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En la vida, por más difícil que se torne, está siempre en uno la capacidad de estar mejor y ser feliz.

In life, as difficult as it might turn out, the ability to be better and be happy is always within us.

- Francisco Cofré

“Una palabra nos libera de todo el peso y el dolor de la vida: esa palabra es amor.” - Sófocles

“One word frees us of all the weight and pain of life: That word is love.” - Sophocles



¿Cómo se reconstruye un hombre después de un tiroteo?

Francisco Cofré sobrevivió hace 10 años a un ataque armado en Estados Unidos. En ese tiroteo murió su polola de entonces, Racine Balbontín; y él quedó gravemente herido. Estaban allí en un programa de working holiday. Hoy cuenta cómo se reconstruyó a sí mismo, y asegura que ahora quiere difundir su mensaje. “Me molesta mucho la gente que se echa a morir por cualquier problema. Las cosas hay que superarlas, sufrirlas. Yo pude y no me considero un superhéroe”, dice.

FUENTE: “Artículo original de Carlos Matías Pérez publicado en el suplemento Tendencias del diario La Tercera de Chile, el 26 de enero de 2019”.

Francisco Javier Cofré Fernández (35) dice que nació dos veces. La primera, el 2 de agosto de 1983, en la clínica

Los Carrera del tranquilo Quilpué. La segunda, el 19 de marzo de 2009, en el área de cuidados intensivos del Hospital Sagrado Corazón del caluroso Pensacola, en Estados Unidos.

Su segundo nacimiento comenzó a gestarse el 26 de febrero de ese año. Esa noche había asistido a una reunión

continúa en la página 5

How does a man reconstruct himself after a shooting?

Francisco Cofré survived one such shooting ten years ago in the United States. In that shooting his girlfriend, Racine Balbontín, died; and he was seriously wounded. They were there through a Working Holiday program. Now he tells how he built himself up, and now he wants to broadcast his message. “It upsets me when I see people who feel like dying at every problem. Things need to be overcome, suffered. I was able to do that and I don't consider myself a superhero,” he said.

OURCE: “Original article by Carlos Matías Pérez published in the supplement Tendencias from the daily The Third One in Chile on January 26, 2019.”

Francisco Javier Cofré Fernández (35) says he was born twice. The first time on August 2, 1983 at the clinic

Los Carrera in the quiet Quilpué. The second time on March 19, 2009 in the Intensive Care Unit of Sacred Heart Hospital in warm Pensacola, United States.

His second birth started happening on February 26 of that same year. That night he was at a gathering with

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JOURNEY TO THE HEART OF THE CARIBBEAN
VIAJE AL CORAZÓN DEL CARIBE

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a man cont.

other Chileans who lived in Destin, a beach town in Florida. He had arrived the previous December to work in a program called Working Holiday with his girlfriend, Racine Balbontín. That evening they were having a party when Dannie Roy Baker—a retired US citizen with psychiatric problems and xenophobic ideas—showed up with a shotgun and shot at the group. The attack finished with Nicolás Corp and Racine Balbontín dead, plus three other Chileans wounded. One of them was Francisco Cofré, whose face was wounded and had to spend 21 days fighting for his life in the hospital.

Afterwards came the interviews for newspapers and newscasts around the world. His case was the worst among the survivors of the first hate crime committed against Chileans in the United States. When he was operated to retrieve the bullet in Pensacola, they realized the bullet had entered through the right cheek, traveled across the right side of the head, descended through the neck and was lodged in the back, near the spine. It did not hurt his motor functions, though he lost his sight in the right eye and hearing on the same side. “The doctor that took care of me in the United States said the bullet had made a letter “z” avoiding the main arteries. He didn’t talk about a miracle, but he did say that the trajectory was unexplainable. I don’t see it as a miracle either, but I truly believe I was very fortunate.” says Francisco, while sitting at a coffee shop in Las Condes. He looks to the left to show the scar that crosses the right side of his face. “Today I feel like the happiest and most fortunate man in the world after going through that massacre. That’s why I need to repay the rest of the group.”

Closing the Circle

This ending, a calm man, is the end of the story. Because during these ten years, Francisco had to go through a lot of things. He follows the chronological order and starts to remember that March in 2009, when he woke up at the Pensacola hospital, another beach town in Florida. After the shooting, he had been flown there in a helicopter since that hospital was the best equipped in the region to treat such a complicated case as his.

Then, he only had vague memories of that February 26: the get-together with the other Chileans at a condominium in Miramar

Beach, then at midnight when they decided to go with Racine thinking about a job interview the next day, the shots he heard when they were ready to leave the house. “I saw Racine covering her chest and bending over. It was then that I realized what was happening. I ran and pushed her to the ground trying to encourage her to live. According to the doctors, she must have died seconds after the shot, since it went directly to her heart.” he tells us since now he knows what happened, but ten years ago his doctors chose to delay that information.

“When I was in intensive care, I worried about her. I felt I needed to go to her and give her my energy, to encourage her to get better. Every day I asked about her and was told that she was at a hospital in another city. They did not allow me to check my computer nor watch television. When I was out of intensive care, a psychologist at the hospital was going to tell me, but my father courageously said he would do it. That’s how I found out.” He said.



What did you do after you found out she had died?

I cried and cried; and selfishly, I told my parents that I should have died instead of her. I started looking in my computer for our pictures, the messages that we had sent each other. I cried and cried for hours.

Afterwards, you stayed two more months at the hospital building yourself up physically and emotionally before returning to Chile.

I feel I grew up again at the hospital. I was like a baby. Since the bullet had fractured my jaw, I had to be fed with a pump and I was unable to walk due to the damage to my ear which made me lose my balance. My parents came to keep me company, and with them, I started to learn to walk and eat again. My second birth was during this stage.

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TURISMO

Tourism



Let's Talk About Tourism

By Martin Owen

Back in 2012 I was lucky enough to be invited on a Visit Florida media mission to Europe. The concept behind these missions is to educate the overseas media and tourism industry about all the great things to do in Florida. This trip included 10 tourism people representing destinations across the whole state. Most of the places were familiar to the Europeans - Miami, Fort Lauderdale and Orlando for example - but the Northwest Florida Gulf Coast left most of the people we visited scratching their heads. In the end we developed a quick phrase to help them position us. "We're in a different time zone than the rest of Florida; We're closer to New Orleans than we are to Orlando; We eat grits (at least some of us do!) and we celebrate Mardi Gras".

That last fact usually did the trick. The people on the other side of the 'Pond' were familiar with carnival in Venice, Italy and Rio de Janeiro in Brazil. They knew about Fasching in Germany and even the UK has its 'Pancake Day'! Everybody was aware of Mardi Gras in New Orleans, but most didn't know that Fat Tuesday is an event right along the Northern Gulf Coast.

The first Mardi Gras in North America happened in Mobile, Alabama in 1703. At that time Mobile was the capital of Louisiana and Frenchman Nicholas Langlois wanted to replicate the celebrations he was familiar with from his home in France.

New Orleans caught up some fifteen years later, and that's the one that has got all the limelight more recently.

What's this got to do with tourism? Well, not only is Mardi Gras along the coast an excuse to bring in tourists to our area, but it's a great reason to do a bit of traveling yourself.

Some of the mystic societies or Krewes start their preparations for Mardi Gras in November and also stage New Year's Eve balls. Others kick things off around twelfth night (January 6) with parades, balls and king cake parties.

Mardi Gras parades begin along the coast as early as January. Fort Walton Beach's Mardi Gras Parade on Okaloosa Island seems to be aimed at the Snow Birds visiting from the north and brings color to the Emerald Coast. However, most of the Fat Tuesday activity really kicks off about two weeks before Mardi Gras itself. This year Fat Tuesday is March 5. Of course, the actual date depends on when Easter falls so can be any time in the early part of the year.

As well as Mobile and New Orleans, parades and celebrations happen in Pensacola, Destin (in fact HarborWalk Village in Destin seem to have a Fat Tuesday parade every week, even in the summer!), Pensacola, Gulf Shores and Orange Beach in Alabama, and Biloxi in Mississippi. The whole of Louisiana celebrates Mardi Gras naturally, and balls and parades happen in Washington DC and Orlando too. Any excuse for a party!

What can the you and the tourists expect? Parades of course, with floats, outrageous costumes, moon pies and bead throwing. It's said that Mardi Gras in New Orleans is the best free party on earth. Check on the internet for the parade schedules in your city of choice. Some restrict celebrations to March 5 alone, but Mobile and New Orleans have parades almost daily in the lead up to the big day.

Each Krewe has its own theme and the members of the societies spend months working on their floats and costumes. There are the traditional Krewes like Bacchus, Endymion, Proteus and Orpheus, but also more off-the-wall societies like the Krewe of Chewbaccus which themes itself off the Star Wars character and the Krewe of Barkus, which is all about dogs, and the dogs march in the parade! They're all well worth seeing.

And course there are the Mardi Gras Indians. These are based on Native American Indians and are more correctly referred to as Tribes, rather than Krewes. The costumes that the Indians wear are magnificent and take all year to create. The costumes are so

lavish that there's a museum in NOLA dedicated just to them.

Talking of museums, New Orleans have quite a number dedicated to Mardi Gras and the associated culture. They are something else to include in your visit planning.

No matter where you're planning on visiting to celebrate Mardi Gras, food is an important part of the event. The whole idea of Fat Tuesday, no matter where in the world it's being celebrated, is to finish off all the 'fat' food in the house before the fasting of Lent. The King Cake is the embodiment of this,

being rich and invariably fattening. The origin of the cake goes back to Christian festival of Epiphany (January 6, or Twelfth Night) when the Magi, or three kings, visited the Christ Child. Buried inside the cake is a small figure. This in itself was based on a tradition from the Roman feast of Saturnalia - it all gets VERY complicated. Anyway, if you find the 'king' figure, you have to supply the next cake, so beware!

If you're involved in tourism, tell all your guests about Mardi Gras along the Gulf Coast. You'll be doing them a favor. And for you? It's a great excuse to party.



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un hombre cont.

de chilenos que vivían en Destin, un balneario de Florida. Había llegado en diciembre del año anterior a trabajar en un programa de working holiday junto a su polola, Racine Balbontín. Esa noche estaban de fiesta, cuando Dannie Roy Baker, un jubilado estadounidense con problemas siquiátricos e ideas xenófobas, apareció con una escopeta y disparó. El ataque terminó con Nicolás Corp y Racine Balbontín muertos, además de tres chilenos heridos. Uno de



ellos fue Francisco Cofré, quien recibió un disparo en la cara que lo tuvo 21 días luchando por su vida en el hospital. Luego vinieron las apariciones en portadas de diarios y noticieros de todo el mundo. Su caso era el más grave entre los sobrevivientes del primer crimen de odio dirigido a chilenos en Estados Unidos. Cuando lo operaron en Pensacola para sacarle la bala, se dieron cuenta de que ésta había ingresado por el pómulo derecho, cruzó la cabeza, bajó por el cuello y se alojó en la espalda, muy cerca de la columna. No le causó daño en sus funciones motoras, aunque sí la pérdida de visión en el ojo y de audición en el oído de ese lado de la cara. “El médico que me trató en Estados Unidos dijo que la bala hizo una ‘z’ burlando las arterias principales. No habló de milagro, pero sí que la trayectoria no tenía explicación. Yo tampoco lo veo como un milagro, pero sí creo que soy muy afortunado”, dice Francisco, sentado en un café de Las Condes. Mira hacia la izquierda y deja ver la cicatriz que le cruza un lado del rostro. “Hoy me siento el hombre más feliz y afortunado del mundo después de la masacre que pasé. Por eso le tengo que retribuir al resto”.

Cerrar el círculo

Este desenlace, el de un hombre en calma, es el final de la historia. Porque durante estos 10 años Francisco tuvo

que pasar por muchas cosas. Él se ajusta al orden cronológico y empieza a recordar ese marzo de 2009, cuando despertó en el hospital de Pensacola, otro balneario de Florida. Allí lo habían llevado en helicóptero después del tiroteo, ya que era el mejor equipado de la región para tratar un caso médico complejo como el suyo.

Entonces sólo tenía recuerdos vagos de ese 26 de febrero: la reunión con otros chilenos en un condominio de Miramar Beach, la medianoche cuando decidieron irse con Racine pensando en una entrevista de trabajo al día siguiente, los disparos que empezó a escuchar cuando ya iban a salir de la casa. “Vi a Racine tapándose el pecho y agachándose. Ahí me di cuenta de lo que estaba pasando. Corrí hacia ella y la tiré al suelo. Le daba ánimo. Según los doctores, ella tiene que haber muerto a los segundos del disparo que fue certero al corazón”, cuenta sobre un desenlace que sabe hoy, pero que hace una década los doctores prefirieron ocultárselo en un principio.

“Cuando estaba en riesgo vital, me preocupaba por ella, sentía que tenía que ir a entregarle mi energía, a alentarla para que saliera adelante. Preguntaba todos los días y me decían que estaba en el hospital de otra ciudad. Tampoco me dejaban revisar mi computador ni ver televisión. Cuando salí de riesgo vital, una psicóloga del hospital me lo iba a decir, pero mi papá valientemente dijo que él quería hacerlo. Así lo supe”, dice.

¿Qué hiciste después de saber que ella había muerto?

-Lloré harto; y egoístamente le dije a mis papás que habría preferido morirme. Empecé a ver en mi computador las fotos con ella, los mensajes que nos habíamos mandado. Lloraba y lloraba, por horas.

Luego estuviste dos meses más en el hospital, rehabilitándote física y emocionalmente antes de volver a Chile.

Siento que en el hospital crecí de nuevo. Era como una guagua; como la bala me fracturó la mandíbula, me alimentaban con una bombilla y no podía caminar por el daño al oído que me hacía perder el equilibrio. Mis papás viajaron para acompañarme, y con ellos tuve que aprender a caminar y comer de nuevo. Mi segundo nacimiento fue en esta etapa.

continúa en la página 11



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Praying for Our Needs When Others' Are "Far Worse"

By Sheryl H. Boldt - TodayCanBeDifferent.net

The following is a true story:

When Hurricane Michael swept through the Gulf Coast of Florida in October 2018, my home stood directly in its path. My husband and I prayed for God to spare our home, our city, and our state. When the waters receded, we rejoiced to see that our home had survived. Unfortunately, not all our neighbors were so fortunate. As Bert and I thanked God for his mercy to us, sympathy for our neighbors tinged our joy.

This experience has caused me to re-examine the way I respond to life as it relates to my relationship with God. I asked myself, is it wrong to rejoice when others are suffering? And is it wrong to pray for "small" requests like making a sale at work when others are praying for loved ones battling serious illnesses or addictions?

Do you ever feel guilty "bothering" God about helping you achieve a work-related goal when your neighbor is praying for his daughter to be healed of cancer? Or realizing that while you're thanking God your house remained intact during a hurricane, your neighbor, only a block away, would love to be thanking God for the same miracle? When we struggle with these or similar feelings, is it because we believe our needs are only important to God if they're weightier than everyone else's? Or that our less-critical requests should be put on hold or not presented at all – ever? And what about when our promotion comes through or our home is spared? Should we feel guilty because others weren't as fortunate?

While we never want to disregard another's time of anguish, we also never

want to disregard the One Who knows our needs even before we ask Him (see Matthew 6:8). God wants (indeed, expects) us to go to Him when we need His help. And when He blesses us, He finds great delight in seeing our joy.

Think of it this way: Don't those of us who parent multiple children care about every struggle each child faces? And when one of them has been blessed with good news, don't we enjoy seeing that child's happiness?

Or do we only care about the child with the greatest need? And rebuke the one who celebrates good news because their sibling (or relative or classmate) has suffered a loss or disappointment? Of course not.

Compassionate people want to be there and respond with sensitivity to those who suffer, especially when our circumstances turn out better than theirs. But it wouldn't be practical, biblical, or relationally healthy to weigh the needs of everyone around us whenever we consider going to God with a prayer request. There will always be more serious needs bombarding heaven. Thankfully, God is bigger than any (and all) needs we have. Unlike an ER physician who triages every patient and treats them in order of seriousness, God has the ability to hear and respond to every request we make – all of us, all at the same time. This is why we can boldly (and frequently) approach His throne to ask for help – and freely thank Him for His blessings.

Sheryl H. Boldt is the author of the blog, www.TodayCanBeDifferent.net. You can reach her at SherylHBoldt@gmail.com.

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A Valentine to Title I Teachers

By Deborah DeSilets

My father believed in education; and above that he trusted me to the Nuns to assess my conduct—that being the most important part of my report card. My father, an elementary school coach, knew that for teachers to teach, students had to obey the rules. Dad would let me know quickly how displeased he was if a conduct report was low. Mom knew that teachers were important and encouraged me to give my teachers thanks. For sure my teachers knew my parents were on their side. With the teachers, my parents and a good attitude toward school work I learned and my character in life was formed. Today I still thank my teachers for that partnership with me and my parents, and the charity of the Blessed Sacrament, Trinity Catholic, in Tallahassee in allowing a discounted school tuition for a family of seven. So, when I was asked recently to attend a meeting for The Character Center in Tallahassee, it resonated with me.

The Character Center and the Character Kids programs were started in Tallahassee, Florida by Zack Richardson, who is joined by his wife Selena in all efforts. It was visionary that Zack Richardson's passion for helping kids turned him to a life of service. It was his vision to create a center with educational mascots that could rival Disney—make learning fun! Zack even developed “character shows” for his five “mascots— Big Headed Beaver, Fearless Fox, Talkative Turtle, Rude Rabbit and Pew Wee Pig!” The character-building skits told stories akin to a modern Aesop's Fables by exacting life lessons. Those lessons and Zack's vision has expanded over the past 15 years to keep up with the growing needs. The mascots have given way to sharper pencils as the needs for meeting ACT and SAT test scores are crushing and overwhelming.

Today “The Character Center” has an office on Capital Circle, and they are active in Leon County Schools working cooperatively with “21st Century, a federally funded after school program. Presently at Bond, Oak Ridge, Apalachee, Fairview and Rickards; “The Character Center” serves 90 at risk children in K-5th grade, and “Character Kids” serves 100-125 at risk students in 6th-12th grade. The success



of this work now is being on site as The Character Center can tap into school teachers; ask them questions about how the class work is structured; and transportation is no longer an issue for parents. Intensive foundational learning can be accomplished from 3:30-5:00PM each day. This added dedication and commitment to one-on-one tutoring is invaluable in filling the gap, and also provides the “consistency” that equates to increased student academic gains. However, the Character Mascots are always in the background promoting character as the primary foundation for success. Filling the gap takes time and dedication. For 15 years, Zack and Selena are making a difference in the lives of deserving children in public schools and they deserve a Special Valentine's thanks!

My two years of teaching—and only two—I taught in Miami, Florida at DASH after Hurricane Andrew had just ripped the lives apart of many children. While as an architect I was able to help the migrant camps in Homestead architecturally, and helped the children of the storm in the classrooms come to grips with their fragmented lives. That was exhausting work because vital needs were missing and home were makeshift. Thinking back about migrant children, I recently spoke with Dr. Maria I. Pouncey, PAEC, Administrator for Instructional Services, who oversees 17 school districts' Title I Part C Migrant Education Program and also the ESOL Title III program in Gadsden County. Maria oversees support for 561 ESOL students in Gadsden and a varied number of migrants as this is seasonal – in year's past, migrant school children have been as many as 500. Currently the numbers have shrunk due to crop production. Maria's directive is “to ensure that all children have the

continued next page



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Tallahassee Community College Foundation Announced Two New Gifts



TALLAHASSEE, Fla. (January 30, 2019) — Heather Mitchell, executive director of the Tallahassee Community College Foundation, announced two new gifts and an important partnership at the January 28 meeting of the Tallahassee Community College District Board of Trustees.

Dr. John and Cecilia Keller generously created the Dr. John and Cecilia Keller Scholarship to provide financial assistance for students enrolled at TCC. The donation amounted to \$25,000 and will be awarded to a Florida resident that is Non-Pell Grant eligible and has a 3.2 or higher grade point average. Mitchell announced that the TCC Foundation will also award the Keller scholarship recipient with a book scholarship.

Rick Kearney of Mainline Information Systems donated \$25,000 to support TCC's Cleaver and Cork event. Cleaver

and Cork is the TCC Foundation's signature culinary experience benefitting scholarships, educational program opportunities and learning facilities. Kearney has been an avid supporter of the TCC Foundation for several years—he has generously funded several student scholarships and two classroom renovation projects at TCC.

TCC also announced its partnership with HERC for TCC's first annual Holocaust Education Week. Holocaust Education week will take place on February 4 – 8, 2019. This year's theme is: Why remember? What is my responsibility?

For additional information, contact Heather Mitchell at mitchelh@tcc.fl.edu or (850) 201-6067.

A Valentine cont.

same opportunity for education; even if it entails some social work—we have to have a heart. As a result, we collaborate with multiple community programs who have become great partners. Our teachers are the frontline for the students: they hear their needs, see their needs, and help to have a deeper reach. A child that is hungry, cold and emotionally distressed cannot learn. It is a balancing act! We all help our families participate in all educational aspects. Support for children is year-round as we provide summer childcare from birth to age two, and summer school for three and up. Today, some of our team workers are some of the children we educated. It has been a labor of love." They are encouraging students to participate in extracurricular activities and are helping to change the perception many parents feel of being unwelcomed at the schools due to social, cultural or linguistic barriers. Our educators, who see children from all walks of life, and who work in Title I schools deserve a Valentine as well!

The most formative years in a child's upbringing - begin in school. Title I students start with less opportunities and resources than peers. As is the case for non-English speakers and/or migrant

farm worker students, with reading that is impeded by lack of English, lack of continuity of study, missing too many days of school due to mobility and economic demands that are the norm. There is a lot of change in our 21st Century; and education is vital to this change. Considering all changes, we must understand first that the human aspects will still be the same. Education requires a full compliment of support in the home and community: food, shelter, encouragement and love. This Valentine's Day let's give thanks to our Title I teachers for filling the gaps with dedication and joy.

My mother and father gifted this to me. And I am thankful for that. So today Mom, if I had to bring a teacher a Valentine, it would be to the teachers working with our Title I Children: Zack and Selena Richardson and Dr. Maria Pouncey. A big thanks to them for continuing the work that is so vital to good learning and doing it with love.

Anyone needing assistance or referrals may reach out to: Maria Pouncey at Maria.Pouncey@paec.org or Selena Richardson at 1charactercenter@gmail.com.



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HolaHolaHola Beautifuls!

By Bohemian Babushka

Enamorados. Aunque Babushka's been married 3 times and romanced plenty, write on that aspect? JU SO FONII!! Today we speak on something different.



BB takes daily life and being grateful for it very seriously. Those of you who follow Babushka on social media know that at noon is posted #GSOG #GigaSecondOfGratitude #GospelOfGracias. This is where a quick shout out to life is shared. It could be for anything, everything. This is what is wished for you this year Beautifuls-to be grateful for life and all it's adventures. Hoy BB shares her first adventure of the year.

Babushka started 2019 off with a hosted visit to SeaWorld, on Three Kings Day. Reyes, celebrated by a major Florida theme park. Think about this Beautifuls. Via the US Census, Latinos in the summer of 2018 made up 25%

of the states population- yet there had been no dedicated dia to us. Gracias Seaworld. BB went to the inaugural Reyes Celebration last year and wanted to see if they would repeat it. Not only was it repeated, but it was bigger. No puedo decir how happy we were to see more of our culture shared. The foods, the musica, the beautiful sound of our language being spoken, sin pena and often. Families sharing with their little ones the story of the 3 Kings and their memories of childhood celebrations. The best part of the grand day was in the final show. The "warm up" was a latino singer/musician who spoke to the audience in Spanish and sang Christmas songs of their youth. Sin exageration, a BB se le aguaron los ojos, couldn't help getting emotional when a giant auditorium was filled with love of their Navidades Nativos, all joining in song, memorias y longing. Being able to relive the joy and reason of the season, to share with family our ways, our culture, in GRANDE. Because we all know recognition by a major presence vale mucho in the world's eyes, we thank you Seaworld Orlando for the festivities.

Appreciation is love. And there is so much to be appreciative of. Make sure to acknowledge whatever brings you joy. Share that acknowledgement and joy wherever you can. The memory will bring you more joy, and we could all use some of that.

BB2U

BOHEMIAN BABUSHKA
Public Speaker, Actress, Writer, Travel & Lifestyle Blogger, Social Advocate Social Media Trainer & Influencer... but her biggest job & joy is being a Groovy GRANDMA.

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LIDERAZGO Y EMPRENDIMIENTO

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Life is about the Transitions and Choices We Make

Por Barbara Britt - Barbara Britt, LLC: 850-621-7709; barbarajbritt@gmail.com. Traducido por: Lessie Correa

What keeps us from transitioning? Fear! Understand that we are forever in transition phases in our lives and if we don't embrace it, we can become stagnant, but if we take that giant leap of faith in ourselves, we reap unbound rewards. What type of fear is it that keeps you from venturing out? The fear of failure, of losing everything, of being embarrassed, or not being good enough?

fade, what if I did not create that masterpiece? Who would I be then? The easiest way to put fear of change in its place is to down size it.

How do I start asking the correct questions of myself? Begin with replacing "what" or "how," with an I; focus on action. Through the book QBQ (Question Behind the Question), I found myself and did not like the hesitation I discovered. I

"If we were meant to stay in one place, we'd have roots instead of feet..."

- Rachel Wolchin

Transition has nothing to do with age, gender, wealth, knowledge, or the color of your skin. It is the power within us to want more, to be more, to create and bring others with us. After all we were created to evolve; individuals always developing in the pursuit of building relationships and pathways.

Ask yourself what am I willing to do? Sit down and without thought or questioning bullet your strengths, and desires. No modesty is allowed. What if you were to take personal responsibility, rephrase those questions of doubt that fear causes and replace them with "I can" action words? Then, ask yourself the question behind the question. What if I never let my ideas be heard, what if I let my dreams

diligently not only started to ask myself the QBQ's but have incorporated them in everything I do. Personal Responsibility is a wonderful experience. I no longer wait to blame others, procrastinate (a daily challenge), or allow myself or others to see me as a victim. Now I am asking myself the QBQ's: How can I incorporate my skills and designs into my business? What experiences will I draw from to use in my writing every day?

"WE can't be afraid of change. You may feel very secure in the pond that you are in, but if you never venture out of it, you will never know that there is such a thing as an ocean, a sea."
Joy Bell C.

continued page 27



Leadership Lessons from Mr. Rogers

By Refresh Leadership on October 16, 2018 in Inspiration and Motivation

A primer of instant nostalgia for anyone who grew up within a more than three-decade period spanning 1967 to 2001, Fred Rogers' venerable Mr. Rogers' Neighborhood has become the hallmark of wholesome educational programming for children.

From tying your shoes to standing up against racism and discrimination, each 30-minute episode featured Rogers speaking directly into the camera to his viewers sharing life lessons, stories, and a trip via trolley into the "Neighborhood of Make Believe."

In his own way, Mr. Rogers was truly one of the greatest leaders, and his words and actions that inspired generations of children are just as relevant today for leaders at all levels of business.

"Often when you think you're at the end of something, you're at the beginning of something else."

Once you reach a leadership position, all the hard work, learning, and development

it took to get there doesn't just come to a full stop. The most effective leaders have an insatiable thirst for knowledge and opportunities to continue developing their skills and expertise. For most, finally becoming a leader is just the beginning of the next phase in their journey.

"The greatest gift you ever give is your honest self."

Honesty is an essential quality of great leadership. Employees want to know the people who are leading them can be trusted. In fact, according to the 2017 Society for Human Resource Management (SHRM) Employee Job Satisfaction and Engagement Report, 61% of employees said trust in senior management is very important to their job satisfaction.

"Often out of periods of losing come the greatest strivings toward a new winning streak."

You don't become a leader without experiencing your fair share of failure along the way. In fact, it's often in failure that someone's leadership potential is truly defined. "Failing forward" is a key characteristic of great leadership. Instead of making a full stop and dwelling on what went wrong, learn from the mistake and keep pushing forward with the lessons that were learned. In most cases, you'll come out on the other side even stronger than before.

"We all have different gifts, so we all have different ways of saying to the world who we are."

Teamwork makes the dream work, and the best teams are often comprised of individuals from a broad spectrum of backgrounds, beliefs, work styles, personalities, and more. Obviously, a team needs to be able to work effectively work together, but when everyone is cut from the same cloth, you often lose

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un hombre cont.



-¿Cómo reconstruirse después de una experiencia así?

-Primero, asumiendo que Racine no estaba y no iba a volver. Segundo, nunca preguntándome por qué e había pasado a mí. Fue una masacre que sólo sucedió, crudamente.

En esta historia hay un punto de inflexión. Francisco lo fecha en abril de 2009, poco antes de recibir el alta médica y volver con su familia a Viña del Mar. Se produjo de la misma forma que la mayoría de sus hitos en este proceso: llorando. Fue a visitar a un oftalmólogo que le confirmó que nunca más volvería a ver con su ojo derecho; el nervio óptico tenía un daño irreparable. “No sé si fue tan grave lo que me dijo o fue la gota que rebalsó el vaso, pero me fui a la mierda. No podía dejar de llorar. Volvimos al hospital y mis papás también lloraban mientras me tomaban las manos. Hasta que en un momento se las apreté fuerte y dije: ‘Basta de sufrir. Tengo dos ojos y dos oídos, puedo seguir viendo y escuchando. Hay miles de personas ciegas y sordas’. Desde ese momento me propuse ser y estar feliz”, recuerda.

Pocos días después, cuando pudo abandonar el hospital para volver a Chile, viajó a Destin y visitó la casa donde había sido el ataque.

¿A qué fuiste?

A cerrar un círculo. Eso es parte del proceso de asumir lo que pasó. Hay ciertas ceremonias que necesitas para cerrar círculos.

¿Tuviste más ceremonias así?

Sí, cuando llegué a Chile fui al cementerio y me acosté en la tumba de mi ex polola. Le tengo que haber hablado cosas y hasta hacerle cariño al pasto. Lo tenía que hacer y me dio resultado. Hoy puedo volver a Estados Unidos, al hospital, a la casa donde vivía, al lugar donde me sucedió esto. A lo mejor me voy a emocionar, pero no es algo que me afecte.

¿Nunca te ahorraste la pena?

Nunca. En Viña seguía viendo fotos y cartas de ella. Salía a trotar a la playa, me sentaba en las rocas y me ponía a hablar con Racine. Le pedía soñar con ella, alguna señal.

-¿No tenías miedo a tener sueños que te recordaran el ataque?

-Nunca tuve sueños invasivos, lo que pasa mucho en experiencias postraumáticas. Se lo pregunté a un siquiatra y me dijo que no me pasó por lo asumido que tenía el hecho. Cuando escondes las cosas, cuando haces “borrón y cuenta nueva” o “das vuelta la página”, te va a penar eso que no superaste. Y eso no te permite avanzar.

LAS SEÑALES

El primer terapeuta que vio a Francisco en el hospital de Pensacola se llamaba Matt. “En esa época puedo haber estado un poco deprimido, no tenía ánimo de nada. Era lo normal después de haber vivido una masacre. Matt me motivaba y con él salía en silla de ruedas. Así empecé a recuperarme”, recuerda.

Cuando vuelves a Chile, ¿sigues con el tratamiento?

No. Me contactaron de una entidad de Valparaíso que ayuda a víctimas de temas traumáticos y decidí ir. Pero la psicóloga me vio y dijo que estaba bien. Por eso enfocamos la terapia en un asunto de sanación familiar. Yo sufrí, pero quizás el sufrimiento más grande se lo llevó mi familia. Esa terapia duró un mes.

¿Algún otro tratamiento?

No me negué a nada. Nunca he sido esotérico, pero estaba abierto: llegaban tías con botellas de aceite de noni o mi hermana me cuidaba con reiki. Soy católico, pero ahí me di cuenta que creo más en las energías. Hoy soy el hombre más feliz del mundo gracias a las energías, rezos y buenos deseos de gente de todo el mundo. Me llegaron tarjetas hasta de Indonesia.

¿Qué se necesita para salir adelante?

Esto (dice y dirige el dedo índice hacia su sien). Me di cuenta que la mente es una herramienta tan poderosa que a veces nos juega en contra y yo me preocupé de que me jugara a favor.

¿Esa es la lección aprendida?

Sí. Me molesta la gente que se echa a morir por un problema y habla de “dar vuelta la página”. Las cosas hay que superarlas, hay que sufrirlas. Yo pude y no me considero un superhéroe ni alguien mejor que el resto, soy alguien del montón.

Pero hay situaciones difíciles de controlar, como el odio. El asesino de Racine pasará su vida preso. ¿Cómo enfrentaste tus sentimientos hacia él? Soy muy poco rencoroso. Al tener tan

asumido lo que pasó y preocuparme de que mi vida se tornara igual o mejor que antes, no le podría reprochar nada a nadie. Él es un viejo esquizofrénico que no tenía una cabeza normal. Me podría sentar a su lado, golpearle la espalda y decirle: “Pucha, que pena que estés preso”.

¿Has vuelto a Estados Unidos?

Sí, dos o tres veces. La primera vez debe haber sido en 2013 o 2014, fui por trabajo. Ahora quiero volver al hospital de Pensacola a ver si queda alguien del personal que estuvo conmigo para seguir agradeciéndoles, poder ir a la habitación donde viví dos meses. Tengo recuerdos de gente que se preocupó por mí, que me sonreía, que me mudaba.

UNA MISIÓN

Francisco Cofré trabaja como ingeniero comercial en el sector minero, está casado con Ana María Vargas y tiene dos hijos, Maximiliano (5) y Emilia, de 11 meses. A su mujer la conoció en una reunión social en septiembre de 2009 y ya en diciembre estaban pololeando. “Conocí a la mujer de mi vida. Yo no buscaba a nadie y resulta que me fleché. Fue una situación compleja porque quería mucho a Racine y lógicamente me proyectaba con ella”, cuenta.

¿Mantén contacto con su familia?

Sí, estaba bien unido a ellos y trataba de ayudarlos, hasta un momento en que tuve que desprenderme porque veían en mí a su hija y me absorbían mucho. Un día sus hermanos me dijeron que tenía que rehacer mi vida. Me aproveché de eso y me solté bastante.

Empezar una nueva relación debe haberte generado muchas dudas.

No sabía si lo estaba haciendo bien, porque fue a los pocos meses de haber perdido a mi polola de años. Entonces le empecé a pedir señales a Racine y un día llegó en un sueño. Yo estaba en un prado y ella se acerca contenta. No nos dijimos nada, pero nos abrazamos, nos miramos y me sonrió. Eso me dio tranquilidad y le di el significado de que todo lo que estaba haciendo estaba bien.

¿Pero estabas preparado para iniciar otra relación?

Yo creo que uno tiene que asumir las pérdidas y en ese momento ya lo había hecho. Sabía que no estaba con mi polola, que la habían matado. Sabía que tenía que rehacer mi vida y que no podía cambiar nada de lo que había pasado desde ese momento para atrás, pero sí podía hacerlo hacia adelante.

continúa en página 28

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El Tesoro más Valioso

Por Nelsi Rossi - sanidadespiritual.com

Porque ciertamente te libraré, y no caerás a espada; antes bien, tendrás tu vida por botín, porque confiaste en mí – declara el SEÑOR. *(Jeremías 39:18)*
“Mi vida no sirve para nada. ¡Soy un miserable! ¡Soy un inútil!

¿Ha oído usted a alguien expresarse de tal manera?

¿Se ha detenido usted a pensar qué tan valiosa es su vida ante los ojos de Dios?

Quisiera que por un momento examináramos el valor de la vida que nos ha sido dada por Dios. Y que, por cuanto nuestra vida es de gran estima delante de Él, por consiguiente, somos custodiados, preservados y puestos a salvo.

En el tema que hoy nos ocupa, encontramos tres promesas de parte del Señor, precedidas por un acto de obediencia de parte nuestra.

Promesas:

1. Ser librados
2. No caeremos a espada
3. Nuestra vida será nuestro botín

Acto de obediencia: Nuestra confianza en Dios

Dios siempre le da mucho más a quien le requiere algo. ¿Por qué será que lo hace? Yo me atrevo a asegurar que es Solo por Amor. “Porque de tal manera amó Dios al mundo, que ha dado a su Hijo unigénito, para que todo aquel que en él cree, no se pierda, más tenga vida eterna. *(Juan 3:16)*

Cuando confiamos en Dios, él se compromete a cuidarnos y a librarnos del enemigo. Ciertamente esta es una declaración convertida en promesa. Promesa que no necesita confirmación, porque es una verdad absoluta de absoluto cumplimiento.

Como resultado de nuestra obediencia, lo primero que sucederá es que seremos librados del mal. Segundo, no caeremos a espada (¡Nadie podrá hacernos daño!) y, por último, nuestra vida será nuestro botín. ¡Lo cual indica que nuestra Vida es el mejor de los Tesoros!

**Por un acto de obediencia recibo tres beneficios,
Los recibo de parte de Dios como recompensa.
¿Obedecer a Dios es acaso muy grande sacrificio?
¿No es más bien mi protección para que no perezca?**

**Ciertamente somos librados de las tretas del malvado,
De toda trampa en que nos quiere mantener prisioneros.
Ya del mundo y de sus vicios no somos más esclavos,
Somos libres para adorar a Cristo y seguir su derrotero.**

**Gracias demos al Señor que nos ha dado la victoria,
Él nos libra de toda condenación y mantiene a salvo.
Nuestra vida, el tesoro más valioso hay que guardarlo,
Porque es nuestra gema gratuita, es una preciosa joya.**

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Vida y Destino Internacional | 43-B Nuit, Santa Rosa Beach, FL 32459
Jueves 7:30pm Domingo 11:00am

Centro de Alabanza Destino | 16019 Business | Freeport, FL 32439 | Lunes 7:30pm

Centro de Alabanza Destino | 122 Poinciana Blvd. Miramar Beach, FL 32550
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La Iglesia de Jesucristo de los Santos de los Últimos Días (Mormones)
312 Stadium Drive | Tallahassee, FL | www.lds.org | 850-291-6743 (los misioneros)
Domingo 1pm - 4pm

Iglesia Rey de Reyes | 101 S Adams St. | 850.339.0979
Domingo 11am
Pastor Roberto Flores | Info@ministeriordr.org

La Iglesia Pentecostal Unida Latinoamericana
213 W. 9 ½ Mile Road, Pensacola, FL 32534
Miercoles, 7:30pm, Oración y Enseñanza | Viernes, 7:30pm, Alabanza y Adoración
Domingo, 10:30am, Escuela Dominical
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Mes del Corazón



Por Marcos Otero - Gulf Coast Immediate Care Center,
Fort Walton Beach

Febrero es el mes de San Valentín, el santo del amor. Ya que el amor está en nuestros corazones, hablaremos del corazón este mes. La enfermedad cardíaca es la principal causa de muerte para hombres y mujeres en los Estados Unidos. Cada año, 1 de cada 4 muertes son causadas por enfermedades del corazón.

¿Las buenas noticias? La prevención de enfermedades cardíacas a menudo puede ser tan simple como tomar decisiones saludables y controlar sus condiciones de salud. Este artículo cubrirá la función básica del corazón, los síntomas y la prevención. El artículo web tendrá más información sobre las causas y los síntomas específicos de estas causas.

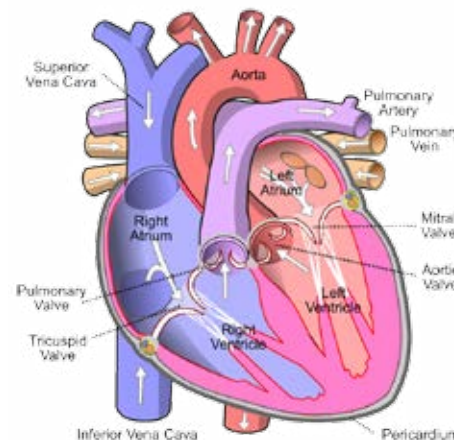
Asegúrese de visitar

www.conexionflorida.com/sintomas-de-la-enfermedad-cardiaca-y-sintomas/ Si desea obtener más información.

Cómo funciona el corazón. Tu corazón es una bomba. Es un órgano muscular del tamaño de su puño, ubicado un poco a la izquierda del centro en su pecho. Tu corazón está dividido en el lado derecho e izquierdo. El atrio del lado derecho recibe sangre del cuerpo y la envía a los pulmones. En los pulmones, la sangre libera dióxido de carbono del cuerpo y se enriquece con oxígeno. El lado izquierdo del corazón, que es el más fuerte, recibe sangre de los pulmones y bombea sangre rica en oxígeno al cuerpo.

Válvulas cardíacas: hay cuatro válvulas unidireccionales entre las cámaras del corazón. Estos trabajan para asegurar los flujos del corazón vayan en la dirección correcta. Para funcionar correctamente, la válvula debe estar formada correctamente, debe abrirse completamente y debe cerrarse herméticamente para que no haya fugas. Las cuatro válvulas son: tricúspide, mitral, pulmonar y aórtica.

Latidos del corazón: un corazón que late se contrae y se relaja en un ciclo continuo. Durante la contracción (sístole), sus ventrículos se contraen, forzando la sangre hacia los pulmones y el cuerpo. Durante la relajación (diástole), los ventrículos se llenan de sangre proveniente de las cámaras superiores (aurículas izquierda y derecha).



Sistema eléctrico: el sistema eléctrico de su corazón lo mantiene latiendo, lo que controla el intercambio continuo de sangre rica en oxígeno con sangre pobre en oxígeno. Este intercambio te mantiene vivo. Los impulsos eléctricos comienzan en lo alto de la aurícula derecha y viajan a través de vías especializadas hacia los ventrículos, enviando la señal para que el corazón bombee. El sistema de conducción mantiene su corazón latiendo a un ritmo coordinado y normal, que mantiene la circulación de la sangre.

Cualquier cosa que afecte a cualquiera de las funciones normales anteriores puede causar enfermedades del corazón. Estos pueden causar síntomas.

Los síntomas pueden incluir:

- Dolor en el pecho, opresión en el pecho, presión en el pecho y malestar en el pecho (angina).
- Falta de aliento.
- Dolor, adormecimiento, debilidad o frialdad en sus piernas o brazos si los vasos sanguíneos en esas partes de su cuerpo están estrechados.

continúa en la página siguiente

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- Dolor en el cuello, mandíbula, garganta, abdomen superior o espalda.

Es posible que no se le diagnostique una enfermedad cardiovascular hasta que tenga un ataque cardíaco, angina de pecho, accidente cerebrovascular o insuficiencia cardíaca. Las visitas regulares a la clínica a veces pueden encontrar problemas cardiovasculares temprano. Estos pueden incluir latidos cardíacos anormales, soplos, etc.

PREVENCIÓN

Ciertos tipos de enfermedades cardíacas, como defectos cardíacos, no se pueden prevenir. Sin embargo, puede ayudar a prevenir muchos otros tipos de enfermedades cardíacas haciendo los mismos cambios en el estilo de vida que pueden mejorar su enfermedad cardíaca, como:

- **Dejar de fumar**
- Controlar otras condiciones de salud, como presión arterial alta, colesterol alto y diabetes
- Haga ejercicio por lo menos 30 minutos al día casi todos los días de la semana
- Coma una dieta baja en sal y grasas saturadas
- Mantener un peso saludable
- Reducir y manejar el estrés.
- Practicar buena higiene

Que tu corazón sea bendecido, saludable y lleno de amor este día de San Valentín.

Asegúrese de visitar www.conexionflorida.com/sintomas-de-la-enfermedad-cardiaca-y-sintomas/

English version page 21

¡Hazlo por tu salud!

Por Kristy Hart



¡Odio hacer ejercicios! ¡Y en toda mi vida nunca tuve éxito jugando deportes! Si corro... ¡es porque alguien me persigue! A pesar de esto, pude regular mi peso y mi salud después de tener a mis hijos. Principalmente porque mi esposo es atlético, se mantiene en forma y ama las verduras. Sin embargo, todo esto cambió cuando llegué a los 40. Mi nivel de energía bajó, la ropa parecía encogerse y necesitaba toneladas de cafeína para terminar el día. No podía gozar de mi esposo y los niños como debía. Todos los días odiaba mirarme en el espejo y vestirme. La preocupación de mi esposo me obligó a llamar al doctor para fijar una cita.

Yo quería un arreglo rápido, pero el médico quería hallar la raíz del problema, no ayudarme a encubrirlo. Al igual que mi esposo, me dijo que comiera comidas mejor balanceadas y eliminara la cafeína porque mi presión era alta. En la siguiente visita, la presión todavía seguía alta. La solución: practicar ejercicios a diario. ¡Eso no era lo que yo quería oír! Aparte de que me disgusta ese tipo de actividad, estaban los factores de tiempo, dinero y conveniencia.

¿Por qué tuve que llegar a esto? ¿Por qué no pude haber sido más proactiva antes de llegar a este punto? El observar

toda la casa me dio algunas ideas. Usando los objetos y los movimientos diarios, pero ahora con otro propósito hago que mi corazón se refuerce. El levantar varias veces un galón de agua que pesa 8 libras hace que mi brazo se canse. ¿Por qué no usar estos movimientos, crear una rutina completa que puedo hacer en mi propia casa sin necesidad de comprar equipo y alejarme de mi familia? Al conversar con Gina y Mackenzie—entrenadores certificados—estuvieron de acuerdo

continúa en página 26

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Por Yvón Rojas



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Un agradecimiento muy especial a nuestros amigos Jorge y Francisca Alanís, dueños de Café Taverna por la confianza depositada en nosotros.

Te esperamos para nuestro próximo evento, sábado, marzo 9, 2019, en Café Taverna para celebrar juntos el Día Internacional de la Mujer. ¡Te esperamos, no te lo pierdas!

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January 10, Joe's Caribe in Pensacola - Hispanics and Friends LINKed (HFL) hosted a business networking social with special guest, Brian Wyer, the President/CEO of the Gulf Coast Minority Chamber of Commerce. He provided an interesting presentation about the chamber's services and plans for 2019. Attendees from throughout the area, including Mobile and Daphne, Alabama, as well as from different cities in Florida participated. The next HFLs will be in Tallahassee on Feb 22 and Mobile on March 12. See related ads in this edition. Join us and **EXPAND YOUR NETWORK!**



Don Whitney, Vice-President of Conexión Media Group, presents a prize to the lucky winner at the FWB Chamber's First Friday Coffee.



AJ Brainerd, of the Carpenter Academy of Irish Dance, wowed the crowd during the FWB Chamber's February First Friday Coffee. He is the Southern Region Irish Dance champion.

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Heart Month

By Marcos Otero -
Gulf Coast Immediate Care Center,
Fort Walton Beach



February is the month of St Valentine. The saint of love. Since love is our hearts, we will discuss the heart this month. Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Preventing heart disease can often be as simple as making healthy choices and managing your health conditions. This article will cover basic heart function, symptoms, and prevention. The web article will have more information about causes and specific symptoms for these causes

Be sure to visit www.conexionflorida.com/category/salud-y-belleza/ If you would like to learn more.

How the heart works. Your heart is a pump. It's a muscular organ about the size of your fist, located a little left of center in your chest. Your heart is divided into the right and the left side. The right-side atrium receives blood from the body and send it to the lungs. In the lungs the blood releases carbon dioxide from the body and enriches with oxygen. The left side of the heart which is the stronger then receives blood from the lungs and pumps oxygen rich blood to the body.

Heart valves - There are four one-way valves in between the chambers in the heart. These work to insure heart flows the correct way. To function properly, the valve must be formed properly, must open all the way and must close tightly so there's no leakage. The four valves are: Tricuspid, Mitral, Pulmonary, and Aortic.

Heartbeats - A beating heart contracts and relaxes in a continuous cycle. During contraction (systole), your ventricles contract, forcing blood into the vessels to your lungs and body. During relaxation (diastole), the ventricles are filled with blood coming from the upper chambers (left and right atria).

Electrical system - Your heart's electrical wiring keeps it beating, which controls the continuous exchange of oxygen-rich blood with oxygen-poor blood. This exchange keeps you alive. Electrical impulses begin high

in the right atrium and travel through specialized pathways to the ventricles, delivering the signal for the heart to pump. The conduction system keeps your heart beating in a coordinated and normal rhythm, which keeps blood circulating.

Anything that affects any one of the above normal functions can cause heart disease. These can cause symptoms.

Symptoms can include:

- Chest pain, chest tightness, chest pressure and chest discomfort (angina).
- Shortness of breath.
- Pain, numbness, weakness or coldness in your legs or arms if the blood vessels in those parts of your body are narrowed.
- Pain in the neck, jaw, throat, upper abdomen or back.

You might not be diagnosed with cardiovascular disease until you have a heart attack, angina, stroke or heart failure. Regular clinic visits can sometimes find cardiovascular problems early. These can include abnormal heartbeats, murmurs, etc.

PREVENTION

Certain types of heart disease, such as heart defects, can't be prevented. However, you can help prevent many other types of heart disease by making the same lifestyle changes that can improve your heart disease, such as:

- **Quit smoking**
- Control other health conditions, such as high blood pressure, high cholesterol and diabetes
- Exercise at least 30 minutes a day on most days of the week
- Eat a diet that's low in salt and saturated fat
- Maintain a healthy weight
- Reduce and manage stress
- Practice good hygiene

May your heart be blessed, healthy and full of love this St Valentine's day.

Be sure to visit; www.conexionflorida.com/heart-disease-symptoms-and-symptoms/ If you would like to learn more.

SUDOKU

The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 4 x 4 box, and the sum of the numbers in each area is equal to the clue in the area's top-left corner.

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FUENTE: The J.M. Smucker Company

Ya se abrió la convocatoria de 2019 para la presentación de solicitudes, y se otorgarán becas universitarias a estudiantes latinos como reconocimiento a su dedicación por obtener una educación secundaria y a su motivación por retribuirle a la comunidad.



ORRVILLE, Ohio, 29 de enero de 2019 /PRNewswire-HISPANIC PR WIRE/ -- Hoy, la emblemática marca de café expreso Café Bustelo® presenta la Beca Café Bustelo® El Café del Futuro en alianza con la Asociación Hispana de Colegios y Universidades (Hispanic Association of Colleges and Universities, HACU). Desde 2014, se han otorgado becas universitarias por valor de \$230,000 a 46 estudiantes latinos de todo el país mediante la alianza. La campaña generó más de 1,500 solicitudes en 2018. En 2019, Café Bustelo® duplicará el total de fondos para becas disponible y otorgará \$100,000 a veinte estudiantes.

Café Bustelo invita a los estudiantes hispanos a presentar un ensayo en inglés o español (máximo de 800 palabras) que describa el efecto que su origen, familia y comunidad han tenido sobre su deseo y motivación por obtener un título universitario; cómo ellos planean retribuirles a sus comunidades y lo que se proponen lograr con el título. Los estudiantes estadounidenses que reúnan los requisitos deben presentar un ensayo para tener la oportunidad de recibir una de las veinte becas por valor de \$5,000 cada una. Todas las solicitudes

que cumplan los requisitos se deben recibir antes de las 11:59 p.m., hora central de Estados Unidos, del 24 de mayo de 2019. Se anunciará el nombre de los ganadores de las becas el 16 de septiembre de 2019, o alrededor de esa fecha.

“Durante 90 años, la misión de Café Bustelo ha sido apoyar a la comunidad latina y reinvertir en ella”, declaró Eduardo Merino, gerente de marca sénior de Café Bustelo. “Retribuirle a la comunidad es parte de nuestro legado y ADN”.

Para la presentación de este año de la beca, Café Bustelo combinó su historial de apoyo a las artes con su orgulloso legado de reinvertir en la comunidad latina. La marca colaboró con cuatro artistas para diseñar una edición limitada de latas artísticas como parte de su Serie de Artistas, y un porcentaje de las ventas se destina a la beca. Las latas artísticas están a la venta en los supermercados de todo el país, hasta que se agoten las existencias.

“Es nuestra pasión darles a los artistas emergentes una plataforma para compartir sus obras a la vez que ayudamos a jóvenes latinos a lograr sus sueños mediante la Beca Café Bustelo® El Café del Futuro”, expresó Merino.

Para consultar la información íntegra y las pautas de la beca, le rogamos visitar aquí.

Café Bustelo está a la venta en los principales supermercados del país, y por Internet en JavaCabana.com. Visite CafeBustelo.com para obtener más información o siga a @CafeBustelo en Instagram, Twitter y @CafeBusteloOfficial en Facebook.

Acerca de Café Bustelo

El legado de nuestro delicioso café y sabroso expreso nació en 1928. Desde entonces, no solamente hemos estado orgullosos de nuestro sabroso e intenso sabor, sino también de nuestra singular y acogedora cultura. Café Bustelo se puede preparar utilizando su método preferido. Disponible en las formas que usted desea, inclusive en las cápsulas K-Cup®.

Acerca de la HACU: La Asociación Hispana de Colegios y Universidades (Hispanic Association of Colleges and Universities, HACU) representa

a casi 500 colegios y universidades comprometidos con el éxito de los hispanos en la educación superior en Estados Unidos, Puerto Rico, Latinoamérica y España. La asociación tiene su sede en San Antonio, Texas, y posee oficinas regionales en Washington, D.C., y Sacramento, California. La HACU es la única asociación nacional que representa a las instituciones que brindan especial atención a los hispanos (Hispanic-Serving Institutions, HSI) existentes y nuevas. Se puede consultar más información en www.hacu.net.

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MARCANDO LA DIFERENCIA

Making a Difference

a man cont.

How did you rebuild yourself after such an experience?

First, I had to assume that Racine was not there and wasn't coming back. Second, I never asked myself why it had happened to me. It had been a massacre that crudely happened.

In this story there is an inflexion point. Francisco dates it to April 2009, a little before being released to go back to Viña del Mar with his family. It was the same way that most of his milestones happened in this process: crying. He went to visit an oftalmologist that confirmed he would never be able to see with his right eye: the optic nerve had been irreparably damaged. "I don't know if it was what he told me or the drop that over... the glass, but I went to shit. I couldn't stop crying. We went back to the hospital and my parents were also crying while they held my hands. After a while, I held their hands tightly and said, 'No more suffering. I have two eyes and two ears, I can keep on seeing and hearing. There are thousands of people who are blind and deaf.'" From that moment on, I decided to be and remain happy," he recalls. A few days later, when he could leave the hospital to go back to Chile, he visited Destin and the house where the attack had happened.

Why did you go?

To close the circle. That is part of the process to recognize what happened. There are certain ceremonies that one needs to perform to close such circles.

Did you have more ceremonies like this one?

Yes, when I arrived in Chile, I went to the cemetery and laid down on the tomb of my ex girlfriend. I talked to her and even caressed the grass. I had to do that and it worked. Now I can go back to the United States, to the hospital, to the house where I lived, to the place where this happened. Maybe I'll become emotional, but it is not something that will hurt.

Did you ever avoid the pain?

Never. In Viña I continued looking at photographs and letters from her. I would jog at the beach, sit on the rocks and start talking to Racine. I would ask her to come in my dreams, or to send me a signal.

Weren't you afraid to have dreams that reminded you of the attack?

I never had invasive dreams which happens often with post traumatic experiences. I asked a psychiatrist and he told me that it didn't happen because I had accepted the fact. When you hide things, when you "erase and create a new account" or "turn the page," you are going to pay for what you didn't overcome. And that doesn't allow you to move on.



THE SIGNALS

The first therapist that saw Francisco in the hospital in Pensacola was named Matt. "At that time I could have been a little depressed, I didn't feel like doing anything. It was normal after having gone through a massacre. Matt motivated me and I would go out in the wheel chair. That is how I started to recover," he recalls.

When you return to Chile, do you continue with the treatment?

No. I was contacted by an organization in Valparaiso that helps victims of traumatic experiences and I decided to go. But when I visited the psychologist, she told me I was fine. So we focused the therapy as a family wellness. I had suffered, but maybe my family experienced the worst suffering. That therapy lasted a month.

Any other treatment?

I didn't refuse anything. I have never been esoteric, but I was open to

everything. My aunts would bring noni oil or my sister would take care of me with reiki. I am catholic, but through this, I realized I believe more in energy. Today I am the happiest man in the world thanks to energy, prayers, and good wishes from people around the world. I received cards even from Indonesia.

What is needed to come out ahead?

This (he says touching his temple with his index). I realized that the brain is a tool so powerful that sometimes it plays against us and I decided that it would play in my favor.

Is that the lesson learned?

Yes. It upsets me when people lie down to die due to a problem and talk about "turning the page." Things have to be

in jail. How did you confront your feelings toward him?

I am not very resentful. When I confronted what had happened and worried about my life becoming the same or better than before, I couldn't reproach anything from anybody. He is an old schizophrenic guy whose head isn't normal. I could sit by his side, pat his back and tell him: "Wow, it's really bad that you are in jail."

Have you returned to the United States?

Yes, two or three times. The first time, must have been in 2013 or 2014, was for work. Now I want to go back to the Pensacola Hospital to see if there still are some of the personnel who were there when I was there so I can thank them. I'd like to visit the room I lived in for two months. I remember people who worried about me, who smiled, and who changed me.

A MISSION

Francisco Cofré works as a commercial engineer in the mining industry, is married to Ana María Vargas and has two children, Maximiliano, 5 years old, and Emilia, 11 months. He met his wife at a social gathering in September 2009 and by December they were in love. "I met the woman of my life. I wasn't looking for anybody and I ended up enthralled. It was a complex situation because I loved Racine a lot and logically I projected with her," he says.

¿Did you keep contact with her family?

Yes, I was very close to them and tried to help them, until a moment came when I had to keep my distance because they saw their daughter in me and they wanted me to spend more time with them. One day, her brothers told me I needed to live my life. I took advantage of their advice and kept my distance.

overcome, they have to be suffered. I did and I don't consider myself a super hero nor someone who is better than anybody else, I am like everybody else, I am one of the many.

But there are hard to control situations, like hate. Racine's assassine will spend the rest of his life

continued page 27

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Survey: Most Businesses Don't Expect 2019 Recession

By Refresh Leadership on December 27, 2018 in Surveys, Polls, and Infographics

76% Don't Expect Recession Over Coming Year; Job Market, Wage Growth Are Positive Signs.

At year end, businesses have confidence in the economy, with most predicting no recession in 2019.

In the December survey of 445 businesses, only 1% of respondents expect a recession in the next three months, while 8% expect one in three to six months.

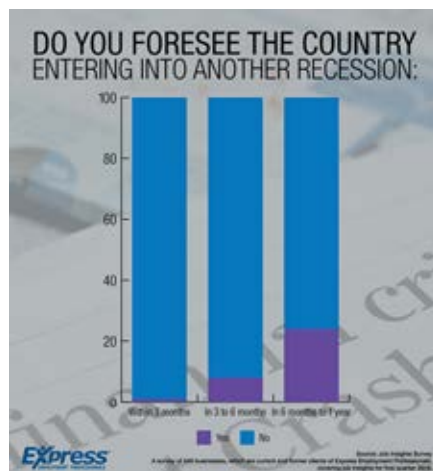
Less than one-quarter (24%) believe a recession will arrive in the second half of the year.

Express experts expect steady growth in 2019. Janis Petrini, an Express Employment Professionals franchise owner in Grand Rapids, Michigan, says fears of a recession are overblown.

“The outlook is very similar to what we expected in 2018,” she said. “Growth and demand continue to remain strong. There is a significant amount of ‘talk’ around a recession or adjustment, but this mostly seems media driven as opposed to hard facts and actual experts within individual industries. Most clients see their own industry remaining strong. There may be some slowdown in the automotive sector, but this will be more of the industry returning to normal as opposed to receding.”

Over in Illinois, Terri Greeno, an Express franchise owner in Crystal Lake, notes that “2018 felt hotter” but that she still sees a “steady, slight uptick after the first quarter.”

According to Shane DeCoste, an Express Employment Professionals franchise owner in Halifax, Nova



Scotia, “There are many positive indicators in a variety of industries that give us reason to believe that 2019 is going to start strong. We are hearing about continued plans for expansion and growth in 2019.”

Examples of such positive indicators include a construction materials manufacturer adding overnight shifts for the first time ever, a food production client tripling space and production capacity, and a leader in the construction and excavation business planning to grow their administrative and frontline staff by over 60% in 2019.

Michael Elliott, an Express franchise owner in London, Ontario, also expects “to see the strong hiring that took place in 2018 to continue into the new year.”

Both Elliott and DeCoste agree that job shortages will continue to be a problem in the new year.

“There is a shortage of job seekers since unemployment rates are so low,” said Elliott. “The biggest challenge for business in 2019 will be attracting and retaining top talent.”

“I know some people are uneasy at the end of 2018,” said Bill Stoller, CEO of Express. “But when you look at the big picture, the economy will begin 2019 on a strong footing. Even with such low unemployment, we have an abundance of jobs to fill, and wages have been on the rise. Clearly, there are concerns about what may happen toward the end of 2019, and there are always

external forces beyond our control. For now, though, I’m predicting a happy economic new year.”

The survey of 445 businesses, which are current and former clients of Express Employment Professionals, was conducted in December 2018 to gauge respondents’ expectations for 2019.



Por el Amor a la Pizza: Domino's Otorgará Puntos de Recompensa por Cualquier Pizza

ANN ARBOR, Michigan, 30 de enero de 2019 /PRNewswire/ -- Domino's Pizza (NYSE: DPZ), la empresa de pizza más grande del mundo basada en ventas minoristas globales, sabe que todas las personas aman la pizza. Les encanta la pizza de Domino's y la pizza que hacen en casa; la pizza de competidores y la pizza hecha con bagels. Hasta la pizza congelada. Y ahora, Domino's celebra todo ese amor por la pizza.

A partir del sábado 2 de febrero, justo antes de unos de los días del año más importantes para la pizza, Domino's empezará a dar puntos de recompensa por TODAS las pizzas que los clientes coman, con su nuevo programa Points for Pies. El proceso es sencillo: los clientes descargan la última aplicación de Domino's, se inscriben al programa de lealtad Piece of the Pie Rewards®, (si aún no son miembros), usan la función de identificación de pizza para escanear su pizza ¡y listo! Los clientes pueden obtener 10 puntos. ¡Cuando un cliente obtenga 60 puntos, puede canjearlos por una pizza mediana con dos ingredientes de Domino's! Todos los detalles se pueden encontrar en pointsforpies.com.

“En vez de hacer publicidad durante el juego del domingo, decidimos invertir en un programa innovador que recompense a todos los que aman la pizza tanto como nosotros,” expresó Art D’Elia, vicepresidente senior y director de marca de Domino's. “Sabemos



que todos se están preguntando, ‘¿Domino's dijo que darán puntos por comer CUALQUIER pizza? ¿Hasta de los competidores?’ Lo leíste bien: Sí ¡lo hicimos!”

Domino's generalmente vende casi 2 millones de pizzas y 4 millones de alitas de pollo el día del año más importante para el fútbol americano, casi 40 por ciento más pizzas que en un domingo común. Los establecimientos se han preparado por semanas y están listos para atender a los clientes durante las horas con más pedidos – justo antes de la patada de inicio y hasta el espectáculo de medio tiempo – algunas de las horas del año más intensas para pedir pizza. Considerando que el año pasado sólo Domino's vendió suficiente pizza para cubrir más de 5,000 campos de fútbol americano, ¿sabemos que hay muchos amantes de pizza que serán elegibles para obtener puntos de recompensa!

Tecnología Nueva

La tecnología es un elemento importante del programa Points for Pies de Domino's. Los equipos internos de Domino's desarrollaron un identificador de pizza que escaneará cada pizza o

continúa la página siguiente



rebanada y después usará software de inteligencia artificial para identificar la imagen como una pizza y así poder otorgar los puntos. La tecnología reconocerá todas las pizzas – no sólo las de Domino's – para recompensas. Lo sentimos, no dará puntos por hamburguesas, sándwiches de pavo o algo más que no sea pizza.

“Esta es la primera vez que Domino's emplea tecnología de IA como esta,” comentó Dennis Maloney, director digital de Domino's. “Esta tecnología realizará el proceso de identificación de pizza y es lo suficientemente inteligente para identificar todas las pizzas, incluso si es una pizza de English Muffin hecha en casa, una pizza hecha con un pan para hotdog relleno o una pizza artesanal. Hasta puede identificar un juguete para perro que tenga forma de pizza.”

Detalles sobre el Programa Points for Pies

Domino's otorgará a los miembros de Piece of the Pie Rewards, puntos de Points for Pies cuando usen la última versión de la aplicación móvil de Domino's para escanear una “pizza o una imagen de pizza elegible” del 2 de febrero al 28 de abril de 2019. Los clientes pueden usar el menú que se encuentra del lado izquierdo en la aplicación para navegar a la sección Points for Pies.

Domino's se ha comprometido a dar a los amantes de la pizza un mínimo de 100 millones de puntos para pizzas

gratis durante las 12 semanas de duración del programa. Los miembros pueden obtener 10 puntos por semana al escanear una pizza y obtener hasta un máximo de 60 puntos a través de Points for Pies. Los puntos de recompensa tradicionales, que se obtienen a través de compras de pizzas de Domino's, se pueden combinar con los créditos de Points for Pies para obtener una pizza de Domino's gratis.

Cada día, estarán disponibles más créditos de Points for Pies. La disponibilidad de puntos puede agotarse durante el día. Sin embargo, esto no significa que dejarán de existir para siempre. Los clientes pueden consultar si hay más puntos disponibles. La aplicación móvil indicará cuando Points for Pies no está disponible y motivará a los participantes a regresar más tarde para reclamar puntos. Los puntos obtenidos a través de Points for Pies vencerán después de seis meses. Para más información, visita pointsforpies.com.

Para ver los comerciales de televisión de Points for Pies, visita <http://www.youtube.com/dominos>. Para más imágenes y videos, así como materiales extras, visita <http://media.dominos.com>.

Acerca de Domino's Pizza®

Fundada en 1960, Domino's Pizza es la empresa de pizza más grande del mundo basada en ventas minoristas globales, con un negocio significativo de pizza tanto en entrega como para llevar.

FEBRUARY 2019

BLACK HISTORY MONTH

The celebration of Black History Month began as “Negro History Week” and it was created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator, and publisher. It became a month-long celebration in 1976. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln. Here are some interesting factoids you may not know:

Thurgood Marshall: The first African American ever appointed to the U.S. Supreme Court. He was appointed by President Lyndon B. Johnson, and served on the court from 1967 to 1991.

George Washington Carver: Developed 300 derivative products from peanuts among them cheese, milk, coffee, flour, ink, dyes, plastics, wood stains, soap, linoleum, medicinal oils and cosmetics.

Madam C.J. Walker: Was born on a cotton plantation in Louisiana and became a self-made millionaire after inventing a line of African-American hair care products. She established Madame C.J. Walker Laboratories and was also known for her philanthropy.

Claudette Colvin: Most people think of Rosa Parks as the first person to refuse to give up their seat on a bus in Montgomery, Alabama. There were actually several women who came before her; one of whom was Claudette Colvin. It was March 2, 1955, when the fifteen-year-old schoolgirl refused to move to the back of the bus, nine months before Rosa Parks' stand that launched the Montgomery bus boycott. Claudette Colvin's stand didn't stop there. Arrested and thrown in jail, she was one of four women who challenged the segregation law in court.

Martin Luther King Jr. improvised the most iconic part of his “I Have a Dream Speech.”: On Wednesday, August 28, 1963, 250,000 Americans united at the Lincoln Memorial for the final speech of the March on Washington. As Martin Luther King Jr. stood at the podium, he eventually pushed his notes aside and gave one of the most powerful speeches in the history of our nation!

Inoculation was introduced to America by a slave: Few details are known about the birth of Onesimus, but it is assumed he was born in Africa in the late seventeenth century before eventually landing in Boston. One of a thousand people of African descent living in the Massachusetts colony, Onesimus was a gift to the Puritan church minister Cotton Mather from his congregation in 1706. Onesimus told Mather about the centuries old tradition of inoculation practiced in Africa. By extracting the material from an infected person and

continued on page 30

¡Hazlo por tu salud! cont.

que estos movimientos refuerzan, entonan y aumentan resistencia. Mi esposo colaboró creando instrumentos originales de varias clases para ayudarme a mantener el ritmo de dichos ejercicios.

A pesar de que me preocupaba por los ejercicios, no podía dejar de cuidar los alimentos que mi cuerpo consumía. Nunca había pensado que los alimentos son nuestro combustible. Michele Moore, dietista registrada, se entusiasmó al formar parte de nuestro equipo y ¡facilitar deliciosas y saludables maneras de comer! Se preocupa de recomendar maneras fáciles que cualquiera puede integrar. Los pequeños cambios son ¡los que crean una gran diferencia!

Unos meses después de haber comenzado los 28 minutos diarios de fiel y enfocada actividad, mi doctor notó que mi presión había bajado. Cansada del trabajo, llegaba a casa para empezar la rutina de ejercicios que me renovaba y preparaba para las responsabilidades de madre y esposa. Mirando fotos anteriores, me dio más ánimo. Puedo ver y sentir los cambios visibles, lo cual aumenta mi confianza en mí misma. Espero que las mujeres de nuestra área usen estos movimientos y comprueben ¡que de verdad funcionan! Un entrenador personal prepara la rutina y las opciones para el grupo. ¡Hasta hemos agregado instrucciones en español y mandarín para así ayudar a más personas! Entérate más en ihometone.com.

English version page 28

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a man cont.

Start a new relationship must have generated a lot of doubts.

I didn't know if I was doing the right thing because it happened a few months after losing my long time girlfriend. Then I started asking Racine to signal me and one day she came in a dream. I was on a field and she approached me very happy. We didn't say anything, but we hugged, looked at each other and she smiled. That brought me peace and I decided that everything was going to be alright.

But, were you ready to start a new relationship?

I think one has to accept losses and at that moment I had already done that. I knew I wasn't with my girlfriend because she had been killed. I knew I had to start living my life and that I couldn't change anything that had happened in the past, but I could change what would happen in the future.

¿Did you feel judged when you started your relationship so soon?

Never. Maybe because the way my friends are and the fact that people love me a lot. They were happy I was happy and approved my decision. Maybe it's questionable how fast everything happened. We have all heard that after the loss of a partner, you must go through the bereavement, but I had suffered a lot. I casually met the person who is now with me and we have a precious family.

Francisco and Ana María decided to get married in 2012. When they went to request a date at the Civil Registrar in Viña del Mar, the first option they were

given was like an epiphany: February 26. "That day keeps showing up. My two children were scheduled to be born on that date. That is why it isn't a negative fact and every February 26 I thank my family, God, my friends and everyone who helped me recover. Now I want to spread this message and demonstrate that, if you want to, you can feel better," he states.

This idea came to him some years ago. At the time he went through one of his seven reconstructive surgeries—six in Chile, one in the United States—that were done to his face and that were impacted by an osteomyelitis, an infection to the medulla, that blocked healing. "I went to a mall with my mother and one person said, "Francisco, it is good you are with us. My family has been following you in the news and you can't imagine how happy we are." Then I realized that I can positively influence people's lives." He says about the project looking for someone who can teach him to structure and better communicate his message.

Then, this second birth conveys a mission?

Yes, if I am alive it must be for a reason. I want my life to be helpful to people who need it. I am looking for the means to accomplish that. I would like to prepare and give talks carrying my message.

And what would be the message?

That in life, as difficult as it might turn out, the ability to be better and be happy is always within us.

Leadership Lessons cont.

the unique perspective, experiences, and expertise individuals from different walks of life bring to the table.

"The child is in me still and sometimes not so still."

Even in the most buttoned-up work environments, great leaders know the importance of indulging their inner child from time to time. Whether it's building up employee engagement and morale through teamwork games and outings or brainstorming a new, creative approach to a difficult project, staying curious and encouraging your teams to have a little fun is often the productivity boost they need to stay focused and moving forward.

Transitions cont.

I leave you with this thought. What you are capable of creating or accomplishing has not even been thought of yet. Don't leave your greatness and strengths behind a closed door of fear. Be a part of the ocean and the sea; they are teaming with life and energy, nourishing and constantly changing the areas around them, swelling in height, filling with light and power.

I am conducting a women's seminar on "Women in Transition" on March 1st, 2019 at the Fort Walton Beach Chamber. The seminar will take place 11:30am-1:00pm and lunch will be provided. Those who can stay longer will be able to participate in breakout sessions that will propel your personal transition. Cost \$30.00. Please go to barbarabritt.com to sign up.

Do it for your Health!

By Kristy Hart

I hate working out! And have never successfully played a sport in my life! If I'm running... something is chasing me! However, I was able to regulate my weight and health after having kids. Mostly because my husband is athletic, fit, and loves vegetables. However, this all came to a screeching halt as I turned 40. My energy level decreased, my clothes were shrinking, and it took tons of caffeine to get through the day. I was unable to be there for my husband and kids as I should have. I hated looking in the mirror and getting dressed every day. My husband's concern led me to call the doctor for an appointment.



I wanted a quick fix, but my doctor wanted to get to the root of the problem, not just help me cover it up. Sounding just like my husband, she said to eat more balanced meals and eliminate caffeine. My blood pressure was running high. In my follow up appointment, my numbers were still high. The solution: add exercise daily! Those were the words I did not want to hear! Besides my dislike for activity, there were also the factors of time, money, and convenience.

Why did it have to come to this? Why couldn't I have been more proactive before getting to this point? Looking around the house gave me some ideas. Using objects and movements I do every day and making them purposeful gets my heart rate up. Lifting a gallon of water, which weighs eight pounds, a few times makes my arm tired. Why couldn't I put these movements together and create a total body workout that can be done in my home without having to buy equipment and leave my family? Reaching out to Gina and Mackenzie, certified trainers, they agree that these movements can tone, strengthen, and build stamina. My husband composed

original instrumentals of various genres to help me keep the pace up.

Although, I was getting the exercise part taken care of, I could not overlook the way I was fueling my body. I had not thought of food as fuel. Michele Moore, registered dietician, was excited to join our team and provide ways to make eating healthy, easy, and delicious! She provides practical ways anyone can integrate. Small changes do make a big difference!

A few months after starting 28 minutes a day of faithful and focused activity, my doctor noted my blood pressure had declined. Coming home drained from the day and working through the routine, got me recharged and ready for my responsibilities as a wife and mom. Looking back at pictures, gave me the most encouragement. I can see and feel visible changes in myself as well as my confidence returning. I cannot wait for all women in our area to try these movements and see that they really work! The routine is customized with a personal trainer and group workout options. We have even added Spanish and Mandarin voiceovers to reach more people! Learn more at ihometone.com.

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un hombre cont.

¿Te sentiste juzgado por empezar otra relación tan rápido?

Nunca. Quizás por la forma de ser de mis amigos y por la fortuna que tengo de que la gente me quiera tanto. Siempre se alegraron por mí y el paso que daba. Quizás es cuestionable lo rápido que me pasó esto. Todos hemos escuchado que después de una pérdida de pareja tienes que vivir tu duelo, pero yo sufrí bastante. Y conocí casualmente a la persona que está conmigo hoy y tenemos una familia preciosa.

Francisco y Ana María decidieron casarse en 2012. Cuando fueron a pedir una hora al Registro Civil de Viña del Mar, la primera opción que se presentó fue una especie de epifanía: el 26 de febrero. "El día se me aparece. Mis dos hijos estuvieron pronosticados para nacer en esa fecha. Por eso, para mí no es un recuerdo negativo y cada 26 de febrero le agradezco a mi familia, a Dios, a mis amigos y a cualquiera que ayudó a que esté bien. Ahora quiero viralizar este mensaje y demostrar que, si uno quiere, puede estar mejor", cuenta.

Esa idea se le ocurrió unos años atrás.

En la época en que transitaba por alguna de sus 7 cirugías reconstructivas -6 en Chile; una en Estados Unidos- que le hicieron en el rostro y que se dificultaron por una osteomielitis, una infección en la médula del hueso que impedía la cicatrización. "Fui a un mall con mi mamá y una persona me dijo: 'Francisco, qué rico que estés con nosotros. Con mi familia hemos seguido todas tus noticias y no te imaginas lo que nos ha alegrado'. Ahí me di cuenta de que puedo incidir positivamente en la vida de la gente", dice a propósito del proyecto para el que busca a alguien que le enseñe a estructurar y comunicar mejor su mensaje.

Entonces, ¿este segundo nacimiento acarrea una misión?

Sí, si quedé vivo fue por algo. Quiero que mi vida tome un sentido de ayuda a la gente que lo necesita. Estoy buscando los medios para eso, me gustaría prepararme y dar charlas para entregar mi mensaje.

¿Y cuál sería éste?

Que en la vida, por más difícil que se torne, está siempre en uno la capacidad de estar mejor y ser feliz.

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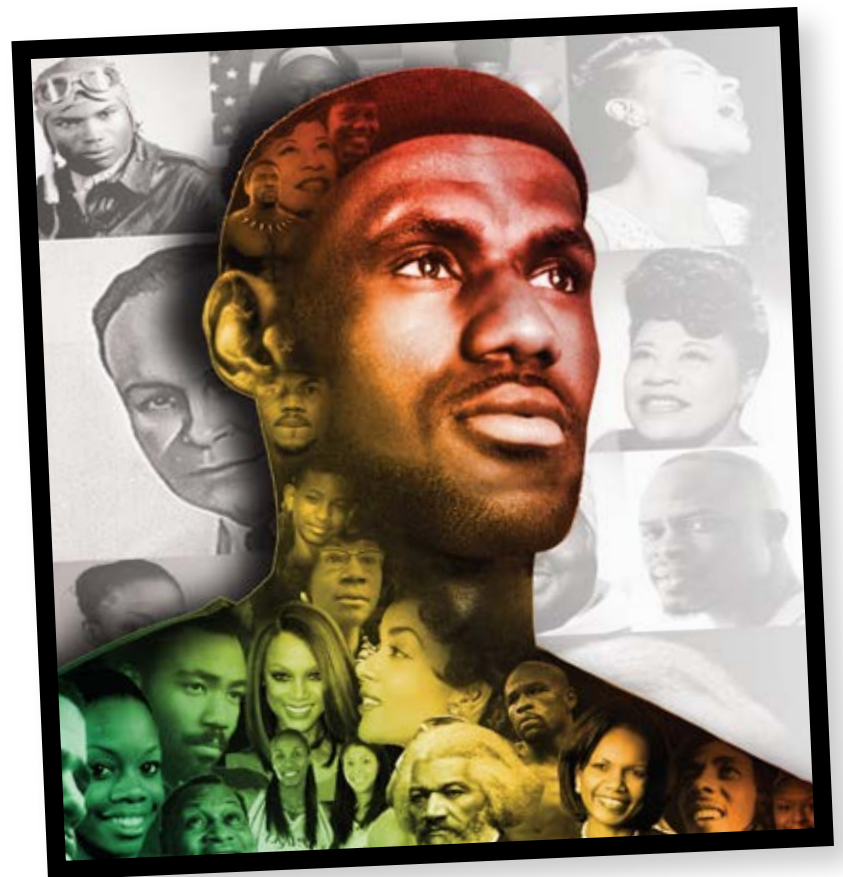
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Black History Month cont.

scratching it into the skin of an uninfected person, you could deliberately introduce smallpox to the healthy individual making them immune.

Onesimus' traditional African practice was used to inoculate American soldiers during the Revolutionary War and introduced the concept of inoculation to the United States.

The earliest recorded protest against slavery was by the Quakers in 1688: Quakers, also known as "The Society of Friends," have a long history of abolition. But it was four Pennsylvania Friends from Germantown who wrote the initial protest in the 17th century. They saw the slave trade as a grave injustice against their fellow man and used the Golden Rule to argue against such inhumane treatment; regardless of skin color, "we should do unto others as we would have done onto ourselves." In their protest they stated, "Pray, what thing in the world can be done worse towards us, then if men should robb or steal us away, & sell us for slaves to strange Countries, separating housband from their wife and children...."



One in four cowboys was Black, despite the stories told in popular books and movies: It is believed that the real "Lone Ranger" was inspired by an African American man named Bass Reeves. Reeves had been born a slave but escaped West during the Civil War where he lived in what was then known as Indian Territory. He eventually became a Deputy U.S. Marshal, was a master of disguise, an expert marksman, had a Native American companion, and rode a silver horse.

Esther Jones was the real Betty Boop: The iconic cartoon character Betty Boop was inspired by a Black jazz singer in Harlem. Introduced by cartoonist Max Fleischer in 1930, the caricature of the jazz age flapper was the first and most famous sex symbol in animation. Betty Boop is best known for her revealing dress, curvaceous figure, and signature vocals "Boop Oop A Doop!" While there has been controversy over the years, the inspiration has been traced back to Esther Jones who was known as "Baby Esther" and performed regularly in the Cotton Club during the 1920s.

The first licensed African American Female pilot was named Bessie Coleman: Born in Atlanta, Texas in 1892, Bessie Coleman grew up in a world of harsh poverty, discrimination and segregation. She moved to Chicago at 23 to seek her fortune, but found little opportunity there as well. Wild tales of flying exploits from returning WWI soldiers first inspired her to explore aviation. She learned to fly and in June of 1921, the Fédération Aéronautique Internationale awarded her an international pilot's license.

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