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2023 MUST FOCUS ON SAVING OUR PLANET

2023 DEBE CENTRARSE EN SALVAR NUESTRO PLANETA



As inhabitants of a global community, we are all impacted by the collective actions of humankind. We are also impacted by the singular actions of individuals and/or nations that act upon the planet and its people. During 2022, our presence on earth gave witness to major trends resulting from our actions. Our carbon footprint is undeniably affecting world climate and we are not winning in our efforts to reverse it. Earth temperatures have risen dramatically over the past several decades as the result of our filling air, water and earth with greater carbon, radioactive waste, and our clearing of huge landmasses of the greenery necessary to sustain life itself. Natural forest fires have burned away vast areas of biomass. Land and oceans are affected. In 2022 our planet was hotter yet. The average global surface (land and ocean) temperature in June was 1.57 degrees F (0.87 of a degree C) above the 20th-century average of 59.9 degrees F (15.5 degrees C), making June the sixth warmest in the 143-year record. June 2022 marked the 46th consecutive June and the 450th consecutive month with temperatures above the 20th-century average. The ten-warmest Junes on record have all occurred since 2010.

The receding of the Arctic Glacier Ice mass of the North Pole should have us all working to change the course of actions humans on earth are causing. Filling the skies with Jet fuel, sulfur, coal, gas, oil and other pollutants from industries that are unregulated. Natural fires, war bombs, rockets, missiles, munitions, and even nuclear tests above and below ground or in our oceans only furthers our own dismal fate. Super hurricanes, cyclones, tornadoes, earthquakes, floods, and rising tides are only a few of the potential threats that confront our inaction.

We must move quickly to embrace solar energy, nuclear or hydrogen fusion and other clean energy sources or continue to witness the adverse effects of climate change. Also, our world's population is becoming unsustainably high. The on November 15, with India being the largest contributor to the milestone, according to the United Nations (UN). India added 177 million to the final score. Even if the United States were to lead the way in moving toward clean energy it may be too little, too late. The effects of climate change will not be reversed in our lifetimes since many nations on earth do not possess the technological resources nor commitment to reverse it.

While many events happened in 2022 including changes in leadership in many countries, more nations squaring off in conflicts potentially leading us to World War III should have us all re-thinking what sustainability for humankind means in what could become our final days. Hopefully our international community will become more united and determined to steer a course that will preserve our existence on earth as a common goal in 2023 and beyond.

Como habitantes de una comunidad global, todos somos impactados por las acciones colectivas de la humanidad. También somos impactados por las acciones singulares de individuos y/o naciones que actúan sobre el planeta y su gente. Durante 2022, nuestra presencia en la tierra fue testigo de grandes tendencias como resultado de nuestras acciones. Es innegable que nuestra huella de carbono está afectando el clima mundial y no estamos ganando en nuestros esfuerzos por revertirlo. Las temperaturas de la Tierra han aumentado dramáticamente durante las últimas décadas como resultado de llenar el aire, el agua y la tierra con una mayor cantidad de car-



By Dr. José A. Flores

bono, residuos radiactivos, y nuestra limpieza de grandes masas de tierra de la vegetación necesaria para sustentar la vida él mismo. Los incendios forestales naturales han quemado vastas áreas de biomasa. La tierra y los océanos son afectados. En 2022 nuestro planeta estaba aún más caliente. La superficie global promedio (tierra y océano) la temperatura en junio fue de 1,57 grados F (0,87 grados C) por encima del promedio del siglo XX de 59,9 grados F (15,5 grados C), lo que convierte a junio en el sexto más cálido en el registro de 143 años. Junio 2022 marcado el 46 junio consecutivo y el 450 mes consecutivo con temperaturas superiores al siglo XX promedio. Los diez junios más cálidos registrados han ocurrido desde 2010.

El retroceso de la masa de hielo del Glaciar Ártico del Polo Norte debería hacernos trabajar a todos para cambiar el curso de acciones que los humanos en la tierra están causando. Llenando los cielos con Jet fuel, azufre, carbón, gas, petróleo y otros contaminantes de industrias que no están reguladas. Incendios naturales, bombas de guerra, cohetes, misiles, municiones, e incluso las pruebas nucleares sobre y bajo tierra o en nuestros océanos solo promueven nuestra propia funesto destino. Súper huracanes, ciclones, tornados, terremotos, inundaciones y mareas crecientes son solo algunos de las amenazas potenciales a las que se enfrenta nuestra inacción.

Debemos avanzar rápidamente para adoptar la energía solar, la fusión nuclear o de hidrógeno y otras energías limpias, fuentes o continúan siendo testigos de los efectos adversos del cambio climático. Además, la población de nuestro mundo es llegando a ser insosteniblemente alto. La población mundial alcanzó los 8 mil millones el 15 de noviembre, con India siendo el mayor contribuyente al hito, según las Naciones Unidas (ONU). India añadido 177 millones al marcador final. Incluso si Estados Unidos liderara el camino para avanzar hacia energía limpia puede ser demasiado poco, demasiado tarde. Los efectos del cambio climático no se revertirán en nuestras vidas ya que muchas naciones en la tierra no poseen los recursos tecnológicos ni el compromiso para revertirla.

Si bien ocurrieron muchos eventos en 2022, incluidos cambios en el liderazgo en muchos países, más las naciones que se enfrentan en conflictos que potencialmente nos llevarán a la Tercera Guerra Mundial deberían tenernos a todos pensando en lo que significa la sostenibilidad para la humanidad en lo que podrían convertirse en nuestros últimos días. Ojalá nuestra comunidad internacional estará más unida y decidida a seguir un rumbo que preservar nuestra existencia en la tierra como un objetivo común en 2023 y más allá.



HACKLEY COMMUNITY CARE For Your Whole Life

Hackley Community Care has opened their new OB and Women's Health Services location at 172 E. Forest Avenue. This location is the primary home for all services related to women's health. Our OB and Women's Health services strive to be a partner in women's care throughout the various stages of a woman's life from puberty to menopause, and beyond. Our Certified Nurse Midwife and Women's Health Nurse Practitioners provide pregnancy and well woman care to women throughout their lifetime.

Services include OB and Gynecological, health screenings, risk assessment, post-partum care, education and counseling, Continuing Pregnancy, breastfeeding support, Maternal Infant Health (MIFP), breast and cervical cancer screening and Pediatrics.

Our Board Certified Pediatricians understand the unique needs at each stage of your child's development, and they are dedicated to providing comprehensive care for the health and emotional needs of your children from birth through early and adulthood. They not only treat common childhood ailments but provide medical care for children with complex health needs.

If you would like to become a patient, please call 231-733-6750. Visit our website at hackleycommunitycare.org for more information.

Hackley Community Care (HCC) is a Federally Qualified Health Center that has been providing quality health care services since 1992. Hackley Community Care has continuously expanded to provide an array of services that include full primary care, OB, dental, mental health, pharmacy (Community Care Pharmacy), NowCare, home based and school based health services, and other supporting programs such as Grandparents Raising Grandchildren and Korean Breast Health services. All of our services are designed to meet the needs of the underserved in our community. Follow on Facebook or visit HackleyCommunityCare.org.



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Loneliness and Suicide Rise during the Holidays!



By Jorge Martinez
U.S. Veteran

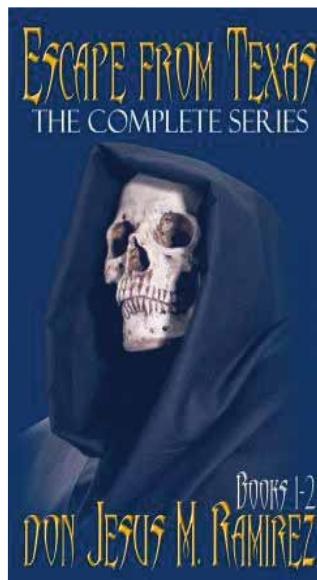
Christmas always brings interest in Hispanic male loneliness. Amongst considerable research I found none by Mexican American therapists. Incongruously, there were many white blond therapists who included their photographs but had no insight into our Mexican American heart. I found an article in the New York Times, Dec. 6, 2022 in the Well Section by another white woman. Apparently, white women are so gifted they comprehend us via osmosis. They published Catherine Pearson's superficial suggestions using Gay men and validating how little she understands. Being Gay maybe vogue in the white culture, but it is not amongst Mexican immigrants or Native-born Mexican Americans. X and Millennials Hispanic gays may find acceptance from friends, but rarely at home. I found their generalizations extraordinary having worked with dozens of white female therapists in California. I can't recall one who worked with male Hispanics. They alleged toxic masculinity, but offered no insight of how they contributed to it. Typical of white disassociated mentality, they didn't see themselves as part of the racial hierarchy they perpetuate. For example, none asked what it was like to be a Hispanic male in a 90% white female profession. Their indifference was displayed via ignorance of historical social injustice and police brutality. None understood what it meant to grow up bi-culturally surrounded by racial bigotry. They saw themselves as liberated educated feminist demanding equality, except in issues of physical labor, self-defense, or physical defense of others. They expected traditional male behavior from me, a non-interested, non-sexually involved Hispanic male. None considered their attitudes white privilege.

My rough southwest rural ethnic background clashed with their lily-white idiosyncrasies. In retrospect, they never considered me more than as a useful casual sexual toy. White male therapists were indifferent and their use of the word "friend" two face. I observed they were not even friendly with each other. They were effeminate and bickered like school girls exhibiting gender dysphoria. I surmised they were deeply troubled and had abandoned their male roles. Introspect fully I could not see how they could help anyone. Having to interact with effeminate males was disconcerting, alien and uncomfortable. This was also true of the white-Mexican, non-Spanish speaking beta Hispanic counselors. These were affluent individuals who didn't relate to their heritage. They lacked ethnicity and deliberately cut ties. They'd adopted white identities and except for their surnames were essentially white. Their only connection was a surname they'd anglicized and deliberately mispronounced. Outrageously, these mono-lingual ethno-shaming white Latinos find approval by white peers and use ethnicity to run for political office. Apparently white bosses and political leaders find them less threatening and easier to manipulate. In here is the crux. Those claiming to represent us don't know or understand us.

Mexican-American suicides are increasing yearly. Sadly, our mental health and justice systems are a disaster. We are misdiagnosed and mistreated because of biased white professionals who pretend their toxicity doesn't affect their evaluations. Our experiences are nullified and stuffed into a preconceived frame work designed for white people, not us. They overlook that like white cops and judges, they are putrid with deeply inbred racial biases. There are few qualified counselors to work with Latino families. County social service departments are snake pits of racism. Once hired Latinos recognize they work at the will of white peers and supervisors and become bitter. Dissertations and books should be written on surviving toxic atmospheres of county social work departments supervised by angry white women. Luckily, there is Don Jesus M. Ramirez and his undiscovered book Escape from Texas, 2013 explaining how white mental health philosophies and attitudes harm and divide us. It is by far the best book on how to face relentless adversity and stay strong in a hostile work environment. He describes how to maneuver past ethnocentric shaming and effeminate mono-lingual white Mexican peers. You will find suggestions and a gambit of situations. He explains why parents hide their shame of being discriminated, leaving children unprepared to face it. Urging you to be wary of pompous all-knowing white professors. Reminds seekers that

an education is just another puzzle to solve. Educators are dishonest pawns not worthy of respect and should never be put on a pedestal. Written for Mexican Americans and meant to inspire, reject self-pity and stand up, making personal struggle's the keys to freedom. It is available on Amazon.com.

Los suicidios mexicano-estadounidenses aumentan cada año. Lamentablemente, nuestros sistemas de justicia y salud mental son un desastre. Somos mal diagnosticados y maltratados debido a profesionales blancos sesgados que pretenden que su toxicidad no afecta sus evaluaciones. Nuestras experiencias se anulan y se meten en un marco preconcebido diseñado para los blancos, no para nosotros. Pasan por alto que, al igual que los policías y jueces blancos, están podridos con prejuicios raciales profundamente innatos. Hay pocos consejeros calificados para trabajar con familias latinas. Los departamentos de servicios sociales del condado son pozos de serpientes del racismo. Una vez contratados, los latinos reconocen que trabajan a voluntad de sus compañeros y supervisores blancos y se amargan. Se deberían escribir dissertaciones y libros sobre la supervivencia de las atmósferas tóxicas de los departamentos de trabajo social del condado supervisados por mujeres blancas enojadas. Afortunadamente, está Don Jesús M. Ramírez y su libro no descubierto Escape from Texas, 2013, que explica cómo las filosofías y actitudes de salud mental de los blancos nos dañan y nos dividen. Es, con mucho, el mejor libro sobre cómo enfrentar la adversidad implacable y mantenerse fuerte en un entorno laboral hostil. Describe cómo maniobrar más allá de la vergüenza etnocéntrica y los afeminados compañeros mexicanos blancos monolingües. Encuentrará sugerencias y un gambito de situaciones. Explica por qué los padres esconden su vergüenza de ser discriminados, dejando a los niños sin preparación para enfrentarla. Le instamos a que desconfíe de los pomposos profesores blancos que todo lo saben. Recuerda a los buscadores que la educación es solo otro rompecabezas para resolver. Los educadores son peones deshonestos que no merecen respeto y nunca deben ser puestos en un pedestal. Escrito para mexicanoamericanos y destinado a inspirar, rechazar la autocompasión y ponerte de pie, haciendo que la lucha personal sea la clave de la libertad. Está disponible en Amazon.com.



The holidays bring up painful memories. Few dare say bad parenting punishes forever. Decades don't remove such emotional trauma. Having endured the same nightmare I often wonder how I survived, but the truth is like as Don Jesus M. Ramirez said, "I lived because I didn't die", in his book Escape From Texas, 2013. As we mourn another mass shootings, we forget kids living in abusive situations. They are living the social struggles we fought in the 70s. Little has changed and our so-called enlightenment has dimmed as kids not gifted with wealth, looks are athletic ability are bullied and ostracized. Increase in suicides validate concerns and yet are ignored. Suicide is a method of dealing with distress. As a counselor working with throwaway and runaway children I often wondered if America isn't mistaken in how we see, think of, teach and raise children. How is it we believe children are separate, better or less than kids with money and lighter skins? In her 1987 song, Suzana Vega sang about Luca, a kid who lived upstairs and assumed responsibility for getting beaten. Luca blamed himself for being clumsy and explained black eyes by saying he walked into a door. 90% of adult drug abusers and alcoholics were once abused. Unplanned pregnancies and poverty are synonymous with urban and rural ghettos. Most suicides started with an unwanted pregnancy.

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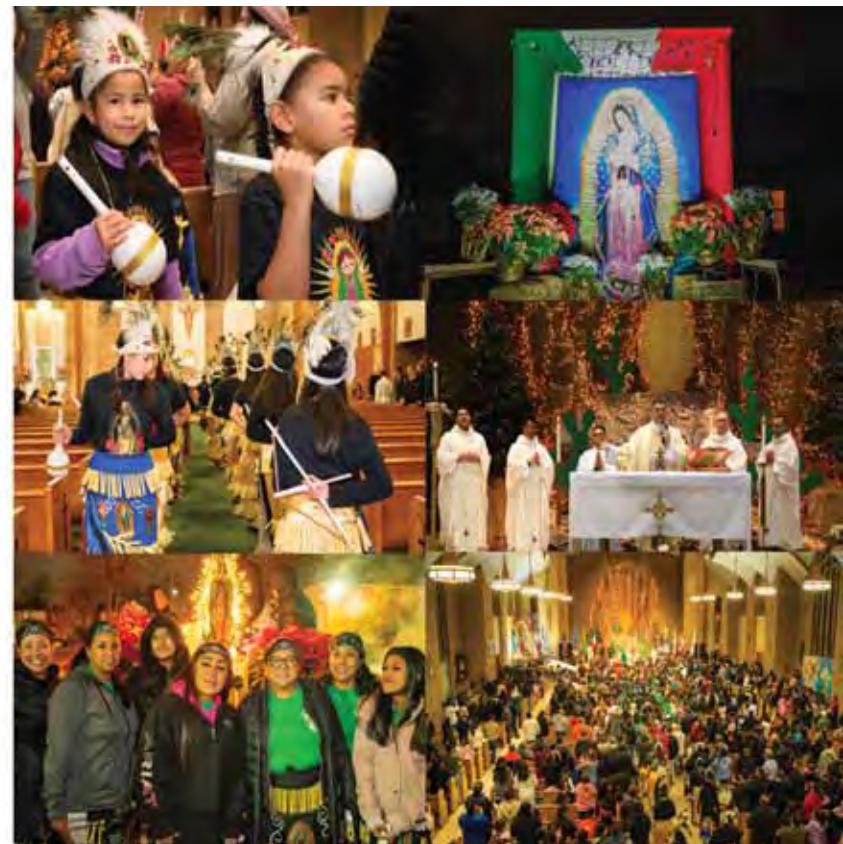
Huge Turnout for Guadalupe Procession

La comunidad católica hispana/latina de Grand Rapids se reunió para celebrar la fiesta de Nuestra Señora de Guadalupe con una peregrinación el pasado Domingo 11 de Diciembre.

La peregrinación comenzó en la Iglesia Católica de Nuestra Señora de los Dolores y concluyó en el Santuario de San Francisco Javier y la Iglesia Católica de Nuestra Señora de Guadalupe.

La peregrinación fué guiada por danzantes con trajes auténticos, música en vivo y peregrinos que llevarán una estatua/foto de Nuestra Señora de Guadalupe.

Más de 600 personas se unieron en la peregrinación y 2,500 personas asistieron a Misa.



A lovely tribute to Dolores Huerta!

While most may know Dolores Huerta for her founding of the United Farm Workers labor union with Cesar Chavez, her passion for the transformative capacity of the arts might not be as well-known.

On Sunday, November 13, "Concierto para Dolores: A Musical Tribute to Dolores Huerta" at Cal State Northridge honored Dolores Huerta with a tribute to her lifetime of advocacy and passion for the arts. The concert was produced by and held at the Soraya Performing Arts Center. The concert was close to capacity at the 1,700-seat music hall.

A group of people standing inside a building with Dolores Huerta holding a CFA red tshirt. Dolores Huerta, Apple representatives, CFA Northridge officers with 200 sponsored students.

Photo Credit: Luis Luque

CFA Northridge members were thrilled to play a role in the memorable evening. In honor of Students for Quality Education (SQE), CFA Northridge sponsored 200 student attendees with Apple gifting each student a free 'Beats' headset.

CFA Northridge President Nate Thomas felt jubilation in helping plan the event.

"We are always known for picket signs. But this was a time we got involved in planning a campus event. It was fun." Thomas remarked. "We are activists; we are a union. People like Dolores Huerta and Cesar Chavez paved the way."

In creating the concert, The Soraya started with Huerta herself – her fondest memories and the

music that inspired the movement. The result was a unique collection of folk music, R&B, ballads, and mariachi performed by some of today's great talents in music. Among the artists that performed were Latin Grammy nominees Gaby Moreno and Marilyn McCoo, Billy Davis, Jr. of The 5th Dimension fame, and recent Grammy-Award-nominee David Aguilar. Mariachi Garibaldi de Jaime Cuéllar also performed. Comedian Cristela Alonzo hosted the concert.

"An inspirational and moving night about Dolores Huerta and how we can take her work and make the world a better place," was how CSU Northridge faculty member and attendee Ana Prata explained the evening.

According to CSUN Today, Huerta's music interests spanned jazz to rancheras. When she was young, she played the violin and tap danced. Later as a teenager, Huerta studied flamenco guitar. As the LA Times noted, a cousin introduced her to Charlie Parker and Dizzy Gillespie records. As a teenager growing up in Stockton, Huerta regularly went with friends all over the Bay area to listen to Jazz, such as Billie Holiday and Duke Ellington.

"I could feel the energy. It inspired all of us to continue the work. Being there that evening reaffirmed what we have been doing. We are doing the right things as a union."

– Nate Thomas
After the event, when Huerta and members of



the Chavez family turned a corner to come to the post-event reception area, "200 students started screaming, 'Si se puede.' Some of us just started crying," Thomas remembered, still stirred by the memory.

At the post-concert reception, Thomas and CFA Northridge campus leader member Theresa Montaño had the unique honor of addressing the attendees.

"I could feel the energy," Thomas reflected. "It inspired all of us to continue the work. Being there that evening reaffirmed what we have been doing. We are doing the right things as a union."

The evening also included clips of Huerta speaking through the ages, courtesy of the Pacifica Radio Archives and radio station KPFK.

For Thomas, the concert embodied something his mother would often say: "give me my flowers while I am living."

Gilda M. Bloom-Leiva, Ph.D.

GRCC instructor teams up with quilt-making ministry to help inspiring



A young child will have a warmer, safer commute to Grand Rapids Community College's Fratzke Early Childhood Learn Lab through a gift from a local ministry and support from a GRCC instructor.

Island Hines' joyful spirit and determination make her an inspiration to the ECLL team members, who describe her as a "phenomenal individual." She was recently diagnosed with Cohen's Syndrome, a genetic disorder characterized by diminished muscle tone.

Island's mother, Abriana Winters, is a GRCC graduate and her father, Isaiah Hines, is a current student, and the family works to ensure her needs are met and hope their story can be an inspiration to others who are on the journey.

Julie Sizemore, a, ECLL lab instructor, nominated Island to receive a quilt from Love Sews Ministry. The Holland-based non-profit's mission is to make and provide custom quilts for those facing challenging life circumstances. The group's volunteers have completed more than 1,000 quilts since starting in 2013.

"This child has changed my life," said Sizemore, who



Un niño pequeño tendrá un viaje más cálido y seguro al Fratzke Early Childhood Learn Lab de Grand Rapids Community College a través de un regalo de un ministerio local y el apoyo de un instructor de GRCC.

Julie Sizemore, instructora de laboratorio de ECLL, nominó a Island para recibir una colcha del Ministerio Love Sews. La misión de la organización sin fines de lucro con sede en Holanda es hacer y proporcionar edredones personalizados para aquellos que enfrentan circunstancias de vida desafiantes. Los voluntarios del grupo han completado más de 1000 edredones desde que comenzaron en 2013.

starting working with Island when she was eight months old.

"She has changed who I am as a care teacher. She has changed how I support families when it comes to children with special needs. She has been the reason that I have built a network of early interventionists that has allowed me to help other children get needs met when they may not normally have qualified for early intervention."

Sizemore's hope was to give Island a quilt for her wheelchair so she can be warm and safe when she rides the bus to school or is in the car. If she wears a coat while being transported, the belts could be too loose and this can be very dangerous if she was ever in an accident.

"The Love Sews Ministry group did an amazing job on every detail of the quilt down to the princesses who have dark skin, like Island, and including her favorite character, Peppa Pig," Sizemore said. "Island and her

family continue to inspire me, their joyful spirit, determination, and how they always work so hard to beat the odds are just a few of the ways.

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GL Tribe & GL Casino Donate to American Indian Center in Chicago

Last month Gun Lake Casino and the Match-E-Be-Nash-She-Wish Band of Pottawatomi Indians (Gun Lake Tribe), announced it has collected monetary donations of over \$11,000, along with hundreds of physical goods which will be delivered to the American Indian Center in Chicago. The center provides resources to advance the general welfare of the Native American community in the Chicago area.

"The number of items donated were overwhelming," said the casino's CEO, Salvatore Semola. "We want to thank the community, and the Tribe, for their help in making a positive impact for the American Indian Center to improve the quality of life for American Indians in the city of Chicago who may not have the support of a tribal government in times of need."

Two trucks carrying over 20 pallets worth of donations departed Gun Lake Casino Thursday morning (Dec. 15) to make the journey to Chicago with the help of Gun Lake Tribal Elders.

"Gun Lake Tribe is blessed to have the ability to share what we have with our relatives both near and far," said Gun Lake Tribe Chairman Bob Peters. "We're proud to provide these donations to the American Indian Center, especially at this time of year when giving is at the core of the season."

Donations were collected throughout the month of November, and casino guests were encouraged to bring in non-perishable goods as well as contribute funds to the casino floor's donation boxes. In addition, the casino made a \$5,000 donation in new goods including warm weather gear, holiday gifts for all ages, and laptop computers for the center's after school programs.

"The American Indian Center is beyond humbled and grateful for the generosity of Gun Lake and its partners in organizing this event," said Melodi Serna, the center's executive director. "As an urban Native community, we are delighted to begin a lasting relationship with our Pottawatomi relatives."



El mes pasado, Gun Lake Casino y Match-E-Be-Nash-She-Wish Band of Pottawatomi Indians (Gun Lake Tribe) anunciaron que han recaudado donaciones monetarias de más de \$11,000, junto con cientos de bienes físicos que se entregarán al Centro Indio Americano en Chicago. El centro brinda recursos para promover el bienestar general de la comunidad nativa americana en el área de Chicago.

Las donaciones se recolectaron durante todo el mes de Noviembre y se alentó a los invitados del casino a traer productos no perecederos, así como a contribuir con fondos a las cajas de donaciones del piso del casino. Además, el casino hizo una donación de \$5,000 en productos nuevos que incluyen equipo para clima cálido, obsequios navideños para todas las edades y computadoras portátiles para los programas extracurriculares del centro.

25th Annual Michigan International Auto Show Rolls Into DeVos Place February 2-5, 2023

- WHAT:** 25th Annual Michigan International Auto Show
- WHEN:** February 2-5, 2023 (Thursday & Friday, 11am-9:30pm | Saturday 10am-9:30pm | Sunday 10am-5pm)
- WHERE:** DeVos Place, Downtown Grand Rapids
- WHO:** Hosted by the Grand Rapids New Car Dealers Association
Produced by ShowSpan Inc.
Presenting Sponsor – Gentex Corporation

ADMISSION: \$12 (Children 6-14 - \$5 | 5 and under - free)

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The Auto Show kicks off with the Charity Spectacular on Wednesday, February 1 from 6:00-9:00pm (with a live broadcast from 7:30-8pm on WOOD TV8). Dressed in cocktail attire, guests have the unique opportunity for a sneak peek experience inside the Michigan International Auto Show. Tickets are \$150 each, and through a long-standing partnership, over \$2 million has been raised to support vital programs at the Helen DeVos Children's Hospital. Tickets are available online at <https://e.givesmart.com/events/DH/>.

The 25th Annual Michigan International Auto Show, hosted by the Grand Rapids New Car Dealers Association, is one of 14 consumer expositions produced by ShowSpan Inc., in Grand Rapids, Michigan. Founded in 1945, ShowSpan – a Studio C Company – is the largest producer of consumer shows in the Midwest.

El 25vo Internacional Show Anual de Michigan, se llevará acabo del 2-5 de Febrero del 2023 (Jueves y Viernes, 11am-9:30pm) I Sábado 10am-9:30pm I Domingo 10am-5pm), en el DeVos Place, en el Centro de Grand Rapids.



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¿Por qué los niños no pueden escribir?



Cada semana recibo decenas de llamadas de padres preocupados por las habilidades de escritura de sus hijos. Aquí hay una muestra de lo que dicen estos padres:

"Es muy brillante, pero parece que no puede poner sus pensamientos en la página".

Por: Edgar León

"Simplemente divaga en sus ensayos".

"Ella no tiene idea de cómo empezar a escribir".

"Está tan frustrada que casi se da por vencida".

Las buenas habilidades de escritura son esenciales para el aprendizaje y el éxito profesional.

Estas preocupaciones me las comparten los padres de estudiantes de escuelas públicas, estudiantes de escuelas privadas, niños neurotípicos y estudiantes neurodiversos o neuroatípicos (LD), incluidos aquellos frustrados por la dislexia y el TDAH/ADD.

Comparto las preocupaciones de estos padres. Todos sabemos que escribir bien es clave para el éxito futuro de nuestros estudiantes, en la escuela y más allá. La práctica de la escritura mejora el pensamiento crítico y las habilidades de lectura, desarrolla la flexibilidad mental, fortalece las habilidades para resolver problemas, mejora las habilidades de comunicación oral y escrita y ayuda a los estudiantes a evaluar y recordar el material aprendido.

Pero hay una preocupación más profunda: con demasiada frecuencia, la falta de éxito en la escritura escolar conduce a la inseguridad y la duda. Cuando se deja desatendida, esa inseguridad a menudo se extiende a otras áreas del desempeño académico que afectan las calificaciones y la autoestima.

¿Por qué nuestros hijos no pueden escribir?

Hay cinco razones principales por las que los estudiantes tienen dificultades con la escritura:

1. Los profesores no enseñan a escribir.

¿Por qué? Porque nunca les han enseñado cómo enseñar a escribir. De hecho, un estudio reciente realizado por Gary Troia de la Universidad Estatal de Michigan y Steve Graham de la Universidad Estatal de Arizona encontró que menos del treinta por ciento de los maestros estadounidenses de primaria a secundaria han tomado alguna vez un curso universitario dedicado exclusivamente a la escritura y la enseñanza de la escritura. Otra investigadora, Kate Walsh, presidenta del Consejo Nacional de Calidad Docente, examinó 2400 planes de estudio de programas de preparación docente. Walsh casi no encontró evidencia de que la enseñanza de la escritura se esté cubriendo de manera generalizada o sistemática. Como saben los padres, los resultados de estas deficiencias son ampliamente evidentes en el desempeño de nuestros estudiantes. Según un estudio reciente realizado por la Evaluación Nacional del Progreso Educativo, tres cuartas partes de los estudiantes estadounidenses en los grados ocho y doce carecen de dominio de la escritura. Un estudio de estudiantes que tomaron el examen de escritura ACT en 2016 reveló que el cuarenta por ciento de esos estudiantes no tenían las habilidades básicas para aprobar ni siquiera una clase de composición universitaria de nivel de entrada.

2. Los estudiantes obtienen una práctica inadecuada.

Actualmente, estoy trabajando con un estudiante de lenguaje y composición AP inscrito en una escuela secundaria próspera y educativamente privilegiada. Hasta el 21 de noviembre, no había recibido ninguna asignación de escritura. (¡Eso es casi tres meses después del año escolar!)



A dos alumnos de sexto grado con los que estoy trabajando nunca se les ha pedido que escriban un ensayo de una página, o incluso un breve párrafo de escritura académica. En cambio, se les asignan cuestionarios y pruebas de comprensión de contenido. Pero escribir, como cualquier otra habilidad, requiere práctica. Cuanto más lo haces, mejor lo haces. Es así de simple.

3. Los estudiantes reciben comentarios inadecuados de los profesores.

Por lo general, la escritura de los estudiantes en el nivel de escuela primaria y secundaria se evalúa para determinar si está completa, generalmente con una marca, una marca más o una marca menos, pero no para la comunicación exitosa de ideas, la fluidez de escritura o el dominio de las convenciones de escritura. En consecuencia, al principio de sus carreras académicas, los estudiantes sienten que la escritura es poco más que un "relleno de tiempo" asignado por un maestro con exceso de trabajo o un maestro que no quiere calificar su trabajo, un ejercicio aleatorio cuyo propósito y meta es completamente diferente, los elude. Cuando los estudiantes comienzan a recibir retroalimentación sobre el contenido, esa retroalimentación generalmente se escribe en marginales críticos (jay, detalle!, elab, etc.). Pero si a los estudiantes nunca se les enseña cómo detallar o elaborar, ¿cómo es posible que puedan realizar esas mismas habilidades requeridas en sus tareas calificadas?

4. Escribir requiere pensar.

Escribir es noventa y nueve por ciento pensar, uno por ciento escribir. En otras palabras, cuando sabes lo que quieres decir y cómo lo quieres decir, escribir se vuelve más fácil y exitoso. Pero a los estudiantes no se les enseña cómo pensar sobre lo que quieren comunicar y cómo quieren representar sus pensamientos antes de escribir. En otras palabras, no se les enseña cómo hacer evidente para sí mismos lo que saben sobre la pauta, cómo organizar esos pensamientos en patrones dominantes (relevantes) y subordinados (menos relevantes), y cómo secuenciar esos pensamientos de una manera que sea significativa para un lector antes de escribir. Como resultado, cuando los estudiantes escriben, su escritura suele ser confusa, desorganizada, subdesarrollada y repetitiva.

5. La buena escritura requiere buenas habilidades de lectura.

Los estudiantes necesitan que se les enseñe a leer para la comprensión, especialmente en los primeros grados. Pero al llegar a la escuela intermedia, los estudiantes necesitan que se les enseñe a leer atentamente, con un propósito y estratégicamente, así como también para la comprensión. Esto requiere que los maestros enseñen a los estudiantes formas de interactuar activamente con un texto, no solo consumirlo pasivamente. En otras palabras, los profesores tienen que ayudar a los estudiantes a darse cuenta de que son participantes vitales en el proceso de dar sentido al texto. Para hacer esto, los maestros deben enseñar buenas habilidades de anotación. Si bien algunos maestros requieren que los estudiantes anoten, estas notas rara vez se evalúan. Si se evalúan, por lo general los maestros evalúan la finalización, pero no qué tan bien los estudiantes se involucraron y pensaron en un texto.

Desarrollar habilidades de escritura exitosas requiere tiempo y práctica. Pero cuando la enseñanza de la escritura se hace bien, los resultados son notables: los estudiantes obtienen mejores calificaciones y ganan confianza en sí mismos como aprendices, agentes activos involucrados significativamente en la creación de conocimiento, no solo consumidores pasivos.

Si su hijo no se está desempeñando como se esperaba, llámeme. ¡Estoy feliz de ayudar a su hijo a tener éxito en la escritura!

Ref: <https://www.nytimes.com/2017/08/02/education/edlife/writing-education-grammar-students-children.html>
<https://www.readingrockets.org/article/qa-dr-steve-graham>

NUEVO AÑO ENFRENTA EL RETO



Por: Virgin Milagros
Heuer-Reyes

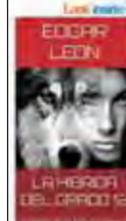
A través de mi proceso de sanidad durante los últimos años, enfrentarme a mis miedos ha resultado desafiante. Solemos tener miedo cuando nos lastiman. Puedo apreciar algunas de las primeras palabras registradas del hombre a Dios después de comer el fruto prohibido, "tuve miedo porque estaba desnudo y me escondí." Me identifico con esas palabras profundamente. Tenemos miedo de estar emocionalmente desnudos...expuestos...preocupados de volver a ser lastimados. Esas preguntas de "que pasaría si" ...toman los lugares más vulnerables del corazón y nos preguntamos si seremos destruidos si cualquiera de ellas se hiciera realidad. Cuando temes al futuro, susurra a Dios "a veces tengo miedo" La vida en sí no tiene garantías de que seguiremos hacia adelante sin experimentar dolor.

Jesús mismo nos recordó, Estas cosas les he hablado para que en Mí tengan paz. En el mundo tienen tribulación; pero confíen, Yo he vencido al mundo". Cuando has enfrentado heridas profundas, puedes comprender muy bien las aflicciones de las cuales habló Jesús. Y realmente necesitas saber qué Jesús ha vencido al mundo. Pero, cómo podemos aplicar esa verdad en este momento, en esta situación. La moneda americana tiene inscrito (In God we Trust) y muchas gentes tienen en su casa el salmo 91, nos da un guion sobre qué tenemos que decirnos en los momentos que sentimos miedo: Diré yo al Señor: "Refugio mío y fortaleza mía, Mi Dios, en quien confío" No te parece interesante que el salmista describe a Dios como un refugio y fortaleza?

Acudimos a un refugio para encontrar protección. Una fortaleza es

construida con el propósito intencional de proveer una seguridad excepcional. La palabra hebrea para fortaleza es metsudah; una de sus definiciones es "un lugar inaccesible". Dios no es solamente un refugio rápido de las tormentas de la vida; Él es el lugar donde ningún miedo tiene acceso a nosotros. El miedo no puede atrapar lo que ya no puede alcanzar. Para poder experimentar ese nivel de paz, necesitamos estar cerca de Dios. Es una cercanía que vemos a través del salmo 91. Mientras nos recuerda "morará a la sombra del Omnipotente" encuentra refugio bajo sus alas, y haz que Él sea el lugar donde habitamos. Al igual que precisamos estar lo suficiente cerca de un árbol para disfrutar de la sombra que nos ofrecen del calor ardiente, también debemos estar cerca de Dios si deseamos la comodidad, protección y salvación que se encuentran en Él.

No es que cosas malas nunca pasarán en nuestras vidas. La vida casi nunca es ordenada. Las relaciones no son fáciles. Y el estrés y las tensiones constantes que enfrentamos a diario resultan difíciles para el corazón humano. Un minuto puedes pensar que vas bien manteniendo tu corazón limpio de la amargura y al siguiente te sientes como un fracaso total. Cosas que sucedieron en el pasado pueden desencadenar emociones que amenazan al temor de lo que pueda estar a la vuelta de la esquina. Pero como hijos de Dios, sabemos perfectamente que no se supone que vivamos aterrizados por el miedo. Y mientras nos detenemos con esos sentimientos, llegamos a la conclusión de que alcanzar la paz no se trata de la perfección, sino del progreso. Debemos aprender a hacer progreso con nuestros temores. Ahora sabemos que podemos tener miedo, pero no tenemos que temer al futuro. No permitas que el miedo te robe la paz, nuevo año enfrenta el reto.



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DISCOVERING LOCAL LATIN SOUNDS



By Lisa Wiseman

You may be thinking to yourself, "There just doesn't seem to be enough Latin music bands around West Michigan!" Well, my friends, let me introduce you to not one, not two, but THREE bands, and a solo act, which are comprised of incredibly talented musicians, located right here in Grand Rapids and who also write and perform original songs composed by their own band members.

Luis A. Calderon, of Calderon Promotions, introduced me to his own band that he founded, La Furia del Ritmo, along with two other local bands, Los Hermanos 616, and Los Giros del Palenque, who you may or may not know about. Ranging from ages 11 (yes, 11) to 24 (and a bit older), whether it is old school norteño music that your grandparents used to listen to, or the more progressive and modern corridos tumbados, these bands have exactly what you need.

Los Giros del Palenque started about 2 years ago by brothers Luis Enrique (Kiko), Johany and Andres Puente, and along with their uncle, Jose Jesus Puente Garcia, they have been performing all over Michigan. They play everything from classic norteño to sierreño style and cumbias to huapangos. They may be young, especially Andres, who is 11 years old, but they are incredibly talented and enjoy playing together as a family.

Los Giros are not the only band that involves brothers. Victor and Pablo Hernandez formed their group, Los Hermanos 616, about a year and a half ago. Along with Jovani Rufreses, they have toured with Luis's group, La Furia del Ritmo. They describe their style as "urbano Mexicano" and not only do they play cover songs, but they also play their own original music. They are hoping to have more studio time to record an album in 2023.

Luis' group, La Furia del Ritmo has been together about 5 years. It includes Edwin Campos, Alex Martinez, Deelman Valenzuela, Vincent Campos, Gustavo Parra and Webzter Valenzuela. They have performed on tour and at various events and festivals around Michigan. Right now they are finishing a CD that will include fourteen original songs, written and composed by them. They are also looking forward to making more music videos and performing more live shows in 2023.

Deelman Valenzuela, who has been a member of La Furia for a couple of years, is also working on a solo project. At only age 17, he has composed three or four original songs. Hopefully, 2023 has good things in store for his solo career.

Luis believes these multi-talented young men have much to offer, not only locally, but all over. He says, "Practica hace el maestro." As Edwin (El Gordito) Campos told me, "Some of these kids are still teenagers, but music is giving them an outlet and it keeps them off the streets. It is a positive influence that they need and respond to."

You need to check out any, or all, of these groups if you have not already done so, especially if you are looking for some great music for your special event. They are all over social media with pages on Facebook and Instagram and videos on TikTok and/or YouTube. And if you have a chance, check them out live, performing at different venues around West Michigan. For more information on La Furia del Ritmo or any of the other bands, you can contact them directly or get in touch with Luis A. Calderon at (616) 422-8617 or calderonpromotions@gmail.com.

Puede que estés pensando: "¡Parece que no hay suficientes bandas de música latina en el oeste de Michigan!". Bueno, mis amigos, permítanme presentarles no una, ni dos, sino TRES bandas, y un acto solista, que están compuestos por músicos increíblemente talentosos, ubicados aquí mismo en Grand Rapids y que también escriben e interpretan canciones originales compuestas por sus miembros de la propia banda.

Luis A. Calderon, de Calderon Promotions, me presentó a su propia banda que él fundó, La Furia del Ritmo, junto con otras dos bandas locales, Los Hermanos 616 y Los Giros del Palenque, a quienes quizás conoczas o no. Desde los 11 años (sí, 11) hasta los 24 (y un poco más), ya sea la música norteña de la vieja escuela que solían escuchar tus abuelos, o los corridos tumbados más progresivos y modernos, estas bandas tienen exactamente lo que necesitas.

Los Giros del Palenque comenzaron hace aproximadamente 2 años por los hermanos Luis Enrique (Kiko), Johany y Andrés Puente, y junto con su tío, José Jesús Puente García, han estado presentándose por todo Michigan. Tocan de todo, desde norteño clásico hasta estilo sierreño y cumbias hasta huapangos. Pueden ser jóvenes, especialmente Andrés, que tiene 11 años, pero tienen un talento increíble y disfrutan jugando juntos como familia.

Los Giros no son la única banda que involucra a hermanos. Víctor y Pablo Hernández formaron su grupo, Los Hermanos 616, hace aproximadamente un año y medio. Junto a Jovani Rufreses han realizado giras con el grupo de Luis, La Furia del Ritmo. Describen su estilo como "urbano mexicano" y no solo tocan versiones de canciones, sino que también tocan su propia música original. Esperan tener más tiempo de estudio para grabar un álbum en 2023.

El grupo de Luis, La Furia del Ritmo, lleva juntos unos 5 años. Incluye a Edwin Campos, Alex Martínez, Deelman Valenzuela, Vincent Campos, Gustavo Parra y Webzter Valenzuela. Se han presentado en giras y en varios eventos y festivales en Michigan. Ahora mismo están terminando un CD que incluirá catorce canciones originales, escritas y compuestas por ellos. También esperan hacer más videos musicales y realizar más shows en vivo en 2023.

Deelman Valenzuela, quien ha sido miembro de La Furia durante un par de años, también está trabajando en un proyecto en solitario. Con solo 17 años ha compuesto tres o cuatro canciones originales. Con suerte, 2023 tiene cosas buenas guardadas para su carrera en solitario.

Luis cree que estos jóvenes talentosos tienen mucho que ofrecer, no solo a nivel local, sino en todas partes. Él dice: "Practica hace el maestro". Como me dijo Edwin (El Gordito) Campos, "Algunos de estos niños todavía son adolescentes, pero la música les está dando una salida y los mantiene alejados de las calles. Es una influencia positiva que necesitan y a la que responden".

Necesitas revisar alguno o todos estos grupos si aún no lo has hecho, especialmente si estás buscando buena música para tu evento especial. Y si tiene la oportunidad, mírelos en vivo, actuando en diferentes lugares alrededor del oeste de Michigan. Para obtener más información sobre cualquiera de las bandas, puede contactarlos directamente o ponerse en contacto con Luis A. Calderon al (616) 422-8617 o calderonpromotions@gmail.com.



Best known as "Big Al," Al Horford is a Dominican, five-time NBA All-Star playing center for the Boston Celtics.

By Odille Parker
Horford was born in Puerto Plata, Dominican Republic. His father, Tito Horford, was the first Dominican to play in the National Basketball League, and in 2000, moved the family to Lansing, Mich. Big Al attended Grand Ledge High School, where he still holds seven school records, including most career points (1,239).

Horford went on to play at the University of Florida, where he made an immediate impact, helping the Gators win the 2005 Southeastern Conference tournament championship. He was a key part of the Gators' 2006 championship win against UCLA, a game in which he had 14 points and seven rebounds. A year later, the Gators became the first team to repeat as national champions since the 1991-92 Duke team, and the first to ever do so with the same starting lineup.

Three days after the win, Horford declared for the NBA draft.

Horford was selected by the Atlanta Hawks with the third overall pick in the 2007 NBA draft. As a rookie, he was the only player unanimously selected to the NBA All-Rookie First team, and was runner-up for Rookie of the Year honors.

He played for the Hawks through 2016, including a career-best season in 2012-13, when he started all 74 games he played in, averaging a career-high 17.4 points, 10.2 rebounds, 3.2 assists, 1.1 steals in 37.2 minutes. During his time in Atlanta, Horford led the team to nine playoff appearances.

Horford became an unrestricted free agent in 2017 and signed a four-year, \$113 million contract with the Boston Celtics. The Celtics went on to the Eastern Conference Finals, where they were defeated 4-1 by the Cleveland Cavaliers. Horford led the team back to the Eastern Conference Finals the following year, but they once again fell to the Cavaliers in Game 7.

In 2019, he signed with the Philadelphia 76ers, where he only played for a year before signing with the Oklahoma Thunder for a season.

He returned to Boston when he was traded to the Celtics in 2021. On May 29, 2022, Horford reached the NBA Finals for the first time in his 15-year career, also becoming the first Dominican to appear in the NBA Finals.

After the buzzer, Horford tossed the ball in the air and collapsed to the floor. "I just didn't know how to act. Just caught up, excited. A lot of hard work," he said in a post-game interview. "I've been part of a lot of great teams, a lot of great teammates, and I'm so proud of this group."

Horford led the Celtics to a 120-108 win over the Golden State Warriors in Game 1, putting up a team-high 26 points and six rebounds. He also hit six 3-pointers in the same game, setting the NBA record for most threes made by a player in his Finals debut. The Celtics eventually lost to the Warriors in Game 6.

During his career, Horford has also been a member of the Dominican Republic national basketball team. In 2011, he won a bronze medal at the FIBA Americas Championship and earned All-Tournament Team honors.

"The Hispanic history I carry with me is



who I am and what I'm about – which is representing my country, my family – and I do that with a lot of honor," Horford said of his heritage in a 2022 interview with the Boston Globe.

Mejor conocido como "Big Al", Al Horford es un pivot dominicano cinco veces All-Star de la NBA de los Boston Celtics.

Durante su carrera, Horford también ha sido miembro de la selección nacional de baloncesto de República Dominicana. En 2011, ganó una medalla de bronce en el Campeonato FIBA Américas y obtuvo los honores del Equipo de Todo el Torneo.

"La historia hispana que llevo conmigo es quién soy y de qué se trata, que representa a mi país, a mi familia, y lo hago con mucho honor", dijo Horford sobre su herencia en una entrevista de 2022 con el Globo de Boston.

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January Events

Eventos en Enero

Grand Rapids Bridal Show

January 6 - 7, 2023

Grand Rapids

From the ring to the honeymoon, find all the best vendors and services at the 53rd Annual Grand Rapids Bridal Show. Join America's Bride and Bunny Tuxedos for a two-day event with more than 100 vendors live at the show and the largest West Michigan fashion show!

Brides get in for free by registering in advance. Friends and family members can buy tickets at the door for \$10.

Desde el anillo hasta la luna de miel, encuentre los mejores proveedores y servicios en la 53.^a Exposición nupcial anual de Grand Rapids. ¡Únase a America's Bride and Bunny Tuxedos para un evento de dos días con más de 100 vendedores en vivo en el espectáculo y el desfile de modas más grande de West Michigan! Las novias entran gratis registrándose previamente. Los amigos y familiares pueden comprar boletos en la puerta por \$10.

Grand Rapids Camper, Travel & RV Show at DeVos Place

January 12 - 15, 2023

Grand Rapids, Mi

Find your Away! This show is all about creating the best family vacation. 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.

¡Encuentra tu lejos! Este espectáculo se trata de crear las mejores vacaciones familiares. Ya sea solo un fin de semana o una escapada larga, la RV es el camino a seguir. Los distribuidores de vehículos recreativos del oeste de Michigan llenan DeVos Place con casas rodantes, remolques de viaje, quintas ruedas y remolques para acampar plegables. Los destinos de vacaciones, los campamentos, los accesorios para vehículos recreativos y las exhibiciones divertidas completan la exposición creando el espectáculo de viajes y vehículos recreativos más grande y emocionante del es-

tado.

Kalamazoo Craft Beverage Week 2023

January 13-21, 2023

Kalamazoo Craft Beverage Week is a weeklong series of events that celebrate the craft beverage industry. This celebration is for anyone who shares a passion and an affinity for hand-crafted products, made by people who care about an enriching experience and carefully fashioned flavor profiles.

Events take place daily at various breweries, wineries, distilleries, bars, and restaurants around Kalamazoo County. Patrons will meet the brewers, distillers, or winemakers themselves, learn about what it takes to develop these kinds of intricate, highly desired products, and hopefully achieve a greater sense of the craft beverage industry. Events have included food and drink pairings, specialty tastings, make and take style events, games/trivia, and more! Plan a trip to Kalamazoo to enjoy all the excitement around Kalamazoo Craft Beverage Week!

La Semana de Bebidas Artesanales de Kalamazoo es una serie de eventos de una semana que celebran la industria de las bebidas artesanales. Esta celebración es para cualquiera que comparta una pasión y afinidad por los productos artesanales, hechos por personas que se preocupan por una experiencia enriquecedora y perfiles de sabor cuidadosamente elaborados.

Dog Sledding

January 14, 2023

Gaylord

Join Liza Dietzen and her team of dogs from Evergreen Kennel for a thrilling dog sled adventure at Tree-tops Resort! The trip begins on the snow covered trails of the Jones Masterpiece Golf Course and dashes through the majestic hills of Tree-tops. Experience man and dog working together in nature and be a part of the team's training experience!

Únase a Liza Dietzen y su equipo de perros de Evergreen Kennel para una emocionante aventura en trineo tirado por perros en Tree-tops Resort! El viaje comienza en los senderos cubiertos de nieve del campo de golf Jones Masterpiece y corre a través de



Dog Sledding • January 14, 2023 • Gaylord

Las majestuosas colinas de Tree-tops. ¡Experimente al hombre y al perro trabajando juntos en la naturaleza y sea parte de la experiencia de entrenamiento del equipo!

The Great Skate Winterfest 2023

January 21 - 22, 2023

Grand Rapids, Mi

The Great Skate debuted in 2002 as a 24-hour ice skating marathon held at the outdoor Rosa Parks Circle ice rink in downtown Grand Rapids, with every Griffins player and coach skating for at least one hour around the clock with fans. In 2009, the event expanded into a two-day, 34-hour Great Skate Winterfest, with skating, winter sports demonstrations, games and activities as part of a celebration of winter in our city.

The Great Skate Winterfest is presented by Meijer, Downtown Grand Rapids Inc., and the Daniel and Pamella DeVos Foundation.

The Great Skate debutó en 2002 como un maratón de patinaje sobre hielo de 24 horas que se llevó a cabo en la pista de hielo al aire libre Rosa Parks Circle en el centro de Grand Rapids, con todos los jugadores y entrenadores de Griffins patinando durante al menos una hora las 24 horas con fanáticos. En 2009, el evento se amplió a un Great Skate Winterfest de dos días y 34 horas, con patinaje, demostraciones de deportes de invierno, juegos y actividades como parte de una celebración del invierno en nuestra ciudad.

El Great Skate Winterfest es presentado por Meijer, Downtown Grand Rapids Inc. y la Fundación Daniel y Pamella DeVos.

Ice Park & Food Truck Rally | World of Winter Festival

January 21, 2023

Grand Rapids, Mi

The Ice Park comes alive with local food and a pop-up sound installation! Enjoy the ice park games and some great grub from some of the best food trucks in town.

Featured games include shuffleboard, plinko, foosball, chess, checkers, cornhole and putt-putt.

¡El Ice Park cobra vida con comida local y una instalación de sonido emergente! Disfruta de los juegos del parque de hielo y de la excelente comida de algunos de los mejores camiones de comida de la ciudad.

Los juegos destacados incluyen tejo, plinko, futbolín, ajedrez, damas, cornhole y putt-putt.

Grand Haven Winterfest

January 26-29, 2023

Grand Haven, Mi

Grand Haven Winterfest has been a winter tradition for over 30 years! Winterfest takes place annually during the last full weekend of January. A large variety of events begin Thursday and conclude Sunday afternoon. There is something for everyone!

Events Usually Include:

Glowbowl
Sleepwalker Run
Beer and Wine Tasting
Bonfire Bash
Cardboard Sled Races
Euchre Tournament
Family Dog Pull
Freeze 4 All (Snow Volleyball)
Ski & Snowboard Competition

¡Grand Haven Winterfest ha sido una tradición de invierno durante más de 30 años!

Winterfest se lleva a cabo anualmente durante el último fin de semana completo de enero. Una gran variedad de eventos comienzan el jueves y concluyen el domingo por la tarde. ¡Hay algo para todos!

Los eventos generalmente incluyen:

Cuenco luminoso
Carrera sonámbula
Degustación de cerveza y vino
Fiesta de la hoguera
Carreras de trineos de cartón
Torneo Euchre
Tirador de perro familiar
Freeze 4 All (voleibol de nieve)
Competición de esquí y snowboard



La Familia Lowpez-Held its Famous Slow-n-Low Retirement Car Show

on SEPTEMBER 18, 2022

This event took place at Pablo Lopez home backyard which has plenty of space for over 100 cars, trucks, customs and Lowrider bikes. The Familia Lopez made everybody feel welcomed to his retirement party!

There were some of the finest Car Clubs representatives present who came to tell

Pablo, we appreciate what you have done in the lowrider community over the years! For instance, the Annual Cinco de Mayo events he has held. This man and his ever-loving wife Francisca, together, hosted every event. His children and grandchildren also helped over the years, as well as some friends from the Lowrider community. These folks were always helping in low riding car shows. If there was a family who gave a helping hand in West Michigan Car Shows, the Familia Lopez is a well-known name.



La Familia Lopez backyard Car Show also had Live entertainment, Food Booths, with DJ "Mark" spinning some old school oldies! This event had Car Club's from across the state of Michigan and as far away as Ohio. To tell you this was a Retirement Car Show and to see all the Veterano Car Clubs enjoying themselves and sharing stories of the good ole times is an understatement. La Familia Lopez has put their mark in West Michigan!

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

UPDATES FOR CAR SHOWS:

MICHIGAN INTERNATIONAL AUTO SHOW
February 2 - 5, 2023
DeVos Place
303 Monroe Ave NW
Grand Rapids, MI 49503
\$12 Adults
\$5 Children (6-14)

Lavas

Paloma Rocío Castillo Astorga, known professionally as Paloma Mami, is a Chilean-American singer-songwriter. She began her musical career in 2018, and her first studio album, Sueños de Dalí, was released in March 2021.

Castillo was a participant in the first season of the Chilean talent show, Rojo, el color del talento, on Televisión Nacional de Chile. In July 2018, she entered the competition. However, due to the terms of the contract offered by the channel, Castillo left the show after two appearances.

Castillo independently released the single "Not Steady" with a music video in June 2018. The song was written by Paloma Mami and Lesz. The song mixes styles like dancehall, trap, soul and R&B. On September 2, 2018, she was the opening act for Arcángel at Teatro Caupolicán. The following month, she signed with Sony Music Latin, becoming the first Chilean artist to sign with the label.

Paloma Rocío Castillo Astorga, conocida profesionalmente como Paloma Mami, es una cantautora chileno-estadounidense. Comenzó su carrera musical en el 2018 y su primer álbum de estudio, Sueños de Dalí, fue lanzado en marzo del 2021.

Castillo participó en la primera temporada del show de talentos chileno, Rojo, el color del talento, en Televisión Nacional de Chile. En julio del 2018 ingresó a la competencia. Sin embargo, debido a los términos del contrato ofrecido por el canal, Castillo abandonó el programa luego de dos apariciones.

Castillo lanzó de forma independiente el sencillo "Not Steady" con un video musical en junio de 2018. La canción fue escrita por Paloma Mami y Lesz. La canción mezcla estilos como dancehall, trap, soul y R&B. El 2 de septiembre de 2018 fue telonero de Arcángel en el Teatro Caupolicán. Al mes siguiente, firmó con Sony Music Latin, convirtiéndose en la primera artista chilena en firmar con el sello.



Paloma Mami



This year gifted us with a lot of exciting albums in Latin music, starting with Bad Bunny's historic two-part album *Un Verano Sin Ti*.

Featuring thrilling collaborations (Rauw Alejandro, The Marias and more) and edgy fusions (from dembow to indie pop) that transported everyone to a summer in Puerto Rico, the 23-track set became the first all-Spanish album to hit No. 1 on the Billboard 200 year-end albums chart (and has spent 13 weeks at the top so far), and it also earned the first-ever Grammy nomination for album of the year for an all-Spanish release.

Romeo Santos also surprised fans with his 21-track *Formula, Vol. 3*, where he collaborated with major acts such as Justin Timberlake, Rosalia, and Christian Nodal. The set dropped eight years after Santos released *Vol. 2* in 2014, which is still on Billboard's Top Latin Albums chart after 386 consecutive weeks — the most for any Latin album in history.

The year also marked a comeback period for acts such as Paulo Londra, who recruited acts such as Ed Sheeran and Travis Barker for his *Back to the Game* studio album released after a three-year hiatus. Christina Aguilera, on the other hand, paid tribute to her Latin roots by releasing *Aguilera*, her first Spanish-language album in 22 years, following *Mi Reflejo*, which debuted at No. 1 on Billboard's Top Latin Albums chart in 2000.

*Este año nos regaló una gran cantidad de álbumes emocionantes en la música latina, comenzando con el histórico álbum de dos partes de Bad Bunny, *Un Verano Sin Ti*.*

Con emocionantes colaboraciones (Rauw Alejandro, The Marias y más) y vanguardistas fusiones (desde dembow hasta indie pop) que transportaron a todos a un verano en Puerto Rico, el conjunto de 23 pistas se convirtió en el primer álbum en español en alcanzar el número 1 en la lista de álbumes de fin de año de Billboard 200 (y ha pasado 13 semanas en la cima hasta ahora), y también obtuvo la primera nominación al Grammy por álbum del año por un lanzamiento en español.

*El año también marcó un período de regreso para actos como Paulo Londra, quien reclutó actos como Ed Sheeran y Travis Barker para su álbum de estudio *Back to the Game* lanzado después de una pausa de tres años. Christina Aguilera, por otro lado, rindió homenaje a sus raíces latinas al lanzar *Aguilera*, su primer álbum en español en 22 años, después de *Mi reflejo*, que debutó en el número 1 en la lista Top Latin Albums de Billboard en 2000.*

Becky G, Christina Aguilera, Bad Bunny & More: Vote for the Best Latin Album of 2022



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Why Viruses Love the Cold

¿Por qué a los virus les encanta el frío?

Flu season is beginning to rear its ugly head, and many of us cannot seem to shake the sneezing and coughing. The flu is highly contagious and typically spreads via coughs and sneezes from an infected person. Infected adults can spread the virus one day prior to noticing symptoms and up to a week after symptoms begin. Although most cases of the flu tend to go away by themselves, preliminary estimates from the Centers for Disease Control for the flu season last year indicate between 24,000 and 62,000 people died from the flu, and around 200,000 people in the U.S. are hospitalized each year. With COVID-19 cases also on the rise across the country as we approach the cold winter months, let's discuss the reasons for why we are more prone to these viruses during this time of year.

CONTRIBUTING FACTORS

The CDC monitors flu activity very closely. Flu season can begin in the U.S. as early as October but does not usually kick into full gear until December and typically peaks in February. Influenza can occur at any time, but most cases follow a predictable seasonal pattern. It is a common misconception that the flu is directly caused by cold temperatures. However, the influenza virus is necessary to have the flu, so cold temperatures are only a contributing factor, although some argue it is the lack of sunlight or different lifestyles people lead in winter months that are the primary contributing factors. Common cold and flu viruses attempt to enter our bodies through the nose, but our nasal linings have strong defense systems that protect against these microbial intruders. In a , researchers found that viruses were more likely to die in the immune system when grown at warmer temperatures. Cold air, on the other hand, cools the nasal passages and slows down mucus clearance, allowing the virus to infect the body.

PROTECTING YOURSELF

The threat of becoming sick has spread throughout our communities during this pandemic, and many of the precautions we are taking to stay safe from COVID-19 are going to pay dividends during this flu season. Here are a few tips to avoid becoming infected with the flu:

- 1 Get vaccinated:** The annual flu vaccination is the most effective way to protect yourself against the flu and other serious complications.
- 2 Wash your hands regularly.** Clean hands protect against many infections, including the flu and COVID-19. Keeping your hands clean is an easy way to keep yourself and your loved ones healthy.
- 3 Avoid touching your eyes, nose and mouth.** Germs are most likely to enter your body through the eyes, nose and mouth. Although we cannot control everything we inhale, we can reduce the risk of infection by keeping our hands away from our faces.
- 4 If you do not feel well, stay home.** If you are experiencing any symptoms of the , spending any amount of time around others puts them at risk of infection. Quickly isolating yourself can prevent the spread of the flu and COVID-19 and save lives.

La temporada de gripe está comenzando a asomar su fea cabeza, y muchos de nosotros parece que no podemos sacudirnos los estornudos y la tos. La gripe es altamente contagiosa y generalmente se propaga a través de la tos y los estornudos de una persona infectada. Los adultos infectados pueden propagar el virus un día antes de notar los síntomas y hasta una semana después de que comiencen los síntomas. Aunque la mayoría de los casos de gripe tienden a desaparecer por sí solos, las estimaciones preliminares de los Centros para el Control de Enfermedades para la temporada de gripe del año pasado indican que entre 24 000 y 62 000 personas murieron a causa de la gripe, y alrededor de 200 000 personas en los EE. UU. son hospitalizadas cada año. Con los casos de COVID-19 también en aumento en todo el país a medida que nos acercamos a los fríos meses de invierno, analicemos las razones por las que somos más propensos a estos virus durante esta época del año.

PROTEGIÉNDOTE

La amenaza de enfermarse se ha extendido por todas nuestras comunidades durante esta pandemia, y muchas de las precauciones que estamos tomando para mantenernos a salvo del COVID-19 darán sus frutos durante esta temporada de gripe. Aquí hay algunos consejos para evitar infectarse con la gripe:

- 1 Vacúñese:** La vacunación anual contra la gripe es la forma más eficaz de protegerse contra la gripe y otras complicaciones graves.
- 2 Lávese las manos regularmente.** Las manos limpias protegen contra muchas infecciones, incluida la gripe y el COVID-19. Mantener las manos limpias es una manera fácil de mantener la salud de usted y de sus seres queridos.
- 3 Evite tocarse los ojos, la nariz y la boca.** Es más probable que los gérmenes ingresen a su cuerpo a través de los ojos, la nariz y la boca. Aunque no podemos controlar todo lo que inhalamos, podemos reducir el riesgo de infección manteniendo las manos alejadas de la cara.
- 4 Si no se siente bien, quédese en casa.** Si experimenta algún síntoma de la, pasar cualquier cantidad de tiempo con otras personas los pone en riesgo de infección. Aislarse rápidamente puede prevenir la propagación de la gripe y el COVID-19 y salvar vidas.

WE'RE GOING EV IN 2023

air-landing-hero LUCID E CAR



2023_tesla model s

2022 Tesla Model S shown



By Scooter

I got some extra info from Jose' Flores. Thanks boss, I appreciate it in megawatts! The more things that La Voz and Scooter can put out to you readers, the easier it will be to understand the jargon and terms that the knowledgeable E salespeople will explain to prospective buyers in full, about each different E model they are selling. I will get more into that after giving you some exciting news to do with the Electric movement in the USA as well as the whole world. Since President Biden took office, companies have announced investments of more than \$36 billion in electric vehicle manufacturing and \$48 billion in batteries right here in the United States.

The movement toward electric vehicles is on a much faster pace than ever. I have to toss out some of the notable facts that surround many different makes and models of any level of E power you may not know or realize. For example: Norway will be only selling E model vehicles by 2023!! Ford is rumored to be all electric by 2035, and it is also in the planning stages that the rest of our USA car manufacturers will do the same. Plus locally, Meijer is going to all E trucks as soon as is possible, and don't forget if you order a pizza from a Domino's Pizza place, they already have 100 E cars doing their deliveries and plan to add hundreds more with a goal of becoming a complete E car delivery business as soon as possible.

Here's another few E facts that are amazing. In 2016 EVs were a negligible thing, with only a million vehicles, worldwide. By the end of 2020 it was over 10 million vehicles sold and, on the road, worldwide. In the United States Overall, the number of available plug-in models has grown to more than 70000, with more new models coming up, including affordable options. In 2021, all major automakers announced their shared aspiration to achieve sales of 40-50% of annual U.S. volumes of electric vehicles (battery electric, fuel cell and plug-in hybrid vehicles) by 2030 in order to move the nation closer to a zero-emissions future consistent with Paris climate goals. New manufacturing plants are going up in Detroit, Ohio, and Missouri to name a few. Over 85 billion dollars have been spent in this movement toward EV' with zero emis-sions.

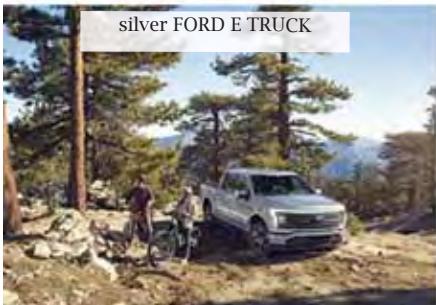
We haven't stood idle in our efforts to lead as demonstrated by Tesla Cars founder and CEO, Elon Musk is the richest man on our planet! The Nissan Leaf and Tesla-3 are the world's best-selling E cars ever! Many of the vehicles on the road today are EV or Hybrids. If you are thinking of purchasing an E vehicle, no matter what size, what cost, the battery life, the recharging times, and VERY MUCH MORE, you might want to gather as much specific information that you can about what ever make a model you are interested in BEFORE you go to the dealership. Then you will be able to totally be in tune with some of the tech features the sale person will be showing and explaining to you. Plus, now, there are more government tax incentives for us to be motivating to go electric!

I would like to put out to all of you some early E shopping suggestions that should be of help to you before you are actually in a showroom or online buying. Try to grasp the different types of E vehicles there are so you can determine what type you and your family are interested in and it will fit what you expect to have with your E vehicle. Know a bit about the difference between Hybrids, Citi-car, Highway models, plus the different trucks of every size and towing capacity, plus, SUVs and even convertibles. And be sure to check out a literally new E model whenever they get introduced. I know everybody seems to not like that such and such E vehicle only can go 300 or 400 miles between charges, or a Citi-car unit can only go a couple of hundred miles on a charge. Plus, if you read a bunch of information from independent sites you can find out things that don't very often come out about certain different models. Here's a surprising fact from one luxury SUV American Hybrid model. When running on just the batteries it has ONLY a 30-mile range! OK, Let's toss out some of the other facts you might want for make and model comparisons. A Chevy Bolt EUV is \$28,195, a Nissan Leaf EV is \$28,895, A Mini Cooper 4 door gas car is \$28,750, And gas Honda Civic is \$28,845, so as you can see, some gas and E car are very close in price. Also, here is the industries list of the top three BEST EV's in the USA, not in any order, right now. 1. The 2023 Chevrolet Bolt! 2. The 2022 Polestar 2! 3. The 2023 Nissan Leaf ! I'm getting charged up for next month, see ya soon,

2023_toyota_bz4x_4dr-suv_limited_fq_oem_1_1600



silver FORD E TRUCK





Opal Rainn

A Star is born in West Michigan. Introducing Miss. January Opal Rainn. She is shining brightly making her debut in modeling known all over The Great Lakes State of Michigan. She has all the ability and talent to take her performance modeling to the

Red Carpet Modeling runways of popular model shows. She is going to be on the high of value driven models by summer. She does very well in group shoots contributing her talents to those around. She's a photographer's favorite. Opal has been selected to model in our St. Patrick's Day event (pending the city having an event in 2023). She has a bright future and could very well be the "Rising Star" Michigan has been waiting for.

Photos are courtesy of Jason Stone, KevJr Photography, Michael Flikkema

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ADMINISTRATIVE ASSISTANT I - GRAND

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Aspiring Journalist

The Community Voice / La Voz is searching for aspiring journalists to create content online and in our print magazine. Perfect for journalism students who are looking to build their portfolio or freelance writers wanting to contribute to reaching our communities.

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

Email resume/CV to primaveratf@gmail.com

tion process, contact Human Resources at 517-796-8468

IT INFORMATION SECURITY ANALYST I - FERRIS STATE

UNIVERSITY. - Assists with monitoring, providing access, and analyzing threats to cyber security data and systems to ensure the safety and protection of information system assets under close supervision. Documents any security issues or breaches discovered. Assists in providing information security training. Assists the Information Security Manager with developing and implementing security strategies and best practices and monitoring compliance with IT procedures, university policy, and applicable law. Collaborates with IT Services staff to ensure university devices and data are appropriately protected. Required: Bachelor's degree. One to two years in information security or IT related area with a strong working knowledge of operating systems, network utilities, and security software. Knowledge of security frameworks, HIPAA, FERPA, and PCI DSS.

To apply and view full job description, visit <https://jobs.ferris.edu>. Fer-

ris State University is an Equal Opportunity employer committed to inclusion and equity. Learn more about the Ferris mission, commitment to diversity and to equal opportunity, and dynamic, student-focused community at ferris.edu. Applicants requiring accommodation or assistance completing an application/participating in the hiring process should contact Human Resources at (231) 591-2150 or fsujobs@ferris.edu.

SOLUTIONS ARCHITECT-

Grand Valley State University is seeking a full time Solutions Architect in the Information Technology division. See jobs.gvsu.edu for specific job requirements and how to apply. Grand Valley State University is an Affirmative Action/ Equal Opportunity Institution.

DRIVER-

Experienced CDL Class A Driver wanted for Kalamazoo Metal Recyclers. 401K and healthcare available. Apply within at 1525 King Highway, Kalamazoo or apply online at www.kzoometalrecyclers.com/employment-opportunities.

NO PHONE CALLS PLEASE.



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