

Education Remains Most Pressing Issue for Hispanics

By Cynthia L. Oroso

The Census Bureau places the number of U.S. Latinos at 32 million and growing fast. That is not counting nearly 4 million residents of Puerto Rico. On average, the bureau reports, Latinos are about nine years younger than the rest of the population.

Small wonder that education is Issue No. 1 in the community. Early childhood education, access to technology, barriers to higher education, high dropout and low achievement levels -- all are critical and all receive passionate attention when Hispanic educators get together, as they did this summer at a White House summit.

Latino children under age 5 constitute more than 15 percent of the U.S. population of that age group, but they are much less likely to be enrolled than other groups in early education programs. About 45 percent of white students and 50 percent of African American students are enrolled in preschool programs, compared to 26 percent of Latino students. Programs such as Head Start, designed to benefit poor children, still fail for the most part to reach the 36 percent of Latino children who are living below the poverty line.

"We have to do something in Head Start to make sure more Latinos are being served," says Delia Pompa, executive director of the National Association for Bilingual Education. "We have to get our children into these programs earlier."

In terms of elementary education, Latino student enrollment in public schools rose by 157 percent from 1978 to 1998. Enrollment for African American students rose 20 percent; for whites, 10 percent. Almost half of the Latino students -- compared to only 10 percent of whites -- are enrolled in urban schools, leading to a growing trend of resegregation.

Latinos account for 13 percent of all

students in grades nine through 12, but more than a third of them don't graduate. That attrition rate contrasts to 19 percent of African American students and 10 percent of whites. Only 35 percent of Latino high school students are tracked into college preparatory or academic programs, compared to 50 percent of whites and 43 percent of African Americans.

Overall, while Latino students make up about 15 percent of all public school students; yet only 4 percent of the teachers who instruct them are Latino.

A key factor contributing to educational success is access to technology. As of 1997, only 68 percent of Latinos used computers at school, 18 percent at home. Eighty-four percent of white children used computers at school and 53 percent did so at home.

Alfred Ramirez, president of the National Community for Latino Leadership, a think tank for training and development of emerging and established leaders, calls lifelong educational preparation crucial for Latino students.

"Countless times Latinos are tracked at an early age into programs and come out of the educational pipeline at the high school level without having received courses that make for successful college students," he says.

From 1976 to 1996, the number of Latinos pursuing post-secondary education increased by 202 percent. That sounds good, but the percentage is fed by huge population growth rather than improved performance.

Today, Latinos account for 14.5 percent (3.6 million) of the total traditional college-age students ages 18-24. Yet they make up just 9 percent of those in higher education.

By 2025, Latinos will comprise 22 percent of persons in that age group. A 1996 study found that about one-third of Latinos who completed college took six years to earn an undergraduate degree. Their most common

majors were business, social sciences and education.

So what about graduate study? Between 1978 and 1998, Latino graduate school enrollment doubled from 2 percent to 4 percent. Figures from the American Council on Education showed of the 1.75 million people enrolled in graduate school in '98, 72 percent were white, 7.5 percent African American, 4.5 percent Latino, 4.7 percent Asian, and 0.5 percent Native American. Students classified as non-resident aliens made up the remaining 10.8 percent.

One of the major identified reasons more Latinos do not pursue post-secondary education is economic. To combat this, the Clinton administration has proposed tax credits, new scholarship programs and an increase in the number of work study programs offered and Pell Grants awarded. At the June White House gathering of some 300 Latino leaders and educators and administration officials, President Clinton proposed five goals that directly impact Latinos. He set the year 2010 as the date to reach them:

-- Raise the Latino participation in preschool programs from 26 percent to the national average of around 40 percent.

-- Ensure all Latino high school graduates are proficient in English.

-- Eliminate achievement gaps between Latinos and other students at all grade levels in school testing and other standards.

-- Increase Latino high school completion rates from about 67 percent to 90 percent.

-- Double the percentages of those who earn associate and bachelor's degrees.

Other programs which the White House and its Initiative on Educational Excellence for Hispanic Americans are focusing are reducing class size, expanding after-school and summer

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News Briefs

Hispanic Population Pops Up Everywhere

(LATNN).- According to U.S. Census figures, the new America of the 21st Century is indeed diversifying. Early returns say Asians and Latinos show rapid population growth, the state of California now is a majority-minority population, and the Hispanics eligible to vote grew to over 12 million in 1998 and could jump some more by November.

U.S. Census estimates that the U.S. Hispanic population, as of July 1st, 1999, is 31,337,122, a figure 3 million short of the African American population. U.S. Census Bureau still estimates that Latinos will overtake Blacks as the biggest ethnic or racial minority in the U.S. by 2005.

The Hispanic population is not only growing rapidly, communities in non-conventional areas are popping up.

The South has seen unprecedented Hispanic population growth this past decade. Georgia and North Carolina saw two of the largest Hispanic population increases in the 1990s. Arkansas saw the largest Hispanic percentage increase, growing 170.3 percent to 53,729 in the 1990s.

Also in Nevada, one of the nation's fastest growing populations, the state has seen a 144 percent Hispanic population growth. The state's Hispanic population now makes up close to 17 percent.

The population growth with the most political implications may be in the state of California. According to the U.S. Census, the white population in 1999 was 49.9 percent, which leaves the combination of Latinos, Asian Americans, Blacks and Native Americans larger than California's white population. In the state with the most electoral votes, courting votes changes significantly.

"Politics of inclusion are going to have to be the norm for all Californians simply because of demographic realities," said Harry Pachon, president of the Tomas Rivera Policy Institute.

Nationwide, in the congressional elections of 1998, the U.S. Census saw the number of Latino citizens of voting age increased from over 10 million to close to 12 and a half million. That number is expected to increase again in November. However, the turnout rate remained unchanged from 1994 to 1998.

In November's presidential elections, the United States Hispanic Leadership Institute predicts 6 million Hispanic voters will cast ballots.

Boom Years See Growing Inequality

By Gumiisa Mutume

WASHINGTON, - These are boom years for the United States with unprecedented economic prosperity and near zero unemployment rates, yet for the majority of the country's poor all is not so rosy, notes a new study.

The study, 'Economic Apartheid in America' contrasts the skyrocketing salaries of chief executives and billionaires at the top with the growing ranks of the poor, uninsured and homeless at the bottom. It says the media paints a rosy image of a country enjoying one of its most prosperous eras, far removed from the reality of many US residents.

The report, which is due for release on Labour Day (Sep. 4) notes how the economic boom of the 1990s has happened alongside the decline in organised labour and civic institutions, the battle over global trade and growing inequalities in income.

It points out that the United States is the only industrialised nation that "views health care as a privilege, not a basic human right."

Some 44 million US citizens currently do not have health insurance. "Even as the unemployment rate declines, the rate of workers without health insurance increases," notes the study by Chuck Collins and Felice Yeskel of the United for a Fair Economy, a lobby group.

While the unemployment rate is placed at about four percent, the number of uninsured non-elderly US residents is growing by 1 million a year and will reach 47 million by 2005, equal to one in five US citizens under 65 years old. Health insurance and medical care have become key issues in the current presidential campaign.

Since the 1970s there has been an explosion of new products that have benefited millions here such as personal computers, satellite and cable television. Air travel has grown by roughly 300 percent since 1970 and the share of adults who are college graduates has doubled from 11 to 22 percent.

However, the percentage of people's income spent on health care has also grown - by 160 percent between 1960 and 1995, note the report's authors.

Harvard University professor and author William Julius Wilson termed the new study a "clear viewpoint on the growing economic inequality in the United States and how to combat it."

United for a Fair Economy, a national non-partisan organisation notes that in 1997, General Electric's chief executive earned nearly 40 million dollars p a 45 percent increase from the previous year.

The General Electric CEO was the 11th highest paid in the United States that year, earning 1,400-times the average US factory worker and 9,500 times the earnings of Mexican maquiladoras workers - thousands of whom work for GE.

United for a Fair Economy notes that almost 90 percent of earnings from the growth in the stock market in the United States goes to the top 10 percent of households, while real wages are now less than they were when Nixon was president.

The report goes on to compare the US state of California with the Indian state of Kerula. It says in more ways, Kerula is a more equal society. The income disparity in Kerula is 3.5 to one, compared to 12 to one in California.

While Kerula is the size of California it is materially poorer. It, however, ranks higher in a number of quality of life indicators p low crime rates, high literacy and a longer life expectancy. Both states are home to roughly 30 million people, but Kerula only has 5,000 people in prison compared to California's almost 200,000.

"In Kerula there is a strong commitment to ensuring broad and affordable access to services such as education and basic needs like electricity and food," notes the report.

One of the factors often identified as responsible for the growing inequality in the United States and around the globe is the unimpeded growth of global corporations. Many governments are reluctant to over-regulate transnational corporations and in recent years have provided a host of incentives (tax holidays and rebates, employment subsidies) to attract such companies.

The study notes that to address these inequalities activists need to address the rules and institutions governing the global economy such as the World Trade Organisation (WTO). They also need to build coalitions across borders and press for debt cancellation.

Bush meets With Fox, Talks About Latin America

(LATNN).- Vowing to promote democracy and trade with Latin America, Texas Gov. George W. Bush spoke at Florida International University Friday, making general statements about his plan to "overcome the North-South divide."

Gov. Bush, who has been criticized for not giving specific strategies on foreign policy or other issues, criticized the Clinton administration's failure to institute initiatives like the recent final aid package to Colombia or the North American Free Trade Agreement sooner.

He also said President Clinton has had "summits without substance" but neglected mentioning to which summits he was referring or giving details about why these summits were failures.

Gov. Bush also called for a "special relationship" with Mexico. Earlier Friday, Bush met with President-elect Vincente Fox for about 45 minutes. Bush officials said they spoke about a wide range of topics. Also during his speech, Gov. Bush vowed to promote trade and a better border relationship with Mexico.

He also vowed to continue current sanctions on Cuba and Fidel Castro's government until Castro were to "surprise the world and adopt the ways of democracy." Naturally, his comments drew the strongest response from his Cuban American supporters in attendance.

Bush returned to Austin for the weekend. He is scheduled to resume campaigning Tuesday in New England.

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Ensenanza Es El Asunto Mas Apremiantre Para Hispanos

Por Cynthia L. Oroso

La Oficina del Censo sitúa la cantidad de latinos de los Estados Unidos en 32 millones, con un aumento rápido. Eso es sin contar a los cerca de 4 millones de residentes en la isla de Puerto Rico. En promedio, informa esa dependencia, los latinos son nueve años más jóvenes que el resto de la población.

Comentarios de Bidal

by Bidal Agüero

Two stories appeared in the news today that definitely need to be discussed in this column.

The first concerns George W. and his now proven and one might say indictment that Texas has ignored the health needs of 1.5 million low-income children in its Medicaid program.

This was official judgement made by U.S. District Judge William Wayne Justice. The A.J. was very prompt to describe him as a "DEMOCRAT who has issued sweeping ruling on racial segregation, education for immigrants and prison conditions since being appointed by President Johnson in 1968."

I would be more like to describe him as a hero to the people.

Maybe Lubbock, Dixon Platt and all his listeners will finally open their eyes and realize what Bush has really done for Texas.

A second story that appears was the news that Disaster Payment to the tune of \$3.14 million are due to be allocated to farmers on the South Plains.

A got a call from Richard Lopez asking "What about the workers". Good question. Maybe a good question that should be directed toward... our invisible... never seen in our community... Larry Combest. Curtis Clinesmith who is running against our invisible Congressman Thornsberry hould certainly talk about it during his Labor Day picnic to be held Sunday on the County Courthouse lawn.

(Bidal can be reached by e-mail at editor@llano.net)



Un estudio de 1996 halló que la tercera parte de los latinos que terminaron los cursos de las escuelas superiores necesitaron seis años para obtener un grado de sub-graduados. Sus asignaturas principales más comunes fueron los negocios, las ciencias sociales y la enseñanza.

Y, ¿qué hay de los estudios graduados? Entre 1978 y 1998, la matrícula de los latinos en las escuelas graduadas se duplicó del 2 por ciento al 4 por ciento. Las cifras del Consejo Estadounidense sobre la Enseñanza (ACE en inglés) mostraron que del 1,750,000 personas matriculadas en escuelas graduadas en 1998, el 72 por ciento eran blancos, el 7.5 afroamericanos, el 4.5 por ciento latinos, el 4.7 por ciento asiáticos y el 0.5 por ciento norteamericanos aborigenes.

Los estudiantes clasificados como extranjeros no residentes comprendían al 10.8 por ciento restante.

Una de las razones principales identificadas por las cuales más latinos no prosiguen la enseñanza post-secundaria es la económica. Para combatir esto, el gobierno de Clinton ha propuesto créditos fiscales, nuevos programas de becas y un aumento de la cantidad de programas de estudio para trabajar que se ofrecen y de la cantidad de Subvenciones Pell que se otorgan.

En la reunión de junio en la Casa Blanca, de cerca de 300 dirigentes y maestros latinos y funcionarios del gobierno, el Presidente Clinton propuso cinco metas que afectan directamente a los latinos. El fijó el año 2010 como la fecha para alcanzarlas.

-- Elevar la participación de los latinos en los programas pre-secundarios desde el 26 por ciento hasta el promedio nacional de alrededor del 40 por ciento.

-- Asegurarse de que todos los

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latinos representen el 14.5 por ciento (3.6 millones) de los estudiantes de edad tradicional para las escuelas superiores, entre los 18 y 24 años. No obstante, sólo forman el 9 por ciento de los que se hallan en la enseñanza superior.

Para el año 2025, los latinos representarán el 22 por ciento de las personas en ese grupo de edades.

En conjunto, aunque los es-

What Is It With Cuban Women In Los Angeles?

By Julio Morán

What is it with Cuban women living in Los Angeles?

First television producer Nelly Galán tells The Miami Herald that she does not consider herself Latina and that the majority of Latinos (in Los Angeles) are *clase bajo*. Then Los Angeles Times writer Alisa Valdés-Rodríguez tells us that she does not identify with the term "Latino" or "Hispanic" because people believe it means cinnamon brown with a Spanish surname.

Galán further says that L.A. Latinos have an inferiority complex about Cubans and whine about being a minority. Meanwhile, Valdés-Rodríguez gives us a history lesson to dispel the notion of Latino race.

I generally try not to criticize other Latinos in public, but since these two women don't consider themselves Latinas, I guess it's OK.

The reason other Latinos may look down at Cuban Americans is not because we have an in-

feriority complex, but because many Cuban Americans have an elitist attitude and look down on everyone else, including black Cubans.

Many white Cubans cling to their Caucasoid racial description and don't want to be identified as "people of color" -- a term popular with many African Americans, Asian Americans, Native Americans and Latinos -- lest they also be considered minorities. Rather than attempting to coalesce and find common ground, they become divisive.

The term "Latino," for me, a U.S.-born man whose parents were born in Mexico, is a self-identification that says not so much what my race is, but what my culture is, and that I share some common ground with people whose ancestry is from the Caribbean and Latin America. To identify me with one of the three traditional divisions of races -- Caucasoid, Negroid or Mongoloid -- would not be completely accurate.

This doesn't mean that I agree with Cubans, Puerto Ricans, Central Americans and Dominicans on all issues, but it does say that we have enough common issues we can speak on with one voice.

But to really describe me, call me Chicano. That further identifies me as someone who is neither fully accepted by Americans in this country or by Mexicans south of the U.S. border. For this cinnamon-brown mestizo with an Irish surname, that is very relevant.

I don't ask for permission to do things, as Nelly Galán suggests in her Miami Herald interview. I don't feel anyone owes me anything. I don't whine about being Chicano. But I do take exception to anyone, especially Cuban Americans, taking potshots at other Latinos.

People of Mexican descent are very proud of their heritage and will defend it. But that doesn't mean we can't identify with and feel pride in the suc-

cesses of Sammy Sosa, Christina Aguilera, Peruvian President Alberto Fujimori and Cristina Saralegui. It doesn't mean that non-Mexican-Americans can't feel the same way about actor Edward James Olmos, professional hockey player Scott Gómez or the late César Chávez.

I am not saddled with the terms with which I choose to identify myself. I love Mexican food, but I prefer my music and movies in English. I am not totally fluent in Spanish, but I like to use Spanish phrases when I speak to other Latinos because the words are more descriptive. I have non-Latino friends, but I feel more comfortable with other Latinos, whether they are Caucasoid, Negroid or Mongoloid. Even with some Cuban-Americans.

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Reviving the Fringe Parties

By ROGER HERNANDEZ

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With Al and George W. in a headlong rush for the center, what's to become of the wings?

Is any moderate Democrat going to do anything Bill Bradley says?

Is any compassionate conservative going to even let Trent Lott speak?

Do they matter to their parties other than as window dressing for the faithful?

The answers are no, no and no.

The mainstream parties have learned their lesson (at least for this election cycle). Long-ago Democratic experiments with McGovern liberalism and recent Republican experiments with Gingrich conservatism were disastrous.

Still, these guys deserve more than the Democrats and Republicans of 2000 are willing to give them. Like them or not, ultra-liberal and ultra-conservatives have as much a place in American politics as their moderate brethren.

Which is why this country needs a good four-party system.

There is a four-party system this year already, sort of. Ralph Nader is the candidate of the Green Party. Buchanan has captured what is left of the Reform Party.

Neither has a chance. Still, voters will in fact have a choice of four candidates who have been major national figures for many years. Buchanan and Nader will break the million-vote mark with ease.

Only once in American history have four Presidential candidates received at least a million votes. In 1948, when Harry Truman beat Thomas E. Dewey, wacky right-wing States Rights Party candidate Strom Thurmond got 1.169 million votes, and wacky left-wing Progressive Party candidate Henry A. Wallace got 1.157 million (in 1860, just before the Civil War, there were four major candidates too, but only Lincoln and Stephen A. Douglass broke the million-vote mark).

But for all their name recognition, Buchanan and Nader fit right in to the old American tradition of wacky third-party candidates.

Buchanan wants to send troops not only to the Mexican border, but to New York. "I will tell Kofi Annan: Your U.N. lease, sir, has run out; you will be moving out of the United States, Mr. Kofi. I want to be polite, but if you are not gone by year's end, I will send a few thousand Marines to help you pack your bags," his website quotes him as saying.

Nader's Greens would order "a 100 percent tax on all income over ten times the minimum wage," according to the party platform. With the minimum wage at \$5.15, multiply times 40 hours times 52 weeks and you get \$107,120 as the maximum salary for any American surgeon, rock stars, stockbrokers, Bill Gates, really good real estate salesmen, syndicated columnists.

Not too many Americans want their earnings limited by law to a little over \$100K. Not too many Americans want a Marine division running around midtown Manhattan.

The Green and Reform parties urgently need a moderate wing if they are ever going to become a force in American politics.

Enter Jesse Jackson. Enter Jesse Helms.

The Rev. Jackson doesn't much like The Rich. But he is sensible enough to know a salary cap is not going to go over well with most people (to say nothing of the havoc it would play in the economy). And while Helms is no fan of the U.N., he's never threatened military action to kick it out of 45th and First avenues. Jackson could find a home with the Greens, Helms with the Reformists.

There are more like them out there. The Green Party could give the likes of Paul Wellstone, Maxine Waters and José Serrano the attention they are not getting from Gore's troops. They in turn would exert a calming, moderating influence on radical Green nuts. Likewise for Tom Delay, Lindsay Graham, Pat Robertson. By leaving the GOP for Reform they would no longer be expected to nod in agreement when W. speaks about compassionate conservatism, and they would bring to their new party a hard-right credibility the Buchanan fringe-of-a-fringe has lost.

With four parties politics would be more honest. Moderates who remain Republican or Democrats wouldn't have to dance with their parties' respective Jesses just to keep them in line. And the militants in the new parties wouldn't have to water down their beliefs just to please the center, yet they would attract more voters than Nader or Buchanan could in their wildest dreams.

Anyway. A nice fantasy for a late summer evening.

(Roger Hernández is a nationally syndicated columnist and Writer-in-Residence at New Jersey Institute of Technology. He can be reached via email at rogereh@prodigy.net.)

¿Que Pasa Con Las Mujeres Cubanadas En Los Angeles?

Por Julio Morán

¿Qué pasa con las mujeres cubanas que viven en Los Angeles?

Primero, la productora de televisión Nelly Galán dice a The Miami Herald que ella no se considera a sí misma latina, y que la mayoría de los latinos (de Los Angeles) son de clase baja. Y después la redactora Alisa Valdés-Rodríguez, del Los Angeles Times, nos dice que ella no se identifica con el término de latina o hispana, porque la gente cree que eso significa alguien de color pardo canela con un apellido español.

Nelly Galán dice además que los latinos de Los Angeles tienen un complejo de inferioridad acerca de los cubanos y se quedan de ser una minoría. Mientras tanto, Alisa Valdés-Rodríguez nos da una lección de historia para disipar la noción de una raza latina.

Por lo general, trato de no criticar a otros latinos en público, pero ya que estas dos mujeres no se consideran a ellas mismas latinas, me imagino que esté bien.

La razón de que otros latinos

puedan tener a menos a los cubano-americanos no es porque tengamos un complejo de inferioridad, sino porque muchos cubano-americanos tienen una actitud de superioridad y tienen a menos a todos los demás, incluyendo a los cubanos negros.

Muchos cubanos blancos se aferran a su descripción racial caucásica y no quieren ser identificados como personas de color -- un término popular para muchos afroamericanos, asiáticos-americanos, norteamericanos aborigenes y latinos -- para que no se les considere como personas minoritarias. Antes que tratar de unirse y hallar terreno común, llegan a ser divisionarios.

El término latino, para mí, que soy un hombre nacido en los Estados Unidos cuyos padres nacieron en México, es una auto-identificación que no dice tanto cuál es mi raza, sino antes bien cuál es mi cultura, y que comparto algún terreno común con personas cuyo antecesor es del Caribe y la América Latina. El identificarme con una de las tres divisiones tradicionales de razas -- caucásica, negra o mongoloide.

No pido permiso para hacer las cosas, como lo sugiere Nelly Galán en su entrevista del Miami Herald. No creo que nadie me agradece nada. No me quejo de ser chicano. Pero sí objecto a cualquiera, especialmente a los cubano-americanos, que disparen al azar contra otros latinos.

Las personas de ancestro mexicano están muy orgullosas de su herencia y la defenderán.

Pero eso no significa que no podamos identificarnos, o sentirmos orgullosos por los éxitos de Sammy Sosa, Christina Aguilera, el Presidente del Perú Alberto Fujimori y Cristina Saralegui. Eso no significa que quienes no sean mexicanoamericanos no puedan sentir de igual modo acerca del actor Edward James Olmos, el jugador profesional de hockey Scott Gómez o el finado César Chávez.

No estoy cargado con los términos que elijo para identificarme. Me encanta la comida mexicana, pero prefiero mi música y mis películas en inglés. No tengo un dominio completo del español, pero me gusta usar frases españolas al hablar con otros latinos, porque las palabras son más descriptivas. Tengo amigos que no son latinos, pero me siento más a gusto con otros latinos, ya sean caucásicos, negroides o mongoloides. Hasta con algunos cubano-americanos.

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feud behaviors such as Miami witnessed recently, when dozens of members of the non-Cuban community took to hurling bananas at City Hall as their commentary on the Cuban mayor's politics.

What would happen if Washington, D.C., whites started throwing watermelons at the feet of Anthony Williams, their African-American mayor? Or if New York City voters threw pizza at Mayor Rudy Giuliani? Or if the white population in El Paso, Texas, threw tacos at Mayor Carlos Ramírez?

All hell would break loose, that's what.

(Patricia Duarte is a freelance editor living in New York. She may be reached at Latinedit@aol.com)

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Los Cubano-Americanos Como Blancos Publicos:

¡Esta Bueno Ya!

Por Patricia Duarte

Todo el tiempo, desde el decenio de 1960, se ha estado martillando en la conciencia nacional que los estigmas raciales y étnicos son un gran tabú. Que el complacerse abiertamente en ellos denota falta de desarrollo, ignorancia y falta de comprensión hacia el prójimo.

Pero de algún modo, esa prevencción ha excluido a los cubanos.

De modo que hagan el favor de comprender que nos sentimos hastiados de eso. Y tengan la bondad de disculparnos si de vez en cuando decidimos responder a los ataques.

Este es uno de esos momentos.

Hispanic Link News Service acaba de publicar una diatriba escrita por Julio Morán, director ejecutivo la Asociación de los Medios Informativos Chicanos de California, radicada en Los Angeles, en la cual él plantea la pregunta: "¿Qué pasa con las mujeres cubanas en Los Angeles?"

Aunque la pregunta ofrece algo para pensar, la misma también sugiere que todas las mujeres cubanas de Los Angeles están sufriendo de alguna clase de síndrome pre-menstrual colectivo post-tropical.

Algunas mujeres cubanas que vive en Nueva York, me gustaría responder.

Permitaseme tratar de explicar.

Ante todo, comprendan que

la mayoría de los cubanos en los Estados Unidos no han aprendido aún el modo de hacer los "ruidos políticos correctos", porque no han tenido que hacerlo.

a) Ellos han estado aislados culturalmente en el sur de la Florida durante mucho tiempo.

b) Ellos dominan aquel lugar, y los cubanos de otras partes ven esto como prueba irrefutable de superioridad genética.

c) Ellos han tenido éxito por su cuenta y por eso no ven la necesidad de tolerar insultos por parte de otros.

Esta es la clase de mentalidad que provocó los comentarios de Galán y Valdés Rodríguez.

Pero hay mucho más. Ya que la pregunta inicial de Morán - "¿Qué pasa con las mujeres cubanas?" - lleva insinuaciones de síndrome pre-menstrual, podemos redactarlo todo en términos de síndromes.

Primero, hay el Síndrome del Cubano Invisible (que ocurre primordialmente fuera de Miami). Este involucra el caminar en lugares latinos y ser recibido con miradas de "tú no perteneces aquí." El hablar español no remediará la situación, porque entonces alguien soltará alguna variante de "Es gracioso, tú no pareces latina". Lo siento, dejé mis maracas en casa.

¿Cómo se supone que parezca un latino?

La mayoría de los cubanos que están muy bien anclados en

sus propias culturas, se ofenden porque se les ponga en tela de juicio su identidad latina de manera tan desmañada.

Después viene el Síndrome del Cubano Agredido. Siempre que un asunto cubano se convierte en noticia nacional, echan mano a sus escopetas de perdigones; hay temporada abierta contra los cubanos. El embrollo reciente con el caso de Elián González fué un ejemplo perfecto. Día tras día, presenció a los columnistas, comentaristas de noticias, invitados de los

"programas de charlas" y "dirigentes" comunitarios burlesca de los "Cubanos Locos," los "Cubanos Ricos de Ala Derecha," los "Cubanos Extremistas," los "Cubanos Observadores de Ombligos" etc., etc., etc.

¡Ya está bueno!

Piensen, ¿qué sucedería si alguien se atreviera a hablar sobre "negros locos," "judíos extremitistas," "puertorriqueños obsesionados" o "mexicanos observadores de ombligos" en los medios informativos de los Estados Unidos?

Lo que más me estremeció es que muchos de estos comentaristas eran "equilibrados" a menudo por otros que hacían lucir a Fidel Castro como Martha Stewart.

Auge De La Medicina Alternativa

Antes que nada, quiero explicarles las razones por las cuales el uso de la medicina alternativa ha crecido en forma increíble durante los últimos años en Estados Unidos. Yo no la quiero llamar precisamente medicina alternativa, porque creo que no es una "alternativa", sino que debería estar integrada a la medicina allopática o tradicional a la que ustedes están acostumbrados. El aumento increíble de la "medicina integrativa" (como la voy a llamar ahora), ha comenzado en los últimos 15 años y fundamentalmente se debe a la necesidad del público, y de ustedes en particular. En 1993, una publicación muy conocida en este país llamada "The New England Journal of Medicine" dio a conocer que, mientras se hicieron 378 millones de visitas a médicos allopáticos, los practicantes de la medicina alternativa recibieron 427 millones de visitas. La probabilidad de que las personas usen terapias alternativas aumentó del 36% al 46.3% en los últimos años. Entre los años 1990 y 1997, las visitas a practicantes de medicina alternativa pasó de 427 millones a 629 millones; por lo tanto, analizaremos las razones por las que pacientes como ustedes han decidido buscar terapias alternativas. Actualmente en mi práctica yo uso una combinación de medicina allopática con medicina alternativa, específicamente en el caso de vitaminas, suplementos, consejos sobre dietas, ejercicios, integrados a la medicina convencional; creo fervientemente que la medicina allopática o tradicional no puede aliviar todas las molestias, y a veces enfermedades que muchos pacientes nos vienen a consultar.

¿En qué ha fallado la medicina convencional?

1) No escuchamos al paciente como deberíamos hacerlo. Frequentemente los pacientes tienen la sensación que cuando van a su médico, éste habla más que lo que dejan hablar al propio paciente. En varias oportunidades he comprobado que si escucháramos con atención al paciente, éste nos está diciendo

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latinos graduados de las escuelas secundarias tengan dominio del inglés.

- Eliminar las brechas en los lenguajes entre los latinos y otros estudiantes al nivel de todos los grados, en los exámenes de las escuelas y otras normas.

- Aumentar las tasas de terminación de cursos en las escuelas secundarias para los latinos desde el 67 por ciento hasta el 90 por ciento.

- Duplicar los porcentajes de los que obtienen grados adjuntos y de bachilleres.

Otros programas que la Casa Blanca y su Iniciativa sobre la Excelencia en la Enseñanza para los Hispano-Americanos están enfocándose son la disminución del tamaño de las clases, la ampliación de los programas para después de las horas de clases y para el verano, el asegurar el acceso a la tecnología de la enseñanza, el mejorar la calidad de los maestros, el actualizar los locales y nivelar el financiamiento de las escuelas públicas. Eso no es una orden poco importante.

"Ha habido un intento real para conectar los puntos a lo largo del conducto de la enseñanza por parte del Departamento Federal de Instrucción Pública y la Casa Blanca," dice Ramírez. El agrega que estas gestiones, aunque limitadas, han dado resultados que igualan su intención y presupuestos para cubrir la programación. La enseñanza pública es básicamente una responsabilidad local y estatal, y el gobierno federal sólo

Pre-escolar.....	14.9%
Kindergarten al 12.....	15.1%
Universitarios no graduados.....	9.0%
Universitarios graduados.....	7.5%
Profesionales.....	7.0%

Fuente: Departamento Federal de Instrucción Pública

Latinos como Porcentajes de Todos los Estudiantes Matriculados 1997 a 1998

meses, diferentes periódicos han publicado reportes sobre efectos adversos de muchas medicinas, y se cree que (variando las estadísticas), fallecen anualmente entre 150 mil y 200 mil pacientes por estas causas; y que un aproximado de 2 millones de personas son dañadas en los hospitales o clínicas de salud debido a reacciones adversas.

10) Las compañías farmacéuticas aportan bastante dinero como contribución de campaña a muchos políticos. La industria farmacéutica paga en general muchos menos impuestos que el resto, y a pesar de todo en este país, el precio de las medicinas es mucho más alto que en México y Canadá.

11) El impacto que han tenido los HMO en la salud de la población. Muchos de ustedes lo habrán vivido personalmente, la necesidad de servicios de referencias", la necesidad de que estos sean aprobados para ver un especialista, la limitación en la calidad del especialista que a veces ustedes tienen que ver, debido a que todo está dictado por su HMO.

Se cree que actualmente 1 de cada 3 pacientes pueden estar usando cierto tipo de terapias alternativas. Yo tengo como costumbre en mi práctica, preguntarle a todos los pacientes si están tomando o usando específicamente algún tipo de práctica alternativa, porque es importante que el médico lo sepa, ya que pueden haber ciertas interacciones negativas entre las medicinas convencionales y las alternativas. En febrero del año 98, un canal de TV de CNN reportó que hubo hasta ese momento aproximadamente 2,500 casos de efectos adversos y 79 muertes debidas a suplementos. La mayoría de estos casos desafortunados se produjeron en personas que estaban tomando en forma inapropiada ciertos suplementos que contienen efedrina, la que actúa como estimulante, y que está presente incluso hoy día, en muchos suplementos que se promueven para bajar de peso. Por lo tanto, les pido que presten atención en forma cautelosa a la calidad y composición cuando toman suplementos, y si tienen efedrina consulten con su médico, ya que puede causarles graves problemas de salud. Igualmente debemos recordar que, a pesar del reporte sobre el número de muertes causadas por este tipo de productos, el mismo es totalmente insignificante comparado con el producido por las drogas comunes.

Otro campo que el gobierno ha enfatizado es la enseñanza bilingüe. Actualmente, 3,500,000 niños de los Estados Unidos tienen habilidades limitadas en el inglés. El Secretario Federal de Instrucción Pública, Richard Riley, ha recomendado la creación de más escuelas de inmersión e idioma duales por todo el país, a fin de aumentar la alfabetización doble.

Pompa señala: "La Ley para Mejorar las Escuelas Estadounidenses de 1994 se enfocó sobre la responsabilidad, y éste es un campo en que no hemos tenido adelanto. Los sistemas de responsabilidad y las necesidades de los estudiantes hispanos y de los que no hablan inglés son los campos donde debemos continuar trabajando."

Ella concluyó que se debe hacer más para asegurar que los recursos sean enfocados hacia los distritos escolares que tienen poblaciones hispanas altas, así como para mejorar el acopio de información sobre los estudiantes hispanos, con objeto de medir cuán bien están siendo servidos.

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Clinton Urged to Stress Human Rights Above All

By Jim Lobe
WASHINGTON, Three major US human rights organizations are calling on President Bill Clinton to make human rights the centerpiece of his private and public remarks when he meets with Colombia's leaders in Cartagena Thursday, Aug 30.

The groups, still steaming over Clinton's decision last week to waive rights conditions on a 1.3-billion-dollar, mostly military aid package for Bogota, warned that the president's failure to speak out forcefully against the military's abuses and complicity with right-wing paramilitary groups, would serve only to further encourage paramilitaries and hard-line sectors in the army.

"President Clinton, especially after he has waived all these human rights conditions (on the aid), should publicly address human rights concerns, particularly the poor record of the armed

forces and its ties to paramilitary groups," said Jose Miguel Vivanco, director of the Americas division of Human Rights Watch (HRW).

He was joined by George Vickers, director of the Washington Office on Latin American (WOLA), and Andrew Miller, advocacy director for Latin America at the US section of Amnesty International (AIUSA).

The aid package, cleared by Congress in June, is the US contribution to 'Plan Colombia,' a 7.5-billion-dollar programme, put forward last year at Washington's urging by Colombian President Andres Pastrana.

It is designed to end a long-running civil war between the government, two major left-wing insurgencies, and various right-wing paramilitary groups and eliminate drug-production and trafficking over the next five to six years.

Half of the money is to be

provided by Bogota itself, with the balance coming from external sources, such as the World Bank, the Inter-American Development Bank (IDB), and the European Union (EU), as well as the United States. Most of the aid is supposed to support negotiations and economic development, especially in rural areas most affected by the generation-old conflict.

The U.S. component, however, consists mainly of military and police aid directed primarily to support a push by the army to expand the state's control of remote southern Colombia where guerrillas allegedly protect the rapidly growing production of coca and opium poppies, the raw ingredients for cocaine and heroin, respectively.

The largest component of the U.S. package, for example, consists of 60 attack helicopters to give the army unprecedented mobility, reach, and firepower in areas where it has largely

feared to tread in recent years. The package, however, proved very controversial as it wended its way through Congress earlier this year. A major difficulty was the army's dismal human-rights record and especially its complicity with paramilitary groups which human rights groups say are responsible for more than 70 percent of the thousands of political murders and almost all massacres and atrocities - which have taken place in Colombia each year.

As a result, lawmakers attached five tough human-rights conditions to the US aid. One condition is for the prompt suspension from duty of any Colombian soldier "credibly alleged to have committed gross violations of human rights or to have aided or abetted paramilitary groups."

Others include full military co-operation with civilian authorities in investigating and prosecuting such cases; and the government's vigorous prosecution in civilian courts of leaders and members of paramilitary groups and soldiers and officers who support them.

Under the law, the State Department was required to "certify" that such conditions were being met before the aid could flow. If they were not being met, however, Congress provided that the president could "waive" the conditions if the US "national security interest" would be advanced by providing the aid anyway.

After a two-day consultation

with leading human rights groups, including HRW, WOLA, and AIUSA, earlier this month, the State Department certified that only one of the condition had been fulfilled by the Pastrana government. But, to the great distress of the rights groups, Clinton decided to waive the rest of the conditions.

"Ultimately, the waiver defeats the purpose of any policy meant to improve human rights," according to Vivanco. "If they know that, at the end of the day, the US will waive (human rights) conditions on national security grounds, that will only reinforce (officers) in the military who are most connected with the paramilitaries."

The three groups, which released a 34-page memorandum submitted to the State Department, named five Colombian commanders who have been linked by government agencies to death squads and paramilitary groups who should have been suspended under the first Congressional condition but who remain on active duty.

The same memo contains specific cases that the groups argue should be used as a benchmark for future decisions by the executive and legislative branches on providing aid to Colombia.

Among them are pending investigations of 12 senior active-duty and retired officers, as well as eight well-known paramilitary leaders. Bogota's failure to take strong action against these men, according to the memo, should

result in withholding aid. The next review is due in December.

Human rights groups are particularly concerned about the impact of last week's waiver on the paramilitaries, who have been implicated in two massacres which killed a total of 22 people just last weekend.

"There is nothing in the Plan Colombia that requires the government to do anything about the paramilitaries," noted WOLA's Vickers. "The only thing is in the human rights conditions (of the US aid), and now that has been waived."

Like all the other armed parties in the civil conflict, according to Vickers, the paramilitaries protect and profit from the drug trade.

The Clinton administration has defended the waiver, insisting that Pastrana and his armed forces need to be given more time to comply with the conditions. In statement released after the waiver, the White House stressed that failure to act would only exacerbate a "drug emergency that directly affects the United States."

Most analysts believe that Clinton will stress human rights in Cartagena, if only because of the flak he has received here on his waiver. "The message has to be clear," according to Michael Shifter, a Colombia expert at the Inter-American Dialogue here - "that it is unacceptable to continue these kinds of abuses and that cutting links with the paramilitaries is basically critical."

"The one lesson of the past 40 years - in Vietnam and Central America - is that you cannot defeat your enemy when your ally commits human rights abuses," said Vickers.

From Page 2

Cuando se es pequeño, ninguna delicadeza pasa desapercibida.



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Latinos Play Golf, Too

By ADOLFO MENDEZ
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CHICAGO, Contrary to popular belief, Latinos and golf go back.

Way back.

In 1937, a group of Latino golf enthusiasts in San Antonio organized a golf association, partially because they were denied membership in established, all-white associations.

Jose Maria Olazabal tees-off at the British Open.

"It's interesting, at the time the association was formed, Latinos were not allowed to play in exclusive golf courses. But when they formed their own golf association, the Latinos decided not to discriminate against non-Latino golf players," says Joe Rodriguez, a member of the Latino golf association and a business owner in Wichita, Kan.

Today, that group is called the Pan-American Golf Association. It has 3,500 members across the country -- the vast majority of whom are Latinos.

Still, more than 50 years after the group was formed, Latinos on the golf course -- caddies excluded -- are seen as an oddity, says Rodriguez.

"It's pretty obvious. You sense it. You get stares. Maybe they wonder, 'Why are all you guys all ganged up over there?' It's not different than a bunch of white guys ganged up, except that if your Hispanic, you're a little different."

Rodriguez says he does his best to ignore the surprised looks. "We don't make a big deal about it. We have fun, we enjoy

our camaraderie. And as a result of that, they feel a lot less threatened."

While playing golf has been as common as playing soccer for many Latinos, there has been a recent increase in participation among people of color, observers say.

"There are more and more minority and inner-city golf programs being launched, and many of the programs that have been around for years are growing at a rapid rate," says Mona Gambetta of the National Minority Golf Foundation. "Certainly Tiger Woods has had a huge impact on minority visibility -- and propensity for success -- in golf."

But long before Tiger Woods, there were such Latino superstars as Nancy Lopez and Lee Trevino. notes Angelo Padron, the 53-year-old president of the Rockford, Ill., chapter of the PAGA.

"Lee Trevino started playing about 20 years ago, then I started playing," says Padron, a heavy equipment operator. "Every Latino that I know that's been playing golf has been playing before Tiger Woods. We're glad that he's doing good, but I haven't heard anybody in our league say 'he's the reason I'm golfing.'

Romeo Ayala, president of the Detroit chapter of the association, says he took a liking to the game when a Latino friend introduced him to it 20 years ago.

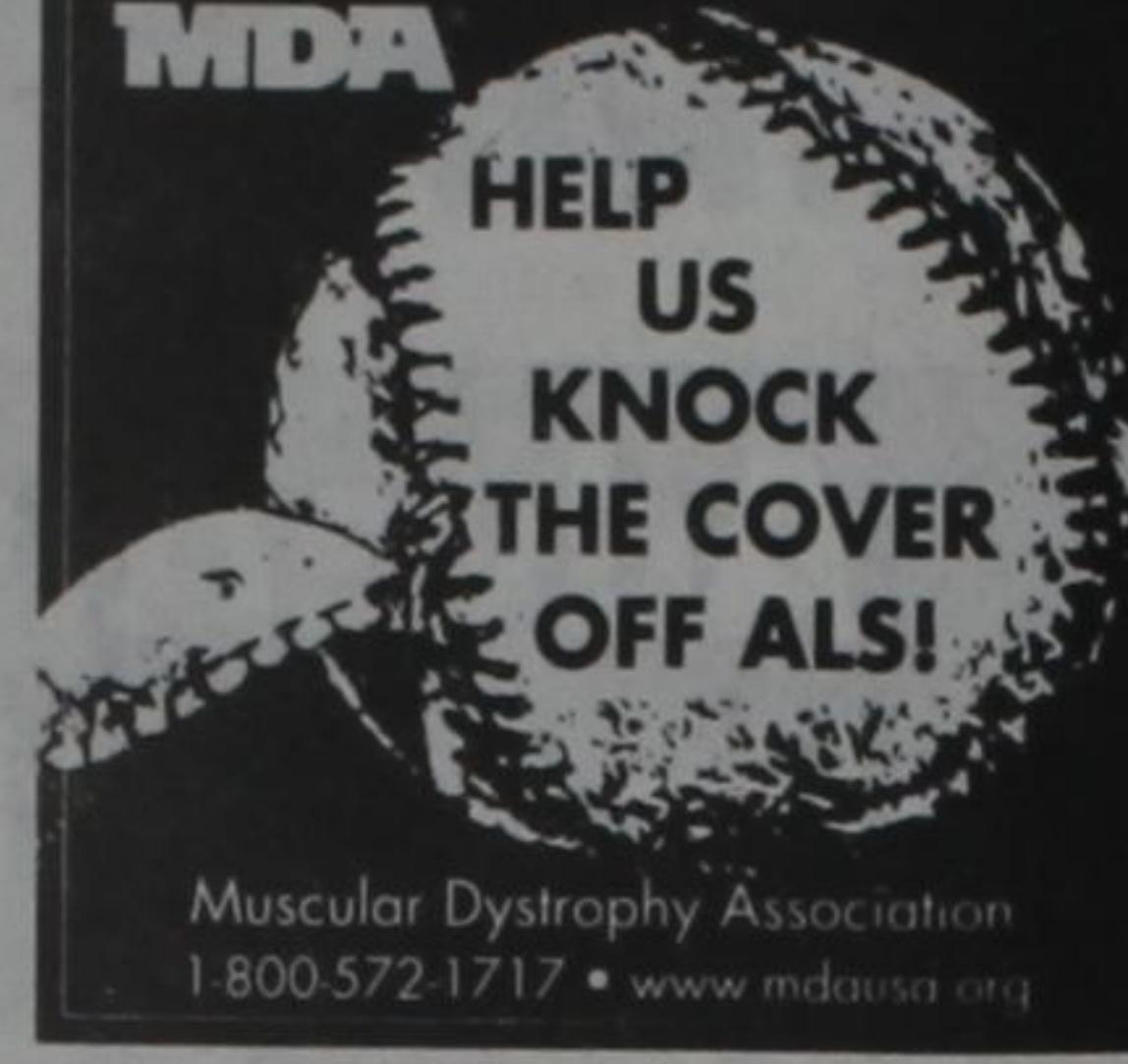
"I enjoy it, it's relaxing, and it gives me a chance to mingle with fellow Hispanics and other

ethnic groups, and have a good time," Ayala says. "Plus, I pick up tips here and there to help out the kids."

Encouraging younger Latinos to play golf is part of the national organization's mission. In fact, most of the chapters across the country have junior leagues or are in the process of forming them, all with the hope of inspiring another generation of golf players.

For example, the Wichita Chapter started their Junior Program a year ago with 36 participants under the age of 18. Among the biggest junior leagues: the Corpus Christi chapter, which boasts of a membership among youth of about 250 amateurs.

Adult players, meanwhile, are competing in their national convention and tournament in Houston this week.



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THURS. AUG. 31, 2000
Cactus Theater will perform the play
"Music...At the Crossroads"

Benefit MHMR @ 8:00 pm. A solo will follow at Buddy Holly Center. Tickets are \$10.00 each.
You may purchase tickets for the Cactus Theater by calling 749-3233.

FRI. SEPT. 1, 2000
Crossroads Music Festival
5:00 pm to 12:00 midnight in the Depot District. Free admission. Featuring:
CHUCK BERRY LIVE IN CONCERT • 10:30 - 11:30 PM

5:00 - 6:15 PM • The Klifnotes
6:30 - 6:45 PM • VIRGIL JOHNSON
7:00 - 7:45 PM • THE JD'S
8:15 - 9:45 PM • JOHNNY DEE & THE ROCKET 88'S

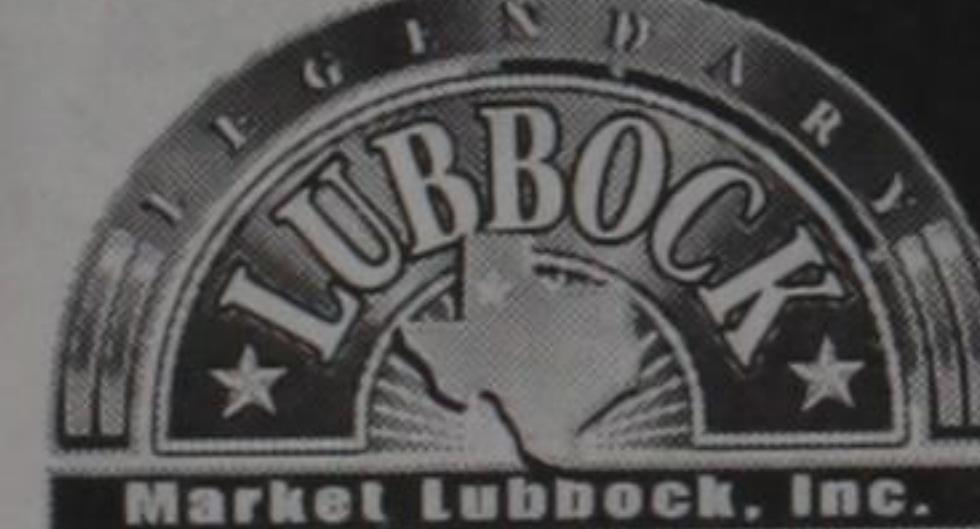
SAT. SEPT. 2, 2000
CACTUS THEATER WILL PERFORM THE PLAY "MUSIC...AT THE CROSSROADS"
Benefit MHMR @ 2:00 pm and 8:00 pm. Tickets are \$20 and \$15 each.
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Free admission with football ticket stub.

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Mike Pritchard Blue Thunder & the Lightning Horns
Blue Light
Jason Boland & the Stragglers

Frank n Steins
The Darren Welch Group
Klusoz
Eden Automatic & The Groobies
Hub City Brewery
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Emma's Mariachi Band
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with special guest appearances
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Athens
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Performing in the Piano Room
Gerry Orr
Performing in the Country Club
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Pony Bone and the Squeeztones



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Game: 6:00 pm

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La Comida Mexican-Tan Estadounidense Como Las Tortillas y El Pastel de Manzana

Por Enrique J. Gonzales

Durante un almuerzo en una conferencia de America OnLine Partners, un tipo con cara de Internet, de cabello largo y aspecto irresponsable, pronunció cuatro palabras que hicieron saltar a mis ojos desde mi plato. "Prefiero la comida estadounidense," afirmó él con una confianza total.

El joven ofreció el comentario para comparar a sus alimentos favoritos -- hamburguesas, perros calientes y pizza -- con los de la cocina mexicana que él y otros asistentes a la conferencia habían gustado la noche anterior.

No dije una palabra. Pero en silencio hice la pregunta: "¿Exactamente cuán 'estadounidenses' son sus selecciones?"

La pizza tiene sus orígenes an la bota de Italia. Las hamburguesas reciben vagamente sus nombres de Hamburg, Alemania. La "carne" que entra en los perros calientes lleva distintos nombres, incluyendo el de "frankfurter" -- apelativo usado para describir a los residentes de Frankfurt, Alemania -- y "wiener," que significa residente de Viena, Austria.

Las comidas de México obtienen sus cualidades más distintivas de sus raíces aborigenes norteamericanas. Como la mayoría de las cosas mexicanas, son una mezcla de lo indígena y lo europeo, una mezcla de la cocina de los pueblos aborigenes de esa región y la de España, que no está muy distante de Italia, Alemania o Austria.

Como otros naturales de la América del Norte, los que vivían en lo que ahora es México comían alimentos basados en el maíz, los frijoles y los calabacines. Ellos comieron tortillas siglos antes deque los vikingos tropiezan con Groenlandia y de que Cristóbal Colón tropieza con la isla de Guanahani, habitada entonces por los taínos y que ahora es parte del Archipiélago de las Bahamas.

La humilde tortilla, el alimento más básico de las comidas mexicanas, procede de las Américas, no de España. Los españoles comen su propia clase de tortilla -- la tortilla española, una tortilla de huevos revueltos con papas y cebollas, que se parece más a un quiche sin corteza que a un pan sin levadura.

Los pueblos aborigenes de México dieron al mundo alimentos básicos tales como aguacates, tomates y chocolate. Ellos preparaban platos como los tamales y el mole, una salsa complicada

de chile, chocolate y maní. Hasta el tequila es una versión refinada del pulque, una bebida de los norteamericanos aborigenes.

Los habitantes del centro de México condimentaban las cosas, haciéndolas picosas. La palabra "chile" viene del náhuatl, el idioma indígena del centro de México.

En verdad, los estadounidenses conocen la comida mexicana mejor que cualquier otra de la América Latina. Así, muchos cometen el error de relacionar todas las comidas latinas con el picante y las especias.

Una amiga puertorriqueña se lamentó conmigo una vez de que sus colegas de Netscape Communications Corp. asumían que, debido a que ella era de la isla, "debe estar acostumbrada a las comidas sazonadas con especias." Un colega de aquí, oriundo del sur de España, me hizo la observación en un Wendy's de que el "Emparedado de Pollo Condimentado" era demasiado picante. Yo sólo moví la cabeza.

Mientras que los residentes de los Estados Unidos gastan más dólares en salsas que en ketchup, si pidem salsa en España tienen más probabilidades de que les lleven el último a su mesa.

No es de extrañar que muchos no hispanos nos pregunten a los latinos: "¿Qué comen ustedes?"

El Día de Acción de Gracias del año pasado, un amigo afroamericano de nuestra familia se preguntaba qué planeábamos nosotros para la cena, esperando, me imagino, que serviríamos enchiladas. Nosotros comemos lo mismo que el resto de nuestros paisanos en los Estados Unidos -- guajolote (pavo). No se olviden del relleno, el puré de papas, la salsa de arándanos y la ensalada Walford.

Los estereotipos alimenticios transcenden las fronteras. Mi primo Martín vive en Monterrey, al norte de México, donde se graduará pronto en el prestigioso Instituto Tecnológico y de

Estudios Superiores de Monterrey, considerado como una de las mejores universidades de la América Latina. Un verano él me preguntó con toda seriedad: "¿Comen ustedes muchas hamburguesas?"

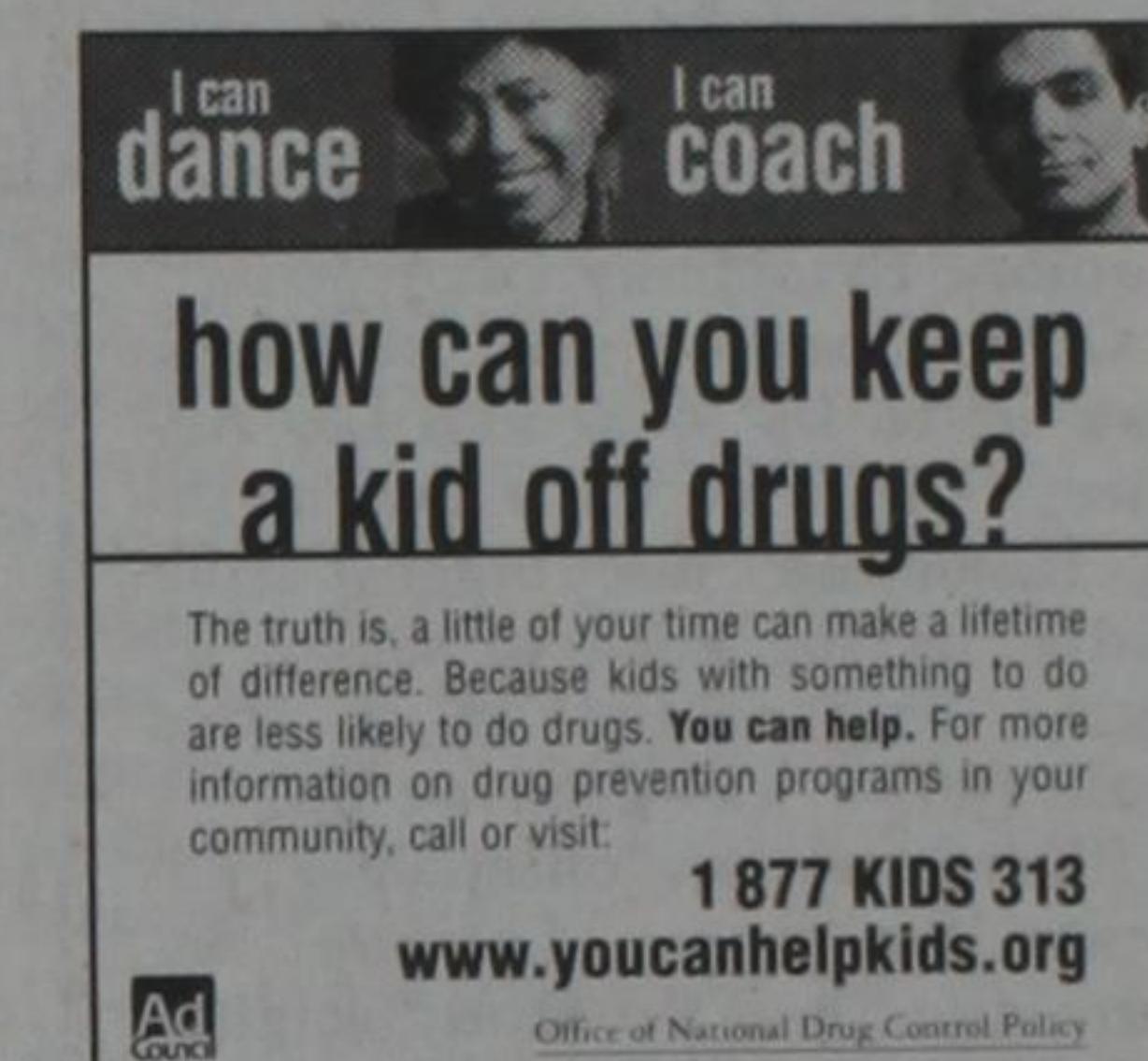
Consideré el responderle: "No, pero te pagaré con gusto el martes por una hamburguesa hoy."

Después, a principios de este año, mi esposa y yo nos detuvimos para desayunar en El Flaco, un restaurante tex-mex en el lado sur de Austin. El menú incluía huevos rancheros, migas y machacado, platos favoritos en Monterrey para el desayuno, así como tacos y enchiladas para el almuerzo. Al final del menú, bajo el subtítulo de "Comida Estadounidense," El Flaco ofrecía hamburguesas, hamburguesas con queso y papas fritas con chili.

Me imagino que es sólo justo. Les pagaré alegremente el martes por alguna comida estadounidense hoy.

(Pueden comunicarse con Enrique J. González, escritor residente en Austin, Texas, mediante el indicativo Enriquealumni@utexas.net)

Propiedad literaria registrada por Hispanic Link News Service en el año 2000. Distribuido por Los Angeles Times Syndicate.



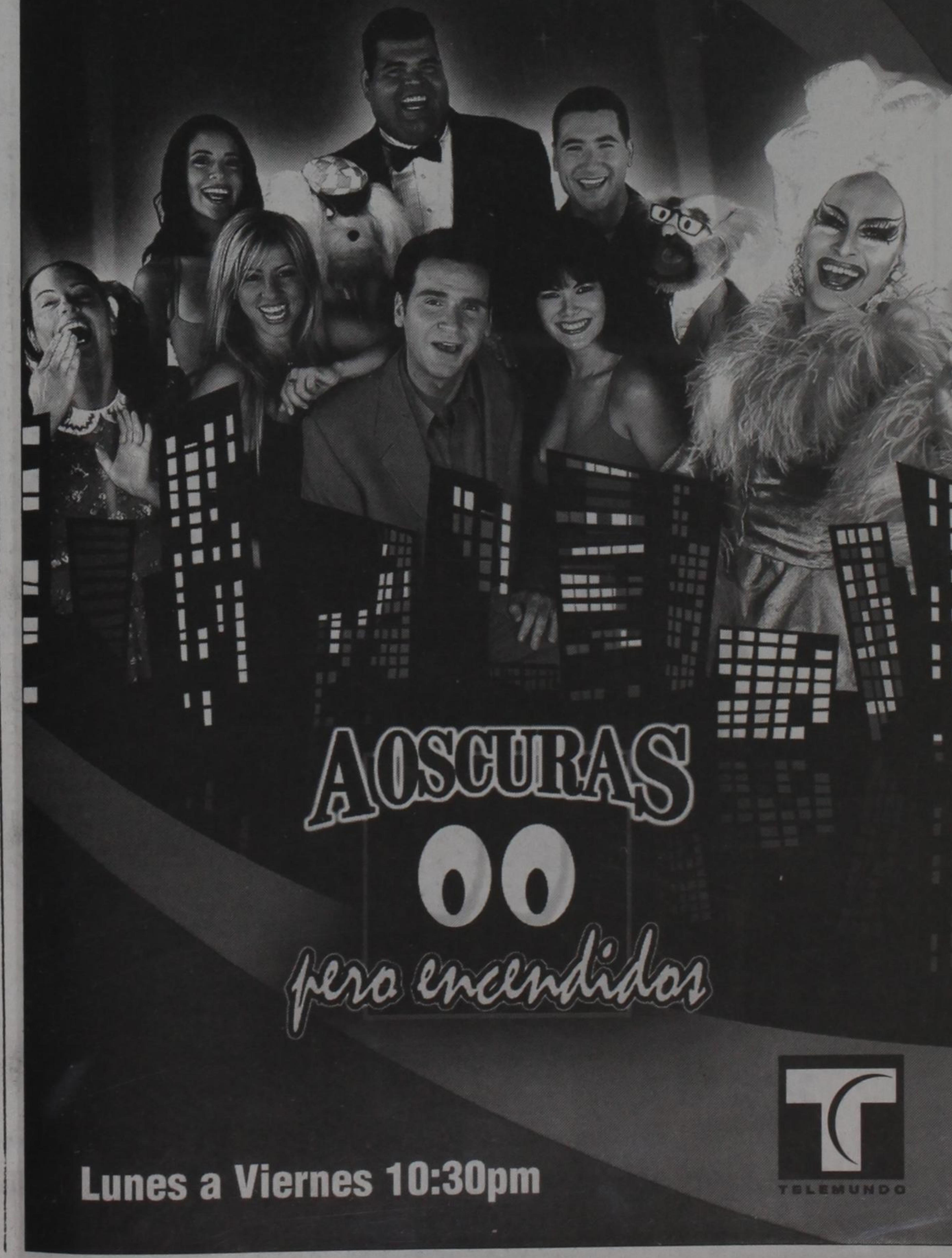
EL EDITOR
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Congressional Candidate Hosts Picnic
Sunday, Sept. 3, 2000 at 12:00 pm Curtis Clinesmith, congressional candidate for the 13th District of Texas will host a picnic at the Courthouse in downtown Lubbock. The picnic is open to the public.

"I think it is important for people to know where candidates stand on issues that affect their lives," Clinesmith said. "I am working hard, meeting people and telling them about my views on the issues so that on November 7th they will have a definite choice," he said.

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Lunes a Viernes 10:30pm

Success Takes Flight for First Latina Astronaut Ellen Ochoa

By ROBERT WADDELL

© Latino.com

NEW YORK, Dr. Ellen Ochoa, the first U.S. Latina astronaut. In an age where looks, fame and celebrity seem to be the criteria for serving as a role model to young girls, Dr. Ellen Ochoa offers much more.

She is intelligent, articulate and the embodiment of over-achievement. She also happens to be the first Latina astronaut. Her first space flight was on the shuttle Discovery in 1993. She's logged in more than 700 hours in space with her first three flights.

Ochoa studied physics and electrical engineering at San Diego State University and holds a doctorate from Stanford University. She also has a patent for a high-tech optical recognition system and two more patents on an optical system for spacecraft automation.

She has a private pilot's license and is also an accomplished flutist who won the Student Soloist Award of the Stanford Symphony Orchestra.

Ochoa, one of five children, grew up in La Mesa and Los Angeles, Calif. She calls her mother, Roseanne, her biggest role model, having gone to school by taking one course at a time while Ochoa was growing up.

She's also an outspoken advocate for young Latinas, encouraging them to study science and math, fields that have been typically dominated by men. She lectures and encourages students on the value of education and space exploration.

NASA relies Ochoa's talents and unique technical expertise. Latino.com caught up with Ochoa to discuss her achievements and her role as a pioneer in the field of space exploration.

Latino.com: The most pressing question for many of our readers is probably, what is it like to travel through outer space?

Ochoa: There were two things. The first, the view of the Earth was spectacular. Looking out of the window at different

parts of the Earth and different seasons, there are always new things to see. It also depends on the time of your launch.

Being weightless makes life easier. It's easier to get to different places in the station at

Ochoa: There were so few chosen, but there are a few things you could do to improve your chances. You have to be well-educated. A lot of the technical specialists specialize in English, science, medicine and math. Missions specialists have doctorate degrees.

You should show leadership, and it's good to have an aviation background. I had a private pilots license even though I didn't have many hours of flight. NASA looks for people who are enthusiastic, get along well with others, and who can be good leaders and followers because you're bound to both [at NASA].

Latino.com: You've said that your mother has been a great role model for you. What did she instill in you that helped you become successful?

Ochoa: She was always interested in learning. She stressed that for me. All of my brothers and sisters graduated from college and we all have advanced degrees. She continued to go to college for twenty years. Because of her I always tried to do the best I could whether it was heading up a research group or as a mission specialist.

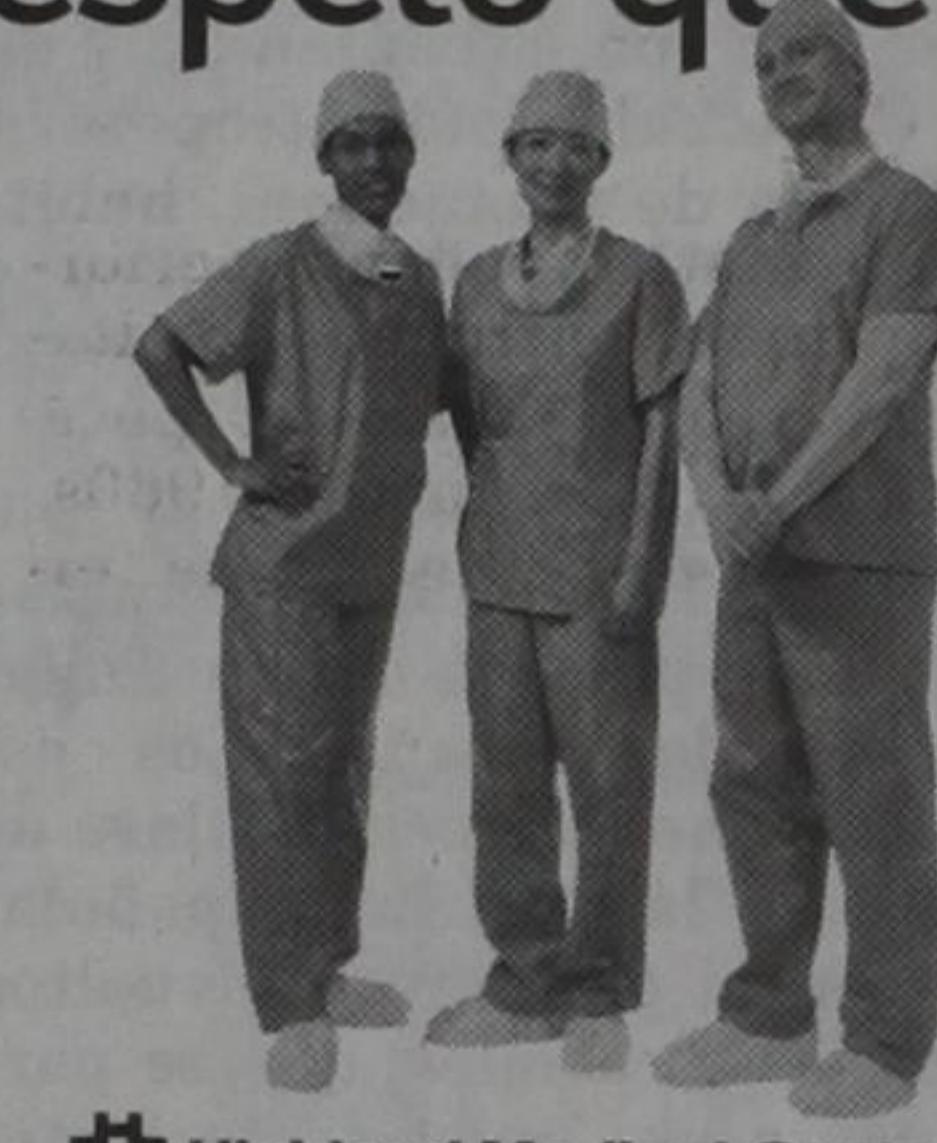
At NASA, your gender isn't important. If you do well in school, apply your technical skills -- we use a lot of math and science -- the work speaks for itself.

Latino.com: How long did it take you to train for your first space flight?

Ochoa: The first year was all training, then I worked in various support jobs. It was two years before my first flight. It took nine months to specifically train for my first flight.

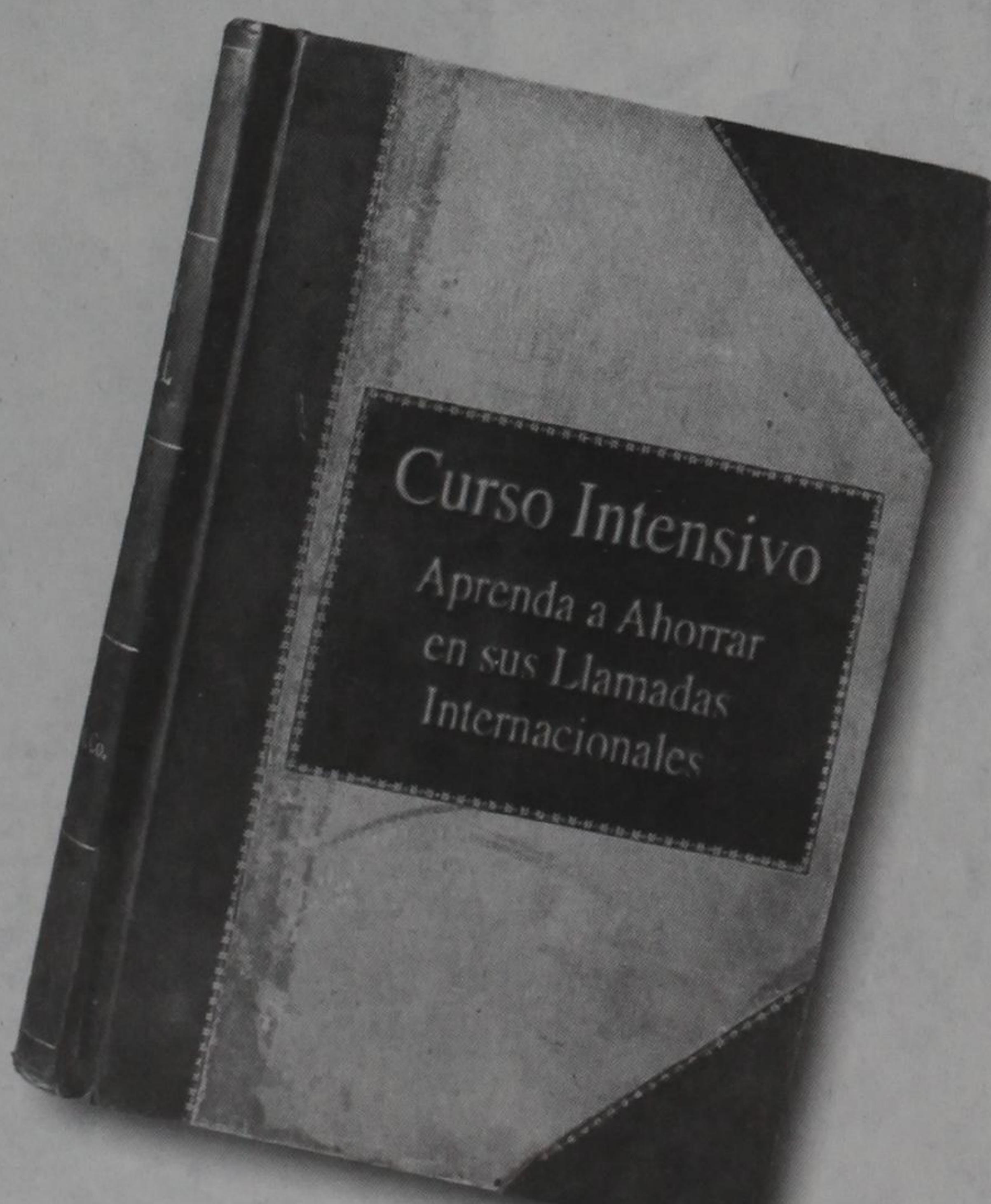
Latino.com: Can you discuss how you came to be an astronaut at NASA?

Somos pocos pero les brindamos el respeto que se merecen.

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self that's what you'll be evaluated on.

Latino.com: In layman's terms, can you explain briefly how your high tech optical recognition system and the optical system for spacecraft recognition work?

Ochoa: I have three patents and they're all in optical information processing.

Optical information processing and optical systems are a way to get information from a two dimensional. The optical system uses a photo refractor showing real time holograms encoded to extract different information. It can be used to detect,

for example, defects in semi conductors.

Using optical recognition we can scan objects regardless of their orientation, removing background image noise.

Latino.com: When people think of the U.S. space program, they think of Apollo 13 and men on the moon. When people look back at the first Latina astronaut, what do you want them to remember?

Ochoa: (Laughing) I haven't thought about that. [Like Apollo 13] I was fortunate that I haven't had any emergencies. That's fine with me.

Here at NASA people take

their jobs very seriously. They are accomplished, they study hard. They not only take their training seriously but they develop training as well. For the International Space Station, we're developing the hardware and the software. It's very demanding and we have to pay a lot of attention to detail. That's how I see the job.

I want to be remembered that I did a good job. That's important.

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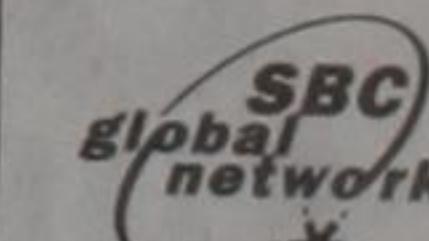
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Knee Injuries Affect Millions Each Year

LUBBOCK - Knee injury poses a threat to people of all ages. According to the American Academy of Orthopaedic Surgeons (AAOS), almost 6.4 million Americans are treated for knee problems each year. More than 60 percent of these problems are injury related. Depending on the condition, treatments range from lifestyle changes to knee replacement.

"Simple sprains are very common," said Bryan Smitherman, M.D., an orthopedic surgeon on staff at Covenant Health System. "A sprain responds well to ice, rest and exercise."

For most knee injuries, Dr. Smitherman recommends the "RICE" principle: Rest, Ice, Compression and Elevation. In some cases, medical attention is necessary.

"Seek medical attention if the knee cannot be flexed or extended after it has been iced or if the knee gives way when you try to stand on it," Dr. Smitherman said.

Although accidents that cause knee injuries cannot be foreseen or prevented, the AAOS offers a few guidelines to follow to decrease the risk of knee injury.

* Warm up by walking, riding a bicycle or stretching before

In Loving Memory of ...
Viola Avila Rivera
Oct. 11, 1940-Sept. 5, 1999

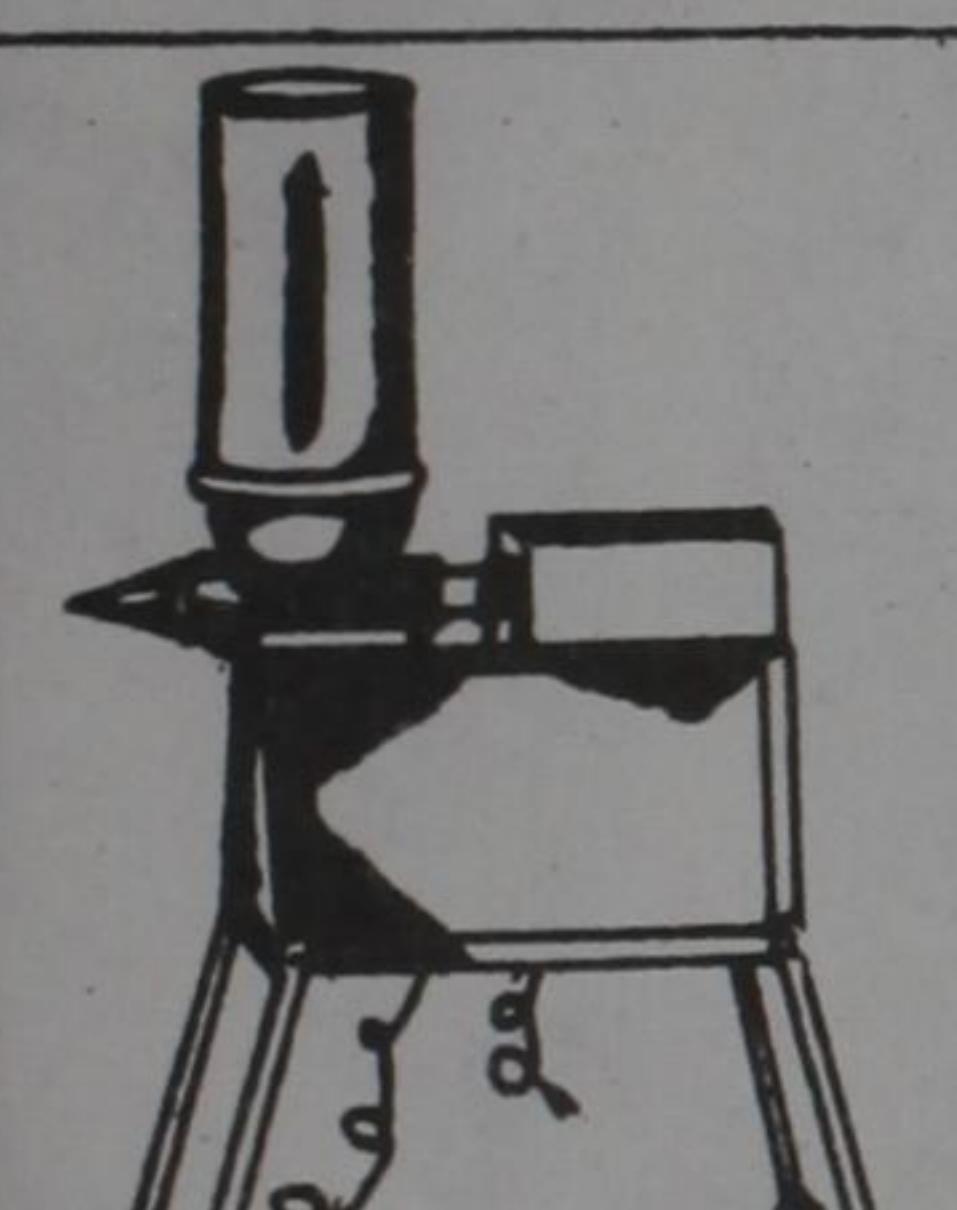


God Saw You

God Saw you getting tired and a cure was not to be, so He put His arms around you and whispered "come to me".

With tearful eyes we watched you, and saw you pass away, and though we love you dearly, we could not make you stay. A golden heart stopped beating, hard working hands were put to rest. God broke our hearts to prove to us ... He only takes the best.

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Margie, Debbie, Corina & Jimmy



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- * Do exercises that strengthen leg muscles. They will also benefit the knee;
- * Avoid sudden changes in intensity of exercise;
- * Wear shoes that fit properly and are in good condition;
- * Maintain appropriate weight to reduce stress on the knee; and
- * Land with the knees bent when jumping.

"Strengthening the knee is the most important way to prevent knee injury," Dr. Smitherman said. "Leg lifts, leg presses, quadriceps concentration, biking and jogging can be helpful in strengthening. Most injuries can be prevented if you are always in a reasonable physical condition for participation in any activity."

SPC Nurse Aide Class Begins Sept. 11

A course in Certified Nurse Aide begins Sept. 11 at South Plains College in Levelland.

The course includes 56 hours of classroom lecture and 24 hours of clinical experience and covers skills necessary to work in long-term care, home health or hospital environments.

Students will take the State of Texas Certified Nurse Aide Competency Exam on completion of the course.

Student must provide proof of immunization for MMR, Tetanus and they must have a current TB test.

Participants who satisfactorily complete the course will receive a certificate for 8.0 continuing education units.

Classes will meet 5:30-9:30 p.m. Mondays, Wednesdays and Thursdays through Oct. 27 in the SPC Technical Arts Building, room 112. Clinical are scheduled 8 a.m.-5 p.m. Saturdays at a location to be arranged.

Instructor is Linda K. Newmann, L.V.N. Tuition is \$300. State exam fee is \$64.75.

Enrollment is limited to 16 students.

To pre-register, contact the SPC Office of Continuing Education at 894-9611, ext. 2341.

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Working Forty Hours a Week Still Equals Poverty

By Congressman Ciro D. Rodriguez

(WASHINGTON, DC) Labor Day is a tribute to the social and economic achievements of American workers and a celebration of their contributions to the strength, prosperity, and well-being of our country.

Workers have made tremendous advances since Labor Day was first observed over a century ago, but Congress needs to do more to ensure a reasonable quality of life for many laboring Americans.

In the early 1900s many workers, particularly new immigrants, faced exploitation by long hours, low pay, and uncertain jobs. For families to survive, labor conditions sorely needed improvement. But be-

fore the government took an interest in workers' rights, laborers of all nationalities and ethnicities began organizing themselves to demand better working conditions.

The first labor holiday, devised by the Central Labor Union of New York, was celebrated on Tuesday, September 5, 1882. Twenty thousand workers marched in the New York City parade.

Following a similar labor day celebration in 1883, organizers selected the first Monday in September to host what would become an annual holiday.

Labor rights advocates urged similar parades and picnics throughout the country to celebrate the workers' holiday, and

Gap Between Ethnic Groups Continue in Math and Science

Washington, (LATNN) -- The achievement gap between various ethnic groups and whites has continued through the 1990s, according to numbers released Thursday by the U.S. Education Department's National Center for Education Statistics, scores in reading and science scores offer further evidence that solutions to educational problems are elusive.

The tests are part of the congressionally mandated National Assessment of Educational Progress, which has been testing 9-, 13- and 17-year-old students in reading, math, and science since the early 1970s. However, unlike other NAEP results for individual subjects, the long-term trend data presented were not broken out by state. Despite the heavy decade-long emphasis on reading, scores among the youngest students improved only slightly in the 1990s, after gains in the 1970s and declines in the 1980s. Science achievement also suffered in the past decade after substantial gains in the 1980s. Most troubling perhaps is the continued achievement gap between African Americans and whites, which

widened in the 1990s after narrowing substantially in the 1970s and 1980s. According to the study, average scores in reading and math for African-American 17-year-olds were about the same as those of 13-year-old white pupils. In science, 13-year-old white students scored higher than 17-year-old black students.

Among Latino students, average scores are somewhat higher than those for blacks, although analysts say that the gap has also fluctuated in the last decade. Scores of Asian students were not broken out for comparison. Parents' education level, a factor that often influences academic performance, seemed to also have little effect on the gap. While African American and Latino students with college-educated parents scored higher, those students still trailed whites with college-educated parents. Perhaps the only good news came in math student performance which continued to improve, though at a slower pace in the 1990s than in the 1980s. Officials suggest that state efforts, like those in Texas and

workers are Texans. Although Americans now enjoy unprecedented prosperity, minimum wage, full-time workers still live in poverty. It's time for these workers to get a raise.

The current minimum wage is a scant \$5.15 an hour. Working forty hours a week earns 10 million Americans \$10,712 a year. Inflation and other factors which increase the cost of living have decreased the dollar's purchasing power. How can we expect them and their families to survive?

Legislation which I sponsored to raise the minimum wage by \$1 over the next two years has fallen victim to partisan politics. While the Republicans have focused Congressional action on immediate tax breaks to the wealthy, they are delaying a well-deserved wage increase for our neediest workers.

For a working family with children to feed, the erosion of their already limited purchasing power means poverty.

I, too, believe Congress should support small businesses as well as the people they employ. To assist small business, we should pass a package of tax reductions so that employers are not left out in the cold as we strive to lift up the working poor. But the package should address the need and should not, as first proposed, include billions in additional tax cuts unrelated to the impact of wage increases on small business.

The Education Trust, a Washington group that has criticized Democrats and Republicans for failing low-income and minority students, called the data disappointing but not surprising.

Education Secretary Richard Riley acknowledged that the nation has a "persistent gap," and that efforts must be made to closely examine the situation while "lifting achievement for all."

"In several categories, blacks and Hispanics are scoring better than ever, and that's good news," Riley told the Los Angeles Times. "White kids are doing better, too. That, of course, impacts the [achievement] gap."

This is a real test for Congressional leadership. If they continue to oppose the minimum wage increase, they will prove once again that they are out of touch with the real challenges faced by many working families in Texas and the United States. Americans earning the minimum wage deserve a raise, and that's the bottom line.

EXERCISING THE BODY, MIND, AND SPIRIT



Have you been searching for a unique and rejuvenating outlet for physical, mental and spiritual exercise? Suzanne Aker, founder and instructor of Ballet Lubbock for more than thirty years, is teaming up with Covenant Community Health Outreach to instruct four refreshing exercise classes. Aker will offer weekly classes in Yoga, Seated Yoga, Ballet-based Rhythmic Movement, and Stretch and Strength.

Classes offered:

Every Monday at Maxey Center, beginning Sept. 11:

Yoga

9:30 a.m. - 10:30 a.m.
(All ages)

Seated Yoga

10:45 a.m. - 11:30 a.m.
(Seniors, including Diabetics Over 50)

Every Tuesday at Raintree Christian Church
beginning Sept. 12:

Stretch and Strength

8:30 a.m. - 9:15 a.m.
(Seniors, age 50 and up)

Ballet-Based Rhythmic Movement

9:30 a.m. - 10:15 a.m.
(All Ages)

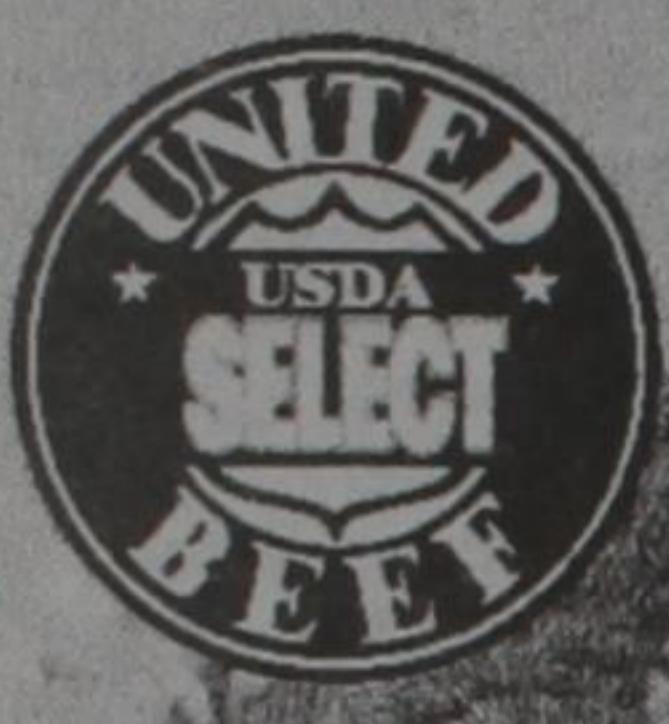
Classes are offered as a community benefit at no cost to participants, but participants must pre-register. For questions and registration, call Leigh McPhaul at 725-6919.

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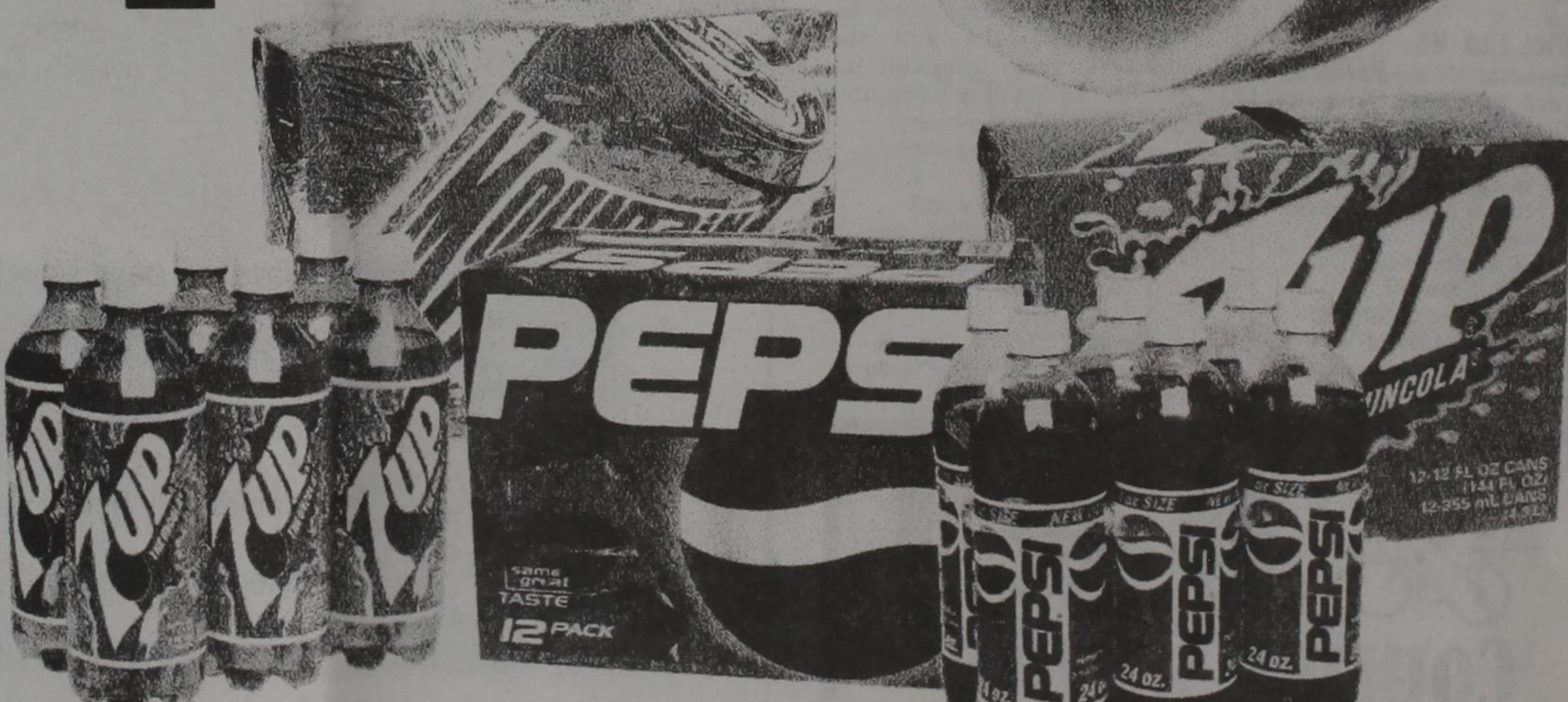
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