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Latino Times

MERRY CHRISTMAS • HAPPY NEW YEAR

Architectural Entrepreneur: Juan Barroso Building Lives with a Commitment to Clients and Community

By Mark Apostolon

Juan Barroso rolled out the blueprints for the massive 15 million dollar renovation project, he is in charge of - which will transform four rundown, dilapidated, inner-city San Jose schools into technologically advanced centers of learning - and pointed to his name, and the name of his architectural firm on the schematics. "When people see my name or the name of my firm, I want them to automatically have in their heads that any construction project Derivi Castellanos Architects takes, we're going to succeed at - beyond anyone's expectations. We do big commercial projects: casinos, wineries, office buildings, and what's particularly gratifying to me, schools - K-12, community colleges, and magnet schools. As a businessman, you have to decide if the project is worth it or doable. To decide that, the best tools for an architect are your ears; you have to listen to your client. You also have to know and accept the challenge." So when challenges arise, as they do, Juan Barroso has acquired the welldeserved reputation of being a problem solver who can overcome any obstacle in the world of construction, and find a way of making it all work.

Dedication and a passion for his work why in 2012, Silicon Valley Business Journal named Juan Barroso one of the area's top 40 professionals under 40 while at Blach Construction, where, at 29, this UC-Berkley graduate climbed the corporate ladder to become its youngest chief estimator ever. He also proceeded to transform the

company's approach to sales and how it met clients' needs. "I'm a civil engineer. What I do is I'm a project manager. So, I first listen to the client, understand their vision and their needs, because it all starts with customer service." The result? Within three years, under Juan's leadership, operations were expanded to Monterey and Sacramento and the company's volume and sales hit



Juan and Stephanie Barroso

See BARROSO Page 2

EMPRESARIO DE ARQUITECTURA

JUAN BARROSO CONSTRUYENDO VIDAS CON UN COMPROMISO A SUS CLIENTES Y SU COMUNIDAD

Por Mark Apostolon

Juan Barroso lanzó los planos para el proyecto masivo de renovación de 15 millones de dólares, de los cuales es encargado - que transformarán cuatro escuelas en ruinas, del centro de la ciudad de San José en centros tecnológicamente avanzados de aprendizaje - y señaló a su nombre, y el nombre de su estudio de arquitectura en los esquemas. "Cuando la gente ve mi nombre o el nombre de mi empresa, yo quiero que tengan de forma automática en la cabeza que cualquier proyecto de construcción de Arquitectos Derivi Castellanos tendrá éxito - más allá de las expectativas de nadie. Hacemos grandes proyectos comerciales: casinos, bodegas, edificios de oficinas, y lo que es especialmente gratificante para mí, escuelas - escuelas K-12, colegios comunitarios y especializadas. Como empresario, usted tiene que decidir si el proyecto vale la pena o elaborable. Para decidir eso, las mejores herramientas para un arquitecto son sus oídos; usted tiene que escuchar a su cliente. Usted también tiene que conocer y aceptar el reto." Así que cuando surgen retos, como suele ocurrir, Juan Barroso ha adquirido la bien merecida reputación de ser un solucionador de problemas que puede superar cu-

alquier obstáculo en el mundo de la construcción, y encontrar una forma de hacer que todo funcione. La dedicación y la pasión por su trabajo por lo que en 2012, Silicon Valley Business Journal nombró a Juan Barroso uno de los 40 profesionales del área, menores de 40 años, mientras que al Blach construcción, en el que, a los 29, este graduado de la Universidad de California-Berkley subió la escalera corporativa para convertirse en su más joven estimador que hayan tenido. También procedió a transformar el enfoque de la empresa para las ventas y cómo se satisfacen las necesidades de los clientes. "Soy un ingeniero civil. Lo que hago es que soy un director de proyectos. Así que primero escucho el cliente, comprendo su visión y sus necesidades, porque todo comienza con el servicio al cliente." El resultado? Dentro de tres años, bajo el liderazgo de Juan, las operaciones se ampliaron a Monterrey y Sacramento y el volumen y las ventas de la compañía alcanzaron niveles récord durante el apogeo de la recesión. Así que mientras otras empresas se encontraban luchando por ventas, Juan tenía Blach Construction con hasta 35% de aumento en los

ARQUITECTURA en pág. 3



Stockton's El Concilio honored by La Raza

By Mark Apostolon STOCKTON, CA - Latino organizations from around the country will gather here January 26-27, 2016 for an important convening of NCLR, the nation's largest Hispanic organization based in Washington D.C., and its Affiliates to learn about Stockton's El Concilio and its comprehensive social and educational programs that have been effectively serving, empowering, and improving the quality of life of the Latino community throughout the San Joaquin Central Valley for almost 48 years.

"This has been a remarkable year for us," Jose Rodriguez, president and CEO of El Concilio, is more than happy to let you know, "and our affiliation with NCLR has been significant in putting El Concilio into the national spotlight."

As the nation's largest Hispanic organization, NCLR has partnered with over 300 Affiliates across the country to serve millions of Latinos in the areas of civic engagement, civil rights and immigration, education, workforce and the economy, health, and housing and fight for an America where economic, political, and social advancement is a reality for all Latinos. It is to Latinos what the NAACP is to African-Americans. El Concilio is one of their Affili-

"At this year's NCLR's national conference in Kansas City, we were rec-

See EL CONCILIO Page 4

Barroso

continued from Front Page

record levels during the height of the recession. So while other companies were struggling, Juan had Blach Construction experiencing up to 35% increase in funded projects annually.

But with all his success, there was even more that Juan wanted to accomplish. He had a concept of how he would like to run the company if it was his. That was in 2013, about the same time he learned that one of the architectural firms he had been dealing with for years was for sale. Derivi Castellanos Architects in Stockton had been open since 1979. It had a solid reputation in the business as a small reliable firm, and now its owners were looking to retire. Could this be the once-in-alifetime business opportunity Juan had been looking for? Should he take the chance and go out on his own?

Taking chances, and looking for opportunities is something that runs in Juan's family. Born in Guadalajara, Mexico where his father, Juan Sr., was a lawyer and his mother, Elia, a registered nurse, Juan might have lived his whole life there had it not been for one thing, "My father was active politically, and for reasons due to that, he decided to start a new life in the United States, even though it meant his law degree would be worthless in the States." Ultimately relocating to King City, life would now be very different for Juan. His father became a specialist in the year-round care and maintenance of the vineyards in and around the Salinas Valley. "Not that we knew it, but we were raised poor, but we always had enough to eat." And his mom, Elia? "Mom is very determined. When she wants to get something done, it gets done." That work ethic and desire for new accomplishments is a family trait and why his four other siblings are engineers and doctors. "Mom's retired three times, and she's still working."

So, while the idea of buying Derivi Castellanos Architects may have been exciting for Juan, how would Stephanie, his new bride of only six months react? Stephanie had been a middle school teacher for 15 years before joining Lesley University in Cambridge, Massachusetts as Regional Director of Graduate Admissions which had her traveling to various conferences. As it so happened, it was while at one of those conferences, for the California Association of Latino Superintendents and Administrators, that Stephanie met Juan, the man who had a passion for building schools.

That was in 2011. Now he was telling her he was quitting his lucrative job at Blach to go out on his own?

"My reaction was, 'yeah, okay honey. What can I do to help?" Then, Stephanie laughs with a big smile on her face," okay, maybe that wasn't my first reaction. But he convinced me." And the rest, as they say, is history...

In just two years, Juan took the small architectural firm and grew it by more than 1/3rd, adding a second office in San Jose, with a customer service approach built around the client. "I was finally able to implement my full concept. First thing I did was to keep the team together then expand it. The Stockton job market was right at the time, with a highly skilled workforce that was underutilized. And we grew. Fast." Stephanie soon joined the team as Director of Client Relations and Development, and their involvement didn't stop there.

"It's important for us to be a good corporate citizen with an active commitment to community involvement," Juan is very quick to point out. That is why they are involved with over 15 different non-profits including Sunday Friends where Stephanie volunteers her time, a diverse program where Juan and Stephanie award deserving students Macbook computers, and a new educational project Juan and Stephanie have created where they will be offering paid internships at their firm to two high school students every year.

"I'll tell you," Juan points out,"it's fun to do a big project, a casino, a winery - they're challenging and high profile. The greatest satisfaction is when a project is complete and everyone's satisfied. But what even feels better are the school projects we do. You build a brand new school in one of the poorest areas, or completely renovate school buildings that should have been torn down years ago - when we do that we're making an impact. When teachers and students walk into a new, clean school that has been built to meet their needs, it has a broad impact. It transforms the life of everyone involved. The teachers, the students. It changes their mind set. And test scores follow. It creates teamwork."

And it's teamwork that keep Juan's architectural firm growing as well. "The Derivi Castellanos Team is on board with our company ethics." Those ethics start and end with Juan as Stephanie is quick to point out,"One leads by example. It's about the client, but it's also about the community, the way you choose a project and why – which is why the school projects are so important to both of us. It's about believing in your community. The Team knows it, and sees it. And we follow Juan's lead."

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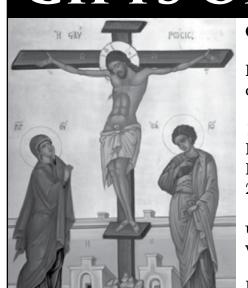


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Arquitectura

continúa en pág. 1

proyectos financiados anualmente.

Pero con todo su éxito, había aún más que Juan quería lograr. Tenía un concepto de cómo le gustaría dirigir la compañía si fuera suya. Eso fue en 2013, casi al mismo tiempo de que se enteró de que una de las empresas de arquitectura que había estado tratando durante años, estaba de venta. Arquitectos Derivi Castellanos en Stockton había abierto desde 1979. Tenía una sólida reputación en el negocio como una pequeña empresa confiable, y ahora sus propietarios estaban buscando retirarse. Podría ser esta la oportunidad única en-la-vida empresarial que Juan había estado buscando? ¿Debía correr el riesgo e ir por su cuenta?

Tomando posibilidades, y en busca de oportunidades es algo que corre en la familia de Juan. Nacido en Guadalajara, México, donde su padre, Juan Sr., era abogado y su madre, Elia, una enfermera registrada, Juan podría haber vivido toda su vida allí si no hubiera sido por una cosa, "Mi padre era activo políticamente, y por razones debido a eso, él decidió comenzar una nueva vida en los Estados Unidos, a pesar de que significaba que su título de abogado no tendría valor en los Estados Unidos." Reubicándose finalmente en King City, la vida sería ahora muy diferente para Juan. Su padre se convirtió en un especialista en el cuidado durante todo el año y el mantenimiento de los viñedos en los alrededores del Valle de Salinas. "No es que lo sabía, pero

crecimos pobres, pero siempre tuvimos lo suficiente para comer." Y su madre, Elia? "Mi mamá es muy determinada. Cuando ella quiere conseguir que se haga algo, se hace." Esa ética de trabajo y el deseo de nuevos logros es un rasgo de la familia y por qué sus otros cuatro hermanos son ingenieros y médicos. "Mi mamá se ha jubilado tres veces y ella todavía está trabajando."

Así que mientras que la idea de comprar Arquitectos Derivi Castellanos pudo haber sido emocionante para Juan, ¿cómo racionaría Stephanie, su esposa de sólo seis meses? Stephanie había sido una maestra de secundaria durante 15 años antes de unirse a la Universidad de Lesley en Cambridge, Massachusetts como Directora Regional de Admisiones de Posgrado, por la cual viajaba a diferentes conferencias. Como sucedió, era mientras en una de esas conferencias, de la Asociación de Superintendentes y Administradores Latinos de California, que Stephanie conoció a Juan, el hombre que tenía una pasión por la construcción de escuelas.

Eso fue en 2011. Ahora le estaba diciendo que estaba renunciando a su trabajo lucrativo en Blach para ir por su cuenta? "Mi reacción fue, "sí, cariño está bien. ¿Qué puedo hacer para ayudar? '' Entonces, Stephanie se ríe con una gran sonrisa en su rostro, "bueno, tal vez esa no era mi primera reacción. Pero él me convenció." Y el resto, como dicen, es historia ...

En sólo dos años, Juan tomó el

pequeño estudio de arquitectura y creció por más de 1/3, la adición de una segunda oficina en San José, con un enfoque de servicio al cliente en torno al cliente. "Por fin pude poner en práctica mi concepto completo. Lo primero que hice fue mantener al equipo unido y luego expandirla. El mercado de trabajo de Stockton era correcta en el momento, con una mano de obra altamente calificada que estaba subutilizada. Y crecimos. Rápido." Stephanie pronto se unió al equipo como Directora de Relaciones con Clientes y Desarrollo, y su participación no se detuvo allí.

"Es importante para nosotros ser un buen ciudadano corporativo con un compromiso activo con la participación de la comunidad," Juan es muy rápido en señalar esto. Es por eso que están involucrados con más de 15 organizaciones no lucrativas diferentes incluyendo Sunday Friends donde Stephanie dona su tiempo, un amplio y variado programa donde Juan y Stephanie otorgan computadoras Macbook a estudiantes merecidos, y un nuevo proyecto educativo que Juan y Stephanie han creado donde se ofrecerán prácticas en su empresa a dos estudiantes de secundaria cada

"Yo voy a decir," Juan señala, "es divertido hacer un gran proyecto, un casino, una bodega - son de alto perfil

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desafiantes. La mayor satisfacción es cuando un proyecto está completo y todo el mundo está satisfecho. Pero lo que aún se siente mejor son los proyectos de las escuelas que hacemos. Se construye una nueva escuela en una de las zonas más pobres, o de renovar por completo los edificios escolares que deberían haber sido derribados hace años - cuando hacemos eso estamos haciendo un impacto. Cuando los maestros y los estudiantes entran a una escuela nueva, limpia que se ha construido para satisfacer sus necesidades, tiene un amplio impacto. Transforma la vida de todos los involucrados. Los maestros, los alumnos. Cambia su forma de pensar. Y los resultados de los exámenes vienen después. Se crea el trabajo en equipo."

Y es el trabajo en equipo lo que mantiene que la empresa de arquitectura de Juan siga creciendo también. "El equipo Derivi Castellanos está a bordo con nuestra ética en la empresa." La ética comienza y termina con Juan como Stephanie se apresura a señalar, "Uno lleva el ejemplo. Se trata de que el cliente, pero también se trata de la comunidad, la forma de elegir un proyecto y por qué - por lo que los proyectos de la escuela son tan importantes para los dos. Se trata de creer en su comunidad. El equipo lo sabe y lo ve. Y seguimos el ejemplo de Juan."

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El Concilio

continued from Front Page

ognized as the NCLR's Affiliate of the Year," Rodriguez proudly tells us, "for the exemplary work, innovative social, educational and dynamic outreach programs we've developed advancing Latino needs." Along with the award came a cheque for \$25,000 from Ford Motor Company, but beyond that, the award meant sudden national and international recognition, respect, and affirmation of the organization's work and advocacy programs. It also made El Concilio one of the go-to agencies for other non-profits and governments seeking answers to otherwise complex immigrant-related issues.

Just last month, in November, Rodriguez, representing El Concilio, travelled with an NCLR delegation to Germany where they met with representatives of the government and the Heinrich Böll Foundation to discuss how programs developed in the U.S. to benefit Latino's might be adapted to benefit the sudden influx of Syrian immigrants and refugees entering Germany. "It begins with expressing to the new comers how to integrate and

assimilate, which means working with Syrian ethnic-based agencies to teach them the language, how to advocate for themselves and for children," Rodriguez points out. "Even the basics of how the banking system works. That's what we do." There is also the issue of acceptance by the German people, "in that I can see how much the Syrian Muslims and American Hispanics seem alike. But let me tell you the United States is the best country. You're born in America; you're automatically a citizen. You can become a citizen. If you're born in Germany but you don't have German blood in you, you can't be a citizen. You can be 4th generation, and still you're not a citizen. You can't even vote in Germany."

Voting is an issue that goes back to El Concilio's beginnings as Founding Board Member, Irene Killian de Ojeda, recalls, "El Concilio was founded in 1968 because there was a lack of services for the Spanish-speaking. So, a group of us got together and decided we needed to do something about it."

Founded during the civil rights

movement by five visionary leaders, and a \$10,000 dollar grant from the Catholic Diocese to aid the migrant workers with immigration and social welfare issues, El Concilio has managed to establish a distinguished record of accomplishment.

In 1996, Rodriguez was an attorney working in the organization's legal services when he was asked to step in as executive director for one year while a search committee interviewed for a permanent replacement for the outgoing director. "That was 19 years ago, and I'm still here" A modest man, Rodriguez cannot hide the organization's accomplishments and growth during his tenure. "When I started in 1996 our annual budget was \$1 million, that's now \$10 million. We've gone from 30 employees to 200; and from only two operating sites to nine. Our growth has been challenging, but it's also been rewarding. We have a very dedicated and well-educated staff, who is always asking 'what more can we do? How can we make it better? What is changing in our community that wasn't there yesterday that we need to address today?' We all have pride in serving the community, which is why we see January's

convening as an important affirmation of all our good work and commitment to the community's accomplishments." January's convening will include Affiliate meetings and workshops on El Concilio's diverse programs and how they can be adapted to meet various populations. There will also be presentations from Stockton Mayor Anthony Silva, U.S. Representative for the 9th District Jerry McNerney, and State Assemblymember from the 13th District Susan Talamantes Eggman who serves on the organization's Board and is also its Immediate Past President. It is something Assemblymember Eggman takes to heart: "El Concilio's got history here - almost 50 years - and continued to grow and provide services that the community so desperately needs. The State and the Feds can pass all kinds of policies about services, but if we don't have organizations that are in and know the community, and are ready to provide the services so desperately needed, then all those policies are really for nothing." For Rodriguez, this recognition is just the beginning of an exciting and challenging but ultimately rewarding new chapter for El Concilio as it enters the national arena, "these Affiliates coming to Stockton are coming here to learn how we do what we do, how we've created the success we've worked so hard to bring to our community – the pursuit of a quality education, affordable health care and the opportunity to realize the American Dream. It's a love we all bring to our work at El Concilio."



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San Joaquin General Hospital Receives The Stroke Gold-Plus Quality Achievement Award

San Joaquin General Hospital has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award with Target: StrokeSM Honor Roll Elite. The award recognizes the hospital's commitment and success ensuring that stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

To receive the Gold Plus Quality Achievement Award, hospitals must achieve 85 percent or higher adherence to all Get With The Guidelines-Stroke achievement indicators for two or more consecutive 12-month periods and achieved 75 percent or higher compliance with five of eight Get With The Guidelines-Stroke Quality measures.

To qualify for the Target: Stroke Honor Roll Elite, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke. If given intravenously in the first three hours after the start of stroke symptoms, tPA has been shown to significantly reduce the effects of stroke and lessen



the chance of permanent disability. San Joaquin General Hospital earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set

San Joaquin General Hospital
Receives Gold Plus Recognition from
the American Heart & Stroke Associations



level for a designated period.

These quality measures are designed to help hospital teams provide the most up-to-date, evidence-based

See **HOSPITAL** Page 10

SJCHCC to Present 6th Annual Business Forecast Conference

(Stockton, CA) The San Joaquin County Hispanic Chamber of Commerce (SJCHCC) will host its 6th Annual Business Forecast Conference on Wednesday, January 6, 2016 at the University of the Pacific DeRosa University Center. The conference is designed to help local businesses better prepare for what to anticipate from the economy in 2016.

This year, the program will feature a keynote speaker on the national economy, Scott Anderson, Ph.D., Chief Economist & Senior Vice President for Bank of the West and regional expert, Jeffrey Michael, Ph.D., Director of the

Business Forecasting Center for University of the Pacific to give his overview on regional impacts. The forum will also feature a question and answer session with panelists from different sectors of local industry and business legislation. Guest speakers will discuss how the economy will impact their decision making processes, changing regulatory factors and what business opportunities or programs can be found during the next year. Panelists include Fritz Grupe, Chairman of the Grupe Companies and Bob Gutierrez, Director of Government Affairs for Food 4 Less/ Rancho San Miguel and PAQ Incorporated.

"This conference is one of the most anticipated economic forecasting events in the San Joaquin Valley and every year we strive to provide our attendees with the most current and relevant data to our area," stated Sylvester Aguilar, Senior Vice President of Bank of the West, serving Commissioner for the Port of Stockton and Board Chair of SJCHCC. "By providing a comprehensive economic analysis business owners can better prepare their planning strategies for the coming year. This kind of information also allows businesses to mitigate risk by making sound decisions based on concrete economic data."

Cost for the event is \$75 per person. Registration and breakfast will begin at 7:30 a.m. and the program will begin at 8:00 a.m. Sponsors include: SJC WorkNet, Wells Fargo Bank, Food 4 Less/ Rancho San Miguel, Bank of the West, JP Morgan Chase Bank, Comcast, The Port of Stockton, Entravision, Kaiser Permanente, San Joaquin Delta College, Univision 19, Waste Management, Vernon Transportation, Simms Metal Management, the Western States Petroleum Association and the University of the Pacific. For more information contact the chamber office at 209-943-6117 or email at info@sjchispanicchamber.com.



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Claudia Moreno selected as 2015-16 San Joaquin Delta College Board President



New Delta College Board President Claudia Moreno accepts the gavel from 2014-15 President Steve Castellanos

(Stockton, CA) Claudia Moreno, representing Area 2, Central Stockton, was selected as San Joaquin Delta College's 2015-16 President of the Board at the December 8 meeting.

Moreno, a longtime Stockton resident and 28-year employee of the Stockton Unified School District, serves as a Dropout Prevention Specialist/Outreach Consultant at Edison High School. She specializes in at-risk youth and parent groups. Ms. Moreno says her "strong sense for community" makes her pas-

sionate about wanting to make a difference as Delta College's Board President. "I'm humbled about this," says Moreno. "Delta College is a big player in our community. I take being

in our community. I take being Delta College Board President very seriously. I'm a servant and will work to keep the college a place where students feel they can succeed."

Moreno, a Delta College alumna, has served as a trustee since December 2012. She calls the college her extended family. "I have a vested interest in seeing the college continue to thrive. It's important for our district's economy, it's important to our partnerships and everything we do. I look forward to a productive year!"

In other Delta College Board Officer actions: Janet Rivera, representing Area 3, North Stockton, will become Vice President of the Board for 2015-16; Richard Vasquez, representing Area 4, Lodi-Galt, will become Clerk of the Board.

The San Joaquin Delta Community College District is governed by a Board of Trustees consisting of seven voting members. Trustees are elected from trustee areas during general elections throughout the district. The board also consists of a student representative appointed by Delta's student government. Raquel Romero is the current student representative.

SJCHCC to Host 13th Annual Student Financial Aid and College Awareness Workshop

(Stockton, CA) The San Joaquin County Hispanic Chamber of Commerce (SJCHCC) has announced the date for its 13th Annual Student Financial Aid and College Awareness Workshop. The event will take place on Sunday, January 31, 2016 at the Alex G. Spanos Center located at 3601 Pacific Avenue on the campus of the University of Pacific in Stockton. Registration starts at 8 a.m. The workshop will offer high school seniors, athletes, transfer students and their parents, free step-bystep assistance filling out the complex Free Application for Federal Student Aid (FAFSA) form. The FAFSA opens the doors to access free money for college through Cal Grants as well as other forms of financial aid assistance to pay for college tuition.

"The growth and advancement of this unique educational event over the past several years has been impressive," stated Sylvester Aguilar, President of SJCHCC. "This event started twelve years ago in an effort to help parents navigate the college application process and encourage post secondary education among Hispanic students. Today, we are seeing multicultural families with similar needs so we have expanded our outreach to include multiple languages. SJCHCC believes that an educated workforce is critical to the success of business and economic development for our region."

The forum also features workshops for sixth, seventh, eighth graders, and all high school students and their parents so they can get an early start on how to prepare for their future. Classes focus on college preparation, study habits, extra-curricular activities, financial literacy and how important parent participation is to a student's success. Major sponsors include: AT&T, University of the Pacific, San Joaquin County Office of Education, SJC WorkNet, Bank of the West, San Joaquin Delta College, United Way of San Joaquin County, Wells Fargo, JPMorgan Chase, and McDonald's of San Joauqin. For more information contact the chamber office at 209-943-6117 or email at info@

sjchispanicchamber.com.

Financial Center Credit Union's Guardian Angel Online Voting Contest

Stockton, Calif. (November 20, 2015) – Stockton-based Financial Center Credit Union has launched its 2015 Guardian Angel campaign, an online voting contest that allows community members to choose San Joaquin County based not-for-profits to be rewarded for their work.

The local not-for-profit with the most votes by December 22, will be awarded \$10,000 by the Credit Union; the runner-up not-for-profit will be

awarded \$5,000. All local residents are invited to nominate their favorite not-for-profit and cast their vote in this on-line event. Nominations and votes can be submitted at fccuburt.org/angel.

Financial Center is hosting the contest to help foster a philanthropic spirit in the San Joaquin area, especially during the end of the year, when many charitable organizations have the greatest need but often see a deficit in donations.

"Our cooperative has had a long history of community involvement and giving, and we're looking to inspire others in the community to do the same," said Michael Duffy, Financial Center President/CEO. "Credit unions are based on the principle of people helping people, so it's important to us that the cooperative helps out fellow community members who are in need."

See more at: http://www.fccuburt.org/angel

KEYNOTE SPEAKERS

Scott A. Anderson, Ph.

Scott A. Anderson. Ph.D.
Senior Vice President
Chief Economist, Bank of the West
BNP Paribas Group



Jeffrey Michael, Ph.D.
Director, University of the Pacific
Center for Business & Policy Research

PANELISTS:

Lisa Blanco Jimenez Principle Attorney, Neumiller & Beardslee Attorneys and Counselors

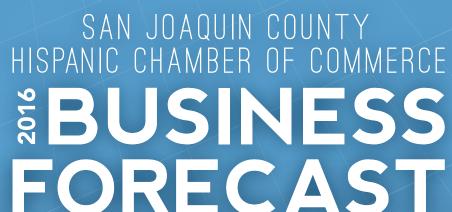
Bob GutierrezPresident Elect / CHCC Vice C

SJCHCC President Elect / CHCC Vice Chair Food 4 Less / Rancho San Miguel -Director of Govt. Affairs

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PG&E tiene Listo su Plan de Contingencia ante los Pronósticos del Fenómeno El Niño

SAN FRANCISCO, Calif. — Con las predicciones meteorológicas indicando que las tormentas, impulsadas por el fenómeno de El Niño, tendrán una fuerte intensidad este invierno en California, PG&E se ha venido preparando, – durante los últimos 18 años. La última temporada importante del fenómeno El Niño en 1997-1998 trajo el doble de las precipitaciones regulares en San Francisco, provocó inundaciones generalizadas y causó cortes de energía eléctrica, afectando a más de un millón de clientes. PG&E ha estado preparándose para tormentas como estas a través de la práctica o entrenamiento para situaciones climáticas extremas y desastres naturales, utilizando herramientas de meteorología avanzada, a fin de pronosticar dónde serán más significativos los efectos de las tormentas, mientras incorpora una tecnología innovadora a

su red eléctrica. La nueva tecnología incluye el uso de modelos de predicción de interrupción de energía por causa de tormentas, la instalación de equipos automatizados que "reparan automáticamente" la red eléctrica, así como datos oportunos y precisos de cortes en su sistema eléctrico de más de 5 millones de SmartMeters[™] (medidores eléctricos inteligentes). Además, significa que la red cada vez más inteligente, puede detectar más cortes de forma casi instantánea y la restauración, en muchos casos, se

puede hacer automáticamente.

"Planificar y practicar junto a la tecnología es la combinación que le ofrece a PG&E la preparación para responder a las tormentas de invierno. Ponemos nuestro enfoque en la seguridad pública y en responder a los cortes de energía de los clientes de manera eficiente", dijo Barry Anderson, Vicepresidente de Preparación para Emergencias y Operaciones de PG&E.

"Con estas herramientas de previsión y predicción de interrupciones eléctricas de avanzada, podemos trabajar con nuestras cuadrillas de servicio eléctrico para asegurarnos de que tenemos la cantidad de personas necesarias, vehículos y equipos en el lugar, en el momento adecuado cuando la tormenta golpeé", dijo Mike Voss, Principal Meteorólogo de PG&E.

Las mejoras incluyen:

• Preparación para Situaciones de Emergencia: PG&E ahora tiene un departamento completo, dirigido por Anderson, dedicado a la preparación y respuestas ante emergencias y desastres naturales. A través de ejercicios repetidos y minuciosas autoevaluaciones que buscan la mejora continua, el equipo de Preparación para Situaciones de Emergencia y Operaciones de la compañía ayuda a coordinar las respuestas de todas las oficinas involucradas en acontecimientos como; el terremoto de Napa de 2014 y los incendios

forestales de septiembre de 2015, incluyendo el trabajo en estrecha colaboración con los organismos de respuesta inmediata ante emergencias.

- Meteorología Avanzada: Las nuevas tecnologías y los modelos de predicción de cortes eléctricos durante la tormenta están ayudando a PG&E a identificar dónde pueden producirse problemas cuando lleguen las tormentas y el desarrollo de las mismas, a través del área de servicio de PG&E.
- SmartMeters [™]: Los SmartMeters o medidores eléctricos inteligentes juegan un papel importante en la respuesta de PG&E ante los cortes de energía. La compañía recibe los datos del SmartMeter, a pocos segundos de un corte eléctrico, para ayudar a los operadores del sistema a determinar rápidamente el alcance y el nivel de respuesta requerido. También permiten identificar la ubicación de un corte del suministro eléctrico con el objetivo de reducir la cantidad de tiempo necesario para que los equipos de restauración lleguen al lugar de los hechos.
- Smart Grid: PG&E ha instalado una tecnología automatizada de avanzada en las líneas eléctricas a lo largo de su área de servicio. Esta tecnología puede "reparar automáticamente" la red, re-direccionando el flujo de electricidad en torno a una línea eléctrica dañada y restaurando efectivamente la energía a la mayoría de los clientes afectados, en

cuestión de minutos. Estos sistemas se han instalado en casi el 20 por ciento de los circuitos de distribución eléctrica de PG&E, y han ayudado a la compañía a evitar, alrededor de 89 millones de minutos de apagones a clientes, desde que comenzó el programa en 2012.

• Nuevos Centros de Control de Distribución: Dos nuevos centros vanguardistas de control de distribución eléctrica ayudan a PG&E a gestionar más de 140,000 millas de circuitos de líneas de distribución en todo el Norte y Centro de California. Estas instalaciones son los centros neurálgicos de la red que suministra energía a los hogares y empresas. Están equipadas con sistemas que soportan, no sólo la tecnología actual de red inteligente, sino que también prestará apoyo a futuras actualizaciones. Los centros en Fresno y Concord estarán unidos a una tercera planta en Rocklin, a principios de 2016.

Los preparativos de PG&E para las tormentas de invierno no se limitan a sus operaciones eléctricas. Antes de la temporada de tormentas de invierno, los clientes de PG&E pueden llamar para solicitar un Representante de la compañía del Servicio de Gas (GSRs - por sus siglas en Inglés) para hacer el reencendido automático y revisar los controles de seguridad de los electrodomésticos que funcionan con gas. Llame al 1-800-660-6789.para hacer una cita.

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Latino Times welcome writer Mark Apostolon to the family



Mark Apostolon has been a professional writer for 40 years, beginning his career as a newspaper reporter and columnist while also hosting a weekly public affairs radio show. He has been a producer, writer, and director of both theatrical and televised scripted and documentary productions. He has created programming for television and broadcast radio; directed for theatre; and is a produced playwright. His newspaper work, at various stages of his career, has included special reports, and theatre and film reviews; he has been visiting college professor; created a practical journalism/documentary-making class for high school students.

For his work in TV, Mr. Apostolon has received three Emmy's as well as has the Cine Golden Eagle, multiple regional and national awards plus 22 Emmy nominations, as well as awards for his public affairs radio series Different Drum.

For the 2004 Democratic National Convention, he produced, wrote and directed the nominee and spouse profile videos for the national press feed. He also was a FEMA Public Information Officer and Confidential Reports Officer, writing reports for the President and members of Congress. Mr. Apostolon received his Bachelor of Science in Psychology from Tufts University.

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31 Central Valley Students Recognized as 2015 Cortopassi Family Foundation Vocational Grant Recipients

\$77,500 awarded to local students pursuing vocational certificates with up to \$232,500 to follow

STOCKTON, Calif. (December 10, 2015) - Thirty-one students enrolled in vocational certificate programs at San Joaquin Delta College and Modesto Junior College have qualified for educational grants of \$2,500 per semester awarded by the Cortopassi Family Foundation (CFF). The four-semester grant (\$10,000 per student maximum) are competitively awarded to students who are high school graduates; residents of San Joaquin or Stanislaus Counties; have overcome personal adversity; demonstrated financial need; and have enrolled in a 30+ unit vocational certificate program.

The Vocational Certificate Program (VCP) was initiated by Dino & Joan Cortopassi in 2014 via partnership with the Horatio Alger Association of Distinguished Americans, of which Dino is a member.

From its outset, the VCP has focused on providing career oppor-

tunities for high school graduates financially unable to pursue vocational training at public community colleges. The Cortopassi's recognized that while four-year college graduates faced a shrinking job market, the demand for vocationally trained workers was increasing. However, those high school graduates for whom vocational training would provide higher earning power, were instead entering minimum wage jobs.

Bridging the financial needs of qualifying candidates who desire to enroll full-time in Vocational Certificate programs is crucial. In addition to the \$2,500/semester grant, the VCP provides recipient access to experienced mentors, and year-two internship guidance. VCP \$2,500 grants automatically renew each semester for students remaining in good standing and progressing toward earning their vocational certificate.

The thirty-one recipients gradu-

ated from high schools in eight San Joaquin/Stanislaus cities. From Lodi-Brittany Chaves, Timothy Forrest Porter; Modesto-Jose Iniguez, Emmanuel Moreno; Stockton-Steven Arias, Mebri Calvillo, Delia Marie Castro, Eduardo Ceja, Matthew Michael Gallegos, Amalia Garcia, Emily Her, David Hernandez, Julissa Ruby Hernandez, Lezah Iguban, Jeremy McCormick, Ermelinda Mejia, Brittany Milstead, Jesus Montero, Nicho-

las Moscarelli, Adriana Ozornio, Chloe Rill, Carolina Rocha, Arsalan Shafqat, Javairia Shafqat, Juan Solorio-Lopez, Eusebio Montero Sotelo; Tracy-Malik Ransom; Turlock-Giana Falacco-Medeiros; Waterford-Joshua Morales.

Persons interested in more details including detailed VCP criteria, 2016 application deadlines, etc., can call Frances Richardson, VCP Applications Manager at (209) 365-4531.

Hospital

continued from Page 5

guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. "With a stroke, time lost is brain lost, and this award demonstrates our commitment to ensuring patients receive care based on nationally respected clinical guidelines," said David Culberson, C.E.O. San Joaquin General Hospital.

'We are pleased to recognize San Joaquin General Hospital for their commitment to stroke care," said Deepak L. Bhatt, M.D., M.P.H., national chairman of the Get With The Guidelines steering committee and Executive Director of Interventional Cardiovascular Programs at Brigham and Women's Hospital and Professor of Medicine at Harvard Medical School. "Studies have shown that hospitals that consistently follow Get With The Guidelines quality improvement measures can reduce length of stay and 30-day readmission rates and reduce disparities in care."

For providers, Get With The

Guidelines-Stroke offers quality improvement measures, discharge protocols, standing orders and other measurement tools. Providing hospitals with resources and information that make it easier to follow treatment guidelines can help save lives and ultimately reduce overall healthcare costs by lowering readmission rates for stroke patients.

For patients, Get With The Guidelines-Stroke uses the "teachable moment," the time soon after a patient has had a stroke, when they learn how to manage their risk factors while still in the hospital and recognize the F.A.S.T. warning signs of a stroke.

According to the American Heart Association/American Stroke Association, stroke is the number five cause of death and a leading cause of adult disability in the United States. On average, someone suffers a stroke every 40 seconds; someone dies of a stroke every four minutes; and 795,000 people suffer a new or recurrent stroke each year.





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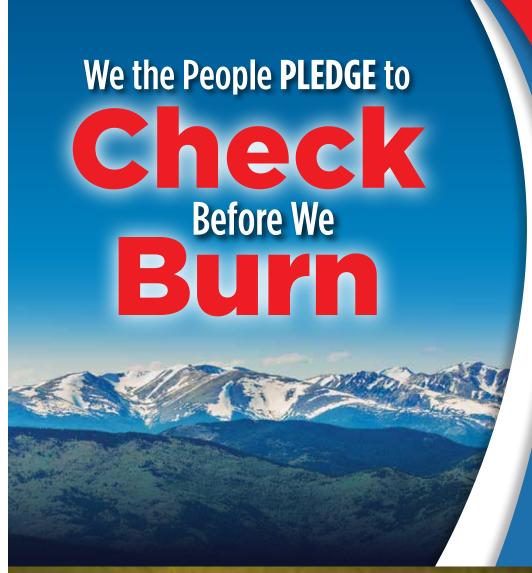


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More Mexicans Leaving Than Coming to the U.S.

Net Loss of 140,000 from 2009 to 2014; Family Reunification Top Reason for Return

By Ana Gonzales-Barrera More Mexican immigrants have returned to Mexico from the U.S. than have migrated here since the end of the Great Recession, according to a new Pew Research Center analysis of newly available government data from both countries. The same data sources also show the overall flow of Mexican immigrants between the two countries is at its smallest since the 1990s, mostly due to a drop in the number of Mexican immigrants coming to the U.S.

From 2009 to 2014, 1 million Mexicans and their families (including U.S.-born children) left the U.S. for Mexico, according to data from the 2014 Mexican National Survey of Demographic Dynamics (ENADID). U.S. census data for the same period show an estimated 870,000 Mexican nationals left Mexico to come to the U.S., a smaller number than the flow of families from the U.S. to Mexico.

Measuring migration flows between Mexico and the U.S. is challenging because there are no official counts of how many Mexican immigrants enter and leave the U.S. each year. This report uses the best available government data from both countries to estimate the size of these flows. The Mexican data sources — a

national household survey, and two national censuses — asked comparable questions about household members' migration to and from Mexico over the five years previous to each survey or census date. In addition, estimates of Mexican migration to the U.S. come from U.S. Census Bureau data, adjusted for undercount, on the number of Mexican immigrants who live in the U.S.

Mexico is the largest birth country among the U.S. foreign-born population – 28% of all U.S. immigrants came from there in 2013. Mexico also is the largest source of U.S. unauthorized immigrants (Passel and Cohn, 2014).

The decline in the flow of Mexican immigrants to the U.S. is due to several reasons (Passel et al, 2012). The slow recovery of the U.S. economy after the Great Recession may have made the U.S. less attractive to potential Mexican migrants and may have pushed out some Mexican immigrants as the U.S. job market deteriorated.

In addition, stricter enforcement of U.S. immigration laws, particularly at the U.S.-Mexico border (Rosenblum and Meissner, 2014), may have contributed to the reduction of Mexican immigrants coming to the U.S. in recent years. According to



one indicator, U.S. border apprehensions of Mexicans have fallen sharply, to just 230,000 in fiscal year 2014 - a level not seen since 1971 (Krogstad and Passel, 2014). At the same time, increased enforcement in the U.S. has led to an increase in the number of Mexican immigrants who have been deported from the U.S. since 2005 (U.S. Department of Homeland Security, 2014).

A majority of the 1 million who left the U.S. for Mexico between 2009 and 2014 left of their own accord, according to the Mexican government's ENADID survey data. The Mexican survey also showed that six in ten (61%) return migrants – those who reported they had been living in the U.S. five years earlier but as of 2014 were back in Mexico - cited

family reunification as the main reason for their return. By comparison, 14% of Mexico's return migrants said the reason for their return was deportation from the U.S.

Mexican immigrants have been at the center of one of the largest mass migrations in modern history. Between 1965 and 2015 more than 16 million Mexican immigrants migrated to the United States - more than from any other country (Pew Research Center, 2015). In 1970, fewer than 1 million Mexican immigrants lived in the U.S. By 2000, that number had grown to 9.4 million, and by 2007 it reached a peak at 12.8 million. Since then, the Mexicanborn population has declined, falling to 11.7 million in 2014, as the num-

See MEXICANS Page 13

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San Joaquin County Weatherization Program

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2015 Income Guidelines

# People in Home*	Annual Income	Monthly Income
1	\$23,963	\$1,996.89
2	\$31,336	\$2,611.31
3	\$38,709	\$3,225.74
4	\$46,082	\$3,840.17

2015 Income Guidelines			
# Personas*	Ingreso Anual	Ingreso Mensual	
1	\$23,963	\$1,996.89	
2	\$31,336	\$2,611.31	
3	\$38,709	\$3,225.74	
4	\$46,082	\$3,840.17	

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San Joaquin County's Weatherization Program provides these services for FREE to qualified homes and individuals. Items such as:

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- Door repair or replacement
- Free refrigerator, microwave, gas stoves
- Heating/Air Conditioning repair or replacement
- Insulation
- Water Heater repair or replacement
- **Ceiling fans**
- **Shower heads**
- **Smoke Detectors**
- **Carbon Monoxide Detectors**
- **Digital Thermostat**
- Weather-stripping

El Programa de Climatización Provee estos servicios gratis para hogares e individuales que califican. Puede incluir:

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- Reparación o reemplazo de la puerta
- Refrigerador, micro-ondas, estufa de gas gratis
- Reparación o reemplazo de Calefacción o Aire Acondicionado
- Insulación
- Reparación o reemplazo del Calentador de Agua
- Ventilador de techo
- Regadera
- **Detector de Humo**
- Detector de Monóxido de Carbono
- **Termóstato Digital**
- La cinta de aislamiento
- La Weather-stripping

Hispanic Hunger and Poverty Rates Higher than U.S. Average

Washington, D.C., December 10, 2015– Bread for the World has released new information detailing hunger and poverty rates among Hispanics in the United States. The data shows that Hispanics have much higher rates of both poverty and food insecurity than the general population. The data also documents how federal programs such as the Supplemental Nutrition Assistance Program (SNAP, or food stamps) help lift Hispanic families out of poverty.

"Federal programs such as SNAP play an important role in reducing both hunger and poverty in the Hispanic community," said Jose Garcia, director of church relations at Bread for the World. "Investments in these programs are critical to people's health and well-being, and help lift families out of poverty. Much more needs to be done to ensure that they are adequately funded."

In 2014, 22.4 percent of Hispanic households were food-insecure, and 24.1 percent of Hispanics lived in poverty, compared with 14 percent and 15.5 percent of the general population, respectively. Federal programs like SNAP provide long-term benefits for health, education, and economic well-being. Last year, SNAP lifted at

least 4.7 million people out of poverty—including 2.1 million children.

These benefits are particularly important for Hispanic families because in 2013 Hispanics made up 17 percent of the U.S. population but 28 percent of the working poor.

The data comes on the heels of a new report from the President's Council of Economic Advisers

highlighting how SNAP improves food security and life outcomes for families. At the same time, the current monthly benefit levels are often not sufficient to sustain households through the end of the month.

"Unfortunately, cuts to programs like SNAP mean that families do not have enough food to put on



the table," said Garcia. "This can have a devastating effect. Hospital visits spike, and children's test scores diminish after SNAP benefits have run out."

A report by Bread for the World Institute, The Nourishing Effect: Ending Hunger, Improving Health, Reducing Inequality, documents how food insecurity is associated with higher rates of depression, cardiovascular disease, high blood pressure, diabetes, and other physical and mental health conditions. The report estimates that hunger and food insecurity increased health expenditures in the United States by \$160 billion in 2014.

CAL WATER ANNOUNCES ROLLOUT OF COMMERCIAL WATER-USE EFFICIENCY EVALUATION PROGRAM

STOCKTON, Calif. — California Water Service (Cal Water) announced today that it will begin offering its popular Water-Use Efficiency Evaluation program to commercial, industrial, and institutional (CII) properties as another tool to help customers continue to use water wisely.

The Commercial Water-Use Efficiency Evaluation program, which is similar to the company's Residential Water-Use Efficiency Evaluation, will now be available to all CII customers in the company's regulated service areas

throughout California.

As part of the Commercial Water-Use Efficiency Evaluation program, Cal Water's contractor, CLEAResult, in conjunction with the California Conservation Corps, will conduct a thorough evaluation of the customer's property, including plumbing fixtures, industrial processes, and irrigation and landscape uses. Customers will also be provided a water-use report detailing recommendations on how the property can be more efficient. These services will be provided to qualified customers

at no cost.

According to Cal Water's Director of Drought Management and Conservation Ken Jenkins, the program is consistent with Cal Water's customerfirst approach to the drought.

"Programs like the Commercial Water-Use Efficiency Evaluation are helping Cal Water businesses achieve significant water savings and helping the state reach its water conservation goals in support of the drought," Jenkins said. "Individual savings will vary by location, and we are encouraging all

eligible businesses to do their part to help with the drought. This program is among the many tools we offer to our customers to help them conserve, both during this historic drought and into the future."

For more details or to sign up, call toll-free at (844) 207-1313.

Cal Water serves about 168,100 people through 42,700 service connections in Stockton. The company has provided water service in the area since 1926. Additional information may be obtained online at www.calwater.com.

Mexicans

continued from Page 12

ber of new arrivals to the U.S. from Mexico declined significantly (Passel et al., 2012); meanwhile the reverse flow to Mexico from the U.S. is now higher

The decline in the number of Mexican immigrants residing in the U.S. has been mostly due to a drop of more than 1 million unauthorized immigrants from Mexico from a peak of 6.9 million in 2007 to an estimated 5.6 million in 2014 (Passel and Cohn, 2014).

The drop in the number of Mexicans living in the U.S. also is reflected in the share of adults in Mexico who report having family or friends living in the U.S. with whom they keep in touch. In 2007, 42% of Mexican adults said they kept in contact with acquaintances living in the U.S., while today, 35% say so, according to newly released results from the Pew Research Center's 2015 survey in

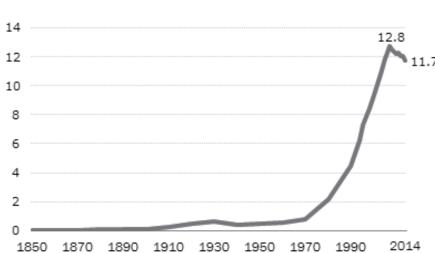
17.

The views Mexicans have of life north of the border are changing too. While almost half (48%) of adults in Mexico believe life is better in the U.S., a growing share says it is neither better nor worse than life in Mexico. Today, a third (33%) of adults in Mexico say those who move to the U.S. lead a life that is equivalent to that in Mexico – a share 10 percentage points higher than in 2007.

Asked about their willingness to migrate to the U.S., 35% say they would move to the U.S. if they had the opportunity and means to do so, including 20% of adults in Mexico who would do so without authorization. This is unchanged from 2009 when a third of adults in Mexico said they would be willing to migrate to the U.S., and 18% said they would do it without authorization (Pew Research Center, 2009).

Mexican Immigrant Population in the U.S. in Decline

In millions



Source: For 1850 to 1980: Gibson, Campbell and Kay Jung, "Historical Census Statistics on the Foreign-Born Population of the United States: 1850-2000," U.S. Census Bureau, Population Division, Working Paper No. 81, 2006; for Mexican born 1980 and 1990: Integrated Public Use Microdata Series (IPUMS-USA); for 2005 to 2012: Pew Research Center estimates based on augmented American Community Surveys; for 1995-2000 and 2013-2014 Pew Research Center estimates based on augmented March supplements to the Current Population Survey and 2000 Decennial Census.

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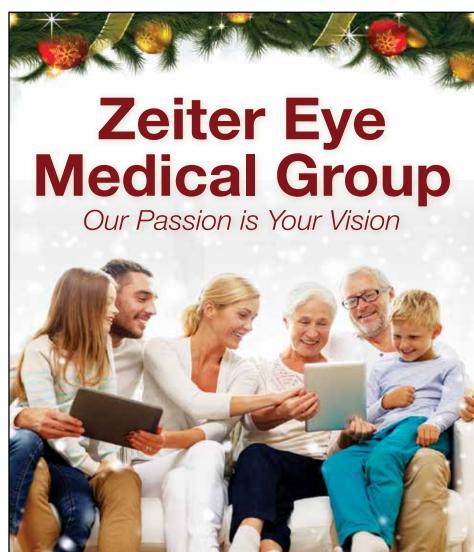
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Slowing Down Your Diabetes

By Todd G. Prewitt - NAM

After a diagnosis of diabetes, people have a variety of reactions. Some want to give up, some get very active in their health and others just go along for the ride

Regardless of which reaction you have had, one thing is certain, diabetes doesn't get better without you! While there is no known cure for diabetes, by taking an active role in controlling your blood sugar level, you may be able to slow down your diabetes. You may even improve your overall health along the way.

Diabetes is a group of diseases marked by high levels of blood glucose resulting from problems in how insulin is produced, how insulin works, or both. People with diabetes may develop serious complications such as heart disease, stroke, kidney failure, blindness, and premature death.

More than 9 million adults over the age of 65 have been diagnosed with diabetes in the United States. The Centers for Disease Control and Prevention estimates 29.1 million people or 9.3 percent of the U.S. population have diabetes. Yet 27.8 percent of people with diabetes are undiagnosed.

Health disparities are even greater for people of color. According to the U.S. Department of Health and Human Services Office of Minority Health, African-American adults are 80 percent more likely to be diagnosed with diabetes than non-Hispanic white adults and two times as likely as them to die from diabetes. Hispanic adults are almost twice as likely as non-Hispanic whites to be diagnosed with dia-

betes by a physician and are 1.5 times more likely to die from the disease than their white counterparts.

For these reasons I urge all adults who have been diagnosed with diabetes, in particular people of color and seniors, to take basic treatment steps to help manage and live with their diabetes. The more you can stick to them, the better off you're likely to be.

- Reframe how you think about your self-care. There's no doubt that dealing with diabetes can be a lot of work. It can be depressing and you can feel deprived. However, you may find the whole situation easier if you change the way you look at caring for yourself. Diabetes isn't a punishment for unhealthy past behavior. It's a motivator for healthy future behavior.
- Your Treatment Goal Your doctor likely has told you about monitoring your sugar levels with a blood test called a hemoglobin A1c every three to six months. This test establishes your average blood sugar level for the past several months and provides you and your physician a measure of how your diabetes treatment plan is working. A measure of less than 7 percent is ideal but you and your doctor will establish the right level for you. Know that number and work with your doctor to adjust your treatment to achieve it!
- Work closely with your doctor. It is very important to take all of your medications as directed by your doctor. Diabetes affects many other systems in the body so keep your routine doctor appointments. Get regular blood pressure tests, cholesterol screenings, eye



exams, and an annual kidney-function test. Be sure to practice healthy foot care habits and address any foot problems or changes immediately. Sores can quickly lead to big problems for the feet of people with diabetes. Don't let that happen to you!

- Escalating Medication Therapy. Sometimes diabetes can be controlled through lifestyle choices such as diet and exercise, however, most everyone will need to take medication. Remember how important your Goal A1c number is? If you are not achieving it with one medication it may be important to add another drug and sometimes insulin is really the best next step, even early in treatment. Insulin therapy can be demanding, but it is a key component to maintain your health. Newer versions may allow you to only require one shot a day.
- Lose weight. You hear this over and over again, but losing weight – if you can – really is incredibly help-

- ful. Losing as little as 5 percent of your weight can improve your health. Think of it as another treatment for your diabetes.
- Stick to your healthy eating plan as much as you possibly can. The good news here is that the more you stick to it, the more your body and taste buds will adjust.
- Be physically active. A common goal for physical activity is 30 to 60 minutes five or six days a week. Try to hit the 60 minutes workout as many days as possible. (Of course, check with your doctor to make sure that physical activity is right for you.)

Reaching your goals with diabetes may seem like a lot of work, but finding ways to incorporate these healthy tips into your everyday routine will quickly make it feel normal for you. Stay healthy, you're worth the effort!

Dr. Todd Prewitt is the Director of Chronic Care Strategies for Humana's Health Guidance Organization.

Future immigration will change the face of America by 2065

By D'vera Cohn

A snapshot of the United States in 2065 would show a nation that has 117 million more people than today, with no racial or ethnic majority group taking the place of today's white majority, according to new Pew Research Center projections. About one-in-three Americans would be an immigrant or have immigrant parents, compared with one-in-four tod

These projections show that new immigrants and their descendants will drive most U.S. population growth in the coming 50 years, as they have for the past half-century. Among the projected 441 million Americans in 2065, 78 million will be immigrants and 81 million will be people born in the U.S. to immigrant parents.

The projected changes in population makeup could have implications in a variety of realms, changing the face of the electorate, raising the education levels among the foreign-born population and altering the nation's birth patterns.

By 2065, No Racial or Ethnic Group Will Be a MajorityNon-Hispanic whites will remain the largest racial or ethnic group in the overall population but will become less than a majority, the projections show. Currently 62% of the population, they will make up 46% of it in 2065. Hispanics will be 24% of the population (18% now), Asians will be 14% (6% now) and blacks will be 13% (12% now).

The U.S. electorate already is more

diverse than ever, and the projected demographic changes would produce a rising share of non-white potential voters. One important factor is the rising age of the second generation – people born in the U.S. to at least one immigrant parent. Currently, a large share is not yet eligible to vote. This group's median age is 19, meaning half are younger and half are older. But by 2065, their median age will be 36, according to the new projections.

The projected rise of Asians as the nation's largest immigrant group has its own implications, among them potentially increased education levels. Among immigrants who arrived within the past five years, Asians already outnumber Hispanics, in part because of a sharp recent drop in immigration from Mexico. This slowed Hispanic immigration also will have a longer-term impact: In 2065, Asians will outnumber Hispanics among all immigrants – 38% to 31%. (Today those shares are 26% and 47%.)

The increased share of Asian immigrants among all immigrants means that education levels of the foreign-born population could rise sharply, because Asian immigrants tend to be better educated. Among recent immigrants from Asia, for example, 57% have completed college, compared with 13% for recent Mexican immigrants and 28% for immigrants from other Central or South American nations.

The rise of the Asian share of the immigrant population also could have

implications for the political debate about immigration over the next 50 years. Americans today have mixed views about the impact of immigrants on society, but tend to have more favorable views of Asian (and European) immigrants than other groups, according to a recent Pew Research survey. The survey also found that most Americans (56%) would prefer giving priority to immigrants who are highly educated (or highly skilled), compared with 37% who favor giving priority to those with family in the U.S.

The poll also found that about half of Americans (49%) would like immigration levels decreased, and that is something that may happen anyway, according to the projections. Although immigrants are projected to be a record 18% of the population in 2065, the foreign-born population will be growing more slowly in 50 years than it has recently. From 2055 to 2065, the immigrant population is projected to rise by 9%, compared with 17% from 2005 to 2015 (which was markedly lower than the growth of more than 40% for each of the three preceding 10-year periods).

The projections also show a change in birth patterns, with a continuing dip in average lifetime births to Hispanic women and a slight rise in average life-

Share of Immigrants and Their

Children on the Rise

2015
2065

Total population (in millions)

324
441

Foreign born
14%

Second generation
12%
18%

Note: "Second generation" is people born in the U.S. with at least one foreign-born parent.

Source: Pew Research Center projections

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time births to Asian and white women. Today, average lifetime births to Hispanic women are markedly higher than to other groups, but the projections show that in 2065, Hispanics, whites, blacks and Asians would have similar fertility rates. Overall, the U.S. fertility rate would be about the same as it is now, with the average woman having slightly less than two children. These trends reflect Census Bureau assumptions about birth patterns.

The projections are based on assumptions about birth, death and immigration rates that are built on recent trends, but those trends can change. Moreover, any projections have built-in uncertainties, especially for years further in the future.

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