

Casualties of  
War in  
Iraq 4,799  
Afghan 2780  
as of Nov.  
17, 2011



# El Editor

Celebrating  
36 Years of  
Publishing

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

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Lubbock/Midland-Odessa Region

## Obama asegura que ley de Alabama es anti inmigrante

El Presidente Barack Obama no se quedó corto en palabras al criticar, por primera vez, la migración de Alabama. En una reunión con medios hispanos, el mandatario reconoció también fallas en el control de inmigración, mientras abrió la puerta a nuevas medidas administrativas.

Poco después de las 2:30 p.m., Obama entró animado al salón Roosevelt, donde comió por cerca de 45 minutos, con miembros de la prensa latina. Con su campaña por la reelección en marcha y a tan sólo un año de los comicios, el Presidente ha reconocido que "será una carrera difícil", donde cada minuto cuenta, en su esfuerzo por conectarse con los votantes.

Consultado por Impremedia, frente a su opinión sobre la polémica ley de Alabama HB56, fue enfático. "Es una mala legislación. La idea que tenemos a niños asustados de ir a las escuelas, porque sienten miedo de que su estatus migratorio va a llevar a detenciones. [...] Es equivocada. Ya estamos viendo el impacto en algunos distritos escolares y colegios, donde 20 o 25% de los niños no están yendo a clases", dijo. "La noción de que si un sacerdote católico lleva en su auto a un trabajador indocumentado al hospital, sería acusado criminalmente; de que la gente puede ser detenida en las calles y asada o reprimida [...] Todo esto hace que esta ley, no sólo sea anti inmigrante, pero creo que no armoniza con nuestros valores esenciales como país", aseguró.

Hemos organizado grupos de trabajo, tratando de estar seguros de que todo lo que podemos hacer de manera administrativa, se realice", dijo.

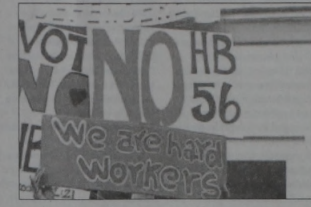
Al referirse a las deportaciones y separaciones de familias, el mandatario reconoció errores. "Es un problema real, he instruido al Departamento de Seguridad

Nacional y todas las agencias para que como principio básico, si los padres son deportados, tengan acceso a sus hijos.

Respecto a inmigración, Obama aseguró que sigue trabajando por la viabilidad de Dream Act. "Haré esto una parte de mi campaña y hablaré sobre ello de manera extensa", enfatizó. "Estamos examinando la política de detenciones, para que se ejecute de la forma más

humana posible. Creo que existe un rango amplio de medidas administrativas que podemos concretar, no todas están en curso ahora.

Tienen que ser capaces de hacer arreglos, para que los niños se vayan con ellos o sean dejados con familiares. No creo que esté funcionando perfectamente ahora", comentó. "No estoy aquí para pretender que eso no ha ocurrido y pienso que tendremos que seguir



dos de sus padres sin el debido proceso y la posibilidad de quedarse con sus niños", dijo.

Un estudio publicado en noviembre por el Centro de Investigaciones Aplicadas (ARC) mostró que al menos 5 mil niños están en el sistema de cuidado temporal, luego de que sus padres han sido detenidos o deportados.

Respecto a México y a tan sólo un día de que el Procurador General, Eric Holder, dijera que se está perdiendo la batalla para detener el flujo ilegal de armas, Obama decidió no ir tan lejos. "Holder está en lo correcto respecto a que el flujo de armas es un gran problema y hemos tomado varios pasos para enfrentarlo; de la misma forma en que es imposible parar

todos los flujos de droga de sur a norte, es imposible parar todos las armas que se traigan de norte a sur, pero podemos hacer un mejor trabajo del que hemos hecho hasta ahora", insistió.

Consultado por La Opinión respecto al impulso por parte de su Administración para reinstaurar la prohibición a la venta de armas de asalto, insistió en que ahora no tiene una "estrategia de nuevas leyes. Tenemos una estrategia de hacer cumplir las leyes que ya existen. Tráfico de drogas, compras de testaferrato... es legal ahora. Nuestra meta es estar seguros que estamos haciendo cumplir eso".

En cuanto a las elecciones 2012 y el voto hispano, el mandatario se mostró optimista e insistió en que la campaña mostrará diferencias incluíbles.

"Será difícil tener un contraste más claro, que el que se ve entre lo que apoyan los republicanos y lo que los demócratas y yo respaldamos. Si existe una alta participación de latinos en los comicios, en estados que son muy importantes para la elección presidencial, se mandará un mensaje explícito, de que necesitamos que se concrete una reforma migratoria y quizás ahí la dinámica política puede ser diferente, entrando a mi segundo periodo", explicó. "No creo que la campaña tenga que usar estrategias como lanzar anuncios televisivos largos. Quizás hasta sólo pongamos clips con los debates republicanos. Ni siquiera comentaremos sobre ellos, sino que mostramos de manera seguida, y la gente puede decidir por sí misma", dijo sonriendo.

## Latinos Surpass Blacks Living in Poverty, Census Study Shows

Here's a mind numbing number to ponder: 16 percent. That's the rate of children living in poverty, according to an alternate way of measuring the problem, released by the U.S. Census Bureau Monday. The official poverty level is nearly 1 percentage point lower. The much anticipated economic data show more Hispanics, elderly and working-age poor have fallen into poverty.

For the first time, the share of Hispanics living in poverty surpassed that of African-Americans based on new U.S. Census data. For the first time, the share of Hispanics living in poverty surpassed that of African-Americans based on the new measure, reflecting in part the lower participation of immigrants and non-English speakers in government aid programs such as housing and food stamps. The report shows children and residents living in more rural areas as well as the Midwest and South also fared better, due to lower costs of living.

The 2009 census estimates show that of the nearly 50 million Latinos in the country, 28.2 percent are living below the poverty threshold compared with 23.4% for black people. That's 742,000 more than the official poverty count of 13,346,000 poor Hispanics. Under this new analysis known as the "Supplemental Poverty Measure," a record number of Americans — 49.1 million — are poor, based on the new census measure that for the first time takes into account rising medical costs and other expenses.

Broken down by group, Americans 65 or older sustained the largest increases in poverty under the revised formula — nearly doubling the 15.9 percent, or 1 in 6 — because of medical expenses that are not accounted for in the official rate. Those include rising Medicare premiums, deductibles and expenses for prescription drugs. But the worry now is that the downturn — which will end eventually — will have

long-lasting effects on families who lose jobs, become worse off and can't recover."

Traditional black inner-city ghettos are thinning out and changing, drawing in impoverished Hispanic people, who have low-wage jobs or are unemployed. Neighborhoods with poverty rates of at least 40% are stretching over broader areas, increasing in suburbs at twice the rate of cities.

After declining during the 1990s economic boom, the proportion of poor people in large metropolitan areas who live in high-poverty neighborhoods jumped from 11.2% in 2000 to 15.1% last year, according to a Brookings Institution analysis.

Elizabeth Kneebone, a senior research associate at Brookings, described a demographic shift in people living in high-poverty neighborhoods, which have less access to good schools, hospitals and government services. As concentrated poverty spreads to new areas, including suburbs, the residents are now more likely to be white, native-born and high school or college graduates — not the conventional image of high-school dropouts or single mothers in inner-city ghettos.

The more recent broader migration of the US population, including working- and middle-class blacks, to the South and to suburbs helps explain some of the shifts in poverty.

A study by the Joint Center for Political and Economic Studies found that the population of 133 historically black ghettos had dropped 36% since 1970, as the US black population growth slowed and many blacks moved to new areas.

Americans not in low-income live in traditional ghettos, down from 33% in 1970.

"As extreme-poverty neighborhoods emerge in more places, that is shifting the general makeup of those populations," said Kneebone, the lead author of the Brookings analysis.

The report makes that long-held argument that the official poverty levels for a family of four, set in the 1960s, no longer apply. The current threshold does not consider, among other factors, government policies like food stamps and payroll taxes, rises in the cost of living and changes in medical costs, not to mention transportation to work and which state a person lives in.

We think it's a measure people should look at but it's still a living in progress," says Census Bureau economist Kathleen Short. She says pol'ymakers can glean valuable information from it, like, are food stamps working? Short says today's data shows the poverty rate would jump 1.7 percent without that government program.

So food stamps have been an effective way to pull people across the poverty line," said Short. Poverty rates are highest for families headed by single women, particularly if they are black or Hispanic. In 2010, 31.6 percent of households headed by single women were poor, while 15.8 percent of households headed by single men and 6.2 percent of married-couple households lived in poverty.

But living above that line, argue social workers, doesn't necessarily mean you're not struggling to meet basic needs. Many of the working poor are simply making hard choices like whether to pay for medicine or gas for the car. Or they're doing without what most of us take for granted.

## Catholic Schools Provide an Alternative to Public Schools

One of the most pressing issues we face as a society is the education of our children.

In this week's edition, Lubbock Bishop Placidio Rodriguez expresses his views about the issue in a guest commentary about what Catholic schools offer. (Page 2)

While the value of a child getting an education cannot be measured, there are different schools of thought on which system is better, or which provides a better alternative.

According to the Lubbock Diocese, Catholic schools provide the following:

- Teachers and parents work cooperatively to provide a safe, healthy, loving, disciplined environment conducive to the effective integration of academic excellence, character, and faith development.
- Children are exposed to the Catholic faith each and every day and to a value system that will forever be a part of their lives. This reinforces the faith development at home and provides a community of support.
- Children learn to experience the secular world through the filter of a Catholic institution that values the life of every person.
- Catholic Education can be an affordable option for

every family who wishes to have their child educated in a Catholic School. Scholarships and financial aid are available.

Catholic schools in the Diocese of Lubbock are accredited by the Texas Catholic Conference Accreditation Commission, which is an approved Texas Private School Accreditation body and carries the Texas Education Agency endorsement.

A survey of Catholic School students and parents described what they liked best about the school:

- "Religion is taught every day and students are exposed to the idea of a religious vocation."
- "God is visible; students are surrounded by constant reminders."
- "Teachers are given more freedom to be creative and to bring our faith into all aspects of classroom instruction."
- "Small class size allows for an enhanced relationship between teachers, students, and parents."
- "Children grow in community; families know each other and share similar values and standards."
- "There are more opportunities for students to participate in special academic and leadership programs."

Catholic Schools in the Diocese of Lubbock:

**Christ the King Cathedral School**  
4011 54th St.  
Lubbock, Texas 79413  
(806) 795-8283  
www.ctkcathedralhschool.com

Grades: PK-3  
Principal:  
Christine Wanjura  
Assistant Principal:  
Gail Ambrose  
Assistant Principal:  
Zenaida Reyes

**St. Joseph's Catholic School**  
605 S. 19th St.  
Slaton, Texas 79364  
(806) 828-6761  
www.slatochnurch.com  
Grades: K - 6  
Principal: Sr. Ann Tindog

**Early Childhood Development Center**  
5502 Nashville Ave.  
Lubbock, TX, 79413  
(806) 771-2077  
www.ekcdc.org  
Center Director:  
Katie Huey



# Rick Perry Would Cut Congressional Salaries in Half

Gov. Rick Perry, seeking to regain traction in his bid for the Republican presidential nomination, on Tuesday unveiled a sweeping plan to shake up Washington by vowing to slash congressional salaries, end lifetime appointments of federal judges and dismantle "wasteful, redundant federal agencies," including the departments of Commerce, Education and Energy.

in a debate last week as he called for shuttering the Commerce, Education and Energy departments, which have a

governor. He promised a full audit of the government and promised to cut "wasteful spending" at the De-



fense Department in order to spend more money for combat forces. Perry also called for a freeze on federal salaries until the budget is balanced and said the president's pay in half until that goal is reached. Congressional salaries also would be cut in half.

"It's time to tear down the monuments of bureaucratic failure," Perry declared as he unveiled his plan at a Bettendorf manufacturing plant that sits at the edge of the Mississippi River in eastern Iowa.

The Texas governor visited the Hawkeye State on Monday and Tuesday as part of his efforts to shore up his political base in advance of the critical Jan. 3 Iowa caucuses.

A strong showing in the caucuses is critical for Perry to climb back into the race. The Texas governor enjoyed a brief stint as the Republican frontrunner after entering the race in mid-August but has since slipped into single digits after a series of stumbles in Republican debates.

There were no mentions of Perry's infamous "oops" moment

combined annual budget of more than \$100 billion, as part of his "Uproot and Overhaul Washington" plan.

Perry committed what has been described as one of the worst gaffes in debate history when he was unable to remember the energy department as one of the three agencies he wants to eliminate.

Late-night talk show hosts continue to make nightly wisecracks about Perry and his troubles.

Perry left no corner of the Washington establishment untouched as pledged to transform and shrink the federal government, which has also been one of his favorite targets during his nearly 11-year tenure as

governor. The proposal underscores the governor's role as a Washington outsider who wants to shrink the federal government.

"Unique to the Republican field, I have never been an establishment figure, have never served in Congress or part of an administration and have never been a paid lobbyist," Perry said. "My career has been that of a Washington outsider."

As an outsider is exactly what it will take to transform government, he declared.

"I do not believe Washington needs a new coat of paint, it needs a complete overhaul," Perry said. "We need to uproot, tear down and rebuild Washington, D.C., and our federal institutions."

# Nombran a director del voto hispano

Como un desafío que requerirá de mucho trabajo, así define Adrián Saenz al voto hispano en 2012. Con apenas un día en su nuevo cargo como director del voto latino en la campaña de reelección del Presidente Barack Obama, asegura que la clave está en trabajar desde el corazón de la comunidad.

Originario de Brownsville, Texas, y proveniente de una familia mexicano-americana, Saenz siempre estuvo atraído por la ciencia política. "Cuando decidí estudiar eso, mis padres estaban un poco preocupados porque no hay muchos trabajos, pero fue una buena base de conocimientos. Me ayudó a entender mejor el área en que estás interesado, que era la comunidad hispana y su influencia política en este país", dice en entrevista con La Opinión. Saenz es ahora un estratega político, con una amplia carrera detrás. Ha sido jefe de gabinete de los congresistas Ciro Rodríguez y

Harry Teague y director de comunicaciones de Charles González. También fue director nacional en terreno de la Campaña del Comité Demócrata por el Congreso (DCCC) y el director estatal de la campaña Obama por América en 2008 en Texas y Nuevo México.

A hablar del voto hispano, reconoce que no será algo fácil. "Es definitivamente un desafío, creo que lo estamos tomando de esta forma. El Presidente tuvo muy buenos resultados en 2008, hay mucho trabajo por hacer camino a 2012".

"Nos enfocaremos en la expansión del electorado. Vamos a ir a estas comunidades para maximizar la participación de hispanos en la elección. Eso incluye esfuerzos de todo tipo, a nivel de grupos de base, llamadas, tocar puertas, avisos pagados en inglés y español.

Usar canales digitales como facebook, twitter, pero también a través de mensajes de texto. Los

jóvenes hispanos son uno de los grupos que más usa esta herramienta", explica.

"Estamos haciendo mucho en el área de registro de votantes. Parte del desafío es que si queremos expandir el electorado, tenemos que ampliar el número de votantes registrados. Todo esto estará basado en esfuerzos desde la comunidad. Conversaciones uno a uno, sobre temas que son importantes para los hispanos. Trabajos, educación, salud.

La campaña cree que somos más exitosos, cuando le hablamos a la gente a nivel local. Reclutando voluntarios en la comunidad", dice.

A finales de agosto la campaña lanzó "Operación Voto", un esfuerzo para expandir el electorado y maximizar la participación de lo que definirán como "constituyentes claves". Entre ellos figuran, afroamericanos, mujeres, jóvenes, latinos, homosexuales, veteranos y asiáticos.



SOUTH PLAINS FOOD BANK - KID'S CAFÉ: Representatives of the Optimist Club of Lubbock Sipriano Gutierrez, Zone 1 Lia Governor, and Ysidro Gutierrez, Treasurer, present a \$3200 check to David Weaver, Executive Director of the South Plains Food Bank and Tammy Hester, Director of Kid's Café. The Optimist Club of Lubbock is a "Youth Services Organization" that raises monies through sale of Turkey Legs at the Panhandle South Plains Fair. "We had a good year at the fair," said Sipriano Gutierrez. And Ysidro Gutierrez added, "It's 10 days of long hours and hard work but it's also fun and a pleasure for the Officers and members of the Optimist Club because our work at the Fair makes it possible for us to help so many youth organizations in Lubbock." The Optimist Club provides scholarships for college bound youth and supports youth organizations such as the Boy Scouts, the Boys and Girls Club, the Texas Boys Ranch and many others. The Optimist Club Motto is "Friends of Youth."

AGREGA RASPADITOS A TODOS TUS REGALOS

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TEXAS LOTTERY

JUEGA RESPONSABLEMENTE. Debes ser mayor de 18 años para comprar un boleto. La Lotería de Texas beneficia la educación de Texas. © 2011 Texas Lottery Commission. Todos los derechos reservados.

# ¿Que Pasa?

## BENEFIT DINNER & DANCE

Knights of Columbus Lubbock Saint Elizabeth will host a BBQ dinner and dance on Friday, November 18, 5:00 p.m. - 9:00 p.m. Dinner 6:30 p.m., dance 8 p.m. Donations can also be sent to the church: Saint Elizabeth Church, 2305 Main, Lubbock, TX 79401.

## LONGEST MARRIED COUPLES

Searching for the longest married couple in the U.S. and to a couple from each state who have achieved that distinction. Noni-nations, which are open to all husband and wife couples regardless of religious affiliation, may be submitted by phone at 321-453-2475, by emailing dickanddiane66@bellsouth.net or by writing to Dick & Diane Baumbach 1430 Scorpous Ct. Merritt Island, FL 32953. Deadline to receive nominations is January 10, 2012. Learn more at www.wvme.org

## MARK YOUR CALENDAR!!

GUADALUPE PROCESSION - Sunday, December 11, 3 p.m., beginning at Byron Martin ATC, 3201 Avenue Q & 34th Street. Mass celebrated by Bishop Placido Rodriguez at Our Lady of Guadalupe at 4:30 p.m.

## TEXAS CATHOLIC CONFERENCE

Texas Catholic Conference reports on legislation and other items of interest to Catholics in Texas. To sign up for weekly updates, please go to: www.txcatholic.org

## VOLUNTEERS NEEDED

Catholic Family Services and AARP Tax-Aide® are partnering to provide free tax services, by appointment, during the 2012 tax season. We are looking for volunteers to assist in return preparation and other volunteer duties. Many kinds of volunteer opportunities are available from tax counselor to greeters to technology help. The schedule of services has not been confirmed but would be offered on select Saturdays and possibly some evenings between February 1st and April 15th.

Volunteers do not need to be an AARP member or retiree to participate. Tax-Aide volunteers receive free tax training and the only requirement is that a volunteer be computer literate to prepare returns. The 20-hour training sessions will be held in January on Saturdays or possibly evenings depending on the prospective volunteer's availability. If you are interested in finding out more about this opportunity, please call 806-765-8475 at Catholic Family Service.

## HELP! LOOKING FOR GIRL SCOUTS

GS DeColores Service Unit is looking for Girl Scouts who were part of a troop in the 79415 zip code area or any Troops in District 1. Whether you were a Girl Scout for one year or more, or maybe you were a leader, we are looking for you. Please contact Margie Olivarez at oliv@shgclub.net or 806-791-3040. A Girl Scout Reunion will take place in March and we would love for you to be a part of it.

Information we are needing: Name, Address, Phone, email, your Troop # if you remember, Troop leader, what grades you participated in Girl Scouting and favorite memory.

## HOMEMADE CHRISTMAS TAMALES

HOMEMADE CHRISTMAS TAMALES - provided by Serra Club of Lubbock. Pre-paid orders may be sent to Jim Christy, 5904 83rd, Lubbock 79424 or to Brother John's Bookstore, 1302 Slide Road, Lubbock 79415. Prepaid, mailed orders MUST be received by November 20. Make checks payable to Serra Club of Lubbock. Pick-up is on Saturday, December 17, 8 a.m.-1 p.m. at Saint Elizabeth Hanly Hall, 2307 Main Street, Lubbock. \$8/dozen, hot or mild. Call 798-1319 for more information. All proceeds will go toward fostering vocations in the Diocese of Lubbock.

## SPC TO OFFER BASIC COMPUTER CLASS IN POST IN LATE NOVEMBER

POST - South Plains College will offer a Basic Computer Skills course in late November. The class will include an introduction to computer hardware, software and daily computer use.

The cost is \$30 per student. The class will meet from 6 to 8 p.m. at Post Middle School Computer Lab. The classes are Nov. 29, Dec. 1, Dec. 6 and Dec. 8.

To register for the course, contact Casey Reyes at (806) 716-2341 or on-site registration will be conducted on the first night of class. Pre-registration is encouraged.

At the end of the course, participants should be able to identify the components of a computer system, demonstrate basic operating system functions and install as well as use common applications. For more information, contact Ron Spears, Associate Dean of Dual Credit, at (806) 716-2504.

## INTERNATIONAL GIFT MARKET

International Gift Market Saturday, December 3, 10 a.m. until 3:00 p.m. Covenant Presbyterian Church 4600 48th Street.

The annual International Gift Market will be held Saturday, December 3, at Covenant Presbyterian Church, 4600 48th Street at Salem Avenue. Hours are 10 a.m. to 3 p.m., shop early for best selection. Come shop for charming international handicrafts thereby supporting fair trade artisans; meet your friends, and enjoy complimentary freshly baked cookies and hot beverages. Parking is available to the east of the building, and the building is wheel-chair accessible. The Ten Thousand Villages items are provided by the Menonite Central Committee which purchases handicrafts from over 100 artisan groups in more than 30 countries. Items include jewelry, baskets, soaps, nativities, Christmas decorations, and a wide variety of household and personal items. Again this year, Colores del Pueblos brings its fantastic Guatemalan textiles and other handmade objects, an exclusive Lubbock opportunity. The South Plains Food Bank's GRUB program will also sell its cookbooks and special soaps. Make your plans to attend and support this local and international outreach project.

## RN Manager The Pavilion

*Nurses are the heart of the hospital.*

That's why we're looking for a Nursing Manager who is dedicated and passionate about their work. We're looking for a Nursing Manager who can add to our culture of exemplary patient care and personal excellence. We're looking for exceptional employees who share our vision and values.

If you're looking for a team-oriented workplace, a technologically savvy environment, an evidence based nursing practice, and a place where you'll enjoy countless opportunities to advance, we'd love to get to know you! This position will be responsible for operations of nursing for The Pavilion, our free standing mental health facility serving pediatric to geriatric patients on an inpatient as well as day and partial hospitalization basis.

### Requirements:

- Current nursing license
- BSN; or must be obtained within 3 years
- Clinical experience
- 2 years of leadership experience

Northwest Texas Healthcare System is a 404-bed acute care and 85-bed behavioral health medical center serving the city of Amarillo and the surrounding region. We offer the ideal balance of traditional values and the most advanced technologies in healthcare, plus the conveniences of big city living in a friendly, small-town atmosphere. From the beauty of Palo Duro Canyon and great recreational facilities, to our quality educational system, Amarillo is a great place to live and work.

To apply for this position email your resume to: Kristi French, at kristi.french@nwhcs.com or apply online at [www.nwhcshealthcare.com](http://www.nwhcshealthcare.com).

We are an equal opportunity employer.



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# Denuncian abusos de migrantes en Texas

Al celebrarse el Día Internacional del Trabajo, una organización de ayuda legal a inmigrantes hispanos en Texas denunció tácticas utilizadas por los patrones en esta entidad para despojar o robar los salarios de sus trabajadores migrantes.

Kathryn Youker, abogada de la organización Ayuda Legal del Río Grande Texas (TRLA), explicó uno de los métodos más comunes para engañar a los trabajadores de la construcción y de la industria de restaurantes y servicios, denominado "desclasificación".

"Youker indicó que los patrones suelen dar a sus empleados permanentes la clasificación de trabajadores contratados, para no pagarles según de desempleo y aborrecer también el pago de impuestos federales. "Como contratistas independientes, los trabajadores no tienen absolutamente ningún derecho", señaló la abogada.

La desclasificación, añadió, prolifera porque los empleadores tienen mucho que ganar. Cada año son timados los trabajadores de miles de millones de dólares por este método.

La TRLA apoya una iniciativa de ley interpuesta en la legislatura de Texas para acabar con la práctica

dades legales en la contratación, y "ahora este mismo esquema se ha desplazado a todas estas otras industrias de bajos salarios".

La abogada dijo que los trabajadores migrantes son los más vulnerables al robo de salario, ya que normalmente no pueden permitirse el lujo de arriesgar el poco dinero que perciben.

Además, con el inglés como segunda lengua, a los inmigrantes les cuesta más entender sus derechos, explicó.

"No se dan cuenta que las leyes laborales protegen a todos los trabajadores, independientemente de sus estatus migratorio".

Los inmigrantes que trabajan con visas temporales son reactivos a enfrentarse a los empleadores, cuando sus visas dependen de sus puestos de trabajo específicos, de acuerdo con Youker.

La Comisión Laboral de Texas se encarga de supervisar y corregir las violaciones a los salarios, pero con sólo una docena de investigadores puede tardar hasta un año para que la dependencia inicie la averiguación de una denuncia.



## Introduction of Community-wide Steering Committee to Lubbock Community



The Lubbock Chamber of Commerce hosted a news conference and reception on Tuesday to introduce the Community-wide Visioning Steering Committee to the Lubbock community. Committee co-chair David Seim shared next steps in the committee's process for developing a vision for Lubbock.

Seim said, "this visioning and strategic planning process will help future Lubbock leaders in making decisions that are accountable to the vision set by its citizens and creating a cohesive community vision will help to ensure the responsible, smart, prudent use of Lubbock's assets and resources as well as the future."

Additional steps include increased public engagement, a review of the last major visioning effort conducted by the city of Lubbock in 1995, completion of community-wide surveys, and continuing to review existing efforts from local groups.

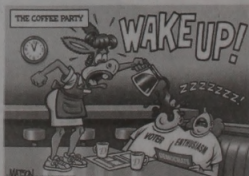
Dr. Michael Shonrock co-chairman will conduct a focus group to help form the theme and message of the effort. LCC will host an upcoming demographic trend analysis.

Mayor Tom Martin and the following steering committee members were introduced during the event: Cathy Allen, Msgr. David Cruz, Dr. Don Haragan, David Langston, former City of Lubbock Mayor, Charlie Wall, Connie Wharton and Rob Allison former Assistant City Manager.

The LCC initiated a survey last Monday and is pleased with the number of results as well as the quality of the inputs received. The survey will close tomorrow (Friday) and the link for the survey can be found on the Chamber's web site at [www.lubbockchamber.com](http://www.lubbockchamber.com)



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Wish You & Your Family a  
Happy & Blessed  
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# Nationals catcher Wilson Ramos safe at home, hid under bed during commando raid

**THE FIRST SOUND** of freedom for kidnapped Washington Nationals catcher Wilson Ramos was the thunderous roar of a helicopter's blades.

The deafening noise shattered the silence of the remote Venezuelan mountains where Ramos was held for two days — and it was followed by another piercing noise. Bullets exploded around Ramos as the team of commandos that raced off the chopper exchanged shots with the catcher's heavily armed captors.

A few chaotic moments later, the gunfire stopped — and Ramos was safe.

"There were many shots fired," Ramos told the Washington Post Saturday. "I couldn't do anything but get under the bed, to pray, to cry, and then I felt a great relief when I heard the police yell my name."

"That's when I responded because I couldn't even speak," a shaken Ramos said. "The boys did a great job."

Ramos — the first known Major League Baseball player

kidnapped in Venezuela — was abducted at gunpoint outside his Valencia home Wednesday night. "Three guys grabbed me there in front of my house," Ramos said. "They took me to another

tion rich in baseball talent, and candlelight vigils were held at ballparks across Venezuela.

The rescue mission — greenlit by Venezuelan President Hugo Chavez — was organized after officials found the kidnappers' abandoned SUV. It was immediately known if anyone was injured in the gun battle.

Four armed men were arrested, as well as two elderly mountain residents who were charged with the bandits shelter.

Police were still searching for four Colombian men believed to have masterminded the kidnapping.

The abduction highlighted the dangers faced by major leaguers returning to their native country for winter league ball. Ramos who had a strong first season with the Nationals in 2011, said he was going to remain in Venezuela as he tried to put the harrowing ordeal behind him. "Now it's time for me to enjoy my family, my baseball, and the fact I'm single — no girlfriend!" Ramos joked to a Venezuelan TV station.



# Top of the Big 12 poised for a down year

So these are the Big 12 favorites, eh? Kansas and Baylor?

If so, the conference might be worse shape than thought heading into the season.

Kansas completed with Kentucky admirably for a half, but the talent gap between the two rosters was just eye opening. It's one of the main reasons the Jayhawks were overrated in the preseason, but the disparity between the two rosters was even bigger than originally thought. Jeff Withey played fairly well, and Bill Self had his guys playing with energy. However, outside of Tyshawn Taylor and Thomas Robinson, the Jayhawks really couldn't compete in the second half. Robinson went up against double- and triple-teams the entire game, and simply didn't have anyone to take the pressure off of him besides Taylor. The Jayhawks will get better as the season goes on, but they're certainly not a Sweet 16-caliber team right now.

Baylor beat San Diego State by 10 on Tuesday, but I'm still not sold on the Bears' point guard play and ability to make

smart decisions when it counts. They turned the ball over 21 times. Pierre Jackson gives them a better chance to win than A.J. Walton, but is he the answer?

anyone if it gets consistent point guard play and plays within itself. That remains to be seen, though.

Texas A&M could be a candidate to win the league, especially once Kris Middleton returns. But are the Aggies an Elite Eight or Final Four threat? Unlikely. They're a really solid team. But I'm not sure they're explosive enough.

Missouri looks OK so far, but the Tigers have too inside depth and far too inconsistent away from home.

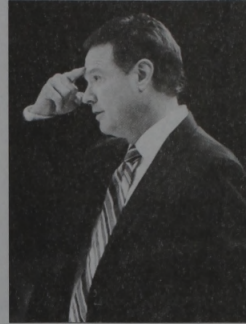
Texas can clearly put up points, as evidenced by the 100 it dropped on Rhode Island on Tuesday. Defense is a huge concern, however, as is consistent frontcourt production.

There might not be an Elite Eight-caliber team in this group. As Mike Miller of NBCSports.com

pointed out, a 12-6 conference record might win the Big 12. It will make for good theater during February, but that won't mean the winner will be a threat to make a deep run in March.

The best hope for a title contender from the conference is Baylor. It's hard to trust the Bears, though.

We could be headed for a (very) down year in the Big 12.



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# Hispanic Health at Risk: APMA Urges Foot Care to Prevent Diabetes Complications

Because ADA data shows Hispanics are 66 percent more likely than non-Hispanic whites to be diagnosed with the disease, the American Podiatric Medical Association (APMA) is reaching out to the Hispanic population during November's Diabetes Awareness Month. During November, APMA is promoting positive foot care by encouraging people with diabetes to "Knock Your Socks Off" to counteract this attack on Hispanic health and to help save your limbs and life.

Lack of physical activity, poor diet, and genetics are all leading causes of type 2 diabetes, a disease that kills more people each year than breast cancer and AIDS combined, according to the ADA. Each of these risk factors is especially high among the Hispanic population, the fastest-growing minority group in the U.S., which has created a perfect storm of diabetes diagnoses. APMA's "Knock Your Socks Off" campaign urges people with diabetes to take one simple action to help avoid some of the most serious diabetes

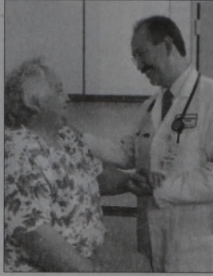
complications: Get an annual foot exam from a podiatrist, as it can reduce amputation rates by 45 to 85 percent according to the CDC. "Your feet are a mirror of your

impaired sensation or pain in the feet. Severe forms of nerve damage can lead to diabetic foot ulcers and lower-extremity amputations. However, a Thomson Reuters Healthcare study showed the U.S. health-care system could save \$3.5 billion annually and dramatically reduce hospi-



health—especially when you have or are at risk for diabetes," said Dr. Michael King, APMA president. "The 'Knock Your Socks Off' campaign encourages people with diabetes to get an annual foot examination by today's podiatrist, particularly if you are part of the Hispanic community. Getting a foot exam, along with maintaining a good diet and proper exercise, is vital to staying in control of diabetes and living a healthy life."

According to the CDC, 60 to 70 percent of all people with diabetes have mild to severe forms of diabetic nerve damage, which often includes



talizations and amputation if every American at risk for developing a diabetic foot ulcer visited a podiatrist once, before complications set in. To help spread the word about important connections between foot health and diabetes, APMA will take to Twitter for a "Tweet Your Socks Off" event on World Diabetes Day, November 14. Users can follow @APMATweets and ask questions about foot care and diabetes in English and Spanish, and have questions answered by a podiatrist.

For more information on "Knock Your Socks Off," to find a podiatrist, and for additional resources to combat diabetes, visit [www.apma.org/diabetes](http://www.apma.org/diabetes).

# Alto a la obesidad infantil

Es cierto, en la actualidad el hecho de que ambos padres salgan a trabajar y dispongan de poco tiempo para elaborar menús equilibrados que aporten a los pequeños todos los nutrientes que requieren para su crecimiento, es muy común.

Sin embargo, es preciso retomar la importancia que siempre se le ha dado a la ceremonia de la alimentación, la cual no solamente funciona como una forma de demostrar afecto a alguien, para compartir con los seres queridos, sino también como una manera de agasajar y procurar el bienestar físico de tu hijo.

Uno de los problemas que se ha generado a partir del uso y abuso de los alimentos rápidos y de la falta de actividad física en los niños, es la obesidad que ha dejado de ser un mal exclusivo de los adultos. Existen muchos factores que ponen en riesgo a los pequeños, como son: La falta de ejercicio, el abuso en el consumo de alimentos rápidos los cuales contienen grasas en exceso, conservadores y azúcar.

Gordura no es sinónimo de salud

El doctor Melchor Alpizar, presidente del Comité Interdisciplinario de Diabetes, Obesidad y Enfermedades Cardiovasculares, explica: "Se puede definir como una acumulación excesiva de grasa en el cuerpo, aunque en realidad es una enfermedad que implica mucho más que eso, pues provoca dificultades para respirar, interferencias en el sueño, problemas ortopédicos y mayor riesgo de enfermedades coronarias, diabetes tipo 1, asma, cáncer y padecimientos de los músculos biliar.

A todos estos trastornos físicos hay que sumarle los problemas psicológicos causados por la

bebés antes de los tres meses, sustancias dulces, como azúcar o miel en su leche. Aunado a ello, también se pueden mencionar factores de riesgo para la obesidad como son el entorno familiar; se sabe que si hay antecedentes familiares, el riesgo de que un pequeño sea obeso es de 90%, si la madre lo es, el riesgo es de 60%, mientras que si se trata del padre, se habla de un 40%, pero si ambos lo son entonces aumenta a un 80%. En cambio cuando ninguno de



discriminación social y las dificultades de identidad e imagen corporal que tienen los niños en este periodo de su desarrollo".

Seguramente habrás observado que cada vez resulta más común ver a niños de todas las edades con un notable exceso de peso y, aunque a simple vista se puede detectar, también existe un método de diagnóstico que permite confirmarlo: Cálculo del índice de masa corporal (IMC).

Se hace mediante el cálculo del peso en kilogramos dividido entre el cuadrado de la estatura en metros, este se ha validado para la evaluación de la obesidad en niños y adolescentes y como medida indirecta del tejido adiposo.

Sin embargo, este índice cambia constantemente de acuerdo a la edad y sexo; el diagnóstico de sobrepeso es cuando el resultado es igual o mayor a 85, mientras que se habla de obesidad cuando el IMC esta por encima de 95.

¿La culpa la tiene la comida? "Los malos hábitos alimenticios inician desde las primeras semanas de nacidos, pues las madres le proporcionan a sus

los dos lo es, es sólo de 8%", advierte el especialista. Un padecimiento redondo Además de los daños físicos los niños obesos enfrentan afectaciones psicológicas, así lo explica el doctor Melchor Alpizar: "La obesidad en la infancia se convierte en un círculo vicioso, ya que el niño es rechazado por los demás, no lo invitan a jugar porque no tiene facilidad de movimiento, él mismo se aparta porque le cuesta trabajar core, se cansa y tiene dificultades para respirar. También se convierte en centro de burlas o se hacen bromas a costa de él. lo que en conjunto le provoca ansiedad y tratará de canalizarla a través de la comida. El niño tendrá una autoestima baja y esto se verá reflejado en todos los aspectos de su vida".

Tu apoyo e interés en la salud de tu hijo es primordial para poder superar este severo problema, pero no olvides que la prevención es siempre la mejor respuesta. Toma todas las medidas necesarias: procura que su alimentación sea balanceada, que realice una actividad física y sobre todo es importante que cuides lo que consume en la escuela durante la hora de recreo. Dale el mejor regalo que puedes hacerle: una mejor calidad de vida.

# Community Pharmacists from Across Texas



Pharmacists from Lubbock and surrounding towns held a press conference yesterday afternoon at the Caprock Discount Drug which is located at 2625 50th Street. Tony Jones owner of the drug store conducted the event and informed the media of a new Medicaid managed care program that could cause numerous community pharmacies to shut their doors and that will reduce patient access to health care for the state's most vulnerable citizens. Pharmacists say it's not just about Medicaid, but that the effects of the new program will hurt small businesses, jobs and the Texas economy.

Also according to Jones, "we really need to inform everyone of that a new managed care program that reduces pharmacy dispensing fee and ties the hands of community healthcare providers will result in pharmacies having to shut their doors and the state's most vulnerable citizens being denied access to good healthcare."

It will be decided this coming March if this will be passed by the legislation according to Jones, who also indicated that he has made calls and letting the legislators and all other elected official aware of the concern on this.

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