By Christina Reed  
The Hired Pen

**On the Delicious Trail 2023**

**Chile Rellenos & Flan Take the Stage**

Eastern Sierra, CA—Huevos, eggs, take center stage for two traditional Mexican dishes—Chile Rellenos and Flan. Unique ingredients and classic cooking techniques take the chef (home or professional) to many themes and variations on these dishes, and we’re on the Delicious Trail to try them out.

Several local Mexican restaurants feature Chile Rellenos and homemade Flan, including a Bishop, CA favorite, Astorgas Mexican Restaurant. Family owned and operated, for decades (established in 2001), the entire family helps create these classic plates / dishes.

It’s a Chile Relleno [chile re'jeno] = “Stuffed peppers” in English. Chiles / peppers are the center of the Chile Relleno plate, and the heat-blistered pasilla (New Mexico style) or poblano chile peppers are stuffed with different types of cheeses (quesos). Once upon a time, rellenos were stuffed with meat or fish, and sometimes they still are. Egg battered and fried, the dish is complete when a sauce of onions, tomatoes, olives, and spices is poured over the lightly fried chile...with the stem on.

However, “relleno” means “a Mexican dish of stuffed vegetables, usually peppers,” so other vegetables could be plated in this fashion. And, the cheese selection is vast, but before Europeans arrived, there were no cheese-bearing animals. This fact lead to one of the many themes and variations, the kind of cheese you use. Good melting cheeses are Oaxaca, Provalone, and Cheddars.

It’s Survived the Fall of Rome...It’s Flan!

Surviving the Fall of Rome (476 CE, which is secular for BC Era), Flan is a dish that dates to the Romans, and an excess of eggs (Yep!). The Romans used eggs in this sweet and savory dish, a custard-like, baked meal, and the Spaniards shipped it our way, to America.

There are two kinds of flan, and one is a baked custard type topped with caramel, and the other is a tart-like sweet pastry with fruit. Old-world flan (meaning “flat cake”) weren’t sweet, and they included savory meat and fish elements. Ingenuity came in the form of refined sugar and spices and flavors from a Moorish (Muslim people of North Africa and Iberian Peninsula: Middle Ages: 711-1492 CE) influence, such as citrus fruits and nuts. The Indians (Asian) use nutmeg, coconut, and cardamom. And, today, you can buy boxed, instant flan, requiring little / easy culinary skills. Flavors of flan are vanilla, chocolate, coffee, orange, and mango.

The introduction of cane sugar by European traders / explorers, and later the invention of condensed milk, by a fellow named Gail Borden Jr., “Eagle Brand,” in 1856, really put the signature notes in our more modern version of Flan. Borden’s milk products (condensed and evaporated milk), which didn’t need refrigeration, and had shelf-life, brought tastes, textures, and flavors to foods previously unknown. Borden’s discovery changed and improved the daily life and diets of 19th century people, and Americans’ lives were changed during the Civil War, when fresh milk was not possible. And, later, the process allowed for custards to be created in places where cooking produced unique flavors, and themes and variations on “egg-centric” dishes across the globe.

On the Delicious Trail this summer, try out some classic Mexican dishes, the Chile Rellenos and Flan. Seen here, Astorgas Mexican Restaurant does a great job with take-out Chile Rellenos, rice and beans, tamales, salad, chips, salsa, and guacamole. Enjoy these favorites anywhere this summer, and read about more favorites in upcoming “Delicious Trail” finds, in The Sierra Reader.
HOSPICE OF THE OWiNS VALLEY AND BAKE SALE
Saturday, June 24th from 8:00am to noon 363 Acade-
my Avenue, Bishop Jewelry and treats.  

HOSPICE OF THE OWiNS VALLEY SUMMER YARD SALE FUNDRAISER! Saturday June 24th, 0800-12 noon. 363 Academy Ave, in Bishop. Plenty of parking! Support your local hospice! We will have traditional yard sale household items, furniture, camping gear, pet supplies, clothing as well those won-derful mystery finds, and one of a kind treasures! You nev-
er know what you will find! Visit our delicious bake sale/coffee table as well! Dona-
tions welcome, call for ques-
tions 760-872-4663.

MUTIPLE family yard sales. Mustang Mesa. June 17, 8am until noon.  

YARD SALE: Saturday, June 17, 205 Pine Drive, Swall
Meadows, 8am-12. Lots of House Plants and Gar-
den Plants. $3-$10. For the House - Spur Flower, Lace
Flower, String of Pearls, String of Hearts, ET Fingers,
Jade, Cuban Oregano, Char-
lies, Spiders, Succulents,
Cactus, Christmas & Easter
Cactus, Lipstick Vine. For the
Garden - Mint, Penstamon,
Thyme, Blanket Flowers,
Black-eyed Susans, Violets,
flower seeds. Plus some
Household items. Text Rob
at 767091577 with ques-
tions. 

FOR SALE (2) two Hampton bay ceiling fans 60 x17.7
inches N.I.P. the metal is
brushed nickel. cost 140
apiece. Will sell for 100.00
each or 175 for both. Owner
decided she wanted a differ-
ent item. Please call Carolyn
at 760 258 5599 or Shaun at
760 873 1467 (say hello
quickly as if you don't I'll think
you are spam and hang up). Items are located at 580 hunt-
er Ave, Chalfant CA. They
are available for immediate
pick-up and I will happily give
directions. These items were
purchased at Home depot a
year ago, and may still be in
the online catalog if you want
to see what they look like. 

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Purchased from Millcreek
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Great price for a fine work
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INDIAN XI series model 268
Skyhawk, compound bow,
55lb to 70lb, 28" to 30" draw
length, comes with 3
finger leather finger guard,
wrist mount trigger release
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also comes with 8 Easton
Gamegetter II "2216" 32" alu-
nium arrows equipped with
3 blade broadheads. A well
over $100.00 value , sell for
$50.00 - Jim 760 872-0852.

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5 ft by 2 ft, must sell. Very
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den, $500. 760-873-8643. 

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NEARLY brand new poker set in hand case. $45. Cute lamp black and gold with a bit of animal print. $25. Never used Kamp-Rite single tent cot. New they are over 200. Selling for $150. Please call 760-972-9880. KIDDER Ski’s, 2 singles. One Double boot and one single boot. Used in good condition with cases. $100 for both. 760-873-5826.

OLD BARN AUCTION Pre-historic and historic Artifact Catalogs all Native American 100+. With price lists $150 760-873-6195.

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Queen size. Comes with four drawers that slide underneath on casters. Natural wood finish. Disassembled and ready to be picked up. Call or text Robert 760-258-8625.  

**FOR SALE**  1977 Chevy 4x4 350 automatic short bed. 4500.00obo. Call 509-760-9126.  

**FRESH EGGS**  Pick up or delivered for nominal fee. Bishop $7 per dozen. Cage free, free range happy hens. 760.258.5028.  

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**UPRIGHT piano for sale** $600.00 760-972-6194.  

**MCLANE** 4 wheel lawn edger with adjustable angle. Runs good. New, good car kit installed. $650.00 call 760-937-1450.  

**IGLIDG** Polar 120 quart cooler. $40. Can text or call if you want. Please call or text Oliver at 760-920-0512.  

**MENS** custom made Luchesse western boots. Size 10EE in excellent condition. Located at St. Timothy’s Attr Thrift Store in the rear of the Elk’s parking lot off of East Line St. Bishop, CA. Asking $500.00 –sell new for $1,500.00 – $2,000.00. Call Arlene at 760-920-2812.  

**NEW** Braefield Smoker Co. 22” handle to handle, 40” tall. 18” diameter round smoker. Text 760-410-8810 for appointment or to request pics. Used, needs a little love, but not far asking $50.  

**Panasonic KX-FP215** Plain Paper Fax Machine with Digital Answering System, In-box Operating Instructions & 4 extra rolls of Genuine Panasonic Ink Film, $50 OBO - located in Big Pine Call or text 760-920-0859.  

**PUPS**  !!! Lab mix mother, some Huskyfather, some Rottweiler mix, some pure white like mother. Beautiful, smart, spudt, and lots of fun! April 28th will be 6 weeks. Reserve your pick now. $100 rehoming fee. Bishop. 760.258.5028 No texting.  

**Circle S Ranch Western Wear mens suit 42R 36-38. Taper fit, 34x34. $150.**  

**Marmot** Limestone 4 person tent in good condition, includes footprint, asking $100. Bison cooler, 75 quart, first generation, in very good condition, asking $200. Nemo Galaxi 2 person tent, only used once, includes footprint, asking $125. Bison cooler, 75 quart, second generation in very good condition, asking $225. Call or text (760) 920-8286.  

**Intex** Pool Metal Frame, 10 ft circle, pool filter/pump, misc pool chemicals and pool supplies. $75 o.b.o. This package needs the pool liner. Call or text 760.920.3429.  


**Outland** Propane Fire Pit, 24 inches, great for backyard or camping. Used only twice, great condition, comes with cover. $125 OBO. Call or text 760.920.3429.  

**NEW** unopened 4.75-gal container of Black Jack roof & foundation coating - Gloss Black color, paid $90 but ended up not needing it - $90 OBO Call or text 760-920-0859.  

**Antique and vintage tack** Spurs Kelly Bros Parker Steakhead, Mexican Parade spurs aluminum, McChesney, Buerniemand, unmarked Abbie Hunt, Cowboy and Western Book Collection all the writers you’d ever want to read or study!! J 760-873-6195.  

**10 week old** Lab Puppies, 2 black females from parents. Fully vaccinated (vaccinated at 6 and 9 weeks) and dewormed. Ready to go. $500 each Please text 760-258-5462.  

**Galen Rowell Photography** launch new products over 2000 at 14x20 image 22x26 frame $200; Nancy Overfolt prints (5) ravens and wolves, Yo- semite art prints, local art scenes 760-873-6195.  

**Mclane** 4 wheel Lawn Edger. Adjustable angle blade, gas powered with new carb kit. Runs good. $65.00 Call 760-937-1450.  

**Cood Sale** is my golf set!! Taylormade $55 760-873-6195.  

**Lazy Boy Rocker.** Reclin- er!!! Cream color fabric, great condition, kept cover on always, like brand new... Its a smaller recliner, petite person. $125.00, 2 years old, inherited my dads, so no room for this one. Cute!!! 760-264-6852.  

**Native American Basketry** books local and nationwide 15 collectible antique and vintage $150; TURQUOISE books guides and magazines (11) $95 760-873-6195.  

**Topo Maps 1950’s** (12) AZ CA UT topo treasure hunters de- light!!! $100 760-873-6195.  

**For Sale:** Pure Green Latex Mattress Toppers (2) Cal King. 1’ paid $160.00 — Best Offer, Min. $100.00. 3’ paid $350.00 min. $200.00. Bishop Local. 760-258-1222.  

**Need** (that is the brand name) foldable desk 15.75’D x 31.5’W x 29.25’H. Black top and legs. Probably good for a kid’s desk? Brand new in box. $90 on Amazon. Asking $50. Please call Oliver at 760-920-0512.  

**For Sale** bedroom set. includes headboard, frame, 2 night stands, 3 6deep drawer dressers,2mirrors. Approximately 2yrs old. Aising $400.00. Please say you saw it in the Sierra Reader
June 15 - 21, 2023

Say you saw it in THE SIERRA READER

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FREE kittens to good, safe
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by, short hair.i would like
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ter. call 760-873-7302.

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Call Chris at 760-920-0350.

SCHNEIDER’S Fly Sheet Size
84 $50 Soft interlock mesh
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LOOKING for a donkey cart
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Has larger size sisal post
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carpeted base 5/8” thick and
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Cheaper than through Am-
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Imperial western
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condition. If interested call
Kim at 760-937-7171.

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Thx.

PENTAIR Challenger 5hp cen-
trifugal 208-230 volt pump
with strainer. $70. 760-937-
1204.

AWESOME restored vintage
poker table measures 80” x
44” $800. Fully restored an-
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760-427-2183
**HELLO! I’m moving to Bishop in August and looking for a place to rent. I recently graduated law school and will be working for CLS. I’m looking for a home for me, my husband (a doctoral candidate who will be writing his dissertation) and our dog (13 years old, 50lbs, very gentle & well trained). We’re both in our 30s, clean & respectful tenants and my husband has some carpentry training and loves to fix things. Ideally looking for 2-3bed, 1-2bath. Please email rubin2023@lawnet.ucla.edu with any questions. Thank you!**

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**$300. 760-920-0023.**

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**2293 N Sierra Hwy, Bishop CA. 760-873-8797**

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**ATTN Indian Wells Brewing Company Shareholders: We will be having an informal get together on Saturday, June 3, 2023 at 1:00 p.m. at the Brewery located at 2565 State Highway 14. Hope to see you there!**

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**HALF WINE Barrels for planters or? Only a few left. Located in Independence. Can deliver to Lone Pine or bishop for free.$45 ea. (760) 258-5360.**

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**TURKEYS 3 months old for sale. Great Whites and Bronze Breasted. follow you around like a dog. $20. Bishop. 760.258.5028.**

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**FRANCISCAN 8 string banjo with shoulder strap, hard case, extra strings, finger picks and instruction book. Barely used $300. Lani Kai ukelele with soft case. New $100. (760)709-1033.**

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**SCREEN DOOR: PCA Products Westmore. See the website for description. 36" x 80". White. Brand new, was never installed. Outswing left or right. All hardware included. Price starts at $450. Asking $250. Please call Norm 760-258-3028.**

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**DEMOLISH / Salvage snow damage your deck, collasied your garage roof call scott 760-872-0821.**

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**DOWNSIZING SALE: Patio Setae with coffee table and flower table, Large Bird of Paradise Plants Large blanket chest, new tire chains of various sizes Mexican decor buffet, 6 sturdy aluminum patio chairs with cushions, TV entertainment center, Thomasville coffee table, Thomasville dining room set. with 6 chair and large matching China cabinet (table expands to 126 inches long X 44" wide free standing glass front cabinets. shop cabinets and worktables Call Dave @ 760-873-5043.**

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**DURA HEAT Kerosene Forced Air Heater with Dual Heat control. 140K-180K BTUs. Like New $400. If interested please call Kim 760-920-2455.**

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**4 GENERAL altimax p 205 60 r 16 brand new they have been in storage paid over 700 will take 400 Chris 760-784-4063.**

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**FREE: egg cartons FREE: various plastic containers from fast food restaurants. Use for freezing meals, take to work lunches, or meals for friends, etc. Located in Bishop. Call 406-210-8929.**

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**WANTED: Working gas powered lawnmower in good shape. Please text or call 760-258-7225.**

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**NEED an electric kitchen stove/range ASAP Contact @760-920-2660.**

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**WANTED: Large artificial trees for outdoors. Please call 818-912-8932.**

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**LOOKING for 1 or 2 white wick-er chairs for our porch in excellent condition. Please call 818-912-8932 Thanks!**

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**LOOKING for someone who has experience laying pavers and can give estimates will pay cash please phone 760-920-2333.**

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**WE LOST a camera chip in their possession, please contact us with any information.**

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**SAY YOU SAW IT IN THE SIERRA READER**

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**June 15 - 21, 2023**

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**Company Shareholders: We need your vote on the following matters. Please vote and return your ballot as soon as possible.**

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**The meeting will be held on June 15 - 21, 2023 at 1:00 p.m. at the Indian Wells Brewing Company, 2293 N Sierra Hwy, Bishop CA. 93514 | 760-873-6166**

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**Get started today.**

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**136 Whitney Alley Bishop Ca. 93514 | 760-873-6166**

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**Start now.**
United States—It was June 14, 1777, and the colonies were fighting hard to become a new, independent country. The assembly of colonial delegates had just finished looking at the new design for the first national flag of the nation, which wouldn’t be official for another 10 years (Constitutional Convention, May-September, 1787, Philadelphia). And, with symbolism abounding, the flag was raised for the first time.

The Flag Resolution: “Resolved, That the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation.” (Marine Committee of the Second Continental Congress, Philadelphia, PA) The new flag’s instructions for laying out the stars was not set at this time, and it appears that Francis Hopkinson (an original signer, from New Jersey, of the Declaration of Independence) was responsible for setting up the design for the stars. There are 50 white stars (since July 4, 1960), which represent the 50 states of the union. And there are 13 stripes (called pales); seven red pales and six white pales, which represent the original 13 states, or British colonies. (U.S. Embassy and Consulates)

“We take the stars from heaven, the red from our mother country, separating it by white stripes, thus showing that we have separated from her, and the white stripes shall go down to posterity, representing our liberty.”--attributed to our country’s first president, George Washington; a Founding Father, and an American statesman, military officer, and commander of the American Continental Army.

“The flag of the United States has not been created by rhetorical sentences in declarations of independence and in bills of rights. It has been created by the experience of a great people, and nothing is written upon it that has not been written with their life. It is the embodiment, not of a sentiment, but of a history.”--Woodrow Wilson

The American Flag, when properly displayed (either horizontally or vertically against a wall or in a window), should have the union (the blue field of stars representing states) uppermost and to the flag’s own right. When displayed other flags, the American flag is on the left side of your porch. The Stars and Stripes is always in the upper left hand corner, as people pass by your home. Don’t hang your flag backwards, upside down, or other inappropriate ways. The flag shouldn’t touch anything below it, and there is an American flag etiquette, and the U.S. Flag Code (established on June 22, 1942 by Congress). Fun fact: There have been 27 different flags in our history, and “The Stars and Stripes” is just one of its many names.
Help Wanted

SWEETWATER PLUMBING INC. Full time position for Journeyman Plumber and/or Apprentice Plumber. Full benefits. Job is located in Mammoth Lakes. Contact: 760-914-1266 info@sweetwaterplumbing.com. WE ARE seeking a passionate Graphics Designer an expert in social marketing, videos, page creator, who knows programming, SEO and Adobe programs, experience, portfolio and demonstrable achievements, full-time availability, questions and doubts can check call: 760-873-4747 / Email: Ads@thesierrareader.com. POSITIONS AVAILABLE Open until filled: • Cocktail Server, Counter/Host Team Mem ber (Part-Time), Dishwasher/ Busser (Full & Part-Time) *18 years of age or older, EHS Attendant, Facility Technician, IT Technician, Line Cook (Part-Time) *18 years of age or older, Lead Cashier, Security Officer (Full and Part-Time), Server (Part-Time) *18 years of age or older, Slot Technician, Surveillance Agent *18 years of age or older, Vault Attendant, Perspective: Must be at least 18 years of age to work in the restaurant. Native American Indian preference shall apply pursuant to the Bishop Paiute Tribal Employment Rights Ordinance.

Bishop, making printed pic tures at the drug store last month, if you found it, there would be a reward for you to give us a call with the lost undamaged chip. It has record numbers of birthday parties. Re ward for $50. Thank you so very much. Please call Jim at 760-876-5817, please speak clearly and not in a hurry, if we are not at the phone, please leave us a clear message with your phone number.  

CONTRACTOR / musician / artist/ w/ mature guide dog seeks house 4 rent from Big Pine to Lee Vin ing okay. 760.920.7062.  

LOOKING for used saddle or bareback pad for mid size donkey 760 873-7755.  

COLLEGE STUDENTS TA WANT ED for non-profit, do you enjoy elementary school level Math, Science, His tory, English? Please call 760.258.5028. 

I NEED a small or long 2-3 door counter top refer. will pay. Thx! 760.258.5028. 

Bikes / Sports 

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E-BIKE. Bike Friday Folding New World Tourist. Like new, less than 100 miles. Original price $2754. Asking $1600. Please call Hank at 760-934-7665. 

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Let’s Eat 

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Recreational/ATV


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CALL 530-559-7460.  


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Southern Inyo Healthcare District Hosts Inaugural Health and Community Fair

The Southern Inyo Healthcare District (SIHD) hosted its inaugural health and community fair on Saturday, May 20th, 2023.

The fair was a great success, with a great turn out by local vendors, local agencies, local healthcare providers, local artists, and plenty of activities for the kids, including face painting and bounce houses. Southern Inyo Hospital put on display their excellent services such as their Emergency Services, Rural Health Clinic, Wound Care Department, Clinical Laboratory, Rehabilitation Department, Diagnostic Imaging and Regenerative Medicine. Free glucose monitoring and blood pressure monitoring were also available at the fair courtesy of SIHD.

Additionally, there was entertainment provided by Sandy and the High Country and plenty of food trucks to quench any appetite. Kids and kids at heart had the opportunity to take pictures with Smokey Bear. It was a great way for the local community to learn more about SIHD, while also experiencing their excellent services and having some fun.

Southern Inyo Hospital in Lone Pine showed the true meaning of their motto: “Pursuing healthcare excellence every day, with a compassionate heart.” SIHD’s commitment to providing excellent care to the Lone Pine community was clear and was demonstrated in an extremely successful inaugural health and community fair.

Southern Inyo Healthcare District’s CEO Peter Spiers said of the Health and Community Fair, “On behalf of the SIHD Board of Directors and the senior executive team at Southern Inyo Hospital we once again are amazed and so grateful to the friends and supporters of Southern Inyo Healthcare District. Your incredible support and commitment to our success underscores that spirit of community we feel everyday.”

Southern Inyo Healthcare District (SIHD) is a premier critical access hospital that serves the Lone Pine community. SIHD is dedicated to providing high quality health care to its patients and is continually growing and offering new services.
By Louis Medina

Friends of Our Lands

Child Development Online Course in Spanish from Cerro Coso College: Associate Teacher Certificate of Achievement

(First of two parts. The second part of this article will be published next week in El Sol de la Sierra in Spanish, as well as in The Sierra Reader.)

Lupita Alvarez, who lives in Bishop, has long known why she loves working with children so much. “My mom always told me that I was made for this,” she said. “I have a little girl inside.”

After immigrating from Mexico to the United States some 10 years ago, where she began her new life working restaurant and hotel jobs, she ended up working at a daycare for 13 years, and then in a preschool for about the last year.

She was a teacher’s assistant, and in order to become a teacher, she knew that she needed to study teaching techniques in her native language.

Fortunately, just two months after starting her last job, she found out about Child Development classes at Cerro Coso Community College’s Associate Teacher Certificate of Achievement program. They were offered online during the evenings Monday through Thursday, from 6 until past 8—an intensive schedule, but one ideal for folks who work during the day. But the most important thing for her was that classes are taught in Spanish!

“I didn’t think twice,” she said.

She knew it meant a sacrifice. She discussed it with her partner, her 19-year-old daughter and her 14-year-old son.

They all agreed that it was an important goal for her. “This country gives you many opportunities,” she said, “but some people just don’t know about them.”

The program consists of four courses altogether taught over a school year. It was launched in the Fall 2022 semester.

At the graduation ceremony held at Cerro Coso’s Ridgecrest Campus in May of this year, Alvarez met in person, for the first time, her teacher, Frank Guevara, her classmates, and Alma Rangel, the “embedded tutor” for her class, and a key person in the success of Alvarez and the other students, all women.

An embedded tutor is a student who knows the subject matter well because they have already passed the course with a grade of B or higher, and therefore can act as a mentor to other students. It is a paid position within the college.

Rangel lives on the other side of the Sierra, in Lindsay, a small town between Porterville and Visalia in Tulare County. She was born in Michoacán, Mexico, but has lived in the U.S. from a very young age, and had already completed the course in English before the college began offering it in Spanish. “I have studied in English all my life,” she said.

Her trajectory is very different from Alvarez’s. Rangel, who is 25 years old, dropped out of high school and worked in the fields for several years picking oranges, tangerines, lemons, grapes, and cherries. She had three children, one of them autistic. Her two sons are 6 and 6 years old, and her daughter is 4. Thanks to the support of her husband, she was able to get her GED, and in recent years has devoted herself to taking classes that the college offers online.

“It’s the best way to study,” she said, considering her commitments as a wife and mother. “Otherwise, I would not have been able to graduate.”

She has never worked in childcare, and her son’s autism has been her biggest motivation to study with a focus on human development in order to teach special children. Although thanks to her experience as an embedded tutor, she learned a lot from the other students, and being able to help them has made her start thinking about teaching adults as well, she said.

For Rangel, who also had her own course load while working as a tutor, the most difficult challenge was to keep up with her own studies and assignments while she made time for the Spanish-speaking students.

She helped them navigate the Canvas course management system the college uses to schedule classes, assign tasks, and receive homework online. Rangel also made videos to help explain difficult-to-grasp concepts to the students. She regularly met with them via Zoom on the weekends, when she knew they would have more free time to study than during the week.

For Alvarez and the other students, Rangel was a great support. They could ask her questions about homework, class and assignment schedules—even how to use the computer. According to Rangel, there was a wide range of previous educational achievement among the students, and some of them had little knowledge of computers. “Several of the students are between 40 and 50 years old,” Alvarez said. “They have been working with children for a long time but decided to take the course now.”

A number of the students have ended up becoming friends. The online Spanish classes attracted students from all over California, and some who live in the same city have been getting together in person to share meals and to get to know each other better. “We Latinos like to help one another,” Alvarez said.

They also received a lot of help from the college, including, in Alvarez’s case, the use of a loaner laptop, as she did not have her own computer. “Cerro Coso offers lots of financial help,” he said. “They practically paid for my entire course.”

Alvarez made the most of the help she received. “Lupita grew a lot as a student,” Rangel said. “She always showed how much she wanted to work. I worked with her so she could advance in her studies faster.”

In fact, at her current job, Alvarez has already received a promotion from teaching assistant to associate teacher, and an offer to teach her own class!

Coming Up

In the next edition of The Sierra Reader and El Sol de la Sierra, we will introduce you to Child Development Professor Frank Guevara of Cerro Coso Community College’s Associate Teacher Certificate of Achievement program, which is offered in Spanish online. (The program is also offered in English, of course, but we want our readers to help us spread the word to their Spanish-speaking friends who might be interested.) It has been so successful that Cerro Coso will continue to offer it in the new school year that begins in August. And we’ll tell you how to sign up for one of two registration support sessions that will be offered live, online (via Zoom), one at the end of this month and the other in July.

Until then, let’s all continue to be friends of our lands.

Louis Medina serves as Communications and Philanthropy Director for Friends of the Inyo, a local environmental protection nonprofit based in Bishop. You can write to him at Louis@friendsoftheinyo.org.

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The Sierra Reader

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Alma Rangel and her family. (Photo courtesy of Alma Rangel)
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