The Community Voice

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Bilingual Magazine

March 2025 • Vol 27 • Michigan's Largest Bilingual Magazine • www.lavozweb.com

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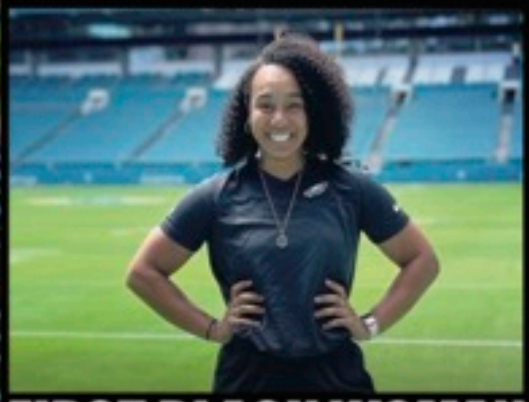

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Alienating our Friends and Allies is Good For China's Goals in Mexico and Latin America!

¡Alejar a nuestros amigos y aliados es bueno para los objetivos de China en México y América Latina!

By Dr. José A. Flores

When bullies rule with a twisted sense of reality, friends, and allies are easily offended and lost. As Donald Trump's so-called 2.0 presidency begins to take shape domestically and internationally, the losses are quickly piling up. Depending on one's perspective, America's greatness is in question across the globe and in our own backyard. Friends and allies are questioning the loyalty and faithfulness of the U.S. because of recent economic, political, and defense strategies and stances stated by the new president.

Mexico and Canada, considered to be backyard friends and neighbors, have had their nations threatened by Donald Trump's boisterous condemnations and economic actions that seek to punish them for perceived competition. Tariff threats and actual implementation have begun to shake up investors in neighboring countries, driving some to consider moving back to the U.S. or increasing their production goals within the U.S. boundaries. Apple is cited as an example. Apple has several production plants in Mexico, according to Trump.

However, China and Russia may be the ultimate winners in the recent conflict of Western neighbors as economic and nuclear energy relationships continue to flourish and are expected to grow as the U.S. leaders insult and threaten peace with our neighbors in Canada, Mexico, and Latin America.

China is Mexico's second-largest trading partner. In 2023, Mexico exported $8 billion worth of goods to China, primarily minerals and machinery, while importing $101.8 billion, resulting in a trade deficit of $93.8 billion. Chinese companies have significantly expanded their presence in Mexico, using the country as a gateway to the North American market.

Mexicans and Latin American immigrants leave their options open to European countries, China, and Russian investment in roads, construction, energy, technology, farming equipment, EV vehicles, and automation as they become more estranged from the United States under a Trump imperialistic and tariff-centered administration.

According to a recent article in the Los Angeles Times, Chinese investment in Mexico surged to $570 million in 2022 from $5.5 million in 2013, according to Mexican government figures. Chinese firms now occupy twice as much industrial space in Mexico as they did three years ago, according to property analytics firm SiiLA.

"You have all these elements that, from an economic standpoint, push Mexico towards China," said Evan Ellis, a research professor of Latin American studies at the U.S. Army War College's Strategic Studies Institute. "But that complicates Mexico's relationship with President Trump." LA Times reported.

At least five countries in Latin America have cut ties with Taiwan over the last eight years as a condition of establishing diplomatic relations with China. The latest was Honduras in 2023, a year after China surpassed the U.S. as an investor, according to AidData, a research center at William & Mary that tracks Chinese financing.

Free Trade will be the principle source of economic independence for all of Latin America as many Mexican and Latin American companies have witnessed unfair competition in the shadow of the United States for centuries.

Meanwhile, threats and coercion of the militarized views of Donald Trump serve only to have Mexico and Latin America reconsider their definitions of sovereignty and commitments to nuclear non-proliferation. Pan-American relations are at an all-time low as Trump's administration deports thousands of their nationalities from the U.S. Trump's threats of invading Mexico and taking the Panama Canal by force have dramatically increased tensions.

I have always wondered why Mexico has not pursued the development of nuclear weapons and built up a more assertive military to protect its interests from invasion from any power on the globe. Likewise, why is it that Mexico signed a Treaty of Tlatelolco in 1967? It is reported that it has the knowledge and capability of developing a nuclear arsenal. Still, Mexico pledged to use nuclear energy for peaceful purposes and had no desire to develop nuclear weapons, then gave the United States its highly enriched uranium that was then degraded for non-weapon use and returned. Perhaps that loyal ally thinking and strategy should be reconsidered in lieu of alliances being broken with NATO and the abandonment of Ukraine in its war to defend its sovereignty following a Russian invasion. Mexico has been "unfriended" by the U.S.; China may happily fill the void!

Cuando los matones gobiernan con un sentido distorsionado de la realidad, los amigos y aliados se ofenden y pierden fácilmente. A medida que la llamada presidencia 2.0 de Donald Trump comienza a tomar forma a nivel nacional e internacional, las pérdidas se acumulan rápidamente. Dependiendo de la perspectiva de uno, la grandeza de Estados Unidos está en tela de juicio en todo el mundo y en nuestro propio patio trasero. Los amigos y aliados están cuestionando la lealtad y la fidelidad de los EE. UU. debido a las recientes estrategias y posturas económicas, políticas y de defensa declaradas por el nuevo presidente.

México y Canadá, considerados amigos y vecinos del patio trasero, han visto a sus naciones amenazadas por las ruidosas condenas y acciones económicas de Donald Trump que buscan castigarlos por la competencia percibida. Las amenazas de aranceles y su implementación real han comenzado a sacudir a los inversores en los países vecinos, lo que lleva a "algunos" a considerar regresar a los EE. UU. o aumentar sus objetivos de producción dentro de las fronteras estadounidenses. Apple es citada como ejemplo. Según Trump, Apple tiene varias plantas de producción en México.

Sin embargo, China y Rusia pueden ser los ganadores finales en el reciente conflicto de vecinos occidentales, ya que las relaciones económicas y de energía nuclear continúan floreciendo y se espera que crezcan a medida que los líderes estadounidenses insultan y amenazan la paz con nuestros vecinos en Canadá, México y América Latina.

China es el segundo socio comercial más importante de México. En 2023, México exportó bienes por valor de 8 mil millones de dólares a China, principalmente minerales y maquinaria, mientras que importó 101.8 mil millones de dólares, lo que resultó en un déficit comercial de 93.8 mil millones de dólares. Las empresas chinas han ampliado significativamente su presencia en México, utilizando el país como puerta de entrada al mercado norteamericano.

...Versión en español continúa en la pag. 13

Inside

03 Editorial by Dr. José A. Flores
05 March: National Women's History Month
06 Community News / Noticias de la Comunidad
- César Chávez Birthday Celebrations in Michigan
08 Some of the Best Affordable Spring Break Trips
10 Lauren Good Day
12 Autumn Lockwood - Breaking Barriers in the NFL
15 Michigan International Auto Show
17 The Heartbreaking Loss of Darnell and A'millah Currie, Chuch and his Dogs
19 2025 March Model Search - Christal
20 Signos Ocultos de Enfermedad Cardiaca
22 Miss Marissa Monette 2025
23 Classifieds / Clasificados

The Community Voice
LA VOZ
Edimpact Magazine

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March 2025, Volume 27 - No. 03
Reaching over 40,000 readers
Circulation 17,000 copies
Printed at Printwell
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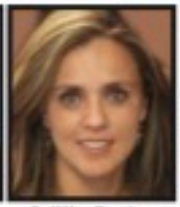
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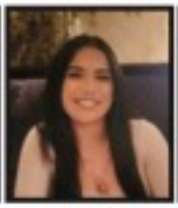
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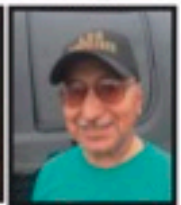
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During the month of March, we give a little extra attention to all of the amazing accomplishments of strong, determined women. Since 1987, the United States has formally recognized March as National Women's History Month. Every woman has a story to tell and gifts to share with the world. So get ready, because this month is about honoring magnificent ladies, and we are ready to celebrate it to the fullest. Celebrating this women's month by supporting women chase her dreams and fulfilling her educational needs by finding her right scholarships from around the world.

Women's History Month celebrates the often-overlooked contributions of women in history, society, and culture. It has been annually observed in the United States and other countries, including the United Kingdom and Australia, every March since 1987. The month is observed in October in Canada. March is selected as the month for observing Women's History Month to correspond with International Women's Day on March 8, and Canada observes it in October in correspondence with Persons Day on October 18.

The month-long commemoration started with Women's History Day in 1978, organized by the school district of Sonoma, California. Hundreds of students participated in the essay competitions, many presentations were given, and a parade was held in Santa Rosa. The idea caught on and, a few years later, school districts, communities, and organizations all over the country were celebrating the day. In 1980, the National Women's History Alliance championed for the holiday to be observed as a national week, and this was backed by President Jimmy Carter, who issued the first proclamation declaring the week of March 8 as National Women's History Week. The following year, Congress forwarded a resolution establishing a national observance. Six years later, the expansion of the event to the whole month of March was successfully petitioned by the National Women's History Project.

Durante el mes de marzo, prestamos un poco más de atención a todos los increíbles logros de mujeres fuertes y decididas. Desde 1987, Estados Unidos ha reconocido formalmente Marzo como el Mes Nacional de la Historia de la Mujer. Cada mujer tiene una historia que contar y dones que compartir con el mundo. Así que prepárate, porque este mes se trata de honrar a damas magníficas y estamos listos para celebrarlo al máximo. Celebrando este mes de la mujer apoyando a las mujeres a perseguir sus sueños y satisfaciendo sus necesidades educativas encontrando las becas adecuadas en todo el mundo.

El Mes de la Historia de la Mujer celebra las contribuciones de las mujeres a la historia, la sociedad y la cultura, que a menudo se pasan por alto. Se observa anualmente en los Estados Unidos y otros países, incluidos el Reino Unido y Australia, cada mes de marzo desde 1987. El mes se observa en Octubre en Canadá. Se elige Marzo como el mes para observar el Mes de la Historia de la Mujer en correspondencia con el Día Internacional de la Mujer el 8 de Marzo, y Canadá lo observa en Octubre en correspondencia con el Día de las Personas el 18 de Octubre.

La conmemoración, que duró un mes, comenzó con el Día de la Historia de la Mujer en 1978, organizado por el distrito escolar de Sonoma, California. Cientos de estudiantes participaron en los concursos de ensayos, se realizaron muchas presentaciones y se llevó a cabo un desfile en Santa Rosa. La idea se hizo popular y, unos años más tarde, distritos escolares, comunidades y organizaciones de todo el país celebraban el día. En 1980, la Alianza Nacional de la Historia de la Mujer abogó por que la festividad se celebrara como semana nacional, y esto fue respaldado por el presidente Jimmy Carter, quien emitió la primera proclama declarando la semana del 8 de Marzo como Semana Nacional de la Historia de la Mujer. Al año siguiente, el Congreso envió una resolución estableciendo una observancia nacional. Seis años después, el Proyecto Nacional de Historia de la Mujer solicitó con éxito la ampliación del evento a todo el mes de Marzo.

Community News

Cesar Chavez Birthday Celebrations in Michigan 2025

In 2025, Michigan will celebrate Cesar Chavez's birthday on Saturday, March 29 with a dinner at Michigan State University and a luncheon in Flint.

Michigan State University

• **Cesar E. Chavez and Dolores Huerta Celebration:** The 15th annual celebration will be held on Saturday, March 29, 2025 at the Kellogg Center on the Michigan State University campus. The event will include a dinner, conversation, food, and dance. The public is welcome.

Flint

• **Chavez Huerta Luncheon:** The Latinx Technology & Community Center will host a luncheon on Saturday, March 29, 2025 to honor Cesar Chavez and Dolores Huerta. The event will include a keynote speaker, cultural food, and entertainment.

Committee to Honor César E. Chávez

• **25th Anniversary Celebration:** The Committee to Honor César E. Chávez will host a celebration on Thursday, March 13, 2025. The event will include a march, music, poetry, speeches, and a Mexican meal.

Cesar Chavez Day is celebrated on March 31st each year, which is Chavez's birthday.

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DEFENDING D.E.I. Quotable Advocates:

The nation continues to witness an attack on Black, Brown and Indigenous people in high-ranking positions due to a twisted interpretation of our current president following his criticisms of presidential candidate Kamala Harris calling her a DEI hire!
The revenge tour attacks on senior level staff across governmental departments including Management, Treasury, Social Security, Homeland Security, the FBI, Secret Service, and Defense have witnessed the firings of executive level Blacks, Hispanics, Indigenous and women persons for no justifiable reasons! These injustices must be addressed by responsible voices! The "White God Superiority Syndrome- WGSS" must be addressed in a hardfisted, boots on the ground manner by activists across America! Our Democracy is in serious jeopardy! – Dr. José A. Flores, Publisher The Community Voice/La Voz Magazine.

¡La nación continúa siendo testigo de un ataque contra personas negras, morenas e indígenas en puestos de alto rango debido a una interpretación retorcida de nuestro actual presidente luego de sus críticas a la candidata presidencial Kamala Harris llamándola contratada por DEI!
Los ataques de la gira de venganza contra personal de alto nivel en departamentos gubernamentales, incluidos Administración, Hacienda, Seguridad Social, Seguridad Nacional, el FBI, el Servicio Secreto y Defensa, han sido testigos de los despidos de negros, hispanos, indígenas y mujeres de nivel ejecutivo sin razones justificables. ¡Estas injusticias deben ser abordadas por voces responsables! ¡El "Síndrome de Superioridad del Dios Blanco-WGSS" debe ser abordado de manera dura y con botas en el terreno por parte de activistas de todo Estados Unidos! ¡Nuestra democracia está en grave peligro! – Dr. José A. Flores, Editor La Voz Comunitaria/Revista La Voz.

"DEI initiatives help students from underrepresented populations create community.
Closing these centers would take away the hard work and years of demands that students have put towards establishing them to help current and future generations of students. Diversity initiatives are fundamental, not threatening, in our extremely diverse nation.
Anti-DEI advocates prey on our society's perceived lack of empathy to divide people and make them believe that cutting DEI programs will not affect them, often by rhetorically emphasizing that DEI is only about race. However, with the erasure of DEI, people will realize how much they actually benefited from these initiatives. Our attitudes toward diversity, equity and inclusion must change to protect our rights and spaces and safeguard them for future generations." - Kayla Williams | External Outreach director Williams is the 2024-2025 external Outreach director. She is also an Arts contributor and an Opinion columnist.for Daily Bruin. Williams is a second-year political science student.

"Las iniciativas de DEI ayudan a los estudiantes de poblaciones subrepresentadas a crear una comunidad.
Cerrar estos centros eliminaría el arduo trabajo y años de demandas que los estudiantes han puesto para establecerlos para ayudar a las generaciones actuales y futuras de estudiantes.
Las iniciativas de diversidad son fundamentales, no amenazantes, en nuestra nación extremadamente diversa.
Los defensores de la DEI se aprovechan de la percibida falta de empatía de nuestra sociedad para dividir a las personas y hacerles creer que recortar los programas de DEI no los afectará, a menudo enfatizando retóricamente que DEI se trata solo de raza. Sin embargo, con la eliminación de DEI, la gente se dará cuenta de cuánto se beneficiaron realmente de estas iniciativas. Nuestras actitudes hacia la diversidad, la equidad y la inclusión deben cambiar para proteger nuestros derechos y espacios y salvaguardarlos para las generaciones futuras". - Kayla Williams | El director de Alcance Externo Williams es el director de Alcance Externo para 2024-2025. También es colaboradora de arte y columnista de opinión para Daily Bruin. Williams es un estudiante de segundo año de ciencias políticas.

Diversity, equity and inclusion Targeted by Trump
On his second day back at the White House, Trump moved to end affirmative action in federal contracting and directed that all federal diversity, equity and inclusion staff be put on paid leave and eventually be laid off.

Chairman of the Joint Chiefs of Staff Fired by Trump opposed to DEI
President Donald Trump abruptly fired Air Force Gen. CQ Brown as chairman of the Joint Chiefs of Staff on Friday, sidelining a history-making fighter pilot and respected officer as part of a campaign to rid the military of leaders who support diversity and equity in the ranks.

HIGH RANKING FEMALE FIRED!
Defense Secretary Pete Hegseth allegedly fired his top female military staffer as the industry gets the DOGE treatment - with more dismissals possibly coming soon.
Hegseth, Donald Trump's new Defense Secretary, ousted Air Force Lt. Gen. Jennifer Short, his senior military assistant, as part of a sweeping shake-up at the Pentagon, NBC

Inspectors general
Each of the federal government's largest agencies has its own inspector general who is supposed to conduct objective audits, prevent fraud and promote efficiency.

Trump has fired at least 17 of them across the federal government, including inspectors he appointed in his first term. At least one Democratic appointee — Michael Horowitz, appointed to the post at the Justice Department by Obama — was spared.

Trump confirmed the move in a conversation with reporters aboard Air Force One on Saturday, claiming, "it's a very common thing to do," and saying that he would "put good people in there that will be very good."

Senate Democratic Leader Chuck Schumer called the firings a "chilling purge," while GOP Sen. Lindsey Graham, a top Trump ally, acknowledged that the firings may have violated the law but said: "Just tell them you need to follow the law next time."

Federal prosecutors
It's normal for politically appointed U.S. attorneys to be replaced, but not as standard for career prosecutors to be ousted.

The Justice Department said Monday that it had fired more than a dozen employees who worked on criminal prosecutions of Trump, abrupt terminations targeting career prosecutors who worked on special counsel Jack Smith's team investigating Trump. The firings were effective immediately.

By tradition, career employees remain with the department across presidential administrations regardless of their involvement in sensitive investigations.

Multiple senior career officials were also reassigned.

It was not immediately clear which prosecutors were affected by the order, or how many who worked on the investigations into Trump remained with the department as Trump took office last week. It was also not immediately known how many of the fired prosecutors intended to challenge the terminations by arguing that the department had cast aside civil service protections afforded to federal employees.

Some of Best Affordable Spring Break Trips

Viajes Accesibles para Vacaciones de Primavera 2025

Spring breakers don't need to shell out a fortune to spend a week enjoying life in the sunshine
Las vacaciones de primavera no necesitan desembolsar una fortuna para pasar una semana disfrutando de la vida bajo el sol.

Panama City Beach

Panama City Beach – or PCB, for short – is a tried-and-true Florida spring break location that is sure to please the masses. Scope out a spot across the town's 27 miles of white sand beaches to sunbathe, play volleyball or scan the horizon for bottlenose dolphins. You'll no doubt have to contend with throngs of college students while on your trip, but hotel prices are reasonable if you book your accommodations in advance. Just note: This town in northwest Florida bans alcohol consumption on the beach during March, so you'll have to enjoy your adult beverages elsewhere.

Panama City Beach, es un lugar probado y verdadero para las vacaciones de primavera en Florida que seguramente complacerá a las masas. Busque un lugar en las 27 millas de playas de arena blanca de la ciudad para tomar el sol, jugar voleibol o explorar el horizonte en busca de delfines mulares. Sin duda, tendrá que lidiar con multitudes de estudiantes universitarios durante su viaje, pero los precios de los hoteles son razonables si reserva su alojamiento con anticipación. Solo tenga en cuenta: esta ciudad en el noroeste de Florida prohíbe el consumo de alcohol en la playa durante marzo, por lo que tendrá que disfrutar de sus bebidas para adultos en otro lugar.

Yosemite National Park

Spanning nearly 1,200 square miles, California's Yosemite National Park is frequently lauded as one of the best places to visit in California. It is also one of the best destinations for a spring break trip on a budget. Hordes of people save their national park trips for the summer months, so Yosemite's scenic peaks and valleys may be less crowded, resulting in cheaper room rates and more elbow room. Keep in mind, while average daytime temperatures sit in the 40s and 50s in March, most of the region will still be blanketed in snow.

El Parque Nacional Yosemite de California, que abarca casi 1200 millas cuadradas, es frecuentemente elogiado como uno de los mejores lugares para visitar en California. También es uno de los mejores destinos para un viaje de vacaciones de primavera con un presupuesto limitado. Hordas de personas reservan sus viajes a los parques nacionales para los meses de verano, por lo que los pintorescos picos y valles de Yosemite pueden estar menos concurridos, lo que resulta en tarifas de habitación más baratas y más espacio para moverse. Tenga en cuenta que, si bien las temperaturas diurnas promedio se sitúan entre los 40 y 50 grados en marzo, la mayor parte de la región todavía estará cubierta de nieve.

Outer Banks

With sprawling beaches and ample low-cost accommodation options, the Outer Banks in North Carolina is an attractive spring break vacation spot. The limited hotel choices are all pretty affordable, and this area is known for its large vacation rental homes – including some that can accommodate 15 or more guests – which makes it a cost-effective option for large groups. Spring weather here varies: While it's often sunny, average temperatures can be anywhere in the 60s to low 70s. Cheap and fun activities on this chain of family-friendly barrier islands include mini-golf, fishing and relaxing on the beach.

Con extensas playas y amplias opciones de alojamiento de bajo costo, Outer Banks en Carolina del Norte es un atractivo lugar de vacaciones para las vacaciones de primavera. Las limitadas opciones de hoteles son todas bastante asequibles, y esta zona es conocida por sus grandes casas de alquiler vacacional, incluidas algunas con capacidad para 15 o más huéspedes, lo que la convierte en una opción rentable para grupos grandes. El clima primaveral aquí varía: si bien a menudo hace sol, las temperaturas promedio pueden oscilar entre los 60 y los 70 grados. Las actividades económicas y divertidas en esta cadena de islas barrera ideales para familias incluyen minigolf, pesca y relajarse en la playa.

Grand Canyon National Park

Outdoor lovers who are looking for an alternative spring break experience can plan a budget-friendly trip to Arizona's Grand Canyon National Park. Accommodations here are cheap: You can camp for a nominal fee or rent an affordable cabin or recreational vehicle that can accommodate a large group. However, you'll want to book well in advance for this popular time of year. Spring daytime temps are fairly comfortable, fluctuating between the 50s and 60s in March and April. Visitors can enjoy everything from hiking to biking around the South Rim.

Los amantes del aire libre que buscan una experiencia alternativa de vacaciones de primavera pueden planificar un viaje económico al Parque Nacional del Gran Cañón de Arizona. El alojamiento aquí es económico: puede acampar por una tarifa nominal o alquilar una cabaña asequible o un vehículo recreativo con capacidad para un grupo grande. Sin embargo, querrás reservar con mucha antelación para esta época popular del año. Las temperaturas diurnas de primavera son bastante cómodas y fluctúan entre los 50 y 60 grados en marzo y abril. Los visitantes pueden disfrutar de todo, desde caminatas hasta andar en bicicleta por el Borde Sur.

Key West
If you're willing to make the drive from Miami (you'll score cheaper flights into this airport), Key West can be an affordable place to spend spring break. This small island in the Florida Keys is known for its quirky residents (six-toed Hemingway cats, included) and premier snorkeling opportunities. While you'll find plenty of spots for partying along rowdy Duval Street, you can also soak up some culture at the Ernest Hemingway Home & Museum. For free attractions, check out the Key West First Legal Rum Distillery and the Southernmost Point. Plus, Key West offers relatively budget-friendly vacation rentals, so you can save your cash for bars and boat tours.
Si está dispuesto a conducir desde Miami (obtendrá vuelos más baratos a este aeropuerto), Key West puede ser un lugar asequible para pasar las vacaciones de primavera. Esta pequeña isla en los Cayos de Florida es conocida por sus extravagantes residentes (gatos Hemingway de seis dedos, incluidos) y sus excelentes oportunidades para practicar snorkel. Si bien encontrarás muchos lugares para salir de fiesta en la ruidosa calle Duval, también puedes empaparte de cultura en la Casa y Museo de Ernest Hemingway. Para atracciones gratuitas, visite la primera destilería de ron legal de Key West y el punto más meridional.

New Orleans
New Orleans is a prime spring break destination for those seeking epic nightlife mixed with tasty Southern comfort food. While airfare can be a bit expensive, hotel and vacation rental deals are available – especially if you stay a bit removed from the action of the French Quarter. Check the calendar to see when Mardi Gras occurs (the celebration falls 47 days before Easter every year) and try to plan your vacation around it. The popular event, which sometimes takes place during spring break season in early March, often causes airfare and lodging expenses to increase.
Nueva Orleans es un destino privilegiado para las vacaciones de primavera para aquellos que buscan una vida nocturna épica mezclada con sabrosa comida sureña. Si bien los billetes de avión pueden ser un poco caros, hay ofertas de hoteles y alquileres vacacionales disponibles, especialmente si te quedas un poco alejado de la acción del Barrio Francés. Consulte el calendario para ver cuándo ocurre el Mardi Gras (la celebración cae 47 días antes de Pascua cada año) e intente planificar sus vacaciones en torno a él. El popular evento, que a veces tiene lugar durante la temporada de vacaciones de primavera a principios de marzo, a menudo provoca que aumenten los gastos de pasajes aéreos y alojamiento.

Playa del Carmen
Situated on Mexico's eastern coast about 40 miles south of Cancun, Playa del Carmen offers multiple stretches of white sand, a lively nightlife scene and average highs in the mid-80s, making it perfect for a fun-filled yet relaxing spring break trip. Though you may have to deal with some crowds since it's such a popular destination come spring, you will at least be safe from the dreaded hurricane season, which takes place from June to November. Search for specific spring break all-inclusive resort deals for the best value lodging rates.
Situada en la costa este de México, a unas 40 millas al sur de Cancún, Playa del Carmen ofrece múltiples extensiones de arena blanca, una animada vida nocturna y máximas promedio de alrededor de 80 grados, lo que la hace perfecta para un viaje de vacaciones de primavera lleno de diversión pero relajante. Aunque es posible que tengas que lidiar con algunas multitudes, ya que es un destino muy popular cuando llega la primavera, al menos estarás a salvo de la temida temporada de huracanes, que tiene lugar de junio a noviembre. Busque ofertas específicas de resorts con todo incluido para las vacaciones de primavera y obtenga las mejores tarifas de alojamiento.

Lauren Good Day

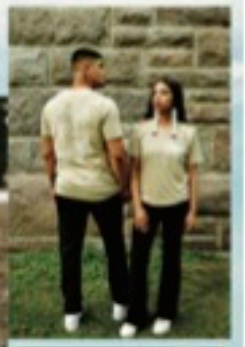
Lauren Good Day "Good Day Woman" is an Multi- award winning Arikara, Hidatsa, Blackfeet and Plains Cree artist and sought after fashion designer. She is an enrolled member of the Three Affiliated Tribes (Mandan, Hidatsa, Arikara Nation) of the Ft. Berthold Reservation in North Dakota, USA and also a registered Treaty Indian with the Sweet Grass Cree First Nation in Saskatchewan, Canada.

She has shown her artwork at the world's most prestigious Native American juried art shows such as the Santa Fe Indian Market in Santa Fe NM, Heard Guild Museum Market in Phoenix AZ, Autry American Indian Arts Marketplace Los Angeles CA, Eiteljorg Museum Indian Market Indianapolis IN, Cherokee Indian Market in Tulsa OK, Red Earth Fine Arts Festival in Oklahoma City OK and the Northern Plains Indian Art Show in Sioux Falls, SD. Her Awards include many First Places in Tribal Arts, Traditional Arts, Cultural Arts, Diverse Arts, Beadwork, Drawings, Textiles and the prestigious Best of Tribal Arts award. Lauren's artwork has been part of numerous solo and group exhibitions at galleries and museums across the Country.

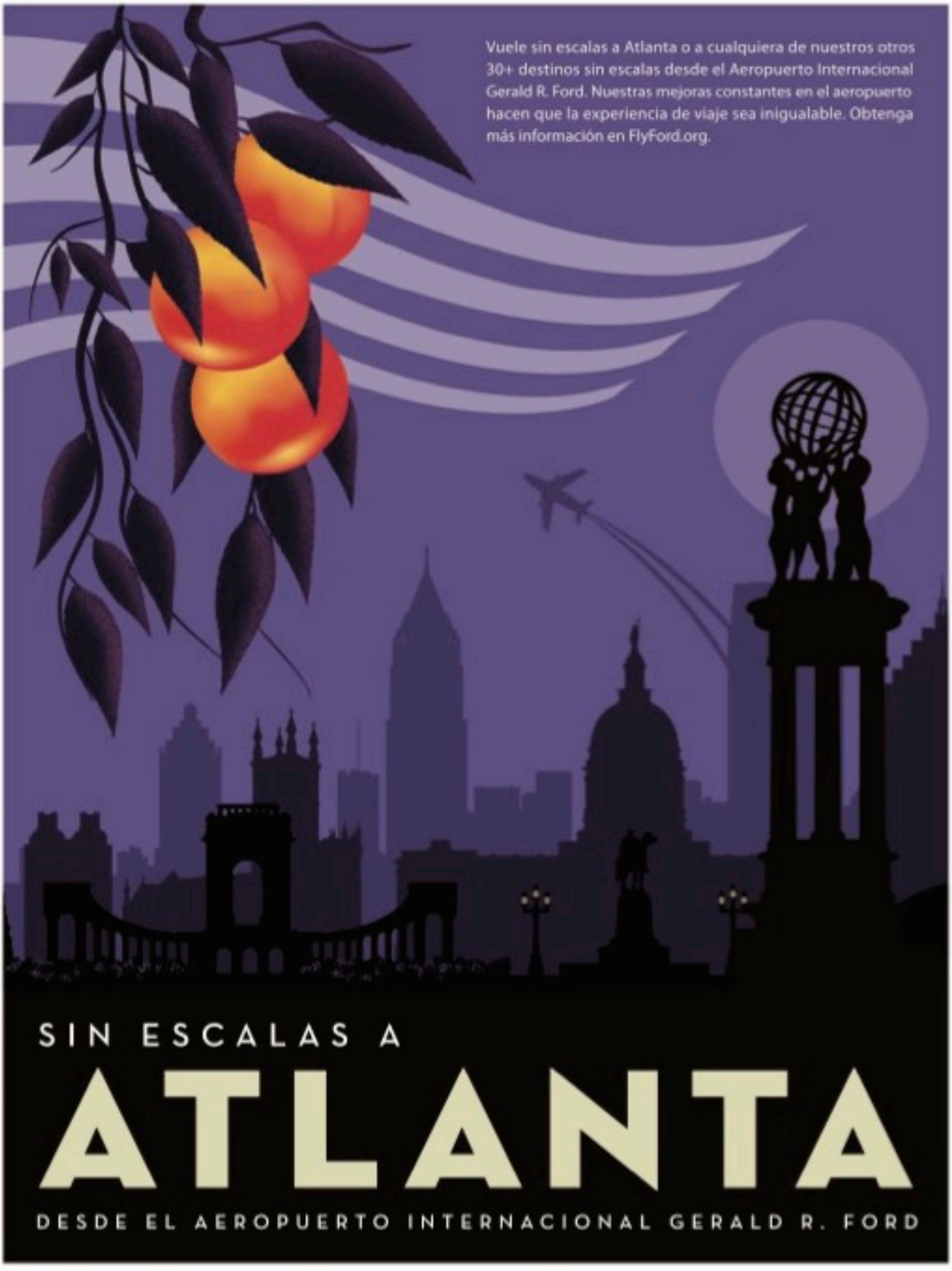
Being a sought-after artist and designer, her work is in numerous public and private collections throughout the United States, Canada and the World, including the The National Museum of American Indian Washington DC and New York City, The Heard Museum, Phoenix AZ, Buffalo Bill Center of the West, Plains Indian Museum Cody Wyoming, and Red Cloud Heritage Center Pine Ridge SD. You can find her work and mentions in publications such as Vogue, InStyle Magazine, New York Times, Fashion Magazine, Cowboys & Indians Magazine, Cosmopolitan and numerous national and international publications.

Lauren has passion for promoting and revitalizing the arts of her people while developing new methods and incorporating new trendsetting ideas in both the art & designs communities. She has been creating Native American art since age 6. Starting out with beadwork and Tribal regalia, she then expanded her work into mediums such as quillwork, ledger drawings, rawhide parfleche, and fashion design.

She holds a Bachelor of Arts degree in Indigenous Studies from the Institute of American Indian Arts and Culture in Santa Fe, NM. Lauren lives on the rolling hills of North Dakota, her traditional homelands. She continues to be steeped within the cultural life ways of her people and actively helps with language and culture revitalization efforts, participates in cultural celebrations, powwows and her tribal ceremonial doings. Her role as a mother and woman of her tribe guide her to continue on the arts of her people for the generations to come.



www.laurengoodday.com


Vuele sin escalas a Atlanta o a cualquiera de nuestros otros 30+ destinos sin escalas desde el Aeropuerto Internacional Gerald R. Ford. Nuestras mejoras constantes en el aeropuerto hacen que la experiencia de viaje sea inigualable. Obtenga más información en FlyFord.org.
SIN ESCALAS A
ATLANTA
DESDE EL AEROPUERTO INTERNACIONAL GERALD R. FORD

Autumn Lockwood - Breaking Barriers in the NFL

By Odille Parker

The Philadelphia Eagles brought the second-ever Lombardi Trophy to Philadelphia in an epic 40-22 win over the Kansas City Chiefs in Super Bowl LIX, and history was not only written on the field but in a notable first on the sidelines.

Autumn Lockwood, the Eagles' associate sports performance coach, became the first Black woman to be a Super Bowl champion. Lockwood had already made history in Super Bowl LVII when she became the first Black woman to coach in a Super Bowl as a strength and conditioning associate for the Eagles when they faced the Chiefs in 2022.

Before joining the Eagles, Lockwood, a native of Media, PA, served as director of sports and performance at the University of Houston (2021-22) and was the assistant director of basketball sports performance at East Tennessee State (2020-21), according to her Eagles bio.

Her first experience in the NFL was in 2019, when she served as an intern for the Atlanta Falcons strength staff during organized team activities.

Lockwood received a bachelor's degree from the University of Arizona, where she played defense on the women's soccer team. As the daughter of a collegiate football coach, football has always played in her life.

In a 2024 episode of the NSCA Coaching Podcast, the 31-year-old spoke about the mentality that took her from a soccer-playing, criminal justice student to a rising star in the NFL.

"Getting in the door, it's all about that opportunity and what you do with that and how you show up every day," Lockwood said. "Once you're there, it's really, Okay, I'm going to observe everything. I'm going to be a sponge. I'm going to be so hands-on. I'm going to be an extra set of hands. I'm going to do everything that I can do to help this team, this staff, all of these departments that go into building a championship culture."

After her role in Super Bowl LVII, Lockwood was honored by the Philadelphia City Council in 2023.

"On the occasion of Black History Month, it is crucial that we uplift the accomplishments of young Black professionals who are breaking barriers in the fields," Council wrote in a resolution celebrating her.

As only the fourth woman to coach in a Super Bowl, Lockwood's accomplishment marks another huge step forward for the NFL.

"Her groundbreaking victory represents a seismic shift in a league that has long struggled with representation. Kimberly Wilson wrote in an Essence article. "In a sport where coaching staffs have been overwhelmingly male and female, Lockwood's success carves a path forward for Black women aspiring to break barriers in professional football."

In celebration of Women's History Month, it is also worth noting that Katie Sowers was the first woman and openly gay coach to coach in a Super Bowl as an offensive assistant for the San Francisco 49ers in Super Bowl LIV. Lori Locust and Maral Javadifar became the first female coaches to win a Super Bowl as assistant coaches for the Tampa Bay Buccaneers in Super Bowl LV.

Los Philadelphia Eagles trajeron el segundo Trofeo Lombardi a Filadelfia en una victoria épica 40-22 sobre los Kansas City Chiefs en el Super Bowl LIX, y la historia no solo se escribió en el campo, sino también en una notable primera vez al margen.

Autumn Lockwood, entrenadora asociada de rendimiento deportivo de los Eagles, se convirtió en la primera mujer negra en ser campeona del Super Bowl. Lockwood ya había hecho historia en el Super Bowl LVII cuando se convirtió en la primera mujer negra en entrenar en un Super Bowl como asociada de fuerza y acondicionamiento de los Eagles cuando se enfrentaron a los Chiefs en 2022.

Antes de unirse a los Eagles, Lockwood, nativo de Media, PA, se desempeñó como Directora de deportes y rendimiento en la Universidad de Houston (2021-22) y fue subdirector de rendimiento deportivo de baloncesto en East Tennessee State (2020-21), según su biografía de los Eagles.

Después de su papel en el Super Bowl LVII, Lockwood fue honrada por el Ayuntamiento de Filadelfia en 2023.

"Con motivo del Mes de la Historia Afroamericana, es crucial que elevemos los logros de los jóvenes profesionales negros que están rompiendo barreras en el campo", escribió el Consejo en una resolución que la celebra.

Como la cuarta mujer en entrenar en un Super Bowl, el logro de Lockwood marca otro gran paso adelante para la NFL.

En celebración del Mes de la Historia de la Mujer, también vale la pena señalar que Katie Sowers fue la primera mujer y entrenadora abiertamente gay en entrenar en un Super Bowl como asistente ofensiva de los San Francisco 49ers en el Super Bowl LIV. Lori Locust y Maral Javadifar se convirtieron en las primeras entrenadoras en ganar un Super Bowl como entrenadoras asistentes de los Tampa Bay Buccaneers en el Super Bowl LV.

¡Alejar a nuestros amigos y aliados es bueno para los objetivos de China en México y América Latina!

Por Dr. José A. Flores

Continuación de la versión de el artículo en español pag. 03

Los inmigrantes mexicanos y latinoamericanos dejan sus opciones abiertas a los países europeos, China y la inversión rusa en carreteras, construcción, energía, tecnología, equipos agrícolas, vehículos eléctricos y automatización a medida que se alejan más de los Estados Unidos bajo una administración imperialista y centrada en los aranceles de Trump. Según un artículo reciente del diario Los Angeles Times, la inversión china en México aumentó de 5,5 millones de dólares en 2013 a 570 millones de dólares en 2022, según cifras del gobierno mexicano. Las empresas chinas ocupan ahora el doble de espacio industrial en México que hace tres años, según la firma de análisis inmobiliario SiiLA.

"Tienes todos estos elementos que, desde un punto de vista económico, empujan a México hacia China", dijo Evan Ellis, profesor de investigación de estudios latinoamericanos en el Instituto de Estudios Estratégicos de la Escuela de Guerra del Ejército de Estados Unidos. "Pero eso complica la relación de México con el presidente Trump", informó el diario LA Times.

Al menos cinco países de América Latina han cortado lazos con Taiwán en los últimos ocho años como condición para establecer relaciones diplomáticas con China. El último fue Honduras en 2023, un año después de que China superara a Estados Unidos allí como inversor, según AidData, un centro de investigación de William & Mary que rastrea la financiación china. El libre comercio será el principio de la independencia económica para toda América Latina, ya que muchas empresas mexicanas y latinoamericanas han sido testigos de una competencia desleal que ha vivido a la sombra de los Estados Unidos durante siglos.

Mientras tanto, las amenazas y la coerción de las opiniones militarizadas de Donald Trump sólo sirven para que México y América Latina reconsideren sus definiciones de soberanía y sus compromisos con la no proliferación nuclear. Las relaciones panamericanas están en su punto más bajo, ya que la administración de Trump deporta a miles de sus nacionalidades de los Estados Unidos. Las amenazas de Trump de invadir México y tomar el Canal de Panamá por la fuerza han aumentado dramáticamente las tensiones.

Siempre me he preguntado por qué México no ha buscado el desarrollo de armas nucleares y construido un ejército más fuerte para proteger sus intereses de la invasión de cualquier potencia del mundo. Asimismo, ¿por qué México firmó el Tratado de Tlatelolco en 1967? Se dice que México tiene el conocimiento y la capacidad para desarrollar un arsenal nuclear, pero se comprometió a utilizar la energía nuclear con fines pacíficos y no tenía ningún deseo de desarrollar armas nucleares, por lo que entregó a Estados Unidos su uranio altamente enriquecido, que luego fue degradado para usos no bélicos y devuelto. Tal vez se deba reconsiderar esa mentalidad y estrategia de aliado leal en lugar de romper las alianzas con la OTAN y abandonar a Ucrania en su guerra para defender su soberanía tras una invasión rusa. Obviamente, Estados Unidos ha dejado de considerar a México como un país "amigo", ¡y China puede llenar felizmente ese vacío!

March Events / Eventos en Marzo

World of Winter 2025
March 1 - 2, 2025
Grand Rapids, Mi
The World of Winter Festival, organized by Downtown Grand Rapids Inc. (DGRI) and partners, is designed to take advantage of Michigan's cold climate, provide fun ways for people to get outside and enjoy the season, and make Grand Rapids a better winter city - which makes Grand Rapids a better year-round city. All World of Winter events are FREE or low-cost and can be enjoyed by both families and adults. For more information, visit worldofwintergr.com.
El Festival Mundial de Invierno, organizado por Downtown Grand Rapids Inc. (DGRI) y sus socios, está diseñado para aprovechar el clima frío de Michigan, brindar formas divertidas para que las personas salgan al aire libre y disfruten de la temporada, y hacer de Grand Rapids una mejor ciudad invernal, lo que hace de Grand Rapids una mejor ciudad durante todo el año. Para obtener más información, visite worldofwintergr.com.

All Outdoor Winter Triathlon
March 1 - 2, 2025
Gaylord, Mi
Join us for a day packed with adventure at Treetops Resort! On March 1st, we're hosting the All-Outdoors Tri 45 Winter Triathlon, where you can ski, bike, and run through our snowy wonderland. Start off with a 5k cross-country ski, switch gears for a 10k fat tire bike ride, and finish strong with a 5k trail run—all in the snow!
Check-in opens at 8 AM, and the race kicks off at 10 AM. Soak in the stunning winter views as you push your limits and have SNOW much fun!
¡Únase a nosotros para un día lleno de aventuras en Treetops Resort! El 1 de marzo, organizaremos el triatlón de invierno Tri 45 totalmente al aire libre, donde podrás esquiar, andar en bicicleta y correr por nuestro paraíso nevado. Comience con un esquí de fondo de 5 km, cambie de marcha para un paseo de 10 km en bicicleta con neumáticos gruesos y termine fuerte con una carrera de 5 km, ¡todo en la nieve!
Se abre a las 8 a. m. y la carrera comienza a las 10 a. m. ¡Sumérjase en las impresionantes vistas invernales mientras supera sus límites y se divierte mucho en la NIEVE!

LaughFest 2025
March 5 - 9, 2025
Grand Rapids, Mi
Gilda's LaughFest
We're thrilled to bring together the West Michigan community at our stand-up, improv and other seriously funny events once again. Our 2025 festival is presented by Gun Lake Casino and Resort and will celebrate laugher for the health of it while raising awareness for the cancer and grief emotional health support program offered through Gilda's Club Grand Rapids.
Festival de la risa de Gilda
Estamos encantados de reunir una vez más a la comunidad del oeste de Michigan en nuestros eventos de stand-up, improvisación y otros eventos realmente divertidos. Nuestro festival 2025 es presentado por Gun Lake Casino and Resort y celebrará la risa por la salud mientras crea conciencia sobre el programa de apoyo a la salud emocional contra el cáncer y el duelo que se ofrece a través de

2025 Ultimate Sport Show - Grand Rapids at DeVos Place
March 14 - 16, 2025
Grand Rapids, Mi
Michigan's finest tradition for the avid fisherman, hunter or outdoor loving family. Over 350 exhibitors with the latest outdoor gear, travel information and fishing boats. Book a great trip! Meet the guides and owner operators of remote lodges and cabins. The features are famous: World Class Taxidermy, Antique Lures, Trout Pond, Hawg Trough, Woodcarvers, Fishing Simulator, Rock Wall, and Lake Ultimate. Michigan Sportsmen never miss it! UltimateSportShow.com
La mejor tradición de Michigan para el ávido pescador, cazador o familia amante del aire libre. Más de 350 expositores con lo último en equipamiento para actividades al aire libre, información sobre viajes y barcos de pesca. ¡Reserva un gran viaje! Conozca a los guías y operadores propietarios de albergues y cabañas remotas. Las características son famosas: taxidermia de clase mundial, señuelos antiguos, estanque de truchas, abrevadero Hawg, talladores de madera, simulador de pesca, pared de roca y lago definitivo. ¡Los deportistas de Michigan nunca se lo pierden! UltimateSportShow.com

Fred & Dorothy Fichter Butterflies Are Blooming
March 19 - April 30, 2025
Grand Rapids, Mi
Frederik Meijer Gardens & Sculpture Park announces the return of the much-loved Fred & Dorothy Fichter Butterflies Are Blooming exhibition, now in its 30th year. This highly anticipated event, the largest temporary tropical butterfly exhibition in the United States, showcases the stunning diversity and intricate beauty of butterflies and moths. Fred & Dorothy Fichter Butterflies Are Blooming, opening March 1 and running through April 30, invites visitors to celebrate the unique spectacle of thousands of tropical butterflies flying freely within the lush environment of the Lena Meijer Tropical Conservatory.
Frederik Meijer Gardens & Sculpture Park anuncia el regreso de la muy querida exposición Fred & Dorothy Fichter Butterflies Are Blooming, ahora en su trigésimo año. Este evento tan esperado, la exposición temporal de mariposas tropicales más grande de los Estados Unidos, muestra la impresionante diversidad y la intrincada belleza de las mariposas y polillas. Fred & Dorothy Fichter Butterflies Are Blooming, abriendo el 1 de Marzo y se extenderá hasta el 30 de Abril, invita a los visitantes a celebrar el espectáculo único de miles de mariposas tropicales volando libremente dentro del exuberante ambiente del Conservatorio Tropical Lena Meijer.

Jumpstart 2025
March 21 - 23, 2025
Grand Rapids, Mi
Join us once again for the audience-favorite, Jumpstart 2025. Grand Rapids Ballet dancers seize the choreographic spotlight, crafting short world-premiere works for their fellow performers. Indulge in a program brimming with entirely new creations, as the thrill of Jumpstart lies in the excitement of innovation.
Los bailarines de Grand Rapids Ballet aprovechan la atención coreográfica y crean obras breves de estreno mundial para sus compañeros artistas. Disfrute de un programa repleto de creaciones completamente nuevas, ya que la emoción de Jumpstart radica en la emoción de la innovación.

Ann Arbor Film Festival
March 25 - 30, 2025
Ann Arbor, Mi
The Ann Arbor Film Festival is the oldest avant-garde and experimental film festival in North America, founded by George Manupelli in 1963. The Film Festival receives more than 3,000 submissions annually from more than 65 countries and serves as one of a handful of Academy Award®-qualifying festivals in the United States.
The six-day festival presents 40 programs with more than 180 films of all lengths and genres, including experimental, animation, documentary, fiction, and performance-based works.
El Festival de Cine de Ann Arbor es el festival de cine experimental y de vanguardia más antiguo de América del Norte, fundado por George Manupelli en 1963. El Festival de Cine recibe más de 3000 presentaciones anualmente de más de 65 países y es uno de los pocos festivales que califican para el Premio de la Academia® en los Estados Unidos.

1970 Plymouth Cuda INFECTED owner Ringbrothers Team Custom Car Builder

2025 Kia Telluride, 2025 Kia K5 GT & 2025 Kia K4 LXS Sedans

2024 Chevy Camaro ZL1 Panther Edition Convertible in Million Dollar Motorway

Ultima RS Car owner Mark Garley

1977 Coyote Race Car # 14 A. J. Foyt driver with Gilmore Racing Team

2025 Aston Martin Vanquish at Million Dollar Motorway

2025 Chevy Corvette

Michigan International Auto Show

January 30 – February 2, 2025

The Michigan International Auto Show was held January 30 – February 2, 2025 The Michigan International Auto Show was a huge success at the downtown DeVos Place on 303 Monroe Ave NW, Grand Rapids, MI. This show held by Grand Rapids New Car Dealers and produced by ShowSpan Inc., sponsored by GENTEX Corporation was a real treat for auto enthusiasts.

The vehicles presented were newer 2025 model sedans, trucks, SUV's, luxury cars in the Million Dollar Motorway. Also, Gilmore Car Museum brought in Vintage cars, trucks, and even race cars for the people to see!Somos pocos pero locos en lowriding!

Having a car event?
Contact Homero
(616)893-3906
deeho123@comcast.net

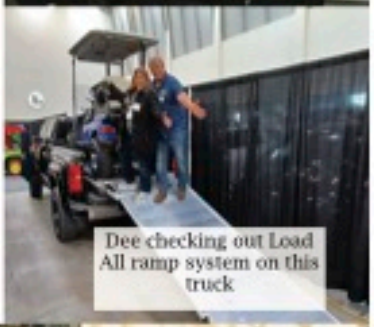
1966 Pontiac GTO owner Jimmer Kline from Wyoming, MI

1916 Packard Race Car for two men, driver and mechanic due to no pit crews way back when

Biniam VanWynen rides his Water Mission #43 at Berlin Raceway

GENTEX Corporation with members Cheryl, Stacy & Norma

SUV from Jurassk Park made its way to DeVos Place


Dee checking out Load All ramp system on this truck

1929 Duesenberg Model J from Gilmore Collection

2025 Chevy Trucks Ready for the Road

1960 Buick Electra 225 Convertible from Gilmore Car Collection

La Voz

Michel Andrade (born Michelle Andrade, November 10, 1996 at Cochabamba, Bolivia) is a Ukrainian singer and television presenter with Bolivian origin. She sings in Spanish, Russian and Portuguese and she also speaks Ukrainian and English. A singer with a Latin American soul, actress, host of "Orel & Reshka" travel show, joins the World Unite for Ukraine movement to lend her voice and spirit to help the Ukrainian people. Michelle is a singer of the year according to Cosmopolitan Awards 2019. Her Ukrainian track "Ne Znayu" has won the TopHit award as the most rotated hit of 2020. "The war changed us, our priorities and values. But I really hope that the feeling of love will stay with us forever. I believe that unity and love will overcome all troubles! This is what my song "'Ne znayu" is about. It will sound in a new way on July 14 at the online concert @worlduniteforukraine."

Michel Andrade (nacida Michelle Andrade, el 10 de noviembre de 1996 en Cochabamba, Bolivia) es una cantante y presentadora de televisión ucraniana de origen boliviano. Canta en español, ruso y portugués y también habla ucraniano e inglés. Cantante con alma latinoamericana, actriz, presentadora del programa de viajes "Orel & Reshka", se une al movimiento Mundo Unido por Ucrania para prestar su voz y espíritu para ayudar al pueblo ucraniano. Michelle es cantante del año según los premios Cosmopolitan Awards 2019. Su tema ucraniano "Ne Znayu" ganó el premio TopHit como el éxito con mayor rotación de 2020. "La guerra nos cambió, nuestras prioridades y valores. Pero realmente espero que el sentimiento de amor permanezca con nosotros para siempre. ¡Creo que la unidad y el amor superarán todos los problemas! De esto trata mi canción "Ne znayu". "Sonará de una manera nueva el 14 de Julio en el concierto en línea @worlduniteforukraine".

Michelle Andrade

The Heartbreaking Loss of Darnell and A'millah Currie, Chuck and his dogs

By Primavera Flores

In February, a winter vortex swept through Michigan, bringing with it freezing temperatures that tragically claimed the lives of 9-year-old Darnell Currie and 2-year-old A'millah Currie. The siblings died in a van parked in a Greektown casino garage in Detroit, where they had been living with their mother, grandmother, and siblings. Detroit police suspect they froze to death—a heart-wrenching reality for a family seeking refuge.

Their mother, Tateona Williams, reported that she reached out to city services multiple times for assistance yet received no follow-up. In a statement, Detroit Mayor Mike Duggan noted, "The family never called back for service." This raises troubling questions about the support systems in place for families in crisis. For months, the family had been living in their van, frequently parking in casino lots to sleep, a stark indication of their desperate situation. The children's father claimed he was unaware of their living conditions, highlighting a lack of communication and support within the family unit.

This tragedy underscores a harsh truth: single mothers are often expected to navigate dire circumstances alone, with societal blame falling squarely on their shoulders when challenges arise. In a world that rarely holds fathers accountable for the lack of support, mothers are left grappling with the burden of unstable housing, employment, and essential resources. No mother should have to endure living in a vehicle with her children during such brutal weather.

Adding to this grim narrative, the frigid temperatures also led to the death of a homeless musician known as "Chuck," along with his two dogs, in Southwest Detroit. Authorities suspect cold exposure and potential carbon monoxide poisoning as contributing factors. These tragedies reflect the ongoing struggle faced by the homeless community and emphasize the urgent need for effective solutions to prevent such losses in the future. Chuck was well known to play his guitar at passersby on W. Vernor st. Bringing music to the community while collecting donations.

According to the Michigan Coalition Against Homelessness, the state has seen a significant rise in homelessness over recent years, driven by economic hardships, a shortage of affordable housing, and mental health issues. Currently, over 66,000 individuals in Michigan are experiencing homelessness, with Detroit housing a substantial portion of this vulnerable population. The city's shelters often operate at full capacity, leaving many to face the elements alone.

While the city has made efforts to increase shelter availability and outreach programs, advocates argue that these measures fall short of what is needed. The persistent lack of affordable housing and comprehensive mental health services hinders progress. Local organizations and volunteers are working tirelessly to provide support. Yet, the stark reality remains: without a multifaceted approach that includes immediate relief and long-term solutions, the crisis will only worsen.

As we mourn the loss of Darnell and A'millah, we must advocate for meaningful change. It is imperative that community members, local governments, and organizations come together to address not only the immediate needs of those affected by homelessness but also the underlying causes of this crisis.

This winter, let us honor the memories of those lost by ensuring that every individual has a safe place to call home, regardless of the season. The time for action is now; the lives of countless families depend on it.

If you are in need of shelter or warming centers, Please contact the following resources

Detroit

1. Detroit Rescue Mission Ministries
   - Provides shelter, meals, and support services.
   - Website: drmm.org
   - 313 -993 -6703

2, The Coalition on Temporary Shelter (COTS)
   - Offers emergency shelter, transitional housing, and support services.
   - Website: cotsdetroit.org

3. Grace in Action
   - Provides a warming center and outreach services during the winter months.
   - Website: graceinaction.org

4. The Salvation Army - Detroit
   - Offers emergency shelter and warming centers during extreme weather.
   - Website: salvationarmyusa.org

5. HOPE Warming Centez
   - Seasonal overnight shelter for those experiencing homelessness.
   - Contact: 313-965-9077

Grand Rapids

The Grand Rapids Homeless Outreach Program

1. Provides resources and support for homeless individuals and families.
   - Website: grhomeless.org

2. The Salvation Army - Grand Rapids
   - Offers emergency shelter and assistance.
   - Website: salvationarmyusa.org

3. Family Promise of Grand Rapids
   - Provides shelter and support services for families experiencing homelessness.
   - Website: familypromisegr.org

4. Mel Trotter Ministries
   - Provides emergency shelter, meals, and transitional housing.
   - Website: meltrotter.org

5. City of Grand Rapids Winter Shelter
   - Offers seasonal shelter for individuals during the cold months.
   - Contact: 211 or local outreach services.

Lansing

1. The Lansing City Rescue Mission
   - Provides emergency shelter, meals, and recovery services.
   - Website: lansingcityrescue.org

2. Haven House
   - Offers shelter and support for families and children experiencing homelessness.
   - Website: havenhouse.org

3. The Salvation Army - Lansing
   - Provides emergency shelter and services to those in need.
   - Website: salvationarmyusa.org

4. EVE (End Violent Encounters)
   - Offers emergency shelter and support for survivors of domestic violence.
   - Website: eveshelter.org

5. Ingham County Human Services
   - Provides information on local resources and shelters.

Contact: 517-887-4300

General Resources

- **Michigan 211:** A statewide resource for finding shelters and assistance.
  - Website: mi211.org

I'm Still Here: Fernanda Torres Potential Oscars Winner- Nominee

Walter Selles' poignant, pensive film about life under dictatorship stars Torres as a stoic mother whose dissident husband vanishes. The film is adapted from their son Marcelo's 2015 memoir of the same name, though Eunice is its resolute focus. Torres. 59, has already won a Golden Globe for her mesmerizingly controlled lead performance, and may well end up taking the Best Actress Oscar (Her 95-year-old mother Fernanda Montenegro, who makes an incredibly moving and well-judged cameo here, is the only other Brazilian actress to have been nominated for the prize for her work in Central Station, Salles's 1998 breakthrough feature.)

The 97th Academy Awards will be held on Sunday, March 2, 2025. The ceremony will take place at the Dolby Theatre in Los Angeles and will be hosted by Conan O'Brien2. The event will start at 7 p.m. ET and will be broadcast live on ABC2.

La conmovedora y pensativa película de Walter Selles sobre la vida bajo la dictadura está protagonizada por Torres como una madre estoica cuyo marido disidente desaparece. La película es una adaptación de las memorias homónimas de 2015 de su hijo Marcelo, aunque Eunice es su enfoque decidido. Torres. De 59 años, ya ganó un Globo de Oro por su interpretación principal fascinantemente controlada, y bien podría terminar llevándose el Oscar a la Mejor Actriz I (Su madre Fernanda Montenegro, de 95 años, que hace aquí un cameo increíblemente conmovedor y bien juzgado, es la única otra actriz brasileña nominada al premio por su trabajo en Estación Central, el largometraje revolucionario de Salles de 1998.)

La 97ª edición de los Premios de la Academia se llevará a cabo el Domingo 2 de Marzo de 2025, en el Dolby Theatre de Los Ángeles y será presentada por Conan O'Brien2. El evento comenzará a las 7 p.m. ET y será transmitido en vivo por ABC2.

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Hidden Signs of Heart Disease
Signos Ocultos de Enfermedad Cardíaca

You likely know that chest pains and discomfort are signs of a heart attack, but do you know the signs of heart disease?

Heart disease includes several different health conditions, such as disease of the heart muscle, heart valve disease, coronary artery disease, arrhythmia, and congenital heart defects. Many of these conditions are treatable with lifestyle changes and medications. Early detection can help with long-term health and help you save money on health care.

Here are hidden symptoms of heart disease to pay attention to:

Fatigue

Fatigue can be a symptom of many health conditions or something as simple as a lack of quality sleep. However, if you experience new and constant fatigue, that can be a sign of cardiovascular disease, according to the American Heart Association. When the heart is not pumping effectively, it can cause people to be more tired.

Shortness of breath

Physical exertion leads to shortness of breath for most people, but shortness of breath after climbing up a few stairs or doing a small task can indicate heart trouble, according to the Mayo Clinic. The feeling of being unable to catch your breath can be a sign of various heart problems such as:

- coronary artery disease, or a lack of blood flow to the heart
- cardiomyopathy, or a diseased heart muscle
- arrhythmia, or irregular heartbeats
- heart valve disease

Swollen feet or ankles

When the heart isn't working efficiently or effectively, it can cause swelling in the legs, ankles, and feet. Heart failure means the heart muscle is weakened, and the body compensates for this by retaining salt and water, which can lead to swelling, according to the American Heart Association.

Heart palpitations

While most irregular heartbeats, called arrhythmias, are harmless, they can be a sign of heart disease, according to the American Heart Association. Heart disease can cause the heart to beat too slowly or too quickly, making it less effective. A resting heart rate of higher than 100 beats per minute (BPM) or lower than 60 BPM is considered too fast and too slow, respectively. A healthy or active adult's resting heart rate can be lower than 60 BPM while sleeping or resting.

Causes of irregular heartbeats include:

- Changes in blood flow that damage the heart's electrical system or scar the heart tissue
- Delay or blockage of electrical signals that control the heartbeat
- Electrolyte or hormonal imbalance

Unexplained aches or pains

Most people experience aches and pains, especially as we age. Pain in the jaw, shoulders, arms, back, or abdomen following exercise can be a sign of heart disease, particularly coronary artery disease. The pain may decrease with rest.

Talk to your primary care provider if you notice any of these symptoms, especially a combination of them. Heart disease is treatable with early lifestyle interventions.

Seek immediate medical care if you experience signs of a heart attack:

- Chest pain or discomfort
- Pain or discomfort in the arms, back, or jaw
- Fainting
- Nausea
- Sudden shortness of breath
- Unusual tiredness
- A cold sweat

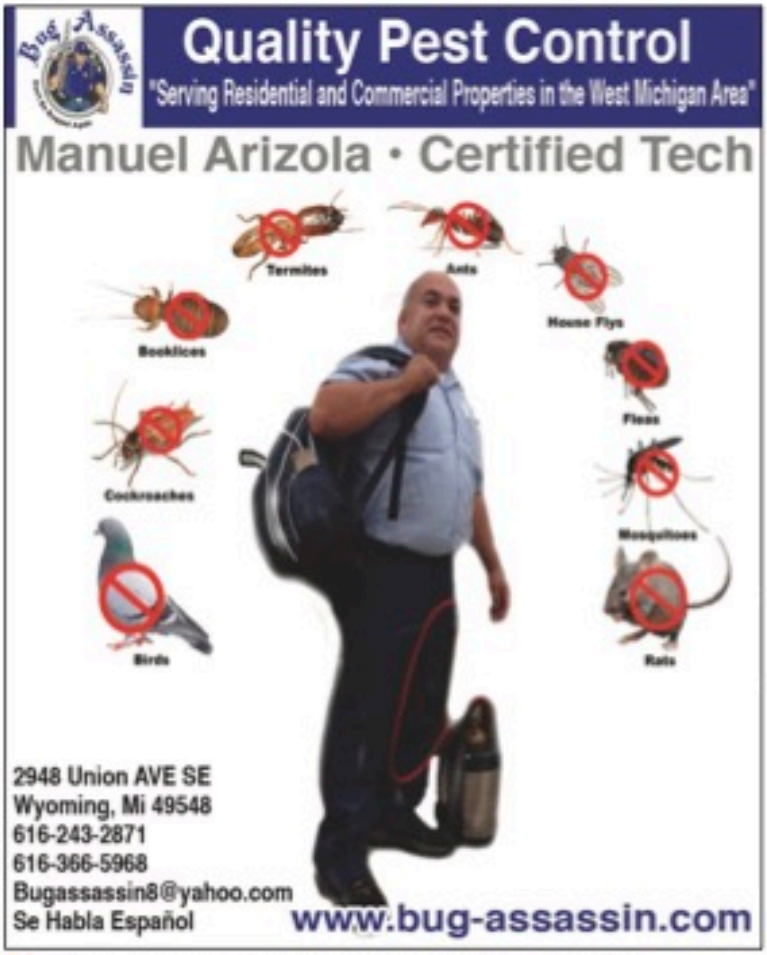
Probablemente sepa que los dolores y molestias en el pecho son signos de un ataque cardíaco, pero ¿conoce los signos de una enfermedad cardíaca?

Las enfermedades cardíacas incluyen varias condiciones de salud diferentes, como enfermedades del músculo cardíaco, enfermedades de las válvulas cardíacas, enfermedades de las arterias coronarias, arritmias y defectos cardíacos congénitos. Muchas de estas afecciones se pueden tratar con cambios en el estilo de vida y medicamentos. La detección temprana puede ayudar con la salud a largo plazo y ayudarle a ahorrar dinero en atención médica.

Aquí hay síntomas ocultos de enfermedad cardíaca a los que debe prestar atención:

- ***Fatiga***
- ***Dificultad para respirar***
- ***Pies o tobillos hinchados***
- ***Palpitaciones del corazón***
- ***Dolores o molestias inexplicables***

Si nota alguno de estos síntomas, especialmente una combinación de ellos, hable con su proveedor de atención primaria. La enfermedad cardíaca se puede tratar con intervenciones tempranas en el estilo de vida.



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Marissa Monette

The Community Voice La Voz Magazine is excited to introduce you to Miss. Marissa Monette from Southeast Michigan. Get ready because as winter exits this stunning individual is warming the entire state with her radiant beauty. Marissa has been selected as a feature model for this summer's Grand Haven Beach photoshoot & swimsuit on Saturday. Her popularity is soaring high and the demand for appearances is in extremely high demand. Congratulations to Marissa. The photographers whose work can be seen on Facebook: marissa.monette.9 & Instagram @marissa_monette.

CLASSIFIEDS

SPECIAL NEEDS STUDENT ASSISTANT: SCHOOL POOL- Qualified individual needed to provide direct support to students before, during, and after swimming activities within a center-based special education facility.

Provide support to students in the areas of personal care/hygiene, behavior, communication, and medical needs, depending on the candidate's qualifications. Must be able and willing to work with students with severe behavior and medical needs.

Must be able to swim proficiently and willing to participate in all swimming activities in and out of the water.

Must be willing to complete other duties as assigned which may include working alongside adaptive PE instructor or within other classrooms throughout the school.

Balanced School Calendar/Year Round - 190 Days 7.0 hours per day

Qualifications:
CPR/First Aid Certification Required.
Crisis Prevention Intervention (CPI) Certification required or willingness to be trained.
Certified Nursing Assistant (CNA) credential preferred, but not required.
Red Cross Lifeguard certification desired but not required.

The qualified individual will have experience working with students with moderate to severe cognitive and/or physical impairments. Full participation in swimming activities along with moderate to heavy lifting required.
Compensation: $16 per hour. 30-35 hours per week. Includes benefits package. Location: Ottawa Area Center School, Allendale, MI .www.oaisd.org.

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Aspiring Journalist
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La Voz de Comunidad La Voz busca a periodistas de aspiración para crear el contenido en línea y en nuestra revista de letra. Perfecto para estudiantes de periodismo que miran para construir su carpeta o escritores freelances que quieren contribuir al alcance de nuestras comunidades.

Email resume/CV to primaveratf@gmail.com

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