





# Sugar Shane takes decision vs. Collazo

LAS VEGAS -- Shane Mosley didn't just take off a few pounds to fight Luis Collazo. It seemed as if he took a few years off the clock, too.

to 154 pounds. "I knew I was faster than him and could hit him with the quick jabs," Mosley said. "By the third round I knew I

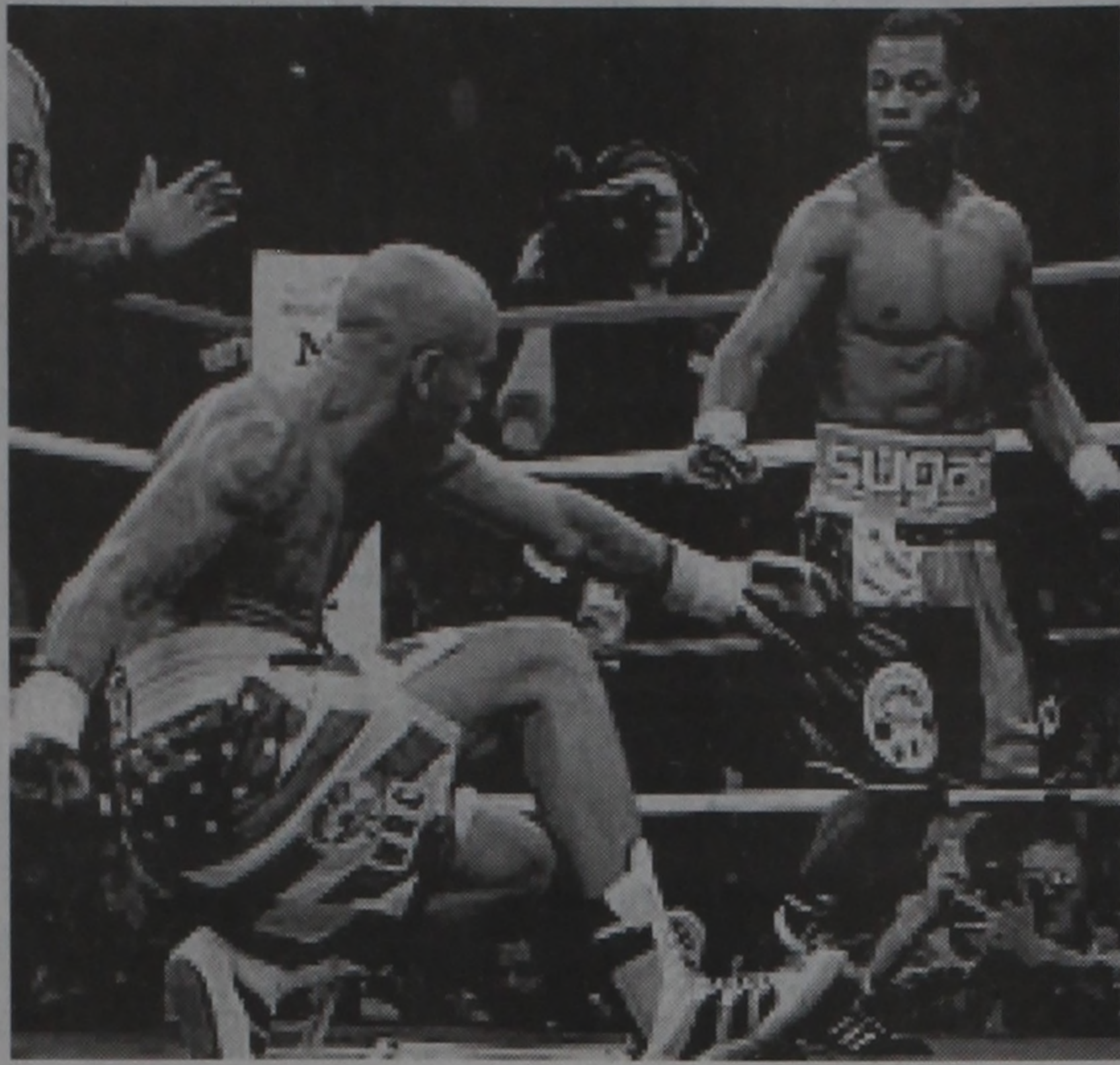
round, but Collazo got up at the count of four and the bell sounded to end the round. It was the only knockdown of the fight. Mosley picks up the only

trying for a final round knockout. Two judges had Mosley winning 118-109, while the third had it 119-108. The Associated Press had Mosley winning 117-110.

154 pounds. He predicted he would be quicker and he was, jumping inside Collazo's long reach to beat him to the punch with regularity.

with, in fact he's got less," Jack Mosley told his son after the second round. Collazo did have more, coming back to win a few rounds in the middle of the fight and landing a couple of big left hands to Mosley's head. But Mosley was simply too fast, too strong and too experienced for the Brooklyn fighter.

Looking a lot like the fighter he was when he ruled the light-weight division a decade ago, the 35-year-old Mosley dominated against a tough southpaw Saturday night on his way to a lopsided decision win.



Mosley knocked Collazo down in the 11th round of the welter-weight title eliminator, but it was his quickness that won the fight much the way he won most of his fights before moving up in weight

would be able to hit him with different shots." Mosley knocked Collazo down with a short right hand late in the 11th

the opening bell despite being relatively one-sided. Collazo was still fighting hard when the fight ended, as Mosley pursued him,

Collazo said he hurt his left hand in training and again in the third round, and wasn't able to use it effectively. "I wish I could have been more effective," he said. "But that was the best I could do." Mosley, coming off of two wins over Fernando Vargas that seemed to re-energize his career, was a 3-1 favorite against the heavily tattooed Collazo, who held a piece of the welterweight title before losing it last May to Ricky Hatton. Mosley moved down in weight to 147 pounds after spending much of the last five years fighting at

Mayweather was at ringside, and grudgingly gave Mosley some praise. "He's pretty good at what he does," Mayweather said. "I respect what he does." Collazo's strategy was to fight from the outside and use his right jab to keep Mosley away and pile up points. But Mosley was able to use feints to get his way inside early and often, and by the second round was smiling during exchanges with his far less experienced opponent. Mosley raised his right hand in triumph as the second round ended, confident the fight was already his. The confidence was shared in the corner by Jack Mosley, his father and trainer. "He's got nothing more than the guys you spared

Harris was even on two scorecards and behind on a third entering the final round of the fight, but won the round on all three judges' scorecards while Lazcano also had a point taken from him for low blows. After a slow first round, both fighters were active the rest of the fight, which was billed as an eliminator with the winner getting a shot at the WBC title. But there were no knockdowns and neither fighter ever appeared in any danger of going down. Harris, also from Brooklyn, was credited with landing 214 of 750 punches, while Lazcano, of Sacramento, landed 141 of 670.

## Modern Vegas no threat to pro sports

The NBA is taking its All-Star game to Las Vegas this week. I'd like to place the first wager. I'll put \$10,000 on the league surviving until next week.

not fixed. If games are fixed, why watch? I get all that. What I do not understand is why, in 2007, people think a pro team in Vegas is more susceptible to a gambling scandal

over after this weekend, but the NBA may be back in Las Vegas with a permanent franchise. (Steve Spatafore/NBAE / Getty Images) Think about that for a second.

bling websites and incredible money at stake for bookies, it is quite likely that games have been fixed in recent years and we just don't know about it. If anything, leagues need to take a more aggressive stance toward gambling.

They can start by showing that they know the world has changed. It is easy to paint Vegas as the big, bad threat to sports. But this is 2007, not 1977. Casinos are usually owned by major corporations, not mobsters. Las Vegas is not an outlaw desert town - it is a thriving metropolitan area with a thriving entertainment industry.

What? Nobody will take that



action? BlogJam ... The NBA All-Star game could be just the beginning for Sin City. It seems as if resistance to the idea of putting a pro franchise in Las Vegas is all but gone. But is putting the team in the gambling capital of the country a good idea? Here's your chance to voice your opinion.

than a pro team anywhere else. If an NBA star wants to gamble, all he needs is an Internet connection. Gambling websites are easily found - they are conveniently located in places like Costa Rica, away from U.S. authorities, but they are clearly aimed at Americans.

This means that if a player tries to fix a game in Las Vegas, he is more likely to get caught there than anywhere else in the country. Gambling on sports is a complicated issue. The libertarian in me thinks gambling should be legal everywhere, in principle. Is it really more harmful to society than drinking? I mean, when was the last time you saw somebody killed by a gambling driver?

If that NBA star wants a little danger mixed in, he can go to the local mob. But only a total idiot NBA star would walk into the sports book at the Mirage and wager on NBA games, let alone his own games. Yeah, I know, he can send his buddy to do that for him (if only the NBA star can somehow find a hanger-on to run his chores for him). But at least gambling in Vegas is regulated. That is more than you can say for most of the millions of dollars wagered on sports in America every year. When Arizona State players fixed four games in the 1993-94 season, they were eventually caught partly because Vegas casinos noticed a suspicious gambling pattern. The All-Star festivities will be

The pragmatist in me thinks that if you can't gamble everywhere, it might as well be illegal. The sports fan in me likes to monitor point spreads, but worries about a scandal affecting his games. The claustrophobe in me thinks there are way too many people in me. Like I said, it's a complicated issue. But the old thinking of "Vegas = gambling = avoid at all costs" is way, way too simple. Look, point-shaving and game-fixing are major threats to professional and college sports. With the proliferation of gam-

Also...Rosenberg: It's not a gamble Kahn: Don't bet against Vegas Just 15 years ago, the idea of a major sport taking its All-Star game to Sin City would have been absurd. Vegas meant sports gambling, and sports gambling meant Pete Rose, the Chicago Black Sox and CCNY. Well, it is time to change the thinking. Las Vegas deserves a pro sports team. Is there a risk? No more than putting a hockey team in Phoenix. I understand the concerns about a point-shaving scandal. That has always been every league's worst nightmare, and for good reason: it undermines the whole point of the enterprise. We watch the games under the assumption that the games are

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# Siesta en el trabajo reduce problemas cardíacos

Una nueva investigación señala que una pequeña siesta en el trabajo reduce los riesgos de problemas cardíacos graves, especialmente entre los hombres.

En lo que se considera el estudio más grande sobre los efectos saludables de la siesta, investigadores le siguieron la pista a adultos griegos que se hallaban en buen estado de salud, durante unos seis años como promedio. Aquellos que dormían la siesta por lo menos tres veces a la semana durante alrededor de media hora tenían un 37% menos de posibilidades de morir de ataques al corazón o de otros problemas cardíacos, que quienes no se echaban un sueñito.

La mayoría de los participantes estaban en la cincuentena, y la evidencia más fuerte fue en hombres que trabajaban, de acuerdo al estudio publicado el lunes en la revista especializada Archives of Internal Medicine.

Los investigadores dijeron que la siesta podría beneficiar el corazón al reducir el estrés, puesto que el trabajo es una fuente común de estrés.

Es posible que también las mujeres logran beneficios similares de la siesta, pero no muchas de ellas fallecieron durante el estudio como para estar seguros, informó el doctor Dimitrios Trichopoulos, quien encabezó la investigación y es un experto de la universidad de Harvard y de la Facultad de Medicina de Atenas, en Grecia.

Problemas cardíacos causaron la muerte de 48 mujeres que fueron estudiadas. De ellas, seis estaban empleadas. En el caso de los hombres, 85 murieron de afecciones cardíacas, incluidos 28 que trabajaban.

La siesta forma parte de muchas culturas, aunque no precisamente de la anglosajona. Se la asocia más con países latinos o de la zona del Mediterráneo. También esas regiones parecen tener mejores hábitos alimenticios, incluidos el consumo de frutas, vegetales, granos, aceite de oliva y vino. Los investigadores indicaron que eso contribuiría a tasas más bajas de afecciones coronarias en países de cultura latina, pero querían también saber si la siesta desempeñaba un papel.

"Mi consejo es, si usted puede (dormir la siesta), hágalo. Si usted tiene un sofá en su oficina, y puede descansar, hágalo", señaló Trichopoulos.

Aún así, es posible que los participantes en el estudio, personas sanas de entre 20 y 86 años de edad, al dormir la siesta demostraban "que tomaban un mejor cuidado de sí mismos", y eso también beneficiaría el corazón, dijo el doctor Marvin Wooten, especialista en problemas de sueño, en el hospital Columbia St. Mary's, en Milwaukee.

La persona "que no tiene tiempo para dormir la siesta" es probablemente alguien "que está bajo fuerte presión", y eso podría aumentar el peligro de un ataque al corazón, añadió.



# El mercado cae, pero crisis de la vivienda continúa

Ésa es la pregunta que muchos aspirantes a propietarios se hacen en estos días.

"Es erróneo pensar que el problema de la vivienda se está solucionando por el bajón en el mercado", señala Holly Schroeder, directora general de la Asociación de la Industria de la Edificación/Los Ángeles, Ventura.

Esta organización, junto con la Corporación para el Desarrollo Económico del Condado de Los Ángeles (LAEDC), hizo público a finales de enero un estudio según el cual sólo en los condados de Los Ángeles y Ventura hay unas 300 mil viviendas menos de las que se necesitan de acuerdo con su población.

Schroeder subraya que se trata de un problema mucho más serio que el de los vaivenes del mercado.

"Es el resultado de ignorar el problema de la vivienda al menos por los últimos 10 años", afirma el experto, que señala que esta política "de avestruz" se ha reforzado con la idea de que la falta de vivienda afecta sólo a los que van llegando a California y no a los demás.

"Sin embargo, el factor de más peso es el aumento interno y natural de la población y no sólo los nuevos inmigrantes, sino los hijos de los que residimos en el estado, los que no tendrán posibilidades de comprar casa si no se hace algo inmediatamente", asegura Schroeder.

El estudio estima que el crecimiento de población en California será de seis millones de personas en las dos décadas comprendidas entre 2000 y 2020.

En los últimos seis años en el condado de Los Ángeles se han construido 201,440 viviendas nuevas, frente a un incremento de población de 1.38 millones personas, lo se traduce en un promedio de una casa por cada siete residentes que la necesitan.

"Tal como vamos la situación sólo va a empeorar", vaticina Jack Kyser, economista en jefe de la LAEDC, quien destaca que este desequilibrio no sólo perjudica a la población, sino también a la economía de la región.

Sin embargo la esperanza no está del todo perdida, siempre y cuando se actúe rápido.

"Yo creo que Villaraigosa

está poniendo mucha energía e resolver o minimizar este problema", opina David Lizárraga, presidente de la Unión Comunitaria del Este de Los Angeles (TELACU).

Lizárraga razona que mientras algunos de los elementos de la "ecuación" del precio de la vivienda —tales como los costos de materiales de construcción y mano de obra— no son fáciles de reducir, en el valor de la tierra puede encontrarse cierta flexibilidad si existe apoyo político.

"Ahí es crucial que los responsables de los gobiernos locales y regionales faciliten la disponibilidad de terrenos no utilizados y su conversión en espacios para edificar, cuando de entrada no lo sean", dice Lizárraga.

Eric Garcetti, concejal del distrito 13 de Los Ángeles, señala que en este sentido la proposición H no ganó, pero tampoco perdió.

Garcetti se refiere a la proposición que establecía la emisión de 1,000 millones de dólares en bonos para invertir en vivienda y que, aunque consiguió casi un 63% de votos en las pasadas elecciones, no alcanzó el 66.6% necesario.

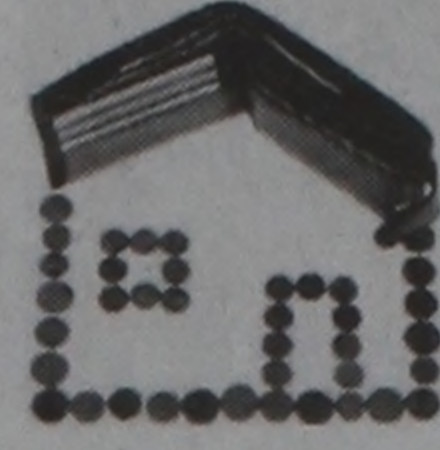
"Pero quedó claro que una gran mayoría de nuestros ciudadanos quiere que se dediquen más recursos a la vivienda, y espero que eso tenga efecto en el presupuesto de este año", dice el concejal.

Garcetti explica que el pasado fue un año récord en Los Ángeles en cuanto a construcción, con 15 mil viviendas nuevas, y señala que por lo que se está iniciando hasta ahora, este año podría continuar ese ritmo.

"Por ejemplo, el corredor Figueroa, próximo a la Universidad del Sur de California (USC), es una zona en la que hace dos años nadie quería construir y en la que se están haciendo ahora apartamentos y condominios", expresa Garcetti.

Sin embargo, además de la acción política hace falta también cierta concientización ciudadana. "La gente tiene que aceptar una mayor densidad", comenta Schroeder.

Según la Asociación de Gobiernos del Sur de California, gran parte del problema de LA falta de vivienda podría resolverse aumentando la densidad en torno a un 2%, lo que según muchos expertos no se traduciría en un panorama de rascacielos sino en más condominios, viviendas adosa-



# Anti-immigration Activists Clash With Pro-immigration Ralliers

Pro- and anti-immigration activists clashed in a rally in downtown Los Angeles on Saturday and no injuries were reported.

The clash occurred as hundreds of anti-immigration activists rallied to seek a presidential pardon for two U.S. Border Patrol agents convicted of shooting an alleged drug smuggler near the Texican border in Texas.

Police arrested two people. The ralliers marched along Hollywood Boulevard to demand that President George W. Bush pardon the two border agents who happen to be Hispanic. Jose Alonso Compean, 30, and Ignacio Ramos, 35, both of El Paso, Texas.

The pair were convicted of assault with a deadly weapon and other counts in the shooting of Osbaldo Aldrete-Davila, who was allegedly trying to smuggle 750 pounds of marijuana across the border in a van on Feb. 17, 2005, when he was spotted by the agents. As he ran back across the border, he was shot in the buttocks.

No weapon was found at the scene and Aldrete-Davila was not caught at the time. The government granted the suspected drug smuggler immunity to testify against the two agents.

Ramos is serving an 11-year sentence, while Compean was sentenced to 12 years in prison.

As the pro-pardon ralliers attempted to get out their message, pro-immigration activists tried to drown them out with drums and chants, calling the ralliers racists and pigs.

Police tried to keep the two groups apart, but couldn't stop some pushing and shoving.

It was not immediately known who was arrested and which side of the issue they were on, said Hollywood Police Officer James Jensen.

Organizers of the march said they took to the streets to raise "awareness that this is an issue that everyone should be behind."

"Today was not about illegal immigration, it was about justice for not only the officers but the families who came here to participate," said organizer David Hernandez.

"Because illegal immigration is such a volatile issue here in Los Angeles, this has become a real rallying point," he said, adding that "These are people that are really out there marching for fairness, justice and the rule of law."

# Study: napping might help heart

New research on napping provides the perfect excuse for office slackers, finding that a little midday snooze seems to reduce risks for fatal heart problems, especially among men.

In the largest study to date on the health effects of napping, researchers tracked 23,681 healthy Greek adults for an average of about six years. Those who napped at least three times weekly for about half an hour had a 37 percent lower risk of dying from heart attacks or other heart problems than those who did not nap.

Most participants were in their 50s, and the strongest evidence was in working men, according to the study, which appears in Monday's issue of Archives of Internal Medicine.

The researchers said naps might benefit the heart by reducing stress, and jobs are a common source of stress.

It's likely that women reap similar benefits from napping, but not enough of them died during the study to be sure, said Dr. Dimitrios Trichopoulos, the study's senior author and a researcher at Harvard University and the University of Athens Medical School.

Heart problems killed 48 women who were studied, six of them working women, compared with 85 men, including 28 working men.

A daytime siesta has long been part of many cultures, especially those in warmer climates. Mediterranean-style eating habits

featuring fruits, vegetables, beans and olive oil have been credited with contributing to relatively low rates of heart disease in those countries, but the researchers wanted to see if napping also plays a role.

"My advice is if you can (nap), do it. If you have a sofa in your office, if you can relax, do it," Trichopoulos said.

Exactly how stress is related to heart disease is uncertain. Some researchers think it might be directly involved, through unhealthy effects of stress hormones, or indirectly by causing people to exercise less, overeat or smoke.

The researchers in the latest study factored in diet, exercise, smoking and other habits that affect the heart but still found napping seemed to help.

Previous studies have had conflicting results. Some suggested napping might increase risk of death, but those mostly involved elderly people whose daytime sleepiness reflected poor health, Trichopoulos said.

His research team studied a broader range of people, ages 20 to 86, who were generally healthy when the study began.

Still, it's possible that study participants who napped "are just people who take better

care of themselves," which could also benefit the heart, said Dr. Marvin Wooten, a sleep specialist at Columbia St. Mary's Hospital in Milwaukee.

"The guy ... who doesn't take time out for a siesta in their culture is probably the guy who is extremely driven and under a lot of pressure," which could increase heart risks, he said.

Siestas aren't ingrained in U.S. culture, and napping usually is equated with laziness in the high-charging corporate world, said Bill Anthony, a Boston University psychologist and co-author of "The Art of Napping at Work."

Still, some offices allow on-the-job naps, and many workers say it makes them more, not less, productive.

Yarde Metals, a metals distributing firm, built a nap room at its Southington, Conn., headquarters as part of an employee wellness program. With two leather sofas, fluffy pillows, soft lighting and an alarm clock, it's the perfect place for a quick snooze, engineer Mark Ekenbarger said.

Ekenbarger, 56, has an enlarged heart artery and said he frequently takes half-hour naps on the advice of his doctor to reduce stress.

"It really does energize me for the rest of the day," Ekenbarger said.

"It would be really encouraging if employers across the country really embraced that philosophy that napping is a good thing."//

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