

Hispania News

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FELIZ NAVIDAD



The Holiday Season

The holiday season is a time for gathering and celebrating with friends and family, gift-giving and general cheer and rejoicing. To commemorate this time of year, the US Census Bureau presents the following holiday-related facts and figures from its data collection.

It's in the Mail ...

20 billion

Number of letters, packages and cards delivered by the US Postal Service between Thanksgiving and Christmas last year. The busiest mailing day that year was Dec 19, with more than twice as many cards and letters being canceled as on an average day.

About 1 million

Number of packages delivered by the US Postal Service every day last year between Thanksgiving and Christmas. The busiest delivery day: Dec 21.



The December Rush to the Stores - Last Year

\$31.7 billion

Retail sales by the nation's department stores (including leased departments) in Dec 2005. This represented a 47 percent jump from the previous month (when retail sales, many Christmas-related, registered \$21.7 billion). No other month-to-month increase in department store sales last year was as large.

Other US retailers with sizable jumps in sales between November and December 2005 were book stores (96 percent); clothing stores (49 percent); jewelry stores (174 percent); radio, TV and other electronics stores (54 percent); and sporting goods stores (67 percent).

14 percent

The proportion of total 2005 sales for department stores (including leased departments) that took place in December. For jewelry stores, the percentage was 24 percent.

23 percent

The proportion of growth in inventories by our nation's department stores (excluding leased departments) between the end of August and the end of Nov 2005. Thanks to the holiday crowds, inventories plummeted by 23 percent in December.

Note: Leased departments are separately owned businesses operated as departments or concessions of other service establishments or of retail businesses, such as a separately owned shoeshine parlor in a barber shop, or a beauty shop in a department store. Also, retail sales estimates have not been adjusted to account for seasonal or pricing variations.

1.8 million

The number of people employed at department stores in December 2005. Retail employment typically swells during the holiday season, last year rising by an estimated 46,600 from November and 186,400 from October.

\$19.4 billion

Value of retail sales by electronic shopping and mail-order houses in December 2005 - easily the highest total for any month last year.

\$27.1 billion

The value of total retail e-commerce sales for the fourth quarter of 2005. This amount represented 2.7 percent of total retail sales over the period and exceeded e-commerce sales for all other quarters of the year. E-commerce sales were up 23 percent from the fourth quarter of 2004.

15,626

The number of electronic shopping and mail-order houses in business in 2004. *Cont. on page 6*



Annette will never be Forgotten

Just over a year ago Annette Martinez was killed in a hideous way at the 7-11 on East Fourth where she was working. On Tuesday, Pueblo District Court Judge David Crockenberg sentenced Freddie Delariva to Life with out the possibility of parole.

COMMUNITY NEWS

Police Academy

The Pueblo Law Enforcement Academy at Pueblo Community College is now accepting applications for the class that will begin Jan 15, and both day and night programs are available.

The certificate program is certified by the Peace Officer Standards & Training Board and prepares students for a career in policing, parole or investigations.

Those completing the program will qualify to test for the State of Colorado Level One Peace Officer certification, which is required to become a police officer in Colorado.

Applications are available both at PCC in Room 224 of the San Juan Building and at Colorado State University-Pueblo in Room 114 of the Life Science Building. For more info call (719) 549-2207.



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Pueblo Health Expo

The New Year is bringing a new event to the Pueblo community! It is the first event of this magnitude with emphasis in health, nutrition, fitness, recreation, safety and overall well being, being presented to the residents of the Pueblo area. The 2007 Pueblo Health Expo will be held on Sat, Jan 27, 8 am - 3 pm at the Pueblo Convention Center. Numerous community agencies and organizations throughout Pueblo have partnered together to present this comprehensive health fair.

It is anticipated that 500-1,000 participants will be in attendance for the day-long event. Health screenings, vision screenings and fitness

assessments will be provided at no cost to the community including: Blood Pressure, Pulse Oximetry, Lung Function, Vision, Blood Sugar, Cardio Step Test, Grip Strength & Flexibility, Body Mass Index, Stress Management & Depression, Community Resources & Women's Health Issues and Ask a Medical Expert. These screenings will be provided for the first 500 people who register that day. People who wish to partake in the screenings will need to fast for at least one hour prior to the screenings for an accurate blood glucose result, and are recommended to wear comfortable clothing.

There will also be cooking

and fitness demonstrations, as well as presenters speaking on healthy lifestyle topics, including John Register, a former Para-Olympian, now a motivational speaker. A host of vendor booths will also promote various services and products available in our community to increase active and healthy lifestyles.

People of all ages in Pueblo and surrounding communities are invited to actively participate in the first **Pueblo Health Expo** by taking advantage of the free health screenings and abundance of health information. Get active... live healthy!

For more information, please call (719) 549-4518.

Colorado Recycles announces new christmas tree recycling web site

Colorado Recycles has launched a new web site dedicated to recycling information about Christmas trees, holiday wrap, packaging materials and other recycling information for the holiday season.

For many years, Colorado Recycles has published the only comprehensive statewide guide to Christmas tree recycling available in Colorado.

That information has been posted on our web site at www.colorado-recycles.org as part of our statewide Recycling Guide.

In recent years, more and more Christmas tree recycling programs have been initiated by local governments, civic organizations and other entities and that data base was becoming so extensive that we have placed it on its own web site. The new web site can be located at

www.recycleyourchristmastree.com

On the new web site you will find the Christmas tree recycling guide which is organized by county. Simply click on the county name (such as Arapahoe) and the information for each municipality, the county itself and any known community or commercial programs will be displayed.

We have already received several responses and more are arriving daily.

We will get them posted as quickly as we can. If your community does not show any information, please check back regularly to see if something has been posted.

The web site also has links to MapQuest where drop site locations can be mapped to assist the public.

And, there is also a language translation link to Babel Fish that converts the information into 8 different languages.

There is also a printable information form that can be downloaded (it is in a PDF), completed and FAX'ed back to us at (303) 755-6815. Some communities have emailed us digital copies of their public announcements, and that information is acceptable as well.

We have also posted some educational links that teachers can use if they are preparing lesson plans for holiday programs or units.

We are gathering information about other recycling interests - such as rechargeable batteries, packaging, holiday wrap and other items - and will be posting that information as well.

This new web site is a community service sponsored by Colorado Recycles and the web site may be linked without charge.

For more information, go to www.colorado-recycles.org

Feliz Navidad

I wanted to be inspiring in my Christmas message. It has become very difficult. Each time I watch a newscast, I see soldiers leaving home to serve in a foreign country, I remember those holidays I missed, whether in Vietnam, or Panama, wherever, it is not the same, being away from home during this period. I do not care what anyone says, one never gets used to it.

I grew up with the Hajar family of Pueblo; their granddaughter's death was brought to light this week with the sentencing of the perpetrator. For some of us, the sentence was too light.

Just weeks ago we buried my brother -in-law's mother. A person I had known for over 40 years. I guess no matter how negative we accept things; there is that message;

We are only here for a short while. It is at this moment that we must remember the true meaning of Christmas, what it means to most of us, and what the outlook is for those that believe.

May you and your loved ones, have a very, very Feliz Navidad.



COMMUNITY NEWS

Springs Utilities recognized nationally for community programs

Springs Utilities earned the American Public Power Association's 2006 Community Service Award, recognizing extraordinary employee volunteerism. This year, 690 Springs Utilities employees, their families and friends volunteered for 120

community projects for a total of 12,000 volunteer hours. More than 120 employees volunteered at 125 community organizations for an additional 7,136 hours.

Employees supported local education by making 200 electric and natural gas safety

presentations to schools and organizations, reaching more than 9,000 children and adults.

In recognition of its community support through Project COPE, Colorado Springs Utilities was also recently awarded the 2006 National Fuel Funds

Network's Corporate Excellence Award.

Each year, Citizens Option to Provide Energy (Project COPE) provides assistance to Springs Utilities customers facing utilities disconnection. Project COPE is a Springs Utilities program supported by

contributions from local residents and businesses.

Since 1995, Project COPE has distributed \$2,160,418 throughout the community. During the 2005-2006 season, 2,802 eligible households received \$480,849 to help pay for their utilities.

Garden grant signals return of goats to Bear Creek Park

By Sallie Clark, Chair of the El Paso County Board of Commissioners

There's great news for cashmere goat fans, and we're not just "kid-ding" around. Char Nymann, president of the Bear Creek Garden Association (BCGA) has presented the Board of County Commissioners with information on the return of goats in the park, thanks to a recent grant approval.

The county's Environmental Services and Parks Department have been working for several years with the BCGA on possible grants to bring the return of cashmere goats, in order to assist with noxious weed control in Bear Creek Regional Park. The recent \$10,000 grant from Colorado Garden Show Inc., will ensure next year's return of goat grazing around the organic community gardens in 2007.

In 2003, the El Paso County's Environmental Services Department was directed to evaluate the effectiveness of various noxious weed control techniques, including the use of goat grazing. The east portion of Bear Creek Regional Park was divided into three sections. In the first thirty-acre section, weeds were controlled by the county using mowing and spraying of herbicides.

The second section acted as a baseline and buffer between the other two, and was annually mowed to control weed seed drop. In the third section, consisting of nineteen acres surrounding the organic

vegetable gardens, the BCGA controlled the weeds with one session of goat grazing, plus hand hoeing and mowing. The study showed that goat grazing was not the most cost-effective solution, but was a viable means of controlling noxious weeds. The BCGA was allowed to keep the goats, but would have to pay for the additional costs. Until now, the association has not been able to provide the necessary funding for goats, so their use was discontinued.

The BCGA has been managing the community gardens at Bear Creek Regional Park since 1986. The two-acre gardens contain 104 plots surrounded by a fence. BCGA donates excess produce to local organizations such as Care & Share, the Marion House Soup Kitchen and the Cheyenne Mountain Zoo as well as provides educational programs in organic gardening and weed control to the community.

In the past, goats provided assistance to the BCGA's organic weed control methods around the community gardens and the animals became a community attraction and asset by bringing added interest to the park. El Paso County is appreciative of the association's work to raise private dollars for the return of cashmere goat grazing and continual noxious weed management. It's my hope that

the garden association we'll be able to re-instate this helpful and popular goat grazing program on an annual basis.

"Goats are a great organic agricultural tool. They take a billion dollar weed problem and recycle it into organic fertilizer, said Char Nymann, president of the BCGA. "Goats are the oldest known form of weed control known to man. Because they are primarily browsing animals, they eat broadleaf weeds, allowing desirable grasses to get a foothold. Weeds thrive on bare land and poor soil. The grazing builds the soil and their hoof action loosens the soil. Noxious weeds are converted to fertilizer, thereby feeding desirable plants and grasses. Grazing also removes the underbrush and is a wildfire deterrent. The first three years BCGA used the goats they proved a valuable tool in community outreach. They have been very popular with park users and the general public, and offered endless opportunities to educate the public and raise awareness about noxious weed management and control," she added.

According to reports on the use of cashmere goats, once they graze the weed, it cannot go to seed because it has no flower and it cannot

photosynthesize to build a root system, because it has no leaves. As an example, in the case of leafy spurge, a journal article states, when a goat eats 100 percent viable leafy spurge seed, 99.9 percent is destroyed.

Most is crushed by the teeth and chewing action, the rest through the digestive system. Interestingly, goats eat all poisonous plants, which do not seem to bother them.

Cont. on page 22



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EMT Paramedic program

An Emergency Medical Training (EMT) Paramedic program, designed to train students in procedures excellence, is being offered by Pueblo Community College in the spring semester that starts in January at its main campus in Pueblo.

The course is aimed at students who wish to become paramedics and work in emergency medical services. It can help advance people working in emergency medical services who wish to enhance their scope of practice.

Students can earn either an associate's degree in Emergency Medicine or a Paramedic certificate. Classes will be held Tuesday, Wednesday and Thursday evenings. To qualify for the program, individuals must be an EMT basic, possess a CPR card and have completed Biology 201 (Anatomy and Physiology).

For more information, contact Dawn Mathis, who chairs PCC's Critical Care Department, at (719) 549-3489 Dawnelle.Mathis@pueblocc.edu



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We wish to express our appreciation for your attendance on the 20th of December. We are thrilled that you enjoyed our free chicken enchiladas poblanas.

FELIZ NAVIDAD Y año NUEVO! MERRY CHRISTMAS AND HAPPY NEW YEAR!

¡Gracias por su preferencia! ¡Los esperamos!

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NOTICIAS EN ESPAÑOL

El gobierno de México gestiona la liberación provisional de madres mexicanas aprehendidas

En seguimiento a la información emitida ayer 12 de diciembre sobre el operativo iniciado por el Departamento de Seguridad Interna (DSI) de los Estados Unidos, la Secretaría de Relaciones Exteriores (SRE) da a conocer las actividades más relevantes llevadas a cabo en materia de protección a los connacionales que se han visto envueltos en dicho operativo.

De acuerdo con reportes recibidos de las Representaciones consulares mexicanas que participan en estas labores de protección, cerca de 600 de los detenidos han sido identificados como nacionales mexicanos.

Los Consulados de México involucrados en la atención de nuestros nacionales afectados por el operativo que el DSI denominó "Wagon Train", realizan gestiones de

protección y asistencia consular en múltiples ámbitos, las cuales se concentran principalmente en aquellas personas más vulnerables, lo que incluye a mujeres y menores de edad.

El consulado ha articulado gestiones conjuntas con organizaciones comunitarias, eclesásticas y escolares en las comunidades sede de las plantas donde se practicaron las detenciones, a fin de garantizar que los hijos de personas arrestadas, sean puestos bajo la custodia de sus familiares inmediatos y en casos aislados, de autoridades estatales o del condado, para que brinden protección al menor.

De igual forma, diversas representaciones consulares han gestionado la liberación provisional de madres mexicanas con hijos nacidos en

los Estados Unidos, a fin de brindar cuidado a estos últimos y a las que se han otorgado citatorios diferidos para comparecer ante autoridades migratorias administrativas y judiciales en el transcurso del mes entrante.

En las entrevistas personales practicadas a los detenidos, se ha puesto especial hincapié en determinar si existen familiares o dependientes económicos que requieran ser

notificados del arresto y, en su caso, se han tomado las medidas correspondientes para proteger los derechos e integridad física de los afectados.

En los consulados se han atendido numerosas llamadas de familiares de personas afectadas por el operativo y se ha proporcionado la información obtenida de las entrevistas llevadas a cabo en los distintos centros de

detención. De forma similar, las representaciones consulares de México en la frontera con los Estados Unidos, han sido alertadas para que brinden el apoyo necesario, observen el estricto cumplimiento de los acuerdos en materia de repatriación ordenada y segura que se encuentran vigentes, y visiten a nuestros nacionales en los centros de detención correspondientes antes de su traslado final a nuestro país.

NCLR lanza informe sobre desnutrición e inseguridad alimenticia en la comunidad Latina

Los hispanos representan una tasa desmesuradamente alta de desnutrición y un acceso limitado o inexistente a alimentos nutritivos, según un nuevo informe publicado por el Consejo Nacional de La Raza (NCLR), la mayor organización nacional de

apoyo y defensa de los derechos civiles de los hispanos en los Estados Unidos. El miércoles, 20 de diciembre se celebrará una conferencia de prensa sobre esta publicación titulada *Sin Provecho: Latinos and Food Insecurity: An examination of the*


effectiveness of federal food assistance programs in allaying hunger and food insecurity in the Latino community, la cual tendrá lugar en la Carlos Rosario International School, un Afiliado de NCLR.

Uno de los hallazgos clave
Continúa página 22

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The Pursuit of Happyness



“Nunca dejes que te digan que hay cosas que no puedes lograr... Si tienes un sueño, tienes que protegerlo... Si deseas algo, ve y consíguelo. Punto.”

En *The Pursuit of Happyness* de Columbia Pictures, Chris Gardner (Will Smith) es un brillante y talentoso vendedor que trabaja de manera marginal.

En una constante lucha por pagar sus cuentas diarias, Gardner se ve, junto a su hijo de solo cinco años, evacuado de su apartamento de San Francisco sin ningún lugar a donde ir. Cuando Gardner consigue un trabajo como interno dentro de una prestigiosa firma de corretaje, él y su hijo pasan muchas penurias, incluyendo el vivir

en albergues, en el camino de cumplir su sueño de una mejor vida para los dos.

En *The Pursuit of Happyness*, Chris Gardner (Will Smith) es un hombre de familia que se encuentra luchando por cumplir sus compromisos económicos. A pesar de sus corajudos intentos por ayudar a que la familia se mantenga a flote, la madre (Thandie Newton) de su hijo de cinco años Christopher (Jaden Christopher Syre Smith) se está derrumbando bajo la presión constante de la falta de dinero. No pudiendo soportarlo más, de manera reacia decide irse.

The Pursuit of Happyness ha sido clasificada PG-13 por la Motion Picture Association of America por Algo de Lenguaje Fuerte.

Una tendencia hacia la actividad física puede beneficiar adultos envejecidos

Una tendencia hacia actividad física en esta nación puede llevar mayor salud para la generación de baby-boomers quien está envejeciendo, según Melissa Bopp, profesora de kinesiología en la Universidad de Kansas State.

“Veo un buen cambio en la percepción de la actividad física entre la generación actual de adultos mayores y la población venidera de baby-boomer”, dijo Bopp. Sus intereses de investigación incluyen el envejecimiento, disparidades de la salud, y promoción de la actividad física a través de la fe.

“Mientras los baby-boomers envejecen, demuestran más conocimiento del ejercicio. Si continuará en el futuro, espero que se convierta en beneficios superiores de la salud para esta población.”

Bopp atribuyó las actitudes variadas hacia ejercicio a las diferencias en los ambientes sociales de las dos generaciones.

“Pienso que en parte la diferencia es sociocultural”, ella dijo. “La generación que tiene 65 años y más se creció en un mundo en que no tuvo que ser activo físicamente – fue

Continúa página 22

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NOTICIAS EN ESPAÑOL

Tolerancia a glucosa afecta a bebés de madres mexicanas-estadounidenses

Los niveles de azúcar de las madres, el aumento de peso antes y durante el embarazo, pueden predecir un peso excesivo y malsano de los bebés al nacer, según un estudio realizado por investigadores de la Universidad de Michigan, U-M y organizaciones de salud de Detroit.

En la investigación, realizada durante dos años, investigadores de la U-M evaluaron información médica, peso de la madre, características sociales y los resultados de pruebas de sangre para diabetes desarrollada durante el embarazo en un total de 1.041 parejas de madres latinas con sus bebés.

Las mayor parte de las mujeres, que eran mexicanas, recibieron cuidados prenatales en los Servicios Comunitarios Sociales y de Salud (En Inglés, *Community Health and Social Services, Inc. CHASS*), un centro

de salud comunitario al sur oeste de Detroit y dieron a luz en el Hospital Henry Ford.

En el estudio, un 42 por ciento de las mujeres iniciaron el embarazo con sobrepeso o ya siendo obesas o excedieron en a lo menos un 36 por ciento las recomendaciones de aumento de peso durante.

Un 27 por ciento de las mujeres tenían a lo menos algún grado de anormalidad en sus niveles de glucosa, incluidas un 6,8 por ciento que tenían diabetes gestacional.

“La diabetes tiende a causar que los bebés nazcan con sobrepeso anormal por los altos niveles de azúcar (glucosa) y grasas (lípidos) en la sangre de la madre, que otorgan un combustible adicional al desarrollo fetal”, dice Edith Kieffer, autora principal del estudio y profesora de la Escuela de Trabajo Social en la U-M.

El peso promedio de los bebés que nacieron a las participantes

del estudio fue de 7,7 libras (3408 g.). Alrededor de un 9 por ciento, o un 91 por ciento de los bebés pesaron 8,8 libras (4 kilos) o más.

Los resultados del estudio se incluyen en la edición de diciembre de la revista *American Journal of Public Health*.

La investigación ayuda a demostrar que el peso de numerosos bebés latinos es más alto por factores negativos, como por ejemplo, que sus madres tienen niveles de azúcar en la sangre que son anormalmente altos, peso excesivo y aumentan demasiado peso durante el embarazo.

Otras investigaciones demuestran que estas características maternas potencialmente modificables también son las características de la Diabetes tipo 2 en las madres y los bebés. Los latinos desarrollan Diabetes del tipo 2 a más de un doble del índice

del blanco no hispano y más temprano, advierten los investigadores.

Kieffer dice que la época del embarazo y el primer año después del embarazo ofreció a los profesionales de la salud y a las comunidades una oportunidad única para prevenir la Diabetes tipo 2 y sus numerosas y graves complicaciones.

Cuidados de salud antes del embarazo, prenatal y posterior al parto, además de programas de cuidados de salud y clínicos basados en la comunidad pueden ayudar a las mujeres a comer más sanamente, y hacer ejercicios a lo menos moderados la mayor parte de los días de la semana.

“Estos factores son muy importantes para lograr y mantener un peso adecuado y un estatus de glucosa antes, durante y después del embarazo”, dice Kieffer.

Los resultados del estudio también sugieren que investigación relacionada con el peso al nacer, incluso la que incluye las disparidades étnicas y raciales en el crecimiento fetal, debería incluir medidas de tolerancia a

la glucosa (niveles de azúcar y su estatus) durante el embarazo, el peso de la madre y subida de peso, además de las variables utilizadas más comúnmente como los cuidados prenatales y de comportamiento.

Tras finalizar la investigación, Kieffer y sus colegas de las organizaciones comunitarias y CHASS se unieron para planificar programas y servicios para ayudar a aumentar la conciencia sobre la Diabetes 2 y sus riesgos.

El grupo también espera ayudar a las mujeres a desarrollar y mantener habilidades necesarias para una vida sana.

En colaboración con Kieffer colaboraron en el estudio Wendy Carman, Bahman Tabaei y William Herman, de la U-M; George Nolan del Sistema de Salud Henry Ford; J. Ricardo Guzman Salud Comunitaria y Servicios Sociales Inc. (En Inglés, *Community Health and Social Services, Inc. Detroit*).

Más información sobre Kieffer: <http://www.ssw.umich.edu/faculty/profile-ekieffer.html>

Holiday Season Cont. from page 1

These businesses, which employed 261,646 workers, are a popular source of holiday gifts. Their sales: \$147 billion, of which 35 percent were attributable to e-commerce. California led the nation in the number of these establishments and their employees, with 2,322 and 30,619, respectively.

If you're not sure where to do your shopping, choices of retail establishments abound: In 2004, there were 149,831 clothing and clothing accessories stores; 9,360 department stores; 10,345 hobby, toy and game shops; 33,956 gift, novelty and souvenir shops; 22,902 sporting goods stores; 28,772 jewelry stores; and 11,218 book stores across the nation. *Cont. on page 18*

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La SRE giró instrucciones a representaciones consulares para proteger migrantes Mexicanos

En relación con el operativo instrumentado por el Departamento de Seguridad Interna estadounidense en diversas plantas de la empresa procesadora de cárnicos Swift & Company con sede en Greeley, Colorado, la Secretaría de Relaciones Exteriores (SRE) informa sobre algunas de las medidas que se han tomado de inmediato con el fin de salvaguardar los derechos de los nacionales mexicanos que se vean afectados.

En cuanto se tuvo conocimiento de esta medida, la Cancillería giró instrucciones a las Representaciones consulares en Dallas, Denver, Omaha, Salt Lake City y Saint Paul a fin de que entren de inmediato en contacto con las autoridades migratorias de sus respectivas circunscripciones y realicen visitas consulares a las plantas de la empresa ubicadas en Greeley, Cactus, Texas; Grand Island, Nebraska; Mashalltown, Iowa; Hyrum, Utah; Worthington, Minnesota; así como a los centros de detención a donde sean trasladados nuestros connacionales.

En las consultas con las oficinas regionales del Departamento de Seguridad Interna, los Cónsules Mexicanos han pedido a dichas autoridades garantizar el acceso consular a los mexicanos detenidos.

El personal consular de dichas representaciones tiene instrucciones para realizar entrevistas individuales con cada uno de los connacionales que se hayan visto afectados por esta acción y en todos los casos para verificar que en este proceso sean respetados plenamente sus derechos humanos y para que se les brinde la asistencia, orientación y protección consular a que haya lugar, sin escatimar ningún esfuerzo.

Las autoridades del Departamento de Seguridad Interna manifestaron que el operativo en cuestión tiene como objetivo desarticular una red ilícita de larga envergadura vinculada al robo de identidades y uso de documentación falsa.

Tratamiento anticoagulante disminuye el riesgo de ataque cardíaco

Los pacientes que reciben endoprótesis (stents) liberadoras de fármaco para abrir las arterias del corazón pueden disminuir su riesgo de ataque cardíaco o muerte tomando un medicamento antiplaquetario por un período más extendido que el que indican las recomendaciones actuales, según un estudio financiado por la Agency for Healthcare Research and Quality (AHRQ), y publicado hoy en la versión en línea de JAMA.

La droga, clopidogrel, es un medicamento anticoagulante

cuya administración, en la actualidad, se recomienda durante 3 a 6 meses luego de la colocación de endoprótesis liberadoras de fármaco. Pero el nuevo estudio observacional, realizado por el Centro de Investigaciones DEcIDE de AHRQ en Duke University, indica que el fármaco reduce los riesgos de ataque cardíaco o muerte al menos en dos años, en algunos pacientes.

“Este estudio sugiere que los pacientes y sus médicos deberían considerar ampliar el período de utilización de esta terapia mientras monitorean

sus efectos muy atentamente”, dijo Carolyn M. Clancy, MD, Directora de AHRQ. “Las posteriores investigaciones nos ayudarán a entender en detalle el equilibrio entre riesgos y beneficios del uso prolongado de terapia antiplaquetaria en personas que tienen endoprótesis liberadoras de fármaco”.

Las endoprótesis coronarias son tubos de malla de acero inoxidable, que despejan las arterias taponadas. Los médicos las insertan durante una angioplastia; luego, se guía un catéter desde la ingle hasta

el corazón, se infla un pequeño globo en la arteria reducida y se deja la endoprótesis colocada para mantener la apertura de la arteria. Las endoprótesis cardíacas normalmente tienen una longitud aproximada de tres cuartos de pulgada y un diámetro de un décimo de pulgada.

La colocación de endoprótesis es una estrategia común para pacientes cuyas arterias coronarias están reducidas por depósitos de grasa.

Continúa página 17

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NEGOCIOS

CSU-Pueblo Student Wins 2006 Pueblo Apprentice Title, \$10,000 Scholarship

A business major in the Hasan School of Business at Colorado State University – Pueblo will earn a \$10,000 scholarship to CSU-Pueblo as winner of the 2006 Pueblo Apprentice competition. Co-sponsors for the event were Little Caesar's, The Pueblo Downtown Association, Castle Investment, The City of Pueblo, and the CSU-Pueblo Students in Free Enterprise team.

Andrew Baca emerged from

among 75 entrants as the 2006 Pueblo Apprentice in a contest that began 14 weeks ago. In addition to the title of "2006 Pueblo Apprentice," Baca earned a \$10,000 scholarship to CSU-Pueblo. To win the contest, Baca had to develop a business idea and operate the business for 14 weeks. Baca's project to offer grounds cleaning services to landlords when tenants moved out resulted in a submission of more than \$600 at the end of the competition.

CSU-Pueblo President Joseph Garcia presented Baca with the award and a symbolic check at a ceremony on Dec. 14 at the Pueblo Convention Center, which featured inspirational messages from Dave Feamster, owner of the Pueblo area Little Caesar's franchise, and Pueblo City Councilman Randy Thurston. Other winners of prizes in the contest were Greg Wakefield, 1st place (\$500),



Pueblo Apprentice Contestants and sponsors. Back row, left-right: Michael Wakefield, management professor; CSU-Pueblo, Joseph Garcia, president; CSU-Pueblo, Randy Thurston, City of Pueblo City Council, Christine Pacheco, Constance Quintero, Crystal Santistevan, and Dave Feamster, Owner, Little Caesar's. Middle row, left-right: Greg Wakefield, Michael Serracino, Cajun Duewiger, Gage Duewiger, Sylvie Koncilja, Amber Arline, and Guiliana Santistevan. Front, kneeling, Sean McCarthy, president, Castle Investment, and Andrew Baca, 2006 Pueblo Apprentice winner.

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CSU-President Joseph Garcia presents plaque and game to 2006 Pueblo Apprentice winner Andrew Baca.

Amber Arline, 2nd place (\$300), and a four-way tie for 3rd place between individual contestant Sylvie Koncilja (\$100) and the teams of Crystal Santistevan and Guiliana Santistevan (\$100), Christine Pacheco and Constance Quintero (\$100), and Michael Serracino, Cajun Duewiger and Gage Duewiger (\$100).

The 2006 Pueblo Apprentice Contest is the collaborative brainchild of CSU-Pueblo Management Professor Mike Wakefield and the Sean McCarthy, President of Castle Investment. These two were also the driving force behind planning last year's successful Pueblo Apprentice, in which CSU-Pueblo Student Rhea Santangelo won the top prize, an apprenticeship with local real-estate developer Louie Carleo, valued at \$10,000.

Students in this year's event were provided \$20 in seed money by the Pueblo Downtown Association with the instruction of starting and running any type of legal and ethical business. The goal given the students was to double their money every four weeks and to submit their earnings at the end of the 14-week contest along with financial reports and a commentary about their business. More than 20 participants returned money, with 10 business making a profit and six of those generating between a 400 and 850 percent return on their investments.

CSU-Pueblo SIFE (Students In Free Enterprise) students offered advice about generating business ideas and instruction on how to prepare financial statements in the first few

Cont. on page 9

DEPORTES

Ricky Santos wins the 2006 Walter Payton Award

New Hampshire quarterback honored as the most outstanding player in I-AA college football

Chattanooga, TN (Sports Network) - New Hampshire quarterback Ricky Santos was named the 20th winner of the Walter Payton Award at the Division I-AA College Football Awards held in Chattanooga, TN on the eve of the NCAA Division I Football Championship title game.



Santos threw for 2,681 yards and 23 touchdowns and ran for 385 yards and 12 scores in the regular season, and directed a New Hampshire offense that threw for 249.6 yards per game and ranked third nationally with 36.5 ppg.

Santos tossed only five interceptions all season, and led the Wildcats to the playoffs for the third consecutive season. Santos excelled in the first round of the postseason as well, as he

threw for 318 yards and five touchdown passes to lead New

38. Santos got off to a fast start with five total touchdowns to lead New Hampshire to a 34-17 victory at Northwestern. He also notched five passing touchdowns in a win against Dartmouth, and exploded with five total touchdowns and 391 yards of total offense to lead the Wildcats to a 52-49 victory in a shootout against Delaware.

He helped the Wildcats to a 5-0 start and the No. 1 ranking in the country for the first half of the season.

Santos recorded 458 yards of total offense and five total touchdowns in a 36-35 loss in overtime at Northeastern, and continued to

Hampshire past Hampton, 41- play well even while

the Wildcats lost three out of four games. With his team's playoff fate on the line, Santos once again notched five total touchdowns to lead the Wildcats past Rhode Island, 63-21, and scored a pair of rushing touchdowns to lift New Hampshire to a playoff spot with a 19-13 victory in overtime over Maine.

Only a junior, Santos completed the regular season with 9,796 passing yards, 93 touchdown passes and only 24 interceptions in his career, and then added six more touchdown passes in the playoffs.

After finishing second in the closet race in the history of the Payton Award a year ago,

Santos received 20 first-place votes and 250 points from a panel of 112 I-AA/FCS sports information directors and selected media to narrowly win the 2006 Walter Payton Award.

Northern Arizona quarterback Jason Murrietta was close behind with 17 first-place votes and 238 points.

Southern Illinois running back Arkee Whitlock finished third with 11 first-place votes and 199 points, with Youngstown State's Marcus Mason in a close fourth with 19 first-place votes and 195 points.

The Walter Payton Award was established in 1987 by The Sports Network.

CSU-Pueblo Cont. from page 8

weeks of the event. McCarthy and Wakefield agreed that this year's competition was much more difficult than last year's, because students not only had to develop an idea, but they had to put the idea into action and sustain their efforts.

"It does require more effort, but I believe that the students learned far more in the process this year than last year," said Wakefield. Feamster and Thurston interviewed the student finalists, asking them questions about how they got ideas for their business and what they learned by running a business. Feamster and Thurston praised the students, calling them "winners" and the "business leaders of tomorrow."

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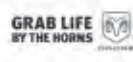






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HOLIDAY RECIPES

Los tesoros del otoño

Disfrute de las frutas y vegetales de la estación

Cuando las hojas de los árboles adquieren brillantes tonalidades de rojo, amarillo y naranja, y los jerseys y sombreros se sacan de los armarios, sabemos que ha llegado el otoño. Junto con los colores que cambian y las puestas de sol tempranas llegan las numerosas variedades de deliciosas frutas y vegetales disponibles en las tiendas de la localidad.

El otoño es la época perfecta para que toda la familia disfrute de favoritos de la estación como manzanas, peras, deliciosas hierbas y calabazas. A continuación, algunos consejos para sacar el mayor provecho de la cosecha de la temporada:

Manzanas – Con su crujiente textura y delicioso sabor, las manzanas se pueden incorporar a toda una variedad de recetas o sencillamente disfrutar al natural. La próxima vez que prepare pancakes o tortas para los niños, añádales unas cuantas manzanas picaditas para aportarles dulzor y un atractivo sabor.

Peras – Al igual que las manzanas, las peras se pueden consumir al natural o añadirlas a diferentes platos. Para la cena de esta noche, considere hacer una ensalada que complemente el plato principal. Añada una pera picada en daditos a una ensalada verde, añada trocitos de queso y pacanas, y el resultado será un delicioso plato acompañante.

Hierbas – Las hierbas frescas pueden realzar cualquier plato. La salvia es una de las pocas hierbas que se pueden recoger frescas durante todo el otoño. Con su conocido sabor, es una maravillosa adición a muchas recetas familiares. Pruébela en el pan de maíz.

Calabaza – Con demasiada frecuencia, las calabazas no son consideradas como un ingrediente principal y sólo se tienen en cuenta en el Día de Acción de Gracias o Thanksgiving. Sin embargo, las calabazas y otras curcubitáceas del otoño constituyen un sabroso ingrediente en sopas y panes, entre ellos los panecillos de calabaza y maíz.

La rápida y fácil receta que brindamos a continuación ayudará a que toda su familia disfrute los sabores de la cosecha otoñal.



Panecillos de Calabaza y Maíz

- 1 _ tazas de harina de todos los usos
- 1 taza de Albers Yellow Corn Meal
- 1/3 de azúcar granulada
- 4 cdtas. de polvo de hornear
- _ cdtas. de sal
- 2 huevos grandes
- 1 _ tazas de Libby's 100% Pure Pumpkin
- 1/3 taza de Nestlé Carnation Evaporated Milk
- _ taza de aceite vegetal

1 lata (11 onzas) de maíz de grano entero, escurrida (opcional)

PRECALIENTE el horno a 375° F. Engrase o cubra con papel 18 moldes de panecillos (muffins)

COMBINE la harina, harina de maíz (corn meal) azúcar, polvo de hornear y sal en un tazón grande. Bata los huevos, calabaza, leche evaporada, aceite vegetal y maíz en un tazón mediano hasta que todo esté combinado. Anádalo a la mezcla de harinas; mezcle bien. Vierta la mezcla por cucharadas en los moldecitos preparados.

HORNEE de 25 a 30 minutos o hasta que al insertar un palillo de madera en el centro salga limpio. Sírvalos tibios.

Para más recetas como Pancakes de harina de maíz y manzana, o Pan de maíz y salvia, visite en la Internet VeryBestBaking.com; en español MiCocinaLatina.com

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HOLIDAY RECIPES

¡Bien crujiente!

Usted cocina un pollo sabroso, pero siempre está buscando formas de hacerlo aún mejor. Justo a tiempo para las comidas de esta época del año, cuando los niños están de nuevo en la escuela, los fabricantes de French's Fried Onions han desarrollado algunas interesantes maneras de añadir un toque crujiente, sabor y novedad para convertir el pollo de las comidas de la semana en un favorito de la familia.

No sorprende que el pollo sea algo tan popular. ¡El norteamericano promedio consume aproximadamente 81 libras de pollo (Fuente: National Chicken Council y el U.S. Poultry & Egg Association) cada año! Eso no solo representa muchísimo pollo para Mamá cocinar, sino que también ella tiene que balancear las recetas entre las que sean rápidas y fáciles de preparar e interesantes comidas que toda la familia apreciará.

Ahora es muy fácil añadir un toque diferente a su conocida receta de pollo horneado. En vez de migas de pan utilice cebollas fritas French para crear una deliciosa capa para unas pechugas de pollo deshuesadas. Simplemente recubra el pollo con cebollas fritas French desmenuzadas y hornee. De hecho en cualquier receta, usted puede con facilidad sustituir las migas de pan por cebollas fritas French desmenuzadas; una taza de migas equivale a una taza de cebolla desmenuzada. Esta sabrosa solución rejuvenecerá sus recetas con una deliciosa capa crujiente y un sabor que revitalizará las cenas familiares con platos que encantarán a toda la familia.

Siga su inspiración. ¡Pruebe esta misma noche esta rápida y fácil receta de pollo!

Pollo con cebolla crujiente
 Tiempo de preparación: 5 minutos
 Tiempo de cocción: 20 minutos
 Porciones: 4

1 1/3 tazas de French's Original o Cheddar French Fried Onions
 4 pechugas de pollo sin piel cortadas en mitades
 1 huevo, batido

Caliente el horno a 400° F. Desmenuce las cebollas fritas French con las manos o con un rodillo.
 Pase el pollo por el huevo, después cúbralo con la cebolla desmenuzada. Coloque en una tartera de hornear.
 Hornee a 400° F durante 20 minutos o hasta que el pollo deje de estar rosado en el centro.



Este método también funciona con el cerdo. ¿Sabía usted que el norteamericano promedio consume 51 libras de cerdo al año (Fuente: USDA) Eso es casi tanto como pollo, y para Mamá también significa una ardua tarea que llevar a cabo. Esta es una crujiente forma de utilizar las cebollas fritas French para preparar una deliciosa comida a base de cerdo para su familia.

Chuletas de cerdo sabrosas
 Tiempo de preparación: 5 minutos

Continúa página 16

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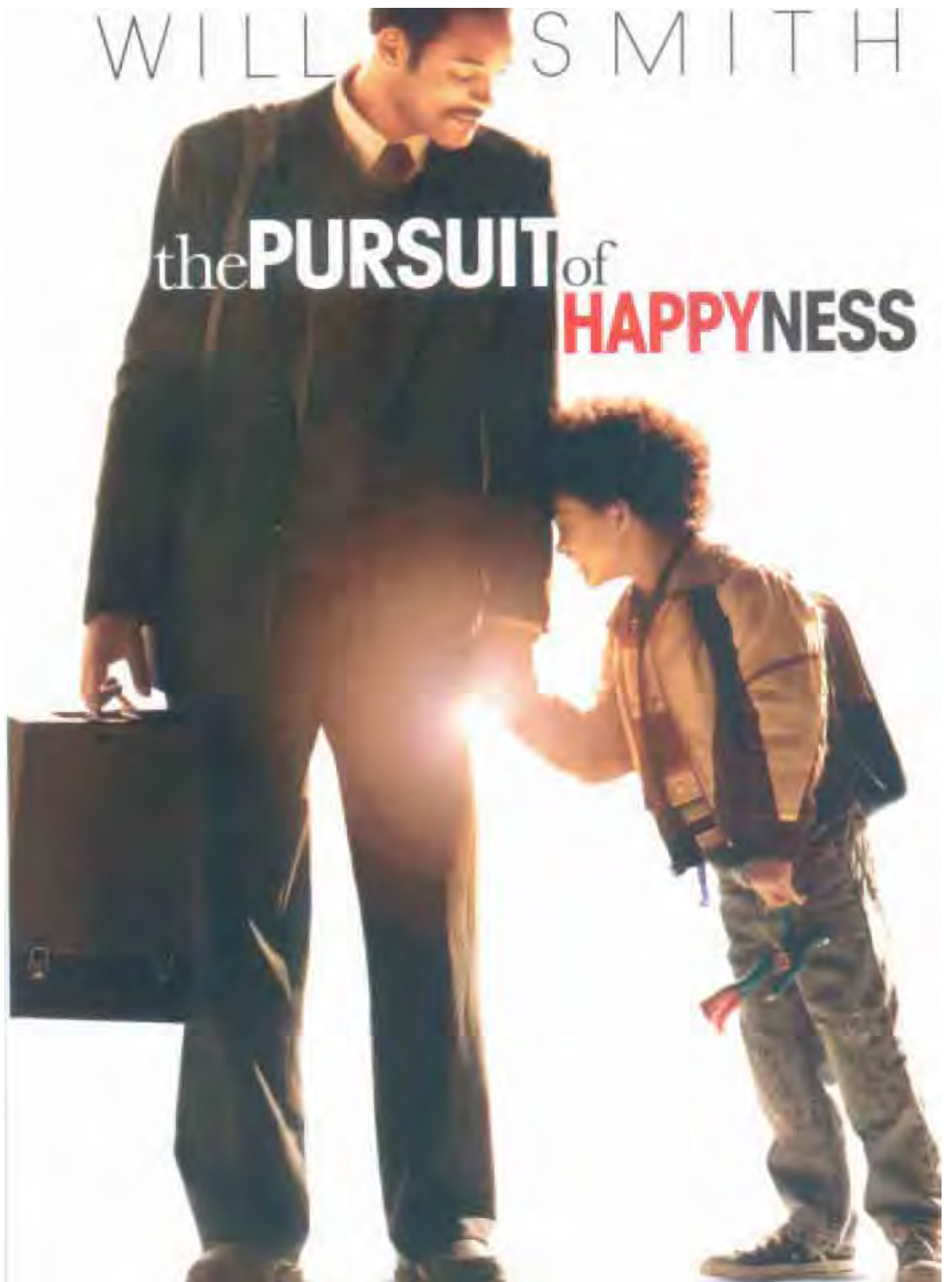
In Columbia Pictures’ *The Pursuit of Happyness*, Chris Gardner (Will Smith) is a family man struggling to make ends meet. Despite his valiant attempts to help keep the family afloat, the mother (Thandie Newton) of his five-year-old son Christopher (Jaden Christopher Syre Smith) is buckling under the constant strain of financial pressure. No longer able to cope, she reluctantly decides to leave.

Chris, now a single father, continues doggedly to pursue a better-paying job using every sales skill he knows. He lands an internship at a prestigious stock brokerage firm, and although there is no salary, he accepts, hopeful he will end the program with a job and a promising future. Without a financial cushion, Chris and his son are soon evicted from their apartment and forced to sleep in shelters, bus stations, bathrooms or wherever they

can find refuge for the night. Despite his troubles, Chris continues to honor his commitment as a loving and caring father, using the affection and trust his son has placed in him as an impetus to overcome the obstacles he faces.

Columbia Pictures presents in association with Relativity Media an Overbrook Entertainment/ Escape Artists Production starring Will Smith, Thandie Newton and introducing Jaden Christopher Syre Smith. The film is directed by Gabriele Muccino and written by Steven Conrad. The producers are Louis D’Esposito, Mark Clayman, David Alper and Teddy Zee. The director of photography is Phedon Papamichael, ASC. The production designer is J. Michael Riva. The film editor is Hughes Winborne, A.C.E. The costume designer is Sharen Davis. The music is by Andrea Guerra.

The Pursuit of Happyness has been rated PG-13 by the Motion Picture Association of America for Strong Language.



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Su Teatro’s Anthony J. Garcia honored as United States Artists fellow

Just when it seemed art for art’s sake was a washed up notion, El Centro Su Teatro Executive Artistic Director Anthony J. Garcia is receiving a \$50,000 fellowship from the newly established United States Artists (USA), based solely on his unique artistic vision.

Garcia, who was nominated by the National Association of Latino Arts and Culture (NALAC), is among the 50 fellows chosen by USA from over 300 nominees. USA selects fellows based on the nominee’s artistic quality, creativity, innovation, and risk-taking.

Garcia has been a member of Su Teatro since 1972 when he joined the company as a guitar player and singer. From that point, he began writing plays and, as he says, the company members eventually let him direct. Garcia’s plays have garnered much critical acclaim including the Denver Post’s Ovation Award, the Denver Drama Critics Circle Award for Best New Play, and the

University of California, Irvine Chicano Literary Award. Garcia also received a directing fellowship from Theatre Communications Group in 1989, which allowed him to visit theatre groups across the country and solidify his standing as one of the Southwest’s preeminent theater visionaries.

According to USA, 96% of Americans value art in their communities and their lives; however, only 27% value artists. This paradox is one of the main catalysts for USA’s inception. Through this unparalleled fellowship program, USA hopes to encourage creative output in the United States in order to invigorate the economy and celebrate our most talented creative thinkers.

Garcia will receive his honor at a public reception at the Lincoln Center in New York on Monday, December 4. For more information please call El Centro Su Teatro at (303) 296-0219 or visit www.unitedstatesartists.org

ENTERTAINMENT

The Theory of Everything

Blue Yonder Pictures and ChristianCinema.com release a compelling film, *The Theory of Everything*, which takes a fascinating look at two stems of thought: science and faith. A love story at its core, the motion picture considers how science and faith are not incompatible, as most would think.

Does scientific evidence imply that there is a spiritual realm? Can faith and science coincide rather than oppose each other? A moving story of family, faith and theoretical physics, *The Theory of Everything*, will inspire you to

“Envision the Possibilities.”

In this feature film, Doug Holloway (David de Vos), a family man on the verge of financial and marital ruin, embarks on a journey to find his birth father, Dr. Eugene Holland (Victor Lundin).

Dr. Holland is on a mission of his own - to prove the Holy Grail of physics - the Theory of Everything - that may prove the existence of God.

His greatest challenge: Completing his quest before a degenerative brain disease (CJD) claims his ability to reason. Soon the two journeys become one as the men

struggle together to rebuild their family and find new hope in God.

David de Vos along with executive producer David McFadzen, who also aided in creating the TV series *Home Improvement*, worked together to create a movie that depicts a correct balance between science and story.

Trinity Broadcast Network broadcast the world premier of “The Theory Of Everything” recently in Los Angeles. ‘*The Theory of Everything*’ is a . first class movie that can be watched by every member of the family. It has a powerful

storyline with a clear moral point that will encourage and inspire those who watch it,” said Paul Crouch Jr, TBN.

The movie was written and directed by lead actor David de Vos. David de Vos is a veteran actor and acclaimed director/producer with such credits as *Back to the Future - The Ride*, *The Making of Terminator 2*, *The O. C.: A Day in the Life*, *Star Trek the Experience*, *Switched*, and several other feature television and motion picture credits.

Actor Victor Lundin plays Dr. Eugene Holland. He is noted for being the first ever Klingon in the classic hit *Star Trek*. And he has appeared in *Gunsmoke*, *Get Smart*, *Batman*, *The Greatest Story Ever Told* and he has dozens of other film and television credits. But he finds his most rewarding work in

sharing the Gospel message through his work.

Born and raised in Walnut Creek, CA, David de Vos attended college at Cal Poly, San Luis Obispo. When a Hollywood production came to town, he volunteered as a set decorator, working nights for nearly two months.

He was immediately captivated by the art and process of filmmaking. David de Vos, writer, pilot, and director, has had experience in a wealth of TV and commercial work, including directing and acting for companies such as Universal Studios Hollywood, Paramount Parks, PAX TV, and working on specials for Fox and Disney. He and his wife, Stephanie, now reside in La Crescenta, California with their two daughters.

Blood Diamond

Ambientada en el contexto del caos y la Guerra civil que se desarrollaron en los años '90 en Sierra Leona, *Blood Diamond* es la historia de Danny Archer (Leonardo DiCaprio), un mercenario Sudafricano, y Solomon Vandy (Djimon Hounsou), un pescador del pueblo de Mende. Ambos hombres son africanos, pero sus historias y sus circunstancias son totalmente distintas.

Mientras se encuentra en la cárcel por contrabando, Archer descubre que Solomon, quien fue separado de su familia y forzado a trabajar en los campos de diamantes, ha encontrado y ocultado una piedra áspera y extraordinaria.

Con la ayuda de Maddy Bowen (Jennifer Connelly), una periodista americana cuyo idealismo es atenuado por su profunda conexión con Archer, los dos hombres emprenden una travesía a través de territorio rebelde.

Dirigida por Edward Zwick, *Blood Diamond* cuenta con la actuación de Leonardo



DiCaprio (*The Aviator*), nominado a un Premio de la Academia, la ganadora de un Premio de Academia, Jennifer Connelly (*A Beautiful Mind*), y el también nominado a dicho premio Djimon Hounsou (*In América*). El guión fue escrito por Charles Leavitt, basado en

una historia por Leavitt y C. Gaby Mitchell. Warner Bros Pictures presenta, en asociación con Virtual Studios, *Blood Diamond*, una producción de Spring Creek/ Bedford Falls, en asociación con Initial Entertainment Group, una película de Edward Zwick.



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Buick: retail sales were up 38 percent, led by Lucerne which saw a sales increase of more than 6,000 vehicles compared with last November.



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Saturn: retail sales were up 14 percent as the all-new 2007 Aura and Sky continue to bring new customers into the Saturn family.



Saab: retail sales were up 25 percent, driven by a 87 percent hike for 9-5, a 64 percent rise for 9-7X and a 11 percent retail increase for 9-3.



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LITERATURE

Do Not Pass Go

by Beatriz Rivera

Mateo Irigaray has come home to end his miserable life. A child prodigy, he was the pride of Hudson County. Born to a Colombian mother who died giving birth to him, he was raised by his older sister and surrounded by an assortment of unusual family members.

Though young and inexperienced, it didn't take his sister long to realize that Mateo was unusual. By the age of two, he could read and write. As a boy, he could learn a foreign language in a matter of weeks.

But now he's depressed and ready to end it all.

Learning that the famous genius has returned, Melody More, a reporter with the local newspaper, agrees to try and convince him to give the paper

an interview. But the only quote he'll give her is, "All I want to do is die!" In spite of his anger and rudeness, she finds herself strangely attracted to the surly, slovenly man who begs her to leave and not interrupt his plans. As their relationship develops, Melody returns every day with an assortment of tempting food and wine—they realize that they share a complicated history of family secrets and betrayals.

From New Jersey to Havana to Switzerland, Rivera peppers this off-beat love story with a range of eccentric characters: Melody's boss and former lover Xoan Xavier Contreras, known to the newspaper's readers as Triple X for his triple x-rated exposés; her sister Odette, who went unnamed

for an entire year because of her mother's revulsion at her Thalidomide-deformed hands; and most importantly, Melody's mother, who was obsessed with perfection and having a child prodigy of her very own.

Praise for the work of Beatriz Rivera:

"Recurring characters, family relationships, and the Jersey City Hispanic barrio connect the stories, as does Rivera's delicious sense of humor." - *Library Journal* on *African Passions and Other Stories*

"A large cast of endearingly self-absorbed characters struggle along in Rivera's sure-handed comedy as private fantasy, public aspiration and hard reality collide." - *Publishers Weekly* on *Midnight*



REQUEST FOR QUALIFICATIONS State of Colorado Colorado State University - Pueblo Notice Number: CSU-PUEBLO RFQ07-00004

Notice Status: Open for Submittals First Published: 12/20/2006
Notice Revisions: 0

Project No: CSU-PUEBLO #07014
Project Title: Student Recreation Center

Project Description

Colorado State University - Pueblo is soliciting the submittal of qualifications from Architectural/Engineering firms for the design, construction documents, and construction administration services for the proposed Student Recreation Center (SRC). A Student Facilities Fee will fund a bond for the construction and operation of the proposed SRC. Spending authority has been approved by the Board of Governors of the CSU System and CCHE, and is contingent on approvals from the Capital Development Committee, and the Joint Budget Committee.

The project calls for approximately 43,300 gsf to be built on two levels. This new facility will be located adjacent and attached to the southeast portion of the HPER Building which is currently being renovated. The SRC will include cardiovascular and strength & conditioning areas, an aerobics dance room, Experiential Learning Center programs, meeting area and equipment rental space, a three-court gymnasium with an elevated 1/9th mile running track, locker rooms, unisex changing room, a lounge with café and outdoor seating, multi-purpose activity room, a health/wellness/nutrition suite, and a control desk/reception area. In addition, the existing natatorium and racquetball courts within the HPER Building will be upgraded as part of this project.

The successful A/E firm must have completed projects of similar scope and complexity and have a working knowledge of the Colorado State Buildings Programs procedures. The successful firm will work in conjunction with the owner's Project Manager to assure all of the owner's requirements and value engineering are adhered to. The successful firm must demonstrate that their proposed team including all consultants will complete design and construction bid documents within six (6) months of firm's selection. The University requires that the facility be occupied and operational in Spring, 2008.

Description Attachments (2 with a total length of 1217 KB)

AE RFQ.pdf	132 (Kbytes)
SC6.4 AE AGREEMENT CM GC MODEL FORMAT - AUGUST 2006.doc	1086 (Kbytes)

Scope of Services

RFQ for Services of: Architects, Engineers
RFQ for Services of: Architects, Engineers

- 1) Verification of Current Program Plan Budget and Project Cost Estimating.
- 2) Schematic Design & Project Definition Phase
- 3) Design Development
- 4) Construction Document Phase
- 5) Bidding Phase
- 6) Construction Administration Phase
- 7) Meet with campus committee design team to ensure that the University's needs are met.

Minimum Requirements

Minimum Requirements for this project include a license to practice Architecture in Colorado, and completion of projects of similar scope and complexity. Minimum Requirements for this project include a license to practice Engineering in Colorado, and completion of projects of similar scope and complexity. Qualifications and Experience to include: 1) Experience with projects of similar scope and complexity. 2) Design in accordance with applicable Building Codes and Standards. 3) Plan and maintain project schedules for all phases. 4) Construction cost estimating for similar projects. 5) Computer aided design (Auto CAD Release 14), and e-mail capability. 6) Colorado-based firm and conveniently located to work with the University. 7) License to practice architectural/engineering in the State of Colorado.

Firms meeting the minimum requirements may obtain the RFQ documents by contacting

RFQ Document attached under Project Description

Website to obtain RFQ

- 1) www.gssa.state.co.us
- 2) Click on State Buildings and Real Estate Programs
- 3) Scroll down and then click on Colorado Construction and Design Notices
- 4) Click on Open Notices by Agency
- 5) Click on Colorado State University-Pueblo
- 6) Click on CSU-Pueblo RFQ07-00004

Pre-Submittal Meeting

A mandatory Pre-Submittal Meeting will be held 01/03/2007 02:00 PM at Colorado State University-Pueblo, Administration Building, Conference Room #109, 2200 N. Bonforte Blvd., Pueblo, CO 81001.

Qualifications Due

Date & Time: 01/12/2007 10:00 AM

Address: Colorado State University-Pueblo
Attention: Geraldine Trujillo-Martinez, Purchasing Department
2200 North Bonforte Boulevard
Administration Building, Room 309
Pueblo, CO 81001

Point of Contact

Name: Geraldine Trujillo-Martinez
Agency: Colorado State University-Pueblo
Phone: (719) 549-2054
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This Notice is also available on web at www.colorado.gov/dpa/dfp/sbrep

Sandwiches at the Mariposa Express

"An inventive, provocative oddity, this is a tantalizing work that draws readers into an engrossing twilight world." - *Publishers Weekly* on *Playing with Light*

Beatriz Rivera specializes in creating witty and dizzying characters. She is the author of *Playing with Light* (2000), *Midnight Sandwiches at the Mariposa Express* (1997), and *African Passions and Other Stories* (1995). Rivera's Latinas deal with questions of identity and tradition in a startlingly funny yet thought-provoking way. She received her Ph.D. from the City University of New York Graduate Center in Spanish Literature.

¡Bien crujiente!

Continúa de página 11

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Porciones: 4

1 1/3 tazas de French's Original o Cheddar French Fried Onions
4 (1/2 pulgada de grosor) chuletas de cerdo con o sin hueso
1 huevo, batido

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SALUD

Give The Gift Of Health This Holiday Season With Chp+

In between the hustle and bustle of the holiday season, Child Health Plan Plus (CHP+) reminds families to make sure they "give the gift of health" this year. Health and dental insurance is essential to keeping Colorado children healthy throughout the season.

CHP+ is Colorado's low-cost health and dental insurance program for uninsured children ages 18 and under from working families that earn too much to qualify for Medicaid but cannot afford private health insurance. CHP+ also offers benefits to pregnant women through the

CHP+ Prenatal Care Program.

"An increasing number of families throughout Colorado are giving the gift of health this holiday season by enrolling their children in the CHP+ program," said Steve Tool, executive director of the State of Colorado's Department of Health Care Policy and Financing.

"We are proud to report that CHP+ application submissions have increased by 30 percent and requests for applications have increased by 45 percent as a result of our team's ongoing education and enrollment efforts. In Denver, the CHP+

enrollment rate is 79.8 percent, exceeding the statewide enrollment average of 73.3 percent."

According to the Children's Basic Health Plan Annual Report for State Fiscal Year 2006, CHP+ enrollment increased to 46,755 children per month in State Fiscal Year 2006, a 13.8 percent increase compared with the 41,101 served in State Fiscal Year 2005.

CHP+ pays for health care services including well-child check ups and physicals, immunizations (shots), doctor visits, sick care, vision care, dental care, prenatal care,

hospitalizations and medications. Families must meet certain income requirements to participate in CHP+.

Family size, income and some deductions determine if families qualify for the program and how much it will cost. Many working families are eligible and can participate in CHP+. For example, a family of four that makes just less than \$40,000 may qualify for the program. Some families will not have to pay an annual enrollment fee, others will pay \$25 to enroll one child and \$35 for two or more. Co-payments range from \$0 to \$5 for office visits and \$15 for emergency room visits.

"Our children have been enrolled in CHP+ for more

than 5 years," said Catrina Ortiz of Denver. "It really puts my mind at ease knowing that my children have the health and dental insurance they need. Not only are they covered in emergencies; they can also get the regular care they need to stay healthy. I encourage Colorado families to give the gift of health this holiday season by applying for CHP+."

For more information, in English and Spanish, about CHP+ eligibility or to get an application, visit the CHP+ Web site at www.CHPplus.org. To speak with someone in English or Spanish, call toll free at 1-800-359-1991. Families can now download the CHP+ application from the Web site and mail it in.

anticoagulante *Continúa de página 7*

En 2004, aproximadamente 542,000 pacientes fueron dados de alta de los hospitales luego de que se les colocaran endoprótesis liberadoras de fármaco. A pesar de los avances médicos, las enfermedades cardíacas continúan siendo la principal causa de muerte en Estados Unidos, cobrándose unas 700,000 vidas por año.

Las primeras endoprótesis aprobadas en 1994 eran de metal sin revestimiento, pero las endoprótesis actuales están a menudo recubiertas con una fina capa de fármaco que inhibe el crecimiento de tejido cicatricial que puede causar la repetición del bloqueo. El medicamento en estas endoprótesis liberadoras de fármaco también puede retrasar el proceso de cicatrización que sigue a la colocación de la endoprótesis. Por eso es que los médicos prescriben clopidogrel que ayuda a prevenir la coagulación durante el período prolongado de cicatrización.

Todavía se desconoce el tiempo exacto durante el que podría necesitarse el clopidogrel. La droga, que minimiza la coagulación impidiendo que las placas sanguíneas se adhieran unas con otras, es recomendada en la actualidad por la Food and Drug Administration (FDA) durante períodos de 3 a 6 meses para las endoprótesis liberadoras de fármaco, según quién sea el fabricante de la endoprótesis.

El estudio de Duke incluyó 4,666 pacientes que recibieron endoprótesis liberadoras de fármaco o endoprótesis de metal sin revestimiento, durante un período de 5 años. Entre estos, 3,609 fueron categorizados como "sin episodios", es decir que: no fallecieron, no tuvieron


ataques cardíacos, no fueron sometidos a procedimientos adicionales para abrir las arterias coronarias, durante al menos 6 meses luego de la colocación de la endoprótesis. Los investigadores luego revisaron el uso de clopidogrel de esos pacientes y su estado de salud a lo largo del mes de septiembre de 2006.

Las conclusiones del estudio son:

- Entre los pacientes con endoprótesis liberadora de fármaco que estuvieron libres de episodios a los 6 meses, quienes informaron el uso de clopidogrel tuvieron muchísima menos probabilidad de morir durante

Continúa página 23

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SALUD

Changes in nursing homes to benefit residents, families, staff

While surveying older patients about breaking a hip, researchers in the British Medical Journal found 80 percent of respondents would rather be dead than in a nursing home. But according to Gayle Doll,

director of the gerontology program at Kansas State University and a researcher on long-term elder care, the culture of nursing homes in this country is beginning to change, thanks to a new focus on person-centered care. The hope is that the new culture will be welcoming to residents, their families and staff members.

Previously, nursing homes focused on the medical side of long-term care. Now the trend is to look at the person and their various needs, rather than just their medical needs.

The focus on person-centered care includes more consistent staffing, Doll said. In the past, workers would go anywhere in the care center they were needed, while trying to remember the needs of many patients. Now, the same staff works with the same group of residents.

"It's all about creating relationships," Doll said. In the future, she said there may even be universal staff members who will tend to all of a resident's needs, including housekeeping.

Choice is another focus. This includes choices on eating, what to eat and when; activities; bedtimes; and bathing.

Private rooms are becoming more common as well. Doll expects that in the next 15 years, all rooms will be private in nursing homes.

Doll said it's easy to tell if a nursing home is focusing on culture change — visiting one at about 6 am will show if all of the residents are being awakened or if they can choose to get up when they wish.

"You also can view the interaction between staff and residents," she said. "See if they talk over their heads or to the residents."

This culture change is partially due to the ever-expanding options for the aging, Doll said. Now, older adults can consider home health, which allows the person to stay in his or her own home. Another option is assisted living, which provides supervision but a lot of independence for residents who can take care of most of their own needs. It's like a "very small apartment but with help nearby," Doll said. Yet another of many options available today includes "green houses," which are like boarding houses with only eight to 10 residents.

"Everyone's trying to make it more homelike," Doll said.

The gerontology program at K-State focuses on long-term care issues. Doll and other K-Staters are studying how culture change is affecting residents. In addition, researchers have written about Kansas nursing homes that have won awards for being more person-centered rather than medically centered. K-State's gerontology Web site also provides ideas for nursing home activities, as well as educational modules on culture change and other topics. The site is at: <http://www.k-state.edu/peak>

K-state expert discusses food safety for older adults

Several factors can increase food safety for aging adults, according to Tina Remig, assistant professor of human nutrition at Kansas State University.

"Many believe that if they have achieved old age, their food practices must be correct," Remig said. "But in fact, food safety problems and illnesses that result from food preparation are underreported and many can be avoided."

Remig has researched food-handling practices among older adults and how to communicate safe practices to this group.

She offered these tips to improve food safety for aging adults:

- Use meat thermometers. "Most aging adults cook as they saw their mothers cook, which usually means without the use of a meat thermometer," Remig said. "But the use of a food thermometer has been proven to decrease the risk of foodborne illnesses."

- Store food in small quantities. "Of the older adults that cook, many continue to prepare foods in family-size portions and store the extra

food in the refrigerator in one large container," she said.

Such food storage can create a dangerous environment for foods, according to Remig. "The deeper the container, the more potential for bacteria to thrive and contamination to occur. With smaller, shallow containers, food cools more quickly and is more readily available," she said.

- Put foods away in a timely manner. "Leaving food on the counter or table and consuming it later without reheating is just not a good food safety practice," Remig said.

While some may find it challenging to alter past food-handling behaviors that are now considered unsafe, Remig said she hopes that people will continue to change as knowledge about safe food handling improves.

"We now know more about nutrition overall. As we know more, we share more and may have to make changes," she said.

For additional food safety information, Remig suggests visiting the Fight BAC! campaign Web site at <http://www.fightbac.org>

Holiday Season Cont. from page 6

48,695

The number of malls and shopping centers dotting the US landscape as of 2005, a total that increased by approximately 12,000 since 1990.

Christmas Trees and Decorations
\$485 million

The amount of money the nation's Christmas tree farmers received from tree sales in 2005. Oregon was the top state in tree sales (\$126 million), followed by North Carolina, Washington and Michigan.

\$605 million

The value of US imports of Christmas tree ornaments from China between January and August 2006. China was the leading country of origin for such items. Similarly, China was the leading

Cont. on page 19

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Cambios en las casas de reposo beneficiarán residentes, familias, empleados

Mientras estaban encuestando pacientes mayores sobre rompiendo una cadera, investigadores del British Medical Journal (Revista Británica de Medicina) encontraron que 80 porcentajes preferían estar muerto que estar en una casa de reposo.

Pero según Gayle Doll, directora de la programa de gerontología en la Universidad de Kansas State y investigadora del cuidado de largo plazo, la cultura de las casas de reposo en este país esta comenzando a cambiar, gracias a un nuevo enfoque en cuidado centrado en la

persona. La esperanza es que la nueva cultura sea de bienvenida a nuevos residentes, sus familias y los empleados.

Previamente, las casas de reposo enfocaron en el lado médico del cuidado de largo plazo. Ahora la tendencia es a ver a la persona y sus necesidades varias, en vez de solo sus necesidades médicas.

Este enfoque en cuidado centrado en la persona incluye dotación de personal más consistente, dijo Doll. En el pasado, empleados iban a cualquier lugar en el centro de cuidado donde fueron

necesarios, mientras intentando a recordar las necesidades de pacientes múltiples. Ahora, los mismos empleados trabajan con los mismos grupos de residentes.

“Lo importante es crear relaciones”, dijo Doll. En el futuro, ella dijo que podría ser empleados universales quienes cuidarán de todas las necesidades de un residente, incluyendo tareas domésticas.

Elección es otro enfoque. Esto incluye elecciones de comer; de que comer y cuando, actividades, hora de acostarse y bañarse.

Cuartos privados están

haciendo más común también. Doll anticipa que en los próximos 15 años, todos los cuartos sean privados en las casas de reposo.

Doll dijo que es fácil decidir si una casa de reposo está enfocado en el cambio de la cultura – una visita a una a las 6 de la mañana mostrará si todos los residentes están siendo despertados o si pueden levantarse cuando quieren.

“También se puede ver las interacciones entre los empleados y los residentes”, dijo Doll. “Se puede ver si ellos se hablan sin hacer caso a los residentes, o si hablan a los residentes.”

Este cambio de cultura está debido parcialmente a las opciones crecientes para los que están envejeciendo, dijo Doll. Ahora, adultos mayores pueden considerar cuidado en casa, que les permite quedarse en sus propias casas. Otra opción son las residencias de vivienda asistida, que provee supervisión pero mucha independencia para residentes

que puede cuidar de la mayoría de sus necesidades. Es como un “pequeño apartamento pero con ayuda muy cercana”, dijo Doll. Pero otra opción de muchas que están disponibles incluye “casas verdes”, que son como pensiones con solo ocho a diez residentes. “Todo van intentando a hacerlo más como una casa”, dijo Doll.

El programa de gerontología en K-State enfoca en cuestiones del cuidado de largo plazo. Doll y otros de K-State están estudiando como el cambio de la cultura está afectando los residentes. En adición, investigadores han escrito sobre las casas de reposo de Kansas que han ganado premios por ser más centrada en lo personal que en lo médico. El sitio de web de gerontología en K-State también provee ideas para actividades en las casas de reposo, y además de proveer módulos educacionales sobre cambio de cultura y otros temas. La dirección es: www.k-state.edu/peak

Holiday Season Cont. from page 18

foreign source of artificial Christmas trees shipped to the United States (\$65 million worth) during the same period.

Where the Toys Are ... Made

116

Number of establishments around the country that primarily manufactured dolls and stuffed toys in 2004; they employed 2,386 people. California led the nation with 17 such locations.

723

The number of locations that primarily produced games, toys and children's vehicles in 2004; they employed 16,465 workers. California led the nation with 117 establishments.

\$3.2 billion

Total value of shipments for dolls, toys and games by manufacturers in 2004.

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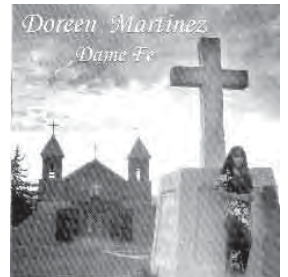
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COMMUNITY NEWS

Bear Creek Park Cont. from page 3

And, they have an interesting array of enzymes in their system. In the case of poison hemlock, the enzyme in their saliva detoxifies the toxin before they swallow.

The first thing goats do when they walk through the pasture is snap off all the flower heads. Then they pick the leaves off one at a time, very quickly, leaving a bare stock. The

plant's stalk and the ground are left undisturbed and the canopy has been removed, allowing sunshine to hit the ground.

It is well-documented in research that if stems are cut off of most weeds with a sharp blade, the plant will quickly respond by making just as many seeds, actually making the plant denser. But, because

of the way a goat eats, the plant is stopped dead in its tracks.

The garden association plans to bring the goats to Bear Creek in the spring and fall of 2007. A 501(c) 3 tax exempt organization, BCGA is also seeking ongoing donations from the public to support the goat grazing project. Those interested in making a

donation or joining BCGA and having a plot at the gardens should contact Char Nymann at (719) 473-5827.

The variety of projects that the Bear Creek Garden Association oversees is worthwhile not only to El Paso County government, but to its citizens and parks. I'm pleased that the BCGA received this grant and

that El Paso County and the commissioners were able to assist by writing a letter of support in October of 2006. Additionally, a joint agreement will soon be brought before the Board of Commissioners in partnership with the BCGA for noxious weed removal adjacent to its community gardens.

NCLR Continúa de página 4

del informe es que cada año, casi uno de cada cinco hispanos (el 19,6%) tiene un acceso limitado o inexistente a alimentos nutritivos, comparado con el 12% correspondiente a la población estadounidense en general. El informe identifica varios aspectos que contribuyen a este porcentaje y examina los

vínculos entre la desnutrición y problemas como la obesidad y la salud física y mental de los niños. La conferencia de prensa contará con la presencia de Janet Murguía, presidenta de NCLR; Ellen Volinger, directora legal de Food Research and Action Center (FRAC); Beatriz Otero, directora ejecutiva de

CentroNía, un Afiliado de NCLR; y Sonia Gutierrez, directora ejecutiva de Carlos Rosario International School. Los representantes de CentroNía hablarán de las experiencias personales de miembros de la comunidad latina en Washington, DC que han sufrido de desnutrición y sus consecuencias.

envejecidos Continúa de página 5

parte de la vida. Caminar fue más común como modo de transportación, y muchos trabajaron en un trabajo más exigente físicamente. De repente, como un adulto mayor, se les dice que necesita ser más activo y simplemente

no sabe cómo hacerlo."

Aunque ejercicio en cualquier edad es beneficioso para la salud, Bopp hizo hincapié de actividad física como un adulto mayor.

"Cuando nosotros envejecemos, se hace mucho

más importante a hacer ejercicio," dijo. "Actividad se puede ayudar en combatir la pérdida de su capacidad funcional y posiblemente puede bajar las tasas de hipertensión, diabetes y aún cancer." *Continúa página 23*



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COMMUNITY NEWS

anticoagulante *Continúa de página 7*

los 18 meses posteriores que quienes no usaron el fármaco (una tasa de muerte de 2 por ciento contra una tasa de 5.3 por ciento).

Esos pacientes tenían, además, menos probabilidad de morir o de tener un ataque cardíaco (3.1 por ciento comparado con 7.2 por ciento).
 • Entre los pacientes que no habían tenido episodios durante un año completo, los que informaron usar clopidogrel a los 12 meses tenían, de la misma manera, menos probabilidad de morir que quienes no tomaban clopidogrel durante los siguientes 12 meses (0 por ciento comparado con 3.5 por ciento), y menos probabilidad de morir o de tener un ataque cardíaco (0 por ciento comparado con 4.5 por ciento).

El estudio también incluyó

pacientes que recibieron endoprótesis de metal sin revestimiento. En esos pacientes, el uso de clopidogrel no tuvo un impacto significativo sobre los riesgos de muerte o ataque cardíaco, en ninguno de los análisis.

Mientras que el estudio de Duke sugiere enfáticamente que los pacientes con endoprótesis liberadora de fármaco deberían recibir clopidogrel durante un período de tiempo mayor al de las recomendaciones actuales, se necesita un ensayo controlado aleatorizado para confirmar estos resultados, indicaron los investigadores. Además, agregaron, se necesitan más estudios para evaluar la relación entre la terapia de clopidogrel a largo plazo y sus riesgos de efectos colaterales adversos, por

ejemplo, hemorragias.

Como cualquier otra droga, clopidogrel conlleva riesgos, y el estudio no evaluó las implicaciones del uso de clopidogrel a largo plazo. Se debe consultar con un médico antes de hacer cambios en un régimen farmacológico. Clopidogrel puede causar cansancio excesivo, jaquecas, mareo, problemas estomacales o dolor estomacal, diarrea y estreñimiento.

Clopidogrel evita que la sangre se coagule, por lo que los pacientes pueden experimentar hemorragias nasales o hemorragias prolongadas luego de una lesión.

La FDA, que ahora está evaluando sus datos sobre endoprótesis liberadoras de fármacos, explorará aspectos relacionados con la seguridad

en la reunión que los días 7 y 8 de diciembre realizará el Advisory Panel on Circulatory Systems Devices de la FDA.

En esa reunión, se presentarán los resultados del

estudio de Duke sobre clopidogrel.

Para más información sobre DECIDE y el programa EHC,

vaya a www.effectivehealthcare.ahrq.gov

envejecidos *Continúa de página 22*

Bopp ofreció dichos de hecho para los adultos en hacer ejercicio:

• No esté intimidado. “A unos la idea de hacer ejercicio parece imponente – como necesita saber mucho o tener mucho equipo especial – pero eso no es el caso. De verdad puede ser tan fácil como caminar por el bloque.”

• Sí – considere otras actividades del régimen. “La recomendación de la salud

pública para actividad física es treinta minutos de actividades de intensidad moderada casi todos los días para todos adultos.

Esto puede ser a través de una clase de ejercicio, pero también puede incluir actividades del estilo de vida como la jardinería, tareas afuera y tareas domésticas.”

• No piense que ya es tarde. “Adultos mayores a veces piensan que es demasiado

tarde para comenzar a hacer ejercicio, pero todavía recibe beneficios maravillosos de estar activo. No importa cuando comienza,” dijo Bopp.

• Sí – Haga ejercicios con prudencia. “Comience con rutinas de intensidad baja y use una progresión lenta para evitar complicaciones de la salud. Avise a su proveedor de salud antes de comenzar una nueva rutina de ejercicio para protegerse.”

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