

California Hispanic Chambers of Commerce Opposes Proposition 2

Leading Latino Organizations Agree, Prop. 2 is Anti-Consumer, Anti-Worker, and UN-SAFE

The California Hispanic Chambers of Commerce (CHCC) has announced its opposition to Prop. 2 and has joined Californians for SAFE Food in the fight to stop the dangerous and costly Prop. 2 ballot initiative, 'Standards for Confining Farm Animals. Initiative Statute.'

CHCC joins a growing list of leading Latino organizations opposed to Prop. 2, the UN-SAFE Food Initiative, including the Mexican American Political Association and the National Latino Congreso who have also come out in opposition to Prop. 2 citing the many negative consequences Prop. 2 poses for California consumers and working families.

"California's economy is suffering from housing foreclosures, financial uncertainty and job losses in core industries. Latino businesses and their workers have always prospered when our community has access to capital and thrives when there are ample available employment opportunities. Proponents of Proposition 2 have

failed to meet the test of what is in the best interest of the Latino business and working community," said Joel Ayala, President & CEO of the California Hispanic Chambers of Commerce.

California consumers, workers and businesses significantly depend on California egg production, which produces 4.9 billion eggs annually valued at \$323 million. If Prop. 2 passes, Californians will have virtually no options to purchase locally produced, fresh eggs and be forced to rely on eggs trucked in from other states and Mexico that do not have the same high food safety standards as California.

"According to the UC-Davis economic impact study, the potential loss of \$600 million in economic activity and more than 5,000 jobs will have a negative multiplier affect on working families, especially Latino families in California," noted Ayala. "The Hispanic Chamber is at the forefront in communities and neighborhoods across California in help-

ing to ensure all segments of our economy continue to grow. We are especially concerned about the devastating economic impact to the Central Valley if Prop. 2 is not defeated."

Prop. 2 is a risky and dangerous measure banning almost all modern egg production in California. Prop. 2 jeopardizes food safety and public health; wipes out Californians' access to locally grown, fresh eggs; harms consumers by driving up prices at grocery stores and restaurants; and creates a dependency on eggs shipped from other states and Mexico.

According to the recently released UC Davis economic impact study, Prop. 2 will eliminate almost all of the state's egg industry in five years and further harm the state's economy due to resulting job and revenue losses. Eliminating most of California's egg industry, Prop. 2 will cost the state \$615 million in economic activity and a statewide loss of 5,750 jobs.

LA COLUMNA VERTEBRAL
El Soporte Informativo Para Millones de Hispanos
Por Rebeca Logan



Rebeca Logan

De nuevos ciudadanos a nuevos votantes

Hace pocos días en la Arena Deportiva de Los Ángeles se reunieron más de 15 mil personas de todo el planeta. Pero no llegaron al estadio para ver un partido de basket o un concierto, llegaron para dar el último paso en su largo camino hacia la ciudadanía de Estados Unidos, y el primer paso como nuevos votantes.

Con esta ceremonia de naturalización, miles de inmigrantes demostraron ante un juez federal, y los familiares y amigos que los acompañaron, que Estados Unidos es su país, y que sin olvidar sus raíces, ahora son parte integral de la vida política de su patria adoptada.

No sólo en California se han llenado centros cívicos, tribunales y parques con nuevos ciudadanos. El año pasado más de 1.4 millones de personas llenaron su solicitud de ciudadanía, y desde entonces cientos de miles han seguido los pasos de tantos otros inmigrantes que tanto le han dado al país.

¿Y qué tiene que ver la naturalización con la vida política? Pues una de las grandes diferencias entre un inmigrante con residencia permanente y un ciudadano, es el derecho al voto. Los residentes legales en Estados Unidos, al igual que los ciudadanos, pagan impuestos, pueden trabajar, traer a sus familiares y están amparados por los mismos derechos laborales y por la constitución del país.

Pero a la hora de escoger a sus representantes, o de lanzarse a la política electoral, sólo los ciudadanos pueden participar plenamente. Y por eso, este año de elecciones históricas, miles de nuevos ciudadanos tras obtener su certificado de naturalización han conseguido su carné de votación.

Griselda Luna, es una de ellas. Momentos después de convertirse en ciudadana, se inscribió para votar. "Yo tengo familia que todavía no puede votar, yo quiero un futuro

mejor", comentó Griselda, quien se hizo ciudadana en Colorado.

Como ella, muchos de los nuevos votantes no sólo tienen su propio interés en mente, si no que no olvidan a los millones que todavía no han podido llegar a ese punto en su trayectoria.

Según la alianza "We Are America", una coalición de organizaciones que está inscribiendo a nuevos votantes, en las elecciones del 4 de noviembre, habrá más de un millón de nuevas caras en las urnas, escogiendo a sus candidatos, participando en la construcción del futuro de su país. ¿Serás parte de ese millón?

Amigo lector de *La Columna Vertebral*, la Línea de Ayuda está siempre a su disposición con sus servicios de información y referidos en el 1-800-473-3003.

TB Case Reported at Southwestern College's Higher Education Center at National City

HHSA Working with School Officials to Identify Those Who May Have Been Exposed

The County of San Diego Health and Human Services Agency (HHSA) is working with Southwestern College officials to notify students and faculty who were possibly exposed to tuberculosis (TB).

An individual who was in two classes at Southwestern College's Higher Education Center at National City campus has been diagnosed with TB. The individual attended classes during the summer and fall 2008.

"Anyone who may have been exposed should contact their healthcare provider and ask about getting tested," says Wilma Wooten, M.D., M.P.H., County Public Health Officer. "This action will help us stop the spread of TB in our community."

HHSA's TB Control, working closely with school officials, has identified approximately 75

students and faculty at the Higher Education Center at National City who may have been exposed. Southwestern College has sent notification letters to the affected individuals.

Symptoms of active TB include persistent cough, fever, night sweats and unexplained weight loss. Most people who are exposed to TB do not develop the disease.

Southwestern College students who may have been exposed may be tested at no cost at Student Health Services on the Chula Vista, National City and Otay Mesa locations. For questions regarding testing, please call Student Health Services at (619) 482-6354.

Individuals with no medical provider, or anyone who would like more information, may call the County TB Control Program at (619) 692-8621.

SBA's San Diego District Director Garcia to Speak at Business Expo

U.S. Small Business Administration (SBA) District Director Ruben Garcia and key staff members will make presentations about the advantages of SBA loan guarantees and other agency programs for those who are planning to start or grow a small business at the October 11 Build, Connect, Grow100 - Access to Capital Business Expo.

Topics and programs for the one-day program include:

- A Business Resource Expo
- Educational Financial Workshops
- One on One Consultations
- Success Strategies for Business Growth

Date: Saturday, October 11, 2008

Time: 8:00 a.m. - 3:00 p.m.
Location: Doubletree Hotel San Diego (Mission Valley) 7450 Hazard Center Drive, San Diego, CA

Cost: \$10.00 (includes breakfast and lunch)

Escondido Gang Prevention Group to Hold Community Forum

The Escondido Gang Reduction, Intervention, and Prevention Task Force (E-GRIP) is inviting the Community to attend one of two separate public forums to express their concerns regarding gang activity, and any suggestions on how to keep youths from joining gangs.

Escondido residents are encouraged to attend the location that is nearest to their home. Childcare and Spanish translation will be provided.

The dates and locations are:
• October 7, 2008 at 7:00 p.m. at Rose Elementary, 906 N. Rose St., Escondido
• October 28, 2008 at 7:00 p.m. at Felicita Elementary, 737 W. 13th Ave., Escondido.

To report any suspicious activities in your neighborhood, you may contact the Police Department directly, or you may make an unidentified call on our "Anonymous Tip Line" at (760) 743-TIPS (8477) or via our Web site at www.escondido.org/police.

Entre A Internet Para Estar Seguro Que La Información De Su Inscripción Es Correcta

Recurso que da a los electores la oportunidad de hacer cambios antes de la elección del 4 de noviembre.

El Registro Electoral del Condado de San Diego está animando a la gente a usar el fácil recurso de internet del departamento para revisar la información de su inscripción en www.sdvote.com.

"Estamos esperando una gran participación en la Elección del 4 de noviembre, y queremos estar seguros que los electores han verificado la información de su registro para asegurarse que el Día de la Elección transcurre sin contratiempo para todos," Dijo la registradora Deborah Seiler.

Este recurso informativo está disponible en Inglés, Filipino, Español y Vietnamita. También puede ser usada por aquellos que voten por correo para encontrar cuándo sus boletas fueron recibidas por la oficina del Registro.

Para cambiar información de inscripción, complete una forma, disponible en: www.sdvote.com, en la oficina del Registro Electoral, en todas las oficinas de Correo, librerías

públicas, y en las oficinas del departamento de Vehículos Motorizados. Todas las solicitudes deben estar mataselladas por el correo o enviadas al Registro Electoral no más tarde de la medianoche del 20 de octubre de 2008.

Los electores también deben estar conscientes que a diferencia de la Elección Primaria Directa, en junio, los electores en esta elección van a poder emitir sus boletas por candidatos de cualquier partido político.

Latino Health: What the Numbers are Telling Us

With September coming to an end, it marks the end of Latino Health Awareness Month. Several events took place all across California to raise awareness and knowledge about the health issues affecting the Latino community. Many of these activities were sponsored by the Network for a Healthy California (www.cachampionsforchange.net/en/index.php) and included park festivals and healthy cooking demonstrations. Latino Health Awareness Month marks a time to reflect not only on your personal health choices but also the health of your community.

Community health encompasses the total physical, emotional, and environmental conditions of a community, and can directly affect the health of you and your loved ones. Unfortunately there are still great social, environmental, and economic inequalities that result in poor health conditions within the Latino population. As a result of these disparities, Latinos are more likely to be affected by preventable diseases such as diabetes, cervical cancer and AIDS/HIV. According to a 2005 survey by the Center for Disease Control and Prevention (CDC) cancer, diabetes, heart disease, and stroke ranked in the top 5 leading causes of death in the Latino population.

Cancer is a term used for diseases in which abnormal cells divide without control and are able to invade other tissues. Latinas suffer the highest rate of cervical cancer in California, and are far more likely to die from cervical cancer than White women.

Diabetes occurs when your body can't produce enough insulin, the hormone needed to convert blood sugar into energy, or use it properly. There are three types of diabetes, however type 2 diabetes accounts for nearly 90-95% of all diabetes cases. Nearly 1 out of 5 Latino adults over 50 report having diabetes, which is the highest rate for all ethnic groups.

Heart disease and stroke are two forms of cardiovascular disease, both of which affect the heart by narrowing the arteries and reducing the amount of blood the heart gets making it work harder. Heart disease is the number one killer of Latinas in the United States.

Although family history does play a role, there are still things that you can do to prevent these health conditions. Early detection and lowering your risk factors are vital to preventing and managing cancer, diabetes, heart disease, and stroke. Screenings are vital in detecting cancer, disease, heart disease and strokes as many of the symptoms are 'silent.'

Also lowering the known risk factors for these diseases can help maintain if not prevent you from ever developing these conditions. The top risk factors include smoking, lack of exercise, a poor diet, not getting enough sleep and being overweight.

There are several steps you can take to lower your risk:

1) **Don't smoke.** Cigarette smokers are 2-4 times more likely to develop heart disease than nonsmokers. Cigarette smoking nearly doubles a person's risk for stroke. Ac-

ording to the American Heart Association 21% of Latinos, and 11% of Latinas smoke. If you or a loved one are interested in learning how to quit, resources in both English and Spanish are available on the American Heart Association website: www.americanheart.org

2) **Exercise.** In 2004 only 23% of Latinos reported getting regular physical activity. 30 minutes a day of moderate exercise like walking, working in the garden or jogging greatly reduces the risk of chronic disease. Looking for a fun way to increase physical activity for you and your family? Check out the San Diego Prevention Research Center Community Resource Guide (www.sdprc.org) to find places where you can be active near you.

3) **Eating.** Add more fruits and vegetables to your diet by preparing it as a snack or as a substitute for a high fat dessert. Try to eat less fast food and other high fat, high sugar, and high salt snacks.

4) **Sleep.** Get 7-8 hours of sleep a day to keep your mind and body working properly. The body needs time to recuperate from the stressors of the day. People who don't get enough sleep are more likely to be overweight, partly because they made poor decisions about what to eat and how to spend their free time.

This message is brought to you by SDPRC/Familias Sanas y Activas. For more info on our free physical activity programs in South Bay, please contact Sara Solaimani at 619-594-2965 or Liz Mejia at 619-594-2292.

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