

25 de Abril 2024

THE WEEKLY ISSUE

# El Semanario

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## Another Threat to Public Education **8**

*Otra Amenaza para la Educación Pública*

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# Former President's Abortion Bans Are Impacting Women in States Across the Country

Julie Chávez Rodríguez

One week before Florida's latest extreme abortion ban goes into effect, President Joe Biden delivered remarks in Tampa on the stakes of this election for reproductive freedom across the entire country.

When Florida's ban takes effect, it will severely restrict reproductive health care access across the entire Southeastern United States, including neighboring battlegrounds of Georgia and North Carolina – two states with abortion bans on the books thanks to Donald Trump. Many women in the Southeast desperately in need of care will have to drive for a day or more to reach the closest clinic, further straining resources for providers that are already struggling to serve women coming from states with bans.

In recent weeks, Trump has doubled down on taking credit for these extreme state abortion bans, bragging that he “broke *Roe*,” saying he “was proudly the person responsible” for overturning it and it is “working the way it's supposed to.”

According to Trump, “working the way it's supposed to” means that 1 in 3 women are living under the dangerous abortion bans Trump brags about – the majority of which have no exceptions for rape or incest. The horrors women face every single day aren't exclusive



to any one state. Across the country, women are getting turned away from emergency rooms when they need life-saving care. Victims of rape and incest, including children, are being forced to travel thousands of miles for care, outside of states where Trump's abortion bans have already been instated.

Trump and his allies have no intention at stopping their assault on reproductive rights. They have a comprehensive strategy to ban abortion in all 50 states if Trump retakes the White House – with or without the help of Congress.

These attacks on women's freedoms put Trump far out of step with the American people.

In every election since the overturning of *Roe v. Wade*, voters have continued to reject Trump's attacks on reproductive freedom, especially in competitive races and in our battleground states. With more bans being implemented as a result of Trump and

more and more women being impacted every single day by these bans, abortion rights will continue to mobilize voters for President Biden and Democrats this November.

## In Every Single Key Battleground, Reproductive Freedom is a Top Issue

In Arizona, 66% of voters disapprove of the state's 1864 ban, and this fall Arizonans will likely have the opportunity to cast their ballots to enshrine abortion rights in the state constitution. More than 1,000 new volunteers took action to help reelect President Biden and Democrats up and down the ticket in the week after the ruling, and the state's abortion ballot initiative received so many messages from voters asking to help that their website crashed.

Three months before the deadline, the initiative behind the ballot measure has already collected 500,000 signatures – 100,000 more than they need to get on the ballot.

In Georgia, residents have been forced to live under an extreme abortion ban, which is exacerbating the state's devastating maternal health crisis. 62% of Georgians, including 86% of Black voters in the state, oppose the ban. As president, Trump made maternal health challenges significantly worse by constantly attacking health care access, and his statewide abortion ban in Georgia has made starting a family even more dangerous for Black women.

In Michigan, voters overwhelmingly turned out to protect abortion rights and elect Democrats up and down the

ticket in 2022. With abortion on the ballot and winning 57% of the vote, the state saw record voter turnout and the highest youth turnout rate in the country – winning Democrats a trifecta in the governor's office and the state legislature.



*Women and their families do not want Trump and MAGA Republicans continuing to dismantle their fundamental freedoms.*

Nevada is one of the most pro-choice states in the country. In 1990, Nevadans voted to protect women's reproductive rights in a referendum with more than 63% support. This year, organizers are working to officially codify abortion rights in the state's

See [Chávez Rodríguez](#) on page 7

# The Arizona Supreme Court's Abortion Ban Ruling is Racist, Irrelevant and Cruel

Debbie Esparza and Magdalena Verdugo



April 9, 2024, will remain a dark day in Arizona history. On this day, the Arizona Supreme Court rolled back the clocks to 1864 — the Civil War era — to uphold a near-total ban of abortions that would criminalize physicians for providing care.

As organizations on a mission to eliminate racism and empower women, YWCA Metropolitan Phoenix and YWCA Southern Arizona strongly condemn the Supreme Court for subjectively applying this law that is a clear exertion of power and control over women's bodies and the bodies of pregnant people — and that disproportionately affects women and pregnant people of color.

With criminal penalties on the line, it is understandable that doctors will deny care. This ruling includes NO exceptions for rape, incest or health; abortion care may only be used to save the life of the pregnant person.

Any doctor or hospital will tell you that drawing that line is nearly impossible and will inevitably lead to unnecessary deaths. Read: Abortion bans are not pro-life, in fact they increase maternal mortality rates.

Already facing maternal mortality rates at 2-4 times the rate of birthing white people, Black women and pregnant people will be disproportionately affected by this ruling. As stated by YWCA USA, “Black women are more likely to face policy and structural barriers that inhibit their ability both to access abortion care and to have healthy pregnancies — policies like paid sick days, pay equity, affordable health insurance... that compound the impact of

these intersecting issues in their lives.”

Even before the April 9 ruling, abortion for many people in Arizona was a choice only in theory. The state's geography and laws meant people living in vast areas of Arizona have received no access to care, ever.

Abortion access cannot be reduced to pro-choice vs. pro-life. This is an economic justice issue, a racial justice issue and a gender justice issue. According to an article in the American Journal of Public Health, “Low-income and birthing people of color have increased rates of abortion compared to White and high-income birthing people.”

Abortion bans do not minimize people's need to access care, but they do increase poor health outcomes and unnecessary economic strain for people who must travel to access care — if they can.

The misguided decision from the Arizona Supreme Court to reinstate a ban from 1864 is even more incomprehensible when put into context: In 1864, Arizona was not yet a state, and it wouldn't be for another 48 years. At that time, women did not have the right to vote, nor did they have the right to divorce. And the country was about halfway through the Civil War, in which the Southern secessionists were determined to preserve the institution of slavery.

This law is not just old. It's irrelevant, it's cruel, it's racist, and Arizonans overwhelmingly do not agree with it. The justices will see just how out of step they are with the people they are meant to serve at the polls this November when we stand forward to enshrine our right to abortion in the state constitution.

It's now up to the people to take control over the right to govern our bodies back from the hands of careless politicians and misguided judges.

Both YWCA Southern Arizona and YWCA Metropolitan Phoenix continue to advocate for abortion rights and will channel the agencies' energy and resources toward getting people to the ballot box in November to vote on the Arizona Right to Abortion Initiative. To join us in doing so, get in touch with YWCA Metropolitan Phoenix and YWCA Southern Arizona by following us online (@ywcaaz and @ywcasouthernaz) or visiting our websites ([ywcaaz.org](#) and [ywcatucson.org](#)).

*Debbie Esparza, CEO of YWCA Metropolitan Phoenix. Magdalena Verdugo, Chief Executive Officer for YWCA Southern Arizona. This commentary is republished from Arizona Mirror under a Creative Commons license.*

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# We Must Buckle Down on Major Polluters in Colorado

Janice Brown

Have you had enough yet? The oil and gas industry is drowning us in ads where it plays the victim to environmental initiatives meant to save Colorado (and the planet) from catastrophic climate change and to prevent severe health impacts of our worsening air pollution. The industry claims, without supporting evidence, that Colorado's entire economy will collapse if reasonable preventative measures are taken. The fact-devoid, self-victimization by one of the richest industries on the planet to undermine democratic systems isn't new.



Colorado Attorney General Phil Weiser. In hyperbolic language intended to inflame, the editorial accuses Weiser of being a "self-serving kid who cozies up to the schoolyard bully," of "ganging up" against the oh-so-oppressed oil and gas industry.

Why? Simply because Weiser joined with numerous other states to support the Environmental Protection Agency's efforts to protect Coloradans' health and environment with reasonable, prudent, and necessary measures to limit harmful methane emissions and flaring.

I would like to ask, who is actually the bully here — an industry with total 2022 revenues of \$332.9 billion and massive propaganda campaigns, or the common Coloradans suffering chronic respiratory issues and ozone-

browned days due to the industry's long standing failure to implement best practices to limit unnecessary methane emissions?

The industry's position is they shouldn't have to fix and maintain leaking pipes that put communities and our environment at risk, which is indefensible on its face, ignoring Colorado's extremely poor air quality and threats to our endangered water resources, or the billions of dollars of expected costs from climate disasters the state faces.

So let's move past the industry's whining and focus on the facts at hand, because what Weiser is backing actually could have real benefits for our state.

One of the biggest threats to our climate right now is methane, which both the state of Colorado and the EPA recognize, based on a growing body of evidence, is largely unaccounted for and leaking from oil and gas infrastructure far more than we previously thought.

Methane is an extremely potent greenhouse gas and the primary component of "natural" gas. It is associated with many harmful pollutants,

See Brown on page 18

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*Colorado does have a long way to go to effectively deal with oil and gas pollution and fully transition to a fossil-fuel-free future.*

Last month, the Denver Gazette editorial board joined the fray, penning an unwarranted attack on Col-

# Why Do My Groceries Cost So Much?

Sulma Arias

In 2004, I was a single mom raising three daughters on my own. I worked three jobs, including an overnight shift as a translator at our local hospital, to make ends meet. Every time I stood in line at the supermarket, I worried about what I would have to put back on the shelf to stay within our weekly \$100 food budget.

My daughters are all grown now. But whenever I'm buying groceries, I still get that horrible feeling in the pit of my stomach as I remember not knowing if we would have enough to eat, and how much — or how little — I could provide for my family with \$100.

Prices for all of us have gone way up since COVID, and \$100 now buys about \$65 worth of groceries compared to five years ago. This puts a huge bite on working families, because we spend most of our income every month — as much as 90 percent — on food and other necessities. So when prices rise, we hurt the most.

Big corporations tell us that policies and supply chains are to blame for rising costs, but there's a big part of the story they don't want you to know: These giant corporations are themselves largely responsible for higher prices.

According to a new report by the Federal Trade Commission, the largest grocery retailers — which include Walmart, Kroger, and Amazon, which



owns Whole Foods — used the pandemic as an excuse to raise prices across the board. The same is true for big agribusinesses like Tyson Foods and DuPont, which sell the lion's share of meat products and seeds.

These giant companies wrote themselves a blank check during COVID, which they now expect us to pay for.

What all of these corporations have in common is they always want to get bigger. Why? Because when consumers have fewer choices, corporations can force us to pay higher prices. This is especially true with food, which none of us can live without. And according to the FTC, a big reason for these higher prices is corporate greed.

Time and again, big companies tell us that if they could only get bigger, they would pass savings on to consumers. This is almost never true. Instead, they give money back to their investors and reward executives — like Walmart's Doug McMillon, who takes home over \$25 million a year,

and Kroger's Rodney McMullen, who makes more than \$19 million. That's 671 times more than the amount an average Kroger's worker makes.

Corporate consolidation can have deadly consequences. In health care, which my organization tracks closely, we see that the domination of private insurance by a handful of companies — Aetna, United Healthcare, and Cigna — leads to bigger bills, worse health outcomes, and lost lives.

The profits of retailers and agribusinesses have now risen to record levels, as much as five times the rate of inflation. How do companies like Tyson Foods, Kroger, and Walmart boost profits? The way they always do: by raising prices, while 65 percent of Americans live paycheck to paycheck.

No American should ever have to work three or more jobs just to survive: not in 2004, 2024, or 2044. We want a world in which every one of us has what we need not only to live, but also to dream. Identifying who is behind the rising cost of everyday essentials is a necessary first step.

*Sulma Arias is executive director of People's Action, the nation's largest network of grassroots power-building groups, with more than a million members in 30 states. This op-ed was adapted from OurFuture.org and distributed for syndication by OtherWords.org.*

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# Portuguese Climate Activists on Trial Represent the True Spirit of April 25

João Camargo

In the coming days we will see many celebrations of April 25, the 50th anniversary of the Portuguese revolution. They will be fiercer in the face of the rise of a far-right project in Portugal, but will still far removed both from the revolt against the burden that dragged the people down until 1974, and from the profound transformation achieved at that time. On the eve of the 50th anniversary, 11 climate activists from Climáximo will be in court for

standing up to stop the war on society that is the climate crisis. What and how will we celebrate?

“April 25 always, fascism never again,” is the slogan most often hurled in recent times, both at the authoritarianism of a police force now intertwined with the far right and at the parliamentary manifestation of the international far right in Portugal called Chega (“enough”). It would be inspiring if these words were more aspiration than remembrance, but it is more part of a ceremony than a collective yearning for

the future. On the 50th anniversary of the revolution that overthrew Europe’s longest dictatorship, fear of the future dominates those who claim to be part of the revolutionary tradition. And that’s why all we hear about is defending the April Constitution, the promises of April, the achievements of April. Because in 2024 wanting and having the courage to set out to conquer much more than in 1974 is considered something for half a dozen dreamers.

On the eve of the anniversary, 11 climate activists will be tried for actions in which they denounced the war carried out by governments and companies against humanity as a whole. The climate crisis is a deliberate act by the capitalist elite in government and companies, whose effects are the death of thousands of people today and hundreds of millions in the future. Our economic system today lives in the death throes of accumulating wealth and power against the viability of society in the future.

The revolution in Portugal was made in a historical counter-cycle, violently ripped away from a decrepit elite that was killing a generation in a war to pretend that Portugal was still what it had never been: a project by elites who exploited slaves and raw materials from the territories they plundered, while hiring out fables of epic history, paintings and statues by talented artists



who needed to not starve to death and would deliver the fantasy. After the revolution, while European countries were beginning to take the first stabs of neoliberalism, Portugal was building the welfare state at full speed to try to cure the social hemorrhages left by 48 years of a fascism so archaic that it would have been fine in the 19th century. In just a few years, public health, public education, and some essential sectors were nationalized, but soon afterward history caught up with us. Reaganism and Thatcherism would arrive a decade later through former President Aníbal Cavaco Silva, who reversed the upward redistribution of wealth and power through privatizations and liberalizations, camouflaged by the influx of the first millions from the European Union.

The romantic notion that April 25 was a non-violent revolution clashes with essential information: dozens of tanks, military vehicles, and armed soldiers on the streets of Lisbon; dozens of uprising military units across the country. They captured the regime’s leading figures and dismantled the main tools of power of the Estado Novo, Marcelo Caetano’s dictatorship, at gunpoint. The brute force at the disposal of the

military insurgents, the momentary imbalance of forces, and the decision to take risks worked in such a way that the spilling of large amounts of blood wasn’t even necessary. In the few places where there wasn’t an abundance of military personnel, such as the dictatorship’s secret police headquarters in Lisbon, the regime counterattacked by targeting and killing the civilians who were mobilizing outside. But popular disobedience was the key factor in transforming what could only have been a well-executed coup d’état into a social and popular revolution. Those who had spent almost a lifetime obeying a dictatorship decided that enough was enough. The people disobeyed the military, didn’t stay home, took to the streets, and pushed the revolution forward, much further forward than the military of the Armed Forces Movement had ever planned.

“

*11 climate activists will be tried for actions in which they denounced the war carried out by governments and companies against humanity as a whole.*

April 25 was a revolution against a war. It was a revolution against the barbarity and savagery that was killing people in Portugal and independent revolutionaries in Angola, Guinea, and

See Camargo on page 18

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# Students Deserve Classroom Experiences That Reflect Their History

Emily Muellenberg

Students gather once a month at my high school for what we call “equity lunch chats” with teachers and administrators. The students ask about many topics, including tardy policies, access to athletics and clubs, and even treatment by deans and security. Their questions give the adults like me in the room a glimpse into their world. But no matter how the conversation starts, the students — nearly half of whom are Black, Asian, Hispanic or multiracial — often come back to complaints about the lack of diversity in our school’s textbooks and educational materials.

They want to see themselves and their cultures reflected in the books we read, and they don’t want token representation. They want more diverse classroom experiences.

“I appreciate that my teachers try to offer different narratives,” a student said at one of our sessions discussing teaching materials featuring history and stories from all continents, “but they always seem to be about hardship or having to overcome an obstacle. We are never just the average main character.” Another student pointed out that

he already knows about the “famous people of color, but never hears about the everyday lives of them.”

As a Colorado secondary school history teacher and former English teacher, I believe, and research shows, that student achievement improves when learners are personally engaged. Higher engagement correlates with higher productivity, work quality and satisfaction — and even improved attendance rates.

“

*In her research paper this year, a student named Briana who picked César Chávez wrote that she had never been given so many choices before.*

Students tell us this every day in ways big and small. I see them clamor for Zheng He, Simon Bolivar, César Chávez, Mary Wollstonecraft and Haile Selassie when they choose research topics. In her research paper this year, a student named Briana who

picked César Chávez wrote that she had never been given so many choices before, and that “the choices have never included topics that make me feel like I am learning about my own heritage at the same time. I am so proud to be Hispanic and loved researching a personal hero of mine.”

I also see my students’ hands go up when we study world religions, and they can share a story from home. They nod along as we cover topics that connect to stories their grandparents shared with them, like tales of migration and cultural celebrations.

It’s time we listened to our students and strengthened our curriculums to teach a balanced history that honors all cultures and narratives. Here are a few ways we can do this:

**Improve instructional materials.** Our long-standing curricula highlight a Eurocentric global history and white-centric American history, with only small cameos by the people who were enslaved, harmed and marginalized. Gathering a team of students and educators to advise on an inclusive curriculum would give students

See Muellenberg on page 16



## Chávez Rodríguez

constitution, and surpassed the signature threshold more than two months ahead of the deadline.

In New Hampshire, 69% of voters support women's reproductive freedoms. But New Hampshire is also the only state in New England without proactive protections for abortion rights in state statutes or the state constitution, making reproductive freedom a critical issue in November.

In North Carolina, Trump's allies in the state legislature overrode Governor Roy Cooper's veto to enact a dangerous abortion ban in 2023 that has led to health care professionals leaving the state. Opposition to the state's abortion ban is mobilizing Democrats across the state, including in critical Mecklenburg County – the home district of the former Democratic state representative who switched parties to help pass the state's abortion ban.

In Pennsylvania, Democrats have won recent elections – including one in swing Bucks County – by overperforming in the key collar counties surrounding Philadelphia, where abortion rights are incredibly popular. In 2022, after Trump overturned *Roe v. Wade*, Democrats won the gubernatorial, U.S. Senate, all three swing U.S. House seats, and even eventually took control of the state House for the first time in more than a decade. A CBS Pennsylvania exit poll found that abortion was the top issue for voters in the state.

In Wisconsin, a draconian law from 1849, similar to Arizona's, remains on the books with no exceptions for health, rape, or incest. Opposition to this law helped power Democrats' overwhelming victory in last year's state Supreme Court race, when Justice Janet Protasiewicz put reproductive rights front and center in her campaign and won with more than 55% of the vote. Just last week, another liberal justice on the state court announced her retirement, which means reproductive freedoms in the state are once again hanging in the balance, heightening the stakes of the 2024 presidential race for reproductive

rights in Wisconsin.

And in Florida, reproductive freedom will be literally on the ballot this November as voters will have the chance to codify abortion rights in their state constitution. The vast majority of Floridians believe that abortion should be legal in all or most cases, yet they have been living under a dangerous abortion ban and an even more extreme abortion ban will take effect on May 1, ripping away reproductive health care access before many women even know they are pregnant.

### Trump's Abortion Bans Will Be Front and Center This November

Trump is hoping that Americans will somehow forget that he's responsible for the horror women are facing in this country every single day because of him. It's a bad bet.

Abortion rights will be on the ballot in every race this November. As they have in every election since Trump overturned *Roe*, voters will remind Trump and MAGA Republicans they do not want their rights taken away. And in every single key battleground, Trump's abortion bans will be front and center this November.

### Bottom line

When President Biden speaks out against attacks on reproductive freedom across the country and yet another extreme Trump abortion ban taking effect in Florida, it will resonate with voters across every battleground state. Women and their families do not want Trump and MAGA Republicans continuing to dismantle their fundamental freedoms. An overwhelming majority of voters have rejected Trump's abortion bans every time they've been on the ballot, and this November, they'll reject Trump too.

*Julie Chávez Rodríguez is the Campaign Manager for Biden-Harris 2024.*

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# Conservative Group Pushes Plan to Deny Public Education to Undocumented Students

By Kalyn Belsha

An influential conservative think tank has laid out a strategy to challenge a landmark Supreme Court decision that protects the right of undocumented children to attend public school.

“

*Whether a serious challenge will emerge remains to be seen.*

The Heritage Foundation, which is spending tens of millions of dollars to craft a policy playbook for a second Trump presidential term, recently released a brief calling on states to require public schools to charge unaccompanied migrant children and children with undocumented parents tuition to enroll.

Such a move “would draw a lawsuit from the Left,” the brief states, “which

would likely lead the Supreme Court to reconsider its ill-considered *Plyler v. Doe* decision” — referring to the 1982 ruling that held it was unconstitutional to deny children a public education based on their immigration status.

*Plyler* has survived challenges for more than 40 years. But some legal experts and advocates for immigrant children say the newest proposal to undermine it should be taken seriously, given Trump’s extreme anti-immigrant rhetoric, a steady drumbeat of headlines about the “migrant crisis,” and the conservative-led Supreme Court’s recent willingness to overturn established legal precedent.

“The politics right now of illegal immigration and the picture that conservatives, and even some liberals, have painted of stressing the resources of states and localities, I think that that’s a huge factor,” said Brett Geier, a professor at Western Michigan University who wrote a book about K-12 schools and the Supreme Court. “I do think that this court has the chutzpah to say: We’re going to take it on and overturn it.”



Conservative group with ties to former President Trump is pushing a plan to deny public education to undocumented students. (Photo: Adobe Stock)

But others say the real intent is to rile up voters in an election year, and that *Plyler v. Doe* isn’t truly at risk.

“Every time there’s an election, all of a sudden immigration becomes a big problem, and [we hear]: ‘We have to do something about these immigrants, and get rid of them, and not pay for their schooling,’” said Patricia Gándara, a research professor at UCLA’s

Graduate School of Education who’s written extensively about how immigration enforcement affects children and schools. “Then after the election is over, it dies away.”

## Charging school tuition in Texas led to *Plyler* ruling

A growing share of Americans, and Republicans in particular, say immigration policy is a top concern right now. And immigration issues are getting a lot of attention in this year’s presidential race.

Trump has campaigned on a series of hardline, restrictive immigration policies, including the mass deportation of undocumented immigrants and the end of refugee resettlement. He’s also falsely claimed that migrant children have displaced other kids in New York City’s public schools.

The focus on immigration comes as the country is seeing a significant increase in migrants arriving at the U.S.-Mexico border. Federal officials counted nearly 2.5 million people who reached the southern border last year. That was a 43% increase from two years earlier, though not all were admitted. A rising share are families with children.

More than three-quarters of Americans view what’s happening at the border as a major problem or a crisis, a recent poll by the Pew Research Center found. Just under a quarter of U.S. adults said they were concerned that the rise in migrants would be an economic burden on the country.

The Heritage Foundation taps into those concerns with its recent brief, titled “The Consequences of Unchecked Illegal Immigration on America’s Public Schools.” In it, the organization criticizes President Biden’s approach to immigration policy, saying it’s led to “large influxes of non-English-speaking children” enrolling in public schools.

The document cites examples of Texas schools holding lessons in hallways, and a Brooklyn high school that

had students learn virtually for a day after the school housed migrant families overnight during a rainstorm.

In response, the Heritage Foundation is calling on states to prohibit schools from housing undocumented immigrants and to require schools to collect student enrollment data by immigration status “so that accurate cost analyses can be done.” States should require school districts to charge undocumented children tuition to attend public school, the brief states.

It was this exact practice nearly half a century ago — in the same state that’s defying the federal government by handling its own immigration enforcement — that led to the *Plyler v. Doe* ruling.

Texas passed a law in 1975 saying that public schools would not receive state funding for the education of undocumented children and that districts could bar these students from attending public school for free.

Two years later, the Tyler Independent School District started charging undocumented children \$1,000 a year to attend school — a sum district officials knew would be unaffordable for the area’s immigrant families, who often worked in Tyler’s famous rose industry, along with meat-packing plants and farms.

“I don’t think any family could have paid that,” James Plyler, the district’s superintendent, told an *Education Week* reporter in 2007. “One thousand dollars back in 1977 was lots and lots of money, and most of those families who came in were working for minimum wage.”

Four families whose children were blocked from attending school sued Plyler and the school district, and eventually won at the Supreme Court. In the 5-4 opinion for the majority, Justice William Brennan wrote that denying undocumented children the ability to learn how to read and write would take

THE WEEKLY ISSUE

# El Semanario

## PODCAST

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# Un Grupo Conservador Impulsa un Plan para Negar la Educación Pública a los Estudiantes Indocumentados

Por Kalyn Belsha

Un grupo conservador influyente publicó recientemente un informe en el que pide a los estados que exijan a las escuelas públicas que cobren a los niños migrantes no acompañados y a los niños con padres indocumentados para inscribirse. La Fundación Heritage está gastando decenas de millones de dólares para elaborar un conjunto de políticas para un segundo mandato presidencial de Trump.

“

*Queda por ver si se planteará un cuestionamiento serio.*

Esta medida “atraería una demanda de la izquierda”, afirma el informe, “lo que probablemente llevaría al Tribunal Supremo a reconsiderar su desacertada decisión en el caso *Plyler v. Doe*”, haciendo referencia a la sentencia de 1982 que consideraba inconstitucional negar a los niños la educación pública por su estatus migratorio.

*Plyler* ha sobrevivido ataques durante más de 40 años. Pero algunos expertos legales y defensores de los niños inmigrantes dicen que la nueva propuesta para debilitarla debe ser tomada en serio, dada la extrema retórica anti-inmigrante de Trump, el constante bombardeo de titulares sobre la “crisis de los migrantes” y la predisposición reciente de la Corte Suprema liderada por los conservadores a derogar precedentes legales establecidos.

Las políticas actuales de inmigración ilegal y la imagen que los conservadores, e incluso algunos liberales, han pintado de sobrecargar los recursos de los estados y las localidades, creo que es un factor enorme”, dijo Brett Geier, un profesor de la Universidad del Oeste de Michigan (*Michigan Western University*) que escribió un libro sobre las escuelas K-12 y el Tribunal Supremo. “Creo que este tribunal tiene el descaro de decir: Vamos a encargarnos de ello y derogarlo”.

Pero otros dicen que la verdadera intención es agitar a los votantes en un año electoral, y que el caso *Plyler v. Doe* realmente no corre peligro.

“Cada vez que hay elecciones, de repente el tema de la inmigración se convierte en un gran problema, y [oímos]: ‘Tenemos que hacer algo con estos inmigrantes, y deshacernos de ellos, y no pagar por su educación’”, dijo Patricia Gándara, profesora de investigación en la Escuela de Posgrado de Educación de

la UCLA, que ha escrito mucho acerca de cómo la aplicación de las leyes migratorias afecta a los niños y las escuelas. “Después de las elecciones, el tema se esfuma”.

## Cobrar la matriculación escolar en Texas condujo al fallo Plyler

Una proporción cada vez mayor de estadounidenses, y sobre todo republicanos, afirman que las políticas de inmigración son una de sus mayores preocupaciones en estos momentos. Y las cuestiones de inmigración están acaparando mucha atención en las elecciones presidenciales de este año.

Trump había hecho su campaña con una serie de políticas de inmigración de mano dura y restrictivas, como la deportación masiva de inmigrantes indocumentados y el fin del reasentamiento de refugiados. También ha asegurado falsamente que los niños inmigrantes han desplazado a otros niños en las escuelas públicas de Nueva York.

El enfoque en materia de inmigración se debe a que el país está viendo un aumento importante del número de inmigrantes que llegan a la frontera entre Estados Unidos y México. Las au-



Un grupo conservador vinculado al expresidente Trump sugiere un plan para negar la educación pública a los estudiantes indocumentados. (Foto: Adobe Stock)

toridades federales contabilizaron casi 2,5 millones de personas que llegaron a la frontera sur el año pasado. Esto representa un aumento del 43% en comparación con dos años antes, aunque no todos fueron admitidos. Una cantidad cada vez mayor corresponde a familias con niños.

Más de tres cuartas partes de los estadounidenses consideran que lo que está ocurriendo en la frontera es un problema grave o una crisis, según una encuesta reciente del Centro de Investigaciones Pew. Casi una cuarta parte de los adultos estadounidenses dijeron que les preocupaba que el aumento

de inmigrantes podría ser una carga económica para el país.

La Fundación Heritage (*The Heritage Foundation*) ha abordado estas preocupaciones en su informe reciente, titulado “Las consecuencias de la inmigración ilegal desenfrenada en las escuelas públicas de Estados Unidos”. En él, la organización critica el enfoque del Presidente Biden a las políticas de inmigración, diciendo que ha dado lugar a “un gran número de niños que no hablan inglés” que se matriculan en las escuelas públicas.

El documento cita ejemplos de escuelas de Texas que daban clases en los

pasillos, y de una escuela secundaria de Brooklyn que hizo que los alumnos aprendieran virtualmente durante un día después de que la escuela alojara a familias migrantes toda la noche durante una tormenta.

En respuesta, la Fundación Heritage le está pidiendo a los estados que prohíban a las escuelas el alojamiento de inmigrantes indocumentados y que exijan a las escuelas que recopilen datos de matriculación de estudiantes por estatus migratorio “para que se puedan hacer unos análisis de costos

Ve **Educación**, página 21

20 Summer Connections  
24 DENVER PUBLIC SCHOOLS

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# This Free Program Matches Older Adults with Various Experts to Help Them Age in Place

COLORADO

By Moe K. Clark

When 69-year-old Theresa Pittman saw a flyer in the lobby of her apartment complex in Denver's Montbello neighborhood about a free aging-in-place program for seniors, she jotted down the info so she wouldn't forget. She didn't know what to expect but was open to trying anything to make her daily tasks easier.

After Pittman signed up, a nurse and occupational therapist came to her home a few weeks later to discuss her goals. For Pittman, getting on and off the toilet had gotten more challenging,

as had picking things up off the floor and getting a good night's rest.

The team ordered her a raised, more accessible toilet, as well as a hand grabber to help pick things up from the floor. She's doing daily stretches for her back to help alleviate the pain, which has also improved her sleep.

"It's nice to have someone to talk to and problem-solve with," she said. "They really listened."

The national **CAPABLE program**—brought to Colorado by the Colorado Visiting Nurse Association in 2017 in collaboration with Habitat for Humanity of Metro Denver—connects eligible older adults with a nurse, an occupational therapist, and a construction

expert to help find ways to improve their quality of life and maintain their independence. The program was established by researchers at the Johns Hopkins School of Nursing in 2017. In Colorado, the program has since expanded to Colorado Springs and Pueblo, and soon to Fort Collins.

In 2022, the Colorado Visiting Nurse Association launched a pilot program with the help of a \$2.3 million grant from the Colorado Department of Health Care Policy and Financing to enroll Medicaid patients in the program. The funding has expanded the number of home visits by nearly 55%. In 2023, the team conducted 1,716 home visits, up from 940 in 2022, according



Delia Aguilar of Centennial, Colo. is a participant in the CAPABLE program, which pairs eligible older adults with a nurse, an occupational therapist, and a construction expert to help find ways to improve their quality of life and maintain their independence. / Delia Aguilar de Centennial, Colorado, está participando en el programa CAPABLE, el cual conecta a adultos mayores con un enfermero, un terapeuta ocupacional y un experto en construcción para ayudarlos a encontrar maneras de mejorar su calidad de vida y mantener su independencia. (Photo/Foto: Eli Imadali / Special to The Colorado Trust)

to Colleen Morton, a registered nurse and the CAPABLE program manager.

Morton hopes the pilot program helps pave the way for CAPABLE to become a permanent benefit for Medicaid clients. "To be sustainable, we need sustainable funding," she said.

Morton has been working to get the word out by hosting educational presentations in collaboration with housing authorities. The program also receives referrals from social workers, case managers and other nonprofits.

"It's really been all hands on deck for this program," Morton added. "We want to see it succeed."

## How it works

To qualify, a person must be 65 and older, living at or below 80% of the area median income, and having difficulty performing at least one activity that impacts their quality of life, such as bathing, using the toilet or cooking. In Colorado, the average participant is 80 years old and on a fixed income of \$2,000 a month, according to the program's website.

The program includes 10 home visits—four with a nurse and six with an occupational therapist who helps put together the plans for home modifications that the Habitat for Humanity of Metro Denver construction team will complete. Common modifications include installing safety bars, improving lighting, repairing floors and changing doorknobs.

Often, the team has to get creative. Some home modifications have included replacing heavy vacuum cleaners with lighter ones to reduce strain or problem-solving ways for clients to conserve physical energy, such as doing laundry over three days instead of multiple loads in a single day. The team installed bookshelves in one home to get things off the ground and reduce the likelihood of tripping. Sometimes, it can be as simple as buying the client a squishy mat to stand on while cooking to alleviate back pain or cleaning out a sliding door track so it opens more easily.

Toilet hygiene is often a top goal. "It doesn't get talked about enough," said Amanda Goodman, an occupational therapist for 18 years who works with

the CAPABLE program. "Just to be able to have a space for people to be honest and truly share those intimate things, and knowing that they trust me with that... it's just wonderful."

“

*The quality (of life) has improved considerably. I thank God for putting them in my life.*  
Delia Aguilar

Goodman recently got an email from a past client that read, "Every time I sit on the throne, I think of you!" ("We got him a bidet," she said with a chuckle.)

Goodman knows her clients often struggle with things she can do nothing about.

"We're not going to come in here and solve everything," she said. "We understand that some things we may not be able to improve a lot, but even a little bit would be better."

## CAPABLE's effect on affordable housing

Linna Shu, the senior research associate at the Housing Finance Policy Center at the Urban Institute, said the CAPABLE program and others like it are critical to increasing affordable housing options for seniors, many of whom might not have another choice but to age in place.

"People often talk about how we need to do more retirement communities, but that's also not affordable," Shu said. "If you look at the monthly charges or the annual charges, it's way above the income level for most of the seniors, particularly for seniors of color."

In the U.S., more than 1 in 6 Americans, or 55.7 million people, are 65 or older, a 38% increase since 2010, according to the U.S. Department of Health and Human Services. And three-quarters of those age 50 or older prefer to stay in their homes as long as possible. However, a lack of affordable housing options that are suitable for

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# Este Programa Gratis Conecta a Adultos Mayores con Diversos Expertos para Ayudarlos a Envejecer en Su Hogar

## COLORADO

Por Moe K. Clark

Cuando Theresa Pittman de 69 años de edad vio un folleto en la entrada de su edificio de apartamentos en el vecindario de Montbello en Denver sobre un programa gratis para que las personas mayores envejecan en su hogar, anotó la información para no olvidarla. No sabía qué esperar, pero estaba dispuesta a intentar cualquier cosa para que sus tareas diarias fueran más fáciles.

Después de que Pittman se inscribiera en el programa, una enfermera y una terapeuta ocupacional fueron a su hogar un par de semanas más tarde para platicar sobre sus metas. Para Pittman, sentarse y pararse del inodoro se estaba convirtiendo en algo más desafiante, igual que levantar cosas del piso y dormir bien durante la noche.

El equipo pidió un inodoro más alto y accesible, al igual que una agarradera para levantar cosas del piso. Está haciendo estiramientos diarios para aliviar su dolor de espalda, lo cual también ha mejorado su habilidad de dormir.

“

*La calidad [de vida] ha aumentado considerablemente. Doy gracias a Dios por ponerlos en mi vida”.*  
Delia Aguilar

“Es lindo tener a alguien con quien hablar y resolver problemas”, dijo. “Realmente escucharon.”

El programa nacional CAPABLE—que la Asociación de Enfermeros Visitantes de Colorado trajo en 2017 en colaboración con Habitat for Humanity of Metro Denver—conecta a adultos mayores que reúnen requisitos con un enfermero, un terapeuta ocupacional y un experto en construcción para ayudarlos a encontrar maneras de mejorar su calidad de vida y mantener su independencia. El programa fue establecido por investigadores en la Facultad de Enfermería Johns Hopkins en 2017. En Colorado, el programa desde entonces se ha expandido a Colorado Springs y Pueblo, y pronto se llevará a Fort Collins.

En 2022, la Asociación de Enfermeros Visitantes de Colorado lanzó un programa piloto con la ayuda de un

subsidio de \$2.3 millones del Departamento de Políticas y Financiamiento de los Cuidados de Salud de Colorado para inscribir a pacientes de Medicaid en el programa. Los fondos expandieron la cantidad de visitas a domicilio en casi un 55 por ciento. En 2023, el equipo realizó 1,716 visitas a domicilio, un aumento en comparación con 940 en 2022, según Colleen Morton, una enfermera registrada y la gerenta de programas de CAPABLE.

Morton espera que el programa piloto ayude a preparar el camino para que CAPABLE se convierta en un beneficio permanente de clientes con Medicaid. “Para ser sostenible, necesitamos fondos sostenibles”, dijo.

Morton ha estado trabajando para correr la voz al organizar presentaciones educativas en colaboración con las autoridades de vivienda. El programa también recibe clientes a través de trabajadores sociales, gerentes de caso y otras organizaciones sin fines de lucro.

“Realmente ha sido ‘todos a cubierta’ para este programa”, Morton agregó. “Queremos que tenga éxito”.

### Cómo funciona

Para reunir requisitos, una persona debe tener por lo menos 65 años de edad, vivir al o por debajo del 80 por ciento de los ingresos medios en el área, y tener dificultades para desempeñar por lo menos una actividad que afecte su calidad de vida, como bañarse, usar el inodoro o cocinar. En Colorado, el participante promedio tiene 80 años de edad y recibe un ingreso fijo de \$2,000 al mes, según el sitio web del programa.

El programa incluye 10 visitas a domicilio—cuatro con un enfermero y seis con un terapeuta ocupacional que ayuda a desarrollar los planes para modificar el hogar que el equipo de construcción de Habitat for Humanity of Metro Denver completará. Modificaciones comunes incluyen instalar barras de apoyo, mejorar la iluminación, reparar pisos o cambiar los picaportes de las puertas.

Con frecuencia, el equipo tiene que emplear la creatividad. Algunas modificaciones han incluido reemplazar aspiradoras pesadas con unas más ligeras para reducir el peso, o encontrar soluciones para que los clientes conserven su energía física, como que laven la ropa a lo largo de tres días en lugar de que laven varias tandas el mismo día. El equipo instaló estante en un hogar para que las cosas no estuvieran en el

Vea Programa, página 20

# GUÍAS ESPIRITUALES

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# Secretary Griswold Applauds Signing of First-in-the-Nation Fake Electors Bill into Law

**COLORADO**

Secretary of State Jena Griswold's priority legislation, False Slates of Electors (HB24-1150) has been signed into law. This is the first enacted bill in the nation to expressly criminalize efforts to use fake electors schemes to overturn a state's electoral results.

"Trying to steal an election through fake electors schemes is now a crime in the State of Colorado," said Secretary Griswold. "I am proud that we are the first state in the country to expressly criminalize these efforts. Thank you to Governor Polis, Representatives García and Parenti, and Senator Hinrichsen

for making a clear statement that stealing an election is unacceptable in Colorado."

The bill was sponsored by Representatives Lorena García and Jennifer Parenti and Senator Nick Hinrichsen.

Fake electors schemes were central to the attempt by Donald Trump and his allies to steal the presidency in the 2020 General Election. Seven states have conducted criminal investigations of the individuals who participated in this scheme. Not every state was able to prosecute fake electors and those they conspired with because there was not a clear criminal law on the books.

HB24-1150 prohibits:

- Participating in a coordinated effort to subvert Colorado's legitimate election results by replacing the electoral college voters with imposter electors who would cast a vote for a candidate who did not actually receive the highest votes;
- Conspiring or agreeing to participate in a plan to create an alternative slate of presidential electors;
- An individual from knowingly and falsely swearing the oath for presidential electors, or persuading someone else to;
- Creating, signing, or filing a list of false presidential electors with specified state or federal entities.

This legislation holds bad actors accountable by:

- Clearly establishing the crimes surrounding 'fake elector' schemes in election statute.
- Providing a penalty framework for such crimes, including up to a \$10,000 civil fine.
- If convicted, bars participants from running for or holding public office in the State of Colorado.
- To read the complete language of the bill, visit the Colorado legislature's website ([Click here for HB24-1150](#)).

For More Colorado News:  
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Colorado Secretary of State Jena Griswold (Photo: Sec Griswold)

# Denver Department of Public Health and Environment to Provide Funding for Newcomer Food Access

**COLORADO**

The Denver Department of Public Health and Environment (DDPHE) is addressing the growing need for food assistance in our community by making \$600,000 in funding available to local organizations serving newcomers. DDPHE is now accepting proposals for grants through the Healthy Food for Denver's Kids (HFDK) Initiative.

The primary focus of this funding opportunity is to provide healthy and culturally responsive food to newcomer youth residing in the City and County of Denver, including those

who are unhoused or experiencing unstable housing situations. HFDK is spearheading this effort by offering one-time grants ranging from \$10,000 to \$50,000 per organization.

"Over the last year and a half, our community non-profits have gone above and beyond to support newcomers and help them thrive in Denver," said Mayor Mike Johnston. "As we continue to help people get back on their feet, I'm thrilled to see these grants put money directly in the hands of the local organizations who increase access to nutritious foods for the families and kids who now call Denver home."

HFDK anticipates funding approximately 12 proposals for this funding opportunity with a total funding pool of up to \$600,000. Organizations, including non-profits and schools, are encouraged to apply. Collaborative projects are also highly encouraged. DDPHE encourages organizations of varying sizes and scales to apply for the opportunity to support Denver's newcomers.

HFDK is a voter-led sales-tax funded initiative to fund healthy food and food-based education for Denver's youth. Administered through DDPHE and overseen by a public Commission, HFDK is dedicated to ensuring that all

Denver children have access to healthy food, regardless of their socioeconomic status or background. Through various initiatives, HFDK has worked to address food insecurity and promote healthy eating among Denver's youth since its inception in 2018, distribut-

ing approximately \$66.5 million dollars in funds to date.

Applications for the grants are now open. Interested organizations can [find more information and apply online](#). There will be a virtual information session on May 2 from 11 am - 12 pm. Interested organizations can [register using this link](#). The deadline for submissions is May 20, 2024, at 11:59 pm

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# Avatar: The Last Airbender in Concert Comes to Denver September 10



Experience the beloved animated series' soundtrack performed by a live orchestra, as Aang's epic journey comes to life on a cinema screen. (Photo: Courtesy DCPA)

## COLORADO

Get ready for an unparalleled musical odyssey as Nickelodeon, GEA Live and Senbla proudly present: *Avatar: The Last Airbender In Concert*. Immerse yourself in an over two-hour show with a live orchestra bringing the show's iconic musical score to life, in perfect harmony with highlights and favorite moments from the series. Taiko and erhu will share the spotlight with violins and clarinets, while the series' most beloved scenes play out on screen, bringing viewers into the *Avatar* world to experience the series' most memorable moments with Aang, Katara, Toph, Sokka, Zuko and more. *Avatar: The Last Airbender In Concert* will perform at the Buell Theatre on September 10, 2024. Tickets are on sale now at [denvercenter.org](https://denvercenter.org).

At *Avatar: The Last Airbender In Concert* audiences will immerse themselves in a two-hour special with a live orchestra bringing the show's iconic musical score to life, in perfect harmony with highlights and favorite moments from all three seasons of the series. Taiko and erhu will share the spotlight with violins and clarinets, while the series' most beloved scenes play out on a full-size cinema screen, bringing viewers into the *Avatar* world to experience the series' most memorable moments with Aang, Katara, Toph, Sokka, Zuko and more.

The creative mastermind behind the original music for the *Avatar: The Last Airbender* animated series, Emmy Award-winning composer and musician Jeremy Zuckerman, has teamed up with show co-creators Michael Dante DiMartino and Bryan Konietzko as well as Jeff Adams (the show's original editor) to expand the series original compositions for the concert series. This spectacular production not only magnifies the epic scope and high drama of the series, but also marks a thrilling first for fans offering an opportunity to experience the captivating world

of *Avatar: The Last Airbender* through this live orchestra concert.

"It's been incredibly satisfying and moving to see the audiences' emotional response to these concerts, and to be a part of that atmosphere is a uniquely beautiful experience," said Zuckerman. "I'm overjoyed that many more people - Avatar fans both new and old - will get to experience the show during this wider tour."

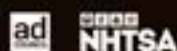
Honored with a Peabody Award and Primetime Emmy, along with multiple Annie Awards and Genesis Awards Nickelodeon's *Avatar: The Last Airbender* emerged from its three-season run (61 episodes), from February 2005 to July 2008, as one of the most beloved animated properties in history. In 2021 Nickelodeon announced the launch of Avatar Studios, a new division designed to create original content spanning animated series and movies based on the world of *Avatar: The Last Airbender* and *The Legend of Korra*.

The animated series' success has also spawned a companion podcast *Avatar: Braving the Elements*, currently in its third season, a remastered soundtrack from series (and tour) composer, Jeremy Zuckerman, now out on digital and vinyl. The property has also been translated into several bestselling book series, which continue to roll out new original stories. The graphic novel series has sold more than three million copies, and the young adult novels have spent 25 total weeks on *The New York Times* bestseller list and have over 700,000 copies in print.

Watch the official trailer [here](#).

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# Gabrielle Uballez Begins Leadership Role at New Mexico Voices for Children

**NEW MÉXICO**

By Susan Dunlap

New Mexico Voices for Children, an organization that focuses on tax policy and how it impacts children in poverty, has new leadership.

Gabrielle Uballez replaces Amber Wallin as executive director of the

nonprofit. Uballez began her new position last month.

Uballez told *NM Political Report* that her interest in advocacy work was sparked when she was a child living in New Mexico. After school and during summer breaks, she participated in a program called Working Classroom, which provides art mentors to youth to build art skills focused on advocacy and social justice. Uballez attributes that early experience to her desire to

build a career in advocacy around social justice.

Uballez began her professional career working for an organization in the Harlem neighborhood of New York City before returning to Albuquerque to lead Working Classroom for several years. In that role, she worked with youth to amplify issues that mattered to local communities,

See **Uballez** on page 18



New Mexico Voices for Children recently announced the appointment of Gabrielle Uballez as executive director of the nonprofit. / New Mexico Voices for Children anunció recientemente el nombramiento de Gabrielle Uballez como directora ejecutiva de la organización sin ánimo de lucro. (Photo/Foto: New Mexico Voices for Children)

# Gabrielle Uballez Comienza a Dirigir Voces por los Niños de Nuevo México

**NEW MÉXICO**

Por Susan Dunlap

New Mexico Voices for Children, una organización que se centra en la política fiscal y cómo afecta a los niños en situación de pobreza, tiene un nuevo liderazgo.

Gabrielle Uballez reemplaza a Amber Wallin como directora ejecutiva de la organización sin fines de lucro. Uballez comenzó su nueva posición el mes pasado.

Uballez dijo a *NM Political Report* que su interés en el trabajo de defensa se despertó cuando era niña y vivía en Nuevo México. Después de la escuela y durante las vacaciones de verano,

participó en un programa llamado Working Classroom, que proporciona mentores de arte a los jóvenes para desarrollar habilidades artísticas centradas en la defensa y la justicia social. Uballez atribuye a esa experiencia temprana su deseo de desarrollar una carrera en defensa de la justicia social.

Uballez comenzó su carrera profesional trabajando para una organi-

zación en el barrio de Harlem de Nueva York antes de regresar a Albuquerque para dirigir Working Classroom durante varios años. En ese puesto, trabajó con jóvenes para amplificar temas que importaban a las comunidades locales, incluido el arte que se centraba en la violencia armada y la prevención, la inmigración y la justicia social, dijo.

Más recientemente, Uballez trabajó en filantropía para Asset Funders Network, una organización centrada en la creación de riqueza equitativa y la movilidad económica. Dijo que en ese papel, ella estaba involucrada en el apoyo a la filantropía que tuvo una visión amplia de que el apoyo a la estabilidad económica de la familia significa “todo, desde la salud de una persona y la capacidad de construir la estabilidad y la riqueza, la vivienda y empleos bien remunerados.”

“Apoyamos a filántropos que apoyaban el cambio de sistemas”, dijo.

Uballez dijo que se conectó con

New Mexico Voices for Children a través de ese trabajo. También dijo que se dio cuenta de que quería participar más en la promoción de políticas.

Ella dijo que cuando se dio cuenta de que Wallin se iba para otro papel, Uballez sabía que quería aplicar debido a cómo NMVC “aparece en espacios de coalición”.

“Tienen un historial de grandes cambios políticos”, afirmó.

Uballez considera a NMVC un líder en política fiscal. Cree en la idea de que el presupuesto es un documento moral.

“La forma en que el estado recauda los ingresos de los nuevos mexicanos llega al corazón de la desigualdad”, dijo.

Uballez dijo que no tiene ninguna política fiscal específica en mente todavía, pero dijo que espera que la organización haga más trabajo de equidad fiscal. NMVC impulsó una política de créditos fiscales por hijos, que permite

Vea **Uballez/Esp**, página 21

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# Statewide Safe Surrender Event in Santa Fe

**NEW MÉXICO**

People with outstanding bench warrants from any magistrate or district court in New Mexico can get a fresh start and safely surrender at the Santa Fe County District Courthouse, 225 Montezuma Avenue, on Friday, April 26th from 1-7 p.m. and Saturday, April 27th from 8 a.m. – 5 p.m.

“Nearly 1,400 warrants were cancelled during the three statewide safe surrender events we had last year,” said Administrative Office of the Courts Director Artie Pepin. “The opportunity to work on a solution is really what safe surrender events are all about.”

The safe surrender event provides anyone with outstanding warrants an opportunity to avoid jail and other consequences by appearing before a judge. At the time of surrender, anyone who appears voluntarily will receive favorable consideration when requesting

a new court date, payment plan, or any other option required to comply with the court order.

During a safe surrender event in Taos last fall, warrants were resolved in 707 cases.

A bench warrant is issued by a judge when a defendant violates requirements imposed by a court, such as appearing at hearings scheduled in a case. If you are unsure whether you have an outstanding bench warrant, call the toll-free customer services hotline at 855-268-7804 or check online case lookup at [nmcourts.gov](http://nmcourts.gov).

The First Judicial District serves people in Santa Fe, Los Alamos, and Rio Arriba counties. This event is in cooperation with the First Judicial District Attorney’s Office and the Law Offices of the Public Defender.

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# Dietary Choices Are Linked to Higher Rates of Preeclampsia Among Latinas

By Vanessa G. Sánchez

For pregnant Latinas, food choices could reduce the risk of preeclampsia, a dangerous type of high blood pressure, and a diet based on cultural food preferences, rather than on U.S. government benchmarks, is more likely to help ward off the illness, a new study shows.

Researchers at the [USC Keck School of Medicine](#) found that a combination of solid fats, refined grains, and cheese was linked to higher rates of preeclampsia among a group of low-income Latinas in Los Angeles. By contrast, women who ate vegetables, fruits, and meals made with healthy oils were less likely to develop the illness.

The combination of vegetables, fruits, and healthy oils, such as olive oil, showed a stronger correlation with lower rates of preeclampsia than did the [Healthy Eating Index-2015](#), a list of dietary recommendations designed by the U.S. Department of Agriculture and the Department of Health and Human Services.

The study, published in February by the Journal of the American Heart Association, yielded important information on which food combinations affect pregnant Latinas, said [Luis Maldonado](#), the lead investigator and a postdoctoral

scholar at the Department of Population and Public Health Sciences at USC Keck. It suggests that dietary recommendations for pregnant Latinas should incorporate more foods from their culture, he said.

“A lot of studies that have been done among pregnant women in general have been predominantly white, and diet is very much tied to culture,” Maldonado said. “Your culture can facilitate how you eat because you know what your favorite food is.”

Preeclampsia is estimated to occur in [about 5% of pregnancies](#) in the U.S. and is among the leading causes of maternal morbidity, [according to the Centers for Disease Control and Prevention](#). It typically occurs during the third trimester of pregnancy and is associated with obesity, hypertension, and chronic kidney disease, among other conditions.

There isn't a way to cure or predict preeclampsia. The disease can damage the heart and liver and lead to other complications for both the mother and the baby, including preterm birth and even death.

Rates of preeclampsia have increased in the past two decades nationally. In California, rates of preeclampsia increased by 83% and hypertension by 78% from 2016 to 2022, according to the most [recent data](#) available, and the

conditions are highest among Black residents and Pacific Islanders.

Maldonado said 12% of the 451 Latina women who participated in the study developed preeclampsia, a number almost twice the national average. More than half of the participants, who averaged 28 years old, had pre-pregnancy risks, such as diabetes and high body mass index.

Maldonado and his team used data from the [Maternal and Developmental Risks from Environmental and Social Stressors Center](#), a USC research group that studies the effects of environmental exposures and social stressors on the health of mothers and their children.

The subjects, who were predominantly low-income Latinas in Los Angeles, completed two questionnaires about their diet during the third trimester of their pregnancy. The researchers identified two significant patterns of eating: one in which the most consumed foods were vegetables, oils, fruits, whole grains, and yogurt; and a second in which the women's diet consisted primarily of solid fats, refined grains, cheese, added sugar, and processed meat.

Women who followed the first eating pattern had a lower rate of preeclampsia than those who followed the second.

When Maldonado and his team tested for a correlation between lower rates



For pregnant Latinas, food choices could reduce the risk of preeclampsia. / Para las latinas embarazadas, la elección de los alimentos podría reducir el riesgo de preeclampsia. (Photo/Foto: Adobe Stock)

of preeclampsia and the Healthy Eating Index-2015, they found it was not statistically significant except for women who were overweight before pregnancy.

The Healthy Eating Index includes combinations of nutrients and foods, like dairy and fatty acids. Maldonado said more research is needed to determine the exact profile of fruits, vegetables, and oils that could benefit Latina women.

When it comes to diet, the right messaging and recommendations are vital to helping pregnant Latinas make informed decisions, said [A. Susana Ramírez](#), an associate professor of public health communication at the University of California-Merced.

Ramírez has conducted studies on why healthy-eating messages, while well intended, have not been successful in

Hispanic communities. She found that the messaging has led some Latinos to believe that Mexican food is unhealthier than American food.

Ramírez said we need to think about promoting diets that are relevant for a particular population. “We understand now that diet is enormously important for health, and so to the extent that any nutrition counseling is culturally consonant, that will improve health overall,” Ramírez said.

*Vanessa G. Sánchez is a Correspondent with KFF Health News. This article was produced by KFF Health News, which publishes California Healthline, an editorially independent service of the California Health Care Foundation.*

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# El Tipo de Alimentación Está Vinculado a Tasas Más Altas de Preeclampsia en Latinas

Por Vanessa G. Sánchez

Para las latinas embarazadas, la elección de los alimentos podría reducir el riesgo de preeclampsia, un tipo especialmente peligroso de hipertensión. Un nuevo estudio muestra que es más probable que una dieta basada en preferencias alimentarias culturales, en lugar de las guías oficiales, ayude a prevenir esta enfermedad.

Investigadores de la [Escuela de Medicina Keck de la USC](#) encontraron que una combinación de grasas sólidas, granos refinados y queso se relacionaba con mayores tasas de preeclampsia entre un grupo de latinas de bajos ingresos de Los Ángeles. Por el contrario, las mujeres que consumían vegetales, frutas y comidas preparadas con aceites saludables tenían menos probabilidades de desarrollar la enfermedad.

La combinación de vegetales, frutas y aceites saludables, como el de oliva, mostró una correlación más fuerte con tasas más bajas de preeclampsia que el [Índice de Alimentación Salud-](#)

[able-2015](#), una lista de recomendaciones nutricionales diseñadas por el Departamento de Agricultura de Estados Unidos (USDA) y el Departamento de Salud y Servicios Humanos (HHS).

El estudio, publicado en la edición de febrero de la revista de la Asociación Americana del Corazón (AHA), proporcionó información importante sobre qué combinaciones de alimentos afectan a las latinas embarazadas, explicó [Luis Maldonado](#), investigador principal y becario postdoctoral del Departamento de Ciencias de la Población y Salud Pública de USC Keck. El trabajo sugiere que las recomendaciones dietéticas para estas latinas deberían incorporar más alimentos propios de sus culturas, apuntó.

“Muchos estudios que se han realizado con mujeres embarazadas en general han sido predominantemente blancos [no hispanos], y la dieta está muy ligada a la cultura”, dijo Maldonado. “Tu cultura puede facilitar cómo

Vea [Preeclampsia/Esp](#), página 20

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Education

an “inestimable toll” on their “social, economic, intellectual, and psychological well-being.” (The dissenting justices agreed it was wrong to deny undocumented kids an education, but argued it wasn't a constitutional violation.)

Now, the Heritage Foundation says those education costs have grown too high, and states and schools should be able to recoup them. The federal government could help, said Madison Marino, a senior research associate who co-authored the Heritage Foundation brief, or parents or sponsors of undocumented students could pay.

“We really aren't looking to deprive these kids of their education,” Marino said. “We're calling for everyone to contribute.”

Most undocumented families today would likely struggle to pay school tuition, as they did in 1977. And federal aid seems unlikely. Congress is bitterly divided over how to fund immigration policy and whether schools need more funding in the wake of the pandemic, and the U.S. Department of Education has historically devoted a tiny fraction of its budget to educating English learners and immigrant students.

**Migrants bused to cities spur calls for federal help**

Who bears the financial responsibility for educating undocumented children has been a heated topic of debate, especially over the last two years.

In May 2022, Texas Gov. Greg Abbott said he wanted to challenge Ply-

ler v. Doe “because the expenses are extraordinary and the times are different” than in 1982. He called on the federal government to cover the educational costs for undocumented students.

Since then, Abbott has bused more than 75,000 migrants to six cities led by Democrats that have certain “sanctuary” policies protecting immigrants.

Newcomer students can bring many assets, from linguistic diversity to knowledge about life elsewhere in the world, educators say, and some schools have successfully adapted to meet newcomers' needs.

But many schools have struggled to do so. Newcomer students often do not speak English and sometimes have missed months or even years of schooling. Many experienced trauma on their journey to the U.S. or in their home country that can affect their schooling. Schools often lack bilingual teachers and mental health staff to help. And when lots of students arrive in the middle of the year, state funding doesn't always follow right away, leaving schools to make do with the resources they have.

Many educators and local officials have called on their states and the federal government to provide additional funding to help — with limited success. Extra money for migrant students was left out of the Illinois governor's budget proposal, and extra funding allotted in Colorado breaks down to less than half of what the state would typically spend per student.

**Plyler challenge could hinge on cost questions**

Challenging Plyler would be difficult, said Thomas A. Saenz, the president and general counsel at the Mexican American Legal Defense and Educational Fund, which represented the families in the original Plyler case. The ruling is now tied up with other federal law, as well as privacy protections for K-12 students.

“It's not like: ‘Oh, let's just tee up Plyler, and pass a law, and immediately this more conservative Supreme Court will overturn the '82 decision,’” he said. “That analysis is way too facile.”

But there are ways Plyler could be vulnerable, said Amanda Warner, a doctoral candidate at George Mason University who analyzed past challenges to the ruling. The current Supreme Court has favored states' rights and an originalist reading of the constitution. And in 1973, the Supreme Court held that there is no constitutional right to an education.

That is a “glaring hole” that could be exploited, Warner said.

Another avenue to challenge the ruling could center on educational conditions and costs, and whether those have changed enough to warrant denying undocumented children a free public education.

Back in 1982, Texas argued it needed to do that to preserve resources for educating its “lawful residents.” But the Supreme Court rejected that argument. Brennan wrote that undocumented students did not impose

“special burdens” on Texas' education system, and that excluding them from school would be unlikely to improve the overall quality of education.

The Heritage Foundation brief says that unauthorized immigration, particularly among children arriving without their parents, has reached a point where a “reconsideration is warranted.”

The original ruling seems to imply “there is a bar” for a state to show that educating undocumented students is too much of a financial burden, Warner said. But it wouldn't be enough to simply show the cost of education is higher.

Any money saved by excluding undocumented children from school would have to be weighed against the ripple effects on housing, social services, and the criminal justice system. “Costs can be borne in a lot of ways,” Warner said. “What are the costs of having all these uneducated persons in the United States?”

Whether a serious challenge will emerge remains to be seen. Marino said no state official has reached out about making the Heritage Foundation's proposal a reality.

After Abbott raised the possibility of challenging Plyler two years ago, a Texas lawmaker introduced a bill that would have denied undocumented students a free public education, unless the federal government paid for it. But unlike in 1975, the proposal didn't go anywhere.

Nicholas Espiritu, the deputy legal director for the National Immigration

Law Center, said if such a proposal couldn't advance in Texas, that should deter other states from trying.

“It's our hope that even though there might be some rumblings from the Heritage Foundation and states like Texas,” he said, “that eventually politicians will come to the same conclusion and realize that this is not a position that is ultimately supported.”

*Kalyn Belsha is a Chalkbeat senior national education reporter based in Chicago. This article was originally published by Chalkbeat.*

Read More Cover Features at: [ElSemanarioOnline.com](https://www.ElSemanarioOnline.com)

Muellerberg

a voice in the process and create a starting place for teachers like me as we build our own classroom lesson plans.

**Provide all students opportunities to advocate for inclusive sources.** When students have voice and choice in their learning, they are more inclined to participate and succeed. Teachers can learn from those choices and adapt long-term lesson-planning to respond to the various needs and interests of all their students. High schools can build student-led spaces like those in our equity lunch chats, where students suggest texts and topics, and history classes like mine can support the mission of making our curriculum more inclusive.

**Provide educators with the time and training to be culturally responsive teachers.** As schools across the country welcome more diverse student populations (including 2,800 migrant children newly enrolled in Denver schools in January), the need for teachers to be culturally responsive is ever more pressing. States should offer teachers stipends and extra time to diversify their historical knowledge and then build lessons and materials to reflect it. Districts should also consider bringing in students and experts in equity studies as sounding boards and editors for these new curriculums.

In the meantime, I look forward to our lunch chats and to learning from our students about how we can listen better and make real gains toward their goal of a more equitable education. We must continue to be advocates for an inclusive learning experience that allows for honesty, connection and relevance for all our learners.

*Emily Muellerberg is a social studies teacher at Grandview High School in Aurora, Colorado. She is a 2023-24 Teach Plus Colorado Policy Fellow. This story about creating more diverse classroom experiences was produced by The Hechinger Report, a nonprofit, independent news organization focused on inequality and innovation in education.*

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## Program

older adults with mobility issues or disabilities is a significant barrier. Many older adults live on fixed incomes, leaving little room for home renovations or adjustments.

Shu feels optimistic about using Medicaid to supplement the CAPABLE program and make it affordable for participants.

"That's a very interesting idea, and maybe a way to make it more scalable," Shu said. But it certainly wouldn't be a fix-it solution, she added. More needs to be done at the federal and regional policy levels to increase the housing stock for seniors and preserve existing units.

## Empowering clients

During an informational session at her apartment complex, Delia Aguilar, a 67-year-old living in an income-based community for older adults in Centennial, came across the program similarly to Pittman.

Her main issue was being unable to sit comfortably at her dining room table and having difficulty getting to and from the shower and toilet. The CAPABLE team installed grab bars near the toilet, in the shower and on the side of the bathtub, as well as nonslip pads on the bottom and outside of the tub.

"I used to hate getting in there," Aguilar said of her bathtub. "And I can tell you, [the difference] is like night and day."

Before the CAPABLE team helped her, Aguilar said she had been waiting more than 18 months for building management to handle these modifications.

The team provided items to increase Aguilar's comfort and mobility, including a padded toilet seat, a cushion for sitting at the dining room table, and railings to help her get in and out of bed. They also added automatic lights in the bathroom so that if Aguilar gets up in the middle of the night, she won't stumble in the dark. And the occupational therapist even helped Aguilar set up her computer—a task she had been struggling with for months.

Ultimately, the program helped her feel motivated and less hopeless.

"I'm still in awe," she added. "They were angels."

Goodman, the occupational therapist, said their main priority is empowering their participants.

"Our overall goal is for me to guide them and coach them into being able to come up with the solutions themselves," Goodman said, "so when that future problem comes up, they no longer feel stuck. They feel like they have the self-efficacy and the empowerment to face that challenge."

Often, a person has been doing a task the same way for so long that having a fresh pair of eyes is helpful. "They don't realize there are other options out there because they've lived in this house for so long," Goodman said. "Why would they even think about changing the doorknobs?"

After a client finishes the 10-visit program, they are asked to take a survey. They often write that they wish the program was longer.

"They enjoyed having someone to talk to and to truly be able to share how they feel," Goodman said, adding that it's sometimes hard for people to open up to family members because they don't want to worry them or feel like a burden.

For Morton and Goodman, one of the most challenging aspects of the program is getting a client to admit that some daily tasks have gotten more difficult.

"It can't be someone's children saying 'My parent can't do this,'" Morton stressed. "They have to admit that it's something they are starting to struggle with."

She said that's easier said than done for many people, especially if they fear it might mean they can't live independently anymore—which is antithetical to the program's goal. This makes building trust all the more important, Morton said.

"For some people, it's just not the right time" to participate in the program, she said. "They're not in the headspace, in the mentality to move forward."

If that's the case, she gives them her phone number and tells them to give her a call if something changes. When they do, Goodman is ecstatic. "That's an ideal scenario, too, because that means they're initiating, right? They're

showing some initiation... to try to make changes," she added.

The best part of her job, Goodman said, is when she sees a client's face light up with amazement when asked if they've noticed any improvements since their last visit.

"That's why I still see people," she said. "That's why I tell everybody, 'You will not take me out of the field.'"

One unforeseen benefit of the program has been participants socializing

and getting out into the community more after completing the program, which improves their mental health, Goodman said. "They felt like they could enter and exit their home safely again, which was big."

Since Aguilar graduated from the program this summer, she's invited more friends to play cards and eat. With the new kitchen table and more accessible toilet, her friends are more comfortable coming over, Aguilar said.

"The quality (of life) has improved considerably," Aguilar said. "I thank God for putting them in my life."

*Moe K. Clark is a Freelance Journalist in Denver, Colo. This article is produced by Collective Colorado, an initiative of The Colorado Trust. Reproduced with permission by The Colorado Trust.*

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Camargo

Mozambique. In order to maintain this barbarity, the fascist regime from the 1920s had to resort to all the weapons of repression, keeping entire generations in line. It used the regime's incessant propaganda apparatus, imposing racist, eugenic, and conservative values to justify continued colonialism, even after the end of slavery and the rise global capitalism's demand for more markets to exploit. Years of war eroded the narrative and coercive capacity of the Portuguese fascist apparatus, and the action of the Captains' movement began what was the final blow. The future was no longer written, and what happened next was not the plan of the military or the political forces that claimed to be part of the revolution.

Once the war was over, the people set out to achieve much more than just ending a war and a regime that existed to prevent them from being free. Over the next year and a half, in the typical confusion that any revolution entails, the Portuguese people leapt 60 years in history, moving faster than ever toward a better future. It fell at the wrong time to improve people's lives, as the global capitalist elite was about to launch the biggest assault on society in its history, which has led to an even more unequal world and the first stages of environmental collapse.

The social mobilization against the war today is taking place in a context that is as adverse, if not more so, than in 1974. The dictatorship is inside our heads. Passivity and respect, obedience, cynicism and hypocrisy are inculcated incessantly, and the main argument, even from the "heirs" of the revolution, is that there are no conditions for moving forward, only for staying on the defensive. Who knew in 1974 that there were? Other attempts, such as the military-civilian Beja Revolt in 1962, had failed to topple the regime. But who even knows if there would have been a 1974 revolution without the bravery and martyrdom of 1962? Or the years of resistance by anti-fascist and anti-war militants, killed and persecuted by Salazar's dictatorship?

The legacy of the revolution can not be to dwell on what was and complain about what is. A revolution is not, and can never be, about anything other than the future, so there is a contradiction in passively "celebrating" a revolution of the past. In April 1974 everything was about the future, the doors to the new were open, while the anchors of the past were being lifted. In the enthusiasm and eagerness to move forward, many of these anchors were not picked up. That is why a far-right project can exist in Portugal today.

Fifty years later, on the eve of the anniversary of the revolution, the April Eleven, climate activists from Climáximo arrested for actions in recent months to stop a war declared by governments and companies on the whole of society, leading to climate catastrophe, are to stand trial and face jail time for disruption a war waging government and regime. It's an important political signal, not about the past, but about the future.

How will we remember 2024 in 2074? As the moment when the impossible once again became reality? Passively celebrating the revolution, or, as Zé Mário Branco used to sing, «going out into the street with a carnation in our hand without realizing that we go out into the street with a carnation in our hand at the right time,» is contributing to the revolution not being part of the future?

*Joao Camargo is a climate activist in grassroots movement Climaximo in Portugal and in the Climate Jobs campaign. This commentary is republished from Common Dreams under a Creative Commons license.*

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Brown

including those that create ozone — a severe problem on Colorado's Front Range that translates to entire weeks of the year when it's unhealthy to go outside.

To curtail these issues, the EPA proposed common-sense regulations to require corporations to monitor and stop leaks of methane from pipes and facilities that extract and process it. The most critical piece of the new regulations would require compliance for existing facilities that are already leaking tons of methane. Notably, the regulations would also require companies to start phasing out toxic flaring practices, which are associated with two premature deaths per day in the U.S. while wasting fuel resources and contributing to the climate crisis.

At the behest of the industry, 24 Republican-led states sued the EPA to stop the rules from going in place with the tried and true logic of "gas good, science bad." Weiser, along with other states interested in addressing methane's impacts on public health and the climate crisis, filed a petition in response defending the EPA in the lawsuit.

Colorado is the only state in the Rocky Mountain region to take action on reining in oil and gas methane pollution. In coordination with the EPA, we can confront methane pollution and hold massive corporations accountable for the costly damage they cause to our communities and envi-

ronment.

Colorado does have a long way to go to effectively deal with oil and gas pollution and fully transition to a fossil fuel-free future. The administration of Colorado Gov. Jared Polis remains far too hesitant to take effective enforcement action against many major polluters, such as Suncor in Denver, which violated the Clean Air Act over 1,000 times in the last five years. Polis also hasn't meaningfully engaged nor abated pollution in the communities most affected; and more gas plants are planned to be built on the Front Range under his administration.

It's time to buckle down on major polluters. We must take prudent measures to save lives and protect Colorado's environment for future generations. We should celebrate, not denigrate, moments when the EPA and state agree on something that will benefit our communities, reduce waste and pollution, and save us money in the long-run.

I commend Attorney General Weiser for taking a stand with people and facts on this issue.

*Janice Brown is a retired critical care RN and Colorado Sierra Club Oil and Gas Committee member. This commentary is republished from Colorado Newslines under a Creative Commons license.*

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Uballez

including art that focused on gun violence and prevention, immigration and social justice, she said.

Most recently Uballez worked in philanthropy work for Asset Funders Network, a membership organization focused on equitable wealth building and economic mobility. She said that in that role, she was involved in supporting philanthropy that took a broad view that supporting family economic stability means "everything from a person's health and ability to build stability and wealth, housing and good paying jobs."

"We supported philanthropies that supported systems change," she said.

Uballez said she connected to New Mexico Voices for Children through that work. She said she also realized she wanted to be more engaged in policy advocacy.

She said that when she realized Wallin was leaving for another role, Uballez knew she wanted to apply because of how NMVC "shows up in coalition spaces."

"They have a track record for getting really great policy change," she said.

Uballez said she considers NMVC a leader in tax policy. She said she believes in the idea that a budget is a moral document.

"That's the root of inequity... How the state collects New Mexicans' revenue gets to the heart of inequity," she said.

Uballez said she doesn't have any specific tax policy in mind yet but she said she expects the organization to do more tax fairness work. NMVC pushed for a child tax credit policy, which allows eligible families to earn up to \$600 per child in child tax credits.

"We've made great strides to make sure those who make the least don't pay the most," she said.

She said one area to consider for the future is guaranteed income and what that might look like in New Mexico.

"It gives families dignity and the resources to decide where to put the money, in summer camps, home repairs, or food. They are the experts in their own lives," she said.

She said another policy that NMVC is not the lead advocate on but is part of a coalition pushing for change is the Paid Family and Medical Leave bill that failed in the 2024 and 2023 legislatures when some Democrats sided with Republicans to kill the bill.

"We're going to get it passed next year," she said

*Susan Dunlap is a Reproductive Justice Reporter with New Mexico Political Report. This story was originally published by New Mexico Political Report.*

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## Preeclampsia/Esp

comes porque sabes cuál es tu comida favorita”.

En Estados Unidos, se estima que la preeclampsia ocurre en aproximadamente el 5% de los embarazos, y está entre las principales causas de morbilidad materna, según los Centros para el Control y Prevención de Enfermedades (CDC). Suele presentarse durante el tercer trimestre de gestación y está asociada con la obesidad, la hipertensión y la enfermedad renal crónica, entre otras afecciones.

No hay una forma de curar o predecir la preeclampsia. La enfermedad puede dañar el corazón y el hígado, y causar otras complicaciones tanto para la madre como para el bebé, incluido el parto prematuro e incluso la muerte.

Las tasas de preeclampsia han aumentado en las últimas dos décadas a nivel nacional. En California, aumentaron un 83%, y las tasas de hipertensión un 78% entre 2016 y 2022, según los datos más recientes disponibles, y son más altas entre los residentes negros y los habitantes de las islas del Pacífico.

Maldonado dijo que el 12% de las 451 mujeres latinas que participaron en el estudio desarrollaron preeclampsia, un número que representa casi el doble del promedio nacional. Más de la mitad de las participantes, de 28 años promedio, tenían factores de riesgo antes de embarazarse, como índice de masa corporal alto y diabetes.

Maldonado y su equipo utilizaron datos del *Maternal and Developmental Risks from Environmental and Social Stressors Center*, un grupo de investigación de la USC que estudia los efectos de las exposiciones ambientales y disparadores sociales de estrés en la salud de las madres y sus hijos.

Las participantes, que eran predominantemente latinas de bajos ingresos de Los Ángeles, completaron dos cuestionarios sobre su dieta durante el tercer trimestre de sus embarazos. Los investigadores identificaron dos patrones alimenticios significativos: uno en el que los alimentos más consumidos eran vegetales, aceites, frutas, granos enteros y yogur; y un segundo en el que la dieta de las mujeres con-

sistía principalmente en grasas sólidas, granos refinados, queso, azúcar agregado y carne procesada.

El grupo de mujeres que siguió el primer patrón nutricional tuvo una tasa más baja de preeclampsia que el que se ajustó al segundo patrón.

Cuando Maldonado y su equipo buscaron una correlación entre tasas más bajas de preeclampsia y el Índice de Alimentación Saludable-2015, encontraron que no era estadísticamente significativa excepto en las mujeres que tenían sobrepeso antes del embarazo.

El Índice de Alimentación Saludable incluye combinaciones de nutrientes y alimentos, como lácteos y ácidos grasos. Maldonado dijo que se necesita más investigación para determinar el perfil exacto de frutas, vegetales y aceites que podría beneficiar a las mujeres latinas.

Cuando se trata de la dieta, el mensaje y las recomendaciones adecuadas son vitales para ayudar a las latinas embarazadas a tomar decisiones informadas, expresó A. Susana Ramírez, profesora asociada de comunicación de salud pública en la Universidad de California-Merced.

Ramírez ha realizado estudios sobre por qué los mensajes de alimentación saludable, aunque bien intencionados, no han tenido éxito en las comunidades hispanas. Encontró que estos mensajes han llevado a algunos latinos a creer que la comida mexicana es menos saludable que la comida estadounidense.

Ramírez dijo que necesitamos pensar en promover dietas que sean relevantes para una población particular. “Ahora entendemos que la dieta es tremendamente importante para la salud, y por lo tanto, en la medida en que cualquier asesoramiento nutricional sea culturalmente acorde, esto mejorará la salud en general”, dijo Ramírez.

*Vanessa G. Sánchez es corresponsal de KFF Health News. Esta historia fue producida por KFF Health News, que publica California Healthline, un servicio editorialmente independiente de la California Health Care Foundation.*

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## Programa

suelo y así reducir la probabilidad de tropezarse. A veces, puede ser algo tan simple como comprarle al cliente un tapete acolchado para que se pare cuando cocina y aliviar el dolor de espalda, o limpiar las rieles de una puerta corrediza para que se abra más fácilmente.

La higiene en el inodoro con frecuencia es una meta principal. “No se habla suficiente de eso”, dijo Amanda Goodman, una terapeuta ocupacional con 18 años de experiencia que trabaja en el programa CAPABLE. “Solo poder tener un espacio para que las personas sean honestas y realmente compartan esas cosas íntimas, y saber que pueden confiar en mí con eso... es maravilloso”.

Goodman recientemente recibió un mensaje electrónico de un excliente que decía: “Cada vez que me siento en el trono, ¡pienso en ti!” (“Le conseguimos un bidet”, Goodman dijo riéndose entre dientes.)

Goodman sabe que sus clientes con frecuencia enfrentan dificultades con cosas con las cuales no puede hacer nada al respecto.

“No vamos a venir aquí y resolverlo todo”, dijo. “Entendemos que [hay] algunas cosas que quizás no podamos mejorar mucho, pero aunque sea un poco sería mejor”.

## El efecto de CAPABLE en la vivienda asequible

Linna Shu, la investigadora principal asociada en el Centro de Políticas Financieras para la Vivienda en el Instituto Urbano, dijo que el programa CAPABLE y otros como él son esenciales para aumentar las opciones de vivienda asequible para los adultos mayores, ya que muchos de ellos no tienen otra opción más que envejecer en su hogar.

“Con frecuencia las personas hablan sobre que tenemos que [construir] más comunidades de retiro, pero eso tampoco es asequible”, Shu dijo. “Si te fijas en los cargos mensuales o los cargos anuales, son mucho más altos que los niveles de ingresos de la mayoría de las personas mayores, especialmente las personas mayores de color”.

En Estados Unidos, más de uno de cada seis estadounidenses, o 55.7 millones de personas, tienen por lo menos 65 años de edad, un aumento del 38 por ciento desde 2010, según el Departamento de Salud y Servicios Humanos de EE. UU. Y tres cuartos de aquellas personas de 50 años de edad o más prefieren permanecer en sus hogares el mayor tiempo posible. Sin embargo, una falta de opciones de vivienda asequible que cubran las necesidades de los adultos mayores con dificultades de movilidad o discapacidades es un obstáculo importante. Muchos adultos mayores viven con ingresos fijos, lo que les deja poca flexibilidad para hacer renovaciones o modificaciones en sus hogares.

Shu siente optimismo sobre el uso de Medicaid para suplementar el programa CAPABLE y que sea económico para los participantes.

“Esa es una idea muy interesante, y quizás una manera de hacer que se

pueda ampliar”, Shu dijo. Pero ciertamente no sería una solución única, agregó. Se necesita hacer más a nivel político federal y regional para aumentar la cantidad de viviendas disponibles para personas mayores y preservar las unidades existentes.

## Empoderando a los clientes

Durante una sesión informativa en su edificio de apartamentos, Delia Aguilar, de 57 años de edad y quien vive en una comunidad basada en ingresos para adultos mayores en Centennial, se enteró del programa de forma similar que Pittman.

Su problema principal era poder sentarse cómodamente en su mesa del comedor y sus dificultades para entrar y salir de la ducha y sentarse y pararse del inodoro. El equipo de CAPABLE instaló barras de apoyo cerca del inodoro, en la ducha y al lado de la tina de baño, al igual que unas alfombras antiderrapantes en el piso y afuera de la tina.

“Odiaba meterme ahí”, Aguilar dijo de su tina de baño. “Y puedo decirte [que la diferencia] es como el día y la noche”.

Antes que el equipo de CAPABLE la ayudara, Aguilar dijo que había estado esperando más de 18 meses para que la gerencia del edificio se encargara de estas modificaciones.

El equipo proporcionó artículos para aumentar la comodidad y movilidad de Aguilar, incluyendo un asiento acolchado para el inodoro, una almohada para sentarse en la mesa del comedor, y barras de apoyo para ayudarla a levantarse de y acostarse en la cama. También agregaron luces automáticas en el baño para que, si Aguilar se levanta en medio de la noche, no se tropiece en la oscuridad. Y el terapeuta ocupacional hasta ayudó a Aguilar con la configuración de su computadora—una tarea con la que había estado teniendo dificultades por meses.

Al final de todo, el programa la ayudó a sentirse motivada y menos desalentada.

“Sigo impresionada”, agregó. “Fueron ángeles”.

Goodman, la terapeuta ocupacional, dijo que su prioridad principal es empoderar a los participantes.

“Nuestro objetivo en general es que yo los guíe y asesore para que a ellos mismos se les ocurran las soluciones”, Goodman dijo, “así cuando ese futuro problema surja, ya no se sientan atorados. Sientan que tienen la autosuficiencia y el empoderamiento para enfrentar ese desafío”.

Con frecuencia, una persona ha estado haciendo una tarea de la misma forma por tanto tiempo que tener un par de ojos nuevos ayuda. “No se dan cuenta de que hay otras opciones ahí porque han vivido en esta casa por tanto tiempo”, Goodman dijo. “¿Por qué pensarían en cambiar los picaportes de las puertas?”

Después de que los clientes terminan el programa de 10 visitas, les piden que contesten una encuesta. Con frecuencia los clientes escriben

que les gustaría que el programa durara más.

“Disfrutaron tener a alguien con quien hablar y realmente compartir cómo se sienten”, Goodman dijo, agregando que a veces es difícil que las personas se abran con sus familias porque no quieren preocuparlas o sentir que son una carga.

Para Morton y Goodman, uno de los aspectos más desafiantes del programa es convencer a un cliente de que admita que está enfrentando más dificultades para realizar algunas de sus tareas diarias.

“No pueden ser los hijos de alguien quienes digan: ‘Mi padre no puede hacer esto’”, Morton resaltó. “[La persona] tiene que admitir que es algo con lo que está empezando a tener dificultades”.

Morton dijo que para muchas personas eso es más fácil decir que hacer, especialmente si temen que eso signifique que ya no pueden vivir independientemente—lo cual va en contra del objetivo del programa. Esto hace que sea aún más importante fortalecer la confianza, dijo.

“Para algunas personas, tan solo no es el momento correcto”, para participar en el programa, dijo. “No están mentalmente preparadas, con la mentalidad de dar un paso adelante”.

Si ese es el caso, les da su número de teléfono y les dice que la llamen si algo cambia. Cuando la llaman, Goodman se siente muy feliz. “Esa también es una situación ideal, porque eso significa que ellos lo están iniciando, ¿correcto? Están demostrando algo de iniciativa... para tratar de hacer cambios”, agregó.

La mejor parte de su trabajo, Goodman dijo, es ver que las caras de sus clientes se iluminen con sorpresa cuando les pregunta si han notado alguna mejora desde su última visita.

“Por eso todavía veo a personas”, dijo. “Por eso les digo a todos: ‘No me sacarán de esta profesión’”.

Un beneficio inesperado del programa ha sido que los participantes socialicen y salgan más a la comunidad después de completar el programa, el cual mejora su salud mental, Goodman dijo. “Sentían que podían entrar y salir nuevamente de su hogar sin peligro, lo cual fue considerable”.

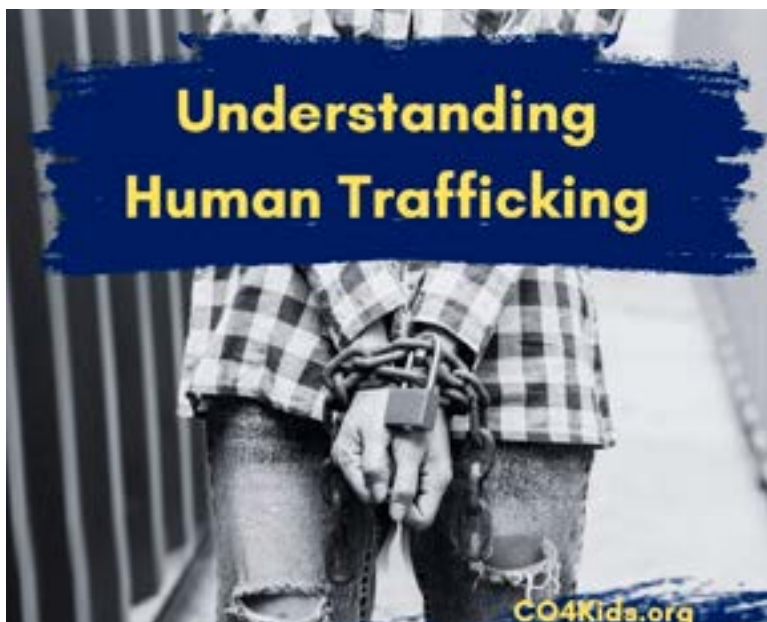
Desde que Aguilar se graduó del programa este verano, ha invitado a más amigos a jugar cartas y comer. Con la nueva mesa de la cocina y un inodoro más accesible, sus amigos se sienten más cómodos visitándola, Aguilar dijo.

“La calidad [de vida] ha aumentado considerablemente”, Aguilar dijo. “Doy gracias a Dios por ponerlos en mi vida”.

*Moe K. Clark es Periodista independiente en Denver, Colo. Este artículo ha sido elaborado por Collective Colorado, una iniciativa de The Colorado Trust. Reproducido con permiso de The Colorado Trust.*

Traducido por Alejandra X. Castañeda

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## Educación

con precisión". Los estados deberían exigir a los distritos escolares que cobren a los niños indocumentados la matriculación para asistir a la escuela pública, sostiene el informe.

Fue precisamente esta práctica hace casi medio siglo -en el mismo estado que desobedece al gobierno federal al ocuparse de la aplicación de las leyes de inmigración- la que condujo al fallo del caso Plyler v. Doe.

Texas aprobó en 1975 una ley que impedía que las escuelas públicas recibieran financiación estatal para la educación de niños indocumentados y que los distritos podían prohibir a estos estudiantes que asistieran gratuitamente a la escuela pública.

Dos años más tarde, el distrito escolar independiente de Tyler empezó a cobrarle a los niños indocumentados mil dólares al año por asistir a la escuela — una suma que los funcionarios del distrito sabían que sería inasequible para las familias inmigrantes de la zona, que a menudo trabajaban en la famosa industria de rosas de Tyler, en plantas procesadoras de carne y en granjas.

"Creo que ninguna familia podría haber pagado eso", dijo James Plyler, superintendente del distrito, a un periodista de Education Week en 2007. "Mil dólares en 1977 era muchísimo dinero, y la mayoría de esas familias que llegaron trabajaban por el salario mínimo".

Cuatro familias cuyos hijos no pudieron asistir a la escuela demandaron a Plyler y al distrito escolar, y finalmente ganaron ante el Tribunal Supremo. En la opinión de 5-4 de la mayoría, el juez William Brennan escribió que no permitir a los niños indocumentados aprender a leer y escribir tendría un "impacto incalculable" en su "bienestar social, económico, intelectual y psicológico". (Los jueces que disintieron estaban de acuerdo en que era incorrecto que se negara la educación a los niños indocumentados, pero argumentaron que no era una violación constitucional).

Actualmente, la Fundación Heritage sostiene que los costos de la educación han aumentado demasiado y que los estados y las escuelas deberían poder recuperarlos. El gobierno feder-

al podría ayudar, dijo Madison Marino, una investigadora asociada senior que es coautora del informe de la Fundación Heritage, o los padres o patrocinadores de los estudiantes indocumentados podrían pagar.

"Realmente no buscamos privar a estos niños de su educación", dijo Marino. "Hacemos un llamado para que todos contribuyan".

La mayor parte de las familias indocumentadas de hoy probablemente tendrían dificultades para pagar la matrícula escolar, al igual que en 1977. Y la ayuda federal parece poco probable. El Congreso está profundamente dividido sobre cómo financiar políticas de inmigración y si las escuelas necesitan más fondos a raíz de la pandemia, y el Departamento de Educación de EE.UU. ha destinado históricamente una pequeña fracción de su presupuesto a la educación de estudiantes que aprenden inglés y de estudiantes inmigrantes.

La campaña de Trump no respondió a una solicitud de comentarios sobre las propuestas de la Fundación Heritage para impugnar el caso Plyler, pero hay observadores que creen que el *think tank* (gabinete estratégico) desempeñaría un papel crucial en una segunda administración de Trump. Por otra parte, la campaña ha dicho que los grupos externos no hablan en nombre de Trump ni de su campaña, y que las recomendaciones políticas son sólo eso.

### El traslado en autobús de inmigrantes a ciudades impulsa pedidos de ayuda federal

Quién se hace cargo de la responsabilidad financiera de la educación de los niños indocumentados ha sido un tema polémico de debate, especialmente en los últimos dos años.

En mayo de 2022, el gobernador de Texas, Greg Abbott, dijo que quería impugnar el caso *Plyler v. Doe* "porque los gastos son exorbitantes y los tiempos son diferentes" que en 1982. Le pidió al gobierno federal que cubriera los gastos educativos de los estudiantes indocumentados.

Desde entonces, Abbott ha enviado en autobús a más de 75.000 inmigrantes a seis ciudades dirigidas por demócratas que tienen ciertas políticas

"santuario" que protegen a los inmigrantes.

Los estudiantes recién llegados pueden aportar muchas cualidades, desde la diversidad lingüística hasta el conocimiento de la vida en otros lugares del mundo, dicen los educadores, y algunas escuelas se han adaptado con éxito para satisfacer las necesidades de los recién llegados.

Pero muchas escuelas han tenido dificultades para hacerlo. Los estudiantes recién llegados no suelen hablar inglés y a veces han pasado meses o incluso años sin ir a la escuela. Muchos han sufrido traumas en su viaje a Estados Unidos o en su país de origen que pueden afectar a su formación escolar. Las escuelas carecen a menudo de profesores bilingües y de personal de salud mental para proporcionar ayuda. Y cuando llegan muchos estudiantes a mitad de año, la financiación estatal no siempre llega de inmediato, por lo que las escuelas tienen que arreglárselas con los recursos disponibles.

Muchos educadores y funcionarios locales han pedido a sus estados y al gobierno federal que proporcionen fondos adicionales para ayudar, con un escaso éxito. El proyecto de presupuesto del gobernador de Illinois no incluía fondos adicionales para estudiantes inmigrantes, y los fondos adicionales asignados en Colorado equivalen a menos de la mitad de lo que el estado gastaría normalmente por estudiante.

### La impugnación de Plyler podría depender de cuestiones de gastos

Desafiar a Plyler sería difícil, dijo Thomas A. Sáenz, presidente y consejero general jurídico del Fondo Educativo y de Defensa Legal México-Estadounidense, que representó a las familias en el caso Plyler original. El fallo está ahora vinculado a otras leyes federales, así como a la protección de la privacidad de los alumnos de primaria y secundaria.

"No es como: 'Oh, simplemente preparémonos para Plyler, y aprobemos una ley, e inmediatamente este Tribunal Supremo más conservador anulará la decisión del 82", dijo. "Ese análisis es demasiado sencillo".

Pero hay formas en que Plyler podría ser vulnerable, dijo Amanda Warner, candidata a doctorado en la Universidad George Mason que analizó las impugnaciones anteriores al fallo. El Tribunal Supremo actual ha favorecido los derechos de los estados y una lectura originalista de la Constitución. Y en 1973, el Tribunal Supremo sostuvo que no existe un derecho constitucional a la educación.

Según Warner, se trata de una "deficiencia evidente" que podría ser aprovechada.

Otra vía para impugnar el fallo podría centrarse en las condiciones y los costos de la educación, y si éstos han cambiado lo suficiente como para justificar que se niegue a los niños indocumentados una educación pública gratuita.

En 1982, Texas argumentó que necesitaba hacerlo para proteger los recursos destinados a la educación de sus "residentes legales". Pero el Tribunal Supremo rechazó ese argumento. Brennan escribió que los estudiantes indocumentados no imponían "cargas especiales" al sistema educativo de Texas, y que excluirlos de la escuela probablemente no mejoraría la calidad general de la educación.

El informe de la Fundación Heritage sostiene que la inmigración no autorizada, especialmente entre los niños que llegan sin sus padres, ha llegado a un punto en el que "se justifica un replanteamiento".

El fallo original parece implicar que "existe un umbral" para que un estado demuestre que educar a estudiantes indocumentados es una carga financiera excesiva, dijo Warner. Pero no bastaría con demostrar

que el costo de la educación es más alto.

Todo el dinero ahorrado por excluir a los niños indocumentados de la escuela tendría que contrastarse con el efecto dominó sobre las viviendas, los servicios sociales y el sistema de justicia penal. "Los costos se pueden asumir de muchas maneras", dijo Warner. "¿Cuáles son los costos de tener a todas estas personas sin educación en Estados Unidos?".

Queda por ver si se planteará un cuestionamiento serio. Marino dijo que ningún funcionario del estado se ha puesto en contacto con la Fundación Heritage para hacer realidad su propuesta.

Después de que Abbott planteara la posibilidad de impugnar a Plyler hace dos años, un legislador de Texas presentó un proyecto de ley que habría negado a los estudiantes indocumentados una educación pública gratuita, a menos que la pagara el gobierno federal. Pero a diferencia de 1975, la propuesta no llegó a ninguna parte.

Nicholas Espiritu, subdirector jurídico del National Immigration Law Center, dijo que si una propuesta de este tipo no podía avanzar en Texas, eso debería desanimar a otros estados a intentarlo.

"Tenemos la esperanza de que, aunque haya algunos murmullos por parte de la Fundación Heritage y de estados como Texas", dijo, "al final los políticos lleguen a la misma conclusión y se den cuenta de que esta no es una postura que al fin y al cabo cuente con apoyo."

*Kalyn Belsha es periodista nacional de educación con residencia en Chicago. Este historia fue publicada originalmente por Chalkbeat.*

Traducido por Flavia Melisa Franco

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## Uballez/Esp

a las familias que reúnan los requisitos ganar hasta 600 dólares por hijo en créditos fiscales por hijos.

"Hemos hecho grandes progresos para asegurarnos de que los que menos ganan no paguen más", dijo.

Dijo que un área a considerar para el futuro es el ingreso garantizado y cómo podría ser en Nuevo México.

"Da a las familias dignidad y los recursos para decidir dónde poner el dinero, en campamentos de verano, reparaciones en el hogar o alimentos. Ellos son los expertos en sus propias vidas", dijo.

Dijo que otra política en la que NMVC no es el defensor principal,

pero es parte de una coalición que impulsa el cambio, es el proyecto de ley de Licencia Familiar y Médica Pagada que fracasó en las legislaturas de 2024 y 2023 cuando algunos demócratas se aliaron con los republicanos para matar el proyecto de ley.

"Vamos a conseguir que se apruebe el año que viene", dijo.

*Susan Dunlap es Reportera de Justicia Reproductiva de New Mexico Political Report. Esta historia fue publicada originalmente por New Mexico Political Report.*

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### Procurement No. 2024-02 -Transit Consolidation Study Proposals Due: May 17, 2024, 2:00 p.m. (MST)

The RMRTD invites qualified individuals and firms to submit proposals to provide a Transit Consolidation Study for the RMRTD service area. Proposals will be accepted until the date and time shown above. Interested parties may receive a complete copy of this solicitation by accessing the following websites:

<https://www.riometro.org/Bids.aspx>

Questions or any correspondence that are related to this procurement should be submitted to Phil Pino, Chief Procurement Officer, at [rfp@mrcog-nm.gov](mailto:rfp@mrcog-nm.gov).





**Boulder Museum of Contemporary Art**



# Día del Niño

CELEBRATING ALL CHILDREN



**Sabado, Abril 27 | 11am - 1pm**  
**Boulder Civic Area Bandshell (13th & Canyon)**

**Arte y Artesanía | Espectáculos de música y danza en vivo | Gratis!**  
**Arts & crafts | Live music & dance performances | Free!**

Actuaciones de Uvalde High School Mariachi Los Coyotes, Mariachi Corazón de Oro de Colorado Youth Mariachi Program, y Ballet Folklórico de la Diversidad Cultural!

Performances by the Uvalde High School Mariachi Los Coyotes, Mariachi Corazón de Oro de Colorado Youth Mariachi Program, and Ballet Folklórico de la Diversidad Cultural!



**Presenting Sponsors / Patrocinadores**



**2024 Community Partners / Socios del Evento**



Celebrate all children with BMoCA at Día del Niño (Children's Day)! Fun for the whole family!

¡Celebremos a todos los niños con BMoCA en Día del Niño! ¡Diversión para toda la familia!

*In case of inclement weather, event will be held inside BMoCA*



More info at [BMoCA.org](http://BMoCA.org)

Find other Día del Niño programs around the region on the Mexican Cultural Center's website: <http://www.mccdenver.org>.

Encuentre otros programas del Día del Niño en la región en el sitio web del Centro Cultural Mexicano <http://www.mccdenver.org>