

Llegará El Domingo a las 2 de la tarde

# Pancho Clos Is Coming to Town

Hurricanes and floods have made the job of "El Barbon" twice as hard this year but Pancho Clos will again make his scheduled stop in Lubbock on Sunday, Dec. 19th to the delight of all the kids ready for Christmas.

After being sponsored by the American G.I. Forum for more than 20 years, Pancho Clos will arrive in Lubbock sporting his big green and red sombrero and riding his wooden wagon pulled by burritos.

"Santa Claus' cousin from South of the border, Pancho, will be arriving at the Maggie Trejo Super-Center at 2 pm riding a helicopter and yelling "Ah-juua!" said G.I. Forum coordinator Robert Narvaiz.

"I was going to bring my burritos but I thought they better rest before the big night of delivering gifts," said Pancho.

The G.I. Forum has prepared over 3,000 bags of candy and fruit to give to young children who will get to hop on Pancho's lap and tell him all their Christmas wishes.

Besides the free gifts, both adults and children will this year delight to the sounds of Christmas music.

"We want to thank all our volunteers and sponsors that have helped in the project and give special thanks to Lubbock Power and Light who have continually contributed to the project," said Narvaiz.

Besides his normal appearance for the children on Sunday, Pancho Clos will also pass out gifts to senior citizens at the annual Senior Citizens Christmas dinner to be held Friday Dec. 18th at San Jose Church activities center hosted by LULAC 263 and also sponsored by LP&L.

Aun que los hurrancanes y enudaciones de el sur han hecho el trabajo del "El Barbon" bastante duro, la visita tradicional de Pancho Clos a Lubbock no sera interrumpio.

"Pancho Clos, primo de Santa Claus, llegara a Lubbock el domingo a las 2 de la tarde el día 19 a el parque Rodgers y el Centro Maggie Trejo para darles felicidad y regalos a todos los niños," segun Robert Narvaiz coordinador del proyecto.

Pancho llegara esportiendo su sombrero y zarape pero no con sus burritos ya que legara por helicoptero.

"Yo queria traer mis burritos pero mis trabajadores dijeron que los deberia de dejar descansar antes de la noche especial," dijo Pancho.

El G.I. forum ha preparado mas de 2,000 bolsas de fruta y dulces como regalos para los niños quien tambien tendran la oportunidad de decirle a Pancho que es lo que quieren para Navidad.

"Queremos darles las gracias a todas las personas quienhan contribuido con ser voluntarios y ayudarnos financieramente," dijo Narvaiz.

El proyecto Pancho Clos es presentado por El American G.I. Forum se ha llevado acabo aqui en Lubbock por mas de 20 años con la ayuda de Lubbock Power and Light.



Ademas de la tradicional presentacion de Pancho Clos para los niños, el tambien estaran dando regalos para los ancianos durante la Cena especial para los ancianos presentada por LULAC 263 y LP&L que se llevara acabo el viernes a las 6 de la tarde en la Iglesia San Jose.

"El Respeto al Derecho Ajeno es La Paz." "Respect for the Rights of Others is Peace" Lic. Benito Juarez

# EL EDITOR

Vol XXII No. 12

Week of December 17, thru December 23, 1998

Lubbock, Texas

Established 1977 - Texas' Oldest Hispanic Owned Newspapers

## Comentarios de Bidal

by Bidal Agüero

Re: Insult or Racism Chancellor John

Montford is not a racist. He is far more discerning than many egocentric police officers who think that all persons, especially those of a different color of skin and those that are not police officers, deserve to be suspicious of being a criminal. Personal experience gives me the privilege to think in this manner.



So what of the alleged comments by Montford to UTEP President Diana Natalicio? My thinking is that the statements - if made - do not exhibit racism but rather as Natalicio states, shows a definite "values gap between Texas Tech and El Paso."

The statements - if made - serve to acknowledge the fact that most white Anglo-Saxon Protestants (WASPs) who live in the South Plains think that minorities are those people on the other side of town who live on welfare and make them pay more taxes. Certainly - to them - El Paso is the other side of town that harbors "illegal aliens" who WASPs think cross the Rio Grande to get both welfare and health benefits.

The statements - if made - serve to acknowledge the fact that most WASPs who live in the South Plains think that square dancing and the Texas two-step are the only two legitimate methods of dancing and that Mexican folklorico dancing only serves to entertain guests from out of town. A WASP mentality fails to admit the fact that Mexican folklorico has a history and tradition that dates back hundreds of years before cowboys had hoe-downs. A WASP would probably think little of referring to ballet folklorico as a simple method of entertainment that those on the other side of town engage in.

To us, the Hispanic community, referring to ballet folklorico in this manner is more of an insult rather than the exhibition of racism. To us the statements - if made - deserve an apology not only to the person to whom the statements were made but to the entire Hispanic community.

Note: A shorter version of this column was published as a letter to the Editor in the Lubbock A-J

Bidal Agüero can be reached by e-mail at ellub@aol

Our Lady of Grace Church will be joined by Lubbock Centro Aztlan this year on Tuesday December 22nd to celebrate a traditional Hispanic Christmas with the production of "Las Posadas de Navidad" starting at 7 pm at the Church 313107 Erskine.

Las Posadas is an annual Christmas celebration in the Hispanic community that is celebrated yearly and includes the inactment of Joseph and Mary going from door to door looking for lodging and being turned down until finally finding shelter in a manger to give birth to the Child Jesus.

The final celebration on Tuesday will end an entire week of the posadas being enacted by members of the Church. The event Traditional songs of "Las Posadas" are sung at three different locations in which singers sing from the inside and the outside of the homes refusing shelter and at the last location (Church Activity Building) are accepted although just to have shelter in a manger.

### The origin of Las Posadas.

To better realize the origin of "Las Posadas" it is necessary to study the history of Mexico even before the colonial era. In ancient times, Mesoamericans, then known as Chichimecas and then later as Aztecas, celebrated the arrival of Huitzilopochtli, the sun god. The event was celebrated during the same time as Christmas was celebrated in Europe. In order to better indoctrinate the Azteca into the Christian religion, Spanish priests used the native's traditions to their advantage. Along with the coming of Huitzilopochtli, the apparition of Tonantzin, the goddess of good crops, was used in coinciding with the apparition of "La Virgen de Guadalupe", the patron virgin of Mexico who was said to appear to the Indian Juan Diego in 1531 and leading the mass acceptance of Mexico's natives to the Catholic religion.

"Las Posadas" translated to "The lodging" signifies the pilgrimage made by Joseph and Mary from Nazareth to Bethlehem and is celebrated in Mexico from the 16th of December until the birth of Christ December 24th with



La Iglesia Nuestra Señora de la Gracia junto con Lubbock Centro Aztlan en Lubbock invita a todo publico a la celebración de "Las Posadas", martes día 22 de diciembre empesando a las 7 de la tarde en Iglesia hubicado en 3107 Erskine. Todo publico es invitado a este evento para celebrar esta temporada Navideña. Despues de ser celebrada por una semana, la ultima celebración de las posadas de este año es presentada por la Iglesia y Lubbock Centro Aztlan en Asociacion con el Consejo de la Ciudad de Lubbock atravez de una concesion hecha por la Alianza de Bellas Artes. Para mas informacion llame al 763-3841.

nine segments. "Las Posadas" are exist only in Mexico and has been brought to the United States as a tradition cherished by all Hispanics of Mexican descent.

This program has been celebrated is part of Lubbock Centro Aztlan's effort to conserve the Hispanic Heritage through a series of programs "Nuestra Herencia" as funded in part by the Lubbock City Council as recommended by the Lubbock Arts Alliance

# Expatriate Mexicans' Electoral Role Will Cut Two Ways

By Patricia Guadalupe

Extending the right to vote in Mexico's presidential elections to Mexican citizens who reside in the United States could have an enormous impact on both sides of the border, according to a recent report by Mexico's Federal Election Institute.

The concept was introduced in 1996 in the Mexican legislature, and a study was ordered. Eighty-three percent of the U.S.-resident Mexicans it polled said they would vote in Mexico's presidential elections.

The 2 1/2-year study counted nearly 10 million potential Mexican voters living in the United States, including 7.1 million Mexico-born immigra-

tions and 2.7 million of their adult children. Under the Mexican Constitution, offspring of Mexican citizens can also vote.

Mexican and U.S. leaders and academics gathered Dec. 4-5 at the Colegio de la Frontera Norte in Tijuana, Mexico, to discuss the report's implications in detail. One widely held belief has been that a majority of expatriate voters would cast their ballots against the long-ruling Partido Revolucionario Institucional (PRI).

"It could be very significant," Luis Plasencia, a public policy associate at the University of Texas at Austin, told Hispanic Link. "All kinds of things can happen. They (Mexicans in the United States) may not neces-

sarily vote for the opposition parties, and establish a new pattern of voting in Mexican elections."

In July 1996, when Mexico's Congress eliminated a clause from the Constitution that required Mexicans to vote only in their home districts, legislators mandated that the electoral institute study ways of extending the right to vote in presidential elections to Mexicans living abroad. Mexican President Ernest Zedillo has said that changes to the Constitution were prompted by "the anti-(Mexican) immigration atmosphere prevalent in the United States."

That sentiment, some Latino leaders say, could escalate with

# News Briefs

## Hispanic Businesses Brace for Year 2000 "APOCALYPSE BUG"

Washington, Dec 15 (EFE).- With only 13 months to go before a new millennium, Hispanic businesses in the United States are working feverishly to prevent the so-called Y2K virus, which presumably will cause the failure of computer systems worldwide.

Political, business and civic leaders have urged the federal government to expedite repairs to forestall the feared disaster as computers mistake Jan. 1, 2000, for Jan. 1, 1900.

The flaw was not anticipated in the early stages of the computer revolution. As a result, for example, a person born in 1921, who has collected social security checks punctually, may well disappear from the records.

The Y2K problem (an abbreviation of "year 2000") has many Hispanic businesses worried, counting as they do on computerized data bases to serve their U.S. clients.

"We are going to do whatever is humanly possible, but there are no guarantees. I think it is important to avert panic and for the people to be kept informed," said Xavier Estrada, Y2K systems engineer at Riggs Bank, at a conference of the Organization of American States (OAS) at the beginning of December.

Estrada explained that Riggs Bank, like many institutions, has contingency plans to face such problematic scenarios as automatic teller failures or the paralysis of the banking system.

He said that Riggs Bank made an initial investment of three million dollars to cover the costs of converting computers so that the machines would be able to read four-digit dates.

Because in a world increasingly dependent on computers to process figures and organize and store data, the possibility of large-scale failures could be nothing short of alarming.

"At our annual convention in September, we met with 5,000 business leaders to inform them about the year 2000 technological problem, and I think all of them are aware of the seriousness of the problem," Cecibel Henriquez of the U.S. Hispanic Chamber of Commerce told EFE.

Although nobody knows for certain if the programming error will unleash catastrophes at the turn of the century, alarmists predict blackouts, the collapse of the global economy, plane crashes, health care and government failure, as well as hunger and even marshal law.

The Gartner Group consulting firm estimated that, to correct code errors, 600 billion dollars would be needed, a figure only exceeded by the cost of World War II.

The U.S. government alone will spend 5.4 billion dollars to covert its computers.

## Displaced Chiapas Indians Ask OAS to Protect Them

San Cristobal de las Casas, Mexico, Dec 15 (EFE).- Thousands of Tzotzil Indians displaced by violence in the municipality of Chenalho in the southern state of Chiapas asked the Organization of American States' Inter-American Commission on Human Rights on Tuesday to intervene to prevent any new massacres.

The Indians sought preventive measures, citing fears of paramilitary attacks against civilians. An organization calling itself Las Abejas (The Bees), of which the 45 Indians massacred on Dec. 22, 1997, were members, said the social and political situation in Chenalho has worsened recently.

Representatives of Las Abejas said conditions do not exist for the return of thousands of Indians and peasants living in the Polho and Acteal refugee camps. The Indians said that for more than a year, clashes between Zapatista rebels and supporters of the Institutional Revolutionary Party (PRI) and have increased.

In their statement, the leaders of Las Abejas said the paramilitary groups linked to the PRI have gone unpunished for their role in the Acteal massacre and continue to circulate freely through the communities.

According to the organization's representatives, the paramilitary groups are attempting to prevent the displaced Indians from harvesting the coffee crops they left when they fled their towns.

## Continúan Las Violaciones De Derechos Humanos

Nueva York (AFP) - Las violaciones de derechos humanos continuaron "en un ritmo constante" en México, donde el Gobierno "fracasó" en la adopción de medidas para impedir estos abusos, según indicó la organización Human Rights Watch en su informe anual.

El Gobierno del presidente Ernesto Zedillo, pese a reconocer la existencia de estos abusos, "fracasó en desarrollar una estrategia para responder adecuadamente a los casos individuales de abuso, reforzar la protección de los derechos humanos y promover el respeto de la ley", precisa el documento. Human Rights Watch lamenta que, a menudo, las autoridades mexicanas sólo se preocupen de los problemas de derechos humanos cuando éstos se convierten en "escándalos internacionales".

Mientras, otras "prácticas profundamente preocupantes" continúan a un ritmo constante, precisa el informe, citando casos de tortura, violencia rural, abusos por parte del Ejército, así como agresiones a observadores de derechos humanos y periodistas.

Human Rights Watch registra en su informe la muerte de al menos un periodista en represalia por su trabajo, así como otras agresiones, y un importante número de expulsiones sumarias de observadores extranjeros, principalmente en el Estado de Chiapas (sur). Pese a que los problemas de derechos humanos continuaron en este Estado, empezando por la masacre de Acteal en la que murieron 45 indígenas hace cerca de 12 meses, por todo el país se registran violaciones, como torturas o arrestos ilegales, asociadas con la contrainsurgencia, las drogas y los criminales comunes.

Human Rights Watch no registra ningún avance por parte del Ejército mexicano, que sigue llevando a cabo "prácticas abusivas en la lucha contra la insurgencia y los crímenes comunes".

**DON'T MISS EL EDITOR'S CHRISTMAS EDITION NEXT WEEK**

Institute researchers suggested establishing polling places in Mexican consulates, churches, and even Mexican-owned businesses, as methods for Mexicans living in the United States to cast ballots.

The next presidential election in Mexico takes place in the year 2000. Even though Mexican legislators still have several months before voting on the proposal to extend suffrage to Mexicans abroad, the major political parties have been busy opening offices throughout the United States.

This represents a shift in focus from the occasional campaigning among the transient migrant workers to the ever-present lobbying among permanent residents who potentially represent 15 percent of the Mexican electorate.

The cost to extend the vote to Mexicans abroad is estimated at between \$76 million and \$356 million.



El Editor, Lubbock, Tx, December 17, 1998

# El Papel Electoral De Los Mexicanos Expatriados Funcionara De Dos Maneras

Por Patricia Guadalupe

El extender el derecho a votar en las elecciones presidenciales de México a los ciudadanos mexicanos que residen en los Estados Unidos podría tener un efecto enorme en ambos lados de la frontera, según un reciente informe del Instituto Federal de Elecciones de México.

El concepto fue presentado en 1996 en la legislatura mexicana, y se ordenó hacer un estudio. El ochenta y tres por ciento de los mexicanos residentes en los Estados Unidos a quienes el estudio entrevistó dijeron que ellos votarían en las elecciones presidenciales de México.

El estudio de 2 años contó a cerca de 10 millones de posibles electores mexicanos que viven en los Estados Unidos, incluyendo a 7.1 millones de inmigrantes nacidos en México y a 2.7 millones de sus hijos adultos. Según la Constitución de México, los hijos de los ciudadanos mexicanos también pueden votar.

Dirigentes y académicos mexicanos y estadounidenses se reunieron los días 4 y 5 de diciembre en el Colegio de la Frontera Norte, en Tijuana, México, para estudiar en detalle las inferen-

cias del informe.

Una creencia ampliamente sostenida ha sido que una mayoría de electores expatriados depositaría sus votos contra el Partido Revolucionario Institucional (PRI) que ha gobernado durante mucho tiempo.

"Eso podría ser muy importante", dijo a Hispanic Link Luis Plasencia, analista en la Universidad de Texas en Austin. "Pueden suceder toda clase de cosas. Ellos (los mexicanos de los Estados Unidos) pueden no votar necesariamente por los partidos de oposición, y establecer una nueva pauta de votar en las elecciones mexicanas."

En julio de 1996, cuando el Congreso de México eliminó una cláusula de la Constitución que exigía que los mexicanos votaran solamente en sus distritos de residencia, los legisladores ordenaron que el instituto electoral estudiara modos de extender el derecho a votar en las elecciones presidenciales a los mexicanos que viven en el extranjero. El Presidente de México, Ernesto Zedillo, ha dicho que los cambios de la Constitución fueron provocados por "la atmósfera contra la inmigración mexicana predominante en los Estados Unidos".

Ese sentimiento, dicen algunos dirigentes latinos, podría aumentar al extender el derecho a votar. Lisa Navarrete, vocera del Consejo Nacional de La Raza, agregó: "Aunque apoyamos la nacionalidad doble, podría haber repercusiones fuertes a que México extendiera ese derecho. Tememos que podría haber una rescaca contra la comunidad latina de aquí."

A principios de este año, los legisladores habían permitido la nacionalidad doble, precursora de la ciudadanía y de los derechos electorales.

El informe halló también que el 75 percent de los inmigrantes mexicanos en los Estados Unidos viven en siete estados -- California, Arizona, Colorado, Texas, Illinois, Georgia y Nueva York. Sólo 11 estados informaron tener "pocos o ningunos" residentes mexicanos.

El investigador del Instituto recomendó establecer colegios electorales en los consulados mexicanos, las iglesias y hasta los negocios de propiedad de mexicanos, como métodos para que los mexicanos que viven en los Estados Unidos emitieran sus votos.

Las próximas elecciones presidenciales de México tendrán lu-

gar en el año 2000. Aún cuando los legisladores mexicanos tienen aún varios meses antes de votar sobre la propuesta para extender el sufragio a los mexicanos del extranjero, los principales partidos políticos han estado ocupados abriendo oficinas por todos los Estados Unidos.

Esto representa un cambio de enfoque desde la campaña ocasional entre los trabajadores migrantes transitorios hasta el cabildero omnipresente entre los residentes permanentes, que representan posiblemente al 15 percent del electorado mexicano.

El costo de extender el voto a los mexicanos del extranjero se estima entre \$76 millones y \$356 millones, cifras que se consideran prohibitivas en México, actualmente deprimido económicamente.

El gobierno mexicano, por ejemplo, gustaría más en poner en práctica los derechos electorales en el extranjero que lo que gasta actualmente por todos sus programas contra la pobreza combinados.

## Letter to the Editor

I am writing in reference to the Letter to the Editor (A-J 12-11-98) by Mr. Jack Strong Jr. of Lubbock. Mr. Strong seems to think that Councilman Victor Hernandez needs to be "run out of town on a rail". He goes on to state that it will cost taxpayers "a lot of money" because of Councilman Hernandez's mouth. This letter would be amusing if it weren't so sad! The policy of the Lubbock Police Department and City hall may cost the taxpayers a "lot of money". Perhaps we, the citizens, need to insist that all citizens and city councilmen be treated equally by our city government.

I will, however, agree with Mr. Strong that "all parts of Lubbock need to be represented on the council". I live in District 1, and would like very much for my councilman to be allowed to represent his district with the same courtesy the rest of the council enjoy. Every time Councilman Hernandez is ignored by the council or City hall, his constituents are also ignored.

It was indeed very unfortunate that the coaches from Hampton, Va. were mistakenly arrested. Pandora's box seems to have been opened with this incident. I salute the mayor and city officials for apologizing. However, I believe that Chief of Police Walker should have also apologized. Of course, it takes a "big man" to admit a mistake was made.

Julia Carrillo-Lubbock, Tx

# CORRE, CONEJO, CORRE

Por Jorge Antonio Renaud

El Día de Acción de Gracias, el asesino sentenciado Martin Gurulé fue uno de siete hombres de la "Galera de la Muerte" de Texas que cortaron una cerca, gatearon a través de los techos y se lanzaron a una libertad temporal. Los otros seis se rindieron cuando los guardias de la prisión abrieron fuego contra ellos. Gurulé continuó, saltó las dos cercas coronadas de alambre de púas y se adentró en el bosque oscuro que rodea a la granja-prisión de Ellis, en el este de Texas. El fue perseguido casi durante una semana por cientos de agentes de la ley y representantes de los medios informativos, ambos acompañados por perros de cacería que aullaban, hasta que su cadáver hinchado fue encontrado en un arroyo.

En 1989, como reportero de Tejas, un periódico estudiantil de la Universidad de Texas en Austin, entrevisté al Dr. Américo Paredes. El autor de "Con una Pistola en Su Mano" (La Balada de Gregorio Cortez), Paredes es un folklorista, profesor de historia y repositorio ambulante de acontecimientos méxicoamericanos en Texas durante este siglo. En respuesta a una de mis preguntas balbuceantes, el profesor murmuló algo que sonó como "los pinche Rinches".

No comprendí. Yo era un periodista. Pedí una aclaración.

Fulminándome con su mirada más feroz, el Dr. Paredes repitió, como si yo no fuera sólo sordo sino estúpido: "Los pinche Rinches, son los pinche Rinches".

No fue sino hasta más tarde que imaginé que su referencia desafiante era sobre los Rangers de Texas, los ídolos muy convertidos en mitos de quienes se proclamaba: "Un motín, un Ranger".

Sólo después encontré que Paredes no había aceptado el mito; que él, en verdad, pertenecía a otro grupo, el de los mexicanos del sur de Tejas, que relataban atrocidades cometidas por los Rinches (derivación de la palabra inglesa "rangers"), para quienes los mexicanos eran objetos para la práctica del tiro al blanco, impedimentos despreciables para la expansión de los anglosajones.

Aprendí que Paredes era insultado por muchos de los ex-alum-

nos ricos de la universidad por sus ataques contra el santo patrón de la literatura, del estado y de la universidad, J. Frank Dobie, que había hecho mucho para afianzar la imagen de los Rangers, descartando su aplicación racista de la justicia.

Y, desde luego, aprendí sobre Juan Cortina, cuyo galope muy relatado a través de Texas, evadiendo a cientos de Rangers, diputados y gringos frenéticos que empuñaban armas de fuego, aún inspira corridos, todavía alimenta la admiración las cantinas del Valle del Río Grande.

Gurulé no era Cortina. El era un asesino declarado culpable, desprovisto de romance y redención. Comprendo el terror que sentirían la mayoría de los texanos cuando él estaba libre -- que un asesino convicto (y casi siete) había escapado de la Galera de la Muerte y estaba recorriendo el estado, con poco que perder.

Mientras he estado en prisión, he tratado de reformar mi actitud, para no alinearme automáticamente con los forajidos, los rebeldes y los degradados; para no enfurecerme siempre por lo que parecen ser las fechorías oficiales

o la brutalidad policiaca; para sentir, en vez de eso, la placidez y la seguridad que el ciudadano promedio siente en su aceptación del sistema.

Pero, todas las noches hasta que el cadáver de Gurulé fue encontrado, leía o escuchaba que se preguntaba a otro ciudadano local sus impresiones sobre el escape de Gurulé. Invariablemente, el ciudadano era un anglosajón de edad avanzada. En respuesta a la indignación pública, el presidente de la Junta de Prisiones de Texas, Alan Polunsky, prometía que Gurulé sería devuelto "muerto o vivo, no me importa cuál".

Y en sus gruñidos yo oía el ruido de los cascos, mientras los Rinches tronaban persiguiendo a otro campesino, y confesaré haber surruido, de conejo a conejo: "Corre, Martin, Corre".

(Jorge Antonio Renaud está cumpliendo una sentencia de 60 años como infractor de tres delitos, en la prisión estatal de Texas en Huntsville.)

Propiedad literaria registrada por Hispanic Link News Service en 1998. Distribuido por The Los Angeles Times Syndicate

# RUN, CONEJO, RUN

By Jorge Antonio Renaud

On Thanksgiving Day, condemned killer Martin Gurulé was one of seven men on Texas Death Row to slash through a fence, creep across rooftops and dash to a temporary freedom. The other six surrendered when picket guards fired at them. Gurulé continued, over the two fences topped with razor wire into the dark forest surrounding the East Texas prison farm of Ellis. He was pursued for nearly a week by hundreds of law enforcement personnel and media representatives, both tethered to baying hounds, until his bloated body was found in a creek.

In 1989, as a reporter for Tejas, an alternative student newspaper at the University of Texas at Austin, I interviewed Dr. Américo Paredes. The author of "With a Pistol in His Hand" (The Ballad of Gregorio Cortez,) Paredes is a folklorist,

teacher of history and walking repository of Mexican-American events in Texas during this century. In response to one of my stammered questions, el profesor mumbled what sounded like "los pinche Rinches."

I did not understand. I was a journalist. I asked for clarification. Withering me with his fiercest glare, Dr. Paredes repeated, as if I were not just deaf but stupid, "Los pinche Rinches, son los pinche Rinches."

It was not until later that I figured out his defiant reference was to the Texas Rangers, the much-mythologized icons of whom it was proclaimed, "One riot, one Ranger."

Only later did I discover that Paredes had not bought into the myth; that he in fact belonged to another group, that of South Texas Mejicanos who related atrocities committed by los Rinches, to whom Mexicans were objects for target practice, con-

temptible impediments to Anglo expansion.

I learned that Paredes was reviled by many of the university's moneyed alumni for his attacks on the state's -- and the university's -- patron saint of literature, J. Frank Dobie, who had done much to prop up the Rangers' image, dismissing their racist application of justice.

And, of course, I learned of Juan Cortina, whose storied gallop across Texas, evading hundreds of Rangers, deputies and frenzied gun-toting gringos still inspires corridos, still fuels admiration in Rio Grande Valley cantinas.

Gurulé was not Cortina. He was a convicted murderer, shorn of romance and redemption. I understand the terror felt by most Texans when he was free -- that a convicted killer (and almost seven) had escaped Death Row and was roaming the state, with little to lose.

While in prison, I have tried to reform my attitude to not automatically side with the outlaws, the rebels and the outcast; to not always rage at what appears to be official malfeasance or police brutality; to feel instead the placidity and assurance the average citizen feels in his acceptance of the system.

But, every night till Gurulé's body was discovered, I would read about or hear another local citizen being asked his or her thoughts on Gurulé's escape. Invariably, the citizen would be an older Anglo. In response to the public outcry, Texas Prison Board Chairman Alan Polunsky promised that Gurulé would be returned "dead or alive, I don't care which."

And in their snarls I heard the hoofbeats as the Rinches thunder chasing after another campesino, and I will confess to whispering, conejo to conejo, rabbit to rabbit, "Run Martin Run."

(Jorge Antonio Renaud is serving a 60-year sentence as a three-time offender in Texas state prison in Huntsville.)

Copyright 1998, Hispanic Link News Service. Distributed by the Los Angeles Times Syndicate

NEWS

# IMPEACHMENT A BATTLEGROUND IN THE WAR AT HOME

BY LARRY EVEREST, PACIFIC NEWS SERVICE

Hillary Clinton was right. There is a "vast right-wing conspiracy," and it may be on the verge of a major coup. Many Americans are now shocked at the impeachment juggernaut precisely because they're not aware of the right-wing's full agenda or its strength.

This impeachment effort has never just been about Bill Clinton. It is a campaign to reshape U.S. society that goes far beyond outlawing abortion or allowing prayer in schools. The right aims at nothing less than enshrining fundamentalist religious standards in all civic life.

It's no accident that independent counsel Kenneth Starr chose to attack Clinton on sexual issues. The right has used this to put consensual sex outside marriage on trial.

They support intrusion into people's lives. Their agenda is based on "America right or wrong" and white supremacy. According to the Washington Post, Representative Bob Barr of Georgia, who helped spearhead the impeachment drive, has been a keynote speaker at a meeting of the Council of Conservative Citizens, a group that opposes mixed marriages on the grounds that they will lead to white "race death."

These forces see Clinton as a symbol of multi-culturalism and the 1960s. The Wall Street Journal acknowledges that Starr "was not just prosecuting Bill Clinton; he was prosecuting the entire culture that gave birth to what Bill Clinton represents." And Maureen Dowd writes in the New York Times, that "the Republicans are attempting to repeal the 1960's."

Since the 1960s, the right has viewed America as a society in cultural and moral decline, and in danger of fragmentation. These concerns have been amplified and gained broader support with the fall of the Soviet Union. For one, the U.S. no longer has an enemy to bind it together.

Second, surviving today in the capitalist global market demands more ruthless cost-cutting with fewer restrictions on big business. Instead of a peace dividend, we've gotten downsizing, NAFTA, and the gutting of New Deal social programs.

All these changes have undermined the New Deal consensus that helped hold American society together for over 50 years, and many in the political establishment are concerned. There are sharp debates around just how to forge a new social compact, but the far right's position -- that traditional religious morality must be the new basis for maintaining

America's cohesion and world dominance -- now has the initiative.

In California, we've gotten a glimpse of the ugly right-wing future in Propositions 187, 209 and 227. The recent assassination of Dr. Barnett Slepian in Buffalo, the murder of Matthew Shepard in Wyoming, and the auto-lynching of James Byrd, Jr. in Jasper, Texas are also products of the climate of hatred and intolerance fostered by the right.

Poll after poll has made clear that the majority doesn't share these views. But focusing our energy on supporting Clinton and the Democratic Party is no strategy for preventing a right-wing takeover.

In many ways the Democrats have facilitated the right's growing strength. Clinton's specialty has been to combine the right's politics of cruelty with Democratic rhetoric of inclusion. He's been able to end welfare and gut many civil liberties -- a Republican President who tried that might have triggered Los Angeles-style urban uprisings. The Democrats have continually given ground to the Right and increasingly accepted its terms as the "common ground." When Clinton confessed that he had sinned, he was publicly legitimizing fundamentalist morality.

All who find the right's vision abhorrent must vigorously oppose its authoritarian crusade in all its manifestations. That's a difficult task, but far more realistic than expecting Clinton and the Democrats to save us from the hell-fires of the Republican right.

# Time To Speak Out Against A Pervasive Moral Stupidity

BY PETER MARIN, PACIFIC NEWS SERVICE

It is pleasant these chill November mornings to wake snug in bed, go outside for the paper, then return to a warm room and hot coffee.

It is easy to forget that at that very moment thousands of our fellow citizens have struggled all night with the elements, sleeping and waking on hard ground and in cold air, often ill with one of the cold-weather diseases which strike the homeless -- pleurisy, pneumonia, tuberculosis.

Here in California, that is the situation in many communities. A program that made National Guard armories available for use as shelters has ended yet city and county officials dither and stall, shelters have not opened -- and the homeless remain on the streets, unprotected and without aid of any kind.

At the same time, most California communities rigorously enforce laws that prevent the homeless from sheltering themselves. Put anything between yourself and the ground -- sleeping bag, blanket, even a piece of cardboard -- and you break "anti-camping" or "anti-sleeping" laws. Similar laws forbid anyone sleeping the night through in a car or camper. Those who seek safety in or near public buildings are rousted and cited for trespassing.

Indeed, the laws literally require the homeless to expose themselves to the cold and the rain.

What does it mean to have laws that deny shelter to the homeless and at the same time punish them for sheltering themselves? There is a sort of insanity at work, a moral and intellectual stupidity so immense, so cruel, that it is hard to understand.

Yet we allow these policies to stand. In city after city, cheap places to live steadily give way to high-rise, high-living, and business- or tourist-oriented development. More and more people on the streets have nowhere to go, no protection -- yet no cry arises from those who live in relative safety. This silence is morally intolerable.

Are we too accustomed to the suffering of the homeless to try

to prevent it? Do we somehow class the homeless as different -- or have we simply become moral morons?

Results of the recent elections had liberals and Democrats exultant, but what difference does it make if all parties remain morally equivalent in their indifference to the indigent? Can it be that all of us share that indifference, that our nearly universal silence erases political distinctions?

There are workers on the streets, but where are the unions in all of this? There are women and children, but where are the organizations dedicated to protecting women from violence? The homeless are daily denied fundamental rights, but where is the ACLU?

Indeed, on any given day these groups are conspicuous by their silence.

The homeless are powerless on their own -- simply because they are homeless. Those who speak for them have become entertainers of a sort -- their arguments are predictable, and discounted in advance. For things to change, ordinary citizens must speak up for the disenfranchised. Until they do, things will remain the same -- or get worse.

Permanent winter shelter is an absolute necessity in every community, and year-round shelter only slightly less crucial. Where sufficient shelter is not offered, justice requires suspending all those laws that prevent people from sheltering themselves.

How is this to come about? If only a few of those who find present policies abominable, or feel even slightly the suffering of others, would raise their voices on behalf of the poor and against present policy, changes might in fact occur.

The problem is not that people are indifferent to suffering, but that those who care about it all too often remain silent. Of course, we all have other bigger and better causes to worry about. We all struggle on our own to survive. But these are our communities. These are our laws.

The fate of every man or woman unprotected from winter rest in our own hands



# Indocumentados Desafio A La Naturaleza

El Paso (Texas).- Primero el calor, luego el río y por último el frío, son los principales asesinos naturales de los indocumentados que desafían a todos los obstáculos por llegar a Estados Unidos.

En el año que va entre octubre de 1997 y octubre de 1998, las víctimas de la frontera entre Estados Unidos y México fueron 254, más del doble de los 111 indocumentados muertos durante el año anterior, reveló la portavoz de la oficina del séptimo distrito del Servicio de Inmigración y Naturalización (INS) en INS en San Diego, Virginia Kice.

En 1998, en mayor número de decesos en la frontera, un tercio del total, fue a consecuencia de exposición directa a los rayos del sol en zonas desérticas. La segunda y tercera causas de muerte fueron el ahogamiento, especialmente en los canales de irrigación, y el frío del invierno.

Ante el retorno de las bajas temperaturas, que ya cobraron varias vidas en las montañas de California, el INS y su Patrulla Fronteriza han anunciado la intensificación de sus recorridos en las zonas más peligrosas, con vehículos y agentes preparados para combatir la hipotermia. Estas medidas no han logrado satisfacer a los defensores de los inmigrantes, que atribuyen el incremento de las muertes a la mayor presencia de la Patrulla en la frontera.

"Los están obligando a arriesgar sus vidas", denunció la dirigente de la

Coalición de Derechos Fronterizos, Laura Valdéz, en referencia a los intensos operativos que la Patrulla ha realizado en



los últimos años, como "Gatekeeper" y "Hold the line".

Lo peor de las muertes de los indocumentados es que el drama no termina con el fin de sus vidas, pues un 20 por ciento de los que fallecen en la frontera nunca es identificado y sus familias quedan por siempre con la duda de por qué nunca volvieron a saber de ellos. Según las estadísticas del INS, la frontera de California, donde murieron 126 indocumentados este año, es la más peligrosa, seguida por la de Texas y Nuevo México, con 109. En Arizona, el cuarto estado fronterizo con México, se registraron nueve.

El INS y la Patrulla Fronteriza se niegan a seguir siendo señalados como los malos de la película y aseguran que con sus operativos se han salvado decenas de vidas.

El portavoz de la Patrulla Fronteriza en El Paso, Doug Messier, afirmó que los prin-

cipales responsables son los traficantes de personas, conocidos como "coyotes" o "polleros", que en ocasiones abandonan a los indocumentados en zonas alejadas y desérticas. "A los polleros les interesa únicamente el dinero y no la seguridad de quien los contrata para internarlos a Estados Unidos", expuso. "Aunque la gente que vive en ciudades fronterizas intenta por lo general sola su cruce indocumentado a Estados Unidos, los del interior de México y en especial de Sudamérica recurren en la mayoría de los casos a estos polleros", agregó.

### Campaña de rescate

La Patrulla Fronteriza de San Diego se prepara con botiquines, vehículos especiales como ambulancias y capacitación paramédica a algunos de sus agentes para lanzar una campaña de rescate de inmigrantes en las montañas durante el invierno.

Una portavoz de la institución, Gloria Chávez, dijo que serán repartidos unos 250 botiquines de primeros auxilios con materiales usualmente requeridos para atender a personas que sufren síntomas de hipotermia.

Los equipos incluyen frazadas de emergencia, cobertores que permiten distinguir desde lejos a las personas que los usan, medicamentos para hacer que las víctimas entren en calor, linternas y alimentos enlatados, entre otros artículos, dijo la portavoz.

Al mismo tiempo, se encuentran en cursos de atención paramédica cerca de 80 oficiales de

la Patrulla Fronteriza que serán asignados en su mayoría a la zona montañosa, al este de la ciudad de San Diego, donde fueron rescatadas unas 250 personas durante el otoño y el invierno pasados.

### Fallan las advertencias

Una coalición binacional de grupos no-gubernamentales alertó que los esfuerzos por advertir a los inmigrantes sobre los riesgos de muerte en la frontera por el frío serán insuficientes para detener a las personas "desesperadas por encontrar trabajo".

La coalición de Grupos de Apoyo a los Migrantes, de ambos lados de la frontera entre California y México, señaló que pese a la situación de peligro que afrontan los indocumentados, éstos siempre preferirán intentar cruzar a Estados Unidos.

"Aunque las advertencias sobre los peligros son imprescindibles, la realidad es que la desesperación vence al miedo" que puedan tener los indocumentados, dijo la abogada Claudia Smith, representante de la Coalición.

Los grupos, opuestos a una operación de vigilancia en la frontera de California opinaron que los indocumentados tratan de cruzar por esas áreas de peligro "empujados" por el operativo "Guardián" de las autoridades de inmigración en el área de San Diego.

Smith dijo que le resulta "terriblemente irónico que la Patrulla Fronteriza emprenda campañas para rescatar a aquellos que deliberadamente se ponen en riesgo mortal". (EFE).

# Documentos Despejaran Incognitas Vinculos EEUU Con Pinochet

por Elena Moreno

Washington, 2 dic (EFE).- La desclasificación de documentos del Departamento de Estado sobre Chile aportará nuevos datos acerca de la violación de derechos humanos durante el régimen del general Augusto Pinochet, pero también de la manera en que Washington apoyó la dictadura militar.

"Es un paso muy importante porque hay literalmente miles de páginas en los archivos secretos de Estados Unidos que contienen la prueba de las atrocidades de Pinochet en Chile y de actos de terrorismo internacional fuera de Chile", dijo hoy a EFE Peter Kornbluh, analista del Archivo Nacional de Seguridad.

Estos documentos "constituyen el tipo de prueba que necesita España para seguir adelante con su proceso", añadió Kornbluh.

Sin embargo, la difusión de esos nuevos documentos no será efectiva de un día para otro y más bien podría tardar meses, aunque "se están duplicando los esfuerzos para hacer públicos esos documentos dentro de lo que marca la ley", manifestó a EFE un portavoz del Departamento de Estado.

La decisión de EEUU se toma en un momento de duras críticas por su visión selectiva de la justicia internacional y poco antes de que se celebre el 50 aniversario de la Declaración Universal de los Derechos Humanos, algo en lo que Washington no duda en declararse abanderado.

"El Gobierno de Bill Clinton ha decidido desclasificar documentos por la presión internacional y la de los familiares de las víctimas estadounidenses de Pinochet", dijo Kornbluh, en referencia a los seis ciudadanos de este país asesinados en Chile durante la dictadura militar de Pinochet.

Esta decisión se puede considerar como la primera señal de que EEUU está dispuesto a colaborar en el proceso judicial entre el Reino Unido, España y Chile sobre Pinochet del que se mantiene a distancia prudente.

Sin embargo, "el Gobierno de Clinton es reticente. No se sabe todavía si de verdad se ha comprometido a abrir la puerta de una historia tan oscura como ésta y a ayudar realmente a los españoles", dijo Peter Kornbluh.

La Casa Blanca ha reiterado esta semana su disposición a colaborar con las peticiones de la Justicia española a través del

tratado bilateral que existe entre ambos países.

Tampoco serán los primeros documentos que EEUU saca a la luz sobre los 17 años de permanencia en el poder de Pinochet, a quien la CIA (Servicio Central de Información) ayudó y financió para dar el golpe de Estado de septiembre de 1973 que en una semana le permitió controlar todo el país.

Washington ya hizo públicos toda una serie de documentos de la CIA, el FBI (Oficina Federal de Información), del Consejo Nacional de Seguridad, de los Archivos Nacionales y de la Agencia de Información de la Defensa sobre los abusos cometidos por Pinochet y la secreta DINA que recibía sus órdenes directas.

Entre ellos, algunos sobre las acciones de la "Operación Cóndor", entre varios países sudamericanos para eliminar a los marxistas, o correspondencia entre el FBI y la DINA sobre las reuniones entre Pinochet y terroristas italianos o la colaboración entre esa agencia chilena y cubanos anticomunistas.

También hay un telegrama dirigido al Departamento de Estado sobre el asesinato de dos ciudadanos estadounidenses, Charles Horman y Frank Teruggi, por los militares chilenos después del golpe de Estado.

"Estados Unidos tiene miedo en dos niveles: primero porque se conocerá su papel de apoyo a Pinochet antes y después en una historia que es de vergüenza ajena, pero también porque no quieren crear precedentes" que salpicarían a algunas de "sus figuras con más honorabilidad" como el ex secretario de Estado Henry Kissinger que apoyó a Pinochet, dijo Peter Kornbluh.

Este experto opina que la Casa Blanca "no debería de dejar pasar la oportunidad para juzgar a alguien que tuvo un papel directo en (actos de) terrorismo internacional ocurridos en las calles de Washington, como fue el asesinato del ex embajador chileno Orlando Letelier y de los estadounidenses Ronni Karpen y Charles Horman".

Añadió que "si Estados Unidos quiere que el mundo le vea como un líder de los derechos humanos, deberá tener una posición fuerte sobre este caso que tiene un simbolismo muy fuerte porque Pinochet es el responsable del primer debate sobre los derechos humanos en la política exterior de este país".

## Border Crossing Fatalities:

# Nature Stands In the Way Of Undocumented Immigrants

El Paso, Texas-First the heat, then the river and last the cold. Those are the principal natural causes that kill hundreds of undocumented immigrants who go up against all obstacles just to reach the United States.

Over the past year, 254 border crossers have died, more than double from the previous year, on the harsh terrain between Mexico and the U.S., according to spokesperson for the Immigration and Naturalization Services, Virginia Kice.

The leading cause of death, figuring in one third of fatalities, was over-exposure to sunlight in desert regions. Drowning, especially in irrigation canals, was the second most common cause and cold winter temperatures ranked third.

Anticipating the return of colder temperatures that have already taken several lives in the California mountains, the INS and border patrol divisions have stepped up patrols in the most dangerous areas and included agents trained to treat hypothermia. Defenders of immigrant rights are unimpressed by these measures and attribute the alarming rise in deaths to the increased presence of border patrol agents.

"They are forcing them to risk their lives," said an official for the Coalition of Border Rights, Laura Valdiz, referring to intensive operations like "Gatekeeper" and "Hold the line" implemented by the patrol in recent years.

While a surprising number of undocumented immigrants who dream of a better life in the U.S. die making the trip, the most shocking reality is that 20 percent of border land victims are never identified.

The border of California, where 126 fatalities occurred this year, is the most pernicious for border crossing, according to INS statistics, followed by the borders of Texas and New Mexico where 109 deaths were reported. In Arizona, however, only nine victims of extreme weather were recorded.

The INS and border patrols refuse to allow immigrant rights groups to point the finger at them for increasing casualties and insist their activities have actually saved dozens of lives.

Spokesperson for the border patrol in El Paso, Doug Messier, said "coyotes" or "polleros," the common term for traffickers of undocumented immigrants, are primarily responsible for the deaths. In many cases, the coyotes transport the border crossers in tightly packed vehicles over the border and abandon them in remote desert areas.

"The polleros are interested only in money and not the safety of the people that hire them to get into the United States," he explained.

"Although the people who live in border cities generally try to cross into the U.S. by themselves, the majority of people from the interior of Mexico and especially those from South

America turn to polleros."

### Rescue patrols

Preparing to launch rescue efforts in the mountains during winter, the border patrol of San Diego is equipping its agents with medical kits, quick-response vehicles and paramedical training.

Spokesperson for the patrol, Gloria Chavez, said they are distributing 250 first-aid kits with supplies to treat victims suffering from symptoms of hypothermia. The kits include emergency blankets that are clearly visible from a distance, and medicines that stabilize a person's body temperature, as well as flashlights and canned foods.

As part of their pre-season training, 80 border patrol agents, many who will be assigned to the mountains east of San Diego where 250 border crossers were picked up last year, are also completing courses in paramedical attention.

### Failed warnings

Concerned over the need to alert Mexicans "desperate to find work" of the risks in crossing the border illegally, a binational coalition of non-governmental organizations criticized efforts to educate possible border crossers.

The coalition of Groups in

Support of Migrants, with members in California and Mexico, said that undocumented immigrants tend to ignore the potential dangers, especially cold weather, and attempt to cross the border any way.

"Although warning [people] of

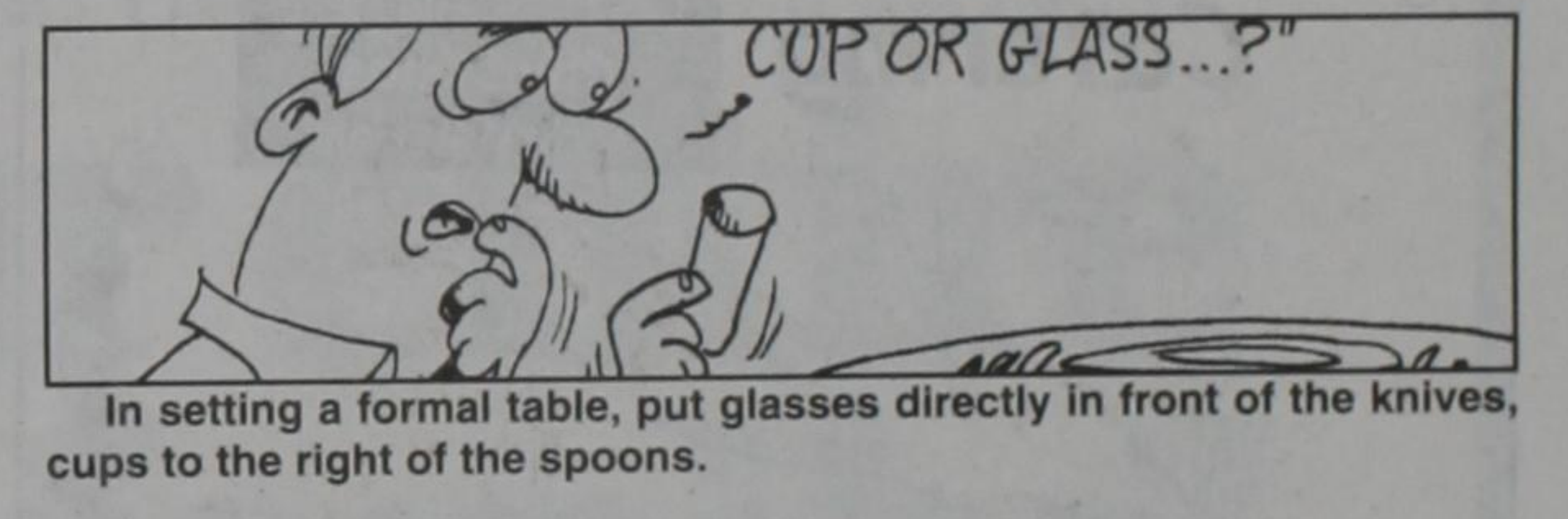
the dangers is imperative, the reality is that desperation overcomes the fear that undocumented immigrants may have," said a representative for the coalition, Claudia Smith.

**CHRISTMAS PARTY!**  
with  
**R333**

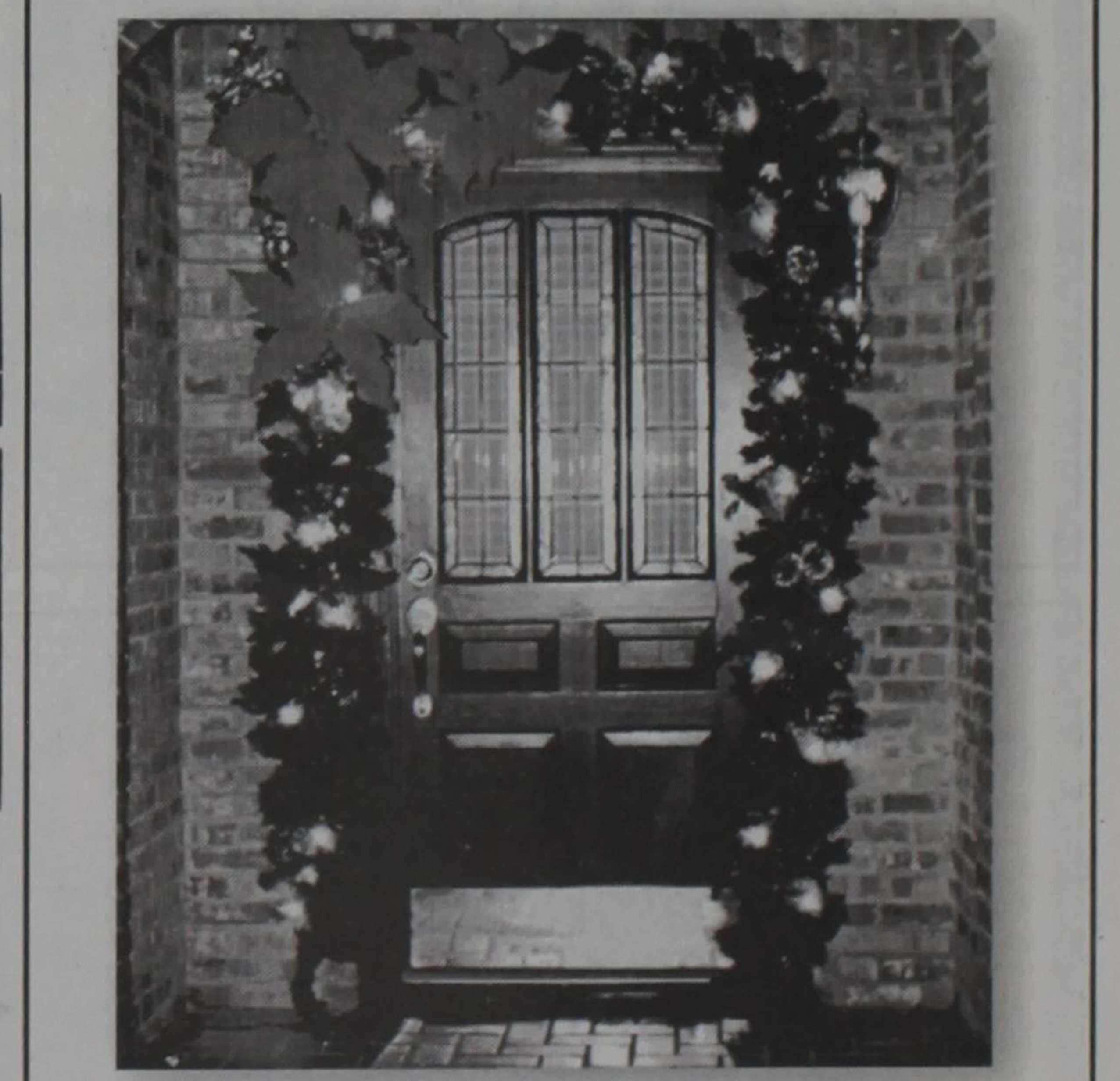
**We extend this invitation to all our friends, and our community to celebrate with us.**

**Merry Christmas & a Prosperous New Year!**

Saturday Dec. 19 1998 - 5th & MLK Blvd.



In setting a formal table, put glasses directly in front of the knives, cups to the right of the spoons.



It's all part of the **Home-Owned Advantage** making your season bright

For over 80 years Lubbock Power & Light has been providing the power to light this very special time of year. As dazzling lights twinkle and dance in the frosty air, LP&L is proud and thankful to light the way for us all during the magic of the holidays. In many ways LP&L is helping us enjoy the special reflection and sparkle of the season, which is all part of the home-owned advantage of Lubbock Power & Light.

**LP LUBBOCK POWER & LIGHT**  
1301 Broadway • 775-2509

Walk-Ins Welcome • Walk-Ins Welcome • Walk-Ins Welcome • Walk-Ins Welcome • Walk-Ins Welcome

**HAIR DESIGNS** BY PHIL  
PARK TOWER, SUITE 107  
1617 27TH & Q, 747-4659  
Mon.-Sat. 9 to 6

**For Picky People**  
Shampoo Condition, cut & style.....Reg. \$25  
1st time visit only \$18.00

**TAN**  
1 month Unlimited Only \$17 (Wolf System)

**Matrix Perms**  
\$25 ..... short  
\$35 ..... medium  
\$45 ..... long (very long hair is extra) (spiral extra)

**Shampoo & Haircut only \$10.00**

EXPIRES 8-15-99

**LIGHTS**

**BROADWAY**  
A HOLIDAY FESTIVAL

**citibus**  
City Lights Tour  
Tours Begin  
Thursday, Dec. 17th through Sunday Dec. 20th

Dec. 17th tour will be at 7:00  
Dec. 18th -20th tours will be at 7:00 & 8:00

**Ticket Price \$3.00**  
Ticket sales begin Nov. 30th

Tours leave from Spikes Bros. Furniture parking lot located at 7004 Salem Ave. (South Loop and Quaker)  
Call 749-2929 and 767-2380 Ext. 240 for Ticket Locations.



# Red Raiders to Play Mississippi In New Year's Eve Game

Lubbock, TX - After weeks of anticipation, the Texas Tech football team learned on recently where it will be going bowling during the holiday season.

The Red Raiders will spend New Years Eve in Shreveport La., in a contest with Ole Miss at the Sanford Independence Bowl.

Texas Tech Athletic Director Gerald Myers officially accepted the invitation to the Sanford Independence Bowl last week.

"We graciously accept the invitation extended by the Sanford Independence Bowl to play Mississippi on Dec. 31 in Shreveport," Myers said. "Our fans are excited about the opportunity to travel to Shreveport, take part in all of the wonderful bowl activities and watch a great college football matchup. We are looking forward to the hospitality of the bowl committee and the people of Shreveport/Bossier City."

Texas Tech coach Spike Dykes expressed his excitement about playing in the New Years Eve game in a press conference held Sunday evening at Texas Techs athletic offices.

"The Sanford Independence Bowl is a tremendous opportunity for us," Dykes said. "They've gone overboard to make it one of the best bowls in the country. I think its a great reward for a long, hard season."

Sundays selection of Texas Tech and Mississippi for the Sanford Independence Bowl sets up a rematch of the 1986 Independence Bowl, which Mississippi won 20-17. The 1986 game also marked the beginning of Dykes tenure at the helm of the Texas Tech program.

This time around, David Cutcliffe, who comes to Mississippi from the University of Tennessee where he was the Volunteers offensive coordinator, will make his debut as the head coach at Ole Miss. Cutcliffe replaced former Rebel coach Tommy Tuberville when Tuberville left Mississippi at the end of the regular season to become the head coach at Auburn.

"I think its ironic that were playing Ole Miss," Dykes said. "I hope it will turn out the same for the new kid on the block."

Dykes said he is wary of the new offensive scheme that Cutcliffe will bring to the Mississippi program. The Red Raiders



last faced a Cutcliffe offense when Texas Tech opened the 1997 season at Tennessee. Peyton Manning and the Volunteer offense helped Tennessee overpower the Raiders 52-17.

This season Cutcliffe helped lead Tennessee to a 12-0 record and he is fresh off an SEC Championship game in which Tennessee scored two touchdowns in the fourth quarter to win 24-14.

Texas Tech defensive end Montae Reagar said that watching the bowl picture unfold on Saturday and Sunday increased his anticipation of the Red Raiders chance to play in the post season.

We had a good feeling that we were going to the Independence Bowl for a long time," Reagar said.

Texas Tech became bowl eligible on Oct. 10 when the Raiders defeated Oklahoma State 24-17 to run their season record to 6-0.

Despite losing four of its final five games of the regular season, a 42-35 win over Texas and a 7-4 mark elevated Texas Tech to post season play for the fifth time in six seasons.

Ticket orders will be filled on a priority basis: a) football option holders who are Red Raider Club members; b) football option holders; c) season ticket holders; and d) general public.

The Athletic Ticket Office will be mailing a ticket order form to all option and season ticket holders and single-game

ticket buyers in 1997 or 1998 that should be received within a few days. Those order forms must be returned by Dec. 18 to ensure priority seating. In person or telephone orders will not affect ticket purchase priority. All orders will be processed through the order cards distributed through the mail.

All seating will be assigned based on priority beginning Dec. 19.

General public and over-the-counter orders are being taken beginning Wednesday, Dec. 9 at the Athletic Ticket Office or by calling 1-888-go-Big12. All general public orders will be filled as quickly as possible following the priority distribution process.

Ticket prices are \$25, \$30, and \$35.

Texas Tech Bowl Game Press Conference 1998 Sanford Independence Bowl Texas Tech vs. Mississippi December 6, 1998 Head Coach Spike Dykes

"We are extremely excited, this is the sixth year in a row that we have qualified for a bowl and I am very proud of our players for that and what they have done. It is not easy to do that. This has been a season where we have had some good moments and some low moments. The Independence Bowl is a tremendous opportunity for us. I dont think we have ever played in a more popular bowl as far as our fans and players are concerned. Shreveport has gone overboard to make it one of the better bowl games. I have talked to several friends at Notre Dame and LSU, who played there last year, and they said it (Independence Bowl) was one of the most outstanding experiences they have ever had. I think it is a great reward for a hard fought season. We are just very excited."

"I find it very ironic that we are playing Ole Miss. I started my tenure at Texas Tech in the Independence Bowl against Ole Miss. It was a real funny situation.

On Ole Miss  
"We arent going to know anything about them until we kick it off. David Cutcliff, their new head coach, is coming from Tennessee where he was the offensive coordinator. We know plenty about Tennessee because we played them in the season opener last year. I think that by this time in the year, our guys have seen just about everything on both sides of the ball. We will have a game plan that takes effect when the game starts."

# El "Dream Team" Latino

Eduardo Balderas Sr.  
Los números finales en las estadísticas de las diferentes categorías ofensivas para la temporada de 1998 demuestran una vez más la gran calidad de los peloteros latinos jugando en las Ligas Mayores.

La admiración y el interés despertados por las hazañas de Sammy Sosa con el tolete durante la campaña, en ocasiones distrajeron en parte la atención de los fanáticos acerca de la actuación de otros atletas; sin embargo, los números no mienten.

Imaginen por un momento un equipo formado exclusivamente por jugadores latinos en el terreno de juego.

"Damas y Caballeros preparen sus lápices y libros de anotación, las alineaciones para el juego de hoy son las siguientes:

En las paradas cortas la sensación dominicana Alex Rodríguez (Seattle Mariners), el tercer jugador en la historia del deporte logrando conectar 40 batazos de circuito, robándose 40 o más bases durante el campeonato. Sus números: porcentaje de .310, 40 cuadrangulares, 124 carreras producidas y 46 bases robadas.

Recibiendo, el boricua Ivan Rodríguez (Texas Rangers), ganador del guante de oro por séptima vez consecutiva al retirar el 43.7 por ciento de los corredores tratando de robarse una base. Rodríguez bateó .321, con 21 cuadrangulares y 91 carreras impulsadas.

Patrullando la pradera central el boricua Bernie Williams (New York Yankees), campeón bateador de la Liga Americana, finalizando con un promedio de .339, al mismo tiempo que conectó 26 cuadrangulares empujando 97 carreras en sólo 128 encuentros debido a una lesión.

La sensación dominicana de 1998, en el jardín derecho, Sammy Sosa (Chicago Cubs), al igual que McGwire, superó las

marcas de cuadrangulares del gran Bambino y de Roger Maris, conectando 66 tablazos de cuatro esquinas, además bateó para un porcentaje de .308, sus 158 carreras empujadas fueron el mayor número en las Mayores. Sin lugar a duda, el Jugador Más Valioso en la Nacional.

En la pradera izquierda el boricua Juan González (Texas Rangers), llegó al juego de estrellas con 100 carreras impulsadas, algunos problemas físicos lo mantuvieron fuera y redujeron su productividad, sin embargo, bateó .318 con 45 cuadrangulares y produjo una carrera menos que Sammy para un total de 157.

En la antesala el mexicano de Oaxaca Vinicio Castilla (Colorado Rockies) por tercer año consecutivo conectó más de 40 cuadrangulares, bateando para un porcentaje de .319 con 46 palos de circuito y 144 carreras empujadas.

En primera base "El Gato" venezolano Andrés Galarraga (Atlanta Braves), el robusto toletero conectó para un porcentaje de .305 impulsando 121 carreras con 44 cuadrangulares.

En segunda el puertorriqueño Roberto Alomar bateando .282, 14 cuadrangulares 56 carreras empujadas y 18 bases robadas.

El serpentinerero inicialista Pedro Martínez (Boston Red Sox) impuso una marca de 19 ganados y sólo 7 perdidos, con un promedio de carreras limpias aceptadas de 2.89, completando 3 juegos, dos de ellos por blanqueada.

Listo para cerrar el juego se encuentra Mariano Rivera (New York Yankees), el lanzallamas quien salvó 36 juegos en 61 entradas con un promedio de carreras limpias en contra de sólo 1.91.

En la banca:  
Los jardineros dominicanos Vladimir Guerrero (Los Angeles



Dodgers), Moisés Alou (Houston Astros) and Manny Ramírez (Cleveland Indians); jugadores de cuadro: los cubanos Rafael Palmeiro (Baltimore Orioles) and Fernando Viña (Milwaukee Brewers) el méxico-americano Nomar Garciaparra (Boston Red Sox) y el venezolano Edgardo Alfonzo (New York Mets); receptor suplente el boricua Javier López (Atlanta Braves). Lanzador inicialista el dominicano José Lima (Houston Astros) y para cerrar, el venezolano Ugueth Urbina (Montreal Expos)".

Este equipo mítico se podría enfrentar en igualdad de circunstancias con cualquier selección de jugadores en las Mayores.

Los peloteros latinos se pueden hablar de tú a tú en todas las fases del deporte con cualquiera en las ligas mayores, no importa que a muchos de los que dejaron su huella en los diamantes -huella que permanece indeleble en los anales del béisbol - se les niegue el reconocimiento que se han ganado a fuerza de sacrificios y dedicación.

Tal vez un día nos decidiremos a exigir la justicia que pondrá en el Salón de la Fama a Adolfo Luque, Orlando Cepeda, Tony Pérez, Tony Oliva, Orestes Miñoso, etc., etc.

## Heavy month for boxing

Some of boxing's former biggest heavyweights -- Mike Tyson, George Foreman and Larry Holmes -- could make a name for themselves again next month when three heavyweight bouts appear on January's card. Holmes and Foreman will face off in Houston on Jan. 9 and Tyson will fight Francois Botha in Las Vegas the following week. Also, Michael Grant and Andrew Golota will fight Jan. 30 in Atlantic City. "I want to become recognized as one of the best heavyweights in the world," said the undefeated Grant.



Michael Grant's bout Jan. 30 will be his first in eight months. (Allsport)

## A Cop Is After Roy Jones

By ED SCHUYLER JR.  
NEW YORK - For Roy Jones Jr.'s next fight, they've called a cop.

He's Rick Frazier, a 39-year-old New York City policeman, who will challenge Jones for the WBC-WBA light heavyweight titles Jan. 9 at the champion's hometown of Pensacola, Fla.

Frazier said Monday he won't be bothered by fighting before a hostile crowd or being a decided underdog.

"Look, I'm a cop - the most hated profession in the world," said Frazier, a 17-year veteran of the force, stationed in Harlem, where he was born.

"I know the writers and other people don't have much hope for me, but I have hope in myself," he said.

Frazier, ranked No. 1 by the WBC and No. 2 by the WBA, has only an 18-3-1 record, with seven knockouts, in seven years as a pro. Most of his fights were scheduled for less than 10 rounds. His title bid will be at 12 rounds.

The Jones-Frazier fight will be the second half of an HBO doubleheader. Shane Mosley (30-0, 28 knockouts), who did not attend Monday's news conference, will defend the IBF lightweight championship in the first bout.

Mosley was to have defended against Justin Rowell of Australia, who was 27-0-1 until this past weekend. Then he got knocked out in the sixth round by Lovemore Ndou of South Africa in Australia. A new challenger to Mosley is expected to be announced this week.

What will be a WBC mandatory defense for Jones (38-1, 32 knockouts) will be the first match of what could be his busiest year since he fought four times in 1993.

"I'd like to see him fight five times, and I think you will see him fight four times," said Seth Abraham, president of Time Warner Sports.

Jones, who will be 30 Jan. 16, admitted he did lose interest in boxing for a time, but "I think I'm really starting to enjoy myself in the ring again."

Jones last fought Nov. 14 when he stopped Otis Grant in the 10th round. The 56 days is the shortest period he's had between fights since he fought twice within 49 days in 1996.

Frazier reportedly is getting \$400,000 for his big chance and will be able to prepare properly.

"He'll be putting the gun down, putting the coffee and doughnuts down and concentrating on getting ready for the fight," said Elvis Phillips, Frazier's manager. "He won't be working from eight to four."

"I'm putting the gun down," Frazier said. "Maybe!"

## O. G. & E. Party Catering

Let Us Smoke Your Christmas Turkey or Ham



Special Occasions, Proms Fiestas, Quinceañeras

No Party Too Large or Small - We specialize in Smoking & Bar-B-Que All Types of Meats - Ribs, Brisket, Ham, Turkey

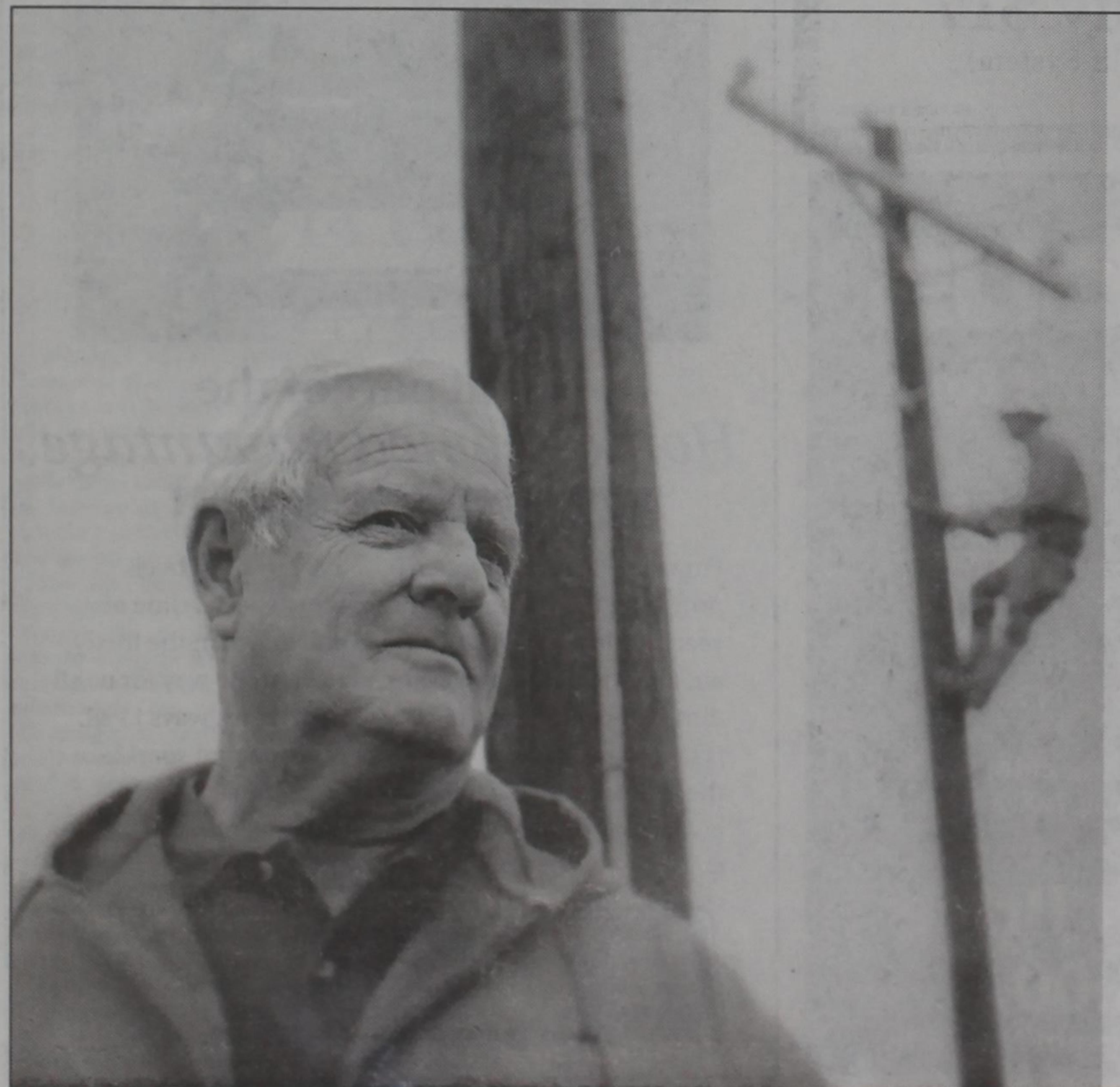
Call Us for a No Obligation Estimate  
Johnny - 797-8183, Abel - 745-5737  
Joe - 744-3048, Mobil 786-3408  
Richard 997-4251

**El Editor**  
**Christmas Edition**  
**Wish Your Customers & Friends a Feliz Navidad!**  
**In Our Special Edition**  
**December 23**  
**Call Today to Advertise**  
**806-763-3841**

## THERE IS NO HALL OF FAME FOR OUR LINEMEN, JUST LOTS OF HAPPY CUSTOMERS.

Meet Lee Dillard. He created the SPS lineman training facility here in Lubbock. It's where the linemen develop the know-how needed to do their jobs safely and efficiently. And even though they'd never say this, it's where they have become some of the best linemen in the world and have learned superior customer service. In fact, for the past two years SPS linemen have placed first in international competition. But they'll never mention it. Instead, they let their work do all the talking.

Energy, beyond.





# And the Cowgirls Thought They Could Be Super Bowl Contenders - Ha!

It doesn't say much about the Cowboys when one of the two Cowboys that made the Pro-Bowl being an injured player. And it was like a veil that hides an ugly face on a shapely belly dancer, playing in the NFC East that allowed the Dallas Cowboys to deceive themselves into thinking that they were a legitimate Super Bowl contender.

It's fool's gold. Playoff run? The Cowboys must first qualify for the playoffs. What appeared to be a certainty is still uncertain after a 20-17 loss to Kansas City Sunday afternoon at Arrowhead Stadium.

Dallas (8-6) needs only one win to clinch its sixth division ti-

tle in seven years. But winning the NFC East isn't the accomplishment it once was. The Cowboys are 6-0 within the division but finished 2-6 against non-NFC East foes.

"I still feel like we've got an excellent chance to win the NFC East and that puts us in the playoffs," said Dallas owner Jerry Jones. "The question we really look at (is), 'Is this a Super Bowl team?'"

Evidence suggests, no way, no how. A three-game losing streak has raised doubts about whether Dallas can be a factor in the playoffs. The Cowboys realized that they weren't as talented as the Dallas teams that won three

Super Bowls earlier this decade. But once quarterback Troy Aikman returned from a broken collarbone, the offense was showing signs of possibly carrying this team.

Now there are major questions surrounding the offense. In the first five games after Aikman's return from a seven-week injury, Dallas averaged 390.6 yards, 30.2 points and 23.8 first downs. The last two weeks, with Aikman, the numbers have been ugly -- an average of 214.5 yards, 11.5 points and 12.0 first downs.

"I'm as surprised as anybody," said Coach Chan Gailey. "Things were going well and all of a sudden we've hit a stretch here

where we can't do anything. That's part of the evaluation process. You have to adjust. You have to see what you're doing that's causing you not to move the football. You've got to get it straightened out."

The first thing that must get straightened out is the running game.

Dallas ranked second in the league through 12 games. A rejuvenated Emmitt Smith was once again among the league leaders. But the Cowboys were held to a franchise-worst eight yards rushing in New Orleans and followed with a woeful 51-yard outing against the Chiefs.

Yet, the Cowboys' offensive problems aren't limited to the ground.

They've had trouble collecting first downs, much less touchdowns. Before putting together two fourth-quarter TD drives against the Chiefs, Dallas had gone seven quarters and 17 possessions without a touchdown.

"You're surprised because everything was clicking for us," said quarterbacks coach Buddy Geis. "But to say we're the only team this happens to, it isn't. It's just hit us at a time late in the season. All of a sudden, we woke up in the fourth quarter and were starting to click like old times."

To have any chance of winning in the playoffs, the offense must click for four quarters like it did in November. It's the tone of voice, more than what players and coaches are saying, that suggests doubt is creeping in.

"We're trying to get it right," Smith said. "We're working hard in practice. We've just got to keep persevering through this. It'll get better. That's all we can hope for is it will get better."

Talk of getting better in December isn't a good sign. Teams with Super Bowl aspirations don't limp into the playoffs.

"There will be those who will try to compare what happened last season to this season," Aikman said. "But it's a different season, a different attitude, a

different atmosphere, an entirely different season."

It's a different attitude, a different atmosphere, an entirely different season. But for the second consecutive year, the Cowboys are playing their worst football late in the season. Last year, Dallas lost its final five games to finish 6-10.

"This isn't going to be the same December," said linebacker Randall Godfrey. "We know what we're capable of doing. We've just got to do it."

We're not going to fall in that hole. We're not going to think we're down now; we're in a drought. We've seen what our offense can do, what our defense can do. We've just got to make it happen."

Even if the Cowboys make it happen and finally nail down the division title next week, they have yet to show the characteristics needed to be a quality playoff team capable of making a Super Bowl run.

## El Editor Newspapers

is a weekly bilingual published every Thursday by Amigo Publications in Lubbock, Texas, 1502 Ave. M, 79401. Tel. 806-763-3841. Subscribing \$40 per year payable in advance. Opinions and commentaries expressed by guest columnists do not necessarily reflect the opinions of the publisher or of advertisers.

Editor/Publisher: BidalAgüero  
Manager: Olga Ríos Agüero  
Subscription: Bob Craig  
Distribution: Joe Shelby

Subscribe Today To:  
**EL EDITOR**



It's predicted that half the world's population will live in cities by the year 2000.

## Fernando Vargas Lands Punch In His Tko Victory



Atlantic City, New Jersey - Fernando Vargas (R) of Oxnard, California lands a punch on Yori Boy Campos from Mexico City, in the sixth round of their IBF Jr. Middleweight fight December 12 in Atlantic City, New Jersey. Vargas won the fight on a TKO in the seventh round.

## WIGLEY

Rentals and Sales

Super December Specials

1 Magnocot Sign Machine - \$100

1 Counter Popcorn Machine - \$150

1 10 ft Stainless Ice Ben

& Drink Dispenser - \$150

Chrome Clothes Racks - Long & Round

Wooden & Metal Storage Racks

8 ft. Glass Show Cases

Wood and Metal Shelves

Leather and Wooden Chairs \$10 each

1 Plastic Shrink Machine - \$50

MANACANS

CALL TOM WIGLEY - 795-2204

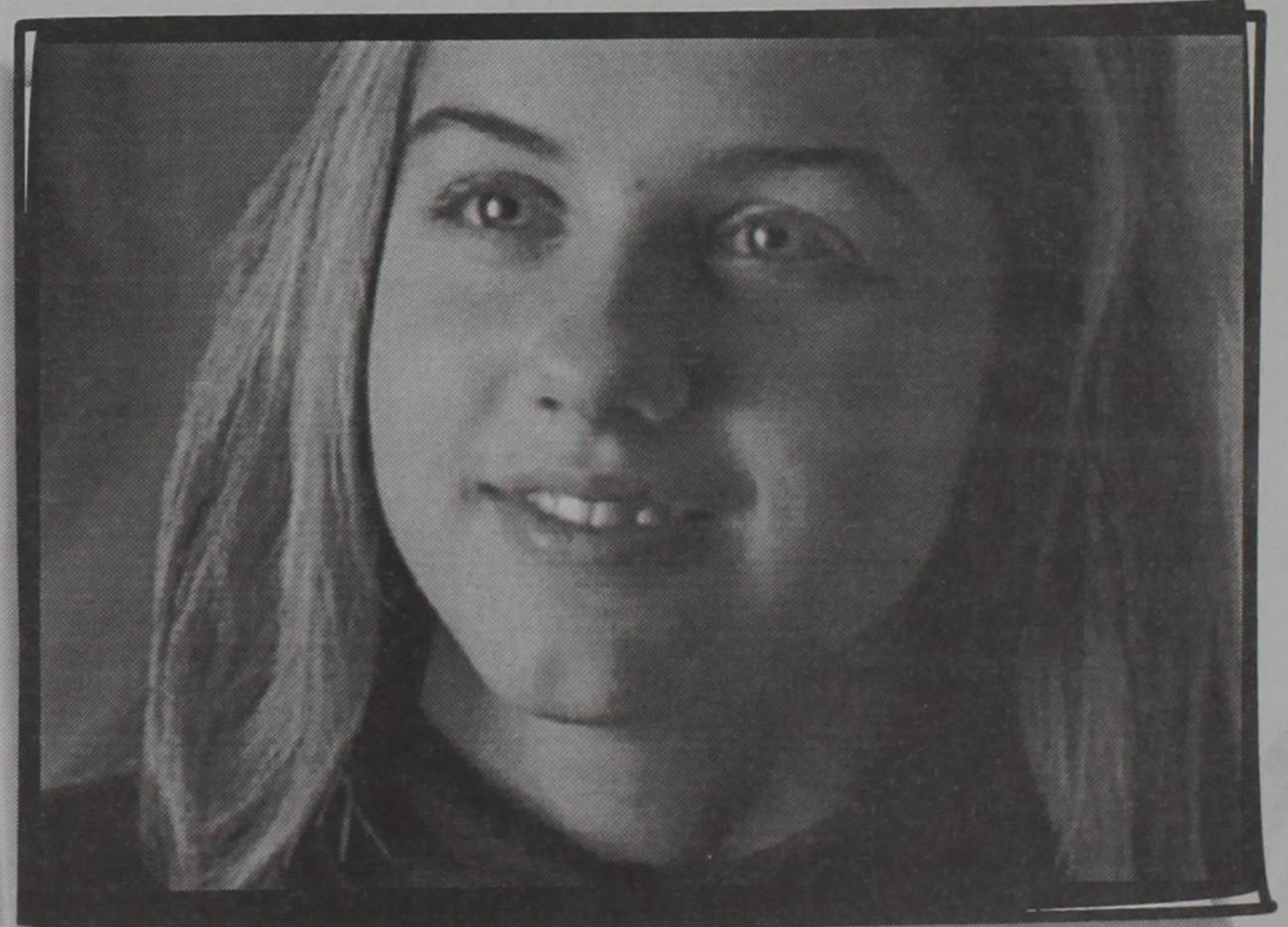
OR COME BY 7903 WEST 19TH



Today, people depend more on their physician. They trust their family doctor to answer their healthcare questions - someone who listens, knows and cares about them.

Whether delivering babies, treating children, addressing women's health issues, treating athletic injuries, or caring for senior citizens, the Family Practice Center at Texas Tech Medical Center provides total and complete medical care for your entire family.

"The best doctors meeting the healthcare needs of your entire family"



You want the most knowledgeable doctors for your family. At the Texas Tech Medical Center's Family Practice Center you'll find some of the finest doctors specializing in family medicine... doctors at the forefront of medical technology. The best medicine for your family is at the Texas Tech Medical Center. You'll find some of the world's best doctors - some of the region's very best doctors and they can be your doctor too.



TEXAS TECH MEDICAL CENTER

AMARILLO · EL PASO · LUBBOCK · ODESSA

Teaching. Caring. Healing.



LP&L is committed to the quality of life in Lubbock.

For over 80 years Lubbock Power & Light has been committed to our customers by providing the power and service that is second to none.

LP&L has always been there around the clock with emergency service and has one of the highest reliability factors of any electric utility.

LP&L is also approaching completion of a highly efficient lighting system which provides twice the light for the same operating costs.

This improved lighting makes Lubbock's streets safer and more secure.

No matter where you turn, day or night, LP&L is delivering a source of power that lets you travel the world without leaving the city or just do the little things in the comfort of your home. LP&L being a good friend and a good neighbor - is all part of the home-owned advantage of Lubbock Power & Light.

It's all part of the Home-Owned Advantage



LUBBOCK POWER & LIGHT

1301 Broadway • 775-2509



# Genética Y Adicción

Cualquier adicción afecta al individuo total e irracionalmente, al margen de si es una situación claramente reconocida que implica una droga, como el alcohol, la heroína, etc., o un estado no tan divulgado como la compulsión a comer en exceso que le lleva a la obesidad o la de asumir riesgos que le llevan al juego de una manera patológica.

## Louis Levine

La adicción es la dependencia total de un individuo de una sustancia o actividad para obtener una sensación de bienestar. El ansia de un adicto por la sensación que acompaña a un hecho específico tiene por resultado la canalización de todos sus esfuerzos hacia el logro del resultado deseado. Cualquier adicción afecta al individuo total e irracionalmente, al margen de si es una situación claramente reconocida que implica una droga, como el alcohol, la heroína, etc., o un estado no tan divulgado como la compulsión a comer en exceso que le lleva a la obesidad o la de asumir riesgos que le llevan al juego de una manera patológica.

## Obesidad

Comer en exceso es un problema mundial cada vez mayor, sobre todo entre los ciudadanos más opulentos de los países ricos. Está demostrado que las personas con exceso de peso corren un riesgo mucho mayor de padecer diabetes, hipertensión, dolencias cardíacas y cáncer que las personas no obesas. Estos problemas médicos provocan que las personas con sobrepeso mueran más jóvenes que el resto de la población.

Aunque la tendencia a comer en exceso y volverse obeso está asociada en general con una dieta alta en grasas y un modo de vida sedentario, hay pruebas de que la compulsión a comer está determinada en buena medida por los propios genes. Hay una serie de estudios que comparan la incidencia simultánea de la obesidad en grupos de gemelos idénticos, en grupos de gemelos del mismo sexo no idénticos y en hermanos del mismo sexo. Los resultados obtenidos llevaron a la conclusión de que hay una serie de factores genéticos implicados en la compulsión a comer en exceso y de que juntos dan razón de aproximadamente el 40% de la obesidad que se observa en los diversos grupos de hermanos. Este hallazgo lo reforzaron investigaciones que comparaban el peso de niños adoptados con el de sus padres biológicos y adoptivos. El peso de los hijos adoptados se parecía al de sus padres biológicos más que al de sus padres adoptivos.

## Cerebro

El cerebro está muy implicado en el proceso mediante el cual un individuo se convierte en un adicto. Dentro del cerebro hay una serie de estructuras que, cuando se estimulan, nos dan una sensación de placer. Están conectadas unas a otras por células nerviosas especializadas que producen y distribuyen diversos compuestos químicos que sirven para estimular estos centros de placer del cerebro. Uno de los compuestos químicos, llamado dopamina, lo liberan poco a poco las células nerviosas especializadas siempre que una persona come o bebe, produciendo con ello una sensación de bienestar cuando la persona ha consumido una cantidad suficiente de comida. Para que la dopamina tenga el efecto de suprimir el apetito, tiene que entrar en las células del cerebro a través de lugares específicos de enlace llamados receptores, que están presentes en las membranas de las células cerebrales. Estos receptores los produce un gen llamado D2. Hay una copia del gen en cada uno de dos de nuestros cromosomas. El gen D2 puede tener una de dos formas, A1 o A2. Por lo tanto, cada uno de nosotros tiene una constitución genética A1A1, A1A2 o A2A2.

Cuando se estudia la asociación de un gen determinado con un rasgo físico o de comportamiento, se tiene la costumbre de calcular cuántas personas en una población tienen el gen determinado. A esto se alude como la frecuencia del gen y, en el caso del gen A1, sería la suma de todos los que son A1A1 y todos los que son A1A2 en su composición genética. En la población general, sólo el 26% de la gente porta uno o dos genes A1. No obstante, si se observa a

los miembros obesos de la población, se descubre que la frecuencia del gen A1 en este grupo es del 45%. Por último, si se examina sólo a los miembros del grupo de obesos cuyos padres también eran obesos, se encuentra que la frecuencia del gen A1 sube al 85%. Está claro que ser portador de uno o dos genes A1 sitúa a la persona en un riesgo considerable de convertirse en alguien con compulsión a comer en exceso y de llegar a ser un individuo obeso.

Hay estudios de laboratorio que han descubierto que el gen A1 produce el 30% menos de receptores de dopamina en las membranas de las células cerebrales que el gen A2. En estas condiciones, una cantidad considerable de la dopamina producida por las células nerviosas especializadas en respuesta a la ingestión de una comida normal no puede entrar en las células cerebrales de una persona portadora del gen A1 y darle una sensación de bienestar. El individuo responde a esta falta de satisfacción comiendo compulsivamente más y más para alcanzar la sensación deseada.

A través de la investigación se ha producido una medicina llamada bromocriptina que parece aumentar la transmisión de dopamina a través de receptores del gen D2. No obstante, aun si el uso de este compuesto químico se puede llegar a convertir en un tratamiento para la obesidad, no curará todos los casos de comer en exceso porque hay otros genes que también pueden contribuir al ansia por la comida que tiene una persona.

Los que sufren de la compulsión de comer en exceso se han de volver conscientes de su difícil situación y emprender la difícil tarea de aprender a restringir sus hábitos de comida.

## El ansia

Hay un grupo diferente de adicciones que se caracteriza por el ansia por un tipo particular de experiencia. Un ejemplo es la sensación de excitación que proviene de asumir riesgos. Esto se ve claramente en el patológico juego por dinero.

A pesar de que jugar por dinero se considera en general un comportamiento socialmente aceptable, el impulso compulsivo a jugar puede ser tan devastador para el jugador y su familia como una adicción a una droga. Los jugadores patológicos sienten la abrumadora necesidad de jugar, un patrón de comportamiento muy conocido llamado "síndrome del juego compulsivo".

Empieza casualmente cuando el individuo gana una o más apuestas y siente el "piquete" que acompaña a esta experiencia. Después sigue un periodo en el que cuando pierde, tiende a apostar más para salir sin ganar ni perder. A medida que aumentan las pérdidas, el jugador patológico tiene una sensación de desesperación que le lleva a apostar aún más temerariamente. Por último, está la etapa de lo irremediable, cuando ya no tiene más dinero para apostar.

Las encuestas de jugadores patológicos revelan que la edad cuando se empieza a jugar por dinero varía de los 8 a los 57 años, con una edad promedio de 27.

También se ha determinado que la cantidad de tiempo empleado en jugar varía de 2 a 120 horas a la semana, con un tiempo promedio de 39 horas.

La investigación sobre la base genética del juego patológico se ha concentrado en los centros de placer del cerebro y en el gen receptor de la dopamina D2.

También en este caso, la forma A1 del gen parece desempeñar un papel importante.

Otra investigación ha descubierto que el gen A1 también está implicado en la adicción al alcohol, la cocaína y la nicotina. Por lo tanto, no es inusual que los jugadores patológicos puedan ser también adictos al alcohol, las drogas o ambos.

Lo que se desconoce son los factores que determinan qué tipo o tipos de adicción se desarrollaron en un individuo determinado.

Otra pregunta sin respuesta es por qué muchas personas A1A1 y A1A2 siguen sin tener ninguna adicción.

Louis Levine es profesor de genética en el City College de Nueva York. Fuente: Revista Nexos

# Mujeres Obesas Tienen Más Riesgos Cardíacos

Las mujeres con una cintura de 75 centímetros o más tienen el doble de riesgo de sufrir enfermedades coronarias (CHD) que sus congéneres delgadas, de acuerdo con un estudio realizado por investigadores de Boston, Estados Unidos.

Kathryn Rexrode y sus colegas del Brigham and Women's Hospital y la Escuela Médica de Harvard de Boston estudiaron a 44,702 mujeres de entre 40 y 65 años que estaban a priori libres de enfermedades cardíacas, apoplejías y cáncer durante un periodo de ocho años.

Los investigadores compararon el coeficiente de las caderas y la cintura (WHR) y la medida de la cintura para determinar el riesgo de CHD en las mujeres.

En descubrimientos anunciados en la Revista de la Asociación Médica Norteamericana, los científicos determinaron que las mujeres con un WHR de 0.88 o mayor son 3.25 veces más propensas a tener enfermedades cardíacas que aquellas con una relación de menos de 0.72.

Y las mujeres cuya cintura es de 95 centímetros o más tienen tres veces más riesgo de CHD, de acuerdo con el estudio. La relación entre la medida de la cintura y las caderas se establece dividiendo la medida de la cintura entre la de las caderas. La Asociación Dietética Norteamericana señala que un cuerpo sano requiere un WHR por debajo de 0.80 para la mayoría de las mujeres.

Los investigadores también descubrieron que el WHR y la medida de las caderas están asociados independientemente con los riesgos de padecer enfermedades coronarias en mujeres que presentan cuerpos sanos (con índices de masa de 25 - mujeres de 1.60 metros y 66 kg. o menos -). El índice de masa corporal se calcula dividiendo el peso en kilogramos entre el cuadrado de la altura en metros.

La obesidad abdominal está relacionada con anomalías metabólicas, que incluyen la resistencia a la insulina, hiperinsulinemia y niveles de triglicéridos elevados, así como el incremento de la incidencia de la hipertensión, la intolerancia a la glucosa y la diabetes melitus.

## El Bingo Grande

**Ahora En Domingo**

**12:30 p.m.**

LULAC Council 263

Sunday Starting at 12:30 pm


Regular Days Are: Thursday, Friday

& Saturday at 12:30 pm - New Games

Senior Citizens Lodge

6602 W. 19th St.

# No Creo En





# Pancho Clos

El y Santa son primos. Pancho teine burritos envez de venados y no dice ho, ho, ho pero grita A-¡ua!

## Feliz Navidad

Order Your Pancho Clos Sweat Shirt, Long Sleeve or T-Shirt Today

Call 763-3841

Same dream deals. New dream place.

You discovered them at Doubletree. You'll love them at Club Hotel by Doubletree. You're probably ready for one right now.

DREAM DEALS

\$79

PER NIGHT PER ROOM

DOUBLETREE'S DREAM DEALS HAVE JOINED THE CLUB.

Club Hotel by Doubletree continues the Doubletree tradition with Dream Deals! You get a terrific weekend rate, free continental breakfast for two, our complimentary chocolate chip cookies and your choice of check-out times.

Rate is per room, per night based on double occupancy. Rate subject to change without notice. Not applicable to groups. Additional restrictions may apply.

1-888-444-CLUB

www.clubhotels.com

<p><b>\$95</b></p> <p>Austin University Area 1617 IH 35 North at MLK Boulevard Austin, TX 78702 (512) 479-4000</p>	<p><b>\$79</b></p> <p>Houston Near Greenway Plaza 2828 SW Freeway Houston, TX 77098 (713) 942-2111</p>	<p><b>\$79</b></p> <p>San Antonio Airport 1111 NE Loop 410 San Antonio, TX 78209 (210) 828-9031</p>
--	--	---

## Lo Mejor En Comida Mexicana



# MONTELONGO'S RESTAURANT

3021 Clovis Rd - 762-3068

**El Editor**  
Newspaper's  
Christmas Edition  
Wish Your Customers & Friends a  
**Feliz Navidad**



In Our Special Edition  
December 23  
Call Today to Advertise  
806-763-3841