

# Hispania News

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## Our Lady Of Guadalupe Parade



Colorado Springs Knights of Columbus, and Aztec Priests march through the streets of Colorado Springs. Coverage on page 6. Photo by Daniel Chaparro

## Casa Latino Real Estate franchise system grows quickly

Casa Latino Real Estate, the first nationally recognized Latino real estate brand, launched its franchise model to realtors across the country. The company unveiled its system earlier this month at the National Association of Hispanic Real Estate Professionals (NAHREP) annual convention in Las Vegas and at the National Association of Realtors NARdiGRAS Expo in New Orleans.

The company has already signed franchisees in the following markets: Phoenix, AZ; Albuquerque,

NM; Las Vegas, NV; St. George, UT; Ft. Lauderdale, FL; and Austin, TX.

At least one of the franchises was 'sold' prior to the trade shows. "We tried our best to keep things quiet until our debut at the NAHREP Expo in Las Vegas but we were deluged with early inquiries from some serious and substantial real estate executives around the country," says Robb Heering, the company's founder and CEO. The first franchise was actually sold in Phoenix a week before the first tradeshow.

Paul Bessent, Casa Latino's Vice President, said, "It is

becoming abundantly clear that Casa Latino is fast becoming America's dominant Latino real estate brand and it's equally evident that the early adopters of our franchise system will reap great financial rewards while providing a critically needed service to America's Latino consumers. This is one business model where entrepreneurs can do well financially by doing good ethically and morally."

Heering added, "As strange as it may sound we have already refused to award franchises to those who were

Cont. on page 19

## The Colorado Trust grants \$4.5 million to strengthen immigrant integration

While immigration reform remains a hotly contested issue nationally, immigrants and "receiving community" members are working together in innovative ways to strengthen their Colorado communities. Colorado's rapidly growing immigrant population and the initial successes of 10 community grantees currently funded under its Supporting Immigrant and Refugee Families Initiative, led The Colorado Trust - a statewide grantmaking foundation - to

expand this effort. The Trust today announced grants awarded to support nine additional Colorado communities in strengthening immigrant integration.

The additional \$4.5 million in support makes The Colorado Trust's total commitment \$18 million over a 10 year period (2000-2010). The Trust is the first foundation in the nation to provide support for immigrant integration to multiple communities across one state.

Each of the nine new

grantees will receive initial grants of \$10,000 to bring together broad collaboratives to develop comprehensive immigrant integration plans tailored to the needs of their communities.

Collaboratives will include such members as health care providers, educators, businesses, law enforcement, libraries, local government, faith-based organizations, immigrant-serving organizations and immigrants themselves.

Cont. on page 19

## Chief Judge Gilbert Martinez resigns

Interview by Amy Seltzer

After twelve years of service as Chief Judge for the 4th Judicial District, Judge Gilbert Martinez is stepping down to become a District Court Judge.

Martinez has practiced law for 29 years, has served the 4th Judicial District for 28 years, and has sat as judge for 17 years.

Martinez cites his desire to spend more time in the schools connecting with potential Latino and Latina legal professionals as one of the reasons for his decision to reduce the scope of his duties as judge.

Gilbert Martinez was born in Trinidad, Colorado and graduated from Northglenn High School in Northglenn, Colorado. He is married to Joanie Martinez, Vice President of Western National Bank.

Cont. on page 18



## Sistema de franquicias de Casa Latino Real Estate crece rápidamente

Casa Latino Real Estate, la primera marca de bienes raíces latina reconocida a nivel nacional, lanzó su modelo de franquicia para agentes inmobiliarios en todo el país. La compañía reveló su sistema a principios de este mes en la convención anual de la Asociación Nacional de Profesionales Inmobiliarios Hispanos (NAHREP por sus siglas en inglés) en Las Vegas y en la Feria NARdiGRAS de la Asociación Nacional de Agentes Inmobiliarios en Nueva Orleans.

La compañía ya ha firmado contratos de franquicia en los siguientes mercados: Phoenix, AZ; Albuquerque, NM; Las Vegas, NV; St. George, UT; Ft. Lauderdale, FL; y Austin, TX.

Por lo menos una de las franquicias se "vendió" antes de las ferias comerciales. "Nos

esforzamos por mantener las cosas en silencio hasta nuestra exposición en la Feria NAHREP en Las Vegas pero nos inundaron las averiguaciones previas de algunos ejecutivos importantes y solventes del sector inmobiliario de todo el país", dice Robb Heering, fundador y CEO de la compañía. La primera franquicia se vendió en realidad en Phoenix una semana antes de la primera feria comercial.

Paul Bessent, vicepresidente de Casa Latino, dijo, "Es sobradamente claro que Casa Latino se está convirtiendo rápidamente en la marca inmobiliaria latina líder de Norteamérica y asimismo es evidente que los primeros en adoptar nuestro sistema de franquicias obtendrán grandes

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## COMMUNITY NEWS

### Volunteer Administrator joins Workforce Center

The Pikes Peak Workforce Center (PPWFC) has announced that Grace Vigil will join the Center as its Volunteer Administrator.

"Volunteers are critical to the success of the Workforce Center as it is to many of the organizations in our community," says Ms. Vigil. "It always amazes me how willing people are to give of themselves to make a difference in the lives of others. I am very excited about managing the volunteer program for the Pikes Peak Workforce Center."

Ms. Vigil brings six years of volunteer management and five years of employment and training experience to the organization and is currently Vice President for Directors of Volunteers in Agencies (DOVIA). She also is on a Steering Committee that is hosting the Colorado Conference on Volunteerism in Colorado Springs, in February of 2007.



### Fountain Creek Regional Park expanding

El Paso County is adding more open space to Fountain Creek Regional Park. The Board of County Commissioners yesterday approved a contract to take ownership of an undeveloped piece of land adjacent to the park.

The 11.6 acre lot is being donated to the county from Red Rock Holdings, LLC and

Larry Schreder. The county has had a conservation easement on this site since 2003. The county cannot own a piece of land and also hold the conservation easement; therefore, it is assigning the conservation easement to the William J. Palmer Parks Foundation, Inc.

"This piece of land will blend nicely into our current park,

and I believe it is a real asset to have in this part of the county that keeps growing. The site will remain open space for the public to enjoy, but it has potential to add more trails to the park," said Board Vice Chair Dennis Hisey. "To make this addition even better, since it was a gift, the county did not have to use taxpayer dollars to purchase it," he added.

### County gains grants to fight wildfire

The Board of County Commissioners has approved two grants that will assist the county in preventing wildfires.

The county's Department of Transportation received the Colorado State Forest Service Woodland Park District Fire Mitigation Grant. The \$6,000 will be used to thin trees in the county's right-of-way within the Black Forest Fire District. Two seasonal employees will

be hired to assist the department's tree thinning crew. Community members are working on a Community Wildfire Protection Plan (CWPP) for the Black Forest Fire District, and the draft plan identifies a need for fire breaks, which the thinning will provide.

A grant in the amount of \$10,000 was awarded to the El Paso County Environmental Services Department. This

grant is from Homeland Security through the state of Colorado, Division of Emergency Management.

These funds will be used to develop fuel hazard maps for unincorporated El Paso County. The maps will be the first step in developing a county-wide CWPP. The Healthy Forest Act requires communities to develop a CWPP to be eligible for federal forest mitigation grants.

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### 5th Annual Cirkoo at the MAT

The Manitou Art Theater presents the fifth annual *Cirkoo*, a circus of sophisticated silliness featuring the inspired clowning of Jim Jackson and Birgitta De Pree. This year's installment combines circus with a hilarious spoof of

cooking shows in *Table for Two*. Performances will be held Dec 29, 30, at 2pm; Dec 31 at 4 and 7pm; Jan 1 at 2pm; Jan 6 at 11am & 2 pm; and Jan 7th at 2 pm. Tickets may be purchased at Venue 515, Business of Art Center, 515 Manitou Avenue,

Manitou Springs. All tickets \$8. For reservations, call (719) 685-4729.

Tickets are also available at the door thirty minutes before each show.

For more information, visit [www.themat.org](http://www.themat.org)

### Colorado's fifth grade classrooms can sign up now for 2007 Arbor Day Poster Contest

The National Arbor Day Foundation and the Colorado Tree Coalition are inviting fifth-grade classrooms across Colorado to create posters reflecting the theme "Trees are Terrific...and Forests Are Too!" The annual contest, sponsored by Toyota, teaches children about the importance of planting and caring for trees.

One winner from each participating school will be entered in a state-wide competition, and the winner will advance to the national

level. The Colorado state winner will receive special recognition both locally and at the Colorado Tree Coalition Annual Awards Banquet. All school-winning posters will be displayed at the Colorado State Capitol. All fifth-grade classrooms in Colorado, including homeschools, are eligible to participate.

For free ecosystem curriculum materials, including in-depth lesson plans, hands-on activities, and contest information, contact Donna

Davis, Colorado's contest coordinator, at (719) 384-9087 [ordodavis@lamar.colostate.edu](mailto:ordodavis@lamar.colostate.edu).

The deadline for state contest submissions is March 3, 2007.

The National Arbor Day Foundation is a nonprofit educational organization dedicated to tree planting and environmental stewardship.

The Colorado Tree Coalition is a nonprofit organization dedicated to preserving, renewing and enhancing community forests in Colorado.

### Merry Christmas

I wish I could be merry at this time, at this year. We have just spent another day honoring a fallen police officer. From all accounts, he was a good person, good police officer. The questions that are exchanged are many. Why a second officer this year? Why does it happen in a mid sized city like ours? What could have perpetrated a shooting for a traffic stop?

Why, when you read all the Christmas cards, most have the message "peace and good will", do I wonder why do some of these things happen, Yes, but I don't have any answers.

Why are we still discussing the sprit of Christmas? If I mean to promote peace and goodwill with a special significant other, why must it be a \$2500 diamond pendants?

If more spouse abusers would utilize goodwill, out city, state etc would not have to spend the money to prosecute, litigate and try to correct this problem. With the money saved, we could have more diamond pendants in our mist. I disdain the use of an old overused cliché," it could be worse, " Let us try to spend more time spreading peace and good will for the rest of this Christmas season.



COMMUNITY NEWS

# Distinguished UCCS program recruiting future leaders

The Chancellor's Leadership Class at the University of Colorado at Colorado Springs is beginning its highly competitive application process to select a new class of leaders for the 2007 academic year.

CLC is a selective, four-year leadership development program that aims to help students become confident in their approach to life and commitment to community. Students apply to the CLC program as high school seniors or current college students. College students must have at least two years remaining at UCCS to be eligible for the program.

Criteria for consideration include a minimum, un-weighted cumulative GPA of

3.5 for incoming freshman and a cumulative GPA of 3.0 for current college students.

Besides academic excellence, applicants must demonstrate leadership potential and community involvement. After the written application process, a group of individuals will be invited to UCCS for interviews in the spring 2007 semester. More than 150 applicants are expected to apply for the program.

Applicants selected as CLC scholars will receive a \$3,500 scholarship in return for leadership studies coursework, performing 70 hours of community service per semester, skill building and mentoring.

The scholarship, which is renewable for up to four years,

is offered as a way to allow students to focus fully on the program.

Scholarships are made possible by numerous contributors.

This year, CLC will receive more than \$130,000 generated by private donors including: Edmondson Foundation, El Pomar Foundation, FirstBank, the Gay and Lesbian Fund for Colorado, Kane Family Foundation, Ackerman Trust, Agilent Technologies, the Colorado Leadership Alliance, the *Colorado Springs Business Journal*, CorVirtus, Inasmuch Foundation, Kaiser Permanente, Chancellor Pam Shockley-Zalabak, Brenda Smith of BKD, LLP, and UCCS Alumni & Friends.

This year's class of CLC

Scholars will participate in more than 4,000 hours of community service with 80 nonprofit organizations throughout Colorado. For more information on the Chancellor's Leadership Class, please visit [www.uccs.edu/clc](http://www.uccs.edu/clc)

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

## Man to Man

Meetings of the Prostate Cancer Support Group are held the first Monday of every month at the Memorial Administrative Center (previously Montgomery Wards), 2420 E. Pikes Peak Ave, Colorado Springs, CO; enter the southwest doors beneath the 2420 sign. All meetings begin at 5:30 PM in Classroom B.

Meetings are open to all prostate cancer survivors, regardless of treatment location, and their spouses or partners. No registration needed. Discussion groups are held after the speaker. Refreshments will be served. If you would like to talk to a prostate cancer survivor or get more information, contact the American Cancer Society at (719) 636-5101 (option 3) or the 24 hour cancer info line at 1 (800) ACS-2345.

## County Commissioners approve Volunteer Board appointments

The Board of County Commissioners has appointed two county residents to serve on volunteer boards. Frank Castro, of Colorado Springs, will serve a one-year term on the Board of Adjustment as an associate member.

Steven Immel, also a resident of Colorado Springs, will serve a one-year term on the Development Fund Advisory Board as a citizen-at-large.

Castro has over 25 years of experience as a quality manager and supplier procurement manager. He has successfully managed more than 50 people and dozens of multi-million dollar projects. A disabled veteran, Castro has also served on the Colorado

Springs Charter Review Commission.

The Board of Adjustment hears and decides on issues of physical variances related to the county zoning code. Variance requests may include changes to dimensions, structural location and bulk limitations, among others. The board meets on the second Wednesday of every month at 2 pm at the Regional Development Center, 2880 International Circle.

Immel works for Geo-engineering Solutions Development and has educational training in mechanical, building and civil engineering.

He also has specialized

training in team-building, problem solving and coaching.

The Development Fund Advisory Board reviews, monitors and makes recommendations to the Board of County Commissioners concerning the reserve levels and all fees and charges associated with the Land Development Review Fee Fund.

This board also reviews the proposed and adopted budget of the Development Services Department.

The Development Fund Advisory Board meets on the second Thursday of every month at 3 pm at the Regional Development Center, 2880 International Circle.

## Own Your Own art show & sale

Still searching for the perfect holiday gift? The Sangre de Cristo Arts Center recently received several new items for sale in its 39th Annual *Own Your Own* Holiday Art Show & Sale running through Dec 30.

Discover a new selection of fun, hand-painted shadow boxes with a variety of themes for all ages by Scott Lyon. *Own Your Own* always offers unique, beautiful jewelry. For a classic art piece everyone should own, select from three new paintings by John Mendoza. The exhibition, sponsored by Wells Fargo, is open 11 am -4 pm, Tue - Sat. Admission to the Arts Center is \$4 for adults and \$3 for children.

Members of the Arts Center receive free admission. For more information, please call (719) 295-7200 or stop by the Arts Center located at 210 N. Santa Fe Ave., just off of I-25, exit 98b.

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**NOTICIAS EN ESPAÑOL**

**Chile: el tirano Pinochet murió sin rendir cuentas por atrocidades**

La Justicia sólo logró acorralarlo, pero no condenarlo. Y así se fue, sin rendir cuentas.

Su avanzada edad y su mala salud impidieron a muchas de sus víctimas, a los hijos de sus víctimas y al resto del mundo, poder verlo tras unos barrotes.

Augusto Pinochet se enfrentó en Chile a más de 300 querrelas por violaciones de los derechos humanos, que incluyeron torturas, secuestros y asesinatos. A ellas se añadieron otras investigaciones en varios países por la desaparición de sus ciudadanos durante la dictadura.

Los procesos en Chile comenzaron el 12 de enero de 1998, cuando el Partido Comunista presentó la primera querrela criminal admitida a trámite.

Desde entonces, partidos políticos, gremios, asociaciones pro derechos humanos y agrupaciones de familiares de

desaparecidos han denunciado a Pinochet ante la Justicia. Ésta es una relación de algunas de las principales causas seguidas contra el antiguo dictador:

Asesinato de Carlos Prats

El general Carlos Prats González, comandante en jefe del Ejército chileno durante el gobierno de Salvador Allende, murió junto a su esposa Sofía Cuthbert el 30 de septiembre de 1974 en Buenos Aires, a causa de una bomba colocada en su coche.

Operación Cóndor

La 'Operación Cóndor' consistió en la coordinación de los

dictaduras del Cono Sur entre los años 70 y 80 para la persecución y exterminio de

y Uruguay.

Operación Colombo

La 'Operación Colombo' fue organizada por la DINA en 1975 y consistió en un montaje de prensa para encubrir la desaparición de 119 militantes del Movimiento de Izquierda Revolucionaria (MIR), presentándola como una "purga" dentro de la propia organización.

Caso Calle Conferencia El 17 de julio de 2003 la Justicia abrió un nuevo proceso de desafuero contra Pinochet, esta vez por el secuestro y desaparición de la cúpula del Partido Comunista en mayo de 1976, el llamado "caso de la calle Conferencia".

Caso Villa Grimaldi El ex dictador afrontó además una querrela de los supervivientes y familiares de

las víctimas de la Villa Grimaldi, el peor centro de torturas de la dictadura. El 8 de noviembre de 2005 terminó su arresto domiciliario por este asunto. Seis días después la Corte de Apelaciones de Santiago ratificó el procesamiento como autor de secuestros y torturas.

Cuentas Secretas

Pinochet quedó bajo arresto domiciliario el 23 de noviembre del 2005 tras ser procesado por los delitos de evasión tributaria, falsificación de pasaporte y documentos oficiales, y declaración incompleta de bienes en el caso de las millonarias cuentas secretas que mantenía fuera de Chile.


Este caso afectó a su familia, ya que cuatro de los cinco hijos de Pinochet y una nuera fueron procesados por delito tributario. Quedaron en libertad luego de pagar una fianza.



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## Wal-Mart lanza programa de medicamentos genéricos bajo receta a \$4

Wal-Mart Stores, Inc (NYSE: WMT) ha anunciado que estará lanzando su programa de medicamentos genéricos bajo receta a \$4 en otros 11 estados, ofreciéndolo así en todas sus farmacias de los Estados Unidos.

Con el anuncio, el programa de medicamentos genéricos bajo receta a \$4 estará ahora disponible en otras 811 tiendas en CA, CO, CT, HI, LA, MN, MT, PA, TN, WI y WY. Aunque lanzó el programa en Florida en septiembre, con planes de ampliarse fuera del estado en enero del 2007, Wal-Mart dijo que la demanda de los clientes llevó a acelerar el lanzamiento y ahora está disponible en todas sus 3,810 farmacias.

“Cuando hicimos nuestro anuncio inicial en Florida en septiembre pasado, nunca nos imaginamos que además de nuestras 3,800 farmacias, miles más se nos unirían para brindar más medicinas a precios accesibles para las personas mayores, familias trabajadoras y los no asegurados de nuestra nación.

Estamos orgullosos de haber introducido la competencia en un área donde ésta ha sido escasa durante mucho tiempo”, dijo el Presidente y Director Ejecutivo de Wal-Mart Lee Scott. “Y esperamos que otros sigan uniéndose a este esfuerzo por hacer que las medicinas con receta sean más costeables y accesibles para todos en los Estados Unidos”.

Con el anuncio, Wal-Mart ha expandido el programa para incluir 331 medicinas genéricas bajo receta disponibles para un suministro de hasta 30 días de dosis comúnmente recetadas. La lista se compone de hasta 143 compuestos de 26 categorías terapéuticas. De acuerdo con [www.rxlist.com](http://www.rxlist.com), la lista también incluye 14 de los 20 medicamentos recetados más importantes de los Estados Unidos.

La respuesta al programa ha sido considerable. Entre el 21 de septiembre y el 12 de noviembre, conforme los primeros 27 estados fueron añadidos al programa, 2.1 millones de nuevas recetas fueron surtidas en esos estados, comparado con el mismo periodo del año pasado. En general, los medicamentos genéricos cuestan entre 30% y 60% menos que los productos de marca equivalentes y Wal-Mart calcula que su lista de medicamentos genéricos bajo receta a \$4 representa más del

25% de las recetas que actualmente se surten en sus farmacias de toda la nación.

**Se espera que los ahorros en los medicamentos de mayor venta del programa sean significativos.**

**Para medicamentos específicos, la compañía estima los siguientes ahorros aproximados para los clientes y miembros de Wal-Mart, Neighborhood Market y Sam's Club en los 38 estados que habían sido anunciados anteriormente, de acuerdo con**

**el promedio de los precios minoristas de septiembre de [www.myfloridarx.com](http://www.myfloridarx.com):**

- Metformin (500 mg), un medicamento para la diabetes: aproximadamente \$1.3 millones al mes y \$16 millones al año en este medicamento.

- Warfarin (5 mg), un medicamento para prevenir coágulos sanguíneos: aproximadamente \$750,000 mensuales y \$9 millones anuales para este medicamento.

Los medicamentos genéricos

contienen los mismos ingredientes activos de alta calidad que sus contrapartes “de marca” y son igualmente efectivos, pero a un costo significativamente menor. Los consumidores interesados en ahorrar dinero en las recetas a través del programa deben preguntar a su médico si existe un medicamento genérico disponible para su prescripción y si es el adecuado para ellos.

En este momento, no disponemos de un servicio de

pedido por correo para los medicamentos bajo receta a \$4, pero sí están disponibles las reposiciones por Internet o por teléfono únicamente para recogerlas en persona en AL, AK, AZ, AR, CA, NC, SC, CO, CT, SD, DE, FL, GA, HI, ID, IL, IN, IA, KS, KY, LA, ME, MD, MA, MI, MN, MS, MO, MT, NE, NV, NH, NJ, NM, NY, OH, OK, OR, PA, RI, TX, UT, VT, VA, WV y WA, WI y WY.

Para obtener más información acerca del programa y las

*Continúa página 7*

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## NOTICIAS EN ESPAÑOL

### Casa Latino Real Estate Continúa de página 1

frutos financieros mientras ofrecen un servicio críticamente necesario para los consumidores latinos de Norteamérica. Este es un modelo de negocios donde los emprendedores de negocios pueden conseguir éxito financiero mientras actúan bien en términos de ética y moral".

Heering añadió, "Tan extraño como puede sonar hemos rechazado conceder franquicias a aquellos que no pudieron convencernos de que su filosofía de negocios coincide con la nuestra".

Buscamos franquiciados que además de poder demostrar su capacidad financiera tengan el objetivo de servir a la comunidad latina de acuerdo con nuestra misión corporativa".

La misión de la empresa es alcanzar una presencia de mercado dominante en la comunidad hispana en toda la nación ofreciendo servicios de calidad ejemplares para los compradores y vendedores de viviendas con particular énfasis en educar y preparar a la comunidad hispana para alcanzar el sueño de llegar a ser

propietarios de viviendas'.

Raquel García de Colby, vicepresidenta senior y asesora general de la empresa, dijo, "Anticipamos el rápido crecimiento del sistema en los próximos años y es imperativo que nuestros franquiciados adopten una mentalidad de servicio sincera.

Nuestro concepto no se trata de vender casas; sino más bien de ayudar a los latinos a alcanzar el Sueño Americano de ser propietarios de vivienda. Hemos construido un sistema de marca exclusiva líder en el sector para los

franquiciados que combina tecnología de punta con un conocimiento incomparable del mercado en el que servimos y por \$12.500 por una franquicia de unidad individual y una baja tarifa fija de estructura de comisión porcentual, Casa Latino está posicionada para continuar siendo el líder del mercado por muchos años por venir".

Heering dijo, "A diferencia de muchas otras empresas inmobiliarias, nos dedicamos totalmente a servir a la comunidad latina. Nuestro modelo no se trata de traducir unos pocos folletos y contratar algunos agentes bilingües, ofrecemos un entrenamiento fantástico para los franquiciados y agentes, e igualmente importante,

ofrecemos un programa educativo exclusivo para los compradores de viviendas latinos para ayudar a los mercados emergentes a alcanzar el sueño.

Somos realmente únicos, valoramos 'la cultura y la familia', comprendemos los desafíos que enfrentan muchos latinos en Norteamérica y tenemos la misión de nivelar el campo de juego y minimizar las barreras para llegar a ser propietarios de vivienda".

Casa Latino Franchise Corporation actualmente vende franquicias de unidades individuales y múltiples en toda la nación y es la única marca de bienes raíces hispana reconocida a nivel nacional. Territorios de primera están disponibles en toda la nación

#### La Inscripción Abierta de Medicare Empieza el 15 de Noviembre

En esta temporada de días festivos ayude a alguien que usted conozca a completar la Lista de Verificación para la Inscripción en los Planes de Medicare para Recetas Médicas

Y ayúdeles a obtener lo máximo de sus beneficios de recetas médicas y de salud de Medicare.

El período de inscripción abierta de Medicare empieza el 15 de noviembre. Ahora es el momento perfecto para que usted ayude a un ser querido o a un vecino a que evalúen su cobertura actual de Medicare para recetas médicas. Medicare recomienda que las personas con Medicare completen la Lista Rápida de Verificación para la Inscripción en los Planes de Recetas Médicas. Tómese algunos minutos para revisar su cobertura y cualquier cambio a ésta para el 2007. Usted siempre puede llamar a su plan para hacer preguntas.

Si está satisfecho con su plan actual, — con su costo, cobertura y servicio al cliente — usted no necesita hacer nada. Pero si desea revisar otras opciones, hay muchas maneras de obtener ayuda personalizada — busque eventos de Medicare en su comunidad, visite en línea [www.medicare.gov](http://www.medicare.gov) por Internet, o llame GRATIS al 1-800-MEDICARE (1-800-633-4227). Los usuarios de TTY deben llamar al 1-877-486-2048. Busque el plan que responderá a sus necesidades.

Recuerde — La inscripción abierta empieza el 15 de noviembre y termina el 31 de diciembre. Es importante inscribirse temprano para evitar cualquier inconveniencia en la farmacia.

Medicare está aquí para usted las 24 horas del día, los 7 días de la semana — en línea, por teléfono y en su comunidad.

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1-800-MEDICARE (1-800-633-4227)  
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## Our Lady of Guadalupe Celebration Dec 9



Local priests lead the procession as an image of Our Lady of Guadalupe is carried by Aztec dancers and protected by the Knights of Columbus.



Acacia Park filled as the faithful join in the procession, carrying Our Lady of Guadalupe.

## Experto de K-State discute la seguridad en alimentos para personas ancianas

Varios factores pueden incrementar la seguridad en alimentos para personas ancianas, según Tina Remig, professor asistente de nutrición humana en la Universidad del Estado de Kansas.

“Muchos creen que si ellos las han adquirido en la ancianidad, sus practicas de alimentos deberían ser correctas,” dice Remig. “Pero de hecho, los problemas de seguridad en alimentos y enfermedades que pueden resultar en la preparación de los alimentos están alejados de las estadísticas reales y muchos pueden ser evitados.”

Remig ha investigado las practicas de manipulación de alimentos entre ancianos y en como comunicar prácticas seguras a este grupo.

**Ella ofrece estas ideas para incrementar la seguridad en los alimentos en personas ancianas:**

- Use termómetros para carnes. “La mayoría de los ancianos cocinan como ellos vieron a sus madres cocinar, lo cual, normalmente significa sin el uso de un termómetro para carne,” dice Remig. “Pero el uso de un termómetro de alimentos ha sido probado en la reducción del riesgo de enfermedades por contaminación de alimentos.”

- Almacene alimentos en cantidades pequeñas. “Entre los ancianos que cocinan, muchos siguen preparando

alimentos en porciones tamaño familiar y almacenamiento de alimentos puede crear un ambiente peligroso para los alimentos, según Remig. “Entre mas profundo el contenedor, mas potencial para el crecimiento de bacterias y que una contaminación ocurra. En contenedores pequeños y poco profundos, la comida se refrigera mas rápidamente y está disponible fácilmente,” dice ella.

- Aliste los alimentos en una forma anticipada. “Dejar la comida en el mesón de la cocina o en la mesa y consumirla luego sin recalentarla no es una buena práctica de seguridad en alimentos,” dice Remig.

Mientras algunos podrían encontrar desafiante el cambiar comportamientos pasados en la manipulación de alimentos que son ahora considerados inseguros, Remig dice que espera las personas continuaran cambiando en tanto el conocimiento acerca de la manipulación segura de alimentos mejore.

“Ahora nosotros sabemos más acerca de nutrición como un todo. Entre más sabemos, más compartimos y deberíamos hacer cambios,” dice ella.

Para información adicional en la seguridad de alimentos, Remig sugiere visitar el sitio web de la campaña *Fight BAC!* en [www.fightbac.org](http://www.fightbac.org)

## Wal-Mart Continúa de página 5

direcciones de las tiendas, los clientes pueden llamar al 1-800-WAL-MART, visitar [www.walmart.com](http://www.walmart.com), o visitar su tienda Wal-Mart, Neighborhood Market o Sam's Club.

Además de ofrecer el programa de medicamentos genéricos bajo receta a \$4 en 49 estados, Wal-Mart y las farmacias Sam's Club ofrecen múltiples beneficios a los consumidores.

Con su sistema de computación interactivo (de propiedad registrada), Wal-Mart acelera el flujo de trabajo y la precisión en la distribución de los productos, permitiendo a los farmacéuticos pasar más tiempo con los clientes.

La compañía también nombra a un asociado por tienda para que sea el “experto en Medicare Parte D”

designado, quien, conjuntamente con sus puestos de información en las tiendas, ayuda a los clientes a

comprender tanto el proceso de inscripción como los beneficios a los que tienen derecho.

Estos sistemas han ayudado al comerciante minorista a inscribir a 1,080,000 de personas en el beneficio de medicamentos bajo receta de Medicare Parte D a la fecha del 26 de octubre del 2006.

Wal-Mart ha revolucionado los envases de los productos farmacéuticos ofreciendo envases blíster más seguros y sencillos para el usuario, que contienen dosis de medicamentos individuales periódicas, junto con detalles e instrucciones fáciles de comprender para los clientes. Además, Wal-Mart ofrece precios bajos en medicamentos de venta libre para la tos, resfrío y fiebre.

De hecho, la compañía estima que ahorrará a los clientes aproximadamente \$20 millones en medicamentos para la tos, resfrío y fiebre durante esta temporada de resfríos y gripe.

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# NEGOCIOS

## UCCS to use \$100,000 grant to aid military students

The University of Colorado at Colorado Springs will launch a scholarship and recruitment campaign directed at members of the armed forces beginning this spring through a \$100,000 Daniels Opportunity Scholarship grant from the Daniels Fund.

"We are deeply honored to be awarded our third Daniels Opportunity Scholarship," Jim Henderson, vice chancellor, Student Success, said. "This \$100,000 grant will support students who are returning from military service and have demonstrated financial need. Utilizing the newly established Office of Veteran and Military Student Affairs, UCCS will

build on its tradition of supporting students with ties to the military."

Plans call for 28 students to receive \$1,750 per year for two years. The balance, \$2,000, will be used to develop marketing materials and an outreach program for local military bases.

Applications for the new scholarships will be sent directly to the more than 300 current UCCS students identified as veteran, chapter 30 GI Bill recipients, vocational rehabilitation, dependent of veteran, selected reserve, dependent/widow of veteran, active service or veteran not eligible for benefits.

Additionally, applications will be available at education offices at Fort Carson, Peterson Air Force Base and the local office of Veteran's Affairs. Students will be required to demonstrate financial need in addition to a completing an application outlining academic goals and background. A committee will select recipients.

"The Daniels Fund has been a great supporter of the university's outreach to non-traditional college students," Henderson said. "Previous grants have measurably

increased the likelihood that students will complete an undergraduate degree. We are confident this grant will have the same effect."

The Daniels Opportunity Scholarship Program provides need-based scholarships to non-traditional students including adult learners, GED recipients, foster care youth, juvenile justice youth, returning military and individuals pursuing EMT/paramedic training. Funds are provided directly to colleges and universities responsible for selecting scholarships

recipients. The Daniels Fund operates the Daniels Fund Scholarship Program and the Daniels Fund Grants Program in Colorado, New Mexico, Utah and Wyoming, as well as programs with a national impact. The fund was established in 1997 by Bill Daniels, a pioneer in cable television known for his kindness and generosity to those in need. When he died in 2000, his estate transferred to the fund, making it the largest foundation in the Rocky Mountain Region. For more info; [www.danielsfund.org](http://www.danielsfund.org)

## Fine Arts Center earns recognition from economic development corporation

The Colorado Springs Fine Arts Center has received the *Chairperson Award* given by the Colorado Springs Economic Development Corporation at the 1st Annual Excellence in Local Industry Awards. This award was presented to organizations making a unique and exceptional contribution to our community. Specifically, the award noted the progress and vision of the Fine Arts Center's renovation and expansion efforts.

"Workforce attraction and retention is a critical component of the local economy," says Mike Kazmierski, President and CEO, The Colorado Springs Economic Development

Corporation. "The world-class programs offered at the Fine Arts Center coupled with the new expansion offer the type of cultural assets sought by a dynamic and creative workforce."

"We are very proud of this award. It recognizes the important correlation between the arts and the economy. By building a vibrant arts community, Colorado Springs also churns the economic engine of our region," comments Fine Arts Center President and CEO Dr Michael De Marsche.

When new construction is complete, the building will expand from 88,388 to 132,286 gross square feet; a total

expansion of 48,398 gross square feet.

Award-winning, Denver architect David Tryba has designed the renovations and expansion to enable the patrons to experience the facility as its founders and architect originally intended while meeting future needs and conveniences. The total cost of the project is \$28.4 million dollars. New features will include a permanent collections wing and a traveling exhibition wing, events spaces, an expanded museum shop, theatre restorations, a dedicated rehearsal studio, and a new education wing featuring five studios.

## NCIC reports \$7.6 billion in auto theft occurred in 2005

Auto theft is an expensive crime, so it is important to be prepared to handle a vehicle being stolen. Too often, consumers have misconceptions about vehicle thefts, and this can lead to expensive consequences for the unprepared victim.

While it's impossible to totally avoid being a victim of auto theft, the Better Business Bureau of Southern Colorado offers information about some common myths:

- *Myth: Most Thefts Occur in Unprotected Areas.* Despite conventional wisdom, parking in an unprotected area does not mean your vehicle is more likely to be stolen. An FBI report on "Crime in the United States" indicates that more than one-third of all vehicle thefts occur at a home or residence.

- Drivers who believe their stolen car will eventually be found also may be making a

false assumption, especially if their vehicle has been missing for more than six days. Although about one-half of all stolen vehicles are recovered, the first few days are critical. Even if the vehicle is recovered, it may be completely totaled. The longer the vehicle is in the possession of criminals, the less chance of recovery.

- *Myth: Insurance Always Provides a Rental Car.* Another common misconception many insured drivers have is that once they report a stolen car, their auto insurance will automatically cover a rental car until their vehicle is found or they are authorized by their insurance company to buy a new one, which can take several weeks.

- *Myth: Anti-Theft Devices Are Easy to Install.* Pay a competent professional to wire, install and test the anti-theft system because there is too much complexity in today's vehicles

for an untrained person to cut into a vehicle's electronics. Don't select the installer on price alone; check with the Better Business Bureau ([www.bbb.org](http://www.bbb.org)) for a report and ask if the alarm system technician is certified by the Mobile Electronics Certification Program (MECP).

- *Myth: Thieves Are Not Interested in Older Vehicles.* Those who believe that older vehicles are of no interest to thieves should think again. In 2005, the top five model years stolen were 1991, 1995, 1989, 1994 and 1997, respectively.

*Consumer Reports* advises drivers to review their auto insurance policy once a year, including coverage you must have, coverage you'll probably need, and additional types of coverage, including roadside assistance and rental reimbursement.

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Los precios pueden variar a partir del 17 de diciembre de 2006 en caso de variaciones en el mercado. Los precios de "antes" en este anuncio eran efectivos el 7 de diciembre de 2006 y pueden variar según la política de precio bajo todos los días de Lowe's. Consulte en la tienda los detalles de las garantías de los productos. Nos reservamos el derecho a limitar las cantidades. ©2006 Hendrick Motorsports. Todos los derechos reservados. El retrato de Jimmie Johnson®, el auto de carrera #48 y otras marcas registradas o derechos de autor se usaron con el permiso de Hendrick Motorsports y NASCAR®. ©2006 por Lowe's. Todos los derechos reservados. Lowe's y el diseño del gablete son marcas registradas de LF, LLC. 061201

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# ENTERTAINMENT

## Rodrigo y Gabriela

*Rodrigo y Gabriela* have reinvented the rules for acoustic guitar. They have reshaped its landscape using lightning speed, dynamic range and irresistible rhythmic invention. Constantly refining and redefining their craft, 2006 sees them rising to meet the challenge of taking their craft to a wider audience and greater artistic acclaim.

The exotic appeal of the R y G sound stems from their unique ethnic background in Mexico, which is at the heart of their success story. First meeting in their late teens in

*Terra Acida*, a Mexican thrash metal band, they enjoyed some local success before a combination of frustration with the insular domestic rock scene and an overwhelming sense of wanderlust brought them to Europe.

Embracing the freedom that traveling with acoustic instruments brings, R y G alighted briefly in Denmark and Spain, before settling on Dublin at the turn of the millennium, following a tip off that it was a good town for visiting musicians. Early gigs in bars and restaurants were

supplemented by busking, as they honed their skills on Grafton Street and Temple Bar. *Damien Rice* was an early fan, and it wasn't long before they came to the attention of nascent Irish label *Rubyworks*. A private pressing of their earliest recordings entitled 'Foc' was re-recorded and reworked as 'Re - Foc' and this hit the stores as *Rodrigo y Gabriela's* debut album proper in 2002.

Extensive touring in both Ireland and the UK followed, playing with acts as diverse as *Courtney Pine*, the *Buena Vista*



*Social Club*, *Murray Lachan Young* and *Damien Rice*. A sizzling souvenir of this period, the 'Live Manchester and Dublin' album surfaced in 2004, and became the first instrumental live album to crack the Irish Top 10.

2005 saw them back out on the road, with further live triumphs at festivals in Ireland and the UK, their first forays into the continental Europe live circuit, and a successful arena tour with *David Gray*.

A writing and demo - ing session in Mexico ensued before settling down with legendary producer *John Leckie* (*Muse*, *Radiohead*, *Stone Roses*) in the UK to shape the new studio album, which debuted at No.1 in the Irish Charts.

Since its release in February, it has since gone platinum and has surpassed 20,000 albums in the UK; spurred on by festival appearances, radio support for *Stairway To Heaven* from *BBC Radio 2*, TV spots on *Later With Jools Holland*, where they stole the show and *Sunday AM with Andrew Marr*. Club remixes have also found favour with *Pete Tong* and Balearic clubbers throughout the summer

months.

In the southern hemisphere, Australian licensee *Shock Records* has already shipped over 10,000 albums since they released in April, and Rod & Gab are scheduled to return to Oz in 2007.

Stateside, the album will be released in North America by *ATO Records* (US home of *David Gray*, *My Morning Jacket* and *Gomez*) in October.

"Driving home on Friday night, I heard something that made the hairs on the back of my neck stand up!" BBC Radio 2's Chris Evans on Rodrigo y Gabriela's stunning interpretation of Led Zeppelin's *Stairway To Heaven* **OUT NOW** on *Rubyworks* and available as a download through iTunes.

With the release of *Rodrigo y Gabriela*, they are satisfied that they have managed to finally capture the raw excitement and energy of their live shows. Showing them as leaders in their field, gleefully blending and blurring musical genres in pursuit to their artistic vision - a direct connection with the hearts and minds of the audience. This album is a special gift to their fans.





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# Grammy Award Winner Dave Valentin returns to Colorado Springs on Jan. 27

Valentin plays the flute like you've never heard it before with a flare and wild, scintillating, all consuming fire, not generally associated with the flute, but also with the tenderness you'd expect with an instrument associated with the calm and serene.

Beginning as a percussionist, switching to flute and mentored by the renowned Hubert Laws, Dave also served as music director for *El Rey* (Tito Puente) for the last six years of Puente's life. His percussion background led

Dave to experiment with unique approaches to traditional flute technique such as producing percussive effects and singing and playing at the same time. Surrounded by colleagues Bill O'Connell, Robby Ameen, Ruben Rodriguez and others, Dave's HighNote Records© 2005 debut featured a selection of originals, traditional Latin Jazz tunes and a take on "World On A String" that was a huge success.

His latest album, *Come Fly With Me* © 2006, is a standout

among his discography, as one of very few straight down the middle Latin jazz records. Without a funk groove or samba in sight, the play list is predominantly Afro-Cuban, with a little New York thrown in for fun.

Hear why Dave Valentin has been voted the leading jazz flutist by *Jazziz Magazine* for the last seven years running! Valentin is the world's number one fusion jazz flutist, and he ignites the audience, playing 15 flutes at a relentless pace for a performance not to be

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The concert will take place Sat, Jan 27, at the Antlers Hilton Hotel, Downtown Colorado Springs. *Meet The Artist* Reception begins at 6:30 pm, concert begins at 8 pm.

For tickets, call (719) 389-1253, ext.100. Concert Only: \$25; Concert & Meet The Artist VIP Reception: \$75; Table (10 seats, general admission): \$250; VIP Table (10 seats) with Meet The Artist Reception: \$750.

Presented by the Pikes Peak Community Foundation, FutureSelf, and The Colorado Springs Conservatory, in collaboration with whitacreWorks

For more information on how you can become a sponsor, please contact Bob Small at the Pikes Peak Community Foundation (719) 389-1251 or email bsmall@ppcf.org

## Valentin concert to benefit FutureSelf

FutureSelf's target population consists of low-income and/or underserved youth living in foster care, safe-houses, residential treatment centers, enrolled in community and employment programs; who are defendants through the Municipal court, are referred by caseworkers at the Department of Human Services, CASA workers, their counselors, schools, or are self-referred.

FutureSelf serves approximately 250 youth multiple times per year. Due to the intensive nature of

FutureSelf's programming, this results in over 6,000 contact hours for students annually.

The age of participants ranges from 12 to 19 and consists of approximately 60% girls and 40% boys.

Geographically, FutureSelf serves all of El Paso County in the state of Colorado and has, on average, a population of 25% Hispanic, 30% African-American, 1% Asian-American and 44% Caucasian participation.

The Community Prep School, a Charter school in

District 11 serving high-risk youth, credits student involvement in FutureSelf's *ArtWorx!* program with raising school CSAP scores.

A young man in his senior year at the School of Visual Art in NYC credits FutureSelf with making this education possible. Chela Espinoza, grew up in severe poverty; she and her sister both went through the program.

Her sister is now a medical technician in the Air Force, and Chela is a freshman at Pikes Peak Community College.

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# AUTOMUNDO

## Negligent Driving Will Cost Lives This Season

(NAPSA)-When checking off your list of what to do this season, don't forget to add "drive responsibly."

Busy schedules, too little sleep and too many gadgets in the car can result in negligent driving- and many people underestimate how much damage negligent driving does. Every 13 minutes,



negligent driving costs a life on the nation's highways. Negligent driving falls into four categories: Speeding Many-if not most-Americans routinely cruise at 10, 15 or even 20 mph over the posted limit, with little thought to the danger associated with these speeds.

But in 2005 alone, 13,113 people died in speed-related crashes, accounting for 30 percent of all fatalities. That's more than the number of people killed in drunk driving accidents.

**Distracted Driving**  
At any given moment, about 10 percent of drivers are talking on a cell phone.

Studies have shown that driving while talking on any cell phone-even a hands-free model-impairs a driver more than driving at the legal drunk driving limit.

Despite this widespread understanding, no state currently bans all cell phone use while driving. A few states have a fine for not using a

hands-free model; but compare this to the jail time, fines and criminal record that go with blowing the legal blood alcohol limit.

**Drunk Driving**  
Drunk driving fatalities have plummeted 38 percent since the early 1980s. Progress has stalled in the last decade and coincides with an increased focus on so-called populationwide measures such as sobriety checkpoints, which aim to target the general public, instead of measures to go after drunk drivers and other negligent drivers.

**Drowsy Driving**  
In today's fast-paced world, more and more Americans are

skipping on sleep-to the detriment of highway safety. Government research has found that drowsy drivers are more than six times more likely to crash than alert drivers, and the National Highway Traffic Safety Administration estimates that up to 100,000 crashes each year are caused by drowsy drivers.

The reason is simple: Drowsy drivers have slower reaction times, difficulty concentrating, and even nod off while driving.

To help drive home the message, the American Beverage Institute is sponsoring a public service campaign this season to make

people aware of the dangers associated with negligent driving.

"In order to increase traffic safety, we need to get dangerous drivers-whether speeding, drunk, distracted or drowsy-off the nation's roads," said John Doyle, executive director of the American Beverage Institute.

"There is one simple way to do that: put more law enforcement officers on the highways to catch these negligent drivers."

For more information, including statistics and solutions to help make the highways safer, visit [www.negligentdriving.com](http://www.negligentdriving.com).

## Video Games Can Help Relieve Travel Blues

(NAPSA)-Every year, families journey an average of 245 miles during the Thanksgiving and Christmas breaks and, according to the Bureau of Transportation Statistics, more than 90 percent of holiday travel will be done by personal automobile.

That's a lot of time for kids to spend in the backseat.

In preparation for these long road trips, kids and parents across the country will be look-

ing for entertainment options to battle the "backseat blues." To help, there are new titles for portable video games based on popular Disney Channel and film properties.

"Our games are popular with kids year-round, even more so when there's a need for fun and exciting portable entertainment to help pass the time on long holiday trips," said Craig Relyea, vice president of marketing for Buena Vista Games,

Disney's video game affiliate.

"Playing as your favorite characters from popular programs is a fun, affordable way to cure the holiday travel blues."

For more information, visit [www.bvg.com](http://www.bvg.com).

Portable games based on popular TV shows and movies may mean traveling families change their refrain from "Are we there yet?" to "Are we there already?"



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**Engagement Announcement**



**Armendáriz-Madrid**

Roberta M. Armendáriz and Albert Madrid Jr. have become engaged and announce their March 2007 wedding plans.

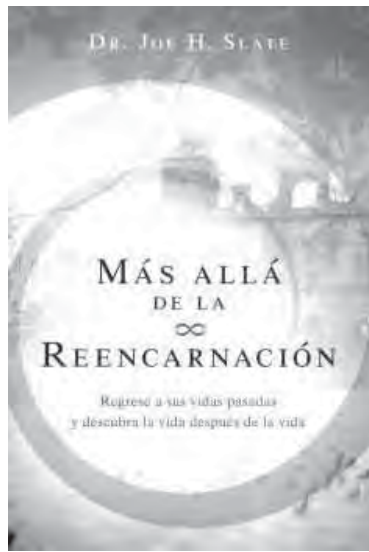
She is the daughter of Robert L. Armendáriz of Colorado Springs and Brenda M. Garcia of Pueblo. She is a 1996 graduate of South High School and New Mexico State University, where she received a bachelor's degree in foreign languages and cultural studies in 2002. She currently is a first grade teacher in Phoenix, AZ and pursuing graduate studies at the University of Phoenix.

Her fiancée is the son of Albert and Ester Madrid Sr. of Las Cruces, NM. He is a 2005 graduate of New Mexico State University, where he received a degree in architectural technology and general drafting. He is currently employed by ADD/FITCH Architectural Design, Scottsdale, AZ.

## Más allá de la Reencarnación

Por Dr. Joe H. Slate

Todos nos hemos preguntado qué pasa cuando la gente muere. ¿Es nuestra vida una línea recta con un principio definido desde que nacemos hasta nuestro fin, o acaso habrá habido algo antes, y probablemente seguirá algo después? Durante mucho tiempo la reencarnación ha sido un tema bastante controversial, algunas personas creen en ella, a otras no les interesa, pero a muchas más les intriga. ¿Cómo saber quién fui yo, o si en efecto se trataba de mí? ¿Cuántas veces he reencarnado? Todas estas preguntas confuses parecen por fin tener una forma de respuesta.



Tal vez usted vivió en tierras exóticas y lejanas, hace mucho tiempo, o quizá fue una princesa en la época medieval.

Y que tal si algunos de estos recuerdos están dentro de nuestro subconciente pero no lo sabemos, sin embargo están ahí, ocultos, haciéndonos actuar de cierta manera, sin que nosotros nos demos cuenta de ello. Expertos afirman que no sólo se trata de una vida pasada, sino de muchas, y que éstas seguirán como una espiral sin fin.

Si siente curiosidad por saber más de sus vidas pasadas, entonces el libro *Más allá de la Reencarnación* de Joe H. Slate es el ideal para usted, ya que esta obra, es en realidad una guía sencilla para que usted mismo explore la dimension completa de sus vidas pasadas, y hasta pueda echar un breve vistazo al futuro. El descubrir los secretos de lo que vivió con anterioridad también puede ayudarle a ser más comprensivo, más abierto, y a entender por qué actúa de cierta manera. ¿Tiene algún miedo inexplicable, como por ejemplo a navegar? Pues quizá éste miedo no tiene ninguna razón si piensa en su vida actual, pero podría tener relación con su vida pasada, quizá en alguna de sus vidas anteriores usted murió en el hundimiento de un barco.

Según Joe Slate, estos recuerdos permanecen con nosotros por siempre y el revivirlos nos fortalecen para resolver conflictos, vencer miedos salir adelante en situaciones difíciles, mejorar las relaciones sociales, y a entender por qué nos

compartamos de una manera u otra.

Dr. Joe Slate es un **prestigiado Psicólogo, tiene su práctica privada, cuenta con un doctorado de la Universidad de Alabama y estudios post-doctorales en Hipnosis y medicina psicosomática de la Universidad de California. Es profesor Emérito de Psicología en la Universidad Athens State y profesor honorario en la Universidad de Montevallo. Sus descubrimientos ayudaron a crear la Fundación para la Investigación de la**

**Parapsicología.**

Dr. Slate ha realizado investigaciones en temas como: salud, rejuvenecimiento, manejo del dolor, reencarnación, proyecciones astrales y el aura humana. Sus estudios han sido patrocinados por la Armada de los Estados Unidos, la Fundación de Parapsicología de Nueva York, y algunas otras organizaciones privadas.

Él es miembro de la Asociación Americana de Psicología, y ha aparecido en numerosas programas de radio y televisión.

## Cristo Cósmico

### Cábala del Cristianismo Gnostico

By Tau Malachi

La idea de la Cábala Cristiana es mucho más que solo adorar a Cristo, o estudiar Teología, se refiere a experimentar el amor de Dios.



*Cristo Cósmico* es la primera introducción moderna al cristianismo gnóstico, donde la fe es la sagrada búsqueda de la sabiduría, el entendimiento y la conciencia.

Esta extraordinaria obra es la primera en presentar el cristianismo gnóstico de la Cábala de una manera práctica y profunda.

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- Incluye conocimientos secretos

del Árbol de la Vida, de los ángeles y métodos para invocarlos. *Tau Malachi* (California) es uno de los fundadores de la orden esotérica OSG y ha practicado activamente el cristianismo gnóstico y la Cábala durante treinta años. En 1983, Malachi fundo la Hermandad Sofia. *Malachi Eben Ha-Elijah* es un místico moderno. Su viaje a través del camino espiritual comenzó desde su juventud, al encontrar a Tau Elijah Ben Miriam, (Tau de la tradición Sofiana del cristianismo gnóstico). Malachi aprendió la tradición oral del gnosticismo sofiano de su maestro Tau Elijah. Ha sido estudiante y practicante del Cristianismo gnóstico por más de treinta y cuatro años.

Tau Malachi también ha estudiado extensamente muchas otras tradiciones orientales, como el Budismo de igual forma ha estudiado y practicado el Sufismo, tradición originaria del medio oriente.

Durante muchos años Tau Malachi ayudó como voluntario en una residencia para enfermos terminales. Actualmente vive en Sierra foothills, California.

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# SALUD

## El Paso County approves self-sufficiency and children's assistance programs

The El Paso County Board of County Commissioners has approved contract renewals for several Department of Human Services' (DHS) contractors. Funding was provided through federal, state and county resources within the

current DHS budget.

The Women's Resource Agency, Inc. was awarded \$30,000 for its *Transitions Self-Sufficiency Program*. This program helps low-income and TANF (Temporary Assistance to Needy Families) participants with personal and professional development services so they can reach and maintain self-sufficiency.

*The Kids Cafe* and *Send Hunger Packing* programs, operated by our Care and Share Food Bank for the Dept. of Human Services, were renewed for \$32,000. Care and Share collaborates with


approximately twelve partner agencies to improve the nutritional health and development of children from low-income families in El Paso County.

A Professional Services Contract for \$94,675 was awarded to *Imagination in Education*, a Junior Academy Children's Center that provides walk-in, on-site child care for families conducting business at the Department of Human Services, 17 N. Spruce. A Professional Services Contract for \$240,384 was awarded to Goodwill Industries of Colorado Springs

to provide life skills as an alternative to more intensive and expensive services for Dept. of Human Services' clients.


"It's important to work with our community partners," said Board of County Commissioners Chair and DHS Liaison, Sallie Clark. "Working with non-profits such as the Women's Resource Agency, Goodwill Industries and the Junior Academy Children's Center allows the county to leverage funds and support programs that assist low-income families with self-sufficiency," she added.

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## Glucose tolerance affects Mexican-American newborns

Mothers' blood sugar levels and weight gain during pregnancy—as well as their weight before pregnancy—may predict their infants' unhealthy birth weights, according to research conducted by a team of University of Michigan researchers and Detroit health care providers.

In this two-year study, U-M researchers analyzed medical record data, measured weights, social characteristics and studied the results of the blood screening test for gestational diabetes conducted during pregnancy for 1,041 Latino mother-infant pairs. The women, most of whom were of Mexican ancestry, received prenatal care at Community Health and Social Services, Inc. (CHASS)—a community health center in southwest Detroit—and gave birth at the Henry Ford Hospital.

Forty-two percent of women entered pregnancy overweight or obese, and at least 36 percent

exceeded the weight-gain recommendations of the Institute of Medicine. Twenty-seven percent of the women had at least some degree of glucose abnormality, including 6.8 percent who had gestational diabetes.

"Diabetes tends to cause babies to grow abnormally fat because higher levels of sugar (glucose) and fats (lipids) in the mother's blood provide extra fuel for fetal growth," said Edith Kieffer, the study's lead author and an associate professor in the U-M School of Social Work.

The findings appear in the December issue of the *American Journal of Public Health*.

Public health promotion programs, as well as health care policies and research, have long made the assumption that babies who are not low birth weight are healthy. Kieffer noted that the health needs of Latino mothers and babies have often been ignored in US health policy and research.

This study helps demonstrate that many Latino infants' birth weights are higher because of less positive factors, namely their mothers' abnormally high blood sugar levels, and excessive weight and weight gain.

Evidence from other studies has shown that these potentially modifiable maternal characteristics are also markers of risk for type 2 diabetes in both mothers and their babies. Latinos are developing type 2 diabetes at more than twice the rate as non-Hispanic whites and at younger ages, she noted.

Kieffer emphasized that pregnancy and the first year after birth give health professionals and communities unique opportunities to help

prevent type 2 diabetes and its many, severe complications. Pre-conceptional, prenatal and postpartum care and clinic and community-based programs can assist women to eat healthy, get at least moderate amounts of exercise most days of the week.

"These factors are important in achieving and maintaining appropriate weight and glucose status before, during and after pregnancy," Kieffer said.

The study's results also suggest that research related to birth weight, including those that assess racial and ethnic disparities in fetal growth, should include measures of glucose tolerance (blood sugar levels and status) during pregnancy, maternal weight and weight gain in addition to more commonly used sociodemographic, prenatal care and behavioral variables.

After finishing this study, Kieffer and her university, health system and community organization colleagues joined with CHASS patients, staff and board of directors to plan programs and services that help increase women's awareness of type 2 diabetes and its risk factors.

The group also wants to help women develop and maintain the knowledge, skills and resources needed for healthy lifestyles.

The study was supported by the US Maternal and Child Health Bureau and the National Institutes of Health (Michigan Diabetes Research and Training Center and National Institute of Diabetes and Digestive and Kidney Disorders).

For additional information about Kieffer, visit: <http://www.ssw.umich.edu/faculty/profile-ekieffer.html>

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# SALUD

## Child passenger safety education for healthcare providers

AAA and the American Medical Student Association (AMSA) have created a new curriculum module that will teach medical and allied healthcare students about the importance of properly restraining children in vehicles. The new module is designed to educate healthcare providers on the critical issue of child passenger safety, and to discuss the role of medical personnel in delivering that information to parents.

"Automobile crashes are the leading cause of death for children ages 3-14 in the United States," said Aymee Ruiz, national spokesperson for AAA. "Most of these deaths are preventable. Healthcare providers play a pivotal role in guiding parents through the growth and development of their children. By understanding crash dynamics and how restraints work to prevent injury, they will be able to provide better advice to their patients and help save lives."

Child passenger restraint laws serve as a tool to encourage parents to use child

safety seats and booster seats. However, even with the existence of laws, 50 percent of children killed in motor vehicle crashes are completely unrestrained.

"Although every state has child restraint laws in place, they vary greatly and many leave gaps that endanger children," said Ruiz. "Healthcare providers are in a unique position to offer accurate, straightforward and timely advice to parents that may help save a child's life."

"As an organization, AMSA aims to expand medical students' educational opportunities," said Jay Bhatt, president, AMSA.

"Child passenger safety is just one of the numerous facets of injury prevention that may not be adequately addressed in the standardized health curriculum.

Through this collaboration we hope to provide additional training tools for medical students, as well as all healthcare professionals, that will seek to bridge this gap in education."

In addition to the new

curriculum module for medical students, AAA is conducting research on other tools to help medical practitioners deliver more powerful messages to their patients regarding child passenger safety.

"We are in the beginning stages of a sustained effort to reach out to the medical community with information and assistance designed to help save children's lives," said Ruiz.

For more information on AAA's involvement in child passenger safety and legislation designed to protect children in vehicles, visit [www.aaa.com/publicaffairs](http://www.aaa.com/publicaffairs)

As North America's largest motoring and leisure travel organization, AAA provides more than 49 million members with travel, insurance, financial and automotive-related services. Since its founding in 1902, the not-for-profit, fully tax-paying AAA has been a leader and advocate for the safety and security of all travelers. AAA clubs can be visited on the Internet at [www.AAA.com](http://www.AAA.com)

The American Medical Student Association (AMSA) is the oldest and largest independent association of physicians-in-training in the United States. Founded in 1950, AMSA is a student-governed, non-profit organization committed to

representing the concerns of physicians-in-training. With more than 68,000 members, AMSA is committed to improving medical training as well as advancing the profession of medicine. AMSA can be found online at [www.amsa.org](http://www.amsa.org)

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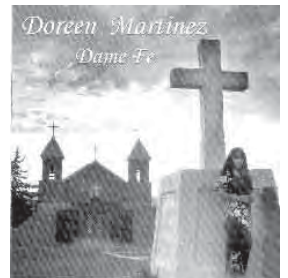
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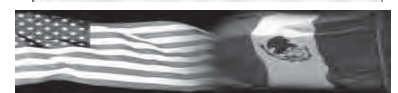
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3 bedroom,1 bath, washer dryer hookups all appliances in kitchen. 1400 sq ft. pets welcome \$875.00 a month immediate occupancy. Deposit negotiable. call 635-0102 cell 237 3454

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## COMMUNITY NEWS



**LOUISE J. LOPEZ**  
**Happy Birthday, Sis!**  
December 15th

You left us November 15, 2002.  
Sometimes it seems like just yesterday.  
We love you and miss you Sis more than words can say.  
You are with us everyday in our Hearts.

Your Family,  
Sisters and Brothers

## Post Office announces holiday mail deadlines & packaging/mailing tips

The shopping malls and stores are not the only ones with more crowds and activity starting the day after Thanksgiving.

Post offices pick up in activity as Americans get the jump on doing their holiday mailing. The day after Thanksgiving through Christmas is the busiest time of the year at the post office.

The Postal Service will handle more than 20 billion pieces of holiday mail between Thanksgiving and Christmas.

**As for domestic US mail deadlines, for delivery by Christmas, the Postal Service recommends mailing to out-of-state destinations by Wed, Dec 20; and to in-state destinations by Thu, Dec 21.**

**Express Mail is still available for mailing packages after those dates to most major metro destinations.**

**Deadline to mail to most US military troops stationed over-**

**seas, and to most international countries is Dec 11. Express Mail is still available until Dec 19 for sending packages to most military overseas and international countries for delivery by Christmas.**

The Postal Service thanks Americans for mailing early and for sending your holiday greetings and packages with the post office.

### **Holiday mail deadlines and tips**

Deadlines for US delivery by Christmas: Using regular mail and Priority Mail service, mail holiday cards, letters and packages going out-of-state by Wed, Dec 20. Mail to in-state destinations by Thu, Dec 21. After these dates use Express Mail for packages sent to major metro destinations.

General deadline for delivery by Christmas by regular and Priority Mail to most US military troops serving overseas and to international countries is Dec 11.

Express Mail is still available until Dec 19 for mailing packages by Christmas to most overseas military and international destinations.

The Postal Service offers

Click-N-Ship service where you can prepare and mail your holiday packages from your home or business, with FREE carrier pickup.

All you need is a computer with internet service, a printer, a weight scale and your credit card. Prepare your packages. Then go to [usps.com](http://usps.com)

Call 1-800-ASK-USPS (1-800-275-8777) to get the holiday customer service hours of your local post office, rates, ZIP Codes. You can also get holiday mail information at [usps.com](http://usps.com)

Besides post offices, you can order holiday stamps and other stamps by phone at 1-800-STAMP-24 and from the USPS web site at [www.usps.com](http://www.usps.com)

Mail early. You save on postage costs, save on convenience, and help get your holiday mail there on time, avoiding possible bad winter storms which can delay delivery.

The US Postal Service expects the biggest and busiest mailing day of the year at post offices to be Mon, Dec 18.

The biggest delivery day is expected to be Wed, Dec 20.

## Judge Cont. from page 1

The couple has two children, Carlos and Laura, and several grandchildren.

Martinez graduated from UC-Denver in 1974 with his BA in Civil Engineering. After a brief time in the field, he decided to pursue a career in the legal system. Martinez graduated from Law School at UC-Boulder in 1977 with his JD. He immediately moved to the Pikes Peak region and began to practice law with the State of Colorado at Pikes Peak Legal Services.

In 1978, Martinez took a position as a lawyer at the Colorado State Public Defender's Office, where he worked in that capacity for 11 years. From 1985 to 1989, he acted as Head of the Public Defender's Office in the 4th Judicial District. At his appointment to the seat of District Court Judge for the 4th Judicial District in 1989, he began his career at the bench.

At the close of his initial 2 year appointment in 1991, the voters in his constituency retained him to a 6 year term. In the middle of his term, he was appointed as Chief Judge of the 4th Judicial District. He has remained Chief Judge since 1994, and will be resigning his position in 2007, but not his

seat as District Judge. Judge Martinez will continue to provide support to the incoming Chief Judge and maintain his current docket.

As Chief Judge, Gilbert Martinez had various supervisory duties throughout the 4th Judicial District. Martinez supervised all the other judges, a total of 39 in the District. He was responsible for assigning each judge to the area where they would practice: Criminal Law, Civil Law, Domestic Law, or Juvenile Law. Martinez also supervised the probation department, a total of 94 personnel in the district. Positions in the Probation Department include Probation Officers, Probation Supervisors, and the Chief Probation Officer. In addition, Martinez supervised the Court Clerk's office, a total of 120 personnel in the district.

His toughest challenge as Chief Judge was not in the courtroom but on the Administrative level. The population of the Pikes Peak Region has increased dramatically since he began his career with the 4th Judicial District in 1978, and serving the expanding population has been a challenge.

*Cont. on page 19*

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- For most households, a temperature of 120 degrees should take care of your hot water needs.
  - If your water heater is warm to the touch, wrap it in a low-cost insulation blanket.
  - Use cold water to wash your clothes and save up to \$60 per year.
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COMMUNITY NEWS

Casa Latino Real Estate Cont. from page 1

unable to convince us that their business philosophy would blend well with ours.

We look for franchisees who can not only demonstrate financial ability but who have goals of servicing the Latino community in accordance with our corporate mission

statement." The company's mission statement is 'to achieve dominant market presence among the Hispanic community nationwide by providing exemplary quality service to home buyers and sellers with particular emphasis on educating and

equipping the Hispanic community to achieve the dream of home ownership.'

Raquel Garcia de Colby, the company's Senior Vice President and General Counsel, said, "We anticipate rapid system growth over the next several years and it is

imperative that our franchisees adopt a sincere service mentality. This isn't about selling houses; it's about helping Latinos achieve the American Dream of home ownership. We've built an industry leading proprietary system for franchisees which

blends cutting edge technology with an incomparable understanding of the market we serve...and at \$12,500 for a single unit franchise and a low fixed fee royalty structure, Casa Latino is poised to remain the market leader for years to come."

Colorado Trust grants \$4.5 mil. Cont. from page 1

Following the six- to eight-month planning process, each of the nine new grantee communities will be eligible to receive grants of up to \$75,000 per year for four years to

implement their plans. Grantees will also receive significant technical assistance from The Spring Institute for Intercultural Learning which manages this initiative. The

nine newly named grantee communities are:

- 1. City and County of Denver
- 2. Cities of Greeley and Evans
- 3. City of Commerce City
- 4. La Plata County

5. Montrose and Delta counties

- 6. Original Aurora
- 7. Routt and Moffat counties
- 8. San Luis Valley
- 9. Telluride Region.

The Colorado Trust defines immigrant integration as a mutual commitment between a receiving community and its individual immigrants and refugees.

Judge Cont. from page 18

In dealing with Budget Cuts and Hiring Freezes, Martinez had to determine the means to serve a larger population with fewer personnel. The 4th Judicial District includes El Paso and Teller Counties and has not been redrawn since the beginning of his tenure.

One change Martinez has seen in the Pikes Peak Region is the emergence of the methamphetamine problem. Meth is highly addictive, sometimes forming a physical addiction the first time. Meth

affects children, families, and neighborhoods throughout the Pikes Peak Region. Cocaine, the glamour drug of the 80's is outpaced by the accessibility of Meth.

Judge Gilbert Martinez will continue to practice as District Judge in Criminal and Domestic Law. He will no longer execute his supervisory duties for the district, which will bring a change of pace and less work. Throughout his term as judge, Gilbert Martinez has been active in the

community, mentoring individual students and lecturing groups in the schools. He has always been an advocate for staying in school and has delivered this message to students of all educational levels in the schools of the Pikes Peak region. He wishes to expand his efforts in the community as his other commitments decrease.

The message which Judge Martinez would like to send to Latinos in the Pikes Peak region is, "There are many Latinos in the Criminal Justice

System. Among these, there are too many who are Defendants and not enough

who are Probation Officers, Lawyers and Judges. Education is key."

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