

Happy Thanksgiving Feliz Día de Acción de Gracias

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Miriam Medina Agradece

Miriam Medina Gives Thanks

Miriam Medina, disfruta el uso de la nueva estufa, proporcionada por el Centro Bishop Sullivan. Ella ya ha planeado el menú para la cena de Acción de Gracias de esta semana.

Miriam Medina enjoyed the use of the new stove, provided by the Bishop Sullivan Center. She has already planned the menu for this week's Thanksgiving dinner.



Robbery Motive Suspected in Triple Homicide



Se Sospecha Que El Motivo de Un Triple Homicidio Fue Robo

By
JOE ARCE AND JOSE FAUS

“Tomas was a really great guy. He was generous and friends with everybody. I would have a beer with him once in a while,” Carlson told Hispanic News. “He owned the house for a long time but he did not really live here until about a year and a half ago. He was a good guy. His kids played with the neighborhood kids. We all got along great.”

I AM SHOCKED... / PAGE 3

Traduce
GEMMA TORNERO

“Tomas era realmente un gran tipo. Él era generoso y amigo de todos. Yo me tomaba una cerveza con él de vez en cuando”, Carlson dijo a Hispanic News. “Él fue dueño de la casa por mucho tiempo, pero realmente no vivió aquí, hasta hace aproximadamente un año y medio. Él era un tipo bueno. Sus niños jugaron con los niños vecinos. Todos nos llevábamos bien.”

ESTOY IMPRESIONADO... / PÁGINA 3

Mayor's Reading Initiative Receives Funding



By
DEBRA DECOSTER

Since Kansas City Mayor Sly James took office, he has made youth literacy a major administration priority. Toward that end, he helped establish the Turn the Page KC initiative to ensure that every child in Kansas City can read at grade level by the time they leave third grade. James enlisted over 50 community organizations as partners in the effort.

Last week, the mayor was joined by community members, city staff and volunteers to announce significant milestones in the program. The

WE HAVE COME... / PAGE 2

Traduce
GEMMA TORNERO

Desde que el Alcalde de Kansas City, Sly James, tomó posesión del cargo, él ha hecho del alfabetismo juvenil una gran prioridad en la administración. Hacia esa finalidad, él ayudó a establecer la iniciativa Vuelta a la Página KC, de asegurar que cada niño en Kansas City pueda leer a un determinado nivel para cuando ellos terminen el tercer grado. James enlistó a más de 50 organizaciones comunitarias como socios en el esfuerzo.

La semana pasada, el Alcalde fue acompañado por integrantes

HEMOS VENIDO... / PÁGINA 2

Por
DEBRA DECOSTER

El Día de Acción de Gracias, puede ser un tiempo frenético aún cuando todo vaya bien, pero suponga que usted tiene siete bocas por alimentar y la estufa falla. Es la situación que Miriam Medina afrontó. La madre soltera recurrió a la comunidad, como ella antes lo ha hecho, y encontró una mano de bienvenida y ésto para ella define el espíritu de la temporada.

“He tenido el apoyo de la comunidad y a pesar de mis luchas, las cosas no se han derrumbado a mi alrededor. No tengo mucho, pero la cosa más importante para mí son mis niños”, dijo Medina.

Este Día de Acción de Gracias, ella juntará a sus siete niños alrededor de la mesa del comedor y disfrutará

LAS COSAS NO SE... / PÁGINA 7

By
DEBRA DECOSTER

Thanksgiving can be a hectic time even when everything goes right, but imagine you have seven mouths to feed and the stove gives out. That is the situation that Miriam Medina faced. The single mother turned to the community, as she has before, and found the welcoming hand that for her defines the spirit of the season.

“I have had the support from the community and despite my struggles things haven't collapsed around me. I don't have much but ... the most important thing to me is my children,” said Medina.

This Thanksgiving, she will gather her seven children around the dining table and enjoy a meal of turkey, potato salad and macaroni and cheese. As they give thanks for the food she will also offer thanks

THINGS HAVEN'T... / PAGE 7

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“We Have Come Together”

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mayor introduced a board of directors that will lead the 501c3 approved program.

“I cannot thank this high-powered and incredibly talented founding Board of Directors enough. When the community sees the caliber of the leaders who have agreed to serve and steer this effort, the priority our community is putting on this critical project will be very clear,” said James.

The new board is composed of: Mr. Tim Barton, CEO of FreightQuote; Mr. Bert Berkley, chairman of the Board of Tension Corporation; Ms. Sandra A.J. Lawrence, executive vice president/chief financial officer at Children’s Mercy Hospitals; Mrs. Judy Heeter, president of Pathfinder Consulting; Mrs. Carol Hallquist, president of Hallmark Corporate Foundation; Dr. Uzziel Pecina, assistant clinical professor of Educational Administration at UMKC; Dr. Donna Houpe, executive administrator of Harvest Church International Outreach and Faith Academy; Dr. Phillip Hickman, assistant superintendent and principal at Genesis Promise Academy.

According to a press release, “the board of directors will lead the newly incorporated 501(c)3 non-profit Turn the Page KC initiative in furthering its core goals of assessing early reading programs, determining what works and promoting and providing resources to successful programs. The input of the partners who helped craft the plan will be maintained by regular convenings of a Community Council.”

James added, “We have come together to address what we consider a persistent issue and to do so in a significant and

sustainable way. We will be as proactive and as bold as we possibly can. Any effort of this size and scope and with as many moving parts is never going to run with 100 percent efficiency. ... Individual, periodic, episodic failures or glitches will not stop this effort because at the end of the day, the goal is achievable. ... This will not be something where we run into a problem and then fold up our tent. That is not the way we work.”

James also announced two new funding awards. The Cities of Service grant was one of only eight awarded nationally from the Bloomberg Foundation and funded by Target. The grant is for \$40,000 and will assist four key Kansas City, Missouri school districts: Park Hill, Kansas City, Center and Hickman Mills.

“The grant will be used by Turn the Page KC to increase grade level reading scores among targeted first through third graders by one grade level. In service of that goal, the funding will help recruit and maintain 500 new and past literacy tutors.”

The second award is from the AmeriCorps VISTA national service program. The grant, for approximately \$50,000, has helped fund five VISTA volunteers currently serving in four districts. Since their hire, the VISTA volunteers have recruited 143 volunteer literacy tutors, who weekly average 358 students receiving at least one hour of literacy tutoring a week.

The mayor also referenced a previous gift of 10,000 books by Rosen Publishing of New York. The books valued at \$175,000 were distributed early this year to the Kansas City, Center, Hickman Mills, and Grandview school districts by one of the program partners the Local Investment Commission (LINC).“

“The results of the planning and collaborative community discussion are already yielding results,” announced James. “This hasn’t been all talk and no substance. In one year, Turn the Page KC has gathered 50 community organizations as partners. We are one of 120 founding communities for grade level reading. We formed a 501c3 organization. We have hired five VISTA volunteers. We have secured two major grants. We have received ten thousand books. We have contributed 9,700 hours of volunteer work. We selected an absolutely quality board and more importantly, we have helped thousands of children read better.”

Dr. Uzziel Pecina told Hispanic News that he understands the

mission of the program and more importantly how it reflects his own values.

“Being a lifelong public servant and realizing the importance that literacy plays in the life of a human being, I understand the commitment that one has to take as a teacher to be one of the greatest promoters of literacy. When I was asked to think of this position ... the more and more I thought about this directorship, I realized that I need to be a part of it. It is something that I teach about. It is something we discuss. It is something that we live. I would not be here today if it was not instilled in me - the love of or need to be a literate member of the community.”

Pecina reiterated the importance of volunteers in

working as mentors. “The more assistance there is for those students that need that assistance in literacy, the better. The more people that are surrounding our young people and promoting literacy and education the better that is.”

“Turn the Page KC’s primary focus is marshaling a community-wide effort, gathering resources and using a data-driven process to promote programs that work to improve reading scores of our youngest students,” said Mayor James.

To make the point the Mayor highlighted initial numbers from this summer’s focused eight-week summer reading program run by Upper Room. City interns devoted nearly 1,200 hours, joining 3,700 other volunteers

at multiple reading sites throughout the City. Thousands of students read, or had read to them, an average of 75 books a piece this summer. Volunteers contributed 9,700 hours to the program.

“We have a long road ahead, but I am excited to celebrate the progress we are making. It will take a sustained community effort. This is not about whom gets credit but rather that we are focused on helping young learners read.”

The program relies heavily on community involvement. James encouraged people interested in volunteering to go online to www.turnthepagekc.org for more information.



Mayor Sly James Introduced the board of directors of the Turn the Page initiative.

El Alcalde Sly James, presento al Consejo Directivo de la Iniciativa Vuelta a la Página (Turn the Page).

"Hemos Venido Juntos"

CONT./PÁGINA 1

de la comunidad, personal del gobierno de la ciudad y voluntarios para anunciar peldaños significativos en el programa. El alcalde presentó un consejo directivo que dirigirá el programa aprobado 501c3.

"No puedo agradecer lo suficiente, a este consejo directivo fundador, de alta capacidad e increíblemente talentoso. Cuando la comunidad vea el calibre de los líderes que han aceptado en servir y conducir este esfuerzo, la prioridad que nuestra comunidad pone en este crítico proyecto estará muy clara", subrayo James.

El nuevo consejo está conformado por: el Sr. Tim Barton, Presidente de FreightQuote; el Sr. Bert Berkley, Presidente del Consejo de Administración de Tension Corporation; la Sra. Sandra A.J. Lawrence, Vicepresidenta Ejecutiva / Directora Financiera en Hospitales Children's Mercy; la Sra. Judy Heeter, Presidente de Consultores Pathfinder, la Sra. Carol Hallquist, Presidenta de la Fundación Corporativa Hallmark; el Doctor Uzziel Pecina, Profesor Asistente Clínico de Administración de la Educación en UMKC; la Doctora Donna Houpe, el Administrador Ejecutivo de la Iglesia Harvest de Alcance Internacional y la Academia de Fe; el Doctor Phillip Hickman, Asistente de Dirección y Rector en la Academia Genesis Promise.

Según un comunicado de prensa, "la junta directiva, conducirá a la reciente incorporada iniciativa no lucrativa 501 (c) 3 Vuelta a la Página KC, en la fomentación de sus objetivos principales de evaluar programas de lectura temprana, determinar que funcionen y promover y proveer los recursos para programas exitosos. Las aportaciones de los socios que ayudaron a crear el plan, será mantenida a través de convocatorias regulares de un Consejo de Comunitario".

James añadió, "Hemos venido juntos para hablar de lo que

consideramos una cuestión persistente y, a hacerlo de un modo significativo y sostenible. Seremos tan pro activos y tan audaces como sea posible. Cualquier esfuerzo de esta talla y alcance y, con tantas partes que se mueven, nunca va a llevarse a cabo con la eficacia del 100%. Fracazos individuales, periódicos, episódicos o problemas técnicos no pararán este esfuerzo, porque al final de día, el objetivo es alcanzable. Esto, no será algo, que en cuanto nos topamos con un problema luego plegamos nuestra tienda de campaña. No es la manera en que trabajamos".

James también anunció dos nuevos premios de financiación. La subvención las Ciudades de Servicio, fue uno de sólo ocho concedidos en escala nacional por la Fundación Bloomberg, fundada por Target. La subvención es por \$40 mil dólares y, asistirá a cuatro distritos escolares clave de Kansas City Missouri: Park Hill, Kansas City, Center y Hickman Mills

"La subvención, será usada por Vuelta a la Página KC, para subir las calificaciones en los niveles lectura entre el objetivo de estudiantes de primero grado a tercer grado, por un grado de estudios. En el servicio de ese objetivo, la financiación ayudará a reclutar y mantener a 500 tutores nuevos y ya establecidos de alfabetismo".

El segundo premio, es del programa de servicio nacional AmeriCorps VISTA. La subvención, por aproximadamente \$50 mil dólares, ha ayudado a fundar cinco voluntarios VISTA, que actualmente sirven en cuatro distritos. Desde su contratación, los voluntarios VISTA han reclutado a 143 tutores de alfabetismo voluntarios, teniendo en promedio a 358 estudiantes semanales, que reciben al menos una hora de tutoría en alfabetismo por semana.

El Alcalde, también se refirió a un regalo anterior de 10 mil libros, por parte de Rosen Publishing de Nueva York. Los libros valorados en \$175 mil

dólares, fueron distribuidos a principios de este año en Kansas City, Centre, Hickman Mills, y los distritos escolares de Grandview por uno de los socios del programa, la Comisión de Inversión Local (LINC).

"Los resultados de la planificación y discusión del colaborativo de la comunidad, ya arrojan resultados", anunció James. "Esto no ha sido sólo conversación y ninguna sustancia. En un año, Vuelta a la Página KC, ha reunido a 50 organizaciones comunitarias como socias. Somos una de 120 comunidades fundadoras para la lectura en determinado nivel de estudios. Formamos una organización 501c3. Hemos contratado a cinco voluntarios VISTA. Hemos asegurado dos subvenciones principales. Hemos recibido diez mil libros. Hemos contribuido 9,700 horas de trabajo voluntario. Seleccionamos un consejo absolutamente de calidad y lo que es más importante, hemos ayudado a miles de niños a leer mejor".

El Doctor Uzziel Pecina, dijo a Hispanic News que él entiende la misión del programa y lo más importante, como esto refleja sus propios valores.

"Siendo un funcionario de toda la vida y, dándome cuenta de la importancia que el alfabetismo juega en la vida de un ser humano, entiendo el compromiso que uno tiene que tomar como profesor, para ser uno de los mayores promotores del alfabetismo. Cuando me pidieron pensar en este puesto, entre más y más pensaba en esta dirección, me di cuenta que tengo que ser parte de ello. Es algo sobre lo cual doy clases. Es algo de lo cual hablamos. Es algo que vivimos. Yo no estaría aquí hoy, si no estuviera dentro de mí - el amor o la necesidad de ser un integrante alfabetizado de la comunidad".

Pecina reiteró la importancia de los voluntarios trabajando como tutores. "Entre más ayuda haya allí para aquellos estudiantes que la necesitan en el alfabetismo, es

mejor. Entre más personas haya que rodeen a nuestros jóvenes y que promuevan el alfabetismo y la educación, es mejor".

"En enfoque principal de Vuelta a la Página KC, es poner un esfuerzo en toda la comunidad, reunir recursos y usar un proceso de datos, para promover programas que funcionen en el mejoramiento de las calificaciones de lectura de nuestros estudiantes más jóvenes", menciona el Alcalde James.

Para sustentar el punto, el Alcalde destacó los números iniciales a partir del curso de verano de lectura de ocho semanas, dirigido por Upper Room. Los practicantes de la ciudad dedicaron casi 1,200 horas, acompañando a otros 3,700 voluntarios en sitios de

lectura múltiples, en todas las partes de la Ciudad. Los miles de estudiantes leen, o les habían leído a ellos, un promedio de 75 libros por pieza este verano. Los voluntarios contribuyeron 9,700 horas al programa.

"Tenemos un camino largo por delante, pero estoy emocionado de celebrar el progreso que estamos teniendo. Esto tomará un esfuerzo comunitario continuo. Esto no es sobre quien consigue el crédito, sino mejor dicho, que nos concentremos en ayudar a jóvenes aprendices a leer".

El programa confía altamente en la participación de la comunidad. James animó a la gente interesada en ser voluntario, que visite en la red a www.turnthepagekc.org para más información.

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“Estoy Impresionado”



Independence police officials believe the Hernandez family may had been targeted by possibly 2 to 3 men.
Funcionarios policiales de Independence, creen que la familia Hernández quizás había sido blanco de posiblemente 2 a 3 hombres.

CONT./PÁGINA 1

Esto cambió cuando los tres fueron asesinados a tiros, el viernes pasado por la mañana. Otra persona fue seriamente herida y permanece en un hospital local. El ataque ocurrió a eso de las 4:30 a.m., en la calle de South Pope Avenue 1500, en Independence.

La policía cree que la familia fue el objetivo de dos hombres y posiblemente tres. Justo antes del cierre de la edición, el departamento de policía publicó un comunicado de prensa, en el que nombra a Antonio Cervantes III como un sospechoso en los disparos. Él es descrito como un varón de 32 años, 5’ 7”, 140 libras., con ojos marrones y pelo negro. La policía enlisto dos posibles direcciones para el sospechoso: Calle 7 5209, Kansas City, Missouri; y Lawndale 516, Kansas City, Missouri.

Según la policía de KCMO, el “delito fue un incidente aislado. La escena de delito no fue una opción arbitraria. Cervantes tenía asociaciones con los residentes que vivieron allí”.

Carlson dijo a Hispanic News, que Madrigal se dedicaba a trabajar en los revestimientos para techos, y aunque él no conociera la compañía para la cual él trabajó, él estaba seguro que era una compañía comercial de material para techar. “No estoy seguro, pero creo que es quién visitaba su casa, pero no sé ningún detalle al respecto”.

Carlson ha vivido en el vecindario durante dos años y nunca espero algo como lo que pasó el viernes.

“Estoy impresionado. Sé que no tengo suficiente seguridad en mi casa. Es en lo que estoy trabajando durante este fin de semana”, menciona él. “Es un vecindario tranquilo. No tengo miedo de caminar por aquí por la noche. De los artículos que he leído, la policía ha dicho que era probablemente alguien que ellos sabían que trataba de robarlos. Esto tiene más sentido. Este no es la clase de lugar donde algo arbitrario como eso pasa. Este es un buen vecindario”.

Carlson recordó que Hernández no hablaba inglés, pero se animaba cuando él llegaba con tomates de su jardín. “Ellos siempre estaban contentos con eso. Un par de veces vine y nadé en el la piscina con ellos. Ellos eran gente buena. Esto no debería pasar en una sociedad civilizada como ésta. Yo no esperaría a que los pistoleros regresen. No sé de ningún delito así en éste vecindario”.

Los servicios fúnebres de Antonio Hernández y María Hernández, ambos de 51 años, de Independence, MO será el viernes, 23 de noviembre 2012 en la Capilla Midtown McGilley. El velorio será de 5:00 pm - 7:00 pm en la capilla. El entierro será el sábado en el Cementerio Brookling.

Si alguien tiene cualquier

“I Am Shocked”

CONT./PAGE 1

That changed when the three were shot to death this past Friday morning. Another person was seriously wounded and remains in a local hospital. The attack occurred around 4:30 a.m. in the 1500 block of South Pope Avenue in Independence.

Police believe the family was targeted by two and possible three men. Just before press time the department issued a press release that named Antonio Cervantes III a suspect in the shooting. He is described as a 32-year-old male, 5’ 7”, 140 lbs., with brown eyes and black hair. Police listed two possible addresses for the suspect: 5209 7th St., Kansas city, MO; and 516 Lawndale, Kansas City, MO.

According to KCMO police, the “crime was an isolated incident. The crime scene was not a random choice. Cervantes had associations with the residents who lived there.”

Carlson told Hispanic News that Madrigal did roofing, and though he did not know the company he worked for, he

was certain it was a commercial roofing company. “I don’t know for sure but I think that is who was hanging around his house, but I don’t know any details about that.”

Carlson has lived in the neighborhood for two years and never expected anything like what happened Friday.

“I am shocked. I know that I don’t have enough security on my house. That is what I am working on this weekend,” he said. “It’s a quiet neighborhood. I am not afraid to walk around here at night. From the articles I have read the police have said that it was probably someone that they knew that was trying to rob them. That makes more sense. This is not the kind of place where random stuff like that is going to happen. This is a good neighborhood.”

Carlson recalled that Hernandez did not speak English but would cheer up when he would drop by with tomatoes from his garden. “They were always happy about it. A couple of times I came over and swam in the pool with them. They were good people.

... This should not happen in a civilized society like this. I would not expect the shooters to come back. I don’t know of any crime in this neighborhood other than that.”

Funeral services for Antonio Hernandez and Maria Hernandez, both 51, of Independence, MO will be Friday, November 23, 2012 at the McGilley Midtown Chapel. Visitation will be from 5:00 p.m. - 7:00 p.m. at the chapel. Burial will be in Brookling Cemetery Saturday.

If anyone has any information regarding the whereabouts of Cervantes, or anything about the crime, call 911, the TIPS Hotline 816-474-8477 or the Independence Police Department at: 816-836-3600.

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hn SALUD HEALTH

During American Diabetes Month®, the American Optometric Association (AOA) is encouraging Americans with diabetes to schedule at least annual dilated eye examinations, depending on their particular examination findings and their optometrist's recommendations to help detect and even prevent eye and vision disorders that could lead to blindness. Diabetes is a disease that interferes with the body's ability to use and store sugar, which can cause many health problems. Too much sugar in the blood can cause damage throughout the body, including the eyes.

Each year, 12,000 – 24,000 people lose their sight because of diabetes. According to the American Diabetes Association, nearly 26 million people in the United States, or 8.3 percent of the population, have diabetes. An estimated seven million Americans are undiagnosed, with Hispanics and African Americans at higher risk for developing the disease.

“Yearly, dilated eye exams given by a doctor of optometry are extremely important for those living with diabetes,” said Paul Chous, O.D., a member of the AOA and author of Diabetic Eye Disease: Lessons From A Diabetic Eye Doctor. “When the eyes are dilated, an eye doctor is able to examine the retina for early warning signs of diabetic eye disease and prescribe a course of treatment to preserve an individual's sight. Many eye problems are silent until they are in an advanced stage, but early detection and treatment can truly save a person's vision.”

Results from the AOA's 2012 American Eye-Q® consumer survey revealed that only 44 percent of Americans are aware that diabetic eye disease often has no visual signs or symptoms. Additionally, 43 percent of American's don't know that a person with diabetes should have a comprehensive eye exam once a year.

Diabetic Eye and Vision Disorders

People with diabetes are at a significantly higher risk for developing eye diseases including glaucoma, cataracts and diabetic retinopathy, one of the most serious sight-threatening complications of diabetes.

Those with diabetes are 40 percent more likely to suffer from glaucoma than people without diabetes.

Individuos con Diabetes, En Peligro Ante Enfermedades de Los Ojos

Durante el Mes Americano de la Diabetes®, la Asociación Americana de Optometría (AOA por sus siglas en inglés), anima a los norteamericanos con diabetes, a programar exámenes de ojo dilatado al menos cada año, dependiendo en los resultados de sus exámenes particulares y las recomendaciones de su optometrista, para ayudar a detectar y hasta prevenir desórdenes de ojo y de visión que podrían llevar a la ceguera. La diabetes es una enfermedad que interfiere con la capacidad del cuerpo de usar y almacenar el azúcar, lo que puede causar muchos problemas de salud. Demasiada azúcar en la sangre puede causar daño en todas las partes del cuerpo, incluyendo los ojos.

Cada año, entre 12 mil a 24 mil personas pierden su vista debido a la diabetes. Según la Asociación Americana de Diabetes, casi 26 millones de personas en los Estados Unidos, o el 8.3% de la población, tienen diabetes. Aproximadamente siete millones de norteamericanos no son diagnosticados, estando los hispanos y afro americanos en el peligro más alto para desarrollar la enfermedad.

“Cada año, los exámenes de ojo dilatado, practicados por un doctor en optometría son muy importantes para los que viven con diabetes”, menciona Paul Chous, O.D., un miembro de AOA y autor de Enfermedad de Ojo Diabético: Lecciones de un Oftalmólogo Diabético. “Cuando los ojos están dilatados, un oftalmólogo es capaz de examinar la retina por señales de alerta temprana de la enfermedad de ojo diabético y, prescribir un curso de tratamiento para conservar la vista de un individuo. Muchos problemas de ojo son silenciosos, hasta que están en una fase avanzada, pero el descubrimiento temprano y el tratamiento pueden salvar realmente la visión de una persona”.

Los resultados de la encuesta a consumidores AOA del 2012 de American Eye-Q® reveló que sólo el 44% de los norteamericanos, son conscientes que la enfermedad de ojo diabético a menudo no tiene ninguno signo visual o síntomas. Además, el 43% de norteamericanos no sabe que una persona con diabetes debería realizarse un examen de ojo completo una vez al año.

Desórdenes de Visión y Ojo diabéticos

La gente con diabetes, está en un peligro considerablemente más alto, para desarrollar enfermedades de ojo incluyendo glaucoma, cataratas y retinopatía diabética, una de las complicaciones de diabetes más serias que amenazan la vista.

Aquellos con diabetes, tienen 40% mayor probabilidad de que sufrirán del glaucoma que personas sin diabetes. El glaucoma es un grupo de

Individuals With Diabetes At Risk For Eye Diseases

Glaucoma is a group of eye diseases characterized by damage to the optic nerve resulting in gradual peripheral vision loss.

Many people without diabetes will get cataracts, but those with the disease are 60 percent more likely to develop this eye condition. People with diabetes also tend to get cataracts at a younger age and have them progress faster. With cataracts, the eye's clear lens clouds, blocking light and interfering with normal vision.

Diabetic retinopathy is a condition that causes progressive damage to the retina, the light-sensitive lining at the back of the eye. Damage to the tiny blood vessels that nourish the retina causes swelling of retinal tissue and clouding of vision. If left untreated, diabetic retinopathy can cause blindness.

Since early warning signs of diabetic eye and vision disorders are often subtle or undetected, the AOA recommends that high-risk individuals look for initial signs and contact a doctor of optometry if any of the following symptoms are present:

- Sudden blurred or double vision
- Trouble reading or focusing on near-work
- Eye pain or pressure
- A noticeable aura or dark ring around lights or illuminated objects
- Visible dark spots in vision or images of flashing lights

In addition to a having yearly, comprehensive eye exam, the AOA offers the following tips to help prevent or slow the development of diabetic eye diseases:

- Take prescribed medication as directed
- Keep glycohemoglobin test results ("A1c" or average blood sugar level) consistently under seven percent
- Stick to a healthy diet that includes Omega 3s, fresh fruits and vegetables
- Exercise regularly
- Control high blood pressure
- Avoid alcohol and smoking

For additional information on eye health, and diabetic retinopathy, please visit <http://www.aoa.org/diabetic-retinopathy.xml>

enfermedades de ojo, caracterizadas por el daño al nervio óptico, que causa la pérdida de visión periférica gradual.

Muchas personas sin diabetes llegaron a tener cataratas, pero aquellos con la enfermedad tienen un 60% de mayor probabilidad de desarrollar esta condición de ojo. La gente con diabetes también tiende a presentar cataratas en una edad más joven y de que progresen más rápido. Con cataratas, la lente clara del ojo se nubla, bloqueando la luz e interfiriendo con una visión normal.

La retinopatía diabética es una condición que causa el daño progresivo a la retina, la capa sensible a la luz detrás del ojo. El daño a los diminutos vasos sanguíneos, que alimentan la retina, causa hinchazón del tejido retiniano y nubla la visión. Si no se trata, la retinopatía diabética puede causar ceguera.

Ya que las señales de alerta temprana de ojo diabético y desórdenes de visión a menudo son sutiles o pasadas por alto, el AOA recomienda, que los individuos de riesgo elevado busquen signos iniciales y se pongan en contacto con un doctor en optometría si alguno de los siguientes síntomas está presente:

- Visión borrosa o visión doble
- Problema para leer o concentrarse en el trabajo
- Dolor de ojo o presión
- Una aura notable o anillo oscuro alrededor de luces u objetos iluminados
- Puntos oscuros visibles en la visión o imágenes de señales de luz

Además de practicarse cada año, un examen de ojo completo, el AOA ofrece los siguientes consejos para ayudar a prevenir o reducir el desarrollo de enfermedades de ojo diabético:

- Tome la medicina recetada como se indica
- Guarde los resultados de pruebas de hemoglobina ("A1c" o nivel de azúcar en la sangre promedio) consistentemente bajo el 7%
- Lleve una dieta sana que incluye Omega 3s, frutas frescas y verduras
- Ejercítese con regularidad
- Controle la hipertensión
- Evite el alcohol y fumar

Para información adicional sobre la salud de ojo, y retinopatía diabética, por favor visite <http://www.aoa.org/diabetic-retinopathy.xml>.

On Black and Blue Friday, Safety and Parking Are Hot Topics This Shopping Season

As stores gear up for the biggest holiday shopping day of the year, it may be easy to forget that Black Friday isn't always a sign of holiday cheer. A new poll reveals that personal safety inside stores and outside in store parking lots is the No. 1 holiday safety concern for Americans – particularly women and seniors.

Nearly half of the more than 800 respondents (49 percent) who participated in a national survey reported that personal safety in stores and parking lots is their primary safety concern this holiday season. For holiday shoppers, the worries over personal safety outpaced concerns over merchandise being stolen and children going missing in the store.

The survey was conducted by Signal 88 Security, a private security company with more than 90 franchises services over 700 locations throughout the US and Canada, including offices in Kansas City.

“While Black Friday should be a fun day for holiday shoppers, the threat to personal safety and security is very real,” said Kris Withrow, owner at a Signal 88 Security franchise in the Midwest and former department store loss prevention specialist. “Shoppers may become combative while in pursuit of a popular holiday item, and that may compromise the safety of other shoppers.”

Withrow says that electronic items, such as gaming systems, computers and televisions, often cause the most confrontations in a store.

“Getting your hands on a Black Friday deal is great, but it isn't worth becoming involved in a verbal or physical altercation,” Withrow said. “Oftentimes, merchandise can be replenished.”

In order to remain safe inside the store, Withrow suggests remaining aware of your surroundings. “Shoppers tend to let down their guards once inside the doors, but that may make them more vulnerable – especially when it's crowded. It's not uncommon for thieves to follow shoppers out of the store in order to steal the merchandise once in the parking lot. Report any suspicious activity to a store employee or manager.”

In addition to store safety, nearly one-quarter of survey respondents (23 percent) indicated that having gifts stolen from their vehicles or homes was their biggest holiday shopping concern. To keep your purchases safe in the parking lot, take the time to follow common sense steps such as locking your car doors and keeping purchases out of sight.

“Shoppers are often in a hurry to get into the store and may forget to lock their car doors,” Withrow said. “Double- or even triple-check to make sure your vehicle is secure.”

If you're traveling from store to store, keep your purchases out of sight, preferably locked in the trunk. “Make sure nothing of temptation is left in the car,” Withrow said. “Even items such as backpacks, which may not contain anything valuable, could be alluring to a thief and make you vulnerable to a break-in.”

Nearly one in five survey respondents (19 percent) said their primary safety concern is having their children go missing in a crowded store.

“If possible, leave the kids at home as you do your holiday shopping,” Withrow said. “Crowded stores make it easy to lose track of children. Plus, they may create distractions for you that could put you in a position to become a victim of theft.”

Source: Signal 88 Security



The Kansas City, MO Guadalupana Society

Invites you to the Novena in honor of Our Lady of Guadalupe

December 3 - 11, 2012 6 p.m.

Our Lady of Guadalupe Shrine 901 Avenida Cesar Chavez Kansas City, MO

December 12 Feast Day of Our Lady of Guadalupe

5:30 a.m. - Las Mañanitas 6:00 a.m. - Mass & Guadalupana Inauguration Ceremony (Pan dulce & chocolate reception following Mass)

In Loving Memory

NINFA MARIE GARZA

Ninfa Marie Garza, of Ninfa's Tortillas and Taqueria, passed away on Tuesday, Nov. 13, 2012, at the home of her daughter Nancy, surrounded by her children and grandchildren. She was born, Jan. 22, 1933, in Brady, Texas, to Miguel and Maria Dejesus Contreras. She was the fourth of 10 children. She is preceded in death by her husband of 46 years, Riley Garza, grandson, Isaiah Bond, and two sisters. She is survived by children, Yolanda Garza, Riley Garza, Linda Garza Bond (husband Lonnie), Nancy Garza Burch (husband Larry) and Michael Garza (wife Michelle), 16 grandchildren, 17 great grandchildren, one great-great grandchild, three brothers and four sisters. Ninfa was a coordinator for the Senior Citizens of Guadalupe Center named Casa Feliz for 20 years. She was one of the original founders of the Hispanic Festival that is still celebrated today at Barney Allis Plaza. Joined by her husband, she began a little restaurant 24 years ago called Ninfa's Tortillas and Taqueria in Kansas City, Kan., which is still operated today by her family. Only two years ago she was taking tortillas out to tables joyfully sharing conversations with customers. We will forever have the memories of Ninfa's exemplary life. Ninfa praised Jesus with her entire being, she was cherished for her service to others, respected and admired her husband, lived her life for her family, prayed abundantly for her community, which all brought blessings on her children, grandchildren and great grandchildren. Family and friends gathered for the visitation on Monday, Nov. 19 at Cure' of Ars Catholic Church of Leawood, 9401 Mission Rd. The Rosary was resided during the visitation and many of the family and friends share with each other the fond memories they have of Ninfa. A Mass of Christian Burial celebrating her life was held on Tuesday, at Curé of Ars Catholic Church. She was laid to rest at Leavenworth National Cemetery on Wednesday Nov. 21.

The family wishes to extend their sincere gratitude to Catholic Community Hospice, Alliance/Nurse Aide's and all who took the time to give their loving care to their mother particularly in her final days. In lieu of flowers, the family asked that any memorial donations be made to Catholic Community Hospice, 9740 W. 87th St., Overland Park, KS 66212. We thank you for your generosity.

Arrangements have been entrusted to the R.L Leintz Funeral Home of Leavenworth, KS (913) 351-0200.



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**Advertisement for RFP for
Hickman Mills C-1 School District:**

The Hickman Mills C-1 School District is accepting sealed bids for the following project: Hickman Mills C-1 Schools Alternative Mode Student Transportation Services until 2:00 PM local time, November 28, 2012 at the Administration Center, 9000 Old Santa Fe Road, Kansas City, Missouri 64138. An informal opening will take place at this time. A copy of the Request for Proposal may be obtained by calling 816-316-7049 or by accessing the Hickman Mills C-1 School District website www.hickmanmills.org.

**“SBE/WBE/MBE
INVITATION TO BID**

Foley Company will be accepting subcontract and/or material bids on the following projects:

KCMO First Creek Pump Station & Force Main (Contract No. 1076)

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December 4, 2012 @ 2:00 PM

Send bids to Foley Company @

7501 Front Street, KCMO, 64120.

Tel: 816/241-3335, Fax: 816/231-5762.

**Advertisement for RFP for
Hickman Mills C-1 School District:**

The Hickman Mills C-1 School District is accepting sealed bids for the following project: Single Compartment Rectangular Walk-In Freezer until 9:30 AM local time, Friday December 7, 2012 at the Administration Center, 9000 Old Santa Fe Road, Kansas City, Missouri 64138. Bids will be publicly opened at this time. A copy of the Request for Proposal may be obtained by calling 816-316-7049 or by accessing the Hickman Mills C-1 School District website www.hickmanmills.org.

A mandatory walk-through is scheduled for 2:00PM local time, Monday, November 26, 2012 at Truman Elementary, 9601 James A Reed Road, Kansas City, MO 64134.

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Kansas City Hispanic News

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Missouri State University is accepting applications for a **CONVENIENCE STORE SUPERVISOR** in the Bookstore. Responsibilities include supervising the satellite operations of the bookstore by coordinating deliveries, determining pricing, ordering inventory, processing invoices for merchandise received, and hiring, scheduling, and supervising students working as store clerks, monitoring projects involving construction, additions, and modifications to convenience store operations. For required qualifications and application procedures: <https://jobs.missouristate.edu> or call (417) 836-4683. Pay Grade: 42. Salary: \$29,848 - \$30,000/annually. Successful candidates must be committed to working with diverse student and community populations. Employment will require a criminal background check at University expense. AA/EOE

PUBLIC NOTICE BIDS

Rau Construction Company will be taking bids on the Mt. Washington Senior Apartments located at 570 S Evanston Avenue in Independence, MO. The bid date is set for Thursday, November 29th, 2012 by 10 am.

We are seeking qualified sub-contractors interested in bid package on all phases of work, except: Mechanical, Plumbing and Electrical. Plans are available at the Builder's Association, NAWIC, NACCC, Minority Contractor's Association and Hispanic Chamber of Commerce. Plans may also be reviewed or checked out through Rau Construction Company.

Rau Construction Company is an Equal Opportunity Employer. MBE/WBE/Section 3 subcontractors are encouraged to bid. For more information please contact project manager Pete Jenks at Rau Construction Company, 913-642-6000 (phone) or 913-642-6031 (fax).

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Anniversary

‘Tis The Season For Donating Money

By
JASON ALDERMAN

Like many other economic measures, charitable donations in the U.S. have yet to bounce back to pre-recession levels. According to Giving USA's Annual Report on Philanthropy, charitable contributions totaled \$298.4 billion in 2011 – up 4 percent from 2010, but still 11 percent below 2007 levels.

The vast majority of those contributions (73 percent) came from individuals, demonstrating that even during tough economic times, people still find ways to support organizations that help those less fortunate than themselves.

Because half of all donations typically are made between Thanksgiving and New Year's, this is a good time to highlight precautions you can take to ensure your gift has the biggest possible impact, both on the people you want to help and on your own bottom line; also to remind seniors about a tax policy that has changed since last year:

Contribution eligibility. If you itemize expenses on your 2012 income taxes, any charitable contributions you plan to deduct must be made by year's end. That means either charging your credit or debit card or postmarking a check by midnight on December 31, 2012.

You must have a receipt to claim deductions for cash or property, no matter how small. A cancelled check or credit card statement is fine for contributions under \$250, but amounts over \$250 require a written statement from the charity. See IRS Publication 526 for details (www.irs.gov).

Confirm tax-exempt status. For your contribution to be deductible, the organization must be recognized as tax-exempt by the IRS. It's important to note that in recent years the IRS has revoked the tax-exempt status of scores of nonprofit organizations because they didn't file annual reports for three consecutive years, as required by law. Use the IRS Exempt Organizations Select Check tool to ensure an organization's eligibility.

Get bang for your buck. Make sure any non-profit to which you donate is well-run. Ideally the organization applies at least 75 percent of contributions to programs that serve its beneficiaries, versus spending on salaries, advertising, fund-raising and other administrative expenses.

Study the organization's website, annual report and mission statement, and ask for a copy of its IRS Form 990, which details how contributions are spent. Speak to staff members or volunteers, or volunteer there yourself. Or, if you know someone who has used its services, ask for their impressions of the organization's efficiency and helpfulness to clients.

Other helpful sites: Charity Navigator's "Top 10" lists and "Tips and Resources" sections provide helpful evaluation tools (www.charitynavigator.org). And GuideStar offers helpful questions to ask potential recipients and tips for choosing a charity (www.guidestar.org).

No more direct IRA distributions. A major tax break for senior citizens regarding charitable contributions expired at the end of 2011. Formerly, people over age 70 ½ could contribute up to \$100,000 from their IRAs directly to charity and have it count toward their annual IRA Required Minimum Distribution. This allowed seniors to avoid having to count the funds as adjusted gross income, thereby reaping a tax advantage even if they didn't itemize deductions.

And finally, if you can't afford a cash donation but still want to help, consider donating your time. Numerous organizations can match you up with local charities that suit your interests, including the government's United We Serve site (www.serve.gov), Network for Good (www.networkforgood.org), and Volunteer Match (www.volunteermatch.org).

Jason Alderman directs Visa's financial education programs.

Es Tiempo De Donar Dinero

Por
JASON ALDERMAN

Al igual que muchas otras medidas económicas, las donaciones de caridad en los Estados Unidos todavía deben volver a los niveles que tenían antes de la recesión. De acuerdo al Informe Anual de Estadísticas Filantrópicas de Giving USA, las contribuciones de caridad alcanzaron un total de \$298.4 mil millones en 2011 – 4 por ciento por encima de 2010, pero 11 por ciento por debajo de los niveles de 2007.

La gran mayoría de estas contribuciones (73 por ciento) provinieron de personas individuales, lo cual demuestra que, incluso en tiempos de dificultad económica, la gente encuentra maneras de apoyar a organizaciones que ayudan a quienes tienen menos.

Debido a que la mitad de todas las donaciones se realizan entre la época de Acción de Gracias y Año Nuevo, es un buen momento para destacar algunos recaudos a tomar para que su donación cause el mayor impacto posible, tanto en la gente a la que desea ayudar como a usted en definitiva; también recordarles a las personas mayores sobre una política tributaria que fue modificada el año pasado:

Requisitos para realizar contribuciones. Si usted detalla gastos en su declaración de impuestos de 2012, las contribuciones de caridad que tenga previsto deducir deben realizarse antes de fin de año. Eso significa que puede hacer un pago con tarjeta de crédito o débito o matasellar un cheque antes de la medianoche del 31 de diciembre de 2012.

Debe presentar un recibo para reclamar deducciones por efectivo o propiedad, sin importar cuál sea su importe. Para contribuciones menores a \$250 es suficiente presentar un cheque cancelado o un resumen de tarjeta de crédito, pero para importes superiores a \$250 se requiere una declaración por escrito de la entidad de beneficencia. Consulte la Publicación 526 del IRS para obtener detalles (www.irs.gov).

Verifique la condición de exención fiscal. Para que se pueda deducir su contribución, la organización benéfica debe estar inscrita como exenta de impuestos ante el IRS. Es importante destacar que en los últimos años, el IRS ha rechazado la condición de exención fiscal de una gran cantidad de organizaciones sin fines de lucro por no haber presentado informes anuales durante tres años consecutivos, como lo exige la ley. Utilice la herramienta de Comprobación de Organizaciones Exentas del IRS (Exempt

Organizations Select Check) para verificar si la organización reúne los requisitos.

Saque el máximo provecho de su dinero. Verifique que la organización sin fines de lucro beneficiaria de su donación esté bien administrada. Lo ideal es que la organización destine 75 por ciento de las contribuciones a programas que prestan servicio a sus beneficiarios en lugar de gastar en salarios, publicidad, recaudaciones de fondos y otros gastos administrativos.

Investigue el sitio web de la organización, los informes anuales y la declaración de la misión y solicite una copia de su Formulario 990 del IRS, el cual detalla de qué manera se gastan las contribuciones. Converse con miembros del personal o voluntarios, o trabaje usted mismo como voluntario. Si conoce a alguien que haya utilizado los servicios de la organización, pregúntele acerca de la eficacia y la asistencia que brinda a sus clientes.

Otros sitios de utilidad: las listas de las 10 Principales ("Top 10") y las secciones de Consejos y Recursos ("Tips and Resources") de Charity Navigator brindan útiles herramientas de evaluación (www.charitynavigator.org). Además, GuideStar ofrece preguntas útiles para hacerles a los potenciales destinatarios y consejos para seleccionar una entidad de beneficencia (www.guidestar.org).

No más distribuciones directas de IRA. A fines de 2011 expiró un importante alivio impositivo para personas mayores en relación a las contribuciones de caridad. Antes, las personas mayores de 70 ½ años podían contribuir con hasta \$100,000 directamente desde su cuenta IRA hacia la entidad benéfica, lo cual contaba para su Distribución Mínima Requerida anual de IRA. Con esto, las personas mayores evitaban tener que hacer que los fondos contaran como ingreso bruto ajustado y obtenían así una ventaja fiscal incluso si no detallaban las deducciones.

Finalmente, si no puede darse el lujo de realizar una donación en efectivo pero desea ayudar, considere donar tiempo. Numerosas organizaciones pueden relacionarlo con entidades benéficas locales de acuerdo a sus intereses, como por ejemplo el sitio United We Serve (www.serve.gov) del gobierno, Network for Good (www.networkforgood.org) y Volunteer Match (www.volunteermatch.org).

Jason Alderman dirige los programas de educación financiera de Visa.



Income taxes are going up next year, and not just for those who earn more than \$200,000 a year.

"Taxes are likely to be higher for everyone" says financial planner Rick Rodgers, author of The New Three-Legged Stool: A Tax Efficient Approach To Retirement Planning.

"We all know about the expiring Bush tax cuts, which may or may not be extended for everyone or just some," he says. "There are also new taxes that were part of the healthcare reform law passed in 2010; the expiring payroll tax cut; the alternative minimum tax that already expired in 2011, and many other provisions that have expired or will expire at year end." Nearly everyone should prepare to pay more, Rodgers" says.

The good news is you still have time to take advantage of 2012 tax rates, which may turn out to be the lowest we will see in some time. Rodgers offers these strategies that can be implemented before the end of 2012:

- Roth Conversion - No one knows for sure what will happen to the tax code next year, which is why a Roth conversion is one of the best tax-planning strategies available. Converting a traditional IRA to a Roth IRA creates a taxable event in 2012. All future earnings in the account will be tax-free, as long as you wait five years and

Protect Yourself From Tax Hikes With Tax Planning

are age 59½ or older when you take withdrawals. The biggest advantage to the Roth conversion strategy is the ability to "undo" the transaction as late as Oct. 15, 2013. Should the new Congress pass a major tax reform bill next year that lowers tax rates across the board, you can put the money back into your IRA. It will be like the transaction never happened.

- Harvest capital gains - Harvesting gains is similar to harvesting losses. Sell appreciated securities that you've held for at least 12 months to realize the long-term gain for tax purposes. You can immediately repurchase the same asset because there is no wash sale rule for realizing gains. This allows you to pay tax on the gain in 2012, when rates are low, and establish a new cost basis in the asset to minimize increased gains that may be taxed at higher rates. This strategy should appeal to anyone in the 15-percent tax bracket because capital gains are taxed at zero and may jump to 8 to 10 percent in 2013 if the tax cuts expire. The strategy is also appealing to anyone subject to the Medicare surtax. If the current tax laws expire, the tax rate on long-term capital gains will jump from 15 percent to 23.8 percent (21.8 percent for assets held more than five years).

- Pay medical expenses - Anyone who normally itemizes medical expenses on their tax return should accelerate those expenses into 2012 if they can. Medical expenses are deductible only if they exceed 7½ percent of adjusted gross income (AGI). This means if your AGI is \$50,000, you can deduct only medical expenses over \$3,750. Next year the threshold jumps to 10 percent of AGI. Pay your January medical insurance premium in December to move this deduction to 2012. Any routine eye exams or dental visits should be moved up to December. Paying with a credit card would give you the deduction this year and delay the actual payment until 2013.

Rodgers warns that a common mistake is to wait and see what happens. It has not been uncommon for Congress to make significant changes to the tax code late in December, leaving taxpayers little time to react. He advises a diversified approach to tax planning. Make a partial Roth conversion, harvest some capital gains but don't wait until it's too late to do anything about rising taxes.

Take a proactive approach to tax planning this year to cushion any fall from the fiscal cliff.

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“Things Haven’t Collapsed Around Me”

CONT./PAGE 1

to God for her children and the kindness of organizations such as the Bishop Sullivan Center.

When her stove stopped working, she was able to receive a new electric stove through Center’s “Albert Fund”. The fund named after Albert Riederer, a former Jackson County Prosecutor from 1980 to 1992 and once secretary/attorney with The Kansas City Board of Police Commissioners, set up a fund to give back to his community.

“She is the first recipient of the Albert Fund. The fund was just set up about two weeks ago. We sent them a picture of the stove being delivered to her home and showed them how their fund is making a difference in the community. We are grateful for this fund,” said Maria Antonia, Bishop Sullivan Center communications director.

During a recent visit at Medina’s home, she was cooking chicken for her family in the new stove. “I like my new stove and even when it is on, the cook top is not hot. I like that because I don’t have to worry about my younger children getting burned if they touch the stove top,” she explained.

In Medina’s birthplace of Mexico, Thanksgiving is not celebrated but in the 19 years she has been in Kansas City, MO she has adopted some of the American traditions. This

year she will be at her new stove cooking the traditional turkey for the holiday.

Growing up in Mexico, she said she didn’t have much in terms of material things. She believes her children have what they need for school and food on the table, but she can’t give them many material things.

“Although my son likes to say that was when I was young, but I tell him things haven’t changed that much and they will not have a lot of material things right now,” she stated.

During the political campaigns, candidates for office said that jobs are being filled again and families are beginning to come out of the recession. Medina holds on to the promise that jobs will be abundant once again.

As the holidays approach and families begin to think about Christmas and holiday gift buying, Medina worries that she won’t be able to find work. She has been job hunting and recently filled out applications at Nebraska Furniture Mart, Burger King and McDonalds, hoping to be hired for the holiday season.

One obstacle to employment is her English speaking skills. Many employers require employees to comprehend 80 percent of the English language before they will consider them for employment. Although she is taking an English class at Don Bosco Center once a week, her English skills are not

at that level yet. She wishes she could take more classes and be around English speaking people more often but caring for seven children limits her time.

“It has been a struggle to find full time employment,” she said, “I worked at Williams Taco Seasoning but was let go because of lack of work. Right now I work two to three days a week washing dishes, I clean houses and offices and have received some work through the LaCosta agency,” she said.

As the family’s sole provider, she worries about how she will keep her family fed and continue to pay the bills. There are days she feels alone and helpless because of her situation, but she knows she has to pick herself up and stay positive for her children. She puts her fate in God’s hands knowing that he won’t let her down.

“I try not to torment myself with worry because there are always going to be bills to pay. I try to keep a level head and keep looking for jobs. I have to provide for my children and I am all they have. I leave it in God’s hands and that helps me to make it through to the next day,” explained Medina.

She heard about the Bishop Sullivan Center three years ago when she needed help paying an overdue utility bill. During her visit, she met Tom Turner, the center’s director and he was able to help her with her bill. Also during that visit, staff members



The hard economic times have not dampened Bishop Sullivan Center staff’s commitment to giving.

Los tiempos difíciles en la economía, no han apagado el compromiso de dar del personal del Centro Bishop Sullivan.

discovered she was very ill and took her to a hospital.

Turner learned that she was unable to pay the required down payment for her surgery. The center was able to provide the down payment and she had the surgery.

She has had an on-going relationship with the staff at Bishop Sullivan and turns to them when she needs help. It has been their kindness and their willingness to listen that makes her feel that she has a community standing behind her when she hits rough times.

“When I feel it is too much for me to face alone, I go to the center and talk to them about what is happening and they are able to help me find help or they listen to me and help me feel that I am not alone. They have backed me and helped me and been there for me in my time of need,” said Medina.

Las Cosas No Se Han Derrumbado A Mi Alrededor

CONT./PÁGINA 1

de una cena con pavo, ensalada de papas y macarrones con queso. Mientras ellos dan gracias por la comida, ella también dará gracias a Dios por sus niños y la bondad de organizaciones, como el Centro Bishop Sullivan.

Cuando su estufa dejó de funcionar, ella tuvo la oportunidad de recibir una nueva estufa eléctrica a través de "el Fondo Albert" del Centro. El fondo lleva el nombre de Albert Riederer, un ex-Fiscal del Condado de Jackson a partir de 1980 hasta 1992 y, el que una vez fue secretario/abogado con El Consejo de Comisionados de la Policía de Kansas City, estableció un fondo para retribuirle a su comunidad.

"Ella es la primera receptora del Fondo Albert. El fondo fue establecido hace aproximadamente dos semanas. Les enviamos una imagen de la estufa siendo entregada en su casa y, les mostramos como su fondo hace una diferencia en la comunidad. Estamos agradecidos por este fondo", dijo María Antonia, Directora de Comunicaciones del Centro Bishop Sullivan.

Durante una reciente visita a la casa de Medina, ella cocinaba

pollo para su familia en la nueva estufa. "Me gusta mi nueva estufa y, aún cuando esta encendida, la hornilla no está caliente. Me gusta así, porque no tengo que preocuparme de que mis niños más jóvenes se quemen si ellos tocan el fogón", explicó ella.

En el lugar de nacimiento de Medina, en México, el Día de Acción de Gracias no es celebrado, pero en los 19 años que ella ha estado en Kansas City, Missouri, ella ha adoptado algunas tradiciones norteamericanas. Este año, ella estará cocinando con su nueva estufa el pavo tradicional para el día festivo.

Mientras crecía en México, ella dijo que no tenía mucho en términos de cosas materiales. Ella cree que sus niños tienen lo que necesitan para la escuela, además de comida en la mesa, pero ella no puede darles muchas cosas materiales.

"Aunque a mi hijo le guste decir quien era cuando yo fui joven, pero le digo que las cosas no han cambiado tanto y ellos no tendrán muchas cosas materiales ahora mismo", declaró ella.

Durante las campañas políticas, los candidatos a la presidencia dijeron que los empleos están

siendo ocupados otra vez y que las familias comienzan a salir de la recesión. Medina se aferra a la promesa de que los empleos serán abundantes otra vez.

Mientras los días festivos se acercan y las familias comienzan a pensar en la Navidad y la compra de regalos, Medina se preocupa que ella no sea capaz de encontrar trabajo. Ella ha estado en la búsqueda de trabajo y, recientemente ha llenado solicitudes en el Nebraska Furniture Mart, Burger King y McDonalds, esperando ser contratada para la época de los días festivos.

Un obstáculo para el empleo, son sus habilidades en la lengua inglesa. Muchos empleadores requieren que lo empleados entiendan el 80% de la lengua inglesa, antes de que ellos los consideren para el empleo. Aunque ella esta tomando clases de inglés en el Centro Don Bosco una vez por semana, sus conocimientos de inglés no están aún a ese nivel. Ella desea poder tomar más clases y estar alrededor de la gente que habla inglés más a menudo, pero cuidar a siete niños limita su tiempo.

"Ha sido una batalla el encontrar empleo de tiempo completo", asegura ella,

"Trabajé en el Williams Taco Seasoning, pero me dejaron ir debido a la carencia de trabajo. Ahora mismo, trabajo de dos a tres días por semana lavando platos, limpio casas y oficinas y he recibido un poco de trabajo, a través de la agencia LaCosta", menciona.

Como el único proveedor de la familia, ella se preocupa de como mantendrá a su familia alimentada y continuar pagando las facturas. Hay días en que ella se siente sola e indefensa debido a su situación, pero ella sabe que tiene que levantarse y ser positiva para sus niños. Ella pone su destino en las manos de Dios, sabiendo que él no la defraudará.

"Trato de no atormentarme con la preocupación, porque siempre habrán facturas por pagar. Trato de mantener en alto la cabeza y sigo buscando empleos. Tengo que proveer, por mis niños y soy todo lo que ellos tienen. Lo dejo en las manos de Dios y, esto me ayuda a lograrlo hasta el día siguiente", explicó Medina.

Ella oyó sobre el Centro Bishop Sullivan hace tres años, cuando necesitó ayuda en el pago de una factura de servicios atrasada. Durante su visita, ella conoció

a Tom Turner, el director del centro y él fue capaz de ayudarle con su factura. También durante aquella visita, los empleados descubrieron que ella estaba muy enferma y la llevaron a un hospital.

Turner supo que ella no era capaz de pagar el anticipo requerido para su cirugía. El Centro pudo proporcionar el pago inicial y a ella se le practico la cirugía.

Ella ha tenido una relación regularmente con el personal del Bishop Sullivan y acude a ellos cuando necesita ayuda. Han sido su bondad y su buena

voluntad de escuchar, lo que hace que ella se sienta que tiene una comunidad que está de pie detrás de ella cuando pasa por tiempos difíciles.

"Cuando siento que es demasiado para mí sola, voy al centro y les digo sobre lo que pasa y son capaces de ayudarme a encontrar ayuda o me escuchan y, me ayudan a sentir que no estoy sola. Ellos están detrás de mí, me han ayudado y han estado allí para mí en mi tiempo de necesidad", concluye Medina.

Traduce
GEMMA TORNERO

I’m Thankful for Rural America

Guest Writer
TOM VILSACK
USDA Secretary of Agriculture

This week, Americans across our nation will gather around Thanksgiving tables with family and friends. Every year at this time, I am reminded how blessed we are to have a strong, vibrant rural America which provides so much for each of us, every day.

Rural America provides our families with a safe, secure, affordable food supply, unrivaled outdoor recreational opportunities, healthy soil and clean water. Our nation’s leading efforts in renewable fuel and energy are based in rural America, as are millions of American jobs.

Our farmers, ranchers and growers are the most productive on earth. Their work allows us to feed people at home and around the world. It means that American families pay less for their food than the people of any other developed nation. It strengthens our economy, with agriculture supporting one in 12 U.S. jobs.

Their farm fields hold the promise of new technology – from incredible new green building materials, to advanced biobased products. Their homegrown energy is bringing down the price of gas today, and setting the stage for the next generation of advanced biofuels.

These accomplishments are the result of hard work by millions of Americans, and it isn’t always easy. This year has been marked by a number of disasters stretching from our smallest towns to our biggest cities. America still faces an historic drought, and the recovery continues from Hurricane Sandy. At USDA, we are committed to doing all we can in support of those who have been affected by disaster.

Throughout the holiday season, my family and I will also remember those who struggle to put food on their plate. We’ll give thanks that so many ordinary Americans stand up to fight hunger in their own communities.

As always, we will honor those who serve in our nation’s armed forces and we will remember that a high proportion of these brave men and women come from rural America. Many are overseas today, away from their own families, so that all of us can remain safe and free.

We truly do have much to be thankful for, and I am particularly grateful for those who live, work and raise their families in rural America. I am glad that USDA can support their efforts. This week, I wish you and your loved ones a safe, happy Thanksgiving. I invite you to join me in giving thanks for the great nation we call home.

Thanksgiving Poses Potential Problems for Pets

BluePearl Veterinary Partners urges people to practice caution over the Thanksgiving holiday as many of the items prepared for humans to feast on, may pose serious problems to their furry and feathered friends.

During the holidays, BluePearl sees a significant uptick in pet-related emergencies, many of which are avoidable. Some of these problems include gastrointestinal irritations with vomiting and diarrhea, pancreatitis from eating foods high in fat, and an increase in animals being struck by vehicles.

By practicing these safety precautions and tips, you may just save your furry friend’s life:

- Make sure to seal garbage bags and place them in a tightly covered container to prevent your pets from getting into something that could injure them.
- Turkey bones, chicken bones and ham bones can splinter and cause the intestinal track to become perforated.
- It is best to keep your pets on their normal diets. Many spices and foods that are safe for humans are not safe for animals. Onions, garlic, chocolate, raisins, grapes, macadamia nuts, the sugar substitute xylitol, and raw or undercooked food can create major problems for pets.
- Foods high in fat content can cause pancreatitis in companion animals.
- As guests and deliveries come and go, make sure pets remain safely inside. Doors that are left unintentionally open can result in your pet being hit by a car.
- Poinsettias are also toxic to pets.
- If traveling with pets, make sure they are comfortable. Get them acclimated when they are young by taking them on trips. If needed, herbal remedies or medications can be provided by your veterinarian to assist with calming a pet.

“Every year we see an increase in emergency cases during the holiday season, many of which are avoidable,” said Dr. Neil Shaw, chief medical officer of BluePearl. “While we don’t want to see any emergencies that are preventable, if people do notice their pet exhibiting unusual behavior, we would urge them to get the pet to a veterinarian as soon as possible.”

Source BluePearl Veterinary Partners

GCI Thanksgiving Fest Serve 1500 Meals!



On Tuesday, November 20, 2012, the Guadalupe Centers, Inc (GCI) held its Annual Thanksgiving luncheon at their administrative building on Avenida Cesar E. Chavez. The luncheon is one of many major events organized by GCI for the community where a complete Thanksgiving meal, made possible through donations, is prepared by GCI's culinary students and catering staff. GCI staff and volunteers serve over 1500 meals. The meals are served to program participants including preschool and elementary school children, middle school and high school youth, elderly and to social service clients. Everyone enjoyed the early Thanksgiving luncheon that ran from 10 a.m. to 3 p.m.

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