

The Community Voice

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# LA VOZ

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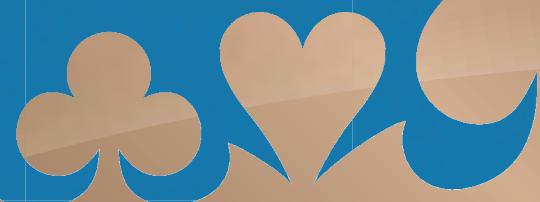
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# America leads in War on Covid-19 while some Refuse Vaccination

## Estados Unidos lidera la guerra contra el Covid-19 mientras que algunos rechazan la vacunación



America is leading the world in the pace and degree of vaccinations administered to its residents with progress metrics indicating that the Biden administration's plan to vaccinate nearly 200 million Americans is on track. While other nations have developed their own vaccines and administration plans have shifted during the course of this year. The United States has made remarkable progress in reducing the severity and deaths caused by the Covid-19 Virus. President Biden and most of the nation's Governors have worked together to plan for the dispensing and vaccinating of the most vulnerable populations with efficient systems of mobile clinics including non-traditional drive thru mobile stations employing trained volunteers from a variety of professional fields. Sports Centers, Schools, churches, parking lots and more have served as "ground zero" in the fast-paced fight to curb infections and deaths across America! President Biden recently addressed the nation marking his progress to meeting his goal of vaccinating 100 million Americans in the first 100 days and now doubling his goal to vaccinate 200 million in that same time period. This is notable progress!

According to the Pew Center: "As COVID-19 vaccine production and administration efforts in the U.S. continue to ramp up, a new Pew Research survey finds public intent to get vaccinated is on the rise.

Overall, 19% of adults say they have already received at least one dose of a coronavirus vaccine. Another 50% say they definitely or probably plan to get vaccinated. Taken together, 69% of the public intends to get a vaccine – or already has – up significantly from 60% who said they planned to get vaccinated in November.

Differences across demographic and political groups continue to characterize public views of COVID-19 vaccines. Yet these dynamics are fluid, and there have been some notable changes as intent has risen and vaccines become more widely available in the U.S.

A majority of Black Americans (61%) now say they plan to get a COVID-19 vaccine or have already received one, up sharply from 42% who said they planned to get vaccinated in November. Differences in intent to be vaccinated among Black, White, Hispanic or Asian adults are generally smaller now than they were three months ago." There are also major media campaigns currently targeting Black and Hispanic communities to inform them of the benefits of vaccination and dispel disinformation campaigns which seek to limit their participation in the vaccination process.

Unfortunately, Michigan and other states have witnessed a growing number of right-wing Republican leaders and residents who have refused to partake in getting the vaccinations and are actively encouraging the Republican voter base to unmask, abandon social distancing and reject vaccinations as part of a revolt against the Biden Administration. The recent increases in Covid 19 and B.1.1.7 Variant are directly attributable to the relaxation and abandonment of mask wearing and social distancing precautions and other restrictions in states and business who are opening without concern for mitigating the spread of Covid. The Covid variants are spreading faster and are more severe. This is sad but true! Michigan has even witnessed more than 15% increases in over 10 counties according to a recent MLive report. What is it going to take for us as a nation of Americans to join together and fight a common enemy? How many more lives need be lost to make us realize that working together is the only way we can defeat a common enemy? It is time for more unity! Please do your part.

**Los Estados Unidos está liderando el mundo en el ritmo y el grado de vacunación administrada a sus residentes con métricas de pro-**



greso que indican que el plan de la administración de Biden para vacunar a casi 200 millones de estadounidenses está en camino. Mientras que otras naciones han desarrollado sus propias vacunas y los planes de administración han cambiado durante el transcurso de este año. Estados Unidos ha logrado un progreso notable en la reducción de la gravedad y las muertes causadas por el virus Covid-19. El presidente Biden y la mayoría de los gobernadores de

la nación han trabajado juntos para planificar la dispensación y vacunación de las poblaciones más vulnerables con sistemas eficientes de clínicas móviles que incluyen estaciones móviles no tradicionales que emplean voluntarios capacitados de una variedad de campos profesionales. ¡Los centros deportivos, escuelas, iglesias, estacionamientos y más han servido como "zona cero" en la lucha acelerada para frenar las infecciones y muertes en todo Estados Unidos! El presidente Biden se dirigió recientemente a la nación marcando su progreso para alcanzar su objetivo de vacunar a 100 millones de estadounidenses en los primeros 100 días y ahora duplicando su objetivo de vacunar a 200 millones en ese mismo período de tiempo. ¡Este es un progreso notable!

Según el Pew Center: "A medida que los esfuerzos de producción y administración de la vacuna COVID-19 en los EE. UU. Continúan aumentando, una nueva encuesta de Pew Research encuentra que la intención pública de vacunarse va en aumento.

En general, el 19% de los adultos dicen que ya han recibido al menos una dosis de una vacuna contra el coronavirus. Otro 50% dice que definitivamente o probablemente planean vacunarse. En conjunto, el 69% del público tiene la intención de recibir una vacuna, o ya lo ha hecho, significativamente más que el 60% que dijo que planeaba vacunarse en noviembre.

Las diferencias entre grupos demográficos y políticos continúan caracterizando la opinión pública sobre las vacunas COVID-19. Sin embargo, estas dinámicas son fluidas y se han producido algunos cambios notables a medida que ha aumentado la intención y las vacunas están más disponibles en los EE. UU.

La mayoría de los afroamericanos (61%) ahora dicen que planean recibir una vacuna COVID-19 o ya han recibido una, un aumento drástico del 42% que dijo que planeaba vacunarse en noviembre. Las diferencias en la intención de vacunarse entre los adultos negros, blancos, hispanos o asiáticos son generalmente más pequeñas ahora que hace tres meses." También existen importantes campañas mediáticas dirigidas actualmente a las comunidades negras e hispanas para informarles de los beneficios de la vacunación y disipar campañas de desinformación que buscan limitar su participación en el proceso de vacunación.

Desafortunadamente, Michigan y otros estados han sido testigos de un número creciente de líderes y residentes republicanos de derecha que se han negado a participar en la obtención de las vacunas y están alejando activamente a la base de votantes republicanos a desenmascarar, abandonar el distanciamiento social y rechazar las vacunas como parte de una revuelta. contra la Administración Biden. Los recientes aumentos en Covid 19 y la variante B.1.1.7 son directamente atribuibles a la relajación y el abandono del uso de máscaras y las precauciones de distanciamiento social y otras restricciones en los estados y empresas que abren sin preocuparse por mitigar la propagación de Covid. Las variantes de Covid se están extendiendo más rápido y son más severas. ¡Esto es triste pero cierto! Michigan incluso ha sido testigo de aumentos de más del 15% en más de 10 condados, según un informe reciente de MLive. ¿Qué nos va a necesitar como nación de estadounidenses para unirnos y luchar contra un enemigo común? ¿Cuántas vidas más se deben perder para que nos demos cuenta de que trabajar juntos es la única forma en que podemos derrotar a un enemigo común? ¡Es hora de más unidad! Por favor, haga su parte.

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# How the 2020 Pandemic Encourages Healthy/Possible Medicinal Eating Lifestyle Habits



By Kindra A. Peterson

Though I may not be a medical doctor, but am a certified holistic health practitioner who can offer some healthier eating approaches that may naturally serve medicinal purposes without any side effects. The following information can serve as the beginning of the healthier eating process, though there is so much more to learn beyond this crash course. If something doesn't agree with your stomach, you can research and consult your physician for the next best food for substitution; doing this, you will continue to learn and be inspired during the process. Yes. The 2020 Coronavirus/COVID-19 pandemic has sent a lot of people into pandemonium, depression, feelings of hopelessness and so many more negative emotions, but it has also encouraged a lot of people to let food become their medicine. People have realized that they haven't been eating as they should and quarantine has encouraged them to start realizing the medicinal value in healthy food. Healthy food can boost your immune system when you have dedication and good intentions attached to the habits. For example, there is the negative connotation regarding healthy food being nasty and boring; this stigma couldn't be further from the truth. A lot of healthier food is plant-based and that just rings boring and nasty to those who simply are unaware of all of the amazing healthy options that are in the world or have a closed mind to their desires and/or unhealthy food addictions. What they're failing to realize is that they already consume these "boring and nasty" foods into their meals as side dishes on a daily basis. Most importantly, these sides can be switched to the main course while the harder to digest foods can be reduced gradually; this can be the key to strengthening your immune system against the virus.

Proper food combining can be the beginning of experiencing the benefits of a healthier eating lifestyle. When you start your day, the first thought may be a hearty breakfast that will give you tons of energy for the day. However, the best start to your day should be a nice bowl or platter of fresh fresh fruit, which is the healthiest. If you don't have fresh fruit on hand, you can try frozen fruit that can easily be pureed into a delicious smoothie or even canned fruit. When you eat fruit at the beginning of your day, it is best digested on an empty stomach and needs at least thirty minutes to properly do so; in turn, your body has less maneuvering to do in order to provide the best health properties within the vitamins and minerals. The following is a breakdown of what a potential plant-based lifestyle can look like:

## Breakfast/Desayuno

- Bowl of fresh fruit for the first 30 minutes of awakening (again will allow the best opportunity for your body to provide the vitamins and minerals within the fruit)
- Oatmeal with desired spices (provides your body with the fiber for necessary regularity)
- Toast

## Lunch/Almuerzo

- Mostly green vegetable salad with seeds and natural ingredient salad dressing (greener vegetables provide the most protein)
- Zucchini noodles with vegetables

## Dinner/Cena

- Salad (can be prepared as learned from lunch menu suggestions)
- Beans with vegetables (beans provide the protein)
- Couscous is a healthier substitution for rice
- Homemade or natural bread with 5 ingredients or less, as less is always best with a starchy foods

Every food combination and taste buds will vary among people, but a large number of people feel and believe that healthy eating brings forth a healthier body. If you want to be healthy, make that reflect in your eating habits. The earth has already provided foods that will leave you fulfilled. A pandemic may have put some things on halt, but let's not let it put our desire for a healthier life on halt; make it the inspiration!



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# Community News



## CONGRATULATIONS!!

### FELICIDADES DR. JOSE A. FLORES



En esta ocasión queremos felicitar al Dr. Jose Flores, que el 1 de Abril celebró un año más de vida.

Otro año más rodeado de familia y amigos para celebrar. Muchísimas felicitaciones de parte del personal de La Voz y La familia Stop & Shop.

### FELICIDADES PARA CARLOS Y YURI

El pasado 20 de Marzo en la iglesia de St. Joseph The Worker, Carlos y Yuri Muñoz contrajeron matrimonio. El Sagrado Sacramento del Matrimonio fue oficiado por el padre Steve Crown.

*On Saturday, March 20, 2021, Carlos & Yuri Munoz were married by Fr. Steve Cron during mass at St. Joseph The Worker Church, 225 32nd St. S.W., Wyoming, MI. 49548.*

Carlos y Yuri Muñoz  
Marzo 3, 2021



For more information visit / Para más información visita  
[www.laup.org/fiesta](http://www.laup.org/fiesta)

## SEA LO QUE SEA EL FUTURO



Para los alumnos de Grand Valley, el futuro significa oportunidad e innovación. El futuro es global, nos conecta y nos une. Es local, le da forma a los espacios en los que trabajamos y en los que vivimos. Es un compromiso con el progreso. El futuro es donde las mentes son libres de imaginar lo que podría ser. En GVSU, el futuro es ahora. Y sea lo que sea el futuro para ti, te ayudaremos a llegar allí.

[gvsu.edu/next](http://gvsu.edu/next)



## TULIP TIME

May 1 – 9, 2021

One thing for sure in this not-so-sure world is that the way we celebrate tulips and spring will be different! We are committed to the health and safety of all our visitors, volunteers and our community. We continue to monitor the Governor of Michigan's Executive Orders as well as directives from the CDC and our local health department. Our hope is to announce festival events in January.

To stay up to date with Tulip Time plans follow us on Facebook, watch our website for updates [www.tuliptime.com/2021](http://www.tuliptime.com/2021).

*Para mantenerse al día con los planes de Tulip Time síganos en Facebook, o visite nuestro sitio web para actualizaciones [www.tuliptime.com/2021](http://www.tuliptime.com/2021).*

# VACCINES ARE AVAILABLE, SAFE AND TESTED!



Every state is rolling out vaccines that can help prevent serious cases of COVID19. Vaccines work by helping your body build a memory of a disease so it can be prevent a serious case if you are infected, or so that it can prevent an illness altogether.

## COVID19 Vaccines in Michigan

By Ingrid Cruz Michigan's goal right now is to make sure no state resident has to drive more than 20 minutes to be able to get the vaccine. The state is partnering with the University of Michigan, as well as setting up alternative vaccination partnerships.

## The Differences Between the Three Vaccines

There are currently three vaccines approved for use in the United States. Because of limited supply, appointments are scheduled in advance so people can get their dose in an organized manner.. At the time of reporting on this article, approximately 130.5 million doses were administered in the United States.

Because of manufacturing issues and high demand, most people are unaware of the type of vaccine they will get until they arrive to their vaccination site. Here are the three vaccines you can expect right now.

**Pfizer BioNTech:** This vaccine is meant for people who are 16 years of age and up. It goes in the arm and goes on in two doses that are 21 days (three calendar weeks) apart. Studies show that this vaccine is up to 94% effective against serious cases of COVID19 and can reduce the likelihood of being hospitalized with COVID.

Currently, the United States is studying the effects of the vaccine in children under the age of 12 in hopes that minors under the age of 16 can also be protected against COVID19.

**Moderna:** This vaccine is approved for people 18 years of age or older. It is given through the muscle of the upper arm in two doses that are 28 days (4 calendar weeks) apart. According to studies, the vaccine is also 94% effective in preventing serious symptomatic COVID19 cases and in decreasing hospitalization rates in people who receive it.

**Johnson & Johnson/Janssen:** The J&J vaccine is for people who are 18 years of age or older. It only requires one shot and goes on the upper arm. This vaccine has been proven to be 90% effective in protecting people from a severe case of COVID19 and can also help prevent hospitalizations.

## Are There Side Effects?

Many vaccines do cause side effects, and this is completely normal. Like the flu shot, the COVID19 vaccine has been associated with side effects such as:

- Soreness in the area where the vaccine was given
- Swelling
- Fever
- Flu-like symptoms

## Can Everyone Get Vaccinated?

The vaccine is safe for almost everyone, but there are certain people who won't be able to get vaccinated.

- People with severe allergies to any of the ingredients in the vaccines.
- Immunocompromised people or people who have autoimmune conditions should talk to their doctors about the COVID19 vaccine beforehand.
- People who recently had COVID19.

## What About Other Vaccines?

The United States is currently testing the Oxford AstraZeneca vaccine, which comes from the United Kingdom. Tests right now show that this vaccine is up to 79% effective in preventing symptomatic cases caused by COVID19, and up to 100% effective in preventing hospitalization rates.

Talk to your doctor about any concerns you might have about the vaccine, and look to reputable sources such as the Centers for Disease Control and Prevention (CDC). For most people, the vaccine is completely safe to take, and every person who is vaccinated ensures that we all get closer to herd immunity.



Cada estado está difundiendo vacunas que podrían prevenir casos serios del COVID19. Las vacunas ayudan a que nuestros cuerpos desarrollen memoria de una enfermedad para que pueda prevenir un caso serio en caso de infección, o para prevenir a las enfermedades del todo.

## Vacunas COVID19 en Michigan

La meta del estado de Michigan por el momento es asegurar que ningún residente del estado tenga que manejar más de 20 minutos para poder conseguir la vacuna. El estado ha fomentado colaboraciones con la Universidad de Michigan, y también con otros sitios para poder difundir la vacuna.

## La diferencia entre las tres vacunas.

Por ahora hay tres vacunas aprobadas para uso en los EEUU. Ya que las suministraciones de la vacuna son limitadas, se requiere una cita por adelantado para asegurarse que las vacunas se llevan a cabo de manera ordenada. 130.5 millones de dosis se habían otorgado durante el reportaje de este artículo.

Por ahora hay problemas con la fabricación de la vacuna y alta demanda, por lo cual muchas personas no saben cuál de las vacunas recibirán hasta que lleguen a su sitio de vacunación. Estas son las tres vacunas que podrías recibir.

**Pfizer BioNTech:** Esta vacuna es para personas de 16 años de edad o más. Se pone en el brazo y se lleva a cabo en dos dosis con 21 días (3 semanas) de distancia. Los estudios confirman que la vacuna es 94% eficaz en la prevención de casos serios del COVID19 y que puede disminuir las hospitalizaciones de COVID19. Se administra en el brazo.

Por ahora los EEUU están estudiando los efectos de la vacuna en niños menores de 12 años con la esperanza de poder proteger a las personas con menos de 16 años de edad.

**Moderna:** Esta vacuna está aprobada para personas mayores de 18 años o más. También se administra en el brazo. La vacuna consiste en dos dosis que se administran con 28 días (4 semanas) de distancia. Según estudios, la vacuna también es 94% eficaz en la prevención de casos serios del COVID19 y en disminuir casos sintomáticos de COVID19, además de la prevención de hospitalizaciones en las personas que la reciben.

**Johnson & Johnson/Janssen:** La vacuna J&J es para personas de 18 años de edad o más. Solamente requiere de una dosis en el antebrazo. La vacuna es aproximadamente 90% eficaz para la prevención del COVID19 y la prevención de hospitalizaciones.

## ¿Hay efectos secundarios?

Muchas vacunas causan efectos secundarios y esto es totalmente normal. Así como la vacuna de la gripe, la vacuna de COVID19 podrían causar efectos secundarios como:

- Dolores en el sitio de vacunación
- Inflamación
- Fiebre
- Síntomas de gripe

## ¿Todos se pueden vacunar?

La vacuna es segura para la mayoría de gente, pero hay ciertas personas que no pueden recibir la vacuna.

- Personas con alergias severas a algún ingrediente presente en la vacuna.
- Personas con un sistema inmunocomprometido o con condiciones auto-inmunes deberían hablar con sus doctores acerca de la vacuna del COVID19.
- Personas que recientemente fueron diagnosticadas con COVID19.

## ¿Hay otras vacunas?

Los Estados Unidos están actualizando la vacuna Oxford AstraZeneca, que proviene del Reino Unido. Por ahora, los análisis demuestran que es 79% efectiva en la prevención de casos sintomáticos del COVID19, hasta el 100% efectiva en la prevención de hospitalizaciones.

Hable con su doctor sobre cualquier duda que tenga sobre la vacuna y busque información en sitios con buena reputación, como los Centros de Control y Prevención de Enfermedades (CDC, por sus siglas en inglés). La vacuna es segura para la mayoría de gente y cada persona con vacuna asegura a que lleguemos más cerca a la inmunidad colectiva.

## VOTING TO BECOME WHITE PRIVILEGE AGAIN!

Republicans move swiftly to block mail-in voting, limit voting access and restrict the use of absentee ballots making voting a "White Privilege again!"

As of mid-February, 253 bills were pending to restrict voting in 43 states. Many of those restrictions take direct aim at mail-in and early voting, the very policies that led to November's record turnout.

Civil rights advocates have called it the greatest effort to restrict the vote since the Jim Crow era. For those of us who don't know what **Jim Crow laws were**: "Jim Crow laws were state and local laws that enforced racial segregation in the Southern United States. These laws were enacted in the late 19th and early 20th centuries by white Southern Democrat-dominated state legislatures to disenfranchise and remove political and economic gains made by black people during the Reconstruction period. The Republican Party lily-white movement supported the exclusion of African Americans. The Jim Crow laws were enforced until 1965."

Jim Crow laws later required used poll taxes and proof of literacy to keep blacks from voting. These laws also affected Mexican Americans, Natives and Asians in areas where voting blocs could have made a political impact.

Los republicanos actúan rápidamente para bloquear el correo en las votaciones, limitar el acceso a las votaciones y restringir el uso de las



boletas de voto en ausencia, lo que hace que la votación sea un "Privilegio blanco nuevamente".

A mediados de febrero, había 253 proyectos de ley pendientes para restringir la votación en 43 estados. Muchas de esas restricciones tienen como objetivo directo el envío por correo y la votación anticipada, las mismas políticas que llevaron a la participación récord de noviembre.

Los defensores de los derechos civiles lo han calificado como el mayor esfuerzo para restringir el voto desde la era de Jim Crow. Para aquellos de nosotros que no sabemos qué eran

**las leyes de Jim Crow:** "Las leyes de Jim Crow eran leyes estatales y locales que imponían la segregación racial en el sur de los Estados Unidos. Estas leyes fueron promulgadas a fines del siglo XIX y principios del XX por legislaturas estatales dominadas por los demócratas del sur blancos para privar de derechos y eliminar los logros políticos y económicos logrados por los negros durante el período de Reconstrucción. El movimiento blanco lirio del Partido Republicano apoyó la exclusión de los afroamericanos. Las leyes de Jim Crow se hicieron cumplir hasta 1965".

Más tarde, las leyes de Jim Crow requirieron impuestos electorales usados y prueba de alfabetización para evitar que los negros votaran. Estas leyes también afectaron a los mexicanoamericanos, nativos y asiáticos en áreas donde los bloques de votantes podrían haber tenido un impacto político.

## Stop Asian Hate in our country



MAPAAC is disheartened by the recent shootings of Asian American women in Atlanta, Georgia, where six of the eight victims were Korean American. Whether explicit or implicit bias, the shooter was motivated by his

fetishization and sexualization of Asian American women – a long standing issue in this country. His racism and misogyny was fueled by the xenophobic rhetoric of politicians that spurred his murderous and horrific actions.

We cannot ignore that once again, in a time of national crisis, working class immigrants are targeted. We've seen this over and over again where a pattern of white supremacy operates - racial minorities and immigrants are often scapegoated for societal and individual problems.

Many are now asking themselves - am I safe in my own community and my country? MAPAAC urges elected officials, law enforcement and community leaders to recognize this crime by calling it what it is – a racially motivated hate crime. We hope that our leaders will stand with us as we mobilize our own communities and work in solidarity with others striving to move forward to a place of healing.

Individuals can contact the Department of the Attorney General Hate

Crimes Unit if they have knowledge of, or are a victim of, a crime motivated by hate by phone at 313-456-0200 or by email at [Hate-Crimes@michigan.gov](mailto:Hate-Crimes@michigan.gov).

MAPAAC works to advance the full and equal participation of Asian Pacific Americans in the building of a greater Michigan. Learn more about MAPAAC at [www.michigan.gov/MAPAAC](http://www.michigan.gov/MAPAAC).

**MAPAAC está desanimado por los recientes tiroteos de mujeres asiático-americanas en Atlanta, Georgia, donde seis de las ocho víctimas eran coreano-americanas. Ya sea un sesgo explícito o implícito, el tirador estaba motivado por su fetichización y sexualización de las mujeres asiáticoamericanas, un problema de larga data en este país. Su racismo y misoginia fueron alimentados por la retórica xenófoba de los políticos que estimuló sus acciones horribles y asesinas.**

**No podemos ignorar que una vez más, en tiempos de crisis nacional, los inmigrantes de la clase trabajadora son el objetivo. Hemos visto esto una y otra vez donde opera un patrón de supremacía blanca: las minorías raciales y los inmigrantes a menudo son el chivo expiatorio de los problemas sociales e individuales.**

**Las personas pueden comunicarse con la Unidad de Crímenes de Odio del Departamento de la Fiscalía General si tienen conocimiento o son víctimas de un crimen motivado por el odio por teléfono al 313-456-0200 o por correo electrónico a [Hate-Crimes@michigan.gov](mailto:Hate-Crimes@michigan.gov).**

**MAPAAC trabaja para promover la participación plena y equitativa de los estadounidenses de origen asiático en la construcción de un Michigan más grande. Obtenga más información sobre MAPAAC en [www.michigan.gov/MAPAAC](http://www.michigan.gov/MAPAAC).**



# Mejore su salud y haga más actividad.



Más Vida More Life, de Spectrum Health, es un programa gratuito de un año de duración diseñado para ayudarle a tomar el control de su salud, comprender su riesgo de contraer enfermedades y aprender sencillos cambios de estilo de vida que pueden causar un impacto positivo en su bienestar.

Para más información, visite [spectrumhealth.org/masvida](http://spectrumhealth.org/masvida) o llame al 616.391.6199.

## House passes bills with path to citizenship for "Dreamers" and farmworkers

The House recently passed two proposals that would legalize subsets of the estimated 11 million immigrants living in the U.S. without legal permission. The bills will bring needed relief to America's Dreamers and farmworkers.

Joined by nine Republicans, all House Democrats voted to approve the American Dream and Promise Act, which passed by a vote of 228 to 197. The proposal would allow more than 2.3 million "Dreamers," or unauthorized immigrants who came to the U.S. as minors, as well as beneficiaries of certain temporary humanitarian programs, to gain permanent legal status and eventually, U.S. citizenship.

If signed into law, the American Dream and Promise Act would make recipients of the Obama-era Deferred Action for Childhood Arrivals (DACA) program and other undocumented immigrants brought to the country before age 18 eligible to apply for a 10-year period of conditional permanent residence if they satisfy several requirements.

Would-be applicants would be eligible to apply for permanent residence if they earned a college degree or enrolled in a bachelor's program for two years; if they served in the military for at least two years; or if they worked in the U.S. for a three-year period.

More than 300,000 immigrants living in the U.S. with Temporary Protected Status and Deferred Enforced Departure, two provisional forms of humanitarian relief, would automatically be eligible to apply for permanent residency under the bill if they meet the eligibility rules, which include having lived in the U.S. for at least three years.

**La Cámara aprobó recientemente dos propuestas que legalizarían subconjuntos de los aproximadamente 11 millones de inmigrantes que viven en Estados Unidos sin permiso legal.**

**Más de 300,000 inmigrantes que viven en los EE. UU. Con Estatus de Protección Temporal y Salida Forzada Diferida, dos formas provisionales de ayuda humanitaria, serían automáticamente elegibles para solicitar la residencia permanente según el proyecto de ley si cumplen con las reglas de elegibilidad, que incluyen haber vivido en los EE. UU. durante al menos tres años.**

## Governor Whitmer Secures Bipartisan Support to Give Michiganders More Time to File Individual State Income Tax Returns

State of Michigan individual income tax annual returns are now due on May 17, 2021, according to the Michigan Department of Treasury. The new filing deadline comes after the Internal Revenue Service extended its deadline to the same date. For the benefit and convenience of taxpayers, both the beginning and end of income tax filing season are the same as the IRS.

To learn more about Michigan's taxes, go to [www.michigan.gov/taxes](http://www.michigan.gov/taxes) or follow the state Treasury Department on Twitter at @MITreasury.

**Las declaraciones anuales del impuesto sobre la renta individual del estado de Michigan ahora vencen el 17 de mayo de 2021, según el Departamento del Tesoro de Michigan. La nueva fecha límite de presentación se produce después de que el Servicio de Impuestos Internos extendió su fecha límite a la misma fecha. Para el beneficio y conveniencia de los contribuyentes, tanto el comienzo como el final de la temporada de declaración de impuestos son los mismos que los del IRS.**

**Para obtener más información sobre los impuestos de Michigan, visite [www.michigan.gov/taxes](http://www.michigan.gov/taxes) o siga al Departamento del Tesoro del estado en Twitter en @MITreasury.**

## Federal legislation extends unemployment benefit programs for Michigan workers

A COVID-19 stimulus bill signed into law by President Biden continues federal unemployment insurance programs which were set to expire on March 13, 2021.

Individuals with claims of any type should continue to certify as usual. Most claimants will not experience a gap in benefits as long as they remain eligible and continue to certify.

Unemployment provisions under the federal American Rescue Plan are extended from March 13 – Sept. 4, 2021:

- (PUA), which provides coverage to the self-employed, gig workers and others in non-traditional employment.
- (PEUC), which provides additional weeks of benefits to those who exhaust their regular state benefits.
- (PUC), which provides all unemployment recipients with an additional \$300 per week.
- (MEUC), which provides an additional \$100 per week to claimants on some benefits programs who have self-employment income of at least \$5,000.

The relief package also includes the extension of 100% federal financing for the use of the program.

# Transformation starts here.

## 18-week CNC / Machine Tool Job Training Program

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[grcc.edu/CNC](http://grcc.edu/CNC)



## ROYAL CARIBBEAN MARKS 2021 RETURN TO CARIBBEAN WITH CRUISES FROM THE BAHAMAS



This summer, travelers can trade in virtual travel experiences for their long-awaited vacations and cruise in The Bahamas and Mexico with Royal Caribbean International. The global cruise line has announced a summer lineup of 7-night cruises on board Adventure of the Seas, setting sail this June from new homeport Nassau, The Bahamas. Vacationers now have the chance to island-hop and relish the adventures they have missed, including the first series of two back-to-back days on Perfect Day at CocoCay, Royal Caribbean's game-changing private island destination in The Bahamas, and quality time exploring Grand Bahama Island, The Bahamas and Cozumel, Mexico.

Royal Caribbean marks its 2021 return to the Caribbean with cruises from The Bahamas. Adventure of the Seas sets sail June 2021 on 7-night sailings from Nassau, The Bahamas, offering two back-to-back days on Perfect Day at CocoCay, the cruise line's private island destination in The Bahamas; and visits to Grand Bahama Island, The Bahamas and Cozumel, Mexico. The new itineraries will sail with fully vaccinated crew and adult guests as well as those under the age of 18 with negative test results.

Travelers looking ahead to their summer vacations can book their roundtrip

cruise as soon as Wednesday, March 24 and set sail starting June 12. The new itineraries departing through August, which will sail with vaccinated crew, will be available to adult guests who are fully vaccinated against COVID-19 and those under the age of 18 with negative test results.

"We are excited to get back to delivering memorable vacations in the Caribbean, gradually and safely. The vaccines are clearly a game changer for all of us, and with the number of vaccinations and their impact growing rapidly, we believe starting with cruises for vaccinated adult guests and crew is the right choice.

*Este verano, los viajeros pueden intercambiar experiencias de viaje virtuales por sus tan esperadas vacaciones y cruceros en Las Bahamas y México con Royal Caribbean International. La línea de cruceros global ha anunciado una línea de cruceros de verano de 7 noches a bordo del Adventure of the Seas, que zarpa en junio desde el nuevo puerto base Nassau, Las Bahamas. Los vacacionistas ahora tienen la oportunidad de saltar de isla en isla y disfrutar de las aventuras que se han perdido, incluida la primera serie de dos días consecutivos en Perfect Day en CocoCay, el destino de isla privada que cambia el juego de Royal Caribbean en las Bahamas, y tiempo de calidad. explorando la isla Gran Bahama, las Bahamas y Cozumel, México.*

*Royal Caribbean marca su regreso al Caribe en 2021 con cruceros desde Las Bahamas. Adventure of the Seas zarpa en junio de 2021 en viajes de 7 noches desde Nassau, Las Bahamas, y ofrece dos días consecutivos en Perfect Day en CocoCay, el destino de isla privada de la línea de cruceros en Las Bahamas; y visitas a la Isla Gran Bahama, Las Bahamas y Cozumel, México. Los nuevos itinerarios navegarán con tripulación totalmente vacunada e invitados adultos, así como con menores de 18 años con resultados negativos en las pruebas.*

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# Carlos Ortiz



**Each month, we have featured a Latin American representing our community in professional sports in the U.S.**

By Odille Parker

In a sport that lacks popularity and support in Latin America, Carlos Ortiz has made a name for himself as a professional golfer, playing on the PGA Tour and Wed.com Tour.

The Mexican golfer was born in Guadalajara, Jalisco, Mexico, moving to the United States to play golf at the University of North Texas. Ortiz played in the Mexican team at the 2010 Eisenhower Trophy, and again in 2012 where Mexico was runner-up. He was also part of the team that won the bronze medal at the 2011 Summer Universiade.

In 2020, he won the Houston Open, becoming the first Mexican to win on the PGA Tour since Victor Regalado in 1978. Ortiz holed two long birdie putts off the green to take the lead, staying rock solid down the stretch and delivering the winning shots for a 5-under 65 and a two-shot victory.

"I wasn't really thinking about the other guys. I wasn't worried," Ortiz said in an interview with the Associated Press after the win. "I knew if I played good I was going to be hard to beat. ... I knew I was capable of doing that because I know myself, but obviously validating that and then showing it, it definitely gets me more confidence. I'm just happy the way it played out."

Ortiz turned professional in 2013, finishing T-15 at the Web.com Tour qualifying school after playing in the first, second and final stages. He joined the Tour in 2014 and won the Panama Claro Championship. Only three weeks later he registered his second Web.com Tour victory at the El Bosque Mexico Championship. The win moved him to the top 200 in the Official World Golf Ranking.

In his PGA Tour debut in 2014, Ortiz finished T-65 at the Memorial Tournament. He went on to win his third Web.com event of the season at the WinCo Foods Portland Open. He was voted Web.com Tour Player of the Year as a three-time, single-season winner.

Ortiz finished 93rd in the FedEx Cup in his first full PGA season, having a season-best finish of T9 at the OHL Classic at Mayakoba.

His 2020 PGA Tour win qualified him to be invited to the 2021 Masters Tournament, making him the second Mexican to earn an invite. The other was his brother, Alvaro Ortiz, who played in the 2019 Masters as an amateur.

On winning in Texas, where his career first began, Ortiz said, "It feels awesome. This is like my second home. There was a bunch of people cheering for me, Latinos and Texans, I am thankful for all of them."

***En un deporte que carece de popularidad y apoyo en América Latina, Carlos Ortiz se ha hecho un nombre como golfista profesional, jugando en el PGA Tour y Web.com Tour.***

***El golfista mexicano nació en Guadalajara, Jalisco, México, se mudó a los Estados Unidos para jugar al golf en la Universidad del Norte de Texas. Ortiz jugó en el equipo mexicano en el Trofeo Eisenhower 2010, y nuevamente en 2012 donde México fue subcampeón. También formó parte del equipo que ganó la medalla de bronce en la Universiada de Verano de 2011.***

***Su victoria en el PGA Tour 2020 lo calificó para ser invitado al Masters Tournament 2021, convirtiéndolo en el segundo mexicano en ganar una invitación. El otro era su hermano, Álvaro Ortiz, quien jugó en el Masters 2019 como aficionado.***

***Al ganar en Texas, donde comenzó su carrera, Ortiz dijo: "Se siente increíble. Este es como mi segundo hogar. Había muchas personas que me animaban, latinos y texanos, estoy agradecido por todos ellos".***



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# April Events

## Eventos en Abril

### Fred & Dorothy Fichter Butterflies Are Blooming March 1- April 30, 2021 Grand Rapids

This year, over 60 species of butterflies from Asia, Africa, and Central & South America, will take flight in the warm, lush environment of the Lena Meijer Tropical Conservatory. This year's theme will highlight horticulture displays, butterflies, moths and caterpillars in and under glass.

*Este año, más de 60 especies de mariposas de Asia, África y América Central y del Sur, tomarán vuelo en el ambiente cálido y exuberante del Conservatorio Tropical Lena Meijer. El tema de este año destacará exhibiciones de horticultura, mariposas, polillas y orugas dentro y debajo del vidrio.*

### Jumpstart: on film April 1, 2021 Grand Rapids

Choreographed by the dancers of Grand Rapids Ballet, this innovative program will also provide them the unique opportunity to explore a completely new layer of creativity and expression: filmmaking. We sincerely thank our season video sponsors, Salt Creative Production Studio, for their mentorship and guidance.

*Coreografiado por los bailarines de Grand Rapids Ballet, este programa innovador también les brindará la oportunidad única de explorar una capa completamente nueva de creatividad y expresión: la realización de películas.*

### Outdoor Program: Fishing the Detroit River April 3, 2021 Detroit

Put your casting skills to good practice while fishing

the Detroit River at Milliken State Park. Try your luck at adding your catch to our daily leaderboard! This will be a great program for all experience levels. Equipment and instruction will be provided. Guests are welcome to bring their own gear, and staff can assist with setup if needed. Participants over the age of 17 are required to have a 2021 fishing license. Purchase your fishing license online at Michigan.gov/DNRLicenses.

Fee: \$2 per person  
Register for Fishing the Detroit River.

**Ponga en práctica sus habilidades de lanzamiento mientras pesca en el río Detroit en el Parque Estatal Milliken. Los participantes mayores de 17 años deben tener una licencia de pesca de 2021. Compre su licencia de pesca en línea en Michigan.gov/DNRLicenses.**

**Tarifa: \$ 2 por persona  
Regístrate para pescar en el río Detroit.**

### Grand Rapids Griffins vs Rockford Ice Hogs April 10-28, 2021 Grand Rapids

As we all look forward to the start of the 2020-21 AHL season, there are many reasons to be excited to see the Griffins return to the ice. Presently, the Griffins and Van Andel Arena management are working with local and state health officials to identify all protocols that will ensure a safe and healthy environment for our fans, players, and employees. At present, the Griffins are limited to hosting 500 fans per home game, with 2021-22 season ticket members given the first opportunity to purchase tickets. Information regarding the 2020-21 season, as well as a helpful FAQ, can be found

below and will be updated frequently over the coming weeks.

### Outdoor Program: Birding on the Riverfront

**April 17, 2021**

Detroit

The area along the Detroit River is a great place for birdwatching, especially throughout migration season! By April many of our migrant bird species are on the move, so there is no telling what we might see. Join us for an early spring walk along the riverfront, through Milliken State Park and in the area around the OAC to identify and learn about the species we see. All experience levels are welcome; binoculars are available for loan on a first-come, first-served basis.

Fee: \$2 per person

Register for Birding on the Riverfront.

**Mientras todos esperamos el comienzo de la temporada 2020-21 AHL, hay muchas razones para estar emocionados de ver a los Griffins regresar al hielo. Actualmente, la gerencia de Griffins y Van Andel. En la actualidad, los Griffins están limitados a recibir a 500 fanáticos por juego en casa, y los miembros del boleto de temporada 2021-22 tienen la primera oportunidad de comprar boletos. Te puedes registrar en Birding on the Riverfront.**

### 2021 Spring Wedding & LifeStyle Expo April 17-18, 2021 Lansing

Welcome to the 2021 Spring Wedding & LifeStyle Expo at the Lansing Mall, brought to you by Lansing Bride Magazine! We will be hosting inside and outside the old Overdrive Music Event Venue,



**Fred & Dorothy Fichter Butterflies Are Blooming  
March 1- April 30, 2021**

**para obtener información sobre las entradas y recuerda que todos los militares y los niños menores de 5 años son gratis. Y ESTACIONAMIENTO GRATUITO !!**

### Shepherd Maple Syrup Festival

**April 24-25, 2021**

**Shepherd**

Welcome to the Shepherd Sugar Bush in the Sweetest Little Town Around. The Sugar Bush is the maple syrup producing section of the Shepherd Maple Syrup Festival.

The Shepherd Maple Syrup Festival will be held this year April 24-25. Events this year will include the pancake meals, parade, and classic car show. Watch for future announcements on the website as more events are added to the schedule.

**Bienvenido a la Exposición de estilo de vida y bodas de primavera de 2021 en el centro comercial Lansing, presentada por la revista Lansing Bride! ¡Tendremos el anfitrión dentro y fuera del antiguo lugar de eventos musicales Overdrive, anteriormente Tequila Cowboy! ¡Tendremos 22,000 pies cuadrados de espacio para exhibir a los mejores profesionales en nuestra industria de bodas local, para ayudarlo con su día especial! En el extremo norte / oeste del complejo, use la entrada West Mall en Regal Cinemas.**

**Visita Eventbrite.com**

**El Festival Shepherd Maple Syrup se llevará a cabo este año del 24 al 25 de abril. Los eventos de este año incluirán comidas de panqueques, desfile y exhibición de autos clásicos. Esté atento a los anuncios futuros en el sitio web a medida que se agreguen más eventos al programa.**

# Homer's Favorites



1953 Mercury Monterey 2 door hardtop



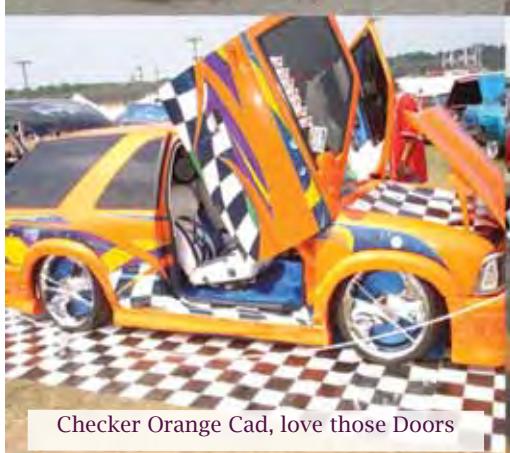
1954 Blue Chevy Bel Air 2 door Sedan



Larry Kennedy - Low 4 Life L.C. Lansing, MI - 1973 Chevy Impala



Alberto Garcia - Won hydraulic dance contest - \$100



Checker Orange Cad, love those Doors



Kaspor Manzer - Lifestyles L.C. Jackson, MI - 73 Pontiac Grandville - Best of Show



BRAT Bike owner Brianna Cortez



Eddie Cortez - Creative Difference Chicago, IL - 1969 Schwinn Stingray

Showcasing some car shows in the Lowrider Corner from past events between 2002 - 2005. Take Kasper Manzer from Jackson, MI, who drove this \$80,000 1973 Pontiac Grand Ville Convertible to the Dos Homiez Car Show. He won Best of Show!

Also, Eddie Cortez who came all the way from Chicago, IL, brought his 1969 Schwinn Sting-ray with his unique turntable. He won Best of Show at the Dos Homiez Car Show.

Larry Kennedy brought his 1973 Chevy Impala "Public Nuisance" that stood out with all the artwork.

Alberto Garcia (Pido) Low 4 Life Car Club from Saginaw, MI, won \$100 for Dance Hopping at 2002 Dos Homiez Car Show.

Here's a Low Rider News Alert! This event has been Rescheduled:

Detroit Autorama 69th  
April 30 - May 2, 2021 at TCF Center (Cobo Hall)

1 Washington Boulevard, Detroit, MI 48226.  
(TBD...They haven't canceled yet...Keep your fingers cross!)

Wear a mask, sanitize hands, stay 6' feet from each other and register for the vaccine ASAP!

Somos pocos pero locos en lowriding!  
Having a car event? Contact Homer (616)893-3906 [deeho123@comcast.net](mailto:deeho123@comcast.net)

# La Voz

Fuentes was born in Havana, Cuba, to a Cuban father and Spanish mother. In 1969, when Fuentes was three years old, her family fled the island to escape Fidel Castro's regime and moved to Madrid, Spain. Fuentes learned to speak English while watching I Love Lucy episodes. Four years later, she moved with her family to Harrison, New Jersey, where she attended Harrison High School, was voted homecoming queen and "best looking", and graduated in 1984. Fuentes started modeling during her senior year in high school. An aspiring , she enrolled in cosmetology school with dreams of opening her own salon. Later. She enrolled at Bergen Community College where she majored in Communications.

Fuentes broke barriers as MTV's first Latina VJ (signed to MTV and MTV Latin America simultaneously) and as Revlon's first Latina spokesperson to be signed to a worldwide contract.

**Fuentes nació en La Habana, Cuba, de padre cubano y madre española. En 1969, cuando Fuentes tenía tres años, su familia huyó de la isla para escapar del régimen de Fidel Castro y se mudó a Madrid, España. Fuentes aprendió a hablar inglés mientras veía los episodios de I Love Lucy. Cuatro años más tarde, se mudó con su familia a Harrison, Nueva Jersey, donde asistió a Harrison High School, fue nombrada reina del baile de bienvenida y "más guapa", y se graduó en 1984. Fuentes comenzó a modelar durante su último año en la escuela secundaria. Aspirante, se matriculó en la escuela de cosmetología con el sueño de abrir su propio salón. Más tarde, se inscribió en Bergen Community College, donde se especializó en Comunicaciones.**

**Daisy, presentadora de televisión, modelo, actriz y comedianta. Fuentes rompió barreras como la primera VJ latina de MTV (firmó con MTV y MTV Latinoamérica simultáneamente) y como la primera vocera latina de Revlon en firmar un contrato mundial.**



# Daisy Fuentes

# Selena's family received her Grammy Lifetime Achievement Award ahead of 63rd annual ceremony

Tejano singer Selena Quintanilla-Pérez posthumously received the Lifetime Achievement Award at the 63rd annual Grammy Awards last month.

She will be the first Texas woman to receive this award. Originally scheduled for Jan. 31, the music ceremony was rescheduled due to rising cases of COVID-19.

Abraham Quintanilla, Selena's father and music manager, formally received the award from the National Academy of Recording Arts and Sciences Feb. 22.

The Lifetime Achievement Award recognizes musicians who have made creative contributions of outstanding artistic significance to the field of recording.

'Anything for Selena': Podcast examines the late singer's legacy and impact it made in culture

The Queen of Tejano music joins eight Texan artists who received in receiving the same award: Charles Hardin "Buddy Holly" Holley (1997), Roy Kelton Orbison (1998), Willie Nelson (1999), Bob Wills and the Texas Playboys (2006), Ornette Coleman (2006), George Jones (2011), Kris Kristofferson (2013) and Flaco Jimenez (2014).

Selena won a Grammy for best Mexican-American album in 1994 for her album "Live!," making her the first female Tejano artist to do so.

As other ceremonies have been this past year, the Grammy awards was held in a mostly virtual setup, with different performances streaming live across the nation.

***El legado de la recordada "reina del tex-mex" será reconocido con un Lifetime Achievement Award, durante la entrega 63 de los Premios Grammy***

***A unas semanas de cumplirse los 26 años del asesinato de Selena Quintanilla, la Academia Nacional de Artes y Ciencias de la Grabación de Estados Unidos le otorgará a la recordada estrella latina un premio Grammy póstumo, con el que se le reconocerá su legado en la música y la apertura en el camino para muchos otros artistas.***

***Y aunque la entrega de los premios se llevará a cabo el próximo domingo 14 de marzo, tras ser pospuestos por motivo de la pandemia, -pues estaban previstos a realizarse el 31 de enero pasado-, dicha estatuilla ya fue entregado a la familia de Selena, quienes confirmaron en diciembre a través de las redes sociales oficiales***

***de la intérprete de Como la flor, que la Academia de la Grabación le otorgará en la ceremonia un premio Lifetime Achievement Award.***

***"La Academia de la Grabación ha anunciado a los homenajes por sus Premios al Mérito Especial 2021 ¡Honrando a Selena con el premio Lifetime Achievement Award junto con Grandmaster Flash & The Furious Five, Lionel Hampton, Marilyn Horne, Salt N' Pepa y Talking Heads", se lee en el perfil oficial de la diva. De acuerdo con la publicación, dicho premio es otorgado a los intérpretes o ejecutantes que han realizado contribuciones destacadas en la música.***

***La Academia ya le entregó a la familia el premio que será exhibido próximamente en el museo de la cantante que se encuentra en la ciudad de Corpus Christi. Este no es el primer Grammy que recibe la intérprete, pues en los 90 ganó el reconocimiento gracias su disco Selena Live como Mejor álbum mexicano-estadounidense.***

***En la edición 63 de la entrega anual, a realizarse este domingo, el ícono de la música tejana será honrado póstumamente, razón por la cual Abraham Quintanilla aseguró que su famosa y recordada hija, quien murió a los 23 años a manos de Yolanda***



Saldívar, "habría estado muy emocionada".

***"La vida de Selena se truncó, pero sus fans la han llevado a lo largo de los años y su legado se transmite de generación en generación", compartió Abraham con la revista People. "Me sentí muy feliz de abrir la caja y ver este importante premio en honor al trabajo de mi hija", contó el productor musical de 82 años sobre el momento en que recibió la estatuilla, semanas antes del espectáculo que se realizó el mes pasado.***



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## The Story Behind Jenni Rivera's Heartwarming, Animated Music Video 'Motivos'



"This concept is geared to a new generation," says Quintana, who has worked with the Rivera family for eight years. "We wanted to create a story that kids would be able to understand easily and well. We thought, let's bring the grandchildren into the picture to really convey that."

Quintana teamed up with the Costa Rica-based director and cinematographer once again after having worked with him on Rivera's 2019 "Aparentemente Bien" music video.

"We have great chemistry and since then we had been thinking what can we do that's never been done before with Jenni for the next one?" Quintana remembers. "Once we decided that it would be animated, we reached out to a production company also based in Costa Rica that created Ricardo Arjona's "El Cielo A Mi Favor" animated music

video for this specific project. It was challenging because we had never done a video like this for Jenni, but we pulled it off in three months."

Following Doña Rosa's intro, the video starts off with "La Diva de la Banda" on a plane reflecting on her journey from being a single mom who hustled hard trying to make ends meet for her and her kids, through to making her dreams come true and becoming a regional Mexican superstar.

"We decided to include those specific moments in Jenni's life because she was more than just an artist onstage. She was a human," says Quintana. "I wanted to remind people of who she was and how hard she worked and never gave up. I think people need that message nowadays and women, especially, could relate to Jenni's struggles."

The last scene in the emotional video is Rivera back on a plane looking at a photo of her family on her cellphone. "I always think, what were Jenni's last thoughts? I'm almost positive she was thinking about her family because her family was everything to her," he adds.

After the release of every new Jenni Rivera project, Quintana can't help but get emotional. "When I met Jenny, she bought me a laptop so that I could work. I'd pay her back by taking photos of her, producing video in-

tros for her concerts or taking photos of her daughter's quinceañera. I was with her during her last rehearsal in Burbank, California before she left to Mexico for her last concert and she told me, 'when I'm back from Monterrey let me fix some stuff and you'll start working with me.' Eight years later, I'm still working with her."

*Ya está disponible el nuevo sencillo de Jenni Rivera: "Motivos", un tema que hiciera famoso el cantante español José Domingo y que hoy volverá a sonar en dos versiones a ritmo de banda o mariachi en voz de "La Diva de la Banda", quien con su estilo único, logró darle a una canción romántica ese toque que solo ella podía lograr y que sin duda se convertirá en un éxito más en su voz.*

*La canción es acompañada por un video-clip con una tecnología prácticamente inexistente en el regional mexicano y es que se logró, por medio de una animación, recrear momentos de la vida y la carrera de la cantante: desde que vendía cassettes en el mercado, cuando grabó su primer disco, algunos de los escándalos que tuvo que enfrentar con los medios de comunicación, sus relaciones personales y familiares, además de sus últimos momentos en el escenario de la Arena Monterrey y hasta los últimos minutos de vida.*

# CORAZÓN DE ORO

(bién, técnicamente maíz)

A detailed anatomical illustration of a human heart, colored in yellow and orange, positioned behind the text 'CORAZÓN DE ORO'.

Heart & Vascular

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# LEXIE ZUNO

My name is Lexie Zuno, 21 year old motivated latina who was born and raised here in the 616. I am very proud of my roots and carry myself humbly. I find happiness being surrounded by family and friends. For passing time I find myself keeping up to date on the latest current events whether that be local news or globally, I have a very fun time being behind the camera. Modeling has helped me face some of my insecurities and has taught me to love myself for who I am. When I am not behind the camera I consider myself a strong advocate for mental health and believe that the world deserves positive change. I hope to pursue my dreams in becoming an educator and helping all those around me, especially those in the LATINO Community.

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## 2021 APRIL MODEL SEARCH



# CDC: What You Can Do Once You Receive Your COVID Vaccine

More freedom to socialize and a return to routine activities are among the benefits of receiving a COVID-19 vaccine, under guidelines released March 8 by the U.S. Centers for Disease Control and Prevention. Once you are considered **fully vaccinated**, it's considered safe to visit indoors with others who are fully vaccinated or at a low risk for severe illness without wearing masks or physically distancing, according to the CDC.

Here's how long it takes to be fully vaccinated against COVID-19:

- At least two weeks after receiving the second dose of the Pfizer-BioNTech or Moderna vaccines
  - At least two weeks after receiving the single shot of the Johnson & Johnson vaccine
- Here are three things people can do once they are fully vaccinated:
1. Visit indoors with others who are fully vaccinated without wearing masks or staying 6 feet apart
  2. Visit indoors with others who are not vaccinated from a single household who are at a low risk for severe COVID-19 without wearing masks or staying 6 feet apart
  3. Quarantine and testing are no longer needed if exposed to COVID-19 and not showing symptoms

For now, the CDC recommends individuals who are **fully vaccinated** continue to follow these best practices:

- Take precautions in public like wearing a well-fitted mask and physical distancing
- Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at increased risk for severe COVID-19 disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households
- Avoid medium- and large-sized in-person gatherings
- Get tested if experiencing COVID-19 symptoms
- Follow guidance issued by individual employers
- Follow CDC and health department travel requirements and recommendations
- Continue to avoid crowds, avoid poorly ventilated spaces, cover coughs and sneezes and frequently wash hands



These guidelines will be updated by the CDC in the future as more individuals become fully vaccinated and vaccine technology advances.

*Más libertad para socializar y volver a las actividades rutinarias se encuentran entre los beneficios de recibir una vacuna COVID-19, según las pautas publicadas el 8 de marzo por los Centros para el Control y la Prevención de Enfermedades de EE. UU. Una vez que se considera en contra, se considera seguro visitar el interior con otras personas que estén completamente vacunadas o que tengan un riesgo bajo de contraer una enfermedad grave sin usar máscaras o distanciarse físicamente, según el. Para más información visita*

[www.mibluesperspectives.com](http://www.mibluesperspectives.com)

## ¡Protégete!

- usando tu máscara**
- manteniendo 6' de distancia**
- lavándote las manos**



También puedes reservar un lugar en la fila para ti y tu familia para la Vacuna contra COVID-19 hoy en [vaccinatwestmi.com/registro](http://vaccinatwestmi.com/registro)

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Obtenga más información en [HereForItAll.com](https://HereForItAll.com)

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

# Miss April is Courtney Varney



She does it all! She's an aspiring model and an accomplished photographer. Courtney is a survivor of every challenge life brings to her doorstep. She is blessed with a positive attitude, has style and as you can see, she is simply stunning. Her presence in a room brings great excitement and when in group shoots, she is the one who helps every other model push their talents to another level. Look for her in the future as this Northern Michigan native's stock rises!



Photos are compliments of photographer:  
Brian Thornton/  
Publisher of Modern Model Magazine  
Facebook: <https://www.facebook.com/brian.thornton.718>



Michael Farage 'Cool Mike'  
For details contact Mike at:  
[CCCougar11@aol.com](mailto:CCCougar11@aol.com) with all your  
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# CLASSIFIEDS

**ADMINISTRATIVE ASSISTANT-** Part-time Administrative Assistant: performs various routine administrative tasks in support of township department operations and assists the public at the front desk as well as via phone, mail/email and fax. Key requirements /qualifications: experience /knowledge of the following - structure, policies, procedures & regulations of municipal government. BS&A computer software knowledge is preferred but not required.

Submit your resume by mail or in person at Laketon Township Hall, 2735 W. Giles

Rd, Muskegon, MI 49445. Submissions must be received by no later than 4pm on Friday March 26, 2021. Call Township Supervisor Kim Arter at 231-744-2454 if you have questions regarding this position.

**SENIOR OFFICE SPECIALIST-** The Senior Office Specialist operates the Facilities Management Service Center and the computerized facilities and infrastructure maintenance management system; types, classifies, distributes, costs and closes-out work orders. Required: High school diploma or

GED and three years of qualifying experience or a combination of education and experience that equates to three years. For a complete list of requirements and to apply on-line, please visit [www.jobs.cmich.edu](http://www.jobs.cmich.edu). CMU, an AA/EQ institution, strongly and actively strives to increase diversity and

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**GENERAL LABORERS -** and YARD WORK 401k and health benefits available. Apply within at Kalamazoo Metal Recyclers, 1525 King Highway, Kalamazoo MI or apply online at [www.kzometalrecyclers.com/employment-opportunities](http://www.kzometalrecyclers.com/employment-opportunities). 401K & Health Benefits available! NO PHONE CALLS PLEASE

#### PINNACLE TOOL - SHOP HELPERS-

Metal Stamping Die Shop in Wyoming, MI,

seeking general laborers/shop helpers with the potential to start an apprenticeship down the road. Benefits include competitive pay as well as employer-paid medical coverage and 401k match.

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Please apply in-person with resume at 1150 Gezon Pkwy SW, Wyoming, MI 49509  
Monday-Friday 7am-5pm

**WELDER** - Experience required. Apply in person: Kalamazoo Metal Recyclers, 1525 King Highway or apply online at [www.kzometalrecyclers.com/employment-opportunities](http://www.kzometalrecyclers.com/employment-opportunities). 401K & Health Benefits available! NO PHONE CALLS PLEASE

#### SEWING MACHINE REPAIR TECH-

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