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Teaching Dilemma
Dilema de la Enseñanza

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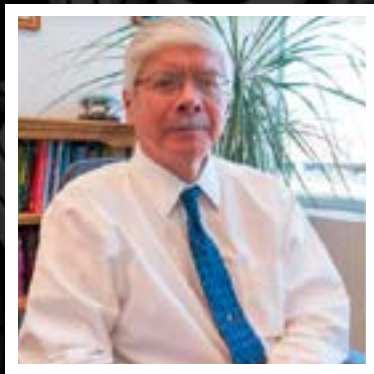
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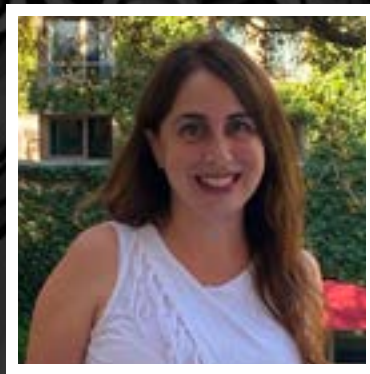
Our podcast features a series of conversations with local and national influencers who engage with our communities and reflect on our responsibilities.

- Democracy
- Reproductive Justice
- Environment
- Immigration
- Education
- LGBTQ+



Luis Torres, Ph.D.

A long-time educator and administrator, having taught in higher education since 1972, first as a graduate student and then as English professor. He later became the Professor and Chair of the Department of Chicana/o Studies at Metropolitan State University of Denver. He became the Deputy Provost for Academic and Student Affairs until retiring in 2017.



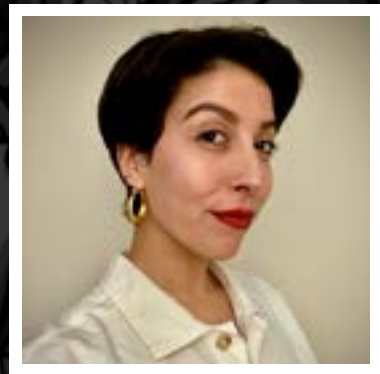
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Commentary/Comentario

Days Without Immigrants: Unimaginable for the United State

Maribel Hastings and David Torres

Judging by media coverage, "A Day Without Immigrants 2022" accomplished its goals of underlining the importance of undocumented immigrants in the daily economic activity of the United States through their services, labor, and purchasing power. These demonstrations are not new and have taken place during both Republican and Democratic administrations, like today. Indeed, another big opportunity to demonstrate the organizing power that the immigration issue has always had was in February 2017, during one of the most racist and anti-immigrant administrations this country has ever experienced, that of Donald Trump, who followed the dictates of xenophobic characters like Steve Bannon, and especially Stephen Miller, to the letter. More important yet, this type of event keeps front and center the fact that immigration reform that legalizes nearly 11 million undocumented immigrants in the United States—granting them a path to citizenship—is the elephant in the room, one that many Democrats



Photo: America's Voice



Photo: America's Voice

want to ignore in an election year, with the hope that no one will realize that, once again, their promises did not stop being only that: promises.

That is and will continue to be impossible, because the claim right now is met with frustration and disappointment, as the palpable evidence that nothing has been accomplished tends to open the eyes of a group of people like immigrants even wider, confirming that they were only used for political ends.

As if the legislative impasse were not enough, add to that the fact that, with it being an electoral year, it's almost certain that Republicans will resort to the same-old play-

book: using undocumented immigrants as scapegoats when they need to, according to the states and electoral districts where this message of hate seems to be beneficial. Faced with this new wave of anti-immigrant rhetoric that emerges with ever more intensity, the current administration fails to articulate even one of its promises to the 11 million people, while the other hand—the one that knows how to attack the most vulnerable sectors—returns to its same old gripe and turns it into a political message, filled with violence. For example, just look at the barbarity of the candidate for senator from Arizona, Jim Lamon, who shoots his gun, Old West style,

against figures of House Speaker Nancy Pelosi, President Biden, and Arizona US Senator Mark Kelly. A year ago, the organization FWD.US reported that more than 5 million essential workers in the United States are undocumented, which means that one out of every twenty essential workers in this country are undocumented. They work in all the vital industries including health care, agriculture, and food service, as well as construction and other essential industries. Moreover, the Center for American Progress reported that the economic contributions of undocumented immigrants on various fronts are vast. Undocumented people pay almost \$78 billion in federal taxes annually and \$41 billion in state and local taxes. And, although they cannot benefit from Social Security and Medicare, they continue to contribute through their employers, adding \$17 billion annually to the Social Security coffers and \$4 billion to Medicare.

This data reflects, of course, the enormous economic importance of undocumented people, without whom many of the institutions and service and manufacturing

“The country benefits from the labor and services of undocumented immigrants, and the purchases made by these millions of people and their families.”

businesses would not have the same impact that they have today, much less the same competitive reach in this developed nation. If to this one adds, per the same report, that a total of 1.6 million undocumented people are heads of their households, and pay \$20.6 billion per year in mortgages and \$49 billion per year in rent, the panorama of their contributions is filled out, one that no one—not even the most anti-immigrant of Trump and the Republicans' followers—can refute, without risking the absurd consequence of "shooting one's self in the foot." And it goes on from there: their spending on food, clothing, cars, and services. The country benefits from the labor and services of

See Hastings/Torres on page 17

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Inimaginables Serán para EEUU los Días Sin Inmigrantes

Maribel Hastings y David Torres

A juzgar por la cobertura mediática, "Un Día Sin Inmigrantes 2022" cumplió sus objetivos de plasmar la importancia de los indocumentados en el quehacer económico diario de Estados Unidos mediante sus servicios, mano de obra y poder adquisitivo. Estas manifestaciones no son nuevas y se han dado en medio de administraciones republicanas y demócratas, como es el caso ahora.

En efecto, la otra gran oportunidad en que se pudo demostrar el poder de convocatoria que siempre ha tenido el tema migratorio fue en febrero de 2017, durante uno de los gobiernos más racistas y antiinmigrantes que ha tenido este país, como lo fue el de Donald Trump, que seguía a pie juntillas lo que le dictaban al oído personajes tan xenófobos como Steve Bannon y, sobre todo, Stephen Miller.

Más importante aún, este tipo de eventos mantiene sobre el tapete la realidad de que una reforma

“El país se beneficia de la mano de obra indocumentada y sus servicios, y de lo que gastan esas millones de personas y sus familias”

migratoria que legalice a los casi 11 millones de indocumentados en Estados Unidos, concediéndoles una vía a la ciudadanía, sigue siendo el elefante en medio del salón que muchos demócratas quieren ignorar en pleno año electoral, con la esperanza de que nadie se dé cuenta de que, una vez más, sus promesas no pasaron de ser eso: promesas.

El reclamo ahora mismo adquiere el rostro de la frustración y el desengaño, pues la evidencia palpable de que nada se ha cumplido tiende a abrir aún más los ojos a un segmento de la población como el de los inmigrantes, que constata

Vea Hastings/Torres/Esp, página 15

We Shouldn't Have to Rely on the National Guard for Basic Services

Samantha García

As the highly transmissible Omicron variant continues to spread, hospitals across the country have reported critical staff shortages. In my home state of New México, nearly half of all hospitals are understaffed, and more could be soon.

The U.S. health care system has buckled under the strain of the pandemic. COVID-19 hospitalizations reached a peak in early January, nearly two years in. According to the American Hospital Association, "we're facing a national emergency" as health care facilities simply don't have enough workers to keep up with these surges.

With worker shortages now plaguing hospitals, nursing homes, and other long-term care facilities, states have turned to the National Guard for relief. So too have school districts, child care facilities, and communities reeling from natural disasters.

Montgomery County, Maryland, for example, recently called on the Guard to fill in as public school bus drivers. In fact, school



Photo: America's Voice

district leaders in at least 11 states have turned to the Guard to shuttle students to school amid acute bus driver shortages.

New México recently became the first state in the nation to recruit Guard troops to fill in as substitute teachers and day care workers, but even that's not meeting demand.

As schools struggle to stay open, some school administrators are covering custodial duties while parent volunteers fill in as cafeteria workers, classroom support, and COVID-19 testing aides. Even New México Governor Lujan Grisham is stepping into the classroom as a substitute.

Meanwhile, there's the increasingly constant need for disaster response. Last year, Guard members were deployed across the West to support overstretched firefighting crews. And this past January, the Virginia Guard deployed members to support winter storm response.

According to the National Guard Bureau, more than 19,000 National Guard members are now mobilized across the country to support pandemic-related relief efforts. At other times, up to 47,000 have been deployed to meet pandemic demand.

"From the beginning of the pandemic, National Guard men and women in each of the 50 states, three territories, and the District of Columbia have been on the front lines," said Army General Daniel R. Hokanson, the Guard's bureau chief. "We continue to work closely with the states to ensure that we're 'meeting their needs.'"

Certainly, National Guard members have stepped up heroically to serve their communities. But it's worth asking: Why has the Guard become the "swiss army knife" to meet states' emergency needs?

To put it another way: Time and again, why is it only the military that has extra resources to go around? The simplest answer is we've spent decades ramping up our military spending while letting these other priorities stagnate.

For what taxpayers spent on military contractors alone last year, we could have instead provided health care for 25 million low-income adults and 38 million children. We could have funded over a million elementary school teachers. And we could have launched over a million clean energy jobs — all with money to spare.

Instead communities are often left seeking help from the military to fill these roles.

Meanwhile, military spending is only going up. Congress recently passed a \$778 billion military budget bill — a peacetime record.

All that spending is supposed to make us safer. But as critical public services reach their breaking point, it's clear that short-changing our health, our children, and our planet has left us less safe.

As the pandemic and climate crisis are showing us, real secu-



Why has the Guard become the "swiss army knife" to meet states' emergency needs?

rity means divesting from excessive military spending and prioritizing the things we actually need to flourish — so maybe next time there won't be a crisis.

Samantha García is the New México Fellow at the Institute for Policy Studies. This op-ed was distributed by OtherWords.org.

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ELSEMANARIO.US



The Queen of Light



Photo: Enrique Cardiel

Reynaluz Juárez



Even though she faced many struggles, she would say, "Never let your heart fill with hate, only love." Today many are remembering her sayings and holding onto the love she shared with them.

On February 7th, Albuquerque — and New México — lost an important community champion. A family lost a treasured mother, wife, niece, *tia*, *prima*, second mother. Many in the community lost a good friend.

Reynaluz Juárez was also a lifelong organizer, someone who often stated that "it's time to put on my hustle hat."

She worked organizing with the Sawmill Advisory Council decades ago, mentored by family elders, such as her mother Margo and her *Tia* Teresa. She always acknowledged that work as part of her formation.

Enrique Cardiel

I was in a meeting many years ago, and someone had just stated the traditional "two birds" quote. Then one of the participants spoke up: "Why do we need to use that violent way of framing this? I want to be more positive. I want to feed two birds with one scone."

I've used that saying that way ever since. Rarely overbearing, this voice was still influential for many people in the International District and beyond.

See Cardiel on page 17



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Commentary / Comentario

Reproductive Justice, A Global Public Health Issue

Karen Gutiérrez

As a social communicator, journalist, woman and mother of two girls, I feel I have the capacity, the moral right and the social responsibility to share with you, such an *important*, crucial and fundamental topic in today's society: reproductive justice.

Many people and unfortunately many women in the world may not know what this term is about, some understand, but it is more complex than everyone thinks. To have an opinion on this, you have to know what it's about, and in simple terms, it is to be able to



Photo/Photo: Author

make *our own decisions* as women, healthy decisions about our bodies, our mental and physical health, our sexuality, our feelings, and our conception of family.

All of this is also linked to social issues, political and economic agendas, and government agendas of each country. Reproductive justice activists seek to recognize the importance of treating abortion as a public health issue that concerns us and involves everyone as the right to health, education and housing.

In my country (Colombia), last November 19th, the Constitutional Court's ruling on the decriminalization of abortion was postponed, a historic position that would put the country as the first in Latin America to eliminate it from the criminal code. This is a crime that results in three to four years in prison for

approximately 400 women every year. With the suspension of this ruling, Colombia loses the opportunity to join the countries that have decided in favor of allowing women the right to decide about their bodies and to have reproductive justice.

In 2006, progress was made in terms of the Colombian penal code and three fundamental circumstances were recognized in which a woman can make the voluntary decision to interrupt the conception of an "unborn" fetus: rape, serious malformation of the fetus that is unviable, or imminent risk to the physical and mental health of the woman.



Reproductive justice activists seek to recognize the importance of treating abortion as a public health issue that concerns us and involves everyone as the right to health, education and housing.

In a society like the Colombian society in which 97% of the people are recognized believers and with the weight against a conservative

See Gutiérrez on page 19

Justicia Reproductiva, Un Tema De Salud Pública Global

Karen Gutiérrez

Como Comunicadora social - periodista, mujer y mamá de dos niñas, me siento en la capacidad, el derecho moral y la responsabilidad social y de socializar con ustedes; Nuestros lectores de éste semanario, un tema tan *importante*, crucial y fundamental en la

sociedad actual: la justicia reproductiva.

Muchas personas y lamentablemente muchas mujeres en el mundo pueden no saber de qué se trata este término, algunas lo deducen, pero es más complejo de lo que todos piensan. Para opinar sobre esto hay que conocer de qué se trata y en términos sencillos es el poder tomar como mujeres

nuestras propias decisiones; decisiones saludables acerca de nuestro cuerpo, nuestra salud mental y física, nuestra sexualidad, nuestros sentimientos, y nuestra concepción acerca de la familia. En este conglomerado de acciones que se ligan también a temas sociales, de agenda política y económica, de las agendas gubernamentales de cada país, los activistas de la justi-

cia reproductiva buscan reconocer la importancia de tratar el aborto, como un tema de salud pública que nos compete e involucra a todos como el derecho a la salud, la educación y la vivienda.

En mi país (Colombia) el pasado 19 de noviembre se aplazó el fallo que debía emitir la Corte Constitucional sobre la despenalización del aborto, una postura histórica



Los activistas de la justicia reproductiva, buscan reconocer la importancia de tratar el aborto, como un tema de salud pública, que nos compete e involucra a todos como el derecho a la salud, la educación y la vivienda.

que pondría al país como el primero en latinoamerica en eliminarlo del código penal. Delito que da entre 3 a 4 años de cárcel, para aproximadamente 400 mujeres cada año.

Con la suspensión de este fallo Colombia pierde la oportunidad de sumarse a los países que han decidido en favor de permitir a las mujeres el derecho de decidir sobre su cuerpo y tener justicia reproductiva. En Colombia en el año 2006 se dio un gran salto en materia de leyes, pues se reconocieron tres fundamentales casos en los que puntualmente una mujer puede tomar la decisión voluntariamente de interrumpir la concepción de un feto "no nacido" ya que nuestro código civil habla de ser persona si al menos nace a la vida y resiste vivo durante un lapso de tiempo así sea corto, y se despenalizó el aborto por 3 causales tácitamente: violación, malformación del feto incompatible con la vida o inminente riesgo para la salud física y mental de la mujer.

En una sociedad como la colombiana en la que el 97% de las personas son reconocidas creyentes y con el peso en contra de

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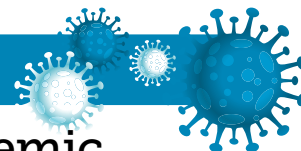
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The Importance of Caring for Others in the Community During the Pandemic

By Sarah True

On a snowy January morning, Luis Portillo stood in line on the side of a busy road in Silver Spring, Maryland — a suburb just north of Washington, D.C. — with about 200 other people, waiting for his turn to get tested for covid-19 at Mary's Center, a federally qualified health center. Portillo, a 65-year-old bakery worker originally from El Salvador, jammed his hands in his coat pockets and shivered in the 25-degree weather.

Though Portillo is not particularly concerned about covid — he is vaccinated and boosted and had a mild case last year — he came out because it's necessary to "look after yourself as much as you can" to prevent infecting others who may be more vulnerable, he said in Spanish. After he developed symptoms following a holiday party and found out another partygoer had tested positive, Portillo decided he needed a test. He was concerned

about exposing co-workers or his four housemates, who have remained symptom-free.



"I think the access was key, and so let's not forget that...but that cultural orientation also, the sense of community, doing for yourself and others, does exist."

Sandra Echeverría,
University of North Carolina-Greensboro

Similarly, Andres Bueno, 40, a Colombian construction worker standing in line, said he and many others are now "a little more confident because we know more about the virus," but still "worry about affecting other people. I think that is more what worries you," he said in Spanish. Bueno, who is vaccinated and intends to get a booster shot,

was also in contact with someone who tested positive.

The rush for testing at Mary's Center reflected some of the unique needs of its large population of Hispanic patients, many of whom work in public-facing jobs without paid sick leave or live in multi-generational households with elders at higher risk for severe disease.

It also pointed to a broad sense of collectivism, or belief in the importance of watching out for others in the community, which public health experts have noted helps drive health behaviors among some groups of Latino immigrants. That attitude may have helped motivate these patients to get tested, said Marvin Ruiz-Chávez, who manages covid testing and vaccination at the Silver Spring site.

Concerns about the community — bolstered by strong outreach efforts — also likely played a role in the increase in vaccination rates for Hispanics in recent months,



About 200 people turned out on a cold January morning to get tested for covid-19 at Mary's Center, a health clinic in Silver Spring, Maryland. / Alrededor de 200 personas hicieron fila una fría mañana de enero para hacerse la prueba para covid-19 en Mary's Center, una clínica de salud en Silver Spring, Maryland.

which are now equal to those of non-Hispanic whites in the U.S. Sixty percent of each group have received at least one dose.

Three-quarters of patients at Mary's Center, which has five clinic locations and several school-based health centers in the Washington metropolitan area, are Hispanic, and 65% earn less than

the federal poverty level, according to data from the federal Health Resources and Services Administration, the agency that oversees federally qualified health centers. When the omicron variant took hold, demand for testing at the center skyrocketed.

See [Caring](#) on page 16

La Importancia de Cuidar a los Demás en la Comunidad Durante la Pandemia

Por Sarah True

La preocupación acerca de su comunidad parece haber desempeñado un papel en el aumento de las tasas de vacunación de los hispanos en los últimos meses, que ahora son iguales a las de los blancos no hispanos. El 60% de cada grupo ha recibido al menos una dosis.

Esta conciencia comunitaria, junto con fuertes esfuerzos de divulgación, al parecer han mejorado también el número de hispanos que se hacen la prueba para covid.

En una mañana nevada de enero, Luis Portillo hizo fila junto con cerca de 200 personas en una calle de Silver Spring, Maryland, un suburbio al norte de Washington, DC. Tiritando de frío, el panadero de 65 años, inmigrante de El Salvador, esperaba su turno para hacerse la prueba para covid-19 en Mary's Center, un centro de salud calificado federalmente.



"Creo que el acceso fue clave, y no lo olvidemos...pero esa orientación cultural también, el sentido de comunidad, por uno mismo y por los demás, sí existe".

Sandra Echeverría,
Universidad de Carolina del Norte-Greensboro

Aunque Portillo no estaba particularmente preocupado por covid —está vacunado, tiene su refuerzo y tuvo un caso leve el año pasado— fue a hacerse la prueba porque es necesario "cuidarse tanto como se pueda" para evitar contagiar a otros que pueden ser más vulnerables, dijo en español.

Después de que desarrollara síntomas luego de una fies-

ta navideña y descubriera que otro invitado había dado positivo, Portillo decidió que necesitaba testearse. Le preocupaba exponer a sus compañeros de trabajo o a las cuatros personas con las que vive.

De manera similar, Andrés Bueno, de 40 años, un trabajador de la construcción colombiano que también estaba en la fila, dijo que él, como muchos otros, ahora tienen "un poco más de confianza porque sabemos más sobre el virus", pero aún "les preocupa afectar a otras personas. Yo creo que eso es lo que más te preocupa", dijo en español.

Bueno, que está vacunado y tiene la intención de recibir la dosis de refuerzo, también había estado en contacto con alguien que dio positivo.

El boom de pruebas en Mary's Center refleja algunas de las necesidades únicas de su mayormente población de pacientes hispanos, muchos de los cuales

tienen trabajos de servicios sin licencia paga por enfermedad o viven en hogares multigeneracionales con adultos mayores que tienen más riesgo de desarrollar una forma grave de la enfermedad.

También revela un amplio sentido de colectivismo, o la creencia en la importancia de cuidar a los demás en la comunidad, que según expertos en salud pública ayuda a impulsar comportamientos de salud entre algunos grupos de inmigrantes latinos. Esa actitud puede haber motivado a estos pacientes a hacerse la prueba, dijo Marvin Ruiz-Chávez, quien administra los tests y la vacunación contra covid en el sitio de Silver Spring.

Las tres cuartas partes de los pacientes de Mary's Center, que tiene cinco clínicas en el área metropolitana de Washington, son hispanos y el 65 % tiene ingresos por debajo del nivel federal de pobreza, según datos de la organización federal Health Resources and Services Administration, la agencia

que supervisa los centros de salud calificados a nivel federal. Cuando la variante omicron se afianzó, la demanda de pruebas en el centro se disparó.

Para muchos de los que esperaron horas en las filas para pruebas el mes pasado, Mary's Center ofrece acceso seguro y cómodo a la atención. Muchos de sus pacientes son indocumentados, hablan poco inglés y no tienen seguro de salud, lo que los excluye en gran medida del sistema de atención médica convencional.

Sin embargo, el personal de Mary's Center es bilingüe hispano-hablante, los pacientes pueden hacerse la prueba de forma gratuita con una burocracia mínima y no se requiere que den información sobre su estatus migratorio.

Antes del aumento de omicron, el sitio de Silver Spring evaluaba a un promedio de 70 personas por día, dijo Ruiz-Chávez. A mediados

Vea [Cuidar](#), página 18

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Exits by Black, Latino Teachers Pose a New Threat to Covid-Era Education

By Heidi de Marco

Lynette Henley needed one more year to receive her full pension after 40 years as a teacher, but she couldn't convince herself it was worth the risk.

So Henley, 65, who has diabetes and congestive heart failure, retired last June as a math and history teacher at Hogan Middle School, in Vallejo, California, which serves mostly Black and Hispanic children.

"You're in a classroom with 16 to 20 kids and a lot of my students weren't vaccinated," said Henley. "I just didn't feel safe. It wasn't worth it to possibly die to teach."

Henley, who is Black, is part of a nationwide surge of teachers who are leaving the profession — especially evident among members of the profession with minority backgrounds. Amid the pandemic's toxic brew of death, illness, and classroom disruption, these departures of seasoned teachers have created another strain for students.

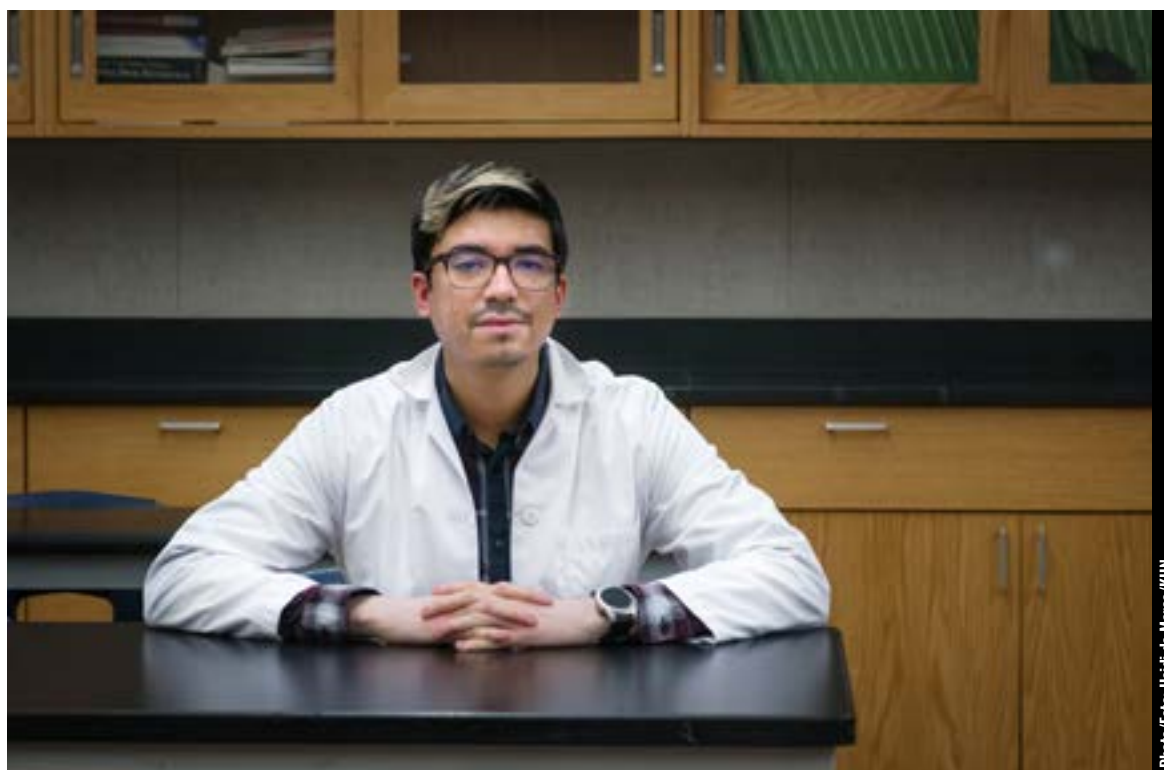
The California State Teachers' Retirement System reported a 26% increase in the number of teacher retirements in the second half of 2020 compared with the same

period in 2019. Of those surveyed, more than half cited challenges of teaching during the pandemic as their main reason for leaving. A national survey published by the National Education Association on Feb. 1 found that 55% of teachers planned to exit earlier than anticipated, up from 37% in August 2021. The numbers were highest among Black (62%) and Latino (59%) educators.

The issue was palpable when in-person classes resumed in Southern California in January. In some large districts, more than a quarter of schoolchildren were absent the first week back. Some of those who did return entered classrooms that had no teacher or were staffed by underqualified substitutes.

Bryan Monroy, an 11th grade physics teacher at Lennox Mathematics, Science & Technology Academy, in the Inglewood section of Los Angeles, walked into a half-empty school after winter break.

Five teachers, about a fifth of the charter school's staff, were out, presumably sick with covid or taking care of relatives, said Monroy, 29. And that's on top of an under-



Bryan Monroy, a physics teacher at Lennox Mathematics, Science & Technology Academy, in the Inglewood section of Los Angeles, says he's battled thoughts of leaving the profession. / Bryan Monroy, profesor de física en la Lennox Mathematics, Science & Technology Academy, en la sección Inglewood de Los Angeles, dice que ha luchado contra la idea de dejar la profesión.

Photo/Foto: Heidi de Marco/KHN

lying problem hiring and holding onto staff, he said.

"We hired some people to teach chemistry and math and for whatever reason they had to resign halfway through the year during the pandemic with no one to replace

them," he said. "The kids had to finish off their year with substitutes and teacher's aides, and that was really hard for them."

Covid has been harder on teachers of color because many of them return to the communities where they were raised and which have suffered the most, Monroy said. His students are nearly all Hispanic and about 75% are on free or reduced lunch, he said. As the son of Mexican immigrants, he can relate to their struggles, but "because there are so many similarities that resonate between me and my kids, the vicarious trauma is also even more real."

Studies have shown that teachers of color improve educational outcomes for students of the same background. But Black and Hispanic teachers tend to have shorter teaching careers than their white colleagues, according to a report by the U.S. Department of Education, which cites a lack of support and poor working conditions as the impetus for early departures.

According to a 2019 study by the Learning Policy Institute, a non-profit research group in Palo Alto, shortages affect 80% of California school districts, most severely those with low-income families and students of color. To make up the gap, schools have hired poorly prepared replacements, which aggravates learning difficulties, said Tara Kini, chief of staff and director of state policy for the Learning Policy Institute. Another study by her group found that minority-majority schools were four times as likely

as mostly white schools to employ uncertified teachers.



"Before the pandemic, I was 100% certain that I would continue teaching and retire as a teacher. Now, feeling the dread of coming to work instead of feeling excitement, I have my doubts of even making it through the end of this year, let alone, like, staying until I retire."

Bryan Monroy, Educator

Plunging standardized test scores in California last year revealed a widening learning gap between whites and Black and Latino students. A little over a third of Black and Hispanic students met or exceeded proficiency standards in English, compared with 60% of whites. In math, only about a fifth of Black and Hispanic students met or exceeded standards, compared with nearly half of white students. Relative to 2018, Hispanic students' scores fell by 12 percentage points in English. White students' scores fell 5 percentage points, while those of Black students remained about the same, on average. (Hispanics can be of any race or combination of races.)



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Las Salidas de Profesores Negros y Latinos Suponen una Nueva Amenaza para la Educación de la Era Covid

Por Heidi de Marco

Lynette Henley necesitaba un año más para poder recibir su pensión completa después de 40 años como maestra, pero no podía convencerse a sí misma de que valía la pena el riesgo.

Entonces, Henley, de 65 años, quien tiene diabetes e insuficiencia cardíaca congestiva, se jubiló en junio pasado como maestra de matemáticas e historia en la escuela secundaria Hogan, en Vallejo, California, cuyos alumnos son principalmente negros e hispanos (que pueden ser de todas las razas).

“

“Antes de la pandemia, yo estaba 100% seguro de que seguiría enseñando y me jubilaría como docente. Ahora, sintiendo temor de venir a trabajar en vez de entusiasmo, tengo mis dudas de llegar a fin de año, y mucho menos, quedarme hasta que me retire”.

Bryan Monroy, Maestro

“Estás en un aula con 16 a 20 niños y a muchos de mis estudiantes no los vacunaron”, dijo Henley. “Simplemente no me sentía segura. No valía la pena morir por enseñar”.

Henley, que es negra, es parte de una ola nacional de maestros que están dejando la profesión, en especial maestros que son parte de minorías. En medio de la tóxica alquimia de muerte, enfermedad y cierre de escuelas durante la pandemia, este retiro masivo de maestros experimentados ha creado una tensión extra para los estudiantes.

El California State Teachers' Retirement System informó un aumento del 26% en la cantidad de retiros de maestros en la segunda mitad de 2020, en comparación con el mismo período en 2019.

De los encuestados, más de la mitad citó los desafíos de enseñar durante la pandemia como su razón principal para jubilarse. Una encuesta nacional publicada por la National Education Association el 1 de febrero encontró que el 55 % de los maestros planeaba retirarse antes de lo previsto, frente al

37 % en agosto de 2021. Las cifras fueron más altas entre los educadores negros (62 %) y los latinos (59 %).

El problema fue palpable en enero, cuando se reanudaron las clases presenciales en el sur de California. En algunos distritos grandes, más de una cuarta parte de los estudiantes faltaron la primera semana. Algunos de los que regresaron a las aulas, no tenían a sus maestros, reemplazados por sustitutos poco calificados.

Bryan Monroy, profesor de física en 11vo grado en la Lennox Mathematics, Science & Technology Academy, en la sección Inglewood de Los Ángeles, entró a una escuela medio vacía después de las vacaciones de invierno.

Faltaban cinco maestros, alrededor de una quinta parte del personal de la escuela charter, presuntamente enfermos de covid o cuidando a familiares, dijo Monroy, de 29 años. Y eso se suma a un problema subyacente de contratación y mantenimiento del personal, dijo.

“Contratamos a algunas personas para enseñar química y matemáticas, y por cualquier razón tuvieron que renunciar a mitad de año durante la pandemia sin nadie que los reemplazara”, dijo. “Los niños tuvieron que terminar su año con suplentes y asistentes, y eso fue muy difícil para ellos”.

Covid ha sido más duro con los maestros de color porque muchos de ellos regresan a las comunidades donde se criaron y que más han sufrido, dijo Monroy. Sus estudiantes son casi todos hispanos y alrededor del 75% reciben almuerzo gratis o a precio reducido, dijo. Como hijo de inmigrantes mexicanos, puede entender sus desafíos, pero “debido a que hay tantas similitudes que resuenan entre mis hijos y yo, el trauma indirecto también es aún más real”.

Estudios han demostrado que los maestros de color mejoran los resultados educativos de los estudiantes del mismo origen. Pero los maestros negros e hispanos tienden a tener carreras docentes más cortas que sus colegas blancos, según un informe del Departamento de Educación de los Estados Unidos, que cita la falta de apoyo y las malas condiciones de trabajo como el impulso por los retiros anticipados.

Según un estudio de 2019 realizado por el Learning Policy Institute, un grupo de investigación



La mayoría de los estudiantes que asisten a la escuela secundaria San Gabriel, parte del Distrito Escolar Unificado Alhambra, tienen desventajas socioeconómicas. / Most of the students who attend San Gabriel High School, part of the Alhambra Unified School District, are socioeconomically disadvantaged.

sin fines de lucro en Palo Alto, la escasez afecta al 80 % de los distritos escolares de California, más gravemente a aquellos con familias de bajos ingresos y estudiantes de color.

Para compensar la brecha, las escuelas han contratado suplentes mal preparados, lo que agrava las dificultades de aprendizaje, dijo Tara Kini, jefa de personal y directora de política estatal del Learning Policy Institute.

Otro estudio realizado por su grupo encontró que las escuelas con más minorías tenían cuatro veces más probabilidades que las escuelas mayoritariamente blancas de emplear maestros no certificados.

La caída de los puntajes de las pruebas estandarizadas en California el año pasado reveló una brecha de aprendizaje cada vez mayor entre los estudiantes blancos, los negros y los latinos.

Un poco más de un tercio de los estudiantes negros e hispanos cumplieron o superaron los estándares en inglés, en comparación con el 60 % de los blancos. En matemáticas, solo alrededor de una quinta parte de los estudiantes negros e hispanos cumplieron o superaron los estándares, en comparación con casi la mitad de los estudiantes blancos.

En relación con 2018, los puntajes de los estudiantes hispanos cayeron 12 puntos porcentuales en inglés. Los puntajes de los estudiantes blancos cayeron 5 puntos porcentuales, mientras que

los de los estudiantes negros se mantuvieron casi iguales, en promedio.

El aprendizaje en línea ha sido más difícil para los niños más pobres, lo que ha contribuido a las di-

ficultades de sus maestros. En julio de 2020, la Universidad del Sur de California y Partnership for Los Angeles Schools encuestaron a más

Vea [Profesores](#), página 20

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State News / Noticias del Estado

Pandemic Takes Significant Toll on the Mental Health of Young Adults

COLORADO

By Julia Fennell

Trying to maintain her mental health is not new for Ava V. Marie, 23, who first saw a therapist when she was 10, but the pandemic has made the struggle worse.

Marie was working as a bartender in Nashville — one of her favorite jobs of all time — when COVID-19 first hit and she lost her job. She and her roommates were having trouble paying the rent, which is part of the reason Marie moved to Colorado.

"There are days where I feel hopeless about the future, just in the sense that these are my early 20s and I'm not able to get out and meet new people," Marie said. Marie has formed an online community of people to talk to, but she said it's not the same as a person-to-person connection.

The pandemic has taken a toll on the mental health of the state's young adults, but Colorado is not the only area to face this problem. The mental health of people between the ages of 15 and 24 has worsened significantly, according to a [May 2021 report](#) from the Organisation for Economic Co-operation and Development. In some countries, mental health issues for people in this age group have doubled.

Marie is from Chicago and being away from her family has also been difficult for her, she said.

Marie, who lives in Aurora but works in Boulder, said she is friends with her co-workers, but it is hard for them to arrange to see each other outside of work, as they don't want to get COVID and some of them work additional jobs, which makes finding a time to meet difficult.

Children's Hospital Colorado sees children from birth to young



Fer Juárez Durán, a resident advisor at Colorado College, poses for a picture after hosting an event for his residents on Dec. 5, 2021. / Fer Juárez Durán, asesor de residentes en el Colorado College, posa para una foto después de organizar un evento para sus residentes el 5 de diciembre de 2021.

adulthood and sometimes beyond, according to Ayelet Talmi, director of the [Harris Program](#), which provides clinical training and research into infant and early childhood mental health.

Every month in 2021, Children's Hospital Colorado saw at least 30%,

and in some cases, over 80%, more patients than the same month in 2019, according to a statement attributed to Children's Hospital Colorado, emailed to Newslime from a media relations specialist.

Angel Guerrero, 20, is an introvert, so when COVID first started,

“I used to be very administrative, doing one task, to the next task, to the next. But now, I prioritize making time to smell the roses a little bit more, just because you never know what is going to happen.”
Fer Juárez Durán, Student

he wasn't too bothered by the isolation, or by anxiety, he said. That eventually changed.

At the beginning of the pandemic, Guerrero moved back home with his parents, who live near Fort Collins, and having a good relationship with them helped to lessen his anxiety. Guerrero spent most of his days with his sister, who was

See [Health](#) on page 22

La Pandemia Tiene un Impacto Significativo en la Salud Mental de los Adultos Jóvenes

COLORADO

Por Julia Fennell

Intentar mantener su salud mental no es algo nuevo para Ava V. Marie, de 23 años, que acudió por primera vez a un terapeuta cuando tenía 10 años, pero la pandemia ha empeorado la lucha.

Marie trabajaba como camarera en Nashville -uno de sus trabajos favoritos de todos los tiempos- cuando llegó el COVID-19 y perdió su trabajo. Ella y sus compañeros de piso tenían problemas para pagar el alquiler, que es parte de la razón por la que Marie se trasladó a Colorado.

"Hay días en los que me siento desesperanzada sobre el futuro, simplemente en el sentido de que son mis 20 años y no soy capaz de salir y conocer gente nueva", dice Marie. Marie ha formado una comunidad online de personas con

las que hablar, pero dice que no es lo mismo que una conexión de persona a persona.

La pandemia ha hecho mella en la salud mental de los jóvenes adultos del estado, pero Colorado no es la única zona que se enfrenta a este problema. La salud mental de las personas de entre 15 y 24 años ha empeorado considerablemente, según un informe de mayo de 2021 de la Organización para la Cooperación y el Desarrollo Económico. En algunos países, los problemas de salud mental de las personas de este grupo de edad se han duplicado.

Marie es de Chicago y estar lejos de su familia también ha sido difícil para ella, dijo.

Marie, que vive en Aurora pero trabaja en Boulder, dijo que es amiga de sus compañeros de trabajo, pero que les resulta difícil quedar fuera del trabajo, ya que no quieren contagiarse de COVID

y algunos de ellos tienen trabajos adicionales, lo que hace difícil encontrar un momento para reunirse.

El Children's Hospital Colorado atiende a niños desde el nacimiento hasta la edad adulta temprana y, a veces, más allá, según Ayelet Talmi, directora del Programa Harris, que ofrece formación clínica e investigación sobre la salud mental de los bebés y la primera infancia.

Cada mes de 2021, el Children's Hospital Colorado vio al menos un 30%, y en algunos casos, más del 80%, de pacientes que el mismo mes de 2019, según un comunicado atribuido al Children's Hospital Colorado, enviado por correo electrónico a Colorado Newslime por un especialista en relaciones con los medios.

Ángel Guerrero, de 20 años, es introvertido, así que cuando COVID comenzó, no le molestó demasiado el aislamiento, ni la ansiedad, dijo. Eso cambió con el tiempo.

Al principio de la pandemia, Guerrero volvió a casa con sus padres, que viven cerca de Fort Collins, y tener una buena relación con ellos le ayudó a disminuir su ansiedad. Guerrero pasaba la mayor parte de sus días con su hermana, que también asistía a la escuela a distancia, por lo que, en cierto modo, se sentía como un descanso saludable, dijo.

Guerrero luchó con el enfoque masivo de la sociedad en los números, en lugar de las vidas reales de las personas perdidas. "Se perdió un poco de humanidad en el hecho de que todo se estaba contando", dijo. "Eso realmente hizo que todo fuera mucho más difícil".

Guerrero vio una luz al final del túnel cuando las vacunas estuvieron disponibles por primera vez, pero luego la variante delta comenzó a extenderse, lo que le hizo cuestionar si esto iba a ser

"Solía ser muy administrativa, haciendo una tarea, a la siguiente, a la siguiente. Pero ahora, priorizo hacer tiempo para oler las rosas un poco más, sólo porque nunca sabes lo que va a pasar".
Fer Juárez Durán, Estudiante

simplemente como las cosas son ahora, dijo.

"Ese momento en el que nos dimos cuenta de que aún no había terminado, fue cuando realmente nos dimos cuenta de que esto podría ser la nueva normalidad", dijo Guerrero.

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Toxic Air Pollutants Targeted in Proposed Bill from Colorado Democrats



The Suncor oil refinery, located just north of Denver city limits, is one of the region's largest sources of toxic air pollution.

Photo: Chase Woodruff/Colorado Newsline

COLORADO

By Chase Woodruff

A coalition of Colorado environmental and community groups on Monday unveiled the next step in a years-long effort to close what they say are gaps in federal regulation that have left low-income communities and people of color especially vulnerable to toxic air pollution.

“

I can't tell you how many young people have had to miss school because of their issues with asthma and inability to just walk to school because of the air. Study after study has shown ... that toxic pollution systemically and disproportionately harms people of color.”

Rep. Serena Gonzales-Gutiérrez,

Legislation set to be introduced by Democrats in the Colorado General Assembly this week will address so-called air toxics emitted by industrial pollution sources like the Suncor oil refinery in Commerce City, [following up on previous legislation](#) passed by lawmakers in 2020 and 2021.

“Communities of color and low-income communities that have disproportionately faced the impacts (of pollution) deserve better,” Lizeth Chacon, executive director of the Colorado People's Alliance, said in a statement. “We need to work to ensure that we are prioritizing our health and safety

and not the bottom line of corporations.”

Activists and lawmakers spoke at the state Capitol on Monday in support of a bill that sponsor Rep. Serena Gonzales-Gutiérrez, a Democrat from Denver, said would help create a “safe and healthy environment” for all Coloradans.

“I can't tell you how many young people have had to miss school because of their issues with asthma and inability to just walk to school because of the air,” Gonzales-Gutiérrez said. “Study after study has shown ... that toxic pollution systemically and disproportionately harms people of color.”

House Bill 21-1189, passed by state legislators last year, required polluters like Suncor to conduct real-time, “fenceline” emissions monitoring and establish emergency notification systems to alert nearby communities of potentially hazardous incidents. The new legislation would go further, directing regulators at the Colorado Department of Public Health and Environment to set health-based emissions limits and enact rules to enforce them.

The full text of the forthcoming bill was not yet available as of late Monday. Previous air toxics legislation has focused on a list of specific pollutants including benzene, a cancer-causing chemical, and hydrogen cyanide, a byproduct of certain industrial processes that has historically been used as a chemical warfare agent.

The two chemicals belong to a [class of 188 substances](#) designated as “hazardous air pollutants” by the Environmental Protection Agency. The HAP classification triggers some federal regulations, but not the more rigorous health-based emissions standards that the EPA applies to sources of the six “[criteria pollutants](#),” a group than in-

cludes ozone, particulate matter and carbon monoxide.

“We're talking about substances in the air that are known to cause cancer or other serious health impacts,” said Becca Curry, policy counsel for environmental group Earthjustice.

In the absence of federal health limits, state regulators have [come under scrutiny](#) for allowing industrial pollution sources like the Suncor refinery to [set their own emissions limits](#). Environmental groups say Colorado's state-level air toxics rules have fallen behind.

“Regulating the health impacts of toxics has been left up to the states, and many other states, including Texas, California, Oregon, Kentucky and others, have taken bold action to protect communities,” Curry added. “It is time for Colorado, too, to take toxic pollution seriously by passing this bill.”

A spokesperson for Suncor wrote in an email that the company is reviewing the bill language. The company has long said its emissions of hydrogen cyanide and other air toxics are well below the level that would pose a threat to nearby communities.

“Our goal is to have open and factual discussions to find the right legislative solutions,” the company's statement said. “We hope to continue conversations with the sponsors and other stakeholders and subject matter experts to find the best ways to achieve the bill's air monitoring objectives for Colorado.”

Suncor, along with oil and gas industry groups like the American Petroleum Institute, lobbied lawmakers for changes to HB-1189 last year, records show. HB-1189 was passed on a party-line vote in the House of Representatives, with all Republicans opposed; GOP state Sen. Kevin Priola of Adams County was the lone member of his party to vote for the bill in the Senate.

According to supporters, the latest air toxics legislation will propose the creation of a new program within CDPHE to coordinate the state's regulation of certain pollutants. While fossil-fuel facilities are likely to be among those impacted, bill sponsors say not all of the pollution sources in question are obvious.

“It's not always oil and gas and refineries,” said Rep. Chris Kennedy, a Democrat from Lakewood. “There's a medical device manufacturer in my district that uses ethylene oxide to sterilize their

medical equipment. They put in place some controls to try to limit their emissions in the community, but we have no way of knowing whether they've been successful.”

The latest air toxics legislation comes after Colorado's Front Range [experienced its worst summer for air quality](#) in over a decade. In addition to regional efforts to curb more commonly known air pollutants like ozone, supporters say that stronger protections for fenceline communities will help reduce the health risks that many Coloradans face.

“It is no secret that here in Colorado, our air is not nearly as clean as we all want it to be,” state Sen. Julie Gonzales said Monday. “And too often, it's the folks on the margins who have to pay the highest price.”

Chase Woodruff is a Reporter with Colorado Newsline. Originally published at [Colorado Newsline](#).

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State News / Noticias del Estado

Environmental Justice Coalition Fights for Less Pollution, Better Health

COLORADO

Asserting that the State of Colorado must enact new policies to fight environmental racism and clean our air, a new coalition has formed to move the state "toward eliminating environmental degradation and barriers harming disproportionately impacted communities..." and create conditions so that "Colorado's children can breathe clean air regardless of race or socio-economic background for future generations to come."

The coalition, including Mi Familia Vota, GreenLatinos, Womxn From the Mountain, NAACP Denver, and the Colorado Working Families Party, will engage in various strategies and tactics in their communities to build grassroots

support for the adoption by the Air Quality Control Commission (AQCC) of new clean truck rules that would require an increasing percentage of trucks sold in the state – including delivery vans, long-haul trucks, and other vehicles – be zero emission starting in 2024, and that trucks that continue to use fossil fuels burn cleaner and pollute less.

“This burden has been placed on us for far too long, and now – not 2023 – is the time for acting on clean trucks.”

The AQCC originally was slated to consider clean truck rules

(Advanced Clean Trucks and Low NOx Heavy-Duty Omnibus) in the spring and summer of this year. However, the Polis Administration has now indicated that consideration could be delayed until 2023. Members of the coalition argue that aggressive action to clean the air has been put off too long and that any delay in adopting rules means more harmful pollution especially for Black and Brown families. "Our communities are always told we just have to wait for environmental justice, to wait for action that will improve the health of our families and children, to wait because the burden on others would be too great. This burden has been placed on us for far too long, and now – not 2023 – is the time for acting on clean trucks," coalition members stated.



Groups strongly oppose further delay in adopting clean truck rules. / Los grupos se oponen firmemente a un nuevo retraso en la adopción de normas sobre camiones limpios.

Colorado's transportation sector is the largest single emitter of dangerous greenhouse gas pollutants that cause climate change. Truck

traffic, especially along major highway corridors in the Denver area

See **Environmental** on page 20

Coalición Lucha por Menos Contaminación, Mejor Salud

COLORADO

Afirmado que el Estado de Colorado debe promulgar nuevas políticas para luchar contra el racismo ambiental y limpiar nuestro aire, una nueva

coalición se ha formado para mover el estado "hacia la eliminación de la degradación del medio ambiente y las barreras que perjudican a las comunidades desproporcionadamente impactadas ..." y crear condiciones para que "los niños

de Colorado puedan respirar aire limpio, independientemente de la raza o el origen socioeconómico para las generaciones futuras".

La coalición, que incluye a Mi Familia Vota, GreenLatinos, Womxn From the Mountain, NAACP

Denver, y el Partido de las Familias Trabajadoras de Colorado, participará en varias estrategias y tácticas en sus comunidades para construir el apoyo de las bases para la adopción por la Comisión de Control de la Calidad del Aire (AQCC) de nuevas reglas de camiones limpios que requerirían que un porcentaje cada vez mayor de los camiones vendidos en el estado - incluyendo furgonetas de reparto, camiones de larga distancia, y otros vehículos - sean de emisión cero a partir de 2024, y que los camiones que siguen utilizando combustibles fósiles se quemen más limpio y contaminen menos.

En un principio, la AQCC tenía previsto estudiar las normas sobre camiones limpios (Advanced Clean

“La carga, se ha, colocado en nosotros durante demasiado tiempo, y ahora—no 2023—es el momento de actuar en los camiones limpios”.

Trucks y Low NOx Heavy-Duty Omnibus) en la primavera y el verano de este año. Sin embargo, el Gobierno de Polis ha indicado ahora que el examen podría retrasarse hasta 2023. Los miembros de la coalición argumentan que la acción agresiva para limpiar el aire se ha pospuesto demasiado y que cualquier retraso en la adopción

Vea **Ambiental**, página 17

Vote Without Fear Act Passes Committee

COLORADO

The Vote Without Fear Act (HB22-1086), a bill to ensure Coloradans can continue to cast a ballot without fear of intimidation, passed the State, Civic, Military and Veterans Affairs Committee by a vote of 7 to 4 and will now go to the House floor for 2nd reading. The Vote Without Fear Act prohibits a person from openly carrying a firearm within 100 feet of any drop box, voting center, or central count facility while an election or any related ongoing election administration activity is in progress.

“No one should be made to feel afraid when they vote, but that’s exactly what we see happening when armed individuals show up at polling places.”
Rep. Tom Sullivan

“The Vote Without Fear Act will safeguard Coloradans’ right to cast a ballot without intimidation or interference,” said Secretary

See **Vote** on page 21

With Inflation Soaring, More College Students Struggle with Food Insecurity



Photo: Amanda Schweingel

Students in the MSU Denver School of Hospitality prepare food kits for classmates affected by the pandemic-related downturn in the hospitality industry.

COLORADO

By Lynne Winter

Maria Martinez knows firsthand the stigma that comes with needing food and having to ask for help.

"When I was younger, my family needed to use food pantries," said the Metropolitan State University of Denver sophomore. "My mom hated going because some made you feel ashamed for coming in."

That experience motivated Martinez, a Modern Languages major, to volunteer recently to assemble and distribute 150 food boxes for classmates struggling through tough times.



"Students will find the shelves stocked with everything from vegan, vegetarian and gluten-free options to fresh produce and more. Everyone could use a little break right now – we want students to show up and take advantage of it."

Miguel Huerta, MSU Denver

With soaring inflation, food prices nationwide jumped 6.3% in 2021, leaving several thousand Metropolitan State University of Denver (MSU) Denver students food-insecure. The U.S. Department of Agriculture defines food insecurity as having "limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways."

It's a problem made worse by the roughly two-year-old Covid-19 pandemic," said Erica Quintana-Garcia, assistant dean and director of the MSU Denver Student Care Center. The staff at the center has seen an increase in the number of students

seeking assistance and the severity of their needs due to the pandemic's ripple effect on their lives.

"Increasing food costs have contributed to the growing demand for the Roadrunner Food Pantry services as well as the number of referrals related to food insecurity," Quintana-Garcia said. "The number of students utilizing services has increased by 55% since before the pandemic."

According to the National #RealCollege Survey Report, published last March by the Hope Center for College, Community and Justice at Temple University, food insecurity was a reality for nearly one-third of all U.S. college students after the pandemic hit.

The #RealCollege study found that 39% of students at two-year institutions and 29% of students at four-year institutions experienced food insecurity. A University-specific survey discovered that food insecurity was an even more pressing issue for students attending MSU Denver.

The data show that 35% of MSU Denver students had low or very low levels of food security in the previous 30 days; 39% could not afford balanced meals; and 39% worried about running out of food before having money to buy more. Pell Grant recipients and female, BIPOC, LGBTQ and first-generation students were at a disproportionately higher risk for food insecurity than other groups.

"Last semester, the Roadrunner Food Pantry served about 800 individual students," said Miguel Huerta, assistant director of Community Engagement and Programs with the Student Care Center, acknowledging that those students are just the ones who sought help. "The report indicates we have at least 7,000 food-insecure students at MSU Denver. There's a lot more work to do."

In response, MSU Denver is working to make food pantries more

accessible to students. Last fall, four satellite locations opened across campus in places where students gather, expanding the reach of the pantry beyond its original location in the Tivoli Student Union to the Jordan Student Success Building, the Gender Institute for Teaching and Advocacy, the Office of Veteran and Military Student Services and the Honors House in historic Ninth Street Park.

With no direct funding coming from the University, the food pantry relies on individual donors and grants to stock its shelves.

To combat negative associations with food banks, Huerta wants to get the message out that all MSU Denver students qualify to use the food pantry and that they'll find a wide range of healthy food on its shelves.

"Students will find the shelves stocked with everything from veg-

an, vegetarian and gluten-free options to fresh produce and more," he said. "Everyone could use a little break right now – we want students to show up and take advantage of it."

Additionally, a community partnership with SECORCares and ENT Credit Union offers students the ability to shop at a free mobile food market on campus. The bimonthly visits provide students with a wide selection of food, giving them choices that food pantries are not necessarily known for.

"People know their dietary restrictions and what they like to eat," said Amy Pfister, community-outreach coordinator for SECORCares. "It's imperative that we're not providing what we think students want to eat but rather offering an environment where they can pick and choose."

Aligning philosophies have made a good marriage between

MSU Denver and SECORCares, with eight mobile-pantry visits planned for this semester. Pfister said various factors make it difficult for people to put groceries on the table, including job loss, medical bills and the rising cost of food. SECORCares wants to break down barriers that prevent people from asking for support.

"You shouldn't have to choose between paying rent or feeding your family," she said. "It's OK to say, 'I need help with food.' That's what we're here for."

Students can find more information [here](#). The Roadrunner Food Pantry accepts unexpired non-perishable food and drinks, grocery-store gift cards and cash donations year-round.

Lynne Winter, Metropolitan State University of Denver.

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AIM, Red Nation Members Gather to Demand Release of Leonard Peltier

NEW MEXICO

By Shaun Griswold

Norman Patrick Brown knows what he'll say to his friend Leonard Peltier, he says, when he sees him for the first time since 1976.

"I'm going to tell him I never gave up on him for 46 years, that I've prayed for him every day. That when I was younger, I was willing to take his place," he said. "That I love him for who he is. All my life, I defended him."

Brown (Diné) and others gathered in front of the federal courthouse in Downtown Albuquerque



Norman Patrick Brown talks about his experiences working alongside Leonard Peltier during the 1970s. He is demanding the federal government release his friend from prison. / Norman Patrick Brown habla de sus experiencias trabajando junto a Leonard Peltier durante la década de 1970. Exige al gobierno federal que libere a su amigo de la cárcel.

Foto: Shaun Griswold/Source NM

calling for the release of Peltier from federal custody. They say this is the time, this is the year, when Peltier will finally be allowed to go home.

"It's inherent in us. It's in us, it's in our DNA. You know, freedom is in our DNA," Brown said. "That's what this whole fight is about, this whole movement, fighting for survival."

Brown cited the national push by federal and state lawmakers as a sign that momentum is on their side. It's imperative that Peltier be released due to his health, he added. Peltier, 77, was expected to be released from quarantine after he contracted COVID while in federal custody, Brown said.

“My sense of justice took me there. It was heartbreaking to hear the reign of terror in Pine Ridge at the time.”
Norman Patrick Brown

The circumstances of his quarantine are similar to solitary confinement, he said, in that Peltier is unable to receive contact from people outside. He last spoke to Peltier a month ago but said even with the outpouring of support,

See Peltier on page 15

Miembros de AIM y de la Nación Roja Exigen la Liberación de Leonard Peltier

COLORADO

Por Shaun Griswold

Norman Patrick Brown sabe lo que le dirá a su amigo Leonard Peltier, dice, cuando lo vea por primera vez desde 1976.

"Voy a decirle que nunca me rendí con él durante 46 años, que

he rezado por él todos los días. Que cuando era más joven, estaba dispuesto a ocupar su lugar", dijo. "Que le quiero por lo que es. Toda mi vida le he defendido".

Brown (Diné) y otros se reunieron frente al tribunal federal en el centro de Albuquerque para pedir la liberación de Peltier de la custodia federal. Dicen que este es el momento, este es el año, en el

que a Peltier se le permitirá finalmente volver a casa.

"Es inherente a nosotros. Está en nosotros, está en nuestro ADN. La libertad está en nuestro ADN", dijo Brown. "De eso se trata toda esta lucha, todo este movimiento, de luchar por la supervivencia".

Brown citó el impulso nacional de los legisladores federales y estatales como señal de que el



Personas en Albuquerque, Nuevo México, sostienen carteles pidiendo la liberación de Leonard Peltier de la prisión federal. / People in Albuquerque, New Mexico, hold signs calling for the release of Leonard Peltier from federal prison.

Foto: Shaun Griswold/Source NM

impulso está de su lado. Es imperativo que Peltier sea liberado debido a su salud, añadió. Se esperaba que Peltier, de 77 años, fuera liberado de la cuarentena después de haber contraído COVID mientras estaba bajo custodia federal, dijo Brown.

Las circunstancias de su cuarentena son similares al confinamiento solitario, dijo, en el sentido de que Peltier no puede recibir contacto de personas del exterior. La última vez que habló con Peltier fue hace un mes, pero dijo que, incluso con la avalancha de apoyo, su amigo no es consciente de que personas de todo el mundo están liderando de nuevo una carga pidiendo su clemencia.

"Lo tienen completamente bloqueado de todo", dijo Brown. "Incluso su abogado está teniendo dificultades".

La lucha por la liberación de Peltier abarca varias generaciones. En la manifestación de la semana pasada participaron padres, estudiantes universitarios, bebés y

la generación mayor que, como Brown, lleva luchando desde la década de 1970.

“Mi sentido de la justicia me llevó allí. Fue desgarrador escuchar el reino del terror en Pine Ridge en aquella época.”
Norman Patrick Brown

Brown se unió al Movimiento Indio Americano (AIM) cuando tenía 12 años. Poco después de unirse a la causa, conoció a Peltier y a otros líderes de AIM. Unos años más tarde, en 1975, estuvo en primera línea en Oglala, Dakota del Sur, en un tiroteo con la policía federal y las fuerzas tribales.

"Mi sentido de la justicia me llevó allí. Fue desgarrador escuchar el reino del terror en Pine

Vea Peltier/Esp, página 19

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ahora que solamente fue utilizado con fines políticos.

Y como si el estancamiento legislativo no fuera suficiente, hay que sumarle que por ser año electoral es casi seguro que los republicanos recurran, cuando lo necesiten, al conocido libreto de usar también a su manera a los indocumentados como chivos expiatorios, dependiendo de los estados y distritos electorales donde el mensaje de odio les sea provechoso.

Ante esa nueva ola de retórica antiinmigrante que emerge cada vez con más intensidad conforme la presente administración no logra articular una sola de sus promesas a los 11 millones, la otra parte —la que sí sabe cómo atacar a los sectores más vulnerables—retoma su rencor contenido y lo convierte en mensaje político lleno de violencia. Basta ver, por ejemplo, la barbaridad que ha hecho el aspirante a senador por Arizona, Jim Lamón, en cuyo mensaje de campaña dispara su revólver al estilo Viejo Oeste contra caracterizaciones de la presidenta de la Cámara Baja, Nancy Pelosi, el presidente Joe Biden, y el senador demócrata de Arizona, Mark Kelly.

Pero hace un año, la organización fwd.us reportó que más de 5 millones de los trabajadores esenciales de Estados Unidos son indocumentados, lo que se traduce en que 1 de cada 20 trabajadores esenciales de este país son indocumentados y laboran en todas las industrias vitales de salud, agricultura y servicios alimenticios, así como la construcción y otros rubros primordiales.

Asimismo, el Center for American Progress reportó que los aportes económicos de los indocumentados en diversos frentes son vastos. Los indocumentados pagan casi 78,000 millones de dólares en impuestos federales anualmente y 41,000 millones en impuestos estatales y locales. Y aunque no pueden beneficiarse del Seguro Social o del Medicare, siguen haciendo las aportaciones a través de sus empleadores, totalizando 17,000 millones de dólares anuales a las arcas del Seguro Social y 4,000 millones al Medicare.

Estos datos reflejan, por supuesto, la enorme importancia económica de los indocumentados, sin los cuales muchas de las instituciones y empresas de servicios y de producción no tendrían ni el mismo auge que tienen hoy, ni mucho menos el mismo alcance en el ámbito de la competitividad de una nación desarrollada.

Si a eso se suma, según el mismo reporte, que un total de 1.6 millones de indocumentados son

propietarios de su hogar y pagan 20,600 millones de dólares al año en hipotecas y 49,000 millones de dólares anuales en alquiler, el panorama de sus aportaciones se completa, sin que nadie —ni el más antiinmigrante de los seguidores de Trump y de los republicanos— pueda refutarlas, sino a riesgo de caer en el absurdo de darse un "tiro en el pie".

Y por ahí podemos seguirle. Lo que gastan en comida, ropa, autos, servicios. El país se beneficia de la mano de obra indocumentada y sus servicios, y de lo que gastan esas millones de personas y sus familias; pero cuando se trata de legalizarlos para que puedan contribuir todavía más, la xenofobia y el mensaje de odio pesan más.

Así, los republicanos pecan de racistas y los demócratas de miedosos porque le huyen al tema como el diablo a la cruz.

"Dame unas palabras en español", le dice un personaje de aquella legendaria película Un día sin mexicanos, de 2004, que ya abordaba el tema de la importancia de la mano de obra inmigrante y del caos que provoca su repentina y total desaparición del estado de California. "Familia, qué pasa, 5 de Mayo", le responde el otro personaje utilizando los consabidos clichés. "Y cómo se dice: ¿realmente te extraño?", vuelve a preguntar el primero, para dar a entender que, en efecto, esa ausencia de seres humanos indispensables será difícil de sustituir, tal como en esta nueva jornada de "Un Día Sin Inmigrantes 2022".

Maribel Hastings es Asesora Ejecutiva de América's Voice. David Torres es Asesor en Español de América's Voice.

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his friend is unaware people from across the world are once again leading a charge calling for his clemency.

"They have him completely locked down from everything," Brown said. "Even his lawyer is having difficulty."

The fight to release Peltier is spanning generations. Last week's demonstration saw parents, college students, babies and the elder generation that, like Brown, has been fighting since the 1970s.

Brown joined the American Indian Movement (AIM) when he was 12-years-old. Shortly after he joined the cause, he met Peltier and other leaders of AIM. A few years later in 1975, he was on the frontlines in Oglala, South Dakota, in a shootout with federal police and tribal enforcement.

"My sense of justice took me there. It was heartbreaking to hear the reign of terror in Pine Ridge at the time, where people were getting assassinated, killed, murdered, beaten up, because they were American Indian Movement members, sympathizers, supporters," he said.

Peltier was convicted of shooting two FBI agents and sentenced to serve two consecutive life sentences. Since then, many have argued the case against him was thin

and based on faulty evidence, and that he was targeted because of his work in the movement.

The circumstances of how those two men died is widely disputed, and many accounts, including those from federal prosecutors, challenge Peltier's alleged involvement in their death.

"There were a lot of bullets flying — a lot," Brown said.

Bobby Valdez, another elder and local leader in the Albuquerque AIM chapter, said Peltier was the fall guy. "They had to blame somebody," he said, "so they blamed Leonard."

He also sees momentum in this moment and thinks it's not if, but when Peltier will be released from jail.

"It's a battle that's never going to stop. It's never-ending," Valdez (Laguna) said. "The law, they just kind of agree with everyone, but now they're changing their mind. While the judges that handle this case, federal judges, are saying that 'He can go now, we're wrong,' now it's time for him to go home."

Shaun Griswold is a journalist in Albuquerque, New México. He is a citizen of the Pueblo of Laguna, and his ancestry also includes Jemez and Zuni on the maternal side of his family. This article is republished from Source New Mexico under a Creative Commons license.

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For many of those waiting for hours in testing lines last month, Mary's Center offers safe and comfortable access to care. Many of its patients are undocumented, have limited English skills, and lack health insurance, which largely excludes them from the mainstream health care system. However, Mary's Center staffers are bilingual Spanish speakers, patients can get tested free of charge with minimal red tape, and patients are not required to provide information about their citizenship status.

Before the omicron surge, the Silver Spring site tested an average of 70 people a day, said Ruiz-Chávez. By mid-December, hundreds were showing up, forcing the center to cap daily testing at about 200 people due to limited supplies, personnel, and time.

Testing sites around the country serving a wide variety of groups saw similar increases in volume as covid cases soared. Still, Ruiz-Chávez cited a common cultural emphasis on living in harmony with others — called *convivir* in Spanish — as a key motivator for Latino test seekers, many of whom mentioned the need to take care of their own health to protect others from the virus.

Honduran immigrant Carla Velazquez, 27, echoed this sense of

responsibility: "We don't want to be carriers," she said in Spanish, while standing in line wrapped in a large blanket. Velazquez and her husband, who had both been vaccinated, were exposed to a relative with covid and felt obligated to protect others who attend their church or gather in other shared spaces.

The gap in vaccination rates began to close in earnest over the summer, which has largely been attributed to the Biden administration's efforts to step up vaccination access in underserved communities, and the local, boots-on-the-ground outreach work done by culturally credible local organizations and facilitated by federal dollars.

Undoubtedly, access has strongly impacted vaccine uptake in the Hispanic community, especially among immigrants, said Sandra Echeverría, an associate professor in public health education at the University of North Carolina-Greensboro, due to wide-ranging social disadvantages including language barriers, lack of familiarity with the health care system, inability to get time off work, and fear of immigration enforcement.

But how much has the collectivism that's embedded in Hispanic culture — particularly among immigrants and their families — also contributed to closing the vacci-

nation gap, and driving people to get tested? "There might be a link there, we just don't know" due to lack of data and the difficulty in measuring a hard-to-define concept, said Frank Penedo, a professor of psychology and medicine at the University of Miami.

"I think the access was key, and so let's not forget that," said Echeverría, "but that cultural orientation also, the sense of community, doing for yourself and others, does exist," and undoubtedly plays a role.

Sarah True wrote this article for Kaiser Health News, a nonprofit news service covering health issues. It is an editorially independent program of the Kaiser Family Foundation, which is not affiliated with Kaiser Permanente.

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Según una encuesta realizada por los Centros para el Control y la Prevención de Enfermedades entre jóvenes de 18 a 24 años, en junio de 2020 se registró un aumento de los niveles de trastornos mentales e ideas suicidas entre los adultos jóvenes de Estados Unidos. La prevalencia de los síntomas de trastorno de ansiedad reportados fueron aproximadamente tres veces los que se reportaron en abril, mayo y junio de 2019.

El aislamiento

Shae Walton, de 22 años, estaba en su segundo año como jugadora de voleibol en la Universidad Estatal Adams cuando comenzó la pandemia. Volver a vivir con sus padres, en Trinidad, fue difícil, porque Walton pasó de estar con sus amigos todo el tiempo a estar aislada en casa, teniendo que hacer las clases por internet, dijo.

Walton tenía una relación que se rompió cuando surgió el COVID, porque ella y su pareja no pudieron verse durante meses, lo que fue muy duro, además de estar en casa todo el tiempo, sin poder hacer nada, dijo Walton.

"Con los deportes, eso era como mi escapada, simplemente para alejarme de todo lo que me molesta, así que que me quiten eso fue otra cosa difícil", dijo Walton.

"Definitivamente, he estado hablando mucho más con mis amigos, porque solía ocultar todo, y eso se puso muy mal durante la pandemia".

Impacto en el aprendizaje

Fer Juárez Duran, de 20 años, estudia astrobiología en el Colorado College, y una parte importante de la carrera es la geología. La última clase que Duran tomó durante el semestre de primavera de 2020 fue la primera clase de introducción a la geología.

"Siento las repercusiones ahora porque estoy varias clases en el nivel 300 y 400, y estoy sintiendo que algunas personas tienen una mejor formación que yo, sólo porque fueron capaces de estar allí, con las manos", dijo Duran. "Aprender sobre las rocas es definitivamente mucho mejor cuando puedes tener las rocas en la mano".

El ejercicio de la atención plena es algo en lo que Duran se apoyó realmente a medida que avanzaba la pandemia, dijo, así como escuchar podcasts durante las carreras y los paseos en bicicleta.

"Tener esa cosa todos los días de mi vida, durante ese tiempo

que fue realmente tumultuoso, creo que realmente me ayudó a conectarme", dijo Duran.

El resultado de la pandemia es positivo para Duran. "Solía ser muy administrativa, haciendo una tarea, a la siguiente, a la siguiente", dijo Duran. "Pero ahora, priorizo hacer tiempo para oler las rosas un poco más, sólo porque nunca sabes lo que va a pasar".

"Fue duro intentar ser una cara sonriente todos los días", dijo Jasmina Martínez, que era estudiante de segundo año en la Universidad Estatal Adams cuando empezó el COVID.

Interactuar con los profesores ayuda a Martínez a aprender, y ella disfruta hablando en clase, por lo que las clases a distancia fueron una de las cosas más difíciles que ha tenido que hacer, dijo Martínez, de 22 años, que pasó de estar en camino de graduarse un semestre antes a suspender algunas clases y estar atrasada. Ahora se va a graduar con un semestre de retraso.

Más del 70% de los estudiantes universitarios que recibieron tratamiento en los centros de asesoramiento en el otoño de 2020 informaron que su salud mental se vio afectada negativamente por el COVID, según los datos de más de 43,000 estudiantes universitarios que buscaron tratamiento en más de 130 centros de asesoramiento durante el otoño de 2020, analizados por The Center for Collegiate Mental Health.

El COVID-19 ha matado a más de 900,000 personas en los Estados Unidos, incluyendo más de 11,400 en Colorado.

Si usted o alguien que usted conoce está en una crisis, llame a la Línea Nacional de Prevención del Suicidio al 1-800-273-TALK (8255), o póngase en contacto con la Línea de Texto de Crisis enviando un mensaje de texto TALK al 741741. En Colorado, puede ponerse en contacto con los Servicios de Crisis de Colorado llamando al 1-844-493-TALK (8255) o enviando el mensaje de texto TALK al 38255.

Julia Fennel es reportera de Colorado Newsline. Esta historia fue publicada originalmente por Colorado Newsline.

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una sociedad conservadora y arraigada en culturas latinoamericanas como la nuestra en la que sus mayorías se confiesan religiosos y con temor de dioses, que se hacen llamar Provida y a pesar incluso de soslayar derechos adquiridos por mujeres que han tenido que vivir situaciones lamentables como el abuso y el maltrato sexual, el deterioro de su salud en el tiempo de la gestación, la incapacidad económica de sostenerse a sí misma por su condición económica y a ésto añadirle una vida más que viene en camino, en países subdesarrollados de latinoamérica como el mío, particularmente hablando, hacen ver en términos de grados

de importancia que vale más la vida del aún no nacido que la de la mujer en edad adulta que ha invertido tiempo y sacrificio a lo largo de su existir.

Cuando gobiernos populistas llegan al poder pretendiendo tocar temas tan importantes, como el aborto, que deberían ser revisados y evaluados por personas gestantes, cambian normas y continúan dejando las decisiones de fallos vomo este en manos de funcionarios que no tienen la capacidad física ni moral de decidir sobre este tipo de situaciones, solo con el fin de conseguir unos cuantos votos más a su favor en las próximas campañas políticas,

hace mucho más difícil que las sociedades y especialmente las mujeres logremos decidir sobre *nuestro propio cuerpo* y los avances que se requieran en materia legislativa.

Desde hace unos años y con la creciente de algunos movimientos feministas en Colombia, a pesar de que se han tratado de estigmatizar, se ha gestado un cambio de mentalidad en materia de igualdad de género y derechos reproductivos, permitiendo que muchas personas cada vez más conozcan sobre justicia reproductiva, accedan a ella y se sumen a los diferentes movimientos en pro del derecho a decidir sobre sí misma.

Después de este nublado, oscuro y desesperanzado panorama sobre el estado en que se encuentra la justicia reproductiva en mi país de origen, quiero decir que mi perspectiva siempre ha sido la misma; y es que las mujeres aunque todas no pensemos igual, no tengamos las mismas creencias religiosas, no seamos educadas bajo una misma familia, no estemos en las mismas condiciones económicas y políticas debemos tener el derecho a decidir sobre nuestro propio cuerpo, el momento exacto en el que queremos y nos sentimos preparadas y decididas a conformar una familia y nuestras decisiones jamás deberían estar sesgadas por la religión, la política, la familia o la sociedad.

Las mujeres aún con múltiples prohibiciones, severas o no, seguirán haciéndolo, en todas partes del mundo, pues no siempre se está lista para ser madre, para guiar o maternar, he escuchado de cerca a muchas jóvenes de escasos recursos que han tenido que acceder a abortos clandestinos poniendo en riesgo sus propias vidas, sin la asistencia médica apropiada ni las condiciones de salubridad óptimas para interrumpir la gestación por el motivo que ellas crean es el correcto.

Por otro lado también es importante hablar sobre la salud mental de estas mujeres que además de poner en riesgo su vida, tienen que vivir con el sentimiento de culpa, el peso de la sociedad y el señalamiento de la religión, pues gracias a las arraigadas creencias en Colombia es un delito que además de llevarte a prisión, nos puede conducir al mismo infierno.

He decidido vivir en los Estados Unidos de América por mi afinidad con sus términos políticos y legales sobre de las libertades individuales a cerca de las creencias y las decisiones de cada persona, pero en pleno siglo 21 en el que los autos y los aviones se manejan solos, en los supermercados pagas sólo, se está investigando a cerca del primer vuelo comercial a la Luna, dar me cuenta que un derecho que tiene más de 50 años inherente a las mujeres y a esta sociedad, esté hoy

en día nuevamente sobre la mesa en discusión, es desconcertante, inquietante, desmotivador y por demás arcaico. ; Es retroceder en el tiempo y pensarnos como una nación distinta a la que somos y parecemos más a las reglas de los talibanes en kabul, en dónde todos tratan de huir, en el que las mujeres deben cubrir su cara y su pelo, no pueden acceder a reuniones ni sinagogas en las que se encuentren hombres, y que como dicen muchas de sus residentes en distintas entrevistas: "Me siento como una prisionera en casa", así nos sentiríamos como unas prisioneras de nuestro propio cuerpo ya que para nadie es un secreto que EE.UU es uno de los países ejemplo en el que se han gestado los mayores movimientos sociales y se ha luchado de manera significativa por derechos y libertades que hoy se toman como ejemplo en muchos otros países del mundo, para legislar. Es increíble e inconcebible que en el país que erige en medio del mar una Estatua de la Libertad, se esté tan siquiera pensando en fomentar una ley abusiva que nos limita el simple derecho a ser mujer y decidir sobre mi propio cuerpo y mi propia vida.

Karen Gutiérrez es periodista en Colorado.

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Cuidar

de diciembre, ya eran cientos, lo que obligó al centro a limitar las pruebas diarias a unas 200 personas debido a la limitación de suministros, personal y tiempo.

Los sitios de pruebas en todo el país que atienden a una amplia variedad de grupos vieron aumentos similares a medida que aumentaban los casos de covid. Aún así, Ruiz-Chávez citó un énfasis cultural común en vivir en armonía con los demás, a la convivencia, como un motivador clave para los latinos que se hacen la prueba para covid, muchos de los cuales mencionaron la necesidad de cuidar su propia salud para proteger a otros del virus.

La inmigrante hondureña Carla Velázquez, de 27 años, se hizo eco de este sentido de responsabilidad: "No queremos ser portadores", dijo en español, mientras esperaba cubierta con una gran manta. Velázquez y su esposo, ambos vacunados, estuvieron expuestos a un pariente con covid y sintieron el compromiso de proteger a otros que asisten a su igle-

sia o se reúnen en otros espacios comunes.

La brecha en las tasas de vacunación comenzó a cerrarse dramáticamente durante el verano, lo que se ha atribuido en gran medida a los esfuerzos de la administración Biden para aumentar el acceso a la vacunación en las comunidades desatendidas, y el trabajo de divulgación local realizado por personal culturalmente creíble, organizaciones locales y facilitado por dólares federales.

Sin duda, el acceso ha tenido un fuerte impacto en la adopción de vacunas en la comunidad hispana, especialmente entre los inmigrantes, dijo Sandra Echeverría, profesora asociada de educación en salud pública en la Universidad de Carolina del Norte-Greensboro. Pero también el fuerte sentido de comunidad y de proteger sus trabajos y a otros, agregó.

Pero, ¿cuánto ha contribuido el colectivismo arraigado en la cultura hispana, particularmente entre los inmigrantes y sus familias, a

cerrar la brecha de vacunación y a impulsar a las personas a hacerse la prueba? "Puede haber un vínculo allí, simplemente no lo sabemos" debido a la falta de datos y la dificultad de medir un concepto difícil de mensurar, dijo Frank Penedo, profesor de Psicología y Medicina en la Universidad de Miami.

"Creo que el acceso fue clave, y no lo olvidemos", dijo Echeverría, "pero esa orientación cultural también, el sentido de comunidad, por uno mismo y por los demás, sí existe", y sin duda juega un papel.

Sarah True escribió este artículo para Kaiser Health News. Esta historia fue producida por Kaiser Health News, un programa editorialmente independiente de la Kaiser Family Foundation que no está relacionado con Kaiser Permanente.

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Gutiérrez

society and rooted in Latin American cultures like ours in which its majorities confess to be religious and in fear of Gods, who call themselves Provida and in spite of even bypassing rights acquired by women who have had to live lamentable situations such as abuse and sexual mistreatment, the detriment of their health during gestation, the economic incapacity to support themselves due to their economic condition and to this add one more life on the way, in underdeveloped countries of Latin America like mine, particularly speaking, they make us see in terms of degrees of importance that the life of the unborn is worth more than that of the woman in adulthood who has invested time and sacrifice throughout her existence.

When populist governments come to power pretending to touch such important issues as abortion, which should be reviewed and evaluated by pregnant women, they change rules and

continue to leave the decisions of rulings such as this in the hands of officials who have no physical or moral capacity to decide on such situations, only in order to get a few more votes in their favor in the next political campaigns, makes it much more difficult for societies and especially women to decide on *our own body* and the progress required in legislation.

In recent years, and with the growth of some feminist movements in Colombia, even though they have tried to stigmatize them, a change of mentality in terms of gender equality and reproductive rights has taken place, allowing many people to learn more about reproductive justice, access it and join the different movements for the right to decide about themselves.

After this cloudy, dark and hopeless picture of the state of reproductive justice in my home country, I want to say that my perspective has always been the

same; and that is that women, even if we all do not think alike, do not have the same religious beliefs, are not educated under the same family, are not in the same economic and political conditions; we should have the right to decide about our own body, the exact moment in which we want and feel ready and determined to have a family and our decisions should never be biased by religion, politics, family or society.

Women, even with multiple restrictions, severe or not, will continue to do so, in all parts of the world, because they are not always ready to be mothers, to guide or raise children. I have listened closely to many young women of limited resources who have had to have clandestine abortions, putting their own lives at risk, without the appropriate medical assistance or the optimal health conditions to end their pregnancies for the reason they believe is the right one.

On the other hand, it is also important to talk about the mental health of these women who, in addition to putting their lives at risk, have to live with the feeling of guilt, the weight of society and the judgement of religious groups, because thanks to the deep-rooted beliefs in Colombia it is a crime that, in addition to taking you to prison, can lead us to hell itself.

I have decided to live in the United States because of my affinity with its' political and legal terms about individual freedoms regarding the beliefs and decisions of each person.

It's hard to believe in the 21st century, that a right that has been inherent to women and to this society for more than fifty years, is today, again, on the table for discussion, it is concerning and archaic. To go back in time and think of ourselves as a nation different from the one we are in, and more like the Taliban that rules in Kabul, where everyone tries to flee,

where women must cover their face and hair, and cannot enter meetings or synagogues where men are present.

It is known across the world that the United States is an example in which the greatest social movements have taken shape and have been fought in a significant way for rights and freedoms that today are taken as an example in many other countries on how to create progressive legislation. It is unbelievable and unacceptable that in the country that erects the Statue of Liberty in the middle of the New York Harbor, that they are even thinking of promoting an abusive law that limits the simple right to be a woman, and to decide about my own body and my own life.

Karen Gutiérrez is a Journalist in Colorado.

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Peltier/Esp

Ridge en aquella época, donde la gente era asesinada, matada, apaleada, porque eran miembros del Movimiento Indio Americano, simpatizantes, partidarios", dijo.

Peltier fue declarado culpable de disparar a dos agentes del FBI y condenado a cumplir dos cadenas perpetuas consecutivas. Desde entonces, muchos han argumentado que el caso contra él era poco convincente y se basaba en pruebas defectuosas, y que fue atacado por su trabajo en el movimiento.

Las circunstancias de la muerte de esos dos hombres son muy discutidas, y muchos relatos, incluidos los de los fiscales federales, cuestionan la supuesta implicación de Peltier en su muerte.

"Hubo muchas balas volando, muchas", dijo Brown.

Bobby Valdez, otro anciano y líder local de la sección de AIM en Albuquerque, dijo que Peltier era el chivo expiatorio. "Tenían que culpar a alguien", dijo, "así que culparon a Leonard".

También ve un impulso en este momento y piensa que no se trata

de si, sino de cuándo Peltier será liberado de la cárcel.

"Es una batalla que nunca va a parar. No tiene fin", dijo Valdez (Laguna). "La ley, como que le da la razón a todo el mundo, pero ahora están cambiando de opinión. Mientras que los jueces que manejan este caso, los jueces federales, están diciendo que 'Ya se puede ir, estamos equivocados', ahora es el momento de que se vaya a casa."

Shaun Griswold es periodista en Albuquerque, Nuevo México. Es ciudadano del Pueblo de Laguna, y su ascendencia también incluye a los Jemez y los Zuni por el lado materno de su familia. Este artículo se vuelve a publicar de Source New Mexico bajo una licencia Creative Commons.

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de 1,100 familias del Distrito Escolar Unificado de Los Ángeles cuyos hijos asisten a escuelas públicas históricamente de bajos ingresos y descubrieron que cerca de 1 de cada 6 no tenía acceso a Internet y aproximadamente 1 en 12 solo tenían internet en sus celulares. Además, 1 de cada 7 dijo que nunca tenía un espacio libre de ruidos o distracciones.

Mientras tanto, enseñar en persona con la amenaza de covid es "vivir en un estado de ansiedad constante" porque una sola prueba positiva en el aula puede interrumpir todos los planes de enseñanza en un segundo, dijo Katie Caster, gerente de currículo y evaluación de Latinos for Education en Boston, un grupo que asesora a nuevos maestros.

Caster dijo que los maestros de color tienen una carga adicional. "Yo lo llamo el impuesto marrón. Tienen que ir más allá todo el tiempo, ya sea la conexión cultural, el idioma, que se le pida traducir o conectar a las familias con los recursos", dijo. "La pandemia ha exacerbado el problema".

Problema que ya se reflejaba en un estudio de 2019 realizado por las organizaciones sin fines de lucro Teach Plus y Education Trust, que encontró que los maestros de color sienten la presión de asumir

trabajo adicional para ayudar a los estudiantes que comparten sus antecedentes demográficos.

Monroy dijo que la pandemia lo hizo cuestionar su carrera.

"Antes de la pandemia yo estaba 100% seguro de que seguiría enseñando y me jubilaría como docente", dijo Monroy. "Ahora, sintiendo temor de venir a trabajar en vez de entusiasmo, tengo mis dudas de llegar a fin de año, y mucho menos, quedarme hasta que me retire".

En la Escuela Secundaria San Gabriel del condado de Los Ángeles, donde casi las tres cuartas partes de los 1,777 estudiantes tienen desventajas socioeconómicas, las calificaciones bajaron durante el año de aprendizaje virtual, dijo el maestro de banda y música Benjamin Coria. "Estos estudiantes estaban ocupados con cosas relacionadas con la pandemia, como cuidar a sus hermanos o trabajar", dijo. "Algunos simplemente no se comprometieron sin importar cuántas veces llamaste a sus casas".

La escuela de Coria es parte del Distrito Escolar Unificado de Alhambra, donde el ausentismo fue del 27 % en la primera semana de regreso a la escuela, a partir del 3 de enero. En el vecino distrito de Los Ángeles, el índice de ausentismo fue del 31 % cuando



"Solía confiar mucho en la música como fuente de mi propia calma y bienestar, pero como la música es parte de mi jornada laboral, últimamente no ha sido mi primera opción", dice Benjamin Coria, quien enseña música en la escuela secundaria San Gabriel. / "I used to really rely on music as a source of my own calm and well-being, but since music is part of my workday, it hasn't been my first choice lately," says Benjamin Coria, who teaches music at San Gabriel High School.

se reanudaron las clases el 11 de enero. (Al 4 de febrero, la tasa de ausentismo del Distrito Escolar Unificado de Los Ángeles se había reducido al 13 %; Alhambra no pudo proporcionar cifras actualizadas).

El distrito de Alhambra, cuyos maestros son 70% de color, con-

trató a 286 suplentes para ayudar a llenar los vacíos de maestros enfermos o con licencia. En muchos casos, los mismos administradores del distrito actúan de suplentes. Aún así, la escuela ha tenido que planificar días especiales sin clases para ayudar a los maestros a ponerse al día.

La pandemia también le ha pasado factura a Coria. Su padre murió justo antes de la pandemia y perdió a un abuelo por covid un año después. Los horarios escolares y laborales complicados han agudizado los desafíos diarios para él, su esposa y sus dos hijos. "Todas estas cosas que normalmente serían difíciles son mucho más difíciles en este entorno", dijo Coria, de 39 años, quien ha enseñado durante 16.

Pero Coria, cuyos padres fueron primera generación de mexicoamericanos, no se está re-

tirando. Hace todo lo posible por mantenerse optimista en el aula, dijo, y sonríe incluso cuando no tiene ganas de sonreír.

"Nosotros fijamos el clima", dijo. "Si no estamos de buen humor, entonces los estudiantes no lo estarán. Cualquier cosa que pueda hacer para que el ambiente sea un poco más positivo, incluso para mí".

Heidi de Marco es reportera y es productora de California Healthline. Esta historia fue producida por Kaiser Health News, que publica California Healthline, un programa editorialmente independiente de la California Health Care Foundation.

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Environmental

and statewide, also contributes to other air pollutants that increase ozone and particulate matter pollution and Nitrous Oxide (NOx). These dangerous pollutants lead to higher rates of premature death, asthma and other respiratory diseases and other health concerns.

The statement reads in part: "Currently, disproportionately impacted communities (DICs) of Indigenous, Immigrant, Black and Brown families and children suffer from higher rates of asthma, bronchitis, anemia, low birth rates, premature births, as well as other physical and mental health ail-

ments due to the toxic pollution created along Colorado's congested highways, especially I-70 and its surrounding corridors. Communities located near these transportation arteries, warehouses, and railyards experience the worst impacts from the heavy truck traffic that is exacerbated by idling, slow speeds, and frequent stops and little to no restoration and healthcare access."

The full statement can be viewed [here](#).

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Teachers



Photo/Foto: Heidi de Marco/KHN

Studies have shown that teachers of color improve educational outcomes for students of the same background. / Estudios han demostrado que los maestros de color mejoran los resultados educativos de los estudiantes del mismo origen.

Online learning has been harder for poorer children, contributing to difficulties for their teachers. In July 2020, the [University of Southern California and Partnership for Los Angeles Schools](#) surveyed more than 1,100 Los Angeles Unified School District families whose children attend historically low-income public schools and found that about 1 in 6 had no internet access at all and roughly 1 in 12 had mobile internet only. Additionally, 1 in 7 said they never had a space free of noise or distraction.

Teaching in person with the threat of covid, meanwhile, is "living in a constant state of anxiety" because a single positive test in the classroom can disrupt all teaching plans instantaneously, said Katie Caster, manager of curriculum and

evaluation at Latinos for Education in Boston, a group that mentors new teachers.

Caster said teachers of color have an extra burden. "I call it the brown tax. It's having to go above and beyond all the time, whether it's the cultural connection, the language, being asked to translate, or connecting families with resources," she said. "The pandemic has exacerbated the issue."

This problem was reflected in a [2019 study](#) by the nonprofits Teach Plus and the Education Trust, which found that teachers of color feel pressure to take on added work to help students who share their demographic backgrounds.

Monroy said the pandemic made him question his career.

"Before the pandemic, I was 100% certain that I would contin-

ue teaching and retire as a teacher," said Monroy. "Now, feeling the dread of coming to work instead of feeling excitement, I have my doubts of even making it through the end of this year, let alone, like, staying until I retire."

At L.A. County's San Gabriel High School, where nearly three-quarters of the 1,777 students are [socioeconomically disadvantaged](#), grades fell during the year of remote learning, said band and music teacher Benjamin Coria. "These students were occupied with pandemic-related things, like taking care of siblings, or working," he said. "Some just didn't engage no matter how many times you called home."

Coria's school is part of the Alhambra Unified School District, where absenteeism was 27% in the first week back in school, starting

Jan. 3. In neighboring L.A. Unified, the absentee rate was 31% when classes resumed on Jan. 11. (By Feb. 4, L.A. Unified's absentee rate had shrunk to 13%; Alhambra's was down to 14%.)

The Alhambra district, whose teachers are 70% people of color, hired 286 substitutes to help fill the gaps for teachers out sick or on leave. In many cases, district administrators are filling in. Still, the school has had to plan [special no-school](#) days to help teachers catch up.

The pandemic has also taken a toll on Coria. His father died just before the pandemic, and he lost a grandfather to covid a year later. Snarled school and work schedules have sharpened daily challenges for him, his wife, and their two children. "All these things that would normally be hard are just so much harder in this environment," said Coria, 39, who has taught for 16 years.

But Coria, whose parents were first-generation Mexican Americans, isn't retiring. He does his best to remain upbeat in the classroom, he said, and smiles even when he doesn't feel like smiling.

"We set the temperature," he said. "If we're not in the mood, then the students aren't going to be. Anything I can do to make the environment a little more positive, including for myself."

Heidi de Marco is a Reporter and Producer for California Healthline. This story was produced by Kaiser Health News, which publishes California Healthline, an editorially independent service of the California Health Care Foundation.

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Vote

Griswold. "Every Colorado voter, regardless of their zip code, political affiliation, or race, should feel confident in casting their ballot. I am proud of this important legislation and grateful to Representatives Bacon and Sullivan and Senators Fields and Jaquez Lewis for their work to defend voters' rights."

"Every voter should be able to cast their ballot without fear, and no one should be able to use a firearm to try to intimidate voters and election officials," said Rep. Jennifer Bacon, D-Denver. "Firearms being used to intimidate voters, especially voters of color, is nothing new in this country, but we are seeing alarming incidents that cannot continue. The Vote Without Fear Act will help protect against armed intimidation when people go to

vote or if they are one of the tireless public servants who oversee our elections."

"The Vote Without Fear Act protects our democracy and our fundamental right to vote by prohibiting armed intimidation at voting locations," said Rep. Tom Sullivan, D-Centennial. "No one should be made to feel afraid when they vote, but that's exactly what we see happening when armed individuals show up at polling places. This is a commonsense bill to protect access to the ballot and help ensure voters can vote without fear."

"The sacred right to vote is a cornerstone of our democracy, and it's imperative that Coloradans can participate in our democracy without fear," said Sen. Rhonda Fields, D-Aurora. "We must en-

sure that voters who wish to make their voice heard at the ballot box feel safe to do so in Colorado, and this common-sense bill will implement critical protections to keep our polling places safe and defend voting rights throughout our state."

"Participating in democracy should never be a scary experience. Every voter deserves to feel safe when exercising their sacred right to vote," said Sen. Sonya Jaquez Lewis, D-Boulder. "I'm proud to support legislation that further strengthens our elections by ensuring Coloradans can make their voices heard without fear of intimidation."

This bill will strengthen pre-existing voter intimidation laws and put common-sense measures in place to ensure every voter can

cast a ballot at a drop box or Voter Service and Polling Center without fear. Many states already have similar prohibitions in state law.

Across the nation in 2021 at least 19 states passed 34 laws restricting access to voting, and in 2022 over 150 bills to strip Americans of their right to vote will be considered. In contrast, the Vote Without Fear Act would continue to uphold Colorado's constitutional right to vote.

A summary of the bill can be found [here](#) and the full text of the bill can be found [here](#).

More information on Secretary Griswold's legislative priorities for the 2022 Colorado Legislative Session can be found [here](#).

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also attending school remotely, so in some ways, it felt like a healthy break, he said.

Guerrero struggled with society's massive focus on numbers, rather than the actual lives of the people lost. "There was a bit of humanity lost in the fact that everything was just being counted," he said. "That really made the entire thing a lot more difficult."

Guerrero saw a light at the end of the tunnel when the vaccines first became available, but then the delta variant began spreading, which caused him to question whether this was just going to be how things are now, he said.

"That moment when we realized, 'Oh, it's not over yet,' is when it really hit, that this might be the new normal," Guerrero said.

Increased levels of adverse mental health conditions and suicidal ideation were reported by young adults in the United States in June 2020, according to a survey of 18 to 24 year olds, conducted by the [Centers for Disease Control and Prevention](#). The prevalence of anxiety disorder symptoms reported were approximately three times those that were reported in April, May and June 2019.

Looming fear

Anxiety about shut-downs and the world returning to how it was during the first few months of the pandemic is a battle Avery Carrington, 20, faces on a regular basis.

"I feel like I'm doing a lot of stuff in the meantime, to catch up on the things I missed out on, or the things that I could miss out on, if anything changes," Carrington said, referring to his anxiety about the possibility of COVID conditions worsening or things shutting down again.

"The isolation has affected my social skills, which I struggled with even prior to the pandemic," Carrington said. "I spent more time with myself, and although I was still able to communicate with people through texts or calls, it wasn't a face-to-face interaction, so I feel like I regressed in my social abilities."

Even though Carrington is a sophomore at Colorado College, he said he still feels like a first-year, due to the lack of interactions he had last year.

Despite this, COVID has motivated Carrington to start building a future, he said.

"COVID has taught me to manage my money, my time, to make more connections, so if anything were to happen, I would have some stability now," Carrington said.

Carrington still struggles with social interactions in new environments, but he said he is working on it.

The isolation

Shae Walton, 22, was in her second year as a volleyball player at Adams State University when the pandemic first began. Moving back in with her parents, in Trinidad, was difficult, because Walton went from being with her friends all of the time to being isolated at home, having to do classes online, she said.

Walton was in a relationship that fell apart when COVID arose, because she and her partner couldn't see each other for months, which was really hard, on top of being at home all of the time, not being able to do anything, Walton said.

"With the sports, that was kind of my get away, just to get away from everything that's bothering me, so having that being taken away was another hard thing," Walton said.

"I've definitely been talking to my friends a lot more, because I used to just push it all down, and that got very bad during the pandemic," Walton said when asked about coping mechanisms.

Jaden Rosard, 20, graduated high school in December 2019 and took a gap semester before starting at New York University in Fall 2020. When COVID first hit, Rosard was traveling around Europe, but quickly flew home to Colorado.

"All of a sudden, I was home, doing nothing," Rosard said. Rosard stayed with his parents in Boulder from March until August, when he started classes remotely and moved into an apartment with his best friend, who was one of the only people Rosard saw for eight months.

"It just really was like I didn't see anyone, I felt like I was on my own, all of my interactions felt super artificial and distanced, because they were literally distanced, in the sense that they were online primarily, but also everyone was just sort of in their own world and their own bubble," Rosard said.

Rosard talked to a therapist who helped him, but he said it was hard to lean on a therapist who also didn't know what was happening.

"I feel like one of the qualifications for being a good therapist is that you sort of have yourself in a place where you can help others, and I don't think anyone was emotionally supported, especially at the beginning of the pandemic, so it was hard for anyone to get support," Rosard said.

A 'groundhog day cycle'

"I just remember logging on to Zoom and feeling like I was in this groundhog day cycle, getting up, not even leaving my bed, joining my Zoom classes, talking with my teachers and logging off, and then scrolling endlessly through social media," said Abbie McAdams, 19, who was in her senior year of high school and making college decisions when COVID arrived. "And that isolation and ability to just be on my screen all the time, without healthy outlets like exercise and things like that, really, really impacted my mental health and my body image. It was really strenuous in those first few months."

"It was a very weird time to be deciding my future from my bedroom," McAdams said.

McAdams, who is from Jefferson County, struggled with the lack of closure she had from high school, because while she was able to attend an in-person graduation in August, she hadn't seen her classmates in months and some peers were already at college.

"It was really hard, because I didn't feel as though I got the closure I needed from high school, which was one of the reasons I was so anxious coming into (the University of Denver) and wondering if I was going to make friends, and all of those things, because I was just so used to being alone and at home."

McAdams is an extrovert, so the isolation was difficult for her, she said.

McAdams attended therapy when she was younger but began seeing a therapist again during the pandemic, which she called one of the best decisions of her life. "I've always been a huge proponent of therapy, but I, myself, fell victim to the stigma around mental health, and there was definitely a part of me that thought I didn't need to go to therapy because nothing was so wrong it was impacting my ability to function, but my life has completely changed since I started seeing a therapist post-COVID."

McAdams, who is now the president pro tempore of the University of Denver's student government, as well as the sophomore class senator, said many students were severely negatively impacted by the pandemic.

Over 70% of college students who received treatment at counseling centers in Fall 2020 reported that their mental health was negatively impacted by COVID, according to data from over 43,000 college students who sought treatment at over 130 counseling centers during Fall 2020, analyzed

by [The Center for Collegiate Mental Health](#).

Impact on learning

Fer Juárez Duran, 20, is an astrophysics major at Colorado College, and a significant part of the major is geology. The last class Duran took during the Spring 2020 semester was the first introductory geology class.

"I feel the repercussions now because I'm several classes into the 300 and 400 level, and I'm feeling like some people have a better background than I do, just because they were able to be there, hands on," Duran said. "Learning about rocks is definitely a lot better when you can hold the rocks in your hand."

Exercising mindfulness is something Duran really relied on as the pandemic progressed, he said, as well as listening to podcasts during runs and bike rides.

"Having that one thing every day of my life, during that time that was really tumultuous, I think that really helped me ground myself," Duran said.

There is a positive outcome of the pandemic for Duran. "I used to be very administrative, doing one task, to the next task, to the next," Duran said. "But now, I prioritize making time to smell the roses a little bit more, just because you never know what is going to happen."

"It was hard to try to be a smiling face every single day," said Jasmina Martinez, who was a sophomore at Adams State University when COVID first started.

Interacting with professors helps Martinez learn, and she enjoys talking in class, so remote classes were one of the most difficult things she has had to do, said Martinez, 22, who went from being on track to graduate a semester

early to failing some classes and being behind. She is now going to graduate a semester late.

Lack of support

Hannah Sisler, 25, was enrolled in a graduate program at Kent State University when COVID first hit, and more than two-thirds of her graduate school experience was during the pandemic.

Many of the programs at her school were geared towards mentorship, Sisler said, so having to complete them virtually was difficult and weakened the bond between the students.

"We didn't have a whole lot of bonding, which is hard, because you are going through hard projects, hard classes, and you usually rely on your classmates, and there was not a lot of reliance in that way," Sisler said. "So at a time when you are very isolated and needed support, there wasn't a lot to hold on to, no support there."

The lack of structure and uncertain moments ramped up her anxiety, said Sisler, who now works as the coordinator of co-curricular activities at Adams State University.

COVID-19 has killed more than 900,000 people in the United States, including more than 11,400 in Colorado.

If you or someone you know is in a crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or contact the Crisis Text Line by texting TALK to 741741. In Colorado, you can contact Colorado Crisis Services at 1-844-493-TALK (8255) or text TALK to 38255.

Julia Fennell is a reporter for Colorado Newswire. Originally published at [Colorado Newswire](#).

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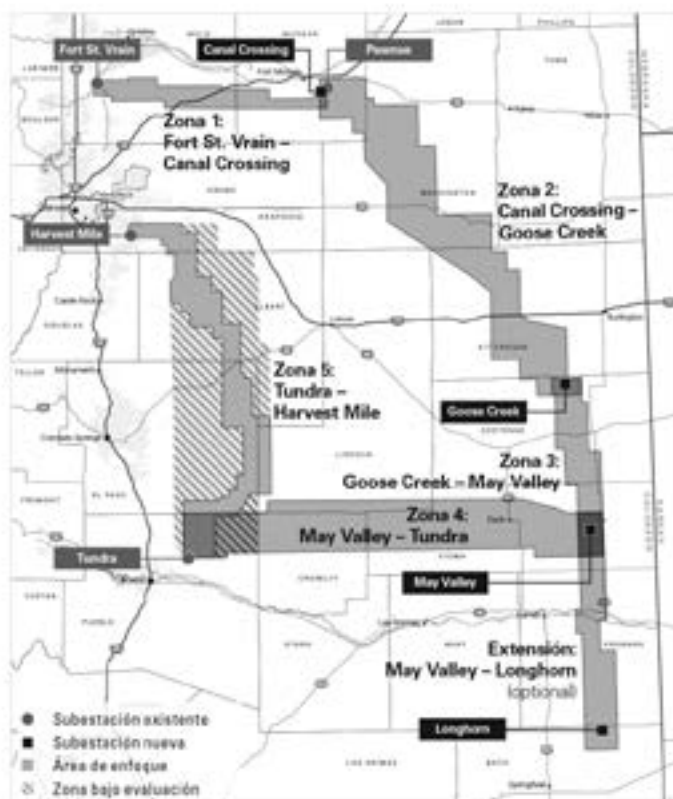
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JUNTA ABIERTA PARA COLORADO'S POWER PATHWAY



Acompáñenos para dar su opinión sobre las rutas de las líneas de transmisión y las ubicaciones de las subestaciones



Xcel Energy sigue avanzando en la identificación de posibles ubicaciones para Colorado's Power Pathway. Acompáñenos en una de nuestras próximas juntas abiertas en persona para dar su opinión sobre las rutas revisadas de las líneas de transmisión y las opciones de ubicación de las subestaciones. Estas revisiones incorporan los comentarios recibidos por enlace de los propietarios de terrenos, miembros de la comunidad y otros grupos interesados sobre el proyecto. Visite ColoradosPowerPathway.com para obtener información actualizada mientras que seguimos haciendo revisiones basadas en los comentarios.

El personal del proyecto estará disponible para proporcionar información sobre las actividades de enrutamiento de la línea de transmisión y responder a las preguntas sobre el nuevo proyecto de línea de transmisión. El personal puede responder sobre el calendario general, las opciones de enrutamiento de la línea, los procesos de construcción y los temas relacionados con las servidumbres y el derecho de paso. Queremos oír su comentario acerca de este importante proyecto y cualquier tema que deberíamos considerar en su área.

No hay presentación formal, así que por favor asista a la junta durante cualquiera de los horarios programados. Si no puede asistir, los materiales de la junta y un formulario electrónico de comentarios están disponibles en el sitio web del proyecto.

SOBRE EL PROYECTO

Colorado's Power Pathway es una inversión de entre \$1.7 y \$2 mil millones de dólares propuesta por Xcel Energy para mejorar la red eléctrica del estado y permitir el futuro desarrollo de energía renovable en todo el estado. Este proyecto aumentará la seguridad y confiabilidad eléctrica, elevará la economía regional y creará puestos de trabajo durante la construcción. Calculamos que el sistema atravesará más de una docena de condados y incluirá:

- Aproximadamente 560 a 650 millas de nueva línea de transmisión eléctrica de 345 kilovoltios en el este de Colorado.
- Cuatro subestaciones nuevas y cuatro ampliadas.

Si se aprueba, la construcción podría comenzar en 2023 y los primeros segmentos de transmisión podrían estar en servicio en 2025, con otros segmentos completados en 2026 y 2027.

HORARIO DE LAS JUNTAS ABIERTAS

- Lunes, 28 de febrero**
4-7 p.m.
Recinto ferial del condado de Arapahoe
Sala de Exposiciones B
25690 East Quincy Ave
Aurora, CO 80016
- Martes, 1 de marzo**
3-7 p.m.
Recinto ferial del condado de Elbert
Edificio de exposiciones
95 Ute Ave
Kiowa, CO 80117
- Miércoles, 2 de marzo**
5-7:30 p.m.
Escuelas de Big Sandy
Cafetería
18091 CR 125
Simla, CO 80835
- Jueves, 3 de marzo**
5-7:30 p.m.
Distrito Escolar Edison
Cafetería
14550 Edison Rd
Yoder, CO 80864

Aviso sobre el COVID-19: Si las directrices locales, estatales o corporativas impiden las reuniones en persona o afectan a la capacidad del lugar, estas juntas abiertas pueden ser reprogramadas o transferidas a un formato en línea. Por favor, consulte ColoradosPowerPathway.com o llame al 855-858-9037 para obtener información actualizada.



Visite ColoradosPowerPathway.com para obtener más información. Si tiene preguntas o necesita ayuda, contáctenos al 855-858-9037 o en ColoradosPowerPathway@xcelenergy.com. If you have questions or need assistance in inglés, contact us at 855-858-9037 or ColoradosPowerPathway@xcelenergy.com.



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para las personas de la tercera edad.
Todo con la independencia de vivir en el hogar.***

Igual que Maria, nosotros somos fuertes, resilientes y somos una alternativa a las residencias de ancianos. Proporcionamos una atención exhaustiva para satisfacer las necesidades de cada persona. Desde la salud y la nutrición, al control de medicamentos y más. Todo por un costo muy bajo o sin costo con Medicaid y Medicare. Brindamos independencia a las personas de la tercera edad. Y a los cuidadores les brindamos tranquilidad.

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