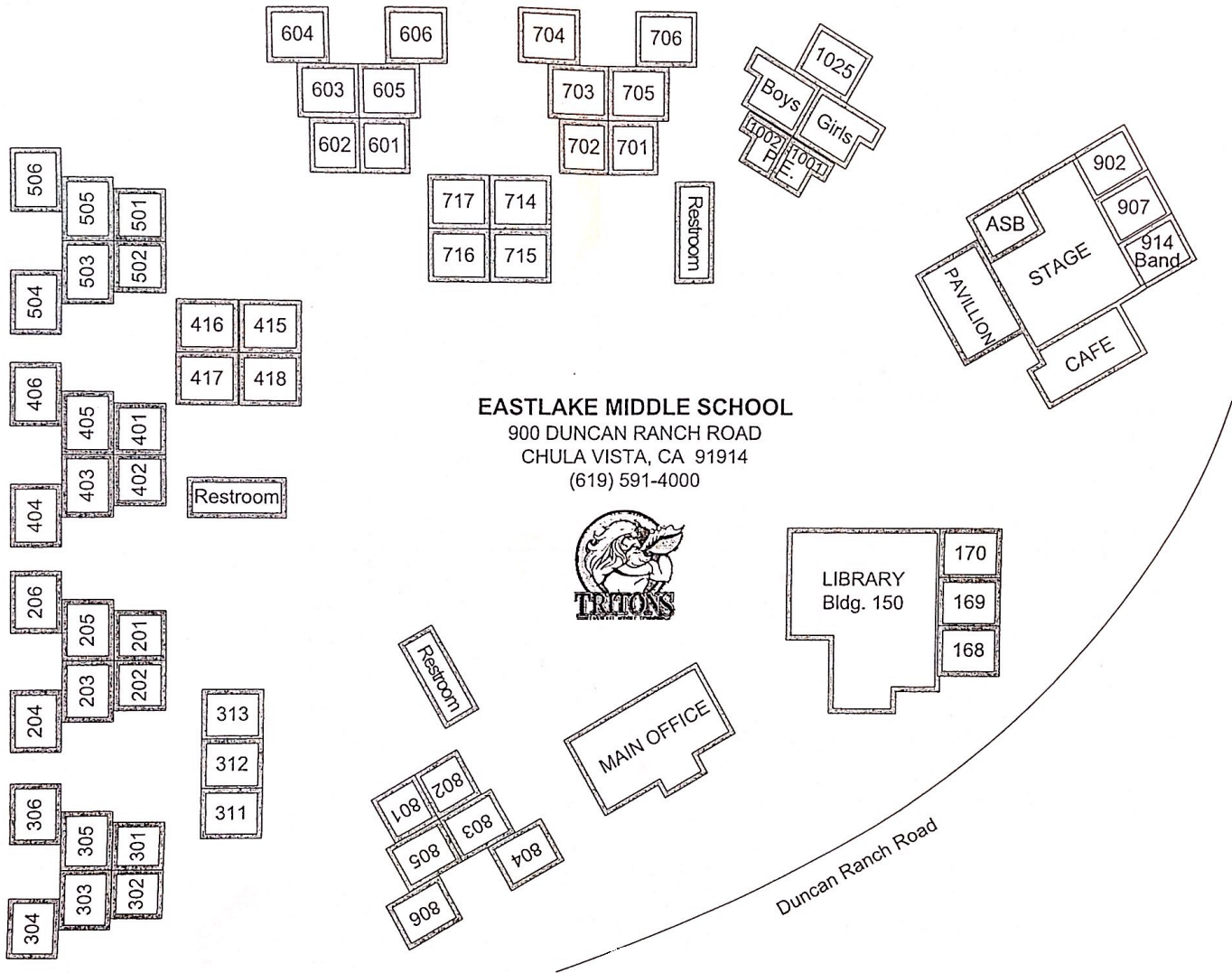


Twenty-fourth Annual Conference
March 4, 2017
Eastlake Middle School





***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.**

Jacqueline Puga – Chula Vista High School
Adelante Mujer Maida Torres-Stanovik Scholarship Recipient

My socioeconomic, cultural, and religious background have shaped my mentality toward success so that I can give back to my community and to the world. Through these economic hardships I have gained the motivation to be more than average, leading me to persevere through any circumstance and never give up on myself. My father is a gardener and my mother a noon supervisor at an elementary school, and through them I learned that hard work and dedication is needed to accomplish one's goals. Both of my parents came from Mexico with the desire to live the American Dream and even if we are a low-income family, the educational opportunities that my sisters and I have found are due to their efforts.



I am heavily family oriented, so the things that happen to my family also affect me. My inability to cope with the pain (due to circumstances the family suffered) caused me to breakdown several times on the (golf) course, and because of that, the team became my second family. At school I concentrated on my academics and enjoyed every second with my friends. I discovered that I am strong and continued to stay positive.

During my junior year I became rebellious at home. I argued more often with my sisters and blamed my dad for the situation we were in. My frustration made me that way, but I learned that it hurt my family and didn't help heal our wounds.

My education has always been my main priority: I focused on being a successful student, an involved community member, and an environmental activist.

I plan to study Civil/Environmental Engineering and successfully gain my bachelor's degree by being dedicated, studious, organized, and time efficient. I aspire to be a representative for women of the Latino community in the engineering field and inspire the youth to work hard to achieve their goals.

Lizbeth Villar – Otay Ranch High School
Adelante Mujer Maida Torres-Stanovik Scholarship Recipient

There have been two major challenges in my life that have greatly impacted my academic performance, my future goals, and my character. The first major event was the deportation of my father to Mexico—one of the most difficult and painful experiences I have had to endure. The second was my educational challenges.

It was heartbreaking to get used to the idea of not spending any more holidays, birthdays, or important achievements with our father.

Responsibilities that weren't mine previously were handed down to me; I was expected to take care of them without complaining. To survive, we had to make cuts in our spending, we sold our car, went on food stamps, and nearly lost our home.

Despite the chaos, I found refuge in school because I could blend in and hide from my situation. I found comfort knowing no one knew what had happened to me and that I could be a typical teenager. However, I faced an even greater academic challenge: confronting my limited English because it was my second language. After a year of dedication and perseverance my reading level went from a 2.6 to an 8.2! It was then that I realized that being bilingual was not a barrier for my lack of success. Suddenly, I had more confidence that I could handle challenging classes, and I took my first AP class in high school.

My future aspirations are heavily influenced by my father's deportation. My passion is to pursue a career as an immigration attorney to help others who, like me, suffered a family member's deportation. Even though the absence of my father was painful, my determination helped me refine the way I am as a student and person today and has guided my future goals. It has also made me want to champion what is right so that they'll be no more human being labeled as *illegal*, and to prevent painful situations like my siblings and I experienced.



Margarita Holguin
2017 Latina of the Year

Ms. Holguin is the Director of the Chula Vista Community collaborative (CVCC). The CVCC draws together all sectors of the local community to develop coordinated strategies and systems that protect the health and safety of residents, develop economic resources, promote local leadership, enhance the environment, and contribute to the celebration of and respect for cultural diversity. The CVCC operates five Family Resource Centers and seeks to increase access to health and services for underserved populations.

Ms. Holguin works closely with local schools and service providers to ensure families in Chula Vista have access to needed resources. Ms. Holguin believes and practices the philosophy of the Family Resource Centers in addressing the “whole child” and providing comprehensive support service to the family so that the family can support the child’s learning and improve outcomes.

Ms. Holguin has been passionate about working with the community, and empowering community residents. As the Director for CVCC, she developed capacity building opportunities for Promotores, including the Promotores Academy, an annual Promotores Conference, and various opportunities for Promotores.

Ms. Holguin received a Master’s Degree in Public Administration with an emphasis in Organizational Development. She also received her undergraduate degree in Management, and graduated magna cum laude. Ms. Holguin dedicated over 20 years of service to the County of San Diego Health and Human Services, where she last served for six years as the South Region’s Assistant Deputy Director, with oversight for various social service programs including public assistance, public health, child welfare services, and California children services.

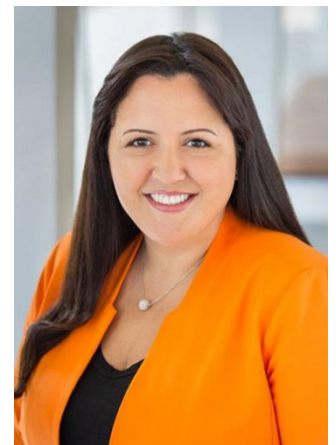


Nora E. Vargas
2017 Keynote Speaker

Ms. Vargas is a dynamic and accomplished leader with broad experience in non-profit management, government, politics and public policy. Since 2009, Ms. Vargas has served as the Vice President of Community & Government Relations for Planned Parenthood of the Pacific Southwest. In her role, she is responsible for leading the development and implementation of the overall vision and plan for the agency’s Community & Government Relations department through community collaboration, outreach, education, and advocacy.

She has committed her career to advancing an agenda of inclusion, and many of her endeavors have served as models across the United States. Previously, she was Executive Director of the Latino Issues Forum from 2007 to 2009, Consultant at Nora Vargas Consulting from 2005 to 2007, founding Director of the Mayor’s Office of Immigrant Affairs in the Office of Los Angeles Mayor James K. Hahn from 2004 to 2005, and Vice President of Governmental and Political affairs at Planned Parenthood of Orange and San Bernardino Counties from 2001 to 2004. She served as Legislative Relations Specialist at San Diego State University from 2000 to 2001, Consultant at Kaufman Campaign Consultants from 1998 to 1999, and Schedule “C” Presidential Appointee to the United States Selective Service System from 1997 to 1998.

Ms. Vargas has served as a member of the Southwestern Community College District Governing Board since 2013 and has been serving as President since 2015. She has served as Chair of the Board of Directors for Hispanas Organized for Political Equality since 2014. Most recently she was appointed to the California State Teachers Retirement System Board of Directors.



Trust your hopes, not your fears.

**ADELANTE MUJER CONFERENCE
STEERING COMMITTEE**

Aída Barraza Jarrett, Conference Co-Chair
SUSHD-Hilltop Middle School

Estephany Conlon, Conference Co-Chair
SUHSD-Eastlake Middle School

Johana Bielma – San Ysidro High School

Jessica Cabrera – Otay Ranch High School

Maggie Cazares Padilla – Chula Vista High School

Andrea Cooke – Eastlake Middle School

Aimee Cuellar-Martinez – Sweetwater High School

Mabelle Hernández Glithero – Special Services

Martha Juarez – SUHI Foundation

Paula Madrigal-Chinolla – Sweetwater High School

Maribel Padilla Gavin – Sweetwater High School

Monica Lehpamer – Options Secondary School

Monica Raczkowski – Mar Vista High School

Patricia Ulloa-Mallett – Otay Ranch High School

Isabel Velazquez – Castle Park Middle School

Volunteers

Rose Conde – Hilltop Middle School

Pam Covarrubias – Community Member

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-fourth 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 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
7:45 – 8:15	REGISTRATION PASTRIES AND BEVERAGES	PAVILLION
7:45 – 8:15	SWEETWATER HIGH ADVANCE JAZZ DANCERS	PAVILLION
8:30 – 9:15	OPENING SESSION PLEDGE OF ALLEGIANCE and NATIONAL ANTHEM by Carla de Vera, Sweetwater High School INTRODUCTIONS by Aida Barraza Jarrett & Estephany Conlon WELCOME By Juan Ulloa, Principal Eastlake Middle School INTRODUCTION OF THE KEYNOTE SPEAKER By Aida Barraza Jarrett & Estephany Conlon INTRODUCTION OF THE ADELANTE MUJER AND DR. MAIDA TORRES-STANOVIK SCHOLARSHIP by Maggie Cazares Padilla INTRODUCTION OF THE LATINA OF THE YEAR By Aida Barraza Jarrett & Estephany Conlon CONFERENCE OVERVIEW by Aida Barraza Jarrett & Estephany Conlon	
9:30 – 10:15	WORKSHOPS – SESSION I	SEE WORKSHOP MATRIX FOR ROOM NUMBERS
10:25 – 11:10	WORKSHOPS – SESSION II	
11:20 – 12:05	WORKSHOPS – SESSION III	
12:05 – 12:50	LUNCH Music by Day and Night Entertainment	PAVILLION
12:50 – 1:05	CLOSING REMARKS by Aida Barraza Jarrett & Estephany Conlon	PAVILLION

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

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

Carnival Supermarket

Compact for Success – Sweetwater Union High School District

Chula Vista Elementary School District

Chula Vista High School – Student Volunteers

Day and Night Entertainment

Einstein Bros. Bagels

Favela Printing

MASD – Sweetwater Union High School District

National School District

Otay Ranch High School – Student Volunteers

Eastlake Middle School

Eastlake Middle School Custodial Staff

Rubio's Fresh Mexican Grill

San Diego Padres

San Ysidro School District

SDSU MESA

Seacoast Commerce

Solar Turbines

South Bay Union School District

Sweetwater High School Advance Jazz Dancers

Sweetwater High School – Student Volunteers

Sweetwater Union High School District

Trader Joe's

Walmart

Presentation Title	Last Name	First Name	Job Title	ORG / BUSINESS	Spanish Session/ Sesión en Español	ROOM
A Healthy Selfie	Solorzano/Sadile/ Rodriguez	Martha/Mary Grace /Izzybeth	Community Health Promotion Specialist II, Community Health Promotion Specialist II, Health Information Specialist I	County of SD Health & Human Services Agency Public Health Services Maternal, Child and Family Health Services		1002
Aligning Your Passion with Your Financial Goals	Mankowska	Asha	High Performance Coach and Branding Expert	Education Manager		603
Birth Control & STDs	Tran	Lynn	Patient Engament Specialist	Family Health Centers of San Diego		504
Career Options: Female Prosecutors Making a Difference in our Community	Tenorio/Cruz	Sylvia/Nereida	JD District Attorneys	San Diego County District Attorneys Office		505
Date Rape Prevention	Davis, LCSW	Layla Ines	Licensed Clinical Social Worker			704
Earning and keeping a career in high growth career industries!	Galvez	Duchi	Education Manager	Junior Achievement of San Diego and Imperial County		606
Es difícil ser mujer?	Lomeli	Patricia	Promotora		1,2,3	717
Establecer Tus Metas Fiancieras	Avila	Consuelo	Financial Services Representative	Mass Mutual Fiancial Group	1	716
From Castle Park High to Dr. Vasquez: A Journey to Earning your Doctorate Degree	Vasquez	Marissa	Assistant Professor	San Diego State University		516
Healthy Relationships	Parra	Kimberly	Health Educator	San Ysidro Health Center, Adolescent Services(Contact Person is Ilana Brongiel)	3	Pavillion
How to achieve a leadership role at a major public university	Anguiano	Maria	Vice Chancellor of Planning and Budget	UC Riverside		703
Interview with an Inmate	Granados	Selena	Forensic Psychologist	Clipson & Osterloh		604
Latina Leadership Skills for the 21st Century	Casas-Silva	Graciela	Former International Student Advisor	UC San Diego	2	602
Latina Liderazgo para un Futuro: Leadership and Civic Engagement: How To Be A Leader In Your Community.	Barraza	Francis	Director of Appointments and Special Projects	Office of Mayor Kevin L. Faulconer		503
Make it Real	Catalina	Maria	Ambassador	NASA Solar Sytem Ambassador Program		406

Presentation Title	Last Name	First Name	Job Title	ORG / BUSINESS	Spanish Session/ Sesión en Español	ROOM
Mental Health Wellness: Finding Inner Peace and Effectively Managing Stress	Luna/Mahalik	Andrea/Lauran	Marriage and Family Therapists	Sweetwater Union High School District		501
News Reporter to Public Relations: The Many Career Options in Communications	Medina	Barbara	Communications Professional	San Diego County District Attorney's Office	1	415
On Being a Lady Tattooer	Atwood	JoAnn	Tattoo Artist	Avalon Tattoo 2		706
Poison Prevention	Lopez De Nava	Azucena	Promotora Coordinator	Chula Vista Collaborative		518
Putting your Bilingual/Bicultural Skills to Work: Careers in International Affairs	Vazquez/Garcia	Mayra/Denice	International Business Affairs Project Manager/Director of Binational Affairs for Mayor Faulconer	San Diego Regional Chamber of Commerce/Office of San Diego Mayor, Kevin Faulconer	2	401
Romaine Calm and Become a Dietitian	Marquez Flores	Brenda	Registered Dietitian and Area Supervisor	Nutrition Services at SUHSD		402
Say Yes to Biotech	Molina-Lopez	Luz	Technical Proposal Writer	Althea		403
School Counselors: Helping Students Find Their Way! Consejeros Escolares: Ayudando Estudiantes a	Gomez/Vega	Mariana/Susana	School Counselors	Sweetwater Union High School District		405
SDSU Project Lead the Way	Bunn	Michelle	Director of Project Lead the Way	Project Lead the Way SDSU College of Engineering		715 (Session 1 only)
Solutions for Stressed Out Students ~ there's more to life than homework	Sorrentino	Valerie	Life Energy Coach	Life Energy Coach		601
Teen Pregnancy Prevention	Parra	Miriam	Health Educator	San Ysidro Health Center, Adolescent Services (Contact Person is Ilana Brongiel)	3	701
The Explorer Program and Women in Law Enforcement	Graton Caceres	Priscilla Natalie	Police Officer	Chula Vista Police Department		416
Thinking of four year university? What is EOP and how the program can help.	Carranza	Jaime	Educational Opportunity Programs/Ethic Affairs (EOP)	Educational Opprotunity Program		417
Viva la Girl: Social Media & Self-Esteem	Porras/Romero	Lizcett/Nitza	School Psychologists	Sweetwater Union High School District	1	605
What They Didn't Tell Us in High School: Latinas in Higher Education	Moze/Rodriguez	Carolina/Silvia	Senior, Psychology Major/ Senior, Public Health Major	SDSU/UCSD		714

Presentation Title	Last Name	First Name	Job Title	ORG / BUSINESS	Spanish Session/ Sesión en	ROOM
What to Expect in Middle School: Balancing School & Friends	Parrenas	Esther	ASB Advisor/Before and After School Programs Coordinator	SUHSD - Southwest Middle School		418
WOMEN ENGINEERS: Engineering Fields & Work Samples	Alvarez-Coria	Anita	Senior SCADA & Controls Engineer	Power Engineers - San Diego Office		517
Women in Charge	Rosario	Xanthe	CVPD detective	Chula Vista Police Department	2	502
Women in Engineering	Esparza	Delta	Software Engineer	Northrup Grumman Corporation	3	705
Women in the Courtroom! A Force to be Reckoned With	Gerard	Suesan	Deputy Public Defender III	San Diego County Office of the Public Defender		506
Working with Children: Become an Elementary School Teacher	De La Cueva/Marrujo	Jennifer/Dinah	Educational Specialists	Chula Vista Elementary School District	1	702
Your Virtual Life: Tips About Facebook, Snapchat & How to Avoid Cyber-bullying	Canizal	Ariel	Graduate Assistant for Graduate Student Life	University of San Diego	2	1001

CHILDCARE: ROOM 515