

El Editor

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

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Ex Presidente Clinton dice que "la invasión de Irak fue un gran error"

El ex presidente estadounidense, Bill Clinton, criticó en Dubai al gobierno de George W. Bush y aseguró que la invasión de Irak por parte de Estados Unidos fue "un gran error".

En un coloquio con estudiantes de la Universidad Americana de Dubai, Clinton dijo que el Gobierno de Washington cometió el fallo de pensar que sería fácil "deshacerse" de Saddam Hussein.

Además, en opinión del ex presidente, la administración de EEUU subestimó las dificultades que entrañaría mantener unidas a las diversas etnias y creencias iraquíes una vez derrocado el anterior régimen.

Clinton calificó también como equivocación la desmantelación del aparato de seguridad iraquí que llevó a cabo el Gobierno norteamericano en el periodo que siguió a la invasión.

El ex presidente explicó que las tropas estadounidenses presentes en Irak tras la guerra no eran suficientes para mantener la seguridad y la estabilidad en el país.

Sin embargo, reconoció que gracias a la invasión se había conseguido derrocar al ex dictador Saddam Hussein.

Clinton calls Iraq war a "big mistake"

The former president spoke in Dubai, joining a drumbeat of Democratic criticism. "We never sent enough troops," he said

By Lara Sukhtian

Dubai, United Arab Emirates - Former President Clinton told Arab students Wednesday that the United States made a "big mistake" when it invaded Iraq, stoking the partisan debate back home over the war.

Clinton cited the lack of planning for what would happen after Saddam Hussein was overthrown.

"Saddam is gone. It's a good thing, but I don't agree with what was done," Clinton told students at a forum at the American University of Dubai.

"It was a big mistake. The American government made several errors... one of which is how easy it would be to get rid of Saddam and how hard it would be to unite the country."

Clinton's remarks came when he was taking questions about the U.S. invasion, which began in 2003. His response drew cheers and a standing ovation at the end of the hour-long session.

Clinton said the United States had done

some good things in Iraq: the removal of Hussein, the ratification of a new constitution and the holding of parliamentary elections.

"The mistake that they made is that when they kicked out Saddam, they decided to dismantle the whole authority structure of Iraq... We never sent enough troops to control or seal the borders," Clinton said.

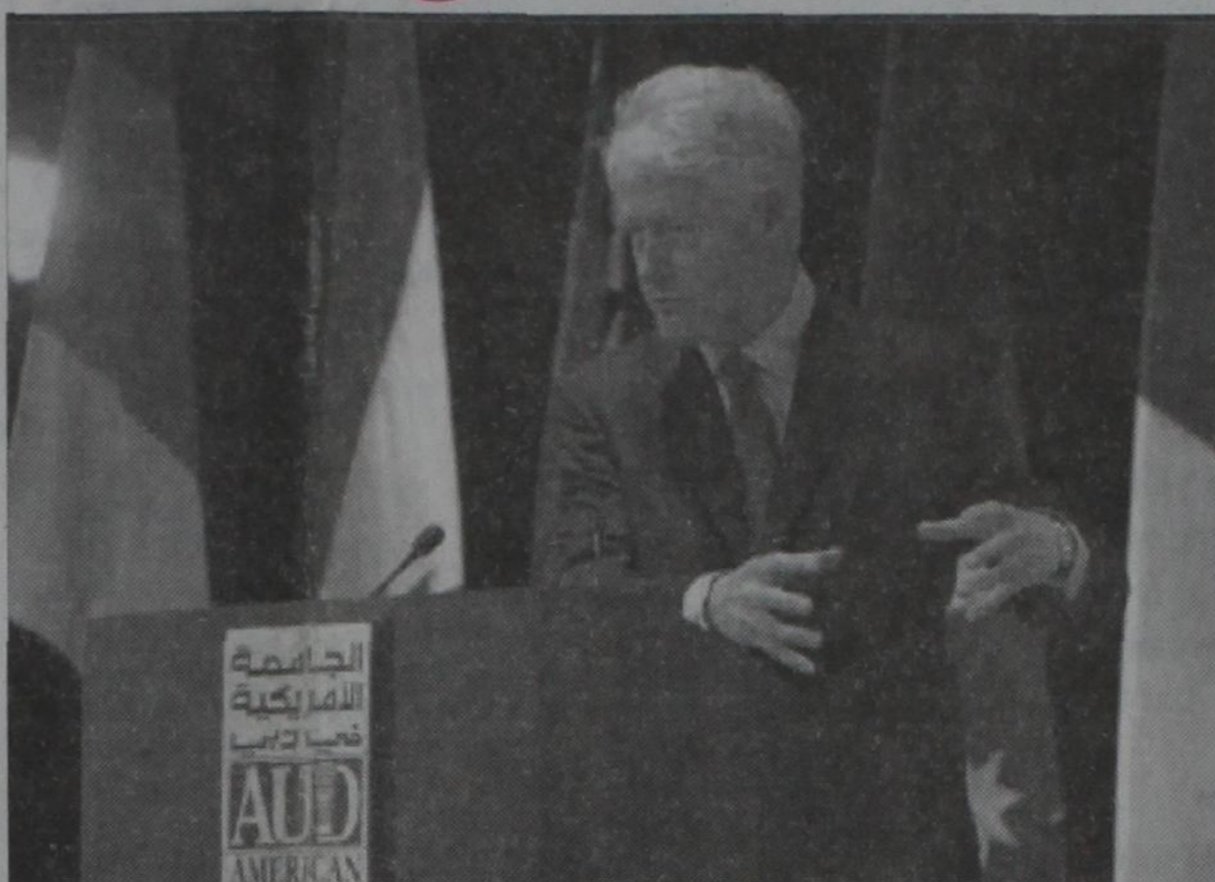
As the borders were unsealed, "the terrorists came in," he said.

Clinton said it would have been better if the United States had left Iraq's "fundamental military and social and police structure intact."

Democrats are accusing President Bush of having misled the American public about the urgency of the Iraqi threat before his order to invade, and Bush on Monday threw back at Democratic critics the worries they once expressed about Hussein.

"They spoke the truth then and they're speaking politics now," Bush charged.

On Tuesday, Defense Secretary Donald Rumsfeld continued Bush's attack, citing the words of Clinton and others from his administration as saying Hussein was a security threat to the United States and its allies.



First Thanksgiving Was in Texas

Although tradition and history books tell us that the first Thanksgiving was celebrated by English colonists in Massachusetts in 1621, some Texans dispute this. El Paso citizens say they have written proof that the first Thanksgiving in America was celebrated a full 23 years earlier in their city. Based on a poem published in 1610, a decade before the Mayflower set sail from England, a Thanksgiving feast was held on the banks of the Rio Grande River near what is today El Paso.

The poem tells the story of Spanish settlers, soldiers, and monks who had exhausted their provisions and water while traveling the Mexican desert en route to what is now New Mexico. Nearly dead from hunger and thirst, they came upon the Rio Grande and with fish and wild game supplied by Indians, they had a feast of thanksgiving and celebrated mass. El Paso citizens claim this celebration by 500 men, women and children on April 15, 1598, was the first Thanksgiving held on American soil.

Juan de Onate, a gallant conquistador, was the first successful colonizer of the Southwest. He was a silver miner and the wealthiest man in Mexico at the time. De Onate was the son of a wealthy conquistador in Zacatecas, Mexico. He married Isabel de Tolosa Cortes, who was a descendent of Hernan Cortes and Moctezuma. In January, 1598, Onate and his followers left the Santa Barbara frontier settlement in Chihuahua. This expedition consisted of 600 people of all types -- families, soldiers, priests, Africans and Indians. Onate's caravan was four miles with 83 wagons, and 7000 animals. Three long weary months later they were greeted by friendly Manso Indians of the southwest region. These indigenous people guided them across the desert to the river crossing.

Juan Onate and his procession arrived at the Rio Grande on April 20, 1598. Captain Gaspar Perez de Villagra was among one of the many travelers. He wrote about the journeys and hardships that it took to colonize "new" Mexico in his epic novel entitled La Historia of Nuevo Mexico. On April 30 they held what is said to be the first theatrical play in America, "La Toma, The Taking." This is to signify the taking of the new found land for Spain. To celebrate their safe arrival, they held a huge feast and mass. This marks the real First Thanksgiving of the nation, although most Americans believe the Puritans were the first to celebrate Thanksgiving in what is now the United States.

On May 4 the conquistadors went near Mount Cristo Rey and slowly proceeded North. Juan de Onate is credited for naming El Paso - El Paso del Rio del Norte, the Ford of the River of the North.

On April 25, 1998 (this is when El Paso celebrates Juan de Onate's crossing, the last weekend of every April) will be the 400th celebration anniversary of de Onate's crossing. A statue of Juan de Onate mounting his stallion will be dedicated in downtown El Paso -- the largest equestrian bronze sculpture in the nation. People from El Paso celebrate the First Thanksgiving by partaking in the acting out of Villagra's poem. Activities such as these help commemorate the true First Thanksgiving hosted by the Manso Indians and Juan de Onate.

Newspaper reveals growing support for border fence

There has been a growing momentum in building a fence along the US-Mexico border to stop undocumented immigration. According to the USA Today newspaper, this is set in the middle of an intense security debate.

According to USA Today, the once radical idea to build a fence is gaining support. This is shown in actions like the law initiative presented this week by the republican Congressman for California Duncan Hunter, which was supported by 12 legislators.

Duncan is proposing a fence along the 3.6 thousand km of the border, from San Diego to Brownsville, Texas. He states that this is a national security issue.

Some months ago, the Homeland Security Department (HSD) decided on fencing 34 kilometers in the border between Tijuana and San Diego. This was an attack to a Congress order.

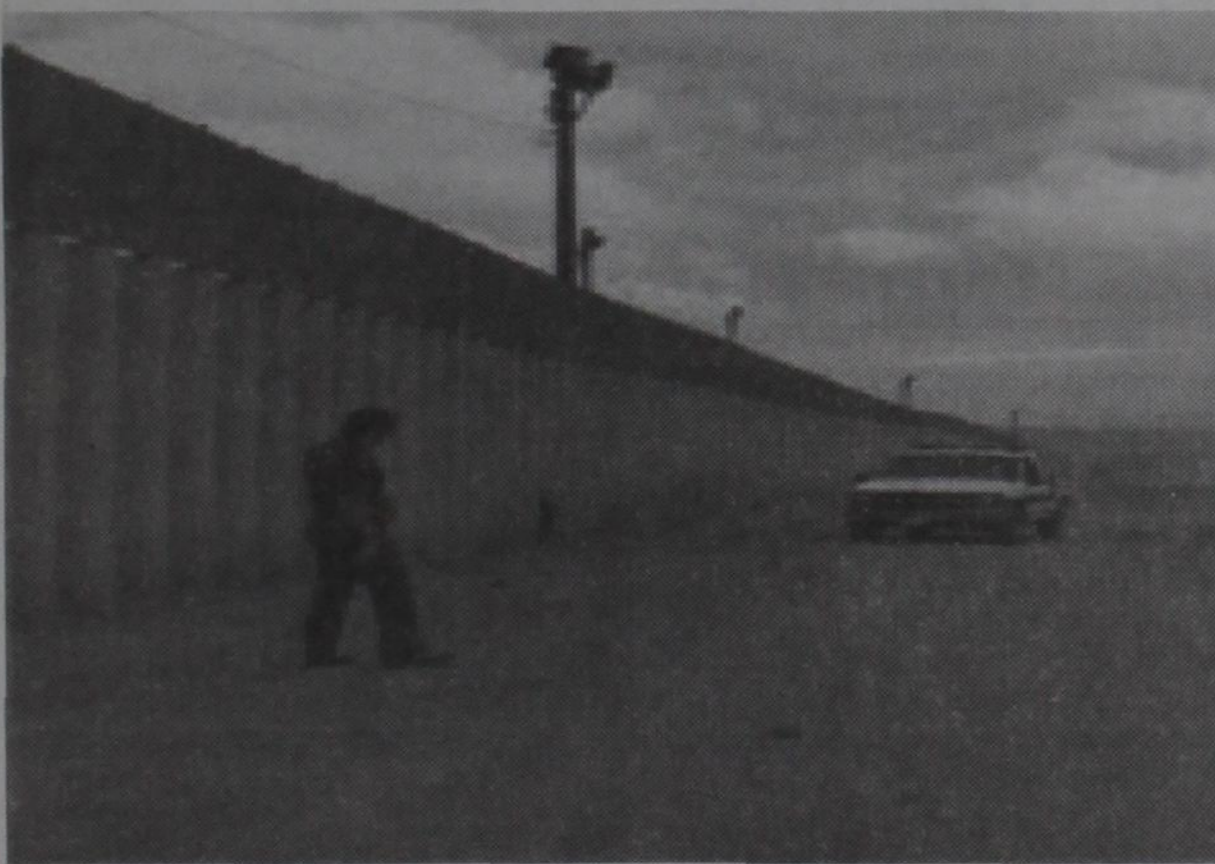
"We have to control our borders. It's no longer just an immigration issue. It's now a national security issue", Hunter stated.

The idea seems not to have had an echo in the White House. It argues that the 8-million dollar fence would be a huge waste of money.

The newspaper also mentioned some private organizations that have come up in the middle of the debate.

One of them is called "weneed-fence.com." This group said it gathered money enough to pay for a TV advertisement campaign. It would send a warning about the border not being open to terrorists.

Colin Hanna, spokesman for this group, stated that "there is incredible momentum on this issue," fueled by the specter of another Sept. 11. His group aired TV ads in Washington, D.C., this fall and plans more next year.



Deportaciones ignoran valor de inmigrantes

El anuncio de nuevas deportaciones de trabajadores extranjeros en EEUU contradice un reciente informe del Congreso sobre los beneficios de los inmigrantes para la economía, advirtieron grupos defensores de los hispanos.

"Definitivamente, esto es una paradoja", dijo Gabriela Lemus, directora de Política y Legislación de la Liga de Ciudadanos Latinoamericanos Unidos (LULAC, por su sigla en inglés), con sede en Washington.

"Más que nunca, tenemos que revisar nuestras leyes de migración", agregó.

La experta explicó que "es muy costoso deportar, no tiene sentido. Realmente no hemos avanzado en el plan de seguridad

nacional y estamos haciendo daño a la economía".

Lemus apuntó que el costo de las redadas para atrapar trabajadores indocumentados subió de 300 dólares por persona en 1992, a 1,700 dólares actualmente.

Las autoridades migratorias indicaron que el arresto de 125 trabajadores indocumentados ocurrido la semana pasada en una obra de la cadena comercial Wal-Mart en las afueras de Filadelfia (Pensilvania) fue una advertencia para el mercado laboral.

"Los empleadores que contratan foráneos ilegales a sabiendas, y aquellos que utilicen documentos falsos para obtener trabajo, enfrentan importantes cargos criminales y administrativos", dijo el agente a cargo de la Oficina de Inmigración en Pensilvania, John Kelleghan.

Según las autoridades, los trabajadores arrestados -que ahora afrontan la deportación- provenían de México y Centroamérica, y presentaron documentos falsos para obtener trabajo con empresas locales vinculadas a la obra de Wal-Mart.

La redada en Filadelfia se produjo mientras circulaba en el Capitolio un informe



de la Oficina de Presupuesto del Congreso sobre el impacto en la economía estadounidense de los trabajadores extranjeros, que hasta 2004 sumaban 21 millones.

Entre otros asuntos, el informe indicó que el flujo de inmigrantes será clave para la dinámica de la fuerza laboral en EEUU, que en la próxima década crecerá más lento que su tasa anual del 1,5 por ciento registrada du-

rante el último medio siglo.

"La salida de la generación del 'baby-boom' de la fuerza laboral bien podría proyectar un cambio significativo en el papel de los trabajadores extranjeros", indicó el reporte.

Agregó que "a menos que las tasas de fertilidad nativa aumenten, parece que la mayoría del crecimiento en la fuerza laboral de EEUU a mitad de siglo va a proceder de la inmigración".

En términos generales, "cerca del 60 por ciento del crecimiento poblacional proyectado va a venir de nuevos inmigrantes y sus hijos".

El director de la oficina a cargo del informe, Douglas Holtz-Eakin, explicó ante una comisión de la Cámara de Representantes que "mecánicamente, con la ausencia de inmigración, la economía no va a crecer".

En base a datos que muestran que los ingresos semanales de los trabajadores extranjeros de tiempo completo son, en promedio, la mitad de los de los nativos en el caso de los hombres, y tres quintos en el caso de las mujeres, Holtz-Eakin dijo que sin los inmigrantes muchas empresas se

mudarían fuera de EEUU.

"Las decisiones sobre política migratoria -en particular cuántos inmigrantes admitir, el criterio para su entrada, y cómo lidiar con las admisiones no autorizadas- parece que van a moldear la forma y composición de la fuerza laboral de EEUU en el futuro", concluyó el informe.

Michele Waslin, directora de Investigación sobre Política Inmigratoria para el Consejo Nacional de la Raza, una organización independiente que promueve los derechos de los hispanos en EEUU, también observó una contradicción entre el informe del Congreso y el anuncio de nuevas deportaciones.

"Debemos gastar menos tiempo sancionando a los trabajadores inmigrantes y más tiempo arreglando el sistema migratorio, para que los trabajadores que se necesitan vengán aquí legalmente", apuntó.

Según Waslin, "el sistema migratorio actual está roto y no permite a los empleadores contratar a los trabajadores legales que necesitan. Alienta la inmigración indocumentada y fuerza a la ley a perseguir a los trabajadores en vez de arreglar el sistema".

OPINIONS -COMENTARIOS - LETTERS

EDITORIAL

Last week's City Council meeting left a bad taste in the minds of many of Lubbock's minority community as we saw one of our City Fathers bullying our area's representative. Many of us saw Tom Martin confrontation of Linda DeLeon as an unnecessary exchange especially in front of TV cameras and a room full of citizens. The harrying by Martin reminds us of the type of overt discrimination experience by many of us in the past.

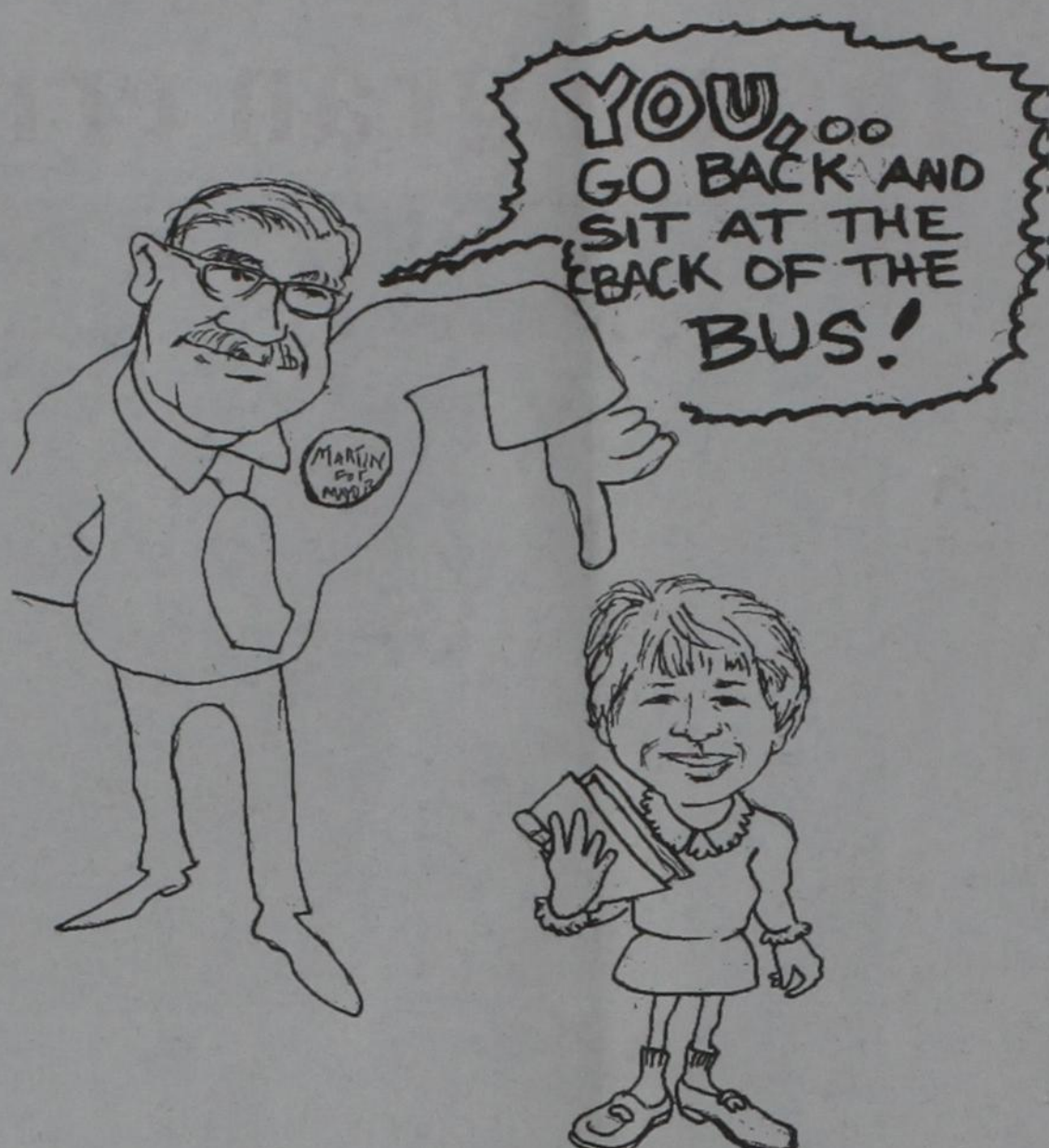
The issue that caused the incident involved the question of whether citizens comments should be censored by our City Fathers. In the end, the issue that in actuality had already been decided by the majority of the Council, went exactly as our City Fathers wanted - Citizen's comments will be censored by being excluded.

Under the new rule, citizens must now sign up seven days before each Council meeting in order to give their opinion. One problem with the new rule is that agendas for Council meeting are posted 72 hours before the meeting. In the words of many, "How can we address the issues if we don't know what they are."

To this City Council it seems to be unimportant what the everyday citizen thinks about the goings on of the City. To this City Council it seems unimportant that many in our community want what is best of r the City but

insist that City government be fair and equal. To this City Council it seems that our only recourse is to take to the street or wait until the next election.

As Abel Cruz point out, "The public may have lost this vote, but one thing we can all be grateful for is that the vote that really matters is the one we will all cast at the ballot box come next year".



Budget Cuts Will Harm Hispanic American Students

By Joe Belew

While teaching at a school for Mexican-American children, a young Lyndon B. Johnson became troubled by the realization that the majority of his students were too poor to pursue a higher education. Having been forced to drop out of college himself because of a lack of funds, LBJ recognized that if a white male in that era had difficulty paying for college, then poor Hispanics had no chance. When he became president of the United States years later, he sought to ensure that everyone had access to money for college, regardless of their socio-economic background. In 1965, he signed the Higher Education Act (HEA) and established the federally guaranteed student loan program.

Now in its 40th year, the private-public partnership that is the guaranteed loan program has proven to be one of the government's greatest success stories. More than 50 million students have used the program to pay for college, and the percentage of the entire population with a degree has risen from 8% to 25% since HEA's inception.

Regrettably, Congress is looking to reduce federal support for the program at a time when the government should be formally recognizing its many accomplishments. Proposed cuts could exceed \$15 billion and undermine the stability of the loan program, now called the Federal Family Education Loan Program (FFELP). This threatens to make student loans less available, since nearly 85% of all U.S. schools and colleges use FFELP.

The timing could not be more inopportune for Hispanic American students. Within the next 10 years, one in every five high school graduates will be Hispanic. Not only will the majority of these students be first generation Americans, many will be the first from their families to have the opportunity to attend college. There are concerns that financial, cultural and informational barriers may prevent many talented young people from viewing college as a viable option. The continued upward mobility of the Hispanic American community is contingent upon overcoming these barriers by ensuring that there is enough financial aid to fund everyone's

higher education while also raising awareness that anyone can get the student loans they need.

There has been substantial investment in FFELP by lending institutions to develop services and outreach programs benefiting Hispanic American families. Bilingual materials, college preparation seminars, financial planning counseling, classroom workshops, presentations for community-based organizations and special scholarships have all been created to let students know that college degree are not out of their reach. Tragically, the continued development of these outreach programs may be at risk if there are deep cuts to student loan programs.

The U.S. needs to maintain an educated society to remain the world's economic, technological and scientific leader. Because the Hispanic American population is growing at an accelerated rate, every effort must be made to see more Hispanic Americans in positions to assume leadership roles in all aspects of U.S. industry. Curtailing financial aid programs would hinder the cultivation of the nation's brainpower, an ever-

increasing percentage of which is located in the Hispanic American community. Cuts would signify a disinvestment by the government in the education of a significant segment of the population.

Since FFELP has consistently continued to improve its services and become more efficient, it is troubling that Congress would even consider making major changes to something that has worked so well. Students have equal access to funds for school, customer satisfaction is high, the program has been relatively free from fraud and abuse, and default rates are at record lows. In addition, the flexibility of FFELP has allowed it to easily accommodate a student population that has grown in size and diversity without becoming overburdened. In many ways, FFELP has gone above and beyond everything for which LBJ had hoped when he first saw the need to help his poor Mexican-American students. Hispanic American students should be alarmed that a program so well-positioned to help them achieve greater success is now being endangered.

Joe Belew is President of Consumer Bankers Association

New Immigration Bills Attempt to Unite Whites

By Fr. Pablo Kasun

Millions of America's workers struggle to put food on the table. More Americans live below the U.S. poverty line today than in 2001. Nearly a billion workers world wide earn \$2 a day or less. How can this be reversed? What are our leaders doing today, and what are the consequences of their proposals, laws, statements and policies? What can I do to be a beacon of light for my companions at work and the worker in the third world?

Let us look at the newly proposed laws for guest workers in light of the above questions. As David Bacon has written on various occasions, including an October 21, 2004 article on the Pacific News Service, workers lose with these kinds of proposals and laws. Why?

Some background will be helpful. In 2004 there were 15.5 million unionized workers in the United States out of a total of about 124 million. Only 12.5% of all workers are unionized. That means there are over a hundred million U.S. workers who have no organizational support in terms of unions to influence company decisions, act as one body to influence politics or to take part in the policy decisions on the local, state and federal levels.

The trend among America's leaders is to break even those unions with only 15.5 million workers. For example, on January 26, 2005 the White House released a new set of personnel rules for employees of the Department of Homeland Security. This amounts to about 110,000 workers. The rules made more non negotiable management rights; banned bargaining with the union on procedures and; put limits on negotiations between supervisors and union representatives when the

management causes conflict. The White House has hoped to apply this to more than 2 million people throughout the government.

These decisions give more power to the interests of owners and signal to the rest of the country that non-governmental corporations have support among our highest leaders to concentrate more power in the hands of the wealthy. This also signals that the gap between poor and rich will widen.

At the same time, these same leaders tell us poverty is a problem that needs to be solved. For example, President Bush told a Wisconsin crowd on August 18, 2004 that "our security is not guaranteed by force alone. We will work to change the conditions that give rise to terror: poverty and hopelessness and resentment." And on October 26, 2005 he stated in Washington D.C. that "we have an historic opportunity to ... create economic growth and reduce poverty throughout the world."

So if our leaders are serious about reducing poverty, because it gives rise to terrorism, why does President Bush signal to America's business leaders to bust more unions and disenfranchise more workers? When workers organize, they create the conditions to get out of poverty.

America's leaders use legislation to bust unions as well, of which the new immigration bills will lead. Generally speaking, the bills create visas for foreign workers for a period of three years, renewable once, after which they must leave. According to some accounts, nearly 12 million men and women from all the world's continents live and work in the United States illegally. This is nearly the total number of workers in unions in the United States.

We can now briefly analyze that

if there are 124 million workers in the U.S. with a 5% unemployment rate - do your math - that means there are 6.2 million workers unemployed. So if you deport 12 million workers and get the 6.2 million unemployed working, the United States still loses nearly 6 million workers.

So what is this immigration bill really aimed at? If we follow the logic of the current leadership of the United States, it is aimed to unite as much as possible the white class in the struggle to keep union membership low and divided. It aims for the support of liberal whites, including church groups and liberal immigrant groups, to use their prestige and connections with people of color to support one of these immigration bills, because they claim "it is the best we'll get in twenty years."

These bills aim to shore up the unity of the whites, in order to divide people of color, to fracture worker unity, to reduce support for unions, and to segregate the races. Why can't Americans vote out the politicians who are against integration of the races in three years, putting in a new Congress and a new White House, and then we could have a better immigration bill? Is this not better than having a bad bill for twenty years?

More deeply, the workers' have an interest to "decode" what President Bush says - so that we can understand what he is doing and how he is accomplishing his goals of a world caste order based on color. In this way, workers can counteract bills like these. Human solidarity is needed to destroy racism and integrate society. We need an immigration bill that integrates immigrants, rather than segregating them.

What the guest worker immigra-

tion bills do is appeal to a nobler side of white Americans. Just as there were diabolical rationalizations in the 1940s that kept blacks "in their place" that appealed to White Americans, these proposals continue the kind of racism found before and after the Civil War. Before the 1940s, the North felt sympathy for African Americans, since they were the underdogs. This was due in part because Northerners felt guilty, since they had abandoned the fight for integration and equality in the South soon after the Civil War.

Southerners felt some guilt for the plight of African Americas as well, but for different reasons. Southerners supported the U.S. Constitution which offered justice, equality and liberty for all, of which they never gave people of color. The sociologist Gunnar Myrdal points out that the South eased its conscience by pointing to the world that the problem of poverty among blacks had finally become national in scope. Nevertheless, they kept oppressing people of color. The North eased its conscience by quoting the reality that blacks were much worse off in the South. Nevertheless, they too kept oppressing people of color.

This tradition of racism transfers from one generation to the next. The new guest worker immigrant bills continue the tradition of racism. They use the latest technology to manipulate words with great sophistication and then hide its intent to divide people of color, to fracture worker unity, and to reduce support for unions. This is all in contrary to leading the world out of poverty and terrorism.

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The Vote That Really Matters

By Abel Cruz

The decision by Mayor Marc McDougal, and council members Gary Boren, Tom Martin, and Jim Gilbreath to save us from ourselves and vote in favor of a motion requiring that residents of this city wishing to speak before the council on any subject submit their request in writing a full 7 days before the meeting date served to effectively end the practice of "public comment sessions" as they have come to be defined under the Texas Open Meetings Act.

The Mayor's and the other 3 council members main concern seemed to be that citizens appearing before the council during the "citizen comments period" were making "outlandish accusations" (what those accusations were and who made them we'll never know since no council member cited any specific example), and that the council was unable to respond since the comment session does not fall under the definition of an "open meeting" as defined by the act.

In the end, the tradeoff resulted in the council agreeing to televise future "citizen comments sessions" but only if citizens followed the above voted on measure. The only problem with that is that under the new procedure, the 30 minute session does not seem to qualify as "public comment sessions", but rather as an "open meeting".

Perhaps it's too late, but I would suggest that the council take a look at a January 24, 2000 Attorney General Opinion written by then Attorney General John Cornyn, who wrote:

"...public comment sessions pose notable difficulties in predicting the subject matter of citizen comments and questions. We cannot expect a governmental body to divine or foresee the myriad of matters its constituents wish to bring to its attention. Rather public comment sessions provide an opportunity for citizens to speak their minds on an unlimited variety of subjects. They furnish an outlet for real or imagined grievances.

To require specific notice of the items raised during a public comment session would, we think, effectively end the practice. This construction, entirely prohibiting public comment sessions is inconsistent with the principles of open government advanced by the Open Meetings Act."

That the majority on the council has taken an open citizen comments session and turned it into an "open meeting" so that they are able to respond is nothing more than a political tactic designed to discourage, not encourage, citizen participation at council meetings. And it does nothing to dispute the claims made by some members of the community that the majority on this council is more interested in silencing its critics rather than inviting public discourse.

Open government and the role that a citizen plays in the political process is a basic assertion that has been around since the founding of this country's constitution. It is a belief that most people who value openness in their government institutions understand and try to live by.

If a citizen appears before the council and makes an inappropriate comment or is critical of a council member or other citizen, most people in this city are smart enough to figure it out for themselves. It is not the job of the mayor or any other council member to shield the rest of us, or those who cannot attend city council meetings, from those comments.

We as citizens have every right to view the comments if we so choose and judge the content for ourselves. I for one do not need the council to impose what could be called "parental control" on whatever I choose to view. I think most of us would agree that we already have enough governmental oversight; I for one don't need or want anymore.

If we had a progressive city council open to all citizen participation and not just those that agree with the majority, chances are that this situation would have had an entirely different outcome.

Sadly, this city took a step backward in the area of community and human relations and regressed back to a time in our history when a city council member who was fighting for her constituents and this city's citizen's interests were made to feel intimidated and "beat up". Some of us who are old enough remember the way some people in this community were treated by people who thought they were better by virtue of their authoritative attitude.

The public may have lost this vote, but one thing we can all be grateful for is that the vote that really matters is the one we will all cast at the ballot box come next year.

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Jim Hightower

THE WONDERS OF FOOD SCIENCE

It's always reassuring to see that America's scientific geniuses are busy solving the pressing problems that our society faces - such as the need to turn the dark meat of chickens into white meat.

I'm sure that you, like me, have spent many a sleepless night worrying about the fact that the average American consumer tends to disdain the dark-meat parts of chicken, preferring the white meat of the breasts. The unfortunate result is that most of the dark parts - the legs and thighs - end up being sold cheap by the giant poultry processors for export to Russia and the Middle East. You can see the urgent societal problem that this poses, can't you? Obviously, America must find a way for chicken processors to make more money on dark meat.

Well, I'm delighted to report that, once again, our public investment in science has paid off! Daniel Fletcher, a University of Georgia professor of poultry science has resolved the chicken crisis by devising a formula and a process that turns the dark meat white. Here's how: Dark meat is ground up and mixed with water to create a soupy slurry that is then spun around in a tub at very high speed. The centrifugal force separates the former chicken into layers of fat, water, and meat residue. The residue is whitish, and it can then be molded into breast-like patties and used as faux white meat in "chicken" nuggets... or whatever. Ingenious, no?

But what about flavor, you ask? Well, the professor admits that "It tastes like something you would use with Hamburger Helper." But, hey, that's another problem, and I'm sure the flavor-science boys are all over it. Meanwhile, a spokesman for the National Chicken Council says: "At the end of the day, the consumer's going to be the one to say this is a good idea or not a good idea."

This is Jim Hightower saying.... Leave Chicken Alone! To give this chicken-plucking industry your two-cents worth about chicken whitening, call the Chicken Council: (202) 296-2622.

EL EDITOR

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Start-up aims to boost availability of Latin music online

By Doreen Hemlock
The marketing guru who pioneered the Internet for Latin America on Monday launched a venture to promote Latin music -- also online.

Fernando Espuelas announced the start-up of VOY Music, www.voymusic.com, a Web platform where Latin artists can promote and distribute their music and where consumers can tap into an Internet radio network with 23 Latin music stations, buy Latin music online, read news on Latin music, blog and access other features.

The venture is part of Espuelas' larger VOY LLC, a multi-media group that also includes film, TV, radio, books and other units aimed largely at U.S. Hispanics and in English.

VOY Music will be run from offices in Miami, New York, Los Angeles and Buenos Aires, with satellite offices planned in Spain and in Latin America next year, the company said in a statement Monday.

Leading the new venture is Alejandro Cosentino, a former marketing executive for American Express in Latin America, as chief executive. Former MTV Latino video-jockey Ruth Infarnato is content director, Latin music industry veteran Rudy Vila vice president for business development and Gabriel Paluch chief technology officer.

VOY Music executives say

they're tapping a strong market. A study this year by AOL Roper that found that 55 percent of U.S. Hispanics like to listen to music when online, compared with 41 percent for the general U.S. population. And 37 percent of Latinos had downloaded music, vs. 25 percent for the U.S. population.

Furthermore, Latin music is gaining ground with non-Latinos, who also enjoy salsa, reggaeton and other genres, Espuelas said in an interview.

VOY Music hopes its Internet venture can help democratize Latin music, boosting the power of consumers and musicians in an industry long controlled by big record labels and promoters.

Spearheading the effort is Uruguay-born, U.S.-raised Espuelas, who founded New York-based Star Media Networks Inc., the first Internet portal in Spanish and English to go public on Wall Street. After the dot-com bust when he personally lost \$500 million, Espuelas shifted gears to focus on U.S. Hispanics, a fast-growing market of more than 40 million people that is the largest U.S. minority group.

Espuelas said VOY Music is "probably the most fun product I've ever worked on." He especially likes the Internet station for Latin indie pop to find new artists: "It's just cool U.S.

Varios ganadores se llevaron dos American Music Awards y Shakira triunfó en la categoría Latina

Shakira se alzó como la Artista Favorita de la Música Latina en la ceremonia de anoche de los American Music Awards, en la que varios artistas solistas o grupos se llevaron dos premios cada uno y en la que destacaron varios duetos musicales.

Mariah Carey, con cuatro nominaciones, la gran favorita de la noche, sólo se llevó un premio, el de Artista Femenina Favorita en el género de Soul/R&B. En cambio artistas como Tim McGraw, Kelly Clarkson, Destiny's Child o The Black Eyed Peas salieron del Shrine Auditorium con dos de las preseas AMA.

La estrella de country McGraw, cuyo premio como Artista Masculino Favorito en su género fue el primer AMA de su carrera, repitió cuando su obra Live Like You Were Dying fue nombrada Album Favorito de la misma división.

Destiny's Child, el trío que este año anunció su disolución, fue nombrado Grupo Favorito de Soul/R&B y su Destiny Fulfilled se alzó como Album Favorito en el mismo género.

El grupo The Black Eyed Peas fue nombrado Grupo Favorito en los géneros de Pop/Rock y Rap/Hip-Hop mientras que Kelly Clarkson se llevó el premio de Artista Favorita en la división de Música Contemporánea Adulta y el premio especial de votación de televidentes por teléfono móvil.

Shakira, quien participó en la ceremonia transmitida por ABC entregándole el premio a Mariah Carey —uno de los primeros de la noche— reconoció ante la prensa tras bastidores que éste ha sido su mejor año.

"Estoy asombrada de que el disco en español haya tenido tan buena acogida en países donde no se habla español" dijo en referencia a Fijación oral, no sin dejar de mencionar que uno en inglés, titulado Oral Fixation, saldrá al mercado la semana próxima.

Ante una pregunta, la cantante colombiana confirmó no ser la misma que cuando se inició. "La gente cambia, yo cambio; cambia la manera de sentir y de escribir", apuntó, explicando que no se inclina por hacer cine por ser un compromiso demasiado serio "que por ahora no quiero tomar".

El grupo de rock Green Day —que no asistió a la ceremonia— recibió el premio de Album Favorito de Pop/Rock, por American Idiot.

En una categoría de género combinado, el grupo de música country Sugarland superó a los rockeros alternativos The Killers y al cantante pop Jesse McCartney por el premio al Artista Breakthrough (nuevo de mayor penetración). La vocalista del grupo agradeció al público de la música country que le ha permitido comenzar exitosamente su



el galardón al Artista Masculino Favorito en la división rap/hip-hop donde rivalizó frente al rap-

ero 50 Cent y Ludacris.

La ceremonia efectuada en el histórico auditorio angelino y que se inició con la actuación musical de Mariah Carey, se distinguió por varios duetos. Cindy Lauper, que acaba de editar un CD con nuevas versiones de sus grandes éxitos, interpretó su clásico Time After Time junto a Sarah McLachlan, en uno de los momentos más emotivos de la velada.

Además, Gwen Stefani cantó junto al rapero Pharell y Carlos Santana se presentó junto a su grupo protegido The Lonely Boys, repitiendo la combinación que formaran este año en los premios Grammy.

Entre otros artistas que se presentaron durante el programa estuvieron Lindsay Lohan, Keith Urban y Eurythmics. Los Rolling Stones cerraron el programa desde una transmisión en vivo de su actuación en Salt Lake City, Utah.

Demandan Reforma Migratoria Nuevos Datos Sobre Indocumentados

A la luz de un nuevo estudio que revela que en los últimos años llegaron al país más personas indocumentadas que inmigrantes legales, grupos defensores de los hispanos urgen a que se apruebe una reforma migratoria.

"El informe provee evidencia de que el sistema migratorio está averiado", dijo Michele Waslin, directora de investigación sobre política inmigratoria para el Consejo Nacional de La Raza (NCLR), organización que promueve los derechos de los hispanos en el país.

De acuerdo con el estudio divulgado el martes por el Centro Hispano Pew, el flujo de inmigrantes al país alcanzó un pico de 1.5 millones en 2000 y a partir de entonces se redujo. Pero la cantidad de extranjeros que ingresaron sin documentos bajó menos y sobrepasó al número de personas que lo hicieron con autorización.

El año pasado Estados Unidos recibió unos 562 mil nuevos inmigrantes indocumentados, cifra similar a la de una década atrás, mientras que los inmigrantes legales sumaron 455 mil, calculó la investigación sobre la base de los datos de la oficina del censo.

Los datos sugieren una sintonía entre el flujo de inmigrantes y el desempeño de la economía estadounidense, pero a la vez contrastan con el aumento de las medidas de seguridad en la frontera, especialmente después de los atentados terroristas de septiembre de 2001.

"El fortalecimiento [de la seguridad] a lo largo de la frontera no condujo a un descenso de la inmigración indocumentada", indicó Waslin.

"Mientras agregamos tecnología y agentes que patrullan la frontera, la inmigración siguió aumentando".

La experta dijo que los datos muestran la necesidad de aprobar un proyecto "realista" de reforma migratoria como el presentado por los senadores John McCain (repblicano) y Edward Kennedy (demócrata), que contempla opciones para la legalización de unos 12 millones de inmigrantes indocumentados en el país.

Un editorial del diario The New York Times afirmó el lunes 26 que una reforma migratoria basada en ese proyecto "podría estar entre los legados más importantes y positivos" de la presidencia de George W. Bush. Sin embargo, la iniciativa ha provocado diferencias internas dentro del gobernante Partido Republicano.

Otros dos proyectos de ley, el conocido como Dream Act para legalizar a cerca de 65 mil inmigrantes indocumentados que estudian en las universidades y el denominado Agjobs para regularizar hasta 500 mil

trabajadores agrícolas que ya están en el país, se estancaron en el Congreso pese a que antes de las presidenciales de 2004 concitaron apoyo bipartista, indicó una fuente del Capitolio al tanto del tema.

"En vez de seguir buscando excusas, ¿por qué no nos enfrentamos a la realidad que tenemos?", preguntó Gabriela Lemus, directora de política y legislación de la Liga de Ciudadanos Latinoamericanos Unidos (LULAC), con sede en Washington.

Lemus sostuvo que el nuevo informe sobre los inmigrantes "indica que se necesita hacer una reforma de migración amplia y exhaustiva".

Como ejemplo de las fallas del sistema actual, señaló que buena parte de los extranjeros que ingresan ilegalmente a EU provienen de México, mientras el número de visados que se otorga a ese país es significativamente menor que la demanda, lo que provoca atrasos burocráticos y largas listas de espera.

Former Telemundo President Spicing up the Silver Screen

Jim McNamara started tailormaking telenovelas for U.S. Hispanics as president of Telemundo -- now he's launched a new company to produce movies with the same strategy.

"I feel there's a huge market out there," McNamara said from the Coral Gables office of Panamax Films. "There are three full-blown Hispanic TV networks out there, cable and radio, but it doesn't make sense that there are really no commercial features in the mix."

Especially because Hispanics tend to be avid movie fans.

According to Scarborough Research, 34 percent of Hispanics report going to the cinema in the past week, as compared to 19 percent of non-Hispanic whites and 17 percent of blacks, and they are 21 percent more likely to see a film within two weeks of its release.

Despite those numbers, Hollywood has been slow to latch on to target Hispanics as a market although there have been spotty attempts, such as Chasing Papi and A Day without a Mexican.

"They've done OK at the box office, but when you think how large this market is, it boggles the mind why don't they do better?" said Robert Bucksbaum, president of

reelsource.com, a box-office research firm. "It's a difficult market because it hasn't been successful in the past."

And just because a film is in Spanish does not mean it will resonate with U.S. Hispanics. Many Spanish-language films seen here fall into the art-house/foreign category, such as Spanish director Pedro Almodóvar's films, or Latin American movies like Y Tu Mamá También, which are generally not big with Hispanic audiences.

Even some Hispanic-themed movies aimed at mainstream audiences have not done that well with Hispanics as a group, Bucksbaum said, citing Selena.

"You've really got to find out what they like. Action-adventure is their game, for one," he said. "It's a huge market and they deserve to have films made to their tastes."

That was McNamara's concept two years ago at Telemundo when the Hialeah-based network began filling its prime-time programming schedule with homegrown telenovelas, mini-series and dramas instead of imported programs from Latin America.

With Panamax, McNamara now aims to make movies that

continued on page 4

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SPORTS/Deportes

Henderson Responds to the question "Did I Score?"

Texas Tech RB Taurean Henderson had a simple response to the debates that raged over whether he scored on the final play against Oklahoma on Nov. 19.

"Did I score? I think they called it on the field -- yay," Henderson said.

They did, only after Tech fans and players waited anxiously for a replay to uphold the call and give the Red Raiders a 23-21 victory that leaves them 9-2 overall, 6-2 in the Big 12 and, in all likelihood, bound for the Cotton Bowl.

The victory was the ninth straight at home for Texas Tech and was the first in six tries for coach Mike Leach against his former boss at OU, Bob Stoops.

Aikman, Reggie White head Hall of Fame nominees

Former Dallas Cowboys quarterback Troy Aikman and perennial All-Pro defensive end Reggie White head a list of 25 semifinalists for the Pro Football Hall of Fame.

The board of selectors chose them from a list of 112 preliminary nominees, the hall said Thursday. A list of 15 finalists will be announced in mid-January.

The class of 2006 will be determined at the selection committee's annual meeting Feb. 4 in Detroit, the day before the Super Bowl.

The list of 25 will be reduced by mail ballot to 13 modern-era candidates. The list will increase to 15 finalist nominees with the inclusion of the two recommended candidates of the hall's seniors committee.

This year, they are former Oakland Raiders coach John Madden, and former Cowboys tackle Rayfield Wright.

Aikman led the Cowboys to three Super Bowl victories and

the regular-season finish is the best for Tech since 1976.

Henderson's 69th career touchdown run, on which officials ruled he stretched the ball over the plane of the goal, was the third play reviewed over the final 31 seconds. The first ruling confirmed a fourth-down conversion to keep the game-winning drive alive, while the second nullified a touchdown with nine seconds left.

"I'm sort of starting to rethink my position on instant replay," Texas Tech coach Mike Leach said. "I've had some mixed feelings for a while on it. It just doesn't seem like we're much better off with it."

Yet in this case, the Red Raiders

seemed to benefit. Stoops had more reason to make a bigger issue of the reviews, yet declined.

In any case, the late rally, forced after the Sooners scored with 1:33 remaining, will go down as one of the most memorable finishes in Tech history. Even with Oklahoma reloading this season, a victory over the Sooners further validates the work Leach and his staff are doing.

WBC names two challengers for heavyweight champ Rahman

The World Boxing Council ordered interim heavyweight champion Hasim Rahman to fight James Toney, and the winner to meet Oleg Maskaev.

The challengers were named on Friday "with the goal of ratifying the indisputable championship of Rahman and in order for him to make his obligatory defense" the WBC said in a news release.

Rahman was voted WBC champ on Nov. 10, a day after titleholder Vitali Klitschko retired with a knee ligament tear. Injuries forced Klitschko to postpone a title defense against Rahman four times this year.

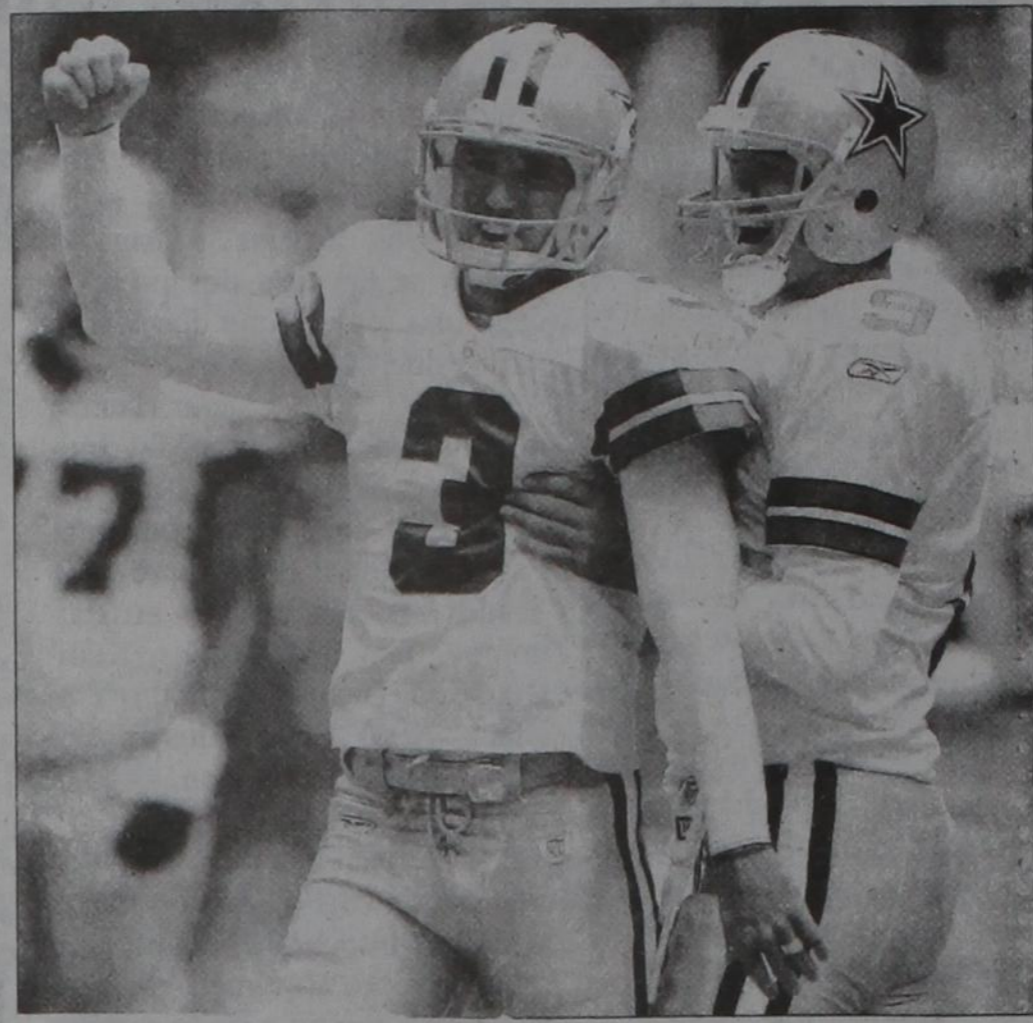
Rahman regained the WBC title he'd won from Lennox Lewis in 2001, before losing it back to Lewis later the same year.

Toney won the WBA title in April by beating John Ruiz, but then he tested positive for steroids, was stripped of the title, banned from boxing for 90 days, and banned from fighting for the WBA belt for two years.

Last month, Toney beat Dominick Guinn easily in 12 rounds to improve his record to 70-4-2, and retain the fringe IBA title.

Maskaev, a U.S.-based Kazakh, last weekend won a unanimous decision over Sinan Samil Sam in Hamburg, Germany in what was regarded as a WBC heavyweight eliminator. He has 32 wins in 37 fights.

Cowboys see the Broncos game as a measuring stick



This is the game when they find out just how good they are.

The Cowboys (7-3), who are tied with the Giants atop the NFC East, believe they are good. But there is no question about the Broncos (8-2).

Denver is easily the best team the Cowboys have faced this

year, and some players believe the Broncos are playing as well or better than any team in the league -- including the undefeated Colts.

"It's a huge test," defensive tackle La'Roi Glover said. "Denver is good, real good. This will be a heck of a challenge."

Cowboys report: Strategy & Personnel

--TE Brett Pierce (knee) was placed on injured reserve Monday. He was one of the Cowboys' better special teams players. The Cowboys likely will sign practice squad TE Sean Ryan to replace him.

--QB Drew Bledsoe has passed for less than 200 yards in three of the last four games. Against the Lions, he passed for a season-low 110 yards and failed to throw a touchdown pass for the first time all season.

Coach Bill Parcells said the problem is not with Bledsoe but the game plan. He said the Cowboys are not throwing as much as they did earlier in the season.

--LB Dat Nguyen has gone from being a starter to a role player in the nickel defense. When Scott Shanle was injured against the Lions on Sunday, he was replaced by Ryan Fowler in the regular defense, with Nguyen coming in on the nickel defense.

--CB Anthony Henry played primarily nickel defense against the Lions as he is still hobbled by a strained groin. Henry said he is looking forward to the 10-day layoff following the Broncos game before the next game against the Giants. It will be a

time for him to heal and hopefully be 100 percent for the final push.

REPORT CARD VS. LIONS PASSING OFFENSE

D -- Quarterback Drew Bledsoe passed for just 110 yards, his lowest output of the season. He also didn't throw a touchdown pass for the first time all season.

RUSHING OFFENSE

A -- The Cowboys didn't run spectacularly, but they ran often and controlled the clock with 42 carries for 149 yards. Julius Jones rushed for 92 yards on 21 carries.

PASS DEFENSE

A -- Detroit's Roy Williams got loose for a few receptions, but he is going to get his catches. Still, the Lions managed only 169 yards through the air. DE Greg Ellis had a sack and forced a fumble. CBs Terence Newman and Aaron Glenn played outstanding pass defense.

RUSH DEFENSE

A -- The Cowboys never let running back Kevin Jones get untracked. They held the Lions to 57 yards on the ground, their second-stingiest effort of the season.

SPECIAL TEAMS

"You got a team that is probably the best in the league," receiver Keyshawn Johnson said. "With all due respect to the Colts, the Broncos have played superior opponents. They have a quarterback on fire and a running game that has always been one of the best. We will have to have our 'A' game. You can't come in with your 'B' game and expect to win."

The Cowboys, who have been sluggish in their past two wins, know they have to play better in order to beat the Broncos.

"We didn't play up to our standards," quarterback Drew Bledsoe said. "But it's a good problem to have, winning and not playing well. But we understand we have problems and we have to correct them if we want to continue to win."

The Cowboys say they need to be more consistent on offense, and they also must improve their pass blocking.

Protection for Bledsoe has been suspect since left tackle Flozell Adams was injured against the Giants.

A -- New-old kicker Billy Cundiff made a team-record 56-yarder in his first game back. P Matt McBriar downed three kicks inside the 20, and the Cowboys didn't give dangerous return man Eddie Drummond any room to run.

COACHING

B -- In beating the Lions, the Cowboys won their third game in a row for first time since 2003. They accomplished that task despite a sluggish performance.

--Cowboys coach Bill Parcells says his team doesn't have to be perfect. He just wants his players to have more consistency.

Parcells was particularly frustrated with the team's inability to run the ball in from the 1-yard line against the Lions. Running back Julius Jones as stopped for no gain on three straight tries before the Cowboys settled for a field goal. Parcells blamed defensive end Marcus Spears, who plays fullback in short-yardage situations, for missed blocks on two attempts. He said tight end Brett Pierce got beat on the other.

--Because of the short week, the Cowboys don't have a lot of time to prepare for the Broncos.

Spicing Up the Silver Screen

continued from page 3

reflect the experience of U.S. Hispanics, first by acquiring distribution rights to several films until its own production pipeline fills up.

Panamax's first venture got off the ground this fall as a marketing partner for the scatological slapstick comedy El Vacilón The Movie, which stars New York's top Spanish-language morning jocks, Luis Jiménez and Moonshadow, known as El Vacilón.

"I went to every single theater that it opened in and looked at the lines -- they were around the block," said McNamara, who left Telemundo last spring after failing to reach an agreement to extend his contract with parent company NBC Universal.

It shows there's clearly pent-up demand for films that have a situation or an experience Hispanics can relate to."

In January, Panamax plans to release La Mujer de Mi Hermano, which has been a hit drama in Mexico. Panamax gained the U.S. distribution rights.

The company then plans to start shooting its own productions early next year, including Reggaeton, a New York story revolving around the Hispanic hip-hop genre.

Another film to go into production in March relates the story of a little boy in Mexico who sets out to find his mother, who works as a maid in Los Angeles, when his grandmother dies.

"That's a 'relatable' experience for people all over Latin America," McNamara said.

Panamax aims to produce six to eight features a year, both in English and Spanish.

To form Panamax, McNamara teamed up with two partners:

Santa Monica, Calif.-based independent studio Lions Gate Films, which is providing the financial muscle in return for a stake in the film and distribution rights, and New York-based screenwriter Benjamin Odell as head of production and development. Odell is a former telenovela writer in Colombia who penned the prize-winning film Golpe de Estado.

For Lions Gate, Panamax's Hispanic strategy fits well with the studio's mission of pinpointing sizable niche audiences that Hollywood majors largely ignore. Those include horror -- Saw is a Lions Gate release -- and black family entertainment like director Tyler Perry's works, which include Diary of a Mad Black Woman.

"We see the Latino market as something that's been historically underserved on the feature side," said Peter Wilkes, studio spokesman. "We'd like to be first movers into that space, producing quality films that are commercially exciting."

McNamara said he teamed up with Lions Gate after talking with Universal Studios for six months without reaching a deal.

Lions Gate Chief Executive Jon Feltheimer goes back a ways with McNamara. A former Sony Pictures Entertainment executive, he brought McNamara in to run Telemundo when Sony owned the network.

"Jim has a terrific track record with Telemundo and Jon has a long relationship with him," Wilkes said. "He has the ideal qualifications to spearhead this initiative."

Down the road, McNamara envisions distribution in Latin America and releases on DVD, TV and pay-per-view.

"We have about 25 movies on the slate already," McNamara said. "I definitely see it as a great marketing opportunity. It's always fun to build a business, see a new market segment opening up."

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Bush introduces temporary workers plan

President George W. Bush's current administration introduced a Temporary Workers Plan (TWP) to the Congress. It will bring together employees and employers, without opening the doors to migratory legalization.

The proposal, introduced by the Department of Homeland Security's Secretary, Michael Chertoff and the Secretary of Labor, Elaine Chao, will force the workers to pay a strong fine in order to be in the program and they will not have an additional advantage to get the American citizenship.

"The TWP will deal with two big problems from our migratory system: the high American demand for workers and the active participation of some eight million undocumented people in the US' economy", Chertoff explained. Chertoff and Chao insisted the program was not a migratory "amnesty" and made it clear the fine, which amount was not disclosed, is a way to punish those who broke the law by entering the US with no documents.

The plan is excluding migrants subject to deportation. It will replace the current federal programs for non-qualified workers and will envisage the possibility of new measures for law enforcement, in the borders as work place.

At the end of the program, which lasts three years, can be extended other three years once, the workers must return to

their home countries.

During the program, still to be passed by the Congress, the workers will be able to get out the country and return, after getting a biométric document.

Before getting in the program, an employer must prove before the Labor Department that it was not possible to hire an American worker.

The plan is a part of a three-front strategy which will also include tighter security in the border and a strong temporary workers' compliance interior program.

The program can be applied to undocumented people from all countries.

TWP's Bush administration contrasts with an integral proposal from the senators John McCain and Ted Kennedy. It opens the path for thousands of undocumented to get the permanent residence and citizenship.

McCain-Kennedy's initiative would create two new visa categories, which would allow the undocumented immigrants' legalization.

One of them would make possible for 480 thousand migrants to come to the US. The other would open a legalization path to an undisclosed number of undocumented immigrants who are in the country.

The democrats have pointed out that initiatives not including a legalization element are not enough to solve the migratory problem. Studies show that undocumented migration is greater than the legal one.

The Chicana 'Role Model' who stepped on Political Toes

By Marisa Treviño

The reunion held on the grounds of the Texas A&M University-Kingsville campus during this year's annual celebration of Hispanic Heritage Month was something of a family party.

The people who gathered had bonded with one another during their undergrad days, when the school was known as Texas College of Arts and Industries/Texas A&I University, and they were known as the campus' Chicano activists.

The A&I Chicano Activist Colloquium reunion brought together alumni who were the students on the frontlines at the height of the Chicano movement, demanding fair treatment from school administrators and county officials. They were also the ones who weren't afraid to confront injustice publicly - to hell with the consequences.

These days, too many of us feel that style of protest belongs in another era. Yet, if the Chicano activists left any kind of legacy, it was that a stand for justice involves a hard fight.

Today, nobody knows that better than 30-year-old San Antonio, Texas, native Elizabeth Reyes. Until several weeks ago, Elizabeth epitomized the fulfillment of what every Chicano activist fought so hard for.

Daughter of Mexican immigrants, Elizabeth was a college graduate who returned home and worked as an AmeriCorps volunteer for Habitat for Humanity.

Soon fed up that she could offer no more than a shoulder to cry on to the Habitat families who constantly faced legal problems, Elizabeth decided to become a lawyer.

In May 2005, she was hired as a staff attorney in the elections division of the office of the Texas Secretary of State. She embodied the kind of Latina success story that newspapers like to profile and the rest of us use to inspire the next generation. Three months later she was fired.

As a lawyer, Elizabeth knows Texas law well. So, when a call was transferred to her desk from someone asking a "hypothetical" question about residency requirements and vote fraud, Elizabeth answered it.

What she didn't know was that the caller was a Washington Post reporter and the ques-

tion referred to Bush's advisor, Karl Rove.

In fact, Elizabeth didn't know she had been quoted in a Post article until her mother told her. By then, all hell had broken loose in Elizabeth's office.

Her boss, Secretary of State Roger Williams, a longtime amigo of Rove's, fired Elizabeth after hearing from his friend. Since then, Williams has refused to talk about the dismissal, only to say that Elizabeth was fired for violating agency policy that says staff can only respond to routine questions.

However, the press policy doesn't define what a "routine question" is, nor does anybody seem to know if it's a policy that is regularly enforced.

No matter, Elizabeth knows she did nothing wrong and is fighting to get her job back. She followed procedure and filed an appeal. It was denied.

So, in between looking for a new job to pay her bills, Elizabeth enlisted a former boss to

Esa incómoda acidez estomacal

Ese fuego que recorre el tórax podría ser el síntoma delator del reflujo, que se produce cuando el ácido gástrico asciende desde el estómago e invade el esófago debido a un defecto en la válvula que bloquea el tránsito entre ambos.

Padece reflujo no es un hecho patológico. Se produce también en adultos sanos, incluso en niños y adolescentes, aunque para algunas personas esta indigestión ácida es tan frecuente y severa que interfiere en el desarrollo normal de sus actividades diarias.

De acuerdo con el doctor Gustavo Alza, con práctica en Los Ángeles, el reflujo es un problema muy común en la comunidad latina; sin embargo, pocos saben identificar la enfermedad porque desconocen los síntomas o los confunden con un simple malestar.

"Se confunde mucho con lo que llaman agruras, pero el reflujo es un malestar constante y más molesto que ese sabor ácido", comentó Alza, quien forma parte del cuerpo médico de los hospitales Huntington Memorial de Pasadena y Glendale Memorial.

En un estudio realizado por AstraZeneca, una de las principales empresas internacionales de cuidados médicos dedicada a la investigación de farmacéuticos, se reveló que 6.1 millones de latinos en Estados Unidos sufren de reflujo ácido.

De ellos, según la encuesta realizada, en cinco estados del país, más del 60% no están fa-

miliarizados con los síntomas y lo grave es que desconocen que éstos forman parte de un problema médico.

En Estados Unidos hay 29 millones de estadounidenses con esta enfermedad.

Los trastornos del reflujo podrían alterar la calidad de vida de quien lo padece. Hasta hace pocos años, se había considerado el reflujo como una afección menor, ya que no comprometía la supervivencia del paciente.

Sin embargo, según el doctor Alza, aunque no provoca directamente la muerte, sí podría ocasionar cáncer, inflamación o úlceras en el esófago, además de un tipo de cicatriz producida por la acidez.

El médico aseguró que el reflujo es curable y existen varios métodos que se pueden aplicar al paciente que lo padece.

Hay quienes conviven con las molestias diarias debido a la extendida costumbre de automedicarse con antiácidos y sustancias como el bicarbonato. Sin embargo, el tratamiento farmacológico es eficaz y puede, además, evitar complicaciones de la erosión ácida en el esófago.

Alza dijo que lo más indicado es diagnosticar al paciente y recomendarle los medicamentos más adecuados o incluso someterlo a otros tratamientos.

¿Qué es exactamente?

Todavía es una incógnita la causa exacta del reflujo. El doctor Alza comentó que todos los seres humanos nacemos con ello; sin embargo, hay quienes lo desarrollan más.

the political influence to make her life hard.

Secretary of State Williams has repeatedly said that Rove did not ask that Elizabeth be fired. Yet, though he knows by now that she has been, Rove hasn't made any effort either to ask that she get her job back.

The U.S. Census reports that there are 38,100 Latino lawyers in the country. One less because of crony vengeance should anger us all and serve notice that the fight for justice is far from over (c) 2005, Hispanic Link News Service.

"Es normal tener un poco de reflujo, el problema es cuando se produce la secreción interna de acidez en el estómago", comentó.

Lo que se sabe es que distintos mecanismos neurológicos y musculares intervienen en el proceso de relajación y contracción de las válvulas que cortan la comunicación entre el esófago y el estómago. El reflujo ocurre cuando el ácido sube al esófago, causando irritación en la capa interna de éste.

Una válvula ubicada entre el esófago y el estómago, llamada Esfínter Esofágico Inferior (EEI), deja de cerrar apropiadamente. En condiciones normales, la conexión está ocluida y sólo se abre para permitir el paso del bolo alimenticio al estómago. Sólo el acto de comer estimula la apertura. Cuando esa válvula no cierra apropiadamente, permite que el ácido estomacal suba al esófago, irritándolo.

En la mayoría de los casos el reflujo se debe a que el esfínter se relaja temporalmente en un mal momento, es decir, mientras se produce la digestión.

Cuando la relajación temporal ocurre con mayor frecuencia y uno de estos factores se altera, la agresión continua del reflujo sobre la pared de este órgano puede acarrear una dolencia crónica. Es que, al contrario que el estómago, el territorio esofágico no está preparado para hacer frente a las enzimas digestivas que disuelven los alimentos ingeridos.

El reflujo requiere tratamiento médico crónico para controlar adecuadamente los niveles de ácido o podría tener consecuencias a largo plazo, como daños potenciales en el esófago.

Alza negó que este problema tenga origen en el tipo de comida o condimentos que se consumen, aunque algunos de ellos podrían agudizarlo.

Lo que el médico sí menciona como una consecuencia es la calidad de vida que lleva cada persona, por ejemplo, el exceso de presiones, la tensión emocional o el estrés, aunados a la falla de la válvula entre el estómago

y el esófago.

"Estas emociones facilitan que en el estómago se produzca acidez", comenta el doctor.

Aunque hay bebés que nacen con reflujo y adolescentes que lo padecen, es más rápido de detectar porque los padres de llevan al médico en cuanto éstos se quejan de las molestias. Sin embargo, los adultos no toman así la situación, sino que relacionan el malestar con agruras y se automedican sin acudir a un profesional de la salud.

Síntomas por atender Si usted es de las personas que padecen de frecuencia ese ardor en el tórax, la sensación de eructar en exceso, siente el estómago con aire y tiene esos padecimientos con frecuencia y desde hace tiempo, debe acudir al médico. Alza dijo que esos son los síntomas más evidentes.

"A veces es una sensación que nos parece común, incluso consideramos normal sentir ese ardor después de consumir ciertas comidas, pero eso no debe ser normal".

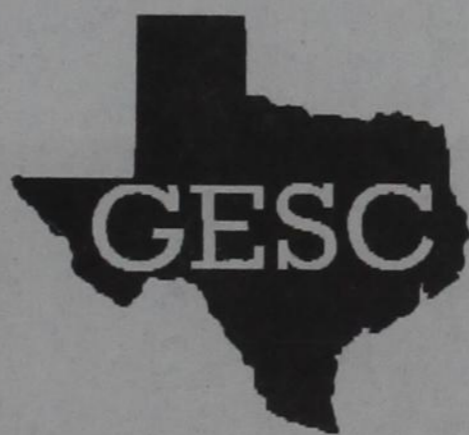
Alza comentó que, en el caso de los niños, la enfermedad tiene una reacción inferida y no se diagnostica tan seguido como en los mayores de edad. Los niños no presentan problemas de úlceras gástricas o de esofagitis y eso se debe en parte al tipo de vida que llevan, la cual es muy diferente a la de los adultos.

Para los médicos es fácil detectar el reflujo cuando se cuenta con el historial clínico del paciente. El doctor Alza explicó que los estudios que realizan para detectar el reflujo son muy capaces de diagnosticar la gravedad del problema.

Hace algunos años, las radiografías eran la única opción de los médicos para detectar la enfermedad, pero no podían observar algún cambio delicado. Ahora se realiza la endoscopia con o sin toma de biopsia, una esofagoscopia y tomografías.

"Ahora es más fácil detectar si algo parece peligroso, si es realmente reflujo o se trata de alguna otra enfermedad", concluyó Alza.

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Many coastal communities remain isolated after Tropical Storm Gamma caused severe flooding and mudslides.

Latinas at Risk for Drinking during Pregnancy

By Robert Preidt
Conventional wisdom has long suggested that low-income Hispanic women are less likely to drink during pregnancy than U.S. women from other backgrounds. But a new study finds that's not the case.

The University of California, San Diego study found that these women drank similar amounts of alcohol in the three months before they know they're pregnant (the periconceptional period) as women in other racial/ethnic groups.

The finding, from a study of 100 pregnant low-income Hispanic women in San Diego County, appears in the November issue of Alcoholism: Clinical Experimental Research.

"Traditionally held cultural values that discourage women from drinking alcohol may change when women, such as Latinas, emigrate to the U.S.," study corresponding author Christina D. Chambers, an assistant professor of pediatrics and family and preventive medicine at the University of Califor-

nia, San Diego, said in a prepared statement.

"Furthermore, due to cultural, educational or language barriers, low-income Latinas may be less likely to admit to alcohol use and/or have less accurate awareness of the risks of drinking during pregnancy," Chambers said.

"We found that 43 percent of pregnant Latinas in our sample reported some alcohol consumption in the three months before recognizing they were pregnant, and that 20 percent of the pregnant Latinas reported at least one binge episode of four or more standard drinks during that same time period. These figures are similar to many other race/ethnic groups in the U.S.," Chambers said.

"The typical myth in the past is that Latina women don't drink, but in fact, this is a population that is at risk, and we need to provide this population with the supports that they need to decrease their drinking during pregnancy," O'Connor said.

Steps to Take to Help You Stop Snoring

Let's face it: Snoring is not sexy. It's annoying. It's an ugly sound. It wakes others up. And it's responsible for many separate beds.

In fact, it's been estimated that, in marriages in which one partner is a habitual snorer, couples sleep apart.

Two-thirds of partnered adults say their partner snores, while 59 percent of all adults say they snore, according to the National Sleep Foundation's 2005 "Sleep in America" poll.

Snoring occurs when the air passages become obstructed and air cannot flow smoothly through them. Obstructions can be caused by an upper respiratory infection, an allergy, a deviated nasal septum or even nasal polyps. An unhealthy lifestyle can compound the problem.

Take heart: Chronic snoring is largely treatable. Changes in eating and sleeping habits, as well as over-the-counter treatments, can ease the problem.

One option that has worked for some is "Z-Snore" from the "Spray" line of sublingual sprays. Developed by doctors, the spray meets all Food and

Drug Administration guidelines for good manufacturing practices. It is made with natural ingredients that treat inflammation of the nose and air passages, obstruction or dryness of the mouth and throat and other problems.

These additional tips also may bring relief:

*Sleep on your side. Sleeping on your back pulls the tongue against the back of your throat and partially obstructs the airflow.

*Clear your sinuses before bedtime.

*Limit alcohol consumption. Alcohol relaxes the throat muscles.

*Quit smoking. Smoking dries out and irritates the airways, which contributes to the problem.

*Lose weight. Snoring is common in overweight people. Extra fat around the neck puts more pressure on the airways.

If these precautions or natural treatments do not help your condition, or your snoring is severe, consult your physician.

By taking certain measures, you can enjoy a restful, snore-free sleep.

Es hora de trinchar el pavo

El pavo es por tradición el platillo principal de la cena del Día de Acción de Gracias y, aunque lo preparamos todos los años casi siempre de la misma manera, a la hora de cortarlo siempre surge la misma pregunta: ¿por dónde empezar?

Primero, tenga a mano una tabla de cortar limpia y lo más grande posible, ya que debe tener espacio suficiente para colocar el ave.

En las tiendas hay unas tablas de madera que tienen una especie de canal en todo su contorno, éstas son muy convenientes porque no permiten que los líquidos se rieguen.

También debe tener a mano un platón o recipiente de vidrio o cerámica previamente calentado en el horno. Aquí es donde debe poner los trozos de pavo y, si está caliente, le ayudará a mantenerlo a la temperatura adecuada, hasta que termine todo el proceso de trincharlo.

Coloque el pavo asado en la tabla de cortar, con la pechuga hacia arriba, y utilice un cuchillo largo con sierra de aproximadamente 14 pulgadas de largo. Empiece por quitarle las piernas, corte en el extremo que se unen pierna y pechuga; si es necesario, ayúdese con un tenedor largo.

Cuando corte la pierna, ésta a su vez debe cortarse en dos partes. Extiéndala sobre la tabla y busque el huesito delgado que une al muslo con la pata; presiónese ahí con el cuchillo y parta en dos. Haga lo mismo con la otra pierna.

Después de las piernas, es hora de retirar las alas. Hágalo con el mismo cuchillo, siempre ayudándose con el tenedor; busque la unión de los huesitos y trinche.

Una vez retiradas las piernas y las alas, la pechuga es mucho más fácil de partir. Corte siempre en forma horizontal, con el cuchillo hacia abajo y tratando de buscar el hueso.

Parta los trozos de pavo de acuerdo con el grosor que usted decida, pero trate de seguir la curva que tiene la pechuga y siga cortando hasta que llegue al hueso.

Coloque los trozos de pavo en el platón o recipiente caliente, y tape con papel aluminio para mantener a la temperatura adecuada hasta la hora de servir. Haga lo mismo con el otro lado del pavo.

En las cenas familiares por lo general se colocan todos los platillos por separado y cada invitado se va sirviendo la porción que desee. Si quiere hacerlo más elegante, sirva cada plato individualmente.

Dependiendo de los platillos



secundarios que haya preparado puede, por ejemplo, colocar de dos a tres cucharadas de relleno o de puré de papa o de camotes en el centro del plato; encima coloque tres trozos pequeños de pavo y luego vierta un poquito de aderezo (gravy). Por último, adorne con una cucharadita de salsa de frambuesa.
¡Buen provecho!
Recetas de último momento

Ensalada de frutas

Ingredientes

1 lata (20 onzas) de trozos de piña escurridos
1 lata (16 onzas) de rodajas de chabacanos escurridos
1 lata (11 onzas) de gajos de mandarina escurridos

2 bananos (plátanos) partidos en rodajas

1 manzana mediana partida en trocitos

1 paquete (3.4 onzas) de mezcla de pudín de vainilla instantáneo

1 1/2 taza de leche

1/3 de taza de jugo de naranja concentrado

3/4 de taza de crema agria

Preparación

En un recipiente grande combine toda las frutas y deje aparte. En un recipiente mediano, mezcle el pudín de vainilla, la leche y el jugo de naranja; bata por dos minutos. Añada la crema agria y mezcle bien.

Vierta la crema —en cucharadas— sobre la fruta y revuelva

con cuidado de no desmoronaras. Cubra y refrigere por dos horas.

Da de ocho a 10 porciones.

Pastel de frambuesa

Ingredientes

3 huevos

2 tazas de azúcar

3/4 de margarina suavizada

1 cucharadita de extracto de almendras

2 tazas de harina regular

2 1/2 taza de frambuesas frescas o congeladas

2/3 de taza de nueces picadas

Preparación

En un recipiente grande, bata los huevos y el azúcar hasta obtener una pasta cremosa y de color claro, aproximadamente cinco minutos. Añada la manteca y el extracto de almendras.

Poco a poco incorpore la harina, las frambuesas y las nueces; revuelva bien.

Vierta la mezcla en un recipiente para hornear previamente engrasado, de 13 x 9 x 2 pulgadas. Luego hornee a 350°F de 45 a 50 minutos o hasta que al introducir un palillo en el centro éste salga limpio.

Retire del horno, deje enfriar y parte en cuadrados. Puede servir acompañado de crema batida o helados de vainilla.

Da de 16 a 20 porciones.

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