

El Editor

Celebrating
31 Years of
Publishing

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

Casualties of
War in Iraq
4,155
as of Sept.
11, 2008



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Lubbock/West Texas Region

Celebramos Todos

La Fiestas Patrias en Lubbock



LORA BARRON
L is the daughter of Vincent and Diana Barron and currently attends Texas Tech University majoring in Sports and Science. She is 22 years old and her platform is "promoting health and fitness". She is sponsored by Plains Capital Bank.



LIZETTE BAYONA
L is the daughter of Micaela Bayona and the late Armando Bayona and currently attends Texas Tech University majoring in Political Science. She is 20 years old and her platform is "child and elderly abuse". Her sponsor is Cancun Restaurant.



LILIANA CORDERO
L is the daughter of Maria Ines and Enrique Cordero and is a graduate student at Texas Tech University majoring in Clinical Psychology. She is 25 years old and her platform is "mental health awareness". Her sponsors are Solid Gold Wheels, TTU Going Band Color Guard and the Cordero and Vigil families.



RACHEL FLORES
R is the daughter of Ismael and Peggy Flores and attends Monterrey High School. She is 17 years old and her platform is the "importance of parental involvement". Her sponsors are Lone Star Decorating and family and friends.



MELISSA GARCIA
M is the daughter of Ismael and Susana Garcia and currently attends Lubbock Christian University majoring in Criminal Justice. She is 24 years old and her platform is the "importance of art education". Her sponsors are family and friends.



ASHLEY LEAL
A is the daughter of Emeterio and Lisa Sanchez and currently attends Texas Tech University majoring in pre-dental. She is 20 years old and her platform is "awareness of teen pregnancy". Her sponsors are Kevin Glasheen and family and friends.



ALICIA MONTES
A is the daughter of Alejandro and Herlinda Montes and currently attends South Plains College majoring in bilingual teacher education. She is 22 years old and her platform is "overcoming adversity to succeed in life". Her sponsors are Sonic Drive In and Mr. and Mrs. Paul and Emma Guzman.



VALERIE ONSUREZ
V is the daughter of Victor Jr. and Estella Onsurez and currently attends Texas Tech University majoring in Business Management. She is 22 years old and her platform is "preparing the way for Hispanic students to seek higher education". Her sponsors are family and friends.



Fiestas Entertainment

Includes:

Musical Variety & Classic Car Show

History del Fiesta & Traditions we can never forget

Not much has been written about the celebration of the 16th of September in Lubbock, but one thing for sure is that the celebration of Las Fiestas Patrias has been observed in Lubbock ever since snakes used to walk.

Well maybe that's a little bit of an exaggeration but Manuel Chavez one of the earliest residents of Lubbock and the neighborhood then known as "El Barrio San Jose," says that he remembers Las Fiestas being celebrated in Slaton and Lubbock in the late 20's and early 30's. I can really

KKK raiding the fiesta activities carrying all their regalia and burning a cross in the middle of fiesta grounds during the coronation of the queen.

the main groups that would play for las Fiestas," says Botello. "I was too young to participate but I remember them."

Fiestas were organized in those times by Comites Patrioticos. To be on the Commote was a prestigious honor and members were recognized during the fiestas at the very solemn Grit ceremony at which they would march in following both the American and Mexican flags wearing a tri-colored, green, white and red, sash and traditionally followed by the queen.

Queens were selected by penny votes with all the money raised as well as any other proceeds raised, going to the Church. The Church always

played a part in Fiesta celebrations. This tradition continued through the 1960's. "In those early celebrations, the ceremony to recognize the Comite, the 'tribuna libre', the pictures honoring 'los heroes' - Hidalgo, Allende, Doña Josefa, Guerrero and the other heroes of the war, are traditions that I really miss," says Richard Lopez,

Continued on page 5



Not that this ever happened, but it could have.

Chavez and

understand big Fiesta celebrations being held in Slaton since Mexicans composed up to 90% of the gang workers of the Santa Fe and the Southern Pacific in the early 1900's. Many of these were thought to have worked and possibly stayed in Lubbock.

I would probably been leery to attend those Fiestas, had I been around, since there is record of a Catholic priest, Father Kelly, being tarred and feathered in 1922. I can imagine the

Joe Botello, who remember Fiestas around 1940 both say that there were several "plataformas" in el barrio. One was located on Ave K and 1st Street, the other somewhere about Baylor and Ave. P.

Plataformas were slabs of concrete that were laid mainly for people to dance on. Although there were live conjuntos that would play, neither Chavez or Botello remember if there was a stage. "Jose Botello was one of



In an effort to satisfy the musical tastes of all Fiesta attendees this year, organizers have selected a variety of musical genres which "will reflect old and new musical offerings". Fiesta Del Llano organizer Robert Narvaiz says that "we didn't want to just book Conjunto groups or just Tejano groups. We have everything from the classics to rap to regional and mariachi. We will also showcase many talented ballet folklorico groups."

Musical acts this year will include Tejano music artist Ruben Ramos who has been the past recipient of a Grammy Award and whose history includes performances with such acts like Joe Ely, Freddy Fender and Flaco Jimenez.

Also performing will be Emilio Navaira's brother known as Raulito with Emilio's sons and Rio Band. The band will be making one of their first appearances without their headliner Emilio Navaira, who was injured in an accident earlier this year.

This year's fiestas will also include a motorcycle show on Saturday and a car show on Sunday.

On Saturday, motorcycles will feature "a number of vintage and collector motorcycles" according to organizers. On Sunday, the car show will include classic and low rider cars and bicycles.

Both shows will be held on the Lubbock Civic Center parking lot just east of the civic center and are free to the public. See page 3 for more details.

Fiestas del Llano to Recognize Landmark Civil Rights Case

After 75 years of celebrating Mexican American heritage and history; the "Fiestas del Llano" as they have come to be called, will be the centerpiece of Hispanic Heritage Month in Lubbock as organizers once again entertain attendees and educate participants about our Mexican American heritage.

Different from previous years, Las Fiestas will begin on Saturday this year with seminars and a Mexican American heritage symposium. Highlighting the Fiesta this year will be the recognition of the 30th anniversary of the landmark ruling which created single member districts; paving the way for minority representation on the Lubbock City Council.

A press release issued by the Fiestas Committee points out that this year Fiestas del Llano will honor Lubbock Civil Rights Heroes. Included in that group are A. Gene Gaines, Gonzalo Garza, and Juan Antonio Reyes who as plaintiffs in the single member district case first filed in 1976, played an important role in changing how city council representatives are

electd. Prior to the case being won, representatives were elected in an at large system; meaning that anyone one could run for any council seat regardless of where they lived. Consequently it was nearly impossible for a minority to be elected in the city of Lubbock.

According to the press release the lawsuit stated that the at-large system represented "a denial to the plaintiffs of those rights, privileges, and immunities secured to them by the Constitution of the United States of America."

Attorneys, who filed the case, Willis T. Taylor, Albert Perez, and Daniel H. Benson, are all considered civil rights heroes and will also be honored at the 30 year anniversary celebration.

In addition to the attorneys; those also being honored are former District 1 City Councilwoman Maggie Trejo, and former District 2 Councilman T.J. Patterson; the first Hispanic and African American council members elected to the Lubbock City Council after single member districting had been approved by the courts. Honorees will also include the plaintiffs in the case. The case was first filed in federal

court in 1976. Plaintiffs lost the first decision but successfully had the decision overturned on appeal in 1978. After that, it took another 5 years before single member districts were implemented with the first single member district elections not taking place until 1984.

Organizers are celebrating the 30 year anniversary of the appeal and will hold a celebration to commemorate the event on Saturday from 1-5:00PM at The Terrace Suite on the second floor of the Lubbock Civic Center.

Besides this event, Fiestas Patrias will also hold an all day Symposium on Mexican-American Heritage and Empowerment on Friday, September 12, in Meeting Room 104-105, of the Lubbock Civic Center.

The event is free and open to the public.

In addition to food; music and entertainment, festivities will also include the Miss Hispanic Lubbock Pageant on Friday evening; the Fiestas Parade on Saturday morning and the Grito de Dolores which will be held this year at Our Lady of Guadalupe Church on Monday evening September 15. Email: eleditor@sbcglobal.net



Editorials

Observing Our Historical Moments

For many of us from this city and region's Mexican American community; the observance of the "16 de Septiembre" holds special significance. It is the day set aside to observe the date in which Mexico began its 11 year long battle for independence from Spain.

While we are all proud to be Americans; we still take time out to remember our history and our ancestral roots and what they mean to us today.

For many people in this region; our ancestral history is tied to the events which took place in Mexico on September 16, 1810; one hundred ninety eight years ago.

When Padre Miguel Hidalgo y Costilla rang the bell in his church in Dolores, Guanajuato, he was moved to do so because of the injustices and oppression being imposed on the mostly poor peasant "mestizos"; as the children of Spanish and Mexican blood were known back then. They had been mostly relegated to a life of poverty; injustice and discrimination.

For many of us; our roots trace back to Mexico either because great-grandparents; grandparents or parents came from there. Or in some cases because some ancestors were born in what used to be Mexico even before Texas became a Republic and the United States became what it is geographically today.

Many of the ancestors came from the Southwest which was owned by Mexico prior to the Treaty of Hidalgo being signed in 1848; when Mexico lost a large portion of its territory to the United States.

For the past 31 years we have made an effort to highlight Fiestas del Llano and accompanying events like the Miss Hispanic Lubbock Pageant and publicize them as our way of participating in the yearly event. This year is no different.

We congratulate Fiestas del Llano organizers and all the vendors and volunteers and participants and wish them much success as we close in on the 200 year anniversary of that momentous day of the "Grito de Dolores" in 1810!

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Busting Next Year's Budget Today

By Ysidro Gutierrez

On September 8, 2008 the Lubbock County Commissioners Court approved a \$65 million budget which included a 7.99% increase of the property tax rate.

Over the last several months the members of the Court debated the merits and shortcomings of the budget. During the debate I expressed my strong reservations to the proposed taxes and spending. At the end I was the lone dissenter and therefore the lone vote against both the tax hike and the spending.

I believe I have a responsibility to the people of Lubbock County to explain why I opposed the budget and the tax increase. Four major reasons for my "No" vote are as follows:

1. The budget includes \$5.7 million new spending for salaries due to hiring 113 new employees, a 3.36 % cost of living allowance for 839 full time employees, a 2.5% merit increase, and a 5% pay adjustment for trades and clerical positions. Without any added spending or any inflation, these salary increases will grow to become an \$8 million expense for next year. Since the expected revenues for next year are less than \$8 million - Lubbock County has in effect spent 100% of next year's revenues on salaries alone. The spending approved is an unheard of "Busting of Next Year's Budget Today."

2. Next year's projected revenues will be less than the \$8 million this budget obligates. Therefore, it is logical to conclude that the \$8 million in new spending today is an automatic tax rate increase for next year. I believe it is irresponsible to approve spending of revenues that have not even been collected. The Commissioners Court has in effect voted for a tax rate increase for next year.

3. The spending in the budget includes \$3.5 million taken from emergency reserves. With next year's revenues already spent, there is little hope that the \$3.5 million will be replaced and if growth in spending continues next year, it may be necessary to draw from the reserves again. I believe it is wrong to use money from reserves to pay for maintenance and operations. Reverses should be used only for unforeseen circumstance or emergencies. The spending included in the budget was neither unforeseen nor an emergency. A second problem with using reserves is that it goes against the will of the people of Lubbock County. The people of Lubbock County have consistently insisted that government spending should stay within the limits of their income.

4. The most egregious facet of the budget is the willingness of the Commissioners Court to count on money that may not be realized from housing Federal inmates in the new county jail. The new jail was designed by experts to meet the needs of Lubbock County. It was

not designed with extra cells with the potential for profit. The Sheriff and his officers have repeated stated that they cannot guarantee revenues from housing out-of-county or Federal inmates. There are no contracts or so much as letters of intent to justify including potential revenues from the jail in approving the budget. In my judgment, it is irresponsible to base a County budget on the uncertainty of profits from Federal inmates. It may never happen. The logical assumption is, that since the jail is designed to meet the needs of Lubbock County - all the cells will be used. If the new jail fills up with our own inmates and revenues as expect are not realized, it will be a budgetary disaster for Lubbock County.

This year is an especially bad time to increase taxes due to "The State of our Economy." Working families in Lubbock County are struggling everyday to buy food, medicine, school supplies, and especially gasoline. Inflation has hit every pocketbook forcing families to choose between utility bills and other essentials. When families receive pay increases; inflation gobbles it up. A logical assumption for next year is that the price of gasoline will continue to increase - world market indicators point to continuing increases in the cost of gasoline.

Another consideration is that taxes are already too high. On average, about 17% of monthly home mortgage payment goes to property taxes. Tax freedom day for Lubbock is about April 28. This means that 100% of every dollar earned by working families in the first four months of the year goes to taxes.

One way to assure growth and continued economic development is to allow families to keep more of their money. When families purchase products or services, the economy prospers. Holding the line on taxes makes Lubbock County attractive to businesses. New construction adds revenues to County coffers. Tax revenues are known to increase when tax rates are lower.

A strong reason to hold the line this year is that other taxing entities are doing it. Lubbock County alone has been unwilling to make the cuts necessary to avoid the tax hike. There is strong willingness to increase taxes but no willingness to sacrifice. There is strong sympathy towards County departments but no sympathy for tax payers.

The advocates of the tax hike claim it is impossible to fund the new jail without raising taxes. I disagree. The new jail could be funded without raising taxes if the Commissioners Court had the will to "hold the line on new spending" or "defer spending" or "cut spending in other areas" until new revenues become a reality. This budget ignores these principles.

When an organization is hiring 113 new personnel, it is necessary to make tough decisions which hold the line or defer spending.

LISTENING TO THE SOUNDS OF OUR HERITAGE

By José de la Isla

WASHINGTON, D.C. — Ever since Lyndon Johnson proclaimed Hispanic Heritage Week in 1978, I've had mixed feelings about such a happening.

Don't get me wrong. Annual celebrations and commemorations are important. Subtly, they can provide the paste that binds us as a nation. In her book "A Brief History of Anxiety," Patricia Pearson suggests they give us social therapy.

Ultimately, as any good anthropologist would acknowledge, they are modern-day recognitions of rites of passage.

Yet, good intentions sometimes come with flawed packaging. For example, one year a radio station invited me to narrate a tribute to Cinco de Mayo and its special significance in U.S. history during our Civil War years. Afterwards, friends insisted my message was wrong. The reason it is observed more fervently in this country than in Mexico, they said, is because a beer company, promoted it as a rite of spring and used the occasion for an advertising blitz. I disagreed — that is, until I met a beer company exec who was in on the planning.

Yes, it was originally a beer promotion to boost slumping sales. It just goes to show you that even from someone's commercial hustle, some good can come.

In this, only the 30th federal observance of our country's Hispanic heritage, (now a month-long celebration), its meaning and form are still evolving. The idea behind it is more than bunting and dressing children in folkloric costumes. It allows us a moment's pause from raggaetón and hip-hop and classic rock to hear the sounds of our grandparents.

If we listen attentively to the beat, maybe we will hear what moved them. Anthropologist Edward T. Hall says pop music appreciation is not a recent phenomenon. All cultures carry a kind of idiosyncratic thump that begins in the womb. It gets played out loud and the group responds.

Sound ridiculous? Composer Aaron Copland struck that chord when he took folk music and orchestrated it into "The Tender Land" and "Rodeo" and "Fanfare for the Common Man."

He had been unsuccessful before that time. But in Mexico City, as the guest of conductor Carlos Chávez, he did a night of clubbing, ending up at a honky-tonk and eventually wrote a variation of the music he heard that night. The name of his composition was "El Salón México." Copland's first popular piece, it was accepted all over Latin America and Europe before U.S. audiences caught on.

Before he became one of the nation's foremost composers, Copland couldn't even get a gig writing for the movies. His hoity-toity colleagues said his music made no sense — that is until he drew inspiration from Mexican pop tunes. His friend Carlos Chávez also wrote some of the world's most memorable conversions from folk to the concert hall, Sinfonía India.

Those of my friends who are mostly oriented to politics, policy and current events see this month's celebration in a broader context. They point to trashy national attitudes that discriminate against immigrants, stemming from a worldview about whose culture is better and whose isn't — with Hispanics ranked at the short end. Social commentator Angelo Falcón reminds, "Hispanic Heritage is one month, Latino survival is every day."

While the better part of this nation's people are getting laser surgery on those cataracts that haze our national perspective, screwballs, scare-mongers and nativists who make it their business to propagate division remain among us...

The antidote is vents such as those in Washington, D.C., this month bring thousands together for planning and advocacy. They ultimately promote social harmony. Theirs is not strictly a political agenda, but a civic endeavor.

In towns and cities throughout the nation, the Hispanic heritage we commemorate one-twelfth of the year is transnational in nature. It is not, as some might insist, a one-way street going north. It is much more about culture than it is about cargo. It is about ideals and not ideology. It is a national recognition of the advantage of having our hemispheric neighbors, even though our politics don't exactly reflect it. It is about how we are transforming as a people, a society and a nation.

Welcome to Hispanic Heritage Month. Welcome to the 21st century. Welcome to the United States of America. Can you feel the beat?

Economy Treats Some Unequally

When was the last time you stood in a grocery store checkout line and talked with the folks around you about Lubbock's financial indicators?

Probably never; we would guess.

But what people do talk about is the rising price of groceries and gas prices at the pump which go up at the very mention of a hurricane; and property taxes and the price they pay for housing.

We noted with interest the other day an editorial in the local daily which states that while many other areas of the country are getting hammered by a sliding economy; Lubbock for the most part is faring well. And although we agree that Lubbock economic indicators indicate that the Lubbock economy as a whole is doing better than other cities around the country; this does not mean that the Lubbock economy is treating everyone equally.

Our question is this; if the economy is doing so well, why are social organizations seeing an unprecedented number of people in need of their services?

Just ask people at the South Plains Food Bank; or any other agency which provides social services to those less fortunate and they will tell you that everyday the need is greater and not less.

Then there is the matter of a labor shortage. This is a serious problem and one that deserves more atten-

tion than it has gotten. We would guess that these are the jobs which people are not qualified for or people are overqualified for.

Yes, we can appreciate that efforts are being made to address the shortage by organizations like Work Source of the South Plains. But unless the underlying reasons that a shortage exists are dealt with and we get to the root of the problem; the shortage will continue to exist. And sooner or later; we will see additional impacts to this city's economy.

Whatever the case; the fact remains that young men and women graduating from Texas Tech and South Plains and other institutions seem to be locating anywhere else but here. At the same time; our local high schools may not be preparing students sufficiently to compete for these jobs; and that is a big problem.

Somehow; we find it hard to look at the glass half full when almost 20% of this city's population still lives under the federal poverty guidelines. We wonder what they would say about the Lubbock economy; or the aforementioned editorial for that matter.

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Remembering 9-11

As you read this week's edition of El Editor; we hope you take a moment to remember the 7th anniversary of the September 11, 2001 attacks on our country.

It is difficult not to remember those days when we looked at out television screens and watched mesmerized by the events taking place in New York City, Washington, DC and the open fields in the state of Pennsylvania.

Those scenes will be forever etched in the memory of all Americans who watched as so many of our fellow Americans died at the hands of terrorists.

While we observe the day; it would also do some good to take

a look at just what has transpired since that day.

Our government's response after the attacks was a proper one. Bring the people or country responsible for the attacks to justice and hold them accountable for their actions.

In 2002, the Bush administration launched Operation Enduring Freedom and went into the country of Afghanistan with the sole purpose of capturing the one person who had been determined to be responsible for the attacks; Osama bin Laden; which was the right thing to do. The mission was also to defeat the Taliban and Al Qaeda; the terrorist organization headed by bin Laden.

But since that time; after billions of dollars spent and close to 600 American casualties; we are no closer to capturing bin Laden than we were in 2002.

One of those reasons is because the Bush administration took their eye off the prize and diverted troops to Iraq; into that misguided and wrong war.

We sincerely hope that the

administration's most recent announcement that 4,500 troops will be deployed to Afghanistan is the beginning of a new military policy change which acknowledges that the war against those who attacked our country on 9-11 is in fact in Afghanistan and not in Iraq.

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eleditor@sbcglobal.net or mail to P.O. Box 11250 Lubbock, TX 79408 For Advertising Call 806-763-3841

FOR LATINOS, REPUBLICAN PARTY PLATFORM IS A HARD SELL

By Marisa Treviño

It's no secret the Republican Party wants the Latino vote. Hessa Fernández, John McCain's spokeswoman for Hispanic media, says the campaign's goal is to secure 45% of the Latino vote. McCain Fernández, tells us, "is a true friend of the Latino community."

Well, according to the Republican Party platform, a "true friend" seems to depend on who is defining "friend."

While all issues are important to Latinos — education, health care, national security, the economy, etc. — certain ones impact Latino communities almost exclusively. The Republican platform addressed those: immigration, the Dream Act, undocumented immigrants and the English language.

Yet, overall, it is a disappointing read because when it came to the issues dealing with immigrants, the same old, tired, refuted exaggerations were regurgitated and adopted by the party as fact.

The McCain campaign won't win over Latino communities with threats saying they want to guarantee "to law enforcement the tools and coordination to deport criminal aliens without delay — and correcting court decisions that have made deportations so difficult," adding "It does not mean (providing) driver's licenses for illegal aliens, nor does it mean that states should be allowed to flout the federal law barring...in-state tuition rates to illegal aliens, nor does it mean that illegal aliens should receive Social Security benefits, or other public benefits, except as provided by federal law."

What they failed to say honestly was that because of this Administration's policies — a.k.a. Republican Party — it's common practice to criminalize undocumented immigrants by charging them with identity fraud.

Law enforcement officials who work with these fraud cases have gone on record in the past to say that the majority who perpetuate the damaging fraud against citizens, are their own fellow citizens.

From the adoption of their platform, some teens who want to go to college would be forever denied this possibility.

In this regard, McCain campaign workers will have their work cut out for them. Don't they know that while "Dream Act" kids would not be allowed to vote, even though they grew up alongside friends who can

and who are registering in record numbers this election season? If they don't think these kids will cast a vote for the opposition in honor of their friends they see being left behind, the Republican Party is short-sighted and out of touch.

Punitive measures passed in state after state to assure undocumented immigrants don't take advantage of Social Security or welfare benefits have turned into obstacles for citizens taking advantage of their benefits. Again, state directors have gone on record saying undocumented immigrants don't take advantage of Social Security and welfare benefits.

Another part of the platform makes you wonder just how some people envision this country's future. They say our ties with Canada and Mexico "should not lead to a North American

union or a unified currency."

For the sake of argument, why is it a bad thing? We've seen European countries maintain their sovereignty and working in unison by joining forces.

Elsewhere they want, perhaps unconstitutionally, to curb the 2010 census, which apportions congressional representation, by saying it should not count every person, only those "legally abiding in the United States."

Regardless of the intent, it's not wise to shut your eyes and pretend 12 million people don't exist. But pretending seems to be the name of the game among the committee which drew up this platform.

In one last example, the Republican Party platform says, "Gang violence is a growing problem...(which) has escalated with the rise of gangs com-

posed largely of illegal aliens," that "victims are law-abiding members of immigrant communities" and "illegal alien gang members must be removed...immediately upon arrest or after the completion of any sentence imposed."

While its true gang violence has increased and many victims are immigrants, the assumption is not true that gangs are largely comprised of undocumented immigrants. Gang experts, usually in law enforcement themselves, say there are no studies to corroborate the figures, although they estimate the number is closer to 10 percent. That's hardly a majority.

By clarifying the party's positions, the Republican Party spells out for the Latino electorate just what true friendship means in a Republican context.

Fiestas Del Llano invites you to come celebrate FIESTAS DEL LLANO 2008



SEPTEMBER 12 - 14, 2008 LUBBOCK CIVIC CENTER "A LEGACY OF HEROES & LEGENDS" 2008 FIESTAS PATRIAS SCHEDULE

Friday, September 12

6:30 p.m. MISS HISPANIC LUBBOCK SCHOLARSHIP PAGEANT
Memorial Civic Center Theatre
SOUTHWEST COLLECTION EXHIBIT
"Crossing Boundaries: Mexican Americans and Sports
in West Texas" and "The Hub of the Plains"
Lubbock Civic Center Room 102
Open all three days of Festival

9:00 a.m. - 4:00 p.m.
SYMPOSIUM: HERITAGE AND EMPOWERMENT: THE REVOLUTION CONTINUES.
See page 5 for full details

Lunch Break: 11:00 am - 2:00 pm Festival opens for lunch (No gate fee)
1:00 p.m. RIBBON CUTTING: FIESTAS PATRIAS 2008

Fiestas del Llano, Inc. Executive Board and honored guests
5:00 Festival reopens for evening activities:
GATE FEE -\$5.00, Senior Citizens 65 and over FREE,
Children 42 inches and under FREE
Welcome by Fiestas Del Llano
Board of Directors
Food, Music and Entertainment.



5:30 - 6:30 Ballet Folklorico Aztlán
6:30 MISS HISPANIC LUBBOCK PAGEANT
Memorial Civic Center



6:30 - 7:30 Mariachi Flores
7:30 - 7:45 MC's
7:45 - 8:15 Calibre Norteño
8:15 - 8:30 MC's

Saturday, September 13

10:00 Fiestas Del Llano Parade
Route will be from First Baptist Church on Broadway
down to Avenue M and then North to the Civic Center Parking lot.

11:00 Festival opens for Saturday activities:
GATE FEE -\$5.00,
Senior Citizens 65 and over FREE,
Children 42 inches and under FREE
Vendors, music and other activities.

12:00 - 1:00 Harwell Bilingual Group
1:00 - 5:00 30 YEAR CELEBRATION OF SINGLE
MEMBER DISTRICT REPRESENTATION
Civic Center, Second Floor, the Terrace Suite
Socorro
3:00 - 4:00 Tex-Mex Connection
4:30 - 5:30 Ballet Folklorico: Nuestra Herencia
5:30 - 6:30 Mariachi Mi Tierra
6:30 - 6:45 MC's
6:45 - 8:15 La Diferencia
8:15 - 8:30 MC's
8:30 - 10:00

Las Chicas de Canela
Mc's

10:00 - 10:15
10:15 - 11:45 Raulito & Emilio's sons and Rio Band



12:00 Festival Closes

Sunday, September 14

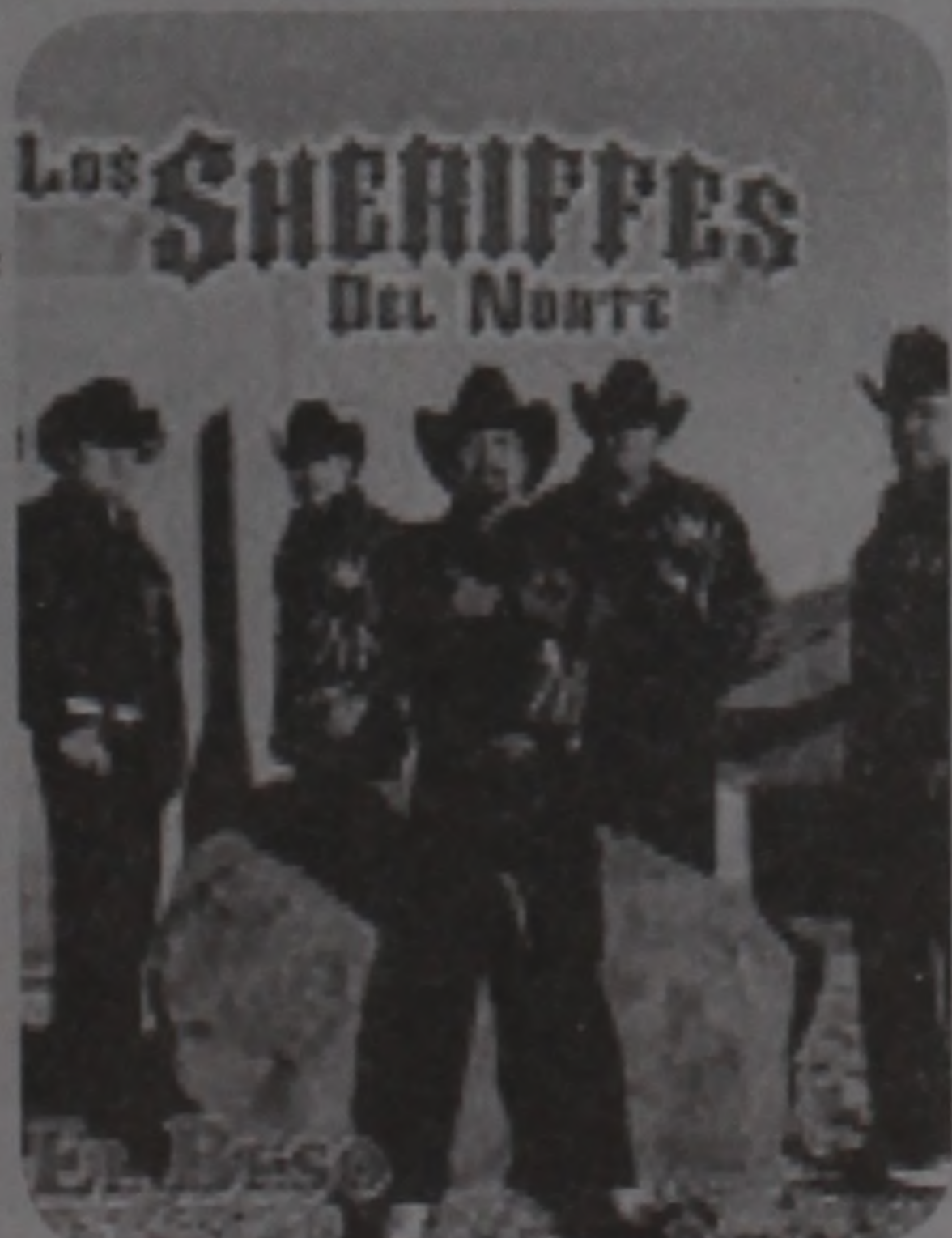
11:00 a.m. Festival Opens: Vendors, Music and Car Show
GATE FEE -\$5.00,
Senior Citizens 65 and over FREE,
Children 42 inches and under FREE

12:00 - 12:45 Blanco (Rap Music)
1:00 - 1:45 Grupo Zabor
1:45 - 2:15 Paloma Libre
2:15 - 3:00 Mariachi Amistad
3:00 - 4:00 Grupo Rosal
4:00 - 4:15 Mc's
4:15 - 5:15 Suspenso
5:15 - 5:30 Mc's
5:30 - 6:30 Ardiente - 2007 Battle of the Bands Winner
6:30 - 6:45 2008 Battle of the Bands Winner Sponsored by
Don Caldwell Studios
6:45 - 8:15 Krazy Pimps
8:15 - 8:30 Mc's
8:30 - 10:00 Ruben Ramos



10:00 Festival Closes

8:30 - 10:00 Sherifes del Norte
10:00 - 11:30 Grupo Peligro
11:30 Festival Closes



FIESTA DEL LLANO 2008
CARSHOW AND CONCERT
SUNDAY, SEPTEMBER 14 ON THE SCENE
LUBBOCK, TX CIVIC CENTER
12 - 6 PM

PERFORMERS
LOS RUSTLAZ ENT
EDUARD
MIGUEL
WYATT
WHEEL TOWN
CORONA

IMPATAS
MAGAZINE

we like 3 rap
PAIN
DIFTY AIR
Certified

La Celebración del 16 de Septiembre

Miguel Hidalgo y Costilla y El Grito de Dolores

Miguel Hidalgo y Costilla, Padre de la Patria, nació el 8 de mayo de 1753, en Corralejo, Pénjamo, en el estado de Guanajuato. Su nombre era Miguel Gregorio Antonio Ignacio. Sus padres fueron

libros se plasmaban. Algunas de las obras que leía las llegó a poner como obras de teatro.

Siempre tuvo ideas revolucionarias, por lo que le quitaron la rectoría del colegio y lo mandaron como cura a varios pueblos. Le gustaba la música y la orquesta indios del Impulsó mas indios, artes y agrícolas y plantó "moreras"

nizó muchas tertulias, o sea fiestas, a las que invitaba a hombres y mujeres ilustrados e inteligentes y con quienes compartía sus inquietudes y deseos de liberar a México.

Comprendía el sufrimiento de los indígenas y apreciaba mucho su trabajo y dedicación, por lo que decidió unirse a un grupo de patriotas que tenían ideas liberales y conspiraban contra el gobierno virreinal.

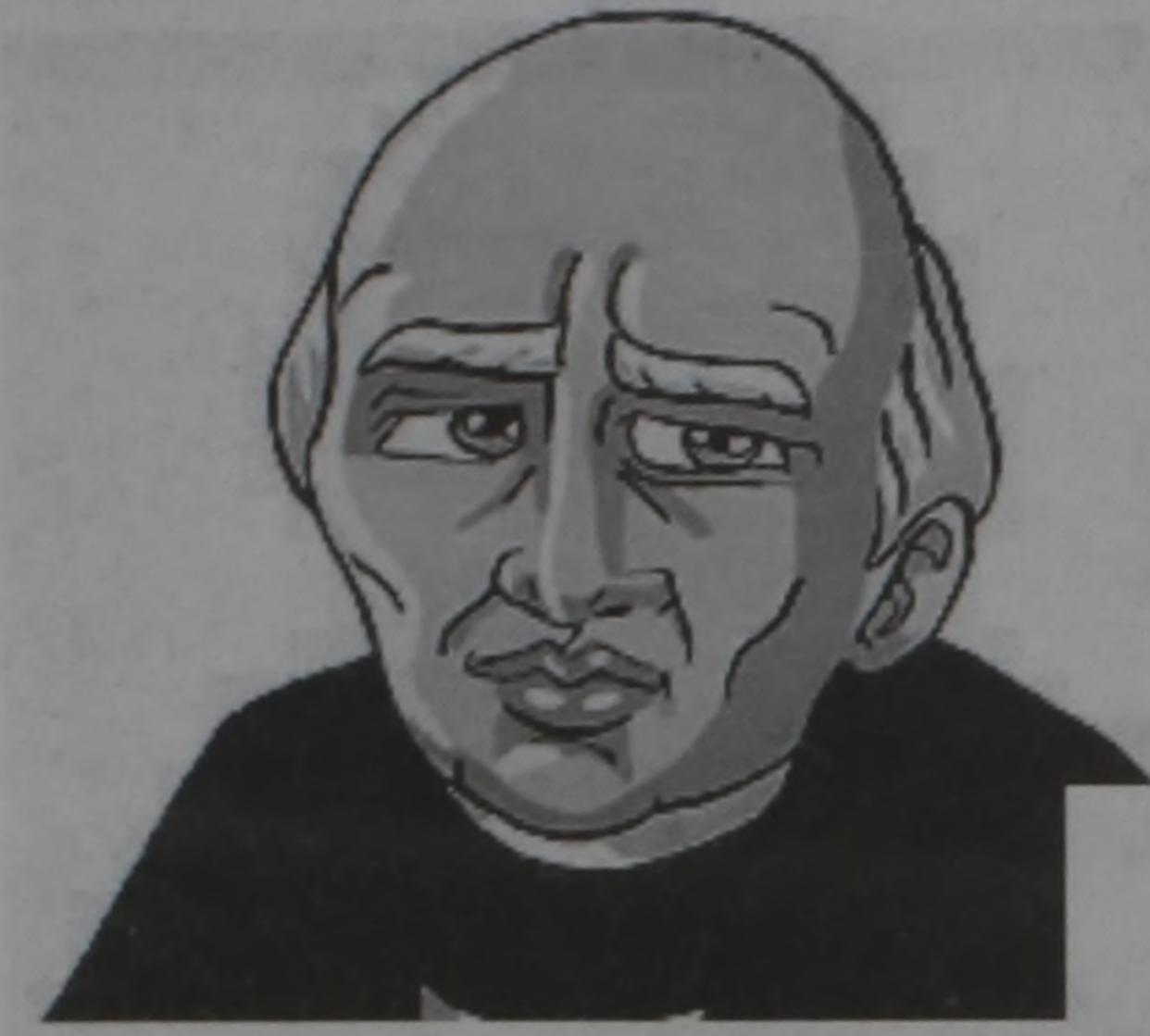
Empezó con mucho entusiasmo a organizar el movimiento, y por temor a que se viniera abajo, de-

cel pública y puso en libertad a los presos, les quitó el mando a los españoles y con un grupo de hombres armados como pudieron, empezó la lucha por la Independencia de México.

El ejército formado por Hidalgo, fue conocido como el ejército Insurgente, en cada pueblo que visitaban se le unían muchos campesinos, pero el problema es que no sabían luchar y eran muy desordenados. Después de convocada la lucha, Hidalgo se dirigió hacia Atotonilco en donde al llegar a la iglesia, tomó un estandarte con la imagen de la Virgen de Guadalupe que se convirtió, desde ese momento, en la "bandera" del ejército insurgente. Lo nombraron capitán general de los ejércitos insurgentes y publicó un decreto que abolía la esclavitud en la Nueva España, por lo que también le dieron el título de generalísimo de los ejércitos insurrectos.

Como no tenía mucha experiencia en la organización de las batallas y no le hacía mucho caso al Capitán Ignacio Allende, fue derrotado varias veces, hasta que lo hicieron prisionero y lo fusilaron en Chihuahua el 30 de julio de 1811. Sus restos descansan en la columna de la Independencia en la Ciudad de México.

Loor y Gloria a los héroes de la Independencia



aga. Era una familia muy pobre, y fue enviado junto con dos de sus hermanos a Valladolid (que hoy es la ciudad de Morelia en Michoacán) para estudiar en el Colegio de San Nicolás. Fue muy buen estudiante y llegó a ser maestro y después rector del mismo colegio en donde se ordenó como sacerdote y fue cura en el Pueblo de Dolores.

para el cultivo del gusano de seda.

Cansado de las injusticias del gobierno español en la Nueva España, fue el primero en pensar que México podía ser una "Patria" independiente, en la que participaran la población y el gobierno juntos. También fue el primero en bautizar a la Nueva España como México y en declararla como Nación, por eso se le conoce como El Padre de la Patria.

ció empezar la lucha armada la madrugada del 16 de septiembre de 1810. Tocó las campanas de la iglesia y reunió a todos los campesinos, herreros, alfareros, carpinteros y obreros y con el grito de ¡Viva la libertad! invitó a los habitantes del pueblo a unirse para iniciar la lucha a favor de la Independencia.

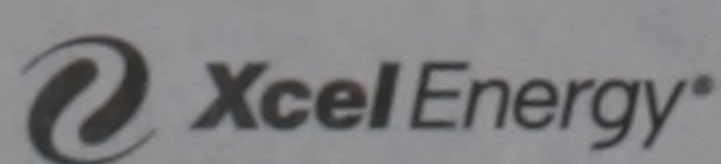
Durante su vida, orga-

Después se fue a la cár-



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I Bet You Didn't Know.. Fun Facts About Mexico



Area: 1,958,200 sq km
Population: 101,000,000
Official Name: Estados Unidos Mexicanos
Capital City: Mexico City (337,000)
People: Mexican
Official Language: Spanish
Languages Spoken: Spanish, Latin American Spanish, 62 indigenous languages, and English
Government: Federal Republic
Religion: 90% Roman Catholic, 6% Protestant, 4% other
Independence: 16 September 1810 (From Spain)

National Holidays:
-Mexican Independence Day, September 16: the day that Miguel Hidalgo delivered El Grito de Dolores, and announced the Mexican revolt against Spanish rule.
-Flag Day, February 24: honouring the Mexican Flag
-Primero de Mayo: May 1: equivalent to the U.S. Labor Day
-Cinco de Mayo: May 5: honoring the Mexican victory over the French army at Puebla de los Angeles in 1862.

Official Currency: Mexican Peso (MXN)
Highest Point: Volcan Pico de Orizaba 5,700 M
Bordering Body of Water - lies between the Pacific Ocean and Gulf of Mexico
Major Industries: Food and beverages, tobacco, chemicals, iron and steel, petroleum, mining, textiles, clothing, motor vehicles, consumer durables, tourism

National Flag Consists of three vertical bands



Coat of Arms

Land of the Eagle and the Snake



Nashional Flower Dahlia



National Bird Crested Caracara



National Sport Soccer



National Tree The cypress, known in Spanish as ahuehuete



Traditions del 16 de septiembre

Continued from page 1

A long time resident of Lubbock. "These really made people really proud."

Other traditional activities included .10 cent dances and of course the ever present "Grito de Dolores" made exactly at 12 midnight by the president of "El Comite" followed by the "Tribuna Libre."

The "Tribuna Libre" was that section of the program at which men would take the stage to honor the "heroes de la independencia". It was an open forum for patriots to honor the heroes of the War against Spain with speeches that would seemingly, at least for those anxiously waiting to dance, last for hours. Many of the "Comite" members took the stage to recite lengthy oratories. Along with the Comite members were elders men of the community many of whom had fought in the war.

Small children were made to

people were ready to celebrate but still few showed and interest in taking up the task of Fiestas Patrias.

It was a group of what were then called militants that offered themselves to revive and organize "Las Fiestas del 16".

Most were college students belonging to an organization called MECHA, an acronym for Movimiento Estudiantil Chicano de Movement. Others involved were high school students members of MAYO - Mexican American Youth Organization. Both groups were affiliated nationwide, the latter developing in Texas to become Raza Unida Party.

As to the history of this 16 of September organizing group, I could probably go on for pages and pages.

the steering committee, a problem developed.

The Committee had forgotten to reserve Guadalupe Park for the next years' celebration and another group. "La Logia Masonica" had reserved it in their name.

The reason for this is still not clear but most of the original committee thought that the main reason was that many traditionalist still were upset with the "Adelita Contest" and wanted back their queen.

The original committee was forced to move the Fiestas to Rodgers Park which proved to be an advantage since the park was much larger and could accommodate more people.

For two years there were two fiestas in Lubbock. At Guadalupe and at Rodgers. Both boasted pictures of the heroes as their backdrops.

During these two years, negotiations continued between the two groups for the unification of the Fiestas. A deal was finally reached to move the Fiestas to the newly constructed and named Aztlan Park. The Fiestas at Aztlan Park were the biggest that Lubbock had ever seen. Many people claimed that it

seemed that the Fair had come early and moved to Aztlan Park. All traditions remained and the organizers decided to have both a queen and an Adelita. Unfortunately ... doesn't this sound familiar ... an incident

happened at the Park that left on young man dead. Last rites were given to the young man by Fr. Antonio Gonzalez who was to give the Grito de Independencia that night. After the tragedy, in stepped our City Fathers. The City Manager was now insisting that the large crowds were damaging the buffalo grass at the park. He claimed that there had been more than \$10,000 in damage to the grass and new trees.

That year, Ruben Reyna, then director of COMA, then the Hispanic Chamber of Commerce, moving the Fiestas to downtown Lubbock ...16th on Broadway.

The Fiestas were moved, along with the pictures of the heroes, to downtown Broadway and again thousands of people attended.

After the successful celebration ...in steps our city Fathers to again demand changes. The Fiestas wee creating too many problems downtown. The Fiestas had to be moved.

It was probably in 1980 or 81 Fiestas were moved to the exhibit hall of the Lubbock Civic Center.

Somehow the Queen Contest fell by the wayside and the Adelita contest continued. The grito was still held at 11 pm along with the flag ceremonies, la tribuna libre and a mural was drawn as the backdrop of the stage to accompany the pictures of the heroes.

The Fiestas Patrias continued at the Exhibit Hall until about 1987. The Adelita contest was move to the Theater and was renamed the Adelita Pageant. The girls were now not only judged on talent but on evening gown competition, poise and all those other things that go along with a pageant, although the grito was still held at 11 pm, people seemed to gorget to put up the pictures of heroes which had now been replaced by intricate murals and advertising banners. At first glance one would think that one of the heroes of the war was named Miller or Budweiser.

It was probably in 1988, and I will probably stand to be corrected, a new group emerged to organize last Fiestas. The group was a branch of the newly organized Hispanic Association of Women.

At this point it would probably be best for this writer to stop writing since I know very little of what was really happening with those who organized the Fiesta. I do know that the Fiestas Patrias were renamed Fiestas del Llano supposedly to try and attract more of a mixed audience. The Adelita contest was abandoned to a Señorita Pageant, rock and roll groups performed in more abundance than obtained from Civi Lubbock in order to finance the Fiestas. The Fiestas continued to become more and more commercialized even to compete with Christmas.

Since 1992 when I first wrote this story Fiestas del llano have contin-

ued with sometimes less than successful events to the point that last year the Fiestas del Llano organiza-



Fiestas Del Llano 2008 Board of Directors (from left to right): Top row: Robert Trejo, Ramon Hernandez, Mary Jane Gutierrez, Frank Gutierrez, Margie Olivarez, Bidal Aguero. Bottom row: Johnny Torres (Treasurer), Olga Riojas-Aguero, Robert Narviaz (Chairman), Dolores Harper (Secretary), Sam Harper

FIESTAS DEL LLANO TO OFFER MEXICAN AMERICAN HERITAGE SYMPOSIUM

This year's Fiestas Patrias Celebration will offer the Lubbock community a free educational symposium on Mexican American Heritage. The event will be at the Lubbock Civic Center in meeting room 104-105, on Friday, September 12, from 9:00 A.M. until 4:00 P.M.

The symposium and its participants will be introduced by Dr. Jim Goss, Professor of Anthropology, Emeritus and past Director of Museums at Texas Tech University. It has been designed as an introduction to the Mexican American Legacy for a general audience.

Beginning at 9:15 A.M., Christy Martinez, Editor of Latino Lubbock Magazine will speak on Pride in Mexican American Heritage, and Mexican American Empowerment. Dr. Goss will speak on Pride in the Native American Component of being of Mexican American Heritage. Daniel Sanchez, of the Southwest Collection at Texas Tech University will speak on the importance of preserving Oral and Family histories, and the ways that the Southwest Collection can serve the community. The last speakers of the morning will be Vi Zeek and Pam Casto of the South Plains Genealogical Society who will discuss the importance of collecting the Genealogies of Lubbock's Mexican American Families, and how to get started.

At Lunch time the Fiestas Patrias Celebration will be open 11:00 until 2:00 with no gate fee. All of the food vendors will be open and the Official Ribbon Cutting will open the Fiestas Patrias Celebration at 1:00 P.M.

After lunch the symposium will resume in meeting room 104-105 of the Civic Center at 2:00 with Dr. Miguel Levario of the Department of History at Texas Tech University, who will speak on problems of the Border, the Fence, and the Separation from our relatives and friends.

At 3:00 Dr. Joseph Sanchez, a distinguished visitor from New Mexico will honor us with a presentation entitled: 450 YEARS OF HISPANIC HISTORY ON THE LLANO ESTACADO. Dr. Sanchez is Director of the Spanish Colonial Research Center at the University of New Mexico and Superintendent of Petroglyph National Monument with the National Park Service.

At 5:00 the Fiestas Patrias Celebration continues with food, music and entertainment. The Celebration continues though Saturday and Sunday, with the Miss Hispanic Lubbock Pageant Friday evening, the Parade on Saturday morning, a celebration of the 30 year anniversary of the single member district system of electing city officials on Saturday afternoon, and The Grito de Dolores on Monday evening, September 14, at Our Lady of Guadalupe Church. Fiestas Patrias is a city-wide Lubbock Celebration, at the Civic Center. Everyone is invited.



Albert Perez, Lawyer



Daniel Benson, Lawyer



Tomas Garza, Lawyer



memorize poems that were recited during the tribuna. Blas Mojica, who was 8 years old in 1945, still remembers part of his poem.

"Paso Hidalgo por Somora, con rumbo a Guadalupe. Yo con 12 primaveras, voy a presentar mi auopano. 'Quieres, me dijo el anciano 'quieres hacer un soldado deberas. Si no puedes chiquitin con el cabujo y escobeta'.

Señor deme una cometa, y comensare del clarin. Yo requerdo mi clarin que fue mas Gloria, el toque de victoria sobre el monte de las cruces.

These traditions continued throughout the years. My recollection begins in the late 50's when the fiestas Patrias were held at what was another "plataforma" on 1st Street and Avenue N. This plataforma owned by San Jose Catholic Church was located at the site of the old old Guadalupe School and where Catholic Family Services most recently occupies.

Although I was not involved, I surmise that since the land was owned by SanJose, proceeds from the Fiestas also went to the Church. The Fiesta included all the traditions and by far the most impressive was the Queen Contest. Of course the food was delicious and the Fiestas was an event for the entire family.

By then the cost to dance with a pretty girl was up to .25 cents. "La Plataforma" was roped off so that only those who wee going to dance and the pretty girls were inside.

In continuing, I would first apologize for not having accurate dates as to the chronology of Fiestas Patrias in Lubbock. Perhaps this could be a good project for some aspiring young Chicano historian.

The Fiestas continued at la plataforma until 1959 or 60 when an unfortunate incident happened in which a young man was killed. The Church decided that they would no longer sponsor the Fiestas after that.

It was not until 1962 or 63 and a couple of years thereafter, that a local dance promoter, Pepe villegas, worked to revive the Fiestas Patrias. The underlying reason was probably getting people to his dance at the Fair Park coliseum. Again there was a parade, in which Pepe, would ride a horse drawn buggy and throw dollar bills instead of candy to the kids. The queen contest was also held again being elected by penny vote, but many would say that Pepe was sure to stuff the voting box with pennies in order to assure that his "reina" was elected.

I admired pepe in those days. Especially because I was an aspiring musician and I always welcomed the opportunity to hear the big bands brought in to provide the music. I later admired the late Pepe Villegas more because of his dedication to conserve our traditions and culture when many of our leaders wee striving to become assimilated.

After pepe no one showed interest in organizing the Fiestas until in 1970 a killer tomado hit the Guadalupe barrio killing several people and practically destroyed the entire neighborhood.

People rebuilt and by 1971, the

since I was the first and second chairman of the newly formed "Comite Patriotico". Other members that I can remember were Carlos Quirino Jr., Sylvia Quirino, Jesse Reyes, Jesse Rangel, Petra Ramos, Mike Ramos, Dolores Ramos, Natalia Mojica, Lile Medina and others that escape my memory for which I apologize in advance. But I must add that after much begging by all of us, Carlos Quirino Sr. joined our group to continually remind us that we were "locos."

Much of this history is achieved in the Southwest Collection at Texas Tech thanks to Dr. Yolanda Garcia-Romero who spent hours in my hot basement at my house to retrieve our notes.

The new Fiesta Committee came in with vigor determined to revive the old traditions, keep commercialisms out of the celebration and fry and promote our cause of political and social liberation of Chicanos.

Since many of our members women, one instant target was the Queen Contest.

"Estan locos (using a little finer language)...why should we ask our young Sylvia Quirino.

Most agreed that the celebration should not praise a queen when the original war for independence in Mexico was against the Queen.

"Pero tienen que tener un concurso ... you have have some type of contest," advised Sr. Quirino. "That's what the people are used to ... it's tradition."

"Pues we can have a contest said one of the women, "but we can't ask our sisters to beg for money. Why can't we have a talent contest?"

The group jumped on the idea and the "Adelita Contest" was born.

"But La Adlita fought in the revolution, not the war for independence," Sr. Quirino advised.

"I'm sure there was at least one woman was named Adelita that fought in the war for independence," argued one of the women.

So Adelita it was and Adelita it remained for many years.

The revived Fiestas Patrias were held at Guadalupe Park with tremendous help given to us by the Center's director Barbara Sommerville. Barbara's main job the three days of the event was standing by and resetting the fuse box every few minutes. The inexperienced students didn't expect concessionaires who brought refrigerator, microwaves and electric stoves.

The event was our way to celebrate the barrio surviving the tornado and continuing the traditions including the pictures of the whole event.

After about 4 or 5 years of holding the Fiestas in Guadalupe park and developing the Committee to a point that almost all the chicano organizations in Lubbock had members in

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Calidad de vida en la vejez GEM Queens 2008

MÉXICO, DF.- Los adultos mayores de hoy pueden vivir más tiempo y con una mejor calidad de vida, pero esto no sucede "por arte de magia", es necesario trabajar para que así sea.

"Si ya sabemos que vamos a vivir más años, tenemos que hacer algo desde la edad madura", sugiere Ignacio Orozco, presidente de la Asociación Mexicana de Gerontología y Geriatría.

Aunque en todas las etapas de la vida se debe ser cauto, hacerlo al inicio de la quinta década de vida puede aumentar las posibilidades de pasar "a todo dar", por lo menos otros 20 años; mismos en los que puede seguir aprendiendo y desarrollando habilidades físicas, mentales y emocionales, pues nunca es tarde para hacerlo.

La familia del adulto mayor debe servirle de soporte para empujarlo a que se diseñe un nuevo proyecto de vida con base en su desarrollo personal en todas las áreas, agrega Gustavo Loreto, gerontólogo de la residencia de día Villa Azul.

Si usted es el abuelo o la abuela de la familia puede empezar por poner el ejemplo. Así, todos ganan, asegura Graciela Zarebski, directora de la Licenciatura en Gerontología en la Universidad de Buenos Aires, Argentina.

Usted puede construirse una mejor calidad de vida, y sus hijos empezar a pensar en su propia vejez para llegar a ella igual de bien que su padre o madre.

La vejez, para la experta argentina, puede ser "un camino hacia la sabiduría o hacia la anulación del sujeto", cualquier camino que se elija en la familia, será un ejemplo para los hijos, nietos, bisnietos, hasta tataranietos.

El objetivo debe ser, coinciden los expertos, que esta etapa de la vida transcurra con dignidad.

Permitales decidir
Y si usted aún no ha llegado a la vejez, pero sus padres ya se encuentran en ella, no sea presa de los prejuicios sociales que aún existen, recomienda Zarebski, maestra en psicogerontología.

Algunos hijos suelen creer que sus padres ya no tienen la capacidad de decidir respecto a su propia vida y comienzan a tratarlos como niños.

"Eso provoca que los padres pierdan autonomía, y muchas veces, por no contradecir a sus hijos, se sometan y acaten esas decisiones; ahí se consume esa especie de profecía, es decir, se termina cumpliendo lo que los hijos presuponen que va a suceder con los padres, que es que se vuelven incapaces de decidir", asegura la autora de Padre de Mis Hijos, ¿Padre de Mis Padres? (Editorial Paidós).

Estas actitudes revelan que en esa familia se tiene una "per-

spectiva deficitaria del envejecimiento", en la que se asume que envejecer significa bajar de la



cúspide que la persona alcanzó en la mediana edad y que, necesariamente, se van perdiendo las facultades.

Lo ideal es concebir el envejecimiento como un oportunidad para desarrollar potencialidades adormecidas, por ejemplo: estudiar, aprender o practicar algo que siempre habían querido, salir con amigos o hacer tareas de voluntariado.

"Hay que tener presente que siempre es posible aprender y que la vejez puede ser un camino de crecimiento", agrega Zarebski.

Para no caer en estos prejuicios, Loreto recomienda a la familia, especialmente a los hijos de los adultos mayores, informarse sobre las cuestiones básicas del envejecimiento, como qué significa envejecer y qué riesgos de salud implica.

No se puede diseñar un proyecto de vida para esta etapa, dice, sin evaluar cómo se encuentra el adulto mayor respecto a sus capacidades físicas y/o mentales.

"Se trata de crear un estilo de vida donde la persona haga lo más que pueda por sí misma, que tengan la máxima autonomía y eficiencia posibles, y que desarrollen al máximo sus habilidades", indica el maestro en gerontología.

Decisión en familia
Para los adultos mayores es importante ver que su familia apoya y respeta sus decisiones. Dónde y en qué condiciones vivirá su vejez debe conversarse abiertamente para lograr el consenso que mantenga la salud física, mental y espiritual de todos.

Los asilos no son los lugares ideales porque la mayoría de las veces implica desintegrar al adulto mayor de la familia; y es una decisión más equivocada si los hijos eligen esta opción de manera unilateral, comenta Orozco.

"Cuando por su propio pie deciden irse a un asilo, es porque los hijos los han desatendido y marginado", agrega.

Una residencia de día, en la que no abundan las personas enfermas, sino viejitos activos

e independientes es una mejor opción, considera el presidente de la Asociación Mexicana de Gerontología y Geriatría. Incluso puede no dormir en ese sitio y cada noche regresar a casa, donde tiene sus propios tiempos y espacio, y donde los puede visitar con más frecuencia su familia.

El adulto mayor debe estar en su contexto familiar lo más posible, indica Loreto.

Pero si la familia en conjunto cree que ir a vivir a una residencia o un asilo es la mejor opción se debe buscar el sitio que, esencialmente, cuente con un equipo de profesionales que mantengan a los adultos mayores activos y que procuren que sigan conectados con la vida de fuera, recomienda Zarebski.

Cuando los adultos mayores se encuentran en un proceso de envejecimiento patológico, enfermos físicamente y dependientes de un cuidado, se crean situaciones más complejas para la familia, advierte Zarebski.

"Los hijos de estos adultos mayores tienen que realmente atender a esos padres dependientes, a veces con demencias u otras limitaciones físicas, tomar resoluciones por ellos; y además atender a sus propios hijos", comenta la experta.

En estos casos, buscar el apoyo de cuidadores profesionales o una residencia de cuidados especiales es básico, porque se debe lograr el equilibrio entre cuidar al padre o la madre y no descuidarse a sí mismo ni a los propios hijos.

Reflexión
Deténerse a reflexionar acerca de cómo se está encarando la propia vejez, en el caso de quien ya está en plena tercera edad, y aprender a escuchar al adulto mayor, en el caso de los adultos jóvenes, es un ejercicio necesario en todas las familias.

"Escucharse a sí mismo y poder dialogar es la clave básica: si se pueden sentar a escucharse y respetarse mutuamente, porque muchas veces son los mayores

quienes tiranizan a sus hijos, van a poder entender mejor lo que les pasa a cada uno y ayudarse mejor", sugiere Zarebski.

También es importante no perder de vista la creación de una red de apoyo.

"Hay que evitar que estén solos y desarrollar la solidaridad hacia con ellos", indica Loreto. Entre familia, amigos y vecinos se puede conformar esta red que busque el bienestar de los adultos mayores.

Las mayores preocupaciones
Estos son los problemas más comunes que angustian a los adultos mayores. Si usted identifica que alguno de ellos no lo deja vivir tranquilo, puede pedir ayuda a algún psicólogo o gerontólogo para que le ayude a encontrar la solución.

-La transformación de la propia imagen y del rendimiento intelectual, físico y sexual

-El alejamiento o la independencia de los hijos

-La "abuelidad"

-La pérdida de los propios padres, otros familiares y amigos

-Viudez

-Posición frente a la propia muerte

-Jubilación

-Discriminación y aislamiento

Prevención

Con el paso de los años, la disminución de algunas habilidades es irremediable; sin embargo, siguiendo estas recomendaciones puede reducir en gran medida ser un adulto mayor frágil. Nunca es tarde para empezar.

-Haga actividad física todos los días, estructurando el ejercicio según sus habilidades y con apoyo de su médico.

-Procure caminar, pues es útil para mejorar la salud del corazón, el equilibrio y masa muscular. Los ejercicios que usan resistencia, como pesas o bandas, desarrollan músculo y ayudan a reducir la rigidez de las articulaciones y el dolor.

-Mantenga la mente activa resolviendo acertijos o crucigramas; leer, jugar y socializar son buenas maneras de mantener la agudeza mental.

-Reconozca y trate la depresión, así como otras enfermedades psiquiátricas.

-Lleve una buena nutrición con una dieta balanceada que incluya proteínas (para mantener la masa muscular), frutas y verduras, fibra y líquidos (especialmente en climas cálidos).

Fuentes: Instituto Nacional del Envejecimiento, Sociedad Americana de Geriatría, Consejo Nacional del Envejecimiento y Centros para el Control y Prevención de las Enfermedades, todas instituciones de Estados Unidos.



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HISPANIC HERITAGE MONTH 2008

SEPTEMBER 15 - OCTOBER 15



In September 1968, Congress authorized President Lyndon B. Johnson to proclaim National Hispanic Heritage Week. The observance was expanded in 1988 to a month long celebration (Sept. 15 - Oct. 15). America celebrates the culture and traditions of U.S. residents who trace their roots to Spain, Mexico and the Spanish-speaking nations of Central America, South America and the Caribbean. Sept. 15 was chosen as the starting point for the celebration because it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on Sept. 16 and Sept. 18, respectively.

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Voting focus turns to Latinos

Latino voting power could reach a new high this presidential election, which is why local non-profits are urging the ethnic demographic that historically has the lowest voter turnout to hit the polls this November.

Since 2004, more than half a million Latinos became naturalized U.S. citizens, according to federal statistics. The demographic is also generally younger than any other racial group, which means more Latinos have come of voting age.

"About 50,000 Latinos a month turn 18 (in the United States) and are eligible to vote for the first time," said Mark Lopez, associate director at the Pew Hispanic Center.

But despite those swelling numbers, Latinos lag behind at the polls. Of all eligible voters in the 2004 presidential election, 47 percent of Latinos reported having voted, compared with 60 percent of Blacks and 67 percent of Whites, according to a Pew study.

A few non-profit groups, which argue that Latinos have a large stake in November's election outcome, are working to change those numbers.

The non-profit Mi Familia Vota (My Family Votes) has targeted 42,000 Latino households in Arizona that have eligible voters, who either aren't registered to vote or who haven't voted in past elections. The group is sending them voter registration information, the locations of their polling sites and phone numbers of volunteers providing free transportation to those sites on Election Day. Voting drives are also scheduled for Valley high schools and community colleges.

The ultimate goal is to register 10,000 newly naturalized and young Latinos to

vote by the Oct. 6 registration deadline. The group launched its campaign in August and is about 4,000 voters short of its goal. Leaders said they expect



September to be their busiest month.

"One of the main things that people need to understand is that Latino voters are not different from general voters. The economy and education are issues affecting everyone, but especially affecting the Latino community because Latinos have higher high-school dropout rates," said Carlos Duarte, Mi Familia Vota's Arizona field director.

Though the group has offices in Texas, Colorado and Arizona, the states where it is typically most active, Mi Familia Vota is assisting with similar campaigns in California, New York, New Mexico, Illinois and Florida.

Also in Arizona, the non-profit Chicanos por La Causa launched a similar effort in Pima County that is expected to spread to Maricopa County this month.

Chicanos por La Causa offers assistance to Latinos in economically challenged communities and advised its employees late last year to provide voting information to every Latino who participates in any of the group's programs.

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Departamento de El Editor Newspaper & Staff



Celebrating Hispanic Heritage Month: A Look at Mexican Holidays

The festival of Carnaval is celebrated as a last indulgence of carnal pleasures that Catholics must give up for 40 days of fasting during Lent, from Ash Wednesday to Easter Sunday. The word Carnaval is derived from Latin, meaning take away or goodbye to flesh, and strict Catholics will give up meat eating during Lent.

Carnaval is officially celebrated for 5 days, leading up to Ash Wednesday, with the most vigorous celebration taking place over the one weekend. The wearing of masks during Carnaval is said to be a pagan practice as protection from evil spirits, but most likely evolved as a way to participate fully in the celebration with some anonymity.

Many cities have Carnaval celebration of various sizes, but the biggest events take place in the port cities, with the largest of all in Mazatlan. Mazatlan's Carnaval is said to attract well over 300,000 people, making it the third largest such event behind Rio de Janeiro and New Orleans. Port towns such as Ensenada, La Paz and Veracruz are also excellent places to watch Carnaval festivities.

This is one of the few times that hotel reservations are both necessary and more expensive. If you plan to attend, make sure you have arrangements in place several months in advance.

During Carnaval, everyone participates in the many events and activities that make up the celebration. People of all ages throw and break cascarones, confetti filled eggshells, over each other. There are many booths that offer food, drinks, snacks and games and crafts of every type. Music of all sorts is played non-stop, by live bands, DJs or the boom box.

Some Carnavals also have a collection of rides like those found at an amusement park. Depending on the town, there may be many organized parties, outdoor festivals and masquerade balls. Many of these types of events charge an entrance fee, or may be entirely private. Mazatlan hosts a public street fair and dance for a small admission, as well as on offshore fireworks display that commemorates an old naval battle.

During the final days, many different events present awards, one for the Flower Queen, and literary awards to those who have written the best Flower Poem. In Mazatlan, a prestigious national award is presented for the best unpublished literary work from anywhere in Mexico, called the Clemencia Isaura Poetry award.

In the evenings there are fireworks displays including the traditional castillo, or castle, a large fireworks platform unique to Mexico. On Saturday evening, there is the coronation of the Carnaval Queen and the humorous El Rey Feo, or Ugly King. There will also be the burning of an effigy, usually someone unpopular at the time, known as the Quema de Mal Humor or Burning of Bad Humor.

Sunday is the biggest organized celebration of the weekend, and typically includes the big float parade, and lots of musicians playing on stages and dancing in the streets. When Monday arrives, there is El Día del Marido Oprimido, or the Day of the Oppressed Husband. On this one day, for 23.5 hours, husbands have the freedom to do as they wish... within the law and religious faith of course.

By the time Fat Tuesday rolls around, many people have to get back to work, and just about everyone has had their fill of revelry and indulgence, ready to accept the restrictions of Lent.

The dates for the celebration change slightly from year to year, according to the following schedule (provided by the Mazatlan Carnaval promotions department): 2006: Feb 23-28; 2007: Feb 15-20; 2008: Jan 31 - Feb 5; 2009: Feb 19-24; 2010: Feb 11-16.

If you're looking for a festival of dancing, costumes, music, fireworks, food, drink and just being wild and crazy... then Carnaval is the holiday for you.

Semana Santa
Semana Santa is Mexico's second most important holiday season of the year, behind only Christmas, and runs from Palm Sunday to Easter Sunday. In addition to attending Mass on Good Friday and Easter Sunday, many Mexicans will also take advantage of the holiday to go on vacation. If you're planning to visit Mexico during Semana Santa, make sure you checked on availability in advance.

Semana Santa, or Holy Week, celebrates the Christian holiday of Easter. Mexico is nearly 90 percent Catholic, so this religious holiday takes on a special meaning that the entire community shares and participates in.

All of Mexico celebrates Semana Santa, but certain cities and villages are better known for celebrating the holiday, and often provide reenactments of the events leading up to Christ's crucifixion on the cross.

The best known cities are Ixtapalapa (in Mexico City), Pátzcuaro, San Cristobal de las Casas (Chiapas), and Taxco. Smaller and silent torch lit

processions, Procesión del Silencio, also take place in Aguascalientes and San Luis Potosí.

Each community celebrates the holiday with its own regional flavor, however, popular with the whole country is the breaking of cascarones, colored egg shells filled with confetti, over friends and family. Churches will be filled with those attending Mass on Good Friday and Easter Sunday, and families will take this opportunity to be together.

The most moving event of Semana Santa is the reenactment of the Passion of Christ, or the Passion Play. The event's in the mentioned cities are sponsored by religious or community groups, and can include large processions of penitents, sometimes on their knees, a portrayal of the last supper and the crucifixion itself.

Something to be prepared for are the penitent ones or penitentes - the men and women who show their faith and penitence by inflicting pain on themselves during this most holy week - an ancient tradition dating to the middle ages and introduced to Mexico from Spain almost 500 years ago. Self flagellation in the streets is included as are the Animas, women dressed in black with hoods and chained together carry crucifixes.

In many cities, important religious images from the church will be displayed, traditional altars are decorated at home and in the streets, and flower decorations and palm crosses will be found everywhere. The central colonial cities seem to celebrate this holiday with the most reverence and tradition, and if you wish to see the beauty of traditional Mexico, Semana Santa would be well worth seeing for yourself.

Cinco de Mayo
History:

The battle at Puebla in 1862 happened at a violent and chaotic time in Mexico's history. Mexico had finally gained independence from Spain in 1821 after a difficult and bloody struggle, and a number of internal political takeovers and wars, including the Mexican-American War (1846-1848) and the Mexican Civil War of 1858, had mostly wiped out the national economy.

During this period of struggle Mexico had accumulated heavy debts to several nations, including Spain, England and France, who were demanding payment. Similar debt to the U.S. was previously settled after the Mexican-American War. France was eager to add to its empire at that time, and used the debt issue to move forward with goals of establishing its own leadership in Mexico. Realizing France's intent of empire expansion, Spain and England withdrew their support. When Mexico finally stopped making any loan payments, France took action on its own to install Napoleon's relative, Archduke Maximilian of Austria, as ruler of Mexico.

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 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 at the Mexican forts of Loreto and Guadalupe. Lead by Mexican General Ignacio Zaragoza Seguín, a small, poorly armed militia estimated at 4,500 men were able to stop and defeat a well outfitted French army 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 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.

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 - today his bullet riddled shirt is on display in 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 small, outnumbered militia at the Battle of Puebla in 1862.

Today 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.

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 been successful 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 to the south, and adopted into the holiday calendar of more and more people every year.

Mexico's Día de los Muertos (The Day of the Dead holiday)

Día de los Muertos is an important Mexican holiday that merges Pre-Columbian beliefs and modern Catholicism. Europe's All Saints' Day and the Aztec worship of the dead contribute to these two days that honor Mexico's dead. Dead relatives, both young and old, are allowed to return to the mortal world for two days to visit loved ones.

Mexicans welcome the spirits of their families with delicious food, tasty candies decorated like skulls, and lighted candles to guide them home. Gravestones are decorated, and the whole family will gather in the graveyard to await and pay respects to the deceased.

Día de la Virgen de Guadalupe - December 12

The Celebration

On this day people from all parts of Mexico make their way to Mexico's chief religious center at the Basilica of the Virgin of Guadalupe, located in Villa de Guadalupe Hidalgo, a northern neighbourhood of Mexico City. There, they will celebrate the Nuestra Señora de Guadalupe (Our Lady of Guadalupe) with a mass ceremony and a traditional fair in her honor. The Día de la Virgen de Guadalupe became a national holiday in 1859.

Today, tens of thousands of people travel to Mexico City to visit the place where the Virgin appeared to the Mexican People. The holiday is a

national fiesta that includes traditional music and fun attractions. Pilgrims bring presents to the virgin, usually bouquets of flowers while other visitors will perform dances and song for her. Some pilgrims walk on their knees on the stone street leading to the Basilica, asking for miracles or giving thanks to the virgin for a petition granted.

At the plaza the fiesta starts after the mass ceremony with delicious food, vendors selling crafts and clothes, along with many performances of music and dance. In other parts of Mexico, similar festivities are organized with some unique variations of the celebration. In some places, altars of flowers are built in her honor. Other parts have traditional food prepared like buñuelos, raspados and tortas as well as activities like parades, rodeos, and bullfights.

History of the Celebration

The Story behind this celebration demonstrates how the Catholic faith gained importance in the hearts of the Mexican people. It is a story of miracles and faith which mark a change in the history of Mexico.

The Spaniards, after they conquered Mexico, had in mind the goal of converting the indigenous Indians into catholicism. But the Spaniards encountered many difficulties because the Mexican people had existing strong beliefs in their many gods. It wasn't until the story of the Virgin of Guadalupe and Juan Diego that this started to change.

Juan Diego was a young indigenous Indian walking toward the Hill of Tepeyac on December 12, 1531 when he was stopped by the appearance of the Virgin Mary. The Virgin Mary appearing to Juan Diego was a young woman with black hair and dark skin which looked more like an indigenous person. She ordered Juan Diego to go to the Bishop and ask him to build a church at the Hill of Tepeyac. Juan Diego then ran to the Bishop to tell him what the Virgin Mary had told him. The Bishop didn't believe what this young man was telling him and decided to ignore the petition.

The Virgin Mary appeared again in front of Juan Diego and told him to collect flowers from the top of the hill, but because it was December Juan Diego knew that there was not going to be any flowers at the rocky hill. Upon reaching the top of the hill, Juan Diego was surprised to see that it was covered with colorful and beautiful flowers. Juan Diego, as he was asked to, collected the flowers using his overcoat and ran again to see the

Bishop.
Juan Diego gave the coat full of flowers to the bishop, and here the bishop discovered the image of Virgin Mary's picture was miraculously traced on the coat. Seeing both the unseasonal flowers and the image of the Virgin, the Bishop realized Juan Diego had told him the truth and The Basilica of the Virgin of Guadalupe was built on the hill of Tepeyac in Mexico City.

Celebrating Christmas in Mexico - Posadas y Navidad

Almost everyone in Mexico takes the last two weeks in December off. One of the biggest fiestas of the year - in small towns, big cities, the beach resorts, everywhere - Christmas in Mexico is celebrated in a variety of ways. A common denominator is the posada, a recreation of Mary (on donkey) and Joseph searching for a "room at the inn." Accompanying them is a choir of small children who knock on doors asking for lodging for the weary couple. By previous arrangement, there are no takers.

The procession, which takes place during the 12 days before Christmas, moves along, growing in numbers until it reaches the church, where mass is held. After the service, the children get to enjoy a festive piñata party.

You can expect to find some regional differences, which makes a Mexican Christmas not only a cross cultural mix, but a varied and interesting experience.

For example, in the Ajijic area, a "riviara resort community" suburb of Guadalajara, in the little village of San Antonio, the posada is a most moving and spiritual experience. Same for Taxco and Querétaro. Catch the event in these areas if you can. Also in Querétaro, there's a huge parade on December 23.

In the town of Cajititlán (near Guadalajara), as in many other places in the Hispanic world, they celebrate the holidays on Three Kings Day (Epiphany), which falls on January 6th. In fact, this was the traditional time to celebrate the gift-giving aspect of Christmas throughout Mexico. But in most parts of the country, the holiday now coincides with the day of celebration north-of-the-border: December 25. Many children now expect gifts on both days.

The ritual often begins in the afternoon or at dinner time when the family shares a rosca or two (a rosca is a sweet, ring-shaped loaf with a ceramic muñeca (doll) representing the Christ child baked inside). Unlike a cracker-jack box where the winner

takes all, whoever is unlucky enough to get the doll has to throw a party on February 2 (Día de Candelaria) for all the others present. In this case, the "winner", who has to foot the time and expense, is often the loser. (Note: on the afternoon of Día de Candelaria, dancers gather for a performance in the churchyard. Sometimes as many as six different dance groups perform at the same time. The dancers are divided among those portraying Christians and Moors, each competing for the most attention. Other groups are represented as well. In small towns where this festival is held, there's also a special market on that day.) The party itself usually includes some favorite dish spiced with a zesty regional molé sauce.

The fiesta for the Virgin of la Soledad, the patron saint of Oaxaca, December 16-18, signals the beginning of the navidad festivities. The highlight, again, is the posada, held at a different church each night from December 18-24. On December 23, the annual Noche de los Rábanos takes place. This is a very festive time when booths are set up along the length and breadth of the zócalo. The focal point of each booth is an exhibit of hand-carved, giant radishes. Most often, these sculptures carry a religious theme. But this is not necessarily so. The subject could be comical, a scene from a bullfight or anything that strikes the fancy of the sculptor. On Nochebuena, processions from various churches fan out to the zócalo. There are also colorfully-decorated floats, music, traditional dancing, and piñata prizes. The crowning glory of this fiesta is a mammoth fireworks display.

On Christmas Eve, in Santiago Tuxtla (Veracruz), everybody assembles in the zócalo for an evening of dancing the huapango to the accompaniment of a jarocho band.

In Quiroga (Michoacán), villagers present Nativity plays (Pastorelas) at churches on Christmas Eve and on Christmas Day.

México City, takes on a festive air with the famed zócalo (or sometimes called the Plaza de la Constitución) ablaze with a sea of colorful lights festooning this ancient square. The festival of lights goes on throughout the Christmas/New Year's period. In addition, there's a colorful flag-raising/lowering ceremony every morning and afternoon during the holidays. The rest of the city is similarly decorated. And, of course, traditional services are held in the city's many churches.

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