



El Editor

Immigration overhaul effort seems dead

UN NUEVO AÑO Y UNA NUEVA INSPIRACIÓN PARA SEGUIR DANDO

When Republican lawmakers take over the House and gain strength in the Senate after the new year, a decade-long drive to overhaul the immigration system and legalize some of the estimated 11 million undocumented migrants seems all but certain to come to a halt.

When New York Republican Peter T. King takes over the House Homeland Security Committee in January, he plans to propose legislation to reverse what he calls an "obvious lack of urgency" by the Obama administration to secure the border.

Among other initiatives, King wants to see the Homeland Security Department expand a program that enlists the help of local police departments in arresting suspected illegal immigrants.

Texas Republican Lamar Smith, who will have oversight over deportations and arrests when he takes the gavel as chairman of the House Judiciary Committee, was an author of 1996 legislation increasing penalties against illegal immigrants.

Called the Illegal Immigration Reform and Immigrant Responsibility Act and signed into law by President Clinton, the bill limited the discretion of U.S. immigration judges and increased the time that immigrants could be detained while awaiting a hearing.

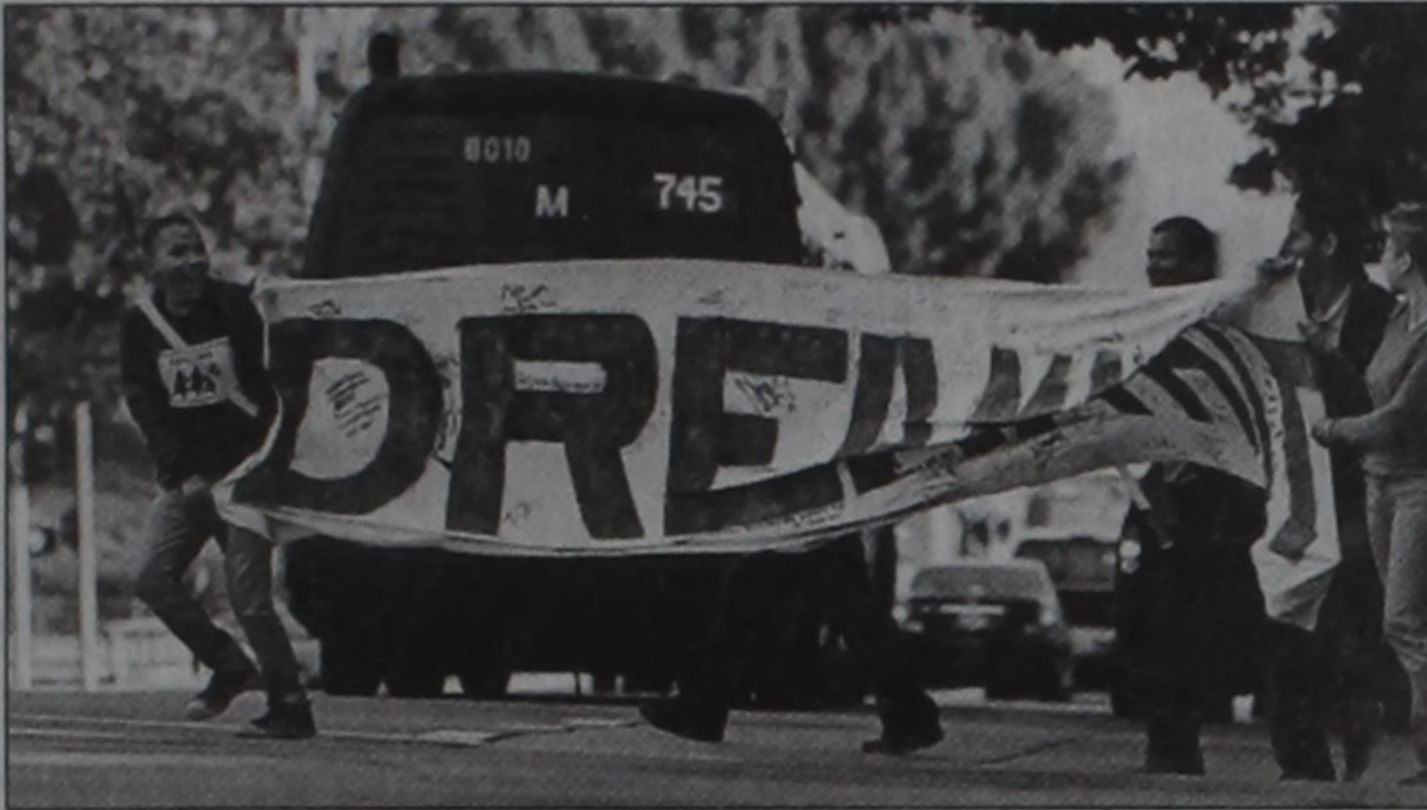
As his first order of business, Smith plans to hold hearings about workplace enforcement and expanding the employee identification program, E-Verify, which is set to expire in 2012.

Since President Obama took office in January 2009, the Homeland Security Department has focused on arresting and deporting illegal immigrants with criminal records. Under Obama, the total number of deportations is up, and the percentage of those deported who are considered a threat to public safety is at a record high.

Arrests of illegal workers at job sites are down, however, as the Obama administration focuses resources on fining and prosecuting employers who knowingly hire illegal workers. The goal is to reduce the demand for illegal labor.

Smith plans to attack Obama's enforcement strategy. His staff is preparing to hold hearings to encourage more workplace raids and to investigate allegations that Immigration and Customs Enforcement officials manipulated numbers to inflate the department's

criminal deportation statistics. "We could free up millions of jobs for Americans and legal immigrants if we enforced our immigration laws against illegal



workers," Smith said. King, whose committee will share jurisdiction on immigration issues, wants the Homeland Security Department to "aggressively go after private companies which hire illegal immigrants."

Any proposals that involve giving status to those already in the country are "pointless" until the border is better secured, Smith said.

The Obama administration hired more Border Patrol agents and, over the summer, deployed 1,200 National Guard troops along the border.

The number of illegal immigrants crossing into the U.S. is down by more than 50% from five years ago, to about 300,000 a year, according to a Pew Hispanic Center report released in September. That is less than the 400,000 people deported each year.

The most recent immigration bill, the DREAM Act, passed the House but did not have enough support in the Senate to get to a floor vote. It would have created a path to citizenship for potentially hundreds of thousands of immigrants under age 30 who were brought to this country before age 16 and who had attended college or served in the military.

Obama said before leaving for his Christmas holiday in Hawaii that he would not give up on immigration reform. But facing a Republican-controlled House and a narrower Democratic majority in the Senate, the avenues to pass new legislation on the issue appear closed.

Still, Obama said he would use his bully pulpit next year to persuade voters that there were hard-working young people without immigration status who should remain in the country.

The defeat of the DREAM Act was "maybe my biggest disappointment," Obama told report-

ers Wednesday. "I'm going to engage Republicans who, I think, some of them, in their heart of hearts, know it's the right thing to do, but they think the politics is tough for them," Obama said. "We've got to change the politics."

Increasing enforcement without creating a path to citizenship is the approach "enshrined in the immigration law written by Lamar Smith," said a senior administration official. That approach "doesn't fix the problem," said the official, who spoke on condition of anonymity because of the sensitivity of the debate.

As the new Congress comes into session, both parties have retreated to their corners to regroup on immigration strategy. Republican strategists are advising GOP lawmakers that the November results showed that the party doesn't need immigration reform to attract Latino votes, and that Republicans should stick to a script of talking points on tax cuts and job creation.

"It is a huge mistake to believe

that immigration reform is the single driving force for Hispanic voters," said longtime Republican strategist Javier Ortiz.

Democrats see Republican votes against the DREAM (Development, Relief and Education for Alien Minors) Act as potentially making the difference in districts with emerging Latino voter populations.

Democratic strategists say that every time Republican lawmakers push hard on immigration enforcement, they drive Latino voters away.

In the midterm election, exit polls showed that Latino voters turned out in increased numbers for Democratic Sen. Harry Reid in Nevada after Republican opponent Sharron Angle riled the community with political ads that showed images of menacing, tattooed Latinos.

And in California, Republican Meg Whitman set a spending record but still lost the governor's race to Democrat Jerry Brown by nearly 13 percentage points. Although she tried to woo Latinos, she couldn't overcome damages inflicted during the GOP primary, when she vowed to be as "tough as nails" on illegal immigration. One in five voters was Latino, and 80% of them voted for Brown. Just 15% chose Whitman.



Luis Carlos López

Esta Navidad, compré el libro clásico de Shel Silverstein, El árbol generoso. Lo seleccioné para regalárselo a mi hermanita, Adriana. Yo descubrí la historia — que trata de un árbol que responde a los muchos deseos de un niño — durante mi segundo año de universidad, al servir de tutor para estudiantes de primaria en escuelas urbanas en Los Ángeles.

A los once años de edad, apenas la mitad de los que tengo yo, Adriana es una escritora novata y talentosa. Yo tengo un año ejerciendo mi profesión de reportero. Hace un año, yo le iba a regalar a Adriana una composición en la que expresaba mi admiración y mi amor por ella, la cual entregaría al periódico de la universidad. Me presté el título, "El guardián en el centeno", pero después de escribir y volver a escribir varios centenares de palabras, no logré darle forma. Tampoco pulsé el botón para borrarla.

El mes pasado, en lo que otra Navidad se aproximaba y yo veía cómo Adriana crecía tanto de altura como de espíritu, decidí rescatar mi proyecto.

Dándole al teclado de mi computadora, sentí la presencia de Adriana por encima del hombro, lo cual ocurre con frecuencia cuando estoy en casa, cumpliendo con las asignaturas. Me preparé para que me diera su crítica del lado del oído derecho.

"Hombre, ¡nada raro que sea escritor!" exclamó, dándole cumplidos al esfuerzo que hiciera su hermano mayor en una habitación mayormente vacía. De pie a mis espaldas, leyó en voz alta mis palabras. Comienzan así:

Veo que mi hermanita va cantando sus monedas sueltas, tratando de sumarlas todas. Sin saber por qué, le pregunto, "¿Cuánto necesitas?"

"Veinte dólares", responde. "¿Para qué necesitas \$20?" Tiene recelo de decírmelo. Tengo que recurrir a la astucia del hermano mayor para convencerle que me revele su secreto. "Quiero usar el dinero para comprarle regalos a la gente", cede.

"La gente" es una contraseña que significa "la familia", no sólo los padres y los hermanos, sino todos — tíos, primos, tías — todos. Abro la billetera y le doy \$20. Me rechaza la mano, diciéndome que quiere buscar la forma de recaudar el dinero ella misma.

Adriana adora el 25 de diciembre no por la alegría de ver una variedad de regalos debajo del árbol con etiquetas que llevan su nombre, sino porque, como

el árbol de Silverstein, ella toma una parte activa en el hecho de dar regalos.

Mis pensamientos vuelven a un incidente ocurrido cuando yo tenía doce años. Mi mamá y mi papá nos llevaron a los tres hermanos hombres a la pizzería Shakey's, un regalo inesperado. Sonreían y se daban codazos y suscitaban un ánimo de suspenso.

"Tenemos algo que decirles", dice finalmente mi madre. A continuación nos da la noticia: "Vamos a tener otro bebé".

Mis hermanos menores se abrazan y dan vítores con mis papás. Yo no. Disiento en silencio.

Puchica, me digo. No quiero otro hermano.

Ocho meses más tarde, mi mamá llevó a la nueva adición a la familia López a casa, envuelta en una manta rosada.

Le pregunto si puedo tenerla en brazos.

Mi mamá procede, muy suavemente, a ponerme a Adriana en los brazos. Temo que la bebe comience a llorar. No lo hace. Adriana mi mira fijamente con los ojos más inocentes que hubiera visto nunca. Me dicen que todo lo que ella quiere es amar y ser amada. Me permite rodearla con mis brazos. No protesta. No llora.

Ese día aprendí lo que había sentido Holden Caulfield cuando vio delectada la grosería en el retrete. Cuando rodeé a Adriana con los brazos, quería protegerla de lo grosero y de la violencia de este mundo. Yo quería ser su guardián en el centeno.

Por supuesto que no puedo serlo.

"Todos los chicos seguían intentando dar con la argolla dorada, y también lo hacía la vieja Phoebe, y a mí me daba cierto miedo que se caería del maldito caballo, pero no dije ni hice nada. Lo que pasa con los chicos es que, si quiere ir por la argolla dorada, tienes que dejar que lo hagan"...

La familia López ya sabe que la vida de Adriana es algo extraordinario. Pero algún día tendremos que dejar que vaya por la argolla dorada ella misma.

Este año, le regalé el libro y mi composición completada. Ella es mi muñeca. Ella distribuyó su tanda de regalos hechos a mano y luego me pasó una nota:

"Gracias por ser un buen hermano. A mí me encantó mi regalo. Espero que sepas que también eres mi árbol generoso".

Adriana quiere que yo le enseñe a ser reportera. Si sólo supiera lo que ya me ha enseñado ella a mí.

Velasquez to Lead Chamber in 2011

First Hispanic business person to be Chairperson of the Chamber

History again is made at the Lubbock Chamber of Commerce, with Irasema Velasquez becoming the first Hispanic to lead the organization. Velasquez follows Joe Rapier with Parkhill, Smith & Cooper, whose one-year term as chairman ended December 31.



"Joe Rapier's leadership took the Chamber to the next level," Eddie McBride, Chamber President and CEO, said. "We appreciate his tremendous support and service to the Chamber and look forward to working with Irasema Velasquez as we do more great things in 2011."

Velasquez is the owner of Velasquez Insurance & Worksite Benefits, which she started more than a decade ago. She first got involved in the Chamber in the mid-1990s when she was a regional manager for AT&T, and has remained involved as a small business because she benefits from the many Chamber programs and resources.

Velasquez serves on advisory boards for the North & East Lubbock Community Development Corporation, Wells Fargo, Pathway Assembly, and she volunteers with United Way. She looks forward to maintaining a continual focus of inclusiveness in every sense of the word, and supports a high level of excellence in every area of the Chamber's work.

Retiring board directors include Sandy Henry, Science Spectrum; Randy Jordan, CitizensBANK; Noe Valles, Glasheen, Valles and Inderman, LLP; Brad Moran, Ramar Communications; John Frullo, Midtown Printing & Graphics; and John Wilson, Citibus. Each of these retiring directors strongly supported the Chamber and the business community, and their

contributions will positively impact the Chamber for years to come. The Chamber is appreciative of their service.

New board directors include Alona Beesinger, Suddenlink West Texas; Ron Betenbough, Betenbough Homes; Yolanda Gonzaga, Texas Tech University Health Sciences Center; Sidney Hopper, United Supermarkets; Robert Lacy, PYCO Industries; Gabe Martinez, Ramar Communications-Telemundo KXTQ-TV 46; Richard Parks, Covenant Health System; Frank Silvas, AFLAC-Laquita Carthel Regional Sales; and Michael Shonrock, Texas Tech University.

Returning board directors include Martin Aguirre, WorkForce Solutions South Plains; Steve Beasley, Lubbock Avalanche-Journal; Rick Boyd, First United Bank; John Brock, NorthStar Surgical Center; Darrin Camp, Taco Bell/JPM, Inc.; Tim Collins, Collins Tile; Jeff Dane, UMC Health System; Karen Garza, Lubbock Independent School District; Gary Gregory, Atmos Energy; Grace Hernandez, Texas Tech University; Peter Hur, RFS Financial Services; Clayton Isom, TAO Development Group; Dan Jackson, KCBD NewsChannel 11; Jay Jacobus, Scarborough Specialties; Stephanie Masengale, Advanced Graphix; Juanita Mendoza, Wells Fargo; Carlos Morales, Caprock Home Health Services, Inc.; Brandon Mulkey, Chick-fil-A at South Plains Crossing; Joe Phea, African-American Chamber of Commerce - Lubbock; Norval Pollard, City Bank; Joe Rapier, Parkhill, Smith & Cooper; Rudy Rosales, Montelongo's Mexican Restaurant; Shirley Schleuse, Lamar Outdoor Advertising; David Seim, PlainsCapital Bank; Kelvin Sharp, South Plains College; John Steinmetz, Vista Bank; Mark Stiff, Bates-Wells, Inc.; Gabe Vitela, National Teachers Associates Life Insurance Company; and Gary Zheng, LP&L.

The Chamber of Commerce looks forward to the leadership of the 2011 board of directors and to continue to strengthen, promote and serve its member businesses.



The 17 member Lubbock Homelessness Committee met December 30, 2010. The Forensics Subcommittee reported that although elected officials want to avoid allocating tax-dollars to the homelessness issue, there are already existing costs to tax-payers especially if a person who is homeless interfaces with law enforcement and the judicial system. The Facilities Subcommittee reported on the numerous Lubbock faith based and nonprofit organizations that provide food, shelter and clothing on a year-round basis. The committee's next meeting on January 13 will include a visit to the Guyon Saunders Resource Center in Amarillo. They will tour the facility and hope to bring home ideas that may be useful in Lubbock. The committee was appointed by the City Council in December. Their charge is to study homelessness and present a written report to City Council by June 2, 2011. (Photo: John P. Cervantez)

Defeat of immigration measure reveals failed White House strategy, advocates say

Whenever Rep. Luis V. Gutierrez (D-Ill.) and other immigrant-rights advocates asked President Obama how a Democratic

administration could preside over the greatest number of deportations in any two-year period in the nation's history, Obama's answer was always the same.

Deporting almost 800,000 illegal immigrants might antagonize some Democrats and Latino voters, Obama's skeptical supporters said the president told them, but stepped-up enforcement was the only way to buy credibility with Republicans and generate bipartisan support for an overhaul of the nation's immigration laws.



On Saturday, that strategy was in ruins after Senate Democrats could muster only 55 votes in support of the Development, Relief and Education for Alien Minors (DREAM) Act, a measure that would have created a pathway to citizenship for undocumented immigrants who were brought to the United States as children. Under Senate rules, Democrats needed 60 votes to overcome Republican opposition to the bill. The House of Representatives had passed the measure this month, 216 to 198.

The irony of the DREAM Act's failure is that it had strong bipartisan support at the start of the administration, and advocates thought it could generate momentum for more policy changes.

But as the country's mood shifted on illegal immigration, support among Republicans and some Democratic senators evaporated, with many decrying it as backdoor amnesty for lawbreakers. Even a former co-sponsor of the DREAM Act, Sen. Orrin G. Hatch (R-Utah), voted against it.

Sen. Jeff Sessions (R-Ala.), who led Republican opposition to the measure, said: "This is an

amnesty bill because it provides every possible benefit, including citizenship, to those who are in the country illegally."

Being tough enough

Latino groups pushed hard for passage of the DREAM Act, mobilizing thousands of students to campaign for the measure across the nation. They went on hunger strikes, conducted prayer vigils, and organized holiday food drives and Thanksgiving dinners with citizens.

The DREAM Act would have given hundreds of thousands of illegal immigrants brought to the United States before age 16 a chance to gain legal status if they have been in the country for five years, have graduated from high school, have no criminal record, and attend college or serve in the military for two years.

"I am not asking for just a vote for the DREAM Act today," said Sen. Richard J. Durbin (D-Ill.), who tried, along with Gutierrez, Napolitano, Education Secretary Arne Duncan and others, to round up enough Republican votes for passage. "From some of my colleagues, I am asking for much more - I am asking for a vote of political courage."

But the Obama administration miscalculated conservative antipathy on the subject of immigration, said a senior Democratic Hill staffer, speaking on the condition of anonymity because he was not authorized to talk about the issue. Even as the administration stepped up deportations, conservatives charged Obama with being too soft on the country's estimated 11 million illegal immigrants.

"Short of marching these people naked over the border at the point of a bayonet, there is no such thing as being tough enough" for those who want to target illegal immigrants, the staffer said.

Immigrant-rights advocates think the issue will reverberate through the 2012 elections. Obama will have to persuade Latinos - who turned out for him in record numbers in key states

in 2008 - to do so again, despite the lack of progress on legislative initiatives. For Obama to get into trouble, Hispanics don't have to switch sides on Election Day - they just have to stay home, Latino leaders said.

Republicans, meanwhile, have found that they can talk tough on immigration and still appeal to Latino voters by picking conservative Hispanic candidates. That produced three significant Republican victories this year: Marco Rubio captured a Senate seat in Florida, and Susana Martinez won a gubernatorial race in New Mexico, as did Brian Sandoval in Nevada. Rubio is being mentioned by some as a vice presidential pick.

Pain without gain

Ali Noorani, who heads the National Immigration Forum, an immigrant-rights group, said that Obama faces a dilemma going forward. Republicans would now cry foul if the administration eased up on deportations, he said. But Latinos are losing patience with a strategy that has led to pain without gain for their communities.

"The administration is in a pickle of epic proportions," Noorani said. "They are going to feel incredible pressure in the House to increase enforcement, and the record shows they will continue to increase enforcement of a broken immigration system. On the other hand, candidate Obama will need those same Latinos, Asians and other immigrant voters to come out for him in record numbers. How do they square that circle?"

The senior White House official said the administration has no plans to pull back on enforcement just because Republicans are unlikely to support a bipartisan overhaul of immigration laws in the next two years. "In the short term, there is not a lot of evidence [Republicans] will come forward, but our response is not going to be to dismantle immigration enforcement," the official said.

Chief Appraiser Dave Kimbrough reported that Monday, January 10, 2011 Lubbock Central Appraisal District will be open at its new location 2109 Ave Q. Curbside and offstreet parking are available both east and south of the building on 22nd. The building entrance faces south with access from 22nd.

HSF/HACEMOS SCHOLARSHIP APPLICATION DEADLINE FEB. 28

The HSF/HACEMOS Scholarship Program is designed to assist students of Hispanic heritage and dependents of HACEMOS members obtain a college degree. The individual award amount will range from \$1,500 to \$2,500 for the 2011-2012 academic year.

APPLY NOW

Eligibility Requirements

- Be of Hispanic heritage or a HACEMOS Dependent
- Be a U.S. citizen or legal permanent resident with a permanent resident card or passport stamped I-551 (not expired)
- Be 24 years or younger as of February 28, 2011.
- Have a minimum cumulative grade point average (GPA) of 3.0 on a 4.0 scale.
- Open to all majors and all class levels.

APPRAISAL DISTRICT MOVE TO 22ND & Q

After looking at several options since 2006, in May of 2009 the district acquired the two story masonry on steel building originally constructed in 1955 as the Fields-Lewis Building. The legally required approval of the project by the governing bodies of 20 of the taxing units served by the district was completed in December 2008. The most recent occupant, Texas Department of Human Resources vacated the property in 2004.

"Considering size, location, and cost, this property was the logical choice for the appraisal district," said district board member Bobby McQueen.

Kimbrough said, "although it required substantial renovation to meet current code and the needs of the public, it's a very solid structure. Renovation priorities were security, technology, plumbing, electrical, HVAC, and durable long life surfaces."

"The district's objective was to meet current needs and have a property that is easily adaptable to continue serving its public purpose for many years in the future," added board Chairman LeRoy Montoya.

"This location at the northeast corner of 22nd and Q is only four blocks north of where we have been for more than twenty-seven years. It's 1.45 acres with 125 parking spaces. The building is 34,000 square feet. Total investment in the property including land, building, site improvements, and the renovation is \$68.60 per square foot of building area. It was approximately one half the cost of purchasing a vacant site and building new construction," said Kimbrough.

The appraisal district appraises property for twenty two taxing units (cities, school districts, Lubbock County and two special districts). The 2010 appraised value of the 135,042 taxable properties in the appraisal district is \$15.05 billion. The district also collects taxes for seventeen of these taxing units and assessments for three tax increment financing districts and four public improvement districts. The 2010 combined taxes and assessments to be collected by the appraisal district for the taxing units exceeds \$300 million.

February 1st is the date 2010 taxes become delinquent. The last two weeks of the year are very busy with a lot of walk in customers for tax payments. "We look forward to our customers coming to see us at their new location," Kimbrough said.

The appraisal district's previous location in the 1700 block of 26th street will be listed and sold through a sealed bid process required by state law.

Texas, Other Colleges Confront Demographic Changes

In August, 60 years after the University of Texas admitted its first black student, the school welcomed the first incoming freshman class in its history in which white students were in the minority.

White students, who accounted for 51 percent of UT's freshman class in 2009, made up 48 percent in 2010. Black and Hispanic students represented about 5 percent and 23 percent, respectively, with Asians and other races making up the rest.

The state's flagship university passed the demographic milestone earlier than some had anticipated, reflecting a similar shift that is rapidly taking place at other top-level educational institutions around the country.

While the changing demographics of college campuses may be grabbing the headlines, the more compelling issue is how the growing number of minority students presents serious

social and academic challenges for financially strapped universities, even as the schools are under pressure to boost graduation rates.

Nationally, 52 percent of Hispanic students and 58 percent of black students are unable to earn a bachelor's degree in six years, compared to 40 percent of white students, according to the National Center for Education Statistics.

"What is increasingly evident now that wasn't evident 10 or 20 years ago is the extent to which this is a national phenomenon," said Steve Murdock, a sociology professor at Rice University and previously the state demographer of Texas and head of the U.S. Census Bureau. "This is not a Texas issue. It's not a California issue. It's a national issue."

For the U.S. to maintain — let alone grow — a college-educated workforce, Murdock said, those numbers

will have to change.

Stan Jones, former Indiana commissioner of higher education and the current president of Complete College America, a national nonprofit dedicated to boosting the number of college graduates, said the numbers have been telling the story for years. "But it hasn't necessarily gotten through to policy-makers that this was going on, and clearly not to the general public," Jones said. "All of us are seeing it happening faster than we had expected."

For example, although their birth rate is growing at a significant clip, Jones said, Hispanics do not graduate from high school, go on to college or graduate in the same numbers as white students. "If you look at the freshman class everywhere in this country, it is more representative than it's ever been," he said. "But in four years, if you look at the graduating class, it is not going to be representative of

the country, because many of those students from the underrepresented groups won't make it to graduation."

Educators give several reasons for the disparity, including economic differences; the comparative quality of college preparation at urban, rural and suburban schools; and a sense of isolation among those who are the first in their families to go to college.

"These are terrific students," said William Powers Jr., president of UT. "Often, they may have gone to a high school where they didn't have a calculus class or Advanced Placement classes. The challenges are also financial and what I call cultural. They might be away from home, and they don't have parents and aunts and uncles who have already been here."

In 2007, recognizing the demographic shift — and its accompanying challenges — Texas set up a Division of Diversity and Community Engage-

ment. With an annual budget of \$30.4 million, it encourages minority high school students to apply to college and then supports them with a complex framework of programs that include tutoring, personal advising.

"The question is, can we get them the support to help them over the gaps?" said Gregory Vincent, vice president of diversity and community engagement.

The results, so far, have been promising. Generally, students in the division's programs have grade point averages and retention rates as good as or better than the average in their respective classes. "The good news is that our students come highly motivated, so our challenges aren't as great as you'd expect, despite assumptions some people might make about their backgrounds," said Aileen Bumphus, executive director of the Gateway Program, an initiative under the Di-

versity and Community Engagement umbrella that works with about 300 first-generation students in each class.

Such programs have been crucial for students like Oscar Ayala, a UT senior from Houston who majors in biomedical engineering. Both of his parents are from Mexico, and neither attended college. "When it came time in high school to get ready for college, I didn't know what that meant," Ayala said.

But that success may prove difficult to maintain, depending in large part on decisions the Texas Legislature will make this year to confront a budget shortfall that could reach \$20 billion or more. About \$5 million of the Division of Diversity and Community Engagement budget comes from state funds. Educators are particularly worried about cuts to the state's largest financial aid program, which primarily serves minority students.

Pelosi: "Sin arrepentimientos"

La saliente presidenta de la Cámara de Representantes de



Estados Unidos, Nancy Pelosi, dijo hoy que dejará su puesto "sin arrepentimientos" al destacar sus esfuerzos para la creación de trabajos ante el elevado desempleo en el país.

"No, no tenemos nada de qué arrepentimos. La cámara baja ha enviado una y otra vez al Senado legislación para la creación de trabajos, pero los republicanos en el Senado la detuvieron", señaló

la legisladora en una rueda de prensa con líderes demócratas.

Pelosi, quien se convertirá ahora en la líder de la minoría demócrata y cederá su puesto al republicano John Boehner, señaló que el déficit ha sido su prioridad, pero que "desafortunadamente eso cambiará ahora".

Tras su victoria en los comicios de medio ciclo en noviembre pasado, los republicanos arrebataron a los demócratas el control de la cámara baja y lograron avances en el Senado, donde los demócratas todavía mantienen la mayoría.

Pelosi dijo que la administración del presidente Barack Obama "heredó casi una depresión" de su predecesor George W. Bush, por lo cual fue necesario tomar varias medidas, aunque reconoció que el desem-

pleo actual, que llega al 9.5%, "es intolerable".

"Es difícil creer que ellos (los republicanos) no querían cooperar cuando se trataba un asunto de creación de trabajos" ya sea de construcción o relacionados a nuevas tecnologías verdes "para mantener a Estados Unidos competitivo y como número uno", puntualizó.

Manifestó que los demócratas continuarán protegiendo las reformas de salud y financiera, frente a intentos de la nueva mayoría republicana de frenar esas medidas.

"Queremos ver iniciativas que resuelvan problemas para los estadounidenses, creando trabajos, fortaleciendo la clase media y reduciendo el déficit, sin poner la carga de la deuda en nuestros hijos y nietos", subrayó.

Roberts Truck Center and Idealease currently has a job opening at its Lubbock location for the position of full-time Rental Sales Manager. Ideal candidate is an organized, fast-paced professional responsible for truck rentals, establishing & maintaining customer relationships, fleet rentals, maintaining vehicle & driver records, marketing, billing, invoicing & communication with other management. Position requires strong multi-tasking & interpersonal skills. Experience is preferred but not mandatory. Applications are available at 4510 Avenue A in Lubbock. Roberts Truck Center is an Equal Employment Opportunity Employer.

'Los Tigres del Norte & Friends: MTV Unplugged

Tr3s: MTV, Musica y Mas (formerly MTV Tr3s) announced today that the legends of Regional Mexican music, Los Tigres del Norte, will join the list of spectacular performances for the critically-acclaimed "MTV Unplugged" series. The "Los Tigres del Norte and Friends: MTV Unplugged" is set to tape in Los Angeles in the first quarter of 2011. The special will air on Tr3s, MTV & VH1 Latin America and MTV Spain.

"Los Tigres del Norte and Friends: MTV Unplugged" will feature Juanes, Calle 13, Zack de la Rocha (Rage Against the Machine/One Day as a Lion) and Andres Calamaro, among others, who will join the group for an intimate performance of some of their greatest hits including "La Puerta Negra", "Lagrimas del Corazon", "Golpes en el Corazon", "Senor Locutor", "La Jaula de Oro" and "America", among many others. The multiple Grammy award-winning group will also embrace a message of peace with a performance of "Perdonen mi Canto".

"Los Tigres del Norte's storytelling has become legendary and serves as the soundtrack to the lives of multiple generations of Hispanics living in the US," commented Jesus Lara, Senior Vice President of Music & Talent Strategy for Tr3s: MTV, Musica y Mas. "This event will mark a historical moment for the Mexican music culture and we are honored to add this musical milestone to the 'MTV Unplugged' franchise."

"We're thrilled to join the extraordinary list of artists that have performed on the 'MTV Unplugged' stage, and bring

Regional Mexican Music to such a celebrated concert series. We are looking forward to the opportunity to revisit many special moments in our career, while also creating new interpretations with a wide array of special guests," commented Los Tigres del Norte.

Juanes commented, "Los Tigres are the rock of the culture. It's an honor to join them for this 'Unplugged'. I love their music, attitude and career."

Charlie Singer, SVP of Content and Creative for Tr3s, will serve as Executive Producer, and Jesus Lara as Co-Producer of the "Los Tigres del Norte and Friends: MTV Unplugged". The show's Producer will be Audrey Morrissey from Live Animals, which will also serve as the production company.

Juanes has become the lead-

ing all-Spanish language music artist in the world over the course of the last decade, often

credit, Rolling Stone has described the two brothers as "hitmakers with globe-trotting

and real sexuality."

Zack de la Rocha, known as the lyricist and vocalist of Rage

Calamaro is currently showcasing his latest album, "On The Rock", which is posting among his bestselling albums and increasing his fan base throughout Latin America.

About Los Tigres del Norte The New York Times hails Los Tigres del Norte as "[Regional Mexican] music's greatest statesmen... Los Tigres sell millions of records, regularly top Billboard's Latin charts and draw tens of thousands of fans to stadiums... In short, they are among the most popular acts in Latin music today". In fact, with more than 500 recorded songs to their credit, Los Tigres del Norte have sold over 35 Million albums worldwide - while notching 21 #1 albums and more than 50 #1 singles. Originally hailing from Sinaloa, Mexico and comprised of brothers Jorge, Hernan, Eduardo, and Luis Hernandez, plus cousin Oscar Lara, the band has continually chronicled the real-life stories of love and hardship experienced by the immigrant community - with many of the tales passed on directly by their fans. Their gritty realism and plain-spokenness led Billboard magazine to call Los Tigres the



Against The Machine, is an American musician, poet and activist of Mexican, German and Irish descent. He has spent a majority of his adult life dedicated to the revolutionary movement for social, political and ethnic reform for minorities. Using music as his platform for change, the vocalist for the Grammy Award winning, multi-platinum rock band Rage Against the Machine and One Day As A Lion has organized campaigns like The Sound Strike, rallying against Arizona's SB 1070 immigration law, and is a proud supporter of United Farm

Workers and the National Day Laborer Organizing Network.

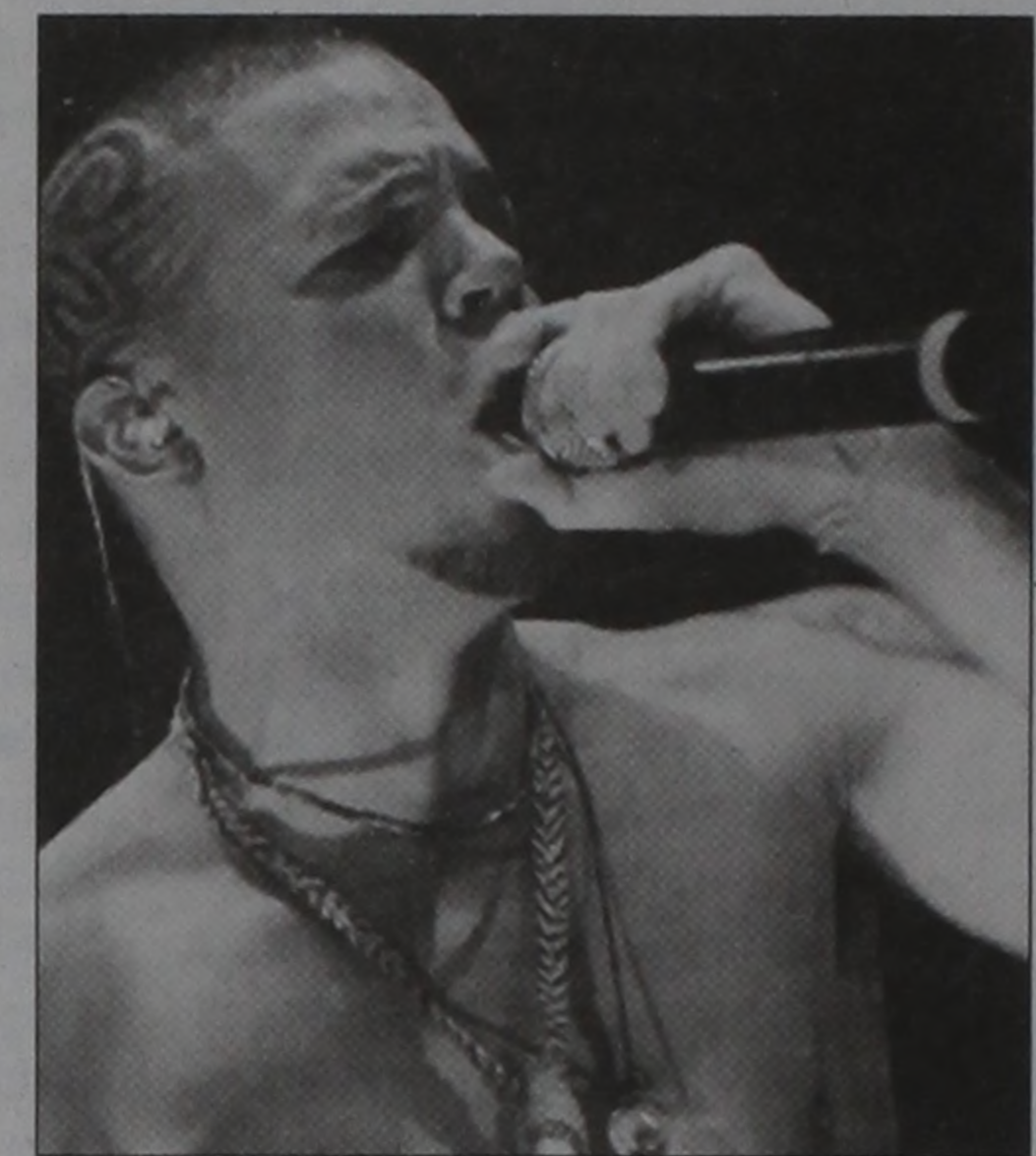
From his early beginnings as a keyboardist for Raices, at just 17, to a successful solo career, Andres Calamaro has become one of the top Spanish rock

mentioned alongside artists such as Bono and Bruce Springsteen for his belief in the possibility of social change through music. With more than 15 million albums sold and a slew of Grammy and Latin Grammy wins, Juanes' new album "P.A.R.C.E." is already getting high praise and topping the Billboard charts. The album's first single "Yerbatero" (unveiled to a global audience at the World Cup) has reached #1 in 19 countries, and according to Billboard, the new second single "Y No Regresas" has already charted as Juanes' 17th Top-5 title on the Latin Pop-Airplay Chart.

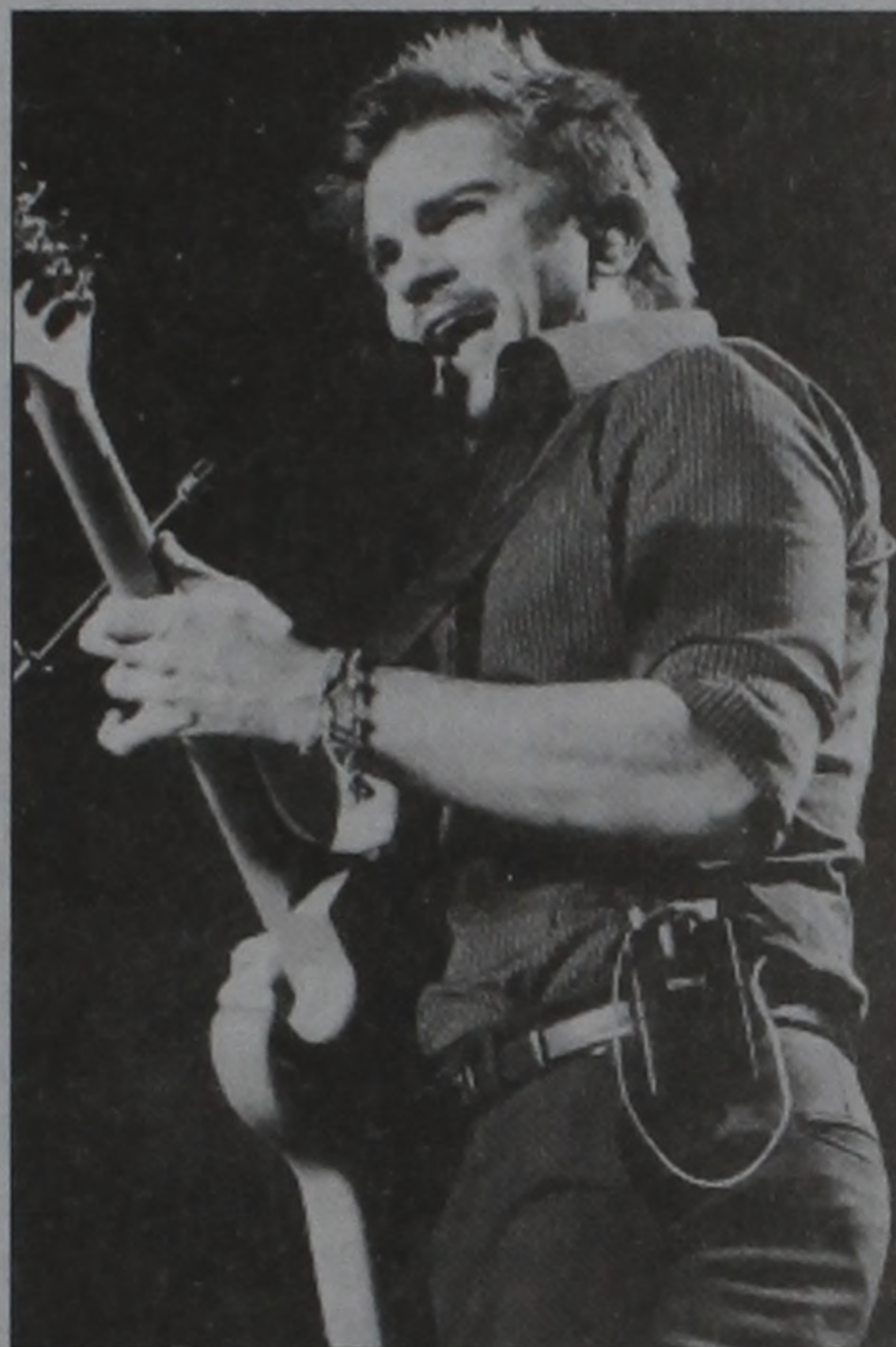
Calle 13 revolutionized Urban Latino music five years ago with their breakthrough debut and continues to speak as the uncensored voice of their generation. With two GRAMMY and ten LATIN GRAMMY awards to their

tastes, a riotous sense of humor & unstoppable groove," while Slate recognizes Calle 13 as "one of the sharpest hip-hop acts in any language." With the recent release of their fourth album "Entren Los Que Quieren," (Everyone Is Welcome), Calle 13 continue to shock the Latin music establishment (as they did with the controversial video for "Calma Pueblo") and demonstrate why NPR recently declared the Puerto Rican stars as: "one of the most exciting and creative groups to hit the Latin Alternative scene in the last decade... much more than a band of musicians: They are poets, fighters, comedians, journalists, satirists and political activists... Calle 13 is exactly what Latin music needs right now: an injection of rebellion, thought

musicians of our time. A Latin Grammy and Gardel winner,



world's "most influential Regional Mexican band - widely viewed as the voice of the people." Los Tigres del Norte has received multiple GRAMMY and LATIN GRAMMY awards, and was awarded the Latin Recording Academy's Lifetime Achievement Award in 2007. Demonstrating their continued standing at the forefront of the genre, Los Tigres has actually won the last four consecutive GRAMMY Awards for Best Norteno Album, while both their most recent album "La Granja" and its title track/ first single again topped the charts at #1.



Latin Music Legends Stamps

After almost two years work I'm thrilled to unveil five new stamps I have created for the United States Postal Service celebrating Latin Music Legends that will be available in March 2011. They honor incomparable musicians and performers of the Latin sound whose contributions continue to greatly impact world music. In alphabetical order they are; Celia Cruz, Carlos Gardel, Carmen Miranda, Tito Puente and Selena. Their distinctive styles embrace a diverse range of musical genres including salsa, tango, samba, Latin jazz and tejano. It's all about the music so select their names above to view these Latin

music legends in action.

I am passionate about Latin music as it has fueled my work for decades. As a child growing up in Mexico City I was lucky to study guitar and South American instruments like the quena and

cuatro with Folklorista Gerardo Tamez. My uncle had a musical radio program at UNAM that introduced folk and protest music from Latin America. I grew up in a household where my architect parents constantly played instru-

ments and sang music. We were always dancing and I can't bring myself to paint without music. What an honor it is for me

and generations. A musical artist who knew no boundaries. She broke down economic, gender and racial barriers with her

exotic signature outfit challenged me. I had to make it all fit in a way that would match the proportions of the other Latin Music Legend compositions. I tried to showcase her mischievous, playful and coquettish beauty in a classic Hollywood pose that tipped its hat to her contributions in music and film. Tito Puente stamp, mood board imagery and alternative sketch TITO PUENTE A musical pioneer this bandleader, percussionist, and composer fused Latin music with jazz and mixed Latin sounds with other musical styles. I was fortunate enough to see Tito performing live on the streets of San Diego. I was about 20 feet away and the raw energy and pure octane power he exuded was sensational. I wanted to capture in red the angular rhythms of Tito playing his timbales in the stamp's background. I'm currently working on a new book My Name is Tito about El Rey and can't wait to introduce this music legend to children. Selena stamp and two sketches exploring composition SELENA The Queen of Tejano I wanted to showcase her vibrant beauty. As an artist I was challenged by her love of fashion and style as Selena frequently changed hairstyles and clothing. After exploring many directions I became convinced that a photo provided by her family most closely communicated her essence. I worked to create a relationship between her hair and the background swirls to pay tribute to her sensual costumes and dance moves. I was moved to hear from Suzette Quintanilla who saw the stamp portrait before release and felt I had captured her sister's charismatic spirit.



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to tell you more about these extraordinary legends and the process of creating stamps to celebrate their contributions. I'm proud of Latin music because it is essential in communicating the spirit of our culture. I have to agree that Latinos are born with rhythm. These five dynamic individuals continue to inspire future generations of musicians. I hoped to paint portraits that would resonate for their families and fans. I felt compelled to give it all I had as an artist to communicate the essence of these legends, their spirit, style and sound. Celia Cruz stamp, mood board with imagery and an initial sketch CELIA CRUZ ¡Azucar! What made Celia Cruz, the Queen of Salsa so unique? I wanted to celebrate that electrifying voice, those elaborate wigs, flamboyant costumes and dazzling smile that made you feel like you were part of her family. Her powerful contralto voice, dance energy and charismatic personality endeared her to fans from different nationalities

humanity and mesmerizing vocal style. Carlos Gardel stamp, sketch and a classic photo CARLOS GARDEL With his movie star looks and superb baritone voice, he was the first great singer of tango and remains an icon in Argentina, France and Uruguay. A magnetic stage presence he mesmerized audiences with his charm and dapper attire. Gardel's music has always fascinated me and I posed a model with my own guitar to get the right stamp composition. His nickname El Zorzal Criollo translates to the Creole Thrush. Listening to his music, I envisioned a smoky boliche and saw cool shades of blue as his incomparable voice evoked nostalgia and a longing for something lost. Carmen Miranda stamp, photograph and preliminary sketch CARMEN MIRANDA The glamorous Portuguese born-Brazilian Bombshell samba singer who went on to become a film legend captivated audiences with her Latin charm and dazzling persona. Her remarkable film, stage and radio career and

to see Tito performing live on the streets of San Diego. I was about 20 feet away and the raw energy and pure octane power he exuded was sensational. I wanted to capture in red the angular rhythms of Tito playing his timbales in the stamp's background. I'm currently working on a new book My Name is Tito about El Rey and can't wait to introduce this music legend to children. Selena stamp and two sketches exploring composition SELENA The Queen of Tejano I wanted to showcase her vibrant beauty. As an artist I was challenged by her love of fashion and style as Selena frequently changed hairstyles and clothing. After exploring many directions I became convinced that a photo provided by her family most closely communicated her essence. I worked to create a relationship between her hair and the background swirls to pay tribute to her sensual costumes and dance moves. I was moved to hear from Suzette Quintanilla who saw the stamp portrait before release and felt I had captured her sister's charismatic spirit.

Rangers announce six-year deal with Beltre

The AL champion Texas Rangers have introduced Adrian Beltre after agreeing on a \$96 million, six-year contract with the All-Star third baseman.

"We all know that the Rangers have a really good team. I want to win," Beltre said Wednesday. "The team is willing to do whatever it takes to get to the next step. That's one of the factors to make my decision to come here easier."

Beltre gets \$14 million this year, \$15 million in 2012, \$16 million in 2013, \$17 million in 2014, \$18 million in 2015 and \$16 million in 2016. The Rangers can void the final season if Beltre fails to have either 1,200 plate appearances in 2014-15 combined or 600 in 2015.

Striking to tighten their grip on the AL West, the Rangers are close to a deal with free agent third baseman Adrian Beltre.

So Adrian Beltre is headed

for Texas. Anyone want to hear what Arte Moreno has to say now? Read More >>

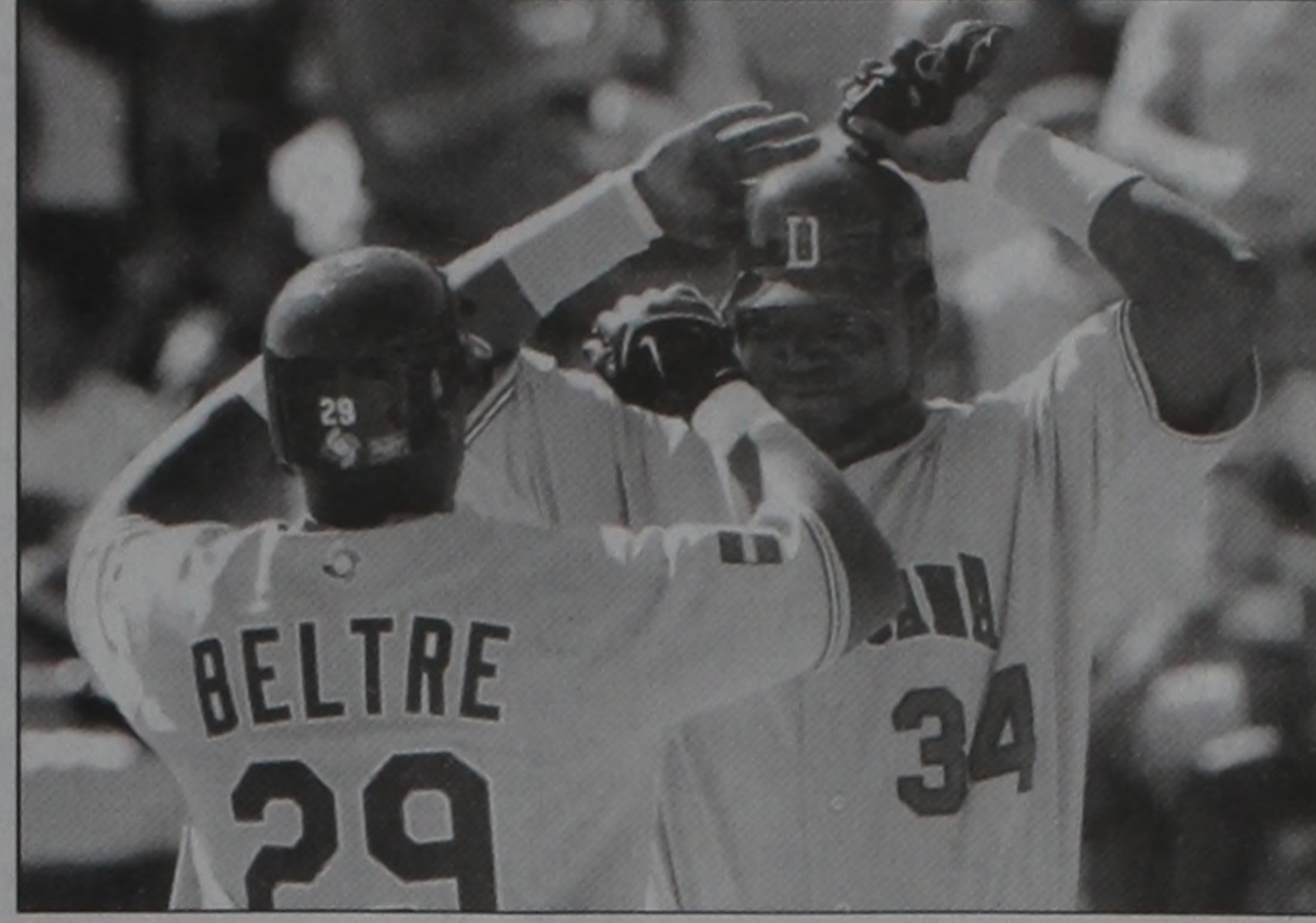
Beltre became a free agent after turning down a \$10 million player option to stay with Boston.

A two-time Gold Glove winner, Beltre hit .321 with 28 homers, 102 RBI and 49 doubles in 154 games during his only season with Red Sox. He was an All-Star for the first time in his 13-season career.

Texas appeared in its first World Series last season, losing to San Francisco in five games after beating the New York Yankees in the AL Championship Series.

"The organization had a taste of something last year, finished a few games shy of our ultimate goal," general manager Jon Daniels said. "Everything that we've been talking about and looking to do this offseason has been in

the name of improving the club to a point where we can win



the division and get back to the World Series and ultimately win it. This signing is very much in line with that goal."

The Rangers were spurned in their attempt this offseason to keep Cliff Lee, even after

offering the ace left-hander \$138 million over six years. Lee

shoulder surgery. Texas also completed a \$3.9 million, one-year contract with 41-year-old reliever Arthur Rhodes that includes a \$4 million club option for 2012.

Beltre, who will turn 32 the first week of the regular season, is a .275 hitter in 1,835 career games for the Los Angeles Dodgers (1998-04), Seattle (2005-09) and Boston.

Los Angeles signed Beltre in 1994, and he made his major league debut with the Dodgers four years later. After hitting .334 with 48 homers and 121 RBI in his final season with the Dodgers in 2004, Beltre went to the Mariners.

The acquisition of Beltre means yet another position switch for Rangers career hits leader Michael Young, the team's longest-tenured player going into his 11th season. Beltre said he spoke to Young on

Wednesday about the move.

"I have a huge respect for Michael," Beltre said. "Him willing to do that for me, it means a lot."

Young this week publicly expressed his willingness to switch again if Texas got Beltre. Young, who has three years left on his contract, will become a designated hitter while also playing a utility role.

Young was a second baseman when he became a starter for Texas in 2001, then switched to shortstop after Alex Rodriguez was traded in 2004. The Rangers moved Young to third base two years ago when they decided to promote rookie shortstop Elvis Andrus from Double-A.

Manager Ron Washington envisions Young being the primary DH who will occasionally play each of those infield positions, and possibly first base.

Vandergriff, who brought Rangers to Texas, dies

Tom Vandergriff, who spent 13 years trying to bring Major League Baseball to North Texas before finally succeeding with the Rangers, passed away Thursday afternoon in Fort Worth. He was 84.

Vandergriff was mayor of Arlington from 1951-77 and a former United States Congressman and Tarrant County judge whose major achievements include persuading General Motors to build an assembly plant in Arlington and bringing the Six Flags over Texas amusement park to what was once a small town located midway between Dallas and Fort Worth.

But his crowning achievement and most lasting legacy came in October of 1971, when he convinced Washington Senators owner Bob Short to move his franchise to Texas. The Rangers began play in Arlington Stadium in 1972, and Vandergriff threw out the ceremonial first pitch at the home opener.

Tom Vandergriff (left) was inducted into the Texas Rangers Hall of Fame in 2004. (AP)

In a joint statement, Nolan Ryan and Rangers CEO Chuck Greenberg said in part: "It is with great sadness that we learn of the passing of Tom Vandergriff. He served Arlington and Tarrant

County as a distinguished public servant for over 50 years. There is no individual that had a greater impact on the Texas Rangers franchise in its 40 years of existence.

"His tireless efforts to make the Texas Rangers a reality will never be forgotten. There was no one more deserving for induction into the Texas Rangers Baseball Hall of Fame, an honor received by Mr. Vandergriff in 2004. Mr. Vandergriff leaves an enduring legacy that lives on. On behalf of our ownership group and the entire Texas Rangers organization, we extend our thoughts and prayers to his family at this difficult time."

"Everyone in Texas owes Tom Vandergriff a debt of gratitude, not only for what he did for the game and the sport, but for the whole community," former Rangers president Tom Schieffer said. "He had a real sense of feeling that every citizen had a duty to make their community better, and he did that in a hundred different ways. He was an inspiration to all of us."

"I don't think anybody loved the game more than Tom Vandergriff, and he was the one who put his heart and soul into bringing baseball to North Texas."

Vandergriff's second dream came true when the Rangers finally reached the World Series this past season. Vandergriff had been dealing with Alzheimer's Disease in recent months, but was able to attend the playoffs this past October at the Ballpark in Arlington and was standing and cheering with former Arlington mayor Richard Greene when the Rangers defeated the Yankees in Game 6 of the American League Championship Series.

"That was the last promise that he and I finally fulfilled, to bring a World Series to Arlington," Greene said.

"Without Tom, we still might be trying to bring baseball to Texas. People say it was inevitable, but it happened when it happened because of Tom Vandergriff. That set in motion all of the great things that came after."

"Everything that happened in Arlington in the past 60 years is connected to Tom Vandergriff. The reason we're having the Super Bowl in Arlington is because of Tom Vandergriff. His persistence, his perseverance, the journey that he set out on was incredible."

Vandergriff was inducted into the Rangers Hall of Fame in 2004. The area beyond center field behind the "batter's eye" at the Ballpark in Arlington is also

known as Vandergriff Plaza. There is a statue of both Vandergriff and Ryan in the plaza.

"Obviously, he was the key person in bringing the team to Texas, so everyone who has ever worked for the Rangers owes a debt of gratitude to Mr. Vandergriff for making that happen," said Tom Grieve, a Rangers broadcaster who has been with the organization almost continuously since 1966.

"He remained one of the most loyal people to the organization over the years, but the thing that impressed me was how dignified he was, how well-spoken he was of the English language and how honorable he was as a person. He was very loyal to the Rangers to the end and he loved them."

In addition, Vandergriff was one of the Rangers' original broadcasters when they first came to Texas.

"Tom was a wonderful man, caring, giving and open-minded," Rangers broadcaster Eric Nadel said. "He was one of two people responsible for hiring me to join the Rangers broadcast team at the end of the 1978 season, giving me the chance to transition from hockey to baseball while on the job. As a former broadcaster, he had faith in my ability to be able to do it, and the

patience to see it through. Obviously, I am forever grateful to him for that.

"He loved the Rangers as much as he loved the city of Arlington, and I'm really glad he got to experience the joy of the 2010 season. Tom was always modest about his accomplishments, but you could write a long, fascinating book about what he was able to achieve in his lifetime... a legacy that has improved the lives of millions of people."

Vandergriff was born in nearby Carrollton on Jan. 29, 1926. After graduating from USC in 1947, he returned to Texas and began working in his father's Chevrolet dealership in downtown Arlington. In 1951 he was elected mayor of Arlington, and three years later he convinced General Motors to build a planned Southwest assembly plant in the city. The plant is still in operation today, less than a mile southeast of the Ballpark.

Vandergriff accomplished the goal with his persistent sales pitch to General Motors. He took that same approach in trying to get Major League Baseball to Arlington. It just wasn't easy. Vandergriff tried to have North Texas included in the 1960 expansion but lost out.

He did get a stadium built in 1965.

It was first used by a Minor League team and was known as Turnpike Stadium. Eventually it became Arlington Stadium, and Vandergriff kept hoping that a Major League team would call it home.

He tried to court the Kansas City Athletics, but Charlie Finley moved his franchise to Oakland in 1968. Arlington had the inside track when the National League expanded in 1969, but Astros owner Roy Hofheinz wanted Texas all to himself and blocked the move. Instead the NL expanded to San Diego.

"A number of people trying to get baseball to Texas gave up at that point, but Tom never quit," Greene said.

Finally, in 1970, Vandergriff saw a glimmer of hope. The Senators had been an expansion team in 1961 after the original franchise had moved to Minnesota. The second coming of the Senators was an economic and baseball failure, and by the end of the 1970 season, Short was desperate to move.

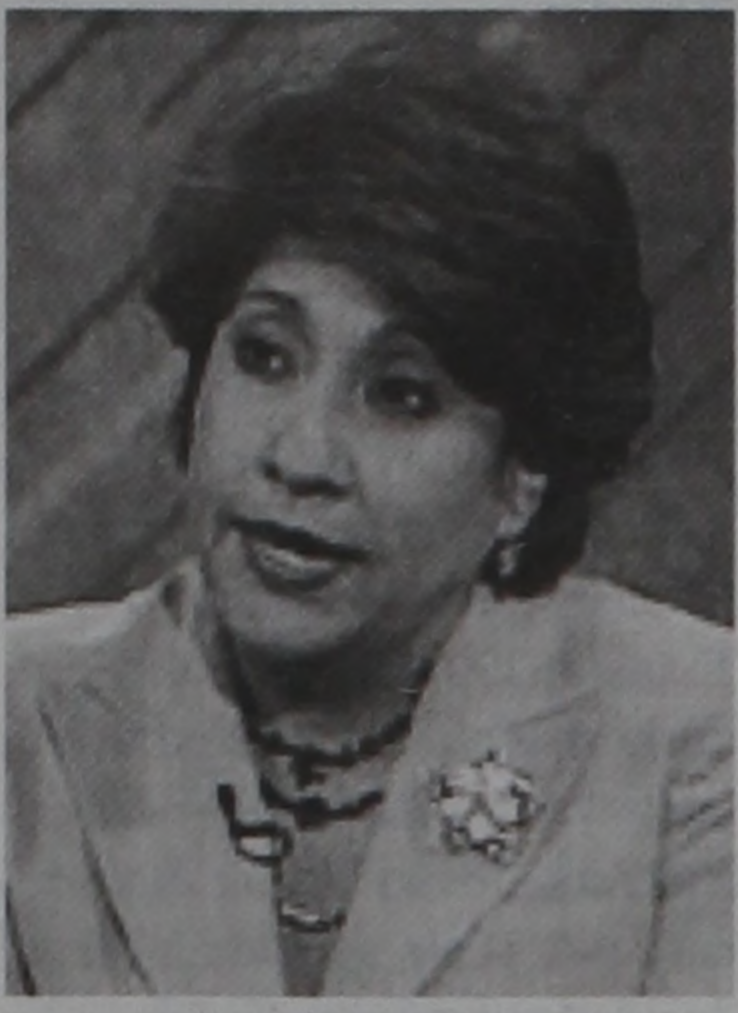
Vandergriff seized the opportunity, and despite the strenuous objections of President Richard Nixon and Commissioner Bowie Kuhn, he was able to lure the Senators to Texas. On Sept. 20, 1971, the AL granted permission for the move.

EL EDITOR WOULD LIKE TO WISH ALL OUR READERS A PROSPEROUS NEW YEAR 2011!

THANK YOU FOR YOUR CONTINUED SUPPORT THROUGHOUT THE YEARS!
¡FELIZ AÑO NUEVO A TODOS!



NCLR Calls Assault On Constitution's Citizenship Clause Inflammatory, Impractical, And Immoral



NCLR (National Council of La Raza), the largest national Latino civil rights and advocacy organization in the United States, today called recent proposals to repeal the citizenship clause of the 14th Amendment—which confers citizenship on all persons born on U.S. soil—"inflammatory, impractical, and immoral." "These thoughtless and unnecessary proposals take our country in the wrong direction, away from inclusion and our other core American values," stated Janet Murguía, NCLR President and CEO. "The citizenship clause is a bedrock principle of civil rights and part of what makes us all Americans. Never in our nation's history have we amended the Constitution to take away someone's rights and we should not do

so now." "These proposals are inflammatory. Those seeking to decimate the 14th Amendment know that their attempts are constitutionally dubious at best, but they are definitely irresponsible and divisive, guaranteed to make many of our fellow Americans suspect in their own land. "They are impractical. These approaches would throw hospitals, families, and society into chaos, requiring the government to come into every delivery room to determine the paternity of the child and the status of his or her parents. "And these proposals are immoral. They would undermine our nation's commitment to equality under the law, taking us down a slippery slope where the law permits distinctions based on ancestry, race, ethnicity, gender, and other characteristics. "Proponents of this idea would have you believe that their proposals are simple, uncomplicated, and an easy fix to a problem. But there is nothing simple about taking away a right that millions of Americans fought and died for in the Civil War. There is nothing uncomplicated about an assault on our Constitution. And this is no solution," concluded Murguía.

The Authority of Jesus Questioned

By Sal Hernandez



What is a Sacramental?

If a healing takes place, as has happened and will happen when a rosary or a crucifix or other religious item is present in a room or on a person who is ill and receives healing, a special grace as been given by God through an instrument He has blessed the item through His minister.

Holy water is used in the blessing of homes, of cars, of businesses, the benediction of fields, harvests, etc and we see the special graces God provides. One the most extraordinary sacramental is the exorcism with a crucifix and or holy water. This special grace is very powerful. Again these special graces are special because of God's love and mercy.

We see the conversion of many who see a crucifix and realize the ultimate sacrifice of Christ. But we have seen just in the simple touch of such an item what God does. Relics are a great sacramental. We see the use of a sacramental lead people to receive or respond to grace.

Are they in the bible? Yes; in the Old Testament as well as in the New Testament. The use of the sacramental depends on God, therefore when a miracle occurs it is divine because God is performing the miracle. Miracles do happen and the effects they have are great but again, they are different from a sacrament because of the sanctifying grace. Is all grace the same; well not quite, because remember, to sanctify is to completely purify and without being pure, you do not enter heaven. You can be a healed person, you can be a happy person, you can be a blessed person, but without sanctification, you can not get into heaven. We see this especially in the Old Testament over and over as people and things were blessed to receive the compassion, peace, protection and prosperity from God. We give our children or relatives or friends or neighbors blessings when we say, 'God bless you.' In the blessing of persons on journeys, pilgrimages, etc, we ask God for His protection.

Just ask yourself, why do you pray over your food? Why do you ask for God's blessing? First, sanctity, then fruitfulness, but overall for the presence of God in all that we do, all that we obtain, and all that we consume, so that we may live holy lives as He has instructed us. But remember, do not do anything out of sorts or on your own, without the permission of the bishop or priest because there are heavy consequences in doing things not according to God. He has instructed us and leads us in all that we do and we must always be obedient. It is not good to go to a grocery store or department store or as you see on television people giving away water, or oils, or towels, etc, for profit. People take advantage of other people by offering those items that they say are from a blessed place or say that they have blessed them, but in actuality, only the Church can bless people, places, and things for its intended purposes. Is that in the bible; look to find it.

God tells us that those misusing blessings and blessed items will have significant consequences. Be aware of this at all times. Blessings and blessed items are very important in our daily lives but we have to always focus on the One who grants us these blessings. Some people to get carried away but I pray and hope you do not get carried away and focus too much on the things that God uses but instead, stay focused on God himself.

Enjoy all that God grants us and look into all of these wonderful gifts that He does grant us so that we can persevere until the end but doing it all the while with those gifts, so that we bless Him at all times and others.

Año Nuevo = vida sin tabaco

Hacer dieta y abandonar el cigarrillo son, sin lugar a dudas, dos de las promesas más comunes que se hacen las personas cuando llega un nuevo año.

Sin embargo, también son los propósitos menos alcanzados.

En el caso del hábito de fumar, estudios médicos han demostrado que se trata de un comportamiento humano muy difícil de cambiar o eliminar.

Se cree que 9 de cada 10 fumadores tienen deseos de abandonar ese hábito, sin embargo les resulta muy difícil por el alto poder adictivo que crea la nicotina, que según los expertos es igual al producido por drogas como la heroína y la cocaína.

Por ello, para dejar el tabaco hay que armarse de mucho valor, perseverancia y fuerza de voluntad. También hay que buscar la ayuda de un médico o especialista.

Aunque los cigarrillos tienen una apariencia inofensiva, la realidad es que son un arma mortal que va acabando lenta y silenciosamente con la vida de quienes los usan. Un estudio de la Sociedad Americana del Pulmón (ALA, en inglés), asegura que cada vez que una persona prende un tabaco quita un promedio de 11 minutos de su vida.

Según el estudio de ALA, cada cigarrillo contiene una gran cantidad de químicos diferentes que son agentes que promueven el cáncer, o que incrementan el poder de los carcinógenos y casi todos producen adicción.

El tabaco causa cáncer

El doctor Engracio Cortés, un oncólogo e internista hispano que tiene su clínica en Queens, nos explicó en una oportunidad, que existe una relación documentada entre el uso del tabaco y el cáncer en las vías respiratorias. "Sin duda, la causa número uno del cáncer del pulmón es el cigarrillo. Y no nos referimos sólo a los que fuman, sino también a las personas que están expuestas al humo de segunda mano".

La Asociación Americana del Cáncer (ACS, en inglés), asegura que del 85 al 90% de los pacientes con cáncer del pulmón son fumadores, mientras que el 10 al 15% son los considerados como fumadores pasivos, aquellos que aunque

no fuman han estado expuestos al humo del cigarrillo.

La ACS informa que, pesa a



haber declinado en cuanto a su incidencia en los últimos años, el cáncer en los pulmones es el responsable de la muerte de casi 157,000 personas (en 2010), lo que representa más del 28% de todos los fallecimientos debido a un proceso cancerígeno.

El cáncer de pulmón es el segundo cáncer más común tanto en hombres (después del cáncer de próstata) y mujeres (después del cáncer de mama). Es responsable de aproximadamente el 15% de todos los nuevos cánceres.

Según las estimaciones más recientes de la ACS, en el año 2010 se diagnosticaron alrededor de 222.520 nuevos casos de cáncer de pulmón (116.750 hombres y 105.770 mujeres).

Más personas mueren de cáncer de pulmón que de cáncer de colon, mama y próstata combinados.

Las autoridades médicas explican que a pesar de que el consumo de cigarrillos había descendido en la última década, se está observando una preocupante tendencia al alza en los pasados dos años. En general el cáncer del pulmón se ha incrementado en el transcurso de 12 años.

Pero el cáncer del pulmón no es la única afección médica relacionada con el uso del cigarrillo. Según el doctor

Cortés, los fumadores pueden desarrollar enfermedades en el corazón y tracto respiratorio. "También son comunes el cáncer de la boca, garganta, esófago, colon, aparato digestivo, páncreas y la sangre", aseguró el especialista.

Nunca es muy tarde

Investigaciones médicas han establecido que a pesar de todos los tóxicos que un fumador se introdujo en el organismo por muchos años, al parar de fumar, el riesgo de contraer cáncer disminuye considerablemente con el pasar de los años, ya que las células

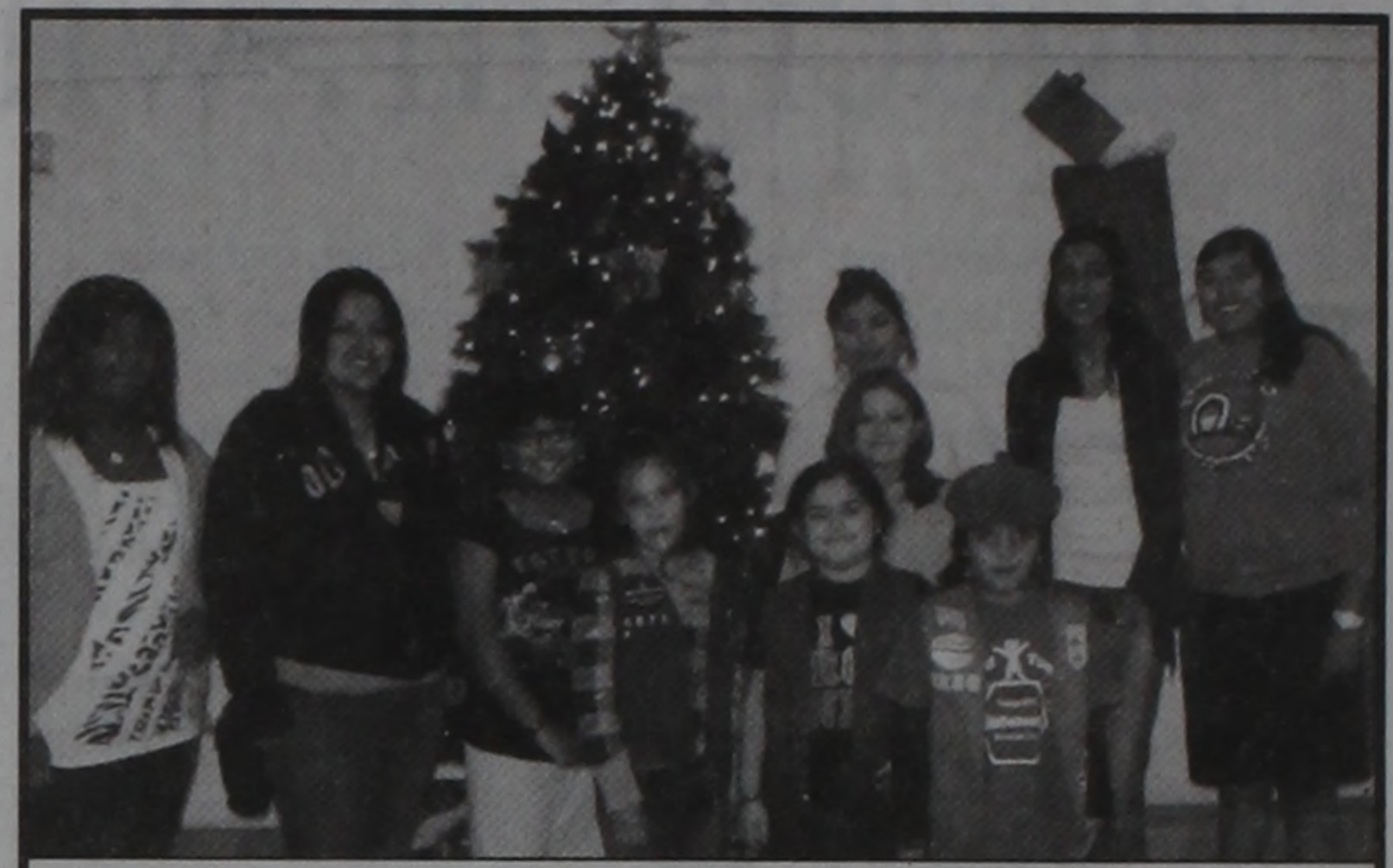
afectadas son reemplazadas por células normales. La mejoría es

tan notable que en un lapso de 10 años el riesgo disminuye en 50% en comparación con los que continúan fumando.

"Si la persona ha fumado por muchos años y para de fumar, los pulmones toman muchos años para volver a su estado normal. Parar de fumar no significa que el riesgo de cáncer desaparezca. Pero nunca es tarde para dejar el cigarrillo", recomendó el doctor Cortés.

Según reportes del Departamento de Salud del Estado de Nueva York, fumar continúa siendo la primera causa evitable de enfermedades y de muerte en este estado. En la actualidad, cerca de 2.7 millones de habitantes del estado son fumadores, incluyendo alrededor del 18% de los adultos y el 15% de estudiantes de secundaria.

Además de no fumar, la ACS aconseja realizar ejercicios y consumir una dieta más saludable.



On behalf of the American GI Forum and "Pancho Clos", we would like to thank everyone who donated toys and goodies during the Pancho Clos event. We didn't get everyone's name who donated, but you know who you are and again thank you. We would also like to thank Charles Bolton, Bruce Thornton, El Mercado Hispano and San Ramon Catholic Church Youth Group. We hope that all of you will be with us next year because there's a lot of needy families and we need people like you to help us out. We would also like to extend a very special thank you to our main sponsors: Kevin Glasheen, Valles, Indermand & DeHoyos Attorneys at Law; L.P.&L.; United Supermarkets; Lubbock Hispanic Police Officers Association; Margie Olivarez & her Girls Scout Troop; EL EDITOR newspapers, W.T. Hispanic News, Si Se Puede Show; and Christy Martinez/Latino Lubbock and of course all the staff at the Maggie Trejo Super Center and the City of Lubbock for the use of the facilities.

I know that those persons responsible for the Pancho Clos Project, Bidal Aguero, Gus Medina & Jesse Reyes would have been real proud to see all of us working together as a community.

Again, thank you to everyone and we wish everyone a very Happy New Year 2011!!

Fit Into Your Favorite Jeans Again

Let us help you reach your goals, no matter what they are. The Body by Vi™ Challenge is not another fad diet. The program is based on nutrition that helps you burn fat and keep lean muscle, boosts your metabolism and helps control hunger. Choose from 3 affordable Kits to Balance, Shape, or Transform your body.

Fast, Easy, Affordable. For **Anybody**, and Any **BODY!** Transform your life starting today!

Refer 3 and get yours for **FREE!**

Simply refer 3 friends to join you on the Challenge and you can get your Kit for FREE next month.*

PLUS
Win Prizes*
Earn Money!*

Contact me to learn more:

Amalia Aguero

corazon-mio.bodybyvi.com

*Restrictions apply. For complete details, contact your ViSalus Independent Distributor.

Don't let your New Years Resolution pass you by! Call me today!

¿QUE PASA?

Let us know!

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your events &
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