

Hispania News

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Enviados a Extender Esperanza

por Amy Seltzer

Hope and Home es una organización de comunidad de adopción y Familias de Acogido, lo cual ha creado un programa específicamente para los Hispánicos. Este programa, nombrado "Enviados a Extender Esperanza" permite que una familia adoptiva que hable español de *Hope and Home* sirva como contacto personal. La organización está buscando hogares Hispánicos para jóvenes de procedencia Hispana. Nina y Nehemiah, quienes ya son padres adoptivos, pueden responder a todas sus preguntas sobre Acogida de Familias en persona en su iglesia, su hogar, o su restaurante favorito.

Hope and Home, una agencia de Adopciones y Familia de acogido es una compañía licenciada, sin fines de lucro, 501 C-3, que fue fundada hace 5 años por organizaciones locales conducidas por First Presbyterian Church. Jóvenes locales de 1 día a 19 años de edad están siendo apoyados en la comunidad del condado de El Paso.

Hope and Home trabaja con
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Mayor Lionel Rivera gives Danessa Lizarraga the first push for the Great Swingset Build-Away

Enviados a Extender Esperanza

by Amy Seltzer

Hope and Home, a community-based adoption and foster care organization, has created a program tailored to the needs of Hispanics. This program, entitled "Enviados a Extender Esperanza" allows personal contact with a bilingual family from *Hope and Home*.

The organization is seeking Hispanic Foster homes for Hispanic youth. Nina and Nehemiah, who are adoptive parents themselves, will answer your questions about Foster care and Adoption in the comfort of your church, home or favorite dining spot.

Hope and Home, a licensed Foster care and Adoption agency, is a non-profit 501 C-3 company founded five years



ago by local organizations led by First Presbyterian Church. Local youth from ages 1 day to 19 yrs of age are served within the community of El Paso County. *Hope and Home* works

with El Paso County agencies such as CASA and CAC when a court order separates children from their birth parents for various periods of time.

Recently an increase in Meth production in El Paso County has caused a greater need for Foster care from the community. *Hope and Home* directs placement of these individuals regardless of citizenship documentation.

The process of becoming a Foster parent through *Hope and Home* can be streamlined by calling Nina or Nehemiah at (719) 492-7803. They will respond to your inquiries and/ or set

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Cruz wins CU-Boulder's top teaching and research award

The University of Colorado at Boulder's highest faculty recognition for teaching and research, the Hazel Barnes Prize, has been awarded to biology professor and Presidential Teaching Scholar Alexander Cruz.

Cruz will receive an engraved University Medal and a \$20,000 cash award, the largest single faculty award funded by CU-Boulder. He will be recognized at the spring commencement ceremony May 12 and a reception in his honor will be held during the fall 2006 semester.



Alexander Cruz

Cruz has been a member of the ecology and evolutionary biology faculty since 1973 and has an active research program in ecology, evolution, behavior and conservation biology. Among other projects, Cruz' laboratory focuses on the study of brood or social parasitism, a reproductive strategy in

which one species receives parental care from another unrelated species.

"It is most prevalent in birds and social insects, but it has also been reported in a species of catfish," Cruz said. "Studies of these interactions can reveal much about co-evolutionary

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Columbine Memorial Committee announces \$50K Challenge Grant

The Columbine Memorial Committee announced that the Raccoon Creek Golf Course has issued a challenge grant to assist with fundraising for the Columbine Memorial.

The Raccoon Creek Golf Course has pledged up to \$50,000 as a matching grant toward construction of the Columbine Memorial. The Golf Course and its staff have also volunteered to help solicit additional contributions to the project. The pledge commits to a contribution of up to \$50,000 to be paid by Dec 31 provided matching grants or pledges are secured.

Bob Easton, Chairman of the Memorial Committee said, "We are excited and pleased about this pledge. We are actively seeking individuals or

corporations willing to step forward and match the amount pledged, and we are very optimistic that someone will agree to meet that challenge."

Don Allen, spokesman for Raccoon Creek and the Grant family said the challenge grant is designed to help the Memorial Committee meet their funding goals and complete the project as planned. Allen said, "We have close family and business ties to this community and we are pleased to be able to help with this project." One of the victims at Columbine, Corey DePooter, was employed at the Raccoon Creek Golf Course.

Raccoon Creek is also working with Hazel Miller, the popular jazz singer, and

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COMMUNITY NEWS

Fire danger reaches very high – Fire Managers urge caution

The increased risk from human-caused fires is of serious concern to fire officials in southern Colorado. No restrictions are in effect for now but, the need for them is being monitored weekly.

Firefighters are urging visitors to use extreme caution with open flame, such as campfires, vehicle exhaust and smoking.

Most mountain areas in southern and southeastern Colorado received only limited amounts of moisture from the recent storms.

Fuel moisture readings are showing record dry indicators. Extremely dry vegetation, forecasts for much above normal temperatures and a busy outdoor weekend will increase the risk of wildfires.

"The message for folks who

are visiting public lands is to use extreme caution", said Forest Fire Management Officer, Rick Floch.

Forest and grassland visitors are encouraged to call their local Sheriff department for up-to-date information on fire conditions and possible restrictions.

Pay particular attention to safe campfire use:

- Confine all fires to constructed rings or grates,
- Avoid the use of campfires when windy,
- Never leave a fire unattended,
- Make absolutely certain that the fire is completely extinguished.

For additional fire prevention information, go to the web at: <www.firewise.org>

Pueblo Zoo Crew youth volunteer program

If you are looking for an excellent way to utilize leadership skills, build friendships, become an active community member, and build your work history, the Pueblo Zoo Crew Youth Volunteer Program is for you.

Zoo Crew members must be at least 14 years of age or entering the 9th grade in the

fall to be able to participate in the ten-week program that runs Jun 5- Aug 11. If you are considering a career as a Veterinarian or Veterinarian Technician, you won't want to miss this opportunity for hands-on animal care.

More information concerning requirements and involvement, fees, as well as an

application is available by contacting any School District 60 and 70 counselor, by visiting the Zoo's website at <www.pueblozoo.org>, by calling (719) 561-1452, Ext. 107 or by email at <curator@pueblozoo.org> Applications will be accepted until May 15 (no later than 3:30 pm).

Pueblo Latino Chamber of Commerce

Pueblo Latino Chamber monthly luncheon is on Apr 28th Sponsored by the Pueblo Hispanic Education Foundation, held at La Renaissance, 217 East Routt Avenue, Educator of the Year Presentation.

The Pueblo Hispanic Education Foundation (PHEF) in partnership with the Latino Chamber of Commerce of Pueblo will recognize outstanding educators at the

LCC's Apr 28 membership luncheon from 11:30 am – 1 pm at *La Renaissance*. This event recognizes and awards local educators who are nominated for their commitment, passion and determination to provide the community with the gift of a lifetime, an education. These individuals have been nominated in the past by colleagues, former and current students, parents, administrators and

community leaders.

The cost of the luncheon is \$12 for members and \$20 for non-members. We accept cash, check, Visa, Mastercard, Discover and American Express. Please note our 24-hour cancellation policy to avoid being billed. Please make reservations by calling the Latino Chamber office at 542-5513 by Tue, Apr 25th. PHEF is the Excusive Sponsor for the April Luncheon.

Pueblo C of C Leadership Class invests in the Greenway & Nature Center

The 2006 Greater Pueblo Chamber of Commerce Leadership Pueblo class has taken on the Greenway and Nature Center as its class project.

The class plans on beautifying a trail from the Nature Center office up to the Raptor Center with 50 tons of gravel. The class is also putting up a fence to stop folks from making their own trail which can damage the native grasses

and flowers.

Because of the financial situation the Nature Center is facing, the class is also conducting a membership drive that would raise more than \$3,000 in financial assistance for the Nature Center.

Sponsors include: Pueblo Community College, Demmler Landscaping Material, LLC, CSU-Pueblo, Loaf N'Jug, Allstate-Sandy Reinsch,

Foxworth Galbraith Lumber Company, Leverington & Associates, Pueblo Convention Center and Signs by Scott. Sponsorship funds are being used to buy the supplies needed for the trail and fence project with any remaining monies going to the Nature Center.

For more information or If interested in a Nature Center membership please call Chris Walters at (719) 240-0065.

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Hispania News
Membership Number: 10185

Hispanic Chamber Of Commerce Of Colorado Springs

Invites you to: Our Monthly Networking Luncheon
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Thu, Apr 27 - 11:30 am - 1 pm
Silverwood Hotel & Conference Center
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Cost: \$ 20 for members, \$ 25 for non-members

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To RSVP please call (719) 635-5001 or e-mail: <sdewitt@hcccs.com> or simply pay online at <<http://shop.hcccs.com/>> RSVP no shows will be invoiced.

Corporate Tables (10) may be purchased for \$225 & will include premier placement and signage. Booth Space will also be sold!! Menu: Ceasar salad, sliced roast beef, herb roasted red potatoes, & chocolate pate

Cinco de Mayo Edition May 4, 2006

Don't miss out on getting your message to the thousands of potential customers during this peak period which is very important to our readers. This is also one of the issues that we print extra copies and distribute at The Colorado State Fair Grounds and Memorial Park in Colorado Springs. **Call Will or Bill and make your Space Reservations now 1-866-723-2220**



COMMUNITY NEWS

ATHENA award winner announced at Annual Ceremony

A longtime community volunteer and mentor was honored Thursday with the 2006 ATHENA Award by the Greater Colorado Springs Chamber of Commerce.

CJ Moore, public affairs director for Kaiser Permanente, received the

award during the annual Women in Business Conference at The Broadmoor hotel.

Each year the award recognizes an individual for business or professional accomplishments, for community service, and for

mentoring others and providing a role model to encourage women to achieve their leadership potential.

Moore coordinates the philanthropic contributions and community involvement of staff members at Kaiser Permanente, where 15 of 37

staff members serve on various boards. Her efforts with the Immunization Task Force and the El Paso County Medical Society helped secure legislative approval of a statewide immunization registry, and her work with the Community Health Partnership has helped meet the needs of uninsured people in the region.

She serves on the boards of several other community organizations, including the American Heart Association, the Center for Nonprofit Excellence, and the Colorado Springs Conservatory.

She has mentored two students for three years as a member of the Chancellor's Leadership Class Community Board at the University of Colorado at Colorado Springs.

"CJ has always made herself available to women throughout the community who might be seeking a career change, applying for a new job or needing advice on resumes or career paths," wrote Mary Ellen McNally, who nominated Moore for the ATHENA Award. Moore was named Volunteer Manager of the Year in 2003 by Pikes Peak Directors

of Volunteers in Agencies (DOVIA) and listed as one of the "25 Most Dynamic Women in Colorado Springs" by the Colorado Springs Business Journal in 2002. She received a "Keeping the Beat Alive" award from the American Heart Association in 2003 and a "Woman of Distinction Award from the Girl Scouts-Wagon Wheel Council in 2005.

She was a founding member of the Colorado Springs Corporate Citizenship program, which ultimately became the Corporate Roundtable, a group of companies dedicated to encouraging other companies to develop philanthropic and volunteer programs.

Moore was chosen from among eight nominees for the ATHENA Award.

Other nominees included Vicki Dimond of Colorado Springs Style Magazine, Cindy Fowler of OfficeScapes, Alicia Jones of Auto Clinic of the Rockies, Joan Klein of Art C. Klein Construction, Donna Lovelace of Art of Business Analysis, Sue Skiffington-Blumberg of the City of Colorado Springs, and Lori Wood of The Doodler.

El Paso County residents urged to protect themselves from wildfire smoke

In the midst of wildfires burning in southern El Paso County, public health officials have advised residents to take action to protect themselves from the damaging effects of smoke. No data was available Monday night on pollutant levels. But officials at El Paso County Department of Health and Environment said that those most at risk from the visible smoke in the air include the infants, children, pregnant women, older adults, and people with chronic diseases

such as asthma are at greater risk from smoke. Also especially at risk include those with lung or heart illnesses or conditions.

Health Department officials offered these tips for residents to protect themselves and their families:

- Contact your health-care provider for medical advice based on your particular medical condition.
- Leave the area if you are at greater risk from breathing smoke.

- Limit your exposure to smoke outdoors and indoors.
- Stay inside and use your air conditioner. If you do not have an air conditioner or smoke is likely to get inside your house, leave the area until the smoke is completely gone.
- Avoid activities that put extra demands on your lungs and heart. These include exercising or physical chores, both outdoors and indoors.
- Make sure you take all your medications according to the doctor's directions. Contact your doctor if your health gets worse.
- Don't rely on dust masks, bandanas, or other cloths (even if wet). They do not provide adequate protection by themselves.

HARP to host grand opening event to kickoff the 6th annual boat season

The Historic Arkansas Riverwalk of Pueblo (HARP) will be hosting a grand opening event to kickoff the summer boat season on the Riverwalk. The event will feature numerous street performers and entertainment near the boat house for the public to enjoy on Sat, Apr 29, 2006.

Events will be free of charge to kids 12 and under to enjoy. The HARP Excursion Boats and Pedal Boats will be available for rental during this time as well.

The excursion boats and pedal boats will be open from 11 am - 7 pm, and all passengers 12 and under ride free. Kids 12 and under will also receive free Dreyer's Ice Cream and Pepsi products - while supplies last.

This event officially marks the 6th season of the boat operations on the Riverwalk. For more details, prices and times of the boat operations, please contact the Riverwalk Boathouse at (719) 595-1589.

Homeschool Open Houses

All homeschooling families are invited to a series of open houses held by the Home Education Support Program (HESP) of Colorado Springs School District 11. HESP offers enrichment classes designed to assist families with their home-based education. Classes include language arts, science, art and Spanish or music.


The Home Education Support Program is housed at Audubon Elementary School, 2400 E. Van Buren (corner of Van Buren and Circle), and homeschooling families are cordially invited to see these HESP enrichment classes in action! Open houses are scheduled for:

- Apr 26 and 27 from 9:30 am until 11:30 am
- Apr 28 from 12:30-2:30 pm

For more information or to RSVP for the Open House, please call Kim Hennessy, School District 11 Homeschool Liaison, at 520-2216.

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NOTICIAS EN ESPAÑOL

La Alianza de Fútbol Hispano y Lowe's aliados por tercer año consecutivo

La Alianza de Fútbol Hispano, la organización nacional más importante dedicada al desarrollo y apoyo del fútbol amateur Hispano, ha anunciado que por el tercer año consecutivo, Lowe's será el patrocinador oficial en la categoría de detallista de mejoras del hogar. Como parte del acuerdo, Lowe's será el

auspiciador oficial de las finales nacionales, la Copa Lowe's Nacional, y también el auspiciador oficial de todos los torneos locales y regionales. El torneo nacional de La Alianza de Fútbol Hispano, el más prestigioso en el país, crecerá de diez a once ciudades en 2006, y añadirá tres torneos regionales al formato general

del torneo.

"En solo dos años, la Copa Lowe's se ha establecido como el torneo amateur Hispano más importante en el país, y estamos agradecidos por la manera en que la comunidad Latina nos ha aceptado y apoyado," dijo Richard Copeland, Presidente y CEO de Alianza. "Adicionalmente, estamos muy entusiasmados que Lowe's ha elegido continuar con su apoyo de

Alianza y esperamos tener aún más crecimiento y éxito."

Torneos locales, conocidos como "Campeón de Campeones," una vez más tomarán lugar en Nueva York, Los Angeles, Miami, Chicago, Dallas, San Antonio, Houston, Phoenix, San Diego, y San Francisco, mientras que El Paso será la sede de un torneo local de Alianza por primera vez en 2006. Los torneos locales se jugarán de julio a

noviembre, en el cual participarán los mejores equipos de las ligas Latinas de cada ciudad. Los campeones de los torneos locales de Alianza avanzarán a tres torneos regionales - la Copa Lowe's Este, la Copa Lowe's Centro, y la Copa Lowe's Oeste. Cada campeón regional ganará un puesto en la final nacional, la Copa Lowe's Nacional III, que se jugará en

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Esperanza Continúa de página 1



Volunteers hard at work on a new swingset while children wait in anticipation

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agencias del condado de El Paso como CASA y CAC cuando una orden judicial separa a niños de su familia de

origen por algún tiempo. Ultimamente el aumento de producción de Meth en el condado de El Paso ha generado una más grande necesidad para Familias de Acogido en la comunidad. *Hope and Home* dirige el proceso de colocación de estos individuales sin importar la documentación de ciudadanía.

El proceso de llegando a ser padres adoptivos a través de *Hope and Home* puede ser muy fácil si llamara a Nina o Nehemiah a (819) 492-7803. Ellos van a responder a todas sus preguntas y/o arreglar una cita en un local confortable para darle una perspectiva general del programa y determinar sus calificaciones.

Cuando usted esté listo para proceder con el proceso de pre-aplicación, Nina y Nehemiah le van a explicar todas las formas, introducirle a las clases, y referirle a los grupos de apoyo en la comunidad de *Hope and Home*. Es necesario completar un total de 12 horas de *Hope & Home University* antes de patrocinando a un niño o niña, y 15 horas una vez que el proceso de Acogida comienza. El proceso toma de 2 a 3 meses, y el patrocinio puede durar desde un día hasta toda la vida.

Durante un patrocinamiento de largo tiempo, se requiere 20 horas de clases adicionales por año.

Hay muchos modos de apoyar a las Familias de

Acogido aparte del patrocinio. Los jóvenes tiene necesidades económicas para gastos de consejos, gastos médicos, viajes y recreación. La comunidad del condado de El Paso recauda dinero para apoyar a los 1,000 jóvenes de Familias de Acogido en nuestros vecindarios, incluyendo a las madres adolescentes quienes son también asistidas en la crianza de sus niños. Familias de Acogido(a) están también interconectadas a grupos locales de apoyo. Jóvenes de Familias de Acogido son asistidos o cuidados hasta después de que se vence el plazo de su de colocación en el programa de *Esperanza*.

La ley MEPA (por sus siglas en ingles) o Acta de Emplazamiento Multi-Étnico requiere la implementación de reclutamiento entre los miembros de la comunidad Hispano entre otros para aumentar el número de Familias de Acogido Hispanos. *Hope and Home* pone mucha atención a esta ley, y por eso crea su programa de *Enviados a Engrandecer la Esperanza*. La misión de este programa dice que el Condado de El Paso tiene responsabilidad legal para todos sus niños, sin importar su documentación de ciudadanía. Un número de familias hispanas está siendo necesitado, específicamente

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If your neighbor was hurting his family
would you speak up?

If your brother hit his wife
would you get in his face about it?

If your best friend was abusing his kids
would you confront him?

Or would you just pretend not to notice?

So the question really is
what kind of man are you?

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La terapia conductual pudiera tener beneficios limitados para Anorexia Nervosa

Según una nueva revisión de investigaciones disponibles actualmente en materia de trastornos de alimentación, dada a conocer por la agencia federal Agency for Healthcare Research and Quality, parte del Departamento de Salud y Servicios Humanos de los Estados Unidos (HHS, por sus siglas en inglés); no existen medicamentos para el tratamiento efectivo de pacientes que sufren de anorexia nerviosa, aunque ciertas terapias conductuales pudieran evitar una recaída, y proporcionan otros beneficios limitados. La revisión también descubrió evidencias de que varios medicamentos y terapias conductuales pueden ayudar a los pacientes que sufren de bulimia nerviosa y apetito compulsivo.

Los trastornos de alimentación son enfermedades psiquiátricas con consecuencias médicas serias que constituyen una amenaza potencial para la vida. La anorexia nerviosa se caracteriza por una obsesión con el peso, una alimentación severamente restringida, ejercitación excesiva en ocasiones, y la incapacidad de mantener un peso corporal saludable. En el caso de la bulimia nerviosa, el apetito excesivo va acompañado de esfuerzos de compensación que conducen a la provocación de vómitos, el uso indebido de laxantes y diuréticos, así como de ayunos o ejercitaciones intensas. Por su parte, las personas aquejadas por el apetito compulsivo comen excesivamente, pero recurren a las purgas.

Esta revisión de la literatura científica publicada desde el año 1980, realizada por AHRQ's Evidence-based Practice Center at RTI International and the University of North Carolina at Chapel Hill (Centro de Evidencias Basadas en la Práctica en RTI International y la Universidad de Carolina del Norte en Chapel Hill), no halló medicamento efectivo alguno en el tratamiento de la anorexia nerviosa, aunque descubrió varias terapias conductuales que aparentemente brindan ayuda limitada. La terapia cognitivo-conductual (CBT, por sus siglas en inglés), es una forma de psicoterapia que estimula a los pacientes a la creación de patrones de pensamiento que contrarresten sus conductas no saludables de alimentación; y ayuda a la

prevención de recaídas en pacientes anoréxicos adultos, una vez restaurado el peso a un nivel normal. Asimismo, no se halló evidencia alguna que determinara si la CBT funciona durante la fase aguda de la enfermedad, antes de que el paciente con anorexia nerviosa haya recuperado su peso normal.

Los investigadores llegaron a la conclusión de que, aparentemente, la terapia familiar no funciona en caso de adultos con anorexia nerviosa prolongada. Un estudio reveló que la terapia familiar obtuvo mejores resultados en

pacientes más jóvenes, en comparación con los de mayor edad y más crónicos. Al respecto, una forma particular de ese tipo de terapia, que comienza estimulando a los padres a supervisar la nutrición del joven, ayudó en cierta medida a que esos pacientes aumentaran de peso y experimentaran mejoras psicológicas.

Sin embargo, el informe reveló que tanto los medicamentos como las terapias conductuales son útiles en el tratamiento de la bulimia nerviosa, aunque no existe una información clara

con respecto a la forma de combinar los medicamentos con los tratamientos de la conducta.

El inhibidor selectivo de reutilización de serotonina (SSRI, en inglés) fluoxetina,

conocido comúnmente como Prozac, resultó útil para el tratamiento de la bulimia en una prueba clínica a corto plazo. Los pacientes a quienes se les administró una dosis de

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Ésta es María Ortiz. Ella solía pagar entre \$20 y \$40 por sus medicamentos recetados, pero ahora paga entre \$1 y \$5. Ése es dinero que puede separar para realizar viajes o arreglar su casa. Pero María no es la única que sabe lo que es luchar para poder pagar sus medicamentos recetados. Hay millones de estadounidenses como ella que podrían beneficiarse significativamente inscribiéndose en el nuevo plan de Medicare para medicamentos recetados—especialmente los mayores de 65 años con ingresos limitados—y no se dan cuenta de ello. Usted también podría ser elegible para recibir ayuda adicional para el pago de primas y deducibles. Para recibir asistencia en español o en inglés, llame al 1-866-665-9668.



Tómese el tiempo necesario para averiguar si puede ahorrar antes de que cierre la inscripción el 15 de mayo.

NOTICIAS EN ESPAÑOL

Pérdida de peso es una de las peores motivaciones para hacer ejercicios

¿Haciendo ejercicios para perder peso? Piense en otras motivaciones, porque todas las probabilidades apuntan a que no lo hará durante mucho tiempo, según un estudio sobre ejercicios en mujeres maduras realizado por la Universidad de Michigan.

La investigación, publicada en la revista *Sex Roles*, reveló que mujeres que realizan ejercicios para perder peso o desarrollar más tonicidad muscular, lo hacen un 40 por ciento menos de tiempo que las mujeres que se ejercitan por otras motivaciones.

"Todos saben que el ejercicio

es bueno para ellos. La mayoría no lo hace de manera consecuente", dice Michelle Segar, una investigadora de Psicología de la Universidad de Michigan, que colaboró con Susan Nolen-Hoeksema, antigua profesora de Psicología de la misma universidad y Donna Spruijt-Metz del Instituto de Promoción de la Salud y Prevención de Enfermedades de Los Angeles.

Los investigadores dicen que hay una mayor posibilidad para mantener los hábitos de ejercicios cuando estos se realizan por una

motivación que no es el lograr una figura ideal, como por ejemplo la reducción de estrés, un aumento del bienestar, por la satisfacción de hacer ejercicios, o por razones sociales, como querer hacer una actividad con amistades.

Las mujeres que participaron en el estudio, todas cuarentonas, informaron cuanto ejercicio hacían en una semana típica. Casi la mitad, un 44 por ciento, dijo que hacían ejercicios para perder peso, mantener peso o para tonificar la musculatura y todas ellas hacían un 40 por ciento menos ejercicio que

otras sin ese tipo de motivación.

Varias investigaciones han demostrado que las personas que inician regímenes de ejercicios sólo por la satisfacción de hacerlos tienen más posibilidades de mantener la actividad a largo plazo.

En contraste, las mujeres que decidieron hacer ejercicios para perder peso o cambiar la forma de su cuerpo seleccionan las actividades físicas basándose en cuántas calorías pueden quemar, más que en cuánto les gusta esa actividad, lo que es una fórmula para abandonar el ejercicio.

"Todos estamos ocupados. ¿Quién tiene tiempo para hacer una actividad que en realidad no le produce satisfacción?" dice Segar. "No empiece a correr si no le gusta, especialmente correr. Estará mejor si hace algo que le produce satisfacción, como caminar con amistades o algo que le gusta y lo continuará haciendo a largo plazo como parte de su vida".

El estudio también reveló:

- Las mujeres motivadas con el logro de una figura ideal,

caminaban 2 veces menos que mujeres no motivadas por el peso (16 por ciento versus un 55 por ciento).

- Las mujeres que realizaban ejercicios motivadas por lograr una figura ideal participaron en actividades físicas de mayor intensidad. También seleccionaron actividades que calzan más en la definición más tradicional de ejercicio— actividades más formales y estructuradas—con la idea de que tenían que acudir a algún lugar en especial para que contara como ejercicio.

"Hay tantas buenas razones para realizar ejercicios, como la descarga de estrés, aumento de energía, sentirse más fuerte, balance vital, para escapar sola o para un mayor bienestar", dice Segar.

"Las mujeres tienen la tendencia de elegir algo estructurado, como tomar una clase, pero se detienen cuando la clase termina, o trotan porque viene un evento y lo suspenden después del evento. Sin embargo, algo como caminar de manera regular puede ayudar más a largo plazo. No tiene que sudar para que el ejercicio valga".

Fútbol Continúa de página 4

enero del 2007. También participarán en las finales dos equipos profesionales Sub-21 de México, y el Toros FC de Dallas, campeón amateur del año pasado. El mejor equipo de Estados Unidos será coronado como el mejor equipo amateur Hispano en el país y automáticamente ganará un puesto en la próxima Copa Lowe's Nacional. Más de \$90,000 en premios serán obsequiados a través de todos los torneos en 2006.

"Esta es una manera más en como nos estamos comunicando con nuestros clientes Hispánicos, apoyando una actividad en la cual tienen

mucha pasión," dijo Bob Gfeller, vicepresidente de marketing de Lowe's. "Adicionalmente, estamos orgullosos en apoyar este foro que ayuda a desarrollar el talento de estos atletas con grandes aspiraciones."

La Alianza de Fútbol Hispano, ahora en su tercer año, organizó diez torneos locales en 2005. Los diez campeones locales, junto con los equipos Sub-21 del Club Deportivo Guadalajara (Chivas), Club América, y Pachuca participaron en la Copa Lowe's Nacional II, jugada en Los Angeles en enero del 2006.

Esperanza Continúa de página 4

familias bilingües que hablan Español, que están listas a aceptar en su casa a un niño o una niña hispanoparlante.

Esta es fácil certificarse, no hay ningún cargo u honorario que pagar, y la agencia le ayuda con la traducción Español/ Inglés. Últimamente hay muchas Madres solteras que patrocinan niños de adopción de Familia de Acogido.

Familias de cualquier rango de ingreso son alentadas a aplicar. Nina y Nehemiah le van a ayudar a definir el tipo

de niño o niña que está listo a patrocinar, incluyendo su edad, duración del tiempo de patrocinio, idioma que habla, o cualquier preferencia que requiera su hogar. Esos niños abusados o desatendidos necesitan su ayuda y apoyo.

Llegue a ser parte de la comunidad de *Hope and Home* y llame hoy mismo a Nina o Nehemiah al (719) 492-7803 para un nuevo tipo de Adopción y Cariño de su Acogido.



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NEGOCIOS-BUSINESS

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"It is vitally important for the younger generation to learn

the value of money management," said Charles Emmer, CEO and President of Ent. "Ent is a leader in the region in educating teens on making smart money management decisions."

Ent Credit Union Youth Week educational seminars will offer tips on savings, credit, budgeting, investing and the benefits of credit union membership.

The seminars are free and

open to youth and parents alike.

Show Me the Money: Money Management for Teens

How a regular savings plan, responsible checkbook management and establishing a good credit history can help you save and buy the things you want.

Tue, Apr 25, 6 - 7:30 pm
Get on the Road: Smart Car Buying for Beginners

How to make smart

decisions when shopping for a car, from financing to budgeting, loans to credit history; hear about Ent's First-Time Borrower Program.

Wed, Apr 26, 6 - 7:30 pm
The Bulls and the Bears: Understanding Basic Investing

Ent's Investment Services department educates teens on the difference between savings and investing, stocks and mutual funds, and 401(k)s and IRAs.

Thu, Apr 27, 6 - 7:30 pm
Kids and Money: Center Tour for Star Savers

Take a "behind the scenes" tour at the Galley Service Center for tips on smart savings and spending.

Sat, Apr 29, 10 am - noon

All seminars will be held at the Galley Service Center, Galley Seminar Room, 4545 Galley Road.

Call (719) 550-6095 to register or visit <Ent.com/Seminars> for more information.

AAA Colorado names Five-Diamond Winners for 2006

AAA Colorado will present the 2006 Five- and Four-Diamond Awards for Colorado lodgings and restaurants each April at the Brown Palace Hotel in downtown Denver. The Brown Palace is a 30-year Four-Diamond lodging winner, one of four properties celebrating this milestone along with AAA's Diamond rating system.

The coveted AAA Five-Diamond designation is now held by three properties: the Broadmoor in Colorado Springs, Little Nell in Aspen, and this year's newest addition, the Ritz-Carlton Bachelor Gulch in Beaver Creek. The Broadmoor is celebrating its 30th year as a Five-Diamond property. Little Nell is marking its 15th year in this status.

"AAA Five- and Four Diamond winners understand the language of quality as they consistently deliver premier experiences, complete with superior personal service, first-class amenities and impressive surroundings," said Tony DeNovellis, president of AAA Colorado.

The 26 lodgings and 19 restaurants in Colorado join a select group of AAA Four-Diamond winners. Only 3.25% of the estimated 31,000 AAA Rated lodgings and 3.21 percent of the estimated 19,100 rated restaurants are awarded Four-Diamond designations each year.

The Five- and Four-Diamond symbol will be

included in each property's and restaurant's listing in the 2006 AAA Colorado/Utah TourBook guide released last month. Over 900,000 copies of the AAA Colorado/Utah TourBook are distributed to AAA member travelers each year.

AAA's 48 million members depend upon TourBook guides to assist them with their travel-related decisions. An establishment's diamond rating is often the deciding factor when members choose a particular lodging or restaurant.

Each year, 60 full-time AAA/CAA Tourism Editors visit over 50,000 lodgings, campgrounds, restaurants and attractions throughout the United States, Canada, Mexico and the Caribbean. Tourism Editors conduct unannounced inspections of lodgings and restaurants, scrutinizing such areas as cleanliness, safety, ambiance, amenities and service.

AAA began field inspections of lodgings and restaurants in 1937. AAA adopted a formal rating system for TourBook guide accommodations that evolved into the current one to five level diamond rating system in 1977 in celebration of AAA's 75th anniversary. Evaluations and diamond ratings of restaurants began in 1986. AAA Colorado, celebrating 84 years, serves more than 480,000 members and has 14 offices statewide.

The following is a list of Colorado's 2006 AAA Five-

and Four-Diamond lodgings and restaurants, followed by the number of years each has

earned the award (since the Diamond rating system was adopted).

AAA 2006 Five Diamond Award Honorees

City	Property	Years
Colorado Springs	The Broadmoor	30

AAA 2006 Four Diamond Award Honorees - 26 Lodgings

COLORADO SPRINGS	Old Town GuestHouse	8
MANITOU SPRINGS	The Cliff House at Pikes Peak	5
MANITOU SPRINGS	Rockledge Country Inn	6

AAA 2006 Four Diamond Award Honorees - 19 Restaurants

City	Restaurant	Years
COLORADO SPRINGS	Charles Court	12
COLORADO SPRINGS	The Penrose Room	15

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BBB International scholarship program seeks ethical High School students

The Council of Better Business Bureau is currently seeking outstanding, ethical high school junior and seniors to enter its 2nd annual *BBB International Student Ethics Award* competition.

The program was established to recognize outstanding high students who personify high ethics demonstrated through leadership, community service, academic history and overall personal integrity.

Up to five students will be selected to be honored with a scholarship of \$2,500 towards their college education. The 2006 award criteria, guidelines and procedures are available online at <http://www.bbb.org/BizEthics/studentForm.asp>

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DEPORTES

Trails and Open Space Coalition 2006 Hike Schedule

All hikes are free and open to the public.

Sat, May 20 Spruce Mountain. Join the Trails and Open Space Coalition and AAUW for a moderate 4.5-mile hike in Douglas County's newest open space. Spectacular bluffs! No spruce! Hike begins at 9:30 am. No reservations necessary. Free.

Call for directions or to carpool: 633-6884.

Sat, Jun 3 Mt. Rosa, 11,499'. Join the Trails and Open Space Coalition as we explore the mountain that Zebulon Pike climbed in 1806. Historical perspective included. Difficult, 6-mile hike. Free. Space limited, call for reservations. 633-6884. Sat Jun 17 Bear Creek to Buckhorn Trails. Join the Trails and Open Space Coalition and AAUW for a moderate 5-mile hike in Bear Creek Canyon. Meet at the parking lot above Helen Hunt Falls at High Drive at 8 am. Car shuttle involved. Free. 633-6884.

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Ochoa cashes in, wins LPGA

Takefuji Classic

This time, Lorena Ochoa made sure there would not be a playoff.

The affable 24-year-old, snakebitten twice already this year by extra holes, led wire-to-wire at the LPGA Takefuji Classic to earn her fourth-career LPGA victory. Ochoa entered the final round with a two-shot lead and then closed with a 66—second-best score of the round—to earn the title and the \$165,000 first-place check.



Rookie Seon Hwa Lee birdied five of her final six holes to finish three shots behind Ochoa and earn her third, second-place finish this year in only six events. Second-year professional Brittany Lincicome finished third, five shots back, while LPGA Tour and World Golf Hall of Fame member Juli Inkster made a gallant final-day run to move

from a tie for 24th to finish fourth.

"It was a great day today," said Ochoa, who also leapfrogged Inkster on the ADT Official Money List and now leads the Tour in earnings with \$474,051. "I was very calm, very relaxed. I had a lot of control with my game. I make no bogeys today, it was a special round."

Ochoa, 63-68-66=197 (-19), has been on the cusp of victory twice this year, but only to watch Joo Mi Kim and Karrie Webb deny her wins at the SBS Open at Turtle Bay and Kraft Nabisco Championship, respectively, with birdies on the first playoff holes.

"I think those playoffs really teach me that when you are

under pressure, how to just focus, and how to just really be aggressive whenever you need to be aggressive," said Ochoa, who, with \$3,950,401 in career earnings is now only \$49,599 shy of becoming the fastest player in LPGA history to reach the \$4 million milestone. "What happened a couple of weeks ago just make me a better player and also make me want to win so bad that I just came really strong this week."

She was more than strong. She was unstoppable and would not be denied. For the 54-hole event, Ochoa had only two bogeys, 17 birdies and two eagles.

Last year, she opened with a 74, but since then Ochoa has torched the par-72 Las Vegas Country Club, playing her last five rounds (63-65-63-68-66) at 35-under-par.

JUDO: Harrison and Vashkulat repeat success with Gold Medals at USA Cup

Kayla Harrison (Middletown, OH/ Renshuden/ 70kg) and Kyle Vashkulat (Scotia, NY/ Jason Morris Judo Center/ 90kg)

each brought home their second gold medals of the week with wins at the USA Cup Saturday at the US Olympic Training Center in Colorado Springs.

The USA Cup comes on the heels of the Pan American Junior Championships which were contested Thu and Fri for 15-19-year-olds. Nearly 300 athletes from 17 countries competed in this open tournament.

While the Pan Am Juniors allowed only one selected competitor per age and weight division, the USA Cup was an open event that allowed an unlimited number of athletes to compete, ranging in age from 6-19-years-old.

Harrison, who won the 63kg Juvenile (15-16) division Thu at the Pan Am Junior Championships, moved up to the 70kg IJF Junior (19 and under) division for the USA Cup.

After winning on a first-round walkover, Harrison defeated Pan Am Junior (17-19) silver medalist Emilie-Claude Leroux (CAN) in the semi-finals. Harrison threw the Canadian for an early yuko (quarter-point) one minute, 20 seconds into the first match to take an early lead.

Leroux came back with a throw for waza-ari (half-point) a minute later, but Harrison took the match with a second throw – this one counting for waza-ari.

In the final, Harrison and Kelita Zupancic (CAN), who

had won a silver medal in the Pan Am Juvenile division, looked to be headed into a Golden Score (sudden death) overtime session when Harrison picked caught Zupancic with a throw at the buzzer for a koka score (smallest points).

Vashkulat won his Juvenile B (16 and under) division in decisive fashion, defeating each of his four opponents by ippon (instant win, similar to a knockout in boxing).

Not only did Vashkulat defeat both of the bronze medalists from his competition on Thursday, but he also picked up a win against silver medalist Tales Camargo (BRA), pinning him with kata gatame (shoulder hold) for ippon.

Daimisy Porras (Hialeah, FL/ North Miami USA Judo National Training Site/ 44kg) followed her Pan Am Juvenile bronze medal with a gold medal in the Juvenile B division at the USA Cup, picking up wins against Pan Am Juvenile gold medalist Maria Velazquez (VEN) and 2005 US Junior Open Champion Alexa Liddie (Colorado Springs, CO/ Olympic Training Center Junior Judo), both by ippon.

Jeanette Rodriguez (Mar gate, FL/ North Miami USA Judo National Training Site/ 48kg) moved up from the Juvenile division where she won gold Thursday to the IJF Junior division for the USA Cup where she defeated three of the four Pan Am junior medalists.

The 15-year-old Rodriguez threw her first opponent Pan Am Junior bronze medalist Lolita Dagher (CAN) for ippon in her first match to advance to the semi-finals against Fabiana DeOliveira (BRA), who also won bronze at the Pan Am Juniors. Rodriguez and DeOliveira each scored a koka during the match, sending them into a Golden Score session. At the conclusion of five more minutes of fighting, neither athlete scored and Rodriguez was awarded the win.

In the finals, however, Rodriguez lost a close match by yuko to Pan Am Junior gold medalist Luz Alvarez (CO).

The lost sent Rodriguez to the silver-bronze match where she scored a pair of waza-aris against Pan Am Junior silver medalist Silvi Arteaga Pina (VEN) to win the silver medal.

Franchesca Durand (Coral Springs, FL/ North Miami USA Judo National Training Site/ 52kg) also moved up to the older division after winning gold at Thursday's Pan Am Juvenile event.

After getting armbarred in the first minute of her first match by Pan Am Junior bronze medalist Maria Garcia (DOM), Durand won her next two to advance to the semi-finals against Eve Renaud-Roy (CAN), also a Pan Am Junior bronze medalist.

Renaud-Roy withdrew prior to the match due to an injury and Durand won the silver medal on a walkover.

Enviados a Extender Esperanza Cont. from page 1

up an appointment at a comfortable location to give an overview of the program and determine your qualifications. When you are ready to proceed with the pre-application process, Nina and Nehemiah will walk you through the forms, guide you to the classes, and introduce you to the support groups which are available in the *Hope and Home* community. A total of 12 hours of *Hope and Home University* are required before sponsoring a child, and 15 hours once Foster Care begins. The process takes 2-3 months, sponsorship can last anywhere from 1 day to a lifetime. During long-term stays, 20 hours of classes are required the year following sponsorship.

There are many ways to be involved with Foster Kids outside of sponsorship. Foster families need support financially for counseling, medical bills, travel, and recreation. The community of El Paso County raises these funds in support of the 1,000 Foster kids in our neighborhoods, including Teen Moms who are also assisted with the care of their child. In addition, Foster care families are networked into local support groups. Foster kids are cared for even after the expiration of their term of placement.

MEPA, or Multi-Ethnic Placement Act, is a Federal Law which specifies that recruitment of ethnic minorities be implemented in order to increase the number of Foster homes sponsored by Hispanics and other groups. *Hope and Home* has embraced this concept with the addition of the *Enviados a Extender Esperanza* program.

A number of Hispanic families are needed, especially bilingual families who are willing to open up their homes to Spanish-speaking Foster kids.

Families of any income bracket are encouraged to apply. Nina and Nehemiah will help you define the type of child you are ready to sponsor, including specific age of child, specific time period of Foster care, specific language spoken, or any other preferences your household may require. These abused or neglected kids need your help.

Become a part of the *Hope and Home* community and call Nina or Nehemiah today at (719) 492-7803 for a different kind of Foster Care and Adoption.

Volunteers from the Community, Foster Parents and Staff take a break at the Great Swingset Build-Away



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Averigüe como ser un padre adoptivo u otros modos de ayudar a un niño. Llame a Nina Perez al 575-9887. Les invitamos a esta gran celebración, de Cinco de Mayo, en la cual se llevara acabo una pequeña introducción a lo que es el cuidado de niños adoptivos, que necesitan un hogar, mucho amor y que les extienda Esperanza.

For more information on how to be a foster parent or other ways to help a child, call Nina Perez at 575-9887 or come join us for a festive Cinco de Mayo Celebration. Find out how you can become a wonderful part of a child's life by providing a loving and nurturing home.

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ENTERTAINMENT

PPCC Masquers present *Do Black Patent Leather Shoes Really Reflect Up?*

The Pikes Peak Community College Masquers present their spring theatre production, *Do Black Patent Leather Shoes Really Reflect Up?* - a delightful, warm-hearted musical comedy about the trials and tribulations of growing up in Catholic school in the 1950's. The play will tickle the funny bone of anyone who ever went to school, public or private.

The show runs Wed, Apr 26,

at 7 pm; Fri & Sat, Apr 21, 22, 28 & 29, at 8 pm; and Sun, Apr 23 & 30, 2 pm Matinee. The Pikes Peak Community College Centennial Campus Theatre, is located at 5675 S. Academy Blvd.

General Admission is \$10; Military, Seniors, and Student tickets are \$5. Purchase tickets at any PPCC Cashier, call the Box Office at (719) 540-7418, or order online at

<www.ppcbookstore.com>

The play opens as the main character, Eddie Ryan, returns to his alma mater to search for his "first love." His memories become the focus of the play and the audience is taken back to certain events like the first day of school, going to confession for the first time, and the senior prom. The play is mostly how the later blooming Eddie and the

chubby little girl Becky become best friends, fall in love, and then go their separate ways when Becky chooses to join a convent. This is a classic story of "boy gets girl, boy loses girl, and boy gets girl with a charming twist." Featuring a hysterically funny and heartwarming score, *Do Black Patent Leather Shoes Really Reflect Up?* is a bittersweet journey of friendship. Gleeful

audiences flocked to see this show in Chicago, where it became the city's longest running show, in Philadelphia, where it broke attendance records, and in cities across the country. The score and lyrics by James Quinn and Alaric Jans feature hilarious songs such as "It's The Nuns," "Mad Bombers and Prom Queens," and "Private Parts." Based on the book by John R. Powers.

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Children's Chorale to host Tucson Boys Chorus

The Colorado Springs Children's Chorale is pleased to present the Tucson, AZ Boys Chorus for concerts on April 25 at Holy Cross Lutheran Church (4125 Constitution Ave.) at 7 pm and on April 26 at Peyton Elementary (13550 Bradshaw Road) at 6 pm. On April 25 the Boy's Chorus will be joined by the Chorale's Pikes Peak Singers, and on April 26, the Chorale's new Eastern Plains Youth Choir will perform on the program with the Tucson chorus. Both concerts are free and open to the public. For more information, call the Children's Chorale office at (719) 633-3562.

Founded in 1939, the Tucson Arizona Boys Chorus has earned the reputation as a

premiere music education and performance organization of both classic boychoir repertoire as well as representing the diversity of the American Southwest. Musicianship and citizenship in a professional atmosphere are the cornerstones of the program.

The Chorus has garnered accolades through performances at the White House, Lincoln Center, Kennedy Center, the Beijing Institute of Culture, Russian Glinka Cappella, Sydney Opera House, St. Peter's Basilica and the Tabernacle in Salt Lake City with the

Mormon Tabernacle Choir.

The Chorus is comprised of 150 boys between the ages of eight and fourteen in three different ensembles. The Chorus endeavors to impart musical, social and leadership skills that build self-esteem and have a sustaining impact on its members. Representing and serving the community as an artistic and cultural resource is also fundamental to the Chorus mission. For more info about these concerts or the Colorado Springs Children's Chorale, contact Marcia Hendricks or Sylvia Hutson at (719) 633-3562.

Mozart goes to Monument

The Colorado Springs Philharmonic, conducted by Lawrence Leighton Smith,

concludes the 2005-06 Mozart & Friends series with a program entitled All Mozart, on Sat, May 6, at 8 pm and again on Sun, May 7, at 2:30 pm at Lewis Palmer High School, 1300 Higby Road in Monument. The program showcases Lawrence Leighton Smith's piano prowess as he conducts from the piano Mozart's Piano Concerto No. 14.

The All-Mozart program also includes the Overture to the Marriage of Figaro, which has remained a great audience favorite ever since its first performance. The popular Posthorn Serenade, composed for Salzburg's end-of-year student celebration in Aug 1779, concludes the concert.

Tickets are \$20, available at the door (Lewis Palmer High School), at Pikes Peak Center, 190 S. Cascade Ave, by calling (719) 520-SHOW, and at all Tickets West outlets and online at <Ticketswest.com>

As part of the continued community outreach by the Philharmonic to bring orchestral music to additional areas in Colorado Springs. For more information, check out <www.cspphilharmonic.org> or (719) 884-2110.

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Ballet Folklórico de Veracruz comes to Pueblo



Photo by Dick Dickinson

It will be a dance fiesta as the talented group of dancers, singers and musicians of Ballet Folklórico de Veracruz takes the stage as part of the Center Stage Performing Arts Series on Thu, May 11 at 7:30 pm in the Sangre de Cristo Arts Center Theater. Established in 1985, this troupe has delighted audiences from Europe to Indonesia ever since. Their colorful dance artfully expresses their love for their culture through its music, dance and songs.

Their colorful performance of culture and folklore features many regional dances of old Mexico, in particular, their home state of Veracruz (birthplace of the world famous "La Bamba"). The music, performed live on authentic stringed instruments, punctuates the meticulous movement, colorful clothing and perfect pulse established by the dancers. The Albuquerque Journal called them "a company with heart and skill...(who) leave the audience clamoring for more." The company has been the official representative for Secretary of Tourism and Economic Development for the State of Veracruz since 1986, having given hundreds of performances across Mexico and the United States, South America, Asia, Europe and the Caribbean.

They have performed at the Carnival of Veracruz every year since 1991, as well as taking their famous *Comparsa Xalapeña* to the Carnival of Havana in Cuba on three different occasions.

Other important appearances include the Miss Mexico pageant in Cancun, TV

appearances on *Siempre en Domingo* from Mexico City, the Festival Cervantino in Guanajuato, and at the Festival of Culture in Koala Lumpur, Malaysia. They have also recently performed in Peru, Spain, Germany, Taiwan and Canada.

Currently the group has grown to more than 45 dancers and 10 musicians and operates its school and training program for young dancers in Xalapa. "Quetzalli" continues to be one of the great cultural treasures of Veracruz, performing to thousands of people every year. Dancers include Saul Ceballos, Cesar Velasquez, David Jurado, Carlos A. Soto, Carlos González, Victor Muñoz, Hely Del C. Perez, Evelyn Mora, Ixchel Landa, Citlali Roldan, Sandra Herrera and Lucia G. Loera. Rafael Dominguez will play the harp, violin. Ariel Dorantes plays the guitar with Exal Prieto playing the harpa and percussion. Jose Luis Melgarejo plays the jarana and guitar and Cesar Oliva plays the guitarron and accordion.

The performance is sponsored by Western States Arts Federation, Clara & Anthony Nuñez, Dr. & Mrs. Henry Roman, Gil Sanchez in memory of Jane Fugate, Abel Tapia and Dan & Leanne Corsentino.

Center Stage tickets are on sale at the Sangre de Cristo Arts Center Box Office. Tickets are \$20 and are subject to availability. To purchase tickets or for more information, please call the Box Office at (719) 295-7222 or stop by at 210 N. Santa Fe Ave, Pueblo, Co. The Center Stage season is sponsored in part by the Gay & Lesbian Fund for Colorado.

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Mazda's Zoom-Zoom philosophy is applied to every aspect of the MAZDASPEED6 from a subtly aggressive bodykit to a cabin that's been created especially for the sporting driver.

But the MAZDASPEED6 is not just about speed. As befits a top-of-the-line model, the MAZDASPEED6 offers a host of creature comforts that the "rally replicas" could only hope for, such as comfortable and supportive seats with optionally available leather trim, a six-speaker AM/FM/CD sound system with an optional BOSE® audio system featuring a six-disc CD changer, and available xenon headlights, moonroof and DVD-based navigation system. "The MAZDASPEED name is synonymous with amazing agility and road holding and the MAZDASPEED6 doesn't disappoint," says Kevin Mori, MAZDASPEED6 vehicle line manager for Mazda North



American Operations. "What's all the more remarkable is that, unlike some rival rally-replica all-wheel drive sedans the MAZDASPEED6 also achieves superb ride and refinement."

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Cont. on page 13



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AUTOMUNDO

2006 MAZDASPEED6 Cont. from page 12

powerplant pioneer. The 13B RENESIS rotary unit in the sensational RX-8 is the world's only production rotary engine and now the MAZDASPEED6 launches with a boundary-breaking engine of its own.

The all-aluminum 2.3-liter inline four-cylinder, 16-valve engine in the MAZDASPEED6 is one of the first direct-injection, turbocharged, gasoline engines available in North America. Mazda uses the moniker Direct Injection Spark Ignition (DISI) to describe the engine. And this is just the first of a number of planned applications for this powerplant.

By introducing direct injection to a gasoline turbo application, Mazda circumvented the usual drawback of turbocharging – poor low- and mid-range torque – while meeting strict exhaust emission regulations. Both fuel mixture loading efficiency and torque are increased by injecting fuel directly into the combustion chamber. As a result, the turbocharger delivers much of its 15.6 psi of boost from approximately 2,500 rpm. The single-scroll turbocharger maintains exhaust temperature, allowing for reduced thermal capacity of the exhaust system, which, in turn, minimizes harmful emissions and allows the MAZDASPEED6 to meet both LEV-II state and Bin 5-A Federal regulations.

The 2.3-liter DISI engine produces 274 horsepower at 5,500 rpm and 280 lb-ft of torque at just 3,000 rpm. With the turbo spinning so eagerly, there's torque on tap at very low revs, giving the MAZDASPEED6 amazing in-gear acceleration. And the benefits of the DISI technology,

coupled with a fast-spinning turbocharger, further support the original promise of MAZDASPEED6 being true to the original MAZDA6 concept.

Other enhanced components in the engine include steel connecting rods and crankshaft, increased diameters of connecting rod pins, optimized rod shape and the introduction of full floating pistons. Each and every moving part is stronger, more rigid and more durable. Literally hundreds of part numbers were changed from the standard MZR non-turbo engine in developing this powerplant.

A further benefit of DISI technology means the MAZDASPEED6 offers a remarkable blend of low emissions, excellent fuel economy and high performance. In city driving, the MAZDASPEED6 achieves 20 mpg, and 26 mpg on the highway.

A close-ratio, slick-shifting six-speed manual transmission is fitted and really encourages the MAZDASPEED6 driver to explore this car's performance. The extremely small transmission employs triple cone synchronizers – which minimize shift effort – for first, second and third gears, with a

double cone synchronizer for fourth gear, allowing for smooth up and downshifts. Brass synchronizers were chosen on select gears to minimize shift balking and maximize feel.

Mazda engineers specified a six-speed manual transmission as it was deemed to be the best mix of proper gear-spacing, ease of use and outright performance. No automatic is available, as the engineering team felt that a proper sports sedan should be equipped with a manual transmission, to fully involve the driver in the experience.

The dynamic driving experience is further enhanced by the MAZDASPEED6's Active Torque Split All-Wheel Drive system. The all-new system yields a superb balance between driving excitement and stability under all road conditions.

The torque transfer system found in the MAZDASPEED6 adjusts front/rear torque distribution between 100:0 and 50:50 for optimum drive power to each wheel, and can react to wheel slippage much more quickly than conventional gear- or fluid-controlled systems.

The Active Torque Split system incorporates real-time



input data on steering angle, yaw rate, lateral G force and engine status to determine road surface and driving conditions, then selects between Normal, Sports and Snow (slippery) modes to provide the most power and traction under all conditions. A torque-sensing limited-slip differential (borrowed from the Mazda RX-8 sports car) optimizes torque and ensures excellent power delivery when cornering or on slippery surfaces.

To ensure consistent power delivery under all weather and

driving conditions, the water-cooled Power Take Off center differential distributes torque to the rear axle.

The MAZDA6 Sports Sedan was already one of the most rewarding driver's cars in its class, but adding MAZDASPEED to the equation brings a whole new level of ability.

The MAZDASPEED6 rides lower than a standard MAZDA6 and the double-wishbone front and rear multi-link suspension setups have been tweaked to further enhance handling.

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SALUD

The Mediterranean Secret is Out

by Caroline J. Cederquist, MD

We can stop wondering. It looks like an olive a day is really what keeps the doctor away, or the oncologist, at least. While I've often lauded the virtues of the Mediterranean diet, and cited its many apparent

health benefits, I've had to acknowledge that scientists hadn't really put a collective finger on what it was about that diet that makes it so good for us.

But at least where cancer prevention is concerned, now they have. It seems the oleic acid in all that olive oil suppresses cancerous cell growth.

When I talk about the Mediterranean diet, that's "diet" with a small "d." I don't mean some fad or hotly marketed weight-loss program, but rather, just the array of fresh fruits, vegetables, seafood, whole grains, olive oil, nuts, beans, and a little vino that is the traditional fare of Mediterranean folks.

With that sort of fare, you can see easily enough why it would generally be a pretty healthy way to eat. The Mediterranean diet is strongly associated with extended life span and reduced risks for mortality from any cause, as well as reducing the risks for heart disease and cardiovascular problems, obesity and even breast cancer.

But scientists just didn't know why.

Now a team at Northwestern University says it's the oleic acid in all that olive oil.

Yep. Every time you shake a little extra virgin on your salad or dip a piece of antipasto in it, you're practicing a bit of very specific preventive medicine. It appears that oleic acid suppresses the function of oncogenes, the genes that cause regular cells to mutate and grow into tumors, instead of what they're supposed to be.

About a million women every year are diagnosed with breast cancer, which accounts for about 1.6 percent of all female deaths annually worldwide.

And there's an oncogene called HER-2/neu that is found in about 30 percent of all



Caroline J. Cederquist, MD

breast cancer patients. Dr. Javier Menendez, of Northwestern University Feinberg School of Medicine, said his team has determined that oleic acid blocks the action of the HER-2/neu oncogene.

In controlled studies of breast cancer cells, Menendez and his team explored just how it is that oleic acid worked on those cells. They were able to determine that oleic acid regulates the HER-2 oncogene, considered the most significant in breast cancer. While important advances in early detection mean that the prognosis for most discovered breast cancers is very good today, breast cancer patients with HER-2/neu tumors suffer from an aggressive form of the disease, and don't have as positive a prognosis.

But the olive oil discovery may offer a double benefit for these women. Menendez' team also found that oleic acid not only suppressed the action of the oncogene, it also improved the effectiveness of a popular breast cancer drug called Herceptin. Even though oleic acid works against the oncogene in a different way than Herceptin, it nevertheless enhanced the drug's own effectiveness.

That's not the only new look into Mediterranean eating lately. While all that work was underway focusing on oleic acid, another recent study of Europeans aged 70 to 90 found that those who stuck most closely to the Mediterranean diet had a 23 percent lower chance of dying during the 10-

year period of the study.

Now, these were folks who were on in years to begin with, much like the demographic of Southwest Florida. Anything that could offer a 23 percent differential in death rate at that age deserves a little respect.

But the news only gets better. When they combined that diet with a little exercise, participants in the European study found they lowered their risk another 35 percent. And a moderate alcohol intake lowered it yet again, by another 22 percent.

Now this isn't license to go out and fill up on olive oil and chianti. Please note that this was moderate alcohol intake, and the folks were participating in these studies with controlled portions and limitations on their choices.

If you're going to try to start eating Mediterranean, you can't just load all these excellent foods in on top of whatever you're already eating. And pouring olive oil over it won't help either. You have to make a tradeoff, because even if the olive oil itself is beneficial, too much of a good thing usually means diminishing returns on its benefits. Olive oil is still very high in calories and weight gain is a risk for anyone who isn't reasonable and prudent.

Remember that if you're trying to maintain a healthy weight, it's a zero sum game. If you're going to add something in to your regular diet, even something very good, something else has to go so that you can keep your overall calorie counts level.

So by all means, bring in the olive oil dip for those sliced veggies, but simply put away the mayonnaise.

Through Thick & Thin

The facts are in, and olive oil is your hero when it comes to protecting against breast cancer. So add some to your cooking, or use a bit for dipping.

But remember that even if it comes with distinct benefits, it's still a fat, and a very high-calorie foods, so it should be taken in small doses.

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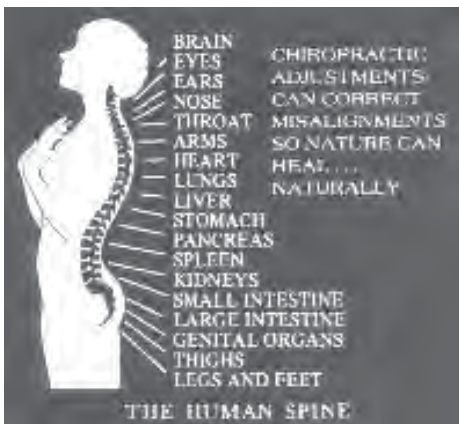
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Asthma Education Classes offered at Parkview

Parkview Medical Center, along with sponsors Asthma and Allergy Associates and Steps to a Healthier Colorado, are proud to offer two creative and informative Asthma Education classes. The goal of these asthma educational opportunities is to learn how to manage, prevent and control asthma symptoms.

The first class, *Huff & Puff: The Children's Asthma Program*, teaches children age four to ten about asthma through games,

music, creative play and dialogue. Children learn how to take an active role in their care. Children are treated to a performance from two fun-loving puppets named Huff and Puff. Puff has had asthma for a long time and has learned how to control it.

Huff has just been diagnosed with asthma and doesn't know what to do. So Puff teaches Huff the Five-Step Plan of asthma management. Classes will be held on May 9, Sep 19

and Nov 14. Classes are from 4 - 6 pm. The cost of the class is \$10 per family, per session. All materials and dinner is included in the price and babysitting is also available.

The second class, *ASTHMA 101*, is for all ages and teaches the entire family the basics about asthma, respiratory anatomy, peak flow meters, triggers, medications, management and more. This class is recommended for adults with asthma and

parents of parents of children with asthma. Classes will be held on May 2, Sep 12, and Nov 7. Classes are from 5 - 8 pm, with registration and dinner from 5 - 5:30 pm. The cost of the class is \$10 per family per session. All materials and dinner is included in the price and babysitting is also available.

For more information on asthma educational classes at Parkview, please call (719) 584-4641.

Lifestyle changes can help older Hispanics manage diabetes

Diabetes is one of the most serious health issues facing older Hispanics in the United States. On average, Hispanic Americans are almost twice as likely to have diabetes as non-Hispanic whites and to develop complications such as heart disease, high blood pressure, blindness, and kidney disease. Diabetes is the fourth leading cause of death among Hispanics age 65 and older. The good news is that careful control of blood glucose, blood pressure, and

cholesterol can help prevent or delay diabetes and its complications.

Type 2 diabetes is the most common form of diabetes in older Hispanics. This type of diabetes tends to run in families, but other factors add to the risk. For example, being over-weight and inactive can sometimes lead to diabetes in people who are at risk.

Diabetes can be prevented in people who are at increased risk and even in those who have a condition called pre-

diabetes. People with pre-diabetes have blood glucose levels that are higher than normal but not yet high enough for a diagnosis of diabetes. They are more likely to develop diabetes within 10 years and are more likely to have a heart attack or stroke. People with pre-diabetes can sharply lower their chances of developing diabetes through modest weight loss with diet and exercise. Changes in diet and exercise also are effective in curbing the development of

diabetes in older people.

The National Institute on Aging (NIA) is offering a free fact sheet in Spanish with information on preventing, detecting, and treating diabetes. To order a free copy of *La diabetes en las personas mayores: una enfermedad que usted puede controlar*; call 1 (800) 222-2225 weekdays between 8:30 am and 5 pm Eastern time.

You also can order this and other Spanish publications on healthy aging on the NIA website at <www.nia.nih.gov>

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

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COMMUNITY NEWS

Residents encouraged to apply for available energy assistance

Colorado residents who are having difficulty paying their energy bills are encouraged to apply immediately for millions of dollars available in LEAP funding before Apr 30, when the state's largest energy assistance program will close for the season.

The Colorado LEAP program recently received an additional \$29 million from the federal and state governments to help more state residents than ever before pay down record-high energy bills.

"By the end of the season, we expect to have approved about 105,000 households for assistance, which is by far-and-away a record," said Glenn

Cooper, Colorado LEAP program manager.

"And with bills so high, the average benefit is considerably higher this year compared to last. That's why the extra funding is so desperately needed."

In order to benefit from the extra funding, residents need to apply for LEAP before the program closes this year. As is the case every year, the Colorado LEAP program will be closed from May 1 - Oct 31, opening again for the 2006-07 heating season on Nov 1.

During the months LEAP is closed, the only help available in the state for families, seniors and disabled residents

struggling to pay energy bills and avoid shutoffs is through non-profit organization Energy Outreach Colorado, which relies on donations and grants for funding.

Since Nov 1, 2005, the Colorado LEAP program has distributed nearly \$43 million, an increase of about 75 percent compared to last year. The average benefit for each recipient has been \$423, which is 57 percent higher than last year.

During the same time, Energy Outreach contributed \$2.15 million to LEAP, and distributed an additional \$1.7 million across the state to help about 5,500 residents struggling to pay energy bills.

These residents either did not qualify for LEAP, or received a LEAP benefit that was too small on its own to avoid a shutoff. Energy Outreach plans to contribute a total of \$6.15 million for energy assistance through Sep 30, 2006.

"Just like the LEAP program, Energy Outreach has seen record-high need, and distributed record-high funding," said Skip Arnold, executive director for Energy Outreach Colorado.

"But we're still concerned that we've seen only a fraction of the Colorado residents who qualify for help actually step forward to ask for it."

Energy Outreach Colorado is

open year-round to help struggling Coloradans pay energy bills.

But Arnold encourages those who are struggling to afford energy to apply for assistance now through the LEAP program before it closes.

Residents needing assistance can call toll-free 1-866-HEAT-HELP (1-866-432-8435) to receive a LEAP application.

Those able to help neighbors in need pay energy bills and avoid shutoffs during the summer are encouraged to make a tax-deductible donation to Energy Outreach Colorado by calling the hotline or accessing the organization's website at www.EnergyOutreach.org



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Cruz Cont. from page 1

mechanisms and has great behavioral, ecological and evolutionary significance."

Cruz also supervises a long-term monitoring project on the impact of urbanization on songbird biodiversity on the Colorado Front Range.

"This work has been particularly gratifying because of student involvement - there have been more than 15 publications from this project written by student authors," Cruz said.

Cruz' projects have been funded by the National Science Foundation, the National Academy of Sciences, the National Geographic Society and the City and County of Boulder. He has trained and mentored the research of 38 graduate students and more than 300 undergraduate students at CU-Boulder, earning teaching honors including the First Briggs Mentoring Award, the Boulder Faculty Assembly Teaching Award, the Boulder Campus Advising Award and the Equity and Excellence Award.

"To me, the most outstanding

quality about Alex - something that goes beyond his many other qualities as an educator - is his undying compassion in mentoring undergraduate students as he guides them through their research projects, many of which result in publications," said ecology and evolutionary biology Associate Professor Mel Cundiff.

"Along with many colleagues, I have wondered where Alex has found the time and energy that he devotes to his students," said biology Emeritus Professor Carl Bock. "It has been extraordinary."

Cruz' extensive university service includes membership on CU-Boulder's Marshall and Rhodes Scholarship Committee and the Chancellor's Fellowship Committee. He also serves as an Undergraduate Research Opportunities Program mentor and associate curator of the University of Colorado Museum.

From 1990 to 2000, Cruz served as assistant and associate dean of the Graduate

School. His work on diversity issues helped the Graduate School earn CU-Boulder and CU system diversity awards.

"Alex himself is from a Puerto Rican family, growing up in New York, and is bilingual in Spanish and English, which has proved to be a powerful aid in his mentoring of minority students," said biology Professor Harvey Nichols.

Cruz earned his bachelor's degree in 1964 from the City University of New York and completed his doctoral degree in 1973 at the University of Florida.

The Hazel Barnes Prize was established at CU-Boulder in 1991 to recognize the enriching relationship between teaching and research. The \$20,000 award is the largest single faculty prize funded by the university and is named in honor of philosophy Professor Emerita Hazel Barnes. Noted for her interpretations of the works of French philosopher Jean Paul Sartre, Barnes taught at CU-Boulder from 1943 to 1986.

Columbine Memorial Cont. from page 1

Foothills Park & Recreation District to present a benefit concert at Clement Park this summer to raise funds for the Columbine Memorial; the date and other details are still being finalized.

If the \$50,000 pledged is matched, funding for the Memorial will reach a total of \$1,155,000 leaving only

\$345,000 to be raised to complete the project. Recent community efforts including sales of Columbine pins, a golf tournament scheduled for May 8, and sales of paper Columbines have sparked renewed interest in the memorial project.

A formal groundbreaking is now scheduled for Apr

29.....seven years after the April 1999 shootings.

The Memorial is intended to inspire thoughts of remembrance, reflection and healing. Donations can be made through the website, and more information about the Memorial can be found at www.columbinememorial.org

Anorexia Continua de página 5

60 mg/día por espacio de 16 a 18 semanas, experimentaron una reducción de los síntomas, y una menor propensión a padecer una recaída al final del

primer año. La CBT, ofrecida individualmente o en grupo, así como la psicoterapia interpersonal, también demostraron efectividad en la

reducción de los síntomas principales de la bulimia nerviosa, el apetito compulsivo y las purgas, así como en el

Continúa página 19

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Coronado

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The balcony at the top of the stairs also overlooks the family room and pool area. Upper bedrooms share a bathroom that has a pocket door between compartments, allowing privacy for two people at once. The arched window in the front bedroom forms an alcove, ideal for a desk or window seat. The back bedroom has a built-in desk. Items dropped down a chute in the large linen closet at the top of the stairs land on the washing machine in the utility room below.

In the kitchen, a U-shaped counter nestles into its own bay. A large window brightens the nook. Other features include: an eating bar, walk-in pantry, and built-in oven, microwave, cook top and

dishwasher. A pocket door provides full separation between the dining room and kitchen.

Sliding glass doors in the dining room open onto a screened porch, for outdoor dining. The living room is huge, and this quiet zone also serves as a buffer between the active family living areas and the secluded owners' suite.

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Anorexia Continua de página 18

alivio de los síntomas psicológicos de ese trastorno. Sin embargo, se desconocen la extensión óptima del tratamiento y la mejor estrategia para mantener los beneficios de salud.

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