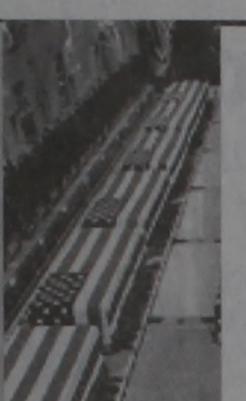
Casualties of War in Iraq 4,125 as of July 24, 2008



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Lubbock/West Texas Region

Our Gente's Dropout Dilemna

By Abel Cruz

virtually every household; happening to our youth. particularly a Hispanic housein life".

cludes the education of our children.

level; we ask politicians about their The problem crosses racial lines and afstance on education and list it as one of fects all segments of society; it is just our priorities. Local organizations like that it affects some segments more. school years are plagued by many (LULAC) and the Hispanic Associa- concentrate on in this report. tion of Women; to cite just two examples; award scholarships to deserving students year after year in an attempt motivate them to continue working to households in this city: attain their educational goals.

It would seem that at least the idealalso in some of the community organization's goals.

high, unacceptable high school drop out rate in our communities?

to explore this week and in the coming dropped out; their behavior begins to

to identify some of the reasons this is not been in school for several days. And

do have some of the highest drop out statistic is added to the list. On the national political and social rates locally; statewide and nationally.

The Statistic; How it Might Happen Here's a generic example which to make a difference in their lives and seems to play out quite often in many in general.

That is a question that we will begin hang out with friends who perhaps have ends meet.

The problem will be seen through the They are floored; left wondering just the time: "we have to educate our kids some professionals; some educators their son or daughter to find out why; ual that the only comparison I can make we only did even a few things it would to give them an opportunity to succeed and some parents; and perhaps some but they either get silence or alienation. is to a human fingerprint". students themselves. But this is not just Eventually they give up; they get back For the most part; all parents believe a Hispanic issue or an African American to work and raising the younger sibthat the key to a successful future in- issue; although these two ethnic groups lings; and another high school drop out

Or this scenario:

The youngster has not been very successful in school; their junior high the League of Latin American Citizens These are the segments that we will absences; by truancy; by getting in trouble; fighting; failing grades etc. This one is easy to see coming; one day they just drop out of high school; that is the first step to dropping out of life

Now that may not be exactly how that happens; nevertheless it does hap-A young man or woman enters their pen; and often; kids at the age of 15, 16, ism is engrained in parent's minds; and high school years. They have done and 17 dropping out before graduating. rather well in junior high and have high Some come to their senses eventually expectations when they enter into high and get their GED; the equivalency of Why then do we still have such a school. They are moving right along a high school diploma. But most, never until something happens. They begin do; and wind up having to work a dead to lose interest in school; they begin to end job; barely making enough to make

College is out of the question; profesweeks in an effort to try and shed some change. Until one day; school person- sional jobs are out of reach; a vocation light on the problem and hopefully try nel call and say that the youngster has might be possible with the help of a GED; but those situations are the exception and not the norm.

> Lubbock educator and professional counselor Elizabeth Carol Morgan has a unique perspective on the issue. For the past 30 years she has worked with "kids, parents, and teachers as a counselor, writer, and researcher.

Morgan tell El Editor that "the rea-

The implication is that the reasons are as unique as one's "human fingerprint"; parent or parents do? that is an indication as to how complex

the last one to know is the parent(s). eventual total severance of ties with an terventions that will lead to a solution institution are many and complex...and are virtually non-existent....but just wait being a 1st generation American. Next, be better than doing nothing..."

But what are those things; what can a

"We have to come to the realization



this issue is.

causes for dropping out. For example; gan. "As a matter of fact, that are cer- the time someone recognizes the probsome are teen pregnancy; economic or tain factors in place even BEFORE lem, the problem is out of hand and

financial reasons; social reasons; and the child's birth that dictate that child's hard to solve-it is sort of like diagnossometimes just plain feelings "of not educational success or failure, gradu- ing cancer, early detection means you belonging" on the part of the drop out. ation or dropout, college attendee, or can "cure" the problem earlier." Says Morgan: "The possibilities for GED....you have heard of these before:

But there are also similarities in the tabula rosa (or clean slate) says Mor-

sons for educational 'disconnect and finding one or a minimal number of in- #1 of course is poverty, #2 of course is language, being a recent immigrant or hold; we hear the following all eyes of several community members; what has happened. They try to talk to based on factors so diverse and individ- a minute before you give up hope-if is the education, age, and life experience of the parents; that is why teenage pregnancy is such a devastating eventit not only limits the life possibilities of the mother (and possibly the teenage father) but it begins the child's life at disadvantage with others who have more mature parents!"

Morgan continues: "Therefore, many children are, at the onset of life, born in a deficit area for educational success-therefore they must accumulate a NUMBER of positives to even catch up to more advantaged students. But there are many, many other factors that will affect the drop out rate--everybody wants to point blame--the direction of the blame depends on their personal situation. Parents blame the teachers, teachers blame the parents, business blames the system, principals blame the school district; the school district blames the US Dept of education, etc., ad nauseam..."

To be sure Morgan gives us a lot to process; and a parent who has experienced this before might very well add several other reasons too.

Morgan continues her assessment: "I think for many students the educational system fails them...EARLY ...in many that every child that is born is NOT a ways. Some students begin in a deficit learning situation at the onset AND by

(Continued on Page 2)

News Briefs

Minimum Wage to go up to \$6.55 per Hour

WASHINGTON - The U.S. Department of Labor reminds employers and employees that the federal minimum wage will increase to \$6.55 on Thursday, July 24. With this change, employees who are covered by the federal Fair Labor Standards Act (FLSA) will be entitled to pay at no less than \$6.55 per hour. This increase is the second of three provided by the enactment of the Fair Minimum Wage Act of 2007. A third minimum wage increase to \$7.25 an hour will become effective on July 24, 2009. Last year, on July 24, the minimum wage increased to \$5.85 an hour. This summer also marks the 70th anniversary of the FLSA, the federal law providing minimum wage, overtime and youth employment standards. This law established the Labor Department's Wage and Hour Division, authorizing it to enforce the provisions of the law, and to educate the public on the law's protections and requirements. Every employer of employees subject to the FLSA's minimum wage provisions must post, and keep posted in each of its establishments, a notice explaining the act. These notices must be posted in conspicuous places so as to permit employees to readily read them. Updated posters and other compliance assistance materials concerning the minimum wage increase are available free of charge from the Wage and Hour Division and may also be obtained from the agency's Web site at http://www.wagehour.dol.gov http://www.wagehour.dol.gov/>... Many states have minimum wage laws with provisions that differ from the federal law. When an employer is subject to both the federal and state wage laws, the employer must comply with the provisions of each law. Employers and employees seeking more compliance information on the increased minimum wage may call the Wage and Hour Division's toll-free helpline at 866-4US-WAGE (487-9243). Source: US Department of Labor

Jalapeno Recall in McAllen, Texas

HEB grocery stores throughout Texas this past week recalled one of the staples of many American diets; the good old Jalapeno pepper.

National media is reporting that a salmonella tainted jalapeno was found among some produce in an Agricola Zaragoza processing plant located in McAllen, TX. Salmonella is a bacteria which can "cause serious and sometimes fatal infections in young children; frail or elderly people". Healthy individuals can experience anything from fever to diarrhea.

The company is cooperating with the FDA and is trying to identify the retail locations where the jalapenos were sent. It was not clear whether any of the peppers were sent to any Lubbock stores or restaurants.

So; to be on the safe side; why not try a Serrano or habanero chili; at least until the whole jalapeno thing blows over? Email: eleditor@sbcglobal.net

Noose Laws Being Enacted by Some States

While some states have taken steps to outlaw the hanging of a noose in public a view a crime;

Texas is probably a long way from following suit. Most recently; New York and Connecticut have passed state laws making it a "crime punish-

able by imprisonment". The new laws came about after the Jena 6 incident in the mall town of Jena, Louisiana.

A couple of years ago, some white students at a local high school hung up a noose. As the story

goes; the noose was put up to send a message to black students that they were not welcome at the gathering place where mostly white students gathered. After black students saw it; they engaged some of the white students in a fight and the end result was the arrest of 6 of the black students. Eventually; all were let go; except for one

controversy goes on to this day. According to the Poynter Institute; "Since September of last year, the number of reported noose incidents nationally jumped to nearly 80, according to the Diversity Inc Noose Watch

Mychael Bell. In December he was sentenced to 18 months in prison on related charges. The

the first and only tracker of national reported noose sightings". In Louisiana, the recently-passed noose law says that "anybody hanging a noose or even a picture of a noose meant to intimidate somebody else could get slapped with a year in prison and a \$5,000 fine.

Other states including Florida, Maryland, Missouri and North Carolina are considering similar

As for Texas enacting such laws; don't bet any money on it. Email; acruztsc@aol.com

New Slate Of Officers Elected And Top Awards Given By National President Rosa Rosales At Lulac 79th Convention

National Latina leader re-elected as National President of the largest and oldest Hispanic organization in the country

League of United Latin American Citizens (LULAC) conducted its national elections the final day of the 2008 convention and LULAC National President Rosa Rosales from SanAntonio, Texas was unanimously re-elected to a third term.

The following members were elected to the LULAC Executive Committee by the National Assembly: Rosa Rosales, President; Jessica Martinez, National Youth President

Jaime P. Martinez, National Treasurer; Regla Gonzalez, National Vice President for Women;

Pivotal Latino vote is courted

Colorado, Florida, Nevada, New Iowa, New Hampshire and South Carolina. Mexico seen as critical

By John Marelius after years of unrealized potential in presidential elections, Latino voters are poised to be a fought Obama to a draw in large measure bedecisive force in 2008.

"Latinos will elect the next president of the Latino populations. United States," Arturo Vargas, executive director of the National Association of Latino Elected propelled McCain toward the Republican Officials Educational Fund, predicted during a nomination was the Florida primary, where he panel discussion at the just-concluded National received 54 percent of the Latino vote. Council of La Raza convention in San Diego.

that potential. Both have addressed three high- tor of immigration and national campaigns. profile Latino conferences in recent weeks.

Latino support in Arizona and his willingness cent to 29 percent. to take on a comprehensive overhaul of immimatory rhetoric on immigration.

"I know many of you are Democrats and likely to shift as the election draws closer. many of you would usually vote for the presi-I appreciate that."

to have won 75 percent of the Hispanic vote in the Latino vote in November. my last re-election."

vote Nov. 4, meaning the Latino vote will have if you were to have picked two nominees back nearly quadrupled since 1980 when fewer than in January that provided the Republican Party 2.5 million voted, according to various groups. the opportunity to make inroads, it would have

Latinos are heavily concentrated in states that Barack Obama for the Democrats. have been lightly contested in recent presidenand Texas.

This year figures to be different because of jority. the fast-growing Latino populations in what are - Colorado, Florida, Nevada and New Mexico. Dole received 22 percent in 1996. All were narrowly won by President Bush in 2004.

Murguia in an interview.

Obama, who like McCain supports sweep-Raza convention that Latinos could have deliv- candidates. ered New Mexico to Democratic nominee Sen. John Kerry in 2004 if they had voted in slightly higher numbers.

"Just remember back in 2004: 40,000 regisstate by fewer than 6,000 votes."

Latino voters this year were also given a first time in years was not all but wrapped up in He's more open-minded than Bush is."

"By moving up the primary elections, Lati-

nos had a chance to have an impact," said Var-Latino political leaders are confident that gas of the Latino elected officials association. He said Sen. Hillary Rodham Clinton nearly cause of her success in big states with large

Analysts note that the decisive victory that

"If it weren't for Latinos in Florida, we would The presidential nominees-in-waiting have Mitt Romney, who very misguidedly was - Democratic Sen. Barack Obama and Republi- trying to out-Tancredo Tom Tancredo," said can Sen. John McCain - are certainly mindful of Clarissa Martinez De Castro, La Raza's direc-

Regardless, McCain has a lot of ground to "The Latino community holds this election in make up for the November election. A Gallup its hands," Obama told the convention Sunday. poll of Latino voters nationwide released this McCain is counting on his history of solid month showed Obama leading McCain 59 per-

Republican political consultant Mike Magration policy to overcome Latino resistance to drid, who specializes in Latino outreach, said his party because of some Republicans' inflam- the early poll numbers reflect the partisan leanings of the Latino electorate and that they are

Madrid, a contributing editor to the bipartidential candidate of your party," the Arizona san LatinoReport.com, contended McCain is senator said at the conference Monday. "I know the strongest candidate the Republicans could I must work hard to win your votes, but you nominate to appeal to Latinos. He said there's have always given me a respectful hearing and also an opportunity for McCain in that Obama was not the first choice of many Latinos. Clin-He added, "My friends, you know me. One ton would have been a different story: Madrid of my proudest achievements as a politician is estimated she would have gotten 75 percent of

"There's no question that the Republican More than 9 million Latinos are projected to brand is a difficult obstacle to overcome, but But the effect has been mitigated because been John McCain for the Republicans and

The degree to which McCain can expand his tial elections - California, Illinois, New York support among Latino voters could be decisive, even though he likely won't get close to a ma-

Bush received 41 percent of the Latino vote likely to be four of the most competitive states in 2004; unsuccessful Republican nominee Bob

"I think there's no doubt that the Latino vote is going to go Democratic. The real question is "The swing states that could easily make how Democratic," said Harry Pachon, president the difference in this election are the states that of the Tomas Rivera Policy Institute at the Uni-Bush won by less than 5 percent and where versity of Southern California. "Obama cannot there are large populations of Hispanics," said be satisfied with just getting a majority. He's National Council of La Raza President Janet got to get a big majority because the incremental vote for McCain could make a difference.'

Many voters interviewed at the La Raza ing changes in immigration policy, told the La convention had positive feelings about both

Daniel Santillan, a community liaison for the Calexico Unified School District, said he plans to vote for Obama, but respects McCain.

"Of all the Democrats I have voted for, I'm tered Latinos in New Mexico didn't turn out," more excited about him than any of the others, the Illinois senator said. "Senator Kerry lost that even though he seems to be going toward the center," he said of Obama.

Of McCain, Santillan said: "I think he's a rare opportunity to have a significant voice in sincere person. I don't think he would be a third the presidential nomination process that for the term of Bush. He's not nearly as conservative.

Budgeting Process Proceeds at City Hall

Perhaps the most watched aspect of any operation is the budget process. It is no different for our city government as the process begins to unfold and take shape.

According to Mayor Tom Martin; he foresees the city will produce a very good budget considering the state and national economy: Martin told El Editor that he foresees no property tax increases; and that the bud-

geting is being done in a prudent way. He cites the example of budgeting with "no increase in sales tax revenue". Martin says that with all the economic uncertainty and the "uncertainty the effect of the high fuel prices will have on consumer spending" the city has decided to budget no increase in sales tax revenue. Martin says he is concerned that high fuel prices will have a negative impact on "shopping habits". He says that April economic indicators show that retail sales are holding up here in Lubbock; but thinks it is wiser to budget according to last years sales tax revenue; which comprises about 40-45% of the general funds revenue or about \$45 million dollars.

Martin says the city staff has done a good job with the process so far and that they realize that it is time to "tighten our belts; without cutting out any services and adding new employees".

When asked about the effects of higher fuel costs on this year's present budget; Martin says that although it has had an impact; smart moves like freezing hiring and not adding new employees; and cutting back in other department's spending patterns; has offset the higher fuel costs.

Martin was also quick to point out that he has seen many other city's budgets and points out that "Lubbock's is one of the best prepared budgets" and credits the city staff for "doing a real good job".

When asked about raises for employees and how he feels about lower paid employees getting raises before higher paid employees; Martin says: "I agree with that; the first thing is to take care of lower paid employees; that is one of the options that we are looking at". He says the majority on the council shares his views on the pay raise issue.

But Martin says the council will not be able to make any final decisions until the final numbers are in from the Lubbock Central Appraisal District. Martin says the final numbers are due by August 25th but it may be a few days after that.

District 3 Councilman Todd Klein also remains optimistic. "I am quite confident we will be in a position to balance the budget and hold the line on taxes during this time of economic uncertainty; which I believe is critical to homeowners on limited means and fixed budgets".

Klein goes on to tell El Editor that "we will are still not where I would like to be in terms of Citibus--this despite the hard work of the city staff and Citibus management".

Just last year, the council approved an increase in fares which brought about minimal opposition. Still Klein says a rate increase might be in order.

"We will be looking at options which will include a raise in the price of bus fares. The good news is that the progress made since the last budget makes it much easier for seniors to receive discounted pricing with the verification of a Medicare card".

Klein says that "If we focus on taking care of core functions and removing any and all waste and inefficiencies we can actually use this budget discipline to improve our city service delivery and still give lower paid employees a fuel stipend to help offset the rising price of gasoline, as well as work to create further progress in establishing a business model for Citibus which will allow it to become more self-sustaining. I will certainly continue to focus on improving the situation at Citibus so that riders have more bus shelters and better pricing through modernized fare plans which will actually offset the recent fare increases.

El Editor Now Celebrating 31 years of Publishing

Editorial

The Desire for Ethnic Unity is a False Hope

The past year and a half; or so it seems; some residents in the community have called others out for not supporting certain causes or certain elected officials based solely on a common ethnic ancestry.

Those days are gone and they are gone forever. The sooner we acknowledged that and move on the better off we will all be.

Up until the mid 80's and possible the late 80's in certain cases; ethnic ourselves and the commute into DC would in favor of the proposed location. unity was alive and well. It was in full display when some wise individuals in the community went up against city government and the LISD system to enjoin both to get with the program and go to single member districts.

Before then; ethnic unity was a part of life in this city. That is because as we please; life usually stays fairly bal-favor? there was no other choice. We were all in the same station in life for the most part. Back then we were all taking the blows dealt by those in power who were trying to preserve their dominant stranglehold on the rest of

Both Mexican Americans and African Americans in this city suffered discriminatory practices and institutional discrimination was just a part of life.

Consequently that was one thing that bound us together. We would relevancy. share each other's pain and we would for the most part all think in similar ways and try and heal the same wounds that discrimination leaves within our hearts and minds.

But that was then; this is now.

Now we have progressed to the point where we no longer are subjected as a group to these kinds of things. Although they still occur to a certain degree; some of us never experience some of the same things we did back friend's and supporters. then.

Just ask the younger generation. Look around you and see the integrated is not the end of the world. I acknowledge past week alone. Sometimes these are the marriages and relationships. Look around you and see how many people live in other parts of the city as opposed to the barrios or predominately the day for Councilwoman Linda DeLeon. minority neighborhoods.

us to act the same way; to think the same way and to vote the same way are hanging on to a false hope.

create a new model of unity. One; where we are united by a set of values and beliefs which will serve woman; when there was some concern

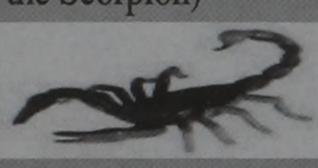
to contribute to the greater good. History is valuable in that it teaches us to not repeat the mistakes of the

past. It is also valuable as a tool to forge a new future based on unity of where. When former Councilman Victor

people in general; not one based on skin color or ethnicity. Editorials are strictly the opinion of El Editor's editorial board. The board that regulates environmental issues and air

is made up of Publisher Bidal Aguero; Business Manager Olga Aguero and editorial writer Abel Cruz. Opinions expressed in our editorials do not represent the views of our advertisers or anyone else associated with Fl Editor Newspaper or eleditor com

the Scorpion)



Back in the 70's and 80's "El Alacrán"; "the scorpion that stings with his tail" was a regular guest on the pages of this newspaper. Many years have passed, "El Alacrán" has now retired his poisonous pen; but now along comes his son...and as they say; "The

Pues este Alacran tuvo oportunidad de ir a visitar los del Consejo de la Ciudad esta semana. Pues nos dice que no nos van a subir las taxaciones pero no dicen que si no van a subir el gas, agua y sure. Pues este Alacran no es rico y vivo en una casuta aqui en el barrio Arnet Benson. No pago muchas taxas porque es casita pobresita pero es reducolo que nuestros representante no subieron los costos de la agua, gas y sure al igual nivel de que se los subieron a los ricachos haya por el las West. Que pasa con nuestros representantes. Se me hace que es como dice Ysidro. Handan muy ocupados yaya en frente de las camaras.

************* Los pitos del Barrio ya se van a callar un poco pero todavia sigue las habladas de quien fue el que empeso el proyecto de "Los Pitos"

No olviden que este Alacran handa por donde quiera, no se descuide, porque todo se escucha por la rendijas Hasta la Proxima!

Hign School Dropouts from page 1

"I think teachers are frustrated and don't have good POSITIVE training-they don't BOND with their students... you have to establish good rapport and build a bond with your students--it is like an emotional savings accountwhen it comes time to withdraw from that account, you have to had deposited SOMETHING first."

"I think we have all forgotten the philosophy of SALESMANSHIP--every person whatever they do, parent, student, teacher, counselor, principal, media, we are ALL salespersons....the easiest way to "turn kids off" is to have a parent, teacher, or principal insist--do it or else, my way or the highway, those confrontational methods DO NOT work anymore (actually they never

did...)" "Schools are TOO big for optimal learning results--especially high schools; 30 in a beginning, possibly remedial Algebra class is a recipe for failure. The average high school counselor is in charge of 650-700 students--most counselors work Saturdays and Sundays in the building--and they have too many "HATS" to wear! They are data entry clerks, the master schedule builder (bet you thought principals did that, nope...but the principals will tell YOU that they are in charge of this,), mental health professional, learning disabilities diagnosis, parenting specialist, high school graduation requirements expert, college requirements expert, at risk interventionist, NCAA representative, career counselor, employment referral specialist---and more" says Morgan.

So is it the parent's fault; the teacher's; the counselor's; the community; society in general; peer pressure; the presence or absence of religious institutions in their lives; or is it a combination of all of the above?

One of the most important things to recognize is the fact that kids spend almost half of their waking hours involved in school or school activities including studying or doing homework.

Consequently; schools have a big responsibility and an examination of the school system is in order; to see what role they play in the problem.

In the LISD school system; it is very difficult to obtain exact statistics on the drop out rate. This past year during the school election for school board member District 1; candidate Lala Chavez participated in a Q&A sponsored by El Editor. The question posed to both candidates involved the high school drop out rate. The eventual winner Mario Ybarra gave a standard politician's answer; not much substance. The opponent Chavez gave the following substantive answer:

"According to Paul Frazier of LISD, Hispanics make up 57.8%, almost 60% of all of the kids that drop out of school! 57.8% of all dropouts equal 454 Hispanic students between the 7th and 12th grade that have dropped out this school year! 454 minds, bodies and souls who have given up on LISD or who believe that LISD has given up on them. Just for comparison, the African-American drop out number, for both male and female combined is 145 students or 18.3% and the Anglo drop out number, for both male and female combined is 185 students or 23.5%. Those are definitely disturbing numbers; by any standard.

During the next few weeks; and ending right about the time we start a new school year in early September; we hope to explore this issue from every angle. We will hear from former prin- 240 cipal and educator Jessie Garza. Garza spent over 30 years with the LISD and has plenty of experience in working with at risk youth. We hope to talk to some other educators and get their take on why the problem persists and what parents can do to address it.

If any parent or student would like to contact us to share their story; please email us at acruztsc@aol.com or call us at 806-763-3841 and ask for Abel =

Email: acruztsc@aol.com Elizabeth Carol Morgan contributed On the Internet -www. eleditor.com

In the Heat of the Summer; Things Get Hot!

By Abel Cruz

In the heat of the summer back in Washington, DC; most politicians would disappear; heck they would disappear even in the with the people and end with the people. winter when Congress was in session.

Aaah; us locals would have the city to be a breeze. No hassles; no back up at the 14th street bridge; it was sweet!

In the heat of the summer in Lubbock;

Except for the past few weeks when lookdown for the councilwoman who seems hell bent on attaching herself to every popular cause out there in the hopes of salvaging her

One thing seems clear; it hasn't been easy being relegated to the minority side of the paired and when will she publish the results council; no pun intended; and standing on of that effort? the losing sidelines.

Allow me a few observations; at the risk of incurring her wrath and that of her

I also acknowledge the issues that residents That is why we have to acknowledge that those who still call for all of are concerned about. If I were faced with the young boys who then throw caution to the same thing in my neighborhood; perhaps I And the sooner we recognize that; the sooner we can move forward and freedom to peaceably assemble also.

> I would ask this though of the Councilout in the Guadalupe barrio about her new cement plan; she did not seem to want to explore the possibility of building it else-Hernandez wrote a letter to a state agency would build it anyway.

To be sure, her company; All American Concrete; is a private enterprise; but think about the unintended consequences mile from residences? Cement dust; cement trucks tearing down the roads around there; cement trucks dropping their left over cement for the rest of us to drive over.

I think of the health consequences and wonder how the councilwoman can take up the cause of an area she does not even disbanded. represent; while not having addressed some of the resident's concerns about a cement plant? How would she have felt if a councilmember from another district would have organized a protest meeting in her district? You cannot have it both ways.

city's economy. So will the kennel; why has she not acknowledged that point?

Next item; when Councilman Todd Klein tried to put up a marker at Aztlan Park to commemorate the antecedents of our Mexican American history; the Councilwoman went almost ballistic; as evidenced by the email she sent to other council members and this issue in an in-depth way on the front the former mayor telling Klein to stay out of her district's affairs!

Local pundits even speculated that she violated the Texas Open Meetings Act by doing so. So if it was taboo then, why is it Lubbock and the South Plains region. now ok for her to go into Councilman Floyd Price's district and hold a protest meeting? And don't tell me she did it as a private citizen. She gave that up the day she won her here's my suggestion; every city employee

And don't for one minute believe that Price was aware of the meeting and gave it his blessing. This past week I was told that he had no idea the meeting would take gets to keep their job. The largest raises go place; because Price told them so.

How's that for our elected officials com- lowest wages. municating with each other?

woman is grasping for straws. seems to be using at least two Catholic Churches for her crusades. Whatever hap-year. pened to separation of church and state?

Now I understand that some residents may be upset with the new kennel. But sad part is that some of them paid no attention year they will manage their budgets wisely until the councilwoman showed up to con- and make good common sense financial vince them otherwise.

The political process and the right to re- 2009-2010 budget.

dress and assemble peaceably is part of the constitution. But the process should begin How can an elected official so publicly take sides? What about her constituents who are

What about District 4 residents like me who will make my views known to my council representative Paul Beane? Who nothing much changes; we come and go represent the interests of those who are in

The poverty rate in District 1 is about 20%. That means that 20% of the residents ing up from our bowl of cereal or cup of cof- live below the federal poverty level. More fee; we see that the world has turned upside than likely they are forced to rely on federal programs and food banks just to get by. When will we see some outrage from the Councilwoman against that? What about her home improvement projects with Home Depot; how many homes have been re-

On another matter...

The issue of teen pregnancy has reached epidemic discussion; I had no less than 5 First; a new dog kennel in Clapp Park conversations regarding this topic in the that it is a legitimate concern and cause of issues that we all find hard to address; but it becomes necessary when we have so many cases of young teens getting pregnant by wind for a second time and abscond; that would exercise my freedom of speech and means run away like cowards or thieves in the night.

> Only to come back after the baby is born Ken Benedict, Lubbock claiming parental rights. And they do so because the hard labor associated with the birth is over; now they want to step in and repeat the same action all over again.

A disgusting display of self centeredness and selfishness!

Now that is a general observation and I quality; I believe; she was adamant that she am sure there are some young boys who have stepped up to the plate and tried to be accountable; but they are not the rule but rather the exception.

The question is; when will we as a comof building a cement plant less than half a munity wake up to the realities around us and begin to address the issue. Our former Mayor commissioned a task force to study STD's and I was hoping the teen pregnancy rate; they never finished their report. The former mayor is gone off to soothe his damaged ego; and I guess the task force has

> The council members in district 1 and 2; where the majority of these teen pregnancies occur do not even take the time to address these issues. The churches do not seem to want to engage; at least publicly.

The local Catholic Bishop seems far more Now she would be the first to point out interested in building a new church out in CITY SPONSORED meeting. that her business creates jobs and adds to the west Lubbock than speaking out about these issues publicly.

When; when do we as a community start to look at the consequences and do something about it? Not as a governmental body like the city council but as residents of a city whose family values are touted every election cycle and sometimes on a daily basis.

In a few weeks we will begin to explore pages of this newspaper. It won't be pleasant; but then neither are the consequences. And neither is what is happening to the

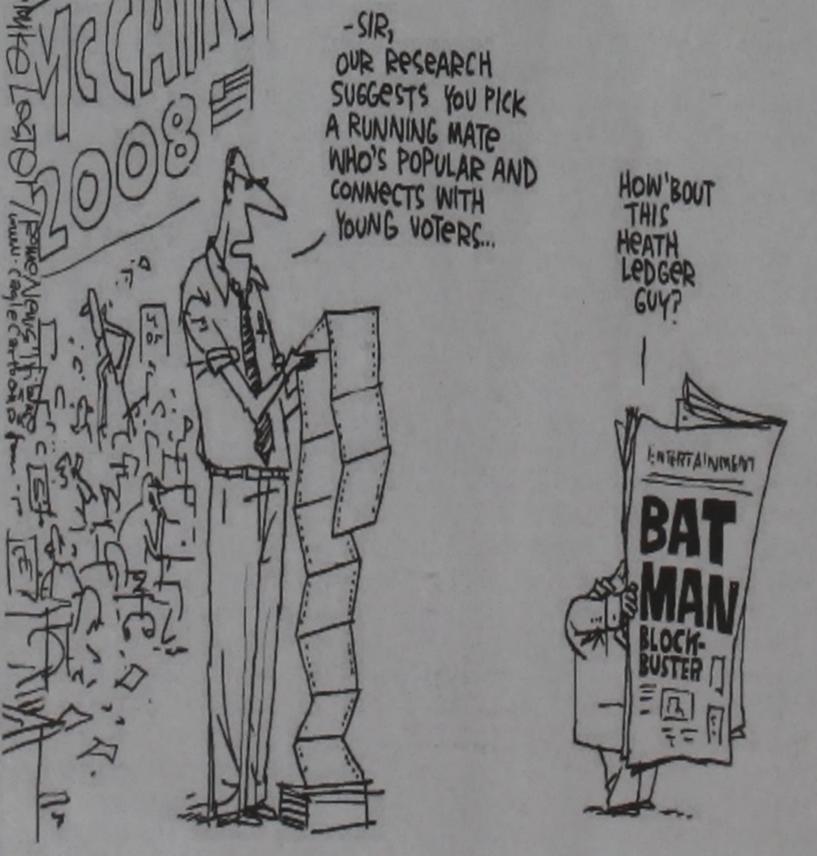
young teens in our communities; here in

One final word...

On the city budget and employee raises; making over \$65,000 but less than \$100,000 per year gets 2%. Every city and Citibus employee making less than \$65,000 gets 4%; and everyone making over \$100,000 to the folks on the front lines earning the

Otherwise if everyone gets an across the Either way one looks at it; the council- board 3% raise; that means that folks like City Manager Lee Ann Dumbauld get close Another disturbing aspect is that she to a \$7,500 raise while the poor bloke earning \$18,000 dollars a year gets \$540 per

> Let the highly paid employees share the pain this year; then perhaps this coming decisions; and get their just reward in the



"Freedom of Expression"
An Open Forum Where Readers
Express their Views and Opin-

La Llorona Lives in Lubbock

As a child, I heard the stories and was frightened by them.

A woman weeping and wailing endlessly throughout the night, a woman distraught to the point of suicide. I always thought the stories were the fantasies of a deranged mind. A story made up by women to keep their little ones in check, especially at bedtime.

But here we are seeing La Llorona (the crying woman) in living color. Seems she's been wandering about aimlessly, weeping incessantly since her beloved Mayor Miller left and that hideous Mayor Martin took office.

Wooooo, wooooo, wooooo. She's been seen gnashing her teeth, eyes rolling into the back of her head and moaning ever so loudly. She bemoans the renaming of a street, the placement of an animal shelter, the wasteful use of water and the color of her hair. Her agony draws people like flies to a dead carcass.

Onlookers are as mesmerized as those passing by an awful automobile accident. Her anguish draws others who think they might help with her turmoil. And she has at least two believers following her wails.

And yet, another believer seems to be WTOS, which by some miracle hasn't gone belly up. And in fact, it is a miracle that WTOS hopes for, prays for. Maybe, if they latch onto La Llorona the miracle of credibility and effectiveness will emerge from the smoke that someone's blowing...

"Help me" cries La Llorona. "Help me, help you" she says. La Llorona even goes further and says, "Help me, help you, so that in turn; you can help me." No one ever said La Llorona was stupid (just not genuine).

RMS, Lubbock

Where are our Representatives? - Continued The continuing wuestion that was asked a couple of weeks ago contin-

ues as our Representative this week voted not to raise ad veloreom taxes but yet voted to raise every poor person's bas, water and sewage fees. Where are our Representatives Four Day Work Week a Dead Issue

I read your article on Lubbock County going to a 4 day work week posted on July 17 2008. spoke with Commissioner (Bill) McCay on Wednesday July 16 2008 and he assured me the 4 day work week is a dead issue. In my opinion the commissioners want to go to a 4 day work week which will probably allow employees the same pay with fewer hours worked.

Lubbock County Commissioners Race

We are not hearing much from the candidates for the Precinct 3 County Commissioner position. Need I remind them that we are only 3 months away from early voting? Let's hear about the issues; let the debates begin! Let's get it on!

Santiago Jimenez, Lubbock

"Freedom of Expression" is a weekly feature of El Editor. We invite readers to submit their letters, commentaries and opinions for publication. All submissions will be subject to our editorial policies and practices; and may be edited due to space limitations. Ideas and opinions are strictly those of the writer. Submissions may be sent vie email to eleditor@sbcglobal.net

By: Ysidro Gutierrez

neath the pink tie to keep her pants from ers is what she fears the most. falling off and exposing her boxers. 7) Deleon and Christi Martinez were (I'm sure it wasn't briefs). It may be responsible for the Cesar E Chavez Dr that those "supporters" traumatized her JOKE. But was in Opposition for the at the Garden and Arts Center on 44th and University but stated that "Support- 8) A few days ago, a local TV news

Thus, Linda Deleon made history again. The non-invitation of "support- none of the work, but took center stage ers" is the first time in the history of the when the TV news crew showed up. City of Lubbock that its citizens were This is typical political theater. opposed would be heard.

the meeting on OFFICIAL CITY STA-TIONERY which was distributed to the greatest feat of grandstanding.

media; The notice read, the future location of the new animal shelter then you are invited to meet with Councilwoman Linda Deleon to voice your opposition to this proposal"

The July 21, 2008 meeting was the political theater. No one could have predicted that her "Cross-Dressing" scowl would be only the first of many antics that the people of Lubbock would have to endure.

The list of Linda Deleon Political Theater is long:

a protest against the men elected to

feigned outrage and when on a rampage after the City Staff identified, lines fro replacement or repair. It made for great theater.

3) Next came her claim that vacant personnel positions would destroy Lubbock if not filled. This is pure genius. needs a coalition on the Council to get The positions in question had been va- her agenda approved. She has done cant for a long time. Someone please nothing to endear her self to the other tell her the city survived!

coalitions.

where she stood defiantly against a sur- the last 2 years. prised developer who was looking to making. If someone had called her she pure political theater. Petition against her.

6) Another act was voting against the

Linda Deleon has made history again. planning and preparation proposal that A few weeks ago she became the first would ready the City for future beer, ever "Cross-Dresser" on City Council. wine and liquor package sales. The While dressed as a man she probably proposal would actually help voters had "supporters" neatly camouflage be- cast an informed vote. Informed vot-

because this week she called a meeting sake of Opposition of the renaming of Yucca Lane.

ers" were not welcomed. Only those team featured her as the Hero fighting opposed were supposed to attend the to get a kinder-gentler train whistle for two crossing in the Guadalupe Neighborhood. We know now that she did

patently told that their views or opin- 9) Her theatrics reached new heights ions were not welcome and only those when she proposed using "Gateway Funds" for repair and reconstruct 34th Linda Deleon published the notice of Street. She knows full well that it would require over \$50 million. This was her

10) Finally the "No Supporters Need "If you are opposed to Clapp Park as Apply Meeting" of July 21, 2008. This time she did manage to end the debate on the location of the Animal Shelter. Thanks to her, the new shelter will not be built unless it is built at the current location. After her "No Supports Wellatest of Linda Deleon's excursion into come Meeting" no one will want the facility in their neighborhood.

As for the other issues, Linda Deleon mixed with the permanently affixed says she plans to place them on the City Council Agenda, but it seems obvious that she lacks the votes on the Council to make a difference. For the last 2 years she and her puppet Floyd Price were members of the "Gang of 4". They had 1) The Cross Dressing episode - was the ability to get funding for projects to help Districts 1 and 2. But they did nothing good. During this time the "Gang of 2) She and her puppet Floyd Price 4" were responsible for one scandal after another and failure after failure. When Floyd Price ran for reelection he had no funded, and scheduled leaking water record to stand on. His entire campaign was based on vicious personal attacks against his opponent.

After 22 years as an elected official, Linda Deleon understands that she members. Except for her puppet Floyd 4) Then at a meeting of the City Coun- Price, she stands alone. She is in effect, cil she told Councilman Leonard to irrelevant. The price of for her antics "Shut-Up" because she was talking is being paid for by the people District and he had not been recognized. This 1 and District 2 and the people of Lubis a great way to make friends and build bock who want and deserve effective Government. Linda Deleon wants 5) Next came the neighborhood meet- more scandal and failure - this much is ing at the Maggie Trejo Super Center obvious. She must have really enjoyed

One must conclude that she is stirbuy property in the Arnett Benson area. ring up the media for herself which This was a crisis completely of her own ends at the end of the news cast. It's

would have ignored the issue. This is ring up the media for herself which why Maggie Trejo signed the RECALL ends at the end of the news cast. It's pure political theater.

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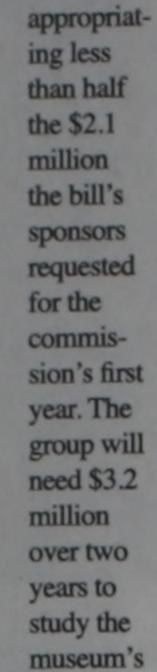
Publisher Bidal Aguero **Business Manager** Olga Riojas Aguero Contributing Columnist Abel Cruz

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Hispanics May Get a Museum Marking Contributions to Developing America

Hispanics colonized the New World, discovered Florida, fought for the United States in every

Lobbyists close to the project worry that the Senate is leaning



toward

major war, shaped cities like Miami and Los Angeles and have become a sought-after electorate. But no national museum exists

to tell their story exclusively.

Rep. Ileana Ros-Lehtinen, R-Miami, hopes that will change in a few years. She is the lead Republican sponsor of a bill recently passed by Congress that paves the way for the National Museum of the American Latino, the first of its kind. Rep. Xavier Becerra, D-Los Angeles, conceived the idea

five years ago. The bill creates a 23-member commission that would look into the logistics and practicality of creating such a museum. Backers hope it will be built as part of the National Mall in Washington, D.C., not far from a museum dedicated to American Indians and another, still under construction, dedicated to African-Americans.

"It's way overdue," said Ros-Lehtinen. "Hispanics have contributed to the well-being of this country in so many ways."

Those contributions stretch way back. As governor of Louisiana, Count Bernardo de Galvez obtained critical supplies for American revolutionaries and eventually reconquered Florida for Spain.

By her own account during the Civil War, Cuban-American Loreta Janeta Velazquez slipped into a male disguise and joined the Confederate Army.

Galvez and Velazquez are but two of the hundreds of Hispanics who have formed part of this country's history since its earliest days.

Ros-Lehtinen said she envisioned a museum that would include Hispanics' roles "in every facet of American life," including science, education, entertainment and politics. It would be a be a much larger venture than the Smithsonian's Latino Center, which acts as a research center and helps organize Latino-themed exhibits throughout the Smithsonian Institution.

There are no details yet on who will serve on the commission, which was authorized in May. Organizations such as the Hispanic Association of Colleges and Universities have written letters urging Senate Appropriations Committee members to fund the

sion's first group will construction costs

and come

up with a development plan.

Some observers wonder how a Latino museum would balance the history of immigrants, including those who are undocumented, with that of U.S.-born Latinos, particularly with a divisive immigration debate as a backdrop.

Others ask how the histories of multiple groups tucked into the "Latino" label, including those who are descendants of U.S. Hispanics from Texas to California born in the Spanish colonial era, will come together in one institution.

"We're trying to remove the color of politics from this and leave those decisions to the people who aren't politically partisan," Becerra said. "I'm pursuing this legislation as an American, not as a Latino."

Larry Calderon, vice president for community and government affairs at Nova Southeastern University, said he hoped the museum would buck stereotypes and raise provocative questions about being Hispanic. "I was raised to believe that Hispanics were Mexicans," said Calderon, who is Mexican-American.

But in South Florida, "You get Spanish-speaking, blue-eyed blond people who are perfectly Argentinian or Brazilian. The museum would have to include the whole thing. It would have to be a cross-section," he said.

Carol Damian, interim director at Florida International University's Frost Art Museum, wants a Latino history museum that includes artistic contributions and goes beyond cliched themes.

"Latinos need to take their place along with everyone else in the Mall," she said. "But I hope this isn't turned into a simplified story of immigration and identity."

Though a potential opening is years away, Becerra's brainchild has its detractors.

"We're segregating an entire culture," said Cuban-American F. Lennox Campbell, a Philadelphiabased freelance art critic who argues Latinos should be included more in mainstream museums.

"It's a noble thing to shed light on what Latinos have contributed to American history, but do it in the right place," he said. "Don't separate it in a museum just for

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U.S. Senate Candidate Noriega Calls for Wind, Solar Power in all Texas Homes

Democratic Senate candidate Rick Noriega called Tuesday for all Texas households to get their electricity by renewable energy resources, such as wind and solar power, by 2019.

Mr. Noriega insisted, however, that such a goal wouldn't entail shuttering the state's coal, nuclear and natural gasfired power plants, which account for the vast majority of Texas' electricity generation.

"Those plants are going to continue to be in use for a whole variety of other uses," Mr. Noriega said during a news conference outside Dallas City Hall. Such plants could be used for petroleum products, plastics and manufacturing needs, he said.

Mr. Noriega said Texas' energy security is incumbent on moving from nonrenewable energy sources -- particularly

fossil fuels from "unstable" foreign nations -- to American-generated renewable sources.

The U.S. must also increase fuel efficiency standards, invest in renewable energy development and improve the electricity distribution system -- goals that Mr. Noriega says his opponent, U.S. Sen. John Cornyn, hasn't prioritized or has actively fought against.

Mr. Noriega also said the U.S. must seek to stem high energy prices by requiring oil companies to maximize output on federal land leased for drilling and legalizing offshore oil drilling, a fairly uncommon position for a Democrat. President Bush has rescinded the offshore ban, but a congressional moratorium remains.

Mr. Noriega does not,



however, support drilling in the Arctic National Wildlife Refuge in Alaska, which is believed to contain significant oil deposits.

Mr. Cornyn's campaign dismissed Mr. Noriega's energy plan as unrealistic.

"The sad truth is Rick Noriega is against many mainstream solutions that will put America on the path to a comprehensive energy plan," Mr. Cornyn's campaign manager Rob Jesmer wrote in a statement.

Obama reafirma su compromiso con Israel

El aspirante presidencial Barack Obama apoyó el derecho de Israel a defenderse de los cohetes disparados desde Gaza en una visita ayer a un pueblo fronterizo, durante una breve gira por Tierra Santa en la que también prometió a los palestinos respaldar sus aspiraciones a tener un estado propio.

Obama intentaba claramente aquietar los temores en ambas partes acerca de cómo encarará su prolongado conflicto.

Muchos israelíes están preocupados de que Obama —senador de un solo término con poca experiencia en política exterior — pueda presionar a Israel demasiado enérgicamente en negociaciones con los palestinos. Las raíces musulmanas de su familia han contribuido a la inquietud, aunque Obama se crió como cristiano y es practicante.

Los palestinos dudan de que Obama o cualquier otro líder estadounidense modifique lo que consideran el prejuicio de Washington a favor de Israel.

"Estoy aquí en este viaje para reafirmar la relación especial entre Israel y Estados Unidos, mi compromiso por la seguridad de Israel y mi esperanza de poder servir como socio efectivo, sea como senador estadounidense o como presidente", dijo Obama durante una visita a la residencia oficial del presidente israelí Simon Peres.

A una media hora de distancia, en la ciudad de Ramala en Cisjordania, Obama aseguró a los líderes palestinos que se intervendrá pronto en el conflicto del Oriente Medio, dijo un alto funcionario palestino.

En su encuentro con el presidente palestino Mahmud Abbas, Obama confirmó que "será un socio constructivo en el proceso de paz" y que no "perderá un solo minuto" si es elegido, dijo Erekat.

Hablando a la prensa frente a una colección de cientos de cohetes sin estallar exhibidos en Sderot, cerca de Gaza, Obama dijo que "este terror es intolerable". Y después de afirmar su esperanza de que una tregua del 19 de junio detenga los ataques, agregó que Estados Unidos

"debe apoyar siempre el derecho de Israel a defenderse de quienes amenazan a

su pueblo". El candidato demócrata respaldó los esfuerzos de paz "con los palestinos que están

preparados a aceptar el estado de Israel" pero agregó que sería difícil negociar con Hamas, que rechaza a Israel y ha "usado el terrorismo como arma" contra el estado judío.

El alcalde de Sderot, Eli Moyal, entregó a Obama una casaca blanca con la leyenda "Yo (dibujo de un corazón) Sderot" con un cohete incrustado en el

agrega un nuevo Paquete de Mensajería de

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corazón.

Cuando se le preguntó sobre sus políticas sobre Irán, Obama dijo que debía evitarse un



Irán armado con armas nucleares. Añadió que considerará reunirse con cualquier líder mundial bajo condiciones que promuevan los intereses estadounidenses, a la vez que acusó al gobierno de George W. Bush de dejar de lado la democracia.

"No es de sorprender que no hayamos logrado muchos progresos", comentó.

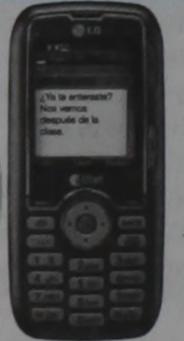
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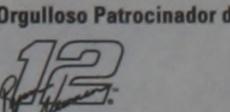
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Dallas Cowboys' only goal is Super Bowl

On a steamy early June day, Jason Witten stood inside the Stadium Club at Texas Stadium for an NFL promotion when it came to him.

It was his first trip to the Cowboys' home since their disheartening loss to the New York Giants in the playoffs in January.

"It just kind of hit me, like, 'Man, we let it slip away,' "Witten said.

This off-season, the Cowboys have dealt with the mental scars of not only losing to the Giants, a team they beat twice in the 2007 regular season, but also seeing them win Super Bowl XLII.

On Thursday, the Cowboys fly to Oxnard, Calif., for the opening of training camp. But their attempt to erase the end of last season actually began in March, when the off-season conditioning program began, and carried through the organized team activities to the mandatory minicamp that ended June 19 with a family cookout.

"The Giants were last year's champs," coach Wade Phillips said. "We're trying to be this year's champs."

The Cowboys carry with them the burden of expectations -- that's what happens when you go 13-3, send 13 players to the Pro Bowl and seemingly bolster the roster with moves in the off-season -and a motto: finish.

Finish practices. Finish plays. Finish games. Finish the season.

The Cowboys hope they finish in Raymond James Stadium in Tampa, Fla., for Super Bowl XLIII.

"There's definitely a sense of urgency to get this done," quarterback Tony Romo said. "If you don't have that after the kind of year we had last year, then you are in the wrong sport."

Owner and general manager Jerry Jones has done his part.

He made offensive coordinator Jason Garrett the highestpaid assistant coach in the NFL. He picked up linebacker Zach Thomas not only for Thomas' presence but also for his playmaking ability. He made a low-money but high-risk move in trading with Tennessee for cornerback Adam Jones. He re-signed five 2007 Pro Bowlers - left tackle Flozell Adams, cornerback Terence Newman, running back Marion Barber, safety Ken Hamlin and wide receiver Terrell Owens -- with signing bonuses totaling \$58.9 million.

"It's kind of bad, actually, because we haven't won that ring in a while and he's dished out this money," Newman said. "Now we've got a little bit of pressure to go out and make it to the Super Bowl and win it."

The Cowboys have not won a Super Bowl since beating Pittsburgh in Super Bowl XXX. They haven't won a playoff game since 1996. So should this team be talking Super Bowl or bust?

They say it's largely unavoidable and they're just answering the questions posed to them, but their thoughts are in line with what fans think, too.

"I don't think anybody's saying, 'I hope they make it to the playoffs," wide receiver Patrick Crayton said. "They're saying, 'I hope they make it to the Super Bowl.' It's a real good thing when the stakes are high like that. It's back to like when I was young, watching Michael [Irvin], Emmitt [Smith] and Troy [Aikman]. That's what it was, NFC championships and Super Bowls."

In Jerry Jones' first seven seasons as owner and general manager, the Cowboys won three Super Bowls with a team that largely grew together while adding valuable players such as Charles Haley, Ray Donaldson and Deion Sanders through trades and free agency.

The 2008 Cowboys have largely grown together while adding valuable players such as Leonard Davis, Hamlin, Owens, Adam Jones and Thomas through trades and free agency.

"Jerry as an owner is committed, but as a general manager, he's trying to get players," Phillips said. "That's what he's done. My job is to get the players to play well, and it's up to them to play well. Coaching is part of it, and certainly the players have a big part of it."

In 2004, Pittsburgh rolled through the regular season 15-1 but lost the AFC Championship Game to New England. A year later, the Steelers won Super Bowl XL. In 2005, Indianapolis was upset by Pittsburgh as the AFC's top seed but came back the following season to beat Chicago in Super Bowl XLI.

Philadelphia lost as the NFC's top seed in 2002 and '03 before getting to Super B o w 1XXXIX, though the Eagles lost to the Patriots.

The Cowboys, last season's top seed in the NFC, are hoping they can finish this time.

"There's no way we can go under the radar," linebacker Bradie James said. "With all the talent we have, all the high-profile players we've got, it's an all-star team. For me to say there won't be any Super Bowl talk, I'd be nae to say that. ... Now we've got to make that materialize.

"It's tough to talk about last year, but you've got to talk about last year. Last year we learned how to win. But we also learned it's not just about winning. It's about winning at the right time."

EEUU ante gran desafío NUEVA YORK (AP) .- Escuatro vientos una meta de 100 tados Unidos puede presumir

de las luminarias más rutilantes

-desde Michael Phelps hasta

Kobe Bryant -- pero su predo-

minio en el cuadro de medallas

de los Juegos Olímpicos corre

el gran desafío de China, que

venido recortando distancias,

y ahora aspira a aprovechar su

condición de local para situarse

por primera vez al frente de la

repartición de preseas cuando las

justas de Beijing concluyan el 24

"Con la ventaja de ser anfitrión

y los vastos recursos que ha des-

tinado para su equipo olímpico,

China tiene que ser considerado

las", afirmó Jim Scherr, director

ejecutivo del Comité Olímpico

"Y no se olviden de Rusia.

Tiene un equipo fuerte, proba-

blemente más fuerte de lo que

mucha gente piensa", añadió.

Hace cuatro años, en Atenas,

Estados Unidos superó 102-63 a

China en el total de medallas, y

entre Estados Unidos y China

fue más reñido en la columna

Otro barómetro fue la med-

torneos equivalentes realizados

en 1996, en los que China ganó

43 medallas de oro, la misma

cantidad que Estados Unidos.

La cautela en cuanto a

los pronósticos ha marcado

hasta ahora los análisis de los

hacer proyecciones ambicio-

sas que después no se pueden

cumplir, y que también pueden

tener el efecto contraproducente

de presionar más de la cuenta a

En vez de proclamar a los

sus atletas.

estadounidenses, cuidadosos de

ición de los resultados de los

campeonatos mundiales o

del oro 36-32.

Rusia obtuvo 92. Pero el margen

de Estados Unidos.

como el favorito para llevarse

la mayor cantidad de medal-

de agosto.

en las últimas ediciones ha

Los estadounidenses encaran

más peligro que nunca.

medallas, como se hizo previo a Atenas, Estados Unidos ahora

Coughlin.

Otro monopolio dorado podría darse en el atletismo, con fuertes principales figuras.

China, no obstante, aquí sí pone contrapeso. El año pasado se cor-



enfatiza en otros aspectos, y el prioritario es contar con un equipo que compita sin ningún tipo de escándalo de dopaje o que no deje mal la imagen del país con actos de mala conducta.

Como siempre, los pilares están en el atletismo y la natación. Hace cuatro años, esas dos disciplinas se combinaron para conseguir 53 medallas del acumulado final de 102.

Pero los chinos pueden darse gusto en clavados y levantamiento de pesas, además de los "deportes chicos", como badminton, tenis de mesa, etc.

Estados Unidos debe barrer en el "Cubo de Agua", la ultramoderna sede de la natación. Su figura estelar es Phelps, quien aspira a ganar ocho preseas doradas y superar el récord de siete que su compatriota Mark Spitz logró en Munich 1972.

Pero no sólo dependen de Phelps. Katie Hoff, participante en seis modalidades, podría ser su par entre las mujeres, sin obviar a Amanda Beard y Natalie

opciones en las pruebas de velocidad, los relevos y carreras con vallas. Un anticipo fue la actuación en el Mundial de Osaka el año pasado, cuando acapararon 26 medallas, 14 de ellas de color dorado.

Pero no todo está a pedir de boca.

Tyson Gay, quien en Osaka completó un doblete en los 100 y 200, sólo competirá en los 100 luego de sufrir una lesión muscular en los 200 durante el torneo clasificatorio.

Además, Gay ahora enfrenta en los 100 metros planos al jamaiquino Usain Bolt, quien en mayo fijó el nuevo récord mundial con 9"72/100 de segundos.

La mejor opción de China la tiene Liu Xiang, el campeón mundial de los 110 metros con vallas, pero el mes pasado el cubano Dayron Robles le arrebató el récord mundial.

Estados Unidos también es potencia en gimnasia, contando con Shawn Johnson, Nastia Liukin y Paul Hamm como

onaron campeones en la prueba por equipo del Mundial. Yang Wei, Xiao Qin y Chen Yibing ganaron pruebas individuales.

A nivel de las competencias por equipos, Estados Unidos confía llevarse ambos en el basquetbol masculino y femenino, en el futbol femenino y softbol.

Ninguna, sin embargo, se da por descontado.

Bryant, LeBron James y compañía tiene claro que ya no pueden fiarse del resto del mundo con oponentes como el vigente monarca olímpico Argentina y el campeón mundial España.

Ni las mujeres pueden darse como seguras, ya que este año sufrieron una derrota ante China en la final de un torneo de exhibición.

También Estados Unidos buscará repetir como campeona en el futbol femenino, pero Alemania y Brasil, finalistas del pasado mundial, se perfilan mejor.

"No somos los favoritos y creo que eso nos va a ayudar. Va a ser una bendición", consideró Scherr.

Newspaper

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the growing season.*

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* Note: Lawns require more water when first planted.

#1 in news information

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(4 Game Guarantee - World Series Qualifier

8th Annual Monster Oct 31- Nov 2 Mash Fast Pitch Tournament USSSA

\$350

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Miss Universe Proud to Represent Latin Women

The new Miss Universe, Venezuela's Dayana Mendoza, said in an interview

with Efe eager to world of Latin women ing com-

that she is show the the power durthe uping year of her

reign, for which she says she is totally ready. "I'm excited to begin my reign, I'm going around the world and I'm going to be able to show the whole world once again what

we Latin women are," the Venezuelan beauty said while raising her hands in a symbol of victory, a sign that once more a Latin girl has been judged the most beautiful.

On Jul 13, the 22-yearold beauty walked off with the crown, valued at more than \$120,000 and made especially for the winner in Vietnam, where the contest was held.

The beauty queen, 1.76 meters (5 feet 9 inches) tall with brown skin that accents her green eyes, said that she's still getting used to the idea that she really did take the prize at the pageant.

She also said that after being crowned she immediately called her parents, who were unable to accompany her on the trip, and heard all the rejoicing at their house celebrating her victory. She will, however, have to wait until September to rejoin her family, when she will travel for the first time back to her own country as Miss Universe.

She said that as soon as she is there she wants to eat the arepas - a kind of cornmeal bun - that she likes so much, as well as her mom's home-cooked meals that she already misses.

"Although I can get them in New York...I miss the fried plantains that my mom makes. I miss the pabellon too, Venezuela's most typical meal (rice, black beans, shredded beef and fried

plantains), but when my mom makes the meal, it's always a little different," she said.



"And the arepas, there's a place in Caracas where I love to go eat them," she said nostalgically, but immediately smiled upon reflecting that she would soon be there.

One commitment of the Miss Universe franchise has been to disseminate the message about AIDS prevention, which will also be one of the duties of Mendoza, who started her modeling career at 15.

"We're working to make people understand what AIDS (Autoimmune Deficiency Syndrome) means. That will be part of my work, as well as traveling the world and representing Latin women," she said.

She also expressed a desire to plead, from her position, for an end to the divisions that affect all nations, to which she attributes the widespread violence.

"What happens in one country affects the others and I believe we should realize we can't exchange our country or our planet. Therefore we have to do our bit for each and understand that violence is not the solution to any problem," she said.

"Violence," she added, "is only the solution for those who are just wrong."

With regard to the Miss Universe pageant, she said that some countries, because of their religion, are opposed to these beauty contests, and immediately underscored the triumph of Latin girls in these competitions.

"Latin women have taken on the whole world. I'm here to keep riding that horse," Mendoza said.

Mendoza preferred not to say whether she has undergone cosmetic surgery because "that's like asking a woman her age" and said that it was an entirely personal decision.

Los premios ALMA reconoce talento hispano

Los Angeles (EE.UU.), 21 de Julio (EFE).- La décima edición de los premios ALMA (American Latino Media Arts Awards), que reconocen los logros hispanos en el mundo del espectáculo en EE.UU., tendrá como protagonista a Shakira, "Ugly Betty" y "La misma luna", hizo público hoy la organización.

En un acto celebrado en los decorados de la serie "Desperate Housewives" en los estudios Universal en Los Ángeles, la actriz Eva Longoria y el actor Cristián de la Fuente dieron a conocer la lista de nominados y algunos de los premiados en la gala 2008.

"La misma luna" será la triunfadora en la categoría de cine, al ser considerada por el jurado la mejor película emitida en español el año pasado, mientras que "Ugly Betty" fue considerada la mejor serie de televisión con intérpretes latinos por segundo año consecutivo.

La historia de "Betty la fea" protagonizada por América Ferrera paliará en parte la decepción que sufrió el año pasado después de que fuera la comedia favorita en los Emmy y finalmente se quedara sin recompensa.

En la ceremonia, que tendrá lugar el 17 agosto en el Civic Auditorium de Pasadena y será emitido por la cadena ABC el 12 de septiembre. se homenajeará a Shakira junto a la veterana cantante Linda Ronstadt y al diseñador de origen cubano Narciso Rodríguez por sus contribuciones al entretenimiento y a la cultura estadounidense.

La artista colombiana ya recogió un premio en 2006 por su álbum "Fijación Oral".

"Nuestra imagen lo es todo y los premios ALMA son muy influyentes porque a través del cine y la televisión se dan referentes a los niños de lo que son y de lo que pueden llegar a ser", comentó Longoria en la presentación.

La latina de Wisteria Lane decidió por voluntad propia retirar su nombre de la carrera por las nominaciones ya que consideró poco apropiado estar en esa lucha cuando al mismo tiempo es presentadora y productora de los galardones. Quienes sí optarán a un

premio como mejor actriz principal por un drama televisivo serán Valerie Cruz (The Dresden Files), Cote de Pablo (NCIS), Lana Parrilla (Swingtown), Sara Ramírez (Grey's Anatomy) y Roselyn Sánchez (Whitout A Trace).

Como protagonistas masculinos, el jurado destacó a Enrique Murciano (Without a Trace), **Edward James Olmos** (Battlestar Galactica) -que logró este galardón en 2007 por ese mismo papel-, Danny Pino (Cold Case), James Roday (Psych) y Adam Rodríguez (CSI- Miami).

En cuanto a los papeles principales en comedia el jurado optó por los actores Charlie Sheen (Two and A Half Men), Jake T. Austin (Wizards of Waverly Place), Joshua Gómez (Chuck), Carlos Mencía (Mind of Mencia), Oscar Núñez (The Office) y Johnny A. Sánchez (MADtv).

título que logró el año pasado América Ferrera, saldrá de entre las nominadas María Canals-Barrera (Wizards of



Waverly Place), Selena Gómez (Wizards of Waverly Place), Anjelah Johnson (MADtv), Judy Reyes (Scrubs), Nadine Velásquez (My Name is Earl) y Persia White (Girlfriends).

Los premios ALMA, creados en 1995 por el Consejo Nacional de La Raza (NCLR), reconocerán este año la interpretación conjunta de latinos en una película, un galardón que disputarán "Bella", "El Cantante", "Illegal Tender", "Love in the Time of Cholera" y "Tortilla Heaven".

Shakira desea hijos, pero no boda

La maternidad es algo que esta "latente" para Shakira, pero no así una boda, pues la estrella colombiana prefiere mantener el romanticismo de un "noviazgo eterno", según afirmó en una entrevista difundida el miércoles.

"Lo de la maternidad lo tengo muy latente. No es casualidad que haya salido en mi álbum de 'Fijación Oral' I y II con bebés en cada portada", dijo Shakira en una entrevista con la revista Elenco, del diario bogotano El Tiempo. "Obviamente hay dentro de mí una voz que dice: '!Hazlo ya! A; Ten un hijo!' y es algo que creo que puede pasar muy pronto", añadió la cantante entrevistada en Madrid, en un intervalo del trabajo para su nuevo disco.

Pero a una pregunta sobre si era necesario casarse para tener ese bebé, Shakira respondió que había un aspecto del matrimonio "que me aparte de su trabajo como cantante asusta y te lo voy a confesar: Antonio se mantiene muy pendiente de su

(de la Rúa) y yo estamos comprometidos hace mucho tiempo (ocho años). Pero el matrimonio me asusta porque me parece más romántico ser la novia eterna, que el hombre se esfuerce, que no se duerma en sus laureles".

"La verdad es esa, que a mí me da miedo. Me parece más romántico ser su novia eterna y tener sus hijos y conformar una familia", recalcó.

Dijo que vive con el argentino de la Rúa en Las Bahamas, pero que él dedica parte de su tiempo a atender su propio negocio de bienes raíces y a la vez "hace seis años decidió encargarse de todos mis asuntos artísticos".

"Tomamos juntos todas las decisiones, es mi mayor apoyo y maneja mis contratos", aseguró.Con 31 años y una carrera internacional en ascenso, Shakira dijo además que

fundación Pies Descalzos, con la que ayuda a niños pobres en Colombia construyendo escuelas y ofreciéndoles servicio integral de comida y salud. Actualmente la organización beneficia a unos 5.000 niños y el año entrante espera llegar a unos 6.500, dijo.

La reina de la comedia,

"Cuando ofrecemos una oportunidad a un niño desprotegido, estamos rompiendo el círculo vicioso de la pobreza, pero también le estamos dando las herramientas para que la comunidad se sienta inspirada. La inspiración se contagia", declaró.

"La educación es un arma poderosísima en la estrategia de la paz. Sabemos que una persona que tiene pocas opciones de estudiar, de alimentarse, que no tiene oportunidades en la vida, tiene más posibilidades de unirse a un grupo armado, de terminar en negocios oscuros, en el crimen"



Dijo que "sueña" con una "movilización de artistas por la paz" de Colombia, sumergida en un conflicto interno desde hace más de cuatro décadas.

"Haría todo lo necesario para alcanzar esa paz definitiva desde mi humilde lugar de artista", indicó Shakira sin entrar en detalles.

Con 30 canciones ya escritas para su próximo álbum, dijo que aún sigue "buscando un par más" y que espera que la producción este lista a mediados del

Antonio Allbritten's New CD Mixes Eclectic Styles, Latin Flavor for a Wholly Unique Sound

Singer/songwriter Antonio Allbritten says the inspiration for his complex arrangements often comes in those moments between sleep and waking. His dreams must be beautiful ones, because Allbritten's new album, "El Oscuro Paso (The Dark Passage)" (Fantasy Phase Four Music Production Company, LLC, http://www. myspace.com/antonioallbritten), evokes images of tropical beaches and lush rainforests, even as it features disco backbeats and woodwinds wrapped around electronic melodies.

iTunes and Amazon, "El Oscuro Paso" showcases Allbritten's indie sensibility. From "Antigua Samba Arbol (The Old Shade Tree)," which really does sound like the music one would hope to hear while sitting under a shady tree, to "La Demente Sombrerero (The Mad Hatter)," a laid-back instrumental reggaeton (fusion of reggae and Latin American music) song, the album delivers the intricately layered compositions for which Allbritten has become known. And though they are thoroughly modern, all ten songs of "El Oscuro Paso" sound like the music

one might hear during a stroll through any long-established Central American neighborhood.

In his review of "El Oscuro Paso," HOY magazine's Tommy Calle wrote that Allbritten "... manages to captivate the audience from start to finish ... The material combines very slow and fast [rhythms and] seems devoted to a love of the past, nostalgia and nature." [Translated from the original Spanish.]

Early iTunes reviews of "El Oscuro Paso" were equally positive. "The beats are to die for," wrote one reviewer. "[The album] reminded me of my trip to the Bahamas with the tropical beats put in here. I am a huge fan!"

"Listening to Antonio [Allbritten] is definitely a trip to exotic locales where there are only you and your music," wrote another. "I recommend listening in a moment of total relaxation." [Translated from the original Spanish.]

Those interested in previewing or purchasing the music of "El Oscuro Paso" can do so at iTunes or Amazon. To learn more about Allbritten and his newest album, visit the artist at http://www.myspace.com/antonioallbritten.

Ximena Sariñana Introduced to MTV Tr3s Audience

Ximena Sariñana is the latest hot new artist tapped by MTV Tr3s for its highly popular Descubre & Download program. The multiplatform music discovery platform has been lauded by music executives as "critical" in launching new careers and by Rolling Stone Magazine as "career changing."

Ximena is a Mexican singersongwriter-pianist who at age 22 is being celebrated as an extraordinarily mature and distinctive recording artist, one who combines echoes of Ella Fitzgerald and Edith Piaf recordings with her own unique cultural sounds. Ximena has been a well-known professional actress in Mexico since the age of four. She released her first album, Mediocre, there in February of this year and achieved a level of success unprecedented for a new artist: The album debuted at the top of the album charts and remained there for five weeks, earning her Gold sales status in the recording's first few months on sale. The album is still in the top ten.

She says "I am thrilled to be

able to share my music with my Latino brothers and sisters in the U.S. and there's no better way to do that than through MTV Tr3s."

"We love Ximena's unabashed musical style and her originality. She is a unique and gifted artist with an album that is genre breaking and full of surprises. Our audience will immediately connect with her incredible lyrics and her creative visual style. We are excited to be part of the launch of Ximena's career," said Jesus Lara, Senior Vice President, Music and Talent for MTV Tr3s and MTV/VH1 Latin America.

Ximena will get aggressive on-air exposure, interactive online elements, wireless content distribution and other off-air promotional and marketing elements designed to reach today's multitasking music fan. Her single "Vidas Paralelas" is available as free, exclusive downloads at http://download.mtvtr3s.com. In addition, Ximena will have a dedicated artist page at mtvtr3s. com where her bio, behind-thescenes photo gallery, and snaggable music and D&D videos will also be available. MTV Tr3s Radio will feature Ximena's Des-

cubre & Download vignettes and MTV Rhapsody fans will also

Available for purchase at

have links to the her Descubre & Download pages.



Los Lonely Boys son lo que son

Como el título de su tercer disco —Forgiven— lo indica, a Los Lonely Boys se les perdona todo.

Se les perdona que desde Los Lonely Boys (el aclamado debut multiplatino de 2003) el trío no haya cambiado ni alterado en lo más mínimo la fórmula de bluesrock y funk con aires tejanos y armonías beatlescas.

Se les perdona que su imagen y poesía carezcan de sorpresa: en las fotos de prensa aparecen simplemente posando en paisajes tejanos, y sus letras empiezan y terminan con el amor chico-chica (algo que Chuck Berry ya había hecho —y mejor— a fines de los 50) y se les perdona que, cuando hablan, parecen (a menos que uno los ponga contra la pared) más preocupados en repetir el verso hecho para la prensa que en decir realmente lo que piensan.

Y se los perdona por una sencilla razón: el trío de los hermanos Henry, Jojo y Ringo Garza, de San Angelo, Texas, jamás tendrá la influencia poética y musical de los Beatles pero, en vivo, son una aplanadora.

"Estos son Los Lonely Boys", dijo a Rumbo Jojo Garza, bajista y una de las tres voces de LLB, minutos después de tocar en el Willie Nelson's Family Picnic en San Antonio, evento que se efectúa cada año por estas fechas. "No tratamos de convertirnos en algo que no somos ni en ser una cosa demasiado espectacular. Dios nos regaló un don y hacemos lo que hacemos, que es llevar rocanrol 'texicano' a la mesa".

Lo de que no son espectaculares es relativo. Hay pocos guitarristas tan virtuosos como Henry Garza, y aún menos bandas pueden jactarse de tener mejores armonías vocales y una máquina mejor aceitada que LLB, quienes han tocado juntos toda la vida. Pero el éxito crítico y comercial del primer disco (que en 2004 les valiera un Grammy como Mejor Interpretación Pop de un Dúo o Grupo con Voces, por el ya clásico Heaven) disminuyó con el irregular Sacred (2006) e hizo que el tercer disco pusiera bajo la lupa el futuro musical de los hermanos. A Jojo no podría importarle menos.

"Somos lo que somos", dijo Jojo, cuya banda actúa mañana en el Greek Theatre junto con Los Lobos. "Esta es nuestra música. A algunos les gustará y a otros no, pero no nos va a cambiar en nada. No tenemos ninguna presión y no creo que el segundo disco haya sido un fracaso, de ninguna manera. Vendió lo que vendió y sigue vendiendo, y ojalá que con el nuevo disco los discos anteriores vendan aún más. No vamos a cambiar nuestro sentir y nuestra música por alguien que diga: 'Oh, eso no es bueno para la radio', o lo que sea".

Si lo de las ventas —o la falta de ellas - de Sacred no eran suficientes, en 2005 Ringo fue arrestado y acusado de poseer marihuana y de agresión sexual a dos mujeres que habían ido de copas con él y su esposa. Los cargos por posesión de drogas fueron retirados y la policía, al final, decidió no presentar los cargos restantes; pero el nombre del disco pasa por otro lado.

Mitos del café: bueno o malo?

El café: ¿bueno o malo? Para saber a ciencia cierta qué beneficios o perjuicios trae consigo el tomar esta deliciosa bebida, tome en cuenta esta información:

Mito: Los padres deben evitar dar a sus niños alimentos o bebidas que contengan cafeina.

Realidad: Este es el primero de los mitos. La realidad es que, de acuerdo con estudios del Instituto Nacional de Salud Mental, casi ningún niño reacciona de manera adversa a la cafeína con las porciones que consumen de manera típica.

Mito: La cafeína crea adicción.

Realidad: Según las definiciones aceptadas y en opinión de la mayoría de las autoridades, la cafeína no crea adicción. Al suspender

de forma brusca el consumo regular de cafeína, algunas personas pueden padecer dolores de cabeza, fatiga y somnolencia, estos síntomas no persisten más de un día y pueden prevenirse reduciendo el consumo de cafeína de forma gradual.

Mito: La cafeina aumenta el riesgo de sufrir enfermedades cardiacas.

Realidad: Numerosos estudios realizados a gran escala revelan que el consumo de cafeína no aumenta el riesgo de padecer enfermedades cardiovasculares, ni incrementa los niveles de colesterol, ni produce alteraciones del ritmo cardiaco. En individuos sensibles a la cafeína se observa un ligero aumento temporal de la tensión arterial, si este es el caso, se recomienda consultar al médico.

AVISO PARA UN PERMISO FEDERAL PARA **OPERAR PRELIMINAR**

PERMISO PRELIMINAR NÚMERO: 01298

SOLICITUD Y PERMISO PRELIMINAR. Texas Tech University, Environmental, Health, and Safety, P.O. Box 41090, Lubbock, Texas 79409-1090, una planta de Colleges and Universities NEC facility, ha presentado una aplicación ante la Comisión de Calidad Ambiental de Texas (TCEQ, por sus siglas en inglés) para la Renovación de el Permiso Federal de Operación, No. 01298, con el propósito de operar las instalaciones ubicadas en calle of Main y Hartford, en la ciudad de Lubbock, Condado de Lubbock, Texas. Esta aplicación fué presentada ante la TCEQ el November 5 de 2007.

El propósito de un Permiso Federal de Operación es mejorar el acatamiento general de las reglas que gobiernan el control de la contaminación atmosférica, claramente definiendo todos los requisitos aplicables como estan definidos en el Título 30 del Código Administrativo de Tejas § 122.10 (30 TAC § 122.10, por sus siglas en inglés). El permiso preliminar no autoriza construcciónes nuevas, ni tampoco el aumento de emisiones del sitio. El Ejecutivo Director de la TCEQ ha concluido el análisis técnico de la aplicación y ha preparado un permiso preliminar para la revisión y comentarios del público. El permiso preliminar, si es aprovado, establecerá las condiciones debajo de las cuales el sitio debera operar. El director ejecutivo recomienda que se otorgue este permiso preliminar. La aplicación completa y el permiso preliminar estan disponibles para ser revisados y copiados en la Oficina Central de la TCEQ, 12100 Park 35 Circle, Bldg. E, First Floor, Austin, Texas, y en la Texas Commision on Environmental Qualtiy Lubbock Regionial Office, 5012 50th Street, Suite 100, Lubbock, Texas 79414-3421 y Lubbock County Courthouse, 904 Broadway, Lubbock, Texas. En la oficina central y la oficina regional tambien podra revisar y copiar todos los demas documentos pertinentes al permiso para operar preliminar, así como los permisos para la Revisión de Fuentes Nuevas que han sido incorporados por referencia. Personas que tengan dificultades obteniendo estos materiales debido a restricciones para viajar pueden comunicarse con la oficina central al teléfono (512) 239-1540.

LISTA PARA ENVÍO DE CORREO. Usted puede solicitar ser incluido en una lista para envío de correo para recibir información adicional con respecto a esta solicitud. Para ser incluido en una lista para envío de correo, envíe su petición a la Oficina del Secretario Principal (Office of Chief Clerk) a la dirección que se encuentra a continuación en el párrafo títulado "Información."

COMENTARIOS/NOTIFICACIÓN PÚBLICA Y AUDIEN-CIA. Usted puede presentar comentarios publicos y/o solicitar una audiencia de notificación y comentarios sobre esta solicitud. El proposito de la audiencia de notificación y comentarios es el prover la opurtunidad de hacer comentarios de parte del público y hacer preguntas sobre esta solicitud.

Cualquier persona afectada por la emisión de contaminantes atmosféricos de este sitio puede solicitar una audiencia de notificación y comentarios. La TCEQ puede otorgar una audiencia de notificación y comentarios con respecto a esta aplicación si una petición por escrito es presentada dentro de los treinta días después de la publicación de este anuncio. El propósito de la audiencia de notificación y comentarios es prover la oportunidad para someter commentaries orales o por escrito acerca del permiso preliminar. Si se concede una audiencia de notificación y comentarios, todas las personas que presentaron comentarios por escrito o peticiónes para audiencia recibiran confirmación por escrito de la audiencia. Esta confirmación indicará la fecha, hora y lugar de la audiencia. Una noticia de la acción final, incluyendo respuestas a los comentarios públicos y denotando cambios hechos al permiso preliminar, será remitida a todas las personas que hayan presentado comentarios públicos, solicitudes para audiencia o que hayan solicitado ser incluidas en la lista de correo. Esta noticia tambien proveera instructiones para hacer peticiones públicas a la Agencia Para la Proteccion del Medio Ambiente (EPA), solicitado la reconsideración de la acción final propuesta por el director ejecutivo. Al recibir una peticion, la agencia EPA solamente podrá objetarse a la promulgación de permisos que no se acaten a los requisitos de sus reglamentos o a los requisitos de 30 TAC Capítulo

Comentarios públicos por escrito y peticiones para audiencia de notificación y comentarios deben de ser presentados a la Oficina del Secretario Principal (Office of Chief Clerk), MC 105, P.O. Box 13087, Austin, Texas 78711-3087 dentro de treinta días despues de la publicación en el periódico del anuncio del permiso preliminar.

INFORMACIÓN. Para más información, usted puede llamar a la Oficina de Asistencia Pública (Office of Public Assistance), sin cargo, a el 1-800-687-4040. Información general concerniente a la TCEQ puede encontrarse vía internet en www.tnrcc.state.tx.us.

Mas información puede ser obtenida de Texas Tech University en la dirección en el primer parráfo o llamando a Randy Nix a el teléfono (806)742-3876.

Mito: La cafeína provoca cáncer.

Realidad: Existen pruebas científicas de peso que demuestran que la cafeina no incrementa el riesgo de padecer cáncer. Dos estudios a gran escala llevados a cabo en Noruega y Hawai y el análisis de 13 estudios realizados con más de 20 mil personas, revelan que no existe ninguna relación entre el consumo regular de café o té y el riesgo de contraer cáncer.

Mito: La cafeina es un factor de riesgo en lo relativo a la osteoporosis.

Realidad: Algunas investigaciones sugieren que el consumo de cafeína puede incrementar la pérdida de calcio en la orina; sin embargo, se ha comprobado que dichas pérdidas son mínimas y el consumo de

cafeína en dosis normales no afecta al nivel de calcio ni a la densidad ósea.

Mito: Las mujeres embarazadas o que intentan quedar embarazadas deben evitar la cafeina.

Realidad: Los efectos de las bebidas con cafeína en los factores reproductivos han sido objeto de análisis en un gran número de estudios. Los datos indican que el consumo moderado de cafeína es inofensivo tanto para la mujer embarazada como para el feto. En dos relevantes estudios realizados en Estados Unidos no se halló correlación alguna entre el consumo de cafeína y el desarrollo del embarazo o posibles malformaciones del bebé.

Mito: La cafeina tiene efectos negativos en la salud infantil.

Realidad: En general, los ni-

ños tienen la misma capacihiperactividad ni en los proble-

dad de

asimilar la cafeina/ que las personas adultas. Las investigaciones en niños muestran que el consumo moderado de alimentos o bebidas que contienen cafeína no desempeña un

papel

percep-

tible en la

Diversión de belleza

En lengua nahuatl "acapulco" significa "lugar de los juncos" porque, según cuenta la leyenda indígena, dos jóvenes estaban enamorados pero pertenecían a grupos tribales enemigos; era un amor imposible, por lo tanto se convirtieron: la muchacha en mar y el joven en juncos... para estar siempre unidos.

La bahía de Acapulco es una de las más bellas del mundo. Los conquistadores quedaron prendados de la belleza y de la ubicación de este puerto natural de México. Testimonio de ese poder estratégico es el Fuerte de San Diego, bella construcción de piedra, levantado en 1616 y que actualmente es un museo histórico en el que se lleva a cabo el espectáculo Luz y sonido, donde se narra la historia del puerto, los avatares de la Revolución y el desarrollo del balneario moderno, en un marco de majestuosa vista panorámica.

En 1927, cuando se construyó la carretera entre Ciudad de México y Acapulco, se levantaron varios hoteles al borde del mar. El presidente Alemán dio un gran impulso turístico a la región y, durante las décadas de los 40 y 50, Acapulco se transformó en un centro de fama internacional. Millonarios, políticos, estrellas de Hollywood y productores de cine, edificaron bellas casas y residieron allí durante temporadas.

Lugar de muchos famosos Liz Taylor y Michael Tood vivieron aquí un apasionado romance y María Felix inspiró al compositor Agustín Lara para la melodía María Bonita. También el pintor mexicano Diego Rivera dejó su huella en la casa de doña Dolores Olmedo, donde realizó varios cuadros y un extraño mural, que se puede visitar.

Actualmente, celebridades como Plácido Domingo, Bill Gates y Luis Miguel pasan épocas de descanso en la zona. Otras personas, en cambio, van en busca de la "gran movida".

"Acapulco siempre es temporada", confiesa Juan, que maneja un coche a caballos, "en invierno llega el turismo internacional y el resto del año tenemos festivales, conferencias y muchos enamorados que pasan su luna de miel".

Son famosos los festivales de música, los torneos de pesca internacional y las conferencias de negocios, además de ser un lugar ideal para bodas y romances.

Arriban al año más de un

millón de turistas que disfrutan de las extensas playas sobre la bahía, gozan de paseos y excursiones, y de un sinnúmero de atracciones.

La infraestructura hotelera es excelente. Hay más de 500 hoteles, algunos de gran turismo como Las Brisas o Maya Palace, en Punta Diamante, y otros más económicos, sobre la Costanera Miguel Alemán, con acceso directo a la playa y con todas las comodidades.

En los restaurantes frente al mar, podrá degustar de un cocoloco (bebida típica), disfrutando la maravillosa puesta del sol.

Las playas como Puerto Marqués, Punta Diamante, Pie de la Cuesta y La Caleta, están apartadas y ofrecen servicios para hacer deportes náuticos. Se alquilan equipos para esquí acuático, paracaidismo, y motonaves. En el Parque CICI, puede nadar con los delfines, lo que es una experiencia muy singular.

Excursiones para todos Los amantes de la pesca tienen varios sitios donde practicar el deporte, con barcos equipados y capitanes experimentados.

Si gustan de excursiones, recomendamos un paseo a la Laguna de Coyuca y, para emociones fuertes, el río Papagayo, con los 'shotover-Jet' o barcos rápidos.

Caminar por el Zócalo y hacer compras en el colorido Mercado (tianguis) es una alternativa entretenida y muy útil, ya que hay muchos regalos para escoger: variadas artesanías y muy bonitas joyas de plata a precios accesibles, aunque siempre es bueno regatear. Verifique el sello de plata que se encuentre en la alhaja.

Los vestidos mexicanos bordados son muy bellos, igualmente las telas de manta y los sarapes de colores. Las cerámicas y la cestería, ponen a prueba la creatividad de los artesanos mexicanos.

Algo que no debe perderse es el espectáculo de los famosos clavadistas, en La Quebrada.

"Yo practico todo el tiempo", dice Chucho Díaz, un joven clavadista de 12 años. "Me gusta mucho, aunque siento el peligro cada vez que lo hago".

Los clavadistas surgieron en la época de los 40, cuando los pescadores se lanzaban a bucear, observando el flujo de las mareas y complaciendo a algunos curio-

Hoy el lanzamiento de estos nadadores es un espectáculo único en el mundo. Los clavadistas están asociados, se entrenan constantemente y se tiran de 35

metros de altura; durante la noche portan antorchas y parecen pájaros humanos.

La "movida" nocturna es excepcional, Acapulco se ilumina y su bahía adquiere un encanto especial durante la noche. Discotecas, bares y lugares para "trago-largo" abundan. En los grandes hoteles hay espectáculos con baile y música, mientras que en los restaurantes de la costa, las bandas y los conmarco tropical.

Caminar por la playa al atardecer, gozar de una buena cena junto al mar saboreando mariscos o platillos mexicanos rociados con tequila, escuchando el sonido de las olas, con un clima agradable y tibio, es algo inolvidable

También es inolvidable navegar en los barcos que realizan excursiones por el mar, disfrutando del ensueño de la bahía iluminada por la luz de la luna.



juntos musicales complacen a los clientes, con sus melodías predilectas.

Acapulco tiene un hechizo particular, su gente amable, la gran oferta de atracciones y paseos, pero especialmente el ambiente romántico en un

Acapulco lo espera con su suave brisa, la belleza de sus playas, la diversión permanente, la buena comida y la historia de un puerto que mantiene su fama internacional y toda su magia romántica.

Como bien dice Agustín Lara en su canción 'Acuérdate de Acapulco, María Bonita...'

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yorse han sido cobrados. Tienes que tener 18 años de edad o más para poder comprar un boleto de la Lotería de Texas. JUEQUE RESPONSABLEMENTE. La ería de Texas apoya a la educación en Texas. O 2008 Texas Lottery Commission. Todos los Derechos Reservados.

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