



Boletín

A Publication for Members and Friends of Valiente • April 2006

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Immigrant America awakes

Valiente member talks about the Dallas march, urges voter registration

By Joe Hernandez, Jr.
Educational/Cultural Committee Chair

“A Change is Gonna Come.” As the son of an American mother and an immigrant father, together my Latino brothers and sisters we are witnessing the rise of the immigrant voice throughout the United States. We have heard the cry of the immigrant citizen from Los Angeles, to Washington, D.C. America’s immigrant is shouting loud. We are America.

Texas witnessed its own large immigration civil rights movement on Sunday, April 9. Dallas was the place for the larger-than-life march, an estimated crowd of 350,000 to 500,000 marchers walked through the streets of downtown Dallas.

In a city whose population is 1.2 million, nearly a half-million people came out to let America know that we will no longer sit idle as legislators pass laws making our fathers, mothers, brothers and sisters criminals.

Latino immigrants in large numbers showed up to have their voices heard. Many of whom knowingly placed their status in jeopardy. But yet showed up to let Dallas City Officials know that in numbers we can and will make a difference. In



Fort Worth, about 7,000 people showed up to march from the Tarrant County court house to the federal building. Other demonstrations were expected to follow the next few days across the state.

As many marchers chanted various slogans during these demonstrations, one particular phrase stood out and is surely waking up the lawmakers. “Today We March, Tomorrow We Vote.” How loud these six words echo and how much power these words can carry.

Within one day in Dallas alone, almost 10,000 voters were registered. America is seeing a change, a movement which was started by the hypocrisy of those who do not see the hard work and contributions of many immigrants. But you are not

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Valiente to host talk on nutrition, new food guide pyramid

By Jesse Garcia
Valiente Secretary

Valiente will host a talk about the new food guide pyramid, featuring a speaker from the USDA Food and Nutrition Service on Thursday, April 20, at 6:30 p.m. at Havana's, located on 4006 Cedar Springs Rd., Dallas, TX 75219.

Recent studies about obesity and the alarming rise of diabetes in the Hispanic community prompted Valiente to address this issue with its community.

Last month, a study by Dr. Marta Tien-da from the National Academy of Sciences found that the longer Hispanic immigrants are in the United States, the more likely they are to be fat, have hypertension or cardiovascular disease.

Patricia Mancha, communications director from the USDA Food and Nutrition Service, hopes to convince the community to eat healthy now to avoid painful and costly medical conditions in the future.

"It is important for people of all ages to monitor their food intake. By the time people reach their 40s and 50s, a lifetime of eating too much or making wrong food choices along with little or no exercise has caught up with them," said Mancha, who promotes MyPyramid.gov, and its Spanish version, mipiramide.gov.



Patricia Mancha, from the USDA Food and Nutrition Service, will speak about the nation's new food guide pyramid.

"That is why people in their 40s and 50s get diagnosed with illnesses such as diabetes, high blood pressure or hypoglycemia. Healthy eating should be a lifestyle, not a fad," she said.

Mancha will discuss the MyPyramid.gov's interactive feature, the MyPyramid Plan, which helps people monitor their diet online. ▽

News Briefs



(Left to right) Dwayne Henderson of Legacy of Success Foundation and Valiente President Fernando Sanchez. Henderson spoke to Valiente in March. The foundation helps empower African-American LGBT citizens with life skills such as classes on finances, scholarships and community activism. Henderson hopes to partner with Valiente in the future.

Valiente meets on April 20:

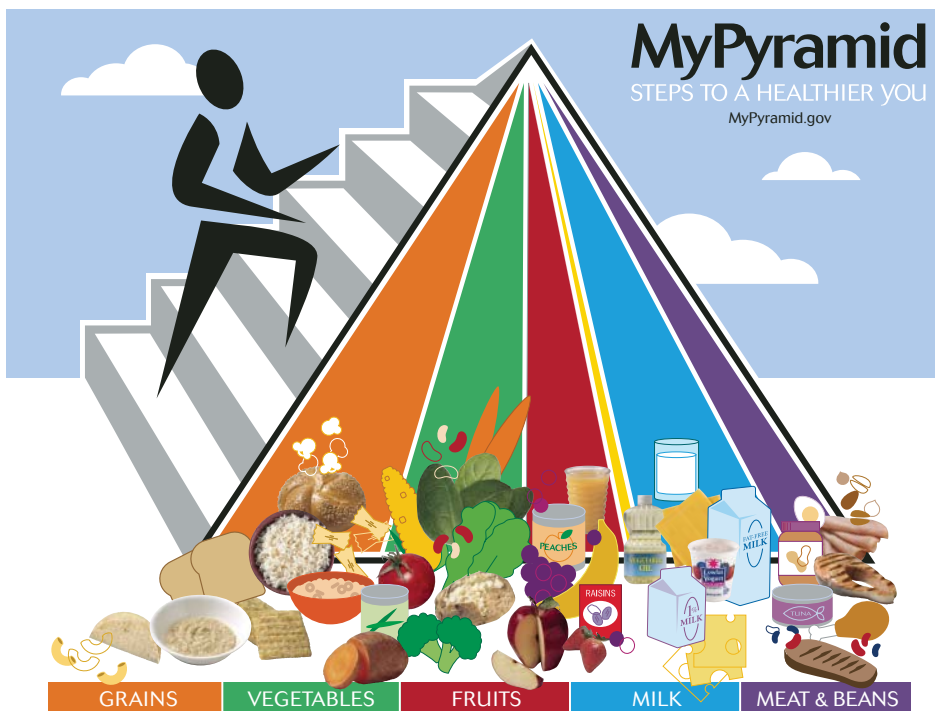
Valiente will have its general meeting on Thursday, April 20, at 6:30 p.m., at the Havana Bar & Grill, located on 4006 Cedar Springs Rd., Dallas, TX 75219 (corner of Cedar Springs Rd. and Throckmorton St.). The featured speaker is Patricia Mancha of the USDA Food and Nutrition Service. As a reminder, Valiente meets every third Thursday of the month at Havana's at 6:30 p.m.

Valiente gets four new members, plus two renewals since March:

Since March 1, four new members have joined Valiente: Juan Facio of Denton, Edward Gonzalez of Mesquite, Lizette Gonzalez of Irving and Miguel Hernandez of Dallas. Special thanks to Jesse Garcia and Michael McCue, both of Dallas, for renewing their memberships.

Register to vote at April meeting:

Are you registered to vote at your current address? Jesse Garcia, a deputized voter registrar for the Dallas County Elections Department, will register Valiente members and guests who are U.S. citizens and residents of Dallas County. After registering, Voter registration cards will arrive in three weeks. The next general election takes place in November 2006. ▽



Mundo Latino

A day without a Mexican:

On May 1, a nationwide boycott of goods and services is being planned by Hispanics leaders across the United States. Immigrants and their supporters are being asked to avoid going to work and not spend one cent that day to send an economic shock to the rest of America that Monday.

All about Eva:

Eva Longoria (the breakout star of ABC's "Desperate Housewives" from Corpus Christi, Texas) is featured in this month's cover of Maxim. To promote her sexy cover, the magazine blew up the cover, 75 feet by 100 feet, and placed it the Nevada desert. The image is visible from space. Longoria, is not just a pretty face, though. She is currently producing a documentary on immigrants. "Everyone has a right to be treated as a human being. There are slavery lawsuits in Florida right now against some orange growers. The fact that the year is 2006 and slavery's still happening in insane," said Longoria.

Hispanic voting data released:

In March, the U.S. Census Bureau released its report on voting participation in the last presidential election, "Voting and Registration in the Election of November 2004." The report showed that of the more than 27 million Hispanics in the U.S. only 16 million are U.S. citizens. Of those 16 million, only 9.3 million are registered to vote. In 2004, of the 9.3 million Hispanics registered to vote, only 7 million voted. Compared to other communities, the percentage of Hispanics voting was low: 67 percent of Whites eligible to vote cast a ballot in 2004, along with 60 percent of Blacks followed by 47 percent of Hispanics. Asians were in fourth place with 44 percent.

Latina runs for Lt. Governor:

Every day you hear about Texas gubernatorial candidates Rick Perry, Kinky Friedman, Carole Keeton Strayhorn and Chris Bell. But have you heard about Maria Luisa Alvarado? The political newcomer won her April 11 runoff election for Lieutenant Governor in the Democratic Primary. The Austin resident served in the Air Force and now works as an analyst. Her issues are education and health care. ▽

10 Questions

with
Jerry Martinez

When he is not busy designing fashion and teaching classes at El Centro College, Jerry Martinez is thinking of new ways to attract more members to Valiente. He was recently selected as Vice Chair of the Membership and Fundraising Committee.

Boletín: Why are you involved with Valiente? **Jerry Martinez:** "Because I feel a need to get involved and be part of our community. There is so much we need to do."

Boletín: What do you hope to accomplish with this group? **JM:** "I hope to accomplish a lot of the goals that Valiente has set, as well as personal goals of involvement and accomplishment."

Boletín: Where are you from originally? **JM:** "I am originally from El Paso. I am Mexican-American, I was born in El Paso and raised in Cd. Juarez, Mexico."

Boletín: What's your educational and professional background? **JM:** "I graduated from Northwood University, in Cedar Hill, Texas, with a two BBAs, International Business Management and Fashion Marketing and Management. I also attend El Centro College for Fashion Design. I am currently an instructor at El Centro College and freelance dressmaker and pattern maker. I hope to begin my men's line this year."

Boletín: Who is your idol and why? **JM:** "My idol of all times will always be my mother. She supported me through all of



my life, no matter what."

Boletín: What is your passion? **JM:** "My passion is Fashion. I live it everyday, and I love it."

Boletín: Choose one. Who would you have dinner with Shakira, Ricky Martin or Gloria Trevi? And why? **JM:** "I would probably choose Shakira. She is so talented in her music writing. She amazes me every time."

Boletín: Where do you see yourself in 10 years? **JM:** "In 10 years I see myself as a very successful men's wear designer."

Boletín: Make a prediction... "Valiente will..." **JM:** "Valiente will be an unstoppable moving force in the GLBT community."

Boletín: You design clothes and have an eye for detail. Is it okay to wear white after Labor Day? **JM:** "Rules, rules, rules, they were meant to be broken or bent. My philosophy: you can wear white whenever you want, it all depends how you feel and how you want to reflect your inner self." ▽

Latino Power: Are you ready?

Continued from Page 1

alone; you are not a single voice. Many immigrants who have come to this country for a better life for themselves and their children will make these changes by standing together with you against this common threat. Lawmakers did not see this unity of brotherhood and sisterhood within the community and have been caught by surprise. We will stand together, "one Nation under God, indivisible, with Liberty and Justice for all."

So, I ask you my brothers and sisters to wake up and make a difference. Go out and register to vote. Tell your friends and pass the word. Don't sit still; don't let

your American dream fade or die. Now is the time for everyone to become an activist. No human being is illegal. We are all created equal. No child should have their parents deported. Stand up and be counted. Register to vote! We will show the world that we are hard workers, we are taxpayers and we are Americans.

We will wave our American flags high and stand proud for whom we are, but most importantly we will not give up the fight and we will not settle for anything less. ¡Libertad y Justicia para TODOS! ¡Si Se Puede! ¡Si Se Puede!

For additional election and voter registration information call (214) 637-7937. Or visit www.dalcoelections.org. ▽



Message from the
Membership/Fundraising
Committee Chair Cesar Reyna

The Membership and Fundraising Committee has a lot of interesting projects going on. The vice chair, Jerry Martinez, the membership and fundraising committee, and I have been working together on coming up with creative ideas to attract new members and on different benefits we can offer you for being a Valiente member.

Here is a sneak peak of what we have going on:

Valiente T-shirts

We are working on designing Valiente T-shirts and Polo's that will be available for purchase. As part of this project, we will also be asking Valiente members to submit designs for consideration. One of these designs will be chosen and used as the design for one of the T-shirts.

Prize Raffles at Meetings

The M&F committee has also implemented a new program that will take effect at our next general meeting on April 20. For every guest you bring you will be entered into a raffle for prizes such as restaurant gift certificates, tickets to the DMA, and other great prizes. The prize for the April 20th meeting will be a copy of the "Brokeback Mountain" DVD.

Membership Contests

And we can't forget about the membership contests. The person who recruits the most members for the month of April will receive a \$50 gift certificate to a local business TBD. The person who recruits the most members for the year will receive a \$100 gift certificate, a garment designed by Valiente Member Jerry Martinez, and a

free Valiente membership for 2007.

Do you want to be a part of this great committee? Do you have ideas for the Membership and Fundraising committee? Join us on the second Monday of the month at 6:30 p.m., at Café Express, located at 3230 McKinney Avenue, Dallas, TX 75204, or you can also contact me by e-mail at reyna_cesar@yahoo.com for further details. ▽

Remember:

A Valiente annual membership is only \$35.

Women are encouraged to become members.

We have monthly meetings each Third Thursday of the Month at 6:30 p.m. at Havana's.

We encourage members to bring guests to each meeting.



Valiente

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Boletín is a monthly publication of Valiente. Views and opinions are those of the members. To contact the editor, e-mail Jesse Garcia at Jgarcia71@aol.com. No portion of this newsletter may be reproduced without permission.

President • Fernando Sanchez
Vice President • Juan Ayala
Treasurer • Alicia Molina
Secretary • Jesse Garcia

****Remember:

Valiente General Meeting

Thursday, April 20, 6:30 p.m.

Havana's on 4006 Cedar Springs Rd.,
Dallas, TX 75219

Guest Speaker: USDA Food and Nutrition Service