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MENSAJE DEL EDITOR



Welcome to Spring

Por David Triana

¡La primavera está casi aquí! Es la parte favorita del año para mí y estoy seguro para muchos

de ustedes. Damos las gracias a todos los que apoyan a Conexión y el trabajo que el Conexión Media Group ha estado haciendo. Tenemos un evento especial que viene como se puede ver en nuestra portada principal - El FESTIVAL INTERNACIONAL Fort Walton Beach. Invitamos a todos a participar como vendedores y patrocinar y a unirse a nosotros en ese día, ya que el evento beneficiará a la organización sin ánimo de lucro Opportunity Place Inc. Para saber más acerca de ellos, entra en: www.opifwb.org

Spring is almost here! It is the favorite part of the year for me and I'm sure for many of you. We thank everyone that supports Conexión and the work that Conexión Media Group has been doing. We have a special event coming up as you can see by our main cover page - The INTERNATIONAL FESTIVAL Fort Walton Beach. We invite everyone to participate as vendors and sponsor and to join us on that day as the event will benefit Opportunity Place Inc. Here is some information on this wonderful organization!

ABOUT OPPORTUNITY PLACE INC. (OPI):

Opportunity Place, Inc., provides an essential, front line service for families and single women experiencing homelessness by meeting their basic survival needs for shelter, food and clothing.

Last year, 207 individuals were provided safe, supportive shelter, basic needs items and essential services. Families were able to stay together. Single women and families were no longer at risk of abuse and violence because they were no longer living in their vehicles or other unsafe places. Over 10,240 shelter nights were provided and upwards of 85% of those helped by Opportunity Place found a pathway to stable housing, enhanced financial security and improved life skills.

OPI believes that every family and women have an innate right to be safe and to succeed in life. If you, or someone you know, needs shelter please contact Opportunity Place at 850.649.3190 or info@opifwb.org. If you are interested in supporting the shelter please call OPI or visit our website. www.opifwb.org. Opportunity Place. Short term shelter. Long term solutions.

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Tourism



Hablemos de Turismo

Por Martin Owen
Traducido por Lessie Correa

El calendario turístico del 2019 avanza rápido.

Ya hemos pasado la estación de las Aves Nevadas, que empezó al final de noviembre y cuyo máximo es después de Año Nuevo. Cuando las “Aves de la Nieve” regresan al clima del norte, los de la primavera comienzan a llegar y las familias que vienen en Semana Santa empezarán a empacar. Antes de que nos demos cuenta, el Día de los Caídos estará aquí y luego... la estación alta de la Costa Norte empezará.

Tengo el honor de participar en uno de los concilios locales para desarrollar turismo y observar las cifras que reflejan los cambios y desarrollos del turismo de la región. Estos datos son algo diferentes de las impresiones que nosotros en el negocio observamos en nuestra comunicación con nuestros invitados. Por mala suerte estas impresiones pueden ser ... Si trabajas en un hotel, tus clientes quizás no reflejan lo que en verdad sucede. Por ejemplo, si ves un grupo grande

tiempo, aseguran sus reservaciones con anticipación y muchas más estadísticas.

Estos “datos métricos” permiten que la industria dirija mejor sus anuncios y recursos. Y también tomar mejores decisiones en cómo atraer a los turistas que desean la clase de vacaciones que nuestras comunidades ofrecen.

Aquí les doy un ejemplo de lo que afecta a toda la Costa Norte del Golfo. Se supone que los visitantes que vienen los 90 días de verano—entre El Día de los Caídos y el Día del Trabajo—son a los que debemos atraer. En realidad la mayoría de esos visitantes no necesitan propaganda. Ya conocen nuestros lugares y vienen todos los años. En vez de hacer reservaciones con meses de anticipación, estos visitantes prefieren esperar para ver si consiguen un descuento. Cuando llegan se pasan la mayoría del tiempo en la playa – ya que la mayoría son familias - muchas de sus comidas son dentro de los condominios en vez de visitar restaurantes. Proceden de las mismas ciudades, aunque depende de los lugares que visitan. El



de visitantes de un área y piensas que representan la mayoría de los turistas. Varios de los CVBs a lo largo de la costa han pensado de esa manera en el pasado, pero ahora con mejores métodos de investigación las organizaciones turísticas, los hostales, y las compañías de tours pueden ver no solamente la procedencia de los visitantes, sino cuáles son los que gastan más dinero, se quedan más

Sur de Alabama, Pensacola, Navarre, Destin, el Sur de Walton y Panama City Beach atraen a visitantes del Sureste de los Estados Unidos: Atlanta, Birmingham, Houston, Dallas, etc., etc.

Los estudios muestran que los visitantes que vienen cuando no es verano parecen ser diferentes. Generalmente, se quedan más tiempo y aparentemente gastan más. Proceden

de ‘nuevos mercados,’ a menudo llegan en avión en vez de conducir autos. Durante su permanencia, cenan en restaurantes más frecuentemente y gastan dinero en nuestras tiendas. A diferencia de los visitantes de verano, estos turistas viajan a diferentes destinos así que necesitamos atraerlos con anuncios. Por eso, nuestros CVBs deben concentrarse en estos visitantes que vienen fuera de estación, gastan más, se quedan más tiempo y—a lo largo de la costa—eso es lo que en verdad sucede.

Por supuesto eso no significa que tengamos que ignorar a nuestros fieles

y tradicionales turistas. Ellos son casi como nuestra propia familia. Las “Aves de la Nieve” son nuestro gran ejemplo. Hace algún tiempo, conversé con un grupo de ellos y les pregunté de dónde venían. Uno de ellos dijo que eran de Ohio, pero otro le corrigió diciendo que en realidad se sentían que vivían aquí en la Costa del Golfo ya que sus veranos ¡los pasaban en Ohio!

Así que como nuestras familias veraniegas y los de la primavera, las ‘aves’ tienen una gran tradición visitando este pedazo del Paraíso. Esperemos que esto continúe.

English version next page



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Let's Talk About Tourism

By Martin Owen

The tourism calendar for 2019 is moving on fast. We've been through the Snowbird Season, which started around the end of November and really gets into stride after New Year. As the Snowbirds begin to go back to northern climes, the Spring Breakers start to arrive, and the families who come for Easter will be packing their suitcases. Before we know it, Memorial Day will be here and then... the peak season for the Northern Gulf Coast starts.

I have the honor to sit on one of the local Tourist Development Councils and get to see the in-depth figures reflecting the changes and developments to tourism in the region. This is slightly different than the impressions those of us in the business get from interaction with our own guests. Those impressions can be misleading unfortunately. If you work in a hotel, your guests may not reflect what is actually happening. For example, you may see a large number of visitors from a particular area and assume that they represent the main source of our tourists. A number of CVBs along the coast have made those assumptions in the past, but with better research methods these days tourist organizations, accommodation providers, and tour companies can now not only see from where visitors originate, but which ones spend more money, who stays the longest, how far in advance guests book their vacations, and countless other statistics.

These 'metrics' as they are termed allow the industry to better target their advertising and resources. They can also choose to make informed decisions about attracting the tourists who fit best with the needs of the local communities.

Let me give you an example that affects the whole of the Northern Gulf Coast. We assume that the visitors who come in the 90 days of summer—between Memorial Day and Labor Day—are the ones to whom we should advertise. In fact, most of those visitors need no advertising. They know about our

destinations and have been coming for years. Far from booking many months in advance, the Peak Travelers seem to be making their plans later to see if they can get any sort of discount. On arrival, they spend most of their time on the beach, and—as they are predominantly families—often eat many of their meals in the condos rather than restaurants. We also find that they come from the same cities that they always have, although this does depend on which areas they are heading for. South Alabama, Pensacola, Navarre, Destin, South Walton and Panama City Beach draw visitors from the South East of the USA, but each appears to have a slightly different origin market: Atlanta, Birmingham, Houston, Dallas, etc., etc.

Research seems to show that the guests who visit outside the summer peak appear to be different. They tend to stay longer for a start, and appear to spend more. They originate in 'new markets,' often flying in rather than driving here. When they are with us, they eat in restaurants more frequently and spend money in stores. Unlike summer visitors, these tourists travel to different destinations so they need to be attracted by our advertising. It makes sense for our CVBs to concentrate on these out of peak season, higher spending, longer staying guests and—along the coast—that's what is happening.

Of course, that doesn't mean anyone is ignoring our traditional and loyal tourists. They are almost like our family anyway. The Snowbirds are a great example of this. I spoke to a group of Snowbirds some time ago and was asking where they were from. One of them said they were from Ohio, but he was corrected by another who said they felt they actually lived on the Gulf Coast, and they spent their summers in Ohio!

So, like our summer families and our Spring Breakers, the 'Birds' have a long tradition of visiting this bit of Paradise. Long may that continue.

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¿Cómo es que suena tu amor?

Por Sheryl H. Boldt - TodayCanBeDifferent.net
Traducido por Lessie Correa

¿Ya eres un gong ruidoso? ¿un platillo estridente? Quizás ya lo eres sin haberte dado cuenta.

Corintios 1;13:1 (ESV) dice: “Si hablo en las lenguas de los hombres y de los ángeles, pero no he amado, soy un ruidoso gong o un platillo estridente.” ¿A cuántos de nosotros nos gustaría escuchar un ruidoso gong o un estridente platillo por largo tiempo? ¿Cuántas veces imponemos nuestro “ruidosa” (desconsiderada, poco amable) conducta en los que nos rodean? ¿Nos vemos reflejados en estos siguientes escenarios?

“¿No puedes ir más rápido?” prácticamente gritas al conductor que conduce delante de ti. **¡Gong!**

“Me niego a aplaudir. Estaba segurísima que iba a ganar.” piensas mientras contemplas a otra persona llevarse el premio, posición, o lo que sea que te concentraste en obtener. **¡Clang!**

“¿Oíste lo de Denise? Ha regresado a la rehabilitación. De verdad está perdida.” una compañera te dice, lo que inicia una conversación animada que rápidamente se extiende por toda la oficina. **¡Gong! ¡Clang! ¡Gong! ¡Clang!**

¿Qué es amor? ¿Cuál es lo contrario? Durante largo tiempo, con el fin de protegernos, nos hemos encerrado dentro de nosotros mismos y nos hemos descarrilado. Hemos perdido la

perspectiva de lo que se supone debe ser vivir como una hija o un hijo de un cariñoso Dios.

¿Pero qué sucedería si nos hemos comprometido a obedecer la verdad de Dios en esta área? ¿Si en vez de permitir que nuestras emociones nos controlen, asumimos la responsabilidad de nuestros actos?

Vivamos bajo la luz de cómo las Escrituras definen el amor. Dejemos que el Espíritu Santo entre en nuestros corazones (y mentes) para mostrarnos dónde estamos carentes.

Si visitas el blog Hoy Puede Ser Diferente en www.TodayCanBeDifferent.net puedes leer lo que comentamos sobre Corintios 1:13, cada pequeño segmento a la vez. A medida que descubrimos como debemos amar a los que nos rodean, espero que también podamos apreciar más claramente el corazón de nuestro Divino Padre.

Oración: Padre, ruego que a medida que crecemos en nuestro entendimiento de lo que significa el verdadero amor, sea para ti un maravilloso sonido. Amén.

¿Y tú qué? ¿De qué manera puedes mejorar el sonido de tu amor?

Sheryl H. Boldt es la autora del blog TodayCanBeDifferent.net. Puedes comunicarte con ella en SherylHBoldt@gmail.com.

What does your love sound like?

By Sheryl H. Boldt - TodayCanBeDifferent.net



What is love? What's the opposite of love? We've fended for ourselves for so long, looking out for number one, that we've gotten sidetracked. We've lost perspective on what living as a child of a loving God is supposed to look like.

But what would happen if we committed to obey

God's truth in this area? If we stopped letting our emotions control us and took responsibility for the way we behave?

Let's live in light of how Scripture defines love. Let's allow the Holy Spirit to search our hearts (and minds) and show us where we fall short.

If you visit the Today Can Be Different blog at www.TodayCanBeDifferent.net, you can read the posts as we discuss 1 Corinthians 13, one small segment at a time. As we discover how we're to love those around us, I hope we'll also more clearly appreciate our Heavenly Father's heart.

Prayer:

Father, I pray that as we grow in our understanding of what real love is, it will become a beautiful sound in Your ears. Amen.

What about you? In what ways can you make your love sound better?

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

Have you become a noisy gong? A clanging cymbal? You may have without realizing it.

1 Corinthians 13:1 (ESV) says, “If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal.” How many of us want to be around a noisy gong or a clanging cymbal for any length of time? How often do we inflict our “loud” (thoughtless, unkind) behavior on others? Can we see ourselves in any of the following scenarios?

“Can't you go any faster?” you practically scream at the slow-moving driver ahead of you. **Gong!**

“I refuse to clap. I thought for sure I was going to win,” you think as you watch someone else take home the coveted award, position or whatever you've worked so hard for. **Clang!**

“Did you hear about Denise? She's back in rehab. She's such a loser,” a coworker says to you, which begins a lively conversation that quickly spreads throughout the office. **Gong! Clang! Gong! Clang!**

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Tie a Yellow, White, and Red Ribbon on the Old Oak Tree

By Deborah DeSilets

On February 22, 2019 an intimate group of history aficionados convened in the hallowed hall of the Martin House, in Tallahassee to celebrate the 200th Anniversary of the signing of the Adams-Onís Treaty. Whether you remember it as the Adams-Onís Treaty, or by its alias the Transcontinental Treaty, or even more simply as the Florida Purchase Treaty or The Florida Treaty it was monumental. In the Adams-Onís Treaty Spain ceded Florida to the U.S. - La Florida becomes Florida, USA.

The hour glass has drained been drained. In the two hundred year cycle, sides have changed but the border war is the same. Known as one of the most outstanding works of American diplomacy as it was that treaty that settled the long standing border dispute between these two countries. The US walked away triumphant and President James Monroe a hero. It is noted in history books that this treaty came at a special time: "... in the midst of increasing tensions

to the Pacific Ocean, in exchange for the U.S. paying residents' claims against the Spanish government up to a total of \$5,000,000 and relinquishing the US claims on parts of Spanish Texas west of the Sabine River and other Spanish areas, under the terms of the Louisiana Purchase.

The treaty remained in full effect for only 183 days: from 22 February 1821 to 24 August 1821 when Spain signed the Treaty of Córdoba acknowledging the independence of Mexico. The Treaty of Limits signed in 1828 and effective in 1832 recognized the border defined by the Adams-Onís Treaty as the boundary between the United States and Mexico." It was Monroe who declared that Manifest Destiny had willed Florida be ours, and by 1823, Monroe would further state in his infamous Monroe Doctrine that he opposed European colonialism in The Americas and the terms clearly stated "that further efforts by European nations to take control of

any independent state in North or South America would be viewed as the manifestation of an unfriendly disposition toward the United States." President James Monroe delivered this doctrine as his seventh annual State of the Union Address to Congress. Now having been repeated so often, it is simply known as "The Monroe Doctrine."



related to Spain's territorial boundaries in North America against the United States and Great Britain in the aftermath of the American Revolution; and also during the Latin American Wars of Independence. Florida had become a burden to Spain, which could not afford to send settlers or garrisons. Madrid decided to cede the territory to the United States through the Adams - Onís Treaty in exchange for settling the boundary dispute along the Sabine River in Spanish Texas. The treaty established the boundary of U.S. territory and claims through the Rocky Mountains and west

This was a defining moment in the foreign policy of the United States and is still enforced today as well as having been invoked through history by many U.S. statesmen and several U.S. presidents, including Grant, Theodore Roosevelt, John F. Kennedy, and Ronald Reagan. The intent and impact of the Monroe Doctrine persisted with only minor variations for more than a century. The three main concepts of the doctrine—separate spheres of influence for the Americas and Europe, non-colonization and non-intervention—

continued page 27



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By Isabela Fraiz

Charlas de HiGSA

Por Isabela Fraiz

HiGSA Talks es una iniciativa que surgió a raíz de la Organización de Estudiantes de Postgrado en FSU (HiGSA por sus siglas en inglés). El propósito de este evento es exponer el talento Latinoamericano y explorar diferentes temas sobre una tierra que es emblema de diversidad, Latinoamérica. Este 2019 HiGSA Talks se celebrará por 3er año consecutivo a las 5:00 P.M. el día 5 de abril en el Auditorio Claude Pepper Center en Tallahassee, Florida. Adicionalmente se brindarán café y refrigerios, todo sin costo alguno. HiGSA se enorgullece en presentar expositores brillantes y ávidos investigadores, y así también brindarles a ellos una plataforma para compartir su valioso trabajo.

HiGSA Talks es un evento multidisciplinario ya que la organización busca proveer a la comunidad con la mayor cantidad y variedad de temas de interés posibles, ofreciendo así una oportunidad de aprender de una variedad

de expositores y su vasto trabajo. Aparte de sus metas educacionales, HiGSA Talks también busca unir a la comunidad en un evento que tiene como protagonistas a Latinoamérica y Latinoamericanos. Este año, HiGSA Talks le cederá el escenario a dos oradores principales y varios estudiantes, todos relacionados con Latinoamérica ya sea por contenido de investigación o nacionalidad. El Dr. Roger Pacheco es uno de los oradores principales y expondrá sus hallazgos en el área de ciencia del ambiente, con su presentación “Estudios Hidrogeológicos en el Norte de la Península de Yucatán: Entendiendo el Acuífero Maya.” Además, Ivis García Zambrano expondrá sobre un tema de gran trascendencia ambiental, social y política con su presentación “Una Justa Recuperación Para Puerto Rico.” ¡Los demás expositores serán revelados en el programa una vez se acerque la fecha del evento, esperamos verlos ahí!

HiGSA Talks is an initiative that was prompted by FSU Graduate Students who conform the Hispanic Graduate Student Association (HiGSA). The purpose of this series of talks is to expose Latin American talent, and explore different topics of a land that is an emblem of diversity itself, Latin America. This year, the third annual HiGSA Talks is being held on April 5th, starting at 5:00 P.M. at the Claude Pepper Center Auditorium in Tallahassee, Florida. Coffee and Food will be offered, all at no cost of admission. HiGSA is proud to introduce brilliant presenters and avid researchers, and give them a platform to share their valuable work.

The nature of HiGSA Talks is multidisciplinary because the organization wants to provide the community with as many topics of interest as possible, giving us the opportunity to learn from an array of

presenters and their work. Similarly, aside from educational goals, HiGSA Talks also aims to bring the community closer in an event that has Latin Americans and Latin America as the main protagonists. This year, HiGSA Talks will give the stage to two keynote speakers and several students, all of whom are related to Latin America either by presentation content or ethnicity. Dr. Roger Pacheco is one of the keynote speakers and he will display his findings on the environmental science area, with his talk “Hydrogeologic Studies in The Northern Yucatan Peninsula: Understanding the Maya Aquifer”. On the other hand, Ivis Garcia Zambrano will enlighten us with her talk “A Just Recovery for Puerto Rico” leaning towards the social, environmental and political science disciplines. The additional presenters will be unveiled in the program as the date comes closer, we hope to see you there!



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HolaHolaHola Beautifuls!

By Bohemian Babushka

This is the official mes to celebrate women and their accomplishments.

Taking the catchphrase “SheSePuede” from the MiTuberos, BB writes with mucho orgullo of Latinas who have made an impact on society in various arenas. Naturally the first group that come to mind are those in entertainment- like the unforgettable Celia Cruz, Reina de Salsa y Rita Moreno, who was the first to win an Oscar, an Emmy, a Tony and a Grammy.

Next, in the mundo of deportes, tenemos Maria Bueno. Ranked No. 1 in the world in 1959, 1960, 1964, and 1966 when she won the singles title at Wimbledon three times and the U.S. National title four times. In the 70’s golf’s girl was Nancy Lopez. In 1978 she became the first Latina to win the LPGA. Of course we have Olympians como Lisa Fernandez with her three gold medals in softball. Good health obviously takes a part, and in that subject Latinas also know a thing or two.

In the area of health we have Dr. Helen Rodriguez-Trias. Rodriguez-Trias served as the (primera Latina) president of the American Public Health Association and the medical director of the New York State AIDS Institute. A tireless leader in the women’s health movement, she fought for equal access to healthcare for poor women and children and fought in the lucha against the practice de forced sterilization. In 2001 she received the Presidential Citizens Medal.

In the double duty of health and politics we have Antonia Novello. Antonia served as 14th Surgeon General of

the United States from 1990 to 1993. Novello is the first woman and first Hispanic to serve as Surgeon General. Por supuesto also a must mention in la politica must be Supreme Court Justice Sonia Sotomayor, the first hispanic to be appointed to that esteemed position.

Brains no basta cuando hablamos de Hispanas. Mathematician Ruth Gonzalez graduated with a Ph.D. in applied mathematics in 1986 from Rice University, becoming la primera U.S.-born Hispanic woman to earn a doctorate in mathematics. A geophysicist, her work focused on the development of seismic imaging tools for exploring oil and gas reservoirs and she has been instrumental at Exxon Production Research Company, helping them to discover oil and gas reservoirs.

Now in closing, Babushka comes full circle. The 2019 Oscars shared many hispanic moments, from language to nominations. It was the year of highest Spanish standouts- most notably for Roma and its’ cast. “Spanish-American Chef José Andrés joined Luna in introducing “Roma”and praised the film for shining a spotlight on “all the invisible people in our lives—immigrants and women—who move humanity forward”. And THAT is the punto BB wanted to make. Fame doesn’t equate worthiness.

Babushka highlighted many Latinas we should be proud of, pero al final it’s those daily warriors, the women who move humanity forward, silently doing their part to better themselves and those they love; para ellas is this celebration. A ellas we say Gracias.

Babushka Besos a todos. Cuidensen.

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Employee Training: One Size Doesn't Always Fit All

The labor force is incredibly diverse, full of unique individuals with their own outlooks, beliefs, managerial preferences, and career aspirations.

It should come as no surprise, then, that different employees prefer different training programs.

In fact, according to go2HR, 40% of employees who receive what they perceive as poor training leave their positions within the first year. But what one person sees as poor training might be excellent for another.

In recent polls put out by Job Journey, the Express Employment Professionals blog for job seekers, and Refresh leadership, the Express blog for business leaders, readers were asked what type of on-the-job training they preferred/provided.

Just under 20 percent of employees preferred a "Formal employee training program," whereas only 11 percent of employers provided such a program.

16 percent of jobseekers opted to choose "Mentorship," which only 12 percent of employers offered.

"Supervisors/managers train employees" was the most prevalent choice among employers, at 23 percent, which was prioritized by just 16 percent of job seekers.

17 percent of employers encourage "Self-guided training (employees learn on their own)." Only 8 percent of job seekers want this type of training.

In summary, there's a clear mismatch between the types of training employers provide and the types of training

employees need to thrive. In a perfect world, every employee would be able to choose how they were trained. If this isn't possible for your company, consider allowing each individual department to train employees in a unique way.

For instance, the accounting department might prefer to be trained by their managers, while marketing professionals want mentorships. A formal employee training program could work for warehouse workers, while computer programmers may want to learn on their own. Reach out to your workers and find what type of training truly makes them thrive, then provide that.

Disengaged employees are less productive. If you're using the wrong type of training with an employee, they might view their training as a waste of time. Someone who prefers setting their own goals with self-guided training

might already have taught themselves everything their manager is trying to teach them, resulting in lost productivity for both the employee and their manager.

But that doesn't mean employees hate training. A study put out by the Middlesex University for Work Based Learning (and reported on by Your Training Edge) states that 74% of participants list a lack of training as the main reason for not achieving their potential at work.

Figuring out what type of training your employees prefer can be as easy as sending out a survey and aggregating their responses. Hold manager meetings to discuss the results, and give department heads free rein to design their own training programs and standards. Eventually, you'll discover what works and what doesn't, and your company will be all the better for it.

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Lo busqué y lo encontré

Por Nelsi Rossi - sanidadespiritual.com

Yo amo a los que me aman, y me hallan los que temprano me buscan (Proverbios 8:17)

Escribiendo este mensaje, y teniendo como enfoque la manifestación del amor de Dios, me vino a la memoria las siguientes palabras dichas por el Señor Jesús a sus discípulos:

Todo lo que el Padre me da, vendrá a mí; Y al que a mí viene, no le echo fuera.” (Juan 6:37)

¿Qué te dice a ti particularmente esta expresión estimado amigo?

Yo pudiera exponer mi propio pensamiento y la impresión de mi corazón. Pero sería más propicio permitir que Dios nos ayude a descubrir desde la perspectiva de su Santa Palabra, el mensaje que Él ha querido transmitir.

Mis escritos tienen como propósito no solo dar a conocer la excelencia del poder de la palabra de Dios actuando en mí de manera personal, sino que tú también medites y conozcas el amor del Señor Jesucristo.

Cada día que vivimos en esta tierra tenemos múltiples oportunidades de conocer más de cerca el amor de Dios. ¡Porque ese es precisamente su deseo! Que le conozcamos. Que busquemos su rostro. ¿Pero cuántas veces hemos dejado de buscar el rostro de Dios para buscar sus manos? ¿Sabes a qué me refiero?

A que usualmente nos acercamos a Dios para que supla nuestras necesidades,

**No dejes que se apague la llama del amor en ti,
Para que puedas buscar de Dios y su presencia.
Una vez encontrado no vas a querer sin él vivir,
Sin conocerlo en plenitud y en toda su esencia.**

**Yo vivía entristecida por tener mis ojos cegados,
Con profundo dolor por causa de la separación.
Pero hoy siento gran gozo al retornar a su lado,
Siguiendo obedientemente a la voz de mi amado,
No podré jamás perderme o lastimar su corazón.**

**Porque el eterno amor de Dios ha sido derramado,
Internamente por su Espíritu que nos ha sido dado.
Gracias a su intervención mi mente se ha renovado,
Y he encontrado el amor que siempre había buscado.**

más no lo hacemos motivados por el amor.

Ahora bien, si contáramos el número de nuestras infidelidades, seríamos los menos aptos para merecer su amor. ¡Y claro que no lo somos! sin embargo, a pesar de ello, Dios sigue esperando por nosotros. Afortunadamente, aunque lo ignoremos, Dios permanece fiel. Gracias a su infinita bondad y a su misericordia él aguarda nuestro regreso.

Hoy quiero darte una voz de esperanza si te has apartado de Dios. Hoy es el día oportuno para volver a Él. Puedes estar seguro que si lo haces lo vas a encontrar esperando por ti con los brazos abiertos.

Dios quiere que lo busquemos tempranamente y no posterguemos la oportunidad de ser bendecidos, pues, ciertamente lo que su corazón anhela es revelarse a nosotros. Dios no está oculto, más para los que no le buscan lo está.

El Señor dice: “Me hallan los que temprano me buscan.” Indicando esto que somos nosotros quienes nos hemos alejado de él. Que por causa del pecado hemos perdido nuestra comunión con el Creador. Estábamos separados y sin acceso. Estábamos además ciegos sin poderle hallar. Pero siempre habrá oportunidad de encontrarlo si le buscamos con prontitud.

No dejes pasar esta oportunidad de encontrar el amor de Jesús. ¡Ven! ¡Él ha preparado una cita para ti!

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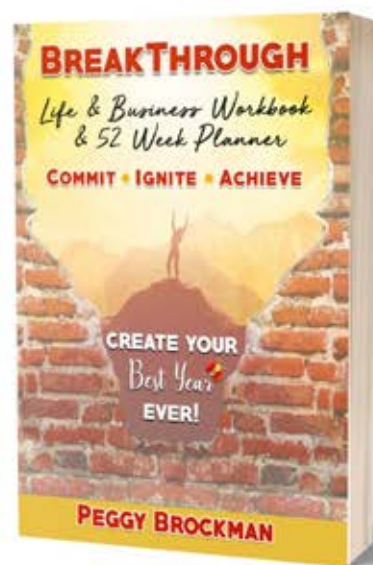
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Virus Sincitial Respiratorio

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

Hablemos de niños. El mes pasado mi nieta de un mes ingresó por neumonía. Ella fue diagnosticada con Virus Sincitial Respiratorio (RSV por sus siglas en inglés)

¿Qué es RSV? El virus sincitial respiratorio, o RSV, es una enfermedad viral respiratoria común. Normalmente causa síntomas leves de resfriado y casi todos se recuperarán en una semana. La mayoría de los niños estarán expuestos a la edad de cinco años. Sin embargo, los niños muy pequeños, especialmente los menores de 2 años, pueden enfermarse gravemente. Es el motivo más común de inflamación de las vías respiratorias pequeñas de los pulmones en niños menores de un año de edad.

Los síntomas de RSV incluyen secreción nasal, disminución del apetito, tos, estornudos, fiebre y sibilancias. Estos síntomas aparecen en etapas y no todos a la vez. En los muy jóvenes, los únicos síntomas pueden ser irritabilidad, disminución de la actividad y problemas respiratorios. Cuando es grave puede causar inflamación de las vías respiratorias pequeñas y neumonía.

Los bebés y niños pequeños con infección por RSV pueden tener moqueo y una disminución del apetito antes de que aparezcan otros síntomas. La tos generalmente se desarrolla de uno a tres días después. Poco después de que se desarrolle la tos, pueden aparecer estornudos, fiebre y sibilancias. En bebés muy pequeños, la irritabilidad, la disminución de la actividad y la apnea pueden ser los únicos síntomas de infección.

La mayoría de los bebés sanos y niños pequeños que están infectados con RSV no necesitan hospitalización. Es posible que sea necesario hospitalizar a uno o dos de cada 100 niños menores de 6 meses con infección por RSV. Aquellos que están hospitalizados



pueden requerir oxígeno, intubación y / o ventilación mecánica. La mayoría mejora con atención de apoyo y se da de alta en pocos días.

¿Cómo se transmite el RSV? El RSV puede propagarse cuando una persona infectada tose o estornuda. Puede infectarse si le salen gotitas de la tos o los estornudos en sus ojos, nariz o boca, o si toca una superficie que tiene el virus, como un picaporte, y luego se toca la cara antes de lavarse las manos. Además, se puede propagar a través del contacto directo con el virus, como besar la cara de un niño con RSV.

Las personas infectadas con RSV suelen ser contagiosas durante 3 a 8 días. Sin embargo, algunos bebés y personas con sistemas inmunitarios debilitados pueden continuar propagando el virus incluso después de que dejan de mostrar síntomas, hasta por 4 semanas. Los niños a menudo están expuestos e infectados con RSV fuera del hogar, como en la escuela o en centros de cuidado infantil. Luego pueden transmitir el virus a otros miembros de la familia.

El virus sincitial respiratorio también puede causar infecciones más graves, como bronquiolitis, una inflamación



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NUESTRA COMUNIDAD

OUR COMMUNITY

La Florida Becomes Florida, USA!



The Conexion Media Group (CMG) event to celebrate the 200th Anniversary of the Adams - Onis Treaty, which was signed on Feb 22, 1819, was a great success. The event was held at the historic Martin House in Tallahassee on Feb 22nd. More than 40 persons attended and the presentations by leading historians and experts in

related fields were outstanding. The entertainment was also top notch and included Reid Soria of Autism Sings, Keith Rodgers and others from Black on Black Rhyme and a first ever act by Theater with a Mission. CMG thanks Deborah DeSilets for her invaluable help in organizing the event and Cetta Barnhart for being a sponsor.

**¡Tus fotos bienvenidas! Envíalas con una descripción
(Your pictures welcomed! Email with description to):
conexionflorida@gmail.com**



NUESTRA COMUNIDAD

OUR COMMUNITY



Dayna Stinebiser and a Tijuana Flats employee at the Greater FWB Chamber's February Business After House held at Painting with a Twist.



David Presnell, owner of Painting with Twist, gives away one of many door prizes during the Business After Hours event he hosted in March.



Attendees at the 6 March Networks of NW Florida breakfast at Golden Corral.



Wes Fell, founder of the Networks of NW Florida group, addresses the audience during the monthly breakfast at Golden Corral.

GREATER TALLAHASSEE CHAMBER OF COMMERCE LUNCH AND LEARN



Feb 19, 2019: The President of Conexión Media Group, David Triana, conducted a "Lunch and Learn" presentation called "Connecting with the Growing Hispanic Market" for members of the Greater Tallahassee Chamber of Commerce. The activity was attended by more than 25 persons who were very interested and participative during the presentation. It was a great time for learning and networking.

El Presidente de Conexión Media Group, David Triana, realizó una presentación durante un "Almuerzo y Aprendizaje" llamada "Conectando con el Creciente Mercado Hispano" para los miembros de la Cámara de Comercio del Gran Tallahassee. La actividad contó con la presencia de más de 25 personas que mostraron mucho interés y participación durante la charla. Fue un gran momento para el aprendizaje y para establecer nuevos contactos.



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MARCH 2019

WOMEN'S HISTORY MONTH



MALALA YOUSAFZAI

“YOU WILL NEVER KNOW WHO STANDS WITH YOU IF YOU DON'T STAND UP FIRST.”

- MALALA YOUSAFZAI

Malala Yousafzai is from Pakistan and is the youngest-ever Nobel Peace Prize Laureate. She is known for human rights advocacy, especially the education of women and children in her native Swat Valley in Khyber Pakhtunkhwa, northwest Pakistan, where the local Taliban had at times banned girls from attending school. Her advocacy has grown into an international movement.

1997: Malala was born in Mingora, Pakistan on July 12, 1997. Welcoming a baby girl is not always cause for celebration in Pakistan — but her father, Ziauddin Yousafzai, was determined to give her every opportunity a boy would have.

2008: Her father was a teacher and ran a girls' school in our village. Malala loved school. But everything changed when the Taliban took control of their town in Swat Valley. The extremists banned many things — like owning a television and playing music — and enforced harsh punishments for those who defied their orders, and they said girls could no longer go to school.

In January 2008 when she was just 11 years old, she said goodbye to her classmates, not knowing when — if ever — she would see them again.

2012: She spoke out publicly on behalf of girls and their right to learn. And this made her a target. In October 2012, on her way home from school, a masked gunman boarded her school bus and asked, “Who is Malala?” He shot her on the left side of her head. Malala woke up 10 days later in a hospital in Birmingham, England. The doctors and nurses told her about the attack — and that people around the world were praying for her recovery.

2014: After months of surgeries and rehabilitation, she joined her family in their new home in the U.K. It was then she knew she had a choice: She could live a quiet life or she could make the most of this new life she had been given. She determined to continue her fight until every girl could go to school.

With her father, who had always been her ally and inspiration, she established Malala Fund, a charity dedicated to giving every girl an opportunity to achieve a future she chooses. In recognition of their work, she received the Nobel Peace Prize in December 2014!

2018: She started studying Philosophy, Politics and Economics at the University of Oxford. Every day, she fights to ensure all girls receive 12 years of free, safe, quality education.

She travels throughout the world to meet girls fighting poverty, wars, child marriage and gender discrimination to go to school.

The Malala Fund is working so that their stories, like hers, can be heard around the world. They invest in developing country educators and activists, like her father, through Malala Fund's Gulmakai Network and they hold leaders accountable for their promises to girls.

With more than 130 million girls out of school today, there is more work to be done.

“I hope you will join my fight for education and equality. Together, we can create a world where all girls can learn and lead.”

- Malala Yousafzai

Source: www.malala.org



Women with Supercharged Thinking

By: Peggy Brockman

Women have been supercharging their thinking and impacting history for hundreds of years, yet it wasn't until the 20th century they really began to be recognized for it. It wasn't easy. They had to move past the imposed self-limiting belief that said, “women can't do that”. They refused to buy into it. They fought for what they believed in and some even gave their lives for their cause. They didn't sit back and say, “that's a man's job”, they just went for it and made it happen.

What do you believe in so strongly that you would be willing to be tortured or even murdered or hung by a noose for? Do your research on women in history. Learn about the awe-inspiring stories of sacrifice and love – of selflessness and humility.

In 1987, Congress declared March as National Women's History Month in perpetuity. A special Presidential Proclamation is issued every year which honors the extraordinary achievements of American women.

In President Jimmy Carter's message to the nation designating March 2-8, 1980 as National Women's History Week, he said: “From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung

continued next page

and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well.”

From Cleopatra (the Pharaoh of Egypt) and Isabella 1 (the Ruler of Spain), to Helen Keller and Rosa Parks, to Mother Teresa and Sally Ride (First Female Astronaut) – and even Marilyn Monroe – they all held their place in history. They each had a story to tell or to be told about them. They were activists, leaders and saints – all with a mission to carry out – a purpose that was so inspiring they would stand up and fight for anything they believed would help them progress their missions. And it didn’t come easy.

Where would our nursing programs be today if it hadn’t been for Florence Nightingale? How easy do you think it was for Elizabeth Blackwell to enter medical school and become the first female MD? How frightening it must have been for Rosa Parks to refuse to sit in the back of the bus when she knew it was her God-given right to sit where she chose. Do you think Sonia Sotomayor didn’t have times she wanted to quit on her climb to become the first Hispanic woman to ever serve as a justice on the United States Supreme Court? What made these women different? I believe they had Supercharged Thinking capabilities. But what does that look like?

Come gather with us on Wednesday, March 27th at the Greater Ft. Walton Beach Chamber of Commerce at 5:30pm for a FREE networking workshop called “Supercharge Your Thinking”. Learn what these women of history must have been like – what habits they may have had – how they were able to accomplish great things in history. Learn how to “think” like these women in order to leave your own legacy and make an impact on your own life.

Peggy is the author of “10 Feet from the Edge: Stuck in the Comfort Zone” and “BreakThrough: Create Your Best Year EVER! Workbook & 52 Week Planner”, both available on Amazon. You can reach her by email at peggy@peggybrockman.com or by phone at 850-259-8356. Peggy is a John Maxwell Team motivational speaker, corporate trainer and business coach and is the founder of the online BreakThrough Business Academy (www.BreakThrough.rocks). Learn more from her main website - www.peggybrockman.com. She was selected as one of the 2016 Top 10 Business Women in America by the American Business Women’s Association.

LATINA POWER

“Siempre creí que las mujeres tienen derechos y que hay algunas mujeres que son lo suficientemente inteligentes como para reclamar esos derechos. Hay algunas otras que son lo suficientemente estúpidas como para no hacerlo.”

“I always believed that women have rights and that there are some women that are intelligent enough to claim those rights. There are some others that are stupid enough not to.”

- Shakira, Singer and Activist

“Las mujeres jóvenes deben allanar su propio camino. Me parece bastante confinado tener que estar a la altura de las expectativas de otros acerca de lo que tu debes ser.”

“Young women should pave their own path. I find it quite confining to live up to anybody else’s expectations of who you should be.”

- Jessica Alba, Actress

“Si no te amas a ti mismo, no puedes amar a nadie más. Y creo que como mujeres que realmente se nos olvida eso.”

“If you don’t love yourself, you can’t love anybody else. And I think as women we really forget that.”

- Jennifer Lopez, Singer and Actres

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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	6	7	8			5	3	



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Concierto de David Seering beneficia a Niños en Crisis

Fuente: Nota de Prensa de CIC

El consumado músico e intérprete David Seering, acompañado por el pianista Bobby van Deusen Treo, deleitó a una audiencia que casi llenó el recinto, recaudando más de \$19.000 para la organización Niños en Crisis (CIC por sus siglas en inglés). El concierto empujó el total de ocho años a más de \$150.000 para los niños en riesgo que vivían en la vecindad de CIC.

El concierto se celebró en la Iglesia Bautista Village en Destin y todos los ingresos fueron donados para ayudar a alimentar, vestir y cuidar a los niños que viven en el CIC. Cada año más de 100 niños tienen un hogar seguro, seguro y amoroso gracias al gran apoyo de la comunidad.

Seering ha recibido muchos elogios a lo largo de su carrera y ha actuado para tres ex presidentes. Él llama a la Costa Esmeralda “su casa” y siempre está buscando maneras de devolver a la comunidad.



El presidente y CEO de CIC, Ken Hair, comentó: “¡el evento fue un gran éxito y no podemos agradecer a David y a todos los partidarios del CIC lo suficiente! Gracias por hacer una diferencia en la vida de tantos niños “.

Para más información sobre Niños en Crisis o la Vecindad de Niños, llame al 850-864-4242 o visite: www.childrenincrisisfl.org.

David Seering Concert Benefits CIC Kids

Source: Children in Crisis Press Release

Accomplished musician and performer David Seering accompanied by pianist Bobby Van Deusen Treo, delighted a near sell-out crowd raising over \$19,000 for Children in Crisis. The concert pushed the eight-year total to over \$150,000 for the at-risk children living at the CIC Neighborhood.

The concert was held at the Village Baptist Church in Destin and all proceeds were donated to help feed, clothe and care for the foster children at CIC. Each year over 100 children have a safe, secure, loving home thanks to the great support of the community.

Seering has received many accolades throughout his career and has performed for three former presidents. He calls the Emerald Coast home and he’s always looking for ways to give back to the community.

CIC President & CEO Ken Hair commented, “The event was a huge success and we can’t thank David and all the supporters of CIC enough! Thanks for making a difference in the lives of so many children.”

For more information on Children in Crisis or The Children’s Neighborhood call 850-864-4242 or visit www.childrenincrisisfl.org.

G.A.I.N. Night

“LegalShield – IDShield”

Special Guest Presenters: Legal Shield Associate Adea Griffis & Shauna Hughes

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5:45 pm – 6:00 pm: Chamber & Community Announcements, Introductions

6:00 pm – 7:00 pm: LegalShield & IDShield Presentation

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Making a Difference



Goya Se Compromete A Donar 200 Toneladas Métricas De Alimentos Al Pueblo Venezolano

FUENTE: Goya Foods



JERSEY CITY, Nueva Jersey, 27 de febrero de 2019 /PRNewswire-HISPANIC PR WIRE/- Goya Foods, la compañía de alimentos latinos más grande de los Estados Unidos, anuncia su compromiso de donar 200 toneladas métricas de alimentos, equivalentes a

440,000 libras de alimentos, al pueblo venezolano.

En colaboración con el gobierno EE UU, Goya está trabajando para coordinar la entrega de los camiones desde sus instalaciones en Houston, Texas a Colombia, antes de cruzar a Venezuela. “Nos unimos con nuestros hermanos venezolanos para entregarles alimentos nutritivos en este momento de hambruna nacional”, dijo Bob Unanue, presidente de Goya Foods. “Elogio el apoyo de los Estados Unidos y otros países, entidades privadas y públicas, e individuos, que también están trabajando diligentemente para garantizar que Venezuela reciba alimentos, agua y ayuda”.



La donación de frijoles negros Goya (Caraotas Negras), un alimento básico venezolano, es parte del esfuerzo caritativo de Goya, ‘Goya Gives’, una iniciativa global comprometida a promover y apoyar el bienestar general de la comunidad, a través de la responsabilidad social, iniciativas ambientales y los valores de la empresa. Goya apoya a más de 300 organizaciones, eventos y becas en todo el mundo y siempre ha desempeñado un papel activo en la donación de alimentos en tiempos de crisis, en los Estados Unidos, Puerto Rico, Ecuador, México, Haití, Chile, Perú y El Salvador, entre otros.

Para obtener más información, visite www.goya.com.

Acerca de GOYA: Fundada en 1936, Goya Foods, Inc. es la mayor compañía de alimentos de propiedad de hispanos en los Estados Unidos, y se ha establecido como líder en alimentos y condimentos latinoamericanos. Goya fabrica, envasa y distribuye más de 2,500 alimentos de alta calidad de España, el Caribe, México, Centroamérica y Suramérica. Los productos Goya tienen sus raíces en las tradiciones culinarias de las comunidades hispanas de todo el mundo. La combinación de ingredientes auténticos, sazones robustas y preparación conveniente hace que los productos Goya sean ideales para cada gusto y cada mesa. Para más información sobre Goya Foods, visite www.goya.com.

The 2019 Gulf Coast Minority Chamber of Commerce Community Awards

We will honor exceptional individuals / businesses that have made a difference in our community.

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Sol Chelada es lanzada en los Estados Unidos

FUENTE: MillerCoors

CHICAGO, 28 de febrero de 2019 / PRNewswire-HISPANIC PR WIRE/ -- Sol, la cerveza fundada en el corazón de México en 1899, trae un sabor mexicano icónico con la introducción de su producto nuevo, Sol Chelada. Lanzada en EE. UU. este mes, Sol Chelada es una mezcla lista para disfrutar que

combina cerveza Sol con tomate, limón, especias y otros sabores naturales.



Elaborada por los mismos maestros cerveceros detrás de la chelada número uno de México, Sol Chelada finalmente trae a EE. UU. el mismo sabor que solo se había podido disfrutar al sur de la frontera.

Sol Chelada tiene un sabor auténtico porque es elaborada con Sol, una de las cervezas más grandes y populares de México. La combinación de cerveza con los ingredientes que constituyen la chelada se conoce tradicionalmente como mezcla. A 3.5 por ciento de alcohol por volumen, Sol Chelada llega un año después del lanzamiento de la cerveza Sol en los EE. UU. bajo MillerCoors.

“Desde hace algún tiempo, los consumidores de cerveza han estado pidiendo que traigamos Sol Chelada a los Estados Unidos”, dijo Danielle Rappoport, directora de marketing de MillerCoors. “Estamos orgullosos de introducir una chelada conveniente, sabrosa y refrescante que los conocedores y consumidores nuevos podrán disfrutar”.

Sol Chelada está disponible en latas individuales de 24 onzas en la mayoría de tiendas de autoservicio y licorerías a nivel nacional. El lanzamiento se apoyará con videos en línea, medios sociales, publicidad digital, relaciones públicas, programación con influencers y publicidad exterior.

Para más información de Sol Chelada, visite Sol.com/US, Facebook.com/SolBeerUs y síganos @SolBeerUS en Twitter e Instagram.

HDG Public Adjusters & Insurance Loss LLC

Por Gabriel Bonserio, Principal Public Adjuster

En HDG Public Adjusters & Insurance Loss somos ajustadores Públicos, somos expertos con una licencia especializada autorizada por el Estado de Florida y solamente trabajamos para asegurados (dueños de casas) que han sufrido una pérdida o siniestro por ejemplo (Daños causados a su casa por el Huracán Michael), no Trabajamos para las compañías de seguros, representamos al dueño de la casa en contra de la compañía de seguro, buscando el mayor dinero disponible que cubra la pérdida ocasionada por cualquier siniestro en la casa como un Huracán, una simple rotura de un caño de agua, goteras y roturas de techo.

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Revisar y evaluar la cobertura de seguro real según se define en la póliza de seguro. Esto configura un marco ideal para concebir la mejor estrategia posible. Asistir al asegurado para satisfacer las condiciones de la póliza de seguro a fin de cumplir con las exigencias de plazos y daños establecidas.

Definir y evaluar las pérdidas, lo que incluye realizar una estimación de los daños, los contenidos, el entorpecimiento de las actividades

comerciales y todos los gastos adicionales en relación al siniestro para que pueda satisfacer al dueño de la casa o comercio al poder arreglar todos los daños.

Representar su reclamación ante el asegurador.

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El ajustador o tasador público de seguros cobra hasta un máximo del 20% de lo que recobre (Estado de la Florida). En un huracán que se vuelve una emergencia declarada por el gobernador de la Florida, está limitado a cobrar solo el 10% hasta un año después de ocurrido.

Para más información, véase anuncio en este periódico. Llámanos al 813-770-5415 o a nuestra oficina en Panama City al 850-851-7409 o escribenos por: hdgpublicadjusters@gmail.com.

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Virus Sincitial Respiratorio cont.

de las vías respiratorias pequeñas en el pulmón y neumonía, una infección de los pulmones. Es la causa más común de bronquiolitis y neumonía en niños menores de 1 año de edad.

Casi todos los niños habrán tenido una infección por RSV en su segundo cumpleaños. Las personas infectadas con RSV generalmente muestran síntomas dentro de 4 a 6 días después de haberse infectado.

PREVENCIÓN

La temporada de VSR ocurre cada año en la mayoría de las regiones de los Estados Unidos durante el otoño, el invierno y la primavera. Si tiene contacto con un bebé o un niño pequeño, especialmente aquellos que nacieron prematuramente, son muy jóvenes, tienen una enfermedad pulmonar o cardíaca crónica o un sistema inmunitario debilitado, debe tener mucho cuidado para mantener sano al bebé haciendo lo siguiente:

• Lávese las manos a menudo

Lávese las manos con frecuencia con agua y jabón durante 20 segundos y ayude a los niños pequeños a hacer lo mismo. Si no hay agua y jabón disponibles, use un desinfectante para manos a base de alcohol. Lavarse las manos te ayudará a protegerte de los gérmenes.

• Mantén tus manos alejadas de tu cara

Evite tocarse los ojos, la nariz y la boca con las manos sin lavar. Los gérmenes se propagan de esta manera.

• Evitar el contacto cercano con personas enfermas.

Evite el contacto cercano, como besarse, y compartir tazas o utensilios para comer con personas que tengan síntomas similares al resfriado.

• Cubra sus toses y estornudos.

Cubra su boca y nariz con un pañuelo de papel o la manga superior de su camisa cuando tosa o estornude. Tirar el pañuelo a la basura después.

• Limpiar y desinfectar las superficies.

Limpie y desinfecte las superficies y los objetos que las personas tocan con frecuencia, como juguetes y picaportes. Cuando las personas infectadas con RSV tocan superficies y objetos, pueden dejar atrás los gérmenes. Además, cuando tosen o estornudan, las gotas que contienen gérmenes pueden caer en las superficies y los objetos.

• Quédate en casa cuando estés enfermo

Si es posible, quédese en casa y no vaya a trabajar, a la escuela ni a las áreas públicas cuando esté enfermo. Esto ayudará a proteger a otros de contraer su enfermedad.

Si cree que su hijo tiene RSV, consulte a su pediatra. Hay pruebas que se pueden realizar. No todas las clínicas pueden realizar pruebas de RSV. Entonces, llame y consulte con su pediatra o vaya a la sala de emergencias si su hijo está muy enfermo. No existe un tratamiento específico para la infección por RSV.

Respiratory Syncytial Virus

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

Let's talk about children. Last month my one-month old granddaughter was admitted for pneumonia. She was diagnosed with RSV.

What is RSV? Respiratory syncytial virus, or RSV is a common respiratory viral illness. Normally it causes mild cold like symptoms and almost all will recover within one week. Most children will have been exposed by the age of five. However very young children especial those under 2 can become very ill. It is the most common reason for inflammation of the small airways of the lungs in children under one year of age.

Symptoms of RSV include runny nose, decrease in appetite, coughing, sneezing, fever, and wheezing. These symptoms appear in stages and not all at once. In the very young the only symptoms may be irritability, decreased activity, and breathing problems. When severe it can cause inflammation of the small airways and pneumonia.

Infants and young children with RSV infection may have runny noses and a decrease in appetite before any other symptoms appear. Cough usually develops one to three days later. Soon after the cough develops, sneezing, fever, and wheezing may occur. In very young infants, irritability, decreased

Respiratory syncytial virus (RSV) infection

RSV spreads easily by contact with infected droplets of saliva or mucus.



Highest-risk populations

Young children, especially babies younger than 1 year
People with weakened immune systems

Symptoms

Begin 3 to 7 days after exposure

Fever	Wheezing
Runny nose or nasal congestion	Difficulty breathing
Chest congestion	Cough

Treatment

There is no specific treatment for RSV infections. Symptoms usually improve within 1 to 2 weeks. Antibiotics are not helpful for RSV infections.

Fluids

Medications to relieve fever or treat other symptoms, such as wheezing

Prevention

Cover coughs and sneezes.



Wash hands frequently.



Do not share cups or utensils.



Avoid contact with people who have a cold.



activity, and apnea may be the only symptoms of infection.

Most otherwise healthy infants and young children who are infected with RSV do not need hospitalization. One to two out of every 100 children younger than 6 months of age with RSV infection may need to be hospitalized. Those who are hospitalized may require oxygen, intubation, and/or mechanical ventilation. Most improve with supportive care and are discharged in a few days.

How is RSV Transmitted? RSV can spread when an infected person coughs or sneezes. You can get infected if you get droplets from the cough or sneeze in your eyes, nose, or mouth, or if you touch a surface that has the virus on it, like a doorknob, and then touch your face before washing your hands. Additionally, it can spread through direct contact with the virus, like kissing the face of a child with RSV.

People infected with RSV are usually contagious for 3 to 8 days. However, some infants, and people with weakened

immune systems, can continue to spread the virus even after they stop showing symptoms, for as long as 4 weeks. Children are often exposed to and infected with RSV outside the home, such as in school or child-care centers. They can then transmit the virus to other members of the family.


Respiratory syncytial virus can also cause more severe infections such as bronchiolitis, an inflammation of the small airways in the lung, and pneumonia, an infection of the lungs. It is the most common cause of bronchiolitis and pneumonia in children younger than 1 year of age.

Almost all children will have had an RSV infection by their second birthday. People infected with RSV usually show symptoms within 4 to 6 days after getting infected.


PREVENTION

RSV season occurs each year in most regions of the U.S. during fall, winter, and spring. If you have contact with an infant or young child, especially


continued on page 27




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— *Salma Hayek, Actress and Activist*

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Old Oak Tree cont.

were designed to signify a clear break between the New World and the autocratic realm of Europe. Monroe's administration forewarned the imperial European powers against interfering in the affairs of the newly independent Latin American states or potential United States territories.

Our intimate party to celebrate the Bi-Centennial was arranged in conjunction with Conexión Media Group and it was a great honor to be a part of. As the night wore on, and the party cheer roared, there was little time to hail our former president as my shortened keynote speech gave way to song, dance and good cheer. It was a fitting finale to what—

for me—began four years ago, when I acquired from a family friend a sole acorn from the President James Monroe estate. That little acorn I nurtured for four years until it was planted in Tallahassee at Monroe and Adams Street by the State Marker for the Chandler's Tourist Camp. It is here the little acorn of the Virginian white oak tree will grow, making a bridge of honor for these two men who in their life toils acquired for us, Florida.

To visit the roots of this little tree visit **President James Monroe Highland Home** at www.tripadvisor.com/ShowUserReviews-g57592-d263629-r301986797-James_Monroe_s_Highland-Charlottesville_Virginia.html

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Virus cont.

those who were born prematurely, are very young, have chronic lung or heart disease or a weakened immune system, you should take extra care to keep the infant healthy by doing the following:

- **Wash your hands often**
Wash your hands often with soap and water for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer. Washing your hands will help protect you from germs.
- **Keep your hands off your face**
Avoid touching your eyes, nose, and mouth with unwashed hands. Germs spread this way.
- **Avoid close contact with sick people**
Avoid close contact, such as kissing, and sharing cups or eating utensils with people who have cold-like symptoms.
- **Cover your coughs and sneezes**
Cover your mouth and nose with a tissue or your upper shirt sleeve when

coughing or sneezing. Throw the tissue in the trash afterward.

- **Clean and disinfect surfaces**
Clean and disinfect surfaces and objects that people frequently touch, such as toys and doorknobs. When people infected with RSV touch surfaces and objects, they can leave behind germs. Also, when they cough or sneeze, droplets containing germs can land on surfaces and objects.

- **Stay home when you are sick**
If possible, stay home from work, school, and public areas when you are sick. This will help protect others from catching your illness.

If you think your child has RSV see your pediatrician. There are test that can be performed. Not all clinics can test for RSV. So, call and check with your pediatrician or go to ER if your child is very ill. There is no specific treatment for RSV infection.

WOMEN'S HISTORY MONTH



Libro de Rachel Hollis

“Amiga, lávate esa cara”

FUENTE: Grupo Nelson

NASHVILLE, Tenn., 28 de febrero de 2019 / PRNewswire-HISPANIC PR WIRE/ -- La vida no es perfecta. Es sucia, fea y hay una lucha constante para estar a la altura de las expectativas poco realistas de la sociedad, especialmente para las mujeres. Pero Rachel Hollis - fundadora de TheChicSite.com y CEO de Chic Media, colaboradora habitual de HuffPost, PopSugar, y experta frecuente en “The Rachael Ray Show,” “The Talk,” “Extra,” y más - cree que nadie necesita vivir en un estado de constante tristeza, arrepentimiento e infelicidad paralizante. Todo el mundo puede y debe tener una vida alegre, una vida exuberante, pero depende de ellos hacer que esto suceda.



En su muy esperado nuevo libro, con más de 2 millones de copias vendidas en Estados Unidos, Amiga, lávate esa cara: Deja de creer mentiras sobre quién eres para que te conviertas en quien deberías ser (Abril 16, 2019; 9781404111509 puedes encontrarlo en preventa en Amazon y Barnes & Noble) Hollis invita a sus lectoras a entrar en su mundo de caos controlado, revelando 30 años de heridas de batalla en la vida, incluyendo la depresión posparto, una infancia difícil, el descubrimiento de su hermano después de que se suicidó, la auto-confesión de su adicción al trabajo y la parálisis facial inducida por el estrés, entre otras muchas cosas. Pero también anima a las mujeres a aceptar la locura del día a día. Con una honestidad a veces brutal, desafía a las mujeres a querer más, a trabajar más duro, a ser transparentes sobre los buenos y los malos tiempos, y a saber que ellas son las últimas responsables de en quiénes se convierten y de su propia felicidad.

«Muchas mujeres no se sienten en control de sus propias vidas», dice Hollis. «Están esperando a que alguien o algo les indique dónde deben ir. O peor aún, se sienten totalmente abrumadas por un millón de posibles sugerencias sobre cómo deberían ser, así que todo lo que intentan les hace sentir mal. Quiero tener una conversación franca sobre todas las situaciones locas, aterradoras, mundanas o tabúes por las que he tenido que pasar porque les da permiso a otras mujeres para hacer lo mismo. Quiero que sepan que el cambio es posible y que es una búsqueda valiosa en tu vida».

Como esposa, madre trabajadora, empresaria, escritora y madre adoptiva quien ha lidiado con una infinidad de inseguridades acerca de su cuerpo y sus

relaciones, Hollis aporta humor, honestidad y un enfoque sensato para abordar las muchas mentiras hirientes que las mujeres se dicen a sí mismas, incluyendo: Empezaré mañana; Soy mala en el sexo; No soy lo bastante buena; Mi peso me define; Amarlo es suficiente para mí; No soy una buena mamá; Necesito un trago; Solo hay una manera correcta de ser; A estas alturas, se supone que ya hubiera logrado mucho más.

Al compartir verdades crudas y auténticas de su propia vida, pretende tener una conversación real sobre sus experiencias —las buenas y las malas— y, en última instancia, dar permiso a otras mujeres a hacer lo mismo. Con secciones al final del capítulo tituladas Las cosas que me ayudaron... Hollis camina junto a las mujeres y proporciona consejos y trucos tangibles para superar las mentiras que impregnan su pensamiento.

«He tratado de ser totalmente transparente sobre mi vida», dice Hollis. «No embellezco las cosas y me he arriesgado a enfurecer o lastimar a la gente al ser tan honesta porque creo en el poder transformador de decir tu verdad. Pero mi última esperanza con Amiga, lávate esa cara es que las mujeres se den cuenta de que ELLAS tienen el control de lo que les pasa en la vida. Si quieres hacer un cambio, TÚ tienes que hacerlo. Nadie más puede, es cosa tuya».

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ACERCA DE RACHEL HOLLIS: La experta en estilo de vida Rachel Hollis, es también fundadora del popular sitio web TheChicSite.com y directora ejecutiva de Chic Media. Es colaboradora habitual de HuffPost y PopSugar, y ha aparecido en Today, Rachael, The Talk, Extra y muchos otros programas. Vive en Austin, Texas, con su esposo y cuatro hijos. www.thechicsite.com.

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SCHEDULE OF ACTIVITIES
March 22 - 23

FRIDAY, March 22, 1pm - 9pm
STUDIO FUZION:

Registration Desk Opens. We invite you to come by and pickup passes or tickets to your scheduled events. We are here to answer any questions about the scheduled workshops, socials, showcases and after parties. **STUDIO FUZION.**

March 22, 3PM - 5PM, STUDIO FUZION:

Tech Rehearsal: We encourage all performers scheduled in the Showcases to attend the tech rehearsal.

March 22, 5pm - 7pm, STUDIO FUZION:

Workshops: Beginner to advanced level workshops.

March 22, 8pm - 11pm, STUDIO FUZION:

Showcase 1 and Social: Enjoy performances from your world renown instructors while they showcase their skills and talent. Social dancing to follow immediately after.

March 22, 10pm - Until,

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SATURDAY, March 23,
8am - 9pm, STUDIO FUZION:

Registration Desk Opens: We invite you to come by and pickup passes or tickets to your scheduled events. We are here to answer any questions about the scheduled workshops, socials, showcases and after parties.

March 23, 10am - 4pm

STUDIO FUZION:

Workshops: Beginner to advanced level workshops.

March 23, 5:30pm - 7pm

(approximate), **EMERALD**

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CENTER:

Showcase 2 at The Emerald Coast International Festival: We invite you to enjoy Showcase 2 at the Emerald Coast Convention Center. Performers will perform on the main stage of the Grand Ballroom during the Emerald Coast International Festival.

March 23, 8pm - Until

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