

Recortes drásticos a programas domésticos perjudicará a las familias Latinas

Washington, DC - El Consejo Nacional de la Raza (NCLR, por sus siglas en inglés), la organización hispana de derechos civiles y acción política más grande de Estados Unidos, expresó su profunda preocupación por la Propuesta de Presupuesto para el Año Fiscal 2007 (FY 2007, por sus siglas en inglés), que la Casa Blanca emitió el lunes. Dicha propuesta pide al Congreso que haga recortes de financiación drásticos a programas que apoyan a comunidades de bajos ingresos, medida que perjudicaría a muchos estadounidenses al obligarles a padecer más carencias, y que también pondría a toda la nación en riesgo de quedar rezagada frente a la competencia en la economía global.

"Este presupuesto contradice la propia propuesta del Presidente Bush en favor de una 'agenda de competitividad'", puntualizó la presidenta de NCLR, Janet Murguía. "La semana pasada, el Presidente Bush anunció una iniciativa que tiene el objetivo de formar una fuerza laboral más competitiva. Sin embargo, este presu-

puesto recorta programas críticos para la comunidad latina y debilitaría la productividad de la fuerza laboral estadounidense actual y futura".

La Propuesta de Presupuesto FY 2007 reduce el financiamiento de un número de programas domésticos que fueron creados para mejorar la seguridad económica de los hogares de bajos ingresos, para ayudar a familias de EE UU a alcanzar la autosuficiencia, y para fortalecer la capacidad de los trabajadores estadounidenses de sostener la posición de nuestra nación como líder mundial en negocios, ciencias, tecnología e innovación. Adjunto está la evaluación inicial de NCLR del presupuesto propuesto por el Presidente Bush para el FY 2007.

"Una nación tiene que tener una fuerza laboral educada para poder ser sumamente competitivo. Sin embargo, el presupuesto del presidente elimina programas reputados como GEAR UP y TRIO, que ayudan a jóvenes latinos a terminar la escuela secundaria y entrar a la universidad", explicó Murguía.

"Una economía competitiva requiere trabajadores cualificados pero este presupuesto elimina la capacitación para trabajadores agrícolas, un programa que ha ayudado a miles de personas salir del campo y entrar el mercado laboral del siglo veintiuno. Además, la salud económica de un país también depende de la buena salud de sus familias. Sin embargo, este presupuesto reduce fondos para Medicaid y la iniciativa de salud infantil, State Children's Health Insurance Program. Estos programas sirven como una red de seguridad social y proveen acceso crítico al servicios sanitarios para millones de familias", recaló Murguía.

"Mientras NCLR consideran fundamental que el presidente y el Congreso cuadren las finanzas de la nación, cuestionamos un acercamiento que reduce servicios para las personas más vulnerables de nuestra sociedad y que al tiempo brinda mayores exenciones contributivas a los que están en el tramo fiscal más alto", concluyó Murguía.

Demo Candidate Responds to Bush State of the Union

From a packed house at a Democratic Watch Party, Robert Ricketts, candidate for U.S. Congress District 19, released the following response to the 2006 State of the Union address delivered this evening by President Bush.

It is time for the Republican leaders to recognize that we are facing significant problems. America's problems need sensible solutions-not the same empty promises year after year.

President Bush repeated more of the same platitudes from his prior State of the Union addresses and neglected to address the fiscal crisis that is looming for the United States. Tonight, President Bush continued to ask that his tax cuts for the investor class become permanent. He did this, just days before he will be forced to ask Congress to raise our debt ceiling to \$8 trillion.

The real state of the union's economy can easily be seen below:

Past 5 years of the Bush/Cheney administration
Two years ago President Bush

promised our troops the resources they needed. This week the administration announced that 50,000 troops, some already serving their third tour, will have their tours of duty extended. Our troops are spread perilously thin, and there is no mention of our efforts in Afghanistan to capture the person responsible for 9/11. Osama bin Laden remains at large.

In the 2004 and 2005 State of the Union addresses, President Bush promised to rein in spending. To date, neither the administration nor Congress has proposed any meaningful plans to reduce spending.

Once again, the President speaks of making tax cuts permanent. Just this week, the Congressional Budget Office issued a report concluding that the national deficit is attributable entirely to these tax cuts. This administration is driving the country into fiscal disaster. The middle class cannot afford to support the country by itself. We must have a sensible and fair tax structure to make the country strong and secure for the long term.

The President spoke of Social

Security as an entitlement. This is unfair to working Americans. How do you call something that middle-class Americans pay for, from every paycheck, an entitlement?

Where is the robust economy that the President sees? Saturday morning, Lubbock buried two elderly citizens who froze to death in their own homes. On Friday, the local newspaper reported that the gap between the wealthiest and the middle class is wider in Texas than any other state.

The State of the Union for Americans is not focused on allowing millionaires to get even richer. It is focused on the security - of our health, our finances and our homeland.

Robert Ricketts is the unopposed Democratic candidate for U.S. Congress

District 19. Ricketts, a fiscal conservative, is a professor of accounting at Texas Tech University, where he holds the Frank M. Burke chair in Taxation. Ricketts has practiced, taught, studied and written about tax and fiscal policy for more than 20 years.

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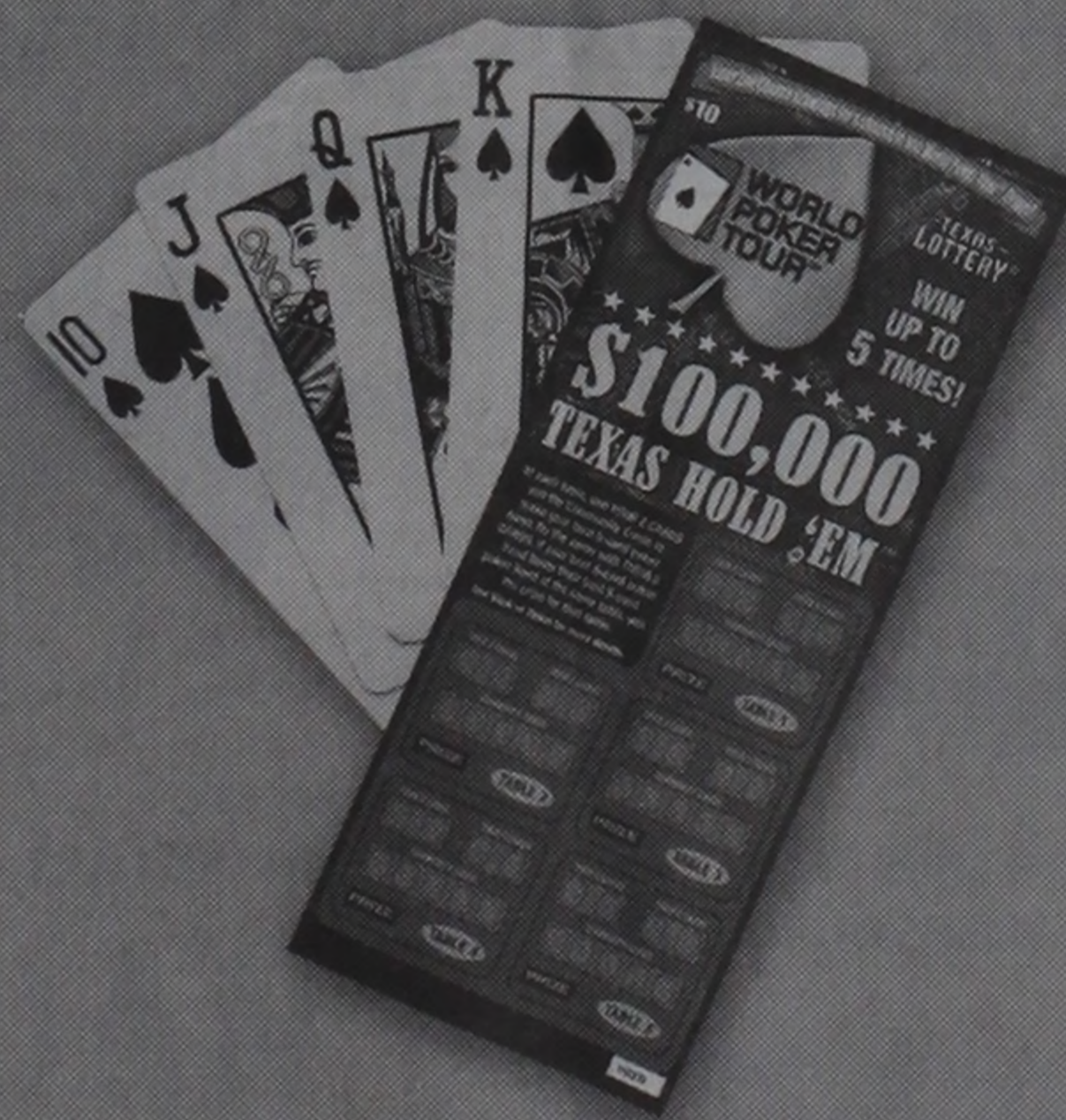
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U2 roba cámara a Mariah Carey en Grammy, se lleva cinco premios

LOS ANGELES - Mariah Carey puso fin a una racha de 16 años sin ganar un premio Grammy, pero U2 destruyó sus sueños de un retorno dorado al éxito la noche del miércoles, al conquistar cinco trofeos, entre ellos canción y álbum del año.

Carey, una de las artistas de mayores ventas de la historia, no había ganado un Grammy desde los dos primeros galardones que obtuvo en 1990. Había sido nominada a ocho premios en la 48ª edición de los Premios Grammy y obtuvo tres en una ceremonia previa al acto televisado. Ninguna mujer ha ganado más de cinco premios en una noche.

Carey obtuvo el Grammy por

mejor álbum de R&B por "The Emancipation of Mimi", mejor canción de R&B por "We Belong Together" y mejor actuación femenina de R&B por la misma canción.

Pero Carey quedó fuera de los premios que se entregaron en la ceremonia transmitida por televisión, perdiendo dos veces ante U2, una contra Green Day por disco del año y una vez ante la ex triunfadora de "American Idol" Kelly Clarkson, por mejor presentación pop femenina.

"Si creen que esto nos está haciendo perder la cabeza, es demasiado tarde", dijo Bono. Luego de que la banda se llevó su décimo noveno Grammy.



Después de ganar el principal galardón de la noche, álbum del año, Bono le dijo a Carey: "Cantas como un ángel".

John Legend logró tres honores: mejor artista nuevo, mejor álbum R&B por su producción con la que debutó, "Get Lifted", y mejor presentación masculina de R&B por la balada para piano "Ordinary People". Su mentor, el rapero Kanye West, también conquistó tres premios.

Clarkson ganó dos galardones, incluyendo mejor álbum de pop.

"Lamento que estoy llorando de nuevo por televisión nacional", dijo Clarkson, al recibir su primer Grammy. "Muchísimas gracias, no tienen idea de lo que esto significa para mí", comentó.

Lo que causó una gran impresión durante la transmisión fue la actuación de Sly Stone, quien había desaparecido de la escena musical hace décadas, y no había



continúa en la página 5

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When They Meet, What Should Citizen Ozzie Tell Dubya?

By Robert Heuer

Chicago White Sox manager Ozzie Guillén celebrated his 42nd birthday on Jan. 20 by becoming a U.S. citizen. The Venezuela native passed the test in a Chicago federal building, then told the media that now he can say what he wants and "you cannot kick me out of this country."

Fear of deportation isn't something one would associate with Guillén. During a 21-year career as a major league player, coach and manager, he has exhibited a refreshing habit of speaking his mind without regard for consequences.

Let's hope he lives up to that reputation when he and fellow members of the world champion White Sox visit the White House to meet President George Bush this month.

As videotape rolls, the trophy-toting White Sox skipper would be on point to talk about the meaning of his recent acquisition of a second passport.

Guillén says that he, his wife Ibis and 19-year-old son Oney became citizens to facilitate travel back and forth from South America. For years, the Guilléns, with homes in Caracas and Miami, grew tired of the hassle of going to the U.S. Embassy to renew their visas. (Their oldest son, Ozzie Jr., is already a citizen because he was born in the United States. Their

third child, 14-year-old Ozney, becomes eligible for citizenship upon turning 18.)

Guillén is grateful that a baseball scout invited him north, and he seized the opportunity.

"Becoming a citizen is more important than winning the World Series because you only become a citizen once," he says. "I'm super proud of becoming a citizen. It's a difficult situation here with respect to immigration. A lot of people die trying to get into this country whether by water or across the border. Nobody has ever died trying to win the World Series."

Guillén finds inspiration in a little-noticed aspect of the life of baseball Hall of Famer Roberto Clemente, who died at age 38 in the 1972 crash of a plane bound for Nicaragua with earthquake relief supplies. "What I most admire about Clemente was how he used his own rights as a citizen to speak out."

In the 1960s, Clemente, a native of the U.S. commonwealth of Puerto Rico, elicited applause from an English-speaking crowd by declaring: "I hear people want to spit on the American flag. I wouldn't trade this country for no one country."

Clemente didn't speak English perfectly, but he did speak it honestly. As a U.S. citizen, Clemente felt obligated to express his convictions even when unpopular.

Reaching the majors a half century ago at a time when few U.S. residents had ever seen a person who was both black and Spanish-speaking, Clemente faced constant condescension. His success on the field gave him a platform to demand that Latinos be treated with respect. He spoke out for the civil rights movement, the needs of the poor, even helped spearhead formation of the Major League Players Association.

Clemente's exercise of his rights as a citizen inspired major leaguer Carlos Delgado to spend time and money protesting the U.S. Navy's bomb exercises on the island of Vieques off the coast of his native Puerto Rico.

Several years ago, Delgado quietly began the practice of refusing to stand during baseball's traditional seventh-inning stretch singing of "God Bless America." Word of this protest of U.S. actions in Iraq eventually became public.

"We have more people dead now, after the war, than during the war," he told the Toronto Star in 2004. You've been looking for weapons of mass destruction. Where are they at? You've been looking for over a year. Can't find them. I don't support that. I don't support what they do. I think it's just stupid."

Being an athlete with political opinions didn't much matter when Delgado toiled in relative obscurity for the Toronto Blue Jays and last season for the Florida Marlins. But last fall, the free agent took the plunge into the media fish bowl.

The New York Mets reportedly

wanted their new hire to tone down his politics. Delgado complied. At a Nov. 28 news conference, where he waved his new uniform bearing the number of his outspoken hero, Delgado said, "Now I'm just employee number 21."

The group Hispanics Across America advocates that baseball retire Clemente's number as it has already done with Jackie Robinson's number 42. A better way to honor Clemente would be to pressure the player's union to demand that the Mets' owners admit they were wrong to challenge Delgado's act of conscience for trying to live up to the Clemente legacy.

"Delgado is free to express himself as he wishes." A Mets spokesman now says. Dave Zirin, author of "What's My Name, Fool?," a new book about race, class and ideology in sports, was at the Nov. 28 news conference and contends the Mets' organization took heat from New York papers and "is now artfully backtracking."

Ozzie Guillén finds the Mets ownership's initial edict insulting. "The Mets have a Hispanic general manager and a Hispanic assistant general manager. If it had been me, I'd have torn up the contract."

Spoken like a true patriot. But don't just tell me, Ozzie. In the media's hot glare, ask George Bush if he supports Carlos Delgado's right to protest the U.S. occupation in Iraq.

(Robert Heuer is an Evanston, Ill.-based consultant and journalist. He can be reached at rjheuer@comcast.net.)
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Grammy
viene de la página 4

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"Mohawk". Stone ofreció una presentación vibrante de uno de sus principales éxitos "I Want to Take

You Higher". Además de arrasar con los premios, U2 también ofreció una actuación emotiva cuando cantaron su éxito "Vertigo", y junto con la

reina de R&B Mary J. Blige interpretaron con fervor su tema clásico "One".

U2 logró un galardón en mejor álbum de rock, por "How to Dismantle an Atomic Bomb". El guitarrista The Edge dijo que el premio significaba mucho para el grupo, "pero aún más valioso que los premios es el regalo que nos han dado, nos han permitido seguir haciendo nuestra música". West obtuvo tres premios, la misma cifra que el año pasado. Alison Krauss & Union Station también se llevaron tres galardones, entre ellos mejor álbum country, mientras que Stevie Wonder, quien lanzó su primer álbum en 10 años en 2005, logró dos.

El espectáculo comenzó con una actuación del grupo animado Gorillaz que interpretó, "Feel Good Inc.". Posteriormente, Madonna, quien no fue nominada a un premio, cantó su éxito más reciente "Hung Up".

Una actuación breve y no programada de Alicia Keys y Stevie Wonder, que presentaron el primer premio, inyectó energía al ambiente.

Wonder sacó su armónica y ambos cantaron su tema clásico "Higher Ground" en honor a la recientemente fallecida Coretta Scott King, viuda del luchador por los derechos civiles Martin Luther King.

Latin Grammy Winners
Latin Pop Album: "Escucha," Laura Pausini.
Latin Rock/Alternative Album: "Fijación Oral Vol. 1," Shakira.
Traditional Tropical Latin Album: "Bebo De Cuba," Bebo Valdes.
Salsa/Merengue Album: "Son Del Alma," Willy Chirino.
Mexican/Mexican-American Album: "Mexico En La Piel," Luis Miguel.
Tejano Album: "Chicanismo," Little Joe Y La Familia.



Un Rayito de Luz Page 5

por Sofia T. Martinez

En Jesús tenemos la gracia de ser hijos adoptivos de Dios. Pero, como todos sabemos, ésta gracia le costó mucho, hasta morir en una cruz. "Nadie tiene mayor amor, que, el que dá la vida por sus amigos." y, "ustedes son mis amigos si hacen lo que les mando." "Mi mandamiento es que se amen los unos a los otros; como yo los he amado." Enseñanzas - como éstas encontramos en los Evangelios. También dice: "Que tanto amó Dios a los sujetos; que les dio a su unico Hijo..."

y Usted: nunca se a preguntado? "Como a correspondido a ese amor?"

Al final de nuestra vida, seremos juzgados por el amor. Detengámonos un poco. "Preguntate." He dado amor, a todos los personas que se han topado conmigo durante toda mi vida? Espera, ésta no es cualquier pregunta, es el centro de la vida cristiana: es la pregunta crucial que decidirá nuestro destino final.

Pero, que triste es que muchos cristianos ban olvidantose del fin para lo que fueron creados.

El reino de los cielos, es "la comunión de amor entre la creatura y su creador, que se manifiesta a travez del bien que hacemos a nuestros semejantes." Esa es la ley del amor. Pero, cuantas quejas oigo de personas que, son alguna necesidad; tocaron a la puerta de algunos de ustedes y se fueron mas tristes de lo que venian; porque no quicieron o, no pudieron ayudarla ni buscaron quien lo hiciera. y esa actitud les escandaliza y dicen: ¿Como es que son tan catolicos...? Acuden a la parroquia, y tampoco encuentran nada, pero, ¿como les ayuda la parroquia, si élla a depende de los que van a misa y a la hora de la colecta tampoco hay generocidad?

Hermano, hermana: Siembra cielo, siembra amor, para que recojas cielo y amor. No aprovechar la oportunidad de hacer el bien, es, desaprovechar la oportunidad de vivir con Dios. dios es amor y el que vive en amor, vive en dios, y Dios vive en el.

Maria santissima nos dá un sencillo pero sabio censejo: "Hagan lo que El les mande." - continuara, ésta tema. Pora ver si alguna persona acoge éste mensate, que sin duda; le abrirá las puertas del cielo.

Mexico Hires PR Veteran from Dallas

WASHINGTON -- Fed up with the drumbeat of news stories about drug wars, police corruption, border mayhem and illegal immigration, the government of Mexico has followed a time-honored course for anyone seeking an image makeover: It's hired a PR firm.

Rob Allyn, a prominent Dallas public relations craftsman who helped shape Mexican President Vicente Fox's stunning election victory in 2000, now shoulders the burden of pushing aside a largely negative U.S. perception of Mexico as a land of drug lords and economic hardship.

Allyn's objective -- and that of his client -- is to portray Mexico as a nation on the move, with a flourishing democracy and growth-oriented economy, inextricably linked to its neighbor to the north. In Allyn's words, to focus on "the good things that are happening in Mexico" and "correct some of the myths and misperceptions that are out there."

It's a daunting assignment.

The presence of nearly 11 million illegal immigrants in the United States -- more than half from Mexico -- has left many U.S. residents with the impression that Mexico is an impoverished, economically troubled land that can't hold onto its own people.

Turf battles between drug cartels have turned part of the Texas-Mexico border into a war zone, prompting the U.S. government to warn against travel to the Mexican border town of Nuevo Laredo, center stage for the violence.

Last week, the sheriff of Hudspeth County in Texas reported that men dressed in Mexican army uniforms crossed the border to protect a drug shipment, and U.S. customs officials discovered a sophisticated cross-border tunnel in San Diego, as well as tons of marijuana.

Carlos Garcia de Alba, Mexico's

consul general in Dallas, said Mexico turned to Allyn, who will receive \$720,000 for the one-year contract, to tell a more uplifting story. "We want to be recognized as a reliable good neighbor, partner and friend," he said. "And when you focus on just very specific facts ... you're missing a lot. You're not looking at the whole picture."

The PR offensive will remind U.S. residents that Mexico is the United States' second-largest trading partner after Canada, buying \$111 billion of U.S. exports every year. Mexico will also stress that its government is aggressively fighting corruption, promoting democracy and fostering greater economic opportunities for its 105 million citizens. The campaign's overarching goal is to strengthen U.S.-Mexican relations at a time when President Bush is pressuring Congress to enact a guest-worker program for foreigners, a top priority of the Fox administration.

The outlook for passage is uncertain, with a strong cadre of conservatives vowing to resist any immigration overhaul that includes a guest-worker program. The incident in Hudspeth County, in far West Texas, also created an uproar in Washington, prompting calls for an international investigation and inflaming suspicions that rogue members of the Mexican military are escorting drug shipments into the United States, an assertion the Mexican government emphatically denies.

Sen. John Cornyn, R-Texas, chairman of the Senate subcommittee on immigration, called the incident "a thumb in the eye to the United States" that hurts prospects for enactment of a guest-worker plan. Repairing Mexico's image from a steady "drip, drip, drip of bad news," he said, "is go-

ing to take more than hiring a public relations consultant."

Allyn's admirers in the United States and Mexico say the Dallas executive is up to the challenge, pointing to scores of earlier successes, often against formidable odds.

Allyn, 46, is often described as a Republican strategist, but he has increasingly displayed an international reach by helping candidates, political parties and corporations in other countries.

A small group of protesters aligned with anti-immigration groups gathered outside his office last week, complaining that his alliance with the Mexican government constituted an affront to "national sovereignty."

Allyn also drew some criticism from U.S. Hispanics, who said Mexico should have recruited a Hispanic firm to trumpet its message in the United States.

"They should give Latinos a good shot at filling those positions," said Brent Wilkes, executive director of the League of United Latin American Citizens.

But Allyn said his company has been flooded with supportive telephone calls and e-mails, many of them from CEOs and senior political figures. "They've all been congratulatory and encouraging us," he said. "People at that level understand the value of Mexico as a trading partner."

Allyn said the campaign probably will include talks with news reporters and editors, visits by officials on both sides of the border, communications directly with citizens and limited advertising.

Among other things, Allyn said, he hopes to convince U.S. residents and policy-makers that Mexico is a valuable customer and trading partner that "deserves to be treated with politeness and respect -- certainly not as an enemy."

"Mexico is making real substantial progress as a nation, and I'm afraid that's being overshadowed by isolated incidents and all the fear over immigration," Allyn said. He stressed that the company was not hired to play a lobbying role in the immigration debate.

Carole Wilson, a professor at the University of Texas at Dallas and an expert on Mexican politics, called the project a good idea and said Allyn can use his formidable contacts with business and political leaders to strengthen Mexico's influence.

"Mexico doesn't have anything to lose," she said. "They've got more to gain by building a good reputation in America and having public opinion on their side."

The campaign is also likely to reflect Allyn's impassioned attachment to Mexico more than eight years after he started working with Fox and other Mexican officials in the late 1990s. His Spanish still needs work, he said, but it's far better than it was when he started.

"While I can never hope to understand as well as someone who is born and raised there," he said, "I've come to understand the beauty of the Mexican culture, the strength and character of the Mexican people, and the courage of the Mexican leaders."



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Colon Cancer Taskforce to Kickoff Local Awareness Campaign

Lubbock - The 2006 Lubbock Colon Cancer Prevention and Awareness Campaign press conference and kick-off will be held Wednesday, February 1 at 10 a.m. at the American Cancer Society Office, 3411 73rd Street.

Colorectal cancer is one of the most common cancers and the second highest cause of combined cancer mortality in our country. Over the next 10 years an estimated 1.5 million men and women in the United States will be diagnosed with colorectal cancer and nearly 600,000 of these will die as a result.

According to the American Cancer Society (ACS) Guidelines, over 90% of these cancers can be prevented and most of the deaths can be avoided if the best available technology is applied consistently throughout the population. The barrier to reducing the number of deaths from colorectal cancer is not a lack of scientific data but a lack of organizational, financial and societal commitment.

A dedicated group of Lubbock citizens responded to this challenge by creating the Lubbock Colon Cancer Prevention Task Force to address these problems and to work on eliminating colon cancer as a cause of illness and death in our community.

This year the Lubbock Colon Cancer Prevention Task Force, along with a coalition of city and county governments, media, health care institutions, academia, private

businesses, volunteers and number of other organizations are working together to:

1) educate and motivate the population of Lubbock County at risk for colorectal cancer to seek immediate screening for colorectal carcinoma, according to the American Cancer Society guidelines, and

2) educate and motivate the entire population to practice primary prevention by adopting healthy life styles according to ACS guidelines.

The goal by 2008 is to reduce age-adjusted colorectal cancer mortality in Lubbock County by 50% and hopefully by 2011 the mortality rate will be reduced by 90%.

This year the Lubbock Colon Cancer Prevention Task Force has been joined and supported in these efforts by the Texas Cancer Council, the Texas Department of State Health Services, the Texas Comprehensive Cancer Control Coalition, the American Cancer Society High Plains Division and the U.S. Center For Disease Control (CDC).

For more information regarding the Colon Cancer Prevention and Awareness kick-off, contact Robin Gardner at the American Cancer Society at 792-7128 or by e-mail at Robin.Gardner@cancer.org. For more information regarding colon cancer, contact Davor Vugrin, MD, Project Director, at 793-0988 or by e-mail at Davor.Vugrin@ttuhsc.edu

Por M.D. Jaime Burkle
M.D. Jaime Burkle

El infarto al miocardio (o ataque cardiaco) ocurre como consecuencia de la obstrucción al flujo sanguíneo en una arteria coronaria, la cual provee de oxígeno y nutrientes al músculo cardiaco. Esta enfermedad es la causa número uno de muerte en los Estados Unidos y en los países desarrollados.

Desde hace varios años científicos de diversas partes del mundo han estudiado este fenómeno y los factores que predisponen a esta enfermedad frecuentemente letal.

Desde los años ochenta el estudio Framingham en los Estados Unidos, describió ciertos factores como predisponentes al infarto al miocardio.

• Hipertensión arterial. Conocida como "presión alta", esta enfermedad se caracteriza por un aumento en el tono de los vasos sanguíneos que da como resultado una elevación en la presión que ejerce la sangre dentro de los mismos.

Las personas con presión arterial elevada son mucho más propensas a sufrir infartos, embolias cerebrales (coágulos en el cerebro) o hemorragias.

Partnership agreement between LHCC & Fiestas Del Llano, Inc.

The Lubbock Hispanic Chamber was formed in 1974 by a small group of businessmen and women who got together and saw the need for a tool to promote business amongst Hispanic Businesses. These founders were also committed to recognizing and honoring their Hispanic Culture.

Thus, the LHCC Board of Directors have endorsed an agreement with Fiestas Del Llano, Inc. who promote the September 16th Celebration commemorating Mexico's Independence from Spain in 1810. LHCC will assist Fiestas by fundraising, publicizing, and disseminating information from the LHCC office. President Esther Sepeda will work closely with Fiestas Chairman Robert Narvaiz as will the Board of Directors. The Fiestas Board will remain responsible in meeting all financial obligations.

El Editor Serving Lubbock Since 1977 Have A Nice Day!

La presión arterial normal en el adulto es de 120/80 milímetros de mercurio; cifras por arriba de 135/85 son consideradas hipertensión grado 1. La hipertensión arterial debe ser identificada a tiempo y tratada inicialmente con medidas que incluyan dieta, ejercicio, pérdida de peso y modificaciones en el estilo de vida.

• Colesterol elevado. El colesterol total se divide en colesterol de alta densidad, de "muy baja" densidad, de densidad intermedia y de baja densidad. Este último, conocido como "LDL" por sus siglas en inglés es el principal responsable de las obstrucciones en el flujo sanguíneo en arterias.

• Diabetes. El aumento en la glucosa (azúcar) sanguínea es conocido como diabetes mellitus. Este padecimiento está asociado con un riesgo elevado de desarrollar infarto, embolia cerebral o insuficiencia renal.

• Obesidad y vida sedentaria. El sobrepeso y la falta de ejercicio son factores de riesgo independientes para el desarrollo de infartos.

• Tabaquismo. El hábito de fumar se ha asociado no solo al de-

desarrollo de enfisema pulmonar o cáncer sino al riesgo de sufrir enfermedades vasculares como el infarto o la insuficiencia vascular periférica que puede causar gangrena.

• Historia familiar. Simplemente tener un pariente de primer grado que haya sufrido un infarto (familiar masculino menor de 50 años o familiar femenino menor de 60 años) constituye un factor de riesgo coronario.

• Edad. El riesgo de sufrir un infarto aumenta exponencialmente

con la edad, especialmente en hombres mayores de 60-65 años y en mujeres mayores de 70 años.

• Sexo masculino. La arterioesclerosis de las arterias coronarias es más común en hombres que en mujeres.

Si usted tiene dos o más de estos factores de riesgo, converse con su médico. La tecnología permite realizar estudios no-invasivos para determinar si usted tiene obstrucciones coronarias que lo exponen a sufrir un infarto al miocardio.

El Editor
wishes to all its
readers

A Great Valentine's Day
February 14, 2006
Keep In Touch!
email:
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En FirstCare, incluimos cualquier medicina en la lista de la sección D de Medicare. ¿Porqué? Cuando fue la ultima vez que un vecino le pidió la mitad de un favor?



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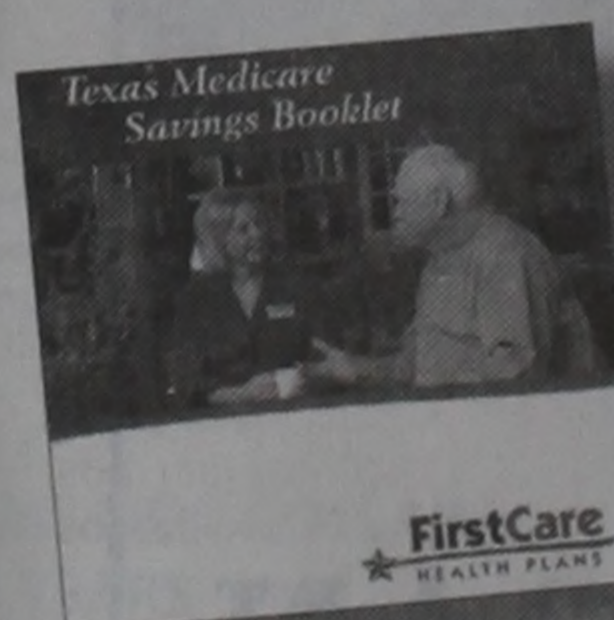
Dependa en sus vecinos de FirstCare.

De todos los planes de salud Medicare disponibles, solo FirstCare Advantage es proporcionado por sus vecinos del oeste de Tejas. Por eso nosotros nos cercioramos que nuestro plan incluya todas las medicinas en la lista de la sección D de Medicare—no solamente las más comunes, sino también todas las demás.

Cómo buenos vecinos, ¿qué más beneficios hemos integrado dentro de este de plan de salud? Para empezar, nos aseguramos de que el plan de FirstCare Advantage sea económico, y de ofrecerle un servicio de atención al cliente personal. También le brindamos acceso a una extensa y excepcional red de médicos y hospitales, incluyendo Covenant y UMC, y nunca necesitará una referencia para ver a un especialista dentro de nuestra red. Además, cuando viaje dentro de los EE.UU., usted cuenta con asistencia medica de emergencia. Y como siempre, cuando usted llama a FirstCare con una pregunta acerca de Medicare, nosotros atendemos su llamada personalmente y en menos de un minuto.

Antes de que usted escoja un plan de salud, tómese unos minutos y revise nuestro plan FirstCare Advantage. Llámenos hoy mismo y descubra los múltiples beneficios del nuestro plan FirstCare Advantage el cual incluye cualquier medicina en la lista de la sección D de Medicare.

Este producto está disponible en los condados de Crosby, Floyd, Garza, Hale, Hockley, Lamb, Lubbock, Lynn y Terry.
FirstCare Advantage es un plan de salud médica con contrato de Medicare. ©2006 FirstCare



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Próximamente estaremos ofreciendo seminarios muy cerca de usted donde uno de nuestros representantes de ventas le proporcionara información y aplicaciones. Lo invitamos a que participe. Para personas con necesidades especiales que quieran atender nuestras reuniones de ventas, por favor llámenos al 1-866-245-1580. Llame hoy mismo y reserve su lugar.

22 de Febrero del 2006, 11 a.m., Furr's Cafeteria, Lubbock
22 de Febrero del 2006, 11 a.m., Rawlings Community Center, Lubbock
23 de Febrero del 2006, 9 a.m., Jimenez Bakery & Restaurant, Lubbock
23 de Febrero del 2006, 10 a.m., Senior Citizen Center, O'Donnell

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