

Casualties of
 War in
 Iraq 4,802
 Afghan 3,047
 as of July
 5, 2012

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Affordable Care Act Brings Legal Challenge

INSIDE The Affordable Care Act

The majority of the components of the Affordable Care Act passed in 2010 by the Obama administration survived a legal challenge in the US Supreme Court last week.

While most political observers and so called legal experts had predicted that the conservative majority justices would strike down the whole law, it was left mostly intact.

But the court did rule against the administration on a provision that expands the state's Medicaid rolls.

By now most people have heard about the law and how it will affect them in one way or another. But, as is usually the case in these political sidekicks, the real questions go unanswered. They get lost in the political rhetoric and salesmanship used by opponents of the law to get voters on the side of the argument and to further their own political agendas.

Consequently, most people remain uninformed as to the real consequences, benefits and downsides of the law because they never fully understand it.

Just last week, a Gallup poll showed an even split on the court's decision with 46% of respondents agreeing with the decision and 46% disagreeing with it.

The best way to inform readers about the law is to provide some answers to some of the most frequent questions asked about the law; what it means and what the implications are to people's every day lives.

El Editor reviewed information concerning the new law and we provide readers with some questions and answers about how the law may affect you.

What is the Affordable Care Act?
 It is a health care law that was promulgated by the Obama administration and passed by Congress in 2010 in an effort to provide health care coverage for the over 30 million Americans who do not presently have any health coverage. It is also designed to help other groups like children who have been denied coverage because of preexisting conditions; young adults under the age of 26 who need to remain on their parents plan for whatever reason, and those who cannot afford coverage. It was also designed to reduce the extremely high cost of premiums and discourage people from choosing not to have insurance and using high cost options like emergency room services. It also requires insurance companies and Medicare to provide preventive care services, often at no cost to the patient, in order to address medical issues before they become major issues.

What are the most important parts of the law?
 Young adults under the age of 26 can now stay on their parents insurance even if they are not students; children with preexisting conditions can no longer be denied coverage; adults who have been uninsured for at least 6 months and have been denied coverage for preexisting conditions now have to be accepted by insurance companies; people on Medicare Part D prescription coverage will receive a 50% discount on name brand drugs when they exceed the first level of their coverage and enter the "donut hole" phase of coverage; people on Medicare and private insurance can now get preventive services like colonoscopy and mammograms usually at no cost to them; and insurance companies will not be able to place limits on coverage, meaning that someone who has cancer and undergoes expensive treatments will not reach coverage limits as they do now. Perhaps most importantly an individual with a catastrophic illness cannot be dropped from coverage as so often happens now.

Why is the law so controversial?
 The most controversial part of the law is what Republicans call "government mandate" requiring citizens to buy health insurance. The law states that people who choose not to get health coverage will have to pay a penalty when filing their income taxes. Republicans claim that that amounts to government interference while Democrats see it as a way to encourage people to buy coverage and avoid the high cost of medical care associated with people who have no health insurance.

Beginning on January 1, 2014 people who choose not to have insurance may have to pay a penalty. But, you won't have to pay an assessment if you have very low income and coverage is unaffordable to you, or for other reasons including your religious beliefs. You can also apply for a waiver

asking not to pay an assessment if you don't qualify automatically. Also, according to the IRS, the penalty will be waived for people with very low incomes who don't have to file tax returns, those who are members of certain religious groups, or people who face insurance premiums that would exceed 8% of family income even after including employer contributions and federal subsidies.

How much will the penalty be?
 In 2014, the penalty will be no more than \$285 per family or 1% of income, whichever is greater. In 2015, the cap rises to \$975 or 2% of income. And by 2016, the penalty will go to \$2,085 per family or 2.5% of income, whichever is greater.

The dollar amounts for a single adult would be \$95, \$325 and then \$625 during that same time period. The dollar amounts per child would be half that of adults.

The penalty will be pro-rated based on the number of months during the year that you're uninsured, although those who are uninsured for less than three months in a given year would not be subject to the penalty. It is easy to see in some cases it will be financially smarter to buy coverage.

Source of dollar amounts: Internal Revenue Service.

Who will benefit most from this law?
 People who cannot afford health insurance or who have lost their coverage due to unemployment will probably benefit the most. Also, young adults and those people with preexisting conditions who have been deemed uninsurable by the insurance companies. The federal government will also provide tax credits to help a person obtain health coverage.

What are the changes to Medicaid?
 Beginning in 2014, Medicaid will expand to cover individuals and families earning less than 133 percent of the federal poverty level. In 2012, this amount is around \$15,000 for an individual and around \$21,000 for a couple.

Some states like Texas (Governor Rick Perry) have said that they will not expand the Medicaid rolls even though the federal

government will reimburse the state for new Medicaid enrollees through 2014 and 90% of the cost thereafter. So it is unclear at this time, what will ultimately happen. It might depend on who wins the election, Obama or Romney.

What if I already have insurance though my employer?
 For those that do have health coverage through their employer, things will not change that much. Some Republicans are misinforming people by speculating that employers will just pay a penalty and discontinue insurance plans for their employees. But we fail to see how that will happen on a large scale; if that happens at all.

Employers will realize that one of the things that attract good employees is benefits like insurance coverage. We don't think too many employers will just be so heartless that they will just drop their employee's insurance coverage. Employees would not take that very well.

In fact there is a chance that small businesses with less than 25 employees might start offering insurance coverage since they will receive tax credits to help offset the cost of providing health insurance coverage for their employees. Employers qualify if they provide health care to their workers, have fewer than 25 full-time employees (or the equivalent of 25 full-time employees) and provide average annual wages below \$50,000. In 2011, the tax credit covered 35 percent of health insurance expenses for small businesses (25 percent for non-profit businesses). The tax credit will increase to 50 percent for small businesses (35 percent for non-profits) starting in 2014.

What are insurance exchanges?
 Affordable Insurance Exchanges are designed to make buying health coverage easier and more affordable. Starting in 2014, Exchanges will allow individuals and small businesses to compare health plans, get answers to questions, find out if they are eligible for tax credits for private insurance or health programs like the Children's Health Insurance Program (CHIP), and enroll in a health plan that meets their needs.

For more information, visit www.healthcare.gov
 Email: editor@sbglobal.net

El Editor's Week in Review

Weather Text Alerts Coming Soon

Pretty soon, wherever you are and providing you have the right mobile phone provider, you won't have to worry about not being aware of threatening weather in your area.

The National Weather Service, known as NOAA, is joining with the wireless phone industry to keep people aware of the threat of severe weather.

The new nationwide system will be called Wireless Emergency Alerts.

According to NOAA the warnings will come via text on your cell phone and will be free. A person does not need to sign up for the mobile phone number will be automatically enrolled in the program and will be based on geographical location. Of course, your phone must be able to accept texts in order for your phone number to be enrolled.

According to the National Weather Service here's how the service will work: "If you are at home or traveling with your cell phone through an area where a weather warning has been issued, your phone will pick up alerts broadcast by nearby cell towers. Those towers will broadcast the message much like an AM/FM radio station and cell phones within range will immediately pick up the signal — provided they are enabled to receive text alerts. When your phone receives a message, it will alert you with a unique ring tone and vibration." The service is not yet available in all areas and is expected to be available by sometime in 2013.

LPL Board Trying to Get Rate Increase Approval Again

It seems that the LPL & Utilities Board will not take no for an answer. A couple of weeks ago, the board recommended an electric rate increase, and the Lubbock City Council was very clear when they voted 7 to zero to keep the rates as they are.

But this past week, the board once again recommended a rate increase to bring LPL's rates on par with Excel Energy rates.

The utilities board still contends that the increase is necessary in order for LPL&L to stop losing money and not have to sell electricity at a cheaper rate than what it pays Excel Energy.

Mexican Voters Elect New President

It has been 12 years since the political party known as the Partido Revolucionario Institucional or PRI, lost the seat of government it had held for over 71 years.

But history does have a way of repeating itself and it did so this past Sunday when Enrique Peña Nieto won the Mexican Presidential election, bringing the party back to power.

He comes to the position at a time when Mexico has been fighting a national drug war and extreme violence including beatings has plagued the country for the past several years. Some media reports suggest that there have been 47,000 deaths since 2007.

In a speech right after the election, Peña Nieto indicated that he will continue the fight but possibly use different tactics than his predecessor Felipe Calderon.

Peña Nieto stated, "In facing organized crime, there will be no pact or truce"

No Wonder they Voted for That Platform Change!

While Texas Republicans may want to make voters think that they were sincere in voting to make a guest worker plan part of their Republican platform, you can rest assured they had an ulterior motive.

And as usual the motivating force behind it was the almighty dollar. Bloomberg news reported this past week, that when Texas Land Commissioner Jerry Patterson urged delegates at the Republican state convention to vote for the change in the platform, he did so because the rise in deportations of undocumented immigrants has created a labor shortage. Said Patterson, "I'm no bleeding heart. I oppose birthright citizenship. But we need the labor."

Of course they do. And once again it goes to prove that politicians and business interest lobbies always turn a blind eye when their business interests and profits are in jeopardy.

The report said that "Employers in Texas... where job growth led the 10 largest U.S. states in the 12 months through March, can't find people for jobs in industries such as construction and food service."

Calling for a guest worker program is a long way from trying to pass a law to give local law enforcement the power to enforce immigration like the Republican led legislature tend to do during the last legislative session. One thing seems certain though, the turnout didn't come about because of a genuine concern for immigrants but rather concern for their profits.

Supreme Court Rules on Juvenile Offender's Prison Terms

While most of the attention was focused on the court's health care law decision, the Supreme Court ruled on whether it is cruel and unusual punishment for juvenile offenders to be sentenced to life in prison without the possibility of parole.

Prior to the ruling, some reports estimate that there are over 1,600 to 2,000 juvenile offenders in prison with no chance of parole. Proponents of parole say that "the U.S. is the only country that sentences juveniles to life without the chance of release."

But in last week's court ruling, the court banned mandatory life sentences with no chance of parole, for minors who commit murder.

The court also said that in certain cases a no parole sentence may be allowed, but only if when a jury has assessed the juvenile's capacity to reform and are satisfied that there is no chance of reoffending.

The court's majority based it's ruling on the fact that at such a young age, most juvenile offenders are capable of reform and straightening their life out and therefore deserve an opportunity to become eligible for release.

The 5 to 4 ruling could mean that new sentencing or parole hearings could be the next step for a many young offenders who are presently serving mandatory life sentences.

Andy Griffith; Television Icon Dies at 86

In the names Barry, Sheriff Andy Taylor, Aunt Bea, Opie and of course the hilarious "one buller" Barney sound familiar to you, then you probably remember watching the Andy Griffith Show on a black and white TV in the early 1960's.

Sadly, Andy Griffith, who played Sheriff Andy Taylor, passed away on July 3 at his home in North Carolina.

The Andy Griffith Show ran from 1960 to 1968. Griffith also gained fame for his role as defense attorney Ben Matlock in the television series "Matlock." Griffith was buried in Roanoke Island, North Carolina.

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Volverán a contar más de la mitad de los votos en México

Las autoridades electorales mexicanen van el cómputo final de los comicios presidenciales y adelantaron que volverán a contarse más de la mitad de la votación.

Español: Los detalles de la elección El secretario ejecutivo del Instituto Federal Electoral (IFE), Edmundo Jacobo, informó en rueda de prensa que se abrirán 78,012 el 54.5% de los más de 143,000 paquetes electorales para recortar los votos.

La cifra a mayor o a la estimada inicialmente en materia de IFE anticipó el 54.5% del recuento de entre 45,000 y 50,000 paquetes.

Jacobo dijo que el proceso podría concluir mañana por la mañana.

En cada uno de los 300 distritos electorales en los que se divide el país se registran y revisan las actas en las que se asentaron los votos en la elección del domingo, pero en algunos que se detectaron inconsistencias deberá abrirse el paquete con las bolitas y contarse nuevamente.

La ley electoral señala que para recortar los votos, debe haber errores en la transcripción de datos en las actas, una diferencia de un punto porcentual o menos entre el primer y segundo lugar o que los votos hayan sido depositados a favor de un solo partido.

Un conteo preliminar oficial señaló que Enrique Peña Nieto, candidato del opositor Partido Revolucionario Institucional (PRI)

se perfila como ganador con el 38.15% de la votación, segundo del izquierdista Andrés Manuel López Obrador, con 31.64% de los sufragios.

El PRI del ex gobernador del Estado de Veracruz denunció la victoria del PRI y ha dicho que va a demandar el cómputo final. El izquierdista también ha anticipado que impugnará el tribunal electoral diversa irregularidades que habrían afectado los resultados como posible compra de votos.

López Obrador, del Partido de la Revolución Democrática (PRD), no ha reconocido la victoria del PRI y ha dicho que va a demandar el cómputo final. El izquierdista también ha anticipado que impugnará el tribunal electoral diversa irregularidades que habrían afectado los resultados como posible compra de votos.

El PRI dijo la viernes que pedirá a las autoridades electorales el recuento de la totalidad de los votos, aunque el IFE ha sostenido que eso sólo se puede hacer en casos previstos por la ley.

El recuento de los votos fue establecido en la ley luego de la elección presidencial del 2006, cuando López Obrador compitió por primera vez a la presidencia y tras quedar en segundo lugar por apenas 0.56% reclamó que se volviera a contar los sufragios a considerar que hubo irregularidades.

Tas una impugnación ante el tribunal electoral, se determinó un recuento, aunque sólo de unos 2,800 paquetes, se diera una mínima parte. López Obrador nunca reconoció ni admitió y se dijo víctima de un fraude en 2006.

El secretario ejecutivo del IFE dijo que también se prevé el recuento del 61.3% de la elección e senadores y del 60.3% a diputados federales.

Rubio Still Not Voicing Future Plans

Marco Rubio was out of politics — having just given up his term-limited role as speaker of the Florida House of Representatives — and he thought he liked it that way.

But then U.S. Sen. Mel Martinez decided not to run for re-election, and Rubio suddenly had an opening.

"All it took was the availability of a high office to expose how intensely my ambition still burned," Rubio wrote in his new memoir, "An American Son," released last month.

A higher office could become available this summer when Mitt Romney, the Republican presidential nominee, picks a running mate. Rubio ranks high on most vice-president short-lists because he is from Florida — a critical swing state in the general election — and he is the son of Cuban immigrants, which could help Romney capture the growing Latino vote. And it would give Rubio, a

Republican star since he defeated popular Florida Gov. Charlie Crist in 2010 for a U.S. Senate seat, a national platform should he choose to run for president.

In an interview with *The State* on Monday, Rubio declined to say if that burning ambition would lead him to accept the vice presidential nomination, saying he has "decided not to talk about it at all anymore." But he did say that while he is proud to be in the U.S. Senate, he's not proud of his original reasons for running.

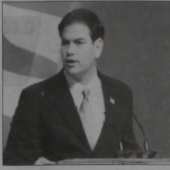
"Looking back, I was surprised how much I wanted back into the game at the time," Rubio said. "It's something we all have to guard against."

Rubio will be in Columbia at 8 p.m. Thursday, signing copies of his book at the Bookings-Million at the Village at Sandhill shopping center — an appearance he concedes will not help quash the speculation about his political ambitions. It will be Rubio's sec-

ond trip to South Carolina since May, when he was the keynote speaker at the S.C. Republican Party's Silver Elephant dinner.

"Anyone anybody does anything political in South Carolina there is always speculation," he said, referring to South Carolina's status as an early primary state, the first-in-the-South that is often critical for Republicans to prove they can appeal to the party's base. "The reality of it is we're doing a Florida tour and then we're going up I-95 towards Washington because I have to be there by (July) 8th. So I-95 will take me through Georgia, South Carolina, North Carolina and Virginia."

Rubio does have a Palmetto State connection in Jim DeMint, the junior Senator from South Carolina whose endorsements — and the fundraising that comes with those endorsements — have vaulted several conservatives to the U.S. Senate. It was DeMint's "Senate Conservatives Fund" that helped Rubio stay in the race during the early days of his struggling campaign for Senate.



"I'm always grateful to the role so many South Carolinians played in my election," he said. "I mean, because Sen. DeMint didn't just endorse me. A lot of people in South Carolina donated to me because of him." DeMint announced Mon-

day that he was severing ties to the Senate Conservatives Fund, clearing the way for it to become a super political action committee. As a super PAC, the committee can raise — and spend — unlimited amounts of money to support candidates as long as it does not coordinate directly with the candidate or the candidate's campaign.

"I certainly feel that conservatives need to have that support that's very difficult to get. I mean, with all due respect, ... I don't think conservatives are treated well by the press, or accurately for that matter," Rubio said. "So I think this helps even the playing field somewhat. And I'm just glad Jim DeMint is out there doing it."

While Rubio said he won't talk about possibly becoming vice president, he hinted in his book that his political ambition has shifted somewhat because of his children. One afternoon while making fundraising calls

for his U.S. Senate campaign, Rubio heard his home security system beep, indicating someone had opened the door. At first he thought it was his wife returning from the store. But when he went downstairs to check, he found his youngest son, Dominick, face down in the family's pool.

Rubio said he leaped into the pool to rescue his son, who "began to cry and vomit pool water."

"The campaign and its problems meant nothing to me that afternoon. I held my son in my arms — my breathing, living son — and I wanted nothing else," Rubio wrote.

Rubio would resume his campaign and its hectic schedule, but he said the experience changed him. "We hurry on anyway and attend to our business because we need to matter," he said. "And we don't always realize that we already do."

Hispanos opinan sobre las elecciones de noviembre

En Nuevo México, Tomasita Maestas dijo que va a elegir el candidato presidencial que tenga el mejor plan para arreglar la educación y la economía.

En Arizona, el inmigrante mexicano Carlos Gómez respaldó al republicano Mitt Romney porque es más conservador en temas sociales que su oponente demócrata.

En Miami, la oriunda de Colombia, Luna López, probablemente votará por el presidente Barack Obama ahora que ha decidido poner fin a la deportación de muchos inmigrantes ilegales traídos a Estados Unidos cuando eran niños.

Las razones por las que los hispanos dan a elegir entre Obama y Romney son tan diversas como los países que ellos o sus antepasados una vez llamaron hogar, lo que sugiere que no hay una lista única para todos las personas que componen el grupo minoritario de más rápido crecimiento de la nación.

El voto latino no es monolítico o un bloque de votantes, sino que incluye una serie de personas con diferentes opiniones. Entre ellos se encuentra la inclinación predominante de los cubanos en la Florida, los nuevos inmigrantes mexicanos y descendientes de toda la vida de los colonos españoles en el suroeste, y los demócratas de inclinación puertorriqueño en el Este.

La política de inclinación parece ser un tema natural importante para estos votantes, a excepción de que casi dos tercios de los hispanos nacidos en los EE.UU. Sus prioridades son las mismas que las de la población general: puesto de trabajo, la economía, la educación y la salud.

"Tenemos que ver más puestos de trabajo aquí, esa es mi prioridad número uno y de lo que quiero oír hablar", dice Stefan González, de casi 18 años, de Denver, cuya herencia incluye a las raíces españolas, mexicanas e indígenas. González, quien trabaja en una tienda de empeño en sus barrios

de Denver, dijo que planea votar por Obama este otoño.

En Albuquerque, Ernest Gurule, de 84 años, cuyos antepasados se asentaron en Nuevo México en 1580, dice que su principal problema es el plan federal de salud confirmado por el Tribunal Supremo la semana pasada, y el que apoya a Obama en parte por esto. Además, el demócrata agrega: "Es demasiado caro cambiar de caballos a modo camión".

Demócratas y republicanos mantienen en una carrera feroz para encontrar la manera de llegar mejor a los hispanos.

A corto plazo, estos votantes podrían decidir el resultado en Nevada, Colorado, Nuevo México, Florida, otros lugares. Las apuestas a largo plazo son aún mayores porque los hispanos se proyecta que representarían aproximadamente el 30% de la población en el año 2050, duplicando su tamaño y posiblemente cambiando el panorama político nacional.

Como la mayoría de las minorías, los hispanos tradicionalmente se han inclinado por los demócratas. Sin embargo, una reciente encuesta de Pew Research indica que los hispanos también son el grupo de más rápido crecimiento de los votantes independientes, con un 46% evitando ser de un partido en comparación con el 31% hace seis años. Tales resultados sólo subrayan la importancia de la diversidad de los hispanos y los desafíos para los partidos políticos.

"Va a ser una pelea muy difícil ganar", dice Jennifer Korn, el director ejecutivo de la Red de Liderazgo Republicano Hispano que se estableció para ayudar a atraer más votantes hispanos al Partido Republicano. "Cuanto más se asimila, más sofisticados se convierten y es cuando empiezan a dividirse entre las partidos".

Al menos por ahora, Obama y los demócratas tienen una ventaja con las últimas encuestas que muestran que

el 65% de los hispanos respaldan a Obama, y el 25% a Romney.

La campaña demócrata ha trabajado para mantener esa ventaja, ayudada por la nueva política de inmigración de Obama y la decisión de la Corte Suprema que está al lado de la administración en la ley de Arizona que muchos inmigrantes vieron como demasiado dura. Su campaña ha pasado el último año ofreciendo citas con bases de divulgación a las comunidades hispanas en el suroeste, así como en importantes estados como Ohio, Carolina del Norte, Pennsylvania y Florida.

Consciente de la diversidad entre los hispanos, Obama tiene hecho a medida su alcance, incluyendo ajustes de dialecto para las distintas regiones españolas.

Por ejemplo, en Florida, la campaña tiene dos distintos planes de extensión. Uno se centra en los cubano-americanos en Miami, que tienden a inclinarse por los republicanos y están menos preocupados por la inmigración, y el otro se dirige a los puertorriqueños tradicionalmente demócratas, que son ciudadanos estadounidenses desde el nacimiento, así como los nuevos inmigrantes procedentes de América Central.

Obama también ha promovido la nueva ley de salud, que puede resonar en estados como Nuevo México, que tiene una de las más altas tasas de no asegurados en el país.

Romney tiene un momento de tierra para hacer después de una temporada primaria llena de morderones y con una dura retórica que incluso los republicanos reconocen apago a muchos hispanos. Recientemente estableció un grupo de hispanos de asesoramiento que incluye a los hispanos republicanos electos.

Durante las primarias, el ex gobernador de Massachusetts se comprometió a vetar la legislación, conocida como DREAM Act, que daría un

camino a la ciudadanía a los jóvenes inmigrantes que vinieron a los Estados Unidos de manera legal como los niños y habían asistido a la escuela o servido en el ejército. Desde entonces, modernizó su postura anti inmigración, la cual incluye auto-deportación, diciendo en una reunión de líderes hispanos en el área de Orlando que iba a abordar la inmigración legal de una manera civilizada pero firme."

Alexandra Franceschi, vocera de los esfuerzos de los hispanos del Comité Nacional Republicano, dejó claro que el alcance del Partido Republicano se centrará generalmente en la economía. "Los hispanos son los estadounidenses y se enfrentan a los mismos problemas que todo el mundo, el desempleo crónicamente alto, salarios

bajos y el aumento de los costos del seguro de salud", dijo.

Los republicanos han señalado que con Obama, la tasa de desempleo entre los hispanos es mayor que el promedio nacional. Y los ingresos medios de los hispanos por hogar cayó un 7% entre 2000 y 2010, según el Pew Hispanic Center. "Qué impulsó a los hispanos a votar depende de a quién se le pregunta. López, un nuevo ciudadano de 20 años y estudiante en la universidad de Colombia, cita el cambio de la política de Obama sobre la deportación como la razón para votar en el país por primera vez.

"El tema no me afecta directamente, pero tengo muchos familiares y amigos afectados", dijo. En Arizona, Gómez, un sacerdote de 43 años, quien emigró a Phoenix hace 15 años, respaldó el cambio en la política de Obama. Sin embargo, Gómez dice que la inmigración no es su prioridad porque "los inmigrantes seguirán cruzando la frontera, no importa lo que se haga". El dice que votará a favor de Romney porque como él es republicano y se opone al matrimonio gay y el derecho al aborto.

En Albuquerque, Maestas, una madre de 37 años, y la gerente de oficina, se concentra intensamente en temas bilingües. Inmigración, dice, sólo es importante hasta "un cierto punto", porque "si uno no se puede cuidar, ¿cómo va a cuidar de los demás?"



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1431	\$100,000 Riches Probabilidades son de 1 en 3.83	\$5	14/07/12	10/01/13
1253	Spicy Hot 7's Probabilidades son de 1 en 4.73	\$2	29/08/12	25/02/13
1351	Bonus Cashword Probabilidades son de 1 en 3.44	\$3	29/08/12	25/02/13
1362	Sweet Cash Probabilidades son de 1 en 4.24	\$1	29/08/12	25/02/13
1372	Cash Blast Probabilidades son de 1 en 3.42	\$5	29/08/12	25/02/13
1393	Spades Probabilidades son de 1 en 4.71	\$1	29/08/12	25/02/13
1395	Spin 3 Probabilidades son de 1 en 4.45	\$2	29/08/12	25/02/13

Para más información y detalles de las probabilidades de ganar, visite lottery.org o llame al 1-800-376-0700. Debe ser mayor de 18 años para comprar un boleto. La Lotería de Texas establece la educación en Texas. © 2012 Texas Lottery Commission. Todos los derechos reservados.

Public Meeting Notice

Public Meeting Notice
2012 and 2013 Unified Transportation Program Revision
and the 2013-2016 Statewide Transportation Improvement Plan

The Texas Department of Transportation (TxDOT) will host an open-house style public meeting to solicit public comments and input for revisions to the 2012 Unified Transportation Program (UTP), which covers fiscal years (FY) 2012 through 2021, revisions to the 2013 UTP, which covers FY 2013 through 2022 and the 2013-2016 Statewide Transportation Improvement Plan (STIP).

The statewide public meeting will be held at 6:00 to 7:00 PM (CDT) on **Thursday, July 12, 2012**, at the following locations:

Abilene District
4250 N. Clack
Abilene, Texas 79601

Amarillo District
5715 Canyon Drive
Amarillo, Texas 79114

Childress District
7599 US 287
Childress, Texas 79201-9705

El Paso District
13301 Gateway West
El Paso, Texas 79928-5410

Lubbock District
135 Station Road
Lubbock, Texas 79404-5201

Odessa District
3901 East US Highway 80
Odessa, Texas 79761

San Angelo District
4502 Knickerbocker Road
San Angelo, Texas 76904

Unified Transportation Program

The UTP is a comprehensive ten-year plan for the development and construction of State of Texas transportation projects including roadways, aviation, public transportation, waterways and coastal waters, and rail projects and includes specific funding levels for each fiscal year.

Beginning promptly at 6:15 p.m., TxDOT staff will conduct a brief presentation on the purpose and revisions of the 2012 UTP and the 2013 UTP. Additional information will be available for public viewing and TxDOT representatives will be on-hand to discuss the development process and answer questions. Forms will be provided in order to receive written comments. All interested parties are encouraged to attend. For additional information, please go to http://www.txdot.gov/public_involvement/utp.htm or call the toll-free information line at (800) 687-8108.

Written comments may be submitted on the UTP website at: <http://www.txdot.gov>, using search engine keyword: UTP; by email at: PPP_UTP@txdot.gov; or by mail to: TxDOT TTP Division UTP, 150 E. Riverside Drive, Austin, Texas, 78704. Public comments will be received until 4 PM on August 20, 2012.

Statewide Transportation Improvement Plan

The STIP is a mechanism used by TxDOT and the Federal Highway Administration to fund projects for the next four years and includes all federally funded projects. This public meeting pertains specifically to the 2013-2016 STIP. TxDOT representatives will be on-hand to answer STIP related questions.

The 2013-2016 STIP may be viewed online at <http://www.txdot.gov/business/governments/stips.htm> or at any TxDOT District Office no earlier than Wednesday, July 11, 2012. Locations of these offices can be found at: http://www.dot.state.tx.us/local_information/

Written comments may be submitted to Lori Morel, 118 E. Riverside Drive, Austin, Texas 78704.

Persons with special communication or accommodation needs may call Joe Clark at (325) 676-6821 for assistance. Requests should be made no later than three days prior to the meeting. Every reasonable effort will be made to accommodate needs.

Aviso de Reunión Pública Departamento de Transporte de Texas Revisión del Programa de Transporte Unificado 2012 y 2013, Programa de Mejora de Transporte Estatal 2013-2016

El Departamento de Transporte de Texas (TxDOT, por sus siglas en inglés) llevará a cabo una reunión pública para solicitar comentarios públicos y aportaciones para el Revisión del Programa de Transporte Unificado 2012 y 2013 (UTP, por sus siglas en inglés), y el Programa de Mejora de Estatal de Transporte 2013-2016 (STIP, por sus siglas en inglés).

Las reuniones públicas se celebrará el **Jueves, 12 de Julio de 2012 6:00 p.m. (CST) a 7:00 p.m.** en los siguientes lugares:

Distrito de Abilene
4250 Clack N.
Abilene, Texas 79601

Distrito de Amarillo
5715 Canyon Drive
Amarillo Texas 79114

Distrito de Childress
7599 US 287
Childress, Texas 79201-9705

Distrito de El Paso
13301 Gateway West
El Paso, Texas 79928-5410

Distrito de Lubbock
135 Station Road
Lubbock Texas 79404-5201

Distrito de Odessa
3901 East US Highway 80
Odessa, Texas 79761

Distrito de San Angelo
4502 Knickerbocker Road
San Angelo Texas 76904

Programa de Transporte Unificado

El UTP es un plan comprensivo de diez años para el desarrollo y construcción de proyectos de transporte del estado de Texas que incluye carreteras, aviación, transporte público, vías fluviales y aguas costeras, proyectos ferroviarios, e incluye niveles de financiamiento específicos para cada año fiscal.

Empezando a las 6:15 p.m. en punto. Representantes de TxDOT harán una presentación breve sobre el propósito y revisión del UTP. Información adicional estará disponible y representantes de TxDOT estarán presentes para discutir el proceso del desarrollo y para contestar preguntas. Se proveerán formas para recibir comentarios por escrito. A las personas interesadas se les urge asistir. Para más información, por favor vaya a www.txdot.gov/public_involvement/utp.htm o llame gratis a la línea de información (800) 687-8108.

Comentarios por escrito pueden ser sometidos en el sitio de Web del UTP: <http://www.txdot.gov>, por correo electrónico a: PPP_UTP@txdot.gov, o por correo a: TxDOT TTP Division UTP, 150 E. Riverside Drive, Austin, Texas, 78704. Comentarios públicos serán aceptados hasta el 20 de Agosto del 2012.

Programa de Mejoras al Transporte Estatal

El STIP es un mecanismo utilizado por el TxDOT y la Administración Federal de Carreteras (FHWA, por sus siglas en inglés) para financiar proyectos para los próximos cuatro años e incluye todos los proyectos financiados por el Gobierno Federal.

La enmienda de 2013 - 2016 STIP se puede ver en línea en la siguiente página de Web: <http://www.txdot.gov/business/governments/stips.htm> o en cualquier Oficina de Distrito de TxDOT no mas antes que el Miércoles, 11 de Julio de 2012. Ubicaciones de estas oficinas se pueden encontrar en http://www.txdot.gov/local_information/. La reunión será informal y se invitan a todos los ciudadanos interesados a participar y expresar sus opiniones sobre el programa.

Las personas con necesidades especiales de comunicación o alojamiento pueden llamar a Joe Clark en (325) 676-6821 de asistencia. Las solicitudes deben realizarse a más tardar tres días antes de la reunión. Se harán todos los esfuerzos razonables para dar cabida a las necesidades.

Escrito comentarios podrán presentarse al Departamento de Transporte de Texas, Atención: Lori Morel, 118 East Riverside Drive, Austin, Texas, 78704, o por correo electrónico a Lori.Morel@txdot.gov por 5:00 p.m. el 13 de Agosto de 2012.

Ten-year-old mariachi makes it to "America's Got Talent" semifinals

It looks like 10-year-old mariachi and fan favorite, Sebastian De La Cruz, amazed the judges once again and he will be going to the New York rounds next week.

The panel only sent 23 contestants to the next round.

The San Antonio native stood nervously in front of the panel awaiting their decision. Howard Stern looked at the contestants and paused and finally said the young mariachi would be going to New York.

"It means a lot, it means my whole life, that's all I wanna do," said De La Cruz with tear-filled eyes as he exited the studio.

El Charro de Oro is the first mariachi singer to ever be featured on the show.

With a big smile and even bigger voice he wowed the panel in the Austin auditions in early June. Sharon Osbourne, a panelist, said she was not expecting such a big voice to come out of such a small body.

Another judge, Howie Mandel said he was a personality plus and added "you took the roof off the place."

"My whole family, they love music, I just love my family, they give me the music and what I do," said De La Cruz in the Austin auditions.

Another fan favorite, the Latino father-daughter duo, Jorge and Alexa Narvaez, did not have much luck as they were sent home ending their America's Got Talent journey.

The 7-years-old and her father touched the panel's heart in the Los Angeles auditions, with their rendition of "Home," by Edward Sharpe and The Magnetic Zeros. They were allowed to continue to Las Vegas but their adventure was cut short last night.

"I told Alexa like no matter what happens I'm really proud of her," said Jorge Narvaez, 25, about his daughter.



El rock sacude con fuerza a Julieta Venegas



La cantante y compositora mexicana Julieta Venegas, que estuvo hoy en París para ofrecer su segundo concierto en Francia tras quince años de carrera musical, aseguró que fue un cambio "muy fuerte" descubrir el rock.

La mexicana explicó, en una entrevista con Efe, que durante los ocho años que tocó el piano sólo estuvo familiarizada con la música clásica, hasta que un amigo le invitó a tocar en su banda y le enseñó nuevos géneros musicales.

La artista, ganadora de cinco premios Grammy Latinos, aterrizó ayer en París acompañada de su hija Simona, de dos años, sin la cual afirmó que no podría vivir.

Mañana saldrá al escenario en el Parque de la Villette de la capital francesa dispuesta a deleitar al público con un recital de las canciones de su séptimo y más reciente disco, "Otra cosa" (2010), mezcladas con sus éxitos comerciales como "Le Lento", "Andar conmigo", "Me voy" o "Limón y Sal". La cantante reconoció que es un "sueño" actuar en París - "una ciudad increíble" - y que no se siente de la misma manera cuando lo hace en España, en México o en Francia, pues "depende de cómo te

conoce la gente". La mexicana, con el pelo recogido y una discreta camisa blanca con rayas negras, precisó que el público mexicano es muy "entregado", mientras que al español "le toienes que ganar poco a poco, tampoco es a la primera".

La artista subrayó que es una "bendición seguir haciendo lo que te apasiona", y que desde que en 2007 grabó su primer disco musical, "Aquí", quizás lo único que ha cambiando es el tono de sus canciones, porque "la vida cambia".

Su mayor fuente de inspiración - indicó- son las experiencias cotidianas y, sobre todo, pensar en lo que haría en una determinada situación, ya sea una historia ficticia o verdadera. Se declaró una ferviente lectora de poesía y novela, hasta el punto de que incluso la literatura le influye más que la música en las historias que cuenta. Otra de sus actividades favoritas es dar largos paseos.

La mexicana por el momento se concentra plenamente en su carrera musical, con una actitud calmada y paciente, pues confía en que todo llega a su momento, como actuar en Japón, algo que le gustaría hacer en los próximos años.

Phelps gana clasificatoria olímpica en 200 mariposa



segundo lugar — y de otro cupo en el equipo olímpico... Tyler Clary, quien cayó ante Phelps en el combinado individual de 400 metros, remontó para un tiempo de 1:55.12. Phelps es el único que está aprendiendo su agenda para Londres 2012. Su compañero de entrenamiento Allison Schmitt lució igual de dominante en los 200 metros libres. Rompió su récord estadounidense con un tiempo de 1:54.40, el mejor de este año en todo el mundo.

Después de los duales épicos contra su rival acrílico, Michael Phelps se llevó un triunfo que pareció demasiado fácil.

Phelps siguió en camino de participar en ocho pruebas en los Juegos Olímpicos de Londres, al conseguir el jueves un triunfo por amplio margen en los 200 metros mariposa durante las clasificatorias de Estados Unidos.

El astro de las piscinas tenía el boleto para tres competiciones individuales en Londres 2012 y puede clasificarse a otras dos en Omaha, Elio, aunado a un lugar probable en los tres relevos, permitiría que Phelps buscara igualar su récord de ocho otros cosechados en Beijing 2008, si es que no tropieza en los últimos cuatro días de las clasificatorias.

Phelps, de 26 años, es ya el deportista con más presas doradas en la historia.

"Los últimos 25 metros son particularmente dolorosos", dijo Phelps. "Sólo quería llegar a la orilla y asegurar otro boleto para el equipo".

Davis Tarwater tenía la ventaja en las primeras dos vueltas, pero nadie dudaba que Phelps tomaría la punta en su categoría predelecta. Ocupó la delantera en la tercera vuelta, deslizándose por el agua como un delfín, y tomó un corrimiento de ventaja cuando tomó la orilla, para conseguir un tiempo de un minuto y 53.65 segundos.

La verdadera lucha fue en pos del

NFL roundup: Goodell upholds bounty-related suspensions of players

Roger Goodell is standing by the NFL's suspension into the Saints' bounty system, informing the four players who received suspensions as a result of the alleged pay-for-play setup that their discipline has been upheld.

That means a season-long suspension without pay for Saints linebacker Jonathan Vilma. Also suspended without pay current Packers defensive lineman Anthony Hargrove (first eight games of 2012), Saints defensive end Will Smith (four games) and current Browns linebacker Scott Fujita (three games).

An appeal took place June 18, but Vilma all but voided his appeal by walking out of the hearing.

In a letter to the four players Tuesday, Goodell cited "conduct detrimental to the NFL," writing:

"Throughout the entire process, including your appeals, and despite repeated invitations and encouragement to do so, none of you has

offered any evidence that would warrant reconsideration of your suspensions. Instead, you elected not to participate meaningfully in the appeal process."

The NFLPA took little time in issuing its own statement criticizing Goodell's stance.

"The players are disappointed with the League's conduct during this process," the statement said. "We reiterate our concerns about the lack of fair due process, lack of integrity of the investigation and lack of the jurisdictional authority to impose discipline under the collective bargaining agreement. Moreover, the Commissioner took actions during this process that rendered it impossible for him to be an impartial arbitrator."

Vilma informed federal judge Helen G. Bertram by letter last week that he planned to file an injunction of Goodell's didn't overturn his suspension. Vilma has filed a

separate defamation suit against Goodell.

Goodell did also reserve the right to reduce the suspensions should new information come to light.

—Quarterback Drew Brees of the Saints won his grievance regarding his franchise tag status under the collective bargaining agreement. The ruling by arbitrator Stephen Burbank means that if Brees and the Saints cannot reach a multi-year deal before the July 16 deadline and Brees plays out the final year of his contract, New Orleans cannot use the franchise tag on him beyond 2013. And the franchise number for 2013 would call for a 144 percent raise to \$23,574,240, according to ESPN.

The NFL Players Association asked Burbank to review the case, claiming that since the Chargers used the franchise tag on Brees after his 2005 rookie contract expired, the Saints could not use it more

than twice. The collective bargaining agreement states that players cannot be franchised more than three times. —Former NFL defensive end Ben Davidson died from prostate cancer in the age of 72, the team confirmed Tuesday.

Davidson played three seasons for the Packers before joining the Raiders from 1964-71 and emerging as a feared pass rusher on Oakland's defense dubbed "H1 Angry Men." Davidson started 70 of 110 games in eight seasons with the Raiders and was a three-time AFL All Star.

—Running back Derrick Ward said Tuesday on Twitter that his NFL career is over.

"To all my fans just wanted to let u know i's been a great ride the last 9yrs but i'm calling it a career. I thank u all for believing in me!" he tweeted.

Ward, 31, spent the past two seasons with the Houston Texans as a backup.

SEC-bound Missouri, Texas A&M officially embrace their great leap sideways

At the stroke of midnight on Sunday, crowds in Columbia, Mo., and College Station, Texas, began ringing in July 1 as it was Independence Day, or New Year's Eve, and in a way, it was both: The beginning of a new fiscal year officially marked Missouri and Texas A&M's independence from the Big 12 and arrival as full-fledged members of the SEC. And just as much as it really official, the new kids on the block were greeted the following morning with

conspicuous headlines like this one from the Baton Rouge Advocate.

Missouri stepping up in class with move to SEC

Somehow, I doubt that the hardied copy editor in Baton Rouge who penned that sentiment gave much thought to whether it was verifiably true. I'm almost certain her readers didn't, the inherent superiority of the SEC over all comparable entities that are not the SEC being a matter of local gospel on par with, well, the Gospel. Ask around, and you might find the same consensus beginning to form in Missouri, too.

Given some of the projections of impending doom for the Tigers and

Aggies in their new league, you'd think they'd just given up a chance to burn path of destruction through the old one. In fact, as far as football is concerned, they're not stepping up so much as they're trading the same second-class niche they've always occupied for another one with a better PR machine. They're stepping sideways.

After a century of going head-to-head with the likes of Nebraska, Oklahoma and Texas — not to mention occasional, usually short-lived runs into the national elite by conference rivals Colorado, Houston, Kansas State, SMU and most recently Oklahoma State over the decades — it's not like either side is going to see anything in the SEC it hasn't encountered on an annual basis in its old digs. Missouri hasn't won a conference championship since 1969, in the old Big Eight; A&M hasn't claimed a conference crown since 1998, its first and only appearance in the Big 12 Championship Game. That was also the year Mack Brown was hired to resurrect Texas, just ahead of Bob Stoops' arrival at fast-fading Oklahoma in 1999. With the traditional regional powers restored to

their traditional glory, A&M spent the last decade playing second banana not only to the Longhorns and Sooners, but also to traditional also-rans Texas Tech, which beat the Aggies seven times out of eight from 2001-08.

Before the abrupt midseason turnaround in 2010, A&M had gone a full decade since their last top-25 finish in the final polls. It hasn't finished in the top 10 since 1994, in the dying days of the old Southwest Conference. When Missouri landed at No. 4 in 2007, it was its first top-10 finish in almost 40 years, and hasn't been replicated. New boss: Same as old boss.

Refer to the chart at right for evidence of just how little their on-field reality figures to change. Using computer pollster Jeff Sagrains' strength of schedule ratings as a shorthand, the degree of difficulty for A&M and Missouri in the Big 12 has been virtually indistinguishable from the average SEC slate over the last ten years, in fact, following the Big 12's adoption of nine-game, round-robin format for conference games, there's a valid argument that the eight-game gauntlet and attendant gaps in the cross-divisive exchange are

going to make for a slightly friendlier route than the Aggies or Tigers would have faced if they'd stayed put. That was certainly the case in 2011.

Still, A&M and Missouri have both remained competitive and consistent enough to ensure a steady diet of bowl games, with nearly identical records over the last decade as their new second-tier peers in the SEC, Arkansas, Ole Miss and South Carolina, none of which has won the conference since its last expansion in 1992, either. Overturn reputations aside, life in the SEC doesn't appear to dramatically change the Aggies or Tiger's fortunes in either direction.

Of course, that doesn't account for the collective high of victory-by-association if the SEC continues its success in the BCS Championship Game, or the year-round circus ginned up by the likes of Paul Finebaum and SEC Media Days, the one area in which the conference is clearly miles ahead of the rest of the country. For ego and lowest-common-denominator entertainment value, the move is a step up. For anything you can actually measure, it's just a change of scenery.

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¿Que Pasa?

CHILDHOOD IMMUNIZATIONS OFFERED AT SOUTH PLAINS MALL

The City of Lubbock Health Department will offer state-supplied childhood immunizations for children ages 2 months - 18 years at the South Plains Mall on Tuesday, July 24th from 10 am to 4 pm in the mall area between JC Penney and The Pretzel Maker. The South Plains Mall is located at Loop 289 and Slide Road. The costs for the immunizations are \$10 for one vaccine and \$15 for two or more vaccines. **Fully insured children are not eligible for state supplied vaccine.**

CHILDHOOD IMMUNIZATIONS OFFERED AT MAGGIE TREJO SUPERCENTER

The City of Lubbock Health Department will offer state-supplied childhood immunizations for children aged 2 months - 18 years at the Maggie Trejo Community Center, on July 10th from 2-6 pm. The center is located at 3200 Amberst Street.

The cost for children's vaccine will be \$10.00 for one immunization and \$15.00 for two or more immunizations. **Fully insured children are not eligible for state-supplied vaccine.**

A COMPLETE SHOT RECORD MUST BE PRESENTED BEFORE IMMUNIZATIONS ARE GIVEN.

IF A SHOT RECORD IS NOT PRESENTED, IMMUNIZATIONS WILL NOT BE GIVEN.

VISIT A PARISH JAMAICA THIS WEEKEND

- JULY 15-ANTON SAINT ANTHONY, NOON
- JULY 15-MULESHOE IMMACULATE CONCEPTION-12-8 P.M.
- JULY 15- NEW DEAL OUR LADY QUEEN OF APOSTLES, NOON-7 P.M.
- JULY 15-TAHOCA SAINT JUDE, NOON-10 P.M.
- JULY 15 WOLFFORTH SAINT FRANCIS, 12-7 PM
- JULY 21-SEAGRAVES SAINT PAUL
- JULY 21-PLAINVIEW OUR LADY OF GUADALUPE, 7-10 P.M.
- JULY 22-PEP SAINT PHILIP NERI, 1-7 P.M.
- JULY 22-PLAINVIEW OUR LADY OF GUADALUPE 12-10 P.M.
- JULY 22- WOODROW SAN RAMON, 12-9 P.M.
- JULY 28-ANSON SAINT MICHAEL, 11 AM-11 PM
- JULY 28- CROSBYTON SAN JOSE,
- JULY 28-FLOYDADA SAINT MARY MAGDALEN, 11 AM-7 PM

GOLF TOURNAMENT SUPPORT US!

KNIGHTS OF COLUMBUS TWO PERSON SCRAMBLE - July 14 and 15, Lorenzo Golf Course. Tee times- 9 a.m. and 2 p.m. The \$200 entry fee includes green fees, carts, mulgins, and noon meals, both days. Prizes include closest to the pint, longest drive, longest putt made. Proceeds to benefit scholarship programs. To enter or for more information contact Lorenzo Gold Course, 634-5787.

Covenant Health Employee Retires after 46 Years



Irma Rubio celebrated her last day with Covenant Health on July 2, only a little over a week after celebrating her 46 years of service at the ministry. When Rubio first started at Covenant Health in 1966 she had to start from the bottom. She recently moved from Mexico and her credentials were not recognized in this country. So, Rubio started as a nurse's aide while she learned to speak English and learned more about the culture. After retaking the State Board Exams, Rubio became an RN. Shortly after becoming a registered nurse, Rubio went back to school and got her Bachelor of Science in Nursing degree.

Rubio has fulfilled many different jobs during her years of service. She worked on every floor of the tower she started her career on. She was transferred several times and worked in many departments such as admitting and case management. She currently works in cultural integration as the interpreter/translator specialist.

However, this program was not always around. Eight years ago, Rubio went to Orange, California to learn to build the program. After a year of training, she was ready to start the program. She built it from nothing. Currently the program has a list of over 75 qualified interpreters to help patients and families that know limited English.

"I know how frustrating it can be," Rubio said. "It can be so frustrating when you know limited or no English at all. This is why I love my job."

There are a lot of things Rubio will miss about Covenant Health. She feels helping patients and their families has been the most rewarding thing. She will also miss her friends and interpreter volunteers. She thinks of them as part of her family.

Hago ejercicio, pero no se nota...

El esfuerzo está claro: te volviste amante del yoga o de otra disciplina de moda, has cambiado alguno de tus hábitos alimentarios y pesco a poco empizas a ver los resultados: tu habitual talla vuelve te empieza a quedar amplia y te sientes feliz.

Pero nadie lo ha notado y esto hace que sientas que todo ha sido en balde, así que después de la ducha te miras al espejo en todo el esplendor de tu desnudez y efectivamente, no te gusta lo que ves y hasta te comparas con tus mismas compañeras de clase, a el-

las si que les sienta bien el ejercicio. Pero si te das cuenta no es que estes preocupada en realidad por ti bienestar o que pierdes unos kilos de más, la verdadera lucha es ser sentirse valorada por los demás, no a partir de la persona que eres sino por qué tanto gusto y aceptación produces a partir de tu estructura física.

Cuánto penas, cuánto valores. La lucha por el peso no es una preocupación nueva, desde la antigüedad se ha presentado, en algunas etapas la meta era lograr más curvas para asegurar un buen matrimonio, hoy prácticamente se necesita estar en los huesos para poder sentirse atractiva y sobre todo, aspirar a utilizar la ropa de moda.

"Los demás talentos? Pueden quedar de lado, sólo recordemos las expresiones del diseñador Karl Lagerfeld hacia la cantante Adele: hace algunos meses, cuando asegura "Está un poco demasiado gorda, pero tiene una cara preciosa y una voz divina".

De alguna forma es lo que la sociedad ha hecho creer y en este sentido Lilia Joya, psicóloga y catodista de la Facultad de Psicología de la Universidad Nacional Autónoma de México (UNAM), explica: "Nos dejamos llevar por la idea de que mientras más delgada luzca una mujer sus oportunidades de éxito y aceptación en todos los ámbitos aumentan. Todo lo que vemos a nuestro alrededor alaba la delgadez hasta el extremo y vivimos con la idea equivocada de que tenemos que cumplir con esos parámetros para conseguir en la sociedad. Esto aunado a la falta de autoestima, se convierte en un caldo de cultivo para que las mujeres estén inconformes con el cuerpo que tienen".

Hay quienes logran perder muchos kilos a base de extenuantes dietas, y esto no les garantiza que tendrán una vida mejor, simplemente porque la parte más importante, que es la autoestima y la aceptación de sí mismas, no la tienen resuelta. Corren el riesgo de tener que estar siempre pendientes de que los demás les brinden el voto de aceptación y si esto no ocurre se sienten decepcionadas.

Un regalo de ti, para ti. Cada cuerpo es una historia distinta", dicen los instructores de yoga, cada vez que uno tiende a compararse con los logros ajenos y se desilienta por no poder alcanzarlos. Y es una frase llena de razón, desde luego, una persona que ha hecho ejercicio toda su vida, tendrá activa la memoria muscular y le será más sencillo ejecutar rutinas y moldear el cuerpo antes y mejor que quien no ha levantado ni un popote en mucho tiempo.

"Tenemos que aprender a aceptarnos como somos, esto no quiere decir renunciar a mejorar la figura, me refiero a que una vez que nos aceptamos podemos entender que no podemos tratarnos como un objeto de lujo. Necesitamos respetarnos, valorar la respuesta que tiene nuestro cuerpo al realizar cada una de las funciones que le corresponden, porque si lo hacemos tendremos conciencia de que tenemos que cuidarlo más allá de un tema estético", dice la especialista.

Cuando la intención de hacer bien parte de la inquietud por procurar tu bienestar no tendrás que esperar a que los demás le den su aprobación, porque tu primer recompensa será sentirte sana, ligera y llena de energía para desenvolverte en cualquier campo, de ahí es que se empieza a proyectar la belleza y la aceptación de ti misma, que hará que todos a tu alrededor se sientan impactados por lo que reflejas.



*Happy 50th Anniversary
to our dear friends
Robert and Bea Narvaiz!*

¡Felicidades!



*28th Anniversary of
Robert "Bob" & Nancy Mojica
Celebration was Saturday.*

*Congratulations
from El Editor and friends!*



Si tiene alta presión, diabetes, enfermedad del corazón o historial familiar de problemas del riñón, podría estar en riesgo. Llame a su doctor hoy para hacerse la prueba del riñón, e infórmese en [Love Kidneys.com](http://LoveKidneys.com).

