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AUTOMUNDO



Mazda MX-5 Miata
See page 13

Proclamación del Mes de la Hispanidad del Año 2006

Los estadounidenses somos un pueblo diverso, pero nos unen principios comunes que nos enseñan lo que significa ser ciudadanos estadounidenses. Durante el Mes Nacional de la Hispanidad, reconocemos las muchas contribuciones de los hispanoamericanos a nuestro país.



Por medio del trabajo arduo, la fe en Dios y un profundo amor por la familia, los hispanos se han esforzado por hacer realidad sus sueños y contribuido a la fortaleza y vitalidad de nuestra nación. Han enriquecido la experiencia estadounidense y han sobresalido en los negocios, el derecho, la política, la educación, el servicio comunitario, las artes, las ciencias y muchos otros campos. Los empresarios hispanos también están

tratando de forjar un futuro mejor y más prometedor para todos al generar puestos de trabajo en todo el país. El número de empresas propiedad de hispanos está aumentando tres veces más rápido que la tasa nacional, y cada vez más hispanos tienen casa propia. Continuamos

beneficiándonos de la rica cultura hispana y somos un mejor país debido al talento y la creatividad de muchos hispanos que han moldeado nuestra sociedad.

Durante el transcurso de nuestra historia, los estadounidenses de origen hispano también han mostrado su devoción por nuestro país con su servicio militar. Ciudadanos de ascendencia hispana han luchado en todas las guerras desde nuestra fundación, y han ocupado el lugar que les corresponde como héroes de la historia de nuestro país.

Hoy en día, los estadounidenses de ascendencia hispana sirven en nuestras fuerzas armadas con valentía y honor, y sus esfuerzos están contribuyendo

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Colorado Senator Casimiro Barela honored



El Pomar names inductee to Milton E. Proby Cultural Heritage Room

El Pomar Foundation Trustees announced that Colorado Senator Casimiro Barela will be inducted into the Milton E. Proby Cultural Heritage Room at Penrose House at 4 pm on Sep 16.

Senator Barela was chosen from a select group of past Hispanic civic leaders for his outstanding contributions and service to Southern Colorado. Senator Barela is the first leader chosen by the Selection Committee for this honor.

"El Pomar Foundation Trustees are proud to recognize Casimiro Barela as the first inductee in the Milton E. Proby Cultural Heritage Room," said William J. Hybl, El Pomar Foundation Chairman and CEO.

"Senator Barela was an advocate for equality and dedicated his life to civil service. We are pleased to help preserve the memory of his many contributions to Southern Colorado."

As a member of the Colorado Constitutional Convention in 1875, Barela ensured that the new laws were written in English, Spanish, and German. Barela served as Las Animas County Assessor and Sheriff, and as a Colorado State

Senator for 37 years. Senator Barela's legacy will be memorialized in a permanent display in the Milton E. Proby Cultural Heritage Room at Penrose House, 1661 Mesa Avenue.

The Milton E. Proby Cultural Heritage Room is dedicated to preserving and documenting the contributions of African-



American, Asian, Latino/Hispanic, and Native American individuals from Southern Colorado. One deceased ethnic minority leader will be recommended every year by representatives of Emerging Leaders Program in Pueblo and Colorado Springs.

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National Hispanic Heritage Month September 15 - October 15

Proclamation of National Hispanic Heritage Month, 2006

Americans are a diverse people, yet we are bound by common principles that teach us what it means to be American citizens.

During National Hispanic Heritage Month, we recognize the many contributions of Hispanic Americans to our country.

Through hard work, faith in God, and a deep love of family, Hispanic Americans have pursued their dreams and contributed to the strength and vitality of our Nation.

They have enriched the American experience and excelled in business, law, politics, education, community service, the arts, science, and many other fields.

Hispanic entrepreneurs are also helping build a better, more hopeful future for all by creating jobs across our country.

The number of Hispanic-owned businesses is growing



at three times the national rate, and increasing numbers of Hispanic Americans own their own homes.

We continue to benefit from a rich Hispanic culture and we are a stronger country because of the talent and creativity of the many Hispanic Americans who have shaped our society.

Throughout our history, Hispanic Americans have also shown their devotion to our

country in their military service.

Citizens of Hispanic descent have fought in every war since our founding and have taken their rightful place as heroes in our Nation's history.


Today, Americans of Hispanic descent are serving in our Armed Forces with courage and honor, and their efforts are helping make America more secure and bringing freedom to people around the world.

As we celebrate National Hispanic Heritage Month, we applaud the accomplishments of Hispanic Americans and recognize the contributions they make to our great land.

To honor the achievements of Hispanic Americans, the Congress, by Public Law 100-402, as amended, has authorized and requested the President to issue annually a proclamation designating September 15 through October

Cont. on page 3



COMMUNITY NEWS



Do you have questions about this year's ballot issues?
Are you sure about what you are voting on?

The League of Women Voters
BALLOT ISSUES REVIEW
SATURDAY, SEPT. 23RD
SAND CREEK LIBRARY
2 - 4 PM

Information in both Spanish and English
Refreshments provided

Espinosa fights rare and deadly disease

Local youth Alexis Espinosa has been fighting a rare disease, Amoebic Encephalitis. The child's mother, Pam Espinosa, has incurred large medical bills while diagnosing and treating her daughter, and the community has been raising funds to offset some of the financial difficulties she is dealing with at this time.



Alexis Espinosa

The onset of the disease was in October 2005, when Alexis suffered a seizure at school. Alexis has completed a series of tests at the Children's Hospital in Denver, and she was removed from her medications. The disease is very serious and it is not unusual for patients to die when medication is discontinued. Out of one hundred patients who contracted the disease, only 2 are alive, including Alexis. She has been off her medications for two months now and

continues to improve. Miguel and Irene Espinosa, as grandparents, greatly appreciated the community's generosity and cooperation with their Chile Supper, which raised \$1,640. The family continues to ask for your

support to assist with the medical bills. An account has been set up at TCF Bank in the name of Alexis Espinosa, where donations are currently being accepted. For more information call Miguel or Irene at (719) 574-0274.

Milton E. Proby Cultural Heritage Room

Cont. from page 1



The Cultural Heritage Room pays tribute to Reverend Milton E. Proby's example of civic involvement and fellowship across cultural boundaries. Rev. Proby was one of the first civil rights leaders to have profound



influence in the campaign for equality in Southern Colorado. Those inducted into the Cultural Heritage Room shared the values and vision of Rev. Proby. Members of the Barela family will be in attendance to celebrate the

occasion. Representatives of Emerging Leaders Program will also attend the ceremony. The Emerging Leaders Program was established by El Pomar Foundation in 2001 to help develop the wealth of diverse leadership within Southern Colorado.

The Hispanic Chamber has a new Executive Director

The Hispanic Chamber of Commerce of Colorado Springs is under new leadership effective August 15th, 2006.

Mr. Joe V. Aldaz Jr. assumed the duties as Executive Director in an effort to move the Hispanic Chamber in a new and positive direction.

A United States Air Force Academy graduate, Mr. Aldaz brings over three years of non-profit executive leadership and management to the position as well as serving 21 years as an

Air Force leader, retiring as a Lieutenant Colonel.

Not only does Mr. Aldaz bring executive director experience to the position, he also has expertise in non-profit program development, college athletic administration and program development and budget, personnel, and resource management experience.

Additionally, Mr. Aldaz has experience as a senior system analyst and enterprise architect in the local defense industry.

The diverse background of Mr. Aldaz positions him to make a significant impact on the chamber with growth as one of his main priorities due to his many ties to the Colorado Springs community.

For More Information Contact: Hispanic Chamber of Commerce of Colorado Springs, 912 North Circle Drive, Suite 203, Colorado Springs, CO 80901, Tel: (719) 635-5001, Fax: (719) 635-6311 or e-mail: jaldaz@hcccs.com

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COMMUNITY NEWS

YMCA of the Pikes Peak Region Joins National Initiative to Combat Obesity

YMCA Activate America gets People Moving in the Pikes Peak Region

The YMCA of the Pikes Peak Region, including the branches of Briargate, Garden Ranch, Downtown, Southeast, and Tri-Lakes are gearing up for an action-packed week of fitness and fun as America on the Move kicks off September 23 - 30.

As part of a nation-wide initiative to make our communities more healthy and active, YMCA Activate America is rallying YMCAs across the country to further enhance their service and support to kids, adults and families who want to lead a healthy lifestyle, but struggle to do so.

"There is an increasing population of Americans who want to become more active, but aren't sure where to begin," said Merv Bennett, CEO of the YMCA of the Pikes Peak Region. "As an Activate America YMCA, we are committed to helping our community get started with the first step."

To get the community motivated the YMCA has planned a special kick-off party on Saturday, September 23 at the Garden Ranch Family Center.

A week of special events are planned to offer community members an outlet to get active. During this week, the YMCA hopes to motivate people to increase the number of daily steps they take.

Events will include:

Saturday, September 23 - Garden Ranch Family YMCA - Kick-off Party - 9 - 11am
Bring the entire family and enjoy the kick-off of America on the Move Week. Don't miss the Family walk, obstacle course, relays, aerobic class demonstrations, Kid Fit

activities, clinics on running mechanics, bicycle safety and proper fitting, and refreshments.

Tuesday, September 26 - Downtown Family YMCA - Crunch & Munch - 9 - 11am
Enjoy a free group exercise class and a healthy snack. Classes scheduled are: 8:30 - 10 am: Cardio Muscle 10 - 11am: Pilates 1 - 11:30: Silver Sneakers Muscle Strength
Wednesday, September 27 - Garden Ranch Family YMCA - Kid Fit Class - 6 - 7pm Don't miss this chance to work-out with your entire family. Who knew that exercise could be this fun?

Kid Fit teaches healthy nutrition, fun physical activity and you play games too!

Thursday, September 28 - Briargate Family YMCA - You are What You Eat 11:30 - 1pm Do you know what a healthy diet truly is? In today's world we are bombarded with fad diets, fat-free this, low-carb that— but what foods are really healthy?

Join the Briargate Family YMCA and a local nutritionist for this informative talk about what it means to have a healthy diet.

Take this opportunity to ask us the questions you always wanted the answers to. Free healthy snacks will be distributed to help you make the right nutritional choices.

Friday, September 29 - Southeast Family YMCA - Family Fun Night 5:30 - 9:30pm
Spend the evening with your family, get fit and enjoy a great dinner all at the same time. 5:30pm America on the Move 2 Mile Walk around the Southeast YMCA
6:30pm Spaghetti dinner with garlic bread and a healthy

dessert
7pm Kid Fit Class with basic nutrition information and fun physical activities Cost: All activities are free. There is a \$2 (kids 12 and under \$1.50) charge for the spaghetti dinner.
Saturday, September 30 - Woodland Park - Hike Lovell Gulch Trail - 9am
Bring your family and friends and hike the Lovell Gulch Trail in Woodland Park. It's rated as Easy and will take about 2 hours and is a little less than 5 miles.

You will also receive a free Teller County Easy Trails Map so that you can enjoy other trails in the area.

Directions: Hwy 24 to Woodland Park. At the intersection of Rampart Range Road and Hwy 24 (the stoplight by McDonalds) head north on Rampart Range Road for approximately 2 miles.

On the left you will see the trailhead located near a Forest Service building just before the water tanks.

A sign is by the road for the trailhead.

For more information on YMCA Activate America nationally, visit www.ymca.net.

Or, for more information about America on the Move Week at the YMCA of the Pikes Peak Region visit www.ppyymca.org.

Proclamation

Cont. from page 1

15 as "National Hispanic Heritage Month."

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim September 15 through October 15, 2006, as National Hispanic Heritage Month.

I call upon public officials, educators, librarians, and all the people of the United States to observe this month with appropriate ceremonies, activities, and programs.

IN WITNESS WHEREOF, I have hereunto set my hand this fourteenth day of September, in the year of our Lord two thousand six, and of the Independence of the United States of America the two hundred and thirty-first.

- GEORGE W. BUSH

Space Unit To Move From Cheyenne Mountain

The Space Control Center (SCC), operated by Air Force Space Command's 1st Space Control Squadron, will transfer its operations from Cheyenne Mountain AFS to the Joint Space Operations Center (JSpOC) at Vandenberg AFB, Calif., as part of an effort to enhance mission effectiveness and increase Air Force Space Command's flexibility to support combatant commanders in meeting national and military space

needs. The move will involve the phased relocation of approximately 140 people to Vandenberg AFB, including military, civil servants and contractors, from January through July 2007.

The SCC serves as the command and control hub for all U.S. space surveillance activities, while the JSpOC integrates various joint space capabilities and focuses them for end users to improve warfighting capabilities.



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NOTICIAS EN ESPAÑOL

Un lustro no ilustre

Si puedes hacerlo: ¡hazlo!

Por Pablo Córdoba

Dejé la mochila en la silla, saqué unos libros, que hacía tiempo que venía paseando, y los abandoné sobre la mesa. Mientras me quitaba la campera, vi entrar a mi vieja con un plato de comida.

A todo esto, han pasado algunos años. No recuerdo bien si ese plato era de polenta o de lentejas.

Pero eso no importa ahora. Tampoco importó en ese momento.

Aunque, hasta el día de hoy, tengo presente el rostro de mi vieja en aquel instante en que permanecía de pie al frente mío y en silencio.

¿Cómo olvidar su sonrisa? ¿Cómo olvidarme del cariño que me ofrecía? ¿Cómo olvidar su mirada? Ninguna otra persona volvería a mirarme de esa forma.

Ella deseaba que me acercara a darle un beso. Sin embargo, un relámpago duró esa espera. Comprendió que no estaba dispuesto a besarla.

Sin mudar la sonrisa de sus labios, dejó el plato de comida sobre la mesa.

No le devolví la sonrisa. No le dirigí siquiera una mirada. Antes de que ella me ofreciera eso que supuestamente sería mi cena, le dije que había comido un sándwich, antes de salir para casa.

Ha pasado el tiempo... No recuerdo si aquella noche, antes de dormir, me despedí de ella. O si al menos al alejarme murmuré un "Hasta mañana". No lo recuerdo. Si me acuerdo, porque aún no lo puedo quitar de la memoria, de su rostro, de sus ojos cansados, que me

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Por Isaac Bigio

Hace cinco años casi todos los países del mundo se unieron a EEUU en su dolor y para apoyarlo en atacar Afganistán. Si hace un lustro el fundamentalismo islámico era visto como el enemigo común por casi toda la humanidad, hoy el nacionalismo musulmán se ha revitalizado.

Las invasiones a Afganistán, Iraq y Libano han desgastado a EEUU y a sus aliados. Mientras es el Papa quien hoy debe pedir perdón al Islam por haber producido la ira de sus

nacionalistas, Bush debe contemplar cómo en el quinto aniversario del 11-S el único vecino enemigo suyo (Cuba) se convertía en el anfitrión del mayor bloque de países dentro de las Naciones Unidas: los No Alineados. La XIV Cumbre, además, ha aprobado su solidaridad con Cuba, Bolivia y Venezuela (los dolores de cabeza de Bush en su "patio trasero"), así como con Irán, y

el derecho de las naciones a dotarse de plantas atómicas para "uso pacífico".

Mientras Castro presidirá a los No Al hasta el 2009, Chávez habría asegurado su sitial en el Consejo de Seguridad 2007-2008.

Mientras Blair prepara maletas, los neoconservadores en EEUU apuntan a ser derrotados en las elecciones congresales. A un lustro del 11-S, Bush tiene una perspectiva nada ilustre.



Comcast presentará películas en Español

Comcast anuncia el lanzamiento de VeneMovies, el primer canal que ofrecerá películas sólo en español con una gran variedad de producciones, desde las más recientes hasta las más clásicas, como parte del paquete de CableLatino de Comcast. VeneMovies es un

canal que presentará películas originales en español sin comerciales las 24 horas y traídas de Latino America, España y con subtítulos en inglés. Con VeneMovies Comcast desea llegar a más hogares hispanos donde el español es el idioma predominante; y a su vez darle

más calidad al paquete de CableLatino. Los hispanos son el grupo minoritario de más rápido crecimiento en los Estados Unidos, también han demostrado ser el más alto en rentar y ver películas en español, aún más que cualquier otro grupo minoritario.

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NOTICIAS EN ESPAÑOL

Celebración del Cerebro 2006

Las enfermedades relacionadas al cerebro y la pérdida de la memoria son un desafío y afectan no sólo al que la padece sino también a los familiares. Durante el mes que celebramos el Patrimonio Hispano "Hispanic Heritage" La Asociación de Alzheimer de Colorado ofrecerá información muy importante sobre la salud del cerebro en los latinos durante el evento titulado *Celebración del Cerebro 2006*. El evento se llevará a cabo el día 7 de Octubre en el Centro San Juan Diego (2830 Lawrence Street). Este es el segundo año que se ofrece este programa en español en Denver y en todo el país.

Todas las familias hispanas están cordialmente invitadas a este evento en español que durará todo el día, ¡incluye desayuno y el almuerzo totalmente gratis!

Aun cuando los hispanos tienen un riesgo dos veces más alto de padecer enfermedades cerebrales en comparación a los Americanos, la obtención de información y servicios no es fácil. Cuando un ser querido es diagnosticado con la

enfermedad de Alzheimer en una familia latina se genera una situación de angustia e incertidumbre ya que no se tiene la información sobre la enfermedad en español.

Más del 20 por ciento de la comunidad hispana que sólo hablan español tienden a sentirse aislados. Por esta razón, este evento será solamente en español.

"Todas las personas que hablan español sin importar la edad están invitadas a este evento que dura todo el día para aprender sobre la salud del cerebro", dijo Jenny Pool Radway, coordinadora del programa hispano de la Asociación de Alzheimer de Colorado. "Un gran número de la comunidad hispana no sabe que nuestra organización da información y educación sobre la salud del cerebro y la enfermedad de Alzheimer y todos nuestros servicios son confidenciales y están disponibles en español. Estamos aquí para ayudarle"

Celebración del Cerebro 2006 es un evento en español creado para la comunidad hispana con el fin de llegar a todas las

generaciones sin importar el estado legal. Los programas que se llevarán a cabo durante el día serán, talleres informativos y educativos sobre la salud del cerebro, música, baile y también habrá cuidado de niños y actividades para ellos.

El evento *Celebración del Cerebro 2006* está dirigido por la Asociación de Alzheimer de Colorado con la colaboración de cinco organizaciones sin fines de lucro: Brain Injury Association of Colorado, Seniors' Resource Center, Epilepsy Foundation, National MS Society y Rocky Mountain Stroke Association.

Presentado por la Asociación

de Alzheimer de Colorado, este evento es posible gracias a la gran generosidad de MetLife y Piñon Management Inc.

Sobre la Asociación de Alzheimer de Colorado

La Asociación de Alzheimer de Colorado es líder en promover programas informativos y de apoyo para la gente de Colorado que padece de la enfermedad de Alzheimer y sus familias.

Por 25 años la Asociación de Alzheimer de Colorado ha sido líder en la lucha contra la enfermedad de Alzheimer y enfermedades que se relacionan al Alzheimer, promoviendo un

entendimiento sobre la demencia, reduciendo el riesgo de la demencia al promover salud mental, información y educación, dando y mejorando el cuidado y apoyo para todos los que son afectados por esta enfermedad y respaldando estudios científicos sobre este tema. Para más información, visitar www.alzco.org ó llamar al 303-813-1669.

Celebración del Cerebro 2006
Centro San Juan Diego
2830 Lawrence Street, Denver, CO 80205

Sábado, Octubre 7, 8:30 am - 3:30 pm

Se aconseja participar en este evento todo el día.

Favor registrarse antes del evento.

Si puedes hacerlo: ¡hazlo!

Continua de página 4

dijeron: "Hasta mañana".
Párate y Piensa:
Algún día, aquella mujer que te trajo al Mundo no estará más a tu lado. De su afecto... sólo quedarán dulces recuerdos.
Entonces, cuando no recuerdes si aquel plato era de polenta o de lentejas, recordarás su sonrisa y tu alma se llenará de lágrimas de agradecimiento.

¡Qué triste sería que, en ese momento, quieras darle un beso y no puedas!
Pero más lamentable será aún, si ahora que puedes besarla... no lo haces.

Para más información, visítenos en la red <<http://www.pablocordoba.com/2005-06-17/7-si-puedes-hacerlo-hazlo.php>>



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NOTICIAS EN ESPAÑOL

Pobres sin remesas

México es uno de los tres países en el mundo que reciben más remesas de sus ciudadanos que trabajan en el extranjero. Un estudio internacional sigue la ruta del destino de estos recursos.

En México, no son los habitantes más pobres los más propensos a recibir remesas. De hecho, en zonas urbanas las remesas parecen un fenómeno que involucra preferentemente a hogares de clase media y media baja (45.7 por ciento), y en menor medida a los que se encuentran en situación de pobreza (14.1 por ciento), o de miseria (35.8 por ciento), según el informe Migración internacional, derechos humanos y desarrollo, presentado por la Comisión Económica para América Latina durante una reunión cumbre de Naciones Unidas sobre el tema, llevado a cabo en Nueva York los días 14 y 15 de septiembre pasados.

El reporte señala que el impacto de las remesas es muy superior en el ámbito rural respecto del conjunto del país, ya que uno de cada 10 hogares rurales las recibe; sin embargo, esta cifra se relativiza al desagregar el análisis por el tamaño de las localidades. Las

remesas suelen concentrarse en comunidades muy pequeñas donde vive poco más de la mitad de los hogares receptores (52.3 por ciento), mientras que una quinta parte de los receptores vive en ciudades de más de 100 mil habitantes (20.2 por ciento).

En las zonas urbanas los estratos que menos reciben remesas son los que se encuentran en situación de pobreza extrema (32.3 por ciento), seguidos por los de clase media (29.8 por ciento). Además, la mayor parte de los hogares receptores se encuentran en municipios con un grado muy bajo de marginación. De acuerdo con la investigación, esto revela que no son los hogares en situaciones más extremas de marginación los que recibirían más remesas.

En el ámbito rural se da una distribución parecida, pero con mayores porcentajes de recepción de remesas en todos los estratos. Uno de cada tres hogares en pobreza extrema los recibe, al igual que uno de cada tres en pobreza alimentaria.

Lo mismo que uno de cada cuatro de clase media baja y 10 por ciento de clase media.

El informe concluye que la "condición de ruralidad es un factor que favorece la recepción de remesas y parece actuar incluso por sobre la estratificación social.

Es más, los hogares rurales más ricos tienen una propensión a recibir remesas

que es igual o superior a la de los hogares pobres urbanos".

Esto, dice el documento, puede ser interpretado de dos formas opuestas: primero, los hogares más pobres no tendrían los recursos necesarios para incorporarse a la migración internacional, lo

cual los alejaría también de beneficios como las remesas; y segundo, las remesas sacarían a los hogares de su situación de pobreza y marginación, contribuyendo a mejorar sus condiciones de vida familiar y comunitaria.

Exigen que se retracte el gobernador de Georgia

Líderes hispanos y negros solicitaron ayer lunes al gobernador de Georgia que se retracte de sus recientes declaraciones sobre los inmigrantes indocumentados cuando anunció una campaña en el estado contra la falsificación de documentos.

Reunidos bajo la rotonda en el Capitolio estatal, sindicalistas y líderes de derechos civiles dijeron que el gobernador Sonny Perdue y varios legisladores cargan injustamente contra los inmigrantes en una virtual maniobra en busca de la reelección.

En una conferencia de prensa la semana pasada, Perdue dijo que "simplemente es inaceptable que la gente ingrese a hurtadillas a este país

el jueves, obtenga un documento gubernamental de identidad el viernes, vaya a la oficina de asistencia social el lunes y emita un voto el martes", de acuerdo con una transcripción suministrada por la oficina de prensa de Perdue.

El Consejo Coordinador de Líderes Comunitarios, que organizó la concentración en el Capitolio, entregó en la oficina del gobernador el lunes una carta en que condena las declaraciones de Perdue.

"Nos angustia que ... las declaraciones hechas la semana pasada sólo aumenten el clima de sospecha en torno a los inmigrantes latinos y incrementen la clasificación delincidental por razas", refiere la carta, firmada por los miembros del consejo Teodoro Maus y Adelina Nicholls. Perdue dijo que no tiene intención de disculparse por criticar la inmigración indocumentada.

"No me voy a disculpar por una actividad criminal", dijo Perdue el lunes después de una conferencia de prensa en las oficinas de la Agencia de Investigación de Georgia.

También rechazó que el endurecimiento de las acciones sobre la inmigración ilegal sea una maniobra de año electoral.

En el acto del lunes, los oradores expresaron comparaciones entre las luchas de los negros por los derechos cívicos en la década de 1960 y la campaña contra la inmigración indocumentada.

El reverendo Joseph Lowery, ex presidente de la Conferencia de Dirección Cristiana del Sur, dijo que Estados Unidos necesita la reforma de las leyes de inmigración antes que "la degradación y deshumanización de nuestros hermanos y hermanas de otros países".

La conferencia es una organización contra la discriminación racial fundada en 1957 por Martin Luther King, entre otros líderes.

La nueva ley de Georgia, que entra en vigencia el año próximo, limita los beneficios sociales del estado a los adultos que se encuentran legalmente en el país y castiga a las empresas que contratan a inmigrantes indocumentados

Proclamación Continúa de página 1

a que Estados Unidos sea más seguro y a que la libertad llegue a pueblos alrededor del mundo.

Al celebrar el Mes Nacional de la Hispanidad, aplaudimos los logros de los ciudadanos hispanos y reconocemos lo que han contribuido a nuestro gran país.

Para honrar los logros de los estadounidenses de origen hispano, el Congreso, por medio de la ley pública 100-402, tal como ha sido modificada, ha autorizado y solicitado que el Presidente emita una proclama anualmente designando del 15 de septiembre al 15 de octubre el "Mes Nacional de la Hispanidad".

AHORA, POR LO TANTO, YO, GEORGE W. BUSH,

Presidente de Estados Unidos de Norteamérica, en virtud del poder que me otorgan la Constitución y las leyes de Estados Unidos, por la presente proclamo del 15 de septiembre al 15 de octubre el Mes Nacional de la Hispanidad. Hago un llamado a los funcionarios públicos, educadores, bibliotecarios y todo el pueblo estadounidense a que conmemoren este mes con las actividades, ceremonias y programas apropiados.

EN FE DE LO CUAL, suscribo la presente este decimocuarto día de septiembre, año del Señor dos mil seis, y el ducentésimo trigésimo primer año de la Independencia de Estados Unidos de Norteamérica.

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NOTICIAS EN ESPAÑOL

Seyfarth Shaw elegido como 'Bufete de Abogados del Año' 2006

Seyfarth Shaw LLP, uno de los principales bufetes de abogados con servicios integrales de Estados Unidos, ha sido elegido por la Asociación Nacional de Abogados Hispanos (Hispanic National Bar Association, HNBA) como "Bufete de Abogados del Año" para 2006. El premio, entregado en la reciente Convención Anual, edición 31a. de la organización, en San Francisco, premia a Seyfarth Shaw por el papel de liderazgo de la firma en apoyar los esfuerzos de diversidad en el lugar de trabajo y por su compromiso en toda la firma con respecto a participación de abogados en colegios de abogados regionales y nacionales, y en otras organizaciones que promueven la diversidad en la profesión jurídica y en la comunidad.

El premio, entregado por Edgardo Ramos, Director Financiero de la HNBA, y recibido por Nick C. Geannacopulos, socio gerente de la oficina de Seyfarth Shaw en San Francisco, distingue a Seyfarth Shaw por su apoyo a la comunidad de empresas hispanas y las iniciativas de diversidad que la firma ha establecido, que reflejan los principios de la HNBA y de otras organizaciones apoyadas por minorías. La HNBA, una asociación sin fines de lucro, representa a más de 33,000 abogado, jueces, profesores de derecho, estudiantes de derecho, administradores legales, y asistentes legales/paralegales hispano-estadounidenses en Estados Unidos, Puerto Rico y las Islas

Virgenes de los EE. UU. La HNBA trabaja con otras asociaciones jurídicas, entidades de gobierno y grupos comunitarios para lograr un involucramiento mayor y una mayor comprensión del sistema legal de Estados Unidos, dentro de las comunidades hispanas en todo el país.

"Nos honra que la Asociación Nacional de Abogados Hispanos haya decidido reconocer el constante y continuo apoyo de Seyfarth Shaw a las iniciativas de diversidad", dijo J. Stephen Poor, Presidente y Socio Gerente del bufete. "Nuestra firma agradece los aportes creativos de una fuerza de trabajo incluyente, y cree que lograr y valorar la diversidad son clave para el continuo éxito de nuestra profesión, así como nuestra satisfacción personal como abogados. La diversidad de nuestras experiencias, antecedentes y perspectivas fortalecen la calidad de nuestro trabajo para nuestros clientes. Estamos agradecidos y extendemos nuestro agradecimiento a la Asociación por su excepcional dirección y liderazgo".

Las iniciativas de diversidad de Seyfarth Shaw incluyen un Plan de Acción de Diversidad a nivel nacional, que investiga y formula políticas y prácticas que apuntan a facilitar la diversidad y un mayor fortalecimiento del reconocimiento de la firma como modelo en toda la profesión legal y varias comunidades.

El Comité de Desarrollo de

Continúa página 18

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NEGOCIOS

Forum to provide Southern Colorado economic insight

A senior economist who specializes in US and international energy market and agricultural economic trends will be the keynote speaker for the 10th Annual Southern Colorado Economic Forum Oct. 11.

Michael Swanson, senior economist and agricultural economist, Wells Fargo Bank, will analyze and forecast developments in the US and international economic arenas as part of a series of discussions scheduled for 7 am until noon

Oct 11 in the Heritage Ballroom of the Antler's Hilton Hotel.

Swanson will be joined by UCCS College of Business and Administration faculty members Fred Crowley and Tom Zwirlein. UCCS Chancellor Pam Shockley-Zalabak and US Army Brig. Gen. Anne Macdonald will serve as panelists. Macdonald is deputy commanding general of Division West, First United States Army at Fort Carson.

Swanson works with a diverse set of agricultural producers and processors

across the United States. His expertise focuses on competitive strategy and risk management for a variety of crops and livestock. His work experience includes most segments of the agricultural food chain, including transportation, trading, processing, marketing and finance.

Considered the economic "State of the Union" for southern Colorado, the forum brings together local experts from public, private, and academic sectors to report on

the regional economy. The forum offers an annual snapshot of local economic activity and provides forecasts to help businesses plan for the upcoming year. The forum is made possible by a cooperative effort between the University of Colorado at Colorado Springs, the College of Business and Administration, and local business sponsors.

This year, the forum joins with the Holland and Hart Business Symposium to provide a series of panel sessions forecasting trends in

residential and commercial real estate markets. Panels providing information about working with government entities and new business financing are also planned.

Registration is \$75 and includes breakfast and all panel sessions.

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For registration and additional information, southerncoloradoeconomicforum.com

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What's it like to be named one of the top 100 men of the year? Just ask local CEO Greg Lopez

The September 15 edition of *Minority Business News USA* magazine showcases local CEO Greg Lopez and 99 US businessmen as key leaders who positively influence diversity practices in corporate America.

This list of top 100 influencers is being released for the first time in the publication's history. *Minority Businesses* selected Lopez, CEO of the Rocky Mountain Minority Supplier Development Council because of his influence in the supplier diversity arena and increasing the success of minority businesses.

Lopez knows first-hand the challenges of diversity in the workforce and is highly deserving of recognition as one of the nation's top business leaders who positively impacts diversity.

Lopez, the son of migrant farm workers, remembers

picking everything from oranges, cucumbers, cherries, grapes, lettuce, potatoes, and cabbage.

Success is not unfamiliar to Lopez. He is an honorable discharged decorated disabled veteran and a former elected official. In 1992, at the young age of 27, he was elected Mayor of Parker, Colorado. The Town of Parker is located in Douglas County, which at the time had a minority population of less than 1 percent. In 2004, Lopez was one of four recipients of a Denver Civil Rights award from NEWSED, a local economic development organization.

"I am honored to receive this award on behalf of RMMSDC. For over 30 years, RMMSDC has worked in partnership with corporate America to support and develop minority business enterprises to compete and succeed in the

corporate world," Lopez said. "This recognition affirms that we are on the right track, and endorses the fact that minority owned businesses play a vital role in our Nation's economic strength and global."

Lopez is receiving this award

during National Minority Enterprise Development Week, first started by US Presidential decree in 1983. RMMSDC will join several local companies to provide training for local minority business leaders.

UCCS to host fall career fair

University of Colorado at Colorado Springs students and alumni will browse career opportunities offered by more than 70 companies at the Fall Career Fair, 2 - 6 pm, Thu, Oct 5, in the University Center Gymnasium. Recruiters from companies such as Hewlett-Packard and Intel as well as the Peace Corps and Northwestern Mutual Financial will answer questions, discuss job openings and present opportunities to the students and alumni of UCCS.

"This event provides graduating students and alumni with opportunities in accounting, management, human resources, sales, nursing, journalism and

customer service, and in many other fields as well," said Vanessa Ea, coordinator, UCCS Career Center. "Job seekers should come prepared with several copies of their resume and dressed in their best business attire." UCCS Fall 2006 Career Fair is open to the public. Parking is available in the visitor lots for \$1.50/hour. After 4:30 pm, free parking is available in Lots 3 and 4.

For more information on the career fair, please visit <http://web.uccs.edu/careercenter>.

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DEPORTES

Finally, some reality to College Football

College football, Two QBs, one name The media relations office at Idaho State received four calls from fans Saturday, 9 September and one from ESPN, regarding a mistake on the box score from the Idaho State-Fort Lewis football game. Apparently, everyone assumed there was a mistake because both quarterbacks were named Matt Gutierrez. Idaho State's Gutierrez was 14 of 19 for 196 yards and two touchdowns. The other Gutierrez, from Fort Lewis, was 22 of 29 for 206 yards and a touchdown. ISU QB is From CA and FLC QB is from Thornton, CO.



Fort Lewis Matt Gutierrez.



Idaho State's Matt Gutierrez.

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ENTERTAINMENT

CU-Boulder professor featured in *The Mexican-American War*

*University of Colorado at Boulder Assistant Professor Brian DeLay is featured in a two-hour television special titled *The Mexican-American War* premiering Fri, Sep 29, at 6 pm MDT on The History Channel.*

Hosted by boxing legend Oscar De La Hoya, the program tells the story of the controversial war and includes re-creations of its key battles based on notes and memoirs from soldiers who fought on both sides of the conflict 160 years ago.

Throughout the program, scholars and authors from the United States and Mexico will share facts, views and opinions about the two-year war that ended with the United States acquiring nearly half of Mexico's territory.

"I can't imagine the United

States rising to global dominance without the territory acquired in the war," said DeLay, of CU-Boulder's history department. "We rarely talk about the war against Mexico, but it is absolutely critical to our national history."

DeLay's research focuses on how American Indians, including Apaches, Comanches and Navajos, influenced the relationship between the United States and Mexico in the years leading up to the war, which began in 1846.

During the program he explains how American Indians influenced the course

and outcome of the war between Mexico and America.

"Up until now American Indians haven't been part of the story," DeLay said.

After Mexico achieved independence from Spain, conflicts between American Indians and Mexicans increased across the northern part of Mexico, he said.

"Indian warriors raided Mexican ranches and towns, killing men, kidnapping women and children and stealing tens of thousands of animals," DeLay said. "When able, Mexicans responded by doing the same to Indians. All told the conflicts claimed thousands of lives."

At the same time, Americans were moving west following their "Manifest Destiny," the belief that they had a God-given right to expand across the continent.

For many American Indians, the advantages of peace were outweighed by the potential profits from war, which included bartering their spoils from raids with American traders, according to DeLay.

The raids forced many people in Mexico to flee south, or to larger cities, shattering the rural society and economy in northern Mexico. They also changed the way Americans and Mexicans viewed each other, he said.

"By 1846, a majority of US politicians saw Mexico being invaded by Native Americans and essentially said 'Hey we'll be doing you a favor by conquering this area and saving you from Indians,'" DeLay said.

The war ended with a treaty that gave the United States title to land that now includes the states of Texas, California, Nevada, Arizona, New Mexico, Utah and parts of Colorado and Wyoming.

DeLay was an undergraduate at CU-Boulder and joined the faculty in 2004 after receiving his doctorate in history from Harvard University.



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ENTERTAINMENT

The Colorado Springs Chorale reaches milestone anniversary

The Colorado Springs Choral Society marks their 50th Anniversary during the 2006-2007 Season.

A staple of the Pikes Peak area cultural scene, The Colorado Springs Chorale first debuted in December 1956 as the Symphony Chorus with the Colorado Springs Symphony. In 1958, the organization incorporated as the Colorado Springs Choral Society and is the longest-running, continuously performing community chorus in the State of Colorado, receiving numerous awards along the way.

In addition to providing a wide variety of music to diverse audiences, The Colorado Springs Chorale also fulfills a unique niche filled by no other area chorus, in the performance of great classical choral works with full orchestra and noted soloists. "Our goal is to ensure the preservation of these great

works," said Donald P. Jenkins, Artistic Director and Conductor of the Chorale since 1967. "And, we've had the special opportunity to sing with Roberta Peters and appear on a Bob Hope Christmas Special. How diverse is that!" Jenkins has also been presented the Pikes Peak Arts Council's "Lifetime Achievement Award."

The 2006-2007 Anniversary Season will include performances of Beethoven's *Missa solemnis* and Christmas Classics and Carols, both in conjunction with the Colorado Springs Philharmonic; the annual Deck the Hall Christmas concert and Chefs' Gala event; and, will conclude with a joint performance with the full United States Air Force Academy Concert Band. The highlight of the season is the

Mar 24 Choral Gold performance, which will include many favorites like the *Hallelujah Chorus*; Orff's *Carmina Burana*; excerpts from Gershwin's *Porgy and Bess*; and, a moving African-American spiritual, among others.

The Colorado Springs Chorale is a 130-voice adult auditioned volunteer chorus, and functions as an independent 501(c)(3) non-profit arts organization supported by ticket sales,

contributions from individuals, businesses and foundations, and earned income. The Society is headed by a volunteer board of trustees consisting of 20 dedicated individuals responsible for image, policy

and finances of the organization.

For more information on The Colorado Springs Chorale and the 2006/2007 50th Anniversary Season performances, visit <www.cschorale.org>

New season for Colorado College Choir

The Colorado College Choir is seeking singers. The choir, under the direction of Colorado College Choral Director Deborah Teske, is open to all members of the community.

No prior experience is needed, and there is no audition. Rehearsals are every Tue, 4 - 6 pm in Packard Hall,

5 W. Cache La Poudre St. To join, purchase the music at the CC Bookstore, on the lower level of Worner Campus Center, 902 N. Cascade Ave., and attend a rehearsal before the end of September. This year the choir will present concerts with an orchestra in Shove Memorial Chapel in December and April.

The first concert is scheduled for Fri, Dec 1 at 7:30 pm and will feature Leonard Bernstein's *Chichester Psalms*. For more info, call (719) 389-6552.

Imagination Celebration Presents *Mad Science: Fire and Ice*

Start the school year off with a bang! Join us for *Mad Science: Fire and Ice* show on Sat, Sep 30, 10:30 am at Celebration Place. Children and adults alike will be dazzled and entertained at this spectacular show featuring jaw-dropping scientific experiments. Peer through foggy dry ice storms and watch giant beach balls float in the air. Be amazed by sizzling, shivering scissors and special bubbly showers.

Admission is \$1 per person. Reservations are required and may be made by calling (719) 597-3344. Celebration Place is located on the upper level of The Citadel mall, across from Steve & Barry's.

For more information about the Imagination Celebration and its year-round programming throughout the Pikes Peak region call the Imagination Celebration office at (719) 597-3344.

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

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COMMUNITY NEWS

20th Annual Fallen Fire Fighter Memorial Ceremony



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122 firefighters were honored last Sat at the Fallen Firefighter Memorial in Colorado Springs.

The International association of Firefighters hosted the event.



MAZDA MX-5 MIATA

Replacing a car rated as one of the greatest sports cars of all time – and the best selling two-seat convertible, ever – is a challenge that would make even the best designers and engineers nervous.

But when you meet Mazda MX-5 program manager Takao Kijima, he not only seems astonishingly calm, he even quotes from a Japanese artistic ritual *Yabusame*, which seems to highlight his inner tranquility.

Yabusame shows a man on horseback, shooting an arrow into a target. To be successful, they must move as one, in harmony, and this is known as *Jinba Ittai*. It is this same sense of oneness and dynamic harmony – but this time, between man and machine – that was the overarching philosophy behind the brand new third-generation 2006 Mazda MX-5 Miata.

A similar sense of well being, one senses, has helped Mr. Kijima and his international team keep cool and clear-headed throughout the new car's development.

"*Jinba Ittai* drove all of the development team's decisions, yielding a car so nimble and fun to drive that the driver and car achieve true unity," says Kijima. "This unified rider and horse concept allowed us to create a new MX-5 that's true to the spirit of the original: exceptionally lightweight, and lots of fun to drive."

The 2006 MX-5 Miata is all-new, sharing not a single component with the car it replaces, with significant key updates, including:

- A body structure that uses new materials and technologies to trim weight, improve crashworthiness, and increase rigidity;
- Fresh, modern interior and exterior designs that celebrate the iconic status of the original MX-5;
- Slightly larger exterior dimensions to provide room for taller occupants, as well as improved comfort and enhanced safety for both driver and passenger;
- A linear and lively new 2.0-liter MZR engine;
- All-new platform with advanced front mid-ship layout;
- Improved steering, suspension, and brakes;
- Top-level craftsmanship and fit-and-finish that yields a high quality 'fun' appearance.

Mazda, of course, has a distinguished history of producing great sports cars. The first Mazda sports car to win worldwide recognition and praise was the rotary-powered Cosmo Sport launched in 1967. The RX-7, which followed in 1978, won the hearts of sports car enthusiasts and claimed many important race victories. The original MX-5 Miata, launched in 1989 as a 1990 model, revolutionized the affordable

two-seat roadster market. Two years ago, Mazda's introduction of the RX-8 redefined the boundaries of sports car design by offering spectacular performance and comfortable accommodation for four adults in one innovative sports car package.

All of Mazda's considerable expertise and passion for designing great sports cars was drawn on for the latest third-generation MX-5 Miata.

Six versions of the new MX-5 Miata will be offered: the Club Spec, standard MX-5, Touring, Sport and Grand Touring. For the very first time from launch, Mazda also will offer 750 Limited special versions of the MX-5.

"The third-generation Mazda MX-5 Miata builds on the formidable qualities of the previous generation cars, and sets the standard for affordable roadsters for the 21st century," says Yasunari Otachi, vehicle line manager for MX-5 Miata.

"Our new model range also is the



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broadest ever, catering from the great value Club Spec right up to the Limited special version, which specifically celebrates the arrival of the car that probably, more than any other, sums and celebrates Mazda's Zoom-Zoom philosophy."

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SALUD

Take it slow on the seasonal run for supplements

By Caroline J. Cederquist, MD

From the minute those leftover Halloween candies hit the shelves, it's a non-stop onslaught of sweets, treats, desserts and indulgences. So a lot of consumers decide to

call in reinforcements, and head for the supplement section of their drug or discount store to find them.

If you're going to use dietary supplements as a component

of your weight-control effort, you need to know what you're up against. There are always new products appearing in the supplement market, so let's have a quick overview.

Thermogenic Agents

Thermogenic agents are so-called fat-burning drugs that increase energy expenditure. In the United States, there are no approved thermogenic medications for obesity, but that doesn't keep manufacturers of unregulated supplements from throwing the term around.

Hence, many of my patients come in asking about "natural" thermogenic enhancers.

Their advertisements for supplements that offer "increased fat-burning" with enticing names that evoke healthy images: metabo-this and thermo-that.

But you don't want to be fooled by these fancy names and marketing ploys. These products are often wolves in sheep's clothing.

While the really dangerous products containing "ephedrine" from the plants known as ma huang or "ephedra" were banned from the US last year, many of the remaining products are simply sources of related compounds, such as synephrine. The fact that they're ephedra-free is often proudly emblazoned across the label.

This is not unlike a food manufacturer claiming a food product is sugar-free, because it's been sweetened with corn syrup instead of cane sugar. Consumers have to see through the smoke screens.

Like ephedrine, synephrine increases release of norepinephrine in the brain, which could decrease appetite. When mixed with caffeine, the



Caroline J. Cederquist, MD

combination can produce an slightly increased thermogenic effect, but it also increases heart rate and blood pressure, which led to so many of the tragic deaths and health crises caused by ephedra-based products.

Watch for products containing extracts of bitter orange or country mallow, which is also known as heartleaf, both related to the banned ephedra.

And remember that these "natural" products can interact with your prescription medications or other supplements in some surprising, even dangerous, ways. Always check with your doctor or pharmacist for interactions.

Digestion inhibitors

Some people are using supplements of psyllium and other fibers like barley and guar gum for weight loss. Like some pharmaceuticals, they can prevent fats from being absorbed.

But instead of inhibiting enzymatic breakdown of fats as drugs like Orlistat do, these fibers prevent absorption by binding to fats in the gut. This lets some portion of fats pass right through the body as harmless passengers on the fiber.

That's why increasing fiber intake decreases blood lipid levels. But there is a little evidence that these fibers alone actually help decrease weight in heavy patients.

Guar gum has been studied the most, but on its own, it does not seem to be working for weight loss.

The best weight-loss or weight-control effect to be drawn from fiber comes from simply consuming more of your daily calories from dietary fiber sources.

If you're looking for that fat-blocking function, try eating almonds in moderation. They're high in fiber and good monounsaturated fatty acids,

and while almonds are no miracle munchie, recent research shows that the cellular walls in almonds also have a lipase-blocking property, preventing some absorption of fats in the gut.

Other enticing promises

Some patients also ask me about trying dietary supplements that affect serotonin levels in the brain, in particular, St. John's wort and 5-HTP. With respect to the appetite suppressant effects of supplements that act on the serotonin function, St. John's wort has a long and solid history as an herbal anti-depressant.

It's true that St. John's wort can inhibit serotonin reuptake, and because of this, it is prescribed as an anti-depressant in some European countries.

But there is no reliable evidence it helps reduce weight in obese patients, and it doesn't consistently produce weight loss in patients who take it for depression.

A huge number of other supplements are being tried for obesity. One of the hottest is conjugated linoleic acid (CLA). CLA refers to isomers of the fatty acid linoleic acid, which is primarily found in dairy products and beef.

Researchers theorize that CLA might shrink adipose tissue by inducing apoptosis (programmed cell death) of fat cells.

There's preliminary evidence that three to four grams of CLA per day might reduce the proportional level of body fat mass, but not actual weight or body mass index.

These findings are interesting, and I think it's too soon to put much store in them since these supplements are pretty expensive for this minor effect.

Chromium is being used to address obesity-related conditions like hyperlipidemia, diabetes, and obesity. The theory is that American diets are deficient in chromium, which can lead to diabetes, overweight and other metabolic abnormalities.

There is some evidence that chromium can help reduce lipid and glucose levels in people with diabetes. But chromium doesn't seem to help for actual weight loss.

Garcinia cambogia fruit and rind extracts contain up to 50 percent hydroxycitric acid, which manufacturers claim inhibits the body's production of lipids. This ingredient

Cont. on page 15

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SALUD

American Diabetes Association calls for diabetes awareness among Latinos

September 15th marks the beginning of a month-long celebration of Hispanic heritage and its rich culture. The American Diabetes Association (ADA) calls for increased awareness of diabetes and its complications among Hispanic/Latino populations during a time when this community is intent on celebrating life and culture.

The risk of type 2 diabetes is significantly higher in Hispanic/Latino Americans than whites – Mexican Americans are 1.7 times as likely and Puerto Ricans are 1.8 as likely to be diagnosed with diabetes. Approximately 2.5 million Hispanic/Latino Americans over the age of 20 have diabetes and are at increased risk for serious complications such as kidney disease, blindness, and amputations. If present trends continue, 1 in 2 minorities born in 2000 will develop diabetes in their lifetime.

Por tu familia

“Por tu familia” or “for your family” is a program that ADA is implementing in communities across the country. Its goal is to prevent the onset of diabetes within the Hispanic/Latino culture and to help those who are already

living with the disease.

ADA seeks to educate this population through community outreach programs that involve all members of the family and are culturally specific to the Latino community. Certain activities include *Salud y Sabor en la Cocina Latina (Health and Flavor in the Latino Kitchen)*, *De Todo Corazón (With All of My Heart)*, a cardiovascular workshop, and *¡Todas a Bailar Para Su Salud! (Everybody Dance for Your Health!)*.

“ADA started this program because often times Hispanics/Latinos feel guilty spending time and money on their personal health and would rather put their family’s needs ahead of their own health,” said Lorena Drago, RD, CDE who practices at Lincoln Hospital in New York.

A longtime national volunteer, Lorena recently published a new bilingual nutrition book called *Beyond Rice and Beans*.

The inspiration behind Drago’s book was her patients. Drago said, “there is such paucity in information that addresses cultural aspects of diabetes management. Food is such a big part of diabetes management, but there is not

enough information about how to adapt Latino foods to a diabetes meal plan. *Beyond Rice and Beans* tackles how to incorporate traditional elements of the Latino diet and still help its readers manage their blood glucose levels.” To order *Beyond Rice and Beans* and any other books from the ADA, please call 1-800-232-6733 or visit online at <http://store.diabetes.org>

Drago further noted that initiatives like “Por tu familia” are valuable for everyone because “if one member of the family has diabetes and makes changes, the entire family can also benefit from these changes.” Other similar books a part of ADA’s collection are *Cocinando para Latinos con Diabetes (Diabetic Cooking for Latinos)*, *Month of Meals: Festive Latin Flavors, Mr. Food’s Quick & Easy Diabetic Cooking (Spanish edition)*, and *Insulin and Type 2 Diabetes: Fears, Myths, Truths (Spanish edition)*.

For more information please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit diabetes.org or portufamilia.org. Information from both these sources is available in English and Spanish.

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TRICARE Plus Limitations

- TRICARE Plus is not available at all military treatment facilities. Local commanders may continue or discontinue TRICARE Plus at their military treatment facilities depending on their capacities, capabilities and missions.
- TRICARE Plus is a military treatment facility primary care access program, not a health plan, so it has no effect on civilian provider care, and TRICARE Standard/Extra rules will apply for most enrollees.

Seasonal run for supplements

Cont. from page 14

appears in tons of supplements promoted for weight loss.

But a study published in the Journal of the American Medical Association shows that it has no significant effect on weight. Don’t bother.

Through Thick & Thin

When it comes to supplements, consumers need to carefully sort through the marketing blitz. A few supplements show some promise, but there’s not

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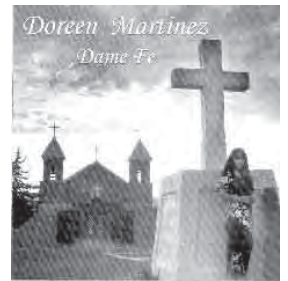
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AN EEO/AA EMPLOYER.

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Migrant Farm Worker Division
Colorado Legal Services
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COMMUNITY NEWS

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Seyfarth Shaw Continúa de página 7

Carrera de Abogados de la firma identifica oportunidades de capacitación y aborda desafíos únicos que confrontan a abogados de género femenino y de minorías para atraer, contratar, retener y hacer avanzar profesionalmente a diversos abogados, en todas sus oficinas.

“Es un enorme placer premiar a Seyfarth Shaw como un efectivo embajador para la diversidad en el lugar de trabajo”, dijo Nelson A. Castillo, Presidente Nacional de la HNBA.

“Nuestro tributo a la empresa

es un testimonio a su admirable liderazgo y compromiso en actividades de diversidad. Hay coherencia en sus gestiones y son dignas de ser destacadas”.

Seyfarth Shaw alienta a la activa participación de los abogados en varias asociaciones legales, culturales y de minorías, tanto a nivel regional como nacional. Incluidos entre numerosas organizaciones en las que los abogados de la empresa han tomado papeles de liderazgo, se encuentran la Comisión sobre Asuntos Raciales y Diversidad Étnica en el ejercicio Profesional -del Colegio de Abogados de los Estados Unidos- y la Asociación de Asesoría Jurídica Corporativa para las Minorías.

Además, Salomon Chiquiar-Rabinovich (con base en la oficina que la firma tiene en Boston), es Presidente Alterno de la HNBA (Nueva Inglaterra) y Presidente del Consejo Empresarial Nueva Inglaterra -América Latina.

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Miguel Hidalgo y Costilla

Cont. from page 19

y Sor Juana Inés de la Cruz.

Many reasons account for Hidalgo's decision to lead the rebellion. Among them, Napoleon's decision to invade Spain, arrest the Spanish King, Fernando VII, and install his brother Joseph, on the throne of Spain.

The rebellion led by Hidalgo was not an isolated act in the Spanish colonies. Napoleon's invasion of Spain had repercussions throughout the Spanish American continent, from Mexico to Argentina. What was unique, however, was the thrust of his message. His first order of business was to abolish slavery, Indian taxes, and to order the restitution of lands taken from Indian communities. Slavery was not a major issue in Mexico at the time of Hidalgo's Grito. Unlike the US, where the slave population was about 23 percent of the population, Mexico's accounted for only about 2 percent. But for Hidalgo, it was moral issue, slavery had to go.

Under the banner of the Virgen de Guadalupe, the rebellion was joined by a large number of Indians, mestizos, miners, campesinos from the nearby haciendas, the unemployed. Eventually it would reach 100,000 men. It was the one place in the American continent where Independence was fought on their behalf. In the 13 British colonies, fully one-third of the Founding Fathers were slave owners. The notion of slave

liberation and that of a social contract with the Indian masses was ahead of its time. Not until the Mexican Revolution 1910-1920, would this contract be institutionalized. The Constitution of 1917 incorporated much of Hidalgo's ideas.

During the wars, the upper clergy, most of whom were Peninsulares (Spaniards), remained loyal to the Spanish Crown, while the lower clergy, most of whom were criollos, like Hidalgo, supported independence. Eventually some 400 priests would join he rebellion, and about 125 were executed. Before he was executed, the rebel leader and hero, José María Morelos, was asked why he had joined the rebellion, “Because of my high regard for the priest, Hidalgo,” he responded.

Hidalgo was captured in March 1811. The Inquisition defrocked and excommunicated Hidalgo and Morelos (the latter was captured and executed in 1815).

On July 30, 1811, Hidalgo was executed by a firing squad in Chihuahua. As the Greeks would say about their Spartan heroes, “He gave his today for their tomorrow.” On this day, we ought to reflect on the people for whom Hidalgo led his rebellion. Who are they, where are they, what do we call them today? Do the terms illegal, undocumented ring a bell?

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First Day of Autumn September 23

COMMUNITY NEWS

Miguel Hidalgo y Costilla 1753-1811

El Grito Sunday, September 16, 1810

By Ternet MacRenato, PhD

The parish priest of Dolores was a remarkable individual from whom we all can learn a few lessons. His story combines, history, myth and legend, the stuff of all heroes. To know him is to respect him. His story inspires us to follow his example of commitment to the less fortunate and to one's own community. A man of the cloth, he was one whose spiritual mission was to ameliorate temporal suffering among the poor and downtrodden in his own country.

Hidalgo was a man who loved education and his erudition is remarkable. In 1783, his essay on how to improve teaching in the seminaries, won the contest as the best essay submitted in New Spain. But he saw these intellectual skills as a tool to help "those who suffer but cannot express their suffering."

He was educated at the Jesuit College of San Francisco

Xavier and later in the College of San Nicolás Obispo, also in Valladolid (today Morelia). In college, he studied rhetoric, Latin, philosophy, theology



Otomí. He would eventually return to San Nicolás to teach and later, become its rector (president). Among his students at San Nicolás, was the future priest and hero, José María Morelos.

Hidalgo was a man who loved learning and education and his erudition is remarkable. In 1783, his essay on how to improve teaching in the seminaries, won the contest as the best essay submitted in New Spain. But he saw these intellectual skills as a tool to help "those who suffer but cannot express their suffering."

Miguel Hidalgo was transferred to the small parish of Dolores, near Guanajuato, in the Bajío. Soon after he arrived, he introduced new industries in Dolores: tile making, tanning, carpentry, wool weaving, beekeeping, silk growing, and wine making, an illegal enterprise because it competed with the

and Indian languages. He would later gain fame as a teacher of literacy to the Indians. In addition to French, Latin, Spanish and Italian, Hidalgo would also learn, Nahuatl, Tarascan, Mixtec and

wine industry in Spain. He also taught them the finer points of irrigation.

In 1803, the year Hidalgo arrived in Dolores, New Spain exported 67 percent of all the silver in the New World. Hidalgo also knew how to operate a silver mine.

In addition to his work in the community, Hidalgo also engaged in intellectual pursuits. He met Ignacio

Allende, a criollos and a militia captain, who introduced Hidalgo to the Club Literario. Hidalgo was a well-read man who in the course of time became familiar with the authors of the Enlightenment, such literary figures as Rousseau, Voltaire, the French philosophers, as well as Spanish classics such as, the works of Cervantes, Quevedo, *Cont. on page 18*



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