

Casualties of
War in
Iraq 4,791
Afghan 2682
as of Sept.
8, 2011

VOL. XXXIV No. 4615

A 10 años del 11Sep, Seguridad Nacional tiene trabajo pendiente

Casi diez años después de los ataques terroristas del 11 de septiembre del 2001, el

Nacional y Asuntos del Gobierno, concluyó que, desde que dicho departamento fue organizado en el 2003, completó aproximadamente la mitad de las 1.500 recomendaciones formuladas por los auditores federales.

gobierno de Estados Unidos ha mejorado su seguridad nacional, pero todavía carece de un sistema para saber cuánto sale del país ni cuál es el contenido de la mayor parte del equipaje documentado en sus aeropuertos.

Peró todavía quedan requisitos, incluso la falta de un sistema biométrico de salida y una mejor tecnología de detección de explosivos para el equipaje registrado en los aeropuertos.

El informe de la Oficina Supervisor de Contabilidad Gubernamental (GAO) por sus siglas en inglés, difundido el miércoles durante una audiencia del Senado ante el Comité Senatorial del Departamento de Seguridad

permitan al Departamento concretar todo su potencial", dijo el contralor general Gene

las compras y el perfeccionamiento de las pruebas tecnológicas y programas de

información de todas las 22 agencias del Departamento.

Jane Holl Lute, segunda en jerarquía en el Departamento de Seguridad Nacional, coincidió en que todavía quedan trabajos por hacer pero agregó que su agencia ha mejorado la infraestructura cibernética, la revisión de pasajeros en los aeropuertos y la seguridad en la frontera con México, entre otras cosas.

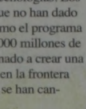
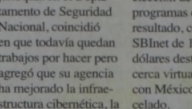
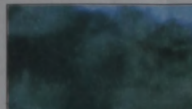
"Podemos detectar las amenazas más pronto, con mejor información, y hacer ajustes más rápidamente", afirmó.

"Hoy sabemos más acerca de los que quieren entrar en nuestro país, qué amenazas pueden representar y qué se necesita para impedir que los problemas potenciales lleguen a

nuestras costas". Lute agregó que el Departamento está mejorando la elección de tecnologías. Los programas que no han dado resultado, como el programa SBlNet de 1.000 millones de dólares destinado a crear una cerca virtual en la frontera con México, se han cancelado.

Lute y Dodaro dijeron que el Departamento trabaja para solucionar los problemas restantes.

En una conferencia en Washington horas antes, la secretaria de Seguridad Nacional Janet Napolitano dijo que hace diez años, la policía y la comunidad de inteligencia estaban advertidos sobre amenazas potenciales a la seguridad nacional pero que no existía un sistema para anticipar y prevenir amenazas y proteger al país como en la actualidad.



Dodaro a los senadores.

Dodaro afirmó que hay que mejorar la supervisión de los programas del departamento,

compras, además de programas técnicos internos, como un sistema financiero consolidado que combine

compras, además de programas técnicos internos, como un sistema financiero consolidado que combine

¡Que Viva las Fiestas Patrias!

U.S. Border Patrol Officers Encounter Emotional Paradox



Fiesta Del Llano board of directors are finalizing all last minute details for the annual "Fiesta Patria" on 16 de September. The whole picture is invited to enjoy the entire festivities.

This year like many years, Fiestas del Llano, Inc. who is the founding organization for the celebration of "El Diez y Sies de Septiembre" will once again hold its annual celebration Fiestas Patrias at the Lubbock Memorial Civic Center. Fiestas del Llano will kick off the celebration on Thursday, Sept. 15 with the "Grito de Independencia" which will be co-sponsored by Guadalupe Neighborhood Association. Bishop Placido Rodriguez will be performing the ceremony at the event. The event will hold at Guadalupe Park which is located on 102 North Avenue P. There will Music and entertainment by DJ Productions, El Ballet Folklórico Arlan, the contestants of Miss Hispanic Lubbock will also be present. Comida mexicana (Mexican food) by La Guadalupeanas from San Jose which will also be selling tamales, brisket tacos and much more at the church cafeteria starting 10 am thru 4 pm.

Friday, Sept. 16, the Miss Hispanic Lubbock pageant will be held at the Civic Center Theater. There is approximately five participants for the event. The ladies are judge in talent, skill, gown and educational meeting of Mexican Independence Day. The coordinator of the event is Zenaida Aguero-Reyes and encourages the public to a great event for all.

On Sat., Sept. 17 the Parade will start at 10 am that morning. The starting point for the parade will be on Avenue U and Broadway up to Avenue M and then north toward the Civic Center. The grand marshal for the parade will

be Sgt Anthony Villarreal who served in the Marines in Afghanistan. The event will also have music, entertainment, games for kids, ballet folkloro, food booths, car show and variety of music entertainment will be going on thru Sunday, Sept. 18 which is the last day of the Fiestas Patrias.

Some of the entertainers will be Los Hermanos Armas, Ephiñancio Ochoa & The Texas Young Blood, Hermanos Farias, Rudy Trudy & The Heydays, Marcos Orozco. Gate fee: \$5.00 per person, family of 4 will be \$15.00 and 2.00 for each additional family member, Senior Citizens 65 & over will be \$3.00. A more concrete schedule will be available and it will show some times during the day that they will not be admission fee at all.

Fiestas del Llano, Inc. the official organization of the Fiestas Patrias invites Lubbock and all surrounding communities to come and join in with the celebration and learn the true meaning of "El Diez y Sies de Septiembre" Fiestas Patrias.

For more information call Robert Narvaiz, chairman at 781-6277. The whole board of directors of the organization says to all "Que Viva Mexico y Que La Independencia" come out and enjoy the family environment that this event has to offer.

The full events of Fiestas Del Llano schedule is on page 3 for you to check it out and make arrangements to attend with your family and friends and make a celebration out of it. "Que Viva las Fiestas Patrias!

While "La Migra" agents are often demonized as heartless or unfeeling, in a series of interviews with HuffPost LatinoVoices, a more diverse picture of their ranks emerges.

"I was twenty-two years old, and I have never had more fun in my life," said Kent Landgren, Chairman of the National Association of Former Border Patrol Officers. Landgren loved the years he spent patrolling the El Paso border. "You think of yourself as a man-tracker, a man-catcher. And you try not to let it go to your head, but that's how young men think. And then you grow up, and you realize it's serious stuff," he said in a phone interview with The Huffington Post. If Landgren was born in Mexico, he'd try to cross the border illegally, he said. He believes the vast majority of the immigrants who cross our borders are good and hard-working people. He has a profound sympathy for the men and women he once chased, but simultaneously a determination to keep them out of his country. Landgren believes illegal immigration is not in the national interest, and spends his days of retirement pushing for harsher enforcement policies—such as the strengthening of pending E-Verify legislation.

Landgren's case exemplifies a tension inherent to the experience of many border patrol agents. On a day-to-day basis, patrol agents get to know those they chase, learn their language and often come to sympathize with their plight.

CHANGE OF HEART Steve Chibby, a spokesperson for the U.S. Customs and Border Protection agency, told HuffPost that having compassion is part of the skill set necessary to being a good border patrol agent.

For certain agents, having compassion has meant having a change of heart. John Randolph became a border patrol agent when he was 27 because the job paid well and allowed him to speak Spanish. But Randolph's experience as a border patrol agent led him to become an immigrant rights activist. He wrote about his change of heart in a blog post for The Huffington Post last week:

"In my 26 years as a U.S. Border Patrol/ICE Agent, I caught many people. At the time, common sense told me that the vast majority of the people who I caught were good, hardworking people. I began to wonder why immigrants had to be chased like animals, and why I was being paid to do that.

Randolph quickly realized there

were big problems with his position. "It was a hard job, because I knew I was hurting people," he said. Interacting every day with border-crossers made him question the entire premise of the immigration system. "It just didn't make any sense to me why we'd be punishing people who were here to pick our vegetables," he said. Randolph describes most of his fellow agents as "compassionate people" who felt bad for those they were chasing. He says a few agents had "power trip stuff with racism mixed in," but the vast majority got into their line of work because they wanted a secure job. "We'd go do it for the whole day and then go home and try to forget about it," he said.

Randolph, now retired, spends his days playing music and speaking out against the governments he believes are responsible for a flawed immigration system. By his estimate, he spends nearly four hours every day reading immigration news. "It's taken me a long time to put my finger on it. But, I'm retired now, and I've had time to investigate it further to see why our system is fundamentally broken," Randolph said.

Randolph's longtime friend and fellow retired border patrol agent, A.J. Irwin, has also changed his stance on the border and immigration enforcement system. He said empathy for those who cross the border has led him to advocate for alternatives to forced deportations. He claims to have convinced judges to spare many immigrants from deportation, even routing his chain of command in order to do so. Most border agents, he said, don't let themselves experience compassion in the way he does.

"I think most border patrol agents have compassion, but a large number of them overcome those feelings or have numbed them so that they can do their job — not only because they have to," he said. "They deal in such large numbers, it would be difficult if you didn't mask those feelings."

Irwin describes himself as a "hard-core agent." After getting his start patrolling the border in New Mexico, he hopped around various federal enforcement agencies for more than 20 years. In 1999, he led a task force that targeted and successfully prosecuted the "largest alien smuggling organization ever dismantled in United States history," as former U.S. Attorney General Janet Reno described it.

Irwin believes that above all, the tenets of compassion, common sense and discretion should be at the core

of a healthy immigration policy.

"The small percentage of the aliens who illegally enter the country or enter legally and become illegally present is not a threat to anyone," he said in an email. "Let's focus on the criminals, terrorists, and bad

people."

LA MIGRANTE

Irwin, like half of all border patrol agents, is of Latino descent — a fact which he believes has informed his sympathy for undocumented Latino immigrants, as well as his understanding of racial profiling. "If someone named A.J. Irwin is stopped without a driver's license, I get a ticket," he said. "But if A.J. Martinez (his mother's maiden name) is stopped under the same circumstances, I go to jail for two months before even seeing trial. That's two months in a jail for not having their driver's license. Would that ever happen to a white person in this country? I doubt it," Irwin concluded.

One might guess that Frank Jorge, a naturalized U.S. citizen originally born in Cuba, would be an advocate for immigrant rights. He is not.

Jorge used to be a member of the vigilante group, the Minuteman Project, and patrolled the U.S.-Mexico border in his spare time. Then he was recruited to spend a month living with illegal immigrants as part of a documentary series called "30 Days" produced by Morgan Spurlock.

For 30 days, Jorge, referred to as "Frank George" in the episode, lived in cramped quarters with seven members of the Gonzalez family, a white couple and their 11 children, who were in the U.S. illegally to find work. Every day, Jorge accompanied Mr. Gonzalez, the breadwinner of the household, to work as a repairman. Jorge even made a trip to Mexico to visit the Gonzalezes' hometown to see the conditions in which the family was used to live.

The episode depicts a change in Jorge's once stringent views on illegal immigration. In the opening of the episode, Jorge says he had

thoughts about calling an ICE bus to come pick up the family within 30 seconds of his arrival. By the end of the episode, Jorge looks into the camera and says, "Perhaps what we learned is that first and foremost, we are human beings, and these



the thing that overrides politics and everything else." He tells the eldest Gonzalez daughter, Armanda, who is undocumented, that he will not return to the border as a Minuteman. He says he has gained "another perspective," and agrees to help the family members gain legal residence by attesting for their character.

But Jorge now maintains that his change of opinion was mostly fabricated by the television show's producers. In a phone interview with HuffPost, he said he still considers himself a Minuteman and is now the co-host of "The Frank and Shannon Show," a radio show that advocates mass deportations and "securing that border militarily, with armed soldiers, with orders to shoot."

What was not fabricated, he says, was his affinity for the undocumented family he lived with. "They were really lovely people," he loved them — rather, I love them," he said.

Although Jorge himself is an immigrant, he says that he would be trying 10 times a day to get over here "if he were on the Mexican side of the border, he says his interest has driven him to be an advocate of harsher enforcement policies against illegal immigration.

He called the "30 Days" experience "heartbreaking."

"Emotionally, I felt very divided. I really love these people (the Gonzalezes family), it's a battle between my emotions and my intellect," he said. "Some of us are fortunate enough to have a good brain, and intellect tempers our emotion."

Jorge is able to separate his emotions from his politics. But for Irwin and Randolph, and other immigration activists, those borders are more difficult to maintain.

New Electoral Districts Open Up Opportunities for Latinos

The re-drawing of more than 10 electoral districts in the United States opens up an opportunity for possible Latino candidates in 2012, if and when they can get the support of the political machinery in their states, experts said on Tuesday.

"The 2010 Census was a wake-up call about the growth of the Latino population in the U.S. and the government, at all levels, needs to reflect that diversity," Axel Garcia, Redistricting and State Policy Manager for the National Association of Latino Elected and Appointed Officials Educational Fund, told Efe.

"But for there to be more Latino candidates the confluence of several factors is necessary, like the mobilization of voters, (monetary) contributions and the support of the leadership, both of the Democrats and the Republicans," the NALEO expert added.

"We Latinos are an important part of the social fabric of this nation and there has to be a change in the paradigm, in the focus, such that the parties cultivate new Latino leaders," Garcia said.

The idea is that having candidates in districts with Hispanic majorities would respond to the interests and needs of this growing segment of the U.S. electorate.

According to the 2010 Census, U.S. Latinos number slightly more than 50 million people and make up 16 percent of the national population. In addition, over the past

decade they contributed more than half of the country's population growth.

States like California, Florida, Nevada and Texas are undertaking a re-drawing of their electoral districts. Florida obtained two additional seats in Congress, while Texas — where Latinos contributed to 66 percent of the state's population growth — received an additional four.

At least one in every five voters in 2012 will be Latino in California, New Mexico and Texas, according to NALEO projections.

The United States Hispanic Leadership Institute said that Latinos have the chance to form "viable electoral coalitions" with other blocs to shape the future of the country's main urban centers.

But USHLI, headed by Juan Andrade, feels that there is scanty financial support and training for Latinos to fully participate in the design of the new electoral districts.

Texas Gov. Rick Perry, a GOP presidential hopeful, is facing a lawsuit in which he stands accused of having manipulated the electoral map, with the help of other Republican politicians, to prevent Latino candidates from winning electoral contests.

The plaintiffs, who include members of Congress and Latino organizations, intend to block the redistricting process proposed by the governor and his legislative allies.

¿Que Pasa?

VOLLEYBALL TOURNAMENT

The Second Annual Christ the King Youth Grass Volleyball Tournament, Sunday, September 11, 4011 34th Street, Lubbock.

Coed \$66, \$10 per player. Ages to participate: 15-25. Rally point double elimination 1st, 2nd, & 3rd place winners and Most Valuable Christian Player will be awarded. All proceeds to CTK Youth Ministry. For more information, call Lupe 792-6198 or ctkcyou@ gmail.com

EL GRITO DE INDEPENDENCIA FESTIVITIES

The Guadalupe Neighborhood Association invites the general public to the Fiestas del Llano, Inc. celebration of "El Grito" de Independencia to be held at Guadalupe Park, Thursday, September 15, 2011 at 5:00 p.m. The event is co-sponsored by Guadalupe Neighborhood Association who are in full force of the event, will feature various festivities including: D.J. Productions w/Julian Escamilla, dancing by El Ballet Folklórico Aztlan, directed by Zenaida Agüero-Reyes; and an appearance by Miss Fiestas del Llano. Master of Ceremonies will be Mr. Mario Ybarra, current School Board Trustee. Other dignitaries expected are Bishop Placido Rodriguez, who will present the "Grito de Dolores Hidalgo" at 8:00 p.m. Mayor Tom Martin and Councilman Victor Hernandez who will recognize Guadalupe Neighborhood's oldest senior residents: Mrs. Petra "Tita" Jaramillo and Mr. Miguel "Mike" Canto.

From 10:00 a.m. to 4:00 p.m. Las Guadalupeanas from Sr. Joseph's Church will be selling tamales, brisket tacos, aguas frescas, and other typical Mexican dishes from the church cafeteria. Everyone is welcome to join us in this year's celebration of Mexican Independence. For more information, please call (806) 747-3732.

JAMAICAS/SOCIAL EVENTS

September 10 - Plainview Sacred Heart from 11 a.m.-11 p.m.

September 11 - Christ the King, 12:00 - 7 pm

September 17 - Seminario St James Fall Festival - 10am-8pm

September 18 - Snyder Our Lady of Guadalupe

COVENANT HEART MATTERS FREE SEMINAR TO FOCUS ON PAYING FOR PRESCRIPTIONS

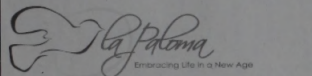
Living with heart disease can be quite costly when it comes to purchasing medication. Learn ways to help with prescription costs at the August Heart Matters free seminar hosted by Covenant Health System. The presentation titled "Extra Help Paying for Prescription Drugs" will be from 9 - 10 a.m. on Friday, Aug. 26 at the Knipping Education Conference Center. Dana Franks, community outreach representative for West Texas Care Improvement Plan, will be the guest speaker at this month's seminar. Franks will discuss ways to get extra help for their prescription drugs, resources to locate extra help and the new changes in rules and regulations for Medicare/Medicaid coverage. Cost is a major factor in why patients do not get the prescriptions needed to combat chronic heart failure. There are various combinations of medication patients take to prevent heart failure, but as many as 50 percent of patients significantly underuse effective medication due to the high costs. Patients who adhere to their prescription medications are less likely to have adverse events, such as recurrent heart attacks, strokes, heart failure admissions and death than those who do not. Taking the recommended prescription medications for heart disease can greatly reduce the risk of heart failure. Covenant encourages you to attend the free seminar to learn tips about paying for your prescriptions in a cost-effective manner. To R.S.V.P. for the seminar, please call 1.866.4COVENANT (1.866.426.8362). A continental breakfast will be served and free parking will be provided. The Knipping Education Conference Center is located on the sixth floor of the west parking garage at the corner of 21st Street and Louisville Avenue.

QUINCEANERA RETREATS

Saturdays, September 24 or October 15, 8:30 a.m.-3:00 p.m. A day of spiritual preparation for the quinceanera, the day will include talks, prayer, sharing, music, snacks and lunch. Each girl must be accompanied by at least one parent. \$15/person. If two parents attend, the fee is \$10 each. Scholarships available. To register or for more information, call 806-863-4904, or visit <http://www.sfranciscanmissionisters.com>

DIABETIC SUPPORT GROUP

For people fighting diabetes—learn how to use body, mind and spirit to combat diabetes at Covenant Health System's September diabetes support group meeting on Tuesday, September 6 at 6 p.m. at the Knipping Education Conference Center, located on 21st Street and Louisville Avenue. A roundtable discussion regarding any diabetes-related topic will follow the presentation. This event is free. For more information, please call 806.725.0633.



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- 55 Years of Age or Older
- Live in Lubbock County
- Medical Needs Determination
- Live Safely at Home

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PACE participants may be fully and personally liable for the cost of unauthorized or out of the PACE program agreement services.

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or call



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Fiestas Del Llano 2011 Fiestas Patrias Festival

Lubbock Memorial Civic Center
Sept. 15th - 18th, 2011

Thursday, Sept. 15, 2011

5:00 pm - 9:00 pm

Guadalupe Park "Grito de Independencia" by Bishop Placido Rodriguez Grito Ceremony is being hosted by the Guadalupe Neighborhood Association

Friday, Sept. 16, 2011

Miss Hispanic Lubbock Pageant

Lubbock Civic Center Theater

7:00 pm - 9:00 pm

Admission: \$5.00 per person

Saturday, Sept. 17, 2011

10:00 am Fiestas del Llano Parade

Route will be from First Baptist Church along Broadway & Ave. U down to Ave. M then North to the Civic Center Parking lot.

11:00 am - 3:00 pm Food booths open to Public NO ADMISSION Until 3 pm

4:00 pm - GATE FEE: \$5.00 PER PERSON

Family of 4 - \$15.00 - \$2.00 For Each Additional Family Member

Senior Citizen (65 Years & Over) - \$3.00

5:00 pm - 6:00 pm - Mariachi Cuatro Vientos

6:15 pm - 7:15 pm - Los Hermanos Arausa

7:30 pm - 8:30 pm - Mariachi Amistad

8:45 pm - 9:45 pm - Epifanio Ochoa & Y Los Melodicos

10:00 pm - 11:30 pm - Los Hermanos Farias

12:00 Midnight - Fiestas Closes Down

Sunday, Sept. 18, 2011

11:00 am - Food Booths Open To Public

GATE FEE: \$5.00 PER PERSON

Family of 4 - \$15.00 - \$2.00 For Each Additional Family Member

Senior Citizen (65 Years & Over) - \$3.00

1:00 pm - Car Show By: Solitos Car Club

5:00 pm - 6:00 pm - Avance

6:15 pm - 7:15 pm - Pete Morales y Los Centenarios

7:30 pm - 8:30 pm - Rudy/Tudy & The Heavydits

8:45 pm - 10:15 pm - Marcos Orsco

10:30 pm - Fiestas Closes

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Discovery en Espanol Debuts Some of Its Most Highly Awaited Original Productions

Starting September 18, and continuing throughout the month of October, Discovery en Espanol will premiere five of its most anticipated original productions during the popular Discovery Presenta block. This weekly programming segment, airing every Sunday at 9 PM EP, features the very best of Discovery en Espanol with specials and programs that are distinctive to the network on timely topics that resonate with U.S. Hispanic audiences. Leading the way is La Ley del

feature four additional productions focused on recent world events that captured headlines and captivated U.S. Hispanic audiences, these include: Operacion Sodoma: La Caida del Mono Jojoy, Los hipopotas del Cabo, La Vida después del Rescate y La Ruta de la Muerte. Descriptions and schedules continue:

La Ley del Miedo - Sunday, September 18 at 9 PM EP
On April 23, 2010, Governor Jan Brewer of Arizona signed Senate Bill 1070 into law. The project, considered the most rigorous and comprehensive anti-illegal immigration piece of legislation of the past four decades, has caused unprecedented controversy and divided Americans across the country. The one-hour special showcases the stories and personal experiences of illegal desperate for their papers and in some cases awaiting deportation. Their captivating stories are contrasted by those of Americans living in the border and the opinions of law enforcement, politicians and local officials.

Operacion Sodoma: La Caida del Mono Jojoy - Sunday, September 25 at 9 PM EP
Discovery en Espanol brings viewers face to face with one of the most daring rescue missions of the past decade, with a dramatic reconstruction of the military raid organized by the National Army of Colombia to find and kill top rebel

commander of the Revolutionary Armed Forces of that country (FARC) Jorge Ibañez Suarez, aka Mono Jojoy, on September 22, 2010. Sodoma was a joint effort between the Police, the Army and the Air Force in the Macarena mountain range in the department of Meta in Colombia.

Los Hipopotas del Cabo Sunday, October 2 at 9 PM EP
In the early 1980s, Pablo Escobar, one of the most ruthless criminals of the 20th century, illegally transported wild hippos for use in his personal zoo at the Hacienda Napoles in the outskirts of Medellín, Colombia.

Today, Escobar's original herd of hippos has multiplied creating a national hazard that threatens the lives of Colombians. Via exclusive interviews with veterinarians, smuggling experts and Roberto Escobar, Escobar's eldest brother, the documentary details the origins of the private zoo, as well as the devastating ecological effects that these aggressive guests are having on Colombia's rivers and lagoons.

La Vida Después del Rescate - Sunday, October 9 at 9 PM EP
On October 13, 2010, a day that made international headlines. In front of hundreds of journalists and millions of people around the world, 33 miners emerged from the bowels of the earth after being trapped for 77 long days. But, this

gripping rescue was not the end of the story. It was only the beginning of a profound transformation. Following the experiences of Edson Peña, Ariel Ticona y Carlos Mamani, three of the famed miners, this documentary explores the aftermath of their post-rescue lives and the challenges they faced on a day-to-day basis, including dealing



Miedo, a riveting documentary that takes an in-depth look at Arizona's controversial SB 1070 and the continuing fallout from this bill a year later. La Ley del Miedo provides viewers with a 360-degree look at a debate that has torn U.S. citizens apart from those who argue for compassion to those who prefer stricter enforcement. This impactful special, focuses on the lives of those who are caught in the crosshairs, from the very real drama being lived by illegal immigrants and their families, to law enforcement agents, to everyday American citizens who are living in fear on the border.

Closing out the month and October, the network will also

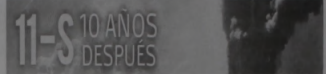


with their new found notoriety.

La Ruta de la Muerte - Sunday, October 16 at 9 PM EP
In August of 2010, 72 migrant workers were kidnapped and brutally murdered on a ranch in Northern Mexico in the State of Tamaulipas. The news was once again evidence of the growing humanitarian crisis faced by hundreds of migrants on their journey through Mexico to the United States. With exclusive access to the crime scene and the testimonial of one of the survivors, La Ruta de la Muerte recounts this macabre story, while it accompanies migrants on their trek across this murderous route, showcasing the dangerous realities as never before.

For more information on Discovery en Espanol programming viewers may log on to discoverye-spanol.com.

Se une CNN a la conmemoración del décimo aniversario del "9/11"



La cadena de noticias CNN, se unirá a la conmemoración del décimo aniversario de los ataques terroristas ocurridos el 11 de septiembre de 2001, por lo que realizará una cobertura especial en homenaje a las víctimas.

Con programas presentados de manera paralela, en CNN Internacional y CNN en Español, se presentará una serie de reportajes que comenzarán el jueves 8 y terminarán el domingo 11.

A lo largo de la semana se transmitirán los reportajes sobre esos atentados de 2001, en los que perecieron cerca de tres mil personas, que se encontraban en el World Trade Center en Nueva York, el Pentágono en Washington DC, y en el Vuelo 93 de United Airlines, que se estrelló en Pensilvania.

CNN Internacional proyectará el 8 y 9 de septiembre, a las 17:00 horas, un programa que será conducido por Becky Anderson, presentadora del noticiario "Connect the world", en el que se podrá ver el estado actual de la ciudad de Nueva York, desde un punto de vista político, económico y cultural.

A la par, el correspondiente Nick Robertson viajará a Pakistán, donde reportará en vivo, desde Kabul, lugar en el que se encontraba hace 10 años al mo-

mento del atentado, ofrecerá una perspectiva internacional de los sucesos.

Para el día domingo, transmitirá en simultáneo con CNN/USA un seguimiento detallado de todos los eventos conmemorativos que se realizan en Estados Unidos. Se prevé que éste dure hasta cinco horas, de las 07:00 A.M. hasta el mediodía.

Por su parte, CNN en Español, difundirá en el marco de su emisión especial algunos programas presentados desde Nueva York y en la llamada Zona Cero. La periodista Patricia Janiot, tendrá una amplia cobertura en las actividades. Su noticiario "Nuestro mundo" está programado para las 15:00 horas, el cual se presentará en las oficinas de la "Gran manzana". Y luego regresará para conducir "Panorama" al lado de Fernando del Rincón.

Asimismo, en estos días Juan Carlos López dedicará una parte del bloque de "Directo USA", para mostrar los preparativos del evento del "9/11".

De esta forma, hasta el día domingo, Janiot y Carlos López liderarán la cobertura desde la Zona Cero en Nueva York, con reportes de Adriana Hauser desde la ciudad y de Ene Molares desde el Pentágono.

Juanes, Ruben Blades to Be Honored by Hispanic Heritage Foundation

Colombia's Juanes and Panamanian salsa singer/songwriter Rubén Blades will be honored for their accomplishments in music and beyond at the 25th Annual Hispanic Heritage Awards at the John F. Kennedy Center for Performing Arts on Sept. 15.

The Hispanic Heritage Foundation (HHF) honors artists, physicians, educators, public officials and community and business leaders. Juanes will receive the Vision Award, Blades will be given the Arts Award.

"Rubén Blades is a perfect example of an artist who utilizes 'the arts' as a medium of free expression," Maria Esmeralda Paguga, executive director of HHF, said in a statement. "A singer, composer, poet and actor, Mr. Blades is not just an artist, but a great innovator and an agent of change, elevating Latin music to a new level."

The Medellín-born Juanes has been an advocate for social causes through his Fundación Mi Sangre and is the co-founder and main organizer to the Peace Without Borders concerts. Through his organization he's fought

to ban landmines and protect the



children of Colombia from armed conflict.

"It's refreshing to have an artist of Juanes' caliber use his voice and platform as a vehicle for change," says Paguga. The event, hosted by actor William

Levy and Maite Peralto, will also honor Jorge Vergara (business), Juan Andrade Jr. (leadership), Roberto Gomez Bolaños (legend), Hugo Sanchez (sports) and Elizabeth Molina Morgan (education).

"The Latino community throughout history has made a positive impact in America and the world," said Jose Antonio Tijerino, president and CEO of the Hispanic Heritage Foundation. "The Hispanic Heritage Awards were created by the White House 25 years ago and will salute the past honorees as we pay tribute to this year's recipients."

A day prior to the awards show, HHF's Latinos on the Fast Track (LOFT) leadership program will host the LOFT Actionable Leadership Summit and will train 50 college students so that they can have impact in their communities.

The awards were established in 1987 by President Ronald Reagan and the White House as the official celebration of Hispanic Heritage Month, Sept. 15-Oct. 15.

Diego Luna en pie de guerra

Diego Luna, que asistió el lunes por la noche en el DF al estreno de la película Miss Bala, aseguró que los mexicanos están "en medio de una guerra" que ha querido pensar que no los afecta y que hoy es más suya que nunca.

El actor hizo estas declaraciones en el estreno de Miss Bala, filme de sus producciones, Canana Films, que cuenta la historia de una joven mexicana atrapada en las redes del narcotráfico que aspira a ser reina de belleza.

"Mas no vale que todo lo que hagamos tenga que ver con el lagar donde vivimos y nos preguntamos día a día dónde estamos y dónde queremos estar, Miss Bala te lleva a hacer eso", dijo el actor en la alfombra roja del Teatro de la Ciudad de México.

Los mexicanos estamos "en medio de una guerra que quisimos pensar que no nos afecta y que hoy es más nuestra que nunca", señaló el actor.

La ola violencia desatada por el enfrentamiento entre organizaciones criminales y de éstas con las fuerzas de seguridad en varias regiones del



país ha causado 40,000 muertos desde diciembre de 2006.

Para Luna, hay que tomarse la situación en serio porque "es responsabilidad de todos" y más "vale hacer algo".

Miss Bala es una película que, según Luna, no hace juicios, hace preguntas e invita a la reflexión.

Gael García Bernal, también dueño de Canana Films, se refirió, asimismo, a la situación mexicana con respecto a la película.

"Estas últimas semanas estamos sobre todo resesados, tenemos un dolor en las entrañas, ese dolor visceral", declaró.

La película del cineasta Genaro Nájera ya fue exhibida en la pasada edición del Festival de Cannes, participó en los festivales de Nueva York y Toronto y competirá en la sección Horizontes Latinos del Festival de Cine de San Sebastián.

Miss Bala se estrenará en México este próximo viernes.

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The Neighbors

LSU moves to No. 2, Auburn drops out of AP Top 25

Dallas D-coord Rob Ryan keeps up family tradition



Winning the biggest game of college football's opening week ended boosted LSU to No. 2 in The Associated Press Top 25.

No. 1 Oklahoma held on to the top spot in the first regular season rankings, while the Tigers used their 40-27 victory against Oregon to jump rival Alabama, which slipped to No. 3.

The Sooners received 32 of 60 first-place votes and 1,448 points. LSU received 17 first-place votes and 1,415 points.

Alabama had nine first-place votes, and two voters had No. 4 Boise State top-ranked after the Broncos' impressive 35-21 win against Georgia. Florida State moved up to No. 5.

Oregon dropped nine spots to No. 13 and defending national champion Auburn, which started the season at No. 23, fell out of the Top 25 after needing a late rally to beat Utah State 42-38 at home.

The Tigers became just the second defending national champions since the preseason poll started in 1950 to fall out of the rankings after the first week of the season

in the first regular-season poll - though the circumstances were far different the first time it happened.

Alabama, the 1964 AP champion, started the 65 season ranked No. 5. The Crimson Tide lost 18-17 to Georgia to open the season and dropped out, but The Associated Press only ranked 10 teams that season. Alabama eventually returned to the Top 10 and won another national title.

The 1961 Minnesota team is the only defending champion to be unranked in the preseason poll.

Moving into this week's rankings were No. 20 Baylor, which beat TCU 50-48 in overtime, and No. 22 South Florida, 23-20 winners at Notre Dame, along with No. 23 Penn State and No. 24 Texas.

Texas had started the season unranked for the first time since 1998.

TCU dropped 11 spots to No. 25.

Penn State moves into the rankings ahead of Saturday's home game against third-ranked Alabama.

Notre Dame and Georgia all

tumbled out of the Top 25 after losses. Like Auburn, Southern California, which opened the season ranked 25th, fell out of the rankings after a victory, USC squeaked by Minnesota 19-17.

The rest of the top 10 had No. 6 Stanford, followed by Texas A&M, Wisconsin, Oklahoma State and Nebraska.

No. 11 is Virginia Tech, followed by South Carolina, Oregon, Arkansas and Ohio State.

No. 16 Mississippi State and No. 18 Florida give the Southeastern Conference six ranked teams this week, matching the Big 12 for the most. No. 21 Missouri, joins Oklahoma, Texas A&M, Oklahoma State, Baylor and Texas.

The Big Ten has five ranked teams, with No. 17 Michigan State joining Wisconsin, Nebraska, Penn State and Ohio State.

No. 19 West Virginia and USF give the Big East two teams in the Top 25. The Atlantic Coast Conference (Florida State and Virginia Tech), the Pac-12 (Stanford and Oregon) and the Mountain West (Boise State and TCU) also have two ranked teams.

Rob Ryan expected to be an NFL head coach by now, just like his twin brother Rex and their father Buddy before them.

It didn't work out that way, but Rob's not complaining. He figures the teams that haven't picked him have made a mistake, and that the Dallas Cowboys are lucky to have him as their defensive coordinator.

Of course he thinks that. He's a Ryan.

Big, loud and proud like Buddy and Rex, Rob also keeps up the family tradition with a variety of innovative, attacking defenses. Another common trait is being his usual, boisterous self when talking to reporters - especially this week, with his first game in charge of the Cowboys' defense coming against Rex and the Jets in prime time on Sunday night.

"I've been an assistant coach of the year in pro football and in college football, so apparently I'm pretty good," Rob said. "No one else believes it, but they all will after this game."

Rob is only 48 and going into his 25th season as a coach, meaning he's spent more than half his life working on the sidelines. And the majority of that time has come in the NFL, with his 14th season.

He and Rex broke into the NFL in 1994 as assistant coaches on their dad's staff in Arizona. They were all swept out following the '95 season, and Rob had to work his way back up to the NFL. After a year at a community college, then three more at Oklahoma State, he was hired by Bill Belichick in New England. He was the linebackers coach on two Super Bowl championship teams before becoming the defensive coordinator in Oakland. He spent the last two years coordinating the defense in Cleveland under Belichick disciple Eric Mangini.

The Raiders and Browns made big improvements under his watch. With his pedigree, what else would you expect? "Buddy brought us in the world of defense and I was fortunate enough to get with Bill Belichick, who's fantastic - it's like getting in there with Vince Lombardi," Ryan said. "You're going to learn something if you're smart and I am. I've been around the best defensive coaches to ever coach the game in those three, and I don't know what the order is, but when you've got Buddy Ryan, Rex Ryan and Bill Belichick, those are a pretty good three."

Rob's chances of becoming a head coach have been hurt in part by how lousy the Raiders and Browns were, overall. The last six years, he's never been part of a team that won more than five games.

The Cowboys weren't much better last year, winning just six. The defense was a huge reason Dallas failed to live up to preseason talk of reaching the Super Bowl, allowing the most points and yards in franchise history. But listen to his assessment of the talent he inherited: "We've got seven Pro Bowlers over there on defense, so (it's) pretty (expensive) good."

He's sticking with the 3-4 scheme that Bill Parcells installed and Wade Phillips tweaked. He's also adding to it. A lot.

His system is so extensive that it fills three playbooks to hold. Inside linebacker Bradie James joked that he needed an extra suitcase during training camp to hold it all.

"I was overwhelmed," said outside linebacker DeMarcus Ware, who has led the NFL in sacks two of the last three years.

"It was like, 'What are we doing?' The thing is, once you learn it, it's all about the same stuff, but just changing little pieces."

Players love the system almost as much as they love the wild man behind it.

Ware said the first time he

met Ryan, "I didn't know if he was a defensive coordinator or a Harley-Davidson motorcycle rider." That's because of Ryan's enormous belly and his mop of long, stringy, gray hair.

Add in his salty language and jovial nature, and it's easy to forget the most important thing: this guy really knows what he's doing.

"He's serious and he's intense, but at the same time, he is loose and he cracks jokes and has fun," inside linebacker Keith Brooking said. "I've been around a lot of characters and coaches with great personalities who weren't very good football coaches. But when you're around him for a very short period of time, you see his knowledge."

And his confidence. When the Philadelphia Eagles were loading up on big-name players - including outbidding the Cowboys for former Raiders cornerback Nnamdi Asomugha, whom Ryan calls perhaps his favorite player he's ever coached - Ryan won over Cowboys fans with this retort: "I don't know if we win the all-league team. That might have gone to someone else, but we're going to beat their (behind) when we play them."

Ryan said it's easy to be so confident "in stuff that I'm good at," adding that he, his brother and his father "got just enough arrogance to be good at this job."

Are you listening, NFL owners in need of a coach? Because the way Rob Ryan sees it, the only question is when someone is smart enough to give him a chance, not if.

Until then, he's going to keep doing things the Ryan way. "It took my dad 25 years to be a head coach in this league and that's not just what drives me," Rob said. "I want to win another Super Bowl. I've only won two. I want to win a third and keep on trying. When I get an opportunity to be a head coach, I'll be ready."

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Márquez no quiere más trampas

Juan Manuel Márquez no quiere correr ningún riesgo de que vuelva a barbarle la pelea cuando enfrente a Manny Pacquiao por tercera ocasión.

El triple campeón mexicano sabe que para conseguir ese objetivo el 12 de noviembre próximo la única alternativa es el "nocaut".

"Vamos a tratar de dejar a los jueces fuera de esta pelea y por eso voy a buscar el nocaut", dijo ayer Márquez (53-3-2, 39 KOs) en Nueva York, a donde llegó junto a su oponente para promocionar el combate que tendrá lugar en el hotel MGM Grand de Las Vegas.

"Luego el poder y con una buena preparación lo puedo lograr", agregó un convencido Márquez, quien sostiene —como muchos críticos— que fue el legítimo ganador de los dos enfrentamientos previos con Pacquiao (53-3-2, 38 KOs), pero que los jueces optaron por un empate en el primero y triunfo del filipino por decisión dividida en el segundo duelo.

Tras agradecer a Pacquiao, así

como al promotor Bob Arum, de Top Rank, "por aceptar el reto", Juan Manuel "Dinamita" Márquez indicó que la gente vio en las dos peleas anteriores que acabaron en decisiones controvertidas.

"En esta tercera pelea voy a buscar el nocaut con inteligencia, voy a buscar el nocaut a como de lugar", recalcó el boxeador mexicano, campeón en tres divisiones diferentes.

Para ello, Márquez dijo que durante su preparación buscará mejorar en su fuerza y en su velocidad.

"La gente sabe de las dos peleas que hemos tenido y por eso responde de esa manera", dijo Márquez sobre el recibimiento que ha tenido tanto en Filipinas como en Nueva York.

Pacquiao también indicó que el 12 de noviembre quiere despejar cualquier duda de los resultados de los dos enfrentamientos anteriores.

"No era mi intención pelear contra otro boxeador mexicano, pero así pasan las cosas, dijo en un perfecto español, Pacquiao cuando EL DIARIO LA PRENSA le recordó la lista de pugniles mexicanos que ha derrotado en su ascendente carrera a la cima.

Sólo, Erik "El Terrible" Morales le ganó una vez al allora congresista de su país, quien además saca tiempo para dedicarse a la música.

En la mejor forma

entrenador de Márquez, indicó que su pupilo llegará en la mejor condición física, porque "Pacquiao es muy fuerte".

¿Cómo contrarrestar la rapidez del filipino?

"Ya lo contrarrestamos 24 rounds", dijo en referencia a las dos peleas previas. "A puras contragolpes lo hemos contrarrestado y dominado la zona de combate", agregó don Nacho, quien considera que están en capacidad de volver a ganar el ídolo filipino.

El veterano entrenador, quien este año fue exaltado en el Salón de la Fama del Boxeo Internacional, en Canastota, Nueva York, cree que es posible que Márquez vuelva a imponerse al filipino, pero será más complicado vencer al promotor Arum.

"Las primeras fueron dos guerras y siento que las ganamos, especialmente en la segunda cuando la influencia del señor Bob Arum pesó sobre los jueces", aseguró. "Esta vez los dos estamos con la misma empresa y será más pareja la situación", añadió don Nacho.

Prometen espectáculo

"Lo que se le promete al aficionado es que van a ver otra gran pelea. El aficionado paga su boleto para ver una gran pelea y el 12 de noviembre lo van a tener... en televisión también la van a ver a una estar disfrutando cada round", dijo "Dinamita" Márquez.

"Nosotros vamos a ir con todo y a buscar el triunfo, a como de

lugar", sentenció el campeón azteca.

Pacquiao no se quedó atrás a la hora de las promesas.

"El 12 de noviembre habrá una gran pelea, mucho boxeo en el cuadrilátero porque Márquez se va a entrenar fuerte para esta combate... Yo también, para dar un buen espectáculo", indicó el campeón mundial en ocho divisiones.

Pacquiao arriesga por tercera ocasión el título mundial welter de la Organización Mundial de Boxeo (OMB), que ganó el 14 de noviembre del 2009, cuando arrebató el cetro al puertorriqueño Miguel Angel Cotto.

La cartelera será televisada por HBO, a través del sistema pago por eventos (pay per view).

"Dinamita" podría cantar

La gira mundial de promoción del combate continúa este miércoles (12:00 del día) en Beverly Hills, California, y culminará mañana jueves en la capital mexicana con la conferencia de prensa en frente al Monumento a la Revolución, fijada también para el mediodía, y a la que podrán concurrir los aficionados.

Como Pacquiao interpretó ayer, junto a Dan Hill, su popular canción "Sometimes when we touch", Márquez bromó que a lo mejor él también hará lo mismo en el A.F.M.

"A ver si me animo yo y también canto en la conferencia de México", dijo un sonriente Márquez.

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Cesar Chavez Center Designated as Historic Site

The Cesar Chavez Foundation's National Chavez Center at Nuestra Señora Reina De La Paz in California, where the founder of the United Farm Workers is buried, has been placed on the National Register of Historic Places.

"I'm very happy because (inclusion in the registry) proves that my father's work really is part of the U.S. social fabric," Paul Chavez told Efe.

"Despite the fact that he fought with farm workers who were

Mexicans, his message of being at the service of and helping the less fortunate, it's a message that resonates with many people from different roads in life," he emphasized.

On May 19, the nine members of the California State Historical Resources Commission nominated the site to be included in the national historic registry.

The National Chavez Center is a complex of buildings and cabins for the training of leaders that extends over 187 acres in the Tehachapi Mountains near Keene, California.

"I want to confirm that the National Chavez Center at Nuestra Señora



de La Paz is part of the National Register of Historic Places as of Aug. 30, 2011," Adam Felcher, the spokesman of U.S. Interior Secretary Ken Salazar, told Efe.

"We hope soon to be able to formally announce this important step to preserve the site where Cesar Chavez lived and led the farm workers union movement for the last 22 years of his life," he added.

Born on March 31, 1927, in Yuma, Arizona, Cesar Estrada Chavez died of heart failure on April 23, 1993.

"Being part of the National Register of Historic Places means more protection on the part of the state for the care and preservation of the site," said Paul Chavez.

"People of color have been left out of the history of this great country," Jose Zapata Calderon, a sociology professor at Pitzer College in Claremont, California, told Efe.

"Therefore, this space and the life of Cesar Chavez truly signify for me bringing to center stage those people who have been left out and who often contributed even more than those we consider to be the great heroes in this society," he said.

Zapata Calderon organizes student visits to Villa La Paz with the aim of making them aware of the history of the farm workers' movement.

Early this year, the spot where Cesar Chavez held his first hunger strike and later founded the UFW was dedicated as a National Historic Landmark. The site known as "Forty Acres" is located west of Delano in California's Central Valley.

Higher Rates Of Childhood Asthma In Latino Populations: What To Do As A Parent

Latino children are 60% more at risk for asthma than white non-Latino kids. Because I am Latino, I've become even more interested in the topic and what I can do to create awareness.

Even though my 5-year-old daughter was diagnosed with asthma two years ago and I've done my share of research on the topic, I don't consider myself an expert. Thanks to my involvement with the Moms Clean Air Force - a group of moms fighting for clean air, I've learned a lot about how this disease affects Latino children in particular.

"We've been lucky that my daughter has never had a full-blown asthma attack and the majority of her problems now stem from colds that usually have to be treated a bit more aggressively so they don't become a more serious ailment."

But, nothing could have prepared me to hear Lydia Rojas' talk during the Moms Clean Air Force's Blog Talk Radio Show about the asthma epidemic and Latino kids. Four and a half years ago, Rojas' daughter, Steph, died of an asthma attack two months before she would've turned 16 years old.

I listened in horror as Rojas retold the heartbreaking story about

how her daughter died and how she still doesn't know how it happened. No parent should have to tell such a story. According to Rojas, her daughter's asthma was fairly under control. A specialist regularly saw her, and Rojas made sure her daughter was taking her medication accordingly.

The most harrowing part of the story for me is that by the time Rojas made it to the hospital, her daughter had already passed away.

If you have a child with asthma, I bet you to make it a point to listen to the show so you can be moved to act like I was. If you don't have a child with asthma, you should still listen to the program because it offers invaluable information about the epidemic that is affecting our

children, in many instances because of the bad air quality they are breathing.

After my daughter was diagnosed with asthma, I made sure I carried her inhaler around with us every where we went. In addition, I informed the preschool she attended of her condition and gave them an inhaler to keep in their office. I was required to hear that both the director and the assistant director were trained to deal with

an asthma attack. Moreover, my daughter's preschool teacher's child had asthma, so she was completely aware of the signs.

Because, my daughter has been blessed, and never had an asthma attack, I eventually I stopped carrying the inhaler. When she started Kindergarten three weeks ago, I didn't even bother to find out what procedures were in the event of an attack, nor did I give them an inhaler in case my daughter had an attack. Stupidly, I thought her asthma was obviously under control and if she'd never had an asthma attack, then that was the point of the inhaler.

Listening to Rojas' heartbreaking story made me realize that I should be more cautious. On Monday, I marched into the school with my daughter's inhaler and found out what they do in case of an attack.

Every day I pray she never ever has one. But at least, now I am more aware that I cannot let my guard down when it comes to this debilitating disease.

I'm more committed than ever to do all that's in my power to fight for clean air and to encourage other parents to stay informed about their child's condition.

Dormir es importante en adolescentes

Dormir es tan importante como el aire que respiramos, el agua o la comida que ingerimos y en los adolescentes es fundamental para su desarrollo, ya que dormir es alimentar el cerebro.

El sueño nos ayuda a mantenernos sanos y a "recargar baterías" en nuestros sistemas corporales, para que así podamos disfrutar al máximo de las actividades cotidianas, además el "sueño" es un aspecto fundamental para verse mejor, estar creativo y sano.

La mayoría de los adolescentes necesitan entre ocho horas y media

y más de nueve horas de sueño cada noche para estar en óptimas condiciones al día siguiente, y poder desempeñarse en actividades escolares, o practicar un deporte. Muchos adolescentes no duermen lo suficiente o no preguntamos ¿por qué?

Según La Asociación Americana del Sueño (AASM) durante la adolescencia (13-22 años de edad) ocurre cambios en los patrones del sueño debido a la cantidad y calidad del mismo, ya que tienden a dormirse más tarde tanto en los días de escuela como en los fines de semana lo cual significa una disminución en la cantidad de horas dedicadas al sueño.

En otros estudios realizados se ha encontrado que durante la adolescencia el cuerpo experimenta un reajuste temporal, indicándonos a los jóvenes que se duerman y se despierten más tarde ya que la hormona del cerebro "melatonina", se produce más tarde por la noche en los adolescentes en comparación con los niños y los adultos.

Esto puede dificultar que los adolescentes concilien el sueño temprano por las noches. Muchos jóvenes padecen trastornos de sueño como la preciosa

insomnio, síndrome de piernas inquietas, apnea del sueño, etc.

El sueño ayuda a desarrollar importantes funciones del organismo y de la actividad cerebral. La falta del mismo puede ser nociva, si no se duerme normalmente automáticamente se quedará dormido en cualquier momento.

Según la La Administración Nacional de Seguridad y Tráfico en Carreteras de los Estados Unidos, se calcula que cada año mueren 1.500 personas en accidentes de tráfico provocados por conductores de edades comprendidas entre los 15 y 18 años que

simplemente conducían cansados.

Más de la mitad de las personas que provocan accidentes por quedarse dormidos al volante tienen menos de 26 años).

Otras consecuencias de la falta de sueño son que la apariencia física empeora y puede crear problemas dermatológicos como el acné, favorece conductas agresivas e inapropiadas con compañeros, tensiones con profesores, familiares, se puede tener depresión, y la eficacia y rapidez para realizar actividades básicas o regulares disminuye. Lleva a comer de manera poco saludable, que con-

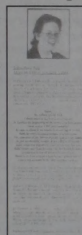
tribuyen al aumento de peso. Potencia los efectos del alcohol e incrementa el consumo de café y/o tabaco además de contribuir con el desarrollo de enfermedades.

Entre los síntomas para saber que no se está durmiendo bien se encuentran los siguientes: cuesta mucho levantarse por las mañanas, dificultades para concentrarse, se queda dormido en clase o está triste o deprimido.

La mayoría de los adolescentes necesitan entre ocho horas y media y más de nueve horas de sueño cada noche para estar en óptimas condiciones de salud.

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