

Casualties of
War in
Iraq 4,802
Afghan 3,013
as of June
7, 2012



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El Editor

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Lubbock/Midland-Odessa Region

In Search of Our Cultural Identity

For a large segment of the Lubbock region's population, getting used to the identifiers applied to them may cause more confusion than anything else.

One any given day we can be referred to as "Hispanic" in a local news print, then identified as Latino in a new publication, called Mexican American in a national news story, or Chicanos in this publication.

It is no wonder then, that when it comes to identify labels, a recent survey conducted by the PEW Hispanic Research Center showed that a majority of the respondents look to their country of origin for identity purposes.

The report which is called, "When Labels Don't Fit: Hispanics and Their Views of Identity," found that "A majority (51%) say they most often identify themselves by their family's country of origin; just 24% say they prefer a pan-ethnic label."

Pan ethnic refers to the grouping of people with similar characteristics and assigning a label to them. The terms "Hispanic" and "Latino" are perfect examples of pan ethnic labels, manufactured identifiers used to label people with similar characteristics.

characteristics.

For example people from such diverse countries as Cuba, Ecuador and Mexico, and other South American countries, are frequently lumped together and called Hispanic or Latino. Same with people from countries like Korea, Viet Nam, or Thailand, they are often lumped together and referred to as Asian; even though there are stark differences in their cultures and languages.

In the case of Hispanics, the similar trait that is usually used to tie different ethnicities together is the Spanish language. But even then, there are many differences in dialect and in word meanings.

For example, if you ask a Mexican American of a certain age group what "tostones" are they will probably say they are "lifty cent pieces." But to a Cuban, "tostones" are a fried plantain dish. In Ecuador, the same fried plantains are called "patates."

The point is that even though Spanish is used as the common denominator, different words have different meanings in different countries and furthermore, to a younger generation of so called

Hispanics or Latinos, Spanish remains a foreign language.

It is also interesting to note that when it comes to pan ethnic labels, one group of people, those from Spain are always excluded and are either called Spaniards or European; even though they are a Spanish speaking country.

The study found that the majority of people prefer to identify with their country of origin, meaning that the majority of people living in this area, according to the survey, would prefer the identification label of Mexican American, since it is very likely that they can trace their ancestry back to Mexico.

The issue of identity can be traced back through recent history and in fact the Raza Unida and Chicano movements of the 1960's were the first movements to question labels. Both social and political movements were a result of Mexican Americans being tired of being mislabeled and an effort to create a political identity.

The survey also found that 69% of the respondents say that the culture among the different people labeled as Hispanic or Latino have a variety of cultures "rather than a

common culture".

As for the language, more than 8 in 10 adults say they speak Spanish and nearly 95% say it is important for future generations to so.

Other findings include: Respondents are divided over how much of a common identity they share with other Americans. Hispanics are also divided over how much of a common identity they share with other Americans. About half (47%) say they consider themselves to be very different from the typical American. And just one-in-five (21%) say they use the term "American" most often to describe their identity. On these two measures, U.S.-born Hispanics (who now make up 48% of Hispanics in the country) express a stronger sense of affinity with other Americans and America than do immigrant Hispanics.

The survey was conducted from November 9 through December 7, 2011 and questions were asked of 1,220 Hispanic adults and conducted by the PEW Hispanic Research Center. The full report can be accessed at the center's web site at www.pewhispanic.org
Email: eleditor@sbcglobal.net

El Editor's Week in Review

City Council Passes on LP&L Rate Increase

Keeping true to his word, new Lubbock Mayor Glen Robertson led a majority on the Lubbock City Council with a counter charge against the LP&L utility board as the council voted against a board backed rate increase. District 1 Councilman Victor Hernandez made a motion to accept the board's recommendation, but the motion failed for lack of a second.

Robertson said that it was more feasible to wait until after the summer, when usage is higher, to have more accurate numbers and then revisit the board's request.

Milwaukee Archdiocese Paid Priests to Leave Quietly

One of the saddest chapters in the history of the Catholic Church continued this past week when it was revealed that the Archdiocese of Milwaukee paid suspected pedophile priests to leave the priesthood without going through a proper called Laicization. Laicization is a complicated process and involves "freeing a priest of his priestly duties" but too lengthy a process to discuss here in a meaningful way. Nevertheless, the news came with the revelation that newly ordained Cardinal, Timothy Dolan, was the Archbishop of Milwaukee in 2003 when the policy was put in place.

Under the proposal, "unassignable priests" who accepted a return to the laity would receive \$20,000 dollars if they opted out of the Laicization process. The report which appeared in the Milwaukee Journal Sentinel quoted a spokesman for the archdiocese as saying that the payments were not payoffs but rather "to help the men transition to lay life without completely losing access to needs such as healthcare." But writing in the New York Times, columnist Maureen Dowd seemed to express the victim's feelings and writes the following about the Cardinal. "Dolan insisted through a spokesman that it was "charity," not "payoffs." But if you were the parent of a boy abused by a priest who went away with 20,000 bucks, would "charity" is not the word that would come to mind.

And an organization which advocates for those persons abused by priests known as "The Survivors Network of Those Abused by Priests," also characterized the payments as "payoffs" and "bribes".

The group is also calling on the archdiocese to release all related records to show how the archdiocese handled the abuse cases involving priests.

Who Would Pay Taxes?

In an Associated Press story, it is clear to see which Presidential candidate is looking out for the middle class and which one is hoping to get elected so that the rich can get richer.

A recent survey conducted by two separate non profit research firms found that under Mitt Romney's tax proposal his opponent would stand to save almost \$5 million dollars a year based on his 2011 tax filing. And under Romney's plan, President Obama would stand to save about \$90,000 dollars a year also based on his 2011 filing.

But under Obama's proposal, both candidates would pay more in federal taxes. Is it any wonder Republican political action committees and some big corporations are spending millions upon millions to make sure Barack Obama does not serve a second term?

The research was conducted by both sides of the aisle: the liberal organization called Citizens for Tax Justice and the conservative Tax Foundation. Both results were the same.

Teaching Abstinence Does Not Work

Gail Collins, a New York Times columnist has written a book called As Texas Goes... which proves once again that Texas' policy of teaching abstinence only in Texas classrooms is a failed policy.

Here's an excerpt from the book: "The state pushes abstinence sex education yet it has one of the highest rates of teen pregnancy. So why is the rest of the country paying half a billion dollars a year to support their teen mothers?" Collins provides some interesting facts on Texas teens like the fact that "more than half of 9th-12th graders reported having sex in 2009" which is higher than the national average of 46%.

And all the while, the Texas teen pregnancy rate continues to grow and outpace the rest of the nation. Some reports from 2011 show that Texas has the third highest teen birth rate in the nation and that in states where abstinence is taught, teen pregnancy rates have gone down.

The book also tells about a video used in 3 Texas districts which has a young boy asking an evangelical educator what will happen if he has sex before marriage. The answer from the teacher, "I guess you'll have to be prepared to die." Sadly, the cost is more than just the money; it's ignorance too.

Women Can Blame Republicans for Unequal Pay

On June 5, Senate Republicans sent out a loud message to American women which said that they do not deserve to get paid as much as men do. Not one Republican voted for the "Paycheck Fairness Act" which would have addressed some issues with the 1963 Equal Pay Act and would "require employers to prove that differences in pay were related to job performance, not gender; would prevent employers from forbidding employees from sharing salary information with each other; and would allow women who believe they were discriminated against to sue for damages" according to a CNN report.

According to some news sources, "Women currently make 77 cents for every dollar men make, and the number is even lower for blacks and Hispanics." So now, a woman who earns less money than the man down the hall but yet does twice as much work knows who to blame for her money troubles.

Cole Memorial Idea Comes up Again

Councilman Todd Klein has indicated that he will once again try to get approval for a memorial for Tim Cole.

Klein first brought the original idea of a memorial fountain up in April to the Lubbock City Council, but did not have the necessary votes to get it approved.

This time around, Klein's idea is to erect a memorial at the corner of 19th and University, with the cost to be paid by the law firm of Lubbock attorney Kevin Glasheen.

The matter will be brought up at next week's city council meeting.
Email: eleditor@sbcglobal.net

Republican Bill McCay Retains Seat; Neugebauer Reelected; Delwin Jones

Editor's Note: This story did not run as intended in last weeks edition. The following is the article in its original content.

In the race for the Lubbock County Commissioner's seat for Precinct 1, incumbent Bill McCay easily retained his seat with over 59% of the vote against former Lubbock City Councilman Frank Morrison.

In the race for US Representative District 19, incumbent Randy

Neugebauer also easily defeated former Lubbock Republican Party Chair Chris Winn with 66% of the vote. Winn's vote total, can be seen as a sign though that Neugebauer is vulnerable if the right candidate with deep pockets comes along to challenge Neugebauer in the future.

Winn ran a campaign with very little money and much less name recognition than Neugebauer, and still managed to receive 34% of the vote.

For Delwin Jones, it was a repeat of 2010, as he once again lost in his challenge to incumbent Charles Pery in his bid to reclaim the District 83 State Representative's seat he once held. Pery received 75.2% of the vote.

In a statewide race to see who the party nominees will be to try and replace outgoing Senator Kay Bailey Hutchinson (R), the two parties ended up in a runoff. In the Democratic Primary, Grady

Yarwood will face off against the top vote getter Paul Sadler.

In the Republican Primary, David Dewhurst received the majority of the votes with 44.6% of the vote but will have to face the Tea Party darling, Ted Cruz, who received 34.2% of the total.

In Lubbock County, Dewhurst edged Cruz with 48.5% of the vote while Cruz won second place with 37.4% of the total.
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Candidatos a senadores organizan debate

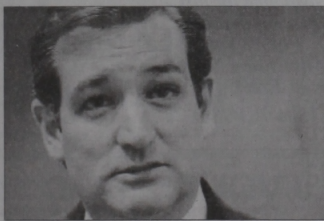
Los dos aspirantes republicanos a una banca de Texas en el Senado en Washington se apresan a debatir con un inconveniente: el candidato anglosajon quiere debatir en español, pero el candidato hispano no habla bien el idioma de su padre.

Los hispanos constituyen el sector de mayor crecimiento de la poblacion y la red Univision ha sugerido que uno de los debates se realice en español.

El vicegobernador David Dewhurst, que fue agente de la Agencia de Inteligencia Central (CIA) en Bolivia en los años 70, habla español con fluidez y "estaría encantado" de debatir en español,

dijo su vocero Matt Hirsch. Su adversario Ted Cruz,

y español y que él mismo no habla ese último idioma



hijo de un inmigrante cubano, dijo a Univision que en su casa se hablaba inglés

con fluidez. "Creo que sería mejor debatir en inglés", dijo Cruz.



In photo are some family members of the late Carlos Quirino. Sr. who attended the city council meeting last week and were pleased with the outcome of the Quirino Memorial Proposal. The family plans to have fundraisers in order to meet expenses for this venture. Photo by John P. Cervantez 744-1654



Congratulations are in order for the new board members for the City of Lubbock Parks and Recreation. John P. Cervantez and Karen Pitcock were recognized by Lubbock Mayor Glen Robertson at the city council meeting. photo by John P. Cervantez

Comentarios - Opiniones

Our Editorial Voice

A FATHER'S REMINDER: ALWAYS GRANT PEOPLE THEIR DIGNITY

By Adrienne Urbina - Hispanic Link News Service

I remember how he treated his elderly mother. We were rushing out of the house, late for a dinner party, when she said the media's few moments to get ready. "I could tell he wanted to rush her. But he held back. Putting, and with a sigh, he turned to my brother and me and said: "Always grant people their dignity." He seemed to be speaking about more than that moment.

This lesson guided my father's long career. As the first Hispanic judge to serve on the Washington, D.C. Superior Court and as the first Hispanic judge to serve on the federal U.S. District Court, Ricardo Urbina held true to that goal. The son of a Honduran father and Puerto Rican mother, he was driven throughout by a fierce work ethic, an unwavering commitment to justice, and a deep appreciation for the importance of dignity - his own, and that of others. He came a long way. Among the

first in his family to attend college, he graduated with honors from Georgetown University in 1967. His athletic talents had earned him a full scholarship to the university where he was an All-American in track. He won more than 15 titles, including an NCAA championship. The school named him to its Athletic Hall of Fame.

In 1970, my father graduated from Georgetown's law school. He spent two years as an attorney for the D.C. public defender's office, taking on many cases involving Spanish-speaking defendants. It was important to him that foreign-born clients could understand and be understood in the legal process. After going into private practice, he took a position as a professor at Howard University Law School and continued to try civil and criminal cases for the next seven years.

In 1980, President Carter nominated

him for the D.C. Superior Court. But Carter's term ended before he could be confirmed. President Reagan then re-nominated him to the court, making him his first judicial appointment.

Of my father, the importance of increasing sensitivity to the needs of the vulnerable applied not only to racial and ethnic minorities, but also to the hearing impaired, to those who spoke English as a second language, and to children.

From 1985 to 1988, he presided over the Superior Court's Family Division. In the 13 years he spent on that court, he chaired a task force on racial and ethnic bias and headed a committee which designed guidelines on child support for the D.C. Council.

pertaining to detainees at Guantanamo Bay. Along the way, former law clerks wrote to thank him for life skills taught and tireless loyalty. Lawyers knew him for the balance he struck on the bench between warmth and authority.

Courteous staff spoke of him as, quite simply, a deeply good person.

This month, he retires. And I marvel at a career so well spent. He leaves his justice having applied the law, dispensed with just and, through his everyday example, shown the importance of respecting people's dignity. (After completing Graduate School of Journalism at the University of Texas at Austin, Adrienne Urbina has enjoyed a television and radio career as a political reporter, producer and host that has spanned four U.S. networks, the United States and Central America. She entered the profession as a reporter with Hispanic Link News Service. Email her at adrienne.urbina@gmail.com. ©2012

Excel Energy is the Real Winner Here

This past week, Councilman Victor Hernandez set out some information outlining why LP&L needs to raise its electric rates. The central point of his argument was that LP&L cannot continue to sell electricity to customers for less money than what it pays to buy it from Excel Energy.

This of course is a basic rule of economics: we get that part. Our problem with the whole thing though goes beyond that. It always seems that by the time these decisions get made to be made public it is because the horses are already out of the barn and the alarm is sounding for taxpayers to go and round them up and save the day.

Another problem is a lack of faith in the process because of prior public statements made, which directly contradict what we are being told now.

Credibility also comes into play here, when taxpayers feel that the full story is not being communicated to them and the end result is a feeling that their interests are not being represented and their concerns are falling on deaf ears.

At other times, they feel that once again their pocket is being picked just like the situation with the water rates. In other words, it's always the tax payer that comes out on the losing end, even though we are told ad nauseum that we are the proud owners of the company.

The water rates fiasco was a long time in the making before the dam burst and rates went through the roof. Now we are being told that these "small" increases, with small being in the eye of the beholder, are necessary so as not to repeat the water rates debacle.

But what were we told just a few months ago? The headline in a September 2011 issue of the A/E reads, "No LP&L Rate Hike in near future"; that was just a little over 8 months ago.

Now to us, 8 months removed from the date of the story qualifies as the near future and the near future is now. In the story, then Mayor Tom Martin says, "We probably now have too much in reserves" and "LP&L will make profits of about \$13-15 million this year".

How do you go from making \$13-15 million last year to needing a rate increase just 8 months later?

And that is after customer rebates have gone the way of the dinosaur.

Another missing factor in the discussion is how the city's purchase of Excel Energy for \$87 million has impacted the need for rate increases and how the deal was sold to the public.

This component is important because one of the selling points was that the purchase of Excel meant that rates would stay low. Many people were concerned that the lack of competition would result in higher rates; but those involved made it very clear that, that would not be the case.

Now we find out that Excel Energy, our power provider, has raised rates on us twice since they made off with our \$87 million bucks?

Here's how the Excel deal was sold to taxpayers. In October 29, 2010, LP&L posted a message to customers on their web site which read in part, "The duplication of retail electric service in Lubbock has not been efficient, and we believe we can best serve Lubbock and our other Texas retail customers by only providing the low-cost wholesale electricity to LP&L," said Riley Hill, president and CEO of Southwestern Public Service (SPS), an Excel Energy company.

"Excel Energy customers in Lubbock will be served by LP&L, but Excel Energy will continue to supply the wholesale power and transmission services." Wait! What happened to the "low cost wholesale electricity"?

Want one more? Here is the statement by W. R. Collier who was LP&L board chairman at the time of the sale, "We want all our customers to know that electric rates will not increase as a result of this new relationship. LP&L electric customers will continue to see low electric rates."

Now eight months later, we hear that there is an urgent need for a rate increase.

These are the kinds of things that sell the public's credibility and makes customers question just what the truth is; even if there are now new members on the board.

And while we are on the subject of the board, perhaps it would be a good idea to diversify even more, and appoint some women to it? We suppose we are all helpless hostages here, as we are with having to pay high water rates. Because who else you "gonna" call for electric service?

Admittedly, some people have the necessary resources to pay more for the service, but what about those who barely get by as it is? Our point is that customers get tired of being jerked around and then hit up for more and more money at every turn.

In this case, the city has been taken for a ride by Excel Energy. It sold city taxpayers their company for \$87 Million plus the interest we will pay on revenue bonds, and now they will stand to make a lot more money by increasing its wholesale rates without having to worry about what their customer reaction would have been if they were still providing residential service.

And, they don't have to worry about how many customers they would have lost to LP&L!

Now that's a sweet deal. We appreciate Mayor Glen Robertson sticking to his convictions and saying that the decision will not be revisited until sometime after the summer.

But, we can already tell that this story does not end well for LP&L customers. We should all get ready to be shocked one more time.

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UN PADRE NOS RECUERDA: Siempre Hay Que Concederles La Dignidad A Las Personas

Por Adrienne Urbina

Recuerda cómo trataba a su madre anciana, Silanitos corriendo de la casa, tardes para una cena, cuando dijo ella que necesitaba unos minutos más para alistar. Yo sabía qué le quería hacer que se acelerara, pero se comió. Pasó, y yo digo a mi hermano y a mí con un suspiro, "Siempre hay que concederles la dignidad a las personas." Parecía referirse a más que a lo que ocurría en ese momento en casa.

Esa es la gran enseñanza de un profesional de mi padre. Como el primer juez hispano en servir el Tribunal Superior de Washington, D.C., como el primer juez hispano en servir el Tribunal Federal de EE.UU., Ricardo Urbina no varió de su objetivo. Urbina, hijo de una madre puertorriqueña y un padre hondureño, vivió impulsado por una fuerza ética laboral, un compromiso inquebrantable con la justicia, y un profundo aprecio por la dignidad - la propia y la ajena.

Recorrió mucho camino. Entre los primeros de su familia en asistir a la universidad. Se graduó con honores de la universidad de Georgetown en 1967. Gracias a su talento atlético, recibió una beca integral para sus estudios universitarios y dos veces ocupó la posición "All-American" por su atletismo. Ganó más de 15 títulos, incluyendo el de un campeonato de la NCAA. La universidad lo nombró a su salón de la fama del atletismo.

En 1970, mi padre se graduó de la escuela de derecho de Georgetown. Pasó dos años como abogado de la oficina del defensor público de Washington, D.C., tomando muchos casos jurídicos con personas demandadas de habla hispana. Para él era importante que los clientes extranjeros pudieran comprender y hacerse entender en los procesos judiciales. Después de entrar a trabajar en un bufete privado, aceptó una posición de profesor en la escuela de derecho de la universidad de Howard y continuó procesando casos civiles y criminales durante los siguientes siete años.

En 1980, el presidente Carter lo nombró al Tribunal Superior de Washington, D.C. Sin embargo, finalizo el término presidencial de Carter antes que mi padre fuera confirmado. El presidente Reagan lo volvió a nominar al tribunal, y así fue la primera nominación judicial del novo presidente.

Para mi padre, la importancia de enfatizar la sensibilidad para con las necesidades de los vulnerables se aplicaba no sólo a temas de raza y de minorías étnicas, sino a los discapacitados por la sordera, a los que no eran nativohablantes de inglés y a los niños.

Desde 1985 hasta 1988, presidió la División Familiar del Tribunal Superior. Durante los 13 años que sirvió este tribunal, dirigió un equipo de trabajo sobre temas de prejuicios raciales y étnicos y encabezó un comité que diseñó las directrices de manutención infantil para el Consejo del Distrito de Columbia.

El presidente Clinton lo nombró juez federal en 1994. Durante los años que siguieron, llevó casos de importancia nacional e internacional, desde temas de legislación de armas hasta los referentes a los detenidos en la base estadounidense de Guantánamo. Por el camino, sus antiguos asistentes jurídicos le enviaban cartas en las que le agradecían las lecciones sobre habilidades vitales y lealtad constant que él y sus colegas impartían. Los abogados lo reconocían por el equilibrio entre la calidez y la autoridad que lograba imponer en su tribunal. El personal del tribunal hablaban de él, sencillamente, como una persona profundamente buena.

Este mes (junio) se jubila. Y a mi me deja maravillada una carrera tan bien aprovechada. Deja su posición habiendo aplicado la ley, impartido la justicia, y mediante un ejemplo diario, mostrando la importancia del respeto por la dignidad ajena. (Después de completar estudios en la escuela de graduados de periodismo de la Universidad de Texas en Austin, Adrienne Urbina ha disfrutado de una carrera en la radio y la televisión como reportera política, productora y locutora para cuatro redes noticiosas estadounidenses, en los Estados Unidos y en América Central. Comenzó su profesión como reportera con Hispanic Link News Service. Comuníquese con ella a adrienne.urbina@gmail.com. © 2012

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Next State Budget Starts By Ignoring New College Students Budget Instructions Cast Doubt on Governor's Support for Low Tuition

Austin - Late yesterday Governor Rick Perry and the Legislative Budget Board (LBB) provided instructions to Texas universities and state agencies for the development of their budget requests for fiscal years 2014-2015.

Disregarding the state's growing population and college enrollment, they directed universities and most agencies to limit their requests to the historically low amounts appropriated during the last legislative session.

"I'm disappointed the first step in building our higher education plan for the next two years is to officially ignore the additional students trying to improve their lives at San Antonio College, UTSA, and other schools," said Representative Mike Villarreal. "If we want to keep tuition down, develop innovative strategies that improve graduation rates, and build up our economy, we need a budget that invests in those new students waiting to college degree."

In early May 2011, after universities made their own budget cuts, Regents for the University of Texas and Texas A&M systems raised tuition of most campuses,

with the notable exception of UT-Austin. The tuition hikes were largely a response to the legislature reducing higher education funding by \$556 million in the current two-year budget and student enrollment in state universities rising from 532,000 in fall 2009 to 569,000 in fall 2011.

San Antonio, who championed the higher education cuts, opposed the tuition increases. The reality is that reducing our growing number of college students in Texas "and Perry. Villarreal. Saying you oppose tuition increases while quietly cutting funding for college students is disingenuous." The budget instructions allow agency requests to exceed the current budget level for pre-student funding to public schools, the Children's Health Insurance program, Medicaid health services for seniors, uninsured children, pregnant women and Texans with disabilities, certain child protective services, debt service, and employee pension and health benefits. The current budget cut public education by \$5.4 billion.

The LBB and Governor's office also told agencies to identify how they could reduce their budgets by 10 percent in the next biennium. Additionally, they noted that the instructions do not preclude the possibility that agencies may have to reduce their current budgets depending on fiscal conditions. The instructions to agencies are the first step in developing the budget that will be approved during the 2013 state legislative session.



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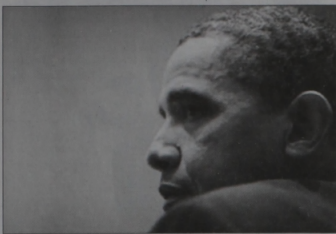
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Unemployment Uptick Puts Pressure on Obama



U.S. payrolls in May saw the smallest monthly expansion in a year, and the unemployment rate rose from 8.1 percent to 8.2 percent due to discouraged workers looking for jobs again, the Labor Department said on Friday.

The 69,000 jobs added to payrolls was far below Wall Street expectations, according to a Bloomberg News survey of economists. The Dow Jones Industrial Average fell nearly 277 points by closing in the wake of the news.

The latest employment report is a setback for President Barack Obama, who will face Republican challenger Mitt Romney in the November general elections.

At a campaign stop in Minnesota Friday, the president acknowledged the report while stressing, as he often does, the overall job growth during his term.

"Our businesses have created almost 4.3 million new jobs over the last 27 months, but as we learned in today's jobs report, we're still not creating them as fast as we want," Obama said.

Romney called the job numbers "devastating," according to CNN.

Since World War II only one US president has been returned to office with the unemployment rate above 6 per cent. Ronald Reagan won in 1984 despite a jobless rate of 7.2 per cent, but with a roaring economy that had seen unemployment fall from 10.2 per cent just 18 months earlier.

Obama took office in January 2009 in the midst of the deepest economic downturn in 80 years. The jobless rate peaked at 10 per cent in October 2009.

Economic growth has been inconsistent and sufficient only to slowly lower the unemployment rate. The US jobless rate was 9 per cent in May 2011 but has been stalled just above 8 per cent for several months.

The 87 economists surveyed prior to Friday's release of the US Labor Department's monthly jobs report had forecast a median increase of 150,000 jobs. The number reported Friday by the Bureau of Labour Statistics fell

below even the lowest Bloomberg survey estimate of 75,000 jobs.

The number of people unemployed for more than six months jumped from 5.1 million to 5.4 million, and the long-term jobless are now 42.8 percent of the unemployed.

Unemployment has been above 8 per cent since February 2009, the longest such period since the government started keeping monthly data in 1948.

The Labour Department's written report described the unemployment rate as "essentially unchanged at 8.2 per cent," despite the increase of 0.1 percentage points.

The rate-setting US Federal Reserve, in its 2012 projection early this year, predicted an unemployment rate of 8.2-8.5 percent for the year.

Employment expanded last month in the health care, transportation and warehousing and wholesale trade sectors, while jobs were lost in construction.

The participation rate in the labour market for people of working age has fallen since the 2008-09 recession as long-term unemployed people became discouraged and stopped searching, removing them from the official unemployment rate, which only counts people working or looking for work in the previous four weeks.

Economists estimate that counting discouraged workers would add a few percentage points to the official jobless rate.

Last month, the participation ticked up from 63.6 percent to 63.8 percent, increasing the pool of people seeking work.

¿Que Pasa?

LATINOS FOR OBAMA ODESSA EVENT

Community Picnic, Join us for a community picnic with free Hot Dogs, Free Hamburgers and solidarity.

This is an Obama for President event and ALL are Welcome!!

Order your Latinos for Obama shirts here: <http://goo.gl/H8eGB>

We are in need of volunteers. Please contact Art at artleal@unavozunida.org

CHAMPIONS OF FALL FOOTBALL CAMP

Mac Simmons Community Center is excited to announce the Champions of Fall Football Skills Camp with Session I being held June 7-28, 2012 and Session II being held July 9-August 2, 2012 at the Mac Simmons Park next to the pavilion. Youth "Superbow" winning coaches will focus on the fundamentals of youth football including receiving, passing, tackling, blocking, punting and kicking that will help make your child a champion! Camp time is 5:30 p.m. Monday-Thursday each week.

This football skills camp will provide a great way for youth to stay in shape and sharpen their skills for the fast approaching 2012 youth football season. Youth will be divided into two age groups: 5-8 years old and 9-11 years old. Weekly fees are \$10/week or pay for the complete season for \$35. Youth must be pre-registered by the Friday before each week of camp. Spaces are limited, so register now! To register, go by the Mac Simmons Community and Senior Centers located at 2004 Oak Avenue. For more information, call 767-2700 (community center) or 767-2708 (senior center).

Mac Simmons Community and Senior Centers are located at East 23rd and Oak Avenue. Hours for the community center are Monday-Friday from 3:00 to 8:00 p.m., and Saturday 9:00 a.m. to 1:00 p.m. Hours for the senior center are Monday-Friday from 8:30 a.m. to 4:00 p.m.

PARK FIT CHALLENGE FOR JUNE

Park Fit is a monthly fitness challenge to get people up and moving in our City parks and to help them establish a healthy fitness routine! Any age can participate, but remember participants should always consult their physician any time a new fitness program is started.

June's Park of the Month is Higginbotham Park, 19th Street and Vicksburg Avenue, and includes a Basketball Court, Benches, Tennis Court, and a 0.7 mi. Walking Track. The exercise of the month is Shoulder Strengthening Push Ups. (See attached June Park Fit) Take your picture with the Park Fit sign located on the park and email it to our Park Fit Coordinator to enter our monthly prize drawing!

POOLS OPEN

It's just about time again to cool off at Lubbock's municipal pools as they are open for the 2012 season. Hours of operation are Tuesdays through Sundays 1:00-6:00 p.m. Entrance fees are \$2.00 for youth (17 and under) and \$2.50 for adults, and group rates are available for groups of 35 or more. Pool rentals are available for parties Thursday-Sunday from 7:00-9:00 p.m. by calling 775-2673.

Clapp Pool, 46th & Avenue U, 767-2736. Amenities include a 90' water slide, concession stand, lifeguards, showers, diving boards, and shade umbrellas. All pools are ADA accessible.

Mac Simmons Pool, 24th & MLK, 767-2732. Amenities include a 90' water slide, concession stand, lifeguards, showers, diving board and shade umbrellas. Maxey Pool, 4007 30th Street, 767-3739. Amenities include a concession stand, lifeguards, showers, diving boards, shade umbrellas and shade trees. Montelongo Pool, 3200 Bates Road, 767-2734. Amenities include a 90' water slide, concession stand, lifeguards, showers, diving boards, shade umbrellas, a separate wading pool, and zero depth entry into main pool. For those who want to swim with us all summer, our Summer Splash Passes are available at the Parks and Recreation Office at 1611 10th Street, Monday-Friday 8:00 a.m.-5:00 p.m. These passes are great for kids and adults alike and are priced to be affordable.

ENERGY ASSISTANCE PROGRAM

The City of Lubbock has received funding from the Texas Department of Housing and Community Affairs for the Comprehensive Energy Assistance Program. This grant is designed to assist low-income persons with utility assistance and repair of heating/cooling units. Priority is given to the elderly, disabled, or households with children age 5 and younger. This assistance is available for Lubbock County residents only.

If you or a family member is in need of assistance with repairing your existing heating/cooling system or obtaining a portable heating/cooling unit call 775-2296 for more information, certain criteria must be met.

If you are in need of assistance with your propane, gas or electric bill and you are elderly over the age of 60 please contact Neighborhood House at 741-0459 or if you are disabled under the age of 60 please contact LIFE/RUN Centers at 795-5433.

Low-income households not considered elderly or disabled may be eligible for the Household Crisis Program, to see if you qualify call Neighborhood House at 741-0459 or for the Co-pay program call Catholic Charities at 765-8475, certain criteria must be met.

This is not an entitlement program, funding is limited and applicant must meet requirements, other criteria also applies. Applicant must call for screening and appointment.

CITY LIFTING BAN ON THE USE OF FUEL-DRIVEN ELECTRICAL GENERATORS & OUTDOOR GRILLING IN ALL CITY PARKS.

With recent fire concerns, the City of Lubbock Parks and Recreation Department and the Lubbock Fire Department want you to be safe when using grills in our city parks. Here are some safety tips to remember when grilling:

- Grills - Campfires are NOT allowed in any city park. Use only permanent grills located in the parks or a self-contained, off the ground charcoal or propane grill.
- Pick a safe area - Place the grill on a flat surface in a well-ventilated area away from overhangs, park shelters, low hanging bushes, fences and shrubbery. Keep children and pets away from the grill when in use.
- Handle charcoal carefully - Use only the amount of charcoal needed. Do not overfill. Never add lighter fluid directly to hot coals since flames could travel up the fluid stream and cause an explosion. Never use gasoline or kerosene to start a fire. Use proper utensils for safe handling of food and coals.
- Putting out the fire - Make sure that all charcoal is completely cool to the touch before leaving a park grill. If possible, allow the coals to burn out completely before dousing with water. For portable, self-contained grills, also insure that coals are completely cooled before transporting grill in a vehicle. Dispose of cold ashes in an appropriate receptacle. Do not throw on the ground. Do not put hot coals into park trash cans.
- Don't litter! - Take care of your parks! Please pick up all trash and place it into park trash cans before you leave the area. The City of Lubbock's Parks and Recreation Department is lifting the ban on the use of fuel-driven electrical generators and outdoor grilling in all City parks.

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* Any sports



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ARNETT BENSON NEIGHBORHOOD ASSOCIATION HOLDS MEETING

Joe Riojas, current president of the Arnett-Benson Neighborhood Association would like to invite you to the next ARNETT BENSON NEIGHBORHOOD ASSOCIATION meeting that will be held at the Maggie Trejo Supercenter on

SATURDAY, June the 30th at 12:00 p.m.

COME OUT AND SUPPORT YOUR NEIGHBORHOOD ASSOCIATION
ALL INPUT WELL TAKEN & WELCOMED!!!

Todo Pueblo Esta Invitado Para Esta Junta Importante! Everyone is Invited to Attend to this Important Meeting!
For more information please call 543-4613

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Diego Boneta ready to charm audiences with "Rock of Ages"

Actor Diego Boneta may not be a household name in the U.S., but that's likely to change with the 21-year-old's red-hot debut in "Rock of Ages." The Mexico City native plays the lead role in the highly anticipated film adaptation of the hit Broadway musical, co-starring Tom Cruise, Russell Brand, Julianne Hough, Catherine Zeta-Jones and Alex Baldwin and belts out some classic 80's anthems while looking good in heavy metal gear (there's just something about tight leather pants and muscle tacks).

The film - which hits theaters nationwide this Friday - tells the story of aspiring rock star Drew (Boneta) and small town girl Sherrie (Hough), who meet and fall in love in 1980s California while following their dreams of Hollywood fame and fortune.

The film's plot is eerily similar to Boneta's personal journey to the glittering lights of Hollywood, as "Rock of Ages" marks singer-actor's official transition from Spanish language novels and recurring roles on small-screen hits (like "Pretty Little Liars" and "90210") to full-length feature films.

"It's been an amazing transition from doing TV in Mexico to doing Hollywood movies," says Boneta. "This has always been a dream of mine, ever since I was a kid watching movies."

Boneta, who's considered something of a pop icon in Mexico thanks to his stint on the hit novela "Rebelde" and two successful pop albums that went gold in Chile and Brazil, said that moving to Los Angeles from

Mexico to achieve his own rock-star dreams proved harder than he thought.

"The competition was really tough although I'd already had a successful career in Mexico. No one in Los Angeles cared about that, so the only thing I had going for me was the experience I had from the television shows and tours I did," recalls Boneta, who credits "Rock of Ages" director Adam Shankman for his big break. "I could have never, ever imagined working with such amazing co-stars like I do in this movie."



continue recording music and working on television. He recorded a song with Mary J. Blige for the "Rock of Ages" soundtrack and will be headlining a concert with Queen, Def Leppard and Whitesnake for the film's London premiere. Boneta also recently been signed to Maroon 5 front man Adam Levine's label and will be filming a new series for MTV.

It's a lot for the actor-singer, but Boneta says that underneath it all, fans would be surprised to know that he considers himself "hopefully romantic." How romantic, really? Well, the star confessed to cooking up a feast of tacos with arroz y frijoles for an ex-girlfriend. And what did he serve for dessert?

"I might have had my mom help me with the flan," says Boneta. "Just proving that there are no boundaries to what I would do for love."

Familia y cine unen a los Bardem

Javier Bardem presentó esta semana en Madrid el rodaje de *Alicia en el maravilloso*, película basada en la novela de su hermano Carlos que se convierte en la primera cinta que el actor rueda en España con un director español desde *Mar adentro*.

"La gente lo llama vuelta, pero yo nunca lo he sentido así. He rodado aquí con *Biutiful*, [y] con Woody Allen y Milos Forman, con equipos [y repartos] españoles. Tengo la suerte de trabajar fuera y lo sigo alimentando muchísimo, tal y como está el patito, pero no tengo la sensación de haber vuelto después de muchos años", explicó a los medios el ganador del Oscar por *No Country for Old Men*.

Como en aquella cinta y como la película de James Bond que acaba de terminar de rodar, *Skyfall*, en *Alacrán enamorado* Bardem se vuelve a poner la careta de villano: el cabecilla de la banda neonazi en la que se enrola Julia, el protagonista de esta cinta, encarnado por Alex Gonzalez.

"Es la cabeza pensante de una organización que surge en momentos de crisis, cuando hay gente que está por la diferencia y la exclusión", resumió el actor, a tres semanas de la finalización de un rodaje en el que se pone por primera vez a las órdenes del español Santiago Zannou, quien se dio a conocer con *El truco del mancebo*.

"Espero que la película nos haga reflexionar sobre el momento en el que vivimos. En el momento que vive Europa", aseguró.

Bardem, ganador de cinco premios Goya, dos Copas Volpi y un premio en Cannes, se une a este proyecto no solo por la presencia de su hermano -"le quiero mucho y le admiro"-, dijo- sino también porque al leer su libro la historia le gustó "muchísimo". "Les dije que cuando hicieran la película estaba para ayudar en lo que pudiera", reconoció.

Aunque su papel no es el que más presencia tiene en la trama -más importancia tienen los de Carlos Bardem, Miguel Ángel Silvestre o Judith Diakhaté, todos ellos presentes en la rueda de prensa- Javier Bardem fue el blanco de todas las preguntas de la prensa.

"Tengo muy clara desde hace muchísimo tiempo la postura de privilegio que me acompaña. Somos todos productos del arte. A mí un señor me contactó para hacer Las caídas de Lulu y luego todo se fue desarrollando de manera oficial llevándome adonde estoy ahora. Solo tienes que tener los deberes hechos para no perder la oportunidad", manifestó.

"Pero la diferencia entre James Bond y esta película es que hay menos tráileres, pero la responsabilidad es siempre la misma. Y entre el acción y el corten, el miedo, el deseo y la inseguridad son los mismos", ha asegurado. Y ha considerado este proyecto "muy audaz y muy maduro. Más allá del entretenimiento, hace reflexionar", añadió.

Finalmente, aseveró, entre bromas raras, que lo que le piden sus compañeros de profesión en España es "algo de dinero, que está la cosa muy [fastidiosa]."

También recordó que, en el momento económico en el que vive España, "los que llevan el cotarón" tienen que saber que "se les está yendo mucha gente con talento y entonces está pesa ya a recurrir en lo científico, lo artístico y lo social".



'For Greater Glory' Star Eduardo Verástegui Talks War, Misrepresentations of Latinos On Film

Few are familiar with the Cristero War that took place from 1926 to 1929 in Mexico. The brutal warfare began after persecuted Catholics refused to stop practicing their religion. An astounding 90,000 Mexicans were killed during the conflict - including priests, nuns, and children. The film "For Greater Glory,"

released Friday, shines a spotlight on this little-known but horrific piece of history.

Shot almost entirely where the actual events of the war took place, the film stars Andy Garcia as General Velarde and Eduardo Verástegui as attorney Anacleto Gonzalez Flores. For Verástegui, who was born and

raised in Mexico, "For Greater Glory" educated him on the unfathomable acts of violence that took place in his country.

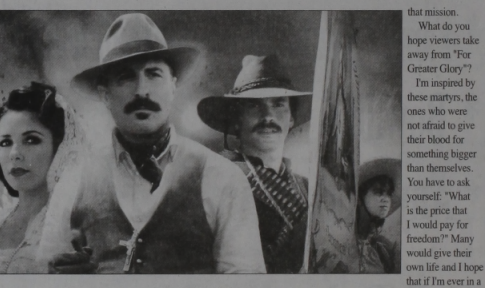
"The International Business Times had a chance to ask the actor about his personal connection to the film and how media representations of Latinos should be altered.

How did you draw on your own religious views and belief system for the film?"

"I was raised catholic and I'm from Mexico but my faith was not the central point of my life. This film challenged that. I had to ask myself if I was willing to die for my faith. I had to understand Mexican martyrs and heroes that were willing to die for something they believed were bigger than them. They were willing to defend religious liberty and freedom. This was during a time when the Cristeros were persecuting over 90,000 people. So of course that affected me for many reasons.

What did you learn about your own culture from working on a historical drama about your country of origin?"

"I learned things that I didn't know about my own country because they left that information out of text books. I actually knew nothing about this point in history until someone asked me if I would ever do a film about the Cristeros War. I didn't know what they were talking about. Forget about Americans knowing it. Most Mexicans have no idea that it happened. I started to do research and learned more about this dark moment in Mexican history. It was clear that Mexico was trying to bury what was an embarrassment for them. To me the opposite was true. I thought that it should be brought to the surface and healed. It's important that we look back in history and learn from it. For



some reason that rarely happens. We don't seem to learn. Spain experienced a similar crisis when it came to the Spanish Civil War. Mexicans are proud to share their music, food, and culture but something like this isn't talked about. At the same time it's important to learn. The crisis that happened isn't just a Mexican thing it's universal.

The film contains several scenes of brutal violence. Are you afraid that the film will be difficult for audiences to watch?"

"I hope not because if we were to have the film realistically then no one would have been able to see it. Some of the characters who died in the film were tortured in ways that are unimaginable. The kid who died in the film had an even more horrific death in real life. They made him dig his own grave, stabbed him 14 times with a knife, and they humiliated him before shooting him in the head. People are born free and you can't take that freedom out of their hands without things getting brutal and ugly. We can all agree that the consequences of what happened are horrific and that nobody wants to go there. What happened was beyond violence. You don't kill a kid like that just because he's catholic. We had to show that brutality in order to tell the story and show the ripple effect that began

Do you think that films such as "For Greater Glory" will encourage producers to make more films about the Latino experience?"

"I hope so. "For Greater Glory" captures a portion of Mexican history that very few people know. Getting films like this made was the reason I started my own production company.

I was asked once if I was part of the problem or part of the solution meaning was I enforcing Latino stereotypes or trying to change them. The question broke my heart because when I looked back I realized that I was part of the problem. I realized that not one very few films feature a Latino hero. Latin women are represented as objects rather than intelligent. There are about 45 million Latinos in the US and unfortunately people think that we are exactly as we're shown on television and in films. That's a major reason that people fear Latinos and demand immigration reform. For this reason I made a decision not to be a part of any project that would offend my family or Latino culture. The result was that I was out of work for four years. I realized that if I couldn't wait around for a positive Latino role all my life. I had to create them myself. I started my own production company, Meta-Nada Films, with a mission statement and "Bella" was the first release of

that mission. What do you hope viewers take away from "For Greater Glory"?

"I'm inspired by these martyrs, the ones who were not afraid to give their blood for something bigger than themselves. You have to ask yourself: 'What is the price that I would pay for freedom?' Many would give their own life and I hope that if I'm ever in a situation like this where I have to fight for my freedom and fighting for love that I will be able to follow the path of heroes. That's the message that I take from this movie.

You have your own production company and aim to develop more faith based films. Have you found that to be a challenging endeavor in Hollywood?"

"For me it's just about making films with universal themes and a positive message that everyone can relate to. "Bella" is about a man who loses it all but discovers what truly matters in life. I want to be a part of films that are not entertain but also make a difference in people's lives. Hopefully, families can enjoy them and leave the theater touched, moved, and inspired. The film that I'm producing right now is called "Little Boy" and it's set for release in December. The film takes place during World War II and it's about an 8-year-old boy but in many ways it's a fairy tale for adults, like "Life is Beautiful." It deals with issues of bullying and the boy being tormented for his size. The boy is forced to face torment because of the great relationship that he has with his father, his only friend. When his father is sent to fight in the war, the boy is forced to survive without him. It's the type of film that brings families together and inspires.

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Who's your AVON lady?

Bradley to make most of chance against Pacquiao

He's a vegan in a sport where meat is king, a thinking man's fighter in a game that embraces brawlers. Timothy Bradley never wavered in his chase for boxing glory, even when his bank account was down to \$11 and there was no guarantee he would ever be on the big stage.

He's finally got his big fight against Manny Pacquiao, and Bradley isn't about to let the chance of a lifetime go by. Not after he's gone through so much to get to where he's at.

"It's been a long journey but I knew someday I'd get here," Bradley said. "I just didn't know when or how."

Bradley fights Pacquiao on Saturday in a bout that will earn him millions and could get him the respect he still craves. He's a decided underdog, but some in boxing like his chances against a fighter who struggled his last time out and is suddenly regarded as vulnerable.

Count Bradley among them. He's believed in himself since he was working as a waiter to support his boxing career, and later when his bank account was depleted and he had to go to England for a \$40,000 payday and his

first title shot.

At Wednesday's final pre-fight press conference, he was so confident he held an oversized copy of a ticket for a Nov. 10 rematch with Pacquiao - a fight that would only happen if Bradley wins the first fight.

"It's all or nothing," Bradley said. "No rounds off. Round by round I have to win each one."

So far that hasn't been a problem in Bradley's career. He's won all 28 of his fights, though he's never fought anyone with the pedigree of Pacquiao. He got the fight not just because of his undefeated record, but the feeling in the Pacquiao camp that he is too slow and doesn't punch hard enough to make him a threat.

Bradley would like nothing better than to prove them wrong.

"He's going to respect me, believe it," Bradley said. "As soon as I tag him he's going to respect me."

Bradley fights for only the second time at 147 pounds, moving up to challenge Pacquiao for a

piece of the welterweight title. He will make a minimum \$5 million, but there will be even more lucra-

Pacquiao - who gave up drinking, gambling and basketball in favor of Bible reading sessions since the

and that he doesn't have the speed or power to beat Pacquiao. He sees him more as the club fighter he once was in Southern California than a legitimate threat to one of the most exciting - and popular - names in boxing.

But Bradley has fought and won as an underdog before - most notably when he went to England and beat Junior Witter in 2008 to win a piece of the 140-pound title. He's been fighting professionally for eight years now, and hasn't lost, though he only has 12 knockouts in his 28 fights.

He understands, though, that this fight is different than all the rest. While it will make him rich, it will also largely determine his future in the sport. Simply put, it's the biggest fight of his life.

"I don't look pretty, I don't look special," Bradley said. "I don't have that spark where everyone says 'wow.' I know I'm going to have to do this in this fight. You could see some greatness Saturday night."



tive fights in the future should he pull off an upset against the Filipino boxer/politician.

Odds-makers make Pacquiao a 4-1 pick, and he's got some motivation of his own. He barely escaped with a decision in his last fight against Juan Manuel Marquez, and there are whispers that at the age of 33 he is slipping.

Trainer Freddie Roach said

Marquez fight - must win or he will advise him to retire.

"I would like there to be a knockout," Roach said. "He wants to prove he's not all done like some people say. He has heard it, and I think he has something to prove in this fight."

Roach has downplayed Bradley as an opponent, saying his best weapon is leading with his head

Pacquiao says he doesn't underestimate Bradley and has had one of his best training camps ever since giving up most of his vices after re-dedicating himself to his religion. He was distracted by marital troubles he brought into the ring with Marquez, Pacquiao's handlers said, but has since rekindled his relationship with his wife.

Still, Bradley is nothing more than another fight for Pacquiao - who will make a guaranteed \$26 million, though he may be among the oddest opponents he has faced. Bradley looks more muscle-bound than most fighters - a no-no in a sport where agility is prized more than bulk - and is a strict vegan when he trains. And while he seems to have embraced the idea of promoting the fight, there is always a chance he will get caught up in the moment when the time to fight actually arrives.

Bradley doesn't seem concerned about being on the big stage for the first time.

"Maybe he didn't get up for the fight, maybe he's kind of complacent. That would work in my favor," Bradley said. "Yes, I've got muscles, but I know how to use my muscles."

Rangers may still try to lock him up first

Rangers president Nolan Ryan has said he expects superstar outfielder Josh Hamilton to file for free agency at year's end. However, that doesn't mean the team has totally abandoned the idea of trying to sign him long-term during the season.

Hamilton and the Rangers have maintained a delicate relationship through their wildly successful and occasionally stormy four-plus-year relationship, so there's a bit of hope they can get something done before free agency. However, they would very likely have to bridge a big gap on the issue of the length of the contract.

The Rangers are believed to be willing to offer Hamilton, 31, a big annual salary reflective of his enormous talent. However, the Rangers, a team that has been very much against extremely long deals along the lines of the Albert

Pujols, Prince Fielder and Joey Votto, do not want to give a deal of close to the length of those deals (which were 10, 9 and 10 years) to anyone, much less Hamilton. Hamilton is said to be looking for a contract befitting an "elite" player, which isn't hard to identify these days.

Respective of their usual team policy to limit deals for stars, Hamilton carries a particular risk.

The Rangers have assigned a "life coach" to chaperone and monitor Hamilton, and he's had only two releases that became public since he's been in Texas. But people who have spoken to the life coaches suggest it is a very demanding job. Hamilton was on the restricted list for failed drug tests before making a comeback with the Reds, who traded him after one year to the Rangers because Reds team doctors questioned

whether he'd stay healthy.

Not only has he remained healthy, he's become one of the best and most productive players in the game. He leads the American League with 21 home runs and 57 RBI, has a .348 batting average and is a major threat to win his second MVP in Texas.

The Rangers have three other important free agents: catcher Mike Napoli, starter Colby Lewis and reliever Mike Adams.



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Comer sano no tiene que ser más caro

Con frecuencia se cree que la comida saludable es más cara, pero después de una visita al supermercado en compañía de una nutricionista, Ivonne Díaz, residente del área de Lincoln Heights, comprendió que comer saludable no tiene que costar más dinero.

La pediatra de Hanna, hija de Ivonne, le dijo que la pequeña de apenas cinco años tenía sobrepeso y la remitió a unas clases de nutrición gratuita que ofrece el Hospital White Memorial, en Boyle Heights.

"Uno por lo general no se da cuenta de lo que está comprando porque compramos las cosas por costumbre o por sabor? y muchos tenemos la idea de que las cosas saludables son más caras, pero no tiene que ser así", dijo Ivonne a La Opinión mientras caminaba por los pasillos de la sección de quesos de un supermercado a pocas cuadras de su casa.

Ella comenzó a ir a las clases

de nutrición el 17 de abril pasado junto con Hanna y su otra hija Nicole, de 13 años, quien también tiene sobrepeso. Cinco semanas después de empezar con el nuevo sistema, todos habían perdido varias libras de peso.

Ivonne comentó que sin hacer drásticos cambios en la dieta, han logrado el objetivo de comer saludable. Ella redujo las porciones que sirve y compra, por ejemplo, leche sin grasa, mayonesa y yogurt light, y sirve frutas en lugar de botanas fritas, cuando las niñas quieren un bocadillo entre comidas.

"Siempre comemos el sándwich, pero ahora es con pan de grano entero, mayonesa light y muchos vegetales", explicó Ivonne.

Las clases le sirvieron para hacer los cambios que necesitaba, pero no fue hasta la visita al supermercado que Ivonne comprendió por qué debía de hacer el cambio y cómo comprar comida saludable de por vida.

"La nutricionista nos enseñó a leer el contenido de la comida. Ahí me di cuenta que el pan que compraba antes tenía 5 gramos de fibra por rebanada, en lugar de



3 gramos que es lo aconsejable", dijo Ivonne, quien mostró a La Opinión que se ha convertido en una experta navegando los pasillos del supermercado y buscando la comida más saludable al mejor

precio. En muchas ocasiones, ella acude a las tiendas de 99 centavos buscando mejores ofertas en frutas de la temporada.

Un nuevo estudio del Departamento de Agricultura de Estados Unidos (USDA) indica que la comida saludable es más barata cuando se compra el precio por caloría y el contenido nutricional.

El USDA comparó 4,439 alimentos en su contenido calórico, grasa saturada, azúcares, fibra y valor nutricional con relación a las recomendaciones federales

y encontró que los granos y los lácteos son más baratos, seguido por las frutas. Los vegetales y las proteínas tienden a tener un precio más elevado.

Andrea Carlson, investigadora del USDA, aseguró que el estudio comprobó que la comida saludable no es más cara. Por ejemplo, una donut tiene 240 calorías y una banana tiene 105; con la fruta la persona se sentirá más llena por más tiempo, es más barata y tiene potasio y otras vitaminas y minerales que el cupero necesita, en lugar de grasas saturadas y azúcar que tiene la donut, explicó la funcionaria.

Los frijoles han sido reconocidos como el alimento a mejor precio y más nutritivo.

Durante la visita al supermercado, Ivonne comparó un yogurt light que tiene 110 calorías por porción y cero grasas, con un

yogurt normal que tiene 210 calorías por porción, 1.5 gramos de grasa y que cuesta 50 centavos más.

"No necesito ir a esos supermercados caros para comprar comida saludable; lo que busco es comida baja en grasas, granos integrales y frutas y vegetales frescos y todo eso lo encuentro sin gastar mucho", dijo Ivonne.

La nutricionista Ruth Pupo, del programa comunitario de nutrición del Hospital White Memorial, acotó que todas las personas tienen la opción de comprar productos saludables en el supermercado más cercano sin gastar más, si saben leer etiquetas y si compran la fruta y los vegetales de la temporada.

El USDA recomienda que el presupuesto de la comida sea distribuido de la siguiente forma: 27% para comprar vegetales, 20% para frutas, y 24% para proteínas como frijoles, pollo, huevos, etc. y el resto en granos integrales y lácteos.

Sick in America: Hispanics Grapple With Cost And Quality Of Care

In our recent poll on what it means to be sick in America, one ethnic group stands out as having special problems - Hispanic Americans.

The national survey, conducted by NPR, with the Robert Wood Johnson Foundation and the Harvard School of Public Health, sheds new light on Hispanics' health issues. It runs counter to the widespread impression that African-Americans are worst-off when it comes to the cost and quality of health care.

Take the pockbook issue. When we asked about the burden of out-of-pocket costs - the medical bills not covered by insurance or any government program - 42 percent of

Hispanics say this is a "very serious" problem for them.

That's more than twice the proportion of non-Hispanic whites with recent illness who say so, and 8 percentage points higher than African-Americans.

Robert Blendon of the Harvard, who helped design the poll, says Hispanics "are more likely to be uninsured or have insurance with big holes in it than African Americans."

That may be, he says, because Hispanics are more likely to live in rural areas or in cities where fewer supports are available for uninsured or poorly insured people. "A lot of Hispanics work for small businesses

with terrible insurance or none at all," Blendon notes.

The National Alliance for Hispanic Health says that Hispanics are more likely to lack health insurance than any other group - 31 percent are uninsured, compared to 21 percent of non-Hispanic blacks and 12 percent of non-Hispanic whites.

Other recent data show that nearly half of all Hispanics are on Medicaid or income-eligible for the program, a safety net for the poor and near-poor. That's higher than any other U.S. racial or ethnic group. (Hispanics are also highest in being eligible for Medicaid but not enrolled.)

Elderly Hispanics are also less likely

than other groups to be on Medicare.

That all fits with another finding from the Sick in America poll. Among Hispanics who've been seriously ill within the past year, one in four say they weren't treated as well because of their health insurance situation. That's almost twice as many as recently sick whites.

Hispanics report more problems with the quality of their care too.

An unusual feature of the Sick in America poll is that it compared the experience and opinions of Americans who have been hospitalized within the past year or had serious illness requiring "a lot of medical care" with those without major illness.

Most polls don't separate out the sick and the well, so the problems of those with recent experience of the U.S. health care system can be masked.

It turns out that nearly twice as many Hispanics with recent illness (42 percent) say their care was poorly managed than sick whites (23 percent). Hispanics are far more likely to say they had to wait for test results (32 percent) compared to whites (19 percent) or blacks (15 percent).

And Hispanics are much more likely to say they didn't get access to the latest technology (29 percent) than whites (12 percent) or blacks (13 percent).

Blendon says there's no evidence that Hispanics have higher expectations of health care than other groups, which could explain these perceptions.

"My gut feeling is that they would have lower expectations," he says.

The Harvard researcher, an expert on public opinion and health care, predicts that these previously unvoiced perceptions about health care among Hispanics are likely to become more visible.

"Hispanics are becoming a greater proportion of the US population and are having more influence in politics and policy," Blendon says. "So their concerns about health care are likely to be heard more widely in the future."



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