

Aquí Viene

Cascarrabias

ASPV MAY 2025



Cascarrabias MADE POSSIBLE BY

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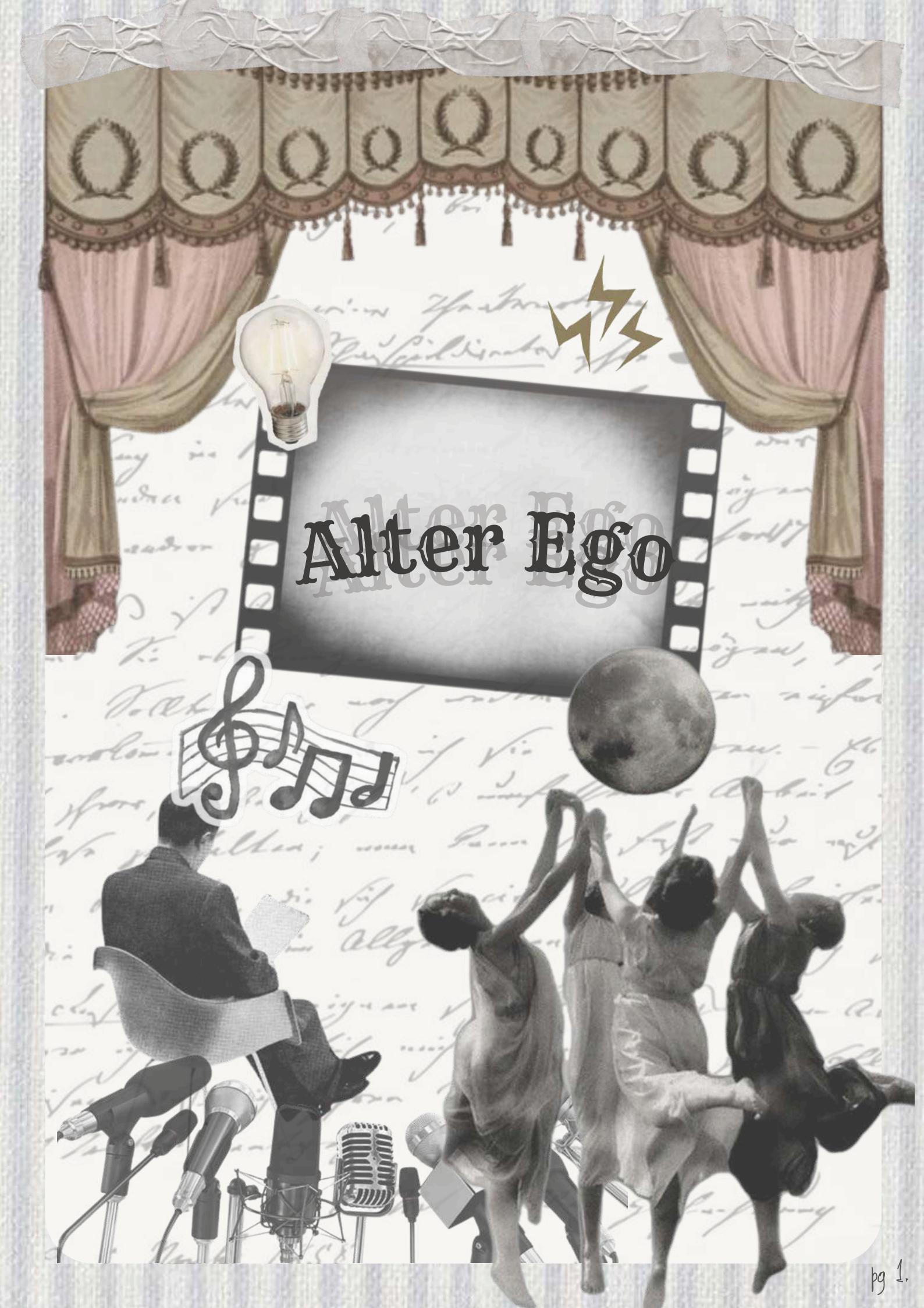
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Alter Ego

POEM BY: BELLA PERNIAUX

Divided by Silence

Effia roamed around in complete awe,
with her hands brushing against the
warm, dark wood.

The silk hangings flowed like waves in
the breeze,
a life far beyond what she understood.

The sea is hers, so is the land and light,
her whole world outside, a canvas
painted bright.

But deep beneath, where shadows fall,
her sister's cries begin to call.

Esi's voice, faint but clear,
fills her sister with instant fear.
A silent pause fills the air,
"people below?", she asked, unable to
bear.

"Yes," he claims with no
regret,
The sounds below begin to
fade.
Yet she stood up there in
shining walls,
With Esi down there, her
hopes betrayed.

"Take me home" she pleads
in vain,
But the words, so lost,
there's no remain.
Two lives so close, yet
worlds apart.
One locked in chains, the
other in no pain.

MEANING OF THE POEM:

"Divided by Silence" captures the contrast between Effia's comfort and Esi's suffering beneath her. Inspired by a moment in the novel, the poem reflects Effia's innocence as she admires the castle's beauty, unaware that her sister is imprisoned below. Lines like "her sister's cries begin to call" echo the fear Effia feels when hearing the dungeon's sounds. Her question, "What's below?" marks the beginning of a painful realization, though she can't fully grasp the horror. The line "Two lives so close, yet worlds apart" highlights their separation. James' comment, "Your home is no better," reminds us that both sisters live under systems of violence, just in different forms.

THE PASSAGE FROM ‘HOMEGOING’

By: Bella Perniaux

That inspired “Divided by Silence”

On the ground floor of the north wall, there were apartments and warehouses. The center held the parade ground, soldiers' quarters, and a guardroom. There was a stockyard, a pond, and a hospital. A carpenter's shop, smithy, and kitchen. The Castle was itself a village. Effia walked around with James in complete awe, running her hands along the fine furniture made from wood the color of her father's skin, the silk hangings so smooth they felt like a kiss.

She breathed everything in, stopping at the gun platform that held huge black cannons facing out toward the sea. She wanted to rest before James led her up his private stairwell, and so she laid her head down against one of those cannons for just a moment. Then she felt a breeze hit her feet from small holes in the ground.

“What's below?” she asked James, and the mangled Fante word that came back to her was “cargo.”

Then, carried up with the breeze, came a faint crying sound. So faint, Effia thought she was imagining it until she lowered herself down, and rested her ear against the grate. “James, are there people down there?” she asked.

Quickly, James came to her. He snatched her up from the ground and grabbed her shoulders, looking straight into her eyes. “Yes,” he said evenly. It was one Fante word he had mastered.

Effia pulled away from him. She stared back into his piercing eyes. “But how can you keep them down there crying, eh?” she said. “You white people. My father warned me about your ways. Take me home. Take me home right now!”

She didn't realize she'd been screaming until she felt James's hand on her mouth, pushing her lips as though he could force the words back in. He held her like that for a long time, until she had calmed. She didn't know if he understood what she said, but she knew then, just by the faint push of his fingers on her lips, that he was a man capable of hurting, that she should be glad to be on one side of his meanness and not another.

“You want to go home?” James asked. His Fante is firm, though unclear. “Your home is no better.”

ENSAYO INTELIGENCIA ARTIFICIAL

sobre la

POR: POLETTE LOPEZ

La inteligencia artificial, la tecnología del futuro, es la capacidad que tienen las máquinas para aprender y tomar decisiones por su cuenta. La IA ha logrado revolucionar varios aspectos de la vida cotidiana, desde la medicina y el aprendizaje hasta la fotografía y el arte. Sin embargo, mientras pasa el tiempo, esta se vuelve más que un apoyo y se convierte en algo con la capacidad de dejar a los humanos atrás, especialmente en relación con el arte. La IA, aunque ofrece una variedad de ventajas, ha perjudicado la creatividad y la expresión humana en el campo artístico, ya que hace que los artistas participen menos en su propio proceso creativo, reemplaza la creatividad por resultados rápidos y repetitivos, y reduce el valor del trabajo artístico al hacerlo accesible sin ningún esfuerzo.

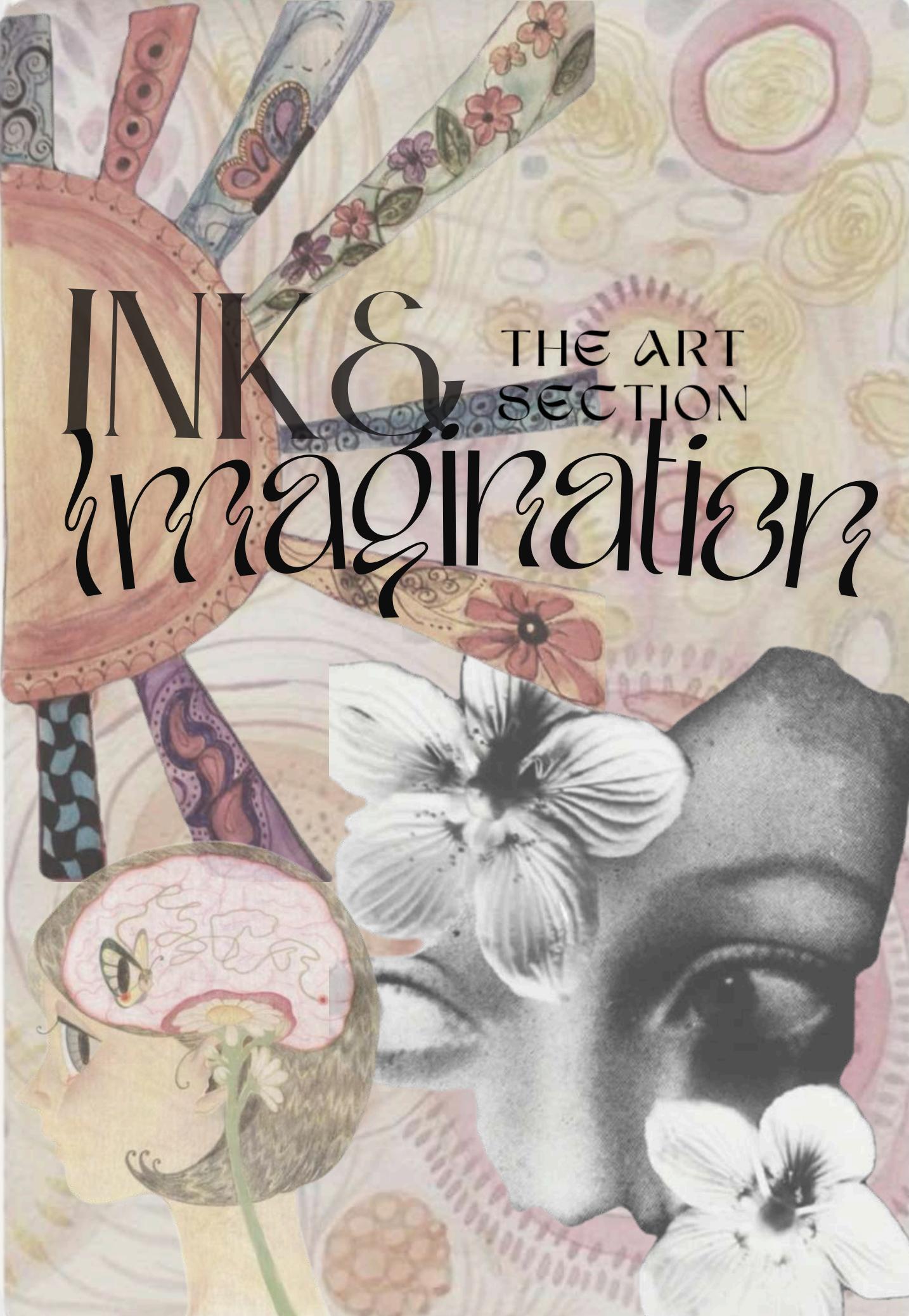
El ser humano, siendo el único con la capacidad de tener conciencia, ha creado verdaderas obras de arte basándose en sus propios pensamientos y sentimientos, algo que la inteligencia artificial nunca podrá recrear, solo perjudicar. Al crear arte de forma automática, la IA impide que los artistas conecten con su creatividad y vuelve las piezas frías y sin el toque humano. El arte es una forma de expresarse y de poder transmitir mis ideas en forma física para que otros puedan entenderlas y disfrutarlas, algo que me ha apasionado toda la vida y que creo que no debería mezclarse con la tecnología de tal manera. Esta es una perspectiva con la que incluso ciertas escuelas, como la Escuela de Artes y Humanidades, están de acuerdo, al afirmar: "Es importante tener esta perspectiva por problemáticas que surgen como sería el cuestionamiento a derechos de autor o la creatividad" (Beas Castro, Cornejo Moya et al., 2023, p. 8). Aunque esta tecnología puede usarse como apoyo para buscar inspiración, utilizar una herramienta que parece tener poder ilimitado hace que muchos artistas tomen ese camino y olviden la importancia de dejar su huella y crear sus propias obras. Como muchos otros, yo he utilizado la inteligencia artificial para estructurar mejor mis ideas, pero en cuanto al arte, quiero poder ver mi creación y estar orgullosa del hecho de que es mía y de nadie más.

Además de afectar la expresión humana, la inteligencia artificial reemplaza la creatividad por algo repetitivo, quitándole todo el sentido a crear obras de arte. Al darle ideas específicas para que las transforme en una imagen y llamarla arte, arruina la magia del mundo artístico por completo. Expresarme mediante el dibujo o la pintura siempre ha sido algo que me ha apasionado, y es frustrante ver a otros usar una computadora para hacerlo y luego tomar crédito por ello. Como ha expresado el Centro Universitario de Ciencias Sociales y Humanidades, "El arte generado por la Inteligencia Artificial proyecta el discurso sobre un plano metafísico diferente, a caballo entre lo semántico y lo ontológico, donde sus implicaciones ponen en tela de juicio la idea de creatividad" (Leoni, 2024, p. 69). Al bloquear la creatividad y obtener resultados artísticos al instante, todo el arte se vuelve parecido y repetitivo, quitando la necesidad de hacerlo si no va a sobresalir del resto.

Por último, y más importante, la inteligencia artificial en el campo artístico reduce el valor de los artistas y de las personas que han trabajado toda su vida en el área, ya que lo hace accesible sin ningún esfuerzo. Para quienes han estudiado algo relacionado con el arte, como varios miembros de mi familia que estudiaron arquitectura, ver una herramienta capaz de hacer en segundos lo que tú llevas años estudiando, disminuye el valor de tu esfuerzo. Por ejemplo, en el caso del alumnado de Bellas Artes, "La Inteligencia Artificial, que genera imágenes realistas a partir de texto, puede afectar el futuro del alumnado de Bellas Artes, ya que a través de estas IA se está realizando el trabajo que puede ejecutar un artista" (Albar Mansoa, 2024). La IA no solo pone en riesgo el valor del esfuerzo, sino también todas las carreras artísticas en las universidades. En mi futuro, yo sé que quiero algo relacionado con el arte, pero el reemplazo de la tecnología por la expresión humana compromete todo lo que tenía planeado.

La inteligencia artificial, una herramienta tan poderosa, puede poner en riesgo a millones de artistas en el mundo y al aspecto humano del arte. Al dar resultados en segundos y de forma automática, la IA le quita el sentimiento y la profundidad humana al arte, que es lo que lo mantiene vivo. No solo eso, sino que también hace peligrar a las carreras artísticas y la oportunidad de dedicarse a eso, si ya lo puede hacer algo más rápido que tú. La inteligencia artificial debería ser usada como inspiración y apoyo, no como una forma de hacer arte más rápido.





INK & THE ART SECTION imagination



MOVIE REVIEW

FANTASTIC

Mr. Fox

By: Sierra Williamson

I recently watched *Fantastic Mr. Fox*, and I have to say, I absolutely loved it. On the surface, it looks like a fun, artsy stop-motion movie, but once you get into it, there's a more profound depth, both emotionally and symbolically. The film isn't just about animals stealing food; it's about figuring out who you are, accepting others, and learning how to be there for the people you love, even when you mess up. It felt personal in a way I didn't expect.

Mr. Fox is such a complicated character, and that's what makes him feel real. He wants to be wild and free, and I think a lot of us can relate to that. Sometimes, especially as teenagers, we feel stuck between being responsible and wanting to do something exciting and rebellious. Mr. Fox keeps trying to prove he's still cool and clever, but in doing so, he puts his whole family and community in danger. His journey is really about learning to grow up, not in a boring way, but in a way that still lets him be true to himself.

What really hit me was the theme of identity, especially with Mr. Fox's son, Ash. Ash feels like he's not enough: he's not tall enough, not athletic enough, not Kristofferson enough. But by the end, he realizes he's actually amazing in his own weird way, and that felt so honest. We all have those insecurities, but the movie shows that you don't need to change who you are to be special: you need to embrace your own "fantasticness."

There's also this strong message about power and control. The human farmers are obsessed with destroying Mr. Fox and the animals, which reminded me of how adults or systems sometimes try to crush your creativity or individuality. But the animals don't give up. They work together, they get clever, and they survive. It's honestly inspiring. It made me think about how we can stay strong when the world gets unfair, and how important community is when you're going through something hard.

In the end, *Fantastic Mr. Fox* really surprised me. It made me laugh, made me think, and made me feel understood. It's not just about a clay fox—it's about being human, even if you're technically not. It reminded me that it's okay to be flawed, to make mistakes, and to be a little weird sometimes. What matters most is loving the people around you and finding your own way to shine.

Met Gala

Tailored for You Black Edition

BY: PAULINA PASQUEL

Referred to as fashion's biggest night out, the Met Gala is an annual fundraiser hosted at the Metropolitan Museum of Art in New York City. The exclusive soirée brings together celebrities, designers, and cultural icons from around the globe for a celebration of bold fashion, identity, and innovation. Each year, the funds raised through the gala provide essential support to the Costume Institute, helping sustain its exhibitions, research, and cultural programming. With every edition, a new theme takes the stage, setting the tone for the night. This year shines the spotlight on black creatives and inventors, honoring their impact on the fashion industry. Hosting the event is Colman Domingo, Lewis Hamilton, A\$AP Rocky, Pharrell Williams, and Anna Wintour alongside LeBron James, serving as an honorary chair, an influential lineup that reflects the event's commitment to cultural representation. Under this year's theme, the gala celebrated culture, remembering the legacy of fashion innovators from communities of color whose impact has long gone unrecognized.

In October, The Metropolitan Museum of Art announced its spring 2025 Costume Institute exhibition, called "Superfine: Tailoring Black Style," which explores the rich history of Black dandyism and the way tailored fashion has been used as a tool of expression, resistance, and pride, taking inspiration from Monica L Miller's 2009 book titled "Slaves to Fashion" which looks at black dandyism, a style combining fashion, identity, and self-expression in black communities. The exhibition was divided into 12 themes, each reflecting a characteristic of dandy style: Ownership, Presence, Distinction, Disguise, Freedom, Champion, Respectability, Jook, Heritage, Beauty, Cool, and Cosmopolitanism. "Superfine" will feature garments, paintings, photographs, and more from artist including Tanda Francis, Ming Smith, Rashid Johnson, Torkwase Dysom, Andre Grenard Matzwa, and Tyler Mitchell, all exploring the complexity and artistry of Black dandism, from the 18th century through the present day.

This year's Met Gala dress code, "Tailored for You: Black Edition," was more than just another theme to follow, it was a powerful statement in which celebrities had the opportunity of representing the colored community and all the contributions they have brought to the fashion institute. The phrase "Tailored for You" highlighted the power of self expression, allowing all guests to wear something that reflects their own identity and style, inviting them to show up in something personal and meaningful. Meanwhile, the "Black Edition" portion serves as a celebration of Black culture, creativity and legacy, spotlighting the often overlooked influence of black designers, artisans, and visionaries who have long contributed to the style industry without getting the recognition they deserve.

Black dandyism, one of the key ideas in this year's Met gala, is far more than just a fashion statement: it's a powerful demonstration of cultural expression and resistance. For many generations, black individuals have used precise tailoring and intentional style to show who they are and assert dignity in the face of oppression. In the 18th and 19th centuries, formerly enslaved colored people in places like the Caribbean and the American south used European dress to reclaim dignity, turning clothing into somewhat of a rebellion. During the Harlem Renaissance, the style became a way of expressing pride, intellect, and status. Things like vibrant colors, tailored or polished suits, and hats were essential. It was about being seen and respected. Black dandyism is a cultural movement and fashion style that serves to reclaim dignity and challenging societal limitations through fashion.

By centering this year's Met Gala on black inventors, creatives, and the influence of black dandyism, the 2025 event did more than just highlight a style: it honored a cultural legacy rooted in pride and creativity, reminding the world that fashion isn't just about trends, but about history, identity and all the voices that have helped get it where it is today.





A collage of illustrations related to reading and libraries. At the top left, a young boy with blonde hair is shown from behind, looking up at a large stack of books and newspapers. In the center, the word "LIBRARY" is written in large, bold, dark letters, with "NEWS" stacked below it. To the right of the text is a stylized profile of a woman's head facing right, enclosed in a circular frame. In the bottom right corner, a person is lying in bed, reading a book. A stack of books and a potted plant are visible on the left side of the bed. The background features a bookshelf filled with books.

LIBRARY NEWS

With ongoing clubs, competitions, and circulations, the library continues to be a place where students can discover new passions and learn about their world. Check out what's been happening as the school year comes to a close.



Baking Club

Ms Zazueta and Ms Heiniger have whipped up a new ASPV club: Baking Club. Meeting once a month, this is a time for students to bring in a delicious treat they've made to share with others. We swap recipes and spend time together. This month, Daniela Truqui, a Shark alumna, joined us to share about her culinary career that began at the Thursday market in the Vallarta Marina and took her to the Culinary Institute of American in New York.

3.00
3.00
3.50
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4.50
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5.00

READER OF THE Month!

Finish and return your books this week to become the May Reader of the Month!



Every month, students who read library books are put into a raffle for a gift certificate. Let's give a round of applause to this year's winners:

APRIL: Isa Mora



MARCH: Kenneth McGregor

FEBUARY: José Ángel Gómez

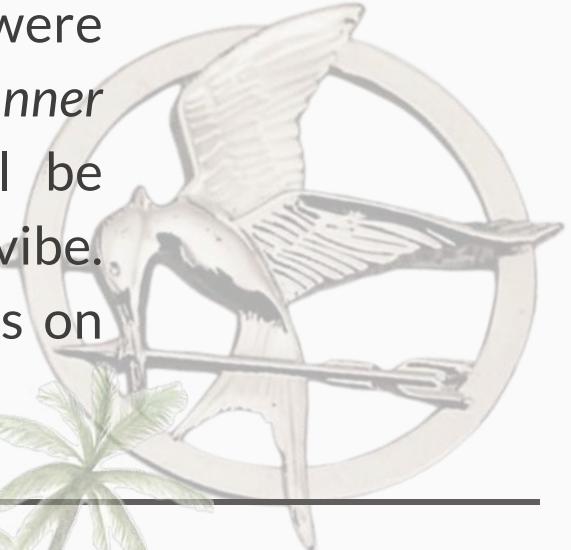
JANUARY: Cloe Ellsworth

NOVEMBER: Summer Payet

OCTOBER: Karina Francis

BOOK CLUB

The theme for May was Dystopian Novels. While eating chocolate chip cookie bars, we shared what we've been reading. Ms Heiniger devoured all three of the original *The Hunger Games* series. Other members were transported into *The Maze Runner* and *Divergent*. For June, we'll be reading books with a summer vibe. Grab a beachy read, and join us on June 10.



Summer Book BINGO!



The Summer Book BINGO is back again! Fill in as many squares on the sheet as possible to get BINGO! A book can only count for one square. For example, the book "Becoming" can be counted as an author who won an award or nonfiction, not both. When the new school year starts, we'll share recommendations and celebrate our accomplishments! There will be prizes for those who get BINGO!

New! ASPV Summer BOOK BINGO

Fill in as many squares as possible to get BINGO! A book can only count for one square. For example, the book "Becoming" can be counted as an author who won an award or nonfiction, not both. When the new school year starts, we'll share recommendations and celebrate our accomplishments! There will be prizes for those who get BINGO!

A book from Mairel's Bookstore	A book set by the ocean	A book by a Mexican author	A book in a tourist destination	A book from The Living Room Bookstore
A book set in the Americas	A book set in Europe	A book set in Asia	A book set in Africa	A book set in Australia
A book published in 2024 or 2025	A book published in the year you were born		A book published before 1950	A book set before 1950
Author has won an award	Main character in middle or high school	Main character is nuerodiverse	Main character is queer	Author is a different race than you
Romance	Mystery	Dystopian	Fantasy	Non-Fiction





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WORLD AND SCHOOL NEWS

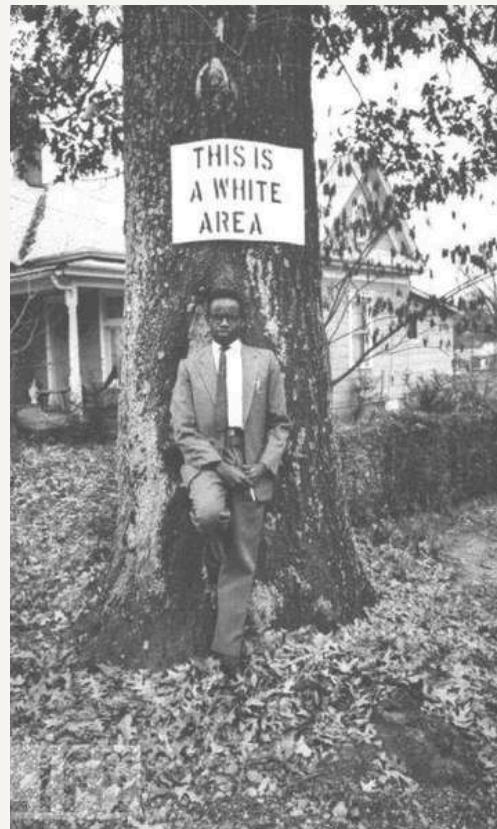


MASS INCARCERATION UNDER THE GUISE OF A MODERN “JIM CROW”

Javarius Cotton cannot vote. Just like his father, grandfather, and great-grandfather before him, the 45-year-old African American man has been denied such a fundamental right, as in every generation, starting with slavery and Ku Klux Klan terror, and only to be followed by poll taxes and Jim Crow laws. In the present day, Cotton is not branded through the use of a hot iron like his ancestors before him, but instead his disempowerment comes in the form of a felony conviction that labels him a criminal. His story is representative of what Michelle Alexander refers to in her book *The New Jim Crow* as a contemporary American caste system, built on the foundations of mass incarceration in the United States, telling the reader that “We have not ended racial caste in America; we have merely redesigned it,” all while arguing that the criminal justice system now has used an array of strategies to maintain a racial subjugation in the country.

HISTORY REPEATING: A “NEW JIM CROW”

Alexander, as well as other legal scholars, has asserted that mass incarceration has become a present and functioning system of racial control, not only reminiscent but even so close to identical to the Jim Crow era, although taking on a disguise within race-neutral laws. The world that the US currently functions in is a post-Civil Rights era which can be denominated as an era characterized by “colorblindness.” Racial bans are simply illegal, but when a person of color is labeled as a “felon,” the very same discrimination which supposedly was left behind becomes enabled with open doors. Such a demeaning treatment comes behind the fact that when an individual is convicted of a crime, the legal system can properly deny employment, housing, public benefits, jury service, and the right to vote, restrictions that mirror the every actions that once targeted Black Americans explicitly under Jim Crow, as “rather than rely on race, we use our criminal justice system to label people of color ‘criminals’ and then engage in all the practices we supposedly left behind,” Alexander explains. The result is staggering. Critics imply that such populations, primarily black and brown Americans, become relegated to a second-class citizenship, not a second-class economic class, but more so one that deals in terms of rights, all paid through prison time and criminal records. The numbers don’t lie: an extraordinary number of black men, for instance, are barred from voting today, just as they were throughout most of American history. As you read this, there are now more black men under correctional control in prison, on probation, or parole than there were enslaved in 1850, a stark and blunt comparison that puts in frame the accurate scale of the issue.



MASS INCARCERATION BY THE NUMBERS

As the article unfolds, it will directly challenge the structure on which the world's most powerful country has been built. The United States, the land of the free, imprisons a shocking number of people, and what is most startling is the rate at which it is done compared to the rest of the world. About 2 million individuals are behind bars in America's federal prisons, local jails, and detention centers today. You may think such a number does not even reach America's population. Still, this number marks a 700% increase in the prison population since 1970, numbers fueled mainly by the tough-on-crime policies as well as the War on Drugs instead of crime itself (even though the imprisonment numbers have climbed, violent crime has significantly fallen since the 1990s). To put such numbers in a larger context, let's look at it globally: The US represents about 5% of the world's population. Yet, it contains nearly 25% of its prisoners, and even though it positions itself as a leader in democracy and integrity, it takes the first place for the highest incarceration rate of any independent democracy on earth. Every single US state, even those labeled as "progressive" states like New York and California, if counted as separate nations they would be ranked among some of the most punitive countries in the world. Countries like Canada, France, or Germany fall short 5 to 8 times of the American incarceration levels.



Yet in such an unjust and cold system, it still finds a way to impact people of color disproportionately. In the United States, black Americans represent about 14% of the population but 41% of the prison and jail population. To restate this in other words, African Americans are incarcerated at more than 5 times the rate of white Americans. But what has brought black Americans into such disparity? Well, the answer is pretty simple: the decades of drug war enforcement started by President Richard Nixon illustrate the true disparity: black and white Americans consume illicit drugs at nearly the same rate, yet it is black people who are imprisoned at a rate 6 times that of whites for drug offenses. Throughout most of the 80's and 90's black communities across the nation were targeted with minor drug tests which equalled harsh sentences. Even though it has never been confirmed that the CIA planted highly addictive drugs such as crack within black communities and some records declared drug routes from Central America which ended in majority black hubs, such actions led to what the author describes as a "new racial underclass." For those who were swept into the drug war, they had to pay the price of returning home marked as a felon, unable to find jobs that accepted them, unable to vote, and completely locked out of the mainstream society. "As a criminal, you have scarcely more rights... than a black man living in Alabama at the height of Jim Crow." Through such observation, Alexander underlines a satirical reality for black Americans. However, the impact cannot be pinpointed; it creates a ripple effect in society, especially in families and neighborhoods. Nearly half of black American children have a parent with a criminal record. It becomes a whole national identity that is branded; entire communities suffer the social and economic fallout of mass incarceration.

THE MOMENTUM OF REFORM, THE WALL OF A SYSTEM

In recent years, both major ideological viewpoints in America have come to a consensus to slightly push back on some of the affects caused by mass incarceration. Today the federal prison population has began a stage of reduction from its peak in 2009. Efforts pushed by the federal government, such as the First Step Act of 2018, have allowed for some of the mandatory minimums to be reduced as well as focused on early release, all while the state legislature revised and modified many of the disproportionately made drug laws which throughout the decades harmed black and Latino communities. Such modifications have begun to create a visible shift in the statistics. For example, the risk of being sentenced to a lifetime in prison for black men has fallen from 1 in 3 for those born in 1981 to 1 in 5 for those born after 2001. Most of the colored communities are found in what are known as urban centers. Within these radii, there has been a sharp and noticeable decline in prison admissions for nonviolent offenses, specifically those related to drug and property crimes. Between 2016 and 2022, the number of Americans denied their right to vote due to felony convictions dropped from about 6.1 million to 4.6 million, a 24% decrease. So what are the next necessary steps to weaken the machinery Alexander pinpoints as the "New Jim Crow"? Well, many experts and advocates list the following as future goals and strategies to undermine the damages done by the criminal justice system: slowly dissolve criminal records, expand the reentry program, and legalize marijuana are some of the many ideas put forward. As insignificant as some may seem, each initiative chips away at the legal infrastructure that has excluded and kept millions of black Americans locked out of full citizenship.

Yet chipping away at the infrastructure does not change that the authentic architecture of mass incarceration remains standing. Even though the previous numbers seemingly have reduced, it is essential to put into perspective that the actual prison population as of 2021 in the US was a staggering 6 times larger than it was in the early 1970s, before the War on Drugs and the tough on crime policies reshaped the American justice system. The statistics of black to white men incarceration rates do not lie, and their racial disparities are ever present in each stage of the system: from the forced arrests, the sentencing, parole, all the way to the post-prison disenfranchisement. Some states in particular keep a harsh surveillance and control over the colored communities, utilizing brute force on the civilians under the banner of the law. The post-COVID era has brought with it deep fears as political backlash grows and many lawmakers push to implement harsh sentences on drugs like crack cocaine, threatening the progress achieved. The "land of the free" has kept the political will standing on broken glass; Alexander warns that the issue must be addressed from the roots of injustice, from the unequal education to the economic exclusion. If not challenged, it will persist. Unless America is ready to change, then millions like Jarvious Cotton will remain locked in a caste system that punishes one's identity as much as a crime.



SHOULD INFLUENCERS REALLY BE INFLUENCING:

A Gen Z Social Media Perspective

These days many people, specifically our youth, look up to and depend on influencers. They have millions of followers and can make trends go viral, opinions heard, and news spread in less than one day, but should they really have so much power? Sometimes they help people, but sometimes, they do the opposite, spreading lies or bad advice. I think we need to be careful about how much we trust these strangers on our phone screens.

Some influencers do a lot of good. They talk about mental health, body image, or important topics like climate change. They also make people feel like they belong by being honest or funny. For example, some TikTokers talk about their struggles with anxiety, and it helps others not feel alone. This kind of influence can be positive.

On the other hand, not all influencers are helpful. Some give bad advice, like health tips that aren't accurate. Others promote products just to make money, even if the products don't work or are harmful. Many only show the perfect parts of their lives, which can make viewers feel bad about themselves. TikTok spreads these messages fast, and a lot of people believe them without checking if they're true.

Gen Z is on social media more than any other group. A lot of teens trust influencers more than regular celebrities, teachers, or even Google. This makes their influence very strong. But if the influencer is not honest or smart about what they post, it can lead people the wrong way. Since many teens are still learning who they are, they can be easily influenced by these people they strive to be like.

Influencers can be good or bad, depending on what they post, so our youth needs to think more carefully before believing everything they see on the internet. We should enjoy social media, but also learn to think for ourselves. Just because someone is popular doesn't mean they are always right.

SCHOOL NEWS!

OPEN DOORS

BY: POLETTE LOPEZ



El viernes tuvimos "Open Doors" en la escuela, un evento para que los papás pudieran ver las actividades que realizamos en diferentes materias. Iniciamos el dia con un debate sobre la inteligencia artificial junto a mis papás; mi mamá estuvo en contra y mi papá a favor. Tuvimos que encontrar diversos argumentos para defender el progreso de la inteligencia artificial o abogar por dejarla como está. Fue bastante interesante ver las diferentes opiniones de los papás sobre la IA, ya que algunos opinaban que dependemos demasiado de ella y estábamos dejando atrás la inteligencia humana, mientras que otros consideraban que era crucial para avanzar y desarrollarnos.

Después del debate, tuvimos una actividad sobre el libro que estamos leyendo en Literatura Americana, *The Crucible*, en la cual tuvimos que descubrir quiénes eran las brujas entre nosotros. Mi mamá lo adivinó de inmediato, pero nadie le creyó. Luego de eso, respondimos preguntas sobre el libro y salimos a apoyar a los alumnos de doceavo mientras explicaban a qué universidades irán y el futuro que les espera. Me llenó de alegría ver a mis amigos en su último año, orgullosos del camino que están por recorrer.

Por último, tuvimos una actividad más sofisticada en la clase de Biología, en la que extraímos el ADN de una fresa. Estuve un poco confusa y más complicada que las demás actividades, pero fue un buen repaso de lo que habíamos visto el cuarto pasado. "Open Doors" fue un dia entretenido en el que pude involucrar a mis papás en mi vida escolar diaria y hacer que ellos entendieran lo que hago todos los días.

Sustainability Fair

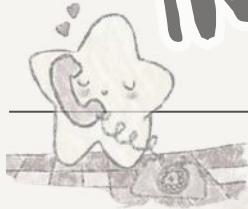


La feria sostenible de este año fue entretenida. Hubo diversas actividades con información interesante que nos ayuda a conocer más nuestro puerto. Además de estar presentando alumnos del colegio de diferentes edades a alumnos de otras escuelas. Este año me tocó estar en el puesto de los premios, y había desde lápices que contenía una semilla para sembrar, pluma hecha de materiales reciclables, semillas para plantar árboles (parota y rosa miranda) además de tener un espacio para pintar jarrones que convertirlos en macetas.



POR: JAIDA VEDD

Mi experiencia en ¡NOCHE DE CHICAS!



El jueves pasado, 22 de mayo, era noche de chicas en el Colegio Americano. Esta fue la primera vez que he tenido la oportunidad de asistir a este evento superdivertido y me fascinó. Todas las maestras asistieron a este evento. Las niñas de mi salón que acudieron eran Juliette, Clio, Francesca, Ina, Rebecca y Olivia. También asistieron cuatro chicas de octavo y seis niñas de noveno. Me quedé sorprendida de que no hubiera nadie de décimo, onceavo y doceavo porque me había platicado mi hermana que en los años anteriores habían asistido muchas niñas.

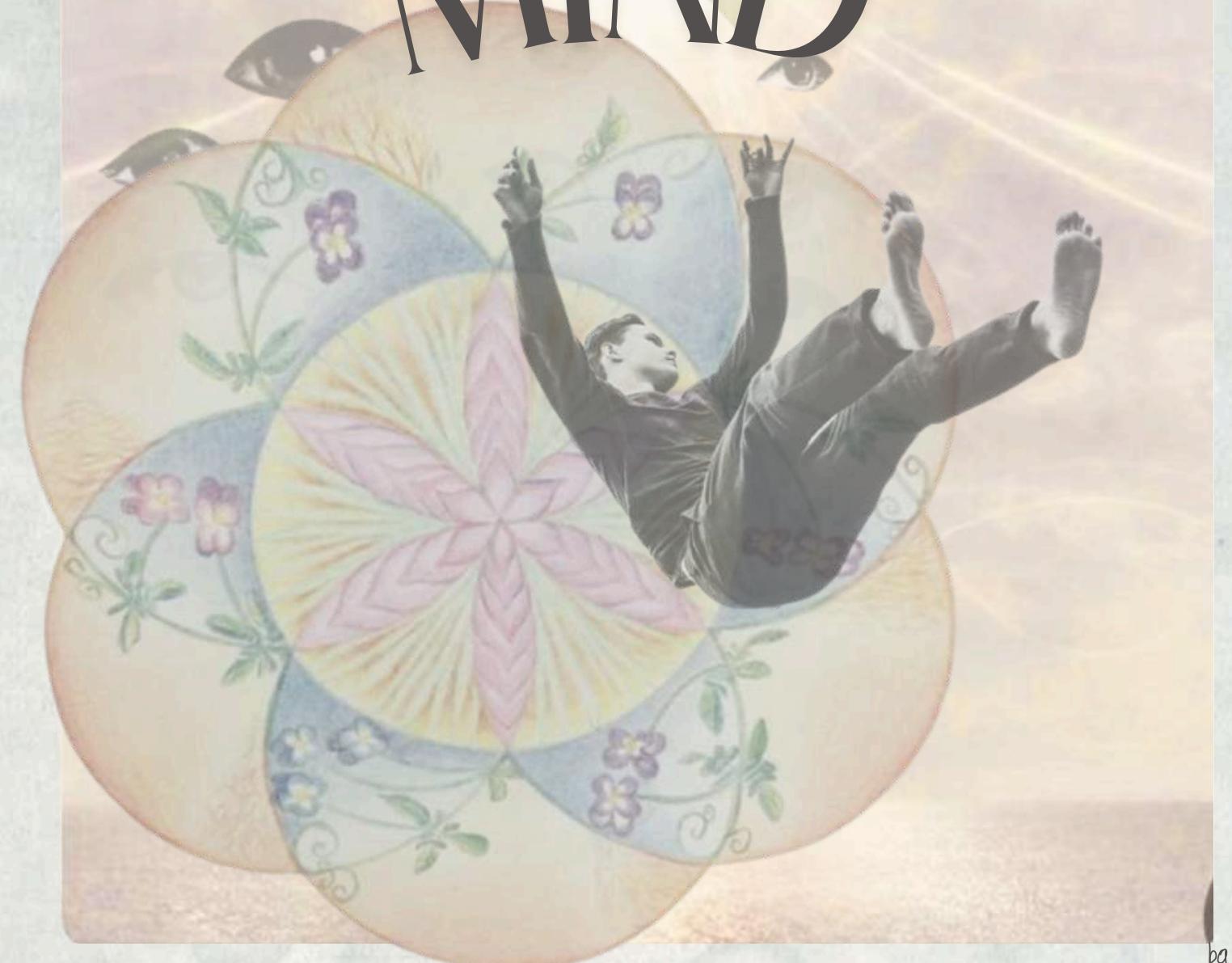
Cuando llegué al colegio a las 5:00pm Miss Becky nos dio una camisa muy linda que decía "Girls Night Out". Rápidamente me la puse para poder empezar con las actividades. La primera actividad que realizamos fue una plática de una ginecóloga sobre la menopausia. Creo que la charla pudo haber sido más interactiva para niñas de mi edad.

Después de la plática con la ginecóloga, todas las chicas nos fuimos a un lugar en la escuela que llamamos "the black box" que es un cuarto oscuro. Cuando llegamos ahí, había una mujer con unos instrumentos que nunca había visto. Ahí realizamos algo que se llama un baño de sonido. Todas las chicas nos acostamos en el piso y cerramos los ojos mientras la mujer tocaba sus instrumentos. El propósito de un baño de sonido es calmarte. Los instrumentos dejan una vibración que te hace sentir menos tensión en tu cuerpo. A muchas niñas les gustó esta experiencia, pero para mí, el sonido era muy fuerte y me hacía sentir incómoda. Cuando se terminó el baño de sonido todas las niñas nos fuimos a la cafetería y hablamos mientras comíamos pizza.

Muy pronto nos fuimos a la clase de arte con Miss Amy y realizamos una manualidad. Se trataba de hacer un tablero de metas o un tablero de visión. Las otras niñas y yo cortamos imágenes de revistas y libros viejos y armamos nuestros tableros. Todos los pósteres salieron super bonitos y nos divertimos mucho en esa actividad. Cuando terminamos nuestro tablero de metas, ¡nos fuimos al escenario donde bailamos zumba con Miss Bonnie! Miss Bonnie nos impresionó con su baile y nos enseñó una rutina. Esta fue mi actividad favorita que realizamos en toda la tarde.

Finalmente, regresamos a la entrada del colegio donde el esposo de Miss Nancy nos enseñó y nos habló sobre el motor de un coche y cómo arreglarlo si te llega a fallar. También nos enseñó a cambiar una llanta. Mis amigas y yo nos divertimos muchísimo en noche de chicas y esperamos poder ir el año que viene.

ECHOES of the MIND



SAVASANA

Meditation

Script

By: Malaika Cawood

Introduction

Please find a comfortable position, preferably lying on your back. Allow your legs to relax and stretch out as your arms are by your side with the palms up. Close your eyes and take a deep breath, holding it for a few seconds then exhaling out. Feel the weight of your body sink into your mat. You have nowhere else to be right now and nothing else to do. Focus on the present and take a few deep breaths.

Body Relaxation

Bring your awareness to your toes, softening them and making sure the bases of your feet are relaxed. Now, move your attention up to your feet, releasing any tension you may be holding from walking so much. Feel this release and relaxation travel further up towards your ankles, your calves, and your knees. Make sure to also let go of any tension that may be stored in your hips by allowing them to fall. Then, bring your awareness to your lower back, feeling it melt into the ground as your abdomen softens and rises and falls with each breath. Relax your arms, your hands and your fingers. Unclench your jaw, relax your eyebrows, allowing your face to be at ease. Your whole body is now completely relaxed.

Mindfulness of Breath

Now as your body relaxes, turn your attention to your breath. Notice the rhythm of your breath, every inhale and exhale. Feel the cool air enter through your nose and exit as warm air. There is no need to control your breathing: just let it flow and observe. With each inhale, feel your body being filled with a sense of calm and ease. Each exhale, any lingering tensions and negative thoughts are being expelled from your body. Let each breath keep you grounded in the present moment.

Visualization

Imagine you are lying down on a soft bed of grass in a beautiful field of flowers. the cool air blowing past you carrying the scent of fresh earth and flowers and the sun casting a gentle warmth over you. As you lie down and look up, the only thing you can see is the vast and seemingly endless expanse of blue, with a few clouds drifting by. With each breath you take, you feel more connected to the earth beneath you. You are completely at peace, a feeling of support and safety wafting over you as any worries or stress you have dissolve in the air. You are exactly where you need to be.

Affirmations:

Slowly repeat to yourself:

"I am calm, I am safe, I am exactly where I need to be."

"My body is relaxed, my mind is clear, and my heart is open."

"I will carry this peace with me beyond this moment."

Let these phrases settle into your brain, feeling their truth resonate within.

Closing

Slowly begin bringing your awareness back into your body. Gently open your eyes and allow them to become readjusted to the light. Take a few deep breaths, all the way in and exhaling everything out. When you feel ready, slowly return to your upright, seated position. Bring your hands to your heart in a prayer position and take one last deep breath, bowing your head as you do so.

"AND THE DAY CAME WHEN THE RISK TO REMAIN TIGHT IN A BUD WAS MORE PAINFUL THAN TO RISK IT TOOK TO BLOSSOM."

BY: ATHENEA ESTRADA

The power of saying Yes. to opportunities

I believe there are seasons in life: seasons to slow down, reflect, and savor, seasons you wish would never end. Then, there are the seasons just before change, when you're lost, scrambling, and anxious, questioning everything you thought you knew. Finally, there are seasons when life simply falls into your hands. When you've done enough reflection, enough waiting. When that stagnant water starts to rush and flow clearly. When the possibilities are ripe again. Now is the time to make it happen, to throw yourself into the unknown, saying yes to opportunities, no matter how much you fear it might be a mistake. Because in the end, it might just be worth it.

When we were kids, it was normal to be beginners, to do things simply for the fun of it, not worrying about potential, perfection, or success. It didn't matter if we said yes to the wrong opportunity or no to the right one. It didn't matter if it led anywhere at all. We were always growing, always learning.

But now, things feel more complicated, don't they? Even today, when I sit down to create, I often wonder: Is this a good use of my time? The ticking clock reminds me not everything leads to clear success. Yet perhaps that's exactly why saying yes matters most, not because it guarantees a perfect outcome, but because it keeps us open.

Saying yes does not guarantee perfection or success. It guarantees experience, growth, and movement, all the things perfectionism tries to block.

After years of struggling with the pressure to do better, work harder, create more, it becomes easy to lose touch with the simple joy of doing. Creativity, once so natural, now gets tangled with doubts and questions: Will this lead anywhere? Especially when the future feels uncertain, it's tempting to hesitate, to hold back.

But maybe that's when saying yes matters most. Not because it's easy, but because moving forward despite the fear keeps us alive to possibility. Real growth happens in these moments of uncertainty. And sometimes, when we least expect it, saying yes it leads to gold.

It's easy to wait. We tell ourselves we'll act once we're stronger, smarter, more ready. But that day rarely comes. Instead, we spend hours scrolling, distracting ourselves with random tasks, avoiding the very commitment that would bring us face to face with our real potential. We don't write that paper because we fear it won't be good enough. We don't apply for that scholarship, join that club, or sign up for that course because we worry we aren't ready yet. There's always some limitation, some excuse, a reason to put off the life we want for 'later.'

SAY YES TO THE LIFE YOU WANT!

BY: ATHENEA ESTRADA

But all we have is now. And the truth is: you will never feel completely ready.

So when the opportunities appear, say yes. Even if you're scared. Even if your mind protests. Even if the timing feels wrong. Command yourself to move, open that email, fill out that form, sign up for that class, say yes to the opportunity.

It might not be perfect. It might not even go the way you imagined. But you will be living. You will be becoming.

And one day you'll realize you lived your life saying yes, experimenting, growing, and showing up, instead of waiting endlessly for everything to feel perfectly right.

Opportunities don't always arrive wrapped neatly with perfect timing or certainty. Most of the time, they appear disguised, in a sudden invitation, a challenge that scares you, or a chance that feels too big for who you think you are.

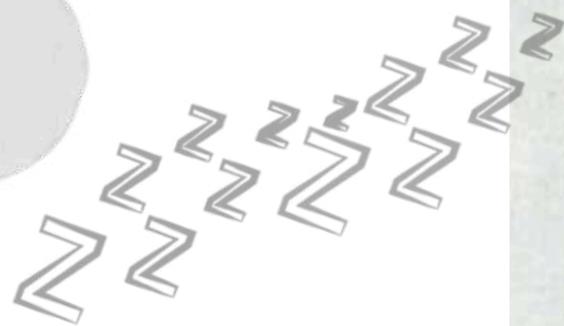
Say yes anyway. Not because you are ready. Not because you are fearless. But because you are alive, and being alive means daring, trying, stepping forward even when the outcome isn't clear.

And maybe the goal isn't to chase every opportunity, hoping one will finally change your life. Maybe the real power is in saying yes to what grows you, not what guarantees success. Because when you focus on building your own garden, your mindset, your habits, your courage, the right opportunities will start coming to you. Like butterflies, they are drawn to where the growth is already happening.

You don't have to be perfect to be ready. You just have to begin. Don't chase; attract. And when the moment comes, say yes.

¿Por qué Procrastino?

POR: LISA POMINA



Muchas veces me he preguntado por qué dejo para después tareas que sé que son importantes. Aunque al principio pensé que era solo flojera o desorganización, con el tiempo entendí que la procrastinación es más compleja de lo que parece. Me he dado cuenta de que no solo me afecta en la escuela, sino también en mis metas personales. En este ensayo voy a hablar de tres factores que considero que influyen negativamente en mi procrastinación: no entender mis emociones, las distracciones digitales y el miedo al fracaso.

La procrastinación es algo que puede afectar completamente la vida de un estudiante. Por ello, es importante reconocer qué es lo que sentimos y lo que nos lleva a procrastinar para lograr parar este ciclo tóxico. De acuerdo con Atalaya Laureano y García Ampudia (2019): "Existen diferentes formas de definir y clasificar la procrastinación, así como diversos modelos teóricos que explican sus causas." Yo me he tomado el tiempo de pensar qué es lo que realmente me lleva a dejar tareas importantes, ya que no comprender mis propias emociones me impide desarrollar mejores hábitos de estudio. Personalmente, sentirme constantemente confundida por el por qué dejo las cosas hasta el final me hace sentir aún más ansiosa, y este ha sido uno de los factores que afectan negativamente mi procrastinación.

Adicionalmente, uno de los factores que más me bloquea cuando intento ser productiva es el uso excesivo del celular. De acuerdo con Cortés (2020): "Las redes sociales son una fuente constante de gratificación inmediata que interfiere con tareas que requieren mayor esfuerzo cognitivo, facilitando la procrastinación."

En mi caso, Instagram me engancha con muchísima facilidad. Aunque muchas veces me prometo que solo lo usaré cinco minutos como un "break", termino perdiendo muchísimo más tiempo del que pensaba. Recuerdo una vez en que tenía que estudiar para un examen de matemáticas, pero me puse a ver videos y reels en Instagram "solo por cinco minutos" y terminé perdiendo dos horas. Esa noche dormí mal, me sentí ansiosa, y al día siguiente me costaba mucho trabajo enfocarme en el examen. Fue ahí cuando empecé a darme cuenta del daño real que me causa el celular. Por esta razón, reconozco que si no dejo mi celular en otra habitación al estudiar, se me complica mantener mi concentración en la tarea, facilitando la procrastinación.

Finalmente, con el tiempo he reconocido que ser una estudiante perfeccionista hace que mi lucha contra la procrastinación sea más difícil, ya que tengo un miedo constante al fracaso. Cuando se trata de un proyecto sumamente importante, nunca fallo en dar mi mayor esfuerzo; sin embargo, cuando se trata de tareas más pequeñas suelo darles un peso igual que el de un proyecto grande porque me estreso para que todo sea perfecto. De acuerdo con Mejía, Ruiz Urbina, Benites Gamboa y Pereda Catastro (2018): "Aquellos carreras con mayor exigencia y los estudiantes que realizan una mayor actividad académica son los que procrastinan menos." Personalmente, pienso que para evitar que el miedo al fracaso influya negativamente en mi procrastinación, debo dejar de tener miedo a todas mis tareas y evitar que se acumulen.

La procrastinación ha sido algo que ha afectado completamente mi vida como estudiante. He reconocido que no solo se trata de pereza o desorganización, sino que no entender qué es lo que me lleva a procrastinar, la complejidad de mis emociones, las distracciones digitales y el miedo al fracaso en todas mis tareas. Reconocer estos factores me han ayudado a mejorar mis hábitos de estudio y completar mis metas personales.



Seniors

Before the cap and gown: get to know them growing up

As the halls grow quieter and summer approaches, we take a moment to say goodbye to this year's graduating class, a group of dedicated students who have grown, learned, and are now opening a new chapter in their lives. They weren't always the aspiring artists, athletes, and dreamers they are today. Once they were kids with missing teeth, cheerful laughters, and wild imaginations.

This section will be a walk down memory lane, a look at the class of 2025 before college plans.

As you flip through these pages, get to know them not just as seniors, but as the kids they once were and the remarkable young adults they are now.







Ryan and Owen

Dear Ryan & Owen,

Being your mother has been the most beautiful blessing and gift from God. Since birth to today, I truly cherish every day that you are in my life and that I get to be your Mom. I have tried my best to protect, guide, and support you. I also have participated in ASPV in the PTA, as a room mother, the Art Auctions, a few Asomex, and MUN to be more a part of your lives, and I have enjoyed them all so much!

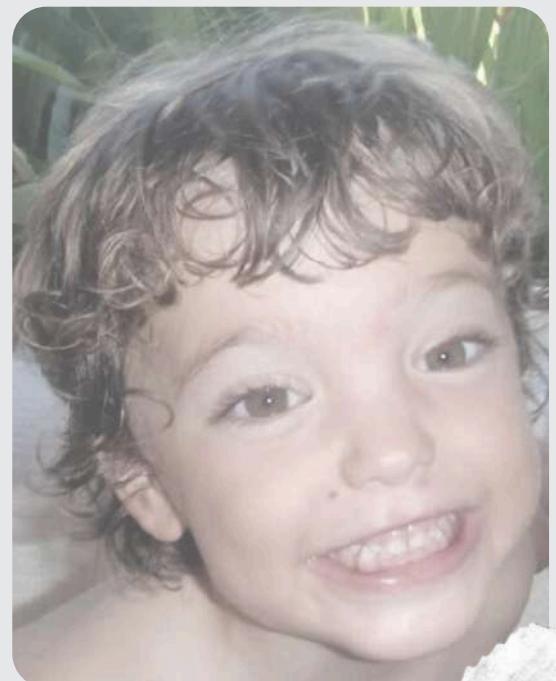
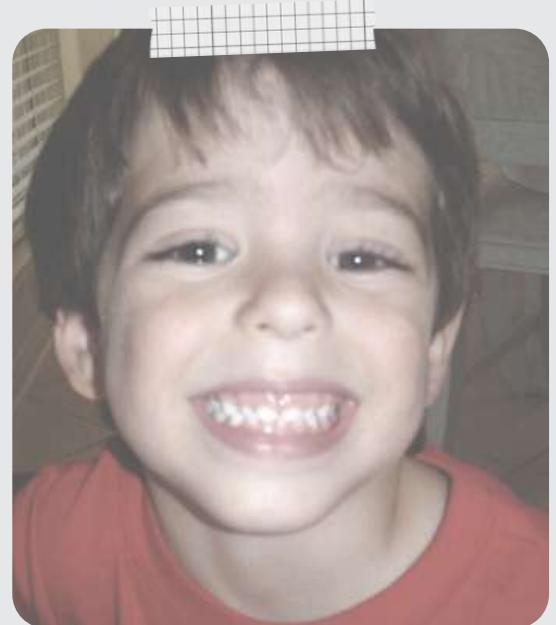
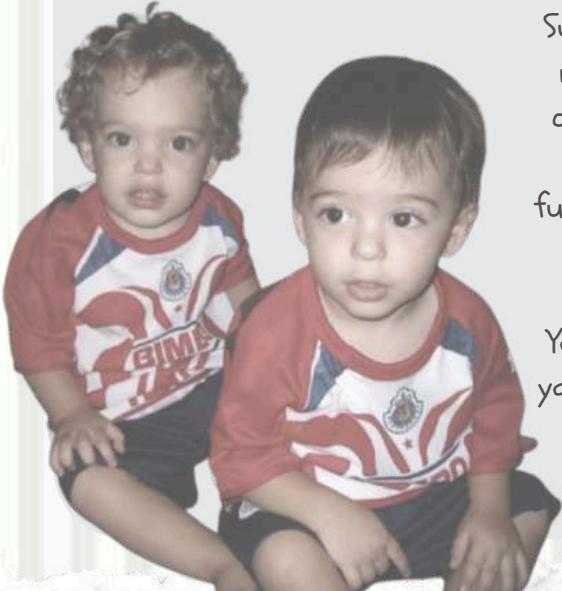
I will certainly miss ASPV, and I know that you will too! However, it's time for a new adventure, university in a new fun city, and you can come back here any time you want. You can see me and us anytime you want, here or there. You can plan gatherings here or elsewhere with your ASPV classmates to keep in touch. So this transition, although it may feel sad right now will bring novelty, friendships, new experiences, new knowledge, adventure, and I am so excited for you two!

One thing is for sure in life is constant change, so embrace it and see the positive in each phase of life and live it to the max! Always put yourselves, your health and wellbeing, first before anyone or anything, to be happy and healthy. All else is secondary.

Surround yourselves with like minded people like you, who are kind, empathetic, humble, positive, stable, active, fun, funny, smart, & caring. May God protect you and be in your hearts forever.

Your Mom forever, who loves you more than anything in this universe,

Ma





Kenneth McGregor

Kenneth,

At age 3, you discovered that the wonderful animals you saw in toys, books and cartoons were real, and they had lived millions of years in the past. Your love for Dinosaurs was born while filling page after page of drawings of dinosaurs, not silly cartoon looking ones,

but fossilized, just like the ones you saw in museums. You declared that someday you would become "a real" paleontologist.

I don't need to tell you about the hard work and dedication you will need, now that you're off to college, to fulfill that long lasting dream of becoming a paleontologist.

You

already know that.



What I really hope is that you continue approaching your learning with the same sense of wonder you had when you were little: every time we visited a new museum, with the same sense of enthusiasm you had while drawing hundreds of pages of amazing fossils, and with the same bold confidence you had at 5, when you correctly identified a Pachycephalosaurus in front of an auditorium full of people and made a famous paleontologist laugh in delight.

I hope learning about your beloved dinosaurs will always bring you the same sense of joy and happiness it has always given you.

Be empathetic, be respectful, work hard, know when to ask for help if you need it and always, always be true to yourself.

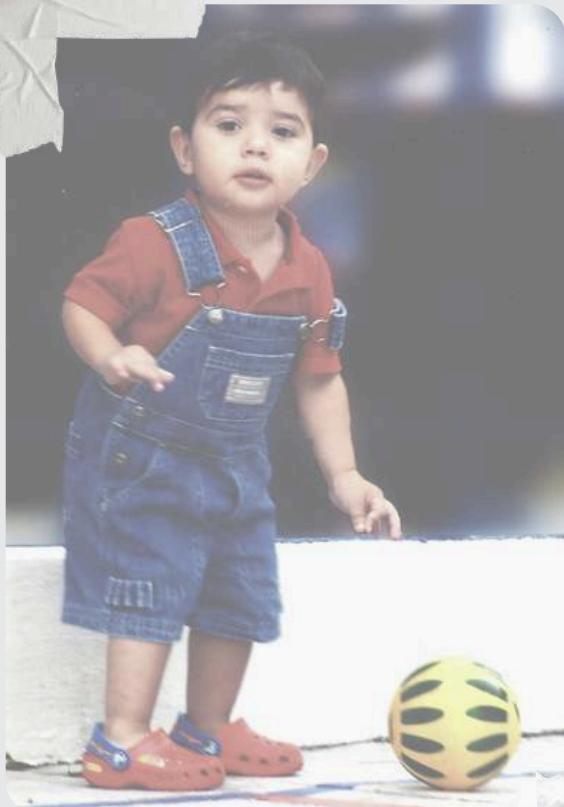
With all my love,
Mom

Sebastián Troche

Sebastián, el más pequeño de la familia... el regalo que tus hermanos pidieron una Navidad y ¡Vaya que lo fuiste! Desde que llegaste, llenaste nuestra casa de alegría, de risas, de momentos que atesoraremos siempre. Cada paso que diste, cada palabra, cada juego con tu pelota, ha sido un pedacito de felicidad que guardamos en el corazón. Tu pasión por el fútbol, tu entrega y entusiasmo, nos inspiran. Nos emociona verte crecer con esa energía y ese brillo tan tuyo. Hoy termina una etapa muy importante en tu vida, y comienza otra llena de retos, sueños y nuevas aventuras.

Hoy soltamos un poquito, tu mano... pero, nunca tu corazón. Estaremos siempre contigo, acompañándote en cada paso, celebrando cada logro, apoyándote en cada tropiezo. No tengas miedo de equivocarte porque de cada error también se aprende... Nos sentimos profundamente orgullosos de ti. Sabemos que llegarás tan lejos como te lo propongas, porque tienes un alma de oro.

Te amamos con todo nuestro corazón, Mamá, Papá, Diego y Jimena.

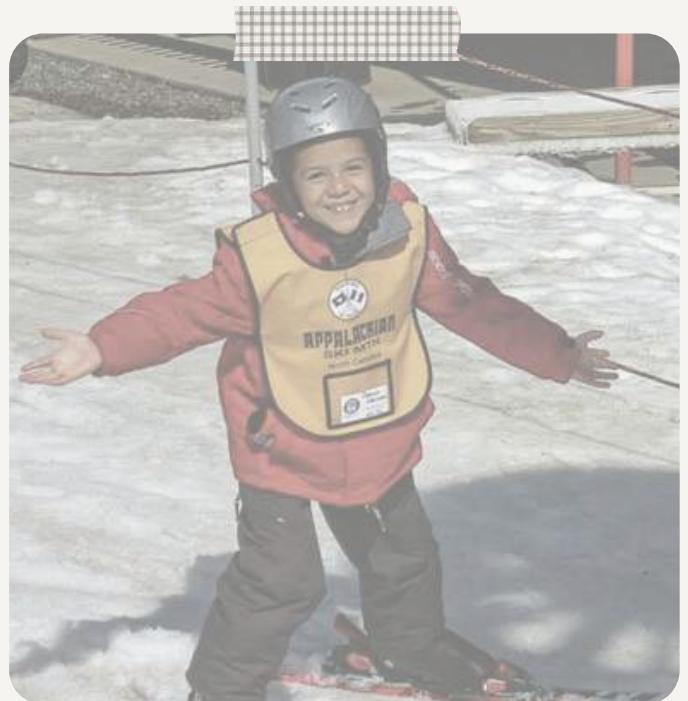


Josué Villanueva

Desde que naciste llevas una luz en ti. Nuestros mejores momentos siempre han sido contigo; Chapel Hill, San Francisco, Santa Barbara, acampando en Banff y Jasper, viajes a Asomex, Torneos con Aramara, partidos de March Madness, tardes de playa en Careyeros...

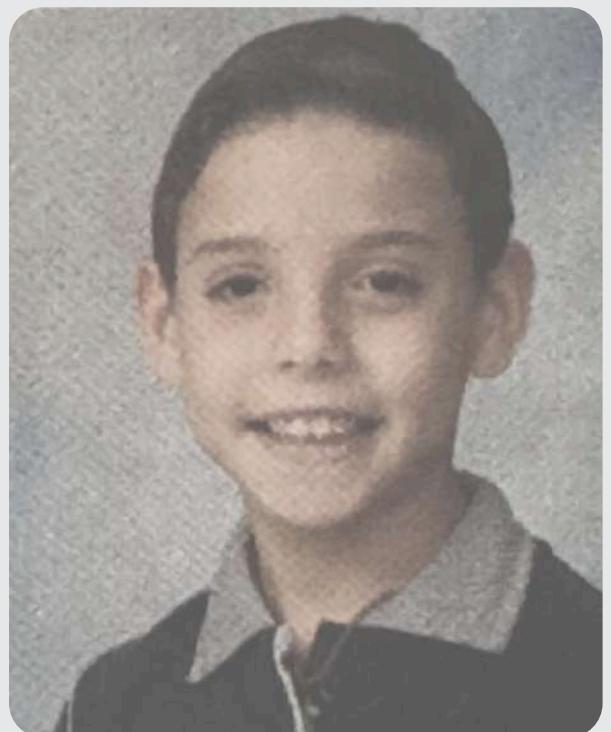
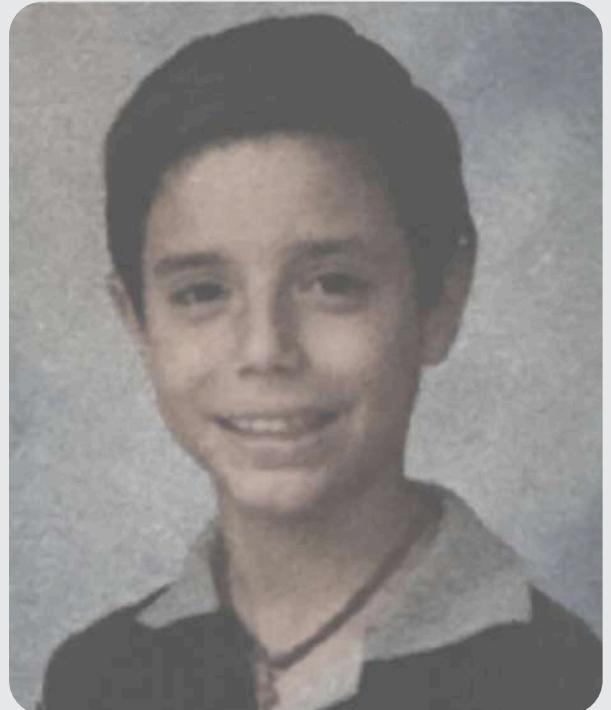
Ahora es tiempo. Ve en busca de tus sueños; tienes muchas cimas y montañas por

alcanzar. Forja tu propio camino, esfuérzate, diviértete, sonríe, y da lo mejor de ti. No guardes rencores y ve siempre lo bueno en los demás. Y cuando alcances tus sueños y hayas logrado todos tus anhelos, sigue siendo ese niño noble, humilde, considerado y agradecido. Y recuerda que siempre estaremos contigo, siempre.





Fernando y Marco Meza



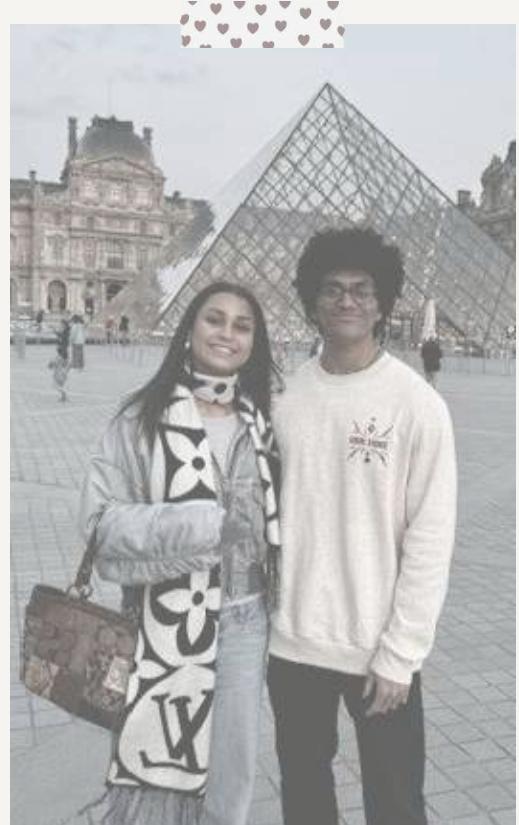
Hijos míos, tan bellos por dentro y fuera, siempre daremos gracias a Dios por llegar a nuestras vidas y darnos tanta alegría. Sigan así, siempre tan unidos y amorosos. Cada uno sabe lo mucho que los admiramos: fuertes, valientes, disciplinados, cumpliendo sus metas y sueños. ¡No dejen de ser ustedes y sonreír! Los amamos; sus papás y hermana.



Jazmin Shirley

Jazzy,

Congratulations on your graduation, princess. Now that you are about to embark on this new chapter, I want you to know how proud I am of you. Your positivity, ambition, strength and carefree personality are traits to be admired. As excited as I am for you to start this next chapter, I have to also admit it's a little bittersweet. Before we know it, you will be headed off to Paris. While you already know I will miss you like crazy, I want you to enjoy every second of this new chapter in your life. I pray you create your path in this world, and accomplish all your dreams. I will always love you, I am beyond proud of you, and I will always have your back. You will always and forever be my girlie.



Jimena Joya



Mi princesa mágica:

Se llegó el día que veía tan lejos... Desde el día que naciste, sabía que seríamos inseparables, cómplices y llenas de risas y amor.

Hoy terminas esta etapa en tu vida y comienzas una nueva, que seguro será así de feliz como lo eres ahora, y mucho más.

¡Gracias por elegirme como tu mamá y por poder darme todo lo hermoso que es vivir la vida contigo! ¡Estoy muy orgullosa de ti!

¡No olvides que siempre estoy para ti, amor mío!

Al extrañarnos, solo basta con cerrar los ojos y sentir el latido de nuestro corazón, y sabremos que ahí estamos juntas, siempre.

¡Te amo con todo lo que soy, mi nena linda!

Vive, ríe, confía y disfruta la vida.

Te amo.

Tu mamá

Mi JJJ

Desde que supimos que venías en camino te lo escogimos, traías una estrellita bajo el brazo que vino a iluminar nuestras vidas. Excelente hija, hermana, amiga, nieta, alumna (berrinchudita también).

Siempre ordenada, luchando por tus objetivos. Llegando al final de tu etapa divertida de kínder, primaria, secu... y ya hasta una graduada de prepa.

Pasando por festivales, Asomex, Halloween, tus reus...

Responsable, y demostraste que eres capaz de lograr tus objetivos, logrando que te aceptaran en universidades muy prestigiosas a nivel mundial, mérito solo tuyo. Estoy muy orgulloso de ti, feliz de verte terminar esta etapa y moviendo las alas para volar hacia tu preparación definitiva para tu vida.

Triste por la distancia, además de no saber qué tanto le vas a seguir lejos de tu país, a una maestría, doctorado o lo que te propongas... pero, sabes que, por muy lejos, siempre estarás —y estaré— en tu corazón, dispuesto a arroparte en todo.

Te amo con toda mi alma y Ya te extraño.

-Tu papá.





Matías Zayas

Chimpe, estamos muy orgullosos de que terminas esta etapa de tu vida.
Eres una persona con una alegría y entusiasmo que logras contagiar a todos los que están a tu alrededor. Nos emociona ver cómo te apasionas en las cosas que te gustan y logras lo que te propones.
Eres un hijo con un gran corazón y verte tan querido por todos los que te conocen, es el mejor regalo para nosotros.
¡Sigue con esa actitud que te caracteriza y llegarás muy lejos!
¡Tus papás que te aman!
Brenda y Víctor.





Rhythm Luna

Dear Rhythm,

We keep saying it, but it's true: time has gone by so quickly, and we are left wondering where it went. We are so proud to be your parents – and what a ride it's been! You have always had your very own mind and knew what you wanted to do with it. We will never forget the time you were cooking on your little play stove, and I said "Gracie, it's time for bed!" and you said "NO!" Your dad said "Gracie, be nice." And you stomped that little foot, pointed at him with the fiercest look on your face, and said "YOU be nice! I'm COOKING!"

Yeah, that was hilarious and incredibly impressive... which is what you have continued to be throughout your life. You set your mind to something, and then you do it, with humor, grace, and determination.

We are so excited to see what the future holds for you, and we are so happy for the world – they get to see an amazing young woman start to fly!

But of course we are sad for ourselves, because you fill our home with laughter and joy, and you keep us on our toes. So we'll miss you, but here is something you need to remember:

You always have a home with us. We will always welcome you in with open arms. You always have a safe place here, where you can come to rest and recover. You always have people who love and care for you and are confident you will succeed!

You have worked so hard to make this happen and overcome some serious obstacles. You've been strong for all of us too, encouraging us to keep going no matter what. So now be strong for you, precious girl – show the world what you are made of! Enjoy this brand new adventure of adulthood.

And don't forget how much you are loved, and how very proud of you we are. Now get out there and make those dreams come true :)

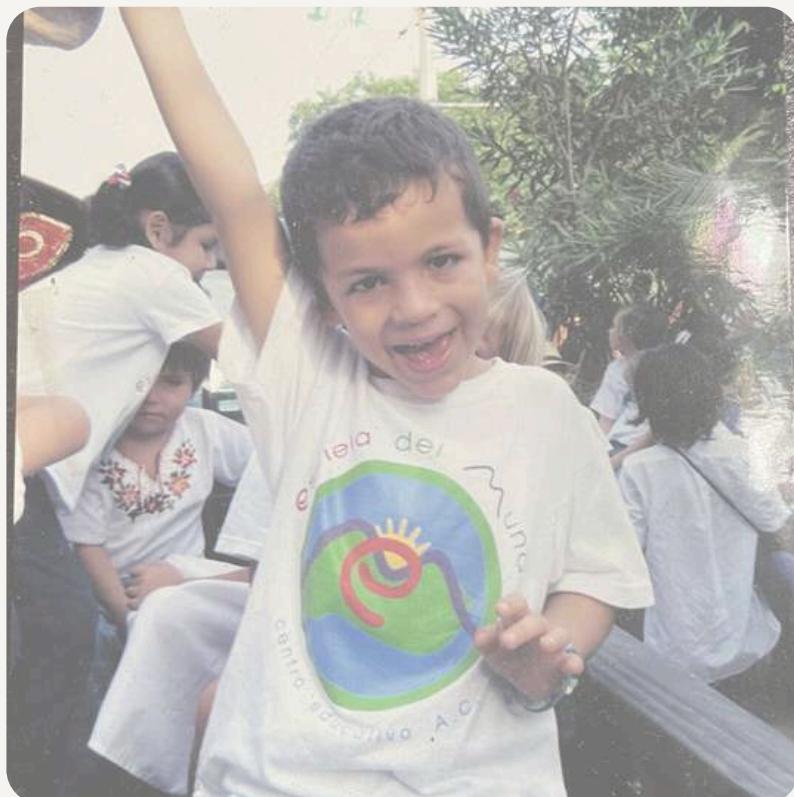
Love, Mom and Dad





Mateo Ferrara

Hijo querido, verte cerrar este ciclo y abrir tus alas llena mi corazón de orgullo y amor inmenso. Eres fuerza, alegría, sensibilidad y coraje; un espíritu que no se detiene ante nada. Confío plenamente en tu camino y en todo lo que construirás con ese empuje que te caracteriza. Solo te invito a que, en medio del vuelo, recuerdes que también hay belleza en la pausa, y poder en la suavidad. Te amo con todo mi ser, y siempre estaré aquí, celebrando cada paso que des.

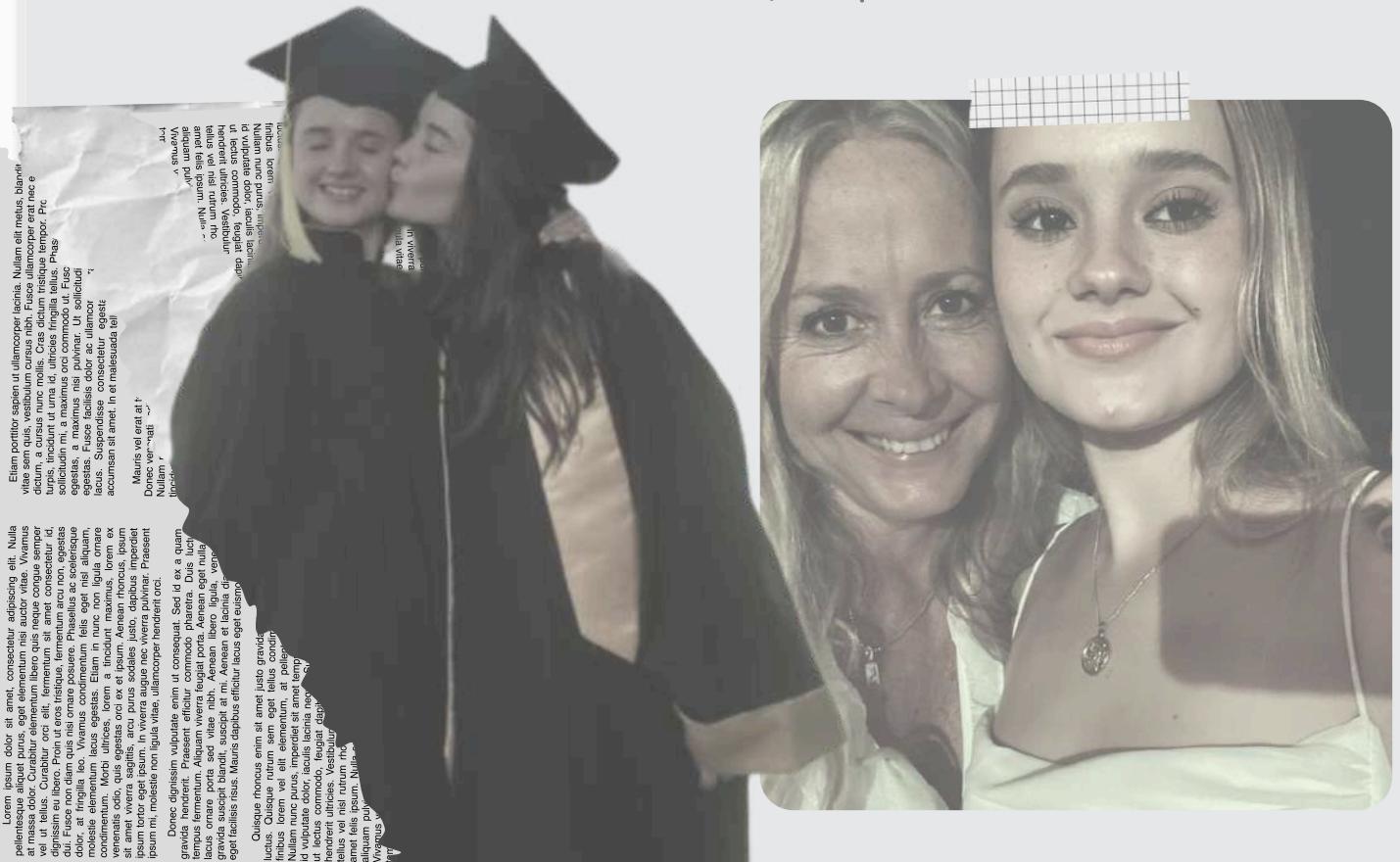


Ana Sofia Cabeza de Vaca

Mi Baby Bunny

¡Ha sido el mejor regalo ser tu mamá! ¡Y poder tomarte de la mano en todos estos años de tu vida! ¡Eres lo máximo, te amoaaaa eres decidida, disciplinada, tienes un gran corazón, segura de ti misma! Etc. etc. ¡Tienes el mundo entero en tus manos! ¡Y a tu cuata siempre juntas nos tenemos! ¡Sé que vas a lograr todo lo que te propongas! ¡Y sé que vas a dar lo mejor de ti siempre! No lo olvides nunca! ¡Aquí estoy!

¡Tu mamá y Pops!





Atzin Gabriela Najera López

Estamos muy orgullosos de ti, hija, disfrutamos tus experiencias y emociones, no olvides las pláticas nocturnas, donde resolvemos los problemas del mundo.

Cree mucho en ti, eres única e inigualable.

Cuida tu mente y tu corazón, lo que siembres hoy será la base de tu felicidad.

Nunca olvides que la sencillez y la humildad te hará mejor ser humano, éxito, el la Uni, con amor. Papá y Mamá.





Dylan Romay

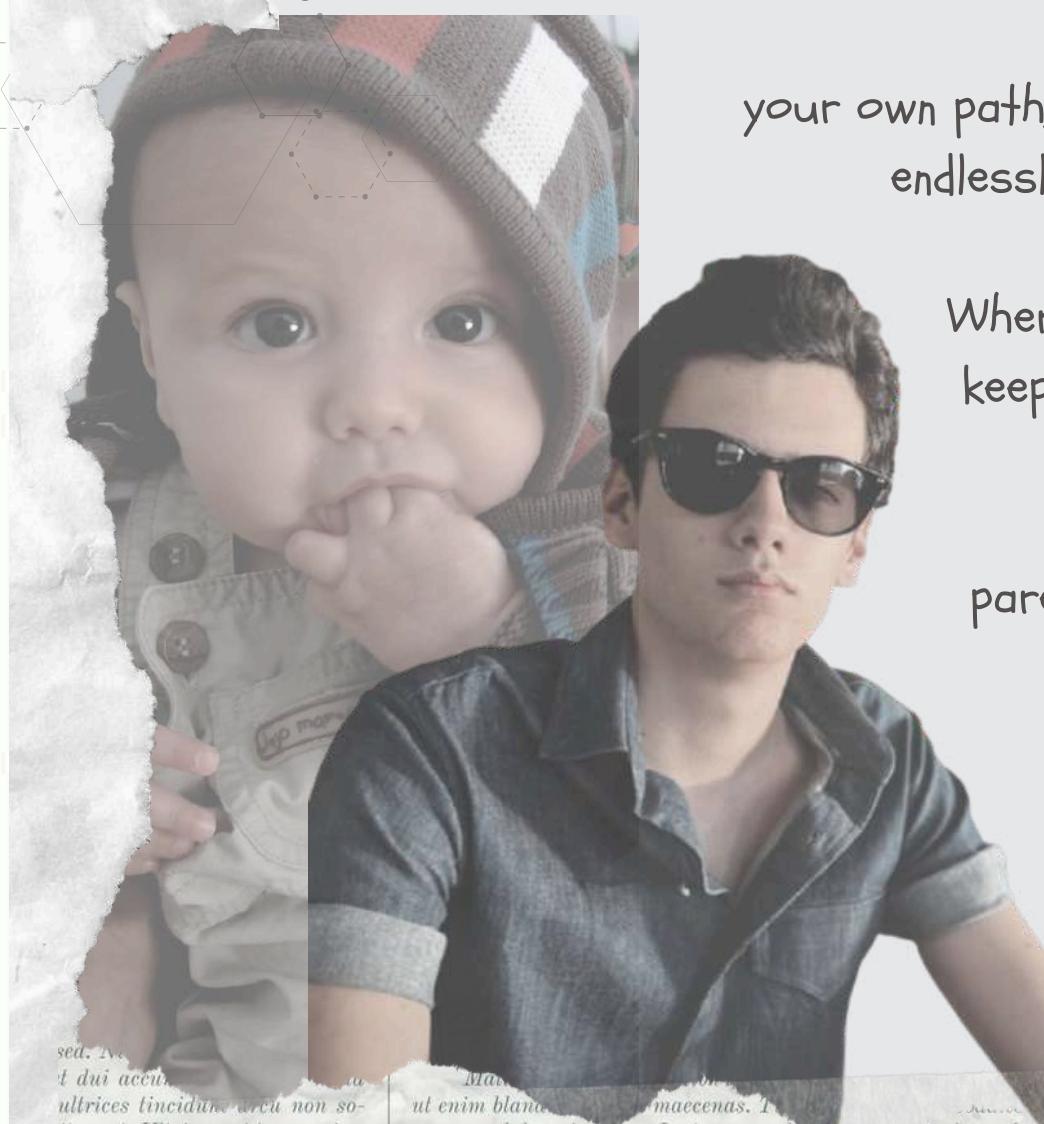
Dylan, from your earliest days to now you've amazed us with your quiet strength, sharp mind and kind heart.

Watching you grow has been our biggest joy and greatest adventure. As you take this gap year and begin carving

your own path, know that we are endlessly proud and always in your corner.

Wherever life takes you, keep your spark, trust yourself and don't forget to call your parents once in a while!

Love you always,
Mum & Dad



sed. Noc
t dui accu
ultrices tincidunt arcu non so
it amet. Ultrices mi tempus im
gravida in fermentum et sollici

ut enim blandi
neque sodales ut etiam. Lectus arcu bid
varius vel.
Dolor sit amet consectetur adipisci
elit pellemeisque habitant



Andrea Romero

Hoy, mientras celebramos que has terminado la escuela, no puedo evitar recordar el primer día en que te vi con tu mochila, llena de lápices nuevos, ilusiones y una sonrisa nerviosa. Desde entonces, cada paso que diste, cada esfuerzo, cada lágrima y cada logro te ha llevado hasta este momento.

Estoy increíblemente orgulloso de ti. No solo por haber concluido esta etapa, sino por la persona en la que te has convertido: responsable, perseverante, curiosa y con un corazón inmenso. Has demostrado que con dedicación y pasión se puede alcanzar cualquier meta, y eso me llena de alegría. Este no es el final, sino el comienzo de un nuevo capítulo lleno de posibilidades. El mundo te espera, y sé que harás cosas maravillosas. No olvides nunca quién eres, de dónde vienes y el valor que tienes. Confía en ti, incluso en los momentos inciertos, porque tienes dentro de ti todo lo que necesitas para brillar. Gracias por regalarnos tantas alegrías. Gracias por tu esfuerzo. Gracias por ser tú. Con todo mi amor y admiración,

Tu Papá.

Chiquita linda:

Contigo no sólo se acaba la generación Romero en ASPV, se acaba una etapa de escuela, de estar siempre juntas, de enterarme de todo jaja, pero, sé que todo lo que hemos vivido te ha formado y forjado como persona. Ahora aplicarás todo lo aprendido tanto en casa como en la escuela. Te deseo que siempre sigas luchando por tus sueños, que los malos momentos duren un segundo y la sonrisa salga siempre a flote.

No se te olvide que siempre podrás contar con tu familia que te quiere, admira y respalda.

Te quiero mucho mucho.





Isabella Mora

Mi amada Isabella:

¡Estoy tan orgullosa de ti! No solo eres una chica inteligente y versátil... admito también tu forma de ver al mundo y la vida, tu manera de ver las cosas con curiosidad y sorpresa, la manera en la que atesoras la amistad, tu fidelidad con la gente que amas y el corazón tan inmenso que tienes. Vuela que para eso son tus alas sabiendo que aquí siempre estará tu hogar.

Te amo, Mamá





Mariana Bonnin

Mariana, es increíble lo rápido que ha pasado el tiempo desde tus primeros días en el kinder. Verte, crecer, desarrollarte y disfrutar tus días en la escuela nos hizo siempre sentirnos muy orgullosos de ti. Estamos seguros que esta nueva etapa de tu vida estará llena de experiencias enriquecedoras y siempre estaremos a tu lado para compartirlas.

Te amamos Mamá y Papá



José Ángel Gómez

Mi niño José Ángel, el tiempo pasó... ¿en qué momento creciste? Tu graduación es un nuevo comienzo, una nueva etapa. Mi admiración por ti: eres lo más importante en mi vida. Con tu esfuerzo y dedicación podrás superar cualquier obstáculo. Sé fiel a ti mismo y a tus creencias. Siempre contarás conmigo. ¡Felicidades, mi pequeño y amado José Ángel!





Rebeca Turgelman

Rebequita, nunca Olvides que eres lo más importante en mi vida, recuerda que eres más valiente de lo que crees, más fuerte de lo que piensas y más amada de lo que podrías imaginar. Dios Bendiga tu Camino y te dé fuerzas para dar paso a esta nueva etapa de la vida.





Diego Castellanos

Diego,

¡Qué emoción!, esta nueva etapa en tu vida. Vive y disfruta cada día, cada instante, cada reto como una gran aventura. Sé que no olvidarás hacerlo con mucha responsabilidad e inteligencia.

Sobra decir y lo sabes, papá y mamá siempre estarán para ti, para lo que sea. Te amamos y estamos super orgullosos de ti y de ver en lo que te estás convirtiendo.





Siena Morris

Siena, hoy es un día especial que marca el comienzo de una nueva etapa en tu vida. Papá y yo estamos muy orgullosos por todo lo que has logrado. No tengas miedo de explorar, de aprender y de crecer. Disfruta esta aventura y haz que sea tuya. La universidad es un desafío, pero sabemos que estás preparada para enfrentarlo. Siempre estaremos aquí para apoyarte escucharte y guiarte cuando lo necesites.

¡Te amamos!

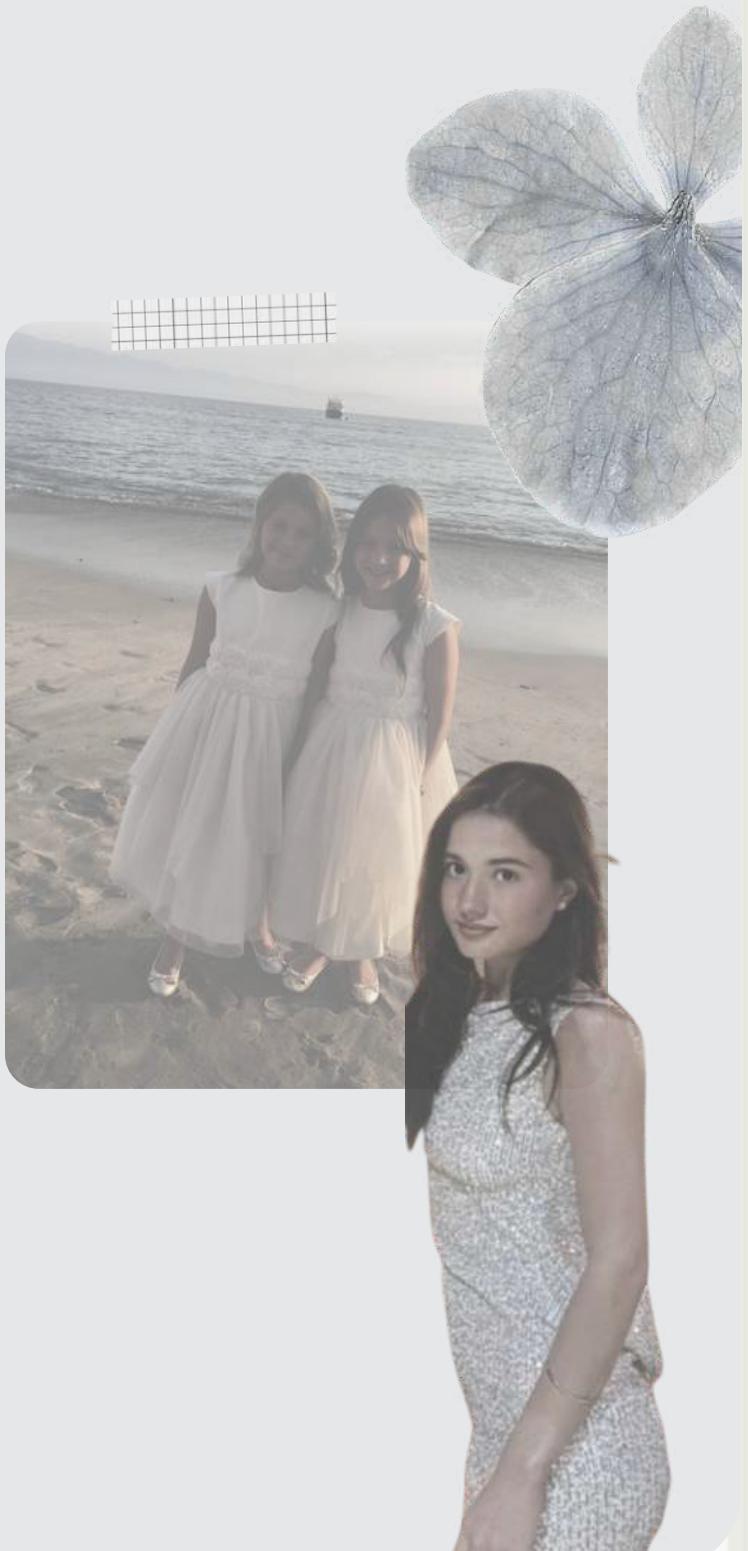
Papá y Mamá





Carolina Cabeza de Vaca

Mi niña Carolinaaaaaaa,
¡Supe desde que te sentí lo
maravillosa que ibas a ser!
Inquieta, decidida, aventada,
perseverante, nunca te va a
detener nada en la vida, ¡no
se te atora nada, hija! ¡Te
ganas el corazón de las
personas, das lo mejor de
ti! ¡Te amo, mi niña
hermosa! Y sé, al igual que
tu hermana, que los
valores que hemos
sembrado darán frutos!
¡Que la vida te sorprenda
siempre! ¡Solo tú decides!
¡Siempre estaré aquí, te
llevo en mi corazón todos
los minutos de mi vida! ¡Te
amo! Tu mamá Pops.



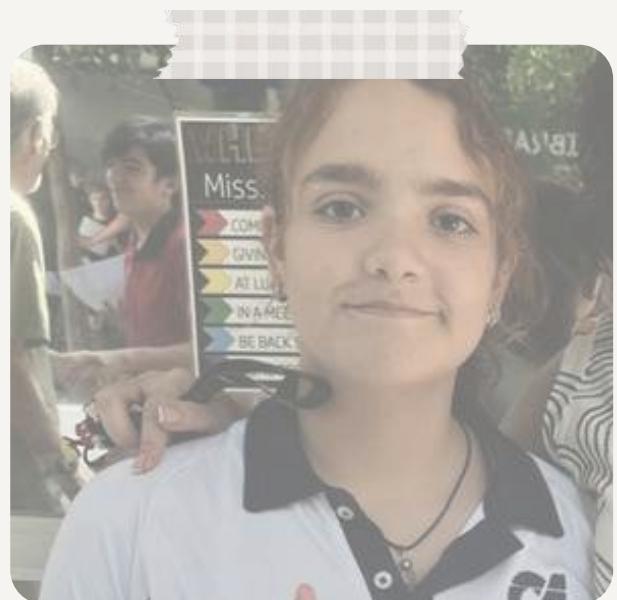


Liliana Paulina López

Paulina,

Estás cerrando un capítulo en tu vida y entrarás en un mundo lleno de posibilidades, tendrás que enfrentar nuevos sueños y retos, tendrás momentos de duda, pero confiamos en que sabes que tienes una fuerza inmensa y que eres capaz de lograr todo lo que te propongas y lo decimos porque lo has demostrado mil veces. Confía en ti porque, aunque pueda dar un poco de miedo no saber qué viene, confiamos plenamente en ti, sólo no olvides quién eres ni de dónde vienes y queremos que sepas que aquí estaremos siempre para ti.

Mamá y Papá





Anna Stachowiak

Anna,

Verte crecer ha sido el viaje más bonito de mi vida. Me emociona todo lo que viene para ti, aunque me cueste soltarte un poco. No olvides lo fuerte, valiente y capaz que eres. Siempre voy a estar aquí, sin importar la distancia.



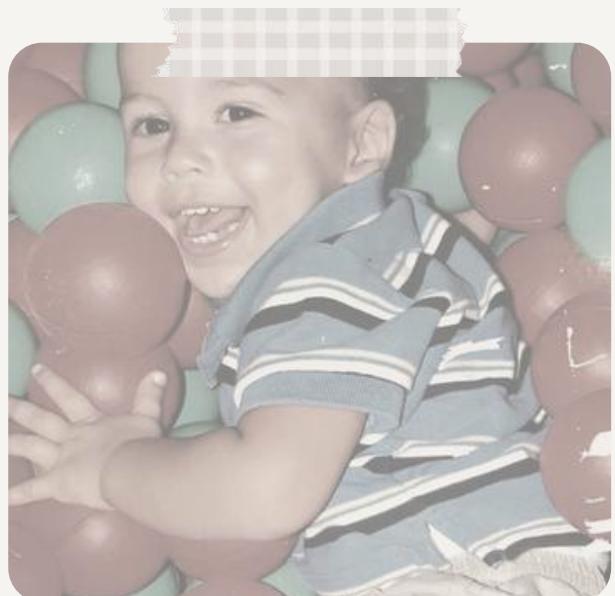


Ryan Rios

Eighteen years have passed in the blink of an eye, and the little boy who once held our hands and smiled up at us is now a young man, still with that beautiful smile, but also with purpose in his heart and fire in his eyes. You are so sweet, smart, focused, and incredibly driven. You have never been afraid to put in the hard work - on the basketball court, in the classroom, or in life - and it shows. Your strength isn't just in your athletic ability or your determination; it's also in your kindness, your humility, and the quiet way you inspire those around you. We have so many fond memories of watching you push through incredibly difficult practices and tough games - not just for the win, but to challenge yourself to be the best version for yourself and for your teammates. It's been beautiful to witness you grow, fail, try again, and then succeed because this is what it takes to be a great man. As you enter college, our advice is simple: keep showing up with that same heart, drive, and integrity. Life won't always be easy, but you have everything it takes to face it with courage and grace. Don't forget to enjoy the journey - this is your time to explore, to grow, and to become.

Call home. Stay curious. Dream big. And don't ever lose that huge smile of yours :)

We love you so much,
Mom and Papi



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