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## Programa de Educación para Migrantes



### Oficina Central de PAEC

753 West Boulevard • Chipley, FL 32428  
 Tel. (850) 638-6131 Ext. 2264  
 8:00 a.m. a 4:30 p.m.  
 Maria Pouncey, Coordinadora del Programa  
 Phyllis Cooley, Coordinadora de Servicios  
 Miriam Erickson, Reclutadora

### Crawford-Pouncey Center

315 N. Key Street • Quincy, FL 32351  
 Tel. (850) 875-3806  
 Lun., Mar. y Jue. 8:00a.m. a 9:00 p.m.  
 Mier. y Vier. 8:00 a.m. a 5:30 p.m.  
 Maria Pouncey, Coordinadora del Programa  
 Leewood Shaw, Especialista en Datos  
 Lucia Esquivel, Especialista en Recursos  
 Sigfredo Rodriguez, Asistente Técnico  
 Rachel Hernandez, Reclutadora  
 Monica Grimaldo, Reclutadora  
 Fabiola Garcia, Reclutadora  
 Michele Alvarez, Secretaria  
 Salvador Torres, Especialista en Recursos

### Mc Millan Learning Center

1403 St. Joseph Ave. • Pensacola, FL 32501  
 Tel. (850) 595-6915 Ext. 230  
 8:00 a.m. a 4:30 p.m.  
 Maria Pouncey, Coordinadora del Programa  
 Phyllis Cooley, Asst. Coordinadora del Programa  
 Kim Nguyen, Enlace con Escuelas  
 Hang Le, Reclutadora      Ngan Le, Reclutador

### La Presion Arterial Alta, Lo Que Usted Debe Saber

Por Susan Lajoie, ARNP.

Presion alta usualmente no se siente sintomas, y alrededor 1 de cada 3 adultos la tiene alta y si no la trata eso lo puede llevar a un ataque al corazón, embolia, y ríftones dañados La mejor presion arterial para un adulto es menos de 120/80, presion arterial alta es diagnosticada después de tenerla alta varias veces algunas personas cuando visitan al Dr.o clinicas la tienen alta eso se llama el síndrome de la chaqueta blanca. Por eso es bueno chequear su presión en diferentes ocasiones, algunas farmacias tienen maquinas automáticas y se puede chequear gratis la presión, y si le preocupa mantenga la lectura de varios días y consúltelo con su proveedor medico.

La presion arterial tiende alterarse con la edad, es importante que se haga su chequeo por lo menos una todos los anos, una manera de acordarse es en su cumpleaños, usted puede mantenerse saludable evitando excesos de sal en las comidas, no fumar, hacer ejercicios si usted a sido diagnosticado con presion arterial alta, es bueno que tome su medicina como fue indicado, y si tiene alguna pregunta hable con su farmaceutico. Si tiene presion arterial alta mantengase saludable mantenga su peso, no fume, evite la sal. Este feliz y que Dios lo bendiga.

### High Blood Pressure, What you need to know!

By Susan LaJoie, ARNP

High Blood pressure usually has no symptoms and about 1 in 3 adults have it. Untreated, it can lead to heart disease, stroke and kidney damage. An ideal BP for an adult is under 120/80. HBP is usually diagnosed after several elevated readings. Sometimes people who are nervous to go to the doctor or clinic have an elevated BP. This is called "white coat" syndrome. For this reason, it is good to check your BP at different times when you are not stressed. Some pharmacies have automatic machines that are free to use. If you are concerned, write down several readings from different days and share them with your health care provider.

Blood pressure tends to creep up with age, so it is important to check it at least every year. A good way to remember is to check it on your birthday. You can stay healthy by avoiding salt in foods, not smoking tobacco and exercising. If you are diagnosed with high blood pressure, it is very important that you take your medicine as directed. If you have questions about your medicine, be sure to ask your pharmacist. Even if you have high blood pressure, you can remain healthy as long as you take your medicine, maintain a healthy weight, don't smoke, and avoid salt. Be happy, be well. God Bless!



## Exponer los Mitos Falsos de Idiomas e Ideas Herronias Comunes

Laura Cruz, Ed. S., Certified School Psychologist, Doctoral Student in Counseling and School Psychology

El tópico de la adquisición de idiomas siempre a sido muy complicado después de ser investigado por anos. En los anos 70 investigadores en el area ganaron popularidad despues que una nueva evidencia salio a la luz apoyando. Un período de critica de idioma. Basado en esta teoria de un dominio critico, lograr dominio total de un idioma es casi imposible despues de la pubertad.

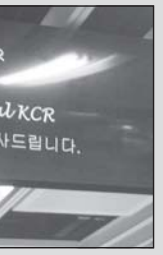
En otras palabras, para de verdad ser competente en una lengua es inperativo heber estado expuesto al idioma antes de de la pubertad, apesar de la abundancia de investigacion sobre este tema, el publico todavia sigue mal informado. Quizas el error mas comun sobre la adquisicion de una lengua sea presumir el dominio prematuro de esta. Simplemente dicho el publico frecuentemente presume que alguien domina la lengua tan solo porque puede conversar, durante los primeros dos o tres

anos de aprender una lengua se adquieren estos conocimientos basicos de comunicacion. Esos conocimientos e informales y concretos. En los primeros dos o tres anos que las personas adquieren estos conocimientos basicos pueden participar en conversaciones e intercambios simples, por lo tanto es fácil deducir que una persona que demuestre estos conocimientos basicos sepa hablar el idioma perfectamente.

En cuanto a que los niños aprendan una segunda lengua, los adultos abecés pueden decir ellos hablan Ingles bien. Siempre comprenden, lo que le pregunto y hasta contestan mis preguntas. Sin embargo, lo cierto es que se tardaran de seis a ocho anos en desarrollar, el idioma formal y extracto requerido para temas mas academicamente y comunicativamente mas exigent, el dominio de una segunda lengua que se adquiere despues de seis o ocho

## Language Acquisition: Debunking Myths and Common Misconceptions

By Laura Cruz, Ed. S., Certified School Psychologist, Doctoral Student in Counseling and School Psychology



The topic of language acquisition is a complicated one that has been researched for years. In the early 70s research in the area gained popularity after new evidence came to light supporting the postulation of the existence of a critical period for language acquisition. Based on the theory of the critical period, full proficiency in language is nearly unattainable after puberty. In other words, in order to truly master a language, it is imperative to have exposure to that language prior to puberty. Despite the abundance of research in the area, the general public still remains misinformed. Perhaps the most common mistake people make in regards to language

acquisition is prematurely assuming dominance. Simply stated, people often assume someone is proficient in language because they have some basic conversational skills. Within the first two to three years of learning a new language learners often acquire these basic communication skills. Basic skills are informal and concrete in nature. In the first two to three years that individuals are acquiring these basic skills they can often hold simple conversations and partake in everyday exchanges. Thus, it's easy to make the mistake that someone demonstrating these basic skills knows how to speak a language perfectly. In regards to children learning a second language, adults all too often might say, "They speak English well. They always understand what I ask them to do and even answer my questions." In reality, however, it may take anywhere from six to eight years to develop formal and abstract language required for more cognitively

and academically demanding tasks. The dominance of a second language that typically comes after six to eight years is necessary to engage in more complex conversations. So what can be done to facilitate the language acquisition process? First and foremost, it's important to keep in mind that proficiency in one's native language actually enhances second language acquisition. Moreover, if someone is exposed to a second language before fully developing their first language both languages may be delayed. Second language acquisition is also facilitated when anxiety is low, learners feel confident and motivated, and input is interesting. So next time someone is speaking in their second language, don't assume they are fluent in the language simply because they can carry a conversation. Keep in mind that unless they have had about six to eight years of exposure to the language, they are likely not completely proficient!