

Hispania News

SOUTHERN COLORADO'S BILINGUAL NEWSPAPER SINCE 1987

VOL. 19 NO. 34

www.hispanianews.com

31 de agosto 2006 - 7 de septiembre 2006



Secretary Gutierrez visits Colorado Springs



"We need workers" - that was the message related to Secretary Carlos Gutierrez at a round table discussion held at the Broadmoor on Monday. "We have jobs in our country, that American citizens either don't want to do or aren't available to do, but need to get done."

Stephen Bartolin, Jr. President & CEO of the Broadmoor

stated the Seasonal Worker Visa (H2B) program is needed. "Without the Seasonal Worker Visa, I'm not sure what we would do. These are not minimum wage jobs we offer," stated Bartolin, "the average housekeeper is going to make \$10 an hour with a healthcare, dental and vision plan. All of that is there. But we can't find anyone who wants to make up

12 rooms a day; work in the laundry or the golf course."

The President of the Colorado hotel and Lodging Association reminded all that some business can outsource, but "you can't clean a room from India"

Over all, the group was in concert that a guest worker program such as H2B is sorely needed.

Mensaje de NCLR para ambos partidos políticos: no demonizar a los latinos e inmigrantes en la campaña del 2006

Janet Murguía, presidenta del Consejo Nacional de La Raza- la organización nacional más grande de apoyo y defensa de derechos civiles de hispanos en EE UU- hizo un llamado a líderes tanto del partido republicano como democrático a raíz de una serie de comerciales perturbadores

que ambos partidos lanzaron en recientes semanas* para que dejaran de usar tácticas de campaña que demonizan a los inmigrantes y latinos.

"Los comerciales de campaña de ambos partidos se pasaron de la raya. Está bien tratar el asunto de como resolver el tema de la inmigración, pero

demonizar una comunidad entera no es aceptable", declaró Murguía.

"Encuesta tras encuesta demuestra que los estadounidenses quieren ver acción- y no verse obligados a elogiar promesas ostentosas y huecas- en cuanto al tema de

Continúa página 10

NCLR to politicians: don't demonize immigrants in 2006 campaign

Citing a set of disturbing ads from both the Republican and Democratic parties in recent weeks, Janet Murguía, President and CEO of the National Council of La Raza (NCLR), the largest national

Latino civil rights and advocacy organization in the US, called on the leaders of both political parties to refrain from campaign tactics demonizing immigrants and Latinos.

"Campaign ads on

immigration from both parties are crossing the line. The issue of what to do about immigration is fair game for this election, demonizing an entire community is not,"

Continúa página 10



The Greater Pueblo Chamber of Commerce Puts on another Colorado State Fair Parade with style

With the final entries making their way through downtown Pueblo for the 2006 Greater Pueblo Chamber of Commerce's Colorado State Fair parade early this afternoon, the Greater Pueblo Chamber of Commerce President Rod Slyhoff announced that this year's parade was one of quality. "The parade was full of great entries this year including 21 marching bands from across the state, 12 horse groups along with numerous floats," said Slyhoff.

Nearly 40,000 people across Colorado came to Pueblo to see the 131 entries in the parade. The Greater Pueblo Chamber sends out a special thanks to the 50 plus volunteers that

helped to make this parade a success. The Chamber would also like to thank Pueblo Community College, CNM Productions for televising the 2006 Colorado State Fair Parade.

In addition the Greater Pueblo Chamber would like to thank the hundreds of people who donated their time, goods and services in putting on the Parade including:

A-1 Rental, Boy Scouts of America, My Friend the Printer, Pepsi, Pueblo Board of Water Works, Pueblo Community College, Pueblo Parks & Recreation, Tony J Beltramo & Sons, Inc, Waste Management and Greater Pueblo Chamber of Commerce Ambassador Team.

Tasa de crecimiento de trabajadores extranjeros y el empleo de la población nativa

Por considerarlo de interés para los lectores de Lazos, a continuación se presenta un resumen del estudio elaborado por el Pew Hispanic Center (PHC), publicado el pasado 10 de agosto, en el que analiza datos estadísticos de los 50 estados de la Unión y el Distrito de Columbia, en dos periodos: de 1990 a 2000 y de 2000 a 2004.

Mediante el análisis de tres variables -tasa de crecimiento de la población nativa, tasa de empleo y población económicamente activa- el PHC mide los efectos de la migración en la población

nativa de Estados Unidos. **Entre los hallazgos más relevantes, destacan:**

- Ocho estados de la Unión Americana tuvieron mayor inmigración entre 1990 y 2000 y se registraron menores tasas de empleo para trabajadores nativos en 2000. Estos estados constituyen el 15% de la población económicamente activa e incluyen entidades como Carolina del norte, Tennessee y Arizona.

- Catorce estados muestran nula correlación entre migración y tasa de empleo, destacan estados como Texas,

Continúa página 10

COMMUNITY NEWS**Town Hall meeting provides information about BOWD**

The Colorado Department of Transportation (CDOT) was awarded a grant by the Federal Highway Administration to fund the new Business Opportunity and Workforce Development (BOWD) Program. CDOT was one of six recipients in the country to receive this type of funding. The BOWD Program is a two-year pilot program to better equip Disadvantaged Business Enterprises (DBE's) to bid, win, and successfully participate in CDOT highway projects.

"The type of technical assistance and resources available through the CDOT BOWD Program is unrivaled in the industry and will provide participants with thousands of dollars worth of tailored training and other customized resources," said Debra Gallegos, Manager of the State of Colorado

Department of Transportation Center for Equal Opportunity.

The BOWD Program will select 15 to 20 underutilized DBE's from Colorado who are well positioned to increase their capabilities and capacity to compete for, and fulfill CDOT highway contracts. These DBE's will be required to meet certain selection criteria and be assessed for strengths and weaknesses to ascertain their business needs. The program will provide tailored technical assistance and workforce development support to assist these businesses in meeting their projected goals. CDOT will announce in October the DBE's selected to participate in the BOWD Program.

For more information on the meetings please visit www.dot.state.co.us/eo/bpindex.htm

Hispanic foundation gives out community awards

The Pueblo Hispanic Education Foundation recently hosted its 18th Annual Scholarship Awards Banquet introducing the 2006-07 HORIZONS and GRAD scholarship recipients and provided community awards in five categories.

The Gay and Lesbian Fund for Colorado was named corporate supporter of the Year for 2005-06 for their financial support of the foundation's activities and events.

Volunteer of the Year Award went to the Broadcasting Department Staff of Pueblo Community College for their work on the PHEF Telethon event, taping interviews of community leaders, entertainment and scholarship recipients throughout year.

Community Advocate(s) of the Year was awarded to

Penrose Nonprofit Institute, (Southeast Council) of El Pomar Foundation for promotion of education and for providing funding specifically for students from southeastern Colorado. Their support expanded PHEF's ability to provide access to education for low to moderate income students attending Lamar Community College, Otero Junior College and Trinidad State Junior College.

Outstanding Board Member of the Year Award went to Juanita Fuentes, Manager of Community Education Programs at Pueblo Community College for her work on coordinating the telethon event, managing the Pre-College Program and her work on the banquet and scholarship committees.

At the banquet, President

Evelyn Flores presented the Latino Chamber of Commerce, the PRESIDENT's Award. Chamber CEO and President, Sandy Gutierrez, and Board Chair, Elizabeth Gallegos, accepted the award. Flores said, "The Latino Chamber of Commerce has made numerous and lasting contributions to PHEF; the Pueblo community and State of Colorado. The Latino Chamber supports our events, encouraging their members to attend our events, referring agencies to donate to PHEF and sponsoring workshops for our students. They truly are deserving of the President's award." Ms. Evelyn Flores was provided with an award for "dedicated service as president of the board of directors for 2005-06 and for her leadership during the year."

PHEF announces new officers

The Pueblo Hispanic Education Foundation elected new officers for the 2006-07 year. Sean Tapia, architect at Abel Engineering, will serve as the new president of the board of directors. Tapia has been on the board for two years and also serves on the Pueblo Library District Board of Directors. President-elect for the PHEF board is Regina Urenda, Labor Specialist with the Colorado Workforce Center, serving as treasurer is Del Olivas, Vice President of

Community Services, Crossroads Turning Points, secretary is Elizabeth "Liz" Duran, Degree Audit Specialist at Colorado State University-Pueblo. New Board members include: Christopher Beltran, grant writer, Pueblo Community College and Manuel Rivera, Land Use Technician with the City of Pueblo. Other board members include: Carmen Avalos, principal at Avondale Elementary, Jamie Davis, CSU-Pueblo Athletics, Carla Barela,

Cortez Construction, Juanita Fuentes, PCC Manager of Community Education, Frank Klein, Assistant Superintendent of Technology, School District 60. The Pueblo Hispanic Education Foundation continues to provide access to higher education through its scholarship programs for low to moderate income students. Scholarships were provided to 110 students amounting to \$217,500 for the 2006-07 academic year.

PPACG awarded \$518,000 grant from DOD

The Pikes Peak Area Council of Governments (PPACG) has been awarded a \$518,000 grant from the Department of Defense's Office of Economic Adjustment to develop a regional growth coordination plan related to the expansion of Fort Carson. The local match required is \$58,000. The arrival of over 22,000 military personnel, civilian personnel and

their families in the next four years will have a discernible impact on the Pikes Peak Region, particularly in areas such as housing, transportation, schools, public utilities, social services and the economy.

Through the 18-month program, PPACG will continue a partnership with the Economic Development Corporation (EDC),

Greater Colorado Springs Chamber of Commerce and other community organizations to develop long-term strategies for accommodating the growth at Fort Carson and addressing its impact. A policy committee comprised of elected officials from El Paso, Pueblo and Fremont counties and the existing Colorado Defense

Cont. on page 10

Hispania News

The Hispanic Community's Newspaper

Established Cinco de Mayo, 1987

Published weekly by

Con Fé Communications, Ltd.

ISSN -0895-7355

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Hispania News

Membership Number: 10185

Immigration and State Fair Fiesta

It just won't go away this immigration thing. Secretary of Commerce Gutierrez was in the Springs this week to get input, mainly from the Hotel & Lodging people. Now some people will tell you he was just here pushing President Bush's plan as a good Republican.

The truth is, many people in this county need seasonal help and the people that will do that, come to the U.S. for 9 months or so, work hard, go back home to assist in making a better life for themselves and their families.

Business will tell you we need seasonal workers, no matter how negative the media and others are. This subject will not change for some time. We must learn to live with it; hopefully there are answers forthcoming soon. Lets do something positive this weekend and enjoy Fiesta Day, remember there are many bodies that give up their time and resources to make sure this event occurs. The best way we can thank them for their efforts, is to be there on Sunday. See you at the Fair, For Fiesta Day



COMMUNITY NEWS

FREX gets funding boost

The Strategic Transit Task Force, an ad-hoc group of the Colorado Transportation Commission, recommended approval of an \$8 million proposal to expand and solidify the ongoing operation of the Front Range Express (FREX). The Colorado Department of Transportation (CDOT) would pay \$6.32 million for the FREX service with the balance of \$1.68 million coming from the Pikes Peak Rural Transportation Authority (PPRTA).

The money will go towards the purchase of 16 new buses that will provide commuter service along the I-25 corridor, between Fountain, Colorado Springs, Monument, Castle Rock and the Denver Metro area. Since FREX is currently a pilot project scheduled to end in December, the City of Colorado Springs, Transit Services Division (TSD) and the Pikes Peak Area Council of Governments (PPACG) have been strong advocates for state funding and jointly submitted the proposal to the Task Force. The Transportation Commission established the Task Force to allocate ten percent of Senate Bill 97-001 funds towards transit projects that serve a "strategic corridor" such as I-25. Official

approval of the funding is expected to be made by the Transportation Commission next month.

Wayne Williams, El Paso County Commissioner, PPACG Board Chairman and member of the Strategic Transit Task Force, expressed gratitude to the Task Force for its six months of work to identify strategic transit projects such as FREX. "I applaud the work of the Task Force and its recognition of a truly multi-regional transit project. The FREX service met the primary stated goal of the Task Force of relieving congestion on state highways like I-25 and connecting major activity centers that the Colorado Springs and Denver metro areas represent."

PPACG Executive Director Rob MacDonald credited the success of FREX funding to a regional approach to solving local issues. "The FREX service enabled under this recommendation benefits transportation users in Fountain, Colorado Springs, Monument, Castle Rock, Douglas and El Paso Counties along the FREX route."

FREX is the first and only intercity commuter service connecting the Pikes Peak Region with the Denver metro

area, providing a previously unavailable transit link between the two largest employment markets in Colorado. After only 20 months of service, FREX has surpassed initial ridership projections, with approximately 625 one-way trips per day—a significant step towards reducing traffic along the congested I-25 corridor and improving mobility options and air quality. The new bus fleet will provide express commuter service five days per week (M-F) from 3:45 am to 9:45 pm.

A federal Congestion Mitigation Air Quality (CMAQ) program is currently funding the FREX pilot project through December 2006. TSD has approached the local entities that FREX serves for operating funds in order to make FREX a viable service in 2007. Operating funds from local entities along the Front Range are required on an annual basis to allow FREX to continue beyond 2007. Due to the prohibitive maintenance and increased fuel costs of the existing, older buses, TSD must have new vehicles for the FREX service to continue in 2007 and beyond.

Sherre Ritenour, Transit Services Division Manager,

stated, "FREX provides an invaluable public transportation connection between the Colorado Springs and Denver metro areas. It has far surpassed our expectations and we are pleased to be able to continue transit service to front range commuters."

TSD, the parent organization of Mountain Metropolitan Transit, provides fixed-route, paratransit and demonstration commuter transit service. The primary service area for fixed-route and paratransit service is the Pikes Peak Region. Fixed-route and paratransit service are provided seven days per week, with 30-minute peak hour service on major routes. For more information, please visit <www.springsgov.com/transit>

The Pikes Peak Area Council of Governments (PPACG) is a voluntary organization that works to expand cooperation among the region's local governments to address public challenges. Participating members include the general purpose governments of El

Paso County, Park County, Teller County, Alma, Calhan, Colorado Springs, Cripple Creek, Fairplay, Fountain, Green Mountain Falls, Manitou Springs, Monument, Palmer Lake, Victor and Woodland Park. For more information, please visit <www.ppacg.org>

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Gardening in the Pikes Peak Region – Fall 2006 Class Series

Colorado State University (CSU) Cooperative Extension is offering a series of classes, *Gardening in the Pikes Peak Region – Fall 2006*, to be held on Tuesday afternoons from 2 - 4 pm, or Thursday evenings from 6:30 to 8:30 pm. Both the first and the last classes will be held at the Colorado Springs Utilities Xeriscape Garden at 2855 Mesa Road and all the other classes will be held at the CSU Cooperative Extension Office, 305 South Union Boulevard. The cost is \$45 for the eight-class series; or \$8 for individual classes. Please pre-register by calling 636-8923 as soon as possible. Topics and dates are:

Tue	Thu	
Sep 19	Sep 21	Save Water and Save Money (2855 Mesa Rd.) <i>Seven practical steps to make your landscape irrigation system more effective (Note – come one hour early and have a special tour of the xeriscape gardens)</i>
Sep 26	Sep 28	Propagating Perennial Plants (305 S. Union Blvd.) <i>Grow your garden through cuttings and seeds</i>
Oct 3	Oct 5	Seasonal Guide to Gardening (305 S. Union Blvd.) <i>Gardening tasks to be completed each season in the Pikes Peak Region</i>
Oct 10	Oct 12	Beautiful Containers for the Winter, and Holidays Too (305 S. Union Blvd.) <i>Convert summer containers to dramatic winter garden accents</i>
Oct 17	Oct 19	Rose Basics + (305 S. Union Blvd.) <i>Important issues for healthy roses, including winterizing</i>
Oct 24	Oct 26	Firewise – Reducing your Wildfire Risk – Meeting the Approved Plants (305 S. Union Blvd.) <i>Learn about the flammable plant materials and their substitutes</i>
Oct 31	Nov 2	Composting and Urban Biodiversity (305 S. Union Blvd.) <i>Recycling yard and kitchen waste - Garden connections to local ecology</i>
Nov 7	Nov 9	Vines and Viny Vegetables (2855 Mesa Rd.) <i>Vines as a decorative focus, visual barriers and vertical vegetables</i>

Fiesta Day 2006
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NOTICIAS EN ESPAÑOL

Juntas Contra el Cáncer del Seno

Together Against Breast Cancer

Todo el mundo – mujeres, hombres y niños son invitados al parque militar *Iron Horse Park* en Fort Carson, el domingo 10 de septiembre, para participar en una caminata para recaudar fondos para la fundación de Susan G. Komen. Esta fundación es la que nos apoya con fondos para poder enseñar a nuestra comunidad sobre la salud del seno. Si usted decide

acompañarnos en la caminata, visite al <http://www.komencs.org> para registrar. Si usted no puede colocarse por el Internet, llama al (719) 776-5669 para más información. Reunamos LATINAS y seamos "Latinas que prometen alcanzar a todos con amor, esperanza, fé y valor en la lucha contra el cancer del seno." REALMENTE necesitamos su ayuda y apoyo.

Le estamos pidiendo a todos que van a apoyar a JUNTAS que se pongan la camiseta roja de JUNTAS. Nos vamos a reunir cerca del área donde se empieza la caminata.

Deseamos hacer una declaración que la comunidad Latina apoya a JUNTAS y a nuestro trabajo de hacer exámenes gratis para mujeres que tengan un problema y que NO tengan seguro medico.

JUNTAS necesita obtener más fondos para continuar los programas que enseñan Latinas (en inglés y español sobre la salud del seno. Si NO pueden ir ese día, todavía pueden hacer una donación.

Incentivo: Personas que reclutan a 10 participantes recibirán un certificado de \$25. PERO, cada una de las 10 personas tienen que usar nuestra camiseta roja. La

persona que recoge la mayoría de donaciones conseguirá un certificado de \$50 – pero tiene que recoger un mínimo de \$250. El afiliado también tendrá incentivos para los que recojan donaciones. Cuando llegan al parque, busquen los globos rojos. POR FAVOR – vamos a empezar la caminata juntos para demostrar nuestra solidaridad y apoyo de JUNTAS y de Komen.

Crisis en la familia: El suicidio

Desde el momento que nace un niño o una niña, el impacto en la familia es inmediato. La felicidad afecta a todos los miembros y amigos del entorno familiar. Ese niño ya es parte de algo mucho más grande que el milagro de haber permanecido en el vientre

sagrado de su madre por nueve meses. Decimos el vientre sagrado porque Dios mismo escogió ese lugar para poner ahí los angelitos inocentes.

Después del nacimiento solo hay una garantía, la muerte. Existe solamente una muerte

que podemos evitar, y ésta es la que nosotros escogemos. El suicidio.

La muerte trágica o el suicidio, afecta a toda la familia de la misma manera que afecta el nacimiento del niño, por la sencilla razón de que ese ser no radica en un vacío social. Esa

persona es parte de algo más grande que va más allá del individuo. Ese acto trágico de desesperación afectara a padres y hermanos, amigos y conocidos.

En nuestra comunidad, El Paso County, se ha visto un aumento de suicidios en los

últimos años; de 5 hombres y mujeres Latinos en 1990, a 13 en 2004. En los hombres el aumento ha sido aún más serio.

De 4 suicidios en 1994, a 12 en 2004. Esta es una tragedia que tenemos y podemos evitar

Continúa página 10

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NOTICIAS EN ESPAÑOL

Cómo Vivir y Prosperar en los Estados Unidos

Por Donna Poisl

Cuidado Dental

“Sea honesto con sus dientes o ellos serán falsos con usted.”

La asociación dental americana recomienda chequeos anuales, usar hilo dental y cepillarse diariamente. Esto ayuda a prevenir caries y problemas dentales más serios. Evitar problemas es lo mejor que usted puede hacer.

El cuidado dental incluye prevención y tratamiento de muchos problemas y

enfermedades así como mejorar su apariencia. La odontología cosmética (frenillos, rellenos, blanqueamiento) ha llegado a ser muy común.

Mucha gente tiene miedo de ir al dentista porque algunos procedimientos dentales podrían ser dolorosos. Los dentistas saben que las personas suelen tener miedo y tratan de proveer odontología casi sin dolor. Puede pedir anestesia local para muchos



Donna Poisl

George Lopez pide a las familias que obtengan credenciales de biblioteca

El actor, comediante y autor George Lopez se une a la Asociación Americana de Bibliotecas (American Library Association o ALA) y a cientos de bibliotecas en todo el país para promover en este mes de Septiembre el Mes para Obtener Credenciales de Biblioteca. Lopez es el portavoz oficial para este día observado a nivel nacional, el cual sirve como un recordatorio a los padres de que la mejor herramienta para empezar el año escolar es que su niño tenga una credencial de biblioteca.

Lopez es la estrella de la comedia en series “George Lopez” de ABC y fue nombrado en Agosto de 2005 “Uno de los 25 Hispanos Más Influyentes de América” por la revista TIME. Vive con su esposa y su hija de 10 años de edad en Los Angeles y cuenta

con una credencial de la Biblioteca Pública de Los Angeles.

“El asegurarnos que nuestros hijos cuenten con la mejor educación posible no es ningún chiste. La lectura alimenta nuestros sueños y nuestros objetivos para el futuro,” dijo Lopez. “Desde ayuda con la tarea, hasta clubes de lectura, las bibliotecas es donde puedes hallar todo esto. Tu credencial de biblioteca es tu boleto hacia un mundo de oportunidades. Obtenla y úsala en tu biblioteca.” Visita <http://www.ala.org/lopez> para ver las cinco cosas que le gustan a George Lopez de su credencial de biblioteca.

¿Por qué comprar si puedes tomarlo prestado? Según una encuesta reciente de la Federación Nacional de Minoristas, los padres gastarían

Continúa página 10

Algunos procedimientos podrían caer entre estas dos categorías, requeridos y cosméticos, y su dentista puede ayudarlo con su compañía de seguros. Muchos procedimientos dentales son muy caros. Aunque usted tenga cobertura dental, eso cubrirá solamente la mitad del costo. Trate de hacer arreglos y un plan de pagos con su dentista. Muchos odontólogos también aceptan tarjetas de crédito.

Encontrando un Dentista

La asociación dental americana (ADA) tiene una dirección Web para hallar servicios de dentistas en todo USA. En www.ada.org usted puede obtener nombre de dentistas en su área.

Pregúntele a un amigo o un compañero si ellos tienen un buen odontólogo. Es una buena idea encontrar un dentista antes que lo necesite. Las citas algunas veces tienen

que hacerse semanas por adelantado.

También hay clínicas que proveen cuidado dental. Estas pueden estar también afiliadas con los colegios de odontología del departamento de salud del condado o podrían ser negocios privados. Algunos toman pacientes sin cita, pero muchos requieren una cita y tienen un largo período de espera a menos que tenga un problema urgente. Algunas clínicas tienen servicios gratis para personas que no pueden pagar, por lo tanto, pregúnteles.

Si no puede encontrar un dentista, las páginas amarillas tendrán un listado grande de dentistas y servicios dentales relacionados, incluyendo servicios de referencia. Cualquier dentista debería tener DDS después de su nombre, lo cual significa Doctor de Ciencia Dental.

What's the connection between saving energy and keeping cool?



You.

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NOTICIAS- BUSINESS

¿Habla Español? Delta launches convenience of delta.com for Spanish speaking customers

Delta Air Lines' US Hispanic customers now can use the convenient shopping and self-service functionality at delta.com in Spanish for all important travel information, booking, seat assignments, flight check in, SkyMiles® award ticket booking, refunds, and much more. This enhancement to delta.com is a milestone for Delta, which continues to embark on more

dramatic international growth than any other US airline, including new services and routes to Latin America and the Caribbean. As Delta continues to expand its global reach, like its recently-announced expanded service to Mexico from Los Angeles, providing delta.com in Spanish is one of many self-service globalization efforts underway to benefit its customers worldwide.

According to a report released by eMarketer earlier this year, the number of US Hispanic Internet users is expected to grow significantly over the next five years, reaching 20.9 million in 2010. "As Delta continues to grow internationally, we're placing great emphasis on enabling our customers to experience

our self-service products in the languages they prefer, and making delta.com more user-friendly for our diverse audiences," said Josh Weiss, Delta's managing director of delta.com. "Delta has expanded its offering to the Latin American and Caribbean regions to cater to the needs of the important US Hispanic population, and delta.com in Spanish will make it easy for our customers who prefer to do business in Spanish to find everything they need."

To access delta.com in Espanol, Delta's online customers should log onto delta.com, choose their country in a drop-down menu and select Spanish as their choice of language, then navigate for reservations, deals and general check-in.

Later this year, delta.com will also launch in four additional languages to further enhance the Delta experience for customers worldwide. As part of its globalization efforts, Delta will also introduce Spanish and French-language check-in kiosks in early 2007 to complement Delta's industry-leading Spanish gate information screens and gate audio announcements already available in major US airports.

Delta passengers also can avoid up to \$15 in booking fees when they purchase their tickets directly at delta.com. Additionally, customers can take advantage of Delta's Risk-free Cancellation policy that allows them to cancel certain tickets within 24 hours without penalty if they find lower fares anywhere else or if their travel plans change.

In addition, an upgrade to Delta's flight notification system - the Delta Messenger - will enable SkyMiles members to sign up for their flight notifications on delta.com. This new feature

allows customers to provide Delta with contact information specific to their needs. Since the airline launched its Delta Messenger in 2004, it has notified millions of customers of advanced schedule changes or canceled flights by phone or e-mail. Starting this fall, Delta Messenger also will notify customers when their flights are delayed and provide continuous, real-time updates when operational changes occur, such as rebooking options or gate changes.

Delta currently offers customers more than 495 weekly flights to 47 Latin and Caribbean destinations from its U.S. hubs and focus cities in Atlanta, Boston, Cincinnati, Los Angeles, New York and Salt Lake City. Delta's hub at Atlanta is the fastest-growing gateway to the region, and during 2006 Delta has seen the largest growth in its history. For more information on Delta's destinations and easy online information and booking, customers can visit delta.com.

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La Raza and Staples present Premio Empresarial La Raza

For the first time in history, La Raza Newspaper and STAPLES, will partner to recognize the success of five Chicago Latino business leaders who have successfully built a business enterprise while giving back to the community.

The winner selection process allowed all Hispanic Chambers of Commerce throughout Chicago an opportunity to nominate their most outstanding members.

La Raza was also able to use its connection with the community to select other Hispanic entrepreneurs who have been successful, but have not yet established contact with a chamber of commerce.

Another important aspect of this event is that La Raza and STAPLES will provide \$1,000 in the form of a scholarship under the name of each awardee to the chamber of commerce of his/her choice.

"I'm very proud of La Raza's record in fulfilling its commitment and its mission of empowering Chicago's

Hispanic community through education. I'm honored to present these awards on behalf of Staples and La Raza as an affirmation of our efforts and the positive impact that we have made to the quality of life for our community," stated Robert J. Armband, Publisher and CEO of La Raza Newspaper.

In 2003, La Raza established the Luis H. Rossi/La Raza Scholarship fund. Since then, the newspaper has provided several scholarships to deserving Hispanic students through community based organizations including: The Little Village Chamber of Commerce, The Puerto Rican Parade Committee of Chicago, St Augustine College, CUPULA, The Central American Civic Society and the National Association of Hispanic Publications.

More than 250 community and business leaders will attend this year's *Premio Empresarial La Raza* taking place at Galleria Marchetti in Chicago.

hispanianews.com

DEPORTES



Fathers & sons competed in the Billiards Division



Father Chris Manzanares (Pueblo) took Men's Silver while stepsons Richard Gonzales (Gold, Juniors 12-18) and David Trujillo (Gold, Juniors 12 & under) took home the titles for their age groups.

Father Jim Calderon (COS) took Men's Gold and son Taylor Calderon (Pueblo West) took Bronze in Juniors 12-18.

Ochoa orders up sixth career win at Wendy's Championship for Children

Lorena Ochoa won the Wendy's Championship for Children by three shots over rookie Jee Young Lee and Stacy Prammanasudh for her third win of the year, which ties her with Karrie Webb for the most wins on Tour this year.

More importantly, the victory propelled the 24-year-old past Webb to the top spot on both the ADT Official Money List and the Rolex Player of the Year standings.

"That's probably the highest goal you can accomplish," said Ochoa, who has earned \$1,840,774 this year and is now within striking distance to join Annika Sorenstam as the only player to earn more than \$2 million in a single season. "I've been trying to be good for the whole year, but right now it doesn't mean anything. I need to go all the way to November (and the end of the season)."

Kang by two after 36 holes, but pulled away from the field on the weekend. She was bogey-free on Saturday and Sunday and was 15-



under-par during that span. "It's nice not to make any bogeys," said Ochoa, who now has six career wins and \$5,317,103 in not even four complete years on Tour. "I played really smart.

When I needed to put a bunch of birdies together, I did that." She certainly did. Ochoa ended the event with a tournament-best 27 birdies.

Ochoa trailed Lee and Soo-Yun

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ENTERTAINMENT

Call for Artists for St. Francis Medical Center juried art show

St. Francis Medical Center will be presenting a juried art show from Sep 29 - Oct 31, with an opening reception Oct 4 at the Pikes Peak Center in Colorado Springs.

This state of the art hospital, slated to open in mid-2008, will incorporate world-class medical resources with a caring, healing and artistically rich environment.

For a complete entry form, visit www.penrosestfrancis.org or you may send a SASE to Ms. Julie Armstrong, Penrose Hospital, 2222 N. Nevada Ave,

Colorado Springs, CO, 80907.

Mail the completed form, or email completed attachment document, to Ms. Julie Armstrong, Penrose Hospital, 2222 N. Nevada Ave, Colorado Springs, CO, 80907 or email Juliearmstrong@centura.org.

There are no fees required for entrance or judging. If you are physically mailing your digital files on disk, this entry form must accompany the disk.

If you are emailing your work as attachment files, the entry form file must also accompany the image file attachments.

This entry must be received at the above address (no postmarks) no later than August 15, 2006.

All submissions are to be made via jpg or tif digital files, no larger than 500 KB each. No slides or prints will be accepted for the jury process.

Each file is to have printed information above or below the image with artist's name, size and media of work.

Please note that due to show hanging and purchase award constraints, entered work physical dimensions are restricted as follows:

Minimum size of entries is 3 square feet area for 2D work, and no less than 24" height for 3D work.

Maximum size is 64 square feet for 2D work and 72" high for 3D work. For more information, visit www.penrosestfrancis.org

Colorado Springs Philharmonic Orchestra and San Diego Ballet Nutcracker Auditions

The Colorado Springs Philharmonic Orchestra is holding auditions on Sep 17 for this year's four performances of Tchaikovsky's *Nutcracker Ballet* in the Pikes Peak Center over Thanksgiving Weekend. This is the only Nutcracker in Colorado Springs with

professional live orchestra and professional ballet company. The audition is open to all children (male and female) of all skill levels. Expanded roles & Act II variations are available for advanced dancers.

Registration forms for the auditions must be received by

the Colorado Springs Philharmonic Orchestra by Sep 11. Auditions will be held from 1 - 5:30 pm on Sep 17 at Colorado College, Cossitt Hall, 906 N. Cascade Ave.

Contact Roslyn at the Philharmonic office at (719) 884-2110 for a registration form

Correction: The wrong phone number was listed in previous advertisements. The number listed below is the business phone for Esmeralda's.



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'Name'-Dropping With Greg Garcia

By Patricia Brennan

Greg Garcia is a guy who doesn't forget his roots. He sprinkles Washington-area references throughout his sitcoms. He named one son after the Baltimore Orioles' stadium and then used Camden for the setting of his quirky NBC series "My Name Is Earl."

But where did he get the inspiration for those hilarious low-life characters?

he collection of losers who inhabit the Thursday night comedy had their genesis in Garcia's head one summer when he was hanging out with his family at Nags Head, NC, he said.

The idea: A fairly stupid but good-natured loser wins the lottery, is hit by a car and, while recovering, hears TV's Carson Daly discuss the concept of karma. Earl Hickey (Jason Lee) gets the message: He needs to straighten out his so-called life. The result is a sitcom that looks at the bottom-dwellers of American life.



"I've always been drawn to the world these people live in," Garcia said. "I believe in karma. I like the idea of people having an awakening in life and changing. So it was sort of the perfect storm."

The cast includes Earl's hapless brother Randy (Ethan Suplee), illegal immigrant Catalina (Nadine Velazquez), Earl's ex-wife Joy (Jaime Pressly) and her husband, Darnell (Eddie Steeples). Beau Bridges periodically shows up as Earl and Randy's father.

"Earl" earned a 2006 Emmy for outstanding writing and directing for a comedy. The show was up for five Emmys this year — supporting actress, directing, writing, casting and picture editing — though Lee and the show itself were not nominated, drawing complaints from some critics.

Garcia, 36, who grew up in Arlington and graduated from the same high school (Yorktown) as his mother, knows a bit about setting the bar too low. Because his high school SAT scores were less than stellar, he said, he applied to only one college, Frostburg State University in Maryland. He was accepted.

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AUTOMUNDO

2006 Chevrolet Avalanche combines configurability with uncompromising truck capability



In a class by itself, the 2006 Chevy Avalanche continues as a full-size truck that offers almost unlimited versatility and configurability, while delivering on the uncompromising performance capability demanded by full-size truck customers – Avalanche 2500 can tow up to 12,000 pounds (5,400 kg) when properly equipped.

Avalanche's clever configuration choices begin with its revolutionary Convert-a-Cab System and Midgate, which provide unparalleled flexibility to quickly convert the vehicle from a pickup and SUV. Avalanche can seat up to six adults comfortably, while providing ample and secure storage with dual locking storage compartments on either side of the cargo box. The compartments also have drains, so they can be filled with ice and used as coolers. A three-piece rigid cargo cover with interlocking panels is also available.

When maximum cargo capacity is needed, however, the rear passenger seat can be folded forward and the Midgate lowered to extend the standard 5-foot 3-inch (1.6 m) bed to more than 8 feet (2.5 m) – long enough to stack 4-foot by 8-foot (1.2 m by 2.4 m) panels with the liftgate closed.

Changes to the '06 Avalanche are evolutionary and reflect Chevrolet's commitment to continual improvement and customer input. The most prominent of these is a revised "RV-style" extendable outside rearview mirror that is available on Avalanche 2500. This new, vertical mirror has a larger glass area and manually extends outward to provide a greater view when towing a trailer or camper. It includes heated, power-adjustable flat glass and integrated turn signals. A convex "spotter mirror" glass also has been added to the mirror. The vertical configuration and new spotter mirror section answer customer requests for such a configuration.

Other 2006 Avalanche changes include:

Integrated OnStar/XM Satellite Radio antenna – A single antenna unit replaces the previous two, for a smoother appearance. The new, combined antenna is located on the left-front corner of the roof.

Relocated catalytic converters – For Avalanche 1500, the catalytic converters are moved closer to the engine to meet improved emissions performance guidelines.

Standard tire pressure monitoring system – All Avalanche models

have a standard GM tire pressure monitoring system, which uses an electronic signal on the driver information center to warn of a low-pressure condition.

Full-size strength

Standard on Avalanche 1500 models is the Vortec 5300 5.3L V-8 engine, which delivers 295 horsepower (220 kw) and 330 lb.-ft. of torque (446 Nm). This engine is coupled with GM's dependable Hydra-Matic

4L60-E four-speed automatic transmission. The Avalanche 2500, available in four-wheel drive only, is powered by GM's Vortec 8100 8.1L V-8 engine rated at 320 hp (239 kw) and 440 lb.-ft. of torque (597 Nm). It is matched with GM's heavy-duty Hydra-Matic 4L85-E four-speed automatic transmission.

The Vortec 8100/4L85-E powertrain combination enables the Avalanche 2500's 12,000-pound (5,400 kg) towing capacity. Avalanche 1500 models can tow up to 8,200 pounds (3,700 kg).

Avalanche's suspension consists of an independent torsion bar design in the front and a five-link with coils springs rear suspension on 1500 models. Avalanche 2500 models feature the same independent torsion bar front

suspension, but use dual-stage multileaf springs on the rear suspension. The sure-footed Autotrac 4WD system is standard on all models except those equipped with the Premium On Road package, and is designed to increase fuel economy when operating in 2WD. *Cont. on page 14*

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COMMUNITY NEWS

NCLR Continúa de página 1

la inmigración. Las encuestas también demuestran que los latinos consideran la culpa que se le ha echado a la comunidad latina por los problemas en el sistema de inmigración como un ataque personal. Estos comerciales no sólo son inflamatorios sino contraproducentes", continuó Murguía.

"Aunque apreciamos el hecho de que el Democratic Senatorial Campaign Committee (DSCC, por sus siglas en inglés) haya quitado uno de sus comerciales** de la página web, pedimos el

liderazgo sólido de ambos partidos a nivel nacional para que este tipo de comerciales no salgan al aire. También pedimos que dicho liderazgo se use para empezar la labor de aprobar una reforma integral del sistema de inmigración que se ha necesitado desde hace mucho tiempo. Para la comunidad hispana, es hora de ponerse de pie y hacer contar nuestra voz. Si encuentran estas tácticas alarmantes, no hay mejor lugar para hacer escuchar su opinión que en las urnas este noviembre", concluyó Murguía.

NCLR Cont. from page 1

stated Murguía.

"Poll after poll shows that the American people want action, not grandstanding, on immigration. And poll after poll also shows that Latinos view the scapegoating of immigrants as a personal attack. These ads are not only inflammatory, they are counterproductive," continued Murguía.

"While we appreciate that the Democratic Senatorial Campaign Committee (DSCC)

removed one ad from its website, we are asking for strong leadership from both parties at the national level to stop these types of ads and to start work on passing long-overdue comprehensive immigration reform. To the Latino community, it is time to stand up and be counted. And there is no better place to be heard if you are concerned about these tactics than at the ballot box this November," concluded Murguía.

George Lopez Continúa de página 5

más de \$17 billones en materiales escolares para el inicio de clases. Una credencial de biblioteca ofrece acceso a más de \$1 billón en valor de materiales como DVD, CD, libros, y recursos en línea; todos éstos adquiridos anualmente por las bibliotecas.

"Ningún padre puede permitirse no tomar en cuenta los enormes recursos que están disponibles de manera gratuita en las bibliotecas de la nación," dijo la Presidenta de ALA Leslie Burger. "Las bibliotecas ayudan a igualar el nivel de personas de todas las edades y procedencias. Ciertos estudios

demuestran que aquellos niños que leen en casa y que usan la biblioteca, tienen mejor desempeño en la escuela y tienen más posibilidades de seguir usando la biblioteca como un recurso de aprendizaje para el resto de sus vidas."

Los estadounidenses retiran de las bibliotecas más de 2 millones de artículos y visitan las bibliotecas públicas más de 1.3 billones de veces al año. Aprenda más sobre cómo su credencial de biblioteca puede ser su credencial más inteligente, visitando <http://www.ala.org/lcsm>

trabajadores Continúa de página 1

Nevada y Georgia. Constituyen el 24% de todos los trabajadores nativos.

• Entre 2000 y 2004 se registra una correlación positiva entre el incremento de la población migrante y el empleo de trabajadores nativos en 27 entidades y el Distrito de Columbia. En total, estos estados constituyen el 67% de todos los trabajadores nativos e incluyen los principales estados de población inmigrante.

• Muchos inmigrantes cuentan con baja o nula preparación académica, pero el análisis no da evidencia de que hayan tenido un impacto negativo en el empleo del sector menos

instruido de Estados Unidos. • Analizando la presencia de trabajadores extranjeros de entre 25 y 44 años en el país, tampoco se puede establecer un impacto negativo en el empleo del sector norteamericano que se encuentra en el mismo rango de edad.

• Edad (trabajadores entre 25 y 44 años). A pesar de la concentración de trabajadores extranjeros en estos segmentos, el estudio revela que no hay evidencia de impacto negativo en el empleo de los migrantes menos educados y los nativos en iguales condiciones, o bien, entre los trabajadores nativos y trabajadores migrantes

jóvenes.

• Finalmente, el estudio muestra que hay otros factores como periodos de auge y de crisis que determinan en mayor medida el aumento y disminución de las tasas de empleo y desempleo, y que después de un exhaustivo estudio, no hay evidencia alguna, patrón o hipótesis comprobable que relacione el aumento de la población migrante y la disminución de la tasa de empleo para trabajadores nativos de Estados Unidos. El estudio completo está disponible en: <http://pewhispanic.org/files/reports/69.pdf>

El suicidio Continúa de página 4

pues es un problema que afecta a todos. Los motivos por los cuales ciertas personas deciden tomar esta decisión tan triste y tan conmovedora son innumerables y variados. Igualmente deben ser muchas las razones por las cuales los miembros de la comunidad Latina debemos tomar la decisión de hacer algo por evitar estas tragedias.

Existe una organización en Colorado Springs que le hace frente a este problema, Suicide Prevention PARTNERSHIP, Pikes Peak Region. Desafortunadamente en este centro no tienen suficiente personal bilingüe para atender las necesidades de nuestra gente.

La verdad es que necesitan ayuda de los integrantes de nuestra comunidad para promover el programa así como también voluntarios para contestar los teléfonos establecidos con ese fin.

El programa en sí, es muy efectivo. Muchas personas que consideran esto como una medida drástica, se sentirían mejor si alguien estuviera presto a escuchar sus penas y a proveerles una solución al problema que les agobia.

Lo cierto es que todos necesitamos de esas personas, pues por lo regular recurrimos a nuestros amigos, cónyuges, familia, etc.

El centro Suicide Prevention PARTNERSHIP está ubicado

en 2860 S. Circle Drive, Suite 102. Colorado Springs, CO 80906 (719) 573-7447 o en email <prevent@sppppr.org>

Éste es un llamado a los miembros de nuestra comunidad, jóvenes y adultos, para que tomemos conciencia de esta tragedia que afecta a 10 residentes del Paso County cada mes.

Todos tenemos cierto grado de responsabilidad para hacer algo por nuestro prójimo. He aquí la información, no la ignoremos.

"Yo experimento un profundo y humilde deseo: El de aumentar la cantidad de alegría inofensiva." Charles Dickens Terno MacRenato, PhD, terteach@aol.com

PPACG awarded \$518,000 grant Cont. from page 2

Mission Coalition (CDMC) will help oversee and promote the plan. The CDMC, which includes representatives from the EDC, the Chamber, the Colorado congressional delegation, the military and other stakeholder groups, helped lay the foundation for this grant and worked closely with PPACG to gain its approval.

Michael Kazmierski, President and CEO of the Colorado Springs Economic Development Corporation, said of the collaboration, "The CDMC is a very important community effort that was established to identify and mitigate the impacts of the projected growth at Fort Carson and other Colorado installations before these impacts adversely affect the community or the service members and their families that will join our community.

The OEA grant, awarded to the Pikes Peak Area Council of Governments, will help us to sustain this community effort and will enable us to resolve many of

the issues that we have already identified and will help us to identify and resolve additional issues as they arise."

Brian Binn, President of Military Affairs for the Greater Colorado Springs Chamber of Commerce, said of the new funding,

"The approval of the grant from the Department of Defense Office of Economic Adjustment to thoroughly evaluate and prepare for the projected growth at Fort Carson recognizes the significant effect such growth has on a community and the willingness of the Defense Department to support those communities as they prepare to effectively manage the growth.

Fort Carson has been a valuable asset to our region, Colorado, and the nation for over 65 years. We are looking forward to welcoming the new soldiers and their families to our community.

This grant is a result of the hard work of many in the Chamber, the Economic Development

Corporation, and the Pikes Peak Area Council of Governments and will allow our community to better serve the military in our region."

Rob MacDonald, Executive Director of PPACG, added, "This grant proves that a regional approach to problem-solving can and does work. Several local, state and federal partners came together to discuss a solution to the future impacts of Fort Carson's expansion and to take advantage of the opportunities that the expansion will bring to our region."

Similar to other expansion initiatives in places like Fort Riley, Kansas, PPACG's plan will provide strategies for municipal and county governments to address growth, recommend capital improvement projects, offer program planning tools such as a housing market affordability study, and identify funding opportunities. PPACG will create a website to disseminate information to stakeholders and the general public.



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Fall & Winter Specials

SALUD

The Glycemic Index: Good carb, bad carb

by Caroline J. Cederquist, MD

If you're one of those people who can't stand all the counting and tracking and adding and charting that some diets require, you could find a refuge in one simple numerical scale: the glycemic index. On the other hand, you might find it another maddening way to complicate the simple act of eating.

The glycemic index is a measure of the quality of carbohydrate foods. It's kind of a good carbs/bad carbs thing, based on how they affect your blood sugar.

Though it's not new, it did start getting a lot of press when the anti-carb movement took hold. It works like this: in the glycemic index, glucose is arbitrarily assigned the score of 100; it doesn't mean anything in particular; it's just a set reference point for how it has affected the blood sugar by about two hours after eating. Then all other foods in the index are given a number relative to glucose and its affect on the blood sugar.

Foods with a low glycemic index typically break down slowly and don't cause drastic fluctuations in blood sugar. Foods with a high index typically do. For instance, green peas have an index of 39, while corn flakes have an index of 92.

Originally developed to help folks, particularly Diabetics with their blood sugar, the glycemic index includes mainly carbohydrate foods, because protein and fat don't have much immediate effect on blood sugar.

But assigning numbers to different foods based on their glycemic effect just happens to create a scaled list of foods that ends up being a very useful tool for people dealing with obesity and other health issues, as well. That's because simply maintaining a low-glycemic index diet tends to guide people toward healthier eating and weight loss, even when that is not their specific goal.

Consider: Type II diabetes, cardiovascular disease, are all highly correlated with high glycemic index diets. There's abundant research that shows that reducing the overall glycemic index also reduces the risks of those problems.

That's because almost by default, a low-index diet will include more fresh fruits and vegetables, more fiber, more dairy, all foods that offer essential nutrients, that are more likely to be lower in calories and which tend to keep the body sated longer, holding off the next hunger spell. All that usually adds up to weight loss, no matter what the program.

Proponents of the glycemic index say it's more helpful than counting calories or grams of fats or carbs offers a simplified approach to learning to eat better, but some experts caution that people shouldn't get too wrapped up in worrying about the precise numbers. Instead, they urge that people pay attention to whether the foods they're eating have a low, medium or high index.

That's because, as with any rule, there are exceptions to the fairly consistent physiological rules that underlie the glycemic index. For instance, watermelon has a pretty high glycemic index, about 75, which is even higher than table sugar. Does that make it bad for you? No. Because in spite of its high index, watermelon actually has a pretty low glycemic load. That's a measure based on the amount of food you'd actually consume, not just an arbitrary quantity used in testing, as with the index.

The glycemic load of a food can be determined using the glycemic index number for a food, divided by 100 and multiplied times the available carbohydrate you'd eat. With most foods, low index is consistent with low load, but there are the quirky exceptions. Of course, to find them, you'd



Caroline J. Cederquist, MD

be back to doing a bunch of math again, and that's just not the way people normally eat.

That's why doctors and nutritional experts encourage people who are trying to develop a healthy diet to avoid getting caught up in the numbers game and look more generally at the foods in the index, leaning toward those at the low end. Anything over 70 is considered high index, 55 through 69 is medium and below 55 are foods with a low glycemic index.

And look what's in those groups: high index foods include most breakfast cereals, white breads and other processed baked goods, most potatoes, ice cream, candies and table sugar, your veritable Atkins nightmare.

Lower index foods include cherries, grapefruit, broccoli, legumes like lentils and beans, most whole grain baked goods and most dairy foods. So even without counting calories or keeping track of specific index numbers, you can see that steering your diet toward the low end of the index is bound to do you good.

We like to encourage patients to think of glycemic index and glycemic load as just two more tools that can be helpful in developing healthier thinking and planning about dietary habits.

A final thing to remember: there's not one standardized glycemic index list and most indexes include brand-name

items that people buy on a typical shopping trip, as well as the more generic items like vegetables and fruits. This is one of the more helpful aspects of the lists, but only if you get one that relates to where you live.

Through thick & thin

Fruits tend to have a high

glycemic index, so I recommend that people take their fruits with a meal, or with some protein like cottage cheese or regular cheese. These protein sources help mitigate the fruits glycemic effect. Don't let a high index number keep you away from your apple a day.

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With the new school year approaching your child may need a physical or updated immunizations. Without health insurance or a pediatrician, the cost of even a well-child check up can be expensive. In fact according to a recent news story in The Denver Post there is a growing

list of childhood vaccinations and that can cost more than \$16,000. Child Health Plan Plus (CHP+) can help.

CHP+ is a low-cost health insurance program for uninsured Colorado children ages 18 and under whose families earn too much to qualify for Medicaid but

cannot afford private health insurance. CHP+ pays for many health care services including well-child check ups and physicals, immunizations, doctor visits, vision care, dental care and medications.

"In our experience kids who don't receive regular physicals

Cont. on page 14

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REQUEST FOR PROPOSALS AUDIT SERVICES FOR SECTION 42 HOUSING PROJECTS

The Housing Authority of the City of Pueblo, on behalf of the owners, will receive proposals for **Audit Services** for four (4) Section 42, Low Income Housing Tax Credit Projects, in the City of Pueblo. Proposals will be received until **Friday, September 29, 2006 at 3:00 p.m.** Mountain Daylight Time at the Housing Authority of the City of Pueblo, Victoria Avenue Office (address below).

A complete proposal package may be obtained from:
 Housing Authority of the City of Pueblo
 201 S. Victoria Avenue
 Pueblo, CO 81003
 Attention: Barbara Bernard, 719-586-8977, blbernard@hapueblo.com

A pre-proposal conference will be conducted at 2:00 p.m. Mountain Daylight time on **Wednesday, August 30, 2006**, at the Housing Authority Central Maintenance Facility, 201 S. Victoria St., Pueblo, Colorado. **All proposers are encouraged to attend.**

The Housing Authority encourages minority and resident owned businesses to participate.



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Electrical Excellence Enterprises invites you to apply for a Foreman Position. We are looking for top people to grow with us. Established in 1986, we have become a leader in design, installation and maintenance of traffic signals, roadway and airport lighting.

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Requirements: 3- 5 yrs. experience in the Traffic signal and/or Airport lighting industry. Able to travel if needed. Possess a valid driver license (preferably CDL). Pass a drug test, and be physically able to work on a job site.

Offer: Very competitive pay based on experience, combined with the best benefits package in Colorado. If this is interesting to you, we are currently accepting resumes.

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Offer: Very competitive pay based on experience.

Resume: Please apply at or send resumes to:

Accepting applications 9AM – 3PM Monday - Friday Only

Electrical Excellence
Attn: Chip
3705 Sinton Rd.
Colorado Springs, CO 80907
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Email: creinhard@electricalexcellence.com

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Requires Bachelor's degree in public communications, journalism, marketing or a related field. One year of public communications or media relations experience is desirable. **For more information and to apply, go to www.springsgov.com. Deadline to apply is 09/11/06.** EOE



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**Public Health Nurse
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For more details visit our website at www.elpasocountyhealth.org. We offer a progressive work environment and a comprehensive benefit package.

An application is required when applying for this position. Resumes and applications will be accepted until 5pm Sept. 19. Send resume to: EL PASO COUNTY HEALTH DEPT, Job #06-33, 301 S Union Blvd, Colo Spgs 80910; or fax resume to 575-8677.

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

Human Resources Office,

Pueblo Community College, 900 W. Orman Ave., Pueblo, CO 81004, telephone (719) 549-3220, FAX (719) 549-3127 by September 8, 2006.

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HELP WANTED

**POSITION:
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DUTIES AND RESPONSIBILITIES: The Grant Paralegal will split time between the Migrant Farm Worker Division and the Statewide Advocacy Support; and provide litigation support in employment cases and administrative support for educational trainings on unfair employment practices under a grant from the US Department of Justice.

CLOSING DATE: Until filled

Send cover letter explaining your interest in this position and your current resumé to:

Jennifer J. Lee, Managing Attorney
Migrant Farm Worker Division
Colorado Legal Services
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e-mail: jlee@colegalserv.org

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Human Resources Office, Pueblo Community College, 900 W. Orman Ave., Pueblo, CO 81004, telephone (719) 549-3220, FAX (719) 549-3127 by September 22, 2006.

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Closing Date: When position is filled.

Send cover letter expressing the reasons you desire this position. Please identify the position you are applying for, and attach your current resumé to your letter. Address your letter to:

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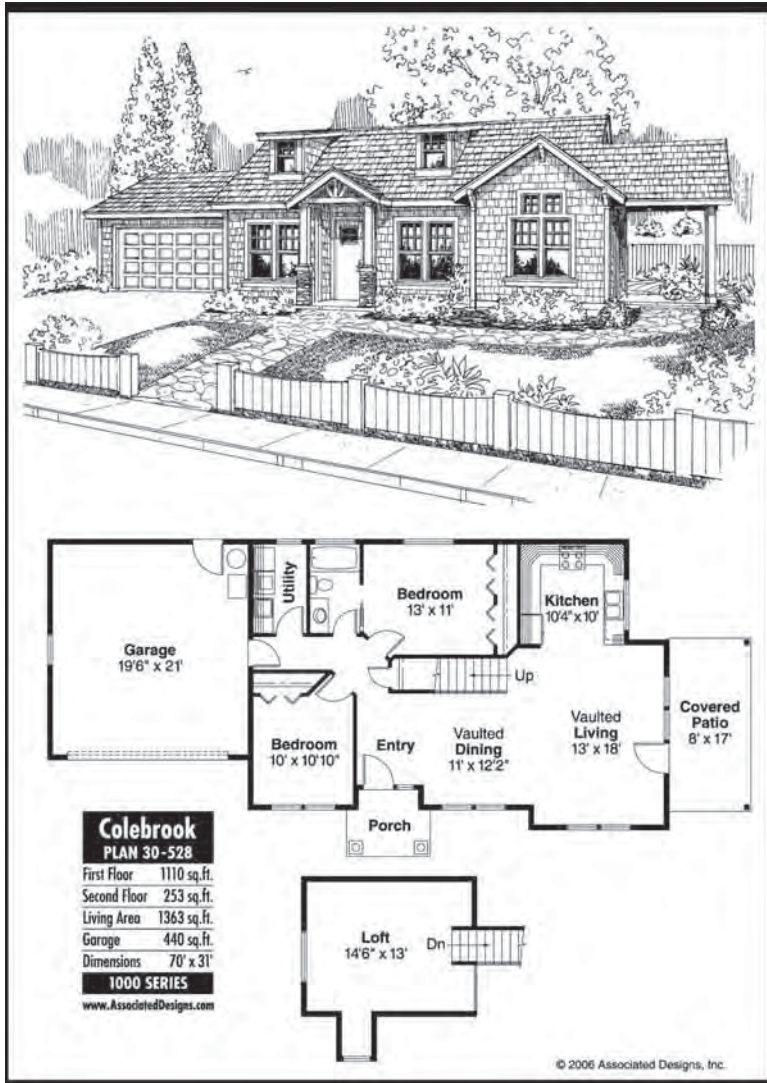
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REAL ESTATE



Colebrook

Shingle cladding gives a country-cottage flavor to the ranch-style Colebrook. This two-bedroom plan would do nicely as a cozy beach house, or it could blend harmoniously into a woody setting.

Most of the living space in this home is on one level, except for the large loft above the garage with a shed dormer window to the front. It also overlooks the vaulted dining room below.

Charming Craftsman-style stick work ornaments the apex of the front porch gable. Stone veneer bases provide a foundation for the handsome wooden columns that support the porch. The Craftsman-style windows and a sidelight sparkle across much of the front facade.

Once you step inside, family living spaces are to your right. The dining area flows into the living room, which is

completely open to the kitchen. The living room is vaulted, sloping to the left and right by the window bay up front. Another vault bisects the room, with slopes running down, front and back.

Plenty of natural light washes into the living room during daylight hours.

Two clerestory windows crown the standard-height windows below. The upper windows are square and much smaller than those beneath them. A wood or pellet stove would fit comfortably into an alcove by the kitchen, at the rear of the room.

Kitchen counters and cupboards wrap around three sides. Standing at the kitchen sink, you can gaze out the window, supervise kids at play, or chat with people in the living room. A built-in dishwasher is next to the sink.

Bedrooms, a bathroom and a large utility room are all off to the left.

The Colebrook's rear bedroom is larger and has direct bathroom access. Its closet spans one entire wall. In the utility room, a deep sink is built into a counter next to the washer, and overhead cabinets fill one wall.

For a review plan, including scaled floor plans, elevations, section and artist's conception, send \$25 to Associated Designs, 1100 Jacobs Dr., Eugene, OR 97402. Please specify the Colebrook 30-528 and include a return address when ordering.

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Fiesta Day 2006 Sunday, Sept. 3rd

Partners In Housing receives funding from the Certified Financial Planner Board of Standards

Certified Financial Planner Board of Standards, Inc. (CFP Board) has awarded a \$50,000 grant to *Partners In Housing*. The grant funding was awarded through CFP Board's first major grants program and announced at CFP Board's Annual Meeting in Santa Monica on Aug 5.

CFP awarded a total of \$875,567 to 20 projects nationwide that are developing innovative and sustainable methods of bringing the benefits of financial planning to communities not traditionally reached by the financial planning profession. *Partners In Housing* was the only organization chosen from Colorado Springs, and one of three from Colorado. Additional information about the project is available on CFP Board's Web site, www.CFP.net.

Partners In Housing (PIH) is a local non-profit organization that provides a two-year housing and self-sufficiency program for homeless families.

As participants in the program, the families work with a case manager to resolve family complexity, further their education, find suitable employment, establish a working budget and strive to become productive and successful citizens of our community.

Single mothers with 2 or more children head over 90% of the families served by the PIH program. Over 15 years of its existence, PIH's success rate has consistently been 65%-70%.

For more information on *Partners In Housing* or to participate in the tournament, please call Debra Wendell, Development Director, at (719) 473-8890 ext. 111.



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COMMUNITY NEWS

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FACT: 80% of all learning is visual

Your child's eyesAre important to us

Dr. James T. Heiberger Medicina General

Le atendemos en Español

Una familia sana, es una familia feliz...

Lunes a Jueves 9:00 A.M. - 5:00 P.M.

Haga su cita con "Norma Rodríguez". Le ofrecemos cita para el mismo día y emergencias
Permita que el Dr. Heiberger le atienda y le explique sobre cualquier problema de salud que usted tenga en Español

Aceptamos la mayoría de los Seguros Médicos, también Medicare, Medicaid, etc.

- Práctica Familiar
- Exámenes Físicos Anuales
- Chequeos y cuidados médicos para su Bebé
- Exámenes Físicos para Escuelas y Deportes
- Emergencias Menores
- Exámenes Físicos para Trabajo
- Inmunización para Niños (Vacunas)
- Alta Presion
- Chequeos médicos para la salud de la mujer
- Pruebas para la Diabetes
- Papanicolao, Etc.)
- Exámenes Físicos para Transportes (D.O.T.)

Llame a nuestra operadora y haga una cita

Le aseguramos que le atenderemos lo más pronto posible.

Es una promesa del Dr. Heiberger, que se preocupa por usted.

Si usted tiene o no seguro...Le ayudamos,

Descuentos para pacientes sin Seguro Médico que paguen el mismo día



638.4548

Fax: 638.4571

1304 N. Academy Blvd.

LULAC praises New Mexico Governor's initiative to save LNESC

The League of United Latin American Citizens (LULAC) National President Rosa Rosales and LULAC National Educational Service Centers (LNESEC) National Chair Roman Palomares want to extend our sincerest appreciation to Governor Bill Richardson for taking action to free up to \$80,000 in federal fiscal relief to save the Albuquerque education center from closing its doors.

"This is about college access and working with communities that are underserved and unique. The centers help low-income and first generation students in order to prepare them to complete high school and enroll in a postsecondary institution of their choice. It really requires that extra mile to reach into the communities that are being served," said LULAC National President Rosa Rosales.

"Education is a lifeline to our

future and the LNESEC has proven itself successful since the 70's."

LNESEC has made an impact in Hispanic education through its 17 Educational Centers around the United States and Puerto Rico. The LNESEC Centers assists over 12,000 students annually. The mission of the centers is to provide educationally disadvantaged and Hispanic communities with the highest quality academic opportunities needed for the development of lifelong learners and leaders through mentoring, financial aid assistance, counseling and academic advising among other services.

"We want to thank Governor Richardson and the community for the continued support and confidence in LULAC and the grassroots who are empowered to act and not just be acted upon," President Rosales stated.

The League of United Latin

American Citizens (LULAC) is the oldest and largest Latino civil rights organization in the United States. LULAC advances the economic condition, educational attainment, political influence, health, and civil rights of Hispanic Americans through community-based programs operating at more than 700 LULAC councils nationwide.

Founded in 1973 LNESEC has served more than half a million Latino students, many of whom have gone on to university and become leaders in their communities.

We have recently been informed that the LNESEC Talent Search funding had been cut after demonstrating success since they were first funded in 1979.

Please visit our web site at www.lulac.org and click on the Save LNESEC link for more information on how you can get involved in our campaign to save the centers.

Child Health Plan *Plus* Cont. from page 11

are at a greater risk of serious injury or illness than those who receive a well-check every year," explained Bill Heller, acting director of CHP+.

In addition, the Center for Disease Control (CDC) recommends that every child have updated immunizations.

Since Colorado schools require that your child have all their immunizations to attend and a physical if they want to play sports, here are some facts about both:

- School physicals are designed to make sure kids are healthy and can participate in athletics without a serious risk of injury.

If it has been more than a year from the last time your child had a physical, they are due for

another one. If you don't have record of their last physical, call your doctor.

- Any local physician or pediatrician is qualified to give a physical.

- A vaccine is a very small dosage of a weakened or killed virus or bacteria that allows your body to develop immunity. Vaccines work to prevent serious illness and are proven to work.

- Vaccines are safe. Most adverse affects from a vaccine are minor and temporary only resulting in a small fever or sore arm.

Taking acetaminophen before or after vaccination can often control these minor side effects.

- Children are far more likely to be ill from diseases like Hepatitis B, Polio, or Tetanus than they are from the vaccine.

"Keeping Colorado kids healthy and safe is our goal," said Heller.

"For working families with limited resources, CHP+ is a low-cost solution. From physicals and immunizations to trips to the ER, CHP+ is there to help Colorado families." For more information about CHP+ eligibility or to get an application, call toll free at 1 (800) 359-1991 or www.CHPplus.org. or to speak with a CHP+ regional outreach coordinator, contact Mary Rivera at (719) 251-1791.

2006 Chevrolet Avalanche

Cont. from page 9

driver feel during parking and other low-speed maneuvers.

The Avalanche 1500 Z71 model ratchets up the off-road capability of the vehicle.

The special package is designed to handle rough, off-road terrain and comes with a skid plate package, 46-mm specially tuned shocks, off-road jounce bumpers, a high-capacity air cleaner, automatic locking differential, 17-inch wheels with aggressive P265/70R17 on/off road tires, rubberized vinyl floor mats and unique Z71 exterior graphics.

GM's StabiliTrak electronic

stability control system is offered with the 2WD Premium On Road suspension package.

StabiliTrak assists the vehicle in maintaining the driver's intended path by applying a brake force at any corner of the vehicle independent of the driver's use of the brake pedal.

StabiliTrak uses an accelerator pedal position sensor, a brake master cylinder pressure sensor and a steering wheel angle sensor as inputs to interpret the driver's desired path and whether to accelerate or decelerate the vehicle.

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Kiosco en Citadel Mall
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