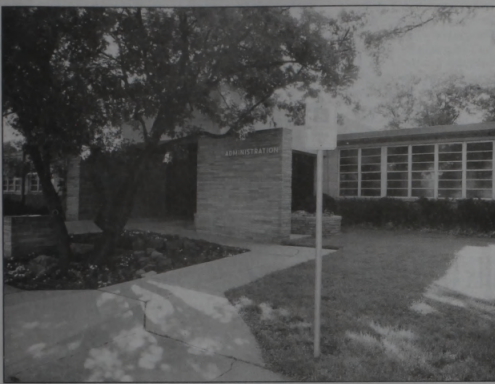


Lubbock Community College District On the Rise



Former Lubbock City Councilman and attorney, Victor Hernandez, announced today that a Working Group comprised of representatives from institutions of higher learning, local and regional elected and community leaders, members of civic and professional organizations, and citizens at large are being called together to evaluate and determine the feasibility of instituting a Lubbock Community College District.

Hernandez stated, "These are exciting times for our community. Even though the economic downturn has negatively affected many a household, there are positive outcomes nonetheless. One in particular that is the fact that enrollment at South Plains College "was up 8.3 percent and for the first time in its 52 year history, the institution topped 10,000 students, ..."

But dramatic enrollment increases by SPC best the question of how will SPC sustain that growth? Limitations on future growth by SPC is a reality due, in large part, to the fact that SPC is based out of Hockley County,

Texas. As such, student enrollment caps are placed on SPC based on the available tax base of Hockley County. Coupling the quandary of enrollment caps (based on a limited tax base and oil revenues) with an even greater potential problem of shortfalls at the state level (\$12 billion shortfall predicted when state legislative lawmakers are back in session in 2011) and fluctuating oil prices, equates to SPC having to schedule even more late night classes (assuming funding for professors can be found), or placing students on waiting lists or worse yet, turning down student applications.

Hernandez continued, "First and foremost, I want to say that South Plains College (SPC) has served this area well. I would hope that for this effort will be viewed by all, including South Plains College, as an effort to compliment what SPC is doing in a way which, maximizes all available resources in the furtherance of the region's and our communities' goal of providing higher education to the greatest number of students at the least expensive cost," Hernandez

stated. Additionally, the creation of a Lubbock Community College District will give Lubbock the opportunity of putting together, along with Texas Tech University, Wayland Baptist University, and Lubbock Christian University, a first-class feeder school system that will help all three universities and colleges of higher learning the ability to meet future growth projections. Also, a true feeder school will help eliminate any concerns involving course requirements and eligibility for transfer of all credit hours taken at Lubbock Community College to four year colleges and universities.

Hernandez stated further, "There are multiple aspects to the creation of a Lubbock Community College District that excite me, and one of the greatest is, the opportunity it will provide to students to be taught locally thus enabling a greater number of individuals of their education. More importantly, is the fact that there are a number of students who would turn to a community college first because of the lower

costs associated with the education provided, as well as the fact that it is considered by most, a more relaxed, less intimidating environment than a four year university or college. Finally, I am convinced that once a student has stepped onto a community college campus to obtain an associates degree, the likelihood of that student seriously considering completing a four year degree grows exponentially, especially if that feeder school is aligned with Texas Tech, Wayland Baptist and/or LCU."

According to a Lubbock Avalanche-Journal article entitled, "Growing Pains: Enrollment numbers are increasing, but so are the difficulties facing two-year colleges" (By Enrique Rangel - A/J Austin Bureau, Friday, November 13, 2009), State Senator Robert Duncan, R-Lubbock, a senior member of the Senate Finance Committee, acknowledges, "We know that community colleges are a great investment for our region..."

The creation of a Lubbock Community College District equates to economic development. The potential of a Lubbock Community College District becoming the next economic engine for Lubbock County and the region exists. The number of administrative positions and professions to be had is a must as are, the number of ancillary positions to be created to service and support such an endeavor.

Hernandez went on to say, "No doubt that a Lubbock Community College District would be a fantastic economic engine for the area but equally important is that a Lubbock Community College District would be an enormously valuable asset in terms of workforce training and development, which in turn would mean higher paying jobs and a better quality of life for the entire city."

Anyone interested in helping with this initiative is asked to contact Victor Hernandez at his law office number of 806-765-5481.

Covenant Health System Offers Weight Loss Surgery Educational Seminar & Weight Loss Surgery Support Group

WHO: The Weight Loss Surgery Education Seminar is a free class for those interested in finding out more about weight loss surgery. WHAT: Aside from receiving information about weight loss surgery, participants will have the opportunity to talk with Dr. David Syn, other patients and an insurance specialist. WHEN: Saturday, Dec. 12 from 10-11:30 a.m. WHERE: Knipping Education Conference Center
Covenant Medical Center
West Parking Garage, sixth floor
21st Street and Louisville Avenue

To register for the seminar, call 806.687.5670. For a free informational DVD, call 806.725.2998.

The Weight Loss Surgery Support Group meets following the educational seminar from 11:30 a.m. - 12:30 p.m. in the same location.

HOMEMADE CHRISTMAS TAMALES

Provided by the Serra Club of Lubbock. Proceeds will go to support mission and programs to foster vocations to the priesthood and vowed religious life. \$7.00/dozen, prepaid orders only. Deadline for tamale orders is 5:00 p.m., Saturday, December 12, 2009. Prepaid Order Pick-Up: Saint Elizabeth's Hanley Hall, 2307 Main Street, on Tuesday, December 15, from 12:00 p.m. to 6:00 p.m. ONLY!!! Please make checks payable to: The Serra Club of Lubbock. Send your name, address and phone number along with your check and how many dozens ordered to Jay Brothers, 9302 Quinton Ave, Lubbock 79424, or drop off at Simon John's, 9320 Quinton Ave, Lubbock 79424, or drop off at Brother Jim's, 9320 Quinton Ave, Lubbock 79424.

COMMUNITY REWARDS PROGRAM

Catholic Family Services, Christ the King School and Knights of Columbus Council #3008 are three of the many non-profit organizations selected to possibly earn one of the City Bank Community Rewards Program (10 \$500.00 rewards) by casting one vote for both!

The voting will run from Sunday, November 8th through Friday, December 18. To vote, go to www.citybankonline.com/frm/CommunityRewards and select the non-profit of your choice. The good thing is that you may vote as many times each day as you want. When you vote you will be asked to register so that you will be able to receive a \$500.00 gift card. PASS IT ON!

SANTA LAND IS COMING TO TOWN

For the 53rd consecutive year, Santa Land will light up the Lubbock night with Christmas trees, children singing, twinkling lights and Santa and Mrs. Claus ready to hear the Christmas dreams of area children. An opening ceremony to welcome the Clauses, light the 60-foot Christmas tree, and officially open Santa Land will be held on Thursday, December 10 at 6:00 p.m. Children from Lubbock and surrounding communities are invited to be a part of this special evening. Santa Land is open fourteen consecutive nights on December 10-23, 2009 from 6:00-10:00 p.m. nightly, and as always, Santa Land is free to the public. The entrance to Santa Land is from the East Broadway entrance into Mackenzie Park just east of Avenue A and the South Plains Fairgrounds.

The City of Lubbock and the Parks and Recreation Department are grateful to its sponsors and the Lubbock community for their help in underwriting some of the costs for Santa Land and for bringing this annual event to the children of West Texas.

Help local children sing, "This Christmas will Be, A Very Special Christmas for Me..."

You can help make the lyrics of the modern holiday classic song, "This Christmas" a reality for local foster children served by CASA during the FINAL WEEK for donating holiday gifts to CASA's Kids 4 Kids Toy Drive.

Bring a new, unwrapped present to Mr. Gatt's 500 S 50th Street between now and December 13th and receive a free child buffet. All donated gifts will be given to CASA children right here in the South Plains who are currently in foster care and may not otherwise receive a gift this Christmas. CASA goes to great lengths to make sure that the kids awarded gifts are children who truly would have a bright Christmas otherwise.

Great gift ideas include: gift cards, board games, sporting items, inexpensive jewelry, and shoes. Help ensure that every child has a gift to open Christmas morning.

For more information on donating to CASA of the South Plains this Holiday Season, visit our website at www.lubbockcasas.org or call Rose Cariker at 806-763-2272.

COMMUNITY HOUSING RESOURCE BOARD LEASE/PURCHASE ISM TIME BUYERS PROGRAM

The Lease/Purchase Program enables low to moderate-income families to become homeowners within a two year period. CHRB purchases pre-owned houses and completely rehabilitates them before furnishing them to prospective purchasers.

1. ARE YOU READY TO BECOME A HOMEOWNER?
2. DO YOU HAVE A CREDIT SCORE OF 550 OR HIGHER?
3. HAVE YOU STARTED A SAVINGS ACCOUNT?

If you answered Yes to at least two (2) of these questions, you may be eligible for this program. For more information and to see if you are eligible call June Rangel at 806-763-3877.

WE HAVE 4 VACANT HOMES AVAILABLE. IT IS 1ST COME 1ST SERVE BASIS.

Spanish-Language Newspaper Eleditor Comes to the Southwest Collection

LUBBOCK, Texas—The Southwest Collection Special Collections Library is celebrating 200 years of Spanish-language newspapers in the U.S. A colorful exhibit at SWS/SC/L features portraits of local journalists, sample issues and descriptive text on the history of local Hispanic publications.

The first newspapers printed in the Americas were in Spanish, beginning in 1541 with *hojas volantes* (flying pages) in Mexico City that reported an earthquake in Guatemala. In the continental U.S., Latino publishing began on September 7, 1808, in New Orleans with the bilingual *El Misisipi*, printed on the presses of the Louisiana Gazette to protest the Napoleonic invasion of Spain.

The state's first periodical, *Gaceta de Tejas* was published in the Spanish-only edition in May 1813 as the mouthpiece of the Gutiérrez-Magee expedition that failed to free Texas from Spanish control. *Handbook of Texas* says 150 Spanish-language newspapers, many bilingual, were published during the nineteenth century and more than 300 in the twentieth.

The National Association of Hispanic Journalists, founded in 1984, today counts 1,348 Spanish-language periodicals in the U.S. Most major Texas newspapers also publish Spanish editions or affiliate papers, including *La Espectra* for the Fort Worth Star-Telegram, *Al Día* for Dallas Morning News, *Conexión* for San Antonio Express-News and *La Vibra* for the Houston Chronicle. In addition, there are many substantial independents, such as *La Prensa*, *Rumbo* and *Jabara*!

"Lucky Me, Legends Lubical" (Tumbo Suerte, "I'm Reading Lubical")

On the South Plains a host of Spanish and Spanish-English periodicals have kept readers informed while participating in cultural and political affairs of the region, beginning with the bilingual semi-weekly *El Noticiero*, published by the Jimenez family from the late 1940s through 1958. In 1960 there was a short-lived local successor in *La Prensa del Sur*este (Alicia Abercrombie, publisher, and Dr. J. Rivera, editor).

El Semanario was founded by

T. Agustín Medina Sr. in 1961. In 1964 it became *La Voz de Texas*, selling advertising space at \$1.50 per column inch. *Gus Medina* transformed it again into *La Voz de los Llanos* ("The Voice of the Plains"), with young Lubbock poet and activist Nephthali De Leon as editor beginning in 1968.

The paper became more political but remained evenhanded. *La Voz* in October 1968 ran an editorial by Joe Ramirez, restaurateur and later School Committee member, entitled "¡Viva Nixon!" In 1972 the editorship went to local author Bidal Aguero, though De Leon continued to contribute for years. There was also here a *Herodof* of *La Voz* in Dimitri Ederfeld-Muleshok.

In October 1977 Bidal and Olga Aguero founded the weekly *El Editor*, still in print with Lubbock and Midland-Odessa editions and a weekly electronic edition. *Pasatiempo* was created by broadcast personality Ernest F. Barton, who made it into West Texas Hispanic News in 1979. The bilingual broadsheet still publishes as "a positive, family-oriented medium," as they say on their Web site.

During 1998 the biweekly Lubbock Hispanic Guide was published by Jesse and Patricia Olvera with local content and ads. Diana Morales started up *El Sol Latino* in 1993 and still publishes from 816 Texas Avenue offices. Jackie Leva launched *Hispanic Weekly* around 2004. The most recent entry is the colorful and classy monthly tabloid *Lubbock*, created by Christy Martinez-Garcia in 2007.

Curated by oral historian Daniel U. Sánchez and designed by Lynn Stoll, the exhibit runs until March 1, 2010. Patrons will also appreciate the companion display on the life and work of Grammy-nominated songwriter *Librado "Lee" Quirino*, Jr., hitmaker for the HomeTown Boys, honored on Lubbock's Walk of Fame. SWS/SC/L, a campus gem, is home to treasures ranging from pages of a Gutenberg Bible to the master Correlli globe collected in 1688 and once owned by William Randolph Hearst. Hours are 9:00 to 5:00 Monday through Friday, plus most Saturdays 9:00 to 1:00. Call to confirm: (806) 742-3749 or see www.swo.tu.

Commentaries - Opiniones

CREATING JOBS FOR THE LATINO AND BLACK UNEMPLOYED

By Janet Margulía

President Obama says he's open to ideas on how to tackle the jobs crisis, but it seems he made up his mind already. At the White House Jobs Summit Dec. 3, the President made clear that his administration has done all it can. Now it's up to the private sector to carry the economic recovery across the finish line.

Yet, the latest jobs figures offer a compelling reminder that the President and Congress still have a great deal of unfinished business. Unemployment hovers at 10 percent for the nation overall, but it has reached 12.7 for Latinos and 15.6 for blacks. In fact, double-digit unemployment has been a reality for Latinos and blacks for more than nine months.

Despite these disparities in joblessness, many communities have not benefited equitably from government relief efforts. In a recent poll, fewer than 30 percent of Latinos say they see the impact of the American Recovery and Reinvestment Act in their communities. Clearly, aid has not trickled down to some of the hardest-hit workers and families. Unless policymakers pay greater attention to equity and fairness throughout their direct job creation, it's unlikely that employment will trickle down either.

As President Obama tours "Main Streets" throughout the country in the coming weeks, he should remain open to a range of ideas about how to get people working again. More importantly, he should listen to the struggles of the people he meets. Their stories must remind him of his ability — and his responsibility — to ensure that all of us can contribute to a full economic recovery.

Here are some ideas to get the President started on a plan to bring job opportunities to all U.S. workers. Details of these proposals can be found at www.naclr.org/JobNow.

Create jobs in the hardest-hit neighborhoods. To do this quickly and effectively, local nonprofit organizations should help identify community needs and hire neighborhood people. Workers can repair and maintain buildings, help out at community health centers, and take care of children and the elderly.

Subsidize communities by hiring local unemployed workers to repair abandoned and foreclosed homes. If Congress devotes \$1 billion to improving neglected properties, that will help attract buyers and revitalize communities. Anyone who is unemployed, has low levels of income and education, and is not receiving unemployment insurance should go to the top of the list for hiring.

Prepare workers for the jobs of the future. Workforce development programs need more funds and must cast a wider net. It is important that these programs offer basic literacy and English-language skills as well as job-specific training. This will help Latinos and other workers prepare for jobs in new and growing industries.

Improve lending to nonprofit and community-based organizations to provide essential services. To meet a greater demand from their communities, these groups need affordable loans and technical assistance so they can improve facilities and equipment. Financial lending institutions should be encouraged to direct 20 percent of their loans to these organizations and provide them with financial planning, loan management and loan restructuring services.

La Creación De Empleos Para Los Desempleados Latinos y Negros

Janet Margulía

El presidente Obama dice que está abierto a nuevas ideas sobre cómo abordar la crisis de empleos, sin embargo parece que ya ha tomado una decisión.

En la Cámara del Empleo el 3 de diciembre, el presidente dijo muy claro que se realizó una batalla lo hecho todo lo que se puede hacer. Ahora le toca al sector privado dirigir la economía a la meta final de la recuperación.

No obstante, las últimas cifras de desempleo son un contundente recordatorio de que el presidente y el Congreso están inerte muchos asuntos pendientes. El desempleo ronda por el 10% a nivel nacional, pero ha llegado hasta el 12.7% para los latinos y el 15.6% para los negros. De hecho, durante más de nueve meses, el desempleo de los latinos ha crecido a la realidad para los negros y los negros.

A pesar de las anteriores disparidades en la falta de empleo, muchas comunidades de minorías no se han beneficiado equitativamente de la ayuda del gobierno. En una encuesta reciente, menos del 30% de los latinos dice ver los efectos de la Ley de Recuperación e Reinversión de Estados Unidos en sus comunidades. Es obvio que la ayuda no ha trickled down a los trabajadores y familias más afectados. A menos de que los formuladores de políticas prestan mayor atención a la equidad y la justicia mediante el crear un número de trabajos específicos, es poco probable que el empleo llegue a estos trabajadores y familias.

Durante las próximas semanas cuando el presidente visite algunas zonas improductivas en todo el país, deberá permanecer abierto a un abanico de ideas sobre cómo hacer para que la gente vuelva a tener un empleo de nuevo. Todavía más importante, debería escuchar los apuros que está pasando la gente que se encuentra a su paso. Sus historias deben recordarle su capacidad y su responsabilidad para garantizar que todos los estadounidenses puedan contribuir a una recuperación económica total.

By Andy Porms

At this year's \$50 million Latino Christmas, they could save millions. All they have to do is say no to gift-giving on Dec. 25 and yes to gift-giving on Jan. 6, el día de los Santos Reyes, or Three Kings, the official Hispanic day to share their blessings.

Do the math. The Magi come 12 days after Christmas, or in wall-to-wall, ten days after the day-after-Christmas sales — catching!

Throughout the Spanish-speaking world, Jan. 6 is a Christian holiday that celebrates the "Three Wise Men" who brought gifts to the Christ child. So, Hispanics wishing to stay true to their old world customs can also keep more money in their pockets by doing the religious thing.

But I guess when we crossed into the United States — the United States — we forgot all about our holidays, not to mention our manners? Says 70-year-old Ernesto Beltrán, who arrived from the northern Mexican state of Yucatán to work in the two nation's brazeria farm labor program back in the

'60s. He later became a naturalized citizen and ran a successful frank chicken franchise. Now retired, he lives with his wife on a small ranch in Rio Lindo, near Sacramento, Calif.

"I remember the original 'Twelve Days of Christmas,' which begins, rather than ends, with Christmas," he recollects.

In some regions of Mexico, it is traditional for children to leave their shoes out on the evening of Jan. 5, filling them with hay for the camels so the Magi will be generous with their gifts. This is analogous to many U.S. children leaving cookies out for Santa Claus. In Puerto Rico, most fill a box with grass or hay and place it underneath their bed.

Beltrán's grandchildren learned about their elders' traditions last year.

"No, not now, but from American television!" says a bemused Beltrán.

"I picked up the little ones from school and their teacher told us about a bilingual TV character named Dora the Explorer and a special program on the Reyes Magos."

Aids Victim Calls On Obama To Act On His Promise

By Erick Galindo

The day that President Obama told the nation that 30,000 more troops would be going to Afghanistan, José De Marco had a message for him.

"Keep the promises that you made, Obama, to fight this horrible disease," said the 46-year-old AIDS activist from Philadelphia. De Marco was in Washington, D.C. celebrating World AIDS Day, Dec. 1, while Obama was heading to West Point to address a nation at war.

"We understand there is a financial crisis going on, but we also know that there are trillions of dollars for banks," De Marco told Hispanic Link Services. "There is money for bombs and bullets to kill brown people."

During his campaign the president pledged \$50 billion to fight the spread of AIDS and lift a federal ban on funding needle exchange programs. According to the Centers for Disease Control, Intravenous infection is the second leading cause of contracting HIV for Latinos, first if you include Puerto Rico. The administration has since backed off its promise to lift the ban and has admitted to not having the funds to increase HIV/AIDS prevention spending.

The CDC estimates that more than 1.2 million people are living with AIDS in the United States, with 21 percent of them yet to be diagnosed. Worldwide, 38.2 million are infected.

De Marco was not alone in the capital. He was part of a coalition of AIDS prevention advocates, including his ActUp Philadelphia group, that held a ceremony in front of the 2 million world-wide who have died from the incurable disease — at the White House gates and marched through Lafayette Square on to 14th Street and all through downtown Washington.

"As a Latino living with AIDS, I felt it was important for me to be here," he said as the crowd sang Amazing Grace to a backdrop of an AIDS-Ribbon-draped White House. Behind blacks, Latinos are the second highest U.S. ethnic group affected. At 15 percent of the U.S. population, they account for a disproportionate 17 percent of all new infections.

On the eve of World AIDS Day, the White House held a summit celebrating the lift of a ban on accepting HIV/AIDS affected travelers into U.S. borders. The administration also trumpeted government programs

The Dom the Explorer special followed a story in the bible about three kings or the magi following a bright star in the sky on the night Jesus Christ was born. They followed it to Bethlehem where they presented the newborn with gifts of gold, frankincense and myrrh.

Chances are preschoolers have at this very least a rudimentary knowledge of all the major holidays such as Christmas and Easter or even the Fourth of July. But how much do they know about the traditions of various cultures — their own or those that belong to others? "Three Kings Day is a big holiday in Latin America and Mexico," Beltrán recounts. "Here, sadly, it has been overwhelmed by Christmas and all the commercial aspects of it."

It was during the last part of the 19th century that the U.S. Southwest began to abandon the three kings and Great Santa, a dozen days earlier. In New Mexico, where Hispanics families have lived for more than 400 years, for example, the children turned to a grandfatherly figure to share their wishes for their favorite toys.

"I remember my older brother

Manuel, who lived in Colorado," says Beltrán. "He would tell me his grandchildren told him he was crazy for suggesting that they put their shoes by the door in hopes of them being filled with gifts."

Many Puerto Rican and other Latino families throughout the United States claim a resurgence of the old customs. In Sacramento, a former Mexican dance instructor turned restaurateur stages a Three Kings celebration for underprivileged children every year.

But along both sides of the U.S.-Mexico border, few families are sticking to the old traditions. A drive into any of the Mexican cities that dot it reveals as many outdoor Santas or snowmen suspended in huge plastic bubbles as are found in any Texas or California suburb.

"About the only custom left from the Reyes Magos traditional celebration is the Rosca de Reyes," — baking a ring-shaped sweet bread with a tiny doll representing Baby Jesus inside, Beltrán observes, shaking his sly-and-pepper head. "Today's Latinos don't know what they're missing!"

Not to mention how much they could be saving.

Send all your community events and Announcements to eleditor@sbcglobal.net or mail to P.O. Box 11250 Lubbock, TX 79408 For Advertising Call 806-763-3841

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Economic Outlook: Stimulus 2.0

President Barack Obama outlined a second stimulus spending initiative Tuesday, just a global half turn after Japan unveiled a spending plan worth \$81 billion.

For months, economic leaders have been strongly suggesting it is time for various countries to formulate plans to unwind programs used to prop up their economies in the past two years.

But those are economists who do not face voters to keep their jobs. In Japan and the United States, recoveries that have been largely jobless are not quite enough for politicians who face those jobless on election days.

However, it is a very different political climate in the United States from the early days of the Obama administration, when a \$787 billion stimulus bill was signed into law with little hesitation. Republicans now can point to money spent and goals not realized and do so loudly, if they wish.

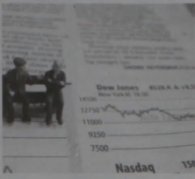
Speaking at the Brookings Institute Tuesday, Obama outlined programs that would likely result in two bills. The Wall Street Journal reported Wednesday.

The first bill, costing \$100 billion or more, would cover extended unemployment benefits, including food stamps and healthcare subsidies. The second, targeting a series of job initiatives, would cost about \$70 billion.

At this point, one expects a salvo from Republicans. As if Obama was pitching grapefruit, with unemployment at 10 percent, "Obamanomics has failed and failed miserably," Rep. Jeb Hensarling, R-Texas, said.

But some Democrats worried about too much spending have

also revealed a rebellious streak



lately. Sen. Kent Conrad, D-N.D., has led a baker's dozen from his party who have vowed to vote no on raising the statutory debt limit, a vote expected soon. This may represent a core group of Democrats who have seen enough spending for a while.

Some of the initiatives Obama proposed sound new, while most sound like Act II of February's spending bill. The New York Times reported.

Obama proposed eliminating capital gains taxes for investment in small businesses and a controversial tax rebate for hiring - a tax many think could be quickly abused. He proposed a federal rebate for those who spend money on weatherization, a program dubbed "cash for caulkers."

To spur lending for small businesses, Obama proposed elimination of fees for Small Business Administration loans, where federal guarantees of loans would be increased. The U.S. Treasury's Troubled Asset Relief Program could also increase its focus on small businesses, he said.

In his pitch, Obama continued a recent theme, that the spending is painful, but necessary. "There has rarely been a less loved or more necessary emergency program than TARP," Obama said.

Good news about job losses, decreasing only 11,000 in November, brightened the U.S. economic outlook. It was about time. The destruction of jobs caused by the Great Recession may have peaked, given the declining trend, in unemployment. During this year's first quarter, monthly job losses reached 645,000; they subsequently decreased to 357,000 in the second quarter and to 188,000 in the third quarter.

The active intervention by the government has worked by avoiding a deeper fall, equivalent to a depression. The nonpartisan Congressional Budget

Office estimated that the Economic Recovery Act, approved in February, contributed between 1.2 and 3.2 percent to economic growth in the third quarter and generated between 600,000 and 1.2 million jobs.

However, a declining trend is no reason to be complacent, because in November more than 15 million persons remained unemployed. As President Barack Obama declared, "good trends don't pay the rent. We've got to actually grow jobs." To stimulate job creation, specific legislation is under consideration, by the House of Representatives and the White House.

Among the proposals under consideration are to use some of the funds paid back by the rescued banks, tax incentives for homeowners who make their homes more energy efficient and to restore the flow of credit and tax incentives for hiring by small businesses.

However, given the increased fiscal deficit, there are constraints to the amount of resources that can be dedicated to job creation.



Piden poner orden en el sistema migratorio de Estados Unidos

Luego de analizar durante el último año el complicado y vasto tema de la inmigración en Estados Unidos, un panel de 20 connotadas figuras entre las que destacan académicos, empresarios, exfuncionario públicos y abogados, determinó que los indocumentados deberían recibir un estado de protección temporal.

El reporte de ese análisis, elaborado por la Universidad de Denver, se dará a conocer hoy, y hace 25 recomendaciones al gobierno para avanzar en una reforma migratoria.

Titulado Arquitectura para la reforma migratoria: adecuando las piezas de política pública, el informe presenta recomendaciones enfocadas en la necesidad de reformar el sistema de inmigración, la seguridad nacional, las ventajas económicas y la unificación familiar.

"La política en materia de inmigración se debe poner a tierra en el interés propio, más allá de ego altruista", señala en el informe Margarite Salazar, panelista y presidenta de la empresa Valley-Wide Health Systems.

La meta en el cambio de una política migratoria, dice el estudio,

debe ayudar a cumplir las necesidades de los empleadores, crear una sociedad más dinámica, proteger los empleos de los ciudadanos estadounidenses, eliminar el abuso a trabajadores inmigrantes, reunificar a las familias, asistencia a refugiados, mantener la seguridad nacional, mejorar la seguridad en la frontera, proteger la calidad de vida en Estados Unidos, atraer lo mejor y más valioso para el país y reducir el tráfico humano. En los últimos 35 años la oleada migratoria ha traído notables cambios al país, que pasó en 1970 de 4.7% de su población que era nacidos en el extranjero, a 13.5% en 2005.

"Enfocarse en la mejoría económica proporciona un punto clave del impulso para el manejo de la inmigración y maximizar sus potenciales ventajas", apuntó Don Arment, otro de los panelistas y exsecretario de agricultura de Colorado.

El panel de analistas indica que la migración global debe ser reconocida como una oportunidad para capitalizar en el beneficio nacional, en vez de ignorar una realidad.

Otra de las recomendaciones

es que el Congreso establezca una reforma del sistema de inmigración de una manera amplia que apoye las metas de seguridad nacional y que responda a las condiciones económicas.

"Sin una efectiva colaboración entre todos los niveles de gobierno, creando y estableciendo una política exitosa de inmigración, es probable que continuemos con una meta muy difícil de alcanzar", apuntó el gobernador de Colorado, Bill Ritter, quien participó como orador en las sesiones de análisis que llevó a cabo el panel.

También se propone que el sistema de visas debe simplificarse en las ocho categorías existentes: visitante, estudiante, temporal, convertible, familiar, provisional, diplomática y de refugiado, y que la distinción de inmigrante/no-inmigrante sea eliminada.

Señala además que se debe poner un límite máximo en el número de visas y que la distribución sea administrada por una comisión independiente de inmigración que el Congreso debe crear.

Entre otras cosas, el re-

porte insiste en la necesidad de reforzar la seguridad en la frontera, que los empleadores sean reconocidos como aliados clave en este proceso migratorio y que el sistema E-Verify debe ser permanente y que cada empleado cuente con una tarjeta de identidad para verificar su elegibilidad para trabajar en el país.

En cuanto al inglés, se recomienda que el gobierno debe proporcionar clases del idioma y que no sea un requisito para que una persona reciba la residencia permanente o la ciudadanía.

El panel insiste en la creación de un programa llamado Provisional Legal Status o PLS, para proveer a los indocumentados una vez que los programas de verificación de empleo y de tarjetas de seguridad hayan sido implementados. Eventualmente ese primer paso podría llevarlos a obtener la residencia permanente.

"El panel ve razones de peso para traer a los inmigrantes ilegales a un estado legal", destacó Del Hock, director ejecutivo retirado de Public Service Company of Colorado,

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American Stories, From Mexican Roots

The first song on the new album excellence in reinventing musical traditions ignored or left for dead in their home country. It has gone to Mexico looking for maestros. And it has grown so young maestros of its own, like Hugo Arroyo, one of the best players anywhere of the jarana, a ukulele-like instrument from Veracruz.



bum "American Horizon" sends you right away to a place you've never been and might never want to leave: a tropical countryside under a full moon, where men come down from hills on horseback and women gather by a lagoon, full of include that a warm, dark evening will become, through music and dance, a night of light and heat. The song, "La Luna," is sung in Spanish by, of all people, Taj Mahal, the African-American blues master. Though not a native speaker, he cradles the words in his gravel voice, and when he sings of the moonlight as "my sensual," and of this "baile celestial," this heavenly dance, he clearly knows what he's talking about, and so do you.

That's the strange beauty of "American Horizon," by a little-known Mexican-American folk-rooted group, Los Centonites, with guest appearances by Taj Mahal and David Hidalgo of Los Lobos. It both honors and updates traditional Mexican music, tapping deep roots as it flows into something completely new, and distinctly American.

What may be more remarkable is that Los Centonites — The Mockingbirds — is not the creation of some music label's cross-marketing department, but a tiny storefront nonprofit organization for young people in San Pablo, Calif., a heavily immigrant and Hispanic neighborhood outside Oakland.

There's a whole story, much too long to tell here, of what Los Centonites Mexican Arts Center has accomplished since it began 20 years ago. Its founder, Eugene Rodriguez, is a third-generation Mexican-American, a classical guitarist who wanted to create a haven for youths in a community scared by gang violence, graffiti and drugs.

It started out simply as a safe place where children could learn dance and music and do their homework. It's still that — a humble space in a noisy strip mall, with couches and stuffed chairs to flop into and small stages where students can drum and strum and sing. But the organization has steadily gained a reputation for

excellence in reinventing musical traditions ignored or left for dead in their home country. It has gone to Mexico looking for maestros. And it has grown so young maestros of its own, like Hugo Arroyo, one of the best players anywhere of the jarana, a ukulele-like instrument from Veracruz. Lucia Rodriguez, a singer and expert in zapateado dancing. The group's touring band is still the barest pilot on the music scene. But it has attracted an array of friends and enthusiastic collaborators, who also include Los Tigres del Norte, the giants of norteño music, and Linda Ronstadt. In January, the group is performing in Glasgow with the Chieftains and Ry Cooder.

Ms. Ronstadt, who long ago left rock 'n' roll to explore her Mexican-American musical roots, lives in the Bay Area and has often dropped in at Los Centonites to sing. She said the organization gives young people the gift of an identity in an area bleak with poverty and rootlessness. "They know who they are when they come out of there," she said. "I play jarana." It's the one that's teaching those kids how to dance. "They're making modern music, but it's very securely rooted in tradition."

It is telling that the musicians who have befriended Los Centonites are known as innovative traditionalists. To Mr. Rodriguez, to freeze folklore is to kill it. That is clear on all the songs on this album. Mr. Hidalgo plays ukulele on "Tocolote," a traditional Mexican dance song. On "Sueños" ("Dreams") Ms. Rodriguez and Fabiola Trujillo trill like a duo-voop chorus, yet the bluesy song never loses its Mexican feel.

On "Voy Caminando" ("I Go Walking"), Taj Mahal plays bango, an instrument unknown to Mexican music, and the rhythm is supplied by shoe dancers, their stomping beat summoning old Spain or Appalachia. The song tells of a young migrant who leaves home, his parents, their little plot of land, to find his future on the other side of America.

It's a new song, and an old story — the perfect fit for a country that has been renewed by immigration, but also perplexed and sometimes frightened by it. Some have declared the surge in immigrant Spanish-speakers as the end of America as we know it. But as "American Horizon" shows, it's just another new beginning.

Chavela and the Magic Bubble By Monica Brown. Illustrated by Magaly Morales.



Chavela loves chomping chicle — chewing gum. And she loves blowing bubbles even more. One day, while out with her abuelita, she finds a mysterious kind of gum she's never seen before. She pops it in her mouth and blows a giant bubble that lifts her up into the air! It carries her on a journey more magical than any she could ever imagine.

Luscious, candy-colored paintings illustrate this fantastical story with an ecological twist. An afterword provides information on natural chewing gum, the rainforest, and sustainable biology, as well as music to a traditional Latin American folksong. **Abeuho vivia solo/ Grandpa Used to Live Alone**

By Amy Costales. Illustrated by Esperanza Gama. A loving homage to the abiding presence of a grandparent in a young girl's life.

Grandpa used to live alone in a quiet pink house. But when his granddaughter was born, everything changed: "Mamá and I moved in. Grandpa's house was still pink, but it was not so quiet anymore."

Grandpa used to live alone in a quiet pink house. But when his granddaughter was born, everything changed: "Mamá and I moved in. Grandpa's house was still pink, but it was not so quiet anymore."

And Grandpa's house and garden weren't as orderly either. Sometimes Grandpa had to pick his way through toys strewn across the floor. Other days he watched her pluck

rose buds and beans from his plants. And some days his brick patio was decorated with brightly colored chalk. While she was a little girl and her mother went to school late in the evening, Grandpa made rice pudding. She would play with the measuring cups and eat raisins while he prepared their bedtime snack and told her stories. Then he would carry her upstairs to her crib and tuck her in. He would rock in the chair by her crib until she went to sleep.

As the years pass, she grew and grew. Grandpa took down her crib and bought her a bed. He taught her how to make rice pudding and play catch. And while she was growing, Grandpa was growing older too. Until all too soon,

she was the one making the rice pudding and helping her



grandfather up the stairs to bed.

Amy Costales' heart-warming title, accompanied by Esperanza Gama's soothing illustrations, lovingly depicts the relationship between a child and a central figure in her life — her grandfather.

Fiesta Babies by Carmen Tafolla. Illustrated by Amy Corchova.

Fiesta Babies march on parade wearing coronas. Mamá has made.

Fiesta Babies dip right in — salsa out and salsa in!

A las órdenes de Almodóvar

Lluís Homar repite con el director en 'Los abrazos rotos'

Para interpretar su personaje en Los abrazos rotos, la nueva película de Pedro Almodóvar, Lluís Homar volvió a aprender a caminar, vestirse y valerse por sí mismo.

"Antes del rodaje, por cuatro meses, aprendí cómo interpretar mi papel de ciego", dijo el actor catalán a La Opinión durante una entrevista en el Hotel Four Seasons de Beverly Hills.

Luciendo una camisa rosada, acompañada de unos pantalones de mezellilla, el veterano actor de La mala educación contó que para aprender cómo viven los no videntes acudió a la Organización Nacional de Ciegos de España (ONCE), una de las mejores entidades de ese tipo en el mundo, que se ocupa de dar independencia a las personas con esa discapacidad.

En ese lugar, Homar aprendió cómo caminar, coser, vestirse y valerse por sí mismo como lo hacen las personas no videntes.

"Tuve la suerte de ser guiado por Marina, una de las instructoras de ONCE, que me enseñó por cuatro meses cómo subir y bajar escaleras, preparar mis desayunos, reconocer monedas", contó.

Para su papel de no vidente, Homar tomó como modelo a Javier del Hoyo, un ciego alumno de ONCE, quien le sirvió como modelo.

"Fijate como son las cosas", contó el actor de más de 30 cintas. "Curiosamente, Javier tuvo un accidente hace cinco

años y estuvo a punto de morir. Por fortuna se recuperó, pero quedé ciego.

Algo parecido a lo que me pasa a mí en la película". Homar comentó que hoy Javier es uno de sus grandes amigos, porque le enseñó cómo se disfruta la vida a través de lo esencial.

"Es decir, que Javier me enseñó las habilidades para actuar naturalmente como un ciego y el arte del disfrute de la vida", apuntó Homar.

En la película Homar hace el papel del director de cine Mateo Blanco que adopta el alter ego de Harry Caine cuando pierde la vista. Harry es un ciego de mediana edad que tiene gran éxito con las mujeres jóvenes y a Homar — hablando de bromas — le gustaría tener el mismo éxito del no vidente en la vida real.

"Soy una persona coqueta por naturaleza y hablando en nombre del género masculino que quiero aclararte que por suerte estoy felizmente enamorado de mi mujer — a todo

hombre le gusta triunfar y ganar el amor de una mujer mucho



más joven que él. Es algo que te hace sentir bien", expresó.

Dijo que Almodóvar lo escogió por segunda vez para un papel protagónico de una de sus películas porque hubo en La mala educación, un entendimiento maravilloso entre los dos.

"[Almodóvar] me decía que quería que volviéramos a trabajar juntos en otra cinta. Y bueno, en Los abrazos rotos hubo un papel para mí que no fue fácil de interpretar porque fue reencarnar a una figura como Mateo Blanco, quien como cineasta tenía que usar cosas de Almodóvar sin ser él..."

Y eso que de alguna manera mi actuación influyó en el respeto que [Almodóvar] podía tenerme a mí como actor y ser

humano, para seleccionarme como una buena apuesta para su

nueva cinta", aseguró el actor fundador del Teatro Lliure de Barcelona.

Sostuvo que le gusta trabajar en las cintas Almodóvar por el formato cronológico que por lo regular él presenta: saltan del presente al pasado y del pasado al presente.

"Pero fuera de eso, trabajar con [Almodóvar] es algo muy rico, muy pleno. Él es un director que sabe — como se dice — latín. Él es un genio. Una persona que conoce muy bien su oficio y para mí su dirección fue mi estandarte y yo puse todo de mi parte"

Y eso no lo hice yo sólo", concluyó. "Todos los actores que trabajan con él (tratamos de dar lo mejor de nosotros mismos".

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United States Ready for 2010 World Cup

One English tabloid dubbed Group C of the 2010 World Cup "The Beales." Hard to argue, really. You could just as easily say it is the best American group since... well, since the Beach Boys.

The implication, of course, is that it is an easy group, which is why another tabloid pointed out that the first letter of the four teams in the Group (Algeria, England, Slovenia and Yanks) they, that's what they called us, spells E-A-S-Y.

With all that respect to Algeria and Slovenia, and they do deserve it after Algeria knocked off Egypt and Slovenia won at Russia, England and the US will be heavily favored to move into the Round of 16, where one of them could face plodding, methodical, but very effective Germany.

It's about time the U.S. enters a World Cup with expectations, rather than hopes, of moving on to the knockout rounds. After their remarkable run to the Con-

federations Cup final last summer, there is no reason to believe the Americans are incapable of earning a point -- or maybe even (gasp!) three -- against England. They are, after all, quite familiar with the English players as several Americans, including goalkeeper Tim Howard, ply their trade in the English Premier League. And they did knock off Spain and played Brazil tough at the World Cup tuneup tournament.

Speaking of which, that Confederations Cup experience in South Africa surely will give the U.S. an edge over teams that weren't there.

U.S. coach Bob Bradley, his staff and players are familiar with the climate, altitude (5,000 feet) and stadiums in the Johannesburg-Pretoria area, where they will be based and where all three of their matches are scheduled.

The U.S. opens against England in Rustenburg on Jan. 12, plays Slovenia at Ellis Park in Johannesburg on Jan. 18, and

closer group play against Algeria on June 23 in Pretoria.

You could just hear the confidence in the U.S. players' voices as they discussed Friday's draw. They will sorely miss forward Charlie Davies, who is recovering from a horrific car accident, and there is no guarantee that AC Milan defender Oguchi Onyewu will be healed from a knee injury. But the Americans shrugged off the absences and truly sounded like players who belong in the World Cup, rather than kids playing dress-up.

"Clearly, the expectation level around the sports fans and soccer fans is that we've got a good chance to advance," Landon Donovan said. "For those of us who were there in 2006 (first-round exit), we've been waiting a long time for this opportunity. We still have to wait six months to get there, but this is everything to me."

"Anytime now that we don't advance, we're going to be disappointed. That's our expectation

level now, as a team, and that's good, that's healthy that we're to that point."

Absolutely, Landon. Healthy, indeed.

It's also a sign of the evolution of soccer in this country that the draw ceremony was not only televised live by ESPN2, but it was glamorized. Talking heads sat around a table dissecting the eight groups ad nauseam, the way they do the NCAA basketball teams during Selection Sunday for March Madness.

It was a true pleasure sitting there for two hours Friday, listening to Alexi Lalas, John Harkes, Efan Ekoku and Steve McManaman blather on about the Americans and the Group of Death (Brazil, Portugal, Ivory Coast and North Korea). It wasn't that long ago you couldn't find World Cup matches on TV, let alone the World Cup draw.

"I was ecstatic [with the draw]," Lalas said. "I think it's the best group the U.S. has drawn in a World Cup -- I have

for many, many years fought against this snobbery that exists about everything that happens over in the U.S. soccer-wise is second-rate and not good enough. Well, here's an opportunity for the U.S. and guys like Landon Donovan to prove they have to ability to compete and play well against what a lot of people perceive to be in England as a superior level of soccer."

Here, here. Nelson Mandela, the 91-year-old Nobel Peace Prize winner, addressed the draw audience via video screen Friday. He said that after much cynicism surround-

ing the South African bid, his

country was "ready" to host the world. "It's time," he said, to a rousing ovation.

The same can be said of the U.S. team. It's time. They're ready. Let's get this party started. Can't wait six more months.



Latinos no longer rare in college basketball

Traveling across South America, John Chaney heard plenty of claims. Most turned out to be untrue, the player most quiet as tall, fast or talented as advertised.

"They'd say almost anything to get a chance to come to the United States," the former Temple coach recalls.

One did live up to the billing: Pepe Sanchez, a dynamic point guard from Bahia Blanca, Argentina, who followed Chaney to Philadelphia, became an All-American and took the Owls within a game of the 1999 Final Four.

Little did this unlikely pairing know that they would help open college basketball's door to Latin America -- a door that soon could be kicked wide open.

"You just didn't see many kids from Latin America then," Chaney said. "There were a few around -- I think (N.C. State's Jim) Valvano had one -- but there just weren't many Latino kids around. Now, you see them popping up all over."

The globalization of basketball was sparked in large part by the 1992 U.S. Dream Team. It has led kids to take up the sport in

countries where soccer has ruled and basketball or even boxing were higher on the sports chain.

In the nearly two decades since Michael Jordan led the Americans to gold, many of those kids have grown up, honed their skills and headed to America to play college basketball.

Mayland star point guard Greivis Vasquez is from Venezuela, as is Gregory Echenique, Rutgers' second-leading scorer. Cal sophomore guard Jorge Gutierrez was born in Chihuahua, Mexico, and Dominican Republic native Edgar Sosa will be counted on heavily with all the injuries at Louisville.

Argentine Juan Fernandez, who Chaney helped recruit, is Temple's third-leading scorer and Brazilian Jonathan Tavares is third in scoring at BYU.

Kansas State seems to have a direct pipeline for Latino players.

Point guard Denis Clemente and center Luis Colon moved to the U.S. from Puerto Rico in high school and their coach, Frank Martin, was born in Cuba. The Wildcats have another Latino on the way, too: recently signed

forward/center Freddy Asprilla is Colombian.

Once an afterthought in the



recruiting wars, Latin America has become a hotbed of talent that can no longer be ignored.

"We're all looking for players who can help us win games," Martin said. "If there's somebody from Puerto Rico, Venezuela, maybe one day Cuba, who can help us win games and represent our universities the right way, we'd be fools not to take advantage and bring those guys to our universities."

It's been 20 years since Seton Hall, whose international players included Puerto Rican forward

Ramon Ramos, lost in overtime in the NCAA final to Michigan.

But the seeds of this Latin American infatuation started a few years later with the Dream Team.

The 1992 U.S. Olympic team, the first with NBA players,

captivated the world by dunking and dominating its way to gold in Barcelona. The players on that team were known, of course, but the Olympics turned them into larger-than-life figures, sparking the dreams of kids around the world who hoped they too could be like Bird, Magic and Michael.

"Everybody loved the Dream Team," said Colon, who was into kickboxing and wrestling before taking up basketball.

"When Michael Jordan and Larry Bird and all those players did that, we followed the NBA 100 percent in Puerto Rico."

Latin American professional leagues are now filled with talented players and teams. The national teams are no longer patsies for American and European teams; Argentina shocked the world by winning Olympic gold in 2004, the same year Puerto Rico knocked off a U.S. team filled with NBA players in the opening round. The Americans finished third.

Now the NBA is filled with Latino players, too, including San Antonio Spurs All-Star Manu Ginobili (Argentina), Miami Heat point guard Carlos Arroyo (Puerto Rico) and Phoenix guard Leandro Barbosa (Brazil) -- just to name a few.

"You see that they can do it, you believe anyone can do it," Cal's Gutierrez said.

The fraternality of Latino players in college basketball is still small, but it's tight-knit. The players

have a camaraderie from knowing they're on the ground floor of something that could become huge.

"It's a pride thing. I'm very proud of Latin American players making it to this level, even to the NBA," Colon said. "There's so many more Latin Americans here than there used to be. I feel really good that we have this opportunity and maybe the new generation will do good things."

The next wave should be coming soon.

Thousands of Latino players already fill high school rosters across the country and youth programs in Latin American countries are sure to get better as interest grows and better coaching is available.

One of the greatest untapped basketball resources is about to be blown open.

"There's a lot of young dudes in South America that you don't even know (about)," Kansas State's Clemente said. "They have a chance to go practice and come to NBA rookie camps, so you can tell they've got talent. I think they're going to keep coming." The door's already open.

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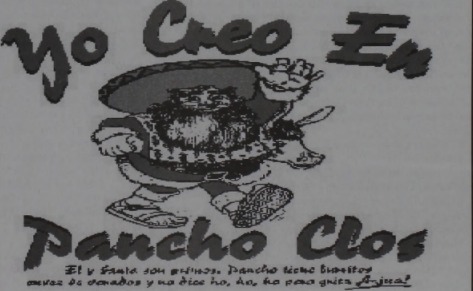
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AVISO DE LA SOLICITUD Y DECISION PRELIMINAR PARA EL PERMISO DEL SISTEMA DE ELIMINACION DE DESCARGAS DE CONTAMINANTES DE TEXAS (TPDES) PARA AGUAS RESIDUALES MUNICIPALES [NUEVO / MODIFICACION]

PERMISO (PROPUESTO) NO. WQ 0010353002

SOLICITUD Y DECISION PRELIMINAR. Ciudad de Lubbock, P.O. Box 2000, Lubbock, Texas 79457 ha solicitado a la Comisión de Calidad Ambiental del Estado de Texas (TCEQ) para una modificación importante a TPDES WQ0010353002. No. Permiso para autorizar la adición de un desague de aguas residuales domésticas tratadas a cumplir 077 (efluentes) en un volumen no superior a un flujo promedio anual de 14,500,000 de galones por día y cambiar el método de desinfección en todas las bocas de desague de la cloración a la luz ultravioleta. El permiso actual autoriza la descarga de efluentes en un volumen no superior a un flujo promedio anual de 9,000,000 de litros al día a través de desague 001; la eliminación de los efluentes en un volumen no superior a un flujo promedio anual de 14,500,000 de galones por día de desague a través de 002 riego de 5,900 hectáreas en el Lubbock aplicación a las tierras de la web (LLAS), la eliminación de los efluentes que no exceda de un flujo promedio anual de 12,000,000 de galones por día de 003 a través de desague de riego a las 3,400 hectáreas en el Hancock aplicación a las tierras de la web (HLA), la eliminación de los efluentes de desague a través de 004 contratos con Southwestern Public Service Co. para el suministro de agua de reutilización industrial (refrigeración de maquiillaje de agua) para la central eléctrica de Jones, y de desague a través de riego por 005 usuarios del agua regenerada menores de 30 años de la ciudad, Código Administrativo de Texas (TAC), Capítulo 210 de autorización. El volumen total de aguas residuales domésticas tratadas no podrá exceder de un flujo promedio anual de 31,500,000 de galones por día que se reporta como desague 006. La TCEQ recibió esta solicitud el 29 de agosto 2008.

La instalación está ubicada en el extremo oriental de la calle 38 Este, al sur de Fort Worth y puente de cruce del Denver Railroad North Fork Double Mountain Fork Brazos River, aproximadamente una milla al noreste de la intersección de la State Highway-Loop 289 y la Farm-to-Market Road 835 (Buffalo Springs Lake Road), en la parte sur este de la ciudad de Lubbock, en el Condado de Lubbock, Texas.

El LLAS se encuentra principalmente al este de la State Highway Loop 289. El límite oriental de la sede principal se extiende a lo largo de Farm-to-Market Road 835 y la intersección de Yellow House Canyon hasta su intersección con Trotter Road y al norte se extiende del este de la calle 19. El sitio principal tiene una frontera sur a lo largo del borde norte de la Yellow House Canyon y una frontera norte al sur y norte del este de calle 19. Además, hay tres no contiguas áreas de aplicación de efluentes se describe de la siguiente manera: 1) 15 hectáreas situadas 0.75 milla al norte de la Village of Ransom Canyon y el este del sitio principal, de 300 acres situada al este de Farm-to-Market Road 1729, 0.5 millas al sur del este de calle 19 y 0.5 milla al norte de la calle 50 y aproximadamente 150 hectáreas ubicado al norte de la planta de agua del sudeste de Recuperación (SEWRP) y al oeste del Loop 289. El LLAS se encuentra en el Condado de Lubbock, Texas.

El HLAS tiene un límite meridional aproximadamente 0.6 millas al norte de la intersección de la Farm-to-Market Road 400 y Farm-to-Market Road 211 (en la ciudad de Wilson), y está limitada por un arroyo del condado de aproximadamente 4.0 millas al norte; al este y al oeste del sitio de riego son delimitados por las carreteras del condado paralelo dos kilómetros de distancia en el Condado de Lynn. El HLA se encuentra en Condado de Lynn.

El efluente tratado se descarga de desague 001 a través del gasoducto se extiende aproximadamente 14 millas de un punto a dos kilómetros aguas abajo del Lake Ransom, donde Farm-to-Market Road 400 corta el North Fork Double Mountain Fork Brazos River, y de aquí a la North Fork Double Mountain Fork Brazos River, y de aquí a la Double Mountain Fork Brazos River en el Segmento No. 1241 de la Brazos River Basin. Los usos no clasificados de las aguas receptoras son limitados usos de la vida acuática para el North Fork Double Mountain Fork Brazos River.

El efluente tratado se descarga de desague 007 a través del gasoducto del North Fork Double Mountain Fork Brazos River, y de aquí a Buffalo Springs Lake; de allí a North Fork Double Mountain Fork Brazos River, y de aquí a la Double Mountain Fork Brazos River en el Segmento No. 1241 de la Brazos. Los usos no clasificados de las aguas receptoras son aquellos que reciben sus altas vida acuática utiliza tanto para el North Fork Double Mountain Fork Brazos River por encima de Buffalo Spring Lake y Buffalo Springs Lake. Los usos designados para el Segmento No. 1241 son altos usos de la vida acuática y la recreación de contacto.

De acuerdo con la 30 TAC §307.5 y los procedimientos de aplicación de TCEQ (Enero 2003) para el Agua de Texas de superficie norma de calidad, una revisión anti-degradación de las aguas receptoras se llevó a cabo. A la revisión anti-degradación nivel preliminar ha determinado que la calidad de los usos de agua existentes no se verán perjudicadas por esta acción permitida. Un examen de nivel 2 anti-degradación preliminar ha determinado que mediante la adición de los requisitos de autorización para el fósforo total de 1.0 mg / l con 007 emisario del permiso, sin una degradación significativa de las aguas, con carácter excepcional, sea o intermedia uso de la vida acuática que se espera. Los usos receptoras serán mantenidos y protegidos. La determinación preliminar puede ser reexaminada y puede ser modificada si se recibe nueva información.

El Director Ejecutivo de la TCEQ ha completado la revisión técnica de la solicitud y ha preparado un borrador del permiso. El borrador del permiso, si es aprobado, establecerá las condiciones bajo las cuales la instalación debe operar. El Director Ejecutivo ha tomado una decisión preliminar que si este permiso es emitido, cumple con todos los requisitos normativos y legales. La solicitud del permiso, la decisión preliminar del Director Ejecutivo y el borrador del permiso están disponibles para leer y copiar en Biblioteca de Wilson, 1306 9th Street, Lubbock, Texas, y al Ayuntamiento, Green Building, 1601 10th Street, Wilson, Texas

COMENTARIO PUBLICO / REUNION PUBLICA. Usted puede presentar comentarios públicos o pedir una reunión pública sobre esta solicitud. El propósito de una reunión pública es dar la oportunidad de presentar comentarios o hacer preguntas acerca de la solicitud. La TCEQ realiza una reunión pública si el Director Ejecutivo determina que hay un grado de interés público suficiente en la solicitud o si un legislador local lo pide. Una reunión pública no es una audiencia administrativa de lo contencioso.

OPORTUNIDAD DE UNA AUDIENCIA ADMINISTRATIVA DE LO CONTENCIOSO. Después del plazo para presentar comentarios públicos, el Director Ejecutivo considerará todos los comentarios apropiados y preparará una respuesta a todo los comentarios públicos esenciales, pertinentes, o significativos. A menos que la solicitud haya sido referida directamente a una audiencia administrativa de lo contencioso, la respuesta a los comentarios y la decisión del Director Ejecutivo sobre la solicitud serán enviados por correo a todos los que presentaron un comentario público y a las personas que están en la lista para recibir avisos sobre esta solicitud. Si se reciben comentarios, el aviso también proveerá instrucciones para pedir una reconsideración de la decisión del Director Ejecutivo y para pedir una audiencia administrativa de lo contencioso. Una audiencia administrativa de lo contencioso es un procedimiento legal similar a un procedimiento legal civil en un tribunal de distrito del estado.

PARA PEDIR UNA AUDIENCIA ADMINISTRATIVA DE LO CONTENCIOSO, USTED DEBE INCLUIR EN SU PEDIDO LOS SIGUIENTES DATOS: su nombre; dirección; teléfono; nombre del solicitante y número del permiso; la ubicación y la distancia de su propiedad/actividad con respecto a la instalación; una descripción específica de la forma cómo usted está afectado adversamente por el sitio de una manera no común al público en general; y la declaración "[Yo/ nosotros] solicito/solicitamos una audiencia administrativa de lo contencioso". Si presenta por parte de un grupo o asociación el pedido para una audiencia administrativa de lo contencioso, debe identificar el nombre y la dirección de una persona que representa al grupo para recibir correspondencia en el futuro; debe identificar un miembro del grupo que será afectado adversamente por la planta o la actividad propuesta; debe proveer la información ya indicada anteriormente con respecto a la ubicación del miembro afectado y la distancia de la planta o actividad propuesta; debe explicar como y por qué el miembro será afectado y como los intereses que el grupo desea proteger son pertinentes al propósito del grupo.

Después del cierre de los períodos para los pedidos y comentarios, el Director Ejecutivo enviará la solicitud y los pedidos para reconsideración a por una audiencia administrativa de lo contencioso a los Comisionados de la TCEQ para su consideración en una reunión programada de la Comisión.

La Comisión otorgará solamente una audiencia administrativa de lo contencioso sobre los hechos reales disputados del caso que son pertinentes y esenciales para la decisión de la Comisión sobre la solicitud. Además, la Comisión sólo otorgará una audiencia administrativa de lo contencioso sobre los asuntos que fueron presentados antes del plazo de vencimiento y que no fueron retirados posteriormente.

ACCIÓN DEL DIRECTOR EJECUTIVO. El Director Ejecutivo puede emitir una aprobación final de la solicitud a menos que exista un pedido antes del plazo de vencimiento de una audiencia administrativa de lo contencioso o se ha presentado un pedido de reconsideración. Si un pedido ha llegado antes del plazo de vencimiento de la audiencia o el pedido de reconsideración ha sido presentado, el Director Ejecutivo no emitirá una aprobación final sobre el permiso y enviará la solicitud y el pedido a los Comisionados de la TCEQ para consideración en una reunión programada de la Comisión.

LISTA DE CORREO. Si somete comentarios públicos, un pedido para una audiencia administrativa de lo contencioso o una reconsideración de la decisión del Director Ejecutivo, la Oficina del Secretario Principal enviará por correo los avisos públicos en relación con la solicitud. Además, puede pedir que la TCEQ ponga su nombre en una o mas de las listas correo siguientes (1) la lista de correo permanente para recibir los avisos de el solicitante indicado por nombre y número del permiso específico y/o (2) la lista de correo de todas las solicitudes en un condado específico. Si desea que se agregue su nombre en una de las listas designe cual lista(s) y envíe por correo su pedido a la Oficina del Secretario Principal de la TCEQ.

Todos los comentarios escritos del público y los pedidos una reunión deben ser presentados durante los 30 días después de la publicación del aviso a la Oficina del Secretario Principal, MC 105, TCEQ, P.O. Box 13087, Austin, TX 78711-3087 or por el internet a www.tceq.state.tx.us/about/comments.html.

CONTACTOS E INFORMACIÓN DE LA TCEQ. Si necesita más información en Español sobre esta solicitud para un permiso o el proceso del permiso, por favor llame a la oficina de Asistencia al Público de la TCEQ, sin cargo, al 1-800-687-4040. La información general sobre la TCEQ puede ser encontrada en nuestro sitio de la red: www.tceq.state.tx.us.

También se puede obtener información adicional del Ciudad de Lubbock a la dirección indicada arriba o llamando a Craig Henderson al 806-775-3223.

Fecha de emisión: 29 de octubre 2009

Aliméntate bien en la tercera edad

Una buena alimentación aporta los nutrientes necesarios para aumentar la agudeza visual y los niveles de energía, fortalecer el sistema inmunológico, resistir enfermedades y recuperarse con mayor rapidez. Conforme se envejece, la relación con la comida cambia junto con el cuerpo: si se joven, los alimentos chatarra no lecajan ni coquillas, en la vejez puede causar estragos. Comer bien en la tercera edad es la clave para mantenerse con una mente aguda, un balance emocional, un sistema inmune fuerte, una actitud positiva y mucha energía. Obstáculos en la dieta Existen obstáculos que evitarían que lleves una dieta adecuada. Estos obstáculos surgen



Consulta a tu doctor para saber si esto se debe a algún medicamento; y de ser así, analizar si se puede cambiar de dosis o de medicación.

Si no sientes hambre porque muchas cosas se saben insipidas, prueba estos ingredientes que le dan más sabor a las comidas y son nutritivos:

1. Aceite de oliva
2. Vinagres
3. Ajo
4. Cebolla
5. Especies, incluyendo



con la edad y son de diversos tipos: desde los físicos hasta los emocionales: los cambios en el estilo de vida son muchísimos, pues el adulto mayor, en caso de enviar, tiene que aprender a vivir solo, y acostumbrarse a ello es difícil. La soledad y la depresión, así como algunos medicamentos y malestares físicos, también afectan la dieta y el apetito.

El metabolismo disminuye su absorción efectiva de nutrientes después de los 40 años, además de generar menos saliva y ácidos estomacales. Cada año el metabolismo se vuelve un poco menos eficiente. Por ello tiene que comer alimentos más nutritivos para compensar esas nutrientes que no se absorben. Un multivitamínico también es una buena solución.

Los mejores alimentos que puede consumir son los que se comen de forma natural y enteros, como las frutas y verduras, los granos enteros, las nueces y las legumbres. También incluye lácteos ricos en calcio y carnes sanas y llenas de proteínas como el pollo, el pescado y el huevo.

Algunos otros recomendaciones que puede seguir para mantener una alimentación beneficiosa para su edad son las siguientes:

- Aumenta tu consumo de agua.
- Es importante obtener la cantidad recomendada de vitaminas y minerales necesarios.
- Incluye alimentos ricos en fibra para reducir el estreñimiento.
- Si consumes más calcio y vitamina D ayudará para tu salud y fortalecimiento de tus huesos.
- Reduce el azúcar.
- Consume menos sal para retener menos líquidos y evitar la presión alta.
- Mantén un colesterol bajo consumiendo pocas grasas.
- Debido a los cambios de estilo de vida y a un metabolismo más lento, toma en cuenta la calidad y la cantidad de los alimentos. Para controlar tu peso y mantener una salud óptima, enfócate en comer con eficiencia: escoge alimentos con un alto valor nutricional y no calórico.
- Perdiendo el apetito Todo lo anterior no tiene

canela, clavo, jengibre y cúrcuma.

Si no quieres aburrirte de comer lo mismo, también puedes probar cambiando algunos alimentos. Por ejemplo, consume pan integral, multigrano o de avena, en lugar de pan blanco. Incluso existen panaderías y tiendas de autenticos que producen panes con recetas de Europa o Asia: así puedes conseguir pan de frutas secas, de cebolla, de ajo, ciabatta, etc.

Comer bien a tu edad es más fácil de lo que crees: enfócate en los carbohidratos buenos, prefiere los productos hechos con granos enteros - arroz, pan integral, avena - en lugar de los hechos con harina refinada como el pan blanco.

Lo crudo tiene más fibra. Come por lo menos una porción diaria de sus frutas y verduras en forma cruda. Además de mantener su valor nutricional alto en fibras, vitaminas, minerales y enzimas, es una forma fácil de eliminar el estreñimiento y no requieren preparación.

La mejor forma de cocinar vegetales es al vapor: preserva más nutrientes. La segunda opción más saludable es sofríndolos. Hervirlos libera nutrientes al agua, pero puedes utilizarla para hacer caldo. Escoge proteínas magras: Aves, pescado, huevos, frijoles, nueces y tofu son todas fuentes de proteínas, por lo que es fácil variarlas. Prueba cocinando pollo o pavo sin piel o pescado hervido, asado, hervido o al vapor y gozardi de una comida con mucho sabor, sin grasa y baja en colesterol.

Mucho calcio: Todos los lácteos no son creados igual. La leche, el queso y el yogur retienen su contenido de calcio, a diferencia del queso crema, la crema y la mantecaquilla. Escoge productos bajos o libres de grasas. Si eres intolerante a la lactosa, consume productos bajos o libres de lactosa. O si lo prefieres, consume un suplemento alimenticio para seguir obteniendo los beneficios del calcio.

Escoge bien las grasas saludables como el aceite de oliva y de girasol, aguacates, nueces y semillas.

Pancho Los is Coming to Town!

He will land December 20 at the Maggie Trejo Super Center