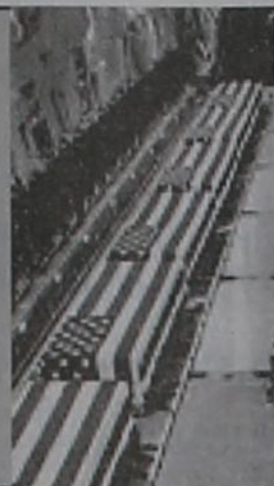


Casualties of
War in
Iraq 4,802
Afghan 3,406
as of Jan.
23, 2014



Texas' Oldest Hispanic Owned Newspaper

El Editor

Celebrating
38 Years of
Publishing

"El Respeto al Derecho
Ajeno es la Paz"
Lic Benito Juarez

VOL. XXXVII No. 12

Week of Jan. 23 thru Jan. 29, 2014

www.editor.com

Lubbock/Midland-Odessa Region

Movilizarán votantes hispanos para lograr reforma migratoria

Activistas proinmigrantes afirmaron este miércoles que movilizarán a los votantes hispanos para exigir que, pese a la oposición republicana, el Congreso apruebe una reforma migratoria que incluya una vía a la ciudadanía de los indocumentados.

Durante una conferencia telefónica con periodistas, activistas de la coalición Movimiento por una Reforma Migratoria Justa (FIRM) delinearon los "principios" que, a su juicio, deben tomar en cuenta los republicanos de la Cámara de Representantes.

Los republicanos no apoyan la reforma que aprobó el Senado en junio pasado y preparan medidas parciales con enfoque policial. El presidente de la Cámara Baja, el republicano John Boehner, elabora una serie de

"principios" con su bancada que aún no ha presentado.

"Nos encantaría ver lo que hay en la propuesta republicana, no solo sus 'principios' y éstos deben incluir la vía a la ciudadanía, insistió Gustavo Torres, director de Casa en Acción.

Explicó que los "principios" de FIRM incluyen también la reunificación familiar; medidas para futuros flujos migratorios; una política fronteriza que "respete" a las comunidades; el restablecimiento del debido proceso, y el reconocimiento de las contribuciones de los inmigrantes al país.

Al igual que en 2013, los activistas harán protestas, ayunos y actos de desobediencia civil y, de cara a los comicios de noviembre próximo, inscribirán a "miles de latinos e



inmigrantes" que puedan marcar la diferencia en las elecciones, agregó.

Kica Matos, activista de FIRM, rechazó críticas de que el activismo de 2013 haya sido en vano porque "si no hubiese sido

por las voces de este movimiento, las marchas y las protestas, este asunto hubiese tenido una muerte lenta".

Pero los republicanos se oponen a crear una vía especial para la ciudadanía.

El legislador republicano por California y "número tres" de la Cámara Baja, Kevin McCarthy dijo hoy al canal KBAK/KBFX que apoya dar estatus legal a indocumentados para que "puedan trabajar y pagar impuestos".

Se prevé que los "principios" republicanos reflejen la postura de siempre de ese partido: más vigilancia fronteriza, sanciones para empresas que contraten a indocumentados, verificación de estatus legal de los empleados, y más visas para extranjeros con altas destrezas laborales.

El asunto del acceso a la ciudadanía—algo que ya permite la ley federal para quienes llevan al menos cinco años de residencia permanente—se ha convertido en un punto de fricción incluso entre los mismos partidarios de la reforma.

Grupos defensores de los "Soñadores" han dicho que la prioridad inmediata es la legalización, para después centrarse en la ciudadanía.

Dentro y fuera del Congreso, otros insisten en que la ciudadanía no es negociable. Josh Hoyt, director de National Partnership for New Americans, advirtió en la llamada que no se puede excluir a ciertos grupos del proceso democrático, y tratar al inmigrante como un "ciudadano de segunda clase".

Los activistas hicieron estas declaraciones en víspera del segundo aniversario del debate electoral en Tampa (Florida), el que el republicano Mitt Romney propusiera la "autodeportación" de los indocumentados y que, en última instancia, le hizo perder el apoyo del voto latino en 2012.

Texas executes man despite opposition from Mexico



A Mexican national was executed Wednesday night in Texas for killing a Houston police officer, despite pleas and diplomatic pressure from the Mexican government and the U.S. State Department to halt the punishment.

Edgar Tamayo, 46, received a lethal injection for the January 1994 fatal shooting of Officer Guy Gaddis, 24.

Asked by a warden if he had a final statement, he mumbled "no" and shook his head. As the lethal dose of pentobarbital began taking effect, he took a few breaths and then made one slightly audible snore before all movement stopped. He was pronounced dead 17 minutes after the drug was administered, at 9:32 p.m. CST.

The execution, the first this year in the nation's most active death penalty state, was delayed more than three hours while the U.S. Supreme Court considered last-ditch appeals.

Tamayo never looked toward Gaddis' mother, two brothers and two other relatives who watched through a window.

"He's a coward just like when he shot my brother in the back of the head and he died a coward," Glen Gaddis said.

There were several dozen

police officers and supporters of the slain patrolman were revving their motorcycles outside of the prison before witnesses were let inside the death chamber. Tamayo selected no witnesses of his own.

"A little bit of my shredded heart is feeling better," the officer's mother, Gayle, said.

The execution came after the U.S. Supreme Court and lower federal courts rejected last-day appeals and Texas officials spurned arguments that Tamayo's case was tainted because he wasn't informed, under an international agreement, that he could get legal help from the Mexican consulate after his arrest for the officer's slaying.

Attorneys had also argued unsuccessfully that Tamayo was mentally impaired, making him ineligible for execution, and that the state's clemency procedures were unfair.

The Texas Board of Pardons and Paroles rejected Tamayo's request for clemency on Tuesday.

"It doesn't matter where you're from," said Lucy Nashed, spokeswoman for Gov. Rick Perry. "If you commit a despicable crime like this in Texas, you are subject to our state laws, including a fair trial by jury and the ultimate

penalty."

Tamayo's lawyers, Sandra L. Babcock and Maurie Levin, issued a statement after the Supreme Court's ruling, saying Perry and Attorney General Greg Abbott "ignored promises they made to our nation's leaders that they would ensure review of Mr. Tamayo's consular rights violation."

"The execution of Mr. Tamayo violates the United States' treaty commitments, threatens the nation's foreign policy interests, and undermines the safety of all Americans abroad," Babcock and Levin also said.

The Mexican government earlier this week said it "strongly opposed" the execution.

"The issue of fundamental importance in this case is the respect for the right of access to protection provided by our consulates to Mexicans abroad," Euclides Del Moral Arbona, a director in the Mexican Ministry of Foreign Affairs, told reporters outside the prison.

Gaddis, who had been on the force for two years, was driving Tamayo and another man from a robbery scene when evidence showed the officer was shot three times in the head and neck with a pistol Tamayo had concealed

in his pants. The car crashed, and Tamayo fled on foot but was captured a few blocks away, still in handcuffs, carrying the robbery victim's watch and wearing the victim's necklace.

Mexican officials and Tamayo's attorneys contend he was protected under a provision of the 1963 Vienna Convention on Consular Relations. Legal assistance guaranteed under that treaty could have uncovered evidence to contest the capital murder charge or provide evidence to keep Tamayo off death row, they said.

Records show the consulate became involved or aware of the case just as his trial was to begin.

Secretary of State John Kerry previously asked Abbott to delay Tamayo's punishment, saying it "could impact the way American citizens are treated in other countries." The State Department repeated that stance earlier Wednesday but had no immediate comment following the execution.

Another of Gaddis' brothers, Gary, said it was "unfortunate this has become a political event."

"But we're here to remind the public who the true victim is in this crime and to warn the public that John Kerry has no right to try to change the locks of the Supreme Court and turn the keys over to the international community," he said.

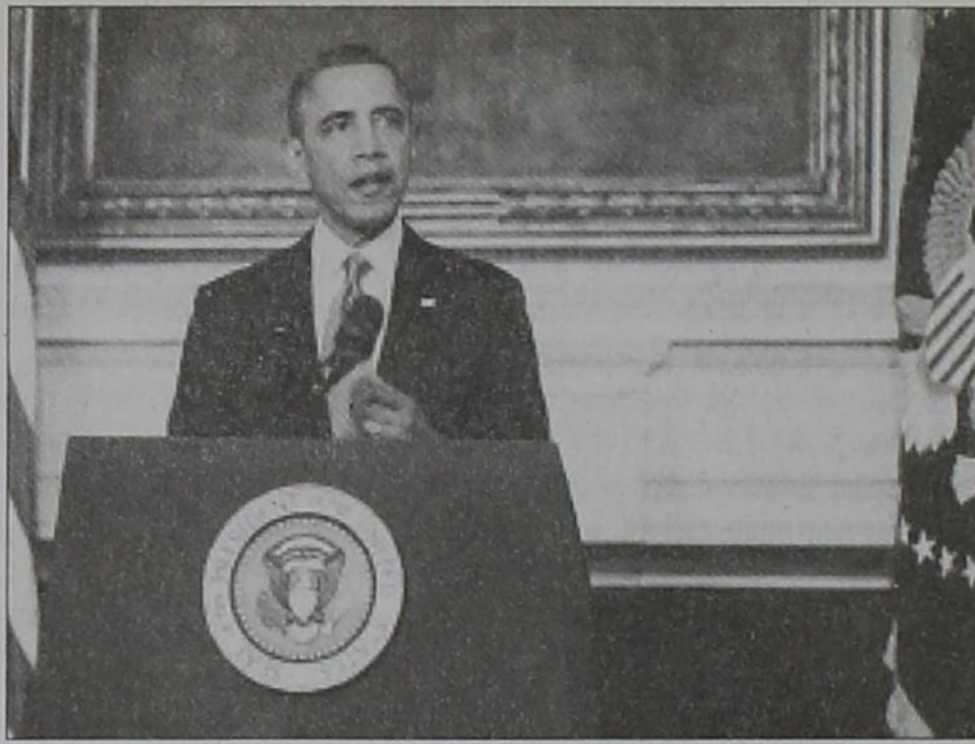
Tamayo was in the U.S. illegally and had a criminal record in California, where he had served time for robbery and was paroled, according to prison records.

At least two other inmates in circumstances similar to Tamayo's were executed in Texas in recent years.

He was among more than four dozen Mexican nationals awaiting execution in the U.S. in 2004 when the International Court of Justice in The Hague, Netherlands, ruled they hadn't been advised properly of their consular rights.

The Supreme Court subsequently said hearings urged by the international court in those inmates' cases could be mandated only if Congress implemented legislation to do so. That legislation has not been passed.

Pope Francis, Obama to Meet in March



President Obama will meet with Pope Francis in March during a diplomatic trip to the Netherlands, Belgium and Italy, the White House said Tuesday.

"The president looks forward to discussing with Pope Francis their shared commitment to fighting poverty and growing inequality," the White House said in a statement on the planned March 27 meeting.

While in the Netherlands March 24-25, Obama will attend the Nuclear Security Summit, "where world leaders will highlight progress made to secure

nuclear materials and commit to future steps to prevent nuclear terrorism," the White House said in a statement.

Obama will be in Brussels March 26 for a U.S.-European Union summit with presidents of the European Council and the European Commission. The White House said Obama also will have bilateral events with Belgian officials and with the NATO leaders.

While in Rome, Obama will meet with President Giorgio Napolitano and Prime Minister Enrico Letta.

Furniture Store To Support O.L. Slaton Middle School: Challenges or Offers an Opportunity for all 8th Grade Students

Bob Mills Furniture Selects O. L. Slaton Middle School for Partnership

Bob Mills Furniture, located at 6000 Spur 327-Unit A, announced today its official commitment to help O. L.

students had a chance to meet Bob Mills in person and you could feel the excitement within them.

The O.L. Slaton faculty will work closely with the Lubbock furniture store to distinguish what will help students excel. Principal Trey Aguilar and teachers value commitment, integrity and each other. Help from Bob Mills Furniture will allow O. L. Slaton Middle School to continue their mission to inspire excellence in students.



Slaton Middle School. The store wants to make a major impact on the lives of students by offering much-needed assistance and transforming the student environment into a positive learning experience. Plans of Bob Mills Furniture were announced officially to the students and faculty at the school yesterday at a 10 am gathering at the school's auditorium which the media, El Editor was on site. Some

The magnet school is academically rated as a "Needs Improvement" campus. With 651 students enrolled, 87% of students are classified as economically disadvantaged. Bob Mills Furniture is developing a program specifically targeting the 215 eighth grade students. Although the initial program has been outlined, it was designed to be flexible enough to meet the needs of the school.

O.L. Slaton Middle School

emphasizes learning around fine arts such as theatre, art, dance, band, choir and orchestra. The partnership will help address the academic, social and financial hardships students face and begin providing



solutions. Bob offered for each student to enter a Jingle Contest which the winner will be given a \$1000 dollar savings/scholarship toward their future schooling. "Maybe college is for some and maybe not for others", he addressed a full size attendance of 220 eighth graders in the OL Slaton auditorium. The contest will start as of today and will end all entries by/on Feb. 28, 2014.

Bob also shared his life time with some struggles and hardship on his way thru life and to where he is today at Bob Mills Furniture.

Mr. Aguilar and Bob were asked separately if they

submission of the jingle needed to be in English, Spanish, or bilingual... their responds were however the student submits the jingle the way it will be accepted.

In closing, Bob made a great announcement for

the 8th graders of OL Slaton Middle School who was to receive a \$99 value pillow for each student to sleep comfortable and help everyone to have better days in school. "I believe that great achievements comes in school by having a good day at school from having a good sleep," says Bob to the student assembly. Everyone seemed to have enjoyed the announcement of the partnership.

¿Que Pasa?

Vaccination Clinics for This Week

The City of Lubbock Health Department will hold vaccination clinics for both adults and children at the following locations during the week of January 27, 2014:

- 1/27/2014 Mahon Library 1306 9th St. 9:30 a.m. - Noon
 - 1/28/2014 Health Department 806 18th St. 1:00 p.m. - 4:00 p.m.
 - 1/29/2014 Health Department 806 18th St. 8:30 a.m. - Noon
- Vaccines will be available for ages 2 months through adulthood. Adult vaccine prices vary. The cost for children's vaccines (age 2 months -18 years) is \$15.00 for one dose of vaccine or \$20.00 for 2 or more. Influenza vaccine is now available.

All children must meet Texas Department of State Health Services' guidelines to receive state supplied vaccines.

Anyone with questions may contact the City of Lubbock Health Department Immunization clinic at 775-3090.

St. Joseph Catholic School Participates In Nation's Largest-ever Celebration of Educational Opportunity

Slaton - St. Joseph Catholic School will hold a special event beginning on Monday, January 27, 2014 to celebrate National School Choice Week, school leaders announced today.

An All School Mass featuring the Children's Choir will kick off the week's events on Sunday. During the week, students will participate in a Spelling Bee, a Science Fair, Career Day, Student Breakfast in Pajamas, Vocation Day, a Community Field Trip and end with a district Mass at CTK. We will kick off "Pennies for Patients" in which we raise money for Cancer Patients and will collect canned food items for the city's food pantry, Mercy Manna. The events will be held at the school, except for Mass which will be at St. Joseph Parish in Slaton.

St. Joseph Catholic School is a Catholic school serving grades Pre-K through 8th Grade, with a student enrollment of 56.

St. Joseph School is one of 5,000 schools participating in National School Choice Week (January 26-February 1, 2014). The goal of the Week is to shine a positive spotlight on all types of education options for children - from traditional public schools to public charter schools, magnet schools, private schools, online learning and home-schooling.

"We are excited to have St. Joseph School participate in National School Choice Week with this special event," said Andrew Campanella, National School Choice Week president. "It is because of great events like this that National School Choice Week, in Texas and across the country, will break records as the largest and most influential celebration of educational opportunity in American history.

For more information about the event, visit stjosephslaton.com.

Lubbock Public Library Events

Lubbock Chess Club at Mahon Library
The Lubbock Chess Club will meet at the Mahon Library, 1306 9th Street, at 4 p.m. on Sunday, January 26 from 2 to 4:45 p.m. All ages and skill levels are welcome. Contact cmw02b@gmail.com for more information.

Bluebonnet Book Club at Mahon Library
The Bluebonnet Book Club will meet at the Mahon Library, 1306 9th Street, at 4 p.m. on Monday, January 27. This will be our final meeting and we will vote for our favorite Bluebonnet Award nominees. For more information, please call 775-2838.

Children's Movie at Mahon Library
Come enjoy refreshments and a movie at the Mahon Library, 1306 9th Street, at 4 p.m. on Tuesday, January 28. For movie title and other information, please call 775-2838.

Learn to Knit at Groves Branch Library
Join us for an evening of fun while learning the basics of Continental style knitting at the Groves Branch Library, 5520 19th Street, at 6:30 p.m. on Tuesday, January 28. For more information, please call 767-3733.

Bear Storytime at Groves Branch Library
Bring your favorite bear or other stuffed animal to storytime at the Groves Branch Library, 5520 19th Street, at 10:30 a.m. on Wednesday, January 29 and Thursday, January 30. We will read stories about bears and make a bear craft. For more information, please call 767-3733.

Games for Kids and Teens at Groves Branch Library
Everyone in grades four through 12 is invited to the Groves Branch Library, 5520 19th Street, for an afternoon of video games and board games starting at 4 p.m. on Thursday, January 30. For more information, please call 767-3733

President of SPAMMA, Joel Narbaez invites all of Lubbock and surrounding communities to support this great event on Saturday, Jan. 25 at the FairPark Coliseum. "We need Lubbock to support this event and lot of other events to keep the momentum of keeping these type of events for the betterment of Lubbock," said Joel. Zane Davis who is the vice president of the organization will be fighting during this event. He is 42 years of age and will be fighting a 19 year old fighter. "This is something that everyone will enjoy watching," says Joel.

SPAMMA has held 8 shows which started in 2011 and have been held within 3 years. Participants from Lubbock, Odessa, Plainview, Amarillo and all West Texas will be here on Saturday and want everyone to come out and enjoy and support this. Participants ages vary from 18 to 42 years of age. There will be a total of 12 fights full of actions for everyone. The event is schedule to start at 6:30 pm. Admission will be \$16.00 for general; \$20.00 for VIP; \$300 table are available thru any Select Seat outlet or by calling 806: 466- 2149 and ask for Joel.

A shoutout to Andrew "Fro" Montemayor who will be the official ring announcer for the entire event. Come out Lubbock support this event.

www.eleditor.com
#1 in news & information!
email us @
eleditor@sbcglobal.net

Questions?
Comments?
call us @
806-763-3841



TEE SHIRT PRINTING!!
* Family Reunions
* Softball
* Bowling
Call Today
806-741-0371

¿QUE PASA?
LET US KNOW!
eleditor@sbcglobal.net

SOUTH PLAINS AMATEUR MMA
SPAMMA VIII
JANUARY 25th 2014

Main Event
Featuring Lubbocks Own
Charlie Spolstra
VS
Odessa's
Anthony Valenzuela

1
4
5
FIGHT

12 Action packed fights

SPAMMA

FAIRPARK COLISEUM
LUBBOCK, TX

Tickets at all select a seat locations
DOORS OPEN AT 6:30
Card Subject To Change

Logos: OK, PASS, LUBBOCK BAIL BONDS, 180 VAPE, Pinnacle, FNK

ANGELA HIGHTOWER
INCOME TAX SERVICE

FAST TAX SERVICE ◆ SERVICIO RAPIDO

1810 34th Street ◆ (806) 762-2460

Welcome - Bienvenidos!
Income Tax Clients

Se Habla Español

Owner: Angela Abercrombie-Hightower

Bruno Mars Heads to Super Bowl, Then Grammys



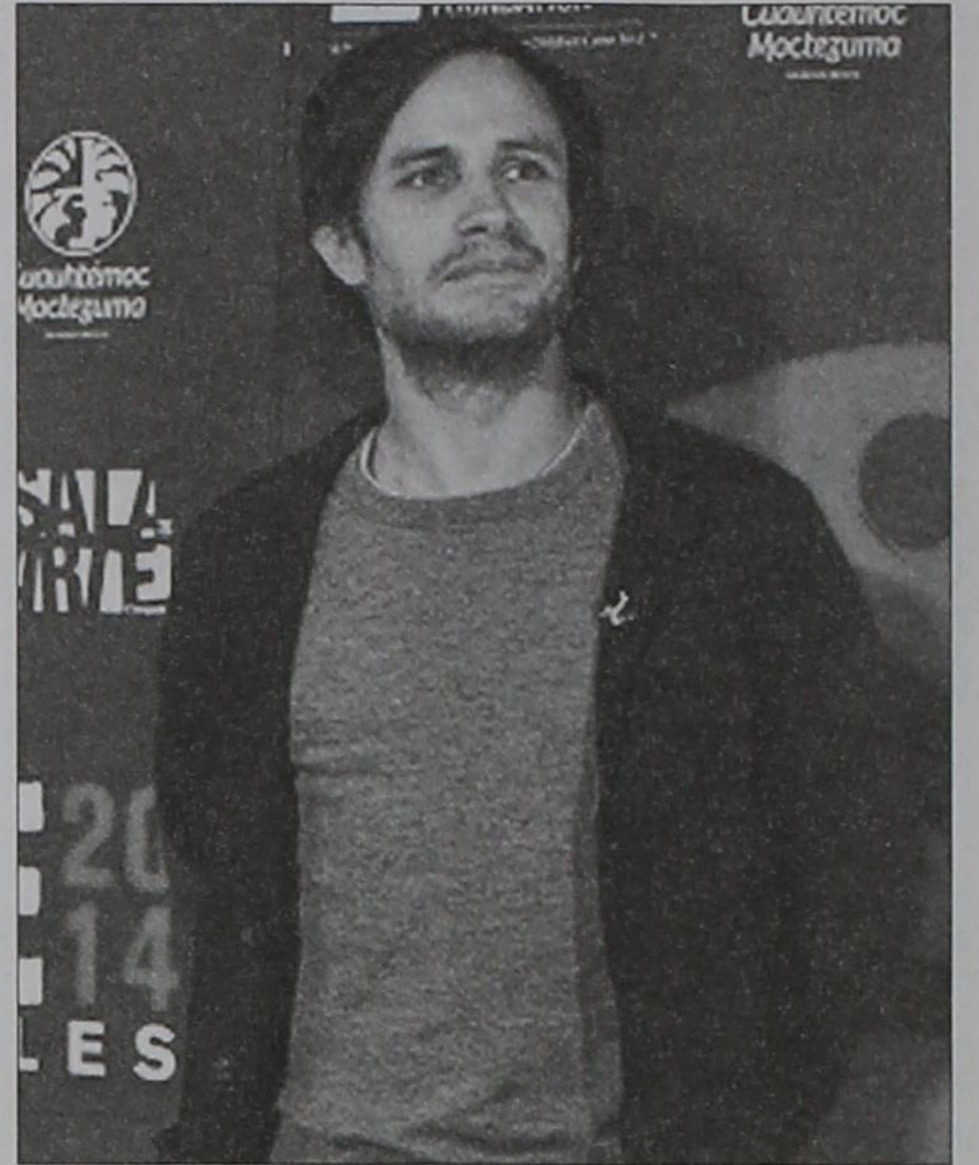
Wish Bruno Mars would write you a hit song? Keep dreaming. The singer-songwriter-producer, who has penned hits like CeeLo Green's "Forget You!" and B.o.B's "Nothin' on You," says he's not interested in churning out tracks for other artists like he's done in the past. "There's a piece of me that's no longer there — which was basically let me write a song and then sell it," Mars said in a recent interview. "That was back in the day when I was struggling and hustling to pay rent. I was selling songs for 250 bucks ... but now that I'm OK, I shouldn't treat it like a sport." The 28-year-old, who is one-third of the production trio The Smeezingtons, has produced for Alicia Keys, Justin Bieber, Lil Wayne and Flo Rida. Mars

said he now wants to collaborate organically with others — much like on his latest album, "Unorthodox Jukebox," which is nominated for four honors at Sunday's Grammy Awards in Los Angeles. His sophomore effort, released in late 2012, features Mark Ronson, Jeff Bhasker, Diplo and Paul Epworth. The album's lead single and No. 1 hit, "Locked Out of Heaven," is nominated for song and record of the year. He said the upbeat jam took "months and months" to create. "People didn't see us going at each other's throats in the studio and pulling out our hair for a song like 'Locked Out of Heaven,'" he said. "Trying to get these drums right and figure out a base line. ... It being recognized in these monster

categories is an extreme honor." The crooner's other No. 1 hit, "When I Was Your Man," is nominated for best pop solo performance, while his near-double platinum album is up for best pop vocal album. This year marks Mars' fourth nomination for record of the year; this is his third for song of the year. He won his first and only Grammy for best male pop vocal performance with "Just the Way You Are" in 2011. Though his debut, "Doo-Wops & Hooligans," earned a nomination for album of the year, Mars said he's not disappointed "Unorthodox Jukebox" isn't competing for the top prize this year. "I'm good, man," he said with a laugh. "If I would have asked for anything more, I'd be a jerk. I'm happy." The singer, who was named Billboard's top artist last year and will perform at the Super Bowl halftime show on Feb. 3, will launch a tour April 18 in Honolulu. He said he isn't recording new music at the moment. "Nope. Nothing. I'm tapped out," he said. "Of course melodies come into my head and chord changes come in, but honestly I've just been enjoying this right now."

Gael García "le echa la sal" a Alfonso Cuarón

Gael García Bernal dijo este miércoles que Alfonso Cuarón "es el mejor director del mundo", y auguró que el realizador mexicano se hará acreedor al Oscar por su trabajo en "Gravity", nominada a 10 premios Oscar. ¿Pero no "le habrá echado la sal" en realidad a su compatriota con este vaticinio? Hace poco más de un año, afinales del 2012, el joven actor mexicano de talla internacional hizo lo mismo con la película chilena "No", la cual estuvo nominada al Oscar 2013 como mejor película extranjera. Gael protagonizó la cinta dirigida por Pablo Larraín, y en aquella ocasión, había declarado que "No" era una fuerte contendiente al premio de la Academia, asegurando que obtendría la desea estatuilla dorada, lo cual no sucedió. Hoy, García Bernal declaró: "Alfonso (Cuarón) es el mejor director del mundo, el mejor 'charolastra', y ganará como mejor director del mundo, de eso estoy seguro", ¿Será contraproducente este deseo del también director de cine? Sin embargo, Gael García, de 35 años, no se mostró tan entusiasta con la posibilidad



de que "Gravity", el espectáculo espacial en 3D protagonizado por Sandra Bullock, se lleve la codiciada estatuilla a la mejor película por la que también compite. "Como mejor película quizá no la gane, pero como mejor director, eso seguro", dijo durante una conferencia de prensa realizada el miércoles en la capital mexicana al respecto de la 9a edición

de la gira de documentales Ambulante. García Bernal tiene bastante experiencia en los Oscar. Actuó en "Babel", de Alejandro González Iñárritu, nominada al Oscar en 2006; en "Diarios de motocicleta", nominada al premio al mejor guion adaptado en 2004, y en "Amores perros", otra cinta de González Iñárritu, nominada al Oscar en 2000.

Join Miss Hispanic Lubbock for

ZUMBA fitness

Free Classes

Sat. Jan. 18 - 11 am
Sat. Feb. 8 - 11 am
Sat. Feb. 22 - 11 am

Talkington School for Young Women Leaders
(415 N Ivory Ave)

Rolla Priors!

Marc Anthony, Juanes y Gloria Estefan presentarán el Grammy

Los cantantes Marc Anthony, Gloria Estefan y Juanes serán presentadores en la ceremonia de premios del Grammy americano, anunciaron en Los Ángeles sus organizadores. En la lista de presentadores también aparecen Black Sabbath, Zac Brown, Anna Farris, Jamie Foxx, Ariana Grande, Neil Patrick Harris, Olivia Harrison y Anna Kendrick. Asimismo, Alicia Keys, Cyndi Lauper, Jared Leto, Bruno Mars, Martina McBride, Miguel, Yoko Ono, Smokey Robinson, Ryan Seacrest y Steven Tyler. La ceremonia de entrega de premios a lo mejor de la música en 2013 está programada para efectuarse este domingo en el Staples Center de Los Angeles. La Academia Nacional de Artes y Ciencias de la Gra-

bación (NARAS, por sus siglas en inglés) también reveló nuevos nombres de artistas que cantarán en la ceremonia estelar. Entre estos se encuentran los nominados Gary Clark Jr., Hunter Hayes, Nine Inch Nails, Queens Of The Stone Age y Dave Grohl que cantará junto con Lindsey Buckingham. Previamente, la academia había anunciado las actuaciones de los ex Beatles, Paul McCartney y Ringo Starr, además de John Legend y Taylor Swift. NARAS también confirmó las actuaciones de los

máximos nominados al Grammy con siete postulaciones Macklemore & Ryan Lewis, además de Kacey Musgraves y Keith Urban. Paul McCartney y Ringo Starr como integrantes del legendario "Cuarteto de Liverpool", The Beatles, recibirán el Grammy a la trayectoria. Otras actuaciones especiales serán las de la ganadora de cuatro Grammys, Sara Bareilles y la homenajeada como Persona del 2014 en el Grammy, Carole King. Asimismo, las actuaciones de Daft Punk con Nile Rodgers (de Chic), Pharrell Williams y el ganador de 25 Grammys Stevie Wonder. Kendrick Lamar con Imagine Dragons, Lorde, Metallica, Katy Perry, P!nk y Chicago, entre muchos más.



Key Animal Clinic

5006 50th Street
(806) 792-6226

Serving the South Plains for Over 37 Years!

¡Se Habla Español!
Love Your Pet & Give Them What They Need! Visit Us Today!

READ EL EDITOR ONLINE

WWW.ELEDITOR.COM

#1 in news & information!

Legal Notice

Application has been made with the Texas Alcoholic Beverage Commission for a Wine and Beer Retailer's Off-Premise Permit by Dolgencorp of Texas Inc. d/b/a Dollar General Store #14227 located at 1519 FM 1585, Lubbock, Lubbock County, TX 79423. Officers of said Corporation are William C. Bass, CEO, John W. Feray, Senior Vice President and CFO, Maurice A. Laiberte, Vice President of Lease Administration, Christine L. Connolly, Secretary and Robert R. Stephenson, Assistant Secretary.

Conductores: Averitt!
\$1,500 Sign-On Bonus.
Únete a nuestro equipo hoy! Hometime confiable. Empresa financieramente estable. Affordable Insurance BCBS, 401k, Reparto de Utilidades y Más! Debe tener una licencia de conducir comercial-A y 1-4mos Tranctor Remolque Exp. (Debe ser capaz de leer y hablar Inglés)
800-WORK-4-US AverittCareers.com Igualdad de oportunidades

Mariah Leon earned a spot on the USA International Boxing Team



Lubbock Optimist Boy's & Girl's Club Warriors Boxing Team Member Mariah Leon just returned from Reno, Nevada where she won the National USA Boxing Championship and earned a spot on the USA International Boxing Team. Mariah won the Championship by defeating Iris Contreras of

Corte Madera, California by unanimous decision. Mariah reached the finals by defeating Katrina Nahe of Antioch, California by technical knockout in the 4th round of their bout. In the Quarter Finals, Mariah defeated Jessica Alvarez of Detroit, Michigan by unanimous decision. Mariah will be invited to the USA Olympic

Training Center later this year to prepare for competition against other countries. Maria has won 2 other National Championships. Mariah Leon has won the PAL National JO Championship in San Antonio, Texas and the Golden Gloves national Championship in Ft. Auerdale, Florida this past summer. Maria will be competing locally in Lubbock on Feb. 7th and 8th at the MCM Elegante Ballroom. The site of the 2014 Texas State Regional Golden Gloves Championships. Mariah will begin the quest to repeat as the National golden Gloves Champion for 2014.

The Texas State Regional Golden Gloves Tournament will feature the top boxers in the West Texas area. The Men and Women's Division Champions will be advancing to the Texas State Championships in Ft. Worth, The State Champions will then advance to the National Golden Gloves Championships. The Texas State Regional Championships will be held at the MCM Elegante Ballroom located at 801 Ave. Q on February 7th & 8th beginning at 7:30 pm each night. Ticket will only be available at the door.

5th Annual Fitness Open House

Parks and Recreation has the resources to help you achieve your New Year's resolutions! On Saturday, January 25, 2014 from 9:00 a.m. to 1:00 p.m., our community and senior centers (see below) will host open houses to introduce the public to their fitness areas and classes. There will be refreshments and admission is free. There is never a cost to use the fitness equipment, but patrons must complete an orientation packet with annual waiver and be instructed on how to use the equipment prior to their first workout. Each center has different equipment, so patrons are welcome to check them all out and decide which best fits their fitness goals.

Lubbock Senior Center

2001 19th Street 767-2710 Ages 45+

Treadmills, Elliptical Machines, Cardio Glide, Recumbent and Stationary Bikes, Stepper, Hand Weights -

Classes: Yoga, Cumbia-size

Maggie Trejo Supercenter

3200 Amherst Street 767-2705

Treadmills, Elliptical Machine, Stationary Bikes, Hydraulic Fitness Equipment (9 piece circuit), Toning Tables, Weight Machines, Free Weights, Bench Press

Mae Simmons Community Center

2004 Oak Avenue 767-2700

Senior Center -Treadmills and Bike only

Community Center - Treadmills, Elliptical Machine, Recumbent and Stationary Bikes, Universal Gym, Free Weights, Bench Press

Copper Rawlings Community Center


213 40th Street 767-2704

Arc Trainer, Recumbent and Stationary Bikes, Weight Machine, Hand Weights, Benches

Parks and Recreation is dedicated to helping Lubbock citizens maintain a healthy lifestyle and offers many activities at low or no cost. All of these activities are listed in the 2014 Spring Recreation and Leisure Guide, which is available online at www.playlubbock.com or by mail by calling 775-2673.

EL EDITOR OVER 35 YEARS OF SERVING THE COMMUNITY!

El Editor Newspaper can help your business GROW! Special Advertising Rates going on now! Call us for more information at 806-763-3841



2014 ANNUAL BANQUET

Martes 21 de enero
Civic Center
Heritage Ball Room
401 S. Buchanan

COCKTAIL
6 PM

DINNER
7 PM

PRESENTATION
8-9 PM

Más informes con Vanessa Deanda
806.379.8800

CONFERENCIA
Mercy Murguía

Comunicadora de la ciudad, quien se presenta a través de los medios de comunicación y también que se dedica a su profesión y a la búsqueda de su bienestar, tanto a nivel personal como profesional.

Para más información en Administración de Empresas por Red Social y el Comercio. Sus áreas de especialización incluyen: Estrategia y Marketing. Es la asesora principal de más de 50 años de experiencia en la industria de la salud y el sector empresarial.

Los miembros de USCA y de la Cámara de Comercio Hispano. Ha sido un miembro activo de Los Niños de Anarillo. Al Consejo de Administración de la Mujer y la Asociación de Comerciantes de Texas, así como al Consejo de Liderazgo Ejecutivo.

4 GOLDEN GLOVES

2014

BOXING CHAMPIONSHIPS

FEBRUARY 7th & 8th
AT 7:30 pm

MCM Elegante

Hotel & Suites

801 Avenue Q Lubbock, TX



PREMIER
media group
www.pmgdigital.com



PROUD SPONSORS

LUBBOCK OPTIMIST BOYS AND GIRLS CLUB

Admission: Adults \$15 Under 10 \$8
TICKETS AVAILABLE AT THE DOOR ONLY

Poll: Hispanics See Diabetes as Top Health Concern

Luis and Adriana Gonzalez of Sylmar have witnessed the devastating effects of diabetes first hand and are doing all they can to keep it away from them and their four children.

"My mother died of diabetes and (Luis') mother has it," said housewife Adriana Gonzalez, 41, following a free Spanish-language class Monday at a "diabetes teaching kitchen" at the San Fernando Community Health Center.

Luis Gonzalez, who had just learned with his wife to make a healthy Greek salad and a chicken and bean soup, said he's more concerned about diabetes than cancer since "we have more of a propensity for it" and "because of the habit of eating here -- it's a lot of fast food."

Nearly 1 in 5 Latinos in the nation said diabetes is the biggest health problem facing their families, beating out cancer and high blood pressure, according to a new poll. The findings released Tuesday were part of a larger survey on Latinos in the country conducted by NPR, Robert Wood Johnson Foundation and Harvard School of Public Health.

A 2013 poll had found that nearly 40 percent of Latinos named cancer as the disease or health condition that poses the greatest threat to Americans, more than any other health problem. But in the NPR poll -- which asked the question differently -- 19 percent of those surveyed named diabetes as the disease or health condition that is the biggest problem for their own families, more than any other condition.

Cancer was mentioned by 5 percent of Latinos while high blood pressure/stroke was mentioned by 4 percent, according to the poll.

"We switched and asked them about you and your family; the surprise was it wasn't cancer," said Robert Blendon, professor of health policy and political analysis at the Harvard School of Public

Health. "It shows in terms of living with the problems, diabetes is very prevalent in my family, in my community and that's what's really on our mind. It's what faces us in our own family. It's a high incidence of diabetes and it's really a burden for day-to-day living in Latino communities."

Diabetes was the top concern mentioned for each of the six Latino groups surveyed; Mexican (22 percent); Central American (15 percent); South American (21 percent); Cuban (12 percent); Puerto Rican (14 percent) and Dominican (12 percent), according to the NPR poll.

Blendon said the findings highlight how important the disease is to Latinos of all backgrounds.

"This is a central issue, which I don't think is discussed as widely as it will be after these findings," Blendon said.

While studies indicate that immigrants, in many cases, end up eating less healthy in the United States than they did in their native countries, the NPR poll found that many immigrants themselves don't see it that way.

Only about 21 percent of the immigrants polled see their diets as less healthy now than in the country they came from.

"Prior studies have shown that obesity rates among immigrants increase as their duration of residence in the U.S. increases," the NPR survey noted. "They suggest that this may be attributable in part to changes in lifestyle, including unhealthy diet."

National survey data between 2007 and 2009 for people ages 20 or older indicates that 7.1 percent of non-Hispanic whites, 8.4 percent of Asian Americans, 11.8 percent of Hispanics and 12.6 percent of non-Hispanic blacks had been diagnosed with diabetes, according to federal health data.

The diverse San Fernando Valley is particularly vulnerable to diabetes because several ethnic

groups -- not only Latinos but also Koreans and Armenians -- have higher rates of incidence than the average population, said Dr. George Andros, medical director of the Amputation Prevention Center at Valley Presbyterian Hospital in Van Nuys.

"This is not a trend, it's a tsunami," Andros said. "Los Angeles is the epicenter of diabetes in the United States."

Andros said he opened his center, which takes an interdisciplinary approach, five years ago to deal with the No. 1 cause of a diabetic person being admitted to a hospital -- an ulcer on the foot that can lead to amputation. The center sees hundreds of patients a week, many of them Latino.

Several preventive and education programs target the Latino population and are available throughout the Valley. For example, the San Fernando Community Health Center in San Fernando offers a free diabetes self-management education series in addition to its free diabetes kitchen classes. Classes are taught in English and Spanish. Valley Presbyterian offers free community health education classes about diabetes health/management in English and Spanish by appointment.

The Center for Healthier Communities at Northridge Hospital Medical Center also works with 34 schools in the Valley, many of them with predominantly Latino students, to educate parents and children on nutrition and chronic disease self-management, including diabetes. The center is working with 12 of those schools to provide a physical education program since many schools do not have a physical education teacher, said Martha Zuniga, the center's program manager.

"The students that we work with, they have a big population of overweight kids," Zuniga said. "Children that are overweight tend to develop diabetes."

Obamacare beneficiará a hispanos con diabetes

La cobertura médica de los mercados gubernamentales tendrá un impacto muy positivo entre los hispanos debido a que son más propensos a padecer diabetes y enfermedades relacionadas con el corazón, dijo Mayra Alvarez, directora asociada de la Salud de las Minorías, del Departamento de Salud y Servicios Humanos.

"Entre los latinos tenemos tasas más altas de problemas del corazón y de diabetes, por eso es tan importante que se inscriban al programa médico", aseguró Alvarez.

Explicó que mediante estas coberturas las familias hispanoparlantes ya no se verán obligadas a desembolsar ni siquiera las tarifas asignadas por el Gobierno de entre \$20 y 80 como antes, cuando necesitaban atención de un médico.

"Uno de cada dos latinos no tenía una cobertura médica y uno de cada tres no acudía a un doctor de manera regular", añadió. "Sabemos que 10.2 millones de latinos son elegibles para la cobertura nacional y ahora la podrán tener a un buen precio".

Alvarez dijo que, por cultura, los hispanos suelen otorgar un mayor valor al núcleo familiar, comparado con otras razas o etnias del país y esa parte se verá muy beneficiada con el nuevo plan médico debido a que todos los miembros de la familia podrán atender su salud.

"Hay más latinos sin seguro, en general, por eso es importante conectarnos con los centros comunitarios, como las iglesias, los servicios sociales, las bibliotecas, que ya trabajaban con otros programas y que ahora son socios nuestros para ayudar a orientar a la comunidad", agregó.

Para Oscar A. Torres, de 30 años de edad y originario de El Salvador, este plan de salud va a resultar muy benéfico para



aquellos que carecen de una cobertura médica.

En su caso, cuenta con un seguro de salud desde junio de 2013, otorgado por Green Star, compañía de servicios de limpieza de edificios para la que trabaja desde principios del año pasado.

"Seis meses después de que entré, me dieron el servicio y me cubre entre el 20 y el 25% en el pago de consultas", dijo. "En accidentes, por ejemplo, si me fracturo un dedo o un pie, me cubre hasta \$3,000".

Explicó que este tipo de paquete de salud incluye el servicio para la esposa del beneficiario, pero no para los hijos.

"Por fortuna yo no tengo problemas de diabetes, sólo he tenido problemas con la vista y por eso tengo que estarme atendiendo", agregó Torres, quien dijo que una consulta con un doctor le puede costar unos \$45, ya con el apoyo de su cobertura.

De acuerdo con el Departamento de Salud y Servicios Humanos, los hispanos originarios de México en Estados Unidos presentan casi el doble de posibilidad que los blancos no hispanos de ser diagnosticados con diabetes.

"Tienen tasas más altas de enfermedades renales en etapa terminal, causada por la diabetes,

y son un 50% más propensos a morir de diabetes que los blancos no hispanos", según la información oficial.

"En 2008, los hispanos fueron 1.5 veces más propensos que los blancos no hispanos de morir de diabetes", según la información.

La dependencia de salud señala que los mexicanos en Estados Unidos padecen en mayor medida que los anglosajones de sobrepeso y obesidad, "dos de los factores principales de riesgo de una enfermedad cardíaca".

Las muertes prematuras son mayores entre hispanos en un 23.5% que entre los no hispanos, con el 16.5%, de acuerdo con los datos oficiales.

A partir del 1 de enero de 2014, todas las personas en Estados Unidos deben contar con seguro de gastos médicos o pagar una cuota en sus impuestos anuales.

De acuerdo con los datos desglosados del plan médico, cerca de 2.2 millones (2,153,421) de personas seleccionaron planes de cobertura entre el 1 de octubre hasta el 28 de diciembre de 2013.

El Departamento de Salud y Servicios Humanos ha dicho que aún no cuenta con datos sobre los hispanos inscritos, debido a que no existe un desglose por raza o etnia.

Asocian el Alzheimer con altos niveles de colesterol

Investigadores de la Universidad de California llegaron a la conclusión de que los niveles bajos de colesterol "malo" (LDL) y los niveles altos de colesterol "bueno" (HDL) ayudan a disminuir la llamada "placa amiloidea" en el cerebro.

Esta es, sin dudas, una buena noticia porque la acumulación de esta placa es una indicación de la enfermedad del Alzheimer, tal como comentaron los responsables del estudio, encabezados por el Dr. Bruce Reed, director asociado del Centro de la Enfermedad de Alzheimer de la UC Davis.

"Por mi parte, coincido en que los niveles altos de colesterol guardan relación con la Enfermedad de Alzheimer. Lo que se discute, es a través de qué mecanismo las cifras elevadas de colesterol son un factor de

riesgo para esta enfermedad, pero lo cierto es que hay una relación que está apoyada por diversos estudios epidemiológicos y de laboratorio", expone al ser consultado el jefe del servicio de Neurología del Hospital Universitario Austral (HUA), Dr. José Antonio Bueri.

"Por otro lado, no está claro si usar drogas que reducen los niveles de colesterol sanguíneo es útil como protección frente al Alzheimer", agrega.

"No obstante, cuidar los niveles de colesterol sanguíneo brinda múltiples beneficios para la salud en general, ya que es indudable que reduce las enfermedades cardíacas, los accidentes cerebrovasculares y la patología vascular. Aún así, no sabemos si puede prevenir o retrasar el Alzheimer, razón por la cual la recomendación

en cuanto a utilizar drogas o no, depende de cada profesional: algunos creen que es útil y otros no", completa el Dr.

El mencionado estudio integra la reciente edición de la revista JAMA Neurology. Participaron de él 74 hombres y mujeres reclutados de clínicas de accidente cerebrovascular, grupos de apoyo, centros de adultos mayores y del Centro de la Enfermedad de Alzheimer de la UC Davis, en California.

Tres personas tenían demencia leve, 33 no tenían problemas con la función cerebral y 38 tenían un deterioro leve de su función cerebral.

Los investigadores utilizaron escáneres cerebrales para medir los niveles de amiloidea de los participantes

San Ramon Annual Valentine's Day Dance

Friday, February 14, 2014
7 p.m.-12 a.m.

Knights of Columbus Banquet Hall,
FM 1585, 1/2 mile east of Slide Rd

Music by DJ Speedy Productions

Cost is \$20 per couple at the door
 \$15 per couple in advance
 \$10 for individuals & \$5 for 12 years and younger

Hot delicious menudo and other foods
 will be sold throughout the night
 Raffle tickets available to win great prizes
 Call 863-2201 for more information