

Hispania News

SOUTHERN COLORADO'S BILINGUAL NEWSPAPER SINCE 1987

VOL. 19 NO. 45

www.hispanianews.com

23 de noviembre 2006 - 30 de noviembre 2006

AUTOMUNDO



07 Hyundai Elantra
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Thanksgiving Day - Nov 23, 2006

What many regard as the nation's first Thanksgiving took place in December 1621 as the religious separatist Pilgrims held a three-day feast to celebrate a bountiful harvest. It eventually became a national holiday in 1863 when President Abraham Lincoln proclaimed the last Thursday of November as a national day of thanksgiving. Later, President Franklin Roosevelt clarified that Thanksgiving should always be celebrated on the fourth Thursday of the month to encourage earlier holiday shopping, never on the occasional fifth Thursday.

265 million

The preliminary estimate of turkeys raised in the United States in 2006. That's up 3 percent from 2005. The turkeys produced in 2005 together weighed 7.2 billion pounds and were valued at \$3.2 billion.

45 million

The preliminary estimate of turkeys Minnesota expected to raise in 2006. The Gopher State is tops in turkey production. It is followed by North Carolina (37 million), Arkansas (30 million), Virginia (22.5 million), Missouri (21.5 million) and California (16 million). These six states together will probably account for about 65 percent of US turkeys produced in 2006.

664 million pounds

The forecast for US cranberry production in 2006, up 6 percent from 2005. Wisconsin is expected to lead all states in the production of cranberries, with 375 million pounds, followed by Massachusetts (175 million). New Jersey, Oregon and Washington are



also expected to have substantial production, ranging from 16 million to 49 million pounds.

1.6 billion pounds

The total weight of sweet potatoes — another popular Thanksgiving side dish — produced in the United States in 2005. North Carolina (595 million pounds) produced more sweet potatoes than any other state. It was followed by California (351 million pounds). Mississippi and Louisiana also produced large amounts: at least 200 million pounds each.

1.1 billion pounds

Total production of major pumpkin-producing states in

2005. Illinois led the country by producing 497 million pounds of the vined orange gourd. Pumpkin patches in California, Ohio and Pennsylvania also provided lots of pumpkins: each state produced at least 100 million pounds. The value of all the pumpkins produced by major pumpkin-producing states was \$106 million.

If you prefer cherry pie, you will be pleased to learn that the nation's forecasted tart cherry production for 2006 totaled 256 million pounds. Of this total, the overwhelming majority (185 million) will be produced in Michigan.

1.8 billion bushels

The total volume of wheat — the essential ingredient of bread, rolls and pie crust — produced in the United States in 2006. Kansas and North Dakota — combined — accounted for 30 percent of the nation's wheat production.

768,000 tons

The 2006 contracted production of snap (green) beans for processing. Of this total, Wisconsin led all states (305,000 tons). Many Americans consider green bean casserole a traditional Thanksgiving dish.

3 million tons

The 2006 contracted production of sweet corn for processing. Minnesota, with 924,000 tons, led the nation.

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El Consulado de México anuncia la Campaña de Invierno 2006-2007

El Consulado General de México en Denver la Campaña de Invierno 2006-2007.

La "Campaña de Invierno 2006-2007" brindará información de distintas agencias de Colorado, donará abrigos, ropa térmica; proveerá vacunas contra la gripe y protección preventiva a nuestra comunidad.

Esta campaña que finalizará en abril de 2007 pretende a través de medidas de protección preventiva llegar a las zonas rurales más alejadas de la zona metropolitana, gracias al apoyo distintas agencias gubernamentales, la red comunitaria e instituciones no gubernamentales de Colorado. Las recomendaciones de esta campaña van de cuestiones básicas como revisar las conexiones eléctricas de las casas antes de colocar las series para el árbol de navidad, hasta

vacunas contra la gripe en unidades móviles, donación de abrigos y ropa térmica o revisar y en su caso cambiar los neumáticos de los vehículos antes de salir a carretera y sobre todo durante el tiempo de nevadas.



Por lo anterior el Consulado General de México anuncia las siguientes acciones:

• En coordinación con Salud Family

Health Centers se aplicarán cerca de 500 dosis de vacunas contra la gripe y se proveerá a 1,000 personas atención médica preventiva, a través de chequeos especializados gratuitos en unidades móviles en las ciudades de Fort Lupton, Commerce City, Fort Collins,

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Consulate General of Mexico begins Winter Campaign 2006-2007

The Consulate General of Mexico in Denver has begun Winter Campaign 2006-2007.

This campaign will provide preventive health and protection information, flu shots and coats for rural communities.

The campaign will be carried out through community organizations, community leaders, governmental agencies and non profit institutions.

Also, special materials will be distributed with recommendations for the winter season (i.e. fire house prevention, prevention of respiratory diseases, among others).

The Consulate General of Mexico would like to announce the following actions:

• Around 500 flu shots and

1,000 free medical preventive consultations in mobile units will be provided through the Salud Family Health Centers in the cities of Fort Lupton, Commerce City, Fort Collins, Longmont, Sterling, Brighton y Fort Morgan.

• Coats and warm clothes will be donated to rural communities through community organizations, leaders and churches state wide.

• 3,000 flyers with information provided by Denver Health will be distributed with recommendations to prevent respiratory diseases and common symptoms by the cold weather.

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COMMUNITY NEWS

First Steps

"First Steps," a free, four-week program to empower women re-entering the workforce, will begin at 11 am, Nov 29, at the Women's Resource Agency, 2220 E. Bijou, Suite E. Class size is limited.

Registration deadline is Nov 22. Contact Rosemary Harris at (719) 471-3170 or rharris@wrainc.org or go to www.wrainc.org

Salvation Army's Community Holiday Dinner

The Salvation Army will host its 16th Annual Community Holiday Dinner on Thanksgiving Day from 11 am - 2:30 pm at five locations around the Colorado Springs area:

The Salvation Army (908 Yuma), Odd Fellows Hall (575 S Union), Marian House (14 W Bijou), Fountain Valley Senior Center (5745 Southmoor Dr), and Manitou Springs Town Hall (606 Manitou Ave). The dinner is organized and run by hundreds of volunteers from the community and Ft. Carson. The Thanksgiving Day feast is free and no reservations are required. If you would like to volunteer, contact Alma Scott, volunteer coordinator at (719) 636-5266 or Alma.Scott@usw.sarmy.org

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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

Homes for the Holidays

Pikes Peak Habitat for Humanity is proud to partner with Lowe's annual *Homes for the Holidays* Customer Donation Program.

100% of funds raised between Nov 13 - Dec 11 will benefit hard-working, low-income families in Colorado Springs.

Pikes Peak Habitat for

Humanity builds simple, decent, affordable homes in partnership with deserving families in our community. *In this season of giving, please help those who need it most.*

Donations will be taken this holiday season at all El Paso County locations.

Lowe's East is located at 2945 New Center Point; Lowe's

North is located at 4252 Royal Pine Drive; Lowe's of Fountain is located at 7710 Fountain Mesa Road, Fountain, CO.

We're building homes and hope in Colorado Springs- won't you join us?

Visit www.pikespeakhabitat.org or www.lowes.com for more information.

A Taste of Christmas

On Sun, Nov 26 the East Side Child Care Center Board of Directors is sponsoring the Center's third annual *A Taste of Christmas* fundraising event.

This event will be held at the Union Depot, 132 West B Street, Pueblo. **Event activities will include:**

- Sampling of Christmas season foods and pastries from vendors representing various cultures in the Pueblo community
- Christmas Carolers and other festive entertainment
- Santa's Shop (for the

- children)
- Santa on his Sleigh
- A silent auction
- Much, much more

The East Side Child Care Center continues to be a Qualistar quality



rated participant. Federal, state and local financial support to low income families has declined in the past few years. In order to provide and maintain quality services, we

need to raise funds above and beyond what many of our families can afford to pay. We turn to you to support our fundraising event to continue

the vital services we provide on a sliding fee enrollment basis.

Please consider making a contribution to make this event successful.

PCC offering ESL for 2007

Beginning in January, Pueblo Community College will offer two new classes in ESL. There are beginner and advanced courses available.

Classes will be held at the campus, 900 W Orman Ave, Pueblo. Enroll now for January 2007, call Shawn or Chanelle at (719) 549-3143.

Learn Your Community ESL is the beginner class. Beginners

will work on computers with state-of-the-art software and field trips will be arranged to places in Pueblo for hands-on learning.

Classes will be held Mon - Thu, 10 am - noon. Cost is \$60, including all materials. Course meets beginning in January.

Advanced ESL is designed for students with a firm understanding of English, who

need further help in grammar, pronunciation, idioms and figures of speech.

Alan Miller, an experienced ESL instructor, will hold small and personal classes each Tue - Thu from 7:30 - 9:30 am. Cost is \$95, including all materials. Course meets beginning in January. For more information, go to www.pueblocc.edu

Adams State College a national leader in improving Hispanic graduation rates

Adams State College is one of the most successful colleges in improving graduation rates of Hispanic students, according to a survey conducted by the American Association of State Colleges and Universities (AASCU).

Adams State's Hispanic student graduation rate increased from 15.5 percent in 2002 to 51.9 percent in 2005.

The graduation rate of White

students in 2005 was 39.1 percent. These figures refer to students who complete a bachelor's degree within six years.

"Adams State had one of the largest increases in graduation rates in the country," said John Hammang, director of Special Projects and Development for AASCU, which is based in Washington, DC.

"Adams State is committed

to providing all students an environment where they can be successful," said Dr. David Svaldi, president of Adams State College.

"The improvement in our Hispanic success rate is due in large part to the hard work of ASC's faculty and staff.

In 2000, ASC received Federal Title V funds that were used over five years to improve the

Cont. on page 18

Thanksgiving

Normally I just remind you, and myself of the many things we have to be thankful for. Then, I had one of those months. Four funerals, which does bring to light the many, many things to be thankful for. I guess if you are like me, (over 39), we think about it more.

As we proceed in everyday life, things seem routine, an occasional setback, we all get them, for example, my knee went out, so hopping around on one leg makes one very thankful when both knees are working, or at least functioning.

At the funeral, I could not help but notice as I sat with mourners, the offspring, the grand children, the great grand children, sorrow brings life as it is into perspective. Life going on, the delight of observing these young innocent people, makes the loss of loved ones an a bit easier to deal with.

We wish you and yours a very, happy Thanksgiving Day.



COMMUNITY NEWS

CPCD's Holiday Adopt-A-Family Program

For years, generous donors have helped provide holiday meals and gifts for some of our community's children and families who may otherwise go without during this season. Community Partnership for Child Development (CPCD) is proud to announce its Adopt-A-Family program, available to children and families enrolled in its early education and family support programs. Donors may now "adopt" a family for the holidays and/or make a contribution to support these families by logging on to CPCD's Web site.

make a world of difference to low income young children and their families in El Paso County.

Those interested in participating, should visit CPCD's Web site at www.cpcdheadstart.org and click on the Adopt-A-Family link. Once registered, donors will be able to view families' profiles and select a family or families for "adoption". Donors may personally shop for the family based upon their needs and wish lists or make a cash donation and leave the shopping to CPCD staff and volunteers.



In addition to adopting a family, donors may purchase gift certificates to assist families with their utilities, child car seats or holiday food baskets. Donors may also make a simple on-line donation to support a selected family. Adopt-A-Family supporters may choose to donate as an individual or get together with friends, family, or co-workers. Various volunteer opportunities are available.

Families will be available for adoption through Dec 8. On average, CPCD Adopt A Family participants help more than 300 families per year.

More information may be obtained by calling Delberta at 635-1536, x276. To participate in the program, please visit CPCD's Web site at www.cpcdheadstart.org

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Llama Esteban 719-439-2330 (en Colorado Spring)

Colorado Association of Libraries honors UCCS dean

The dean of the Kraemer Family Library at the University of Colorado at Colorado Springs was recently honored by the Colorado Association of Libraries.

has led the UCCS Kraemer Family Library since 1986. As dean, she directed the 2001 expansion and remodeling of the campus library into one of the most visible and modern libraries in Colorado.

Leslie Manning, dean, Kraemer Family Library, has been selected for the Career Achievement Award for her "ongoing commitment and dedication to the library profession."

The Kraemer Family Library is housed within the university's El Pomar Center.

Her citation called her a "visionary and exceptional librarian who quietly and consistently worked to improve library services statewide." A 33-year veteran of academic libraries, Manning

"No one achieves anything alone," Manning said. "It is because of the wonderful people in the state library system and at the UCCS library that we have achieved so much. It is a privilege for me to work with such wonderful people and to receive this award."

Prior to joining the UCCS library as dean in 1986, Manning worked as associate dean for technical services and automation at Kansas State University, Manhattan, and within the libraries of the University of Nebraska, Lincoln.

She earned a bachelor's degree from the University of Colorado, Boulder, and a master's from the University of Denver.

Dating to 1892, the Colorado Association of Libraries is a Lakewood-based organization of librarians, library employees, institutions, and corporations drawn from public, school, academic, and special libraries, public library trustees, education administrators, library service providers, library vendors, volunteers, and library supporters. For more information, visit <http://www.cal-webs.org/>

Kids in the Kitchen: Giving Great Gifts

The Colorado State University (CSU) Cooperative Extension Office in El Paso County is providing children with the opportunity to make great holiday gift items from the kitchen.

This hands-on class will provide basic kitchen instruction including; measuring, deciphering recipe terminology and food safety do's and don'ts. The class is an opportunity for kids to make two great homemade gifts that are ready to be given this holiday season.

The class, *Kids in the Kitchen: Giving Great Gifts*, for kids ages 8 and up, will be held from 2 - 4 pm on Wed, Nov 29 at the CSU Extension Office located at 305 South Union Boulevard. The cost is \$10 and reservations need to be made by Mon, Nov 27.

To make a reservation call the CSU Extension Office at (719) 636-8920 or email Debbie Rivera at debbierivera@elpasoco.com. For more information visit www.coopext.colostate.edu/elpaso/

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Albert Gonzales algonzal@nsu.edu

NOTICIAS EN ESPAÑOL

HNMA presenta un sistema automatizado de evaluación crediticia

La Asociación Hipotecaria Nacional Hispana (HNMA, Hispanic National Mortgage Association) ha anunciado el lanzamiento HAUS, el primer sistema automatizado de suscripción para créditos hipotecarios que está calibrado para tomar decisiones crediticias

utilizando las características no tradicionales prevaletentes en las comunidades hispanas y de inmigrantes de otros orígenes.

El nuevo sistema automatizado permitirá a las compañías de préstamos tradicionales ampliar su participación en el mercado dentro de estos segmentos de clientes en rápido crecimiento, y vender sus préstamos automáticamente a la nueva compañía

prestamista corresponsal de HNMA. HAUS fue presentado esta semana en la Conferencia de Suscripción de Créditos Residenciales de la Asociación de Bancos Hipotecarios

(Residential Underwriting Conference, MBA), celebrada en San Antonio, TX.

“La evaluación de préstamos para hispanos, inmigrantes y otros solicitantes no tradicionales históricamente ha sido un proceso manual y de labor intensiva”, explicó Leonardo Simpser, Director de HNMA.

“Esta fricción, combinada con el monto relativamente pequeño de los préstamos y las dificultades para evaluar el crédito no tradicional ha impedido acceder a vivienda propia a millones de familias hispanas y de inmigrantes de otros orígenes merecedores de crédito. HAUS ofrece a las compañías de préstamos una solución automatizada confiable y rápida para enfrentar este problema, y les brinda acceso a programas de créditos personalizados y a liquidez adicional.”

HAUS toma en

consideración más datos que los sistemas de decisión automatizados (AUS) tradicionales, a fin de obtener una mejor perspectiva de la verdadera capacidad crediticia de los solicitantes inmigrantes e hispanos.

Está diseñado para incorporar automáticamente el crédito no tradicional, y puede contemplar información de múltiples solicitantes y fuentes de ingresos, incluidos ingresos en efectivo y múltiples empleadores; características que son frecuentes en estos mercados.

HAUS fue desarrollado mediante una exhaustiva investigación cuantitativa y cualitativa del mercado hipotecario, los perfiles y las tendencias crediticias de sus mercados objetivo.

El sistema corre en una plataforma basada en Internet de Overture Technologies. Trabajando con expertos en

estadística y del sector hipotecario, así como con una amplia gama de fuentes de datos, HNMA creó este sistema que puede aprobar préstamos a solicitantes con historial crediticio escaso o inexistente, e incluso a solicitantes que actualmente carecen de número de Seguro Social, pero cuentan con número de Identificación de Contribuyente Individual (ITIN por sus siglas en inglés).

El sistema puede tomar la información y devolver recomendaciones y estipulaciones tanto en español como en inglés.

Se puede ingresar la información para la solicitud

de forma manual vía Internet o se pueden transferir los datos desde cualquier sistema de originación (LOS), y una vez pasando por el sistema, HAUS emite una decisión instantánea.


Típicamente, el entrenamiento de nuevos usuarios para el sistema HAUS demora medio día. “HAUS está diseñado para brindar a los prestamistas las herramientas y la confianza para atender mejor al creciente mercado de préstamos a hispanos y otros inmigrantes, y para ofrecer a los solicitantes de crédito los precios y la experiencia que merecen”, comentó el señor Simpser.



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Wal-Mart Stores, Inc. dona \$300K al Instituto Nacional de Liderazgo para Hispanas

Wal-Mart Stores, Inc. donará \$300,000 al Instituto Nacional de Liderazgo para Hispanas (NHLI, por sus siglas en inglés) a lo largo de los tres próximos años. NHLI usará el donativo para ampliar los tres programas de liderazgo de la organización, incluyendo el Programa de Liderazgo Ejecutivo para Latinas, el Programa Juvenil Latinas Aprendiendo a Ser Líderes y el Programa de Liderazgo para Jóvenes Profesionales.

“En Wal-Mart, estamos comprometidos a contribuir en las comunidades a las que servimos”, dijo Susan Chambers, vicepresidenta de People Division de Wal-Mart Stores, Inc. y presidenta del Consejo Asesor Corporativo de NHLI. “Los programas de

NHLI han tenido un impacto directo en miles de mujeres de 28 estados de la nación. El donativo es un reflejo y una extensión de nuestro apoyo a la mujer, no sólo dentro de nuestra organización, sino también más allá”.

Como uno de los principales empleadores de hispanos en la nación, Wal-Mart también será parte de Visión del Futuro de NHLI: Desarrollando a Líderes Latinas (Vision Forward: Growing Latina Leaders), una campaña de dos años para el desarrollo de capacidades enfocada en recaudar \$3 millones para mejorar los programas existentes y aumentar el número de mujeres hispanas que participan en sus programas de desarrollo profesional.

Miles se reuniran para demandar el cierre de la Escuela de las Americas

Mientras activistas por los derechos humanos de todos los Estados Unidos se dirigen hacia Fort Benning, miles de activistas alrededor del mundo se preparan para una serie de manifestaciones masivas pidiendo el cierre del el Instituto de Cooperación Para la Seguridad Hemisférica, conocido anteriormente como la Escuela de las Américas (SOA/WHINSEC, por sus siglas en ingles). Durante los días 17 al 19 de noviembre, miles de personas se reunirán en Fort Benning, en el estado de Georgia en los EEUU, sede de dicha Escuela. Al mismo tiempo, se realizarán manifestaciones en Ecuador, El Salvador, Paraguay, Colombia, Chile, Perú, Bolivia, Arizona y California.

SOA/WHINSEC, un instituto de entrenamiento

militar para fuerzas de seguridad latinoamericanas, hizo titulares en la prensa en 1996 cuando el Pentágono circuló los manuales usados en la Escuela, que abogaban por la tortura, la extorsión y las ejecuciones. A pesar de este sorprendente reconocimiento y de cientos de abusos cometidos contra los derechos humanos por soldados formados en el instituto, el instituto no ha sido investigado.

“Nuestro plan es protestar porque queremos que las generaciones futuras vivan en paz y con justicia; y eso nunca ocurrirá si permitimos que se enseñe a los militares que los problemas se resuelven con armas y con violencia” dijo Pablo Ruiz, un chileno sobreviviente de la tortura que va a participar en las manifestaciones en Chile.

“NHLI se enorgullece de esta alianza con una de las compañías que más latinos emplea en este país,” dijo Marisa Rivera Albert, presidenta de NHLI. “Wal-Mart reconoce el valor de invertir en NHLI para preparar a las líderes de los Estados

Unidos, y estamos encantados de que haya decidido ampliar su colaboración con nosotros y ayudar a que los programas y servicios de NHLI crezcan.

Wal-Mart y NHLI han colaborado durante más de seis años. Este compromiso compartido y apoyo financiero

ayudará a NHLI a realzar sus principales programas y aumentará su capacidad de preparar muchas más Latinas para posiciones de liderazgo. Más de 2,600 latinas han adquirido habilidades de liderazgo a través del programa desde 1987.

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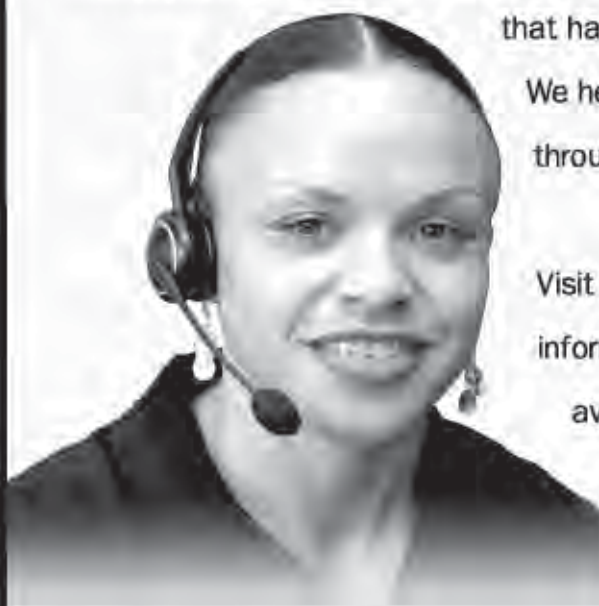
One of our success stories is Dave, Dena and their three children.

Dave works full-time but his wages are not enough to cover all their bills.

They especially appreciate Project COPE as Dena has health problems that have prevented her from working.

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NOTICIAS EN ESPAÑOL

Comidas festivas tradicionales proporcionan mezcla perfecta de nutrición y sabor

A través de las generaciones, las familias hispanas han aprovechado la temporada festiva de fin de año para disfrutar de exquisitos platos de cerdo.

Este año, disfrute los sabores y aromas tradicionales de una comida sustancial, sin preocuparse de desviar de un buen régimen alimenticio.

“El cerdo ha sido un componente central de la comida cotidiana y las celebraciones festivas hispanas durante muchas generaciones”, explicó Judith C. Rodríguez, PhD, dietista certificada, miembro de la Asociación Dietética Americana, y profesora de la

Universidad del Norte de la Florida.

“En el pasado, el reto consistía en disfrutar de magníficos banquetes en temporada de fin de año, y mantener al mismo tiempo un peso saludable”, añadió Rodríguez. “En la actualidad, podemos contar con opciones saludables de menú, sin sacrificar el sabor latino que todos disfrutamos. El cerdo tiene menos grasa y es más nutritivo, lo cual hace que sea el favorito de los platos navideños. Por ejemplo, hay seis cortes comunes de carne de cerdo que son actualmente un 16 por ciento más magros, y con un 27 por ciento menos

de grasa saturada que hace 15 años”.

El cerdo, además de ese gran sabor tradicional que gozan los latinos, cuenta con una significativa cantidad de nutrientes en cada porción magra. La ración de 3 onzas de solomillo de cerdo no sólo es una fuente excelente de proteínas, tiamina, vitamina B6, fósforo y niacina, y una buena fuente de riboflavina, potasio y zinc; sino que también contribuye con sólo un 6 por ciento de las calorías a una dieta de 2,000 calorías.

Esta es una magnífica noticia para quienes se deleitan con las delicias de la temporada festiva, pero quieren evitar el consumo de calorías adicionales que produce esas “libritas de más” entre el Día de Acción de Gracias y el Día de Año Nuevo.

El factor magro del cerdo gozará de gran popularidad en la temporada festiva. Rodríguez ofrece estos consejos saludables para las familias que ya

comienzan a planificar sus celebraciones, o se proponen a hacer resoluciones de adoptar mejores hábitos de alimentación a partir del primero de enero del 2007:

- No cocine excesivamente las carnes. Como el cerdo es una carne tan magra, es muy importante cocinarla debidamente. Para ello, use un termómetro de lectura instantánea y cocine la carne hasta que la misma alcance los 160° Fahrenheit, para lograr un plato de cerdo tierno y jugoso.
- Las carnes magras deben tener bajo contenido de grasa. Cuando vaya de compras, busque fuentes magras (bajo en grasa) de carne que contengan el término en inglés “loin” como “pork tenderloin” (solomillo de cerdo). Evite cocinar en grasas saturadas. Por el contrario, pruebe la frotación de las carnes a base de especias secas o aderezos con un aceite de oliva, salsas, cebollas y pimientos picados.
- Relajar y Recibir. Dedíquele más tiempo a sus amistades y familiares sirviendo platos con cerdo fáciles de preparar como Arroz con cerdo o Cerdo asado con salsa de chile guajillo.

• El tamaño de las porciones es importante. Si esta comiendo algo saludable, no hay nada malo en probar un poco de cada uno de sus platos favoritos.

• Preste atención a la variedad. Asegúrese que los platos navideños consistan en una amplia variedad de alimentos, para ingerir una gama sustancial de diferentes nutrientes.

• Añada sabor a sus comidas festivas con los ingredientes típicos de nuestras tierras. Las salsas frescas hechas con una amplia variedad de chiles, frutas, vegetales y condimentos son adiciones excelentes que añaden muy pocas calorías a sus platos de carne de cerdo. Son acompañantes sabrosos y visualmente atractivos, especialmente si se sirven en coloridos platos navideños.

Para obtener información detallada de nutrición, acceso a una amplia gama de recetas tradicionales y eclécticas, o para solicitar el folleto gratuito de recetas SABOR Y SALUD, visite el sitio Web en español del Nacional Pork Board <http://www.elcerdoesbueno.com>

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NEGOCIOS

Enrique Tessada honored at 16th Annual Hispanic Business Magazine EOY® awards

Hispanic Business magazine honored Tessada & Associates Inc., CEO Enrique Tessada at its 16th annual EOY awards gala. The event recognized Hispanic entrepreneurs who have worked to advance the US Hispanic market in five distinct industry categories, as well as one overall Hispanic entrepreneur. This year's Lifetime Achievement Award went to Mexican American Opportunity Foundation (MAOF) founder Dionicio Morales, one of the most

enduring advocates for California Mexican Americans since the 1960s. Melinda Guzman, partner at Goldsberry, Freeman & Guzman, LLP and general counsel of the US Hispanic Chamber of Commerce, served as the Mistress of Ceremonies.

Enrique Tessada was the big winner of the evening, taking home the Trade Industry category award as well as the overall Hispanic Business EOY award. A former Navy aviator, Vietnam veteran, and

documentary exclusive producer, Tessada founded his infrastructure solutions company, Tessada & Associates Inc., in Springfield, VA in 1993 with a Compaq computer and \$500. By 2006, Tessada & Associates Inc., ranked 99th on the Hispanic Business 500® with revenues of \$70 million and received Minority Contractor of the Year awards from the Department of Agriculture's Food and Nutrition Service and NASA. A Mexico City native, Tessada

immigrated to the US in 1960 and holds a bachelor's degree from Texas A&M University and a graduate degree in international public policy from John Hopkins University.

The 16th annual Hispanic Business magazine EOY category winners included:

- Yvonne "Bonnie" Garcia of Market Vision for Latina Entrepreneur
- The Goodman Brothers of Goodman Networks for Infobusiness
- Jose Rey of Rey Group, Inc. for Heavy Industry
- Rainier "Ray" Gonzalez of Pacer Health Corp. for Rising Star
- Enrique Tessada of Tessada & Associates Inc. for Trade Industry

As a young man, Lifetime Achievement Award winner Dionicio Morales saw the need for job development and training among California

Hispanics. He founded the MAOF in 1963 (called Equal Opportunity Foundation at the time). By 1965, the MAOF received its first federal grant to provide job training and new careers through education. Today, the MAOF is the largest Latino-based, community-orientated, non-profit organization in the United States. Spanning over 7 counties, the MAOF provides services to over 100,000 Californians, 95 percent of which earn a low to moderate level income.

The Hispanic Business magazine EOY Awards were sponsored by Cadillac, ExxonMobil, Sony Vaio, TGIC Wine Importers, Sprint, Choice Hotels International, American Airlines, FedEx, Microsoft, Telacu, Bank of America, Liberty Power, NL Financial Alliance, and Union Bank of California.

Local teen leaders seek support to convene with top US officials

Ms. Ashley Romero and Ms. Jasmine Lowe, both seventh grade students at Risley Middle School, were recently nominated to participate in the Junior National Young Leaders Conference (jrNYLC) in Washington, DC.

In order to participate in this leadership development program, Ashley and Jasmine are seeking to raise \$4,500 which includes Conference tuition of \$1,809 each and airfare. Tuition includes all housing, program materials, breakfasts, lunches and

dinners. Scholars will need money only for incidentals (phone calls, snacks, etc.). An account "Trip to DC" has been set up at Pueblo Bank and Trust for the girls. You may contact Risley Middle School Principal, Mrs. Rena Jimenez at (719) 549-7441 for any further information.

The funds will be deposited in accordance with District 60 policy. Funds will be returned if the students do not attend the six day event. The registration and tuition deadline is Dec 15, 2006.

Romero and Lowe were nominated to participate in this program by their counselor, Mrs. Ronetta Falletta. Both participate in Choir, Crime Stoppers, Science and Health Fairs, Spirit Leading, Volleyball, Triple "A" members, the Trash Fashion Show (a Pueblo City-County Health Department event), and maintain a 4.0 GPA. Both are positive role models, dedicated to empowering today's Youth through Commitment and Leadership.

Romero is involved with Bowlero Youth Bowling League, Sarah Shaw Dance, Track, and the Gifted and Talented Program. Lowe is involved in Zap the Gap, Gear Up, and actively participates in local Ballot issues.

The theme of Junior National Young Leaders Conference is The Legacy of American Leadership and the curriculum leads students through the evolution of the United States, from the days of the original thirteen colonies through the signing of the Declaration of Independence - from the Civil War through the Civil Rights Movement.

CYLC is a nonprofit, nonpartisan leadership education organization. Founded in 1985, the Council is committed to fostering and inspiring young people to achieve their full leadership potential. More than 400 members of the US Congress join this commitment by serving on the CYLC Honorary Congressional Board of Advisors.

In addition, more than 40 embassies participate in the Council's Honorary Board of Embassies.

For additional information, visit www.cylc.org

Wal-Mart stores, Inc. donates \$300K to The National Hispana Leadership Institute

Wal-Mart Stores, Inc. will donate \$300,000 to The National Hispana Leadership Institute's (NHLI) over the next three years. NHLI will use the grant to expand the organization's three leadership programs including, the Executive Leadership Program for Latinas, the Latinas Learning to Lead Youth Program, and the Young Professional Leadership Program.

"At Wal-Mart, we are committed to giving back to the communities we serve," said Susan Chambers, vice president of People Division at Wal-Mart, Stores, Inc. and chair of the NHLI corporate advisory council. "NHLI programs have directly impacted thousands of women from over 28 states across the country. The donation is a reflection and an extension of our support of women not only

within the walls of our organization, but beyond."

As one of the largest private employers of Hispanics in the nation, Wal-Mart will also be part of the NHLI Vision Forward: Growing Latina Leaders, a two-year capacity building campaign directed at raising \$3 million to enhance existing programs and increase the number of Hispanic women who participate in its professional development programs.

"NHLI is proud to partner with one of the largest employer of Latinos in the country," said Marisa Rivera Albert, President NHLI. "Wal-Mart recognizes the value of investing in NHLI to prepare the leadership of America and we are thrilled that they have decided to expand their partnership with us and help NHLI grow its programs and services".

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DEPORTES

Fort Lewis to Face Dixie State in Rotary Bowl

Fort Lewis College will make history on December 2 when they travel to St. George, Utah to face Dixie State in the 21st annual Dixie Rotary Bowl.

This will mark the first time the Dixie Rotary Bowl has been played at the NCAA Division II level and the first time a Rocky Mountain Athletic Conference team has played in the bowl game.

"We're very honored to play in the game against Dixie State," said Fort Lewis head coach Ed Riflato. "It will be a nice completion to a great season."

The Skyhawks finished their

season at 6-4 overall (.600) and 6-2 in league games (.750), placing second in the RMAC for the second straight year.

Dixie State, who is in their first year transitioning from a junior college to a NCAA Division II college, finished their inaugural season in the D-II ranks with a 1-9 record.

In addition to the game, the Rotary Bowl parade will be held at 10 a.m. on December 2,

followed by a tailgate party at 11 a.m.

Events following up to the game include the Dixie Rotary Bowl Youth Football Championship on Nov. 29 at 6 p.m. at Hansen

Stadium.

A Welcome Banquet will be held the following evening, Nov. 30, at 7 p.m. at the Dixie Center. On Dec. 1, the Rotary Bowl Golf Classic will be played at 10 a.m. at the Sunbrook Golf



Course, followed by the 23rd Army Band concert at the Cox Auditorium at 7 p.m. The St. George Rotary Club is the founding sponsor of the game. Many of its members are volunteers for the game, donating

hours and resources.

Tickets for the game are \$5 and \$10 and can be purchased at the DSC Avenna Center Box office or by calling (435) 652-7800. For additional information on all Dixie Rotary Bowl activities, visit www.rotarybowl.com or call (435) 688-9282.



Rookie Julieta Granada wins first-ever \$1 million paycheck at ADT Championship

Becomes fifth Rolex First-Time Winner of the season

Two days after her 20th birthday, LPGA Tour rookie Julieta Granada captured the first-ever \$1 million winner's check in the history of women's professional golf at the ADT Championship. Trump International Golf Club in West Palm Beach, Fla., hosted the Tour's 32 top qualifiers via the LPGA Playoffs 2006 who competed for the historic payday.

"It's just been incredible, this whole week. I just went out and played my game and it turned out to be the best score today," said Granada, who moved from 19th to fourth on the ADT Official Money List with \$1,663,586 in season earnings. "I'm so happy. I've been waiting for this all year."

Granada, who has two runner-ups among seven top-10

finishes this season, carded just one bogey in her final 57 holes to outlast the 2006 Rolex Player



Money List, so Granada started the day two groups ahead of Ochoa and Karrie Webb, whose resurgent 2006 season was one of the best of her career with five wins. Granada and Ochoa each made the turn at 2-under-par 34, while Webb turned at 3

One year ago, Granada was fresh off her first season on the Duramed Futures Tour and preparing to qualify for the LPGA Tour.

of the Year and Vare Trophy recipient Lorena Ochoa by two strokes in the final round.

Final-round pairings were based off the ADT Official

Her partial season resulted in \$29,153 in earnings through nine events. This year, Granada proved it was only a matter of time for her first win.

It's official, Ochoa wins Rolex Player of the Year



Lorena Ochoa had already secured her first Rolex Player of the Year award before the ADT Championship, but her final margin of victory was not determined until yesterday. Ochoa carried an insurmountable 69-point advantage into the ADT Championship and then earned 24 points with her second-place finish last week. She ended the year with 337 points, which was 75 points more than Karrie Webb accrued this year. Webb finished third at the ADT Championship.



Matt Gutierrez, QB of Fort Lewis College travel to St. George.

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The Colorado Springs Philharmonic Orchestra presents the music of John Williams

Music from *Star Wars*, *Saving Private Ryan*, *Close Encounters of the Third Kind*, *Superman* and *E.T.* composed by John Williams, America's greatest living composer of movie scores, will be featured in an entertaining program performed by the Colorado Springs Philharmonic Orchestra on Sat, Dec 2, at 8 pm in Pikes Peak Center.

In an exciting program, perfect for the entire family, Conductor Thomas Wilson and the orchestra are also joined by the Colorado Springs Children's Chorale singing songs from *Home Alone*.

Tickets are affordably priced, starting at \$12.

John Williams has composed some of the most popular film scores of all time. Born Feb 8, 1932, Williams attended the University of California at Los Angeles and served in the United States Air Force before studying piano at New York's famous Juilliard School. He spent several years as a jazz musician and then to California, where he worked his way up from studio pianist to film score composer.

John Williams is the biggest name in the history of movie music and, probably, the most

widely-heard composer of the last one hundred years. Williams began composing for television in the late 1950s, eventually moving on to feature films later in the 1960s. In 1972 he won an Oscar for his orchestration of the music for *Fiddler on the Roof*, the first of many big-time awards in his career.

In 1974 he began a long and fruitful collaboration with Steven Spielberg that would lead to some of his best-known work, including the Oscar-winning scores from *Jaws* (1975), *E.T.: The Extra-Terrestrial* (1982) and *Schindler's List*

(1993). His other memorable scores come from the six *Star Wars* films of George Lucas, and from Spielberg's *Raiders of the Lost Ark* (1981) and its Indiana Jones sequels.

In addition to his prolific output of movie compositions, Williams has been a guest conductor of orchestras all over the world, including a stint as the conductor of the

Boston Pops Orchestra (1980-93), and the recipient of more than a dozen Grammy awards. His film work includes music for *Superman* (1978); Oliver Stone's *Born on the Fourth of July* (1989, starring Tom Cruise); *Angela's Ashes* (1999, with Emily Watson); and *Harry Potter and the Sorcerer's Stone* (2001, based on the book by J.K. Rowling).

Deck the Hall

The Colorado Springs Chorale announces the 20th annual performance of its Christmas family favorite, Deck the Hall, Fri, Dec 8, 7:30 pm, at the Pikes Peak Center for the Performing Arts.

The award winning 120-voice Colorado Springs Chorale presents the most glorious "Deck" yet! Deck the Hall has previously been awarded the Gazette's *Best of the Springs*, *Best way to Celebrate Christmas*.

According to Donald P. Jenkins, Chorale Conductor, this year's "Deck", "will be a Christmas concert sure to instill the spirit of Christmas and stir memories of Christmases past. To mention a few highlights, we start with "carolers on the porch" singing Christmas favorites such as

Ding Dong Merrily on High. We then add "stories at the fireplace", *'Twas the Night Before Christmas*, narrated by His Honor, Colorado Springs Mayor Lionel Rivera; and include music both familiar and fresh, *Carol of the Bells*, and *Still, Still, Still*.

As a special treat, we add the joyous bells of our guests, the superb "Pikes Peak Ringers" under the direction of Kevin McChesney, performing *On this Day Earth Shall Ring* and *Fantasia on Greensleeves*, with a wonderful flute solo by the Philharmonic's Leslie Smith.

Add to this a beautifully decorated Pikes Peak Center, spectacular lighting and the accomplished accompaniment of Daniel S. Brink, pianist and Carol Wilson, organist, for a

very festive Christmas celebration. Santa will be visiting the lobby.

Ticket prices for this typically "sold out" performance range from \$16 to \$45, with two dollar per ticket discounts for seniors, military, students and accompanied children. Four dollar per ticket group discounts for groups of ten or more are available for selected seating areas, along with the same discounts plus two free additional tickets for groups of twenty or more. Surcharges may apply. "It-Takes-Five" teen discounts are also honored. Tickets may be purchased at the Pikes Peak Center Box Office, 719 520 SHOW (7469), at all TicketsWest outlets, or www.ticketwest.com

Just 4 Us

Imagination Celebration invites all children ages 2 1/2-5 years old to grab their parent and come on down to our new "Just 4 Us" classes. Classes are held in three-week sessions and will meet at Celebration Place, located across from Steve & Berry's at The Citadel. *Hooray for Holidays!*

Dec 5, 12, and 19 from 10 - 10:45 am

Hop in your sleigh and join Jillian Lund (local author and illustrator) for an exuberant trip through the holidays. One child and one adult will create snow "mobiles" with buttons and glitter, partake in some Reindeer Games and decorate delicious holiday cookies with colorful icing and candies. Wrap it all up with a delightful holiday tale and yummy treats.

Classes are 45 minutes in length and cost \$18 for the three session package. Don't miss this fabulous Just 4 Us series. More infos call (719) 597-3344.

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Bemis School of Art at the Colorado Springs Fine Arts Center is proud to announce the opening of its new education wing on Dec 2.

The facility will house

spacious studios and labs dedicated to printmaking, digital photography, black and white photography, drawing and drama, educational tours and docent activities.

Over 125 classes and workshops will be offered to adults and children of all skill levels beginning in January.

The public is invited to the

opening celebration of the education wing on Sat, Dec 2 from 10 am to 2 pm at Bemis School of Art.

Bemis, located at 818 Pelham Place, on Cache La Poudre west of Cascade Avenue.

Adults and children are invited to participate in a variety of hands-on activities including:

- Demonstrations in printmaking and photography techniques by Bemis instructors

- Open studio figure drawing (bring your own supplies)

- A journey back in time with our specially trained docents

The opening of the education wing marks another milestone in the \$28.4 million Renaissance renovation and expansion underway at the Fine Arts Center in downtown Colorado Springs which will be complete and open to the public in August 2007.

"In addition to ideal art spaces and fresh new



programming, we are pleased to offer Bemis students an opportunity to experience world-class permanent and traveling exhibitions from

which they may draw knowledge and inspiration," comments Fine Arts Center President and CEO Dr. Michael De Marsche.

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

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For the third year in a row, MJS Music Publications is offering it's classic Christmas guitar arrangements as a free download.

13 Holiday favorites, including *We Wish You A Merry Christmas*, *Joy To The World*, and *Silent Night* are available as sheet music arrangements as well as MP3 instrumentals.

Whether you are a listener or

a musician, you are invited to visit the company website at www.MJSPublications.com

This free download will be available online now through Jan 10th.

The sheet music for each song features traditional notation, TAB, chord charts, and lyrics.

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also doubles as an "all guitar" Christmas Album.

The transcriptions and recordings are the work of Mark John Sternal, best selling author of *GUITAR: Total Scales Techniques and Applications* and *GUITAR: Probable Chords*.

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AUTOMUNDO

All-new 2007 Hyundai Elantra redefines

The all-new 2007 Elantra is the seventh model from Hyundai in just 24 months, giving Hyundai the freshest lineup in the industry. All new from headlight to taillight, Elantra brings more refinement, safety and interior space to compact car shoppers. "The all-new Elantra delivers more interior space than Civic or Corolla - even more space than Acura TL - and a level of ride and handling refinement





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that's both agile and comfortable," said John Krafcik, vice president, Product Development and Strategic Planning, Hyundai Motor America. "Add in great standard safety features like six airbags, anti-lock brakes and active front

head restraints and our assertive new design, and it's clear that Elantra offers unbeatable value."

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All Elantra models have six standard airbags, including two advanced front airbags, two front seat-mounted side-impact airbags, and two side curtain airbags protecting front- and rear-seat outboard passengers. The combination of side and curtain airbags, which help protect the head and body during side impacts, can reduce fatalities by more than 45 percent according to the Insurance Institute for Highway Safety (IIHS). Side-impact airbags are expensive options on competitors such as Toyota Corolla and Ford Focus, and are not available on the Chevrolet Cobalt. Side curtain air protection is optional on Corolla and Cobalt and still not available on Focus.

Accident avoidance technologies start with Elantra's all-new chassis featuring fully independent suspension, front and rear stabilizer bars and motor-driven rack-and-pinion steering. The Elantra's standard power braking system has front and rear discs with a four-sensor, four-channel Anti-lock Braking System (ABS) that includes Electronic Brake-force Distribution (EBD). ABS helps the driver maintain vehicle steering control in slippery conditions and in emergency maneuvers. EBD is integrated into the ABS, automatically adjusting the braking force to

Cont. on page 13

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AUTOMUNDO

Hyundai Elantra *Cont. from page 12*

front and rear axles based on the vehicle loading conditions. Four-wheel disc brakes are a key leadership feature for the segment, as traditional rear drum brakes are still found on the 2006 Honda

cabin for more room and flexibility. Two inches of added width

els. Seatback storage pockets provide additional room for small items. Storage

holder is sure to surprise and delight owners. Dual front cupholders and a rear armrest with cupholders complete the interior.

power heated mirrors, and power door locks with remote keyless entry with alarm, panic, and trunk open make the Elantra seem like it's a class above its modest price point. The high-volume Elantra GLS Preferred Package offers a 172-watt AM/FM/CD audio system with six speakers and Hyundai's first auxiliary jack, which allows iPods® and other portable MP3 players to be connected to the vehicle audio system. Also included are air conditioning, cruise control, fog lights, windshield shade band, and dual front illuminated vanity mirrors. XM satellite radio and in-glass an-



2007 Elantra Limited

Civic, Toyota Corolla, Ford Focus and Chevrolet Cobalt.

Elantra's standard front-seat active head restraints help prevent whiplash by automatically reducing the space between a front occupant's head and the head restraint during a rear collision and are highly recommended by safety-focused organizations such as the IIHS.

All seating positions feature three-point seatbelts and adjustable head restraints. The shingle-style rear-seat head restraints improve visibility when there are no rear seat passengers, while protecting these passengers when they are in the vehicle. There's also an energy absorbing steering column and front seatbelt pretensioners and adjustable-height shoulder anchors. A Lower Anchors and Tethers for Children (LATCH) system in the rear-seat area provides secure attachment for child seats.

In low-speed impacts, the Elantra's five-mph front and rear bumpers help minimize damage. In higher-energy collisions, its steel unibody structure is engineered to dissipate crash energy as its crumple zones deform, while bodyside reinforcements help maintain the integrity of the passenger compartment. Hood buckling creases and safety stops help to control the deformation of the hood in a frontal collision.

A "CLASS ABOVE" INTERIOR - MORE ROOM THAN ACURA TL

Elantra is wider and taller than its predecessor. Increasing the height 2.2 inches and moving the driver's seating position up 1.8 inches opens up the

deliver more front and rear shoulder room as well. This repackaging delivers a remarkably spacious interior - one that is truly a "class above" Honda Civic and Toyota Corolla for interior room. Elantra is so roomy the Environmental Protection Agency (EPA) classifies it as a mid-size car, not a compact car like Civic and Corolla. With 97.9 cubic feet of passenger room and 14.2 cubic feet of trunk space, the Elantra has the most interior volume (passenger volume plus trunk space) for a sedan in its class.

Thoughtful design touches bring harmony and substance to Elantra's interior. The dashboard slopes downward to give a feeling of more space and greater visibility while offering an aesthetic shape. The contrasting two-tone color schemes (available in beige and gray tones) combined with metallic finishes match the more sophisticated and upscale exterior styling. New levels of detail and craftsmanship are found throughout the interior. Luxurious supple leather is available on Elantra, but cannot be found on Civic. For the first time, heated seats are available. Another first, Elantra also offers steering-wheel-mounted cruise and audio controls and telescoping adjustment. Blue back lighting adds a youthful, but refined ambience at night.

The center console features a two-level storage compartment and a comfortable armrest. An overhead sunglasses holder has built-in map lights, and map pockets are integrated into the front door pan-

can also be found in the dash,



2007 Elantra GLS

center stack and console. A convenient handbag strap and illuminated switches, tenna will be available by the end of the year.

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SALUD

Dental checkup now part of diabetes care

A tooth ache or gum problems can be problematic for most people, but for people with diabetes, oral infections are far more common and can make their diabetes harder to control.

That is why the Delta Dental Foundation and the American Diabetes Association are highlighting oral health during American Diabetes Month as an important, yet often overlooked component of overall health for people with diabetes, particularly for Hispanics.

Oral health is now starting to be recognized as an important preventative measure to stay

healthy with diabetes.

"We encourage those with diabetes to be more vigilant in caring for their teeth and gums," said Dr. Alex Acevedo, a dentist who will join the board of trustees for Delta Dental of Colorado next year. "Infections in the mouth make it harder to process insulin and keep diabetes under control. Prevention is the key, especially among Hispanics/Latinos and minorities who are more susceptible to diabetes. If a person has diabetes, they should be extra careful with their mouth."

People with diabetes are three to four times more likely to experience gum and mouth problems. Poor blood glucose control makes gum problems more likely. According to the US Department of Health and Human Services, persons with diabetes are at increased risk for gum disease, which complicates glycemic control and can then worsen diabetes.

Currently in Colorado, 59 percent of adults with diabetes had a dental exam in the past year. The objective for the Colorado Department of Public Health and Environment is for 75 percent of diabetics to have an oral exam at least once a year. Doctors are now recommending annual dental check ups as part of regular diabetes care. In April of this year, the Oral Health Assessment was added to the Colorado Clinical Guidelines for adult diabetes care. Primary care physicians refer to these guidelines when recommending regular testing and preventive treatment for their patients with diabetes.

"For years doctors knew people with diabetes should have their eyes and feet checked often for problems,

but mouth infections are a common problem and can have a significant impact on diabetes control," said Tracy Anselmo, chairperson of the Oral Health and Diabetes Workgroup for the Colorado Department of Public Health and Environment's Oral Health Program. "Having the annual dental exam on the clinical guidelines just validates how important it is."

Diabetes is an especially urgent health problem in the Latino community, where the rate of diabetes among Latinos is almost double that of non-Latino whites. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders.

Risk factors for diabetes include:

- Having high blood pressure (at or above 130/80)
- Having a family history of diabetes
- Having diabetes during pregnancy
- Having a baby weighing more than nine pounds at birth.

The news is not all bad. There is a lot a person can do to fight gum disease:

- Learn how gum problems start
- Brush your teeth twice a day
- Floss your teeth every day
- Visit your dentist at least

Tests that can help save your life

Residents living near Alamosa can be screened to reduce their risk of having a stroke. Life Line Screening will be at the Sacred Heart Church, 715 4th St, Alamosa, Dec 4. Appointments will begin at 11 am.

A stroke, also known as a "brain attack", is ranked as the third leading killer in the world, and the second among women. Through preventive screenings, the risk of having a stroke can be greatly reduced.

Screenings are fast, painless and low cost.

They involve the use of ultrasound technology, and scan for potential health problems related to: blocked arteries which can lead to a stroke, aortic aneurysms which can lead to a ruptured aorta, and hardening of the arteries in the legs, which are a strong predictor of heart disease. Also offered for men and women, is a bone density screening to assess their risk for osteoporosis.

"My surgeon said 'I was a stroke waiting to happen' even though I felt fine." Dolores Huebinger - Glenwood

twice a year.

The Delta Dental of Colorado Foundation, founded in 1997, promotes activities towards the improvement of oral health care in Colorado. The Foundation's mission is to sponsor programs that prevent oral disease and advance the science and practice of oral health care.

The primary funding for the foundation is by Delta Dental of Colorado. The Foundation's activities are governed by a Board of Trustees whose members include dental and public health experts and community leaders throughout the state. Visit www.deltadentalco.com for more information.

The American Diabetes Association is the nation's premier voluntary health organization supporting diabetes research, information and advocacy. The Association's mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Founded in 1940, the Association provides services to hundreds of communities across the country.

For more information on the Association or the diabetes, please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit <http://www.diabetes.org>

Springs

All four screenings take less than an hour to complete. A complete vascular screening package, including the Stroke/Carotid Artery, Abdominal Aortic Aneurysm and Ankle Brachial Index (hardening of the arteries) screenings is \$109.

Sign-up for a complete vascular package; include the osteoporosis screening and pay only \$139.

Life Line Screening was established in 1993, and has since become the nation's leading provider of vascular screenings.

Over 75 ultrasound teams are on staff to travel to your local community, bringing the screenings to you. These non-invasive, inexpensive and painless, ultrasound tests help people identify their risk for stroke, vascular diseases or osteoporosis early enough for their physician to begin preventive procedures.

For more information regarding the screenings or to schedule an appointment, call 1 (800) 697-9721. Pre-registration is required.

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SALUD

Traditional festive meals serve up perfect mix of nutrition and flavor

For generations, Latino families have been ringing in the holiday season by enjoying flavorful pork dishes. This year, enjoy the traditional flavors and aromas of a centerpiece meal, without the guilt.

New findings unveiled that pork tenderloin rivals the leanest type of chicken - a skinless chicken breast. The US Department of Agriculture (USDA) analysis found that pork tenderloin contains only 2.98 grams of fat per 3-ounce serving(1), compared to 3.03 grams of fat in a 3-ounce serving of skinless chicken breast(2).

According to the National Pork Board, today's hogs are fed a healthy, science-based diet consisting of corn, soybeans and grains. By combining healthier feeding and enhanced breeding practices, today's pork producer delivers leaner, healthier pork - great for all occasions!

"Pork has been at the heart of Latino dinner tables and festive celebrations for many generations," said Judith C. Rodriguez, PhD, a registered dietitian, member of the American Dietetic Association, and professor at the University of North Florida. "In the past, the challenge was to enjoy great holiday feasts while maintaining a healthy weight," added Rodriguez. "Now, you can indulge with healthy menu options, without sacrificing the

Latin flavor that we all enjoy. Pork has become much leaner and more nutritious, making it a perfect choice for holiday dishes. For example, six common pork cuts are now 16 percent leaner with 27 percent less saturated fat than 15 years ago."

In addition to the great taste Latinos have grown to love, pork packs a significant amount of nutrients in each lean portion. Not only is a 3-ounce serving of pork tenderloin an "excellent" source of protein, thiamin, vitamin B6, phosphorus, and niacin and a "good" source of riboflavin, potassium and zinc, it contributes a mere 6 percent of the calories to a 2,000-calorie diet. This is great news for those who enjoy seasonal delicacies but want to avoid added calories that can pack on the pounds between Thanksgiving and New Year's Day.

The "skinny" on pork should prove popular over the holidays. *Rodriguez offers these healthy tips to families as they plan their celebrations or make resolutions to adopt better eating habits beyond January 1st:*

• **Don't overcook your meats.** Because pork is such a lean meat, it's very important not to overcook it. Use an instant-read thermometer and cook until it reaches 160 degrees Fahrenheit for tender and juicy pork.

• **Keep your lean meats low in fat.** When shopping, look for

lean sources of meat with the word "loin," such as pork tenderloin. Avoid cooking in saturated fats. Instead, try dry rubs or marinades with a drizzle of olive oil, salsas, chopped onions and peppers. These are excellent choices that seal in flavor without adding unwanted fats.

• **Impress and de-stress.** Spend more time with friends and family by serving easy-to-prepare pork dishes like Arroz con cerdo or Cerdo asado con salsa de chile guajillo. Not only will guests enjoy your delicious meal, these favorite recipes help ease holiday stress by eliminating the time you spend cooking in the kitchen. Both of these flavorful pork dishes can be prepared in less than 20 minutes — and they're wholesome too!

• **Size does matter.** While it is OK to try samples of all your favorite dishes, if you pay attention to your serving sizes during regular meals, you won't pack on those unwanted pounds.

• **Add variety.** Ensure holiday meals include a variety of food types so you are getting many different nutrients.

• **Add zest to your holiday meals with typical Latin flavors.** Fresh salsas made from a wide variety of chilies, fruits, vegetables and spices are great, low-caloric additions to your pork dishes. They are both tasty and visually appealing accoutrements, especially if served on colorful holiday

platters.

For detailed nutritional information, access to a wide variety of traditional and eclectic recipes or to request a free recipe brochure, SABOR Y SALUD, visit the National Pork Board's Spanish-language web site at <http://www.elcerdoesbueno.com>

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Cholestech Corporation and Life Line Screening bring preventive screenings directly to consumers

Cholestech Corporation (Nasdaq: CTEC - News), a leading provider of point-of-care health management solutions for chronic disease, and Life Line Screening, America's leading provider of mobile preventive health screenings, have teamed up to bring finger-stick cholesterol, glucose and c-reactive protein blood testing directly to consumers across the country.

Life Line Screening, the leader in the emerging trend of consumer-accessible screenings for stroke, vascular disease and osteoporosis has selected the market-leading Cholestech LDX® point-of-care testing system to screen Americans for risk factors associated with stroke, heart disease, diabetes and inflammatory disorders. These

five minute, finger-stick blood tests will allow participants to receive their results prior to leaving the screening.

The LDX blood testing system will collaborate with Life Line Screening's current offering of affordable, high-quality mobile preventive health services, which include non-invasive ultrasound screenings for stroke, abdominal aortic aneurysm, peripheral arterial disease, and osteoporosis.

Additionally, Life Line Screening — whose mission is to help people preserve their healthy, independent lifestyles — can now provide its laboratory-accurate results of their complete lipid panel, including total cholesterol, LDL, HDL

Cont. on page 18



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Apply: CPCD (Head Start)
2330 Robinson St, C/S 80904.
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**ALASKA
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Immediate openings for production seafood processors to work in Dutch Harbor, Alaska. Seasonal jobs starting in January 2007. No experience required. Many overtime opportunities. Pay starts at \$7.15/hr, 5 month employment contact, housing and meals provided by UniSea, free air flight from Seattle to worksite, advancement opportunities. Must be 18 or older and have US work authorization.

To apply visit UniSea representatives in Colorado Springs at the Holiday Inn-Airport, 1855 Aeroplaza Dr. on Weds 11/29/06 4-7pm or in Denver at the Ramada Inn, 2601 Zuni St. on Thur 11/30/06 4-7pm. www.unisea.com EOE

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HELP WANTED

**PUEBLO COMMUNITY COLLEGE
Student Support Services
Transfer Advisor**

full-time position responsible for developing, coordinating, and implementing the transfer component of the program including transfer and advising tours of four-year institutions and transfer seminars. Complete vacancy announcement with requirements for position and PCC application can be accessed at www.pueblocc.edu/aboutus/employment/.

Submit PCC application, resume, unofficial transcripts, and 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 December 1, 2006. AN EEO/AA EMPLOYER.

Notice of Public Hearing

**Housing Authority of the City of Pueblo
Thursday, December 7, 2006**

4:00 P.M., MST

**Central Maintenance Facility
201 S. Victoria St
Pueblo, CO 81003**

The purpose of the hearing is to obtain input from the city residents in reference to the Five-Year Agency Plan and Annual Plan Submission to be submitted to the US Department of Housing and Urban Development for fiscal year 2007. Total funds being allocated for this year are estimated at \$2,039,861 for Operating Funds and \$1,255,397 for Capital Funds.

All residents are encouraged to attend this hearing. A copy of the Five-Year Agency Plan and Annual Plan will be available for review from 9:00 a.m. to 4:00 p.m. prior to public hearing at the address below. Persons can submit written comments prior to public hearing to:

Housing Authority of the City of Pueblo
Attn: Frank Pacheco, Executive Director
1414 N. Santa Fe Ave., 10th Floor
Pueblo, CO 81003

For further information please call Mr. Pacheco at 719-544-6230.

Published in *Hispania News* during the weeks of October 5 and October 12, 2006



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COMMUNITY NEWS

Campaña de Invierno 2006-2007 Continúa de página 1

Longmont, Sterling, Brighton y Fort Morgan.

• Se donarán abrigos y ropa térmica a través de los 9 centros de Salud permanente y las distintas clínicas móviles que coordina la Clínica SALUD, y que tienen como principales clientes a los trabajadores migrantes residiendo en comunidades rurales en Colorado. También se donarán prendas a través de distintas iglesias a las comunidades de Avondale y Montrose, así como a las comunidades más

necesitadas de la zona metropolitana de Denver, a través de los clubes de oriundos de Colorado.

• Se llevará a cabo la distribución de 3,000 volantes informativos que contendrá consejos preventivos prácticos para la temporada de invierno, prevención de incendios así como recomendaciones para prevenir las enfermedades respiratorias más comunes. Esta última acción se realizará en coordinación con el Hospital *Denver Health*.

También se distribuirán 10,000 ejemplares de la tarjeta "Mexicano: Conoce tus Derechos", historieta "Va por ti paisano" e información relacionada con el nuevo servicio de "1-877 MEXITEL".

• En el aspecto laboral, se trabajará con la Administración de Seguridad y Salud Ocupacional (OSHA) en informar a nuestros connacionales sobre sus derechos laborales y distribuir 3,000 tarjetas informativas con recomendaciones relevantes

sobre la vestimenta y equipo de seguridad adecuado para la temporada de invierno en el área de trabajo sus los riesgos.

• Se llevará a cabo la distribución de 10,000 ejemplares de *Guías Paisano 2006-2007* y 3,000 folletos que informen a nuestros connacionales sobre las principales medidas para prevenir accidentes en la temporada de invierno: incendios u otros accidentes en el hogar, resultado de un descuido con el fuego y la

decoración navideña o una falla en las instalaciones eléctricas o fuga de gas, entre otros.

• También el Consulado trabajará de cerca y llevará mecanismos de acción conjunta con *Colorado State Patrol* en caso de accidentes carreteros durante la temporada de invierno. Se tratarán los temas del uso de cinturones de seguridad, seguridad y asientos de los niños en automóviles y temas afines.

Winter Campaign 2006-2007 Cont. from page 1

As part of this action the Consulate General of Mexico will distribute 10,000 cards of "Mexicano: Conoce tus Derechos", "Va por ti paisano"

and the new service of "1-877 MEXITEL".

• 3,000 Informative cards from the *Occupational Safety and Health Administration* (OSHA)

will be provided with recommendations about safety at work and proper clothes to wear during winter season.

• 10,000 informative guides to

travel to Mexico called "*Guías Paisano 2006-2007*" will be distributed as well as 3,000 flyers with recommendations to prevent house fire and

winter accidents such a regular checks of gas and electrical connections and Christmas items for decoration.

• We will also work with the *Colorado State Patrol* to prevent car and road accidents.

Preventive screenings Cont. from page 15

and triglycerides; blood glucose; and high sensitivity C-reactive protein within five minutes of taking the test.

"Convenient finger-stick blood testing for risks associated with diabetes, inflammatory disorders, stroke, and coronary heart disease is an important, natural adjunct to Life Line Screening's current preventive health screenings," said Andrew Manganaro, MD, Medical Director for Life Line Screening.

"We selected the Cholestech LDX system after a thorough search for a point-of-care testing system that offers a full scope of screening tests for immediate risk assessment, is easy to use, and provides rapid

and accurate results.

"Cholestech emerged as the clear leader, particularly since the Cholestech LDX system is certified by the Cholesterol Reference Method Laboratory Network (CRMLN) for accuracy and reproducibility, and can be conducted in conjunction with the other Life Line Screening tests," Dr. Manganaro said.

"With its extensive community reach throughout the US, Life Line Screening can now bring the convenience, accuracy and benefits of Cholestech point-of-care testing to consumers directly in their own neighborhoods," said Warren E. Pinckert II, president and CEO of Cholestech. "This immediate

access to health risk assessment for heart disease, stroke, inflammatory disorders and diabetes from a simple and rapid health screening test will help save lives and reduce health care costs."

Life Line Screening will phase in the new blood-based preventive health screening services at local community and senior centers and other venues in 27 states before the end of the year.

The exclusive three year agreement between Cholestech and Life Line Screening began in mid 2006 and in 2007; all Life Line Screening mobile teams nationwide are expected to offer the Cholestech finger-stick blood screening tests.

Thanksgiving Day Cont. from page 1

\$5.7 million

The value of US imports of live turkeys during the first half of 2006 — 96 percent from Canada. Our northern neighbor accounted for all of the cranberries the United States imported (\$1.3 million). When it comes to sweet potatoes, however, the Dominican Republic was the source of 86 percent (\$2.5 million) of total imports (\$3 million). The United States ran a \$900,000 trade deficit in live turkeys over the period, but surpluses of \$4.9 million in cranberries and \$16.5 million in sweet potatoes.

13.4 pounds

The quantity of turkey consumed by the typical American in 2004 with a hearty helping devoured at Thanksgiving time. Per capita

sweet potato consumption was 4.7 pounds.

The Turkey Industry

\$3.6 billion

The value of turkeys shipped in 2002. Arkansas led the way in turkey shipments, with \$581.5 million, followed by Virginia (\$544.2 million) and North Carolina (\$453.0 million). Businesses that primarily processed turkeys operated out of 35 establishments, employing about 17,000 people.

The Price is Right

\$1.07

Cost per pound of a frozen whole turkey in December 2005.

Where to Feast

3

Number of places in the United States named after the holiday's traditional main

course. Turkey, TX, was the most populous in 2005, with 492 residents; followed by Turkey Creek, LA (357); and Turkey, NC (269). There also are nine townships around the country named "Turkey," three in Kansas.

8

Number of places and townships in the United States that are named "Cranberry" or some spelling variation of the name we call the red, acidic berry (e.g., Cranbury, NJ), a popular side dish at Thanksgiving.

28

Number of places in the United States named Plymouth, as in "Plymouth Rock," legendary location of the first Thanksgiving. Plymouth, MN, is the most populous, with 69,701

Adams State College a national leader in improving

Hispanic graduation rates

Cont. from page 2

success rate and persistence of all students. The grant also provided teaching development opportunities for over 100 ASC faculty and staff. We are gratified by the results from our Title V effort, which was led by Dr. Barbara Medina."

AASCU worked with the Education Trust to review the graduation rates of all 435 of its member institutions and identified 10 of the most successful for a follow-up study. Adams State is among five that significantly narrowed the gap between Hispanic and White graduation rates and is the only Colorado institution included. The other five colleges and universities chosen for the study have shown consistently high graduation rates for both groups.

The follow-up study will attempt to identify what contributes to Hispanic

student success at these colleges and universities. An AASCU study team will visit Adams State in March to gather information.

"We hope the study will help us understand what really matters in improving graduation rates for Hispanic and Latino students," Hammang said. "We plan to incorporate the results into an international study that we will share with institutional leaders."

Nearly 29 percent of Adams State undergraduates identify as Hispanic. The college is a federally designated Hispanic Serving Institution, which requires Hispanic enrollment of at least 25 percent and qualifies Adams State for significant institutional development grants. According to the 2000 census, the population of the San Luis Valley of Colorado, central to the region Adams State serves, is 48 percent Hispanic.

residents in 2005; Plymouth, MA, had 54,923. Speaking of Plymouth Rock, there is just one township in the United States named "Pilgrim." Located in Dade County, MO,

its population was 135.

108 million

Number of occupied housing units across the nation — all potential gathering places for people to celebrate the holiday.

Happy Thanksgiving



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Raised keystones that accent two arched lintels give the contemporary Everett a dash of classic styling.

Wood handrails and a covered porch add a homey touch. In this informal midsize home, a great room serves the combined functions of family room and parlor.

All of the ground floor rooms are generously sized, but the sense of spaciousness is most notable in the entry and great room where the ceiling is a lofty two stories high.

High plant shelves line the right side of the entry, extending along the wall as far as the gas fireplace in the great room.

On the left, an arched opening flanked by columns opens into a dining room that's also accessible via a passageway near the kitchen.

Relaxed, day-to-day living spaces flow together at the rear. A counter that could be outfitted as an eating bar bounds the kitchen and great room, leaving visual access open between the two areas.

Light from a skylight spills down into the roomy country kitchen, adding to natural illumination provided by

windows that wrap around two sides of the bayed nook. Sliders at the rear open onto a small patio.

The centrally located work island houses a cook top, and next to the bay windows there's a built-in desk. Laundry appliances are nearby, in the Everett's generously sized utility room that connects to the garage.

Amenities in the owners' suite include: a private patio with sliding glass door access, a walk-in closet with window seat, and a two-section bathroom.

Upper bedrooms are well away from the owners' suite. Both have walk-in closets, and share a bathroom.

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 Everett 30-176 and include a return address when ordering. A catalog featuring more than 550 home plans is available for \$15.

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