

El Editor

**Celebrating 29
Years of
Publishing**

SOUTHWEST COLLECTION
Texas Tech University
LUBBOCK, TEXAS 79409

**"El Respeto al Derecho
Ajeno es la Paz"**
Lic Benito Juarez

VOL. XXIX No. 6

Week of November 3-9, 2005

Lubbock, TX USA

Hispanics' Schools Are Largest, Neediest

By BEN FELLER

Hispanic children are much more likely than white or black students to attend the nation's largest and poorest public high schools, a new analysis shows.

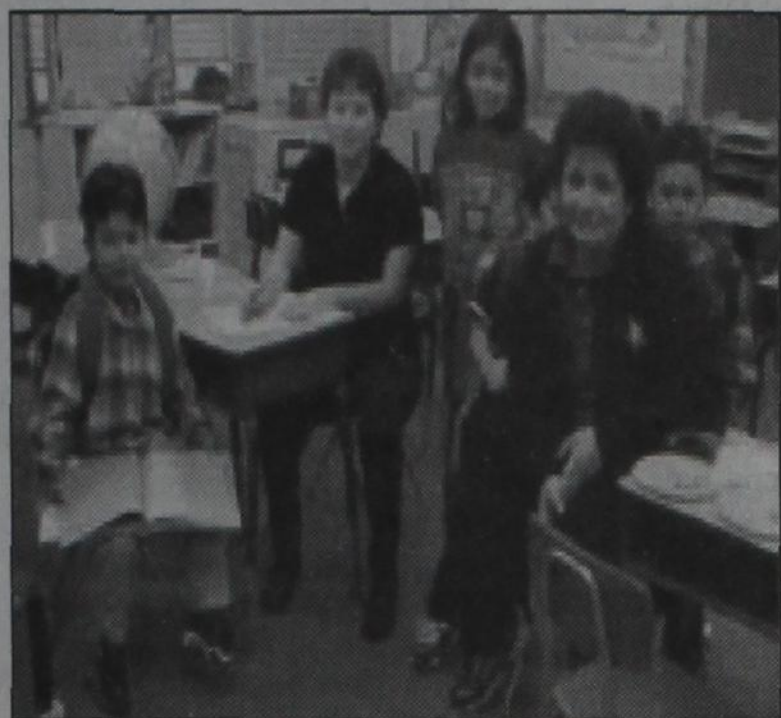
More than half of Hispanic teens, 56 percent, attend schools with enrollments of roughly 1,800 students — schools that rank in the 90th percentile in terms of size. Only 32 percent of black children and 26 percent of white children attend schools that large, according to the Pew Hispanic Center, a nonprofit research group that studies the Latino population.

At the same time, Hispanics are more likely to be in high schools that have the highest concentrations of poverty and largest ratios of students for every teacher. Hispanics can be of any race, but in this report, the groupings of whites and blacks included no Hispanics.

The study also found that almost four in 10 Hispanics go to high schools with a student-teacher ratio of greater than 22 to 1, while less than two in 10 white students or black students go to such schools.

"Hispanic teens are more likely than any other racial or ethnic group to attend public high schools that have the dual characteristics of extreme size and poverty," said Richard Fry, senior associate at the center and the author of the new research.

The Pew Hispanic Center's data are from an Education Department survey that collects data on every public high school in the country. The figures come from the 2002-03 school year.



School size matters, Fry said, because research shows students in large schools have higher dropout rates and more trouble making academic gains.

As the president, Congress and governors give more attention to high school, Fry said, Hispanics may have the most to gain by efforts to reshape schools into smaller environments.

The number of Hispanics surpassed the number of black people in the U.S. in the 2000 Census, making them the largest minority group in the country.

Much of the research on the achievement gap between Hispanics and whites has focused on family income, parents' level of education and the ability of students to speak English.

But Fry said educators and policy-makers have significantly more control over changing the characteristics of the school buildings than they do the traits of the students themselves.

Most Hispanic students are concentrated in seven states that tend to have larger high schools: California, Texas, Florida, New York, Arizona, Illinois and New Jersey.

The number of young Hispanic students attending college is rising, according to another report released by the Pew Hispanic Center on Tuesday.

But that study, based on enrollment data from colleges, found that the number of whites enrolling in four-year college is growing even faster. "When it comes to college enrollment," Fry said, "Hispanics are chasing a target that is accelerating ahead of them."

México insta a los migrantes a votar

Francisco Robles Nava
Luego que el Instituto Federal Electoral (IFE) informara que sólo ha recibido 733 solicitudes de mexicanos radicados en el extranjero para votar en las elecciones presidenciales de 2006, el gobierno federal llamó a los migrantes a no desaprovechar la oportunidad histórica de participar en el proceso democrático de su país.

"La Presidencia de la República desearía que los mexicanos [residentes en el exterior] participaran de una manera más activa", declaró Rubén Aguilar, vocero gubernamental.

Consideró que la intervención de estos connacionales en los comicios del año próximo adquiere mayor relevancia todavía, si se toma en cuenta que "lucharon por décadas para que se reconocieran sus derechos políticos y pudieran votar".

Sin embargo, el funcionario federal admitió que, definitivamente, "corresponderá sólo a ellos [los paisanos] tomar esta decisión".

Resaltó que la tarea de impulsar tal participación política y ciudadana sólo recae en el IFE, cuya responsabilidad consiste en implementar medidas para "promover con mayor intensidad el voto de mexicanos en el exterior".

La convocatoria de la Presidencia de la República ocurrió un día después de que este instituto notificara que, hasta el lunes pasado, se habían recibido 733 peticiones de mexicanos residentes en el exterior para

sufragar en la elección presidencial.

Aclaraba, no obstante, que de ese número de solicitudes, un 20% será regresado a sus respectivos remitentes debido a que las enviaron por correo ordinario.

En una de las estipulaciones del Código Federal de Procedimientos Electorales (Cofipe), aprobado en marzo por el Congreso de la Unión, se exige que el interesado haga estos trámites mediante servicio postal certificado.

Por esta vía de comunicación, pero sin previa credencialización ni campañas proselitistas, por primera vez en la historia los mexicanos residentes en el extranjero podrán emitir su voto a favor del candidato de sus preferencias a la Presidencia de la República en las elecciones de 2006.

En este contexto, el número de formularios dirigidos al IFE hasta ahora es ínfimo, si se considera que el plazo oficial para las inscripciones vence el próximo 15 de enero, es decir, en 10 semanas.

Durante la conferencia matutina, los reporteros cuestionaron al portavoz presidencial si tan pocas peticiones no reflejan la nula credibilidad que los paisanos tienen en la política mexicana, y específicamente en los políticos de todos los partidos.

Aguilar evadió la pregunta y reorientó la respuesta: "No, yo insisto, es una decisión libre de cualquier ciudadano votar, corresponde a su propia decisión, esperamos que los mexicanos en el extranjero, como ya decía, que después de haber dado una lucha por décadas para obtener ese derecho, lo ejerzan".

Los numerosos requisitos para el registro, la complejidad para la solicitud de

la boleta, y la desconfianza que persiste hacia las autoridades electorales son sólo unos de los diversos motivos mencionados, por potenciales votantes y comentaristas políticos, para explicar el rezago en la inscripción de electores.

El lunes, Luis Carlos Ugalde, consejero presidente del IFE, prometió que se hará un mayor esfuerzo para incrementar el interés de los migrantes, en su mayoría afincados en zonas rurales y urbanas de Estados Unidos.

Dio a conocer que hasta la fecha el órgano responsable de las votaciones ha distribuido fuera del territorio nacional dos millones de formularios, que se hallan a disposición en consulados y embajadas.

Por su parte, el comisionado para la consumación del sufragio desde el exterior, Rodrigo Morales, reiteró que en la actualidad 180,900 connacionales ya tienen en su poder tales formularios.

En este sentido, sugirió que cuanto antes los llenen y manden por correo certificado al IFE, localizado en la Ciudad de México.

Las autoridades demográficas calculan que en territorio estadounidense se encuentran alrededor de 25 millones de personas de origen mexicano, de los que 12 millones nacieron en México.

Sin embargo, de esta importante cifra sólo podrán sufragar en las elecciones presidenciales quienes cuenten con credencial de elector y estén apuntados en un padrón especial, de acuerdo con la ley aprobada por los legisladores.

Por considerar que un porcentaje muy bajo dispone de tal documento, se conjetura que apenas serán unos 400 mil los elegibles finalmente para votar.

Forty Years Later, La Huelga Still Resonates

By Dick Meister

The United Farm Workers union is celebrating the 40th anniversary of the extraordinary grape strike that brought California's sorely oppressed farmworkers worldwide support in their struggle for the basic rights long denied to them and the millions of other farmworkers nationwide.

The struggle continues. But the strike led by the charismatic César Chávez remains a source of great inspiration and of important lessons - for those who are waging today's battles with the essential help of the allies who originally joined them in response to the strike and the grape boycott that stemmed from it.

The strike began in the fall of 1965 in the hot, dusty vineyards around Delano, a non-descript California town of 12,000 inhabitants. It was called by the Filipino American members of an AFL-CIO affiliate who were soon joined by the Mexican-American members of Chávez's organization. The strike had little impact, however, until strikers launched the boycott three years later.

The boycott transformed the local strike - La Huelga - into a worldwide cause - La Causa. It was a compelling social movement that drew together a potent coalition of union, church, civil rights and other sympathetic organizations, liberal Democratic politicians, clergymen and women, young activists, old-line union members, socially conscious shoppers and others.

By 1970, just two years after it had begun, the boycott forced California's grape growers to agree to the country's first farm labor contracts.

Even more than that, the boycott led to enactment of the law that promises California's farmworkers the right to bargain collectively with employers - a power that was granted most non-agricultural workers nationwide in the 1930s to enable them to better their pay and working conditions.

There's never been anything quite like the grape boycott. It was led by farmworkers who had rarely been outside their small rural communities. They climbed into rickety buses to travel to major cities all across the country, with the support - financial and otherwise - of their many and varied supporters.

The workers and their supporters picketed thousands of markets, urging shoppers not to buy grapes until farmworkers were guaranteed union contracts. They convinced schools and other public institutions to remove grapes from their menus. They got longshoremen to refuse to load grapes destined for foreign markets.

By the time the boycott ended, fully 12 percent of the country's population - that's 17 million people - had quit buying grapes.

John Giumarra Jr., a lawyer who represented the grape growers in announcing their agreement to sign union contracts, conceded that boycott pressures were threatening to "destroy a number of farmers." He said they hoped the agreement would be the



basis for a positive new relationship between growers and workers.

Giumarra, whose uncle, John Sr., was the most influential of the growers, said the world would be watching closely "to determine if this has really been a revolution in labor relations and if social justice will prevail. If this works here, it will work well throughout the rest of the world."

Chávez also looked to the future: "Today's really, truly, the beginning of a new day. We give hope to millions and millions of farmworkers and we will not disappoint them."

The victory was short-lived. Grape growers refused to renew their contracts with the UFW when they expired three years later, and ever since have rebuffed union drives to renew them. The union is currently waging a campaign at the Guimarra vineyards, now operated by John Jr., who claims that workers "don't buy into the union's promises anymore."

But despite loss of the landmark grape contracts and the decline in union membership to not much more than 25,000 today, the UFW has won other important victories. They most recently include a contract granted in response to a nationwide boycott of the giant Gallo corporation, the country's largest winery and a UFW foe for many years.

Other recent victories include contract signings by growers in a variety of crops in California, Washington state, Florida and elsewhere, and several pieces of legislation strengthening farmworkers' legal rights and health and safety protections.

The UFW's efforts have inspired the formation of other farmworker unions in several states and their use of the boycott and other UFW tactics to win contracts and attempt to also win laws granting them collective bargaining rights.

Yet for all that, most farmworkers, nearly all of them migrants with families, remain mired in poverty, their working and living conditions a national disgrace. Despite its ups and downs, the United Farm Workers union still holds out their best, if not only, hope for a better life, as it has since that day long ago when vineyard workers in Delano launched one of the most important and hopeful campaigns in U.S. labor history.

La Huelga Tiene Resonancia despues de 40 Años

Dick Meister

El Sindicato de Trabajadores Agrícolas Unidos celebra el aniversario de los cuarenta años desde la huelga de uvas extraordinaria que cobró para los trabajadores del campo apoyo del mundo entero en su lucha por los derechos básicos que largamente les habían negado a ellos y a millones de otros campesinos por toda la nación.

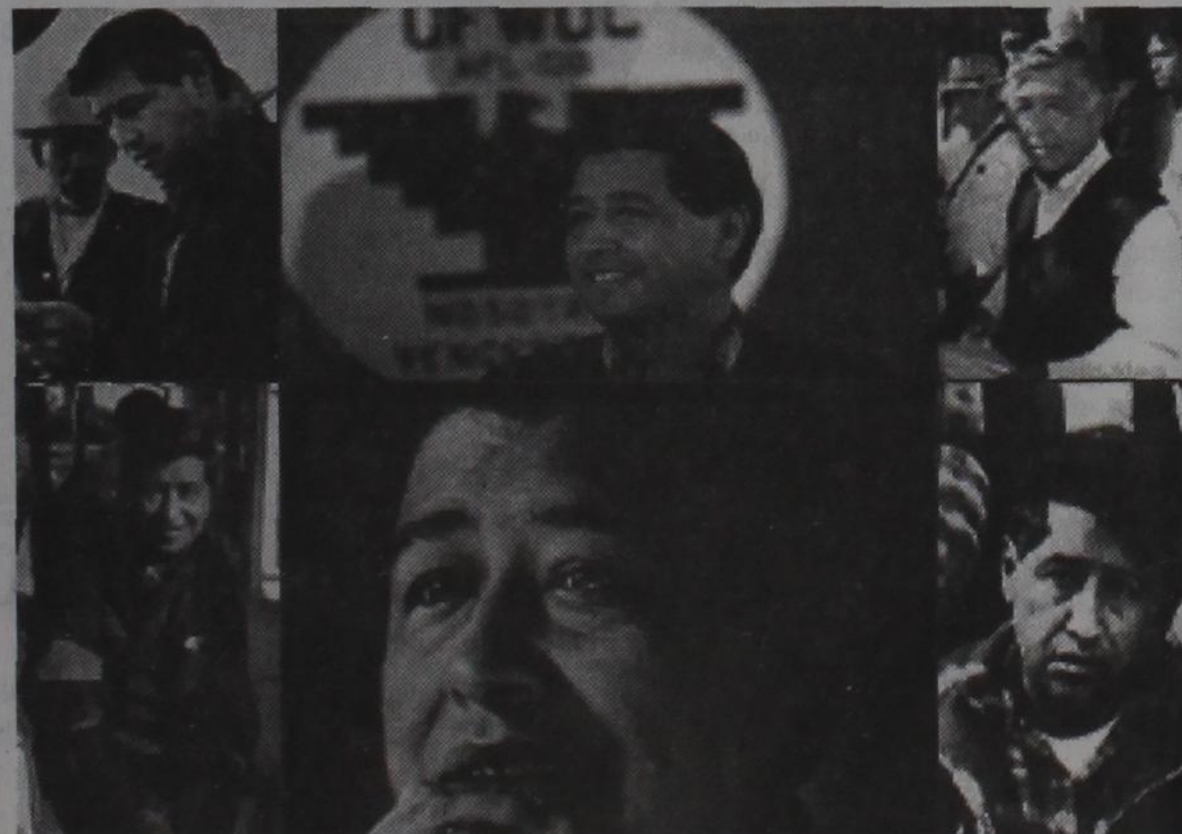
Continúa la lucha. Pero la huelga dirigida por el carismático César Chávez sigue siendo una fuente de gran inspiración - y de lecciones importantes - para los que hoy libran las batallas con la ayuda esencial de los aliados originales, que se unieron en respuesta a la huelga y el boicot de las uvas que de allí surgió.

La huelga empezó en el otoño de 1965 en los viñedos calientes y polvorientos del área de Delano, un pueblo mediocre de California con una población de 12,000 personas. La huelga la convocaron los miembros filipino-americanos del afiliado de la AFL-CIO, a quienes rápidamente se unieron los miembros mexicano-americanos de la organización de Chávez. Tuvo poco impacto la huelga, sin embargo, sino hasta que los parados lanzaron el boicot tres años más tarde.

El boicot transformó lo que era -- La Huelga local - en una causa mundial - La Causa. Fue un movimiento social irresistible que juntó a una coalición potente de sindicatos, iglesias y

otras organizaciones allendes, a políticos liberales demócratas, religiosos y mujeres, activistas jóvenes, sindicalistas de la vieja guardia, compradores con conciencia social y más.

Para 1970, a sólo dos años de su comienzo, el boicot obligó a los cultivadores de uva californianos



a aceptar los primeros contratos de mano de obra campesina de la nación.

Más que esto, el boicot conllevó a la promulgación de la ley que promete a los campesinos de California el derecho a la negociación colectiva con los empleadores - poder que se otorgó a la mayoría de los trabajadores no del campo a nivel nacional en los años treinta, para que pudieran mejorar sus

condiciones de trabajo y de pago.

Nunca ha existido nada como el boicot de la uva. La dirigieron campesinos quienes rara vez habían salido de sus pequeñas comunidades rurales. Se subían a autobuses raquíticos para viajar hasta las ciudades grandes por todo el país, con el apoyo - financiero y otro - de sus muchos y muy variados aliados.

Los trabajadores y sus aliados manifestaban en miles de mercados, convenciendo a los compradores que dejaran de comprar uvas hasta que estuvieran garantizados los contratos sindicales. Convencieron a las escuelas y otras instituciones públicas a quitar las uvas de sus programas de alimentación. Consiguieron que los cargadores de los muelles se negaran a cargar uvas con destino a mercados extranjeros.

Para cuando acabó el boicot, el 12 por ciento de la población de los Estados Unidos - es decir, 17 millones de personas - había dejado de comprar uvas.

John Guimarra, abogado que representó a los cultivadores de uva al anunciar su acuerdo en firmar los contratos sindicales, concedió que las presiones del boicot amenazaban a "destronar a un número de agricultores". Indicó que esperaban que el acuerdo fuera la base de una nueva relación positiva entre los cultivadores y los trabajadores.

Guimarra, cuyo tío, también llamado John, el entonces cultivador de mayor influencia, dijo que el mundo estaría mirando de cerca a "ver si ésta ha sido realmente una revolución para las relaciones de trabajo y si lo que prevalecerá será la justicia social. Si aquí se logra, se podrá lograr por todo el mundo".

Chávez también miró hacia el futuro: "Hoy es verdaderamente el comienzo de un nuevo día. Les

damos esperanza a millones y millones de trabajadores de campo y no los desilusionaremos".

La victoria duró poco. Los cultivadores de uva se negaron a firmar nuevos contratos con el sindicato cuando caducaron los primeros a los tres años, y desde entonces han rechazado campañas sindicales por renovarlos. El sindicato hoy está haciendo campaña en los viñedos de Guimarra, bajo la operación del sobrino, quien alega que los trabajadores "ya no se creen las promesas del sindicato".

Sin embargo, a pesar de la pérdida de los contratos que marcaron un hito y la pérdida de miembros del sindicato, en poco más de 25,000 ahora, el sindicato ha ganado otras victorias importantes. Lo más reciente incluye un contrato concedido en respuesta a un boicot a nivel nacional de la inmensa corporación Gallo, el viñedo más grande del país y contrincante del sindicato por muchos años.

Otras victorias recientes incluyen las firmas de contratos por los cultivadores en una variedad de cultivos en California, el estado de Washington, en Florida y más, y varias leyes que han fortalecido los derechos legales de los campesinos además de protecciones de salud y seguridad personal.

Los esfuerzos del sindicato de Trabajadores Agrícolas Unidos han inspirado la formación de sindicatos campesinos en varios estados y su uso del boicot y otras tácticas del sindicato original para ganar contratos e intentar también lograr la aprobación de leyes que les otorguen derechos a la negociación colectiva.

No obstante, con todo esto, la mayoría de los trabajadores agrícolas, la gran mayoría migrantes con familias, siguen atacados en la pobreza, sus condiciones laborales y de vida una desgracia nacional. A pesar de su variabilidad, el sindicato de Trabajadores Agrícolas Unidos mantiene aun su esperanza de una vida mejor, como lo ha hecho desde ese día hace tanto tiempo cuando los trabajadores del viñedo en Delano lanzaron una de las campañas más importantes y de mayor esperanza en la historia del trabajador en los Estados Unidos.

(c) 2005, Hispanic Link News Service



November 8th is Election Day
 Polls Open 7 am to 7 pm
 You may VOTE at your Usual Voting Precincts

Prepared Remarks for Attorney General Alberto R. Gonzales At The Latino Leaders Luncheon

WASHINGTON, Nov. 2 /U.S. NewsWire-- The following are prepared remarks for Attorney General Alberto R. Gonzales at the Latino Leaders Luncheon:

Good afternoon. Like our President, I am a baseball fan. For many Houstonians, this year marked the end of 44 years of hope and agony over the Houston Astros reaching the World Series.

I spent a lot of time last week watching the Astros play the White Sox. I even got the chance to be in Houston for Game 3. You might remember that was the game that lasted fourteen innings, until nearly 1:30 in the morning.

It was special to be at the first World Series game played in the State of Texas. But I was disappointed that I couldn't stay for Game 4 the following night, when they introduced the Latino Legends Team on the field before the game. In retrospect, I am glad that I didn't have to watch the White Sox celebrate on my team's field, but it would have been an incredible thing to see heroes such as Juan Marichal, Rod Carew, and Fernando Valenzuela line up with today's Latino stars such as Alex Rodriguez, Albert Pujols, and Pedro Martinez.

I suspect that, sometime during the ceremony, each of those players thought about the one person who couldn't attend the ceremony: Roberto Clemente, the great Pittsburgh Pirates right fielder who died in a plane crash delivering supplies to needy victims of an earthquake in Nicaragua. Clemente embodied the term "legend" and paved the way for names like Rivera, Ramirez, and Rodriguez to play the game. Clemente's son represented him among the outfielders, and commented that, quote, "This is a great day for Latinos in baseball."

When I look at this group here today, I am proud to say: "This is a great day for Latinos everywhere."

More and more, young Latinos across the country have role models that they can turn to for inspiration -- not just on the baseball diamond, but in virtually every field of human endeavor. It's important that we strive for professional excellence in the sciences, in the media, in law, in business, and as community activists. Already in the short history of the Latino Leaders Luncheon, you've heard from an all-star cast, and I am privileged to be in their company.

I am Hispanic. I am Latino. I love my family; I believe in God; and I am grateful for my country, the United States of America, which has allowed me to live the American dream.

I served in our armed forces because I believe the freedoms and opportunities available in America are worth defending and, ultimately, worth dying for. I am proud of our beautiful culture: the lan-

guage, the foods, the traditions. We are alike in these ways and alike, I suspect, in pursuing prosperity and opportunity for all Hispanics. We all want to see our kids get an education; we want everyone to be able to own their home or a business. We all want an equal opportunity to pursue a dream.

We will differ, of course, in how best to achieve these broad objectives, much like we may have a different history, or a different heritage due to geography and much like we have different tastes in food. Our dialects, our religion, and even our politics may be different, but in the end there is more that binds us. We can all agree, for example, that too many of our children are getting into trouble and dropping out of school. We can all agree that the future leadership of our community is at risk.

The key, it seems to me, is to focus our energy, to direct our priorities, and to engage in a meaningful debate with clarity of purpose, but a discussion that is respectful and tolerant of dissenting views. We may be from different ends of the political spectrum, but we enjoy a cultural tie that cannot be broken.

I am often asked by people what it is like to be the first Hispanic Attorney General.

I tell them that I am the son of a poor cotton picker and construction worker, that my parents never finished grade school, and I am the Attorney General of the United States. I tell them that I know what it is like to face a life with few opportunities, with nothing more than a heart full of hope, a mind full of dreams, and a willingness to work hard. I tell them that I am the Attorney General for all Americans, but I know that some take great pride in the fact that the son of Mexican-American migrant workers serves as the Attorney General.

President Bush also takes great pride in that fact. And I am not the only Hispanic leader in this Administration. When President Bush looks around the table at a Cabinet meeting, he also sees Carlos Gutierrez. When he surveys the Federal agencies, he sees names like Richard Carmona, Gaddy Vasquez, Hector Barreto and Anna Escobedo Cabral. The President has surrounded himself with public servants who are qualified and who represent the important diversity of the American people.

He's also applied these principles in making nominations for federal judicial appointments -- a task I worked on personally with him as White House Counsel. I know the President well. Diversity at all levels of government is as important to him as it is to you. It was a great privilege to help the President select a diverse group of qualified nominees who share his judicial philosophy.

Jim Hightower

IMPEACH BUSH?

With that twisted macho smirk of his, George W keeps telling us that he's "a war president." So, how's the chief doing? Let's do Bush by the numbers:

- Official count of American troops killed so far in his war of lies in Iraq: 1,965 and rising daily.
- Official count of those wounded: 14,755.
- Number of weapons of mass destruction found in Iraq: 0.
- Total tax dollars thrown into his Iraq war so far, counting the latest \$50-billion payment: \$260 billion.
- Number of Bush daughters, nephews, and nieces who are of prime enlistment age: 10.
- Number of Bush family members who've enlisted in his war: 0.
- Percentage of Americans who think the Bushites "deliberately misled the public" in order to go to war in Iraq: 52%
- Percentage who now approve of his handling of the war: 32%.
- None of these are good numbers for the "war president," but there's an even more startling statistic that the establishment media has deliberately failed to report to you -- the percentage of Americans who now want congress to consider impeaching Bush if he lied about his reasons for invading Iraq: 50 percent!

This new data from Ipsos Public Affairs, the highly-regarded, non-partisan polling company, shows a stunning surge in grassroots support for removing George W from the White House. It's even more remarkable considering that the media barons have provided zero coverage of the burgeoning sentiment for impeachment. Likewise, not a single congressional Democrat has stepped forward to support what is fast becoming a majority opinion of the people.

This is Jim Hightower saying... The political and media establishment can hide the numbers, but they can't long hide from the sentiment. To learn more, go to www.afterdowningstreet.org.

READ EL EDITOR ON THE WEB AT ELEDITOR.COM

Judge Alito, like many of you, is the product of the immigrant dream and will bring his unique experiences and background to the Supreme Court, just as I have brought mine to my time as Attorney General. I've noticed over the course of my first months as Attorney General, that my family's personal story has given me a unique appreciation for the challenges faced by many Americans.

This past weekend, I spoke to a group of Latino law enforcement officers. I told them a story about a veteran Deputy from the Los Angeles Police Department's anti-gang unit. Deputy Ortiz went to work early on Friday, June 23rd, as he often did, in order to get a jump on a street-gang investigation. The 35-year-old deputy had been with the Los Angeles Sheriff's Department for 15 years, was a five-year veteran of his department's anti-gang task force, and had just returned from his honeymoon.

Deputy Ortiz was going door-to-door conducting interviews in a gang-plagued neighborhood. At 3 p.m., he knocked on the door of a house and was checking IDs when someone shot him in the head from point-blank range.

As L.A. Sheriff Lee Baca described it, "this was an assassination of a deputy. It was a sudden attack that gave the deputy no chance."

The alleged gunman is Jose Luiz Orozco-a suspected gang member. When Sheriff Baca spoke to the press about the murder, he printed out Orozco's rap sheet. It was five-feet long.

The investigation Deputy Ortiz was conducting on the day he died was part of a broader effort to reclaim the small community of Hawaiian Gardens from gang intimidation, drug sales, and violence.

Deputy Ortiz sacrificed his life to do his duty. And it struck me, in recounting this story, that everyone involved was Hispanic. A brave Hispanic Deputy. A positive Hispanic leader in Sheriff Baca. And, unfortunately, a young Hispanic already lost to the dangerous life of guns, drugs, and gangs.

It's a telling example -- both of the progress we've made and the long distance we have yet to travel.

Gangs are a growing problem for the Hispanic community. Gangs wipe out the dreams of our children and cost us future leaders. I have directed my U.S. Attorneys to work with partners at the federal, State, and local levels -- to stop the spread of gangs and curb the rampant violence from gang activity.

As the chief law enforcement officer of the country, my official role in responding to gangs and troubled youth is leading investigations and promoting

Letter to the Editor:

The following is a letter that was sent to Mayor Mark McDougal. The writer has asked us to print in order to inform the public

Dear Mayor McDougal,
 Thank you and the city council for honoring me with a bronze plaque "John P. Cervantez" placed in Berry Park in East-Central Lubbock. As you know young boys and girls in our community need strong advocates to help them cope with the daily pressures of growing up in a society and pulls and tugs them in directions which are often harmful and adversely affect them for the rest of their lives. I would like to propose the next step in the improvement of Berry Park which will serve the children of East-Central Lubbock. Mr. Mayor, I'm sure you agree that after-school programs and "Safe Place" for children requires the building of a Community Center. The city does not operate a community Center anywhere in East-Central Lubbock. This leaves an estimated population of over 10,000 children at risk to harmful influences. A swimming pool operated in conjunction with a Community Center would greatly enhance Berry Park and serve the residents of the area. Aztlan Park in North-Central Lubbock if improved and upgraded as Berry Park would also serve a great need. A walking trail would greatly enhance Aztlan Park. Mr. Mayor, I've followed news reports from City Hall. I know you found several thousand dollars to hire police officers. You also found several million dollars for softball fields in Southwest Lubbock and have pledged \$50 million for the Presidential Library. Please consider sharpening your pencil just a little more for improvements that will assure the future of our neighborhoods in East-Central Lubbock. Let us work together as we did before to protect our city's youth from lifestyles that have resulted in Lubbock having the highest incidents of STD's and which fill up the beds at the Lubbock County Juvenile Corrections Center. Sincerely, John P. Cervantez

Bush's About - Face to the Right Wing

By Abel Cruz

Slip Sliding Away

What a week in Bush-Ville! In a move that would have made Houdini proud, Karl Rove escaped his appointment with a judge, while Scooter "I love Dick Cheney" Libby will have a one on one meeting with a federal judge on Thursday November 3. If there is justice in this country, what we'll see is some semblance of the truth coming out of the 5 indictments against Libby. Although, given the Bush administrations ability to avoid the truth, and their ability to slip out of being held accountable for their pretense and false claims, I seriously doubt it.

Too harsh a statement you say? Not if you still believe that government, and elected and appointed officials (regardless of party affiliation) within our government, have a duty to act in a lawful manner; not to break the law and put themselves above it because they are trying to hide the truth. Or in this case, the role that Libby's boss, the Vice President played in the situation. It is clear by the indictments and by what has been published and discussed so far that Rove and Libby were definitely involved in an effort to quiet and embarrass former ambassador Joseph Wilson by outing his wife Valerie Plame; contrary to the denials that had been issued by White House spokesman Scott McClellan in 2003.

But, in statements given shortly after the indictments were handed down, both the President and Vice President expressed no outrage or indignation, but rather were highly praiseful of Libby and quick to point out that in this country we still presume innocence until someone is proven guilty. Unless of course we are talking about the less fortunate in this world; you know the ones that get profiled all the time.

Secret "black-sites"

The Washington Post is reporting that the Central Intelligence Agency has been hiding and interrogating captured al Qaeda prisoners in secret prisons in Eastern Europe and in Afghanistan, as well as Guantanamo Bay, Cuba. Referred to as "black-sites" in classified information in federal agency and White House documents, The Post did not publish the names of the countries in Eastern Europe where the secret prisons are located. According to the report, it is illegal to hold prisoners in such secret locations in this country, which is why the prisons have been located in other countries.

This is an insightful and in-depth look into what lengths the Bush administration has gone to, to circumvent the laws of this country in the name of national security. The article is well worth reading and can be found on The Post's website.

Stupid Comment of the Week:

"The 2,000 service members killed in Iraq supporting Operation Iraqi Freedom is not a milestone, it is an artificial mark on the wall set by individuals or groups with specific agendas and their own ulterior motives."

U.S. Army Lt. Col. Steve Boylan - US Military Spokesman in Iraq

Artificial marks on the wall? Tell that to the parents and relatives of the 2,026 US soldiers killed in Iraq so far; or to the families who have someone serving in Iraq. Not surprisingly; note Boylan's use of the word "artificial" in his statement. It is a word the Bush administration seems well versed in. After all, didn't the Bush administration use artificial intelligence to get the American public to accept their rational for invading Iraq?

Brownie Update

Boy, it makes me feel safer to know that former FEMA director Mike Brown, affectionately known as "Brownie" by the president has been asked to stay an additional 30 days on the job; he had already been paid for an additional 30 days after he had resigned. This is his second helping at the taxpayer paid feeding trough. This is just another example of the Bush administration Homeland Security Department's ineptitude, incompetence, and desire to take care of one of its own. Based on Brown's yearly salary of \$148,000, total cost to US taxpayers so far: \$24,666.

About Face!

"She is going to be on the bench, she'll be confirmed - and when she's on the bench people will see a fantastic woman who is honest, open, humble, and capable of being a great Supreme Court Judge - George W. Bush 10/07/05

"Today I have reluctantly accepted Harriet Miers' decision to withdraw her nomination to the Supreme Court of the United States" - George W. Bush, 10/27/05

And Finally

If you've managed to get through the above content, whether you agree or disagree, I hope we can all agree that it is important to express opinions on events that shape our world. Although we may think that these events are meaningless and do not touch our lives, they clearly do. Whether it's the indictment of a federal official or a Texas congressman, or the deaths of our young men and women in Iraq, it's my view that as citizens of this country it is our responsibility to educate ourselves about the issues and somehow find a way to express our views; pro or con.

The point is that civic involvement takes work and effort. It is not easy. And it is not confined to national news and events; we should be just as engaged in local issues. Because it is only when we become involved in some way that we will make sure that our views and needs will be taken into consideration.

It may be at the ballot box or in a letter to the editor. Or it may be by calling our local elected officials to voice our approval or disapproval on a certain decision or action taken by the city council or school board. Each week decisions are made by elected officials that affect our everyday lives and our views deserve to be considered.

To that end, I strongly encourage you to send in your comments, suggestions and ideas to El Editor. Letters can be emailed to my email address at the end of this column or to eleditor@sbcglobal.net or they can be mailed to Letters to the Editor, 1502 Ave M, Lubbock, TX 79401.

EL EDITOR

is a weekly bilingual newspaper published by Amigo Publications in Lubbock and Midland/Odessa Texas. Our physical address for overnight delivery is 1502 Ave. M in Lubbock, TX 79401. El Editor is available on the web at eleditor.com and is distributed throughout West Texas in retail outlets. Opinions expressed in El Editor are those of the individual writer and not necessarily those of the publisher or the advertisers. Advertising information available by emailing us at eleditor@sbcglobal.net or by calling us at 806-763-3841 Opinions and commentaries are welcome and can also be sent to the same email address.

**Publisher Bidal Aguero
 Business Manager - Olga Riojas Aguero
 Circulation - Gilbert Acuña**

Altars for the dead, creative blend of the sacred and the pagan

A load of creativeness and blend of pagan and religious undertones, one of the oldest and strongest traditions in Mexico are the "Day of the Dead" altars, mounted just once a year on November 1 and 2 to welcome back the souls of those long gone relatives who return to feast and celebrate with the living.

A motif of pride, this Mexican tradition has come out to the streets and museums where it is admired by everyone. This has had thousands of people, including foreigners, take pictures and shoot camera on them, which has granted it worldwide renown.

The Diego Rivera-Anahuacalli museum, located in south Mexico City, started the altar for the dead exhibit back in 1995 before the building was even finished. It was not opened until 1964, seven years after the death of such a famous muralist.

Every year, cempasuchitl flowers, lion claws, bread of the dead, candles, colorful mole, sugar skulls, copal, pumpkin pottage, camote, tamales assorted and alcohol beverages blend in with Mexican art-craft giving a very original touch to such altars.

To offer food and drink to the dead "who come back each year in early November to dine with us, the living" is a way of honoring death, as stated by several Mexican anthropologists on this tradition followed in



most parts of Mexico.

Along with figurines of saints, as well as pictures of those dead relatives, the offering altar, which is usually placed in the house's main room, features regional differences but also shares a lot of detail.

To beautify the sacred spot, destined to raise the altar, some cane rings are attached to the table's feet along with palm, flowers, banana leaves or even fresh fruit and dry peppers, among many other objects.

This sort of work is carried out by the Nahua people in Mexico City and the Huasteca region, the Michoacan Purepecha people and

the Oaxaca valley Zapotecs.

Decoration may vary and include paper-cut flowers and banners along with the pictures of dead relatives generally placed among bases. In front of the table, above a new "petate", one or two ash containers may be placed.

The altar may also include a piece of clothing worn by the late person including a machete, a hat or even toys for kids, among many other elements.

Traditional cuisine comes up between October 30 and 31 since they are to be offered on November 2. A costume is that all mud-china on which the food

will be served will henceforth become part of the day-by-day China.

Syncretism in this celebration is quite evident, above all among the elements of an altar which refer to European rites from the Sixteenth century and pre-Hispanic costumes such as presenting the dead, visiting graveyards and share their meals with them, as well as the special treatment for dead kids.

Sugar skulls placed on the altars go back to the Seventeenth Century, a time when sarcastic caricatures of renowned politicians and famous people those days surfaced.

This is how the living were judged before passing on and their real colors were brought up. However, the skeleton printings of Jose Guadalupe Posada (1852-1913) became the trademark of this celebration.

"To offer is to share with the dead certain pleasures of the living", the late poet Carlos Pellicer once said.

Church people extended such tradition to all the country and easily hit on indigenous people who thought the dead should be honored in some way.

Some towns in Mexico are famous for their day of the Dead altars: the Patzcuaro lake ones in Michoacan and the ones on Mixquic, nearby Mexico City, whose images have traveled around the world.



Gael Garcia makes big splash at film festival

Mexican actor Gael Garcia Bernal made a big splash at the London Film Festival, where his latest film "The King" was shown.

Gael Garcia went to the London Movie House to give some details about his participation. This movie was shown at the Cannes Film Festival in France last May 15, and it will also be projected at the Philippines Film Festival on November 15.

People were listening to the actor's comments for almost two hours. They even asked him about his acting studies, his start in television and movies, and his most rewarding and funny experiences.

During the talk, Gael Garcia

expressed that he would like to be directed again by Alfonso Cuaron, who was the director in the movie "Y tu mama tambien", in which he shared credits with Diego Luna.

He stated that Cuaron is a great human being the works in a very authentic way. Garcia Bernal also said that since they worked together, he became his mentor, friend, brother, and "sometimes my father."

It was said that days after the presentation of "The King" in this film festival, the tickets for his questions and answers session were sold out.

The London Film Festival shows 180 movies coming from 60 countries.

Los protagonistas, Anna García y José Angel Llamas, en la presentación de 'Corazón partido'

Telemundo estrena esta noche su nueva producción Corazón partido, un clásico melodrama telenoveleros protagonizado por la bella Danna García y el galán Jose Ángel Llamas.

Se trata de la historia contemporánea de Aura (García), una joven heredera que regresa a su país en búsqueda del hijo que le fue arrancado de los brazos al nacer. En medio de una ciudad poblada con millones de habitantes, se topa con Adrián (Llamas), un apuesto mecánico de quién se enamora perdidamente, ignorando que él es el padre adoptivo de su hijo.

Para Danna García—que fue la protagonista de Pasión de gavilanes en Telemundo—Corazón partido también representa el retorno a México después de años de ausencia.

"México ha sido para mí un segundo hogar", dijo García en una reciente presentación de la novela en Los Ángeles. "Llegue allí cuando tenía 17 años y grabé mi primera telenovela. Ahora después de cinco años de ausencia, es para mí un verdadero honor regresar".

"Estamos en este 'Corazón partido', que es una montaña rusa de emociones y que tiene muchísimo para ofrecer. En ésta retomamos el melodrama clásico; por lo menos yo, hace un tiempo que no había tenido la oportunidad de hacer un proyecto de esta índole".

La actriz colombiana de 22 años explicó que además de tocar temas sociales como el embarazo de jóvenes latinas, los matrimonios de jóvenes y el divorcio, este proyecto le ayudó a retarse como actriz.

"Había hecho más temas de aventura como Gavilanes y otro tipo de telenovela. Ésta es una oportunidad de retarme como actriz y de trabajar con gente tan linda y talentosa como José Ángel y todo el reparto", relató.

Más que retar a García, el personaje de Aura la forzó a encajarse en un mundo totalmente ajeno para ella.

"En realidad no me parezco mucho", dijo la actriz. "Sobre todo lo de la maternidad; como soy muy joven no tengo hijos".

A pesar de lo difícil que fue personificar el papel de Aura, existen muchos otros personajes y situaciones con las que la actriz sí se identifica.

"Para mí el no ver crecer a mi hermano—él es nueve años menor— es algo muy intenso", dijo García, quien se alejó de su familia y país para salir en búsqueda de un futuro mejor. "Perdémelo tantos años por estar trabajando y después reencontrarlo; me identifico mucho con eso. Te das cuenta de los errores, de todo lo que te pierdes".

Por su parte, José Ángel Llamas sí ve semejanzas con su personaje de Adrián, un humilde mecánico que adora a su hijo adoptivo.



"Adrián es un hombre íntegro, sensato, padre de un hijo de 8 años que fue adoptado y con una vida complicada que, en un momento muy rápido y vulnerable, conoce al personaje de Danna", dijo el actor mexicano. "Me siento muy cerca de él, esencialmente por la paternidad. Yo tengo hijos, entiendo lo que es defenderlos como un león, protegerlos por encima de cualquier cosa".

Llamas promete que Corazón partido tendrá a los televidentes con el corazón en la garganta noche tras noche, porque la

telenovela suda drama. "Es una historia llena de conflictos y los conflictos tienen consecuencias; sin conflictos, no hay drama y si no hay drama, pues no hay nada".

Llamas explica que la experiencia de Corazón partido le enseñó algunas lecciones. "Por ejemplo: quién es más padre, quién engendra o quién cría. Ésa

es la lección que encuentras a lo largo de la novela", insistió el galán.

La telenovela, producida por Epigmenio Ibarra y dirigida por Moisés Ortiz Urquidí, también contará con la participación de Saby Kamalich, Carlos Torres Torrija, Ximena Rubio, Ana Ciochetti y Khotan. Además, el tema original de la novela fue compuesto por Willie Colón.

La telenovela fue presentada en Los Ángeles como parte de la celebración del 20 aniversario de KVEA (Canal 52).

El ejecutivo dijo que, además de entretener, Corazón partido pretende cumplir otra misión: "Traerle a los [mexicanos] de los Estados Unidos y en general a los hispanos, un pedazo de la tierra que han dejado atrás". 'Corazón partido' puede verse de lunes a viernes, a las 9:00 p.m., por KVEA (Canal 52).

Do You Love Your Pet??

WELL ...

take it to



KEY ANIMAL CLINIC

5006 50th - Lubbock

792-6226

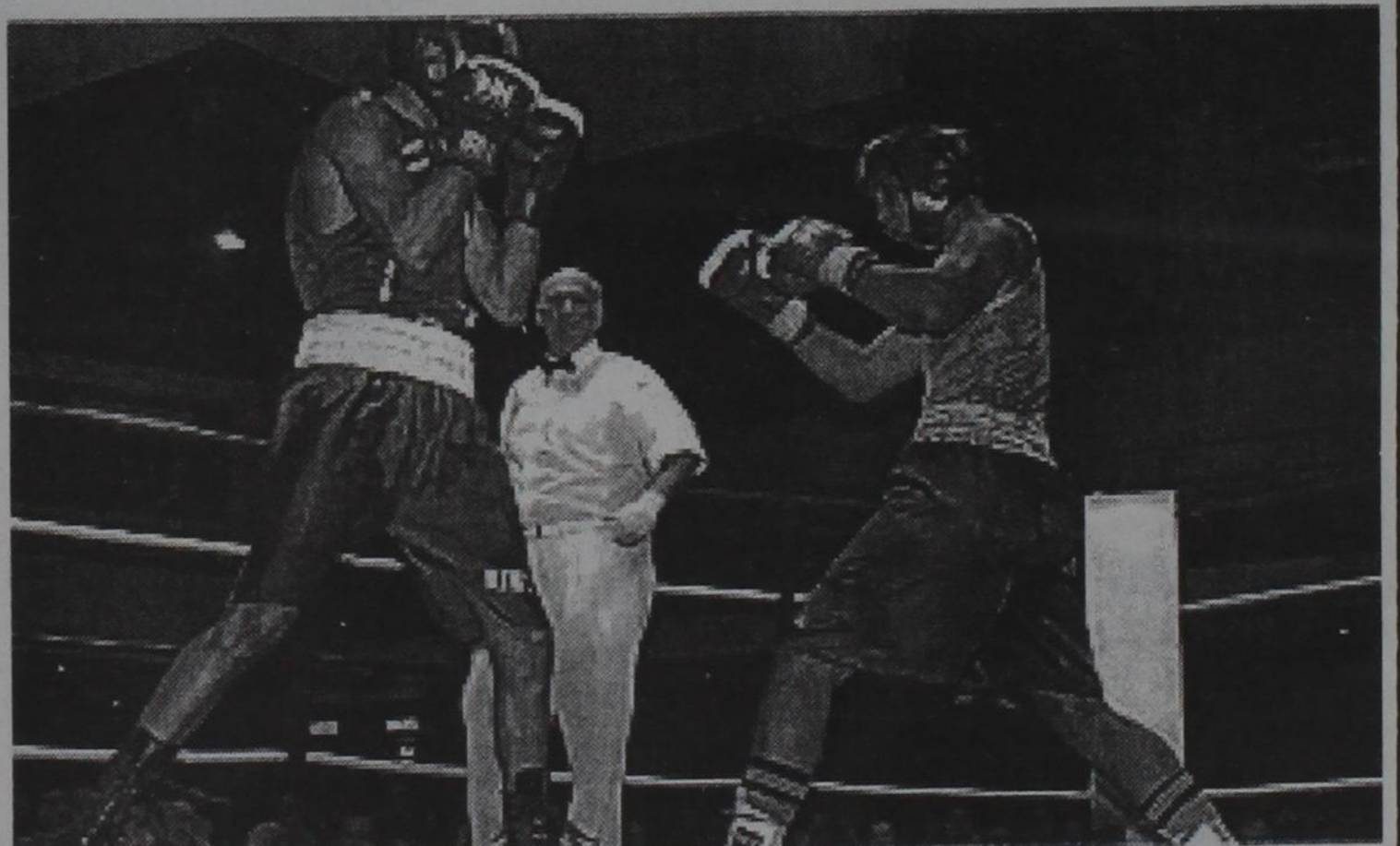
North Lubbock Boxing Club

"Discipline and Dedication Result in Excellence"

Fall Invitational Boxing Tournament

Saturday- November 12, 2005

Doors Open at 6 p.m. and Boxers start at 7 p.m.



FEATURING

National and State Champions

Teams From

Hobbs, N.M.	Midland/Odessa	Liberal, Ks.
Slaton	Plainview	Clovis, N.M.
San Angelo	Garden City, Ks.	Pampa
Dumas	Pecos	Hereford
		Lubbock

Tickets Available at the Door or

RC Automotive (806)747-1823

\$5.00 General Admission

Children 6 and under and Senior Citizens Free

Fair Park Coliseum

4th and Avenue A
Lubbock, Texas

T-SHIRTS
CAPS
FAMILY REUNIONS

FOR AS LITTLE AS \$5.00!
For the Very Best in Quality, Design & Price!
CALL 763-3841

Montelongo's Restaurant

3021 Clovis Road
Lo Mejor en Comida Mexicana
Llame 762-3068 Lubbock, TX

Lubbock's Sheriff Gutierrez is a Big as Little Chief in Stage Comedy

Lubbock Sheriff David Gutierrez will take the stage as Little Chief, leader of the once mighty Mud-A-Wah Indians, in "A Leon from Roswell, He's Back and Earth Must Be Destroyed!", a musical comedy romp that is, literally, out of this world.

After his memorable performance in "Heavenly Country," playwright Phil Price is thrilled to have Gutierrez back on stage in "A. Leon from Roswell." Gutierrez will play Little Chief, leader of the once mighty Mud-A-Wah Indians, a role Price had in mind for Gutierrez from the beginning. His strong singing voice will be highlighted with songs that seem to have been written just for him. These songs include "Ring of Fire," "16 Tons" and "Go Down Moses."

Since being sworn in as Sheriff of Lubbock County in November of 1998, Gutierrez has been very active in the community. His contributions at the Cactus are no exception.

"I am pleased to have the Sheriff playing Little Chief in 'A. Leon from Roswell,' he has an amazing singing voice and I know audiences will love his performance," Phil Price said.

"A. Leon from Roswell" is a comic adventure full of music, comedy and conflict that will be showing at 8:00 pm every Friday & Saturday night in November at the legendary Cactus Theater located at 19th & Buddy Holly Avenue in Lubbock's Depot Entertainment District.

Ticket prices are \$25 for adults. For reservations call (806) 762-3233 or visit the Cactus Theater Box Office.

EL EDITOR #1 the Best!

San Antonio Spurs vs. Denver Nuggets

The San Antonio Spurs will receive their championship rings before the season opener against the Denver Nuggets. Coach George Karl believes his Nuggets have a chance to be the ones enjoying such a ceremony at this time next year.

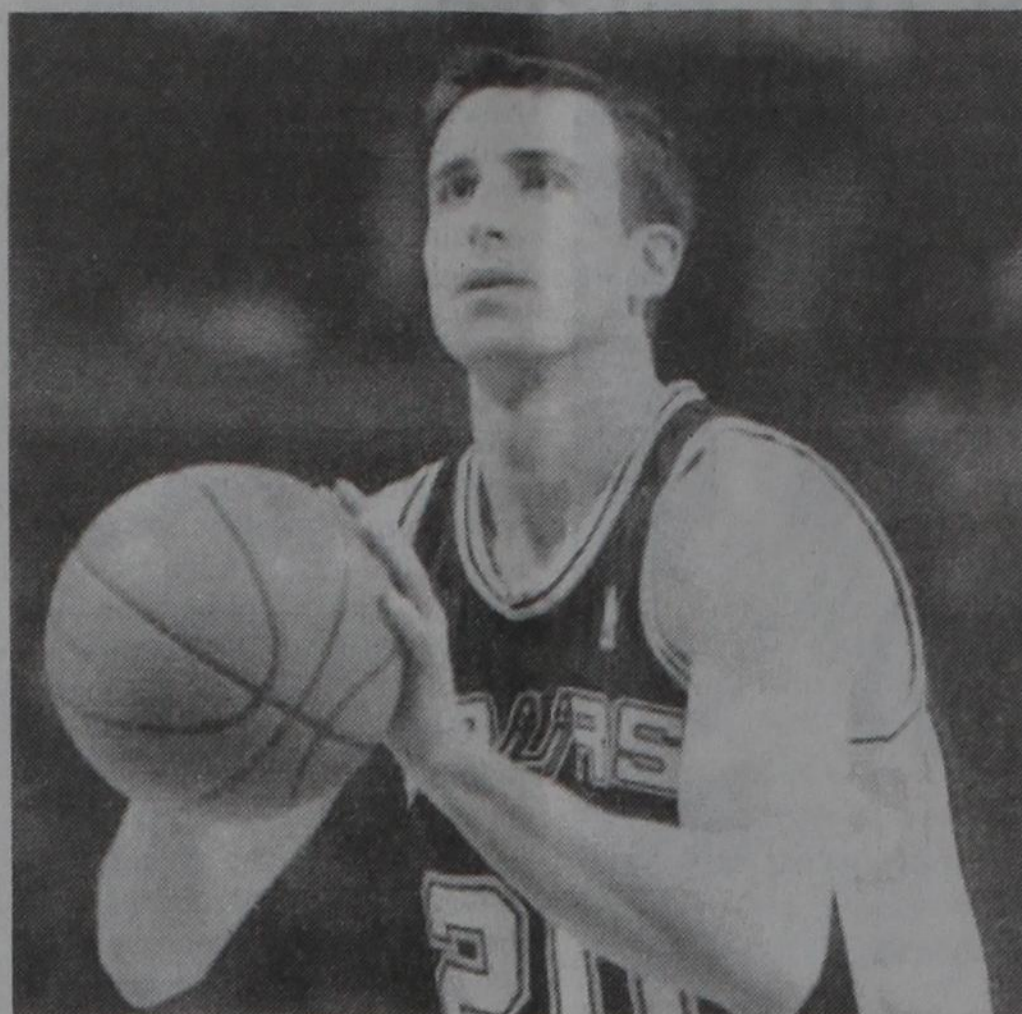
"I think people respected what we did," Karl said. "But, right now, everyone thinks they can win a world championship. Fortunately, we have the depth of talent that if we do some things right, we might be able to win a world championship."

The Nuggets begin their quest for a title by facing the team that put an abrupt end to their playoff run last season, and went on to win it all, when they visit the Spurs.

Denver finished with an impressive 32-8 run last season after Karl took over. However, the Nuggets were ousted by the Spurs in five games in the first round of the playoffs, getting outscored 105-33 from behind the 3-point line.

"San Antonio is one of the best in basketball at taking the 3 away," Karl said. "We'll adopt some of San Antonio's rules on defense because of the way they played the 3 on us."

The Spurs have won three of the last seven NBA championships, and even if they hadn't made any changes, they likely would have been favored to win another. Instead, this season's roster appears to be even



more talented with the offseason addition of veterans Michael Finley and Nick Van Exel.

Finley has averaged 19 points and shot 37 percent on 3-pointers in his career while Van Exel ranks sixth all-time in 3-pointers. Both players are hungry for their first NBA titles, and both former starters now will come off the bench behind Tony Parker, Bruce Bowen and Manu Ginobili.

"My role will be off the bench and I have no problem with that," said Finley, the former Dallas swingman who passed up bigger money elsewhere to sign

with San Antonio. "They've been successful without me, so I'm just going to try to contribute."

San Antonio's success begins with three-time NBA Finals MVP Tim Duncan. Duncan was the only player in the league last season to be named to both the All-NBA first team and All-Defensive first team.

Duncan sat out 16 games last season with an ankle injury and the Spurs went 8-8, including two losses to the Nuggets.

With Bowen joining Duncan on the All-Defensive first team, the Spurs allowed a league-low 88.4 points per game.

While the Spurs added two former All-Stars to their roster in the offseason, the Nuggets stayed relatively quiet.

"If we weren't sure it was going to make us better, my philosophy is, don't do it," Karl said. "That's the way most of the things that came over the table in the offseason looked to us."

For the most part, the same players that went 25-4 to close the 2004-05 season are back.

Carmelo Anthony returns for his third season after averaging better than 20 points during his first two years in the league. Anthony is 10 pounds lighter and Karl hopes he can be more of a threat behind the 3-point arc.

After shooting 32 percent from 3-point range and connecting for 69 as a rookie, Anthony shot just 26 percent while making

only 42 3-pointers last season. Voshon Lenard's return should help the team's long-range shooting after he missed most of last season to injury. Lenard, a 38-percent 3-point shooter, tore his Achilles' tendon in the season opener and played in only three games.

The Nuggets' inside game is bolstered by a healthy Kenyon Martin and Marcus Camby. Martin, whose left knee was surgically repaired over the summer, averaged 15.5 points

and 7.3 rebounds last season and Camby, named to the All-Defensive second team last season, averaged 10.3 points and 10 boards.

Denver will be without Karl in the season opener after he was suspended by the league for violating league rules prohibiting contact between NBA teams and players not yet eligible for the NBA draft. Assistant coach Scott Brooks will assume the head coaching role during Karl's two-game suspension.

Cardinals' Pujols earns top spot in MLB rankings

St. Louis first baseman Albert Pujols took over the top spot from Carlos Delgado in Major League Baseball's annual player rankings.

Pujols finished at 98.519 on a scale of 100, finishing just ahead of Texas first baseman Mark Teixeira (98.462), according to the compilation by the Elias Sports Bureau.

Pujols and San Diego second baseman Mark Loretta (88.961) repeated as the top infielders at their positions in the NL, while Philadelphia's Jimmy Rollins (87.192) took over from Edgar Renteria at shortstop and the Chicago Cubs' Aramis Ramirez (88.67) replaced Scott Rolen at third. The Cubs' Michael Barrett (87.645) was the top catcher, a position A.J. Pierzynski held last year.

Houston's Lance Berkman (94.8) and Philadelphia's Bobby Abreu (91.9) repeated in the outfield, and Florida's Miguel Cabrera (93.8) replaced Barry Bonds.

Bonds and Rolen missed much of the season with injuries, while Renteria and Pierzynski switched to AL teams.

Houston's Roy Oswalt (95.072) repeated as the top starting pitcher, and Philadelphia's Billy Wagner (93.854) replaced injured Eric Gagne as the top NL reliever.

After leading AL shortstops for six straight seasons -- even though he was almost exclusively a third baseman in 2004 -- the New York Yankees'

Alex Rodriguez (92.857) was tops at third, replacing Oakland's Eric Chavez.

Teixeira replaced Delgado at first, Detroit's Placido Polanco (88.36) took over from Bret Boone at second, Derek Jeter (92.208) replaced A-Rod at shortstop and Cleveland's Victor Martinez (88.095) was the top catcher instead of Javy Lopez.

Boston's Manny Ramirez (96.056) was among the top three AL outfielders for the ninth time in 10 seasons -- he was the top designated hitter in 2002. The Angels' Vladimir Guerrero (97.183) repeated in the outfield, and the Yankees' Hideki Matsui (94.507) replaced teammate Gary Sheffield.

Minnesota's Johan Santana (98.333) replaced Roy Halladay as the top AL starting pitcher, the Yankees' Mariano Rivera (95.421) took over from Keith Foulke at reliever and Cleveland's Travis Hafner (92.286) replaced Boston's David Ortiz as designated hitter because Ortiz was third in batting average and fourth in on-base percentage while Hafner was first or second in every category.

The rules for the rankings were established by players and owners in their settlement of the 1981 strike.

These rankings are used to decide whether players are Type A, B or C free agents, and which amateur draft picks their former teams get as compensation if they sign elsewhere.

South Plains Food Bank says, 'Friend, can you spare a turkey?'

Workers at the South Plains Food Bank hope that many of its generous donors during the upcoming pre-holiday seasons will donate a frozen turkey in addition to the usual canned goods.

The holiday baskets to be prepared by the Food Bank will be more complete if they include a turkey, and the usual sources of the traditional menu item for the organization are not available so far this season.

"We hope that many people can purchase an extra turkey when they do holiday food shop-

ping," explains David Weaver, Jr., executive director. "Also, some donors may not plan to serve turkey at their homes this year but could, instead, donate a frozen one to the Food Bank."

Gifts of turkeys are welcome at the South Plains Food Bank building, 4612 Locust Ave., Lubbock, throughout the pre-holiday season. A refrigerated truck will be available for donated turkeys at the U Can Share location at the United Supermarket located at 82nd St. and Frankford Ave., Dec. 5-10.

United Supermarkets



Red River Farm's Gallon Milk

- Homogenized
- Lowfat
- Fat Free

1.99



Traditions Turkeys 10 - 22 lb.
Limit 1 with \$10 Purchase, Thereafter 69¢ lb.

39¢ lb.



Green Giant Vegetables Selected Varieties 14.5 - 15 oz.

5 \$2 for 2



United or HY•TOP Macaroni & Cheese Original or Spirals 6 - 7.25 oz.

3 \$1 for 1



Stove Top Stuffing Selected Varieties 6 oz.

99¢



Washington Red Potatoes

3 \$1 lbs. 1

Para Nuestra Salud

Los cuidados preventivos promueven un envejecimiento saludable

Probablemente le disguste visitar al médico, debido a la larga espera y la cantidad de formularios que debe llenar, por lo que evita la consulta a toda costa. No hay problemas con eso, ¿cierto o no?

Pues, piénselo dos veces. Es mejor invertir tiempo y dinero en su salud ahora, si desea una vida extensa y sana. La visita al médico, aún cuando no

tengamos dolencia alguna, ayuda a la prevención de enfermedades. Los análisis, exámenes, vacunas y chequeos son formas de evitar cualquier trastorno o condición inesperada. Hable con el médico para que él le diga con qué frecuencia y cuándo usted necesita esa atención. Las recomendaciones del facultativo se basarán en su edad, sexo, historia clínica y familiar. Tenga en cuenta que el Medicare, programa de seguros de salud para personas de avanzada edad, ofrece cobertura con frecuencia a los cuidados preventivos. A continuación, algunos ejemplos de ese tipo de cuidados, y de exámenes que le recomendamos:

VACUNAS

Cada vez que se produce una escasez de vacunas contra la influenza, los funcionarios de salud de todo el país garantizan que las personas de avanzada edad tengan preferencia, debido a que esta enfermedad, en unión de la neumonía, están entre las diez causas de muerte principales entre los ancianos, según manifiesta el Centro para el Control y Prevención de Enfermedades (CDC). Se recomienda que los hombres y mujeres se vacunen anualmente contra la influenza a partir de los 50 años. Las personas mayores de 65 también deben vacunarse anualmente contra la neumonía. Asimismo, compruebe que su vacuna contra el tétanos no ha vencido (debe vacunarse cada 10 o 15 años). Verifique con su médico la frecuencia con que recibir dichas vacunas.

CONDUCTAS RELACIONADAS CON LA SALUD

"Somos lo que comemos" es una frase hecha, pero verdadera. Según el CDC, aproximadamente el 40 por ciento de los fallecimientos en los Estados Unidos se deben a una alimentación incorrecta, así como al hábito de fumar, el sedentarismo y el abuso del alcohol. El ejercicio, la eliminación de los hábitos de fumar y beber, el consumo de alimentos nutritivos, hacen que la vida de las personas de avanzada edad sea mucho más sana.

La actividad física regular reduce la necesidad de hospitalizaciones, visitas al doctor, y consumo de medicamentos. El ejercicio contribuye a disminuir los riesgos de infarto cardíaco, cáncer de colon, diabetes e hipertensión, así como la obesidad. Si el traslado de un lugar a otro es un obstáculo, pruebe a hacer ejercicios de bajo impacto como natación, o levantamiento de pesos libres en casa.

CAIDAS

Las caídas son la causa principal de lesiones, ingresos hospitalarios por traumas, y muertes en adultos de edad avanzada, según datos suministrados por el CDC. Sin embargo, las caídas y las lesiones relacionadas pueden evitarse. Entre las estrategias para lograrlo figura la realización de ejercicios de fuerza, equilibrio y flexibilidad; la modificación del hogar mediante una iluminación adecuada y la colocación de barras de sostén, y la comprobación de que determinados medicamentos no afectan el equilibrio.

Si pone en práctica desde ahora estas conductas preventivas, garantizará un estilo de vida más sano, productivo y activo en el futuro.

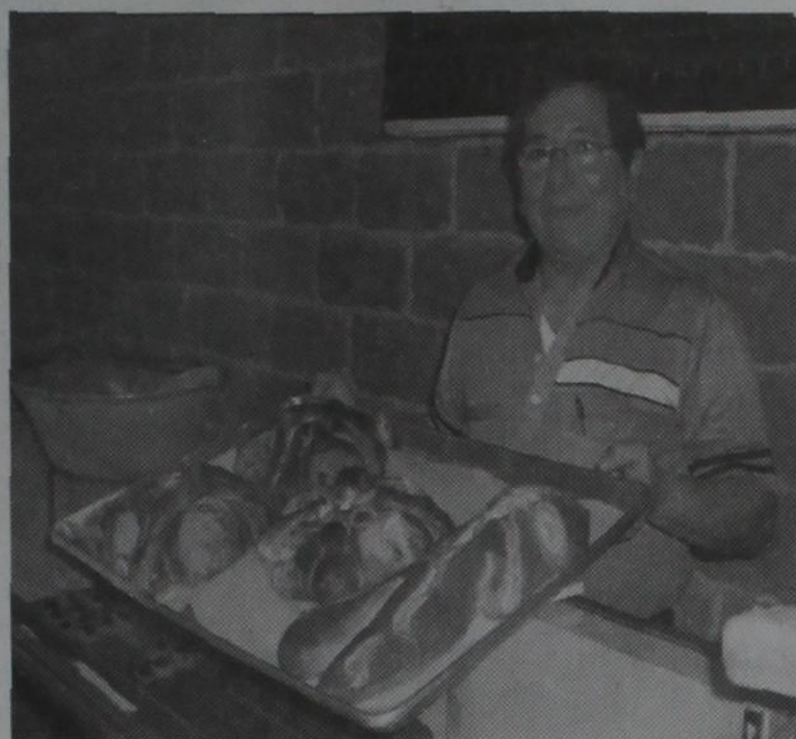
Jimenez Bakery takes pride in preparing pan for Dia de Los Muertos

By Christy Martinez-Garcia

Special to El Editor

Pan del muerto is a common item found on many ofrendas - the food and mementos set out on the altars during Día de los Muertos (Day of the Dead). This is an observance that allows those living, from any culture, to pay homage to the dead.

The observance began as a ritual that the Aztecs and other Meso-American indigenous people practiced over 3,000 years ago. The Spaniards considered the ritual to be sacrilegious. To make the ritual more Christian, the Spaniards moved it so it coincided with All Saints' Day on November 1st, and All Souls' Day on November 2nd.



Today it is recognized by many as a Mexican tradition combining the native Aztec and Roman Catholic practices and beliefs, and still observed by Mexicans and many in the United States.

As Luis Ramiro Jimenez, of Lubbock, intricately shapes dough to form small caricatures that look like people for the observance, he remembers his father - Lucio Cruz Jimenez, a panadero who made pan de dulce - Mexican pastries.

"Mi apa nos enseñó a mi hermano y yo cómo hacer el pan Mexicano," says Jimenez who is one of the two members of his family that took on the skill as a Mexican baker.

He continues discussing how his father was dedicated to making the Mexican pastries and used that skill as a means to make a living, and as a way to teach his 12 children to sustain themselves and their Mexican culture.

"La cultura es importante para toda la gente (Culture is important for all people). No deben olvidarse de sus raíces (They should not forget their roots)," said Jimenez recalling the words of his father.

He explained that when there was an interest he too would teach his sons and nephews the timeless art of making pan de dulce.

As he reminisced about his father he worked unceasingly, gently giving the dough a final egg wash before popping it into the oven. This he says will give the pan de dulce a beautiful glaze.

Quickly the scents of fresh cake and bread fill the kitchen and carry out into the street drawing those passing by. The aromas and the colorful array of pan de dulce displayed in the glass case greet customers and continue to entice them as they make their selections.

The Jimenez family has been in the restaurant and bakery business for 36 years; 25 of those years have been in downtown Lubbock, next door to La Famosa bridal shop, another historical Latino-owned business in downtown Lubbock.

"The mornings are very busy... people come to have coffee and some pan de dulce," he says as he showcases over 30 varieties of Mexican bread prepared using the family's recipes.

He pulls out a tray with the pan de muerto and huesitos explaining that the bread signifies someone who is dead, but rather than making the event sad the bread is a comical way to make it happy.

"El pan es chistoso," he says as he talks about how it is used as part of an ofrenda.

He holds up a round pastry that looks like a skull and points at the two bones formed out of dough explaining this is how this bread, huesitos, got its name.

El panadero goes on to tell that many schools, churches, and art groups call on him annually to order the bread. The baker explains that he will continue to make the bread as long as he is able because it is an important part of the Mexican culture.

"Día de los Muertos es una época para recordar (Day of the Dead is a time for remembrance)," he says.

"Es una ocasión hablar de ellos (It is an occasion to speak of them), y una ocasión de no olvidarse de ellos (and a chance not to forget them)," he concludes as he returns to his customers.

Infobox

Día de los Angelitos is Nov. 1, and Día de los Muertos is Nov. 2.

Many visit the cemetery where their loved ones are buried. They decorate gravesites with marigold flowers and

candles. They bring toys for dead children and other mementos to adults. They sit on picnic blankets next to gravesites and eat the favorite food of their loved ones.

Pan del Muerto can be purchased at the Jimenez Bakery, located in downtown Lubbock at 1217 Ave. G. Orders for the bread can be called in at (806) 744-2685.

Recipe for Pan del Dia de los Muertos

The famous pan de muerto (bread of death) comes in the shape of human figures, alligators, lizards, and other animals - but most often skulls and crossbones or teardrops and crosses, gaily decorated with colored sugar crystals.

The following recipe is a typical modern version of the pan de muerto. Like the European altar breads, it was originally made with flour, yeast, eggs, sugar, and some aromatic flavoring like orange-blossom water. Today Mexican home bakers often enrich and sweeten the bread with condensed milk.

Yield: 3 plain round loaves (about 6 inches across) or 2 decorated loaves (about 7 inches across)

- 2 envelopes dry yeast
- 1 cup lukewarm water
- 3 1/4 cups all-purpose flour (or more as necessary)
- 1/2 teaspoon salt
- 9 Tablespoons (1 stick plus 1 Tablespoon) softened butter cut in small pieces, plus additional for greasing
- 3 eggs (2 for dough, 1 for glazing loaves)
- 3 egg yolks
- 7/8 cup (half of one 14-ounce can) condensed milk
- 1 Tablespoon orange flower water
- Sugar (or colored sugar crystals if desired) for sprinkling loaves

In small bowl, dissolve the yeast in the water and let sit in a warm place for 5 minutes. Make a sponge by stirring in 4-5 tablespoons flour. Cover with a damp towel and let sit in a warm place until full of bubbles and about doubled in bulk, roughly 45 minutes.

Combine a scant 3 1/4 cups flour with salt. Place in large mixing bowl or on a pastry board or clean counter. Cut or rub in the butter with pastry blender or fingers until dough resembles the texture of coarse meal.

Beat together 2 whole eggs and 3 egg yolks. Have ready the condensed milk and orange flower water. Gradually add these ingredients to the dough, working them in with fingertips. Add the yeast sponge and work it in, adding flour as necessary to make a soft but kneadable dough. Knead for about 10 minutes, until smooth and silky. (Alternatively, use dough hook of electric mixer.) Lightly grease a large bowl with butter and place dough in it, turning to coat both sides with butter. Let sit in a warm place, covered with a damp cloth or plastic wrap, until doubled in bulk, about 1 1/2 hours.

Punch the dough down. If not making a decoration, shape into 3 equal-sized loaves. Or to make 2 decorated loaves, proceed as follows: Cut off about 1/4 of the dough and set aside. Divide the rest into 2 equal portions, shaping each into a ball. Place side by side on a greased and floured baking sheet, remembering that they will expand in baking. With remaining dough, shape skulls and crossbones: First divide dough into 4 parts. Roll 2 pieces between your palms into long, narrow strips for crossbones. Cut each in half. Crisscross 2 strips over each loaf. Shape remaining pieces into 2 small balls for skulls. Lightly press them onto the loaves just above the crossbones (if you have difficulty getting them to stick, make gashes in the loaves with a small sharp knife and press the balls into the gashes). Lightly cover with damp towels and let rise in warm place until doubled in bulk, about 1 hour.

Preheat oven to 375°F. Beat the remaining egg and brush lightly over loaves and decorations and bake 40 minutes. Sprinkle the loaves with sugar and return to oven for about 1 minute to melt.



Punch the dough down. If not making a decoration, shape into 3 equal-sized loaves. Or to make 2 decorated loaves, proceed as follows: Cut off about 1/4 of the dough and set aside. Divide the rest into 2 equal portions, shaping each into a ball. Place side by side on a greased and floured baking sheet, remembering that they will expand in baking. With remaining dough, shape skulls and crossbones: First divide dough into 4 parts. Roll 2 pieces between your palms into long, narrow strips for crossbones. Cut each in half. Crisscross 2 strips over each loaf. Shape remaining pieces into 2 small balls for skulls. Lightly press them onto the loaves just above the crossbones (if you have difficulty getting them to stick, make gashes in the loaves with a small sharp knife and press the balls into the gashes). Lightly cover with damp towels and let rise in warm place until doubled in bulk, about 1 hour.

Preheat oven to 375°F. Beat the remaining egg and brush lightly over loaves and decorations and bake 40 minutes. Sprinkle the loaves with sugar and return to oven for about 1 minute to melt.

Covenant Health System Welcomes its Newest Addition: Covenant Women's Hospital, The First in the Region

LUBBOCK- Covenant Health System will celebrate the grand opening of Covenant Women's Hospital on Monday, Oct. 31st. First scheduled deliveries will take place on Tues, Nov. 1. Patients delivering prior to Monday, Oct. 31 should report to Covenant Medical Birthing Center. The Women's Hospital is the first in the region and will be located at 4000 24th St. It is a part of the \$45 million renovation and relocation of women and children's services from Covenant's 19th street campus to the Lakeside campus. The renovation cost of Covenant Women's Hospital totaled \$7.4 million.

In 2004, 2,700 babies were delivered at Covenant; doubling the number of births since 1998. To support the demand of women in West Texas, Covenant Women's Hospital offers 13 labor and delivery rooms, 18 antepartum rooms and 40 postpartum rooms.

Expecting moms will also have the added benefit of the OB Traceview, is a state-of-the-art maternal fetal monitoring system. The OB Traceview allows constant electronic monitoring of the mother and baby at all times. Patients will also have individual, one-to-one nursing care during delivery.

The new facility will consist of private, state-of-the-art rooms with DVD players, wireless Internet and flat panel TV's. The healing environment of Covenant Women's Hospital will be like a home-away-from-home for patients.

In addition to spacious rooms and state-of-the-art facilities, Covenant Women's Hospital will offer convenient, up close parking and gifts of gratitude honoring new parents such as an heirloom baby blanket and celebration dinner.

Patients will have the choice of a grilled ribeye steak or chicken cordon bleu with cream sauce, side items and choice of cherry cheesecake or chocolate torte cake.

Expansion and renovation will enable Covenant Health System to provide excellent service to a growing number of patients. Covenant Health System is the fifth largest health care system with a 62-county outreach area across West Texas and Eastern New Mexico.

"The Lakeside campus renovation and expansion will help us provide state-of-the-art technology in a more spacious healing environment and will be more convenient for our patients and their families," said Susan Neves, Vice President, Covenant Women's Hospital.

The public is invited to attend an open house at Covenant Women's Hospital on Friday, Oct. 28, noon-2 p.m. The come-and-go event will feature tours of the facility and nursing staff will be available to answer questions.

Covenant Women's Hospital Quick Facts

Covenant Women's Hospital

- Offers region's only certified lactation consultants and personalized lactation education and support, including one-on-one assistance.
- Individualized nursing care during delivery.
- In 1998, 1500 babies were born at Covenant; by 2004, that number increased to 2,650
- 2,650 annual births
- 4,300 annual obstetrical outpatient procedures
- Renovation cost of Covenant Women's Hospital - \$7.4 million; part of a \$45 million renovation plan for the Lakeside campus.

Covenant Health System

NICU

- NICU is a Level IIIC unit able to provide continuous life support and comprehensive care for extremely high-risk newborn infants. This is the highest level NICU in the region. It provides advanced respiratory care such as high-frequency ventilation and inhaled nitric oxide. It provides extracorporeal membrane oxygenation (ECMO) and surgical re-

pair of serious congenital cardiac malformations.

Covenant Health System

- Covenant Health System is the second largest employer in Lubbock, with 5,200 employees and an annual payroll of \$350 million. Covenant is the fifth largest health care system in Texas, and serves a 62-county outreach area across West Texas and Eastern New Mexico, with a population in excess of 1.2 million.
- Covenant Health System, Lubbock facilities are licensed for 1,346 beds; has 40,500 annual admissions; 66,000 annual ER visits; 23,713 annual outpatient surgeries; and more than 600 admitting physicians.
- National Research Corporation awarded Covenant Medical Center with its distinguished Consumer Choice Award for 2005-2006. Covenant Health System was the only hospital in the West Texas region to receive the award. The NRC Consumer Choice award is based on consumer choice for the following categories: Best Nurse, Best Doctor, Best Reputation and Best Overall Image.

Respuestas a las preguntas más comunes sobre el nuevo plan de Medicare de medicamentos

Las preguntas hechas con más frecuencia sobre la cobertura de Medicare para medicamentos con receta de la red Medicare Rx Education, fueron recogidas de las preguntas que llegaron a la red y publicadas en los medios de prensa, para averiguar lo que la gente desea saber sobre el nuevo beneficio. El reciente reporte de Preguntas y Respuestas es parte de una campaña de educación sobre la inscripción de la red orientada al consumidor, y que consta con más de 70 organizaciones nacionales asociadas.

"Nosotros recomendamos que las personas no se apresuren a tomar una decisión sobre el beneficio," aconseja el ex senador John Breaux, presidente de la red Medicare Rx Education. "Los beneficiarios de Medicare tienen tiempo de hacer preguntas y obtener información sobre esta importante decisión. Las respuestas a estas preguntas más comunes les facilitarán las cosas".

El senador Breaux explicó que la red está brindando estas preguntas para ayudar a la gente a entender el beneficio de medicamentos con receta y tomar una decisión que se ajuste a sus necesidades cuando comience el periodo de seis meses de inscripción, a partir del 15 de noviembre. La red escogió 12 preguntas examinando la documentación de las llamadas telefónicas y los correos electrónicos que recibió la red desde su lanzamiento en julio y analizando la cobertura en los medios de prensa que evaluaron las preguntas del público sobre la nueva cobertura. Las organizaciones miembro de la red trabajaron colectivamente para ofrecer la respuestas correspondientes que fueron precisas e informativas, y muy claras.

"Los beneficiarios de Medicare deberían leer estas preguntas, repasar con atención toda la información que reciben por correo sobre el beneficio de Medicare de medicamentos y, finalmente, usar los muchos recursos fiables existentes como el Internet, teléfonos y recursos en la comunidad para información más detallada," agrega el senador Breaux. Los sitios en el Internet como www.medicare.gov y www.MedicareRxEducation.org proporcionan detalles adicionales y sirven de conexión con otros recursos útiles.

Para ayuda personalizada con el beneficio, póngase en contacto con un representante de Medicare llamando al (800)MEDICARE (633-4227) o llame a Eldercare Locator (800) 677-1116 y pida el número de teléfono del programa del seguro médico de su estado. Además, el próximo mes, las comunidades en todo el país estarán llevando a cabo actividades informativas sobre Medicare; para conocer más detalles, la red exhorta a las personas a que lean sus periódicos locales. Cortesía de ARA Content

A VECES EL MILAGRO DE LA VIDA...

EMPIEZA DESPUES DE LA MUERTE

¿Sabía usted que un donante de órganos y tejidos puede salvar y mejorar las condiciones de vida de hasta ocho de sus pacientes?

En nuestro país existen miles de personas en espera de un trasplante de órgano que podría salvarles la vida.

¡Imagínese! Usted puede salvar vidas.

Informese de cómo donar sus órganos y tejidos cuando usted ya no los necesite. ¡Venga al milagro de la vida después de la muerte!

Informese de cómo donar vida.

Llámenos al **1-800-465-VIDA** o visite en: **www.donavida.org**

DONAVIDA

EL EDITOR
Proveémos
Lo Mejor
en
Información



*Our pride.
Your joy.*

The all-new Covenant Women's Hospital at the Lakeside Campus.

We're proud to introduce the newest member of our family—the state-of-the-art Covenant Women's Hospital at the Lakeside Campus. Beginning November 1, we invite you to come and see for yourself! You'll discover the newest, most advanced center for moms and babies in West Texas. You'll also encounter our nationally recognized staff—a group of individuals united by a mission to provide the most beautiful and memorable birthing experience imaginable. There's simply no safer, more comfortable place to welcome a new child into your family. Each of our 13 luxurious birthing suites is appointed with exquisite furniture as well as a flat-panel TV and wireless Internet access. We also have 58 suites geared specifically

to meeting your special needs prior to and after delivery. As a NICU Level IIIC facility, Covenant offers advanced imaging systems, sophisticated respiratory services and comprehensive low-weight infant care. What's more, our world-renowned pediatric specialists provide the utmost personal attention. All this pampering doesn't stop when your baby arrives, either. Every couple who gives birth at Covenant Women's Hospital receives a gourmet dinner for two, a beautiful baby blanket, an assortment of baby-care gifts, and lessons on breast feeding and infant care. If you're expecting a new arrival, count on Covenant Women's Hospital to make your child's birth the experience of a lifetime.

Covenant
Women's Hospital

