

# Hispania News

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Volkswagen Passat  
page 12

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## Bush visits National Renewable Energy Laboratory in Golden

Photo by www.digpicphoto.com



Governor Bill Owens and Senator Ken Salazar are joined by the Colorado contingent in welcoming President Bush as he arrived at Buckley Air Force Base in Aurora.

Photo by www.Hispanianews.com

## Quiere EU ayudar a rescate de mineros



El gobierno de Estados Unidos quiere ayudar en el rescate de los trabajadores atrapados en una mina en Coahuila, pero aún no ha determinado la estrategia aseguró el embajador de Estados Unidos en México, Tony Garza.

“Queremos apoyar la manera posible y eso todavía se está discutiendo”, dijo Garza.

El embajador fue abordado luego de participar en una breve ceremonia frente a la estatua del Martin Luther King en el parque Lincoln en el marco del mes de la historia de los afro-americanos.

En el acto, el diplomático recordó que gracias al liderazgo tan visionario de Martin Luther King, Estados Unidos cuenta con una de las culturas más plurales y

diversas del mundo, con personas de todo tipo de origen, color de piel y religiones, que viven en paz y en armonía.

“Seguramente nuestra sociedad no es perfecta, pero somos como faro de apertura y pluralidad para las sociedades del mundo”, dijo el embajador.

Destacó que las leyes, la cultura y la historia de Estados Unidos protegen las libertades de culto, de pensamiento y de expresión.

“A pesar de que la forma en que los estadounidenses vemos al mundo puede diferir en gran manera, nuestra visión sobre el mundo nos esforzamos por entender las cualidades internas que nos hacen a todos iguales y a todos

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## Llama el papa Benedicto XVI a respetar símbolos religiosos

El papa Benedicto XVI afirmó ayer que la religión y los símbolos religiosos deberían ser “respetados” y no se debería “provocar” a costa de ellos, en alusión a la publicación de caricaturas del profeta Mahoma que ha provocado la furia de los musulmanes.

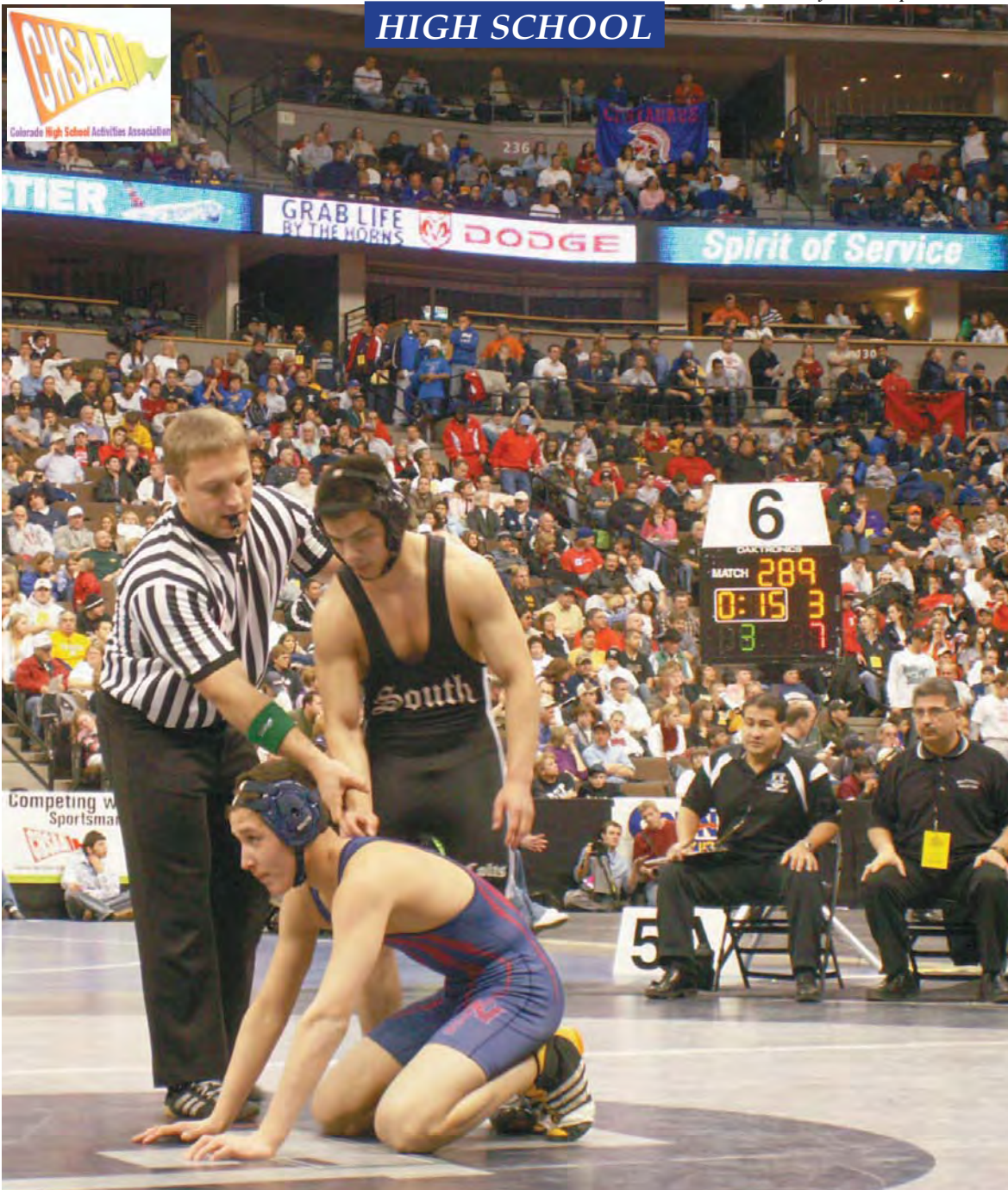
Las declaraciones se producen en medio de otra jornada de protestas que en Nigeria dejó un saldo de al menos cinco muertos, luego de que manifestantes

musulmanes incendiaron iglesias y se enfrentaron a la policía en la ciudad de Bauchi, según dijeron testigos.

En una alocución ante el nuevo embajador de Marruecos en la Santa Sede, Ali Achour, el Sumo Pontífice también señaló que las reacciones y ofensas violentas que tengan por objeto, la religión nunca deberían justificarse. “Es necesario y urgente que las religiones y sus símbolos sean respetados y

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### HIGH SCHOOL



Marcus Hernandez, from Pueblo South who is blind but it didn't stop him from this goal, at the 2006 Colorado Wrestling State Finals in Denver. Winning the 4A 125 lb title.

See more on page s 10-11

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COMMUNITY NEWS

# CSU – Pueblo coordinates Latin American Conference in Springs

The Spanish Program at Colorado State University – Pueblo is bringing an international gathering of academic leaders to the state next weekend as coordinators of the 5th Latin American Literatures and Cultures Conference next weekend (February 23-25) at the Antlers Hilton, 4 S. Cascade Avenue, Colorado Springs.

The conference will feature national and international sessions (in both Spanish and English) on issues involving literatures and cultures of Latin American countries or Latino letters and culture in the United States. More than 20 CSU-Pueblo students and faculty and alumni will moderate sessions as well as

make presentations. The public is welcome to attend the keynote address (in Spanish) by renowned author and scholar Julio Ortega of Brown University from 2 - 3:20 pm, Fri (Feb. 24) as well as special student sessions from 9 am - noon, Sat (Feb 25).

According to Flor Maria Rodriguez-Arenas and Dora Luz Cobian, conference coordinators and CSU-Pueblo faculty members, the conference will provide CSU-Pueblo students with various perspectives on literature and cultures as well as a hands-on experience with an academic conference for those students considering a career in higher education.

"They will have direct access

to faculty from across the country and the continent with whom they can discuss academic careers and possible graduate work," Cobian said.

Among the American universities represented will be: Boston College, New York University, University of Kentucky, University of Pennsylvania, University of Miami, University of Illinois-Chicago, Utah State, California State-Fullerton, Tulane, and Vanderbilt. International faculty will travel from as far as the Laval University in Canada to Tecnologico de Monterrey in Mexico.

The conference's keynote speaker has an international reputation. A native of Peru, Ortega is an accomplished

scholar, poet, playwright, and novelist, with more than 80 books as well as several critical editions to his credit. After six years of teaching at the University of Texas at Austin, and two years as professor and chairperson at Brandeis University, Ortega joined Brown's Department of Hispanic Studies in 1989. He has also been a visiting professor at numerous universities both in the United States and abroad, including recent terms as Simon Bolivar Professor of Latin American Studies at the University of Cambridge (1995-96) and Catedra

d e Estudios Avanzados at the Universidad Central de Venezuela (Summer 1995). His teaching

and research interests include twentieth-century Spanish American literature and culture, and literary theory. He is the author of a number of books in Spanish, among them *Una poetica del cambio* (1994) and *El principio radical de lo nuevo* (1997). Currently in English translation are *Poetics of Change: The New Spanish-American Narrative* (1986) and *García Márquez and the Powers of Fiction* (1989), and *After Wonder: Post-Colonial Writing and Transatlantic Readings* (2002).

For additional information about the conference, call 719-549-2537

## Mendoza appointed Executive Director of Briargate Family YMCA

Augie Mendoza has joined the YMCA of the Pikes Peak Region as the Executive Director of the Briargate Family YMCA. He has 17 years of experience serving in the YMCA and in his former position served as the Associate Director of Sports for the YMCA of the USA.

Augie has worked for YMCA's in San Antonio, Dallas and Oklahoma City in various capacities such as Executive Director and Program Director.



## There's still time to sign up for Theatre classes at the Fine Arts Center!

### For children:

Fairytale Theatre (YD001)

Little actors learn basic techniques through theatre games, improvisation and stories. AGES 5 – 8.

That's show biz (YD003)

Students work as a team to through the entire production process, from choosing a play to the final performance. AGES 9 – 12.

**Broadway Revue (YD007)**

A class for teens who love to sing! Students will sing the musical numbers and act in scenes from famous Broadway shows – a great training ground for musical auditions. AGES 13 – 16.

**Acting Through Improvisation "Character" Voiceover**

(YD010)

Be prepared to take risks, move, dance, act and laugh while studying acting and character development through improvisation. The focus is on imagination, creativity and spontaneity. AGES 14 – 18.

**For adults:**

**Actors Prepare (AD012)**

Train for auditions with cold reading techniques, audition procedures, individual coaching and monologue preparation. Practice, preparation and interaction with other actors will provide a valuable experience for all levels. AGES 18 – Adult.

**Workshop (AD014)**

Experiment with your voice and discover how to make characters come to life using a variety of methods to access characters and write and interpret copy. AGES 18 – Adult.

**For the whole family:**

**Family Adventures In Theatre (AD015)**

Discover talents that you and your family did not know you had! We will play together with acting exercises, improvisation, characterization and scene building. The Peter Max exhibit will serve as our creative muse.


## Goodwill Industries of Colorado Springs Doll Sale

On Friday, March 10 and Saturday, March 11 from 9 a.m. to 5 p.m. at 2340F Montebello Sq. Dr. (Behind Lone Star Steakhouse at Academy Blvd. & Montebello Dr.)

A large variety of dolls including a group of Madame Alexander's, a group of

American Girl's, plenty of Bratz dolls, furniture and clothes. There is even a special Ginny doll, made by Vogue, brand new still in its box. Plus find Barbies, stuffed animals and a huge selection of dolls. Shop early for rare and collectible dolls.

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# NOTICIAS EN ESPAÑOL

## Pasajeros infantiles en accidentes de tránsito en Colorado necesitan asientos de seguridad

Los asientos de seguridad para niños y los cinturones de seguridad no se utilizaron o fueron usados indebidamente en el 77 por ciento de las muertes.

La ejecución de la ley de retención infantil de mayor énfasis comienza el lunes, 20 de febrero.

El número de muertes de pasajeros infantiles en accidentes de tránsito en Colorado el año pasado fue el más bajo en una década, informa el Departamento de Transporte de Colorado (CDOT, por sus siglas en inglés). El anuncio fue divulgado en un evento

asistido por oficiales de seguridad, partidarios de la seguridad para pasajeros infantiles y agencias policiales a fin de conmemorar la Semana Nacional de la Seguridad de los Pasajeros Infantiles.

“Las rigurosas leyes de tránsito para proteger a los niños, la ejecución de tales leyes y los programas de educación han ayudado a disminuir el número de víctimas de pasajeros infantiles”, señaló Tom Norton, Director ejecutivo de CDOT. “A pesar de ello, demasiadas víctimas jóvenes mueren sin ningún sistema de retención o

en asientos de seguridad para niños y cinturones de seguridad instalados inadecuadamente”.

Durante el 2005, en Colorado 22 pasajeros infantiles menores de 16 años fallecieron en choques de tráfico, en comparación con 49 muertes del mismo tipo en 1995. El año pasado, cinco de las víctimas fueron refrenadas por el cinturón de seguridad, nueve no llevaban el cinturón y ocho viajaban en asientos de seguridad o con cinturones de seguridad usados inadecuadamente. Once niños fueron parcial o totalmente arrojados de los vehículos.

“Como adultos y padres es importante recordar que cuando los niños viajan con nosotros en nuestros vehículos, ellos necesitan un modelo ejemplar para mostrarles que abrocharse el cinturón es lo que se debe hacer”, dijo el coronel Mark Trostel, Jefe de la Patrulla Estatal de Colorado. “Los niños no son capaces de hacer decisiones que les pueden salvar la vida a tan temprana edad y es por eso que debemos protegerlos. Yo personalmente

he visto demasiadas lesiones que han resultado en incapacidades y muertes que ocurren en nuestras carreteras a consecuencia de los conductores y pasajeros que no llevan abrochado el cinturón apropiadamente”.

La Patrulla Estatal de Colorado y 40 agencias policiales llevarán a cabo dos semanas de ejecución en horas extras de sus trabajos, del 20 de febrero al 5 de marzo, enfocándose en la seguridad de pasajeros infantiles de Colorado y en las leyes del cinturón de seguridad. La policía y los departamentos de sheriff participantes recibirán subvenciones que suman \$100,750 dólares. El CSP recibirá \$25,000 dólares en fondos de subvención. Los fondos de seguridad para carreteras federales de la

Administración de Seguridad Nacional del Tránsito en las Carreteras (NHTSA, por sus siglas en inglés) son usadas para las subvenciones.

“Queremos resaltar la educación así como la aplicación de la ley”, dijo Norton. “Los partidarios de la seguridad centrarán su atención esta semana y a lo largo del año en recursos que puedan ayudar a los padres y cuidadores de niños a transportar a los niños sin peligro”.

El Equipo de Seguridad de Pasajeros Infantiles de Colorado (CPS, por sus siglas en inglés) es un programa administrado por la Patrulla Estatal y financiado por NHTSA y CDOT con fondos de seguridad para carreteras Federales.

*Continúa en página 5*

## “No te metas conmigo, chica”, le advierte Chávez a Rice

REUTERS, AFP Y DPA

El presidente de Venezuela, Hugo Chávez, le envió este domingo “un beso” a la secretaria de Estado de Estados Unidos, Condoleezza Rice, pero le advirtió: “no te metas conmigo, chica”, al tiempo que la prensa chilena informó que Caracas aceptó las aclaraciones del presidente Ricardo Lagos sobre su nula participación en un supuesto frente contra el mandatario venezolano, sugerido por Rice.

“Ella se volvió a meter conmigo, toma tu beso, Condoleezza, o Condolencia, como yo la llamo, toma tu beso, Condoleezza, y perdóname eso”, dijo el mandatario en su programa dominical *Aló, Presidente*.

El jueves pasado, Rice calificó a Chávez de “desafío para la democracia” y peligro para América Latina, al tiempo que anunció contactos con varios cancilleres para crear un “frente unido” para poner

freno a Venezuela, pero Chávez aseveró que eso no prosperará.

Acusó al gobierno del presidente estadounidense, George W. Bush, de financiar grupos opositores venezolanos.

En este sentido, Venezuela aceptó las aclaraciones del presidente de Chile, Ricardo Lagos, sobre su nula participación en un supuesto frente contra Chávez, como dio a entender Rice, publicó por la prensa chilena.

El viernes, Lagos negó escuetamente haber tenido contactos con la Casa Blanca y ayer volvió a referirse al tema en una extensa entrevista con Radio Bio-Bio de Santiago.

El jefe de Estado sostuvo que se “malinterpretó” a Rice y negó que La Moneda esté en conversaciones con Estados Unidos, además, dijo desconocer que se este

*Continúa en página 5*

### COLORADO SPRINGS POLICE DEPARTMENT

## WANTED



\*\*\*ALERTA\*\*\*

**Fredy Lopez-Gamez**

11-18-79

**Hombre Hispano, 6-0, 170lbs, pelo negro, ojos castaños**

El Departamento de Policía de Colorado Springs está buscando información para localizar a Fredy Lopez-Gamez por su implicación en un crimen de secuestro que ocurrió el 25 de Noviembre de 2005. Hay una orden de arresto para su detención. Lopez-Gamez tiene familia en Colorado Springs y creemos que el está en el área.

Si usted tiene información con respecto a Fredy Lopez-Gamez, favor de llamar al Departamento de Policía de Colorado Springs, a el detective Rick Gysin, numero 444-7500, o llámelo en su paginador (pager), numero 921-2699 o tambien puede ponerse en contacto con CRIMESTOPPERS, numero 634-STOP.

The Colorado Springs Police Department is attempting to locate Fredy Lopez-Gamez for his involvement in a First Degree Kidnapping occurring on November 25, 2005. A warrant has been issued for his arrest. Lopez-Gamez has family in Colorado Springs and is believed to be in the area.

If you have information regarding the whereabouts of Fredy Lopez-Gamez, please contact Homicide/ Major Crimes Detective Rick Gysin (Office) 444-7500, (Pager) 921-2699 or CRIMESTOPPERS at 634-STOP.

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# NOTICIAS EN ESPAÑOL

## Mercado refrenda apoyo a ley indígena

by Paola Zárraga

La candidata presidencial del Partido Alternativa Socialdemócrata y Campesina (PASC), Patricia Mercado Castro, refrendó su compromiso con las causas de los Acuerdos de San Andrés Larraínzar, que velan por los derechos de los pueblos indígenas del país.

Indicó que a pesar de que ya existen leyes al respecto, no se reflejan en el presupuesto ya

que el Estado, señaló, no ha invertido lo necesario en las políticas públicas.

Luego de una reunión con mujeres de organizaciones civiles, sostuvo que es prioritaria una enseñanza bicultural que respete la historia y cultura de los pueblos indígenas, "pero que no se convierta en una educación pobre para indígenas sino en acceso al

conocimiento de sus derechos".

En ese sentido, Mercado Castro explicó que lo que se requiere no son leyes "especiales" sino reformas legislativas para que los indígenas sean respetados. Señaló que es responsabilidad del Estado ofrecer una mejor política pública e inversión presupuestal para resarcir la exclusión y racismo, así como

la falta de acceso a la justicia de dichos pueblos en México.

Dijo que todos debemos tener un piso en común pero que los indígenas no están incluidos en eso, y ejemplificó que aún existen casos en que las niñas son vendidas por sus padres o intercambiadas por cosas o animales.

"Es indispensable garantizar que ellos (indígenas) sepan sus derechos y puedan acceder a la justicia con todas las oportunidades que los demás tenemos", indicó.

Ya en el tema de la familia, la candidata del PASC abundó en el tema de la pornografía infantil. Insistió en que las políticas públicas deben llegar hasta el seno de la familia pues es ahí, aseguró, de donde vienen los problemas que orillan a las niñas y adolescentes a esa actividad.

"Si estamos ahí, todos los días, atendiendo a las familias, lograremos captar cuando se está a punto de lanzar a un menor a estas redes".

La candidata recorrió el mercado La Cruz para repartir propaganda y hablar con locatarios y compradores, quienes le mostraron su afecto y algunos aseguraron que le darán su voto.

## El número Continúa de página 4

Actualmente, el Equipo CPS de Colorado ha establecido más de 100 Estaciones de seguridad para asientos infantiles (Fit Stations) a través del estado y cuenta con más de 1,000 instructores y técnicos certificados en asientos de seguridad para niños. El público puede ponerse en contacto con el Equipo CPS de Colorado y encontrar una Estación de seguridad para asientos infantiles (Fit Station) o un técnico en el: <www.carseatscolorado.com> o llamando al número 1-877-LUV-TOTS (877-588-8687) para obtener asistencia.

Los partidarios de la seguridad recomiendan que todos los niños menores de 13 años de edad viajen en el asiento trasero. El año pasado, en Colorado, 16 de los 22 pasajeros infantiles que murieron eran menores de 13 años.

De las nueve víctimas que viajaban en el asiento trasero, sólo dos tenían los cinturones de seguridad abrochados debidamente. Tres niños no llevaban cinturón y cuatro viajaban en asientos de seguridad y con cinturones de seguridad inadecuadamente abrochados.

Los partidarios de la seguridad recomiendan también el uso de asientos elevados para niños de 4 a 8 años de edad. Los niños de 4 a 8 años que usan asientos elevados tienen 59 por ciento menos probabilidades de resultar lesionados en un

choque que los niños que están abrochados únicamente por un cinturón de seguridad, según un estudio realizado por el Hospital de Niños de Filadelfia. El año pasado, en Colorado, cuatro niños del grupo de 4 a 8 años de edad fallecieron y sólo una de las víctimas tenía el cinturón de seguridad puesto. Dos de las víctimas no llevaban el cinturón y una de ellas no llevaba el cinturón debidamente abrochado.

**La ley de seguridad de pasajeros infantiles de Colorado señalada debajo aplica a los asientos delanteros y traseros:**

- La ley requiere que los bebés viajen en un asiento de seguridad para niños en una posición con vista hacia atrás hasta que tengan al menos 1 año de edad y pesen por lo menos un mínimo de 20 libras.

- La ley requiere que los niños de 1 a 4 años de edad, que pesan entre 20 y 40 libras, estén abrochados en un asiento de seguridad para niños instalado en una posición volteado hacia adelante.

- La ley requiere que los niños que pesan más de 40 libras o como mínimo tienen 4 años de edad estén debidamente abrochados en un asiento elevado para niños o mediante un dispositivo de seguridad que se coloca en el cinturón hasta que cumplan la edad de 6 años o tengan 55 pulgadas de estatura.

- Un niño que tiene al menos 6 años o mide como mínimo

## Chávez Continúa de página 4

formando un "frente común" contra Chávez, al afirmar que "tenemos un buen nivel de relación con el presidente venezolano", más allá que haya ciertas posiciones que pueda no compartir.

De acuerdo con el diario *La Tercera* de Santiago, Chávez celebró ayer la postura de Lagos tras conocer sus palabras.

Asimismo, Chávez indicó

que si para las elecciones de diciembre de 2006 no tiene rivales, está considerando llamar a un referendo para poder presentarse a las elecciones nuevamente en 2012. Chávez está seguro que ganará en los comicios de fin de año para un nuevo sexenio que finalizaría en enero de 2013, cuando podría asumir un nuevo mandato.

Continúa en página 8



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May 6, 2006 at the beautiful Cheyenne Mountain Zoo!

### Building on the Past

The US 50 Corridor East project team will be hosting a series of open houses along the US 50 corridor. The purpose of the meetings is to learn more about your community's issues and concerns as we move forward with evaluating corridor locations. Children are welcome to attend. Your comments continue to help shape the future of the Lower Arkansas Valley. Please join us!

<b>GRANADA</b> Monday, February 27 10:30 a.m. - 1:30 p.m. Town Hall 105 S. Main	<b>SWINK</b> Wednesday, March 1 10:30 a.m. - 1:30 p.m. Swink School District 610 Columbia	<b>ROCKY FORD</b> Thursday, March 2 5 - 8 p.m. Community Center 107 N. Main
<b>HOLLY</b> Monday, February 27 5 - 8 p.m. Town Complex 200 S. 3rd	<b>LA JUNTA</b> Wednesday, March 1 5 - 8 p.m. Senior Center 102 E. 2nd St.	<b>PUEBLO</b> Tuesday, March 7 10:30 a.m. - 1:30 p.m. Pueblo Airport 31201 Bryan Cir.
<b>LAMAR</b> Tuesday, February 28 10:30 a.m. - 1:30 p.m. Community Center 610 S. 6th St.	<b>MANZANOLA</b> Thursday, March 2 10:30 a.m. - 1:30 p.m. Manzanola High School 301 Catalpa	<b>FOWLER</b> Tuesday, March 7 5 - 8 p.m. Fowler Elementary 601 W. Grant
<b>LAS ANIMAS</b> Tuesday, February 28 5 - 8 p.m. Las Animas High School 300 Grove Ave.	<b>Contact Us:</b> Toll-free number: 1-866-GO50NOW (866-465-0689) Web site: <a href="http://www.us50east.com">www.us50east.com</a> E-mail: <a href="mailto:us50info@wilsonco.com">us50info@wilsonco.com</a> Mail: US 50 Corridor East 455 E. Pikes Peak Ave., Suite 200 Colorado Springs, CO 80903	

Reasonable accommodations will be provided upon request for people with disabilities and for those who require Spanish translation. Please call 1-866-GO50NOW (1-866-465-0689) if you require special accommodations or translation to participate in this meeting.

Acomodaciones razonables serán provistas cuando lo requieren para personas con discapacidades y para quienes que necesitan traducción al español. Por favor, llame al 1-866-GO50NOW (1-866-465-0689) si usted requiere acomodación especial o traducción para participar en esta reunión.




# NOTICIAS EN ESPAÑOL

## NHMA, HHS homenajearán a Médicos Latinos en Luisiana

En la secuela de Huracán Katrina, muchos doctores hispanos en Nueva Orleans perdieron sus consultorios pero encontraron una nueva meta y pacientes nuevos que han sufrido tanto como ellos, mientras que sus colegas en Texas les abrieron las puertas a

los evacuados.

Cuando los evacuados acudieron en masa a Texas, los médicos en San Antonio utilizaron sus capacidades de hablar español y aptitudes médicas para ayudar a hispanos que lo habían perdido todo. En Houston, médicos hispanos abrieron sus puertas a los evacuados sin costo alguno mientras que otros acudieron al Astrodome, llevando suministros médicos.

Los esfuerzos de los médicos no han pasado desapercibidos, ni por sus pacientes ni la nación. La National Hispanic Medical Association o NHMA y la Oficina de Salud de Minorías del Departamento de Salud y Servicios Humanos de Estados Unidos (HHS por sus siglas en inglés), reconocerán su dedicación a la medicina y a los pacientes en tres conferencias de prensa. Se realizarán: 2:30 pm del 13 de febrero, unidad móvil de salud de St. Jerome Catholic Church en Kenner, Luisiana; 10:30 am del 14 de febrero en el restaurante Trevisio en el Texas Medical Center en Houston, y 10 am del 15 de febrero en el CentroMed en San Antonio.

“Los esfuerzos de estos médicos y sus equipos de salud son un testamento de su compromiso a proteger la

salud de aquéllos más vulnerables en nuestro nación”, dijo el doctor Garth Graham, subsecretario adjunto para la salud de minorías de HHS. “En tiempos de crisis y confusión, tener un proveedor de salud que comprenda sus necesidades de salud y provea atención que tenga en cuenta su cultura en un idioma que puedan comprender es invaluable. La Office of Minority Health se enorgullece de honrar a estos promotores de la compasión y el servicio”.

La doctora Elena Rios, presidenta de NHMA, está trabajando con HHS y las sociedades médicas de NHMA Luisiana y Texas para ayudar a obtener los últimos recursos de FEMA y otras agencias federales para que los pacientes hispanos puedan recibir cuidado médico y participar en programas de asistencia social.

“Hay muchas familias hispanas esforzadas que han perdido sus casas en Katrina y están comenzando de cero”, dijo Rios. “Otros han dejado a sus familias para venir a ayudar a reconstruir Nueva Orleans, y también necesitan cuidado médico. Estamos aquí para dirigirlos a los más recientes recursos comunitarios y honrar a nuestros colegas médicos hispanos por su liderazgo ante esta crisis”.

“Estamos viendo un gran número de personas que están muy deprimidas”, dijo la doctora Soffy Botero, presidenta de la Hispanic American Medical Association of Louisiana. “Vemos a familias hispanas que viven separadas. Es muy difícil observarlo”.

Botero se encuentra entre un grupo de médicos hispanos cuyas casas y consultorios

fueron dañados o destruidos, pero permanecieron en la ciudad para brindarles cuidado médico muy necesario a otras víctimas de Katrina en clínicas provisionales en toda el área de Nueva Orleans. Muchos de esos médicos afrontan adversidades económicas, físicas y emocionales ellos mismos. “Los problemas aquí son infranqueables”, dijo. No tenemos consultorios, una base de pacientes ni hospital. Muchos de nuestros médicos perdieron sus casas. Es como volver a comenzar de cero”.

El doctor John J. Estrada, presidente del consejo de sociedades médicas de NHMA y de la Latino Health Awareness Network (LHAN) en Luisiana, dijo que ha estado trabajando con numerosos pacientes latinos subatendidos que carecen de seguro. “Ésta es una población muy vulnerable, y es devastador no poder darles atención de calidad a estas personas”, dijo Estrada, que es miembro de NHMA, una organización sin fines de lucro que representa a médicos hispanos diplomados en los Estados Unidos.

La mayoría de los centros públicos de atención de la salud que atienden a la comunidad latina en Nueva Orleans fueron dañados o destruidos durante Katrina. El censo del 2000 contó casi 15,000 hispanos en Nueva Orleans, pero los cálculos extraoficiales son más altos: de 70,000 a 100,000 hondureños, y 40,000 mexicanos.

## Dirá México a congresistas de EU: No al muro

Por Diego Osorno

La reunión interparlamentaria entre México y Estados Unidos será aprovechada por la delegación nacional para demandar a los congresistas estadounidenses “de manera contundente”, el no aprobar la iniciativa de Protección Fronteriza de Antiterrorismo y Control de la Inmigración. Diputados y senadores de todos los partidos coincidieron en impulsar un acuerdo migratorio “para resolver los problemas estructurales que originan este fenómeno”.

El 3 de marzo, los representantes mexicanos buscarán que en la discusión haya “un equilibrio” entre el tema migratorio que le interesa a México y el de la seguridad,

En la secuela, médicos hispanos en Houston atendieron innumerables mujeres embarazadas, personas con enfermedades mentales y diabéticos sin medicamentos. “Examiné a una persona que lo perdió todo”, dijo el doctor Armando Jarquin, antiguo presidente de la Hispanic American Medical Association of Houston (HAMAH). “Se sentía cansado y ansioso, pero no quería ir a la sala de urgencias, pues el costo lo atemorizaba”.

“Fue maravilloso ver a tantas personas unirse en equipo en una situación de crisis. Nosotros como médicos hacemos eso como parte de nuestra profesión, pero esto fue distinto”, dijo el doctor Marcos Calderon, que atendió a personas evacuadas en el Astrodome de Houston. “Existía un sentido de comunidad y un vínculo táctico y una necesidad urgente de asistir, de hacer algo, cualquier cosa, para ayudar”.

“Estos médicos son héroes”, dijo Rios. “NHMA está trabajando con HHS para ayudar a movilizar a los médicos hispanos en la secuela de tales tragedias. Los dirigimos a recursos y servicios para que puedan atender mejor a la comunidad hispana durante una crisis y posteriormente”.

Además, NHMA publica información en su sitio Web para ayudar a las víctimas Katrina y médicos a servicios de salud y de asistencia social.

que le interesa a la Unión Americana.

Rodrigo Iván Cortés, diputado del PAN, manifestó que el reto de los legisladores de las distintas fuerzas políticas, es conformar un frente común para que no se apruebe la construcción del muro fronterizo entre ambos países.

Otros temas que podrían ser discutidos son el revestimiento del Canal Todo Americano y la aplicación de leyes extraterritoriales en nuestro país. También el tema sobre la Alianza para la Seguridad y la Prosperidad de América del Norte, que busca el desarrollo en las comunidades para evitar la inmigración.

## mineros Continua de página 1

hermanos y hermanas”.

En la ceremonia se escucharon los Himnos Nacionales de México y Estados Unidos.

Apoyado por los alumnos de la escuela secundaria Martín

Luther King, el diplomático colocó una ofrenda floral a los pies de la estatua del líder afroamericano quien luchó contra el racismo y la discriminación en Estados Unidos en la década de los sesenta.

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**NEGOCIOS-BUSINESS**

**Small businesses can benefit from new program at OJC**

Otero Junior College will launch a new certificate program on Mar 1 that is aimed at assisting small business owners and operators with business planning, record keeping, financial analysis, and marketing. The new program, Small Business Management, will be headed up by Rachel E. Wallace, from La Junta.

Unlike a typical college certificate program that is primarily classroom or lab based, the Small Business Management program offers educational instruction both in

the classroom and at the business site. Each semester students will have 15 hours of classroom lecture, 22.5 hours of on-site assistance, and will log 150 hours of practical experience.

The new program will offer three certificate levels, each requiring two classes and a one-year commitment. The course of study to earn each certificate may be taken in sequential order or may be taken separately, depending on the student's need and level of experience. The three certificates include: Records &

Computerization, Financial Analysis & Planning, and Marketing & Risk Management.

When the program begins on Mar 1, Wallace will be teaching Records & Computerization I for 15 weeks. Once the program is underway, she will be adding Records & Computerization II, Financial Analysis & Planning I and II, and Marketing & Risk Management I and II. Classes will be held in the evenings on the OJC campus. Students in the program will also benefit from personal visits from

Wallace to their place of business to assist them with their business practices.

Wallace is a graduate of Crowley County High School. She holds a Master's and Bachelor of Science degrees in business and marketing from the University of Phoenix. Prior to coming to OJC Wallace managed the Colorado Water Protective and Development in La Junta and was an account executive for AT&T Wireless Services in Colorado Springs.

Wallace said that she accepted the position at OJC because she thought the concept of helping small business people learn to make their businesses more sustainable in the current economic climate is important for the area. "I am passionate about helping businesses become more efficient and effective. Through the valuable resources that Otero Junior College has to offer, I believe we can help many area businesses develop solid business plans, set up computerized records, learn how to analyze their financial

position, and develop effective marketing strategies. Our long-range goal is to give businesses the tools to be profitable, thus maintaining the economy of our area," said Wallace. To learn more about the Small Business Management Program and how to enroll, contact Wallace at 719-384-6852 or by email at <rachel.wallace@ojc.edu>

**CC to explore *The Hispanic Factor***

*The Hispanic Factor: Latino Impact on the US Economy* — For the past nine years businessman and entrepreneur James Pollak has been the primary speaker and coordinator for Seminarios para Negocios Pequeños, a seminar that teaches business principles to predominately

Mexican American students wishing to improve their existing businesses, start their own business, or learn more about business in order to improve their marketability.

The classes are taught in Spanish and are part of the very successful adult education program at Santa Barbara City

College. Sponsored by economics and business department and the Schlessman Fund.

The event will take place Tue, Feb 28, at 7:30 pm, in Gates Common Room, third floor of Palmer Hall, 1025 N. Cascade Ave. (east of Tutt Library), and is free and open to the public.

**HACU National Internship Program fact sheet for students**

The Hispanic Association of Colleges and Universities (HACU) recruits college students for summer- and semester-long *paid* internships at federal agencies and private corporations in Washington, DC and throughout the country. These ten- and fifteen-week internship programs are designed to allow college students to gain professional development experience that will enable them to make educated career choices. *The following are federal agencies and corporations that have participated in the past*

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**TRAVEL EXPENSES:**  
 Roundtrip airfare is arranged and provided at no charge to interns when applicable. Federal interns who arrange their own transportation will be reimbursed for reasonable expenses. (Note: Expenses must be pre-approved.)

**STIPENDS:** Government intern stipend levels are based on academic level *at the time of application*: Sophomore/Junior - \$440/week • Senior - \$470/week • Graduate/Law - \$540/week. Corporate intern pay levels vary and will be

determined at the time of the offer.

**ELIGIBILITY:** All applicants must:

- Be authorized or eligible to work by law in the United States
- Have a minimum 3.0 GPA on a 4.0 scale
- Be currently enrolled in an undergraduate or graduate degree program
- Have completed their freshman year of college before the internship begins

**APPLICATION DEADLINES:** Spring 2006 deadline is November 4, 2005; **Summer 2006 deadline is February 24, 2006.**

To be considered for an internship, apply online at <<http://www.hnip.net>> *You will also need to mail the following documents:*

- Current official transcript
- Certification of Enrollment Form

Applicants are screened and selected based on their field of study, goals, academic performance, and extracurricular activities. Supervisors at participating federal agencies or corporations make the final selections. For more info, contact HACU National Internship Program • One Dupont Circle, NW, Suite 605 • Washington, DC 20036, or call (202) 467-0893 • <[www.hnip.net](http://www.hnip.net)>

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# NOTICIAS EN ESPAÑOL

## Se prevé incremento dramático en el costo del tratamiento de ataques cerebrales en pacientes hispanos

En el periodo de tiempo comprendido entre el 2005 y el 2050, el costo asociado con el tratamiento de ataques cerebrales isquémicos en pacientes hispanoamericanos alcanzará un total de \$357 mil millones, de acuerdo con un reporte presentado durante la Conferencia Internacional del 2006 de la American Stroke Association (Asociación Americana de los Ataques Cerebrales).

"Frente a estos datos, queda

claro que los funcionarios de salud pública e investigadores científicos deben dar alta prioridad a la prevención y tratamiento de ataques cerebrales", dijo Devin L. Brown, MD, MS, autor principal del estudio y profesor adjunto en neurología de la Universidad de Michigan en Ann Arbor.

Brown estimó que el costo de tratar los ataques cerebrales isquémicos en pacientes hispanos en 2005 se registró en

\$3.2 mil millones.

Los hispanos — quienes recientemente se convirtieron en el mayor grupo minoritario de los Estados Unidos — conformarán la cuarta parte de la población para el 2050.

Los hispanos tienen el doble de probabilidades de sufrir ataques cerebrales isquémicos (eventos provocados por un coágulo de sangre en una arteria que lleva sangre al cerebro) en comparación con los blancos no hispanos, dijo

Brown.

"Tres de los factores de riesgo asociados con ataque cerebral — el sedentarismo, la obesidad, y la diabetes — son más comunes en la población hispana", dijo Brown.

Los investigadores calcularon el costo asociado con el tratamiento de ataque cerebral isquémico en hispanos en los Estados Unidos en el periodo de tiempo comprendido entre el 2005 y 2050. Los cálculos se hicieron

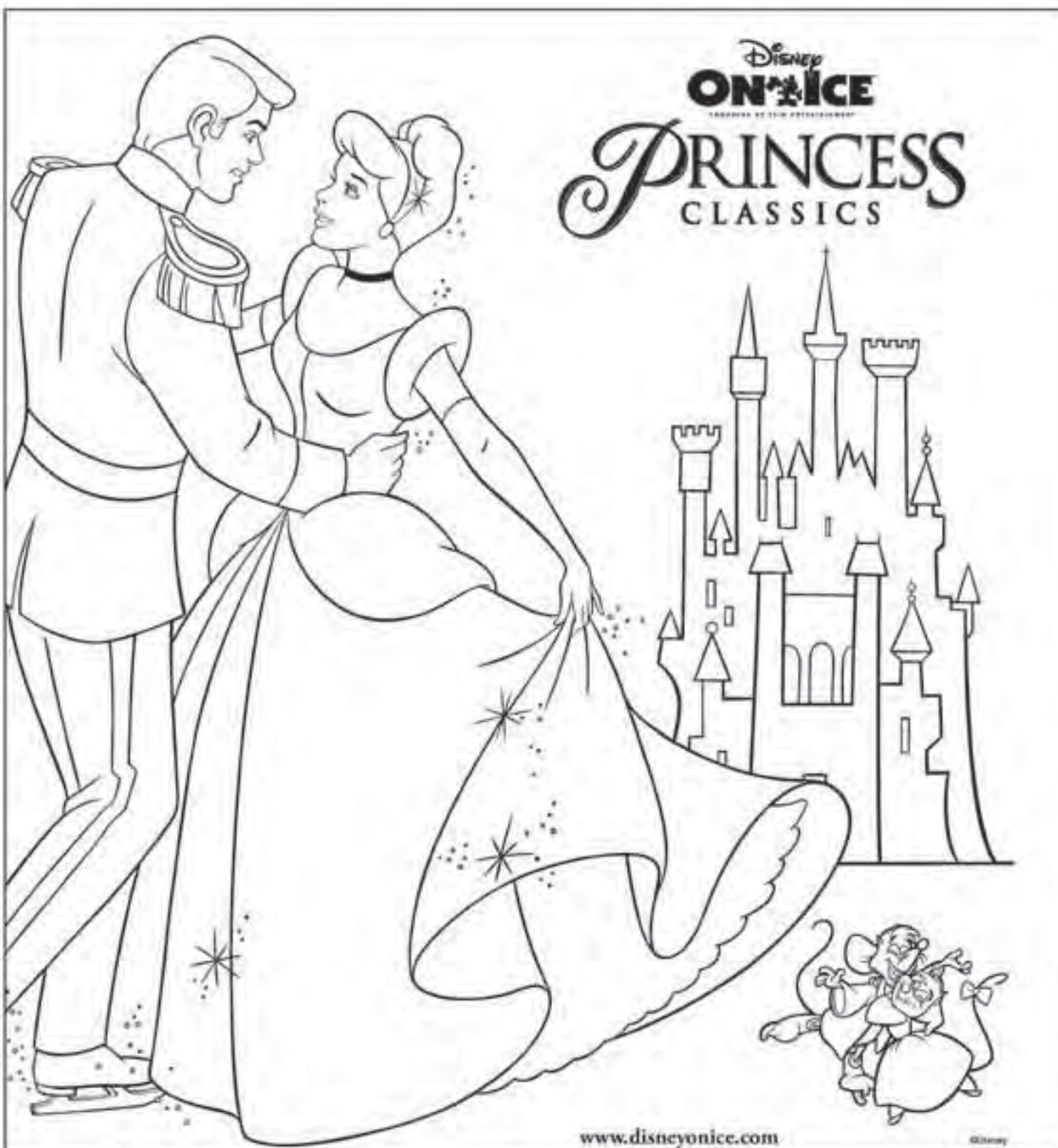
con base en las actuales tasas de reembolso de Medicare, y se presentaron en dólares de 2005. Los investigadores utilizaron proyecciones basadas en datos del censo de 2000 para estimar la población hispana de 45 años de edad o mayor.

Los investigadores evaluaron la frecuencia de ataques cerebrales y la frecuencia con que los pacientes hacen uso de recursos de salud después de sufrir un evento, y compararon esas cifras con datos obtenidos durante dos proyectos de vigilancia continua. El "Brain Attack Surveillance in Corpus Christi (BASIC) Project" es un registro de ataques cerebrales sufridos en una comunidad de Texas compuesta principalmente por mexicoamericanos y blancos no hispanos. El "Northern Manhattan Stroke Study" (NOMASS) analiza la incidencia de ataques cerebrales en una comunidad multi-étnica de Nueva York, de la cual más de la mitad es de origen hispano.

*Los tres factores que tuvieron el mayor impacto sobre el costo de ataques cerebrales en hispanos fueron:*

- Ingresos perdidos (\$79 mil millones, o 22 por ciento del total). "La pérdida de la capacidad para ganarse la vida es algo que afecta particularmente a los hispanos porque tienden a sufrir ataques cerebrales a edades más jóvenes y requieren de atención continua", Brown dijo.
- Hospitalización inicial (\$86 mil millones, o 24 por ciento del total)
- Cuidado informal (\$60 mil millones, o 17 por ciento del total)

"En el futuro, las investigaciones deberán analizar métodos para lograr una mejor prevención de ataques cerebrales en la comunidad hispana, tanto como un mayor conocimiento de los síntomas, y acceso a tratamiento oportuno de ataques cerebrales", Brown dijo. *Continúa en página 14*



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## Chávez

**Continúa de página 5**

"Yo sería capaz de firmar un decreto llamando a referendo popular: esta usted de acuerdo en que Chávez se lance para un tercer periodo en 2013, ¿sí o no? y que sea el pueblo el que elija", declaró en su programa.

**ENTERTAINMENT**

**What's My Code? An exhibition in three parts**

Pikes Peak Community College will host an opening reception for "What's My Code? An Exhibition in Three Parts." The art show features mixed media assemblage, animation, painting, and mosaics by Janet Alexander; paintings and cutouts by Michael Di Biase; and painted wood sculpture by Sean O'Meallie. Refreshments and entertainment provided

The Opening Reception will be held Fri, Mar 3, from 5 to 7:30 pm at The Downtown Studio Campus Art Gallery, 100 West Pikes Peak Avenue. In addition there will be Gallery Talk with the Artists, Sat, Mar 4 from 10 am to noon.

"What's My Code?" features three art educators from Pikes Peak Community College and the University of Colorado at Colorado Springs. The theme of the exhibit is to invite viewers to decode the messages in these artists' lively, whimsical and sometimes puzzling artworks by evaluating visual cues and symbols to identify the cultural friction at play in the 30+ objects on view. Didactical information in the exhibition



provides a framework to help deconstruct the messages in the art, but what about the viewer's baggage? What can be made of it in the end?

The usual conventions of art classification must take an

inspired turn inward to the viewer's own information processing system to complete the task of qualifying their art experiences even with these

fun but code-rich pop expressions. Anyone can do it!

Fun and enrichment abound in this educationally playful, visually challenging extravaganza.

Don't miss the gallery talk with the artists the day after

the opening.

The exhibit will be on display through Apr 15 from 9 am - 8 pm, Mon through Thu; 9 am to 3:30 pm Fri and Sat. For details call 540-7428 or 527-6001.

**Children's Playhouse Series presents *Riders in the Sky***

The whole family will be singing, clapping and laughing along with *Riders in the Sky*, the celebrated children's entertainers whose comedy and performances have delighted audiences coast to coast, as part of the Sangre de Cristo Arts Center's Children's Playhouse Series on Sat, Mar 11 at 11 am and 2 pm in the Arts Center Theater.

With 28-plus years, over 5,000 performances and counting under their collective cowboy belt, *Riders in the Sky* is the multi Grammy Award winning Western music group whose music is firmly grounded in the rich American music traditions of such legendary cowboy singers as Gene Autry, Roy Rogers, and the Sons of the Pioneers. Their fun-filled performances have enchanted audiences of all ages - they are themselves the stuff of legend.

The humorous aspect of the *Riders*, of course, is inherent in their identities. Guitarist Ranger Doug, "Governor of the Great State of Rhythm," sings lead and baritone vocals with an ever-present big grin and warm twinkle in his eyes. A yodeler of breathtaking technique, he is also an award-winning Western music songwriter in his own right.

Upright "bunkhouse" bassist Too Slim, easily the sharpest wit in the West, was, prior to the *Riders*, a janitor, industrial galvanizer, puppeteer, rumor-monger, hay stacker, burlesque show emcee, sportswriter, wildlife

manager, and electric bassman. Besides his superb bass play and comic genius, he has inspired thousands to whack out tunes on their faces.

Woody Paul, "King of the Cowboy Fiddlers," sings lead and tenor vocals, and gained early experience in country-western music by hanging out with the likes of Roy Acuff. When not dazzling *Riders* fans with his fiddle, he's thrilling them with intricate rope tricks which he swears he'll get right before his career is over.

Accordianist Joey "The CowPolka King," "plays both ends against the middle," as they say, on his "stomach Steinway." The master musician, who apprenticed with the late polka king Frank Yankovic and has played with everyone from Roy Rogers to U2, is also the *Riders'* album producer and a licensed driver.

There can be no doubt, however, that after 28 years, 3,001,430 miles traveled, and 300 national TV appearances, *Riders In The Sky*, whose history has now been recounted in Don Cusic's biography "It's the Cowboy Way!," are among the most historically significant acts in the history of American music.

Tickets for the performance are currently on sale at the Sangre de Cristo Arts Center Box Office. Subject to availability, seats are \$6 and are reserved. To purchase tickets or for more information, please call the Box Office at 719-295-7222 or stop by at 210 N Sante Fe Ave.

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# Colorado Wrestling

Photo by Danny Chaparro



The Wasson "Cruz's Brothers" during a lighter moment. On left, Jesse Cruz took 1st place. At right, Casey Cruz took 2nd overall in his class.



5A 125 lb Champ Henry Cejudo  
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Erik Talmich of Wasson High School took his Title inthe 140 lb 5A class.  
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Rocky Ford  
125 lb Josh Hernandez wins RF's second individual title for the night.



Sr. Rocky Ford  
119 lb Matt Maestas on his way to his 2nd Champ Title...

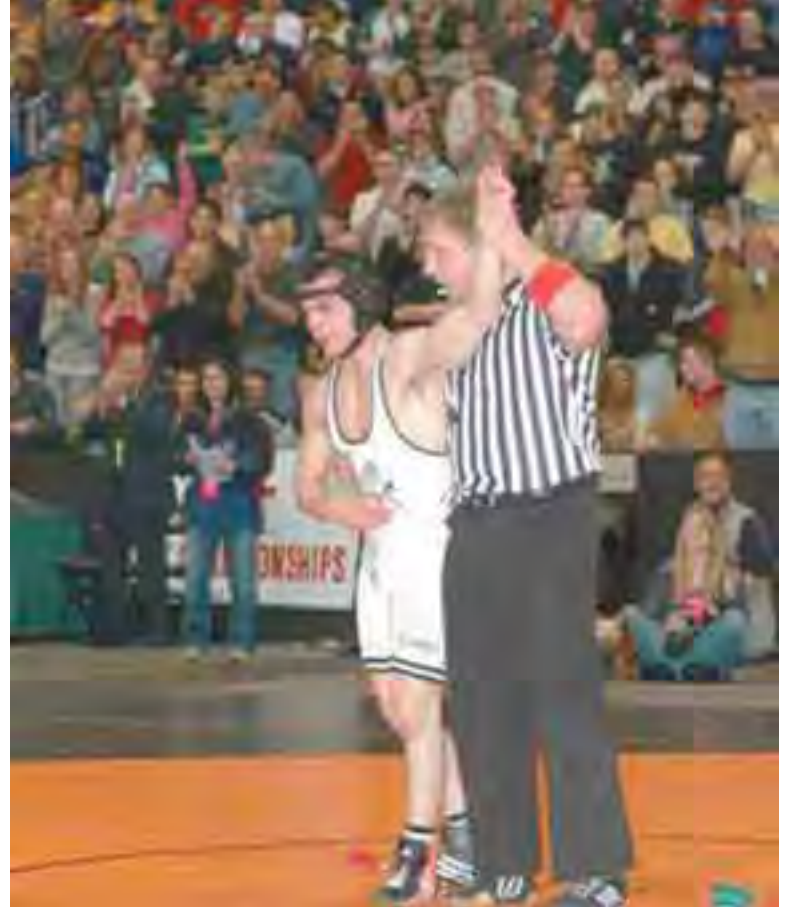
# State Championships



Photo by Danny Chaparro



4A 2nd Place Pueblo South Colts 2006.



125 lb 4A CHAMP!!! Marcus Hernandez Smiles after winning his Final High School match, and the crowd approves! Good Job Marcus, A Victory for ALL of US!!!!



Head Coach Jerry Sisneros of Pueblo South leads his 125 lb Marcus Hernandez off the mat during the 2006 Colorado Wrestling State Finals introduction. Marcus, although legally blind, is the 4-A, 125 lb State Champion.



Ben Armendariz, 4th place finisher, 119 lb 4A class, Mullen High School.

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# AUTOMUNDO

## The all-new Passat raises the bar again

The Volkswagen Passat, the mid-sized car that forever changed the attitude of owning a "grown up" sedan and wagon, is ready to make the prospect of settling down and driving a responsible family transporter even more desirable.

Significantly, the new Passat's base engine is upgraded to a sophisticated new four-cylinder engine called the 2.0T. This two-liter is efficient and sporty and uses a turbocharger and an intercooler for cool, higher-density intake air. The 2.0T's high-end breathing is further enhanced by its four valves per cylinder. The engine's overall efficiency begins with an advanced direct-injection fuel

delivery system that culminates in 200 horsepower at 5,100 revolutions per minute and 207 lbs.-ft. of torque all the way from 1,800 rpm to 5,000 rpm—an extraordinary torque curve that provides plenty of pulling power from the low end through the top.

Soon after the launch of this new 2.0T engine, Volkswagen's renowned narrowangle six-cylinder technology made its return to the Passat line-up. With the Passat's return to a transverse engine mount, Volkswagen will re-introduce a very refined and powerful version of its famous narrow-angle V6 (widely called the VR6, this version's cylinder banks create a "V" angle of just 10.6 °). This newly advanced



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V6 engine has higher displacement, four-valves-per-cylinder, and variable valve timing and promises 280 hp at 6,200 rpm and 265 ft.-lbs, at just 2,750 rpm. Mated to this ultimate V6, as standard equipment, will be Volkswagen's refined six-speed automatic transmission with Tiptronic® and sport mode selection (no plans for a manual).

Later in the model year, Volkswagen will once again offer the Passat in a wagon version as well. Both the sedan and its variant will offer a 4Motion® (all-wheel-drive) version later in the 2006 model year. Both Passat sedan and wagon will offer the following choices: "Value Edition" 2.0T; a Passat 2.0T; a Passat 3.6 L; and soon a 3.6 L 4Motion®.

The launch of the new Passat in the US is no small event. When it arrived on North America's shores in 1997, the contemporary Volkswagen Passat sedan and wagon essentially started the transformation of the common family-sized car market. The Passat proved that the midsize car could actually invigorate drivers and passengers alike. It offered not only great utility, value, safety and room but also dynamic European styling, innovative technology and a "real" German-bred driving experience.

Today, this same model is setting a new target for all those manufacturers who have played catch up to meet the new expectations of so many family car buyers.

Cont. on page 13



## AUTOMUNDO

## AAA Colorado offers tips for stranded drivers

An arctic blast of winter brought sub-freezing temperatures, blowing snow, and slippery roads to Colorado this week, making the past few morning commutes dangerous ones along the Front Range and throughout the high country.

When that happens, many drivers find themselves sliding into trouble. And unfortunately, the danger can only get worse once you find yourself on the side of the road.

There's no way to guarantee personal safety if you're stranded on the side of the road, but anticipating your actions beforehand can help you make quick, smart decisions despite the stressful circumstances.

**Consider the following suggestions:**

If possible, get your vehicle as far off the road and away from traffic as possible. Make your vehicle visible to other drivers.

Raise the hood and turn on your hazard warning flashers. If you have flares or reflective triangles, place them behind the vehicle, at least 50 feet away, to warn others and direct traffic away from your vehicle.

If you think your vehicle may be struck from behind, get out of it and move to a safe place away from the roadside.

Do not stand behind or in front of your vehicle where it can be difficult for other drivers to see you.

Studies have shown that cars

parked on the roadside are often struck by passing traffic, especially at night.

Safety experts agree that under most circumstances, if you are able to park away from traffic, it is safest to remain in your vehicle until a law enforcement officer or towing provider arrives.

Politely decline an offer from a stranger to give you a ride to a phone. Instead, ask the person to call 1-800-AAA-HELP and request road service on your behalf.

You don't need to be an AAA member to call our help line. We will gladly connect all motorists with a towing company.

Take note of your surroundings. Look for street

signs, mile markers, buildings, or other landmarks. When you call for help, give the AAA call receiver as much information about your location as possible.

If you fear for your safety for any reason, make sure the AAA call receiver understands this.

To serve you best, the AAA call receiver also needs to know your cellular phone number if you have one, your membership number, and a description of your vehicle.

Be sure to tell AAA the number of adults and children in your vehicle that need to be accommodated and if anyone has special medical needs.

"Snowy weather coupled with low temperatures does

result in a noticeable increase in call volume for winch-outs and battery jump requests. Slowing down to meet road conditions is the key. Leave earlier so you do not have to rush," said AAA Colorado roadside assistance specialist Scott Soper.

You can do many things to keep your car in top running condition and avoid an emergency breakdown situation, but some vehicle difficulties may be unavoidable.

The more mentally and physically prepared you are to meet unexpected challenges, the lower the toll on your personal well being.

To reach AAA, call 1-800-AAA-HELP.

**Passat** *Cont. from page 12*

As expected in a modern Volkswagen, the all-new 2006 Passat has been stridently refined and moves closer than ever to perfection in its attention to detail, advanced technology, Teutonic driving qualities and uncompromising safety design and features.

Actually, the 2006 Passat is the sixth all-new generation of Volkswagen's midsize car line that can trace its roots back to the Dasher and Quantum of the 1970s and '80s. The outgoing generation that began with the 1998 model in the US was the most successful of any midsize Volkswagen with sales in the U.S. averaging more than 75,000 a year (from 1998 to 2004).

While the dictum that "form always follows function" is an enduring foundation of Volkswagen design, the exterior and interior styling of the departing but contemporary Passat dazzled this sleepy market with its simple sporty European styling and a refined German driving experience. It was hailed universally as one of the most acclaimed and trendsetting in recent automotive history; and, if imitation is the best form of flattery, then the Passat ranks at the highest end of the admiration spectrum as well.

Fortunately, just as more and more automakers play follow-the-leader and begin perfecting their cloning, Volkswagen's designers have breathed new passion and power into the look, ambience and spatial presence of an all-new 2006 Passat.

Overall, the sixth Passat is by far the most skillfully refined, secure and technically

advanced of any iteration before it. Befitting this progressive target for the newest B class, Volkswagen's designers harmoniously sculpted a car that is characterized with an almost avant-garde potency and class—one that is clearly muscular, but in a purposeful, sinewy way that commands respect but in no way demands it.

The new Passat goes proudly into the busy world of modern family life with a new medallion-shaped grille accented by brilliantly clear, clean, high-tech headlight housings that exude the precision engineering and advanced production of this new leader of the family class.

Its eyes, the front lights, willingly challenge the road ahead, staring it down with the focus of a highly prepared athlete anxious for competition.

This confident stance is also seen in the new Passat's silhouette—paralleling in a contemporary way its trendsetting predecessor—arching with functionality, beauty and a timeless tension that creates a visual balance when admiring eyes travel pleasantly from front to rear. At the car's back, one can see a classic and dynamic Volkswagen design leap that harmoniously mixes sharply tailored rear lighting with an enduring sporty and functional overall design.

The new Passat's pure exterior dimensions have broadened slightly to accommodate, partly, a more functional and ergonomic interior.

The wheelbase lengthens slightly to a new 106.7 inches versus the previous 106.4. Overall length is more dramatic: now 188.2 inches versus 185.2 before. The body is wider as well (71.7 inches as opposed to 68.7). Stability in general is further enhanced with a wider track Passat layout, both at the front and rear, which measures 61.1 inches (previously 59.6).

A clear indication of the new Passat's quality foundation is its static torsion stiffness that is measured at a 57 percent

higher level than its predecessor's already solid static rigidity. Dynamically, the new Passat also improves on the Passat's traditionally stiff driving tolerances that allow for a refined chassis and subsequent ability for engineers to dial in optimum suspension settings and improvements.

Inside, a simple glance reveals another evolution in Volkswagen's renowned interior design and simple but unrelenting attention to detail.

Residing in a new Passat is again a unique and progressive automotive experience: whether at the wheel or riding in the front or rear, the occupants find a fresh, stylish, modern design.



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# SALUD

## Know your Macronutrients, part 5: Transfat

by Caroline J. Cederquist, MD

What if you suddenly discovered that a dangerous, life-threatening substance had made its way into nearly half the foods in your supermarket?

It's not grocery terrorism or product tampering. It's trans fat, and the FDA estimates that 2,500 to 5,600 deaths per year could be prevented if consumers were more informed about it.

But trans fat is also a critical tool for commercial food

producers, from grocery chains to restaurants. It's cheap and easy to make, easy to use, easy to store, and it extends foods' shelf life significantly, so food manufacturers lobbied long and hard to prevent any regulation of it, including putting it on Nutrition Facts labels.

The trouble is, of all the fats, consumers most need to know the facts about trans fats, because quite simply, they are the most damaging and

dangerous to health. The Institute of Medicine in 2001 issued an unequivocal statement that trans fats "should not be eaten at all." **Bad News, Good News**

Advice like that from the government's key health advisor is hard to ignore, and finally, in July of 2003, the federal government took action, passing new rules requiring food producers to start including trans fats on Nutrition Facts labels by 2006, listing them separately from other fat content so consumers can see how much trouble they're bargaining for.

If you're like most Americans, you've been cutting back on dietary fat over the last 20 years or so, so you may wonder what the big deal is with trans fats.

The long-time rascal of dietary fat has been saturated fat, which is mainly found in animal products like meat, butter and cheeses, and vegetable oils like coconut and palm oils. They're considered the "bad fats" because they can raise your LDL cholesterol level, which increases your risk for coronary artery disease.

But they've got nothing on trans fats. Also referred to as "trans fatty acids," trans fats occur naturally only in tiny amounts. Most of us are getting trans fats made artificially, through the commercial process of hydrogenation, and we're consuming them in mass quantities.

Adding hydrogen to unsaturated vegetable oils will make them solid at room temperature. Think of that gleaming white goop that comes in a can. This is also how margarine is made from liquid vegetable oils.

## Cost of strokes in Hispanics predicted to skyrocket

Between now and the year 2050, ischemic strokes in Hispanic Americans will cost an estimated \$357 billion, according to research presented today at the American Stroke Association's International Stroke Conference 2006.

These costs include initial hospitalization, ongoing care and lost wages.

"Armed with this information, public health officials and researchers need to give high priority to



Caroline J. Cederquist, MD

Though unsaturated fats are generally less harmful—though not less fattening—than saturated fats, the process of hydrogenation alters them at the molecular level and turns them into trans fats, making them assume many of the characteristics of saturated fats.

Like saturated fats, these trans fats in commercial food products will offer the benefit of a longer shelf life. But they also come with the downside, because like saturated fats, trans fats raise the "bad" LDL cholesterol that accumulates in arteries.

The FDA estimated that informing consumers about trans fat content on food labels could prevent 7,600 to 17,000 cases of coronary heart disease each year, to say nothing of all those deaths.

The new Nutrition Facts labels will not have to indicate any daily value percentage for trans fats, but a footnote will be included saying that the intake of trans fats should be "as low as possible."

So until those rules come into effect, there are some ways to tell if the products you are consuming contain the nefarious trans fats.

### Know Thy Enemy

Like tobacco, a little bit of trans fat once or twice probably wouldn't harm you. It's the cumulative effect over time that does the damage. And want to talk accumulation? Trans fats appear in more than 40 percent of standard grocery items!

Just knowing the usual suspects is a good start in protecting yourself. Many processed foods contain trans fats. Foods like french fries, fried chicken, fish sticks or virtually any batter-dipped and fried foods will contain trans fats because they are fried in hydrogenated fat.

Trans fats are also found in almost all margarines. They're also in most pastries and doughnuts. Chips, cookies and microwave popcorn are about the biggest carriers of trans fats.

In fact, most commercial snack foods are guaranteed to be trans fat carriers. It just makes sense, doesn't it? Food producers are looking to get that longer shelf life and satisfy customers' flavor expectations by keeping their products fresher longer. But next time you're savoring a Danish, just keep that glob of lardy white goop in mind. Because while trans fats can mean munching pleasure for your mouth, they'll cause nothing but problems for your heart.

### Through Thick & Thin:

As dangerous as they are, trans fats are not listed on food labels as such. So to tell if a product has trans fat in it, look for the words "hydrogenated" or "partially hydrogenated" on the ingredient list. The higher in the ingredient list that hydrogenated oils are listed, the more trans fats there are in the product.

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preventing and treating strokes in this large group," said Devin L. Brown, MD, MS, lead author of the study and assistant professor of neurology at the University of Michigan in Ann Arbor.

Brown estimated the cost of treating ischemic stroke in Hispanics in 2005 alone was \$3.2 billion.

Hispanics — who recently became the largest minority group in the United States — will make up an estimated one-fourth of the population by

2050. Hispanics are twice as likely to develop ischemic stroke (caused by a blood clot in an artery feeding the brain) as non-Hispanic whites, Brown said.

"Three risk factors for stroke — inactivity, obesity and diabetes — tend to be more common in the Hispanic population," she said.

Researchers sought to estimate the future economic burden of ischemic stroke in

and Stroke.

Los estudios NOMASS y BASIC son patrocinados por los National Institutes of Health.

Cont. on page 15

## ataques cerebrales Continua de página 8

Los coautores son Bernadette Boden-Albala, MPH, PhD; Kenneth M. Langa, MD, PhD; Lynda D. Lisabeth, PhD; Malika Fair, BS; Melinda A. Smith, MPH; Ralph

L. Sacco, MD, MS; y Lewis B. Morgenstern, MD.

Las investigaciones son patrocinadas en parte por el National Institute of Neurological Disorders

**SALUD**

**State Health Officials urge Coloradans to discard some China Express chicken egg rolls**

The Colorado Department of Public Health and Environment has urged individuals, who may have purchased

“China Express, Chicken Egg Rolls, With Sweet & Sour Sauce Packets” at Wal-Mart retail locations to check their containers for specific code information as these egg rolls may contain shrimp, a known food allergen.

**The products affected by the recall are:**

- 36-ounce packages of “China Express, Chicken Egg Rolls, With Sweet & Sour Sauce Packets, 12 Count.”

**strokes** *Cont. from page 14*

Hispanics in the United States from the years 2005 to 2050. They projected costs using current Medicare reimbursement rates, either directly or as calculated in previous studies and presented in 2005 dollars. Researchers used projections from 2000 census data to estimate the population of Hispanics 45 years or older.

Then researchers gauged the occurrence of stroke and the use of healthcare resources after stroke, with data from two ongoing surveillance projects. The Brain Attack Surveillance in Corpus Christi (BASIC) project identifies strokes in a Texas community comprised mostly of Mexican Americans and non-Hispanic whites. The Northern Manhattan Stroke Study (NOMASS) surveys stroke incidence in this multi-ethnic urban community that is more than half Hispanics.

*The three largest individual contributors to the estimated stroke bill for Hispanics were:*

- Initial hospitalization (\$86 billion or 24 percent of the total),
- Informal care (\$60 billion or 17 percent of the total), and
- Lost earnings (\$79 billion or 23.71 percent of the total).

“A loss of earning ability hits Hispanics particularly hard because they tend to get

Each package bears the establishment number “P-13218” inside the US Department of Agriculture mark of inspection and the lot or case code of “1003425” or “2003425.” Additionally, the packages bear the UPC Code 11251-30001.

The product was manufactured by Chung’s Gourmet Foods of Houston, Texas, and distributed nationwide.

Food safety specialists with the Department of Public Health and Environment recently learned that the recalled product was provided

to select Wal-Mart locations in Colorado. Information regarding specific Wal-Mart locations is not available as the product was provided to Wal-Mart distribution centers and then to company’s retail locations.

The nationwide recall issued by Chung’s Gourmet Foods of Houston late Thu, Feb 16, affects 6,426 pounds of the China Express, Chicken Egg Rolls. The product was manufactured by the firm on Dec 8, 2005, and would have been available from shortly after that time until Feb 16 when the recall was initiated.

Susan Parachini, whole food program manager and recall coordinator for the Department of Public Health and Environment’s Consumer Protection Division, said, “It is extremely important that any consumer who purchased the Chicken Egg Rolls check the packages for the USDA establishment number, lot code and UPC code, particularly if they have a known allergy to shrimp.”

“Consumers who have the China Express Chicken Egg Rolls should discard the product or return it to the place of purchase for a refund,” Parachini said.


She said, to date, there have not been any reports of illnesses or allergic reaction linked to the product nationwide. The company initiated the recall after receiving two consumer complaints. Depending on an individual’s sensitivity, exposure to shrimp may cause symptoms ranging from mild to life threatening in the case of anaphylactic shock.

“At this time, no other China

Express products or any other lot codes of the same product are involved in the recall,” she said.

For more information, the public may call the Consumer Protection Division at (303) 692-3620.

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SEMA Construction, Inc. 7353 S. Eagle St., Centennial, CO 80112 (303) 627-2600; (303) 627-2626 fax. All UDBE/DBE firms are encouraged to participate. Bonding, lines of credit, and special insurance limits may be required; please contact SEMA for assistance. EOE.

**BIDS**

**SEMA Construction, Inc. is requesting sub bids and material quotes from all UDBE/DBE subcontractors and suppliers to meet the 7.0% UDBE goal for CDOT Project SHE 0243-071, C15148. Project consists of intersection improvements on US 24 in El Paso, CO. Project bids March 2, 2006 at 10:00 AM (MST).**

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**BIDS**

**Insurance Request for Proposals**

**Bid Number:** RFP 06-209  
**Location:** Pueblo, Colorado, all programs  
**Project Description:** Insurance

**Receipt of Proposals:**

The Housing Authority of the City of Pueblo will receive proposals for Property, Liability, Public Officials and Auto Insurance. Proposals for **RFP 06-209** will be received until **Friday, May 5, 2006 at 11:00 a.m.** Mountain Time at the Housing Authority of the City of Pueblo, Central Maintenance Facility. (See below for address). At that time, receipt of Proposals will be recorded.

**SPECIFICATIONS:**

A complete proposal package may be obtained from:  
Housing Authority of the City of Pueblo  
201 S. Victoria St., 2nd Floor  
Pueblo, CO 81003  
Attention: Barbara Bernard, Director of Special Projects.

**A pre-proposal conference will be conducted at 9:00 a.m. Mountain time on Friday, February 10, 2006 at the Housing Authority Board Room, 1414 N. Santa Fe Ave., 10th Floor, Pueblo, CO 81003. Proposal packets will be available at this conference. All prospective participants are encouraged to attend.**

The Housing Authority encourages minority and resident owned businesses to participate.



**BIDS**

**SEMA Construction, Inc. is requesting sub bids and material quotes from all DBE subcontractors and suppliers to meet the 1.4% DBE goal to Rehabilitate and Reconstruct Runway 17L/35R at Centennial Airport Project No. 03-08-0029-30. Project consists of airport improvements in Arapahoe County, CO. Project bids February 28, 2006 at 10:00 AM (MDT).**

SEMA Construction, Inc. 7353 S. Eagle St., Centennial, CO 80112 (303) 627-2600; (303) 627-2626 fax. All DBE firms are encouraged to participate. Bonding, lines of credit, and special insurance limits may be required; please contact SEMA for assistance. EOE

**INVITATION FOR BIDS  
PURCHASE OF TWO (2) VEHICLES**

**BID NUMBER:** I.F.B. 06-347  
**PROJECT DESCRIPTION:** Purchase one (1) 2006 Full Size Cargo Van  
Purchase one (1) 2006 Full Size 1/2 ton Pickup truck  
**PROJECT NUMBER:** Co06-P002-501-05  
**LOCATION:** 201 S. Victoria St. Pueblo, Colorado

**RECEIPT AND OPENING OF BIDS:**

The Housing Authority of the City of Pueblo will receive bids for **Purchase of two (2) vehicles**, in the City of Pueblo. Bids will be received until **Wednesday, March 15, 2006 at 11:00 a.m.** Local Time at the Housing Authority of the City of Pueblo, Victoria Avenue Office ( address below ) , at which time and place bids shall be opened and evaluated.

**PLANS AND SPECIFICATIONS:**

A complete bid proposal package may be obtained from:  
Housing Authority of the City of Pueblo  
201 S. Victoria Avenue  
Pueblo, CO 81003  
Tom Martinez, Purchasing Technician

The Housing Authority encourages minority and resident owned businesses to participate.



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## COMMUNITY NEWS

### Empresas mexicanas buscan entrar al mercado de China

Un grupo de 14 empresarios mexicanos lanzó una campaña promocional en China para colocar el tequila.

Ése es tan sólo un botón de muestra de la nueva estrategia de las empresas mexicanas que apuestan a una expansión en China. Una de las mexicanas que ya está aprovechando el nuevo escenario mundial es Gruma, la que abrirá una planta en Shanghai, China, con un plan de inversión de 100 millones de dólares anuales para los próximos cinco años; la tortillera más grande del mundo estudia la posibilidad de instalar una planta en Rusia, según ha informado su presidente, Roberto González Barrera.

Los productos chinos han invadido el mercado mexicano de juguetes, electrónicos, textiles, calzado, accesorios para dama y hasta objetos religiosos, pero los mexicanos ya empiezan a exportar sus

productos a aquella nación, a establecer alianzas estratégicas e instalar compañías en su territorio.

Los negocios de empresas mexicanas con China están regidos por el Mecanismo de Cooperación Económica de Asia-Pacífico (APEC), en el cual se espera que a partir de 2010 exista un régimen de comercio e inversión libre entre los países.

Mientras tanto, los empresarios siguen buscando oportunidades: tres socios fundaron hace un año Latin Asia, la primera compañía especializada en enlazar a inversionistas de los dos países, con oficinas en Beijing y en el Distrito Federal.

En internet hay decenas de páginas con información y tips para hacer negocios en el mercado más grande del mundo.

China es un clientazo para México porque necesita

petróleo, minerales, químicos, materias primas, productos agrícolas, alimentos, textiles, materiales para la construcción, telecomunicaciones, transporte, bebidas y una larga lista que se desprende del gran poder adquisitivo de su población urbana, de acuerdo con el presidente del comité bilateral del Consejo Mexicano de Comercio Exterior (Comce), Carlos Rojas.

La solidez, su modelo económico, la diversidad de la producción, la creación de cadenas y clusters grandes así como su ubicación, permiten asegurar que China será uno de los países emergentes más importantes de este siglo, de acuerdo con Renato Valderrama, investigador del Centro de Estudios Sobre Norteamérica.

Según el embajador de México en China, Sergio Ley López, China necesita

importar bienes como aguacate, uva, vinos de mesa, cerveza, productos químicos y farmacéuticos, además de petróleo. Lo que tiene más demanda son los productos que requieren un valor agregado". Somos aliados, no enemigos: Derbez

México no considera a China como amenaza sino como aliado, pese a las inquietudes que suscitan los sectores textil o del calzado, afirmó el lunes en Pekín el canciller mexicano Luis Ernesto Derbez.

"China es un aliado estratégico de México, no un rival", dijo el ministro en conferencia de prensa, durante una visita oficial a este país - del domingo al martes- para preparar la segunda reunión de la comisión binacional México-China, el mes de mayo en México. Derbez, que se entrevistó con su homólogo chino Li Zhaoxing y con el ministro de Comercio Bo Xilai,

aseguró que la competencia china permitirá a los mexicanos mejorar su productividad.

Expresó el deseo de que en la próxima visita de Bo a México, "entre el 18 y el 25" de mayo, con motivo de la reunión de la comisión binacional, el ministro chino mantenga encuentros con jefes de empresas "de sectores amenazados por la presencia o competencia chinas, en particular del sector textil y del calzado". "Para México, la relación con China es fundamental. Nos convence no sólo el crecimiento sino la presencia y la fuerza de China como la nación que va a tener en la primera mitad del siglo XXI la definición de lo que va a ser el crecimiento económico, el desarrollo, y por tanto es importante para nuestra nación tener una buena relación, y estrecha, con ellos", dijo Derbez.

### EU no descarta ruptura petrolera con Venezuela

El embajador de Estados Unidos en Caracas, William Brownfield, no descarta una interrupción del negocio petrolero con Venezuela, luego de que el presidente Hugo Chávez amenazó con cortar el envío del combustible a ese país, en medio de diferencias políticas.

Brownfield prefirió no hacerse eco de las hipótesis que desencadenó el anuncio del presidente Chávez de imponer un eventual corte del suministro de crudo hacia Estados Unidos, en caso de que la Casa Blanca "se pase de la raya".

"El respeto mutuo es una obligación para ambos gobiernos. Respeto no quiere decir que coincidimos en todo, ni que tenemos el mismo

modelo o la misma visión... explicó Brownfield al ser consultado sobre la interpretación que dio Washington a las advertencias lanzadas por el mandatario venezolano el viernes, cuando indicó que su gobierno "ya está tomando medidas" para suspender la venta de 1.5 millones de barriles de petróleo que envía Venezuela a Estados Unidos todos los días. Brownfield also no descartó la posibilidad de que "alguno de los dos gobiernos pueda cambiar sus decisiones de vender o comprar crudo a uno u otro país".

El mandatario venezolano arremetió contra las autoridades estadounidenses después de que la secretaria de Estado, Condoleezza Rice,

cuestionara la influencia de Chávez en los procesos electorales de otras naciones de América Latina e instara a la comunidad internacional a formar "un frente común" contra el gobierno venezolano.

El embajador se detuvo en este último aspecto para aclarar que las palabras de Rice fueron malinterpretadas. "La expresión en inglés que ella utilizó fue *common ground* o *common position*, que fue traducida al castellano como 'frente común', lo cual no es exactamente lo mismo", detalló el embajador Brownfield después de aseverar que la jefa de la diplomacia estadounidense estaba promoviendo "la colaboración entre países y gobiernos soberanos".

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### Benedicto Continúa de página 1

que los fieles no sean objeto de provocaciones que hieran sus iniciativas y sus sentimientos religiosos", aseguró el Pontífice, de 78 años.

La declaración fue interpretada como una clara condena a las caricaturas del profeta Mahoma en la prensa europea. Al mismo tiempo, Benedicto XVI indicó que "la intolerancia y la violencia nunca pueden ser justificadas como una respuesta a cualquier ofensa", en alusión a los disturbios que han dejado decenas de muertos en países como Afganistán y Nigeria.

En este último país, donde el fin de semana murieron 29 personas en las protestas contra las caricaturas, ayer se registraron nuevos disturbios, que se iniciaron, al parecer, cuando se corrió el rumor de que un profesor había confiscado el Corán, libro

sagrado para los musulmanes, a un estudiante, y lo había profanado. Un testigo vio a jóvenes musulmanes incendiar dos iglesias, vehículos y enfrentarse a la policía en el centro de Bauchi.

Al mismo tiempo, en Islamabad, paquistaníes islámicos prometieron trasladar al exterior la campaña armada contra las caricaturas del profeta Mahoma, en tanto que en la ciudad libia de Bengasi fue saqueado el consulado italiano, desalojado el pasado viernes tras una manifestación, informó la prensa italiana.

En Iran, el ministro de Relaciones Exteriores, Manouchehr Mottaki, quien se encuentra en Bruselas, dijo que "debemos calmar la situación. No apoyamos ninguna manifestación de violencia".

Añadió que la libertad de

expresión debe ejercerse con sentido de responsabilidad y pidió a los gobiernos de la Unión Europea y a la prensa "adoptar iniciativas" a fin de evitar que esas caricaturas vuelvan a ser publicadas.

Ayer mismo, en la ciudad rusa de Vólogda, los propietarios del diario *Nash Reguion*, que reprodujo las caricaturas, decidieron cerrarlo "para poner a salvo a los miembros de la redacción de acusaciones de instigar la discordia religiosa", según explicó Mijaíl Smirnov, dueño del grupo Severinform, al que pertenecía el rotativo.

En tanto, Dinamarca y Noruega criticaron la recompensa ofrecida por un clérigo paquistaní por la cabeza del editor del diario danés *Jyllands-Posten*, donde se publicaron por primera vez los cartones, en septiembre.

# The Kayleigh

The Kayleigh is a contemporary cottage with Craftsman accents. It could be built as a vacation retreat cabin, or a suburban ranch-style home.

This single-story plan is designed for construction on a lot that slopes down to the rear. If a lake, ocean, or canyon is down the slope, that's a delightful bonus. Small windows border the left side of the front door, then crown the entry as transom windows. Handsome mullioned glass fills the upper segment of the door, adding to the foyer's natural illumination.

An opening on the left leads to secondary bedrooms and their shared bathroom. At the far end of the hall, a linen closet fills the alcove. In the front bedroom, a vaulted ceiling expands the sense of spaciousness.

Right past the foyer's coat closet, the hallway expands out into a large, open gathering space where the living room, dining room and kitchen flow together.

Both of the rear rooms have wide windows. Those in the dining area slide open to allow air circulation, and provide access to a partially covered deck, large enough for a picnic table.

Kitchen counters wrap around three sides, offering plenty of space for cooking with family and friends. The raised eating bar that bounds the kitchen and dining room comes in handy for quick snacks, or longer conversations with kitchen workers.

Laundry appliances are but a few steps from the kitchen, in a passthrough room which links to the two-car garage. The utility room can double as a mud room as well.

The Kayleigh's owners' suite has two windows, a walk-in closet and a private bathroom with dual vanity and oversized shower.

For a review plan, including scaled floor plans, elevations, section and artist's conception, send \$25 to Associated Designs, 1100 Jacobs Dr., Eugene, OR 97402. Please specify the Kayleigh 30-549 and include a return address when ordering.

A catalog featuring more than 550 home plans is available for \$15. For more information, call (800) 634-0123, or visit our website at <www.AssociatedDesigns.com>

**Modest Kayleigh focuses on family living**

By Associated Designs

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