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## Add a little magic to your holiday greetings with postmarks from Santa, et al.

**By Marilyn Loeser**  
As December nears, many of us are buying holiday greeting cards, updating addresses, getting photos taken to include with our cards and making lists.

A great reason to get your cards ready a little ahead of time is you can get your cards postmarked at the Post Office where Santa and all his elves conduct their postal business — *North Pole, Alaska.*

### How to get a North Pole Postmark

Whether you're making sure the letter from Santa Claus to the children in your life has an official North Pole Postmark, or you want all your greeting cards to bear the special cancellation, it's easy with a little extra preparation.

If the letter is being sent from Santa, write a letter to your child and sign it from Santa — the *Jolly Ole Elf* is overwhelmed with hundreds of thousands of letters every year, so he'll appreciate your help.

Place this letter into an envelope addressed to your child with the return address: *Santa, North Pole.* Make sure you have a First-Class stamp affixed to the envelope. Place that envelope into a larger envelope, with appropriate postage, and address the larger envelope to the address below.

Write your cards and address them like you normally do. Place First-Class stamps on the envelopes and use either the *North Pole* or your address as the return address. Then place the greeting cards into a larger envelope or box, with appropriate postage, and sent by Dec. 10 to: *North Pole Cancellation Postmaster 4141 Postmark Dr Anchorage, AK 99530-9998*

## Steps to fighting diabetes includes the cha cha, salsa, y más

By Arooj Ashraf, La Prensa Correspondent

Diabetes Association of Greater Cleveland (DAGC) hosted its 25th annual fundraising dinner on Nov. 14, 2009 at *Windows on the River*, raising funds that will continue to support its advocacy programs (estimated to be approximately \$40,000).

"We serve 8,000 patients every year," said *Helen Dumski*, President and CEO of DAGC. The nonprofit provides essential services that range from diabetes testing, to education on prevention and management.

DAGC's literature is also available in Spanish to increase awareness among Latinos, who are twice as likely than non-Latino whites, to be diagnosed with the illness.

Nearly 2.5 million Latinos in the U.S. suffer from Type 2 diabetes, according to National Institute of Diabetes, Digestive and Kidney Disease and it is the sixth leading cause of death in the United States.

Diabetes is a metabolic disorder that prevents the pancreases from producing insulin that helps move glucose through the blood stream. Common symptoms include: lack of energy, excessive thirst, blurred vision, headaches, numbness and tingling in the hand or feet, frequent urge to urinate, increased hunger, and unexplained weight loss.

"Some people give off a sweet odor," said *Angela Wilkes*, Co-chair of the event. She was diagnosed 14 years ago with Type 2 diabetes, the most prevalent form.

Wilkes said knowledge is the most powerful defense against diabetes, which can lead to serious complications like kidney disease and failure. "The problem is in our culture and food," Wilkes said, adding a balanced diet and exercise can prevent those at high risk from getting diabetes. She encourages everyone with family history, or any of the symptoms to get tested, "The earlier you catch it the better you can manage it."

Lifestyle changes can adequately control Type 2 Diabetes while Type 1 requires daily doses of insulin pills or injections and diet restrictions.

(Continued on Page LP3)

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## Taylor Swift gana premio CMA a la artista del entretenimiento

NASHVILLE, el 12 de noviembre del 2009 (AP): Ha sido el año de Taylor Swift, y la del miércoles fue su noche al convertirse en la persona más joven y la primera solista en una década en ganar el premio de la Asociación de la Música Country a la artista del entretenimiento del año.

Swift se llevó los cuatro premios a los que fue nominada, haciendo historia en una noche sin precedentes en la que Darius Rucker ganó como nuevo artista.

“Nunca olvidaré este momento porque en este momento todo lo que siempre he querido me acaba de ocurrir”, dijo Swift entre lágrimas al aceptar el mayor honor que otorga la asociación durante la ceremonia efectuada en el Sommet Center.

La sensación de 19 años superó a los nombres más destacados en la música country y rompió la seguidilla de triunfos que Kenny Chesney tenía en la categoría: él había ganado tres consecutivos y cuatro de los últimos cinco. Taylor también acabó con el dominio de tres años de Carrie Underwood en la categoría de vocalista femenina.

Chesney abrazó y besó a Swift en la mejilla, y luego le dijo algo al oído antes de recibir el trofeo. Swift llamó a su banda al escenario y sus admiradores la ovacionaron vivamente y levantaron carteles con leyendas como “Te amamos, Taylor”, mientras su padre lloraba entre la audiencia.

“Muchas gracias a todos. Los amo”, respondió Swift.

Rucker era también un favorito de los presentes, al pasar entre los asistentes mientras interpretaba “Alright”. El líder del grupo Hootie and the Blowfish, quien ha vendido un millón de copias de su primer álbum de country, “Learn to Live”, se erigió en el segundo afroestadounidense que gana un gran premio individual de la asociación, conocida como CMA. El primero fue Charley Pride, que ganó la distinción al artista del entretenimiento del año en 1971 y vocalista en 1971-72.

“Primero que nada, a los fanáticos, gracias a todos por aceptarme”, dijo jubiloso. “Y creo que lo más importante, a la radio de country, ustedes se arriesgaron con un cantante pop de Charleston, Carolina del Sur. ¡Muchas gracias a ustedes por eso!”

Swift también se llevó el galardón para el álbum del año por “Fearless”, el disco más vendido del año, y la preseña para el video del año por “Love Story”.

“Este álbum es mi diario y por eso a todos los que votaron por mí por esto, gracias por decir que aman a mi diario, porque es el elogio más bello”, dijo.,

Swift, la artista más rentable del año entre todos los géneros después de Michael Jackson, es la primera mujer que gana el premio al artista del entretenimiento del año desde Shania Twain en 1999.

### STATEMENT ON LA PRENSA READERSHIP

**La Prensa** has been publishing since 1989 and prints **12,000** issues of its weekly, bilingual issue as can be verified by calling our printer Michigan Web Press of Davisburg MI at 1.248.620.2990. In addition, Mid-month, **La Prensa** is part of the monthly publication **Lazo Cultural**, which prints **10,000**. **La Prensa** has a **92% pick up** rate with a readership multiple of 3.6, yielding in a **total** weekly readership figure of **63,680**, including **14,000 weekly visits at www.laprensa1.com**.



### Writers, et al. Wanted

**La Prensa** is interested in journalistic/holistic/paranormal articles, essays, commentaries, healing-thought-pieces, poems, cartoons, art, photos, puzzles and other brainbashers, songs, and other provocative items, for possible publication in the weekly, bilingual publication known as **La Prensa**, publishing since 1989. We also post many of these items on our web site at [www.laprensa1.com](http://www.laprensa1.com). We pay \$\$\$ for these published items. Bilingualism preferred (Spanish/English). For possible publication, please submit via email to: [rico@laprensa1.com](mailto:rico@laprensa1.com)



It doesn't exist unless you have read it in **La Prensa**—  
*Tinta con Sabor!*

Lady Antebellum ganó dos premios, por cantante del año y por grupo vocal, con el que terminó la racha de seis años de Rascal Flatts.

“Rascal Flatts, nos has inspirado por mucho tiempo”, dijo el cantante de Lady Antebellum, Charles Kelly. “Muchas gracias por dejarnos estar aquí arriba”.

Jamey Johnson, junto con James Otto y Lee Thomas Miller, tuvo el reconocimiento a la canción del año con “In Color”.

“Nunca pensé que ustedes me dejarían ni siquiera venir a cosas como ésta”, bromeó Johnson, con aspecto de forajido de barba rala, ante la audiencia.

Brad Paisley, el más nominado con siete candidaturas, se llevó el premio al vocalista del año por tercer año seguido y al evento del año por el dúo “Start a Band” con Keith Urban, nominado a cinco premios.

A pesar de que Brooks & Dunn anunciaron su separación hace poco, Sugarland se llevó el premio al mejor dúo vocal del año.

El espectáculo incluyó varios tributos por el Día de los Veteranos de Guerra, que fue conmemorado el miércoles.

*Los periodistas de The Associated Press Nekesa Mumbi Moody y Mesfin Fekadu contribuyeron en la información.*

En Internet: <http://www.cmaawards.com>

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Rico, Editor  
Davide García  
Art/Graphics/Web:  
Jennifer Retholtz

[rico@laprensa1.com](mailto:rico@laprensa1.com), 313-729-4435  
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### La Prensa Publications, Inc. dba La Prensa

Headquarters: Adams Street, downtown Toledo, Ohio  
Mailing Address: **La Prensa, PO Box 9416, Toledo OH 43697**  
• Tierra phone **313.729.4435** • Fax: Please e-mail.

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## Steps to fighting diabetes includes the cha cha, salsa, y más

(Continued from Page LP1)

Marcia Moreno serves on the Board of Directors at DAGC and said the Latino community needs to be pro-active in raising awareness of the prevalent disease. "This is an important issue for us to know about and get involved in early to help diagnose and prevent this illness," she said. Moreno said Latino health advocates need to utilize the resources provided by DAGC.

Dumski agreed; "Tell us what your needs are so we can better address them," she said. Dumski said the organizations needs champions from the Latino community to foster better collaborations and achieve better results.

The evening honored DAGC directors and volunteers, but the main attraction was the dance competition. Cleveland's hottest dancers paired with Cleveland's sexiest singles, who showed off their moves for cha-cha, salsa, fox-trot, ballroom, and more.

The competition was inspired by 'Dancing With the Stars' and Wilkes said it is a great reminder that dancing is the best exercise. "It doesn't feel like a workout but stills gets your body moving," she said.

Rebecca Sweets, from *Viva Dance*, gathered six talented dancers from around Cleveland to teach the Cleveland Magazine's six sexy singles various dance moves. The teams only had two months to prepare.

Moreno, one of the judges, was impressed by the progress each pair made in their chosen dance routine. She and fellow judges, Kevin Joseph Kevin and William Wymer, kept the competition stiff with careful marks.

The show ultimately came down to a tie between Nicole Bruke and Heriberto Pérez's sizzling performance of the cha-cha versus 19 Action News anchor Danielle Serino and Anderson Sylvestre's sultry salsa.

"I want to thank the Hispanic community for the greatest gift they've given me—salsa," said Serino, who praised DAGC's work and congratulated them on a fantastic event. "For me, it isn't about winning or losing but promoting a great cause," she said.

Not so for Bruke; "I wanted to win," she said. Bruke surprised partner Pérez with video links from all her favorite Dancing with the Stars moves, and even chose a song. Which Pérez refused, "But we did use something similar to what she wanted," he said. Bruke even spent 16 hours beading her red costume to perfection.

Despite jubilant cheers from the 19 Action News crew, the judges declared Bruke and Pérez the winners of the competition. The 320 guests also bid on silent auction items and had the chance to win \$750 in the Chinese raffle.

More photos at [www.laprensa1.com](http://www.laprensa1.com)

## "The Game" looking like anything but

By RUSTY MILLER, AP Sports Writer

Ann Arbor, Nov. 15, 2009 (AP): For years, the annual showdown between rivals Ohio State and Michigan has been called "The Game."

Maybe this year it should be referred to as The "Just Another" Game.

No. 9 Ohio State (9-2, 6-1) has already assured itself of its first spot in the Rose Bowl in 13 years after clinching at least a share of the Big Ten title and the conference's Bowl Championship Series automatic berth with Saturday's 27-24 overtime victory over 15th-ranked Iowa.

"We told our guys they could have three hours to savor that, but when the clock strikes 12 o'clock, we know what week it is," coach Jim Tressel said.

In other words, it's time for the contest with the Buckeyes' biggest rival, Michigan.

The Wolverines (5-6, 1-6) have lost four in a row and six of the last seven and remain tied for last in the Big Ten after Saturday's 45-24 beating at the hands of Wisconsin.

"There's no question we've got one more chance," Michigan coach Rich Rodriguez said in Madison, Wis. "I've asked the team to be extra focused. We've been focused all year, but this is the biggest game of the year. Our guys know that."

What used to be the red-letter day on the calendar for each team has become one of relatively minor rewards.

In addition to sticking it to their nemesis, the Buckeyes would like to win an outright conference title. But it's hard to imagine anyone rallying to the battle cry of "Avoid a co-championship!"

Asked if the teams' vastly different fortunes and the Buckeyes' recent accomplishments would make it difficult to get up for Michigan, Ohio State safety Kurt Coleman said, "It's not tough at all. We want to win the championship outright and to beat Michigan. That's a lot of motivation to play well."

The Buckeyes have beaten two top-15 teams in as many weeks, knocking off then-No. 11 Penn State 24-7 in Happy Valley two weeks ago. Those two wins gave them the Rose Bowl bid—and a Jan. 1 date against the Pac-10 winner. No. 11 Oregon (8-2, 6-1) currently leads that race, with Stanford (7-3, 6-2), Oregon State (7-3, 5-2) and Arizona (6-3, 4-2) hot on the webbed feet of the Ducks.

"We're not worried about the bowl game right now, we're just worried about Michigan," Ohio State defensive end Lawrence Wilson said. "Michigan is a good team and it's a huge rivalry. It's the biggest rivalry in sports."

Besides, it's not as if Ohio State is steamrolling teams. The offense remains a question mark, with quarterback Terrelle Pryor and the rest of the Buckeyes playing adequately but not much better. Backs Brandon Saine (103 yards on 11 carries) and Dan Herron (97 on 32) combining for 200 yards rushing and three touchdowns. But Pryor totaled just 93 yards on his 14 completions. And Tressel showed little faith in his offense by basically killing time until the overtime and then using three plunges into the line to set up Devin Barclay's 39-yard game-winning field goal.

"We're going to have to get better for next week," Tressel said. "And we're going on the road in the big one."





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