

Hispania News

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ENTERTAINMENT



The Three Burials of Melquiades Estrada
page 9

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Peace Officers of the Pikes Peak Region Memorialized



Nineteen Officers that have fallen in the line of Duty were honored with ceremonies at America the Beautiful Park. Participating were representatives of CSPD, EPSO, Manitou Police, Fountain Police, CSP, and USAF and US Army.

The State of American Public Opinion on Immigration in Spring 2006

The debate over immigration reform grew in intensity after the US House of Representatives passed an enforcement bill last December, the US Senate began to take up the issue in the spring and immigrant advocates took to the streets across the country. This fact sheet offers a review of findings on immigration from some of the major public opinion polls taken since January.

Although these polls pose questions in different forms, they cover some of the same topics. Looking at this body of data as a whole indicates that the American public has generally consistent views on the flow of immigrants and the major policy options under debate. The polls do not suggest major shifts in public opinion over the spring as a

result of either the immigrant marches or the policy debate with one important exception: The share of Americans who see immigration as a major problem has been increasing

rapidly and the growing concern is especially notable among Republicans.

How serious a problem is illegal immigration?

A significant majority of Americans see illegal immigration as a very serious problem and most others see it at least as a serious problem.



New York Times/CBS News Poll, May 4-8, 2006 (How serious a problem do you think the issue of ILLEGAL immigration is for the country right now: very serious, somewhat serious, not too serious, or not at all serious?)

- Very serious: 59%
- Somewhat serious: 30%
- Not too serious: 9%
- Not serious at all: 2%

FOX News/Opinion Dynamics Poll, April 25-26, 2006 (How serious a problem do you believe the illegal immigration situation is in the United States today? Do you see it as a very serious problem, somewhat serious, not very serious or not at all a serious problem?)

- Very serious: 63%
- Somewhat serious: 28%
- Not very serious: 5%
- Not serious at all: 2%

Cont. on page 6

Militariza Bush la frontera al gusto de conservadores

El presidente George W. Bush ha ofrecido un mensaje a su nación anunciando que desplegará miles de elementos de la Guardia Nacional en la frontera con México, en un intento por complacer a sus bases conservadoras a cambio de que permitan la aprobación de una limitada reforma migratoria.

El anuncio podría provocar una mayor polarización del debate dentro de la cúpula política por la respuesta de repudio de las grandes coaliciones del movimiento inmigrante.

En el mensaje de 17 minutos, transmitido en vivo por televisión a nivel nacional, Bush reiteró su propuesta de una reforma migratoria "integral", con inclusión de un programa de trabajadores temporales y un proceso para legalizar una parte de la población inmigrante indocumentada, pero el énfasis fue sobre medidas para imponer el control de la frontera y del flujo indocumentado.

Señaló que "el debate sobre migración ha llegado a un momento de decisión: primero, Estados Unidos tiene que asegurar sus fronteras... Nuestro objetivo es claro: la

frontera debe estar abierta para el comercio y la inmigración legal, y cerrada a inmigrantes ilegales, como también para criminales, narcotraficantes y terroristas".

Admitió que a pesar de incrementar fondos para la seguridad fronteriza en 66 por ciento, y promover una expansión de la Patrulla Fronteriza de 9 mil a 12 mil

agentes, "aún no tenemos el control pleno de la frontera. Esta noche llamo a que el Congreso otorgue financiamiento para mejoras



dramáticas en personal y tecnología en la frontera".

Bush anunció que "en coordinación con los gobernadores, hasta 6 mil miembros de la Guardia (Nacional) serán desplegados en nuestra frontera sureña", durante un periodo de "transición", mientras se capacitan otros 6 mil agentes de Patrulla Fronteriza en los próximos años y se aplica más

tecnología, equipo de vigilancia y se construyen algunas bardas.

El envío de la Guardia Nacional, dijo, se realizará durante un periodo "inicial" de un año. Según fuentes de la Casa Blanca, este despliegue comenzará a principios de junio.

Bush aseguró que "Estados Unidos no va a militarizar la frontera sureña. México es nuestro vecino y nuestro amigo. Continuaremos trabajando cooperativamente para mejorar la seguridad a

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Girl Scouts recognized at County Commissioners meeting



Back row: Commissioner Jim Bensberg, Commissioner Wayne Williams, and Commissioner Dennis Hisey Front row: Sloan Moore, Jillian Hall, Jessica Rodriguez, Carissa Sublette, Ashley Gilmore, Commissioner Sallie Clark and Marty Lockhart (Program/Membership Specialist with the Girl Scouts Wagon Wheel Council of Colorado Springs)

The El Paso County Commissioners recognized 12 very hard working Girl Scouts. The commissioners passed a resolution recognizing the Girl Scout Gold Award recipients and proclaiming June 6 as Girl Scout Gold Award Day.

The Gold Award is the highest a Girl Scout can achieve.

To receive the award, the scout must complete a minimum of 30 hours in a leadership position, 15 hours of community service, four interest projects, and a Girl Scout Gold Award Project of her own initiation that adds at least an additional 50 hours of work.

"I congratulate these girls for

their tremendous effort in community involvement," said Commission Chair Sallie Clark. "These young women are wonderful role models for our younger generations. Having been involved as both a Brownie and a Girl Scout, I know personally the commitment it takes to receive a Gold Award.

This is truly an exceptional accomplishment and our Board is proud to honor their hard work," she added.

The Board recognized the following scouts for earning their

Cont. on page 18

Let's Go Fishing of Pueblo

Volunteers are needed for Let's Go Fishing Seniors of Pueblo, a non-profit corporation dedicated to Senior Citizen Fishing Outings on Lake Pueblo. Many seniors in the Pueblo area do not have the money, equipment or the chance to go fishing. We hope to take as many as possible out on the lake all summer long.

We can supply the boat, poles, bait, snacks and beverages but we need volunteers to assist seniors on Lake Pueblo. LGF services are available to seniors in the Pueblo area at no cost, giving back to those, who gave so much to us.

We are currently seeking donations for operational funding. All donations are tax deductible- money, supplies and equipment. For more information, contact Alfonso Garcia at (719) 547-1267 or email <letsstofishingsr@aol.com>

Johnny and Barbara Garcia celebrate 40th Anniversary



Colorado Springs couple Fred "Johnny" Garcia and Barbara Alaina (Larsen) were married in Plainfield, NJ on May 7, 1966. Johnny and Barbara are President and Vice President of B&J General Contractors, Inc and Kitchens and Baths by B&J.

They have three children, Gina, Anthony and Alaina; and seven grandchildren, Jordyn, Alyssa, Shelby, Bailey, Mitchell, Tristan and Dante. They celebrated their 40th wedding anniversary with their family.

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COMMUNITY NEWS

Militariza Continúa de página 1

ambos lados... para enfrentar problemas comunes del narcotráfico y crimen y reducir la inmigración ilegal".

El presidente subrayó que las tropas sólo serían empleadas provisionalmente para apoyar operaciones de la Patrulla Fronteriza y otras agencias encargadas de la seguridad en la frontera sur, y no participarán directamente en las actividades policíacas realizadas por la *Border*.

A la vez, anunció otra medida de seguridad por la que las fuerzas de seguridad locales y estatales ahora también participarán directamente en funciones de control de migración. Dijo que se incrementará el financiamiento federal para que autoridades estatales y

locales ayuden a la Patrulla Fronteriza a detener inmigrantes indocumentados. Esto implica un cambio significativo, ya que, hasta ahora, a policías y agentes de seguridad pública locales y estatales no se les había otorgado la autoridad legal para ejercer funciones de control migratorio.

Los "oficiales de seguridad pública estatales y locales son un recurso importante, y son parte de nuestra estrategia para asegurar nuestras comunidades fronterizas", anunció.

El presidente se refirió a los esfuerzos por agilizar la detención y deportación de indocumentados, y a la creación de un sistema de verificación de documentos,

incluyendo una nueva credencial de identidad para cada trabajador inmigrante legal, dotada de "tecnología biométrica", entre otras medidas.

Después de establecer la seguridad fronteriza como prioridad, el jefe de la Casa Blanca reiteró su apoyo a un programa de trabajadores temporales, al subrayar que cada persona que participe en este programa tendría que regresar a su país de origen al concluir su estadía. Junto con esto, refrendó su apoyo a un proceso de legalización limitada para un sector de los indocumentados que han permanecido en el país durante varios años y que cumplan con ciertos requisitos y paguen multas, impuestos y aprendan inglés, pero rechazó que sea una "amnistía".

Reconoció las movilizaciones pro inmigrantes en las ciudades del país,

como también esfuerzos antimigrantes en la frontera sur, y llamó a la cordura. "Estados Unidos necesita conducir este debate sobre migración con un tono

Bush intentó complacer a este grupo, previendo que obstaculizará la aprobación de cualquier reforma, aunque sea limitada. Líderes del Senado han señalado que esperan



razonado y respetuoso." Instó al Senado a actuar antes de fin de mes, negociar con la Cámara y enviar un proyecto para que lo promulgue en ley. Insistió en que el proyecto debe ser "integral", ya que "todos los elementos de este problema se tienen que abordar en conjunto".

Pero el objetivo político del anuncio del envío de tropas y mayor participación de autoridades locales y estatales en establecer el control fronterizo es obvio: tratar de convencer a las filas conservadoras de su propio partido a apoyar su propuesta de reforma migratoria.

Al reanudarse hoy el debate sobre propuestas legislativas para una reforma migratoria en el Senado, un influyente sector republicano en ambas cámaras insiste en que no aprobará ninguna medida para la legalización de inmigrantes indocumentados, o un programa de trabajadores huéspedes, hasta que se aborde el asunto de la seguridad fronteriza. Con su anuncio,

poder aprobar un proyecto de ley antes de fines de este mes.

Sin embargo, el anuncio sobre tropas provocó nuevas críticas de legisladores y agrupaciones pro inmigrantes y podría polarizar aún más el debate sobre migración que ha dividido al país y al partido del presidente Bush.

El líder de la mayoría en el Senado, Bill Frist, como muchos legisladores conservadores, apoya la iniciativa presidencial y ha reiterado que "primero necesitamos asegurar la frontera", ya que hasta el momento "nada ha funcionado" y por lo tanto debe considerarse la opción militar. Pero algunos de sus colegas, notablemente el republicano Chuck Hagel, junto con varios senadores demócratas, expresaron su preocupación de que la Guardia Nacional y las fuerzas militares ya están demasiado extendidas y agotadas por la guerra en Irak y Afganistán, como también por sus

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NOTICIAS EN ESPAÑOL

¡Vamos al mundial!

Hasta hace pronto, el Super reconocido Bowl y la Serie Mundial deportivo

mantuvieron una plaza fuerte en el mercado deportivo de los Estados Unidos. Pero ahora un nuevo contendor ha ingresado a la competencia: La Copa Mundial. Su popularidad se ha



extendido a través de los Estados Unidos, uniéndose al fervor latinoamericano por este gran evento. El

comentarista de Univisión Fernando Fiore lleva a los aficionados detrás de bastidores, ofreciendo las herramientas necesarias para seguir de cerca La Copa Mundial 2006 en Alemania.

¡Vamos al Mundial!: *Todo Lo Que Necesitas Saber Para Llegar*

A La Final (Rayo; Mayo 9, 2006; \$14.95, pasta blanda) echa una mirada al pasado y al presente del Fútbol para preparar a los

aficionados para el Mundial 2006 en Alemania. Deteniéndose brevemente en la historia de la Copa, ¡Vamos al Mundial! incluye además datos sobre los jugadores más sobresalientes, los equipos a seguir, e incluso ofrece un componente interactivo que permite a los aficionados seguir la actuación de cada equipo.

¡Vamos al Mundial! ofrece la mirada de un conocedor a uno de los espectáculos deportivos de mayor audiencia. Su mezcla perfecta entre información y entretenimiento producen un vínculo directo entre los aficionados y la euforia.

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12 ciudades y estadios anfitriones de la Copa Mundial de este año, Fiore ofrece una perspectiva única para el evento, incluyendo además una sección especial de viaje para aquellos que planean hacer el recorrido a Alemania. **ACERCA DEL AUTOR**

Fernando Fiore brinda su personalidad de anfitrión de televisión en ¡Vamos al Mundial!

Fiore es una de las caras más reconocidas en la comunidad hispana y representa la imagen deportiva de Univision.

Su sentido del humor, sus conocimientos deportivos y su encanto natural, ha convertido su programa "República Deportiva", transmitido en más de 70 países, en uno de los más vistos y exitosos programas deportivos de la televisión de habla hispana. Con tres premios Emmy bajo su brazo, la creciente popularidad de Fiore lo ha hecho merecedor de la posición de comentarista oficial de los eventos deportivos, incluyendo la Copa América y los Juegos Panamericanos.

Militariza Continúa de página 4

operaciones de rescate durante los huracanes en el Golfo de México.

A la vez, algunos legisladores conservadores se quejaron de que son muy pocas tropas, y uno dijo que se necesitaban hasta 48 mil hombres. Mientras tanto, el representante Tom Tancredo, líder del grupo antirreforma migratoria, denunció que el Senado simplemente está promoviendo una "amnistía", lo cual llevaría a un "choque con la Cámara".

Por otra parte, el anuncio provocó alarma entre agrupaciones pro inmigrantes a lo largo del país. La recién

constituida Alianza Somos América, con más de 40 organizaciones, entre ellas coaliciones de defensa de migrantes, sindicatos, grupos comunitarios y religiosos y agrupaciones latinas, está formulando una respuesta al mensaje de Bush, que esperan difundir por la radio *hispana* a lo largo del país, repudiando el envío de tropas a la frontera.

Antonio González, presidente del Instituto William C. Velásquez y líder latino nacional, declaró a *La Jornada* que "la propuesta del presidente Bush de desplegar miles de efectivos de la Guardia Nacional demuestra

una vez más el fracaso absoluto de su gobierno de entender las políticas y las soluciones" para este tema.

En entrevista desde Los Angeles, González afirmó que "el desprecio de Bush por la comunidad latina y por México, no podría quedar más claro en esta maniobra para intentar aplacar a su base fanáticamente antimigrante y extremista".

González pronostica que esto "radicalizará" el debate entre el movimiento pro inmigrante, causará una reacción "nacionalista" entre los mexicanos en ambos lados de

Continúa página 6

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NEGOCIOS-BUSINESS

American Public Opinion

Cont. from page 1

Time Magazine Poll, March 29-30, 2006 (Turning to problems with illegal immigrants entering the United States — How serious a problem is illegal immigration into the United States: extremely serious, very serious, somewhat serious, or not very serious?)
 Extremely serious: 32%
 Very serious: 36%
 Somewhat serious: 21%
 Not very serious: 8%
 Quinnipiac University,

February 21-28, 2006 (How serious a problem is illegal immigration into the United States: a very serious problem, a somewhat serious problem, not too serious a problem or not a problem at all?)
 Very serious: 57%
 Somewhat serious: 31%
 Not too serious: 9%
 Not a problem: 2%

Do illegal immigrants take jobs away from Americans or do they take jobs Americans do not want?

A majority of Americans believes that illegal immigrants are taking jobs Americans do not want. The share believing that illegal immigrants are taking jobs away from American workers is less than 40% in all the polls reviewed.

New York Times/CBS News Poll, May 4-8, 2006 (Do you think illegal immigrants coming to this country today take jobs away from American citizens, or do they mostly take jobs Americans don't want?)

Take jobs away: 36%
 Take unwanted jobs: 53%
 FOX/Opinion April 25-26, 2006 (Some people say that illegal immigrants are mainly

doing low-paying jobs that US citizens don't want.

Other people say that illegal immigrants are taking jobs away from U.S. citizens. Which is closer to how you feel?)

Take jobs away: 34%
 Take unwanted jobs: 47%

ABC News/Washington Post Poll, April 6-9, 2006 (Overall do you think illegal immigrants take jobs that other people want, or take jobs that other people don't want?)

Take jobs that other people want: 29%

Take jobs that other people don't want: 68%

Time Magazine Poll, March, 29-30, 2006 (Do you think that people who are here illegally are taking jobs from United States citizens, or are they mostly taking jobs that U.S. citizens do not want or cannot do?)

Take jobs away: 35%
 Take unwanted jobs: 55%

Associated Press/Ipsos March 28-30 2006 (Which comes closest to your view? Illegal immigrants take jobs that Americans don't want. Illegal immigrants take away jobs that are wanted by Americans.)

Take jobs away: 29%
 Take unwanted jobs: 65%
What should be done with illegal immigrants?

Several proposals are now before Congress for dealing with the estimated 11.5 to 12 million unauthorized migrants now living in the United States.

A majority of Americans appears to favor measures that would allow illegal immigrants to remain in the country either as permanent residents and eventual citizens or as temporary workers who will have to go home eventually.

When those options are presented, only a minority favors deporting all illegal immigrants or otherwise forcing them to go home.

Los Angeles Times, April 21-27, 2006

1) One proposal is to create a guest worker program that would give a temporary visa to non-citizens who want to work legally in the United States. Do you support or oppose this?

Support: 64%
 Oppose: 18%
 Don't know: 18%

2) One proposal would allow unauthorized immigrants who have been living and working in the United States for a number of years....to start a path to citizenship by registering that they are in the country, paying a fine, getting fingerprinted and learning English, among other requirements. Do you support or oppose this?

Support: 72%
 Oppose: 15%
 Don't know: 13%

USA Today/Gallup, April 7-9, 2006 (Which is closest to your view about what government policy should be toward illegal immigrants....

Should the government deport all illegal immigrants back to their home country, allow illegal immigrants to remain in the United States in order to work but only for a limited amount of time, or allow illegal immigrants to remain in the United States and become U.S. citizens but only if they meet certain requirements over a period of time?)

Deport all: 18%
 Remain for a limited time: 17%
 Remain if meet requirements: 63%

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Militariza *Continua de página 5*

la frontera, mientras que algunas agrupaciones latinas, dispuestas a negociar bajo casi cualquier condición, intentarían ofrecer una interpretación supuestamente pragmática de cómo esto ayudara a lograr un acuerdo legislativo.

La Alianza y otros grupos han convocado a un día nacional de cabildeo este miércoles, cuando organizaciones de todas partes del país enviarán mensajes por tarjeta postal, correo electrónico y llamadas telefónicas, mientras que se espera la llegada de miles a la capital para realizar visitas y así inundar al Congreso con la demanda de una reforma integral que incluya la legalización de los 12 millones de indocumentados y en oposición a medidas punitivas. El día culminará con una marcha y manifestación.

Flavia Jiménez, analista de políticas migratorias en el Consejo Nacional de la Raza, indicó que "el solo envío de tropas a la frontera no va a resolver el problema, y por eso necesitamos una reforma integral".

Subrayó que aunque Estados Unidos "necesita controlar la frontera", eso por sí solo no resuelve nada, como constatan los miles de millones de dólares que se han invertido en medidas de seguridad fronteriza a lo largo de los últimos 10 años.



"Si es un juego político o algo por el estilo, no lo sabemos", comentó. Acerca de las tropas dijo: "Simplemente no es solución". Esta semana arranca de nuevo el gran debate sobre la reforma legislativa de la migración, en el cual el Senado intentará llegar a un acuerdo antes de fines de mes. Sin embargo, aun si logra aprobar un proyecto de ley, deberá ser negociado con la versión

aprobada por la cámara baja en diciembre, el cual sólo incluye medidas punitivas contra migrantes y quienes les presten asistencia, y medidas de control fronterizo. La maniobra de los estrategas de la Casa Blanca esta diseñada para superar los obstáculos políticos que hasta ahora han estancado la reforma, y los próximos días comprobaran si fue una movida genial o sólo generara mayores problemas para un presidente politicamente debilitado.

NEGOCIOS-BUSINESS

Hispanic C of C - Colorado Springs luncheon

The Hispanic Chamber Networking Luncheon will be Thu, May 25 from 11:30 am - 1 pm at the SilverWood Hotel & Conference Center (formerly the Park Plaza Hotel) 505 Popes Bluff Trail. Cost is \$20 for members \$25 for non-members.

Resources and the speakers will be: Carol Odell, President, Better Business Bureau, Terry Zarsky, Pikes Peak Library District, Matt Barrett, Small Business Development Center and Jim Kynor, Pikes Peak Workforce Center.

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PPCC President Garcia receives national award

Mr. Joseph A. Garcia, president of Pikes Peak Community College, has been awarded the **2006 Shirley B. Gordon Award of Distinction** by the Phi Theta Kappa International Honor Society. The Award of Distinction is the highest honor presented by Phi Theta Kappa. With this award, the society recognizes the outstanding commitment of Mr. Garcia to the community college mission of access, opportunity, and success for all students, and acknowledges his extensive support for Phi Theta Kappa and for the PPCC Alpha Gamma Alpha PTK chapter. The Award was announced at the 88th International Convention of Phi Theta Kappa in Seattle, Washington on April 21.



Mr. Joseph A. Garcia, president of Pikes Peak Community College

President Garcia is currently the Colorado Phi Theta Kappa Presidential Ambassador. Nominated by PTK Alpha Gamma Alpha Chapter members at PPCC, Garcia was especially commended for his guidance, encouragement and participation in PTK activities and service projects. "He continually supports our diverse philanthropic projects by offering his time and resources," says Erin Grant, Chapter president. "He twice offered to drive more than 600 miles to a Navajo reservation school and participate in our mentorship program there. He encourages us to do our best for the school and the community and we are motivated by his continued and specific support."

Year by the State Student Advisory Council, and the NAACP selected him as the **Higher Administrator of the Year**. He serves on the Board of Directors of the YMCA, Goodwill Industries, and the Total Catholic Education Board, and has just been appointed by the Governor as chair of the Board of Directors for the Colorado Housing and Finance Authority. He is involved with the Pikes Peak Workforce Center and has been appointed by the Mayor to the Colorado Springs Global Affairs Council.

(CSU), and was appointed by the White House as the secretary's representative for the Rocky Mountain Region of the US Department of Housing and Urban Development. He was executive director of the Colorado Department of Regulatory Affairs in 1993 during Governor Roy Romer's administration. Garcia earned his juris doctorate from Harvard Law School and a bachelor of science from the University of Colorado at Boulder.

Prior to becoming president of PPCC, Garcia was government affairs manager for Colorado Springs Utilities

The Award of Distinction is named after Dr. Shirley B. Gordon, chairman of the Phi Theta Kappa Board of Directors and president emeritus of Highline Community College in Washington. Garcia was one of only 19 selected nationwide to receive the Award of Distinction, which is bestowed annually on college presidents, campus chief executive officers, and state community college directors. Phi Theta Kappa is the oldest, largest, and most prestigious honor society serving two-year and community colleges in all 50 of the United States, Canada, Germany, and US territorial possessions. Approximately 90,000 students are inducted annually in the Society's 1,200 chapters.

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DEPORTES

UCCS announces 2006 Volleyball recruiting class

In 2005, University of Colorado at Colorado Springs volleyball coach Jessica Wood raised eyebrows with her first recruiting class by signing two NCAA Division I transfers and three highly regarded freshmen. Because of that initial success, perhaps rival Rocky Mountain Athletic Conference coaches will be a bit less surprised when they learn that Wood's 2006 class includes – you guessed it – two Division I transfers and three highly regarded freshmen.

The Mountain Lions announced their 2006 volleyball recruiting class Tuesday. To an already strong team, UCCS has added Division I transfers Brooke

Akers (Air Force) and Monique Blando (Alcorn State), plus freshmen Heidi Fehringer, Cortny Weedman and Lauren Orth.

"This class is quite comparable to last year, if not a more athletic class," said Wood. "Overall, this group is fast, explosive and strong. These girls are gamers; they'll help raise the level of the entire team."

That athleticism begins with Akers, who led the Division I Air Force Falcons in kills (330), hitting percentage (.228) and blocks (92) this past season. Although standing 6-foot-2, the junior possesses outstanding lateral speed and is an explosive jumper.

"Brooke is a huge offensive force," said Wood. "She's very, very fast. I expect her to be putting up some major block. She's strong, she's steady and she reads very, very well."

Also coming for a Division I program is Blando, a 5-foot-7 outside hitter/defensive specialist from Alcorn State. Blando was a force for the Lady Braves as a freshman in 2005, finishing second on the team in kills (148), hitting percentage (.200) and blocks (40) and third in digs (138).

When Wood touts the newcomers' athleticism, she can point to incoming freshman Heidi Fehringer. The 6-foot middle blocker from American Falls, Idaho, was recruited to play collegiately in three sports after averaging

10.3 points, 6.8 rebounds and 2.2 blocks as a basketball player and posting conference-best marks as a track athlete in the 200-meter dash, high jump, long jump and triple jump. That quickness and leaping ability translates well to volleyball, where she could develop into a dominant force at the net.

To replace departed setter Jocelyn Evans, Wood brought in a player with Mountain Lion bloodlines in Cortney Weedman, the sister of UCCS outside hitter Andrea Weedman. The younger Weedman led Cactus Shadows High School in Scottsdale, Ariz., to its first Class 4A Division II championship in 2005 and earned second-team All-Arizona honors in the

process.

Rounding out the recruiting class is a Pikes Peak Area player, Lauren Orth from Falcon High School. Orth, a 5-foot-11 outside hitter, posted 102 kills, 87 digs, 24 blocks and 30 aces last year.

While Wood is excited about her 2006 recruiting class as athletes, she's also happy to have them representing the team as students and as citizens – key elements for succeeding in UCCS' challenging academic environment.

"They're also quality people. They've got their lives in order," said Wood. "They're disciplined and organized. The rest of the team is already that way, so this provides additional support."

24th USA Roller Sports Speed Skating National Championships

USA Roller Sports will stage its 24th Annual Outdoor Banked Track and Road Speed Skating National Championships May 26 - 31 in Colorado Springs.

This championship will showcase some of the most vibrant and dynamic inline speed skaters in the country, with athletes participating in the freshman, junior, world class and masters divisions. Spectator admission is free.

The first part of the competition will be the banked track events, which will kick off on Fri, May 26 and will finish up on Sun, May 28 at the 7-Eleven Velodrome, just five blocks south of the Olympic Training Center in Memorial Park.

The opening ceremonies will commence on May 26, and the track competition will immediately follow. The rain

date for the track competition will be Mon, May 29.

The road competition will take place at the World Arena, which is located at 3185 Venetucci Blvd in Colorado Springs. The road championships will start on Tue, May 30 and will finish up the next day on Wed, May 31. The rain date will be Thu, June 1.

The USA Roller Sports Outdoor Banked Track and Road Championships will feature some of the nations finest in inline speed skating. The best athletes from all corners of the United States will vie for a spot on the US Inline Speed Skating World Team, which will compete at the 2006 Federation Internationale de Roller Sports (FIRS) World Speed Skating Championships in Anyang City, South Korea from Sep 2 -

9. The junior and senior world teams will have 16 representatives in each class, for a total of 32 American athletes that will represent Team USA at the world championships in Anyang City, South Korea.

For more information on the 2006 Outdoor Banked Track and Road Championships, log on to

www.usarollersports.org or contact the USARS Executive Director, Richard Hawkins, at (402) 483-7551 or via email at rhawkins@usarollersports.org

USA Roller Sports is recognized by the Federation Internationale de Roller Sports (FIRS) and the United States Olympic Committee (USOC) as the National Governing Body for Competitive Roller Sports in the United States. For more information log on to www.usarollersports.org

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*according to the Official 2005 Colorado Gaming Statistics
** according to the Official 2004 Colorado Gaming Statistics
*** according to the Official 2006 Colorado Gaming Statistics

International announces new dates for '07 event

In 2007, the *International* at Castle Pines Golf Club will move from its traditional August time slot to the week of the Fourth of July, officials of the Tournament have announced. The event will be held July 2-8, 2007.

"We're delighted with the change, which we feel will provide the opportunity for all of the finest golfers in the world to play here, thereby further enriching our Tournament across the globe," said Executive Director Larry O. Thiel.

The announcement comes on the heels of PGA Tour Commissioner Tim Finchem's announcement of the Tour's new six-year television

contract with CBS Sports, NBC Sports and the Golf Channel. As always, the Saturday and Sunday rounds of The *International* will be telecast on CBS in 2007. The Golf Channel will provide coverage of



Thursday and Friday's rounds.

Last year, Finchem unveiled a new system for the Tour that includes a season-long points race leading to a playoff system comprised of three events followed by the Tour Championship, causing a restructuring of the schedule of

events for the year.

The *International* plans to hold a formal press conference later in the year to discuss further details of the date change, including the impact to the community.

"Obviously, we feel our new position on the Tour schedule is very advantageous in that we will be played at the peak of the Tour season, between two major

championships. In the months that lie ahead, we look forward to presenting the details of our new dates, including the announcement of some exciting events surrounding the fourth of July that are in the works," said Tournament Director Gregory Vickers.

ENTERTAINMENT

The Three Burials of Melquiades Estrada



Sony Pictures Classics will soon be releasing their 2005 Cannes Film Festival Winner – *Best Actor and Best Screenplay* in DVD format. *The Three Burials of Melquiades Estrada* is Tommy Lee Jones' debut as a director. The film has grossed more than \$1 million and has inspired viewers worldwide. The 2005 Cannes Film Festival has awarded Guillermo Arriaga *Best Screenplay*, as well as awarding Tommy Lee Jones *Best Actor*.

A man is shot and quickly buried in the high desert of West Texas. The body is found and reburied in Van Horn's town cemetery. Pete Perkins, a local ranch foreman (TOMMY LEE JONES) kidnaps a Border Patrolman and forces him to disinter the body. With his captive in tow and the body tied to a mule Pete undertakes a dangerous and quixotic journey into Mexico.

Guillermo Arriaga's dramatic and poetic script weaves past and present as it gradually reveals a great friendship, the lonely subterfuge of an illegal migrant's life, the cost of a promise made and kept, and culminates in the redemption of a callous if accidental killer.

The US-Mexico border has long been plagued with violence and racism, and many of the events that unfold in *The Three Burials of Melquiades Estrada* are accurate depictions of the ongoing abuse of human rights in the region. But the film offers, in its conclusion, a pure form of contrition for wrongs committed, and a striking note of empathy for the lives so changed.

DIRECTOR'S STATEMENT

The Three Burials of Melquiades Estrada is a study of the emotional, psychological, spiritual, and social implications of having an international border running through the middle of a culture.

We have used the narrative form of a journey wherein circumstances conspire to compel a hero to leave a mundane place and travel

through various other places; some of them dangerous or life-threatening, some of them humorous, some of them mysterious, all of them arduous, until ultimately, he arrives at a good place where he knows who he is and how to gracefully relate to the world around him. It's a form that's been used for thousands of years, and it serves us well in this study of social contrasts and the mechanics of faith - Tommy Lee Jones

SCREENWRITER'S STATEMENT

Above everything, *The Three Burials of Melquiades Estrada* is a story of friendship, a friendship that goes beyond borders, one that continues even after death. When Melquiades gives his most precious possession to Pete, it makes no sense at all ... until you consider their friendship. When Pete risks his life to travel to Mexico, it makes no sense at all ... until you

consider his friendship with Melquiades.

This film was born out of friendship. When I first met Tommy Lee, it was not on a set or at a studio but in his home. He had seen a film I had scripted and called me in Mexico City and invited me up to Texas for dinner. All evening long we discussed my Mexico and his Texas and the ways they differ and the ways they are the same. It's a conversation we continued months later when he invited me to meet him again. Only this time it was at his ranch in West Texas, the one featured in the film. The first time I went out there I was his guest, but by my second trip I was his friend. On my third trip there we agreed to develop this idea we had into a movie. When we did so, we did it not just as filmmakers but as friends - Guillermo Arriaga

THE CAST

Academy Award winner

Tommy Lee Jones (*JFK, The Fugitive, Men in Black*) plays Pete Perkins, a ranch foreman who employs and eventually befriends a Mexican vaquero named Melquiades Estrada, a breakthrough role for Julio Cesar Cedillo (*All the Pretty Horses, The Alamo*). Their close camaraderie ends when Mike Norton, a psychotic Border

Patrolman portrayed by Barry Pepper (*Saving Private Ryan, We Were Soldiers*), mistakenly shoots and kills Melquiades while in the field. After hastily burying his victim, Norton and his superiors cover up this crime with the complicity of Sheriff Belmont, a sexually challenged lawman portrayed

Cont. on page 18

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ENTERTAINMENT

Library programs for children in May

Summer Program for Children

History Explorers

Sat, Jun 24 - *Exploring the Museum* - Includes popular Clock Tower Tour, registrations now being accepted.

Like Lieutenant Zebulon Montgomery Pike's band of soldiers in 1806, children ages 7-12 are invited to strap on their courage and curiosity to explore their local museum with the *History Explorers* at the Colorado Springs Pioneers Museum.

This two and a half-hour program begins with an interactive introduction to the 1806 western expedition of Zebulon Montgomery Pike through artifacts, replicas, and storytelling.

The theme of preservation and being a history detective will guide the morning's adventures.

Children will have the opportunity to bring one family photo to the Museum

Archives and learn from the Archivist, Leah Davis Witherow, how to be a history detective when looking at their own or other photos.

They will learn how to preserve photos for the future, explore the gallery of Pikes Peak paintings, and do a painting themselves reflecting their own view of Pikes Peak.

The ever-popular clock tower tour will be included as well. A related game and snack will round out the morning's adventure. Registrations are now being accepted. The cost is \$10 per child per program and pre-registration is required. The programs are from 10 am - 12:30 pm.

Children registering for all four programs receive a discount. Call (719) 385-5990 for registration information or visit our web site at <www.cspm.org>

All Library programs require registration for groups of more than five. Call the library where the program is being held. For more program information, visit <ppld.org> *Children's Summer Reading Program*

Make tracks for the library this summer! Join Paws, Claws, Scales, and Tales, the 2006 Children's Summer Reading Program, from May 27 to July 31.

Children from early childhood through elementary school track their reading time, earn prizes, and explore all kinds of fun at library events. Come hear stories, make wild things, see real animals and be entertained.

Off the Chain

Join the Rockrimmon Branch in these exciting activities for children ages 10 to 14. This group will watch popular movies, play games and even dance at the library. The group will meet every Thursday from 3 to 5 pm unless otherwise noted. Thu, May 18 - screening of movie "Spirited Away" (PG), Thu, May 25 - Poetry Slam

Old Time Historical Science

Experiments

Come to the Old Colorado City Branch during Territory days and participate in this unique program for children presented by Science Matters. This lively and entertaining program will demonstrate "old time" historical science experiments and activities. Audience participation will be encouraged.

No registration is required at this free event. For more information, call (719) 634-1698. Sat, May 27 at 1 pm - Old Colorado City Branch

Mother Goose and Friends

Fantasy Forest Entertainment presents Mother Goose and her puppet friends celebrating springtime with songs, stories and more. Join in the fun as puppeteer Cathy Kelsay puts on an interactive puppet show for children ages 4 through 8.

Sat, May 20 at 10:30 am - Ute Pass Branch
Sat, May 20 at 1:30 pm -

Briargate Branch
Sun, May 21 at 1:30 pm - East Library

Thu, May 25 at 6:30 pm - Ruth Holley Branch

Sun, May 28 at 1:30 pm - Sand Creek Branch

Book Blast @ Briargate Branch with Captain Underpants

Join us as for some good clean fun in the name of "Truth, Justice, and all that is Pre-Shrunk and Cottony." Learn your superhero name, play games and take home a fun Captain Underpants craft. Perfect for children ages 8 to 11. *Hora de Cuentos/ Book Break in Spanish*

Disfruten de quince minutos de cuentos y lectura para divertirse y relajarse. Listen to stories read in Spanish and English.

Fri at 10:40 am - Sand Creek Branch. Sat, 11:15 am - East Library.

Sat at 11:30 am - Penrose Library. Sat at noon - Ruth Holley Branch

hispanianews.com

To keep up with OJC scores

The Otero Junior College Softball team will compete in the NJCAA National Softball Tournament in Plant City, Florida and will play their first game on Thursday, May 18 at 11 a.m. EST against Jefferson College.

To keep up with the scores, go to the OJC website at: www.ojc.edu and click on the link on the homepage titled: 2006 National Softball Tournament Scores !! GO RATTLERS !!

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ENTERTAINMENT

Pikes Peak or Bust Rodeo

The Pikes Peak or Bust Rodeo, again designated this year as a tour rodeo by the Professional Rodeo Cowboys Association (PRCA), will be held at the Norris-Penrose Event Center Arena from Jul 12 - 16, 2006. Shows start at 7:30 pm Wed - Sat and 1:30 pm on Sunday.

This July, the 66th annual event will be a focal point for World Champions and rising stars in the Professional Rodeo Cowboys Association PRCA as they compete to qualify for the Wrangler National Finals Rodeo (WNFR) Championship in Las Vegas.

Events include exciting rodeo action with Steer Wrestling, Bareback Broncs, Tie Down Roping, Bull Riding, Saddle Bronc Riding, Team Roping, Wild Horse Racing, Chuck Wagon Racing, the fast-paced WPRA Women's Barrel Racing, and returning the popular Wild Cow Milking.

In addition, there will be a full carnival for the whole family.

All seats are reserved and tickets are available by calling TicketsWest at (866) 464-2626 or online at: <www.ticketwest.com> or at the following locations: World Arena Box Office,



Independant Records, Citadel Mall Info Booth and all King Soopers locations.

Additional information is available at <www.coloradospringsrodeo.com>

At the Press Conference, Mayor Lionel Rivera, County Commissioner Sally Clark, and Col. Mike Rusty spoke on behalf of the Pikes Peak or Bust

Rodeo.

In addition attendees heard brief comments from members of the Pikes Peak or Bust Rodeo Board.

The Norris-Penrose Event Center will have phase-one of the construction complete in time for the rodeo.

The Event Center features an outdoor stadium, a 36,000 sq ft indoor arena, show stalls, cross country course, comper hook-ups, a shower and a rest room house for campers, and a conference room.

Located on 72 acres of beautiful western terrain at the base of Pikes Peak, the Norris-Penrose Event Center adjoins 500 additional acres with a groomed network of trails linking to the Pikes Peak National Forest with thousands of acres of open riding space.

Al Kaly Shrine Circus

The excitement is coming your way! Now, direct from Las Vegas, Nevada, the entertainment capital of the world, the Al Kaly Shrine Circus is bringing you an all new, fun filled adventure!

The event takes place in Colorado Springs at the Norris Penrose Events Center, Thu, May 25 at 5 and 7:30 pm. In Pueblo the Circus will be at the Colorado State Fairgrounds, Sat, May 27 at 2 and 7 pm and Sun, May 28th at 1:30 and 5:30 pm.

Look for your free kids tickets at your area merchants- adult tickets can be purchased 1 hour

before show times for \$16.

A Great Transformation

Your handy dandy Dictionary describes 'Transformation' as "1. a marked change, usually for the better; or 2. an act or an instance of being transformed; or 3. state of being transformed." How about all three, boys and girls, and maybe with a few choice synonyms such as 'metamorphosis' and 'adaptability' thrown in just for good measure. Well, probably the best word to describe it is breathless, for that is what you will become when you see it!

An what exactly is *it*, you ask? Well, it is only *Svetlana's Transformation*, "a Russian Souvenir," that's what. Svetlana and her partners just become a blur as they change suddenly before your eyes so quickly that if you should even blink for just one second, you will miss it. The transformations they make are just amazing; how can anybody change so fast (remember the last time you had to wait so long for your partner to get ready to go out)? Boy, these people would already be there before *you*

Cont. on page 18

"People's Choice" Philharmonic Pops

The audience has spoken and the Colorado Springs Philharmonic has listened. "Ballots" were collected all season and votes have been tallied. Maestro Thomas Wilson has programmed a concert filled with "orchestral gems" Colorado Springs audiences said they most wanted to hear.

The final Pick of the Pops

concert of the 2005-2006 season takes place on Sat, May 20, at 8 pm in Pikes Peak Center, 190 South Cascade Avenue, Colorado Springs.

This program promises to please everyone with favorites like John Williams' *Imperial March* and main title from *Star Wars*, Rossini's *William Tell Overture*, Pachelbel *Kanon*, Mozart's *Eine Kleine*

Nachtmusik, Tchaikovsky's *1812 Overture*, and opera favorites like *O Mio Babbino Caro* and *Nessun Dorma*.

Ticket prices range from \$12 - 50. Available at Pikes Peak Center Box Office, all TicketsWest outlets; by calling 520-SHOW (7469) or toll free at (866) 464-2626; online at <www.ticketwest.com>

AUTOMUNDO

The all-new Passat raises the bar again

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

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

renowned narrow-angle six-cylinder technology made its return to the Passat line-up. With the Passat's return to a transverse engine mount, Volkswagen will reintroduce a very refined and powerful version of its famous narrow-



advanced direct-injection fuel delivery system that culminates in 200 horsepower at 5,100 revolutions per minute and 207 lbs.-ft. of torque all the way from 1,800 rpm to 5,000 rpm—an extraordinary torque curve that provides

Significantly, the new Passat's base engine is upgraded to a sophisticated new four-cylinder engine

plenty of pulling power from the low end through the top.

Soon after the launch of this new 2.0T engine, Volkswagen's



2,750 rpm. Mated to this ultimate V6, as standard equipment, will be Volkswagen's refined six-speed automatic transmission with Tiptronic® and sport mode selection (no plans for a manual).

Later in the model year, version later in the 2006 model year. Both Passat sedan and wagon will offer the following choices: "Value Edition" 2.0T; a Passat 2.0T; a Passat 3.6 L; and soon a 3.6 L 4Motion®.

The launch of the new Passat in the U.S. is no small event. When it arrived on North America's shores in 1997, the contemporary Volkswagen Passat sedan and wagon essentially started the transformation of the common family-sized car market. The Passat proved that the midsize car could actually invigorate drivers and

passengers alike. It offered not only great utility, value, safety and room but also dynamic European styling, innovative



Cont. on page 13



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Volkswagen will once again offer the Passat in a wagon version as well. Both the sedan and its variant will offer a 4Motion® (all-wheel-drive)

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SALUD

Keep summer injuries on ice

National Trauma Awareness Month was initiated by Congress in 1988 in an effort to heighten national attention to trauma, and reduce the occurrence and impact of severe injuries. In 2005, fifty-five lives were lost at Memorial Health System resulting from traumas—primarily caused by

falls and motor vehicle crashes. In collaboration with The American Trauma Society (ATS) and its supporting agencies, Memorial's Trauma Center offers the following advice to ward off slips and spills over the summer. These safety tips correspond with the most common trauma cases treated at Memorial.

Window Falls:

- Do not depend on window screens to prevent children from falling!
- Move furniture away from windows; windows opened as little as five inches can be dangerous.
- Consider installing window guards on all windows.

Big Fix 2006!

You probably haven't heard of Histiocytosis, but, unfortunately, many children and families in this country have.

Histiocytosis (or Histo) is a rare and cancer-like blood disease that is 80% fatal if diagnosed in a child under 2 years old. Because of severely limited funding for research, doctors don't know what causes Histo or even how to best treat it. Many children suffer from delayed treatment or misdiagnosis. Histo is known as an "orphan disease" because it receives no government funding for research.

This is where the Big Fix comes in - a month-long cross-

Biking safety:

- Ensure children wear a helmet *correctly* when riding.
- Make sure your child's bicycle is the proper size and is in good working condition.
- Know where your kids are riding.

Scooters:

- Always wear appropriate, properly fitted gear: helmet, footwear, elbow and knee pads.
- Ride during daylight hours on smooth, paved surfaces free from traffic.

While in a car:

- Be sure all occupants are properly restrained.
- Look for Child Safety Seat Checks sponsored by local


agencies to ensure correct installation. (90% of car seats are installed improperly.)

- Wear your seatbelt!
- Focus on driving - Cell phones, stereos, too many occupants, lack of sleep can all create deadly driving mistakes. Memorial's Trauma Center is hosting the following community safety events in May:

- May 20- Car Seat Check, Hillside Community Center, 10 am - 2 pm


- May 21- *Feats of Fire For Kids* Health and Safety Day, Memorial Park, Fallen Firefighter Memorial, 12 pm - 4 pm. Contact (719) 365-6978 for more event information.

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a roller coaster effect of your blood sugar level and you have less and less control over your food choices. This erodes a healthy relationship with food because when your body is on a biochemical roller coaster, you truly cannot control your food choices."

Yet people end up putting themselves down and think they are horrible and without willpower when they feel out of control because their blood

country bike ride from Davis, CA to Boston, MA to benefit Histiocytosis research and raise public awareness about the disease.

A group of dedicated and caring riders, including doctors and Histo families and supporters will ride fixed-gear bicycles across the United States.

If you don't know what a fixed-gear bike is, let me tell you, the idea of riding across the US is no ordinary task, let alone on a fixed-gear bike! A fixed gear bike has no gears (like a 10-speed does) and there is no coasting, this means pedaling all the way - hence their motto - *Coast-to-Coast Without Coasting!*

Relationship with food? Cont. from page 15

sugar fluctuates.

Dr. Cederquist emphasizes that it's not a question of being a bad person or lacking willpower, it's a question of having a physical reaction to eating food that triggers irregularity in blood sugar levels. Dr. Cederquist counsels not to view foods as bad or wrong, but rather to focus on foods that will benefit you. Nonetheless, even while her patients are actively losing weight she encourages them to have one meal a week when they eat everything and

anything they want, including dessert. She feels it is empowering to view any food as acceptable and none as forbidden, but to keep certain foods as treats and not a regular part of your diet.

The good news is, according to Dr. Cederquist, it's absolutely possible to develop a healthy relationship with food. She's witnessed patients making the switch countless times. These patients are slimmer, healthier and happier as a result. Just like you can be!

St. Mary-Corwin to celebrate National Cancer Survivor's Day

While every day lived after a cancer diagnosis is cause for celebration, Southern Colorado cancer survivors can celebrate en masse on Sun, Jun 4 from 1 pm - 4 pm at St. Mary-Corwin Medical Center's The Reverend Roger Patrick Dorcy Cancer Center, located at 2004 Lake Ave.

The event aims to honor the strength and courage of not only current and former patients, but their families and caregivers as well. The public is invited to join in the

celebration of life after cancer.

"It's going to be really festive," Hobson says, "and appropriately poignant with many reflections and inspirational speakers. We're hoping to bring together many wonderful stories and expressions of those who have overcome their illness."

Contributors are encouraged to submit copies rather than original works, as materials will not be returned. People interested should contact Hobson at (719) 560-5460.

AUTOMUNDO

The all-new Passat *Cont. from page 12*

technology and a "real" German-bred driving experience.

Today, this same model is setting a new target for all those manufacturers who have played catch up to meet the new expectations of so many family car buyers. As expected in a modern Volkswagen, the all-new 2006 Passat has been stridently refined and moves closer than ever to perfection in its attention to detail, advanced technology, Teutonic driving qualities and uncompromising safety design and features.



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

While the dictum that "form always follows function" is an

admiration spectrum as well. Fortunately, just as more and more automakers play follow-the-leader and begin perfecting their cloning, Volkswagen's designers have breathed new passion and power into the look, ambience

and spatial presence of an all-new 2006 Passat.

Overall, the sixth Passat is by far the most skillfully refined, secure and technically advanced of any iteration before it. Befitting this progressive target for the newest B class, Volkswagen's designers harmoniously sculpted a car that is characterized with an almost avant-garde potency and class—one that is clearly muscular, but in a purposeful,

focus of a highly prepared athlete anxious for competition.

This confident stance is also seen in the new Passat's silhouette—paralleling in a contemporary way its trendsetting predecessor—

arching with functionality, beauty and a timeless tension that creates a visual balance when admiring eyes travel pleasantly from front to rear. At the car's back, one can see a classic and dynamic Volkswagen design leap that harmoniously mixes sharply tailored rear lighting with an enduring sporty and functional overall design.

The new Passat's pure exterior dimensions have broadened slightly to

accommodate, partly, a more functional and ergonomic interior. The wheelbase lengthens slightly to a new 106.7 inches versus the previous 106.4. Overall length is more dramatic: now 188.2 inches versus 185.2 before. The body is wider as well (71.7 inches as opposed to 68.7). Stability in



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

sinewy way that commands respect but in no way demands it.

The new Passat goes proudly into the busy world of modern family life with a new medallion-shaped grille accented by brilliantly clear, clean, high-tech headlight housings that exude the precision engineering and advanced production of this new leader of the family class. Its eyes, the front lights, willingly challenge the road ahead, staring it down with the

general is further enhanced with a wider track Passat layout, both at the front and rear, which measures 61.1 inches (previously 59.6).

A clear indication of the new Passat's quality foundation is its static torsion stiffness that is measured at a 57 percent higher level than its predecessor's already solid static rigidity. Dynamically, the new Passat also improves on the Passat's traditionally stiff driving tolerances that allow for a refined chassis and

subsequent ability for engineers to dial in optimum suspension settings and improvements.

The Passat's fundamentals are the tireless collaboration of designers, the R&D teams, engineers and production experts who have allowed for extremely innovative production methods and new techniques and materials. This production process is a complex array of advances, but the most dramatic contribution is achieved through the use of more high-strength, yet lighter, materials throughout and an advanced, highly automated, laser-welding system that requires a battalion of new-generation robotics and elaborate laser-measuring check points. This results in a dramatic increase in laser welded seams, and it also helps

establish a significant breakthrough in weight barriers that allow for improvements in size, the aforementioned rigid integrity of the overall chassis, and the car's new class-leading amenities.

Inside, a simple glance reveals another evolution in Volkswagen's renowned interior design and simple but unrelenting attention to detail. Residing in a new Passat is again a unique and progressive automotive experience: whether at the wheel or riding in the front or rear, the occupants find a fresh, stylish, modern design that remains strikingly simple with use of top quality materials, attention to comfort, driving and details throughout all models – from the standard trim level that

Cont. on page 18

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SALUD

Flower arrangements may be toxic to pets

Cut flowers are a popular gift and are often found in the home. However, sometimes your pet may find the flowers very tempting and quite tasty. **Listed below are 15 of the most**

popular cut flowers and their level of toxicity.

Rose: Non-toxic
Carnation, Chrysanthemum, Tulip: Mildly toxic. Chewing or ingesting the flowers can

result in vomiting, diarrhea, drooling and lack of appetite. **Eucalyptus, Baby's Breath:** Mildly toxic. Chewing or ingesting the flowers can result in vomiting and diarrhea.

Calla Lily: Mildly toxic. Chewing or ingesting the flowers can result in irritation of the mouth and throat, vomiting and drooling.

Gladiolus, Iris: Mildly toxic. Chewing or ingesting the flowers can result in vomiting, diarrhea, drooling and abdominal pain.

Daisy: Mildly toxic. Chewing or ingesting the flowers can result in vomiting, diarrhea, drooling, staggering and lack of appetite.

Lily: Severely toxic. Chewing or ingesting the flowers or any part of the plant can result in vomiting, lack of appetite and

kidney failure in cats. **Sunflower:** Non-toxic.

Bird of Paradise: Mildly toxic. Chewing or ingesting the flower can result in vomiting, diarrhea or staggering.

Daffodil: Moderately toxic. Chewing or ingesting the flower can result in vomiting, diarrhea, shivering or muscle tremors.

Hydrangea: Moderate to severe toxicity. Chewing or ingesting the flower can result in vomiting, diarrhea, lack of appetite or collapse. Since hydrangea flowers contain cyanide, ingesting a large amount can be quite serious.

Is it possible to have a normal relationship with food?

by Caroline J. Cederquist, MD

Do you sometimes feel like food is the enemy? If you're overweight, the odds are high that you view food with deep suspicion. But even if you're not overweight, you might have the same dim view. Many normal weighted people do.

Defining food as the enemy can only lead to unhappiness and problems, according to obesity experts. When you think about it, it's to your advantage to put a friendly face on food because you can't get away from it. You need food to live. Food is energy and is the fuel that runs our bodies. Food is a necessity - without it we become ill and eventually cease to live. Wanting to eat and needing to eat is not a judgment call, it's part of being human.

So what does a healthy relationship to food look like? You recognize you have a need for food and you feel good about filling that need. This contrasts to the food-as-enemy viewpoint where your self worth is determined by how little you eat.

You may be surprised to discover that someone with a healthy relationship to food can and does eat healthy food, but also occasionally enjoys a treat food like cake or cookies. The richer, calorie dense foods are actually enjoyed by someone with a healthy relationship to food, and they don't put themselves down for eating it. Imagine that. It's when the majority of our food is of the treat variety without substantial nutrition, and when the majority of our enjoyment and comfort comes from food, we've flipped to the unhealthy side of the spectrum.

Dr. Caroline Cederquist, bariatric physician and medical director of the Cederquist Wellness Center in Naples, FL, points out that our relationship with food, be it healthy or not, is often determined by our body chemistry.

"A lot of people in my practice have a constellation of symptoms that we call insulin resistance," Dr. Cederquist explains. "Insulin is the



Caroline J. Cederquist, MD

hormone that gets the blood sugar into the cells to be utilized. If someone is resistant to their own insulin, the body compensates by secreting extra insulin and the extra insulin present in the blood causes the person to change metabolically.

"Insulin aids fat storage and the more insulin you have, the better you store fat," Dr. Cederquist points out. "I've always believed, and now we have scientific proof, that if you are insulin resistant or are a diabetic, you have a lowered thermic effect of food. That means if you're insulin resistant and I'm not, if you and I eat the same meals with the same calories, I will burn more of those calories than you will."

Dr. Cederquist explains if someone is insulin resistant and they eat a high carbohydrate meal like a bagel, the bagel is easily digested and quickly turns to sugar. Insulin is then secreted in overabundance. This causes a sharp rise in blood sugar level followed by a dramatic plunge. Ravenous hunger automatically

follows this cycle.

"It's so important to know that you can't willpower away physiological symptoms, but you can control them by eating in a helpful way," Dr. Cederquist says. She encourages her weight loss patients to eat small amounts of protein spread throughout the day in order to stabilize blood sugar. She helps patients understand how helpful it is to be aware of the type of carbohydrates they are eating, to eat more fiber and to eat fruit rather than fruit juice in order to keep blood sugar under control.

One of the easiest ways to develop a healthy relationship to food is to eat the types of food that will keep your blood sugar steady so you avoid feeling ravenous. "If you eat sugar when you're insulin resistant, then you're going to crave more sugar," Dr. Cederquist notes. "This creates

Cont. on page 14

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BIDS

Bid Solicitation and Request for Prequalification Statements For Denver Justice Center – Post Office and Parking Structure Denver, CO

Haselden Construction, LLC is the Construction Manager/General Contractor for the above referenced project and is soliciting **Subcontractor Prequalification** from interested parties.

SBE firms are strongly encouraged to bid. Other bidders are strongly encouraged to utilize as many SBE suppliers and subcontractors as possible. All bidders must submit a Prequalification Form specifically for this project and be approved in order to submit a bid. Prequalification statements from potential bidders will be accepted until **Friday, June 2, 2006**. (Please contact Nichole Duncan or Coleen McGarvey for a modified AIA 305 Form to be filled out and returned to Haselden.)

A separate bid solicitation will be published via fax and/or email when bid documents are available.

Approximate Project Bid Dates:

Bid Package 1 – Civil and Sitework; **Friday, June 30, 2006**

Bid Package 2 – MEP, Foundation, Post-tension Structure; **Range from August 11th to October 23, 2006**

Bid Package 3 – Tenant Finish; **Friday, November 17, 2006**

A separate bid solicitation will be published via fax and/or email when bid documents are available. Documents will be accessible through Construction News Service or Haselden Construction. Contact Nichole Duncan or Coleen McGarvey at Haselden's main office 303-751-1478.

Project Construction Schedule: (tentative dates)

Construction start: July 2006
 Duration: 12 months

Project Description:

The project consists of a 5 story, 242,350 SF building, located on the south east corner of 14th and Elati, with the United States Post Office and other retail space being located at the first floor level and parking at levels 2 through 5.

Forward Prequalification statements by **June 2nd** to:

Attention: Nichole Duncan
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 Centennial, CO 80112
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The all-new Passat Cont. from page 13

symbolizes Volkswagen's commitment to value for the money, to the top levels such as those found in numerous equipment options and stand-alone packages. More exterior room for the new Passat certainly translates into more width and legroom, especially in the rear seating area, where it grows from 35.3 to 37.7 inches. New rear vents for the standard air conditioning and heater also provide more comfort at the car's stern, and the trunk, which provides a 60/40 split folding seat if needed and pass through for much longer items, is 14.2 cubic feet of space that because of thoughtful overall design offers incredible utility with plenty of neatly unobstructed space. Overall, the new Passat provides 96.3 cubic feet of passenger volume (versus 95

cu.ft. in today's version). As one expects of Volkswagens, the new Passat embodies the German engineering mandate

Shrine Circus Cont. from page 11

could get ready.

To Be a Clown Means to Have Passion

In the country of Chile, to be a clown means to have passion, love and energy. A clown is a big part of the show; if you will, the glue that holds the whole performance together. Clowns from South America especially are known for this unique ability to hold an audiences' attention and to make them laugh, even without the use of words or spoken dialogue.

Such clowns are the Torreblanca family. Carlos, the patriarch of the troupe, was

of building ever higher levels of advanced occupant protection with each new generation of car.

born in Chile into a circus family. Before becoming a clown, he had to learn the basics, like how to take a fall, somersault, do flips, hand stands and head stands, trapeze, juggling and contortion, and the most important of all, how to be funny. It is a rare skill that few people have mastered, but the Torreblancas have. Their unique skills in the art of laughter will definitely stand out in your memory. Working under the clown name 'Conchito' Carlos will coax a smile or laugh out of just about anyone.

The Three Burials Cont. from page 9

by Dwight Yoakam (*Sling Blade, Panic Room*). Melissa Leo (*21 Grams*) gives the definitive rendition of a small town, truck stop waitress named Rachel, a gal who spends her days topping off coffee cups and hustling every red-blooded male in Cibolo County, including Perkins and Belmont but not her cuckolded husband, Richard Jones (*The Good Old Boys, Two for Texas*).

Rachel also befriends Lou Ann Norton, the Border Patrolman's lonely wife, played by January Jones (*Love Actually, American Wedding*). After Melquiades's corpse is reinterred in a public cemetery, Perkins forces Norton at gunpoint to exhume the body and pack it on horseback all the way to Mexico.

En route, they encounter a nameless, sightless character

that Levon Helm (*The Last Waltz, Coal Miner's Daughter*) imbues with dignity and suffering in a haunting performance.

Once in Mexico, Perkins' attempts to repatriate Melquiades force him to turn for assistance to many locals, including Mariana, played by Vanessa Bauche (*Un Embrujo, De La Calle*), a twotime Ariel Award winner.

Girl Scouts recognized Cont. from page 3

Gold Awards:

Ashley Gilmore created a quiet reading area for children in the kindergarten at Widefield Elementary. To help encourage reading, Ashley designed, built and decorated tables, chairs, benches and a toy box/shelf combination, thus creating a warm and inviting environment for reading.

Carissa Sublette designed and sewed 300 eyeglass cases for Renewed Vision. She held community workshops and educational presentations about Renewed Vision, whose mission is to provide eye care and corrective lens to disaster victims and third world communities.

Kaley Carter created and implemented a volleyball camp for elementary-age children. Through sport, Kaley taught the children leadership, teamwork and social skills while learning a new and fun skill set.

Chantel Delawter built a 9' x 4' roofed information kiosk for the Visitor Center at the Colorado Wolf and Wildlife Rescue Center. She also created the information pieces for the kiosk and developed a community brochure to educate the community about

the center and its mission.

Jessica Byrd and *Laura Stevens* earned their Girl Scout Gold Award by creating colorful bags for children staying at the Ronald McDonald House and Memorial Hospital.

The girls held a competition between Lewis-Palmer Elementary and Middle Schools to encourage participation and educate the children about the difficulties seriously ill children and their families face each day.

Jessica Rodriguez created an educational activity guide for kids on animal safety for her project. Jessica's project goal was to help kids become more educated about proper precautions and behavior around domestic and stray animals.

Jillian Hall redesigned and remodeled the resource room at the Colorado House, a transition home for families. Through her efforts, the room was transformed from a dark, drab place to a bright, functioning and welcoming center.

Patty Morkert remodeled and redesigned the interior, bathrooms and hallways of the parish offices in Sterling, CO. While her project was

conducted in another city, Patty showed her vision of community goes beyond the city limits of Colorado Springs. *Sloan Moore* created and implemented a Training Curriculum and Diversity Workshop to help educate the community about diversity and the importance it has in our community. She included interactive activities and recognition tools on how to empower diversity and stop prejudice.

Kimberly Hedding decided to educate the community after being targeted by a convicted sex offender. She developed and implemented a Women's Protection Day Workshop to help children learn self defense skills, the importance of knowing your surroundings, how to learn about sex offenders in their area and what to do if placed in a dangerous situation with a sex offender.

Carolyn Slomski created a beginning Japanese book for kids. With the help of her Japanese instructor, Carolyn wanted to offer the beauty of this language to children in a fun and entertaining way, thereby exposing them to another culture.

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REAL ESTATE

Mallory

Gracefully tapered columns seated on rustic stone veneer bases give a Craftsman look to the Mallory, as do the multi-

paned windows and traditional front porch. This three bedroom, two-and-a-half bath home has a fairly narrow footprint and is equally suitable for construction as a vacation retreat, or a year-round residence. Porch railings add nostalgic charm while providing a little privacy for summertime relaxation on a porch swing, wicker chairs, or whatever suits. Inside, a coat closet fits neatly into the alcove behind the front door, and a stairway runs up the right wall. On the left, the foyer opens into a large gathering space that spans the entire breadth of the house, front to back. The living room section has a wide street-facing window, with a view across the covered porch. At center is the dining room, expanded by a wide window bay that could house a window seat. A long eating bar rims the boundary of the kitchen and living room. Cabinetry fills the space above the wide, waist-to-hat-level open area that allows

an easy interchange of food and conversation between the spacious, C-shaped kitchen and dining area. A rear door opens onto a covered patio that could be screened. The utility room, broom closet,

powder room and direct garage access are all conveniently close. Three bedrooms, two bathrooms, a bonus room and several storage areas are on the Mallory's upper level. The

owners' suite boasts a roomy walk-in closet, dual vanity, and a separately enclosed tub/shower and toilet, plus a towel hutch and a tall stack of enclosed shelves. For a review plan, including scaled floor plans, elevations, section and

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paned windows and traditional front porch. This three bedroom, two-and-a-half bath home has a fairly narrow footprint and is equally suitable for construction as a vacation retreat, or a year-round residence.

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