

Hispanic fertility drives U.S. population growth

WASHINGTON — If it weren't for Hispanic births, the U.S. could be confronting long-term population declines similar to those in

Cherlin said. "Now, she's likely to be accepted."

—Women, who overall are more educated than ever, are waiting



Germany, Japan and other industrialized countries. Hispanics are the only ethnic group now producing more than two children per family, according to a Census Bureau report released Monday. That's the number necessary to replace the mother and father and keep the population stable.

"The Hispanic population is growing; whites and Asians are not replacing themselves," said Jane Dye, the Census Bureau demographer who wrote the study. The average U.S. woman produces 1.9 children, but broken down by ethnicity, the numbers are 1.7 for Asian Americans, 1.8 for non-Hispanic whites, 2.0 for blacks and 2.3 for Hispanics. American Indians and Native Americans weren't included in the report. The fertility rates are sufficient, combined with immigration, to keep the U.S. population growing.

"It's the Hispanic population that is keeping us above water in terms of growth, in terms of births," said William Frey, a demographer for The Brookings Institution, a center-left policy research organization in Washington, D.C.

The report took a closer look at women who gave birth between January 2005 and December 2006. It found that:

—About a fifth of women at the end of childbearing age — 40 through 44 years old — have no children, double what the childless rate was 30 years ago. This figure approaches the rates during the Great Depression, according to Andrew Cherlin, a sociology professor at Johns Hopkins University who focuses on families and public policy.

—About a third of women with newborns didn't have husbands at home. "A half-century ago, a woman who had a child outside of marriage was highly stigmatized,"

longer to have children. Mothers with at least a bachelor's degree have the most children when they're 30 to 34. For women who don't finish high school, that peak occurs when they're 20 through 24.

—Women in the Northeast have the lowest fertility rates, while women in the Midwest have the highest, the report said. Utah was the most fertile state, with 83.2 births per 1,000 women in the year studied. The high birthrates of Hispanic women should make policymakers reorder their spending, Frye said.

"We need to focus a lot more than we have before on the education opportunities for immigrant children. This makes very clear that they're a big part of our future."

To census researcher Dye's surprise, Hispanic birthrates didn't fall consistently as the ethnic group assimilated into U.S. society.

Instead, they dropped in the second generation but rose in the third.

"I wondered why that was true, and found that those second-generation Hispanic mothers did have higher education attainment than the third generation," Dye said.

Falling birth rates have one advantage, according to demographic experts: They ease pressure on scarce natural resources. But there's a downside, Cherlin said.

"It means that 25 years from now, there'll be many elderly people who are childless and who may not have anybody to care for them."

The Census Bureau used data from the American Community Survey, which has a sample size of 3 million U.S. addresses. The report also used historical fertility information from the Census's Current Population Survey.

Obama has to earn Hispanics' help, votes

Sen. Hillary Clinton's speech Monday to the Hispanic caucus of the Democratic National Convention proved to be something of a bittersweet experience for her supporters. And she still has plenty of them among the caucus. They were the people wearing Hillary buttons. The men and women with tears in their eyes as she spoke. The California delegate named Bob Archuleta who sat next to me, still mourning.

They were people like labor leader icon Dolores Huerta and Los Angeles County Supervisor Gloria Molina, and sitting behind me, state Sen. Paula Sandoval and former school board member Lucia Guzman. These women need no buttons. This community, as diverse as it is, is still small and its leaders few enough that their voices are magnified.

Once the primary ended, Huerta, Molina, Sandoval and Guzman shifted their support to Obama. This is true of Hispanic voters, in general, and, by the way, "in general," should be required after every mention of Hispanic voters. Let us stipulate here that the Latino vote is complex. Diverse group. Diverse interests. Let us state the obvious: Once you reduce any group to one of its characteristics, such as, oh, I don't know, ethnicity, you risk straying into caricature. The Latino community is both victim and perpetrator of such oversimplification.

By a margin of 2-to-1, Latinos from across the country rushed to support Clinton's presidential bid, never looking back at the young senator from Illinois because for many in this still-clannish community "up-and-comer" is another word for "stranger." Now, even as polls show Obama has a comfortable lead over Republican John McCain among Hispanic voters, he remains a cipher to many.

We need Clinton here, Ramona Martinez, Hispanic chair of the Democratic National Committee and a Colorado superdelegate, told me recently.

"We need her to send the message it's time to move on."

Clinton did just that. Between the shouts of "Hil-la-ry! Hil-la-ry! Hil-la-ry!" Between the calls of "thank you," and "I love you," from the audience.

It was a powerful speech in which the senator reaffirmed her long ties to the Latino community and her commitment to universal health care, immigration reform and economic opportunity.

"I am asking those of you who supported me - I will be forever grateful - to work as hard for Barack Obama . . ."

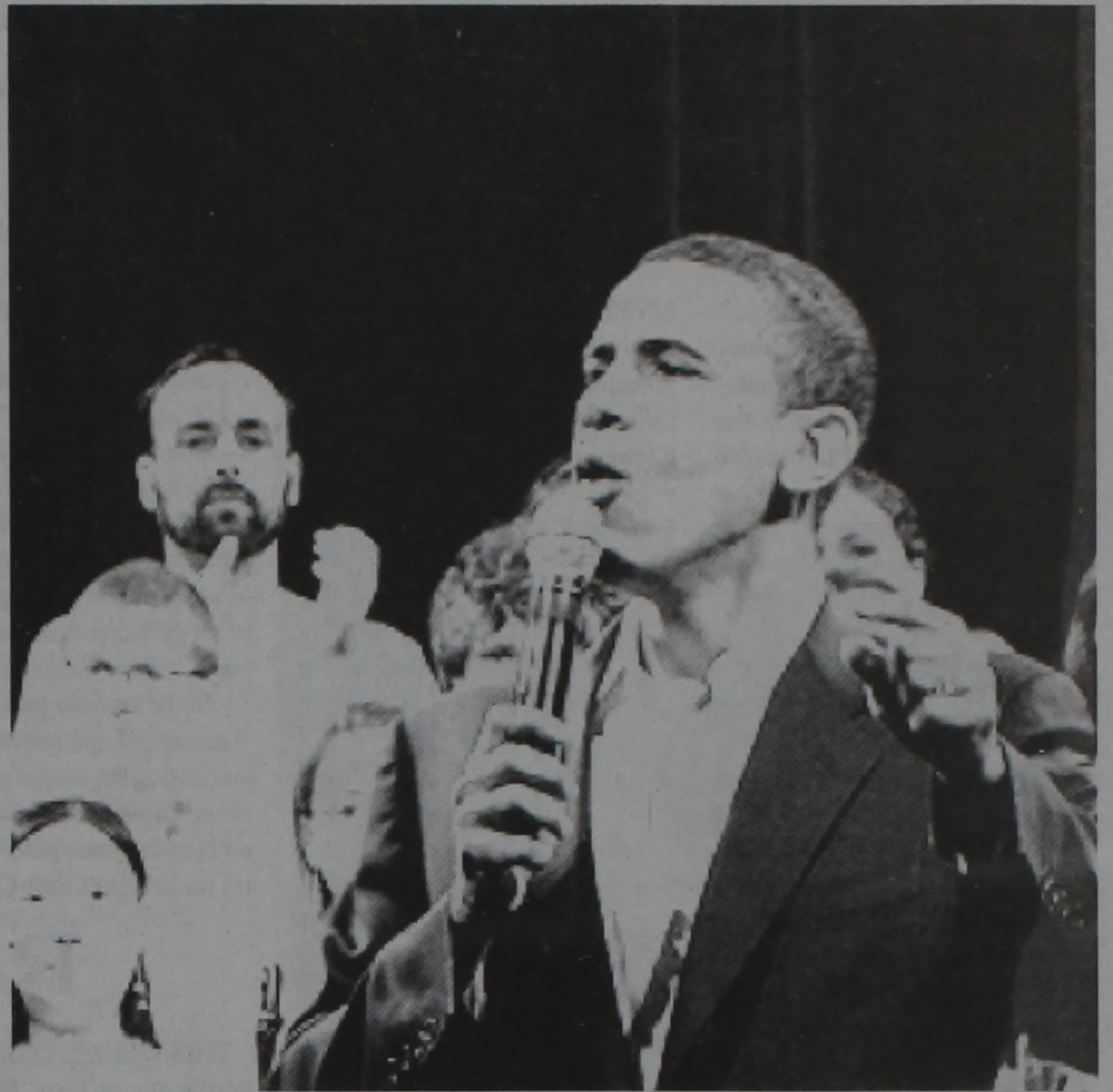
And next to me, Bob Archuleta gave a sigh and said, "OK. OK."

"Let us join together here. Let us remember what we were fighting for," Clinton continued. "We were not just fighting to elect a particular person president. We were fighting to take our country back. Let us join hands. We may have started out on different paths . . . But we are on the same journey now. That journey leads not just to the White House, but to a better future for our families and children."

It was speech interesting for what it said - this was an unequivocal message to support Obama - and for what it did not. Clinton sold the Democratic

Party and its values. She did not sell Obama. That, it seems, she is leaving him to do on Thurs-

power of Latino voters. The candidate who carries the Latino vote in swing states like this



day night. It's hard to measure how much impact Clinton's words will have, but I did run into Colorado delegate Awilda Marquez, a Clinton supporter who just Sunday told me she did not know whether she would vote for Obama.

"You know, honestly, she's almost talked me into it," Marquez told me. "When she said this is not about the candidate, this about our country, that touched me. It will be hard for me not to vote now. But it was her. It was her. She spoke to me. Not him."

The road to the White House, Latino political leaders say these days, comes through the Hispanic community. This is a version of the sleeping giant metaphor, a reference to the untapped potential and future

one, New Mexico, Nevada, Florida, is the candidate who becomes our next president.

I have, over the course of this campaign, asked people what Obama (and McCain) must do to win more Latino voters. On Sunday, my question went to Huerta. Obama will have to work not just through political leaders, but community leaders, she said, not just through English media, but Spanish. Latino voters, she said, "have got to understand (Obama), and they're not there, yet."

"Hillary is out there by herself, but there is only so much she can do. Obama has to do the work. It's one thing to say, 'I will vote for Obama,' it is another to go out and work for him."

It's a message as old as the sleeping giant: We are Latinos and we are Democrats, but do not take us for granted.

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BERNARDO RUIZ'S ROBERTO CLEMENTE WINS OUTSTANDING MADE-FOR-TELEVISION DOCUMENTARY

"Quiet Pictures, a New York-based production company, announced today that "Roberto Clemente" won the 2008 NCLR ALMA Award"

NYPD Blue) the film features interviews with Pulitzer-Prize winning authors David Maraniss and George F. Will, Clemente's wife, Vera, Baseball



for Outstanding Made-for-Television Documentary. Written, Directed and Produced by Bernardo Ruiz, the American Experience (PBS) documentary chronicles the life of an exceptional baseball player and committed humanitarian, who challenged racial discrimination to become baseball's first Latino superstar.

"This is an exciting award and we are grateful for the recognition," said Bernardo Ruiz. "This only pushes us to work harder, and to make more dynamic, compelling and intelligent films that really connect with a wide and varied viewership."

Roberto Clemente is a one hour HD documentary that delves into who Clemente was as a person as well as how issues of race, immigration and culture have shaped the United States in the second half of the 20th century. Narrated by Golden-Globe winning actor Jimmy Smits (The West Wing,

Hall of Famer Orlando Cepeda, and former teammates, to present an intimate portrait of a man whose passion and grace made him a legend. The film is a co-production of Quiet Pictures and WGBH with support from Latino Public Broadcasting.

"Latino Public Broadcasting is proud of Bernardo's accomplishment, and salutes American Experience and PBS for bringing this moving portrait of a Latino hero to television audiences," said Patricia Boero, Executive Director of Latino Public Broadcasting.

The 2008 NCLR ALMA Awards were taped on August 17 at the Pasadena Civic Auditorium. The all-star event, which celebrates the outstanding artistic achievements of Latinos in motion pictures, television and music, airs Friday, September 12 (8:00-10:00 p.m., ET), on the ABC Television Network. Television and film actress, Eva Longoria Parker, returned once again as executive producer and host of the telecast.

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Este juego de raspar de la Comisión de la Lotería de Texas termina el 29 de septiembre de 2008. Tienes hasta el 28 de marzo de 2009 para canjear cualquier boleto de este juego:

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Óscar va por 'sueño latino'

"Todo lo que he hecho hasta el momento lo he hecho pensando en los latinoamericanos", responde Óscar de la Hoya, quien después de tantos años de conquistar Estados Unidos, ahora se lanza a la conquista de Latinoamérica con diversos planes que desarrollará poco a poco.

Es por ello que De la Hoya expresó ayer que el del 6 de diciembre no será su último combate, pues sueña con pelear en mayo en el Estadio Azteca.

Para eso quiere enfrentarse, y noquear, a Manny Pacquiao -aunque suenan Félix Trinidad, Shane Mosley, Roy Jones Jr., Sergio Mora y Antonio Margarito-, para que los mexicanos finalmente lo acepten como la figura que es, a pesar de haber derrotado un par de veces a Julio César Chávez.

"No he cerrado esas puertas [del Azteca], así que mientras yo siga sintiendo esta pasión por el boxeo, no voy a dejar de soñar con pelear en la casa donde peleó también mi ídolo Julio César Chávez",

aseguró. EL TIEMPO NO PERDONA De la Hoya reveló que, a los

35 años de edad, siente dolores de espalda y rodillas, y que por eso ya planea su retiro.

"Conservo la rapidez y puedo golpear como siempre, pero ya no es lo mismo que 10 años atrás. Me levanto a entrenar todos los días a las cinco de la mañana y me duelen la espalda y las rodillas, lo que me indica que está cerca el retiro",

De la Hoya, con 39 victorias, 30 de ellas por nocáut, y cinco derrotas, aparece colocado como el número uno de la división superwelter del Consejo Mundial de

Boxeo (CMB), y el 6 de diciembre reaparecerá en Las Vegas.

"Todavía me fajo en el gimna-

después de la próxima pelea, pero podría ser", mencionó.

De la Hoya se dio a conocer



sio como cualquiera, pero cada vez todo se pone más peligroso porque los rivales son jóvenes. No creo en que el retiro sea

hace 16 años al vencer 7-2 al alemán Marco Rudolph en la final de peso ligero de la Olimpiada de Barcelona en 1992.

Red Raider Madness Begins

THIS WEEK'S GAME: Eastern Washington at Texas Tech, Aug. 30 - Is a team returning 18 starters - 10 offensively - ready to show the world it can live up to its high expectations? That might not be answered in this game but it should be interesting to see how sharp QB Graham Harrell and his offense look.

They may only play two quarters and one drive in the second half - a usual procedure by head coach Mike Leach if the game is all but done by then and few mistakes aren't made. If Harrell, Crabtree and the majority of the starters stay in longer, scoring could reach triple digits.

PLAYERS TO WATCH QB Graham Harrell - 5,705 yards passing and 48 touchdowns are hard to have an even better encore for but don't tell this team that. Harrell is likely to break nearly every Tech passing record this year and will begin with needing only six touchdown passes to pass QB Cliff Kingsbury's career touchdowns (95, 1999-2002). A feat feasible for him to do in two quarters Saturday.

Texas Tech PK - Coach Mike Leach has yet to decide on Alex Trlica's replacement for point after and field goal duties. Senior Cory Fowler and freshman Donnie Carona have both shown brilliance and failure in practices thus far. Leach will be going for it often on fourth down no matter where they are. Tech was tied for the most fourth down conversions (19 of 31) in the nation last year with Navy and Notre Dame.

WR Michael Crabtree - The reigning Fred Biletnikoff Award winner and 2007 consensus All-American (134 catches, 1,962 yards, 22 touchdowns) will try to show he is more than a one-season wonder and maybe the best receiver in the country.

ROSTER REPORT -Similar to Leach's ordeal in choosing a kicker, he is also faced with choosing a starting running back. Senior Shannon Woods looks to be the front-runner (577 total yards, 10 touchdowns in 2007) but sophomores Aaron Crawford and Baron Batch could also see significant time in the backfield. The Eastern Washington game could be almost like a tryout for them.

-Junior Brent Nickerson is battling with LaRon Moore for the cornerback spot opposite of Jamar Wall. The battle was made easier after wide receiver-turned-cornerback L.A. Reed suffered an ankle injury during practice and is likely out for the first two games.

-Senior Daniel Charbonnet was named the starter at safety with senior Darcel McBeth.

Texas Tech coach Mike Leach would like to do anything to keep his team from turning into this year's version of Michigan.

"Coach Leach talks about (that game) a lot," senior safety Darcel McBeth said. "I definitely don't want to make SportsCenter for that. We can't let that happen."

Although it may be easy for the Red Raiders, ranked 12th in the Associated Press poll, to look past a team like Eastern Washington, players and coaches know they need to be just as prepared

for this game as they will be for any Big 12 or FBS (Football Bowl Subdivision) school later



concerned with stats," McNeill said. "I am concerned with two things; doing my third of the

on in the year. The fact is that this may be a solid test for new defensive coordinator Ruffin McNeills squad - especially since Eastern Washington runs a similarly type of spread offense the Red Raiders see in practice on a daily basis. As nice as it might be to pitch a shutout against the Eagles, he is not concerned with doing so.

"I just want to win. I am not offense, and winning the game for our team, our fans, and our school. I am not really worried about who we play, just how we play." The Eagles matched the Red Raiders' 9-4 record last season and they have a prolific tandem of their own with All-Big Sky Conference quarterback Matt Nichols (34 touchdowns, a school record, in 2007) and FBS All-

American wideout Aaron Boyce (1,308 yards receiving, 10 TDs).

But the show will be Graham Harrell and Michael Crabtree, Tech's two preseason Heisman candidates who took home Sammy Baugh and Fred Biletnikoff awards last season.

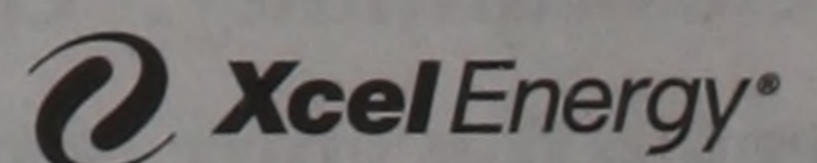
Harrell and Crabtree need only two touchdowns to pass Oklahoma's Jason White and Mark Clayton as the third-best passing-receiving tandem in Big 12 history.

But individual stats are the last thing on either player's mind right now.

"You know we're just excited to finally have a game here," Harrell said. "We're just going to try to improve in practice this week and be as prepared as possible against Eastern Washington; come out and execute, and see what happens from there."

Tech has won its last eight home openers. Saturday will be the first meeting between the two schools.

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Cinco pasos para vivir 100 años

Conocer el historial de salud de la familia, poner atención a la nutrición, realizar actividades físicas y llevar un estilo de vida apropiada son algunos de los pasos que debe seguir cualquier persona que desee llegar a los 100 años, aseguró un experto.

Durante un evento el mes pasado en el Colegio de Medicina de la Universidad de Arizona, en Tucson, el doctor Manuel Viamonte, director asociado del programa de radiología en el Centro Médico Mount Sinai del Instituto del Corazón en Miami Beach, Florida, presentó un documental sobre una reciente investigación que hizo en el pueblo de Vilcabamba, en Ecuador.

"Fue muy interesante convivir y platicar con estas personas de entre 90 y 100 años de edad y observar sus formas de vida", dijo Viamonte.

Indicó que muchas de estas personas llegan a vivir más de 100 años sin tener acceso a la medicina moderna, no sufren de osteoporosis y piensan claramente.

"Son personas que no consumen alcohol y, a pesar de haber perdido algunos de sus dientes, tienen encías tan fuertes que inclusive pueden comer carne", agregó el investigador.

El común denominador de estas personas, comentó el experto, son sus condiciones de vida humildes así como la alegría de vivir que hay en ellos.

"De acuerdo con lo que nos dijeron muchos de ellos, continúan inclusive siendo sexualmente activos", manifestó el también profesor de radiología en la escuela de medicina de la Universidad de Miami.

Durante su presentación,

Viamonte dijo que existen cinco pasos que toda persona debe seguir si desea llegar a los 100 años.

"El primer paso es identificar los problemas médicos en su familia —como el cáncer y la diabetes— para estar preparados y detectarlos a tiempo y, si es posible, prevenirlos," dijo el doctor, cuyos consejos están basados en años de estudio de comunidades de centenarios en todas partes del mundo.

"Otro punto importante es la nutrición, saber comer dependiendo de nuestra edad, evitar el exceso de sal y los azúcares procesados", agregó.

Las personas deben interesarse también por incrementar sus actividad física, no sólo del cuerpo, sino también ejercitar la mente.

En su opinión, llevar una

vida "apropiada" también es importante, una forma de vida que describió como "las cinco L" (por sus siglas en inglés), estos son amor, trabajo, reír, aprender y estar preparado para las pérdidas, sobre todo de salud que llegan con la edad.

Viamonte, de 80 años, dijo que también existen cinco factores que "matan" al ser humano de forma prematura, estos son la obesidad, el alcoholismo, el tabaquismo, las drogas (el cual incluye el abuso de farmacéuticos) y la vida promiscua.

El investigador agregó que se debe tomar en cuenta la actitud de cada persona, así como la paz interior y la espiritualidad.

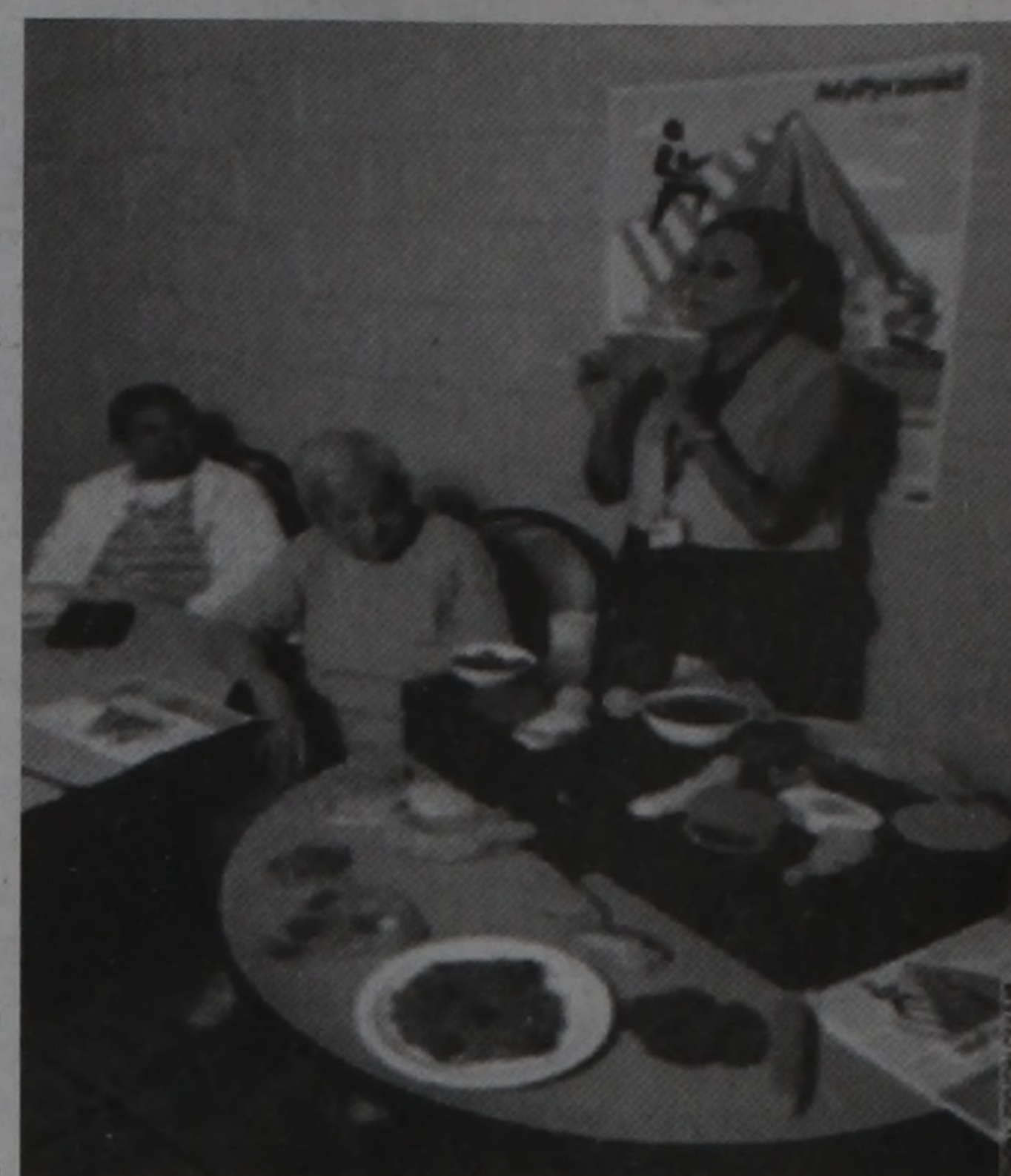
Con respecto a su viaje a Ecuador, el profesor comentó que próximamente sacará un libro para dar seguimiento a sus investigaciones.

Viamonte es el autor de 20 libros,

entre ellos En la búsqueda de la salud, felicidad y una vida larga, donde discute lo bueno que es llegar a los 100 años con buena salud física y mental.

"Creo que el tema de cómo es que una persona llega a vivir 100 años siempre ha intrigado

y continuará intrigando a los científicos", finalizó.



Texas Teachers Pack Heat

HARROLD, Texas (AP) -- Along with normal first-day jitters and excitement, students in this tiny district started school Monday wondering which teachers might be toting firearms.

"It was kind of awkward knowing that some teachers were carrying guns," said Adam Lira, 17, a senior. "I don't feel like they should be, 'cause we already have locked doors and cameras. But I didn't feel threatened by it."

Several parents said they had no idea that employees of the K-12 school were allowed to carry concealed guns on campus until recent publicity about the school board's policy, approved quietly last fall. They said they were upset that the rural community near the Oklahoma border had not been able to give input.

While some parents said they felt their children were safer, others opposed the plan, which appears to be the first of its kind nationwide.

"As far as I'm concerned, teachers were trained to educate my children —not carry a gun. Even police offi-

cers need years of training in hostage situations," said Traci McKay, whose three children are among the 110 students in the red-brick Harrold school. "I don't want my child looking over her shoulder wondering who's carrying a gun."

But Harrold Superintendent David Thweatt said the board approved the policy in an October open meeting that had been publicized. He said the decision was made after nearly two years of researching the best school security options at the school, which is just off a busy highway and 30 minutes away from the sheriff's office.

"When you outlaw guns in a certain area, the only people who follow that are law-abiding citizens, and everybody else ignores it," Thweatt said.

The superintendent said some of the school's 50 employees are carrying weapons, but he wouldn't say how many. When pressed further, he first said that revealing that number might jeopardize school security. He then added that he considered it to be personnel information and not a matter of public record.

Each employee who wants to carry a weapon first must be approved by the board based on his or her personality and reaction to a crisis, Thweatt said. In addition to training required for a state concealed weapons license, they also must be trained to handle crisis intervention and hostage situations.

State education officials said they did not know of any other Texas schools allowing teachers to carry guns. National security experts and the Brady Center to Prevent Gun Violence said they did not know of other U.S. schools with such a policy.

School districts in some states, including Florida and Arizona, have closed loopholes that allowed guns on K-12 campuses. Utah allows concealed weapons at public universities but not at primary or secondary schools.

Thweatt said the board took extra precautions, such as requiring employees to use bullets that will minimize the risk of ricochet, similar to those used by air marshals on planes.

College Students Have A Lack Of Knowledge About HIV Testing

Most college students understand how they can prevent the transmission of HIV but are less knowledgeable about HIV testing, according to a new University of Georgia study.

Su-I Hou, associate professor in the UGA College of Public Health, surveyed more than 500 students and found that they scored higher on general questions related to HIV and AIDS (82 percent correct) than items specifically related to HIV testing (72 percent correct).

A lack of knowledge about HIV testing can be dangerous, Hou said. She explained that most HIV tests do not measure or detect the virus itself but instead look for body's reaction to the virus - the presence of antibodies to HIV. Antibodies generally appear within three months after HIV infection, but it may take up to six months in some people. During this "window period" an infected person may test negative yet still transmit the virus to others.

"We need to make sure our

prevention messages are comprehensive," said Hou, whose results appear in the July issue of the Journal of the National Medical Association.

"In addition to talking about avoiding transmission, health communication efforts should promote testing, as well."

HIV disproportionately affects African Americans, who account for 13 percent of the U.S. population but nearly half (49 percent) of the Americans who get HIV and AIDS, according to the Centers for Disease Control and Prevention. Hou notes that despite this disparity, there are surprisingly few studies that examine differences in HIV knowledge between black and white college students. To fill this gap, she surveyed 222 black students from 15 historically black colleges and universities and 335 white students.

Because people can be reluctant to discuss sensitive information, Hou used an online

survey. She recruited the students using flyers, classroom announcements, e-mail and even the social networking site Facebook.

"One of the best ways to find college students is on Facebook, since that's where they meet and interact with each other," Hou said. "We found that two thirds of our participants were recruited online, either through Facebook or through e-mail."

While the study found that there were no significant differences between groups in scores related to general or testing-specific knowledge of HIV, it did reveal that African Americans rated significantly higher on their perceived knowledge of HIV. The study also found that black students were nearly seven times more likely to be tested for HIV.

"Studies show that if you have higher perceived knowledge, you tend to be tested more," Hou said. "And that may partially contribute to the higher testing observed among black students in the study."

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