

Austin, Buda, Del Valle, Kyle, New Braunfels, San Marcos, Seguin, Schertz



Volume 7 Number 3
A Bilingual Publication
March, 2012

La Voz

**Free
Gratis**

www.lavoznewspapers.com

(512) 944-4123

In this issue

People in
the News

Cesar Chavez
Holiday??

An Interview
with Susana
Almanza

Texas Lutheran
University
News

Save Texas
School Rally
March 24th

En las palabras
hay poder

Are You a High Tech Aztec or a Low Tech Toltec?



**A New Tech Culture Emerges in Dove Springs – See
Tech Comunidad story on page 14 & 15.**



Sam Guzman to Lead MASBA group in Texas

Austin Independent School District Trustee Sam Guzman has been named 2013 president for the Mexican American School Board Association.

Guzman was elected to AISD's school board in 2007 to represent East Austin as the District 2 trustee and was elected to a four-year term in 2008.

Before being elected to the AISD board, he served on the district's Citizen's Budget Committee and the Affirmative Action Committee.

Guzman was a former chair of the Greater Austin Hispanic Chamber of Commerce. He is a native of Lubbock, Texas and has lived in Austin for more than 30 years.



Dr. Cynthia E. Orozco named Fellow by Professional Historians

Dr. Cynthia E. Orozco, chair of Eastern New Mexico University Ruidoso's History and Humanities department, was recently elected a fellow of the Texas State Historical Association.

Each year the TSHA names several fellows. A fellow is the highest honor that the Association bestows on scholars who research and publish Texas history. Her election was announced at the annual conference held in Houston Texas.

Orozco's work was mentioned as significant. While a research associate for the TSHA Orozco wrote 80 encyclopedic articles for the New Handbook of Texas, a Texas history encyclopedia published in hardback and online form.

She also co-edited the book Mexican Americans in Texas History and also wrote No Mexicans, Women or Dogs Allowed: The Rise of the Mexican American Civil Rights Movement, a study of the origins of the League of United Latin American Citizens, published by the University of Texas in Austin.

Orozco is a native of Cuero, Texas and received her bachelor's degree from The University of Texas at Austin in 1980. She went on to graduate school at The University of California at Los Angeles where she earned her masters degree in 1982 and her Ph.D in 1992.



Paul Chavez, Grand Marshall at Cesar Chavez March in San Antonio

Paul F. Chavez, son of Cesar Chavez will service as the Grand Marshall of the Cesar E. Chavez March for Justice in San Antonio, Texas on March 31st, 2012.

Paul, who is one of eight children born the Helen and Cesar Chavez has spent his life working for the union. He currently oversees the Cesar Chavez Foundation based in California.

Before heading up the Cesar Chavez Foundation in 1991, Paul worked with the United Farm Workers in a number of areas including: worker organizing, labor negotiations, managing the union's direct marketing operation, serving as the UFW's political director and lobbyist in Sacramento and Washington, D.C., and serving as personal assistant to union founder Cesar Chavez.

Paul Chavez earned an associate degree in negotiations and collective bargaining from the Fred W. Ross Labor Education Center.



Dominic Chavez Running for Austin City Council

Dominic Chavez, 37, is running for the Austin City Council Place 5 which is currently held by Bill Spelman. Chavez, who spoke recently at a Tejano Democrats meeting says he is running to bring common sense leadership back to city hall. "I want to help build and sustain an Austin that is affordable, safe and thriving," said Chavez.

Originally from California, Chavez graduated from Trinity University in San Antonio in 1998 and completed a masters degree in Communication Studies at Texas A&M University in 2000.

He is proud combat veteran, having served stateside for Operation Enduring Freedom after 9/11 as well as in Iraq in support of Operation Iraqi Freedom. He has received the Army Commendation Award three times and the Army Achievement Medal five times.

Chavez is currently the Senior Director for External Relations at the Texas Higher Education Coordinating Board where he directs agency communication and legislative affairs activities.



Kreneck Release Book on Houston's Mexican American Community

Texas A&M University Press has released the second edition of Dr. Thomas Kreneck's, *Del Pueblo: A History of Houston's Hispanic Community*. Kreneck released the first version in 1989.

This new, revised edition updates the vibrant history of the Houston Hispanic community, incorporating research on trends and changes through the beginning of the new millennium.

Especially important in this new edition are Kreneck's historical contextualization of the 1980s as the "Decade of the Hispanic" and his documentation of other significant developments taking place since the publication of the original edition.

Thomas H. Kreneck is associate director for special collections and archives at the Mary and Jeff Bell Library and Joe B. Frantz Lecturer in Public History at Texas A&M University-Corpus Christi. He is also the author of *Mexican American Odyssey: Felix Tijerina, Entrepreneur and Civic Leader, 1905-1965*, published in 2001 by Texas A&M University Press. He earned his B.A and M.A at The University of Houston and his Ph.D at Bowling Green State University.

PRODUCTION

Editor & Publisher
Alfredo Santos c/s

Associate Editor
Dr. Ana María González

Managing Editor
Yleana Santos

Distribution
Tom Herrera
Rosemary Zuniga
Jo Ann Sutherland

Contributing Writers
Monica Peña
Franco Martinez

PUBLISHER'S STATEMENT

La Voz Newspapers is a monthly publication covering Comal, Guadalupe, Hays and Travis Counties. The editorial and business address is P.O. Box 19457 Austin, Texas 78760. The telephone number is (512) 944-4123. The use, reproduction or distribution of any or part of this publication is strongly encouraged. But do call and let us know what you are using. Letters to the editor are most welcome.

Por cualquier
pregunta,
llámanos:

944-4123
795-2818

Why a Cesar Chavez Holiday is a Bad Idea

In 1993, shortly after **Cesar Chavez** passed away in **Arizona**, the **Mexican American Democrats (MAD)** had their annual convention in **Austin, Texas** at the **Raddison Hotel**.

Texas State Representative Roberto Alonzo, was the chairman of **MAD** and asked me at the beginning of the convention what I thought about a resolution in support of the idea of calling for a **Cesar Chavez Holiday in Texas**. I have known **Roberto** since the 1970s and he knew that I had worked for **Cesar Chavez** and the **United Farm Workers of America** as a labor organizer in **California**.

I told **Roberto** that I thought it was a bad idea. I recall sharing with him that **Cesar Chavez** wasn't about taking a day off. If anything, he was about sacrifice. I told **Roberto** that a better idea would be for people (state employees) to go to work and instead donate their day's wages to the cause of the farm worker. Now that would be an impressive gesture.

I don't recall what **Roberto** said after that as he was called away by an assistant. I don't even remember if he brought up the idea to the delegates because this was the convention that exploded in chaos when some of the **MAD** disagreed with **Roberto's** motions/directives regarding the election of officers.

A heated argument ensued from the podium when **Roberto** eventually ruled his own parliamentarian out of order. In the end, **Gonzalo Barrientos**, and others led a walkout of about half of the **MAD** convention delegates into a rump convention that gave rise to what later became the **Tejano Democrats**.

Since 1993, there have been a number of efforts to try and bring about a **Cesar Chavez Holiday** at both the state and national level. Even the current leadership of the **United Farm Workers of America** supports the idea as does **Jaime Martinez** and his group in **San Antonio, Texas**. **President Barack Obama** said in 2008,

that he would support such an effort. But I still believe it is a bad idea given the number of alternative that should be considered.

Why is it that we as Latinos think we need to copy what others have done in calling for a holiday for an important figure in history? While it is true that some have said that this "holiday" for **Cesar Chavez** would actually be a "day of service" and that people would be free to go out and do something positive in the community, I personally think that many or most, would use the day to go fishing or mow the grass. (Pa qué nos vamos hacer tontitos, tu y yo sabemos qué si les damos el "day off" a cualquier persona, lo van a tomar cómo "day off.")

Why can't we instead be creative and daring and continue to promote the spirit of **Cesar Chavez** and his desire for social justice by asking state or federal workers to instead stay on the job and make a collective donation of their wages to the **United Farm**

Editorial



Alfredo R. Santos c/s
Editor & Publisher

Workers Union of America or a local non-profit organization in the community?

When you do the math you will find that a gesture such as this would send not only a tremendous message throughout the country but would served to inject badly needed funds into organizations that are struggling to make a difference in the county. This would be something that **Cesar Chavez** would truly be proud of.

La Voz is interested in the opinion of others regarding this issue.



Louis Q. Reyes, III
Agency Owner
"Se Habla Español"
806 N. Austin St.
Seguin, TX 78155

Phone 830.379.0080
Fax 830.303.0823
Email a059804@allstate.com
Auto, Home, Business, Flood, And Life
SR-22 Now Available

"Before You Buy; Let's Compare!"



RODRIGUEZ
Tires and More

(210) 371-6727

• Used & New Tires • Used & New Rims
• 18 Wheeler Tire Service • Mechanic Service

1704 N. Austin St. / Seguin, TX 78155

Search to replace CEO begins

The **KIPP Austin Public Schools Board of Directors** has begun a national search to replace **Jill Kolasinski**, the local charter school system's founder and chief executive officer.

Kolasinski is stepping down to spend more time with her family. She will remain in her position until her replacement is selected. **Kolasinski** will continue to support **KIPP** in a founder role, focusing on legislative advocacy, college partnerships and expansion fundraising, an announcement said.

Kolasinski founded **KIPP Austin** in 2002 when she opened a middle school, **KIPP Austin College Prep**, in **East Austin** with a class of 50 students.

KIPP schools are college-preparatory public schools and largely serves low-income and minority students. **KIPP Austin** began its expansion in 2008 with the opening of a high school, **KIPP Austin Collegiate** and now has five schools and will serve 1,400 students in the 2011-12 school year.

El Juez del Condado de Guadalupe dice qué va renunciar este mes

El Juez de Condado de Guadalupe **Mike Wiggins** anunció el 20 de este mes, durante un junta de la corte del condado y en frente de los miembros que ha tomado la decisión de dimitir de su posición como el oficial administrativo principal de condado. **Wiggins** dijo que proporcionaría la fecha de su resignación a miembros de la corte el 26 de marzo.

Wiggins fue detenido 6 de febrero en un hotel en **College Station, Texas** donde asistía una conferencia de jueces de condados de **Texas**. En el hotel, un empleado reporto oler de marihuana en el quinto piso. La policía fue llamada, y un oficial encontró una pequeña cantidad de marihuana en un cuarto ocupado por **Wiggins**. Fue encarcelado por la noche por posesión de marihuana, de menos de 2 onzas, un delito de Clase B.

Antes de esta junta, **Wiggins** había dicho que no iba a dejar su puesto como juez del condado, pero la presión del público fue mucho y tuvo un cambio de opinión. **Wiggins**, trabajo por el estado de **Texas** antes de jubilarse como sargento. Fue elegido por primera vez como a juez de condado en 2006



PROTECT YOUR FAMILY SAVINGS

...with an affordable
PRENEED PLAN

- Term Payments
- Personalized for You
- Guaranteed Safe
- No Medical Exam
- Have Peace-of-Mind

Hablamos Español

**PALMER
MORTUARY**
& CREMATIONS



1116 N. Austin St.
379-9430

www.palermortuary.com

Su Voto Es Su Voz

THE SEGUIN ECONOMIC DEVELOPMENT
CORPORATION WOULD LIKE TO REMIND YOU TO

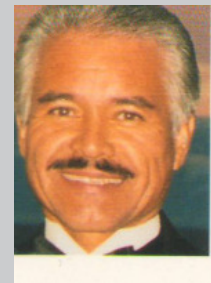
SHOP LOCAL SHOP SEGUIN!



SEGUIN EDC
WWW.SEGUINEDC.COM
(830) 473-4846

DareCo Realtors

Thinking of buying a house, then think of me. I have been in the real estate business for more than 20 years. I can help you realize your dream of owning your own home.



(512) 826-7569

darellano@austin.rr.com





Ninth Annual Center for Mexican American Studies & Research Conference

In celebration of the 9th annual Center for Mexican American Studies and Research conference, we will be showcasing scholarly and creative activity which contributes to a broader and deeper understanding of Mexican American culture and expertise. Conference presenters whose scholarly activity addresses historical and contemporary issues in higher education, community inclusivity, and creative expressions relevant to Mexican American people, culture and contributions. This year, **“From Demography to Identity: Who We are in America”** sessions will include research, scholarly and creative expressions reflective of a more relevant and visible presence of Mexican Americans in the U.S.

Conference Strands:

- **Migration/Immigration:** Historical or contemporary patterns; literary works
- **Political Representation:** Historical and contemporary aspects of voting patterns, districting/redistricting, leadership, interests groups
- **Higher education:** Trends, patterns and “best practices” leading to degree completion of first-generation, Hispanic, and/or Mexican American students; Dream Act; student support; curriculum; leadership in higher education
- **Services in Community:** Promoting collaborative and cooperative partnerships between community organizations and post-secondary educational institutions; community services in health and social services; leadership in community
- **Religion, Spirituality and Culture:** Demographic trends; sources of spirituality; religion and cultural relevance; cultural and ethnic identity
- **Creative Expression:** Short films, videos, visual arts
- **Undergraduate/Graduate student research and creative activity:** Scholarly and creative works by Mexican American scholars/artists and/or on subjects relevant to Mexican American culture

For more information, contact Steve Wise at:
210-431-4118 or email swise@lake.ollusa.edu

OUR LADY OF THE LAKE UNIVERSITY
CATHOLIC HIGHER EDUCATION AND SERVICE SINCE 1895

VOTE Victor Gonzales for Travis County Commissioner Precinct # 1

Bring new leadership
to the Travis County
Commissioner's
Court in Pct. 1

***“I respectfully ask
for your vote and
support on
May 29th, 2012”***

Please visit my website for more info:
www.gonzalesforcommissioner.com



Paid Political Announcement by the candidate

Knights of Columbus Council 10148 is sponsoring a breakfast fundraiser on Saturday, March 31, 2012 from 8:00a.m. to 10:00a.m. at Chili's South Park Meadows, 9900 S IH 35. Breakfast will include pancakes, breakfast tacos, and a beverage of your choice. All for only \$6.00 a plate. It will be buffet style with lot's of toppings.

Quality Vision Eyewear

2 pairs of
Eyeglasses

\$89

Marco, lentes y
transición
para visión
sencilla

\$99



Eye Exam

\$35.

Hablamos Español

2800 S. (IH-35) salida en Oltorf
Mon - Fri 8:30am until 5:30pm
Saturday from 10am until 3:00pm

Su amigo el oftalmólogo
Valentino Luna,
con gusto lo atenderá

462-0001

Next Class of Early College High School Students Preparing for College

Programs at LBJ, Reagan make higher education more accessible

AUSTIN, Texas (March 5, 2012) – Hundreds of Austin students will enter college next fall just as they are entering high school, through the Early College High School (ECHS) program. A partnership between the Austin Independent School District (AISD) and the Austin Community College District (ACC), ECHS began at Reagan and LBJ high schools this academic year. The initiative creates opportunities for students to earn tuition-free college credit that also satisfies high school requirements. With hard work, ECHS students who begin college classes during the ninth grade can earn both a high school diploma and an associate degree in four years.

"The Early College High School program is fundamentally changing how our students and their families think about their educational future," says AISD Superintendent Meria Carstarphen. "We are creating an environment in which college is more than a possibility. It is an expectation."

Unlike ACC's Early College Start, a dual-enrollment program for high school juniors and seniors, ECHS

allows students who meet college-readiness standards to start college courses their freshman year. Students who are working to meet college-readiness standards can prepare for college by enrolling in a college transition course.

The program opens up higher education to students who might not have otherwise considered it, including students from low-income communities and first-generation college students.

"It made college more real to me," says Dimitri Turnipseed, an LBJ senior who is the first in his family to go to college. "You hear about college; now I see it for myself. It seems more possible."

First-year data from the ECHS office reveal promising results. Currently 386 Reagan students and 328 LBJ students are enrolled at ACC, many in the college transition course. Preliminary completion rates (a reflection of students passing classes with grades of A, B, or C) exceed 80 percent at both high schools.

"This is a solid starting point, and we will be especially interested in what happens four years from now," says Dr. Richard Rhodes, ACC president/CEO. "The full impact will be more clear after the current freshman class graduates."

Courses are taught by ACC faculty. Students can attend college classes at their high school during the school day or at other times at any ACC campus. College tuition and textbooks are free, adding up to thousands of dollars in savings for students and their families. Students have access to the full range of ACC support services, including college advising, career counseling, and free tutoring.

"I'm seeing students who would otherwise be at risk of not attending college doing some good work in my class," says Professor Raymond Gerson, who teaches the college transition course at Reagan. "It's exciting to be part of a cutting-edge venture. This is an incredible opportunity for these kids."

AISD's Early College High School program is funded through the Bill & Melinda Gates Foundation and supported through local AISD funds.

Additional financial resources for Reagan Early College High School are provided through the Texas Education Agency's Texas Title I Priorities Schools Grant, funded through the School Improvement Grant. Educate Texas, formerly known as the Texas High School Project, also provided support and guidance for the initiative.



D & D Small Engine Repair

**Mowers - Tillers
Chain Saws - Weedeaters**



Dr. Dave - Elroy, Texas

(512) 548-9335

(254) 718-8176



Fix-A-Flat Tire Shop

REPAIRS
BALANCING & ROTATION
NEW & USED TIRES & RIMS
MECHANICAL SERVICES

700 KINGSBURY ST.
SEGUIN, TX 78155
PHONE: (830) 379-TIRE
(8473)

**Juan Venegas
Owner**

MEXITAS MEXICAN FOOD RESTAURANT

1109 N. IH35 Austin, TX 78702 512-467-4444

Gilbert Rivera, Owner
512-971-8307



Available for meetings, parties and special events



Workers Defense Project

Proyecto Defensa Laboral

E-mail: info@workersdefense.org
Phone: (512) 391-2305
Fax: (512) 391-2306

Mailing Address:
Workers Defense Project
5604 Manor RD
Austin, TX 78723

Post-Baccalaureate Teacher Certification

Texas Lutheran University offers a post-baccalaureate teacher certification program in addition to its traditional undergraduate teacher certification program. The Post-baccalaureate Teacher Certification Program is authorized by **The State Board of Educator Certification** and meets all federal **No Child Left Behind** standards for an acceptable non-traditional route to certification.

About the program

Provides high-quality professional development that is sustained, intensive, and classroom-focused in order to have a positive and lasting impact on classroom instruction before and while teaching. Provides intensive supervision that consists of structured guidance and regular ongoing support for teachers or a teacher mentoring program. Allows the candidate to assume the functions as a teacher only for a specified period of time not to exceed three years. Requires the teacher to demonstrate satisfactory progress toward full certification as prescribed by the State. **TLU's** post-baccalaureate alternative teacher certification program is approved by the Texas Workforce Commission. Some applicants may be eligible for funding under the the Workforce Investment Act (WIA). Contact your local **Texas Workforce** center for more information.

Admission:

Applicants must meet each of the following requirements:

- Hold at least a bachelor's degree from an accredited institution of higher learning with an overall grade point average of at least 2.50 (on a 4.0 scale)
- Submit official transcripts from every college/university attended
- Submit a \$50 non-refundable application fee
- Complete the application package for admission to Texas Lutheran University and the post-baccalaureate teacher certification program
- Successfully participate in a structured interview with post-baccalaureate teacher certification program staff and TLU faculty.

TLU accepts applications through "rolling enrollment" that allows entry into the program at the start of any term. Depending on the desired area of certification, applicants must document that they have met the coursework requirements outlined below. Applicants who do not meet these requirements will need to take "deficiency" courses before they can secure an internship position. Bachelors degree course work requirements vary depending on certification area. Contact program director for details.



Faculty Profiles

Anna Bergstrom, Certification Officer, Director of the Post-Baccalaureate Teacher Certification Program and **TLU** Faculty Instructor in Education and Chemistry; bachelor of arts in biology/chemistry, the **University of Texas**; master of science in gifted and talented education/supervision, **Texas A & M International University**. Her areas of specialization include instructional technology, math education and science education with a special interest in the role of laboratory instruction in chemistry.



For 11 years she taught math, computer science, biology, chemistry and physics in junior high and high schools. She is a member of several professional societies and has presented papers at national, regional and state meetings.



Rebecca Oekerman, Associate Professor; bachelor of science in elementary education, **Ohio University**; master of arts in education, **The University of Texas of the Permian Basin**; doctorate (EdD) in educational psychology, **Texas Tech University**. Her areas of specialization are early childhood education and early literacy.

Dr. Oekerman taught in public and private schools in **Ohio** and **Texas** in preschool, elementary, and middle school classrooms. She also served as the director of an early childhood program and member of a **West Texas** school district Board of Trustees. Her areas of research include obesity in the early childhood profession and quality in child care settings. She has published in various state and national journals.



La Voz: When I first came to **Austin** in 2004, **Susan Almanza** was one of the first names I heard as somebody to meet. As we thought about the March issue of **La Voz**, we realized **Susana Almanza** should be the interview person of the month. We are pleased to present this interview with **Susana Amanza**.

La Voz: **Susana**, how long have you been a community activist?

Almanaza: I have been involved in community work now for more than 40 years. Looking back, it has been a long journey.

La Voz: What motivates you?

Almanaza: I am motivated to make a difference because of the life I have lived and the injustices and inadequacies I have seen persons of color receive.

La Voz: Share with our readers a little bit about yourself. *¿De donde eras?*

Almanaza: I was raised in poverty at 1205 E. 10th Street along with my nine siblings in **East Austin**, the segregated part of **Austin, Texas** that in some parts in the 1960s rivaled unlivable conditions found in third world countries.

La Voz: Who were your parents?

Almanaza: Both of my parents were not formally educated. My mother, **Tomasa Calderon**, grew up in **Bastrop** and later moved to **Austin**. My father, **Miguel Renteria**, grew up in **San Marcos** and later moved to **Austin**. Both my parents' only spoke Spanish and I could see that they were being treated as second-class citizens in all interaction.

I inherited my parents' love of **Mother Earth** and still carry on their practices of nourishing the soil to produce food as well as plants and flowers for healing. I maintain a personal altar and honor my spiritual connections to the universe. My commitment to **Mother Earth** also motivates my grassroots activities against the injustices that I see against humanity and nature.

La Voz: Growing up in **Austin**, what did you experience as a young person?

Almanaza: I experienced cultural prejudice because of the part of town in which I lived. I had to attend segregated schools and saw firsthand the poverty and the economic inequity. As I started attending integrated schools during my high school years, I saw the differences in the schooling that I and others received in the segregated schools. It is the total of all these life experiences at an early age; cultural, educational, social, and economic injustices, which have motivated me to be a community activist for positive change.

La Voz: I understand you were involved in social justice issues even in high school. Share with our readers some of your early activities.

Almanaza: As freshman in high school, I helped organized a lettuce boycott in support of **Cesar Chavez** and the **United Farm Workers**. This boycott was done

to bring attention to the inhumane treatment of farm workers. During my senior year in high school, I worked with students of color and coordinated a walk-out which forced the white student council, teachers and principles to listen to our concerns and suggestions. We were successful in securing representation on the student council and other extracurricular activities for students of color (1971).

La Voz: After high school you continued your activism?

Almanaza: As a **Brown Beret** member and co-chair from 1974 - 1978, I worked with the community to bring focus to civil rights issues, such as police brutality, lack of activities for youth, housing, education and other needed services for our community in **East Austin**. As a co-chair I traveled throughout the state organizing and supporting other communities throughout **Texas**. The **East Austin** community was successful in electing the first Mexican American to the **Austin City Council** in 1972 (**John Treviño**) due to all the activism.

La Voz: Many people in **Austin** associate you with **PODER**. How did **PODER** come about?

Almanaza: **PODER, People Organized in Defense of Earth and her Resources**, was formed to increase **East Austin** residents' participation in corporate and government decisions related to economic development, environmental hazards and the impact on our **East Austin** neighborhoods. **PODER** was

formed by a group of **Chicana/o East Austin** activists and community leaders after participating in a national meeting with **SEMATECH** in May 1991.

The founding members include: myself, **Antonio Diaz, Sylvia Herrera, Sylvia Ledesma, Frank Campos, Gilbert Rivera** and

An Interview with Co-Director



PODER
People Organized in Defense of Earth and her Resources
A grassroots effort redefining environmental, economic and social justice issues.

Susana Almanza of PODER

Rene Renteria. SEMATECH is a non-profit research consortium funded by the federal government and several of the largest U.S.-owned semi-conductor manufacturers in **Montopolis**, a predominantly Latino neighborhood.

As a result of this meeting, and our interest in issues affecting our community, several of the local participants realized the need to form an organization to address the social, economic and environmental impacts on **East Austin's** communities of color.

We seek to empower our communities through education, advocacy and action.

PODER's mission is redefining environmental issues as social and economic justice issues, and collectively setting our own agenda to address these concerns as basic human rights. We seek to empower our communities through education, advocacy and action. **PODER's** primary constituency includes **East Austin** neighborhoods which have historically been economically neglected and disproportionately impacted by hazardous facilities.

Austin's Latinos make up 33% of the population and African Americans are 8%. **East Austin** is a predominantly African-

American, Mexican-American, immigrant inner-city community with high unemployment and crime, low educational attainment, substandard housing and infrastructure, and an inappropriate mix of land use.

La Voz: Over the years, **PODER** members have participated in functions outside of Austin. Tell us about **PODER's** participation in some of these events.

Almanza: **PODER** has a long history of policy & advocacy work. The **City of Austin's Master Plan of 1928**, allowed 90% of all industrial zoning & the zoning of **East Austin** homes to match industrial and/or commercial zoning. In 1997 **PODER** helped form **El Pueblo** (coalition of East Austin groups) to work with the City's Planning Commissioners to establish the **East Austin Overlay Ordinance (EAO)**.

This ordinance forced the facility owners of industrial & commercial properties to meet with area residents before they could construct or expand their business, and allowed public participation at the Planning Commission & City Council. The **EAO Ordinance** was adopted in July 1, 1997 by City Council and on May 20, 1999, amended the Ordinance, tightening restrictions on the types of industries allowed to move or expand.

Through the **City of Austin Neighborhood Planning** program (2001), **PODER** & area residents, made history in **Austin** with the **Johnston Terrace/Govalle Neighborhood Plan**. The **City of Austin** adopted the Plan

community fights you have been involved in over the years?

Almanza: To promote community empowerment, **PODER** has undertaken the following programs & projects: **Transportation &**

other community groups?

Almanza: **PODER** is an affiliate member of the **Southwest Network for Environmental and Economic Justice (SNEEJ)**, a bi-national network, we are also a member of the **Grassroots Global Justice (GGJ)**, an alliance of U.S.-based grassroots groups connecting local to global issues and building an international movement for global justice.



ABOVE: Members of the board of PODER: From left to right top row, Librado Almanza, Librado Almanza, Erika Gonzalez, Ana Villalobos, Geneva Oliva, Dora Revera, Janie Rangel, Susana Almanza. Sitting L to R - Mrs. Zamarripa, Tommy & Bertha Williams

through ordinance in March 2003, which rezoned over 600 properties in **East Austin** & eliminated most industrial zoning. **PODER** & area residents have been instrumental in relocating some of the most hazardous facilities, such as: 52 Acre fuel storage facility (Tank Farm), which emitted numerous chemicals; **BFI Recycling Plant**, which brought 350,000 recyclables to **East Austin** (creating a mini-landfill); & the **Holly Power Plant**, which emitted EMF's, noise & air pollution.

La Voz: What are some of the

Quality of Life, Land Use & Community Health Action (LUCHA), Nahui-Ollin Healthy Communities Project, Keepers of the Roy Guerrero Colorado River Park & Oak Springs Preserve Conservation Projects, and the **Young Scholars for Justice**. The **Preserve Eastside Affordability Campaign (PEAC)** and **The Educational Listening Project:** Your Rights are the most recent community collaboration upon which **PODER** has embarked.

La Voz: Does PODER work with

As member of bi-national groups, **PODER** has participated in gatherings and conferences in **China** (World Conference on Women 1995), **South Africa** (World Conference Against Racism 2001), **Brazil** (World Social Forum), **Guatemala** (Social Forum of the Americas 2008), **Nicaragua** (Women's Conference), Chiapas, Ecuador, **Cuba** and **Mexico**.

Continued on page 12

In the Community



ABOVE: Sylvia Carmarillo, Congressman Lloyd Doggett, Sandra Tenorio, Chair of Tejano Democrats and Libby Doggett at the Tejano Democrats Annual Convention in Austin, Texas.



ABOVE: Joseph Vasquez, Lisa Saldaña and Paul Saladaña at the Emma S. Barrientos Mexican American Cultural Arts Center in Austin, Texas during SxSW



ABOVE: Dr. Carmen Tafolla reading her work in honor of Tomas Rivera. NATIONAL ASSOCIATION FOR CHICANA AND CHICANO STUDIES: TEJAS FOCO REGIONAL CONFERENCE at TEXAS STATE UNIVERSITY, San Marcos, Texas on March 1- 3, 2012



ABOVE: Dr. Rolando Hinojosa-Smith reading his reflective thoughts on Tomas Rivera: NATIONAL ASSOCIATION FOR CHICANA AND CHICANO STUDIES: TEJAS FOCO REGIONAL CONFERENCE



ABOVE: Dr. Angela Valenzuela, doctoral candidate Patricia D. Lopez and Antonio Gonzalez, President of the Southwest Voter Registration and Education Project during a presentation at the National Association of Chicano/a Studies Regional Foco Conference at Texas State University in San Marcos, Texas.(Photo by Alan Pogue)

Davila's
BBQ

Since 1959

418 West Kingsbury
Seguin, Texas 78155
(830) 372-2363

380 N. 123 by pass
Seguin, Texas 78155
(830) 379-5566

End of the Trail
Massage Therapy And Reflexology

Mrs. Judy A. Leath, LMT
200 N. River Street
Suite 100 F
Seguin, Texas 78155

Mon-Wed-Fri
By appointment only
Call and leave message

1 hour - \$50
½ hour - \$30

(830) 305-3637

MR. G.

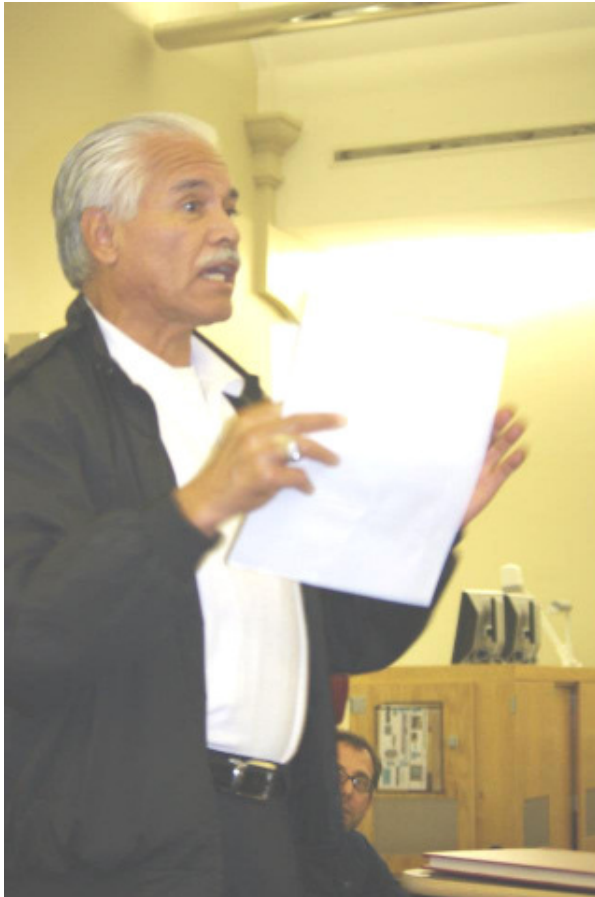
Bail Bonds
24-HOUR SERVICE

ARMANDO (MANDO) GONZALES

108 North River
Seguin, Texas 78155

(830) 303-2245 Office
(800) 445-0778 Office

En la comunidad




ABOVE: Dan Arellano, President of the **Tejano Genealogy Society of Austin**, talking about the events set up by the Tejano Monument Committee for the end of March at the State Capitol Building. NATIONAL ASSOCIATION FOR CHICANA AND CHICANO STUDIES: TEJAS FOCO REGIONAL CONFERENCE at TEXAS STATE UNIVERSITY, San Marcos, Texas on March 1- 3, 2012



ABOVE: Creative Writers-Poets: Homenaje A Tomás Rivera: (L-R) David Rice, Dr. Rolando Hinojosa-Smith, Diana Montejano, Dr. Carmen Tafolla, Juanita Luna-Lawhn, and Juan Manuel Perez. NATIONAL ASSOCIATION FOR CHICANA AND CHICANO STUDIES: TEJAS FOCO REGIONAL CONFERENCE at TEXAS STATE UNIVERSITY, San Marcos, Texas on March 1- 3, 2012





Gloria's Child Care

6:30 am - 5:30 pm

2217 SHERMAN
SEGUIN, TEXAS 78155
gespinoza76@satx.rr.com

Nutritional Meals
Registered Child Care
C.P.R. Trained

GLORIA VENEGAS
(830) 379-5412



QUALITY OUTFITTERS
BUSINESS, SCHOOLS, ORGANIZATIONS
CHURCHES & CLUBS

● Caps	● Jackets	● Bags
● Polo's	● Sports Wear	● Towels
● Shirts	● Uniforms	● Koozies

830.549.5113
421 E. Kingsbury ST., Seguin, TX 78155



Riverside Beauty Salon

Tuesdays only
\$8.00
Senior Hair Cuts 65 and older

Haircuts for Women, Men and
Children. Color, Perms, Etc.

(830) 372-1327 1650 N. Austin
Tue-Fri 9-5 Sat: 9-4 Seguin, Texas

Interview with Susana Almanza (continued)

La Voz: How did **PODER** come to organize the annual **Cesar Chavez** march in **Ausitn, Texas**?

Almanza: For four years ago, **Barbara Caudillo-Prince** organized the **Cesar E. Chavez March** with a small committee. In 2006 she asked **PODER** to join her in organizing the 5th Annual March.

In 2006 over 3,000 people attended the march. **Barbara** recognized the importance of having a grassroots organization coordinate the march and in 2006 she asked **PODER** to be the caretakers of the **Cesar E. Chavez Annual March**.

La Voz: What are the details for this year's event?

Almanza: On Saturday, March 31st, 2012 **PODER** will celebrate the 11th Annual **Cesar E. Chavez "Si Se Puede!" March and Rally**. The March will begin at 10:30 am at **Terrazas Library** and end at the **City Hall Plaza**, located at 301 W. **Cesar Chavez Street**.

This year's theme is to get **H.R. 213** passed, which would make **Cesar E. Chavez** a National Holiday. **Cesar E. Chavez** is one of the most important leaders of the 20th century. His legacy of workers' rights, civil rights, environmental justice, equality for all, peace, non-violence, children

and women's rights, deserves national recognition. This year also marks the 50th Anniversary of **United Farm Workers Association**.

La Voz: You are also sponsoring something else *que no*?

Almanza: This year marks the **Sixth Annual Cesar Chavez 'Si Se Puede!' Awards Dinner**. The Awards will be held on Saturday, March 31st at the **Emma Barrientos Mexican American Culture Center** from 6 – 8 pm.

La Voz: I believe you were telling me something else about **PODER** that is very important for our readers to know.

Almanza: **PODER**, Austin's only environmental justice organization, has spent 20 years defending environmental, economic, and human rights for low-income youth, elders, and families of color in **East Austin**. We are now facing financial crisis at **PODER**. In order to continue the work we do we have to pay the bills. I know some people don't like to talk about money but the reality is that we have to pay for our operations.

PODER is respectfully requesting the financial support of all those who read **La Voz** in order to continue our crucial campaigns and programming in the new year. Please visit our website at www.poder-texas.org and make your donation. Or mail a donation to **PODER** P.O. Box 6237, Austin, TX 78762.

PODER has been working for over ten years to make sure that **PODER** continues to exist at the hands of the next generation of leaders - through our **Young Scholars for Justice** participants.

La Voz: Finally question, In ten years where and what will Susana Almanza be doing?

Almanza: In next few years, I hope to transition my work with elders in our community, to assist them in enhancing their quality of life. Making sure that elders of color have a voice in local, state, and federal policies that impact their daily lives. This program and/or organization will be called **SAGE**, Seniors Active in Growth and the Environment.

BELOW: Participants in the 2006 Cesar Chavez March in Austin, Texas.



Schedule of Events for the Tejano Monument Event

Thursday March 29th, 2012, 10 AM

The official unveiling at the State Capital Free event

Friday March 30th, 2012 9AM- 3 PM

Tejano Monument Conference at the State Capitol

Historical sessions by scholars of Tejano History

Free Event

Friday March 30th, 2012. 6:30PM to 10:00PM

Banquet. Texas Exes Student Center UT Austin

Tickets required

Saturday March 31st, 2012 9 AM

Tejano Parade on Congress Ave. Free Event

Saturday March 31st, 2012, 1-4 PM

MACC Reenactment of the Tejano Declaration of Independence April 6, 1813, book sales, folklorico dancers, etc. Free Event

Tejano Music Plaza Saltillo 6 PM Free Event



For more information:

Tejano Genealogy Society of Austin a 501 (c3)
Non Profit Organization

PO Box 43012 Austin, Texas 78704

darellano@austin.rr.com

512-826-7569



AUTO
830-379-2244

Peña-Moreno Ins. Agency

1414 N. Austin
Seguin, TX 78155

Agent Se Habla Español

Diana P. Moreno
Notary Public

Office Hrs.
9-5 p.m. M-F

INCOME TAX RETURNS * IMMIGRATION FORMS
FAXING * CHECK CASHING HERBS * TRANSLATIONS

La Oficina Del Barrio

Bilingual Services / Servicio Bilingue

Ramon "Munchie" Salazar, Jr.

1104 Ave D.
(830)379-1083



1-830-305-4260

seguinstories.net.series

Re-Elect
C Maria
Ganchola
Democrat ★ Constable ★ Pct. 4

¡TechComunidad!™



TechComunidad Bridges Culture and Access to Eliminate the Technology Divide, Kicks Off a New Plan with Dell to ‘Wire’ Dove Springs

By Alfredo Santos

Dove Springs, a very large and mostly Spanish speaking community in southeast **Austin**, is about to get a technology makeover. Spurred on by a new initiative, **TechComunidad**, a multifaceted plan launches this month at **River City Youth Foundation** and promises to change the lives of thousands of parents and children in **Dove Springs** who have no technology or connectivity at home.

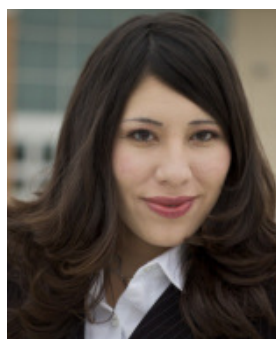
I recently sat down with **Oné Musel-Gilley**, the visionary behind **TechComunidad** who's leading the tech movement in partnership with **Dell** and others. **Musel-Gilley** has worked in **Dove Springs** most of her life as the marketing/PR ambassador for **River City Youth Foundation**, an organization created by her mother **Mona Gonzalez** nearly 30 years ago.

However, **Dove Springs** hasn't been her only area of focus. She has spent about six years mobilizing communities to reach 100,000+ parents and

children in **Austin** and around the country. She's the founding co-producer of **Austin's** native **Feria Para Aprender** program and recently spearheaded its expansion into **South Texas**, **Miami** and **Dallas** working with thousands of volunteers and representatives from nonprofits, colleges, and community organizations.

I asked her to share the vision of **TechComunidad**, which

t a k e s place at **River City Youth Foundation** (5209 S. Pleasant Valley) on Saturday, March 31.



Oné Musel-Gilley

La Voz: Tell us

about **TechComunidad**. What's the vision? What are the goals?

OMG: I've been in the trenches serving low-income families all over **Austin** since I was a young girl. My mom would office out of her car as we roamed

housing projects all over **Austin** holding youth programs and workshops in different neighborhoods.

I've seen up close the nuances of poverty in a household. I've observed how it not only impacts a young person's life but a parent's ability to successfully guide their child. I've also experienced how important it is to have a neighborhood-based approach to empowering families in poverty who are hard to reach and hardest to impact.

What I see happening right now is this huge technology divide that's further driving the educational divide in hard-to-reach communities. These neighborhoods have the greatest number of kids and the greatest number of parents who are not equipped to guide them.

Many of these families also have language barriers. First, **TechComunidad** is all about delivering the power of technology to the doorsteps of the people versus expecting a family to go outside of the comfort of their community on



what can be an intimidating subject – so it's community-driven.

Secondly, **TechComunidad** shrinks the technology divide with a very simplified curriculum combined with a culturally relevant approach. When families leave **TechComunidad**, they leave with three things to immediately change behavior and empower their lives: the confidence, the basic steps, and a tech product.

La Voz: Why **TechComunidad** in **Dove Springs**?

OMG: I always make it a point to ask every new person I meet

in **Austin** if they've ever ventured to southeast **Austin**. Eight out of the 10 I ask don't even know where the intersection of **Stassney** and **East I-135** come together.

The southeast **Austin Dove Springs** area is geographically the largest community we have in **Austin** with a population of 40,000+. **Dove Springs** also has the greatest share of **Austin ISD's** middle school students and the city's largest Latino youth population – the majority of which live in poverty.

Despite those statistics, **Dove Springs** remains one of the most under-resourced

communities in the area. It continues to get left off the radar. The challenges are enormous in **Dove Springs**, an area with one of the largest educational achievement gaps, greatest childhood obesity, highest poverty and a majority Spanish language dominant community. If we can ignite a new tech culture in **Dove Springs**, we can do this in other similar communities as well.

La Voz: What takes place at **TechComunidad** on Saturday, March 31?

OMG: It will be an inspiring day. **TechComunidad** will be held at **River City Youth Foundation** in **Dove Springs** and will mark several milestones. It is the official launch of **RCYF's Wired & Inspired Neighborhood** (WIN) program which calls for a new strategic plan supported by **Dell's Powering the Possible** initiative to "wire" **Dove Springs**.

About 700 of the least "wired" parents and students in **Dove Springs** have been selected to

attend **TechComunidad** so we're targeting the highest needs. The majority of families are Spanish language dominant.

Also on this day, **River City Youth** will convert its 87,000-sq.-ft. indoor and outdoor center into a free public wi-fi spot for the community with additional wi-fi spots planned in **Dove Springs** for late spring and fall. The plan also calls for building a pipeline of bilingual technology workers locally and regionally through increased educational opportunities in **Dove Springs**.

La Voz: What do families receive?

OMG: So many community organizations, whether they're education or health, have great programs for parents and youth. They may provide training or services on a variety of topics to families. But a lot of times that messaging and behavior change doesn't stick simply because there's no technology access in the home

and/or there's a lack of confidence or basic tech understanding by the parent.

At **TechComunidad**, each household is put on an empowerment path where they receive customized training and a technology product. The emphasis here is on how technology integrates with education, health, government, and other areas of life. Every family has been interviewed ahead of this day so we know exactly who's coming and what their needs are. The playing field is leveled and they can immediately improve the quality of their life.

La Voz: Who are the partners participating?

OMG: It's an exciting mobilization that's happening right now to address the technology needs in **Dove Springs** and beyond. Our primary **RCYF** supporter is **Dell**, which through its **Powering the Possible** initiative has enabled us to dream big and position **Dove Spring's** burgeoning youth population in bilingual tech and other careers.

Other partners include **ACC, City of Austin, Las Comadres**, the *Texas Baptists*, **United Methodist Church, Texas Higher Education Coordinating Board, Austin ISD, UT, KIPP Austin**, and many others. We are grateful for everyone's support.

La Voz: What's next after Saturday, March 31?



OMG: After this month's launch, there will be additional **TechComunidad** events planned for **Dove Springs** and in similar high-needs communities around **Austin**, and even in similar low-access communities across **Texas**. There will also be several exciting announcements coming for **Dove Springs**.

La Voz: How does someone help or get involved with **TechComunidad**?

OMG: We're looking for individuals or groups that want to be matched with a family to help provide the funding for their technology start-up, whether it's a desktop, laptop, tablet, or a cell phone. We also need Spanish speaking volunteers who want to serve as family mentors and guides at **TechComunidad**.

These are volunteers that look after a parent and their students for the day. You don't need to be technology experts, just be reliable and have a passion

about making a difference. To sign up or learn more, email hello@techcomunidad.com or visit www.TechComunidad.com for volunteer forms and other information.

How Can You Help TechComunidad?

Donate a Computer, Tablet or Laptop ·

Contribute Funds — get matched with a family to fund their technology start-up ·

Volunteer as a Family Guide/Mentor on the day of the event — look after parents and students ·

Serve in other Volunteer Roles at the event (tech support, instructor assistance, logistics, etc.) ·

Be a Youth Mentor — sign up to mentor a young person after the event. Donations can be made to River City Youth Foundation through Paypal handle: RCYFPR@aol.com.

Sign up as a volunteer at www.TechComunidad.com. For questions or requests, email hello@techcomunidad.com



Dove Springs: Stepping into the 21st Century

When is TechComunidad ?

Tech Comunidad will launch in 2012 in the southeast Austin neighborhood of Dove Springs. **Tech Comunidad Dove Springs Saturday, March 31, 2012** at River City Youth Foundation 5209 S. Pleasant Valley, Austin, TX 78744

What is TechComunidad™ ?

Tech Comunidad brings the power of technology to the doorsteps of the people in a community. This digital technology fair is organized in the heart of a low-income neighborhood whose tech knowledge and access to technology is measured to be minimal. The day consists of hands-on tech demonstrations and culturally relevant learning opportunities and training for parents and students. Tech Comunidad is designed to be a starting point for increased tech empowerment for families who need it the most.

What are the Goals?

- To increase the tech knowledge and empowerment of a community as a whole so as to increase its overall educational attainment and quality of life
- To give every family in attendance immediate access to technology for the long-term
- To improve a disadvantaged, low socioeconomic community's connectivity.

Featured Activities

Tech Comunidad is a learning experience for parents and students who are less technology literate and who have minimal access to tech service and products. The day's activities include:

- Bilingual digital media sessions on video gaming, social media, cell phone and web technologies
- Hands-on, interactive demonstrations on how technology integrates with daily life
- Culturally relevant info sessions for parents.

Dove Springs: Entrando al Siglo 21

Cuando empieza la comunidad tech?

La comunidad tech empieza este año en el barrio conocido como Dove Springs. La fecha precisa es **Saturday, March 31, 2012** en el River City Youth Foundation 5209 S. Pleasant Valley, Austin, TX 78744

Qué es Tech Comunidad™ ?

Tech Comunidad trae el poder de la tecnología a la puerta de la comunidad. Esta feria de tecnología se enfoca en el corazón del barrio de Dove Springs, una barrio conocido por su baja nivel de acceso de conocimiento de tecnología. Durante la feria miembros de la comunidad tendrán la oportunidad de ver como se maneja la tecnología qué se les puede abrir más puertas de oportunidad economicos.

Cuales son los fines?

- Aumentar el conocimiento y poder de la comunidad para alcanzar otras oportunidades en la area de educaion y mejorar la calidad de la vida de uno
- Dar a cada familia acceso inmediato a la tecnología para largo plazo
- Mejorar la conexión y comunicación de la comunidad.

Actividad en particular

La comunidad tech será una experiencia de aprendizaje para padres y hijos que no tienen mucho conocimiento de como la tecnología se les puede ayudar a conseguir mejores servicios y productos. Las actividades incluyen talleres bilingües en cómo se usan las medias de comunicación sociales,

- Sesiones digitales bilingües de medios en el juego video, medios sociales, el teléfono celular y las tecnologías web
- Prácticas y recíprocas en cómo la tecnología integra con la vida
- Sesiones pertinentes de información para padres.



All families wishing to attend TechComunidad must fill out an application and complete an interview.

All students must be accompanied by a parent at the event.

For the TechComunidad launching in Dove Springs, attendees must live in the 78744 zip code.

To get your application, email hello@techcomunidad.com

Deadline for applications is March 9, 2012!

It's first-come, first-serve. Limited spots available.

Get your application in early! There are 3 ways to submit your application:

- **Drop off** application in person at River City Youth Foundation, 5209 S. Pleasant Valley Road, Austin, TX 78744
- **Fax** application toll-free to (866) 350-6198
- **Email** application to hello@techcomunidad.com

After submitting your application, a TechComunidad representative will call you to schedule a follow-up interview to be conducted by phone or in person. All families attending TechComunidad **must** complete a required interview and be approved to attend.

If you have any questions about this parent application, please call **(512) 440-1111 EXT 18** or email hello@techcomunidad.com.

iTechComunidad!™

Technology delivered to the doorsteps of a community.™



Saturday, March 31, 2012

8:00am - 5:00pm

River City Youth Foundation
5209 South Pleasant Valley
Austin, Texas 78744
(Southeast Austin's Dove Springs)

What is TechComunidad™?

TechComunidad delivers the power of technology to the doorsteps of the people in a community. It's a digital technology fair organized in the heart of a neighborhood where tech access is minimal. The first TechComunidad will take place Sat. March 31 in the most challenged area in Austin -- Dove Springs. It's the starting point to making Dove Springs a wired community.

Featured Activities

- Bilingual digital media sessions on Internet, video gaming, social media, mobile access, and other web technologies.
- Hands-on, interactive demonstrations on how technology integrates with daily life.
- Culturally relevant life sessions for parents.
- Student tech showcase of River City Youth Foundation Wired & Inspired Neighborhood supported by Dell Powering the Possible.

How To Sign Up Today

Go to www.TechComunidad.com and fill out the Volunteer Form or make a donation
Email Hello@TechComunidad for questions or more information



TechComunidad



@TechComunidad

Volunteer Sign up as an individual or as a group

Promote Help spread the word - add TechComunidad to your website and emails

Plan Join the planning committee

Teach Be a TechComunidad Instructor for the day

Donate

Ways You Can Help

Sponsored By

River City Youth Foundation's Wired and Inspired Neighborhood Program (WIN), a Dell Powering the Possible program.



Do Right Cleaning

Make Ready

Commercial and Residential

Tracie Garza

(512) 995-0314



CHANGE STARTS NOW!

SAVE

Texas

SCHOOLS

MARCH & RALLY

March 24, 2012

March: 11 am @ 12th and Trinity

Rally: Noon-2pm @ TX State Capitol

AUSTIN, TX

JOIN US to demand that our lawmakers
put education first.

Texas can do better. Our future depends on it!
We're Watching, We'll Remember and We VOTE!

www.SaveTxSchools.org

Word Power

En las palabras hay poder

No one can ever argue in the name of education, that it is better to know less than it is to know more. Being bilingual or trilingual or multilingual is about being educated in the 21st century. We look forward to bringing our readers various word lists in each issue of *La Voz*.

Nadie puede averiguar en el nombre de la educación que es mejor saber menos que saber más. Siendo bilingüe o trilingüe es parte de ser educado en el siglo 21. Esperamos traer cada mes a nuestros lectores de *La Voz* una lista de palabras en español con sus equivalentes en inglés.

Always	Siempre
Sometimes	a veces
Who	¿Quién?
When	¿Cuándo?
Where	¿Dónde?
Sleep	Dormir
Wash	Lavar
Dry	Secar
Iron	Planchar
Draw	Dibujar
Taxes	Impuestos
Tax rate	tasa de impuestos
Again	Otra vez
Greyhound Bus Station	Cánton del perro flaco
	(Slang)



CARE IMPROVEMENT PLUS

Specialized Care for Medicare Beneficiaries

La Voz: Can you please tell us a little bit about yourself?

Sellers: My name is Joni Sellers; I am a Community Outreach Manager for Care Improvement Plus. I have been in the health care industry for almost 18 years and have a background as a registered nurse and certified diabetes educator.

I have been with Care Improvement Plus for 7 years representing the Central Texas area, which is comprised of an 11-county area; and the South Texas area, which is comprised of a 20-county area.

La Voz: What does a Community Outreach Manager for Care Improvement Plus do?

Sellers: As the Community Outreach Manager for Care Improvement Plus for the Central and South Texas areas, my role is to educate, facilitate, and collaborate with others in our community to help seniors and those who care for them make informed decisions regarding their health care needs.

I coordinate local Community Education Events and Forums where information, resources and demonstrations are presented and shared with the local community. These events are **free and accessible** to all seniors, their caregivers, and those interested in learning more about senior healthy living.

La Voz: What is Care Improvement Plus?

Sellers: Care Improvement Plus is Texas' largest provider of Medicare health plans uniquely designed for beneficiaries with diabetes and/or heart failure, as well as those with both Medicare and full Medicaid. We have been in Texas since 2007 and have over 1,000 members in the Central Texas area.

The unique thing about Care Improvement Plus – is that we offer our members a holistic approach – providing customized support and added benefits aimed at improving our members' quality of life and help them control their health care costs.

La Voz: When you mention 'holistic approach' – what does that mean exactly?

Sellers: I'm glad you asked. At Care Improvement Plus we have teams of Care Managers, Nurses, and Nurse practitioners that work together to ensure our members are receiving the best quality of care possible. For example, once a year all of our members receive a 'HouseCall' visit – this is a visit in their own home where a nurse practitioner or physician visits their home – assesses their health, checks their medication, and follows up on their health. After this visit – the nurse practitioner or doctor works with our Care Managers to ensure our members follow up with their doctor if

necessary – and stays on a healthy path.

La Voz: Wow, that sounds interesting and comprehensive. Why is something like this necessary in Central Texas?

Sellers: This is especially crucial within this area because cardiovascular disease leading cause of death not only in Texas, but in the U.S. according to the Texas Department of State Health Services and approximately 48,750 people in Travis County diagnosed with diabetes. And having a program like this, where we can periodically check in with our members is important in ensuring they have the right medication, the right medical instructions – and that they have a clear understanding of what they can do to help lead healthier lives.

La Voz: Is there anything seniors can do improve a chronic illness, such as diabetes or heart failure?

Sellers: YES! According to the U.S. Administration on Aging, 87 percent of older Americans have a chronic disease that can be improved through nutrition. We at Care Improvement Plus offer nutrition counseling for those living with a chronic condition.

La Voz: How wonderful that members can benefit from one-on-one nutrition counseling. How does this service work exactly?

Sellers: We have specially-trained dietitians who take members through the specific nutritional considerations for their respective conditions. For example, we would encourage a member living with heart failure to understand the importance of reading labels, as it relates to sodium consumption. A can of soup is usually labeled as a two-serving portion where even half of the contents can run high in sodium. So, by eating an entire can, you end up consuming nearly an entire day's worth of the recommended sodium intake. Additionally, for members living with diabetes, we encourage them to avoid processed foods and increase their consumption of fresh fruits, vegetables and whole grains.

La Voz: Can you share any other tips for how seniors right here in Austin who are living with a chronic condition might change their eating habits and improve their overall health?

Sellers: Absolutely, a few important tips to keep in mind are:

- 1) **Balance.** This is key! The USDA recommends consuming at least five servings of vegetables per day. A proper diet can help to reduce the risk of heart disease by 80 percent.
- 2) **Reduce sodium consumption.** Studies have shown a link between sodium, high blood pressure and heart failure. Seniors and individuals with diabetes or heart disease should reduce their sodium intake to no more than 1,500 mg a day, or about ¾ of a teaspoon of salt. Read food labels and look for items that are "low sodium,"

"reduced sodium," or "no added salt."

3) **Consume more water.** Dehydration is one of the most frequent causes of hospitalization among people over the age of 65. Unless advised by your physician to limit your fluid intake, it is important to consume at least six to eight ounces of fluids per day, including water. Supplement your loved one's fluid intake by providing liquid rich foods at meal time—like soups or fresh fruits and vegetables.

4) **Fill up on Fiber.** The American Diabetes Association recommends that people with or at risk of diabetes eat meals high in fiber. Fiber-favorites that are easy to incorporate into everyday meals include raw fruits, veggies, beans, nuts and whole grains.

5) **Make mealtime, family time.** A recent survey found that 30 percent of seniors skip at least one meal per day. For seniors with diabetes, skipping meals can be dangerous because it can upset blood sugar levels. If you are worried that a loved one is skipping meals, make mealtime a family time and eat together!

La Voz: Joni, these are all great tips. Where can we find more information about Care Improvement Plus and its nutritional counseling program?

Sellers: For more information about Care Improvement plus, people can call 1-866-727-6646 or visit www.careimprovementplus.com

SYLVIA ROMO



Scan me with your smart phone to learn more about Sylvia Romo and the campaign.

FOR U.S. CONGRESS, 35th District



@Sylvia4Congress



/Sylvia4Congress

REBUILD OUR
ECONOMY.

CREATE NEW
JOBS.

PROTECT OUR
SENIORS.

SUPPORT OUR
TROOPS.



¡Adelante con Romo!

Texas has never sent a Latina to Congress.

¡Ahora es el Momento!

With your help, Sylvia Romo will go to Washington and fight for the interests of our families.

Sylvia Romo, La Voz de Su Gente.

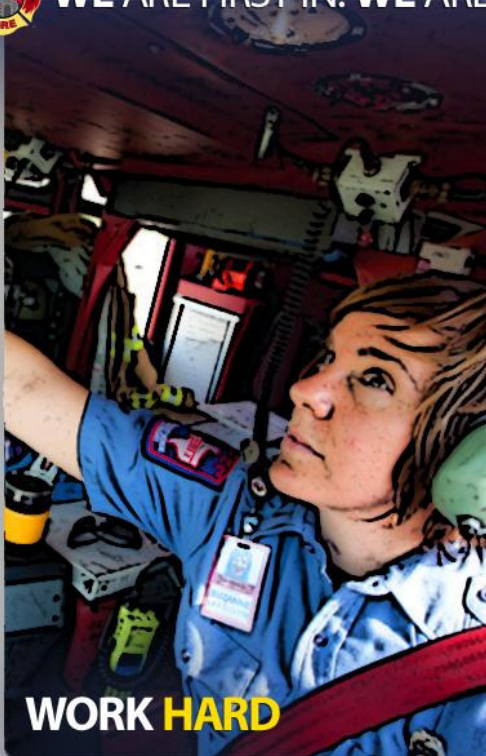
SylviaRomoForCongress.com



PAID FOR BY ROMO FOR CONGRESS



WE ARE FIRST IN. WE ARE ONE. WE ARE AFD.



WORK HARD



PLAY HARD

AustinFireHire.org



GO HOME