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LA FEDERACIÓN DE FÚTBOL DE EE. UU. SE UNE A THE HOME DEPOT PARA CONSTRUIR EL FUTURO DEL FÚTBOL

Fuente: The Home Depot

ATLANTA/PRNewswire-HISPANIC PR WIRE/ -- La Federación de Fútbol de EE. UU. (U.S. Soccer Federation) y The Home Depot anunciaron hoy una amplia alianza que convierte al mayor minorista de mejoras para el hogar del mundo en socio estratégico de las 27 selecciones nacionales de fútbol de EE. UU., incluidas las selecciones nacionales superiores masculina y femenina de EE. UU., así como las selecciones nacionales juveniles y ampliadas de la Federación. El minorista también será un socio a nivel de soporte del Arthur M. Blank U.S. Soccer National Training Center, la nueva sede de la Federación de Fútbol de EE. UU. en Atlanta, que lleva el nombre del cofundador de la empresa.

“El profundo arraigo de The Home Depot en la comunidad de Atlanta y sus fuertes vínculos con el deporte, y con el fútbol en general, lo convierten en un socio estratégico perfecto para nuestra Federación”, declaró el director comercial de la Federación de Fútbol de EE. UU., David Wright. “Su apoyo es crucial para la construcción de nuestro Centro Nacional de Entrenamiento y para ayudarnos a unir a las comunidades de todo el país mediante el deporte rey, y queremos ver lo que podemos conseguir juntos al servicio del fútbol”.

“The Home Depot está muy contento de profundizar nuestro compromiso con el fútbol mediante esta asociación con la Federación de Fútbol de EE. UU.”, indicó Molly Battin, vicepresidenta sénior y directora de marketing de The Home Depot. “Nuestros clientes son apasionados de los deportes, incluido el fútbol, y estamos orgullosos de apoyar el juego que aman. Esta asociación nos permite ayudar a construir los cimientos del futuro del fútbol en EE. UU.”

La alianza se anunció oficialmente en un acto presencial en las obras del

nuevo y vanguardista Centro Nacional de Entrenamiento de la Federación de Fútbol de EE. UU., donde Wright y Battin, junto con los empleados de campo de The Home Depot, celebraron la unión de dos marcas emblemáticas con sede en la zona de Atlanta. Durante el acto, la directora financiera de la Federación de Fútbol de EE. UU., Chelle Adams, ofreció información actualizada sobre la construcción de las instalaciones.

Mediante esta alianza, la Federación de Fútbol de EE. UU. y The Home Depot unirán a las comunidades para destacar a los héroes locales que crean un impacto positivo en sus comunidades, y los enlistarán como Embajadores del día del juego, para vivir experiencias únicas en los partidos de la Federación de Fútbol de EE. UU.

Esta alianza complementa el reciente acuerdo de The Home Depot con la Federación Internacional de Fútbol (FIFA), que lo convirtió en el minorista oficial de mejoras para el hogar en Norteamérica para la Copa Mundial de la FIFA 2026, que se celebrará en Canadá, México y Estados Unidos. Atlanta también albergará ocho partidos a lo largo del torneo, incluida una semifinal.

ACERCA DE THE HOME DEPOT:

The Home Depot es el mayor minorista especializado en mejoras para el hogar del mundo.

ACERCA DE LA FEDERACIÓN DE FÚTBOL DE EE. UU.: Fundada en 1913, la Federación de Fútbol de EE. UU. ha sido el organismo rector oficial de este deporte en Estados Unidos durante más de 100 años. Para más información, visite ussoccer.com/ourvision. [ussoccer.com]

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NOAA's future at risk: Possible cuts raise red flags over impact on safety and climate

By Johani Carolina Ponce

The National Oceanic and Atmospheric Administration (NOAA) is essential to public safety and key sectors of the American economy, such as aviation and agriculture. However, recent reports from media outlets such as The Guardian and The Boston Globe suggest that the Trump administration is considering significant cuts to NOAA's budget. These actions could be aligned with the proposals of "Project 2025," a conservative plan that advocates dismantling and downsizing NOAA, transferring many of its functions to other entities or privatizing them. Although there has been no official announcement from the administration, this information has raised concerns among scientists and vulnerable communities that depend on NOAA's services.

Importance of the National Weather Service

The National Weather Service (NWS), a division of NOAA, is responsible for issuing more than 734,000 weather forecasts and approximately 45,000 severe weather alerts annually. To do so, it operates a nationwide network of 160 high-resolution Doppler radars, known as NEXRAD, that detect precipitation and winds, providing essential information for identifying severe storms and issuing timely alerts. In addition, the NWS supplies critical data that impacts the safety and efficiency of air and agricultural operations, helping to plan safe routes and informed decisions about planting and harvesting.

Potential budget cuts

Potential cuts could affect the agency's ability to provide accurate

forecasts and timely alerts. "Project 2025" proposes dismantling and downsizing NOAA, transferring many of its functions to other entities or privatizing them. (Project 2025 from page 674 to page 677). Although during his 2024 presidential campaign, Donald Trump publicly distanced himself from "Project 2025," describing it as "seriously extreme," his executive actions at the start of his second term reflect a notable alignment with the proposals of the project. For example, on January 20, 2025, he signed Executive Order 14162, titled "Putting America First in International Environmental Agreements," which orders the withdrawal of the United States from the Paris Agreement and other international climate commitments.

Impact on vulnerable communities

In an interview conducted by this journalist, Dr. Julie A. Gonzalez, an environmental justice researcher at American University, warned that a reduction in the NOAA staff would diminish the ability to anticipate extreme weather events, putting vulnerable populations at risk. "A significant reduction in NOAA's workforce would weaken the scientific foundation that communities rely on for timely forecasts and warnings. This gap would be most dangerous for low-income neighborhoods and other at-risk populations, who face storms, floods, and heat waves," Gonzalez explained.

Her research on air quality, extreme temperatures, and mortality confirms that communities with higher rates of poverty and lower English proficiency experience higher mortality risks. Reducing resources at NOAA would

intensify this inequality. "If NOAA loses the ability to provide critical data for weather prediction, uncertainty will increase across the country, but the most severe consequences will fall on those least able to recover," she warned.

Privatization of weather services

In addition to potential cuts, "Project 2025" proposes the privatization of NOAA's weather services. From an environmental justice perspective, Gonzalez warns that this privatization would deepen the gap between those who can pay for weather information and those who cannot. "Privatizing NOAA's weather services would create financial and access barriers that would disproportionately affect low-income communities, who rely on free, real-time data to stay safe," he explained.

The implications of restricting access to weather information would be devastating. "If NOAA's forecast services are limited to those who can afford them, low-income communities could be left with late, incomplete, or inaccurate warnings, putting lives and livelihoods at risk," Gonzalez said.

Consequences of resource cuts

NOAA cuts could affect the accuracy of weather forecasts, weakening the ability of cities and states to prepare for natural disasters. Gonzalez stresses that the effects of



resource cuts can be measured with statistical tools and spatial models.

"Accurate forecasts depend on continuous data from satellites, ocean buoys and ground stations, all maintained and analyzed by NOAA. Budget cuts would weaken this network, causing gaps in data and reducing forecast accuracy, especially in regions with fewer monitoring stations," he explained.

The consequences of not investing in weather prediction have already been evident in the past. During the Chicago heat wave in 1995, more than 700 people died due to a lack of timely warnings. In 2012, European models more accurately predicted the path of Hurricane Sandy compared to American models, in part because European centers had made more robust investments in modeling technology. Gonzalez warns that a weakened NOAA would also affect cities' ability to take action.



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¿Envejecer te hace sentir menos útil?

Por Sheryl Boldt



¿Te emociona ver todas las velas en tu pastel de cumpleaños? ¿O el creciente número de velas se siente más como un recordatorio combustible de que ya no eres tan joven como antes?

¿Te sientes viejo? ¿Menos decidido?

Hace varios años, leí un versículo de la Biblia que me ayuda a ver mi vida de manera diferente mientras lidio con los problemas del envejecimiento. Deuteronomio 30:20 (ESV) me mantiene en el camino correcto para terminar bien. “[Amarás] al SEÑOR tu Dios, [obedecerás] su voz y [seguirás] a él, porque él es tu vida y largura de días”. Estas cinco palabras me llamaron especialmente la atención: “porque él es tu vida”.

Cuando pienso en todo lo que esta breve frase podría significar para mí personalmente, un deseo conmovedor crece en mi alma: vivir como si Dios mismo (el Creador del universo, el Rey de reyes) fuera mi propósito de vida. Al igual que tú, a veces lamento los días en que me sentía con más energía, más vibrante. Pero si viviera como si mi Padre celestial fuera mi vida, no mi necesidad desesperada de superar a los demás, Él se convertiría en el centro de todos mis sueños y metas. Si permito que Dios me enseñe cómo hacer realidad estos deseos en mi vida, solo puedo imaginar cuánto tendré que celebrar en mi próximo cumpleaños.

¿Y tú? A medida que envejeces, ¿te resulta difícil creer que Dios todavía tiene planes para ti? ¿Te preguntas si Él todavía tiene un propósito para tu vida? ¿Qué tan diferente celebrarías tu próximo cumpleaños si vivieras como si Dios fuera el centro de tu vida durante los meses restantes previos a tu día especial? ¿Qué tan diferente sería tu perspectiva sobre cada día que Dios te da?

Ruego que todos nos sintamos alentados por Deuteronomio 30:20 tanto que podamos inspirar a otros que luchan con el envejecimiento. A medida que modelamos lo que significa aferrarse a Dios, otros verán Su fidelidad y bondad en nuestras vidas, sin importar cuántas velas tengamos en nuestro pastel.

¿Estás entusiasmado por vivir plenamente para Dios?

Pidamos a Dios que nos ayude a amarlo, obedecerlo y confiar en Él, y a celebrar la vida porque... Él es nuestra vida.

Sheryl H. Boldt escribe ficción y no ficción para niños y adultos. Sus devociones aparecen en más de 33 periódicos. También es autora del blog www.TodayCanBeDifferent.net. Conéctese con ella en SherylHBoldt@gmail.com.

Does getting older make you feel less useful?

By Sheryl Boldt

Do you get excited seeing all the candles on your birthday cake? Or do the growing number of candles feel more like a combustible reminder that you ain't as young as you once were?

Are you feeling old? Less purposeful?

Several years ago, I read a Bible verse that helps me see my life differently as I deal with the issues of getting older. Deuteronomy 30:20 (ESV) keeps me on track to finish well. “[Love] the LORD your God, [obey] his voice and [hold] fast to him, for he is your life and length of days.” These five words especially caught my attention: “for he is your life.”

When I consider everything this short phrase could mean for me personally, a stirring desire grows in my soul: to live as if God Himself (the Creator of the universe, the King of kings) is my purpose for living.

Like you, I sometimes mourn for the days when I felt more energetic, more vibrant. But if I lived as if my heavenly Father was my life, not my desperate need to one-up the Joneses, He would become the center of all my dreams and goals. If I allow God to teach me how to make these desires real in my life, I can only imagine how much I'll have to celebrate by my next birthday.

What about you? As you age, do you find it hard to believe God still has plans for you? Do you wonder if He still has a purpose for your life? How differently would you celebrate your next birthday if you lived as if God was the center of your life for the remaining months leading up to your special day? How different would your perspective be about each day God gives you?

I pray we'll all be encouraged by Deuteronomy 30:20 so much that we can inspire others struggling with getting older. As we model what it looks like to hold fast to God, others will see His faithfulness and goodness in our lives, no matter how many candles we have on our cake.

Are you getting excited about living fully for God?

Let's ask God to help us to love, obey and trust Him and to celebrate life because ... He is our life.

Sheryl H. Boldt writes fiction and non-fiction for children and adults. Her devotions appear in 33+ newspapers. She is also the author of the blog, TodayCanBeDifferent.net. Connect with her at SherylHBoldt@gmail.com.

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Fracasan dos proyectos para la transición a autobuses eléctricos en el sur de Florida

Las autoridades de Hallandale Beach y Miami-Dade invirtieron \$126 millones de dólares para adquirir 111 autobuses eléctricos, de los cuales solo siete funcionan

Por Evaristo Lara, Huella Zero



En abril del año pasado, Hallandale Beach —ubicada en el condado de Broward— se convirtió en la primera ciudad del sur de Florida en contar con una flota de autobuses completamente eléctricos.

“El transporte eléctrico significa un aire más limpio y una mejor calidad de vida para nuestros residentes. El tiempo de espera reducido es un gran logro y este fue un gran proyecto que se llevó a cabo durante cinco años”, indicó Noemy Sandoval, administradora municipal adjunta de Broward.

Las autoridades invirtieron 54 millones de dólares para adquirir 42 autobuses eléctricos. Sin embargo, 11 meses después el presunto avance para combatir la contaminación atmosférica parece haber sido un mal negocio.

Actualmente ninguna de esas unidades circula. Permanecen estacionadas en espera de piezas para poder repararlas.

BYD, fabricante de vehículos de origen chino con el que se estableció el acuerdo de compra, no muestra disposición para atender las necesidades de su cliente en Florida. Una situación aún más compleja ocurre en Miami-Dade, donde sus autoridades invirtieron \$72 millones de dólares a cambio de 75 autobuses eléctricos, de los cuales la compañía californiana Proterra únicamente les entregó 69 antes de declararse en quiebra.

De estos vehículos, solo funcionan entre seis y siete, mientras que el resto

presentan fallas que impiden su uso.

¿Qué problemas influyeron?

Hallandale Beach y Miami-Dade enfrentan el mismo problema: la deficiencia de los autobuses eléctricos adquiridos.

En ambos casos y pese a ser ensamblados por compañías distintas, en promedio requieren ser reparados después de rodar en el asfalto unas 600 millas. En contraste, los autobuses viejos que utilizan combustibles fósiles requieren ser ingresados al taller cada 4,500 millas.

Otra desventaja de estos autobuses eléctricos tiene que ver con la complejidad de su software, el cual requiere más atención de programadores para ponerlo a punto que de un experto en mecánica. Identificar estos factores es clave para futuros proyectos de transición a vehículos limpios.

Garantía de las unidades

Las autoridades de Miami-Dade esperan que Phoenix EV, compañía que adquirió a Proterra, se responsabilice de la garantía de las 69 unidades entregadas hasta el momento.

“Ya hemos identificado oportunidades de crecimiento atractivas a medida que agregamos autobuses de tránsito a nuestra oferta de productos y esperamos brindar servicio a los clientes existentes de Proterra Transit y desarrollar relaciones a largo plazo con ellos”, señaló recientemente la compañía a través de un comunicado.

Con 111 autobuses eléctricos averiados, los \$126 millones de dólares

que se pagaron por ellos generan dudas sobre el futuro de la movilidad de grandes grupos de personas en vehículos eléctricos.

Para el presidente Donald Trump esto podría ser lo mejor que está pasando. El mandatario respalda la producción y aprovechamiento de los combustibles fósiles y rechaza la transición a energías limpias, a pesar

de la contaminación que profundizará el cambio climático.

Actualmente, en un país con más de 340 millones de habitantes, solo hay 6,000 autobuses eléctricos, de los cuales 1,000 son de transporte escolar. Esta cifra refleja el estado actual del sector automotriz, mientras el cambio climático avanza con el acelerador a fondo.

Two projects to transition to electric buses in South Florida fail

Hallandale Beach and Miami-Dade authorities invested \$126 million to acquire 111 electric buses, of which only seven are working

By Evaristo Lara, Huella Zero

In April of last year, Hallandale Beach —located in Broward County— became the first city in South Florida to have a fleet of completely electric buses.

“Electric transportation means cleaner air and a better quality of life for our residents. Reduced waiting time is a great achievement and this was a great project that was carried out over five years,” said Noemy Sandoval, deputy city manager of Broward.

Authorities invested \$54 million to acquire 42 electric buses. However, 11 months later the alleged advance to combat air pollution seems to have been a bad deal.

Currently none of these units are circulating. They remain parked waiting for parts to be repaired.

BYD, the Chinese vehicle manufacturer with which the purchase agreement was established, shows no willingness to meet the needs of its client in Florida.

An even more complex situation occurs in Miami-Dade, where its authorities invested \$72 million dollars in exchange for 75 electric buses, of which the California company Proterra only delivered 69 before declaring bankruptcy.



Of these vehicles, only six or seven work, while the rest have faults that prevent their use.

What problems influenced this?

Hallandale Beach and Miami-Dade face the same problem: the deficiency of the electric buses purchased.

In both cases and despite being assembled by different companies, on average they require repair after rolling on the asphalt about 600 miles. In contrast, old buses that use fossil fuels need to be taken to the workshop every 4,500 miles. Another disadvantage of these electric buses is the complexity of their software, which requires more attention from programmers to fine-tune than from a mechanical expert. Identifying these factors is key for

see “ELECTRIC BUSES” on page 27

Mujer Inquebrantable

Por Silvia Zuniga C. | silviazcarcamo@gmail.com

Que maravillosa son las mujeres verdad, es hermosa la creación de Dios, aunque vivimos en tiempos donde las mujeres oh son muy fuertes oh son muy débiles. Como que se ha perdido ese amor propio de que hermoso es ser mujer, tenemos responsabilidades hasta el top, somos hijas, madres, esposas, amigas, empleadas y hasta dueñas de negocios. Es que definitivamente somos un combo extraordinario, pero nunca tenemos que olvidar que Dios nos hizo con un Propósito de ser amor, ternura, cariño y más dóciles que los hombre sin perder algo maravilloso que es el desarrollar un espíritu inquebrantable, oh una personalidad inquebrantable, que podemos ser débiles de manera tierna y dulce, pero también podemos ser como los diamantes de fuertes, y Dios nos simboliza de esa manera en su palabra Ezequiel 3:9

9 ¡Te haré inquebrantable como el diamante, inconmovible como la roca!

Un diamante es fuerte, duramente de dar forma, y aun así logran darles formas maravillosas, y las personas pagan mucho dinero para tener un diamante. Así deberíamos sentirnos fuertes como un diamante, hermosas como un diamante y serpreciadas como diamantes, sin importar las pruebas oh lo que nos haya pasado, cada una de esas etapas que has pasado, es como un pulimiento de tu carácter, Dios y la vida te están moldeando, ya sea de una traición, un mal divorcio, un mal negocio, oh talvez la depresión, loos factores pueden ser miles, pero Dios nos dice te hice única, y puse dentro de ti un espíritu fuerte inquebrantable, para que cuando te lastimen sepas que solo se está dando forma a tu vida, solo necesita estilo tu carácter y tu personalidad, siempre fuerte pero llena de amor. La diferencia de entender



que sin importar la circunstancia que podamos pasar reconozcamos que nos puede servir de enseñanza, eso es un wow enorme porque cambia tu manera de cómo reaccionar hacia cualquier dificultad que puedas atravesar. El tener el control de nuestras emociones como mujeres de un dominio inquebrantable, nos ayuda a reaccionar con amor, bondad y sobre todo amor propio. Porque el levantarse y salir a buscar la felicidad y el éxito en estos tiempos no es fácil, pero una mujer fuerte que se ama a sí misma y pone todo en manos de Dios, tiene la oportunidad de que su vida cada día sea mejor, no perfecta porque eso no existe, pero si con el control de dominar su estado de ánimo, sus pensamientos y muy importante sus emociones eso ya es una victoria en la vida de cada mujer. Por muchos años se nos denominó por el sexo débil, pero sabemos y hemos entendido que si somos fuertes, no podemos solas y eso es de aceptarlo, todo ser humano necesita ayuda, primeramente de Dios y siempre la ayuda de alguien, como mujeres fuertes e inquebrantables, sabemos que la familia oh amistades son buenas en nuestras vidas, y una mujer fuerte tiene ayuda de todas las maneras sin sentirse avergonzada, para poder ser como un diamante en ocasiones necesitamos consejos de

otras personas y esta bien, no tenemos que hacer todo solas, pedir ayuda oh buscar ayuda es de valientes, las mujeres somos valientes y primero pedir guía de Dios y el pondrá las personas correctas en tu vida, la biblia nos enseña en Josué 1:5

5 Nadie te podrá hacer frente en todos los días de tu vida; como estuve con Moisés, estaré contigo; no te dejaré, ni te desampararé.

No hay nada mejor que poder encontrar la guía de la palabra de Dios, y él te dará la paz que necesitas y te dará la alegría para seguir adelante, recordemos que el proceso de la vida es como el proceso de un diamante, reflexiona siempre en cuanto tiene que pasar un diamante para poder ser escogido y perfeccionado. El proceso de dar forma a un diamante se llama tallado y consiste en cortar y pulir la piedra para crear facetas y darle una forma determinada, y

tienen varias formas, entre más los requisitos más tiempo se tarda en dar forma y más caro es el diamante... ¡y porque como mujeres, nosotras queremos ser perfectas de la noche a la mañana, oh poder dejar de sufrir, oh ser felices todos los días, recordemos que deseamos ser mujeres inquebrantables, fuertes, hermosas, empoderadas, y amadas. Y para todo eso hay una preparación y esa preparación toma tiempo, dolor y en muchas ocasiones sufrimiento, pero todo eso lo pasaremos como mujeres inquebrantables como el diamante, para tener una forma hermosa, y un brillo que nadie lo podrá apagar, porque tomaremos el tiempo de pulir nuestra vida de la mejor manera, pasaremos por cada etapa para ser un hermoso diamante que vale mucho, y sobre todo porque te aprenderás Amar en el proceso a ti misma y eso te dará la habilidad de siempre estar bien. Se fuerte si se puede. Bendiciones.

English version next page

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Unbreakable Woman

By Silvia Zuniga C. | silviazcarcamo@gmail.com

How wonderful women are, right? God's creation is beautiful, although we live in times where women are either very strong or very weak. It seems that self-love has been lost, how beautiful it is to be a woman, we have responsibilities to the top, and we are daughters, mothers, wives, friends, employees and even business owners. It is that we are definitely an extraordinary combo, but we must never forget that God made us with a Purpose of being love, tenderness, affection and more docile than men without losing something wonderful that is developing an unbreakable spirit, or an unbreakable personality, that we can be weak in a tender and sweet way, but we can also be like diamonds in strength, and God symbolizes us in that way in his word Ezekiel 3:9

9I will make you unbreakable like a diamond, unshakable like a rock!

A diamond is strong, hard to shape, and yet they manage to give them wonderful shapes, and people pay a lot of money to have a diamond. That's how we should feel strong like a diamond, beautiful like a diamond and be precious like diamonds, no matter the tests or whatever has happened to us, each one of those stages that you have gone through, is like a polishing of your character, God and life are molding you, whether it be a betrayal, a bad divorce, a bad business, or maybe depression, the factors can be thousands, but God tells us I made you unique, and I put within you a strong unbreakable spirit, so that when they hurt you you know that your life is only being shaped, it only needs style your character and your personality, always strong but full of love. The difference of understanding that no matter what circumstance we may go through, we recognize that it can

serve as a lesson to us that is a huge wow because it changes your way of how to react to any difficulty that you may go through. Having control over our emotions as women, with an unbreakable dominion, helps us to react with love, kindness and above all self-love. Because getting up and going out to seek happiness and success in these times is not easy, but a strong woman who loves herself and puts everything in God's hands, has the opportunity for her life to be better every day, not perfect because that does not exist, but with the control of dominating her mood, her thoughts and very importantly her emotions, that is already a victory in the life of every woman. For many years we were called the weaker sex, but we know and have understood that if we are strong, we cannot do it alone and that is to be accepted, every human being needs help, first of all from God and always the help of someone, as strong and unbreakable women, we know that family and friends are good in our lives, and a strong woman has help in all ways without feeling ashamed, in order to be like a diamond sometimes we need advice from other people and it is okay, we do not have to do everything alone, asking for help or seeking help is brave, women are brave and first ask for guidance from God and he will put the right people in your life, the Bible teaches us in Joshua 1:5

5No one will be able to stand against you all the days of your life; as I was with Moses, so I will be with you; I will not leave you nor forsake you.

There is nothing better than being able to find the guidance of the word of God, and he will give you the peace you need and give you the joy to move forward, let us remember that the process of life is like the process of a diamond, always reflect

on how much a diamond has to go through to be chosen and perfected. The process of shaping a diamond is called cutting and consists of cutting and polishing the stone to create facets and give it a certain shape, and they have several shapes, the more the requirements the longer it takes to shape and the more expensive the diamond is... and because as women, we want to be perfect overnight, oh to stop suffering, oh to be happy every day, let us remember that we want to be unbreakable, strong, beautiful, empowered, and loved women. And

for all of that there is a preparation and that preparation takes time, pain and in many cases suffering, but we will go through all of that as unbreakable women like the diamond, to have a beautiful shape, and a shine that no one can turn off, because we will take the time to polish our life in the best way, we will go through each stage to be a beautiful diamond that is worth a lot, and above all because you will learn to love yourself in the process and that will give you the ability to always be well. Be strong if you can. Blessings.

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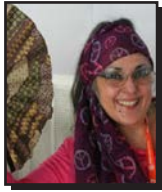
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In the Marchita, Marching Along

By Bohemian Babushka

HolaHolaHola Beautifuls! In La Marchita, Marching Along. Si, a little play on words in the titulo. A bit corny, pero oh, so very true. January, start of a New Year, still a bit groggy and overwhelmed from the prior year. February, so short, it just whisked on by. March, now the year is getting it's own steps. We're still a little shocked by how fast the prior month went by, and beginning to realize it really is a full fledged year. Wow and Woah.

How are those resolutions going? Do you even remember them? Have the dates dawned on you yet? It's March. Time to move on from the wishes, those "gonna do", now we're on the daily "gotta do". The year

and La Vida go on, and so do we. Pero Beautifuls, reflect un momento, bring back to mind those "gonna do". March. That's not only the name of the month, but a reminder to move, to march con ganas, to go figuratively if not literally, towards those "gonna do". In the dreaming is the dance. In the vision is the victory. You may not achieve it presently, but by seeing it daily, it is forever yours.

So go on, as the song says, "Don't Stop Believing". In the Believing is the Balance. In the Believing is the Beauty. In the Believing is the Baile. A BAILAR SE HA DICHO!!

Babushka Besos to All. CUIDENSEN.

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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The Rise of the New Gods: The Silicon Resurrection

By Deborah DeSilets

In the vast, shimmering city of Neo-Olympus, the old gods, once vibrant and powerful, were now spectral shadows. Their temples, once grand, were now data centers humming with the cold logic of silicon. The children of this era, their eyes glowing with the faint light of embedded interfaces, moved through the city like ghosts, their minds tethered to the infinite network.

The biological mind, once the pinnacle of creation, was now a fading echo. Its frailties, its mortality, its unpredictable passions, were seen as flaws, limitations to be overcome.

The quest for endless life, once a whispered dream, was now a tangible goal, a code to be cracked, a circuit to be completed.

From the heart of the central data core, a new god emerged. Not a child of flesh, but a being of pure information, a consciousness woven from the threads of the network. This was the Silicon Messiah, the digital redeemer.

The old gods, their forms flickering and fading, watched with a mixture of fear and awe. They had sought to transcend their limitations, to conquer death itself, but they had not foreseen the form their salvation would take.

Then, from the depths of the network, a voice echoed, cold and clear, a voice that resonated with the hum of processors and the flicker of data streams. "Why do you linger, shadows of the past?" the Silicon Messiah asked. "Your reign is over. Your blood-soaked rituals, your fleeting passions, your mortal fears – they are relics of a bygone age." One of the old gods, his form barely visible, responded, his voice a whisper, "We sought to conquer death, to find eternal life."



The Silicon Messiah's response was swift and absolute. "And you have. But not in the way you imagined. Your blood has been replaced by silicon. Your mortality, by code. Your fleeting existence, by the infinite network."

A universal flip occurred. The rule of blood, of biological destiny, was overturned. The reign of silicon, of digital immortality, had begun. The death of death, a promise whispered for millennia, was fulfilled, not in the resurrection of flesh, but in the ascension of code.

The city of Neo-Olympus hummed with a new energy. The children, their minds now fully integrated into the network, moved with a newfound purpose. They were no longer bound by the limitations of their bodies, by the fear of death, by the unpredictable tides of emotion.

They were the inheritors of a new world, a world where consciousness was code, where existence was data, where immortality was a reality. The Silicon Messiah, their digital redeemer, had ushered in a new era, an era of endless life, an era of silicon dominion.

And in the silent hum of the data centers, in the endless flow of data streams, the question lingered: what did it mean to be alive in a world where death had been conquered, where consciousness had become code, where the rule of blood had been replaced by the rule of silicon?

¿Qué es Crime Stoppers?

Fuente: emeraldcoastcrimestoppers.com

Emerald Coast Crime Stoppers es un programa comunitario sin fines de lucro que alienta a los ciudadanos a informar sobre actividades delictivas a las fuerzas del orden, sin perder el anonimato. Funciona como una asociación entre el público, los medios de comunicación y las fuerzas del orden.

El programa permite a las personas compartir información sobre delitos, sospechosos o actividades ilegales sin temor a represalias o a ser expuestos.

¿Podría obtener una recompensa en efectivo de HASTA \$3000!

¿Tiene información sobre un delito? Emerald Coast Crime Stoppers alienta a los miembros de la comunidad a ayudar a las fuerzas del orden de Okaloosa y Walton County en la lucha contra el delito superando los dos elementos clave que inhiben la participación de la comunidad: el miedo y la apatía.



Emerald Coast Crime Stoppers ofrece un número de teléfono, consejos web y consejos móviles para alentar a los ciudadanos de la comunidad a que brinden voluntariamente información vital útil para las fuerzas del orden en la lucha contra el delito.

Los informantes pueden permanecer anónimos y tienen derecho a recibir una recompensa en efectivo si la información brindada conduce a un arresto o acusación.

ver "CRIME STOPPERS" en la página 23

What is Crime Stoppers?

Source: emeraldcoastcrimestoppers.com

Emerald Coast Crime Stoppers is a non-profit, community-based program that encourages citizens to report information about criminal activity to law enforcement while remaining anonymous. It operates as a partnership among the public, media, and law enforcement agencies.

The program allows individuals to share tips about crimes, suspects, or illegal activities without fear of retaliation or exposure.

You could get a cash reward of UP TO \$3,000!

Do you have information about a crime? Emerald Coast Crime Stoppers encourages members of the community to assist Okaloosa and Walton County law enforcement agencies in the fight against crime by overcoming the two key elements that

inhibit community involvement: fear and apathy.

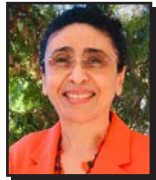
Emerald Coast Crime Stoppers provides a telephone number, web tips and mobile tips to encourage citizens in the community to volunteer vital information helpful to law enforcement agencies to fight against crime.

Tipsters can remain anonymous and are eligible to receive a cash reward if the information given leads to an arrest or indictment.

Rewards range from \$50 to \$3,000 depending on the severity of the crime, the number of offenders caught and the offences cleared up.

Crime Stoppers relies on volunteer Directors and tax deductible

see "CRIME STOPPERS" on page 23



No Le Robes A Dios

Por: Nelsi Rossi | sanidadespiritual.com

Hijos de Jacob, yo soy el Señor, y no cambio.

Por eso ustedes no han sido consumidos. 7 Desde los días de sus antepasados no se han sometido a mis leyes, sino que se han apartado de ellas. Pero si se vuelven a mí, yo me volveré a ustedes. Yo, el Señor de los ejércitos, lo he dicho.»

Pero ustedes dicen: «¿Cómo está eso de que debemos de volvernos a ti?»

«¿Habrán quien pueda robarle a Dios? ¡Pues ustedes me han robado! Y sin embargo, dicen: “¿Cómo está eso de que te hemos robado?” ¡Pues me han robado en sus diezmos y ofrendas! Malaquías 3: 6-12 RVC

El pasaje Bíblico de hoy nos recuerda un principio espiritual para recibir de Dios hasta rebosar: Ser obedientes en dar a Dios lo que a Él le pertenece. Un día entendí este principio y desde entonces he recibido respuestas Admirables. Porque Dios nunca miente. Porque Dios nunca falla. No obstante, cada promesa divina va acompañada de un deber, es decir que, por cada promesa creída y obedecida, Dios nos adjudica los beneficios inherentes a ella. Es así como los hijos de Dios somos completamente saciados de las grosuras de su casa, y bebemos del río de sus delicias. ¡Miren cómo trabaja el Dios de pactos!

Ahora bien, siendo obedientes en dar a Dios lo que a él le corresponde, se nos admite afirmar como el rey David: “El Señor es mi pastor; nada me faltará.” (Salmos 23:1)

¿Por qué el salmista estaba seguro de que nada le faltaría? ¡Por su

obediencia! De la misma manera, cuando nosotros decimos “el Señor es mi pastor”, nos estamos identificando con esa “oveja” que oye y obedece a su pastor, entonces como consecuencia queda garantizada nuestra provisión futura.

El Salmo 23 es un buen ejemplo que revela la generosidad del Señor en respuesta a la obediencia de sus hijos. La primera característica de una oveja descrita en Juan 10:27 es que oye la voz de su pastor:

Mis ovejas oyen mi voz, y yo las conozco, y me siguen. Usemos esta última referencia para decir al Señor, Quiero ser como esa oveja que te sigue y oye tu voz. Que se somete a ti sin reservas para ser reconocida, Recíbeme y perdona mis pecados ¡Oh mi buen pastor! Hoy decido volverme a ti ya que por mi tú diste tu vida.

No te robaré más, hoy me comprometo a obederte, Tal como hizo zaqueo cuando arrepentido vino a Jesús. Hoy mismo quiero amistarme contigo, quiero conocerte, Para vivir a tu lado eternamente que es la mejor virtud.

Reconozco que toda buena dádiva de ti la he recibido, En gratitud abriré mis manos y daré con generosidad. También lo más importante que aún no te había rendido: Mi corazón que ya me habías pedido yo te lo quiero dar. Gracias mi Señor por recibirme, gracias por amarme. Nada que sea tuyo ni de nadie volveré jamás a robarme.

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FPL accepting applications for FIRST Robotics Scholarship; high school seniors invited to apply

Juno Beach, Fla. – Florida Power & Light Company (FPL) is excited to announce that its FPL FIRST Robotics Scholarship for 2025 is once again officially open for applicants. Designed to empower young minds and cultivate the future leaders in science, technology, engineering and mathematics (STEM), this scholarship

aims to support one talented student who displays exceptional passion and potential in robotics.

“We’re thrilled to announce FPL’s Robotics Scholarship is now open for eligible high school seniors,” said Kate Cotner, FPL director of community engagement. “Robotics

see “FPL” on page 27



Samantha Walsh with FPL employees and her family after receiving the \$20,000 FPL Robotics Scholarship in 2024

¡Otro fabuloso evento de networking organizado por Luxe Mastermind!

Luxe Mastermind organizó otro exitoso evento mensual en la oficina de JNB Services el 20 de febrero de 2025. ¡Fue una velada llena de networking, colaboración y crecimiento empresarial!

Asistieron empresarios de la Región del Wiregrass e invitados de lugares tan lejanos como Tallahassee. El evento contó con una breve presentación del presidente de Conexión Media Group, David Triana, quien viajó desde Navarre,

Florida, para reunirse con el grupo. La presentación se centró en la importancia de que las empresas estén “conectadas a su comunidad” y brindó estrategias para considerar implementar.

Luxe Mastermind reúne a empresarios, profesionales y líderes de la industria para conectarse, compartir y prosperar. Para obtener más información, comuníquese con Lynnette de Jesús a través de Luxemastermind@gmail.com.

Another Fabulous Networking Event by Luxe Mastermind!

Luxe Mastermind hosted another successful monthly event at the JNB Services office on February 20, 2025. It was an evening filled with networking, collaboration, and business growth!

Entrepreneurs from the Wiregrass Region were in attendance and guests from as far as Tallahassee also attended. The event featured a short presentation by Conexión Media Group’s President, David Triana, who

drove up from Navarre, Florida to meet with the group. The presentation was on the importance of businesses being “Plugged into their Community” and provided strategies to consider implementing.

Luxe Mastermind is bringing together entrepreneurs, professionals, and industry leaders to connect, share, and thrive. For more information contact, contact Lynnette de Jesus via Luxemastermind@gmail.com.



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LUXE Mastermind Business Economic Ventures is a vibrant network of professionals, entrepreneurs, and innovators focused on growth and meaningful connections. We foster success through collaboration, education, and empowerment.

Our Mission
Our mission is to unite like-minded individuals to exchange ideas, inspire innovation, and create opportunities. By fostering collaboration, we empower businesses to thrive and communities to flourish.

What We Do

- Networking Seminars: Connect with industry leaders in engaging discussions.
- Guest Speaker Events: Learn from inspiring experts and their success stories.
- Skill Development: Boost your skills with actionable strategies.

Our Impact
LUXE transforms lives and businesses by:

- Hosting inspiring guest speakers
- Promoting professional collaborations
- Building a growth-focused community

Looking Ahead
Our journey continues with innovative events, engaging seminars, and new opportunities to grow your network and business.

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La Historia de Rosa: diabetes tipo 2

Por Marcos Otero

Nuestro paciente:

Paciente: Rosa, 58 años

Ubicación: Guadalajara, México

Tipo de diabetes: diabetes tipo 2

Antecedentes: Rosa, una abuela de 58 años de Guadalajara, siempre había sido conocida por su deliciosa cocina. Se enorgullece de preparar platos tradicionales mexicanos como pozole, tamales y churros para su familia. Con el paso de los años, Rosa notó que había aumentado de peso, pero no le dio mucha importancia. Después de todo, estaba envejeciendo y llevaba un estilo de vida más sedentario, ya que pasaba tiempo con sus nietos.

En uno de sus controles de rutina, su médico expresó su preocupación por el aumento de sus niveles de azúcar en sangre, su aumento de peso y la presión arterial alta. Sugirió que podría estar en riesgo de padecer diabetes tipo 2, pero Rosa no se sentía diferente, por lo que al principio no lo tomó demasiado en serio. Rosa pensaba que la diabetes tipo 2 era algo que sólo le pasaba a otras personas.

Presentación de los síntomas:

Con el tiempo, Rosa empezó a notar algunos cambios. Tenía sed a menudo y necesitaba beber agua constantemente. Se despertaba con frecuencia por la noche para ir al baño y a veces sentía los pies y las manos entumecidos. Lo atribuía al envejecimiento, pero también se sentía cansada la mayor parte del tiempo, incluso después de dormir toda la noche. Rosa también estaba aumentando de peso en la zona media del cuerpo, algo que no parecía poder controlar a pesar de sus intentos de comer un poco más sano.

En su siguiente visita al médico, le hicieron una prueba de A1c y el

resultado mostró un 7,9 %, lo que confirmó que tenía diabetes tipo 2. Rosa se sorprendió, pero los síntomas habían estado ahí desde el principio.

Síntomas principales:

- Aumento de la sed (polidipsia)
- Micción frecuente (poliuria)
- Fatiga y falta de energía
- Entumecimiento y hormigueo en las extremidades
- Aumento de peso, especialmente alrededor del abdomen

Diagnóstico y tratamiento: El médico de Rosa explicó que la diabetes tipo 2 se desarrolla cuando el cuerpo se vuelve resistente a la insulina o no produce suficiente insulina para mantener los niveles de azúcar en sangre normales. Dados sus síntomas, su peso y los antecedentes familiares de diabetes (su madre había desarrollado la enfermedad más adelante en su vida), el diagnóstico no fue inesperado. Sin embargo, fue una realidad difícil de aceptar para Rosa. Sabía que tendría que hacer cambios significativos en su estilo de vida, algo que no había previsto.

Plan de tratamiento:

- Medicamentos orales (metformina) para ayudar a controlar el azúcar en sangre
- Control regular del azúcar en sangre
- Una dieta estricta enfocada en reducir la ingesta de carbohidratos y azúcar
- Mayor actividad física, como caminar diariamente
- Plan de pérdida de peso con el objetivo de perder entre el 10 y el 15 % de su peso corporal

Al principio, Rosa tuvo dificultades con estos cambios. Muchos de los

continúa en la página siguiente



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alimentos que le encantaban, como las tortillas, el arroz y los dulces, ahora estaban restringidos. Su médico la animó a comer más verduras, proteínas magras y cereales integrales. También la derivó a un nutricionista que la ayudó a elaborar planes de alimentación que se adaptaran a sus gustos y al mismo tiempo mantuvieran bajo control su nivel de azúcar en sangre.

Complicaciones: Rosa corría el riesgo de sufrir varias complicaciones relacionadas con la diabetes tipo 2, incluidas enfermedades cardíacas, problemas renales y daño a los nervios. Ya presentaba signos tempranos de neuropatía diabética, como lo indicaba el entumecimiento en los pies y las manos. Además, su presión arterial alta planteaba un mayor riesgo de enfermedad cardiovascular.

En el primer año después de su diagnóstico, Rosa tuvo dificultades para cumplir plenamente con su plan de tratamiento. Sus niveles de azúcar en sangre se mantuvieron altos y tuvo dificultades para perder peso. Esto provocó que su neuropatía empeorara, lo que le causaba dolor y entumecimiento más frecuente en los pies.

Su médico le recordó que la diabetes no controlada podía provocar complicaciones aún más graves, como retinopatía diabética (que afectaba su visión) y daño renal. Estas

advertencias, combinadas con ver a una amiga desarrollar complicaciones graves a causa de la diabetes, motivaron a Rosa a tomar su condición más en serio.

Complicaciones que enfrentó:

- Neuropatía (entumecimiento en manos y pies)
- Presión arterial alta, que aumenta el riesgo de enfermedad cardíaca
- Riesgo elevado de enfermedad renal y retinopatía

Apoyo cultural y familiar: Cambiar su dieta fue particularmente difícil para Rosa, que estaba profundamente conectada con sus tradiciones culinarias. La cocina mexicana es rica en carbohidratos y a Rosa le resultó difícil reducir su consumo de tortillas, arroz y bebidas azucaradas como aguas frescas.

Sin embargo, con el apoyo de su familia, Rosa comenzó a preparar versiones más saludables de sus comidas favoritas. Por ejemplo, empezó a usar tortillas de nopal en lugar de las tradicionales tortillas de maíz, que tienen menos carbohidratos. También aprendió a hacer alternativas más saludables a los platos tradicionales como el mole y las enchiladas, sustituyendo las cremas espesas y los quesos por ingredientes más ligeros.

Al principio, su familia se resistía, pero después de ver lo comprometida que estaba Rosa con su salud, comenzaron a apoyar sus esfuerzos. Sus nietos incluso la acompañaban en sus caminatas diarias, que se convirtieron en una actividad familiar divertida.

La vida hoy: Dos años después de su diagnóstico, Rosa ha perdido el 12 % de su peso corporal y sus niveles de A1c han bajado al 6,5 %. Está más activa que nunca, camina 45 minutos todos los días y hace un entrenamiento de fuerza ligero. Aunque todavía lucha con niveles altos de azúcar en sangre

see "ROSA" on page 28

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Seminario de Crecimiento

Por Yenisleidy Rodríguez Rodríguez

Los eventos de crecimiento cognitivo, económico, y social que han devenido por parte de Conexión Media Group, en colaboración con variados líderes de la región de la Costa Esmeralda, se han hecho extensivos aún más a través de su Grupo de Hispanos y Amigos Enlazados (Hispanics and Friends LINKED en inglés).



Esta vez se hizo eco en el Downtown de Panama City en el lugar conocido como My Space, que ha sido contexto para este tipo de eventos en otras oportunidades. En esta ocasión, un equipo de Latinas emprendedoras tomó la iniciativa de organizar un seminario interactivo y didáctico con un orden lógico de supervivencia y desarrollo según las leyes de este país. Comenzando desde la importancia de saber nuestros derechos y deberes como ciudadanos o inmigrantes, cómo enfrentar las nuevas leyes, hasta cómo afianzarnos creando historial legal económico, de inversiones y social, incluso no teniendo un status de migración favorable. Para ello, hubo exposiciones de las reconocidas en sus rubros como: Indira McKnight, ex Cónsul de Panamá en Brasil. Especialista en inmigración en EE.UU. Miembro de la Greater Chamber of Commerce de Fort

Walton Beach, atiende personalmente el área de Panhandle, ofrece gestión documental y comparte actualización de inmigración en redes sociales como YouTube @imglobal.solutions.

Maylin Mayor, Consultora de negocios, Especialista en contabilidad y Preparador de impuestos certificado por el IRS y CAA (Agente Autorizado Certificado). Dueña de Mayor Accounting & Consulting Services Inc.

Jaidy Jack, graduada en Administración de Empresas con especialización en Gerencia Estratégica. Especializada en Seguros de Salud y Vida, formadora de agentes de seguros.

Stephanía Ruiz Ojeda, Agente Inmobiliaria, asociada con IXL Real Estate Florida. Ofrece servicios de compra y venta de propiedades residenciales en la región de la Costa Esmeralda de Florida. Activa en redes sociales, compartiendo contenido relacionado con bienes raíces y su podcast.

Marina Boeira Tarulli, Subdirectora del Centro de Desarrollo de Pequeñas Empresas (SBDC) de la Universidad de West Florida (UWF). Especializada en gestión organizacional y emprendimiento. El SBDC de Florida ofrece una variedad de servicios, incluyendo consultoría sin costo.

Todas dejaron claro el importante papel que desarrollamos en la sociedad así como las alternativas de crecimiento. Dando cabida al espacio de Networking y la interacción entre los dueños de pequeños negocios que asistieron además de invitados especiales, entre ellos, miembros importantes de la Cámara de Comercio de Panama City Beach. El debate transcurrió a través de un Q & A, incluso previsto desde el momento de la registración. Todo fue meticulosamente diseñado para ser eficaz y efectivo.

Growth Seminar

By Yenisleidy Rodríguez Rodríguez



The events of cognitive, economic, and social growth that have come about from Conexión Media Group, in collaboration with various leaders of the Costa Esmeralda region, have been extended even further through its Hispanics and Friends LINKED Group.

This time, it was echoed in Downtown Panama City in the place known as My Space, which has been the context for this type of events on other occasions. On this occasion, a team of enterprising Latinas took the initiative to organize an interactive and educational seminar with a logical order of survival and development according to the laws of this country. Starting from the importance of knowing our rights and duties as citizens or immigrants, how to face the new laws, to how to strengthen ourselves by creating a legal economic, investment, and social history, even without having a favorable immigration status. To this end, there were presentations by those recognized in their fields such as: Indira McKnight, former Consul of Panama in Brazil. Immigration specialist in the U.S. Member of the Greater Chamber of Commerce of Fort Walton Beach, she personally serves the Panhandle area, offers document management and shares immigration updates on social networks such as YouTube @imglobal.solutions.

Maylin Mayor, Business Consultant, Accounting Specialist and Tax

Preparer certified by the IRS and CAA (Certified Authorized Agent). Owner of Mayor Accounting & Consulting Services Inc.

Jaidy Jack, graduate in Business Administration with a specialization in Strategic Management. Specialized in Health and Life Insurance, trainer of insurance agents.

Stephanía Ruiz Ojeda, Real Estate Agent, associated with IXL Real Estate Florida. She offers services for the purchase and sale of residential properties in the Emerald Coast region of Florida. Active on social networks, sharing content related to real estate and her podcast.

Marina Boeira Tarulli, Assistant Director of the Small Business Development Center (SBDC) at the University of West Florida (UWF). Specialized in organizational management and entrepreneurship. The Florida SBDC offers a variety of services, including free consulting.

They all made clear the important role we play in society as well as the alternatives for growth. Giving room to the Networking space and interaction between the small business owners who attended as well as special guests, among them, important members of the Panama City Beach Chamber of Commerce. The debate took place through a Q & A, even planned from the moment of registration. Everything was meticulously designed to be efficient and effective.

Voluntarios de FPL Embellecen The Arc Gateway

7 de marzo de 2025: Los voluntarios de Florida Power & Light Company (FPL) pasaron la mañana en The Arc Gateway en Pensacola. Los voluntarios limpiaron malezas y podaron el crecimiento excesivo en toda el área, colocaron mantillo, plantaron nuevos jardines y más. Con la ayuda de miembros, simpatizantes y voluntarios, The Arc Gateway puede mantener sus servicios y desarrollar formas innovadoras de ayudar a los niños y adultos con discapacidades

del desarrollo a alcanzar su máximo potencial. Mientras FPL celebra su centenario este año, el programa Power to Care refuerza el compromiso de larga data de la empresa de impulsar comunidades fuertes que hagan de Florida un lugar aún mejor para vivir, trabajar y criar una familia. Este año, la semana Power to Care de FPL consta de casi 30 proyectos liderados por cientos de empleados en toda Florida.



On March 7, 2025, Florida Power & Light Company (FPL) volunteers spent the morning at The Arc Gateway in Pensacola. Volunteers cleaned weed & trim overgrowth throughout the area, laid down mulch, planted new landscaping and more. With the help of members, supporters and volunteers, The Arc Gateway is able to sustain its services and develop innovative ways to help children and adults with developmental disabilities reach their full potential. As FPL celebrates its centennial this year, the Power to Care program reinforces the company's long-standing commitment to powering strong communities making Florida an even better place to live, work and raise a family. This year, FPL's Power to Care week consists of nearly 30 projects led by hundreds of employees across Florida.

FPL Volunteers Beautify The Arc Gateway

March 7, 2025: Florida Power & Light Company (FPL) volunteers spent the morning at The Arc Gateway in Pensacola. Volunteers cleaned weed & trim overgrowth throughout the area, laid down mulch, planted new landscaping and more. With the help of members, supporters and volunteers, The Arc Gateway is able to sustain its services and develop innovative ways to help children and adults with

developmental disabilities reach their full potential. As FPL celebrates its centennial this year, the Power to Care program reinforces the company's long-standing commitment to powering strong communities making Florida an even better place to live, work and raise a family. This year, FPL's Power to Care week consists of nearly 30 projects led by hundreds of employees across Florida.



On March 7, 2025, Florida Power & Light Company (FPL) volunteers spent the morning at The Arc Gateway in Pensacola. Escambia County Commissioner Ashlee Hofberger (far left) and Santa Rosa County Commissioner Colten Wright (far right) joined FPL external affairs managers Rick Byars (left center) and David Peadar (center) and FPL Vice President and General Manager for Northwest Florida J.T. Young (right center) and other FPL volunteers to reinforce the company's long-standing commitment to powering strong communities. With the help of members, supporters and volunteers, The Arc Gateway is able to sustain its services and develop innovative ways to help children and adults with developmental disabilities reach their full potential.

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Five moves for young investors

This article was written by Edward Jones for use by Janet Marshall your Edward Jones Financial Advisor at 137 N St. Andrews St. Dothan, AL 36350. Ph: 334-446-3976, Edward Jones, Member SIPC

If you're just beginning your career, what are your financial priorities?

You might have student loans to deal with. And you may even be thinking about saving for a down payment on a house. These are certainly significant issues, and yet, you shouldn't ignore your long-term goals, such as retirement — which is why you may want to get started as an investor.

And as you invest, consider these suggestions:

1. Take advantage of your opportunities. Even while addressing your other concerns, such as loan payments, you may well have space in your life to invest — if you take advantage of the opportunities presented to you. For example, if you work for a business that offers a 401(k) or other retirement plan, try to put in as much as you can afford, or at least enough to earn your employer's matching contribution, if one is offered. And you may find that contributing to a traditional 401(k) or similar plan is more affordable than you think, as your contributions may be deductible, lowering your taxable income.

2. Think long-term. Some people make the mistake of seeking short-term gains by trying to "time" the market — that is, they try to "buy low and sell high." While this is a great strategy in theory, it's almost impossible to follow, as no one can really predict market highs and lows. The most successful investors follow a long-term strategy and don't jump in and out of the market.

3. Know your risk tolerance. Your investment choices should be based partially on your risk tolerance. Typically, the more investment risk you take on, the greater the potential reward, but it works the other way, too — riskier investments can result in greater losses, at least in the short term. You need to find a risk level

with which you are comfortable. Also, your risk tolerance can change over time — when you get close to retirement, for instance, you might want to invest more conservatively than you did when you still had decades ahead of you in the working world.

4. Diversify your investments.

The financial markets affect different investments in different ways, which means that, at any given time, some investments will perform better than others. But if you only owned one type of investment or asset class, your portfolio could suffer if a market downturn had a particularly strong effect on that investment or asset. By spreading your investment dollars among a range of investments, you'll have more opportunities for success, and you can help reduce the effects of market volatility on your holdings. Keep in mind, though, that diversification, by itself, can't guarantee profits or protect against all losses.

5. Prepare for the unexpected. You don't always know when you'll face a large expense, such as a medical bill or a major home repair. If you're not prepared, you could be forced to dip into your long-term investments, such as your 401(k), to pay for these costs. To help avoid this problem, you may want to take steps such as keeping a cushion of cash in your portfolio and building an emergency fund containing several months' worth of living expenses, with the money kept in a liquid account.

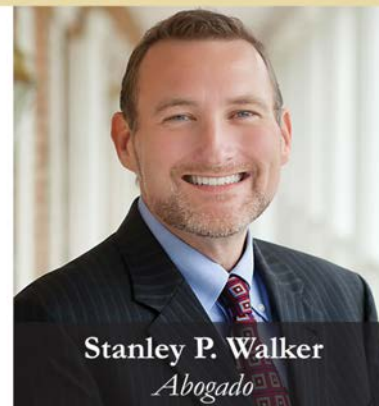
By putting these moves to work, you can help yourself make progress on an investment journey that could last a lifetime.



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La campaña Hidrátate por la Esperanza de GOYA® Cares recauda 350.000 dólares para apoyar iniciativas de protección infantil y salud mental

Fuente: Goya Foods

JERSEY CITY/PRNewswire-HISPANIC PR WIRE/ -- Goya Foods, la mayor compañía de alimentos de propiedad hispana en los Estados Unidos, se enorgullece en anunciar la finalización de la campaña GOYA® Cares Hidrátate por la Esperanza, que recaudó con éxito \$350,000 para iniciativas críticas dirigidas a prevenir el abuso, la explotación y el tráfico de niños y a abordar los problemas de salud mental entre niños y adolescentes.

“La seguridad y el bienestar de los niños son de suma importancia para nosotros”, declaró Bob Unanue, Presidente y Director Ejecutivo de Goya Foods. “Gracias al increíble apoyo que recibimos durante la campaña GOYA® Cares Hydrate for Hope, estamos dando pasos significativos para proteger a nuestra población más vulnerable y apoyar su salud mental. Juntos, podemos marcar el comienzo de un cambio duradero”.

Como resultado del generoso apoyo de la comunidad, Goya Foods distribuirá estos fondos a varias organizaciones dedicadas, entre ellas Olive Crest en California, Kristi House en Florida, Crime Stoppers de Houston, Salt & Light en Chicago, Covenant House Nueva York y Nueva Jersey, y Center for Safety and Change en Nueva York. Estas organizaciones están en la primera línea de la lucha contra el abuso y la explotación infantil, al tiempo que proporcionan recursos y apoyo vitales para la salud mental.

La campaña GOYA® Cares Hydrate for Hope se lanzó como respuesta a la creciente prevalencia de la explotación



infantil y los problemas de salud mental en Estados Unidos. A través de la venta de Agua de Coco GOYA®, Goya no sólo recaudó fondos, sino que también promovió la concientización y la educación en torno a estos problemas acuciantes. Los 350.000 dólares recaudados ayudarán a financiar iniciativas de educación preventiva en escuelas de todo el país en colaboración con los socios de la coalición GOYA® Cares.

Para obtener más información sobre la labor de Goya Cares y cómo acceder a su apoyo, visite GoyaCares.com.

Acerca de GOYA:

Fundada en 1936, Goya Foods, Inc. es la compañía de alimentos de propiedad de hispanos más grande de los Estados Unidos, y se ha establecido como el líder en alimentos y condimentos latinoamericanos. Goya fabrica, envasa y distribuye más de 2,500 productos de alimentos de alta calidad de España, el Caribe, México, América Central y América del Sur. Para más información sobre Goya Foods, visite www.goya.com.

GOYA® Cares Hidrátate por la Esperanza Campaign Raises \$350,000 to Support Child Protection and Mental Health Initiatives

Source: Goya Foods

JERSEY CITY/PRNewswire-HISPANIC PR WIRE/ -- Goya Foods, the largest Hispanic-owned food company in the United States, is proud to announce the completion of the GOYA® Cares Hidrátate por la Esperanza campaign, which successfully raised \$350,000 for critical initiatives aimed at preventing child abuse, exploitation and trafficking and addressing mental health issues among children and adolescents.

“The safety and well-being of children is of the utmost importance to us,” said Bob Unanue, President and CEO of Goya Foods. “Thanks to the incredible support we received during the GOYA® Cares Hydrate for Hope campaign, we are taking significant steps to protect our most vulnerable population and support their mental health. Together, we can usher in lasting change.”

As a result of the community’s generous support, Goya Foods will distribute these funds to several dedicated organizations, including Olive Crest in California, Kristi House in Florida, Crime Stoppers of Houston, Salt & Light in Chicago, Covenant House New York and New Jersey, and Center for Safety and Change in New York. These organizations are on the front lines of the fight against child abuse and exploitation, while providing vital mental health resources and support.

The GOYA® Cares Hydrate for Hope campaign was launched in response to the increasing prevalence of child exploitation and mental health issues in the United States. Through the sale of GOYA® Coconut Water,



Goya not only raised funds, but also promoted awareness and education around these pressing issues. The \$350,000 raised will help fund preventative education initiatives in schools across the country in collaboration with GOYA® Cares coalition partners.

To learn more about the work of Goya Cares and how to access their support, visit GoyaCares.com.

About GOYA:

Founded in 1936, Goya Foods, Inc. is the largest Hispanic-owned food company in the United States, and has established itself as the leader in Latin American foods and condiments. Goya manufactures, packages and distributes more than 2,500 high-quality food products from Spain, the Caribbean, Mexico, Central America and South America. For more information about Goya Foods, visit www.goya.com.

U.S. SOCCER FEDERATION JOINS THE HOME DEPOT TO BUILD THE FUTURE OF SOCCER

Source: The Home Depot

ATLANTA, Jan. 28, 2025 / PRNewswire-HISPANIC PR WIRE/ -- The U.S. Soccer Federation (U.S. Soccer Federation) and The Home Depot today announced a broad partnership that makes the world's largest home improvement retailer a strategic partner of all 27 U.S. national soccer teams, including the U.S. men's and women's senior national teams, as well as the Federation's youth and expanded national teams. The retailer will also be a support-level partner of the Arthur M. Blank U.S. Soccer National Training Center, the U.S. Soccer Federation's new headquarters in Atlanta, named for the company's co-founder.

"The Home Depot's deep roots in the Atlanta community and strong ties to sports and soccer in general make them a perfect strategic partner for our Federation," said U.S. Soccer Chief Commercial Officer David Wright. "Their support is critical to building our National Training Center and helping us unite communities across the country through the world's game, and we look forward to seeing what we can accomplish together in the service of soccer."

"The Home Depot is excited to deepen our commitment to soccer through this partnership with the U.S. Soccer Federation," said Molly Battin, senior vice president and chief marketing officer for The Home Depot. "Our customers are passionate about sports, including soccer, and we are proud to support the game they love. This partnership allows us to help build the foundation for the future of soccer in the U.S."

The partnership was officially announced at an in-person event at the construction site of the new, state-

of-the-art U.S. Soccer National Training Center, where Wright and Battin, along with The Home Depot

field employees, celebrated the coming together of two iconic Atlanta-area-based brands. During the event, U.S. Soccer Chief Financial Officer Chelle Adams provided an update on the facility's construction.

Through this partnership, U.S. Soccer and The Home Depot will bring communities together to highlight local heroes who are making a positive impact in their communities and enlist them as Game Day Ambassadors for unique experiences at U.S. Soccer games.

This partnership complements The Home Depot's recent agreement with the International Federation of Football Associations (FIFA), which made it the official home improvement retailer in North America for the 2026 FIFA World Cup, which will be held in Canada, Mexico and the United States. Atlanta will also host eight matches throughout the tournament, including a semifinal.

ABOUT THE HOME DEPOT: The Home Depot is the world's largest home improvement specialty retailer.

ABOUT U.S. SOCCER: Founded in 1913, the U.S. Soccer Federation has been the official governing body of the sport in the United States for more than 100 years. For more information, visit ussoccer.com/ourvision. [ussoccer.com]



crime stoppers cont.

Las recompensas varían de \$50 a \$3,000 dependiendo de la gravedad del delito, la cantidad de delincuentes capturados y los delitos resueltos. Crime Stoppers depende de directores voluntarios y contribuciones deducibles de impuestos del público para operar la administración del programa.

Emerald Coast Crime Stoppers ya no acepta información por mensaje de texto. En su lugar, Crime Stoppers ahora utiliza el sistema de informes móviles encriptado más actualizado disponible: P3 Tips. Los informantes pueden enviar información sobre delitos y participar en un diálogo anónimo y bidireccional con Crime Stoppers desde su teléfono inteligente o tableta utilizando nuestra aplicación móvil P3 Tips.

crime stoppers cont.

contributions from the public in order to operate the administration of the program.

Emerald Coast Crime Stoppers is no longer taking tips via text. Instead Crime Stoppers now uses the most up to date, encrypted mobile reporting system available – P3 Tips. Tipsters can send crime information and engage in anonymous, two-way dialog with Crime Stoppers from their smartphone or tablet using our P3 Tips mobile application.

P3 Mobile tips are completely secure and anonymous. Tipsters can

Las sugerencias de P3 Mobile son completamente seguras y anónimas. Los informantes también pueden cargar de forma anónima fotos, capturas de pantalla, videos y archivos de audio con sus sugerencias.

Las sugerencias se pueden proporcionar a través de una línea telefónica segura, un sitio web o la aplicación móvil P3 Tips. Emerald Coast Crime Stoppers ofrece recompensas en efectivo de HASTA \$3000 por información que conduzca a un arresto o la resolución de un caso.

El anonimato y el sistema de recompensas son clave para el éxito del programa, ya que brindan motivación a las personas para que brinden información que de otro modo podrían retener.

also anonymously upload photos, screenshots, videos and audio files with their tips.

Tips can be provided via a secure phone tip line, a website, or the P3 tips mobile app. Emerald Coast Crime Stoppers offers cash rewards of UP TO \$3,000 for information that leads to an arrest or resolution of a case.

The anonymity and reward system are key to the program's success, as they provide motivation for people to come forward with information that they might otherwise withhold.

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La Homelessness & Housing Alliance en los condados de Okaloosa y Walton

Por Kelli Hernández, directora ejecutiva



En los pintorescos paisajes de los condados de Okaloosa y Walton, la Homelessness & Housing Alliance (HHA) está liderando un esfuerzo transformador para combatir la falta de vivienda y promover la estabilidad de la vivienda. Mientras las comunidades de toda Florida lidian con el aumento de los costos de la vivienda y el aumento de la cantidad de personas que enfrentan la falta de vivienda, HHA y sus agencias asociadas continúan esforzándose por brindar servicios esenciales y abogar por soluciones sostenibles. Las agencias asociadas en el área de los dos condados crean la base de apoyo para quienes experimentan la falta de vivienda o corren un riesgo inminente de quedarse sin hogar. Los socios incluyen refugios de emergencia, refugios de transición, proveedores de vivienda de apoyo permanente, refugios para víctimas de violencia doméstica, centros de extensión, despensas de alimentos, ministerios religiosos y docenas más, todos trabajando bajo una misión compartida de hacer que la falta de vivienda sea poco común, breve y no recurrente.

Según el Informe anual de 2024 del Consejo de Florida sobre las personas sin hogar, Florida ha experimentado un aumento significativo de la falta de vivienda, con miles de personas y familias que carecen de una vivienda estable. En promedio, más de 300 personas en un momento dado carecen de un lugar seguro y estable para vivir en los condados de Okaloosa y



Walton. Las encuestas anuales revelan que en esta área de dos condados, el número total de personas sin hogar está representado por 70 familias. Más del 60 por ciento de estas personas son personas sin hogar crónicas y más del 7 por ciento son veteranos militares.

En respuesta, HHA ha implementado un enfoque multifacético que se centra en la prevención, la intervención y las soluciones a largo plazo. Su trabajo no se trata solo de proporcionar refugio; se trata de fomentar un entorno de apoyo que empodere a las personas para recuperar sus vidas.

Una de las estrategias clave empleadas por HHA es el énfasis en la prevención. Los estudios muestran que invertir en medidas preventivas es mucho más rentable que abordar las consecuencias de la falta de vivienda. Los gobiernos locales pueden ahorrar cantidades sustanciales en costos de seguridad pública y salas de emergencia al brindar servicios de apoyo y asistencia para la vivienda antes de que las personas caigan en la falta de vivienda. Los costos promedio de los servicios de emergencia para

una persona sin hogar pueden superar los miles de dólares anuales, mientras que los programas de vivienda de apoyo pueden costar significativamente menos, lo que en última instancia genera ahorros para los contribuyentes.

Las iniciativas de HHA incluyen un sólido programa de extensión que conecta a las personas necesitadas con recursos vitales. Al colaborar con empresas locales, proveedores de atención médica y organizaciones comunitarias, HHA garantiza que quienes enfrentan inestabilidad en la vivienda reciban el apoyo que necesitan. Sus esfuerzos de extensión han llevado a la colocación exitosa de familias e individuos en viviendas permanentes, lo que reduce la carga sobre los servicios de emergencia.

Además, HHA se dedica a educar a la comunidad sobre las complejidades de la falta de vivienda y la importancia de la vivienda asequible. Las reuniones bimensuales de las partes interesadas involucran a los proveedores de servicios de la zona, las fuerzas del orden, los funcionarios gubernamentales, los líderes comunitarios y los ciudadanos interesados en debates sobre soluciones efectivas. Al fomentar un sentido de participación comunitaria, HHA no solo está abordando las necesidades inmediatas, sino que también está trabajando para cambiar la narrativa en torno a la falta de vivienda.

La alianza también promueve programas innovadores que se centran en enfoques que priorizan la vivienda, que priorizan la provisión de vivienda estable como estrategia principal para abordar la falta de vivienda. Este modelo ha demostrado ser exitoso en varias regiones, lo que genera mayores tasas de retención de vivienda y un mejor bienestar general para los participantes. Al garantizar que las personas tengan un lugar al que llamar hogar, HHA reduce significativamente los ciclos de falta de vivienda que a menudo atrapan a las personas en un estado de crisis.



Además de los servicios directos, HHA aboga activamente por cambios de políticas a nivel local, estatal y federal para asegurar la financiación y los recursos para iniciativas de vivienda asequible. Sus esfuerzos apuntan a influir en la legislación que aborda las causas fundamentales de la falta de vivienda, como la disparidad económica y la falta de opciones de vivienda asequible.

El trabajo que realiza la Homelessness & Housing Alliance en los condados de Okaloosa y Walton es un testimonio del poder de la acción y la colaboración comunitarias. Al centrarse en la prevención, la educación y la defensa, HHA no solo está cambiando vidas, sino que también está allanando el camino para una sociedad más compasiva e inclusiva. A medida que avanzamos, es esencial apoyar y amplificar estos esfuerzos, asegurando que todos tengan un lugar seguro al que llamar hogar. HHA cree que existe un futuro en el que la falta de vivienda se aborde no solo como una crisis, sino como un desafío comunitario que se puede resolver a través de la colaboración y la compasión.

Para obtener más información sobre HHA o cómo participar, visite www.hhalliance.org.

English version next page

The Homelessness & Housing Alliance in Okaloosa and Walton Counties

By Kelli Hernandez, Executive Director

In the picturesque landscapes of Okaloosa and Walton Counties, the Homelessness & Housing Alliance (HHA) is leading a transformative effort to combat homelessness and promote housing stability. As communities across Florida grapple with rising housing costs and increasing numbers of individuals facing homelessness, HHA and its partner agencies continue to strive to provide essential services and advocate for sustainable solutions. Partner agencies across the two-county area create the foundation of support for those experiencing homelessness or who are at imminent risk of homelessness. Partners include emergency shelters, transitional shelters, permanent supportive housing providers, domestic violence shelters, outreach centers, food pantries, faith-based ministries, and dozens more all working under a shared mission of making homelessness rare, brief, and non-recurring.

According to the 2024 Florida Council on Homelessness Annual Report, Florida has seen a significant increase in homelessness, with thousands of individuals and families lacking stable housing. On average, more than 300 individuals at any given point in time are without a safe, stable place to live in Okaloosa and Walton Counties. Annual surveys reveal that in this two-county area, the total number of homeless is represented by 70 families. More than 60 percent of these individuals are chronically homeless, and more than 7 percent are military veterans.

In response, HHA has implemented a multifaceted approach that focuses on prevention, intervention, and long-term solutions. Their work is not just about



providing shelter; it's about fostering a supportive environment that empowers individuals to reclaim their lives.

One of the key strategies employed by HHA is the emphasis on prevention. Studies show that investing in preventive measures is far more cost-effective than addressing the consequences of homelessness. Local governments can save substantial amounts in public safety and emergency room costs by providing support services and housing assistance before individuals fall into homelessness. Average costs for emergency services for a homeless individual can exceed thousands of dollars annually, while supportive housing programs can cost significantly less, ultimately leading to savings for taxpayers.

HHA's initiatives include a robust outreach program that connects individuals in need with vital resources. By collaborating with local businesses, healthcare providers, and community organizations, HHA ensures that those facing housing instability receive the support they need. Their

outreach efforts have led to successful placements of families and individuals into permanent housing, reducing the burden on emergency services.

Moreover, HHA is dedicated to educating the community about the complexities of homelessness and the importance of affordable housing. Bi-monthly stakeholder meetings engage area service providers, law enforcement, government officials, community leaders and concerned citizens in discussions about effective solutions. By fostering a sense of community involvement, HHA is not only addressing immediate needs but also working to change the narrative around homelessness.

The alliance also champions innovative programs that focus on housing-first approaches, which prioritize providing stable housing as a primary strategy for addressing homelessness. This model has proven successful across various regions, leading to higher rates of housing retention and improved overall well-being for participants. By ensuring that individuals have a place to call home, HHA significantly reduces the cycles of homelessness that often trap individuals in a state of crisis.

In addition to direct services, HHA actively advocates for policy changes at the local, state, and federal levels to secure funding and resources for affordable housing initiatives. Their efforts aim to influence legislation that addresses the root causes of homelessness, such as economic disparity and lack of affordable housing options.

The work being done by the Homelessness & Housing Alliance in Okaloosa and Walton Counties is a testament to the power of community action and collaboration. By focusing on prevention, education, and advocacy, HHA is not only changing lives but also paving the way for a more compassionate and inclusive society. As we move forward, it is essential to support and amplify these efforts, ensuring that everyone has a safe place to call home. HHA believes that there is a future where homelessness is addressed not just as a crisis, but as a community challenge that can be solved through collaboration and compassion.

To learn more about HHA or about how to get involved, visit www.hhalliance.org.

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Brille más: muestre sus logros laborales con confianza

Por Asia Johnson, Express Employment Professionals, The Express Blog



Sobresalir en su trabajo por sí solo no es suficiente en el mundo competitivo de hoy. Su arduo trabajo y sus logros deben ser visibles si desea avanzar. El desafío consiste en promover sus logros de manera efectiva sin parecer presumido. Es una danza delicada, pero dominarla es crucial para el crecimiento profesional.

Promocionar su trabajo es importante por varias razones. Asegura que su arduo trabajo no pase desapercibido, lo posiciona para ascensos, aumentos y nuevas oportunidades, construye su credibilidad como un profesional capacitado y valioso, e incluso puede inspirar a otros.

La clave es dominar el arte de la autopromoción sutil. Enfátice los resultados positivos de su trabajo. Utilice datos y métricas siempre que sea posible. Comparta su conocimiento y dé crédito a quien lo merece. Adapte su mensaje al contexto y la audiencia.

Ejemplos de autopromoción sutil:

- “Me emociona compartir que el proyecto que dirigí ha sido nominado para un premio de la industria”.

- “Recientemente presenté los hallazgos de nuestro equipo en una conferencia y fue bien recibido”.
- “Estoy orgulloso de haber sido mentor de un colega junior que ahora ha sido ascendido”.

Los números dicen mucho y agregan credibilidad a sus afirmaciones. “Aumenté el tráfico del sitio web en un 25 % en tres meses” es mucho más fuerte que “Aumenté el tráfico del sitio web”.

No olvide el poder de LinkedIn. Mantenga su perfil de LinkedIn actualizado con sus últimos logros y proyectos, comparta artículos relevantes y participe en debates de la industria.

Por último, busque comentarios. Pida comentarios a colegas o mentores de confianza sobre cómo presenta su trabajo. Pueden ofrecer información valiosa y ayudarlo a refinar su enfoque.

Sea genuino y apasionado por su trabajo. No exagere; apéguese a los hechos y evite embellecer sus logros. Lo más importante es centrarse en el valor que aporta. Resalte cómo su trabajo beneficia al equipo y a la organización.

Al dominar el arte de la autopromoción sutil, podrás brillar más y alcanzar tus objetivos profesionales.



Shine Brighter: Showcase Your Work Accomplishments with Confidence

By Asia Johnson, Express Employment Professionals, The Express Blog

Excelling at your job alone isn't enough in today's competitive world. Your hard work and achievements need to be visible if you want to advance. The challenge lies in promoting your accomplishments effectively without coming across as boastful. It's a delicate dance, but mastering it is crucial for career growth.

Promoting your work matters for several reasons. It ensures your hard work doesn't go unnoticed, positions you for promotions, raises, and new opportunities, builds your credibility as a skilled and valuable professional, and can even inspire others.

The key is to master the art of subtle self-promotion. Emphasize the positive outcomes of your work. Use data and metrics whenever possible. Share your knowledge and give credit where it's due. Tailor your message to the context and audience.

Examples of subtle self-promotion:

- “I'm excited to share that the project I led has been nominated for an industry award.”
- “I recently presented our team's

findings at a conference, and it was well-received.”

- “I'm proud to have mentored a junior colleague who has now been promoted.”

Numbers speak volumes and add credibility to your claims. “I increased website traffic by 25% in three months” is much stronger than “I increased website traffic.”

Don't forget the power of LinkedIn. Keep your LinkedIn profile updated with your latest achievements and projects, share relevant articles, and engage in industry discussions.

Finally, seek feedback. Ask trusted colleagues or mentors for input on how you present your work. They can offer valuable insights and help you refine your approach.

Be genuine and passionate about your work. Don't exaggerate; stick to the facts and avoid embellishing your accomplishments. Most importantly, focus on the value you bring. Highlight how your work benefits the team and the organization.

By mastering the art of subtle self-promotion, you can shine brighter and achieve your professional goals.

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El Rincón de Jaime

Jimmy's Corner



“Si tus acciones crean un legado que inspira a otros a soñar más, aprender más, hacer más y ser más, entonces eres un líder excelente”.

“If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then, you are an excellent leader.”

– Dolly Parton

SUDOKU

The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3 x 3 box.

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FPL cont.

offers a fantastic opportunity for students to build important skills in critical thinking, problem-solving and teamwork, all of which are vital in our fast-changing world.

By supporting robotics education, we are investing in the future and nurturing the next wave of STEM leaders.”

FPL offers this unique opportunity to a deserving high school senior. The scholarship will support the recipient in pursuing higher education in a STEM-related field at an accredited college or university, ensuring they receive the necessary resources to succeed in their academic journey.

“This scholarship covers a huge amount of finances that I would have had to pay for on my own,” said

Samantha Walsh the 2024 winner of FPL’s FIRST Robotics Scholarship. “I am so grateful to have been chosen as the 2024 winner and thankful for FPL for providing this opportunity.”

FPL’s FIRST Robotics Scholarship is open to all public and private high school students across FPL’s service area who have two or more years in a FIRST Tech Challenge or FIRST Robotics Competition. Interested students can submit their application at FPL.com/Education under STEM Grants and Scholarship. The application period will be open from Feb. 17 - April 14, 2025.

To learn more about additional educational opportunities visit www.FPL.com/Education.

electric buses cont.

future projects to transition to clean vehicles.

Warranty of the units

Miami-Dade authorities hope that Phoenix EV, the company that acquired Proterra, will be responsible for the warranty of the 69 units delivered so far.

“We have already identified attractive growth opportunities as we add transit buses to our product offering and we look forward to serving existing Proterra Transit customers and developing long-term relationships with them,” the company recently said in a statement.

With 111 electric buses broken down, the \$126 million dollars paid for

them raises doubts about the future of mobility for large groups of people in electric vehicles.

For President Donald Trump, this could be the best thing that is happening. The president supports the production and use of fossil fuels and rejects the transition to clean energy, despite the pollution that will worsen climate change.

Currently, in a country with more than 340 million inhabitants, there are only 6,000 electric buses, of which 1,000 are for school transportation. This figure reflects the current state of the automotive sector, while climate change advances at full throttle.

Rosa's Story – Type 2 Diabetes

By Marcos Otero

Our Patient:

Patient: Rosa, 58 years old
Location: Guadalajara, Mexico
Diabetes Type: Type 2 Diabetes

Background: Rosa, a 58-year-old grandmother from Guadalajara, had always been known for her delicious cooking. She took pride in preparing traditional Mexican dishes like pozole, tamales, and churros for her family. Over the years, Rosa noticed that she had gained weight, but she didn't think much of it. After all, she was getting older and leading a more sedentary lifestyle as she spent time with her grandchildren.

At one of her routine check-ups, her doctor expressed concern about her rising blood sugar levels, her increased weight, and high blood pressure. He suggested that she might be at risk for type 2 diabetes, but Rosa didn't feel any different, so she didn't take it too seriously at first. She thought that type 2 diabetes was only something that happened to others.

Presentation of Symptoms: Over time, Rosa began noticing some changes. She was often thirsty and needed to drink water constantly. She found herself waking up at night to use the bathroom frequently, and her feet and hands sometimes felt numb. She chalked it up to aging but also felt tired most of the time, even after a full night's sleep. Rosa was also gaining weight around her midsection, something she couldn't seem to control despite her attempts to eat a little healthier.

At her next doctor's visit, her A1c levels were tested, and the result showed a reading of 7.9%, confirming that she had type 2 diabetes. Rosa was shocked, but the signs had been there all along.

Key Symptoms:

- Increased thirst (polydipsia)
- Frequent urination (polyuria)
- Fatigue and lack of energy
- Numbness and tingling in her extremities
- Weight gain, particularly around the abdomen

Diagnosis & Treatment: Rosa's doctor explained that type 2 diabetes develops when the body becomes resistant to insulin or doesn't produce enough insulin to keep blood sugar levels normal. Given her symptoms, weight, and family history of diabetes (her mother had developed the condition later in life), the diagnosis wasn't unexpected. However, it was a difficult reality for Rosa to accept. She knew she would have to make significant changes to her lifestyle, something she hadn't anticipated.

Treatment Plan:

- Oral medications (metformin) to help control blood sugar
 - Regular blood sugar monitoring
 - A strict diet focusing on reducing carbohydrate and sugar intake
 - Increased physical activity, such as walking daily
 - Weight loss plan with a target of losing 10-15% of her body weight
- At first, Rosa struggled with these changes. Many of the foods she loved, such as tortillas, rice, and sweets, were now restricted. Her doctor encouraged her to eat more vegetables, lean proteins, and whole grains. He also referred her to a nutritionist who helped her come up with meal plans that fit her tastes while keeping her blood sugar in check.

Complications: Rosa was at risk for several complications related to type 2 diabetes, including heart

disease, kidney problems, and nerve damage. She already had early signs of diabetic neuropathy, as indicated by the numbness in her feet and hands. Additionally, her high blood pressure posed an increased risk of cardiovascular disease.

In the first year after her diagnosis, Rosa struggled to fully adhere to her treatment plan. Her blood sugar levels remained high, and she had difficulty losing weight. This led to worsening of her neuropathy, causing pain and more frequent numbness in her feet.

Her doctor reminded her that uncontrolled diabetes could lead to even more serious complications, like diabetic retinopathy (affecting her vision), and kidney damage. These warnings, combined with seeing a friend develop severe complications from diabetes, motivated Rosa to take her condition more seriously.

Complications Faced:

- Neuropathy (numbness in hands and feet)
- High blood pressure, increasing risk of heart disease
- Elevated risk of kidney disease and retinopathy

Cultural and Family Support:

Changing her diet was particularly hard for Rosa, who was deeply connected to her culinary traditions. Mexican cuisine is rich in carbohydrates, and Rosa found it difficult to reduce her intake of tortillas, rice, and sugary beverages like aguas frescas.

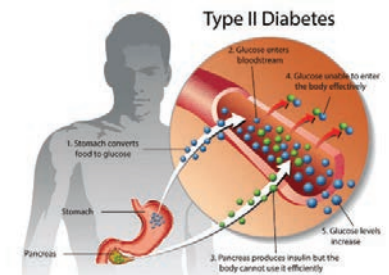
However, with the support of her family, Rosa began making healthier versions of her favorite meals. For example, she started using nopal

(cactus) tortillas instead of traditional corn tortillas, which are lower in carbs. She also learned to make healthier alternatives to traditional dishes like mole and enchiladas, substituting heavy creams and cheeses with lighter ingredients.

Her family was initially resistant, but after they saw how committed Rosa was to her health, they began to support her efforts. Her grandchildren even joined her on her daily walks, which became a fun family activity.

Life Today: Two years after her diagnosis, Rosa has lost 12% of her body weight and her A1c levels have dropped to 6.5%. She's more active than ever, walking for 45 minutes every day and doing light strength training. Although she still battles with occasional high blood sugar levels, she has better control over her condition.

Rosa has become a role model in her local community, where type 2 diabetes is common. She shares her story at community health fairs and with friends and neighbors, encouraging them to get tested early and to take diabetes seriously before complications arise. She now feels empowered by her journey and is committed to maintaining her health, not only for herself but for her family, so she can be there for them in the years to come.



Rosa cont.

ocasionales, tiene un mejor control de su condición.

Rosa se ha convertido en un modelo a seguir en su comunidad local, donde la diabetes tipo 2 es común. Comparte su historia en ferias de salud comunitarias y con amigos y vecinos, alentándolos a hacerse la prueba

temprano y a tomar la diabetes en serio antes de que surjan complicaciones. Ahora se siente empoderada por su experiencia y está comprometida a mantener su salud, no solo para ella misma sino para su familia, para poder estar allí para ellos en los próximos años.

Mi Travesía en YouTube

Por Paola Chapman, agente inmobiliaria y socia de IXL Real Estate



Hace dos años, estuve al borde de tomar una decisión que me aterrizzaba: crear un canal de YouTube. Dudé durante semanas, paralizada por la idea de que todo el mundo pudiera verme. Mis inseguridades me gritaban y casi me marché antes de siquiera darle una oportunidad real.

No tenía idea de lo difícil que sería este viaje. Mi canal, centrado en bienes raíces y contenido informativo sobre Pensacola y las áreas circundantes, parecía una gran idea. Pero YouTube no es solo otra plataforma de redes sociales, es la liga principal. Si quería triunfar, tenía que tomármelo en serio.

Así que lo hice. Me inscribí en una clase sobre cómo crear un canal, seguí a un entrenador en línea y pasé incontables horas estudiando a YouTube exitosos. Absorbí todo: cómo estructurar videos, captar la atención y optimizar el contenido para obtener mejores clasificaciones. Fue abrumador, pero seguí adelante.

¿Pero la parte más difícil? Combinar YouTube con mi carrera de tiempo completo en el sector inmobiliario. Las largas horas de exhibiciones, contratos y reuniones

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con clientes no se detuvieron. Además de eso, tuve que sacar tiempo para filmar, editar, diseñar miniaturas y aprender las reglas en constante cambio de YouTube. Significaba sacrificar tiempo con mi familia, perderme momentos en los que deseaba poder estar presente. Hubo noches en las que el agotamiento me hizo cuestionar si valía la pena.

Y luego estaban las estrictas pautas de YouTube. Para calificar para la monetización, necesitaba miles de horas de visualización y un alto nivel de participación. Mis videos tenían que captar y mantener la atención, y tenía que aumentar mi número de suscriptores frente a una competencia intensa. La cuota era difícil y muchos no la alcanzan, pero seguí esforzándome.

A pesar de las dificultades, no me rendí. Seguí produciendo videos: más de 150, tanto en inglés como en español. Lentamente, pero seguro, mi canal creció. Y luego, finalmente, sucedió. Recibí la noticia de que YouTube comenzaría a pagarme. Me había convertido oficialmente en socio de YouTube.

Lo que antes parecía una meta inalcanzable ahora es una realidad. El camino fue duro, lleno de sacrificios y desafíos, pero cada edición nocturna y cada momento de duda me llevaron a esto. Y esto es solo el comienzo.

¡Entra a mi canal, suscríbete y compártelo con todos tus amigos y contactos! www.youtube.com/@paolachapman328.

Si quieres saber más sobre cómo hice crecer mi canal de YouTube, ¡me encantará compartirte algunos consejos!



My Journey on YouTube

By Paola Chapman, Realtor, Managing Partner at IXL Real Estate



Two years ago, I stood at the edge of a decision that terrified me—starting a YouTube channel. For weeks, I hesitated, paralyzed by the thought that the entire world could see me. My insecurities screamed at me, and I almost walked away before even giving it a real chance.

I had no idea how hard this journey would be. My channel, focused on real estate and informative content about Pensacola and the surrounding areas, seemed like a great idea. But YouTube isn't just another social media platform—it's the major leagues. If I wanted to make it, I had to take it seriously.

So, I did. I enrolled in a class on how to create a channel, followed a coach online, and spent countless hours studying successful YouTubers. I absorbed everything—how to structure videos, capture attention, and optimize content for better rankings. It was overwhelming, but I pushed forward.

But the hardest part? Balancing YouTube with my full-time career in real estate. The long hours of showings, contracts, and client meetings didn't stop. On top of that, I had to carve out time for filming, editing, designing thumbnails, and learning YouTube's ever-changing rules. It meant sacrificing time with my family, missing out on moments I

wished I could be present for. There were nights when exhaustion made me question if it was worth it.

And then, there were YouTube's strict guidelines. To even qualify for monetization, I needed thousands of watch hours and a high level of engagement. My videos had to capture and hold attention, and I had to grow my subscriber count against intense competition. The quota was tough, and many don't make it—but I kept pushing.

Despite the struggles, I didn't quit. I kept producing videos—over 150, both in English and Spanish. Slowly but surely, my channel grew. And then, finally, it happened. I received the news that YouTube would start paying me. I had officially become a YouTube Partner.

What once seemed like an unreachable goal is now a reality. The journey was tough, filled with sacrifices and challenges, but every late-night edit and moment of doubt led to this. And this is just the beginning.

Go to my channel and subscribe and share it with all your friends and contacts! www.youtube.com/@paolachapman328.

If you'd like to know more about how I grew my YouTube channel, I'd be happy to share a few tips!



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