

Casualties of War in Iraq 4,802 Afghan 3,313 as of June 27, 2013

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Court Strikes Down Minority Voter Protections - A Sad Day in Civil Rights History

In a 5 to 4 ruling, the conservative majority on the United States Supreme Court engaged in judicial activism and essentially neutered the landmark civil rights law that has been used to protect a distinct class of voters for nearly 50 years.

In the case of Shelby County versus Holder, the court decided that the criteria used by Congress to extend the Voting Rights Act of 1965 over the years, was no longer valid. While they did not rule that Section 5 of the Voting Rights Act (VRA) was unconstitutional, they did say that the criteria or formula that Congress has used to extend the law, known as Section 4, was not current, and therefore could not continue to be enforced.

Writing for the majority, Chief Justice John Roberts wrote that "voting discrimination still exists; no one doubts that. The question is whether the Act's extraordinary measures, including its disparate treatment of the States, continue to satisfy constitutional requirements... the Act imposes current burdens and must be justified by current needs."

In laymen's terms, Roberts statement indicates that the majority felt that not all states are being treated equally and that the criteria or the "formula" used to require certain states to request pre-clearance when making changes to their voting process or redistricting, is burdensome

to these particular states.

The ruling means that if the pre-clearance law is to remain in place for certain states, then Congress must pass a new law declaring which states will be required to obtain pre-clearance based on more current data.

Texas is one of 9 states that must request pre-clearance before implementing any voting changes like voter ID or redistricting. But the ruling means that Congress must examine current voting data in Texas to see if it shows that patterns of discrimination still exist in the voting process. If so, they can then pass a new law which could apply to Texas.

The ruling does leave the door open for Congress to look at voting patterns and data in all 50 states, though that is unlikely to happen. Right now, the law only applies to 9 states; 7 of which are in the South.

So how do 2 of Lubbock County's elected Democratic officials feel about the ruling?

Lubbock County Commissioner Lorenzo "Bubba" Sedenio told El Editor that the ruling "strikes

a blow against civil rights and the protection of voting rights" in general. He called it "a very sad day for minority voters in America" and expressed his "disappointment" in the ruling.

Lubbock County Democratic Party Chairman, Kenny Ketterer says that "The Supreme Court ruling about voting rights is a significant step backward in the fight for our voting rights. By striking down the current rules for pre-clearance, the Supreme Court has given the green light for right-wing state legislatures to enforce voter ID laws that suppress the vote of our most vulnerable citizens."

On that point, Ketterer is right. Immediately after the ruling was made public, Texas Attorney General Greg Abbott announced that the state's Voter ID law passed by the legislature in 2011 would be implemented immediately. That law requires a person to show a predetermined form of identification in order to vote. Up



until now, voters need only show a voter's registration card or even a utility bill with their address on it.

The 2011 law, though, did not receive pre-clearance from the US Department of Justice in 2012 and eventually a DC federal court ruled that the law could not be implemented.

That is precisely what the law was intended to do.

Lubbock Tejano Democrats also issued a statement condemning the court's ruling, saying that "the highest court in the land gutted one of the most important civil rights laws this country has ever passed. The Voting Rights Act of 1965 was passed to protect racial and ethnic minorities from the types of systemic discrimination that pervaded many states, including our own. In

the hours following news of the decision, Texas was already implementing its Voter ID Law which had been declared illegal by the Justice Department under Section 5 of the Voting Rights Act."

So what impact will the ruling have on local voters?

Ketterer says that, "Lubbock County citizens will certainly be affected by this ruling. I predict that we will see a series of unhappy voters denied their right to vote at the polls this November when they show up with their current voter card but no photo ID."

Noting that the court did not actually strike down the pre-clearance requirement, Ketterer sees it this way: "Congress could pass a new set of pre-clearance rules. Alas, our current Congress cannot even agree that the sky is blue, so the chance of a new set of pre-clearance rules becoming law between now and 2015 is zero."

As far as Commissioner Sedenio is concerned, "We have to wait and see what changes take effect immediately in regards to this decision and be prepared to defend any assault by any State, especially here in Texas that will target or make it harder for minorities to participate in exercising their vote at the polls."

As Ketterer points out, Congress can pass a new law based on the ruling, but in the long run, it will be up to voters and Democrats to apply political pressure to get a Republican led House of Representatives to act.

Sedenio says that "The Voting Rights Act played a key and vital role in protecting voter rights. I hope that our Minority Members in Congress will lead the charge in coming up with a new formula that protects us from voter discrimination. Please let your voice be heard on this very important issue!"

Ketterer also says that the local Democratic Party will not just accept the ruling without taking action: "The Lubbock County Democratic Party will do its part to raise awareness about the burdensome voter ID requirements in preparation for the November elections." He says the party is making plans for a "voter ID rally and other forms of promotion."

Texas Attorney General Abbott has said that the 2011 Texas voter photo ID law will be enforced as of Thursday, June 27, so there is no time to waste. Our voices will be heard in Lubbock, Texas!"

Voting against the decision was Justice Ruth Bader Ginsburg, and Justices Stephen G. Breyer, Elena Kagan, and Sonia Sotomayor.

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Texas llegará a 500 ejecuciones por pena de muerte



del castigo capital en esta entidad ha reducido su ritmo. Texas, en donde se han realizado siete ejecuciones en lo que va de 2013, se registraron 15 en 2012, 13 en 2011 y 17 en 2010. Las cifras están muy por debajo de las 48 efectuadas en 1999.

En mayo pasado, Maryland se convirtió en el sexto estado en abolir la pena de muerte en la última década.

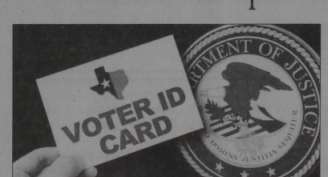
En 2012, 43 reos fueron ejecutados en todo el país, un descenso considerable en comparación con los 98 ejecutados en 1999, la marca más alta.

Los crímenes violentos han disminuido a lo largo de todo Estados Unidos por debajo de los números en la década de los noventa, lo que ha disminuido también la presión ciudadana sobre los políticos para apoyar la pena de muerte.

También, a lo largo de la última década, las Cortes han establecido nuevos mecanismos legales y logísticos que dificultan la imposición del castigo capital.

De acuerdo con una encuesta de Gallup en enero pasado, la mayoría de los estadounidenses siguen apoyando la pena de muerte (63 por ciento), pero el respaldo a la pena máxima continúa bajando en comparación a la década de los noventa cuando el 79 por ciento la favorecía.

Esta semana, la Corte Suprema de los EE.UU., decidió que la ley de civiles derechos sobre la discriminación de votantes minorías no puede seguir en pie como esta escrita.



En un voto de 5 a 4, los jueces conservadores, decidieron que la sección número 4 de la ley conocida en inglés como "Voting Rights Act" o sea, Acto de derechos de votantes, no está de acuerdo con la constitución de los estados unidos.

Esto quiere decir que una nueva ley que fue aprobada por la legislatura del estado de Texas ahora tiene la posibilidad de implementarse. Y Podría causar problemas para muchas personas ancianas y votantes minorías.

Esta ley fue aprobada en Texas en el año 2011 y requiere que el votante presente una cierta forma de identificación para poder votar. Hasta ahora, una tarjeta de registración para votar o otra forma de identificación como un bil de la luz a sido suficiente.

Pero el procurador general de Texas, Greg Abbott, a dicho que

la ley requiriendo identificación para votar será implementada inmediatamente. Eso quiere decir que en las próximas elecciones, no se podrá usar la misma forma de identificación que siempre se a usado.

Ahora se va requerir cierta forma de identificación como una licencia de manejar, o un pasaporte. Si el votante no tiene la identificación, no se le permitirá votar.

Es posible que las personas que no tienen identificación como licencia para manejar o específicamente una que se puede usar para votar, podría obtener una en el DPS. Pero para hacer eso se requiere pruebas de ciudadanía como su acta de nacimiento y podría costar dinero para obtenerlo del estado si uno no lo tiene.

Por ahora, todavía no se sabe cuales seran todas las implicaciones de la decisión. Pero por seguro, los cambios se podrán ver cuando se llegue a la próxima elección general que será en noviembre de este año.

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Tejano Democrats Issue Statement on Court's Ruling

The Lubbock Tejano Democrats is the one political organization whose members primarily work to make sure that Hispanic voters are informed about political issues and are able to exercise their right to vote without any obstacles. They engage in several activities including voter registration and education. The recent Supreme Court ruling is a major concern to the group and it issued the following statement the day after the ruling was announced:

The Lubbock Tejano Democrats take the position that one instance



Yesterday the highest court in the land gutted one of the most important civil rights laws this country has ever passed. The Voting Rights Act of 1965 was established to protect racial and ethnic minorities from the types of systemic discrimination that pervaded many states, including our own. In the hours following news of the decision, Texas was already implementing its Voter ID Law which had been declared illegal by the Justice Department under Section 5 of the Voting Rights Act.

The Supreme Court determined that while discrimination still exists, voter suppression is not 'pervasive, widespread, or rampant.'

of voter suppression is intolerable. If one Texan is unable to vote because of lack of proper identification the problem has become pervasive, widespread, and rampant.

We condemn this decision and the actions of Attorney General Greg Abbott to implement the Voter ID law. We ask all Texans and residents of Lubbock County to join us as we move forward to register, educate, and motivate voters to turn Texas blue.

For more information about the Lubbock Tejano Democrats, or to find out how to help, visit http://www.lubbocktejandemocrats.org/

The statement was issued on behalf of the executive board members of Lubbock Tejano Democrats: they are Olga Aguero-President; Billy Flores-Treasurer; and Margie Ceja-Secretary.

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Comentarios - Opiniones

REFUGIÁNDOSE EN CASA DE ARCHIE

Por José de la Isla

Hispanic Link News Service
CIUDAD DE MÉXICO – Durante un mínimo de doce años, no hemos encontrado dentro de una serie cómica que evoca la de "All in the Family" (Todo en familia).

El programa emitido por el canal ABC durante la década de los 1970, trataba de la vida de un bilingüe mexicano de clase obrera y su familia. Fue como alguna vez describiera un amigo, todo sobre alguien confiado en su destinada postura.

Resultaba chistoso el programa por los esfuerzos de la esposa, Edith, por mantener la unidad familiar. Como reflejo social, aparenta ser como una fase por la que pasaba cierta parte del público. El programa sufrió un cambio de nombre, a "Archie Bunker's Place", y se dejó de producir en 1983.

Casi al mismo tiempo que "Todo en familia" dejaba de emitirse, iban comenzando las naciones emergentes a aumentar su producción industrial. Archie ya se encontraba en un pliegue del futuro chocante.

No ha habido nada igual desde el comienzo de la era industrial, hace 200 años. Chris Giles y Kate Allan ofrecieron un análisis en "Financial Times" de Londres el 4 de junio, donde muestran que por primera vez las naciones emergentes producen la mayor parte de los bienes y servicios del mundo. Citan cálculos del Fondo Monetario Internacional los cuales indican que para el año 2018, el 55 por ciento de la producción mundial surgirá de los mercados emergentes. La China y la India constan ahora la mitad de la expansión industrial en el mundo.

Con estos datos, el decir que los países más productivos son "emergentes" resulta ser optimista, es como llamar al cambio demográfico en los Estados Unidos una mayoría minoritaria. "O sea minoría mayoritaria" Es sencillamente tonto, pero observe cual artefacto de Archie Bunker, ilustrando que el mundo es diferente de lo que desearían algunas personas.

Lo que resulta es que, desde 1982, los Estados Unidos ha ido perdiendo parte de la producción mundial – lo cual no es negativo, necesariamente, ya que es una manera en que se ha reducido la pobreza a nivel mundial.

La parte de los EE.UU. de la producción mundial fue del 29.8 por ciento en 1982. Se proyecta llegue a ser del 13.9 por ciento en el 2017. La parte de la China aumentará para llegar a ser el

33.6 por ciento, partiendo del 9.9 por ciento durante el mismo periodo de 35 años. La India será el siguiente en realizar un aumento de su parte. Lo interesante es que Brasil y México se anticipa llegar a ocupar los lugares seis y siete, respectivamente, entre los 10 mayores productores en el mundo.

Mientras tanto, el nivel de vida del mundo desarrollado se mantiene cinco veces mayor que las economías "emergentes", las cuales se apresuran por alcanzar el mismo nivel.

Bajo estas condiciones cambiantes, no es de sorprenderse que el presidente de la China, Xi Jinping, fuera a México este mes, antes de dirigirse a Washington para reunirse con el presidente Obama. Antes que llegara el presidente Xi a México, presidente Enrique Peña Nieto anunció un plan para mejorar la red portuaria y ferroviaria para incrementar su utilización comercial, y para dar realce a las ventajas geográficas con las que cuenta México en cuanto al comercio mundial. Incluso tuvo que decir a un reportero al partir el presidente Xi, que es aun muy pronto para pensar en un tratado de libre comercio entre los dos naciones, lo cual significa que ya sus consideraciones han comenzado.

Si nuestra Cámara de Representantes hubiera sopesado la importancia de la combinación de los ingresos y el crecimiento, sus integrantes jamás habrían votado 224 a 201 para revertir la orden ejecutiva del presidente Obama por diferir la deportación de la mayoría de los jóvenes

traidos de niños y sin documentación a este país. Aunque el voto fuera mayormente simbólico, lo que indica es una intorsión al estilo de Archie Bunker. Los demás puntos estaremos dependiendo de estos jóvenes en un mundo cada vez más competitivo. Forman parte de la generación encargada de convertir nuestra ventaja económica en innovación y en mejoras para nuestra transformación pos-industrial.

Dadas sus acciones, lo que decidió hacer la Cámara es refugiarse ante Archie, para dejar que el mundo nos pase de largo.

Usé de la Isla, columnista de distribución nacional con los servicios de noticias Hispanic Link y Scripps Howard, ha sido reconocido durante dos años consecutivos por *New America Media*. Se puede *contactar* en *the Rise of Latino Political Power. Salda a comienzos del 2013. Contacte con él a: joseia3@yahoo.com*. ©2013

Letters to the EDITOR

Send Mail to: eleditor@sbcglobal.net

Re: Recall motivators

Letter to Editor:

This letter is in regard to Ysidro Gutierrez, Frank Gutierrez, Leonard Mojica & Steve Montecrief opposition to Lubbock City Councilman Victor Hernandez.

I am writing this letter to reflect where we came from and where we are going. It saddens me as I sit and ask myself... why this... why now... why among our own?

How easily do we forget all the struggles and all the people that experience discrimination, job opportunities, education and the list goes on. These individuals have forgotten where they came from and most likely they don't really recall or know where they are heading to. There are consequences on everyone's actions.

I just would suggest or remind the people that are against this attack toward Councilman Victor Hernandez to ignore this hatefulness and this envy against him by showing support in keeping a good person like him in office. We, and others, that have left us from this world, worked hard for fairness and deserving representation that we deserve and need to keep. We need to keep our youth and inform and show them the importance of voting and making sure we all are treated equally just like any other person no matter what race, gender, etc. is taken to consideration.

These individuals are showing their real colors to so many people that thought of them differently before this recall. They don't even care how much this process is going to cost because they are not paying for it... no other than the taxpayer which is me and you just for these 4 people deciding to spend time and not thinking of our own race in general.

Before closing, as a parent I encourage all parents, grandparents, uncles, aunts to do our duty to keep awareness within the family unit of our heritage so no one will forget where they came from and their duty to do so for others as you would want to be done to you.

In closing, Iets show support to Mr. Hernandez by voting NO to the Recall in November and YES for Hernandez to stay in office and concentrate on real issues at city hall.

Thank you
Sr & Sra. Locadio & Mary Mojica
Not a resident of Dist. 1 but know alot of people in that district.

"Freedom of Expression"

An Open Forum Where Readers Express their Views and Opinions Submitted to eleditor@sbcglobal.net

Ms Olga) This is just to congratulate you and your Staff on a great edition of El Editor last week. The articles on Lubbock City Councilman Victor Hernandez were very informative and very good.

In "Particular" the Letter from Mr. Querino; That is the type of Hard-News-Information I like. That Letter is "Excellent".

Now, on their issue, I believe Lubbock needs to go back and resurrect The Lubbock Hispanic Chamber of Commerce. I call on LULAC to get busy on restoring The Hispanic Chamber as soon as possible. The reasons are obvious...so let's get busy.

Again, Thanks To El Editor for a Great Hispanic Publication. Charlionetty3 Carlos Leal

St. John's United Methodist Church Celebrates Supreme Court Decisions on Marriage Equality

St. John's United Methodist Church of Lubbock joins with LGBT friends and allies in our community and across the nation in celebrating the Supreme Court decisions announced on Wednesday, which uphold values cherished by the Church. The United Methodist Church declares in its Book of Discipline that certain basic human rights and civil liberties are due to all persons. It goes on to say "We are committed to supporting those rights and liberties for all persons regardless of sexual orientation."

St. John's Senior Minister, Rev. Kevin D. Young said, "This is a positive step forward. It reflects our society's growing desire to affirm and protect loving relationships and to support strong and happy families."

The affirmation of principles of simple justice by the Supreme Court has cheered the hearts of citizens across our land, and have heightened hopes for a day when all inconsistencies and fractured approaches to human sexuality will be remedied and all persons can live in freedom and dignity. It is our hope that these historic decisions will continue to spur meaningful and positive conversation, help enhance openness and respect, and enlarge the boundaries of liberty and justice for all. St. John's United Methodist Church reaffirms its commitment to love the Lord with all our heart and to love our neighbor as ourselves, along with its commitment to be a place of welcome for all.

The Mission at St. John's United Methodist Church is to worship and serve God with Open Hearts, Open Minds, and Open Arms. To respond to this calling, we will nurture each other in the Christian faith, we will work so that all people can experience God's love, and we will examine critically and respond prayerfully to the difficult issues that face us.

Our EDITORIAL Voice

The Conservative Supremes Lied

For close to 50 years, since 1965 to be exact, the Voting Rights Act has been the last political barrier that has kept Republican led state legislatures, and county and city governments from manipulating the voting process even more than they try to do now, in order to maintain their slimy power.

But on Tuesday, that protection that had been afforded to minority voters and other groups, was decimated by the right wing of the United States Supreme Court. By their decision, it is clear to us that although all the Republican appointees decimated at one time or another, some during their confirmation hearings that they would not be activist judges; they all lied.

What they did was take a law that is needed now just as much as it was in 1965, and created an opportunity for the right wing in this country to advance the agenda of the party responsible for appointing them in the first place.

It is no coincidence that each and every justice that voted for the decision was appointed by a Republican President. It is no coincidence that it is Republican led legislatures and state houses like our own in Austin, that have passed laws like the Voter ID law to make it as difficult as possible for a distinct class of voters to exercise their right to vote.

This is exactly the type of ruling that Republicans envisioned once the court was stacked with right wing activists by Republican presidents.

Nevertheless that we all have professed that they will interpret the law instead of make new laws or rewrite them. Antonin Scalia has proved to be the worst.

There is no other way to describe what is happening in this country today, but as a civil and political war; with the "Right's" weapon of choice now being complete control of the ballot box.

Unless we use rich and powerful and can buy political influence, we as citizens have our vote as our voice. For people like us, that is the great equalizer.

When we are outvoted by our representatives, the only recourse that we have is to join together with other voters who share our beliefs and boot them out of office. But that can only happen if we show up at the ballot box because we surely can't compete with them in terms of money, political influence and power.

So what now? Texas Attorney General Greg Abbott has wasted no time to flex his newfound political power. The ink had not yet dried on the decision when Abbott was already crowing that the Voter ID Law passed in 2011 would go into effect immediately.

Of course it will. Never mind that just 1 year ago, a federal court ruled that the law could not be implemented as written because it violated an earlier ban on a certain segment of voters. That ban still exists today regardless of the court's ruling and regardless of Abbott's indifference to it.

With the court's blessing, Perry and Abbott and their right wing agenda can now move forward without a care in the world.

And if the ruling wasn't enough of an insult to minority voters, Chief Justice Robert's did say that Congress could pass the law again using current data. Please, what a pathetic and shocking stance.

The conservative majority on the court will just how dysfunctional Congress is and with the likes of Ted Cruz and John Cornyn in the Senate, and Randy Neugebauer in the House, the chances of that happening are about as good as free freezing over.

We will note though that the particular section requiring certain states and jurisdictions to obtain preapproval from the DOJ was left intact by the court. Here's how it was described in an online publication called SCOTUS Blog:

"Section 2, which the Court said was affected "in no way" by the decision, applies permanently to every state and local government across the nation, forbidding discrimination in the voting, but the government or a private challenger must prove that in each case, one at a time."

The problem is that taking this route is a very burdensome, time consuming and expensive process which organizations like MALDEF and LULAC that normally challenge these types of laws may not be able to undertake. It also places the burden of proof on the challengers and not the state or the local government.

There is no doubt that this is one of the most far reaching and impactful court rulings in our history. It ranks right up there with the court decision that mandated single member districts in Lubbock's city elections.

If there was ever a time for minorities and others who share our political philosophies to join together to force Congress to act, it is now.

The damage done by the court's right wing to our voting rights can only be undone if we refuse to be silent.

Scalia's Hypocrisy is Alive and Well
The day after the Supreme Court ruled on the Voting Rights Act, they issued their final ruling of this session on matters dealing with gay marriage.

In that case, the court declined to state that gay marriage was constitutional. Instead they ruled that the Defense of Marriage Act was unconstitutional. DOMA as it is known, was passed by Congress and signed into law by Bill Clinton and essentially says that marriage should be defined as being between a man and a woman for legal purposes.

The court's decision opens the door for states to legally recognize the marriage between men and women and extend full legal rights to each just as in a marriage between a man and a woman.

In this case though, Justice Antonin Scalia showed his unmitigated hypocrisy. In this case, he was in the minority and in his dissent he wrote the following:

"We have no power to decide this case. And even if we did, we have no power under the Constitution to invalidate this democratically adopted legislation." Scalia wrote. "The Court's errors on both points spring forth from the same diseased root: an exalted conception of the role of this institution in America."

The phrase that caught our attention is where he says: "we meaning the court has no power under the Constitution to invalidate this democratically adopted legislation". Oh really?

Well, the Voting Rights Act was "democratically adopted legislation" and a Congress that voted almost unanimously on the 23 year extension as recent as 2006.

Why did that standard not apply to its vote in that ruling? Because it did not serve his political interest nor his political agenda.

And because he is a hypocrite.

More Facts - Less Misinformation Needed
On a local matter, we received a note indicating that Ysidro Gutierrez continues on his misinformation campaign to try and curry favor with his handlers; the local Republican Party and its partners.

According to the note, Gutierrez supposedly called the immigration reform bill currently being debated in the Senate an amnesty bill for 11 to 13 million undocumented and that passage of the bill would add to the national debt.

Oh really? Well, just last week the Congressional Budget Office issued a report that said, and we quote:

"The Congressional Budget Office estimated Tuesday the Senate immigration bill would reduce federal deficits by \$197 billion over 10 years, handing supporters a new economic argument for the bill as the upper chamber marches toward a final vote." (Source: The Hill Newspaper)

As it turns out, we have our very own High-Spinner Rick Limbaugh or Glenn Beck wannabe; right here in Lubbock.

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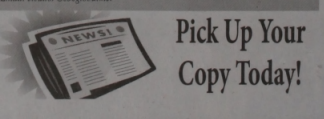
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Founder the late Bidal Agüero Olga Agüero - Publisher Editor Amalia Agüero - Composition FOR ADVERTISING CALL OR EMAIL AT eleditor@sbcglobal.net 806: 763-3841 GRACIAS POR SU APOYO!!



Paula Deen Says She's Never Changing

A tearful Paula Deen has a suggestion for anyone who has never said anything they wish they could take back.

"Please pick up that stone and throw it so hard in my head that it kills me," the red-eyed celebrity said. "Please, I want to meet you. I is what I is and I am not changing."

Deen's comments on NBC's Today show this morning follow a scandal triggered by her admission of using the N-word in a recent court disposition.

Deen said she has only used the N-word once in her 66 years.

"It was a world ago. It was 30 years ago," Deen told NBC's Today show host Matt Lauer.

Deen said she used the word against a man who robbed her in a bank.

Lauer persistently questioned Deen about things she said in the court document including her response when asked if she thought using the N-word in a joke was hurtful.

Deen reportedly said "most jokes are about Jewish people, rednecks, black folks. Most jokes target - I don't know. I didn't

make up the jokes. I don't know... I can't, myself, determine what offends another person."

Lauer on Today asked Deen if she has any doubt in her mind that African-Americans are offended by the "N-word."

Deen told Lauer that it distresses her when she walks into her kitchens and hears young people - presumably young black people - use the N-word.

"For this problem to be worked on, for these young people are going to have to take control and start showing respect for each other and not throwing that word at each other," she said. "It makes my skin crawl."

The now former Food Network host and her brother Earl "Bubba" Hiers are being sued by Lisa Jackson, a former manager of their restaurant, Uncle Bubba's Seafood and Oyster House.

Jackson alleges sexual harassment and a hostile work environment filled with racial slurs. She wants \$1.2 million.

According to the deposition, in one incident Deen wanted her brother's 2007 wedding to be plantation style, allegedly saying:

"Well, what I would really like is a bunch of little n--s to wear long-sleeve white shirts, black shorts and black bow ties, who show in the Shirley Temple days, they used to tap dance around." Paula Deen laughed and said "Now that would be a true southern wedding, wouldn't it? But we can't do that because the media would be on me about that."

Deen had a much different version of those comments.

She basically told Lauer that she been a friend to the black race and has helped many, but would leave the details for others to say.

Deen detractors and supporters have come out in full force.

The First Lady of Finger Lickin' Food said she has had to comfort friends who have come to her defense.

She told Lauer said she did not want a backlash against the Food Network for its decision not to renew her contract.

"I live my life the way I believe," Deen said before Lauer ended the interview.

What do you think? Deen has apologized. She seems sincere. Should she be forgiven?

¿Que Pasa?

HOSPICE OF LUBBOCK NEEDING DIRECT PATIENT VOLUNTEERS

Hospice of Lubbock needs direct patient volunteers. To be certified as a direct patient volunteer, one must complete 16 hours of training offered by Hospice of Lubbock staff to prepare for sharing this special end-of-life time with our Hospice of Lubbock patients and families.

Training will be Friday, July 12 (6p.m. to 10p.m.), Saturday, July 13 (8a.m. to 4p.m.), and Sunday, July 14 (1p.m. to 5p.m.) All classes will be held at the Hospice of Lubbock Conference Room, 3702 21st, on the northwest corner of 21st Street and Louisville in the Louisville Place Building. All 16 hours are required for the volunteer to be certified.

Hospice of Lubbock volunteers provide support and care for persons in the last phases of disease in order for them to live as fully and comfortably as possible. Volunteers are also vital to the support and care of family members and friends who serve as caregivers for terminally ill patients. Anyone interested in this special and worthwhile opportunity to serve should call Hospice of Lubbock Volunteer Services Coordinator, Cheryl Preedy at 795-2751.

Our volunteers are vital members of our hospice care team. The relationships they build with our patients and their families are invaluable.

GARDEN & ARTS CENTER ANNUAL BUTTERFLY

The Lubbock Municipal Garden and Arts Center (GAC) will host Summer Celebration in the Gardens, June 29, 2013 from 5:00 p.m. to 7:00 p.m. The annual event, free and open to the public, will include: butterfly and ladybug related crafts, face painting, music, and an art exhibit featuring the work of our talented Art Factory students! The evening will conclude with a butterfly and ladybug release in the Lubbock Memorial Arboretum wildflower garden.

The Lubbock Municipal Garden and Arts Center strives to offer an array of fun and comprehensive classes and events for all ages, from basic classes in painting, drawing and photography, to specialized classes such as stained glass, jewelry making and faux finishing. The center is located at 4215 University Ave. For more information on classes or reservations please call the Lubbock Municipal Garden and Arts Center at (806) 767-3724

JAMAICAS IN LUBBOCK AND SURROUNDING AREAS

- June 29- Seagraves Saint Paul, 11-9 (music to midnight)
- June 30 - Tahoka Saint Jude - Noon-10 p.m.
- July 30 - Wolforth Saint Francis, 12-7 p.m.
- July 13-Ralls Saint Michael, 3-11 p.m.
- July 14 - Morton Saint Ann, 1-9 p.m.
- July 14 - Woodrow San Ramon (begins @ noon)
- July 20 - Saint Isidore, Abemathy, 11-7 p.m. 12-8 p.m.
- July 21 - Saint John Neumann, 12:30-8:30 p.m.
- July 21 - O'Donnell Saint Pius X, 12-8 p.m.
- July 27- Floydada Saint M. Magdalen, 11-8 p.m.
- July 27 & 28 - Lubbock Our Lady of Guadalupe
- July 27 - Saint Anthony, Terry County-Coleman Park, Brownfield, 12-8 p.m.
- July 28 - Hale Center Saint Theresa, 12-8 p.m.
- July 28 - Wilson Blessed Sacrament-11-7
- July 28 - New Deal Our Lady Queen of Apostles
- August 4-Lockney San Jose, Noon-10 p.m.
- August 4 - Pep Saint Philip Neri
- August 4 - St. Margaret Mary/Our Lady of Guadalupe, 407 N.E. Hartford, Lamesa
- August 3 & 4 - Slaton Our Lady of Guadalupe
- August 11 - Our Lady of Grace, 12-8 p.m.
- August 18 - Christ the King, 9 a.m.-3 p.m.
- August 18 - Shallowater Saint Philip, 11:30-7:30
- August 25 - Levelland Saint Michael, 11 - 9 September 28, Fall Festival, 10 a.m.-10 p.m., Saint James, Seminole



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Senado de EE.UU. aprueba plan de seguridad fronteriza



Con un voto de 69-29 el Senado aprobó una enmienda que destinará fuertes recursos para asegurar la frontera sur.

La propuesta incorpora cambios considerables. Hasta ahora, los indocumentados podrían aplicar a un estatus legal provisional, en el que estarían 10 años, antes de postular a su residencia permanente, sin ningún obstáculo en el camino.

Según la enmienda propuesta por los senadores John Hoeven (R-ND) y Bob Corker (R-TN) y negociada con los autores de la reforma migratoria, ahora tendrán que cumplirse ciertas condiciones antes de obtener

la residencia permanente. Esto no se aplicaría para Dreamers y trabajadores agrícolas.

Entre los requerimientos figuran: doblar el número de agentes en la patrulla fronteriza llegando a cerca de 40,000; completar el doble muro en 1,126 kilómetros de frontera; contar con un sistema de verificación de empleo operativo en todo el país; tener implementado un sistema de entrada y salida de Estados Unidos en todos los puertos de entrada por tierra y mar, entre otros.

Se estima que la enmienda costará \$46,000 millones. La semana pasada, la Oficina de

Presupuesto del Congreso reportó que la reforma migratoria reduciría el déficit en \$197,000 millones en 10 años. Ayer aseguró que la nueva enmienda reduciría considerablemente los cruces ilegales.

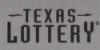
Luego de intensas negociaciones, la enmienda Hoeven-Corker sumó el apoyo del senador Orrin Hatch (R-UT), quien agregó dos provisiones a la propuesta. Estas prohíben que los indocumentados accedan a dinero del Seguro Social. También prevendrá que el gobierno permita que las personas sin ciudadanía reciban beneficios públicos.

AVISO LEGAL

Estos raspaditos de la Comisión de la Lotería de Texas se cerrarán pronto:

Número del Juego	Nombre del Juego / Probabilidades	\$	Cierre Oficial del Juego	Último Día para Validar
1486	Cash Excitement Probabilidades son de 1 en 3.05	\$20	14/7/13	10/1/14
1399	Easy Money Probabilidades son de 1 en 4.14	\$2	28/8/13	24/2/14
1497	Great Golden 8's Probabilidades son de 1 en 4.38	\$2	28/8/13	24/2/14
1449	Chili Pepper Tripler Probabilidades son de 1 en 3.97	\$3	28/8/13	24/2/14
1488	Instant Riches Probabilidades son de 1 en 3.65	\$5	28/8/13	24/2/14

Para más información y detalles de las probabilidades de ganar, visite lottery.com o llame al 1-800-371-0771. Dadas las leyes de 18 años para comprar un boleto, La Lotería de Texas beneficia la educación en Texas. © 2013 Texas Lottery Commission. Todos los derechos reservados.



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Juan Luis Guerra sigue en la cima de ventas en EEUU



"Asondeguerra Tour", la nueva producción de Juan Luis Guerra continúa en el primer lugar de ventas en Estados Unidos y Puerto Rico por sexta semana consecutiva según el Billboard Latin Albums Chart. Asimismo el nuevo álbum en vivo del cantautor y productor dominicano también está en el Top 10 en México y es uno de los álbumes digitales más populares de iTunes donde hace cuatro

semanas debutó #1 de 16 países. El álbum, grabado desde el Estadio Olímpico de Santo Domingo en la República Dominicana incluye versiones en vivo de los éxitos más grandes de la carrera de Juan Luis Guerra, ganador del Grammy y Grammy Latino. Entre ellos el éxito radial y primer sencillo "Frio, Frio", que realizó en colaboración con el bachatero Romeo Santos y que se ha conver-

tido en una de las canciones más populares. También incluye nuevas versiones en vivo de los éxitos "La Bilirubina", "Bachata Rosa", "Ojala Que Llave Café", "En El Cielo No Hay Hospital", "Bachata en Fukuoka", "Mi Bendición" y "La Calle", tema que cuenta con la participación del rockero Colombiano Juanes. "Asondeguerra Tour" está disponible para descarga digital y en tiendas en versión CD y en edición deluxe (CD+DVD) con el concierto completo cual contiene temas adicionales, entre ellos los éxitos atemporales "Bachata Rosa" y "Burbujas de Amor". Juan Luis Guerra llevará su gira Asondeguerra a Ecuador durante el mes de Julio. Además, ofrecerá presentaciones al lado de Romeo Santos el 18 en Panamá y 20 de julio en Lima, Perú.

Employers Finding Reasons Not to Hire Candidates on Social Media

While your social media profile can be a great asset in your job search, a new CareerBuilder study shows it can also end up costing you the job. More than two in five (43 percent) hiring managers who currently research candidates via social media said they have found information that has caused them not to hire a candidate, up 9 percentage points from last year.

The nationwide survey, which was conducted online by Harris Interactive(C) on behalf of CareerBuilder from February 11 to March 6, 2013, and included more than 2,100 hiring managers and human resource professionals, found that nearly two in five companies (39 percent) use social networking sites to research job candidates, up from 37 percent last year.

Is social media helping or hurting job candidates? Employers who took a candidate out of the running for a job after researching social media sites reported finding a variety of concerning content. Top mentions ranged from evidence of inappropriate behavior to information that contradicted their listed qualifications:

- Candidate posted provocative/inappropriate photos/info - 50 percent
- There was info about candidate drinking or using drugs - 48 percent
- Candidate had mouthed previous employer - 33 percent
- Candidate had poor communication skills - 30 percent
- Candidate made discriminatory comments related to race, gender, religion, etc. - 28 percent
- Candidate lied about qualifications - 24 percent
- At the same time, some employers also noted that they came across information on social media sites that made a candidate more attractive or solidified the decision to extend a job offer. One in five hiring managers (19

percent) said they found something that has caused them to hire a candidate - top mentions include:

- Candidate conveyed a professional image - 57 percent
- Got a good feel for candidate's personality - 50 percent
- Candidate was well-rounded, showed a wide range of interests - 50 percent
- Candidate's background information supported professional qualifications - 49 percent
- Candidate was creative - 46 percent
- Great communication skills - 43 percent
- Other people posted great references about the candidate - 38 percent

"Employers are using all the tools available to them to assure they make the correct hiring decision, and the use of social media continues to grow," says Rosemary Haefner, vice president of human resources at CareerBuilder. "For job seekers it is essential to be aware of what information they're making available to employers, and to manage their online image. At the same time, hiring managers and human resources departments must carefully consider how to use information obtained from social media and whether it is relevant to a candidate's qualifications."

What are hiring managers looking for on social media? The research suggests that hiring managers are using social media to get a glimpse at the candidate's behavior and personality outside of the interview, and are most interested in professional presentation and how the candidate would fit with the company culture. To make sure your social media

profile sends the right message, Haefner suggests:

- Search Yourself - The easiest way for employers to research you online personality is a simple search on Google and other sites. Try it out for yourself so you know exactly what they'll see and remove any digital dirt you wouldn't want a potential boss to encounter. Some browsers may save information about you, so search from a public computer to be sure you're getting the right results.
- Read Your Privacy Settings - Social media sites change their privacy settings often, and occasionally this leads to a change in your personal settings. It's good practice to check in on the privacy settings for all of your accounts regularly.
- Showcase Your Talent - This is your opportunity to provide evidence that you are exceptional as your resume says by posting awards and accolades you've received, volunteer activities, accomplishments you're excited about, etc. Employers often search social media to learn more about your qualifications or to see that you are well-rounded, so be sure to put that information front and center.
- Keep Tabs - Just because you're being careful with what you put online doesn't mean your friends are necessarily so cautious. Pay attention to what others are posting on your profile and what they're tagged in to protect your online image.



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Bomba Estéreo se enorgullece de que cumbia identifique a latinos

Para Liliana Saumet, vocalista del grupo colombiano Bomba Estéreo, la cumbia dejó de ser un ritmo aislado para convertirse en el género musical que da identidad a Latinoamérica en el mundo. "La cumbia es la nueva música latina, la que está reinventando los sonidos de la región, la que igual se fusiona con la música electrónica, que con la música indígena, el

rock y el jazz. No importa si es cumbia hecha en México, Colombia, Perú o Argentina, el género imprime un sello distintivo a la Latinoamérica y eso ha permeado en Europa, Estados Unidos y en África", dijo Saumet a The Associated Press, durante una entrevista realizada en la capital mexicana donde Bomba Estéreo ofrecerá un concierto el viernes como parte de su gira mundial "Caribbean Power".

Bomba Estéreo pertenece a una nueva generación de grupos latinos que han reinventado el género de la cumbia y que han logrado penetrar en públicos jóvenes con una propuesta sonora que retoma ritmos folclóricos, que son traducidos a un lenguaje de música electrónica y acompañados por letras que remiten al rap y la música urbana.

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Aaron Hernandez charged with murder, five gun-related charges

Aaron Hernandez has been charged with murder in the death of Odiah Lloyd. He also faces five gun-related charges. The former Patriots tight end, who pleaded not guilty, was denied bail.

Hernandez was arrested Wednesday morning, nine days after Lloyd was killed. He was taken from his home in handcuffs and transported by a police cruiser to the Attleboro, Mass., Police Station where he was booked.

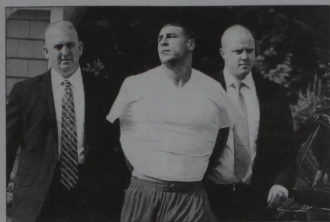
Shortly after 2:30 p.m. ET Wednesday, Hernandez was arraigned at the Attleboro District Courthouse, where he was formally charged with murder, carrying a firearm without a license, possession of a large-capacity firearm, possession of a firearm without a firearm owner's identification card and two additional firearm charges.

FOLLOW Aaron Hernandez updates Hours after the arrest -- but before the arraignment -- the Patriots released Hernandez. The organization also issued this statement: "A young man was murdered last week and we extend our sympathies to the family and friends who mourn his loss. Words cannot express the disappointment we feel knowing that one of our players

was arrested as a result of this investigation. We realize that law enforcement investigations into this matter are ongoing. We support their efforts and respect the process. At this time, we believe

deed and two other men picked up Lloyd in Dorchester, Mass., around 2:30 a.m. ET in a rented Nissan Altima.

According to McCauley, Hernandez was allegedly upset



this transaction is simply the right thing to do."

According to several reports, the Patriots decided last week that if Hernandez were arrested, the team would cut ties with him.

During the arraignment, prosecutor William McCauley presented the case for why Hernandez shouldn't receive bail. Here are some of the details to emerge from McCauley's presentation (on Boston's WBZ):
On Monday, June 17, Heman-

with Lloyd about speaking to someone at Club Rumor in Boston that weekend and claimed he couldn't trust him.

The four men drove around Boston, then headed south down Routes 128 and 95 before ending up on Route 152 in the Attleboro area. During this time, Lloyd exchanged texts with his sister. The last text, according to McCauley, was sent at 3:23 a.m.

Surveillance video showed the Altima entering a gravel

road that leads to a field in an industrial park near Hernandez's home at 3:23 a.m., according to McCauley.

McCauley said employees in the park working at the time reported hearing gunshots. Surveillance images showed the Nissan leaving the scene at 3:27 a.m.

Hernandez and the two others in the car then returned to Hernandez's home less than two minutes away and shut off the surveillance video system.

Lloyd's body was discovered after 5:30 p.m. by a jogger.

McCauley said Hernandez drove eventually changed cars, disposed of the gun and then destroyed his home surveillance system.

The judge issued a gag order on Wednesday, meaning neither the prosecution nor the defense can talk publicly about the case. Michael Fee, one of Hernandez's attorneys, spoke briefly with the media following Monday's arraignment:

"Out of respect to that process, the defense team can not comment today on this case. We will be pursuing it in court. But we look forward to our day in court."

When asked how Hernandez was doing, Fee responded: "Aaron's fine."

Mayoría en el 'Tri' está en contra de 'naturalizados'



Un alto porcentaje de los integrantes de la Selección Mexicana se se alista para la Copa Oro se pronunció en contra de la posibilidad de que Christian Giménez (en la foto) o Lucas Lobos, futbolistas argentinos naturalizados mexicanos, sean llamados al 'Tri'.

El defensa Jair Pereira, quien conoce bien al "Chaco" Giménez, se negó a hablar abiertamente de si a compañero en el Cruz Azul, debe estar en el Tricolor.

"A mí me da igual, eso se lo dejo al cuerpo técnico. Mientras vea alguien que pueda aportar y se ponga bien la camiseta verde, que la porte con orgullo y la sude, (porque) es nuestra nación y patria (y) debemos defenderla como tal", declaró.

Pereira, quien jugó en el segundo tiempo en la victoria del equipo mexicano por 3-1 ante Estudiantes de Altamira, en el Centro de Alto Rendimiento, dijo que su coequipo en la Máquina "es un gran jugador".

Agregó que "es una excelente persona y jugador. Todos lo conocemos, aporta muchas cosas, pero eso no está en mis manos. A cualquier equipo ayuda. No podría hablar si se tendrían que integrar o no", concluyó.

Por su lado, Miguel Ponce declaró que "mientras sea

para aportar y dar lo mejor, sí, bienvenido. No estoy en contra de eso".

También opinó el campeón olímpico Jorge Enriquez, quien declaró que "es un tema al que se lo ha dado muchas vueltas, pero creo que la calidad existe y la hemos demostrado, y sólo queda confirmarlo en este torneo".

Agregó que "es un honor que Lucas Lobos y el 'Chaco' quieran portar la jugadora verde, y eso nos compromete más, el saber que jugadores de esa calidad quisieran tener esta oportunidad que nosotros tenemos. Te pone pensar lo que vale esta camiseta y lo que tenemos en las manos, y para mí es más motivante".

En tanto, Marco Fabián opinó que "no molesta (que quieran estar en la Selección), tampoco se puede decir que se necesitan acá para sacar esto adelante. La decisión la tienen los directivos".

Finalmente, el delantero Rafael Márquez Lugo expresó que "no me sorprende porque ya lo he visto desde hace mucho tiempo, y mi punto de vista es

que no los necesitamos, con todo respeto. Son jugadores de mucha calidad, pero creo que la gente que está en el equipo lo puede hacer. Hay suficiente calidad".

Roger Federer es eliminado en Wimbledon

El suizo Roger Federer, tercer cabeza de serie, cayó derrotado en la segunda ronda del torneo de Wimbledon ante el ucraniano Sergiy Stakhovsky, número 116 del ranking, por 6-7 (5), 7-6 (5), 7-5 y 7-6 (5) en tres horas.

El siete veces campeón en el All England Club queda fuera del campeonato dos días después de que el español Rafael Nadal, quinto favorito, sucumbiera ante el 135 del mundo, el belga Steve Darcis.

El suizo, que aspiraba a ganar en Londres por octava vez, no caía ante de una tercera ronda de un Grand Slam desde los 21 años, cuando quedó apeado de Roland Garros en el primer partido.

Federer llevaba hasta hoy 36 grandes torneos consecutivos alcanzando al menos los cuartos

de final -desde 2004-, la fase en la que cayó hace dos semanas en París.

El helvético perdió antes de lo esperado al sucumbir en cuartos ante el francés Jo-Wilfried Tsonga, si bien parecía que había recuperado su mejor forma cuando conquistó sobre la hierba de Halle, ante Wimbledon, su primer torneo del año.

Esta tarde, en el último turno de la pista central, Federer abrió el duelo ante Stakhovsky con dudas, y vio en el primer set cómo el ucraniano forzaba un desempate en el que el suizo supo hacer valer su liderazgo para decantarlo de su lado.

El ucraniano, sin embargo, se mostró persistente en su rebeldía y volvió a llegar al "tie break" en el segundo parcial.

El suizo, que cumplirá 32 años en agosto, veía cómo su rival encadenaba saques directos y él, que conoce cada brizna de hierba de la pista central, donde se ha coronado en siete ocasiones, no encontraba la forma de superar a un tenista al que tiene más de cien puestos por debajo en el ranking.

Ante el asombro del público de la central, Stakhovsky iba camino de convertirse en el primer jugador que alcanza una tercera ronda en Wimbledon desde que lo logró Andrei Medvedev en 1997.

El número 116 del mundo derrotó hoy a Federer en su propio elemento, sobre la hierba, una superficie en la que nadie ha ganado más títulos que el (13) en la Era Open.

Cabizbajo, con rostro de

preocupación, el suizo afrontó el cuarto set, tras ceder los dos anteriores, con la esperanza de que el miedo escénico pasara factura a su rival, que llegaba de perder en el primer partido tanto en el Abierto de Australia como en Roland Garros.

Federer fue uno de los favoritos que superó este año con mayor facilidad el primer compromiso en Londres al batir al rumano Victor Hanescu en 69 minutos (6-3, 6-2 y 6-0), y parecía haber aclarado su camino hacia las últimas rondas con un cruceado destinado a cruzarse en cuartos.

El helvético siguió sin embargo el camino del español y se bloqueó ante un rival que sobre el papel no debía plantearle problemas.

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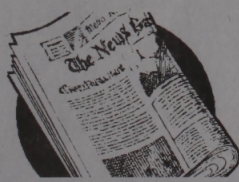
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Guía para logra el bienestar emocional

La agenda está saturada: Juntas, seguimientos a cientos de asuntos pendientes, atender a quienes nos visitan durante el día, la planificación de estrategias de negocios que apenas nos dejan tiempo - en el mejor de los casos - de comer una fruta o alimentos rápidos, frente a la computadora, en tanto que "aprovechamos cada instante para avanzar en el trabajo".

La historia no termina ahí, de camino a casa no podemos dejar de pensar en todo lo que hay que hacer al día siguiente, llegamos y después de una cena sin ánimo y de dedicarle unos cuantos segundos a la familia, nos encontramos nuevamente frente al ordenador.

Seguramente muchos nos identificamos plenamente con este escenario, y es que el ritmo de vida es ahora tan distinto al de generaciones anteriores, que prácticamente nos obliga a pensar a futuro y como consecuencia a buscar la forma de ganarle al reloj y hacer todo lo que sea imposible, por tratar de aprovechar hasta el último minuto del día. Suponemos que lograr una buena calidad de vida y bienestar

emocional significa rodearse de lujos, dinero y viajes, en una palabra lograr un estatus. Pero nada más lejano a la realidad, según explica el psicólogo Alfonso Valdez Ramírez.

"Va más allá de lo material: consiste en lograr estabilidad emocional, en saber poner un alto a los excesos de cualquier tipo, mantener un seguro de sí mismo y de sus capacidades, disfrutar de la comunicación y el afecto de otras personas, entre

otras muchas cosas, sin embargo, es curioso que en la actualidad es en lo que menos nos centramos, estamos tan preocupados por lograr mejorar nuestro nivel socioeconómico que incluso, forzamos a los hijos a seguir estas mismas pautas, lo cual

observamos en la saturación de actividades que se les impone a los pequeños para que aprendan más idiomas, sean muy diestros con la matemáticas o con otras

requerimientos de cada uno no son siempre los mismos.

"Un consejo muy práctico radica en definir hacia dónde queremos llegar y las razones que

nos conducen a ello, a partir de ahí podemos empezar a determinar las prioridades y las estrategias que vamos a desarrollar, para lograr los objetivos. Hay que señalar que esto no es labor de un día ni

de principio de año, se tiene que hacer todos los días porque la vida es movimiento y el orden de importancia de cada cosa puede transformarse a cada momento", recomienda el especialista.

Paso a paso No es producto de la casualidad

que los medios de comunicación con frecuencia dediquen espacios para abordar temas como el estrés, la depresión o a las enfermedades cardiovasculares. La razón es muy clara: las cifras de víctimas de estos padecimientos son cada vez más altas y la causa es justamente el acelerado ritmo de vida en que nos desenvolvemos, todos tenemos prisa por llegar pero lo grave es que llega un punto en el que hasta perdemos de vista el objetivo o corremos el riesgo de quedarnos en el camino.

Los dichos populares están llenos de sabiduría y para este caso aplica aquel que reza: "Más vale paso que dure y no trote que canse", lo que se reduce a esforzarse todos los días por lograr una meta y no pretender llegar rápidamente a costa de todo pagando el alto costo que esto significa, como poner en riesgo la salud, perderse los momentos importantes del desarrollo de nuestros seres queridos, entre otros.

Consejos para cocinar cuando hay diabetes en casa



comer sano y sabroso a la vez. "Luego de vivir con diabetes tipo 2 durante muchos años, mi abuelo falleció

Con la experiencia de un abuelo que falleció a causa de la diabetes y sus muchos años cocinando profesionalmente, la chef Leticia decidió ser parte de la plataforma Cuida tu Diabetes, Cuida tu Corazón, dedicada a enseñar a los latinos que se puede

a causa de un derrame cerebral, una de las complicaciones más importantes que presenta la diabetes", cuenta la chef brasilera. "La pérdida de mi abuelo incentivó a toda mi familia a plantearse si nuestro estilo de vida era apropiado y a aprender

cómo reducir las probabilidades de desarrollar diabetes".

Sabiendo que para los latinos la comida es parte vital de su cultura, la chef se propuso recrear muchos de los platillos tradicionales, haciendo sustituciones que no alteran el sabor original, pero que permiten el comerlos sin mayores recordatorios.

"Se que es posible cocinar, haciendo pequeños cambios, de manera saludable sin tener que sacrificar el sabor", dice, antes de dar una lista de los puntos básicos que aconseja para empezar a comer sano. "El primer paso es cocinar regularmente en casa, luego hay que comprar y comer frutas y vegetales frescos a diario, y agregar especias y

hierbas naturales para darle gusto a la comida".

Otro consejo básico es controlar las porciones. "Tenemos un dicho en Brasil que reza: 'uno es poco, dos es bueno y tres es demasiado', que aplica perfectamente para mantener una dieta saludable".

El website cuidatuidiabetes-cuidatucorazon.com, desarrollado por Merck, contiene varias recetas hechas por la Chef Leticia aplicando todos estos consejos. "Tengo recetas de enchiladas, arroz con leche, frijoles negros con pavo (ancho), junto a información bilingüe dirigida especialmente a la comunidad latina.

La plataforma ofrece además material informativo con datos

de salud y medicina, donde por ejemplo se señala que los hispanos en los Estados Unidos sufren diabetes en mayor medida, en relación a otros grupos étnicos. De hecho, los hispanos en los Estados Unidos presentan un riesgo más alto de padecer diabetes, y esta enfermedad es la causa principal de muertes en nuestra comunidad.

En los Estados Unidos, cerca del 12 % de adultos hispanos padece de diabetes. "Es por eso que soy parte de este programa educativo dirigido a los hispanos con diabetes tipo 2, para que comprendan que los cambios pequeños, pero importantes, en sus estilos de vida pueden ser de gran ayuda", concluye.



St. Joseph's Jamaica was held this past Sunday. Everyone enjoyed lots of food, games and fun! Special thanks to all the volunteers and all the support from the public in general. Mil Gracias!

In Loving Memory of Maria R. Garcia March 9, 1938 - June 18, 2013



Maria R. Garcia, 75, went to be with her Lord and Savior on June 18, 2013, surrounded by her family. Friends and family were with the family in a rosary for Maria on Thursday, June 20, 2013, at 7 p.m. at Guajardo Funeral Chapels. The Funeral Service was on Friday, June 21, 2013, at St. Joseph Catholic Church at 10 a.m. with Father Martin Pina officiating. Interment was at Peaceful Gardens Cemetery under the direction of Guajardo Funeral Chapels. She was born March 9, 1938, in Lubbock, Texas, to Manuel and Luisa Olguin. Maria married Martín P. García on Feb. 1, 1964, in Hale Center, Texas. Mr. Garcia passed away on March 12, 2011. Mary was a lifetime member of St. Joseph Catholic Church where she was also a curistilla. She is survived by her sons and daughters, Rolando Garcia, Martín Garcia, and Beatrice Gonzales; seven sisters and one brother; as well as ten grandchildren; three great-grandchildren. She was preceded in death by her husband, her parents, two sisters, and one brother.

Señales de alerta de la enfermedad de Parkinson

In Loving Memory of David Cantu Feb. 25, 1950 - June 3, 2013



En la actualidad la enfermedad de Parkinson se presenta de 1 a 2 casos por cada mil habitantes, y las posibilidades de padecerla aumentan con la edad siendo mayor al 4% en adultos mayores de 60 años y un 10% en adultos menores a 40 años, llamado Parkinson temprano o juvenil.

Pascual Zamora es médico cirujano local, tiene 22 años con Parkinson. Antes de ser diagnosticado con el padecimiento empezó a sentirse muy deprimido, se percató que su mano derecha empezaba a temblar y comenta: "Yo no me quería succionar, pero sí me imaginaba que podría ser esta enfermedad, acudí al médico y me lo confirmo. Para mí fue complicado porque ya no pude trabajar, deje de atender a mis pacientes ya que me temblaban mucho las manos y evitaba salir a la calle, fue un golpe físico y emocional muy fuerte, al mismo tiempo tuve una etapa de mucha negación", comparte.

En la actualidad, se desconoce cuál es la causa por la que el cerebro deja de producir dopamina, sustancia que ayuda a tener control sobre los movimientos del cuerpo, es cuando la enfermedad toma el control sobre los movimientos y la coordinación muscular.

Loures Bernal, terapeuta de la Asociación Mexicana de Parkinson, A.C. menciona que el padecimiento varía de persona a persona y comúnmente se manifiesta con temblor en una mano, o en cualquier parte del cuerpo, otro síntoma puede ser la rigidez, desordenado de depresión, estreñimiento, insomnio en el paciente, entre otros síntomas. Obsérvane

Actualmente no se cuenta con un tratamiento que cure en su totalidad la enfermedad de Parkinson, sin

David was from Lubbock was a roofer for over 25 years. He is survived by his wife Dionilia Altamirano, a daughter Alma Cantu from Dallas and two sons Juan Arturo Cantu of Lubbock and Gabriel Cantu of Houston. Memories live forever. Rest in peace.

embargo, si existen tratamientos que disminuyen el progreso de la enfermedad, mejorando y aumentando la expectativa de vida.

El mal de Parkinson se diagnostica con resonancia magnética o una tomografía del cerebro, según la preferencia y recomendación del especialista. De no tener un diagnóstico oportuno el mal de Parkinson puede tener mayor repercusión física en el paciente como mala postura, problemas para hablar, mayor rigidez, expresión facial, etc.

Calidad de vida? La especialista Lourdes Bernal, recomienda poner en práctica las siguientes tips para mejorar la calidad de vida en el paciente con Parkinson.

- El apoyo familiar es el principal motor para el paciente con Parkinson.
- Para la depresión, las actividades grupales son importantes ya que el convivir con otras personas que tienen algún problema similar, se alienta entre ellas para salir adelante, existe mayor motivación.
- Es recomendable que cuenten con un programa que abarque dos o tres días a la semana con una actividad física que les permita poder seguir moviendo para tener mejores condiciones de vida.