

JUNE 2026
FROM
OUR PEOPLE

CREWBARU

**A LEGACY OF RESILIENCE OF A
FUTURE BEING WRITTEN**

Cruba students

English school

Third year in the spotlight



check it out online



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A NEW CHAPTER: "BELIEVE IN YOURSELF"

NEVER GIVE UP, WITH ENCOURAGEMENT AND BEST WISHES, WELCOME TO THIS NEW YEAR OF LEARNING!



Hello, everyone. If you are reading this, it means you are starting a new experience in the English career. At the beginning, it is normal to feel nervous or confused because everything is new. However, with time, practice, and effort, things become easier little by little. I also felt that way when I started, but I learned many important lessons during the process.

In the first place, do not be afraid to participate in class. Even if your English is not perfect, the important thing is to try. Making mistakes is part of the learning process because every mistake helps you improve and gain confidence. In addition, asking questions can help you understand topics effortlessly and learn from your classmates and teachers.

On the other hand, it is important to practice English outside the classroom. For example, you can listen to music in English, watch movies with subtitles, read short texts, or speak with friends. These activities help you improve your vocabulary, pronunciation, and listening skills in a more natural and fun way.

Furthermore, try to stay organized and responsible with your assignments and projects. Sometimes English may feel difficult, but if you are patient and continue practicing, you will see progress. Little by little, you will notice that you can understand and express your ideas better in English.

On the whole, enjoy every moment of this learning journey, meet new people, participate in activities, and never give up. Remember that learning a language takes time, dedication, and confidence. So if you keep a positive attitude, you will achieve great goals in the future.

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WORDS FROM THE LEADERS

President

Secretary

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“Highlighting the experiences that made this magazine possible”



Grevys Bejerano, President

I would like to express my sincere gratitude to all our classmates for their dedication, creativity, and teamwork throughout the development of this magazine. This project allowed us to learn more about our community and share important information, experiences, and achievements. Every contribution was valuable and helped make this magazine possible.



Grimaldo Caballero, Secretary

This project has been a wonderful opportunity to learn, collaborate, and share meaningful aspects of our community with others. The time, effort, and dedication of each participant played an important role in achieving this goal. I hope that everyone who reads our magazine enjoys its content and gains a better understanding of our community.



Lineicy Flores, Treasurer

As part of this project as a treasurer, I came to learn how to manage and trust my classmates in their ability to create an amazing magazine full of personal and interesting stories. Managing the necessary capital to make all of this come true wasn't easy but it didn't stop us from giving you what I believe to be the best work that we could physically offer, believe in yourself, and keep moving forward.



TOURISM Articles

**PLACES TO VISIT,
PEOPLE TO MEET, AND
NEW EXPERIENCES
WAITING FOR YOU!**

**GREAT
PLACES**



This commitment to environmental protection and preserving marine biodiversity brought together approximately 80 volunteers from Products Nevada, faculty, and students from the Technological University of Panama, Chiriquí Regional Campus. Furthermore, Mi Ranchito has a significant potential for tourism development. The beach is a paradise for nature lovers, as it is home to a variety of species, including four types of primates, eight of the hard-to-spot birds that inhabit Panama, as well as endangered endemic plants, such as the Palo de Culebra and the Sangrillo Negro, the latter originating right here in Puerto Armuelles.

MI RANCHITO

A Treasure with Great Tourism Potential

While many tourists choose crowded and well-known destinations, there are still hidden places that remain untouched and overlooked. One of these is the beach Mi Ranchito. This is a quiet place located in Puerto Armuelles, El Porvenir. This article explores why Mi Ranchito has the potential to become an important tourist destination in Chiriquí. One of the main reasons why Mi Ranchito stands out is its natural beauty and peaceful environment. In addition, this beach is not crowded, which can be quite convenient for those who enjoy a relaxing area.

Mi Ranchito beach offers a safe and welcoming environment for visitors due to the low tourist traffic. The sound of the sea can be heard, offering tourists a connection with the surrounding nature. On August 24, 2025, the news outlet MiDiario.com reported that more than 80 volunteers, including teachers, students, and staff, joined together to protect the environment on this beach.

BY Alejandra Sánchez



COCO BEACH

Hidden Paradise in Manaca Civil

Located in the community of Manaca Civil, near Puerto Armuelles in the Province of Chiriquí. Coco Beach has become one of the most attractive and promising coastal destinations on Panama's Pacific Coast. This place combines the natural beauty of its beaches with a calm and peaceful environment, making it ideal for those who want to escape from the noise of their cities.

Coco Beach stands out for its long sandy beaches, surrounded by nature and blessed with a tropical climate all year round. Its proximity to the ocean allows visitors to enjoy spectacular sunsets, a constant sea breeze, and a relaxing atmosphere that encourages rest and connection with nature.

Coco Beach has started to develop as a modern community, this place offers organized residential projects that provides security, easy access to the sea, and spaces designed for comfortable beach front living.

One of its most interesting features is its strategic location. It is just a few minutes away from Puerto Armuelles, a town with history and essential services such as, hospitals, shops, and schools.

It is also important to highlight the improvements in infrastructure, such as, the rehabilitation of roads that connect Manaca Civil with the beach, making the access easier for both residents and tourists.

Coco Beach is not only a place to live or visit, but also an opportunity for tourism and economic development in the region.

In conclusion, Coco Beach in Manaca Civil is a true hidden treasure, a place where nature, tranquility, and development come together to offer a unique seaside experience without a doubt, it is a destination worth visiting and appreciating.



BY Seidy Santamaria

A PIECE OF MY LAND

BARÚ FOREST RESERVE



Part of not only our country, but our community as well, the Barú Forest Reserve is home to multiple plants and animal species that are vital for the longevity and history of Puerto Armuelles. This land is protected by the government due to the vast green land, showing us why it is important to protect the great nature that surrounds us. Indeed, this is the key to our development and maturity as human beings.

Created on July 2nd, 2003, the Barú Forest Reserve's main focus is to preserve the large biodiversity of animals such as the green iguana and the titi monkey. In spite of the many efforts to protect the forest from illegal loggers, the forest is still being ransacked by individuals seeking to get their hands on exotic trees and fruits. Of course, this place is also accessible to the public, offering clean air, hiking trails, and incredible sights that can change the way anyone perceives nature. Moreover, the fact that it is very close to the Palma's neighborhood, makes it a good place to stop by and admire the peace of our beloved land.

The effort to save one of the humid forests in our country and the large diversity of endangered species in the area is the reason why the Barú forest reserve was created. Finally, to understand that the forest doesn't just exist to add value to the area, but to study, to educate, and research it. Additionally, having a sustainable land can facilitate the prevention of natural disasters, keeping our beautiful of Puerto Armuelles in a place where our minds and hearts can flourish alongside its history.



BY Jonathan Sánchez



PLACES TO VISIT IN PUERTO ARMUELLES

Located in the province of Chiriquí, in the westernmost part of Panama, Puerto Armuelles is a destination that combines the beauty of the Pacific Ocean with the warmth of its people and a fascinating history. Far from the hustle and bustle of big cities, this port offers stunning landscapes, dreamy beaches, and a peaceful atmosphere perfect for disconnecting.

Playa El Palmar

It is, without a doubt, the crown jewel. With its crystal-clear turquoise waters and fine white sand, it is the perfect place for swimming, sunbathing, or simply walking along the shore. It offers tourist services, restaurants, and recreational areas making it ideal for spending the day with family or friends.

The Cinta Costera (Coastal Strip) of Puerto Armuelles

located in Puerto Armuelles is a beautiful seaside promenade known for its ocean views, and tranquil atmosphere. It's an ideal place to relax, feel the sea breeze, and enjoy spectacular sunsets on the Pacific Coast. Recreational Area: Perfect for walking, cycling, or simply enjoying a pleasant moment by the sea. Traditional Cuisine: Nearby, you'll find restaurants and small shops where you can savor fresh seafood and traditional dishes.

The Malecón (Waterfront)

Walking along the Puerto Armuelles waterfront is a must-do experience. It is the social and tourist heart of the city, where you can enjoy a privileged view of the sea, watching the ships arrive and feeling the ocean breeze. At sunset, the place comes alive and becomes the favorite meeting spot for locals and visitors alike.

BY Yenifer Alvarado



ECONOMY



Articles

Photo:

<https://www.liveandinvestoverseas.com/country-hub/panama/economy-in-panama/>

Development of the Multipurpose Port of Puerto Armuelles: Strengths and Limits of the Barú District

The Barú District entered the national economy as a banana production center. It was driven by the United Fruit Company (later Chiquita Banana) starting in the early 1930s. Originally, this region was part of the Alanje District, but on July 12, 1941, the Barú District was created with three main areas: Progreso, Limones, and its capital, Puerto Armuelles. Since that time, history has shown that Barú is in a seismic zone. The area has experienced many tremors and some earthquakes that caused physical damage. While this is a negative aspect of the region, the community has learned to build strong structures that last over time. Fortunately, this has not stopped the local development.



Coffee: Producers from the highlands currently export through the Panama Canal zone. Using Puerto Armuelles would significantly reduce their transportation and marketing costs. General Agriculture: Rice farmers, cattle ranchers, and other producers from Chiriquí, Bocas del Toro, and Veraguas could use this port. The proposed port will have a depth of 16 meters, matching the depth of the Panama Canal locks. companies could manufacture assets within a new logistics park. Additionally, the government owns approximately 200 hectares of land in an area known as "Los Potreros". This land can be used to expand the Free Trade Zone, creating more space for production and international trade.

Regarding maritime benefits, the Barú District has a great advantage. The Charco Azul Bay, this bay has an extraordinary natural depth (draft) that allows for the construction of deep-water ports. In the past, large fruit ships used these waters, and today, oil tankers use the center of the bay through the company Petro Terminal de Panamá. Charco Azul has a unique advantage:

- It is the deepest natural bay from the Strait of Magellan in South America to San Francisco Bay in the United States.
- No other region in the Panamanian Pacific has a natural depth like this.
- This makes it the best location for building a high-capacity port.



Economic Sectors That Will Benefit Bananas have always been the most important crop in Barú. Currently, the company Banapiña de Panamá S.A. a subsidiary of Del Monte is managing production on 2,000 hectares. However, other sectors will also benefit from a new port: Palm Oil: In the last 20 years, this sector has grown to 10,500 hectares. Currently, companies must export through other provinces or even Costa Rica, which makes it very expensive.



BY TANIA CABALLERO

THE BEFORE AND AFTER OF PUERTO ARMUELLES



The passage of time has deeply transformed Puerto Armuelles, a place whose history reflects a strong contrast between its prosperous past and its present process of reinvention. Speaking about the “before and after” of this port means remembering a time of economic growth, social change, and the constant effort of its people to move forward.

In the past, Puerto Armuelles was one of the most important bananas producing centers in Panama. The presence of Chiquita Brands International played a major role in the development of the region, creating jobs, commercial activity, and an active social life. Banana plantations covered large areas of land, and the port became a key point for export. There was economic stability, and many families depended directly on this industry. The streets were full of activity, and growth seemed constant.

However, over the years, the departure of the company and the decline of the banana industry drastically changed the situation. The “after” brought unemployment, migration, and a significant social impact. Many families had to search for new ways to survive, whether through fishing, informal trade, or moving to other cities in search of opportunities. Silence slowly replaced the bustle that once characterized the town.

Despite these challenges, Puerto Armuelles did not remain stuck in the past. Little by little, the community has worked to reinvent itself. New businesses, the promotion of local tourism, and the efforts of its people have helped the town keep its spirit alive. Although it is no longer the same banana center it once was, it still preserves its identity and potential.



Today, the contrast between yesterday and today reflects not only loss, but also a story of resilience. Puerto Armuelles is an example of how a community can face difficult changes and still continue forward with hope. Its “after” is still being written, and with every effort made by its people, a new chapter full of possibilities is being created.



BY Ashly Murillo





FINCA BALSA:

The two sides of the same coin

Living in community should provide comfort, but for some people, it is a constant challenge.



Located in the district of Barú, county of Rodolfo Aguilar Delgado. Finca Balsa is one of the most productive communities in oil and bananas. The community owns different types of sale, as well as a school, health center, police station and churches. Also, it has roads that connect to a town called Laurel in Costa Rica. Although this community is far from other places, its importance as a commercial route is considered a great chance to the people who live here.

In 2023, Finca Balsa had an important role which it helped people of other communities in the district. There were strikes and manifestations caused by a bad decision by the president that year. As a result of this, many people ran out of food, gas, and money. Finca Balsa was used as an access route in order to go to the border with Costa Rica where people were able to get food and gas.

Since then, the community has faced challenges related to health, education, employment, and transportation due to the government. For instance, poor road conditions make transportation difficult. To illustrate, many people cannot travel to work or school, especially during the rainy season. In addition, the well-being of the people is affected because when they need a doctor, there is not one. Sometimes, they have to go to the hospital in Puerto Armuelles in order to see a doctor.

To improve these conditions, local authorities have carried out a contingency plan in order to enhance the quality of people in Finca Balsa but also community participation is essential. To conclude, nowadays there are challenges that have affected our community due to political decisions, however, we were able to grow as a unique community.

In this article, I reflected on the reality of my community, where there are both opportunities and challenges. Although we face problems like poor roads and lack of services, we remain strong and united. This made me realize that change is needed, but it also depends on our effort as a community.

BY Grevys Bejerano

The key to a Brighter Future

IN PUERTO ARMUELLES

By Seidy Santamaria



WHERE EDGE MEETS ELEGANCE

In a increasingly globalized world, learning English has become an essential tool for both personal and professional growth. In communities like Puerto Armuelles, where there is a great potential in tourism, trade, and culture, mastering this language represents a key opportunity for development.

English not only opens doors to better job opportunities, but also allows people to communicate with foreign visitors and national companies.

Puerto Armuelles, with its beautiful beaches, its banana industry history, and its hardworking people, has so much to offer to the world. However, to achieve a greater impact, it is necessary so strengthen the language skills of its community. Furthermore, learning English provides access to better educational opportunities. On the other hand, mastering English builds confidence and personal growth. People who can express themselves more easily in different environments, giving them a competitive advantage in today's job market.

In summary, promoting the English learning in Puerto Armuelles is not just a necessity, but an investment in the future of the community. Focusing on all of this is, the path to build a more prepared, connected, and opportunity filled society.





CAUSES OF THE FUEL PRICE INCREASE IN PANAMA

“A situation that affects us.”

Transportation costs, along with taxes and government policies contribute to the higher final price of fuel. In addition, the increase in fuel prices also affects the cost of basic goods, making life more expensive for the average population. This creates an economic pressure on families and businesses especially those that depend heavily on fuel to survive.

In short, the rise in fuel prices in Panama is due to a combination of international, economic, and political factors. These elements not only affect the country's economy, but also people's daily lives. Therefore, understanding these causes is essential for having a clearer view of the current situation.



BY Aleida Pitty

The rise in fuel prices in Panama is an alarming problem that affects the entire population, as it impacts transportation, food, and other everyday products. In recent years, prices have increased considerably, generating concern in society. This situation has also had a negative impact on the country's economy and the cost of living. For this reason, it is important to analyze the main causes of this increase.

First, one of the most significant reasons is the rise in international oil prices, since Panama relies on imports. For example, the conflict between Russia and Ukraine has caused instability in the energy market, driving prices up worldwide. Furthermore, decisions made by OPEC, a group of oil-producing countries that regulate production, also directly impact costs. In Panama, fuel prices have risen considerably in a short period of time, increasing by more than 25% for gasoline and nearly 60% for diesel in just a few weeks.

Education articles

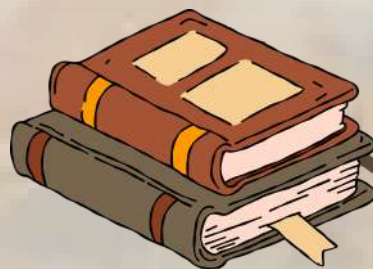


Photo:

<https://www.panacamara.com/educacion-y-desarrollo-la-clave-para-el-futuro-de-panama/>

The Role of CRUBA

in Promoting English Learning in Puerto Armuelles



Regional University Center of Baru has played an essential role in promoting English learning in Puerto Armuelles, contributing significantly to the academic and professional development of the community. The English school of CRUBA officially began on March 17th, 2003, in a context marked by the structural limitations.

In its beginnings, it only offered the morning shift, and also the first cohort consisted of only 40 students of whom barely 11 graduated. Due to the lack of infrastructure, several classes were held at the Puerto Armuelles Institute, IPA, which demonstrated the effort to guarantee the access to education despite the circumstances.



During the process, there was not a formal coordinator, and the classes were only held four days a week. Over time, this awesome school has experienced a notable growth. for instance, in recent times, the program has three shifts; morning, afternoon, and night which allows a greater inclusion of learners with different schedules.

Likewise, the introduction of academic coordination has contributed to a better and more reliable organization and also improved the quality of key linguistic institution in the region. its impact is reflected on the preparation of learners capable of communicating, which increases their chances to finding a job, especially in tourism, commerce, and especially, education.



In summary, CRUBA has not only promoted English learning in Puerto Armuelles, but it has additionally transformed many lives through education. Despite its beginnings, nowadays, it represents a well founded choice for those who wish to acquire English proficiency.



BY Yasir Pérez

Tecla Elizabeth Williams

More Than Just a Professor

What makes a professor unforgettable and special?

It is often claimed that there are professors who mark our lives with their values and virtues. In some cases, we consider them part of our family because they give us valuable lessons. By means of a professor's attitude, values, and actions speak louder than words; moreover, when we learn about a professor's life, we are able to comprehend his or her way of living. For this reason, a professor is not only capable of teaching, but also of transforming lives little by little.



Professor Tecla Elizabeth Williams overcame many difficulties during her childhood, but she never gave up on her education. She studied at Finca 41 School in Bocas del Toro and later moved to Panama City to continue her studies at Isabel Herrera de Obaldía High School, where she graduated as a bilingual secretary. After that, she earned an English degree at the University of Panama and later completed her master's degree at Columbus University and she also worked at Palmas School for ten years and joined CRUBA in 2003 as part of the English department. In 2010, she continued studying for a doctoral degree. Nowadays, Professor Tecla Williams is remembered as a humble and dedicated educator who has inspired many students through her teaching, values, and faith.



Personally, Professor Tecla E. Williams has been an important person in my academic life because she has helped me grow as a student and as a person. Her dedication, humility, and motivation inspire many students to continue studying and never give up. She always supports students who need help and teaches important values such as faith, respect, and perseverance. During my first year at the university, she reminded me that I was not alone and encouraged me to continue improving step by step. Through her teaching and guidance, she has contributed positively to the university and to the lives of many students.

In conclusion, Professor Tecla Williams is an example of perseverance and faith. Despite the difficulties she faced in her life, she never gave up on her dreams and achieved her goals through effort and trust in God. Through her teaching and values, she has inspired many students to grow academically and personally. Overall, she is an important role model for the university community.



BY Grevys Bejerano



The Impact of Technology on Education

Even though this progress, the use of technology would have negative effects in their mental health, that makes necessary to establish strategies where they can use them less to develop more knowledge for them to be more useful in daily life work.

Technology has transformed education with some important tools that make learning easier to understand. In my case, it is more profitable having all information that you want in your phone because it is easier to search on the cellphone than in a library or book. Platforms like Google Classroom, Zoom, Meet, and others have allowed that education continued despite the numerous restrictions in schools, bringing access to resources like websites, digital books, and online classes. Although these changes are not free from challenges, the digital gap has become more evident, affecting rural zones where students do not have enough access to the internet and adequate devices. Then, the integration of new ways to learn based on projects has allowed students to collaborate better, innovative, and enrich their educational experience.

In summary, technology has positive and negative impact because students use them for homework, but not always properly. It can be used to help with homework, so learners should try not to use it for everything, like homework or projects in daily life, because this can affect their brains when they are not allowed to use cellphones.



BY Admayarith Sclopis



The Lack of English Teachers in Rural Areas

In some rural communities in the district of Barú, like Finca Zapatero, Finca Corozo, Finca San Antonio, and Finca Higuieron, there is a big problem: there are not enough English teachers. It may seem like a small problem, but it really affects students and their future.

English is very important today. It helps us communicate, get better opportunities, and learn new things. But in these communities, it is not being taught the way it should. Many schools are multi-grade which means one teacher has to teach different levels at the same time. Also, there are very few teachers, and in some cases, there is not even an English teacher.



BY Victoria Martinez

A Barrier to Learning

A clear example is a third-grade student from one of these schools. I asked him if they learned English, and he told me they did not have a teacher. Then I asked him some basic questions in English, and he could not answer. He did not even know the basics. This shows how this problem is strongly affecting students, even though people do not always notice it. This situation brings many consequences. Students have a very low level of English, and over time, they lose interest in learning the language.

This makes the problem even worse. Even so, there are some possible solutions. Teachers could be encouraged with better salaries or benefits to work in these areas. Also, virtual programs or technology can help students learn. In addition, other teachers can be trained to teach basic English. In conclusion, the lack of English teachers in rural areas is a problem that should not be ignored no matter where they live, they have the opportunity to learn and have a better future.

A Day in the Life of a Student in Puerto Armuelles

Being a university student in Puerto Armuelles is not easy. Every student has a different experience, and in my case, my daily life depends a lot on transportation and basic services. I usually wake up at 5:00 a.m., but when I have early classes, I wake up at 4:30 a.m. I try to eat breakfast, but sometimes I do not have time, so I take something to eat later. I leave my house early and walk to the bus stop because I live far from the main road. I go to the university by bus and walking. The trip takes about one hour. The bus is always full, and sometimes I have to stand very close to other people, like sardines. This makes me feel uncomfortable and tired.



When I arrive at the university, I feel exhausted, but I try to have a good attitude. In class, I do presentations, group work, and practice speaking and writing. I only study, so I feel lucky compared to them, but many of my classmates have jobs, children, or other responsibilities, so their lives are more difficult. Another problem is the lack of water in my community. Sometimes we do not have water for a long time, so we have to store it. This affects my daily routine.

“

After classes, I go home, but the buses are full again, so I arrive late and eat lunch late. When I get home, I rest a little or do homework. I usually finish my day around 11:00 p.m. In conclusion, being a student in Puerto Armuelles is challenging, but I stay motivated and continue working for my future.



BY Ashley Camaño

THE BIOGRAPHY OF MARIA MAGDALENA BLASICH



Born on November 9 in Formosa, María Magdalena Blasich is a Master in Applied Neuropedagogy, Essayist, Licensed in Educational Management, and professor of communication and public speaking. During her childhood, she was raised by her grandmother María, who had a great influence on her life and taught her important values, discipline, and personal development skills. Among these skills were critical thinking and reading aloud.

Although these activities may seem difficult or unattractive during childhood, her grandmother encouraged them in a constructive and healthy way, which helped María Blasich develop a deep interest in reading and writing from an early age. Professor María Blasich became interested in studying topics related to psychology, neurocommunication, and behavioral psychology because of experiences of verbal violence she suffered during her teenage years. Regarding her academic background, she studied at Universidad Nacional de Formosa, Universidad de Belgrano, Universidad de Buenos Aires, and Universidad Nacional de Tucumán.

Throughout her academic career, she remembers with admiration a teacher who deeply influenced her teaching style. This teacher used to begin her classes by telling anecdotes, or introductions to fables, such as “The Legend of the Hummingbird.” From this experience, Professor Blasich understood that one of the most effective communication and public speaking strategies is storytelling, a resource even used by great world leaders.

At the beginning of her professional career, Professor María Blasich faced many challenges like stage fright, which affected her professional development. However, she managed to overcome these obstacles and transform them into strengths. One of her greatest professional achievements was receiving the National Interest Recognition from the Senate of Argentina for one of her essays, while on a personal level she considers dedicating her book to her grandmother María, being one of the most meaningful moments of her life.

One of the biggest challenges in her career was teaching in communities far from urban centers, where she used nonverbal communication, to create strong human connections. In the future, she hopes to create a foundation to support young people who could not complete high school and advise new generations to value and believe in themselves because every person has a purpose in life. Currently, she is working on a new essay about adaptive intelligence, and in her free time she enjoys singing and creating musical covers to help her students improve pronunciation, diction, and phonetics.



BY Grimaldo Caballero



LEARNING ENGLISH IN PUBLIC SCHOOLS

Learning English in the public schools of Barú affects many students. Although we know it is an important language for the future, several difficulties make it harder to learn. Often, there are not enough books, materials, or technology to practice effectively in class.



Also, the time dedicated to English during the week is limited, which is why many students struggle to speak, understand, or pronounce the language well. In some cases, classes focus more on theory than practice, so students have few opportunities to converse in English or use it in real-life situations.

Furthermore, outside of school, many students do not practice the language, so they may forget what they have learned and cause a huge problem. Indeed, this issue can affect their learning and the opportunities students may have in the future. Even so, many of them continue striving to learn English because they know that English can help them later. Therefore, it would be important for schools to have more resources and practical activities that help students learn more effectively, since this allows them to feel more confident using English.



BY Naddielys Del Cid

Environment Articles



Photo:

<https://circuitogolfodechiriqui.com/attractivo/reserva-forestal-de-baru/>

Finca Almendro Settlement



Almendro Settlement is a place that, although it is not widely known, holds truly beautiful landscapes. Its distinctive name comes from the almond trees that once symbolized this estate and were an essential part of its identity. However, today that name has lost part of its meaning. For safety reasons and due to the constant concerns of nearby residents, authorities decided to cut down these trees. Although I understand the reasons, I cannot help but feel nostalgic. As long as I can remember, they were always there, forming part of the landscape and my daily life.

Now, when I step outside, hardly any almond trees can be seen, and their absence is deeply felt. Because of this, my family and I have decided to plant new almond trees at home. This gesture not only represents a love for nature, but also an effort to preserve our identity and culture. Reforestation and environmental care are responsibilities we all share. When a tree is cut down, the negative effects become evident: shade disappears, the environment changes, and life is lost. For this reason, it is essential to remember that if we cut down a tree, we should plant another in its place. Unfortunately, this does not always happen.

A Memory That Still Blooms

Ultimately this is a message for everyone: let us protect nature, plant trees, avoid pollution, and reduce unnecessary electricity use. In this way, we do not only protect our surroundings, but also help prevent problems such as climate change, heat waves, and droughts.

BY Grimaldo Caballero



Landfills Patacones and trash in Panama

In Panama landfills are places where a lot of trash is collected. In my life, this is a problem because it affects the environment where I live. Sometimes, I can notice bad smells in certain city areas and actually, this makes me feel uncomfortable. For example, places like “Cerro Patacon” has a lot of trash, and this can cause smoke and pollution. This affects the air we breathe and can also affect our health. I think this is something that can strongly impact our community.

Another problem is plastic, because it takes a long time to disappear. I see plastic in many places, like streets and rivers, and I know this is bad for animals and for us, too. In my daily life, I try to help by not throwing trash anywhere, but using less plastic and being more careful with the environment. I believe that if we change our habits, we can get better outcomes.



BY Naddielys Del Cid



What We Don't See Is Slowly Harming Us

Over time, this type of exposure to smoke can cause more serious diseases and affect people's health forever. That is why I think we should learn more about this topic to avoid these situations and take care of our environment. To improve this situation, it is important not to burn garbage and to look for other ways to dispose of it. I also think that people can use stoves that produce less smoke.

In addition, it is necessary for the authorities to help our community more by giving information about how to recycle and separate garbage to reduce waste that is burned, and also give talks to support people in taking care of their health. In conclusion, air pollution in Finca Blanco, especially in Rodolfo Aguilar Delgado, is a real problem that affects many people. Although it seems small, over time it can cause serious problems. That is why it is important to take care of the air and protect everyone's health.

Can You Really See Air Pollution?

What Happens to Your Body When You Breathe Polluted Air?

Is Barú's Air as Clean as It Looks?



Air Pollution in rural areas of Barú: A silent problem

I think one of the main problems is burning garbage. Many people do it out of habit or because they don't want to wait until the garbage is collected again, since it is hard for them to keep it stored. People think that when they burn garbage, they just get rid of it, but they don't know that they also produce smoke that is harmful. In many cases, they don't only burn natural things, but also plastic, bags, and containers, which release dangerous gases. That smoke stays in the air, and people breathe it without noticing. Also, people in my community are not aware of the damage caused by burning garbage, so they continue doing it without thinking about the consequences.

On the other hand, the use of wood stoves inside houses is another problem. Although it is common in the countryside, the smoke inside the house can affect health. Many times, the smoke not only affects the people living in the house, but it also goes to the neighbors' houses, and they breathe that smoke too, which can damage their lungs. The most affected people are children and older adults, because their respiratory system is more sensitive.

A clear example is a woman in the community who did not have health problems before. But over time, because she was in contact with smoke every day, she started having trouble breathing. Later, she was told that she had asthma. Now, every time there is smoke, she has to wear a mask, because if not, she feels sick and cannot breathe well.

BY Victoria Martinez





Daily Life / Community

ARTICLES

Photo:

<https://expatmoney.com/es/blog/como-es-la-vida-en-panama>

Why Young People Are Leaving Puerto Armuelles?



Many young people are leaving Puerto Armuelles. In my opinion, this happens because there are not enough job opportunities. Sometimes there are jobs, but the positions are already full or not related to what people studied. In Puerto Armuelles, there are jobs, but most of them are very hard and require physical effort. For example, in companies like banapiña, workers do heavy work for low salaries. I know this because some of my family members work there. Other jobs like stores or restaurants exist, but the salary is still low, especially for young people with families.

There are also opportunities to study in Puerto Armuelles, like CRUBA, but many students leave because their careers are not available. For this reason, many young people go to places like David, where there are more universities and options. Other cities offer better opportunities. There are more universities, more jobs, and less physically demanding work. In addition, there are problems in the community such as lack of water, electricity, and poor signal, especially in rural areas. These problems make life more difficult for students and workers.

Young people want a better future. They want to work in what they studied and have a good salary to live independently. In my case, I have also thought about leaving because there are more opportunities in Panama City, although I believe that with patience it is possible to find something in Barú. In conclusion, it is sad that young people have to leave their hometown to find better opportunities. They leave their families and friends, but many do it to have a better life.



BY Ashley Camaño

The lack of water in Barú

In recent months, the community of Barú has been facing an alarming issue: the lack of potable water. This problem not only affects comfort in households, but also impacts health, hygiene, and the overall quality of life. First of all, many families are forced to store water in tanks or containers, which can create serious health risks if it is not managed properly. Furthermore, the lack of water makes basic activities such as cleaning, cooking, and bathing more difficult, creating a more complicated daily routine.

In addition, the shortage of water can also lead to social tension within the community. When water becomes scarce, conflicts may arise between neighbours over access to limited resources. This situation can weaken community relationships and create an atmosphere of stress and frustration among residents. On the other hand, local businesses also suffer negative consequences. Restaurants, laundries, and other businesses rely on water supply to operate properly. When this resource is unavailable, their income decreases, affecting the economy of the community.



BY Yasir Pérez



Likewise, it is crucial to consider the possible causes of this concerning issue. Among them are failures in the distribution system, poor maintenance of infrastructure, and population growth, which increases demand. In conclusion, the lack of water in Barú is a serious situation that urgently requires attention from the authorities, as well as the collaboration of the community. It is also fundamental to seek well-founded solutions that ensure constant access to potable water, since this resource is paramount for life.

The San Bartolo water treatment plant supplies water to more than 25 communities in the Barú area, some of these sectors include: Los Ángeles, Las Palmas, Fabrica de Cajas, Flor de Lima, Nuevo Amanecer, El Retorno, Rio Mar, among others. However, the plant faces frequent due to flooding, electrical damage, and blockages caused by river overflows, which suspend the water supply in Puerto Armuelles and El Palmar. Residents and the IDAAN report frequent interruptions, leading to water crisis and protests.

In addition, The San Bartolo treatment experiences frequent operational interruptions, primarily due to electrical problems. These Failures are related to voltage fluctuations in the main supply, as well as damage to the electrical panels that control the intake of raw water, causing the plant to go offline repeatedly. Additionally, the situation is worsened by acts of vandalism, specifically the theft and damage of electrical cables. These incidents cause short circuits in the plant's motors. As a direct consequence, the pronunciation of potable water is suspended every time an electrical failure occurs, particularly affecting the communities of El Palmar and Puerto Armuelles, especially the higher and more remote areas, where service restoration takes longer.



Between Failures and Scarcity



Heavy Rains in Chiriquí cause the San Bartolo River to rise, bringing large amounts of sediment, mud, debris, and even trees to the plant's water intake, causing blockages and damages to its infrastructure, particularly the retaining wall. As a result, the plant goes out of service and potable water production is suspended, affecting communities with an impact on more than 20,000 people in Barú district. Although cleaning and repair work is carried out, the problem persists due to the recurring rains during the winter season, when these issues are most frequent. While SINAPROC maintains continuous monitoring of the situation, the restoration of service occurs gradually as the plant's operations are recovered.

To finalize, the constant failures at the San Bartolo water treatment plant highlight the vulnerability of the water supply system in the Barú district. These failures are caused by a combination of factors, including the rise of the San Bartolo River, heavy rains in Chiriquí, electrical problems, and acts of vandalism. This situation leads to frequent service interruptions that affect thousands of people, causing social unrest and difficulties in daily life.



BY Issac Moran

DIONISIO ARROCHA HOSPITAL

BETWEEN NECESSITY AND ENTREPRENEURSHIP

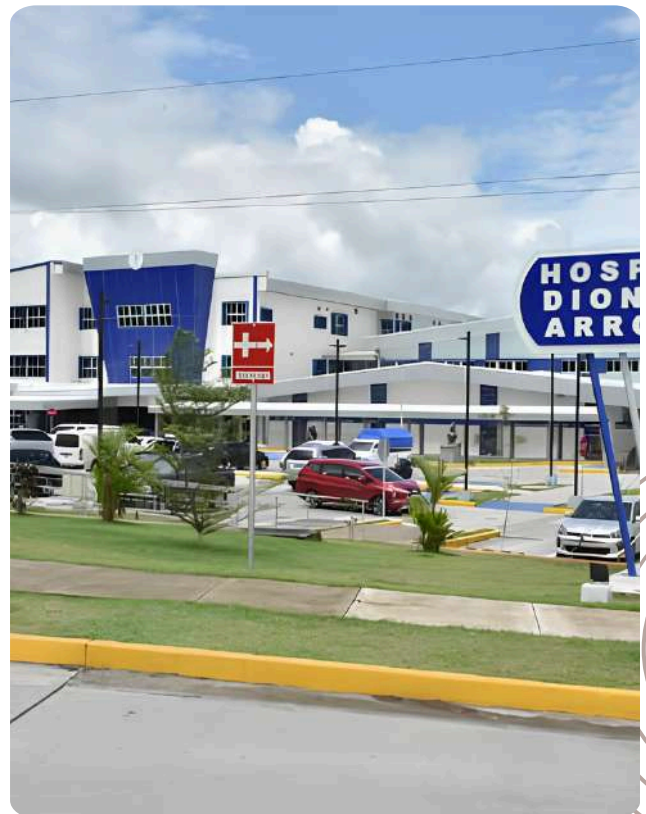


As a health professional, I will speak about the need to focus on technical asepsis for a safe environment for patients and staff. We begin by saying that fewer people mean more health. Crowding does not eliminate or control pathogens with the same speed increasing the risk for those who are already convalescing.

Within the Dionisio Arrocha Hospital, there are safety circles such as:

- Critical Red Zone: This means only the patient and sterile personnel.
- Yellow Zone (Hospitalization): The patient and a maximum of one companion with asepsis standards. All staff/patients must comply with the protocol: mask and hand washing.

The Asepsis of a Hospital begins at the entrance; 10 out of every 20 people are sneezing, coughing, or talking, and all microorganisms spread. Maintaining asepsis inside and out protected -it protects the health personnel and the patients who are inside. While the value of local entrepreneurship and the patients need for external services are recognized, it is imperative to prioritize hospital asepsis to ensure an environment free of pathogens. For this reason, street vending has been relocated to the external perimeter zone of the Dionisio Arrocha Hospital. In this way, the economy is supported without compromising medical hygiene protocols. Local entrepreneurship is encouraged, provided it take place outside of the hospital facilities. Cleanliness and infection control are our priority.



BY LINEICY FLORES



Under the Fire of 2026

"The New Geography of Fear in Panama"



The streets of Panama can be quiet but it is a silence that is broken with each shot. What began as a 2026 of statistical projections has been transformed into a map of crime scenes that challenge public security. From the noise in the famous popular hoods to the disturbing silence of the most exclusive areas of Panama, the country faces an inescapable reality: Organized crime has evolved and its trail is bolder than ever.

Rafael Parada's assist, which occurred in mid-February 2026, is one of the most tragic cases of the year because it was the result of a confusion, the GPS accidentally diverted it towards B street of Patio Pinal, when entering members of local gangs confused the vehicle with that of rival gangs and opened fire on the car ending the life of the elderly.



According to statements by the director of the National Police, the double homicide is linked to a failed transaction of illicit substances. Another of the most shocking cases recorded in 2026 was that of a lawyer in Costa del Este, a sector considered exclusive, the crime occurred in March 2026. One of the most recent crimes to date is that of Second Sergeant Albis Espinoza, which took place on Sunday, April 12 in calle 25 El Chorrillo, the agent was surprised by shots that hit him in the chest and head when he was carrying out an operation in this sector along with another unit that was also injured, after heavy operations with more than 100 agents, the subject involved was captured.



BY Issac Moran

The country faces a mirror that returns an uncomfortable reality: organized crime has permeated everyday spaces, and domestic violence remains an open wound in the heart of the Panamanian home. Security in 2026 cannot be measured only in the number of agents in the street, but in the ability of the state to snatch control of the neighborhoods from the gangs and give citizens back the certainty that walking through their country is not a Russian roulette. At the end of the day, the real battle of this year is not only against the hitman, but against the normalization of fear.

Personal Accident Insurance

As a student, I consider the Group Personal Accident Insurance to be a great help and very important protection during our university life. Knowing that we have coverage both on and off campus gives us greater peace of mind when participating in classes, academic trips, internships, and sports and cultural activities.

This insurance offers financial benefits in case of accidents, such as medical expenses, permanent disability coverage, funeral expenses, and even compensation for accidental death. It also covers various situations related to our student activities and means of transportation, such as bicycles or motorcycles.

It is also important to know how to act in an emergency, using the authorized medical network and presenting your student ID and policy number to receive prompt attention. However, we must remember that there are exclusions, such as accidents caused by alcohol, drugs, or criminal acts.



In conclusion, this insurance represents important support for students, as it protects us against unforeseen events and allows us to feel more secure while pursuing our academic studies.



BY Yenifer Alvarado



The Life of Fishermen in Puerto Armuelles

The work is not easy. They spend long hours at sea, facing intense sun, unexpected rain, and sometimes rough waters. Despite these challenges, they maintain a resilient attitude, motivated by the need to provide food for their families and by pride in their profession. Every fishing trip is uncertain; there are days of abundance and others when the hard work brings very little reward.

Beyond the economic aspect, fishing is also part of the cultural identity of Puerto Armuelles. Stories of the sea, anecdotes about great catches, and shared experiences strengthen the sense of community among fishermen. When they return to the docks, they bring not only fish, but also stories that keep the spirit of the town alive.

However, this way of life also faces important challenges. The decrease in marine resources, pollution, and climate change directly affect their work. Even so, many fishermen continue moving forward, adapting and searching for new ways to sustain their activity without losing their roots.

The life of fishermen in Puerto Armuelles is an example of dedication, resilience, and love for the sea. They are silent protagonists who, day after day, contribute to the local economy and preserve a tradition that forms part of the soul of their community.

The life of fishermen in Puerto Armuelles is a mixture of hard work, tradition, and a deep connection with the sea. Every day begins before sunrise, when the silence of the early morning is interrupted by the sound of engines and fishing nets being prepared. For these men and women, the ocean is not only their workplace, but also their source of income and, in many cases, a family heritage. From an early age, many fishermen learn the trade from their parents or grandparents.

They understand the tides, weather changes, and the best places to catch fish. This wisdom, passed down from generation to generation, is essential for surviving in an activity that depends greatly on nature. However, not everything is tradition; nowadays, some fishermen combine ancestral knowledge with modern tools to improve their catches.

BY Ashly Murillo



Culture and Traditions



Articles

Photo:

<https://mupa.gob.pa/mas-de-125000-personas-asistieron-a-mas-de-800-actividades-organizadas-por-la-direccion-de-cultura/>

FROM ASHES TO GLORY

What is holy week?

Holy Week is the annual commemoration of the passion, crucifixion, death, and resurrection of Jesus Christ in Christianity. It marks the central point of the dogmas of the faith, and is celebrated particularly by the Catholic, Orthodox, Coptic, Oriental, Anglican, Lutheran, Methodist, and Presbyterian churches. México Desconocido

According to the Catholic Church, Easter is the central celebration of Christianity – even above Christmas – as it commemorates the victory of life over death.

When is Holy Week in 2026?

In 2026, Holy Week runs from Sunday, March 29 to Sunday, April 5. It opens with Palm Sunday and closes with Easter Sunday, when the resurrection of Jesus Christ is celebrated according to Christian tradition. Among the most significant days are Holy Thursday, April 2, and Good Friday, April 3.

Why Do the Dates Change Every Year?

Holy Week is determined each year based on the spring equinox and the first full moon that follows, which is why its dates shift annually. This system was established at the Council of Nicaea in 325 AD: Easter Sunday falls on the first Sunday after the first full moon following the March equinox, which means Easter can land anywhere between March 22 and April 25.



BY Alejandra Sánchez

The day-by-day calendar:

Holy Week 2026 runs from Sunday, March 29 to Sunday, April 5. It opens with Palm Sunday, commemorating the triumphal entry of Jesus into Jerusalem, where crowds welcomed him waving palm branches – the moment that set in motion the final days of his life. Through Holy Monday, Tuesday, and Wednesday, the faithful reflect on those last days: the anointing in Bethany, the announcement of the betrayal, and the close of the Lenten season. These are days of prayer and preparation leading into the most sacred stretch of the week.

The heart of Holy Week is the Paschal Triduum. On Holy Thursday, April 2, the Last Supper is remembered, along with the washing of feet – a gesture of humility that Jesus asked his followers to imitate. Good Friday, April 3, is the most solemn day of the year, commemorating the crucifixion and death of Christ. Holy Saturday, April 4, is a day of silence and waiting, ending with the Easter Vigil at nightfall. The week closes on Easter Sunday, April 5, the most important celebration in Christianity. The resurrection of Jesus is proclaimed with joy, bells, and light – a day that marks not an ending, but a beginning.



Profile of Mr. Arexio Santos Acosta

Mr. Arexio Santos Acosta Born in the Chiriquí Land Company hospital, a native of the banana plantations, in 1966 is a member of the Puerto Armuelles community and plays an important role in society. His interest in journalism began when he started university. At that time, journalism was a new career choice, and he saw it as a great opportunity to grow and find a job since there were very few professionals in that field in the region.

Today, he holds a degree in Journalism from the Autonomous University of Chiriquí (UNACHI). After finishing his studies in social communication, he began his career informing the Barú community through Radio Mi Preferida, he does not only communicate through the radio; he is also active on his Instagram account, known as @arexiosantos_. On this platform, he has a community of 33.5 thousand followers, which allows his content to reach a very large audience.

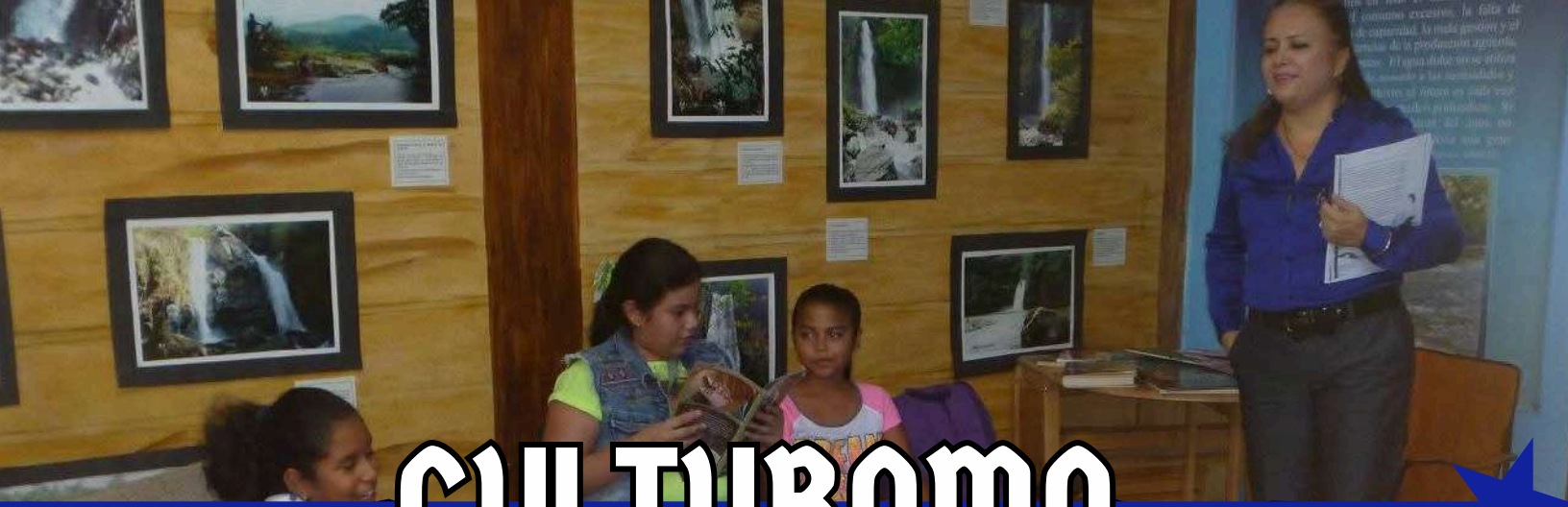
Later, his professional journey grew with several important roles: He worked as a correspondent for Radio Chiriquí in the city of David. He was a correspondent for the newspapers Panamá América and La Crítica. He also earned a second degree in Law and Political Science from ISAE University. Throughout his professional life, he has held significant positions, such as:

- Public Relations Officer in the year 2000.
- Local Representative
- Regional Director of Chiriquí for the National Lottery.
- Currently, he serves as the Public Relations Officer for the Mayor's Office of Barú.

In my opinion, it is important to highlight the effort, dedication, and commitment of Mr. Arexio Santos. His work in Puerto Armuelles—providing the community with news that is truthful, current, and impactful—requires great ethics and professionalism. He is a person to admire and truly deserves public recognition.



BY TANIA CABALLERO



CULTURAMA

"ART AND CULTURE THAT TRANSFORMS LIVES"

Culturama is a non-profit educational organization located in David, Chiriquí, dedicated to promoting art, culture, and local history as fundamental tools for social transformation. It was founded by Róger Patiño S., a civic leader originally from Gualaca, recognized for his commitment to preserving regional identity and promoting education and culture in the province. His vision helped create opportunities for artistic expression and cultural development within the community. Today, the organization continues its work under the leadership of Milagros Olimpia Sánchez Pinzón, building on the legacy of its founder and with the support of collaborators such as Itzel Ileana Cortés González, Zoila Alvarado, and Melva Miranda. Its origins date back to August 21, 1988, and over the years, Culturama has grown into a respected institution that connects people with their cultural heritage while promoting creativity and learning among children, youth, and adults.

Culturama's mission is to promote the holistic development of individuals through cultural and educational activities that encourage values such as responsibility, creativity, respect, and civic awareness. Its vision is to continue growing as a leading cultural organization, recognized not only for its educational work but also for its significant impact on society. The project reflects the ideals of its founder, who promoted cultural identity and worked to strengthen community values. Through a wide variety of initiatives such as literary contests, conferences, theatrical and musical performances, seminars, and educational publications, Culturama actively contributes to preserving the history and traditions of the province while inspiring new generations to participate in cultural life.

Throughout its history, Culturama has played a key role in strengthening community values and promoting appreciation for culture. Its work includes publishing educational materials and organizing events that highlight the historical, geographical, and artistic aspects of the region. In addition, it works with a team of collaborators and cultural promoters who support its activities and projects. The organization continues to evolve and reach a wider audience, maintaining its commitment to cultural development. More than an institution, Culturama represents a space where culture becomes a bridge between the past and the future, empowering people and demonstrating the transformative power of art in society. Thanks to the efforts of its founder, leaders, collaborators, and volunteers, the organization has left a meaningful impact on the lives of many people and continues to inspire pride in the cultural heritage of Chiriquí.



BY Aleida Pitty



THE BLACK ETHNIC GROUP : THEIR HISTORY, CULTURE, AND TRADITIONS



The black ethnic group is a group of people with African roots, characterized by their culture, traditions and contributions to society. The cultural contributions of the Black community in Panama, through their music, dances, clothing, and cuisine, create a vibrant tapestry of heritage that enriches the nation's identity. Each element reflects a deep history and a celebration of resilience, unity, and creativity. Understanding and appreciating these traditions fosters a greater sense of community and connection.

This community is currently recognized for many aspects that I will be here. They are rich in culture and traditions, their music such as salsa and traditional folk music, reflects their African roots with instruments like drums and marimbas. Dances like Cumbia and Sambo performed no festivales with their tradicional clothes like: The pollera.



Their celebrations like gastronomic festivals, congo dances, fashion shows featuring Afro-inspired clothing, and national braids day.

In summary the Black ethnic group Is important in our culture because they have many things that we adopt from them in our culture, their History was hard and some of them didn't survive the conditions of colonization , they have always fought for their freedom and without that, perhaps we would not enjoy it today.

Some dishes like the rice and beans , sancocho, patacones, and rondón are some of them.

The black ethnic community in Panama is rich in history and profound cultural influence.

Their History begins when the Africans arrived in the country with the Spanish colonization, then many were bought as slaves. They resisted and cried out for their freedom, which was and is still fundamental for countries throughout history.



BY Admayarith Sclopis

GASTRONOMY

Articles



Photos:

<https://alimentoscoexito.com/recetas/sancocho-panameno/>
<https://es.pinterest.com/pin/40250990407134486/>

FOOD ORIGINS

Gastronomic Heritage

IN PUERTO ARMUELLES

Background of the “BIJAO”

The Bijao leaf has a rich history passed down by our elders, who are considered the guardians of our traditions and cultural heritage. Since ancient times, it has been regarded as a gift from nature to the humble people of the countryside. Many believed that the Bijao leaf provided not only practical benefits but also spiritual protection.

Stories told by older generations describe the leaf as strong enough to withstand the powerful winds of the coastal areas of Barú. It was commonly used by workers from Finca Blanco, Finca Corredor, and Finca Baco when they needed a natural way to wrap and preserve their food. The Bijao leaf became an essential part of daily life and local gastronomy.



Bijao , the king of packaging, and it does not intrude on the flavor. It perfumes. It releases an aroma that in Puerto Armuelles we associate with the freshness of the forest and cleanliness. The back side is usually a whitish or silvery tone.

when the corn dough touches this wax, a controlled atmosphere is created that prevents the grain from becoming glassy better known as “Tamal”.



BY Lineicy Flores

La Reina

A taste that remains

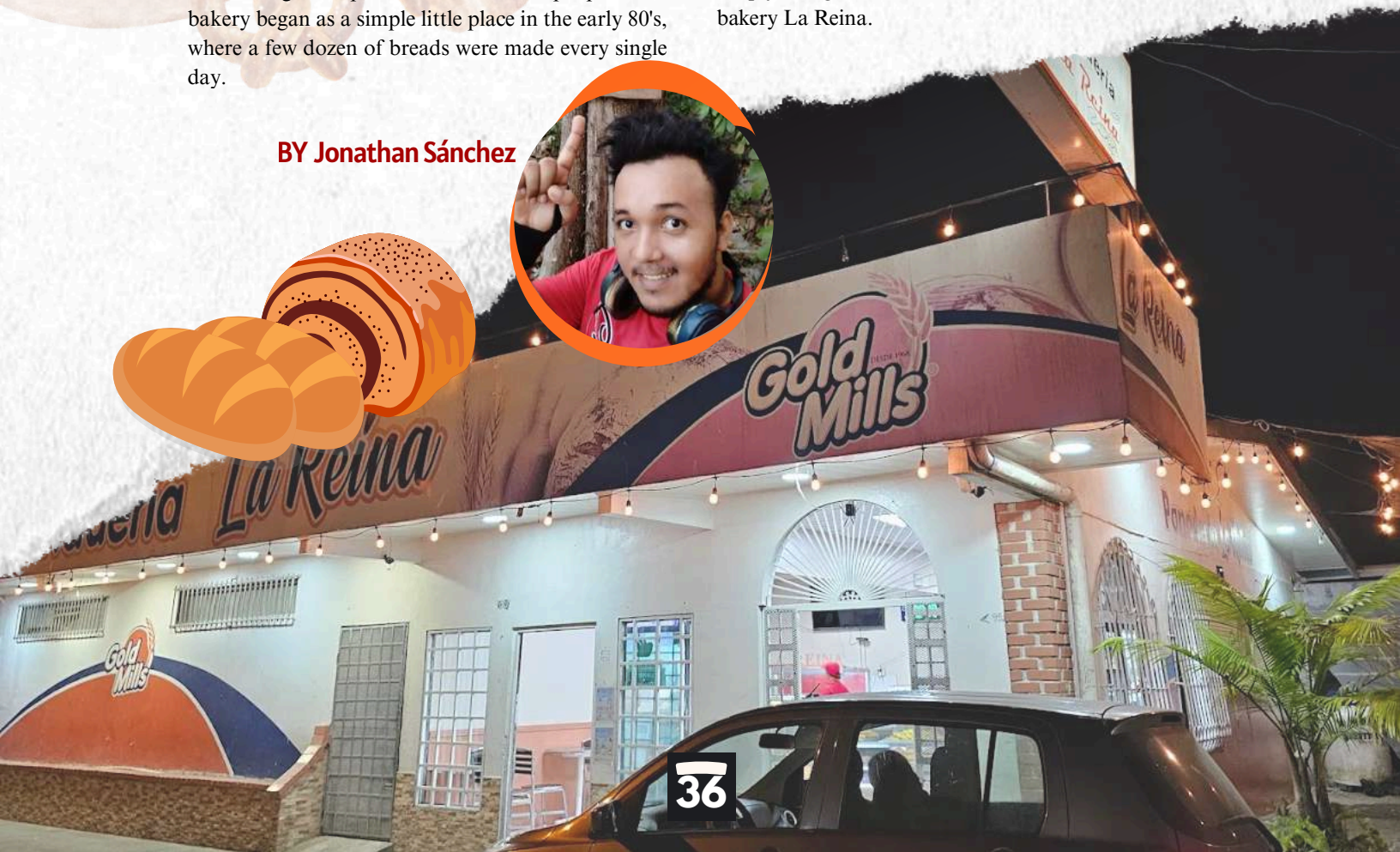
In the town of Puerto Armuelles there's a bakery known not only for its large variety of bread but for the fact that it is without a doubt, the oldest and most profitable bakery in the history of Puerto Armuelles. Open since the early 80's, the bakery called La Reina has been for many years, the main supplier of local businesses, and families alike; making the bread that many people call the best in all of Barú, the quality reflects not only in its delicious bread, but in the way the workers treat the clientele.

Within their list of bread we can find the likes of, the submarino, flautas, palitroques, cheese bread, prenzados, mamallenas you name it. Over last 20 years, this bakery has increased their list of products available to the public, some of them have even been called the best bread they have ever had, and some others call it, their reason to work everyday. right in the heart of this bakery lies one man, his name is Israel Rubio; the current owner and head baker of La Reina. He believes that a good bread is more than enough to open the hearts of the people. This bakery began as a simple little place in the early 80's, where a few dozen of breads were made every single day.

The owner back then (Mr.Israel's dad), wanted to make enough profit to support his family until his son could take his place and continue the legacy. 30 years later, Mr.Israel took over the bakery after his father's passing and vowed to not only continue making bread, but to make it bigger and better than it ever was. During the first year, Mr. Israel had to juggle two jobs, one as a professor at ESPA, and the other as an owner and baker. However, 7 years later he had to quit being a professor because his job as a baker became too demanding, but, it actually worked out for him since the bakery was generating a lot of profits, enough profits to not feel secure of quitting his job at ESPA.

Nowadays the bakery La Reina is so famous and well-managed that money is no longer a concern for the owner and his family. Having worked there myself I can safely say that you can feel the history in that place, seeing people that grew up eating their products every day, have also said that, they can't simply imagine a Puerto Armuelles without the bakery La Reina.

BY Jonathan Sánchez





SPORTS

ARTICLES

Photo:

<https://www.facebook.com/fepafut>



PUERTO ARMUELLES BASEBALL STADIUM

20 March, 2021

History of baseball In Puerto Armuelles



BY Edgar Justavino

Baseball arrived in Panama in the second half of the 19th century, introduced by Americans during the construction of the Trans-Isthmian Railroad and later the Panama Canal. Initially, games were recorded in Chiriquí as early as January 1883. However, it was in Puerto Armuelles that the sport truly flourished, thanks to the influence of the Chiriquí Land Company (United Fruit/Chiquita Banana). American employees played regularly, and local workers quickly embraced the game with great passion.

Prominent figures from Puerto Armuelles have produced outstanding talent over the decades. The most famous is Omar Moreno (born October 24, 1952), a speedy center fielder who enjoyed a 12-season MLB career, mainly with the Pittsburgh Pirates. Additionally, Néstor "Cuto" Mendoza stood out as an outfielder for Panama's national team from 1971 to 1982 and later contributed as a coach and instructor, helping develop new generations of players.

Baseball has become one of Puerto Armuelles' strongest remaining sources of pride and identity after the banana industry's decline. The 1997 split gave Western Chiriquí its own independent voice in Panamanian baseball. Through resilient local leagues, active Little Leagues, and ongoing national participation, the sport continues to foster discipline, community spirit, and dreams of producing the next generation of Panamanian talent. In the City of Sands baseball isn't just entertainment. It is a living legacy of hope and cultural endurance.



Panama is dreaming Big on the road to the 2026 World Cup and is already in the Panini Album!



BY Edgar Justavino

Under the guidance of coach Thomas Christiansen, the Panamanian National Team arrives at the World Cup with a blend of experience and fresh talent. Captain Aníbal Godoy provides leadership and solidity in midfield, while forwards like José Fajardo and José Luis Rodríguez (top scorers in the qualifiers) are the team's main scoring threats. Key players such as Amir Murillo, Ismael Díaz, Édgar Bárcenas, and Adalberto Carrasquilla complete a squad that has the entire country excited.

The Canaleros will debut on June 17, 2026 against Ghana in Toronto, will face Croatia on June 23 also in Toronto and will close the group stage on June 27 against England at the MetLife Stadium in New York/New Jersey.

This time, Panama is represented with its stars in the official Panini World Cup 2026 sticker album, so all the fans can fill their collections with the tricolor and celebrate the return of Los Canaleros to the biggest party in football. Let the "¡Vamos Panamá!" ring out loud because the isthmus is ready to shine!



Farewell to the graduates

Today, we celebrate the end of an important chapter for the students who began their journey in 2023. Throughout these years, you have shown dedication, responsibility, and determination in every challenge you faced. Moreover, your participation in school activities, projects, and special events has left wonderful memories that will always be part of our school community.

Although this stage is coming to an end, it is also the beginning of new opportunities and experiences. We have admired your effort, perseverance, and willingness to keep moving forward even during difficult moments. Because of this, you have become an inspiration for younger students who hope to follow your example.

As you continue your journey, remember the lessons, friendships, and experiences that helped shape who you are today. Never stop learning, believing in yourselves, and working toward your dreams. We are confident that each of you has the potential to achieve great things in the future.

Finally, we wish you success, happiness, and many achievements in the years ahead. Wherever life takes you, always carry with pride the memories and values you gained during your time here.

With best wishes from:

Third English Level

"Success in every step"

"The future belongs to those who believe in the beauty of their dreams."

– Eleanor Roosevelt –

WORD SEARCH

Find the words related to our land !

1. Landfill
2. Bread
3. Pollution
4. Hospital
5. Panama
6. Bakery
7. Fishermen
8. Bar
9. University
10. Travel
11. Catholic
12. Armuelles
13. Fuel
14. Bijao
15. Professor
16. Port

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



SPOT
THE
DIFFERENCES

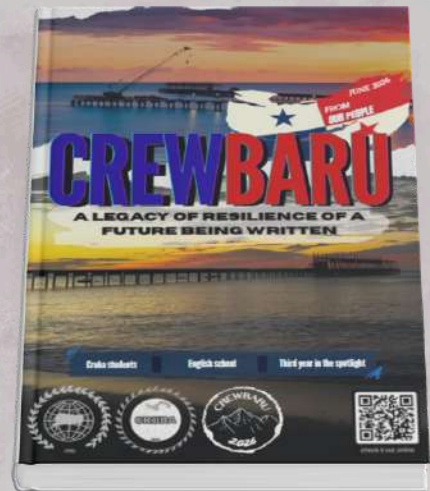
Thanks to
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Prof.
Raúl Gómez

MEET THE FACES

Behind this project



A MESSAGE FROM US

We know how heavy the weight on your shoulders feels right now, and how tempting it is to just let go and walk away from it all. But please, take a moment to look back at how far you have already come, and remember the quiet spark that brought you here in the first place. This exhaustion you feel is just a chapter of your story, not the final page; you are not failing, you are simply growing through the hardest part. Be gentle with your heart today, give yourself permission to rest without quitting, and trust that the dreamer inside you still has the strength to cross the finish line.

Your future is worth the effort.

Success is not lineal.

You are not alone.



JUNE 2026

NEWS LETTER

THIRD

**YEAR GROUP
ENGLISH SCHOOL
CRUBA**

EVALUATED BY

Professor Rigoberto Morales





MOVING FORWARD



"Success is not final, failure
is not fatal: It is the
courage to continue that
counts."



- Winston Churchill -