

## Latino children in foster care need Latino foster parents

By Pablo Jaime Sáinz

When he was chief of the San Diego Police Department, David Bejarano used to notice that many of the Latino criminals he helped put behind bars had one thing in common: They had been part of the foster care system.

That's one of the reasons why today he's president of the board of directors of La Cuna, Inc., a non-profit, independent foster family agency that helps place Latino children in stable homes with loving, caring Latino families.

"The statistics are against our Latino children in foster care," said Bejarano, who, after retiring a few years ago, now owns a private security company. "If there are no Latino foster parents to take care of those children in those critical early years, those children will end up as criminals."

In the following weeks La Cuna will have information sessions in English and in Spanish for people interested in becoming foster parents for Latino babies. The dates and places are the following.

· Saturday, August 9, 10:00 a.m. in English and 11:00 a.m. in Spanish.

Encinitas Community Library; 540 Cornish Drive, Encinitas, CA 92024

· Wednesday, August 13, 5:30 p.m. in English and 6:30 p.m. in Spanish.

Otay Mesa Public Library; 3003 Coronado Ave., San Diego, CA 92154

· Saturday, August 16, 10



David Bejarano president of the board of directors of La Cuna.

a.m. in English and 11 a.m. in Spanish.

Weingart Library in City Heights ; 3795 Fairmount Ave., San Diego, CA 92110

In almost three years and a half since it received its licensure, La Cuna has been able to secure a stable, safe place for some 66 Latino children that are part of the County of San Diego's foster care system.

Those 66 children are equal to 66 human beings that will grow up to become good members of our society, said Rachel Humphreys, La Cuna executive director.

Humphreys founded La Cuna in 2003, and together

with a group of concerned individuals, began working on the licensing requirement to become a foster family agency.

La Cuna, which means "the cradle," in Spanish, was established to address the shortage of quality foster homes serving Latino babies and toddlers.

Its mission is "to develop programs that allow foster infants to grow up healthy and happy, and to evaluate the results and create best practices that will improve the lives of Hispanic foster infants throughout California."

Humphreys said that Latino (see Foster Care, page 7)

## Los niños latinos necesitan padres provisionales latinos

Por Pablo Jaime Sáinz

Cuando era jefe del Departamento de Policía de San Diego, David Bejarano notaba que muchos de los criminales latinos que ponía detrás de las rejas tenían una cosa en común: habían sido parte del sistema de hogares provisionales (foster home system).

Esa es una de las razones por las que hoy él es presidente de la mesa directiva de La Cuna, Inc., una agencia de familias provisionales sin fines de lucro que ayuda a colocar a niños latinos en hogares estables con familias latinas amorosas.

"Las estadísticas están en contra de nuestros niños latinos en el sistema de hogares provisionales", dice Bejarano, quien, después de jubilarse hace algunos años, ahora es dueño de una empresa de seguridad privada. "Si no hay padres provisionales latinos para cuidar de estos niños en estos años críticos, esos niños terminarán como delincuentes".

La Cuna tendrá talleres informativos en inglés y en español para personas que estén interesadas en ser padres provisionales para niños latinos.

· Sábado, 9 de agosto. 10:00 a.m. (inglés) - 11:00 a.m. (español)

Biblioteca Comunitaria de Encinitas; 540 Cornish Drive, Encinitas, CA 92024

· Miércoles, 13 de agosto. 5:30 p.m. (inglés) - 6:30 p.m. (español)

Biblioteca Pública de Otay Mesa; 3003 Coronado Ave., San Diego, CA 92154

· Sábado, 16 de agosto. 10:00 a.m. (inglés) - 11:00 a.m. (español)

Biblioteca Weingart de City Heights ; 3795 Fairmount Ave., San Diego, CA 92105

En poco más de tres años desde que recibió su licencia, La Cuna ha podido ofrecer un hogar estable y seguro para 66 niños latinos que son parte del sistema de hogares provisionales del Condado de San Diego.

Esos 66 niños equivalen a 66 seres humanos que crecerán para convertirse en buenos miembros de nuestra sociedad, dijo Rachel Humphreys, la directora ejecutiva de La Cuna.

Humphreys fundó La Cuna en el 2003 junto a un grupo de ciudadanos preocupados que comenzó a trabajar en conseguir la licencia requerida para convertirse en una agencia de hogares provisionales.

La Cuna fue establecida para ayudar en la falta de hogares temporales de calidad

para niños latinos. Su misión "es desarrollar programas que permitan a los niños de crianza crecer saludables y felices para evaluar los resultados y crear métodos eficientes que mejoren la vida de los infantes hispanos por todo California".

Humphreys dijo que los niños latinos enfrentan condiciones críticas en el sistema de hogares temporales del Condado de San Diego.

"En estos momentos estamos desesperados por encontrar

(vea La Cuna, página 7)

## Cereal Hype!

Pretty Packaging at the Grocery Store

By Crystal Nguyen, M.A.

Walking down the cereal aisle, I caught myself running towards an orange and blue colored box of cereal bars that featured a musical pop star on the package. The cereal bars had edible magenta colored music notes on it and I could get free bonus stickers. It may seem silly and strange for a 25-year-old female to jump for joy over a box, but that was when I realized that the marketing team did their job. They got me!

Since this food item was in the cereal aisle, it must mean that it is good for me, right? It has been said that breakfast is the most important meal of the day and the front of the box declared "good source of fiber" in bold letters. Yes, fiber that good nutrient we need in our bodies for digestion. Then my brain switched over into health educator mode and my conscience yelled at me, "It's just good advertising, put it back on the shelf!"

Now, imagine you are grocery shopping with your child and (s)he reacts to the flashy

packaging of the product. How do you respond? Would you buy it before reading the nutrition label? Or would unit price or total cost be your first thought? Or, would you buy it in response to your child's urging? Before you decide, it is important to remember that besides being a parent, you are also a consumer and companies are very interested in the choices that you make. Corporations spend an estimated \$60 billion a year to market food specifically to children, while the federal government budgets less than 1% of that to fight obesity annually.

The main outlet for this kind of marketing is television programming. A recent study conducted in 2007 focused on food advertisements shown during Saturday morning programming from 7 to 10:30 a.m. Of the 907 food commercials, 72% were for foods high in fats, oils and sugar. Of the 17% of advertisements for fast foods, only 2% could be considered healthy foods. Lastly, cereal commercials accounted for 44% of all food advertisements

seen on television. It seems corporations agree with the idea that breakfast is the most important meal of the day!

So, if you find your child in the cereal aisle asking for a sugary sweetened box, I recommend that you look past the front of the package and take time to read the nutrition label. As a rule of thumb, 4 grams of sugar equals 1 teaspoon. The more grams of sugar, the more calories it provides with very little to no vitamins or minerals. Try finding cereals that are fortified or have vitamins and minerals added. Whole-grain cereals usually have more fiber compared to others, but look on the label to see if it has at least 2.5 grams of fiber per serving. Be a smart shopper or try leaving the kids at home.

Crystal L. Nguyen, M.A. is a Health Educator with UCSD Nutrition Link, an elementary school nutrition education program. Nutrition Link is funded by USDA's Food Stamp Program through the California Department of Public Health. These institutions are equal opportunity providers and employers.

## Miss Universe

(con't from page 1)

Are you ready for any questions about the political turmoil in your home country that might come up during your reign as Miss Universe? Is that something you are comfortable talking about?

Miss Universe doesn't have anything to do with politics and I'm not an expert in it. I know people are very curious about it but I'll feel kind of helpless

because I'm not a political girl.

Pitch me a reason to go to Venezuela on vacation.

Go to Venezuela to see snow, beaches, deserts, and mountains. We have a lot of different cultures. It's a little bit of everything.

Do you have a boyfriend? Yes, he's Venezuelan.

What does he say now that he is dating Miss Universe?

He's really quiet but he did say the other day, "I already knew she was the most beautiful girl in the world, I don't need anyone to tell me that."

## Border

(con't from page 2)

at least 600 vehicles a day during the test period, that will allow us to get realistic information to evaluate it" said Gurdit Dhillon, Director of field operations at CBP in San Diego.

"If the test is successful, we could use the commercial ports on Sundays and holidays in the future, to minimize the wait times. CBP is well aware of the issue and we hope to use strategies to reduce the impact to passengers", he added.



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y nuestros anfitriones los invitan a nuestra conferencia.



Esta conferencia es dedicada especialmente para Hispanos/Latinos encargados del cuidado de personas con Alzheimer's y sus familiares. La conferencia proveerá información sobre la enfermedad de Alzheimer's, una exhibición de las agencias de ayuda a la comunidad, y un almuerzo, premios, y CD's. Una persona afortunada ganará el gran premio de nuestro maestro de ceremonias; RICARDO VELA. No se lo pierda!

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*Frances Martinez-Goodrich, MSW*  
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