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Lubbock/West Texas Region

Boosting Hispanic enrollment increasingly urgent, Texas officials say

Full Senate Vote on Sotomayor Imminent. Confirmation Expected

Poverty, lack of health insurance, other social ills complicate the challenge.

By Ralph K.M. Harwitz
Hispanic enrollment at colleges and universities in Texas would need to almost double by 2015 to meet the state's higher education goals as a daunting challenge in light of high dropout rates, poverty and other problems facing the fastest-growing segment of the population.

sought to convey a new sense of urgency.
"Texas is not one of the highest-achieving states in terms of overall education attainment," said Higher Education Commissioner Raymundo Paredes. "And Hispanics are the lowest-achieving of the three major ethnic groups in Texas.

research funding and other benchmarks in "Closing the Gaps by 2015," the state's set of goals for higher education. One of the goals is to have 5.7 percent of each major ethnic and racial group in the state to enroll in college.
The report found that Hispanic enrollment has grown at a faster

of Hispanic seventh-graders in 1995 went on to graduate from a Texas public high school compared with 61.3 percent of all students.

What's more, 59 percent of Hispanics who graduated from high school last year were eligible for the federal free- or reduced-price lunch program because of income. In contrast, 46 percent of African American graduates and 12 percent of white graduates were from low-income families. Low-income students are much less likely to enroll in postsecondary education and tend to be less prepared.

On a more positive note, the report said 5.4 percent of Texans were enrolled in public and private institutions of higher learning last year, up from 5 percent in 2000. The proportion of African Americans was the highest, at 5.6 percent.

A leading researcher of Hispanic educational achievement warned the board that it would be difficult to make sweeping improvements without addressing poverty, health insurance, a high proportion of unmet needs and educational shortcomings that start early in life.

"Latino youth being kindergarten far behind their peers," said Patricia Gajandara, a UCLA professor of education. "Latino students require more investment by the state."

Texas' spending on kindergarten-12th grade education ranks 42nd in the nation, said Gajandara, who is co-author of "The Latino Education Crisis: The Consequences of Failed Social Policies."

"We need to do a better job of making sure that the leadership of Texas recognizes that educational attainment occurs within a broader socio-economic context and that those socio-economic contextual factors have to be addressed in order for us to achieve our educational goals," Paredes said.
"Unhealthy children don't learn as well as healthy children do. Children who don't have health insurance and consequently can't get glasses and can't see well don't learn as well as children that do," he said. "We have to recognize that, yes, this will require investments. But the investments more than pay off in terms of economic benefits and overall quality-of-life factors."

By Natalie Conrad
Hispanic Link News Service
The nomination of federal Judge Sonia Sotomayor to the U.S. Supreme Court has moved forward to the full Senate. Its confirming vote

The Judiciary Committee's four-day confirmation hearing foreshadowed its vote, with Democrats praising Sotomayor's 17-year record as a federal judge and her made-in-America story



is expected late this week, prior to the body's four-week summer recess scheduled to begin Aug. 6. Only a simple majority is required. With Democrats occupying 60 of the Senate's 100 seats, and five Republican senators already committed to Sotomayor's appointment, her confirmation appears certain.
The Senate Judiciary Committee voted 13-6 on July 28 in support of President Obama's nominee.

National President Rosa Rosales of the League of United Latin American Citizens hailed it as "a great day in the history of the United States," promising, "She will have a tremendous impact on Latinos and women across the nation. In America, all things are possible."

The committee's vote was party-line with one exception. Conservative Republican Sen. Lindsey Graham of South Carolina cast an "aye" although stating he still had his doubts about Sotomayor's impartiality. Some of her speeches "bugged the hell out of me," he said.

The five GOP "nays" marked the first time that any Republican had voted against a Supreme Court nominee put forward by either a Democratic or Republican president.

Sotomayor, 55, is President Obama's first nominee to the nation's highest court. She would become its 111th member, first Hispanic and third female justice.



that. "That's perhaps the most troubling conclusion of a new report by the Texas Higher Education Coordinating Board on progress toward goals adopted by the state in 2000.

The coordinating board has long considered lagging Hispanic enrollment and graduation rates a major problem. But the staff-generated report, which board members approved at a meeting Thursday,

"There's a growing awareness that unless we significantly improve Latino educational attainment, Texas is going to decline even further in its educational attainment in comparison to other states and ... in its capacity for economic development and economic competitiveness," he said.
Officials pledged to address Hispanic achievement as well as shortfalls in technology-related de-

clip than that of African Americans or whites, with 129,484 students added to college rolls since 2000, for a total of 366,878 Latino students last year, the most recent figures available. But enrollment would need to rise an additional 309,222 by 2015 to constitute 5.7 percent of that population.

"Too few Hispanic students graduate from high school," the report said, noting that only 54.2 percent

Latinos still misrepresented: add 'mestizo' to the U.S. census

By Landis Baker

Since Judge Sonia Sotomayor was nominated to join the United States Supreme Court she has taken some blows from the conservative media. Her past cases have been questioned and she's even been foolishly called a racist. Nevertheless, polls seem to show that most Americans agree with her nomination, and should her hearing be successful, she will become the third woman to serve on the Court, as well as the first Latino. It would be a major honor to the fastest growing minority group in the country.

However, as we witness this historic development, and despite all the progress made, Latinos are still misrepresented in this country. And in my opinion, one of the areas where this is exemplified is in the U.S. census. I was a little surprised to learn that Latinos are not classified as a racial group in it. Upon reading the explanation,

it did make sense though. It states that a Latino person could be of any race.

And if we take a good look, it is evident that Latinos are indeed a multi-racial group. After all, everybody can clearly notice that baseball star David "Big Papi" Ortiz (black) does not physically look like actress Cameron Diaz (white), and that soccer legend Pele (black) looks nothing like funnyman George Lopez (Indio/Native American), and so on. Yet, they are all Latinos here in the U.S.

Even when one looks at censuses from Latin American countries, one sees that "Latino/Hispanic" is seen as one of the racial identifiers. Instead, we see most of the categories present in our own censuses, such as Black, White, Indian/Indio (Native American). However, there's one that is more common in theirs but absent in ours: Mestizo (people of mixed white and Indian blood). And

its absence here is problematic because it seems to be the majority "race" among Latinos.

Therefore, not only are they (Latinos) not classified as a "racial" group (here), but the majority of them are not given the chance to identify themselves correctly. The Black Latinos can check "black," the white Latinos can check "Caucasian/white," and the Indios can check "Native American." But the majority Mestizo has nothing to check.

Now, this following point may be unfair to the other races in the Latino community but, the general image of Latinos is that of the Mestizo. In other words, the supposed "Latin look" is that of the Mestizo. This unfortunate reality sort of takes away the input of the other groups such as Afro-Latinos who have contributed tremendously in the Latin culture, especially in the area of music (a lot of the

(continued on page 2)

Police Gazette on the Border

By José de la Isla

During one week in July, the news from the U.S.-Mexico border region read like the Police Gazette. For younger readers unacquainted with that publication, it was a tabloid circulated from 1845 until 1982. It mostly ran crime stories. Each testosterone-toned issue featured murder, mayhem, the Wild West, prostitutes and burlesque, sometimes touching the edges of the obscene.

A lot of coverage from the U.S.-Mexico frontera comes out equally grotesque, giving the impression that little else is going on. The portrayal of life on the borderline makes the more tamed amount we want to retreat into our tortoise shells.
Take the final few days of July. Mexican authorities arrested alleged immigrant smugglers near Teacate, Mexico, in connection with the death in Campo, Calif., of U.S. Border Patrol agent Robert Rosas. Four guns, four suspects, reported the federal police.

A day earlier, the U.S. Consulate in Ciudad Juárez, Mexico, across the border from El Paso, Texas, issued a travel advisory in the aftermath of the killing of "Benji" LeBaron and his brother-in-law, "Wicho" Widmar, a martial arts practitioner. They died fighting off LeBaron's attackers.
LeBaron had become an outspoken anti-crime activist following the My Abduction for ransom of his 16-year-old brother Eric (who was eventually released). The three resided in a Mormon enclave of 1,000, in Chihuahua, a bustling state of 3.5 million. As many as 100,000 U.S. citizens are estimated to live in Juárez, the state's largest city.
Official fumbling and corruption goes with the daily headlines that reveal how the Mexican government is trying to dismantle organized drug-trade syndicates in Chihuahua and its other border states, with lots of casualties in both camps.

The Mexican newsweekly *Proceso* disclosed evidence revealed in Federal District Court in Washington, D.C., showing that both Mexico's President Felipe Calderón and the administration of his predecessor Vicente Fox were provided spy information about the whereabouts of

leaders of Los Zetas, the henchmen of the Gulf Cartel, but failed to act on the intelligence.

The new revelation is reported as part of the history-making prosecution of 19 Los Zetas and Gulf Cartel members for the production, trafficking and distribution of drugs.

Case No. 08-057 describes how cartel leaders, acting like corporate executives, organize and direct violent acts against Mexican law-enforcement officials and rival drug traffickers, executing those who interfere with the distribution of marijuana and cocaine.

Elsewhere, NewspaperTree.com is covering the courtroom allegation by Paso police officer Michael Short that Hudspeth County Sheriff Arvin West stopped him and other cops at a roadblock and forcibly took them to a substitution when they were on a stakeout. Sheriff West is quoted in the complaint as saying, "Whatever you were working on is P****d up now, and you're free to leave."

The Police Gazette has had many imitators over the years. As the granddaddy of supermarket tabloids, it was a great contributor to the tradition of yellow journalism. Perused by suits at newstands and soaked up by young boys at barbershops, it contributed greatly to the idea of civilization run amok, especially during Prohibition, during the Depression and in war years. There was plenty of truth in its articles but one page does not a novel make.

If murder-and-mayhem is all you read or hear about the border, that picture doesn't square with the astonishingly realistic, less salacious assessment — and even hopeful future — found in the book by Fernando Romero, "Hyper-Border: The Contemporary U.S.-Mexico Border and its Future."

You can choose. Is it Police Gazette or is it Hyper-Border? [José de la Isla's latest book is now available free in digital version at www.DayNightLifeDeathHope.com. He writes a weekly commentary for Hispanic Link News Service and is author of "Rise of Hispanic Political Power (2003). E-mail him at jose@jda3@yahoo.com.] © 2009



Guadalupe Asociacion Celebrates in Park
Mayor Tom Martin reads city proclamation to Mrs. Jovita Sosa during the National Night-Out celebration at Guadalupe Park. At 90 years, she was recognized as the oldest resident of the Barrio. The event was organized by the Guadalupe Neighborhood Association. The organization has been working actively for the betterment of the Barrio. Recently they were successful in stopping the placement of an animal shelter in MacKenzie Park. Carlos Quintero is presently President of the organization and Leticia Medina de Quintero is Vice President.

Comentarios - Opiniones

Crece la frustración mientras el DHS sigue ampliando fallidas estrategias de la pasada administración de George W. Bush sobre aplicación de leyes migratorias

Washington, DC - En el marco de varios reportes que han sido críticos de las políticas de aplicación de leyes migratorias y de detención implementadas por el Departamento de Seguridad Interna (DHS), activistas en favor de una reforma migratoria amplia se lanzaron hoy a las calles para protestar por la continuación y ampliación por parte de la administración Obama de tácticas fallidas de la ex presidencia de George W. Bush.

Los trabajadores están autorizados para trabajar legalmente en el este país basándose en los bancos de datos del gobierno, particularmente los bancos de datos del Seguro Social.

Sobre el programa 287(g), la respectiva Policy Foundation he hecho un llamado para que se le reforme argumentando que "los ejecutivos policiales afirman que la aplicación civil de leyes migratorias mina su misión central de garantizar la seguridad pública, desvía escasos recursos, aumenta su vulnerabilidad a litigios y demandas, y exacerbaba el terror en las comunidades". Asimismo, el Police Executive Research Forum (PERF) cuestionó recientemente el programa 287(g) y convocó al Congreso y a la Casa Blanca a promulgar prontamente una reforma migratoria integral.

Ayer el National Immigration Law Center y otras organizaciones presentaron un incisivo reporte sobre el manejo de cárceles y centros de detención por parte del DHS. Según el New York Times, la administración Obama se ha rehusado a que los estándares sobre las condiciones en los centros de detención sean legalmente aplicables.

Mañana los senadores demócratas Robert Menendez, de Nueva Jersey, y Kristine Gillibrand, de Nueva York, presentarán dos proyectos de ley que pretenden corregir algunos de los excesos de la era de Bush que persisten bajo el mandato de Napolitano.

"La gente se siente cada vez más frustrada con el DHS y con razón", afirmó Frank Sharry, fundador y director ejecutivo de America's Voice. "El candidato Barack Obama prometió una nueva forma de abordar nuestra política migratoria y los energizados votantes latinos y votantes inmigrantes votaron por él en cifras récord. Pero los recientes desarrollos apuntan a una brecha entre las promesas de cambio significativo formuladas por el presidente y la continuación por parte del DHS de políticas poco efectivas y contraproducentes de la era Bush", agregó Sharry.

"La Secretaría Napolitano ha formulado algunas importantes correcciones a algunas de estas políticas de la era Bush, por ejemplo, sobre las redadas en centros de trabajo y las prioridades al aplicar las leyes y hay que darle crédito por ello. Pero Napolitano tiene que prestar atención al creciente coro de voces de activistas, investigadores y agentes del orden público que están solicitando un cambio en las actuales estrategias de aplicación de leyes y pronta acción sobre un plan de reforma migratoria integral. No hacerlo podría suponer un alto precio político para la administración Obama", concluyó Sharry.

America's Voice - Harnessing the power of American voices and American values to win common sense immigration reform.

QUE SIGAN LOS CAMIONES

José de la Isla
HOUSTON, Texas - En marzo el presidente Obama firmó un proyecto de ley que, entre otras cosas, dio fin a un programa piloto que permitía que algunos camiones de carga mexicana viajaran por las carreteras estadounidenses. México rápidamente respondió con la imposición de aranceles sobre 89 productos agrícolas e industriales provenientes de 40 estados, lo cual afecta \$2.4 millones de bienes y docenas de miles de empleos.

Bajo el Tratado de Libre Comercio Norteamericano, y decenas de millones mexicanos tendrían acceso sin restricciones por las carreteras de Arizona, California, Nueva México y Texas en un comienzo, y luego acceso a todas las carreteras del país. No obstante, ha habido obstáculos de una índole u otra desde 1995 y la época de la administración de Clinton. Para octubre del 2008, un programa piloto de estudio que realizó el Departamento de Transporte de la EE.UU. halló que los camiones mexicanos eran más seguros, en algunos casos, que los camiones estadounidenses. Sin embargo, algunos intereses especiales en los Estados Unidos lograron presionar al gobierno a que aguijara la demora de la implementación que ha durado más de quince años.

Nosotros no entramos en tácticas de obstrucción, claro que no. No obstante, la recesión y los aranceles impuestos a modo de represalia han dado el aliento y no podemos darnos el lujo de dejar que pase por alto. Parece estar en formulación un plan que ahora está bajo revisión, según el periódico The Washington Times, para que el Congreso tome acción y permita que los camiones mexicanos circulen por las carreteras de los Estados Unidos.

Peró hay más que esto, y va más profundo. En lo que los Estados Unidos se extrañan leña y dolorosamente de esta recesión, nos vamos dando cuenta que no hemos sobrepasado con nuestros compromisos y el error público para propósitos cuestionables. Con demasiada frecuencia intentamos comprar las soluciones en vez de invertir en las respuestas correctas. Nuestro déficit del 2009, de \$1.75 millones nos dice que sencillamente no contamos más con los recursos para, por ejemplo, mantener 865 instalaciones militares en 40 países y territorios de los Estados Unidos.

El profesor jubilado, experto en temas de políticas, Chalmers Johnson nos recuerda que lo hacemos, y a cambio no recibimos nada. De lo contrario, muchas cosas a las que tendríamos que estar prestando atención se quedarían en el educador.

Por ejemplo, la Government Accountability Office (GAO) indica que necesitamos 4 000 nuevos agentes y \$4 mil millones en términos de la infraestructura y mejoras en la tecnología para poder mantener asegurados y eficaces nuestros puertos de entrada terrestres, los cuales surten un efecto directo sobre nuestra seguridad y nuestro comercio.

Es posible que pase un tiempo antes que las actitudes públicas acepten el hecho que se nos percibe al exterior, cada vez más, como parte de una comunidad norteamericana y no como un país aislado. Por ejemplo, algunas empresas de la India están buscando aumentar sus operaciones en México para servir tanto a América Latina como a los Estados Unidos, en particular ahora en vista de las nuevas restricciones de visados sobre trabajadores extranjeros a las que están nuevos sujetos los trabajadores en informática mexicanos.

En otro sector, los Estados Unidos podría adoptar la fórmula canadiense para proporcionar invitadas para enviar la escasez en mano de obra agrícola que sufrimos cada año.

La manera de colaborar no tendría que darnos apoyo. Las instituciones avanzadas de educación superior estadounidenses tendrían datos que funcionan con alguna especie de colaboración con una institución universitaria hermana en Canadá o en México.

Veamos por ejemplo, lo que hicieron dos estudiantes de México, Layda Negrete y Roberto Hernández, mientras que cada uno cursaba sus estudios de doctorado en la Escuela de Política Pública Goldman de la Universidad de California en Berkeley. Al examinar el sistema judicial mexicano, Layda preparó una presentación convencional sobre aquel país en procesos y condenados en tribunales sin ver nunca a un abogado. El público increíble se burlo de ella.

No obstante, después que ella y Roberto aprendieron a contar la misma historia con el formato de un documental de 20 minutos, las audiencias públicas comenzaron a tomar nota. El tema pronto se hizo parte de un debate nacional. Con el tiempo, en el 2008, se emendó la Constitución de México para incluir los derechos del procesamiento legal y la presunción de inocencia de los demandados.

La pareja sacó una película de largometraje sobre uno de sus casos recientes, "Veamos por ejemplo, lo que hicieron dos estudiantes de México, Layda Negrete y Roberto Hernández, mientras que cada uno cursaba sus estudios de doctorado en la Escuela de Política Pública Goldman de la Universidad de California en Berkeley. Al examinar el sistema judicial mexicano, Layda preparó una presentación convencional sobre aquel país en procesos y condenados en tribunales sin ver nunca a un abogado. El público increíble se burlo de ella."

A menos que fortalezcamos las normas de intercambios, científicos, políticos y económicos para influenciamos los unos a los otros, entre países, ¿de qué otra manera se efectuará el cambio?

Si es importante que el sistema intentemos argumentar que no es así, nuestra situación económica está desérticamente al hecho que las naciones de América del Norte están interconectadas de maneras que no hemos querido reconocer, incluyendo elبادل camiones de carga.

[José de la Isla, exlo último libro se encuentra en versión digital gratuita en www.Day/Night/IsDeathPolice.com, redacta un calendario semanal para Hispanic Link News Service. También es autor de The Rise of Hispanic Political Power (2003). Comuníquese con él a: joseisla3@yahoo.com]

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KEEP ON TRUCKING

By José de la Isla
Hispanic Link News Service
HOUSTON, Texas - In March, President Obama signed a bill that, among other things, ended a pilot program that allowed some Mexican heavy trucks to travel on U.S. highways. Keep on trucking, they said. They were wrong. It took 89 agricultural and industrial products from 40 states, affecting about \$2.4 billion worth of goods and tens of thousands of jobs.

Under the North American Free Trade Agreement (NAFTA), Mexican trucks were to have unrestricted highway passage in Arizona, California, New Mexico and Texas in the beginning and later all highways. Roadblocks, however, of one kind or another have been imposed since 1995 and the Clinton administration. By October 2008, a Department of Transportation study pilot program found Mexican trucks were safer, in some cases, than U.S. trucks. But some U.S. special interests succeeded in pressuring to keep the 15-year study pilot program. Obstructionism is beneath a free course. But the recession and the retaliatory tariffs have set off an alarm we cannot ignore. A plan appears to be in the works for an underlying review, according to a Washington Times, for Congress to act and allow Mexican trucks onto U.S. highways.

But there's more to it than that. It runs deeper. As the United States pulls slowly and painfully out of its recession, the realization is coming that we overextended our commitments and treated our debtors as puppets. Too often we tried to buy solutions instead of investing in answers. Our 2009 \$1.75 trillion deficit tells us we just don't have the kind of money anymore, for example, to maintain 865 military facilities in 40 countries and U.S. territories.

We do it, retired policy expert Prof. Chalmers Johnson reminds us, and we get nothing in return. Instead, many things we ought to be paying attention to get neglected.

For instance, the Government Accountability Office (GAO) says we need 4,000 new officers and \$4 billion in infrastructure and technology improvements for maintaining secure and efficient inland ports of entry. These directly affect our security and trade.

It might take a while for public attitudes to warm up to the fact that we are increasingly perceived abroad as part of a North American community and not as an island.

For example, some Indian firms are looking to boost their operations in Mexico to serve both Latin America and the United States, especially in the event of new visa restrictions on foreign workers that Mexican IT workers are less subject to.

In another sector, the United States could adopt Canada's guest-worker formula to avoid our annual farm-worker shortage.

How to work together should not have us in a quandary. North American advanced higher-education institutions all should operate with some active collaboration involving a sister college or university in Canada or Mexico.

Take for instance what two Mexican students, Layda Negrete and Roberto Hernández, did while each worked on their doctorates at the Goldman Public Policy School at UC Berkeley. Examining Mexico's justice system, Layda prepared a conventional, dry, public-policy briefing presentation showing 80 percent of defendants in that country were tried and convicted in court without ever seeing a lawyer. She was booed by the incredulous audience.

But after she and Roberto teamed up to tell the same story in a

20-minute documentary, political channels took note. The issue soon became part of a national debate. Eventually, in 2008, an amendment was made to the Mexican Constitution to include due process rights and presumption of innocence of defendants.

A full-length film by the pair about one of their cases recently debated in Amsterdam. "The film is our policy memo," Roberto says. "Unless we increase norms for civic, political and economic exchanges to influence each other's countries, how else does change happen?"

No matter how we try to make it seem, our economic situation is awakening us to the fact that the North American nations are intertwined in ways we have been reluctant to acknowledge, including driving delivery trucks.

[José de la Isla's latest digital book, sponsored by The Ford Foundation, is available free at www.Day/Night/IsDeathPolice.com. He writes a weekly commentary for Hispanic Link News Service and is author of The Rise of Hispanic Political Power (2003). E-mail him at joseisla3@yahoo.com.]

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census
from page 1

popular Latin music are Afro-Latin, but that's another topic for a possible future article.

Furthermore, the largest immigrant Latino population in this country comes from Mexico, and the majority of Mexicans (and Mexican-Americans) are Democrats. And not only are they the largest group, they are also the fastest growing. So aren't we denying their representation by not having their race in our census? I think we are.

Latinos have denigrated tremendously to this country's progress. They have suffered discrimination in the past but they've changed the course of their lives, and their success is ongoing. Judge Sotomayor's nomination is just one of the many examples of that success.

Nevertheless, they are still misrepresented, and the U.S. census is an area where this happens. Fortunately, at least in this case, it can change if we add "Mestizo" to it. That's the least we could do after denying their recognition there (in the census) as a whole group. I'm not saying that having racial categories at all is right or wrong, but since we have them, we should try to get it right. Some perhaps will also say that my suggestion might open a can of worms for others to take advantage of, but this is the land of immigrants, and that can of worms was opened the day racial categories made its way into our

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McCain to Vote Against Sotomayor

Freed journalists home in US after NKorea pardon

U.S. Sen. John McCain, R-Ariz., said Monday he will vote against President Barack Obama's nominee for the Supreme Court, U.S. Judge Sonia Sotomayor.

"There is no doubt that Judge Sotomayor has the professional background and qualifications that one hopes for in a Supreme Court nominee," McCain said on the floor of the U.S. Senate.

"And obviously, Judge Sotomayor's life story is inspiring and compelling."

McCain said an outstanding resume and an inspiring life aren't enough for a lifetime appointment to the Supreme Court, MSNBC reported.

McCain said he didn't think Sotomayor shared his belief in judicial restraint and offered a bit of tit-for-tat - noting

that a Hispanic nominated by President George W. Bush for a circuit court post was blocked by Democrats in the Senate.

"Though she attempted to walk back from her long public record of judicial activism during her confirmation hearings, Judge Sotomayor cannot change her record," McCain said. "(Regardless of one's success in academics and in govern-

ment service, an individual who does not appreciate the common sense limitations on judicial power in our democratic system of government ultimately lacks a key qualification for a lifetime appointment to the bench," the 2008 Republican presidential nominee. "For this reason, and no other, I am unable to support Judge Sotomayor's nomination."

Two American journalists freed by North Korea returned home to the United States for a jubilant, emotional reunion this morning with family members and friends they hadn't seen in nearly five months.

The jet carrying Emma Lee and Laura Ling, reporters for former Vice President Al Gore's San Francisco-based Current TV, and former President Bill Clinton arrived at Burbank's Bob Hope Airport at dawn. Clinton met with communist leader Kim Jong Il yesterday to secure the women's release.

Lee emerged from the jetliner first and was greeted by husband Michael Sledge and 4-year-old daughter Hanna. She hugged the girl and picked her up before all three embraced in a crushing hug.

Ling emerged her husband Iain Clayton as nearly family members crowded around.

Thirty hours ago, Ling said, "We feared that any moment we could be sent to a hard labor camp."

Then, she said, they were taken to another location.

"When we walked through the doors, we saw standing before us President Bill Clinton," she said to applause. "We were shocked but we knew instantly in our hearts that the nightmare of our lives was finally coming to an end, and now we stand here, home and free."

President Barack Obama proclaimed the U.S. government "extraordinarily relieved" today over the release of Ling and Lee and praised Clinton and Gore for their roles in the women's release.

Speaking on the White House lawn just before leaving on a trip to Indiana, Obama said, "The reunion we've all seen on television. I think is a source of happiness not only for the families but also for the entire country."

Obama made no mention of the overall tense relationship between Washington and the regime headed by Kim Jong Il, and he said that "all Americans should be grateful to both former President Clinton and Vice President Gore for their extraordinary work."

Obama said that he had spoken with the families of Ling and Lee once the pair was safely on board Clinton's private jet en route to the United States from North Korea. He also said he'd spoken with the former president.

Clinton came down the jet stairs this morning to applause. He hugged Gore at the foot of the stairs, then chatted with the journalists' family members.

Gore described the families of the two women as "unbelievable, passionate, involved, committed, innovative."

"Hanna's been a great girl while you were gone," Gore told Lee. "And Laura, your mom's been making your special soup for two days now."

He also thanked the State Department for its help in the release. "It speaks well of our country that when two American citizens are in harm's way, that so many people will just put things aside and just go to work to make sure that this has had a happy ending," he said.

The reporters were granted a pardon by North Korea yesterday, following rare talks between Clinton and the reclusive North Korea leader. The reporters had been in custody for 140 days and had been sentenced to 12 years of hard labor for entering the country illegally.

Speaking to reporters earlier, press secretary Robert Gibbs had said the former president would brief Obama's national security team as some point on what transpired during his high-level meeting with Kim as a private envoy representing the United States.

At the same time, Gibbs reiterated that the former president did not carry a message from Obama to Kim. "If there wasn't a message, there certainly couldn't have been an apology," the spokesman said.

Secretary of State Hillary Rodham Clinton hailed the release of the journalists.

"I spoke to my husband on the airplane and everything went well," she told reporters in Nairobi, Kenya. "They are extremely excited to be reunited soon when they touch down in California. It was a good day to be able to see this happen."

Ling, a 32-year-old California native, is the younger sister of Lisa Ling, a correspondent for CNN as well as "The Oprah Winfrey Show" and "National Geographic Explorer." Lee, 36, is a South Korean-born U.S. citizen.

They were arrested near the North Korean-Chinese border in March while on a reporting trip for Current TV.

Baja población de indocumentados

Es posible que sea por la crisis o por el reforzamiento de las medidas de seguridad en la frontera, el caso es que los indicadores apuntan a que el número de inmigrantes indocumentados en Estados Unidos tiene una importante tendencia a la baja.

Ayer fue dado a conocer un reporte del Center for Immigration Studies (CIS) que analiza los datos recolectados mensualmente por la Oficina del Censo, y que muestra que cada vez son menos los inmigrantes indocumentados que llegan a Estados Unidos y más los que regresan a sus países.

El documento, titulado Un cambio de corriente: tendencias recientes en la población inmigrante legal, establece que la cantidad de inmigrantes indocumentados en Estados Unidos descendió en 1.7 millones, 13.7%, entre el verano de 2007 y el de 2009, aunque la población inmigrante en general permaneció estable. Las razones para este descenso, se señala, habrían sido una combinación de la crisis económica y del reforzamiento de la seguridad en la frontera.

El análisis de las cifras del censo realizado por este equipo indica que la población de inmigrantes indocumentados era de 12.5 millones en el verano de 2007, para el primer cuatrimestre de 2009 la cifra habría disminuido a 10.8 millones. Comparando el primer cuatrimestre de 2007 con el mismo período de 2009, la disminución en esta población sería del 10.9%. Tan sólo durante el último año el descenso habría sido del 5.7%.

Estos resultados son similares a los que maneja el Departamento de Seguridad Interna, que estima que la disminución de la población inmigrante indocumentada disminuyó 1.5% entre enero de 2007 y enero de 2008, el estudio muestra una reducción del 1.6% durante el mismo período. De acuerdo con Steven Camarota, director de investigación del CIS y uno de los autores del estudio, existe también evidencia de que la cantidad de inmigrantes indocumentados que llegan al país ha disminuido en cerca de una tercera parte durante los dos últimos años, en comparación con la década anterior, y de que el número de personas pertenecientes a este grupo regresando a sus lugares de origen se ha duplicado durante el mismo período.

Si bien las organizaciones que tradicionalmente trabajan en temas relacionados con inmigración coinciden en que estas tendencias son a la baja, no existe un total acuerdo con las cifras presentadas en el reporte del CIS.

"Nosotros estamos de acuerdo en que los flujos de la inmigración ilegal han bajado significativamente como resultado de la crisis económica, pero sobre el tema de regreso significativo a los países de origen, sea por falta de empleos o por la aplicación de las leyes de inmigración, no vemos tendencias significativas ni en los reportes estadísticos ni en los mexicanos," comentó Michelle Mittelstadt,

directora de comunicación del Migration Policy Institute.

Mittelstadt cuestionó la metodología utilizada por el CIS, que tomó en cuenta las tendencias numéricas sólo de aquellos individuos nacidos en el extranjero, con menores niveles de educación, jóvenes e hispanos. Camarota explicó que éste fue el criterio para seleccionar la muestra porque investigaciones previas demuestran que 80% de las personas con estas características se encuentran en el país de manera ilegal.

"No creemos que sea la aproximación correcta el uso de estos criterios: poco educados, hispanos, jóvenes, trabajadores. No todos los ilegales son hispanos, no todos cuentan con poca educación y no todos son jóvenes. Tomar este razonamiento y extrapolarlo para aplicarlo a toda una población resulta en un número potencialmente incorrecto," dijo la portavoz.

Mittelstadt reconoció que en los retornos involuntarios a los países de origen si ha habido un descenso sustancial durante los tres últimos años debido a las políticas aplicadas por la administración del ex presidente George W. Bush, pero consideró que hablar de una tendencia de retorno debido a la crisis o al aumento de la seguridad fronteriza, utilizando de una muestra como la utilizada, no resulta preciso.

Camarota dijo a La Opinión que aunque puede parecer que hay

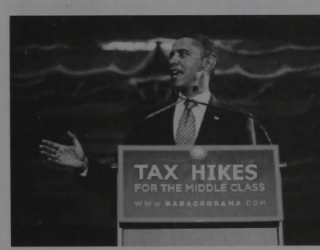
algunas diferencias entre las cifras que maneja su reporte y otros documentos similares publicados recientemente, éste es el único que se enfoca específicamente en la población indocumentada, por lo cual los números pueden variar con respecto a las tendencias de la inmigración en general.

Por su parte, Katherine Vargas, portavoz del Foro Nacional de Inmigración, dijo a este diario que resulta impreciso adjudicar a la efectividad de los cuerpos de seguridad en la frontera una tendencia a la baja en las cifras de la población inmigrante indocumentada.

"Los grupos antimigrantes están desesperados por demostrar que las medidas de mano dura son la solución a nuestros problemas de inmigración, por todos sabemos cuáles son las verdaderas consecuencias de las retadas en las familias, en los negocios y en nuestras comunidades", dijo Vargas. "Si sus teorías fueran ciertas, considerando el gran nivel de medidas de cumplimiento de ley migratoria y el alto desempleo de los últimos años, la mayoría de los inmigrantes indocumentados ya se hubieran ido del país."

Vargas recordó que el descenso de la población indocumentada "es sólo una mínima cantidad dentro de los millones de indocumentados en el país. La única solución verdadera y duradera para nuestra crisis migratoria es una amplia reforma de inmigración."

No Middle-Class Tax Hike, Says White House



U.S. President Barack Obama is firm about his commitment not to raise taxes on the middle class, despite what two officials said, the White House said Monday.

"I want to just state again clearly here that the president has made a very clear commitment to not raise taxes on

middle-class families," White House spokesman Robert Gibbs said during a news briefing.

During separate Sunday talk shows, Treasury Secretary Tim Geithner and chief economic adviser Larry Summers did not rule out tax increases to help control the deficit, starting

with healthcare reform.

However, Summers said on CBS' "Face the Nation" the president was "clearly not pursuing any of his priorities... in ways that are primarily burdening middle-class families."

Pressed by several questions about whether the remarks opened the door to a tax increase on middle-class households, Gibbs said: "Let me be precise. The president's clear commitment is not to raise taxes on those making less than \$250,000 a year."

Gibbs sidestepped a question about whether the comments were discussed during the daily economic briefing.

"We talked about a number of economic issues this morning in the Oval Office as part of the daily briefing," he said.



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Juego #1130 Extreme 8's (\$5) Probabilidades son de 1 en 4.11

Este juego de raspar de la Comisión de la Lotería de Texas termina el 31 de agosto de 2009. Tienes hasta el 27 de febrero de 2010 para canjear cualquier boleto de este juego:

Juego #1035 2 Times Lucky (\$2) Probabilidades son de 1 en 4.32


Estos juegos de raspar de la Comisión de la Lotería de Texas terminan el 22 de septiembre de 2009. Tienes hasta el 22 de marzo de 2010 para canjear cualquier boleto de estos juegos:

Juego #1079 3 of a Kind (\$5) Probabilidades son de 1 en 3.83

Juego #1100 Find the 9's (\$1) Probabilidades son de 1 en 4.60

Juego #1107 Poker Face (\$1) Probabilidades son de 1 en 4.93

Juego #1140 Bust the Bank (\$5) Probabilidades son de 1 en 3.88



Para detalles de las probabilidades de los juegos y más información, visita lottery.org o llame al 1-800-371-0770. Dólar por boleto de \$1 para comprar boletos de lotería. La Lotería de Texas beneficia la educación en Texas. © 2009 Texas Lottery Commission. Todos los derechos reservados.

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Obama, throw a lifeline to black and Hispanic radio

The 2009 NCLR ALMA Awards All-Star Event Airs September 18



Now that the transition to digital television has stranded many low-income

Americans, broadcast radio is the last remaining free over-the-air medium for millions of low-income families, including many African-Americans and Latinos.

But as the economic crisis leaves wreckage in its wake, minority-owned and oriented radio stations are fast becoming an endangered species, with dire consequences for our diverse democracy.

African-Americans and Latinos - who comprise about 28% of the U.S. population - now own only an estimated 6.3% of full-power radio stations in America.

Pittsburgh's only black-oriented radio station, WAMO, has recently been sold, as have Spanish-language radio station KLOK in San Jose, Calif., and Border Media, a leading chain of Latino-oriented radio stations in Texas.

Imagine how different New York City's history would have been - or how difficult our future could be - without African-American and Latino radio stations. During the decades of civil rights struggle, the pioneering black-oriented radio stations, WLBB and WWRL, focused listeners' minds on the movement, while broadcasting the jazz, rhythm-and-blues and gospel sounds that soothed their souls.

Pioneering Spanish-language stations played a similar role, publicizing voter registration drives while providing music and talk that helped generations of newcomers feel more at home in New York.

Now, though the soundtrack has changed, these stations still play a vital role in keeping their listeners informed, inspired and involved in their communities and their country, as well as promoting businesses and generating jobs in black and Hispanic neighborhoods.

Perhaps you're thinking: Just about every industry under the sun is hurting during this deep recession, and the traditional media have been adapting and contracting over the course of many years. Why should minority-oriented radio stations

get any special consideration or treatment?

Because these radio stations - which served a vital and under-appreciated role - have been suffering economic body blow after body blow in the current crisis.

First, banks and other lenders are becoming de facto owners of the nation's airwaves, driving out diversity of all kinds.

Second, Arbitron, whose ratings determine where advertisers buy airtime, has initiated a new method of measuring audiences that we believe dramatically undercounts minority stations' listeners.

Third, advertisers across the board are cutting back their buys on minority radio. That's especially true of the troubled auto industry, long a leading advertiser on black stations.

Black and Hispanic radio stations must not be allowed to go extinct - but today, that's looking like a very real possibility.

That is why leading members of the U.S. House of Representatives, including House Majority Whip Jim Clyburn (D-S.C.) and New York's own Charles Rangel (D-Manhattan) and Edolphus Towns (D-Brooklyn) are urging that the federal government help minority-owned radio stations weather this financial storm.

In a meeting today with senior Obama administration officials, minority broadcasters will make our case for emergency federal assistance. We appreciate the administration's attention to these and other issues thus far and hope for its help.

No new laws would have to be passed. The Treasury Department can easily tap into funds already appropriated under the Troubled Asset Relief Program, which has helped to restore credit flows to the financial and domestic automobile supplier industries. Bridge financing or government-backed loans could also be provided until the financial system recovers.

Minority radio stations aren't failing businesses begging for handouts; they're healthy enterprises, beset by a perfect storm of bad circumstances, that are in need of a lifeline. At a time when millions of African-Americans and Latinos need information and opportunities to get jobs and build businesses, let's not pull the plug on black and Hispanic radio.

"The 2009 NCLR ALMA Awards®," celebrating the outstanding achievements of Latinos in entertainment, will air on Friday, September 18 (8:00-10:00 p.m., EST) on the ABC Television Network. The show will tape on Thursday, September 17 at Royce Hall on the UCLA campus.

For the first time in the history of the show, the ALMA Awards will broadcast during National Hispanic Heritage Month, a month in which all Americans learn about the Latino community and celebrate the contributions that Latinos have made to this country throughout its history.

"Thanks to our partnership with ABC, we have realized the dream of having the ALMA Awards air during the month in which our community is recognized and celebrated. I can think of no better way to kick off National Hispanic Heritage Month than to show, and to honor, the impact that Latinos have had in film, television, and music," said Janet NCLR, President and CEO of NCLR (National Council of La Raza), the largest national Latino civil rights and advocacy

organization in the United States. Building on past successes, the

In addition, the ALMA Awards will be making its mark in



Hispanic Heritage Month by teaming up with show advertisers on creative promotions and viewer engagement activities. Advertisers see the show as a great opportunity to honor the Latino community through strong support of the ALMA Awards and as a way to connect with consumers.

"The ALMA Awards is a special show because it represents the determined spirit

and soul of the Latino people, and I cannot think of a better person to help celebrate and co-host with me than my good friend George Lopez," says Longoria Parker who has her hosting duties with comedian and actor George Lopez, in addition to reprising her role as one of the show's executive producers.

broad array of talent throughout the industry. The show will focus on "Best of the Year" categories in film, television, and music. New categories have also been added to recognize the influence of special segments of the entertainment industry that are shaping positive perceptions of the Latino community, such as emerging young talent (under 18), talent behind the scenes who make the onscreen magic happen, and a sports category in acknowledgment of the increasing integration of the worlds of sports and entertainment.



The newest addition to the 2009 executive production team is Bob Boast, who boasts an extensive history in the award show genre, having produced "The

Critic's Choice," "Nickelodeon Kids' Choice Awards" and "Teen Choice Awards," as well as the "Miss America" pageant. He joins the ALMA Awards executive team which includes production producers Janet Murguía, Eva Longoria Parker, and David Chavez, President and CEO of LatinPointe.

Paula Abdul renuncia a "American Idol"



citaciones. La fuente, que carece de autoridad para hablar públicamente, solicitó no ser identificada.

"Con tristeza en mi corazón, he decidido no regresar" al concurso de cantantes de la cadena de televisión Fox, dijo Abdul la noche del martes en un mensaje en su cuenta del sitio de internet Twitter.

"Voy a extrañar nutrir a todo el talento nuevo, pero sobre todo ser parte de un programa al que ayude desde el primer día a convertirse en un fenómeno internacional", agregó Abdul, cuyas críticas sentimentales y en ocasiones confusas hablas los concursantes atrajo un atractivo singular hacia el programa, así como su comportamiento dentro y fuera de la pantalla.

La alguna vez animadora del equipo de básquetbol de los Lakers de Los Angeles que se volvió cantante y coreógrafa

galardonada no indicó en sus mensajes cuáles son sus planes luego de su paso por "American Idol".

Abdul dejó caer su bomba en línea justo antes de que las audiciones para la novena temporada empiecen el viernes en Denver y justo después de sus negociaciones contractuales.

También ocurrió un día después de que la cadena Fox anunciara que Kara DioGuardi regresaría para una segunda temporada en el panel de jueces de "American Idol", el cual incluye a Simon Cowell y Randy Jackson.

La adición de la compositora nominada al premio Grammy DioGuardi el año pasado excitó dudas sobre el futuro de Abdul en "American Idol", un programa que se basa en la serie británica "Pop Idol".

En un comunicado, Fox y los productores del programa afirman que Abdul fue "una parte importante de la familia" Ameri-

can Idol' durante las últimas ocho temporadas y estamos entristecidos de que haya decidido no regresar al programa".

Agregaron que ella era "un talento grandioso" y le desearon lo mejor. A pesar de un declive en sus valuaciones de teleaudiencia, el programa sigue siendo el más visto en Estados Unidos y es una máquina de dinero para Fox, sus productores, las casas disqueras y cantantes como Carrie Underwood, que se beneficiaron de su poder de franquicia de estrellas.

Modificar cualquier parte de una fórmula popular y ganadora de la televisión puede ser arriesgado y abrir dudas sobre el futuro del programa.

En julio, Abdul dijo a The Associated Press que ella había sido invitada a quedarse con "American Idol" por todo el tiempo que durara la serie y que ella se sentía optimista de que podría negociar un contrato nuevo.

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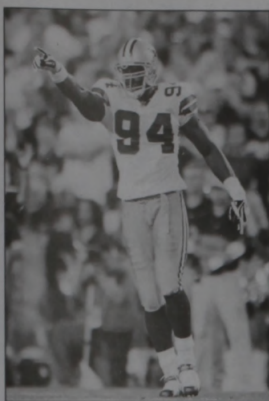
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Cowboys' Spencer eager to go QB hunting with Ware



Anthony Spencer might have the cushiest spot in the Dallas Cowboys' lineup. As the outside linebacker opposite reigning NFL sacks leader DeMarcus Ware, Spencer has the

luxury of knowing offensive coordinators aren't setting up their pass protections to avoid him. If anything, quarterbacks trying to avoid Ware might move toward Spencer and teams almost certainly will have fewer blockers in front of him. At least, that's how things shape up now. Spencer's goal is to make teams worry about him almost as much as Ware. "Teams are going to be focused

on Ware no matter what I do," Spencer said. "It's just how I respond to it. If I'm making plays and making sacks off the edge, that's going to make them respect both of us and make them change their scheme a little more."

When Bill Parcells switched the Cowboys to a 3-4 defense in 2005, he spent the 11th overall pick on Ware, a college defensive end who could be retrained as a quarterback-seeking outside linebacker. That experiment worked so well that in 07 the Cowboys spent their top pick on Spencer, another college defensive end. "That year, Greg Ellis was Dallas' incumbent at the 'other' OLB spot and he didn't like the idea of a rookie coming in to take his job. Ellis was so motivated that he had his best season, going to the Pro Bowl

for the first time and winning the NFL's comeback player of the year award. Spencer actually started the first six games and played in all 16, but he was clearly the third man in a three-man rotation.

Spencer was poised to break out in '08, getting off to a great start in training camp, only to hurt a knee. He needed surgery and missed the entire preseason,



plus two of the first three games. A hamstring problem cost him two more games. He never got the starting job back, finishing

the season with only 1 1/2 sacks, 18 1/2 behind Ware for the team lead.

New Spencer is going into his third year. He's healthy, experienced and faces no competition; Ellis was released this summer. It's time for the Cowboys to see if No. 93 can be anywhere as good as No. 94.

"He's a tremendously good athlete," said coach Wade Phillips, who also is the defensive coordinator. "He has all the attributes you need to be a good player... Spencer has looked good in the running game. We knew he would. I think he is getting better and better passing game-wise. He is a natural pass rusher. Staying healthy and having the opportunity is the biggest thing for him."

At 6-foot-3, 256 pounds, Spencer is the perfect size for his role, with good speed to match. After 28 games of experience, and hours upon hours of film study, meetings and practices alongside Ware and Ellis, Spencer has long since shed the robotic feel of being an out-of-position defensive end.

"I definitely feel like a linebacker nowadays," he said.

It's also important to note that Spencer has played a lot, albeit mostly against the run. He was better at it than Ellis and that enabled the veteran to remain fresh to rush the quarterback. So Spencer didn't get many chances for sacks.

He knows that's about to change. "I'm just elated about the whole situation," he said. "This position that they put me in, it's something that I've wanted since I've been here. So I'm more focused than I was before just because I know that everyone is going to be counting on me. I've got to get my job done."

Ware said the only thing Spencer has to prove is that he can handle playing full games over a full season. That's no knock considering it's something he's never had the chance to do.

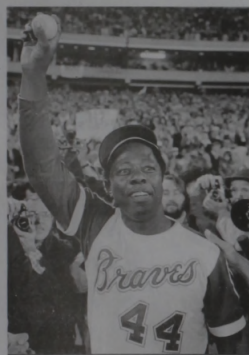
Otherwise, Spencer has Ware's full support, which might be the biggest thing he's going for him.

"Me and Spencer watch each other," Ware said. "We're both young guys. I'll tell Spencer what he's doing wrong and what he has to improve on and he'll tell me... I don't have to worry about him at all."

Aaron says release 104 drug names

Hank Aaron wants to shine some more light on baseball's steroid era.

The former home run king



anonymous and is now under court seal, but big names have continued to leak out. "I wish for once and forever that we could come out and say we have 100 and some names, name them all and get it over and let baseball go on," Aaron said. "I don't know how they keep leaking out. I just wish that they would name them all and get it over with."

Aaron also wanted to make a few other things clear. No, he has not spoken with commissioner Bud Selig about banned Pete Rose being reinstated in baseball. But he does think it's time Rose, the career hits leader, be reinstated and voted into the Hall of Fame.

to die?" Aaron said. "I think the thing that bothers me is that he is missing out on a lot of things. He made a mistake. I don't know what else can be done, or what else can be said. I just think at some point he needs to start enjoying being a Hall of Famer."

Aaron spoke to the AP before a banquet for the 17th Annual RBI World Series. The program is designed to increase participation and interest in baseball for youths and minorities - one of the primary issues Aaron is working on.

With the number of blacks in the majors dwindling in the past few decades, Aaron said MLB - and everyone - could do more to curb the numbers. "You always think that a program needs to do more, no question about it, if you have the funds," Aaron said. "We all need to do more. I think we all need to do more to help."

However, since steroids have come become one of baseball's biggest problems, the thought that the game is still tainted doesn't sit well with Aaron, who held the home run record with 755 until Barry Bonds broke it.

Neither does the fact that some of baseball's biggest names - including a New York Times report last week that identified Boston slugger David Ortiz and former teammate Manny Ramirez - continue to pop up on what has simply become known as "the list." There were no penalties

for a positive test in 2003 - the anonymous tests were conducted to determine if it was necessary to impose mandatory random drug testing across the major leagues in 2004. But federal agents seized the results as part of the BALCO investigation. The players' union has argued the search was illegal, and the case is currently before the 9th U.S. Circuit Court of Appeals.

At the event in Palm Beach Gardens on Tuesday night, Aaron said he often delivers a message to kids about getting involved in baseball but also about staying out of trouble. He thought the same message could apply to some major leaguers.

"I tell them you may not be able to hit 700 home runs, but you need to do the right things," Aaron said. "There's no shortcuts in life. Everything is going to catch up."

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Huesos sanos, vida feliz

El esqueleto parece resistente y duradero por eso es difícil creer que el hueso es un tejido vivo, que se forma y re-forma constantemente durante el crecimiento, lesiones y otros factores. El hueso se moldea y fortalece constantemente según sea necesario.



Hasta alrededor de los 30 años de edad, factores variables favorecen la formación del hueso. Cuando el hueso se moldea, el calcio, el mineral principal almacenado en el hueso, es extraído del flujo sanguíneo para formar un hueso nuevo, razón por la cual ingerir calcio debidamente es importante. La vitamina D también desempeña una función importante para ayudar a que el cuerpo absorba el calcio.

Los cambios físicos y los cambios en la dieta y el estilo de vida que suceden con la edad pueden afectar la salud del esqueleto, haciéndolo más propenso las quebraduras. Por ejemplo, la falta de calcio y vitamina D, la inactividad y el uso de tabaco pueden afectar la densidad ósea.

Las articulaciones también se ven afectadas con la edad. El cartilago suave que cubre los extremos del hueso se hace más fino. La producción de sulfato de glucosamina, un componente natural producido por el cuerpo que ayuda a amortiguar el cartilago, también disminuye con la edad.

"Mantener los huesos saludables es importante para todas las edades", comenta el doctor Luigi Gratton, M.D. "Pero, la cantidad adecuada de

calcio y vitamina D es importante durante toda la vida y muchos adultos no consumen suficientes nutrientes en forma regular para cubrir las deficiencias".

La mejor opción para la gente joven es ingerir de tres a cuatro porciones de productos lácteos al día durante el período de mayor desarrollo de los huesos. El calcio debe mantenerse alto durante la edad adulta, pero muchas personas no consumen lo suficiente. El suplementar con un producto como Herbalife Xtra-Cal/E Advanced, que proporciona calcio y 100% del valor diario de la vitamina D, cumple con esta deficiencia. Las actividades como caminar o correr, además de ejercicios para desarrollar la fuerza muscular, también ayudan a desarrollar y mantener los huesos saludables. Los músculos fuertes ayudan a absorber algunas de las presiones que sufren las articulaciones a causa de las actividades diarias.

Los productos como Herbalife Joint Support Advanced ayudan a complementar la producción natural de glucosamina del cuerpo y a apoyar la salud de las articulaciones. Estar activo, comer bien y tomar suplementos cuando se necesitan, le brindarán la mejor posibilidad de mantener la salud de su esqueleto.

Boosting Hispanic enrollment increasingly urgent, Texas officials say

Poverty, lack of health insurance, other social ills complicate the challenge.

Hispanic enrollment at colleges and universities in Texas would need to almost double by 2015 to meet the state's higher education goals — a daunting challenge in light of high dropout rates, poverty and other problems facing the fastest-growing segment of the population.

That is perhaps the most troubling conclusion of a new report by the Texas Higher Education Coordinating Board on progress toward goals adopted by the state in 2000.

The coordinating board has long considered lagging Hispanic enrollment and graduation rates a major problem. But the staff-generated report, which board members approved at a meeting Thursday, sought to convey a new sense of urgency.

"Texas is not one of the highest-achieving states in terms of overall education attainment," said Higher Education Commissioner Raymond Paredes. "And Hispanics are the lowest-achieving of the three major ethnic groups in Texas."

"There's a growing awareness that unless we significantly improve Latino educational attainment, Texas is going to decline even further in its educational attainment compared to other states and ... in its capacity for economic development and economic competitiveness," he said.

Officials pledged to address Hispanic achievement as well as shortfalls in technology-related degrees, research funding and other benchmarks in "Closing the Gaps by 2015," the state's set of goals for

higher education. One of the goals is to have 5.7 percent of each major ethnic and racial group in the state to enroll in college.

The report found that Hispanic enrollment has grown at a faster clip than that of African Americans or whites, with 129,484 students added to college rolls since 2000.

for a total of 366,878 Latino students last year, the most recent figures available. But enrollment would need to rise to constitute 309,222 by 2015 to constitute 5.7 percent of that population.

"Too few Hispanic students graduate from high school," the report said, noting that only 54.2 percent of Hispanic seventh-graders in 1995 went on to graduate from a Texas public high school, compared with 61.3 percent of all students.

What's more, 59 percent of Hispanics who graduated from high school last year were eligible for the federal free- or reduced-price lunch program because of income. In contrast, 46 percent of African American graduates and 12 percent of white graduates were from low-income families. Low-income students are much less likely to enroll in postsecond-



ary education and tend to be less prepared.

On a more positive note, the report said 5.4 percent of Texans were enrolled in public and private institutions of higher learning last year, up from 5 percent in 2000. The proportion of African Americans was the highest, at 5.6 percent.

A leading researcher of Hispanic educational achievement warned the board that it would be difficult to make sweeping improvements without addressing poverty, health insurance, a high proportion of unwed mothers and educational shortcomings that start early in life.

"Latino youth being kindergarten far behind their peers," said Patricia Gándara, a UCLA professor of education. "Latino students require more investment by the state."

Texas' spending on kindergarten-12th grade education

ranks 42nd in the nation, said Gándara, who is co-author of "The Latino Education Crisis: The Consequences of Failed Social Policies."

"We need to do a better job of making sure that the leadership of Texas recognizes that educational attainment occurs within a broader socio-economic context and that those socio-economic contextual factors have to be addressed in order for us to achieve our educational goals," Paredes said. "Unhealthy children don't learn as well as healthy children do. Children who don't have health insurance and consequently can't get glasses and can't see well don't learn as well as children that do," he said. "We have to recognize that, yes, this will require investments. But the investments more than pay off in terms of economic benefits and overall quality-of-life factors."

Diabetes on the rise among Hispanics



Diabetes is becoming more and more prevalent in Hispanic populations in the United States, according to 2008 statistics from the National Institutes of Health.

This trend has serious health implications because of the increased prevalence, the greater number of risk factors and the greater incidence of complications. In general, Hispanics are diagnosed with diabetes at twice the rate of Caucasian Americans, and about 7 percent have undiagnosed diabetes.

More than 10 percent of Hispanics in the United States older than 20 have been diagnosed with diabetes, according to the NIH. Among Hispanics, diabetes prevalence rates are 8.2 percent for Cubans, 11.9 percent for Mexican Americans and 12.6 percent for Puerto Ricans.

One of the most common questions people with diabetes ask is "Can we eat sugar?" The answer is "yes," but in moderation. The recommended diet for people with diabetes has changed in the past decade. Diabetes now learn about and can enjoy less restrictive diets. Diabetes experts say that diabetes can include sugar as part of the carbohydrates allotted in their other diets.

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other non-nutritive sweeteners," says Ximena Jimenez, a spokesperson for the American Dietetic Association. "I reassure them that while there is an unusual amount of information on the Internet about aspartame, it probably is one of the most thoroughly researched food ingredients available today and it is approved by the FDA."

Aspartame contains almost no calories compared to regular sugar and is a very simple ingredient that breaks down to two amino acids and a small amount of methanol. Each of these components is also found naturally in common foods, including meats and dairy products, fruits and vegetables. (For more information, visit <http://www.aboutaspartame.com/professional/index.asp>.)

The American Diabetes Association stands behind the safety of low-calorie sweeteners including aspartame, sucralose,

"ace K," saccharin and "reb A." You'll find these in many food products such as diet soda, baked products, light yogurt and sugarless candy. These sweeteners, which are only needed in tiny amounts, can reduce or replace sugars and calories in foods and beverages, offering people with diabetes and other people with flexibility with their total carbohydrate

intake. People with diabetes are more likely to comply with a healthful meal plan when they are able to eat foods that they enjoy.

With governments and leading health care organizations around the world encouraging everyone to reduce the amount of sugar consumed, the role of low-calorie sweeteners in diets likely will be increasingly important.

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