

Hispania News

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AUTOMUNDO



2006 Honda Odyssey
See page 12

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16 de marzo 2006 - 23 de marzo 2006

Eastern Colorado students organize beef donations for Denver's homeless

Colorado beef producers and two rural high school students are working together in eastern Colorado to make a difference in the lives of families and individuals in need. A new community service program, CattleCare.com, is dedicated to providing nutritious and delicious Colorado beef to shelters and churches feeding homeless women, children and men. Beef donations also benefit rural low-income families and senior citizens living in eastern Colorado.

Headquartered in Kit Carson, CO, CattleCare.com was created when Kit Carson High School honor students Sara Mays and Rubi Guterrez visited the Denver Rescue Mission in 2005 and learned that the mission needed donations of meat. The mission, located in downtown Denver, serves as many as 700 meals daily at breakfast, lunch and dinner, and also provides boxes of



Kit Carson High School honor students Sara Mays and Rubi Guterrez

food to homeless or struggling families and individuals. After meeting with John Gallegos, director of the DRM, Mays and Guterrez decided to approach local beef producers to solicit donations of beef for the mission's use. The girls later

contacted the Cheyenne County CattleWomen, who have been instrumental in sponsoring the beef donation program by providing beef-producer contacts, generous funding and support.

Joanne Kientz, a Denver resident who owns cattle in



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Co-workers, neighbors and families across the country form

America's Walk for Diabetes teams

This year, more than 1,000 area residents will gather at the Cheyenne Mountain Zoo.

together proudly as part of the Colorado Springs' America's Walk for Diabetes.

Sponsored by the Colorado Springs area of the American Diabetes Association, America's Walk for Diabetes will take place on May 6 from 8 am - noon. The event is expected to raise \$150,000 for research, education and advocacy for this serious disease.

"Diabetes is a devastating disease that touches us all," said Kathleen Kleinhuisen, Assoc. Mgr, Southern Colorado ADA. "Young, old, men, women and children from every walk of life are affected by this serious disease."

"America's Walk for Diabetes is such a wonderful event for

friends and co-workers to come together and help raise money for a good cause," said Kathleen.

"The camaraderie and spirit that is enjoyed by participating in this event is priceless."

To date, more than 20.8 million Americans—including more than 25,000 in Colorado Springs—have diabetes.

While an estimated 14.6 million have been diagnosed, unfortunately, more than 6.2 million people (or one-third) are unaware that they have the disease.

On average, Hispanic Americans are 1.9 times more likely to have diabetes as non-Hispanic whites of similar age.

Cont. on page 14



They will team up with their friends, neighbors and co-workers and gather sponsors and donations to raise funds for the American Diabetes Association. They will walk

Se advierte sobre una estafa de lotería dirigida a latinos mediante una cómica

"Baldo", la primera tira de cómicas de distribución nacional cuyos personajes principales son de una familia latina que vive en Estados Unidos, se ha unido al Consejo Nacional de la Raza (NCLR, por sus siglas en inglés) para advertir a sus lectores respecto a una estafa- cada vez más extendida- que va dirigida a los latinos, en particular a los mayores de edad y jubilados.

El llamado "Latin Lotto Scam" ha sido reportado por todo el país en comunidades con poblaciones grandes de hispanos.

Los estafadores suelen acercarse a estas personas con

lo que aparenta ser un boleto de lotería ganador. Alegan que no pueden reclamar su premio por problemas de inmigración y le piden a la victima que lo reclame en su nombre.

Como señal de "buena fe", le piden a la victima dinero como depósito de seguridad. Por supuesto al tener el dinero, los estafadores desaparecen y dejan sus victimas con boletos de loteria sin valor alguno.

La Texas Lottery Commission (o en español, La Comisión de Loteria de Texas) indica que la suma de las estafas a las victimas del "Latin Lotto Scam"

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Orozco to perform at World Arena



Disney's Princess Classics on Ice will be featuring Monterrey, Mexico native Gladys Orozco at their performance in Colorado Springs next week.

Gladys won the Senior level, International Figure Skating Title from 1997 - 2003, and the World Title in Nagano, Japan.

Cont. on page 6

se refieren a los minutos y mensajes que se originan dentro de la zona de cobertura de los EE.UU. La larga distancia nacional limitada no incluye Alaska. Sujeto a los Términos y Condiciones de Cricket. No incluye impuestos, recargas, servicio universal, etc. El precio de recuperación regulado por la FCC para el servicio de emergencia 911 y mantenimiento de emergencia es diferente. Algunos servicios son gratuitos por necesidad. Algunos otros servicios son de pago. Más detalles en la tienda. ©2006 Cricket

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Spring Break fun at Buell Children's Museum

Hey Kids! Looking for some great entertainment over spring break? Have a magical, fun time as you watch "Mr. E" pull tricks out of his bag during special appearances at the Buell Children's Museum at the Sangre de Cristo Arts Center.

"The Incredible Mr. E" will work his magic each day Tue - Sat at 12:30 pm, 1:30 pm and 2:30 pm, Mar 21 - 25.

As a professional magician and speaker, Mr. E's ability to achieve audience participation leaves people rolling with laughter. He creates

unforgettable memories full of fun. Mr. E's performances are included with your paid admission to the Buell Children's Museum. Admission is \$4 for adults and \$3 for children. Members of the Arts Center receive free admission. Family memberships are only \$45.

A graduate of the Chavez College of Magic in Los Angeles, CA, Mr. E has charmed audiences of all ages and genres including PepsiCo, Inc., Target retail stores, Mothers Against Drunk Driving, elementary schools

and many more. He has been well received at prior appearances at the Buell Children's Museum.

Make it a day! Fazoli's at the Kid Rock Cafe will be open all week from 11 am - 3 pm with delicious food, so "dig in".

Hours for the Buell Children's Museum are Tue - Sat, 11 am - 4 pm and admission includes entry to the Helen T. White Galleries. For more information, please call 719-295-7200, or stop by the Arts Center located at 210 N. Santa Fe Ave., just off of I-25, exit 98b.

Applications are being accepted for the Lou Gonzales Memorial Scholarship

at the University of Colorado at Colorado Springs

The scholarship is named for the late Lucille Oller, better known as Lou Gonzales, a Gazette columnist and writer who died March 8, 2003, of complications from amyotrophic lateral sclerosis (Lou Gehrig's disease). She was 55.

The preferred candidate will be a Hispanic woman older than 30 who is majoring in English or communication

with plans for a career in journalism.

Candidates must demonstrate financial need. They must submit a 1,000-word essay on the subject "how I plan to use my major to change my community," to be judged by Gazette staff members. Essays and applications are due April 7, with one award of \$500 to be given for fall 2006.

Applications are available at

www.uccs.edu/~finaidse; click on Scholarships, then search for "Lou Gonzales."

To donate, write checks to CU Foundation, with "Lou Gonzales Scholarship" written on the memo line, and send to CU Foundation, Attn: Diane Dickerson, 1420 Austin Bluffs Parkway, P.O. Box 7150, Colorado Springs 80933. Donations are tax-deductible.

Cricket® provides Colorado Springs customers with COSMIX updates

Cricket announced that their customers will now be able to dial *COS (*267) to access information about COSMIX traffic impacts.

Dialing *COS will connect users directly into the COSMIX project information line to receive up-to-date information on their daily commute through the project. "We

realize the impact that this project has on commuters and want to make it as easy as possible for our customers to access information," said Matt Pulley, district director for Cricket. "Offering this feature in Colorado Springs is just another unique way we are trying to be a part of the community." Cricket's

wireless service allows the *COS tool to be used at no additional cost to their customers.

The addition of the Colorado Springs market, which launched on Feb 14, provides Cricket customers with unlimited service for one low price up and down the Front Range.

Gardening in the Pikes Peak Region-Spring 2006 class series

Colorado State University Cooperative Extension is offering a series of classes, *Gardening in the Pikes Peak Region-Spring 2006*, to be held on Tue, from 2 - 4 pm; and Thu, from 6:30 - 8:30 pm at the Extension Office, 305 S. Union Blvd.

The cost is \$50 for the nine-class series; or \$8 for individual classes.

Please pre-register by calling

636-8923 as soon as possible. **Topics and dates are as follows:**

Tue, Mar 21 and Thu, Mar 23- Trees & Shrubs for dry land. Best performers and top favorites

Tue, Mar 28 and Thu, Mar 30 - They Came Back! Perennial gardening with attention to Xeriscape® and high altitude settings

Tue, Apr 4 and Thu, Apr 6 -

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Tue, Apr 11 and Thu, Apr 13 - Successful Vegetable Gardens. Garden soil prep, plant selection and water conservation.

Tue, Apr 18 and Thu, Apr 20 - Herbs: The Perfect Choice.

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Pueblo Latino Chamber of Commerce Luncheon

The Pueblo Latino Chamber of Commerce Luncheon will be Friday, March 31st at 11:30am - 1:00pm at Olde Towne Carriage House; 102 South Victoria and be Sponsored by Xcel Energy. The presenters will be "Sustainable Pueblo".

COMMUNITY NEWS

LKJ Networking Connection

Will be holding its March Luncheon on March 22nd, at the Country Buffet in the Citadel Crossing Shopping Center from 11:30 am - 1:00 pm.

The cost will be \$15.00 and can be paid by cash or check.

Please make your check out to Linda Jensen and I will give you a receipt

This is the 1st luncheon for 2006 as I have been out of town for 3 months.

You will not have to pay the cashier, just come back to the meeting room and we will collect for the luncheon.

Please bring your business cards and any brochures that you would like to give out and door prizes if you would like.

Please RSVP by Noon on the 20th of March by either calling 331-6385 or email <ljenzen@inter4.com>

Thanks for all your support and hope to see you soon!

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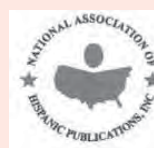
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NOTICIAS EN ESPAÑOL

La cobertura de medicare para recetas médicas ofrece descuentos

Debido a la fuerte competencia entre los planes de medicinas, los beneficiarios están descubriendo que pueden lograr descuentos más amplios en sus medicinas en las farmacias locales. Muchos de estos ahorros se deben a los descuentos negociados que los planes de Medicare para

recetas médicas pueden obtener directamente de los fabricantes farmacéuticos. En muchos casos, estos descuentos son considerablemente mejores que los precios de "terceras personas" negociados por las compañías de seguros y los administradores de beneficios de las farmacias para poblaciones aparte de los beneficiarios de Medicare. Tomando en cuenta los descuentos para ambos, Medicaid y Medicare, los planes de Medicare para recetas médicas están ofreciendo precios que por lo general son tan buenos o mejores que los precios de

Medicaid.

Aquellas personas que usan medicinas genéricas descubrirán incluso descuentos más amplios en el costo de sus medicinas. Y los beneficiarios que se cambian a medicinas similares en la misma clase, "alternativas terapéuticas" que han demostrado ofrecer beneficios parecidos en sus medicinas actuales, pueden obtener aún ahorros más grandes. Ya que hay ahorros más grandes disponibles en una amplia variedad de planes, especialmente cuando las personas usan medicinas genéricas y medicinas de marca menos costosas las cuales funcionan de manera parecida a sus medicinas actuales, la mayoría de los beneficiarios con problemas de salud comunes pueden encontrar una variedad de planes que tengan características que ellos desean que les brinde ahorros más grandes.

Consumers Union (el Sindicato de Consumidores) ha publicado resultados

parecidos en un informe nuevo que muestra que "muchas personas de edad avanzada pueden ahorrar suficiente dinero para cubrir el costo de sus primas de beneficios de medicinas de Medicare en caso de que consideren cambiarse a medicinas igualmente eficaces y de costo más bajo." El informe se puede encontrar en <www.CRBESTBUYDRUGS.org>

Los beneficiarios inscritos en los planes de costo más bajo (incluyendo primas y costos de medicinas) en su área podrán ahorrar un promedio de casi 60% del costo de sus medicinas en comparación con lo que hubieran pagado sin la cobertura, con ahorros potenciales tanto como 71%.

Los beneficiarios no necesitan escoger el plan de costo más bajo para hacer efectivo ahorros considerables. Incluso aquellas personas inscritas en una variedad de planes de costo más bajo - aquellas que están incluidas en los primeros cinco o diez planes en el Buscador de Planes para Recetas Médicas - pueden ahorrar hasta 49% en

el curso del año.

Los beneficiarios pueden aumentar sus ahorros si se cambian a medicamentos de costo más bajo, incluyendo medicinas de marca y genéricas en la misma clase que funcionen de manera parecida. Incluso aquellas personas que escojan planes de precio medio disponibles en base a análisis pueden ahorrar tanto como 59% en sus cuentas de medicinas al cambiarse a sólo medicamentos genéricos. Esto se debe a que cuando los planes de Medicare no ofrecen descuentos grandes en una medicina de marca particular, los planes por lo general ofrecen descuentos grandes en una versión genérica de medicinas o de otras medicinas "alternativas terapéuticas" similares, en la misma clase de medicinas.

Los beneficiarios pueden obtener el mayor provecho en sus ahorros cambiándose a equivalentes terapéuticos de marca y genéricos - ahorrando tanto como 83% en los planes de costo más bajo para ciertas medicinas.

También, muchos beneficiarios pueden ahorrar si se inscriben en un plan con una prima baja, ahorrando entre 33% y 68% de lo que pagarían en promedio sin la cobertura al escoger el plan con una prima más baja en su área.

Los beneficiarios con costos de medicinas bajos y altos verán ahorros considerables al inscribirse en un Plan de

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Aprueba el Senado de EU aumentar el número de agentes en su frontera

La propuesta duplicará el actual número de agentes asignados. El Comité Judicial no logró consenso para construir un muro en los límites con México.

En el marco del debate de la reforma migratoria en Estados Unidos, el Comité Judicial del Senado no logró un consenso sobre la construcción de un muro en la frontera con México, ni sobre si los indocumentados deben ser considerados criminales, pero

en cambio aprobó la elevación de una valla de 12 mil agentes fronterizos en sólo dos años.

Aunque las propuestas vigentes de la ley de inteligencia incluyen la contratación de 10 mil, el republicano de Alabama, Jeff Sessions, presentó una enmienda que fue aprobada para elevar el número a 12 mil en un periodo de cinco años. Su colega de Oklahoma, Tom Coburn, logró que en lugar de ser contratados en un

quinquenio lo fueran en sólo dos años.

La votación final del Comité Judicial incluyó así el reclutamiento, contratación y despliegue de 12 mil agentes o inspectores en un periodo de 24 meses a partir del 2007, tanto en las fronteras de México como de Canadá.

De ser aprobada por el Congreso, la propuesta duplicará el actual número de agentes de la Patrulla Fronteriza de 11 mil 300

elementos. Aunque la Patrulla Fronteriza considera deseable contar con una fuerza de hasta 25 mil agentes para salvaguardar la frontera, ha reconocido ante el Congreso estadounidense la dificultad para reclutar, contratar y

capacitar al número de elementos necesarios, a pesar de que exista un presupuesto aprobado por el Congreso.

Como parte de los aspectos de reforzamiento de la seguridad fronteriza,

Continúa página 6

cómica *Continúa de página 1*

durante los últimos cinco o seis años en Texas supera los \$4 millones, según el *Dallas Morning News*.

Se dramatizará este problema en la tira de cómicas de "Baldo" mediante una historieta que dura once días y que se publicará del 13 al 24 de marzo. Unos estafadores se

acercan a la tía abuela de Baldo, Tía Carmen. Modelos de las imágenes e ilustraciones que se utilizarán en el cómic están disponibles a través de Universal Press Syndicate.

"La clave para prevenir este problema es la concienciación", explica el co-creador de Baldo, Héctor

Cantu. "Es indignante leer los reportajes periodísticos sobre tías y abuelitas que pierden su dinero porque quieren ayudar a alguien. Se trata de una estafa particularmente dañina".

Cantu y su colega co-creador Carlos Castellanos esperan que la tira de cómicas que se publica tanto en inglés como en español ofrezca un mensaje de "alerta" y "cuidate" a los lectores.

de medicare *Continúa de página 4*

Medicare para Recetas Médicas debido a descuentos en los precios y la cobertura, así como también por la disponibilidad de opciones que rellenan el hueco en la cobertura. Los beneficiarios con gasto bajo, por ejemplo, pueden ver con frecuencia ahorros particularmente considerables al escoger un plan con primas bajas y/o sin deducibles.

Los beneficiarios pudieran también hacer efectivo ahorros más grandes si usan su opción de pedidos por correo del plan. Los precios de los pedidos por correo del plan de Medicare para recetas médicas se mantienen más bajos que aquéllos disponibles en <Drugstore.com> y <Costco.com>

En casos raros, algunos planes no brindan ahorros a los beneficiarios para estos perfiles particulares de medicinas. Sin embargo, en estos casos, los planes cubren alternativas genéricas más baratas y/o alternativas terapéuticas en sus formularios. Cuando estas alternativas equivalentes genéricas o de marca son hechas, los beneficiarios ven ahorros grandes.

El estudio de CMS se basa en información disponible mediante el Buscador de Planes de Medicare para Recetas Médicas en <www.medicare.gov> por Internet. La información está calculada en un rango de "perfiles" de medicinas de los beneficiarios, que incluye medicinas que se usan con más frecuencia para tratar ciertas

condiciones que las personas con Medicare padecen más comúnmente, como alta presión, colesterol alto, enfermedad de las arterias coronarias, fallo cardíaco, diabetes, osteoporosis, problemas de tiroides y enfermedades crónicas del pulmón como asma, entre otras. Los perfiles fueron sacados de entre casi 100 medicamentos de marca y genéricos, incluyendo muchas de las medicinas principales que los beneficiarios de Medicare toman.

Los resultados fueron obtenidos de cada perfil de dos códigos postales que representan sitios urbanos y rurales en la mayoría de las regiones de toda la nación. Los perfiles fueron creados a principios de 2005 y CMS ha estado llevando a cabo este análisis desde la implementación del programa el 1 de enero de 2006.

Para el análisis de precios de Medicaid, CMS comparó precios después de los descuentos para un rango de perfiles y precios estimados después del descuento promedio específicos del estado a las cantidades de pago de Medicaid específicas del estado.

De modo parecido, los porcentajes estimados de descuento específicos del plan (según se incluyen en las propuestas del plan de 2006) fueron aplicados a las cantidades de pago específicas del plan.

NOTICIAS EN ESPAÑOL

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Home Efficiency Assistance Program (HEAP)

HEAP provides free efficiency, energy and water home improvements to residential customers that meet federal poverty guidelines.

Low-Income Energy Assistance Program (LEAP)

The federally funded program provides financial assistance for utility bills. In Colorado Springs, contact LEAP by calling 866-HEAT-HELP.

Budget Billing

Budget Billing helps alleviate the effects of higher prices by spreading the costs evenly throughout the year. With Budget Billing, customers receive a bill for the same amount every month.

Electronic Funds Transfer (EFT)

With EFT, payments are made automatically every month from a customer's bank account. When combined with Budget Billing, EFT allows customers to plan ahead for expenses and better manage finances.

Call us or visit us online for more information about any of the Customer Assistance Package programs.

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COMMUNITY NEWS

Lowe's to build Colorado flatbed distribution center

Lowe's Companies, Inc, the world's second largest home improvement retailer, has announced its plans for a new flatbed distribution center in Henderson, CO.

The company will retrofit the former Transportation Management Services, Inc distribution facility located at 7725 East 88th Avenue in Henderson.

Retrofitting a facility such as this represents a \$10 to \$15 million average investment including land, construction and equipment. The facility will supply products to more than 45 Lowe's retail stores in the West.

"As an organization whose mission is to attract primary employers, we're thrilled to learn that Lowe's has selected Adams County as the location for its newest distribution facility," said Tricia Allen, Director of Business Development, Adams County Economic Development. "The overall economic impact of the project to Adams County is tremendous - NEW investments in real and personal property, NEW primary jobs and the addition of a popular, nationally recognized company. Having assisted Lowe's with the site selection process, ACED and

Adams County welcomes you." The approximate 200,000-sq. ft. facility is situated on a 19-acre site. Construction will begin immediately and the facility is expected to begin shipping operations in July 2006. The facility will initially employ 35 people.

The flatbed center will receive rail and truck shipments of lumber and building materials from suppliers. Products will then be quickly loaded as customized orders on flatbed trucks destined for Lowe's stores in the West. The

Henderson flatbed distribution center will service Lowe's stores in Colorado, Wyoming, South Dakota, Utah, Idaho, Montana and New Mexico.

"Our flatbed distribution centers play a vital role in Lowe's state-of-the-art distribution network, keeping Lowe's stores supplied with the products our customers want, when they need them and at everyday low prices," said Mike Mabry, Lowe's executive vice president of logistics and distribution. "The ability to refurbish an existing facility to meet our needs, geographic proximity to

our growing store base in the West, outstanding workforce and support for the project at local level made this location a win-win solution."

"We welcome the new jobs and the strength of this company to Adams County," said Alice Nichol, Chair, Adams County Board of County Commissioners. "It is a testament to the many business advantages that Adams County has to offer to companies looking to expand or relocate." The Henderson facility will be Lowe's 14th flatbed distribution center in the United States.

2006 Mariachi Spectacular is March 25

The Adams State College Mariachi Corazon del Valle presents the Mariachi Spectacular at 6 pm, Sat, Mar 25 in Richardson Hall.

The concert will showcase Mariachi Corazon del Valle, Mariachi San Luis, Mariachi Questa, Mariachi Luna de Plata, and Mariachi Rio Grande.

Tickets are \$10 for adults; \$5 for students and children; and free for AS&F. Tickets can be purchased at the door from Papers of Distinction at 510 State Ave in Alamosa, or Mountainview Restaurant in Monte Vista.





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Orozco to perform Cont. from page 1

She enjoys executing her jumps with strength, excitement and plenty of adrenaline, and likes the audience to get involved. Gladys began skating when she was 5 years old, and is interested in coaching skating to children when she retires from professional figure skating.

Gladys is a graduate of Regionmontaño High School in Monterrey, Nuevo Leon, Mexico, and has studied science and food at the Universidad Autónoma de

Nuevo Leon.

She has trained with Barbara Burgette and Valerie Lesnov. She lived in Mexico City for 1 1/2 years, where she auditioned for Disney's Princess Classics in Sep 2005. She enjoys traveling and recommends that when travelling, always bring some of your favorite candy.

Her favorite princess is Cinderella.

Gladys likes to skate with her sisters and her cousin, as well as her Dad. When she was 5

years old, she was invited to a party at an ice rink and loved it.

The hardest part of her skating career was when the ice rink she was practicing at was closed, and she had to move to a different city to continue her sport.

Gladys says, "If you have a dream to figure skate, DO IT! Talk to your dad and mom and don't be afraid...I have been skating for 16 years and I'll do it until my body won't allow me to do it."

agentes Continua de página 5

el senador Republicano de Arizona Jon Kyl logró la aprobación de su propuesta para elevar un muro fronterizo entre las ciudades de Naco y Nogales, en contraposición con la propuesta de otros para construir un muro de más de tres mil kilómetros de extensión en toda la frontera con México.

Los demócratas, que se han mantenido escépticos sobre la eficacia de edificar barreras físicas en la frontera como elemento de disuasión a la inmigración indocumentada, lograron la aprobación de una propuesta del senador Edward Kennedy, para que se realice un estudio

federal de las bardas sobre los flujos migratorios.

Estudios independientes muestran que las bardas han sido utilizadas para reducir la entrada ilegal a Estados Unidos en zonas urbanas como San Diego, pero han tenido el efecto de acrecentar las muertes de personas indocumentadas que se han visto forzadas a ingresar a territorio estadounidense por peligrosas zonas desérticas donde no hay muros.

Plan migratorio ordenado

México ha abogado por una reforma migratoria "ordenada y respetuosa" de los derechos humanos tras la decisión de las autoridades del estado de Arizona de aumentar la presencia de la Guardia Nacional en la frontera.

La gobernadora de Arizona,

Janet Napolitano, ordenó ampliar el despliegue de la Guardia Nacional en la zona fronteriza con Sonora para respaldar a las autoridades federales en la lucha contra la inmigración ilegal, según medios locales de ese estado. Napolitano aseguró que no se trata de una "militarización de la frontera", pues su estado "no está en guerra con México", de acuerdo con tales versiones.

El vocero de la Presidencia, Rubén Aguilar, destacó por su parte las expresiones atribuidas a la gobernadora de que no se trata de "militarizar" la región colindante con Sonora, pero dijo que su gobierno considera que el despliegue de tropas no resolverá el problema de fondo.

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NEGOCIOS-BUSINESS

Latinos warned of lotto scam through comic strip

Baldo, the first nationally-syndicated comic strip featuring a Latino family living in the United States, has teamed up with the National Council of La Raza (NCLR) to warn readers about a growing scam that targets Latinos, especially the elderly.

The so-called "Latin Lotto Scam" has been reported

throughout the United States in communities with large Hispanic populations.

Con artists typically approach elderly individuals with what appears to be a winning lottery ticket. The con artists claim they can't collect their prize because of immigration issues and ask the victim to claim it for them. As

a sign of "good faith," the victim is asked for a security deposit. Of course, once the money has been taken from the victim, the con artists disappear – leaving behind a worthless lottery ticket.

The Texas Lottery Commission says that victims in Texas have been swindled out of more than \$4 million in

the Latin Lotto Scam in the last five or six years, reports the *Dallas Morning News*.

Baldo, in an 11-day storyline running March 13 to March 24, illustrates the problem. *Baldo's* great aunt, Tia Carmen, is approached by con artists. "The key to preventing this is awareness," says *Baldo* co-creator Hector Cantu. "It's

upsetting when you read news stories about *tías* and *abuelitas* losing their money because all they want to do is help someone out. It's a very insidious scam."

Cantu and co-creator Carlos Castellanos hope the comic, which is published in both English and Spanish, can reach people with the message of "cuidate - watch out."

Blue Ribbon Panel finds housing linked to economic vitality

After more than a year of research and a series of regional meetings, The Colorado Blue Ribbon Panel Housing released a report today at the University of Denver Law School that found affordable housing is one of the most important community issues facing Colorado communities over the next 20 years. The report, the first step in a larger effort to address affordable housing statewide, is a catalyst for action to provide affordable housing solutions for Colorado.

"It became crystal clear through this process that housing and economic vitality are inextricably linked," said Kathi Williams, executive director of the Colorado Division of Housing and co-chair of the Blue Ribbon Panel. "We embarked on this process because communities around Colorado are dealing with

enormous challenges of teachers, firefighters, bank tellers and others who are unable to afford to live in the communities in which they work. Housing is one of the key factors in economic vitality and is necessary for the overall well-being of our communities."

"Through this process we learned that we need make housing resources and programs more user-friendly. We need to create a one-stop shop at the state level for people trying to build or develop affordable housing. We need to standardize regional housing assessments so we can more accurately track supply and demand," said Tom Ragonetti, co-chair of the Blue Ribbon Panel and president of the Rocky Mountain Land Use Institute.

The report contains several significant findings about housing: Colorado is only one

of 12 states with no dedicated funding stream; Colorado needs a one-stop shop for all housing information; more partnerships need to be forged with the public and private sectors to create more affordable housing; regional housing assessments should be standardized for better tracking of housing supply and demand; and affordable housing is extremely important to the overall well-being and economic vitality of a community.

Affordable housing is extremely important to the overall well-being and economic strength of communities because it impacts transportation, the labor pool, families, education, health care and emergency services.

Colorado has been particularly impacted by a lack of affordable housing because of the high cost of land, the

influx of second homes and the increasing number of retirees. The Blue Ribbon Panel was convened by the Colorado Division of Housing, the Rocky Mountain Land Use Institute and the University of Denver and included over 20 prominent bankers, Realtors, housing professionals, policy makers and others from around the state, who addressed issues such as the importance of housing affordability to Colorado's economic future and ensuring Colorado's workers, families and seniors have housing near employment, family and vital services.

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Colorado Springs Kiwanis Foundation

Colorado Springs Kiwanis Foundation in conjunction with the Kiwanis Club of Colorado Springs is pleased to announce the recipient's of their 2006 Foundation grants. *This year the foundation donated over \$10,000 to the following recipients:* Big Brothers - Big

Sisters, The Boys and Girls Club, CASA, CPCD Head Start, Girls Scouts of America, Habitat for Humanity, Kidpower, Teen Court, Urban League and Urban Peak of America.

The Kiwanis Club of Colorado Springs has been

active since 1920 and is the oldest Kiwanis club in Colorado Springs. Kiwanis is a global organization of volunteers dedicated to changing the world, one child and one community at a time. More info call Peggy Benham at 322-3224 or 471-0333.

Heroico Batallión San Patricio

by Enrique Ortiz

"The story goes that it was made up of Irish immigrants who had come to the US to escape British oppression and didn't really know why the US was at war with Mexico. When they figured out that the US was doing the same thing in Mexico as England was doing in Ireland, they deserted or actually switched sides. They were turned over to US forces as part of the Treaty of Guadalupe Hidalgo (1847) and executed en masse." In Mexico City there is a monument with the names of all these brave Irish soldiers and it is visited by Mexican authorities and people as well in gratitude for their heroic deeds.



BIDS

Double E. Inc., dba: Electrical Excellence is requesting sub contractors and or material quotes from all UDBE/ DBE subcontractors and suppliers to meet the 14.0% UDBE goal for CDOT Project STA 0343-028. Project consists of removing Span Wire and Rebuild a new Span Wire intersection, which includes Traffic Control, Asphalt & Concrete @ US 34 & Main St. in Wray, CO. Project bids March 23, 2006 @ 10:00 am (MST).

We encourage all UDBE/DBE businesses to participate. Our Phone # is 719-635-8828 our fax # is 719-471-4861. Please contact Ms. Teri Dailey for assistance.

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DEPORTES

Photo's by Daniel T. Chaparro



Chantall Cordova with her coaches, Marvin and Sherry Cordova, after her victory in the Women's 106 lb Championship match.



Pueblo West grad takes Women's Boxing Title

The first round of the Women's Boxing Championship Tournament was held last Friday at the Olympic Training Center in Colorado Springs. Entering the US championships ranked No. 11 in the world, Chantel Cordova of Pueblo defended her national title with a 32-12 decision against Coleen Loo of Mililani, Hawaii.

Chantel is coached by her parents, Marvin and Sherry Cordova.

Women boxers at present comprise a little less than 10 percent of USA Boxing's 27,000 athlete members. The US Championships are open to competitors who have had at least five matches at any level of competition. Women boxers can compete internationally in events such as the Continental Championships and World Championships, but Women's Boxing is not recognized as an Olympic sport. Chantel has won the women's 106 lb Championship, and moves on to the next round of competition for the US Championship Title.

Chantel is the sister of professional boxer "Much 2 Much" Marvin Cordova, Jr, and is considering going pro in the future.

Let's Get Ready to Rumble!!!



"One Miss, one hit" in an Army vs. Army match. Boyd Melson misses a punch while Christopher Downs connects to his target, going on to win bragging rights in Ft. Carson.

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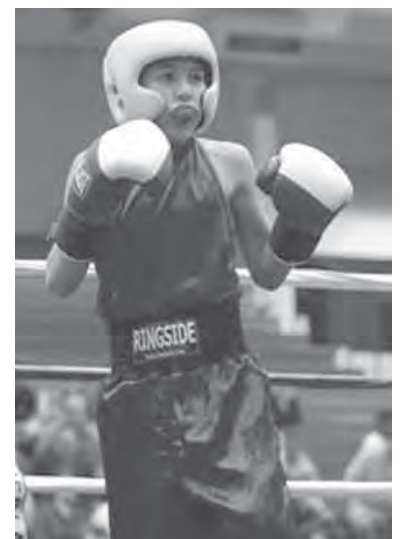
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- SCOPES



10-year-old boxer Israel Fernandez competed at the Olympic Training Center last weekend.

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Boxer Vanessa Nuñez of Pueblo, CO.

COMMUNITY NEWS

Beef donations for Denver's homeless *Cont. from page 1*

Cheyenne County, and Cliff Mays, a Kit Carson rancher, recently donated two injured beef cows to the fledgling community service project.

The beef, delivered for processing on March 8th, will be transported to the Denver Rescue Mission later in the month by Mays and Guterrez, who will have donated more than 850 pounds of beef and other food items to the mission since their initial visit in November, 2005.

In addition, the girls recently conducted a food drive at their local school on behalf of Colorado Springs' Ronald McDonald House, a non-profit organization providing housing and meals to families of hospitalized children.

Cash donations are always welcome and are used exclusively to cover the costs of beef processing to provide beef to rural families and individuals.

While the Denver Rescue Mission is doing its part to help bring beef to Denver's homeless by paying for the processing of beef cows donated to the mission, CattlemenCare.com needs monetary donations to help

pay for processing costs for beef earmarked for local use.

Donations can be sent to CattlemenCare.com, c/o Kit Carson State Bank, PO Box 175, Kit Carson, CO 80825. Checks should be made payable to CattlemenCare.com.

To learn more about CattlemenCare.com, visit their website at <www.cattlemencare.com> or contact Sara Mays or Rubi Guterrez at (719) 962-3485.



Kit Carson students and their families donated more than \$150 in groceries during the drive, which were delivered to the Ronald McDonald House on March 9th.

CattlemenCare.com is continually seeking donations to help churches and missions feed homeless or struggling families and individuals.

Beef is also available to local, rural families and senior citizens in need of assistance.

"We would like to encourage beef producers who have healthy, but older or injured cows to donate them to this worthy endeavor," says Mays.

Ranchers and feedlot operators can contact CattlemenCare.com at (719) 962-3485 for free loading and hauling of donated animals, as well as a tax-deductible receipt for their generous donations.

CattlemenCare.com also welcomes canned and dry food donations such as pasta, cookies, crackers, and rice products, and provides free collection and transportation of individual donations and a tax-deductible receipt.

"This is a great community service project idea for youth groups, 4-H clubs, churches and schools.

We would be happy to work with anyone interested in conducting a food drive to aid the Denver Rescue Mission, Ronald McDonald House, or any other non-profit service organization," adds Guterrez.



90% Giggling	78% Running
83% Jumping	100% Energy

% based on average child being an average kid

50% Calcium	20% Potassium
15% Iron	320% Vitamin C

% Daily Value. *% based on a 2000 calorie diet. Based on Hamburger, Apple Dippers with Low Fat Caramel Dip, 1% Low Fat Milk, and a 100% Pure Beef Hamburger.

My kids have always loved McDonald's® Happy Meals. And now I find out they're better than ever with choices like Apple Dippers with low fat caramel dip, 1% low fat milk and a 100% pure beef hamburger. There's a whole variety of quality choices, so now I want it for them, as much as they want it for themselves.



ENTERTAINMENT

Bemis School of Art Classes for all ages

Express yourself in these one-day workshops through drawing imaginary worlds and painting in bold brush strokes and brilliant colors.

Ages 9 – Adult, Sat 10 am - 2 pm, Mar 25 and Apr 15. FAC members: \$50; Non-members: \$65, Registration required.

Cosmic Activity

Engage in a magical tour of the colorful and cosmic world of Peter Max. Create large-scale paintings with fluid acrylics, brushes and paper.

Ages 9 – Adult, Sat 10 am - 2 pm, Mar 18, Apr 8, and Apr 22. FAC members \$50, non-


members: \$65, Registration required.

Mini Masters

Young artists will experience an introduction to a variety of materials, artists and artistic styles. They will learn the fundamentals of art - line, color and shape. Projects will include 3-D sculptures, Peter Max inspired paintings and mixed media collage. Enrollment is limited to 10 students. Ages 4 – 5, Thu, 1 - 2:30 pm, Mar 16 - Apr 27. No class March 30 – Spring Break. Members: \$75; non-members: \$90.

VIVE LA SAINT PATRICK!

Loose Slots



Johnny Nolon's
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competition

The results are in:
According to the official 2004 Colorado Gaming Statistics **Johnny Nolon's Slots were over 13% LOOSER** than the Cripple Creek competition.

Our Nickels are over 14% loser
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And our multi denomination slots are a whopping over 19% loser.

New Players Join our Player's Club,
bring in this ad and get 100 extra points.

Kennedy Center Imagination Celebration

Come to Celebration Place for a Different Kind of "March Madness"!

The Science of Color A "Mad Science" Workshop

Saturday, March 18 beginning at 10:30 a.m.

Science and the arts – what could they possibly have in common? More than you think!

Imagination Celebration and Mad Science of Southern Colorado team up to bring you

What Do You See, Junie B.?

Saturday, March 25 @ 10:30 am

Did you know that we all look at the world through different eyes? Junie B. Jones finds that sometimes the way we see things aren't always the "only way" – that maybe, with a little help you might just see something in a new and interesting way. Let's have some fun and learn something new- just like Junie B! Come over to Celebration Place to

a fun-filled workshop to introduce you to the exciting world of science and color. In "The Science of Color," students will learn about the colors of the rainbow and explore their creative side with

What Do You See, Junie B.?

Saturday, March 25 @ 10:30 am

make colorful, unique, cool glasses for a special show and tell. Recommended for ages 4 and up. Admission \$1. Reservations are required by calling 597-3344.

Don't miss is exciting event at Imagination Celebration's creativity space-Celebration Place-located on the upper level of The Citadel, across from Steve & Barry's.

a hands-on color mixing activity.

Admission is \$15 for the class and is recommended for 2-5th grades.

Reservations are required. Call 597-3344 to register today!

For more information about Imagination Celebration and its year-round programming throughout the Pikes Peak region call the Imagination Celebration office at 597-3344. The office is located at 1515 N. Academy Blvd., Suite 200, 80909.

Or visit the Imagination Celebration web site www.imaginationcelebration.org

Documentary: Spirituality and its People

Spirituality resides in the heart and soul of people and manifests itself through their actions.

A recently released documentary, *Spirituality and its People, El Valle de San Luis* focuses on the spirituality of the Hispanic people of Conejos and Costilla Counties as they express it in Good Friday traditions in the communities of San Antonio and Capulin in Conejos County and San Luis and San Francisco in Costilla County.

(Filming in these communities took place in 2001 through 2005.) Through

traditions both ancient and modern the people remember the death of Jesus and its meaning for them today.

This documentary will be of value to those whose ancestors lived in the San Luis Valley, to those interested in the unique history and customs of the Valley and to anyone who wants to experience the beauty and mystery of the Valley's spirit.

Rick Vigil, who directed and produced the documentary, grew up in Antonito and now resides in Golden.

He dedicated the film to the memory of his mother,

Severina Salazar, who died in 2003.

Of his efforts he says, "I have always been proud of who I am and where I come from. It is for this reason that I took on the challenge of producing this documentary.

Growing up in Antonito was probably the best thing that could have happened to me.

The people and the culture of El Valle de San Luis are to be admired and respected.

And I sincerely thank Father Pat Valdez, Sister Rene Weeks, my family and the people of these communities for their participation in this documentary."

To order a copy of the DVD, please send a money order or cashier's check for the amount of \$22.00

to: Documentary, c/o Rick Vigil, PO Box 1074, Alamosa, CO, 81101.

Part of the proceeds of the sale of the DVD will go to the Parishes of Conejos, Capulin and San Luis.

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AUTOMUNDO

2006 Honda Odyssey Continues to Build on Success of

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With class-leading safety, fuel efficiency and performance, the 2006 Odyssey follows in the footsteps of the highly praised and award winning 2005 Odyssey by adding even more features and value. For 2006, the Odyssey adds a new Touring model with DVD Entertainment System (before available only in combination with a navigation system). Additional enhancements for 2006 include XM® Satellite Radio for all Touring models and the addition of a leather trimmed steering wheel and

shift knob to all EX-L models. "The Odyssey employs innovative design and technology to set new standards for performance, luxury and sophistication in the minivan class," said Richard Colliver, executive vice president of American Honda. "With added features and model choices, the 2006 Odyssey makes choosing a great minivan even easier than before."

The 2005 Odyssey has earned a "Best Pick" rating from The Insurance Institute for Highway Safety (IIHS) in its frontal offset crash test and has



collected numerous top industry accolades including Consumer Guide's "2005 Best Buy," Money magazine "2005 Best Minivan" and Car and Driver magazine "Five Best Truck" award in the minivan category, as well as a top rating in its class in the U.S. EPA's "2005 Fuel Economy Guide."

In keeping with Honda's industry-leading "Safety for Everyone" initiative, all Odyssey models come equipped with a comprehensive list of advanced safety features including anti-lock brakes; Vehicle Stability Assist (VSA) with Traction Control; front

Cont. on page 14



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Duran junta con Penkhus como representante bilingüe de compras

Joe Duran buscaba un cambio de carrera, y cuando él buscaba, vino sobre una situación que le asistió a él en la dirección que debía tomar. Él se dio cuenta de una familia que había comprado un vehículo desde un distribuidor local. Y después de un análisis cuidadoso del "negocio" resultó que la familia había pagado demasiado, y que apenas podía de cualquier cosa en su negocio, y los pagos eran fuera de órbita. Esto le hizo recordar a él de otras historias similares que él había oído en la región de Pikes Peak.



Después, Joe recordó que él acababa de leer una nota en un periódico de Denver que decía que Penkhus era uno de los 10 mejores lugares en Colorado para comprar un carro usado. Duran sabía que el rango o la posición no era una cosa fácil. Pero él estaba convencido que él podía asistir a muchos que no eran fluente en inglés, que vinieran a él, y que les podía asegurar que ellos podían comprar el carro que ellos quisieran por el mejor precio y financiamiento disponible. Joe Duran está ahora en Penkhus Certified Select, 4391 Austin Bluffs Parkway. Él es completamente bilingüe y se encuentra preparado para asistirlo a usted en una de las inversiones más grande que usted hará.

Joe Duran
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719-955-5000 Cell: 719-930-5228

ENTERTAINMENT

Groundbreaking IMAX film explores neuroscience and athletic excellence

Combining dramatic scenes from the 100th anniversary of the world's most famous bike race with spectacular computer-generated medical imagery, *Wired to Win: Surviving the Tour de France* delivers an unprecedented look at the amazing workings of the human brain.

Wired to Win: Surviving the Tour de France was produced by Partners HealthCare and made possible by the National Science Foundation and Ortho-McNeil Neurologics, Inc.

The giant-screen film opens at Phipps IMAX® Theater at the Denver Museum of Nature & Science at 2001 Colorado Blvd, Denver.

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

The narrator, actor Alfred Molina (*Spider Man 2*, *The Da Vinci Code*), tells us that with each moment every new experience stimulates growing networks of cells in our brains:

"We used to think these changes happened only in childhood, but now we know that our brains never stop developing, wiring and rewiring themselves with every experience and every challenge."

After several initial failed attempts and even crashes, the boy begins to show improvement and confidence. Finally, he is riding alone in a seaside park, amazed at his

own accomplishment.

Cut to a spectacular full-screen aerial descending the steep eastern escarpment of Col d'Aubisque in southern France.

As the camera drops down the mountainside, we discover a ribbon of cyclists and vehicles streaming down

a narrow, twisting, cliffside road. This, says the narrator, is the legendary Tour de France, a 2,100-mile, three-week bicycle race

that has been called the world's most grueling sports event, and the ultimate test of the human brain.

Australian pro cyclist Baden Cooke and his French teammate

Jimmy Casper are two of the 200 riders competing in the legendary race.

Just to finish in Paris, they will need to avoid danger, overcome crushing pain and fatigue, control their emotions, seize fleeting moments of opportunity, and stay highly motivated - and it's the brain that controls all of this.



As the tightly packed group of riders speeds towards the first sprint finish of the Tour, a sudden crash of one rider sets



off a horrific chain reaction, and nearly 100 riders go down. Casper is one of the most severely injured. To everyone's astonishment, he opts to continue the race for as long as he can.

Meanwhile, Cooke, one of the few unaffected by the crash, manages to win his first

Cont. on page 15

FAC Modern opens in Plaza of the Rockies

The Colorado Springs Fine Arts Center is privileged to announce the opening of FAC Modern located in the Plaza of the Rockies, lobby level of the South Tower, at Tejon Street and Colorado Blvd. in Colorado Springs. The new facility will open on Sat, Apr 15 with a photographic exhibition by the legendary Annie Leibovitz of Rolling Stone fame.

The public is invited to the opening celebration of the FAC Modern on Sat, Apr 15, from 4 - 8 pm. Admission for FAC members is free; \$10 for non-members. For more information regarding the event, please call (719) 634-5581.

The Fine Arts Center has entered into an agreement with Nor'wood Development

Group to occupy an 8,000 square foot space which will house museum galleries, a Museum Shop, and a restaurant and lounge.

"The generosity of Nor'wood Development Group has made the FAC Modern financially feasible and is another example of that company's commitment to the arts," comments FAC President and CEO Dr. Michael DeMarsche.

"This magnificent gift is an important step for the city of Colorado Springs and the character of the downtown area," DeMarsche continues.

"Nor'wood is committed to paving the way for a vibrant, thriving city center that draws people from near and far," said Nor'wood Principal and FAC Board Member Chris Jenkins.

"We're excited to help create this opportunity for downtown Colorado Springs to enhance its cultural assets and continue its momentum in becoming Colorado's destination for the arts."

The FAC Modern provides a stunning venue enabling the Fine Arts Center to continue its world-class exhibition schedule and retain, if not augment, its burgeoning membership.

Generally, museums experience up to a 50 percent decline in membership during major construction. Upcoming exhibitions at the FAC Modern include Annie Leibovitz from Apr 15 - May 14, James McNeill Whistler from May 27 - Aug 20, and the recently purchased works of Dale Chihuly in the fall of 2006.

Disney ON ICE PRINCESS CLASSICS advertisement featuring Snow White, Cinderella, Belle, and Ariel. Includes ticket information: \$9, World Arena, March 22-26.

AUTOMUNDO

2006 Honda Odyssey *Cont. from page 13*

side airbags with an Occupant Position Detection System (OPDS); side curtain airbag protection (with rollover sensor) for all three rows; and dual-stage, dual-threshold driver's and front passenger's airbags.

In addition, the Odyssey is the only minivan to come equipped with dedicated side impact sensors for all three rows and the only minivan to offer a rollover sensor that deploys the side curtain airbags in the event of a rollover. The Odyssey also incorporates Honda's exclusive Advanced Compatibility Engineering™ (ACE™) Body Structure that provides enhanced occupant protection in a frontal collision.

Other advanced technologies available in the 2006 Odyssey include Variable Cylinder Management (VCM) cylinder deactivation technology that cuts three of the engine's six cylinders during cruising technology for improved fuel economy; Honda's DVD Entertainment System featuring a large 9-inch video screen, integrated remote control and wireless headphones with Personal Surround Sound technology; and Honda's Satellite-Linked Navigation System with expanded Voice Recognition capabilities and exclusive features like Zagat Survey® restaurant guide information.


All Odysseys come equipped with a long list of standard comfort and convenience features including remote keyless entry, power windows with auto-up and down driver's window, dual power mirrors, rear privacy glass, front and rear air conditioning, second row power windows, 60/40 split folding 3rd row Magic Seat, Maintenance Minder System, in-floor storage, cruise control and Immobilizer theft deterrent system.

In addition, all 2006 Honda vehicles, including the Odyssey, will carry a new 5-year/60,000-mile powertrain warranty, extended from the previous 3-years/36,000-miles.

*For the 2006 model year, all Honda horsepower and torque specifications have been updated to reflect revised Society of Automotive Engineers (SAE) J1349 (Rev 8/04) net calculations that went into affect in January of 2005.

To avoid confusion, all 2006 Honda press materials will specify "SAE net (Rev 8/04)" after all horsepower and torque figures to denote adherence to the new standards.





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SALUD

New Technology Utilized by Ancillary Services at St. Mary-Corwin

To increase the quality of healthcare professionals at St. Mary-Corwin Medical Center's expansion utilize an

array of a state-of-the-art technology, including the innovative Swisslog pneumatic tube system that provides a direct connection form all patient care areas in the new facility to both the laboratory an pharmacy.

With high safety standards, this system connects and serves all patient care stress by transporting pharmaceuticals, laboratory specimens, blood products, paperwork and other sensitive medical items.

Due to the sheer size of the expanded facility, there was a concern with distance and the

time it takes to deliver and receive such sensitive medical items. The pneumatic tube system is expected to alleviate this concern by greatly reducing the overall transport time.

"We've implemented the pneumatic tube system because it is technology that is now needed to transport smaller medical items from patient service areas in the new facility to the ancillary services of laboratory and pharmacy in the existing facility," said Joan Decker, administrative director of the laboratory at St. Mary-

Corwin. "We now have a tube system on every floor, whereas before this implementation, phlebotomists collected the specimens from all areas of the hospital and physically brought them back to the lab."

The pneumatic tube system is a great addition to the long list of sophisticated technology that is an aspect of St. Mary-Corwin's new expansion.

Swisslog's pneumatic tube systems are especially designed for healthcare facilities. Worldwide, Swisslog has installed the tube systems in more than 2,000 locations.

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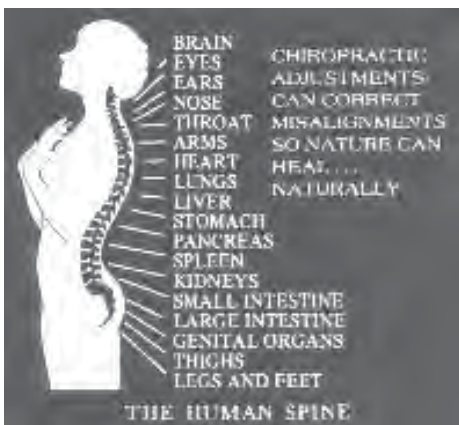
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Diabetes increases risk of cardiovascular disease in women

Diabetes education specialists at the Colorado Department of Public Health and Environment Thursday warned that women with diabetes are five times more at risk of cardiovascular disease compared to women without diabetes. And, the rate of deaths from a heart attack or stroke is greater in women with diabetes than in men with diabetes.

In Colorado, it is estimated that over 50,000 women have diabetes.

Michelle Hansen, health systems coordinator with the department's Diabetes Prevention and Control Program, said, "Many individuals with diabetes don't consider heart disease to be a serious complication of diabetes. However, individuals with diabetes are at a very high risk, especially women, for heart attack and stroke."

"Controlling diabetes requires good management of blood glucose (A1C), blood pressure and cholesterol. Learning the ABCs of diabetes is a helpful tool in remembering how to manage diabetes," Hansen said.

Hansen provided the following information to assist

individuals in managing diabetes:

KNOW THE ABCs OF DIABETES

Per your health care provider's direction, get checked for:

A - A1C, a blood test that measures the average of high blood glucose over the last three months.

B - Blood pressure.

C - Cholesterol.

LOWERING A1C

- Eat less and exercise more.
- Get daily physical exercise - A little bit goes a long way. Work in the garden; play with the children; take the stairs; work up to at least 30 minutes of walking on most days; or split the time into a 10-minute walk after each meal.

• Take medications as prescribed.

• Balance foods with carbohydrates throughout the day.

LOWERING BLOOD PRESSURE

High blood pressure raises the risk for heart attack, stroke, eye problems and kidney disease. To reduce high blood pressure:

- Lose weight.
- Eat more fruits and vegetables.
- Reduce the amount of salt in the diet.

- Lower alcohol intake.
- Quit smoking - Call the Colorado Quitline at 1-800-639-QUIT for free counseling and free nicotine patches.
- Take blood pressure pills when prescribed.

CHECKING AND CONTROLLING CHOLESTEROL

• Talk to your health care provider about what levels to aim for and take medication as directed.

• Eat less saturated and trans fat. Select foods such as grilled or broiled lean meats, including fish, turkey and chicken without the skin; low-fat dairy products; and fresh fruits and vegetables

• Eat foods high in fiber such as oatmeal, lentils and legumes, peas, and fresh fruits and vegetables.

• Drink at least eight glasses of fluids a day

• Read food packages to compare fiber content

• Exercise regularly

For more information, visit the Department of Public Health and Environment's Web site at www.cdph.state.co.us/pp/diabetes/index.html or call (303) 692-2580 or toll-free, 1-800-886-7689, ext. 2580.

Walk for Diabetes Cont. from page 1

About 2.5 million (9.5%) Hispanic/ Latino Americans, aged 20 years or older, in the United States have diabetes. Diabetes is the fifth deadliest disease in America, killing more people than AIDS or breast cancer.

More than 213,000 Americans each year will die from its complications.

Local sponsors lending their support to America's Walk for

Diabetes include the Cheyenne Mountain Zoo, KKTV 11 News, *Hispania News* and many others.

For more information on America's Walk for Diabetes, to sign up as a walker, sponsor, or volunteer or to donate, please call the American Diabetes Association at 1-888-DIABETES or visit us on the Internet at www.diabetes.org/walk

Gallery of Living Art

Still-life performers and the choir of First Lutheran Church present the story of Christ's Passion and Resurrection through scripture, prayer, art and music. You are invited to attend this inspirational presentation Mar 17 at 8 pm, Mar 18 at 4 pm & 7 pm at the First Lutheran Church, 1515 N. Cascade Avenue, Admission is free; childcare provided. Call (719) 682-8836

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Looking to make a difference? Pikes Peak Community College, Colorado Springs, CO is accepting applications for the following positions:

Art Faculty, Philosophy Faculty, Sign Language Interpreter Preparation Faculty and Spanish Faculty



Graduate degree and teaching experience required for the Art, Philosophy, and Spanish Faculty position.

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Starting salary is \$2,837.33 per month. All application materials must be received by 4:00 p.m. on the closing date of each position (see website for details) in order to be considered. Applicants must apply on-line at <http://employment.pcc.edu>.

PPCC is an AA/EEO/ADA employer.

COMPUTER CLASSES

Hyde Park Community Center

(2135 W. 16th Pueblo, CO) is offering computer classes. \$20 Community resident & \$25 non-community resident. To register please call Ersilia Cruz 544-1114. For class information call Mark Gonzales 406-2262

HELP WANTED

Pueblo Community College

Financial Aid Advisor

full-time position responsible for providing support in assisting students in applying for and understanding requirements for financial aid. Complete vacancy announcement with requirements for position and PCC application can be accessed at www.pueblocc.edu/aboutus/employment/. Submit PCC application, resume, unofficial transcripts, and letter expressing interest and addressing listed qualifications to the Human Resources Office, Pueblo Community College, 900 W. Orman Ave., Pueblo, CO 81004-1499 by March 31, 2006. Telephone (719) 549-3220, FAX (719) 549-3127.

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Bookkeeper/Finance Coordinator

The Latino Chamber of Commerce is seeking a highly motivated individual to serve as **Finance Coordinator**, responsible for the organizations daily bookkeeping activities along with financial records and reports. Works with the Latino Chamber's Board Treasurer, Finance Committee, Certified Public Accountant, Auditor, and President & CEO in budget and audit preparation. Also, forecasts financial needs and monitors daily cash flow. Salary; Health and Life Insurance; Paid Time Off; and Bonus Plan offered. Associate or Bachelor's Degree in Business/Accounting, or equivalent experience. Please submit your letter of interest and resume to: Latino Chamber of Commerce - Attn Personnel - 215 S. Victoria Avenue, Pueblo, CO 81005.

HELP WANTED

Industrial Sewing Technicians needed:

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To Apply, send 3 copies of each:

Application deadline is March 24, 2006 ATTN; submit an audio CD (15 minutes MAX) of previous radio work; resume, references and salary requirements:

Eric Whitney c/o KRCC-FM 912 North Weber St. Colorado Springs, CO 80903

Checks Unlimited is now offering full time Bilingual Customer Service Representative positions with AM and PM shifts available. 4 weeks of paid training starting March 27th.

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HELP WANTED

University of Colorado System Administration Office of the Vice President for Academic Affairs and Research

Director of Pre-Collegiate Programs

Summary of Responsibilities: Successful candidate will develop, coordinate and implement the System's Pre-Collegiate Development Program, working closely with administrators on the three system campuses. The director will develop and implement other K-12 pipeline efforts, improve access and retention for students from first generation and/ or underrepresented groups, and assist with statewide diversity efforts.

Minimum Qualifications: Baccalaureate degree from accredited college or university, three years experience administering educational diversity programs, five years professional application of effective oral and written communication skills, five years professional functioning with minimal supervision, three years successfully communicating in a networked computing environment, a valid Colorado driver's license with reliable, independent transportation.

Desired Qualifications: Graduate degree in relevant field, experience in higher education, experience maintaining relationships with diverse constituencies, experience with K-12 pipeline programs, experience managing budgets, experience in team settings, conversational proficiency in a second language.

Salary: Commensurate with experience

For detailed position description and application instructions, please visit our Website at: <http://www.cu.edu/SysHR/employment.html> Application reviews will begin March 27, 2006 and continue until the position is filled.

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SALUD

Area cancer agencies offer free community skin cancer screening

The Penrose Cancer Center, invites the community to the Annual Skin Cancer Screening. This free event will be held from 8 - 11:30 am on Sat, May 6, at the Peak Vista Community Health Center located at 340 Printers Parkway. Registration begins Mar 1, by calling 719.776.5555.

Co-sponsors of the event are the Memorial Cancer Center, Rocky Mountain Cancer Center, Cancer Center of Colorado Springs, the American Cancer Society and Peak Vista Community Health Center.

According to the American Cancer Society, cancer of the skin (including melanoma and nonmelanoma skin cancer) is the most common of all cancers. It accounts for nearly half of all cancers. About 1 million cases of highly curable basal cell or

squamous cell cancers are found in this country each year. The most serious form of skin cancer is melanoma.

Skin cancer risk factors to consider:

Exposure to Sun: Sunlight contains ultraviolet radiation (UV), which can damage the genes in your skin cells. Tanning lamps and booths are another source of ultraviolet radiation. People with excessive exposure to light from these sources are at greater risk for skin cancer, including melanoma.

Moles: A nevus (the medical name for a mole) is a benign (noncancerous) melanocytic tumor. The chance of any single mole turning into cancer is very

low. However, anyone with lots of moles or with large moles has an increased risk for melanoma.

Fair Skin, Freckling, and Light Hair: The risk of melanoma is about 20 times higher for whites than for African Americans. Whites with red or blond hair or fair skin that freckles or burns easily are at increased risk.

Family History: Risk of melanoma is greater if 1 or more of a person's first-degree relatives (mother, father, brother, sister, child) have been diagnosed with melanoma. Around 10% of all people with melanoma have a family history of melanoma. People with a strong family history of melanoma should have periodic skin exams by a

dermatologist. They should learn how to do thorough skin self-exams, and be particularly careful about sun protection.

Immune Suppression: People who have been treated with medicines that suppress the immune system, such as organ transplant patients, have an increased risk of developing melanoma.

Age: Although melanoma is less related to aging than most other cancers, it is still more likely to occur in older people. But this is one of the few cancers that is also found in younger people. In fact, melanoma is one of the most common cancers in people younger than 30.

Gender: Men have a higher rate

of melanoma than women.

Xeroderma Pigmentosum: Xeroderma pigmentosum (XP) is a rare, inherited condition resulting from a defect in an enzyme that repairs damage to DNA. People with XP have a high risk for both melanoma and keratinocyte (basal cell and squamous cell) skin cancers. Because people with XP are less able to repair DNA damage caused by sunlight, they can develop many cancers on sun-exposed areas of their skin. These facts help explain the connection between sunlight and skin cancer.

Past History of Melanoma: A person who has already had melanoma has an increased risk of developing melanoma again.

IMAX film explores neuroscience

Cont. from page 11

ever stage victory, thus becoming one of the favorites to win the coveted sprinter's green jersey.

As the race unfolds, the destinies of Cooke and Casper diverge. Casper desperately wants to help his team by remaining in the race, while Cooke becomes the unexpected team leader. As the race traverses the Alps and the Pyrenees, the film combines spectacular live-action footage with cutting-edge computer graphics and medical imagery to demonstrate how each brain responds to experience and challenge in ways we're only just beginning to understand.

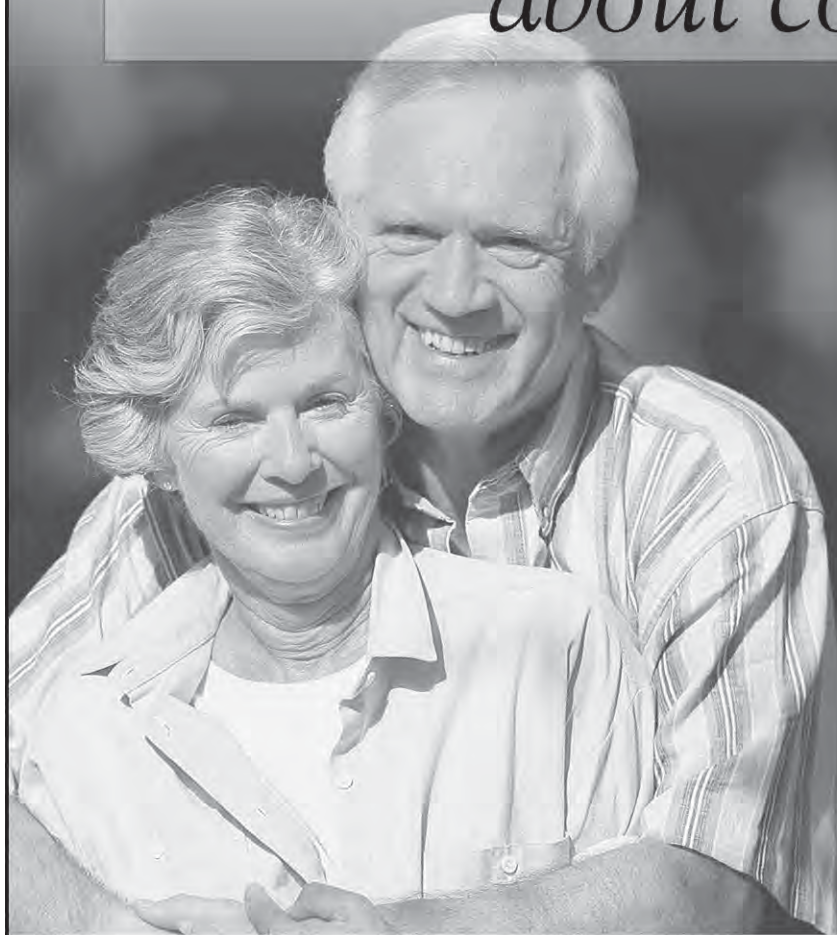
"Our goals may not be those of pro athletes," says the narrator as the remaining riders reach Paris at the end of the punishing three weeks, "but we're all wiring ourselves to win. Any activity that challenges us, and gives us a sense of purpose, will nourish and strengthen our brains."

The film ends as it began, with the home movie of the six-year-old boy riding his two-wheeler triumphantly on his own. "We fall, we get up, we learn," says the narrator, "Powered by the human brain, there is no end to what we may achieve."



We Can Beat This One

What you need to know about colon cancer.



Did you know colon cancer is the second leading cancer killer in America?

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5:30 p.m. – 7:30 p.m.

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Attendees will receive a colon cancer information packet, a \$5 Safeway gift card, screening information and healthy recipes!

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**Space is limited!
To register, call 444-CARE.**

Speakers:

Mary Peet, RD, Oncology Dietician
Decreasing Your Risk Factors Through Nutrition and Lifestyle Choices

Sue Mitchell, M.D., Gastroenterologist
Screening Methods: Know Your Options

William Rudolph, M.D., Colorectal Surgeon
Colorectal Cancer and the Importance of Early Detection



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Hay que tener experiencia con arboles, no solo de paisajismo. Está preferida una licencia de manejar automoviles.Llama a 963-3537. Por favor grabar una mensaje.

HELP WANTED

Admin. Asst. - PT, non-expt, 24/hr/wk, M-F

Clerical support, filling, retrieving & distrib. docs, copying, faxing, typing, Req.: Ofc & comp. skills, reliable transpo, good people & org skills, HS grad & oral/written skills. Prefer'd: ability to problem solve & objectivity & college grad. Mail or fax resume & cover letter by 3/17/06 to: CASA, HR, 701 S. Cascade Ave. C/S CO 80903 or fax 667-1818. EOE

HELP WANTED

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Se busca pintores con experiencia.

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HELP WANTED

PUEBLO COMMUNITY COLLEGE

Admissions Advisor, full-time position

responsible for the development, implementation, and evaluation of the student admissions process and certification for students eligible for Veterans educational benefits. Complete vacancy announcement with requirements for position may be accessed at www.pueblocc.edu/aboutus/employment/.

Submit PCC application, resume, unofficial transcripts, and a letter expressing interest and highlighting listed qualifications to:

Human Resources Office, Pueblo Community College, 900 W. Orman Ave., Pueblo, CO 81004 by March 31, 2006. Telephone (719) 549-3220, FAX (719) 549-3127. **AN EEO/AA EMPLOYER.**

HELP WANTED

Carpenters/Drywall Hangers/Finishers

Local Established Company seeking Carpenters/Drywall Hangers/Finishers. Must have 5 years experience! Apply in person @ 967 East Fillmore Street. 8:00-4:00, M-F. EEO/AA

BIDS

SEMA Construction, Inc. is requesting sub bids and material quotes from all UDBE/DBE subcontractors and suppliers to meet the 12.0% UDBE goal for CDOT Project SHO M145-006, C14416. Project consists of SH 128 and SH 121 intersection reconstruction in Broomfield, CO. Project bids March 23, 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.

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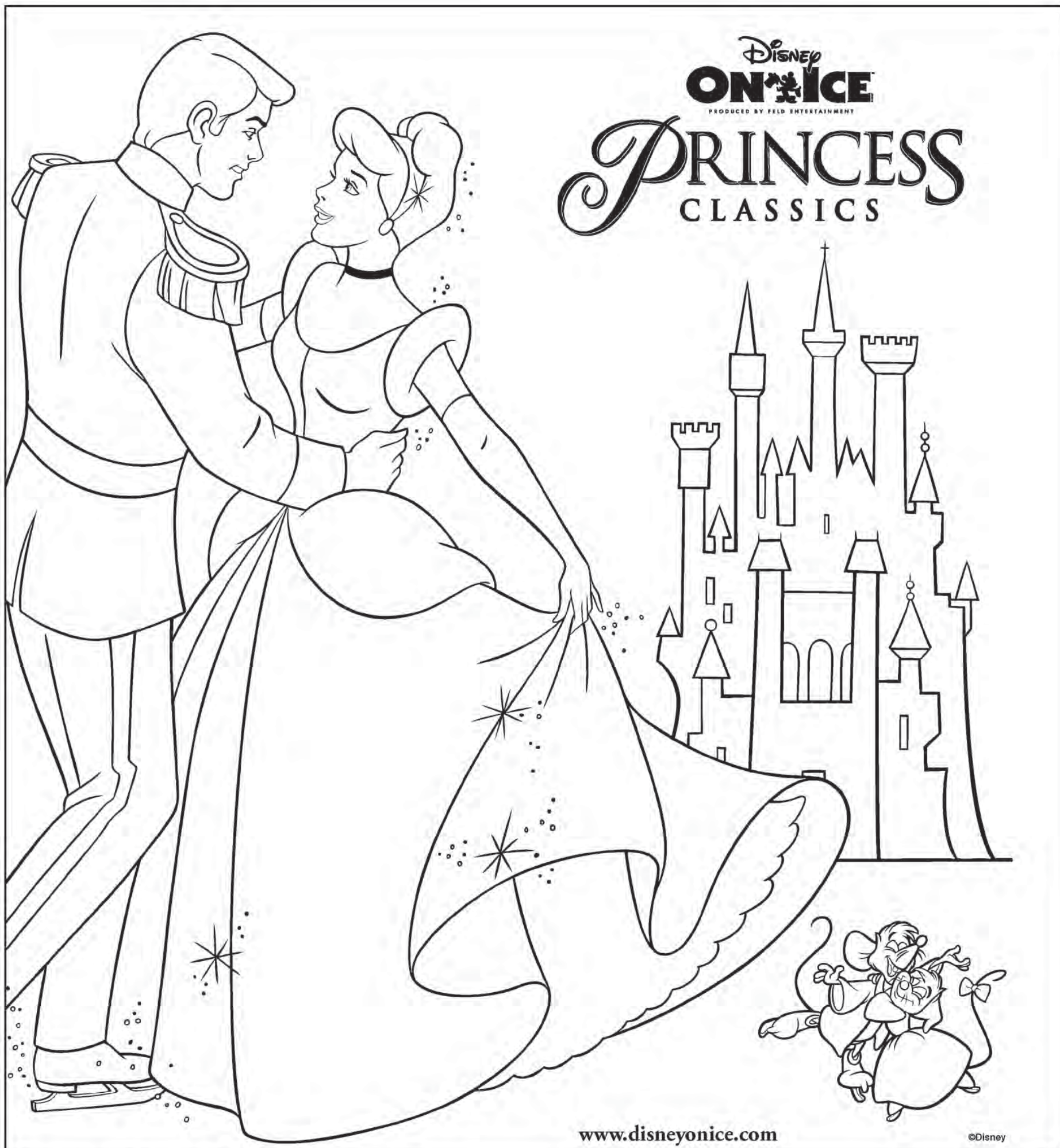
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Coloring Contest



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Coloring Contest 4 categories up to 6 yrs, 7 & 8 year olds, 9 & 10 year olds and 11 & 12 year olds. 1st place each category - 4 tickets & 2 Mickey Mouse cups
 2nd place each category - 2 tickets & 1 Mickey Mouse cup
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Enviar Entrada a: Hispania News Coloring Contest, 2527 Airport Rd., Colorado Springs, CO 80910

Hispania News COLORING CONTEST

NOMBRE (Padres) _____
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No, no deseo recibir avisos anticipados ni ofertas especiales para eventos viviendo a mi área.

***All Color Contest Art work must be to Hispania News by Friday 3/17/06 at 2:00 PM**

REAL ESTATE

Six steps to avoid foreclosure on your dream home

What should you do to prevent foreclosure and maintain ownership of your home? Here are some tips on how you can handle difficult financial circumstances:

1. Contact your mortgage company NOW. The sooner you contact your mortgage company when you are going to miss a mortgage payment, the greater the chance that together, you and your mortgage company will be able to work out a solution. According to a recent Harris Interactive survey, 53% of homeowners would not contact their mortgage company for help with missed mortgage payments. Contrary to popular myth, mortgage companies do not want to take over your house. Foreclosure is very expensive for mortgage companies, so they would rather assist you than see you lose your home.

Depending on your situation and the status of your loan, there may be different options available to you through your mortgage company. Be honest about your situation, so they can help you find the right solution. They may be able to refinance the debt, arrange a repayment plan or modify the loan by adjusting the interest rate or extending the terms to make it more affordable.

However, it's important to note that in some cases, it may not make financial sense for a homeowner to continue maintaining homeownership. In those cases, your mortgage company can help you figure out how to exit your mortgage obligation and avoid the negative consequences of foreclosure from hurting your credit report.

2. Call 888-995-HOPE. If you don't trust your mortgage company to help you or don't know if they can help you, call 888-995-HOPE or visit <www.995HOPE.org> This toll-free, confidential hotline is

sponsored and funded by the Homeownership Preservation Foundation, a nonprofit dedicated to preventing foreclosures. Through the hotline, the foundation offers free advice and counseling to homeowners.

The Homeownership Preservation Foundation counselors from HUD-certified counseling agencies can help you assess your financial situation and establish a plan to address financial issues that may help avoid foreclosure. The counselors also work with your mortgage company to facilitate a solution that hopefully will help you stay in your home. To find your nearest office, visit <www.neighborworksamerica.org>

3. Prioritize your expenses. Prioritize your bills and pay the ones that are most necessary for the well-being of you and your family, such as shelter, food, and utilities. Next, consider ways to reduce unnecessary expenses. Additionally, contact your credit card and utility companies and alert them to your situation. Lastly, don't write checks hoping that they won't get cashed before the money is in your account. The number of days to process checks has been significantly decreased due to legislation that allows banks to process checks electronically. Missed payments and bounced checks could

result in expensive late fees and/or dings on your credit report.

4. Protect your credit score. When you are experiencing a financial challenge, remember that making late payments or skipping them can seriously affect your credit score. Protecting your credit score is important because companies refer to it when they are evaluating your ability to qualify for loans or other financial products. Equifax (one of three credit rating agencies) has consumer info on how to protect your credit and how to rebuild damaged credit at <www.equifax.com>

5. Beware of scams. Beware of predatory lenders, pre-approved loan officers and phony counseling agencies. Legitimate counseling agencies will offer their programs for free or for a small

administrative charge. Do not sign anything you do not understand. The US Department of Housing and Urban Development has more information about avoiding predatory lending on their website, <www.hud.gov>

6. Don't make a bad situation worse. Ignoring your situation won't make it go away. Take the steps provided in this

article to protect your home, your family and your credit rating. This crisis will subside over time and by taking the appropriate steps now, you can guard against long-term negative effects. The sooner you seek help, the sooner you can get back on your feet. Utilize the services described here to help you through these tough times.

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La cobertura no está disponible en todas las áreas. Ver el mapa de la cobertura en las tiendas para más detalles. **Oferta por tiempo limitado.** Se aplican otras restricciones y condiciones. Consulte el contrato y el folleto de tarifas de los planes para más detalles. Se aplica un cargo de activación de hasta \$36 por línea. El precio del teléfono y su disponibilidad pueden variar por mercado. **Cargo por cancelación anticipada:** No hay cargo si se cancela durante los primeros 30 días; después de eso, es de \$175. Algunos agentes imponen cargos adicionales. **El impuesto de venta** se calcula sobre la base del precio del equipo sin activar. **Facturación:** El tiempo de uso se redondea al siguiente minuto completo o kilobyte, al final de cada llamada o sesión de información, para propósitos de facturación. **Tarjeta de reembolso:** El precio del Motorola Black RAZR antes del reembolso es de \$149.99. Espere de 10-12 semanas para Quitar entre teléfonos móviles no se transferen. **El servicio de llamadas ilimitadas entre teléfonos móviles a nivel nacional** está disponible para planes desde \$99.99 o más, con contrato de servicio de un año. ©2006 Cingular Wireless. Todos los derechos reservados.

