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Mayor Lionel Rivera to announce run for US Congress

Colorado Springs Mayor Lionel Rivera will announce today, Thu, Mar 23 to kick-off his campaign for the United States Congress.

The announcement will be held at the Olympian Plaza Reception and Events Center at 975 South Union Boulevard at 4 pm.

Lionel Rivera was elected Mayor of Colorado Springs in 2003 and prior to that served as Vice-Mayor and City Councilman.

Rivera came to Colorado Springs in 1984 as a Captain in the United States Army based at Fort Carson.

"Serving our country and Colorado's 5th Congressional District would be an honor, privilege and responsibility that I am ready for," said Mayor Lionel Rivera.

Rivera has been active in several community organizations including: Colorado Springs Greater Chamber of Commerce, The United Way, Big Brothers - Big Sisters, Colorado Springs Hispanic Chamber of Commerce and the Springs Community Action Plan.

"Whether it is my service in the military or service in the community, I feel uniquely qualified for the job and will



ask the voters to consider me for their next US Representative," added Rivera. Congressman Joel Hefley announced his retirement from

the United States House of Representatives last month creating an open seat in November. The primary is on Aug 8.

Steady growth predicted for America's economy through 2007

Despite a weak fourth quarter, the US economy turned in a solid performance last year and will continue its steady growth over the next two years, according to a new University of Michigan economic forecast.

"The pace of output growth rebounds from its late 2005 slowdown during the first half of this year as rebuilding efforts in the Gulf region pick up, light vehicle sales return to a more normal pace, defense spending recovers and oil imports back off," said U-M economist Joan Crary. "But during the second half of this year, homebuilding activity slips in response to higher mortgage rates, the pace of

light vehicle sales stabilizes and net exports are a bigger drag on output growth."

In their annual spring forecast update of the US economy, Crary and colleagues Saul Hymans and Janet Wolfe say that national economic output growth (as measured by real Gross Domestic Product) will rise from 3.2 percent last year to 3.9 percent this year, before dropping to 2.6 percent during 2007.

Although GDP growth will slip during 2007, domestic final demand growth (final sales to domestic purchasers) will register a healthy 3.1 percent, they say.

According to the U-M forecast, the economy will add

2.3 million (nonfarm payroll) jobs this year and another 2.3 million jobs in 2007. Unemployment is expected to fall from last year's 5.1 percent average to 4.7 percent this year and 4.6 percent next year.

"This follows an increase of 2 million jobs in 2005," said Wolfe, a U-M economist. "While healthy, the job gains in 2006 and 2007 fall well short of the 3 million jobs added per year from 1994 to 2000."

As job growth rises in the next two years, inflation holds fairly steady, although interest rates move up, the economists say. Core inflation will remain at last year's level of 2.2 percent in 2006, but then will

Cont. on page 18

Lozano nombrada al Consejo de Administración de Bank of América

Mónica Lozano, editora del periódico en español más grande del país, ha sido nombrada al Consejo de Administración de Bank of America. Ella será uno de los 18 candidatos sometidos a la aprobación de los accionistas de Bank of America durante la asamblea anual que se celebrará el 26 de abril en Charlotte.

Lozano es una empresaria exitosa y una figura importante que aboga por la comunidad de negocios hispana", comentó Ken Lewis, presidente del Consejo de Administración



del Consejo de Administración

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Growth of Hispanic-owned businesses triples the national average

The number of Hispanic-owned businesses grew 31 percent between 1997 and 2002 — three times the national average for all businesses — according to a new report, *2002 Survey of Business Owners: Hispanic-Owned Firms*, released by the US Census Bureau.

The nearly 1.6 million Hispanic-owned businesses generated nearly \$222 billion in revenue, up 19 percent from 1997.

Hispanics owned nearly 7 percent of nonfarm businesses in the United States in 2002. While 13 percent of Hispanic-owned firms employed more than 1.5 million people, the vast majority of businesses owned by Hispanics (nearly 1.4 million) had no employees. In comparison, the survey shows that more than 3 of 4 non-Hispanic-owned firms had no paid employees.

Other highlights:

- In 2002, nearly 3 in 10 Hispanic-owned firms operated in construction and other services, such as personal services, and repair and maintenance.
- In 2002, firms owned by people of Mexican origin accounted for more than 44

percent of all Hispanic-owned firms.

• Retail and wholesale trade accounted for 36 percent of Hispanic-owned business revenue.

• There were 29,184 Hispanic-owned firms with receipts of \$1 million or more.

• There were 1,510 Hispanic-owned firms with 100 employees or more, generating more than \$42 billion in gross receipts.

• States with the fastest rates of growth for Hispanic-owned firms between 1997 and 2002 included NY (57 percent), RI and GA (56 percent each), NV and SC (48 percent each).

• Counties with the highest number of Hispanic-owned firms were Los Angeles County, CA (188,472); Miami-Dade County, FL (163,188); Harris County, TX (61,934); and Bronx County, NY (38,325).

The 2002 Survey of Business Owners (SBO) defines Hispanic-owned businesses as firms in which Hispanics own 51 percent or more of the stock or equity of the business. Separate reports on other minority-owned businesses will be issued over the coming months.

COMMUNITY NEWS

ASC honors students' outstanding academic achievement

Adams State College Offices of the President, Housing and Residence Life, Student and Academic Affairs, and the Associated Students and Faculty hosted the annual Academic Awards Presentation on Mar 9.

After dessert, Interim Provost Dr. Frank Novotny welcomed the guests and introduced the Guest Speaker, Duane Bussey '82, president and CEO of San Luis Valley Federal Bank.

Bussey gave many helpful suggestions to the students and their families. A few of his ideas included be a credit maker not a credit taker, be polite to everyone, treat your family as your number one client, be a lifelong learner and save ten percent of all you earn.

Kenneth Marquez, interim Dean of Students and Interim President Dr. Dave Svaldi, handed certificates and pins to the students on the President's

Academic Distinction List and the Vice President's Honor Roll.

The top students from each class were specially recognized, they included: Julie Ann Gritz, senior, 4.0 GPA; Joseph Simmerman, junior, 4.0 GPA; Marni Olson Zabel, sophomore, 4.0 GPA; and Zachary Ryan Burrell, freshman, 4.0 GPA.

Students must have earned a **4.0 GPA**, and carried a 15 credit hour load to qualify for the fall 2004 semester President's Academic Distinction List.

The following students are on this list: Christopher Adams, Cody Anderson, Derek Anderson, Matthew Andrade, Jonathan Archuleta, Suraj Aryal, Katie Asmussen, Martin Ball, Joseph Barnett, Aaron Braun, Ruth Brubacher, Samuel Buchman, Ricky Burgess, Zachary Burrell, Ren Carbutt, Leslie Cavett, Juliana Chaparro, Genette Chapman,



L to R: Kenneth Marquez, Zachary Ryan Burrell, Julie Ann Gritz, Dr. Frank Novotny, Marni Olson Zabel, Duane Bussey and Dr. Dave Svaldi at the Adams State College Academic Awards Presentation March 9. Burrell, Gritz, Zabel, and Joseph Simmerman (not pictured) were special honorees.

Michelle Chavez, Luciano Chiamonte, Charles Childers, Eric Christian, Sarah Cobos, Craig Colvin, Jeremy Compton, David Copelan,

Jennifer Daily, Siobhan Gonzales, Julie Gritz, Enrique Downey, Athena Easter, Emily Guerrero, James Hajek, Foertsch, Ashley Gallegos-Katherine Herbel, Kelsi Maez, Larissa Galpin, Lynne Hostetter, Natasha Imadiyi, Gaunt, Sonia Genesio, April

Cont. on page ??

ASC Road Trip brings many potential students to campus

Adams State College Admission's Office continues to sponsor events for prospective students. Every spring buses of students arrive from the Front Range and New Mexico.

Admissions Counselor Kristie Duran organized the event. Nearly a hundred and fifteen students visited the campus Mar 2.

"The students were grateful for the opportunity to experience a 'road trip,'" Duran said. "We had positive feedback from the visiting high school students. They commented on friendliness and helpfulness of the Adams State College staff."

Dr. David Svaldi, interim president, greeted the students. Later they met with faculty advisors, heard from the Office of Financial Aid about scholarships, toured the campus, and met with current



students for questions and answers.

Dr. Georgia Grantham, vice president for the Office of Enrollment Management, spoke with several of the students.

"One Denver student's parent came along," Grantham said. "The parent has been taking courses through our

Extended Studies Program and she appreciated the relationship with Adams State College so much she wanted to visit the campus. And her son is interested in attending."

"I believe the Road Trip was very successful," Duran said.

For more information call the Office of Admissions at 719-587-7712.

Hefley accepting intern applications

US Rep. Joel Hefley, R-CO, is encouraging young people to apply for an internship in his Washington, DC office.

Application deadlines are drawing near for the summer sessions and should be submitted by Apr 1. The first session of the summer program is May 22 - Jun 30. The second session is Jul 5 to Aug 11.

Interns have the opportunity to attend congressional

hearings and learn first-hand how Congress operates. Interns are responsible for a wide range of duties, including providing essential constituent services, assisting staff with special projects and research, and completing various administrative tasks.

"Interns have the chance to meet some remarkable people and work on interesting projects," said Hefley. "They are an important part of our

office and I hope many people will be interested in applying for the position."

Interested applicants should be enrolled in a two or four year college or university and must be in good academic standing. Recent graduates are also encouraged to apply.

Individuals interested in a summer internship should contact Heather McMonigle at 202-225-4422. or online at <www.house.gov/hefley

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NOTICIAS EN ESPAÑOL

NEWS
FIRST 5/30HAS THE MOST
EXPERIENCE
REPORTING
LOCAL NEWSGeorgiann Lymberpoulos
more than
10 yearsCraig Eliot
more than
10 yearsLisa Lyden
more than
20 yearsRob Quirk
more than
15 yearsGet the stories that
matter to you from
the team that
knows Southern
Colorado better
than anyone else.AT NEWS FIRST,
WE PUT YOU FIRST.Proyectan crecimiento estable de la economía de
EEUU en el 2007

La economía estadounidense continuará con un crecimiento estable en los próximos dos años, a pesar de un último trimestre débil para la economía, anunciaron economistas de la Universidad de Michigan, que presentaron una actualización de la proyección económica anual de EEUU.

"Durante la primera mitad de este año el ritmo del volumen de crecimiento se recupera del debilitamiento registrado a finales del 2005, aumentan los esfuerzos de reconstrucción en la región del Golfo, la venta de vehículos livianos regresa a su ritmo normal, se recuperan los gastos de defensa y las importaciones de crudo, disminuyen," dijo Joan Crary, economista de la Universidad de Michigan.

"Sin embargo, en la segunda mitad de este año, las actividades de construcción de casas disminuyen como reacción a las hipotecas más altas, la venta de vehículos livianos se estabiliza y las exportaciones netas son un freno para un mayor volumen de crecimiento"

En la actualización del pronóstico anual de primavera para la economía estadounidense, Crary y sus colegas Saul Hymans y Janet Wolfe aseguran que el volumen del crecimiento nacional (medida real del Producto Nacional Bruto) aumentará de 3.2 por ciento el año pasado a un 3.9 por ciento este año, y bajará a un 2.6 por ciento durante el año 2007.

A pesar de que el crecimiento del Producto Nacional Bruto disminuirá durante el año 2007, el crecimiento nacional de demanda final (ventas finales a compradores domésticos) registrarán un nivel saludable de un 3,1 por ciento, afirman.

Según el pronóstico de la Universidad de Michigan, la economía añadirá 2,3 millones (excluyendo a trabajadores agrícolas) de empleos este año y otros 2,3 millones de empleos en el año 2007. Se espera que el desempleo baje de un 5,1 por ciento promedio el año pasado a un 4,7 por ciento promedio este año y un 4.6 por ciento el próximo año.

"Esto es después de un aumento de 2 millones de empleos en el año 2005" dijo Wolfe, uno de los economistas que trabajan en la proyección económica de la U de M. "A pesar de que los aumentos de empleos en los años 2006 y 2007 tienen un nivel saludable, son menos que los 3 millones de empleos añadidos anualmente entre los años 1994 al 2000", advierte.

Al mismo tiempo que aumentarán los empleos en los próximos dos años, la inflación se mantendrá estable, a pesar de un alza en las tasas de interés, aseguran los economistas. La inflación subyacente (excluyendo precios de alimentos y energía) se mantendrá al nivel del año

pasado en un 2,2 por ciento el año 2006, y tendrá un leve aumento a un 2,4 por ciento al año siguiente...

El índice convencional de hipoteca tendrá un promedio de 6,7 por ciento este año y un 7.1 por ciento en el año 2007, un aumento en relación al 5,9 registrado el año 2005. El índice de las letras del tesoro a tres meses subirá de un 3,1 por ciento el año pasado a un 4,7 por ciento en el año 2006 y un 4,9 por ciento en el año 2007. El índice de bonos de tesoro a diez años subirá de un 4,3 por ciento en el año 2005 a un 5.1 por ciento este año y un 5.8 por ciento el año después.

La proyección anual de la economía de EEUU, basada en el Modelo Económico Trimestral de Michigan y compilado por el Semanario de Investigación en Economía Cuantitativa de la Universidad de Michigan, también proyecta:

- Los precios del crudo se mantendrán en alrededor de 62 dólares por barril por el resto del año y después bajará a 58 dólares por barril a finales del año 2007.

- La construcción de nuevas casas privadas, que sobrepasó los 2 millones en el año 2005—la más alta desde 1972—se reducirá a 1,99 millones de unidades en el año 2006 y a 1,79 millones en el 2007.

- Las ventas de vehículos livianos se mantendrá estable con 16,9 millones de unidades este año y aumentará a 17,1 millones el próximo año, sin embargo será menor que la registrada en el 2000, un año record en el que se alcanzó a la venta de 17,3 millones.

- Ingreso disponible aumentará en un 4,5 por ciento en el año 2006 y a un 4 por ciento en el 2007, tras haber aumentado sólo un 1,5 por ciento el año pasado.

- El crecimiento en el consumo aumentarán en un 3.7 por ciento este año y un 4 por ciento el próximo año, tras un aumento de un 3.6 por ciento en el año 2005.

- El déficit del presupuesto fiscal va a mantenerse alrededor de los 345 mil millones de dólares durante el año fiscal del 2007, pequeño cambio en relación al año fiscal 2005.

Lozano Continúa de página 1

y director general de Bank of America. "Esto, y su notable trayectoria en liderazgo comunitario, tanto en California como en el resto del país, la califican de manera única como una directiva ideal para una empresa que está registrando un impacto tan grande en las vidas financieras de todos los estadounidenses". Bank of America, el banco para consumidores más grande del país, mantiene una relación de negocio con el 48 por ciento de las unidades familiares hispanas esparcidas en el territorio del banco, de una costa a la otra. Dicho

porcentaje es superior al de cualquier otro banco de Estados Unidos. Por otra parte, más del 21 por ciento de todos los empleados nuevos contratados por el banco el año pasado fueron hispanos.

También en el 2005, Bank of America pasó a ser la primera institución financiera en ofrecer a sus clientes transferencias electrónicas gratis de dinero a México, aprovechando la característica SafeSend® cuando el cliente tiene una cuenta corriente en el banco. Por sus esfuerzos en la comunidad hispana, la revista Latina Style nombró a Bank of

America Empresa del Año 2005. Lozano, de 49 años, es la editora y directora general de La Opinión, el diario en español más grande del país, con oficinas centrales en Los Angeles. Ella es también vicepresidenta sénior de Impremedia LLC, la primera empresa hispana de prensa en Estados Unidos que tiene alcance nacional. Entre sus numerosos puestos de liderazgo comunitario, la señorita Lozano es actualmente la presidenta del Consejo de The National Council of La Raza (NCLR), la organización nacional hispana que promueve los derechos civiles en Estados Unidos.

Este año, la Conferencia de Liderazgo sobre Derechos Civiles otorgará a Lozano el prominente Hubert H. Humphrey Civil Rights Award, concebido para saludar a personas u organizaciones que ejemplifican mejor el legado del vicepresidente Humphrey de "servicio dedicado y desinteresado a la causa de la igualdad".

Al ganar el premio de este año, Lozano fue elogiada por tener "un profundo efecto en la manera como piensa la población en más rápida expansión del país en torno a asuntos relacionados con los derechos civiles y humanos".

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Devolviendo la magia

de los libros a los Estudiantes de la Costa del Golfo



Fue el mayor desastre natural en la historia de los Estados Unidos. Katrina y sus hermanas no demostraron ninguna piedad. Tantas cosas fueron arrancadas... ciudades y pueblos, casas y negocios, vidas.

Katrina incluso pareció estar decidida a destruir las ideas y el conocimiento, derribando cientos de escuelas públicas y bibliotecas, ahogando millones de páginas de ciencia, historia, arte y literatura en empapados escombros y espeso fango.

Fui a ver lo que quedaba de las escuelas públicas de la costa del Golfo. Como maestro, se me rompió el corazón. Como presidente de la Asociación Nacional de Educación (NEA, por sus siglas en inglés) vi el largo y difícil camino que nos esperaba.

El pasado y el presente como estaban escritos pueden haber sido destruidos en estas tormentas, pero no el futuro. El año pasado, la NEA contribuyó un millón de dólares para ayudar a los estudiantes y los maestros de las escuelas públicas de la costa del Golfo para ayudarlos a comenzar a reconstruir sus vidas.

Y este año, los 2.8 millones de miembros de la NEA no olvidaremos nuestro compromiso continuo con la gente que vive a lo largo de la costa del Golfo. Es por esto que la NEA ha lanzado "Books Across America", una campaña nacional para reabastecer los estantes de las bibliotecas y los salones de clase, con los millones de libros que necesitan desesperadamente, para comenzar a enseñar y a aprender otra vez, para volver a tener esperanza.

Junto con los aliados de la NEA, Libros Primero, la Fundación del Corazón de los Estados Unidos y la Fundación de la NEA, millones de personas en Estados Unidos están participando de "Books Across America". Únase a nosotros. Ofrezca su tiempo como voluntario. Organice una campaña de recogido de libros. Compre un libro para un niño de la Costa del Golfo. Haga una contribución, Ayude a recaudar fondos para más libros. Visite nuestra página Web, www.nea.org/booksacross para conocer que más puede hacer.

Ayude a "Books Across America". Nuevos libros ayudarán a los niños de la costa del Golfo a que vuelvan a leer y ayudarán a que las escuelas sean excelentes para todos.

Es su derecho básico. Y nuestra responsabilidad.



Reg Weaver, Presidente

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

NOTICIAS EN ESPAÑOL

Variantes genéticas pueden contribuir a la acumulación de grasa en el cuerpo

Dos variaciones de un gen asociado con la obesidad y la diabetes tipo 2 han estado relacionadas al almacenaje de un exceso de grasa en el cuerpo - y por consiguiente al peso del cuerpo - en las mujeres caucásicas.

Científicos financiados por el Servicio de Investigación

Agrícola (ARS) estudiaron cuatro variaciones del gen que produce la proteína perilipina.

Esta proteína tiene un papel sumamente importante en determinar si la grasa está almacenada entre las células grasas o lanzada para uso como energía. La cantidad de

la grasa almacenada depende de la cantidad de perilipina producida.

Andrew Greenberg, un médico, y José Ordoñas, un experto de la nutrigenómica, trabajan en el Centro Jean Mayer de Investigación de Nutrición Humana Sobre Envejecimiento, mantenido por el Departamento de Agricultura de EE.UU. (USDA por sus siglas en inglés) en la Universidad Tufts en Boston, Massachusetts.

Ellos están estudiando las variantes 13041A/G, 14995A/T, 6209T/C y 11482G/A del gen que produce la perilipina.

Ordoñas determinó cuáles de estas cuatro variantes estaban

presentes en los 373 hombres y las 361 mujeres que participaron en el estudio. Luego él comparó los porcentajes de grasa de cuerpo y la circunferencia de cintura de las personas que tenían las diferentes variantes.

Las mujeres con las variantes 13041A/G y 14995A/G tenían una tendencia de tener un porcentaje más alto de grasa de cuerpo y también una circunferencia de cintura más grande que las mujeres con las otras dos variantes.

No se encontró la misma pauta en los hombres, probablemente a causa de las diferencias hormonales.

Según Ordoñas, las variaciones heredadas 13041A/G y 14995A/T son marcadores genéticos importantes para la obesidad en mujeres. El estudio fue publicado en la revista 'Obesity Research' (Investigación de Obesidad).

Un informe sobre este estudio está incluido en una edición especial de la revista 'Agricultural Research' de marzo 2006 enfocada en las investigaciones del ARS sobre la obesidad.

For more information, check out the website at <<http://www.ars.usda.gov/is/AR/archive/mar06/obesity0306.htm>>

Album estilo Duranguense- *Te llevas mi vida*

Tormenta de Durango, una agrupación que se va abriendo camino dentro del género duranguense, convirtiéndose en poco tiempo en uno de los más queridos por el público.

Sus inicios fueron a partir del año 1999 en el estado de Washington. Sus integrantes son: Jesus Jaquez (Tecladista), Luis Gomez (1era Voz), Jose Vicente (Bajo), Candido

Ramirez (Tambora), Eladio Merlos (Saxofon) y Carlos Tellez (Tarolas).

Comenzaron como todas las agrupaciones, tocando en fiestas privadas, night clubs, festivales, etc... esperando una oportunidad. Hasta que por fin se presentó de la mano de "La Sierra Records" más conocida como "La Productora de Sueños".



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Su primer producción discográfica se titula *Puro Veneno* del cual se desprendió el primer sencillo *Andan Diciendo* teniendo muchísimo éxito y colocándose entre los mejores lugares de popularidad. En esta producción contiene temas como *El Puente Roto*, *Mi Horoscopo*, *Tampico Hermoso* y muchos más.

Después del éxito obtenido llegan ahora con nuevo material discográfico, pero ahora mejores que nunca. Su primer corte se titula *Te Llevas Mi Vida* con el que también es

nombrado su segundo Disco viene para arrasar con todos a su paso.

Incluye en este material temas que fueran famosos como: *Con Tu Amor de Juan Gabriel*, *Tatuajes de Joan Sebastian*, *Y Voy Hacer Feliz* que hiciera famosa Maricela, la cual se convierte en el Segundo corte promocional.

Todo esto es lo que ofrecen *Tormenta de Durango*, chicos talentosos, sencillos, con una gran calidad musical, y sobre todo originalidad, un grupo que se entrega al escenasario y a sus fans.

Bicentenario del Natalicio de Don Benito Juárez García

El Lic. Benito Juárez es una de las figuras políticas de mayor relieve en la historia de México, debido a las circunstancias en medio de las cuales desarrolló su mandato presidencial. Benito Juárez nació en San Pablo Guelatao, Oaxaca el 21 de marzo de 1806. Se matriculó en el Seminario de la Santa Cruz, donde estudió filosofía y latín, terminando sus estudios de leyes en 1831.

En esta época existían en el país dos fuerzas políticas en continuo conflicto: el Partido Conservador, que planteaba un gobierno que pudiera controlar desde el centro a toda

la República y el Liberal, que apoyaba un régimen federalista. Fue hasta 1861 que el Congreso declaró a Benito Juárez presidente electo y 6 años después fue reelecto presidente de México hasta 1872 en que muere un 18 de julio. A Benito Juárez se le conoce como el "Benemérito de las Américas" por haber defendido a la patria y lo recordamos con su frase célebre: "Que el pueblo y el gobierno respeten los derechos de todos. Entre los individuos, como entre las naciones, el respeto al derecho ajeno es la paz".



Niveles de azúcar afecta pies y nervios en diabéticos

Las personas con diabetes que mantienen controles rigurosos de los niveles de azúcar, tienen una probabilidad mucho menor de desarrollar pie diabético o daños en los nervios, según una nueva investigación de la Universidad de Michigan, realizada a nivel nacional.

De hecho, los efectos positivos de un control estricto en los niveles de azúcar se pueden manifestar más de una década después de iniciado. Al finalizar el periodo del estudio, los pacientes que controlaron sus niveles de glucosa presentaron un 51 por ciento menos posibilidades de padecer problemas en los nervios, en comparación a los pacientes que iniciaron el estudio al mismo tiempo, pero que sólo comenzaron los controles rigurosos en los niveles de azúcar en la sangre, años después.

El estudio, publicado en el último volumen de Diabetes Care, incluyó a 1,441 personas con Diabetes Tipo 1, también conocida como diabetes juvenil. A pesar de que pacientes con la diabetes más común, la del tipo 2, no participaron en el estudio, los resultados pueden tener consecuencias para los 18 millones de estadounidenses que la padecen.

Dos tercios de todas las personas con diabetes presentan algún nivel de problemas con los nervios, o neuropatía, relacionada con su diabetes. Una de las características más comunes es el adormecimiento o dolor en los pies y piernas, que puede

progresar a través del tiempo hasta causar discapacidad, que es una de las causas de alrededor de 80.000 amputaciones anuales de pies y miembros inferiores a diabéticos estadounidenses.

"Este es un descubrimiento fascinante que añade credibilidad a la idea de la memoria metabólica, o el concepto de que puede haber un efecto durable por esfuerzos precoces y sostenidos para mantener los niveles de azúcar bajos", dice la autora Eva Feldman, Profesora de Neurología de la Escuela de Medicina de la Universidad de Michigan y Directora del Centro de Neuropatía de ese mismo centro sanitario.

El estudio, es el primero que relaciona los controles rigurosos de diabéticos en los niveles de azúcar en la sangre y el efecto a largo plazo en la probabilidad de desarrollar una neuropatía. Resultados similares se encontraron en estudios relacionados con otras dos complicaciones frecuentes de la diabetes, la retinopatía diabética (enfermedad ocular) y nefropatía (enfermedad al riñón).

El nuevo descubrimiento viene del estudio de Epidemiología de la Intervención en Diabetes y Complicaciones (En Inglés, Epidemiology of Diabetes Intervention and Complications EDIC) que nació de la Prueba de Control Nacional de Diabetes y Complicaciones (en Inglés, National Diabetes Control and Complications Trial DCCT).

Financiado por el Instituto Nacional de Diabetes y Enfermedades Digestivas y del Riñón, el DCCT inició el estudio en 1980, asignando al azar a personas con diabetes tipo 1 la tarea de controlar rigurosamente su nivel de azúcar en la sangre utilizando tres inyecciones de insulina diarias o un suministrador de insulina, o a otro grupo, con la manera más común en esa época de controlar el azúcar, usando una a dos inyecciones de insulina diarias.

Este último grupo fue

posteriormente motivado a adoptar los controles de insulina más frecuentes.

Los síntomas y señales de neuropatías fueron evaluados utilizando una prueba estándar que incluye un cuestionario desarrollado por investigadores en el Centro de Investigación y Entrenamiento de Diabetes de la Universidad de Michigan. El cuestionario, con el nombre de Instrumento de Evaluación de Neuropatía, es para los pacientes, que informan sobre síntomas como adormecimiento, dolor, sensibilidad, y para los médicos, que realizan un examen podológico al paciente, incluida la sensibilidad al tacto, vibración y la presencia de callos y heridas en los pies de los pacientes, que el afectado no siente debido al daño en los nervios.

Este tipo de problemas en los pies pueden causar infección y provocar heridas abiertas que son difíciles de sanar por otros problemas causados por la diabetes. Las infecciones que no sanan, si son lo suficientemente graves, pueden llevar a adoptar la decisión de amputar dedos, pies o miembros inferiores. Este "efecto dominó" que se inicia con una neuropatía y lleva a una infección y amputación es la razón por la que las directrices actuales recomiendan a los pacientes con diabetes un examen anual de pies.

Durante la investigación, después del primer año, un 28 por ciento de los pacientes del grupo de control (sin control

estricto de los niveles de glucosa) presentó señales de neuropatía en los exámenes físicos, aunque sólo un 4,7 por ciento los reveló en los cuestionarios escritos. En contraste, un 17,8 por ciento de los pacientes sometidos a controles rigurosos en sus niveles de azúcar mostraron señales de neuropatía en sus exámenes podológicos y un 1,8 por ciento incluyó los síntomas en el cuestionario. La diferencia entre ambos grupos tiene significado estadístico.

A través del tiempo, la diferencia entre los dos grupos continuó siendo significativa, aunque el porcentaje de ambos grupos que mostraba señales de neuropatía en el examen físico o en el cuestionario, aumentó. Después del octavo año de seguimiento, casi un 7 por ciento de los participantes que estaban en el grupo de control (sin controles rigurosos) expresó tener síntomas de neuropatía, comparado con un 3,5 por ciento de los pacientes que realizaron controles estrictos de los niveles de azúcar en la sangre. Al finalizar el octavo año del estudio, un 26 por ciento de los pacientes del grupo de control tenían señales de neuropatías en el control podológico, comparado con sólo un poco más del 20 por ciento de los participantes que controlaban más estrictamente los niveles de azúcar.

Los investigadores realizaron cálculos estadísticos de probabilidades con estas medidas. En su totalidad, los participantes que iniciaron un régimen de control estricto de

los niveles de azúcar y lo mantuvieron, tenían un 51 por ciento menos posibilidades de padecer de una neuropatía y los que iniciaron el estudio con controles regulares de azúcar, pero los intensificaron, tenían un 43 por ciento menos posibilidades de presentar síntomas de neuropatía. También hubo diferencia entre los dos grupos en relación a las heridas abiertas que necesitaban tratamiento médico o quirúrgico y en la incidencia de amputaciones.

En general, dice Feldman, los resultados dan más fuerza al mensaje crucial, para todos los pacientes de diabetes, aunque los que sufren del tipo 2 tienen otros problemas que pueden influir en los efectos de protección de controles rigurosos de azúcar. El mensaje: Controle su nivel de azúcar regularmente y adopte medidas para mantenerlos bajo estricto control, con pocos extremos, en sus niveles bajos o altos de azúcar.

Mientras, Feldman y otros investigadores están buscando las causas por las que las células nerviosas se dañan con niveles altos de azúcar en la sangre, y porque sería beneficioso iniciar con controles estrictos de azúcar más precozmente. La Universidad de Michigan ofrece cinco pruebas clínicas de neuropatía para distintos tipos de pacientes.

Para más información sobre la participación en esas investigaciones, los pacientes pueden ir a www.med.umich.edu/pfund

Sube la carne por que hay inflación

por Agustín Jaureguiberry

Mucho se ha comentado sobre la reciente medida tomada por Argentina de suspender la exportación de carne por 180 días. El argumento oficial para justificar esta decisión se basa en que como se exporta cada vez más carne a precio internacional-, ello tiene impacto en el mercado interno, elevando finalmente el precio y haciéndolo menos accesible a la población. Otros han manifestado que la causa del aumento del precio de la carne se debe a una insuficiencia de la oferta y a la falta de una política ganadera de largo plazo.

Este último grupo fue

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NEGOCIOS-BUSINESS

Strong job market predicted for Colorado Springs

Colorado Springs area employers expect to hire at a healthy pace during the second quarter of 2006, according to the Manpower Employment Outlook Survey.

From April to June, 23% of the companies interviewed plan to hire more employees, while none expect to reduce their payrolls, according to Manpower spokesperson Nancy Cruikshank. Another 77% expect to maintain their current staff levels.

"In the Colorado Springs area, employers expect more hiring activity than in the first quarter when 33% of the companies interviewed intended to increase headcount, and 20% planned to decrease it," said Cruikshank. "Employers are much less

optimistic about hiring than they were a year ago when 47% of companies surveyed thought employment increases were likely and 3% intended to cut back."

For the coming quarter, job prospects appear best in Construction, Non-Durable Goods Manufacturing, Wholesale/ Retail Trade and Services. Hiring in Durable Goods Manufacturing, Transportation/ Public Utilities, Finance/ Insurance/ Real Estate, Education and Public Administration is expected to remain unchanged.

According to the national seasonally adjusted results of the Manpower Employment Outlook Survey, US employers show no signs of changing their healthy hiring pace in the second quarter. Of the 16,000 US employers surveyed, 30% foresee an increase in hiring activity for the second quarter of 2006, while 6% expect a reduction in payrolls. Fifty-eight percent report no change in hiring plans, and 6% have yet to determine their staffing needs. The seasonally adjusted Net Employment Outlook for April - June is 21%.

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| AREA | INCREASE | NO CHANGE | DECREASE | DON'T KNOW | NET |
|-------------------|----------|-----------|----------|------------|-----|
| Boulder | 39% | 61% | 0% | 0% | 39% |
| Colorado Springs | 23% | 77% | 0% | 0% | 23% |
| Denver | 50% | 30% | 20% | 0% | 30% |
| Denver-Southeast | 27% | 56% | 10% | 7% | 17% |
| Mesa County | 37% | 56% | 7% | 0% | 30% |
| Northern Colorado | 33% | 67% | 0% | 0% | 33% |
| Pueblo | 20% | 77% | 0% | 3% | 20% |
| Denver Area | 38% | 44% | 15% | 3% | 23% |

State Average: Colorado 33% 61% 5% 1% 28%

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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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2005-2006 Pike's Peak United Way campaign total highest in history

Over 400 representatives from the corporate and civic communities gathered in the Rocky Mountain Ballroom of the Broadmoor Hotel to celebrate the culmination of the 2005-2006 Pikes Peak United Way campaign. And celebrate they did, as the United Way announced yet another record breaking year, raising in excess of 5.5 million dollars, up from 5.2 million dollars in 2004 - 2005.

"We have a lot to celebrate," noted Jeff Murrell, Chairman of the Pikes Peak United Way Board of Trustees. "In addition to the campaign total, there were great strides made this

year by the United Way in the area of community impact."

- 2-1-1, launched in June of 2004, served 8,000 local residents it's first year. To date it has served over 10,000 during the last eight months, providing information about and referrals to over 1,000 health and human services in our region.
- "Make a Difference Day" in October, the largest volunteer event in the history of our community, brought over 1,300 volunteers together with one single goal: to improve our community and help those in need.
- The United Way Cares for

Children Coalition provided additional federal funds to our community and increased programs for children while "Homeward Pikes Peak" continued to take a leadership role in organizing efforts on behalf of the homeless, including those devastated by Hurricane Katrina.

As in past years, however, the majority of campaign funds raised, continued to underwrite local programs and services. This past year 60 programs through 42 agencies were funded to directly help families, children, individuals struggling to become self-sufficient and those suffering from illness.

"Thanks to our Cornerstone Program and its 25 partners," noted Jerry Smith, President and CEO of the Pikes Peak United Way, "our fundraising and administrative costs are entirely underwritten. That means every penny of every dollar received from this year's campaign will go where it should go - to programs and initiatives that increase quality of life for people right here in our community."

Prior to announcing this year's total, Campaign Chair Tom Naughton, president and US Bank and event sponsor, recognized Leaders in Giving Chair Denny Weber of Accordia with the "Crystal Award" for 15 years of dedicated volunteer service. "Spirit of Caring" awards for outstanding internal campaigns were also bestowed

Cont. on page 18

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DEPORTES

Caton named UCCS men's basketball coach

The University of Colorado at Colorado Springs athletic department has announced that Russ Caton is named the school's new men's basketball coach.

Caton has served as Adams State coach Larry Mortensen's top assistant the past two years. In 2005-06, the Grizzlies improved to 13-15 (10-9 Rocky Mountain Athletic Conference) after going 3-24, 3-16 the previous season. He was previously as assistant at Adams State in 1997-98.

Caton, 30, was the head coach at Moffat High School in 1999-2000, helping the Cowboys to their best record in school history

and a consolation bracket championship at the State Tournament. A year later, Caton returned to Alamosa High School, from which he graduated in 1993, and served as the head coach.

"Our goal at UCCS is to put competitive teams on the floor without compromising the academic mission of the university," said UCCS athletic director Stephen W. Kirkham. "Russ Caton was that type of athlete and has been that type of coach. We are confident that he will help us produce outstanding teams both on and off the court."

While at Adams State, Caton

was deeply involved with recruiting, teaching post play and conducting the team's strength and conditioning program.

Two Adams State forwards, Roman Moniak (first team) and Wes Jensen (second team) were named to the All-RMAC West Division team this past season.

"Russ Caton filled every criteria we were looking for in a coach," said UCCS assistant athletic director Doug Fitzgerald, who chaired the search committee that also included community members Lynn Barry and Kent Freudenberg, faculty member David Moon, faculty athletics



scoring with 18.3-points per game. He also led the team in assists with 72 and averaged 7.4 rebounds per game, the second best mark on the team. For his efforts, Caton was named second-team All-RMAC.

An outstanding student, Caton completed his degree in exercise physiology and leisure studies with an emphasis sports management in December of that year (1997). He and his wife of 11 years, Bethany, have four children. His three oldest children are sons Tyson, 10, Ethan, 9, and Jaden, 7. Daughter Sylvie is 4.

Altitude to televise NCAA Hockey Championship

Regional Semi-Finals and Finals

For the second year, Altitude Sports & Entertainment (Altitude) will present exclusive, live coverage - within Altitude's telecast territory - of the 2006 NCAA Hockey Championships, beginning Fri, Mar 24. Altitude is the only regional sports network to carry all 12 games of the tournament. Live games will be shown on both Altitude and as bonus events on Altitude2. (See Altitude2 lineup listed below; Check local listings)

Sat. Mar 25

- 10 am East Regional Semi-final #1: New Hampshire vs. Michigan State (LIVE)
- 1 pm East Regional Semi-final #2: Harvard vs. Maine (LIVE)
- 3:30 pm **Midwest Regional Semi-final #2: Colorado College vs. Cornell (LIVE)**
- 1 am Northeast Regional Final (taped)

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NCAA Men's Basketball Tournament

All listings on CBS

Thu 3/23

- 7:10, 7:27 pm Regional Semis: (1) Duke - (4) LSU, (1) Memphis - (13) Bradley
- 9:40, 9:57 pm Regional Semis: (2) Texas-(6) West Virginia, (2) UCLA-(3) Gonzaga

Fri 3/24

- 7:10, 7:27 pm Regional Semis: (1) Villanova-(4) B.C., (7) Wichita St.-(11) G. Mason
- 9:40, 9:57 pm Regional Semis: (2) Florida-(7) Georgetown, (1) UConn-(5) Washington

Sat 3/25

- 4:40 pm Atlanta or Oakland Regional Final
- 7 pm Atlanta or Oakland Regional Final

Sun 3/26

- 2:40 pm Washington, DC, or Minneapolis Regional Final
- 5 pm Washington, DC, or Minneapolis Regional Final

Sat 4/1

- 6 pm National Semifinal #1
- 8:45 p.m. National Semifinal #2

Mon 4/3

- 9 pm National Championship



Hispanic Education Foundation sponsors golf tournament

Attention all golf enthusiasts! The Pueblo Hispanic Education Foundation is sponsoring its Second Annual Golf Tournament on Sat, Apr 22 at Hollydot Golf Course.

Players can look forward to a continental breakfast, prizes, mulligans, goody bags and an awards luncheon.

Golfers will have the opportunity to win a trip to

Hawaii, and other prizes including, certificates for dinners, and lots of fun playing with friends and family members.

PHEF Board President, Evelyn Flores says, "Your participation in this fun event will help the Pueblo Hispanic Education Foundation to continue to deliver educational opportunities and programs

for low to moderate income students in Pueblo and we promise a fun-filled day!"

Proceeds from the fundraising event will go to assist with PHEF programs and activities.

For information about the event and to reserve your spot please call Gloria Gutierrez at (719) 549-2563.

representative Charlie Shub, women's basketball coach Jessica Stratton and P.J. Forrest, a senior on the 2005-06 Mountain Lions men's basketball team.

"He's familiar with both Division II and the RMAC, he has deep Colorado connections and roots and he's ready to make the step up to head coach."

An All-State player while in high school, Caton helped Alamosa High School to two state championships and then moved on to Northeastern Junior College in Sterling, earning All-Region IX honors in his sophomore season. He transferred to Division I Southern Utah, where he played for the Thunderbirds during the 1995-96 season.

A 6-foot-5 forward, Caton then returned to Alamosa for his senior year, leading Adams State in

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ENTERTAINMENT

16th Annual Jazz Aspen Snowmass

Presented by Calamos Investments

The 16th edition of the Jazz Aspen Snowmass June festival, presented by Calamos Investments – at Rio Grande Park, Aspen, Jun 22 - 25, 2006.

The Jazz Aspen Snowmass organization is pleased to announce that Chicago-based Calamos Investments has joined the festival's distinguished list of corporate supporters through a multi-year agreement as the festival's new Title Sponsor.

Inside a lovely white tent

encircled by the Rocky Mountains, the festival will open on Thu, Jun 22nd with a special program called *New Voices*, headlined by the Jamie Cullum Trio, whose debut album, *Twentysomething*, sold two million copies.

Opening for him will be Lizz Wright, an emerging star with an astounding voice who presents a style that fuses jazz, soul, folk, blues, and gospel.

Her latest album, *Dreaming*

Wide Awake, brings together songs associated with Neil Young, Fats Waller, the Beatles, Madonna, and Herb Alpert – brilliantly.

Friday brings one of the very few American dates of the year for multiple Grammy winner Diana Krall, the premiere singer/ pianist in jazz today. *The Girl in the Other Room* was her first release to focus on her own songwriting, and includes six tunes co-written with her husband, Elvis Costello.

Elvis Costello, not entirely coincidentally, will take the stage Saturday night with his band the Imposters as part of a tour with New Orleans legend Allen Toussaint that celebrates the music and heritage of the Crescent City.

Ever since he burst onto the American scene in 1977 as a so-

called New Wave rocker with tunes like *Allison* and *Red Shoes*, Costello has proven an incredibly gifted songwriter and vocalist who transcends musical categories.

His latest album, *My Flame Burns Blue*, features old and new songs in a big-band orchestra setting, recorded live at the North Sea Jazz Festival.

Opening on Sunday will be the master of funk, alto saxophonist Maceo Parker. His career began with 15 years as a featured sideman with the Godfather of Soul, James Brown, where he was a central figure in one of the seminal bands in modern American music.

A widely diverse series of performances of *JAS After Dark* produced in association with Aspen's Belly-Up nightclub

will feature Afro-Cuban, funk, blues, boogaloo bands and more, complemented by free afternoon concerts in Aspen's downtown Cooper Mall adjacent to Wagner Park.

Tickets went on sale to JAS members on Mon, Mar 20th, by phone at (866) 527-8499.

JAS Club memberships start at \$50 and include a 20% discount on all festival tickets and merchandise.

Memberships are still available and can be purchased at (866) 527-8499.

Tickets will go on sale to the public on Mon, March 27th by walk-in at the Wheeler Opera House, by telephone at (866) 527-8499, or on-line at <www.jazzaspen.org>

For information on patron tickets, please contact the JAS office at (970) 920-4996.

Spend your Spring Break with Imagination Celebration

It's time to break into spring. So grab your imaginations and come over to Celebration Place where you'll find a whole world of creativity waiting for

you. Imagination Celebration invites families to spend their Spring Break at Celebration Place (located on the upper level of The Citadel, across

from Steve & Barry's). Imagination Celebration's workshops and performances during Spring Break are either free or at an affordable fee. (Sign language interpretation available with two week advance notice.) Reservations are REQUIRED for these events. Call (719) 597-3344 to register today.

Celebration Place performances are made possible with the support of the Inasmuch Foundation.

The following is our super schedule of Spring Break events for kids of all ages at Celebration Place from Mar 27 - 31.

Mon, Mar 27, 10 - 11 am
Juggling and Performance Workshop

Join the multitalented Christopher Keller as he performs different types of juggling, including balls, clubs, devil sticks. Afterwards you will get a short lesson on how to juggle balls. For grades 2 - 5. FREE but reservations are required.

Mon, Mar 27, 12 - 4 pm for grades 4 - 8

Tue, Mar 28, 12 - 4 pm for grades 9 - 12

Poetry Workshop

Join the *Thin Air Poetry Slam Team & Dragonswing* for this

workshop focusing on writing and performing poetry. On Mon, grades 4 - 8 will learn poetry techniques and finish the day with some short performances. On Tue, high school students competing in the Junior Slam in April are required to take this great poetry and performance class. Admission: \$10. Reservations are required.

Tue, Mar 28, 10 - 11 am
The Magical Wizard

Join Wizard Scott McCray as he mesmerizes you with disappearing and re-appearing coins, magical cards and the fastest balloon dog creation ever!! For grades K-5. FREE but reservations are required.

Wed, Mar 29, 10 am & 1 pm
End of the Beginning

Presented by the Denver Center Theatre Academy

The End of the Beginning (written by AVI, adapted by Robert Menna) is a story of a small snail named Avon, who longs for adventures like those he reads about in books. As he prepares to leave into the world he encounters an excitable ant, Edward. The two of them discover many strange and wonderful creatures and learn about the power of friendship. For elementary students. FREE but

reservations are required.

Imagination Celebration is proud to honor our military families at this performance. Receive a free Imagination Celebration poster with military ID. Sponsored by Ent Federal Credit Union.

Thu, Mar 30, 10 - 11 am
Grimace and Grimm

A hilarious romp through the fairytales of the Brothers Grimm. Meet their mischievous sister and be part of inventing your very own story. For pre-K through elementary students. FREE but reservations are required.

Thu & Fri, Mar 30 & 31, 2 - 4 pm
Improv Drama Games

Experience the excitement of improvisation and improve your acting skills through fun games. Instructor Carmen Brown will teach you how to use your voice, body language, facial expressions and costumes to create crazy characters and skits. Come for this fast-paced, quick thinking class and leave with new ideas about the fun of acting! For grades 3-5. Admission: \$20. Reservations are required.

Fri, Mar 31, 10 - 11 am for K - 4th grade and 11 am - noon for 5th - 9th grade

Cont. on page 11

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Pueblo Child Advocacy Center to host its annual Blue Tie Gala!

Continuing their commitment to break the cycle of child abuse through intervention and prevention, the Staff and Board of Directors of The Pueblo Child Advocacy Center will be hosting their annual Blue Tie Gala event. Proceeds will go directly towards funding the construction of a new facility for the Pueblo Child Advocacy Center to serve children in

need due to various cases of abuse.

The event takes place on Fri, Apr 7, at 6 pm at the Sangre De Cristo Arts & Conference Center located at 210 North Sante Fe Ave in Pueblo CO. A silent auction will kick-off the evening. Cocktails will be served starting at 6 pm, followed by a gourmet, catered dinner by well-known local restaurant, Rosario's.

Live music and entertainment will be provided by a band well-known for their talent and showmanship at John Elway charities, Colorado's famous and popular music group "Nacho Men."

To make a Silent Auction Donation or to reserve tickets and corporate tables, please call Nancy DeHerrera at the Pueblo Child's Advocacy office at 583-6332.

ENTERTAINMENT

Public to enjoy Pancho Villa Exhibit Hall



A new look at the events surrounding Pancho Villa's 1916 raid is now available to the public at Columbus, NM. The exhibits installed in Pancho Villa State Park's new \$1.4 million exhibit hall depict events both during the 1910 - 1920 Mexican Revolution and those surrounding the March 9, 1916 raid on the village of Columbus by soldiers of Mexican General Francisco "Pancho" Villa.

Christy Tafoya, New Mexico State Parks Education and Resource Protection program manager said, "Because the installations are bilingual, the

state of Chihuahua's tourism department and other Mexican officials were consulted about the correctness of the Spanish translations. We've tried to provide a baseline and represent both sides of the story. History isn't linear. We are seeing a lot of different offshoots to this story."

In 2003, a Minnesota-based firm was awarded the state contract for the job. Nationally recognized for cultural and natural history exhibits for museums, interpretive centers, aquariums, zoos, and botanical institutions, the firm specializes in creating

"experiences using innovative ideas while addressing the needs of different age groups and various learning styles."

"This has been an exciting project to work on," said Erin Gallagher, Split Rock Studio project manager. "It is one of my favorites. I think it's beautiful - despite the blood, sweat and tears - it's just beautiful. It makes this community a special place and will generate good things for it."

Termed a "collaborative effort" between State Park officials, local historians, and Chihuahua counterparts, Tafoya said, "This has truly been a cooperative effort. Together with Split Rock Studios, we have developed a definite theme. This is a living, breathing thing. And since this

is a National Historic Landmark, we were required to consult with the State Historic Preservation Office because putting a large facility like this on a location where there are historic buildings existing on an archaeological site can be sensitive. The new buildings and the exhibits were actually married together to match the theme. Not only

are the buildings telling a story, but everything here is telling a story. Under this ground is an important archaeological site - former Camp Furlong - and a lot of things that came from the Punitive Expedition have impacted and modernized our lives today."

For more information, call Armando Martinez at (505) 531-2711.

Denver to host 32nd annual powwow March 24 - 26

An international group of competitors will perform Mar 24 - 26 to thousands of spectators at the Denver Coliseum. There will be a wide variety of traditional and non-traditional crafts, educational booths, and concession stands onsite from 10 am - 10 pm. The Grand Entry, which precede the drumming and dancing competitions, will be held at 11 am and 7 pm daily. Story telling, demonstrations, contests and a Sunday church service will be held. Admission: under 6 and over 60 - FREE, \$6 per day or \$15 for 3-day pass.

Tickets sold at the door. For more information, check out <www.denvermarchpowwow.org>

Imagination Celebration

Cont. from page 10

Sock Puppet Workshop

Ryan S. Ballard of the Razzamataz Puppet Company will lead two sessions of sock puppet making workshops. Students will have a hands-on opportunity to create their own unique sock puppets using a wide array of materials. The creative possibilities are endless! In addition, Razzamataz will perform scenes from their new production and will hold an improvisational performance with the students. FREE but reservations are required.

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

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In the Desert, Lexus revealed Hybrid 2007 GS 450h Sport Sedan

As the world's first front engine, rear wheel drive, full hybrid vehicle, the GS 450h luxury performance sedan is the definition of modern luxury, blending breathtaking power with consummate style and remarkable fuel economy.

Joining the RX 400h luxury utility vehicle, the world's first luxury hybrid vehicle, in an expanding lineup of hybrid-powered vehicles from Lexus, the GS 450h stands as the flagship of the GS line.

"The GS 450h will offer a compelling new reason for luxury car buyers to consider hybrid technology," said Bob Carter, Lexus group vice president and general manager. "As a total high-

performance package, the new GS hybrid will be without rival in the industry in terms of matching its combination of outstanding driving performance, environmental efficiency and its refined, ultra-quiet ride."

Top-Line Power: The Quickest Lexus to Date

Power is paramount with the new GS 450h. Its 3.5-liter V6 hybrid delivers the dynamic performance equal to a modern 4.5-liter V8 engine and is designed to be as quick or quicker than every V8-powered competitor in its class. The GS 450h accelerates from zero-to-60 miles per hour in approximately 5.2 seconds.

Even more impressive is how



Nice looking photo...don't be deceived...they were taken in the Desert

quickly and powerfully torque is delivered during mid-range acceleration. The system's massive electric motor is capable of delivering maximum torque, immediately upon demand. This unique power delivery characteristic is most noticeable, and most useful, during 30-to-50 miles-per-hour passing and merging maneuvers. It is an experience of pure thrust that cannot be experienced in conventionally-powered vehicles. The result is a V8-level of acceleration, and a combined fuel economy in the high twenties, a level more typical of a 2.5-liter four-



cylinder compact sedan. **Advanced Dynamics, Responsive Handling and Unsurpassed Safety**

The rear-wheel drive hybrid sedan's platform delivers an ultra-comfortable ride while maintaining the communicative road feel that drivers covet.

Responsive handling is produced via the double-wishbone, coil-spring suspension, which showcases the standard Adaptive Variable Suspension (AVS) equipped with driver-selectable shock absorber damping. An optional active stabilizer

Cont. on page 13

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COMMUNITY NEWS

Buescher bill for forensic psychiatry unit passes in House

Southern Colorado could see new jobs courtesy of Pueblo Mental Health's new Forensics Unit which will be paid for in cash thanks to Referendum C and a bill by Rep. Bernie Buescher, D-Grand Junction, a member of the Joint Budget Committee (JBC). Rep. Buescher's bill, HB1373, was part of the JBC's '05-06 Supplemental package that has passed House of Representatives.

"Thanks to Ref C, it's the difference between paying cash and paying with a credit card," said Rep. Buescher. "We're creating jobs in Southern Colorado and saving

taxpayers money in the long run."

"The Pueblo Mental Health Institute is a priority for the entire state of Colorado," said Sen. Abel Tapia, D-Pueblo, Vice Chairman of the JBC. "Our ability to use Refendum C money to pay up front will save the state \$30 million in the long term. This state of the art facility will give patients a more therapeutic setting and employees a safer place to work."

Buescher's bill authorizes the Department of Human Services to build a psychiatric facility at the Colorado Mental Health Institute in Pueblo. The

facility will focus on treatment of prisoners with severe mental health diagnoses and is expected to be a major economic driver for Southern Colorado, both during the construction phase and in the future. On March 3, 2006, the JBC voted to finance new forensics unit with a direct General Fund payment.

The bill uses General Fund dollars approved by the voters in Referendum C for health care and will save money in the long run by reducing out-year health care costs. The bill makes three direct payments for the forensics unit, consistent with when the costs

will come due. This includes \$20.0 million in FY 2005-06, \$15.0 million in FY 2006-07, and \$22.9 million in FY 2007-09. The total cost of the facility, including heating plant expansion, is \$57.9 million.

The details are as follows:

- The deal saves Colorado taxpayers over \$30 million on the project financing costs, approximately 58 percent. Total payments for the financed facility would have been over \$91 million over a 20 year lease. By paying the \$58 million directly, \$33.6 million can be saved.
- Ensures that the State will own the facility once it's paid for. The lease approach would have meant the state paid for

the facility but would not own it - even after 20 years.

- Eliminates any state obligation (debt) or lease payments in this area.
- Eliminates annual lease costs of at least \$4.0 million General Fund, freeing up dollars for services under the annual 6.0 percent limit. In FY 2008-09, the facility's annual lease/other costs would have eaten up over 20 percent of the available General Fund under the 6.0 percent limit.
- Provides for three years of direct payments, with the first payment available immediately, thus eliminating any delays and any associated costs of construction inflation thereof.

CSPD Cadet Explorers host open house

The Colorado Springs Police Department Cadet Explorer Post 116 is currently looking for young people interested in exploring the field of law enforcement. The Cadets will be hosting an open house on Sat, Mar 18 from 3 - 5 pm, at the Police Operation Center

located at 705 S. Nevada Avenue. The CSPD SWAT Team and Bomb Unit will have static displays available.

The CSPD Cadet Explorer Program is a component of the Learning for life Exploring Program. It is open to boys and girls 14.5 to 21 years of age. All

cadets must maintain a "C" average in school and cannot have a felony conviction on their criminal record. For more information individuals can attend the open house or contact Detective Barb Riester, Cadet Coordinator at (719) 444-7843.

\$5,000 Reward for information leading to an arrest in armed robbery

On February 17 the School District 3 Credit Union, at 1180 Crawford Avenue in Security, was robbed by four, possibly five, individuals. Two female employees were ordered to the ground while two robbers held guns to their heads. One used a black pistol and another used an assault rifle. The suspect with the assault rifle was wearing sneakers with a

distinctive blue stripe. The suspects were described as black or hispanic males, and one possible female, all in their early 20's. One suspect was further described as 5'9", 18 to 24 years old and Hispanic with straight dark hair protruding from his hooded sweatshirt.

The robbers used a stolen silver Chevrolet Astrovan in commission of the robbery,

with the driver waiting in the van during the robbery. The van was taken from an apartment complex at 1102 Palacio View in Colorado Springs less than an hour before the robbery occurred. The van was dumped and later recovered. A blue-green four-door sedan was used to pick up the robbers at the van dump site on Model Drive.

Hybrid 2007 GS 450h Cont. from page 12

further reduces body roll during cornering.

The GS 450h's Vehicle Dynamics Integrated Management (VDIM) system integrates Electronic Power Steering (EPS) with Variable Gear Ratio Steering (VGRS), Antilock Braking System (ABS), Electronic Brake-force Distribution (EBD), Brake Assist (BA), Vehicle Stability Control (VSC), Electronically Controlled Brakes (ECB) and Traction Control (TRAC).

VDIM is an advanced stability system designed to anticipate the onset of a vehicle skid or slide and then to help correct the situation automatically with a combination of braking, throttle and steering control in a way that is essentially transparent to the driver.

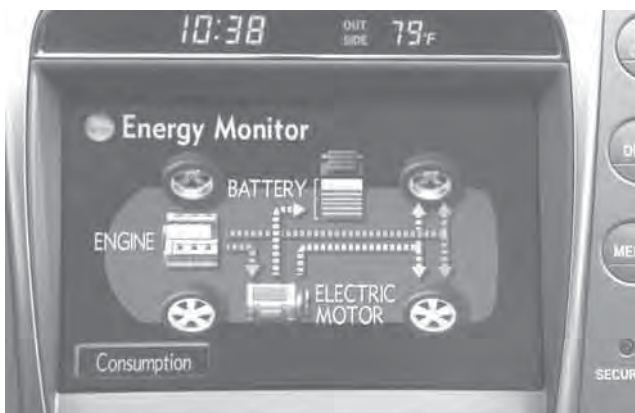
All-New Hybrid Powertrain

A completely new Lexus hybrid powertrain was created to power the new GS 450h. The system combines a 3.5-liter V6 engine with a new compact, high-output, permanent magnet electric motor—all driving the rear wheels. The transmission utilizes an advanced two-stage motor torque multiplication device for the Electronic Continuously Variable Transmission (ECVT) motor, delivering responsive and seamless acceleration with no power loss.

Equally remarkable, the GS hybrid sedan's all-new powertrain collectively produces 339 horsepower immediately upon demand. Its dual-injection fuel system features an Electronic Throttle Control System with intelligence (ETCS-i) while the valve train showcases dual continuously Variable Valve Timing with

Arriving in Dealerships in May

The 2007 GS 450h goes on sale in May with a base Manufacturer's Suggested Retail Price (MSRP) of \$54,900.





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March is National Mental Retardation Awareness month

The ARC of the Pikes Peak Region, an affiliated chapter of the nation's largest volunteer-based organization devoted to life-long issues of mental retardation and related developmental disabilities, marks National Mental Retardation Awareness Month. During March, The Arc of the Pikes Peak Region joins chapters of The Arc around the country in engaging in a media

and public awareness campaign aimed at bringing attention to issues concerning people with mental retardation and their families for the 28th consecutive year.

To recognize Mental Retardation Awareness Month, The Arc of the Pikes Peak Region is promoting awareness throughout our community, delivering "thank you" gift baskets to service

providers who work with people with developmental disabilities and on Sat, Mar 25th, The ARC will round out the month's celebration with a Karaoke Party at Phantom Canyon Brewing Company.

The ARC of the Pikes Peak Region will begin airing TV commercials the last week of March to raise awareness in our community and promote our upcoming Inaugural Benefit Concert to be held on April 8th at the Colorado Springs City Auditorium.

"National Mental Retardation Awareness Month is a wonderful opportunity for this fine community to celebrate the successes of so many of its citizens who also happen to have developmental disabilities. Full inclusion in

community life is so essential to our culture and to our neighborhoods, and the Pikes Peak Region is making great strides towards achieving this vision," said Teddi Roberts, Executive Director.

"The ARC of the Pikes Peak Region also takes this opportunity to express our thanks to those in Colorado Springs who've been our strong supporters, and to invite others to learn more about us and our mission during March and during every month of the year."

Chapters of the ARC around the country are embarking on a public awareness campaign this month to bring attention to their programs and activities. Through billboards, advertisements, media

coverage, and public service announcements in newspapers, on radio, and on television, The ARC hopes to reach millions of people with its message of inclusion for people with mental retardation.

The ARC has espoused a set of Core Values that serve as the guiding principles of the national association and its affiliated chapters. These values include: People First, Democracy, Visionary Leadership, Community Participation, Diversity, and Integrity and Excellence. For more information about The ARC, visit the organization's web site at <www.thearc.org> or visit The Arc of the Pikes Peak Region at <www.thearcppr.org>

Health inventor Serewicz promotes self-awareness and prevention

Building up your body takes the same technical expertise as building any other important structure. A chemist and former research director in the pharmaceutical field, Aubrey Serewicz has compiled his insights in a book, "Perfect Health Without Huffing or Puffing (Well Almost)."

He outlines a straightforward approach: know your foods, know your food supplier and supplement your diet with the essential elements that your food can't provide. In addition, he will demonstrate simple tools that you can use to monitor your own health, in particular the proper balance

of minerals, enzymes and electrolytes, a key, he says, for avoiding numerous forms of inflammation including diabetes. Copies of his book are available for \$14.95 each in the Ranch Steakhouse Market. The market opens daily at 10 am.

Serewicz is a former regional director of research for American Home Products, now known as Wyeth Laboratories. He is the author of numerous peer-review articles, holds several patents and taught at Northern Illinois University. He lives in DeKalb, IL, where he is development manager for Astra Industries, a company he helped set up to provide people with products for measuring and evaluating

their own health. He is also an amateur chef and the father of six kids.

His own journey to improved health

Serewicz advocates disease prevention as the best approach to wellness. He especially wants to target those who are in "failing health," a condition that he says occurs starting at age 35 and peaks at 75. According to the Merck Handbook of Geriatrics, 50 percent of people greater than 40 years of age have at least one chronic disease, a statistic he quotes in his book.

He attributes his own passionate pursuit of optimal health to a slight bout with hypertension that drove him to seek answers. He had always

been a health-conscious eater, but one thing he did neglect was his salt intake.

"I began to investigate it," he says. "Fortunately, as a chemist, I knew a lot about how to measure things. So I rigged up an instrument where I could measure the sodium and magnesium in my system. By then, I had little aches and pains from working and playing tennis, and within a couple of years these things started to disappear. I know that I don't get as stiff now."

He is convinced that salt — prevalent but disguised in many popular processed foods — is the culprit behind a wide range of common health problems, even diabetes. Overconsumption of salt leads to a series of other changes in the body that eventually compromise its ability to function.

The average American consumes 10 to 15 times the daily recommended allowance


for salt, he says.

"How do we get the salt? It isn't from eating vegetables. It isn't from eating beef. We add salt for savor. It invigorates our taste buds. That's the bad part of any addiction is that you don't foresee how far along you are with it. Who decides how much salt is in a processed food? It's the focus group," he says. "There are too many marketing people and not enough scientific people to balance it out."

Salt plays a prominent role in Serewicz's book, which is actually a shortened version of a larger book he's writing for professionals that grew out of requests for health information from relatives, neighbors and friends. It started out in the form of a letter, but "after I'd written 12 pages I thought 'What am I doing here?' and I decided to put it together in book form," he explains.

He will also touch on other

Cont. on page 15



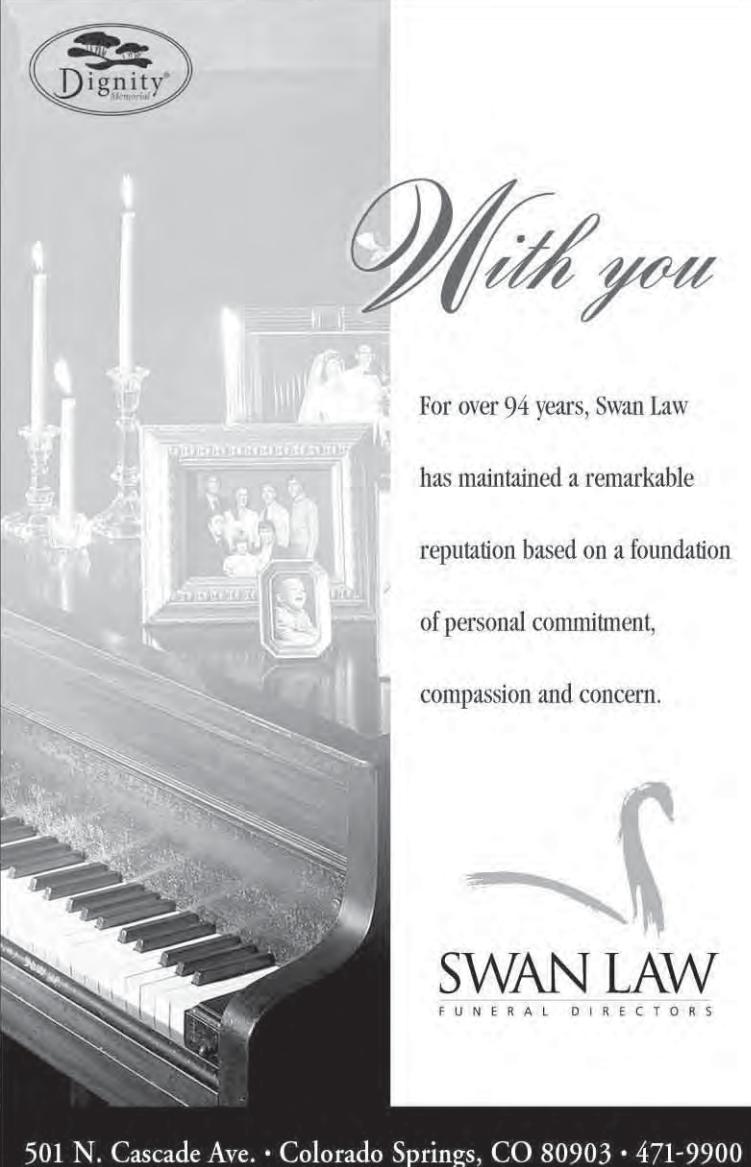
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SALUD

So that all may read

In honor of Older Americans Month, Aging and Adult Services, believes it's important to showcase programs and services that enhance the lives of millions of older adults every day. This May 2006, we focus on a wonderful free service for individuals who have trouble seeing standard print or handling a book. The simple fact is that as people grow older, everyday activities such as reading a newspaper can be difficult because of physical

challenges. A free library service is available to help people of all ages whose low vision, blindness, or physical disability makes it difficult to read or use standard printed pages such as those in a newspaper. The National Library Service for the Blind and Physically Handicapped (NLS), Library of Congress, and its network of regional libraries bring books and magazines on audiocassettes and in braille directly into the

hands of eligible readers, many of whom are seniors. "Assisting America's older adults keep reading in their lives is our chance to serve those who have worked hard all their lives and finally have time to relax," said Frank Kurt Cylke, NLS director. The program loans members a wide selection of recorded books and magazines, braille books and magazines, and music scores in braille and large print. Talking Books has been popular with seniors and

senior groups for some time. In fact, these individuals are the most avid users of NLS services. Jeanette Hensley, Director of Aging and Adult Services, believes in the importance of

Talking Books and invites more seniors to enroll. "I encourage visually impaired older adults of any age to look into this free service that brings books and magazines directly

Cont. on page 18

El Paso County Department of Health and Environment

"Planning for a Possible Flu Pandemic - and Other Emergencies" is the topic of the El Paso County Department of Health and Environment's fourth Annual Meeting, 4:30-6:30 pm, Mon, Apr 3 at Regional Building Center, 2880 International Circle. The public is invited to attend this free educational

briefing. Being prepared for emergencies will help reduce the negative impacts that individuals, families and our community experience. Being prepared also will speed recovery from a disaster. Available materials include specific instructions on how to prepare for many emergencies,

such as blizzards, floods and forest fires; checklists to help residents set up "emergency kits" for home and vehicles; and directions on how to prepare individuals, families and our community for any possible flu pandemic. Call (719) 578-3199 for information and to reserve a seat.

Girls in the Middle Conference

Kali Mae Mendoza-Werner, physician assistant with Valley Wide Health Systems, will be returning to the Girls in the Middle Conference on April 8 for her fourth year as a presenter.



Mendoza-Werner's workshop will give middle school girls an opportunity to experience many hands-on activities associated with being a physician's assistant. A total of 21 workshops will be presented throughout the day-long conference that will introduce 6th, 7th, and 8th grade girls to careers that require an educational background in math, science, and technology.

Lecture and booksigning

Cont. from page 14

dietary issues, such as unhealthy fats. "People have been eating a lot of polyunsaturated fats, which means they are getting too much Omega 6s and not enough Omega 3s," he says. Another concern? Diet can dramatically impact health problems in children, he says. But his main contention is that people should start monitoring their health before they end up in the hospital. When physicians make a diagnosis, they are usually studying a blood analysis. But what eventually shows up in blood work can be detected

years in advance by urology tests. "I've been able to go in and pick up where the medical establishment has left off," he says. People are empowered when they can do their own health tests at home, he insists. "I want to give them tools to help themselves," he says. "Then I can give them a timetable, a blueprint, for their recovery." For more information on Serewicz or his work, call him at (815) 758-6594. To contact the Ranch Steakhouse and Market, please call (719) 593-1955.

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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.

AN EEO/AA EMPLOYER.

HELP WANTED

Golf Course Mechanic Broadmoor Hotel

Full time position, open immediately Apply in person at 1320 West Cheyenne Mountain Blvd. Phone: 577-5841

HELP WANTED

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.

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Necesitamos Fontaneros Para Casas

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Sueldo bueno. Llame Excel

Plumbing Co. 719-499-9458.

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Plumbers Needed For New Homes

In Colorado Springs. Base,

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Bilingual Is Helpful. Good Pay.

Call - Excel Plumbing Co.

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Carpenters/Drywall Hangers/

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EEO/AA

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\$25 hr. Bilingual helpful.

Please call:

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Favor de llamar al 719-499-9458

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Oportunidades de Empleos

Taylor Farms

Necesita trabajadores con documentacion apropiada. Se empieza a \$6/hr. Solicite en persona: 3147 N. Century St. Colo. Spgs. pregunte por Tammy.

HELP WANTED

Taylor Farms

Now hiring. Must have proper documentation. Starting at \$6/hr. Apply in person: 3147 N. Century St. Colo. Spgs. Ask for Tammy.

SALES

24 Hour Fitness, the world's largest privately owned and operated fitness center chain, is looking for Sales

Counselors to join our team!!

We have 20+ clubs in Colorado! The sales team sells club memberships and services. Counselors have the opportunity to meet and help individuals incorporate health and fitness into their lifestyle, while achieving their financial goals in a fun, exciting atmosphere.

Bilingual a plus! Great salary, plus commission and benefits! Send resume to khicks@24hourfit.com

HELP WANTED

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TENEMOS 100 ARTICULOS PARA TRABAJAR EN CASA

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HELP WANTED

RADIO JOURNALIST - STATE CORRESPONDENT

A network of Colorado public radio stations (HCCRC) seeks a radio journalist to contribute daily radio content for the diverse affiliates provides daily content on the activities of the Colorado Legislature in Denver - Also files several weekly audio stories with potential / relevance statewide interest, and/or interviews to the network of public radio stations -

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



Now Hiring

Class A/B/C and Appliance Installers

Class A Drivers - Must have 2 yrs.' verifiable tractor-trailer driving ext. & good driving record

Class B & C Drivers - Must have 1 year of verifiable driving exp. in a straight-truck & good driving record.

• Some dedicated routes/great benefits/competitive wages

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• Will train appliance installers

Interested candidates, please apply in person, or send your resume to: Penske Logistic, 4555 Geneva St., Denver, CO 80238; Attn: Jo Ward; Fax: 720-857-0490; or Email: jo.ward@penske.com. EOE.

www.penske.com

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.

The University of Colorado is committed to diversity and equity in education and employment.

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Find the job where you can put your talents to work at Memorial Hospital. As one of the city's largest employers, we have many exciting career opportunities. We value diversity in not only ideas, but people. Diversity enriches the hospital, and the lives of our employees and our community.

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- Information Systems
- Management, Executive
- Nursing, Staff & Management
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CHILD PLACEMENT

MAKE A DIFFERENCE!

The San Luis Valley Child Placement Agency is looking for caring adults with room in their home and an interest in providing foster care for children and adolescents. Both temporary and long-term providers needed. Reimbursement is provided during placement. For more information and eligibility requirements, call Judy at 719-589-5611.

CD'S FOR SALE

CD'S & Cassettes

Doreen Martinez's award winning Christian Jesus Praises Music, available now is Mueveme, Con Fe y Amor. Her latest CD "Santo Es El Señor" only available in CD. Cassettes \$7, CDs \$10. "Coming Soon" Doreen's New CD!! Call Joseph (719) 448-0805 or Cell: 322-5938



AUTO AUCTION

SUBASTA DE VEHICULOS AUTO AUCTION

Colorado Springs Police Dept. Vehicle Impound Auction. Every 3rd Saturday of the month 2725 E Las Vegas CSC **Next Auction Sat. April 15th** Gates open and registration begins at 7:00 AM. Sale starts and registration ends at 9:00 AM. NO REGISTRATIONS AFTER 9:00 COME EARLY! Auctioneer will sell vehicles in **English and Spanish.** For vehicle listing take the link from my webpage www.adamkevil.com

AUCTION

Public Invited
EVERY SATURDAY 9 A.M.
Tools, Appliances, Electronics, Furniture, Miscellaneous, Antiques & Collectibles. Preview every Friday 8-5

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Dishwasher, ceiling fans, large windows, walk-in closets, playground, heated pool, small pets ok, \$99 deposit. Se Habla Espanol. **El Dorado Apts. 596-3373**

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Apartment for Rent

1 bed, 1bath. All utilities included. Quiet 7 plex. Move in specials. Rent \$365.00. Call (719) 930-0319.

HOME FOR SALE



\$109,000

Terrific Home for First Time Home Buyers 3 Bedrooms, 2 Bathrooms, Eat in Kitchen w/ all Appliances. Fenced Yard w/ Mountain Views. Financing Available. This home could be yours for less than \$800 per month. Contact: Linda Schauer, 338-8168

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2 Bedrooms, 1 Bath from \$450 to \$650 1 Bedroom, 1 Bath from \$400 to \$500
• *Cul-de-sac* location, off-street parking • Fenced yards - picnic areas, BBQs
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PERSONALS

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CURACIONES Y LIMPIAS ESPIRITUALES

CONSEJERA ESPIRITUAL Y CURANDERA.



ALEJANDRA

HORARIO: De sábado a Jueves: 8:30 AM - 8:30 PM
VIERNES: 7:00 PM- 9:00 PM

TEL: (719) 217-8601

HELP WANTED

Girl Scouts

seeks FT Membership/Outreach Specialist-Bilingual (Spanish). Good bilingual written/verbal comm. skills, volunteer mgt exp, Bachelors degree preferred. Salary \$28,000. Fax or email resume to B. Koch at 719-597-5986 or bkoch@girlscouts-wwc.org. EOE.

HELP WANTED

\$1400/WEEK! Stuffing Envelopes@Home

No experience necessary, Full-time/Part-time, \$200 Cash Hiring Bonus! 888-348-1610, 248-262-6891

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Associate Travel Agents Spanish or English speaking **At Home Business / Part Time**
Earn as you learn!
Call Rosa at 1-866-250-2671
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Candle Consultant Wanted

Huge earning potential start your business for under \$50.00 Call (661) 309-1271 www.petersonsprojects.com

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Peace Officer Certificate program specializing in rural law enforcement training.

Fall Academy Begins August 21, 2006

One Semester, Reasonably Priced, Housing and Meals, Specialized Training, Financial Aid Available

Contact: Miner Blackford, Academy Director
719-384-6867
miner.blackford@ojc.edu
www.ojc.edu

HELP WANTED

EMPLOYMENT KEYWORD: COUNSELING

FAMILY ADVOCATE

Bilingual, fluency in Spanish/ English Required!

To deliver support and social services to children and families through home visits and refer families to help them to access services. Must have bachelor degree in social work, psychology or a closely related field; prefer 2 years experience working with families and community resources. Must have a physical and drug screen. Full year, nonexempt. \$12.38/hour

Apply:
CPCD (Head Start)
2330 Robinson St, C/S 80904
Fax: (719) 457-0615 or E-mail: brenda@cpcd.org
Position is open until filled.
EOE



Quality Translation (English-Spanish)

Need to translate personal, legal, business, academic, or any other document?

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Ask for Will
(719) 271-7194
bolivar2000@hotmail.com

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Hyde Park Community Center

Offering Computer Classes
Resident: \$20
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March/April
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3/28/06 - Intro. To PC
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4/11/06 - Beg. MS Word
4/22/06 - Intro. To PC
4/25/06 - Beg. MS Excel

Register with Mrs. Cruz:
719-544-1114
Evening and Weekend Classes!

HEALTH AND HUMAN SERVICES

24 Hour Fitness, the world's largest privately owned and operated fitness center chain, is looking for Personal Trainers to join our team!!

We have 20+ clubs in Colorado! Prior experience is preferred but not required and a love for fitness is a must! Bilingual a plus! Great salary, plus commission and benefits! Send resume to khicks@24hourfit.com

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.

BIDS

SEMA Construction, Inc. is requesting sub bids and material quotes from all UDBE/ DBE subcontractors and suppliers to meet the 4.0% UDBE goal for CDOT Project STA 0131-044, C13487 A&B. Project consists of minor widening on SH 13 south of Meeker, CO.

Project bids April 6, 2006 at 10:00 AM (MDT).

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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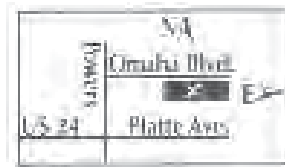
PERSONALS

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COMMUNITY NEWS

Steady growth Cont. from page 1

edge up to 2.4 percent next year.

The conventional mortgage rate will average 6.7 percent this year and 7.1 percent in 2007, up from 5.9 percent last year. The rate for three-month Treasury bills will jump from 3.1 percent last year to 4.7 percent in 2006 and 4.9 percent in 2007. The 10-year Treasury bond rate will rise from last year's 4.3 percent to 5.1 percent this year and 5.8 percent next year. The U-M forecast, which is based on the Michigan Quarterly Econometric Model of the US Economy and compiled by the U-M Research Seminar in Quantitative Economics, also predicts that:

- Oil prices will stay near \$62

per barrel for the remainder of this year and then move down to \$58 per barrel in late 2007.

- Private housing starts, which surpassed 2 million in 2005—the most since 1972—will slip to 1.99 million units in 2006 and to 1.79 million in 2007.
- Sales of light vehicles will remain steady at 16.9 million units this year and increase to 17.1 million next year, though still short of the record 17.3 million in 2000.
- Real disposable income will grow by 4.5 percent in 2006 and 4 percent in 2007, after rising just 1.5 percent last year.
- Consumer spending will rise by 3.7 percent this year and 4 percent next year, following a 3.6 percent increase in 2005.

Lent, What to give up

Yes, even as we were growing up we learned that Lent was a special time and we should give up something that is important to us, especially during this time to strengthen our faith.

On occasion, se da cuenta que the most important item in your life decides, She... is giving you up for lent, and the next of who knows how many years. There are a number of smaller sacrifices than this, it is a good time in the middle of Lent, to check out what others are doing to strengthen their weaknesses.

I am willing to share with you a list of what to give up for Lent as provided to me by St. Joseph's Church:

1. Give up complaining — focus on gratitude.
2. Give up pessimism — become an optimist.
3. Give up sin — turn to virtue
4. Give up worry — trust the Divine Providence.
5. Give up discouragement — be full of hope.
6. Give up bitterness — turn to forgiveness.
7. Give up hatred — return good for evil.
8. Give up negativism — be positive.
9. Give up anger — be more patient.
10. Give up pettiness — become mature.
11. Give up gloom — enjoy the beauty
12. Give up jealousy — pray to trust.
13. Give up gossiping — control your tongue.
14. Give up harsh judgment — think kindly thoughts.
15. Give up giving up — hang in there.



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United Way

Cont. from page 8

on USAA, T. Rowe Price and Rampart Supply while Delta Solutions & Strategies LLC was honored for the "Best First-Time Campaign," and Kelly Parthen of Agilent was named "Volunteer of the Year." The Gazette was likewise presented with an "Outstanding Media Award" for its dedication and support over the past 20 years.

Stepping down as campaign chair after serving two terms, Naughton formally concluded the event by passing the torch to County Commissioner Sallie Clark who will spearhead the Pikes Peak United Way efforts for the coming year.

May read

Cont. from page 15

into their homes," said Jeanette Hensley. "It is a benefit far too many of us don't take advantage of."

How to Join

Applications may be requested from the regional or sub regional library closest to the eligible reader. A searchable list of locations is available at <www.loc.gov/nls> The application requires the signature of a certifying authority such as a doctor, caseworker, or an NLS regional librarian. Many senior groups and programs may assist with this process.

After an application is submitted, the playback equipment for the talking-book program will be sent within three working days. An NLS reader advisor may follow up to help personalize the selection of materials. Materials are shipped and returned via the US Postal Service at no cost.

For more information or additional assistance, call 1-888-NLS-READ (1-888-657-7323)

TRIBUNAL DE DISTRITO DE ESTADOS UNIDOS PARA EL DISTRITO SUR DE NUEVA YORK
Causa No. 00-CIV-8330 – Jones, et al. v. Ford Motor Credit Company

AVISO DE ARREGLO PROPUESTO PARA DEMANDA DE GRUPO

A: TODOS LOS CONSUMIDORES NEGROS Y/O HISPANOS que han hecho un contrato a plazos que fue o que será cedido a Ford Motor Credit Company ("Ford Credit") durante el período del 1 de enero de 1990 hasta hoy.

¿Por qué es importante este aviso? Si usted tuvo una cuenta con Ford Credit relacionada con la compra de un vehículo de motor mediante un contrato de venta al por menor a plazos, en algún momento entre el 1 de enero de 1990 y hoy, usted podría ser un miembro de una demanda de grupo certificada en la que se ha alcanzado un Arreglo propuesto. La demanda alega que Ford Credit tiene una política o una práctica por la que los negros y los hispanos pagan más cargos de financiación que los clientes blancos en una situación similar, infringiendo la Ley de Igualdad de Oportunidades en la Concesión de Crédito (Equal Credit Opportunity Act—"ECOA"). Ford Credit niega tener tal práctica o política, niega que los negros y los hispanos paguen más de sus políticas cumplan con todas las leyes, incluyendo la ECOA, y que prohíbe discriminación basada en nacionalidad de origen, estado civil, religión, sexo, color, raza, edad (siempre y cuando el solicitante tenga capacidad para hacer contratos), recibo de beneficios de la asistencia pública, o el ejercicio, de buena fe, de un derecho bajo la Ley de Protección del Crédito del Consumidor. Ford Credit ha convenido en llegar a un arreglo para el Litigio como un compromiso para evitar el tiempo, el gasto y la incertidumbre relacionada con el Litigio. Las palabras escritas en este Aviso con la letra inicial en mayúscula están definidas en el Convenio de Arreglo.

Este es solamente un aviso resumido. Usted puede conectarse en www.ECOA-settlement.com para revisar una copia del Convenio de Arreglo y todos los documentos presentados al tribunal relacionados con la aprobación preliminar, que contienen información adicional sobre el Arreglo.

- El Arreglo:** Si el Arreglo es aprobado por el Tribunal, Ford Credit ha convenido en lo siguiente:
- (i) **Límite en la diferencia entre la Tasa de Compra y la Tasa Porcentual Anual (TPA):** Ford Credit no adquirirá ni aceptará para cesión ningún Contrato de ninguna agencia de automóviles (a) con un plazo de 60 meses o menos si la TPA es superior al 2.5% por encima de la Tasa de Compra; (b) con un plazo superior a 60 meses hasta, e incluyendo, 72 meses si la TPA es mayor de 2% por encima de la Tasa de Compra; y (c) con un plazo igual a o mayor de 73 meses si la TPA es mayor de 1.5% por encima de la Tasa de Compra;
 - (ii) **Declaración en el Contrato:** Ford Credit incluirá una declaración en Contratos producidos y distribuidos por Ford Credit informando a los compradores de vehículos de que la TPA puede ser negociable y que la agencia vendedora podrá ceder el Contrato y retener su derecho a recibir una parte del cargo por financiación;
 - (iii) **Iniciativa de Marketing de Diversidad:** Ford Credit lanzará una Iniciativa de Marketing de Diversidad que comprenderá 2 millones en ofertas de crédito en firme, preaprobadas, a consumidores negros e hispanos a lo largo de los próximos tres años con respecto a financiación de vehículos en agencias Ford, Lincoln o Mercury participantes;
 - (iv) **Educación y Ayuda al Consumidor:** Ford Credit aportará \$2 millones a lo largo de los próximos tres años para proveer fondos para ciertas iniciativas de educación y ayuda al consumidor respecto a financiación de crédito;
 - (v) **Honorarios y Costos:** Ford Credit pagará un total de \$125,000 a los Representantes del Grupo a cambio de un descargo de cualquier y toda demanda. Ford Credit pagará los honorarios de los abogados asesores jurídicos de los demandantes y los gastos relacionados con el litigio sumas a ser aprobadas por el Tribunal, siempre y cuando tales sumas no sean superiores a \$7.75 millones y \$400,000 respectivamente.

Puesto que este Arreglo solamente resuelve una demanda de desagravio declaratorio y por mandato judicial, no se pagarán daños y perjuicios compensatorios a los Miembros del Grupo. Ustedes estarán liberando de responsabilidad por todas las demandas de desagravio equitativo, declaratorio y por mandato judicial que se hayan entablado, o pudieran haberse entablado en este Litigio bajo la ECOA o cualquier otro estatuto federal o estatal o bajo cualquier teoría de derecho consuetudinario que se origine en las prácticas de negocios impugnadas en el Litigio, que surgieron o surjan en o antes de la Fecha de Entrada en Vigor. No obstante lo que antecede, ustedes no estarán liberando de responsabilidad por compensación monetaria.

Objeciones: Si usted desea objetar este Arreglo, debe entregar en mano o enviar por correo de primera clase, con franqueo prepago, su posición, con todos los documentos justificativos, de manera que se reciban antes del 8 de mayo de 2006, a:

| | |
|---|---|
| Coasesor Jurídico de los Demandantes: National Consumer Law Center Attn: Ford Credit Settlement 77 Summer Street, 10th Floor Boston, MA 02110-1006 | Coasesor Jurídico de Ford Credit: Thomas M. Byrne Sutherland Asbill & Brennan LLP 999 Peachtree Street, NE Atlanta, GA 30309 |
|---|---|

Usted también tiene que presentar los documentos, demostrando prueba de notificación a todos los asesores jurídicos que anteceden, a Clerk of the United States District Court for the Southern District of New York, 500 Pearl Street, Room 1640, New York, NY 10007, el o antes del mismo día. Cualquier Miembro del Grupo que no haga una objeción en la manera dispuesta, habrá renunciado a hacer tal objeción y, para siempre, estará privado del derecho a hacer ninguna objeción acerca de la imparcialidad, adecuación y carácter razonable del Arreglo propuesto o a la adjudicación de honorarios de abogados y gastos.

Audiencia sobre Equidad: Se celebrará una audiencia ante el Honorable Paul A. Crotty en la Sala 444 en el Tribunal de Distrito de Estados Unidos para el Distrito Sur de Nueva York, 40 Centre Street, New York, NY, el 31 de mayo de 2006, a las 10:00 a.m. (la "Audiencia sobre Equidad"), para determinar si el Arreglo propuesto es equitativo, adecuado y razonable y debiera ser aprobado; y si debiera hacerse una adjudicación de honorarios de abogados, costos y reembolsos al Asesor Jurídico del Grupo. **Usted puede asistir a la Audiencia sobre Equidad, pero no está obligado a hacerlo.**

Para más información, o para obtener una copia del Convenio de Arreglo según se describe más arriba, puede comunicarse con los abogados que representan al Grupo: National Consumer Law Center, 77 Summer Street, 10th Floor, Boston, MA 02110 (617-542-8010); Bernstein Litowitz Berger & Grossmann LLP, 1285 Avenue of the Americas, 38th Floor, NY, NY 10019, (212-554-1400); Law Office of Clint W. Watkins, 5214 Maryland Way, Ste. 402, Brentwood, TN 37027 (615-376-7000); Terry & Gore, 1200 16th Ave. South, Nashville, TN 37212 (615-469-0143); o bien Gilmore Law Office, 116 Court St., P.O. Box 729, Grove Hill, AL 36451 (251-275-3115).

Por favor, no se comunique con el Tribunal ni con el Secretario del Tribunal en relación con este Aviso.

Fecha de: 27 de febrero de 2006

Por orden del Tribunal

PAUL A. CROTTY
JUEZ DE DISTRITO DE ESTADOS UNIDOS
PARA EL DISTRITO SUR DE NUEVA YORK

UNITED STATES DISTRICT COURT FOR THE SOUTHERN DISTRICT OF NEW YORK
Case No. 00-CIV-8330 – Jones, et al. v. Ford Motor Credit Company

NOTICE OF PROPOSED CLASS ACTION SETTLEMENT

TO: ALL BLACK AND/OR HISPANIC CONSUMERS who have entered or will enter into a retail installment contract that was or that will be assigned to Ford Motor Credit Company ("Ford Credit") during the period January 1, 1990 to the present.

Why Is This Notice Important? If you had an account with Ford Credit involving the purchase of a motor vehicle through a retail installment contract at any time between January 1, 1990 and the present, you may be a member of a certified class action lawsuit in which a proposed Settlement has been reached. The lawsuit alleges that Ford Credit has a policy or practice that results in Blacks and Hispanics paying more financing charges than similarly situated white customers in violation of the Equal Credit Opportunity Act ("ECOA"). Ford Credit denies that it has any such practice or policy, denies that Blacks and Hispanics pay more for such financing than similarly situated white customers, and denies that any of its practices or policies violate the ECOA. Ford Credit maintains, on the contrary, that it requires all of its employees, practices, and policies to comply with all laws, including the ECOA, and that it prohibits discrimination on the basis of national origin, marital status, religion, sex, color, race, age (provided the applicant has the capacity to contract), receipt of public assistance benefits, or the good faith exercise of a right under the Consumer Credit Protection Act. Ford Credit has agreed to settle the Litigation as a compromise to avoid the time, expense, and uncertainty associated with the Litigation. Capitalized terms used in this Notice are defined in the Settlement Agreement.

This Is Only A Summary Notice. You can log onto www.ECOA-settlement.com to review a copy of the Settlement Agreement and all documents submitted to the Court in connection with preliminary approval, which contain further information about the Settlement.

- The Settlement:** If the Settlement is approved by the Court, Ford Credit has agreed to the following:
- (i) **Limit on Difference Between Buy Rate and APR:** Ford Credit will not acquire or accept for assignment any Contract from any automobile dealership (a) with a term of 60 months or less if the APR is more than 2.5% above the Buy Rate; (b) with a term of greater than 60 months up to and including 72 months if the APR is more than 2% above the Buy Rate; and (c) with a term equal to or greater than 73 months if the APR is more than 1.5% above the Buy Rate;
 - (ii) **Contract Disclosure:** Ford Credit will include a disclosure in Contracts produced and distributed by Ford Credit informing vehicle purchasers that the Annual Percentage Rate may be negotiable and that the selling dealership may assign the Contract and retain its right to receive a portion of the finance charge;
 - (iii) **Diversity Marketing Initiative:** Ford Credit will launch a Diversity Marketing Initiative involving 2 million preapproved firm offers of credit to Black and Hispanic consumers over the next three years with respect to vehicle financing at participating Ford or Lincoln or Mercury dealerships;
 - (iv) **Consumer Education and Assistance:** Ford Credit will contribute \$2 million over the next three years to fund certain consumer education and assistance initiatives with respect to credit financing;
 - (v) **Fees and Costs:** Ford Credit will pay a total of \$125,000 to the Class Representatives in exchange for a release of any and all claims. Ford Credit will pay plaintiffs' counsels' attorneys fees and litigation-related expenses in amounts to be approved by the Court, provided that those amounts will not exceed \$7.75 million and \$400,000 respectively.

Because this Settlement resolves a claim for declaratory and injunctive relief only, there will be no compensatory damages paid to Class Members. You will be releasing all claims for equitable, declaratory and/or injunctive relief that have been made, or could have been made, in this Litigation under the ECOA or any other federal or state statute or any common law theory arising out of the business practices challenged in the Litigation, that arose or that will arise on or before the Effective Date. Notwithstanding the foregoing, you will not be releasing any claims for monetary relief.

Objections: If you wish to object to the Settlement, you must deliver by hand or send by first class mail, postage prepaid, your position with all supporting papers, such that they are received on or before May 8, 2006, to:

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|---|---|
| Plaintiffs' Co-Counsel: National Consumer Law Center Attn: Ford Credit Settlement 77 Summer Street, 10th Floor Boston, MA 02110-1006 | Ford Credit's Co-Counsel: Thomas M. Byrne Sutherland Asbill & Brennan LLP 999 Peachtree Street, NE Atlanta, GA 30309 |
|---|---|

You also must file such papers, showing proof of service upon all counsel identified above, with the Clerk of the United States District Court for the Southern District of New York, 500 Pearl Street, Room 1640, New York, New York 10007, on or before the same day. Any Class Member who does not make an objection in the manner provided shall have waived such objection and shall forever be foreclosed from making any objection to the fairness, adequacy or reasonableness of the proposed Settlement, or to the award of attorneys' fees and expenses.

Fairness Hearing: A hearing will be held before the Honorable Paul A. Crotty in Courtroom 444 at the United States District Court for the Southern District of New York, 40 Centre Street, New York, NY, on May 31, 2006, at 10:00 a.m. (the "Fairness Hearing"), to determine whether the proposed Settlement is fair, adequate and reasonable and should be approved; and whether an award of attorneys' fees, costs and reimbursements should be made to Class Counsel. **You may, but are not required to, attend the Fairness Hearing.**

For More Information, or to obtain a copy of the Settlement Agreement as described above, you can contact the lawyers representing the Class: National Consumer Law Center, 77 Summer Street, 10th Floor, Boston, MA 02110 (617-542-8010); Bernstein Litowitz Berger & Grossmann LLP, 1285 Avenue of the Americas, 38th Floor, NY, NY 10019 (212-554-1400); Law Office of Clint W. Watkins, 5214 Maryland Way, Ste. 402, Brentwood, TN 37027 (615-376-7000); Terry & Gore, 1200 16th Ave. South, Nashville, TN 37212 (615-469-0143); or Gilmore Law Office, 116 Court St., P.O. Box 729, Grove Hill, AL 36451 (251-275-3115).

Please Do Not Contact The Court Or The Clerk Of The Court Concerning This Notice

Dated: February 27, 2006.

By Order of the Court

PAUL A. CROTTY
UNITED STATES DISTRICT JUDGE
FOR THE SOUTHERN DISTRICT OF NEW YORK

REAL ESTATE

The Sherbrooke

The Sherbrooke brings to mind a European or Cape Cod cottage. And despite its immense charm, the home fits neatly on a fairly narrow city lot.

Interior square footage is much more generous than you might suspect. Close to 2,000 square feet of living space is spread out over three levels, and the basement adds another 900 square feet.

Designed with only one bedroom, this plan is ideal for empty nesters, or a single who appreciates having plenty of room to spread out. With its large walk-in closet, the second-story home office could double as a guest bedroom.

The basement recreation room could also be converted to sleeping areas, if needed. It has two slender side windows, plus French doors flanked by sidelights and crowned by a wide transom.

From the entry deck, half a flight up from the ground, you enter the main floor by stepping into a sunny, vaulted great room with a wide window bay. French windows fill most of three walls that face the street at a diagonal. This bright area is open to a dining room, which is partially separated from the kitchen by a raised eating bar.

A wood stove nestles into an alcove by the windows. Wide

sliding doors lead into a skylit, vaulted sunroom, where another set of sliders links to a vaulted, covered deck which could be screened.

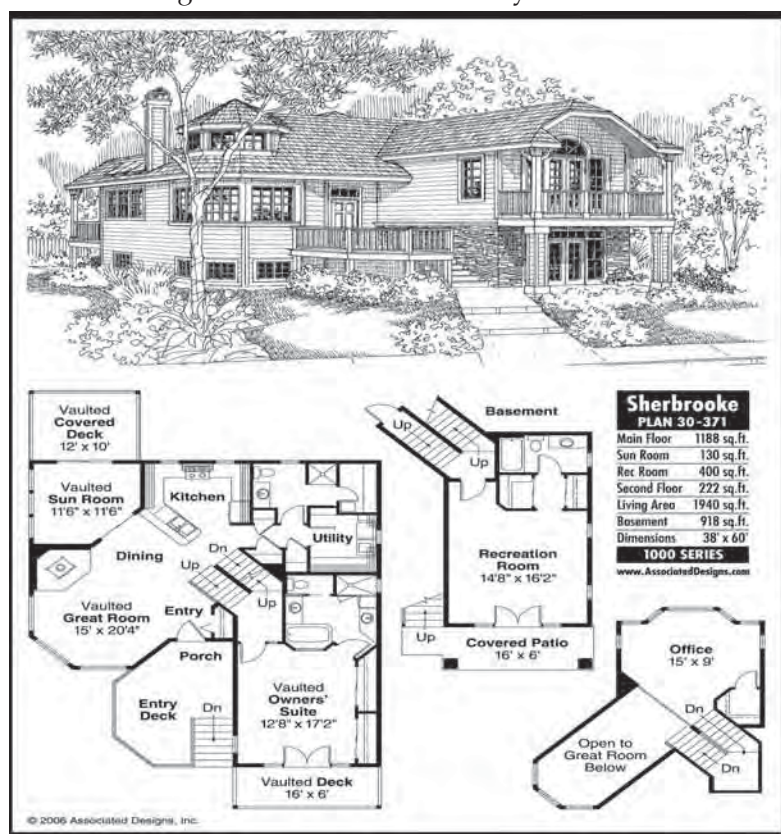
The Sherbrooke's utility room, pantry, linen and broom closets are just off the kitchen, as is a full bathroom with a built-in sauna.

Half a flight up is the vaulted owners' suite. Its railed, vaulted deck offers a nice front vista, and the bathroom is luxurious.

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 Sherbrooke 30-371 and include a return address when ordering.

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



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