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
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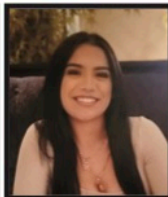
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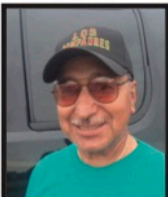
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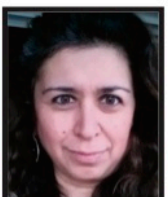
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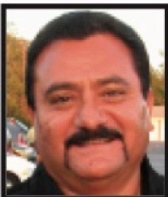
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AMERICA HAS GONE GUN CRAZY!

¡Estados Unidos se ha vuelto loco por las armas!



By Dr. José A. Flores

Arguing that an armed citizenry will make America safer, the gun industry has scored over 29 state victories loosening restrictions and allowing “permit less gun carry” for 18-year-olds! Has America gone too far? Are we really safer and what is behind this race to more guns in the hands of Americans?

We must take note of the rise in gun ownership data and the most recent studies of gun violence, gun-related arrest data, and begin studying the effects of laws passed in states favoring less gun ownership and permitting less gun carry.

Is it the psyche of America that a gun is the best deterrent to crime? Are we moving to stronger “stand your ground laws” that may enable the legal taking of lives in daily encounters among our citizenry? Is this Ok? Why are mostly right-wing Republican states leading the way? We must ask ourselves whether there is a greater agenda in play here. This movement is alarming!

At a time when more children are bringing guns to school to shoot their fellow students and teachers, we are encouraging more gun ownership and open carry without a concerted effort to educate the public on gun safety and responsible gun ownership. We are ignoring the increased access that children and criminals have to guns by promoting gun ownership and public use of weapons.

Our American psyche has always been associated with cowboys, cops & robbers, mafia, gangsters, and military heroism using guns as the center of conflicts. The bigger the gun, the more sophisticated the weapon, and the greater power we exert as Americans. We see it in our movies, read it in our novels, and play it in our video games and virtual reality experiences. Unfortunately, we also see it play out in our daily lives as we cope with criminal encounters. We have more reports of citizens shooting police, killing their wives or husbands, shooting their neighbors, committing mass shootings at parades, festivals, concerts, grocery, department stores and schools, etc. Has America gone gun crazy?

My safety concern had doubled as I left my home on any given day or operated my business knowing that approximately 50% of my encounters may be with armed individuals and at least of quarter of them may be criminals unlawfully in possession of a firearm. Not to suggest we are paranoid by this new condition but yes, we need to be wide-eyed and aware more so today than in the past about the potential for armed conflicts resulting from ordinary encounters everywhere. The possibility of a ‘stray bullet’ ending our lives has increased dramatically as the result of these laws that only assist the gun manufacturers in America to make more money and use their influence more widely! Their stock market influence is on the rise! I’m not invested but the right-wing American legislators at every government level are making a fortune as they push their agenda and profit from their stock investments!

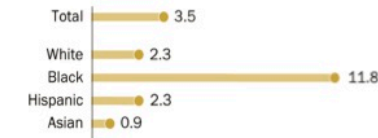
Arkansas and South Carolina have just been added to the permit-less gun carry states loosening their gun restrictions which will take effect on July 4th, 2024. Meanwhile, Democratic-led states are restricting gun laws and outlawing the sale and possession of assault weapons. There is a clear pattern taking shape in America! Here are some facts to consider as you decide whether to support a political party in America.

The current statistics on gun ownership in America, as of the latest available data, are as follows:

- Household Gun Ownership: Approximately 46% of American house-

Black kids are about five times as likely as White kids to die from gunfire

Gun deaths per 100,000 U.S. children and teens under 18 in 2021, by race and ethnicity



Note: Includes homicides, suicides, accidents and all other categories of gun deaths. White, Black and Asian children and teens include those who are only one race and not Hispanic. Hispanics are of any race.

Source: Centers for Disease Control and Prevention.

PEW RESEARCH CENTER

holds own at least one firearm.

- Personal Gun Ownership: About 32% of Americans say they personally own a firearm.
- Type of Firearms Owned: Handguns are the most commonly owned firearm, with 82.7% of gun owners possessing them. Rifles are owned by 68.8% and shotguns by 58.4% of gun owners.
- Average Number of Guns per Owner: The average gun-owning American has 5 firearms, although nearly 22% of gun owners only have a single firearm.
- Gun Ownership by Race:
 - 38% of White Americans own a gun.
 - 24% of Black Americans own a gun.
 - 20% of Hispanic Americans own a gun.
 - 10% of Asian Americans own a gun.
- Suburban vs Urban Gun Ownership:
 - 28% of adults living in the suburbs report personally owning a firearm.

sonally owning a firearm.

- 19% of adults living in urban areas report personally owning a firearm.
- Legal vs Illegal Gun Ownership:
 - In states with the fewest restrictions on gun ownership, 40% of inmates illegally obtained the gun they used.
 - In states with stricter laws, about 65% of the guns used by inmates were illegally owned.

Argumentando que una ciudadanía armada hará que Estados Unidos sea más seguro, la industria armamentística ha obtenido más de 29 victorias estatales al flexibilizar las restricciones y “permitir menos portación de armas” a los jóvenes de 18 años. ¿Estados Unidos ha ido demasiado lejos? ¿Estamos realmente más seguros? ¿Qué hay detrás de esta carrera hacia más armas en manos de los estadounidenses? Debemos tomar nota del aumento de los datos sobre propiedad de armas y de los estudios más recientes sobre la violencia armada, los datos sobre arrestos relacionados con armas y comenzar a estudiar los efectos de las leyes aprobadas en los estados que favorecen la menor propiedad de armas y permiten menos portación de armas.

¿Es la psique estadounidense la de que un arma es el mejor elemento disuasorio contra el crimen? ¿Estamos avanzando hacia leyes más estrictas para “defender tu posición” que puedan permitir la toma legal de vidas en los encuentros diarios entre nuestra ciudadanía? ¿Está bien? ¿Por qué los estados mayoritariamente republicanos de derecha están a la cabeza? Debemos preguntarnos si hay una agenda más amplia en juego aquí. ¡Este movimiento es alarmante!

En un momento en que más niños traen armas a la escuela para disparar a sus compañeros y maestros, estamos fomentando una mayor posesión de armas y su portación abierta sin un esfuerzo concertado para educar al público sobre la seguridad y la posesión responsable de las armas. Estamos ignorando el mayor acceso que tienen los niños y los delincuentes a las armas al promover la posesión de armas y su uso público.

Nuestra psique estadounidense siempre ha estado asociada con vaqueros, policías y ladrones, mafia, gánsteres y heroísmo militar que utilizan las armas como centro de los conflictos. Cuanto más grande es el arma, más sofisticada es el arma, mayor poder ejercemos como estadounidenses. Lo vemos en nuestras películas, lo leemos en nuestras novelas, lo jugamos en nuestros videojuegos y experiencias de realidad virtual. Desafortunadamente, también lo vemos en nuestra vida diaria cuando nos enfrentamos a encuentros criminales. Tenemos más informes de ciudadanos que disparan a la policía, matan a sus esposas o maridos, disparan a sus vecinos, cometen tiroteos masivos en desfiles, festivales, conciertos, tiendas de comestibles, grandes almacenes y escuelas, etc. ¿Se ha vuelto loco Estados Unidos por las armas?

.... Versión en español continúa en la pag. 6

¡Estados Unidos se ha vuelto loco por las armas!

Por Dr. José A. Flores

Continuación de la versión de el artículo en español pag. 05

Mi preocupación por la seguridad se había duplicado cuando salgo de mi casa en un día determinado o manejo mi negocio sabiendo que aproximadamente el 50% de mis encuentros pueden ser con personas armadas y al menos una cuarta parte de ellos pueden ser delincuentes en posesión ilegal de un arma de fuego. No quiero decir que estemos paranoicos ante esta nueva situación, pero sí, debemos estar con los ojos muy abiertos y ser más conscientes hoy que en el pasado sobre el potencial de conflictos armados resultantes de encuentros ordinarios en todas partes. ¡La posibilidad de que una "bala perdida" acabe con nuestras vidas ha aumentado dramáticamente como resultado de estas leyes que sólo ayudan a los fabricantes de armas en Estados Unidos a ganar más dinero y utilizar su influencia más ampliamente! ¡Su influencia en el mercado de valores va en aumento! No estoy involucrado, pero los legisladores estadounidenses de derecha en todos los niveles gubernamentales están haciendo una fortuna mientras impulsan su agenda y se benefician de sus inversiones en acciones.



Las estadísticas actuales sobre posesión de armas en Estados Unidos, según los últimos datos disponibles, son las siguientes:

- Propiedad de armas de fuego en el hogar: Aproximadamente el 46% de los hogares estadounidenses poseen al menos un arma de fuego.
- Propiedad personal de armas: alrededor del 32% de los estadounidenses dicen poseer personalmente un arma de fuego.
- Tipo de armas de fuego que se poseen: Las pistolas son el arma de fuego que se posee con mayor frecuencia: el 82,7 % de los propietarios de armas las poseen. Los rifles pertenecen al 68,8% y las escopetas al 58,4% de los propietarios de armas.

Arkansas y Carolina del Sur acaban de agregarse a los estados sin permiso para la portación de armas y relajarán sus restricciones sobre armas, lo que entrará en vigor el 4 de julio de 2024. Mientras tanto, los estados liderados por los demócratas están restringiendo las leyes sobre armas y prohibiendo la venta y posesión de armas de asalto. ¡Hay un patrón claro que está tomando forma en Estados Unidos! Aquí hay algunos datos a considerar al decidir si apoyar a un partido político en Estados Unidos.

- Número promedio de armas por propietario: el estadounidense promedio que posee armas tiene 5 armas de fuego, aunque casi el 22% de los propietarios de armas solo tiene un arma de fuego.
- Propiedad de armas por raza:
 - El 38% de los estadounidenses blancos poseen un arma.
 - El 24% de los afroamericanos poseen un arma.
 - El 20% de los hispanoamericanos poseen un arma.
 - El 10% de los estadounidenses de origen asiático poseen un arma.
- Propiedad de armas en zonas suburbanas o urbanas:
 - El 28% de los adultos que viven en los suburbios afirman poseer personalmente un arma de fuego.
 - El 19% de los adultos que viven en áreas urbanas reportan poseer personalmente un arma de fuego.
- Propiedad legal versus ilegal de armas:
 - En los estados con menos restricciones a la posesión de armas, el 40% de los reclusos obtuvieron ilegalmente el arma que usaron.
 - En estados con leyes más estrictas, alrededor del 65% de las armas utilizadas por los reclusos eran de propiedad ilegal.

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Beatrice Valdez

December 5, 1932 ~

March 10, 2024

Valdez, Beatrice Villarreal, age 91, born in San Antonio, Texas. Went with the Lord on Sunday, March 10, 2024. She was preceded in death by her husband, Mike O. Sr.; sons, Jimmy, Mike Jr. and Oscar. She will be lovingly remembered by her sons, Roy (Gloria), Ray (Nelda Salazar); daughters, Annie (Jim) Hoover, and Alma; grand, great and great great grandchildren. Numerous nieces, nephews, cousins, sister-in-law; Grace Valdez; as well as a host of friends. Funeral services will be held 11 am Friday, March 15, 2024 at St. Joseph the Worker Church, 225 32nd St. SW, Wyoming, with Rev. Steve Cron officiating. Burial will be held at Resurrection Cemetery. Relatives and friends may meet the family Thursday from 2-4 and 6-8 pm with a rosary at 7:45 pm at MKD Stegenga Funeral Chapel, 3131 S. Division Ave, Wyoming.



Recordando La Flor, of the Death of Selena

99% by white people. It's racially segregated and has a very small middle class. The death of the canneries brought about a terrible crash in the local economy which led to an increase in alcohol abuse, drug sales, and crime. It was once considered the worst city in America by Forbes Magazine. Interestingly in rebuttal,



By Jorge Martinez
U.S. Veteran

The first of March marked the beginning of the pilgrimage to Corpus Christi, Texas for thousands of Tejano Musicians and faithful "Selena" fans. Every year between April 12th and April 16th many of her lifelong fans make the journey to commemorate the life and death of the late Tejano Singer Selena Quintanilla by visiting her grave laying beautiful flowers, remembering the young singer whose life was taken so early, and roaming around her

hometown until her birthday on April 16th. These days and festivities have been observed as "Selena Days" by the city of Corpus Christi.

Amongst the many who visited her grave this year were native-born Tejano social justice advocates like myself who have always been moved by her influence on Spanish-English crossover into mainstream music in America, all of her efforts for social justice to be heard and accepted by the American music industry and how widespread her talents are recognized across the world. Selena strongly impacted the Texas "gringo" culture in ways not even the civil rights movement, Caesar Chavez, or Martin Luther King did. She wasn't faced with the same scrutiny and backlash by the FBI or the government

This is not a small accomplishment as current events prove. Regrettably, at the time of Selena's death, thousands of veterans, including myself were struggling with healing wounds and PTSD incurred during the Persian Gulf War in 1991. At that time 25 veterans were committing suicide daily. I was struggling to adjust to working for San Joaquin County where 98% of my co-workers were Central Valley gringos accustomed to discrimination, and injustice and viewed all diverse people as inferior. Their racism was aggravated further by Black, Asian, and Mexican American gang shootings, lawlessness, and clashes with police. Consequently, during this time, I received a cold reception and no official welcome. I was shunned by co-workers and supervisors.

Unbeknownst to me, San Joaquin County is one of the poorest areas in California, often compared to Appalachia. San Joaquin County is part of the "forsaken five percent", as described by the Regents of the University of California in 2013 in their book Governing California currently used at the University of Berkeley. The average income is \$18,000 and is known as "the other California" where 7 in 10 people are Latino. Schools are overcrowded, underfunded, and underperforming. Institutionalized discrimination is normal and rampant. Overt discrimination can be seen via the "White's Only" cemeteries and refers to the others as the Chink, Black or Mexican Cemeteries. Although political leaders deny it, discrimination is normal throughout Central California. Any attempts to bring this to the forefront is met with aggression.

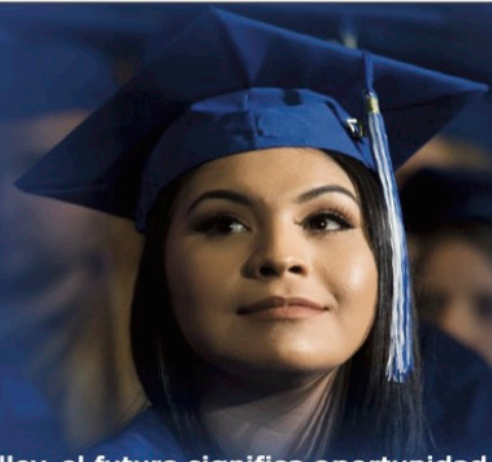
We moved here to find affordable housing and found a deep tear in the social fabric. We discovered Stockton is the antithesis of everything we were taught in school. Stockton is 50 years behind in social relations and ultra-conservative in its views of social justice. Even though the demographic indicates a large Black, Asian, and Latino population the county is led

Stockton City Council named itself The All-American City. By the time we recognized and acknowledged our mistake we were economically trapped. My supervisor, a gringo, looked unfavorably upon my being activated for the Persian Gulf War. Upon my return, I was met with sullen coworkers which aggravated my still undiagnosed condition. Although I maintained decorum, like so many Latinos in the Central Valley, I remained silently discontent. I soon found myself jobless and alone.

Without a job, I began mowing lawns and doing handyman work, wrote music, and performed with the West Coast Song Writers of Palo Alto California. I won several area contests. Soon after Selena's death in March of 1995, I made a trip to Corpus Christi Texas. Corpus Christ is a known tourist town with a great music scene. Clubs, restaurants, and Bars offer open mic nights where I played. I ran into friends I knew before leaving for the Army. They took me to locations where the movie Selena was filmed. These included Corpus Christi beach where I spent a very foggy night and wrote Dulce Selena. The song describes a man who sees Selena on the beach, where is said to appear. We visited her grave at Sea Side Memorial Park and I wrote Selena Me Esta Esperando. The song describes the spirit of Selena appearing to her lover who visits her grave. The song won first place in the West Coast Song Writers Annual Contest 2010. We visited the Day's Inn, where she was murdered on March 31, 1995. It inspired me to write, Lights of Corpus Christi about a man who sees it at night.

The CD's release via a local company was interrupted due to an error in the packaging of the CD Remember Selena, Viva Corpus Christi. Selena's, lost CD has laid dormant until this year when I will make it available via social media and digital platforms, etc. There are very few remaining and high demand is expected, with the upcoming release of Yolanda Saldivar. Interested listeners should send their questions and comments to me, I will answer them in the coming days.

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My Experience with Gun Violence and Advocacy



My name is Eunice Benavidez. I am a wife and mother of 3 school-age kids. I have worked as a social worker in various roles over the past 10 years. I am also a survivor of gun violence. I am one of the 60% of Americans that has been impacted by gun violence.

By Eunice Benavides

My family came to the United States when I was three years old. We were a family of 5 when we moved to New York City from the Dominican Republic. Not long after our arrival, my father, Alejandro, became a taxi driver and one day he was shot and killed by one of his passengers during a robbery. He was only 42 years old. I have felt his absence at every stage of my life. My father was not there when I graduated, got married and had kids.

Several years later my family moved to Grand Rapids, Michigan. When I was 13 years old, my big brother Alejandro Jr. went to a sleepover with his best friend. I was unaware that when I said "goodbye" to him that day, it would be the last time I would see and speak to my brother. At that sleepover, my brother was shot and killed with an "unsecured" loaded gun that his best friend found inside the home. My brother was only 14 years old at the time, only a year older than me. He had his whole life ahead of him.

My mother didn't know that there would be firearms in the home at that sleepover. She didn't know that she could have, and should have, asked about the presence of guns in the home my brother was going to visit. It's been 23 years since my brother's death and firearms are now the number one cause of death for children in the United States and the number one cause of death for children in Michigan.

Over the past two years, I have turned my pain into purpose by sharing my gun violence survivor story as an Everytown Survivor Fellow and by vol-



unteering with Be SMART for Kids. Be SMART is a national educational campaign teaching adults and parents about the important role that secure firearm storage plays in preventing unintentional injuries, deaths, gun suicides, and school shootings, and preventing gun thefts from homes and vehicles.

You can learn more about this life-saving campaign at beSmartforKids.org or by sending a text with the word "SMART" to 644-33.

Due to my advocacy work, I was surprised with an invitation to the White House on the 25th of January, 2024, where I was a guest at a town hall meeting about secure firearm storage with First Lady, Dr. Jill Biden, the Secretary of Education Miguel Cardona, the Office of Gun Violence Prevention, and the Bureau of Alcohol, Tobacco, Firearms and Explosives. I was overwhelmed and honored when the First Lady mentioned my brother, Alejandro Jr., during her speech. At this town hall, they announced a Safe Storage Executive Action to promote secure storage to prevent youth from accessing firearms and keep communities safe from gun violence. This was a significant experience for me which I shared with other survivors of gun violence whose lives were also impacted due to unsecured firearms.

In addition to this executive action, our great state of Michigan is also taking strides to protect all children from their number one cause of death. On February 13, 2024, the state of Michigan adopted a secure firearm storage law, Public Act 17 of 2023, which mandates that all firearms must be securely stored wherever a child is present.

There is no doubt in my mind that secure firearm storage saves lives. Thanks to this new law in Michigan, countless families will be spared the lifelong trauma and grief that comes from senseless and preventable gun violence.

For years, I did not know that I was a survivor of gun violence. After I connected to Everytown Survivor Network, I learned that gun violence has many forms. A survivor of gun violence is someone who has been wounded or threatened with a firearm, has a loved one that died by gun suicide, gun homicide, an unintentional shooting, or experienced community violence with a gun such as a drive-by shooting, or school shooting. The Everytown Survivor Network has a range of free peer support programs available to all survivors of gun violence.

You can text the word "SURVIVOR" to 644-33 to learn more about the Everytown Survivor Network. If there is one final message that I could share with others who have been impacted by gun violence is that you are not alone.

Mi nombre es Eunice Benavidez. Soy esposa y madre de 3 niños en edad escolar. He trabajado como trabajadora social en diferentes funciones durante los últimos 10 años. También soy un sobreviviente de la violencia armada. Soy uno del 60% de los estadounidenses que se ha visto afectado por la violencia armada.

Durante los últimos dos años, he convertido mi dolor en un propósito al compartir mi historia de sobreviviente de violencia armada como Everytown Survivor Fellow y al ser voluntario en Be SMART for Kids. Be SMART es una campaña educativa nacional que enseña a adultos y padres sobre el importante papel que desempeña el almacenamiento seguro de armas de fuego en la prevención de lesiones no intencionales, muertes, suicidios con armas de fuego y tiroteos en escuelas, y en la prevención de robos de armas en hogares y vehículos.

Puede obtener más información sobre esta campaña que salva vidas en beSmartforKids.org o enviar un mensaje de texto con la palabra "SMART" al 644-33.

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Each month we will feature a Latin American athlete representing our community in professional sports.

By Odille Parker As the National Hockey League and many of its teams shift focus to the rapidly growing Hispanic market, Auston Matthews is a player that bridges that gap.

The center and alternate captain for the Toronto Maple Leafs was born in San Ramon, California, but grew up in Scottsdale, Arizona. He spent many summers on a large ranch in Hermosillo, Mexico, where his mother, Ema, grew up. His background as a half-Mexican player in the league, coupled with his success on the ice, has opened a path into the Latino community with a connection to the game that has not necessarily existed in the past.

"In Mexico, when people know about him, it inspires people obviously," said Francisco Rivera, the Spanish-language radio voice of the Kings, in an interview with LA Times. "They get excited about having someone they can probably relate to."

Matthews was drafted as the first overall pick by the Maple Leafs in the 2016 NHL draft. He was widely considered the top prospect, having won the Swiss Cup that same year as part of the ZSC Lions of the Swiss National League United States Hockey League.

He became the first player in modern NHL history to score four goals in his NHL debut, scoring 40 goals in his first season, and setting the Maple Leafs rookie record. He earned the Calder Memorial Trophy as the NHL's top rookie that season, also assisting the team in their first Stanley Cup Playoff run since 2004.

He is no stranger to setting records.

In 2020-21, he won the Maurice "Rocket" Richard Trophy as the league's leading scorer with 41 goals in 52 games. In the following season, he also set the record for most goals scored in a single season by both an American-born player and Maple Leaf, reached the 60-goal mark for the first time, and won the Rocket Richard Trophy for the second consecutive season. He was also awarded the Ted Lindsay Award for most outstanding player, and the Hart Memorial Trophy for most valuable player in 2022.

The six-time All-Star player has also represented the United States in the U17 Hockey Challenge, two U18 World Championships, two U20 World Championships, and one IIHF World Championship appearances.

In February 2024, Matthews was one of four team captains to draft a team in the All-Star Game. He was crowned the All-Star Game MVP, becoming the fifth Maple Leafs player to earn the award, and the first one to do so in the last 33 years.



Auston Matthews

A medida que la Liga Nacional de Hockey y muchos de sus equipos cambian su enfoque hacia el mercado hispano en rápido crecimiento, Auston Matthews es un jugador que cierra esa brecha.

El capitán central y suplente de los Toronto Maple Leafs nació en San Ramon, California, pero creció en Scottsdale, Arizona. Pasó muchos veranos en un gran rancho en Hermosillo, México, donde creció su madre,

Ema. Su experiencia como jugador medio mexicano en la liga, sumado a su éxito en el hielo, le ha abierto un camino hacia la comunidad latina con una conexión con el juego que no necesariamente ha existido en el pasado.

El seis veces jugador All-Star también ha representado a los Estados Unidos en el U17 Hockey Challenge, dos Campeonatos Mundiales U18, dos Campeonatos Mundiales U20 y una aparición en el Campeonato Mundial IIHF.

En febrero de 2024, Matthews fue uno de los cuatro capitanes de equipo que seleccionaron un equipo para el Juego de Estrellas. Fue coronado MVP del Juego de Estrellas, convirtiéndose en el quinto jugador de los Maple Leafs en ganar el premio, y el primero en hacerlo en los últimos 33 años.

¡Celebra el Cinco de Mayo!



The Urgent Need for a New Educational Model in Puerto Rico and USA Hispanic Children

La imperiosa necesidad de un nuevo modelo educativo en Puerto Rico e Hispanos de USA



En la era digital, donde la tecnología y la inteligencia artificial transforman vertiginosamente el mundo, la educación en Puerto Rico y USA se aferra a un modelo anacrónico que limita el potencial de nuestros estudiantes. Es imperativo un cambio radical, una nueva visión que prepare a las próximas generaciones para los desafíos y oportunidades del siglo XXI.

Por: Edgar León
Un sistema obsoleto que ahoga la creatividad

El modelo educativo actual, basado en la memorización y la rigidez curricular, ahoga la creatividad y el pensamiento crítico. Los estudiantes pasan horas inmersos en papeleo y procesos burocráticos que entorpecen su aprendizaje. Las metodologías tradicionales, centradas en seguir recetas dictadas desde una oficina central, no se adaptan a las necesidades y ritmos individuales de cada alumno.

Internet como herramienta indispensable

En un mundo hiperconectado, el acceso a internet es fundamental para el aprendizaje. Sin embargo, las escuelas puertorriqueñas aún padecen de una infraestructura tecnológica deficiente. Es inaceptable que los salones carezcan del ancho de banda necesario (mínimo 3 gigas) para aprovechar al máximo las herramientas digitales disponibles.

Adiós a los pupitres, bienvenidas las mesas de trabajo

El aula tradicional, con sus pupitres rígidos y filas interminables, no fomenta la colaboración y el trabajo en equipo, habilidades esenciales para el éxito en el mundo actual. Es necesario reemplazar este mobiliario obsoleto por mesas de trabajo que incentiven la interacción y el intercambio de ideas.

Evaluación continua, no exámenes punitivos

Las evaluaciones constantes, en forma de exámenes y pruebas, no solo generan estrés y ansiedad en los estudiantes, sino que también distorsionan el proceso de aprendizaje. En lugar de centrarnos en puntajes momentáneos, debemos implementar un sistema de evaluación continua que valore el progreso individual y la adquisición de competencias.

Un enfoque moderno: tecnología como base

La tecnología, lejos de ser una distracción, puede convertirse en una poderosa herramienta para el aprendizaje. Un nuevo modelo educativo debe integrarla como base, proporcionando a los estudiantes acceso a plataformas digitales, software educativo y recursos en línea de calidad.

Solución de problemas, lenguaje y contabilidad para la vida

El currículo actual está plagado de contenido irrelevante para la vida real. Es hora de enfocarnos en habilidades prácticas como la solución de problemas, el pensamiento crítico, la comunicación efectiva y la gestión financiera.

Aprendizaje basado en problemas locales

La educación debe dejar de ser un ente aislado y conectarse con las necesidades y realidades de las comunidades. Los estudiantes deben involucrarse en proyectos que les permitan aplicar sus conocimientos para resolver problemas locales y desarrollar un sentido de responsabilidad social.

Aprendizaje colaborativo y cooperativo

El trabajo en equipo y la colaboración son pilares fundamentales para el éxito en cualquier ámbito. El nuevo modelo educativo debe fomentar estas habilidades a través de proyectos grupales, debates y actividades que incentiven la interacción entre pares.

Ejemplos de éxito: aprendiendo de otros

Países como Finlandia, Canadá, Inglaterra y Singapur ya han implementado modelos educativos innovadores que han demostrado su eficacia. Es hora de analizar sus experiencias y adaptarlas a nuestra realidad para construir un sistema educativo que esté a la altura de los desafíos del futuro.

Es hora de actuar. El futuro de Puerto Rico depende de una edu-

cación que empodere a las nuevas generaciones para enfrentar los retos del siglo XXI. Un nuevo modelo educativo es no solo una necesidad, sino una obligación con nuestros estudiantes.



In the digital age, where technology and artificial intelligence are rapidly transforming the world, education in Puerto Rico and the USA is clinging to an anachronistic model that limits the potential of our students. A radical change is imperative,

a new vision that prepares future generations for the challenges and opportunities of the 21st century.

An Obsolete System That Stifles Creativity

The current educational model, based on memorization and a rigid curriculum, stifles creativity and critical thinking. Students spend hours immersed in paperwork and bureaucratic processes that hinder their learning. Traditional methodologies, centered on following recipes dictated by a central office, do not adapt to the individual needs and rhythms of each student.

The Internet as an Indispensable Tool

In a hyperconnected world, access to the internet is essential for learning. However, Puerto Rican schools still suffer from a deficient technological infrastructure. It is unacceptable that classrooms lack the necessary bandwidth (minimum 3 gigabytes) to fully utilize available digital tools.

Farewell to Desks Welcome to Work Tables

The traditional classroom, with its rigid desks and endless rows, does not foster collaboration and teamwork, essential skills for success in today's world. It is necessary to replace this obsolete furniture with work tables that encourage interaction and the exchange of ideas.

Continuous Evaluation, Not Punitive Exams

Constant evaluations, in the form of exams and tests, not only generate stress and anxiety in students but also distort the learning process. Instead of focusing on momentary scores, we should implement a continuous evaluation system that values individual progress and the acquisition of competencies.

A Modern Approach: Technology as a Foundation

Technology, far from being a distraction, can become a powerful tool for learning. A new educational model must integrate it as a foundation, providing students with access to digital platforms, educational software, and quality online resources.

Problem-solving, Language, and Accounting for Life

The current curriculum is riddled with content irrelevant to real life. It is time to focus on practical skills such as problem-solving, critical thinking, effective communication, and financial management.

Learning Based on Local Problems

Education must cease to be an isolated entity and connect with the needs and realities of communities. Students should be involved in projects that allow them to apply their knowledge to solve local problems and develop a sense of social responsibility.

Collaborative and Cooperative Learning

Teamwork and collaboration are fundamental pillars for success in any field. The new educational model must foster these skills through group projects, debates, and activities that encourage interaction among peers.

Examples of Success: Learning from Others

Countries like Finland, Canada, England, and Singapore have already implemented innovative educational models that have proven their effectiveness. It is time to analyze their experiences and adapt them to our reality to build an educational system that is up to the challenges of the future.

It is time to act. The future of Puerto Ricans and Hispanics in the USA depends on an education that empowers new generations to face the challenges of the 21st century. A new educational model is not only a necessity but an obligation to our students.

¡ESCÚCHANOS EN VIVO!

La PODEROSA

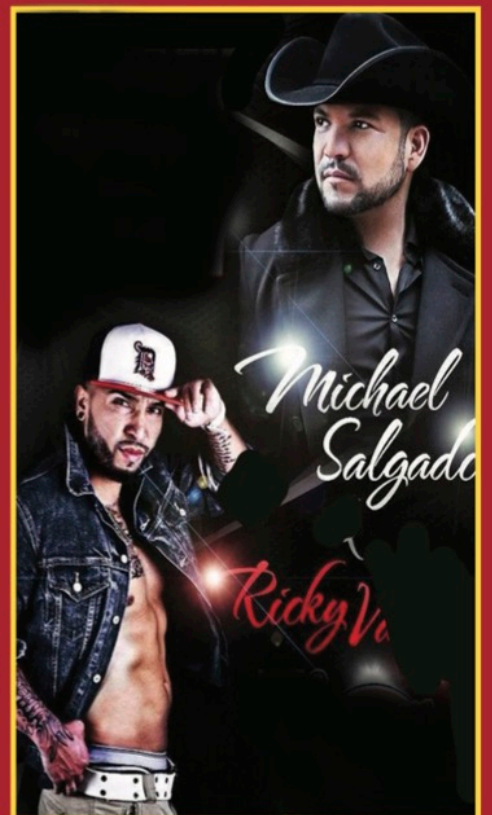
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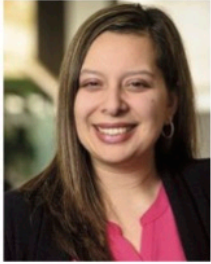
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Alicia Guevara Warren Named CEO of ECIC, Statewide Organization Leading Early Care and Education



The Executive Committee of the Early Childhood Investment Corporation (ECIC) is pleased to announce the appointment of Alicia Guevara Warren as CEO. This decision follows the interim leadership of Lynne Ferrell in January, following the resignation of former CEO Dawne Bell in November 2023.

Alicia joined ECIC in June 2020 as the Senior Director of Policy and Advocacy before taking on the role of Senior Director of Equity and Leadership. With 17 years of experience advocating for equitable outcomes for children and families, Guevara Warren has been instrumental in leading initiatives such as Think Babies Michigan and the National Center for Family and Parent Leadership (NFCPL). She has also played a key role in shaping public policy, including Michigan's historic \$1.4 billion investment in child care.

Guevara Warren holds a Bachelor of Arts in Sociology and Political Science from the University of Michigan and a Master of Public Affairs from the University of Texas at Austin. She resides in Waverly, Michigan, where she serves on the Board of Education and enjoys spending time with her family, including her two daughters.

Alicia Guevara Warren officially assume her new position as CEO on April 1, 2024.

El Comité Ejecutivo de Early Childhood Investment Corporation (ECIC) se complace en anunciar el nombramiento de Alicia Guevara Warren como directora ejecutiva. Esta decisión se produce tras el liderazgo interino de Lynne Ferrell en enero, tras la dimisión de la ex directora ejecutiva Dawne Bell en noviembre de 2023.

Business Highlights

Meijer LPGA Classic for Simply Give Seeks Tournament Fans for 10-Year Celebration

The highly anticipated Meijer LPGA Classic for Simply Give is right around the corner. In celebration of its 10th year, the premier golf tournament is calling on past and present spectators, volunteers, sponsors, community partners, and LPGA players to submit memorable tournament moments for potential inclusion in a special 10th anniversary shoutout video.



The video will be showcased on various Meijer and tournament-specific channels leading up to and throughout tournament week, June 13-16, at Blytheheld Country Club in Belmont, Mich.

The tournament is accepting submissions until April 22, 2024.

To be considered for the shoutout celebration video, individuals are invited to record and answer one of the example prompts listed below in under 10 seconds:

- Share a congratulatory message on the tournament's 10th year
- Share why you love the Meijer LPGA Classic
- Share your favorite tournament moment

When fans are ready to submit, they should visit meijerlpga.portal.massive.io for all the information needed for a successful submission.

For more information about this year's Meijer LPGA Classic, visit: meijerlpgaclassic.com

Chrysler Pacifica Named Best Minivan for Families in U.S. News & World Report 2024 Best Cars for Families Awards

Chrysler Pacifica, the most awarded minivan over the last seven years with more than 175 honors and industry accolades, is adding a significant recognition to the Chrysler brand's list of achievements. U.S. News & World Report today unveiled the 2024 Best Cars for Families awards, recognizing the 2024 Chrysler Pacifica as the Best Minivan for Families.

"The 2024 Best Cars for Families winners offer a number of safety features and a comfortable ride for all passengers, making them ideal for daily commutes or family adventures," said Liz Opsitnik, executive editor, U.S. News.

Chrysler Pacifica earned the vehicle's first award from U.S. News in the Best Minivan for Families category on the strength of family-friendly features, including the most standard safety features in its segment, available all-wheel-drive (AWD) capability paired with Pacifica's class-exclusive Stow 'n Go seating and an available FamCAM interior camera,

which offers a bird's-eye view of rear-facing child-seat occupants. Pacifica was also first with available Amazon Fire TV integrated into the Uconnect Theater System.

The Chrysler Pacifica Plug-In Hybrid, the first hybrid minivan, delivers 82 miles per gallon equivalent (MPGe), an all-electric range of 32 miles and a total range of 520 miles. The Pacifica Plug-In Hybrid can also help charge the battery when braking or stopping using the built-in regenerative braking technology. A Max Regeneration mode allows for even greater regenerative braking force to maximize efficiency and is noted via a cluster messaging icon to keep drivers aware of the increased system regeneration. Pacifica Plug-In Hybrid continues to represent the evolution of the Chrysler portfolio as the brand transitions to an all-new electrified future, as part of the Stellantis Dare Forward 2030 strategic plan to lead the way the world



moves by delivering innovative, clean, safe and affordable mobility solutions.

Chrysler Pacifica, la minivan más premiada en los últimos siete años con más de 175 honores y reconocimientos de la industria, está agregando un reconocimiento significativo a la lista de logros de la marca Chrysler. U.S. News & World Report dio a conocer hoy los premios a los Mejores Autos para Familias de 2024, reconociendo a la Chrysler Pacifica 2024 como la Mejor Minivan para Familias.

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April Events / Eventos en Abril

Grupo Folklórico Xochiquetzal
April 4, 2024
Traverse City, Mi

Dennos Museum Center

Tickets: \$0 - \$10

Comprised of volunteers from the local area, the group came together in July 2022 to bring awareness of Latino culture and music to Northern Michigan. They perform various dance styles from parts of Mexico and Panama in traditional attire made in Mexico, and have been invited to perform at festivals, schools, and private events.

Please register in advance. The ticket price reflects the cost of admission to the museum. This event is general admission. Seats are available first come first serve. Should you need a wheelchair-accessible seat, please contact us in advance at dmc@nmc.edu or call 231-995-1055.

Compuesto por voluntarios del área local, el grupo se reunió en julio de 2022 para generar conciencia sobre la cultura y la música latinas en el norte de Michigan. Presentan varios esti-

los de danza de partes de México y Panamá con atuendos tradicionales hechos en México y han sido invitados a actuar en festivales, escuelas y eventos privados. Por favor regístrese con anticipación. El precio de la entrada refleja el costo de la entrada al museo. Este evento es de entrada general. Los asientos están disponibles por orden de llegada. Si necesita un asiento accesible para sillas de ruedas, comuníquese con nosotros con anticipación a dmc@nmc.edu o llame al 231-995-1055.

The 2024 NFL Draft
April 25-27, 2024
Detroit, Mi

YOUR ULTIMATE GUIDE TO THE 2024 NFL DRAFT

Whatupdoe?! It's official! Detroit is on the clock at the NFL Draft presented by Bud Light April 25 - 27, 2024 and entry is FREE! The 2024 NFL Draft will take place in Detroit, MI in the downtown area and award-winning Campus Martius Park and Hart Plaza.



Grupo Folklórico Xochiquetzal · April 4, 2024 · Traverse City, Mi

In Detroit, we not only host championship-level events, but we are also a breeding ground for championship-level talent. Home to iconic players, coaches, and more, this is the city where champions are made and thus the perfect stage to welcome the next generation of football excellence to the gridiron. **¡Es oficial! Detroit está en el reloj del Draft de la NFL presentado por Bud Light del 25 al 27 de abril de 2024 y ¡la entrada es GRATIS! El Draft de la NFL 2024 se llevará a cabo en Detroit, MI, en el centro de la ciudad y en los galardonados Campus Martius Park y Hart Plaza.**

Tulip Time Festival
May 4-12, 2024
Holland, Mi

Save the date for our 95th anniversary May 4-12, 2024! There will be

millions of tulips in bloom along with visitors, locals, volunteers, participants and sponsors all coming together to celebrate.

Tulip Time Festival celebration is so much more than tulips... with national entertainment acts, events & activities for all ages, breathtaking sights just off the shores of Lake Michigan and some of the largest parades in Michigan. Tulip Time is truly an experience you don't want to miss!

¡Reserve la fecha para el 95.º aniversario del 4 al 12 de mayo de 2024! Habrá millones de tulipanes en flor junto con visitantes, lugareños, voluntarios, participantes y patrocinadores que se reunirán para celebrar. ¡Tulip Time es realmente una experiencia que no querrás perderte!



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WEST MICHIGAN

Low 4 Life C.C. • Chill & Grill Car Show

The Chill & Grill Car Show was held at Spaulding Township Park at 5825 Cole Rd. in Saginaw, MI. Sunday! September 3, 2023. As you came to the park you could see Lowrider Cars, Big Rim Car's, Custom Cars, Classic Car's, Lowrider Bikes all looking clean with their chrome & gold rims and fresh candy paint. There were plenty of Custom Cars on display for the people to see. The DJ played familiar oldies to soul. There was great music, tables, grills in the park, also food trucks available to eat tacos or BBQ. You could tell this was going to be a very exciting day with the members of the Low 4 Life Car Club.

There were cars and clubs attending, but there was one club who stood out, Rollerz Only Car Club with Jose Noriega. He brought out his 1984 Chevy Caprice. The car is top notch and has been re-done with paint design, gold engraving front & back bumper, undercarriage & 350 engine motor engraving. Murals of his Mom & Dad, suicide car doors, tilted hood, windows all

glass edging topped it off. There is lots of work and love put into the 1984 Chevy Caprice & lots of dinero. La Familia from Ohio & Detroit from Rollerz Only Car Club came to show their support.

Jose Noriega took Best of Show & \$200 home!!

Somos pocos pero locos en lowriding!
Having a car event?
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Updates for Car Shows:

Original Lowrider
Chicago Classic Super Show
Sunday! May 26, 2024
11am - 6pm
Donald E. Stevens Convention Center
5555 N. River Rd.
Rosemont, IL 60018



Jose Noriega with his mom Yolanda Noriega. Jose is from Rollerz Only Car Club



Low 4 Life Car Club 2023 from Saginaw, MI



Three Wheeler to cruise with speakers jamming!



Great display!



Big Rims!



Cool Ride!



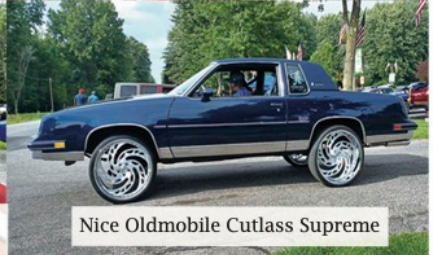
1970's Monte Carlo



Suicide doors! Sweet!!



1984 Chevy Caprice owner Jose Noriega Rollerz Only Car Club from Saginaw, MI



Nice Oldmobile Cutlass Supreme



2006 Ford Mustang owner Sierra



1979 Chevy Monte Carlo



1958 Chevy Bel Air



1963 Chevy Impala



Beautiful 1990's Mercury Grand Marquis from Xclusive Car Club, saginaw, MI



1985 Buick Riviera Baddmobile owner Raymond Rosales



1963 Chevy Impala owner Alex from Outta Control Car Club



La Voz

Mexican singer Camila Fernández is a well-known performer whose style fuses pop and R&B influences with mariachi and other Mexican traditions. The third generation of a musical family dynasty, Fernández embarked on a solo career with 2022's *Vulnerable* and her self-titled 2023 sophomore album.

It was while still at Berklee that she began performing professionally, appearing alongside her father in Las Vegas and on TV. This led to a contract with Universal Music México, and in 2016 she and her father released an album of Disney songs. Around the same time, Fernández appeared on the Disney Channel Show *Soy Luna* and delivered her first solo EP, *Mío*. In 2022, she released her official debut album, *Vulnerable*. Her sophomore album, the eponymously titled *Camila Fernández*, arrived in 2023 and featured the single "Todo Todo." That same year, she also released the song "Debí Suponerlo" featuring Morat.

La cantante mexicana Camila Fernández es una reconocida intérprete cuyo estilo fusiona influencias del pop y el R&B con el mariachi y otras tradiciones mexicanas. Fernández, tercera generación de una dinastía familiar musical, se embarcó en una carrera en solitario con *Vulnerable* de 2022 y su segundo álbum homónimo de 2023.

Fue cuando aún estaba en Berklee cuando comenzó a actuar profesionalmente, apareciendo junto a su padre en Las Vegas y en la televisión. Esto la llevó a un contrato con Universal Music México, y en 2016 ella y su padre lanzaron un álbum de canciones de Disney. Casi al mismo tiempo, Fernández apareció en el programa *Soy Luna* de Disney Channel y presentó su primer EP en solitario, *Mío*. En 2022, lanzó su álbum debut oficial, *Vulnerable*. Su segundo álbum, titulado *Camila Fernández*, llegó en 2023 y contó con el sencillo "Todo Todo". Ese mismo año también lanzó el tema "Debí Suponerlo" junto a Morat.

Camila Fernández

April 22 will mark the 54th Earth Day celebration worldwide



By Odille Parker

Earth Day is an annual event on April 22 designed to demonstrate support for environmental protection. It continues to be the largest secular day of protest in the world, and includes a wide range of events coordinated globally by Earthday.org, including over 1 billion people in more than 193 countries.



tal issues through climate rallies, Billions Acts of Green, connecting through the online action center at EARTH-DAY.ORG. Through the Global Day of Conversation, more than 200 elected officials in more than 39 countries took part in active dialogues to create sustainable green economies and reduce carbon footprints.

The idea of the first Earth Day came from Senator Gaylor Nelson, the junior senator from Wisconsin, after the massive oil spill in Santa Barbara, California in January 1969. Inspired by the student anti-war movement, he recruited young activist Denis Hayes to organize college campus teach-ins and scale the idea to a broader public. They chose April 22 as a week-day falling between Spring Break and final exams to maximize student participation.

Hayes built a national staff of 85 to promote events across the country, including a wide range of organizations, faith groups and others. The movement sparked national media attention, and inspired over 20 million Americans to take to the streets, parks, and auditoriums to demonstrate against the impacts of 150 years of industrial development.

Subsequently, the 1970s became a period of substantial environmental legislation, including the Clean Air Act, Clean Water Act, Endangered Species Act, Marine Mammal Protection Act, Superfund, Toxics Substances Control Act, and the Resource Conservation and Recovery Act. It also saw the creation of the Environmental Protection Agency and the banning of DDT and lead in gasoline.

While the first day was focused on the United States, in 1990, Denis Hayes took it international and organized events in 141 nations. Two separate groups formed to sponsor Earth Day Events in 1990 – the Earth Day 20 Foundation, and Earth Day 1990. Earth Day that year gave a huge boost to recycling efforts worldwide and gave way for the 1992 United Nations Earth Day Summit in Rio de Janeiro.

Earth Day 2000 shifted its focus to global warming and focusing on clean energy. With the help of the internet to link activists worldwide, the day had over 5,000 environmental groups worldwide on board, reaching out to millions of people in a record 184 countries.

Nearly one billion people worldwide took action for the 40th Anniversary of Earth Day in 2010. An estimated 20,000 partners took action on climate change and other environmen-

The United Nations selected Earth Day to sign the Paris Agreement in 2016, becoming the most significant climate accord in the history of the climate movement. 175 nations broke a record by coming together to sign the agreement, which includes commitments from all countries to reduce

their emissions and world together to adapt to the impacts of climate change, also calling on other countries to strengthen their commitments over time. It provides a pathway for developed nations to assist developing nations in their climate mitigation, and marks the beginning of a shift towards a net-zero emissions world.

In 2020, over 1 billion people worldwide participated in Earth Day actions, and 100 million observed the 50th anniversary in what is referred to as the largest online mass mobilization in history. Due to the COVID-19 pandemic, many of the planned activities were moved online, increasing reach worldwide.

This year, the theme for Earth Day is Planet vs. Plastics, with Earthday.org calling for a 60% global reduction in plastic production by 2040.

El Día de la Tierra es un evento anual que se celebra el 22 de abril y está diseñado para demostrar el apoyo a la protección del medio ambiente. Sigue siendo el día de protesta secular más grande del mundo e incluye una amplia gama de eventos coordinados globalmente por Earthday.org, que incluyen a más de mil millones de personas en más de 193 países.

La idea del primer Día de la Tierra surgió del senador Gaylor Nelson, senador junior de Wisconsin, después del enorme derrame de petróleo en Santa Bárbara, California, en enero de 1969. Inspirado por el movimiento estudiantil contra la guerra, reclutó al joven activista Denis Hayes para organizar clases en campus universitarios y ampliar la idea a un público más amplio. Eligieron el 22 de abril como día laborable entre las vacaciones de primavera y los exámenes finales para maximizar la participación de los estudiantes.

Este año, el tema del Día de la Tierra es Planeta versus Plásticos, y Earthday.org pide una reducción global del 60% en la producción de plástico para 2040.



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SCOOTER'S CARS PAGE



By Scooter

LAVOZ BLUE TUNER CAR NO OWNER WANTED-

Scooter ran in to two young Hispanic guys with this massively customized, and newly painted a sharp blue, whatever as it sounded out of this world. They wished to remain nameless. as old Scooter got really excited checking the racing body panels all over, plus the hood is modified. Its even got racing style bumpers, and as the passenger seat told me . It's got a large pile of hi performance goodies installed that has it being able to shame as he said, almost every other tuner that comes up next to them, y ya gotta say they are really having fun and then some, thanks boys, Scooter.



LAVOZ APRIL- 1957 SILVER BUICK 2 DOOR CHOPPED TOP, OWNER = BILL J-

This is a 1957 Buick that has a roof that's been "chopped" as it's called! Plus the body has most of the factory chrome removed and the holes filled in for a smooth custom look. It is running a 250 HP, 322 cubic inch Buick V-8 engine with an automatic transmission, Power Steering, and Power Brakes. The interior was re-done to be brand new also. It's one fine custom ride for sure, thanks, Bill, from Scooter.

LAVOZ APRIL 1929 DUSENBERG ROADSTER, 1929 MODEL YEAR, OWNER JOEL.

How many Duesenbergs of any year have you ever seen? Well, a while back when I was doing a car show over in Wisconsin, and there sat one all alone, and without any armed guards protecting it! Heck there were people actually touching it and I even saw a young teenager, (turned out to be the owners son), help an 8 or 9 year old kid up into the front seat where he stood up on the seat and had his dad take a picture of him in it! I was the guest car magazine writer at this event and they gave me a golf cart to use to get around the 900 plus cars that were there, just for the four day car show. Heck, I also got gas money, my hotel room paid for and 4 different concession stands that I was able to chow down for free, because I was doing a article on this really big event. Moving on, The owner(Joel), in the blue jeans with the light gray long sleeve sweatshirt of this then about 3 million dollar car, walked over and introduced himself as the owner. Plus, he knew I was the magazine guy, so he told me to hop, in the passenger side, and hold on! He burned rubber as he headed out on the highway right past a county police cruiser parked on a side street watching the main road! Heck, they just waved at him and gave him a thumbs up as we were close to 80 by then, and he let off at 122 MPH!!! Heck, Joel & his wife, live in northern Minnesota, and they take turns driving it to church in the winter time as up there it's too cold to use salt. To sum it up SCOOTER had FUN FUN FUN!



LAVOZ APRIL GREEN , 2011 CAMARO OWNER TRISTIAN MUIZEWLAAR. Tristian Muizelaar is the proud owner of his cool 2011 SS CAMARO! It's got a LS-3 6.2 Liter V-8 with over 400 HP, mated to a 6 speed manual transmission, a Posi traction rear end with performance gear ratios. OK yes, it also got the HD factory F-41 suspension and oversized 21 inch, speed rated radials on some wider factory mags. Plus, Tristian had had it lowered a bit so it won't actually fly at the speeds it's capable of, which are mind boggling depending on your rear axle ratio. Let's just say Tristian's is fast and then much more! Plus, it's got about every GM comfort option they offer. Suffice to say Tristian is a very happy SS Camaro owner. Thanks SCOOTER!

LAVOZ APRIL, 1958 CHEVROLET PICK UP TRUCK, BLACK, = DOESN'T WANT HIS NAME!.

This super straight, custom 1958 Chevy pick-up has a built up, Chevy 327 V-8, with a larger HOLLEY 4 barrel, plus, it put out gobs of extra horsepower, thru its header dual exhaust system, and a modified, Turbo 350 automatic transmission, that runs the power to those cool, purple rims with black high performance radials. The whole, no rust ever body has had just about every piece of body chrome removed and the holes leaded in. The steel outside sun visor is a rare option, and the interior has been redone to be custom seats and upholstery for looks and comfort. This one is totally ready to "KEEP ON TRUCKING" ! SCOOTER.





Regina Patricia Lu Gutierrez

Born in Guatemala Native who loves music, dancing, traveling the world to experience different lands and cultures. My favorite time in Life is Family and Enjoying the Greatness and Bonding of Memorable Moments created through family times. My friendship with others is also important as we bond together to create great times while building lifetime moments. I strive to make Goals in Life, one being to become a better person in Life not only for myself but for others. To improve in every step I take in reaching that goal of being a more rounded person who values Family, Friends & Self-Worth! I really Enjoy being in front of the camera and freeing myself from reality just for a mere moment to capture Art through a lens in Creating Visual Stories to share with others. Visualizing your DREAMS comes at no age restriction, but starts with Determination, Ambition & Hard Work! Love exercising and taking walks through Nature because it calms me and helps me to appreciate the little things in Life with PEACE!

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2024 APRIL MODEL SEARCH



How Menopause Can Affect the Brain

Cómo la Menopausia Puede afectar el Cerebro

Increasingly, researchers are paying attention to the connections between the changes in a woman's body during the menopause transition – both in the reproductive organs and in the brain.

After women go through menopause – a life phase that marks the end of their fertility – most will emerge with few long-term health consequences. However, about 20% of women will go on to develop dementia.

Additionally, women make up two-thirds of Alzheimer's disease cases in the U.S. Alzheimer's disease is a progressive and debilitating form of dementia. These statistics are driving further scientific inquiries into the dynamics of the menopause transition, brain function, and risk factors for dementia.

The role of estrogen

The connection between menopause and its impacts on the brain is rooted in estrogen, the primary hormone that guides the menstrual cycle. As a woman ages, the amount of estrogen her ovaries produce begins to fluctuate anywhere from seven to 14 years before menopause occurs. This phase is called perimenopause and can cause erratic periods. The average duration of the perimenopausal state varies in women but averages approximately 14 years.

Menopause officially occurs 12 months after a woman's last menstrual period, when the ovaries stop making estrogen. The average age women reach menopause is 51, but some women might not reach that stage until their mid-50s or later.

This decline in estrogen can cause a host of symptoms, which can be different for each person:

- Hot flashes
- Night sweats and/or cold flashes.
- Vaginal dryness that causes discomfort during sex
- Urinary urgency
- Difficulty sleeping
- Emotional changes
- Dry skin, dry eyes or dry mouth
- Breast tenderness

Some individuals may also experience these symptoms:

- Racing heart
- Headaches
- Joint and muscle aches and pains
- Changes in libido
- Difficulty concentrating or memory lapses
- Weight gain
- Hair loss or thinning

Not only does the drop in estrogen during menopause affect how the brain can function – causing feelings of emotional haze – there are indications it can also change the brain's structure. Researchers examined brain scans of women in menopause compared to men of the same age and compared to pre-menopausal women. It showed women in menopause had reduced brain volume.

Solutions and help

Women should start conversations early with their healthcare providers, even before they notice the first perimenopause symptoms. Asking questions about what to expect can help them manage the transition through perimenopause and menopause. Exercise, nutrition, decreased alcohol intake, and avoiding smoking can help mitigate the onset of menopausal symptoms.

While many women may feel unprepared for menopause, that trend is changing as the stigma around talking about menopause is changing. New solutions are emerging to fill the resource gaps for women. Among the leaders at the forefront are Blue Cross Blue Shield of Michigan and Blue Care Network, who have partnered with Maven Clinic, a virtual healthcare provider that offers high-quality, evidence-based information and professional expertise to women for family building and women's health through pre-conception, maternity, return to work, parenting, and menopause.

Los investigadores prestan cada vez más atención a las conexiones entre los cambios que se producen en el cuerpo de la mujer durante la transición a la menopausia, tanto en los órganos reproductivos como en el cerebro.

Después de que las mujeres pasan por la menopausia –una fase de la vida que marca el final de su fertilidad– la mayoría saldrá con pocas consecuencias para la salud a largo plazo. Sin embargo, alrededor del 20% de las

mujeres desarrollarán demencia.

Además, las mujeres representan dos tercios de los casos de enfermedad de Alzheimer en los EE. UU. La enfermedad de Alzheimer es una forma progresiva y debilitante de demencia. Estas estadísticas están impulsando más investigaciones científicas sobre la dinámica de la transición a la menopausia, la función cerebral y los factores de riesgo de demencia.

El papel del estrógeno

La conexión entre la menopausia y los impactos en el cerebro tiene sus raíces en el estrógeno, la hormona principal que guía el ciclo menstrual. A medida que una mujer envejece, la cantidad de estrógeno que producen sus ovarios comienza a fluctuar entre siete y 14 años antes de que ocurra la menopausia. Esta fase se llama perimenopausia y puede provocar períodos erráticos. La duración promedio del estado perimenopáusico varía en las mujeres, pero tiene un promedio de aproximadamente 14 años.

La menopausia ocurre oficialmente 12 meses después del último período menstrual de una mujer, cuando los ovarios dejan de producir estrógeno.

Esta disminución de estrógenos puede provocar una serie de síntomas, que pueden ser diferentes para cada persona:

- Sofocos
- Sudores nocturnos y/o sofocos.
- Sequedad vaginal que causa molestias durante las relaciones sexuales.
- Urgencia urinaria
- Dificultad para dormir
- Cambios emocionales
- Piel seca, ojos secos o boca seca
- Sensibilidad en los senos

Algunas personas también pueden experimentar estos síntomas:

- Corazón acelerado
- Dolores de cabeza
- Dolores y molestias articulares y musculares.
- Cambios en la libido
- Dificultad para concentrarse o lapsos de memoria
- Aumento de peso
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Obtenga más información en
MIBluesPerspectives.com/ReadyToHelp

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

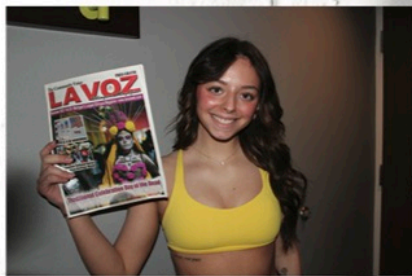
April La Voz Models

Bella is the rising star from the great north who everyday stock is on the climb when it comes to modeling.

She maybe new to the market but her photos are a clear indication for her this is only the beginning of a career that could turn the great lakes state upside down in the future.

Photo's courtesy of StudioCor

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Bella

Michael Farage "Cool Mike"

For details contact Mike at: CCCougar11@aol.com, with all your concerns, comments & questions.
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Previous bus driving experience preferred, but training opportunities will be considered. Candidate must successfully complete internal Bus Driver Training Program including classroom and behind the

wheel instruction as well as written and driving skills tests.

If interested, please complete an online application: www.alleganaesa.org. For more information or to answer any questions contact Kelly Gall at kelly.gall@alleganaesa.org or call 269-512-7700.

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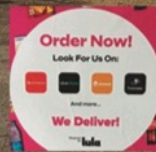
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