



New English Tutorial  
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## Colorado Law Enforcement Make 452 DUI Arrests

### During New Year's Eve Enforcement

Preliminary reports from the Colorado State Patrol and 69 law enforcement agencies statewide, show 452 people were arrested for DUI during the New Year's Eve Heat Is On enforcement period, which began at 6 p.m. on Friday, Dec. 28 and ended at 3 a.m. on Wednesday, Jan. 2, 2008. One person was killed in an alcohol-related crash during this period.

During the 2006 New Year's Eve enforcement period, 449 people were arrested for DUI in Colorado and there were no alcohol-related fatalities.

"As the number of DUI arrests show, Colorado's law enforcement agencies were out in force to make our highways safer for responsible drivers during the recent holiday enforcement," said Colonel Mark Trostel, Chief of the Colorado State Patrol. "Drivers who choose to drink and drive make stupid and thoughtless choices for themselves and for all other drivers on our highways.

Our hope is that motorists will make the responsible choice and designate a sober driver if they are drinking. And, that everyone buckles up."

The Colorado State Patrol lead the state with 117 DUI arrests, followed by: Denver PD (73), Colorado Springs PD (56), Fort Collins PD (13), Greeley PD (13), Lakewood PD (12), Longmont PD (11), Summit County SO (11), Pueblo PD (10).

The next Heat Is On DUI enforcement wave takes place over St. Patrick's Day weekend, March 14-18.

## Out of the Race

New Mexico Gov. Bill Richardson dropped his bid for president Thursday in Santa Fe without offering his endorsement to any of the remaining Democratic candidates.

Richardson ended his campaign following back-to-back fourth-place finishes in the Iowa caucuses and New Hampshire primary. He had been unable to break through the pack of his better-known, better-funded Democratic competitors.

But despite having worked in Bill Clinton's cabinet, he did not throw his support behind Hillary Clinton, or any other candidate.

"I would urge those who supported my candidacy to take a long and thoughtful look at the remaining Democrats," he said. "They're all strong contenders who each in their own way would bring desperately needed change to our country."

He urged the Democratic candidates not to resort to "personal attacks" on the trail, and said he is now "returning to a job that I love."

He said as governor he would continue to push for universal health care coverage in New Mexico.

"It is with great pride, understanding and acceptance that I am ending my campaign for president of the United States," he said. "It's been an exhilarating and humbling year, an experience that I will treasure and never forget."

Richardson came to the race with one of the most wide-ranging resumes of any candidate to run for the presidency, bringing experience from his time in Congress, President Clinton's Cabinet and the New Mexico statehouse as well as his unique role as a freelance diplomat.

As a Hispanic, he added to the unprecedented diversity in the Democratic field that also included a black and a woman.



## Gossage in Cooperstown



Rick "Goose" Gossage, a Wasson High grad, will be inducted into the Baseball hall of Fame, July 27, 2008.

## Regálese Un Obsequio De Salud En El 2008

*Dietista Registrada Sylvia Meléndez-Klinger da consejos a las latinas para incorporar hábitos saludables a su estilo de vida y así ayudar a mejorar la salud integral*

Según los Centros para el Control y Prevención de Enfermedades, (CDC, por sus siglas en inglés) más de la mitad(1) de las mujeres Latinas en los Estados Unidos tienen sobrepeso, poniéndolas en más riesgo de sufrir de diabetes y otras enfermedades relacionadas con la obesidad. Las latinas pueden tomar medidas para reducir el riesgo de sufrir de ciertas condiciones médicas que pueden afectar la salud.

Sylvia Meléndez-Klinger, Dietista Registrada, Entrenadora Física certificada y escritora sobre temas de nutrición, ayuda a las Latinas a darse el regalo de la salud en el Año Nuevo incorporando prácticas sanas a sus vidas diarias.

"Hoy, las Latinas son más

conscientes de la importancia de tomar las decisiones de salud correctas; aún así, nuestros platos hispanos tradicionales y los ocupados estilos de vida son a menudo obstáculos para lograr el éxito," dijo Meléndez-Klinger. "Es importante incorporar simples hábitos saludables en las rutinas diarias - como cocinar y hornear nuestros dulces y tortas con SPLENDA (R) Endulzante Sin Calorías en lugar del azúcar o el jugar un partido de fútbol con la familia - puede ayudar a las Latinas a mantener un estilo de vida más saludable," dijo Meléndez-Klinger.

Con una incidencia de diabetes al menos 2 a 4 veces más alta entre las Latinas(2) cuando son comparadas con

*Continúa página 5*

## Give Yourself The Gift Of Health In 2008

*Registered Dietician Sylvia Meléndez-Klinger provides Latinas with tips for incorporating healthy habits into their lifestyle to help improve overall health*

According to the Centers for Disease Control and Prevention (CDC), more than half(1) of Latina women in the U.S. are overweight, which puts them at greater risk for diabetes and other obesity-related diseases. Making simple changes for a healthier lifestyle can help Latinas reduce the risk of certain health conditions. Registered Dietitian, Certified Fitness Trainer and nutrition writer, Sylvia Meléndez-Klinger is speaking out to educate Latinas on incorporating healthy practices in their everyday lives in the New Year.

"Today, Latinas are more aware of the importance of making the right health decisions; yet, our traditional Hispanic dishes and busy lifestyles are often obstacles to

success," said Meléndez-Klinger. "It is important for Latinas to incorporate simple health and wellness habits into everyday routines - such as cooking and baking with SPLENDA(R) No Calorie Sweetener instead of sugar to reduce calories or playing a game of soccer with the family to help maintain a healthier lifestyle."

Further, as the prevalence of diabetes is at least 2 to 4 times higher among Latinas(2) when compared to non-Latinas, it is particularly important for this population - and those who are susceptible to it - to understand that healthier food alternatives exist. There are opportunities for people living with diabetes - along with their whole family - to enjoy

*Cont. on page 13*

# Noticias Locales

Local News

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## Benavidez 50th Anniversary

Simon and Connie were married January 18th, 1958 in Vineland, CO.

A celebration is planned this summer and a trip to Puerto Vallarta in April with some of their children and relatives.

They have four daughters Cecilia Graves, Simona Tebbe, Gloria Benavidez, Angelica Gonzales and one son Raymond Benavidez, nine grandchildren, four great-grandchildren.

Both are retired civil servants.

Simon from NORAD and Connie from Peterson AFB.



## Library Seeking Volunteer Tutors For 2008

LitSource, an adult literacy and basic skills program sponsored by Pikes Peak Library District, is now seeking tutors for 2008. No previous teaching experience is required, and free training is

provided for tutors. LitSource provides individual and small group tutoring and informal English conversation groups for adults who want to improve basic skills in reading, writing, and spoken English.

The next tutor training sessions will be held Thursdays from January 3 through February 7 from 5:30 to 9 p.m. at Penrose Library, 20 N. Cascade Ave. Call (719) 531-6333, x2223 for more info.

## Volunteer Victim Advocates

The El Paso County Sheriff's Office Victim Assistance Program is currently seeking volunteer victim advocates to assist victims of violent crime and family survivors of sudden death. Training is scheduled to begin February 21, 2008 and will consist of meeting 2 evenings per week for 9 weeks.

For additional information or to receive an application, please call (719) 520-7272, 520-7237 or 520-7235. Deadline for submission of applications is February 4, 2008.

## Head Start Preschool Now Enrolling

Enroll for the current school year now!

Community Partnership for Child Development (CPCD) is again offering up free preschool and infant/toddler programs throughout El Paso County.

Head Start and Early Head Start. Families with children under the age of five, including expectant parents, who live within El Paso County may be eligible for enrollment. These programs include Children with special needs

are welcome and receive therapy services as part of the daily classroom curriculum. All programs and services are geared toward helping to prepare young children for

Cont. on page 13

# Hispania News

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## Ya Basta.... Enough is enough

Del Editor



2008 is here nice and cool, plenty of snow, hope you all enjoyed your holidays, to those lucky ones that were fortunate enough to spend it with love ones, reflect and appreciate the fact that you spent it with loved ones! Not all of us are that fortunate! Even though at times we are away from loved ones, during this holiday period, we often don't realize how much we learn about other people, their customs or how they celebrate, while away from the US.

One of the most prominent experiences I remember is that in many countries, Such as in Italy, Christmas sales do not dominate the season. Culture is the most prevalent factor. Certain things are done a certain way, not matter what Macy's says. Just look at the Christmas in Southern Colorado, we have Italian breads; German breads and the old stand by tamales. I think Lt. Pike started the food thing (tamales) when he got lost and there was no pancake house in Walsenburg. Just tamales.

Finally, to my point, Hermanos y hermanas, we need to become more visible in our communities. If the tamales can endure and be visual for so long, why can't we as a community. We need to make our own changes, changes with in, with out and among us. I have never asked, I am asking now, what can we do in the Hispanic community, what can be done, for us to become more visible and active. Send me your thoughts, lets make 2008, the year of change for Hispanics In Southern Colorado.

# Noticias Locales

Local News

## Community Puts Salvation Army Red Kettles Over The Top

The Salvation Army's 2007 Red Kettle campaign reached its goal of \$550,000 thanks to the generosity of the El Paso County community. All of the \$557,000 raised is used locally to fund programs including Christmas assistance for the needy, care for the homeless

and the New Hope Center (shelter). Highlights of the campaign included volunteer Matt McKinley, who broke a world record and raised \$1,700 by staffing a kettle for 34 hours in a row. The Monument Hill Sertoma Club raised over

\$36,000 in Monument and Woodman Valley Church raised over \$20,000 through volunteering for the campaign. "Once again the goodness and generosity of the people of El Paso County has come through," said Major Don Gilger, El Paso County

Coordinator for The Salvation Army, One of the organization's goals for the 2008 Red Kettle Campaign is to

employ primarily volunteers and lower costs so that more funds can be raised. Or call 636-3891 or visit [www.TSACS.org](http://www.TSACS.org).

## Youth For Human Rights Week Proclaimed In Colorado Springs

Colorado Springs Mayor, Lionel Rivera, proclaimed the week of the 10th of December as "Youth for Human Rights Week."

The proclamation not only recognizes the anniversary of the signing of the United Nations Universal Declaration of Human Rights but also the formation of the Hope for Youth, Pikes Peak Youth for Human Rights Club.

Stacy and Jennifer Jackson of Hope for Youth, Pikes Peak Youth for Human Rights Club with Rev. Wayne Houston, Youth for Human Rights Adult Leader, accepted the proclamation from the mayor's office.



Stacy and Jennifer Jackson of Hope for Youth, Pikes Peak Youth for Human Rights Club with Rev. Wayne Houston, Youth for Human Rights Adult Leader

"We have a duty to other people, to protect their rights and uphold our rights," stated Rev. Houston. "Bringing these basic human rights to the community's attention is a major step in educating our friends, family and neighbors." Rev. Houston addressed the Colorado Springs City Council on the subject of human rights at the city council meeting. Rev. Houston requested the council keep a "zero tolerance" on human rights violations in the city.

He briefed the city council on the purpose of Youth for Human Rights International which is to teach youth their human rights so they can become valuable advocates for tolerance and peace.

A grassroots petition which supports the education of youth on the 30 basic human rights was presented to the Mayor and Council who were

asked for their support. The Hope for Youth, Pikes Peak Youth for Human Rights Club was formed in 2007 and is a local club affiliated with Youth for Human Rights International.

The Church of Scientology has teamed up with Youth for Human Rights International to launch a public education program to make human rights known, understood and implemented.

To learn more about Youth for Human Rights

International visit [youthforhumanrights.org](http://youthforhumanrights.org).



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**PUBLIC MEETING ANNOUNCEMENT**



The Military and the Community Working Together for a Better Tomorrow  
Pueblo Chemical Depot  
Restoration Advisory Board

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Avondale, Boone, Pueblo and surrounding communities  
Please join us for the upcoming

**Restoration Advisory Board (RAB) meeting at the Pueblo Chemical Depot Bldg. 6 Monday, January 14 at 6 pm**

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This meeting is for you to provide input and gain understanding of the Depot's environmental restoration program. The agenda for this meeting will be:

- Upgrades at the Avondale Water Sanitation District, the budget and cleanup of several areas at the Depot.
- The Colorado Department of Public Health and Environment and the Environmental Protection Agency attend and are available to answer your questions about the environment!

**These meetings are very informational and we encourage you to attend.**


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If you have any questions, please contact either of the following:  
Kathryn Cain, RAB Army Co-chair at (719) 549-4201 or  
Paul Wright, RAB Community Co-chair at (719) 947-3264

# SPEAK SPANISH

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# Noticias en Español

News in Spanish

## El Fondo Para Las Artes De NALAC (NFA) Otorga \$143,000 Como Respaldo A Artistas Y Organizaciones Culturales Latinas

La Asociación Nacional de Arte y Cultura Latina (National Association of Latino Arts and Culture, NALAC) otorgó 50 becas y subvenciones que totalizaron \$143,505 a 24 artistas latinos y 26 organizaciones de artes y cultura latina en los Estados Unidos, entregadas a través del Fondo para las Artes de

NALAC (NALAC Fund for the Arts, NFA).

El Fondo para las Artes de NALAC se ha hecho posible con financiamiento de la Fundación Ford, la Fundación JPMorgan Chase, la Fundación Andy Warhol para las Artes Visuales, la Cooperativa Cultural, Heineken y Southwest Airlines.

Southwest Airlines está ofreciendo apoyo en la transportación relacionada con sus proyectos a 10 artistas que recibieron subvenciones de NFA.

Además, la Cooperativa Cultural ha igualado fondos con los subsidios otorgados a cuatro artistas de San Antonio. "La Cooperativa Cultural de la

otorgado 128 becas y subvenciones por más de \$379,000 en total a artistas, grupos y organizaciones pequeñas y medianas de artes y cultura latina en los Estados Unidos.

"El apoyo de NALAC a los artistas y organizaciones latinas garantiza que la vida cultural de la nación se enriquezca y se haga vital, por medio de las expresiones artísticas y culturales diversas de nuestros artistas.

Nos complace respaldar el proceso creativo de los artistas y organizaciones latinas de todo el país, los cuales son comunidades de participación estimulando ideas y economías locales, y creando audiencias para todas las artes de la nación", añadió Abel López, Presidente de la Junta Directiva de NALAC.

El Fondo para las Artes de NALAC concluyó exitosamente su tercer ciclo anual de financiamiento, y llevará a cabo su cuarta iniciativa en este año 2008. "Estamos muy entusiasmados con el grupo diverso de colaboradores que han invertido en NFA para apoyar el sector latino de las artes. Seguiremos aumentando el círculo de colaboradores que respaldan la expresión creativa latina", agregó María De León, Directora Ejecutiva de NALAC.

Heineken llevó a cabo una Donación "Lazo Verde" al Fondo para las Artes de NALAC como parte de la Iniciativa "Lazos Verdes" de

Heineken, un programa que ha respaldado a los músicos y la música latina de todo el país desde el año 2003. Heineken realizó la donación a nombre de Aleks Syntek, nominado al Premio Grammy, y de todo el que llevó la cinta verde durante las festividades de los Premios Grammy de la Música Latina.

El Fondo para las Artes de NALAC complementa los servicios existentes de NALAC, que siguen siendo estrategias efectivas de promoción y reconocimiento de las contribuciones del campo de las artes latinas.

NFA es el único fondo nacional para las artes que proporciona apoyo específico a artistas y organizaciones artísticas latinas que trabajan en el campo de la música, danza, artes escénicas, teatro, artes visuales, medios de comunicación y artes literarias. NALAC presta servicios de liderazgo, desarrollo profesional y asistencia técnica a través de su Instituto de Liderazgo que se lleva a cabo anualmente, de sus Talleres Regionales de Adiestramiento en las Artes, y sus reuniones nacionales. Las oficinas centrales de NALAC radican en la ciudad de San Antonio, Texas.

Las solicitudes de becas y subvenciones correspondientes al cuarto ciclo anual de financiamiento estarán disponibles en el sitio Web de NALAC, <http://www.nalac.org> a partir de marzo del 2008.

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# Noticias en Español

News in Spanish

## Regálese Un Obsequio De Salud Continúa de página 1

no-Latinas, las alternativas saludables brindan a aquellos que viven con la condición una oportunidad para disfrutar con moderación de sus comidas dulces preferidas con menos contenido de azúcar.

### Consejos para un 2008 más Saludable

— Planifique y prepare comidas nutritivas junto con la familia. Brinda la oportunidad de enseñar a sus chicos como comer más saludablemente y de compartir tiempo con ellos haciendo del cocinar una actividad familiar.

— Para un abrumador número de Latinas, la cocina es el lugar más importante de la casa y muchas prefieren cocinar platillos tradicionales en casa utilizando los ingredientes más frescos. Cuando prepare las comidas, elimine calorías sin sacrificar el sabor utilizando un endulzante sin calorías como SPLENDA(R) para preparar recetas y bebidas tradicionales. Buscar otras maneras de cortar grasas, carbohidratos y calorías en los platillos favoritos de la familia.

— Más de dos tercios de las Latinas tienen conciencia de que necesitan ejercitarse más; sin embargo darse el tiempo

para realizar actividades físicas puede ser difícil. Aumente la actividad diaria levantando botellas de agua de 20 onzas o latas de sopa mientras esté viendo su novela favorita, bailando mientras limpia o hasta reubicando su teléfono a más distancia de manera que usted tenga que hacer pequeñas carreras o escaleras para contestarlo. Estos ajustes menores en situaciones de la vida diaria cuentan como parte de su actividad física diaria.

— Para la mayor parte de las Latinas el pasar tiempo con la familia es muy importante. Planifique tiempo activo de familia juntos —vayan a pasear en bicicleta, paseen al perro de la familia, vayan a nadar o patinen juntos.

— Las madres Latinas tienden a brindar amor y apoyo a los miembros de la familia, mientras que dejan poco tiempo disponible para ellas. Recuerde programar algún tiempo del día para usted misma. Reduzca el estrés diario haciendo ejercicio, con amistades, afiliándose a grupos, con pasatiempos y riéndose.

— Programe una visita a su doctor por lo menos una vez al

año. La prevención es la mejor forma de estar sano. El diagnóstico temprano de muchas condiciones puede ser tratado con una mínima intervención. Su familia le agradecerá por ser un gran modelo a seguir y una madre saludable.

Para recetas de platos Latinos tradicionales con menos azúcar, preparados que contienen SPLENDA(R) Endulzante Sin Calorías, visite [www.SplendaEnEspañol.com](http://www.SplendaEnEspañol.com).

### Las recetas incluyen:

— Platos tradicionales para celebrar el Día de Reyes

— Rosca de Reyes

— Tamales dulces

— Flan

— Chocolate (Chocolate mexicano caliente)

— Alfajores

— Platos para utilizar como comidas familiares o de entretenimiento que darán comienzo a un año más saludable

— Pollo al limón

— Lomo de cerdo glaseado

— Emparedado BLT(Tocino, Lechuga y Tomate) picante y dulce

**Acerca de Sylvia Meléndez-Klinger** - Sylvia Meléndez-Klinger inició su carrera como

Dietista Administrativa en el New England Memorial Hospital en Boston, MA. Sylvia también es dietista investigadora de Medicina Preventiva en la Northwestern University en Chicago, IL. Antes de iniciar su propio negocio, Hispanic Food Communications, Inc., Sylvia estuvo, por espacio de diez años, con The Quaker Oats Company en Chicago, trabajando con innovaciones de vanguardia en productos. Sylvia ha trabajado también como nutricionista supervisora para el Programa (WIC), por sus siglas en inglés, (Programa Especial de Nutrición Suplementaria para Mujeres, Infantes y Niños, patrocinado por la USDA) y como dietista investigadora para el Centro Médico Irving de la Universidad de California. Ella obtuvo su diploma en Dietética y Nutrición en Loma Linda University en Loma Linda, CA, y su Maestría en Ciencias de la Administración Pública en la DePaul University en Chicago. Sylvia también obtuvo su Certificación en Entrenamiento Personal del National Council of Strength and Fitness (NCSF).

**Acerca de la marca SPLENDA(R)** - La Marca SPLENDA(R) es un edulcorante sin calorías hecho a través de un proceso patentado de múltiples etapas, que se inicia a partir del azúcar. Los Productos Edulcorantes SPLENDA(R) han sido utilizados con un alto nivel de seguridad y confianza por millones de consumidores alrededor del mundo, incluyendo a mujeres embarazadas y aquellas están amamantando, niños, e individuos con diabetes. Para más información, por favor visite <http://www.splenda.com>.

**Acerca de McNeil Nutritionals** - McNeil Nutritionals, LLC es un proveedor de productos nutricionales innovadores a nivel global. La misión de la compañía es la de facilitar a las personas la habilidad de administrar activamente su propia salud. McNeil Nutritionals, LLC mercadea los Productos Edulcorantes SPLENDA(R) los Suplementos Dietéticos VIACTIV(R) la Leche y Productos Dietéticos LACTAID(R) y los Productos BENEOL(R).

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# NEGOCIOS

Business

## Hispanic College Fund Call For Applicants

*Scholarship Applications for the 2008-2009 academic year now available*

Scholarship applications for the 2008-2009 academic year are available online at <http://www.HispanicFund.org>. Scholarship amounts range from \$500 - \$10,000 and are for one-year only. All scholarship recipients must re-apply each year. The average scholarship awarded is \$3,000.

Applications are ONLINE and require an essay, resumé and letter of recommendation. We do not accept any paper applications. Deadlines for our scholarships vary from February 1st, 2008 to March 15th, 2008.

The Hispanic College Fund offers several scholarships through its scholarship program. You must plan to attend a college or a university

as a full-time student for the entire academic year in order to be eligible for a Hispanic College Fund scholarship. Only students who are U.S. citizen or permanent resident residing in the United States or Puerto Rico and have a minimum GPA of 3.0 are eligible.

In 2007 the Hispanic College Fund awarded over \$1.8 million in scholarships to 615 students. To learn more go to [www.HispanicFund.org](http://www.HispanicFund.org) and begin your application!

Join our listserv at <http://listserv.fsl.com/mailman/listinfo/students> to hear about other outside scholarship and internship opportunities.

### Frequently Asked Questions:

1. I've already completed one

semester or more in college, can I apply? Current college students AND seniors in high school are encouraged to apply. However, juniors in high school are not eligible - wait one more year!

2. I am a returning student, am I eligible? Students of all ages are eligible for our scholarship programs.

3. Do you have to attend a certain college or university? Students at any accredited 2 or 4-year College or university in the United States can apply.

4. I don't have a GPA because I took my GED and I'm starting college next year - am I disqualified? If you took your GED you can substitute your GED score for your GPA.

5. Do I have to major in science,

engineering or business? Most of our scholarship programs are for science, engineering and business majors, but we have several scholarship programs for which there are no requirements for majors such as the Sallie Mae Fund "First in My Family" Scholarship Program.

6. Do I have to be Hispanic? For most of our scholarship programs you must have at least one grandparent of Hispanic origin. For the NASA MUST Scholarship program, all underrepresented groups (Women, African Americans, Hispanic Americans, Native Americans and persons with disabilities) qualify.

7. Do you have scholarships for graduate students? Yes, we have some scholarships for graduate students studying finance, accounting, computer science and computer engineering ONLY.

The Hispanic College Fund (HCF) is a private non-profit

organization dedicated to developing the next generation of Hispanic professionals in America. The HCF mission is to provide Hispanic students with the vision, resources, and mentorship needed to attain successful careers and become community leaders. Since its founding in 1993, HCF has supported the education of over 3,000 financially disadvantaged Hispanic students seeking careers in business, science, engineering and technology with over \$8 million in grants.

Through programs like the HCF Scholarship Program, Hispanic Youth Symposium, Latinos on the Fast Track (LOFT), HCF Connections and the HYP Leadership & Development Program, HCF is enriching lives and building bridges for our future Hispanic leaders.

For more information, visit <http://www.hispanicfund.org> or call 1-800-644-4223.

## PCC Adjusts Its Mode Of Operations

*To Meet The Needs Of Its Students*

With its average student having unique demographic attributes, Pueblo Community College knows it must operate a little differently in order to provide the services they need.

PCC's average student is 28 years old, in many cases works full-time or part-time, is likely to be attending a college for the first time and might even be the first from his or her family to be seeking higher education. These factors mean the college must be there to give students the special assistance that might be needed and at convenient times.

Using a formula that was adopted successfully last fall, PCC has again opened the Enrollment Services Center on its Pueblo Campus and extended its service hours. With its spring semester starting Jan. 14, PCC is ready for the traditional post-holiday rush of students registering for classes.

The Enrollment Services Center is located in Room 154 of the Dr. Mike Davis Academic Building.

### Expanded service hours

PCC has added trained personnel to service students there, and expanded office hours mean that the college will be open from 8 a.m. to 6 p.m. Monday through Thursday and to 5 p.m. on Fridays through Jan. 18. While the Enrollment Center is

intended for use by new students, continuing students should meet with their department advisor, register online and handle administrative functions in the Financial Aid and Admissions & Records offices. Textbooks can be purchased in the College Center.

### Saturday Registration Day

Prior to the start of classes, PCC will have a Big Registration Day from 9 a.m. to 2 p.m. on Saturday, Jan. 12, in the Enrollment Services Center on the Pueblo Campus and in the administrative office on the Fremont Campus in Canon City. PCC's spring semester includes classes in full-term and half-term sessions. The full term runs from Jan. 14 to May 3, while half-terms are from Jan. 14 to March 4 and from March 5 to May 3. Courses are available in daytime and evening hours, and they are offered via traditional classroom means, interactive television, online, and a combination of online and classroom settings.

Class schedules are available online by going to [www.pueblocc.edu](http://www.pueblocc.edu) and clicking on "View class schedules." Printed class schedules also are available on both campuses. For more information, call the Pueblo Campus at 549-3200 or the Fremont Campus at 296-6100.

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Hispania News

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ARTS

# Entretención

Entertainment

## Alicia Villarreal Es Más Que La Mamacita De Los Mariachis, Ella Ahora Es La Última Mamá Hispana En Unirse A La Campaña De Got Milk?

**Ella está cantando las glorias de la leche junto con sus 3 hijos luciendo el famoso bigote de leche para recordarle a las familias hispanas que "Piensen lo que Beben" para crecer sanos, fuertes y en forma**

La cantante mexicana Alicia Villarreal, reconocida internacionalmente como la

importancia de tomar 3 vasos de leche todos los días. Como mujer, y madre en el mundo

pregunta Alicia. **Mamá sabe más**

Los padres son clave cuando se trata de enseñar a sus hijos hábitos saludables desde una temprana edad. Un estudio publicado en el American Journal of Clinical Nutrition sugiere que cuando las mamás incluyen la leche regularmente a la hora de las comidas, no solo se aseguran que sus hijos tomen más leche pero también que obtengan suficiente calcio al entrar en la adolescencia, que es una etapa crucial para el desarrollo de los huesos.

Como madre de 2 niños pequeños y un bebé recién nacido, esto es particularmente importante para Alicia. "Mis hijos, como cualquier otros niños, prestan mucha más atención a lo que hago que a lo que digo.

Por eso, yo trato de tomar leche para servirles como modelo y así motivarlos para

que tomen sus 3 vasos de leche al día. En el desayuno por lo general toman cereal con leche y fruta. Para la hora del almuerzo en su escuela, le aconsejo a mi hija Melanie que siempre tome leche. Y en la cena, que es la que compartimos, siempre les ofrezco leche. Algunas veces leche con sabores...¡A cada

uno le gusta de un sabor diferente!" explica Alicia.

Éxito Esta cantante mexicana reconocida internacionalmente nació en Monterrey, México donde su carrera como una cantante grupera comenzó. En 1995, ella fue nombrada la reina de los mariachis durante el programa de "Premios lo Nuestro." *Continúa página 15*



reina de los mariachis, se ha unido con el Programa Educativo de los Procesadores de la Leche (MilkPEP) para ayudar a comunicarles a las mamás hispanas en todo el país la importancia de ellas y sus familias beber tres vasos de 8 oz. de leche baja en grasa o descremada para mantenerse sanos, fuertes y en forma. Algunos estudios indican que tomar leche baja en grasa y leche descremada no solamente es bueno para desarrollar huesos fuertes, sino que también ayuda a mantener un peso saludable y desarrollar masa muscular tonificada. Como tal, Alicia estará destacando su bigote de leche con sus 3 hijos en la próxima campaña publicitaria hispana, que se lanzará en revistas a través del país a partir del 3 de enero.

Este mensaje es clave para los hispanos, ya que de acuerdo con los Centros para el Control y Prevención de Enfermedades (CDC por sus siglas en inglés), actualmente más de una tercera parte de los hispanos en los Estados Unidos son obesos. La obesidad es la causa de muchos problemas de salud, a los cuales los hispanos ya están predispuestos, como la diabetes, la hipertensión y los problemas cardíacos.

"Siempre he querido ser parte de la campaña hispana del famoso bigote de leche porque me da la oportunidad para educar a la comunidad hispana sobre temas de importancia para la salud, así como el de la

que hay en su plato, aunque lo que llena sus vasos también es importante. Desde los años setenta ha habido un aumento del 123% en el consumo de bebidas azucaradas, mientras que el consumo de leche ha bajado.

Este aumento en el consumo de bebidas repletas de calorías y azúcar puede estar relacionado con un aumento de peso que no es sano entre los niños y adolescentes.

Las mamás hispanas tienden a creer que la leche entera tiene mayor valor nutritivo que la

leche baja en grasa o la leche descremada. Pero ese no es el caso. Recientemente, la Academia Norteamericana de Pediatría les recomendó a los padres de cambiar de leche entera a leche baja en grasa o leche descremada más o menos alrededor de los dos años de edad, proporcionando a los niños con todos los nutrientes esenciales, pero con menos grasa.

"Algo que me sorprendió muchísimo fue el hecho de la que la leche baja en grasa y descremada tiene los mismos nutrientes que la leche entera. Sabiendo eso, ¿quién no quisiera tomar leche baja en grasa o descremada para mantenerse saludable?"

got milk?



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Nationally awarded pit percussionist **Petro Bass**  
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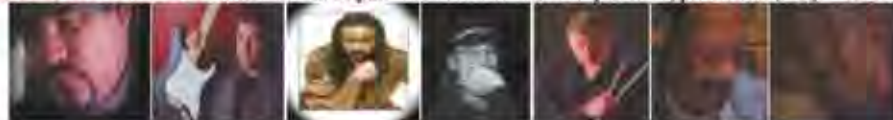
Tickets are \$15 Dollars

Tickets can be purchased online over a secure server and will be shipped to your desired address:

<http://www.aprecords.org/unityconcert.html>

Or per phone: (719) 388-6895

Hillside Community Center, 925 S. Institute, Colorado Springs, CO 80903; Unity Concert, January 26, 2008 at 6:00 PM; Entrance: \$15 Tickets should be purchased in advance. For questions, please call (719) 388-6895



# Entretenimiento

Entertainment

## Teens And Adults Can Audition For 'Jesus Christ Superstar'

Auditions will be held for the musical, "Jesus Christ Superstar," from 4-6:30 p.m. on January 10 and 2-4 p.m. on January 13th at Sunrise United Methodist's Woodmen Campus, 4005 Lee Vance



View in Colorado Springs. Adults and teens of high school age are welcome to audition.

Those who audition must sing a song of their choice, either a cappella or bring a compact disc or piano accompanist, and be prepared to do improvisation and sight read. The musical will be presented the first two

weekends in April. Contact Kim Castellanet at (719) 499-3525 for more information.

## Alicia Villarreal Is Much More Than The Mariachi Momma, She's Now The Latest Hispanic Mom To Join The Got Milk? Campaign

*She is singing milk's praises along side her 3 kids donning the famous milk mustache to remind Hispanic families about the importance of drinking milk in order to grow healthy, strong and in shape*

Internationally recognized Mexican singer Alicia Villarreal has teamed up with the Milk Processors Education Program (MilkPEP) to help communicate to Hispanic moms across the country the importance of drinking milk to stay healthy, strong and in shape.

Studies suggest that the nutrients in 3 glasses of lowfat or fat free milk a day can help promote a healthy weight and the protein, along with exercise, can help build lean muscle mass.

As such, Alicia will be showing off her milk mustache with her 3 kids in the upcoming Hispanic ad campaign, which debuts in print magazines nationwide on January 3rd.

This message is vital for Hispanics since according to the Centers for Disease Control and Prevention (CDC), more than 1/3 of Hispanics in the United States are currently obese. Obesity leads to many health-related problems that Hispanics are already predisposed to such as diabetes, hypertension, and heart disease.

"I have always wanted to be part of the Hispanic milk mustache campaign because it provides me with the



opportunity to educate Hispanics about essential health issues such as the importance of drinking 3 glasses of milk everyday.

As a woman in show



business, and a mother, I feel I can set a good example for all

Hispanic moms as well as my own family," Alicia said.

### Think About Your Drink

When trying to achieve a healthy weight most people focus on what's on their plate, but what's filling their glass may also be important. Over the past 30 years there has been a significant increase in the consumption of sugary soft drinks while milk consumption has declined.

This increased consumption of calorie and sugar filled drinks may be associated with unhealthy weight gain and higher levels of body fat among children and teens.

Many Hispanic moms mistakenly believe that whole milk is of greater nutritional value than fat-free or non-fat milk. But that is not true. Recently, the American Academy of Pediatricians recommended switching from whole milk to low-fat or fat-free milk around a child's second birthday because it will provide the child with the same essential nutrients but with less fat.

"Something that was a surprise to learn was that low-fat and fat free milk have exactly the same nutrients as whole milk.

Knowing that, why would anyone trying to stay healthy not drink low-fat or fat free milk?," asks Alicia.

### Momma Knows Best

Parents play an instrumental role in teaching their kids healthy eating habits from an early age. A study in the American Journal of Clinical Nutrition showed that moms who regularly drink milk and make it available at family mealtimes ensure that their kids get enough calcium as they enter adolescence, which is a critical time for bone growth and development.

As a mother of 2 young children and a newborn baby, this is particularly important to Alicia.

"My children, like many other kids, pay a lot more attention to what I do than what I say. So part of the reason for why I

Cont. on page 15

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# Automundo

Autoworld

## 2008 Kia Spectra And Spectra5

*Kia's Compact Entry Offers Class-Leading Safety, Spaciousness and a Host of Standard Features*

In an ever-growing and increasingly competitive segment, the Kia Spectra and Spectra5 continue to prove their mettle and gain ground on long-standing class leaders such as the Toyota Corolla and Honda Civic.

Style, substance and class-leading safety features combined with exceptional value have garnered the Spectra model line numerous awards since being redesigned in 2006. Considered a 2007 "Best Bet" by *The Car Book* in the Compact category and receiving two distinctions from Edmunds.com ("Consumers Most-Wanted - Wagons under \$25,000" and "Top 10 Cars under \$15,000"), the Spectra sedan and five-door will only continue to further impress consumers and media in 2008.

Following Kia's core philosophies of providing value, safety, warranty and fun to the driving experience, the Spectra lineup is available in several trim levels (LX, EX, and SX four-door; SX five-door) and offers a host of standard amenities to appeal to a wide range of consumers.

**Polished Performance**

Spectra and Spectra5 vehicles are powered by a 2.0-liter DOHC four-cylinder engine, which features Continuously Variable Valve Timing (CVVT) and multi-port electronic fuel injection. Producing 138 horsepower and 136 lb.-ft of torque, the Spectra lineup offers a more powerful punch than stable mates Toyota Corolla and Ford Focus. Outfitted with a standard five-speed manual transmission for 2008, the option of an automatic transmission extends to the LX four-door sedan making the electronically controlled four-speed automatic transmission available for all trim levels.

Built on a front-wheel-drive unibody frame, standard equipment coil springs and stabilizer bars complement an independent front suspension featuring MacPherson struts and an independent dual link rear suspension to provide the optimal balance of ride comfort and engine responsiveness. An engine-speed-sensitive, power-assisted rack-and-pinion steering system adds the finishing touch for precise handling. In keeping with the sporty essence of the SX model line, a sport-tuned suspension and strut tower bar come standard to offer a tighter grip



for more spirited driving.

**Stylish Surface**

Larger than Kia's entry level Rio, the Spectra lineup personifies a more grown-up exterior body with smooth, clean lines yet hints at the below-the-surface complexity of youthful spirit. All trim levels feature body-color exterior door handles, body side moldings and rear garnishes to create a sleek canvas on which to outfit aggressive subtleties such as clear-lens halogen headlights.

LX and EX models smile at onlookers with a newly designed front grille, which is presented with a sportier blend of black and chrome. SX models are fitted with an

*Cont. on page 10*

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# Automundo

Autoworld

## 2008 Kia Spectra And Spectra5 Cont. from page 9



aggressive black mesh grille and the addition of fog lights, a wing-type rear spoiler (SX four-door models only), side sills as well as unique front and rear fascias.

Sixteen-inch, five-spoke alloy wheels matched with 205/50R16-sized premium tires complete the bold SX look. Fifteen-inch wheels and 195/60R15-sized tires are standard on LX and EX equipped models.

### Inviting Interior

High-quality full cloth-trimmed seats are merely quiet echoes to the Spectra and

Spectra5's host of standard features that scream behind-the-wheel comfort and convenience.

A six-way adjustable driver's seat, tilt steering column, 60/40 split-folding rear seat, rear defroster and dual 12-volt power outlets in the center console are driver-conscious luxuries standard on every vehicle.

Music aficionados are not forgotten either with an AM/FM/CD stereo featuring six speakers and an auxiliary audio input jack (new for 2008) for MP3 player connectivity as

standard features. EX and SX models offer additional touches such as: power windows and door locks; remote keyless entry; air conditioning; dual front and rear cup holders; and floor mats.

Upgrades for the Spectra and Spectra5 SX models include an interior fashioned with metal-finish trim and sport-cloth seats with matching door panel inserts. A leather-wrapped steering wheel, leather-wrapped gearshift knob, metal sport pedals and cruise control are other



standard features.

An AM/FM/MP3 stereo with a six-disc in-dash CD changer and a power sunroof also are available as SX-only options.

### Comfortably cavernous

Considered compact by its overall dimensions, small does not equate to the Spectra and Spectra5's true sense of size. With the four-door sedan boasting 97.0 cubic feet of passenger volume and the five-door providing a welcoming 98.1 cubic feet of passenger volume, the Spectra line offers more breathing room than the Toyota Corolla, Honda Civic, and Ford Focus.

Storage space does not take a backseat either with an ample 12.2 cubic feet of cargo volume available in the Spectra, while 18.3 cubic feet is offered in the Spectra5.

When the 60/40-split rear seats are folded flat, storage capacity in the five-door expands to 52.8 cubic feet.

### Superior Safety

Earning a five-star frontal crash safety rating by the National Highway Traffic Safety Administration (NHTSA)<sup>2</sup>, Spectra and Spectra5 provide class-leading safety with an extensive, across-the-board list of standard technology, which includes: dual front advanced airbags, dual front seat-mounted side airbags, full-

length side curtain airbags, front and rear three-point seatbelts, front seatbelt pretensioners and force limiters; Lower Anchors & Tethers for Children (LATCH), and a tire pressure monitoring system (TPMS).

Four-wheel solid disc brakes also are standard on EX and SX models while a four-sensor, four-channel antilock brake system (ABS) is an available option on SX four-door and five-door vehicle.

To complement its standard safety features, the 2008 Spectra and Spectra5 are backed by Kia's comprehensive warranty program, which offers unprecedented consumer protection with a 10-year/100,000-mile limited powertrain warranty, a five-year/60,000-mile limited basic warranty, a five-year/100,000-mile limited anti-perforation warranty and a five-year/60,000-mile 24-hour roadside assistance plan.

Kia Motors America – the sales, marketing and distribution arm of Kia Motors Corporation in Seoul, South Korea – offers a complete line of vehicles through more than 630 dealers throughout the United States. For more information, including photography, visit [www.kiamedia.com](http://www.kiamedia.com).



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# DEPORTES

Sports

## Stanford's Candice Wiggins Honored As USA Basketball's 2007 Female Athlete Of The Year

*Wiggins Now Eligible For 2007 U.S. Olympic Committee Female Athlete Of the Year Award*

Stanford University All-American Candice Wiggins (San Diego, Calif.), who was part of four separate USA Basketball teams in 2007 and helped those teams to three gold medals and a flawless 23-0 record, has been named USA Basketball's 2007 Female Athlete of the Year, USA Basketball announced today.

The 5'11" Wiggins was selected for four USA Basketball teams in 2007. On Sept. 7, 2007, she became one of just four current collegians named to the elite 2007-08 USA Basketball Women's Senior National Team. She was also selected as the lone alternate for the 2007 USA FIBA Americas Championship Team and traveled and trained with the team that finished 5-0 to



win gold and qualify the U.S. for the 2008 Olympics in Chile, and participated in the USA Senior National Team's two exhibition games versus Australia in early September 2007. She started her

rewarding summer as a member of the 2007 USA Women's U21 World Championship Team that finished 8-0 and earned the gold medal in Moscow, Russia, and she was also a member of the 2007 USA Pan American Games Team that finished 5-0 and won the gold medal in Rio de Janeiro, Brazil.

All told, Wiggins spent more than two months training with or competing for USA teams in 2007 and those teams compiled a spectacular 23-0 record. In capturing the 2007 USA Basketball Female Athlete of the Year honor, Wiggins becomes eligible for the 2007 U.S. Olympic Committee (USOC) Female Athlete of the Year Award, which will be announced by the USOC on Jan. 8, 2007.

"Having the privilege of representing the United States and the opportunity to play with such a talented group of women is something for which I am very proud," Wiggins

said. "It is truly humbling not only to be chosen by USA Basketball for this award, but also to have the honor of joining the long and distinguished line of basketball players who have earned this recognition."

"The USA Basketball Executive Committee certainly chose this year's most deserving female athlete to receive this prestigious award," said USA Basketball Executive Director Jim Tooley. "Candice not only proved her dedication to the sport and to USA Basketball, but she helped the USA to impressive gold medals at both the U21 World Championship and Pan American Games. On top of that, she returned to compete for a roster spot on the 2007 USA Basketball FIBA Americas Championship Team. USA Basketball is fortunate to have such a dedicated and gifted athlete involved in our women's program and we celebrate her contributions and

work ethic."

Wiggins started her golden summer by competing with 45 players during three days of trials in May in Colorado Springs, Colo. Earning a finalist nod for both the USA's U21 World Championship and Pan American Games teams, she later was selected for a roster spot on both squads.

Training with the USA Senior National Team, in the team's two exhibition games versus Australia in September, she averaged 10.0 ppg., 1.0 rpg., 1.5 apg., while shooting a sizzling 70.0 percent from the field, 60.0 percent from 3-point and 75.0 percent from the foul line. She recorded 18 points in the USA's 96-64 victory over Australia on Sept. 16 in Trenton, N.J.

Thirteen games (as of Jan. 3) into her senior campaign at Stanford, Wiggins has led the Cardinal to a 12-1 record and No. 2 national ranking, while averaging team highs of 17.5 ppg., 2.9 apg. and 2.3 rpg., while grabbing 4.3 rpg.

## Mendoza Makes First Stop On Goodwill Tour

The ASA is pleased to announce 2008 USA Women's National team member Jessica Mendoza (Camarillo, Calif.) is currently a part of Pro Sports MVP' Olympic Heroes Tour that is touring Afghanistan. The goodwill military tour will feature medalists from the Olympic Games who will travel to Afghanistan and visit with the troops. The group includes:

Shawn Crawford, 2-time Olympic Medalist in the 200m and 4x100 relay; Shannon Miller, Seven-time Olympic medalist including winning five medals at the '92 Olympic Games; Angela Ruggiero, 3-time Olympic Medalist in Ice Hockey; and Mike Whitmarsh, silver medal finisher in the men's inaugural Beach Volleyball tournament at the 1996 Summer Olympic Games, partnering with Mike Dodd.

The group will visit numerous bases throughout Afghanistan as well as Qatar, but will not be provided a schedule until a day or two prior to their departure due to security reasons. All events throughout the 10-day trip will be directed by Pro Sports MVP tour manager Brian Lee who has been involved with over 20 tours to the Middle East region.

Mendoza will be blogging about her experience on [www.usasoftball.com](http://www.usasoftball.com). Check out her first blog below as her and her fellow Olympians arrive in Doha, Qatar.

## CSU-Pueblo ThunderWolves

*Announce 2008 Winter Sports ThunderPup Clinic Schedule*

The Colorado State University-Pueblo athletics department recently announced the 2008 ThunderPup Club winter sports clinic schedule.

The ThunderPup basketball clinic will be held Saturday, January 12 from 1:30 - 3:30 p.m. at Pueblo East High School gymnasium. The ThunderPup cheerleading clinic has been scheduled for Thursday, January 24 from 4 - 6 p.m. with half time performances during the men's and women's basketball games at 6 p.m. and 8 p.m. at the Colorado State Fair Events Center.

The ThunderPup dance clinic has been scheduled for Saturday, February 2 from 4 - 6 p.m. with half time performances during the men's and women's basketball games at 6 p.m. and 8 p.m. at the Colorado State Fair Events Center.

The ThunderPup Club, presented by Wendy's, is open to all boys and girls in southern Colorado who are in the 8th grade and below.

The cost to participate is a one-time fee of \$5.00, which includes an official ThunderPup Club t-shirt, free admission to attend all

*Cont. on page 15*



The Pueblo County Sheriff's Office seeks qualified applicants to establish eligibility lists for Deputy Sheriff-Patrol and Deputy Sheriff-Reserve. Please see the requirements below.

### DEPUTY SHERIFF-PATROL

Candidates must be at least 21-years of age, have a high school diploma or GED (preferably have some college or working toward a college degree), a valid Colorado Driver's License, a Colorado P.O.S.T. certification, and two years of experience in Patrol or Investigations. Those with military police experience will also be considered. As permitted by law, candidates must be able to pass a physical agility, written test, background, polygraph, physical and psychological. Work involves community policing, patrolling an assigned area, responding to calls for service, enforcing traffic laws, taking statements from victims and witnesses, arresting suspects, writing reports and performing related duties. Entry level positions begin at \$3,532.00 per month with benefits.

### DEPUTY SHERIFF-RESERVE

Candidates must be at least 21-years of age, have high school diploma or GED, a valid Colorado Driver's License, and a Colorado P.O.S.T. certification. As permitted by law, candidates must be able to pass a physical agility, written test, background, polygraph, physical and psychological. Work involves investigating crimes, arresting suspects, and performing other typical duties of law enforcement officers. This is a non-paid position without benefits.

Interested candidates can obtain the REQUIRED SHERIFF'S APPLICATION FORM from Pueblo County Human Resources, Pueblo County Courthouse, 215 West 10<sup>th</sup> St., Pueblo, CO, 81003 or call (719) 583-6500.

**APPLICATION DEADLINE: Friday, January 25, 2008**

EQUAL OPPORTUNITY /AFFIRMATIVE ACTION EMPLOYER

THE PUEBLO COUNTY SHERIFF'S OFFICE DOES NOT DISCRIMINATE ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, RELIGION, AGE OR DISABILITY IN EMPLOYMENT OR PROVISION OF SERVICES.

# Noticias Locales

Local News

## Hispania News to launch New English Tutorial Cartoon

Colorado's growing Hispanic community will be able to learn English the fun and easy way thanks to a new cartoon feature that will soon begin running in the *Hispania News*, the Hispanic community's newspaper.

The cartoon — Yo Hablo Inglés y Español (I Speak English and Spanish) — is scheduled to begin appearing on January 10, 2008.

*Hispania News* Editor Robert L. Armendariz announced that the popular Yo Hablo Inglés y Español cartoon series created by Colorado Springs native William L. Frier will run every week beginning early next year.

The feature provides a complete lesson each week in cartoons devoted to familiar daily activities.

Fun for the whole family, the conversational Yo Hablo series provides *Hispania News* readers with the everyday English language words and phrases they will need to greet people, go shopping, tell time, describe objects, talk about the weather, make trips to airports, hotels, restaurants, tourist spots and communicate in other real-world settings.

"We are excited to offer Bill Frier's creative cartoon feature as a service to readers who are looking for a way to make learning conversational

English something that the entire family can do and enjoy together," said Armendariz. "One of the biggest challenges that the Pew Foundation and others have documented, is the inability of far too many Hispanics to communicate effectively in an English language dominated society.

Our goal at *Hispania News* is to advance those who need to learn English so that they can survive and succeed in this community. We think Bill Frier's entertaining and educational cartoon script will be a great help in this effort"

Through syndication, it is also planned that Yo Hablo could be part of a national effort to

teach English to new residents in the United States.

In Yo Hablo, "Gato Fresco" (Cool Cat) headlines a cast of cartoon characters that Frier resurrected from his childhood memories who are integral to the learning experience.

Other characters who populate the script include Senor Gordo (Mr. Fat), Capitan Medianoche (Captain Midnight), La Sombra (the Shadow), Senorita Guapa (Miss Gorgeous) and the debonair El Varón.

"Gather the family together and speak English with me and my friends," says Frier. "Parents listen to your children. They learn naturally

and quickly and will soon become the real experts in the family. Get ready to enjoy a new experience — speaking English."

The daily Yo Hablo cartoon script teaching Spanish first appeared in Ohio's *Columbus Dispatch* and in the *Colorado Free Press* in 1968. The lessons and cartoon characters were later adapted for use in a television series that aired on local stations and PBS.

The complete conversational Spanish course with cartoon video guide is currently available on DVD through Frier's website [www.yohablospanish.com](http://www.yohablospanish.com).

Frier's enthusiasm for Spanish and the Spanish-speaking people began in 1935 when his family moved to Mexico City. Frier returned to the United States at age 13, speaking Spanish as his native tongue. He graduated from West Point in 1954 and chose the Air Force as a career.

As an associate professor of Spanish at Air Force Academy from 1959 to 1963, Frier pioneered the teaching of conversational Spanish using closed circuit TV. Lessons were broadcast to more than 500 military families at the Academy and 1,500 students of all ages later qualified at various levels of proficiency on the official Air Force exam in Spanish.

"I created Yo Hablo with the reader in mind, based on the successful techniques I developed while teaching cadets at the Academy," said Frier. "I'm confident that Yo Hablo Inglés y Español will help motivate Hispanic families, and especially those who have recently immigrated to our country, become more comfortable and proficient in English.

We're also hoping that Yo Hablo encourages English-speaking readers to become bilingual in our wonderful Spanish language as well."


The new cartoon script series — Teaching English to Hispanics — is based on the complete Spanish conversational course available on DVD with accompanying cartoon viewers guide.

It can be obtained through Frier's website [www.yohablospanish.com](http://www.yohablospanish.com) or by calling toll free at 1-877 MELLAMO (635-5266).


DVD's are also available by writing Bill Frier at PO Box 201, 1047 Baptist Road, Colorado Springs, CO, 80921.

**Introduction to your complete course of English and Spanish**  
**Introducción a su curso completo de Inglés y Español**


Let me introduce our friends  
 (Déjeme introducir nuestros amigos)  
 Lesson One Begins Next Week  
 (Lección Uno Empieza la Próxima Semana)




**Cool Cat**  
Gato Fresco



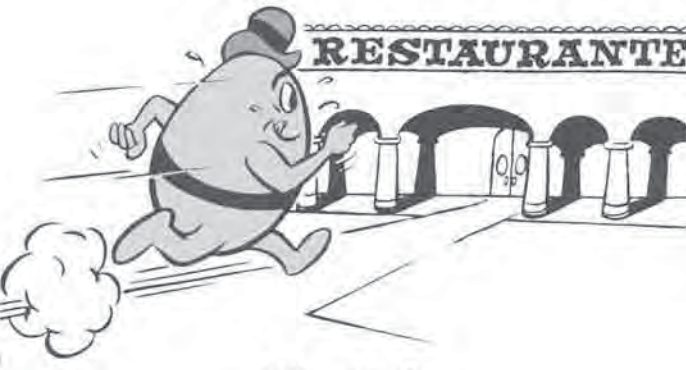
**Cool Kitten**  
Gatita Fresca




**Miss Gorgeous**  
Señorita Guapa




**Mr. Handsome**  
Señor Varón




**Mr. Fat**  
Señor Gordo




**Captain Midnight**  
Capitán Medianoche



**Mr. Short**  
Señor Bajo



**Mr. Tired**  
Señor Cansado



**The Shadow**  
La Sombra

## SALUD

Health

Give Yourself The Gift Of Health Cont. from page 1

in moderation their favorite sweet foods with less sugar. .

**Tips for a Healthier 2008**

—Plan and cook nutritious meals together with family. Provide an opportunity to teach your kids how to eat healthier and spend time with them by making cooking a family activity.

—For an overwhelming number of Latinas, the kitchen is the most important room in the house and many prefer cooking traditional dishes at home using the freshest ingredients. When preparing meals, cut calories without sacrificing taste by using low calorie sweeteners, such as SPLENDA(R) Sweeteners to make traditional recipes and beverages. Look for other ways to cut fat, carbohydrates, and calories in these family favorites.

—More than two thirds of Latinas realize they need to exercise more; however taking the time for physical activity may be difficult. Increase daily activity by lifting 20 ounce water bottles or soup cans while watching your favorite novela, dancing while cleaning or even placing your phone far from reach so you have to run a few flights of stairs to answer it. These minor adjustments to everyday situations count toward your daily physical activity.

—For the majority of Latinas spending time with family is

very important. Plan active family time together—go for a bike ride, walk together with the family dog, roller skate or ice skate. —Latina moms tend to give love and support to family members, while leaving little time for themselves. Remember to schedule some time in the day for yourself. Reduce daily stress with exercise, friendships, group affiliations, hobbies and laughing.

— Schedule a visit with your doctor at least once a year. Prevention is the best way to stay healthy. Early diagnosis of many conditions can be treated with minimal intervention. Your family will thank you—they will be grateful for a great role model and a healthy mom.

For reduced sugar recipes for traditional, Latin dishes that include SPLENDA? Sweetener Products visit <http://www.SplendaEnEspañol.com>.

**Recipes include:**

— Traditional dishes to celebrate Three Kings Day  
— Rosca de Reyes  
— Sweet Tamales  
— Flan  
— Chocolate (Mexican Hot Chocolate)  
— Alfajores  
— Dishes for use as family meals or entertaining that will help kick-off a healthier year  
— Pollo al limón  
— Lomo de cerdo glaseado  
— Sandwich BLT picante y dulce

**About Sylvia Meléndez-Klinger** - Sylvia Meléndez-Klinger began her career as an Administrative Dietitian at New England Memorial Hospital in Boston, MA. Sylvia was also a research dietitian at Northwestern University Preventive Medicine in Chicago, IL. Prior to starting her own business, Hispanic Food Communications, Inc., Sylvia was with The Quaker Oats Company in Chicago for ten years, working with cutting-edge product innovations. Sylvia has also worked for the WIC Program (the Special Supplemental Nutrition Program for Women, Infants, and Children sponsored by the USDA) as a supervising nutritionist and for the University of California—Irvine Medical Center as a clinical and research dietitian. She earned her bachelor degree in Dietetics and Nutrition from Loma Linda University in Loma Linda, CA, and her Masters of Science in Public Administration from DePaul University in Chicago. Sylvia also earned her Certification in Personal Training from the National Council of Strength and Fitness (NCSF).

**About SPLENDA(R) Sweeteners** - SPLENDA(R) Sweetener Products contain sucralose (SPLENDA(R) Brand Sweetener), the no calorie sweetener that is made from

sugar, tastes like sugar, but is not sugar. SPLENDA(R) Sweetener Products have been safely enjoyed by millions of consumers worldwide, including pregnant or nursing women, children, and individuals with diabetes. SPLENDA(R) No Calorie Sweetener is the nation's #1 selling branded sweetener and can be used virtually anywhere sugar is used, including cooking and baking. The complete line of products includes SPLENDA(R) No Calorie Sweetener in packet and granulated form, SPLENDA(R) Sugar Blend, SPLENDA(R) Brown Sugar Blend, SPLENDA(R) QUICK PACK(TM) No Calorie Sweetener Pouches, SPLENDA(R) Flavors for Coffee, SPLENDA(R) FLAVOR ACCENTS(TM) Sticks for water or tea and SPLENDA(R) Minis No Calorie Sweetener Tablets.

SPLENDA(R) Sweeteners are

marketed by McNeil Nutritionals, LLC. For more information on SPLENDA(R) Sweeteners or to obtain recipes and tips on cooking and baking with the brand, visit <http://www.splenda.com> or call 1-800-7-SPLENDA (1-800-777-5363).

Or, for a sweet shopping experience, visit <http://www.splendidlife.com>.

**About McNeil Nutritionals** - McNeil Nutritionals, LLC, is a global marketer of innovative nutritional products. The company's mission is to give people the ability to actively manage their own health. McNeil Nutritionals, LLC markets SPLENDA(R) Sweetener Products, VIACTIV(R) Dietary Supplements, LACTAID(R) Milk and Dietary Supplements, and BENECOL(R) Products. McNeil Nutritionals, LLC is headquartered in Fort Washington, PA.

## Head Start Preschool Now Enrolling

Cont. from page 2

success in school and in life. Please join CPCD staff at one of the following enrollment events in your neighborhood to see if your child qualifies.

All events are from 1 to 3 p.m.:  
January 15, Wilson Elementary, 1409 De Reamer Circle

January 16, Lorraine Elementary, 301 E. Iowa Ave.

CPCD offers about 50 convenient classroom locations throughout Colorado Springs and El Paso County.

Affordable child care with Head Start or Early Head Start

is also available. Families must qualify to enroll; however, income is not a limiting factor for all programs.

Please call 635-1536 for enrollment information or visit [www.cpcdheadstart.org](http://www.cpcdheadstart.org).

## Speaking Of Women's Health 'Community Event' Returns To All Wal-Mart Supercenters

*Nationwide January 12th Millions of women 'Taking Small Steps for Big Rewards'*

As part of a national campaign to reach women, Speaking of Women's Health will be holding its Community Event in all 2,435 Wal-Mart Supercenters across America on Saturday, January 12 from 11 a.m. to 4 p.m., to teach, encourage and inspire women to take control of their health, and obtain information on small steps that can result in big rewards for their overall health and well-being.

The beginning of the year is

an ideal time to make a change for a healthier life, but making a change concerning one's health can often be a challenging task.

Studies show that changing behavior is a process and taking small steps can be a great way to start down a successful path that can result in big rewards. Millions of women have already taken a small step by participating in Speaking of Women's Health Events, and earned big

rewards. In fact, 85 percent of women screened at events said they increased their knowledge on risk factors for heart disease and 61 percent discovered they had more than three risk factors for heart disease — the number 1 killer of women.

More information about Speaking of Women's Health and the Community Event at Wal-Mart can be found by visiting <http://www.speakingofwomenshealth.com> or <http://www.walmart.com>.

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Position open until filled. Otero Junior College is an Equal Opportunity/ TitleIX/Section 504 employer.

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Sale starts and registration ends at 9:00 AM.  
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# Bienes Raíces

REAL ESTATE

## New Year, New House? Why Not?

*If buying a home in 2008 is one of your new year's resolutions, here are a few tips that can help you avoid the stress. 10 Things to Take the Trauma Out of Homebuying*



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1. Find a real estate agent that's simpatico. Homebuying is not only a big financial commitment, but also an emotional one. It's critical that the agent you chose is both skilled and a good fit with your personality.

2. Remember, there's no "right" time to buy, any more than there's a right time to sell. If you find a home now, don't try to second-guess the interest rates or the housing market by waiting. Changes don't usually occur fast enough to make that much difference in price, and a good home won't stay on the market long.

3. Don't ask for too many opinions. It's natural to want reassurance for such a big decision, but too many ideas will make it much harder to

make a decision.  
4. Accept that no house is ever perfect. Focus in on the things that are most important to you and let the minor ones go.

5. Don't try to be a killer negotiator. Negotiation is definitely a part of the real estate process, but trying to "win" by getting an extra-low price may lose you the home you love.

6. Remember your home doesn't exist in a vacuum. Don't get so caught up in the physical aspects of the house itself—room size, kitchen—that you forget such issues as amenities, noise level, etc., that have a big impact on what it's like to live in your new home.

7. Don't wait until you've found a home and made an offer to get approved for a mortgage, investigate insurance availability, and consider a schedule for moving. Presenting an offer contingent on a lot of unresolved issues will make your bid much less attractive to sellers.

8. Factor in maintenance and repair costs in your post-home buying budget. Even if you buy a new home, there will be some costs. Don't leave yourself short and let your

home deteriorate.  
9. Accept that a little buyer's remorse is inevitable and will probably pass. Buying a home, especially for the first time, is a big commitment, but it also yields big benefits.

10. Choose a home first because you love it; then think about appreciation. While U.S. homes have appreciated an average of 5.4 percent annually over from 1998 to 2002, a home's most important role is as a comfortable, safe place to live.

Rosana Ramponi is from Argentina and has lived in the US for 18 years. She speaks

Spanish fluently and has been an active member of the Colorado Springs community for over 10 years. She serves in different non-profit boards and is engaged with the Hispanic community. Rosana enjoys traveling, dancing and teaching the Spanish language and culture; however, her true passion is to work with buyers and sellers educating them in the process of buying and selling real estate.

Rosana can be reached at (719) 964-2601, e-mail: [rosanar@colosprings.com](mailto:rosanar@colosprings.com) or by visiting her website: [www.rosanaramponi.com](http://www.rosanaramponi.com)

## CSU-Pueblo ThunderWolves

Cont. from page 11

remaining ThunderPup sports clinics throughout the year, and an official ThunderPup Membership Card (free admission to all CSU-Pueblo home games and discounts at all Pueblo Wendy's locations). Membership forms can be obtained at any Pueblo, Canon City or La Junta Wendy's locations.

The ThunderPup Club was begun in 2005 to create an environment of learning and sportsmanship for children in the southern Colorado community. The CSU-Pueblo athletic staff and coaches are

dedicated and committed to providing a positive atmosphere about sports and academics. The two-hour clinics will teach children the fundamentals of each sport and the importance of academics, as well as provide the chance to meet the ThunderWolves student-athletes and coaches.

For more information regarding this program or other CSU-Pueblo athletic events, contact Niki Whitaker at (719) 549-2021 or email [niki.whitaker@colostate-pueblo.edu](mailto:niki.whitaker@colostate-pueblo.edu).

## De Got Milk? Continúa de página 7

En 2003 ella sacó su primer disco como solista y desde entonces ha sido premiada con un premio Grammy por su disco del 2004 titulado Cuando el Corazón se Cruza.

## Got Milk? Cont. from page 8

drink milk is to serve as a role model for them and to encourage them to drink their 3 glasses of milk per day. At breakfast they generally eat cereal with milk and fruit. During lunchtime at school, I always encourage my daughter Melanie to drink milk. And at dinner, which is the meal that we share together, I always serve them milk. Sometimes flavored milk...they all like a different flavor!," explains Alicia.

**Success**  
This internationally recognized Mexican singer was born in Monterrey, Mexico where she began her career as a singer of grupera music. In 1995 she was named the queen

of the mariachis during the award show "Premios lo Nuestro." She released her first solo album in 2003 and has since been awarded a Latin Grammy for her 2004 solo album release Cuando el Corazón se Cruza.



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