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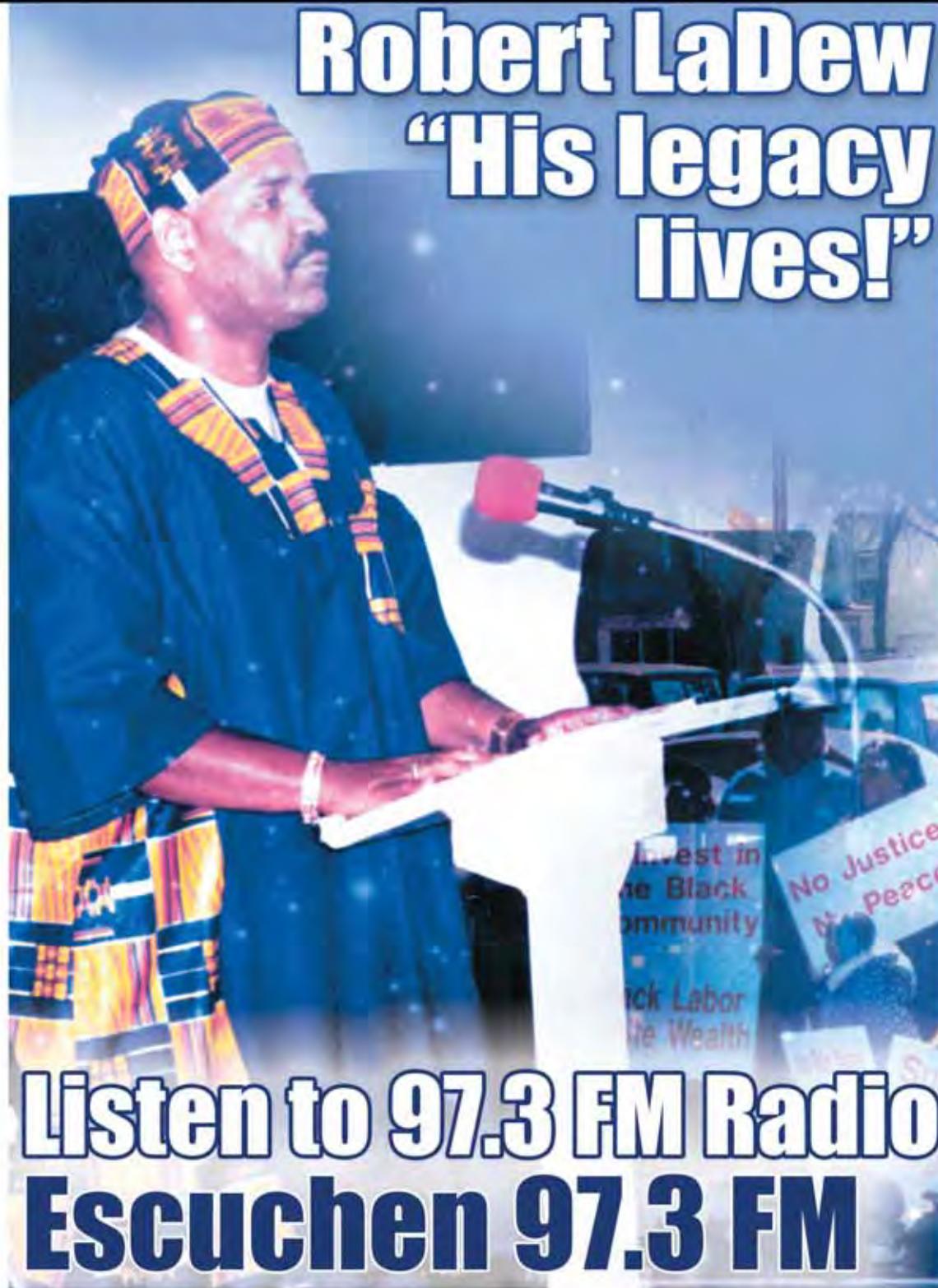
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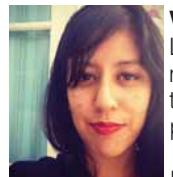
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A Closer Look At White House Scandal-Russian Influence

Una mirada más cercana al escándalo de la Casa Blanca-Influencia Rusa



What's Up With Trump and Russia?

Latin Americans understand what it means to live with governments that have been compromised by more powerful countries. However, it's the first time in US history that a sitting president has been influenced by another country.

By Ingrid Cruz

It's important to understand what it means that Donald Trump is allegedly influenced by another country. Here are few things we need to understand in order to see why the FBI and other national organizations are investigating allegations that Trump is compromised.

Investigations on Trump's Links to Russia Started Before He Became President

Trump was inaugurated into office on January 20, 2017, but the FBI began investigating his links to Russia on July 2016. This investigation included a look at people who were close to Trump, according to the New York Times. The agency didn't say that Trump was the main person they were investigating. Some factors that led to them going public about this:

- FBI director James Comey was fired on May 2017, and the FBI had to decide if this meant Trump was obstructing justice.
- Special counsel Robert Mueller took over this investigation on May 2017, after Comey was fired
- The Washington Post reported that Donald Trump hid many conversations with Vladimir Putin from many of the top staffers in his administration. Presidents in the past usually allow senior staff members to stay around for these meetings and take notes. Trump didn't allow anyone to do this during a meeting with Putin in Hamburg in July 2017.
- Trump and Putin met again in July 2018, but only their interpreters were present then.

Why Is It A Big Deal That Donald Trump Wants To Get Along With Russia?

Considering past bad blood with Russia, isn't it supposed to be good think that a president finally wants to get along with Russia? That depends on the reasons why.

A Vox report revealed that Donald Trump has been wanting to build a Trump Tower in Moscow for several decades already. He wrote about his desire to build a hotel in the country in 1987, and in 2007 he mentioned that Russia is "one of the hottest places in the world" for investment. Trump even became a known acquaintance to Felix Sater, a Russian-born businessman who had ties with the mafia.

In 2015, Trump's company made a bid for a tower in Moscow. Michael Cohen represented Donald Trump during these talks. Sater expressed his desire to make Donald Trump into the president of the United States back then.

What's The Big Deal? Trump Was Always Involved in Real Estate!

It's true, Trump was well-known for his business ventures before becoming president. So what is wrong with becoming friendly with Russia?

If Trump put the United States' security at risk because he wanted to get friendly with Russia, that's a problem. This could have been incentive for Russia to become involved in the US electoral process of 2016.

A few things that could be looked at as this investigation continues include:

- Michael Cohen, Trump's former attorney, admitted to Congress that he lied about his involvement in Donald Trump's affairs in Russia as a way to stay

loyal to him.

- On August 2017, Dmitry Peskov—Putin's adviser and press secretary—confirmed that his office called Cohen in 2016 to discuss the possibility of building a Trump tower in Moscow.
- Vox reports that Cohen used his own money to pay RedFinch Solutions, LLC, owned by John Gauger to create an algorithm that would make online survey results show Trump in a more favorable light as early as 2014.
- Cohen alleges that Trump has been threatening members of his family, and he has withdrawn commitment to testify from Congress as a result.
- Congress sent Cohen a subpoena (a demand to be interviewed)

The main thing the FBI will also check is how Trump's actions provided reasons for Russia to interfere with US elections in 2016, and if he wanted to use his position as president to gain more favors from Russia so his business could profit.

New Developments in the Trump-Russia Collusion Scandal

Former ally to Trump, Roger Stone's home was raided by the FBI. Mueller's investigation found that Stone may have had a role in stealing emails from

Democrats and trying to turn them into WikiLeaks through middlemen.

Intelligence agencies allege that getting Russia to interfere in the elections was meant to damage Hillary Clinton's campaign efforts, while helping Trump get elected.

Stone was able to get out on \$250,000 bail and has so far said he won't testify against Trump. However, he had to surrender his passport, and he will be monitored.

¿Qué pasa con Trump y Rusia?

Los latinoamericanos entendemos lo que significa que nuestros gobiernos sean manipulados por países más poderosos. Sin embargo, es la primera vez en la historia estadounidense que un presidente es influido por otro país.

Es importante entender la magnitud de las alegaciones que Trump está siendo influido por otro país. Acá hay algunas cosas que debemos entender para ver por qué el FBI y otras organizaciones de inteligencia están alegando que Trump podría estar comprometido.

Las investigaciones sobre los vínculos de Trump con Rusia comenzaron antes de su presidencia

Trump fue inaugurado a su oficina el 20 de enero 2017, pero el FBI comenzó a investigar sus vínculos con Rusia en julio del 2016. Esta investigación incluyó un vistazo a personas cercanas a Trump, según el diario New York Times. La agencia no dijo que Trump era la persona que estaban investigando. Algunos factores que contribuyeron a que el FBI haga que esta información sea pública son:

- El director del FBI, James Comey, fue despedido en mayo del 2017, y el FBI tenía que decidir si esto significaba que Trump estaba obstruyendo la justicia.
- El abogado especial, Robert Mueller, se encargó de la investigación en mayo del 2017, cuando Comey fue despedido.
- El diario Washington Post reportó que Donald Trump escondió varias conversaciones con Vladimir Putin de varios empleados destacados en su administración. Los presidentes anteriores acostumbraban tener a trabajadores presentes durante estas juntas para tomar notas. Trump no permitió esto durante una reunión con Putin en Hamburgo en julio 2017.
- Trump y Putin se volvieron a reunir en julio del 2018, pero solamente sus intérpretes estaban presentes entonces.

...Versión en español continúa en la pag. 11

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To contact The Community Voice/
La Voz Magazine
please call or write our
administrative office:
Attention Dr. José A. Flores,
Editor-In-Chief,
1052 Grandville Ave. S.W., Grand
Rapids, MI. 49503 or
email: drjflores1@gmail.com

Please visit us at our website:
<http://www.lavozweb.com>
All inquiries should be directed to
Phone: 616-581-6271

LA VOZ MEET THE STAFF

drjflores1@gmail.com

Find us on / Encuentranos en:



Tatiana Diaz
Writer



Andrés
DelaCruz
Circulacion
Saginaw



Dr. Lucy
Guevara Vélez
Writer



Dr. José A.
Flores,
Editor-In-Chief



Odille Parker
Graphic Design



Ray Andres
Website
Director



Ingrid Cruz
Writer



Primavera Flores
Sales Rep.
Detroit



Concepción
Flores,
Guardian
Angel



'El Chayo'
Cervantes
Distribution
Lansing



Maria Marin
Detroit
Distribution



Odille S. Parker
Writer



Scooter
Writer



Dee Rodríguez
Circulation
Grand Rapids



Tom Ozinga
Editor



Sue Giplaye
Writer



Anthony T.
Valdez
Photographer



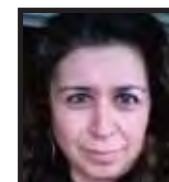
Daniel Flores,
Reporter/
Sales Rep
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Homero
Rodriguez,
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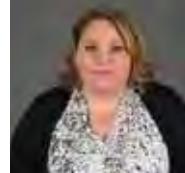
Mike Farage
Writer



Lisa Villarreal
Wiseman
Writer

GILDA'S LAUGH FEST™

seriously funny.



By Tatiana Diaz

The laughs return to Grand Rapids from March 7 through the 17 with Gilda's LaughFest, one of the biggest comedy festivals in the mid-west.

The lineup this year includes big names like Loni Love, Ed Asner, Ali Wong and Jo Koy, to name a few, and returns with shows from previous years like "The Best of the Midwest Competition," the "Clean Comedy Showcase" and the "National Stand-Up Comedy Showcase."

New to the comedy festival this year is a bit of Latin flair with comedians Nick Guerra, Ramon Rivas and Aida Rodriguez who are set to headline their own show at 7 p.m. March 13 at The B.O.B., located at 20 Monroe Ave. NW in Grand Rapids.

The three comedians are making their debut to LaughFest, but none are new to the comedy scene. Nick Guerra has been making audiences laugh on NBC's "Last Comic Standing" and "The Tonight Show with Jimmy Fallon" and comedy shows across the country with his fresh comedy on love, life and family.

Ramon Rivas is no stranger to the comedy scene with performances on HBO's "Entre Nos" series and "Crashing," Comedy Central's "Broad City" and Netflix's "Cooking on High." A native of Cleveland, Ohio, Rivas relates to his audiences through his own experiences as a Latin American man in the United States.

Bringing a female's perspective to the mix is Aida Rodriguez with her take on race, sexuality and family. Rodriguez has an extensive list of television appearances including Comedy Central's "The Nightly Show," NBC's "The Last Comic Standing," Fox's "Laughs" and specials on HBO and Showtime.

Gilda's Club has been hosting LaughFest since 2011 with the intent to create healing with laughter and raise awareness and funds for Gilda's Club. Gilda's Club offers free emotional support to those directly affected by cancer, either personally or through a loved one, or those grieving a death. All proceeds from LaughFest directly fund programs offered by Gilda's Club.

Gilda's LaughFest offers more than 200 shows for people of all ages to enjoy and features over 100 comedians at venues all around Grand Rapids. Tickets are on sale now through the LaughFest website and TicketMaster. For more information on LaughFest or Gilda's Club, visit their website www.LaughFestGR.org.

Regresan las risas a Grand Rapids desde el 7 de marzo hasta el 17 con Gilda's LaughFest, uno de los festivales de comedia más grandes del medio oeste.

La lista este año incluye nombres conocidos como Loni Love, Ed Asner, Ali Wong y Jo Koy, para nombrar algunos, y regresa con shows de años anteriores como "La competencia de los mejores del medio oeste," "El show de comedia limpia," y "El show nacional de comedia en vivo."

Este año el festival de comedia les trae al público un poco de sabor Latino con los comediantes Nick Guerra, Ramon Rivas y Aida Rodriguez quienes encabezan su propio show a las 7 p.m. el 13 de marzo



en The B.O.B., ubicado en el 20 Monroe Ave. NW en Grand Rapids.

Los tres comediantes están haciendo su debut a LaughFest, pero ninguno es nuevo a la escena de la comedia. Nick Guerra les ha hecho reír a su público en el show de NBC "El último comediante en pie" y "El show de la noche con Jimmy Fallon" y shows de comedia a través del país con su comedia fresca sobre el amor, la vida y la familia.

Ramón Rivas no es ajeno a la escena de la comedia con presentaciones en las series de HBO "Entre Nos" y "Crashing," "Broad City" de Comedy Central y "Cooking on High" de Netflix. El nativo de Cleveland, Ohio se relaciona con su público con sus experiencias como hombre latinoamericano en los Estados Unidos.

Aida Rodriguez se incluye a la mezcla de comedia latina y les lleva a su público la perspectiva femenina y su interpretación de las razas, la sexualidad y la familia. Rodríguez tiene una lista larga de apariciones televisivas incluyendo "El show de la noche" en Comedy Central, "El último comediante en pie" en NBC, "Risas" en Fox igual que especiales en HBO y Showtime.

Gilda's Club ha presentado el festival de comedia, LaughFest, desde el 2011 con la intención de curar con la risa y crear conocimiento y recaudar fondos para Gilda's Club. Gilda's Club les ofrece aquellos directamente afectados por el cáncer, sea personalmente o un ser querido, apoyo emocional. Todas las ganancias de LaughFest financian programas ofrecidos por Gilda's Club.

Gilda's LaughFest ofrece más de 200 shows para las personas de todas las edades e incluye más de 100 comediantes en lugares por todo Grand Rapids. Entradas para el festival están disponibles ya en el sitio de web de LaughFest o por Ticketmaster. Para más información sobre LaughFest o Gilda's Club, visite su sitio de web www.LaughFestGR.org.



La Universidad de Puerto Rico A Un Pelo de Perder Su Acreditación



La Universidad de Puerto Rico esta en probatoria. La Middle States Commission on Higher Education encargada de acreditar los once recintos de la Universidad de Puerto Rico le dio el ultimátum que si no entregan los informes financieros auditados y justifican la razón para dejar abiertos los once recintos, le será suspendida la acreditación.

Por Dr. Edgar León

Según una carta enviada por la presidenta de la Comisión, Elizabeth H. Sibolski, la decisión para enviar la advertencia a la UPR se tomó el pasado 7 de enero. La UPR tiene como fecha límite el 25 de enero para demostrar causa.

La carta dice y citamos,

"[Requerimos] que la institución demuestre causa, antes del 25 de enero de 2019, para demostrar por qué su acreditación no debe retirarse debido a que no hay pruebas suficientes de que la institución cumple con el Estándar VI (Planificación, Recursos y Mejora institucional), requisitos de afiliación 11 y 14, y la política de entidades relacionadas". Termina la cita.

Este asunto grave puede traer una lista de problemas aun mas graves a la isla. Para comenzar, los estudiantes no tendrán la Beca Pell debido a que los cursos de la UPR no serán acreditados. Segundo, la universidad y sus recintos perderían millones de dólares en dinero federal que les llega por concepto de proyectos de investigación. Tercero, dejarían a los estudiantes con grados incompletos y serian forzados a moverse a una institución privada que cobraría muchísimo mas caro por crédito.

Según el presidente de la universidad, el Dr. Jorge Haddock, la universi-



dad ya entregó los informes que les están pidiendo. Este tipo de aseveración causa confusión al lector y a los estudiantes debido a que no cuadra con lo que dice la agencia acreditadora.

La Junta de Gobierno de la Universidad de Puerto Rico y su presidente están en aprietos debido a que le están dando el ejemplo de como funciona la universidad y sus recintos al publico. Claramente se ve que todo proceso administrativo es lento, desorganizado, donde todo delito e infracción ética es enterrada en el proceso administrativo que funciona como una republica independiente del gobierno central.

La Junta de Control Fiscal tambien les ha dado un duro golpe a la Universidad de Puerto Rico.

Para efectos de la Junta de Control Fiscal, la Universidad de Puerto Rico es una institución que le ha quitado la mitad del presupuesto porque no pudieron justificar el uso de los miles de millones que estaban gastando en administración, contratos externos y trabajos duplicados. También la junta se ha dado cuenta que no todos los recintos producen dinero con sus investigaciones y servicios. Tampoco los once recintos trabajan los proyectos colaborativos como una sola institución. Todo lo contrario. Cada recinto se ve como una cosa aparte del resto.

Aun dentro de cada recinto los departamentos académicos se ven como entes separados del resto de la universidad y no colaboran en proyectos para buscar fondos externos o servir a la comunidad que les rodea. La mayoría de los recintos tienen un exceso de profesores sin estudiantes suficientes para sus clases. O sea, pueden tener cientos de profesores cobrando un sueldo y beneficios sin tener estudiantes que atender. Tambien pueden tener 20 decanos y 20 secretarias, asistentes, ayudantes administrativos para una facultad minúscula cobrando extra por administrar algo que no existe.

Les invitamos a la agencia acreditadora que hagan el organigrama existente para cada recinto y cada departamento dentro de cada recinto. El organigrama que aparece en papel no es la realidad de la institución.

El poner la fantasía de que todo esta bien en un informe para la Middle States Commission on Higher Education tiene que cuadrar con la realidad. La agencia acreditadora se ha dado cuenta que le han mentido y le siguen mintiendo.

Estas son las consecuencias de las décadas de falta de gobernanza, innovación y administración efectiva.





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Community News

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Parents and Community Show Support for Toddler Banned from Mall

Recently, a toddler and her parents were ordered to leave Roger's Plaza Mall as she was exercising her legs walking with her grandfather. She would sit down periodically on the floor to rest then walk again. The manager of the mall became irritated by the behavior and banned the child and parents from the outlet.

Approximately, 150 supporters, called to action by Lily Schulting and the A-TEAM, advocates for children with disabilities, showed up at the Roger's Plaza Mall in Wyoming, MI. to walk with Claire. Accompanied by her parents, Hiliary Goddard-Dykstra and Andrew Dykstra, the 2 1/2 year old special needs toddler practiced walking again to the cheers of an enthusiastic crowd including Tommy Brann, State House Representative 77th District, Monica Sparks, 12th District Kent County Commissioner and Dr. José Flores, Grand Rapids Public Schools Board of Education Member. "We are not going to allow discrimination against people with disabilities in my district! It's just not acceptable! It is a sad day when people with disabilities can't walk in a mall. I sent a letter the representatives. The Dykstra family deserves an apology!"



Representative Tommy Brann said he was here supporting the right of Claire Dystra to walk here at the mall without discrimination and today is all about Claire! Mr. Andrew Dykstra expressed great appreciation that supporters came out to show their concern about equal treatment for children with disabilities.

Organizer Lily Schulting hopes Roger's Plaza owners will be receptive to changing policies and practices of the mall. She asked we continue to support businesses in the mall.

Recientemente, a una niña pequeña y a sus padres se les ordenó que abandonaran el centro comercial Roger's Plaza Mall mientras ella ejercitaba sus piernas caminando con su abuelo. Se sentaba periódicamente en el suelo para descansar y luego caminaba de nuevo. El gerente del centro comercial se irritó por el comportamiento y prohibió a los niños y padres de la tienda.

Aproximadamente, 150 simpatizantes, llamados a la acción por Lily Schulting y A-TEAM, defensores de los niños con discapacidades, se presentaron en el Roger's Plaza Mall en Wyoming, MI. a caminar con claire. Acompañada por sus padres, Hiliary Goddard-Dykstra y Andrew Dykstra, el niño de 2 años y medio con necesidades especiales practicó caminar nuevamente ante los vientos de una multitud entusiasta como Tommy Brann, Representante de la Casa del Estado del Distrito 77, Monica Sparks, Distrito 12 del Condado de Kent Comisionado y el Dr. José Flores, Miembro de la Junta de Educación de las Escuelas Públicas de Grand Rapids. "¡No vamos a permitir la discriminación contra personas con discapacidades en mi distrito! ¡Simplemente no es aceptable! Es un día triste cuando las personas con discapacidades no pueden caminar en un centro comercial. Envié una carta a los representantes. ¡La familia Dykstra merece una disculpa!

El representante Tommy Brann dijo que estaba aquí apoyando el derecho de Claire Dystra a caminar aquí en el centro comercial sin discriminación y ¡hoy todo es sobre Claire! El Sr. Andrew Dykstra expresó un gran aprecio por los partidarios que manifestaron su preocupación por la igualdad de trato para los niños con discapacidades.



La organizadora Lily Schulting espera que los propietarios de la Plaza Roger sean receptivos a las políticas y prácticas cambiantes del centro comercial. Ella pidió que continuemos apoyando a las empresas en el centro comercial.

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2018-19 Especiales

Noticias de la Comunidad

Latino Youth Conference GRCC 2019

GRCC's Bob & Aleicia Woodrick Center for Equity and Inclusion presents the 20th Annual Latino Youth Conference El Poder De Soñar/The Power of Dreams, Tuesday, March 5, 2019, 9 a.m.- 2 p.m., Grand Rapids Community College Gerald R. Ford Fieldhouse.



The Latino Youth Conference was created to encourage and motivate all youth to strive for educational excellence. It is our hope that this conference helps students to realize that higher education is a vehicle for a successful future.

The Latino Youth Conference Committee invites you to share your expertise and invest in our community's youth by submitting a workshop proposal for the 20th Annual Latino Youth Conference. The conference seeks to encourage and motivate West Michigan 8th grade middle school students to look beyond the goal of high school graduation to higher education.

The conference is free and open to all interested 8th grade students.

For student registration questions please contact Julie Mushing, juliemushing@kentisd.org.

El Centro Bob & Aleicia Woodrick para la Equidad e Inclusión de GRCC presenta la 20^a Conferencia Anual de Jóvenes Latinos El Poder De Soñar / El Poder de los Sueños, martes 5 de marzo de 2019, de 9 a.m. a 2 p.m., Gerald R. Ford Fieldhouse de Grand Rapids Community College.

La Conferencia de Jóvenes Latinos fue creada para alentar y motivar a todos los jóvenes a luchar por la excelencia educativa. Esperamos que esta conferencia ayude a los estudiantes a darse cuenta de que la educación superior es un vehículo para un futuro exitoso.

El Comité de la Conferencia de Jóvenes Latinos lo invita a compartir su experiencia e invertir en los jóvenes de nuestra comunidad al enviar una propuesta de taller para la 20^a Conferencia Anual de Jóvenes Latinos. La conferencia busca alentar y motivar a los estudiantes de secundaria de 8º grado de West Michigan a mirar más allá del objetivo de la graduación de la escuela secundaria a la educación superior.

La conferencia es gratuita y está abierta a todos los estudiantes interesados de 8º grado.

Para preguntas sobre la inscripción de estudiantes, comuníquese con Julie Mushing, juliemushing@kentisd.org.



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Public Show/Trade Show/Expo

www.showspan.com/MAS

Dignity Sculpture

Dignity is a sculpture on a bluff overlooking the Missouri River near Chamberlain, South Dakota. The 50-foot high stainless steel statue by South Dakota artist laureate Dale Lamphere depicts an Indigenous woman in Plains-style dress receiving a star quilt.

By artist Dale Lamphere to honor the women of the Sioux Nation. Source: @Jim Gath



Dignity es una escultura en un acantilado que domina el río Missouri cerca de Chamberlain, Dakota del Sur. La estatua de acero inoxidable de 50 pies de altura del artista laureado de Dakota del Sur, Dale Lamphere, representa a una mujer indígena vestida al estilo de las Planicies que recibe una colcha estelar.

Por el artista Dale Lamphere para honrar a las mujeres de la Nación Sioux. Fuente: @Jim Gath





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Radio D.J.'s are joining daily to empower our community through a real respect for diversity! We must tear down the walls that separate our community and advance racial and social equality. Friendship and respect are a good place to start the dialogue. Music is universal!

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Prince Royce



Bob Marley



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Jennifer Lopez



Maxwell

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97.3 FM URBAN MIX • THE HEAT

Una mirada más cercana al escándalo de la Casa Blanca-Influencia Rusa

Por Ingrid Cruz.... Continuación de la versión de el artículo en español pag. 03

¿Por qué importa tanto si Trump se quiere llevar bien con Rusia?

Considerando la mala sangre con Rusia en el pasado, ¿no sería bueno que al fin haya un presidente que se quiere llevar bien con el país? Eso depende en las razones por qué.

Un reporte de Vox reveló que Donald Trump ha estado esperando una oportunidad de construir un Trump Tower en Moscú por algunas décadas. Él escribió sobre su deseo de construir un hotel en Rusia en 1987, y en 2007 él mencionó que Rusia es "uno de mejores lugares en el mundo" para las inversiones. Trump incluso conoció a Felix Sater, un empresario nacido en Rusia, que tiene conexiones con la mafia.

En el 2015, la compañía de Trump hizo una oferta por una torre en Moscú. Michael Cohen representó a Donald Trump durante estas charlas. Sater expresó su deseo de que Donald Trump pueda ser el presidente incluso en ese entonces.

¿Por qué es importante esto? Trump siempre estuvo involucrado en las bienes raíces

Es cierto, los negocios de Trump eran famosos antes de que él sea presidente. Así que, ¿qué hay de malo con ser amistoso con Rusia?

Es un problema si Trump puso en riesgo la seguridad nacional de los EEUU para llevarse mejor con Rusia. Esto podría haberle incentivado a Rusia a que se involucre en los procesos electorales de los EEUU del 2016.

Algunas cosas que podrían afectar la investigación incluyen:

- Michael Cohen, el anterior abogado de Trump, le admitió al Congreso que había mentido sobre su rol en los asuntos de Donald Trump para mantenerse



leal a él.

- En agosto 2017, Dmitry Peskov—el consejero de Putin y su secretario de prensa—confirmó que su oficina llamó a Cohen en el 2016 para charlar sobre la posibilidad de construir un Trump Tower en Moscú.

• Vox reporta que Cohen ha usado su propio dinero para pagarle a RedFinch Solutions, LLC, cuyo dueño es John Gauger, para crear un algoritmo que haría que los resultados de las encuestas muestren a Trump de una manera favorable comenzando en el 2014.

• Cohen alega que Trump ha estado amenazando a miembros de su familia, y ha retirado su compromiso a testificar al Congreso como resultado.

• El Congreso le mandó un citatorio (que le exige a ser interrogado)

El FBI principalmente revisará como las acciones de Trump causaron que Rusia interfiera con las elecciones estadounidenses en el 2016, y si el quiso usar su posición como presidente para obtener favores de Rusia para que sus negocios puedan sacar provecho.

Nuevos desarrollos en el escándalo entre un complot entre Trump y Rusia

La casa de Roger Stone, un anterior aliado de Trump, fue redada por el FBI. La investigación de Mueller vio que Stones tal vez tuvo que ver en los correos electrónicos que se le robaron al partido Demócrata, y que tal vez los quiso entregar a WikiLeaks a través de otras personas.

Las agencias de inteligencia alegan que convencer a Rusia a intervenir en las elecciones estadounidenses tuvo el propósito de dañar la campaña de Hillary Clinton y ayudar a que Trump las gane.

Stone se pudo salir con una fianza de \$250,000 y ha declarado que no testificará en contra de Trump. Sin embargo, tuvo que entregar su pasaporte y será vigilado.

¡Llegando en febrero!

¡Nuevo!

Modelo Chelada Limón y Sal

lata de 24 onzas

Modelo Negra

lata de 24 onzas

Modelo Especial Cuarto



(No hay garantía sobre el tiempo)

News Noticias

The government shutdown cost the US economy at least \$6B, a higher price than the border wall: S&P

Financial rating agency Standard & Poor's analyzed the cost of the partial government shutdown on the United States economy and found it added up to at least \$6 billion — more expensive than the \$5.7 billion President Donald Trump wanted for the border wall.

In a report issued last month, titled, "U.S. Government Shutdown Ends, But At What Cost?" the rating agency's Global Economics arm said the overall cost to the economy — for the longest government shutdown in U.S. history — is "likely worse than what we had previously expected."

On January 25, Trump signed a bill officially reopening the federal government for three weeks while Congress further negotiates border security funding with the president.

S&P previously estimated that the partial shutdown would have a "modest impact" on the U.S. economy, which is worth about \$19 trillion, according to the agency.

The rating agency previously estimated the U.S. economy would lose approximately \$1.2 billion of real Gross Domestic Product (GDP) for each week of the political standoff.

But, as the shutdown continued, "weekly costs likely widened beyond the average weekly cost of \$1.2 billion," the agency said in a press release announcing the results.

La agencia de calificación financiera Standard & Poor's analizó el costo del cierre parcial del gobierno en la economía de los Estados Unidos y descubrió que sumaba por lo menos \$ 6 mil millones, más caro



que los \$ 5,700 millones que el presidente Donald Trump quería para el muro fronterizo.

En un informe publicado el mes pasado, titulado, "El cierre del gobierno de los Estados Unidos termina, pero ¿a qué costo?" La rama de Economía Global de la agencia calificadora dijo que el costo general para la economía, para el cierre de gobierno más prolongado en la historia de Estados Unidos, es "probablemente peor de lo que habíamos esperado anteriormente".

El 25 de enero, Trump firmó un proyecto de ley que reabrió oficialmente el gobierno federal durante tres semanas, mientras el Congreso negocia con el presidente fondos de seguridad fronteriza.

S&P estimó previamente que el cierre parcial tendría un "impacto modesto" en la economía de los EE. UU., Que tiene un valor aproximado de \$ 19 billones, según la agencia.

La agencia de calificación estimó previamente que la economía de los Estados Unidos perdería aproximadamente \$ 1,200 millones de Producto Interno Bruto (PIB) real por cada semana del estancamiento político.

Julian Castro set to announce 2020 presidential run



Julián Castro, a former U.S. Cabinet secretary, launched his presidential campaign in the hometown where he served as mayor for three terms. The announcement surprised few, but puts him near the front of what is expected to be a jam-packed field of White House hopefuls.

Standing before a giant American flag at Plaza Guadalupe in the San Antonio West Side neighborhood where he grew up, Castro said in English and Spanish last month that he is running for president.

Dozens of other Democrats who hope to challenge President Donald Trump in 2020 will likely follow fast after Castro. That field could include U.S. Rep. Beto O'Rourke of El Paso, Texas, who rose to national fame in a failed bid for the U.S. Senate and is scheduled next month for an interview with Oprah Winfrey.

Castro pledged that if elected, his first executive order would return the United States to the Paris Climate Accord, an international agreement on

climate change. Trump withdrew the country from the pact. He also said his administration would invest in affordable housing for the middle class and poor..

Castro's first trip as a 2020 candidate is to Puerto Rico to speak at the Latino Victory Fund summit. One of the first items on Democratic legislators' agendas is calling for an investigation into the Trump administration's Hurricane Maria response.

El demócrata Julián Castro, que fue secretario de Vivienda en el Gobierno del expresidente de EE.UU. Barack Obama (2009-2017), confirmó el mes pasado su candidatura de cara a las próximas elecciones presidenciales de 2020.

La noticia sobre su posible candidatura llega después de que la senadora demócrata Elizabeth Warren, una de las figuras más populares y progresistas del Partido Demócrata, anuncie a comienzos de año que planea competir por la Presidencia en las elecciones de 2020.

Se espera que este grupo continúe ampliándose en las próximas semanas, y entre el que los demócratas escogerán a quien se enfrentará en las elecciones al actual presidente, el republicano Donald Trump, quien ya ha afirmado que buscará la reelección.

House floor erupts after lawmaker shouts 'Go back to Puerto Rico'

The House floor erupted last month after Congress adjourned for the week when an unidentified Republican congressman yelled a controversial and potentially racially charged remark across the aisle as Democratic Rep. Tony Cárdenas was at the podium.

"Go back to Puerto Rico!" the lawmaker shouted, punctuating a stream of Republican whooping and hollering at the Democratic majority for holding a voice vote — instead of the normal roll call vote — to pass a continuing resolution that would reopen nine Cabinet departments through Feb. 28.

Texas Rep. Sheila Jackson Lee and other Democrats in the chamber shot out of their seats demanding to know who shouted the comment.

It was unclear whether the comment was directed at Cárdenas or Democrats more broadly. Roughly 30 House and Senate Democrats flew to Puerto Rico last weekend to inspect the Hurricane Maria recovery effort and highlight the ongoing work there to address the damage caused by the 2017 storm.

The C-SPAN cameras were still rolling when the commotion over the Puerto Rico comment broke out. But it would be nearly impossible to definitively identify who shouted the remark because multiple Republican members were murmuring or shouting at the time and the comment came from someone who was not at a microphone or the podium.

El piso de la Cámara de Representantes estalló el mes pasado después

de que el Congreso suspendió la sesión de la semana cuando un congresista republicano no identificado gritó un comentario polémico y potencialmente racial en el pasillo cuando el representante demócrata Tony Cárdenas estaba en el podio.



"¡Regresen a Puerto Rico!", Gritó el legislador, puntuando a un torrente de republicanos que gritaban y gritaban a la mayoría demócrata por realizar una votación por voz, en lugar de la votación nominal, para aprobar una resolución continua que reabriría nueve departamentos del Gabinete. 28 de febrero

Las cámaras C-SPAN seguían rodando cuando estalló la commoción por el comentario de Puerto Rico. Pero sería casi imposible identificar quién gritó el comentario porque varios miembros republicanos murmuraban o gritaban en ese momento y el comentario vino de alguien que no estaba en un micrófono o en el podio.

HISPANIC ACTIVIST RAMSEY MUNIZ FREE AFTER 24 YEARS IN PRISON DALLAS

Ramsey Muniz, who received more than 210,000 votes as a 1972 third-party candidate for governor on a Hispanic rights platform but sentenced to life without parole in 1994 on a drug conviction, was released from prison after years of intense efforts by family and supporters to obtain that release.

The Federal Bureau of Prisons says Muniz was released from the Federal Medical Center in Lexington, Kentucky, on Dec. 10. His trial attorney, Dick DeGuerin of Houston, says the 75-year-old former La Raza Unida Party candidate for governor is in poor health and spends his days in bed or a wheelchair.

DeGuerin said the life sentence was mandatory under federal law because the 1994 felony drug conviction was his third. His release was on compassionate grounds under federal supervision.

More than half a million Texas voters with Hispanic last names registered to vote for the first time last year.

Ramsey Muniz, quien recibió más de 210,000 votos como candidato a gobernador de un tercero en 1972 en una plataforma de derechos hispanos pero condenado a cadena perpetua sin libertad condicional en 1994 por una condena por drogas, fue liberado de la cárcel después de años de esfuerzos intensos por parte de familiares y partidarios para obtener esa liberación.

La Oficina Federal de Prisiones dice que Muniz fue liberado del Centro Médico Federal en Lexington, Kentucky, el 10 de diciembre. Su abogado litigante, Dick DeGuerin, de Houston, dice que el ex candidato de 75 años del Partido La Raza Unida para gobernador está en Mala salud y pasa sus días en la cama o en una silla de ruedas.

DeGuerin dijo que la condena a cadena perpetua era obligatoria según la ley federal porque la condena por delito grave de drogas de 1994 era la tercera. Su liberación fue por motivos de compasión bajo supervisión federal.

CENTROUNIVERSITARIO

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kvcc.edu/universitycenter

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community college

RUSSIA MILITARY PLANES ARRIVE IN VENEZUELA, IRAN'S WARSHIPS MAY FOLLOW TO SUPPORT U.S. FOE

Russia and Iran were both set to send military forces to Venezuela in a show of support to the socialist Latin American nation, whose embattled economy has been further damaged by U.S. sanctions.

The Russian Defense Ministry announced last month that two Tupolev Tu-160 strategic bombers, an Antonov An-124 heavy military transport aircraft and an Ilyushin Il-62 long-haul plane arrived at the Simón Bolívar International Airport in Caracas.

Venezuelan Defense Minister Vladimir Padrino said that up to 100 Russian personnel would arrive as part of a joint air exercise, according to his ministry.

Following Cuban President Miguel Diaz-Canel's visit to Moscow last month—a trip that inspired comparisons to the Cold War and Cuban Missile Crisis amid U.S. threats to scrap a nuclear missiles deal—Venezuela President Nicolás Maduro traveled to the Russian capital last week to boost ties. Russian President Vladimir Putin was said to have promised both countries lucrative deals, with Maduro's claiming to walk away with up to \$6 billion worth of investment.

The money was direly needed as Venezuela's economy has continued to spiral downward, with hyperinflation causing consumer prices to skyrocket some 833,997 percent in the past year. Maduro attempted to introduce a new currency in August, but the government's attempts have so far done little to ease a crisis that has led to massive shortages in essential goods as well as an exodus of millions.

Meanwhile, the Trump administration has doubled down on efforts to undermine the Venezuelan government, reportedly mulling adding it to the State Sponsors of Terrorism list. Maduro has long accused the U.S. of preparing a coup against him, especially after he was apparently targeted in an assassination attempt using explosive-laden drones in August. Trump would later mock the incident.

Last week, Defense Secretary James Mattis said that the Venezuelan strongman must let go of power, but "it's up to the Venezuelan people" and "regional states" to oust Maduro. His predecessor, Hugo Chavez, faced a 2002 coup that, to some degree, was tied to the U.S., though it has denied any direct involvement in the face of repeated Venezuelan accusations.

Russia is not the only country backing Venezuela. Iran, another nation whose soured ties with the U.S. stemmed from regime change, is also offering some support.

Tanto Rusia como Irán estaban listos para enviar fuerzas militares a Venezuela en una muestra de apoyo a la nación socialista latinoamericana, cuya economía asediada se ha visto aún más dañada por las sanciones de los Estados Unidos.

El Ministerio de Defensa de Rusia anunció el mes pasado que dos bombarderos estratégicos Tupolev Tu-160, un avión de transporte militar pesado Antonov An-124 y un avión de larga distancia Ilyushin Il-62 llegaron al Aeropuerto Internacional Simón Bolívar en Caracas. El ministro de Defensa de Venezuela, Vladimir Padrino, dijo que hasta 100 miembros del personal ruso llegarían como parte de un ejercicio aéreo conjunto, según su ministerio.

Rusia no es el único país que respalda a Venezuela. Irán, otra nación cuyos lazos amargos con los EE. UU. Surgieron del cambio de régimen, también ofrece algún apoyo.



Rights group set to protest Ionia's proposed illegal immigrant detention center



A group of people gathered in downtown Grand Rapids last month to protest a proposed ICE detention center in Ionia.

The protest was led by the local chapter of Movimiento Cosecha, which has hosted several events in Grand Rapids to advocate for undocumented immigrants.

The group demonstrated in front of attorney Dennis Muchmore's law office. Muchmore represents Immigration Centers of America, which wants to build a detention center in Ionia at the site of a former state prison.

Demonstrators said there are better options than jail for immigrants facing minor infractions and some are concerned about poor treatment in detention centers.

"They see them as lesser than we are. Just because they're under-documented. When you combine that with a holding facility and the demand that this detention center is gonna create - it's a recipe for disaster," said Sergio Cira-Reyes, a member of Movimiento Cosecha.

Protesters said they plan on taking their efforts to Ionia as well.

Should all go as planned for supporters of the Ionia detention center it could be fully operational by spring 2020.

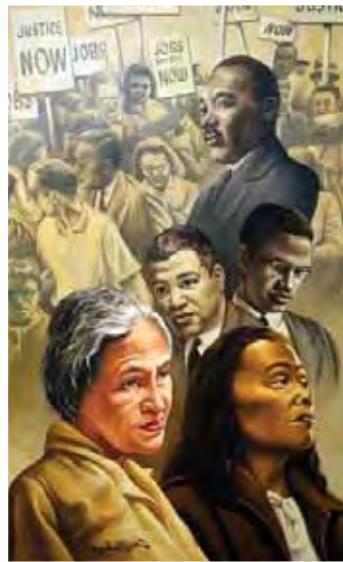
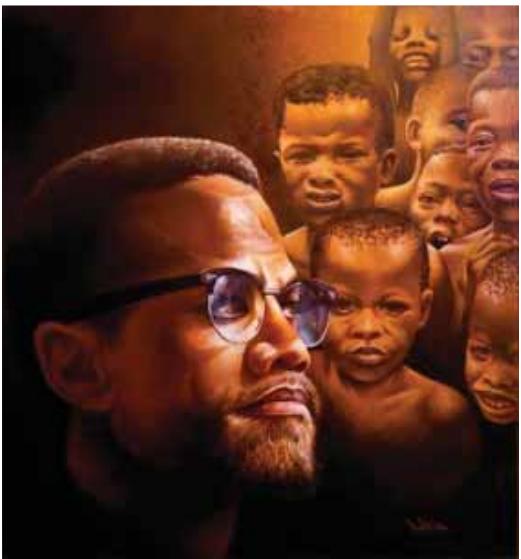
Un grupo de personas se reunió en el centro de Grand Rapids mes pasado para protestar por el propuesto centro de detención de ICE en Ionia.

La protesta fue liderada por el capítulo local del Movimiento Cosecha, que organizó varios eventos en Grand Rapids para defender a los inmigrantes indocumentados.

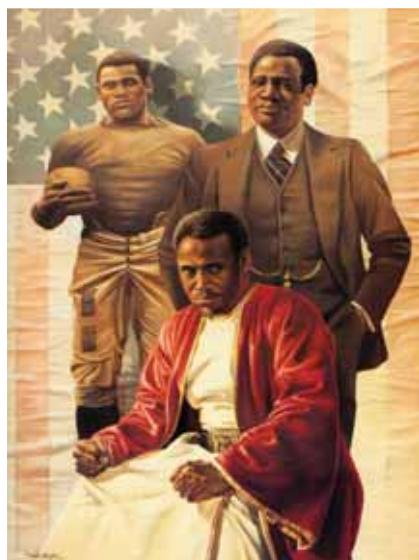
El grupo se manifestó frente a la oficina legal del abogado Dennis Muchmore. Muchmore representa a Immigration Centers of America, que quiere construir un centro de detención en Ionia en el sitio de una antigua prisión estatal.

Los manifestantes dijeron que hay mejores opciones que la cárcel para los inmigrantes que enfrentan infracciones menores y algunos están preocupados por el mal trato en los centros de detención.

Black History Month By Paul Collins



For autographed prints of
Paul Collins' artwork, please
call 616-581-6271 or email
drjflores1@gmail.com
(Select sizes available)



Paul Robeson



Detroit Autorama 2018



1949 Wickcad Cadillac, owned by Bruce & Cheryl Cornwell



2018 Miller Dragster, Todd Zeller, Milan, MI, won 1st place in Dragster



1960 Lincoln Continental Mark V own by Ronald Schuster from Toledo, Ohio



952 Black Chevy 3100 pick-up, won 1st place in Full Pickup, owner Mark F. Sansone, Hilton, N.Y.



1967 Light Brown Camaro SS own by Chris & Greg Allen from Selbyville, Delaware



2018 lemon lime color Streamliner, owners Gerber & Tracy Tracy from Nashville TN won 1st place in Unlimited



1947 Violet blue Cadillac Series 62, Kevin Anderson, Indianapolis, In won 1st place in Radical Custom Rod Sedan



IMAGINE Radical Hardtop Ridler Award winners Greg & Judy Hrehovcsik.



1956 Red 2 door Lincoln Continental Mark II Sweet Lady owner Chris Ryan, won Ridler Great 8

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Grand Rapids, Mi.

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12 Interactive Museums for Young Explorers

Everyone from tykes to teens—and parents, too—will love these 12 interactive museum exhibits showcasing pirate ships, woolly mammoths and one curious monkey. Or, you can check out the puppet shows, dinosaur tours and animatronic saber-toothed tigers. Kids will spend hours exploring and learning at these top-flight educational museums.

1 Ann Arbor Hands-On Museum, Ann Arbor Make a splash at H2Oh!, a new area where kids pump, crank and pour water through 12 contraptions that teach the science behind fluid motion.

2 Impression 5, Lansing Creative minds make light paintings and upload them to the museum's website before using their hands as plasma conductors at the new Spectrum zone.

3 Grand Rapids Public Museum, Grand Rapids Set sail at the traveling Real Pirates exhibit, where the whole crew can hoist a flag and touch treasures recovered from a sunken ship. Through April 19; additional fee.

4 Great Lakes Maritime Heritage Center, Alpena Get an out-of-this-world view of clouds, storms and other weather patterns swirling across a 6-foot-diameter model of Earth at Science On a Sphere. It's one of just 100 in the world.

5 Air Zoo, Portage "Paws-on" experiences include a climbing wall with lights and jungle sounds at Tigers: Tracking a Legend. Afterward, roar through the air in one of the flight simulators.

6 Detroit Institute of Arts, Detroit Family-friendly music plays as guests enjoy guided tours of the museum during Friday Night Live! (6–10 p.m.). Return on Sunday for elaborate puppet shows and art-making workshops.

7 Upper Peninsula Children's Museum, Marquette Pilot a plane, dig for ore and climb up a model stomach before sliding down the giant intestine.

8 Sloan Museum, Flint The world of one cheeky monkey comes to life at Curious George: Let's Get Curious (through January 4). Math and science concepts weave through familiar settings from the Curious George books.

9 University of Michigan Natural History Museum, Ann Arbor The museum reopens in April 2019 after moving billions of years of history to the new Biological Sciences Building, with additional exhibits opening in November!

10 Michigan Science Center, Detroit Chill with animatronic saber-toothed tigers, woolly mammoths and other extinct creatures at the traveling Ice Age Unfrozen exhibit (through January 3). An Imax film transports viewers to the frozen time. Additional fees.

11 Michigan's Own Military and Space Museum, Frankenmuth Displays of soldiers' uniforms and weapons salute Michiganders who served our country. Starry-eyed kids admire model spacecraft in an area that honors 13 Michigan astronauts.

12 Curious Kids' Museum, St. Joseph The Good Vibrations—Musicology for Kids exhibit hits all the right notes among budding musicians: playable drums (including a giant bone-rattling bass drum), pianos and other instruments.



- Groceries
- Beer
- Cigarettes
- EBT
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- Western Union
- Fruits and Vegetables
- Boss Revolution Recharge
- and more.....



1066 GRANDVILLE AVE
GRAND RAPIDS, MI.

February Events

Eventos en Febrero

Michigan International Auto Show

January 31, 2019 February 3, 2019

Grand Rapids

This is the greatest annual opportunity to view your "next new vehicle!" Hundreds of the latest model cars, trucks, vans, SUV's, hybrids and sport cars are featured from over 35 manufacturers along with pre-production models. Special features include the Million Dollar Motorway of exotic new cars and the Gilmore Car Museum display.

Cientos de los modelos más recientes de autos, camionetas, camiones, SUV, vehículos híbridos y deportivos son presentados por más de 35 fabricantes junto con modelos de preproducción.

15th Annual Magical Ice Fest

February 1, 2019 February 3, 2019

Saint Joseph

Join us in downtown St. Joseph February 1-3 for our 15th Annual Magical Ice Fest! Enjoy Certified Ice Competitions, Fire & Ice Tower, Fire & Ice Party, 7th Annual ICE Wars!, SnowBiz Scavenger Hunt, Frozen Fish Toss, Magi-

cal Ice Throne, Magical Tour, Waikiki Weekend.

We've got frosty fun planned all weekend long, book your stay today stjoe-today.com/sleep.

¡Únase a nosotros en el centro de St. los EE. UU. Y Michigan, comprar Joseph al 15 ° Festival Anual de equipos nuevos en grandes tiendas Hielo Mágico! Disfrute de las competiciones de hielo certificadas, la logía para clubes. Sueña con el golf, Torre de Fuego e Hielo, la Fiesta de Fuego e Hielo, la séptima guerra anual de ICE Wars!

haulers and fifth wheel travel trailers boating ranging in price from \$6,995 to more accessories than \$400,000.

New 80,000 square foot arena expansion!

Cerca de 400 vehículos recreativos, incluidos autocaravanas plegables, autocaravanas, remolques de viaje, transportistas de juguetes y remolques de viaje de quinta rueda, cuyo precio varía de \$ 6,995 a más de \$ 400,000.

¡Nueva expansión de arena de 80,000 pies cuadrados!

West Michigan Golf Show

February 8 - 10, 2019

Grand Rapids

All the excitement of a Saturday morning foursome hits West Michigan in February. Golfers can rediscover great local courses, plan vacations around the U.S. and Michigan, buy new equipment from huge retail displays, and try the latest club fitting technology. Dream about golf, enjoy lessons, skill contests, and the world famous Par 3 Challenge.

Toda la emoción de un cuarteto del sábado por la mañana llega a West Michigan en febrero. Los golfistas pueden redescubrir excelentes campos locales, planear vacaciones en los EE. UU. Y Michigan, comprar minoristas y probar la última tecnología de hielo certificadas, la logía para clubes. Sueña con el golf, Torre de Fuego e Hielo, la Fiesta de Fuego e Hielo, la séptima guerra anual de ICE Wars!

Man vs. Mountain 5K

February 2, 2019 - Mount Pleasant

Both Standard and Competitive Waves Man vs. Mountain is a unique winter 5K that dares participants to battle Michigan's brutal elements while running, climbing and jumping their way through obstacles that are strategically placed along the GKB Riverwalk Trail in Mt. Pleasant's beautiful park system.

Waves Man vs. Mountain, tanto Standard como Competitivo, es un invierno único de 5K que desafía a los participantes a luchar contra los elementos brutales de Michigan mientras corren, trepan y saltan a través de obstáculos que se ubican estratégicamente a lo largo del GKB Riverwalk Trailin Mt. El hermoso sistema de parques de Pleasant.

53rd Annual Detroit RV & Camping Show - February 6-10, 2019

Nearly 400 RVs, including folding campers, motorhomes, travel trailers, toy

watersports, marina slips and ski gear abound. It is one of the finest

w a t e r

sports expos in the country featuring the Key West Crab Shack, the Antique & Classic Boat display, the Walloon Boutique Outlet and the Tuber's Truck-load Sale.

Una tradición del oeste de Michigan! Las exhibiciones incluyen barcos de hasta 50 pies: cruceros y Yates a motor, barcos de pesca, barcos de esquí y surf, pontones y kayaks. Además, abundan los accesorios y servicios de canotaje, resbalones y equipos de esquí.

UP 200, Midnight Run, & Jackpine 30

February 14 - 18, 2019, Marquette

The UP200 is one of the top 12-dog mid-distance races in the Midwest, as well as being an Iditarod qualifier. The UP200 trail covers 230 miles of challenging terrain from Marquette to Grand Marais, Michigan and back again through forested land and near-wilderness. Mushers face hills, creek crossings, deep snow, and isolated trail. This is a true test of skill and stamina! The first leg of the trail is from Marquette to Wetmore, a distance of approximately 64 miles on the upbound leg, and 60 miles on the downbound leg. The Midnight Run is an eight-dog, 90 mile race. This race is typically a faster race than the UP200. Midnight Run mushers will again start in down-town Marquette traveling to Chatham and then returning to Marquette for the finish. The Midnight Run draws some of the finest eight-dog teams in the region and the competition is fierce! The Jackpine 30 is a 26 mile race.

El UP200 es una de las 12 mejores carreras de media distancia en el Deslumbrante patinaje sobre hielo, Medio Oeste, además de ser un clasificado Iditarod. El sendero UP200 organiza en REO Town, el evento cubre 230 millas de terreno desafiante desde Marquette hasta Grand Marais, Michigan y de regreso a través de tierras boscosas y casi desiertos.

Art & Craft BeerFest

February 9, 2019 - Lansing

The seventh annual Art & Craft BeerFest is an indoor art, comedy, movie and music festival. Hosted in REO Town, the event includes four different venues located on the same block, just a short walk from one another. At this year's festival, kids get in FREE and from Noon to 3pm there will be hands-on activities geared towards kids.

La séptima edición anual de Art & Craft BeerFest es un festival de arte, comedia, cine y música de interior. Organizado en REO Town, el evento cubre cuatro lugares diferentes ubicados en la misma cuadra, a pocos pasos uno del otro.

Grand Rapids Boat Show

February 13-17, 2019 - Grand Rapids

A West Michigan tradition! Exhibits include boats up to 50 feet: cruisers and motor yachts, fishing boats, ski & surf boats, pontoons, and kayaks. Also,

Country Music Hall of Famer Alan Jackson will bring a night of hits to Van Andel Arena on Saturday, February 23,

2019. Alan Jackson's concerts find the country icon performing hits that have gained him legions of longtime fans, songs that continue to draw new crowds as a younger generation discovers his music. Fans will hear the songs they love from the man who wrote them and made them famous, including his debut hit "Here in The Real World" ... signature songs such as "Chattahoochee," "Drive" and "Gone Country" ... party anthems "It's Five O'Clock Somewhere" and "Good Time" ... and many, many more.

El miembro del Salón de la Fama de la música country, Alan Jackson, llevará una noche de éxitos al Van Andel Arena el sábado 23 de febrero de 2019. Los fanáticos escucharán las canciones como "Chattahoochee", "Drive" y "Gone Country" ... himnos de la fiesta "Son las cinco en punto en algún lugar" y "Buen momento" ... y muchos, muchos más.

Disney on Ice: Frozen

February 28 -March 3, 2019

Grand Rapids

Discover the full story of Disney's Frozenlike never before at Disney On Ice presents Frozenlive. Dazzling ice skating, special effects and unforgettable music will magically transport you to wintery Arendelle. Be a part of Anna's fearless adventure to find her sister, Queen Elsa, whose icy powers have trapped the kingdom in an eternal winter. Join the hilarious snowman Olaf, rugged mountain man Kristoff and his loyal reindeer sidekick Sven as they help Anna in a race to bring back summer.

El UP200 es una de las 12 mejores carreras de media distancia en el Deslumbrante patinaje sobre hielo, Medio Oeste, además de ser un clasificado Iditarod. El sendero UP200 organiza en REO Town, el evento cubre 230 millas de terreno desafiante desde Marquette hasta Grand Marais, Michigan y de regreso a través de tierras boscosas y casi desiertos.

Únete al gracioso muñeco de nieve Olaf, al robusto hombre de la montaña Kristoff y su leal compañero de renos Sven mientras ayudan a Anna en una carrera para regresar el verano.



Disney on Ice: Frozen • February 28 - March 3, 2019 • Grand Rapids

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La Voz

Veronica was a character growing up at five years old she would walk around singing with sticks in her hands and tearing off jump ropes and placing tennis ball on top to use as a microphone to sing. Her family and friends would say she is a strong willed, outgoing and never shy, but with a big heart that she always follows. At the age of seventeen and with her families support, she began to compete at local talent shows and took every opportunity to entertain and sing her heart out to anybody who would listen. Being born and raised in Deep South Texas by both Hispanic parents who believe anything is possible with hard work and you put your mind to it, there was no preventing Veronica in making her dream of being a Music Artist a reality.

After taking some time to raise her own family, she scored her first major solo success when she was asked to compete in Sabado Gigante in 2010 and in the same year sang for the immense Spanish network Telemundo. Veronica also collaborated with a number of Spanish Artist, Grupo Etruendo and Frankie Pangie from the multi-talented group Kumbia Kings in singing ballads and pop music. Veronica's influences include Selena, Beyoncé, Madonna, Jennifer Lopez, and Justin Bieber; what she respects most is their confidence to never give up on what you love to do.

With the struggles in trying to find the right music and the right song, Veronica was opened to diverse music styles such as grupero, banda, tejano, hip pop and English ballads and could not make up her mind. When she listen in to the lyrics and tones, words would come to her and she then decided to start writing her feelings, and she elected not to stress about the choices she make and just sing. Music is her happiness, and as long as your spirit is in it you have the gift to touch your audience.

Veronica moves to continue writing her music motivated by the little things that make you who you are and with hopes in releasing an English album in the near future and possibly films. She wants her fans to know she will continue to work hard to make her dreams come true and looks forward to every occasion to captivate her fans through her music and leave a mark always.

Verónica era todo un personaje desde pequeña, desde los 5 años se ponía con palitos de madera en mano o usaba cuerdas con una pelota de tenis simulando micrófonos para cantar.

Su familia y amigos la describían como una persona decidida, tenaz e introversa a la cual nunca le daba pena, quien hacía por intuición y corazón lo que le gustaba. Empezó a los 17 años a competir en shows de talento local y aprovechaba cada oportunidad para entretenir y cantarle a cualquiera quien pudiera escucharla. Nacida y criada en el sur de Texas de padres hispanos, los cuales siempre le inculcaron que todo es posible si pones tu esfuerzo y mente en ello, por eso no había nada que detuviera a Verónica en el deseo de convertirse en una artista de la música. Verónica pudo concretar su primera actuación cuando fue seleccionada para competir en Sábado Gigante en el 2010 y ese mismo año cantar en Telemundo, Verónica ha colaborado con varios artistas como Grupo Etruendo, Frankie de Kumbia Kings entre otros. Algunas de sus influencias incluyen a Selena, Beyoncé, Madonna y Jennifer Lopez de los cuales admira su seguridad y el nunca darse por vencido. En su trayectoria ella ha podido implementar diferentes géneros como el grupero, banda, tejano, el hip hop y las baladas en Ingles. Con el tiempo empezó a escribir lo que sentía lo cual le motivo a no inclinarse a no seguir un estilo de música en específico. Verónica sigue escribiendo motivada por las cosas pequeñas que te hacen ser lo que ahora es, pues su felicidad es la música. Verónica quiere que sus fans sepan que ella sigue trabajando para convertir sus sueños realidad y espera la ocasión para cautivar a sus fans por medio de la música.



Vee Gonzalez



Alfonso Cuaron and his film 'Roma' win at Golden Globes



Alfonso Cuarón's "Roma" won the best foreign language film and best director honors at the Golden Globes, giving the Netflix film some added awards season momentum.

Cuarón based the film on a nanny who raised him in the 1970s in Mexico and he said during his acceptance speech on Sunday night that he

was in awe of the film's two lead actresses, Marina de Tavira and Yalitza Aparicio.

The black-and-white period piece set in Mexico City likely would have been a favorite for the best drama picture, but the awards' rules made it ineligible. "Roma" beat out the other nominees including the Japanese film "Shoplifters," the Lebanese film "Capernaum," the Belgium film "Girl," and the German film "Never Look Away."

The Oscar-winning Mexican director spoke about how the best cinema "tears down walls and builds bridges" to other cultures.

"These experiences and these new shapes and these new faces, we begin to realize that while they may seem strange, they are not unfamiliar," Cuarón said. "We begin to understand exactly how much we have in common."

Cuarón ended his first trip onstage by saying "Gracias familia, gracias México."

After accepting the award for best directing later in the awards ceremony, he thanked those who brought this "very unlikely film into mainstream awareness." He said the film was shaped by his nanny that inspired the film, his family, his mother and his country.

"Roma" is on a shortlist for the Academy Awards foreign language film category and many believe the film also to be a front-runner for a best picture nomination as well.

"Roma" de Alfonso Cuarón ganó la mejor película en lengua extranjera y los honores de mejor director en los Globos de Oro, lo que le dio a la película de Netflix algunos premios adicionales en la temporada.

Cuarón basó la película en una niñera que lo crió en la década de 1970 en México y dijo durante su discurso de aceptación el domingo por la noche que estaba asombrado de las dos actrices principales de la película, Marina de Tavira y Yalitza Aparicio.

La pieza de época en blanco y negro ambientada en la Ciudad de México probablemente hubiera sido la favorita para la mejor película dramática, pero las reglas de los premios la hicieron inelegible.

"Roma" superó a los otros nominados, incluida la película japonesa "Robos", la película libanesa "Capernaum", la película belga "Girl" y la película alemana "Never Look Away".

El director mexicano ganador de un Oscar habló sobre cómo el mejor cine "derriba paredes y construye puentes" hacia otras culturas.

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Alejandro Sanz, Luis Fonsi, Juanes & More Latin Artists Share Their Support for the People of Venezuela

Last month, the opposition leader of Venezuela's congress declared himself interim president in a challenge to President Nicolas Maduro. This month, Maduro was inaugurated for a new six-year term after an election that many say was illegitimate because his main opponents were barred from running. The country has been suffering from a severe economic crisis with widespread shortages of basic goods.

In the midst of the crisis, many Latino artists have taken to social media to offer their unconditional support to the people of Venezuela.

"Today I am a little Venezuelan," said Luis Fonsi, who hails from Puerto Rico. "Today and always, I join a country that I love so much. To a country that has suffered a lot and its people deserve to live in peace and tranquility."

Alejandro Sanz added: "Today's commitment as citizens of the world is to go out on the streets for the freedom and future of our Venezuelan brothers."

Ricardo Montaner, Mau and Ricky and Juanes, among others, also shared their support.

El mes pasado, el líder opositor del congreso de Venezuela se declaró presidente interino en un desafío al presidente Nicolás Maduro. Este mes, Maduro fue inaugurado por un nuevo período de seis años después de una elección que muchos dicen que era ilegítima porque sus

principales oponentes tenían prohibido correr. El país ha estado sufriendo una grave crisis económica con una escasez generalizada de bienes básicos.

En medio de la crisis, muchos artistas latinos han recurrido a las redes sociales para ofrecer su apoyo incondicional al pueblo de Venezuela.

"Hoy soy un poco venezolano", dijo Luis Fonsi, quien es oriundo de Puerto Rico. "Hoy y siempre, me uno a un país que amo tanto. A un país que ha sufrido mucho y su gente merece vivir en paz y tranquilidad".

Alejandro Sanz agregó: "El compromiso de hoy como ciudadanos del mundo es salir a las calles por la libertad y el futuro de nuestros hermanos venezolanos".

Ricardo Montaner, Mau y Ricky y Juanes, entre otros, también compartieron su apoyo.



Marc Anthony, Thalia, Daddy Yankee, Natti Natasha, Reik, and Christian Nodal have been confirmed to perform at Univision's Premio Lo Nuestro ceremony.

This year, Natti Natasha leads the nominations with 15 nods. Mexican group Reik also has six nominations, while Thalia has two.

The annual ceremony, which is celebrating its 31st edition, will be broadcasted live at 7:00 p.m. on Thursday, Feb. 21 at the American Airlines Arena in Miami, Fla.

The 2019 production partnered with the producer, musician, and composer, Sergio George, as musical director for the telecast.



Marc Anthony, Thalia and Daddy Yankee to Perform at Premio Lo Nuestro 2019

Marc Anthony, Thalía, Daddy Yankee y Natti Natasha serán algunas de las estrellas nominadas que actuarán en la 31ra edición del Premio Lo Nuestro, anunció el miércoles Univision.

A ellos se unirán también Reik y Christian Nodal, que interpretarán su música en el escenario del AmericanAirlines Arena en el centro de Miami durante la gala del 21 de febrero.

Anthony regresará a Lo Nuestro para estrenar su primer sencillo de salsa en más de cinco años; Thalía se presentará junto a otras cantantes cuyos nombres no han sido revelados, y Nodal actuará por primera vez en la gala que tendrá como director musical al músico y compositor Sergio George, dijo Univision en un comunicado de prensa.

La ceremonia será transmitida en vivo la misma cadena de televisión hispana.

Las nominaciones están lideradas por Natti Natasha, quien cuenta con 15 menciones que incluyen sencillo del año. Bad Bunny y J Balvin le siguen con 12, Ozuna con 10, Nicky Jam con ocho y Becky G, Maluma y Wisin con siete cada uno. Reik tiene seis nominaciones.

Este año habrá un número sin precedentes de categorías: 28.

FEBRUARY

MOVIE / PREVIEWS

Opening February 8



WHAT MEN WANT

Ali Davis (Taraji P. Henson) is a successful sports agent who's constantly boxed out by her male colleagues. When Ali is passed up for a well-deserved promotion, she questions what else she needs to do to succeed in a man's world... until she gains the ability to hear men's thoughts! With her newfound power, Ali looks to outsmart her colleagues as she races to sign the next basketball superstar, but the lengths she has to go to will put her relationship with her best friends and a potential new love interest (Aldis Hodge) to the test.

Una mujer que se dedica al mundo de las agencias deportivas se siente menospreciada por los hombres en un mundo que considera machista. Cuando un día adquiere la habilidad de escuchar sus pensamientos, descubre cómo manipularlos para beneficio propio.

paranormales, esta madre descubrirá que algo sobrenatural puede estar afectándolo.

THE PRODIGY



Taylor Schilling stars in The Prodigy as Sarah, a mother whose young son Miles' disturbing behavior signals that an evil, possibly supernatural force has overtaken him. Fearing for her family's safety, Sarah must grapple with her maternal instinct to love and protect Miles in favor of investigating what - or who - is causing his dark turn. She is forced to look for answers in the past, taking the audience on a wild ride; one where the line between perception and reality remains blurry. **Rated: R.**

Sarah (Taylor Schilling) es una madre preocupada por el perturbador comportamiento de su hijo pequeño. Con el temor de que el niño pueda estar poseído por fuerzas



THE LEGO MOVIE 2: THE SECOND PART

The much-anticipated sequel to the critically acclaimed, global box office phenomenon that started it all, "The LEGO® Movie 2: The Second Part," reunites the heroes of Bricksburg in an all new action-packed adventure to save their beloved city. It's been five years since everything was awesome and the citizens are facing a huge new threat: LEGO DUPLO® invaders from outer space, wrecking everything faster than they can rebuild. The battle to defeat them and restore harmony to the LEGO universe will take Emmet, Lucy, Batman and their friends to faraway, unexplored worlds, including a strange galaxy where everything is a musical. It will test their courage, creativity and Master Building skills, and reveal just how special they really are.

Emmet y sus amigos vuelven a las andadas. 'La LEGO película 2' es la secuela de la exitosa cinta de animación inspirada en los famosos bloques de plástico amarillos interconectables. Warner convierte la marca de juguetes danesa en una franquicia de la gran pantalla. Después de 'Batman: La LEGO película' y 'La LEGO Ninjago película', la productora se ha puesto manos a la obra con la segunda parte de la saga. Mike Mitchell se encargará de la dirección de esta entrega. Phil Lord y Christopher Miller, que realizaron la primera película de la serie, junto a Raphael Bob-Waksberg y Michelle Morgan, escribirán el guion. Hasta el momento, Warner no ha publicado la sinopsis oficial por lo que se desconocen los detalles de la trama

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Opening February 14



ALITA: BATTLE ANGEL

Set several centuries in the future, the abandoned Alita (Rosa Salazar) is found in the scrapyard of Iron City by Ido (Christoph Waltz), a compassionate cyber-doctor who takes the unconscious cyborg Alita to his clinic. When Alita awakens she has no memory of who she is, nor does she have any recognition of the world she finds herself in. Everything is new to Alita, every experience a first. As she learns to navigate her new life and the treacherous streets of Iron City, Ido tries to shield Alita from her mysterious past while her street-smart

new friend, Hugo (Keanu Reeves), offers instead to help trigger her memories. A growing affection develops between the two until deadly forces come after Alita and threaten her newfound relationships. It is then that Alita discovers she has extraordinary fighting abilities that could be used to save the friends and family she's grown to love. Determined to uncover the truth behind her origin, Alita sets out on a journey that will lead her to take on the injustices of this dark, corrupt world, and discover that one young woman can change the world in which she lives.

Cuenta la historia de Alita, una joven chica en el cuerpo de un cyborg que es rescatada por un científico tras ser encontrada entre los escombros de un desguace. Alita es reconstruida poco a poco, pero se da cuenta que ha perdido la memoria y no recuerda nada de lo que ha sido de ella antes de aterrizar en el desguace. La joven verá en el científico a su salvador, una figura paterna que la convertirá en un ser letal y peligroso para conseguir así un trabajo como cazarrecompensas. Este film está dirigido por Robert Rodríguez y cuenta en su reparto con Rosa Salazar ('El corredor del laberinto'), Eiza González ('Baby Driver'), Jennifer Connelly ('Hulk'), Ed Skrein ('Deadpool') y Christoph Waltz ('Django desencadenado') entre otros.

HAPPY DEATH DAY 2U

Jessica Rothe leads the returning cast of "Happy Death Day 2U", the follow-up to 2017's smash hit of riveting twists and comic turns from Blum-

house ("Get Out," The Purge series). This time, our hero Tree Gelbman (Rothe) discovers that dying over and over was surprisingly easier than the dangers that lie ahead. Jason Blum once again produces and Christopher Landon returns as writer-director. **Rated: PG-13.**

Los peligros no han desaparecido. Tree Gelbman se da cuenta de que morir (y revivir) continuamente no ha sido el mayor de sus problemas. Los acontecimientos que se avecinan prometen poner a la joven en más peligros que nunca.

Opening February 22

HOW TO TRAIN YOUR DRAGON: THE HIDDEN WORLD



What began as an unlikely friendship between an adolescent Viking and a fearsome Night Fury dragon has become an epic trilogy spanning their lives. In this next chapter, Hiccup and Toothless will finally discover their true destinies: the village chief as ruler of Berk alongside Astrid, and the dragon as leader of his own kind. As both ascend, the darkest threat they've yet faced—as well as the appearance of a female Night Fury—will test the bonds of their relationship like never before.

Lo que comenzó como la inesperada amistad entre un joven vikingo y un temible dragón Furia Nocturna se ha convertido en una épica trilogía que ha recorrido sus vidas. En esta nueva entrega, Hipo y Desdentao descubrirán finalmente su verdadero destino: para uno, gobernar Isla Mema junto a Astrid; para el otro, ser el líder de su especie. Pero, por el camino, deberán poner a prueba los lazos que los unen, plantando cara a la mayor amenaza que jamás hayan afrontado... y a la aparición de una Furia Nocturna hembra.

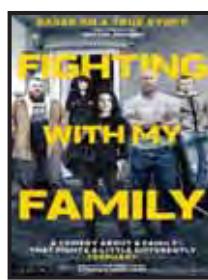
THE TURNING

THE TURNING

A young governess is hired by a man who has become responsible for his young nephew and niece after the deaths of their parents. A modern take on Henry James' novella "The Turn of the Screw". **Rated: R.**

Una joven inglesa llega a una vieja mansión en el campo para encargarse de la educación de un niño y una niña que han quedado huérfanos. Poco tiempo después de su llegada, descubre que los niños reciben periódicas «visitas» de sus antiguos preceptores, un hombre y una mujer muertos un año atrás. La institutriz, horrorizada, decide hacer lo posible para defender a los niños, cuya custodia se le había encomendado, y trata de interponerse entre ellos y los fantasmas.

FIGHTING WITH MY FAMILY



Reformed gangster and former wrestler Ricky, his wife Julia, daughter Saraya and son Zak make a living performing in tiny venues across the country. Ricky and Julia want a better life for their children and when brother and sister get the chance to audition for the WWE, it seems the family dream is coming true and all their troubles will be solved. However, Saraya and Zak are about to learn that becoming a WWE Superstar demands more than they ever imagined possible as athletes and siblings. **Rated: PG-13.**

'Fighting with My Family' está basada en la historia real de la luchadora de la World Wrestling Entertainment (WWE), Paige y su familia de luchadores profesionales. El argumento gira en torno a un ex criminal y ex luchador y sus hijos: Saraya y Zak, los que se ganan la vida actuando en pequeños sitios a lo largo del país. Los padres sólo quieren lo mejor para sus hijos y cuando a estos les surge la oportunidad de presentarse a una audición para la WWE parece que el sueño se va a hacer realidad. Parece que todos sus problemas van a resolverse pero convertirse en un luchador profesional supone más cosas de las que imaginaban. En el reparto se encuentra Dwayne Johnson, conocido por su nombre de luchador ?The Rock? y Lena Headey ('Juego de Tronos') en el papel de Julia

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THESE SURFERS WAY BACK USED A 30'S FORD MODEL A'S RUMBLE SEAT TO CARRY TWO BOARDS.



THE EARLY BEACH BOYS POSING FOR THEIR SURFING SAFARI ALBUM



BURR... it's cold outside, but as they say, it's summer somewhere or in our wonderful state of Michigan. Who cares? We can't do a thing about it!

I thought I'd fill all of you in on something you may not be aware of. Big? Surfing is big in Michigan, yes, on all of our great lakes! Our lakes tend to have higher surfing waves in the late fall. So, surfers will all be wearing wet suits to stay warm. Check them out on any day that the water is still open at the shoreline and drive out to watch them from your warm car at a state or city park on one of the great lakes.

The yellow 50's Ford Woody station wagon was one of the most popular surf board haulers. But way back in time anything goes to haul surf boards. Like the black & white 1930's car with the boards sticking out of the rumble seat. Then in the early 60's the Beach Boys had many surf records and this is the picture they used for the cover of their early Surfing Safari vinyl record album. Oh yes, FYI, the drummer Dennis Wilson was actually the only Beach Boy that was a surfer.



How would you make a choice of what board to use?



A large dollar Rolls Royce that has a surfer enthusiast



IT'S A YELLOW 50'S FORD WOODY WAGON WITH TWO BOARDS ON THE ROOF WITH DOZENS OF DECALS ON THE REAR SIDE WINDOWS



IT LOOKS LIKE EACH SURFER HAS THEIR BOARD ON BOARD THE 60 FLAGON STATION WAGON. I'D HATE TO SEE THEM HAVE TO HIT BRAKES VERY HARD

Check out the shot with three late winter surfers in Lake Huron.

And with this Rolls Royce having a rack with surf boards it was not always what many parents deemed, kids that lived on the beach without a job in some cases did.

Surfing also garnered the attention of all ages of kids, judging by the seven or eight boards in the old Ford Falcon wagon, plus the seven or eight kids riding on the roof to watch their boards on route to where the surf is "up"!

The picture showing the single surfer paddling out and the one surfing in, is from Lake Michigan, as well as the three frozen face surfers standing by their van after some serious surfing in very cold weather.

And I had an Upper Peninsula buddy from Marquette send me a rare, summer on Lake Superior's big wave that had the water barely tolerable for the guy in the black and white suit.

So, kids get on one of your devices and bring up satellite views of the Great Lake you are closest to and see if you can talk mom and dad to run you out there and make it a nice family adventure of the drive. Or, if you have your own ride you can fill up your ride with friends and head over to one of the big lakes and check it out for yourself.

Plus, just for the fun of it, bring up all of the surf terms like, hanging five or ten, a wipe out, and all of the other surfing terms for the fun of it.

Scooter is hanging ten and getting stoked!
Later.



Guys surfing in the good old winter time

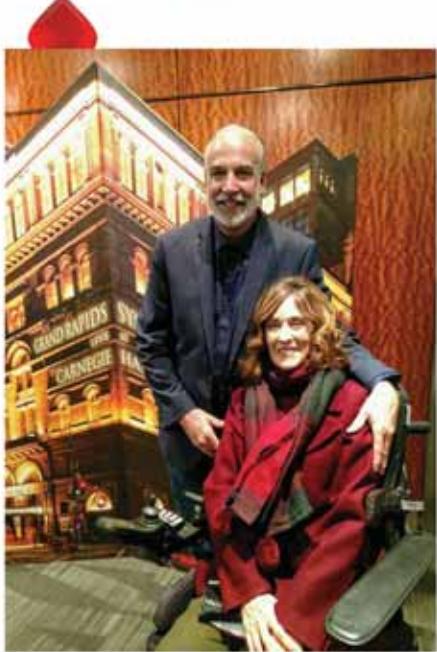


A RARE NON WET SUIT DAY IN LAKE SUPERIOR, USING A YELLOW BOARD AND WEARING A BLACK & WHITE SUIT



ON LAKE MICHIGAN, ONE PADDLING OUT AND ONE SURFING IN

Cool Mike's Valentines



This is a photo of Mr. David & Mrs. Lori Hastings of Grand Rapids. Of all the 2019 Valentine's Day couples it would be hard to find anybody who has done so much more in the community than these absolutely positively outstanding role models. In December of 2017 David and Lori we're in a very bad car accident and clearly the results were physically telling on Mrs. Hastings. But they were no challenge for these individuals who once back in action, started Lori's Voice for others who are mobility challenged and the results in 2018 have been absolutely astonishing. We never like to say something so tragic could turn into a positive because honestly it just does not sound right. But watching to see what results they have produced is breathtaking. They have given so much positive hope to so many and turned a community on fire with caring, loving faith. The Community Voice La Voz and 97.3 The Heat FM is in awe of these AWESOME individuals and Valentine's Day couple. We present Mr. & Mrs. Hastings of Lori's Voice.
<http://www.lorisvoice.org/>

Meet Lee & Stephanie Chatfield of Loring, Michigan. Lee is your 2018-19 Michigan House Speaker and Mrs.

Stephanie is admiral of the ship with four adorable children; Lee Jr, Noah, A very "COOL" Miss. Paige and Matthew. Mr. & Mrs. Chatfield are not just active in state politics but locally their community involvement schedule really makes them simply the state's role model American Dream family. When out together Mr. & Mrs. have the most dynamic smiles that light up a room unlike any other couple. If you can believe it, prior to running for the Michigan House of Representatives, Lee was athletic director as well as coach and teacher at his alma mater. Together they are a charismatic couple with very deep roots in the Christian faith and Jesus Christ.

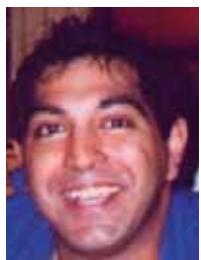
Mr. & Mrs. Chatfield are leaders and each an everyday remind us all of our blessings in life. The Community Voice La Voz Magazine and 97.3 The Heat FM present to you, The Chatfield's.



J. Marcos & Margarita Guerrero celebrated their 50th Wedding Anniversary on November 16th. The couple was married in Monterrey Mexico in 1968 and renewed their vows in 1998. Nov. 16, 2018 marks a special milestone for the couple and they want to share this news with everyone. We are happy to salute these fellow co-founders of the Hispanic Center and The Community Voice/La Voz Magazine! May their lives be blessed with happiness!



It's The Dykstra in full force Andrew & Hilary Goddard-Dykstra with their children Miss. Aubrey and Claire. One of the most kind and caring couples you could ever meet in life. They are the type of family where every day is Valentine's Day and everybody on the block always wants to be hanging out with The Dykstra's. From their caring of their hearts to the passion for their kids and for those of special needs. This is a Valentine's couple that still after marriage can be described as double trouble. Andrew and Hillary are extended Moms and Dads too many and they are the definitions of true and real friends. Can you guess they are Spartan Fans? On this Valentine's Day of 2019 The Community Voice La Voz and 97.3 The Heat FM is proud to welcome them into our family and introduce them into yours.



Do you have what it takes? You do NOT have to be Barbie nor do you have to be perfect because if you have the drive and determination, we want you to give it a go and see if you can be that next *STAR* in the 2018 Michigan modeling search. For details contact Mike at : CCCougar11@aol.com with all your concerns, comments & questions.

Eres Latina y quieres comenzar tu carrera como modelo, siempre en busca de nuevas oportunidades, nuevas caras. ¡Comunícate con nosotros, nosotros te podemos ayudar!
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Cool Mike's Valentines



Homero and Dee Rodriguez have been a dynamic duo for --- years as they have maintained their relationship. Together they have helped organize festivals, car shows, concerts, youth groups and contributed a montly column to La Voz. Through think and thin, better or worse this powerhouse couple keeps moving forward. La Voz is proud to have them as part of the team! They are a great couple, 23 years married!!



When it comes to faith and family there is only one First Lady of Grand Rapids and that is Mrs. Betty Dean. Her spiritual foundation is one that has set an example for The West Michigan Community for many years. She is a leader and role model wife, mother and grandmother. Her life partner in Christian spirituality is Pastor Robert Dean,Sr. who's leadership in the pastoral community at New Life Church of God in Christ, is well recognized in this region. The two sweethearts will celebrate their 45th Wedding Anniversary in August. They have dynamic personalities, a growing church congregation, and are blessed with family, friends and supporters!

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How to Embrace Healthy Eating in 2019

Cómo tener una alimentación saludable en el 2019

Every 365 days, inspired individuals everywhere make a slew of New Year's resolutions, and "lose weight/healthier eating," to the surprise of no one, is consistently chief among them. That's the good news. The bad news is that by the second week of February, four out of five of those people have given up their fresh veggies and lean protein kicks altogether.

The problem, in most cases, is that these lofty aspirations are too lofty to begin with. "When you make a 180-degree lifestyle change from what you've been doing, it can be a lot harder," says Nicole Lund, MS, RDN, a clinical nutritionist at NYU Langone Sports Performance Center. "You want whatever changes you're making to be accessible, and things you can easily integrate as part of your regular routine." Thus, to maximize your odds of being the one of five whose fledgling resolutions become lifelong habits, we asked a few experts to issue their top diet-related commandments for a fitter, healthier, happier existence in 2019.

1. Thou shalt trust thy gut

Not the gut responsible for making impulse-driven decisions. (Whether you buy those last-minute Billy Joel tickets has nothing to do with what you eat.) Instead, we're talking about your actual gut, which is home to your "microbiome"—the trillions of microorganisms that live inside of you. Your microbiome influences everything from your cardiovascular health to, yes, your bathroom tendencies.

"A lot of people have GI disorders, whether they talk about it or not, so it's important to think about things like prebiotics and probiotics to prevent any sort of chronic or recurring constipation, gas, diarrhea," says Lund. "For men, their gut health also has a lot to do with avoiding colorectal cancer and hemorrhoids." Luckily, probiotics are found in easy-to-incorporate foods like yogurt, kefir, sauerkraut, and apple cider vinegar, for starters. If those really aren't your jam, find a high-quality supplement to take on the side.

2. Thou shalt empty thy pantry

We all have late-night vices, some of which come in brightly-covered bags and leave a fine, delicious

dust. (Here's lookin' at you, Flamin' Hot Cheetos). Before you open another bag, though, read the nutrition label and get a better idea of what's in those packaged goods. Although these heavily-processed foods can be convenient, they often include large amounts of sugar, fat, and sodium.

Fortunately, the healthy eating fix needn't be as traumatic as you think. "Rather than changing everything, choose one or two heavily-processed items and swap them out for a more minimally-processed option," says Maya Feller, MS, RD, CDN, a New York-based dietitian. Something as simple as making the switch from conventional nut butter to nut butters that have no added fats or sugars can make a big difference.

3. Thou shalt drink more water

Some days, forgetting to hydrate happens. Make the time to incorporate it into your regular routine, though, and the investment will pay off handsomely.

"Water is involved in so many of the body's processes," says Lund, citing its importance for clearing away toxins and keeping joints flexible. "When you're dehydrated, things don't work as well. Your energy levels go down. Exercise feels harder, rate of perceived exertion skyrockets, and your sweat and heart rate are negatively impacted."

The optimal amount for each person varies based on things like gender, age, activity level, and even geographic location, but the American College of Sports Medicine suggests a minimum of around 60 ounces daily. (Remember, this can include intake from healthy foods that are high in water, like strawberries, iceberg lettuce, celery, pineapple, and cantaloupe.) "Start by carrying it around with you," says Lund. "Then, drink when you're thirsty and when you're hungry. It can be the first line of defense against overeating."

Cada 365 días, individuos inspirados en todo el mundo hacen muchas resoluciones de Año Nuevo, y "perder peso / comer de manera más saludable", es siempre uno de los principales. Esa es la buena noticia. La mala noticia es que para la segunda se-

mana de febrero, cuatro de cada cinco de esas personas han renunciado a sus verduras frescas y patadas magras de proteínas por completo.

El problema, en la mayoría de los casos, es que estas aspiraciones elevadas son demasiado elevadas para empezar. "Cuando haces un cambio de estilo de vida de 180 grados con respecto a lo que has estado haciendo, puede ser mucho más difícil", dice Nicole Lund, MS, RDN, nutricionista clínica en el NYU Langone Sports Performance Center. "Desea que cualquier cambio que esté haciendo sea accesible, y cosas que pueda integrar fácilmente como parte de su rutina regular". Por lo tanto, para maximizar sus probabilidades de ser una de cinco cuyas resoluciones incipientes se convierten en hábitos de por vida, le preguntamos a algunos expertos para emitir sus principales mandamientos relacionados con la dieta para una vida más en forma, más saludable y feliz en 2019.

1. Confiarás en tus entrañas.

No es el instinto responsable de tomar decisiones impulsadas por impulsos. (Ya sea que compre los boletos de último minuto de Billy Joel no tiene nada que ver con lo que come). En cambio, estamos hablando de su intestino real, que es el hogar de su "microbioma": los billones de microorganismos que viven dentro de usted. Su microbioma influye en todo, desde su salud cardiovascular hasta, sí, las tendencias de su baño.

2. Vaciarás tu despensa.

Todos tenemos vicios nocturnos, algunos de los cuales vienen en bolsas bien cubiertas y dejan un polvo fino y delicioso. Sin embargo, antes de abrir otra bolsa, lea la etiqueta de información nutricional y obtenga una mejor idea de lo que contienen esos productos empaquetados. Aunque estos alimentos altamente procesados pueden ser convenientes, a menudo incluyen grandes cantidades de azúcar, grasa y sodio.

3. Beberás más agua

Algunos días, olvidarse de hidratarse pasa. Sin embargo, tómese el tiempo para incorporarlo a su rutina habitual, y la inversión se verá recompensada.

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