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AUTOMUNDO

Toyota Corolla *pg. 12*

Distrito Escolar 11 Tendrá Dos Foros de Comunidad y una Audiencia Pública para Hablar sobre la Utilización de Escuela Secundaria East

El Distrito Escolar 11 de Colorado Springs anuncia dos foros de comunidad y una Audiencia de Junta Directiva de Educación Publica para hablar sobre la futura utilización de la Escuela Secundaria East, 1600 North Union Boulevard.

A consecuencia del fracaso de East de no hacer progreso anual adecuado bajo la Acta Federal No Child Left Behind más el traslado de los estudiantes de Lengua Inglesa del distrito de East a sus escuelas de casa, la Escuela Secundaria East tendrá bajo 300 estudiantes en un edificio diseñado para más de 800 estudiantes.

Primer Foro de Comunidad: El primer foro de comunidad ocurrirá el 6 de marzo 2007, de 6:30 a 8:30 en el auditorio en la Escuela Secundaria East, 1600 North Union Boulevard. El personal del Distrito 11 hará una breve presentación, y la discusión será abierta entonces para comentarios públicos y/o preguntas. El primer foro será grabado para la aireación posterior en el Canal 16 de Comcast. Habrá un traductor y dispositivos de traducción, y tendremos a un intérprete dactilología, también.

Segundo Foro de

Continua página 18

School District 11 Holds Two Community Forums and a Public Hearing to Discuss Utilization of East Middle School

Colorado Springs School District 11 announces two community forums and a Board of Education public hearing to discuss the future utilization of East Middle School, 1600 North Union Boulevard.

The district seeks community input about the academic performance at East, the imminent changes to the school required under the federal No Child Left Behind Act, the reduction of the school's population as a result of the district's English Language Learner students returning to their home schools, and the desire to examine the most effective and efficient use of school district resources.

First Community Forum: The first community forum will take place on March 6, 2007, from 6:30 to 8:30 p.m. in the auditorium at East Middle School, 1600 North Union Boulevard.

District 11 staff members will make a brief presentation, and the public will then have the opportunity for comments and/or questions. The first forum will be taped for later airing on Comcast Channel 16.

Second Community Forum: The second community forum

Cont. on page 7

El cambio de hora en nuestros relojes

Al comienzo del 2007, los Estados Unidos comienza el Tiempo de Ahorro de la Luz del Día (DST, por su siglas en inglés) a las 2:00am en el segundo domingo de marzo y se invierte al tiempo standard el primer domingo de noviembre. En los Estados Unidos, cada zona del tiempo se cambia en diferente fecha. En Primavera se adelanta el tiempo en Marzo 11, 2007; y en Otoño se atrasa en noviembre 4, 2007.

Durante el DST, los relojes se adelantan una hora, efectivamente moviendo una hora de la luz del día de la mañana hacia la tarde.

En agosto 8 del 2005, el presidente George W. Bush firmó The Energy Policy Act del 2005. Esta Acta cambió las fechas de cambio de tiempo para DST en

Continua página 18

DOs and DON'Ts for Extended Daylight Savings Time

DO - Pay strict attention to any notices or requests for action from your IT professionals and consult them **prior** to applying any updates or patches.

DON'T - Don't assume that if your IT department or scheduling host has installed patches and updates this will take care of all scheduling issues. There still may be individual actions required, particularly where an organization shares calendars among many kinds of computers and personal information managers.

DO - Exercise caution with the appointments and meetings in the extended DST period. When in doubt, verify the correct time with the organizer.

DON'T - Don't show up for an important meeting during this time period without

Cont. on page 7

2nda Feria de Empleo en Colorado Springs

La Estación de Radio "La Gran D" 101.9 FM anuncia su 2nda Feria de Empleo la cual se llevara acabo en la Iglesia de Nuestra Señora de Guadalupe de Colorado Springs.

Beto Gaytan, Gerente de Operaciones y locutor de la mañana de "La Gran D 101.9," comenta "Tenemos un compromiso con nuestros radioescuchas en tratar de servirles en lo que podamos. Si podemos poner buenas personas enfrente de compañías que andan en busca de personas trabajadoras, entonces sentiremos que hemos hecho nuestra parte de servir a nuestra comunidad."

Rob Quinn, Vice Presidente y Gerente General de Bustos Media, dice "Nuestras Ferias

Continua página 18

INSIDE

Community News ..... pages 2-3
Noticias en Español .....pages 4-6
Deportes .....page 9
Entertainment .....pages 10-11
Salud .....pages 14-15

COMMUNITY NEWS

Minority Family Advocate for Mission Possible

Mission Possible is looking for someone fluent in both Spanish and English languages to work with minority females.

This position has the responsibility of advocating for minority youth and their families who are involved with the juvenile justice system.

The Minority Family Advocate will assist minority youth and her family in navigating through the court process, ensuring appearances on required court dates and helping to access appropriate resources and services as needed. For more information on this position please feel free to contact Palmer Johnson, Executive Director of Mission Possible, at 492-9100.

Spanish Speaking Lawyer Request

T.E.S.S.A is in need of Spanish speaking lawyers to support their organization. We are interested in obtaining any available information on local community lawyers that are Spanish speaking. In T.E.S.S.A., we see a number of clients who would benefit greatly from having representation by a Spanish-speaking advocate lawyer. If you know of anyone who would be interested in supporting T.E.S.S.A, please contact Brenda Johnson, 633-6417 Ext 1001.

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2nd Quarterly Colorado Springs Job Fair!!

Bustos Media Mexican Regional Radio Station "La Gran D" 101.9 FM has announced a job fair that will be held at Our Lady of Guadalupe Church of Colorado Springs (Circle Dr. and Pikes Peak) on Wednesday, March 7, 2007. The job fair opens at 10AM and concludes at 4PM. Free parking will be available in and around the church.

La Gran D Operations Manager and Morning drive talent Beto Gaytan comments: "we have an ongoing commitment to our listeners to serve them in any way we can. If we can put good people in front of companies looking for hard working individuals, then we feel we have served our community well".

Bustos Media VP/GM Rob Quinn says, "Our job fairs have established a tradition in Colorado Springs of connecting employers to job seekers. This next event should be our best ever judging by the number of business's involved! There will be plenty of business' looking for employees such as: US Army, King Soopers, Cleaning Authority, Jumping Jack Cash, My Phil Long Ford, Panda Express, T-Mobile, Farmers Insurance, Compass Bank, Safeway, DeVry, Mary Kay, S.O.S. Staffing, Rancho Alegre, Walmart, Academy Hotel, College in Colorado, and Anderson & Lopez among others. 2,000 potential job seekers are expected.

Bustos Media, LLC is a Spanish-language radio company which owns and operates 24 radio stations in the mid-size, but high growth markets throughout the United States. Bustos also produces four nationally syndicated network formats, targeting US Hispanics, which are now being carried by dozens of affiliated radio operator across the nation.

Pelosi Meets with President Saca Gonzalez of El Salvador

Washington, D.C. – Speaker Nancy Pelosi and El Salvadoran President Elias Antonio Saca Gonzalez met today with Democratic and Republican members of Congress, Wednesday, February 28, in the Speaker's office in the Capitol. They discussed the need for comprehensive immigration reform and bilateral relations between the U.S. and El Salvador.

PPLD seeking adult tutors

Free tutor training begins March 8

Help adults improve their reading, writing, and/or English language skills. Tutors work individually with an adult learner two to four hours a week; meeting times and locations are flexible. Free training is held at Penrose Library. Participants must attend all training sessions to become tutors. Call 531-6333, x2223 for information or to register. Training sessions will be held Thursday, March 8, 15, 22, 29, and April 5 from 10 a.m. - 2 p.m.

About LitSource - LitSource is an adult literacy and basic skills program sponsored by Pikes Peak Library District. LitSource provides individual and small group tutoring and informal English conversation groups for adults who want to improve basic skills in reading, writing, and spoken English. LitSource is provided for adults, free of charge, and by appointment only. **Office:** Penrose Library, 20 N. Cascade Ave. **Contact Person:** Sherrill Wyeth **Phone Number:** 531-6333, x2223 or x2224

Education, *Educación*

No matter how you spell it, we need to make it part of our everyday vocabulary. We need to be involved constantly, not just when we read a story like the one on our front page. We need to stop blaming teachers, they are like you and I — not all are perfect. Most of the teachers I know are dedicated and work very hard at their discipline. Why do some schools produce more than others? That is the question; perhaps it has to do with parent involvement. I have been to a few gatherings intended to promote higher education in the Hispanic community; each was very disappointing. The attendance by Hispanics or lack there of, was inexcusable. They just did not show up. There were many pieces of material present intended to assist those interested in attaining a college degree. Then I must remember we are not helping out that much in graduating these students from high school. Can we change? I can see why many of the organizations that are tying to make a difference are frustrated. We do not have the answer; if we did, we would share it with you immediately…in the coming weeks this newspaper will be offering a lot of valuable information on educational opportunities.

COMMUNITY NEWS

Scholarship Honors Sister Nancy Hoffman

Centura Health, Colorado's largest health care provider, and the University of Colorado at Denver and Health Sciences Center (UCDHSC), announced an endowed scholarship to honor the legacy of Sister Nancy Hoffman, who was senior vice president of Mission and Ministry at Centura Health from 1996 to January, 2007. The Sister Nancy Hoffman Scholarship is available to minority healthcare administration students accepted to the UCDHSC master of business administration program in health administration. UCDHSC offers the only nationally accredited health administration program in the Rocky Mountain region.

Greg Burfitt, president and CEO of Centura Health, said, "Unfortunately, minorities are underrepresented in the healthcare field, both on the clinical side and the business side. Greater diversity benefits us all. The scholarship is an opportunity for us to make a real impact on communities in Colorado and across the nation, and to share our commitment to diversity efforts. We're pleased to pay tribute to Sr. Nancy and her extraordinary service to our patients, our mission and to the people of Centura Health through this scholarship. The recipient of this scholarship will receive an excellent education at UCDHSC."

The scholarship is eligible to a first-year graduate student accepted to the MBA program in health administration at UCDHSC. The recipient will be selected by a panel comprised of leaders from the university and Centura Health. The scholarship will be awarded to a student in the program who is a U.S. citizen of black; Native American or Alaskan Indian; Pacific Islander; or Hispanic origin.

The comprehensive scholarship package, provided by Centura Health, includes:

— 50% - 100% of tuition, room, board, textbooks and equipment to complete the MBA program in health administration;

— A paid summer internship at Centura Health between year one and year two of the MBA program; and

— A one-year paid residency program at Centura Health.

Sueann Ambron, dean of the Business School at UCDHSC said, "The university is very proud of our two nationally ranked, fully accredited programs in health administration. This scholarship will help us and Centura Health move forward in development of a structured program for attracting minority students. We're working very hard to have one of the most diverse health administration programs in the U.S."

Students interested in applying for this scholarship first need to be admitted to the health administration program at the University of Colorado at Denver and Health Sciences Center.

For more information about the scholarship, please contact Dr. Errol Biggs, director of the health administration program at UCDHSC, at 303-556-5845.

Richardson In Denver Announces Colorado Campaign Team

New Mexico Governor Bill Richardson held a news conference in Denver to announce the appointment of five prominent Democrats to lead his Colorado campaign team as part of his effort to secure the 2008 Democratic Presidential nomination.

Governor Richardson named Tom Strickland, Polly Baca, Lawrence Martinez and Erich Bussian to Co-Chair the Richardson for President Campaign in Colorado. Richardson also named J.W. Postal as Colorado Campaign Director and chief Colorado spokesman.

"I am proud to have the prominent, respected, and experienced Coloradoans leading my campaign here," said Governor Richardson. "I believe the strength of this team gives us an advantage as we work to earn the support of the people of Colorado."

Strickland is one of Colorado's best known business, civic and political leaders. He has been active in Colorado politics since 1980 and was the Democratic nominee for the U.S. Senate in 1996 and in 2002. Strickland is the managing partner at the Denver office of the Hogan & Hartson Law Firm. From 1999-2000 he served as Colorado's U.S. Attorney.

For more than 30 years Polly Baca has been a well known Colorado and national political leader. She served in the Colorado Legislature as a Representative and Senator, and was the Democratic nominee for Congress in 1980. Baca served as a Vice Chair of the Democratic National Committee for eight years (1981-89) and as a Co-Chair of both the 1980 and 1984 Democratic National Conventions. Baca served in the Clinton Administration as Special Assistant to the President for Consumer Affairs and as Regional Administrator of the General Services Administration. Currently she is President and CEO of the Latin American Research and Service Agency (LARASA).

Martinez is a well known Colorado and national labor leader. He has been affiliated with the Graphic Communications International Union since 1965, serving in many elected positions including Senior Vice President. His activism with the Democratic Party spans several decades.

Bussian, who lives in Durango, has been active in Colorado politics for many years and has worked on numerous national, state, and local campaigns. His campaign work began in 1984 with Gary Hart's first Presidential effort in 1984.

Currently he is involved in real estate investment and alternative energy development. He has extensive business experience both in the high tech field and in international business.

J.W. Postal will direct the campaign's effort in Colorado. He has been active in many statewide and local campaigns and serves as a member of the Democratic National Committee (DNC).

In that capacity he is vice-chair of the multi-state Western Caucus of the DNC. Postal owns and operates HCM Group, a Colorado based pension and investment consulting business. HCM manages over $250 million. Postal was very involved in Denver being named the host of the 2008 Democratic National Convention.

He serves on numerous community and civic boards and commissions.

"I'm thrilled to head the Richardson effort here. I know the Governor has a tremendous base of support in Colorado," said Postal.

The five Colorado leaders join well-known national political consultant Michael J. Stratton. During the announcement of his candidacy on January 22, Governor Richardson named Stratton as the Senior Advisor to his Presidential campaign.

Others signing on to Richardson's state campaign steering committee include: Rep. Buffie McFadyen, Denver City Councilman Rick Garcia, Greg & Carla Lucero Kolomitz, Cole Finegan, Rick Reiter, Ted Trimpa, Alan Schwartz, Ron Montoya, Mannie & Corinne Rodriguez, Margaret Atencio, Kent Glassman, Bob Hanfling, David Cole, Debbie Marquez, Michael Huttner, Gary Levine, Clay Vigoda, Joan Coplan, Kyle Brogan, John Chase, Jamie Whyte, Josh Brodbeck, Gil Roman, Bob & Shirley Siek, Butch Montoya, Tish Maes, Don Ciancio, Sara Schrieber, Larry Martinez, Mark & Kathryn Raynes.

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NOTICIAS EN ESPAÑOL

Seguro Social Hoy

por Mike Baksa Administración del Seguro Social

¿Sabia Usted…?

No habrán multas por inscripción tardía en el 2007 para las personas que tengan derecho al beneficio adicional y se inscriban en el plan de recetas médicas de Medicare. Esto fue anunciado por los Centros de Medicare y Medicaid (CMS, sus siglas en inglés), la agencia que administra el plan de recetas médicas de Medicare.

Inicialmente, los beneficiarios de Medicare que tenían derecho al beneficio adicional, tenían hasta el 31 de diciembre de 2006 para inscribirse en un plan de recetas médicas sin tener que pagar una multa por inscribirse tarde.

Pero ahora, por todo el 2007, esta multa será exonerada. Si usted piensa que podría tener derecho al beneficio adicional, le exhortamos a que solicite lo más pronto posible. El beneficio adicional puede estar valorado a un promedio de $3,700 al año.

Si su ingreso anual es menos de $15,315 para una persona ($20,535 para una pareja casada que vive junta), y sus recursos están limitados a $11,710 para una persona ($23,410 para una pareja casada que vive junta) usted podría tener derecho a la ayuda adicional con sus primas mensuales y deducibles.

Si piensa solicitar el beneficio adicional, la manera más fácil y conveniente de hacerlo es por Internet.

Sólo visite www.segurosocial.gov/prescriptionhelp / y seleccione el enlace de «Apply for help» (disponible solamente en inglés).

También puede solicitarlo por teléfono llamándonos al 1-800-772-1213 (TTY 1-800-325-0778). Si prefiere completar la solicitud por escrito, puede llamar al mismo número y pedir que le envíen una por correo, o visite su oficina local de Seguro Social para obtenerla.

Para aprender más sobre los planes de recetas médicas de Medicare y los periodos de inscripciones especiales, llame al 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048) o visite el sitio de Internet de Medicare en www.medicare.gov.

Medicare también puede informarle sobre las agencias en su área que pueden ayudarle con los planes de recetas médicas de Medicare. (Comuníquese con Mike Baksa por correo electrónico michael.baksa@ssa.gov)

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NOTICIAS EN ESPAÑOL

Se Inaugura La Quinta Plaza Comunitaria En El Estado De Colorado

El Consulado General de México en Denver inauguró, el lunes 12 de febrero, la quinta Plaza Comunitaria en Colorado. Esta quinta Plaza Comunitaria está ubicada en la ciudad de Commerce City en la escuela elemental Kearney del Distrito Escolar Adams 14.

En la ceremonia inaugural, el Cónsul Encargado Juan Carlos Mendoza, enfatizó a las más de 300 personas que fueron testigos de este acto, que la promoción de la educación de los mexicanos en el exterior es una prioridad para el gobierno de México y que nuestro país ha desarrollado programas y proyectos educativos en sociedad con el gobierno de Estados Unidos para asegurar la igualdad de oportunidades y acceso a la educación para los mexicanos residentes en la Unión Americana.

A nombre del Consulado General de México, la Coordinadora del IME, Marcela de la Mar, entregó a Jeannette Lewis, Presidenta de la Mesa Directiva y al Dr. John Lange, Superintendente del Distrito Escolar, una placa que reconoce el liderazgo, amistad y compromiso del Distrito Adams 14 por brindar una Plaza Comunitaria a la comunidad hispana.

El Distrito Escolar Adams 14 agradeció el apoyo financiero que se le otorgó este año a través de las Becas - IME del Instituto de los Mexicanos en el Exterior por el monto de $14,500 dólares, que fueron indispensables para la puesta en marcha de este nuevo espacio educativo.

Las otras Plazas Comunitarias en Colorado se encuentran ubicadas en: el Centro San Juan Diego, en Denver; los Distritos Escolares de Weld County 6, en Greeley y Poudre Valley, de Fort Collins; así como en la correccional de Crowly, en Olney Springs

Consulado Móvil en Colorado Springs el 17 de Marzo

El Consulado General de México en Denver informa que el próximo sábado 17 de Marzo de 2007, llevará a cabo un Consulado Móvil en la Ciudad de Colorado Springs, Colorado.

LUGAR: GAY AND LESBIAN FUND
DIRECCIÓN: 315 EAST COSTILLA STREET
COLORADO SPRINGS, CO 80903
FECHA: SÁBADO 17 DE MARZO DE 2007
HORARIO: 9:00 AM - 5:00 PM

Contaremos con los servicios de expedición de Matrícula Consular (300 solicitudes), Pasaporte mexicano (100 solicitudes) y OP7. Para cualquier información adicional llamar al Consulado General de México en Denver al teléfono 303 331 11 10 extensiones 100 - 110 – 111 y 105. Brindaremos el servicio de fotografías y copias durante el Consulado Mó

ATENCIÓN PAISANO

NO ES NECESARIO HACER CITA EN MEXITEL, LAS LISTAS DE REGISTRO Y LAS SOLICITUDES ESTARÁN DISPONIBLES EN EL LUGAR EL VIERNES 16 DE MARZO DE 6 A 8 PM Y EL SÁBADO 17 DE MARZO A PARTIR DE LAS 7:00 AM

SE REPARTIRÁN LAS FICHAS SOBRANTES HASTA AGOTAR LAS 300 SOLICTUDES DE MATRÍCULA CONSULAR Y LAS 100 DE PASAPORTE.

REQUISITOS:

MATRICULA CONSULAR

PARA OBTENER ESTE DOCUMENTO DEBE PRESENTAR:

1) Acta de nacimiento original y una copia.

2) Identificación oficial con fotografía y una copia. (Pasaporte mexicano o cartilla del servicio militar mexicano, o Credencial para votar con fotografía del Instituto Federal Electoral IFE, matrícula consular vencida, o certificado official de estudios con fotografía de la SEP, cédula profesional, o el título profesional, licencia de conducir con fotografía Vigente de México o de los Estados Unidos).

3) Comprobante de domicilio y una copia. (Recibo de agua, o luz, o teléfono, o cable, no es necesario que el comprobante esté a nombre de la persona interesada).

El costo es de $ 27 dólares y el pago se hace en efectivo.

PASAPORTE MEXICANO

PARA OBTENER ESTE DOCUMENTO DEBE PRESENTAR:

Su Pasaporte anterior si es renovación o canje.

Para Pasaporte por primera vez:

1) Acta de nacimiento original y dos copias.

2) Una identificación oficial con fotografía y dos copias. (Pasaporte mexicano, cartilla del servicio militar mexicano, credencial para votar con foto del Instituto Federal Electora IFE, matrícula consular vencida, certificado oficial de estudios con fotografía, cédula profesional o el título profesional).

3) Acta de matrimonio para las mujeres casadas. (El acta de matrimonio debe estar apostillada si se casaron en Estados Unidos).

4) Tres fotografías tamaño pasaporte (rostro de frente y sin lentes).

5) Para un menor: son los mismos requisitos y es necesario que se presenten los padres de familia con una identificación oficial y la cartilla de vacunación del niño.

El costo es de $32.00 dólares por un año y de $84.00 dólares por cinco años

Qwest fue nombrada para la Lista 'Corporate 100' de Hispanic Magazine

Compromiso con la diversidad y apoyo a la comunidad latina de la empresa reconocidos por publicación hispana líder

Qwest Communications International Inc. (NYSE: Q) fue reconocida por Hispanic Magazine en la lista de la publicación de las 100 compañías de mayor contribución a la comunidad hispana.

Según la edición de febrero de Hispanic Magazine, Qwest está entre las primeras 100 compañías que apoyan a la comunidad hispana mediante donaciones a organizaciones hispanas; organización de asociaciones de empleados hispanos; descubrimiento de talentos hispanos con maestría en administración de empresas (MBA) y programas de diversidad; mantenimiento de programas de diversidad; promoción de hispanos dentro de sus categorías; y nombramiento de hispanos para posiciones en sus directorios.

"Qwest se honra de estar incluida entre los líderes corporativos nacionales en la lista 'Corporate 100' de Hispanic Magazine y continuará brindado su apoyo y participación en la comunidad hispana", dijo Hector Placencia, director de mercadotecnia multicultural de Qwest.

Qwest se compromete a mantener diversidad en su fuerza laboral y a atraer empleados hispanos talentosos. La compañía ofrece excelentes oportunidades de entrenamiento, educación y voluntariado comunitario para los empleados hispanos. El grupo de recursos de empleados hispanos de Qwest, llamado SOMOS, también ofrece una perspectiva cultural exclusiva para el liderazgo de Qwest en varios asuntos relacionados con la empresa que son relevantes para la comunidad hispana.

Qwest también es activa en la comunidad hispana. La Fundación Qwest apoya a numerosas organizaciones culturales hispanas, y muchos líderes de Qwest son miembros y presidentes de Cámaras de Comercio Hispanas.

En 2006, la Cámara de Comercio Hispana de Arizona nombró a Qwest su Corporación del Año y la Cámara de Comercio Hispana

Continua página 6

NOTICIAS EN ESPAÑOL

¿No tiene un número de Seguro Social?

No hay problema: H&R Block ayuda a los trabajadores a obtener números de identificación individual del contribuyente. Entérese por qué necesita un ITIN esta temporada de impuestos y cómo puede obtenerlo

Las personas que trabajan en los Estados Unidos tienen que declarar impuestos y para ello la mayoría de los contribuyentes usa un número de Seguro Social para identificarse al cumplir con sus obligaciones tributarias. Pero ¿cómo hacen las personas que no tienen o no son elegibles para un número de Seguro Social para declarar impuestos?

Estos contribuyentes usan un Número de Identificación Individual del Contribuyente (o ITIN por sus siglas en inglés). Los profesionales de impuestos de H&R Block le pueden explicar que es un ITIN, quien lo necesita y—más importante aún—como se puede obtener.

Los profesionales de impuestos de H&R Block le explican a sus clientes lo importante que es declarar los impuestos y les detallan los pasos a seguir para solicitar y recibir un IT

Un ITIN es un número de nueve dígitos que el IRS expide a quien no tenga o no sea elegible para recibir un número de Seguro Social y que tenga ingresos en los Estados Unidos.

Este número sólo se puede usar para cumplir con las responsabilidades fiscales y no afecta el status migratorio ni otorga permiso para trabajar en los Estados Unidos. Para obtener un ITIN, los contribuyentes y los dependientes que no tengan un número de Seguro Social válido deben presentar una forma W-7 junto con una declaración original de impuestos que esté completa. Tanto H&R Block como otras compañías que estén designadas por el IRS como Agentes Certificados (Certifying Acceptance Agents) pueden someter la aplicaci

"Nuestros 14,000 profesionales de impuestos de habla hispana y nuestra capacidad para preparar las declaraciones de impuestos en el idioma que prefieren los clientes hacen de H&R Block un gran recurso para los contribuyentes hispanos que necesiten presentar solicitudes para los ITIN", dijo Javier Moreno, gerente de distrito de H&R Block.

Aquellos contribuyentes que cuentan con números ITIN podían presentar sus declaraciones de forma electrónica (e-file), con la excepción de aquéllos que tuvieran números de identificación del contribuyente que no concordaran en sus formas fiscales (en casos tales como cuando tiene un ITIN y una forma W-2 con otro número que no sea un ITIN). Gracias a un cambio reciente hecho por el IRS, todos los contribuyentes pueden ahora presentar su declaración de forma electrónica, lo cual permite que las declaraciones sean procesadas más rápido y para que quienes tienen derecho a un reembolso, facilita el que lo reciban cuanto antes. Más del 54 por ciento del total de declaraciones de impuestos, lo que equivale a 73 millones de formas, fueron presentadas electrónicamente el año pasado.

H&R Block puede presentar una declaración de impuestos completa y una forma W-7 el mismo día que el cliente visite una oficina. El tiempo de espera para recibir una respuesta del IRS es de aproximadamente seis semanas.

Para más información sobre los productos y servicios tanto nuevos como existentes de H&R Block, visite el sitio de Internet, http://www.hrblock.com/espanol

Qwest fue nombrada para la Lista 'Corporate 100' de Hispanic Magazine

Compromiso con la diversidad y apoyo a la comunidad latina de la empresa reconocidos por publicación hispana líder

Qwest Communications International Inc. (NYSE: Q) fue reconocida por Hispanic Magazine en la lista de la publicación de las 100 compañías de mayor contribución a la comunidad hispana.

Según la edición de febrero de Hispanic Magazine, Qwest está entre las primeras 100 compañías que apoyan a la comunidad hispana mediante donaciones a organizaciones hispanas; organización de asociaciones de empleados hispanos; descubrimiento de talentos hispanos con maestría en administración de empresas (MBA) y programas de diversidad; mantenimiento de programas de diversidad; promoción de hispanos dentro de sus categorías; y nombramiento de hispanos para posiciones en sus directorios.

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Qwest también es activa en la comunidad hispana. La Fundación Qwest apoya a numerosas organizaciones culturales hispanas, y muchos líderes de Qwest son miembros y presidentes de Cámaras de Comercio Hispanas. En 2006, la Cámara de Comercio Hispana de Arizona nombró a Qwest su Corporación del Año y la Cámara de Comercio Hispana de Denver nombró a Qwest su Defensor Corporativo del Año. La Cámara de Comercio Hispana de Tri-City, localizada en el área de Prescott de Arizona, también entregó a Qwest su premio a la Empresa del Año de 2006, y Hispanic Magazine reconoció además a Qwest como uno de los 25 Mejores Lugares donde las Minorías pueden Encontrar Oportunidades de Progreso en la edición de abril de 2006.

A lo largo de la región de servicio local de la empresa, Qwest ofrece el Espiritu de Servicio a sus clientes hispanos y desarrolló varios productos específicamente diseñados para el mecado hispano. Qwest actualmente ofrece el paquete más extenso de programación de TV hispana totalmente digital con Qwest(R) TV Latino donde quiera que Qwest Choice(TM) TV esté disponible, y recientmente lanzó Qwest(R)

Plan Latino, un plan de llamadas de larga distancia con tarifas reducidas a Méxito y otros países en América Latina. El plan incluye una tarifa fija de sólo siete centavos por minuto para llamadas de larga distancia hechas a México.

Qwest Continua de página 5

de Denver nombró a Qwest su Defensor Corporativo del Año.

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NEGOCIOS

Local Score Office Seeks Minority Counselors

The local office of SCORE ("Counselors to America's Small Businesses") is looking for volunteer counselors, especially from the minority communities. SCORE offers free and confidential counseling to small business owners and budding entrepreneurs.

"Our local SCORE chapter consists of a group of experienced business people, many still active in their own businesses, who want to help make the business climate in Colorado Springs successful," states Ric Denton, Chair of the Colorado Springs SCORE group.

"The clients we serve are becoming more and more diverse, and we would like our counselors to reflect that as well," he continues.

What is involved in becoming a SCORE counselor? According to Ric Denton, "We are looking for people with a strong background in their specific business sector who have 3 – 5 hours a week and a desire to help others succeed."

There are two opportunities for potential counselors, face-to-face counseling and e-mail counseling.

To learn more about the local SCORE office and what it is doing to help small businesses succeed, go to www.coloradospringsscore.org, attend our monthly meeting – the second Thursday of each month at 9:30 a.m. in the Colorado Springs Chamber of Commerce Conference room, or call 636-3074 to speak to someone about how you can become involved.

Trinidad State Junior College Partnership With Phil Long Dealerships Creates Long Term Investment For Community

The Phil Long Family of Dealerships has a long history of investing in the future of communities throughout the state of Colorado. The partnership developed last year between Phil Long Dealerships and Trinidad State Junior College (TSJC) has made a positive impact not only in Trinidad but throughout Southern Colorado.

The collaborative efforts of Phil Long Dealerships and TSJC resulted in the development of a new Automotive Service Technology program, added as part of the TSJC Associates Degree of Applied Sciences. Committed to providing a state of the art training facility on the TSJC campus, Phil Long Dealerships has agreed to subsidize the equipment for the program; contribute to administration of its faculty; and provide skilled technicians that will train and prepare students with cutting edge technology to enter the competitive automotive industry, for the duration and success of the program.

Phil Long Dealerships CEO and President, Jay Cimino said, "Joint ventures of this nature have successfully existed for many years. Wells Fargo has a well established partnership with the University of Northern Colorado, as does the Alameda East Animal Hospital with the University of Colorado in Denver." Cimino adds, "Phil Long has established solid ties in Southern Colorado, particularly in my home town of Trinidad. We are proud of these relationships and the positive educational and economical impact they make; and we are proud to be the automotive leader in cultivating a partnership of this kind with TSJC."

Nearly a million dollars over a three year period will be invested in the TSJC automotive program, with all equipment and improvements made to the facility becoming permanent property of TSJC. Additionally, Phil Long Dealerships has earmarked 2.5% of each repair invoice to be donated to the Trinidad Community Foundation for education and scholarships within the community.

TSJC is governed by the State Board for Community Colleges and Occupational Schools, which specifically authorizes all state institutions of higher education to receive gifts or donations of either money or property, and goes even further by encouraging the development of said relationships.

Small public colleges such as TSJC could not survive without the willingness of private industry to dedicate time and money to the preparation of students for the workforce.

Agreeing, Cimino states "Opportunities for businesses to develop similar partnerships are wide open. I believe in joint ventures such as ours with TSJC, and hope that all businesses choose to invest in the futures of citizens and communities throughout Colorado."

Public Hearing

East Middle School Cont. from page 1

will take place on March 7, 2007, 6:30 to 8:30 p.m. in the boardroom at the District 11 administration building, 1115 North El Paso Street.

District 11 staff members will make a brief presentation, and the public will then have the opportunity for comments and/or questions. This forum will be televised live on Comcast Channel 16 and will also be taped for later airing on Comcast Channel 16.

Public Hearing: The District 11 Board of Education will hold a public hearing about the future utilization of East Middle School as part of its regular board meeting on March 14, 2007. The regular meeting starts at 6:30 p.m., and the board will hold the public hearing at 7:30 p.m. The District 11 administration will present options and/or recommendations to the Board of Education regarding East Middle School, and the public will have the opportunity to make comments and/or ask questions.

District 11 regular Board of Education meetings are televised on Comcast Channel 16.

DOs and DON'Ts

Cont. from page 1

confirming beforehand.

DO - Include the time of any meetings in your email request for any meetings you organize, so that invitees can double check the correct meeting time (such as, "Project brainstorming - 11:00 A.M. Mountain Time").

DON'T - Rely solely on your scheduling software during the period from March 11 to April 1.

DO - Consider printing out your weekly calendars during the extended DST period prior to applying patches containing the updated time zone definitions and running updates so that you can keep track of which meetings were scheduled before and after you run your update / patch.

DON'T - Try to negotiate your schedule without a printout or backup.

DO - Include all pertinent contact information about a meeting, in case invitees, particularly remote or mobile users, have not been adequately informed.

DON'T - Don't plan on attending a meeting without knowing how to reach the meeting planner (just in case).

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3 age groups: Up to 6 yrs old, 7 yrs old thru 9 yrs old and 10 yrs old thru 12 yrs old.

1st place in each age group will receive 4 tickets and 2 Monsters, Inc. Cups
2nd place in each age group will receive 2 tickets and 1 Monsters, Inc. Cup
3rd place in each age group will receive 2 tickets
All entries must be received by March 15, 2007 to be eligible. Winners will be notified no later than Monday March 19, 2007.
Family's with more kids can go to our web site **www.hispanianews.com** and print extra copies from the front page of our web site.

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El TERCER LUGAR en cada grupo recibirá 2 boletos.
Todos los trabajos de colorear deben ser recibidos no más tarde de Marzo 15, 2007. Los ganadores serán notificados no más tarde del Lunes, Marzo 19, 2007.
All entries must be received by March 15, 2007 to be eligible. Winners will be notified no later than Monday March 19, 2007. Las familias que tengan más niños(as) pueden visitar nuestra página de Internet : www.hispanianews.com e imprimir copias extras de la página principal de *Hispania News.*

DEPORTES

RMAC names top players of the year

Diana Lopez
Regis
2006-07 RMAC
Player of the Year

Denise Lopez
Regis
2006-07 RMAC
Defensive Player of the Year

Talmai Aguirre
Colorado Christian
2006-07 RMAC
Freshman of the Year

U.S. Olympic Committee Announces Expanded Military Program to Support Physically Disabled Veterans

The United States Olympic Committee (USOC) announced an expanded military program, the Veterans Paralympic Performance Program (VP3), which will provide elite-level sports programming and training for physically disabled veterans. Working closely with the Department of Veterans Affairs, the USOC will offer qualified athletes the opportunity to train as fulltime resident athletes at Olympic and Paralympic Training Sites throughout the United States.

Secretary of Veterans Affairs Jim Nicholson

Norman Bellingham, Chief Operating Officer of the U.S. Olympic Committee, made the announcement. Three veteran-athletes who are training to make a future Paralympic

Cont. on page 18

Four Springs Prep 5A Basketball Teams in World Arena "Sweet 16" Tourney

Doherty Boys- Air Academy, Doherty, Palmer Girls in March 1 "Sweet Sixteen" Prep 5A Basketball Showdown At The Colorado Springs World Arena.

The schedule for the Thursday, March 1 is:
2:30- Mountain Vista (14-10) vs. Cherry Creek (16-7)
4:10- ThunderRidge (20-4) vs. Wheat Ridge (18-5)
5:50- Smoky Hill (21-3) vs. Chatfield (16-5)
7:30- Doherty (22-2) vs. Brighton (18-6)

The World Arena (8,099 seats) will host half of the state's "Sweet 16" boys and girls Class 5A basketball showdown games as the state's top prep hoopsters battle for spots in the state championship finals in two spectacular sessions. The other portion of the tourney will be played Wednesday and Thursday at the Budweiser Events Center in Loveland.

The winners move on to the "Great 8" at the Denver Coliseum on Friday (Girls) and Saturday (Boys).

The "Final Four" in each division is slated for March 7-10 at the Coors Events Center in Boulder on the CU campus.

Tickets: On Sale at World Arena Box Office Day of Game, $8.00 General Admission, $6.00 Students and Seniors

ENTERTAINMENT

Colorado Springs Children's Chorale & The Chamber Orchestra—Together!

The beauty of the pure and youthful voices of the Colorado Springs Children's Chorale and the exquisite instrumental voices of The Chamber Orchestra of the Springs join in a concert featuring music by widely celebrated composer John Rutter on March 3 (8:00 p.m. at Broadmoor Community Church) and March 4 (2:30 p.m. at First Christian Church). Rutter's Mass for the Children will be preceded by Felix Mendelssohn's Sinfonia No. 8 in D Major. Tickets for this concert are $15 for adults, and $10 for seniors and students, and will be available at the door, or by calling 633-3649.

Sinfonia No. 8 in D Major was composed by Mendelssohn during a prolific period of his youth, beginning at age 11 when he composed a series of a dozen string symphonies in the space of three years, as practice for writing full symphonies in the future. This "sinfonia" was revisited later, and was re-scored for full orchestra. Mendelssohn apparently never intended this work to be published, but his family carefully preserved the manuscripts following his untimely death at the age of 38, and eventually the Sinfonia No. 8 was published.

This work has all the characteristic grace and melodiousness of Mendelssohn, and even displays a remarkable grasp of symphonic structure and orchestration. It's a mature work from the hand of a young genius.

When the inspiration of joining the Colorado Springs Children's Chorale voices with the Chamber Orchestra arose, the choice in repertoire for this concert was somewhat limited. It didn't take long, however, for both organizations to agree that John Rutter's Mass of the Children was the right choice for this collaboration. The composition was first performed in New York in February 2003, at Carnegie Hall. Rutter comments, "As a boy soprano in my school choir I had been thrilled whenever our choir took part in adult works with children's choir parts, such as the Mahler Third Symphony and the Britten War Requiem, and years later I remembered this experience and wanted to write something that would give children a similar opportunity to perform alongside adult professionals."

The work combines the text of a standard Latin Missa brevis with several relevant English poetic texts, fitting the whole in a framework of a complete day, from waking to sleeping. **Soprano Lori Bammesberger** and **baritone Charles Schnetzer** will join the ensemble as soloists.

For more information about the Chamber Orchestra of the Springs, contact David Ball at (719) 332-5462.

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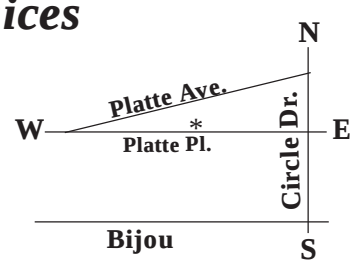

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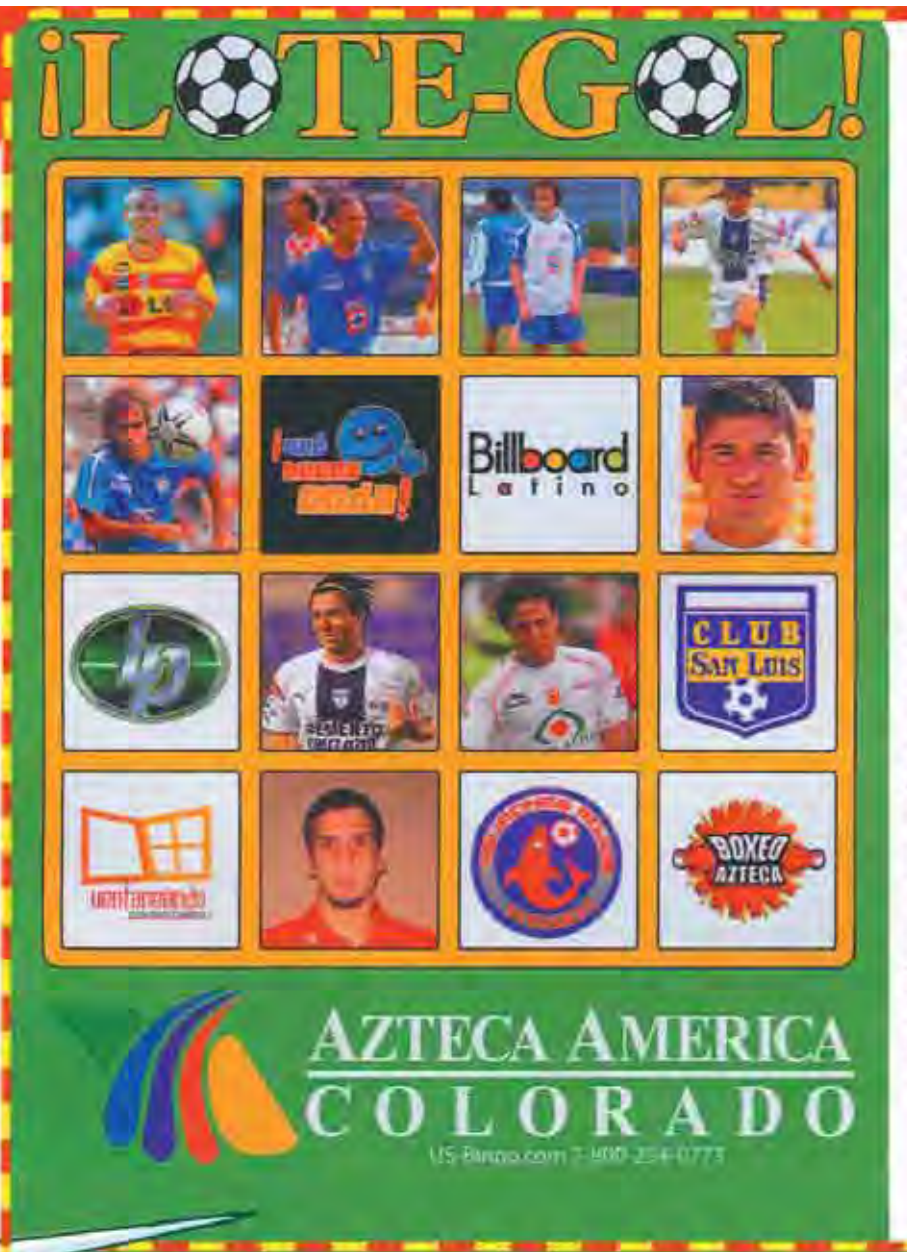

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ENTERTAINMENT

Library programs for children in March

All Library programs require registration for groups of more than five. Call the library where the program is being held. For more program information, visit ppld.org

Family Fun
Unless otherwise noted, Family Fun programs are about 45 minutes.

Celebrate Dr. Seus!
It's the birthday of Dr. Seuss. Join us for fun, crafts and games as we honor one of our favorite children's authors.
Friday, March 2 from 4 - 5:30 p.m. - Briargate Branch
Saturday, March 10 at 1:30 p.m. - Ruth Holley Branch
Saturday, March 17 at 1:30 p.m. - Rockrimmon Branch

African Safari
Break out of winter as you join us on an African Safari. Listen to African stories from Heather Lyle, drum along with the Black Hands Drum ensemble, meet reptiles from Mountain Aire Reptile Rescue, go on a scavenger hunt for African surprises, make an African craft and enjoy some snacks.
Saturday, March 10 from 1:30 - 4:30 p.m. - Monument Branch

Llamas at the Library
Come and meet these gentle animals and have a "hands-on" experience as you learn more about them from the Touch the Earth Llama Farm.
Sunday, March 11 at 2 p.m. - East Library

Drumming Fun
Celebrate with drummer Bob Hall as he introduces everyone to some African rhythms. Come prepared to make noise.
Tuesday, March 13 at 6:30 p.m. - West Center for Intergenerational Learning, 25 N. 20th St.

African Safari at Palmer Lake
Listen to African stories, go on a scavenger hunt for African surprises, make an African craft and enjoy some snacks.
Saturday, March 17 at 10:30 a.m. - Palmer Lake Branch

Coyote and the Yodeling Cowboy
Puppeteer Alanna Jones tells the tale of Cowboy, who loves to yodel. Unfortunately, the yodeling scares away Coyote's dinner. Just imagine all of the tricks Coyote can play on a yodeling Colorado cowboy with the help of his friend, Tumbleweed.
Sunday, March 18 at 1:30 p.m. - Penrose Library
Saturday, March 31 at 10:30 a.m. - East Library

American Girls Tea
Children ages 7 to 12 celebrate Women's History Month by joining us for an American Girls Tea at the Briargate Family YMCA. This event is co-sponsored by the Briargate Branch and the Briargate Family YMCA. Bring your favorite doll or dress like your favorite American Girl character. Registration is required and space is limited. Call 260-6882 to register.
Saturday, March 24 from 1:30 to 3:30 p.m. - Briargate Family YMCA, 4025 Family Place

Library Egg-stravaganza
Celebrate the arrival of spring by making a basket and hunting for a treasure-filled egg of your own! We'll also have crafts, games, and snacks for the whole family.
Saturday, March 24 at 10 a.m. - Fountain Branch

Weekly Programs

There will be no storytimes during the week of March 26 - March 30. Join us for Kennedy Center Imagination Celebration activities!

Storytime
Stories and more for children age 3 and older. Check your branch, or the Children's section for storytime themes. *30 min.*
Tuesdays at 10:30 a.m. - Fountain Branch
Tuesdays at 10:30 a.m. - Briargate Branch
Tuesdays at 10:30 a.m. - Ruth Holley Branch
Tuesdays at 10:30 a.m. and 11:15 a.m. - Monument Branch
Wednesdays, Thursdays, and Saturdays at 10:30 a.m. - East Library
Wednesday, March 21 at 11:15 a.m. - Ruth Holley Branch
Wednesdays at 10:30 a.m. - Old Colorado City Branch / West Center for Intergenerational Learning, 25 N. 20th St.
Wednesdays at 10:30 a.m. - Palmer Lake Branch
Wednesdays and Saturdays at 10:30 a.m. - Penrose Library
Wednesdays at 9:30 and 10:30 a.m. - Sand Creek Branch
Thursdays at 10:30 a.m. - Cheyenne Mountain Branch
Fridays at 10:30 a.m. - Rockrimmon Branch

Toddler Time
This program gives an introduction to the delights of rhyme, rhythm, and a few special stories as a first step to reading for 1- and 2-year-old children and caregivers. *20 min.*
Mondays at 10:30 a.m. - Fountain Branch
Tuesdays and Thursdays at 9:30, 10, and 10:30 a.m. - East Library
Tuesdays at 9:30, 10, and 10:30 a.m. - Penrose Library
Wednesdays at 10 and 10:45 a.m. - Rockrimmon Branch
Wednesdays at 10:30 a.m. - Cheyenne Mountain Branch
Wednesdays at 10:05 and 10:45 a.m. - Ruth Holley Branch
Thursdays at 9:30, 10:15 and 11 a.m. - Briargate Branch
Thursdays at 10:30 and 11:15 a.m. - Monument Branch
Fridays at 10:10 a.m. - Sand Creek Branch

Snuggle Up
A special family storytime suggested for children older than 3 years old. Parents are encouraged to attend and participate and children are encouraged to wear their favorite pajamas and bring a favorite cuddly toy. *30 min.*
Wednesdays at 7 p.m. - East Library
Thursdays at 7 p.m. - Monument Branch
Thursday, March 14 at 7 p.m. - Briargate Branch

Book Break
A short read-aloud session that is particularly suitable for preschoolers. These are held on mornings when there is no regular storytime or other

Cont. on page 19

AUTOMUNDO

Toyota Corolla Matrix Started Crossover Utility Vehicle Trend

With its unique blend of sporty styling and practicality, the Toyota Corolla Matrix crossover utility vehicle (CUV) has become a major influence on modern compact car design. The five-door Matrix models provide exemplary fuel efficiency, too, with EPA estimated mileage ratings as high as 30 mpg city and 36 mpg highway in models with the five-speed manual transmission.

Matrix is available in two model grades – Standard, and the XR with enhanced content. The XRS model has been discontinued for 2007, as has the four-wheel drive option for other models.

Matrix has been especially successful at reaching younger buyers because it provides such a compelling value in a spirited and uniquely styled package. At the same time, its versatility and excellent fuel efficiency have made Matrix popular with buyers of all ages.

Toyota designed the Matrix at Calty Design Research, its design studio in Newport Beach, Calif. "Edge-web" detailing blends sharply creased surfaces with rounded web-like contours to create strong, flowing character lines. The threewindow profile gives the driver excellent outward visibility. Inside, Matrix presents a sporty environment, highlighted by an instrument panel featuring Optitron gauges set in cylindrical, chrome-rimmed housings.

Versatility and Room Without Bulk

The Matrix offers the versatility of a small SUV, including ample room for five passengers, with high seating points providing easy access and a command view of the road. All grades include a driver's seat with height adjustment. The rear seat provides a generous 36.3 inches of legroom, which is on par with many midsize cars.

For cargo carrying, Matrix provides 21.8 cubic feet of room behind the rear seat, which expands to a maximum of 53.2 cubic feet with the standard 60/40 split rear seatbacks folded down. The high roofline of the Matrix makes it easy to carry large, bulky items.

The load floor is perfectly flat and has a durable, washable surface. Eight tie-down hooks and two cargo nets are standard equipment, and customers can outfit Matrix with available accessories, including a cargo mat, and even a pet screen. Toyota dealers offer an accessory roof rack and rear bumper step cover.

Cont. on page 13

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AUTOMUNDO

Corolla Matrix

Cont...

The front passenger seatback folds down, to either serve as a table for other passengers or enable the Matrix to carry long objects. Adding to the versatility, the rear glass hatch can open separately using a dash-mounted release or the keyless entry remote control on models so equipped.

Safety and Security

Passive safety technology in the Matrix includes advanced deployment front airbags, pretensioners and force limiters for the front seatbelts and side-impact door beams. Front seat side and curtain shield airbags are optionally available. An anti-lock brake system (ABS) with Electronic Brake-force Distribution (EBD) can be added as an option.

When equipped with the automatic transmission, Matrix models offer an optional Vehicle Stability Control (VSC) system with Traction Control. The VSC system helps maintain direction during cornering by manipulating engine torque and individual wheel-braking influence when it detects tire slippage. The VSC option includes a traction control function that helps reduce tire slippage during acceleration.

Brake Assist, also included with the VSC option, is designed to determine if the driver is attempting emergency braking and, if the driver has not stepped firmly enough on the brake pedal to engage the anti-lock brake system (ABS), Brake Assist supplements the applied braking power until the driver releases pedal pressure.

All Matrix models feature a tire pressure monitoring system with a dashboard monitor light. For security, all models also feature an anti-theft engine immobilizer. The rear seat is equipped with three top-tether child restraint system attachment points and the Lower Anchors and Tethers for Children (LATCH) uniform child restraint anchorage system.

Models with power door locks (standard on XR) and the automatic transmission feature a shift-linked system that locks the doors automatically when the shift handle is placed into "Drive" and the car is driven a short distance. The system unlocks the doors when the shifter is placed in "Park" and the ignition is switched off.

Sporty Performance

Matrix models are powered by a dual overhead-cam (DOHC) 1.8-liter fourcylinder engine that produces 126 horsepower at 6,000 RPM and 122 lb.-ft. of peak torque at 4,200 RPM. Toyota's advanced Variable Valve Timing with intelligence (VVT-i) optimizes power delivery throughout the engine speed range.

The engine produces at least 90-percent of its peak torque from just 2,000 RPM to the

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SALUD

12 myths about colon cancer

U-M experts debunk fears, misconceptions about this disease

Colon cancer is the second leading cause of cancer death in the United States, and the No. 1 cause of cancer death among non-smokers. More than 150,000 Americans will be diagnosed with colon cancer this year, and 52,000 will die from the disease.

It doesn't have to be that way.

"Most colorectal cancers are predictable by early diagnosis and screening. If colonoscopy can identify a problem early, we could completely prevent colorectal cancer," says D. Kim Turgeon, M.D., clinical associate professor of gastroenterology at the University of Michigan Medical School.

In fact, colorectal cancer screening prevents more deaths due to early detection than breast or prostate cancer screening.

Here, experts from the University of Michigan Comprehensive Cancer Center address some of the common myths and misconceptions about colorectal cancer.

Myth 1: Colon cancer is a white man's disease.

Truth: Colon cancer affects both men and women equally, and it affects people of all races. In 2007, the American Cancer Society estimates, 55,290 men and 57,050 women will be diagnosed with colon cancer. About equal numbers will die from the disease: 52,000 Americans altogether. The No. 1 risk factor for colon cancer is age.

Myth 2: I don't have any symptoms, so I must not have colon cancer.

Truth: "One of the most common misconceptions is that symptoms will be evident if a person has colorectal cancer. In fact, the most common symptom is no symptoms at all," says Emina Huang, M.D., assistant professor of surgery at the U-M Medical School. More than half of people diagnosed with colon cancer have no symptoms. Symptoms such as a change in stool, rectal bleeding, abdominal pain and unexplained weight loss can all signal colon cancer. But once these symptoms begin to develop, it may be a sign of more advanced disease. Half of people diagnosed after symptoms develop will die from colon cancer.

Myth 3: Colonoscopy is difficult to prepare for.

Truth: Preparing for a colonoscopy involves cleaning the colon with the help of prescription and over-the-counter medications. Typically these are liquid drinks that must be consumed a day or two before the procedure. "People shouldn't be afraid of it because they don't want to drink the laxative. There are many more options so you can find something that is tolerable," Turgeon says. Ask your doctor or pharmacist about your options.

Myth 4: Colonoscopy is unpleasant and uncomfortable.

Truth: It's not as bad as you think. Most people agree the prep is the worst part (see Myth 3). During the actual procedure, patients are sedated to eliminate discomfort. The procedure itself takes 15-30 minutes and you can resume normal activities the next day.

Myth 5: I saw Katie Couric get a colonoscopy on the Today Show, so I should get one too.

Truth: Colonoscopy screening is recommended for men and women beginning at age 50, unless other risk factors exist. If you're 50 or older, talk to your doctor about screening. If you are younger than 50 but have other risk factors—such as family history, obesity, smoking, ulcerative colitis or Crohn's disease—talk to your doctor about your screening needs. But remember, age is the most significant risk factor for colon cancer.

Myth 6: Colonoscopy is the only way to screen for colon cancer.

Truth: There are several screening options for colorectal cancer, including flexible sigmoidoscopy, fecal occult blood test and double-contrast barium enema. But colonoscopy is considered the gold standard. It detects more cancers, examines the entire colon, and can be used for screening, diagnosis and removing polyps in one visit.

Myth 7: A polyp means I have cancer.

Truth: Polyps are benign growths that, if left unchecked, have the potential to develop into cancer. Polyps can be easily removed during colonoscopy. Not all polyps are pre-cancerous

Myth 8: Colonoscopy is just a screening technique.

Truth: Colonoscopy is an all-in-one tool. It can find and remove polyps and small cancers all during one procedure. If your colonoscopy reveals a polyp, your doctor will remove it immediately. By removing the polyp at this stage, it prevents it from becoming cancerous. If colonoscopy reveals cancerous lesions, further treatments may be necessary.

Myth 9: If I have colon cancer, it means I am dying.

Truth: When colon cancer is caught early, it has a 95 percent survival rate. That's why screening is so important. Once colon cancer has spread to the liver, it's usually deadly, with only a 9 percent survival rate. But even then, treatments are improving. Radiation oncologists at U-M have developed a method to shrink tumors that spread to the liver, in some cases allowing them to be removed with surgery. This has led to higher survival rates even in the most advanced cases.

Myth 10: Surgery will be disfiguring and recovery painful.

Truth: New surgical advances allow for minimally invasive procedures that leave only a small scar. Patients undergoing laparoscopic surgery may have an easier recovery than patients who have open surgery. Some evidence suggests cancer control is better with a minimally invasive approach.

Myth 11: If I have colon surgery, I'll need a colostomy bag.

Truth: A colostomy, in which surgeons create an artificial, external method to collect excrement, is rarely done anymore. Surgical techniques have improved so that the cancer can be effectively removed while sparing the rectum. In the past, cancers within 4 inches of the anus routinely required removing the anus for effective surgical control. Now, 80 percent of these cancers may be effectively removed while sparing the anus.

Myth 12: Few research advances focus on colon cancer.

Truth: Much exciting research is occurring in colon cancer. At U-M, research has focused on improving radiation techniques, including using radiation to shrink tumors that have spread to the liver. Researchers are also working with colon cancer stem cells, the small number of cells within a tumor that fuel its growth.

It's believed that identifying the cancer stem cells will allow more effective drugs to be developed. Other research is looking at multiple genes involved in colon cancer and at improving screening techniques so more cancers can be detected early. This includes searching for markers in blood, stool or urine that might provide an easier screening tool to early signs of colon cancer.

In the area of prevention, researchers are looking at the effects of curcumin (found in curry), resveratrol (found in red wine), ginger and the Mediterranean diet on the growth and development of colon cancer.

For information about colon cancer, visit www.cancer.med.umich.edu/cancertreat/gastro/colorectal_cancer.shtml or call the Cancer AnswerLine at 800-865-1125.

For information about colon cancer screening, visit www.med.umich.edu/colonscreening.

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SALUD

Mitos sobre el cáncer de colon

El cáncer de colon es la segunda causa de muerte en los Estados Unidos y la primera causa de muerte de cáncer entre no fumadores. Más de 150,000 estadounidenses serán diagnosticados con cáncer de colon este año y 52,000 morirán de la enfermedad. No debe de ser de esta manera.

"La mayor parte de los cánceres al colon son predecibles con un diagnóstico temprano y técnicas de detección. Si las colonos copias pueden diagnosticar un problema a tiempo se puede prevenir totalmente el cáncer de colon", dice Kim Turgeon, Profesora clínica asociada de gastroenterología en la Escuela de Medicina de la Universidad de Michigan, UM.

De hecho, los controles de cáncer de colon previenen más muertes gracias a la detección temprana que los controles de cáncer de mama o cáncer próstata.

A continuación, expertos del Centro Oncológico Integral de la Universidad de Michigan explican los mitos y errores más comunes sobre el cáncer de colon:

Mito: El cáncer de colon es una enfermedad que afecta mayoritariamente a los hombres blancos.

Realidad: El cáncer de colon afecta a los hombres y mujeres y a todas las razas igualmente. La Sociedad Estadounidense de Cáncer estima que en el año unos 55,290 hombres y 57,050 mujeres serán diagnosticados con cáncer de colon. Alrededor de 52,000 estadounidenses morirán de la enfermedad. El principal factor de riesgo para el cáncer de colon es la edad.

Mito : No presento síntomas, por lo tanto no tengo cáncer de colon.

Realidad: "Uno de los errores más grandes es creer que los síntomas serán evidentes si la persona tiene cáncer de colon. De hecho, el síntoma más común es no tener síntomas", dice Emina Huang, profesora asistente de cirugía en la Escuela de Medicina de la UM. Más de la mitad de las personas diagnosticadas con cáncer de colon no presentan síntomas. Síntomas como cambios en las heces, sangramiento rectal, dolor en el abdomen y pérdida de peso inesperada pueden ser señales de cáncer de colon. Sin embargo, una vez que los síntomas comienzan a desarrollarse puede ser una señal que la enfermedad se encuentra en un estado más desarrollado. La mitad de las personas diagnosticadas con cáncer de colon, morirán de la enfermedad.

Mito : Es difícil prepararse para la colonoscopía.

Realidad: Prepararse para una colonoscopía requiere limpiar el colon con la ayuda de medicamentos y fármacos, generalmente son bebidas que deben ser consumidas uno o dos días antes del procedimiento. "No hay que temer porque no quieren beber el laxante. Hay numerosas opciones para que usted encuentre algo que es tolerable. Pregúntele a su médico sobre lo que sería tolerable para usted", dice Turgeon. Pregúntele a su médico o farmacéutico sobre sus opciones.

Mito : La colonoscopía es desagradable.

Realidad: No es tan desagradable como usted cree. La mayor parte de las personas concuerdan que la parte más desagradable es la preparación. Durante el procedimiento, los pacientes son sedados para eliminar la incomodidad. El procedimiento en sí dura alrededor de 15 a 20 minutos y usted puede volver a su vida normal al día siguiente.

Mito : Ví a Katie Couric hacerse una colonoscopía en el programa de televisión Today, por lo tanto, yo debería hacerme una.

Realidad: Las colonos copias se recomiendan para mujeres y hombres a partir de los 50 años, a no ser que existan factores de riesgo. Si usted es mayor de 50 años, hable a su medico sobre hacerse un control de cáncer de colon. Si usted tiene menos de 50 años, pero tiene factores de riesgo, como cáncer de colon en la familia, obesidad, fuma, padece de colitis ulcerativa o enfermedad de Crohn se recomienda hacerse una colonoscopía. Pero recuerde, la edad es el factor de riesgo más importante para el cáncer de colon.

Mito: La Colonoscopía es la única manera de saber si tengo cáncer de colon.

Realidad: Hay varias posibilidades de pruebas para saber si se padece de cáncer de colon, incluidas la Sigmoidoscopía flexible, prueba de sangre oculta en las heces y el enema opaco de doble contraste. Sin embargo, la colonoscopía es considerada el estándar de oro. Detecta más cánceres, examina la totalidad del colon y puede ser utilizada para evaluación, diagnosis y la extracción de pólipos en un solo procedimiento.

Mito : Tener un pólipo, por lo tanto tengo cáncer.

Realidad: Los pólipos son crecimientos benignos que si no son controlados tienen el potencial de convertirse en un cáncer. Los pólipos pueden ser extraídos fácilmente durante las colonos copias. No todos los pólipos son precancerosos.

Mito : La colonoscopía es solo una técnica de detección.

Realidad: La colonoscopía es una herramienta muy completa con múltiples usos. Puede encontrar y extraer pólipos y cánceres durante un procedimiento. Si su colonoscopía revela un pólipo, su médico lo extraerá de inmediato. Extrayendo el pólipo se previene que se transforme en cáncer. Si la colonoscopía revela lesiones cancerosas, se necesitan más tratamientos.

Mito : Si tengo Cáncer de colon, quiere decir que estoy muriendo.

Realidad: Cuando se detecta el cáncer de colon temprano, tiene un 95 por ciento de índice de supervivencia. Por eso es que son tan importantes las técnicas de detección. Una vez que el cáncer de colon se ha propagado al hígado, es por lo general mortal, con sólo un 9 por ciento de índice de supervivencia. Pero incluso en esos casos, los tratamientos han mejorado. Oncólogos de radiación en la Universidad de Michigan han desarrollado un método para reducir tumores que se propagan al hígado permitiendo en algunos casos que sean extraídos con cirugías.

Mito : La cirugía me desfigurará y la recuperación será dolorosa.

Realidad: Avances en la cirugía permiten procedimientos que sean mínimamente invasivos que dejan sólo cicatrices pequeñas. Pacientes sometidos a cirugías laparoscópicas tienen una recuperación más fácil que aquellos que tienen una cirugía abierta.

Mito : Si tengo una cirugía debo tener posteriormente una bolsa de colostomía

Realidad: Una colostomía, en la los cirujanos crean un método externo para juntar las heces es raramente utilizado en la actualidad. Las técnicas de cirugía han mejorado de tal manera que el cáncer puede ser efectivamente extraído manteniendo el recto. En la actualidad un 80 por ciento de las operaciones se realizan manteniendo el ano.

Mito : Hay poco investigación centrada en el cáncer de colon

Realidad: Hay muchísima investigación de punta sobre cáncer de colon. En la UM la investigación se centra en técnicas de radiación, incluidas la forma de utilizar radiación para reducir tumores que se han propagado al hígado.

Continua página 18

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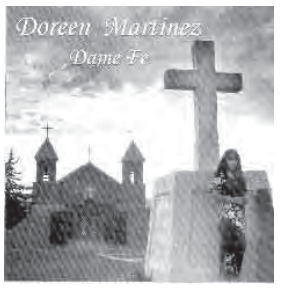

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HELP WANTED

PUEBLO COMMUNITY COLLEGE

Faculty – Nursing

full-time teaching position located at Pueblo Campus. Complete vacancy announcement with requirements for position and PCC application can be accessed at www.pueblocc.edu/aboutus/employment/.

Submit PCC application, resume, unofficial transcripts, and a letter of application to the Human Resources Office, Pueblo Community College, 900 W. Orman Ave., Pueblo, CO 81004-1499, telephone (719) 549-3220, FAX (719) 549-3127.

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De Lunes a Viernes 8:00am – 5:00pm. NI DE NOCHE NI FINES DE SEMANA . Pago semanal, $2.75 - $3.25 por hora. Trabajo en equipos de dos. No necesita tener vehículo. Preferimos que tenga licencia de Conducir MOLLY MAID 719-6387055. Lehman & Academy area. 6055 Lehman Dr. #106

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BIDS

SEMA Construction, Inc. is requesting sub bids and material quotes from all UDBE/DBE subcontractors and suppliers to meet the 12.5% UDBE goal for CDOT Project IM 0253-164, C13192. Project consists of I-25 reconstruction from SH 119 to SH 66 in Weld County, CO.
Project bids March 8, 2007 at 10:00 AM (MT).
SEMA Construction, Inc. 7353 S. Eagle St., Centennial, CO 80112 (303) 627-2600; (303) 627-2626 fax. All UDBE/DBE firms are encouraged to participate. Bonding, lines of credit, and special insurance limits may be required; please contact SEMA for assistance. EOE

BIDS

SEMA Construction, Inc. is requesting sub bids and material quotes from all DBE subcontractors and suppliers to meet the 2.55% DBE goal for the Durango-La Plata County Airport Improvements Project #AIP 3-08-0019-33 in La Plata County, CO.
Project bids March 15, 2007 at 2:00 PM (MT).
SEMA Construction, Inc., 7353 S. Eagle St., Centennial, CO 80112 (303) 627-2600; (303) 627-2626 fax. All DBE firms are encouraged to participate. Bonding, lines of credit, and special insurance limits may be required; please contact SEMA for assistance. EOE

COMMUNITY NEWS

Distrito Escolar 11 Continua de página 1

Comunidad: El segundo foro de comunidad ocurrirá el 7 de marzo 2007, de 6:30 a 8:30 en la sala de conferencias en el Distrito 11 Edificio de Administración, 1115 North El Paso. El personal del Distrito 11 hará una breve presentación, y la discusión será abierta entonces para comentarios públicos y/o preguntas.

Este foro será televisado en vivo en el Canal 16 de Comcast y también será grabado para la aireación posterior en el Canal 16 de Comcast. Habrá un traductor y dispositivos de traducción, y tendremos a un intérprete dactilología, también.

Audiencia Pública: La Junta Directiva de Educación del Distrito 11 sostendrá una audiencia pública sobre la futura utilización de la Escuela Secundaria East como la parte de su reunión de la junta directiva regular el 14 de marzo 2007. La reunión regular comienza a las 6:30. La administración del Distrito 11 presentará opciones y/o recomendaciones a la Junta Directiva de Educación en respeto a la Escuela Secundaria East, y el público tendrá la oportunidad de hacer comentarios y/o hacer preguntas. Reuniones regulares del Distrito 11 son televisadas en el Canal 16 de Comcast. Servicios de traducción serán proporcionados.

2nda Feria de Empleo en Colorado Springs Continua de página 1

de Empleo han establecido una tradición en Colorado Springs al conectar empresarios con buenas personas en busca de trabajo. Este evento deberá ser el mejor al juzgar el numero de negocios involucrados!"

La Feria de Empleos abrirá sus puertas en punto de las 10 de la mañana y concluirá en punto de las 4 de la tarde, el viernes 09 de marzo del 2007. El estacionamiento será gratuito alrededor de la iglesia.

Las siguientes compañías estarán en busca de personas trabajadoras como tu: US Army, King Soopers, Cleaning Authority, Jumping Jack Cash, My Phil Long Ford, Panda Express, T-Mobile, Farmers Insurance, Compass Bank, Safeway, DeVry, Mary Kay, S.O.S Staffing, Rancho Alegre, Walmart, Academy Hotel, College en Colorado, y Las Oficinas legales de Anderson y Lopez entre otros. Se esperan 2000 personas en busca de trabajo. Contactó: Laura Castañeda-Recendez(303) 962-3560**lestrada@bustosmedia.com**

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Physically Disabled Veterans Cont. from page 9

team and Secretary of Veterans Affairs Jim Nicholson were in attendance.

"Providing elite sport competition for persons with physical disabilities through our Paralympic program is an integral goal of the USOC," said Bellingham. "Our commitment to expand Paralympic activity ensures that veterans and other persons with physical disabilities will have the opportunity to derive the benefits of sport participation while pursuing their dream of representing America at the Paralympic Games."

"America's veterans deserve the best," said Secretary of Veterans Affairs Jim Nicholson. "For physically disabled veterans interested in representing the United States in Paralympic sports competition, that means receiving world-class training in facilities operated by the U.S. Olympic Committee. This partnership also builds upon the character, dedication and skill of physically disabled veterans who are more interested in their abilities than their disabilities."

The sites for the new VP3 initiative are comprised of the following:

* U.S. Olympic Training Center – Colorado Springs, Colo.
* U.S. Olympic Training Center – Chula Vista, Calif.
* U.S. Olympic Education Center, Northern Michigan University – Marquette, Mich.
* Lakeshore Foundation, Olympic and Paralympic Training Site – Birmingham, Ala.
* University of Central Oklahoma Paralympic Training Site – Edmond, Okla.
* Challenge Aspen – Aspen, Colo.

Qualified athletes will begin training by June 1, 2007. *For more information please contact Beth Bourgeois, U. S. Paralympics, at (719) 866-2039*

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Corolla Matrix Cont. from page 13

6,000 RPM redline, giving the Matrix especially good low- and midrange response. With the available four-speed electronic automatic transmission, the Matrix models have excellent EPA city/highway estimated mileage ratings of 28/34 MPG. The Matrix features standard P205/55 R16 tires. Both grades add optional aluminum 16-inch alloy wheels, and the XR grade offers optional aluminum 17-inch alloy wheel.

Toyota Value and Peace of Mind Because it is based on the Corolla platform, Matrix gives the customer the peace of mind of driving one of the world's most reliable and durable vehicles. Cutting edge in form and style, Matrix is also aimed at keeping with the Toyota tradition of value and low cost of ownership.

Generous standard equipment for Matrix includes air conditioning with a cabin air filter; an AM/FM/CD sound system with four speakers; a three-spoke tilt steering wheel; height adjustable driver's seat; intermittent wipers, a digital clock and a digital outside temperature gauge. The XR grade adds power mirrors, power windows and door locks; a leather steering wheel; remote keyless entry; variable intermittent wipers and an intermittent rear window wiper.

NEWS FIRST 5/30
SOUTHERN COLORADO'S NEWS LEADER

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El cambio de hora en nuestros relojes

Continua de página 1

los Estados Unidos. Comenzando en el 2007, DST comenzará en el Segundo domingo de marzo y termina en el primer domingo de noviembre.

El Secretario de Energía reportará el impacto de ese cambio al Congreso. El congreso se reserva el derecho de reasumir el horario de tiempo DST del 2005 una vez que el estudio del Ministerio de Energía sea completo.

Mitos sobre el cáncer de colon

Continua de página 15

Investigadores también estudian en el área de células madre de cáncer de colon. Otro grupo de investigadores se dedica al estudio de genes múltiples relacionados en el cáncer de colon y en la mejora de las técnicas de detección. Esto incluye la búsqueda de características en la sangre, heces, orina que puedan ofrecer herramientas más fáciles para detectar el cáncer de colon.

En el área de prevención, los investigadores estudian los efectos especies encontradas en el curry, resveratrol, encontrado en el vino, jengibre y la dieta mediterránea en el desarrollo del cáncer de colon.

Para más información, visite: www.cancer.med.umich.edu/cancertreat/gastro/colorectal_cancer.shtml o llame al 800-865-1125.

Para información sobre detección vea www.med.umich.edu/colonscreening.

REAL ESTATE

Fieldstone has bright, open, relaxed spaces

By Associated Designs

A trio of twin posts highlights the front porch of the Fieldstone, a mid-size, ranch-style home with a bright and spacious great room at the rear. This single-level plan could be adapted for wheelchair accessibility.

Multipaned windows, lap siding, and cultured stone veneer add textural variety to the front facade, as does an old-fashioned handrail. The front porch is easily large enough for a porch swing or a suite of wicker furniture, and makes a nice place to relax on warm summer days.

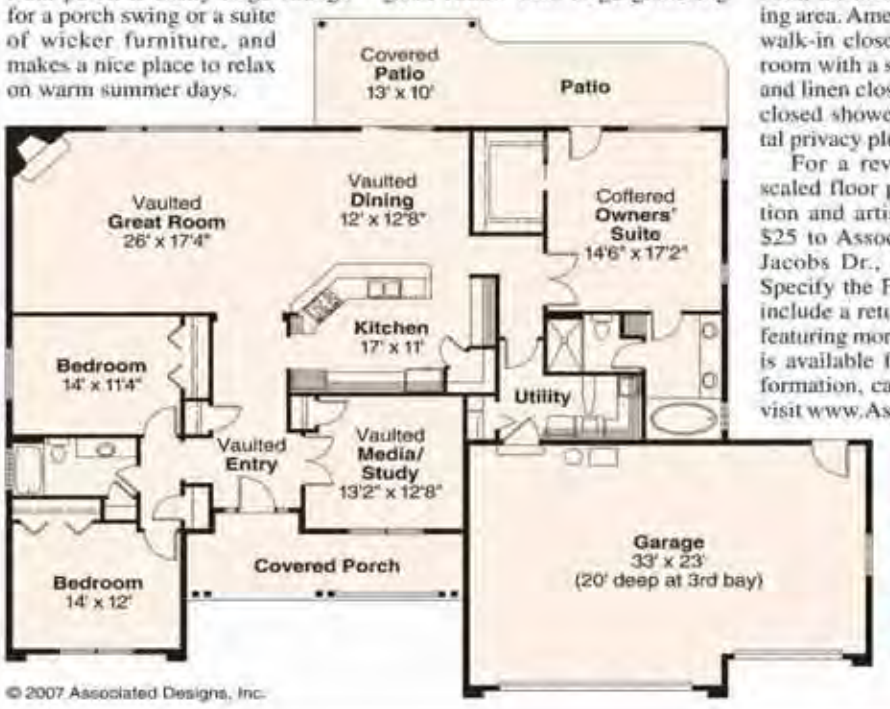
Light washes into the vaulted entry through sidelights and a transom. Double doors on the right open into a vaulted room that could be a study, home office, media room, or you name it. A wide window is up front and a closet is at the rear.

Two bedrooms, a full bathroom, and a linen closet are through the arched opening on the left. A little further down the hall, another arch on the right opens into the kitchen.

Straight ahead is the vaulted great room. This large gathering space comprises a living room and dining room, both of which are open to the generously sized kitchen. An exceptionally long conversation and eating bar rims the peninsula that bounds the kitchen. Other kitchen features include counters on four sides, built-in appliances, and a large walk-in pantry. Sliding doors in the Fieldstone's dining area access a partially covered patio that's ideal for serving outdoor meals.

The owners' suite is a quiet retreat, isolated from the family living area. Amenities include a roomy walk-in closet, and a private bathroom with a spa tub, double vanity, and linen closet. The separately enclosed shower and toilet offers total privacy plus steam containment.

For a review plan, including scaled floor plans, elevations, section and artist's conception, send $25 to Associated Designs, 1100 Jacobs Dr., Eugene, OR 97402. Specify the Fieldstone 30-607 and include a return address. A catalog featuring more than 550 home plans is available for $15. For more information, call (800) 634-0123, or visit www.AssociatedDesigns.com.



Fieldstone
PLAN 30-607

Living Area	2316 sq.ft.
Garage	765 sq.ft.
Dimensions	72' x 64'8"

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Library programs

Cont. from page 11

program. *15 min.*
Mondays and Fridays at 10:30 a.m. - East Library
Mondays, Wednesdays, and Fridays at 10:30 a.m. - Monument Branch
Mondays, Thursdays, and Fridays at 10:30 a.m. - Penrose Library
Thursdays at 10:30 a.m. - Rockrimmon Branch

Hora de Cuentos/Book Break in Spanish
Disfruten de quince minutos de cuentos y lectura para divertirse y relajarse. Listen to stories read in Spanish and English. *15 min.*
Fridays at 10:40 a.m. - Sand Creek Branch
Saturdays at 11:15 a.m. - East Library

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COMMUNITY NEWS

No Social Security Number?

No Problem! H&R Block Helps Workers Obtain Individual Taxpayer Identification Numbers. Find out why you need an ITIN this tax season and how to get one.

People working in the U.S. have to file tax returns, and most use a Social Security number to identify themselves. But not all people have or qualify for Social Security numbers, so how do they file? They use an Individual Taxpayer Identification Number (ITIN) instead. Tax professionals at H&R Block can explain what an ITIN is, who needs one, and – most importantly – how to get one. H&R Block's income tax professionals explain to clients the importance of filing tax returns and outline the steps for applying for and receiving an ITIN.

An ITIN is a 9-digit number issued by the IRS to anyone who doesn't have or qualify for a Social Security number and who earns income in the U.S. The number can only be used for tax purposes and doesn't affect immigration status or authorize employment in America.

To get an ITIN, taxpayers and dependents who don't have valid Social Security numbers must submit a W-7 form and an original completed tax return. H&R Block and other companies that are designated by the IRS as Certifying Acceptance Agents can submit the paperwork.

"Our 14,000 Spanish-speaking tax professionals and ability to prepare tax returns in the client's preferred language makes H&R Block an important resource for Hispanic taxpayers who need to submit applications for ITINs," said Javier Moreno, an H&R Block district manager.

Taxpayers with ITINs have been able to file electronically unless they presented mismatching taxpayer identification numbers on their tax forms (such as presenting an ITIN and a W-2 with a number other than an ITIN). Because of a recent IRS change, clients can now file electronically. E-filing makes processing returns quicker and enables refunds (if applicable) to be delivered sooner. More than 54 percent of all returns – 73 million forms – were e-filed last year.

H&R Block can submit a completed tax return and W-7 the same day the client visits an office. The standard turnaround is about six weeks to hear back from the IRS. Visit http://www.hrblock.com/espanol to find more information about H&R Block's new and existing products and services.

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- Usted no tiene que pagar por tener intérprete cuando tenga alguna cita en los Juzgados durante las audiencias, juicio, o citas que se realicen en el juzgado y relacionadas a su caso penal o de transito.

Si necesita intérprete no deje de avisarle a la secretaria.

(Managing Court Interpreter's Office, 4th Judicial District, Aug-05)

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