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SALUD



Body World2
page 17

Honrando Nuestro Heroe



Jeff Jensen left a lasting impression

A unique dynamic unfolded to us these past few days as this city said farewell to a fallen Colorado Springs police officer. We saw people leaving messages, flowers, other items near where the officer met his fate. We witnessed something that may never happen again, an evangelical church, changed to a Roman Catholic Church, a Methodist Choir, all brought together for one final farewell.

The motorcade that followed will leave a lasting impression on many. Although a sad occasion, this city, this state can be proud of the way it met this sad challenge.



El número de muertes de pasajeros infantiles en accidentes de tránsito bajó

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 (12-18 de febrero).

“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

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5th Latin American Literatures and Cultures Conference draws national attention



The Department of English and Foreign Languages at CSU-Pueblo coordinated the 5th Conference of Latin American Literatures and Cultures, Feb 23 - 25. The conference took place in downtown Colorado Springs at the Antlers Adams' Mark Hotel. Julio Ortega was the keynote speaker, who addressed over 100 professors of Latin American Literatures from colleges and Universities across the United States. 35 of these professors were from institutions within the State of Colorado.

CSU-Pueblo was represented

by 28 specialists in Latin Language and Culture, while Fort Lewis College was represented by Amy L. Sellin and Catalina Aguilar; and UC-Boulder was represented by Elizabeth K. Goldberg, Vitela Grisel Cisneros, Amanda L. Petersen, Maria A. Saiz and Rose Marie Brougham. Each of the 100 professors gave a 20 minute talk at one of the round tables presenting their topic of specialty. The conference ran for three days, for a total of 24 round tables. Organizers of the event were Flor Maria Rodriguez-Arenas and Dora Luz Cobian of CSU-Pueblo.

COMMUNITY NEWS

Pueblo School for Arts and Sciences students enter annual art show

A group of sixth and eighth grade students from the Pueblo School for Arts and Sciences (PSAS) have entered their work in the 15th Annual Pueblo Art Guild Student Art Show.

More than 20 entries ranging from ceramics to photography will be on display through March 24 at the Mineral Palace Park, located at 1500 North Santa Fe.

The public may visit the

exhibit on Saturdays and Sundays from 1 - 4 pm.

The PSAS student artists include: Adriana Arias, Sunia Beelendorf, Auriel Bernstein, Casondra Colvin, Julian Cordova, John Dussart, Amity

Dover, Alex Jaco, DJ Jaramillo, Jacob Lavoo, Jesse Merkel, Brandy Montano, Izaiah Perez, Aaron Silbaugh, Andrew Sinks, and Riley Stringer.

PSAS, once located on the CSU-Pueblo campus, retains a

strong affiliation with the University, even though classes no longer are held in campus facilities. CSU-Pueblo holds the PSAS Charter and works closely with PSAS officials to achieve its mission.

¡Si, Usted Puede Votar!

Who can vote in Colorado? New Registered voters are required to present proper identification at their polling place.

You can register to vote in Colorado if you are a US

citizen, at least 18 years of age, and if you have resided in Colorado at your present address for at least 30 days before an election. Check it out online

at <www.sos.state.co.us>

<www.coloradodems.org>

Key dates: Mar 21, Precinct Caucus Day; Jul 10, Last day to register to vote for the primary election; Jul 28, Last day to apply for an absentee ballot for

the primary election if the ballot is to be mailed; Jul 29, Early voting begins for the primary election; Aug 4, Last day for early voting and last day to apply for an absentee ballot for the primary election

if the ballot is not to be mailed; Aug 8, Primary Election Day, Polls open 7 am - 7 pm; Oct 10, Last day to register to vote for the General Election; Oct 23, Early voting begins; Oct 27, Last day to apply for an absentee ballot for the General Election if mailed; Nov 3, Last day to apply for an absentee ballot for the General Election if not mailed; Nov 3, Last day for early voting.

November (7) election day polls open 7 am - 7 pm.

For more info call TommyRay Sena, State Director at (720) 366-8278 or e-mail him at <TommyRays@Yahoo.com

Catholic Charities to host St. Paddy's Day Gala

Please plan on attending the St. Paddy's Day Gala, to be held on Mar 17, 2006 at the DoubleTree World Area Hotel from 6 - 11 pm.

The event includes an Irish buffet with selections such as fish & chips and corned beef and cabbage, dancing to the sounds of Arch Hooks, a live and silent auction which will feature a trip to Ireland, a trip to South Bend with tickets to a Notre Dame home football game, \$2,000 worth of construction, a long weekend

in Vail at a mountain home, signed sports memorabilia, a round of golf at the Broadmoor, and so many more items too detailed to list.

The event sponsors are: Freedom Financial - Presenting Sponsor; JE Dunn Construction and Rothgerber, Johnson & Lyons, LLP, both Silver Shamrock Sponsors; Colorado Structures Inc., Holy Apostles Catholic Church, O' Briens Carpet One, Penrose Hospital, Sherman & Howard LLC., TAUES, US Bank and

Wells Fargo Bank, all Bronze Shamrock Sponsors; ABC Bank, Jaspers & Hall P.C., both Green Shamrock Sponsor; Vectra Bank, Patron Shamrock; The Gazette, KIL0 and KYZX, all Media Sponsors, and KPB Commercial Printing, as the Invitation Sponsor.

Money raised from the event will support the programs of Catholic Charities: The Marian House Soup Kitchen, Emergency & Transition Services, Life Connections and the Family Literacy Project.

Tickets are \$75 per person. To purchase tickets, please contact us at: Catholic Charities, 228 North Cascade Ave or call (719) 866-6422.

Special room rates of \$79 plus tax are available the night of the event. Call the DoubleTree World Arena Hotel and ask for the Catholic Charities rate.

Proyecto de Fertilidad en las Jóvenes Latinas

Total Translations & Transcultural Services llevar a cabo un evento en Mi Casa Resource Center, 360 Acoma Street, Denver, CO 80223 el día 4 de marzo, de 10 am a 2:30 pm para presentar los resultados del Proyecto sobre la Fertilidad en las Jóvenes Latinas, un estudio preliminar que se realizó para explorar el complejo tema del embarazo

en las jóvenes latinas en el área metropolitana de Denver, y facilitar el desarrollo de un "plan de acción comunitario".

Todos están invitados a participar de esta oportunidad única de "poner el conocimiento en acción" y así mejorar la vida de nuestros jóvenes latinos y de toda nuestra comunidad.

Se ofrecerán servicios de

guardería infantil. Almuerzo, regalos y rifas! Patrocinado por Colorado Organization on Adolescent Pregnancy, Parenting, and Prevention (COAPPP.) EL ESPACIO ES LIMITADO, reserve hoy mismo su lugar llamando a Maria Gavier al 720-932-0182 o al 970-217-1355 o por correo electrónico <mgavier@total-translations.com>

Latina Teen Fertility Project

Total Translations & Transcultural Services will host a community event at Mi Casa Resource Center, 360 Acoma Street, Denver, CO 80223 on Sat, Mar 4, from 10 am to 2:30 pm to present the findings of the Latina Teen Fertility Project, a preliminary study conducted to explore the complex issue of Latina Teen

Pregnancy in the Denver metro area, and facilitate the development of a "community action plan." Everybody is welcome to participate in this unique opportunity to put "research into action" and make a difference in the lives of our young Latinas/os and the community as a whole!

Childcare and lunch will be

provided! Gifts and raffles!

Sponsored by the Colorado Organization on Adolescent Pregnancy, Parenting, and Prevention (COAPPP.)

SPACE IS LIMITED! To RSVP or for more information, call Marla Gavier at 720-932-0182 or 970-217-1355 or email at <mgavier@total-translations.com>

All About Mortgages free workshop offered by ASCCP

Adams State College Community Partnerships series of free workshops, *All About Mortgages*, will be held in five locations around the San Luis Valley.

The workshops will discuss everything one would want to know before entering the process of getting a loan to

either buy a new home or refinance an existing mortgage.

The workshops are held from 6 - 8 pm in the following locations: Mar 9 in La Jara's Nursing Service Center Conference Room; Apr 13 in the Monte Vista Information Center; May 11 at 823 Bell

Street in Alamosa; Jun 15 in the Kiwanis Hall in Center and Jul 13 in San Luis, location to be announced.

These free workshops are given by Tony Ross, Adams State College finance professor.

For more information contact Ross at 719-587-7316 or <tonyross@adams.edu>

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COMMUNITY NEWS

Army raises enlistment age to 39, doubles cash enlistment bonuses

The US Army has raised the active Army non-prior service maximum enlistment age from less than 34 years of age to 39. Bonuses also doubled. The maximum combination of cash enlistment bonuses is up to \$40,000 for the active Army and up to \$20,000 for the Army Reserve.

These changes were made possible under provisions of the Fiscal Year 2006 National Defense Authorization Act.

Raising the maximum age for

active Army non-prior service men and women enlistment expands the recruiting pool, provides motivated individuals an opportunity to serve and strengthens the readiness of Army units. This change also allows the active Army recruitment age limit to match the Army Reserve age limit.

Since March 2005, 3,309 soldiers 35 or older have enlisted in the Army Reserve (853 nonprior service and 2,456

the same physical standards and medical examination.

Experience has shown that older recruits who can meet the physical demands of military service generally make excellent Soldiers based on their maturity, motivation, loyalty and patriotism.

The Army can now offer qualified recruits who select a high-priority job and enlist in the active Army for four or more years up to \$40,000 in combined enlistment bonus incentives. The maximum combination of cash bonuses for an active Army enlistment of three years is \$10,000, except for a few jobs that may qualify for up to \$40,000

Maximum active Army enlistment bonus now \$40,000 **Maximum Army Reserve enlistment bonus now \$20,000**

These cash incentives may also be combined with either the Army's Loan Repayment Program or the Army College Fund, but not both. The Loan Repayment Program can repay up to \$65,000 in qualifying student loans, and the Army College Fund combined with the Montgomery GI Bill offers recruits up to \$71,424 for higher education.

Maximum Army Reserve



The maximum bonus combination for the Army Reserve increased from \$10,000 to \$20,000. Qualified Army Reserve applicants without previous military service who enlist for six years may qualify for combined bonuses of up to \$20,000, depending on the Reserve unit vacancy and how quickly the individual can report to training.

To learn more about Army opportunities, visit your local Army recruiter or log on to <www.goarmy.com>

Youth Summer Opportunity Fair

To help youth in El Paso and Teller Counties get a jump start on their summer job hunt or other summer opportunities, including volunteering, the Pikes Peak Workforce Center has announced its **Youth Summer Opportunity Fair on Wed, Mar 8, from noon to 4 pm at Doubletree World Arena, 1775 E. Cheyenne Mountain Boulevard, Colorado Springs.**

July is the traditional summer time peak for youth employment. According to the US Department of Labor, "The youth labor force—16- to 24-year-olds working or actively looking for work—grows sharply between April and July each year.

During these months, large numbers of high school and college students take or search for summer jobs, and many graduates enter the labor market to look for or to begin permanent employment.

"In July 2005, 2.7 million

youth were unemployed; this was a decrease of 330,000 from a year earlier. The youth unemployment rate, 11.0 percent, was down from 12.3 percent in July 2004.

The unemployment rate for young men was little changed over the year at 11.5 percent, while the rate for young women decreased by 2.2 percentage points to 10.5 percent. The jobless rates for young whites, blacks, and Hispanics or Latinos decreased over the year.

More statistics on youth employment can be found at <<http://www.bls.gov/news.release/youth.toc.htm>>

Youth between the ages of 14 and 21 who are looking for full-time, part-time or volunteer work will be able to meet representatives from Xanthus Higher Education, City of Colorado Springs, Park and Recreation department and Police department, Seven Falls,

Aramark, Pizza Hut, Taco Bell, The Broadmoor Hotel, Home Depot (North Academy location), Build A Bear Workshop, TLC Educational Services, Sonic (8th street location), Cheyenne Mountain Zoo, Sears at Southgate, Carl's Jr., KFC (north Academy location), Wal-Mart (Platte and Chelton), Service System Associates at the Cheyenne Mountain Zoo and more.

Jobs for 14 and 15 year olds are limited, but these youth should consider volunteering as a way to gain job experience.

For EXPRESS entry into the job fair, youth should pre-register at <www.ppwfc.org> Social Security numbers are required for registration. Attendees should dress appropriately; bring multiple copies of their resume; and application information to help them fill out applications. For more information, contact Terry Carlile at 667-3863.

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Democrats back bill barring government contracts with companies that employ illegal immigrants

Democrats on the House State Affairs Committee backed meaningful immigration reform by supporting a bill that would prohibit state government contracts with any company that knowingly employs illegal immigrants. The bill, introduced by Rep. Bill Crane, R-Arizona, successfully passed the committee on a 7-4 vote, with four of the five Republicans voting against it.

It now moves to the Appropriations Committee.

Rep. Crane's bill establishes several safeguards to keep the state from awarding contracts to companies that employ illegal immigrants. It authorizes the Colorado Department of Labor and Employment (DOLE) to set up a reporting tipline and gives it the authority to investigate contractors. Any contractor found in violation would be

barred from receiving state contracts for 10 years.

According to State Affairs Committee Chairman Paul Weissmann, D-Louisville, "I believe Democrats are taking a meaningful, comprehensive, bipartisan approach to immigration reform. I supported Rep. Crane's bill because it's good for taxpayers, and it's a good way of making sure state contractors play by state rules.

I'm disappointed that most of the Republicans on the committee didn't see it that way and weren't willing to work with us. I hope they will reconsider, because meaningful immigration reform will take a lot of hard work from members on both sides of the aisle."





El Enfoque de Dr. Seuss Funciona



READ ACROSS AMERICA UN PROYECTO DE LA NEA



Los niños que leen logran sus metas. Ellos tienen calificaciones más altas en los exámenes y reconocen las letras y los números más a menudo que los niños que no lo hacen con tanta frecuencia. El reto para los padres, los adultos que los cuidan y los maestros es entusiasmar a los niños con la lectura.

"¿Y tendrán éxito? ¡Sí! ¡Claro que sí! (garantizado en un 98 y $\frac{3}{4}$ por ciento.) "¡PODRÁS MOVER MONTAÑAS!" Estas líneas del libro de Dr. Seuss, "¡Oh, cuán lejos llegarás!" son sólo un ejemplo de sus encantadoras rimas y ritmos que ayudarán a hacer la lectura más divertida.

Es en el espíritu de hacer de la lectura una experiencia llena de alegría que la Asociación Nacional de Educación ha lanzado "Read Across America." Creado originalmente como un evento de un día el 2 de marzo, en el cumpleaños de Dr. Seuss, "Read Across America" se ha convertido en una iniciativa a nivel nacional que promueve la lectura diaria, con más de 45 millones de participantes al año.

Los niños necesitan desarrollar el disfrute por la lectura y necesitan escuelas públicas de calidad con grupos de clases más pequeños, libros actualizados y materiales.

Podemos trabajar juntos, en el hogar, en la escuela y en la comunidad, para ayudar a nuestros niños a tener éxito en la vida.

Visite www.nea.org/readacross para conocer más de "Read Across America" y cómo usted puede ayudar a construir una nación de lectores.



Reg Weaver, Presidente
Asociación Nacional de Educación (NEA, por sus siglas en inglés)

NOTICIAS EN ESPAÑOL

Sin las remesas de migrantes, México sería un país deficitario

Por Verónica Ramón

El Instituto de Investigaciones Jurídicas organizó el Congreso Internacional de Derecho Social en el que participan especialistas nacionales y extranjeros que tratarán, entre otros temas, derechos humanos de trabajo y normas internacionales, seguridad social de los trabajadores migrantes, las peores formas de trabajo infantil y responsabilidad social de las empresas.

En la inauguración de dicho congreso, Diego Valadés, titular del instituto, señaló que México

es el principal expulsor de mano de obra en el mundo, lo que coloca al país en una situación preocupante, al tener una economía subsidiada por las remesas de los trabajadores migratorios.

Advirtió que la balanza de pagos nacional sería deficitaria si el año pasado no se hubiera contado con los 20 mil millones de dólares de sus remesas.

También dijo que no se ha contribuido al bienestar de los mexicanos que trabajan en el extranjero, ni se han

establecido instrumentos eficaces para apoyar su defensa jurídica.

Sobre el particular expuso que las actividades en materia de protección consular han sido valiosas, pero los connacionales en general no cuentan con ayuda legal como consumidores o usuarios de servicios. "Se encuentran en la nada jurídica". Preciso que en 2005 la inversión extranjera directa en México fue de 17 mil millones de dólares, monto inferior al de las remesas.

Aseveró que un tema a discusión es si México podría sostener la apertura comercial que practica, si no exportara mano de obra y recibiera por ese medio un subsidio para sus importaciones.

accidentes de tránsito bajo Continúa de página 1

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 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

Tal expulsión opera en interés de quien la recibe porque le permite abaratar sus costos de producción, pero también los hace un país como México, cuya economía se ve subsidiada por la pobreza.

Considero que el tema de la defensa de los trabajadores migratorios debe plantearse como uno de derecho social y de política internacional.

A su vez, Regina Galdhari, de la Organización Internacional del Trabajo, expuso que tan sólo 20 por ciento de los trabajadores del mundo están amparados por una protección social realmente adecuada.

Por su parte, Patricia Kurczyn, investigadora de Jurídicas, hizo votos porque se logre una reforma laboral,

acorde con los intereses de una sociedad diligente, que busca por todos los medios concluir la desesperanza, inestabilidad en el empleo, inseguridad social, en el marco del equilibrio que enuncia y fundamenta la Constitución Política.

Con 20 mmd subsidian la economía nacional; preocupa que el país sea el principal expulsor de mano de obra del mundo. En la inauguración también participaron el presidente del Capítulo México de la Sociedad Internacional del Derecho del Trabajo y Seguridad Social, Jorge G. Presno, y el director del Centro Interamericano de Estudios de Seguridad Social, Luis Martínez Villalba.

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 centraron 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. 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

Continúa página 22

¡¡ Ya Salió!!

Edición 2006
**PAGINAS
AMARILLAS
DE COLORADO SPRINGS**



Con los más completos listados de información sobre negocios y compañías que prestan sus servicios a la comunidad Hispánica en Colorado Springs

Además de nuestra completísima sección común tar a con información sobre inmigración, servicios locales y regionales, organizaciones gubernamentales, asuntos de salud, educación y todos los temas que los Latinos necesitan.

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U. S. COAST GUARD

El coste de infartos cerebrales en la población hispana subirá vertiginosamente

Los costes de los infartos cerebrales isquémicos en la población hispana de EEUU serán de 357 mil millones de dólares hasta el año 2050, según un estudio presentado hoy, viernes, en la conferencia anual de la Asociación Estadounidense de infartos cerebrales.

Los costes incluyen la hospitalización inicial, cuidados permanentes y la pérdida en salarios. "Esta información obliga a las autoridades de salud pública e investigadores a dar una alta prioridad a prevenir y ofrecer tratamiento para infartos cerebrales a este grupo", dice Devin Brown, profesora auxiliar de Neurología en la Universidad de Michigan.

Según Brown, el coste de infartos cerebrales isquémicos en la población hispana en el año 2005 llegó a 3,2 mil millones de dólares. Los hispanos, que recientemente se convirtieron en la minoría más numerosas en EEUU serán un cuarto del total de la población de EEUU en el año 2050.

Los hispanos tienen el doble de posibilidades de desarrollar un infarto cerebral isquémico (Causado por un coágulo en una arteria que suministra al cerebro) que la población blanca y no hispana, dice Brown.

"Los tres factores de riesgo para un infarto cerebral— inactividad, obesidad y diabetes—son más comunes en la población hispana", dice.

Los investigadores calcularon el peso económico futuro de los infartos cerebrales en la población hispana entre los años 2005 y el 2050 utilizando como información los reembolsos de Medicare, ya sea en forma directa o como fueron calculados en estudios

previos. Los investigadores utilizaron proyecciones del censo del año 2000 para calcular la población hispana mayor de 45 años.

Asimismo, los investigadores calcularon la frecuencia de los infartos cerebrales y el uso de recursos de sanidad después de los mismos con información de dos proyectos de seguimiento de infartos cerebrales en la población hispana. Uno, es el Seguimiento de infartos Cerebrales en Corpus Christi (En Inglés, The Brain Attack Surveillance in Corpus Christi (BASIC) que identifica infartos cerebrales en Tejas en su mayoría de mexicanos estadounidenses y blancos no hispanos. También utilizaron información del Estudio de Infartos Cerebrales de Manhattan Norte (En Inglés, The Northern Manhattan Stroke Study (NOMASS)) que realiza seguimientos de infartos cerebrales en una comunidad multiétnica urbana en la que más de la mitad son hispanos. "Los hispanos en el proyecto NOMASS son en su mayoría dominicanos, portorriqueños y cubanos estadounidenses", dice Brown. "Creemos que este cálculo, realizado con información combinada de los dos estudios son más exactos y reflejan a la totalidad de la comunidad hispana de los Estados Unidos".

De los 357 mil millones de dólares por infartos cerebrales, un 45 por ciento será para realizar tratamientos de nuevos infartos cerebrales, incluidos servicios de ambulancias, hospitalización inicial, servicios de rehabilitación, equipo médico y visitas a clínicas neurológicas. Un 55

por ciento de los costes será para pacientes que sufrieron de infartos cerebrales el año anterior, incluidos los medicamentos, visitas a médicos, residencia en centros sanitarios y de rehabilitación y el valor de cuidados informales. "El cálculo del coste de cuidados informales, es decir los cuidados ofrecidos por familia y amigos, fue realizado basándose en los salarios que recibirían ayudas domésticas por la misma cantidad de tiempo", dice Brown.

En el análisis, los pacientes entre 45-64 años representaron el 42 por ciento de los costes; Los pacientes entre 65-84 años, un 43 por ciento de los costes y los mayores de 85 años, un 14 por ciento.

—Hospitalización Inicial (\$86 mil millones o un 24 por ciento del total)
—Cuidados informales (\$60 mil millones o un 17 por ciento del total)
—Pérdida de Ganancias (\$79 mil millones, o un 23,71 por ciento del total)
"La pérdida de ganancias en los hispanos es particularmente difícil porque cuando padecen de infartos cerebrales, sucede en general a edades más tempranas y necesitan de cuidados permanentes", advierte Brown.

Brown dice que la investigación se basó solamente en infartos cerebrales isquémicos. El índice de infartos cerebrales por hemorragias (causados por la ruptura de vasos sanguíneos) es también más alto entre los hispanos que en la población blanca no hispana, y si estos fueran incluidos, los costos serían aún más altos.

NOTICIAS EN ESPAÑOL

Explosiva presentación de Ricky Martin en el cierre de los Juegos Olímpicos de Invierno 2006!

Rodeado de miles de atletas y una espectacular muestra de fuegos artificiales, Ricky Martin brilló, una vez más, al ofrecer una magnífica presentación en la clausura de los Juegos Olímpicos de Invierno en Torino, Italia.

La estrella mundial, quien orgullosamente vistió una camisa que mostraba su adorada bandera puertorriqueña, interpretó "I Don't Care" y "Cup Of Life" junto a su excelente banda y un cuerpo de baile, dándole un final apoteósico a la tan esperada celebración.

Hace un par de días, Ricky ofreció un recital gratis y al aire libre en la Plaza de las Medallas, donde fue ovacionado por más de 9 mil personas.

Martin ya regresará a los Estados Unidos a tiempo para estrenar su más reciente video, versión en español, *Déjate Llevar (It's Alright)* en el popular programa *Al Rojo Vivo* de la cadena Telemundo.

El video, filmado en Puerto Rico bajo la dirección de Simón Brand, se centra en un escenario surrealista para apoderarse de la sobrecarga de publicidad que invade las ciudades. Elementos gráficos incorporados en postproducción en uno de los más prestigiosos estudios de Los Angeles, adornan el video donde la megaestrella se proyecta de forma energética y entusiasta capturado por el lente del director de fotografía Maz Madhani.

Déjate Llevar (It's Alright) es el nuevo sencillo en promoción del álbum *Life* que marcó el regreso de Martin al mundo discográfico después de varios años de ausencia.

Por otra parte, su gira de conciertos *Una noche con Ricky Martin* lo llevara a territorios europeos.

La gira iniciará el 22 de abril en Hammersmith Apollo, en Londres (Inglaterra), y se extiende hasta el 11 de mayo en la Plaza de Toros en Murcia (España).



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NOTICIAS EN ESPAÑOL

Azúcares dietéticos agregados ahora son fácilmente identificados

Expertos en nutrición y otras personas interesadas en saber la cantidad de azúcares

agregados en las comidas ahora tienen un nuevo recurso de datos disponibles.

Nutricionistas del Servicio de Investigación Agrícola (ARS) hoy lanzaron una tabla cibernética que les permite a los utilizadores buscar las cantidades de azúcares agregados, azúcares totales y carbohidratos en 2.041 comidas comunes alistadas allí.

La "tabla de interés especial" fue producida por investigadores en el Laboratorio de Datos de Nutrientes (NDL por sus siglas en inglés), una de seis unidades que forman el Centro de Investigación de Nutrición de Beltsville, MD (BHNRC por sus siglas en inglés). NDL está encabezado por la

nutricionista Joanne Holden. ARS es la agencia principal de investigaciones científicas del Departamento de Agricultura de EE.UU (USDA por sus siglas en inglés).

Consumidores estadounidenses consumen como 74 libras de azúcares agregados cada año, según datos de una investigación de 1999 a 2002 analizados por investigadores en el Grupo de Investigación de Nutrición de la Comunidad en BHNRC. Esto es como 23 cucharillas de azúcares agregados cada día o 460 calorías que no proveen nutrientes adicionales.

En la nueva tabla, "azúcares agregados" son definidos como los azúcares que son agregados a comidas y bebidas durante el procesamiento o en las preparaciones de hogar.

Los datos reportados son valores estimados basados en los dulcificantes agregados alistados como "ingredientes" en las etiquetas del paquete de bebidas y comidas procesadas.

Algunos azúcares agregados alistados bajo "ingredientes" incluyen miel, melaza, jugo concentrado de fruta, azúcar morena, dulcificante de maíz, sucrosa, lactosa, glucosa, jarabe de maíz de alta fructosa

y jarabe de malta.

Las Guías Dietéticas del 2005 para Estadounidenses subrayan la importancia para consumidores de limitar la cantidad de azúcares agregados en las comidas que ellos comen. Aunque las comidas que contienen azúcares naturales—tales como fruta fresca y leche—son ricas en

vitaminas y minerales, muchas comidas y bebidas que contienen cantidades altas de azúcares agregados podrían ser relativamente bajas en nutrientes.

La tabla de interés especial ayudará a los utilizadores a identificar comidas que contienen altos niveles de azúcares agregados.

La nueva tabla se llama 'USDA Database for Added Sugars Content of Selected Foods' (Base de Datos del

USDA Sobre el Contenido de Azúcares Agregados para Comidas Seleccionadas). Entradas son alistadas alfabéticamente entre 23 grupos alimenticios tales como "Productos Horneados", "Comidas Rápidas", y "Bocadillos".

Para bajar la tabla de interés como una carpeta en el formato PDF o Excel, visite: <<http://www.ars.usda.gov/Services/docs.htm?docid=12107>>

¿Que necesitan los niños? ¡Más fruta, por favor!

La fruta ofrece una variedad de colores maravillosos - desde el azul de las blueberries hasta el rojo de las manzanas y verde de las uvas. Además, con sus sabores dulces y frescos, es fácil de preparar platillos con fruta de manera irresistible. ¿Pero es verdad que las frutas solamente están en temporada durante el verano?

¡Para nada! La fruta esta disponible todo el año ya sea fresca, congelada, enlatada, deshidratada, o en jugo.

Cuando sirve fruta a sus hijos, como blueberries por ejemplo, les esta dando una comida colorida y sabrosa que es relativamente baja en

calorías, baja en contenido de grasa, y con bastantes antioxidantes y otros nutrientes que han mostrado proteger a uno de enfermedades.

En el 2005, el Departamento de Agricultura de los Estados Unidos presentó la nueva pirámide de nutrición, "My Pyramid", con recomendaciones para una buena salud y una dieta balanceada. Las cantidades de diferentes tipos de comidas que uno debe comer dependen de la edad de cada persona y también de la cantidad de ejercicio que hace durante el día.

La pirámide recomienda que los niños de 4 hasta 8 años de edad deben de consumir preferiblemente 1 a 1/2 tazas de fruta por día. Para los jóvenes

de 9 a 13 años de edad, 1 1/2 tazas es la cantidad recomendada. Sin embargo, según el Estudio Nacional del Nutrición y Salud, el consumo de fruta por parte de los niños no llega a los niveles recomendados.

Con tan simple sustituir comida chatarra alta en calorías con fruta, los niños pueden aprender que las frutas también pueden satisfacer el hambre - y antojos de dulces - de una manera natural y sin sobrepasar el consumo recomendado de calorías.

Ellyn Satter, MS, RD, nutricionista, terapeuta y especialista en alimentación de niños; es la autora del libro *Child of Mine* (Bull Publishing, 2000) y otros libros en donde recomienda a los padres de ofrecer una variedad de frutas y verduras a sus hijos durante las comidas y tentempiés, y luego permitirles comer lo que quieran de los que esta en la mesa. "Hay que recordar que el punto no es de "forzar" a sus hijos para que coman fruta, si no de enseñarles la buena costumbre de disfrutarla toda la vida," dice Satter.

No hay que presionar a los niños para comer, sin embargo hay varias maneras de hacer

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NEGOCIOS-BUSINESS

Pueblo Latino Chamber honors outstanding members



Latino President Sandy Gutierrez visits with guest speaker Alfonso Gomez, in the presence of Chieftain reporter Kendra Hume

On February 25th, 2006 the Latino Chamber of Commerce held its 27th Annual Dinner Dance. The event honored Latino Chamber members who have made significant and positive contributions to the mission and to the community of Pueblo.

The Latino Chamber *Outstanding Board Member of the Year* award went to Lenny Valdez of Allstate Insurance.

This award recognizes a Board Member that has made significant contributions to the day-to-day operations of the Latino Chamber, as well as serves as an outstanding ambassador at the Latino Chamber's functions and activities.

Elected to the Board in 2003 to serve a three-term, Lenny Valdez has demonstrated a true commitment to the organization as well as it's over 1,000 members. In addition to his position on the governing Board of Directors, Lenny serves on several committees. He is currently the Chair of our Special Events Committee, and is a member of the membership and mortgage payoff campaign committee. Recognizing his commitment and many contributions over the past three years, the membership, in December of 2005, elected him to serve an additional three-year term.

The Joseph P. Roybal *Outstanding Small Business of the Year* award went to Garbiso Dental Center.

The award is named after the Latino Chamber's founding father, Joseph P. Roybal and his vision of creating an organization that would support the desire for unity among local Hispanic business community.

A member of the Latino

Chamber for many years, Dr. Gilbert Garbiso began his practice in 1984. Over the years, he has served his clients with updated techniques and technology in the world of dentistry, providing to highest of quality care for his patients.

Garbiso Dental Center is globally known for advanced implants, bone graphing and cosmetic dentistry. While Dr. Garbiso's practice is that of "professional status", Garbiso Dental Center is considered a small business, retaining 10 employees.

Dr. Garbiso works diligently to support unity, not only among the Hispanic business community, but the entire community. In 2005, the Latino Chamber Development Corporation unveiled the exquisite Latino Lifetime Achievement "Wall of Fame", prominently displayed at Colorado State University - Pueblo. Garbiso Dental Center donated \$5,000 towards the project.

Outstanding Professional of the Year award went to Carlos Maldonado from the Pueblo Sister Cities Commission.

This award recognizes an outstanding professional in Pueblo's community and advancement of leadership development for Hispanics.

As the Chair of the Sister Cities Commission, Carlos was one of twenty-five community leaders from the United States and Canada invited by the Department of Foreign Affairs of the Mexican National Government to attend a three-day conference in Mexico City last year. The conference assisted participants to engage in conversation on relationships between Mexico and the United States. As a result of Carlos' participation,

he was appointed to serve on an advisory group by Vicente Fox, President of Mexico, to continue to provide insight and recommendations on improving relations. On a local basis, he serves on Pueblo's Sister Cities Commission, is a Board member of the Pueblo Symphony, the Senior Resource Agency, and the Latino Chamber of Commerce.

Lorraine K. Salas *Outstanding Volunteer of the Year* award went to Ryan Griego from Piper Jaffray. This award is named after the late Lorraine K. Salas.

The recipient of this award is recognized for the countless hours spent volunteering for the Latino Chamber of Commerce and for their contribution to achieve its mission. Elected to the Latino Chamber Board in 1999, Lorraine Salas was recognized as the first outstanding volunteer of the year in 1998.

Ryan engaged himself in the organizations many activities to include, membership appreciation week, surveying existing members, and recruiting new ones. He is our representative to the Pueblo West Chamber of Commerce, and was responsible for securing a storefront space at the Pueblo Mall to promote the Latino Chamber of Commerce. Ryan is always willing to lend a hand at events, and always does it with his contagious smile and positive attitude.

Outstanding Corporate Member of the Year award went to Comcast of Colorado. This award recognizes a corporate member that is dedicated to the mission of the Latino Chamber, and is committed to help make a difference for all to succeed.

Over the past year, Comcast

of Pueblo has supported the Latino Chamber in numerous ways. Immediately following the launching of the Latino Chamber mortgage payoff campaign in 2005, Comcast gifted the Latino Chamber \$5,000 to be applied to the cause. They currently provide internet service, and have

advertised faithfully in our monthly newsletter publication, "Noticias".

They consistently advertise in the organizations annual resource directory, and in partnership with the United Way of Pueblo, sponsored a successful Happy Hour at the

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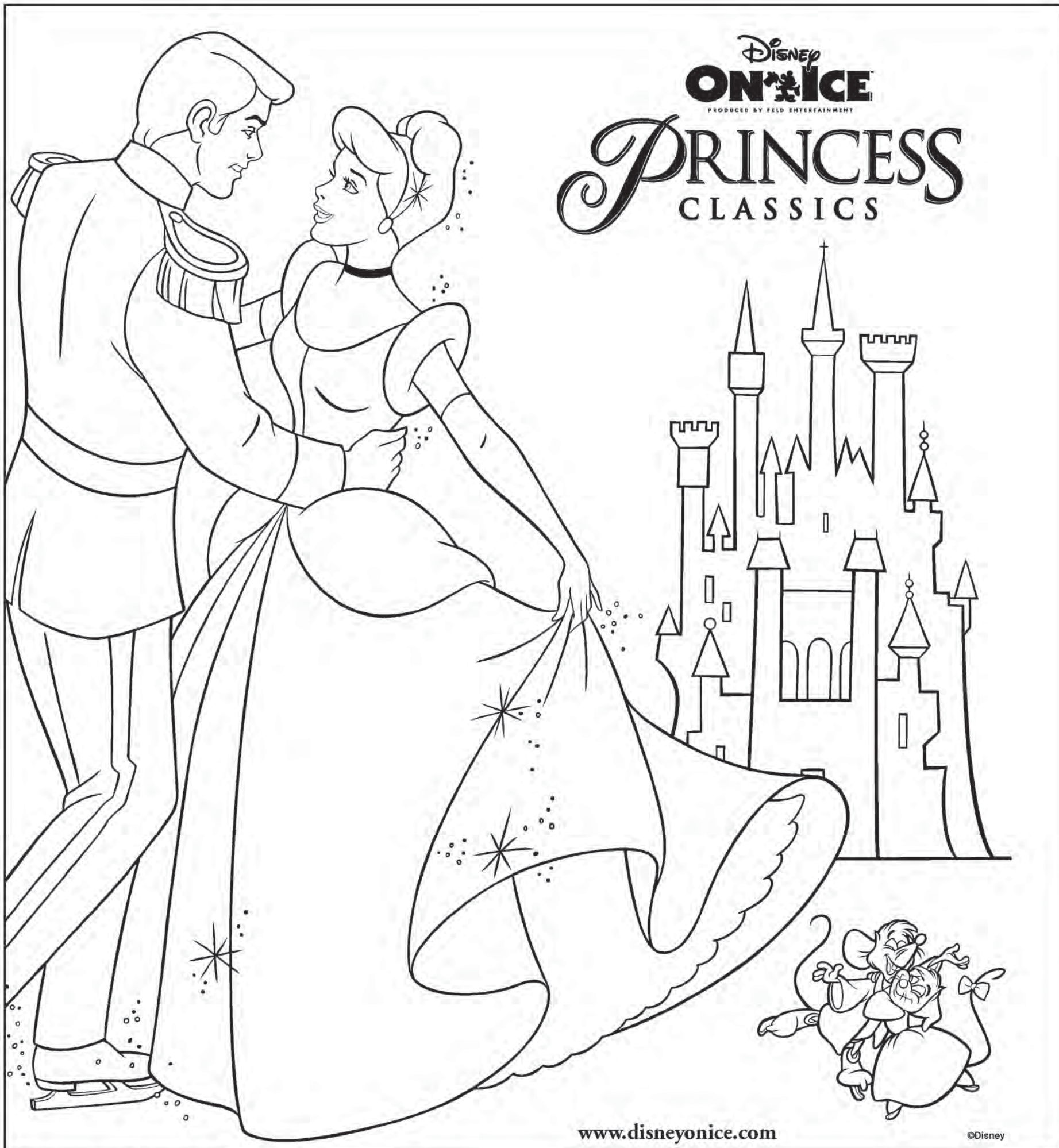
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ENTERTAINMENT

Veronika String Quartet perform for Thursday Night Recital Series

Arguably Colorado's finest string quartet and perhaps one of the state's best-kept secrets, the Veronika String Quartet, will perform at the fifth concert in the 2005-2006 Thursday Night Recital Series in the Louisa Performing Arts Center at The Colorado Springs School Mar 23 at 7 pm.

The program will feature works by Glazunov, Prokofiev, and Haydn. "It's a great honor for us to have the Veronika String Quartet on our stage again," said Head of School Mickey Landry.

"Most people don't realize what a treasure we have in these talented women who make their homes right here in the Pikes Peak Region."

Indeed, the rest of the world knows. The Quartet was formed in 1989 at Gnessin State Musical College in Moscow. They have been awarded top prizes in international competitions in Russia, Australia, and in the United States and have performed in France, Germany, Holland, Spain, England, Switzerland, Israel, and toured extensively in Russia and the United States. The Veronika String Quartet has performed at the Thursday Night Recital Series several times, most recently with Lawrence Leighton Smith, Music Director of the Colorado Springs Philharmonic last season.

For over a decade, the Veronika String Quartet has received scholarship awards in the United States from the University of Milwaukee - Wisconsin's Institute of Chamber Music, Miami University in Oxford, OH and the College-Conservatory of Music at the University of Cincinnati, OH.

The Quartet has been coached by Valentin Berlinsky, cellist of the Borodin Quartet, Fine Arts Quartet, and Henry W. Meyer, violinist of the LaSalle Quartet and has collaborated in performances with the Fine Arts Quartet, Martin Lovett, formerly of the Amadeus Quarter, pianists James Tocco and Ruth Laredo. The repertoire of The Veronika String Quartet ranges from Haydn and Beethoven to twentieth-century works. The Quartet has recorded for the Warner Brothers, Narada, and Northword Press Labels.

Since 1999, the Veronika String Quartet has been in residence at the University of Southern Colorado and the Pueblo Symphony. The popularity of the quartet has led them to launch a dedicated

concert series in Pueblo: Chamber Music with the Veronika String Quartet. Two concerts, on Mar 5 and Apr 23, are scheduled for the current artistic season at the Sangre de Cristo Arts Center Theatre. The Quartet plans a series of four concerts next season.

Their program includes music from the founder of the String Quartet, Franz Josef Haydn (1732-1809) whose Emperor Quartet may be the

single most popular work he composed for this combination of instruments. From Classical to Romantic: Alexander Glazunov's (1865-1936) seldom heard 5 Novelletes-appropriately very Russian and very much inspired by the Veronika's native homeland's rich folk music tradition. Then, on to a 20th century master: Sergei Prokofiev (1891-1953), a maverick musical voice

Cont. on page 22



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ENTERTAINMENT

Olga Tañón, Intocable and Shakira Biggest Winners at 'Premio Lo Nuestro' Latin Music Awards

The star-power was turned all the way up at this year's edition of "Premio Lo Nuestro a La Música Latina" as America's most popular and most-watched Latin music awards show delivered its biggest night ever of the industry's biggest name artists, both contemporary and traditional.

Tying for the biggest winners of the night were "Woman of Fire" Olga Tañón and Norteño supergroup Intocable, who each took home four awards. Tañón reigned supreme in the Tropical category winning Album of the Year for *Una Nueva Mujer*, Best Female

Artist, Song of the Year for *Bandolero*, and Tropical Merengue Artist of the Year. Intocable received four awards in the Regional Mexican category including Album of the Year for *Diez*, Best Group or Duo, Song of the Year for *Aire* and Best Norteño Artist.

Starting the dazzling display of the night's mega-star performances, singer/songwriter Juanes opened the show with an electrifying rendition of his latest single *Lo Que Más Me Gusta a Mí*. Then to everyone's surprise, Juanes introduced fellow Colombian superstar Shakira, who managed to sneak up behind him and plant a kiss that is sure to become a memorable "Premio moment" for years to come. She then broke into a spirited performance of *Día De Enero* that had fans screaming for more. Shakira was also a big winner for the night with three awards in the Pop category that included Album of the Year for *Fijación Oral*, Song of the Year for *La Tortura*, a duet with Alejandro Sanz that also earned the award for Best Group or Duo in the Pop category.

Having established a

precedent for spectacular entrances at last year's "Premio Lo Nuestro" and



Artist of the Year and Urban Song of the Year with *Lo Que Pasó, Pasó*.

Showing a side of him that fans had never seen, Luis Fonsi rocked the house with his rendition of *Por Una Mujer*. He also picked up two awards for Best Male Pop Artist and Video of the Year for *Nada Es Para Siempre*.

Reggaeton's premier duo Wisin y Yandel took their act to new heights with a dazzling production of *Rakatá* and *Llamé Pa' Verte* that took place not only onstage, but also above. Descending from the rafters on a sofa, Wisin y Yandel joined dancers onstage while the world-renowned Anti-Gravity Performance Company put on a graceful aerial show.

Two of the night's most emotionally charged moments occurred when singing legend Ana Gabriel was presented the "Premio a la Excelencia" and when "El Buki" Marco Antonio Solís was honored with a special award in recognition of his 30-year career, each receiving a standing ovation from an admiring sold-out arena audience.

Continuing the night's theme of star performances, the 3-hour spectacular finale featured the wildly successful international pop phenomenon group RBD. The talented group of young singers and dancers that was formed during the production of the smash-hit novela "Rebelde" treated fans to a medley of their hits followed

by a completely unexpected and unprecedented development: in response to an audience gone wild and begging for more, the group returned to the stage for the first-ever encore in "Premio Lo Nuestro" history.

Pop Genre
Album of the Year *Fijación Oral* - Shakira (SonyBMG)
Male Artist of the Year Luis Fonsi (Universal)
New Soloist or Group of the Year RBD (EMI Televisa)
Female Artist of the Year Laura Pausini (Warner)
Group or Duo of the Year Shakira & Alejandro Sanz (SonyBMG)

Song of the Year
La Tortura - Shakira (SonyBMG)

Rock Genre
Album of the Year *Con Todo Respeto* - Molotov (Universal)

Artist of the Year
Juanes (Universal)

Song of the Year
Nada Valgo Sin Tu Amor - Juanes (Universal)

Tropical Genre
Album of the Year *Una Nueva Mujer* - Olga Tañón (SonyBMG)

Male Artist of the Year
Marc Anthony (SonyBMG)

Female Artist of the Year
Olga Tañón (SonyBMG)

Cont. on page 22



again during last May's "Premios Juventud" youth awards, expectations were running high for Reggaeton superstar Daddy Yankee's planned appearance, and fans were not disappointed. Breaking through a massive concrete-block wall into a stylized junkyard, he was joined by an army of dancers for a rousing performance of his hit *Rompe*, immediately followed by the dramatic solo interpretation of the message-laden anthem *Corazones*. Later in the show, Daddy Yankee also took home two awards for Urban

show, Daddy Yankee also took home two awards for Urban

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ENTERTAINMENT

Olga Tañón, Intocable y Shakira los mayores ganadores en 'Premio lo Nuestro'

El fulgor de las estrellas fue más intenso que nunca en la edición 2006 del "Premio Lo Nuestro a La Música Latina",



ya que la ceremonia de premiación de la música latina más popular y sintonizada en Estados Unidos presentó el espectáculo más sensacional de su historia, con los artistas más grandes de la industria, tanto contemporáneos como tradicionales.

La "mujer de fuego" Olga Tañón y el súper-grupo norteño Intocable quedaron empatados con el mayor número de galardones, llevándose cuatro premios cada uno. Tañón reinó suprema en el género Tropical al ganar en las categorías de Album del Año por *Una Nueva Mujer*, Artista Femenina del Año, Canción del Año por *Bandolero*, y Tropical Merengue Artista del

Año. Intocable recibió cuatro premios en el género Regional Mexicano: Album del Año por *Diez*, Grupo o Duó del Año, Canción del Año por *Aire*, y Artista Norteño del Año.

Dando inicio al deslumbrante desfile de actuaciones musicales a cargo de grandes estrellas, el cantautor Juanes abrió el show con una interpretación electrificante de su último tema, *Lo Que Más Me Gusta a Mí*. Luego, para sorpresa de todos, Juanes presentó a su compatriota Shakira, quien se le acercó a hurtadillas para plantarle un beso que sin duda pasará a la historia como uno de los momentos memorables de Premio Lo Nuestro.

Acto seguido, la superestrella

expectativa en torno a la aparición de la superestrella del reggaetón Daddy Yankee. y éste no defraudó a sus admiradores.

Atravesando una gruesa pared de bloques de concreto para caer en una chatarrería estilizada, Daddy Yankee se unió a un ejército de bailarines para ofrecer una dinámica interpretación de su éxito *Rompe*, la cual fue seguida inmediatamente por una versión muy sentida del tema *Corazones*.

Más tarde en la ceremonia, Daddy Yankee recibió dos premios en las categorías de Artista Urbano del Año y Canción Urbana del Año por *Lo Que Pasó, Pasó*.

Por su parte, Luis Fonsi mostró una faceta nunca antes vista por sus fans al hacer una interpretación muy movida y "rockera" de la canción *Por una Mujer*, que dejó eufórica a la audiencia. Además, recibió dos galardones en el género Pop: Artista Masculino del Año y Video del Año por *Nada Es Para Siempre*.

El dúo más famoso del reggaetón, Wisin y Yandel, se lució en grande con una impactante producción de los temas *Rakata* y *Llamé Pa' Verte* que no sólo se desarrolló sobre el escenario, sino por encima de él también. Tras bajar del techo sentados en un sofá, Wisin y Yandel se unieron al grupo de bailarines en escena mientras el mundialmente renombrado grupo Anti-Gravity Performance Company presentaba un impactante show aéreo.

Dos de los momentos más emotivos de la velada se



produjeron cuando la legendaria cantante mexicana Ana Gabriel recibió el "Premio a la Excelencia" y "El Bukí" Marco Antonio Solís fue homenajeado con un galardón especial en honor a sus 30 años de carrera artística. Ambos artistas fueron objeto de calurosas ovaciones por parte del público que llenó por completo el estadio.



Continuando con las estelares actuaciones musicales de la noche, el grandioso espectáculo de 3 horas de duración cerró con broche de oro al presentar al fenómeno internacional del pop, RBD. El grupo de talentosos jóvenes, que se formó durante la producción de la exitosa telenovela *Rebelde*, deleitó a sus fans con un popurrí de sus mayores éxitos, seguido de un hecho sin precedentes: para complacer al público que gritaba enloquecido pidiendo otra canción, el grupo regresó al escenario y cantó por segunda vez, algo jamás visto antes en "Premio Lo Nuestro".

Género Pop

Álbum del Año

Fijación Oral - Shakira (SonyBMG)

Artista Masculino del Año

Luis Fonsi (Universal)

Solista o Grupo Revelación del Año

RBD (EMI Televisa)

Artista Femenina del Año

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Grupo o Duó del Año

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The Gazette
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NEWS FIRST 400



colombiana se lanzó a cantar su éxito *Día de Enero*, dejando a miles de fans clamando a gritos por más. Shakira también fue una de las grandes ganadoras de la noche, al obtener tres galardones en el género Pop: Album del Año por *Fijación Oral*, Canción del Año por *La Tortura*, su dúo con Alejandro Sanz, y Grupo o Duó del Año, también por *La Tortura*.

Dado su historial de entradas espectaculares, como las que hizo en el "Premio Lo Nuestro" del año pasado y luego en "Premios Juventud" en el mes de mayo, se había creado gran

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AUTOMUNDO

2006 XTerra SUV continues as the ultimate adventure vehicle

When it was originally introduced in 1999, the Nissan Xterra stood out in a crowd of nearly 40 competitive sport utility vehicles with its rugged truck frame, purposeful styling and "everything you need, nothing you don't" adventure positioning. Since then, the competitive field of SUVs has grown to over 70 models. Yet one thing remains unchanged – the Xterra still stands alone as a segment of one.

The enhancements for the all-new second generation Xterra, introduced in 2005, included more power, more roominess and more utility. The 2006 Xterra continues to offer excellent off-road

performance, 265-horsepower* 4.0-liter V6 and a rugged, fully boxed all-steel frame. A new entry-level X model is available in 2006 and the Power Package becomes standard on S models. In addition, all Xterra models add a standard glove box lock, lamp and damper, available satellite radio and a new exterior color (Midnight Blue), and new interior color for off-road models (Charcoal).

"The Xterra is the ultimate adventure vehicle," said Mark McNabb, vice president and general manager, Nissan Division. "With its powerful V6 engine and off-road systems, Xterra will physically



get you to your destination, and with its utility-focused interior, Xterra will get all your gear there too."

Powerful Exterior Styling

Key exterior styling features include large, flared fenders, a versatile roof rack with latchable lid and a rear bumper design with side steps for easy access to the roof rack. It also offers a large, powerful hood and headlights and Nissan SUV signature angled strut-style grille.

Xterra features a long wheelbase for a smoother ride and greater interior room, yet the overall length is very manageable due to a reduced front overhang – which enhances maneuverability in off-road hill climbing and trail situations.

Interior Designed for Adventures

The interior concept for the second generation Xterra is very similar to its predecessor: everything you need, nothing you don't.

Xterra's interior is spacious enough for four riders and their gear, with ample leg room, head room and cargo room. The interior is also highly flexible. The 60/40 split

folding stadium-style rear seat is joined by an available fold-down front passenger seat, which creates added utility for hauling long recreational gear. The glove compartment is a double deck design with an added lock, lamp and damper for 2006. There is also additional instrument panel storage. The Xterra Off-Road model includes unique blue or charcoal seat fabric.

The cargo area is highlighted by an Easy Clean Cargo Area flooring and a total of 10 cargo area utility hooks – six on the floor/sides and four on the ceiling (floor hooks can carry up to 110 pounds). An adjustable channel system in

Cont. on page 15

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AUTOMUNDO

2006 XTerra SUV *Cont. from page 14*

the cargo floor, similar in design to the Utili-track system offered on the Nissan Titan and Frontier pickups, makes it easier to secure bike racks and other accessories or gear. There's also an available built-in first-aid kit and space to securely carry up to one-gallon jugs.

"The Xterra's combination of thoughtful cargo area features creates an extremely versatile space for hauling all the things that accompany active lives," said McNabb.

Active lives also require an active sound track, so the Xterra is offered with an available premium 300-watt Rockford Fosgate-powered audio system with nine speakers, steering wheel controls, mp3 capability and available satellite radio with choice of XM or Sirius services.

A Platform that Welcomes Rugged Trails

From the beginning, Xterra has differed from many other similarly sized SUVs with its truck-based (rather than car-based) platform, a credential that adds to its proven off-road capabilities. The 2006 Xterra features a modified version of the F-Alpha platform developed for use with the full-size Nissan Titan pickup and

Armada SUV.

Xterra starts with a fully boxed, all-steel ladder frame and adds a steel double-wishbone front suspension with stabilizer bar and solid axle leaf spring rear suspension.

High-performance gas shocks are available with the Xterra Off-Road model. The new Xterra also features an enhanced ground clearance with a clean underbody to help protect components from off-road obstructions.

Powering the Xterra is a standard 4.0-liter DOHC V6, rated at 265 horsepower and 284 lb-ft torque. The engine is an increased displacement version of Nissan's VQ engine series found in the 350Z, Maxima and Altima. It features a longer stroke (than the 3.5-liter version) and has been specifically tuned for SUV and truck applications.

Like others in the VQ family, the 4.0-liter version includes such advanced design features as Electronic Throttle Control with secondary mapping in 4LO (4WD models), Continuous Valve Timing Control (CVTCS), Nissan variable Induction Control System (NICS), silent timing chain, microfinished camshaft



and crankshaft surfaces, Teflon®-coated pistons, resin intake manifold, digital knock control system, high capacity muffler, lightweight aluminum block and cylinder heads and 105,000-mile spark plugs.

Two advanced transmissions are offered with the 2006 Xterra. An available electronically controlled 5-speed automatic transmission is based on the transmission used in the both the Titan and Armada (with an emphasis on acceleration, fuel economy and shift quality). Also available is a 6-speed manual

transmission, based on a 350Z economy. The 2006 Xterra is design but tuned for driving offered in 4WD or 2WD performance and fuel configurations.



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DEPORTES

Photo Daniel T. Chaparro

Hoop Madness, It is State Tourney Time

In 5A Boys, Palmer Plays Cherry Creek, in 4A, Widefield plays Ralston Valley and Liberty gets the opportunity to play Golden.

Now, why does this happen, Dist 2 has just two Schools in its system, why must they play to see who knocks each other out of the State tournament. Pueblo only has East playing Centaurus.

In Girls 5A, Air Academy meets Durango, Palmer will



play Thunder Ridge. In 4A Harrison will play Glenwood Springs, Pueblo has 3 teams still in it...Pueblo West plays Mullen at Metro State, South will take on Golden the second game at Metro. Central Get's to stay home and play Silver Creek at CSU Pueblo.

Other schools from the area still in it are Boys Girls at Limon, Rocky Ford boys and girls, Las Animas, Trinidad, Fowler girls and of course, McClave girls are trying for a three peat. Good luck to all our teams.

Wired to Win

Wired to Win: Surviving the

Tour de France opens at the Denver Museum of Nature & Science on Friday, March 3. The giant-screen film opens at Phipps IMAX Theater at the Denver Museum of Nature & Science, and was produced by Partners HealthCare and made possible by the National Science Foundation and Ortho-McNeil Neurologics, Inc.

A jumpy home movie shows a six-year-old boy learning to ride his first bicycle with help from his father.

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SALUD

Gunther Von Hagens' Body Worlds 2: The Anatomical Exhibition of Real Human Bodies comes to Denver

Uncover the incredible beauty and complexities beneath your skin when one of the most popular touring exhibitions in the world, *Gunther von Hagens' Body Worlds 2: The Anatomical Exhibition of Real Human Bodies*, comes to the Denver Museum of Nature & Science from Mar 10 - Jul 23. Created by Dr. Gunther von Hagens, a licensed physician and anesthesiologist, BODY WORLDS and BODY WORLDS 2 have drawn nearly 18 million viewers worldwide.

Visitors to the exhibition learn about anatomy, physiology, and most importantly the influence of lifestyle choices, like diet and exercise, on personal health by viewing real human bodies permanently preserved through an innovative method called Plastination. The exhibit is presented in Denver by Centura Health, Colorado's largest family of not-for-profit hospitals and health services. "BODY WORLDS 2 is a compelling, memorable experience that will give all who view it a new perspective on the inner workings of the human body and the importance of healthy lifestyle choices," said Dr. Bridget Coughlin, curator of human health at the Denver Museum of Nature & Science. "The exhibition features more than 200 real human specimens. These specimens give visitors access to a deeper understanding of disease and pathology formerly only available to surgeons. Through examples such as arthritis in the aging process, the effects of tobacco consumption and the complexity of the nervous system, the exhibition has given me an incredible respect

for what it means to be human."

The plastination process was invented by Gunther von Hagens at the

University of Heidelberg in 1977.

The process replaces the natural fluids in the body with reactive fluid plastics that harden after vacuum-forced impregnation.

Plastination provides the flexibility and strength needed to display and preserve specimens in realistic forms, without the use of glass barriers and formaldehyde. Dr. Gunther von Hagens founded the Institute of Plastination in 1933, in order to offer plastinated specimens for educational use and for the BODY WORLDS exhibitions.

All anatomical specimens on display in the BODY WORLDS exhibitions are authentic. The bodies were donated for plastination purposes through a declaration of will directly from the individuals involved.

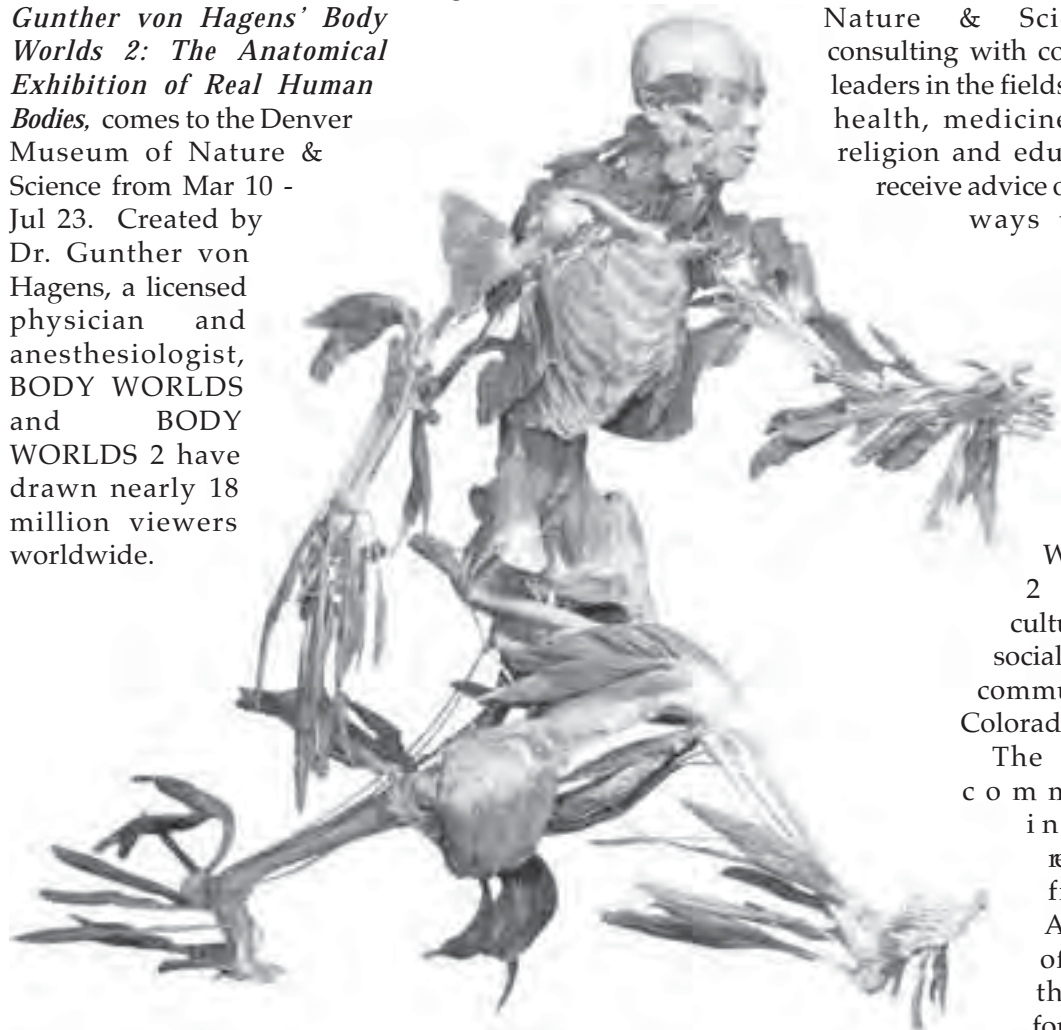
"BODY WORLDS allows people from all backgrounds to better understand the body and how it functions," said Dr. Gunther von Hagens. "As event anatomy, BODY WORLDS juxtaposes healthy and diseased organs and features whole body specimens in dynamic lifelike poses.

Plastinated anatomy is beauty beneath the skin, frozen in time between death and

decay. It opens the heart to our inner self and makes us fall in love with our own body."

The Denver Museum of Nature & Science is consulting with community leaders in the fields of public health, medicine, ethics, religion and education to receive advice on the best ways to relate

B O D Y



WORLDS 2 to the culturally and socially diverse communities in Colorado.

The advisory committee includes representatives from the Archdiocese of Denver, the Center for Bioethics and Humanities at the University of Colorado Health Sciences Center, Colorado

Science Education Network, the Colorado Anatomical Board, Colorado Muslim Society, the Denver Office of Cultural Affairs, Denver City Council, Denver Public Health, Denver Indian Health and Family Services, Rocky Mountain Rabbinical Council and medical professionals.

The Museum is recommending the exhibition for schoolchildren in grades 5 and above.

An Educator's Guide and Family Guide with helpful tips and more information for visiting the exhibition with children is available at <www.dmns.org>



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SALUD

Added dietary sugars are now easily identified

Dietary professionals and others interested in checking the amount of "added" sugars in foods can now tap a new data resource. Agricultural Research Service (ARS) nutritionists launched an online table that lets users look up the added sugars, total sugars and carbohydrates in

2,041 common foods listed. The "special interest table" was produced by researchers in the Nutrient Data Laboratory (NDL), one of six units that make up the ARS Beltsville (MD) Human Nutrition Research Center (BHNRC). The NDL is headed by nutritionist Joanne Holden. ARS is the US Department of Agriculture's chief scientific research agency.

US consumers eat about 74 pounds of added sugars per year, according to 1999-2002 survey data analyzed by researchers at the BHNRC's Community Nutrition Research Group. That's about 23 teaspoons of added sugars every day—or 460 calories that supply no additional nutrients.

In the new table, added sugars are defined as those sugars added to foods and beverages during processing or home preparation. The data reported are estimated values based on the added sweeteners listed under "ingredients" on the package labels of processed foods and beverages. Some added sugars listed under ingredients include honey, molasses, fruit juice concentrate, brown sugar, corn sweetener, sucrose, lactose, glucose, high-fructose corn syrup and malt syrup.


The 2005 Dietary Guidelines for Americans underscore the importance of consumers' limiting the amount of added sugars in the foods they eat. While foods containing natural

sugars, such as fresh fruit and milk, are rich in vitamins and minerals, many foods and beverages that contain high amounts of added sugars may be relatively low in nutrients. This special interest table will help users identify foods that contain high levels of added sugars.

The new table is entitled "USDA Database for the Added Sugars Content of Selected Foods." Entries are listed alphabetically within 23 food groups such as "Baked Products," "Fast Foods" and "Snacks."

To download the new special interest table as a PDF or Excel file, go to: <<http://www.ars.usda.gov/Services/docs.htm?docid=12107>>

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¡Más fruta, por favor! *Continua de página 8*

que la fruta sea apetitosa.

Por ejemplo, los Barquitos Azules de Plátano (fotografiada) tiene la fantasía que los niños adoran. Y cuando lo comen, podrán disfrutar de una variedad de frutas deliciosas.

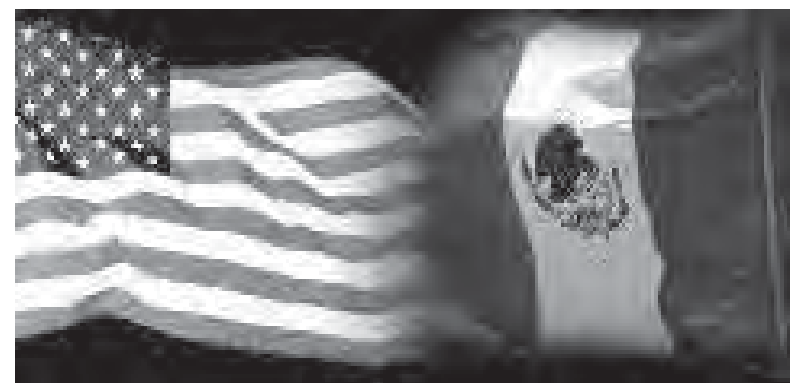
Barquitos Azules de Plátano

- 2 fruit roll-ups, de cualquier sabor
- 4 palitos delgados del pretzel, de 4 pulgadas de largo
- 1 1/2 tazas de blueberries frescas, congeladas, o enlatadas (drenadas)
- 1/2 taza de jugo de uva, también puede usar el jugo de las blueberries enlatadas
- 2 plátanos maduros, cortados en cuartas partes (8 piezas)
- 4 bolas pequeñas de helado o nieve de fruta
- 1/2 taza de fruta cortada en pedazos, pueden ser mandarinas o uvas.

Para hacer las velas, desenrollar los fruit roll-ups y cortarlos en triángulos de tres pulgadas con un cuchillo filoso. Hacer 3 cortes pequeños cerca de las orillas de cada triangulo y traspasar con los palitos de pretzel como si fuera aguja. En cuatro platos hondos (de sopa o cereal), dividir las blueberries en partes iguales; agregar dos cucharadas de jugo en cada plato. Para crear "los barquitos": poner dos cuartos de plátano en cada lado del plato hondo con blueberries. En el medio de los plátanos, poner una bola de helado. Servir inmediatamente. Sirve: 4 porciones.

Las blueberries son #1 en actividad antioxidante, una taza de blueberries solo contiene 80 calorías y casi nada de grasa. Frescas, congeladas, enlatadas, o deshidratadas, las blueberries siempre están listas para cualquier receta o para disfrutarlas así nomás.

Puede encontrar todos los detalles de las recomendaciones del Departamento de Agricultura de los Estados Unidos en <www.mypyramid.gov>



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Bariatric surgery: drastic measures for drastic measurements

By Caroline J. Cederquist, MD

It used to be that "stomach stapling" was a rare and extreme response to dangerous cases of obesity.

But as more long-term data become available about the generally positive outcomes for bariatric surgeries, more consumers are opting for these procedures than for any other non-cosmetic elective surgery.

With most of us normally so reluctant to go under the knife, what's driving the popularity of bariatric procedures? Quite simply, as an investment in health, they offer a very high return.

Follow-up research on patients of earlier bariatric surgeries is showing that the prospects for long-term weight loss are better than with any other mode of treatment for seriously overweight people, those classified as "morbidly obese."

The data also show that post-operative health outcomes for patients of bariatric surgery are remarkably good, with major improvements in diabetes, cardio-vascular health, musculoskeletal conditions and sleep disorders.

But perhaps the most important outcome shown is that these health improvements are lasting, specifically because patients of bariatric surgery have excellent chances of maintaining a much lower, much healthier weight for years to come.

According to the Journal of the American Medical Association, "bariatric surgery offers the best treatment to produce sustained weight loss in patients who are morbidly obese."

That assessment has been borne out by the statistics. The maximum weight loss is usually reached between 18 and 24 months after their surgery.

The amount of weight lost tends to vary a little between the various procedures, but on an average, a loss of 60 percent of the excess weight was still maintained at five years after the surgery.

One study of over 600 patients reported that an average of 50 percent of the excess weight lost was still maintained at 14 years after the surgery. The numbers for weight loss maintenance in other treatment approaches come nowhere near these rates.

Roughly speaking, the "morbidly obese" are those defined as being 100 pounds overweight, or with a body mass index (BMI) of 39 or more.

A score of 35 or more is used for those who already have associated health problems, such as diabetes or heart disease.

Also referred to as "clinically severe obesity," it's a condition that presently affects about six million Americans. And for these people, the risks associated with remaining overweight are simply much greater than the risks of going under the knife.

People at lower BMIs typically are not considered as candidates for bariatric surgery without extenuating circumstances.

And sometimes people above a BMI of 40 are not considered because of other factors. Certain psychological conditions might preclude an individual's candidacy, or an inability to commit to lifestyle changes necessary for weight maintenance.

For instance, people who consume lots of sweets and high-fat junk foods and who don't really plan to give them up, won't get the lasting improvements they want from the surgery.

And there are some patients who have delicate health complications such that they may have to lose weight in a supervised program before undergoing the surgery.

With rates for complications below 2 percent and mortality of less than one-half a percent, bariatrics surgeries have proven, safety-wise, to be comparable to other elective procedures, and far less risky than the heart bypass operations that are so common today.

That's a remarkably low incidence of post-operative complications, particularly considering that the general health in this patient population is highly compromised by their excess weight to begin with.

Yet even as new techniques are developed that improve the safety and efficacy of bariatric procedures—and minimize some of their unpleasant side effects—experts worry that the public will get the idea that these are routine surgeries that offer a silver bullet solution to



Caroline J. Cederquist, MD

the problems of the gravely obese.

Surgery is a complex and demanding procedure for both the doctor and the patient, and

like any surgery, it shouldn't be taken lightly. Most bariatric surgery specialists will not agree to perform a bariatric procedure on a patient who hasn't already demonstrated a concerted effort to get rid of some of their excess through more conventional weight-loss methods.

Surgical preparation usually includes weight loss and conditioning for the patient immediately before the operation, and then there is a lot of lifestyle and maintenance work afterwards.

That's the investment. The return? Early death related to weight decreases markedly, and aside from the other specific medical

improvements, studies also show that bariatric surgery patients get improved mobility and stamina, better mood and self-esteem, improvements in social interactivity and interpersonal effectiveness. And for overall quality of life, that means a real long-term gain.

Through Thick & Thin

Bariatric surgery is remarkably effective, but it's no silver bullet. Before seeking a bariatric surgeon, consider getting counseling to help establish whether you have the commitment and the support system in place to make the lifestyle changes you'll need to make the surgery successful over the long haul.



The Birth Center
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MARCH 2006 FEATURED CLASSES

Baby Care Classes

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Thursdays, March 23 & 30

Tours

Thursdays, March 2, 9, 16, 23 or 30
Sundays, March 5 or 26

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Friday, March 3

Prepared Childbirth Classes

Four-week sessions:

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Five-week sessions:

Wednesdays, March 1 – 29

Weekend sessions:

Saturdays, March 4 & 11, A.M.

Saturdays, March 18 & 25, P.M.

Sundays, March 5 & 12, P.M.

Weekend express:

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Infant/Child CPR

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of each month:

March 7, 14, 21 & 28

Sibling Class

For ages 3 and 4 years old:

Tuesday, March 7

For ages 5 to 9 years old:

Tuesday, March 28

Childbirth Refresher

Thursdays, March 9 & 16

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Thursday, March 9

"Over 30" Childbirth Class

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Tuesdays, March 14 & 21

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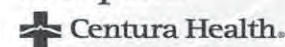
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Request for Proposals

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 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).

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.

INVITATION FOR BIDS PURCHASE OF TWO (2) VEHICLES

BID NUMBER: I.F.B. 06-347
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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:
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Tom Martinez, Purchasing Technician

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COMMUNITY NEWS

'Premio lo Nuestro'

Continúa de página 12

Canción del Año

La Tortura - Shakira (SonyBMG)

Género Rock *Álbum del Año*
Con Todo Respeto - Molotov (Universal)

Artista del Año

Juanes (Universal)

Canción del Año

Nada Valgo Sin Tu Amor - Juanes (Universal)

Género Tropical

Álbum del Año

Una Nueva Mujer - Olga Tañón (SonyBMG)

Artista Masculino del Año

Marc Anthony (SonyBMG)

Artista Femenina del Año

Olga Tañón (SonyBMG)

Género Regional Mexicano

Álbum del Año

Diez - Intocable (EMI Televisa)

Artista Masculino del Año

Marco Antonio Solís (Fonovisa)

Artista Femenina del Año

Ana Bárbara (Fonovisa)

Grupo o Dúo del Año

Intocable (EMI Televisa)

Canción del Año

Aire - Intocable (EMI Televisa)

Banda del Año

Banda el Recodo (Fonovisa)

Artista Grupero del Año

Los Temerarios (Fonovisa)

Artista Norteño del Año

Daddy Yankee (El Cartel)

Canción del Año

Lo Que Pasó, Pasó - Daddy Yankee (El Cartel)

Music Awards Cont. from page 13

Group or Duo of the Year

Aventura (Premium Latin Music)

Song of the Year

Bandolero - Olga Tañón (SonyBMG)

Tropical Merengue Artist of the Year

Olga Tañón (SonyBMG)

Tropical Salsa Artist of the Year

Marc Anthony (SonyBMG)

Traditional Tropical Artist of the Year

Aventura (Premium Latin Music)

New Soloist or Group of the Year

Xtreme (SGZ Entertainment)

Grupero Artist of the Year

Los Temerarios (Fonovisa)

Norteño Artist of the Year

Intocable (EMI Televisa)

Ranchero Artist of the Year

Veronika String Quartet

Cont. from page 11

exemplified by the intimacy and concentration found in his String Quartet No. 2.

As an educational adjunct to their concert performance, the members of The Veronika String Quartet will share their music and personal stories with the entire Middle School at CSS in a special assembly. "We take full advantage of having great artists come on to our campus," said Miller Adam, the school's Fine Arts Department Chair. "Our students get the benefit of a rich arts experience, and through these encounters with artists, they're able to see beyond the art to what it takes to make the art."

In conjunction with the chamber music performance, the Gallery at Louisa will present painter Mariya Zvonkovich in her show *Transitions*. Zvonkovich's plein air paintings will adorn the gallery walls, with an artist's opening at 5 pm. She is an artist and educator who

began her career as an art teacher in both the Los Angeles and Chicago public school systems. "I find myself at a new place in my life," said Zvonkovich. "Years of artistic exploration have solidified who I am as a creative spirit and human being. This exhibit gives me the opportunity to reflect back upon that inquiry while showing the signs of what's to come."

Zvonkovich now teaches drawing and painting for the University of Colorado at Colorado Springs, and for the Colorado Springs Fine Arts Center's Bemis Art Academy. She held the position of Master Pastellist for the Colorado Springs Art Students League; and through her company, Painters Retreats International, conducted workshops nationally and internationally - including the popular painters' retreats at Ghost Ranch, NM. She has worked in the community in several arenas: instructing children's

and teachers' workshops for the Kennedy Center Imagination Celebration; co-founding the Pikes Peak Pastel Society with a core group of colleagues; and collaborating with Gerry Riggs to bring WATERMEDIA - an international juried exhibit - to the Gallery of Contemporary Art (2005, 2000, and 1997).

Zvonkovich's award-winning work has been exhibited in museums and galleries from Los Angeles to New York, including the Salmagundi Club and the National Arts Club in Manhattan. Closer to home, her work has been included in exhibits at the Colorado Springs Fine Arts Center and the Gallery of Contemporary Art. She is currently represented by Squash Blossom Gallery in Colorado Springs, Pankratz Gallery in Monument, and Mary Martin Gallery in Charleston, SC.

For more info, call (719) 475-9747 ex 110.

accidentes de tránsito bajó Continúa de página 6

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.

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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 55 "debe estar abrochado

debidamente mediante un cinturón de seguridad".

Los conductores pueden recibir una multa mínima de \$58.80 por cada niño que no lleve puesto un cinturón de seguridad en el vehículo. La provisión de asientos elevados es considerada vigilancia secundaria, lo cual significa que un conductor debe ser detenido por una infracción diferente antes de poder recibir una multa por cometer la infracción de violar la ley de asientos elevados. Las otras estipulaciones de la ley son de categoría normal, lo cual significa que los conductores pueden ser detenidos y multados por esos tipos de infracciones.

Pueblo Latino Chamber

Cont. from page 9

Sangre de Cristo Arts & Conference Center. Under Dan Buchanan's leadership, Comcast employees are encouraged and empowered to engage themselves in the community and community organizations. Teri Casias, Marketing & Sales Manager currently sits on the 2006 Board of Directors.

In addition to the many things that Comcast has done for the Latino Chamber, Comcast supports the community of Pueblo. Company wide, Comcast hosts the "Comcast Cares Day", an annual event that engages their entire company.

In 2005, 80 Comcast employees and their family members volunteered to paint and repair the Senior Resource Development Agency and Hyde Park Community Center.

Also, 80% of Comcast employees participate in the United Way employee giving campaign. Comcast is a major sponsor of many community events and each year gives three \$1,000 scholarships for three area high school students for the "Leaders and Achievers Program".

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Ann Arbor

At just 1,900 square feet, the cozy, country-style Ann Arbor isn't a large home, but it feels spacious all the same. The combination kitchen/family room has a lot to do with creating that sense of openness.

Located at the rear, this large space is bright and airy. Windows span most of that back wall, bringing the outdoors in, and a lofty vaulted ceiling adds volume. Still more light spills in

through two skylights over the nook. During the darker months, the colorful flames and warmth of the gas fireplace serve as a focal point. Sliding glass doors in the nook open onto a wide patio with a built-in planter at center.

Sink and dishwasher are built into a counter that faces into the living area and could be used as an eating bar. A step-in pantry adds to the generous storage capacity.

Utilities and a deep sink are

tucked in a pass-through space that connects the kitchen to the garage.

The owners' suite, well separated from the other two bedrooms, has a walk-in closet and private bathroom with dual vanity.

Shower and toilet are separately enclosed. Sliding glass doors at the rear provide direct access to the patio. The other two bedrooms share a two-section bathroom. A

traditional post-and-rail covered porch wraps around most of the Ann Arbor's living room exterior. It softens the light that illuminates the interior space, which helps slow the fading of draperies and furniture.

All of the living areas are on one level, so this plan could be adapted for wheelchair accessibility.

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 Ann Arbor 10-146 and include a return address when ordering. A catalog featuring more than 550 home plans is available for \$15.

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Ann Arbor PLAN 10-146
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Labels in floor plan: Alternate Basement Stairs, Utility, Nook 12' x 11', Vaulted Family 142' x 202', Owners' Suite 141' x 11', Kitchen, Living 142' x 140', Covered Porch, Bedroom 123' x 114', Vaulted Bedroom 128' x 109', Entry, Bathroom, and two Patios.

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