

CrewBarú

JUNE 2026

YOUNG MINDS FOR A BRIGHTER FUTURE



FEATURED STORIES

"The Port That Could Change the Future"

"INADEH Arrives in Puerto Armuelles"

"When Healthcare Fails: The Reality in Barú"

"Puerto Armuelles: History, Memories, and Changes"

"Barú Powered by the Sun"

"Potencia del Barú: Where Champions Are Born"

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President's Message



It is an honor for me to be the president of this magazine project. I feel very happy and proud to share this work with all of you. In this magazine, we talk about important topics in our community, such as sports, entrepreneurship, culture, education, topics about Baru, and many other interesting topics.

This project helped us learn new things, work as a team, and express our ideas in English. I hope everyone enjoys reading our magazine and feels inspired by the stories and information we share. In this experience, we learned that teamwork and communication are very important. Every student worked hard to make this project special, and I feel proud of everything we did together.

Working on this magazine was not always easy, but it was a nice experience because we helped each other and learned together. We spent time looking for information, sharing ideas, correcting mistakes, and supporting our classmates. Thanks to this project, many of us improved our English, and felt more confident.

This magazine is more than a university project for us. It shows our effort, creativity, and dedication. It also shows the talent and ideas of all the students in our group. I think this experience will stay in our memories for a long time because we worked together like a family and created something important for our community.

First of all, I want to thank God for giving us the strength, wisdom, and opportunity to complete this project. I also want to thank all the students who participated in this magazine and Teacher Rigoberto Morales for his support, guidance, and help in making this project possible. Without everyone's effort and teamwork, this magazine would not have been possible.

This experience was very special for all of us, and I hope our work makes everyone feel proud and inspired. I hope this magazine can motivate other students to believe in themselves, work hard for their dreams, and never be afraid to share their ideas.

Thank you for reading our magazine, and I hope you enjoy every page of it.

*Sincerely,
Angela Martinez*

IN MEMORIAM

Juan Alberto Smith Gallardo

A Legacy of Vocation, Faith, and Humanity



JUNE 24, 1953 - DECEMBER 12, 2025

There are people whose impact remains long after they are gone. Through their actions, their teachings, and the way they choose to live, they leave an enduring mark on the lives of those fortunate enough to know them. Professor Juan Alberto Smith Gallardo was one of those people.

Remembering him is remembering a man who grew and transformed throughout his life without ever losing the essence that defined him. At every stage, he embraced new challenges with courage, learned from every experience, and adapted to life's circumstances with remarkable resilience. He was a professor, husband, father, grandfather, mentor, and friend; each of these roles was carried out with dedication, responsibility, and a profound sense of commitment.

His family was always at the center of his life. Everything he built and everything he worked for was driven by his desire to provide well-being, opportunities, and security for those he loved. To his family, he was much more than a provider or a figure of authority; he was a constant source of support, a comforting presence, and an example of unconditional devotion.

Those who knew him remember especially his ability to listen, advise, and accompany others through life's challenges. He had a gift for finding the right words in difficult moments and for bringing comfort even in times of uncertainty. His strength was reflected not only in the way he faced adversity, but also in his ability to inspire others to move forward with hope and confidence.

Faith played a fundamental role in his life. A devoted Catholic, he lived his beliefs with sincerity and conviction until his final days. His faithful attendance at Sunday Mass and the time he devoted to spiritual reflection reflected a deep gratitude for life and for all that he had been able to build. His spirituality could be seen in his daily actions, in the respect he showed others, and in the hope with which he embraced every stage of his journey.

Among his greatest passions was music. His daughter fondly recalls childhood memories of watching him sing and dance to Christmas classics by El Gran Combo, Willie Colon, and other beloved artists. For him, the holiday season held special meaning because it brought family together. He cherished those moments spent sharing stories from his youth, reliving treasured memories, and strengthening the family bonds he valued so deeply.

His warm and cheerful personality allowed him to connect easily with people from all walks of life. He enjoyed sharing stories, exchanging experiences, and finding reasons to smile. His sense of humor was one of his most beloved qualities and remains one of the characteristics most fondly remembered by family members, friends, colleagues, and former students.

As an educator, he devoted much of his life to teaching in the Province of Chiriqui. He began his professional journey as a music teacher and later became an English professor, contributing to the education of generations of students. Yet his influence extended far beyond academic content. He firmly believed that education was a powerful tool capable of opening doors, transforming lives, and creating opportunities for a brighter future.

More than teaching lessons, he inspired his students to believe in themselves, to work hard, and to recognize their own potential. His daughter believes this was his greatest contribution: the human impact he had on every young person who entered his classroom. Many may forget specific lessons or assignments, but they will never forget a professor who listened to them, encouraged them, and taught them to trust in their abilities.

He also deeply enjoyed participating in university activities such as English Week and celebrations of Black Ethnicity. These events allowed him to share not only knowledge, but also culture, identity, and life experiences. He took great pride in the Afro-descendant heritage of the province and viewed these occasions as opportunities to promote cultural appreciation, inclusion, and a sense of belonging.



His cheerful nature was reflected even in the simplest anecdotes. Among friends, relatives, and students, he would often joke that he had been born white with blue eyes, but that the Puerto sun had darkened his skin. These lighthearted remarks never failed to bring laughter and perfectly captured the warmth, spontaneity, and friendliness that characterized him throughout his life.

Today, beyond his professional accomplishments and his many years of service in education, those who knew him remember above all the way he lived. His life was a constant lesson in perseverance, responsibility, optimism, faith, and love for family. He left a profound mark on students, colleagues, friends, and loved ones who continue to find inspiration in his example.

Professor Juan Alberto Smith Gallardo will be remembered not only for what he taught in the classroom, but also for the humanity with which he touched the lives of those around him. His legacy lives on through the people he helped shape, the values he shared, and the cherished memory of a man who was authentic, generous, and deeply committed to others. Perhaps that is the most meaningful lesson he leaves behind: that a life dedicated to service, love, and education possesses the power to transcend time itself.

"My father was the kind of person who never stopped growing. No matter what life placed before him, he faced every challenge with courage, determination, and an unwavering belief that better days were always ahead. He taught us that obstacles were not meant to stop us, but to help us become stronger." Mary. M. Smith

By: Eliecer Esquivel

Majoring in Baru: Higher Education Near Home

By: Jhoany Alvarado



For many people, earning a university degree often means leaving their hometown in search of better opportunities. However, the Centro Regional Universitario de Baru (CRUBA) is changing that idea by offering academic programs that allow students to build a brighter future while studying and growing within their own community. As an extension of Universidad Autonoma de Chiriqui, CRUBA provides a wide variety of degree programs in different fields and flexible schedules, giving students the opportunity to choose the path that best fits their needs and aspirations. Some of the academic options available include Business Administration, Accounting, Education, Computer Science, Social Work, Tourism, English, Law, and Physical Education.

Recently, the Accounting and Law programs received accreditation, an important achievement that reflects the institution's commitment to academic quality and continuous improvement. These accomplishments make it easier for young people to continue their studies and pursue their professional goals without having to leave Baru. The vision of CRUBA highlights the importance of education as a tool for social and economic transformation in the region. The university is not only focused on preparing skilled professionals, but also on shaping individuals who can positively impact their communities, through the promotion of technology, leadership, and social participation.

● A Personal Perspective

In addition, CRUBA offers postgraduate programs in Higher Education Teaching, allowing graduates to continue advancing academically while remaining in Baru. This opportunity contributes to the professional growth of local educators and strengthens the educational system within the region. From a personal perspective as a third-year English major, I have witnessed the commitment of the university to student's professional growth. I have also participated in several activities that motivate students to engage not only in university life, but also in the social and cultural development of our community.

"CRUBA demonstrates that academic and professional success can be achieved while staying connected to one's roots, culture, and community."

The Professor Who Made Grammar Fun (Almost)

By: Jhoany Alvarado

Talking about Eliseo Pitty is, for many students from the English School at CRUBA, talking about that one professor who manages to do the impossible: make grammar a little less scary... or at least make you laugh while struggling through it.

With more than 20 years at UNACHI, Professor Pitty doesn't just teach structures, verb tenses, and translations; he teaches with style. And not just any style, but one he proudly describes as "active, fun, tension-free... and open to improvisation." In student terms: you never know exactly what will happen in class, but you know you will not be bored.

A Human Connection

Professor Pitty is well known as one of the most beloved professors among students at CRUBA, and it's not just because his knowledge, but for his personality. Approachable, authentic, and balanced, he creates an environment where students feel comfortable, and that's why most of the students feel comfortable affectionately calling him "Teacher Chevy".

He puts it simply: "Students trust professors who feel human... not like rule robots". Of course, he is definitely not a robot.



And when it comes to grammar, he leaves a powerful lesson: "Grammar must be eaten one piece at a time." Yes, like pizza... just with more rules. For him, teaching has not been a burden, but "an entertaining ride" that he is still enjoying. And for those who have taken his classes, it's clear they didn't just learn English, they also gained stories, laughter, and a new way of seeing grammar. Because in the end, not every professor can do that. But Professor Pitty definitely isn't just any professor.



While many people run away from grammar like it's a surprise exam, Professor Pitty embraced it from the very beginning. As he explains, he enjoys it because it has "something almost mathematical," that precision that eventually makes everything click.

And here's one of those lines that perfectly defines his personality: "I chose grammar because not many people like to teach it... and I did." Because, well... someone had to do it, and he actually wanted to.

One of his signature strategies is bringing grammar down to real life. No abstract rules, everything is grounded in everyday situations, often with a humorous twist. In his own words: "I teach using examples... dozens of examples". Because if you didn't get the first one, don't worry... there are plenty more coming.

Recognition and Legacy

After two decades of teaching, he was recognized as Professor of the Year; a moment that genuinely surprised him. Of course, he couldn't resist adding humor: "Maybe I stood out because I kept nagging and complaining about never being nominated." Jokes aside, but the award simply confirmed what students had known for years.

Beyond degrees, master's programs, and recognitions, there is one thing that defines Professor Pitty: he genuinely enjoys what he does, and it shows. His advice to future teachers is clear: "This is something you have to enjoy. Students know when you're doing it for passion... or just for the money."

Education Has No Age Limit

By: Anaris Serrano



A Second Chance for the Community

A night school is a place where people study during the evening, mainly adults who want to continue or finish their education. This educational system helps people who work during the day or have family responsibilities, allowing them to continue studying and improve their future opportunities.

In Baru, schools such as San Valentin Night School and ESNOPA in Puerto Armuelles play an important role in the community. These schools give young people and adults another opportunity to complete their high school education.

Programs and Student Profiles

At San Valentin Night School, students can study Commerce and Science. In the Commerce program, most students are between 18 and 30 years old. In the Science program, students are usually between 18 and 31 years old. Many of them could not finish school earlier because of work, economic problems, or family responsibilities.

Meanwhile, ESNOPA in Puerto Armuelles also offers Science and Commerce programs. In both programs, students' ages generally vary between 18 and 45 years old. Many adults return to school after several years because they want better job opportunities and a better future for their families.

Skills and Conclusion

These schools also help students improve communication skills, technology knowledge, and work preparation, which are important in modern society.

In conclusion, night schools are very important for the Baru community because they give people a second chance to study and achieve their personal and professional goals.

Night schools like San Valentin and ESNOPA demonstrate that education has no age limit. They provide essential opportunities for personal growth and professional development, proving that it is never too late to pursue knowledge and build a better future.



The Importance of the English Language in Our District

By: Katherine Cedeno



Nowadays, the English language has become very important in many parts of the world, and our district is no exception. Learning English is no longer just something extra, but a necessity to have more opportunities in the future.

In our district, one of the reasons why English is becoming more necessary is because of the construction of the port that is currently taking place. This project will bring more economic activity and also the arrival of many people from different places, including tourists, businesspeople, and foreign workers. Because of this, many people in the community will need to know English in order to communicate better with them.

In addition, the construction of the port may create new job opportunities in areas such as commerce, tourism, hotels, restaurants, and transportation. In many of these jobs, knowing English can be a great advantage and even a requirement, since many companies prefer to hire people who can assist and communicate with foreign customers.

However, in some schools in Puerto Armuelles, children still do not have proper access to learning English because the subject is not offered to them. Some examples are Brisas del Mar School, Agua Buena School, and Corazon de Jesus School, among others. This situation can affect students' future opportunities, especially now that the district is growing and becoming more connected with international businesses and tourism. For this reason, it is important that more schools begin to provide English classes to children from an early age.



"If we want to be prepared for these changes, it is important for more people to become interested in learning this language."

Learning English also helps young people and adults prepare better for their future because it gives them more educational opportunities and better chances of finding good jobs both inside and outside the district.

Finally, English is a very necessary tool for our community, especially now that our district is growing with projects such as the construction of the port. If we want to be prepared for these changes and take advantage of new opportunities, it is important for more people to become interested in learning this language.



C.F.E.I.: A Space for Learning and Growth in Baru

By: Katherine Cedeno

The Centro de Formacion de Educacion Integral de Baru, known as C.F.E.I., is an institution that provides learning and growth opportunities for young people and adults in the community. Currently, it has 119 students and 6 teachers who work together to create a positive and participative educational environment.

This institution was founded in 2018. Before being called C.F.E.I., it was known as P.E.E.C.C., which stands for "Programa Encontrando el Camino Correcto." Later, the center changed its name by order of the Ministry of Security and became officially recognized as Centro de Formacion de Educacion Integral de Baru.

The main objective of this program is to be recognized as a meeting place for the entire recreational community. In addition, it seeks to help young people and adults learn and obtain the necessary tools to face the challenges of modern social life. In this way, the center focuses not only on academic education but also on the integral development of each student.

"Its commitment to education and personal development shows the importance of creating spaces where people can learn, interact, and prepare for the future."



| A Growing Community

Thanks to the effort of its teachers and students, C.F.E.I. continues growing and contributing to the development of the Baru community. Its commitment to education and personal development shows the importance of creating spaces where people can learn, interact, and prepare for the future.

INADEH Arrives in Puerto Armuelles

A New Opportunity for Baru

By: Angela Martinez

In Puerto Armuelles, a small town in Baru, something very exciting is happening. INADEH has arrived to help people learn new skills and prepare for better opportunities. This is very important because many people want to work and have a better future for their families. Before, many people had to leave their town to look for jobs, but now little by little things are changing. Thanks to INADEH, people can study, learn, and prepare for jobs without leaving their home.

What is INADEH?

INADEH means National Institute for Professional Training and Human Development in Panama. It is a technical institute that teaches practical and technical courses for different jobs and careers, such as English, gastronomy, electricity, welding, mechanics, tourism, logistics, and maritime courses. All the courses offered by INADEH are completely free for students. INADEH came to Puerto Armuelles because the community needs more educational and job opportunities. One important reason is the new port project that is being developed in the area. This project can bring many jobs to the community, but people need training and knowledge to work there. Because of this, INADEH is offering maritime courses to prepare people for future jobs at the port and in other maritime areas.

How Classes Work

Right now, INADEH in Puerto Armuelles is operating at Tomas Armuelles School. The classes are organized at different times so more people can participate. Teachers help students learn step by step with both theory and practice. In the maritime courses, students learn how ports work, how to work safely, and how to do different tasks in the maritime area.



"Thanks to INADEH, people can study, learn, and prepare for jobs without leaving their home."

My Experiences Learning New Skills

I have taken two courses. The first course is Maritime Safety. In this course, I learned how to be careful, how to use safety equipment, and how to protect myself and others. This is very important because working near the sea can sometimes be dangerous if people are not careful. The second course is Logistics Storage Operation. In this course, I learned how to organize, store, and manage products in a warehouse. We learn how to receive products, check if everything arrives in good condition, organize items so they are easy to find, and control inventory to know what comes in and what goes out.

I feel very happy because I am learning new things that can help me get a good job in the future. This gives everyone an opportunity to learn something new and improve their life. The arrival of INADEH is bringing hope to Puerto Armuelles and Baru. Now many people have the chance to learn, grow, and prepare for better jobs. With education, effort, and new opportunities, the future can be better for everyone.

The Impact of the Club Activo 20-30 in Puerto Armuelles

By Jhoany Alvarado



1980
Year founded in
Puerto Armuelles

The Club Activo 20-30 is an international civic organization dedicated to community service, leadership, and support for children in need. In Puerto Armuelles, it has become an important part of the social development of the Baru district, with 15 active members creating meaningful impact through campaigns, social initiatives, and cultural events.

SUPPORTING CHILDREN

One of the main objectives of the club is to improve the quality of life of children in communities such as Puerto Armuelles, Baco, Rodolfo Aguilar Delgado, Limones, and Progreso. Members organize campaigns involving food, milk, and diaper donations for families with limited resources, encouraging values like empathy, leadership, and cooperation.

A LASTING TRADITION

The Christmas Parade in Puerto Armuelles, started in 2000, has grown into a beloved local tradition. Every year it brings families together and contributes to the local economy and tourism. Despite financial challenges, the club continues working hard with community and private support, demonstrating the importance of civic organizations in promoting social development.

IN ACTION



Members of the Club Activo 20-30 during community outreach activities in Puerto Armuelles.



The Impact of the Club Activo 20-30 in Puerto Armuelles

A Symbol of Service

Today, the Club Activo 20-30 of Puerto Armuelles remains an important symbol of service and community spirit in Baru. Through its projects, charitable campaigns, and cultural activities, the organization continues making a positive difference in the lives of many people while promoting values that encourage social growth and unity.



"A symbol of service and community spirit in Baru."



Puerto Armuelles: People Creating Their Own Opportunities

By: Angela Martinez

Puerto Armuelles is full of strong and hardworking people. Even when there are not many jobs, people try new ideas to move forward and help their families. Many people start small businesses. This is called entrepreneurship. For example, some people sell food like empanadas, cakes, and drinks. Others sell clothes, accessories, or handmade products.

Beauty Salons & Small Businesses

Also, some people open beauty salons. In these salons, they cut hair, do nails, and help people look nice. Beauty salons are very important because they give jobs and help people earn money for their families. Even if the business is small, it can grow little by little. These entrepreneurs wake up early, work hard, and try to give good service to their customers. They do not give up, even when things are difficult.



"With effort and creativity, they can reach their dreams."

Impact on the Community

These small businesses help the community because they create jobs and bring new ideas. They also teach children that with effort and creativity, they can reach their dreams.



In conclusion, there are many brave people in Puerto Armuelles who create their own opportunities, including people with beauty salons and small shops. They help their families and make their town better step by step.



When Healthcare Fails: The Reality in Baru

By: Anaris Serrano

Puerto Armuelles has a hospital that has recently received a renovation. However, it is not equipped with the necessary tools or the appropriate staff. People complain everyday about the poor service offered by the hospital. Citizens point out the lack of medications and doctors, which forces them to travel to hospitals in David, Chiriqui, in order to receive proper medical care. In some cases, they must attend private clinics because waiting times in the public system are very long. In addition, many people are forced to buy medicines at pharmacies, such as Cardil and Indapamide, because the hospital does not always provide them, and they cannot continue their treatments at the Dionisio Arrocha Hospital.

The hospital also lacks several specialists, including cardiologists, otolaryngologists, and neurosurgeons, forcing many patients to travel to David to receive proper medical care. Another important problem is the lack of medical equipment. For example, the hospital no longer has the colposcopy equipment used to examine women and detect abnormalities in the uterus or cervix. This equipment was reportedly transferred to the hospital in David, making it more difficult for women in Puerto Armuelles to receive early diagnosis and treatment.

"It is not enough to have a remodeled infrastructure if it does not include the necessary resources."

Emergency Department & Community Tension

Additionally, the emergency department is another serious problem that people do not often talk about, although conflicts between patients and hospital staff have been reported. This reflects the level of tension and frustration that the community is experiencing because of this situation.



This evidence shows that it is not enough to have a remodeled infrastructure if it does not include the necessary resources. In conclusion, the district urgently needs improvements, since it is exhausting for the population to live under conditions like these.

Economic, Social and Educational Impacts of the Increase in Fuel Prices

By: Evajenith Pinto



Worldwide, the increase in oil prices has caused an increase in the prices of gasoline and diesel in several countries, affecting economies and making products, food and services more expensive. Panama has also been affected by this situation, since fuel prices have multiplied in a short period of time. 95 octane gasoline reached approximately 1.27 baht per liter, 91 octane gasoline 1.19 baht and diesel around 1.27 baht. This increase has directly affected many people, especially those who depend on transportation daily.

Truck drivers, bus drivers and public transport operators have had to spend significantly more money on fuel, which also raises the prices of the goods they transport. As a result, food, materials and other basic necessities are becoming more expensive, affecting the cost of living for the entire population. In addition, many families are worried because their salaries are not enough to cover their expenses. Some people have had to limit their outings, save more and reduce certain expenses due to the high cost of fuel and transportation. Long lines were also reported at some gas stations due to the fear that prices would continue to rise.

"The increase in fuel prices has directly affected many people, especially those who depend on transportation daily, raising the cost of living for the entire population."

Impact on Education

To reduce the economic impact, Panama has maintained subsidies for some sectors of public transport, truck drivers and other transporters, with the aim of avoiding new increases in fares and freight costs. Even at the Baru Regional University Center (CRUBA), student representatives and administrators met to discuss ways to help students reduce their transportation expenses. Among the proposals was the implementation of a system that alternates one week of virtual classes with one week of face-to-face classes until the end of June or July, to reduce travel costs and, in particular, support students who travel from remote communities.

This has caused students to be stressed about virtual classes since not being in the same classroom as the teacher makes the bad intentions of homework and assignments bigger, also not being able to clarify their doubts more efficiently. This has also created an accumulation of activities, leaving students full of work and activities and teachers accumulating more work and having to change their organization to improve their efficiency.

Migrating to Grow

The Reality of Leaving Puerto Armuelles

By: Eliecer Esquivel

Migration has become a phenomenon that has significantly impacted the lives of many young people from Puerto Armuelles in recent years. In order to better understand this reality from a personal perspective, the experience of Belkis Castillo, a 29-year-old woman currently living in Panama City, allows for a clear analysis of the emotional, social, and professional implications of leaving one's place of origin in search of better opportunities.

Belkis describes herself as a hardworking individual with strong family values and a deep connection to her community. Her life was developed in Puerto Armuelles, where she grew up, studied, and built her most important relationships. Despite having a solid academic background in the field of English teaching, including a bachelor's degree, a master's degree, and postgraduate studies, she was forced to migrate due to the lack of job opportunities in her hometown.

Before migrating, her life was characterized by stability and tranquility, framed within a simple routine that included work, study, and time with her family. However, this reality began to change when, after multiple attempts, she was unable to secure a stable job that would allow her to grow professionally. This situation led her to realize that, in order to advance in her career, she had to leave her place of origin.



The decision to migrate was largely motivated by the need to continue financing her studies without depending entirely on her mother's financial support. In this way, moving to Panama City was not a voluntary choice, but rather a necessary alternative for her personal and professional growth. Although she initially perceived her departure as something temporary, over time she understood that working conditions in the capital make it difficult to return, due to the significant difference in available opportunities.

Among the main challenges she has faced, the emotional distance from her family stands out, especially during the first few months when she lacked a close support network. From her perspective, migration is more of a structural necessity than an individual decision. The limited job opportunities in Puerto Armuelles push many young people to move elsewhere, creating a negative impact on the town's development, as there is a constant outflow of skilled human capital.

Finally, Belkis acknowledges that migrating implies a complete transformation of one's life. Although it involves emotional difficulties such as loneliness and nostalgia, it also represents an opportunity for personal growth, independence, and the strengthening of character.



Holy Week Celebration in Puerto Armuelles

By: Jhoany Alvarado

The Holy Week is one of the most important religious celebrations in Puerto Armuelles. During this time, the community comes together to remember the passion, death, and resurrection of Jesus Christ. However, beyond its religious meaning, the Holy Week celebration also reflects the unity of the community through traditional activities and cultural expressions connected to the Catholic faith.

From a religious perspective, Holy Week is celebrated with great respect and devotion. Catholics begin this celebration on Palm Sunday and continue throughout the week with different church activities, including masses, the washing of the feet on Holy Thursday, and the Stations of the Cross on Good Friday. During the Stations of the Cross, the congregation walks through different areas of the town, representing the path Jesus followed before his crucifixion.



Another meaningful tradition is the religious procession, where people walk together through the streets carrying religious images, while many families participate in a calm and respectful environment. These activities allow people to reflect on their faith and strengthen their spiritual connection with God.

Changes in the Route

This year, one of the most noticeable changes during the Holy Week celebration was the route of the Stations of the Cross. According to Jolene de Ramirez; Coordinator of the decoration and entertainment team for Holy Week, the route was modified after discussions organized by the parish council and the Holy Week decoration committee. In previous years, the procession covered larger areas such as San Jose, Los Angeles, Riomar, and Barriada del Carmen. However, Father Gregorio suggested a shorter route focused on the center of the town. The main reason for this decision was to avoid repeating the same routes from previous years and to make the procession more accessible for participants.



Many people used to leave before the procession ended because of the long distance, but this year the shorter route encouraged greater participation and allowed more faithful members of the community to remain together until the end.

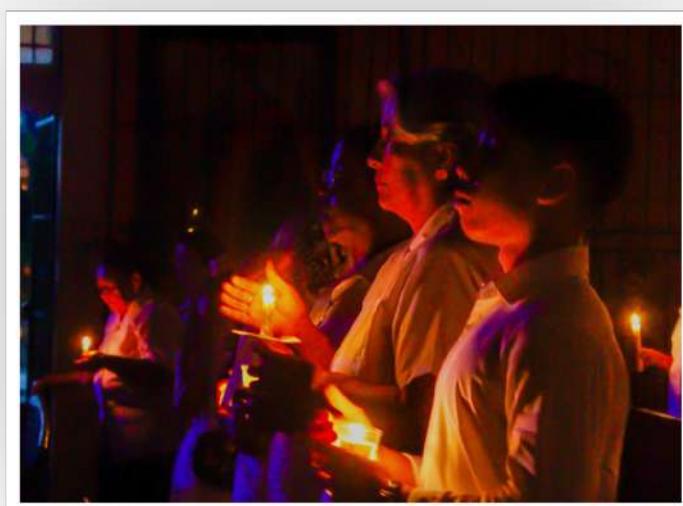
Organization of the Stations

Another important aspect of the celebration is the organization of the Stations of the Cross. The families and groups that represent each station are not selected randomly. Instead, the parish invites people, institutions, businesses, and families that have demonstrated commitment and support toward the church throughout the years. Some participants volunteer, while others are personally invited by the organizers. According to Jolene, the church also tries to involve people who may not actively participate in church activities but still profess the Catholic faith. In this way, the celebration becomes an opportunity to reconnect people with their spirituality and encourage them to become more involved in the religious community.



A Theme of Peace

This year's Stations of the Cross also had a special theme focused on peace. Father Gregorio selected a version dedicated to countries currently suffering from war, persecution, injustice, and exclusion. Through prayers and reflections, the procession invited the community to pray not only for peace in Puerto Armuellas and Panama, but also for peace around the world. Each group received the text of its assigned station and was free to present it creatively. Some families used images, others performed dramatizations, and some even incorporated modern technology such as screens and projectors. These different forms of participation made the celebration more dynamic and meaningful for the community.



Culturama

By: Jhoany Alvarado



An Important Part of the Memory of Chiriqui

Culturama was founded on August 21, 1988, by Roger Patino Samudio, a man from Gualaca committed to the social development of the province. From the beginning, the magazine had a clear intention to contribute to the cultural growth of the community.

According to Professor Milagros Sanchez Pinzon, editor of the magazine: "the main objective of Culturama has been to promote reading and encourage educational, cultural, and social activities." As Professor Sanchez explains, the magazine "was created with the purpose of promoting educational, artistic, and sports activities in the province of Chiriqui." In addition, it aimed to provide brief but interesting information that would motivate people to learn more on their own.

Production and Local Focus

Over time, Culturama has changed in the way it is produced. In the past, everything was done manually: "texts were typed on electric machines, cut, and glued by hand," which made the process slower and more complex. Today, everything is done digitally, what makes the production and distribution easier. Despite these changes, the magazine has remained without losing its essence. One of the aspects that makes Culturama special is its focus on local topics that are not usually found on the internet.



Challenges and Legacy

"These are topics based on fieldwork... things that do not appear in the virtual world," the professor explains. This allows the magazine to preserve the historical memory of the districts and communities of Chiriqui, making this magazine a valuable source of information. However, Culturama also faces some limitations. One of the main challenges is the lack of reading habits among people.

Despite these challenges, Culturama has managed to remain active for almost 38 years. This has been possible thanks to the support of the community, collaborators, and especially private sponsors. In conclusion, Culturama is much more than a weekly magazine. It is a project that has helped educate, preserve history, and strengthen the cultural identity of Chiriqui.



Puerto Armuelles: History, Memories, and Changes

By: Katherine Cedeno

Puerto Armuelles is a very important place in the province of Chiriqui. It is known for its beaches, its people, and its history. Many years ago, this place grew thanks to the banana industry, which was one of the main sources of work for many families.

According to people who lived during that time, Puerto Armuelles was very active. There was a lot of movement of people and products. One of the most important elements was the train, which was used to transport goods and people from one place to another.

The train was not only used for work, but also to bring the community together. Many people met at the station to travel, sell products, or wait for their relatives. It was a place full of life and activity.

Over time, everything started to change. The train stopped being used, and many of those activities disappeared. This affected the local economy and changed the way people lived, leaving only memories of what was once a very active town.

Nowadays, there are efforts to recover this important part of history. The Baru Mayor's Office has started the restoration of the old train wagons. This project aims to rescue the historical memory of the district and also to improve tourism in the region. In addition, it seeks to preserve the railway heritage and turn it into a cultural and tourist attraction where both residents and visitors can learn about this important symbol of the past.

Currently, Puerto Armuelles is trying to move forward with new ideas, such as tourism and other projects that can improve the economy. Even though it is not the same as before, it is still a place with a lot of historical value.

"Remembering the past, like the time of the train, helps us appreciate our community more and think about a better future."



Looking to the Future

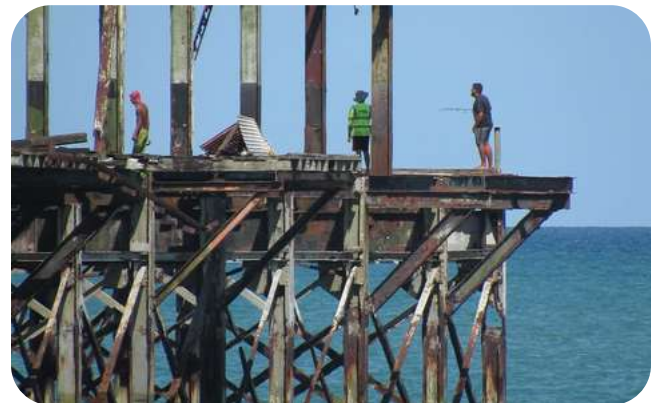
Puerto Armuelles is a place full of history and lessons. Remembering the past, like the time of the train, helps us appreciate our community more and think about a better future.

Between Progress and Tradition

The Old Port of Puerto Armuelles

By: Evajenith Pinto

Although the new port promises economic changes and improvements for the future, such as more employment opportunities, trade, and development for the community, many people continue to use the old port. Some people use it daily for fishing, while others simply swim, walk, or enjoy looking at the sea. For many in the area, this place is not just an old structure, but a space full of memories, history, and tradition. Many grew up watching their parents and grandparents work there, so the old port represents part of the community's identity. Some fishermen prefer to keep using it because they are used to it and because it is part of their customs; others simply use it at certain times because they like to fish in silence.



Even if the new pier creates more job opportunities, they still feel a special connection with the old port and the activities they carry out there. Fishing also continues to be an important source of income for many families in Puerto Armuelles. Much of the fish caught is sold in the local market to earn money; the rest is sold from cars for those who cannot travel to the port. They also sell it to nearby restaurants. Others sell fish scales to make jewelry, and some just use it to feed their families. Thanks to this, many families can cover their basic expenses and meet their daily needs.

"For many residents, continuing to use the old port is a way to honor their roots, preserve their customs, and remember that history and culture remain an essential part of life."

These crafts not only represent creativity, but also a way to preserve cultural traditions passed down from generation to generation. The old port also serves as a social meeting point. There, people talk, share fishing experiences, teach young people traditional techniques, and keep alive the customs that are part of the area's history. Elders often pass on knowledge about the sea, the tides, and artisanal fishing, allowing new generations to learn about their roots and value them.



Although progress and new construction are important for economic growth, many people believe that preserving traditional spaces is also valuable. Keeping these practices alive helps protect the community's cultural identity and shows that development does not mean forgetting the past. For many residents, continuing to use the old port is a way to honor their roots, preserve their customs, and remember that history and culture remain an essential part of life in Puerto Armuelles.



Baru, Land of the Green Gold

By: Pedro Olivero



A History of Abandonment and Loss

The history of Baru started with a lot of energy back in 1927, when the Chiriqui Land Company arrived. In those days, bananas were known as "Green Gold" because almost all the money in the region came from them. A lot of people from other places traveled to these lands wanting to work hard, and thanks to that, they were able to build their lives, support their families, and help their children become professionals. Everything was about movement and progress in the farms. By: Pedro Olivero

The Fall of Green Gold

But good things did not last forever. By the year 1999, the situation became very difficult due to changes in the markets and also because of management problems with the SITRACHILCO union. Everything crashed and the big company decided to leave. From one day to the next, Baru lost its main economic engine, which brought terrible unemployment and a feeling that everything was left abandoned. Many people, finding themselves without a job and not knowing what to do, had to pack their bags and migrate to other parts of Panama to find a way to survive, leaving the towns empty.



A Life of Endurance

Life for those who decided to stay became very hard. Talking with Mr. Luis Espinoza, who lives in the community of Jagua, right in the banana zone, he told me how bad that drastic change was. He told me that after the Chiriqui Land Company left, finding another job was almost impossible. He and his neighbors went through moments of severe food shortages. Also, the people felt very sad and forgotten by the national government, because they did not see them helping to get out of that hole, even though sometimes some small support came that helped for the moment.

Those years before anything else happened with the lands were just about enduring and remembering the past. The smell of bananas no longer meant money in the pocket, but pure nostalgia for the times when there was money and joy. The people of Baru were left missing that golden age too much, full of nice memories of when the town was alive, happy, and with a strong economy.

Festival Ambiental EcoAmigos 2026

LEARN AND CONSERVE

By: Evajenith Pinto



On Wednesday, April 22, in commemoration of Earth Day, EcoAmigos organized a celebration in the Barú Forest Reserve, where many people came together to learn, communicate, and strengthen the connection between us and the environment. Schools and universities participated in this event. The schools included Instituto Puerto Armuelles, and the university was Universidad de Panama, where attendees learned about local flora and fauna.

Participants spent time in nature through guided tours, games, workshops, and presentations. They collaborated in several activities and experienced a more meaningful connection with the natural environment.

Community Participation

Other participants included the group Acuviv San Carlos, a group of many young people with little experience in ecological activities. For several of them, it was the first time they participated in this type of ecological route, which made the experience even more special.

Besides, the firefighters, together with the Police and Turismo y Cultura del Distrito de Barú, participated with a small informative post where they shared information related to prevention, community support, and environmental awareness.



During the day, a clothing sale and other community activities were also organized. It was an experience that brought young people, families, and volunteers together to share nature and the importance of protecting the natural spaces that still exist in Barú.



"An experience that brought young people, families, and volunteers together to share nature."

Baru: Powered by the Sun

By: Pedro Olivero



Baru is leading the way in renewable energy. Our district is home to six solar power stations that generate enough clean energy to power over 20,000 homes every single day.

From 6:00 AM to 6:30 PM, our fields soak up the sun to feed Panama's power grid. We even export our surplus energy to other countries in the region through the international transmission line.

Our Solar Power Stations

Station	
ECOSOLAR	50 MWh
SolarPro	20 MWh
La Esperanza Solar	20 MWh
BacoSolar	20 MWh
Esti Solar	17 MWh
Madre Vieja Solar	10 MWh

Why This Matters

Cleaner Air

It dramatically reduces environmental pollution.

100% Green

It promotes a modern, renewable lifestyle.

Cheaper Bills

It helps lower electricity costs for families.

Local Growth

It supports sustainable community development.

A Brighter Future for Baru

These solar projects are a symbol of true progress. By combining innovation with nature, we are boosting our local economy, creating new opportunities, and building a better tomorrow hand in hand with our people.



The Electrical Crisis No One Has Solved

When people talk about problems in Puerto Armuelles, one issue always comes up: the constant power outages. During my research about this topic, I discovered that the electrical crisis is not just an inconvenience anymore, but a serious problem that affects the daily lives, economy, and future of the entire community. For many residents, losing electricity has become something normal, even though it should not be.

One of the main causes of this crisis is the poor condition of the electrical infrastructure. Many poles, transformers, and power lines are old and damaged because they have not received the maintenance or modernization they need. The system was created years ago when the population was smaller and people used less electricity. Today, the demand is much higher, but the infrastructure has stayed almost the same, causing frequent overloads and blackouts across the district.



Another important factor is the weather. Puerto Armuelles experiences strong rains and winds, especially during the rainy season, and these conditions constantly affect the electrical lines. Since the system is outdated and weak, even a moderate storm can leave entire communities without power for hours or sometimes days.

The situation becomes even more difficult in the former banana plantation areas around Puerto Armuelles. Many communities there still depend on electrical systems that were originally built for agricultural operations, not for permanent homes and businesses. Because of this, residents in those areas experience even longer and more frequent outages, increasing the feeling of inequality and abandonment.

The crisis also has a strong economic impact. Small businesses lose money when refrigerators stop working, products are damaged, or electrical equipment breaks because of voltage fluctuations. Students cannot study properly, families lose communication, and many workers are unable to continue their activities normally during blackouts. In a town that is trying to recover economically, electricity should help development, not slow it down.

After researching this issue, I understood that the electrical crisis in Puerto Armuelles is more than just a technical problem. It reflects years of neglect, lack of investment, and poor planning. Temporary repairs may solve outages for a short time, but without real modernization and long-term solutions, the same problems will continue happening again and again.

In conclusion, the people of Puerto Armuelles are not only dealing with unstable electricity, but also with uncertainty about the future of their community. Reliable energy is necessary for education, businesses, healthcare, and development. Until stronger action and investment are taken, the electrical crisis will continue to be one of the biggest challenges affecting the region and its people.

Barú Walking in Darkness

By: Pedro Olivero

A never-ending problem

Communities such as Finca Zapatero, Ceiba, Jagua, Jocote, Lechosa, Puerto Armuelles, La Esperanza, Progreso and nearby areas are experiencing constant power outages, which is causing concern among the residents. It really needs urgent attention.



What's the problem?

Residents report up to five power outages per day, seriously disrupting their daily lives and creating ongoing uncertainty. They want a solution to this problem. We talked with people of different communities and they have been having problems with their electronic devices, but their biggest preoccupation is for the food.

What is being done?

We talked with Naturgy workers. They said that they are trying to do their best: cleaning the lines, changing different devices and installing new systems to protect the energy supply. They recommend reporting things like big trees touching the line, equipment in poor condition, and people making illegal connections.

The root causes

In interviews with spokespeople for the distribution company and inspectors from the sector, authorities argued that the constant power outages in Barú are due to a combination of three critical factors: dense vegetation interfering with the power lines, accelerated wear and tear of components due to coastal salt, and the excessive length of rural lines in the area.

We need to work together, but Barú urgently needs a solution to guarantee a stable and reliable electricity supply.





Barú Connects

By: Pedro Olivero

ETESA (Empresa de Transmision Electrica S.A) has set its sights on Barú as a strategic point of connection. Since 2025 ETESA started the construction of a new electrical substation, it will be ubicated at one kilometer of distance of the actual substation. Barú had been chosen due to its excellent geographical location, which is very flat, but is just for this reason? The answer is not, Barú, like our country, continues to grow, and with this growth, the demand for energy also increases. This new project will help to distribute energy and maintain a stable grid circuit, sending energy at different parts of our country and internationally too.

According to engineer Erick Guerra, project manager, the substation will be finished in three years, it's due to the magnitude of the project. He says that this project will have lines of 230,000 volts that will be used to send energy over long distances, and other lines of 34,500 volts, that will be connected in our actual lines, in our province. The new substation will have new technologies, making its operation safer and easier.

As a district, will we benefit from this project?

It will open the door to new employment for many of our locals, creating new opportunities, and not only with the new substation. A lot of generating companies like EISA, ENEL, Charco Azul Solar and others, are waiting it to start with a lot of solar projects of a big magnitude, it makes us think in the greatness of our district.

"This new project will help to distribute energy and maintain a stable grid circuit, sending energy at different parts of our country and internationally too."



A Future of Energy

Barú is positioning itself as a key energy hub for Panama. The new substation and upcoming solar projects represent not just infrastructure growth, but new opportunities for the entire community.



The Water Problem in Puerto Armuelles: A Reality That We Must Change

By: Katherine Cedeno

In Puerto Armuelles, drinking water is a very important resource for people's daily lives. However, in recent years, this resource has presented many problems that affect the community.

One of the first problems is the lack of water in many homes. There are days when water does not arrive, or it arrives with very low pressure, which makes it difficult to carry out basic activities such as cooking, bathing, and washing clothes. This situation especially affects families with children and elderly people.

Another important problem is the quality of the water. Sometimes the water comes out dirty or with a bad smell, which causes concern among residents because it can affect their health. Many people are forced to buy bottled water, and this represents an extra expense that not everyone can afford.

In addition, this problem also impacts other sectors such as education and commerce. For example, in some schools, students cannot use the bathrooms properly, and in businesses, the lack of water can reduce sales or even force temporary closures.

The causes of this situation can be various, such as the poor condition of the pipes, lack of maintenance, low investment in the drinking water system, and the low water level in the rivers.

"Greater investment and support from the authorities are necessary to provide a long-term solution."

Interview with an IDAAN Worker

As part of this article, I interviewed an anonymous worker from the National Institute of Aqueducts and Sewers (IDAAN), who explained some of the reasons behind this situation. According to him, one of the main causes of the water problem is the lack of sufficient budget to maintain and improve the water distribution system. He mentioned that many pipes are old and damaged, and in some cases, repairs are delayed because there are not enough materials or equipment available. He also explained that during the dry season, the water level in the rivers decreases, which reduces the amount of water that can be treated and distributed to the community. From his point of view, the workers do their best to solve the problem, but greater investment and support from the authorities are necessary to provide a long-term solution.



A Call for Action

To improve this situation, it is important that authorities take measures such as repairing pipes, improving the distribution system, and ensuring constant maintenance. The community can also help by using water responsibly and avoiding waste.

Potencia del Barú

Where Champions Are Born in Puerto Armuelles

By: Angela Martinez

In Puerto Armuelles, there is a very special place called Potencia del Barú. It is a free boxing academy where children, teenagers, and young adults can learn boxing and practice sports. The academy is very important for the community because it helps many young people stay active and focused on good things.

A Good Coach

The coach is Eustacio Martinez, also called "Chombo." He teaches boxing with patience, respect, and discipline. He always motivates the students to do their best every day. Coach "Chombo" does not only teach boxing. He also teaches good values like respect, teamwork, responsibility, and never giving up. Many students admire him because he helps them become better people.

A Place for Children and Young People

Potencia del Barú is open for people from 4 years old and older. Right now, the academy has around 40 students:

- * 13 children from 4 to 12 years old
- * 15 teenagers from 13 to 17 years old
- * 12 young adults from 18 to 22 years old

Many students join because they love boxing. Others join because they want to exercise, make friends, and use their free time in something positive.



"The academy feels like a family. The students support each other and enjoy training together."

Training Schedule

- * Monday to Friday: 4:00 p.m. to 7:00 p.m. at the Municipal Gymnasium
- * Saturday and Sunday: 4:00 p.m. to 6:30 p.m.
- * Monday and Tuesday mornings: at the Municipal Park from 9:00 a.m. to 11:00 a.m.

The training can be difficult sometimes, but the students work hard and always try to improve.

Representing Chiriqui

Some students from Potencia del Barú have gone to boxing tournaments and competitions. They have proudly represented Chiriqui in different events. The academy has also helped some boxers become professional athletes. This makes the community very proud because it shows that with hard work and discipline, dreams can come true.

A Dream for the Community

Potencia del Barú is more than a boxing academy. It is a place where children and young people can learn, grow, and dream big. Thanks to coach "Chombo" and all the students, the academy is a great pride for Puerto Armuelles.





A Beautiful Day to Remember

By: Angela Martinez

Puerto Armuelles is a town where sports bring people together, and the Chiquita Banana Stadium is one of the most special places for the community. It is not only a field to play softball, but also a place where families and friends gather to enjoy the games and support their favorite teams.

On Sunday, April 12, the stadium was full of excitement because the softball league final took place. The league was organized by the taxi drivers' team, and many teams participated during the season. Every team played with effort and determination in each match.

That day, many people came to watch the final game. The atmosphere was full of energy and happiness. Fans cheered loudly, clapped, and encouraged the players during the entire game.

In the championship match, all the players showed teamwork and dedication. However, the team from San Vicente stood out because of their strong spirit and unity. They stayed focused until the end and never gave up.



The Celebration

After an intense game, San Vicente became the champion. The players, their families, and supporters celebrated with pride and joy. It was a very special moment for the whole community.

"Sports are not only about winning games, but also about sharing experiences and bringing people together."

This event shows how important sports are in Puerto Armuelles. Sports are not only about winning games, but also about sharing experiences, having fun, and bringing people together. It was a wonderful day that many people will always remember.



Community Soccer: A Weekend Tradition in Baru

By: Anaris Serrano

Every weekend, my community comes alive with soccer. What may seem like simple neighborhood matches are actually small leagues where teams from areas such as San Valentin, San Pedro, Teca, Lima, Baco, and Majagual come together to compete and represent where they belong.

The excitement grows even more when teams from nearby places like La Esperanza, Kilometro 32, and Las Guacas join the games. Little by little, these matches turn into real tournaments with championships, qualifying rounds, and a lot of excitement in every play.

"More than just a game, it feels like a celebration of community."

However, it is not only about winning. These games have become a tradition where families, friends, and especially young people find a space to enjoy themselves, connect, and spend their time in a positive way. The field becomes a meeting point full of cheers, emotions, and shared moments.



A Celebration of Unity

More than just a game, community soccer in Baru represents unity, identity, and a shared tradition that brings people together every weekend. It is a celebration that strengthens bonds across generations.



Panama in the World Cup: More Than a Dream

By: Anaris Serrano

Panama is going to the World Cup, and it's not just any news, it actually means a lot. It represents years of effort, sacrifice, and dreams that once felt impossible. Behind every match played and every goal celebrated, there is a story of struggle, not only from the players, but from a whole country that never stopped believing. Because this didn't start from nowhere, it comes from a long time ago, when football in Panama wasn't really taken seriously, and even then, there were people giving their all.

The players didn't get there by luck. Many of them grew up with very few opportunities, training in hard conditions, but with a lot of passion. And that's what makes this achievement so special. It's not just about football, it's about showing that if you really want something, you can achieve it, even if the path is not easy. In a way, that struggle also represents Panamanians in their daily lives, because here things are not always easy, but we still keep going.

"Dreams do come true, but only with hard work."


Now that Panama is in the World Cup, the atmosphere in the country feels different. You can feel the excitement, the pride, and a kind of unity that you don't always see. The streets fill with flags, people talk about the matches everywhere, and something really nice is how families and friends come together to support.



Even though the World Cup hasn't started yet, you can already feel what's coming. In Panama, it's very common for people to go to restaurants and bars to watch the games, and once it starts, those places will most likely be full of fans supporting the team. It will be that kind of moment where everyone shouts, celebrates, and suffers at the same time. It doesn't matter if they know each other or not, in that moment, everyone becomes one voice. Also, the official Panama jerseys are becoming very popular. A lot of people are already buying them with pride, not just because they look nice, but because they represent identity. It's like wearing the effort of a whole country.

In the end, Panama being in the World Cup is not just a sports achievement, it's a story of perseverance. It shows that dreams do come true, but only with hard work. And now, more than ever, a whole country is ready to keep dreaming.



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Tourist Places in Puerto Armuelles

By: Katherine Cedeño

Located in the province of Chiriqui, Puerto Armuelles is a coastal destination known for its beautiful beaches, peaceful atmosphere, and natural attractions. This "City of Sands" has become an ideal place for those who want to relax, enjoy the ocean, and learn more about the local culture.

Playa Limones

One of the most visited places is Playa Limones, a perfect spot to rest and connect with nature. This beach is known for its soft sand and Pacific Ocean waters. In this area, you can find seaside cabins, restaurants offering fresh seafood, fishing, and boat rides.



Canas Blancas

This destination offers a combination of beach and nature. Visitors can camp, organize barbecues, and stay in cozy cabins near the coast. There is a restaurant managed by Mr. Tino, serving fresh seafood and cold beers, adding a personal and welcoming touch.



The Coastal Walkway

A modern space perfect for walking, exercising, or enjoying the ocean view at sunset. Several restaurants with swimming pools are located here: Big Daddy's, Las Juanas, El Rockero, and the upcoming Vista del Pacifico.

Coco Beach

Located in Manaca, it is a quiet place with a relaxed atmosphere, access to the beach, and open spaces to enjoy the sea and the breeze.

Playa Los Olivos

This place offers a relaxed atmosphere, perfect for spending time with family or friends, enjoying the sea breeze and the natural beauty of the landscape.

Puerto Armuelles has a wide variety of tourist attractions that combine nature, culture, and recreation. It is a place with great tourism potential that deserves to be known and appreciated.

When a Second Changes Everything

A Reflection on Traffic Accidents in Baru

In recent months, traffic accidents have become one of the most discussed concerns in the district of Baru. What many people see as simple news headlines or posts on social media actually represents a growing problem that affects families, drivers, pedestrians, and the entire community. Behind every collision, injury, or fatal accident, there is a story that changes lives in only a matter of seconds.

According to reports shared by authorities and local media during the last six months, many accidents in the region have involved speeding, distracted driving, reckless overtaking, and lack of respect for traffic signs. Motorcycles have also become one of the most common elements in these incidents, especially because many riders travel without proper safety equipment or fail to follow road regulations.

Among the main institutions involved in addressing this situation are the Policia Nacional de Panama, the Autoridad del Transito y Transporte Terrestre (ATTT), local emergency services, and community leaders who constantly promote road safety campaigns.

From a student's perspective, this issue goes beyond statistics. Many accidents happen because risky behavior has become normalized within society. People often underestimate how dangerous it can be to use a phone while driving, ignore a stop sign, or drive after consuming alcohol. These actions may seem small in the moment, but they can have permanent consequences for entire families.

Another important factor is the lack of road awareness among both drivers and pedestrians. In many communities of Baru, residents believe accidents are unavoidable, when in reality many of them could be prevented through education, responsibility, and stronger respect for traffic laws.

Despite the challenges, there is still hope for improvement. Community campaigns, educational programs, and increased police presence have helped raise awareness about road safety in the region. However, lasting change will only happen if citizens themselves become more conscious of their actions.



In the end, traffic accidents in Baru should not be viewed as isolated events, but as a warning for the entire community. A single second can completely change someone's future. Promoting responsibility, respect, and awareness on the roads is essential to building a safer environment for everyone in Puerto Armuelles and the district of Baru.






CREWBARU FUN ZONE

Test Your Knowledge About Baru!

BARU TRIVIA

1. Which institution recently arrived in Puerto Armuelles to offer free technical courses?
A. IFARHU B. INADEH C. MEDUCA
2. What is the name of the boxing academy featured in this magazine?
A. Future Champions B. Potencia del Baru C. Baru Fighters
3. Which renewable energy source is helping power Baru?
A. Wind Energy B. Hydroelectric Energy C. Solar Energy
4. What traditional means of transportation played an important role in Puerto Armuelles' history?
A. Ferry B. Train C. Tram
5. Which organization is known for organizing the Christmas Parade in Puerto Armuelles?
A. Club Activo 20-30 B. Rotary Club C. Red Cross

DID YOU KNOW?

-  Puerto Armuelles was once one of the most important banana-producing regions in Panama.
-  Baru is home to several solar energy projects that help provide clean energy to the country.
-  The new multipurpose port project could create thousands of jobs in the region.
-  Community sports leagues bring together people from many communities every weekend.
-  CRUBA offers university programs that allow students to study close to home.

WORD CHALLENGE

Unscramble these words related to Baru:

1. UBAR 2. AAMNAP 3. TROP 4. HICIRQUI 5. NERGYE 6. TOURISM

RIDDLE OF THE MONTH

I connect people from different countries.
I can help you find better jobs.
Many students in Baru study me.
What am I?

ENGLISH CORNER

Can you guess the meaning?

"Break the ice"

- A. To destroy something made of ice
- B. To start a conversation and make people feel comfortable
- C. To swim in cold water

CONTINUE LEARNING!

Scan the QR code to access our Idioms Book, created by English students from CRUBA. Discover useful English expressions, meanings, and examples used in everyday conversations.



<https://englishidiomaticexpressions.my.canva.site>

ANSWERS

Trivia: 1-B | 2-B | 3-C | 4-B | 5-A

Word Challenge: 1. BARU 2. PANAMA 3. PORT 4. CHIRIQUI 5. ENERGY 6. TOURISM

Riddle: English Language | English Corner: B

CrewBarú

Word Search

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

Find these words:

PUERTO ARMUELLES BARU CHIRIQUI DOCK COMMUNITY
CULTURE PROGRESS OCEAN PACIFIC PANAMA HISTORY
EDUCATION TRADITION ECONOMY COMMERCE TOURISM
HERITAGE COASTLINE ENERGY SPORTS

An Special Message...

To the reader:

As Students, we have deeply enjoyed the journey beyond the creation of our newsletter; through this experience, we have learned about our own district. Every article and every photograph have now an special place in our memory.

We want to thank you, for reading our work and accompanying us through this special experience, but above all, we hope you enjoy this newsletter as much as we enjoy creating it for you.

To our Teachers:

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Puerto Armuelles**



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“Education is the most powerful weapon which you can use to change the world.”

-Nelson Mandela