



Twenty-sixth Annual Conference
March 16, 2019

UC San Diego

UC San Diego
EQUITY, DIVERSITY, AND INCLUSION



*No one is better than you,
but you are no better than anyone else until you do something to prove it.*

Adelante Mujer . . .

- because you are the past
because you are the today, and
because you are the future.*
- because you are the creator of
our communities*
- Adelante, because your love and
care is the strength of our lives.*
- because by being present today
with your sisters, mothers, grandmothers,
we create unity among ourselves*
- because today is a good day,
everyday is a good day*
- because no matter how confused or
puzzled you are, you will never be lost.*
- because the little girl inside of you wants
to experience, develop, and create*
- because unity, strength and power is
for the betterment of our community*
- because Today you will blossom
and soon achieve all your goals*
- because you are
the woman of the day – Everyday!*



Real riches are the riches possessed inside.

Adelante Mujer . . .

MISSION STATEMENT

The Adelante Mujer Steering Committee promotes Latinas' rights to determine their own destiny through personal, cultural, academic and professional development.

PURPOSE

- Encourage Latinas to continue their education.
- Encourage Latinas to pursue non-traditional career paths.
- Establish a network of Latina professionals who can provide support and encouragement.
- Expose Latinas to successful role models in a wide variety of occupations.
- Raise self-esteem and empower all participants in making positive decisions toward economic self-sufficiency.
- Celebrate and embrace the Latina culture.

GOAL

- Learn about career opportunities from professional Latinas in law, business, media, engineering, and other fields.
- Enjoy inspiring speakers.
- Form personal contacts with successful professional Latinas who might help shape your future.
- Receive career, scholarship, and educational information.

Trust your hopes, not your fears.

**ADELANTE MUJER CONFERENCE
STEERING COMMITTEE**

Aimee Cuellar-Martinez, Conference Co-Chair
Sweetwater Union High School District-Sweetwater High School

Isabel Velazquez-Sandoval, Conference Co-Chair
Sweetwater Union High School District-Castle Park Middle School

Aida Barraza Jarrett – Hilltop Middle School

Anahi Cuellar – Eastlake Middle School

Bettzi Jimenez-Barrios –Southwest High School

Brenda Murguia – San Ysidro High School

Courtney Quinn – Eastlake Middle School

Daniela Padilla– University of California, San Diego

Estephany Conlon– Otay Ranch High School

Mabelle Hernández Glithero – Curriculum & Instruction

Maggie Cazares Padilla – Chula Vista High School

Martha Juarez – SUHI Foundation

Monica Del Rosario – Southwest High School

Monica Lehpamer – Southwest High School

Monica Sigarroa-Sanchez – Bonita Vista Middle School

Volunteers

Megan Turner– Otay Ranch High School

Melissa Hernández - Sweetwater Union High School District – San Ysidro High School

Chance makes brothers and sisters; hearts make friends.

Adelante Mujer . . .

*A Message from the
Adelante Mujer Conference
Steering Committee*

Welcome to our Twenty-sixth Annual Adelante Mujer Conference. We applaud your decision to spend your Saturday with us and hope that you take advantage of this wonderful opportunity. We, together with many Latinas and other women from the community, have volunteered our time and energy to create this conference for you.

We have given generously of our time because we firmly believe that young women are the key to a brighter tomorrow for our communities. Our goal is to inspire you to aim high because we are convinced that you are capable of accomplishing great things.

We hope that today will excite and empower you to begin to explore careers for yourself, to realize that the future is full of possibilities. Finally, we challenge you to begin to discover and develop your true potential. Adelante Mujer!

SCHEDULE

TIME	EVENT	LOCATION
8:30 - 9:00am	REGISTRATION PASTRIES AND BEVERAGES SOUTHWEST HIGH MARIACHI	TOWN SQUARE PRICE CTR - BALLROOM A/B
9:15 - 9:45am	OPENING SESSION - Students (Parents: see below) PLEDGE OF ALLEGIANCE and NATIONAL ANTHEM by SOUTHWEST HIGH INTRODUCTIONS Aimee Cuellar-Martinez & Isabel Velazquez-Sandoval WELCOME By Rafael Hernandez, Director of the Early Academic Outreach Program, UC San Diego INTRODUCTION OF THE KEYNOTE SPEAKER Aimee Cuellar-Martinez & Isabel Velazquez-Sandoval INTRODUCTION OF THE ADELANTE MUJER AND DR. MAIDA TORRES-STANOVIK SCHOLARSHIP Maggie Cazares Padilla INTRODUCTION OF THE LATINA OF THE YEAR Aimee Cuellar-Martinez & Isabel Velazquez-Sandoval CONFERENCE OVERVIEW Aimee Cuellar-Martinez & Isabel Velazquez-Sandoval	PRICE CTR - BALLROOM A/B
9:15 - 9:40am <i>(this is concurrent with the students' session but in a different location)</i>	OPENING SESSION - for Parents INTRODUCTIONS & OVERVIEW By Martha Juarez WELCOME By Daniela Padilla, K-14 Academic Prep Specialist at the Early Academic Outreach Program, UC San Diego PRESENTATION - <i>Information for parents on how to support their student's learning and preparation for college.</i>	PRICE CTR - THEATRE
10:00 – 10:45am	WORKSHOPS – SESSION I	SEE WORKSHOP MATRIX FOR ROOM NUMBERS
10:55 – 11:40am	WORKSHOPS – SESSION II	
11:50am – 12:35pm	WORKSHOPS – SESSION III	
12:40 – 1:25pm	LUNCH Panel Conversation: “ A Day in the Life of a Latina College Student”	PRICE CTR - BALLROOM A/B
1:30 – 1:45pm	CLOSING REMARKS Aimee Cuellar-Martinez & Isabel Velazquez-Sandoval	

Acknowledgments

The Adelante Mujer Conference Steering Committee acknowledges and expresses special thanks to all volunteers and sponsors who gave so generously of their time and contributions. We salute your dedication and commitment.

Career Technical Education/ROP, Sweetwater Union High School District

Vice Chancellor's Office for Equity, Diversity, and Inclusion, UC San Diego

Community Volunteers

Chula Vista Elementary School District

IB Trophies & Awards

Kiwanis of Chula Vista

MASD- Sweetwater Union High School District

National School District

Rubio's Fresh Mexican Grill

San Ysidro School District

Solar Turbines

South Bay Union School District

Southwest High School Mariachi

Sweetwater Union High School District

Early Academic Outreach Program, UC San Diego

We are not put on this earth to see through each other, but to see each other through.

*Kate Villalva Arreguin - Southwest High School
Adelante Mujer Maida Torres-Stanovik Scholarship Recipient*

When my mom died, my dad left to work in the United States while I was living in Mexico with my grandmother. He worked full all week, including the weekend; I did not receive much of that money. We struggled a lot economically. My grandma and I had to take two buses so she could take me to school every day. My grandma, not being very strong, could not work so she dedicated her life to take care of me. Other than the basic necessities, we could not do any extra activities.

It is onerous to migrate to the U.S at 10 and realizing society has put you in a hole you need to get yourself out of, a hole where some people have been handed ladders and others have been given bricks. My first day of school in the U.S. was one of the most emotional my mind and body has ever experienced. I told myself I had been through so many changes in life that I could resist one more. The teacher told me that she did not speak Spanish, meaning I would have to try to keep up on my own. I had no voice in the classroom, let alone a new country. In a year, I worked so hard to learn English because the suppression I felt was not an emotion I was willing to experience again. By my second year, I was taken off ELD. I got my physical voice back but I wanted to do so much more with it.

I felt so alone because I did not have my parents or sister with me. Losing someone is one of the most painful things I had to overcome. When my mom passed away, I was too young to understand the concept of death. It was like all my family disappeared after her death. I did not fully understand that she was gone forever, not like I do now. Approximately three years ago her absence started feeling heavy on my shoulders. My grades and social life were affected. My grandma and aunt arranged for me to go see a psychologist because they felt that I was not being myself anymore. Now that I am a senior getting closer to college, I only use my mother's' death as a reminder that I have to do things right for her and for me. I make an effort to keep growing as a person and to make my mom and grandma proud, and most importantly, make myself proud.

Even though my grandmother did more than enough by providing me with a roof, food, and love, the academic support was still missing. I donated my time helping younger kids with their homework. I instilled the idea of going to college. Many of the kids are in the same circumstances that I was in. I felt a need to help out not just with homework but with life as well. This community service was especially personal for me because I would have liked someone to guide me and tell me how hard life was going to get. The students are amazing individuals with enormous potential; they just need support. Another experience of community service that changed me was in Tijuana in the orphanage Valle De Los Lirios. It involved events for the kids, including fundraisers during Christmas and Children's Day. These kids are some of the most joyful people I have ever met and have impacted me greatly. I also joined South Bay Young Democrats where I became one of the student supervisors. I advocated for the community to know more about the local elections that people are less informed about yet affect us the most. This program inspired me to be involved in politics and pursue a career where I could help individuals whose voice is not being heard.

I have had the opportunity to meet great people that influenced me positively and that inspire me to be a better person every day. The most important person is my grandmother; she has always supported me and is one of the only people that never lost faith in me. She is a person that has been through many scarring events but she always manages to be the anchor of my family. She has taught me that minor setbacks are not to detain me from my biggest goal, which is to graduate from a university and help people with my degree.

My whole life I saw close family members, including my sister, going in and out of rehabilitation centers or jail. Most of my cousins dropped out of high school, and my parents only went as far as a high school diploma. I knew from the beginning that I did not want to follow their path. I knew I wanted to break the cycle. The sole experience of having to spend my childhood watching my family mess up their lives drove me to make a difference and do things right. I am a girl who does not have the luxury to mess up because I just cannot afford it. Getting a higher education is my escape from falling into the same cycle and the door for better and bigger opportunities. I discovered that the only way I can make a real change in my community is by going to college to learn and grow.



Mayor Alejandra Sotelo-Solis
2019 Latina of the Year
Mayor of National City, CA

Alejandra Sotelo-Solis graduated from Sweetwater High School in 1997 then attended UC San Diego where she earned a Bachelor's degree in Political Science. While at UCSD, she continued her leadership involvement in student organizations, including with the Cross-Cultural Center and as a resident advisor in Eleanor Roosevelt College. Following her graduation, she was one of only 60 CORO Fellows selected across the nation and completed a CORO Fellowship in Public Policy in Los Angeles. She returned to San Diego to continue her commitment to public service. After serving 10 years as a Councilwoman, she is now the first Latina to be elected Mayor of National City – actually the first woman in the city's 131-year history. This is a milestone that some highlight as the culmination of her political career. In reality, she has served the National City community on Committees and as a Councilwoman, and in many other South County community-based efforts pretty much continuously throughout her adult life. Regionally, she serves on the SANDAG, Sweetwater Authority and Metropolitan Transit System Board. Alejandra has also been a Board Member with The SUHI Foundation since 2009, and serves on the NALEO (National Association of Latino Elected Officials) Educational Fund Board of Directors. She has worked in the public/government, private, higher education, and nonprofit sectors in various positions but always in roles where she was making a direct impact on communities – whether it was youth, women, the elderly, etc. Currently, Mayor Sotelo-Solis is President/CEO of her consulting company La Pluma Strategies, focusing on non-profit advocacy and grant writing. She lives and works in National City with her three daughters and her husband, Arturo Solis, who serves as a SUHSD Trustee and is also a UCSD graduate.



Olivia A. Graeve, PhD 2019 Keynote Speaker
Professor, Department of Mechanical and Aerospace Engineering
University of California, San Diego

Prof. Graeve joined the University of California, San Diego, in 2012, and is currently Professor in the Department of Mechanical and Aerospace Engineering, Director of the *CaliBaja Center for Resilient Materials and Systems*, and Faculty Director of the IDEA Engineering Student Center. Previously, she was an Associate Professor at Alfred University (2008-2012) and an Assistant Professor at the University of Nevada, Reno (2002-2008). Prof. Graeve holds a Ph.D. in Materials Science and Engineering from the University of California, Davis, and a Bachelor's degree in Structural Engineering from the University of California, San Diego. Her area of research focuses on the design and processing of new materials for extreme environments, including extremes of temperature, pressure, and radiation.



Prof. Graeve has been involved in many activities related to the recruitment and retention of women and Hispanic students in science and engineering and has received several prestigious awards including the National Science Foundation CAREER award, the 2006 Hispanic Educator of the Year award by the Society of Hispanic Professional Engineers, the 2010 Karl Schwartzwalder Professional Achievement in Ceramic Engineering Award by the American Ceramic Society, Outstanding Engineering Educator by the San Diego Chapter of the California Society of Professional Engineers (2015), Alumna of the Year by Southwestern College (2015), Hispanic Engineer National Achievement Educator Award (2017), SHPE Innovator Award (2017), SHPE San Diego Service Award (2018), UC San Diego Revelle College Faculty Fellow (2018), the UC San Diego Faculty Research Lecturer (2019), and the Cigarroa Lecturer by the American Association of Hispanics in Higher Education. More recently, she has been inducted into the Tijuana Walk of Fame (2014) and to the Mexican Academy of Engineering (2016), and has been named Fellow of the American Ceramic Society (2017). In addition, Forbes Magazine named her one of the 100 Most Powerful Women of Mexico (2017).

Workshop Letter	Presentation Title	Last Name	First Name	Job Title	ORG / BUSINESS	Spanish Session/ Sesión en Español	Building	Room
A	UC San Diego Campus Walking Tour			College Outreach Ambassadors	UC San Diego, EAOP		Town Square	Triton Statue
B	Solutions for Stressed Out Students	Sorrentino	Valerie	Manifesting & Wellness Educator	Life Energy Coach		Price Center West	Ballroom A/B
C	Latinx Body Positivity	Barajas/ Beltran	Angelica/ Jessica	Health Educator/ Health Educator	San Ysidro Health	1	Price Center West	Snake Path Room
D	Say Yes! to Biotech	Molina/ Nicanor	Luz/ Alejandra	Contract and Grant Officer / Sophomore - Physiology & Neuroscience	UCSD		Price Center West	Eleanor Roosevelt College Room
E	Women in Engineering	Esparza	Delta	Software Engineer	Northrop Grumman	2	Price Center West	Theatre
F	Women in Law Enforcement	Graton/ Caceres	Pricilla/ Natalie	Detective/ Agent	Chula Vista Police Department		Price Center West	Marshall College Room
G	Your Virtual Life: Tips About Snapchat, Instagram & How to Avoid Cyber-bullying	Canizal/ Lopez	Ariela/ Jessica	Academic Coordinator/ Graduate Assistant	University of San Diego	3	Price Center West	Earl Warren College Room
H	How to (and should you?) Go to Medical School	Nguyen	Truc	Doctor	Children's Primary Care Medical Group		Price Center East	East Ballroom
I	Women in Finance "Where do I fit in?"	Arambula/ Mendoza	Catherine/ Becky	Financial Advisor/ SVP, Branch Manager	Northwestern Mutual Wealth Management/ CalPrivate Bank		Price Center East	John Muir Room
J	Impacting the Lives of Children and Families: Careers in Social Work	Velasco	Jeanette	Protective Services Worker	Child Welfare Services, County of San Diego		Price Center East	Governance Chambers
K	Women in the Courtroom! A Force to be Reckoned With	Perez	Sue	Deputy Public Defender	Public Defender's Office		Price Center East	The Forum
L	Careers in Local Government - Public Service	Garcia/ Fuentes/ Apalategui	Denice/ Diana/ Yolanda	Director of International Affairs/ Deputy Director in charge of Elections & Information Services / Director of Government & Community Affairs	City of San Diego / City Clerk's Office / San Diego County District Attorney's Office		Student Services Center	Conference Room 300
M	Environmental Justice through Organizing and Advocacy	Castro Reynoso	Ana	Transportation Justice Policy Advocate	Environmental Health Coalition		Student Services Center	Conference Room 400
N	Home Matters: Affordable Housing Development	Martinez/ Martinez	Sylvia/ Cristina	Senior Project Manager/ Associate Project Manager	Community HousingWorks/ Affirmed Housing		301 University Center	eRAP Conference Room
O	Healthy Selfie	Tangirala/ Rodriguez	Kirthana/ Izzybeth	Health Information Specialist I / Community Health Promotion Specialist II	County of San Diego, MCFHS Branch		301 University Center	Shared Conference Room
P	Elementary School Teachers	Marrujo/ Simpson	Dinah / Jennifer	Teacher	Chula Vista Elementary School District	2	301 University Center	EAOP Workroom

Adelante Mujer Conference 2019
UCSD Map

