

Envenenamiento Por Monóxido de Carbono, Toma Dos Vidas en KCK

Por
DEBRA DeCOSTER

Un asesino 'invisible', tomó las vidas de un hermano y su hermana, la semana pasada en Kansas City, Kansas. Alice Oropeza, de 69 años y su hermano, Nick, de 58 años trataban de mantenerse calientes la semana pasada, después de que una tormenta de nieve que dejó sin electricidad a su bloque en la calle 51 y Timbal.

Nick Oropeza instaló un generador de gasolina en el garaje del sótano para generar electricidad en la casa. El generador en función, llenó la casa

LA FAMILIA DIJO... / PÁGINA 3



Carbon Monoxide Poisoning Claims Two Lives in KCK

By
DEBRA DeCOSTER

An invisible killer took the lives of a brother and sister last week in Kansas City, Kansas. Alice Oropeza, 69 years old and her brother, Nick, 58 years old were trying to stay warm last week after a snowstorm knocked power out to their block at 51st and Kimball.

Nick Oropeza set up a gasoline generator in the basement garage to run power into the home. The running generator filled the home with carbon monoxide (CO) an odorless, colorless gas that causes sudden illness and death if inhaled.

FAMILY SAID IT ... / PAGE 3

City Gets Passing Grade For Storm Preparedness



Ben Ivy took to the street to shovel the sidewalk in front of his father's house. The recent snowstorms and plowed pile ups made the sidewalk impassable.

By
JOE ARCE & JOSE FAUS

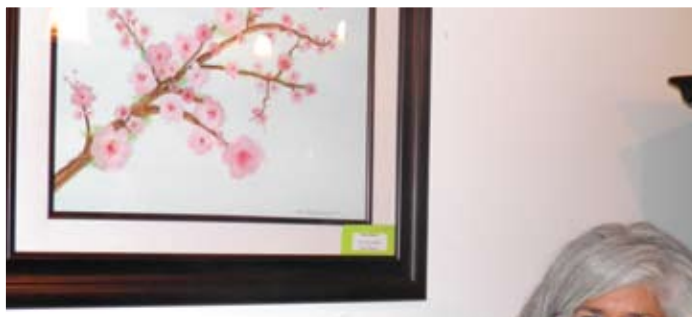
You could forgive Ben Ivy if he was a little annoyed with the city in particular following a declaration his father heard that informed him to clear the sidewalks in front of his house by noon Monday of this week or face city fines ranging from \$25 to \$100 dollars.

According to Sec. 64.246 of the Code of Ordinances, "It shall be the duty of all persons owning or occupying any real property, fronting upon any street, boulevard or highway, to remove from the sidewalks in front or alongside of such property all ice and snow within a reasonable time after cessation of a storm depositing such ice or snow."

It is unlikely that the city will start handing out notices absent a complaint from neighbors. Given the expected rising temperatures the issue may resolve by the end of the week.

"I AM JUST ... / PAGE 3

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Life lessons Susan Castro received from her parents continue today through her artwork.

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Susan Castro a recibido lecciones de Vida de sus padres que aun hoy continuan atraves de su arte.

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Hugo Chávez dies at "58"

See page 7

El Pachuco says the problem is in the bully not the one being bullied.

See page 6 for complete story.

El Pachuco dice que el problema esta en el burlon, no en el que esta siendo burlado.

Vea la historia completa en la página 6.



Health Levy Proponents Appeal For Renewal

Partidarios de La Recuadación de Impuestos de la Salud, Apelan Renovación



Michelle Fowler knows firsthand how difficult it is when you don't have insurance and facing health issues. She is supporting the renewal of Question 1 and wants others to do the same.

Michelle Fowler conoce de primera mano lo difícil que es cuando no se tiene seguro y hay que enfrentar problemas de salud. Ella está apoyando la renovación de la Pregunta 1 y quiere que los demás hagan lo mismo.

By
JOE ARCE & JOSE FAUS

John Bluford, president and CEO Truman Medical Center, faced reporters and guests on Tuesday at the hospital to plead for the continuation of the health tax levy due to expire this year. He told the crowd that the levy is an important tool in providing health services to the least able financially to secure that care on their own.

"The levy was established in 1955 to support those most in need in our community," explained Bluford. "Today, almost 60 years later, Kansas City continues to support health care services through the health levy, which is an important source of funding for Truman Medical Center and non-profit neighborhood health centers including Northland Health Care Access, Cabot Westside Health Center, Swope Health Services, Kansas City Care Clinic and Samuel U Rogers Health Center".

"It is important to point out that this is not anything new, this tax, but rather the renewal of the portion of an existing levy that has already been in place for seven years," added Bluford. "This proposal has been endorsed unanimously by the City Council, the Kansas City Health Commission, the Civic Council of Kansas City, and the Citizens Assn., of Kansas City, the Greater Kansas City Chamber of Commerce and the Health Care Foundation."

The levy, or Question 1, goes before voters in April 2. It requests renewal of 22 cents of the current tax levy

"IT IS A ... / PAGE 4

Traduce
GEMMA TORNERO

John Bluford, presidente y director ejecutivo del Centro Médico Truman, enfrentó a reporteros e invitados el martes en el hospital, para defender la continuación del impuesto de salud que expira este año. El dijo a la gente que la recaudación del impuesto, es una importante herramienta en el suministro de Seguridad Social para el menos capaz, económicamente de asegurar ese cuidado por si solos.

"El impuesto se estableció en 1955 para apoyar a aquellos con más necesidad en nuestra comunidad", explicó Bluford. "Hoy, después de casi 60 años, Kansas City sigue proveyendo los servicios de atención a la salud a través de éste impuesto, que es una fuente importante de financiación para el Centro Médico Truman y centros médicos vecinos no lucrativos, incluyendo al Acceso de Asistencia Médica Northland, Centro Médico Cabot Westside, Servicios de Salud Swope, Clínica de Cuidados Kansas City y el Centro Médico Samuel U Rogers".

"Es importante indicar que ésto no es nada nuevo, éste impuesto, sino mejor dicho la renovación de la parte de un impuesto existente que ha estado en el lugar durante siete años", añadió Bluford. "Ésta oferta ha sido endosada unánimemente por el Ayuntamiento, la Comisión de Salud de Kansas City, el Consejo Cívico de Kansas City y la Asociación de Ciudadanos de Kansas City, la Cámara

"ES UNA ... / PÁGINA 4

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Local Artist’s Father Is Her Inspiration

By
JOE ARCE & JOSE FAUS

It was a bittersweet moment for Susan Castro Gautreaux last month as she celebrated her first solo show at the Crossroads Coffee House. Friends, family and patrons filled the shop and listened to music by as local band, took in the art and chatted and laughed in celebration.

The one person Gautreaux missed the most was her father Joe Castro who passed away in 1995. The watercolors and acrylics, along with the photography, concentrated on still lifes and landscapes - things her father taught her to appreciate. She credits her father for the inspiration of the work.

She told Hispanic News that her love for landscapes goes back to her childhood and the many vacations the family took when she was young. The majority of the trips were out of an automobile, usually station wagon or minivan. The family would take off on two-week jaunts to many different places across the country.

She recalled that her father was constantly asking the kids what they saw out the window. He would convince them that

he could not see as he was concentrating on the driving and wanted them to describe for him what he was missing.

“He helped us to realize the color and the beauty of the landscapes that we traveled to our destination,” she recalled. “This (show) is more like a tribute to my father but also an opportunity to express my media through watercolor and photography with the love that my father inspired me to paint landscapes, and also to capture the beauty of things around me.”

Her father was an artist and a founder of the Guild of Latino Fine Arts. “My father inspired us. He would take photos on our vacations and come home and paint them. So to be able to enjoy color ... as my dad did, he would always say, ‘look mija (honey), look at the sky. Let’s see what we can create. What would you do? How would you paint this if you had the opportunity to sit here and paint it?’”

Those lessons have lingered so much that she feels her father’s presence when she paints. “My father inspired me. As I am painting a landscape or a still life I think of my father as he guided me when he was doing his art and his projects. ... He was a

very loving man but he had his own ways. He definitely had old school ways.”

Castro pursued art in college and studied under Professor Directo at Penn Valley in addition to the lessons her father taught her. She pursued art but always felt it was a hobby until she sold her first piece. I think that was when I realized that I was an artist if people would want to pay for my work.”

“My father was an amazing artist and a musician and he was also self taught as a printer. When I think back I know that my dad gave me a gift of many things and so did my mother. I appreciate them for so many things, and having that natural gift to express paints on canvas. I would not have this drive and motivation to do that if I had not had such great mentors as my parents. Though he is not here, my memories of him guide me in my art work.”

About three years ago Castro began to explore with watercolors and she relied on some tactile memories. She still has some of her father’s watercolor brushes and uses them whenever she can.

“I see my father as he created on an easel,” she explains “... to have watched my dad use

his brushes and the different techniques was just amazing. I was in awe of his talent. He was a natural artist. He read but he basically learned it as he went along.”

She is continually studying, checking out books from the library to learn new techniques that will help her work much like her father before her. “I appreciate everything that he taught me.”

Gautreaux also exhibits a practical streak. She received her degree from Park University in business management and marketing, something she has found very useful in her art career.

“It is actually good because you have to be able to manage your art work, from the pricing of it to the cost of the framing and negotiating – You have to learn how to manage your money and market your product as well. My degree does filter into that.

While she concentrates on her work, Gautreaux is also drawn to her father’s legacy.

“He founded the Guild of Latino Fine Arts and I would like to step in and take that on in his honor.”



Susan Castro Gautreaux told Hispanic News that her love for landscapes goes back to her childhood and the many vacations the family took when she was young. She credits her father Joe Castro for the inspiration.

Susan Castro Gautreaux dijo a Hispanic News, que su amor por los paisajes viene desde su infancia y las muchas vacaciones que la familia tomó cuando era joven. Ella acredita a su padre Joe Castro la inspiración.



Susan Castro Gautreaux was delighted to see a band performing at her recent solo show at the Crossroads Coffee shop. The music was a fitting reminder of her musician and artist father Joe Castro.

Susan Castro Gautreaux, estaba encantada de ver actuar a una banda durante su reciente exposición individual en el café “Crossroads Coffee”. La música era un recordatorio apropiado de su padre artista y músico Joe Castro.

acuarela de su padre y los usa siempre que puede.

“Veo a mi padre cuando el creaba en un caballete”, explica “el haber visto a mi papá usar pinceles y las diferentes técnicas era simplemente asombroso. Estaba asombrada de su talento. Era un artista natural. El leía pero básicamente aprendió con la practica”.

Ella está estudiando continuamente, sacando libros

padre. “Aprecio todo lo que me enseñó”.

Gautreaux también expone una cualidad práctica. Ella recibió su título de Park University en Dirección Comercial y Mercadotecnia, algo que ella ha encontrado muy útil en su carrera de arte.

“Es realmente bueno porque tiene que ser capaz de organizar su trabajo de arte, desde la

administrar su dinero y también vender su producto. Mi grado realmente va dirigido a esto.

Mientras se concentra en su trabajo, Gautreaux también se siente atraída por el legado de su padre. “El fundó el Gremio de Bellas Artes Latinas y me gustaría intervenir y seguir esto en su honor”.

El Padre de Una Artista Local, Es Su Inspiración

Traduce
GEMMA TORNERO

El mes pasado fue un momento agri dulce para Susan Castro Gautreaux, cuando celebró su primer exposición individual en el café ‘Crossroads Coffee’. Los amigos, la familia y los clientes llenaron el café y escucharon la música del grupo local, veían el arte, charlaron y rieron en la celebración.

Una persona a la que Gautreaux extraño más era su padre Joe Castro, quien falleció en 1995. Las acuarelas y las pinturas acrílicas, junto con la fotografía, se concentraban en naturalezas muertas y paisajes - cosas que su padre le enseñó a apreciar. Ella acredita a su padre Joe Castro la inspiración.

Ella dijo a Hispanic News que su amor por los paisajes viene de su infancia y de las muchas vacaciones que la familia tomó cuando era joven. La mayoría de los viajes eran en coche, por lo general un coche familiar o mini-furgoneta. La familia salía en paseos de dos semanas a muchos sitios diferentes a lo largo y ancho del país.

Ella recordó que su padre preguntaba constantemente a los niños lo que veían por la ventana.

Él los convencía, de que no podía ver, ya que se concentraba en conducir y quería que ellos describieran para él de lo que se perdía.

“Él nos ayudó a darnos cuenta del color y la belleza de los paisajes por los que pasábamos durante nuestro destino”, recordó. “Ésta (exposición) es más bien un tributo a mi padre, pero también una oportunidad de expresar mis materiales a través de acuarela y fotografía con el amor que mi padre me inspiraba a pintar paisajes, y también a capturar la belleza de las cosas a mi alrededor”.

Su padre fue un artista y un fundador del Gremio de Bellas Artes Latinas. “Mi padre nos inspiró. Él tomaba fotos durante nuestras vacaciones, venía a casa y las pintaba. Así que ser capaz de disfrutar del color como mi papá lo hizo, siempre decía, ‘mira mija (cariño), mira el cielo. Vamos a ver lo que podemos crear. ¿Qué harías? ¿Cómo pintarías ésto si tuviera la oportunidad de sentarse aquí y pintarlo?’”.

Aquellas lecciones han permanecido tanto, que siente la presencia de su padre cuando pinta. “Mi padre me inspiró. Mientras pinto un paisaje o una naturaleza muerta pienso en mi padre cuando me guiaba mientras el hacía su arte y sus

proyectos. Era un hombre muy cariñoso pero tenía sus propios métodos. Definitivamente tenía viejos métodos escolares”.

Castro practico arte en el colegio y estudió bajo el profesor Directo en Penn Valley, además de las lecciones que su padre le enseñó. Ella ejercía el arte, pero siempre sentía que era una afición hasta que vendió su primera pieza. Creo que ahí fue cuando me di cuenta que era un artista cuando la gente quiso pagar por mi trabajo”.

“Mi padre era un artista asombroso, un músico y también él fue autodidacta con la impresora. Cuando recuerdo, sé que mi papá me dio el regalo de muchas cosas y mi madre también. Les agradezco a ellos por tantas cosas y por tener el regalo natural de expresar pinturas sobre el bastidor. Yo no tendría éste impulso y motivación de hacer ésto si no hubiera tenido a tan grandes mentores como mis padres. Aunque no esté aquí, mis recuerdos de él me dirigen en mi trabajo artístico”.

Hace aproximadamente tres años Castro comenzó a explorar con acuarelas y confió en algunas memorias táctiles. Ella todavía tiene algunos pinceles para

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"I Am Just Helping Them Out"

CONT./PAGE 1

Ivy was not taking any chances as he cleared a path - a path he said the city crews played a big part in obscuring when they drove the plows on the streets.

“It is not right because a lot of the people that live here are older generation and it’s hard for them to have a family member come out and do it for them or find someone to come out and do it,” said Ivy. “Hopefully people will call other people and find someone to do this for them - kind of help each other out.”

Ivy heeded his own advice as he continued shoveling past his father’s property line. “I don’t know who lives here but I guess I am just helping them out.” Apart from the inconvenience of the notice Ivy was complimentary of city crews noting that they had done a good job of clearing the main roads.

Danny Rotert, communications director Mayor’s office, agreed that city crews had done an admirable job.

“Our public works crews have done an amazing job given the circumstances to get snow out of the streets in a timely way, and get the city up and operating. We are pretty proud of what they have done and actually happy with the results this time around,” he said.

Rotert noted that the crews have been on the streets 24/7

since the storm started and credits sufficient warnings for the preparedness and efficiency of the removal.

“We really made the conscious decision to declare a State of Emergency based on the forecasts we were getting, knowing that particularly in the second storm, we would be piling up on top of already historic snow levels,” he added.

He pointed out that the practical result of the emergency declaration was that it allowed for employers to keep their employees home and schools to close minimizing much of the traffic that added to the congestion of the first snowfall.

“The second storm there were not a lot of people in the road the morning of the storm and that helped out immensely because it allowed our crews to get the plows through without a whole lot of obstruction and a lot of people on the road,” he explained.

Rotert also credited the city’s use of social and regular media in spreading the word of the storms’ movement as well as the tactics the city was using in combating the elements.

“Media across the board played a great role in trying to get people good information, including what sides of the street to park on,” he said. “People heeded the warnings by and

large ... and people deserve a lot of credit for taking the warnings seriously.”

Rotert agreed that many businesses suffered as a result of the storm but at the same time was realistic about the situation

“Many of us that grew up here and have lived here a considerable amount of time, know that sometimes this is the cost of business of being in Kansas City. The weather is unpredictable. We have winters like last year when we had no snow ... or this year when for the most part it was okay until one storm really got us.”

He is confident that the city budget will cover the cost of the storm without much strain. Because the last two years have been relatively mild, the city was able to put funds back into the general fund from last year’s budget. “You can’t always predict what the winter is going to be like.”

Retort also praised the mayor for his hands-on approach. “I do think the mayor is a hands-on mayor. He spent a lot of time in the Emergency Operations Center when it was activated. ... I think he feels that he declared the State of Emergency and expected everyone else to take it seriously, so he took it seriously as well. You lead by example and I think he tried to do that.”



Most residents lauded city crews for a job well-done following two record-setting snowstorms in less than a week. Warmer temperatures this week promise relief.

La Familia Dijo Que Fue Un Accidente Malo

CONT./PÁGINA 1

de monóxido de carbono (CO), un gas inodoro e incoloro que causa enfermedad repentina y la muerte si es inhalado.

Las lecturas de CO dentro de la casa cuando llegaron los primeros auxilios, estaban en 600 partes por millón (ppm), lo que es un nivel mortal.

Las lecturas de CO promedio en una casa con una estufa de gas correctamente ajustada son de 5 a 15 ppm de acuerdo a la EPA, (Agencia de Protección Ambiental). Los estándares de OSHA para un lugar de trabajo son de 50 ppm.

“El vecindario experimentaba un corte de electricidad, y tenían un generador en su casa para hacer funcionar su estufa, la TV y otras cosas. El generador estaba en un espacio cerrado y así es cuando el monóxido de carbono llegó, y llegó rápidamente”, dijo el subdirector Craig Duke, Oficial de Información Pública para el Departamento de Bomberos de KCK.

Un pariente se empezó a preocupar cuando no pudieron contactar a los Oropeza por teléfono, y fueron a la casa para ver si estaban bien. Los encontraron inconscientes y pidieron ayuda. Los bomberos y una unidad del EMS llegaron a la escena y encontraron al hermano y la hermana muertos en la casa. También encontraron muertos a las mascota de la familia.

Los bomberos apagaron el generador e inmediatamente comenzaron a abrir puertas y ventanas para ventilar el edificio. En la escena, un bombero tenía por encima de lo normal la lectura del nivel CO, por lo que fue enviado a casa y regresó a su trabajo.

Jasón Méndez, un sobrino, dijo a los medios que “es difícil perder

a dos importantes integrantes de la familia al mismo tiempo”.

El espera que otras familias aprendan de su tragedia y estén al pendiente de sus seres queridos antes de que sea demasiado tarde. “Muchos de ellos, cuando sienten frío, hacen lo que se necesite para mantenerse calientes”, dijo Méndez.

Cada año más de 400 personas mueren en los Estados Unidos por envenenamiento accidental de CO. Cuando ocurren los cortes de electricidad durante emergencias como huracanes o tormentas de invierno, el uso de fuentes alternativas de combustible o electricidad para la calefacción, el aire acondicionado o para cocinar pueden hacer que el CO aumente en una casa, garaje o camper y envenene a la gente y a los animales que se encuentran adentro.

Un primo, Steven Oropeza, dijo a Hispanic News que Alice y Nick eran mayores que él. Mientras pensaba en la pérdida de sus primos, dijo, “Fue un accidente malo”.

Duke espera que la gente siga las instrucciones en los generadores y nunca haga funcionar uno adentro de la casa. “Los generadores nunca se deberían establecer dentro de la casa. Están hechos para usarse afuera y aproximadamente a 20 pies de ventanas abiertas, puertas y respiraderos. Si usted está usando un generador, debería de tener un detector de monóxido de carbono en la casa”, dijo.

Las fuentes de envenenamiento de CO son generadores que funcionan con gas, las parrillas de carbón, estufas de propano y briquetas de carbón, los automóviles, el fuego, los barcos, las lavadoras eléctricas y otras herramientas eléctricas. Estos artículos nunca se deberían hacer funcionar dentro de una casa.

Los síntomas más comunes del envenenamiento de CO son dolor de cabeza, mareo, debilidad, náusea, vómito, dolor en el pecho y alteraciones en el estado mental.

La exposición a CO puede causar la pérdida de la consciencia y la muerte. La gente que esta durmiendo o quienes han estado bebiendo el alcohol puede morir por envenenamiento de CO antes de tener algún síntoma.

El Centro para el Control y Prevención de Enfermedades ofrece estos consejos importantes de prevención para evitar el envenenamiento de CO:

- 1- Nunca use una cocina de gas u horno para calentar una casa.
- 2-Nunca deje en marcha el motor en un vehículo estacionado en espacio cerrado o parcialmente cerrado como en un garaje.
- 3-No haga funcionar un generador, limpiador a presión o ningún motor alimentado por gasolina dentro de un sótano, garaje u otra estructura cerrada, aún si las puertas o las ventanas están abiertas, a menos que el equipo se instale y se ventile por profesionales.
- 4-Mantenga las ventilas y las chimeneas sin desechos.
- 5-Sólo use parrillas de carbón, hibachi, faroles y estufas portátiles para acampar afuera de la casa.
- 6-No establezca éstos dentro de una casa, tienda de campaña o camper.

Busque refugio con familiares, amigos o en un refugio comunitario si las condiciones en la casa están demasiado calientes o demasiado frías para quedarse allí. Si se sospecha de envenenamiento de CO, consulte a un profesional de asistencia médica en seguida.

Traduce
GEMMA TORNERO

Family Said It Was A Bad Accident

CONT./PAGE 1

Readings of CO inside the house when first responders arrived were at 600 parts per million (ppm), which is a deadly level.

The average CO readings in a home with a properly adjusted gas stove are 5 to 15 ppm according to the EPA, (Environmental Protection Agency). OSHA standards for a workplace are 50 ppm.

“The neighborhood was experiencing a power outage and they had a generator in their home to run their stove, TV and power other things. The generator was in an enclosed space and that is when carbon monoxide came and came quickly,” said Deputy Chief Craig Duke, Public Information Officer for the KCK Fire Department.

A relative became concerned when they could not reach the Oropezas by telephone and went to the house to check on them. They found them unresponsive and called for help. Firefighters and an EMS unit arrived on the scene and found the brother and sister deceased in the home. They also found the family pets deceased as well.

Firefighters turned off the generator and immediately began opening doors and windows to ventilate the structure. One firefighter had above normal CO level readings at the scene and was checked out and returned to duty.

Jason Mendez, a nephew, told the media that ‘it is tough to lose two important family members at the same time.”

He hopes that other families will learn from their tragedy

and check on their loved ones before it is too late. “A lot of them, when they get cold, they do what they have to do to stay warm,” said Mendez.

Every year more than 400 people die in the United States from accidental CO poisoning. When power outages occur during emergencies such as hurricanes or winter storms, the use of alternative sources of fuel or electricity for heating, cooling or cooking can cause CO to build up in a home, garage or camper and poison the people and animals inside.

A cousin, Steven Oropeza, told Hispanic News that Alice and Nick were older than him. As he thought about the loss of his cousins, he said, “It was a bad accident.”

Duke hopes that people will follow the directions on the generators and never operate one indoors. “Generators should never be set up inside. They are to be used outside and about 20 feet from open windows, doors and vents. If you are using a generator, you should have a carbon monoxide detector in the home,” he said.

Sources of CO poisoning are gas powered generators, charcoal grills, propane stoves and charcoal briquettes, motor vehicles, fire, boats, power washers and other gas powered tools. These items should never be operated inside a home.

The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain and altered mental status.

Exposure to CO can cause loss of consciousness and death.

People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

The Center for Disease Control and Prevention offer these important prevention tips to avoid CO poisoning:

- 1- Never use a gas range or oven to heat a home.
 - 2- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space such as a garage.
 - 3- Do not run a generator, pressure washer or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open, unless the equipment is professionally installed and vented.
 - 4- Keep vents and flues free of debris.
 - 5- Only use charcoal grills, hibachi, lanterns and portable camping stoves outside.
 - 6- Do not set these up inside a home, tent or camper.
- Seek shelter with family, friends or at a community shelter if conditions in the home are too hot or too cold to stay there. If CO poisoning is suspected, consult a health care professional right away.

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Kansas City Hispanic News



La Limpieza De Primavera: Es Hora de Deshacerse de los Posibles Peligros En El Hogar

HISPANIC PR WIRE/ --

¡Ya casi es tiempo de iniciar la limpieza de primavera! Además de organizar y limpiar su casa esta primavera, dé prioridad a la seguridad e elimine los posibles peligros en el hogar. El "Window Covering Safety Council" quiere ayudarle a mantener seguros a los pequeños esta temporada.

Mientras algunas medidas de seguridad son rutinarias, hay algunos posibles peligros que tal vez haya estado pasando por alto que podrían ser peligrosos para los niños pequeños. Usted podrá ayudar a prevenir las lesiones involuntarias en el hogar tomando estas medidas sencillas para reducir el peligro en su hogar:

Siempre coloque las cunas y otros muebles bajos fuera de las ventanas.

Sujete las librerías, estanterías y muebles pesados. Coloque los artículos más pesados en los estantes y cajones inferiores.

Muchas plantas domésticas son venenosas, y las macetas son pesadas; por ello debería mantenerlas fuera del alcance de las manitos.

Mantenga a los niños fuera de las áreas que esté limpiando y abra las ventanas para ventilar el cuarto.

Guarde con seguridad los productos de limpieza caseros, detergentes y venenos fuera del alcance de los niños.

Cambie los revestimientos de ventanas más viejos por los nuevos productos sin cordones más seguros. El Window Covering Safety Council (WCSC) urge a los padres a usar solamente los productos de ventanas sin cordones en los hogares con niños. Tome la decisión correcta y utilice los productos sin cordones para mantener a sus hijos seguros todo el año.

Spring Cleaning: Time To Rid Your Home of Potential Dangers

HL: HISPANIC PR WIRE/ --

It’s almost time to start your spring cleaning! In addition to de-cluttering and cleaning your home this spring, make safety a priority and rid your home of potential hazards. The Window Covering Safety Council wants to help you keep your little ones safe this season.

While some safety measures are routine, there are some potential dangers that you may be overlooking that can be dangerous for young children. You can help prevent unintentional household injuries by taking these simple measures to reduce danger in your home:

Always keep cribs and other low-standing furniture away from windows.

Secure all bookcases, shelving and heavy furniture. Place heavier items on lower shelves and in bottom drawers.

Many houseplants are poisonous, and pots are heavy, so keep them out of reach of little hands.

Keep children away from areas you are cleaning and open windows to ventilate the room.

Safely store house cleaners, detergents and poisons out of reach of children.

Replace older window coverings with today’s safer, cordless products. The Window Covering Safety Council (WCSC) is urging parents to only use cordless window products in homes with young children. Make the right choice and use cordless products to keep your children safe year-round.

"It Is A Continuation"

CONT./PAGE I

dedicated to ambulance services, emergency medical services and hospital and public health purposes for a period of nine years. The owner of a home assessed at 100,000 would pay less than \$4 a year. According to proponents' literature, the levy helped pay for more than 140,000 health care visits in Kansas City.

Other benefits of the levy come from the disbursement of the funds throughout the health network. 8,500 jobs rely on the funds and safety net clinics pay \$5 million in earnings tax to city coffers.

Liz Cessor, representing St Luke's, which provides services through its partner Cabot Westside, talked to Hispanic News of the importance of the levy's continuation.

"The health levy is one of the largest supporters of our facility and without it would be very hard to provide quality care to over 17,000 patients' visits. Through the health levy we are able to provide all the complete dental and medical care. We are able to see patients that ... would not be able to do their preventive care. Would not be able to get their diabetes or hypertension treated, which leads to even worse chronic disease ... which is a bigger burden on the community or on hospitals."

Cessor reiterated that the levy extension is not an additional tax. "It is a continuation. It is not asking people to do anything more than what they have already been doing and that is helping to support the safety nets." She pointed out that the support is crucial as state systems begin to move into the affordable health care act era.

Enrique Chaurand Jr., chief communication and government relations officer for Swope Community Enterprises, made the same case. "This is vital because a lot of the money we get from this particular levy goes to support other kinds of services that we cannot get funding for from the federal government. Things like behavioral health,



Cabot Westside Clinic Liz Cessor and Enrique Chaurand Jr. with Swope Community Enterprises say it is important that the voters of Kansas City renew Question 1. The people of Kansas City have a history of really being great at giving back and helping their fellow citizens and renewing this health levy will do that very same thing," said Chaurand.

Cabot Westside Clinic Liz y sucesor Enrique Chaurand Jr. con Swope Community Enterprises dicen que es importante que los votantes de Kansas City renovar la pregunta 1. La gente de Kansas City tienen una historia de ser realmente grande a retribuir y ayudar a sus conciudadanos y la renovación de este impuesto de la salud hará que muy lo mismo ", dijo Chaurand.

mental health kind of issues - that is vital for this community ... particularly with all the recent shootings and violence that is going on. There is a lot of focus on mental health. We probably see three or four thousand people a day on that side, which amounts to about 100,000 visits in a year."

Chaurand added, "This helps us to see the whole person. Four dollars to help a fellow Kansas Citian in need, I think is an investment that is wise. ... The people of Kansas City have a history of really being great at giving back and helping their fellow citizen and renewing this health levy will do that very same thing."

Bluford noted that the health levy only covers a portion of the \$129 million of uncompensated care the hospital provides. "I know I speak for all the safety net providers in the room when I say we would not be able to continue to offer the same level of quality treatment and care without these funds. "

Michelle Fowler related her personal story as she appealed for support of the levy during the conference. Five year ago she started her own business. Nine days before private insurance was to take effect she suffered a ruptured appendix and her new

policy was cancelled. She tried to get insurance through her business but was denied due to a pre-existent condition. After piling up \$45,000 in medical debt she turned to Northland Healthcare Access. She was able to get her surgery and stem her growing debt and was able to start paying back her medical bills.

"When you don't have the option of going to a doctor and you don't have insurance, the stress and anxiety aggravates and makes everything much worse. To have the ability to pick up a phone and see a doctor when you need one and not figure out how am I going to pay off all this debt and then shell out 165 dollars to go to a doctor to get antibiotics because I know I have a sinus infection. For most of the people in these programs there is a misperception that they are lazy people who don't work. I have two jobs, I work very hard. ... I employ about a half dozen women who work part time that are stay at home moms. This is part time and it works around their schedule. Without being able to go see a doctor and get the care I needed I would not be able to do everything that I do. ... These are people in your community that need your assistance."

capaces de que su diabetes o hipertensión sea tratada, lo que lleva a algo peor, a una enfermedad crónica, lo que es una carga más grande en la comunidad o en hospitales".

Cessor reiteró que la recaudación del impuesto, no es un impuesto adicional. "Es una continuación. No pide que la gente haga algo más que lo que han estado haciendo ya, y esto es ayudar a apoyar a las redes de protección". Ella indicó que el apoyo es crucial, ya que los sistemas estatales comienzan a moverse en la era de la asistencia médica económica.

Enrique Chaurand, jefe de comunicación y oficial de relaciones gubernamentales para Empresas de la Comunidad Swope, dio las mismas razones. "Esto es esencial porque mucho del dinero que conseguimos de este impuesto en particular, va para apoyar a otras clases de servicios para los cuáles no podemos conseguir la financiación del gobierno federal. Cosas como salud conductual, temas en relación a la salud mental - que es esencial para esta comunidad en particular, con todos los disparos recientes y la violencia que esta pasando. Hay mucho enfoque en la salud mental. Probablemente vemos a tres mil o cuatro mil personas por día en ese aspecto, que equivale a aproximadamente 100,000 visitas en un año".

Chaurand añadió, "Esto nos ayuda a ver a la persona completa. Cuatro dólares para ayudar a un ciudadano compañero de Kansas en necesidad, pienso que es una inversión sabia. La gente de Kansas City tienen una historia

de ser realmente estupendo en retribuir a la comunidad y ayudar a su conciudadano, y la renovación de éste impuesto de la salud, continuará haciendo ésto mismo".

Bluford notó que el impuesto de la salud sólo cubre una parte de los \$129 millones de dólares del cuidado no compensado que el hospital proporciona. "Sé que hablo por todos los abastecedores de protección de la red que están presentes, cuando digo que no seríamos capaces de seguir ofreciendo el mismo nivel de tratamiento de calidad y cuidado sin estos fondos".

Michelle Fowler relato su historia personal durante la conferencia, cuando hizo un llamado al apoyo del impuesto. Cinco años atrás cuando comenzó su propio negocio, nueve días antes de que el seguro privado, debió haber entrado en vigor, sufrió de una ruptura de apéndice y su nueva póliza se canceló. Trató de conseguir el seguro a través de su negocio, pero se le negó debido a una condición preexistente. Después de acumular \$45,000 dólares en deuda médica, se dirigió al Acceso de Asistencia Médica Northland. Ella fue capaz de conseguir su cirugía, contener su creciente deuda y fue capaz de comenzar a pagar sus cuentas médicas.

"Cuando usted no tiene la opción de ir con un doctor y no tiene seguro, el estrés y la ansiedad se agravan y hacen todo mucho peor. El tener la capacidad de recoger un teléfono y ver a un doctor cuando usted necesita uno y no tratar de pensar en cómo yo voy a pagar toda esta deuda, y luego pagar \$165 dólares

hn FYI

Por JASON ALDERMAN

Los desastres naturales son inevitables, imprevisibles y, por lo general, suceden sin previo aviso. Parece no haber parte del mundo que se salve, ya sean huracanes, terremotos, tornados, sequías o inundaciones. A pesar de que estas catástrofes no siempre puedan predecirse, a menudo se pueden predecir sus consecuencias, como pérdida de bienes, interrupción del servicio eléctrico o de agua, escasez de alimentos y provisiones u organizaciones de apoyo que no dan abasto.

El huracán Sandy nos recordó porqué es tan importante crear un plan familiar para casos de desastres. Planificando con tiempo y sabiendo lo que podría necesitar en determinadas circunstancias, usted puede ahorrar mucho tiempo, dinero y problemas.

La Agencia Federal de Administración de Emergencias (FEMA) ofrece buenas sugerencias para desarrollar un plan de emergencia familiar, armar un kit de provisiones de emergencia, y aprender qué hacer antes, durante y después de una emergencia – hasta un plan para las mascotas de la familia (www.fema.gov).

Una vez garantizada su seguridad física, inevitablemente tendrá que acceder a importantes registros financieros y legales, ya sea para presentar reclamos en la compañía de seguro, solicitar un préstamo o, simplemente, retirar dinero en efectivo. Tomar estas pocas medidas ahora, facilitará mucho el acceso a la información cuando llegue el momento:

By JASON ALDERMAN

Natural disasters are inevitable, unpreventable and often come without warning. No part of the world seems to be spared, whether it's a hurricane, earthquake, tornado, drought or flood. Even though such catastrophes can't always be predicted, their likely aftermaths often can, including property loss, power or water service disruption, scarcity of food and supplies or overtaxed relief organizations.

Superstorm Sandy was a powerful reminder of why it's vital to develop a family disaster plan. By planning ahead and knowing what you might need under dire circumstances, you can save yourselves a lot of time, money and grief.

The Federal Emergency Management Agency (FEMA) offers great suggestions for developing a family emergency plan, building an emergency supply kit, and learning what to do before, during and after emergencies – even a plan for family pets (www.fema.gov).

Once your physical safety has been assured, you'll inevitably need to access important financial and legal records, whether to file insurance claims, apply for loans or simply withdraw cash. Taking these few steps now will make accessing such information much easier when the time comes:

Esté Preparado Para Los Desastres Naturales

Cree un registro con todos los números de cuentas, números telefónicos gratuitos para emergencias, información de contacto y demás claves de su banco, cuentas de tarjetas de crédito, préstamos, pólizas de seguro, servicios y otras cuentas importantes. Actualícela regularmente y guarde copias en lugares seguros y alejados, como en una caja fuerte o con algún amigo de confianza que viva en otra área. También puede enviarse por correo electrónico la lista a usted mismo en un archivo encriptado y protegido por contraseña, guardarla en un CD o pendrive, o usar un servicio de almacenamiento en nube como Dropbox que le permita acceder desde cualquier conexión a Internet.

Realice copias en PDF de sus declaraciones fiscales, pólizas de seguro y documentos legales y guárdelas en otro lugar en la misma forma descripta arriba, por si sus archivos o su computadora se destruyen en un incendio o inundación. Además, haga copias digitales de esas invaluable fotos familiares, documentos y recuerdos que el dinero no pueda reemplazar.

Documente sus bienes. Si alguna vez necesita presentar un reclamo ante una compañía de seguro o reclamar una deducción fiscal por algún bien perdido, robado o dañado, será mucho más fácil si tiene un inventario de todo lo que tiene –fotos o videos son, incluso, mejor. Estas son algunas de las herramientas disponibles:

El Libro de Siniestros, Robos y Pérdidas del IRS (Publicación 584 del IRS) incluye una hoja de cálculo para catalogar y calcular el valor de sus posesiones.

El Instituto de Información de Seguros tiene una aplicación segura de inventario doméstico en línea que le permite acceder a su inventario hogareño en cualquier momento y desde cualquier lugar (www.iii.org).

El sitio web de su compañía de seguro probablemente tenga un formulario de inventario para descargar.

Asegúrese de saber bien qué cubre y qué no cubre su póliza de seguro en caso de desastres naturales. Tal vez necesite cobertura adicional para los daños relacionados con huracanes, tornados, terremotos y otras condiciones climáticas. Además:

Documento todos los daños con fotos o videos antes de comenzar la limpieza o las reparaciones.

Lleve un registro de los gastos en que incurre para evitar otros daños, para el alojamiento temporario o para trasladar sus bienes a un lugar seguro, ya que tal vez su compañía de seguro se los reembolse.

No se demore en presentar su reclamo, ya que las aseguradoras suelen pagar los reclamos por orden de presentación.

La FEMA ofrece información sobre cómo obtener ayuda del gobierno antes, durante y después de un desastre en www.disasterassistance.gov.

En resumen: Desarrolle un plan familiar de emergencia ahora y asegúrese de que todos sepan qué hacer en caso de desastre.

Jason Alderman dirige los programas de educación financiera de Visa.

Prepare Now For Natural Disasters

Create a log of all account numbers, toll-free emergency numbers, contact information and passwords for your bank and credit card accounts, loans, insurance policies, utilities and other important accounts. Update it regularly and save copies in secure, offsite locations such as a safety deposit box or with a trusted friend living in another area. You can also email the list to yourself in an encrypted, password-protected file, save it on a CD or USB drive, or use a cloud-based storage service like Dropbox that will let you access it from any Internet connection.

Make PDF copies of tax returns, insurance policies and legal documents and save offsite in the same manner as above, in case your files or computer are destroyed by fire or flood. Also make digital copies of invaluable family photos, documents and memorabilia that money can't replace.

Document your possessions. If you should ever need to file an insurance claim or claim a tax deduction for lost, stolen or damaged property, it'll be much easier if you have an inventory of everything you own – photos or videotape are even better. A few available tools:

The IRS' Casualty, Theft and Loss Workbook (IRS Publication 584) includes a worksheet for cataloging and estimating the value of your possessions.

The Insurance Information Institute maintains a free, secure online home inventory software application that lets you access your home inventory, anywhere, anytime (www.iii.org).

Your insurance company's website likely contains a downloadable inventory form.

Make sure you fully understand what is and isn't covered by your insurance policies for natural disasters. You may need additional coverage for damage associated with hurricanes, tornados, earthquakes and other weather conditions. Also:

Document any damage with photos or video before you start cleanup or repairs.

Keep track of expenses you incur to prevent further damage, for temporary housing or to move your possessions for safekeeping, as they may be reimbursable under your insurance claim.

Don't delay submitting your claim, since insurers often settle claims in the order filed.

FEMA provides information on how you might be able to get government assistance before, during and after a disaster at www.disasterassistance.gov.

Bottom line: Develop a family emergency plan now and make sure everyone knows what to do when disaster strikes.

Jason Alderman directs Visa's financial education programs.

In the coming days "Question 1" yard signs will be posted throughout Kansas City reminding the voter to vote "Yes" on April 2, 2013. En los próximos días los letreros de "PREGUNTA 1" serán puestos a lo largo de Kansas City recordando a los votantes, votar "SI", el 2 de abril de 2013.



para ir con un doctor y que le den antibióticos, porque sé que tengo una infección de sinusitis. Para la mayor parte de la gente en estos programas, hay una percepción errónea de que son gente perezosa que no trabaja. Tengo dos empleos, trabajo muy duro. Empleo a aproximadamente media docena de mujeres que trabajan a tiempo parcial, y

que son madres que se quedan en casa . Esto es un medio tiempo y funciona de acuerdo a su horario. Si no hubiera sido capaz de ir a ver a un doctor y conseguir el cuidado que necesité no podría hacer todo lo que hago. Ésta es la gente en su comunidad que necesita de su ayuda".

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Kansas City Hispanic News

Public Affairs Coordinator Positions Available

The Mid-America Regional Council (MARC), the bi-state Kansas City area's metropolitan planning organization and voluntary association of local governments, is seeking two qualified individuals for two full-time professional positions in public agency communications. One position will support the agency's transportation programs, including long-range transportation plan development; air quality education and outreach; and the region's homelessness task force. Annual starting salary is \$42,514 to \$53,142, DOQ. The other position will support the agency's community development programs, such as economic research and workforce development, emergency services, Green Impact Zone neighborhood initiative, and Regional Health Care Initiative. Annual starting salary is up to mid-\$50's, DOQ. Both positions include a comprehensive benefits package. For a complete job description, more information about the program, and to apply please visit our website at www.marc.org/jobs. MARC is an Equal Opportunity Employer /M/F/V/D

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*In Loving Memory***Mary Delores Bernal**

Mary Delores Salazar Bernal, 89, of Overland Park, KS died peacefully in her sleep Tuesday, March 5, 2013 at Villa St. Francis Care Center. Mass of Christian Burial will be 11:00 a.m. Friday, March 8, 2013 at Sacred Heart/Our Lady of Guadalupe Church, 2544 Madison Street, KCMO. Burial will be in Mt. Olivet Cemetery. Visitation will be from 9:00a.m. to 11:00a.m. at the church, with rosary at 10:30 a.m. In lieu of flowers, the family request contributions to Villa St. Francis.

Mary was born February 16, 1924 in Kansas City, Missouri to Manuel and Ana Marie (Vasquez) Salazar. She was a mother to seven children and a part time postal worker. When Mary was younger she was very active in her parish. She was PTA president for Sacred Heart Grade School, president of the Altar and Rosary Society. Mary was instrumental in the first Mexicana Fiesta for Sacred Heart parish. She also held various positions for the Lillis High School PTA and was the president of Diocesan Catholic Women, Deanery II. She was preceded in death by her husband Raymond October 16, 2001. Mary's survivors her seven children, Anna Maria Price, Mary Catherine Powell, Henry J. Bernal, Edward R. Bernal, Mary L. Florez, James R. Bernal, and Teresa M. Edwards-Hatcher, 19 grandchildren and 20 great grandchildren. "We're in this together", Ana.

Online condolences may be left at www.mcgilleymidtowndchapel.com

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Solo reclamaciones enviadas por correo y fechadas por el servicio postal el **25 Marzo 2013** o antes pueden ser consideradas para pago en efectivo o alivio de deuda.

Si usted considera que califica para solicitar compensación, por favor llame al Centro de Llamadas para Agricultores y Ganaderos o ingrese a la página web:

1-888-508-4429
www.farmerclaims.gov

El Departamento de Agricultura de los Estados Unidos es un proveedor y empleador que apoya la igualdad de oportunidades.



United States
Department of
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**Educated Pachuco,
I am a friend of a person who is "free-spirited." He is a nice guy but there are people that bully and hurt him and his parents do the same. I am worried about him but don't know what to do. Please help me. Troubled Student**

By
LUIS CORDOBA & KATHY JULIO

Dear Troubled Student,

It seems that you are a good support for your friend and that he is lucky to have you around. Questions like this one trouble me because there are so many young people in this type of situation that need to hear the words that I am about to say.

I understand what it's like to feel different and not fit in. When I was in elementary school, my mom would make bean and cheese burritos for my lunch. And although I loved eating my mom's burritos, I was

embarrassed to eat them at school. That's because the kids would come up to me, laughing and saying that they looked like diarrhea. They then called me names like *Beaner and Burrito Boy*. So every time my mom packed burritos for my lunch, I would throw them away in the school trash barrel. I chose to go hungry rather than have the kids think I was eating dog crap. I thought if I just ignored them, the pain would go away. But it didn't. The anger started to build up inside of me and I started to get into fights at school. Then one day a kid came up behind me and kicked me in the ass. I immediately turned around and started wailing on him. I even blacked out from the rage. My heart and mind was filled with their words of hate towards me.

It wasn't until I read the book, *The Four Agreements*, by Don Miguel Ruiz, that I learned that the power is within me to not take personally what another person says or does to me. Don Miguel writes, "Nothing other people do is because of you. It is because of themselves. All people live in their own dream, in their own mind. ... Even when a situation seems so personal, even if others insult you directly, it has nothing to do with you. What they say, what they do, and the opinions they give are according to the agreements they have in their own mind." In other words, the kids who said and did those hurtful things to me didn't do it because of what I was or who I was. They called me names and bullied me because of their own negative beliefs and ideas of who they thought I was supposed to be. In the case of your friend, let's say that someone shouts out to him, "Hey,

stupid!" Just because someone says this to him, why should your friend believe it? Maybe he tells himself he doesn't believe it. However, if these words hurt him, then at some level he *does* believe he may be stupid. Worse, as he starts to dwell on the hurt of being called stupid, an emotional poison starts to spread into his mind and heart. He begins to suffer the consequences of drinking another person's poison and starts to feel trapped by ever-increasing thoughts of worthlessness and loneliness. This can lead to feelings of anxiety, depression, and, possibly, thoughts of wanting to end his life.

The truth is that we all want to be accepted and loved for who we are. We want this so badly that when someone does or says something negative about us, we get hurt. Then we start to wonder what we did wrong. Our minds start rolling, trying to figure out why anyone would feel that way about us. In the end, we become miserable while the person who gave us the poison moves on with his day. In reality, people, including your friend's parents, are spewing negativity because they are tripping about things that they cannot understand and want to control.

In the end, what difference does it make whether your friend is Mexican, Puerto Rican, Asian, or Indian? So what if he is black, brown, or white? Does it matter if he is gay, straight, or bisexual? And what if he has black hair or is thin or large or short or medium rare? What difference does it make?! We are all children of God and he made us the way we are for a purpose. If we accept that we are all unique and special in our own ways, if we show



love and compassion to others in their uniqueness and specialness, and if we do our best to live in harmony in this world, then we are on the road to living life to its fullest. So tell your friend that he should continue to be the best of himself and to not take personal the ignorant words that people say. IT AIN'T TRUE!

To help your friend begin the journey of living comfortably with who he is, please have him read *The Four Agreements*. With this book he can learn how "taking nothing personally helps you to break many habits and routines that trap you in the dream of hell [that] causes needless suffering." Many of us know the commandment, "You shall love your neighbor as yourself" (King James 2000 Bible, Matthew 22:39). While we accept the importance of loving our neighbor, we completely dismiss the part where God *commands* that we love ourselves. God knows that when we do not love ourselves, we are not able to love others. For you, and your friend, and for all of our friends in this world, let us first remember to accept and love ourselves. Life will be far more peaceful and joyful when we first find love from within.

The Pachuco Educado.

This column is dedicated to helping youth and families. My mission as the Educated Pachuco is to help people of all ages overcome prejudices and stereotypes. My desire is to encourage youth and families to examine life from a new perspective with the hope of motivating all peoples toward positive life change. If you have a question or concern that you are struggling with, please contact me on Facebook at (www.facebook.com/educatedpachuco). I look forward to getting to know you.

The Educated Pachuco.

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Pachuco Educado:

Soy amigo de una persona que es de "espíritu libre". Es un chico agradable pero hay gente que lo acosa y le hace daño, y sus padres hacen lo mismo. Estoy preocupado por él, pero no sé qué hacer. Por favor ayúdeme. Estudiante Preocupado.

Traduce
GEMMA TORNERO

Querido Estudiante Preocupado:

Parece que eres un buen apoyo para tu amigo, y que tiene suerte de que estés ahí para él. Las preguntas como ésta me preocupan porque hay tantos jóvenes en éste tipo de situación, que tienen que oír las palabras que estoy a punto de decir.

Comprendo lo que es sentirse diferente y no encajar. Cuando estaba en la escuela primaria, mi mamá me preparaba burritos de frijoles y queso, burritos para mi almuerzo. Y aunque amaba comer los burritos de mi mamá, me avergonzaba de comerlos en la escuela. Esto es porque los niños se acercaban a mí, riéndose y diciendo que parecían como si fuera diarrea. Entonces me llamaron de diferentes apodos como 'Frijolero' (Beaner) y 'El Muchacho Burrito' (Burrito Boy). Así pues, cada vez que mi mamá empacaba burritos para mi almuerzo, los tiraba en el barril de la basura escolar. Elegí pasar hambre, en vez de que los niños pensarán que me comía la mierda del perro.

Pensaba que si simplemente no les hacía caso a ellos, el dolor se iría. Pero no se fue. La cólera comenzó a aumentar dentro de mí, y comencé a involucrarme en peleas en la escuela. Entonces un día un niño se acercó a mí, y me dio un puntapié en el trasero. Inmediatamente giré y me lo chingué. Hasta me desmayé

de la rabia. Mi corazón y mente estaban llenos de sus palabras de odio hacia mí.

No fue sino hasta que leí el libro, Los Cuatro Acuerdos, por Don Miguel Ruíz, que aprendí a que el poder está dentro de mí para no tomarme personalmente lo que otra persona me dice o me hace a mí. Don Miguel escribe: "Nada de lo que otra gente haga es debido a usted. Es debido a ellos. Toda la gente vive en su propio sueño, en su propia mente. Aun cuando una situación parece tan personal, aun si los otros le insultan directamente, no tiene nada que ver con usted. Lo que dicen, lo que hacen, y las opiniones que dan, son según los acuerdos que tienen en su propia mente". En otras palabras, los niños que me dijeron e hicieron aquellas cosas hirientes hacia mí, no lo hicieron debido a lo que era o a quién era. Me llamaron con apodos y me intimidaron debido a sus propias creencias negativas e ideas de quién ellos creían suponer quien era yo.

En el caso de su amigo, digamos que alguien le grita a él: "¡Oye, estúpido!" ¿Sólo porque alguien le dice esto a él, por qué lo debería creer tu amigo? Tal vez se dice a si mismo que no lo cree. Sin embargo, si estas palabras lo lastiman a él, entonces realmente en algún nivel cree que puede ser estúpido. Aun peor, ya que comienza a obsesionarse extensamente en el daño de llamarse 'estúpido', un

veneno emocional comienza a extenderse en su mente y corazón. Comienza a sufrir las consecuencias de beber el veneno de otra persona, y empieza a sentirse atrapado por los crecientes pensamientos de inutilidad y soledad. Esto puede llevar a sentimientos de ansiedad, depresión, y, posiblemente, pensamientos de deseo de terminar con su vida.

La verdad es que todos queremos que nos acepten y amen por quién somos. Queremos tanto esto que cuando alguien hace o dice algo negativo sobre nosotros, nos hacen daño. Entonces comenzamos a preguntarnos lo que hicimos mal. Nuestras mentes comienzan a rodar, tratando de entender por qué alguien sentiría eso sobre nosotros. Al final, nos sentimos miserables mientras que la persona que nos dio del veneno continúa con su día. En realidad, la gente, incluso los padres de su amigo, lanza negatividad porque quieren salir airoso sobre cosas que no pueden entender y quieren controlar.

Al final, ¿qué diferencia hay si su amigo es mexicano, puertorriqueño, asiático o indio? Así pues, ¿y si sea negro, marrón, o blanco? ¿Importa si es gay, heterosexual, o bisexual? ¿Y si tiene el cabello negro o si es delgado o grande o bajito o poco hecho? ¿Qué diferencia hay?! Somos todos los hijos de Dios y nos hizo de la manera que somos con un objetivo. Si reconocemos que todos

somos únicos y especiales en nuestra manera de ser, si mostramos amor y compasión a otros en su forma única y como seres especiales, y si hacemos todo lo posible por vivir en armonía en éste mundo, entonces estamos en camino a vivir la vida a su máximo potencial. Así que dile a tu amigo que debería seguir siendo lo mejor de sí mismo y no tomarse de manera personal las palabras ignorantes que la gente dice: ¡NO ES VERDAD!

Para ayudar a tu amigo a comenzar el viaje de la vida cómodamente con respecto a quién es, por favor hazle leer Los Cuatro Acuerdos. Con éste libro puede aprender cómo "el no tomar nada personalmente, te ayuda a romper muchos hábitos y rutinas que te atrapan en el sueño del infierno que causa sufrimiento inútil".

Muchos de nosotros sabemos el mandamiento, "Amaras a tu prójimo como a ti mismo" (Biblia del Rey James 2000, Matthew 22:39). Mientras aceptamos la importancia de amar a nuestro prójimo, descartamos completamente la parte donde Dios ordena que nos amemos. Dios sabe que cuando no nos amamos, no somos capaces de amar a otros. Para ti y tu amigo, y para todos nuestros amigos en éste mundo, permítanse primero recordar el aceptarnos y amarnos. La vida será mucho más pacífica y alegre cuando primero encontremos el amor dentro de nosotros.

El Pachuco Educado



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Kansas City Hispanic News

Hugo Chávez, President of Venezuela, Dies In Caracas

Death comes 21 months after it was revealed he had a tumour, and he will be given a state funeral in the capital

By Jonathan Watts, Latin America Correspondent
Courtesy The Guardian

Hugo Chávez at the closing rally of his 2012 election campaign. Despite fears for his health, he won more votes than in any other election. Photograph: Orinoquiaphoto/LatinContent/Getty Images

Hugo Chávez, the president of Venezuela, has died in a military hospital after a long battle against cancer, the vice-president has announced, prompting a wave of mourning in the country he ruled since 1999 with a globally distinctive and influential style of leadership.

The symbol of Latin American socialism succumbed to a respiratory infection on Tuesday evening, 21 months after he first revealed he had a tumor. He had not been seen in public for three months since undergoing emergency surgery in Cuba on 11 December.

He will be given a state funeral in Caracas, likely to be attended by millions of supporters and leftwing leaders from across the globe who have been inspired by Chávez's doctrine of "Bolivarian 21st-century socialism", grateful for the subsidised energy he provided or simply impressed by his charisma.

His death will also trigger a presidential election, which must be held within 30 days, to decide who controls the world's greatest untapped reserves of oil. Chávez's designated successor is the vice-president, Nicolás Maduro, who is likely to face Henrique Capriles, the losing opposition candidate in the most recent presidential election. Until then, according to the constitution, the interim president should be the head of

the national assembly, Diosdado Cabello.

Replacing one of most colorful figures on the global political landscape will be an immense challenge. Born to a poor family on the plains, Chávez became a tank commander and a devotee of South America's liberator, Simón Bolívar. A failed coup in 1992 propelled him into the limelight but it was his ballot box triumphs that made him a inspiration for the resurgent Latin American left and the most outspoken - and often humorous - critic of the US, the war in Iraq and former president George W Bush, whom he described as a "donkey" and a "devil".

Formerly one of the most dynamic political leaders in the world with a globe-trotting schedule and a weekly, unscripted TV broadcast that usually went on for hours, Chávez shocked his countrymen in June 2011 when he revealed that Cuban surgeons had removed a baseball-sized tumor from his pelvic region.

After that, he underwent several rounds of chemotherapy and two more operations in what he described as a "battle for health and for life". His medical records were never made public, prompting widespread speculation about his imminent demise, but he and his supporters insisted he was recovering. Before the presidential election in October 2012, aides claimed he was well enough to complete a full term of office.

During that campaign, Chávez was clearly affected by his illness. But although he made fewer and shorter appearances, he won more votes than in any of his earlier election battles, prompting him to proclaim victory in a "perfect battle".

Fears about his health escalated after he rushed to

Cuba for hyperbaric oxygen treatment on 27 November. Less than a fortnight later, he made a televised address in which he said that doctors had discovered malignant cells that required surgery and urged Venezuelans to vote for Maduro if he was incapacitated.

Since his operation in December, Chávez has been visited by family members and several of his closest political allies, including Fidel and Raul Castro of Cuba, Ecuadorean president Rafael Correa and Bolivian president Evo Morales.

Beyond a set of four photographs released last month that showed a remarkably hearty looking Chavez smiling in a hospital bed and flanked by his daughters, the president has not been seen or heard for three months. This prompted frequent rumors that the president was dead or on life support. The government denied this and said he continued to run the country by writing down his orders.

But officials acknowledged that Chavez suffered multiple complications after his surgery including respiratory infections and bleeding. He had to undergo more chemotherapy and drug treatments and could only breathe through a tracheal tube.

He returned from Cuba on 18 February at his own request, said officials. Since then he has been treated at Carlos Arvelo military hospital in Caracas.

Hopes for a recovery dimmed on Monday, when minister of communications, Ernesto Villegas, said the president's condition had declined due to a "new and serious respiratory infection."

Constitutional questions have been raised by his long hospitalization and absence from public life, which he formerly dominated with dynamic and provocative appearances on his weekly television address, "Hello Mr. President." When he failed to attend his scheduled inauguration on 10 January, the opposition asked who is running the country. The ruling party responded with a rally of more than 100,000 supporters, many carrying banners declaring "We are Chavez."



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ACTIVIDADES ALUSIVAS A LA FESTIVIDAD EN MEMORIA DEL ANIVERSARIO DE LA MUERTE DE MONS. ROMERO

MARZO 3. PELICULA DE MONS. ROMERO Y GUERRA CIVIL . 1:30 PM. Sótano Parroquial

Testimonios de la guerra Civil y Figura de Monseñor

MARZO 8. CHARLA DE MONS. CHAVEZ CON LAS ORGANIZACIONES QUE TRABAJAN EN FAVOR DE LA JUSTICIA, DERECHOS CIVILES, DEFENSA DE INMIGRANTES Y LOS POBRES.

Cancillería de la Diócesis de Kansas City-St. Joseph.. 6 pm

20 W. 9th St. Kansas City. MO 64105

Tema: Rayos de Esperanza y Justicia en mi experiencia de convivir con Mons. Oscar Romero

(Desde su experiencia en la guerra civil y el liderazgo y Fe de Mons. Romero) 1 hr y media

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Auxiliary Bishop of the Archdiocese of San Salvador

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MARCH 3. MOVIE OF MONS. ROMERO AND CIVIL WAR. 1:30 PM. St. Sabina Parish Hall

Civil War Testimonials and The Christian example of Monsignor Romero.

MARCH 8. TALK OF MONS. CHAVEZ WITH ORGANIZATIONS WORKING FOR JUSTICE, CIVIL RIGHTS MOVEMENTS OF IMMIGRANTS AND THE POOR.

Chancery of the Diocese of Kansas City-St. Joseph .. 6 pm

20 W 9th St Kansas City, MO 64105

Topic: Rays of Hope and Justice in my experience of living with Archbishop Oscar Romero

(As experienced by Mons. Chávez during the Salvadorian civil war and the inspiration of Archbishop Romero's leadership & Faith) 1 ½ hr

MARCH 9. EUCHARISTIC CELEBRATION IN MEMORY OF THE ANNIVERSARY OF THE ASSASSINATION OF MONS. ROMERO. St. Sabina Parish 7 PM

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Bishop Chávez has a strong connection to Romero and has tried to pass on his ideals, principles & legacy to others. He has been the voice of the Salvadorian people after the death of Archbishop Romero and is deeply attached to the suffering of his people and all the people of God. . Mons. Chávez insists "We need martyrs to wake us up" They model for us the Christian ideal of offering one's life on behalf of others.



Ortega's 50th Golden Anniversary



On February 9, 2013, Ben and Carolyn celebrated their 50th wedding anniversary. Families and friends witnessed the couple renew their wedding vows at Holy Family Parish in Kansas City, Missouri in a ceremony officiated by Father Matthew. Also in attendance was the bridesmaid of honor Eva Hernandez and the best man Dave Chacon. The couple, along with a guest list of 27 people, rode around the Plaza in two stretch limos and enjoyed the evening at "Fogo De Chao" Brazilian Steak House. It was a night the couple will remember for years to come.



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