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Lubbock/West Texas Region

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Republicanos y Sotomayor: otra oportunidad perdida



ta shows Blacks have the highest rates of obesity

Hispanics have 21 percent higher obesity prevelance

Survey Shows How the Faith of America's **Hispanics Has Changed**

EDITORIA

Recent actions by the Lubbock Chamber of Commerce on two proposals being considered gave credit to the fat that the existence of just one Chamber just doesn't take into consideration the needs of the minority community. We are talking about the recent actions by the Chamber first to oppose the Obama health reform and ascend to support the proposed City's bond program.

It is not surprising that the Chamber would be opposed Obama's health reform package because it would mak the rich start paying their fair share of problems that now exist in the health system.

It is also not a surprise that the Chamber would support the bond proposal since all monies that will be spent will be spent in West Lubbock and will give nothing to Lubbock's north or northests. Hispanic chamber was recently absorbed by the majority Chamber, we could have foreseen that the combined Chamber would completely ignore the needs of the Hispanic community and indeed it has.

American Health Care Debate

Why Did Orrin Hatch Say 'No' To Sonia?

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When Given Choice, Most Have Opted for Private Healthcare



arm. Hospitals, many already strug-gling in the economic down-tum, worry that they could lose money if more patients move to a government plan that pays lower rates. And businesses are concerned that they will be forced to pay more for their insurance to offset the losses being sustained by hospitals and other health care providers.

¿Cuánto cuesta la salud de los inmigrantes?



Con respecto al uso de la sala

de lo que cuestan y esto lo vemos también en el caso de la medicina", comentó Tom Barry, analista senior del Center for International Policy.
Para Barry resulta lógico que en los tiempos de crisis se basque a un culpable, en este caso los inmigrantes, particularmente cuando las poblaciones afectadas son las de la clacas media. "Pero todo indica que los inmigrantes usan menos los servicios de salad que el ciudadano promedio". Un factor que influye en esta tendencia es la edad. Uno de cada cinco estadounidenses tiene 60 o más años; este sector representa una gran

Llame Hoy \$100 - \$1,200 como en el estado de Cali-fornia. En 2007, uno de cada seis californianos estaba en este grupo de edad. Aproxi-madamente I.4 millones de jóvenes menores de 30 años, uno de cada cuatro en el estado, no tienen seguro médico. Su perfil demográ-fico es mayoritariamente de bajos ingresos, latinos, y hombres.

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Q&A: Jesse & Joy Are Back With a Sophomore Album

by Grace Bastidas
Siblings Jesse & Joy Jeanned
early on how to share. In fact, the
Mexico City natives have been
sharing the spotlight ever since
they decided to form their own
band in 2001. Big brother Jesse
plays the guitar, piano, drums
and sings background vocals,
while little sister Joy performs
lead vocals and strums the guitar.
Together, they deliver a mix of
pop, folk and rock that's positivel
electric. I recently caught up with
the dynamic due and here's what
they had to say.

Congratulations, you have a nev album out today. Tell me about it. Jesse: We're very excited; it's our second album. It's called

our second album. It's called Electricidad, Joy is 23, J'm 26. The first album we started writing when I was 18 and 10 yes us 15, so it's been a long time of experiences and sound tests. At the end of the day, it sounds like us. We re always going to be involved. We wrote all off the songs. We worked along with [recording engineer]. Tom Russo. He worked with Michael Jackson on the Dangerous album and Johnny Cash on his last album. It's super-cool. We grew up I stenning to most of those grew up I stenning to most of those.

seeing the world. Global warming changes your perspective. We try



to put a good positive message out there.

Do you address environmental issues in your music?

Jesse: The whole album is full of energy. At the end of the day, we're trying to put out a message of love in between all the craziness and darkness that's around us.

Joy: We're also in this group called La Onda Verde, for

You mentioned you grew up

listening to Johnny Cash—who

Jesse: Our mom is from Wisonsin, and whenever Dad was way working, we'd play with our toys and listen to music. Neil Garfunkel and Aretha Franklin. Did your parents influence

cians?

Joy: They love music. They

apported our decision and the eps that we took. We thank nem for bringing us to this world and second for supporting our

decision.

How is your dynamic as brother
and sister in a band? Any sibling

rivalry?

Jesse: Besides being band mate
and coworkers, we're friends. I

part of Jesse & Joy.
Joy: It's easy because we grew
up together. If one of us is in a ba
mood. I know to stay away.

Jesse: We try to create alter egos so that we don't get bored of each other.

Any plans to tour with the nerecord?

Jesse: For the first couple of months, we're doing promos.
At the end of September we're starting with the tour. We're goin to be all over the United States, Puerto Rico, Mexico and South America.

Jesse: You have to adapt as a human being to whatever your environment is. We try to rest and try to use our energy in the smart

Joy: It's a balance thing. Most of the time we're on a plane. Our mai concern is sleep, and after that, if we're in a place we haven't been to we go out for a walk. We pizzahunt. We love pizza!

George Lopez all talk at TCA



The first day of the summer Television Critics Assn. press tour got under way Tuesday, with George Lopez presenting his entry into the crowded late-night talk-show field.

Lopez's TBS series will roll out in the fall amid a shaken-up competitive landscape. Producer Jim Paratore cited research that says only 31% of the TV audience watches all the current late-night shows combined, and Lopez downplayed any sense of performance pressure.

"The simple plan of the show is to create an energy that isn't anywhere on TV." Lopez said, then joked, 'but apparently in some parts of the country I'll be up against telenovelas — can't win that battle."

Lopez said he's going to get rid of several late-night conventions:

no desk, no cue cards and no monologue -- very little monologue, anyway.

" 'Monologue' sounds lik a dissertation," he said. "It's hard to make formal look cool."

The comedian also hope: to keep the format flexible, bringing audience member up to the couch, putting different guests together or stage and sometimes openi with a guest.

would you have him go last?" he said. "It's suppose to be a party, and a party is sponta

As for competition for booking guests, Lopez joked, "I don't thin 'The Tonight Show' is going after Menudo."

Tumer also paneled its Jerry Bruckheimer procedural drama "Dark Blue." Although programming head Michael Wright suggested that fellow freshman "Hawthome" is a strong candidate for a pickup, the network has not decide

"'Dark Blue' is creatively one of the most consistent shows we have on the air," he said.

Also under the Turner umbrell CNN president Jon Klein took the TCA stage and touted record setting ratings for HLN and som record highs for CNN in total da He didn't mention the network's sagging numbers in primetime,

Klein defended anchor Lou Dobbs' reporting on the conspiracy theory controversy about President Obama of not having a valid U.S. birth certificate.

"There are two strands to this story: There are the facts, then "There's no doubt ... that the president was born in the state Hawaii. Separate from that, the

this phenomenon of people of don't believe it. Lou is explo that flap."

Kicking off the cable porti

TCA, Travel Channel touted previously announced new series "The

for America's Worst Driver" and "Worldwide Tribe" and the seven-hour ghost-hunting special "Ghost Adventures Live."

The network paneled "Man vs. Food," in which host Adam Richman takes up local restaurants on their food-eating challenges. One critic asked whether or sproper for the show's host to consume mass quantities or food in a country with obesity issues.

There's one timig I would love to make clear, Richman said. "Neither I nor does the network espouse overeating. These are about once-ina-blue-moon indulgences. I would never espouse eating they way I do as a lifestyle choice."

Fiestas Del Llano Inc., is now accepting applications for Miss Hispanic Lubbock

Single women of Hispanic or Latin decent, between the ages of 17 through 24-years-old and are currently seniors in high school or enrolled in a college or university, are invited to experience an opportunity of a lifetime. The 2009 pageant production will be held Thursday, September 17, 2009 at the Lubbock Memorial Civic Center Theater. Interested individuals can request the guidelines and an online application at www.fiestasdelllano.org or emailing or calling the Pageant Director, Participants will be required to submit their completed applications and a \$150 entry fee by August 1, 2009. Applicants will be contacted to confirm entry and information regarding the mandactory contestant orientation, to be held in August. For more information, please call Zenaida Aguero-Reyes, Pageant Chair/ Director, at (806) 252-2828 or email at rey24@sbeglobal.net

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Rangers report: **Inside pitch**



Bradford back for another title shot at OU

That is a necessity for another title chance, especially in a Big 12 South filled with potent offenses and star quarterbacks such as Texas Colt McCoy, another Heisman finalist last season - and Oklahoma State's Zac Robinson. "You know you're going against another high-powered offense and the quarterback has got the ability to answerevery time you score," Brad-ford said. "It makes my job event more fau than it glesias and Johnson, both in Oklahoma's career top 10 for receptions, didn't have the option like Bradford for another season.

Texas, Texas Tech ready to get untied in South

play in the Big 12 and BCS championship games last year, the Sooners' regular as Texas and Texas Tech. All three were 11-1

12 South. Each loss was to another team in the trio The Big 12's fifth tiebreaker - BCS standings - was needed to determine the title game team

Texas coach Mack Brown, whose team beat the Sooners, says the Longed his team they wouldn't have come into play if they had won at Tech.

At a Big 12 media day Wednesday, Brown also compared the expectation for this year's team to 2005, when the Longhorns won the national title Texas Tech coach Mike

Leach says he doesn't expect things to be dra-matically different this season despite the loss of quarterback Graham Harrell and receiver Michael



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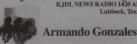
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Cuidado con el calor

Medidas prácticas evitarán que las altas temperaturas pongan en peligro su piel y su vida



Las altas temperaturas del verano pegan duro en los hogares sin aire acondicionado. El sudor excessivo y sofoco provocado por las altas temperaturas agotan a los individuos de todas las edades y pueden poner en peligro la salud de niños y ancianoss. Un en estas en alta esta prácticas para combatir las mo-estas del calor. La enfemenera Stella Mora-

practicas para combatir lis mo-lestisa del calor.

La enfermera Siella Mora-Henry, autora del libro Guía para el cuidado de nuestros mayores, dioj que en los días calturosos hay que tomar cada una o dos horsa-coho nozas de agua para prevenir la deshifártación, que se presenta con mayor frecuencia en las per-sonas de edad avanzada.

"A medida que envejecemos vamos pertiendo la sensación de la sed y, fuera de eso, el sistema de la transpiración no funciona para bajar la alfa temperatura del cuerpo, por el los hy que tomar agua a cada rato", denotó la espe-cialista en ancientos.

cialista en ancianos.

Aseguró que durante los días de extremo calor las personas que toman medicamentos para la alta presión y el mal de Parkinson están a alto riesgo de deshidratarse, al igual que las obesas. Por ello es conyeniente mantenerlas

pico, con el uso de un ventilador.

"Ell ventilador] ayuda a que el ame fío circule por toda la casa", dijo la experta, e indicó que de carecer de ina condicionado y ventiladores, lo recomendable es visitar en esas horas un centro comercial, una biblioteca pública, una sala de cine, un centro comercial, una biblioteca pública, una sala de cine, un centro comercial, una biblioteca pública, una sala de cine, un centro comercial, una biblioteca pública, una sala de cine, un centro comercial, una biblioteca pública, una sala de cine, un centro comercial una sola de cine en cotos lagueres para evitar el llamado golpe de calor?

"No necesariamente", comercia llamado golpe de calor?

"No necesariamente", comercia la mantenerse fresco durante un par de horas es mejor que nada". A quienes no tienen aire acondicionado y no pueden salir de casa, Mora-Henry recomendó que mojen con frecuencia su cara y cabeza con el uso de un atomizador o colocando sobre la cabeza y cuello una tolla mojada con quas fría. Las bebidas alcohólicas, incluyendo la cerveza, no deben tomarse durante los días calurosos porque "se suda más debido a que el alcohol incrementa la temperatura del cuerpo", dijo.

También hay que evitar el café y otras bebidas con cafeina.

Esplicó que no hay que

gravemente con el excesivo calor', señaló.

Para evitar un incidente durante los días de allas temperaturas, el condado de Los Angeles tiene a disposición de los ancianos numerosos centros con aira econdicionado (cooling center). La lista completa de estos centros está disponible en le portal ladoes org.

Tambien hay centros que abren use poertas a personas de todas las edades. En la línea informativa del condado ange-lino, 211, se pueden obtener las direcciones y nombres de estos. En su página web, el Departamento de Salud del Condado de Los Angeles ofrece también recomendaciones para mantenerse confortable durante el verano. Una de estas es evitar hacer ejercicio en los días de calor extremo y vestir sombreror y ropa elaborada con textiles ligeros al salir de casas. Las camisas y blusas deben ser de manga larga, a igual que los pantalones, para prevenir las quemaduras de los rayos del sol.

El doctor John Martínez

durante el verano las personas de todas las edades deben pro-teger la piel con una crema que bloquee los rayos ultravioleta del sol.

del sol.

Resaltó que, desde 1999,
la Academia Americana de

Pediatría recomendó no usar
ningún tipo de bloqueador solar
en la piel de los menores de

precauciones, pueden quemans income procue su piel no ha producido suficiente melanina — el pien mento que le da color— para protegerios", explicó el galeno. Martínez recomendó el uso de un bloquedor solar con un factor de protección (SPP) del actor de protección (SPP) del subilidador del protección (SPP) del subilidador del protección (SPP) del subilidador del subilida

Embarazadas en riesgo por gripe



constituyen uno de los gru-pos con más riesgos ante la pandemia de gripe porcina, por lo cual se recomienda que sea el grupo prioritario para

porcina en lugares donde no haya suficientes dosis. Encabezan la lista los empleados del sector salud, que son claves para la socie-dad durante una pandemia de dad durante una pandernia de gravedad, pero las embaraza-das tendrían prioridad en la lis-ta debido a que han pa- decido y han muerto a causa del mal en niveles desproporcionada-

mente attos.

"¿Son el grupo de mayor riesgo para la enfermedad?
Esa es la cuestión", y parece que lo son, dijo la doctora De nise Jamieson, epidemióloga de los Centros para el Con-

El riesgo de que las mujeres emba-razadas contraigan la gripe porcina es un asunto en debate en Europa, después de una insinuación controversial que hi-cieron este mes las autoridades de salud británicas y suizas a fin de que las mu-jeres deberían tomar en consideración postergar su embarazo si pudiesen.

Los comentarios fueron calificados por la mayoría de la mayoría de calificados por la mayoría de calificados por la mayoría de pal mayoría de calificados por la mayoría de pal ma

Los comentarios fueron calificados por la mayoría de los funcionarios de salud de no tener garantía, en vista que las pandemias pueden durar más de un año, pero están de acuerdo de que los riesgos de salud son significativos.

En un informe reciente, los expertos de la Organización Mundial de la Salud determinaron que las emba-

Mundial de la Salud de-terminaron que las emba-razadas parecen estar más expuestas a enfermedades de gran riesgo que podrían pro-vocar un aborto espontáneo y/o la muerte, especialmente durante el segundo y tercer trimestres del embarazo. Sin embargo, la OMS no ha recomendado basta el momento que las emba-razadas reciban vacunas con prioritárd.

Jovita Sosa: The Jewel of our Life February 15, 1919-



organization and she also served in the Altar Society. In her younger years, she held a weeldy bithe mudy cession known as "Meditaciones" in her home. One of her fivorite chuera bettings was the Jamaica, in which the was responsible for the Arts and Crafts booth. Her means the dup off size for all home was the dup of size for all home was the dup of size for all home was the dup of size for all home was the dup for the Arts and Crafts booth, and synthesis was the size of the size o

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Juego #1130 Extreme 8's (\$5) Probabilidades son de 1 en 4.11

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Juego #1035 2 Times Lucky (\$2) Probabilidades son de 1 en 4.32

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