

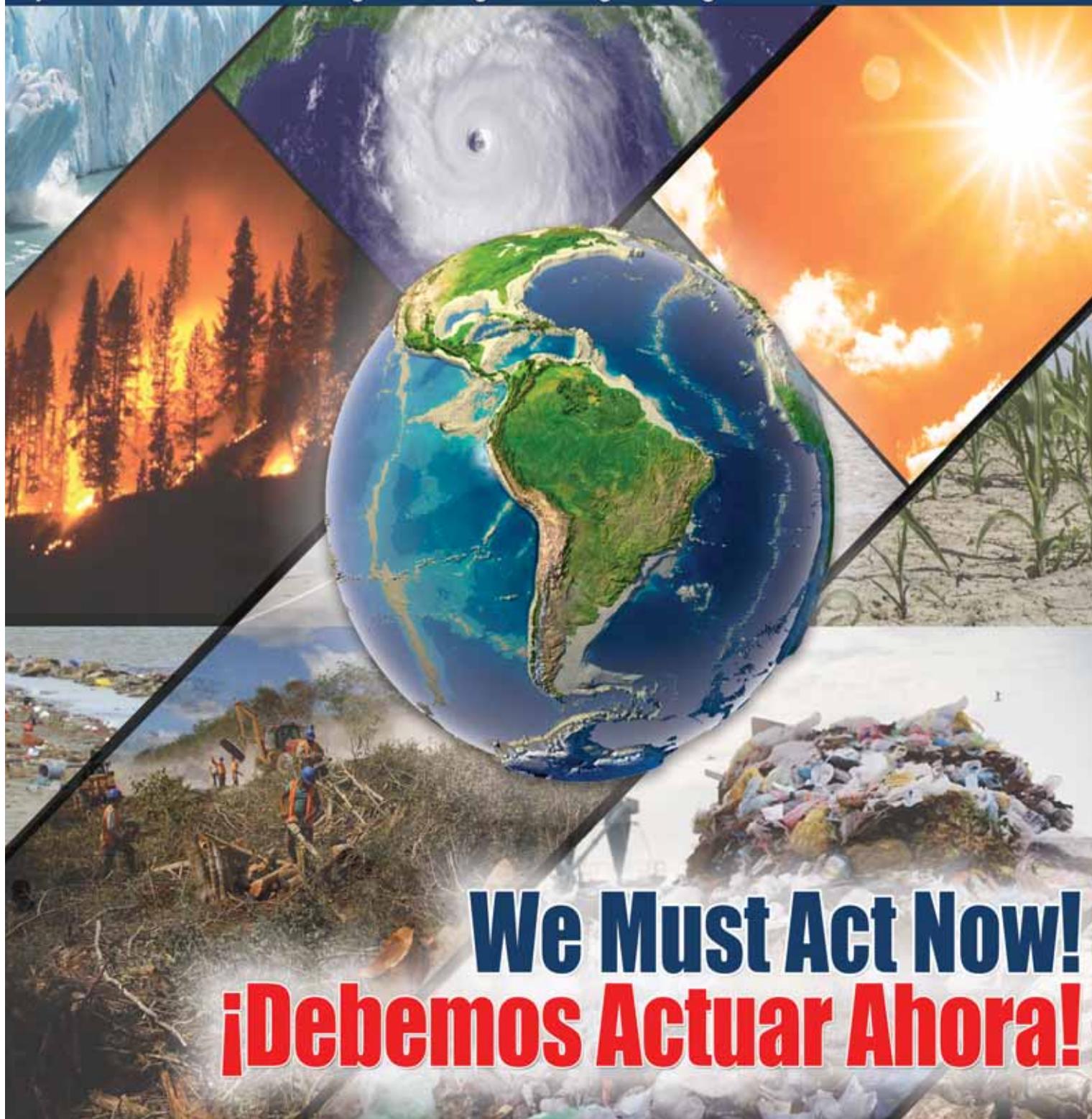
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Bilingual Magazine

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Michigan leads the way for Workers!

¡Michigan lidera el camino para los trabajadores!



By Dr. José A. Flores

Michigan became the first state in the nation to repeal the famed "Right to Work" legislation passed by Republicans in 2012 protecting employer's rights to "Fire at will," undermines the ability of unions to optimally finance their unions with all members paying their fair share for representation and provide wage advantages to companies as an inducement to do business in our state." While the name Right to Work is purposely deceiving, as was the intent of the legislation, workers in unions lost many rights and protections from company bosses who sometimes practice unfair hiring, supervision, promotion and firing actions without checks and balances.

Since enacting Right to Work legislation in Michigan, unions were under attack and saw their memberships drop by nearly three percent of membership and their financial stability suffered worse. Some workers sought to avoid paying union dues but desired services regardless of their "freeloading" when they were confronted with unfair conditions or treatment. Companies withdrew their support of union dues collection through payroll deductions to further undermine collective bargaining groups. These actions were driven by our state Republican led legislature and prior Republican governors.

Working conditions, minimum wage and prevailing wages for industry occupations are a couple of protections necessary to improve the livelihoods of American workers and creating stability for working class families. These protections are restored by Governor Gretchen Whitmer's recent action of signing into law the repeal of Right to Work legislation. Michigan is moving in the right direction!

The middle class grows when wages more closely match the worth of labor tasks and corporate giants pay workers fairly for their contributions to the company's success! Corporate greed must be reeled in. Workers when supported, enable companies to prosper. When businesses are fair to employees, respect them as human beings and provide workers with the necessary support, there are no union-led strikes or public outcries about unfair working conditions. It is only when the workplace abuses become unbearable that workers call for collective action. The rights of workers are being advanced in Michigan and this is a needed step forward.

Michigan se convirtió en el primer estado de la nación en derogar la famosa legislación de "Derecho al Trabajo" aprobada por los republicanos en 2012 que protege los derechos de los empleados a "Despedir a voluntad, socava la capacidad de los sindicatos para financiar de manera óptima sus sindicatos con todos los miembros pagando su parte justa por representación y otorgar ventajas salariales a las empresas como incentivo para hacer negocios en nuestro estado". Si bien el nombre Derecho al trabajo es deliberadamente engañoso, como era la intención de la legislación, los trabajadores sindicalizados perdieron muchos derechos y protecciones de parte de los jefes de las empresas que a veces practican acciones injustas de contratación, supervisión, promoción y despido sin control ni equilibrio.



Desde que se promulgó la legislación sobre el derecho al trabajo en Michigan, los sindicatos fueron atacados y vieron caer su membresía en casi un tres por ciento y su estabilidad financiera empeoró. Algunos trabajadores trataron de evitar el pago de las cuotas sindicales, pero deseaban los servicios independientemente de su "aprovechamiento" cuando se enfrentaban a condiciones o trato injustos. Las empresas retiraron su apoyo al cobro de cuotas sindicales a través de deducciones de nómina para socavar aún más los grupos de negociación colectiva. Estas acciones fueron impulsadas por nuestra legislatura estatal dirigida por republicanos y gobernadores republicanos anteriores.

Las condiciones de trabajo, el salario mínimo y los salarios prevalecientes para las ocupaciones de la industria son un par de protecciones necesarias para mejorar los medios de vida de los trabajadores estadounidenses y crear estabilidad para las familias de la clase trabajadora. Estas protecciones son restauradas por la reciente acción de la Gobernadora Gretchen Whitmer de promulgar la derogación de la legislación del Derecho al Trabajo. ¡Michigan se está moviendo en la dirección correcta!

¡La clase media crece cuando los salarios se acercan más al valor de las tareas laborales y los gigantes corporativos pagan a los trabajadores de manera justa por sus contribuciones al éxito de la empresa! La avaricia corporativa debe ser controlada. Los trabajadores, cuando cuentan con apoyo, permiten que las empresas prosperen. Cuando las empresas son justas con los empleados, los respetan como seres humanos y les brindan el apoyo necesario, no hay huelgas dirigidas por sindicatos ni protestas públicas por condiciones de trabajo injustas. Solo cuando los abusos en el lugar de trabajo se vuelven insoportables, los trabajadores llaman a la acción colectiva. Los derechos de los trabajadores están siendo promovidos en Michigan y este es un paso adelante necesario.

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La Importancia de la Inteligencia Artificial en el Desarrollo Económico



Por: Edgar León

La Inteligencia Artificial (IA) es una tecnología que está transformando el mundo en el que vivimos. Su potencial es enorme, y puede ser utilizado para mejorar la calidad de vida de las personas, la eficiencia de las empresas y el desarrollo económico de una ciudad. En este artículo, discutiremos la importancia de la Inteligencia Artificial en el desarrollo de la economía de una ciudad del futuro.

La Inteligencia Artificial se refiere a la capacidad de las máquinas de imitar el comportamiento humano y aprender de la experiencia. La IA puede ser utilizada en una variedad de campos, incluyendo la medicina, la industria manufacturera, el transporte, la educación y la seguridad. En el contexto de la economía de una ciudad del futuro, la IA puede ser utilizada para mejorar la eficiencia de los procesos empresariales, aumentar la productividad, reducir los costos y mejorar la calidad de vida de los ciudadanos.

La implementación de la Inteligencia Artificial en la economía de una ciudad del futuro puede tener múltiples beneficios. Por ejemplo, puede ser utilizada para mejorar el transporte público, reduciendo los tiempos de espera y aumentando la eficiencia en las rutas. La IA también puede ser utilizada para la planificación urbana, analizando datos de tráfico y movilidad para optimizar el diseño de las ciudades y mejorar el flujo de tráfico.

Otro ejemplo de cómo la IA puede mejorar la economía de una ciudad del futuro es en el sector manufacturero. La IA puede ser utilizada para la automatización de procesos de producción, reduciendo los tiempos de espera y mejorando la calidad del producto. Además, la IA puede ser utilizada para la detección de errores y la mejora de los procesos de calidad, lo que puede aumentar la eficiencia y reducir los costos.

En el sector de la salud, la IA también puede ser utilizada para mejorar la eficiencia y la calidad de los servicios médicos. Por ejemplo, la IA puede ser utilizada para la detección temprana de enfermedades, la predicción de la eficacia de los tratamientos y la identificación de los pacientes con mayor riesgo de complicaciones. Además, la IA puede ser utilizada para la optimización de los procesos de atención al paciente, reduciendo los tiempos de espera y mejorando la experiencia de los pacientes.

Por último, la IA también puede ser utilizada para mejorar la seguridad en una ciudad del futuro. La IA puede ser utilizada para la detección temprana de delitos, la prevención de robos y la mejora de la seguridad en el transporte público. Además, la IA puede ser utilizada para la identificación de patrones de comportamiento sospechoso y la prevención de amenazas a la seguridad pública.

En conclusión, la Inteligencia Artificial es una tecnología con un gran



potencial para mejorar la economía de una ciudad del futuro. Su implementación puede tener múltiples beneficios, incluyendo la mejora de la eficiencia, la reducción de costos y la mejora de la calidad de vida de los ciudadanos. A medida que la IA continúa evolucionando, es importante seguir explorando su potencial y encontrar nuevas formas de utilizarla para mejorar nuestras vidas y nuestras comunidades.

"El papel de la inteligencia artificial en la economía mundial" por la Organización para la Cooperación y el Desarrollo Económicos (OCDE) (2019) - Este informe discute cómo la IA está transformando la economía mundial y destaca los beneficios de la IA en términos de productividad, innovación y crecimiento económico.



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Community News

Obituary



Susan Gail Boarts, age 67, of Belmont, went to be with her Lord and Savior on Sunday, February 19, 2023. Susan was a kind woman with a great sense of humor who loved her Lord with all her heart. She was a proud Majorette and an avid dog-lover. She will be lovingly remembered by her husband of 47 years, Bernard; children; grandchildren; and great grandchildren. Memorial services where held at MKD Stegenga Funeral Chapel. Those who wish may make memorial contributions to the Michigan Home for Veterans in Grand Rapids. Condolences may be sent online at www.mkdfuneral-home.com.

J. Felix López, falleció el Sábado 18 de febrero 2023 a la edad de 83 años en Grand Rapids Michigan. Originario de Jesús María Zacatecas Mexico, le precedieron en muerte su hijo Manuel López y sus padres Isabel López & Guadalupe Mejía. El será recordado con mucho amor por su esposa (Carmen López) con la que compartió 63 años de matrimonio y sus hijos/as María, Socorro, Pablo, Chalio, Lupe, Carmen, Chabelo, Nacho, Rosalba, Chago, Rosalinda y muchos nietos hermanos y sobrinos. Félix era una persona que amaba a su familia, trabajador alegre y dicharachero le gustaba mucho la bailada y disfrutaba cada momento a lado de su numerosa familia. La misa de cuerpo fué oficiada por el padre José Luis Quintana, en la iglesia St. Joseph the Worker.



Congressional Hispanic Caucus Institute Launches Inaugural Latino Hill Staff Academy

The bipartisan, bicameral program's inaugural class includes 24 Latino Hill staffers

As part of its mission to provide leadership, public service, and policy experiences to outstanding Latino emerging leaders, thanks to a generous grant from General Motors, the Congressional Hispanic Caucus Institute (CHCI) has launched the Latino Hill Staff Academy (LHSA).

CHCI Formal Logo

The non-partisan, bicameral leadership program is dedicated to the professional and leadership development of Latino/a/x Capitol Hill Staffers, at every role and level, in the United States Senate and the United States House of Representatives. Program participants will engage in both self-paced online modules and in-person leadership and professional development sessions over the course of four months.

The 24 members of the inaugural class in-

clude Latino staffers at every level - from staff assistants to senior advisors - who represent a wide range of political ideologies.

"General Motors is honored to support the launch of the Latino Hill Staff Academy," said Omar Vargas, Vice President & Head of Global Public Policy, General Motors.

La clase inaugural del programa bipartidista y bicameral incluye a 24 miembros del personal de Latino Hill.

Como parte de su misión de brindar experiencias de liderazgo, servicio público y políticas a destacados líderes latinos emergentes, gracias a una generosa subvención de General Motors, el Congressional Hispanic Caucus Institute (CHCI) ha lanzado Latino Hill Staff Academy (LHSA).

Grand Rapids' Artist Paul Collins was recently recognized as one of Michigan's African American History Makers! A celebration was held to honor him and others in Pontiac, Michigan. Kudos to Paul!



On the heels of Hollywood awards season, PepsiCo launched year two of its signature Jefa-Owned (owned by a Latina boss) campaign to shine a spotlight on the stars of the food and beverage industry - Latina small business owners. In partnership with celebrity chef, restaurateur and au-

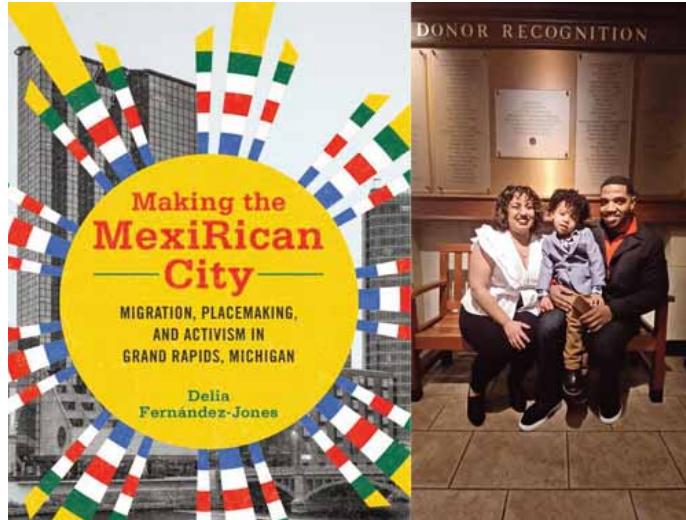
thor Lorena Garcia, and powered by PepsiCo Juntos Crecemos (Together We Grow), the Jefa-Owned campaign aims to provide access to business-building resources and national visibility for Latina-owned businesses.



Homero Rodriguez of La Voz Magazine enjoying the "All you can eat" Crab legs Sunday Special at Gun Lake Casino

Community News

Local History Talk: Making the MexiRican City



Delia Fernández-Jones author of "Making The MexiRican City" was the Keynote Speaker at Grand Valley State University, Local History Round-table last March 22, 2023. Delia is a core faculty member of the university's Chicano/Latino Studies Program.

Dr. Fernández-Jones is a historian of Latinx life whose work focuses on intra-ethnic Latinx communities and pan-ethnic subjectivities among Latinx in search of greater political, social, and economic rights in the twentieth century. Her publications include "Finding MexiRican Placemaking in Michigan," in Building Sustainable Worlds: Latinx Placemaking in the Midwest (University of Illinois Press, 2022), 86-108. Her own book Making the MexiRican City: Migration, Placemaking, and Activism in Grand Rapids, Michigan, is forthcoming in 2023.

Delia Fernández-Jones, autora de "Making The MexiRican City", fue la oradora principal en la Mesa Redonda de Historia Local de Grand Valley State University el pasado 22 de marzo de 2023. Delia es miembro principal del cuerpo docente del Programa de Estudios Chicanos/Latinos de la universidad.

Seven Domino's Pizza Locations Join Consumers Energy in Powering Electric Vehicle Commitment in Michigan

Consumers Energy is providing rebates for electric vehicle (EV) chargers at seven Domino's Pizza locations in west and mid-Michigan that will serve customers with electric vehicles. The energy provider is working today with over 50 Michigan-based businesses, schools and hospitals making the generational shift to clean, carbon-free transportation.

Consumers Energy provided rebates and expertise help to install EV chargers at each of the seven Domino's locations through its PowerMIFleet program. PowerMIFleet helps fleet owners and operators reduce operating costs, eliminate emissions and simplify vehicle maintenance by transitioning to electric vehicles.



The Domino's locations are:

- 1380 Wright Ave. in Alma
- 3928 Plainfield Ave. NE in Grand Rapids
- 120 S. Dexter St. in Ionia
- 314 Baldwin St. in Jenison
- 706 S. Mission St. in Mount Pleasant
- 101 N. Clinton Ave. in St. Johns
- 3596 Clyde Park Ave. SW in Wyoming

Domino's Pizza is rolling out electric vehicles across the country. The company plans to have nearly 900 EVs nationwide by the end of this year, including 24 at its seven Michigan locations Consumers Energy is powering.

Consumers Energy ofrece reembolsos para cargadores de vehículos eléctricos (EV) en siete ubicaciones de Domino's Pizza en el oeste y el centro de Michigan que atenderán a los clientes con vehículos eléctricos. El proveedor de energía está trabajando hoy con más de 50 empresas, escuelas y hospitales con sede en Michigan que realizan el cambio generacional hacia un transporte limpio y libre de carbono.

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.

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Hell in the Tower "From inside"

Infierno en la Torre "Desde adentro"



Por: Virgen Milagros
Heuer-Reyes

Hell in the tower was the title of a box office film at the beginning of the 70s 'was inspired by the construction of the World Trade Center and experiencing a fire in a skyscraper. The details that I have seen in a manufacturing company with six thousand employees where a large percentage are Latino, touched the depths of my heart. No one talks about the emotional distress that workers experience in this region of West Michigan. It has touched me deeply to have spent a season working on the production line. The experience has enriched my understanding of the culture of the region within the company.

When recruiting, companies entice you with promises of career growth and offer to reimburse any academic costs for the benefit of the worker and the company. Then they tell you about the benefits in a subliminal way if you have time to read the benefits manual. They tell them about investing for your retirement, and do not know how to explain the financial instruments terms, since the people who are in charge do not even know what a glossary is. Every day that passes the workers' faces express anxiety, while many show their disgust with working conditions through their gaze. It would be too much to wait for a smile.

Working a little more than seven hours a day

hurriedly performing production tasks without being able to sit, except for a ten-minute break has me wondering why workers are forced to suffer this way. Lunch time is shortened by the time you walk back and forth to the cafeteria, lunch break of twenty minutes becomes fifteen.

Workers are expected to meet all the company demands including mandatory overtime and working on Saturdays. If production slows due to lack of materials, they send workers home and reduce working hours. Fear of losing their jobs silences workers from expressing their concerns and human needs. The culture of a right to work state where workers can be fired for any reason is unfair.

Oh yes there are very nice signs on the walls professing equal employment opportunities and compliance with federal laws. When can workers find time to study if they aspire to progress in the company? Yes, they benefit from overtime compensation, but they cannot enjoy it. Physical exhaustion from working so much is such that not even the dream of making it to the management level and owning their own home is enough to embrace the sacrifice to achieve the American Dream. Nothing exists to motivate them. They know they are there to work as beasts of burden to support their families. They learn to accept the fact the language barrier and immigrant status are why they are paid less for the same work than others speaking the English language.

In the "Equal Pay Act" of 1963 the federal law established the man and woman working in similar jobs should receive the same pay for the effort, skills and responsibility. Unfortunately, there is no law that establishes the same protection for language difference yet. Do I see myself fighting for equality in the next four years to see who comes to power?

Infierno en la Torre fue el título de una película taquillera a principio de la década de los 70' fue inspirada en la construcción del World Trade Center. Y lo que podría sentirse en un incendio en un rascacielos. Los detalles que he visto en una empresa de manufactura con seis mil empleados donde la gran parte son latinos, me tocó la fibra más profunda de mi corazón. Nadie habla del desastre emocional que viven los obreros en esta región de West Michigan. Me ha tocado por cosas de la vida



pasar una temporada en la línea de producción y como escritora, he podido enriquecerme entendiendo la cultura de esa región dentro de la empresa.

Cuando te emplean te ilusionan con promesas de crecimiento, donde ellos reembolsan cualquier costo académico para beneficio del obrero y de la empresa. Luego le hablan de los beneficios de forma subliminar y que tendrán tiempo para decidir y leer el manual de beneficios. Le hablan de invertir para su retiro, y no saben explicar los instrumentos financieros términos, ya que las gentes que están a cargo, ni siquiera saben lo que es un glosario. Cada día que pasa observo las gentes con sus caras de desasosiego, sin luz en su mirada sería demasiado esperar una sonrisa.

Trabajando un poco más de siete horas corridas de pie sin permitírselo sentarse, solo en los recesos de diez minutos donde se le van cuatro caminando de ida y vuelta a la cafetería, de igual pasa con la hora de almuerzo veinte minutos que se convierten en quince. Tienen que hacer horas extras obligatorias, los días Sábados. Si el movimiento de elementos de trabajo merma y no hay para procesar, los envían a sus casas y les descuentan ese tiempo de su jornada laboral. No es por el obrero que el elemento protagonista de trabajo no esté. Por temor a perder el trabajo callan, no expresan sus puntos de vista, necesidades e inquietudes.

Muy lindos los letreros en las paredes de igual oportunidades de empleo. ¿Con qué tiempo dispone los obreros de la empresa, para animarse a estudiar para aspirar progresar en la empresa? Se ve el dinero de horas extras sin embargo no pueden disfrutarlo, el agotamiento físico es tal que ni el sueño de hacer la gestión de llegar a tener el sueño americano su propio hogar abrazan. Nada les inmuta, los motiva. Saben que están ahí para el sustento de su familia. Aceptan el hecho de la barrera del idioma y que se les pague menos por el mismo trabajo que a otros hablando el idioma les pagan. En el "Equal Pay Act" de 1963 la ley federal estableció el hombre y la mujer empleados en el mismo establecimiento recibía igual paga por el esfuerzo, destrezas y responsabilidad. Ciertamente no existe ley que establezca lo mismo por diferencia de idioma no se ha creado. ¿Me pregunto luchará por igualdad en el próximo cuatrienio quien llegue al poder?

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We're running out of time to save planet, warn UN

Nos estamos quedando sin tiempo para salvar el planeta, advierte la ONU

The chances of lowering greenhouse gas to make the planet safe are rapidly declining, says a UN report. Scientists said there needs to be drastic cuts to keep the average global temperature below 1.5C above pre-industrial levels.

Every fraction of warming escalates the severity of climate effects such as heatwaves, heavy rainfall and flooding, they said, while evidence has shown even small rises wreak havoc.

Burning fossil fuels has warmed the earth by 1.1C, resulting in more frequent extreme weather and increased food and water scarcity for millions.

Human activities have caused this warming, the report authors said, with current policies set to warm the Earth by a further 2C above pre-industrial temperatures by 2100.

This could cause catastrophic loss of life for species around the equator while exposing millions more to dangerous heat and humidity.

Limiting the global temperature to 1.5C, above which scientists say the climate will become dangerously unstable, requires CO2 emissions to fall by 48 percent by 2030, 65 percent by 2035, 80 percent by 2040, and 99 percent by 2050.

Joint author Dr Chris Jones, of the Met Office, said: "Today's report reveals the sheer scale of the ambition required to avoid the worst. The world has already witnessed extreme events associated with the relatively modest warming we have seen so far."

Las posibilidades de reducir los gases de efecto invernadero para hacer que el planeta sea seguro están disminuyendo rápidamente, dice un informe de la ONU. Los científicos dijeron que es necesario que haya recortes drásticos para mantener la temperatura global promedio por debajo de 1,5 °C por encima de los niveles preindustriales.

Cada fracción de calentamiento aumenta la gravedad de los efectos climáticos, como olas de calor, fuertes lluvias e inundaciones, dije-



ron, mientras que la evidencia ha demostrado que incluso pequeños aumentos causan estragos.

La quema de combustibles fósiles ha calentado la tierra en 1,1 °C, lo que ha provocado fenómenos meteorológicos extremos más frecuentes y una mayor escasez de alimentos y agua para millones de personas.

Las actividades humanas han causado este calentamiento, dijeron los autores del informe, con las políticas actuales establecidas para calentar la Tierra en 2 °C más por encima de las temperaturas preindustriales para 2100.

Esto podría causar una pérdida de vida catastrófica para las especies alrededor del ecuador y exponer a millones más al calor y la humedad peligrosos.

Limitar la temperatura global a 1,5 °C, por encima de la cual los científicos dicen que el clima se volverá peligrosamente inestable, requiere que las emisiones de CO2 disminuyan en un 48 % para 2030, un 65 % para 2035, un 80 % para 2040 y un 99 % para 2050.

El autor conjunto, el Dr. Chris Jones, de Met Office, dijo: "El informe de hoy revela la magnitud de la ambición necesaria para evitar lo peor.



JOHN
BALL
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SCOOTER'S CARS PAGE



By Scooter

This 1964 Ford Econoline van was found in pieces in northern Michigan, about five years ago while Angel and his friends were hunting. He and his buddies brought it back with the land owners permission and the title, And began to get it back into the shape it is in today. It's got a new 289 Ford V-8 and a rebuilt automatic transmission and all new just about everything new, including the interior. Angel really enjoyed it but a few weeks ago after we talked, a guy came along with enough money to buy it away from him, and it's gone but not forgotten! There weren't many of this model produced back in the 1964 model year. So this will be probably the only one you will ever see. Thanks Angel. And its new owner wherever you are. Scooter



Brad, from a nice little town north of Grand Rapids had me almost lock up the brakes when I was heading up north to feed the wild animals at my cabin. It was a little Volkswagen, But like NO ONE has ever seen before! Brad's hot rod 1954 VW has a 350 cubic inch V-8 with maybe just a bit under 500 horsepower! and it tips the scales at 1400 pounds , so it's as the kids say STUPID FAST. The patina body was already done that way on purpose by the guy that he bought it from. Definitely not your average VW Thanks so much Brad.

1957 Chevy Rat rod painted by kids

This was a stock 4 door 210 model 1957 Chevrolet until after its current owner Pete and family bought it and with three boys wanted something that would haul them and the stuff a family of five needs just to be able to go anywhere. So Pete found this baby, bought it and drove it home. Then after the shock of being given estimates of what it would cost to have it repainted and new interior put in, it just was not in the piggy bank, And they also got told that sadly a 210 four door sedan would not bring even close to what it would cost to bring it back to excellent shape in and out. But by luck mechanically it is excellent shape with 283 V-8 with Automatic transmission, so they just drove it all over and ended up on Saturday at their church picnic, where every one ,especially the teenage boys and girls went crazy about it. One spoke up with Pete in ear shot hearing that kid saying, gee why don't we all go buy a can or two of Krylon spray paint and some sand paper and give it a custom RAT ROD paint job?? Well, they did, and you are looking at the results of a few hours of taking turns spot spraying it and having fun, with a little coaching and a few spray masks, some newspapers and masking tape brought by from a church member car guy. OH yes Pete and his wife and her girlfriends found out that lots of RAT RODS have Mexican blanket complete interior's except the carpeting and so its a done deal for the whole family that are out having fun in the car hobby.



32 red Auburn David Duncan

David Duncan bought this rare, quite valuable 1932 Auburn Cabriolet about 17 years ago. It has a straight 8 cylinder, Lycoming (famous back in the 30's) engine that also has a manual , clutch transmission and an equally rare, two speed rear axle. David tells me that most of the time out running around top car show etc. he's good to go with it in the low axel, but he said, "IF" he ever wants to let the big dog run, he puts it in the high speed axle ratio and he would not give me an observed top speed, but I'm sure it's pretty fast for a heavy 1932 Automobile. And another cool thing is it's got a red leather rumble seat that tends to be the place to be on summer rides. David and family are great!, Scooter was so proud to have been able to get the information for LA VOZ Magazine for everyone to gaze at one if the rare low production models of the 1930's >



57 Ford Don Kramer

First off, I would like to give Don Kramer the owner of our this 1957 Blue & white 4 door sedan Ford a GIGANTIC THANK YOU for his service in the Navy fighting bravely in the Vietnam War were he was wounded and spent a total of over 365 days in various hospitals all over and when he recovered his health, he received the PURPLE HEART, and the MEDAL OF HONOR for his performance in combat. THANK YOU DON SO VERY MUCH!! When he got back and was back up to par, he bought the blue 1957 Ford you see now after he completely restored everything in the proper manner and upgraded to A newer V-8 with an automatic transmission, so it was ready to head just about anywhere. Don Has logged over 480,000 miles with it cruising all of the way to California, Texas, Florida and up the east coast to Vermont, and more. Like he told me once, Scooter, if it's worth seeing, I have been there. Thanks, Don so much, Scooter





Each month we will feature a Latin American athlete representing our community in professional sports.

Yulimar Rojas has lived up to her nickname "La Reina del Triple Salto" at every opportunity.

By Odille Parker

The Venezuelan athlete and Olympian is the queen of the triple jump for a reason – she holds the world record for women's triple jump at 15.74 meters.

Rojas was born and raised in Caracas, Venezuela, and showing young promise, she was invited to various international competitions, but it wasn't until the 2011 South American Junior Championships were held in neighboring Colombia that she was able to compete. At 15, she won the high jump competition and set a new national youth record.

She continued to compete in both horizontal and vertical jump events from 2014, establishing herself as the country's best all-time jumper at the 2015 Venezuelan Championships, setting national records of 6.57 meters and 14.17 meters in the long jump and triple jump events, respectively.

Rojas went on to win the silver medal in the triple jump with a 14.98 meter jump at the Rio de Janeiro 2016 Olympic Games. In August 2017, she won her first outdoor World Championship, becoming the first Venezuelan athlete to bring home a gold medal in the championships.

Rojas was chosen as Venezuela's flag bearer at the opening ceremony for the 2020 Tokyo Olympics. There, she won the gold medal in the triple jump, where she set a new Olympic and world record. She became Venezuela's first female Olympic gold medalist.

She was also named the 2020 Female Athlete of the Year, an award co-signed by World Athletics.

"The World Athletics award gives me a lot of motivation, a lot of strength for me to keep on track with my career," Rojas said. "Dreams do come true and this was really a dream to be the best athlete in the world and becoming part of the book of world legends."

The 2022 season started strong for her, achieving a new indoor personal best and national record of 8.81 meters in the long jump. In March 2022, she landed a world-lead jump and second-furthest female indoor triple jump at the World Indoor Athletics Final in Madrid, Spain.

Later that month, she beat that record again, landing 15.74 meters at the World Athletics Indoor Competition in Belgrade, Serbia.

Yulimar Rojas



The future is bright for the current Olympic champion, three-time World Champion (2017 London, 2019 Doha, and 2022 Eugene), and three-time World Indoor Champion (2016 Portland, 2018 Birmingham and 2022 Belgrade), who already has her sights on the 2024 Paris Olympics.

"I've already said it before, I don't like to set limits for myself as an athlete," she said of breaking her own record in Paris, per the AP Press. "I have a very high ceiling, which is what my mind and heart want."

Yulimar Rojas ha hecho honor a su apodo "La Reina del Triple Salto" en cada oportunidad.

La atleta venezolana y atleta olímpica es la reina del triple salto por una razón: tiene el récord mundial de triple salto femenino con 15,74 metros.

Rojas fue elegida como abanderada de Venezuela en la ceremonia inaugural de los Juegos Olímpicos de Tokio 2020. Allí ganó la medalla de oro en triple salto, donde estableció un nuevo récord olímpico y mundial. Se convirtió en la primera mujer medallista de oro olímpica de Venezuela.

El futuro es brillante para la actual campeona olímpica, tres veces campeona del mundo (Londres 2017, Doha 2019 y Eugene 2022) y tres veces campeona mundial en pista cubierta (Portland 2016, Birmingham 2018 y Belgrado 2022), que ya tiene en la mira sobre los Juegos Olímpicos de París 2024

Shiloh "Shy" LeBeau

She is Half Navajo from the Navajo Nation of the Hon'agha'ahnii Clan and half Sans Arch Lakota Sioux of the Cheyenne River Tribe.... made history as The First fulltime college student (Male or Female) to ever come out of the state of Kansas and win a National Intercollegiate Championship title and Belt!..Not Kansas University, not Kansas state university, or Wichita state university but from lil ol' Haskell Indian Nations University!!!!!!...She fight out of the Haskell Boxing Club in Lawrence, KS ...-- Please return email correspondence addressed to Dr. José A. Flores at drjflores1@gmail.com and please visit our website at www.lavozweb.com to download issues of The Community Voice/La Voz Magazine. Feel free to contact me at 616-581-6271 to reserve advertising space. Thank you!

April Events

Eventos en Abril

Chicago
April 1-2, 2023
Detroit, Mi

After 25 years, CHICAGO is still the one musical with everything that makes Broadway shimmy-shake: a universal tale of fame, fortune, and all that jazz, with one show-stopping song after another and the most astonishing dancing you've ever seen. No wonder CHICAGO has been honored with 6 Tony Awards®, 2 Olivier Awards, a Grammy®, and thousands of standing ovations. As we celebrate our 25th anniversary — you've got to come see why the name on everyone's lips is still ... CHICAGO.

Tue. (Mar. 28)-Fri. (Mar. 31) 8 p.m.
Sat. (Apr. 1) 2 p.m. & 8 p.m.

Sun. (Apr. 2) 2 p.m. & 7:30 p.m.

Después de 25 años, CHICAGO sigue siendo el único musical con todo lo que hace vibrar a Broadway: una historia universal de fama, fortuna y todo ese jazz, con una canción espectacular tras otra y el baile más asombroso que jamás hayas visto. . No es de extraña que CHICAGO haya sido galardonada con 6 premios Tony®, 2 premios Olivier, un Grammy® y miles de ovaciones de pie. Mientras celebramos nuestro 25.º aniversario, debe venir a ver por qué el nombre en boca de todos sigue siendo... CHICAGO.

Foolmoon 2023

April 7, 2023

Ann Arbor, Mi

FoolMoon is the nighttime kick-off event to foolishness! Join us at the Ann Arbor Farmers Market in Kertytown on Friday, April 7 from 7pm to 10pm.

With this year's theme of UFOs (unidentified FoOlish objects).

The skyline will be filled with luminaries, interactive installations, laser shows, live dance performances, and oh so many more de-LIGHT-fool surprises!

The luminary processions are back, stepping off from the Constellation Stations (the Ann Arbor District Library's Downtown Branch + the Ann Arbor Farmers Market in Kertytown) at sundown - about 8:15pm. Grab your luminaries, illuminated garb, friends + neighbors as we dance, wind and meander through downtown Ann Arbor, landing at the Ann Arbor Farmers Market for more merriment!

¡FoolMoon es el evento nocturno de lanzamiento de tonterías!

Únase a nosotros en Ann Arbor Farmers Market en Kertytown el viernes 7 de abril de 7 p. m. a 10 p. m. Con el tema de este año de los ovnis (objetos tontos no identificados). El horizonte se llenará de luminarias, instalaciones interactivas, espectáculos de láser, espectáculos de danza en vivo y ¡muchas más sorpresas de-LIGHT-fool!



Run of the Mill 5K

Sat April 15, 2023

Holland, MI 49423-US [Directions](#)



par, los niños menores de 12 años deben estar acompañados por un adulto.

Michigan Alpaca Fest

April 15-16,2023

Allegan, Mi

Alpacas Farms from around Michigan and neighboring states will be bringing their best alpacas to Michigan Alpaca Fest this April to compete for top honors. Come see these adorable creatures, and talk to breeders about their care. Visit our Artisan Fair area and Education Station to learn how their fiber is used to make beautiful and useful items. Cheer for your favorite youth as they compete in the alpaca obstacle and costume class. Don't miss this exciting event.

Alpacas Farms de todo Michigan y los estados vecinos traerán sus mejores alpacas al Michigan Alpaca Fest este abril para competir por los máximos honores. Ven a ver estas adorables criaturas y habla con los criadores sobre su cuidado. Visite nuestra área de Feria Artesanal y Estación Educativa para aprender cómo se usa su fibra para hacer artículos hermosos y útiles.

Run of the Mill 5K

April 15, 2023

Holland, Mi

Windmill Island Gardens' Run of the Mill is back and we can't wait to see you at our annual 5K fun-run! This year's Run of the Mill event will take place on our opening day, Saturday, April 15, where proceeds will continue to support future programs and the ongoing maintenance that helps keep Windmill Island Gardens so beautiful! The Run of the Mill course will take you around the island itself and then head out to Window on the Waterfront before looping back to the island towards the finish line.

Registration is \$25 per participant and includes a Run of the Mill t-shirt if registered before March 31, 2023. While all ages are welcome to participate, children under the age of 12 must be accompanied by an adult.

La Carrera del Molino de Windmill Island Gardens está de vuelta y estamos ansiosos por verte en nuestra carrera divertida anual de 5 km!. El recorrido Run of the Mill lo llevará alrededor de la isla y luego se dirigirá a Window on the Waterfront antes de regresar a la isla hacia la línea de meta. La inscripción cuesta \$25 por participante e incluye una camiseta Run of the Mill si se registra antes del 31 de marzo de 2023. Si bien todas las edades pueden partici-

The Grand Rapids Lantern Festival

April 19,2023

Grand Rapids, Mi

The Grand Rapids Lantern Festival is a truly breathtaking experience for all ages. John Ball Zoo is the first and only place you can see these incredible works of art in Michigan. The lantern festival will feature handcrafted Asian lantern displays that will illuminate the Zoo and tell the intersecting story of wildlife and Asian culture.

El Grand Rapids Lantern Festival es una experiencia verdaderamente impresionante para todas las edades. John Ball Zoo es el primer y único lugar donde puedes ver estas increíbles obras de arte en Michigan. El festival de los faroles contará con exhibiciones de faroles asiáticos hechos a mano que iluminarán el zoológico y contarán la historia de la intersección de la vida silvestre y la cultura asiática.

FREE EVENT

César E. Chávez
Commemorative Dinner/Dance

Join us in honoring the achievements of the great Cesar E. Chavez.



April 1, 2023

Music provided by  UAW Local 652
426 Clare St.
Lansing, MI 48917
6pm to 12 am

Food provided by  Great UAZCU

25th Annual Michigan International Auto Show at DeVos Place



1917 Mercer Runabout presented by Gilmore Car Museum



1935 Duesenberg SJ Torpedo Phaeton donated to Gilmore Museum by Terence & Jennifer Adderley from Bloomfield Hills, MI.



1967 Pontiac GTO 2 door 8 cyl. donation to Gilmore Museum by Stephen & Lynn Warren from Prairie Village, KS



2019 Lamborghini Huracan Performante built by Label Motorsports



2022 Chevrolet Corvette Project Vouono by Label Motorsports



Lets go for a ride down memory lane!



Mini on the Mack from Mini Sharpe



Check out this Porsche 911 GT3 RS



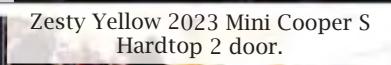
1973 Ford Mustang Mach I



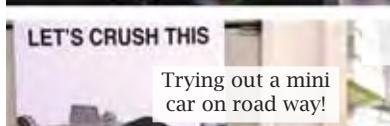
MAS (Michigan Auto Salon) cars to drive



Nice cruising car



Zesty Yellow 2023 Mini Cooper S Hardtop 2 door.



Trying out a mini car on road way!



Michigan International Auto Show at DeVos Place



Subaru Pet Station



GENTEX CORPORATION

February 2 - 5, 2023

With spring just around the corner, my wife & I always look forward to Michigan International Auto Show at Grand Rapids, Michigan.

We were thrilled to see the Gilmore Car Collection. This year Gilmore brought some Model Ts & stock cars of the 70's. You can find gasoline and electric cars to check out for the future.

"Subaru Loves Pets" This is adoptive pet event. Here they have dogs for

adoption. Kids with their parents can touch and pet small & large dogs.

Somos pocos pero locos en lowriding!

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

Upcoming Events

Aztec Ink Tattoos
2 nd Annual Car Show
Saturday, June 18, 2023
Frankie V's

1420 28 th Street SW
Wyoming, MI 49519
12noon - Dusk
Fiesta Car Show
Saturday, July 15, 2023
219 W. 8 th Street
Holland, MI 49423
Top 20 & Special Awards

Hop Spot Crew
5 th Annual Fundraiser
Lowrider & Bike Show
Saturday, September 23, 2023
The Plex North
1807 E. California Rd.
Fort Wayne, Ind. 46825

Correction: The Slow and Low Lowrider Festival was not sponsored by a Car Club as we mistakenly reported in our February 2023 Issue of La Voz. The Slow and Lowrider Festival is organized and sponsored by Peter Kepha co-founder, Lauren Pacheco and Edward Majic Calderon.



Chinsea Linda Lee (born 1 October 1996), known professionally as Shenseea, is a Jamaican dancehall recording artist. She initially gained attention after appearing on songs by Vybz Kartel, Sean Paul, and Christina Aguilera. On 2019, she signed a recording contract with Interscope Records and released the song "Blessed" featuring Tyga.

On 2021, she was featured on Kanye West's Donda album on the songs Pure Souls with Roddy Ricch and Ok Ok Pt 2 with Rooga. For her collaborations on West's album, Shenseea received an Album of the Year nomination as a featured artist at the 64th Grammy Awards. She also won Best Reggae Act at the 2021 MOBO Awards. In 2022, she released the single Lick featuring Megan Thee Stallion from her debut album Alpha, which was released on March 11, 2022.

Chinsea Linda Lee (nacida el 1 de Octubre de 1996), conocida profesionalmente como Shenseea, es una artista de Jamaica. Inicialmente llamó la atención después de aparecer en canciones de Vybz Kartel, Sean Paul y Christina Aguilera. En el 2019, firmó un contrato de grabación con Interscope Records y lanzó la canción "Blessed" con Tyga.

En 2021, apareció en el álbum Donda de Kanye West en las canciones Pure Souls con Roddy Ricch y Ok Ok Pt 2 con Rooga. Por sus colaboraciones en el álbum de West, Shenseea recibió una nominación al Álbum del año como artista destacada en la 64^a entrega de los premios Grammy. También ganó Mejor acto de reggae en los premios MOBO del 2021. En 2022, lanzó el sencillo Lick con Megan Thee Stallion de su álbum debut Alpha, que se lanzó el 11 de marzo de 2022.

Tribute to the King of Cumbias, Fito Olivarez, R.I.P.

Homenaje al Rey de las Cumbias, Fito Olivarez, D.E.P.D.



By Dr. José A. Flores

Fito Olivarez, legendary Mexican-Tejano Saxophonist, left us on March 17th but he left behind a musical history that few musicians in the Southwest United States can claim. He was born in Camargo, Tamaulipas across the border from Rio Grande City, Texas and raised on a ranch in Rechinadores where he began playing saxophone at a tender age of 12. His father is reported to have been a good saxophonist and influenced his son to develop his natural musical talents. Born Rodolfo Olivares on April 1947 "Fito" beginning at 16 years of age, would spend his professional career playing venues across the United States for the next four decades entertaining the millions of U.S. Mexican Americans in love with Cumbias music.

I remember my parents dancing to his music at home, at gatherings with family and friends and then at dance halls in Grand Rapids in the 60's, 70's, and 80's. His music brought us all much happiness! I was fortunate to have promoted a few dance events including Fito Olivarez and La Pura Sabrosura band in the performer's lineup in Grand Rapids during the early 90's.

While Influenced by the attraction of the United States his family moved to Texas and settled in Houston. He is credited for composing Ya no eres Mia, La Otra Musiquera, Flor de Lino, Juana La Cubana, El Colesterol, Aquita de Melon, and many other hits in a string of albums during his long career ending his touring in 2007. Fito Olivarez was diagnosed with cancer in 2022 and passed away March 17, 2023. Speaking with my friend and colleague of La Voz Magazine, El Chayo Cervantes of Lansing, as we reminisced about the musical contributions of Fito Olivarez we both agree that he was one of the most legendary musical artists of our time. His influence on Mexican Americans and especially those who love Tejano style music will stand out an achievement benchmark in music that only the most talented and experienced will ever be able to match by comparison! ¡Que Dios le bendiga a Fito y que descance en paz!

Fito Olivarez, legendario saxofonista mexicano-tejano, nos dejó el 17 de marzo, pero dejó atrás una historia musical que pocos músicos en el suroeste de los Estados Unidos pueden presumir. Nació en Camargo, Tamaulipas, al otro lado de la frontera con Rio Grande City, Texas, y se crió en un rancho en Rechinadores, donde comenzó a tocar el saxofón a la tierna edad de 12 años. Se informa que su padre era un buen saxofonista e influyó en su hijo para desarrollar sus talentos musicales naturales. Nacido como Rodolfo Olivares en abril de 1947, "Fito" comenzó a los 16 años de edad y pasaría su carrera profesional tocando en lugares de los Estados Unidos durante las próximas cuatro décadas entreteniendo a los millones de mexicoamericanos estadounidenses enamorados de la música Cumbias.

Recuerdo a mis padres bailando con su música en casa, en reuniones con familiares y amigos y luego en salones de baile



en Grand Rapids en los años 60, 70 y 80. ¡Su música nos trajo a todos mucha felicidad! Tuve la suerte de haber promovido algunos eventos de baile, incluidos Fito Olivarez y la banda La Pura Sabrosura en la alineación de artistas en Grand Rapids a principios de los 90.

Mientras estaba influenciado por la atracción de los Estados Unidos, su familia se mudó a Texas y se estableció en Houston. Se le atribuye la composición de Ya no eres Mia, La Otra Musiquera, Flor de Lino, Juana La Cubana, El Colesterol, Aquita de Melon y muchos otros éxitos en una serie de álbumes durante su larga carrera que finalizó con su gira en 2007.

Fito Olivarez fue diagnosticado con cáncer en 2022 y falleció el 17 de marzo de 2023. Hablando con mi amigo y colega de la revista La Voz, El Chayo Cervantes de Lansing, mientras recordábamos las contribuciones musicales de Fito Olivarez, ambos coincidimos en que él fue uno de los artistas musicales más legendarios de nuestro tiempo. ¡Su influencia en los mexicoamericanos y especialmente en aquellos que aman la música de estilo tejano se destacara como un hito en la música que solo los más talentosos y experimentados podrán igualar en comparación! ¡Que Dios le bendiga a Fito y que descance en paz!



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THE COMMUNITY VOICE LA VOZ / APRIL 2023 **17**

Xavier López, 'Chabelo', Mexican actor and comedian, dies at age 88



The actor Xavier Lopez, who is known for his character Chabelo, died. The driver marked an entire era on television, since for more than 40 years he accompanied the Mexicans every Sunday morning with the program In family with Chabelo.

Xavier López was born in Chicago, Illinois on February 17, 1935 although his parents are from León, Guanajuato. At the age of one, he and his parents returned to their state of origin, where they lived for their first eight years, before moving to Mexico City.

During his youth, Xavier López decided to study medicine, meanwhile, it began to get involved in the world of television, which later led him to leave to dedicate himself fully to acting.

The story behind Chabelo

Over the years, Xavier López met Ramiro Gamboa, better known as the Uncle Gamboin, who at that time was the owner of the program music carousel.

He Uncle Gamboin gave him the opportunity to participate in the program in which he had a joke that was carried out by a character named Chabeloname that Xavier López adopted.

Xavier López began to gain fame with the character of Chabelo with whom he participated in films such as jokeland, the bonus production starring Cantinflas, The spoiled servant and The untimely notice among other.

Murió el actor Xavier López, quien es conocido por su personaje Chabelo. El conductor marcó toda una época en la televisión, pues desde hace más de 40 años acompañaba a los mexicanos todos los domingos por la mañana con el programa En familia con Chabelo.

Xavier López nació en Chicago, Illinois el 17 de febrero de 1935 aunque sus padres son de León, Guanajuato. A la edad de un año, él y sus padres regresaron a su estado de origen, donde vivieron los primeros ocho años, antes de mudarse a la Ciudad de México.

La historia detrás de Chabelo

Con el paso de los años, Xavier López conoció a Ramiro Gamboa, mejor conocido como el Tío Gamboin, quien en ese entonces era el dueño del programa carrusel de música. El tío Gamboin le dio la oportunidad de participar en el programa en el que contó una broma protagonizada por un personaje llamado Chabeloname que adoptó Xavier López.

Xavier López comenzó a ganar fama con el personaje de Chabelo con quien participó en películas como El país de las bromas, La producción extra protagonizada por Cantinflas, La sirvienta consentida y La noticia intempestiva, entre otras.

GREEICY SORPRENDE CON SUS DOS NOMINACIONES EN LOS PREMIOS NUESTRA TIERRA 2023

La artista caleña Greeicy sigue sorprendiendo y llevando su carrera a lo alto y esta vez, recibe doble nominación en los Premios Nuestra

Tierra, los cuales hacen un reconocimiento a lo mejor del talento nacional del último año, donde Greeicy sigue destacándose anualmente.

Los Premios Nuestra Tierra 2023 resaltan a la artista por su impacto y talento que ha demostrado con su carrera, llenando de amor, ritmo y buena música a sus seguidores y logrando un extraordinario alcance en la industria musical.

Fue nominada en las categorías "MEJOR ARTISTA POP" Y "CANCIÓN DEL AÑO" con su sencillo "ATT: AMOR" junto a su pareja y cantante Mike Bahía. Este sencillo fue lanzado hace 1 año dando anuncio a una de las mejores noticias para los cantantes, el embarazo de la artista Greeicy.



Estos premios se realizarán el 17 de mayo en el Teatro Jorge Eliécer Gaitán y contará con la participación de importantes artistas y figuras de la industria musical, en donde serán homenajeados varios artistas de las 28 categorías reveladas.

Cali-born artist Greeicy continues surprising and taking her career to the top, and now she has received a double nomination to Premios Nuestra Tierra, which recognize the best talent in Colombia over the past year and where she keeps standing out annually.

Greeicy was nominated in the "BEST POP ARTIST" and "SONG OF THE YEAR" categories with her single "ATT: AMOR" alongside her partner and singer Mike Bahía. Released one year ago, the single announced one of the greatest pieces of news for the singers: Greeicy's pregnancy.

The awards will take place on May 17 at the Teatro Jorge Eliécer Gaitán and will feature the participation of important artists and figures in the music industry, honoring various artists in the 28 revealed categories.

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Jaden Walker



Jaden Walker, African & Mexican descent raised in the West Michigan area. Passions are in the Beauty Industry as well as Self-Care. Hobbies are working out diligently at the gym, binge watching shows on Netflix & making TikTok Videos (@jada.boo93).

I am privileged to be part of (@beats_by_vee) make-up line as one of her make-up Ambassadors. Thank you for your Creative & Beautiful look in this photo shoot with your Creative Style in make-up!

I attend Douglas J Aveda in the Grand Rapids Campus for Esthetician School. I am Passionate on Beauty Creations from Facials, Waxing as well as Make-Up. My Career Goal someday soon, to run and operate my own business in this field. If interested in a personalized pampering day with services contact Douglas J Aveda to schedule a service with me. My inspiration to help people feel good about themselves & to help them understand that we all have a purpose in Life!

2023 APRIL MODEL SEARCH

THE COMMUNITY VOICE LA VOZ / APRIL 2023 19

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get started
* multiple package deals *



Is COVID Brain Fog Permanent? What We Know



Post-COVID conditions are a wide range of new, returning, or ongoing health problems that people experience after being infected with the virus that causes COVID-19. These conditions are commonly referred to as "long COVID" or "post-COVID."

The U.S. Centers for Disease Control and Prevention has compiled a list of commonly reported symptoms among COVID long-haulers, which includes "brain fog." Approximately 40% of long-haul patients said they experienced poor memory or brain fog, one study found.

What is brain fog?

Brain fog is not a diagnosis. It's a general way to describe a feeling of having difficulty thinking or concentrating – and it's not unique to COVID. Other illnesses can cause this feeling; as well as stress, lack of sleep, medications and hormonal changes.

As brain fog is not a medical condition and there is no lab test to back up what a patient reports as their symptoms, it can be difficult for both doctors and patients to discuss questions of how long the feeling will last, as well as treatment options. Experts are continuing to study brain fog, as well as other long COVID symptoms, to learn more.

However, doctors with the American Medical Association want patients to know that the cognitive symptoms associated with brain fog – including feeling mentally sluggish, having problems concentrating or processing information, or not feeling as sharp – are real symptoms, and that they are not alone.

Long COVID cases on the decline

Emerging evidence shows long COVID symptoms are beginning to resolve, as data tracked by the CDC indicate the number of people with long COVID is declining.

Currently, 17% of the population said they had long COVID previously but no longer do – and about 11% of the population currently has long COVID, according to the CDC's Household Pulse Survey. And most people with long COVID – about 52% – find their symptoms limit their activities, but not in a significant way.

Managing brain fog

Doctors with the American Medical Association have several tips for managing the symptoms of brain fog:

- Identify which tasks are the most difficult for you to process, like multitasking or being engaged in a meeting or activity. Before beginning that activity, create a written plan for how you're going to carry it out and then follow it. Support your memory by taking extra written notes and using a calendar to remember key dates.
- Prioritize sleep. Getting good quality rest can help your cognitive function, as well as staying hydrated and eating a balanced diet.
- Exercise the body and mind. Brain fog can make you feel down. Start small with a 10-minute walk or yoga practice to move your body. To help stimulate your mind, try a puzzle, read a new book or learn something new. Slowly increase the amount of time you spend doing these mind and body activities and see how they impact how you feel.
- Manage your stress. If you are concerned and worried about some-

thing, it makes it difficult for you to focus on the task at hand. For example, if visiting the doctor is stressful for you, have someone come with you to the appointment to help you make sure all of your questions are answered.

- Stay in touch with your emotions. Prioritize your emotional and mental health by setting boundaries and realistic expectations for yourself as you heal.

Talk with your doctor about your brain fog, especially if it's beginning to interfere with your daily activities or if you think it's getting worse. Your primary care provider is a great resource to consult on your symptoms and can recommend treatment solutions.

Las condiciones post-COVID son una amplia gama de problemas de salud nuevos, recurrentes o continuos que las personas experimentan después de infectarse con el virus que causa el COVID-19. Estas condiciones se conocen comúnmente como "COVID largo" o "post-COVID".

Los Centros para el Control y la Prevención de Enfermedades de EE. UU. han compilado una lista de síntomas comúnmente informados entre los transportistas de larga distancia de COVID, que incluye "niebla mental". Aproximadamente el 40 % de los pacientes de larga duración dijeron que experimentaron problemas de memoria o confusión mental, encontró un estudio.

¿Qué es la niebla mental?

La niebla mental no es un diagnóstico. Es una forma general de describir una sensación de dificultad para pensar o concentrarse, y no es exclusiva de COVID. Otras enfermedades pueden causar este sentimiento; así como estrés, falta de sueño, medicamentos y cambios hormonales.

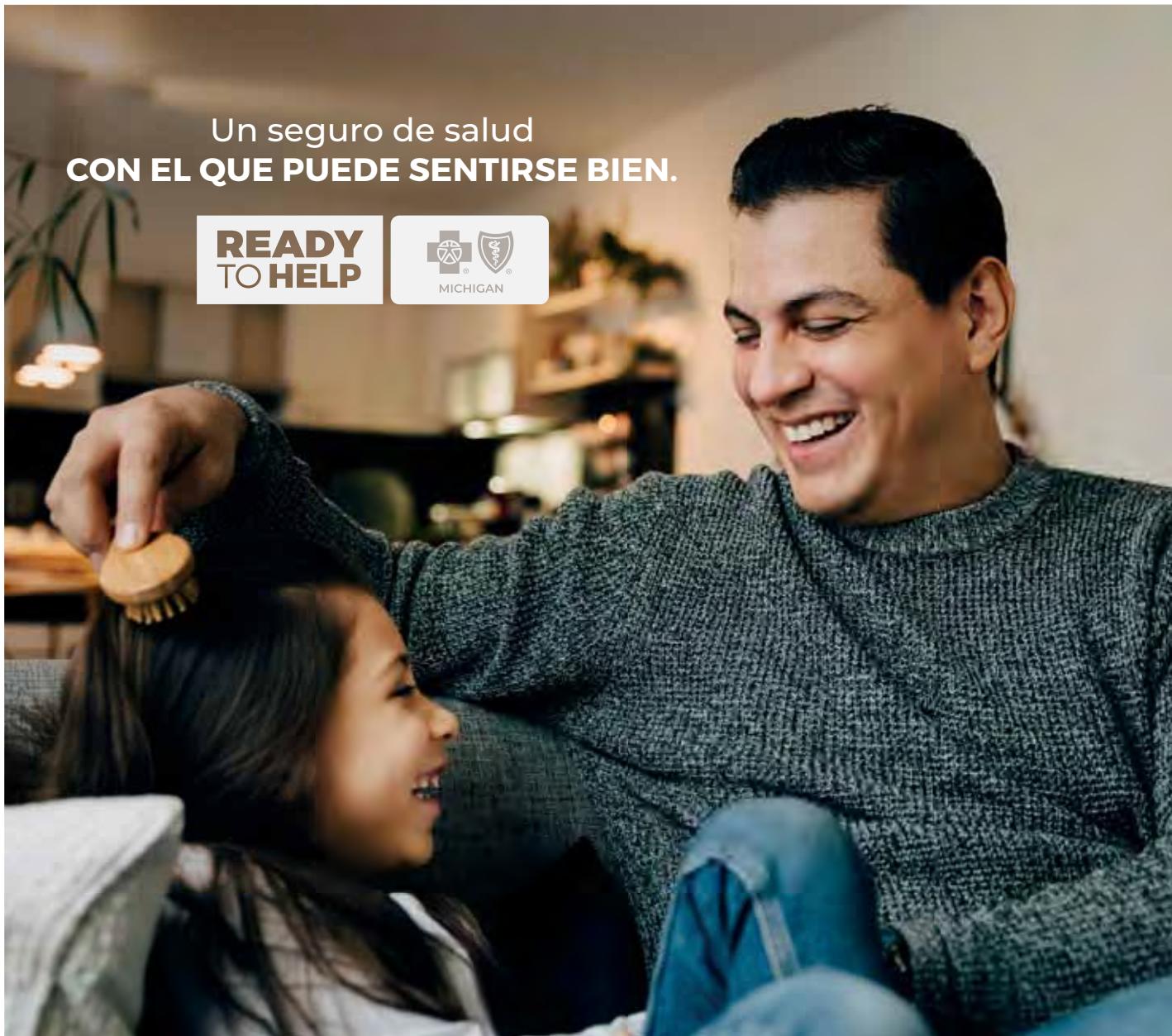
Como la niebla mental no es una afección médica y no existe una prueba de laboratorio que respalde lo que un paciente informa como sus síntomas, puede ser difícil tanto para los médicos como para los pacientes hablar sobre la duración de la sensación, así como las opciones de tratamiento. Los expertos continúan estudiando la niebla mental, así como otros síntomas prolongados de COVID, para obtener más información.

Casos largos de COVID en declive

La evidencia emergente muestra que los síntomas de COVID prolongados están comenzando a resolverse, ya que los datos rastreados por los CDC indican que la cantidad de personas con COVID prolongado está disminuyendo.

Actualmente, el 17 % de la población dijo que había tenido una COVID prolongada anteriormente, pero que ya no la tiene, y aproximadamente el 11 % de la población actualmente tiene una COVID prolongada, según la Encuesta de pulso doméstico de los CDC. Y la mayoría de las personas con COVID prolongado, alrededor del 52%, encuentran que sus síntomas limitan sus actividades, pero no de manera significativa.

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

Ms. Erica



La Voz Community introducing Ms. Erica. She is new to the emerging West Michigan modeling district but her stock value is on the rise making her debut last month on the runway and then presenting at Studio 3's open house. She is very strong with interaction and is taking all of her skills to the next level. Her determination is going to take her places so look for her at events as we enter the summer outside events and promotions.

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-Saturday - August 5th - Parade: 11:30 am - Carnival 1pm & 6 pm Photo Shoot -

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STUDENT ASSISTANT -

The Michigan Department of Insurance and Financial Services is looking for a dependable, honest, motivated, and hardworking student with a positive attitude and strong ethical standards to join our Office of Communications team!

The right student will work with the Communications team in a learning capacity to assist with the design of publications, presentations, flyers, certificates, and event materials; develop social media content; assist with speaking engagements; and assist with internal communications. The student will gain communications experience working with a strong team, learn about the insurance and financial services industries, build a portfolio by designing projects for targeted au-

diences, and connect to Michiganders in a flexible environment with varied responsibilities.

Ideal student candidates will have:

- Exceptional written and verbal communication skills.
- Excellent graphic design and digital communication media skills.
- A strong understanding of social media technology, resources, and tools.
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- The ability to work well both independently and within a team.

Work Location: This is an in-person position based in Lansing, Michigan.

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No specific type or amount is required.

The student must provide evidence of enrollment or acceptance to an educational institution.

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http://www.michigan.gov/documents/StudentAssitant_13049_7.pdf

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- Maintain customer database.
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- Communicate the value of Preventative Maintenance agreements to customers.
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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.

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That's because you'll have the chance to:
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• Develop skills that look good on a resume or application.
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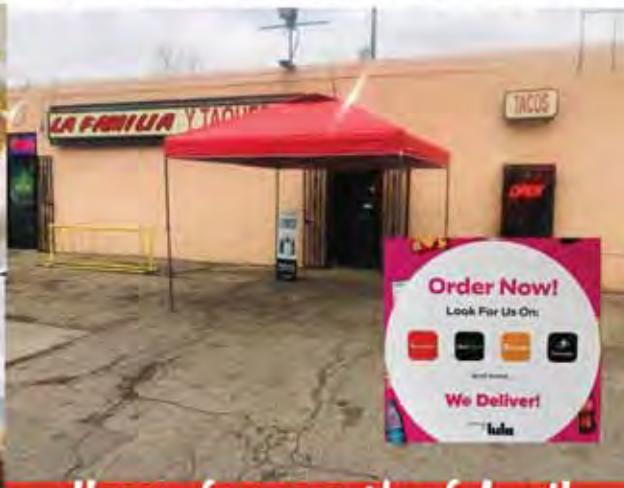
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