

The Community Voice

FREE-GRATIS

# LAVOZ

*Bilingual Magazine*

January 2020 • Vol 22 • Michigan's Largest Bilingual Magazine



**JANUARY MODEL SEARCH**



**MARTIN LUTHER KING JR.**



**Events of 2019**

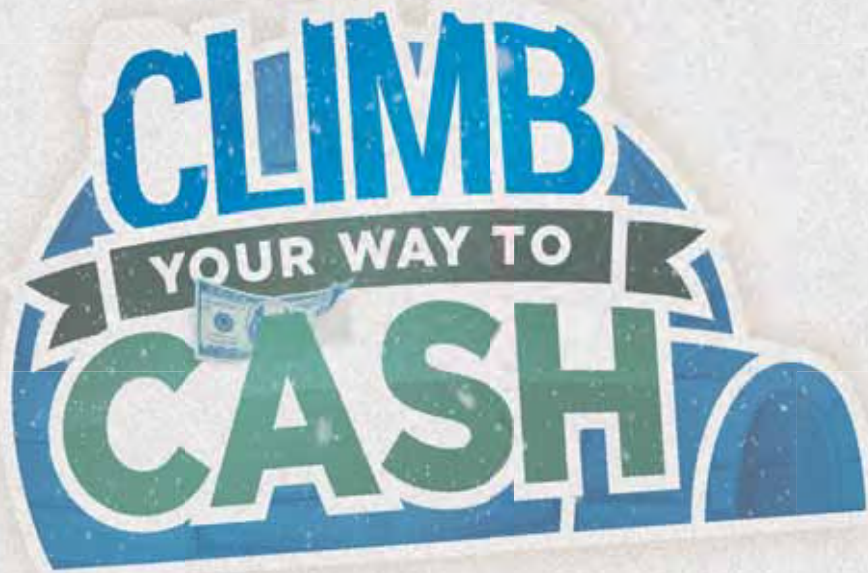


**ARTIST PAUL COLLINS**

**Acontecimientos del 2019**



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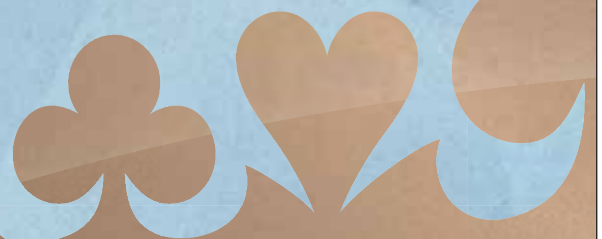
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# 2019 & 2020 A PERSONAL PERSPECTIVE



By Dr. José A. Flores

Many of us have to answer the perpetual question "Are we better off today than we were last year, and can we expect any improvement in the upcoming year?" For too many Americans prosperity has been deferred. While many Americans point to a decrease in unemployment and a thriving stock market the feeling of prosperity among common folks that I know hasn't arrived yet. National conditions didn't seem to reach the poor and middle class in my neighborhood or in the communities I drive through while distributing our magazine throughout Michigan. My current situation hasn't seen the improvement I hoped for either. So, what can I say about this so called "winning economy," that we haven't already confirmed through national studies?

The Michigan economy has not improved to expected levels and unemployment figures do not adequately describe worker's reality as many part-time and "conditioned laborers" forced to work to maintain food stamp benefits, artificially inflate employment statistics. Part-time workers and formerly government supported unemployable or significantly impaired workers have been forced to occupy positions in the services industries to support themselves and their families while placing additional stress on family stability. Homelessness is up in most cities as is the condition of underemployment. Worker's wages have not improved to outpace the inflation and price increases for food and basic consumer products either.

"Where are the good jobs?" Many of my grocery customers ask me as they comment on the "fluff" promoted by our current leadership about how well we are doing. Absent from my view are the customers and neighbors driving brand new vehicles or testimonies about a newly found prosperity.

Immigrant deportations are up and the loss of workers resulting from the uptick in deportations has created a scarcity of good employees in the services industry that have employers scrambling to find workers. This may be playing well in some circles but is hardly helpful for small business enterprises. Wages must be improved in order to make a real impact in the lives of residents in Michigan. Tax incentive for the middle class and small business must become a priority. An economy that forces a couple to work two jobs each in order to meet the monthly rent payment, utilities, food, transportation, and basic support needs for their children is too much of a hardship for workers supporting the richest nation on earth.

It is time for a "Revolution!" A real change in direction is required. Yes, an economic plan that helps the middle class and poor sustain themselves and their families with one parent working. I long for the day when we can stabilize the families and reinforce values that have been abandoned by the creation of an economic reality that has created unbearable stress on the working class, forced children to parent themselves and contributed to disfunction, violence, crime, and substance abuse in our society. We can do better as a nation!

We must focus on better solutions for 2020 and certainly vote for change! We have to join the "Revolution" and get out the vote in 2020 or continue being servants to a system that does not serve us or our families!

Happy New Year and Best Wishes for Greater Prosperity!

**Muchos de nosotros tenemos que responder a la pregunta perpetua "¿Estamos mejor hoy que el año pasado y podemos esperar alguna mejora en el próximo año?" Para muchos estadounidenses, la prosperidad se ha diferido. Si bien muchos estadounidenses señalan una disminución en el desempleo y un mercado de valores próspero, el sentimiento de prosperidad entre la gente común que sé que aún no ha llegado. Las condiciones nacionales no parecían llegar a la clase pobre y media en mi vecindario o en las comunidades por las que conduzco mientras distribuía nuestra revista por todo Michigan. Mi situación actual tampoco ha visto la mejora que esperaba. Entonces, ¿qué puedo decir sobre esta llamada "economía ganadora" que aún no hemos con**



**firmado a través de estudios nacionales?**

**La economía de Michigan no ha mejorado a los niveles esperados y las cifras de desempleo no describen adecuadamente la realidad de los trabajadores, ya que muchos "trabajadores condicionados" a tiempo parcial obligados a trabajar para mantener los beneficios de cupones de alimentos, inflan artificialmente las estadísticas de empleo. Los trabajadores a tiempo parcial y anteriormente los trabajadores desempleados o con impedimentos significativos apoyados por el gobierno se han visto obligados a ocupar puestos en las industrias de servicios para mantenerse a sí mismos y a sus familias, al tiempo que ejercen una presión adicional sobre la estabilidad familiar. La falta de vivienda ha aumentado en la mayoría de las ciudades, como es la condición del subempleo. Los salarios de los trabajadores tampoco han mejorado para superar la inflación y los aumentos de precios de los alimentos y productos de consumo básicos.**

**"¿Dónde están los buenos trabajos?" Muchos de mis clientes de comestibles me preguntan mientras comentan sobre la "pelusa" promovida por nuestro liderazgo actual acerca de qué tan bien lo estamos haciendo. A mi parecer, están ausentes los clientes y vecinos que conducen vehículos nuevos o testimonios sobre una prosperidad recién descubierta.**

**Las deportaciones de inmigrantes han aumentado y la pérdida de trabajadores como resultado del aumento en las deportaciones ha creado una escasez de buenos empleados en la industria de servicios que tienen a los empleadores luchando por encontrar trabajadores. Esto puede estar funcionando bien en algunos círculos, pero no es útil para las pequeñas empresas. Los salarios deben mejorarse para tener un impacto real en la vida de los residentes en Michigan. El incentivo fiscal para la clase media y las pequeñas empresas debe convertirse en una prioridad. Una economía que obliga a una pareja a trabajar en dos trabajos cada uno para cumplir con el pago mensual de alquiler, servicios públicos, alimentos, transporte y necesidades básicas de apoyo para sus hijos es una gran dificultad para los trabajadores que apoyan a la nación más rica del mundo.**

**Es hora de una "Revolución". Se requiere un cambio real de dirección. Sí, un plan económico que ayuda a la clase media y a los pobres a mantenerse a sí mismos y a sus familias con un padre trabajando. Añoro el día en que podamos estabilizar a las familias y reforzar los valores que han sido abandonados por la creación de una realidad económica que ha creado un estrés insostenible en la clase trabajadora, obligó a los niños a criarse y contribuyó a la disfunción, la violencia, el crimen y abuso de sustancias en nuestra sociedad. ¡Podemos hacerlo mejor como nación!**

**¡Debemos centrarnos en mejores soluciones para 2020 y ciertamente votar por el cambio! ¡Tenemos que unirnos a la "Revolución" y usar el voto en 2020 o continuar sirviendo a un sistema que no nos sirve a nosotros ni a nuestras familias!**

**¡Feliz año nuevo y mis mejores deseos para una mayor prosperidad!**



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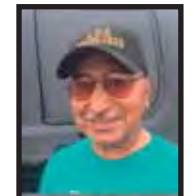
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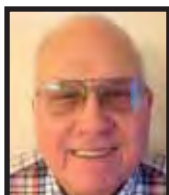
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By Lisa Wiseman

2020 will mark the 25<sup>th</sup> anniversary of the death of Selena Quintanilla Pérez, but the beautiful Queen of Tejano is far from forgotten.

Her memory and her spirit are still very much alive in her music, her fashions, her fans, and tribute bands like Anything For Selena or The Selena Experience. And it also lives on in the upcoming Selena: The Series, coming to Netflix next year.

The Netflix original series, which was announced in December of 2018, will star Christian Serratos as the iconic superstar, and will launch the first installment with six 1 hour episodes. The series will follow Selena as her dreams come true and her family makes life-changing choices on her journey to success.

Serratos is best known for her role as Rosita on The Walking Dead series. Other cast members include Ricardo Chavira from Desperate Housewives as Selena's father, Abraham Quintanilla as well as Jesse Posey, who plays the love of her life, Chris Pérez, Gabriel Chavarria, who plays her brother, A.B., and Noemi Gonzalez of The Young & The Restless who plays her sister, Suzette.

When the show was announced by Netflix, it was confirmed that members of Selena's family would develop and produce it. Selena's sister, Suzette, is one of the producers on the project and had this to say. "Selena will always have a lasting place in music history and we feel a great responsibility to do justice to her memory. With this series, viewers will finally get the full history of Selena, our family, and the impact she has had on all of our lives. We are excited to partner with Campanario and Netflix to give fans a never-before-seen glimpse of our story and highlight why Selena will remain a legend for generations to come."

Selena's story was tragically cut short at the young age of 23 when she was murdered in 1995 by the president of her fan club and manager of her fashion boutiques, Yolanda Saldivar, shot her in a hotel room in Corpus Christi. Now, almost twenty-five years later, Selena's true fans still mourn her untimely death. She is as popular now as she ever was and fans both young and old are excited about this new series.



The project, which began filming in October, still does not have a release date other than 2020. You can find the trailer for the series all over the internet. If you are a Selena fan, this is a program that you will not want to miss!

**2020 marcará el 25 aniversario de la muerte de Selena Quintanilla Pérez, pero la hermosa Reina del Tejano está lejos de ser olvidada.**

**Su memoria y su espíritu siguen muy vivos en su música, sus modas, sus fans y bandas tributo como Anything For Selena o The Selena Experience. Y también vive en la próxima Selena: The Series, que llegará a Netflix el próximo año.**

**La serie original de Netflix, que fue anunciada en diciembre de 2018, protagonizará a Christian Serratos como la superestrella icónica, y lanzará la primera entrega con seis episodios de 1 hora. La serie seguirá a Selena a medida que sus sueños se hagan realidad y su familia toma decisiones que cambian la vida en su camino hacia el éxito.**

**LA GRAN SERIE DE RENDIMIENTO DE HOPE COLLEGE PRESENTA**

**RODRIGUEZ & MARTINEZ DUO**

**DOS LEYENDAS DEL JAZZ CUBANO SE UNEN**

**24 de Enero de 2020 | 7:30 PM**  
**CONCERT HALL,**  
**JACK H. MILLER CENTER**

"El Grupo Pedrito Martinez esta escribiendo un nuevo capítulo en la historia de la música Cubana."  
 - NPR All Things Considered



# 2019 World Events

Take a look back at the most important events in politics, culture, science and the environment

## POLITICS

**Robert Mueller submitted his report:** In March, U.S. Attorney General William Barr published a summary of Special Counsel Robert Mueller's two-year-long investigation, which found that President Trump's campaign did not collude or conspire with Russia during the 2016 presidential election. While the full 448-page Mueller Report, released in redacted form in April, laid out 10 episodes of potential obstruction of justice on the president's part, it stated that Mueller could not conclusively determine that Trump had or had not committed a crime. Testifying before Congress in July, Mueller denied that the investigation was a "witch hunt" (as Trump and his allies claimed) and said he believed a president could be charged with a crime after leaving office.

*En marzo, el Fiscal General de los Estados Unidos William Barr publicó un resumen de la investigación de dos años del Abogado Especial Robert Mueller, que encontró que la campaña del presidente no colusó ni conspiró con Rusia durante las elecciones presidenciales de 2016. Mientras que el Informe Mueller completo de 448 páginas, publicado en forma redactada en abril, expuso 10 episodios de posible obstrucción de la justicia por parte del presidente, declaró que Mueller no podía determinar de manera concluyente que Trump había cometido o no había cometido un crimen.*

**Trump faced impeachment inquiry:** In August, an anonymous whistleblower in the Trump administration first revealed a July phone conversation in which President Trump urged Volodymyr Zelensky, the president of Ukraine, to investigate alleged corruption on the part of former Vice President Joe Biden and his son Hunter, who sat on the board of the Ukrainian energy company Burisma. As Joe Biden was a leading Democratic presidential candidate for 2020, Congressional Democrats claimed Trump broke the law by soliciting help from a foreign government in digging up dirt on his political rival. The call with Zelensky also occurred days after Trump blocked nearly \$400 million in military aid to Ukraine, leading to speculation that the president may have made release of the aid conditional on Ukraine's investigation of the Bidens.

*En agosto, un denunciante anónimo en la administración Trump reveló por primera vez una conversación telefónica de julio en la que el presidente Trump instó a Volodymyr Zelensky, el presidente de Ucrania, a investigar la presunta corrupción por parte del ex vicepresidente y su hijo Hunter, que se sentó en el consejo de la compañía energética ucraniana Burisma. Como Joe Biden fue uno de los principales candidatos presidenciales demócratas para 2020, los demócratas del Congreso afirmaron que Trump violó la ley al solicitar ayuda de un gobierno extranjero para desenterrar la suciedad de su rival político.*

## WORLD EVENTS

**Japan's emperor abdicated:** In April, Emperor Naruhito formally ended a 30-year reign, becoming the first Japanese monarch in some 200 years to abdicate. A rare public speech in 2016 by the popular monarch was widely seen as an appeal to Japanese lawmakers to change the law to allow him to step aside; Emperor Naruhito's son Naruhito succeeded him on the Chrysanthemum Throne, marking the start of a new imperial era, the Reiwa.

*En abril, formalmente después de un reinado de 30 años, convirtiéndose en el primer monarca japonés en unos 200 años en abdicar. Un raro discurso público en 2016 por el monarca popular fue ampliamente visto como un llamamiento a los legisladores japoneses para que cambiaran la ley para permitirle hacerse a un lado. El hijo de Akihito, Naruhito, le sucedió en el Trono del Crisantemo, marcando el comienzo de una nueva era imperial, el Reiwa.*

**The U.K. prime minister resigned over Brexit:** Amid the failure of negotiations over the withdrawal of the United Kingdom from the European Union (a.k.a. Brexit), Prime Minister Theresa May formally resigned in June after nearly three years in office. As head of the Conservative Party, May survived no-confidence votes from her party and Parliament by early 2019, but resigned after failing three times to get a Brexit agreement passed. Boris Johnson, the controversial former mayor of London, succeeded May as Conservative leader and

prime minister in July.

*En medio del fracaso de las negociaciones sobre la retirada del Reino Unido de la Unión Europea (también k.a.), la Primera Ministra Theresa May renunció formalmente en junio después de casi tres años en el cargo. Como jefa del Partido Conservador, May sobrevivió a votos de no confianza de su partido y el Parlamento a principios de 2019, pero renunció después de fracasar tres veces para que se aprobara un acuerdo del Brexit. Boris Johnson, el polémico ex alcalde de Londres, sucedió a May como líder conservador y primer ministro en julio.*

**Hong Kong protests:** Months of anti-government protests in Hong Kong began in June, when more than 1 million people marched to protest a bill that would allow the extradition of people to mainland China to stand trial. Hong Kong, which has more autonomy to its citizens than mainland China, and protesters feared the bill could undermine this independence and endanger journalists and political activists. Though the bill was withdrawn in September, the unrest continued, including increasingly violent clashes between protesters and police.

*Meses de protestas antigubernamentales en Hong Kong comenzaron en junio, cuando más de un millón de personas marcharon para protestar contra un proyecto de ley que permitiría que la extradición de personas a China continental sea juzgada. Hong Kong, permite más autonomía a sus ciudadanos que la China continental, y los manifestantes temían que el proyecto de ley pudiera socavar esta independencia y poner en peligro a periodistas y activistas políticos.*

## State of Emergency in Chile

On October 19, Chile's president declared a state of emergency over the riots. Hundreds have taken to the streets to protest the rise of public transfer fees. On October 21, three more people died in a supermarket fire during the protests.

*El 19 de octubre, el presidente de Chile declaró el estado de emergencia por los disturbios. Cientos han tomado las calles para protestar por el aumento de las tasas de transferencia pública. El 21 de octubre, tres personas más murieron en el incendio de un supermercado durante las protestas.*

## CULTURE

**Fire at Notre-Dame:** On April 15, much of the world watched in horror as a fire at Notre-Dame de Paris in France, destroying the spire and most of the roof of the beloved 850-year-old cathedral. A subsequent investigation found no evidence that the fire was a deliberate act and suggested that it may have been the result of ongoing renovation work at the cathedral. While President Emmanuel Macron initially called for Notre-Dame to be rebuilt within five years, experts say its reconstruction could take decades.

*El 15 de abril, gran parte del mundo vio con horror como en Notre-Dame de París en Francia, destruyendo la aguja y la mayor parte del techo de la amada catedral de 850 años. Una investigación posterior no encontró evidencia de que el incendio fuera un acto deliberado y sugirió que podría haber sido el resultado de trabajos de renovación en curso en la catedral. Mientras que el presidente Emmanuel Macron inicialmente pidió que Notre-Dame fuera reconstruido en cinco años, los expertos dicen que su reconstrucción podría tomar décadas.*





**Wildfires destroyed much of Brazil's Amazon rainforest**

**Prince Harry and Meghan Markle had a baby:** On May 6, the Duke and Duchess welcomed their first child, Archie Harrison Mountbatten-Windsor, who is currently seventh in line to the British throne.

*El 6 de mayo, los duques le dieron bienvenida a su primer hijo, Archie Harrison Mountbatten-Windsor, que actualmente es séptimo en la línea del trono británico.*

**U.S. women's soccer triumph:** In July, the U.S. women's national soccer team won its second consecutive championship—and—in the 2019 FIFA Women's World Cup, held in France. Spurred by goals from team captain Megan Rapinoe and Rose Lavelle, the team capped an impressive undefeated tournament performance with a 2-0 victory over the Netherlands. Many saw the U.S. team's dominant win as strengthening a gender discrimination lawsuit they had filed against U.S. Soccer, the nation's governing body for the sport, demanding pay equal to that of their male counterparts.

*La selección femenina de fútbol ganó su segundo campeonato consecutivo, y en la Copa Mundial Femenina de Fútbol 2019, celebrada en Francia. Impulsado por los goles de la capitana del equipo Megan Rapinoe y Rose Lavelle, el equipo remató una impresionante actuación invicta en torneos con una victoria por 2-0 sobre los Países Bajos.*

**Toni Morrison died:** The author of 11 novels that explored black identity in America and put the lives of black women in the spotlight, Morrison died in August at the age of 88. Born Chloe Wofford in 1931, she published her first novel, *The Bluest Eye*, in 1970, while working full-time as a book editor and raising two young sons on her own. A longtime professor at Princeton University, Morrison won the Pulitzer Prize for *Song Soliloquy* (1987) and the Nobel Prize in Literature in 1993 for her body of work; she was the first black woman to win that prestigious honor. *Autora de 11 novelas que exploraron la identidad negra en Estados Unidos y pusieron las vidas de las mujeres afroamericanas en el centro de atención, Morrison murió en agosto a la edad de 88 años. Nacida Chloe Wofford en 1931, publicó su primera novela, The Bluest Eye, en 1970, mientras trabajaba a tiempo completo como editora de libros y criaba dos hijos pequeños por su cuenta. Profesora de larga data en la Universidad de Princeton, Morrison ganó el Premio Pulitzer por (1987) y el Premio Nobel de Literatura en 1993 por su trabajo; ella era la primera mujer afroamericana en ganar ese prestigioso honor.*

**Gun violence at home and abroad:** A gunman opened fire at a mosque and Islamic center in Christchurch, New Zealand, in March, killing 51 people and wounding 49. Six days after the attack, Prime Minister Jacinda Arden announced a nationwide ban on military-style semi-automatic weapons and assault rifles. In the United States, another horrific chapter in the continuing struggle with gun violence unfolded in August, when two mass shootings—in El Paso, Texas, and Dayton, Ohio—within less than 13 hours claimed the lives of at least 29 people and wounded more than 50. By mid-November, according to data from the nonprofit Gun Violence Archive (GVA), 2019 had seen 369 mass shootings in the United States, including 28 mass murders.

*Un pistolero abrió fuego contra una mezquita y un centro islámico en Christchurch, Nueva Zelanda, en marzo, matando a 51 personas e hiriendo a 49. Seis días después del ataque, la primera ministra Jacinda Arden anunció una prohibición nacional de las armas semiautomáticas y los rifles de asalto de estilo militar. En los Estados Unidos, otro capítulo horrible en la lucha continúa con la violencia armada se desarrolló en agosto, cuando dos tiroteos masivos —en El Paso, Texas y Dayton, Ohio— en menos de 13 horas se cobraron la vida de al menos 29 personas e hirieron a más de 50. A mediados de noviembre, según datos de la organización sin fines de lucro Gun Violence Archive (GVA), en 2019 se*

*habían visto 369 tiroteos masivos en los Estados Unidos, incluyendo 28 asesinatos en masa.*

## SCIENCE & TECHNOLOGY

**Wildfires destroyed much of Brazil's Amazon rainforest:** Deforestation in Brazil's Amazon rainforest reached the highest rate in more than a decade, thanks largely to the record number of fires that raged there in August. Environmental groups blamed the policies of the country's right-wing president, Jair Bolsonaro, who has encouraged industrial development over rainforest conservation. Many of the fires were deliberately set to clear forest for large-scale agriculture. Covering more than 2 million square miles, in nine South American countries, the Amazon is the world's largest rainforest, and is considered vital in the fight against climate change. It produces more than 20 percent of the oxygen in Earth's atmosphere, and has been called the planet's lungs.

*La selva amazónica de Brasil alcanzó la tasa más alta en más de una década, gracias en gran parte al número récord de incendios que se produjeron allí en agosto. Los grupos ambientalistas culparon a las políticas del presidente de derecha del país, Jair Bolsonaro, quien ha alentado el desarrollo industrial en lugar de la conservación de la selva tropical. Muchos de los incendios fueron provocados deliberadamente para talar bosques para la agricultura a gran escala. Cubriendo más de 2 millones de millas cuadradas, en nueve países sudamericanos, el Amazonas es la selva tropical más grande del mundo y se considera vital en la lucha contra el cambio climático. Produce más del 20 por ciento del oxígeno en la atmósfera de la Tierra, y ha sido llamado los pulmones del planeta.*

**First all-woman spacewalk:** In October, NASA astronauts Christina Koch and Jessica Meir exited the International Space Station to replace a power controller, becoming the first to complete an all-female spacewalk. Women were first admitted to the U.S. astronaut program in 1978, and the Soviet Union had put two female astronauts in space before Sally Ride, a member of that first astronaut class, in 1983. Both Koch and Meir were among the 2013 class of NASA astronauts, the first with an equal number of men and women.

*En octubre, los astronautas de la NASA Christina Koch y Jessica Meir salieron de la Estación Espacial Internacional para reemplazar un controlador de potencia, convirtiéndose en la primera en completar una caminata espacial exclusivamente femenina.*

## CELEBRANDO EL MES DE LA HERENCIA DE LOS AFRO-AMERICANOS

### CONVERSACIÓN CON MEE MOUA

22 DE ENERO | 11 AM - 1 PM  
TTC RM 4240

### "MÁS ALLÁ DEL SUEÑO III: UNA MIRADA MÁS PROFUNDA A LA PERSPECTIVA DEL DR. MARTIN LUTHER KING JR"

4 DE FEBRERO | 10 AM - 1 PM | TTC RM 4240  
Se sirve un ligero almuerzo.

### VALLE DE KALAMAZOO EXPOSICIÓN DE OBRAS DE ARTISTAS AFRO-AMERICANOS LOCALES

7 DE FEBRERO | 5 - 8 PM  
ARCADIA COMUNICA EL CENTRO DEL CAMPUS PARA NUEVOS MEDIOS

### DISCUSIÓN DEL PAÑEL DE APLICACIÓN DEL DERECHO DEL AREA DE KALAMAZOO

12 DE FEBRERO | 11 AM - 1 PM  
ARCADIA COMMONS CAMPUS  
AWH RM 128

### PELÍCULA Y CONVERSACIÓN - "RECONSTRUCCIÓN AMÉRICA DESPUÉS DE LA GUERRA CIVIL"

NARRATED BY HENRY LOUIS GATES JR  
26 DE FEBRERO | 11 AM - 1 PM  
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# Community News

## The Nottawaseppi Huron Band of the Potawatomi Distributes Thousands to Local Organizations Focused on Assisting Veterans

The Nottawaseppi Huron Band of the Potawatomi (NHBP) distributed \$48,300 to area veteran organizations during a luncheon Nov. 26 at The Bucket in Union City, Michigan.

The funds NHBP distributed in November serve to keep many local veterans and their families warm during winter months, housed with shelter, and stocked with food during emergency situations.

Each of the following organizations received a check for \$6,900:

- American Legion Post 196 from Union City, Michigan
- American Legion Post 257 from Battle Creek, Michigan
- American Legion Post 280 from Bellevue, Michigan
- American Legion Post 454 from Colon, Michigan
- Michigan Department of Disabled Veterans from Battle Creek, Michigan
- Southwest Michigan Veterans Relief Fund from Battle Creek, Michigan
- Veterans Helping Veterans Foundation from Springfield, Michigan

“On behalf of NHBP and the NHBP Veterans Committee, we say Chi Migwéch (thank you) to all the brave men and women who have served in the armed forces and those who are currently serving,” Chivis said. “It is because of your selfless and heroic actions that we are able to live freely.”

*La Nottawaseppi Huron Band of the Potawatomi (NHBP) distribuyó \$48,300 a organizaciones de veteranos de la zona durante un almuerzo el 26 de noviembre en The Bucket en Union City, Michigan.*

*Los fondos que LA NHBP distribuyó en noviembre sirven para mantener a muchos veteranos locales y sus familias calientes durante los meses de invierno, alojados con refugio y abastecidos de alimentos durante situaciones de emergencia.*



*The NHBP Veterans Committee, along with several representatives from local veteran organizations, attend a luncheon at The Bucket in Union City, Michigan*

## Over \$53,000 Raised for Local Charities During Holiday Giving at Gun Lake Casino

(Wayland, Mich.) – Gun Lake Casino, a devoted supporter of the local community, raised and contributed over \$53,000 to five West Michigan counties this holiday season. While continuing the tradition of giving, the casino partnered with eleven food organizations as well as Lakeshore Toys for Tots to support those in need.



*Game of Giving 2019 Group*

For the eighth year in a row, Gun Lake Casino continued their holiday tradition of collecting toys for Lakeshore Toys for Tots. From November 25 – December 15, gifts for children ages 0-16 were raised. In collaboration with thousands of kindhearted guests and Gun Lake Casino team members, Gun Lake Casino proudly contributed over \$35,000 in toys for local children, tripling the total amount of gifts donated during last year's campaign.

In addition to the collection of toys, for the seventh year, Gun Lake Casino took action against the issue of hunger within the community. On Tuesday, December 17, Gun Lake Casino hosted the Game of Giving, a private charitable event, for eleven local food organizations. Each charity was presented with the opportunity to bring awareness to their cause and create connections with members from the Wayland Area Chamber of Commerce.

The Game of Giving focused on recognizing, supporting and thanking the following charities; Allegan County Food Pantry, Manna's Market, The Green Apple Pantry, Community Action House, Good Hands Plainwell, Kalamazoo Loaves and Fishes, Martin Area Resource Center, Meals on Wheels of Western Michigan, God's Kitchen of Michigan, West Michigan Veteran's Assistance Program, and Feeding America West Michigan.



*Toys for Tots 2019 Gun Lake Casino*



# Community News

## Humanitarian Efforts for Pine Ridge Indian Reservation

(Wayland, Mich.)- Together, Gun Lake Casino, the Gun Lake Tribe, the Nottawaseppi Huron Band of Potawatomi (NHBP) and hundreds of community members joined forces to provide clothing, shoes, children's toys, and household items for the Indigenous people of Pine Ridge Indian Reservation.

Located in South Dakota, Oglala Lakota Pine Ridge Indian Reservation is the second largest Native American Reservation in the United States, with over 40,000 people calling its location home. Those living within the reservation are faced with many life barriers including, limited access to preventative health care programs, clean water, nutritious food, heat, employment, educational opportunities, transportation and technology.

In efforts to support the Native Community, the Gun Lake Tribe and Gun Lake Casino collected

funds and essential items through an assortment of methods. Casino guests were able to make monetary donations via EZ Pay Tickets at designated donation boxes near casino entrances. To inspire the donation of items \$10 in free slot play was provided to donating guests.

With caring hearts, representatives from the casino and tribes loaded thousands of items, with an estimated value of \$28,730, onto a semi-truck to be delivered to Pine Ridge. Members of the Gun Lake Tribe will be accompanying the donations to South Dakota where they will present them to those in need.

***Juntos, Gun Lake Casino, Gun Lake Tribe, Nottawaseppi Huron Band of Potawatomi (NHBP) y cientos de miembros de la comunidad unieron fuerzas para proporcionar ropa, zapatos, juguetes para niños y artículos para el hogar para los pueblos indígenas de Pine Ridge Reserva.***

***Con corazones atentos, representantes del casino y tribus cargaron miles de artículos, con un valor estimado de \$28,730, en un semi-camión para ser entregado a Pine Ridge. Los miembros de la Tribu Gun Lake acompañarán las donaciones a Dakota del Sur donde las presentarán a los necesitados.***



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## Nury Martinez Makes History as the First Latina President of the L.A. City Council

Last month was a historic moment for the city of Los Angeles. San Fernando Valley area Councilwoman Nury Martinez became the first Latina to be president of the Los Angeles City Council. Her new position as president of the 15-member council comes after the original president, Herb Wesson, stepped down in order to run for Los Angeles County Supervisor in District 2. Wesson nominated Martinez for the role, and she begins her first day on Jan. 5.

Martinez got a slew of congratulatory messages on social media by colleagues, supporters, and family, including from Jeff Gorell, the Deputy Mayor of Los Angeles. He tweeted, "Congratulations to our new President of the LA City Council, Nury Martinez. I enjoy working with her on issues of safety, security, and resilience. She has heart, passion, smarts, and a lot of energy to get things done."

Not everyone is happy with Martinez's new title. An issue that affected the area that she represented. As one person tweeted after the announcement, "Remember how Nury Martinez shamed homeless advocates for speaking out against City Council's opposition to the state bill that would prevent poor

people from losing their cars? Her leadership style is while punishing poverty."

**La concejala de la ciudad de Los Angeles, Nury Martínez, fue**

**elegida por sus colegas el pasado mes de Diciembre para convertirse en la próxima presidenta del consejo, convirtiéndola en la primera latina en ser seleccionada para el puesto.**

**Martínez reemplazará al presidente saliente del Consejo, Herb Wesson, quien decidió renunciar a su título para centrarse en su campaña para el Supervisor del Condado de Los Ángeles en el Distrito 2. Permanecerá en el consejo hasta que termine su mandato en noviembre.**



## Catalina Cruz becomes first former 'Dreamer' elected to New York state Assembly

Democratic candidate Catalina Cruz is now the first former Dreamer ever elected to the New York state Assembly and the third in office nationwide.

Cruz, 35, won last month night in New York's 39th Assembly District, which includes the neighborhoods of Jackson Heights, Corona and Elmhurst in Queens, a borough of New York City and one of the country's most diverse areas.



The term Dreamer refers to young people who immigrated to the U.S. as children but do not have legal status. Cruz immigrated from Colombia with her family and for ten years she lived undocumented in Queens, New York. She eventually gained citizenship after marrying her high school sweetheart.

Although President Donald Trump's decision to rescind DACA — the Obama-era program that allows qualified undocumented young people the opportunity to work and study without fear of deportation — motivated Cruz to run for office, the newly-elected assemblywoman hopes to help improve New York City's public transportation and education systems, expand to affordable housing and universal healthcare.

**La candidata demócrata Catalina Cruz es ahora la primera ex Soñadora elegida para la Asamblea del Estado de Nueva York y la tercera en el cargo a nivel nacional. Cruz, de 35 años, ganó el mes pasado por el distrito 39 de la Asamblea de Nueva York, que incluye los barrios de Jackson Heights, Corona y Elmhurst en Queens, un distrito de la ciudad de Nueva York y una de las áreas más diversas del país.**

**El término Dreamer se refiere a los jóvenes que emigraron a los Estados Unidos cuando son niños pero no tienen estatus legal. Cruz emigró de Colombia con su familia y durante diez años vivió undocumented en Queens, Nueva York. Finalmente obtuvo la ciudadanía después de casarse con su novia de la escuela secundaria.**

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## JESSE & JOY SE UNIERON A BERNIE SANDERS EN EL RALLY 2020 EN VENICE BEACH, CA.

Jesse & Joy, the Grammy and Multi Latin Grammy award winning siblings, with millions of followers on social media and billions of views and streams from around the world joined today Bernie Sanders 2020 Rally, to share their microphone with the millions of Americans fighting for a better future.

The Huerta Siblings, along with music colleagues Young The Giant, and Local Natives livened up an amazing day for Sen. Sanders, and Rep. Alexandra Ocasio Cortez, who was also a speaker for close to 20,000 people that gathered to support Bernie in Venice Beach.

Sen. Sanders thanked Jesse & Joy for their commitment to social causes. As is known the internationally acclaimed duo have raised their voice for those who can't, and have worked along with non-profit organizations that fight for the immigrants, human rights and social equality.

*Jesse & Joy, el duo de hermanos ganadores al Grammy y a múltiples Latin Grammy con millones de seguidores en las redes sociales y miles de millones de vistas en Youtube y streams en todo el mundo, acompañaron el día de hoy a Bernie Sanders en el rally 2020, para compartir su micrófono con millones de Estadounidenses que luchan por un mejor*



futuro.

*Hoy, los hermanos Huerta junto con sus colegas Young The Giant y Local Natives, amenizaron un increíble día para el senador Sanders y la Rep. Alexandra Ocasio-Cortez, quien también fue oradora para cerca de 20,000 personas, quienes se reunieron para apoyar a Bernie en Venice Beach.*

*El Sen. Sanders agradeció a Jesse & Joy por su compromiso con las causas sociales. Como es sabido, el duo aclamado internacionalmente ha alzado su voz por aquellos que no tienen, y han trabajado junto con organizaciones sin fines de lucro que luchan por los inmigrantes, derechos humanos y la igualdad social.*

## Rep. Alexandria Ocasio-Cortez Will Give A Spanish Keynote Speech on The West Coast In Support Of Bernie Sanders



As you may know, Rep. Alexandria Ocasio-Cortez is supporting Sen. Bernie Sanders for president in 2020. On Sunday, she will be the keynote speaker at a town hall for Sen. Sanders, and she will be speaking in Spanish.

This is a big deal, and not just because Rep. Ocasio-Cortez will be campaigning for Sen. Sanders trying to reach Latino voters, but also because she has admitted in the past that her Spanish isn't very good. Rep. Ocasio-Cortez tweeted, "I'm nervous for this all-Spanish town hall, but I also know that the only way I'm going to improve my Spanish is by practicing it!" She also tweeted in Spanish, "Nevada: Únete a nosotros este Domingo para un... town hall(?) en Español, y probablemente con un poquito de "spanglish" también."

Rep. Ocasio-Cortez has hit the campaign trail for Sen. Sanders before, and aside from her speech in Las Vegas, she will also be in Los Angeles.

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# La Política Sigue Destruyendo el Zoológico de Puerto Rico



Por: Edgar León

Luego de varias entrevistas e investigaciones sobre lo sucedido con el Zoológico de Puerto Rico solo se puede concluir que la política partidista ha destruido poco a poco el zoológico.

El zoológico se creó en el año 1954 como un proyecto educativo del Recinto de Mayagüez de la Universidad de Puerto Rico. El zoológico funcionó por décadas de forma exitosa y sirviendo de centro educativo investigativo donde tanto profesores, estudiantes universitarios, estudiantes y maestros de escuelas públicas y las familias puertorriqueñas aprendían y atesoraban el zoológico como algo especial.

Luego llegó la intervención política partidista del gobierno central de turno que le quita el zoológico a la universidad y se lo entrega al departamento de Parques y Recreos Públicos como la primera burrada acontecida.

Inevitablemente esta movida causó una discordia interna y conflictos por los servicios prestados, quien estaría a cargo de la operación, quien paga los salarios, quien paga la comida de los animales, quien vela por la salud de los animales, y quien estaba a cargo del mantenimiento de las facilidades, fueron muchas de las situaciones que afectaron negativamente al zoológico.

Al quitarle el zoológico a la universidad, el mismo dejó de ser una institución educativa para ser una recreativa lo cual pierde la función principal por lo cual fue creado. El propósito principal del zoológico era y es uno educativo por lo cual con esta transferencia afectaron a todos los niños de Puerto Rico quitándole el derecho de tener un sitio donde se aprende sobre los animales que tenemos alrededor del mundo.

Muchos de los animales del zoológico están en peligro de extinción lo cual son muy importantes para la ciencia y preservación de las especies. Otros animales debido a su condición y edad avanzada no resistirían vivir en un hábitat salvaje expuestos a que otros animales o personas los maten.

Luego de muchas discordias políticas, otra administración política nuevamente traslada la administración del zoológico al departamento de Recursos Naturales lo cual fue y continúa siendo otro disparate. En los Estados Unidos de Norte América existen acuerdos entre el Departamento de Recursos Naturales y algunos de los zoológicos. Esto sucede cuando el departamento de Recursos Naturales le dona terrenos para establecer los zoológicos, pero los zoológicos no están bajo recursos naturales. Usualmente los zoológicos están bajo fundaciones educativas privadas auto suficientes que buscan dinero y crean oportunidades de empleo para la comunidad.

Los grupos en contra del zoológico están poniendo información falsa, fotos de animales maltratados en otros países y los hacen pasar por fotos de animales del zoológico de Puerto Rico.

Luego del Huracán María, la prensa y los grupos pro-animales maltratados comienzan su campaña para cerrar el zoológico y mover a la elefanta Mundi fuera de Puerto Rico. A este traslado de la elefanta la gente de Mayagüez y de todo Puerto Rico se opuso y sigue oponiéndose debido a que hay solu-

ciones viables por medio de la Fundación Salvemos el Zoológico lo cual ahora mismo mantiene las facilidades de los alrededores.

El Departamento de Recursos Naturales, en estos momentos, paga los salarios de los cuidadores y la comida de los animales, pero no hay presupuesto oficial asignado al zoológico.



Para abrir el zoológico de Puerto Rico solo falta reparar una verja. Pero para esto, el Departamento de Recursos Naturales pide una propuesta. La fundación Salvemos el Zoológico ya le dio la propuesta que no le cuesta nada hacer la verja y todavía Recursos Naturales ha tardado meses en tomar su decisión debido a que en la fortaleza no le dan luz verde para hacer la reparación de la verja ni para abrir el zoológico.

Según la gobernadora hizo una ley rápidamente para los gallos, la gobernadora se puede escribir una orden ejecutiva ordenando la apertura del zoológico bajo la Fundación Salvemos el Zoológico ó bajo el Fideicomiso del Zoológico de Mayagüez en enero del 2020.

Los grupos que están haciendo la campaña para cerrar el zoológico son parte del grupo del exiliado gobernador Ricky Rosselló y su esposa Beatriz los cuales querían cerrar el zoológico y trasladar a Mundi a un santuario en los Estados Unidos. Recuerden que este grupo siempre tenía un denominador común, hacer dinero y buscar contratos para Elías Sánchez y Edwin Miranda.



Le exhortamos a los que están en contra del maltrato de animales que hagan una marcha en los edificios y facilidades del gobierno donde hay caballos amarrados al sol, enfermos y con hambre. También que vayan por las calles de Puerto Rico y le den comida y agua a los perros realengos que existen todavía en toda la isla.

La gobernadora Wanda Vázquez, en una reciente conferencia de prensa afirmó que está estudiando el caso con un grupo de personas porque es un caso complicado. Lo que es complicado es tomar una decisión que le cueste votos al que la tome.

El caso es no es complicado. El caso es bien fácil porque solo debe decidir quien tiene la prioridad. ¿Abrir el zoológico en enero del 2020 para los niños ó no hacer nada para no afectar la política partidista para salir electos?

La falta de acción de parte de las agencias de gobierno central y los políticos de turno solo reflejan el abandono y el temor al decidir en favor de la educación y los niños de Puerto Rico que necesitan un sitio donde puedan aprender y a compartir de cerca con los animales.

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



By Odille Parker

Sofía Huerta, a midfielder for the Houston Dash of the National Women's Soccer League, made history in April 2018 when she became the first female player to play both for and against the U.S. national team and Mexico's women's national soccer team.

"I was really excited to be on the field and help in any way I can," she said in the interview with US Soccer. "This is something I had been dreaming about for a long time and to play in front of a big crowd like that wearing the U.S. jersey was surreal."

Huerta was on the provisional roster for the 2018 CONCACAF Women's Championship but was not named to the final 20-player roster. She has not received a call-up to the U.S. national team since June 2018.

She was acquired by the Houston Dash in June 2018 and appeared in 12 games and tallied up five goals. In September 2018, it was announced that Huerta would join Sydney FC in Australia's W-League for the 2018-19 season. She was one of four American players joining the club.

Huerta played every minute of every game for Sydney in the 2018-19 season. She scored in the Grand Final, helping Sydney to a 4-2 victory over Perth and claiming the championship title for the W-League.

**Sofía Huerta, centrocampista del Houston Dash de la Liga Nacional de Soccer de Mujeres, hizo historia en abril de 2018 cuando se convirtió en la primera jugadora femenina en jugar a la cabeza y en contra de la selección de Estados Unidos y la selección femenina de fútbol de México. Huerta jugó colegialmente para los Santa Clara Broncos de 2011 a 2014, antes de comenzar su carrera profesional con Chicago Red Stars. Fue traspasada a Houston Dash en 2018.**

**La nativa de Boise, Idaho, de 24 años, fue titular de cuatro años como delantero de la Universidad de Santa Clara, donde tuvo una carrera sobresaliente.**

The 24-year-old Boise, Idaho native was a four-year starter as a forward for Santa Clara University, where she had an outstanding career. She was All-West Coast Conference all four years, and she was NCAA Division 1 Women All-West Region Second team her sophomore year. She finished her senior year in 2014 with 17 goals and 3 assists, and again because a third-team All-American selection and co-player of the year in her conference.

She was drafted by the Chicago Red Stars in the 2015 college draft, going eleventh overall. She was selected as a finalist for the NWSL Rookie of the Year Award for the 2015 season.

After not being selected by the United States for the FIFA Under-20 National Team, Huerta was elected to represent Mexico at the Women's World Cup in Japan in August 2012. She scored three of Mexico's seven goals in its two win, two loss performance. Huerta earned five caps at the senior level, which included one against the U.S. in 2013. It was in her first USA cap against New Zealand on Sept. 15 that she became the first player to play for and against the senior U.S. Women's National Team.

Huerta announced she would no longer be playing with Mexico's national team in December 2014, instead focusing her efforts in becoming a member of the U.S. national team. Her time with Mexico's team, however, was an honor and something she will always be proud of.

Huerta is the daughter of Jody, a Wisconsin native, and Mauricio, who was born and raised in Puebla, Mexico. Much of her extended family still lives in Mexico, and in an interview with U.S. Soccer in 2017, she commended their ongoing support as she chased her dreams of playing soccer at a professional level.

"They were there supporting me when I played for Mexico, and they're now supporting me when I'm playing for the USA," Huerta said.

U.S. head coach Jill Ellis expressed interest in wanting to bring Huerta into camp to train with the team during the 2017 Tournament of Nations, so she began the process of requesting a one-time change of national association with FIFA. On Sept. 2014, Huerta became eligible to play for the USA and was officially included on the gameday roster for the match against New Zealand.

She started the match on the bench, but was subbed in the 51st minute, earning her first WNT cap.

Huerta's 39-minute debut featured her first assist in a U.S. uniform, setting up Alex Morgan's 79th goal to cap a 3-1 win at Dick's Sporting Goods Park.



**Sofía Huerta**  
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# FAMOUS ARTIST POSES QUESTIONS FOR ALL

The Relevance of Art Through the Eyes of World-Renowned Artist, Paul Collins



I had the opportunity to have a tour of one of Paul Collins' art galleries at Marge's Donut Den, which is located at 1751 28<sup>th</sup> St SW, Wyoming, MI 49519, moments before meeting with him about the history of his work, inspiration, goals and artistic journey. The following dialogue gave me an understanding of who he is as a person and what he wanted people to understand as well.

By Kindra A. Peterson

Kindra: From where did your first interest of art stem?

Paul: My high school history teacher pulled me aside to express that she thought I could do amazing things with my art due to me always drawing pictures of the students and teachers, which sparked my interest in school.

This particular teacher of Paul's has passed away, but he mentioned that he wished she was still alive so that he could pay homage by showing her that she is the reason that he began his career. Furthermore, he explains how people don't realize the impact that teachers have on a student's life, as the teachers sometimes spend more time with that child than their own parents. The subliminal, yet most important thing that influences a child is the kind of role models that that child has in their life, along with their home environment; this can have an impact on who the child becomes. Trying to create a positive environment for children for their overall well-being is why Paul got involved in the community to rid it of its slums.

Kindra: How would you encourage the youth to follow an artistic career?

Paul: "Anything that talented kids have, I think that we should make sure we embellish it and encourage them."

Kindra: What is the message that you are trying to portray through your art overall – speaking in terms of social or political issues?

Paul: My dream is to figure out how we can make people aligned with other people. There's no such thing as a superior race. I even ask people if they think whoever created all of this, made a mistake by creating people of color. Everybody doesn't have to be white. People shouldn't be judged by their color, but by their character.

He once encouraged a company to hire more black people in order to get rid of negative stereotypes. The company took Paul's advice and they ended up employing more successful black people than any other company at that time.

Kindra: Did you ever feel discouraged or feel like that starving artist; if so, how did you overcome that and create opportunities for yourself to surpass those feelings?

Paul: In times of uncertainty, my mother always asked me what I was going to do about it, which encouraged me to be independent, as both of my parents did.

Kindra: How do you portray positive subliminal messages for people through your artwork?



Paul: "In positive ways." He told people who viewed the intention behind using the "N" word amongst each other as something that was okay and expressed how it wasn't okay to make something so negative towards our people go viral. You have to be careful of the kind of message that you're sending to people and the world; this will determine how you will be judged.

Paul spoke about respect and dignity to humanity, which I connected to the use of the "N" word as nothing that is respectful or shows dignity to the black race. In closing, he spoke more from his Indigenous views, including respect for Mother Earth and how we all should respect it and the animals since we all live here; his many interviews and biography illustrate these various views and beliefs.

© 2019 Written by Kindra A. Peterson

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[www.carol@collinsart.org](http://www.carol@collinsart.org)  
[www.collinsart.org](http://www.collinsart.org)

***Tuve la oportunidad de hacer un recorrido por una de las galerías de arte de Paul Collins en Donut Den de Marge, que se encuentra en 1751 28th St SW, Wyoming, MI 49519, momentos antes de reunirse con él sobre la historia de su trabajo, inspiración, objetivos y viaje artístico. El siguiente diálogo me dio una comprensión de quién es como persona y lo que quería que la gente también entendiera.***

***Durante la entrevista Paul habló sobre el respeto y la dignidad de la humanidad, que conecté con el uso de la palabra "N" como nada que sea respetuoso o muestre dignidad a la raza negra. Para terminar, habló más desde sus puntos de vista indígenas, incluido el respeto por la Madre Tierra y cómo todos debemos respetarla a ella y a los animales, ya que todos vivimos aquí; sus muchas entrevistas y biografía ilustran estos diversos puntos de vista y creencias.***

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***[www.collinsart.org](http://www.collinsart.org)***



# EXTREME WINTER SPORTS THAT MICHIGAN DOES BEST

Do you love discovering adrenaline-pumping, thrill-inducing activities during your travels? We're shining a spotlight on some of the most extreme sports to try in Michigan this winter.

**¿Te encanta descubrir actividades que te llenen de adrenalina e induzcan emoción durante tus viajes? Estamos destacando algunos de los deportes más extremos para probar en Michigan este invierno.**

Cold weather doesn't bring life in Michigan to a halt. In fact, a whole new array of activities open up during the winter months. Curling up by the fire may be fun for some, but for those looking for a more rugged and exhilarating adventure that really pushes the envelope on fun, check out these Michigan winter activities.

**1. Ice Climbing-** When it's too cold to scale a mountain, try a frozen waterfall instead. Ice climbing is one of Michigan's more extreme winter activities, and it's not for the faint of heart. With ice axes, a belay system, and pure grit, climbers methodically ascend these arctic pillars to reach spectacular snowy summits. Over the past few years, the sport has increased in popularity and Michigan is arguably the best location to ice climb in the U.S. In particular, Lake Superior is a climber's utopia, with hundreds of frozen waterfalls ranging from 20 to 200+ feet in height.

**Cuando hace demasiado frío para escalar una montaña, prueba con una cascada congelada. La escalada en hielo es una de las actividades invernales más extremas de Michigan, y no es para los débiles de corazón. Con piolets, un sistema de aseguramiento y arena pura, los escaladores ascienden metódicamente estos pilares árticos para alcanzar espectaculares cumbres nevadas.**

**2. Ice Luge-** On the shores of Lake Michigan, the offers ice luge for mere mortals who'd like to pretend to be Olympians. Not to be confused with the bobsled, the ice luge is flat with two steel runners; it's built for riders to recline on their backs and steer with their legs and shoulders. One of only four luge tracks in the U.S., the Sport Complex's track welcomes the general public and provides a rare opportunity to try this sport. The experience is exhilarating as riders hurtle feet-first down the 850-foot track, reaching speeds up to 30 mph (Olympic athletes reach speeds of 80 to 90 mph).

**En las orillas del lago Michigan, las ofertas de luge de hielo. No debe confundirse con el bobsled, el luge de hielo es plano con dos correedores de acero; está diseñado para que los ciclistas se reclinen sobre sus espaldas y dirijan con sus piernas y hombros. Una de las cuatro pistas de luge en los Estados Unidos, la pista del Sport Complex da la bienvenida al público en general y ofrece una rara oportunidad de probar este deporte. La experiencia es emocionante a medida que los pilotos se lastiman los pies por primera vez en la pista de 850 pies, alcanzando velocidades de hasta 30 mph (los atletas olímpicos alcanzan velocidades de 80 a 90 mph).**

**3. Ice Diving-** One little-known fact about Michigan is that it offers some of the best shipwreck diving in the world. Thousands of sunken ships rest quietly at the bottom of the Great Lakes, some dating back to the 1600s. And it just so happens that the best time of year to view these wrecks is in winter, when the ice coating Lake Michigan acts a sealant against wind, boats and people who stir up the lakebed. In other words, visibility is best in winter and that's when you'll see formidable ice divers chainsaw their way through the surface to sink into the watery world below. An advanced form of scuba diving, ice diving requires a special suit and equipment (and yes, a dive certification is mandatory). But the gear is well worth the experience of drifting through the water to view an elegant schooner or hulking freighter, eerily peaceful and frozen in time.

**Un hecho poco conocido sobre Michigan es que ofrece algunos de los mejores buceo en naufragios del mundo. Miles de barcos hundidos descansan en silencio en el fondo de los Grandes Lagos, algunos**

**datan del siglo XVII. Una forma avanzada de buceo, el buceo en hielo requiere un traje y equipo especial (y sí, una certificación de buceo es obligatoria).**

**4. Ice Sailing-** Called "wind dancing" by some, ice sailing pairs a wing, kite, or sled with a snowboard, skis, or skates. This adds complexity and speed to some favorite winter sports and makes for an addicting challenge. Ice sailing can be done anywhere there is wind and snow or ice, but Michigan is a paradise due to its many frozen lakes—there's lots of space to play. Ice sailors describe the feeling as energizing and sublime as they harness the wind's power to glide across the ice.

**Llamado "baile del viento" por algunos, la navegación en hielo combina un ala, una cometa o un trineo con una tabla de snowboard, esquís o patines. Esto agrega complejidad y velocidad a algunos deportes de invierno favoritos y lo convierte en un desafío adictivo.**

**5. Winter Surfing-** Surfing in Michigan in the winter takes some dedication and planning. Due to extremely cold wind and water, some research and planning is required to find the best waves for winter surfing. However, dealing with the cold and often brutal weather elements is well worth it when you are surfing winter waves with a handful of friends.

**Hacer surf en Michigan en invierno requiere dedicación y planificación. Debido al viento y al agua extremadamente fríos, se requiere investigación y planificación para encontrar las mejores olas para el surf de invierno.**

**6. Snowmobiling-** In the Great Lakes State, hiking boots are swapped out for snowmobiles during the winter. With over 6,500 groomed, interconnected trails, Michigan takes its motor-powered adventures seriously. One of only three states that offers such an extensive system of trails, snowmobilers can explore miles and miles of picturesque, exciting terrain. Ideal for an extreme winter group activity, visitors can speed over frozen lakes and through national forests to see sights that are often hidden in warmer months.

**En el estado de los Grandes Lagos, las botas de montaña se cambian por motos de nieve durante el invierno. Con más de 6,500 senderos interconectados, Michigan toma en serio sus aventuras a motor. Uno de los tres estados que ofrece un sistema tan extenso de senderos, los motonieves pueden explorar kilómetros y kilómetros de terreno pintoresco y emocionante.**

As the weather cools and the snow falls, Michigan turns into a magnificent playground for the outdoor adventurer. Plan a visit this season to try out these extreme winter sports.

**A medida que el clima se enfría y cae la nieve, Michigan se convierte en un magnífico parque infantil para el aventurero al aire libre. Planifique una visita esta temporada para probar estos deportes extremos de invierno.)**





## El legado de Martin Luther King Jr.

Activista para los derechos civiles, orador público, y pastor, Martin Luther King Jr. es uno de los defensores de la justicia social con más renombre hoy en día. Sabemos que comenzó su carrera como un reverendo bautista cuya fe tuvo un papel importante en su activismo.

**By Ingrid Cruz** Nacido el 15 de enero del 1929, fue asesinado el 4 de abril 1968. Hoy lo vemos como un héroe. Hay calles con su nombre y un monumento fue levantada en Washington, D.C. en el 2011 en su honor. Muchos estuvieron en su contra y la de su causa durante su vida.

### Los blancos veían a King de una manera desfavorable

Hoy muchas personas de varias razas citan a Dr. King. Muchos lo hacen porque apoyan a la causa de justicia social, o porque lo quieren recordar durante su feriado, pero otras personas lo hacen para sus propios fines. Muchos activistas y pensadores creen que el legado de Dr. King ha sido debilitado. El abril del 2018, el escrito Michael Harriott publicó en The Root, "En la re-escritura de la historia, King ha sido convertido en un luchador para la libertad que cuidadosamente ha evitado la ira de los blancos mientras señalaba la desigualdad."

En 1966, dos años antes de que Dr. King fuese asesinado, una encuesta le preguntó a los estadounidenses que piensan de él. El 63% lo veían desfavorablemente, mientras que solo el 33% tenían un punto de vista favorable de él. Ese también fue el año en el cual el 95% de afrodescendientes decían que ven al Dr. King de una manera favorable.

### Dr. King señalaba a las personas que no tomaban acción

Es cierto que Dr. King enfocó sus esfuerzos en luchar en contra de racistas extremos, pero Dr. King tampoco tenía miedo a señalar a las personas que no hacían nada. El habla sobre su decepción a causa de los "blancos moderados" en su "Carta desde la cárcel de Birmingham," criticando a personas blancas que decían apoyar la lucha de los afrodescendientes, pero que patrullaban sus esfuerzos auto-liderados, o que decían que los afroamericanos deberían esperar y ser pacientes.

Esto es un contraste al punto de vista que vemos del Martin Luther King Jr. durante el mes de la herencia afroamericana en las escuelas. En muchos casos nos enseñan que Dr. King era pasivo o que estaba dispuesto a conformarse a las expectativas de los blancos. Pero esto no es cierto.

### El legado de Dr. King se trataba de la justicia para todos

Antes de morir, la plataforma de Dr. King se hizo más radical y universal. La lucha para terminar con la segregación legal fue solamente el principio de su lucha para la justicia social. Antes de su muerte, Dr. King estuvo en contra de la Guerra en Vietnam y estaba organizando una campaña llamada "La campaña para la gente pobre," un movimiento que abordaría las necesidades de los pobres sin importar su raza, género, o clase social. Este movimiento se estropeó después de su asesinato, pero existe todavía y fue

### El decreto de derechos civiles y el decreto del derecho al voto

El decreto de derechos civiles de 1964 acabó con la segregación en base a la religión, raza, u origen nacional en todas las áreas públicas, incluyendo las cortes y los parques. Prohibió la discriminación en los sindicatos y por los empleadores, y creó la Comisión para la Igualdad de Oportunidades en el Empleo (EEOC, por sus siglas en inglés), que tiene el poder de demandar en defensa de trabajadores con reclamos de discriminación.

El decreto de derecho al voto de 1965 prohibió el uso de impuestos y exámenes literarios que impedían que los afro-americanos y otras minorías puedan ejercer su derecho al voto. Permitted que los oficiales federales puedan supervisar el registro de votantes en áreas de los EEUU donde el 50% no votantes de grupos minoritarios no están registrados para votar.

Esto es solo un poco de lo que nos dejó Dr. King. Debemos entender que durante su vida él fue criticado y visto como una amenaza. Su feriado nacional es cada tercer lunes de enero, y será celebrado el 20 de enero 2020. Nos da un día para reflexionar sobre el legado de justicia social de Dr. King, hacer algo para ayudar a nuestras comunidades, y recordar que obtener justicia social requiere de trabajo duro de todos.

### Legacy of Martin Luther King Jr.

Celebrated Civil Rights activist, public speaker, and minister, Martin Luther King Jr. is one of the best-known advocates for social justice of our time. We know that he began his career as a Baptist minister whose faith played an important role in his activism.

Born on January 15, 1929, he was murdered on April 4, 1968. Today, many see him



as a hero. Streets are named after him, and a national monument was erected in Washington, D.C. in 2011 in his honor. In his lifetime, many disagreed with him and his cause.

### Whites had an unfavorable view of King

Today, people of all races quote Dr. King. Those who do generally social justice, or they may want to remember him during his national holiday, but others misuse his quotes for personal gain. Many activists and critical thinkers feel Dr. King's legacy has been watered down. On April 2018, writer Michael Harriott said on The Root, "In the rewriting of history, King has been fashioned into an apologetic freedom fighter who carefully sidestepped white ire while pointing out inequality."

In 1966, two years before Dr. King was murdered, a poll asked Americans their opinion about him. 63% said they thought negatively of him, while only 33% had a positive outlook on him. That was the same year 95% of African-Americans said they saw Dr. King in a positive light.

### Dr. King called out people who did nothing

It's true that Dr. King focused his efforts on fighting extreme racists, but Dr. King wasn't afraid to criticize people who did nothing. He discusses his disappointment in "the white moderate" in his "Letter from Birmingham Jail," criticizing white people who claim to support the struggle of African-Americans, but who constantly policed their self-directed efforts, or who said that African-Americans should wait and be patient.

This is in contrast to the view we often get of Martin Luther King Jr. during Black History Month at school. We are often taught that Dr. King was a passive or willing to cater to white people's expectations. Nothing could be further from the truth.

### Dr. King's legacy was about justice for all

Before Dr. King died, his platform became more radical and all-encompassing. The struggle to end legal segregation is the beginning of his fight for social justice. Prior to his death, Dr. King objected to the Vietnam War and was working on a campaign platform called the "Poor People's Campaign," a movement that would address the needs of the poor regardless of race, gender, and class. This movement was thwarted by his assassination, but it was revived and lives on today.

### The Civil Rights Act and Voting Rights Act

The Civil Rights Act of 1964 ended segregation on the basis of religion, race, and national origin in all public areas, including courts and parks. It forbade discrimination by unions and employers, and created the Equal Employment Opportunity Commission, which has the power to pursue litigation for workers who have discrimination claims.

The Voting Rights Act of 1965 made it illegal to use poll taxes and literacy tests that prevented African-Americans and other minorities from exercising their voting rights. It allowed federal officials to oversee registration of voters in parts of the U.S. where 50% of non-white voters were unregistered.

This is only a small view of what Dr. King left us. We need to understand that he was heavily criticized and even seen as a threat during his lifetime. His national holiday is every third Monday in January, and will be on January 20, 2020. It gives us all a day to reflect on Dr. King's legacy for social justice, do something to help our communities, and remember that obtaining justice requires hard work from all of us.



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# January Events Eventos en Enero

## 2020 U.S. Cross Country Skiing Championship January 2-7, 2020 Houghton

The 2020 U.S. Cross Country Skiing Championships will be held at Michigan Tech. It will take place at the Michigan Tech Trails from January 2nd, 2020 to January 7th, 2020. The Michigan Tech Trails has hosted four previous U.S. Cross Country Ski Championships, with the 2016 edition being the most recent Cross Country Ski Championship event hosted in Houghton. The 2019 Championships were held at the Craftsbury Outdoor Center in Craftsbury, Vermont on January 3-8.

*El Campeonato de esquí de fondo de Estados Unidos 2020 se llevará a cabo en Michigan Tech. Tendrá lugar en Michigan Tech Trails del 2 de enero de 2020 al 7 de enero de 2020. Michigan Tech Trails ha sido sede de cuatro campeonatos de esquí de fondo de Estados Unidos, siendo la edición de 2016 el evento más reciente del Campeonato de esquí de fondo organizado en Houghton.*

## 20th Annual Tahquamenon Country Sled Dog Race January 4, 2020 Newberry

The Tahquamenon Country Sled Dog Race features over 60 teams from across the continent. Classes include 2/3 dog youth, 4-dog, 6-dog, 8-dog, and 10-dog. Races begin at 9:30 AM with a new team taking off every few minutes. There will be bonfires, food, and merchandise concessions. Come out to pet the dogs, meet the teams, and cheer them on during this all-day event. If you are interested in being a participant you can register you and your team. Don't forget to check out Tahquamenon Country Sled Dog Race and visit them on Facebook @TahquamenonCountrySledDogRace.

*La Tahquamenon Country Sled Dog Race cuenta con más de 60 equipos de todo el continente. Las clases incluyen 2/3 perros jóvenes, 4 perros, 6 perros, 8 perros y 10 perros. Las carreras comienzan a las 9:30 a.m. con un*

*nuevo equipo que despega cada pocos minutos.*

## 14th Annual Grand Rapids Camper, Travel & RV Show at DeVos Place January 9- 12, 2020 Grand Rapids

Whether just a weekend or a long getaway, RVing is the way to go. West Michigan RV dealers pack DeVos Place with motor homes, travel trailers, fifth wheels and folding camping trailers. Vacation destinations, campgrounds, RV accessories, and fun feature displays round out the exhibition creating the largest and most exciting RV & Travel Show in the state. GrandRapidsRVShow.com

*Ya sea solo un fin de semana o una larga escapada, RVing es el camino a seguir. Los concesionarios de vehículos recreativos del oeste de Michigan empaquetan DeVos Place con casas rodantes, remolques de viaje, quintas ruedas y remolques de camping plegables. GrandRapidsRVShow.com*

## SISU Ski Fest January 11, 2020 Ironwood

The SISU Ski Fest (SSF) was chartered in 2010 as a 501(c)(4) non-profit organization dedicated to promoting silent sports with emphasis on cross-country ski racing and generating economic activity in the Ironwood area. The SISU Ski Fest manifests these goals. The SISU Ski Fest is comprised of 4 ski events (classic and freestyle divisions), the 31K SISU Ski Race, 15K Heikki Lunta Ski Race, Hauska Hiihto 5K Ski and the kid's Depot Dash (on Friday and Free).

*El SISU Ski Fest (SSF) fue creado en 2010 como una organización sin fines de lucro 501 (c) (4) dedicada a promover deportes silenciosos con énfasis en las carreras de esquí de fondo y generar actividad económica en el área de Ironwood.*

## Snowshoe Hike January 11, 2020 Muskegon

Join us for a snowshoe hike in the beautiful wooded dunes of Hoffmaster State

Park. Due to the limited number of snowshoes available reservations will be limited to 2 per person.

*Únase a nosotros para una caminata con raquetas de nieve en las hermosas dunas boscosas del Parque Estatal Hoffmaster. Debido al número limitado de raquetas de nieve, las reservas disponibles se limitarán a 2 por persona.*

## JW Wedding Showcase January 12-13, 2020 Grand Rapids

We're transforming the International Ballroom and want you to be the first to envision your wedding here at our wedding showcase! Join us during this two-day event in January to see its debut, enjoy light refreshments, speak to our representatives, and picture your dream wedding here!

Admission to the event and self-parking in the JW ramp is complimentary. There will be light hors d'oeuvres and refreshments served, a DJ provided by Music Host Entertainment, flowers provided by Modern Day Floral, and a photo booth provided by Look At U.

*¡Estamos transformando el Salón Internacional de Baile y queremos que seas el primero en imaginar tu boda aquí en nuestro escaparate de bodas! ¡Únase a nosotros durante este evento de dos días en enero para ver su debut, disfrutar de refrigerios, hablar con nuestros representantes e imaginar la boda de sus sueños aquí!*

## Broadway Grand Rapids presents Hamilton January 21- February 9, 2020 Grand Rapids

Hamilton is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and was the new nation's first Treasury Secretary. Featuring a score that blends hip-hop, jazz, blues, rap, R&B, and Broadway, Hamilton is the story of America then, as told by America now. *Hamilton es la historia del padre fundador de Estados*



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DeVos Place, Grand Rapids  
January 31-February 3, 2019

*Unidos, Alexander Hamilton, un inmigrante de las Indias Occidentales que se convirtió en la mano derecha de George Washington durante la Guerra Revolucionaria y fue el primer Secretario del Tesoro de la nueva nación. Con una partitura que combina hip-hop, jazz, blues, rap, R&B y Broadway, Hamilton es la historia de Estados Unidos entonces, tal como lo cuenta Estados Unidos ahora.*

## Great performance series: Alfredo Rodriguez/Pedrito Martinez Duo January 24th, 2020 Holland, Mi.

Two artists blazing new trails in Cuban jazz come together in a lively performance. With a Grammy-nominated album of his own, percussionist Pedrito Martinez is in demand from artists ranging from Wynton Marsalis to Bruce Springsteen. Friday, January 24, 2020 at 7:30pm.

*Dos artistas abriendo nuevos caminos en el jazz cubano se unen en una actuación animada. Con su propio álbum nominado al Grammy, el percusionista Pedrito Martínez tiene demanda de artistas que van desde Wynton Marsalis hasta Bruce Springsteen. Viernes 24 de enero de 2020 a las 7:30 p.m.*

## 22nd Annual Michigan International Auto Show January 30 - February 2, 2020 Grand Rapids

This is the greatest annual opportunity to view your "next new vehicle!" Hundreds of the latest model cars, trucks, SUV's, crossovers, hybrids, electrics, luxury and performance vehicles are featured from over 35 manufacturers along with pre-production models. Special features include the Million Dollar Motorway of exotic cars and the Gilmore Car Museum display. GRAutoShow.com *Esta es la mejor oportunidad anual para ver su "próximo vehículo nuevo". Cientos de los últimos modelos de auto-*

*móviles, camiones, SUV, crossovers, híbridos, electricidad, vehículos de lujo y de alto rendimiento se presentan de más de 35 fabricantes junto con modelos de preproducción. Las características especiales incluyen la Autopista Million Dollar de autos exóticos y la exhibición del Museo del Automóvil Gilmore. GRAutoShow.com*

## Ice Breaker Festival 2020 January 31- February 2, 2020 South Haven

Ice Breaker Festival promises winter fun for the whole family! West Michigan's predominant and growing winter festival is showcasing dazzling ice sculptures, Chili Cook-off, Cardboard Sled Race, Pub Slide, outdoor Ice Skating, Horse Drawn Wagon Rides, S'mores, Snowsuit Fashion Competition, Frozen Fish Fling, and many more exciting activities throughout downtown South Haven. The not-to-be-missed highlight of this annual event is the sculpting of more than 50 blocks of ice, weighing 300-600 pounds each, into incredible works of frozen art. Take a stroll around downtown to see all of the "cool" designs! While admiring all the amazing ice displays, be sure to enjoy the Pub Slide, with food, drink, and entertainment specials offered at participating bars and restaurants all weekend long.

*El festival de invierno predominante y creciente de West Michigan exhibe deslumbrantes esculturas de hielo, Chili Cook-off, Cardboard Sled Race, Pub Slide, Outdoor Ice Skating, Horse Drawn Wagon Rides, S'mores, Snowsuit Fashion Competition, Frozen Fish Fling y muchos más emocionantes. actividades en todo el centro de South Haven.*

*Lo más destacado de este evento anual que no debe perderse es la escultura de más de 50 bloques de hielo, que pesan entre 300 y 600 libras cada uno, en increíbles obras de arte congelado.*

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**MARIACHI VARGAS**

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 University of Michigan - Ann Arbor  
 500 South State Street  
 Ann Arbor, Michigan 48109



**LAURENCE MILLER & THE LOVE MANIACS, V\*A\*S\*E**

February 23, 2020  
 Sunday 7:00 PM  
 The Loving Touch  
 22634 Woodward Ave  
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March 11, 2020  
 Wednesday 9:00 PM  
 Jazz Cafe at Music Hall  
 350 Madison Street  
 Detroit, Michigan 48226



**LOS LOBOS IN ANN ARBOR**

March 28, 2020  
 Saturday 8:00 PM  
 316 Main Street  
 Ann Arbor, Michigan 48104



**PRINCE ROYCE IN GRAND RAPIDS**

April 16, 2020  
 Thursday 7:00 PM  
 20 Monroe Live  
 20 Monroe Ave NW  
 Grand Rapids, Michigan 49503



**RAMON AYALA IN ROSEMONT**

March 14, 2020  
 Saturday 8:00 PM  
 Rosemont Theatre  
 5400 North River Road  
 Rosemont, Illinois

For more information visit / Para más información visita <http://eventful.com>



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**Only Sunday**

**A partir del domingo, 7 de julio de 2019**  
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# LAVOS

Singer/songwriter Farina became the second Colombian artist signed to Jay-Z's Roc Nation label after Shakira. Farina Pao was born in Medellín, Colombia in 1986, and went on to become a pioneer of urban music in her native country. She first rose to fame as a contestant on The X Factor in 2005, and the following year she released her debut record, *Yo Soy Farina*, which was heavily indebted to her biggest influence, dancehall. In 2011 she embarked on a career in acting, starring in the Colombian television series *Tres Milagros*, where she played the character Milagros "Nikita" Cruz. Her acting debut was honored at the TV y Novelas Awards in Colombia, where she was nominated in the Best Actress and Revelation of the Year categories. She released her sophomore record, *Del Odio al Amor*, in 2012. The album featured 12 songs composed by Farina and produced by DJ Lago. "Pongan Atención" was released as a single and became a hit, raising her profile further. In 2013, she received the Best Colombian Artist Award at the Mi Gente TV Awards. In 2017, Farina was signed to rapper Jay-Z's Roc Nation label and began work on her third record, *Mejor Que Yo*, with production help from Wyclef Jean (Shakira, Whitney Houston). That same year, she released the single "Mejor Que Yo," produced by the duo A&X (Akon, Don Omar).

***La cantante y compositora Farina se convirtió en la segunda artista colombiana en firmar con el sello Roc Nation de Jay-Z después de Shakira. Farina Pao nació en Medellín, Colombia en 1986, y se convirtió en pionera de la música urbana en su país natal. Primero saltó a la fama como concursante en The X Factor en 2005, y al año siguiente lanzó su disco debut, Yo Soy Farina, que estaba en deuda con su mayor influencia, dancehall. En 2011 se embarcó en una carrera en la actuación, protagonizando la serie de televisión colombiana Tres Milagros, donde interpretó al personaje Milagros "Nikita" Cruz. Su debut como actriz fue honrada en los Premios TV y Novelas en Colombia, donde fue nominada en las categorías de Mejor Actriz y Revelación del Año. Lanzó su segundo disco, Del Odio al Amor, en 2012. El álbum presentaba 12 canciones compuestas por Farina y producidas por DJ Lago. "Pongan Atención" fue lanzado como single y se convirtió en un éxito, elevando aún más su perfil. En 2013, recibió el Premio al Mejor Artista Colombiano en los Mi TV TV Awards. En 2017, Farina firmó con el sello Roc Nation del rapero Jay-Z y comenzó a trabajar en su tercer disco, Mejor Que Yo, con la ayuda de Wyclef Jean (Shakira, Whitney Houston). Ese mismo año, lanzó el sencillo "Mejor Que Yo", producido por el dúo A&X (Akon, Don Omar).***

# Farina

# Netflix estrenará el documental Guatemala: Corazón del Mundo Maya

Entre los estrenos de Netflix el pasado mes de Noviembre se estrenó el documental Guatemala: Corazón del Mundo Maya, el cual muestra al mundo sobre las riquezas culturales y geológicas de nuestro país. ¡Tienes que verlo!

Medios internacionales dieron a conocer que uno de los 13 estrenos de ese mes de la sección de "documentales y especiales" se encuentra el de Guatemala: Corazón del Mundo Maya.

En la descripción, Netflix compartió que los usuarios han tenido la oportunidad de explorar las riquezas culturales y geológicas del país, las cuales van desde la Sierra de las Minas hasta Esquipulas, Chiquimula.

El documental es protagonizado por Christian Morales y dirigido por Luis Ara e Ignacio Jaunsolo, y tiene una duración de una hora con seis minutos.

Además, de reconocidos lugares de Guatemala, las personas conocerán antiguas ciudades mayas del departamento de Petén. Así como los colores y característicos trajes regionales de los hombres y mujeres.



*A new Netflix production promises to do exactly this: the feature "Guatemala: Corazón del Mundo Maya" (Guatemala: The Heartland of the Maya World) will prove that the Central American country is a beautiful place with plenty of past, a present that us trying to come to terms with recent historical trauma, and a future that is promising.*

*The documentary has been available since November 30 and, shows the natural and cultural beauty of the Central American country.*

## Rocío Guerrero Joins Amazon Music to Lead Latin Strategy



Rocío Guerrero has been named Amazon Music's first-ever global head of Latin music, the company announced last month.

In her new role, Guerrero will help develop and lead

*identificar nuevas iniciativas de marketing, aprovechará el éxito de las listas de reproducción latinas globales de la compañía y se encargará de identificar nuevas iniciativas que puenteen la música y la innovación de voz.*

*En particular, Guerrero anteriormente se desempeñó como directora de culturas musicales globales en Spotify, donde ayudó a construir el servicio de streaming en una potencia de la música latina mediante la implementación de una estrategia de expansión musical global. Su alquiler en Amazon Music muestra que el servicio rival se toma en serio hacer una exhibición más fuerte en el codiciado mercado.*

the growth strategy and execution of Amazon Music in the Latin market, while developing and maintaining key industry relationships and building a team dedicated to Latin music content. She will also help identify new marketing initiatives, build on the success of the company's global Latin playlists and be tasked with identifying new initiatives that bridge music and voice innovation.

Notably, Guerrero previously served as head of global music cultures at Spotify, where she helped build the streaming service into a Latin music powerhouse by implementing a global music expansion strategy. Her hire at Amazon Music shows the rival service is serious about making a stronger showing in the coveted market.

**Rocío Guerrero ha sido nombrada la primera directora global de música latina de Amazon Music, anunció la compañía el mes pasado.**

**En su nuevo rol, Guerrero ayudará a desarrollar y liderar la estrategia de crecimiento y ejecución de Amazon Music en el mercado latino, mientras desarrolla y mantiene relaciones clave de la industria y construye un equipo dedicado al contenido de la música latina. También ayudará a**

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# UTRGV Mariachi wins first place at mariachi music festival

The University of Texas Rio Grande Valley's Mariachi Juvenil Aztlán won first place at the university and college division at mariachi music festival.

The mariachi took top honors at the Mariachi Vargas Extravaganza which took place in San Antonio.

UTRGV has two mariachi ensembles, Mariachi Juvenil Aztlán and Mariachi Aztlán, according to a release both ensembles performed at the competition.

Mariachi Juvenil Aztlán is made up of first- and second-year students said the release.

Over 1,200 mariachi students from across the country participated in the conference. According to the release, the festival also included mariachi instrumental and vocal workshops and concerts by world-renowned musicians and competitions. Voice major at UTRGV, Alex Vasquez, took third place in the vocal competition.

"The competition was challenging, because

everyone was super talented," Vasquez said in the release. "It is a great experience to be able to showcase my background as a voice major and opera singer from UTRGV, and to share the stage with my mariachi peers."

**El Mariachi Juvenil Aztlán de la Universidad de Texas Rio Grande Valley ganó el primer lugar en la división universitaria y universitaria en el festival de música de mariachi.**

**El mariachi se llevó los máximos honores en el Mariachi Vargas Extravaganza que tuvo lugar en San Antonio.**

**UTRGV tiene dos conjuntos de mariachis, Mariachi Juvenil Aztlán y Mariachi Aztlán, según un lanzamiento que ambos conjuntos actuaron en el concurso.**

**Más de 1.200 estudiantes de mariachi de todo**



**el país participaron en la conferencia. Según el lanzamiento, el festival también incluyó talleres instrumentales y vocales de mariachi y conciertos de músicos y concursos de renombre mundial.**

**La voz mayor en UTRGV, Alex Vásquez, ocupó el tercer lugar en la competencia vocal.**

**"La competencia fue desafiante, porque todo el mundo era super talentoso", dijo Vásquez en el lanzamiento. "Es una gran experiencia poder mostrar mi formación como cantante de voz y ópera de UTRGV, y compartir el escenario con mis compañeros de mariachi"**

# BRONCO CIERRA UN ESPECTACULAR 2019 EN LOS ESTADOS UNIDOS CON IMPORTANTES RECONOCIMIENTOS, UNA EXITOSA GIRA, Y UN ACLAMADO ÁLBUM

Grupo Bronco una de las agrupaciones más icónicas del género regional mexicano y grupero, vivió un 2019 de ensueño, demostrando una vez más que después de cuatro décadas siguen vigentes y que continúan siendo una de las favoritas del público.

En febrero, en su posición como pioneros del género en la Unión Americana, la agrupación recibió las Llaves de la Ciudad de Lynwood, California, así como una estrella en el Paseo de la Fama de Plaza México. Reconocimientos reservados para artistas que han hecho grandes aportaciones a la música latina en México y Estados Unidos.

Ese mismo mes, la agrupación comenzó con su aclamada gira por los Estados Unidos, con la que visitaron las principales ciudades del país sumando 49 shows abarrotados, incluyendo importantes escenarios como: el Rosemont Theatre en Chicago, el Sames Auto Arena en Laredo, el State Farm Arena en McAllen, The Coliseum en Austin y el Microsoft Theater de Los Ángeles, donde con un recinto con casa llena pusieron a cantar a los miles de asistentes cada uno sus éxitos y donde además estuvieron acompañados de la actriz y cantante Sandra Echevarría.

Esto coronó un año marcado por el regreso de la agrupación a la escena musical con su aclamado álbum 'Por más', del que se desprenden 15 temas, entre los que se encuentran los exitosos sencillos "Alguien Mejor Que Yo", "Quiero Perderme" y "Voy a Tumbiar la Casita" ft. Ricky Muñoz, los

cuales acumulan más de 11 millones de reproducciones YouTube y se posicionaron en los primeros lugares de los charts de radio en México y Estados Unidos.



Además, este exitoso álbum recibió importantes reconocimientos que incluyen dos nominaciones a los premios Latin Grammy en las categorías de Mejor Álbum de Música Norteña y Mejor Canción Regional Mexicana por "Alguien mejor que yo", escrita por José Luis Roma.

**Grupo Bronco, one of the most iconic groups of the Mexican and grouper regional genre, lived a dream 2019, demonstrating once again that after four decades they are still in force and that they continue to be one of the public's favorites.**

**In February, in its position as pioneers of the genre in the American Union, the group received the Keys of the City of Lynwood, California, as well as a star on the Walk of Fame in Plaza Mexico. Acknowledgments reserved for artists who have made great contributions to Latin**

**music in Mexico and the United States.**

**In November they were recognized at the Radio Awards, a ceremony dedicated to honoring Mexican regional music in the United States, for their four-decade career placing hits in the hearts of fans. Also, during the event held at The Theater at Grand Prairie, in Texas, the group had one of the most applauded and emotional performances of the night.**

## Opening January 3

### THE GRUDGE



A single mother and young detective, Muldoon (Riseborough), discovers that a suburban house is cursed by a vengeful ghost that dooms those who enter it with a violent death. Now, she runs to save herself and her son from demonic spirits from the cursed house in her neighborhood  
**Rated: R.**

**La película nos introducirá en la historia de una casa abandonada donde un fantasma atormentado castiga a todos los que entran con una dolorosa muerte. Será la primera película dentro de la franquicia que no cuente con la participación de Takashi Shimizu, que se encargó de la dirección de las entregas anteriores, incluidos dos remakes americanos. Este reboot que prepara Sony Pictures de 'The Grudge' tiene previsto su estreno en Estados Unidos para 2020. Detrás de la dirección del proyecto se encuentra el cineasta Nicolas Pesce ('The Eyes of My Mother'), y se encarga del guion Jeff Buhler ('El vagón de la muerte').**

**At the height of the First World War, two young British soldiers, Schofield (Captain Fantastic's George MacKay) and Blake (Game of Thrones' Dean-Charles Chapman) are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers—Blake's own brother among them.**

## Opening January 10

### 1917

**En lo más crudo de la Primera Guerra Mundial, dos jóvenes soldados británicos, Schofield (George MacKay) y Blake (Dean-Charles Chapman) tienen que llevar a cabo lo que parece una misión imposible. En una carrera contrarreloj, deberán atravesar el territorio enemigo para entregar un mensaje que evitará un mortífero ataque contra cientos de soldados, entre ellos el propio hermano de Blake.**



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## JUST MERCY



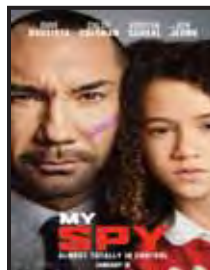
Bryan Stevenson, a young lawyer, finds creates the Equal Justice Initiative, a legal practice dedicated to defending the poor, the wrongly condemned and women and children. One of his first cases is that of Walter McMillian, a young man who is sentenced to die for a notorious murder he insisted he didn't commit. The case draws Stevenson into a tangle of conspiracy and political machination that transforms his understanding of mercy and justice forever.  
**Rated: PG-13**

**Cuenta la historia real del joven abogado Bryan Stevenson y de su histórica batalla por la justicia.**

**Después de licenciarse en Harvard, Bryan recibe**

**ofertas de trabajo muy lucrativas. Pero él prefiere poner rumbo a Alabama para defender a personas que han sido condenadas erróneamente o que carecían de recursos para tener una representación legal adecuada, y lo hace con el apoyo de la activista local Eva Ansley. Uno de sus primeros y más turbulentos casos es el de Walter McMillian (Foxx), que en 1987 fue sentenciado a la pena muerte por el asesinato de una chica de 18 años, a pesar de que las pruebas demostraban ostensiblemente su inocencia.**

## MY SPY



My Spy follows JJ a hardened CIA operative who has been demoted and finds himself at the mercy of a precocious 9-year-old girl, named Sophie where he has been sent undercover begrudgingly to surveil her family. When Sophie discovers hidden cameras in her apartment she uses her tech savviness to locate where the surveillance operation is set. In exchange for not blowing JJ's cover Sophie convinces him to spend time with her and teach her to be a spy.  
**Rated: PG-13.**

**JJ es uno de los agentes más reputados de la CIA que cuenta con una rutina predeterminada: cumplir la misión y no dejar cabos sueltos. Todo cambia cuando Bobbi, una niña de 9 años, le graba confesando que es miembro de uno de los Servicios de Inteligencia más reputados del mundo.**

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## THE INFORMER



Reformed criminal and former special ops soldier Pete Koslow (Kinnaman), in order to free himself from jail and return to his wife (de Armas) and daughter, has been working undercover for crooked FBI handlers (Pike, Common and Owen) to infiltrate the Polish mob's drug trade in New York. In a final step towards freedom, Koslow must return to the one place he's fought so hard to leave, Bale Hill Prison, where his mission becomes a race against time when a drug deal goes wrong and threatens to identify him as a mole.

**Esta película sigue la historia de Pete Hoffman, un criminal que se ha reformado y que anteriormente trabajaba como soldado de operaciones especiales. El protagonista ha colaborado junto a la policía de Nueva York en un caso de drogas, y para completar su reconversión y ser libre junto a su mujer e hija, tendrá que continuar en la prisión de Bale Hill hasta la resolución del mismo.**

**Opening January 17**

## DOLITTLE



After losing his wife seven years earlier, the eccentric Dr. John Dolittle (Downey), famed doctor and veterinarian of Queen Victoria's England, hermits himself away behind the high walls of Dolittle Manor with only his menagerie of exotic animals for company. But when the young queen (Jessie Buckley, Wild Rose) falls gravely ill, a reluctant Dolittle is forced to set sail on an epic adventure to a mythical island in search of a cure, regaining his wit and courage as he crosses old adversaries and discovers wondrous creatures.

**El afamado y excéntrico Dr. Dolittle (Robert Downey Jr.) es un médico veterinario de la Inglaterra victoriana. Aislado en su mansión, Dolittle vive junto a sus animales exóticos, que son su única compañía. Pero cuando la joven reina Victoria (Jessie Buckley) cae gravemente enferma, este peculiar doctor tendrá que viajar hasta una**

**mítica isla en busca de una cura. Muy a su pesar, Dolittle abandonará su vida de ermitaño para embarcarse en una épica aventura, en la que poco a poco recuperará su sentido del humor y su coraje, a medida que se encuentre con viejos adversarios y descubra maravillosas criaturas. En su viaje le acompañará su joven ayudante Tommy (Harry Collett), además de todo un séquito de variopintos animales. Esta comedia familiar está basada en el clásico de la literatura infantil creado por Hugh John Lofting.**

**Opening January 24**

## THE LAST FULL MEASURE



The true story of Vietnam War hero William H. Pitsenbarger (Jeremy Irvine), a U.S. Air Force Pararescuemen (also known as a PJ) medic who personally saved over sixty men. During a rescue mission on April 11, 1966, he was offered the chance to escape on the last helicopter out of a combat zone heavily under fire, but he stayed behind to save and defend the lives of his fellow soldiers of the U.S. Army's 1st Infantry Division, before making the ultimate sacrifice in the bloodiest battle of the war.

**La película cuenta la historia de Pitsenbarger (Scott Eastwood, Escuadrón suicida) un joven estadounidense que murió como soldado en la guerra de Vietnam en acto de servicio. Treinta y cuatro años después de su muerte, en el año 2000, se le concedió una Medalla al Honor, que el galardón más alto que da el ejército de los Estados Unidos de América para premiar el valor de los soldados. Entre las misiones en las que participó Pitsenbarger se encontraba la de resatar a compañeros suyos durante el día más sangriento de toda la contienda militar.**

## THE TURNING



At a mysterious estate in the Maine countryside, new nanny Kate (Mackenzie Davis, "Terminator: Dark Fate") is charged with the care of two troubled orphans: Flora (Brooklyn Prince, "The Florida Project") and Miles (Finn Wolfhard, "Stranger Things"). Quickly though, Kate discovers that both the children and the house are harboring dark secrets and things may not be as they appear. Directed by spellbinding visualist Floria Sigismondi ("The Handmaid's Tale"), "The Turning" is a terrifying thriller, inspired by the landmark Henry James novel, from the screenwriters of "The Conjuring".

**Otra vuelta de tuerca cuenta la historia de una joven institutriz que es contratada por un hombre al que se le ha otorgado la custodia de sus sobrinos tras la repentina muerte de sus padres. Muy pronto la joven se dará cuenta que tanto los niños como la casa esconden terribles y oscuros secretos.**

**Opening January 31**

## GRETEL & HANSEL



A long time ago in a distant fairytale countryside, a young girl (Sophia Lillis, It) leads her little brother (Sammy Leakey) into a dark wood in desperate search of food and work, only to stumble upon a nexus of terrifying evil.

**Baviera, XIV. Los hermanos Gretel y Hansel, de 13 y 12 años respectivamente, viven el peor momento de su vida. Perdieron a su padre hace años y su madre ahora está casada con un malévolo hombre. Tras estar viviendo en la más absoluta miseria y desamparo familiar, la pareja de niños decide abandonar lo que antes era su hogar y huir del pueblo en**

**busca de una mejor vida.**

**Sin embargo, el bosque que deberán atravesar esconde a furtivas y crueles personas que querrán aprovecharse de la bondad de Gretel y Hansel. Por fin, cuando creen haber escapado de todo mal, encuentran una adorable casita en el profundo paraje, la cabaña de Holda, una amigable mujer que decide acogerlos. Repletos de cobijo, comida y atención, los niños rápido se dan cuenta de que las apariencias engañan y tendrán que volver a huir. Pero esta vez para salvar sus vidas.**



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The black with silver body side stripes has way more modifications than ever some car people could find. Basically its a gem in hiding to many people



A COOL RED PICK UP WITH NO ROOF



The young lady in the orange shirt is polishing the family ride



This young lady is proud to wear the club colors



A few club members on the grass at a show

A BLACK & GRAY 2001 PONTIAC WITH A EXCITING MURAL ON THE HOOD AND LAMBO DOORS



## SCOOTER'S FAMILIA CAR HOBBY PAGE!



THE MONUMENTAL CAR CLUB HAS THINGS, MOVING AND SHAKING WITH FAMILIA FUN!

By Scooter

Right up front, I have to give Jay Dee a thumbs up for the help in fixing me up with what was needed to do this article. I will be doing many more club articles from all over to help get out the information about our Michigan clubs that are family oriented.

To begin with, the club emblem literally says it all. Then, check out the 2001 Pontiac with Lambo doors and an awesome mural on the hood, and way more that you cannot see. Next up, I just had to show the bright red pick-up that's acting like a convertible. Continuing on, see if you can find \ the seldom seen custom three tone gray Saab, its got too many modifications to list, and is for sure faster than a stock Saab. In keeping with what I call the whole "Way to be Familia" thing. It's so wonderful to see that young lady in orange polishing the family ride. See the black with side silver stripes and no hood so it shows the built-up V-8 motor.

In addition, I will toss out the short list of some of the modifications that many non-car readers will not understand or realize. The vintage tractor grill shell, the outside mounted grill, the vin-

tage popular chrome reversed wheels with baby moon hub caps. I am proud to toss out that way back years ago I met Dean Moon, the owner and founder of his company in California that made the hub caps.

Keeping with the family thing, it's obvious that the young lady is proud to be wearing her club colors. Featuring more we are at the tailgate of the red pro street, Harley Davidson fan and members pick-up. To give a bit of information without getting too technically deep, pro street means that the rear wheel wells have been cut out and much larger inner fenders have been fabricated in so there can be ultra large rear tires to help hold down the big horse powered motors it has. Some of these can run up to well over 1000 horsepower at 7 MPG! But I saw that maybe I could bum a ham & cheese on rye from the tailgate of that cool machine.

Finishing up its nice to see a few of the Monumental cars resting on the grass of a show area. Hang on, I have received the pictures, etc. of a nice number of car clubs to feature from all over Michigan.

Thank you for reading my little part of one fine magazine. Have a great New Year!

Scooter



A SELDOM SEEN THREE COLOR GRAY HOT ROD SAAB



THE RED CHOPPED TOP, BIG REAR TIRES, PICK-UP ALSO IS SET UP TO FEED ITS OWNERS

# January Models 2020

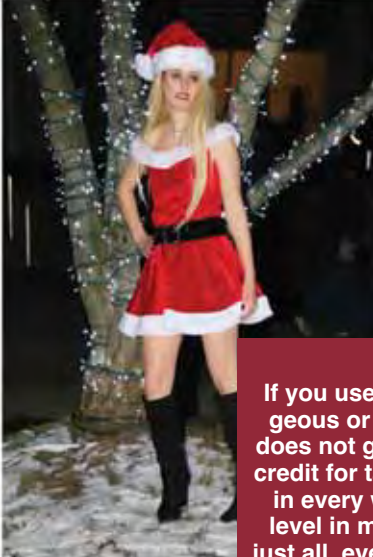


A star is born with Alecia. She is one of West Michigan's fastest growing local celebrity based models and is about to turn the night club scene on fire with her high energy and passion. She brings confidence whenever she is and look for her to be a star on the rise for the 2020 La Voz Summer Series. Photo courtesy of Jason Arntz of Revo Records LLC

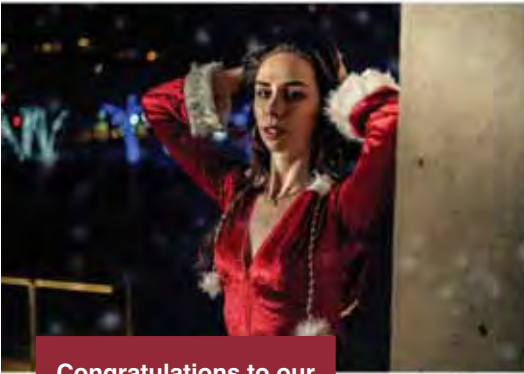


If it's spring, she is sizzling in fashion, summer in bikini and in winter Miss. Heather adapts and takes charge with her amazing ability to step to the front of our cameras and always lead by example in every phase of the modeling world. In every fashion show or photo shoot she brings out her best. This is a big and clear reason why she was Miss. Popular in 2019 and the best is yet to come for her in 2020. Photo Courtesy of Leroy Harvey

Nicole is simply the AWESOME The Lake Huron Classics biggest and fastest rising star nobody takes center stage in fine style and grace like this high demand model. She has already been selected for The Lake Huron Beach Bikini Classic photo shoot and for her, this is only the beginning. Photo Courtesy of Leroy Harvey



With each passing day during the Winter months Madylynn gets prepared to set the new standard for the 2020 Spring Break and beyond. Since taking center stage in The 2019 Sexy Santa (Downtown Grand Rapids) Series, Her fanfare has grown larger and larger with a skyrocketing online and social media base of followers. Her popularity is unique and her modeling ability limitless. Keep an eye on her stock it clearly is on the rise in West Michigan. This picture is courtesy of Master Photographer Mr. Ed Tremel of Kalamazoo, Michigan.



If you use words like gorgeous or stunning it still does not give Chyanne full credit for taking everything in every way to the next level in modeling. She is just all, everything and outstanding with her stock on the rise big time in 2020. She is going to own the summer months. Keep an eye out for this leading lady as she was a clear stand out in The Sexy Santa photo shoots. This is a Tom De Vette photo of Tom De Vette Photography.

Congratulations to our 2019 feature model All Star Miss. Jenna who is making her first appearance as a La Voz feature model. This Lake Huron Lake-Shore Model is about to turn everything upside down as we enter the Spring and Summer season taking it all to new heights with opportunity to take it to the next 3 levels. Photo courtesy of Jason Arntz of Revo Records LLC



Introducing who was a feature model last night in The . In these & " COOL " Mike photo's she is showing her photo skills and how she could help your small business grow with grassroots customer service

Michael Farage  
"Cool Mike"  
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## JENNA DIANA WALRAVEN

21 years old, born and raised in *Bay City, MI*.  
 I'm in the beginning stages of learning to become a *Tattoo Artist*. A graduate of *John Glenn High School* and looking to further my education at *Delta College* with a degree in *Social Work* or *Psychology*! Extremely *PASSIONATE* about animals, have rescued many strays and lost animals as a young girl. My passion for modeling started as a runway model for multiple companies such as "Beauty Me", "Walk Fashion" and "9nine" agencies!  
 Hobbies are in *painting & sketching* as well as *tattooing* family members & friends.  
*ASPIRATIONS* are to continue working with *Professional Photographers* to further my experience in Modeling Photography!

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# 2020 JANUARY MODEL SEARCH

# Investigadora mexicana logra eliminar el Virus del Papiloma Humano

Un grupo de investigadores del Instituto Politécnico Nacional liderado por Eva Ramón-Gallegos erradicó al 100% el Virus del Papiloma Humano (VPH) en 29 mujeres mexicanas.

De acuerdo con la doctora Patricia Ortega González, jefa de laboratorio de citología del Hospital General León, en Guanajuato, 80% de las mujeres son contagiadas del VPH en algún momento de sus vidas.

El VPH es el uno de los principales factores de riesgo para desarrollar cáncer cervicouterino, pero en caso de que el virus sea detectado a tiempo, el cáncer es 100% prevenible.

A pesar de que existen métodos de prevención como el condón o la vacuna contra el VPH, el cáncer cervicouterino fue la segunda causa de muerte en México en 2018, de acuerdo con el Centro Nacional de Equidad de Género y Salud Reproductiva.

En México, este tipo de cáncer tiene una incidencia de 22 casos por cada 100 mil habitantes y la mortalidad representa 11.8 muertes cada año por el mismo número de habitantes.

Según la Organización Mundial de la Salud (OMS), existen más de 100 tipos de VPH, de los cuales 14 son de alto riesgo para desarrollar cáncer. Además, estima que a nivel mundial, el cáncer cervicouterino es el cuarto más frecuente en las mujeres.

Cada año hay más de 300 mil muertes por cáncer cervicouterino a nivel mundial. De estos casos, el 85% se dio en países menos desarrollados. Es por eso que en México, el IPN descubrió un procedimiento para eliminar el VPH y así salvar miles de vidas.

Eva Ramón Gallegos, investigadora de la Escuela Nacional de Ciencias Biológicas, logró erradicar el VPH en 29 mujeres a través de un proceso llamado terapia fotodinámica.

La terapia fotodinámica es un método no invasivo en el que se aplica un



ácido en el cuello del útero, la sustancia se añade a las células dañadas y después son eliminadas a través de rayo láser.

Las pacientes fueron sometidas a la terapia en 2 ocasiones cada 48 horas, con una intensidad variable de acuerdo a la gravedad de cada caso. Después del tratamiento, se confirmó la eliminación del VPH en un 100%.

Los resultados de la investigación arrojaron que el VPH fue eliminado en el 100% de las pacientes que portaban el virus sin presentar lesiones, 64.3% en las mujeres con VPH con lesiones y 57.2% en quienes presentaban lesiones sin VPH.

De acuerdo con Eva Ramón-Gallegos, el tratamiento es seguro y no presenta efectos secundarios, pues solo elimina las células dañadas y no afecta ninguna estructura sana.

Además del VPH y el cáncer cervicouterino, la científica ha realizado investigaciones sobre el cáncer de mama, por lo que no descarta futuras pruebas para la prevención y eliminación de este padecimiento.

Esta investigación es un avance importante en la erradicación del VPH. Sin embargo, su contagio sigue siendo un problema de educación sexual que no se elimina con avances tecnológicos.

**A group of researchers from the National Polytechnic Institute led by Eva Ramón-Gallegos 100% eradicated the (HPV) in 29 Mexican women.**

**According to Dr. Patricia Ortega, head of the cytology laboratory at General León Hospital in Guanajuato, 80% of women are infected with HPV at some time in their lives.**

**HPV is one of the main risk factors for developing cervical cancer, but in case the virus is detected in time, the cancer is 100% preventable. Although there are prevention methods such as the condom or the HPV vaccine, cervical cancer was the second leading cause of death in Mexico in 2018.**

**Every year there are more than 300 thousand deaths from cervical cancer worldwide. Of these cases, 85% occurred in less developed countries.**

**Eva Ramón Gallegos, a researcher at the National School of Biological Sciences, managed to eradicate HPV in 29 women through a process called photodynamic therapy.**

**Photodynamic therapy is a non-invasive method in which an acid is applied to the cervix, the substance is added to the damaged cells and then removed through a laser beam.**

**The patients underwent therapy twice every 48 hours, with a variable intensity according to the severity of each case. After treatment, 100% HPV elimination was confirmed.**





### What is F45?

"F45 is a global fitness community that leverages technology and functional training to create high-intensity group workouts that are efficient, fun, and results-driven," says Cory George, the Athletics Director of F45.

The "F" in F45 stands for "functional" and consists of a mix of high-intensity interval training (HIIT), circuit training, and functional exercises. And "45" refers to the length of each fitness class, which is "focused on delivering rapid, impactful results in an approachable and encouraging environment," says George.

### What kind of workout can you expect?

As mentioned, F45 includes a mix of cardio and strength training. Before getting started, the trainer will walk you through each exercise of the workout, and then you kick things off with a warmup.

During each class, "members rotate through different stations and perform specific exercises under the guidance of F45's expert trainers," says George. "We design our workouts from a substantial bank of functional training movements, which allows us to vary workout programs by exercise type, number of exercise stations, as well as the work time and rest time, ensuring that our members never do the same routine twice."

So yeah, you'll definitely never get bored with the routines. The workout focus changes daily: Mondays, Wednesdays, and Fridays are for cardio; Tuesdays, Thursdays and Sundays emphasize resistance training; and Saturdays are a hybrid of both cardio and resistance training. Oh and you can expect some pretty fun workout names (similar to a CrossFit WOD), like Angry Bird and Miami Nights.

### How is F45 different from CrossFit, Orangetheory, or other gyms?

While CrossFit, Orangetheory, and F45 all focus on functional training methods and high-intensity intervals, CrossFit is a bit more preoccupied with building maximum strength, while F45 and Orangetheory are a more even mix of resistance and cardio workouts.

As far as how F45 stands out in general, George notes: "Our trainers work hard to foster a positive environment, and our studios are deliberately free of mirrors and microphones, which mitigates any appearance-related pressures and trainer intimidation." Plus, the trainers offer a lot of guidance, from form corrections to exercise modifications.

### How much does F45 cost?

Prices range from studio to studio, so check in with your local studio for pricing. But, F45 operates on a membership model, so on average, you can expect to pay \$50 per week or \$200 per month.

### Does F45 lead to results?

As far as their efficacy, George emphasizes that "this combination of interval, cardiovascular, and strength training has been proven to be the most effective workout method for burning fat and building lean muscle." Like all HIIT style workouts, it's designed to keep your heart rate up and build strength and endurance. The benefits of HIIT include a bigger after-burn effects (i.e. you'll burn more calories for up to 48 hours after a workout) and a boosted metabolic rate, which happens as you convert body fat to lean muscle mass through consistent exercise. Of course, it's important to remember that results vary for every body. But if F45 sounds like your kind of fitness, go forth and try the Aussie-born training studio.

For more information visit <https://f45training.com>



### ¿Qué es F45?

"F45 es una comunidad global de acondicionamiento físico que aprovecha la tecnología y el entrenamiento funcional para crear entrenamientos grupales de alta intensidad que sean eficientes, divertidos y basados en resultados", dice Cory George, Director de Atletismo de F45.

### ¿Qué tipo de entrenamiento puedes esperar?

Como se mencionó, F45 incluye una mezcla de cardio y entrenamiento de fuerza. Antes de comenzar, el entrenador lo guiará a través de cada ejercicio del entrenamiento, y luego comenzará con un calentamiento.

Durante cada clase, "los miembros rotan a través de diferentes estaciones y realizan ejercicios específicos bajo la guía de los entrenadores expertos de F45", dice George. "Diseñamos nuestros entrenamientos a partir de un banco sustancial de movimientos de entrenamiento funcional, lo que nos permite variar los programas de entrenamiento por tipo de ejercicio, número de estaciones de ejercicio, así como el tiempo de trabajo y el tiempo de descanso, asegurando que nuestros miembros nunca hagan la misma rutina dos veces".

Así que sí, definitivamente nunca te aburrirás con las rutinas. El enfoque del entrenamiento cambia diariamente: los lunes, miércoles y viernes son para cardio; Los martes, jueves y domingos enfatizan el entrenamiento de resistencia; y los sábados son un híbrido de entrenamiento cardiovascular y de resistencia. Ah, y puedes esperar algunos nombres de entrenamiento bastante divertidos (similares a un CrossFit WOD), como Angry Bird y Miami Nights.

### ¿En qué se diferencia F45 de CrossFit, Orangetheory u otros gimnasios?

Mientras CrossFit, Orangetheory y F45 se centran en métodos de entrenamiento funcional e intervalos de alta intensidad, CrossFit está un poco más preocupado por desarrollar la fuerza máxima, mientras que F45 y Orangetheory son una combinación más uniforme de ejercicios de resistencia y cardio.

Para más información visita <https://f45training.com>

# CLASSIFIEDS

**FINANCIAL MANAGER-** Saginaw-Shiawassee Habitat for Humanity, a Christian housing ministry, seeking the ideal candidate for the position of Financial Manager. The position is responsible for following GAAP in preparing, maintaining, analyzing and reporting on mortgage, rental, construction in progress and resale stores accounts, budgets, general ledger and chart of accounts as well as preparing for quarterly closing of accounting books and annual audits. Knowledge of accrual accounting and Quickbooks required with accounting for a construction company a plus. Full-time Position offers competitive salary, commensurate with experience, nice benefits: Medical, Vision, Dental, \$25K in Life Insurance, All Purpose Leave (PTO) of 15 days the first year. Résumés must be received by Friday, January 10th by email to [jobs@sshfh.org](mailto:jobs@sshfh.org) only. Résumés will not be accepted in person or by mail. EEO. Must be able to successfully pass a Background Check: Criminal Background check, Credit Background Check, Drug Screen, Physical, Education Verification and Employment Verification.

**STUDENT ACCOUNT ANALYST-** Reviews monthly reports related to status of receivables including collections; reviews withdrawal records of financial aid recipients and counsels' students on financial impacts. Completes account reconciliations and online payment processes. Required: Bachelor's degree, preferably in business or related field, word processing, spreadsheet and database experience. For a complete list of requirements and to apply online, please visit [www.jobs.cmich.edu](http://www.jobs.cmich.edu).

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**HOME HEALTH AIDES-** To take care of closed head injured patient. Saginaw area. Home care exp. preferred. Excellent pay and benefits. HealthCall. Call (248) 395-3777 ext. 505. Apply online at [www.hchs.com](http://www.hchs.com), click on careers Web Id: 0009442449

**FABRICATOR/WELDER - Multiple Positions-** RCI Adventure Products (formerly Ropes Courses, Inc.) is actively looking for interested individuals to fill multiple positions in Allegan, MI. The positions range from engineering to installation and fabrication & material handling to shipping & receiving with duties for each varying. Company Profile - RCI has sold thousands of innovative adventure products worldwide since it was established in 1989 and continues to be committed to providing thrills to participants of all ages and abilities through its extensive product lines of Sky Trail® and Sky Rail® aerial attractions, Clip 'n Climb® climbing activities, Adventure Trail unharassed netplay, mazes and more. RCI's team of skilled engineers, designers, installers and sales professionals exceed expectations with regards to quality, authenticity, safety, outstanding service and family-friendly fun. Millions of participants around the world experience the thrill of an RCI attraction annually. Open Positions - • Entry-Level Structural Engineer • Fabricator/Welder - • Field Installer (Travel required) • International Project Manager • Inspector/Trainer (Travel required) • Material Handler • Painter • Sewing Operator • Transportation Specialist Offered Benefits -

• 401 (k) with up to 4% company match • Paid time off • Holiday pay • Health insurance • + an exciting atmosphere! How to Apply - Qualified candidates are welcome to apply in person at RCI Adventure Products (1300 Lincoln Rd., Allegan, MI 49010) or online at [www.rciadventure.com/careers](http://www.rciadventure.com/careers). Please submit up-to-date resume with references for consideration. Web Id: 0009441322

**MANUAL ASSEMBLY OPERATORS-** Nestlé Nutrition—Gerber Products of Fremont, the world's largest producer of baby food, has immediate openings for Manual Assembly Operators:

- Transfer materials according to staging requirements
- Stage and consume materials
- Manually package goods into finished product
- Properly dispose/recycle waste
- Perform duties as assigned

Requirements: High school diploma or GED, basic computer navigation skills, previous experience in manufacturing preferred.

This is a full-time position, pay starts at \$14/hour (potential to earn up to \$25.65 in other operations roles), benefits begin after 30 days of employment, and this is an entry level role into other hourly positions in the factory. Must be open to all shifts. Apply online at [www.nestle-jobs.com](http://www.nestle-jobs.com)

**MAINTENANCE TECH - MULTIPLE POSITIONS- DO YOU HAVE INDUSTRIAL MAINTENANCE EXPERIENCE?**

Postle Extrusion, a growing aluminum extrusion company located in southwest Michigan, is looking for Maintenance Technicians and Maintenance Journeymen. We offer competitive wages, excellent health benefits, 401(k) and life insurance.

**MAINTENANCE TECH**  
This position is responsible for performing highly diversified duties to install, troubleshoot, repair and maintain production and facility equipment according to safety, predictive and productive maintenance systems and processes to support the achievement of the site's business goals and objectives

**MAINTENANCE JOURNEYMEN -** This must have general knowledge and skills in mechanical, electrical, HVAC, PLC, hydraulic, pneumatic, plumbing, welding, administration and management, public safety, computers and electronics, engineering and technology, personnel management, production and processing.

Apply in person at 201 N. Edwards St. Cassopolis, MI, apply online at [www.postledistributors.com](http://www.postledistributors.com) and click on Employment, or send resume to [HR@postledistributors.com](mailto:HR@postledistributors.com).

**BUILDING OFFICIAL/DIRECTOR -** The Chelsea Area Construction Agency is seeking applications for the position of Building Official for a multi-jurisdictional Building Department.

The applicant must be licensed by the State of Michigan as a Building Official, Building Inspector, Plan Reviewer and also registered as an inspector in either plumbing, mechanical or electrical under Public Act 54 of the State of Michigan. Previous construction and inspection experience a must. Also a willingness to get certified in Soil Erosion Part 91 Administration and Enforcement.

This is a full time position with a salary range of \$40.00 to \$47.00 per hour depending on qualifications and experience. Benefits include a generous 401K contribution plus a Health Savings Account contribution. Sick, Vacation and holiday pay are also included.

Please send a resume and letter of interest to: [cmorrow@chelseareacon-](mailto:cmorrow@chelseareaconstructionagency.org)

[structionagency.org](http://constructionagency.org).

Applications will be accepted until the position is filled.

For further information please call 1-734-475-4420.

**HYDRAULIC CRANE OPERATOR-** Experience recommended but will train. 401K & Healthcare available. Apply within: Kalamazoo Metal Recyclers, 1525 King Hwy. NO PHONE CALLS PLEASE

**PAINTER - MULTIPLE POSITIONS-** RCI Adventure Products (formerly Ropes Courses, Inc.) is actively looking for interested individuals to fill multiple positions in Allegan, MI. The positions range from engineering to installation and fabrication & material handling to shipping & receiving with duties for each varying. Company Profile - RCI has sold thousands of innovative adventure products worldwide since it was established in 1989 and continues to be committed to providing thrills to participants of all ages and abilities through its extensive product lines of Sky Trail® and Sky Rail® aerial attractions, Clip 'n Climb® climbing activities, Adventure Trail unharassed netplay, mazes and more. RCI's team of skilled engineers, designers, installers and sales professionals exceed expectations with regards to quality, authenticity, safety, outstanding service and family-friendly fun. Millions of participants around the world experience the thrill of an RCI attraction annually. Open Positions - • Entry-Level Structural Engineer • Fabricator/Welder - • Field In-

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**CONTROLS HARDWARE ENGINEER** (Grand Rapids, MI), responsible for utilizing the Engineering Process and associated tools during in-house design, engineering and manufacturing of equipment and system controls in compliance with all applicable specifications, codes, and customer requirements. BS & 3 years exp. Experience must include: using EPlan, and supporting controls and instrumentation projects. Send resume to Leigh Baker (Code CHE - GRMI), TGW Systems, 3001 Orchard Vista Dr. SE, Suite 300, Grand Rapids, MI 49546. No phone calls please.

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