AWAKENING BRILLIANT MINDS

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"The passion for what you do, will make you understand that the limits are mental" - Dra Pilar Ochoa

NEWSLETTER CRUBA

EVALUATED BY RIGOBERTO MORALES

DEDICATED TO THE FUTURE GENERATIONS OF CRUBA ENGLISH SCHOOL

The new edition of the newsletter this year entitled "Awakening Brilliant Minds" has the purpose of highlighting the projects and activities that are carried out in our University and our district. In addition, it aims to stimulate our abilities, as students and citizens who struggle, despite the difficulties, to integrate productively into the community. Therefore, we encourage you to continue contributing with actions, so that together we can continue building a better society for future generations. This bulletin shows in the different sections important and interesting aspects that will arouse the interest of the readers, will give feedback on how wonderful the district is, and thus continue to motivate and seek the goal that many young people awaken those brilliant minds and give a change to our country. , in addition to seeing the importance of our education and as university students, we are an example for the student population of the future.

WELCOME TO FRESHMEN STUDENTS

Junior year students, we are so glad to give welcome freshmen students that are joining in the English school. Besides, we know that this new stage in your life is a little bit scary, but is the best decision that you ever took. On the other hand, we hope you are feeling comfortable and enjoy this new stage, moreover, hope you freshmen students can complete with success this college career.

CONTENTS

BARÚ UNITED SOCIETY

EDUCATION

- STUDIES AT CRUBA
- STUDY METHODS
- CRUBA ENGLISH SCHOOL
- FEATURED PROFESOR
- NURSING MEDICAL EMERGENCIES
- MARITIME END PORT MANAGEMENT
- NEW PROJECT FOR A QUALITY EDUCATION
- PANAMA PETRO-STUDENTS
- IFARHU

LIFE AND FAMILY

- CRUBA DONATIONS
- THE RED CROSS
- NEW WATER TREATMENT
- THE SECRET PROMISES SECURITY
- SAN ANTONIO CHURCH
- THE INDUSTRIES WORKING FOR THE SOCIAL
- HOUŞING PROJECTS IN BARÚ
- BARÚ PRO CULTURE GROUP

HEALTH

- NEW DIONISIO ARROCHA HOSPITAL
- NEW MEDICAL EQUIPMENT
- COVID-19 IN CHIRIQUE
- COVID-19 VACCINES

ECONOMY

- COLLECTIVE TRANSPORT SERVICE ARMUELLES
- ENTERTAINMENT VENUES
- NEW BUSINESS
- ENVIRONMENTALLY FRIENDLY SOLAR
- EXPORT THE BANANA IN BARÚ DISTRICT
- FISH EXPORT IN BARU
- CHAMBERS OF COMMERCE IN BARÚ
- BANA-PIÑA GREEN GOLD

TOURISM

- BEACHES AND FISHING
- MONO FELIZ
- HOTELS WITH SEA VIEW
- THE COASTAL BELT IN BARÚ
- TREKKING
- A PATH TOWARDS THE CONSERVATIVE OF BARÚ

ART AND CULTURE

- FINE ART SALON
- THE STADIUM OF GLORY
- BASEBALL IN BARÚ
- FOOTBALL IN BARÚ

ENTERTAINMENT

- INTERVIEWING NEW STUDENTS
- WORD SEARCH

PHOTO COLLAGE



Barú is a land of new opportunities, with greater potential such as export agriculture and tourism, but also aquaculture, renewable energies, public services and business services. In short, the development of the future of Barú involves promoting a modern and innovative economy that incorporates the principles of environmental, economic and social sustainability in all its productive sectors (agriculture, energy, tourism, etc.), since it will depend on it. Its competitiveness in the globalized economy of the 21st century. The objective of this newsletter is accomplish highlight the brilliant minds that have made Barú what it is today, thus motivating new brilliant minds from Baru to undertake.

EDUCATION

STUDIES AT CRUBA

VIRTUAL CLASSES

The pandemic carried out to all universities to take control with the new students, due that virtual classes was not planned for them, many students have seen it as wasting time and others as a new obstacle that has to be overcome. We are in 2022 and the university has taken good decision looking the way to back to new the normality, approving new teaching and learning norms, they had made meetings with all teacher of different school, that it is on their own decision to give or not give the face-to-face classes, each teacher will agree if they will give their subjects virtual or face-to-face, achieving an agreement that the first half of 2022, will be virtual, except the subjects that require laboratory and practices and clinical practices, which will be blended and will be reflected in the analytical programming of each teacher. In fact, many students saw that decision as a help, above it all, biosecurity and distancing measure will be taken.





STUDY METHODS

The new study methods that been used during pandemic has come to the university to take or changes many norms for every student. The technology was created for a purpose, so now that all have sense, it can enable many students to work in different parts of the world, opening door between different applications for many students and professional of different areas to work comfortably. Pandemic has taken of surprise to many institutions, urged them that they have to use a new method of study during pandemic, in that case, the virtual classes. Those new methods of study were unknown for many people and institutions. However, the university offered different platform for all students, teaching how they had to use some applications such as: Google Meet, Google Classroom, Google Driver, Zoom and so on. Those new methods of study that has been used was satisfactory for the university, presented many unexpected results by student's part.

BY: MIGUEL SALINAS

CRUBA ENGLISH SCHOOL

As we know, one of the great advantages of the geographical position of Puerto Armuelles, are the visits of foreigners, of which they need a tour guide to guide them, where the main language required is English. For this reason, the Regional University Center of Barú (CRUBA) is characterized by training young professionals, committed to fighting for a better future, both for themselves and for society.

As a result, in 2003 was started the English School, which opened its doors to train students capable of learning and mastering this language, due to the need for people who speak this language for jobs in public and private companies, development in the area of tourism in the district, since the English language is the most widely used worldwide.

However, the opening of this career motivated many young people to learn and become a professional in English, and thanks to the start of the English school in Cruba, many students from different parts of the district do not have to travel so far because we already have this new career and the best specialized teachers in the area of English.

Equally important, the anniversary of the English school is celebrated on May 31 of each year, so different activities are carried out, such as a walk from the church to the park, talks on the radio, conferences, as well as they also carry out sports activities such as playing softball and volleyball in the gym, and finally they sing the birthday.

FEATURED PROFESSOR

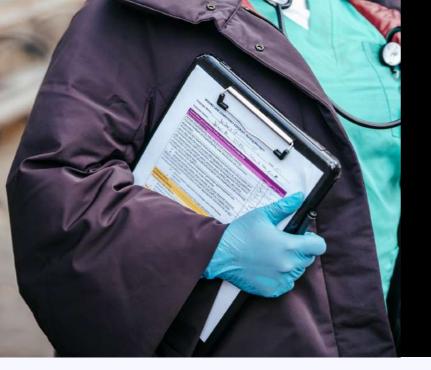
First of all, I want to highlight the effort and sacrifice made by each of the Cruba teachers, especially those at the Humanities Faculty, English school.

Next, It is a honor make mention of one of the most outstanding professors of the faculty, thanks to his effort and dedication to teaching, his responsibility and punctuality make him a great professor, as well as the good communication between the students. On the other hand, his way of teaching makes us understand his explanations more easily.

As revealed by, Professor Irving Machuca, is the professor that I want to highlight on this occasion, due to his dedication and effort day after day, to teach the best to his students to become a great professional, they make him an example to follow. He began teaching classes on March 17, 2008, for which he has been in service for 14 years. He teaches Reading, Literature and Linguistics classes. In addition, it is characterized by training students in the area of methodology, teaching strategies and planning.



BY: DAYBELIS MORALES



N U R S I N G M E D I C A L E M E R G E N C I E S

THE ART OF SAVING LIVES

"NURSING CAREER"

It is the provision of skilled nursing care to a variety of patients who at different stages of life are ill or injured. Nursing is a unique profession in that it studies the responses of individuals and families to health promotion, maintenance, and problems. In the first place, this career will be based on occupying the evaluation of patients who arrive at the emergency room, because of the career it will help you to be willing to help other people. However, it is something that you have to do with your heart, whether you are old or young. In addition, you will be giving both faceto-face classes. You will even attend in person because that way they learn more clearly how to apply in the future. On the other hand, you have to be very careful with patients such as very delicate or young adults. also in the topics that the teachers tell you that you have to investigate so that the students who study emergencies can have a better knowledge and fully immerse themselves in how they are going to do in the future to help those who suffer a serious accident. since, what you will be seeing in the first semester will deal with the medical care systems in Panama, principles of biology, medical terminology and diagnostic procedures, since they are in charge of preventing diseases and clinically caring for people. Especially, in times of emergency care for injuries, trauma or illness. since the nursing career would be an excellent lever for growth in Puerto Armuelles, because it is also learned over time, since it is even true that the prescription of medications and the performance of minor medical procedures, which is a constant help for patients who come with serious illnesses or problems. On the other hand, it will help you educate patients and their caregivers on how to continue treatment at home to continue with the requirements obtained in the hospital. Also, when you have your own patients, they have to go to the hospital on the days suggested by specialists or surgeons when necessary.





MARITIME AND PORT MANAGEMENT TECHNICIAN



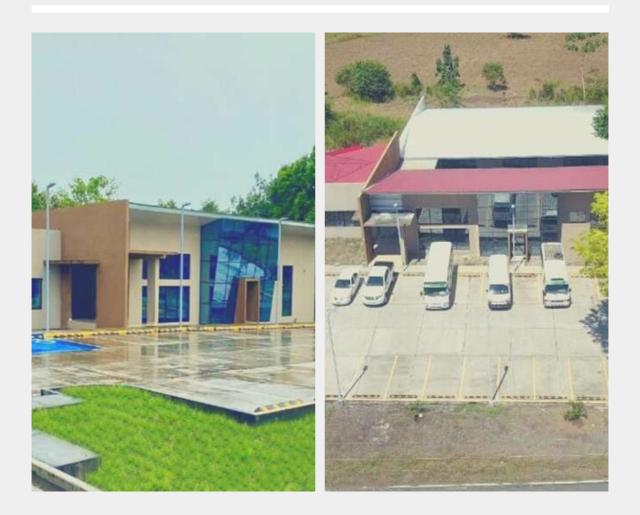
The career is based on educating and training them as technologists capable of working in public and private companies in the customs, maritime and port sectors. First of all, they will teach you maritime safety tips based on port facilities. The career will also interest you because it has a lot of information that will be taught in the classes, and in a very short time it can become your favorite, because it is a career that I develop in the care of the merchandise that it brings to the ports in which you go. to work, or you can even study security and analysis. however, the most important thing for those who study it is that you will work in any position they choose for you. In addition, you will learn environmental studies and disaster risk management, statistics for managers, port and maritime technical English, port management, ship theory and much more. On the other hand, technicians in maritime port management will learn how to perform at work. For the second point, they would start teaching ethics and bioethical management, in this case you will even learn new careers, for example, such as planning and control of maritime transport, maritime port, logistics and international activities, trade and many more.

PORT OPERATIONS

MODALIDAD SEMIPRESENCIAL

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NEW PROJECT FOR A Quality Education



PHOTOGRAPH: MAYULI QUINTERO

This modern project began in 2016, includes new class rooms, a language center, an investigation center, an auditorium and a nursing and medicine simulation center. At the beginning of its operation, it will be occupied by the school of English, nurse and medicine. It is important to mention that this modern structure aims to guarantee the growth of our regional university center in all the different careers. In order to, meet the demands of current education, it is necessary to equip us with modern tools that allow all students to develop our abilities. English school students are very grateful for the benefits that this new building will bring us. Our district needs professionals who have a complete and adequate preparation so that they can enter the labor field with the necessary knowledge that allows them to become competitive collaborators who help drive the development of our region. Therefore, the construction of this structure represents a significant advance in the education of Baruences students



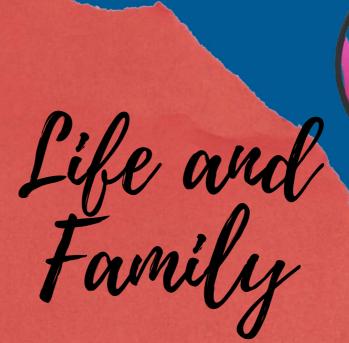
PANAMA PETRO TERMINAL SUPPORTING THE DREAMS OF BARUENSE STUDENTS

The Panama Petro Terminal Company founded in 1984, began to develop great work with the desire to promote and improve the quality of education in many young people. In addition, this support is an incentive for excellence, since it requires a good grade point average to obtain the benefit and be able to maintain it during studies. On the other hand, this program not only provides financial aid to students, but together with the company Cospae, they work with a group of psychologists calling young people to different meetings and seminars of interest and social welfare. Encouraging fellows to grow, personally and professionally, to set goals, and fight enthusiastically until they are achieved. Also, they use to inform and keep in touch with parents of the students so that every day, they can focus on their children, supporting their education, and growth within society, so that in the future they can be proud of the great work of their children and the excellent results they will have achieved.

IFARHU

As a consequence of the arrival of the UNACHI university extension, the need to have an IFARHU headquarters in the Puerto Armuelles area became urgent since the students had to travel to the city of David if they wanted to apply for a scholarship or receive payments, so, with the arrival of the new headquarters of the institution, many doors were opened because the impact of the aid to the students was very great in addition to the fact that it generated more jobs in Puerto Armuelles. Thanks to this institution, both university, and school students obtain a free benefit of universal scholarships that help with student expenses, encouraging them to maintain good grades to continue to be entitled to this aid. Also, thanks to this institution, many students from Barú have been selected to study for bachelor's and master's degrees outside the country, thus raising the academic level of the population of Puerto Armuelles. This has a positive impact on future generations in the area. **BY: ALDAIR AVILA**





CRUBA UNIVERSITY DONATIONS

The Principal of the University of the Regional Center of Barú, CRUBA, Doctor Jorge Lopez, donates an electronic tablet to a CRUBA student, on behalf of the association of professors of the university, as part of the social support to the students that he carries out in his administration.

Universitario, Centro Regional CRUBA. Doctor Jorge Lopez, together with his Work Team, continue to deliver Donations to the people who were affected by covid-19 in the Barú area, so in this way they made known the thanks to all the people who were present voluntarily to support our brothers who in these times of pandemic have been very difficult.





The administrative staff of the CRUBA Regional University Center have a Collection Center to receive the support of the community, for the affected people.

BY: STHEPANY MIGUEL

THE RED CROSS OF BARÚ AND ITS IMPACT

The Red Cross known by the acronym (CR) in Puerto Armuelles has a local committee in Barú It has been interesting because The Red Cross brought humanitarian action to the benefit of many people. Due, to many adverse situations that the Baruense community has experienced, such as; emergencies (accidents, people with heart attacks, and other symptoms), natural threats (earthquaker events, landslides, floods), situations of vulnerability (evacuation of people, help for the disabled), and between three situations. The Red Cross is an institution that has had a positive impact to the population of Baru. Since its inception, a group of people who were focused on providing humanitarian services, made a request to the Panamanian Red Cross Institute at the national level to establish a local committee in Baru. As a result, July 4th 1960, The Baru Local Committee was established. Therefore, this is possible, because people with a good sense of altruism want to contribute to their community. Furthermore, The Red Cross and the people serve to reafirm their fundamental values and principles. It's part of the wellbeing of the community. Indeed, the Red Cross carries out work actions in favor of the community such as: Firstly, carries out activities, and programs to support reforestation in the Barú reserve together with Ecoamigos. Besides, provide care to vulnerable families. Next, they carry out tours where they deliver clothes, and other items to be distributed in different neighbourhoods of Puerto Armuelles such as; Majagual, Porvenir, and others. Afterwards, beach cleaning in areas such as the Malecón, El Carmen, and others. On the other hand, facilitate the ambulance service in case of emergencies. Meanwhile, develop risk management programs, including programs for migrants. Apart from, carry out training programs through courses, and face-to-face seminars such as first aid, and human relations. In addition, graining through virtual platforms is free. The Red Cross has different organizations such as; Youth, Ladies Volunteers, Legion of Volunteers, and Lifeguard Corps, and where each body is organized through internal meetings at the local or virtual level (WhatsApp groups, video calls, WhatsApp meetings, Zoom or Meet). Where the due administrative process is carried out in which the schedule of the meeting is shared among other details such as activities, and programs. Moreover, during the difficult situation in times of pandemic, the members, and volunteers of the Red Cross contributed in support of Covid emergencies for prevention, orientation to the community, and delivery of masks. In this way, the principles of the Movement of Humanity and Volunteering are completed. Serve others without receiving anything in return. Therefore, the Red Cross is an institution with strong humanitarian principles, and values. It has a very important role in the baruense community. Of course, the Red Cross is an institution that seeks to provide comprehensive training and education in different courses, and seminars such as RC Education for volunteers, First Aid, Humanitarian Logistics, and Collection Center Management. Particularly, Professor Raúl Gómez is a member and volunteer of the Panamanian Red Cross, and has taught different courses, and seminars in the Local Committee. Throughout his life, he has had the opportunity to get involved in community service in different ways through this wonderful institution with great satisfaction, and joy.

BY: MAYRA TORRES



NEW WATER TREATMENT PLANTS IN PUERTO ARMUELLES

A new water treatment plant in Barú is a project that the highest representatives of Puerto Armuelles have never wanted to talk about. In other words, water is essential for human beings and of vital importance. However, a community that does not have quality water would be talking about a community with health problems. The rivers dry up and there are times when there is no supply, as well as sometimes it is due to the water treatment plant that does not work properly. On the other hand, IDAAN has to maintain the San Bartolo water treatment plant due to malfunctions, it has already been in use for many years, with a damaged water treatment plant, the water arrives with dirt, mud-colored water, yellowish, with worms, larvae and many times the water the cities have to boil the water to be able to drink it. By the way, according to a study carried out by hydrologists in the water of San Bartolo, they said that the water of san bartolo was not approved for human consumption, since the water treatment plant is not working correctly, it is not going through main filters to guarantee water of high quality for consumption, as well as. It makes people with dirty drinking water have to buy water in supermarkets generating a blow to their pocket for such dirty water, women with small children have to give them dirty water generating stomach problems causing: fever, stomach pain. Likewise, there are many people who have wells because the water does not reach them and some have them because in some areas the San Bartolo plant does not supply the areas and many people have wells because of the increase in population. On the other hand, this would not happen if the water treatment plant were new. Notwithstanding, the authorities in Barú hopefully become aware and can solve the water problem in Barú.

BY: LUIS RÍOS

SENAFRONT PROMISES SECURITY TO THE BARUENSES

SENAFRONT units arrive at our Baruenses lands reinforcing the security work previously carried out by the National Police. Supporting strong feet in neighborhoods and public places.Among its tasks the following stand out:

They carry out IDP (personal identification), vehicle and baggage checks.

With the intention of minimizing events that threaten the safety of the Baruense people.As a result of their hard work, the Baruense people feel safer and calmer because drug trafficking, theft, and criminal cases in public places have decreased, as well as in educational centers. Thanks to the talks they share with student parents, to raise awareness of these events. It is worth mentioning the way in which SENAFRONT familiarizes itself with different communities to face them in time of support for the different causes of natural phenomena, for example:

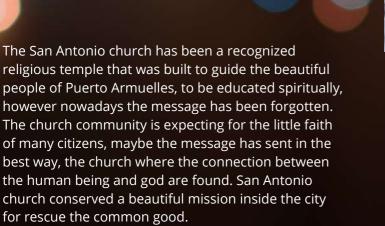
- THEY PROVIDE FOOD AID TO RESIDENTS AFFECTED BY CLIMATIC FLOODS.
- MATTRESSES, BAGS OF FOOD AND BOTTLED WATER ARE PRESENTED AND DISTRIBUTED.
- PARTICIPATE IN THE CLEANING OF EDUCATIONAL CENTERS SUCH AS COLLEGES AND SCHOOLS, PROMOTING GOOD HABITS.
- SUPPORTING THE MAINTENANCE DAY AND CONTINUE TO PROVIDE SAND CEMENT IN THE PROCESS OF SPEEDING UP THE RETURN TO THE CLASSROOMS AS IN THE PUNTA BURICA SCHOOL.

BY:IBANIS ARCIA



SAN ANTONIO CHURCH THE VOICE OF ENCOURAGE-





To make sense, the San Antonio church, took place in 1935 being the first "Capilla" of Puerto Armuelles town which used to be called "Rabo de Puerco", this religious center was commanded by the Felix Montero that promised to send a message about the word of god inside of each heart person. His structure was made by drum wood at the first signs, it was small and short, but it was filled enough to store more than 40 people. Through the time, his structure was stronger, wider, and taller than the old structure, this was possible thanks to the town's collaboration, they enriched with harmony and dedication the building process of the church.



The support of fault people was shown by donations and different activities such as food sales, ticket sales, and raffles, in this way, the community worked as a united team. Nowadays, the doors of the church are open to receive that warm presence of the baruense town.

The actual management coordinated by Theodoro Justavino, wants to return that support, being a voice of encouragement to the district. They carry out activities to get more congregation; establish religion classes for adults and catechesis for the children, plus, creating a sports league for recreation of the people. Not only but also, they never forget the neediest persons like sick persons and deprived of liberty, the church with the missionary members hears the experiences of those persons and helps them by touching their hearts.





Puerto Armuelles has been recognized for many years as a strategic site for agricultural production, its abundant land allows the foodstuff export, both inside and outside our country, I can mention the priority of the Barú district is to significantly spread the economy, that is why the biggest industries are able to move a whole district, they work requires thousand rate employment, but beyond to raise the economy in the trade, the industries have others missions that are work responsibility to provide a better quality of life in Puerto armuelles. The challenges come and it increases every time is for that, the industries have a big responsibility inside the Baru district, as we know, in Puerto Armuelles exists

needs and the companies have the duty to supply those needs, focusing on the sector more vulnerable of the district. Therefore, their help in the society supports widely both as the growth of the community and the company itself. In other words, the industries give a hand. Knowing that, industries are highly committed to working with the community and highlighting values. For example, the Petroterminal company has helped directly one of the main sectors the public health, donating medical equipment for the **Dionisio Arrocha Hospital** and keeping a close collaboration with the hospital.

BY: MAYELIS MURILLO

HOUSING PROJECTS IN BARÚ

The housing project in Baru was born to help people that were affected by the earthquake of 2016. All the houses that are going to be made, are located on the Zapatero Farm, the people that should get this benefit are families whose houses are more damaged by that earthquake. To obtain this benefit. the families that applied had to meet the requirements that were asked. Also, the other point of making these houses was to help the poorest families that don't have a home. The families that get accepted and obtained a new house thanks to this project just have to get in charge of the electric services and water services. Some conditions to preserve this benefit are, to not rent the house, move in immediately, and don't try to exchange the property for someone else. This housing project destination is to help lots of families in poor conditions with no opportunities to obtain a better solution to their lives.

BY: KATERIN GRACIA

BARÚ PRO CULTURE GROUP

In this small city, there is a group of people that promote the culture, and diversity of the regiment. The pro culture group is a nonprofit organization whose objective is to preserve and transmit the customs from orders to young people. They are in charge to organize a variety of activities that unifies the bonds of the community by remembering the people they identify with according to the local customs. The most common activities organized by these people are social encounters, sports encounters, and educative encounters such as football games, ethnic recognition days, and more. The founders of this group's objectives were to promote the art and culture of Barú to remember people how interesting our history is. The pro culture group is the organization which finalization is to educate more the young people about their robots and teach them to love it. Also it's more specific point is to encourage the interest in music, art, typical dances and the culture that identifies us as Baruenses.

SPO PRO CULTUR

BY: KATERIN GRACIA



HEALTH

NEW DIONISIO ARROCHA HOSPITAL

Who doesn't wish for good medical attention? such as quality, advanced technology and above all good facilities. Definitely, everybody wants all those benefits. In 2016 started the construction of the new Dionisio Arrocha hospital in Puerto Armuelles, which is going to bring benefits to all Baruense society and surrounding areas (around seventy-five thousand persons). Also, the new handiwork will be built in phases and currently, new quality buildings have already been delivered and equipped with medical quality equipment. Without a doubt, it is an important handiwork for all the people in Barú because it is going to be a better place to look for medical help with a better infrastructure not only to look nice but also a better infrastructure where we can feel the most comfort and safety. Clearly, this new and improved hospital will be of benefit for many people in our society.

BY: MARVIN PIMENTEL

NEW MEDICAL EQUIPMENT

Many times people have had to go to another hospital far from Puerto Armuelles looking for the equipment necessary to be attended to. Absolutely, new facilities of Dionisio Arrocha Hospital are going to have new medical equipment of high end and having better equipment in the hospital so it will not be necessary moved patients to a hospital in David city. In addition to this, the hospital already has installed three modern pieces of equipment for gastric and gynecological studies. To sum up, all this new equipment is not only going to improve medical attention but also there will be better coverage in medical exams and analysis for all the people.



District of Barú the coronavirus situation (COVID 19) is an infectious disease caused by the SARS-CoV-2 virus.

Most people with COVID 19 experience mild to moderate symptoms and recover without the need for special treatment. However, some people develop severe cases and need medical attention.

HOW IT SPREADS

The virus can spread from the mouth or nose of an infected person in the form of small liquid particles expelled when they cough, sneeze, speak, sing, or breathe. These particles can range from small aerosols to larger respiratory droplets.

You can get COVID 19 if you breathe near an infected person or if you touch a contaminated surface and then touch your eyes, nose, or mouth. The virus spreads more easily indoors or in crowds.

COVID-19 affects different ways depending on each person. Most people who become infected have mild or moderate symptoms and recover without hospitalization.

The most common symptoms are the following:

- o Fever
- o Cough
- o Tiredness
- o Loss of taste or smell

Less common symptoms are:

- o Throat pain
- o Headache and pains
- o Diarrhea

By: Stephany Miguel





COVID-19 VACCINES

Vaccination against covid-19 began in the district of Barú in mid-2021, mainly with the elderly and those who suffer from chronic diseases, followed by the general population and a large part of the citizens went to vaccination points in different parts of the district, making long lines to be vaccinated. Indeed, all these efforts are in memory of those who are no longer here, for those who lost their lives in the war against this virus. Also, many people are receiving the booster dose or third dose. The health team has carried out vaccination sweeps in several communities, motivating people

from house to house to collaborate with this vaccination immunization process to reduce deaths from this disease. Besides, establishing fixed vaccination points at the Dionisio Arrocha hospital, in the Municipal Gymnasium, and different health centers. On the other hand, people who have experienced symptoms of covid-19 after being vaccinated affirm that the vaccine is effective since they have suffered from the disease to a lesser extent than before receiving the vaccine. What are you waiting for to get vaccinated? Do it for those you love.

ECONOMY

COLLECTIVE TRANSPORT SERVICE ARMUELLES FINCAS

Collective transport service in Barú is what helps to all of those people who live in away places. For example, those people who live in Burica, Blanco Arriba. Those places are very pretty far and the majority townsfolk do not have a personal car where they can travel and doing their diligence. This collective transport helps a lot to that people. Besides, it is a transport that work every day however, there is an exception on Sunday. On the other hand, this collective transport usually works since 6:00 morning until 5:00 pm and it is what makes it to necessary, thanks to that, citizens who live away can do all their necessities during the day and they return home the same day if they want. Absolutely, collective transport in Barú is very complete because they do the most important that is help people who live away from the town. In negative points there are the high cost of the ticket and the time of one places to another. Because of the high cost of gasoline, the ticket has changed. Before the cost from Puerto armuelles to Blanco Arriba was of 2.00 dollars. Right know it's cost is of 2.50 dollars. About the time of one place to another it depends. For example, from Puerto Armuelles to Finca Blanco takes around one hour and half. And burica is a little closer than Blanco. It takes around one hour from Puerto armuelles to Burica.



BY: FRANK GUERRA

Entertainment Venues



In Puerto Armuelles there are several entertainment places where people can meet friends and have a good time to drink some of these places are: Shantal place bar: this bar is located near the Puerto Armuelles park. In this bar, people can meet to enjoy its extensive and varied menu with all kinds of seafood and also any type of drink, both alcoholic and non-alcoholic. Another well-known bar is the Acuarios Amar, better known as chamar by the locals. In this place, we can do different types of recreational activities such as playing air hockey, playing basketball with other people, or even table football, not to mention that they serve several different types of drinks there. and they also have their main attraction this would be a bowling alley this has to be reserved in advance and you have to pay to be able to use it additionally to be used when they have bowling tournaments with other people. In addition to the bars that we can locate here we also have other places of entertainment such as the casinos in Puerto we can find a large number of casinos in which people meet to play different types of games to bet, an example of this would be the slot machines and also in some of these places they also perform shows inviting a musical group to make a live presentation, it is worth mentioning that this place can only be entered if you are of legal age and have a license, in addition to this place of entertainment, it would be the pool in the palmas this place, in contrast to the previous one, minors can enter this place has two swimming pools available for use, one for children and another for other people, as well as a space for people to play volleyball, this place also offers a very varied menu to people so that they can order their food while they are in some other activity.

NEW BUSINESSES

In Puerto there is a large number of new businesses that offer new services to make life easier for people or also services that already exist, but with new features that make it stand out in addition to being new, one of these would be a new restaurant called the flavor on wheels this is a new fast food place but in contrast to other places it even offers a delivery system so that people can order at the restaurant or even place an order from home to have it delivered in addition to having a yappi system that allows you to pay more easily and comfortably another new business that we can see is very similar to this is the new bakery called Pan YA bakery and pastry shop This bakery is very similar to the place mentioned above, however it is in place to sell fast food is responsible for selling sweets with exclusive and personalized decorations and also sells different types of bread, n addition of new food businesses new businesses have also been opened in other areas an example of this would be the bookstore located in the national neighborhood in this new business we can find all kinds of books that we can buy and even place orders so that this place asks for a copy of a book that they do not have to be able to buy it, Another new business that we can see is a place that sells cell phone items such as:



headphones, chargers, controls, among others, this is also located in the national neighborhood of Puerto Armuelles and its name en: Mobile city technology. We can also find different types of establishments focused on more personal aspects, such as a beauty salon called The King Barber. In this place, people can ask for an adjustment to their appearance, such as a haircut, among others, and be more presentable and better groomed, for Lastly, one of the new businesses that is going to be inaugurated would be Super 99. This is one of the best-known projects that will be carried out and later be inaugurated. It is worth mentioning that this project is not yet finished, but it is under construction. This place is a store where we can find different types of household items as well as items for daily use and even buy groceries to take home.



Environmentally Friendly Solar Energy "ECOSOLAR"

In April 2016, the necessary studies were carried out to start this extraordinary project located in Progreso, that has two solar parks. The electricity produced by these parks solar panels benefit of the commercial and industrial sector, also many families receive the advantages of using this new type of energy that came to reduce expenses and help improve the economic situation in our homes. Equally important, is mention that our planet is dying as a result of pollution, this type of renewable enerav uses sunlight to generate electricity, decreasing global warning. For this reason, the planet we live on cries out for more projects of this nature that help take care of the environment, since this is the only home we have, if we don't make a change together we will not have a healthy planet to inherit from future generations.

BY: MAYULI QUINTERO

Export in the banana Barú district

For many years, the main export item of the district of Baru was bananas, thanks to the ease offered by the fiscal dock and the railway network, bananas had become the main source of income for t- he district. The Chiriquiland company had a discrepancy problem with their workers union few years ago so, the great export boom of bananas in the district of Baru came to an end. As a result, the situation became critical for many families who lost jobs and had to adapt to new ways of life. Then, many of the existing packing houses on the banana farms closed their doors and although the banana trade continued, it was no longer at the same level. Despite, the critical situation the district was going through until 2017 the national government, as a witness to the President of the Republic, Juan Carlos Varela Rodríguez, and executives of the Banapiña company, a subsidiary of the multinational Del Monte, decided to carry out a large investment in the banana zone of Baru, in order to reactivate production and improve the country's export levels. The law contract was signed in May 2017 and this allowed the first shipment of 3,000 boxes of bananas to be made in 2019, thus beginning a new era of work in the area under the direction of Banapiña Panamá S.A.







Fish export in the Barú district

Despite, the crisis caused by the decline in banana production in the district of Barú, the town looked for ways to reinvent itself and take advantage of such an important resource as the sea. In this way, groups of fishermen took the initiative to create the Association of Artisanal Fishermen of El Porvenir, thanks to the support of the government by providing them with a collection center, great things have been achieved in this branch of production while improving the economy of this area. Currently, around 30 tons of fish are being exported each month to the United States market, through the company Independence Sea Food, this project has represented great benefits for many families in the Barú district while providing greater international recognition. The Technical Secretary of the Agricultural Cabinet, Blanca Gómez, explained that the delivery of this collection center was carried out by the Minister of Agricultural Development, Augusto Valderrama, and the Administrator of Aquatic Resources of Panama (ARAP), Flor Torrijos, and that on this occasion they were accompanying the President of the Association, Ernesto Vargas, on a visit to the facilities to see the momentum and benefits they are obtaining from these infrastructures. These exports are of different varieties of fish such as: red snapper, white snapper, grouper, among others, which have an excellent acceptance in the North American market, entering the United States through the port of Florida. There is an enormous potential to develop and these artisanal fishermen are showing that if they are given a hand and the tools they are capable of making good use of that fishing rod.



Coel-Chambers of Commerce in Bari

What is Coel?

Coel are the chambers of commerce, industries and agriculture of Panama. Currently, its purpose is to promote, defend and connect private enterprise. It actively works to ensure the growth of commercial, industrial, agricultural and service activities, in addition to cooperating in the study of economic and social problems that impact the country in order to provide proposals and solutions, which is an act for me. Important for them. Regarding the working tour of Chiriquí, President Alberto López met in the City of David with the President of the Chamber of Commerce of Barú, Alberto Carbonó, in which they discussed at length the need to promote the materialization of projects, such as for example, the multipurpose pier, the tender for which has been unsuccessful on previous occasions, and the rehabilitation of the Airport in order to improve connectivity in the area and the supply of logistics infrastructure to attract investment, for the benefit of the region, we must clarify that it has been proposed to start a series of seminars in order to make a diagnosis of the needs of Barú, a sector with great potential for agricultural production and livestock. In addition, it has a very good geographical position because it has a bay that could be used for the development of a dock, at a time used by the Chiriquí Land Company to export banana production to the international market since Chiriquí is a province with a high economic value and numerous advantages to exploit the logistics sector.



In the town of Rodolfo Aguilar Delgado we live in great need and some residents had to leave the town with the only hope of returning to their banana-producing lands, so they spent a long time where the Bana-Piña company came to return the job offer to many unemployed and thus turn the district into that attractiveness as the most well-known banana export center in Panama, also known as green gold, during its growth it has contracts for men and women and exports to other countries, Bana-piña known with the name of Monte is a company dedicated to the cultivation of bananas and pineapples. Until now they export bananas, this work is carried out by the workers and they are distributed in two sections in the field, where the fruits are given due care and maintenance. And this is sent to the packers, and that is where the workers have the task of choosing the best fruit and then exporting it nationally. and abroad, we always have faith and that there are always opportunities for companies that want to invest in the district.

Bana-Piña Green Gold









export

COROZO

Copal R.L Raw Material

The company Copal R.L is a company dedicated to the production of corozo fruit, from which cooking oil is obtained. And cosmetic oil. Copal R.L offers this raw material to the different extraction plants of the district of Barú which are in charge of extracting the oil for its subsequent export and producing refined oil for a specific brand, all this production must be carried out in a series of care for a time. Determined, to later make the harvest that occurs when red fruits are found on the ground, all this labor activity is carried out between partners and workers, everything can be part of this company, we can also say that its production yield is great in cultivation and this is what motivates the extractors to continue extracting from this fruit the best oil in the district and Panama. The most important of all this is that the companies give many people in need the opportunity for have an income in their homes, this has helped the residents of the Rodolfo Aguilar Delgado corregimiento, thus giving hope that many people in the community that other company take the initiative to invest and get the district afloat. There is a lot of land that can be invested, it is only a matter of reaching negotiations and providing development in the district, they also do social work for families that needy and it is beautiful to see as that they can help other people.



Beaches and fishing --Baru a hidden paradise



Barú has a territorial extension of 595 km² of this great place, more than 40 km are on the coast where different fishing and marine activities are carried out and how any place has drawbacks that do not allow this beautiful place to see its potential and allow that your benefits are 100% for the majority of people who belong to this district. The beaches of the District of Barú offer many recreational opportunities for many people from outside or inside the province of Chiriquí because when they go to the beach they enjoy sailing, fishing, swimming, walking, collecting objects, bird watching, playing and sunbathing. Among other activities. In addition, one of the beaches that attracts the most attention is the one located in the "Palmar Sur" perfect place to enjoy the sun and the type of small waves essential for the little ones of the house and practice a little swimming and better known the beaches of Puerto Armuelles like that of San Vicente near the PTP in other words on each coast of Barú you will find a beautiful beach to enjoy with family and friends. Other activities such as fishing are practiced here in this region such as artisanal fishing, which is to catch some fish with diving skills without artificial respiration and with a harpoon or with fishing rods and most people do it with a fishing net since these they are the most used by fishermen in Barú as a result they catch different species of fish such as Congria, omereta, snapper for export, lobsters, shrimp, crabs and octopuses in addition to most people who live in coastal areas such as Río Mar or San Vicente.

They are dedicated to the trade or sale of these species, some sell fish in trucks or they go directly to the market where the lowest prices are, in some cases the prices are a bit expensive but they are for reasons of time or inconveniences at sea. either due to bad weather, or the season was scarce which means long periods of time, Weeks and even months at sea, with small boats known as "pangas" and carrying supplies, water, food and all the necessary items such as Line Clippers, Rope, Rods and reels, fishing grips and fishing chair to be successful in fishing also when selling these species the prices vary from 1.50\$ to 9 dollars, prices are lower in the same seafood market and thus they also have profits where they get more profits from the fish is during Easter in which this food is important in the table of the Baruenses on the other hand it should be noted that large institutions such as the AMP (Panama Maritime Authority) have planned to collaborate with the construction of the fiscal dock in this region that means a better experience to fish and the best advantage more visits from people from abroad as tourists we must remember that Barú, Puerto Armuelles was considered a beautiful place where to spend the best vacations and job opportunities at the end remember the importance of clean beaches ideas to carry out cleanup campaigns for a stipulated period of time such as weekly clean the beaches and more recycling containers because what it sells is the image of the place and it would attract the attention of the people who bring benefits to all "Baruenses".

MONO FELIZ

First of all, looking at the title, we can imagine a children's story or something similar. However, this is a tourist site called Mono Feliz, which is located in Puerto Armuelles, specifically in Punta Burica. It is an ecological site, offering wooden cabins, a swimming pool, and a solar energy system. But definitely, its great attraction is its proximity to that sea. Likewise, it has a wide variety of flora and fauna, highlighting the five different races of monkeys that are observed in the area. At this point in the article, we will think that it is an advertisement for the aforementioned site, but it is not. Moreover, we university students and future professionals must highlight rural projects like this. Because this adds aesthetic beauty to the region, and also attracts national and international tourists. Taking into account that this helps tourism, which should be one of the economic bases of our district.



"A DESTINATION THAT WILL MAKE YOU ENJOY NATURE"

What is trying to express through this article is that when we have beautiful tourist places, the people will want to go. And financially speaking, this generates a great economic increase. Because visitors bring money that they are going to spend, in stores, supermarkets, and restaurants; there is also the option for them to buy handmade items. In other words, it increases the flow of money in Puerto Armuelles, inspiring more entrepreneurs to create projects because it is something sustainable. Nevertheless, all this can not be achieved overnight. because is necessary to inculcate a culture worthy of a tourist destination. In closing, is important that tourist sites like Mono Feliz succeed so that there is more community development. better infrastructure. more jobs, and poverty reduction at the same time.

MONO FELIZ

BY: BRAYAN FRIAS

HOTELS WITH SEA VIEW

In our Baruenses lands, we have a series of hotels, of which I can highlight many, due to the great economic e that has brought to Puerto Armuelles, this has been given thanks to the fact that we have the advantage of having coastal areas giving it a very tourist twist, However, today we can observe some absence of support from the people and competent authorities in view of that, the manager commissioned by the Big Daddy's one of the hotels with more foreign views, he tells me that each year he implements more strategies to get the attention of his visit It is obvious to think that if we support domestic tourism and therefore we visited our local hotels we could give a new revive and leave behind, the ghost town. And worth mentioning that each contribution we make for visiting our baruenses hotels and we recommend other people would be collaborating a lot in our tourist Advance. Finally, this in turn opening the doors to direct and indirectly energy sources in the Barú District. **BY: IBANIS ARCIA**

THE COASTAL BELT IN BARÚ

The coastal strip in Barú has been one of the great projects that the Panamanian government had promised but that for some reason did not materialize.In addition to its enormous benefit to the district, it would bring tourism, a good showiness, an attractive view and it would benefit the economic sector, as well. To people who do not have a stable job in Puerto Armuelles. On the other hand, it would open up many opportunities for the tourism sector. Also, it would give an improvement to the district that has been hit so hard since the chiriquí land company left. Moreover would change the old image we have of our port of Armuelles to a more modern image in which many people would like to visit the coastal strip such as children, tourists.

BY: LUIS RÍOS





TREKKING

Is it important to know what hiking is?

We know hiking as a sports activity that is practiced in the middle of nature, whether walking through trails, forests and mountains. One of the most important things to know about hiking is the proper equipment to bring, for example, shoes, comfortable clothing, food, and above all a backpack with enough water.

In Barú since 2008, hiking has been practiced from different tourist areas in various communes of the district, such as Mono Feliz, which is found in lemons, as well as Tigre Salvaje, we can also mention the Audubon-El Chorogo Reserve, which is located on the limits of San Bartolo, it is very important to mention that in El Chorogo we can find shelters for birds, mammals, reptiles, plants, etc. The Mono Feliz and Tigre Salvaje trails are very similar tourist areas, these places are well known due to their comfort, their excellent attention and of course they can be places to enjoy with the family with maximum relaxation, we can also see similarities in these beautiful places, for example, in these two places we can also observe plants, fruits, rivers, animals and also places of entertainment for the public, which are very important factors since they attract the attention of tourists and make the walks much more bright, fun and interesting.

A path towards the conservation of the Barú Forest Reserve.

Barú Forest Reserve is an area protected by the Ministry of the Environment and is located in Puerto Armuelles, specifically in the Palmas, and Monte Verde-Llano Bonito neighborhoods. Furthermore, it has a forest area of 40 hectares, with great biodiversity, and attractions that can be found, such as exquisite vegetation, trees, and sightings (birds, monkeys, and other species) of being threatened. Consequently, in 2003 it was created as the Baru Ecological Reserve, in Municipal Agreement No. 139 (July 2, 2003). Rectified on April 14, 2021, in a municipal agreement found in the official gazette. In addition, it is important to highlight that many laws are subject to the protection of the Forest Reserve, such as Law No. 41 General Environmental Law where Law No. 1 is established. Forest Law, Law No. 24 Wildlife Law, the aforementioned municipal agreements, additionally there is Executive Decree No. 32 of March 28, 2017, which establishes the Regulation for the Recognition of the Legal Status of Community-Based Organizations. Although the fight began in 2012 with the communities, it was not until 2020 during the August pandemic that Eco Friends of the Baru Forest Reserve (O.B.C) emerged, which a community-based organization with legal status is granted by the Ministry of the Environment. Environment whose non-profit aims to conserve and protect the natural environment of Puerto Armuelles for the present, and future generations. Therefore, restore, reforest, and conserve forests' water sources, among other objectives to be met. However, this would not be possible without the help of the leaders in the protection of the Baru Forest Reserve (OBC) such as Bethany Strong (President), Nataly M. Castillo (Secretariat) Shelly de León (Treasurer) and other important members. It is true that, thanks to different governmental and non-governmental organizations that work for hands in hand, such as the Municipality of Puerto Armuelles, My Ambient, The firefighters, Panamanian Red Cross, Senafront, and others. Furthermore, volunteers from the different communities that surround the Reserve, and above all the contribution of the Community of Baruense. In fact, Nataly Michel Castillo, Law, and Political Science student, passionate young woman, activist, and lover of nature, partner, and volunteer in the conservation of the Forest Reserve together with the great support of her husband Roberto Castillo (advisor, commissioner). The path towards the conservation of the Forest Reserve is not easy, but it has had a great impact, and satisfaction on her family life; and she actively participated in the different activities to protect, and conserve the ecosystem, for example; the planting, and harvesting of organic products, recreational activities with environmental education (family reunions), and among others. In short, the forest reserve is important within our community of Baruense, we must give it the value it deserves, and the necessary care for the conservation of natural resources that are incalculable, and above all, the most important thing is to make the community of Baruense aware of that the fight is not in vain because we can all be part of this beautiful reserve. According to Nataly M. Castillo. "The time you spend today with Mother Earth will be a gift for future generations.



BY: MAYRA TORRES

FINE ARTS SALON

ART AND CULTURE



FINE ARTS SALON

THE FINE ARTS SALON IS AN INSTITUTION DEVOTED TO PREPARING THE FUTURE DEVELOPERS OF ART IN THIS TOWN. IN AN INTERVIEW GIVEN BY THE CURRENT DIRECTOR OF THIS INSTITUTION, CARLOS ALBERTO MIRANDA. HE SAID FINE ARTS SALON STARTED IT'S FIRST ACTIVITIES IN 1993. AT THAT TIME, IT WAS LOCATED IN EL CARMEN NEIGHBORHOOD, ON THE SCHOOL MOST KNOWN AS THE NUMBER ONE. HE ALSO MENTIONED THAN IN ITS BEGINNINGS THIS SCHOOL WAS NOT LEGALLY ACCREDITED. THIS SCHOOL WAS CALLED AS PATRONAGE OF FINE ARTS. BESIDES, IN 1994 ITS NAME CHANGED TO FINE ARTS SALON OF PUERTO ARMUELLES. IT'S IMPORTANT TO MENTION, FINE ARTS SALON JUST GAVES ARTS CURSES. IT WAS UNTIL 1998 WHEN WAS GIVEN THE FIRST TITLE LEGALLY ACCREDITED. IT WAS A PLASTIC ARTS TECHNICIAN. THEN, IN 2005 WAS INCORPORATED THE SUPERIOR TECHNICIAN IN PLASTIC ARTS. IN ADDITION, ITS IMPORTANT TO MENTION THAT THE GREAT MOST OF STUDENTS REACHED THE GOAL. RIGHT NOW, THEY WORK, TEACHING ABOUT THE PROFESSIONAL ART. DIRECTOR MIRANDA EMPHASISED FINE ARTS SALON ALSO TEACHES OTHER ACTIVITIES AS MUSIC AND FOLKLORE. ACCORDING TO HIM, THIS SCHOOL HAS GOING EVOLUTION AND IN 2022 WILL BE PART OF MEDUCA. MANY PEOPLE THOUGHT THAT THE SCHOOL WOULD CLOSE BECUASE OF THE PANDEMIC. MR MIRANDA MENTIONED HE AND HIS COLLEAGUES HAD TO MEET TO THINK WHAT TO DO, THEY DECIDED TO IMPLEMENT THE VIRTUAL CLASSES. NOWADAY, THEY ARE GIVING CLASSES COMPLETELY FACE TO FACE. FINE ARTS SALON HAS AN ENROLLMENT CLOSE TO FORTY STUDENTS PER YEAR. AGREE WITH THE STATISTICS, THE SIXTY PERCENT REACH THE GOAL.

BY: FRANK GUERRA





In 1990 the struggle to have a new sports province began, so in 1991 the signatures of the creation of the new sports province were achieved as a result of the need for a western team because the players from Puerto Armuelles were not very taken into account in the official chiriqui team. After the creation of the Western Chiriquí team was achieved, the leaders of the federation demanded a host stadium for the team, for which the three-year struggle began to build a decent stadium. thus, the Pro-restructuring Committee of the Stadium was created; They asked for loans from financial companies in addition to doing many activities such as bringing a concert to Puerto Armuelles of "Las Chicas del Can" and "Oscar de Leon". Carnivals, fairs, Accordion Festival along with many others were also organized to raise funds and build the stadium so in the end the stadium was inaugurated in 1994 with a total capacity of 900 fans, there was no parking available, there were only two rooms for teams and two offices, in addition to the stands, there were no chairs and the scoreboards were not electronic, the grass was natural and needed continuous care that was not given. In contrast to the new stadium remodeled and inaugurated in 2021, the differences are abysmal since the improvement is total in every way thanks to the fact that it has prefabricated concrete stands with capacity for 4,000 people seated in seats, 3,900 generals and 100 VIP with seats. special, in addition to boxes, press cubicles, electronic board, elevator for 8 people and players' bedrooms for each team with 18 cabins. In addition, the stadium has green areas (landscape), asphalt or concrete parking lots, access, electrical room, closed circuit surveillance system, fire alarm system and sprinklers. For this reason, this was a project granted by Pandeportes, an institution that guarantees the development of sports within the Republic of Panama.

THE STADIUM OF GLORY





Baseball in Barú

As we know baseball is one of the sports in which Panama has excelled more and has gone further, Puerto Armuelles known as the beautiful city of the Sands is an example of development in sport, Barú as our entire province is home to great talented athletes, baseball being one of the most talented human talent has received from the lands of Barú, we are part of the sports family of Chiriquí West, with a renovated stadium called (Glorias Deportivas Baruenses), this stadium is the second best and largest in the province, This stadium represents as a symbol that sports is an opportunity that is given to the youth to develop their mentality, to exercise and have a place of recreation away from violence and crime, Barú is a land of champions, in this beautiful part of our district of Barú we have a good amount of sports spaces where you can practice various sports disciplines and I think it is a great opportunity because many young people are encouraged to practice the sport they love so much. It is my pleasure to know that the government has invested and will invest to provide athletes and fans a better place for recreation, and it is incredible that the youth are being encouraged to practice sports because with these they use the discipline, perseverance and effort to improve every day, and also to reflect it in their studies and keep them away from the bad steps

BY: MICHAEL HIDALGO





Football in Barú

Football is the global passion of multitudes, it is a popular sport in the world, which arouses the interest of young and old, no matter the social, political or religious stratum, all gather to follow their favorite team, in Barú there are athletes who with energy and passion take over more and more of the playing field, as evidenced by the soccer team, this sport has been developing little by little in this beautiful district full of talent. As we know there are different leagues in which all kinds of people participate, from children to adults, there are also women's leagues, in this discipline we can highlight that it requires hard teamwork and sacrifice, But also young people need the necessary equipment to practice sports in the best conditions, mentioning that the new stadium that San Vicente will have in Puerto Armuelles, is great news for young people, as it will be a great opportunity to continue growing and developing their talent and having such a stadium will be a great motivation for those whose dream is to practice sports professionally or start in a proper way the sport discipline, it motivates me to know how many projects can be carried out over time for the youth of **Puerto Armuelles**

Interviewing a new student

New Face



Interview with a first-income student

An interview with a first-year student in the English degree is the one that gives rise to this article. Concerning the interviewee, we will only know that she is a girl because she asked to be anonymous, so her personal information will not be disclosed. On the other hand, I must clarify that this interview is made to expose what attracts the student to this career.

The question was: Why did you choose to study this career? To which she answered: "although I had other options in mind, I ended up choosing this career because I like English, and it also has a great relevance worldwide, so it is important to learn it", to which I can easily deduce that she chose this career because of what English represents. Since it is currently the most spoken language in the world, it is very helpful to know it. So, it opens a large window of options, which would help in professional life.

In closing, I can say that your decision to choose a degree in English, to broaden your range of options as a future professional, is very wise. I am not an expert in these matters, but clearly, nowadays we see that English has become an essential language.

BY: BRAYAN FRIAS

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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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EDUCATION	ART	CULTURE
TOURISM	ENGLISH	SECURITY
BARU	FAMILY	BEACHES
ECONOMY	HEALTH	BASEBALL





JUNIOR GROUP MORNING SHIFT

Marvin Pimentel Ibanis Arcia Aldair Avila Mayuli Quintero Yasibeth Hurtado Wadys Beitia Luis Ríos

PRESIDENT



Marvin Pimentel

Daybelis Morales Mayelis Murillo Mayra Torres Miguel Salinas Brayan Frias Samantha Montenegro Stephany Miguel

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Ibanis Arcia

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TREASURER



Mayuli Quintero