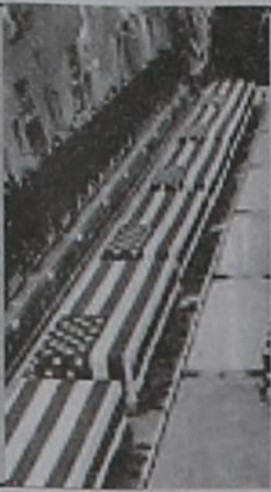


Casualties of War in Iraq 4,802 Afghan 3,418 as of April 24, 2014



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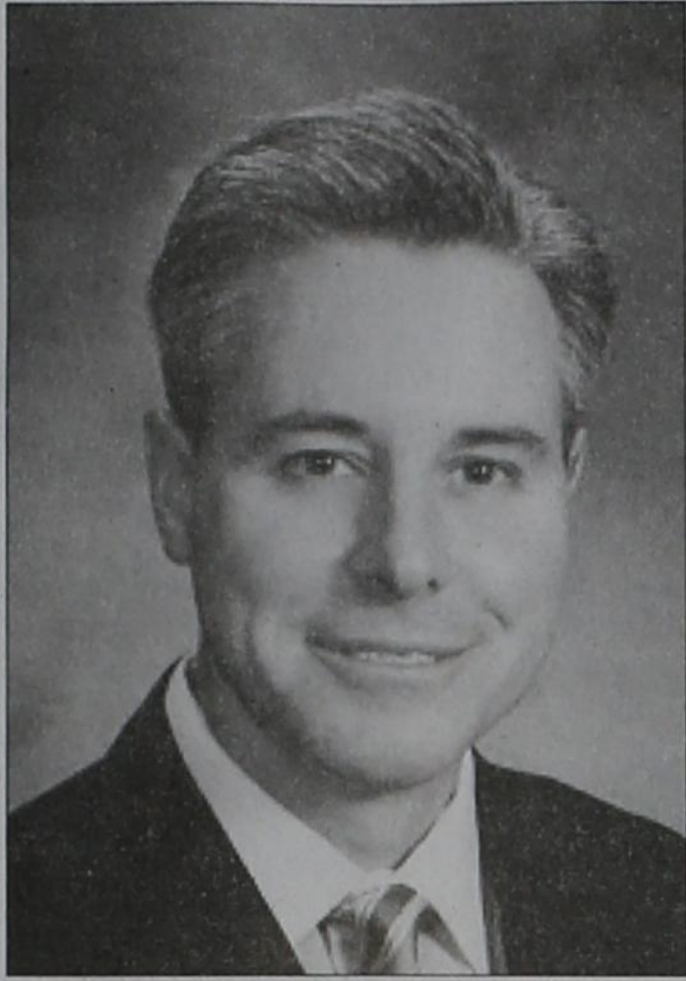
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Lubbock/Midland-Odessa Region

## Klein Addresses Pay Day Loan Interest Rates



With less than a month away before stepping down from the District 3

Lubbock City Council seat he has held for almost 7 years, Councilman Todd Klein is still working on 2 issues he feels are important enough to bring before the council before he leaves.

Klein won the seat in a runoff election in 2007 and won a 4 year term in

2010. Pay day lending ser-

VICES are offered in many cities like Lubbock, and are primarily cash advance businesses where customers are enticed to borrow money and pay it back on their pay day; thus the name pay day loans.

The problem is the interest rates are so high, most people who borrow money are unable to pay it back within the required time frame and wind up entering into that revolving door, resulting in paying hundreds of dollars in interest; sometimes larger than the initial loan amount.

According to the web

site for the Cash Store, a popular pay day loan business with 4 locations here in Lubbock, the Annual Percentage Rate (APR) for a cash advance loan is 585.56%.

Klein says, "I have long called for the legislature to step up and address the rates charged by this industry. I believe that there is a place in the market for such loans, but there is a need for some basic reform. I sincerely believe we are judged by the way we treat the least among us, and I cannot stand by

and watch such practices without trying to do something."

Klein also intends to introduce an agenda item to establish a "training and development divi-

sion to ensure personnel development and the highest possible service delivery that goes with it".

Email: eleditor@sbcglobal.net



## Sonia Sotomayor: Court's right wing 'out of touch with reality'



Simmering tensions over the high court's approach to race burst into the open Tuesday morning when Justice Sonia Sotomayor, reading from her dissent in an affirmative action case, mounted a full-scale assault on the right wing of the court, calling her conservative colleagues "out of touch with reality."

"The way to stop discrimination on the basis of race is to speak openly and candidly on the subject of race, and to apply the Constitution with eyes open to the unfortunate effects of centuries of racial discrimination," Sotomayor wrote. "[W]e ought not sit back and wish away, rather than confront, the racial inequality that exists in our society. It is this view that works harm, by perpetuating the facile notion that what makes race matter is acknowledging the simple truth that race does matter."

Sotomayor's dissent was the most direct attack on a doctrine of "colorblindness" that has guided the conservative wing of the court's attack on civil rights era laws designed to remedy the effects of racial discrimination. In a 2007 decision striking down

a school desegregation program, Chief Justice John Roberts penned the battle cry of the movement when he wrote, "The way to stop discrimination on the basis of race is to stop discriminating on the basis of race."

For Roberts and his conservative colleagues, government intervention to remedy the effects of centuries of racism are morally tantamount to racism.

"The right side of the court all seems to believe that race consciousness is the problem, and that focusing on race exacerbates racism," said Guy Uriel-Charles, a professor at the Duke University School of Law. "The core of Sotomayor's opinion is that you can't simply say that racism is a product of race-consciousness, racism is a product of racial history that is persistent with us today. You can't get beyond racism by not paying attention to race."

THE DAILY RUNDOWN WITH CHUCK TODD, 4/23/14, 10:12 AM ET

Affirmative action decision divides Supreme Court

Sotomayor's formulation turns Roberts's dicta on itself, and attacks the the conservative justices'

adherence to a doctrine of "colorblindness" on historical terms.

Although other Justices have penned eloquent criticisms of their conservative colleagues' approach to racism, the left wing of the court has not had a Justice who could speak with the authority that comes with direct, personal experience with discrimination since Thurgood Marshall died in 1993. Since then, the only person of color on the high court, Justice Clarence Thomas, has lent the authority of his personal experience growing up in the segregated South to the conservative movement's effort to gut or strike down landmark civil rights laws. Sotomayor, who was raised by a single mom in a housing project in the Bronx and became the first Latina Justice, has forcefully defended government efforts to fight discrimination.

Though the outcome of this battle hinges more on which party gets the opportunity to fill vacancies on the high court than the eloquence of the individual justices, Sotomayor's dissent was nonetheless notable.

"It's a really strong dissent, it probably is the most significant opinion Justice Sotomayor has written since she's been on the court," said Samuel Bagenstos, a professor at Michigan Law and former official in the civil rights division of the Justice Department. "I thought it was a very powerful response, it was important to have someone who clearly is coming from the perspective of having experienced discrimination on the basis of race talk about the reality of the situation."

Sotomayor engaged the conservative wing of the court despite Justice Anthony Kennedy's insis-

tence that the case itself was not about race. In 2006, the state of Michigan voted to amend its state constitution to ban affirmative action in college admissions. The court ruled 6-2, with Justice Elena Kagan abstaining and Clinton appointee Stephen Breyer siding in part with the majority, that it was constitutional for Michigan to do so.

Sotomayor argued that by amending the state constitution just to bar race-conscious admissions would allow "a white graduate of a public Michigan university who wishes to pass his historical privilege on to his children" to "freely lobby the board of that university in favor of an expanded legacy admissions policy," while preventing "a black Michigander who was denied the opportunity to attend that very university from being able to "lobby the board in favor of a policy that might give his children a chance that he never had and that they might never have." In doing so, Sotomayor wrote, the state had unconstitutionally barred racial minorities from fully participating in the political process.

Roberts's "colorblindness" bears only a superficial resemblance to the concept as understood by past champions of equal rights, since as applied by the conservative majority on the court the approach has had dire consequences for racial minorities.

Since Roberts became chief justice, the high court has struck down school desegregation plans, narrowed affirmative action, crippled the Voting Rights Act, limited the circumstances under which Americans can sue for racial discrimination, and enabled the denial of health insurance

to millions of financially struggling people of color. Though the opportunity has not yet presented itself, the conservative movement from which Roberts sprung would see the Civil Rights Act of 1964 and the Fair Housing Act of 1968 destroyed as well.

"In my colleagues' view, examining the racial impact of legislation only perpetuates racial discrimination," Sotomayor wrote. "This refusal to accept the stark reality that race matters is regrettable."

Sotomayor attacked that "colorblind" approach as one that chooses to see no evil. The dissent runs through a litany of historical examples of practices that are superficially "colorblind," but were intended or had the effect of harming minorities, such as "literacy tests, good character requirements, poll taxes and gerrymandering," methods used in the Jim Crow South to circumvent the Constitution by not explicitly mentioning race.

"My colleagues are of the view that we should leave race out of the picture entirely and let the voters sort it out," Sotomayor wrote. "It is a sentiment out of touch with reality, one not required by our Constitution, and one that has properly been rejected as "not sufficient" to resolve cases of this nature."

In one notable passage, Sotomayor writes:

"Race matters to a young man's view of society when he spends his teenage years watching others tense up as he passes, no matter the neighborhood where he grew up. Race matters to a young woman's sense of self when she states her hometown, and then is pressed, "No, where are you

really from?," regardless of how many generations her family has been in the country. Race matters to a young person addressed by a stranger in a foreign language, which he does not understand because only English was spoken at home. Race matters because of the slights, the snickers, the silent judgments that reinforce that most crippling of thoughts: "I do not belong here."

It was to this passage that Roberts felt compelled to respond. In a short concurrence, Roberts ignores Sotomayor's larger argument to defend himself personally and argue that affirmative action, not racism, is the reason minorities would feel excluded from society.

"It is not "out of touch with reality" to conclude that racial preferences may themselves have the debilitating effect of reinforcing precisely that doubt, and—if so—that the preferences do more harm than good," Roberts wrote in response. "People can disagree in good faith on this issue, but it similarly does more harm than good to question the openness and candor of those on either side of the debate."

Roberts's argument that affirmative action, rather than racism, reinforces those "crippling thoughts" is all the more remarkable given that Sotomayor sits on the court with a fellow Justice who once belonged to a group that would have barred her from attending Princeton.

Sotomayor wasn't questioning Roberts's candor or openness as much as judgement. The results, from the Voting Rights Act to the Medicaid expansion, speak for themselves, at least for those who choose to listen.

## Hillary Clinton defiende la reforma migratoria

La ex secretaria de Estado estadounidense, Hillary Clinton, se definió como una defensora de la reforma migratoria que beneficie a los inmigrantes.

"Creo que fue una gran oportunidad perdida para nuestro país, el que la Cámara de Representantes no haya aprobado la versión [de la reforma migratoria] que el año pasado

alcanzó el Senado de Estados Unidos", señaló.

Clinton, quien aún no ha anunciado su decisión de contender por la candidatura presidencial demócrata, es considerada como la puntera en preferencias en su partido.

Al participar esta semana como invitada a un foro organizado por la Fundación

Clinton y Microsoft, la ex senadora fue sorprendida por la intervención de una joven que afirmó que era indocumentada y que había sido traída a Estados Unidos por sus padres cuando era una niña.

La joven expresó su frustración, ya que por su condición migratoria no puede continuar con sus estudios, no puede

conseguir trabajo, votar y asistir a la universidad de sus sueños.

"Yo no soy la única. Hay 11 millones de inmigrantes indocumentados que están detrás de mí", subrayó la joven tras pedir a Clinton su opinión sobre la reforma migratoria.

"Eres increíblemente valiente. Te doy las gracias por hacer esto porque es importante

ponerse en los zapatos de otras personas", respondió Clinton, quien acudió al foro acompañada de su hija Chelsea.

"Esa es una de las grandes esperanzas que tengo. Que podamos volver a ser un país donde la gente puede entender lo que otros están pasando y tienen empatía por él y realmente tratar de ayudar a los

demás", enfatizó.

La ex primera dama expuso su posición sobre la reforma migratoria que aprobó el Senado, un paquete de amnistía que la Cámara de Representantes se niega a considerar.

"Creo que fue una gran oportunidad perdida para nuestro país el que no se haya aprobado", sentenció Clinton.



# Retirement: Why \$1 Million Won't Be Enough

"The good news is there are more millionaires," says Richard G. Dragotta, at LPL Financial in Paramus, N.J.

"Over 9 million people in the U.S. have \$1 million or more." But, Dragotta says, \$1 million might not mean

you're wealthy: The new \$1 million may be \$2 million.

"Thirty years ago, \$1 million was a huge amount

of money," says Haitham "Hutch" Ashoo, CEO of Pillar Wealth Management, in Walnut Creek, Calif. "Today, given today's lifestyles and costs, it isn't so much money."

Why not? "It translates into \$40,000 to \$50,000 (annually) in sustainable revenue," says Joe Heider, regional managing principal for Rehmann Financial Group in Westlake, Ohio. "That is not that much money on an annual basis."

Heider says 10 to 12 years ago, when people earned a lot more on investments, \$1 million could generate \$70,000 to \$80,000 a year in retirement income. But with interest rates as low as they are, that's not really feasible.

Still, that's not to say that no one could live on savings of \$1 million. It all depends on your lifestyle,

investment returns, taxes and inflation.

"I think it depends on how much money you're going to spend," says Tim Courtney, chief investment officer at Exencial Wealth Advisors in Oklahoma City. "If you're wanting to spend \$50,000 a year or less from your investment portfolio, \$1 million will probably get it done for you."

"If you want more than that, \$1 million is not going to provide that for you," he says.

"Everything is relative," says Clarence Kehoe, executive partner in the accounting firm Anchin, Block & Anchin in New York City. "For some people, I would think \$1 million would be more than enough. For other people, I can tell you some of these clients spend more than \$1 million in a year. It depends on the person, their lifestyle and what they are used to."

Kehoe says hopefully, most of your bigger expenses are done with in retirement -- children's college tuition and your mortgage, for example.

"If you contained those bigger expense, things are a little bit easier," he says. "But you have to realize there are new types of expenses. You have increased medical expenses, and you have all this free time. There's the cost of hobbies, the cost of traveling. That could be very expensive."

Pillar Wealth Management's Ashoo says even if you have \$3 million to \$10 million, but you want to jet all over the world, you haven't saved enough. "If a jet is not what you're after, if all you are looking for is a motor home to travel, then that's doable. It's about you and what you are trying to achieve."

One mistake that people often make is that they assume that they will spend less in retirement, says Heider. "The reality is when someone retires in good health, they are more likely than not to spend more money," he says.

Heider says when people are not working, they have much more time on their hands, to go to lunch, golf, shop and ski. Also, he says, "Most people have postponed dreams during working years, whether it's going to Europe, buying a second home or buying a motor home. They think they have saved enough, but

they get into retirement and say, 'I wanted to do all these things, but I'm spending a lot more money.'"

Whether people have saved \$1 million or \$3 million, they need to be realistic going into retirement, Heider says. "If they retire and realize they don't have enough monthly to sustain themselves during retirement, do they cut back on their activities, scale back?" he asks. Perhaps they could downsize their home or work part time.

"I've seen individuals who do something they like," he says. "They may work at a golf course so they can play golf for free."

Most of all, retirees need to have a financial plan and a cash-flow plan to see what they are going to need in their retirement years. "Retirement is all about cash flow," Dragotta says. "It's about the distribution of your wealth back to you. It's a constant battle: cash vs. longevity, inflation and volatility. Depending on what your needs are, \$1 million probably isn't enough."

"The days of pensions are long gone," he says. "If you have one, you are in a better scenario. But most Americans aren't in that position. They have whatever they have accumulated. Even if it's \$1 million. Add Uncle Sam's Social Security, that probably isn't enough."

Dan Cuprill, president Matson & Cuprill in Cincinnati, says if someone comes to him with \$1 million for retirement, he can make it work. "I think \$1 million for most people is still adequate," he says. "There are parts of the country where it's more expensive. But \$1 million is adequate for most people."

Cuprill says there are some exceptions, such as when people retire with big mortgages. "That's just poor planning."

Still, \$1 million is a good starting point. "At the end of the day, if you want to have a quality retirement, to do what you want to do, I think you need at least \$1 million," says Michael Wall, president and founder of Wall Financial Group, in Altoona, Pa., and Palm Beach Gardens, Fla. "I definitely would suggest that clients shoot to have at least that much. You are talking about 30 or 40 years of unemployment, called retirement."

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3. Eliminate conflict on the council and be courteous and respectful to all citizens;
4. Establish a community college in downtown Lubbock for Economic Development through Human Development;
5. Fight for more local government accountability and transparency.

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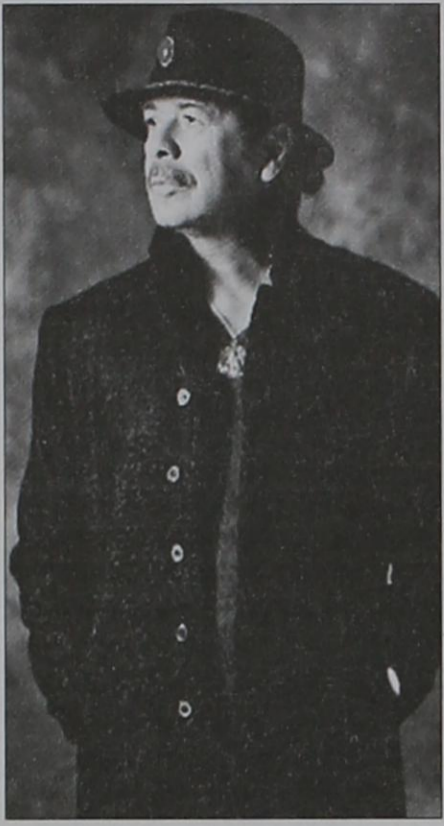
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# Carlos Santana le dedica su disco a 'los invisibles'

# Gloria Trevi dice que siempre va contra los retos



Dolores Huerta, o tanta gente que vino antes de mí... Todo lo que hago, lo hago para ponerle más luz a los hombres y mujeres que limpian las sábanas, los excusados de los hoteles, porque hay mucha gente invisible", señala el guitarrista.

Y es precisamente ese deseo por exaltar la existencia de todos aquellos que sirven a este país sin ser reconocidos, lo que hizo que por primera vez el mexicano se le haya medido a hacer un disco totalmente inspirado en melodías latinas.

"En Estados Unidos hoy es importante revelar cómo nos necesitan a nosotros. Cuando me dan un trofeo yo nunca camino por la alfombra roja sino por la cocina, y saludo a los lavaplatos, a los que cocinan, porque esa es mi primera gente siempre".

Para este álbum, el prestigioso músico no solo se limitó a ser la voz de sus paisanos, sino que también contó con colaboraciones cercanas a su corazón, como es el caso de su

amigo Juanes, con quien interpreta el popular tema La Flaca, y sobre todo de su esposa, la baterista Cindy Blackman, con quien realiza la canción Yo Soy La Luz.

"Este CD Corazón es un puente para que la gente cruce. Lo que más quería cuando escuché la canción (La Flaca) fue ofrecerle mi gratitud a Juanes, y le pregunté si estaba abierto para hacer una entrada diferente y un final, así que pudimos poner otra energía para la canción", dice.

Interesantemente, el legendario músico admitió que antes de realizar el disco nunca antes había escuchado varias melodías que ahora están incluidas en éste, pero que ese aspecto fue beneficioso, precisamente porque le permitió agregarle su toque personal a las canciones, sin ninguna clase de idea predeterminada.

"Para mí es muy importante darle honor y respeto a la primera canción, pero muchas de esas canciones nunca las había oído hasta que me las trajeron. Fue una bendición que no las había escuchado porque entonces pude traer algo diferente y nuevo... Traigo inocencia, que es algo que nadie debería de perder".

Otras estrellas que participaron en el álbum incluyen a Gloria Estefan en el tema Besos de Lejos, Pitbull en Oye, Los Fabulosos Cadillacs en Mal Bicho, y Romeo Santos con Margarita, entre muchos otros.

Contra el machismo latino Refiriéndose a la libertad de la que goza su esposa, quien por mucho tiempo fue baterista de Lenny Kravitz, el mexicano quiso aprovechar para exaltar su colaboración en este disco y manifestarse a su vez en contra del machismo que se vive en nuestros países.

"Ella es una reina que tiene mucha confianza en sí misma, y no tiene complejo de inferioridad. Me han acusado cuando tocamos ella y yo de que no estamos tocando música, sino haciendo amor en frente de todos (se ríe), y es lo mismo, es cosa de hacer amor, no competir ni comparar. Pensamos que quizás en el futuro ella regrese a tocar batería con Lenny Kravitz, pero no me gusta decirle qué tiene que hacer, ella es libre y me encanta que mi mujer sepa hacerlo conmigo o sin mí... Los machistas no son hombres, un hombre apoya a su mujer para que pueda volar, macho quiere decir ser egoísta y un idiota".

Gloria Trevi siempre ha ido contracorriente. Ha tenido una carrera de altibajos en su carrera artística pero dice que de eso aprendió a ser honesta y a enfrentar con rebeldía su manera de ser. Gloria Trevi, La Marisoul, Leslie Grace y Kat Dahlia, fueron presentadas en el panel de la Sesión de las divas de Billboard, durante la Conferencia Billboard de la Música Latina, que este año celebra su 25 aniversario.

En el panel conducido por Justino Aguilar, editor asociado de Billboard, cada una de las "divas" hablo de sus inicios, de los obstáculos y de la creatividad empleada en su carrera musical.

La historia de Trevi fue muy emotiva, pero la de Marisoul, integrante de la banda angelina La Santa Cecilia, conmovió hasta las lágrimas a la participante y a la audiencia.

Trevi habló de las lágrimas que ha tenido que derramar cuando su disquera no le acepta la grabación de algún tema, pero también de

cómo ha salido triunfante por ser insistente. Contó que cuando presentó a su disquera el tema "Todos me miran", querían que le hiciera varios cambios en los arreglos musicales y que el género fuera otro. "A mí no me pareció que quisieran que fuera una cumbia porque me parecía que era muy femenina, muy jota y hice una pataleta porque aparte me dieron la noticia un 10 de Mayo, mi corazón lloraba porque a parte venía de salir una situación muy cabr... y sentían (los de la disquera) que no tenía el poder para decidir, pero insistí", relató.

Al final, agregó Trevi, la canción no tuvo apoyo en la radio, pero el público la tocó en los antros, en las fiestas y "fue la gente la que la hizo un éxito internacional. La música no tiene barreras. Uno debe defender lo que uno cree por débil y chiquito que parezca".

Trevi recibió por parte de su disquera Universal Music, discos de Oro y Platino por ventas de su última producción "De película".

Carlos Santana definitivamente le puso mucho "Corazón" a su nueva producción discográfica que se estrena el 6 de mayo, ya que de acuerdo al guitarrista, el álbum es un homenaje al trabajo de todos aquellos a los que se refiere como "invisibles".

"Gracias a Dios me dieron el Kennedy Award el año pasado, pero yo siempre digo que primero debieron haberse-lo dado a Cesar Chávez, o

## Comisión De Calidad Ambiental Del Estado De Texas



### AVISO DE SOLICITUD Y DECISIÓN PRELIMINAR PARA PERMISO PARA APLICACIÓN DE LA CALIDAD DEL AGUA EN TERRENOS PARA AGUAS RESIDUALES INDUSTRIALES NUEVO/ MODIFICACIÓN

PERMISO [PROPUESTO] NO. WQ0005093000

**SOLICITUD Y DECISIÓN PRELIMINAR.** La Ciudad de Lubbock, P.O. Box 2000, Lubbock, Texas 79457, cual propone operar la Planta de Tratamiento de Agua del Sur de Lubbock (Lubbock South Water Treatment Plant, WTP), un sistema de desechos de limpieza fijo con membrana neutralizante (clean-in-place, CIP) cual utiliza un tratamiento de agua de microfiltración/ultrafiltración (MF/UF) que proveerá agua potable a los residentes de la ciudad de Lubbock, ha solicitado a la Comisión de Calidad Ambiental del Estado de Texas (TCEQ) por un nuevo Permiso No. WQ0005093000 para autorizar la eliminación de aguas residuales de la WTP con un flujo promedio diario que no excederá 12,000 galones al día a uno de dos estanques de evaporación idénticos que conjuntamente suponen una área de superficie mínima de 8.30 hectáreas y una capacidad mínima de almacenamiento de 43 hectárea-pies (14.0 millones de galones) de eliminación de desechos finales. Este permiso no autorizará una descarga de contaminantes a las aguas del estado. La TCEQ recibió esta solicitud el 15 de julio 2013.

La planta y el sitio de disposición están ubicadas en 5114 East Farm-to-Market Road 1585, Lubbock en el Condado de Lubbock, Texas 79423. La planta y el sitio de disposición están ubicados en la cuenca de drenaje de Double Mountain Fork Brazos River en el Segmento No. 1241 de la Cuenca del Río Brazos. Los usos designados para el Segmento No. 1241 son de gran uso para vida acuática y recreación de contacto primario.

El Director Ejecutivo de la TCEQ ha completado la revisión técnica de la solicitud y ha preparado un borrador del permiso. El borrador del permiso, si es aprobado, establecería las condiciones bajo las cuales la instalación debe operar. El Director Ejecutivo ha tomado una decisión preliminar que si este permiso es emitido, cumple con todos los requisitos normativos y legales. La solicitud del permiso, la decisión preliminar del Director Ejecutivo y el borrador del permiso están disponibles para leer y copiar en el Ayuntamiento de Lubbock (Lubbock City Hall), Oficina de Ingeniería (Engineering Office), 1925 13<sup>th</sup> Street, Lubbock, Texas. Este enlace a un mapa electrónico de la ubicación general del sitio o de la instalación es proporcionado como una cortesía y no es parte de la solicitud o del aviso. Para la ubicación exacta, consulte la solicitud. <http://www.tceq.texas.gov/assets/public/hb610/index.html?lat=33.476388&lng=-101.756666&zoom=13&type=r>

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

**OPORTUNIDAD DE UNA AUDIENCIA ADMINISTRATIVA DE LO CONTENCIOSO.** Después del plazo para presentar comentarios públicos, el Director Ejecutivo considerará todos los comentarios apropiados y preparará una respuesta a todo los comentarios públicos esenciales, pertinentes, o significativos. **A menos que la solicitud haya sido referida directamente a una audiencia administrativa de lo contencioso, la**

respuesta a los comentarios y la decisión del Director Ejecutivo sobre la solicitud serán enviados por correo a todos los que presentaron un comentario público y a las personas que están en la lista para recibir avisos sobre esta solicitud. Si se reciben comentarios, el aviso también proveerá instrucciones para pedir una reconsideración de la decisión del Director Ejecutivo y para pedir una audiencia administrativa de lo contencioso. Una audiencia administrativa de lo contencioso es un procedimiento legal similar a un procedimiento legal civil en un tribunal de distrito del estado.

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

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

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

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

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

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

**CONTACTOS E INFORMACIÓN DE LA TCEQ.** Si necesita más información en Español sobre esta solicitud para un permiso o el proceso del permiso, por favor llame a El Programa de Educación Pública de la TCEQ, sin cobro, al 1-800-687-4040. La información general sobre la TCEQ puede ser encontrada en nuestro sitio de la red: [www.tceq.texas.gov/](http://www.tceq.texas.gov/).

También se puede obtener información adicional de la Ciudad de Lubbock, a la dirección indicada arriba o llamando al Señor Bruce Blalack al 806-775-2343.

Fecha de emisión: 10 de abril 2014

# The History of Cinco de Mayo

## Cinco de Mayo without limes?

The holiday of Cinco de Mayo, The 5th Of May, commemorates the victory of the Mexican militia over the French army at The Battle Of Puebla in 1862. It is primarily a regional holiday celebrated in the Mexican state capital city of Puebla and throughout the state of Puebla, with some limited recognition in other parts of Mexico, and especially in U.S. cities with a significant Mexican population. It is not, as many people think, Mexico's Independence Day, which is actually September 16.

Spain and England withdrew their support. When Mexico finally stopped making any loan payments, France took action on its own to install Napoleon III's relative, Archduke Maximilian of Austria, as ruler of Mexico.



Archduke Maximilian of Austria

in its own Civil War at the time and was unable to provide any direct assistance.

Marching on toward Mexico City, the French army encountered strong resistance near Puebla at the Mexican forts of Loreto and Guadalupe. Led by Mexican General Ignacio Zaragoza Seguín, a smaller, poorly armed militia estimated at 4,500 men were able to stop and defeat a well outfitted French army



General Zaragoza

Maximilian's bullet riddled shirt on display Maximilian's rule of Mexico was also short lived, from 1864 to 1867. With the American Civil War now over, the U.S. began to provide more political and military assistance to Mexico to expel the French, after which Maximilian was executed by the Mexicans - his bullet riddled shirt is kept at the museum at Chapultepec Castle in Mexico City. So despite the eventual French invasion of Mexico City, Cinco de Mayo honors the bravery and victory of General Zaragoza's smaller, outnumbered militia at the Battle of Puebla in 1862.

**Today's Celebration**  
For the most part, the holiday of Cinco de Mayo is more of a regional holiday in Mexico, celebrated most vigorously in the state of Puebla. There is some limited recognition of the holiday throughout the country with different levels of enthusiasm, but it's nothing like that found in Puebla.

Traditional Mexican dancers Celebrating Cinco de Mayo has become increasingly popular along the U.S.-Mexico border and in parts of the U.S. that have a high population of people with a Mexican heritage. In these areas the holiday is a celebration of Mexican culture, of food, music, beverage and customs unique to Mexico.

Commercial interests in the United States and Mexico have also had a hand in promoting the holiday, with products and services focused on Mexican food, beverages and festivities, with music playing a more visible role as well. Several cities throughout the U.S. hold parades and concerts during the week following up to May 5th, so that Cinco de Mayo has become a bigger holiday north of the border than it is to the south, and being adopted into the holiday calendar of more and more people every year.

Imagine sitting down at your favorite Mexican restaurant and reading "Margarita: market price."

The way things are headed with the national lime shortage, that might not be too far off. The cost of limes in the U.S. has skyrocketed in recent months, and margarita drinkers aren't the only ones feeling the squeeze.

"There are two things customers hate to hear," says Arlen Gargagliano, Latin Twist blogger on Small Bites on lohud.com and the chef-owner of Mambo 64 in Tuckahoe. "The unavailability of something they want and the prices going higher."

Prices tripled as the result of a harsh winter harvest in Mexico, and with Cinco de Mayo just around the corner, everyone is scrambling to come up with alternate ways to get through the shortage.

Local restaurant owners have managed to avoid increasing menu prices, but when each lime costs more than a dollar, they might not be able to hold off for much longer.

"It's brutal," says Anthony Colasacco of Pour in Mount Kisco. "Who has a \$1.25 for one lime?"

Colasacco says he's fortunate that Pour's cocktail menu only features one lime-based drink — The Bullseye, made with gin, lime juice and ginger beer — and he is planning to pull it until prices are reasonable again.

At UNoodles in Haverstraw, limes are used in everything from fish dishes to desserts. And after two months of high prices and rumors that they might not come down until July, co-owner Paulo Feteira is using limes as little as possible.

"We told our staff to be very conservative," he says. "It's like turn off the lights when

you leave the room! Limes are like that right now."

Most limes in the United States are imported from Mexico, where the coveted citrus has reportedly been dubbed oro verde, or green gold. USA Today reports that truckers and growers are keeping lime supplies heavily guarded after instances of armed thieves breaking into groves and cargo trucks.

For Mexican restaurants like Roasted Peppers in Mamaroneck or Guapo Cocina in Yonkers, it's not as simple as pulling lime-based items from the menu.

"We're trying to get more information and there's some crazy stuff going on in Mexico," says Guapo owner Nando Paterra, who typically uses around 750 limes in one week at the popular Mexican restaurant. "They're not even letting limes leave the country because drug cartels are trying to make some extra money there."

And Juan Lepe, chef and co-owner at Roasted Peppers, says his strategy is to use bottled lime juice until the shortage passes.

"I went around and everybody else is mostly using bottled lime juice and lemons, too," says Lepe, who on a regular week would use one case of about 200 limes for cocktails, marinades and guacamole. Each case usually costs between \$30 and \$40, and are now upward of \$120.

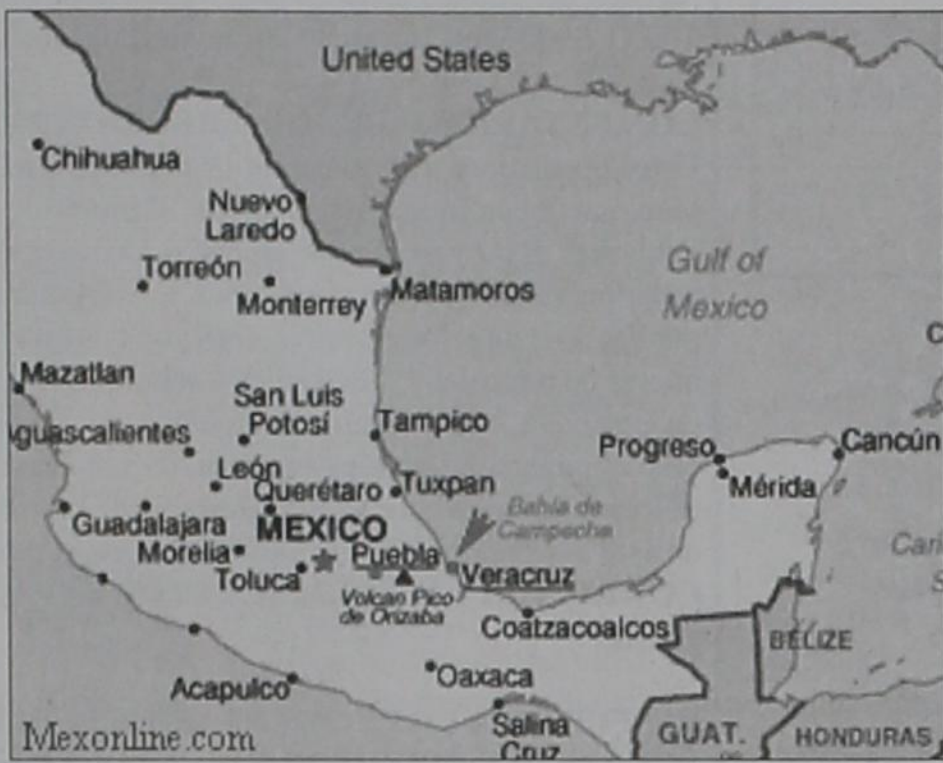
"We can't adjust prices on the menu for one little thing," Lepe says. "It's a little messy, but they say this is temporary."

As for Cinco de Mayo plans, Paterra and Lepe both plan to carry on with planned events and special menu items, without any price hikes. "We're throwing a big party regardless, with live music and outside tables. We're trying to not even think about the limes for that."

While we agree there really is no substitute for a fresh squeeze of lime juice in guacamole or a mojito, necessity is the mother of invention, right? Here are our best tips for getting creative during the Cinco de Mayo lime shortage.

Mexico Confronts The Invasion  
CINCO DE MAYO FESTIVALS, PARTIES

Map showing Veracruz, site of the French invasion



Mexonline.com

France invaded at the gulf coast of Mexico along the state of Veracruz (see map) and began to march toward Mexico City, a distance today of less than 600 miles. Although American President Abraham Lincoln was sympathetic to Mexico's cause, and for which he is honored in Mexico, the U.S. was involved

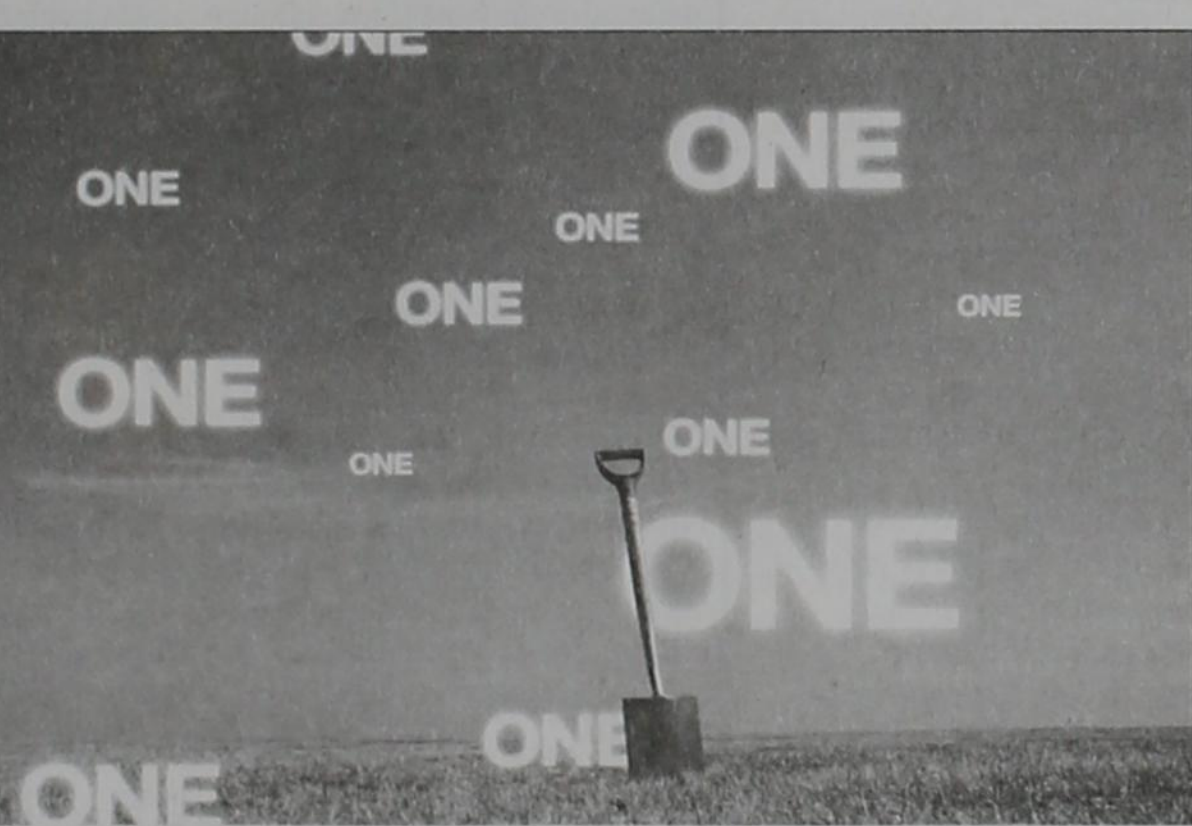
of 6,500 soldiers, which stopped the invasion of the country. The victory was a glorious moment for Mexican patriots, which at the time helped to develop a needed sense of national unity, and is the cause for the historical date's celebration.

Unfortunately, the victory was short lived. Upon hearing the bad news, Napoleon III had found an excuse

to send more troops overseas to try and invade Mexico again, even against the wishes of the French populace. 30,000 more troops and a full year later, the French were eventually able to depose the Mexican army, take over Mexico City and install Maximilian as the ruler of Mexico.

## Questions? Comments?

Email us at [eleditor@sbcglobal.net](mailto:eleditor@sbcglobal.net)  
Read more news at [www.eleditor.com](http://www.eleditor.com)

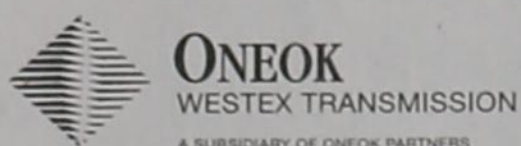


**UNA COMPAÑÍA DE ENERGÍA DEDICADA A LA SEGURIDAD...EXCAVAR INTELIGENTEMENTE SIGNIFICA LLAMAR AL 811 ANTES DE CADA TRABAJO.**

Ya sea que esté planeando hacerlo usted mismo o que haya contratado a un profesional, muchas veces los dueños de viviendas hacen suposiciones muy riesgosas acerca de si deben o no marcar sus cables o tuberías de los diferentes servicios, sin embargo, cada vez que se vaya a hacer una excavación se necesita hacer una llamada al 811 — inclusive aun cuando el proyecto sea muy pequeño tal como plantar árboles y arbustos. Excavar sin hacer primero una llamada al 811 puede interrumpir el servicio a un fraccionamiento entero, lastimarlo a usted y a los suyos y potencialmente hacerlo acreedor a multas y gastos de reparación. Llame al 811 antes de cualquier trabajo de excavación para que de manera gratuita los cables y tuberías subterráneos sean marcados y a si ayude a prevenir consecuencias indeseadas.

Una vez que usted haya llamado de manera inteligente al 811 y haber esperado a que los cables y tuberías subterráneos hayan sido marcados, estará usted oficialmente listo para excavar. No se olvide que al paso del tiempo, la erosión o el crecimiento de las raíces pueden cambiar la posición de los cables y tuberías de servicios, así es que recuerde de llamar al 811 de nuevo, una y cada vez que usted esté planeando un trabajo de excavación. Visite [call811.com](http://call811.com) para mayor información acerca del servicio 811 y el proceso de llamar antes de excavar (Call before you dig).

ONEOK apoya al mes de Abril como el Mes Nacional de Excavaciones Seguras.

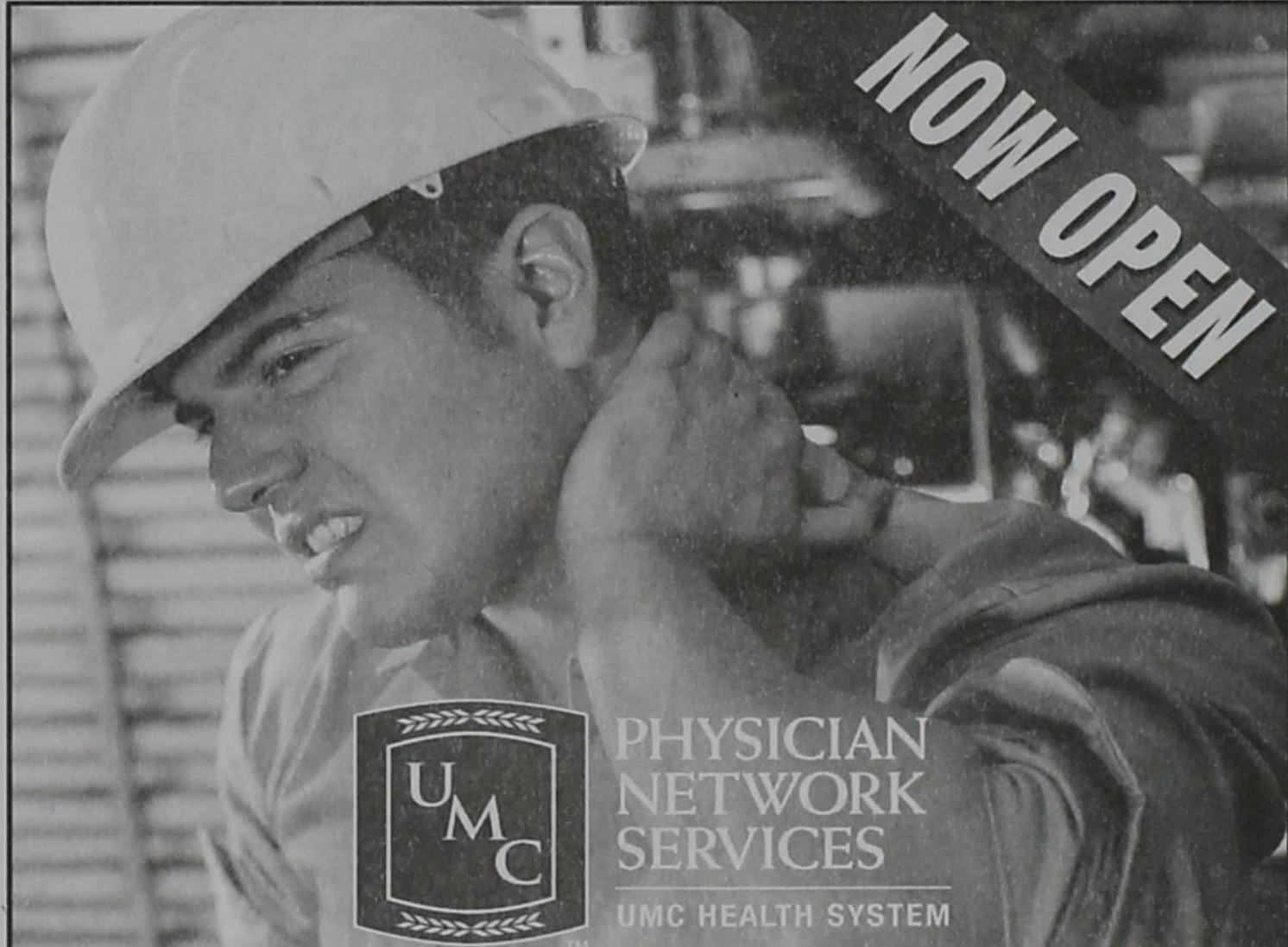


ONEOK, INC. | ONEOK Partners, L.P.

ONEOK, the (Diva de energía de NYSE) es el socio general a diciembre 31, 2013 y dueño del 41.2% de ONEOK Partners, L.P. (Diva de energía de NYSE), una de las más grandes sociedades maestras comercializadas de Wall Street. La cual es líder en la producción, servicios relacionados y transporte de gas en los Estados Unidos y es dueño de uno de los sistemas nacionales de gas natural. ONEOK, INC. comenzó el suministro de gas de los hogares de campo residencial y de los negocios industriales con centros de mercados gases ONEOK en una compañía que está dentro de los FORTUNE 500 y está incluida dentro del índice de valores de Standard & Poor's S&P 500.

En 2002, La Comisión Federal de Comunicaciones (FCC) implementó el número 811 como el número nacional de tres dígitos para "Call before you Dig". El nombre de "Excavar" con este nuevo proceso, muchos de los Centros One Call en los EE.UU. comenzaron a cambiar el nombre utilizando primero el nombre del estado seguido de 811. Esto ayudó a las empresas que se encuentran cerca de los frentes estatales a confirmar que efectivamente estaban llamando al Centro One Call de su estado, así como a los excavadores que trabajan de fuera del estado. Texas 811, así como con empresas de Texas Excavation Safety System, y puede usted registrar el mismo servicio al que está usted solicitando, simplemente con un nuevo logotipo adaptado para el futuro.

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# Now Go Out and Vote, cont'd

from page 2

Now that we have stated our positions and our endorsements in the city council races, it is your turn.

Your turn to exercise the right to choose which candidate you want to represent you on the respective governmental bodies for the next few years.

We realize every voter makes their decision based on who they feel that the best candidate is, and while we may disagree on who that person is, that is just a natural part of the political process. The important thing is that you go out and vote. Early voting starts on Monday April 28 and runs through May 6. Election Day is May 10, 2014.

We wish each candidate luck in their respective races, and we hope that regardless of the outcome, the winners will come into office willing to work for everyone, even those who voted for their opposition.

All 3 Lubbock school districts, LISD, Frenship and Cooper ISD, are also holding elections for trustee positions. Cooper ISD is holding a \$55 million dollar bond election and Frenship is also holding an \$85.2 million bond election.

Regardless of where you stand on the candidates and the issues, we strongly urge you to go out and vote.

It's your turn to make your voice heard!

Editorials are solely the opinion of El Editor's "editorial voice" and do not represent the views of any our advertisers. If you would like to offer a guest commentary in response to our editorials, or on any other topic, we welcome your submission. It will be considered for publication in accordance with our editorial policies.

## Congratulation, Alyssa! CLASS OF 2014



Alyssa Raye Carrasco

Age: 17

School: Graduating as an Honor Student from Coronado High School. member of the National Honor Society, FCCLA

She will be attending Texas Tech University to pursue a career as a Physical Therapist

Parents: Donnie & Josie Carrasco

# Reforma migratoria necesita un aliado como Shakespeare



El renombrado dramaturgo inglés, William Shakespeare, vivió en tiempos de turbulencia social y una ola anti-inmigrante pero, si viviese ahora, alentaría al Congreso de EEUU a negociar un acuerdo migratorio, aseguró este miércoles un especialista de sus obras.

Al cumplirse este miércoles el 450 aniversario del natalicio de Shakespeare (1564-1616), Geraldo Sousa, catedrático de la Universidad de Kansas, dijo a La Opinión que el dramaturgo y poeta de Stratford-upon-Avon "simpatizaría" con los inmigrantes en EEUU.

"No diría que Shakespeare apoyaría necesariamente una reforma migratoria, pero a él le gustaba presentar múltiples perspectivas de un asunto. Sería un moderado y simpatizaría con la causa de los inmigrantes, legales o no, con o sin destrezas laborales, pero sin enajenar al otro bando", aseguró Sousa en entrevista telefónica.

Shakespeare no era como otros escritores contemporáneos como John Milton o Edmund Spenser —que sí tenían posturas políticas en sus obras— por lo que no recetaría soluciones al problema de la inmigración ilegal, pero sí alentaría a los políticos a buscar juntos un acuerdo bipartidista, según Sousa.

Su mensaje en obras como "El mercader de Venecia", es que "si haces comercio con el mundo, no puedes distanciarte de él, ni erigir muros fronter-

izos para evitar a los inmigrantes, la influencia extranjera", continuó.

"Shakespeare diría que las fronteras siempre serán permeables, y que debemos encontrar formas de compartir la prosperidad de una economía globalizada. No es solo una cuestión económica sino un asunto de justicia social", enfatizó el ensayista de la Universidad de Kansas.

Ola anti-inmigrante Sousa escogió "El mercader

de Venecia" para explicar la visión de Shakespeare en torno a los extranjeros, que en su época fueron blanco de una ola anti-inmigrante en Inglaterra.

La obra, escrita entre 1596 y 1598, está ambientada en Venecia, donde los extranjeros afrontaban un clima hostil y, de hecho, los residentes tenían que renovar sus permisos de estadía cada diez años.

Pero Londres estaba igual de dividida en los inicios de lo que sería el eventual imperio

británico. En 1601, por ejemplo, la Reina Isabel I decretó la expulsión de las minorías raciales de Inglaterra.

En "El mercader de Venecia", Shakespeare presenta fielmente a una sociedad beneficiada por el comercio internacional con países como México, Libia, o el área del mediterráneo, pero que también albergaba un profundo "resentimiento y sospecha de todo lo extranjero", explicó Sousa.

De la tensión entre el deseo de los venecianos de permanecer aislados del mundo y el deseo del contacto global, lo que emerge de esa obra "es un nexo, una narrativa sobre cómo las cosas están conectadas", argumentó Sousa, subdirector ejecutivo de la Asociación de Estudios Mediterráneos.

El asunto de la inmigración también surge en otras obras de Shakespeare, en las que describe el entorno de los extranjeros, las minorías raciales extranjeras, los que buscaban asilo por persecución política o, como ahora en EEUU, aquellos que en su mayoría buscan su prosperidad económica.

En la actualidad, Sousa investiga el tema de la justicia social en las obras de Shakespeare, y cómo el Bardo da voz a los que no la tienen.

**CRUJIR DE A MONTÓN**

**NUEVO**

**Fritos**

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Comisión de Calidad Ambiental del Estado de Texas

### AVISO DE SOLICITUD Y DECISIÓN PRELIMINAR PARA UN PERMISO DE CALIDAD DE AIRE

PROPUESTA DE PERMISO DE CALIDAD DE AIRE NÚM. 115189

**SOLICITUD Y DECISIÓN PRELIMINAR** Reed Fiberglass, Inc., 102 Reed Avenue, Odessa, Texas 79761-5917 ha solicitado de la Comisión para la Calidad Ambiental de Texas (TCEQ por sus siglas en inglés) el Propuesta de Permiso de Calidad de Aire Número 115189 para autorizar una planta de fabricación de productos de fibra de vidrio en 102 Reed Avenue, Odessa, condado de Ector, Texas 79761. Esta solicitud se le presentó a TCEQ el 21 de noviembre de 2013. La instalación existente va a emitir los siguientes contaminantes atmosféricos: compuestos orgánicos y contaminantes del aire peligrosos.

El director ejecutivo de la TCEQ ha concluido la revisión técnica de la solicitud y ha preparado un permiso preliminar, el cual si es aprobado, establecerá las condiciones debajo de las cuales el sitio deberá operar. El director ejecutivo a hecho la decisión preliminar de otorgar este permiso. La solicitud del permiso, la decisión preliminar del director ejecutivo, y el permiso preliminar estarán disponibles para ser revisados y copiados en la Oficina Central de la TCEQ y en la Ector County Library, 321 West 5th Street, Odessa, Ector County, Texas. Los archivos del cumplimiento de la leyes de la facilidad, si existen, están disponibles para la revisión del público en la Oficina Regional de Midland de la TCEQ, 9900 West Interstate 20, Suite 100, Midland, Texas.

#### COMENTARIOS PÚBLICOS/ REUNIÓN PÚBLICA.

Usted puede presentar comentarios públicos o solicitar una reunión pública sobre esta solicitud. El proposito de la reunión pública es el proveer la oportunidad de someter comentarios o hacer preguntas sobre esta solicitud. La TCEQ tendrá una reunión pública si el director ejecutivo determina que hay suficiente interes de parte del público en esta solicitud o si es solicitada por un legislador local. Una reunión pública no es una audiencia de caso impugnado. **Usted puede someter comentarios por escrito adicionales dentro de 30 días después de la publicación de este aviso en la manera establecida en el párrafo CONTACTOS Y INFORMACIÓN DE LA AGENCIA mas abajo.**

#### RESPUESTA A LOS COMENTARIOS PÚBLICOS Y ACCIÓN DEL DIRECTOR EJECUTIVO

Después del plazo final para someter comentarios públicos posteriores el director ejecutivo considerará los comentarios y preparará una respuesta a todos los comentarios públicos relevantes y materiales o significativos. Porque no se han recibido peticiones para una audiencia de caso impugnado, el director ejecutivo aprobará la solicitud para este permiso. **La respuesta a los comentarios, junto con la decisión del director ejecutivo sobre la solicitud, será entonces enviada por correo a todos aquellos que hallan sometido comentarios públicos o que están en la lista de correo de esta solicitud, y será puesta electrónicamente en la Base Integrada de Datos de los Comisionados.**

#### DISPONIBILIDAD ELECTRÓNICA DE INFORMACIÓN.

Por medio del sitio web de la Comisión, en la página [www.tceq.state.tx.us/goto/cid](http://www.tceq.state.tx.us/goto/cid), se pueden obtener los siguientes documentos: la respuesta del director ejecutivo a los comentarios y la decisión final sobre esta solicitud. Una vez que usted haya obtenido acceso a la Base de Datos Integrada de los Comisionados (en inglés, Commissioners' Integrated Database, o CID) usando el enlace de arriba, favor de poner el número de permiso de esta solicitud, el cual se encuentra en la parte superior de este aviso. Este enlace a un mapa electrónico de la ubicación general del sitio o de la instalación es proporcionado como una cortesía y no es parte de la solicitud o del aviso. Para la ubicación exacta, consulte la solicitud. <http://www.tceq.texas.gov/assets/public/hb610/index.html?lat=31.863525&lng=-102.328036&zoom=13&type=r>.

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

**CONTACTOS Y INFORMACIÓN DE LA AGENCIA** Los comentarios públicos se debe presentar a la Oficina del Secretario Principal, MC-105, TCEQ, P.O. Box 13087, Austin, Texas 78711-3087, o por el Internet al [www.tceq.texas.gov/about/comments.html](http://www.tceq.texas.gov/about/comments.html). Para mayor información sobre esta solicitud para permiso o el proceso para permisos, por favor llame a la TCEQ sin cobro al Programa de Educación Pública de la TCEQ, al 1-800-687-4040.

Mas información puede ser obtenida de Reed Fiberglass, Inc. en la dirección en el primer párrafo o llamando a Mr. David Moreno al (806) 783-9944.

Fecha de Expedición: El 8 de abril de 2014.

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# Wellness Programs Grow More Popular With Employers

That little voice nagging you to put down the cake and lace up the running shoes is increasingly coming from your employer and is likely to grow louder with a looming change under the federal health care overhaul.

More companies are starting or expanding wellness programs that aim to reduce their medical costs by improving their employees' health. They're asking workers to take physical exams, complete detailed health assessments and focus on controlling conditions such as diabetes. Along with that, many companies also are dangling the threat of higher monthly insurance premiums to prod workers into action.

The Affordable Care Act is one reason the programs are spreading. The federal law calls for a 40 percent tax on expensive benefit plans starting in 2018, and many companies that offer employer-based coverage already have begun looking for ways to lower costs and avoid that tax.

"It is a very powerful ... visible wake-up call to all employers," said Helen Darling, chief executive of the National Business Group on Health, a nonprofit organization that represents large employers on health care issues.

Businesses see wellness programs as a win for themselves and their workers. But studies have shown that the programs have a limited ability to reduce costs. They also raise concerns about privacy and discrimination against older workers or those who are more likely to have chronic conditions.

Penalties also can hit lower-wage workers harder than they would executives because premiums already consume a larger portion of those workers' paychecks.

"The top-line concern is that it has a huge potential to be discriminatory," said Lydia Mitts, a health policy analyst with the nonprofit Families USA.

Benefits consultants say federal regulations help guard against that. Companies can be penalized under the overhaul for offering coverage that is considered unaffordable.

Businesses also are required to offer alternatives that help workers avoid penalties like a higher premium because they can't meet a wellness program goal.

Despite employee concerns, the idea of prevention as a way to reduce health care costs has been largely embraced by employers, who provide the most common form of health insurance in the U.S.

For years, they have offered gift cards, cash and other rewards to employees who agree to get physical exams, fill out health assessments or take other steps to monitor their health. The goal is to at least make workers more aware of their health, and it worked for Roy Simmons, a

55-year-old nuclear power plant manager for energy provider Dominion Resources Inc.

Dominion started offering a \$400 premium credit a couple of years ago for employees who agreed to have a health assessment, so Simmons had basics such as his weight and cholesterol measured. He then forgot about the numbers until a reminder arrived last year. Another physical told him he had gained 40 pounds and his cholesterol was up.

"That was a bit of a wake-up call for me," said Simmons, who manages a Dominion plant near Williamsburg, Va. "I didn't know it had happened to me. I know that sounds stupid, but I wasn't paying attention to it, and it just snuck up on me."

Simmons cut junk food from his diet and asked his college football-playing son to become a workout partner over the summer. He has since dropped the weight.

Benefits experts say companies haven't seen enough cases like Simmons', in which an incentive helps nudge an employee to participate in a wellness program, so some employers have started using penalties.

These penalties most often stick employees who do not participate with larger premiums or deductibles, but they also can come in the form of a straight monthly surcharge, deducted from paychecks.

A survey of nearly 600 large U.S. companies by benefits consultant Towers Watson found that 22 percent of companies that use financial incentives to encourage wellness program participation structured them as penalties. That's up from 18 percent last year.

"There's going to be more of your skin in the game," said Michael Wood, a Towers Watson senior consultant. "If you help us control costs, uses the system wisely, you will be rewarded."

Companies also are moving beyond rewarding or penalizing employees simply for participating. More are requiring workers to reach a health goal such as improved blood pressure, said Beth Umland, director of health and benefits research for the benefits consultant Mercer.

Whether the various versions of wellness programs are achieving their intended effect — reducing a company's health costs — is a matter of debate.

The average annual premium for employer-sponsored family health coverage topped \$16,000 last year, according to the nonprofit Kaiser Family Foundation, which studies health care issues. Employers, who pay most of that bill, have watched that figure climb faster than inflation for years, and it has more than doubled since 2002.

Rand Corp. researchers studied several years of data from a PepsiCo wellness program to

determine how it affected health care costs. They reported in the January issue of Health Affairs that disease management programs, which helped people with chronic conditions, reduced hospital admissions and lowered costs.

But programs that simply tried to make employees live a healthier lifestyle did not, and the researchers said companies should not assume those programs will lower costs.

At the same time, the programs have begun generating a backlash from employees.

Last fall, faculty and staff at Penn State University objected to new wellness requirements that the university was eventually forced to modify. After significant pushback, the university said it would not institute a \$100 monthly charge for people who failed to complete a series of activities, including a detailed online questionnaire.

"They asked about pregnancy, they asked if men were doing testicular exams, they asked about depression, they asked about violence in the home," said Matthew Woessner, a professor of political science at the Harrisburg campus. "It was an incredible invasion of privacy."

CVS Caremark Corp. employee Roberta Watterson has filed a lawsuit in California against her company over a wellness program that offers a \$600 annual premium break for participants.

The cashier's lawsuit accuses the company of asking personal questions in its survey, including whether its employees are sexually active. Watterson also alleged that blood work performed in the exam is used to flag employees who are at risk for certain conditions. She declined to comment on her case.

CVS spokeswoman Carolyn Castel said the company offers a lower premium for employees who complete a health assessment and screening. She said an outside company designed the questionnaire her company uses, and CVS had asked it to "remove certain questions" before Watterson filed her complaint.

She also said CVS management cannot see employee-specific information compiled in the wellness exams.

Having an outside business run the wellness program is a common way for companies to counter privacy concerns. The vendor can tell a company about trends, such as whether it has a lot of employees with high blood pressure, so the employer can implement programs to address that. But it is not supposed to share details about individual employees.

State and federal laws are designed to prevent employers from seeing employees' specific responses or health statistics.

Murphy reported from Indianapolis and Lucey reported from Des Moines.

# ¿Que Pasa?

## JAMAICAS: MARK YOUR CALENDARS!!

Everyone is encourage to attend for some fun and super friendship at the following jamaicas.  
 June 1- Saint Patrick, 12-7 p.m.; June 8 – Idalou Saint Philip, 12-8 p.m.; June 8 – Saint Theresa, Carlisle; June 22- Lubbock Saint Joseph, 11 a.m.- 8 p.m.; June 22 – Wilson Blessed Sacrament, 11-7; June 29 – Levelland Saint Michael, 11 a.m.-9 p.m.; June 29 – O'Donnell Saint Pius X, 12-8 p.m.; June 29 – Wolforth Saint Francis, 12 – 7 pm. ; July 12 – Ralls Saint Michael; July 13 – Anton, Saint Anthony, 12-6 p.m.; July 19 Abernathy, Saint Isidore, 11am-8 pm; July 20 – Morton Saint Ann, 11 a.m.-8 p.m.; July 20—Lubbock Saint John Neumann, 12:30-7:30 pm; July 26 – Floydada Saint Mary Magdalen; July 26 & 27- Lubbock Our Lady of Guadalupe; July 27 – Hale Center Saint Theresa, 12-8 p.m.; July 27 – Tahoka Saint Jude, noon-10 p.m.; August 3 –Lockney San Jose de Calasanz ; August 3 – Lamesa- Saint Margaret Mary/Our Lady of Guadalupe, 12-9 p.m.; August 3 – Pep Saint Philip Neri, 1-8 p.m.; August 15 & 16- Slaton Our Lady of Guadalupe; August 17 – Shallowater Saint Philip Benizi, 12-7 p.m.  
 August 30 – Spur Saint Mary, 10 a.m.-10 p.m.

## SAUSAGE FEST

Snyder Saint Elizabeth Church, 3005 Avenue A, will host the annual all-you-can-eat sausage dinner on Sunday, April 27 from 11 a.m. to 2 p.m. Adults-\$9/plate, child-\$6. Country store, silent auction, game booths, cash card raffle, bulk sausage sales and more. All are invited.

## CULTURAL ARTS GRANT WORKSHOP

Civic Lubbock, Inc. will be conducting a grant workshop in preparation for the May 30, 2014 deadline for the first round of grants available through the 2014 City of Lubbock/Civic Lubbock, Inc. Cultural Arts Grant Program. The Cultural Arts Grant Program provides local cultural organizations with financial support for projects that promote Tourism and the Arts in Lubbock. Funding for the Cultural Arts Grant Program comes from an allocation of the Hotel Occupancy Tax, which is generated from visitors who stay overnight in Lubbock. Additional funding for this program is provided through a grant from the Texas Commission on the Arts.

A Cultural Arts Grant Workshop will be held on Tuesday, April 29, 2014 from 4:00pm-5:30pm in Room 104/105 of the Lubbock Memorial Civic Center, 1501 Mac Davis Lane. The workshop is free and open to local organizations who may be interested in applying for a Cultural Arts Grant for projects that begin after September 1, 2014. The Grant Workshop will cover the Cultural Arts Grant Program's guidelines and procedures and the application process.

Two workshops are held each year and all organizations wishing to apply for a Cultural Arts Grant must send a representative to at least one workshop in a 12-month period. Applying organizations must be a 501(c) 3 non-profit organization (or government equivalent) and have been actively pursuing their goals for at least one year. Applications and other associated documents are available online at [www.civiclubbock.com](http://www.civiclubbock.com). For more information, call 775-2236 or 775-2267.

## ARNETT BENSON CLEAN UP

Clean-Up day on Saturday, April the 26th! The city of Lubbock will make available the cleaning supplies, some trash bags, and even are willing to come pick up the trash. All that they ask is that we assemble a minimum of 15 people! So PLEASE invite all people on your friends list! We will start at ROGER'S PARK in the Arnett Benson area and migrate toward Buddy Holly. Also, PLEASE WEAR A BLUE SHIRT (any shade) SO THAT WE MAY BE COLOR COORDINATED!

## GOLF TOURNAMENT

Christ the King Cathedral Annual Athletic Department Golf Tourney is scheduled for Friday, May 16, at Shadow Hills Golf Course, 6002 3rd Street, Lubbock. Shotgun start at 1:00 p.m., 18 hole, 4-person scramble. Sign-in starts at noon. Fee includes green fee, cart, range balls and dinner. \$1000 Sponsorship includes 4-man team, shirt, golf balls and signage. \$500 sponsorship includes 4 man team and signage. \$100/per player. All donations will gladly be accepted. Limited to 120 registered and paid players. Make checks payable to Christ the King School c/o Athletic Department. Contacts: Lori McComas-795-8283 or Abel Mendoza at 789-2824. Sponsorship deadline is May 7.

apply), and play begins May 27. League play is available for men's and mixed teams. Players must be 18 years old or older to participate, and team rosters must have a minimum of eight players with a maximum of twenty players. The ten-game season lasts approximately 8-10 weeks. Individuals without a team can register as a free agent, and their information will be passed along to teams needing players. Leagues will be guided by Texas Amateur Athletic Federation's rules.

To register your team, come by the Parks and Recreation Office at 1611 10th Street between the hours of 8:00 a.m. – 5:00 p.m. Monday through Friday. Our offices will be closed on April 18, 2014 for Good Friday. For more information, call 775-2691.

## 21st Annual LULAC Robert Lugo Golf Tournament Two Man Scramble Scholarship Event to help educate our youth

Sunday, May 4th  
 Tee Time at 8:00 a.m. (shot gun)  
 Reese Golf Course  
 1406 Quitsna Ave • Lubbock, TX  
 \$150 per team or \$75 per person  
 (meal, beverages, goodie bag and T-shirt included)

\*Early PAID registration by April 22  
 has a chance of winning 32" flat screen TV

### Prizes will be awarded as followed:

FIRST FLIGHT:	SECOND FLIGHT:
1st Place: \$450	1st Place: \$450
2nd Place: \$300	2nd Place: \$300
3rd Place: \$150	3rd Place: \$150
4th Place: \$100	4th Place: \$100

For More Information and to sign up:  
 Robert 806-702-1312 • Julian 806-765-0696  
 Armando 806-632-3206

## RENT

THE LEGENDARY COTTON CLUB  
 NEXT TO WAYNE'S WINE AND BEER  
 ON EAST HIGHWAY 84

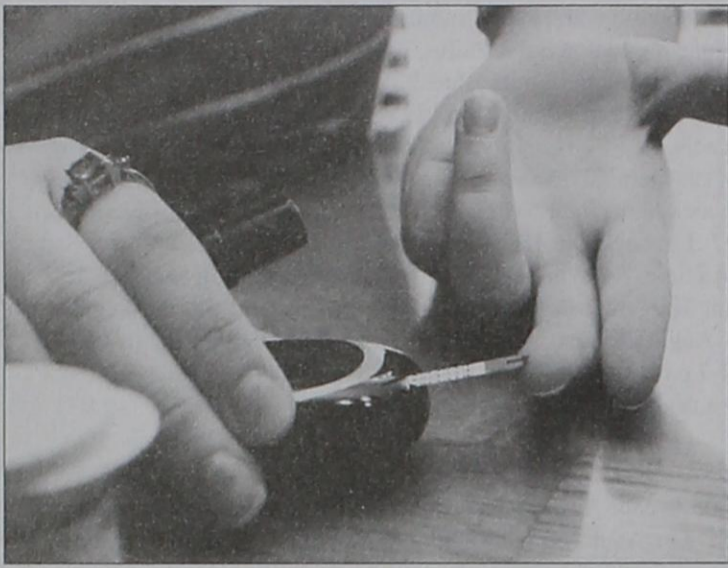
QUINCEANERAS  
 WEDDINGS  
 BIRTHDAYS  
 GRADUATIONS  
 FAMILY REUNIONS

NEW DANCE FLOOR

STAGE FOR A DJ OR A BAND

CALL 806-745-4277

# Latinas podrían prevenir diabetes con nueva herramienta



no sea sobre esa dolencia e investigar sobre la salud familiar debido a que la diabetes es hereditaria.

“Latinas con un nivel elevado de glucosa plasmática en ayunas: un análisis realizado usando datos de la NHANES de 2009-2010”, mostró que la diabetes afecta a casi 26 millones de estadounidenses, el 8.3 por ciento de la población.

El mismo estudio mostró que unos 79 millones de adultos en Estados Unidos (35 por ciento) corren el riesgo de padecer diabetes.

A su vez, el doctor Bruce Schneider, endocrinólogo de la FDA, explicó que la glucosa plasmática en ayunas es el nivel de azúcar que tiene la sangre después de no ingerir alimentos en por lo menos ocho horas, que indica cómo el cuerpo procesa los azúcares.

Resaltó que en las personas diabéticas, los niveles de glucosa pueden mantenerse altos aún después de pasar varias horas sin comer.

Apuntó que las mujeres latinas tienen un mayor riesgo de padecer diabetes debido a que son más susceptibles como grupo étnico, pero también porque no visitan con frecuencia al médico y desconocen su riesgo de contraer la diabetes.

Asimismo, el estudio mostró que las mujeres hispanas tiene una percepción cultural errónea sobre la diabetes que las ponen en un mayor peligro de presentar complicaciones de largo plazo a causa de la enfermedad.

CardioBeat por la alta incidencia de enfermedades cardiovasculares asociadas a la diabetes.

Unas 5.5 millones de latinas tienen un elevado nivel de glucosa en la sangre en ayunas y de ellas, casi 4.0 millones no fueron informadas del riesgo de padecer diabetes, según un estudio que encabezó la optometrista Helene Clayton-Jeter, jefa de programas de salud de FDA.

Según el estudio, hay una proporción “significativamente mayor” de casos de diabetes sin diagnosticar entre los estadounidenses adultos de origen mexicano (34.6 por ciento) en comparación con los anglosajones (17.1 por ciento) y los afroestadounidense (15.7 por ciento) no hispanos.

“La detección oportuna ayuda a crear condiciones de igualdad”, dijo Clayton-Jeter.

La especialista agregó que los doctores deben educar a sus pacientes sobre el padecimiento aun cuando la visita médica

La Administración de Alimentos y Medicamentos de Estados Unidos (FDA) anunció ayer la creación de herramientas para prevenir y controlar la diabetes entre las mujeres latinas, en el marco del mes Nacional de la Salud de las Minorías.

Casi un millón de mujeres de ascendencia latinoamericana en Estados Unidos desconocen que están en riesgo de padecer diabetes o prediabetes, alertó un comunicado de la FDA.

Entre los recursos figuran la página electrónica de la Red de Pacientes sobre la Diabetes, la Oficina de Salud de la Mujeres sobre diabetes, y la posibilidad de inscribirse para recibir informes vía electrónica sobre medidas de control y seguridad para el mal.

Asimismo incluye acceso al sitio electrónico MedWatch que ofrece alertas de seguridad sobre productos vía correo electrónico o mensajes de texto y el portal de la FDA

## JOIN US

Dunbar/Manhattan Heights  
Neighborhood Association  
with support from  
Lubbock United Neighborhood Association (LUNA) &  
North & East Lubbock Community Development Corporation (NELCDC)

FOR A WORK DAY TO CLEANUP THE AREA  
SURROUNDING JOAN ERVIN ELEMENTARY  
**MAY 3RD 2014**



**VOLUNTEERS NEEDED FOR:**  
TRASH DETAIL AND RUBBISH REMOVAL

Meet at Joan Ervin Elementary 8am-9am for registration & breakfast  
1st Volunteer Session 9am-Noon  
Break for Lunch Noon-1pm  
2nd Volunteer Session 1pm-4pm

Please attend our April 26th  
Planning meeting @ Mae Simmons Community Center  
2004 Oak Ave. @ 12pm

**TOGETHER WE CAN SHOW OUR KIDS HOW IMPORTANT  
IT IS TO CARE FOR OUR COMMUNITY AND OUR SCHOOL!!!**

CONTACT TONI, WITH LUNA  
806-749-5862 OR TONI.SPRAY@GMAIL.COM  
FOR MORE INFORMATION

**READ EL EDITOR ONLINE**  
[WWW.EDITOR.COM](http://WWW.EDITOR.COM)

# ¡NO TE LO PIERDAS!

La Comisión de la Lotería de Texas te invita a asistir a la  
**Feria de Licitaciones para “Hacer Negocios al Estilo Texano”**  
En conjunto con: ACCESS 2014 del DFW Minority Supplier Development Council

**Lugar:**  
Irving Convention Center en Las Colinas | 500 West Las Colinas Blvd. | Irving, TX

**Lunes, 12 de Mayo de 2014 | 1:30 pm - 6:00 pm**  
**Martes, 13 de Mayo de 2014 | 9:15 am - 11:30 am y 1:30 pm - 3:30 pm**

**¡La Feria de Licitaciones es GRATUITA!**

Las Empresas Pequeñas, propiedad de minorías e Históricamente Subutilizadas (HUBs, por sus siglas en inglés) tendrán la oportunidad de concursar por proyectos y de hacer valiosos contactos con instituciones de educación superior y agencias estatales. Las propuestas deberán entregarse al personal de la agencia presente en el evento.

Puedes ver y bajar las oportunidades de propuestas disponibles en:  
[http://www.tpwd.state.tx.us/business/bidops/current\\_bid\\_opportunities/index.phtml](http://www.tpwd.state.tx.us/business/bidops/current_bid_opportunities/index.phtml)

Para más información contacta:  
Tiffany Dockery Mays: (512) 471-2863 o [tiffany.dockery@austin.utexas.edu](mailto:tiffany.dockery@austin.utexas.edu)  
Dominik Mendoza: (512) 389-4538 o [dominik.mendoza@tpwd.state.tx.us](mailto:dominik.mendoza@tpwd.state.tx.us)

