Repeto Mutuo
by Dogeiry Mora

El respeto es uno de los valores morales más importantes del ser humano, es fundamental para lograr una armoniosa interacción social. Una de las cosas más importantes que tiene el respeto es que para exigir hay que darlo primero. El respeto también es reconocimiento, la veneración y aprecio por una cosa o una persona.

El respeto mutuo a los ojos de mucho se ve practicado en la escuela, pero en realidad debemos respetar y ser respetados en todo lugar tanto por hombres y mujeres. Debemos saber respetar el género o preferencia de las personas, sus opiniones, sus gustos y manera de ser. Porque si no hacemos esto, un día vamos a exigir respeto por algo y nos sentiríamos ofendidos, pero nos hemos puesto a pensar si en algún momento respetamos eso en otra persona?

Benito Juárez - El respeto al derecho ajeno es la paz.
James Hawes - Si respeto a una persona, ella por educación me respetará.

Beneficios del respeto mutuo. 
- No habría conflictos gracias a que persona tolera tus ideas, acciones y palabras aunque sean contrarias a las tuyas y viceversa.
- Se vive en armonía
- Nos ayuda a ser positivos y tener un entorno con gente positiva.
- Valoramos lo que tenemos, y lo que tienen los demás (física, personalidad, ideas, pertenencias, etc) Porque no gastamos tiempo criticando a los demás.
- Nadie baja tu autoestima ni tu bajas la de nadie.
- No te burlas de nadie y nadie se burla de ti.
- Hay más entendimiento y empatía.

Contrapunto de amor
by Jhonny Coello

Lo que daría por un beso
Diez cartas de amor sincero,
Nueve atardeceres bajo el sol y destellos,
Ocho rosas de rojo pasión,
Siete viajes al paraíso del amor,
Seis momentos de compañía frente a la adversidad,
Cinco noches de placer sin igual,
Cuatro anillos de diamante,
Tres recuerdos inolvidables,
Dos caricias y una eternidad.

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As a Netflix fan, I 100% recommend “The House Of Flowers” if you are into drama and hispanic actors. Basically, this type of telenovela show is about a rich family who are owners of a famous flower shop. The main characters are the children of the family and they discover that the father has been cheating on their mother. The adult children find the lover’s body hanging in the flower shop from an apparent suicide. Things get dramatic and mysterious. The death of the lover brings a scandal on the family business which leads to a series of exciting things.

Throughout the show, we see how the characters develop and face societal issues that we can relate to. At first, it can be a little tricky to understand the plot of the show, but as the show goes on, it is easy to become engaged. The show touches on provocative topics like transgender people staying in their marriage after their transitions. Also, they talk about the LGBT community in Mexico. But, they also talk about the values of people and how the values sometimes are abused. Therefore, the De La Mora family is not a normal family. It is an interesting show with interesting episode titles; you will see what I mean if you watch it. If you want to enjoy by listening to one of the character’s way of speaking, you should watch it.

Aunque mis palabras no llegues a oírlas ya que la distancia lo impide sé que me escuchas, cuando cierras los ojos, entonces te habla tu corazón, soy yo, que te hablo, que te cuento mis sentimientos, te cuento todo mi amor y cada noche mis palabras acompañan a tus sueños. Aunque mis caricias no las sientas físicamente por la distancia que nos separa, cada día estoy a tu lado y se que me recuerdas cuando la brisa te acaricia. Se que me sientes, sé que me oyes porque me llevas en lo más profundo, me llevas en tu corazón.

Muchas personas sin darse cuenta, no dan las gracias por las cosas buenas que les suceden. Quizás por estar pensando por todos los momentos malos que están atravesando por la vida y no se encuentran tan ocupados con sus problemas sin pensar en ayudar a los demás y sin importarles las bendiciones o el momento que están atravesando. ¿Por qué nos enfocamos en los momentos más difíciles sin darnos cuenta de lo bueno que tenemos a nuestro alrededor? En lo personal pienso que debemos de detenernos y pensar en esta época de agradecer y ver lo bueno que nos está pasando. No solo por un trabajo o el proyecto de nuestros sueños también puede ser por un simple amigo que siempre está a nuestro lado sin importar que le esté pasando y siempre está junto a nosotros aunque a veces no nos queramos dar cuenta de eso.

Por eso les quiero dejar dicho no nos enfoquemos tanto por las cosas malas que nos están pasando sino, que pensemos en todo lo bueno que nos está pasando y qué tal vez nos pasará en el futuro que es por lo que estamos trabajando hoy en día.
On October 11, 2019, Ms. Ventura took a group of six students to attend the RepCOHS’s CORE (Coalition on Racial Equity) Summit “Unpacking Whiteness.” The summit was designed for students to discuss and understand the systems of “whiteness” that infiltrates our social and educational systems. It aimed to examine the way people and the systems around them unintentionally extend racism and fosters inequalities in today’s society. This summit informed students of the different ways racism and inequality can be displayed. It wanted to voice that racism has not been abolished and does impact our lives in today’s society and communities.

CORE defined “Whiteness” as the “component of each and every one of ourselves that expects assimilation to the dominant culture.” To engage in this conversation CORE used the “Courageous Conversation about Race Protocol” and “The Compass” to understand the process and the four ways in which people deal with race: Emotional, Intellectual, Moral and Social. The conversations challenged students and adults to look beyond what they know and to become intentional about listening to the experiences of others who are directly impacted by systemic racial injustice. One of the points made was that people who belong to the “white race” have inherited privileges and structural advantages, but fail to understand how the larger social environment encases and protects “whites” as a group through institutions, cultural representation, media, school textbooks movies and beyond. However, it also taught us that there are some “whites” who have acknowledged their social and institutional power over people of color and have taken a stand. They have the conversation and use their inherited advantages on social media to face up this controversial topic. For example, we watched a clip from “Hello Privilege. It’s Me, Chelsea” by the American comedian Chelsea Handler, a documentary in which she presents the problems of racism faced in America. We read many articles like “White Fragility” by Robin DiAngelo; “White Privilege: Unpacking the Invisible Knapsack” by Peggy McIntosh, and “So You Want to Talk about Race” by Ijeoma Oluo. After each article, the participants (including me) were able to share their opinions and speak their truth. I had the opportunity to share on the open microphone, my believes. I believe of being an active participant and taking action if we wish to dismantle our institutionalized oppression. Without actions, our beliefs would be just words. It warmed my heart to be paired up with about 9 strangers, hear them acknowledge my words and tell me how meaningful it was for them. At that moment, I realized I had begun to make a change and take action by simply getting up and speaking my truth.

The agreement that stood out for me was “Experience discomfort.” Why? Because learning and growing takes courage. People wouldn’t be able to improve by staying in their comfort zone and just being spectators while the world around them is falling apart.

I encourage you to go outside of your comfort zone. Take the risk. Find out what’s happening in your community. Get involved. Stand up to defend the truth. Take action.

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