



'The Orphanage'



2008 Mazda CX-9

Empiece El Nuevo Año Con Una Nueva Perspectiva Sobre La Pérdida De Peso

La motivación y la recompensa son clave para lograr una pérdida de peso exitosa

De acuerdo con una encuesta realizada a 400 mujeres hispanas (gestionada por Encuesta, Inc. para GlaxoSmithKline Consumer Healthcare [NYSE: GSK]), casi el 50% de estas mujeres no saben con certeza si tienen todo lo que se necesita para controlar su peso exitosamente, y afirman que su motivación rara vez perdura. Para tener éxito en la pérdida

venta sin receta médica que ha sido aprobado por la FDA, te puede ayudar a perder el 50 por ciento más de peso que si hicieras dieta solamente, lo cual te da verdadera motivación. allí es seguro y trabaja en el sistema digestivo, de modo que no provocará que el corazón se acelere. Bloquea _ de la grasa contenida en los alimentos que una persona ingiere, puede reducir la cantidad de grasa y calorías absorbidas. allí debe usarse junto con una dieta reducida en calorías y de bajo contenido graso. Las personas que fueron estudiadas y cumplieron con la dieta, informaron que se



de peso, se necesita un programa de pérdida de peso que te motive, recompense y te deje disfrutar muchas de tus comidas favoritas en moderación y que te de apoyo, ya que es más fácil perder peso cuando uno no está solo. En este Nuevo Año, la motivación es el ingrediente clave que se debe añadir a sus esfuerzos para perder peso.

Las dietas tradicionales pueden ser frustrantes, aburridas y pueden desilusionarnos, comenta la psicóloga, Dra. Ana Rivas-Vazquez. _No solo habría que cuidar lo que uno come ya que no se trata de encontrar una solución rápida, sino de lograr una pérdida de peso exitosa y duradera y de tener motivación durante el proceso de perder peso._

Los programas para perder peso con resultados comprobados que te recompensan por tus esfuerzos en la pérdida de peso pueden mantenerte motivado. Cuando pierdes libras, vemos los beneficios de nuestro gran esfuerzo. allí(R), el único producto para perder peso de

sentían satisfechas con el producto y con los resultados de una pérdida de peso a largo plazo.

El programa allí enseña a los adultos con sobrepeso como comer para poder lograr una pérdida de peso exitosa y llevar un estilo de vida más saludable en general. _El programa allí, combinado con una dieta reducida en calorías y de bajo contenido graso, brinda a las personas una opción segura, gradual y efectiva para la pérdida de peso que además se vende sin receta médica. Esto es justo lo que muchas mujeres hispanas necesitan para mantenerse motivadas y alentadas_, afirma la Dra. Ana Rivas-Vazquez. Adicionalmente, allí brinda un programa de ayuda integral en español a través de www.mialli.com, un sitio que contiene consejos de expertos, recetas, planes alimenticios, acceso a una comunidad de usuarios de allí y muchas cosas más.

GSK Consumer Healthcare realizó este estudio para entender mejor la mentalidad

Continúa página 5

A New Year Brings New Hope For Early Education

New Year's is a time for reflection on where we've been, the lessons learned, and how we can better ourselves for the future. Unfortunately, many resolutions to help our children better succeed in school have been broken.

Every year, about one-third of American children enter a kindergarten class unprepared to learn. Many will never catch up. That all-important door to learning is already, in effect, closed. The reasons for this are complex, but this much is clear: The multiple systems - from family to schools to government - that should be supporting young children too often are failing to do so.

There is hope, however. Research suggests that investing in early learning is the best investment we can make in America's future.



Studies by the Institute of Medicine and National Research Council and others tell us that the achievement gap for poor and otherwise disadvantaged children is created in the first five years of

their lives. A youngster's brain works on a "use it or lose it" principle, and synapses not used or stimulated early on will be discarded.

The child's first five years at home thus constitute the most important years of his or her life. The first four years in school are the second most important phase. And the transition from home and community into school may be the most important transition in his or her life.

But in most school districts there is little if any interaction between local childcare centers, early care and education providers and the public school system. Transitions to kindergarten usually consist of a "meet and

Cont. on page 3

Unitedhealth Group Finds Trend Toward Savvier Medicare Consumers As They Select And Use Part D Plans

Sharp Increases in Use of UnitedHealth's Web Tools Like "Formulary Finder," Generic Drugs and Mail Order Show Other Factors Join Price in Determining Part D Plans' Value

UnitedHealth group Medicare Part D plan members have saved an additional \$200 million in 2007 through increased use of generic drugs and mail order for 2008, UnitedHealth group is offering new Part D drug plans with zero copays for generic drugs through preferred mail service.

According to UnitedHealth Group (NYSE: UNH), three years into the availability of Part D prescription drug programs, Medicare beneficiaries have become increasingly savvy about these offerings, better enabling them to choose - and use - the plan that best fits their needs. More frequent and longer visits to the Company's Part D plans website and increased use of sophisticated online tools indicate deeper analysis

among seniors on a quest for value. The definition of value also has expanded, underscored by a sharp rise in the use of generic drugs and mail order options, resulting in more than \$200 million dollars in additional savings for the Company's Part D Plan members in 2007.

"People are becoming more sophisticated about purchasing and using Part D plans, with value being driven not only by monthly premiums and copays, but also by formulary, coverage through the donut hole, and the convenience and value of mail order and generic drugs," said Simon Stevens, chief executive officer of Ovations, the

UnitedHealth Group Company dedicated to serving the health and well-being of people age 50 and older. "That's a trend we both support and want to positively encourage," he said.

UnitedHealth Group is the largest provider of Part D prescription drug plans and also the largest provider of Medicare plans overall, serving one in five Medicare beneficiaries. The company offers the only Part D plans that carry the AARP name: AARP MedicareRx Plans.

More Frequent Website Visits, Increased Web Tool Use Show Deeper Analysis in Quest for Value

Cont. on page 15

Noticias Locales

Local News

Specializing in all areas of Immigration and Nationality Law

Member of the American Immigration Lawyers Association

Family Immigration

- Family Petitions
- Visas
- Consular processing
- Green Cards
- Deportation Defense
- Employment Authorization
- Naturalization



Employment Immigration

- Employment Visas
- I-9 Audits
- Employer Petitions
- Labor Certification (PERM)



Daniel W. Oldenburg
Attorney at Law

Daniel W. Oldenburg

Attorney at Law
503 N. Main Street Suite 545
Pueblo, CO 81003

(719) 543-7404 Office

(719) 0899 Fax

832-221-9608 cell

danold22@hotmail.com

Consultation by Appointment Se Habla Español

Disability Program Navigator Joins Workforce Center

The Pikes Peak Workforce Center (PPWFC) announces that Wendy Rene Rosas has joined the center as the Disability Program Navigator (DPN).

In her position as DPN, Ms Rosas will work in collaboration with other agencies to provide resources to persons with disabilities who are seeking employment.

In addition, she will help persons with disabilities navigate the systems that exist and may present barriers to finding meaningful employment.

"I look forward to helping persons with disabilities identify their strengths and abilities," says Ms Rosas.

"We all want meaningful work and persons with disabilities are no different.

I hope to help them unlock the doors to their career potential."

Ms Rosas has a Bachelor's of Science in Psychology and certification in Gerontology.

Her experience includes case management for people with developmental disabilities at Goodwill Industries; work as an employment consultant at the Division of Vocational

Rehabilitation; and therapeutic recreation with the City of Colorado Springs.

About PPWFC

The Pikes Peak Workforce Center supports business and promotes employment by providing market-driven solutions for our community to succeed in the global economy. PPWFC helps businesses solve their workforce-related business problems and helps residents with career transition.

More information about the Pikes Peak Workforce Center can be found online at www.ppwfc.org.

January NAHREP Meeting

NAHREP Colorado Springs invites you to their Lunch/Meeting on Jan. 9th. From 11:30-1pm at the East Library at 5550 N. Union Blvd. in Colorado Springs. Cuban Cuisine from Cubanacan will be catering the event. Members are \$5 and non members are \$10. Please join us! MUST RSVP! Gloria 233-9371.

Sen. Salazar Selects Long-Time Community Leader To Head Pikes Peak Office

United States Senator Ken Salazar announced that he has hired Annie Oatman-Gardner, a long-time Colorado Springs community leader, to serve as the new Director of his Pikes Peak Regional Office. Oatman-Gardner will succeed Richard Skorman as Senator Salazar's

Pikes Peak Regional Director, who is expected to join The Catamount Institute as Director of the Pikes Peak Conservation Corps.

"I am excited to bring Annie onboard as a new addition to my Senate staff," said Senator Salazar. "Her record of public

service and extensive understanding of the issues that matter to residents of the Pikes Peak Region will help ensure that our office has a strong, positive and responsive presence in Colorado Springs and its surrounding communities."

Cont. on page 3

Hispania News

The Hispanic Community's Newspaper
Established Cinco de Mayo, 1987

Published weekly by
Con Fé Communications, Ltd.
ISSN -0895-7355

No part of *Hispania News* may be reprinted or reproduced without the written consent from the Editor.
All rights reserved.

Editor
Robert L. Armendariz

Marketing Director
William Green

Assistant
To The Editor
Mirna Bañuelos

Advertising Consultant
Will Gutierrez
Will@hispanianews.com

Photographer
Daniel T. Chaparro

Composition, Design and Layout
Sami R. Armendariz

Hispania News
On The INTERNET
www.hispanianews.com
editor@hispanianews.com

Located at 1715 Monterey Rd. Suite 220
Colorado Springs, CO 80910

Mailing Address: P.O. Box 15116, Colorado Springs, CO 80935-5116

(719) 540-0220 • (719) 540-0221 • Fax (719) 540-0599



Hispania News
Membership Number: 10185

Letter To The Editor

Latino Community Are Pretty Formidable

As this New Year begins, the challenges before the Latino community are pretty formidable. The Presidential election is yet another test of the importance of the Latino vote and the need for the emergence of a coherent Latino policy agenda at the national level. The defeat of the immigration bill in the Congress and the continuing anti-immigrant (read anti-Latino) scapegoating present the Latino community the continuing problem of attempts to define us as perpetual outsiders in this country despite our long history in the United States and our many contributions to this nation.

There are now more than 48 million Latinos in the United States (this includes the close to 4 million residents in Puerto Rico, all US citizens, who are too easily ignored as part of the Latino population) and by 2050 we are projected to be at least 24 percent of the country's population. The current focus in the media and in political circles on immigration has created an unhealthy imbalance in the way we view Latinos in the United States, ignoring that 60 percent are U.S.-born. Can we restore a balance in the public discourse on Latinos to make the Presidential candidates and other political and policy leaders talk more about the needs of Latinos who are not immigrants as well?

There are now new efforts to make sure that Latino voices are heard in "nontraditional" Latino policy issues. New groups have been forming recently on issues such as the environment, national health insurance, urban planning, media policy and others that need to be paid greater attention and given more support by us all. In future issues of the Latino Policy eNewsletter we plan to explore these new efforts in detail.

Having celebrated our 25th anniversary this year, the Board, staff and volunteers at the National Institute for Latino Policy (NiLP) look forward to being a part of a revitalized Latino movement for social justice. We hope that we can build on our experience to contribute to the building of this movement to make the United States the more open and vibrant country it can be.

Feliz Año Nuevo,

Angelo Falcón
President
National Institute for Latino Policy (NiLP)

Noticias Locales

Local News

New Hope For Early Education Cont. from page 1

greet” session for parents. Rarely is there an alignment of teaching or curriculum or coordination of teachers and parents.

Fortunately, that situation is beginning to change. In 2006, early childhood education was named a legislative priority by 24 governors, compared to 17 in 2005. Some states such as Washington have created new departments dedicated to early learning.

To support states’ efforts, many national foundations (including the W.K. Kellogg Foundation’s SPARK initiative — Supporting Partnerships to Assure Ready Kids), as well as researchers in academia and the federal government, have launched system-building initiatives that link parents, educators, early childhood service providers, and their communities. A big part of this community-based innovative thinking is the movement

toward ready schools. In communities as diverse as Miami, FL and Gwinnett County, GA, where SPARK has made investments, we are beginning to see positive change.

In early 2007, the Gwinnett County Public Schools (the largest school district in Georgia and the 20th largest in the country) adopted and funded the SPARK Georgia school transition model.

Using federal Title I funds to implement the nationally recognized Parents as Teachers program has resulted in increases in key school-readiness skills (including fine motor skills, problem-solving and socialization); greater parent participation and leadership in early education and schools (parents who participated in the Parent Leadership Institute now serve as chairs on seven committees); and parent attendance at GED

and ESL classes.

In Miami, our initiative identified a lack of alignment in expectations between elementary schools and childcare facilities. Support for an increase in the number of accredited centers led eventually to success in creating a quality rating system that further aligns expectations across early education and the early grades and includes criteria for those all-important transitions.

In the past, the burden was primarily on children and parents to get ready for school. But this “two-way street” approach helps shape schools so they are prepared to receive and serve all children.

Some additional elements of this approach include screening children for developmental delays and health issues that impede learning; helping parents and families in their role as first

teachers; and getting child to commit more resources to advocacy organizations, early education – because an investment now means

*Now is the time...
to enroll your child.*

FREE
PRESCHOOL

Gratis pre-escolar y programa par necesidades especiales.
Free preschool and special needs program.

We offer FREE infant, toddler, and preschool programs for children prenatal to age five and their families.

Call Community Partnership for Child Development at 635-1536 to find out if you qualify.

Now is the time to educate your child. Please call 635-1536 and enroll your child today.

Community Partnership for Child Development
2330 Robinson St • 719-635-1536 • www.cpcdheadstart.org
Head Start • Early Head Start • Colorado Preschool and Kindergarten Program

Opening Day For Parks Reservations Jan. 8

El Paso County Parks will begin accepting facility reservations earlier this year starting on Tuesday, Jan. 8, at 8 a.m. for the 2008 calendar year.

Reservations on Jan. 8 must be made in person at the El Paso County Parks Administrative Office, 2002 Creek Crossing, near the corner of Rio Grande and 21st Street.

The pavilions that can be reserved are located in Bear Creek, Black Forest, Fountain

Creek, Fox Run, and Palmer Lake Regional Parks. Individuals are strongly encouraged to have alternate dates in mind, as space fills quickly. Also available for reservations are the Fox Run Regional Park Gazebo and athletic fields in various parks.

Groups wishing to reserve pavilions for special events may submit a Special Event Request Form prior to Jan. 8. Additional fees will apply based on the size of the group

and activities planned.

Pavilion fees are as follows: \$28 for small pavilions, \$94 for medium-sized pavilions and \$193 for the large pavilions. The Gazebo at Fox Run Park rents for \$110 per hour, with a two hour minimum.

Starting Wednesday, Jan. 9 both in-person and phone reservations will be accepted from 8 a.m. to 4:30 p.m.

The phone number to call for reservations is (719) 520-PLAY (7529).

The New Year Can Mean New Warmth For All Coloradans With Help From Leap

Many anxiously await the winter months in Colorado, looking forward to the snow and the fun activities it brings. For many hard working Coloradans however, winter

means freezing temperatures and increasing heating costs that force many families to go without heating their homes.

Living in homes with inadequate heat is unhealthy

for all, but for children and senior citizens it can be particularly harmful as they are more susceptible to the flu and pneumonia.

Cont. on page 11

Sen. Salazar Selects Cont. from page 2

Oatman-Gardner currently serves as a Military Impact Planner for the Pikes Peak Area Council of Governments. A long-time resident of Colorado Springs, she has worked extensively in the field of issue advocacy, having played key roles in the Referendum C and D campaigns, the passage of an open space tax in El Paso County and the adoption by voters of the Pikes Peak Regional Transportation Authority. She is a graduate of The Colorado College and is married with two daughters.

“I would also like to wish Richard all the best in his new role as Director of the Pikes Peak Conservation Corps, and I look forward to continuing to utilize his knowledge and expertise on Pikes Peak regional issues,” said Senator Salazar. “This transition represents yet another positive step in his outstanding career, and I am confident that his combination of skill and experience will serve him well in his new position.”

In his new role as Director of the Pikes Peak Conservation Corps, Skorman will help launch and lead “The Million Bulb” campaign, which aims to foster community-wide discussion and education on the issues of energy and water conservation, as well as air and water pollution. As Director of the Conservation Corps, Skorman will spearhead an effort to recruit 25,000 members, raise \$2 million and give away 10 compact fluorescent light bulbs to 100,000 homes, offices, institutions and businesses.

Reasons To Choose PCC

1. Best Tuition Value
2. 70+ Program Choices
3. Career Tracks & Guaranteed Transfer Courses
4. Dedicated Faculty & Staff
5. Extensive Support Services
6. Small Classes; Latest Technology

PLUS... we are open late and on Saturday, January 12 to better serve you.

Mon - Thurs 8 am - 6 pm
Fri 8 am - 5 pm | Sat 9 am - 2 pm

Visit our NEW Enrollment Services Center
Mike Davis Academic Building, Room 154
Corner of Orman & Arthur

Opportunity Knocks...

@ **Pueblo Community College**

Stop by today!
Classes Start Jan 14

Questions? 549.3200 or visit us at www.pueblocc.edu

SOCIAL SECURITY

If your application for disability benefits has been denied

WE CAN HELP YOU!

Koncilja and Koncilja

Attorneys at Law

543-9591 1-800-846-6818

Noticias en Español

News in Spanish

Familias Ayudando a Familias

Nuestra empresa *Bargain Auto Outlet* localizada en 1815 East Bijou Street (*Bijou y Union*) está muy orgullosa de anunciar que **Larry Lucero** se ha unido a nuestro personal de venta de vehículos.

Larry es uno de los más experimentados especialistas bilingües en las necesidades automovilísticas en Colorado Springs. Él trae a nuestra empresa más de once años en ventas y gerencia.

Larry entiende muy bien las necesidades de vehículo de las familias de hoy, y tiene capacidades generalmente no encontradas en otras representaciones automotoras.

Por ejemplo, Servicio Localizador del Vehículo. Si usted está buscando un cierto

tipo, marca, o modelo del vehículo y no puede encontrarlo, Larry se lo encontrará.

O si usted tiene preguntas sobre problemas de crédito, Larry se especializa en conseguir aprobación de crédito para cada persona. Él puede asistirle a usted si usted tiene buen crédito, mal crédito, bancarrota, divorcio, o simplemente carece de crédito.

Su familia recibirá dos años **Gratis** de cambio de aceite por la compra de cada vehículo. Y para su tranquilidad de que usted compró el vehículo adecuado, *Bargain Auto Outlet* le proporcionará una garantía por cada vehículo.

Como un beneficio más a su familia, Larry se ha asociado

con su esposa **Jeanette** para proveerle una "conveniencia completa" en la compra de su vehículo.

Después de que Larry le asista a usted en todas las necesidades concernientes a la compra y financiamiento, Jeanette le puede asistir a usted en cualquier pregunta que tenga sobre el contrato de seguro para su automóvil.

Por favor ayúdenos a darle la bienvenida a Larry y su familia a nuestra comunidad dándose "una pasadita" por *Bargain Auto Outlet* en 1815 East Bijou Street (*Bijou y Union*); o usted puede llamar a Larry al 719-201-0904 y él le contestará a



Jeanette and Larry Lucero

cualquier pregunta que usted tenga sobre la compra de su vehículo, nuevo o usado.

Datos Útiles Sobre Los Antioxidantes Alimentarios

Medidas de las capacidades antioxidantes de 277 alimentos seleccionados fueron hechas disponibles en Internet hoy por los científicos del Servicio de Investigación Agrícola (ARS). La nueva base de datos provee un acceso fácil a los valores antioxidantes para una variedad amplia de alimentos, incluyendo muchos que son fuentes excelentes de compuestos saludables.

Los científicos usarán la base de datos para ayudar a guiar investigaciones en curso sobre cómo los antioxidantes podrían correlacionarse con los beneficios de salud. Por ejemplo, muchas frutas y verduras están conocidas como buenas fuentes de vitaminas antioxidantes, tales como E, C, y beta caroteno, una forma de vitamina A. Pero estos alimentos naturales también contienen otros compuestos, colectivamente conocidos como fitonutrientes, que podrían contribuir a la salud.

La base de datos fue desarrollada por los investigadores del ARS en el Laboratorio de Datos de Nutrientes, parte del Centro Beltsville de Investigación de Nutrición Humana (BHNRC por sus siglas en inglés) en Beltsville, Maryland, en colaboración con colegas en el Centro de Nutrición de Niños mantenido por ARS en Little Rock, Arkansas. ARS es la agencia principal de investigaciones científicas del Departamento de Agricultura de EE.UU. (USDA por sus siglas en inglés).

Muchas de las frutas, nueces, verduras y especias en la base de datos fueron analizadas para determinar su capacidad de absorción de radicales de oxígeno (conocida en inglés como ORAC) en el centro en Arkansas.

ORAC es uno de varios métodos disponibles para evaluar las capacidades antioxidantes de alimentos. El

método fue desarrollado por el químico del ARS Ronald Prior y sus colegas. Prior también estudia la capacidad del cuerpo humano de absorber y utilizar los antioxidantes.

Datos sobre los alimentos analizados usando el método de ORAC también fueron colectados durante una reexaminación extensa de la literatura científica en revistas de revisión por pares, y también evaluados usando un sistema desarrollado por USDA para determinar de la calidad de datos. Los datos evaluados y analizados están incluidos en la nueva base de datos, juntos con indicadores de la calidad de los datos. Las medidas de la capacidad antioxidante pueden variar debido a factores tales como el tipo de planta estudiado y sus condiciones de cultivo y de cosecha, así como métodos usados para la preparación, el procesamiento y/o el análisis de la muestra de alimento.

learn.grow.enjoy. be PRC

6805 Corporate Drive
Colorado Springs, CO 80919
springsjobs@prcnet.com
P 719.262.5607
F 719.548.9632
www.prcnet.com

FREE DIRECTV Service after 90-days

Are you a seasoned sales professional looking for an exciting change in your career? Then, join our team and become an:

INBOUND Sales Consultant for DIRECTV.

Our Sales Consultants can earn Base plus COMMISSION compensation.

Benefits!
Medical, Dental, Disability Insurance, Partner Benefits, 401(k) with Employer Match, Paid Training, Paid Time Off, Holiday Pay, Tuition Reimbursement, and more!

- Positions begin January 14th
- Premium Pay for bilingual skill
- Top performers earn \$14.00 - \$16.00 per hr

D/V/F/M EOE

Negocios Apoyando la Comunidad Hispánica

INSTITUTO de INGLÉS

FUENTEVIDA DE VIDA

6650 Omaha Blvd, Colorado Springs, CO 80915
teléfono: (719) 596-4019

| | |
|--------------------|----------------|
| Sue Dorn, Director | (719) 351-0657 |
|--------------------|----------------|

ENGLISH CLASSES Tuesdays & Thursdays (6:30 pm)

Cross Country Cruises

Relax More and Pay Less

Felipe & Alfreda Ramirez
Owners

6870 Arctic Place, Colorado Springs 80911
1-800-584-5763 **719-596-5297**
www.crosscountrycruises.com

Dicky's Paint & Body

2730 Temple Lane
Pueblo, CO 81003

719-583-1747

Owner:
Dicky Valdez

hablamos español

A.J.'s Cleaning, Inc.

Felipe Ramirez, Operations Director
Bonded/Insured
Business / Office Cleaning
High Standards / Low Cost

Off: (719) 596-5176 Cell: (719) 459-8972
Cell: (719) 290-5884 Fax: (719) 596-5297
Felipe@AJcleaninginc.Com

- Tacos • Burritos • Tortas
- Mariscos • Mole Poblano
- Pupusas • Pollo Con Tajadas
- Baleadas • Yuca Con Chicharon

Servicio de Banquete

(Catering Services for All Occasions)
Auténtica Comida Mexicana,
Hondureña y Salvadoreña

908 N. Circle Ave.
(719) 632-1971
Comida Mexicana y Centroamericana

Freddy Valdez
Barber Specialist/Owner

BLADES BARBER SHOP

908 N. Circle Dr. D
719.634.2688
Cell: 719.287.8963

Noticias en Español

News in Spanish

La Vitamina A Suprime La Diabetes Tipo 1 En Estudio Con Animales

La tarta de calabaza, las batatas y muchos otros alimentos favoritos relacionados con los días de fiesta son ricos en la vitamina A, la cual es un nutriente imprescindible para la buena salud.

Ahora un estudio por algunos científicos de nutrición con el Servicio de Investigación Agrícola (ARS) ha demostrado, por primera vez, que el consumo de niveles altos de la vitamina A puede suprimir el desarrollo de la diabetes tipo 1 en algunos ratones de laboratorio que

tienen una predisposición a esa enfermedad.

La diabetes tipo 1, la cual afecta más de 750.000 estadounidenses, ocurre cuando el sistema inmunitario por error ataca y destruye las células beta del páncreas. Estas células importantes producen insulina. Científicos ya saben que la vitamina A y los antioxidantes—tales como aquellos presentes en el polvo de uvas congeladas en seco, una sustancia usada en el estudio—pueden regular el sistema inmunitario.

Sin embargo, aparentemente

nadie había demostrado en el pasado la capacidad de la vitamina A o el polvo de uvas para suprimir la diabetes tipo 1 en ratones de laboratorio o en los humanos, según el fisiólogo del ARS Charles B. Stephensen.

Él colaboró con la bióloga molecular Susan J. Zunino en el estudio realizado en el Centro Occidental de Investigación de Nutrición Humana, mantenido por el ARS en Davis, California. Ellos reportaron sus hallazgos anteriormente este año en 'Journal of Nutrition' (Revista de Nutrición).

Los investigadores regularmente midieron los niveles del azúcar sanguíneo en los 45 ratones usados en el experimento para detectar la aparición de la diabetes. Cuando los ratones tuvieron una edad de siete meses, solamente el 25 por ciento de los ratones que consumieron una dieta con niveles altos de la vitamina A, y solamente el 33 por ciento de aquellos que consumieron una dieta suplementada con el polvo de uvas, han desarrollado la diabetes tipo 1. Pero el 71 por ciento de los ratones que

consumieron una dieta no enriquecida tuvieron la diabetes.

Las diferencias en los niveles de una proteína llamada el factor de necrosis tumoral-alfa, o FNT-a, fueron notables. Estudios previos indicaron una conexión entre esta proteína y la diabetes tipo 1.

En el estudio por los científicos del ARS, la producción de FNT-a por las células inmunitarias de los ratones que consumieron la dieta enriquecida con la vitamina A o con el polvo de uvas fue significativamente más baja que en las células de los ratones que consumieron la dieta no enriquecida.

Este estudio es parte de investigaciones en curso en el centro en Davis para descubrir más información sobre el potencial de la vitamina A y otros nutrientes para ayudar a prevenir la diabetes, el cáncer, la asma y otras enfermedades del sistema inmunitario.

Este estudio fue financiado por el ARS y los Institutos Nacionales de Salud, los cuales son parte del Departamento de Salud y Servicios Humanos de EE.UU. ARS es la agencia principal de investigaciones científicas del Departamento de Agricultura de EE.UU.

Empiece El Nuevo Año Con Una Nueva Continua de página 1

de la mujer hispana que desea perder peso y muestra el lado práctico y emocional del fracaso al intentar perder peso.

Estos hallazgos se tomaron en consideración en junio de 2007 durante el lanzamiento de alli, el único producto para perder peso de venta sin receta médica aprobado por la FDA. Ahora, GSK Consumer Healthcare comparte estos hallazgos para ayudar a concientizar a los hispanos adultos que sufren de sobrepeso sobre las razones por las que algunas dietas no tienen éxito, y lo que pueden hacer, en términos reales, para alcanzar sus metas de pérdida de peso.

Hallazgos clave

El Estudio sobre la dinámica de perder peso de GlaxoSmithKline (GlaxoSmithKline Weight Loss Dynamics Study) encuestó a 400 mujeres hispanas de EE.UU. entre los 18 y 69 años de edad que consideran que tienen poco o mucho sobrepeso.

— Prácticamente la mitad de las mujeres encuestadas admitieron haber hecho entre 1 y 4 intentos para perder peso.

— El 56% de estas mujeres también admitieron haber vuelto a subir de peso durante su más reciente esfuerzo.

— El 71% de las mujeres hispanas encuestadas quieren perder entre 1 y 30 libras; el 34% quiere perder entre 11 y 20 libras.

— La mayoría de las entrevistadas adquirieron el sobrepeso durante las etapas de los veinte y los treinta:

- El 37% de las mujeres hispanas adquirieron el sobrepeso entre los 20 y 29 años.

- El 28% adquirió el sobrepeso entre los 30 y 39 años.

— La razón más común para querer bajar de peso es la salud: El 78% de las mujeres

estuvieron de acuerdo, mientras que el 27% afirmó que otra de las razones es el deseo de lucir mejor, sentirse más delgadas y más atractivas. Casi la mitad (46%) de las mujeres hispanas encuestadas han hecho entre 1 y 4 intentos para perder peso.

- El 56% de estas mujeres volvieron a subir de peso después de su último intento.

- El 95% de estas mujeres afirman: "yo sé que para perder peso y no volver a subirlo necesito cambiar mis hábitos alimenticios para siempre".

— Los métodos más usuales para intentar perder peso entre las mujeres hispanas:

- El 58% hace ejercicio; el 50% come más saludablemente; el 38% hace dieta por su cuenta; el 17% usa productos de venta sin receta médica tales como supresores del apetito, productos a base de hierbas o suplementos para la pérdida de peso.

— Las mujeres hispanas encuestadas gastaron un promedio de \$216.80 en un mes en productos y métodos para perder peso.

- El 90% de las mujeres hispanas encuestadas generalmente preparan comidas totalmente caseras, pero menos de la mitad (40%) de ellas afirman que lo que comen a diario son comidas nutritivas y bien balanceadas.

- ¡Y cocinan para otros! Más del 85% de las encuestadas están de acuerdo total o parcialmente en que preparar comidas para la familia es una manera de demostrarles su cariño.

El estudio estuvo a cargo de Encuesta, Inc., por medio de entrevistas telefónicas que se realizaron entre el 29 de noviembre de 2005 y el 8 de enero de 2006 con una muestra representativa a nivel nacional (48 estados y Washington,

D.C.) de 400 mujeres (y 200 hombres) de origen o ascendencia hispana o latina.

Acerca de alli(R)

allí es el único producto para perder peso de venta sin receta médica aprobado por la FDA disponible para adultos de 18 años o mayores que sufren de sobrepeso. Combina un producto clínicamente

comprobado junto con un plan de acción integral personalizado.

El programa allí estimula una pérdida de peso moderada y gradual, y es reconocido por los expertos como la mejor manera de perder peso. allí (en cápsulas de 60 mg de orlistat) es seguro y efectivo si se usa según las indicaciones.



ELECTRONICS RECYCLING

DON'T TRASH IT!!!



Get a tax deduction!!!

Help people who have disabilities.

Protect the environment.

FREE Service – cash donations requested

DROP OFF SITE IN COLORADO SPRINGS

601 S. Wahsatch Ave., Ste. B (just south of Cimmaron St.)

8am to 4pm, Mon. – Fri., (719) 219-3996

web site: CommonWorks.net

NEGOCIOS

Business

Families Helping Families

Bargain Auto Outlet is proud to announce that Larry Lucero has joined our staff at 1815 East Bijou Street (Bijou and Union).

Larry is one of the most experienced bi-lingual automotive needs specialists in Colorado Springs. He brings over eleven years of sales and management to Bargain Auto Outlet. Larry understands the needs of today's families.

He has abilities not often found at other automotive dealerships, such as:

Vehicle Locator Service: If you are looking for a certain type, make, or model vehicle and cannot find it, Larry will. **Credit Problems/Questions:** Larry specializes in getting a credit approval for EVERYONE!

He can assist you if you have good credit, bad credit, bankruptcy, divorce, or just a lack of credit.

Your family will receive two years of no charge oil changes with every vehicle purchase. To provide your family peace of mind that you did buy the

right vehicle, Bargain Auto Outlet will provide a warranty on every vehicle.

As an added benefit to your family...Larry has teamed up with his wife Jeanette to provide you with "One Stop" shopping.

After Larry assists you with all of your purchase and finance needs, Jeanette can assist you with any automobile insurance questions or needs.

Please help us in welcoming Larry and his family to our community by stopping by Bargain Auto Outlet at 1815 East Bijou Street (Bijou and Union) or you can give Larry a call at 719.201.0904 and he will



Jeanette and Larry Lucero

answer any question you may have about the process of purchasing a new or pre-owned vehicle.

NEWS FIRST NOW
LOCAL NEWS AND WEATHER 24/7

Laura Rojas Mike Madson

COLORADO SPRINGS COMCAST CHANNEL 9
PUEBLO COMCAST CHANNEL 247
STREAMING LIVE ON-LINE AT KOAA.COM

Cahrep Hosts Statewide Conference And Expo "Embracing The American Dream"

The Colorado Association of Hispanic Real Estate Professionals (CAHREP) will be hosting its Statewide Conference and Expo "Embracing the American Dream" at The Denver Athletic Club on January 17, 2008. CAHREP is a real estate trade organization whose mission is to increase the sustainable Hispanic homeownership rate by empowering the real estate professionals that serve the Hispanic consumer.

This Conference is an Educational forum for all Real Estate professionals and industry related professionals. It provides information and education for operations and technology, sales and marketing as well as personal development. CAHREP has brought in some key professional speakers to the conference.

These speakers include Tim Sandos, CEO and President of the National Association of Hispanic Real Estate Professionals who prior to his

appointment was an Executive Vice-President for CitiMortgage, where he led the company's programs and initiatives that targeted minority and underserved market segments throughout the United States.

Other featured speakers include Danny Morel, a dynamic motivational speaker and trainer, Jerry Purjals, author of "Secrets to Real Estate Success" and "Kick It Up a Notch Marketing" and Tino Diaz, CEO of Vertez Mortgage Bankers and a regularly sought speaker on strategic issues at real estate, banking and insurance forums. Workshops include Distinctive Loan Products, The Aftermath of Foreclosures and Short Sales, Title Technology for Your Marketing and Technology Needs among others.

Mario Lozoya, CAHREP's President says, "We feel that once again CAHREP has put together a great conference at a great price. The conference is a great start for 2008 for all

Hispanic and NonHispanic Real Estate Professional alike." CAHREP invites all professionals in the areas of real estate, financing, insurance, title and related businesses to attend this very informative event.

Tickets are available through

www.blacktie-colorado.com/ rsvp , event code: cahrep08. Seats are limited. The Denver Athletic Club is located at 1325 Glenarm Place, Denver, CO 80204. For more information about the conference, please contact Beverly Cribari at (303) 350-2650.

PCC To Debut Mini-Certificate Program In Alcohol, Drug Abuse Counseling

Pueblo Community College has responded to local human service agency requests by creating a new Alcohol and Drug Abuse Counselor mini-certificate program that will begin in January.

The program consists of six classes that will meet just one weekend each during the spring semester. The first class — "Client Records" — will be held from 8:30 a.m. to 3:30 p.m. Jan. 18-19. One class will be offered each month through June for a total of 6_ credit hours.

Expert instructors will enable students to acquire the knowledge and high-quality skills needed to provide professional counseling services to persons with addictions. That includes gaining an understanding of the social factors involved in substance abuse, such as the impact on patients and their families, as well as the principles and techniques of rehabilitation counseling.

Classes to be held during the spring semester are:

- "Client Records," 8:30 a.m.-3:30 p.m., Jan. 18-19
- "Principles of Addictions Treatment," 8:30 a.m.-3:30 p.m., Feb. 14-16
- "Infectious Diseases," 8:30 a.m.-3:30 p.m., March 14-15
- "Counseling Diverse Treatment Populations," 8:30

- a.m.-3:30 p.m., April 11-12
- "Addictions Counseling Skills," 8:30 a.m.-3:30 p.m., May 16-17
- "Professional Ethics," 8:30 a.m.-3:30 p.m., June 6-7

Upon completion of the coursework and 1,000 hours of internship experience in a state-approved treatment center, students will have fulfilled the requirements needed to apply for state certification as a Certified Addiction Counselor, Level I.

The national, state and local job markets for addiction counselors both currently and for the future are expected to grow much faster than the average, according to the U.S. Department of Labor. Fueling the growth are retirements in the field, society's increasing understanding of addiction treatments, and the rise in the number of drug offenders being sent to treatment programs rather than jail.

Entry-level addiction counselors can earn approximately \$11-\$12 an hour in Pueblo to start, but the average pay rate for such

Cont. on page 15

For the local details you need, turn to the people you know.

SOUTHERN COLORADO'S NEWS LEADER

NEWS FIRST 5/30

KOAA.com

interprises.biz
Web Hosting

Felicidades Hispania News por sus

20 Años

Sirviendo aa la Comunidad de Colorado

1-800-574-0902 ext. 4719

SALUD

Health

Vitamin A Suppresses Type 1 Diabetes In Animal Study

Pumpkin pie, sweet potatoes and many other holiday favorites are rich in vitamin A, a nutrient essential for good health. Now a study by Agricultural Research Service (ARS) nutrition scientists has shown, for the first time, that high levels of vitamin A can suppress development of type 1 diabetes in laboratory mice

prone to that disease.

Type 1 diabetes, which affects more than 750,000 Americans, occurs when the immune system mistakenly attacks and destroys the pancreas' insulin-producing beta cells. Scientists already know that vitamin A and antioxidants—such as those in the freeze-dried grape powder also tested in the

study—can regulate the immune system.

However, apparently no one had shown the suppressive effect of either vitamin A or grape powder on type 1 diabetes in either lab mice or humans, according to ARS physiologist Charles B. Stephensen.

He collaborated with

molecular biologist Susan J. Zunino for the investigation, conducted in their laboratories at the ARS Western Human Nutrition Research Center in Davis, Calif. They reported their findings earlier this year in the Journal of Nutrition.

Blood sugar levels of the 45 mice in the experiment were taken regularly to determine onset of diabetes. At about seven months, only 25 percent of those mice eating a high-vitamin-A feed, and 33 percent of those eating grape-powder-enriched feed, had developed type 1 diabetes, while 71 percent of those on non-enriched feed had become diabetic.

Differences in levels of a protein called tumor necrosis

factor-alpha, or TNF-alpha, linked in other studies to type 1 diabetes, were notable. TNF-alpha production by immune cells of mice fed the vitamin A- or grape-powder-enriched feed was significantly lower than that in cells of mice fed standard feed.

The study is part of ongoing research at the nutrition center to discover more about the potential of vitamin A and other nutrients to help prevent diabetes, cancer, asthma and other diseases of the immune system. ARS, the U.S. Department of Agriculture's chief scientific research agency, and the National Institutes of Health of the U.S. Department of Health and Human Services funded the research.

Health Department Offers Free Kits To Help Quit Smoking

This January, thousands of tobacco users across Colorado will choose to quit smoking or chewing as their New Year's resolution. To help make that quit attempt last a lifetime for Puebloans, the Pueblo City-County Health Department's Tobacco Education and Prevention Partnership offers ten tips for quitting tobacco knowing that when individuals change their mind and commit to quit, they change their life.

"We know it's difficult to quit, but we also know that a large majority of smokers want to quit. With the free nicotine patches and coaching service of the Colorado QuitLine, this is the year to make that resolution happen. A healthier lifestyle could be just around the corner for you and your family," said Dr. Christine-Nevin-Woods executive director of the Pueblo City-County Health Department. Nevin-Woods adds, "Despite the popular misperception, the patches do not cause cancer. They are safe, effective and simply lessen your cravings for the tobacco."

Top 10 Tips:

1. **Set a quit date and call the Colorado QuitLine at 1-800-QUIT-NOW.** You'll receive a free supply of nicotine patches and receive a customized plan from an experienced quit coach. Services are available in English and Spanish.
2. **Visit Colorado QuitNet at www.co.quitnet.com** to meet former smokers and people trying to quit as well as find information about medications and the harmful effects of tobacco. Services are available in English and Spanish.
3. **Enlist your family, friends and co-workers in your quit plan.** Tell them you are trying to quit, you need their encouragement and ask them not to smoke or chew around you.
4. **Talk to your doctor.** S/he can give you more information about the benefits of quitting

and even prescribe medications that can help you quit.

5. **Envision yourself tobacco-free and living a long, healthy life with your family and friends.**

6. **Write your goals down on paper.** Tape your goals on your doors, mirrors, refrigerators and in your car to remind you why you are quitting and to help keep you motivated. This also could include what you will buy with the money you are saving from not purchasing tobacco. For a pack-a-day smoker, this amounts to nearly \$1,500 a year.

7. **Throw away all your tobacco products** including your packs, ashtrays, items with tobacco logos, and lighters, so they do not remind you of smoking or chewing.

8. **Go for a walk outside every day.** Exercise will help lower your stress, increase your endurance and help you maintain your weight during the quitting process.

9. **Reward yourself for every day that you do not smoke.** Buy yourself a favorite CD, rent a movie, get a massage, take a friend to lunch and remember your success.

10. **Understand that you might relapse, but that does not make**

you a failure. Keep trying because quitting tobacco is a difficult process and it may take you several serious attempts in order to succeed.

The Pueblo City-County Health Department's Tobacco Education and Prevention Partnership staff is helping individuals quit smoking by providing FREE New Year's quit smoking kits. Contents of the kits include self-help information for those who want to quit on their own, local quit smoking classes and information on the Colorado QuitLine.


Kits may also be picked up in the lobbies of the Pueblo City-County Health Department located at 151 Central Main Street and 205 N. Santa Fe Drive. For more information call 583-4334.

For those who are interested, there are classes offered in the community that are geared for helping tobacco users quit. The classes meet once a week for four weeks and cover a variety of topics related to quitting tobacco. The cost is \$30. To obtain a copy of the class schedule or to register please call 583-4334.

The Colorado QuitLine at 1-800-QUIT-NOW (1-800-784-8669)

Cont. on page //

General Dentistry



Complete Set of Dentures \$800

Both Upper & Lower
Immediate Dentures
Extra Charge for X-rays and Extractions

*One Day Dentures Available at Extra Charge

Family Dentistry
Leo Rodriguez, D.D.S.


Se Habla Español

719-596-3939

1304 N. Academy Blvd., Suite 104

I Have Moved

- Neck Pain
- Headaches
- Back Pain
- Pinched Nerves
- Numbness
- Allergies
- Auto Injuries



We also offer nutritional counseling

Dr. Leroy White

CHIROPRACTOR

824 E. Fillmore St, Colorado Springs, CO 80907

719-634-2579

Trust us with.....

Your Child's Eyes

Vision Center For Children

2857 E. Fountain Blvd., Colorado Springs, CO 80910

719-329-1221

Eye Exams and Glasses for ages up to 21 years

Accepting Medicaid, Colorado Access, CHP+ and most other Insurances

Welcoming All New Patients

Large selection of frames

Does your child have trouble with any of the following:

- Learning to read? •Headaches?
- Homework? •Constant squinting?

If you have answered "Yes" to any of the above questions, please call us today to schedule an appointment!

FACT: 80% of all learning is visual

Your child's eyesAre important to us

DEPORTES

Sports

The Top 2007 Colorado Springs Sports Stories

The Sports Corp Salutes The Best of Sports In Colorado Springs in the last year and the rich traditions of a city with its own, unique sports identity in the state of Colorado.

As the New Year looms, the United States Olympic Committee has yet to announce its decision on staying put in Colorado Springs as its national headquarters, or relocating Olympic House elsewhere in the nation. The USOC moved its headquarters to the city in 1978.

The Air Force Academy football team, under new head coach Troy Calhoun, roars back to prominence with a 9-3 campaign, second-place MWC finish, and a post-season bowl date against California on December 31 in the Armed Services Bowl at Fort Worth. AFA has sold over 11,000 tickets for the game.

Air Force basketball coach Jeff Bzdelik guides the Falcons to a 26-9 season, a semifinal loss to Clemson in the NIT at Madison Square Garden, then resigns to accept the head coaching spot at the University of Colorado. Assistant Jeff Reynolds is named the new AFA head coach.

The 2007 State Games of

America attracts a record 10,803 athletes from 47 states, including 6,550 from Colorado. Fifteen sports set new SGA records for participation, including 1,107 figure skaters. A record 10,007 fans jammed the opening ceremony at the Colorado Springs World Arena on August 2 to see Olympian and World Champion skater Michelle Kwan light the Games' flame. The event produced over \$11 million in economic impact for the city. A record 90 sponsors support the national event, along with 2,000 local volunteers. The Sports Corp will host the 2009 event and bid for the 2011 Games in March, 2008.

USA Boxing selects Colorado Springs as the home of the U.S. Olympic Boxing team as it prepares for the 2008 Olympic Games in Beijing. The Springs-based team gets gold medals from Rau'shee Warren (112 pounds) and Demetrius Andrade (152) pounds at the AIBA World Championships in Chicago a month after setting up camp at the Olympic

Training Center. The Sports Corp and El Pomar Foundation host a welcome reception for the team on October 15 at the Penrose House.

The Sports Corp hosts the 2007 U.S. National Boxing Championships for men and women, with a sellout crowd of some 900 watching the finals at the Antlers Hilton Hotel on June 8.

The Air Force Ice Hockey team chalks up an Atlantic Hockey Association title and is selected for the NCAA Tourney, where the Falcons lose a 4-3 heartbreaker to WCHA champion Minnesota at the Pepsi Center in Denver. The Falcons finish at 19-16-5 and junior Eric Ehn wins All-America honors and is a top three finalist for the Hobey Baker Award after finishing second in the nation in scoring.

The U.S. Greco-Roman Wrestling National Team wins the World Championship by a point over Russia, and Springs-based athletes Brad Vering (silver medal at 163 pounds)

and the Army's Dremiel Byers (bronze at 264.5 pounds) are stars in the first-ever world title for America.

The Colorado Springs Sport Hall of Fame staged by The Sports Corp, welcomes the Class of 2007, including Olympic swimming champion Amy Van Dyken, Air Force Football Hall of Famer Brock Strom, ice hockey coaching legend Bob Johnson, former Sky Sox star and Rockies' hitting coach Alan Cockrell, volleyball All-American Anita Moss, and the 1956 Colorado Springs High School state championship football team. More than 500 people attend the dinner and ceremonies at the World Arena on October 24.

Japanese driver Nobuhiro Tajima breaks a course record at the 85th Pikes Peak International Hill Climb's Unlimited Division on July 21 with a time of 10:01.41 in his 2007 Suzuki XL7, hitting a top speed of 127 MPH on the way to the 14,115-foot summit. Leonard Vasholtz, in his final

Hill Climb, won his 18th event title in the Open Division. He's the winningest driver in the history of the fabled race.

The Colorado Springs Sky Sox set a new franchise attendance mark of 274,408 fans in their 20th season in 66 openings at Security Service Field, eclipsing the old mark of 269,904 in 2001. The per-game average was 4,158 and the team had five games with an attendance of over 7,000, two of them over 8,000 as the Pacific Coast league set a new attendance mark of 7,413,505 fans. A total of 18 Sky Sox players finished the season with the parent Rockies as they reached the World Series.

The World Arena hosts the 2007 ISU Four Continents Figure Skating Championships, Feb. 7-10 for skaters from across the globe. Kimmie Meissner of the USA wins the Ladies' competition and Evan Lysacek of the USA wins the Men's Event.

Ken Ralph is named the Athletic Director at Colorado College on July 24.

Presenting the 14th Annual Mexican Rodeo Extravaganza

A festival of Mexican heritage and history

Directed and Produced by Gerardo "Jerry" Diaz

**Saturday, January 12 at 7:30 p.m. and
Sunday, January 13 at 2:30 p.m.**

Spectacular Entertainment!

- Mariachi Los Galleros
- Escaramuza Charra
- Bareback Riding Charro-Style
- Folkloric Dancers
- Paso de la Muerte (The Death Jump)
- Mutton Bustin'
- Ryan Rodriguez - Clown Entertainer
- Rope Artistry and Dancing Horses with Gerardo Diaz, Charro de Corazon
- Bull Riding Charro-Style
- Westernaires Trick Riding
- Mexican Bullfighters



Charge-by-phone sales 1-888-551-5004

On-Line Sales NationalWestern.com

KING SOOPERS Over-the-Counter Ticket Sales
King Soopers Stores from Cheyenne to Pueblo

National Western Box Office 4655 Humboldt St., Denver
Monday-Friday 9am-5pm, Saturday 10am-4pm



GRAN VENTA DE FIN DE AÑO!

LUNES - SABADO! 8 a.m. - 8 p.m.

OVER 10000 VEHICLES!

FINANCIAMIENTO PARA CADA PERSONA

SELECCIONE ENTRE CIENTOS DE VEHICULOS USADOS!

TOYOTA! HONDA! NISSAN! JEEP! HUMMER!
CHEVY! FORD! SATURN! VW! MAZDA! & MANY MORE!

2007
CHEVROLET'S **0%** FOR **5 YEARS!**



MALIBU!



SUBURBANI!



SILVERADO!



TAHOE!

VISITANOS HOY MISMO O LLAMA A MI LINEA DIRECTA
EN ESPAÑOL 719-659-5457 (MOVIL) O AL 719-380-6043 (OFICINA)
PREGUNTA POR MAGALY!



Al Serra Chevrolet Da La Bienvenida a Magaly Rivera

Estamos muy contentos en Al Serra Chevrolet-South (Academy y Bijou) de presentar a nuestra nueva encargada del Departamento de Mercadeo y Ventas Magaly Rivera. Ella trae una excelente experiencia en la industria de vehículos sirviéndole a la comunidad hispana. Magaly, quien es profesionalmente bilingüe en español e inglés, personalmente estará a cargo de explicarle a Usted todo el procedimiento que implica la compra de un vehículo.

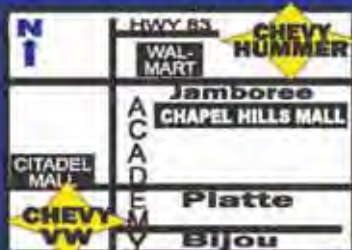
Una de las características que nos distingue a nosotros en Al Serra Chevrolet-South de los demás proveedores de vehículos es que utilizamos una gran cantidad de bancos que estarían deseosos de aprobarle su préstamo de inmediato para la compra de su vehículo, con crédito o sin crédito - lo cual es un importante aspecto donde Magaly le atenderá a sus preguntas.

Todos nuestros vehículos usados pasan por una intensa y extensa inspección de manera que a nosotros nos permite, para la satisfacción de usted, asegurarle las condiciones excelentes del vehículo que le estamos proveyendo, "como si fuera nuevo."

Para facilitarle la compra de su vehículo, Magaly está disponible a garantizarle consulta gratis y transparente, y explicarle otros importantes aspectos como son los bajos pagos mensuales, productos de calidad, baja tasa de interés, y también, como ella dice, servicio amable "como si fuera de mi familia."

¡Venga y visítenos! ¡Ahorre en esta Navidad! ¡No lo piense dos veces! Magaly personalmente le atenderá en su propio lenguaje para que Usted compre el vehículo que ¡Tanto ha soñado! ¡No espere ni un día más! Llame a Magaly directamente al 719-659-5457.

See Al Serra for full details. *0% financing W.A.C. Offer excludes Corvettes. Expires Jan. 2, 2008



Al Serra

SOUTH
CHEVROLET - VOLKSWAGEN
719-596-3040

NORTH
CHEVROLET - HUMMER
719-867-1000

Entretenimiento

Entertainment

'The Orphanage' Adopts A Mysterious Restraint

The big noise from Spain comes from "The Orphanage," a huge hit on its home turf presented by Guillermo del Toro, who explored parallel worlds and childhood traumas in "Pan's Labyrinth" to extravagantly imaginative results.

The man del Toro is presenting is Juan Antonio Bayona, who makes his feature film directorial debut with this absorbing and ambitious ghostie. It is made of more familiar stuff than "Pan's



Juan Antonio Bayona

Labyrinth": the stuff of haunted houses and wish-fulfillment fantasy as spun by J.M. Barrie, creator of Peter Pan, which is referenced very strongly throughout. I can't

give too much away, but the most vivid sequences in "The Orphanage" are scary and elegantly wrought and hit the Peter Pan theme from an oblique angle. Also, the incomparably intense Geraldine Chaplin shows up as a medium conducting a "psyc h i c summoning," and her major scene is a slow-building pip — the best on-screen seance in decades.

Belen Rueda and Fernando Cayo portray the parents of young Simon (Roger Princep), a 7-year-old with imaginary friends who appear to be multiplying.

Simon's mother Laura grew up in the orphanage and her husband have recently converted into a large and irrepressibly spooky-looking home for sick and disabled children.

At the opening day party Simon, who has fought recently with his mother, disappears. To where? And who is the little boy in the eerie sackcloth mask? And what is

the story of the aged social worker in the comically thick eyeglasses whom Laura earlier finds snooping around the grounds?

As in "Pan's Labyrinth," "The Orphanage" relies on a risky

more straightforward combination of psychological and material fright.

Rueda has a great pair of peepers for this assignment. When she looks one way and then the other, while skulking

through the hallways of her childhood home, every nerve-wracking what was that? registers, and how. Cayo is pretty dull by comparison, but Chaplin certainly is not. We see the seance, in which she communes with the orphanage residents of another generation, on a



blend of clinically realistic horrors and poetic suggestions of an alternate world, one that can be visited, but at a price. Director Bayona's way with transitions and suspense modulation is already assured. Ultimately the film focuses on Laura's descent into her own past, and here it becomes a room-splitter. I suspect roughly half of any given audience will find the latter stages of "The Orphanage" rather beautiful, while the other half wonders what happened to the film's earlier,

series of sickly green-tinted TV monitors set up in one room of the orphanage, while Chaplin sits, ghost-like, in another. Marvelous. And in a much cheaper, lower way, so is the one blatant "gotcha!" moment wherein a dying woman literally grabs our heroine before expiring. Director Bayona doesn't linger on such bits, even when he could. He has a fine career ahead of him; there are, after all, worse impulses than holding back a little, especially in a genre not known for restraint.

COLORADO'S BEST TAMALES
Laura Perez
 owner
 We Deliver Freshness!
 719-531-0626
 719-459-0568
 Homemade, Authentic Mexican Tamales

Now Open To The Public

6:00AM to 8:00 PM
 434 West Fillmore

COLORADO SPRINGS PHILHARMONIC
FIRE & WATER
 The glorious sounds of Stravinsky, Copland, Smetana and Mozart
JANUARY 12, 8PM
JANUARY 13, 2:30PM
 Thomas Wilson, Conductor
 Judeth Shay Burns, Soprano
 Copland: Suite from *The Tender Land*
 Mozart Concert Arias
 Smetana: *The Moldau*
 Stravinsky: *The Firebird Suite*
 Pikes Peak Center \$15-\$52
PEOPLE'S CHOICE
JANUARY 26, 8:00PM
THOMAS WILSON, CONDUCTOR
 The votes have been tallied and the program you wanted to hear includes opera favorites from *Aida*, *Lakmé Flower Duet*, *Cat Duet*, *Orpheus in the Underworld*, selections from Andrew Lloyd Webber's *Phantom of the Opera*, Glenn Miller's *Moonlight Serenade*, Strauss' *On the Beautiful Blue Danube* and more!
 JUDETH SHAY BURNS & LINDA WEISE, SOPRANOS
 Pikes Peak Center \$15-\$52
 THE MALL ROOMY INC.
TICKETS: 719-520-SHOW, King Soopers, TicketsWest outlets, Pikes Peak Center

Help From Leap Cont. from page 3

The Low-income Energy Assistance Program (LEAP) helps families keep their homes warm and safe by assisting with their expensive heating bills through the cold winter months.

LEAP pays the highest benefits to those with the highest heating bills and lowest incomes by family size. Applicant income cannot exceed 185 percent of the federal poverty index, which equals a maximum income of \$3,184 per month before taxes for a household of four people.

The anticipated average LEAP benefit for 2007-2008 is approximately \$316 per family.

LEAP applicants must provide a copy of valid identification and a completed affidavit indicating that they are lawfully present in the United States with their applications to the program. Applicants must also be responsible for paying heating costs, either to a utility company, or to a landlord as part of rent.

"Heating homes during the coldest winter months can be very expensive for families, often leaving little money for

anything else," Scott Barnette, LEAP director said. "LEAP can help families cover heating costs through the harshest months, freeing up funds for other necessities such as groceries."

While LEAP provides assistance paying for heating bills, there are additional ways to keep yourself and your family warm and safe.

The Center for Disease Control (CDC) offers the following tips you should know to prevent cold-related health and safety problems:

·If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated.

Test them monthly, and replace batteries twice yearly. ·If you don't need extra ventilation, keep as much heat as possible inside your home. Avoid unnecessary opening of doors or windows.

Close off unneeded rooms, stuff towels or rags in cracks under doors, and close draperies or cover windows with blankets at night.

·Eating well-balanced meals will help you stay warmer. Do not drink alcoholic or caffeinated beverages—they cause your body to lose heat more rapidly.

Instead, drink warm, sweet beverages or broth to help maintain your body temperature.

·Extreme cold can cause water pipes in your home to freeze and sometimes rupture. When very cold temperatures are expected:

* Leave all water taps slightly open so they drip continuously.

* Keep the indoor temperature warm.

* Improve the circulation of heated air near pipes. For example, open kitchen cabinet doors beneath the kitchen sink.

Applications for LEAP are accepted anytime between November 1 and April 30 of each year.

For more information about LEAP, please call 1-866-HEAT-HELP (1-866-432-8435) or visit www.cdhs.state.co.us/leap/index.htm to view the most current program application requirements

Noticias Locales

Local News

Data On Food Antioxidants Aid Research

Measures of the antioxidant capacities of 277 selected foods were released today by Agricultural Research Service (ARS) scientists.

The new database provides easy access to antioxidant values for a wide variety of foods, many of which may be excellent sources of healthful compounds.

The database will be used by scientists to help guide ongoing research into how antioxidants may correlate to health benefits.

For example, many fruits and vegetables are known to be good sources of antioxidant vitamins, such as E, C, and beta carotene, a form of vitamin A. But these natural foods also contain other compounds, collectively known as phytonutrients, that

may contribute to health.

The database was prepared by ARS researchers at the Nutrient Data Laboratory, part of the agency's Beltsville Human Nutrition Research Center (BHNRC) at Beltsville, Md., in collaboration with colleagues at the ARS Arkansas Children's Nutrition Center in Little Rock. ARS is the U.S. Department of Agriculture's chief scientific research agency.

Many of the fruits, nuts, vegetables and spices listed were analyzed for their Oxygen Radical Absorbance Capacity, known as ORAC, at the Arkansas center.

ORAC is one of a number of methods available to evaluate the antioxidant capacities of foods. The method was developed by ARS chemist

Ronald Prior with colleagues. Prior also studies the ability of antioxidants to be absorbed and utilized within the human body.

Data on foods analyzed using the ORAC method were also gathered during an extensive search of peer-reviewed, scientific literature, and screened through a USDA-developed, data-quality-evaluation system.

Both the screened data and the analyzed data are listed in the database, along with data quality indicators.

Antioxidant capacity measures may vary due to factors such the type of cultivar studied and its

growing and harvesting conditions, as well as the

The new release expands upon the 2004 data release by

| | 0 | 2000 | 4000 | 6000 |
|---|---|------|------|------|
| 1 sm, 149 g Apple, Red Delicious, within | | | | 6370 |
| 1 oz, 28 g Chocolate, Dark | | | | 5903 |
| 1/2 c, 87 g Plums, dried | | | | 5700 |
| 5 fl oz, 147 g Wine, red | | | | 5603 |
| 1/2 med, 60 g Artichoke, Ocean Mist, boiled | | | | 5650 |
| 1 oz, 28 g Pecans | | | | 5023 |
| 1/2 c, 74 g Blueberries, fresh | | | 4848 | |
| 1 oz, 28 g Walnuts, English | | | 3791 | |
| 1/2 c, 83 g Strawberries, sliced | | 2989 | | |
| 1 med, 112 g Sweet potato, baked | | | 2411 | |

Source: Calculated from Oxygen Radical Absorbance Capacity of Selected Foods, 2007
USDA/Agricultural Research Service
(www.ars.usda.gov/nutrientdata/OFACS)

PCC To Help High School Sophomores Learn About Career Opportunities

Pueblo Community College is partnering with eight other local organizations to conduct the sixth annual Pueblo Youth Future Fair from 8:30 a.m. to 1:30 p.m. Thursday, Jan. 10, in the Fortino Ballroom at PCC. The purpose is to give high school students a detailed exposure to career opportunities.

Hundreds of sophomores from Pueblo County's two school districts are expected to attend the fair to learn about careers, what they entail and what education paths they require. They will hear from representatives of business management, engineering technology, law enforcement and medical fields. Included in the fair is a business expo where students can collect career opportunity information. In addition, a personal development workshop will cover such topics as life skills, budgeting, personality assessments, interviewing, résumés and leadership skills.

The fair will be held for sophomore students for a good reason, said Carriann Rael, PCC's Director of Enrollment Management and Student Retention. "They are at a point where they can make career decisions that might impact their high school schedules and give them some direction," she said.

Students from the following high schools will be attending the fair: Centennial, Central, Dolores Huerta Preparatory Academy, East, Keating, Rye, South, Pueblo County, Pueblo

West, Futures Academy, Pueblo Technology Academy, and Youth and Family Academy.

Guest speakers will be PCC President Dr. John Garvin and

Colorado State University-Pueblo President Joe Garcia.

Businesses or individuals interested in donating funds to support the event can call 546-9506.

D-11: UNEXPECTED SURPRISES



Take another look at School District 11.

You will find some unexpected surprises, from International Baccalaureate Primary Years, Middle Years and Diploma programs to performing arts magnet schools. Another surprise - free full-day kindergarten in all D-11 elementary schools.

It doesn't stop there. School District 11 provides more choices for parents and students than any other school district in Colorado Springs.

A school district with so many choices and programs produces high achievers. That's why 80% of our students go on to higher education and our graduating seniors receive more than \$15 million in scholarships.

Surprise yourself.

Visit www.d11.org or call 719.520.2005 for more information.



SCHOOL DISTRICT 11
Enriching Tomorrow's Today

Loose Slots

Johnny Nolon's Casino slots are looser than the competition



Friday January 18
Two \$1,000 cash drawings

Johnny Nolon's Casino in 2005 was 15% looser than the Cripple Creek competition*
In 2004 we were 13% looser than the competition**

* We keep getting further and further ahead of the competition.
* Why play anywhere else?
* Win more, play longer. More Jackpots.
* Why wouldn't you give yourself a 15% raise???

* And so far in 2006 we are more than 15% looser than the other Cripple Creek casinos***

*according to the Official 2005 Colorado Gaming Statistics
** according to the Official 2004 Colorado Gaming Statistics
*** according to the Official 2006 Colorado Gaming Statistics

Automundo

Autoworld

2008 Mazda CX-9: Increased Zoom-Zoom Plus New Blind Spot Monitoring System Add To CX-9's Appeal

Engineered with Mazda's "Soul of a Sports car" signature, CX-9 deftly blends sporty driving spirit with seven-passenger sport-utility vehicle (SUV) practicality. For 2008, CX-9 reaches a higher

level of performance with a new standard 3.7-liter DOHC V6 engine, resulting in 10 more horsepower (273) and 21 additional lb-ft of torque (270) compared to 2007.

"Launched just last year, CX-

9 garnered rave reviews, and was hailed as one of the very best in class. However, Mazda is not a company that allows complacency, we're always looking for ways to improve our products - even when

they're already first-rate," said Robert Davis, senior vice president, product development and quality, Mazda North American Operations. "With the 2008 CX-9 we had an opportunity to

increase the engine's displacement a bit, resulting in a significant performance increase - a great product made better."

Also new for the 2008 model year is a Blind Spot Monitoring



Bargain Auto Outlet



¡FAMILIA CUEIDO FAMILIA!

¡AHORRE UN MONTÓN!

- ✓ 100% APROBACIÓN GARANTIZADA W.A.C.
- ✓ SERVICIO LOCALIZADOR DEL VEHÍCULO
- ✓ CADA CARRO VIENE CON UNA GARANTÍA
- ✓ 2 AÑOS DE CAMBIO DE ACEITE GRATIS!

VEHÍCULOS COMENZANDO AL PRECIO DE \$2995

| | | | | |
|---|---|--|--|---|
| <p>'93 SATURN SL2</p>  <p>#30005 \$2,995</p> | <p>'01 MITSUBISHI MIRAGE</p>  <p>#30067 AT, NICE CAR, GAS SAVER \$5,971</p> | <p>'00 MAZDA MPV</p>  <p>#30004 QUAD CPT. CHAIRS AND MORE \$6,464</p> | <p>'04 KIA RIO</p>  <p>#30056 NICE CAR \$6,974</p> | <p>'03 FORD FOCUS</p>  <p>#30060 SAVE \$\$\$ ON GAS \$6,983</p> |
| <p>'99 VOLVO S70</p>  <p>#30087 LEATHER, MOON ROOF, LOADED \$7,978</p> | <p>'99 MITSUBISHI ECLIPSE SPYDER/CONVT</p>  <p>#30073 TURBO, SPORTY, FUN AND TOPLESS \$8,484</p> | <p>'02 BUICK REGAL</p>  <p>#30030 SUPER CLEAN, MUST SEE \$8,963</p> | <p>'05 PONTIAC SUNFIRE</p>  <p>#30081 5-SPDL, POWER, POWER LOCKS, TCH \$9,877</p> | <p>'04 FORD FOCUS</p>  <p>#30019 SAVE \$\$\$ ON GAS \$9,972</p> |
| <p>'03 PONTIAC VIBE AWD</p>  <p>#30078 LET IT SNOW! \$9,982</p> | <p>'00 CHEVY S-10 EXT. CAB 4X4</p>  <p>#30058 "LET ME AT THE SNOW!" \$9,995</p> | <p>'00 DODGE DAKOTA CREW/CAB/4X4</p>  <p>#30085 \$10,977</p> | <p>'05 FORD FOCUS ZX4</p>  <p>#30029 SPORTY AND FUN \$11,923</p> | <p>'99 FORD F-150 SC 4X4 XLT</p>  <p>#30028A NICE TRUCK \$11,983</p> |

¿NO PUEDE ENCONTRAR EL CARRO QUE USTED QUIERE?

1815 E. BIJOU

201-0904

www.bargainautooutlet.com



¿TIENE PROBLEMAS DE CREDITO?

¡NOSOTROS LE PODEMOS AYUDAR!

¡OBTÉNGASE PRE-APROBADO EN: BARGAINAUTOOUTLET.COM

Todos los pagos y precios más impuesto W.A.C. Sujetos a previa venta. Foto de ilustración solamente.



(BSM) system, which helps see and prevent the unexpected. The BSM system is designed to assist the driver by monitoring the detection areas on both sides of the vehicle to the rear and will alert the driver to possible vehicles in these areas.

The Mazda CX-9 is the insightful solution not only to the modern family's complex needs but also to the enthusiast driver's desires. Mazda CX-9 targets young couples and modern families. These outwardly-focused families have not lost their desire for high-intensity leisure activities, learning experiences or social interaction. The CX-9 is also ideal for couples with grown children who pursue an active lifestyle

"Sometimes life forces us to make some difficult sacrifices. So while you may be forced to trade in that two-seat roadster for a family vehicle, the CX-9 is the perfect option for the driving enthusiast. It offers 273 horsepower, 270 lb-ft torque, 6-speed Sport AT automatic transmission with Sport Shift, front and rear stabilizer bars and ventilated front and rear disc brakes. But also features three-

Cont. on page 13

Automundo

Autoworld

2008 Mazda CX-9 *Cont...*

row, seven-passenger seating, air bags coverage to first, second and third row with roll-over protection and available rear seat entertainment system with DVD player. Everybody – driver and family – will enjoy the journey,” added Davis.

REFINED POWERTRAIN AND INSPIRING PERFORMANCE

The 2008 CX-9 is powered by a new 273-horsepower 3.7-liter V6 engine, making the most complex pursuits as easy and as pleasurable as possible. The increase in displacement from 3.5 to 3.7-liters was achieved through an increase in bore, meaning the inherent “revability” praised previously has been retained.

The 60-degree short-stroke V6 is state-of-the-art throughout. Advanced features include a die-cast aluminum block with cast-in iron cylinder liners and aluminum cylinder heads for minimal weight. The valvetrain includes chain-driven dual overhead camshafts for minimal maintenance, four valves-per-cylinder with direct acting bucket-type actuators, and variable intake valve timing. A high 10.3:1 compression ratio maximizes efficiency and power output while the throttle is electronically controlled for instantaneous response. Two close-coupled catalytic converters cleanse the exhaust without inhibiting power.

Computer-aided-engineering analysis was extensively used to configure the cylinder block casting, to shape intake and exhaust ports, and to design the high-volume exhaust system fitted with three large mufflers. Very low back pressure is one of the reasons why the power curve is still ascending at the 6500-rpm redline. In addition, the forged-steel crankshaft is fitted with induction-hardened journals, a full complement of counterweights and a dual-mass damper. Engineering details even extend to a roller-

chain cam-drive sprocket lined with rubber for quiet operation.

A power peak of 273 horsepower at 6,250 rpm provides CX-9 with sparkling accelerating and passing performance. The torque curve shows a strong curve rising from 3,000 to 6,000 rpm and peaking with 270 lb-ft at 4,500 rpm. Regular fuel (87 octane) is suitable for use in the CX-9 without power loss.

To combine excellent acceleration and high fuel mileage, CX-9 includes an Aisin-supplied six-speed Sport AT automatic transmission with manual-mode as standard equipment. Broad ratios maximize flexibility by providing enthusiastic launch acceleration with quiet cruising. The top two gears are both overdrive ratios.

Front-wheel drive is standard in the Mazda CX-9 for excellent drivability, with Mazda's Active Torque Split All-Wheel Drive optionally available. Originally developed for the high-performance MAZDASPEED6, this system rapidly adjusts to changing traction needs by monitoring wheel slippage, steering angle, yaw rate, lateral acceleration and available driveline torque. In normal driving, 100-percent of the driving torque is delivered to the front wheels. During aggressive acceleration or when one front wheel is on the verge of slip, a controlled percentage of the available torque is directed to the rear axle. A power take-off device integrated with the CX-9's transaxle spins a drive shaft attached to an active coupling built into the rear differential.

Commanded by a control module, the servo-controlled multi-plate coupling can route up to 50 percent of the available torque to the rear wheels. This all-wheel drive system has been especially well received in MAZDASPEED6 and CX-7 applications.



CHASSIS ENGINEERED FOR SAFETY AND PERFORMANCE

The Mazda CX-9 has received the U.S. government's National Highway Traffic Safety Administration (NHTSA) highest possible ratings in frontal and side impact crashes – *five stars*. In addition, both the FWD and AWD versions of the CX-9 received four-star rollover resistance ratings. With five stars to back it up, it comes as no surprise that Mazda's advanced engineering provides CX-9 with one of the safest unibodies on the market.

Guiding development principles are:

- Front frame rails that are large in section and as straight as possible.
- A front subframe (supporting the powertrain, suspension, and steering equipment) attached to the unibody at six widely separated points. A forward extension integral to the subframe helps it to more effectively absorb collision energy.
- B-pillars securely anchored to members in the floor and rocker areas with increased cross-section for all load-

bearing members.

- Rear frame rails positioned higher and configured as straight as possible.
- Bumper attachments manufactured using a hot-stamping technique.
- More than a dozen structural members in the floor and roof pillars made of high-tensile steel. Multiple steel reinforcements in the roof and a triple-H-shaped floor structure help absorb side-impact energy.
- A fuel tank positioned near the middle of the vehicle and surrounded by multiple torque boxes and crossmembers.



Factory Maintenance schedule

- *Extended Warranty Work*
- *All Work Guaranteed*
- *6 Bays & Secured Parking*
- *Computer & Electrical Diagnostic & Repair*

**Full Service
& Repair**
Import & Domestic

Sundance Automotive, LLC

2705 E. Boulder St., Colorado Springs, CO 80909

719-227-9606



CLASIFICADOS

Toll Free 1-866-723-2220

Call Now ! Or Fax In

719.540.0220

FAX: 719.540.0599

Business Opportunity

! STOP !
Home business.
Set your own Hours.

It's Free to join and
GET STARTED!!
www.justinpady.com

Miscellaneous/Local Items For Sale

DIRECTV \$19.99/mes
Gratis por 3 meses - HBO, SHOWTIME, CineMax, STARZ!
Sin costo de instalacion. Mas de 270 canales, 65 canales en Español.
1-800-973-9038

AUTOMOVIL

Compramos carros
usados que ya no quieras.
We buy unwanted cars
Call 719-306-6511

VAN FOR SALE

Great Work Truck
1995 Chevy Van G20
With 440 V8, All electric
\$1669.95

Call 635-1840

HELP WANTED

Full-Time, Part-Time, Summer/Internship

Are you ready to go the extra mile? When you work for Dollar Thrifty Automotive Group the possibilities are endless.

- * Flexible Work Schedule
- * Fun Working Environment
- * Great Earning Potential
- * Promote From Within Culture
- * Tuition Reimbursement

Success is closer than you think Visit us at www.dtag.com for employment opportunities in your area. Email for more info dtag30@gmail.com

HELP WANTED

Drivers:

A Steady lifestyle- Top Miles, Top Pay & Weekly Home-Time! Also seeking Inexp'd drivers.

Werner Enterprises:
800-346-2818, x142

HELP WANTED

Taylor Farms

Now hiring. Must have proper documentation. Starting at \$6.85/hr. Apply in person: 890 N. Newport Road, Colo. Spgs. Ask for Reu.

BUSINESS OPPORTUNITIES

MAQUINAS VENDING

Negocio Comllo Con Ruta
www.vendamericas.com
Desds \$6,795
1.800.979.0822

HELP WANTED/TRUCKERS

Compañía de Transporte Refrigerada

con base de operaciones en Oregon, solicita dueños de camions con licencia comercial "Clase A". Se ofrece buen porcentaje, muchas millas, descanso al pedido del chofer y otros buenos beneficios.
Interesados llamar al Sr. Magaña al 1-541-571-3974

SE BUSCA AYUDA

Taylor Farms Estamos contratando trabajadores .

Debe tener documentación apropiada. \$6.85 por hora para comenzar. Aplicar en persona en: 890 N. Newport Road, Colo. Spgs. Pregunte por Reu

AUCTIONS

AUCTION Public Invited

EVERY SATURDAY 9 A.M.

Tools, Appliances, Electronics, Furniture, Miscellaneous, Antiques & Collectibles.

Preview every Friday 8-5

ROSS AUCTION

109 S. Sierra Madre 719-632-6693

OPORTUNIDAD DE NEGOCIO

Se Renta o se Vende un Bus Restaurante

Listo con todo el equip necesario para comenzar un negocio de comida. Con permiso y aseguranza incluidos.
Llamar al: **719-761-1036**



Restaurant Bus for Rent or Sale

Equipped with all the necessary equipment to begin a business. License and insurance provided.
Please call: **719-761-1036**

REAL ESTATE

APARTMENTS FOR RENT

Credit Challenge? Lets talk!

Union/Palmer Park, Nice bi level 2bd/1.5ba, w/d hks, Pets ok, Sect. 8ok \$695 + dep. Call 338-6954.

FOR RENT/4-PLEX

S/E 2BR, 1BA, F/P, Range, Ref, D/W.
\$500/mo + Elec & Gas
Call 271-6621

CASA PARA ALQUILAR

Linda casa dos recamaras, terraza y jardin enorme. Playground. Cerca de avenida Colorado y calle 20. Disponible junio 27. \$797 + utilities. 964-6153.

HOME FOR SALE

Great Lacion Low Priced Home 4bdm/3bath, Walking Distance to Shopping, \$161,000, Monthly Payments \$939. Call Pollyanna 719-244-2185 Or Ray 719-229-1901
Habla Español

APARTMENT/TOWN HOMES

Garden Apartments

offer one and two bedroom apartments, and three and four bedroom townhouses. We also offer units for persons with handicaps and disabilities. All utilities are included. All units are subsidized through the Section 8 program. Call Darlene at (719) 574-3874 for information.

FOR RENT/HOUSE

Beautiful House For Rent

Near Ft. Carson. Ready To Move-In 4 Bed/2bath, All New Appliances New Wood Floors & Carpet Close To Schools, Shopping & Banks Near Fountain Mesa Ridge \$600 Dep. \$990 Month W.A.C.
Call 360-0314
Se habla español

EMPLEOS

AVON

Se necesitan personas para vender productos de belleza!
Latinas... con sólo \$10 puedes hacer de esto un gran negocio!
Llame al **1-877-875-2912**
O hable localmente a Graciela... **719-574-0383**
Se habla español

SE ALQUILA APARTAMENTOS

Apartamentos de Woodbine Cerca de Hospital Memorial
2020 E.Bijou Street. Acepta sección 8.
1 recámara \$425.
2 recámaras \$525.
Llame a Juan **641-6819**
Se Habla Español

HOME FOR SALE

Price just reduced to \$163,500 Near Park & School on Cul-De-Sac, Payments \$942,
Call Pollyanna 719-244-2185 or 540-5838 x 20
or Call Ray @ 719-229-1901
Habla Español

HOMES FOR SALE

No Money Down Loans Available WAC
Call Pollyanna @ 719-244-2185
or Ray @ 719-229-1901
Habla Español

APARTMENTS FOR RENT

Credit Challenge? Lets talk!

Chelton/Airport, Nice 1bd & 2bd apts avail. Now. Pets ok, Sect. 8ok. \$395-\$495 + dep. Call 338-6954.

MEDICAL INSURANCE

DENTAL Save up to 80% \$19.95 mo. MEDICAL \$29.95 mo. 719-495-9466

UNDOCUMENTED IMMIGRANTS

No Social Security Number Required!
100% Home Loans!
Must Have 2 Year Work History!
\$0 DOWN HOME LOANS!
24 Hr. No Fee Pre-Qualification!
Good Rates, Fast Closing!
Purchases Or Refinance!

Achates Mortgage Corporation

"Your Loyal Friend in the Mortgage Business"

Chris Navarro-Branch Manager
719-321-5700

Si Hablo Español
Raymond-719-330-4294

We don't Discriminate, Everyone Is Welcome

National Assoc. of Hispanic Real Estate Professionals



HELP WANTED

WANTED!!! Luce Research is hiring Bi-lingual telephone interviewers for survey work. \$8-\$10 p/h. Flexible schedule. Paid Weekly.
Call Lisa @ (719) 272-7200
for priority hiring please mention you are a Spanish speaker.

Law Enforcement Training Academy

Otero Junior College
La Junta, Colorado
POST Basic Academy plus:



- ⇒ SFST
- ⇒ TASER
- ⇒ OC
- ⇒ Meth Lab processing & safety
- ⇒ Anti-Bias policing
- ⇒ Command Spanish®
- ⇒ Highly qualified instructors
- ⇒ Excellent food and housing
- ⇒ Additional training in
Crime Scenes
Evidence
Criminal Code
Report Writing
Career Management

Specializing in Rural Law Enforcement

16-week Academy twice a year.

Start dates:

August 18, 2008 & January 12, 2009

MINER BLACKFORD, DIRECTOR
719-384-6867

miner.blackford@ojc.edu

www.ojc.edu/lawacademy.aspx

Noticias Locales

Local News

Unitedhealth Group Cont. from page 1

Visitors to UnitedHealth Group's Part D plan website, www.aarpmedicarerx.com, are making more frequent visits and are spending more time there. During the open enrollment period this year, visitors have returned to the plan's award-winning site 2.3 times on average, nearly double the level of the same period last year, and are averaging more than 8.5 minutes looking at material on the site. These are indications that seniors are conducting a deeper analysis of drug plans as they balance covering their immediate health needs with cost and peace of mind.

Also pointing to savvier and more discerning Medicare beneficiaries is the sharp increase in seniors' use of sophisticated online tools to find information about plans. Approximately one third of visitors to AARPMedicareRx.com have been using UnitedHealth Group's Formulary Finder – which helps seniors determine which of the company's plans cover their particular prescription drugs – during this enrollment period. Eighty percent of visitors this enrollment period have used one of the site's evaluation tools, such as Pharmacy Locator, Estimate Costs or Find a Plan.

Half of enrolled members who visited the website have used it to check their claims history or calculate true out-of-pocket costs.

"It's becoming more important to seniors that their drug is covered – or for peace of mind, that all Part D drugs are covered, which is why they are flocking to online tools like our UnitedHealth Formulary Finder," said Tom Paul, Ovation's chief pharmacy officer. "We are seeing beneficiaries dig deeper than ever before, beyond the basic information about Part D, which is a welcome development."

Nearly \$200 Million in Additional Savings For Plan Members Over 2006 Costs
UnitedHealth Group Part D

plan members have seen significant savings by using mail order and by switching from name brand to generic drugs; further underscoring that Medicare beneficiaries are becoming more discerning and savvy about how they select and use their Part D plan benefits:

In 2007, an additional 370,000 AARP MedicareRx Plan members began receiving new cost savings from the Preferred Mail Service Pharmacy option, saving them a total of \$50 million this year (through 10/1/07).

Through education and partnering with their pharmacists and physicians, plan members have found efficiencies in switching from brand name to generic prescription drugs; in fact, members who switched from brand name to generic drugs in 2007 saved more than \$140 million (through 10/1/07).

In addition, the overall adoption rate by AARP MedicareRx Plan members for new drugs that went generic in 2007 was 93.4%.

In response to this strong demand for mail order and the rise in use of generic drugs, all of the company's 2008 prescription drug plans offer \$0 copay on a 90-day supply of most generics ordered through the Preferred Mail Service Pharmacy.

Call Center Questions Reflect More Informed Consumer Base

The content of questions received by UnitedHealth Group's customer service call center also reflects an increasingly informed Medicare consumer population when it comes to the Part D program and plans. During the current enrollment period, as people's comfort with the web increased, callers also are asking more precise questions, reflecting increased knowledge of Part D, rather than focusing on basic questions about what Part D plans are and how they work. Callers are focused on the same topics as last year, especially the coverage gap and drugs

covered, but their inquiries are more specific this year. For example:

- Instead of asking, "What is the coverage gap?" they are inquiring, "Based on the drugs I'm taking, will I hit the gap and, if so, when?"; and
- Instead of asking, "Is my drug covered?" they are saying, "What is the copay for my drug?" and, "Are there any generics or alternatives?"

Holidays Important Decision Time as December 31 Enrollment Deadline Nearing

Paul also noted, "Time is waning for seniors to choose a Part D plan with the December 31 enrollment deadline fast approaching. As families get together during the holiday season, still undecided beneficiaries have a great opportunity to discuss and finalize their choices."

The company also offers around-the-clock customer service, 24 hours, 7 days per week, including holidays.

More information about the wide spectrum of Medicare plans and programs offered by UnitedHealth Group for people aged 50+ is also available at www.ovationshealth.com.

About UnitedHealth Group
UnitedHealth Group (www.unitedhealthgroup.com) is a diversified health and well-

being company dedicated to making health care work better. Headquartered in Minneapolis, Minn., UnitedHealth Group offers a broad spectrum of products and services through six operating businesses:

UnitedHealthcare, Ovation, AmeriChoice, Uniprise, Specialized Care Services and Ingenix. Through its family of businesses, UnitedHealth Group serves approximately 70 million individuals nationwide.

PEOPLES
MORTGAGE

Apply on-line
www.mpeoples.com

**HOME PURCHASES
HOME REFINANCES
CHFA, FHA/VA, CONV. LOANS
FIRST TIME BUYER PROGRAMS**

N. Academy
719-531-5577

Downtown
719-632-0271

Monument
719-488-4907

MEMBER FDIC

UNDOCUMENTED IMMIGRANTS

No Social Security Number Required!
100% Home Loans!
Must Have 2 Year Work History!

Achates Mortgage Corporation
"Your Loyal Friend in the Mortgage Business"

Chris Navarro-Branch Manager
719-321-5700

National Assoc. of
Hispanic Real Estate
Professionals



NAHREP
COLORADO SPRINGS

We don't Discriminate, Everyone Is Welcome


PCC To Debut Cont. from page 6

positions in Pueblo County is approximately \$17. Those with experience earn around \$20 an hour, according to the 2006 Pueblo County Job Vacancy Survey.

Nationally, the median annual earnings of substance abuse counselors in May 2006

was \$34,040, according to the U.S. Department of Labor.

More information about the Alcohol and Drug Abuse Counselor program is available by calling program chair Donna Fitzsimmons at 549-3351 or donna.fitzsimmons@pueblocc.edu.



my
name
is nikita

and my professors know it

At Adams State College I am not a number. I am not a random face in an oversized lecture hall. I am a actor, a dancer, actress and designer.

My professors know me by name and care about my dreams and goals. At Adams State. I have the freedom and support to say, *I am.*

ADAMS STATE COLLEGE
C O L O R A D O

Great Stories Begin Here

WWW.ADAMS.EDU

10%

de descuento

TODOS LOS ELECTRODOMESTICOS GRANDES EN EXISTENCIA Y POR PEDIDO ESPECIAL



4 DIAS SOLAMENTE
Del 3 al 6 de enero



Juntos mejoramos su hogar*



Reciba un 10% de descuento en todos los electrodomésticos grandes en existencia y por pedido especial a partir de \$397 (antes de los impuestos). Oferta válida del 1/3/08 al 1/6/08. El descuento se aplica en la caja registradora. No válido para compras anteriores, cobros por instalación o entrega, planes de protección extendida ni artículos Fisher & Paykel selectos. Consulte detalles en la tienda.
Vea en la tienda otros ahorros adicionales en electrodomésticos grandes en liquidación.



No olvide **PRESENTAR** su tarjeta de regalo de Lowe's en la tienda o por internet.

¡BUSQUE LOS CIENTOS DE ETIQUETAS AMARILLAS DE LIQUIDACION EN TODA LA TIENDA!

LIQUIDACION EN CALEFACCION DE TEMPORADA DE 25% de descuento

Incluye chimeneas, repisas de chimeneas, accesorios para chimeneas, mantenimiento de chimeneas, hornos a gas, todas las estufas y calentadores de espacio a gas de tipo natural. El descuento se aplica en la caja registradora. Hasta agotar existencias. Consulte detalles en la tienda.

TODA LA MERCANCIA NAVIDENA de 75% de descuento

Excluye el suministro de algunos materiales. El descuento se aplica en la caja registradora. Hasta agotar existencias. Consulte detalles en la tienda.

LIQUIDACION EN LA COLECCION HOME DECOR ACCENTTS de 25% de descuento

Se aplican algunas restricciones. El descuento se aplica en la caja registradora. Hasta agotar existencias. Consulte detalles en la tienda.

Para conocer la tienda Lowe's más cercana, llame al 1-800-993-4416 ó visítenos por internet en Lowe's.com

Los precios pueden variar a partir del 1/6/2008 en caso de cambios en el mercado. Todas las ofertas son válidas del 1/3/08 al 1/6/08 a menos que se especifique lo contrario en este anuncio. Consulte en la tienda los detalles de las garantías de los productos. No reservamos el derecho a retirar las certificaciones. © 2007 por Lowe's. *Todo sin restricción reservada. Lowe's y el diseño de la galleta son marcas registradas de L.L.F. LLC. 6425
 001-843-0003/004-005-006-007-008/009-010/011-013-014-015/017-018-019/021-022/023-025-027-028/029-031-033-034-036-037/038-040-041-045-046/048-052-054-056-057-058/059-064-065-066/067-068-069-072-073-075-077-078/079-082-083-084-086-087-088-090-091-092-093-094-096-098-099-103-104-106-107-108-112-115-117-123-124-125-126-127-128-131-132-133-135-136-137-138