Air pollution causes health problems near border
By Sarah Stanton

Driving south on Interstate 19 toward Mexico, one feature of the landscape is impossible to miss—the cloud of haze surrounding Nogales on both sides of the border.

Air pollution near the border has been a source of concern for both Arizona and Mexican government officials for the past 20 years. Government agencies on both sides of the border are now working together to decrease air pollution and the negative health effects it brings.

Stephen Owens, director of the Arizona Department of Environmental Quality (ADEQ), said he is working with the Environmental Protection Agency and its Mexican equivalent to develop a strategy to fight the main sources of air pollution in the border area, which are unpaved roads, parking lots and vehicle emissions.

“Our work with Mexico on these issues is a real example of international cooperation,” Owens said.

Owens said decreasing pollution is not just an environmental issue, but a public health issue.

“Asthma is the biggest health problem we see along the border,” he said.

Dr. Mark Brown, a pediatric pulmonologist with the Arizona Respiratory Center, said air pollution can significantly worsen asthma symptoms, especially in children.

“It can cause coughing, wheezing and more severe illness if a child with asthma catches a virus,” Brown said.

A study done by the Arizona Department of Health Services determined that the prevalence of asthma among fifth grade students in Nogales was 7.6 percent on the Arizona side and 6.9 percent on the Sonora side, both of which are higher than the 4 percent to 6 percent U.S. national average.

Even in children without asthma, Brown said air pollution can cause sinus disease, increased ear infections and coughing.

Air pollution has also been linked to cardiovascular disease and lung damage after long periods of exposure, according to studies done by the Arizona Department of Health Services.

For ADEQ, these health problems mean they must work hard to develop an effective plan to reduce air pollution.

“We take this very seriously, and we’re putting a ‘Border’ see page 6

New nutrition guidelines key to making Arizona schools healthy

The Arizona Department of Education revised food regulations to take effect in July
By Laura Paull

The Arizona Department of Education has altered nutrition standards for food served in elementary and middle schools to ensure children get healthier foods during the school day.

The Department released new nutrition guidelines in January specifying new food requirements. They will go into effect in July. The guidelines include the percentage of fat contained in food served in schools, and limit the size of portions of desserts and pastries.

“We’ll be evaluating what else needs to be changed and offering suggestions for alternatives,” said Pam Palmo, director of food services for TUSD.

Cafeterias are trying to serve fruit with every meal and are planning to serve more rice and pretzels, in lieu of candy bars and chips, which were previously allowed, said Caroline Navarrette, Wakefield Middle School food service manager.

The Arizona Department of Education is implementing these new standards because of increased child obesity, increased diabetes among children and because children were not receiving the proper nutrition necessary for their age group, according to the Arizona Department of Education Web site.

The food served must meet the Dietary Guidelines for Americans, which means they must have 30 percent or less calories from fat, 10 percent or less calories from saturated fat, and a decrease in sodium and cholesterol. An increase in fiber and

First rent-to-own complex to offer low-income families housing options

By Kristen Cornors

South Tucson is home to Arizona’s first rent-to-own complex, one of just a handful in the country.

Valle Del Sur Condominiums are unique because they offer families with incomes ranging from $21,180 to the mid $30,000’s, depending on family’s size they then have the option to purchase their condo at today’s market price after renting them for 15 years, said Candy Mejia, property manager.

The complex, which broke ground in October 2004, was just completed and is currently accepting applications for potential residents, said Scott Duvey from the non-profit Design Development Group. He said there are only two families currently residing there.

Valle Del Sur, 251 W. 38th Street, offers two, three, and four bedroom units with two bathrooms and comes equipped with washers, dryers, microwaves, and refrigerators.

Residents will also have access to two community rooms and a pool.

There has been some talk about turning one of the community rooms into a child-care facility, Duvey said, and would require subcontracting a service provider.

Residency and rent depends on household income, said Davey, and is a great opportunity for South Tucson residents. The leasing office number is 792-1448.
Voluntarios ayudan a miembros de la comunidad a declarar gratuitamente sus impuestos

Por Ángel López

Voluntarios les ayudan a los miembros de la comunidad entablar gratuitamente sus impuestos.

El programa de preparación gratuita de los impuestos para los ciudadanos de Tucson es conocido como Voluntarios de Income Tax Assistance donde los que necesitan ayuda con la entablaación de impuestos pueden recurrir a un voluntario que trabaja con una ayuda de especialistas. El programa VITA se estableció hace más de 30 años para proveerles la asistencia gratuita y el trabajo de expertos de bajos y moderados ingresos y asegurar que ellos reclamen todos los créditos que puedan tener. Los voluntarios pueden incluir en el Earned Income Tax Credit y el Child Tax Credit, dijo Patty Dougherty, la gerente del programa de VITA.

"El programa EITC les da a la comunidad de trabajadoras," dijo Dougherty.

Todos los voluntarios de VITA han estudiado por tres semanas las leyes de impuestos y del software TaxWise, todos patrocinado por el IRS, para ayudar a la gente entablar electrónicamente los impuestos.

John Blumenfeld, el líder de AmericaCorps National Civilian Community Corp., dijo que la entablaación electrónica es más rápida por no tener que correr riesgos del correo y es más fácil de corregir sin tener que empezar de nuevo el proceso. El voluntario Charles Rood ayuda a un visitante a entablar electrónicamente su declaración de impuestos.

"Con nuestra ayuda, podemos que la gente en el proceso. El programa de preparación de impuestos VITA es de ayuda a los trabajadores como..." dijo Dougherty.

Los voluntarios de VITA ayudan a más de 5,000 familias durante esta temporada de la entablaación de impuestos.

A los que visitan a un sitio VITA, primero se les investigará para determinar si cumplen con los requisitos antes de que puedan inscribirse para poder hablar con un especialista. El proceso de entablaación se hace con los voluntarios que dueña para un período de tiempo que dura aproximadamente entre una media hora a una hora para llevarse a cabo, según la complejidad del proceso.

Entablar un impuesto de esta manera es fácil de corregir sin tener que empezar de nuevo el proceso. El voluntario Charles Rood ayuda a un visitante a entablar electrónicamente su declaración de impuestos.

"La gente que aquí está, esta es una oportunidad para ellos," dijo Dougherty.

"Estos reembolsos son el dinero de ellos," dijo Blumenfeld. "¿Por qué no ayudarles pagar por sus impuestos, pese a que se les devuelve su propio dinero?"

"Basicamente, si un cliente entra a nuestra... y necesita ayuda con los impuestos. Ellos se benefician con el programa VITA del Programa de Income Tax Assistance. El voluntario Charles Rood ayuda a un visitante a entablar electrónicamente su declaración de impuestos.

El voluntario Charles Rood ayuda a un visitante a entablar electrónicamente su declaración de impuestos. Con nuestra ayuda, podemos que la gente en el proceso.

"Entablar y sonría" con la preparación gratuita de los impuestos.

La organización United Way of Tucson and Southern Arizona está buscando de voluntarios para el programa de Income Tax Assistance.
Volunteers help community members file taxes for free

By Angel Lopez

Tucsonans have until April 15 to file their federal and state taxes. For residents whose eyes are already glazing over, help is on the way.

A special program offers assistance by trained tax preparers to low- and moderate-income families to make sure they claim all the benefits they are entitled to. The Volunteer Income Tax Assistance (VITA) program was developed over 30 years ago to make sure everyone gets all the tax credits they're entitled to, including the Earned Income Tax Credit and Child Tax Credit, said Patti Dougherty, site program manager.

"The EITC [Earned Income Tax Credit] is a credit for working families," said Dougherty.

All VITA volunteers have undergone three weeks of Internal Revenue Service-sponsored training in tax law and in TaxWise software to help people file electronically. Electronically filing is faster because no mailing is involved and it is easier to correct without having to start the process all over again, said Jon Blumenfeld, AmeriCorps National Civilian Community Corps team leader. Electronic filing also gives the person the option to have their return directly deposited into their savings or checking account.

Last year the VITA program opened eight sites in the Tucson area and filed 2,400 returns. This year the program has recruited 120 volunteers and increased the number of bilingual speakers, said Dougherty.

She predicts volunteers will help more than 5,000 families this tax season. People visiting a VITA site are first screened for eligibility before they can sign in to be called by a tax preparer. The filing process is conducted in an interview style and takes about half an hour to an hour to complete, depending on the complexity of the process.

Applicants should have photo identification, all W2 forms and Social Security cards for each member of the family. Both parties must be present for joint filing. Once the filing process is complete, a volunteer sponsored by ArizonaSaves sits down with the individual to talk about options for investing their tax return.

Another option, Salcido said, is an Individual Development Account. Chicanos Por La Causa, offers a program to help families purchase a home. For every $4 invested, the organization will contribute $1 to the account, matching up to $1,000.

"A lot of people don’t know they can get into a house for $1,000," said Salcido.

Cunna Lespron said she has been filing her taxes with help from the VITA program for the past three years.

Hank Armenta and Corina Lespron sit alongside tax assistant volunteer Charles Rood as he explains the often confusing process of federal and state filing taxes.

"The people here are really great, respectful and generous," she said.

Lespron is a former apartment manager and has been on disability for the last three months due to an injury. She said she recommended the free service to her friend Hank Armenta.

Armenta, a maintenance worker at Valencia Middle School, was paying $150 to $200 each year to have his taxes prepared by a private business. This year was his first visit to a VITA site. Armenta said he qualified for an earned income tax credit and discovered he is due $1,800 in a federal return, something he hasn’t seen in four years.

"It feels great," Armenta said.

The side-by-side interaction with the community volunteer made him feel more involved in the process, he said. As Charles Rood, a volunteer, entered his information into the computer, Armenta said he looked on from the seat next to him and watched the mysteries of tax filing unfold.

Blumenfeld said that one of the purposes of the VITA program, which is facilitated by United Way of Tucson and Southern Arizona, is to help workers like Armenta file without having to take out loans or pay for services.

"These tax refunds are their money," Blumenfeld said. "Why should people have to pay money to get their own money back?"

Local legal secretary braves Cowell and company for a shot at stardom

By Kate Kemner

One must be brave to sing in front of the notoriously cruel Simon Cowell, the feared judge of the hit television show, “American Idol.”

"If you would be singing like this two thousand years ago, you would have stoned you," said Cowell to a daring but unlikely contestant. Fortunately, he was less harsh on Yvette Gonzalez, 28, of Nogales, Ariz. when it was her moment to shine on the prime time show.

Although she only made it through the first round, Gonzalez, a legal secretary, said her time in Los Angeles was worth it because she followed her dream.

"It was a really good experience," Gonzalez said. "I did it and I didn’t sit at home wondering." Gonzalez started singing at the age of three, but her American Idol adventure began when she won the ‘Radio Star’ competition hosted by KQK 93.7’s John Jay and Rich Show last year. John Jay told Gonzalez’s mother, Connie Serino Gonzalez, that her daughter should try out for American Idol.

So when Yvette Gonzalez’s Mariachi director asked her to visit him to meet two daughters to tryout for the show in Las Vegas, she thought, “maybe God wants me to go.” Yvette Gonzalez’s mother has always had an influence on her life, which helped push her to tryout for the TV competition. A singer herself, Connie Serino Gonzalez encouraged her daughter to not only sing, but play the violin and piano by age seven, and try her hand at ballet, tap dancing, school plays, and modeling.

With the help of her mother, who said she is more than proud of her daughter, Yvette Gonzalez decided she had nothing to lose by shooting for the American Idol dream.

When she arrived in Las Vegas she estimated that she was one of about 5,000 people, all with the same dream.

After a process of elimination, she was one of the 10 chosen to go to Los Angeles to film the first episode of this season’s show.

Gonzalez enjoyed being in the spotlight and on national television, it felt normal and fun, she said. But she worried about what the judges might say in front of a nationwide audience, she said.

"We were very nice," Gonzalez said. "Even Simon is nicer in person.

After being reassured that the judges were nothing to worry about, Gonzalez said she could concentrate more on the American Idol dream, a goal that was supported by her family, friends, boss and co-workers.

“Everyone had given me a lot of support, even my boss at work,” she said.

As the winners of the first round were announced, Gonzalez said she was praying to God, saying “if it’s meant to happen, let it happen, and if it’s not, let it go now.”

Although being cut was a disappointment, Gonzalez said she is proud of how far she did make it and is hopeful this is just the beginning of a successful future music career.

“I will continue doing what I am doing and hopefully land a record deal,” she said.

Until then, she said she will continue to perform for special events, such as singing the national anthem at sporting events, and will get back to working with her Mariachi group. And she will always have her moment on national television to treasure.

“I will always be a part of American Idol.”

Mailbox

El Independiente encourages letters from all its readers, but reserves the right to edit correspondence for grammar, style, clarity, and length.

Submissions can be sent to the managing editor, Adam Gaub. agaub@email.arizona.edu or write to: UA Journalism P.O. Box 210080 Tucson, AZ 85721 Fax: 621-7557 Phone 621-3618
Padres de familia pueden mejorar calidad de empleo

Wakefield ofrece entrenamiento laboral para padres de familia

Por Erin Haskell

Carmen Kemery, directora de la escuela primaria “Wakefield”, quiere mejorar la calidad de vida de sus estudiantes educando a sus padres.

Kemery, en conjunto con maestros voluntarios y del resto de la comunidad, está en el proceso de crear un programa el cual edifique a los padres de los niños, enseñándoles un oficio para que puedan mejorar o conseguir un mejor empleo.

El programa tendrá los mismos lineamientos que el actual programa “Empleos de vida”, que dirige la esposa del Alcalde de Tucson, Beth Walkup, y que ha tenido mucho éxito en los últimos cuatro años, Kemery indicó.

El programa será impartido mediante ejercicios prácticos; estos con el propósito de enseñar a los padres a tener confianza en ellos. Los padres de los niños aprenderán varios oficios, incluyendo barbería, maquillaje, cosmetología, y más.

Aunque no es un requisito, Kemery sugiere que los padres de familia se inscriban en la preparatoria (GED) y en el programa de inglés (ESL), aunque el principal objetivo del programa es que los padres de familia aprendan uno o varios oficios.

El programa incluirá clases en español este mes y clases en inglés en el próximo mes de abril.

“Quiero que los padres de familia se inscriban en este programa en el que van a aprender un oficio, además de la preparatoria y el programa de inglés,” Kemery indicó.

A “snip” of South Tucson; a cut above the rest

By Alexis Ewers

Gilbert Barrios, a hand as steady as he slowly pulls his comb toward him, glides wisps of salt and pepper hair to the comb’s tip. Delicately, he raises his other hand and the fingers that are clenched around his scissors open gradually.

Snip. In one swift motion the scissors sprinkle the floor with bits of the speckled hair.

Barrios has worked as a barber at George’s Barbershop, 1941 S. Sixth Ave., for almost 36 years, and at one point, even owned store. George’s has a long standing history in South Tucson.

“I feel comfortable here,” Barrios said. “I enjoy working here. People are friendly.”

Barrios said he is the third owner of George’s after being originally opened in 1968 by George Celay, at 2811 S. Sixth Ave., the original George’s after being originally opened in 1941 S. Sixth Ave. for Delicately, he raises his other hand and the fingers that are clenched around his scissors open gradually.

Barrios said he found the new location and purchased the center bottom portion of the building.

When I ask them why they say, “We don’t want to get our hair cut where there’s drugs and gang-bangers.” It means a lot to have that reputation,” Marbury said.

Marbury said he found the new location and purchased the center bottom portion of the building. Slowly he began to sublease portions of the center to other businesses. Finding that real estate interested him, Marbury enrolled himself in real estate night classes in an attempt to learn all he could about real estate law.

He eventually obtained his real estate license, and set up a fax machine in the corner of his station at George’s in order to further his real estate career while still fulfilling his passion for cutting hair.

In one year he sold 30 homes and was offered a position as a real estate agent at Coldwell Banker Residential Brokerage. However, his sudden success in real estate did not sway his attention away from George’s.

Marbury said he aims to use the shop as a means to help others gain financial success.

“Property is a means to help others gain financial success,” Marbury said. “They can come back and I try to keep it fresh for them (customers). I give them a decent haircut so they can walk away satisfied.”

Wimberly said she quit her job 10 years ago at an east-side salon to work at George’s. She was reluctant to work in South Tucson because of the stereotypes that affiliated the city with gangs and drugs. After working at George’s, she said she found those stereotypes to be false.

Both J.W. Marsh Walls and Kathleen Wimberly are proud to say they work at George’s.

“South Tucson man gets a trim from Gilbert Barnios at George’s Barbershop. Customers have trusted Barnios with their haircuts and fades for almost 36 years.”

Computer classes offered in Spanish

By Angie Liners

The Santa Rosa Learning Center Library offers computer classes for public use and will begin teaching computer classes in Spanish this month.

The library opened in April 2002, and currently has 23 computers that offer Internet access, word processing programs like Microsoft Word, and the Mavis-Beacon keyboarding program, which teaches typing skills, as well as many other programs.

Librarians are on-hand to help patrons with any questions or problems they may encounter while using the computers at the library, said Sol Gomez, a librarian at Santa Rosa.

The library also has resources on computers, including picture books. Santa Rosa librarians are writing a proposal to fund the purchase of general interest books and DVDs, which will be a welcomed addition to the library, Gomez said.

Computer classes in Spanish are also taught at the library. The next program will be offered through Tecnología de Monterrey, a Mexican university, which gives Gomez a chance to learn more.

The free 21-week Tecnologico de Monterrey course will be taught online so students can participate from the library computers or from home. Participants will learn how to use e-mail and programs such as Microsoft Word, PowerPoint, and Excel. A certificate of completion will be awarded to participants when they successfully complete the course, Gomez said.

To prepare participants for the on-line course, Santa Rosa will offer a free orientation class.

The class will teach basic skills such as using a computer mouse, e-mailing, computer terminology, and an introduction to Microsoft Word. The skills that participants learn through these classes will not only prepare them for the more in-depth course, but will give them valuable skills for the work place, Gomez said.

The date for the orientation class has not been decided yet. For more information or to register for the orientation course and the Tecnologico de Monterrey course, call (520) 870-8019.

La Escuela Wakefield, localizada en el 101 W. de la calle 44 y la Avenida Stone, planea empezar el Programma Empleos de Vida esta primavera.
South Tucson charter school partners with UA to focus on mathematics, science
By Zach Colick
With the help of the University of Arizona, a new preparatory school will open in the fall focusing its curriculum on math and science, which organizers believe is central to all students’ future collegiate and employability goals.

Organizers like Jamie Leopold, the Wildcat School project manager, said students lack the necessary skills in math and science, and hope faculty at the school will change that downward spiral.

“Our whole school is a wake-up call to education compared to other developed nations,” Leopold said. “We’re not performing at top capacity.”

Though a location has not been decided upon, the Wildcat School is planned to open in August with grades 6 and 7. After that, the school plans to add a grade each subsequent year until reaching the high school level, he said.

The school’s ultimate goal is to provide an opportunity to its students to attend college by centering on the “nitty gritty” math and science courses, which are cornerstones of the UA’s plan of “focused excellence,” Leopold said.

“The faculty’s ultimate goal is to help provide an opportunity to its students to attend college by centering on the hard sciences,” he said.

Other organizers disagreed saying it isn’t that students in South Tucson lack fundamentals in learning, but rather the UA’s partnership with the Wildcat School will allow the eight full-time faculty member staff and UA volunteer students to show good students in these fields.

“The schools aren’t falling behind in these areas, it’s just that the UA may be better able to provide these resources,” said Walter Doyle, UA education professor, who serves on the project’s three-member volunteer committee.

Joaquin Ruiz, dean of the College of Science who is on the five-member Wildcat School board, agreed, saying he got involved in the project because it’s a great way of helping underrepresented groups excel in science.

Ruiz said the science and mathematics expertise taught at the Wildcat School will prepare students to attend the UA upon graduation.

“It’s important that these areas of study are missing in the general curriculum,” Ruiz said in an email. “But the Wildcat School will bring novel ways of engaging students in the sciences and math so that they see just how much fun it is to be a science student.”

Like other charter schools, the Wildcat School will receive state funding to receive any out-of-pocket from the funding. The school will receive an average of $5,355 for every high school student and $4,805 for each elementary school student from the state, Leopold said.

Students will attend the Wildcat School an hour longer than a typical public school day, from 8 a.m. to 4 p.m., and the school year will run 250 days, 20 days longer than a typical Arizona school year, Doyle said.

The extra days will include five Saturdays devoted to exhibiting classroom projects and three weeks in the summer attending UA workshops or serving in internships at the UA science community, Doyle said.

“We’re hoping to have a group of dedicated students attend our school,” Doyle said. “Students are ten times more likely to attend college if they’re dedicated and are offered enriched learning that they like and enjoy.”

While the Wildcat School knows how many faculty members will be serving the school come fall, the number and type of students who would be interested in attending the school has yet to be determined.

This month, focus groups will send out information to homes in South Tucson to get a sense of how many students would be interested in the venture.

The school is hoping to recruit 80 students per grade level with smaller class sizes ranging from 20 to 25 students, Leopold said.

Doyle said his hope is to recruit motivated undergraduate and graduate students from the UA to visit the school once or twice a week to tutor and mentor the students with the expertise they have obtained from their education. These student volunteers may be able to received credit or internship credit for their help.

“We hope this is a resource for the entire community,” he said.

Leopold said the idea for the school was thought of a few years ago and studies decided if the idea would work and how it could be funded were conducted.

With enthusiasm peaking and a substantial number of people interested, the project got off the ground last spring, and a charter school was established by the end of July, he said.

The project was made possible through Arizona’s Initiative for Developing Educational Successes which is a research and service project that applies both university and community resources from preschool to grade 12 education, and is part of the UA’s effort as a “land grant institution,” Leopold said.

The faculty hopes students graduate from the Wildcat School and a four-year university. They would like to see students stay in the community to make it prosper and impress the value of education upon their children.

“There are many, many treasures in our colleges and we want to ensure that excellence is developed through outreach programs like the Wildcat School,” Leopold said.

Kemery suggests that parents should first enroll in General Education Development (GED) and English as a Second Language (ESL) classes before starting the program. Wakefield provides these classes for parents at the school but enrollment is limited, she said. Additional classes are available at the C.E. Rose Elementary School Family Resource Center, 710 W. Michigan Drive.

Henning said that parents should attend a good workshop of the English language before enrolling in the job-training program.

The training program has been delayed to locate an appropriate classroom and to produce Spanish language materials, Kemery said.

“I am hoping to get on going on this project this spring and I feel confident this program will open a lot more possibilities for the entire community,” she said.

“We still have all of planning left for the program.”

Wakefield parents who are interested in the program should inquire at the school. Kemery will update the community once the program is in full swing, she said.

“Although not a requirement, Kemery suggests that parents should first enroll in General Science, English or a Spanish language class before attending Wakefield’s training programs. Students will also receive individualized mentoring.

Kemery and along community volunteers and teachers, is in the process of creating a job-skills training program to assist Wakefield parents in securing and keeping jobs.

The program is designed to mirror the “Jobs for Life” program, which is headed by the Tucson mayor’s wife, Beth Wallup, and has been successful for the last four years, he said.

Building confidence and public speaking skills will be taught through role-play, mock interviews, self-evaluation and other exercises, said John Henning, a Wakefield volunteer.

Henning and fellow volunteer, James Oviedo, have committed to work with Kemery to organize the program and work with the community to launch it as soon as possible. During a parent/teacher conference held last fall, more than 80 parents expressed interest in the program. The mood after that night from the parents that attended was very positive, Kemery said.

Principal Carmen Kemery, right, discusses with co-principal Dan Gastellum on setting up programs for volunteers.

PHOTO BY SETH STUART
March/Marzo 2006
EL INDEPENDIENTE
Page / Página 5

Santa Rosa ofrecer clases de computadoras
Por Angie Lines
Traducido por Teresa Lorenz
La biblioteca Santa Rosa Learning Center Library es una biblioteca de computadoras que ofrece el uso de computadoras al público y ofrece clases de computación en español.

La biblioteca se abrió en abril de 2002 y actualmente tiene 23 computadoras que ofrecen acceso a Internet, programas de procesamiento de texto como Microsoft Word, el programa de teclado Mavis-Beacon que enseña la técnica de mecanografía y muchos otros programas.

Los bibliotecarios están dispuestos a ayudarles a los usuarios con cualquier pregunta o problema que encuentren al usar las computadoras en la biblioteca, dijo Sol Gómez, bibliotecario de Santa Rosa.

Además de las computadoras, la biblioteca también ofrece libros sobre temas de computación. Los bibliotecarios de Santa Rosa están redactando una propuesta para financiar la compra de libros y DVD’s, los cuales serán bien recibidos en la biblioteca, dijo Gómez.

También se enseñan clases de computación en español en la biblioteca El próximo programa se ofrecerá a través del Tecnológico de Monterrey.

Las clases de computación a través del Tecnológico de Monterrey están en línea y los participantes recibirán un certificado cuando terminen con éxito el curso, dijo Gómez. El curso es gratuito y se puede hacer desde la biblioteca o en casa.

Santa Rosa Learning Center Library ofrecerá una clase de orientación para preparar a los participantes para el curso de Internet.

We wakefield to offer job training for their student’s parents
By Erin Haskell
Wakefield Middle School Principal Carmen Kemery wants to better the lives of her students by teaching their parents.

Kemery, along with community volunteers and teachers, is in the process of creating a job-skills training program to assist Wakefield parents in securing and keeping jobs.

The program is designed to mirror the “Jobs for Life” program, which is headed by the Tucson mayor’s wife, Beth Wallup, and has been successful for the last four years, said John Henning, a Wakefield volunteer.

Henning and fellow volunteer, James Oviedo, have committed to work with Kemery to organize the program and work with the community to launch it as soon as possible. During a parent/teacher conference held last fall, more than 80 parents expressed interest in the program. The mood after that night from the parents that attended was very positive, Kemery said.

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PHOTO BY ERIN HASKELL
Arizona schools to offer healthier food options

*Nutrition* continue from page 1

carrotylates are also required, according to the
guidance manual for the national school
lunch program.

Even though the guidelines promote
healthier eating in schools, school admin-
istrators say it is difficult to make children enjoy the healthier food.

“If there’s veggies with pizza, they’ll eat the pizza but not the veggies,” said Lydia Sellers, a cafeteria worker at Sam Hughes Elementary.

Some of the kids’ favorite meals at school are pizza, chicken nuggets and spaghetti, Sellers said. The new guidelines are stricter on elementary schools than on middle schools and junior high schools. The new guidelines prohibit soda from being served at elementary and middle schools. However middle schools and junior high schools are permitted to serve sports drinks as long as they are not larger than 12 ounces. Sports drinks are completely prohibited in elemen-
tary schools.

“I think the leverage standards placed for schools, is that they sell, but they all must meet the minimum standards,” Palmo said.

“The biggest change that I think the nutrition standards placed for schools, is that they occur bell to bell,” Palmo said. “So it’s not just what is occurring during the meal time or what the districts’ meals program is offering, it’s what is offered during the school day.”

The nutrition standards also apply to stu-
dent groups who sell candy or other treats for fundraisers. The types of food students sell must follow the nutrition standards outlined by the Department of Education. Although many kids stay on campus for after-school programs, the new food stan-
dards do not apply to snacks that kids eat after school. The Arizona Department of Agriculture sets the standards for food served at after-school programs, said Lisa Rice, director of Happy Hours, an after-school pro-
gram at TUSD elementary schools.

“We’re limited in storage, time and the ability to prepare the food, so TUSD decides (on) the food that is served,” Rice said.

Rice said most of the food served after school is not healthy. Sellers said that the menus at TUSD schools are planned by a group of food man-
gagers from different sites and different kitchens in TUSD. The managers try new foods out by doing taste tests and rating the food to figure out which foods they think the kids will like best.

The school lunches not only have to taste good to the students, but they must also meet a third of the Recommended Dietary Allowance for protein, vitamins A and C, cal-
cium and iron, according to the guidance manual.

Top, Arizona schools are limiting junk food come next fall. Middle, food service workers are adding fruit with every lunch combo meals. Bottom, TUSD Food service manager Caroline Navarette assists a student purchasing Wakefield Middle School’s new healthier lunches.

Lydia Sellers, a cafeteria worker at Sam Hughes Elementary

“*If there’s veggies with pizza,*

*they’ll eat the pizza but not the veggies.*”

- Lydia Sellers, a cafeteria worker at Sam Hughes Elementary

*Border* continued from page 1

lot of energy and resources into the bor-
der area,” Owens said.

The multi-pronged approach they have
developed addresses each of the major
sources of air pollution.

Although there are unpaved roads on
both sides of the border, the majority of them are on the Mexico side of Nogales, and the Mexican government is planning to allocate funds to pave some of these thoroughfares, according to an ADEQ report.

Another major source of dust, said
Owens, is agricultural activity. He said
ADEQ works with farmers in the area to
promote dust-reducing tillng techniques
and raise awareness about the severity of
air pollution in the area.

“The farmers are willing to help
because they are aware that everyone
needs to play their part,” Owens said.

Besides dust, air pollution from vehi-
cle emissions is a major issue along the
border. Owens said diesel fuel from com-
mercial trucks, as well as exhaust from
cars waiting to cross the border, con-
tribute to the problem.

An ADEQ report stated that diesel fuel
has been linked to multiple health prob-
lems, including heart disease, impaired
lung and immune function, decreased
resistance to infection, lung cancer and
possibly bladder cancer.

Furthermore, Owens said the diesel
fuel in Mexican commercial trucks has
higher levels of sulfur than American
fuel.

ADEQ has been trying to convince
Pemex, the largest oil company in
Mexico, to lower sulfur concentrations in
its fuel, but has so far been unsuccessful.

“We’re still hopeful that Mexico will
require all diesel along the border to be
closer to U.S. standards,” Owens said.

ADEQ’s plan recommends creating a
commuter lane at the Nogales port of
entry, open only to frequent commuters
who have passed a background check.

Similar lanes, in which vehicles are not
subject to individual inspection, already
exist at the San Diego and El Paso ports
of entry.

Other suggested border changes
include additional truck inspection lanes,
a possible new port of entry on the west
side of Nogales and a park-and-ride pro-
gram in which border crossings could park
their cars farther from the border and take a
bus to the pedestrian port of entry.

Owens said he is worried that a deci-
sion by the Bush administration to allow
Mexican trucks to travel throughout the
United States will make the problem
worse. Currently, Mexican commercial
trucks are only allowed to travel 20 miles
inside the United States before transfer-
ring their goods to a U.S. truck.

Overall, Owens said pollution is
increasing despite the efforts of ADEQ and
other agencies.

“Sometimes it takes all you have just
to maintain and keep the situation from
getting worse,” he said.
**Lucha Libre exhibition slams into the Old Pueblo**

By Stephanie Plapp

The crowd roars as two husky 220-lb. men, stuffed in spandex and stretchy masks engage in a series of rapid wrestling moves reminiscent that of a gymnast or acrobat.

A unique original Mexican form of wrestling meaning “free-style fighting” or “creation ofMethod" is Lucha Libre. It has caught on in Mexico, Chicago and Los Angeles.

Xavier Garza has been a fan of the alluring sport since childhood and has since written the book Las Super Luchas that he says captures the wonderment and excitement he felt when first encountering Lucha Libre as a child.

Garza describes the sport as “Poormans Theater” that comes with real people, flesh and blood. According to the author, the sport portrays real protagonists and antagonists that are cast in leading roles.

“It is the play of good vs. evil, with evil holding the upper hand until somehow good manages to pull victory from certain defeat and emerges triumphant,” he said.

Comparable to theater, the Lucha Libra is a form of World Wrestling Entertainment’s brand of sports entertainment called the Asistenta Aseoctica y Administracion (AAAs). Lucha Libre even has its own series of cheerleaders called Luchadoras.

The sport has become a staple of Mexican pop culture and increasingly popular among children. For example, it has become a symbol of Mucha Lucha, a popular cartoon among Mexican youngsters who have their own versions of silver spandex masks with eyeholes.

Garza will be at the University of Arizona to display his works on April 7 at 7 pm at The Center for English as a Second Language (CESL). Auditorium. Call the Arizona State Museum for more information at 621-6302.

From top left, photos of Garza and one of his illustrations. Courtesy of the Arizona State Museum.

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**Calendario del comunidad: 31 de marzo - 30 de abril**

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**Mensajes Mezclados**

Mensajes Mezclados en el Teatro Beawulf Alley, en 11 S. de la Sexta Avenida. Obra de Teatro que trata sobre personas de raíces mezcladas quienes están pasando una crisis de identidad.

El precio de los boletos varía de 10.75 hasta 18.75 con varios descuentos. Las presentaciones serán durante Abril de Jueves a Sábado, a las 7:30 p.m. y los Domingos a las 2 p.m. Para mayor información llamar al 792 3715.

**El Nacimiento**

El Nacimiento, en la casa Córdova, 175 N. de la Avenida Meyer. Los objetos en exhibición muestran figuras pintadas en terracota, cascadas y luces. La exhibición durará hasta el 31 de Marzo; para mayor información llamar al 624 2333.

**Río Viejo/Río Nuevo**

Descubriendo el pasado de Tucson en “The Arizona Historical Society,” en el 1159 E. del University Blvd. El autor y artista Xavier Garza dará una conferencia sobre las luchas libres el 7 de Abril a las 7 p.m. en el auditorio del Centro de Inmigración (CESL).

La apertura nocturna de éste festival único tendrá lugar el día 17 de Abril. Las ceremonias de apertura comenzarán a las 6:45 AM. Esta carrera anual recauda ingresos para la investigación del cáncer de seno y crea conciencia en la comunidad.

**Derribando los muros**

Distribuir los muros una serie de eventos que comienzan el día 1 de Abril para protestar acerca de las estrictas leyes de immigración y brindar apoyo por toda la frontera entre México y Estados Unidos. Para mayor información visite la pág. www.derechosumanosaz.net/apriluni- ty2005.htm

**Carrera por la Cura del Cáncer**

Se localiza en Reid Park, 1100 S. Randolph, el día 2 de Abril. Las ceremonias de apertura comenzarán a las 6:45 AM. Esta carrera anual recauda ingresos para la investigación del cáncer de seno y crea conciencia en la comunidad.

**Entrenamiento de Primavera**

El entrenamiento de los Arizona Diamondbacks, White Sox y Colorado Rockies de Marzo a Abril.

**Celebremos Juntos**

Celebremos Juntos en el lado norteamericano de la frontera, caminata que cruzará la frontera a las 7:30 p.m. el día 30 de Abril.

**Volleyball**

En la Frontera al Oeste del muro fronterizo “Naco/Naco” a la 4 p.m. el día 24 de Abril.

**Festival Internacional de Cine de Tucson**

El Festival Internacional de Cine de Tucson Electric Park, localizado en el 2500 E. de la Avenida Ajo, Siga el entrenamiento de los Arizona Diamondbacks, White Sox y Colorado Rockies de Marzo a Abril.

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**Las actividades incluyen:**

- **Mujeres en velos negros**
  - Caminón “Naco”, al norte de las vías del tren a la 1 p.m. el 2 de Abril.

- **Poesía Fronteriza**
  - Al Oeste del muro fronterizo “Naco/Naco” a la 4 p.m. el día 9 de Abril.

- **Servicios de Vigilia**
  - Al Oeste del muro fronterizo “Naco/Naco” a las 4:30 p.m. el día 17 de abril.

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**Volleyball**

En la Frontera al Oeste del muro fronterizo “Naco/Naco” a la 4 p.m. el día 24 de Abril.

**Entrenamiento de Primavera**

“Tucson Electric Park”, localizado en el 2500 E. de la Avenida Ajo. Siga el entrenamiento de los Arizona Diamondbacks, White Sox y Colorado Rockies de Marzo a Abril.

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**Un cana al aire**

Rillito Park, localizado en el N. First Ave y River Road. El caminata anual estudiantil se lleva acabo del 6 al 9 de Abril. La entrada es de $5. Favor de llamar al 621- 5610 para mayor información.

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**El Festival Internacional de Cine**

El Festival Internacional de Cine de Arizona se llevará acabo en varios lugares del 3 al 13 de Abril. El festival dura 10 días en los cuales se muestran películas y documentales. Para mayor información sobre los lugares dónde se exhibirá la muestra visítanos al: www.azmac.org/festival/index2.html
South Side garden encourages kids to respect themselves and nature

In a dusty corner of the Southside’s Manuel Herrera Jr. Park, a dedicated group of volunteers teach neighborhood children to care for themselves while caring for the natural world around them.

Colorful signs adorn the gate surrounding the Peace Garden, 5901 S. Fiesta Ave., and handmade wind chimes dangle from the largest shade tree. Though the land is still mostly dirt, patches of green are everywhere. The garden is meant to bring peace and relaxation to those who visit it, said Beki Quintero, secretary of the Sunnyside Neighborhood Association, which operates the garden.

The garden intends to provide a safe haven for children to learn about plants and animals, as well as respect for others and responsibility for their actions.

Every other Saturday morning, as many as 20 children and teenagers gather there to plant, weed, water and pick up trash. They tend to peas, beans and tomatoes, as well as blooming wildflowers. After their assigned duties are performed, volunteers lead the students in the lesson for the day, Quintero said.

Lessons teach the children about the role of worms in gardening, how hummingbirds fly, and other nature-related topics. Other lessons focus on personal health and using all five senses, Quintero said.

“We try to do what we can to give these children opportunities they would never experience,” said Yolanda Herrera, president of the Sunnyside Neighborhood Association.

Scientists from the Flandrau Science Center have visited the garden twice to give children nighttime lessons about space and the constellations, Herrera said.

The park, which is named after Herrera and Quintero’s late father, also hosts special events. An Easter egg hunt is scheduled for April 8, Quintero said, and a Mother’s Day tea is also planned for May.

Work began on the garden in February 2004. Quintero said. Since that time, adults involved with the neighborhood association and children looking for a way to connect with each other and their community have come together to care for the plants.

“It’s a beautiful place,” Herrera said.

Zuleima Villegas, a 16-year-old sophomore at Sunnyside High School, has visited the garden for about two months. She said she enjoys visiting and helping out because it’s fun and relaxing.

“Everyone here is so nice,” Villegas said, painting a wooden sign for the garden. “You meet new people everyday...and you learn a lot of stuff.”

Herrera said she has taken various groups to visit the garden to show them “that there are wonderful things that go on on the Southside. The media wants to point fingers and give us a black eye,” Herrera said. “They don’t realize they’re hurting the kids’ self-esteem. Kids are embarrassed to say where they’re growing up.”

The garden is expected to be complete in November, Quintero said. But even when work on it is done, neighborhood kids will still have a place to reflect, to learn and to care for the plants, she said.

“The garden will never be over, even when it’s complete,” Quintero said.

For more information about the Peace Garden at Herrera Park, visit www.onegarden.info.

Clockwise from top left: Claudia Flores, 16, and Arturo Acosta, 14, paint decorations for the Peace Garden, which continues to grow with love and care thanks to volunteers. Beki Quintero encourages young volunteers as they work to beautify the garden. Acosta helps garden volunteer Dolores Carrillo tend to the garden.

Community Calendar - Events to watch for

**“Mixed Messages”**
Beowulf Alley Theatre, 11 S. Sixth Ave. Play about people of mixed heritage who are confronting identity crisis. Tickets are $10.75 to $18.75 with various discounts. Performances through April are on Thursdays through Saturdays at 7:30 p.m. and on Sundays at 2 p.m. Call 792-3715 for more information.

**El Nacimiento**
El Nacimiento at La Casa Cordova, 175 N. Meyer Ave. The display showcases painted terra-cotta figures, waterfalls, and lights. On display through March 31. Call 624-2333 for more information.

**Río Viejo/Río Nuevo**
Uncovering Tucson’s Past at the Arizona Historical Society, 949 E. Second St. The exhibit looks at Tucson history, focusing on the Mexican and Spanish period from 1691-1855, the Tucson Presidio, and archeology. The exhibit runs through May 26 and admission is $5. Call 628-5774 for more information.

**The Renaissance Festival**
Apache Junction, Arizona. This annual festival and artisan marketplace will take place through April 2. Open Saturdays and Sundays from 10am-6pm. For more information call 463-2700.

**Masked Marvels: La Super Lucha**
At the Arizona State Museum, 1013 E. University Blvd. Author and artist Xavier Garza will lecture on Mexico’s masked wrestling on April 7 at 7 p.m. at the Center for English Second English (CESE) auditorium. Garza will read from his book “Lucha Libre: The Man in the Silver Mask.” There will be a post-lecture book signing and viewing of Garza’s own paintings of luchadores.

**Tucson International Mariachi Festival**
Tickets are now on sale for this annual festival that will take place April 24 to 29, with events taking place primarily at the Tucson Convention Center. Starring acts include: Los Camperos de Nati Cano and Mariachi Los Aztteros. For more information visit www.tucsonmariachi.org.

**Tucson Poetry Festival**
Opening night of this unique festival is April 1 at 7 p.m. at the Clarion Hotel. Dress as your favorite poet, win prizes and listen to bilingual poetry readings.

**Race for The Cure**
Located at Reid Park, 1100 S. Randolph Way on April 2. Opening ceremonies begin at 6:45 a.m. This annual race raises funds for breast cancer research and raises awareness.

**Bringing Down the Walls**
Series of events beginning April 2 to protest strict immigration laws and bring unity across the US-Mexico border. For more information visit www.derechoshumanosaz.net/aprilumity2005.htm. Activities include:

- Women in Black Vigil at Naco Highway, just north of the railroad tracks at 1 p.m.

**Spring Training**
At Rillito Park, N. First Ave, and River Road. Annual UA student-run carnival from April 6 to 9. Admission is $5. Call 621-5610 for more information.

**Arizona International Film Festival**
At various locations from April 3 to 13. The festival provides 10 days of original films and documentaries. For more information and locations visit www.azmac.org/festival/index2.html.