



Westside

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Todas estas maravillosas organizaciones vinieron a ofrecer su apoyo a los estudiantes y padres no solo para este evento sino durante el año escolar:

Arvest Bank, Rotary Club 13, Friends of the Westside CAN, The Church of Jesus Christ of Latter-Day Saints, Woodland Charity, Hall Family Foundation, Hispanic Development Fund, KC Library Bookmobile, KCMO Health Department, Westside Fire Fighter, Friends of the Library, Family Conservancy, Primitivo Garcia Elementary School, Wage and Hours, Pet Source, Crossroads Charter School, Jackson County-Outside Agencies, the City of Kansas City, Parks and Rec.

Los estudiantes y los padres expresaron su más profunda gratitud por este gran evento. Durante los últimos 24 años, el Centro Westside CAN ha podido proporcionar mochilas/útiles escolares a todos los estudiantes que viven o asisten a cualquiera de las escuelas de Westside.

“Felicitamos a todos los estudiantes y padres que continúan teniendo éxito cada año y tienen un gran rendimiento académico y gracias a las organizaciones asociadas, patrocinadores y amigos de Westside CAN pudimos poner en todas las mochilas el 100% de los útiles escolares que el distrito escolar de KCMO requería para este año. No hay palabras para expresar nuestra más profunda gratitud a todos los voluntarios, padres y estudiantes que asistieron al evento”, concluyó Coromac.

Irene Ruiz, los oficiales de Westside KCPD, Tony Aguirre CC y Westside CAN Center trabajan todo el año para brindar servicios y programas importantes a los niños y familias de la comunidad de Westside, como el regreso a clases. Coromac añadió: “Durante los últimos 24 años, voluntarios incansables y organizaciones asociadas han hecho todo lo posible para apoyar el éxito de los estudiantes y estamos viendo un tremendo resultado en el éxito de los estudiantes”.

“Westside CAN Center desea expresar su más profundo agradecimiento a todos los voluntarios y organizaciones asociadas por su apoyo a los estudiantes en este nuevo año escolar 25/26. Nuestro compromiso es continuar equipando a todos los estudiantes con insumos que estarán preparados para su éxito académico”, Coromac concluyó sobre el evento.

Para obtener más información sobre los programas y proyectos del Westside CAN Center o para convertirse en voluntario o patrocinador, comuníquese con Jorgec@westsidecan.org o visite www.westsidecan.org.



Laura's CakePop Shop

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y Funfetti. Los precios de sus postres varían según el diseño y los detalles.

Rodríguez hornea cake pops para diversos eventos, como cumpleaños, baby showers, bodas y festividades. También crea colecciones de temporada para eventos como el Día de la Madre, el Día del Padre, el primer día de clases, Halloween y Navidad. Para quienes planean un evento especial, ofrece paquetes de mesas de postres.

“Si me envías una idea, puedo hacerla realidad”, dijo. “No hay dos pedidos iguales, y me encanta que cada pedido tenga su propia temática”.

Para hacer un pedido, contacte con Rodríguez a través de Facebook o Instagram en Laura's CakePop Shop. Rodríguez recomienda placing orders at least two weeks in advance to ensure availability. Orders are available for local pickup only. Her business is located near Interstate Highway 635 and Shawnee Drive.

Rodríguez said her favorite part of the business is hearing from her customers.

“It's so rewarding when people message me saying they loved the result,” she said. “It feels amazing to know I was chosen to be part of someone's special occasion.”

Rodríguez's customers are the reason for her success, she said. “Even though my business is small, I always give my best with every order,” she said. “I truly appreciate everyone who continues to support me.”



to School Pep Rally here at the Westside and to continue the support to the students by provide all school supplies and all the services that all these amazing agencies”, said Jorge Coromac, director of Westside CAN Center.

All these wonderful organizations came to offer their support to the students and parents not only for this event but during the school year:

Arvest Bank, Rotary Club 13, Friends of the Westside CAN, The Church of Jesus Christ of Latter-Day Saints, Woodland Charity, Hall Family Foundation, Hispanic Development Fund, KC Library Bookmobile, KCMO Health Department, Westside Fire Fighter, Friends of the Library, Family Conservancy, Primitivo Garcia Elementary School, Wage and Hours, Pet Source, Crossroads Charter School, Jackson County-Outside Agencies, the City of Kansas City, Parks and Rec.

Students and parents expressed deepest gratitude for this great event. For the last 24 years, Westside CAN have been able to provide backpacks/school supplies to all the students the live or attend any of the Westside Schools.

“We congratulate all students and parents that continue succeeding every year and doing a great academic performance and thanks to partner organizations, sponsors and friends of the Westside CAN we were able to put in all backpacks 100% of schools supplies that KCMO school district required for this year. There are no words to express our deepest gratitude to all volunteers, parents and students that came to the event,” Coromac said.

Irene Ruiz, Westside KCPD Officers, Tony Aguirre CC and Westside CAN Center work year-round to provide important services and programing to the children and families of the Westside community such as the Back to School. Coromac commented: “For the last 24 years tireless volunteers and partner organizations put together their best effort to support the success of the students and we are seeing tremendous result in the success of the students.”

“Westside CAN Center would like to express deepest appreciation to all volunteers and partner organizations for their support to the students in this new school year 25/26. Our commitment continue equipment all students with supplies that will prepared for their academic success”, Coromac concluded regarding the event.

To learn more about the Westside CAN Center programs and projects or to become a volunteer or sponsor contact Jorgec@westsidecan.org or visit www.westsidecan.org.



vary by design and detail.

Rodríguez bakes the cake pops for various events, including birthdays, baby showers, weddings and holidays. She also creates seasonal collections for events such as Mother's Day, Father's Day, the first day of school, Halloween and Christmas. For people who are planning a special event, she offers dessert table packages.

“If you send me an idea, I can make it come to life,” she said. “No two orders are the same, and I love that every request comes with its own unique theme.”

To place an order, contact Rodríguez via Facebook or Instagram at Laura's CakePop Shop. Rodríguez recommends placing orders at least two weeks in advance to ensure availability.

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Editorial Opinión

Kids dying to escape unintended saunas

Niños que se mueren por escapar de saunas no deseados

En todo el mundo a la gente le gusta disfrutar de espacios seguros y húmedos, calentados a temperaturas de hasta 88 °C (190 °F) durante entre 5 y 30 minutos. Los estudios demuestran que las sesiones de sauna pueden mejorar la función cardíaca, reducir el riesgo de accidente cerebrovascular, reducir la inflamación y disminuir el riesgo de demencia. Pero cuidado: demasiado de algo bueno puede ser mortal.

Los usuarios de saunas terminan su sesión al alcanzar su nivel de comodidad recomendado o personal, con cuidado de no exceder nunca los 30 minutos. Los humanos no pueden soportar una exposición prolongada a temperaturas tan altas. Sería extremadamente doloroso y peligroso, advierten los Centros para el Control y la Prevención de Enfermedades (CDC). La piel se quemaría. Los órganos comenzarían

People everywhere enjoy basking in safe, steamy spaces heated to temperatures up to 190° Fahrenheit for between 5 and 30 minutes. Studies show that sauna sessions can improve heart function, lower stroke risk, reduce inflammation and lower the risk for dementia. But beware -- too much of a good thing can kill.

Sauna users end their session upon reaching their recommended or personal comfort level, careful never to exceed 30 minutes. Humans can't sustain prolonged exposure to such high temperatures. It would be “intensely” painful and dangerous, cautions the Centers for Disease Control and Prevention. The skin would burn. Organs would begin



a fallar. La persona experimentaría mareos, confusión, náuseas, pulso acelerado y pérdida del conocimiento. Sería insostenible; los CDC advierten a los usuarios de sauna que estén atentos y alertas, limiten el tiempo de la sesión y continúen con un enfriamiento gradual, rehidratación y descanso.

El interior de un automóvil cerrado y estacionado en un día caluroso y húmedo se asemeja mucho a las condiciones de un sauna y es potencialmente mortal. Doloroso y mortal. El año pasado, 41 niños en EE.UU. sucumbieron a un golpe de calor tras ser dejados en autos calientes, reporta Kids and Car Safety. A diferencia de quienes usan saunas, los niños en autos están atrapados; no pueden escapar del calor sofocante, refrescarse ni rehidratarse. Y como la temperatura corporal de un niño aumenta de 3 a 5 veces más rápido que la de un adulto, los niños comienzan a sufrir un golpe de calor en cuestión de minutos. Sus muertes son agonizantes, aterradoras y evitables.

Ketorrius Starks, de tres años, es la última muerte infantil por golpe de calor vehicular. El pequeño falleció mientras estaba bajo custodia del estado de Alabama. Un trabajador contratado lo dejó encerrado en su pequeña sillita de auto en un automóvil estacionado durante más de cinco horas en un día de 35 grados Celsius. Cuando los servicios de emergencia retiraron su pequeño cuerpo caliente y sin vida alrededor de las 5:30 p.m., ¡la temperatura dentro del auto superó los 65 grados Celsius! ¿Cuánto tiempo sufrió Ketorrius antes de perder el conocimiento, por fortuna? ¿Le había empezado a arder la piel, a dejar de funcionar sus órganos? ¿Estaba mareado, con náuseas, jadeando? ¿Aterrorizado?

Ketorrius es el decimosexto pequeño de este año que muere en un coche a altas temperaturas en Estados Unidos. ¿Por qué? Constantemente recibimos fuertes advertencias sobre dejar a niños, ancianos y mascotas en vehículos estacionados. Hay que hacer caso.

to fail. The person would experience dizziness, confusion, nausea, rapid pulse and loss of consciousness. It would be unbearable; the CDC warns sauna users to be aware and alert, limit session time and follow up with a gradual cooldown, rehydrating and rest.

The interior of a closed, parked automobile on a hot, humid day closely approximates sauna conditions and is potentially deadly. Painful and deadly. Last year, 41 youngsters in the U.S. succumbed to heatstroke after being left in hot cars, reports Kids and Car Safety. Unlike sauna users, kids in cars are trapped, they can't escape the killing heat, cool off and rehydrate. And because a child's body temperature rises 3 to 5 times faster than an adult's, children begin suffering from heat stroke in just minutes. Their deaths are agonizing, terrifying and avoidable.

Three-year-old Ketorrius Starks is the latest pediatric vehicular heatstroke fatality. The precious toddler died while in Alabama state custody. A contract worker left the boy locked in his little car seat in a parked automobile for over five hours on a 96-degree day. When first responders removed his hot, lifeless little body around 5:30 p.m., the temperature inside the car exceeded 150 degrees! How long did Ketorrius suffer before mercifully losing consciousness? Had his skin begun to burn, his organs to shut down? Was he dizzy, nauseated, gasping for breath? Terrified?

Ketorrius is this year's 16th precious little one to die in a hot car in America. Why is that? We're regularly exposed to powerful warnings about leaving kids, elders and pets in parked vehicles. We need to heed these warnings.

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