs ability to expand fully during sleep.

Sleep position also affects airflow. Imagine a person sleeping with her neck bent forward, chin nearly touching the chest. When air can't flow smoothly through our respiratory system, it creates turbulence with a loud noise: snoring.

With less air coming in, the heart must work extra hard to pump oxygen to organs and tissues throughout the body, especially the brain.

People with sleep apnea aren't sleeping as soundly as they could. They might develop high blood pressure, an enlarged heart and experience depression. Serious effects include not being able to stay awake, which can be extremely dangerous while driving.

The main symptoms are feeling tired in the morning, waking up with a headache and being so sleepy during the day that you fall asleep while working or driving.

Talk with your doctor if you're experiencing these symptoms.

Doctors diagnose sleep apnea with an overnight sleep test, which can be done at home or at a special lab. During the study, doctors monitor the oxygen level, the frequency and duration of stopped breath, the heart and breathing muscles activity.

Doctors treat sleep apnea with surgical methods and, more often, non-surgical treatments. Surgery may be used to correct a dental problem that is interfering with sleep. Non-surgical methods include training oneself to sleep on the side instead of the back and avoiding sedatives, including sleeping pills and alcohol.

The most effective treatment at this time is a device called CPAP (continuous positive air pressure), which delivers air via a pressurized machine. The machine gently forces air into the patient, overcoming congestion or blockage. This device takes some getting used to, but it has significantly improved treatment of sleep apnea.

Getting a good night's rest is essential. Sleep apnea and other sleep disorders often have a direct impact on loved ones. Talk with your doctor so you can get a good night's rest.

Dr. Tat Lam is a family physician at the Bilingual Chinese Service/Montebello MOB, a joint project of Los Angeles & Baldwin Park Medical Centers of Kaiser Permanente, and chair of Communications at Kaiser's Asian Pacific American Network. Email Dr. Lam at: doctorsword@kp.org

El Síndrome de Apnea Obstructiva del Sueño es algo serio, pero se puede tratar...

Por el Dr. Tat Lam

Como médico de familia, a menudo me entero de los problemas de sueño de mi paciente no por el mismo paciente, sino por un ser querido que está frustrado por la fatiga y el mal humor que acompañan a la falta de sueño.

Dar vueltas y girarse, roncar, jadear y otros de los elementos menos relajantes del sueño son a menudo solo una molestia. Muchos de los problemas del sueño se pueden resolver cambiando de dieta o rutina antes de irse a la cama.

Pero estos síntomas pueden apuntar a un problema más serio.

Un trastorno potencialmente grave es la apnea del sueño. La apnea del sueño ocurre cuando una persona deja repetidamente de respirar durante 10 segundos o más mientras está dormida. Puede provocar efectos graves como quedarse dormido involuntariamente y presión sanguínea alta. El desorden lo causa un número de factores, que incluye la forma del cuerpo y la posición al dormir.

Cuando dormimos, nuestro cuerpo se relaja y sus funciones se hacen más lentas. Eso incluye nuestros músculos y, como resultado, nuestra respiración. Todo va bien mientras el aire pueda entrar y salir de nuestros pulmones sin dificultad.

Pero si la nariz está congestionada, puede ser difícil que el aire pase. La particular forma de una persona, como tener una garganta estrecha, un paladar prominente o el tabique nasal desviado pueden restringir el flujo del aire. Es más probable que una persona sufra apnea del sueño si tiene sobrepeso porque el exceso de grasa puede re-

Apnea continúa en pág. 19

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Access Washington - Weekly Immigration Update

Fewer Latino Immigrants Sending Money Home

NAM - According to a recently released survey, Latin American immigrants in the United States are sending less money (remittances) home. In the last two years there has been a decline with only 50 percent of the 18.9 million people sending remittances compared with 73 percent two years ago. The drop in the number of people sending remittances is a sign of the difficult economy and also owes to crackdowns on illegal immigration. According to the survey, Latino immigrants said they stopped sending money to their families because life is becoming more difficult for them here. Of those interviewed, 81 percent said it was harder to find a good-paying job and 40 percent said they were earning less this year. The largest group of immigrants in the survey worked in construction (18 percent) which has been the hardest hit with the difficult housing market. Among immigrants who have been here less than five years, 49 percent said they were thinking of returning home, while 41 percent said they planned to remain in the United States. Those who planned to stay would take lower paying jobs or work two jobs in order to maintain their income, said Sergio Bendixen, the Miami-based pollster who conducted the survey. The survey was conducted in Spanish from Feb. 9-23 with a sample of 5,000 interviews and a margin of error of 1 percentage point.

Hispanics and Asians, Fastest Growing Ethnic Groups in America

Hispanics remain the largest ethnic group in the nation with their numbers approaching 46 million and are the fastest growing group increasing by 3 percent each year, according to U.S. Census Bureau figures released recently. Blacks total close to 41 million and Asians more than 15 million. The rise in the Hispanic population is due to rising birthrates not immigration, according to the findings. They also represent one quarter of all children under age five in the United States. Asians were the second-fastest-growing ethnic group, increasing by just about 3 percent; the Black population grew by about 1 percent and the white population by 0.3 percent.

Whites will fall in the minority, comprising 47 percent according to the research group's projections and while whites still represent about 66 percent of the U.S. population, they are also older, with a median age of about 41 - compared to 27 for Hispanics, 31 for blacks and 35 for Asians.

The U.S. population will grow to 438 million in the next four decades and 82 percent of the U.S. population growth will be due to immigrants and their American-born descendants. Currently the total U.S. population of 301.6 million is composed of: 199.1 million whites, 45.5 million Hispanics, 40.7 million blacks*(includes multi-racial), 15.2 million Asians, 4.5 million American Indians and Alaska Natives and 1 million Native Hawaiians and Pacific Islanders

The census numbers also named the "majority minority" states meaning that more than half the population were nonwhites. They are Hawaii, D.C., New Mexico, California and Texas.

The bureau also released other findings about the age of the American population. It found that 13 percent of the total U.S. population - almost 38 million - is older than 16. Two percent of the population - 5.5. million - are over 85. Working age adults (18 to 64) totaled 190 million, or 63 percent of the population. At the other end of the scale, there are close to 21 million children under five and 36 million from 5-13 years.

Access Washington - Actualización Semanal sobre la Inmigración

Menos Inmigrantes latinos envían dinero a casa

NAM - Según una encuesta recientemente difundida, los inmigrantes latino-americanos en EEUU están enviando menos dinero (remesas) a casa. En los últimos dos años, ha habido un descenso con apenas el 50 por ciento de los 18.9 millones de personas enviando remesas comparado con el 73 por ciento hace dos años. La caída en el número de gente que envía remesas es un signo de la difícil economía, así como de las supresiones de la inmigración ilegal. Según la encuesta, los inmigrantes latinos manifestaron que dejaron de mandar dinero a sus familias porque la vida aquí se les está poniendo cada vez más difícil. De los que se entrevistó, el 81 por ciento dijo que era más difícil encontrar un trabajo que pagara bien y el 40 por ciento dijo que ganaban menos este año. El mayor grupo de inmigrantes en la encuesta trabajaba en la construcción (18%), y han sido los más afectado con el difícil mercado de la vivienda. Entre los inmigrantes que han estado aquí menos de cinco años, el 49 por ciento dijo que pensaba volver a casa, mientras que el 41 por ciento dijo que pensaba quedarse en EEUU. Aquellos que pensaban quedarse tomarían trabajos que pagarían menos o trabajarían en dos trabajos para mantener sus ingresos, dijo Sergio Bendixen, el encuestador con base en Miami que realizó la encuesta. La encuesta se realizó en español desde el 9 al 23 de febrero con una muestra de 5,000 entrevistas y un margen de error de un punto porcentual.

Inmigración continúa en pág. 20

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Apnea

continúa en pág 17

stringir el movimiento corporal, como la capacidad de los pulmones para expandirse completamente durante el sueño.

La posición durante el sueño también afecta al flujo del aire. Imagine una persona que duerme con el cuello hacia delante, con la barbilla casi tocando el pecho. Cuando el aire no puede fluir suavemente a través del sistema respiratorio, crea una turbulencia que produce un fuerte ruido: ronquido.

Al entrar menos aire, el corazón debe trabajar mucho más para bombear oxígeno a los órganos y tejidos por todo el cuerpo, especialmente al cerebro.

La gente con apnea del sueño no duerme tan profundamente como podría. Esto puede hacer que aumente la presión sanguínea, que aumente el tamaño del corazón (corazón agrandado) y que se experimente depresión. Efectos graves incluyen no poder permanecer despierto, lo que puede ser extremadamente peligroso mientras se maneja.

Los principales síntomas son sentirse cansado por la mañana, despertarse con dolor de cabeza y estar tan adormecido durante el día que uno se queda dormido mientras trabaja o maneja.

Hable con su médico si siente estos síntomas.

Los médicos diagnostican apnea del sueño con una prueba de sueño que se realiza durante la noche, que se puede hacer en casa o en un laboratorio especial. Durante el estudio, los médicos controlan el nivel de oxígeno, la frecuencia y duración de la respiración detenida, el corazón y la actividad de los músculos de la respiración.

Los médicos tratan la apnea del sueño con métodos quirúrgicos y, más a menudo, con tratamientos no quirúrgicos. La cirugía se puede usar para corregir un problema dental que interfiere con el sueño. Los métodos no quirúrgicos incluyen entrenarse para dormir de lado en vez de boca arriba y evitar calmantes, incluyendo las pastillas para dormir y el alcohol.

Ahora, el tratamiento más eficaz es un dispositivo llamado CPAP [por sus siglas en inglés] (presión de aire positiva y continua), que envía aire a través de una máquina a presión. La máquina introduce suavemente el aire en el paciente, eliminando la congestión o el bloqueo. Acostumbrarse a este dispositivo lleva algo de tiempo, pero ha mejorado significativamente el tratamiento de la apnea del sueño.

Tener un buen descanso nocturno es esencial. La apnea del sueño y otros desórdenes del sueño afectan a menudo directamente a los seres queridos. Hable con su médico para que pueda tener un buen descanso nocturno.

El Dr. Tat Lam practica medicina familiar con Kaiser Permanente en Southern California, y es Vicepresidente de Comunicaciones en Kaiser's Asian Pacific American Network. Escriba al Dr. Lam a: doctors-word@kp.org

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BIENES Y RAICES

Submit your nominations for the 21st Annual ABC Awards

on line at www.frrcsj.org or call 461-2966

Employment Opportunities

- Competitive Salaries & Excellent benefits
- For more information contact HR at: 461-2991

Subsidized Child Care Program

- Providing funds for child care while eligible parents are in training programs, school or working

We Care About Children & Families

Resource & Referral Department

- Referrals to licensed child care centers and homes.
- Resource library, literacy totes, activity toy kits.
- Workshops on how to start your own childcare business.
- Community & children development
- Infant toddler training - Early literacy-Special needs, etc.
- Annual Activities: - ABC Awards (November)
  - Snow Storm on Weber Point (January)
  - Children & Youth Day (May)

U.S.D.A. Child Care Food Program

- Licenced childcare providers are reimbursed on a per meal, per child basis.
- Nutritional hand-outs

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Visit our three locations:
(North Stockton)
7272 Murray Drive

Calworks/ Railroad Square Building @ 900 E Oak Street (Second Floor).

(Tracy)
35 E 10TH Suite D- 2

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PHOTO ID WITH DOB IS REQUIRED TO DONATE.

DELTA Your Community BLOOD BANK

Inmigración

continúa en pág 18

Los hispanos y los asiáticos son los grupos étnicos que más rápidamente están creciendo en América

Los hispanos siguen siendo el grupo étnico más grande del país con números que se acercan a los 46 millones y es el grupo que está creciendo más rápidamente aumentando el 3 por ciento cada año, según las cifras del Censo de EEUU que se publicaron recientemente. El total de los negros se acerca a los 41 millones y los asiáticos a más de 15 millones. El ascenso en la población hispana se debe al índice de natalidad en ascenso no a la inmigración, según los resultados de las investigaciones. También representan una cuarta parte de todos los niños menores de 5 años en EEUU. Los asiáticos conforman el grupo étnico en segundo lugar en cuanto a velocidad de crecimiento, aumentando por tan sólo 3 por ciento; la población negra aumentó por casi 1 por ciento y la blanca por 0.3 por ciento.

Los blancos caerán en la minoría, conformando el 47 por ciento según las proyecciones del grupo de investigación y mientras que los blancos siguen representando alrededor del 66 por ciento de la población de EEUU, también son más mayores, con una edad media de unos 41 años – comparado con 27 años para los hispanos, 31 para los negros y 35 para los asiáticos.

La población de EEUU crecerá a 438 millones en las próximas cuatro décadas y el 82 por ciento del crecimiento de la población de EEUU será debido a los inmigrantes y sus descendientes nacidos en EEUU. Actualmente la población total de EEUU de 301.6 millones se compone de: 199.1 millones de blancos, 45.5 millones de hispanos, 40.7 millones de negros (incluye multi-raciales), 15.2 millones de asiáticos, 4.5 millones de indígenas americanos e indígenas de Alaska y un millón de indígenas de Hawai e isleños del Pacífico.

Los números del censo también nombraron a los estados "minoría mayoría", o sea más de la mitad de la población era no-blanca. Son Hawai, D.C., Nuevo México, California y Tejas.

El Censo también publicó otros resultados de investigaciones acerca de la edad de la población americana. Encontró que el 13 por ciento del total de la población de EEUU – casi 38 millones – es mayor de 16 años. Dos por ciento de la población – 5.5 millones -- es mayor de 85. Los adultos en edad de trabajar (18 a 64) alcanzan la cifra de 190 millones, o el 63 por ciento de la población. En el otro extremo de la escala, hay casi 21 millones de niños menores de cinco años y 36 millones entre 5 y 13 años de edad.

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You can save water today for Stockton's future!

- Install water efficient hardware:
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- Set your irrigation timer
- If watering by hand, use a spray nozzle with an automatic shut-off
- Avoid watering on windy or rainy days
- Train your plants to develop deep roots by not over watering

- Take shorter showers
- Only wash full loads of laundry

Be water wise and conserve this precious resource!

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PREVIOUS PROFESSIONAL WORK EXPERIENCE
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Recreation Director (S.F.)
Fire/Safety Director (U.S. Army)
Army Personnel Manager
Assistant Administrator of the U.S. Army Medical Treatment Facilities
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Advance Study 24 hours towards a Masters of Art in Management
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Vote for Diversity • Vote for Accountability
Vote for Youth Development & Mentor Programs
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VOTE FOR RESULTS!

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856 Teamster Union
(209) 513-5042

JOB ANNOUNCEMENT

SEIU Local 1021 is a progressive 21st century union representing a wide variety of public and private non-profit workers. The Local represents over 50,000 workers in local government, schools, courts, health care, special district, and non-profit jurisdictions throughout Northern California.

POSITION AVAILABLE:
Worksite Organizer – Bilingual Preferred
LOCATION: San Joaquin

SEIU Leading the Way

EXAMPLES:
- Recruitment
- Leadership Development
- Communication
- Collective Bargaining
- Issue Campaigns
- Legislative and Electoral Campaigns
- Administration

EXPERIENCE: Experience in union organizing, representation, and negotiations highly desirable, but not required. Related experience will be given consideration as will steward and rank-and-file experience. Local 1021 seeks to maintain a staff which is representative of a wide variety of backgrounds in order that the union truly reflects our members' interests and concerns.

SALARY AND BENEFITS: The current salary range is $54,000-$78,150 based on qualifications and experience. There is a competitive and comprehensive benefits package.

TO APPLY, mail, fax or e-mail a detailed resume, cover letter, and the name, address, and phone number of three references by May 23, 2008 @ 5:00 p.m. to Kathryn Ballard, SEIU Local 1021, 100 Oak Street; Oakland, CA 94607, fax to (510) 451-6928 or e-mail your resume to jobs@seiu1021.org.

AFFIRMATIVE ACTION EMPLOYER
Local 1021 is an affirmative action employer and encourage applications from all qualified candidates regardless of race, ethnicity, age, sex, sexual orientation, marital status, religion, or disability. Local 1021 works to ensure fair treatment of applicants and employees and actively enforces policies against discrimination and sexual harassment.

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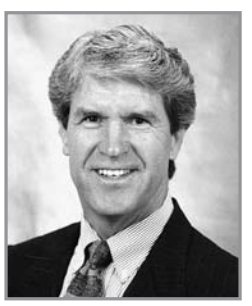

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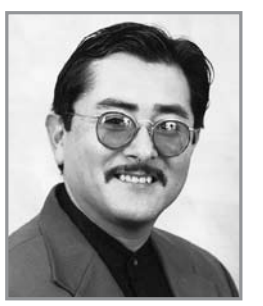

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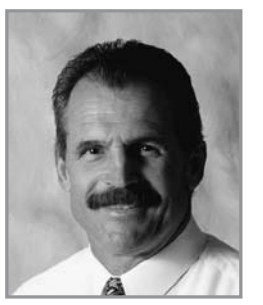

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