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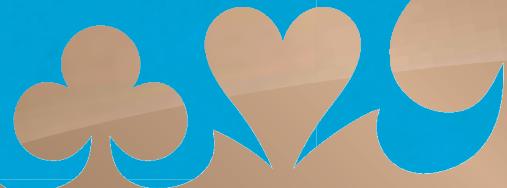
SÁDADO, 26 DE JUNIO | 11PM

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Americans Support Alternate Policing Strategies

Los estadounidenses apoyan estrategias policiales alternativas



Most Americans support the demilitarization of civilian police forces and show favorable responses in the polls toward the redistribution of funding support for current policing strategies. While America continues to lead the world in the number of incarcerated citizens it shares the lion's share of criticism for current practices by police. For many urban communities of color, police are viewed as a foreign occupying force armored with militarized uniforms, armaments, vehicles, technology, and strategies supporting domestic control and domination rather than serving and protecting.

Recent movements across America to reform police departments following the murder of George Floyd and scores of others from within Black, Brown and Native American Communities have included efforts of grassroots, non-traditional and authentic community leaders emerging to confront intolerable assaults on peaceful protestors, racial profiling, the continued use of banned chokeholds and questionable shootings of unarmed citizens. Video footage in many instances has served to highlight and correct some of these proven abuses of authority.

As Americans have taken to the streets to push "Defund the Police," and end Qualified Immunity for Police Officers, the right-wing conservatives have sought to mire the waters of public understanding of the issues surrounding the movement to "reimagine policing." There is no questioning that most police officers are good guys trying to serve and protect. Likewise, no one is saying we should not have law and order or that we should get rid of all the police forces in America. Such disinformation seeks only to set back efforts to reform current policing strategy in America. We must move forward to reform unjust policing and weed out the bad officers who should not wear a badge due to their racial tendencies, distorted perspectives of police power and their disregard for ethics and humane treatment of the people who pay them their salaries. There is no place for a "bad cop" in America, no matter the color of their skin or other distinguishing background characteristics. Respect for and trust of the police cannot be demanded, it must be earned.

Respect for the police should come with the profession and yes Americans have not in many cases complied, exercised appreciation and respect as required but that should not be an excuse for police misconduct including assault, violations of civil rights, and even murder.

We must shift away from a society of Americans who view commando-style para-military police officers controlling the masses of urban racial and ethnic ghettos as necessary and justified due to the character of the urban poor. This "occupation and control mentality" gives rise to abuse of police authority. Likewise, we must move beyond police forces that lack racial diversity and hire more police officers from urban communities served. White supremacy is promoted by all white male police forces patrolling people of color.

Redirecting funds from the support of police officers to evidence-based community crime reduction strategies and alternatives to violence education, hiring mental health/social services interrupters have been proven successful in major cities that have already reduced police funding. Camden N.J., Minneapolis, MN, Seattle, WA, New York City, Portland, OR, Austin, TX and many other cities across the country have begun to look at re-imagining policing and funding re-allocation strategies in response to increased protests of police misconduct.

By Dr. José A. Flores



Our public schools must also engage in introspection of the rise of "Policed Schools" and look at alternative models also. The Los Angeles Unified School District, Oakland USD, Portland, OR School District have defunded their Police in Schools. Michigan's cities must take this step forward too!

Los Angeles California studied the data as it affected Black and Latino students and decided the bulk of the funding, \$30.1 million, will go toward hiring school climate coaches and other support staff, such as school nurses and counselors. The coaches will be responsible for applying de-escalation strategies for conflict resolution, eliminating racial disparities in school discipline practices, and addressing implicit bias. The task force also identified 53 schools where more than 200 Black students are enrolled and are considered high needs to receive additional funding for staff, including a restorative justice advisor at each site. It is time to review how we educate our children to join a society where respect has taken a back seat to violence.

La mayoría de los estadounidenses apoyan la desmilitarización de las fuerzas policiales civiles y muestran respuestas favorables en las encuestas hacia la redistribución del apoyo financiero para las estrategias policiales actuales. Si bien Estados Unidos continúa liderando el mundo en el número de ciudadanos encarcelados, comparte la mayor parte de las críticas a las prácticas actuales de la policía. Para muchas comunidades urbanas de color, la policía es vista como una fuerza de ocupación extranjera blindada con uniformes, armamentos, vehículos, tecnología y estrategias militarizadas que apoyan el control y la dominación doméstica en lugar de servir y proteger.

Los movimientos recientes en todo Estados Unidos para reformar los departamentos de policía después del asesinato de George Floyd y decenas de otros dentro de las comunidades negras, marrones y nativo americanas han incluido esfuerzos de líderes comunitarios de base, no tradicionales y auténticos que emergen para enfrentar ataques intolerables contra manifestantes pacíficos, trato racista por perfil, el uso continuado de estranguladores prohibidos y disparos cuestionables de ciudadanos desarmados. En muchos casos, las imágenes de video han servido para resaltar y corregir algunos de estos abusos de autoridad comprobados.

Mientras los estadounidenses han salido a las calles para presionar "Defund the Police" y poner fin a la inmunidad calificada para los agentes de policía, los derechistas han tratado de ensuciar las aguas del entendimiento público de los problemas que rodean el movimiento para "reinventar la policía". No hay duda de que la mayoría de los agentes de policía son buenos tipos que intentan servir y proteger. Del mismo modo, nadie está diciendo que no deberíamos tener ley y orden o que deberíamos deshacernos de todas las fuerzas policiales en Estados Unidos. Tal desinformación busca solo retrasar los esfuerzos para reformar la estrategia policial actual en Estados Unidos. Debemos avanzar en la reforma de la policía injusta y eliminar a los malos oficiales que no deben llevar placa debido a sus tendencias raciales, perspectivas distorsionadas del poder policial y su desprecio por la ética y el trato humano de las personas que les pagan sus salarios. No hay lugar para un "policía malo" en Estados Unidos, sin importar el color de su piel u otras características distintivas de fondo. El respeto y la confianza de la policía no se puede exigir, se debe ganar.

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To contact The Community Voice/
La Voz Magazine
please call or write our
administrative office:
Attention Dr. José A. Flores,
Editor-In-Chief,
1052 Grandville Ave. S.W., Grand
Rapids, MI. 49503 or
email: drjflores1@gmail.com

Please visit us at our website:
<http://www.lavozweb.com>
All inquiries should be directed to
Phone: 616-581-6271



Kindra A.
Peterson
Writer

La Voz **MEET THE STAFF**

drjflores1@gmail.com

Find us on / Encuentranos en:



Dr. José A.
Flores,
Editor-In-Chief



Odille Parker
Graphic Design



Ingrid Cruz
Writer



Primavera Flores
Sales Rep.
Detroit



Concepción
Flores,
Guardian
Angel



'El Chayo'
Cervantes
Distribution
Lansing



Maria Marin
Detroit
Distribution



Odille S. Parker
Writer



Andrés
DelaCruz
Circulacion
Saginaw



Scooter
Writer



Tom Ozinga
Editor



Lisa Villarreal
Wiseman
Writer



Anthony T.
Valdez
Photographer



Jorge Martínez
Writer



Homero
Rodriguez,
Sales/ Circulation
Grand Rapids



Mike Farage
Writer



Dee Rodríguez
Circulation
Grand Rapids



Daniel Flores,
Reporter/
Sales Rep
Grand Rapids

The DNA of America



By Jorge Martinez
U.S. Veteran

As a child I wore a mask everyday of my life. One to hide my insecurity, another to hide my stuttering and another to hide the sadness children feel when confronted with racist's hostility. Needing to be accepted I threw myself into trying to fit in and yet in spite of tireless efforts I never felt a part of Tuloso-Midway High School in Corpus Christi Texas. The same people who treated me as inferior continue to see through the same eyes. As I became a social historian I learned racism is built into the very DNA of America. As we go into the second 100 days of Biden's administration we find resistance to simple common sense improvements by Trump Republicans.

It's as if admitting the myth of election fraud equates to betrayal of a secret promise made by extremist racist's radicals who support him. These are the same flag waving patriots who stormed the capitol and attempted to overthrow the election. Undaunted, these bigot-patriots would deny poor people of color the right to vote, women to decide their personal health choices, and reject a countrywide jobs bill that would kickstart the economy. As the killing of black and brown citizens continues at the hands of police, we clearly see the promise of the Civil Rights Act has never been fulfilled. This is largely due to the failure of the justice system that locks up the poor and rewards convicted prisoner friends of the former president Donald Trump. Texas has given new life to Jim Crow and leads in racist legislation and their white population continues to view us people of color as inferior. As if to add insult to injury, a relative has passed due to Covid-19 in Texas where Republican Gov. Abbott lifted mask restrictions too early against CDC guidelines and health experts advice.

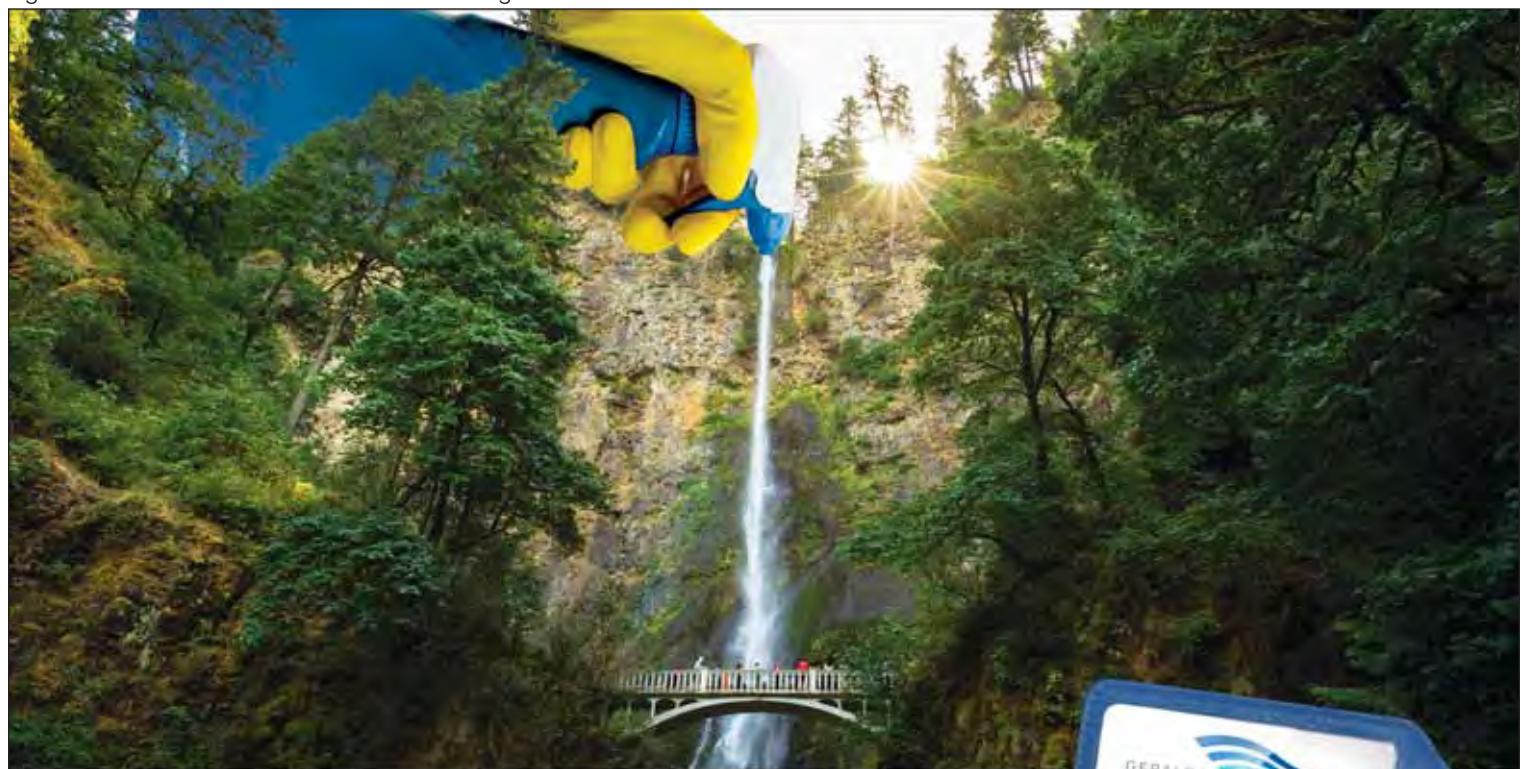
Due to Republicans refusal to cooperate, children shelters along the border remain filled to the brim as prolonging suffering. As the country fights over this issue our leaders refuse to recognize the flood of immi-



grants is based upon the hiring of undocumented immigrants seeking a better future. This could quickly be solved if Republican politicians would simply make it a crime to hire them. It is the same motivation English, Scottish and Irishmen flooded these shores but they were seen as courageous, awe inspiring, and needed for the building of America.

Much to my chagrin VP Kamala Harris has forgotten her vow to investigate and impeach Brent Kavanagh, Bill Barr and other Trump cronies who have made America's promise a joke. As hate crimes across the country increase white policemen and confused cowardly politicians continue to conduct business as usual. Perhaps it's time that Brown and Black Republicans recognize that in America race, skin color and ethnicity is the basis for politics whether they like it or not. We the people who elected him cannot trust Biden, or Kamala to push, fight, and struggle for what matters to us. We must demand more of ourselves, our communities and local leadership. That is our quest and cannot be delegated to politicians, who no matter what, are looking out for themselves. As it stands at the end of the day, America is a business and everyone expects to get paid. God Help Us!

Mr. Jorge Martinez, Newman, CA 95360



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Community News

OBITUARY



Oscar Valdez, age 68, of Grand Rapids, went home to be with the Lord unexpectedly on Tuesday, May 4, 2021. He was preceded in death by his father, Mike O. Valdez Sr.; brothers, Mike Jr., and Jimmy. He will be lovingly remembered by his mother, Beatrice V. Valdez; brothers, Roy (Gloria), Ray (Nelda Salazar); sisters, Annie (Jim) Hoover, Alma Valdez; aunts: Grace Valdez, Armelina Valdez; a host of nieces, nephews, cousins, and special friends; Mary Mancha, Wicky Alvarez, Carolina Villarreal, Mr. Daniel Navarro, Mr. Luis Ramirez. He retired after many years as a chef. He loved to dance and volunteered at local food pantries.

Oscar Valdez, de 68 años, de Grand Rapids, se fue a casa para estar con el Señor inesperadamente el martes 4 de mayo de 2021. Su padre, Mike O. Valdez Sr.; lo precedió en la muerte; hermanos, Mike Jr. y Jimmy. Será recordado con cariño por su madre, Beatrice V. Valdez; hermanos, Roy (Gloria), Ray (Nelda Salazar); hermanas, Annie (Jim) Hoover, Alma Valdez; tíos: Grace Valdez, Armelina Valdez; una gran cantidad de sobrinas, sobrinos, primos y amigos especiales; Mary Mancha, Wicky Alvarez, Carolina Villarreal, Sr. Daniel Navarro, Sr. Luis Ramirez. Se retiró después de muchos años como chef. Le encantaba bailar y se ofrecía como voluntario en las despensas de alimentos locales.

Chayo Celebración

Primero que todo, y antes que nada, le damos gracias a dios por permitirnos llegar a nuestros 50 años de matrimonio (Aniversario de Oro). También, habernos dado 3 hijos, y 1 hija entre ellos. Gozamos de 4 nietos, y 5 nietas, 3 bisnietas y 1 bisnieto. Con el favor de Dios el día domingo, 13 de Junio a Las 12:00 de medio día, en La Iglesia de Cristo Rey de Lansing con El Reverendo Padre Vincent Richardson celebraremos la reafirmación de nuestros votos matrimoniales. Les invitamos y esperamos que nuestros amigos nos acompañen.

De parte de,

Tony "El Chayo" y Lisa Cervantes, y Familia.



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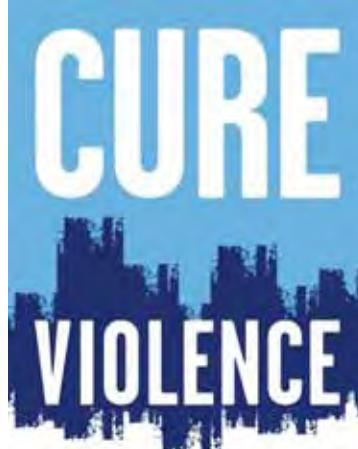
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GRAND RAPIDS SEEKS TO CURB VIOLENCE AND INVITES PROPOSALS (RFP)



which organization will best meet the City's needs for Cure Violence implementation.

The City is contributing \$75,000 towards the first year of the operation of Cure Violence. The City has also committed to continue its investment for two additional years. Spectrum Health also will partner with the City in supporting this public health approach to violence reduction and intervention by providing support in the amount of \$300,000.

"In our strategic plan, we commit to making Grand Rapids a place where all people 'Feel Safe and Are Safe at All Times,'" said Brandon Davis, director of oversight and accountability. "When up and running, Cure Violence will be an additional community safety strategy in helping us reach that goal."

Proposals are due to the City by 11 a.m. June 16. An evaluation team chaired by the Director of the Office of Oversight and Public Accountability will review the proposals and recommend a lead agency to City Manager Washington for approval by City Commission. The contract award is anticipated in July.

La Oficina de Supervisión y Responsabilidad Pública ha emitido una solicitud de propuestas (RFP) buscando una agencia líder para implementar un programa de intervención y reducción de la violencia basado en evidencia dirigido por la comunidad. La RFP busca una organización comunitaria para actuar como la agencia líder / organización comunitaria (CBO) e implementar el modelo de interrupción de la violencia de Cure Violence Global en la ciudad de Grand Rapids. La RFP atraerá propuestas que permitirán a la Ciudad determinar qué organización satisfará mejor las necesidades de la Ciudad para la implementación de Cure Violence.

Las propuestas deben presentarse a la Ciudad antes de las 11 a.m. 16 de junio. Un equipo de evaluación presidido por el Director de la Oficina de Supervisión y Responsabilidad Pública revisará las propuestas y recomendará una agencia líder al Administrador de la Ciudad de Washington para su aprobación por la Comisión de la Ciudad. La adjudicación del contrato está prevista para julio.

More Michigan Immigrants May Drive Legally Under New Senate Bills

Senate Bills 433 and 434, Drive SAFE (Safety, Access, Freedom, and the Economy) bills, were introduced in the Michigan State Senate recently and could provide Michigan's undocumented immigrants access to Michigan Driver's licenses and Identification cards when approved. The Drive SAFE bills are sponsored by Michigan State Senator Chang (D), 1st Senate District, Michigan State Senator Brinks (D), 29th Senate District, Michigan State Representative Kuppa (D), 41st House District, and Michigan State Representative Hood (D), 76th House District.



State Senator

The bills would make noncommercial Michigan driver's licenses and state identification cards available to applicants who do not have proof of U.S. citizenship or immigration status. The bills eliminate the "legal presence" requirement for standard licenses and they would specify types of documentation allowable for proving Michigan residency and identity.

Michigan law does not currently provide driver's licenses or state identification cards to individuals who do not have proof of legal immigration status, and some people who are U.S. citizens or in lawful immigration status have struggled to prove it or obtain verification.

Currently, sixteen states and the District of Columbia have laws that provide access to a driver's license or identification, regardless of immigration status.

These bills do not relate to voting or voter registration. Only U.S. citizens may vote; the bill includes language affirming that the bill in no way expands access to the right to vote.

Los proyectos de ley del Senado 433 y 434, Drive SAFE (seguridad, acceso, libertad y economía), se presentaron en el Senado del estado de Michigan recientemente y proporcionaron a los inmigrantes indocumentados de Michigan acceso a las licencias de conducir y tarjetas de identificación de Michigan cuando se aprueben. Los proyectos de ley de Drive SAFE están patrocinados por el senador del estado de Michigan Chang (D), el primer distrito del Senado, el senador del estado de Michigan Brinks (D), el 29 ° distrito del Senado, el representante del estado de Michigan Kuppa (D), el 41 ° distrito de la Cámara y el representante del estado de Michigan Hood (D.), Distrito 76 de la Casa.

Los proyectos de ley pondrían las licencias de conducir de Michigan no comerciales y las tarjetas de identificación estatales a disposición de los solicitantes que no tengan prueba de ciudadanía estadounidense o estado migratorio. Los proyectos de ley eliminan el requisito de "presencia legal" para las licencias estándar y especificarían los tipos de documentación permitidos para probar la residencia y la identidad de Michigan.

Actualmente, la ley de Michigan no proporciona licencias de conducir o tarjetas de identificación estatales a las personas que no tienen prueba de su estado migratorio legal, y algunas personas que son ciudadanos estadounidenses o tienen un estado migratorio legal han tenido dificultades para probarlo u obtener una verificación.

Actualmente, dieciséis estados y el Distrito de Columbia tienen leyes que brindan acceso a una licencia de conducir o identificación, independientemente del estado migratorio.

Michigan On Track to lift Masks and Health Orders July 1st

"After a year of living with COVID and with masks and distancing and hand-washing, I know how jarring any change to our daily lives feels," said Whitmer. "In this time of transition, I'm asking that people extend one another a little bit of grace. As we return to normal we should remember tough times don't last but tough people do."

Michigan is outlining four specific vaccination goals that, once they are reached, will directly trigger the loosening of certain COVID-19 restrictions across the state, Gov. Gretchen Whitmer revealed.

Michigan has reported more than 7.5 million doses of the COVID-19 vaccine administered as of the end of May with 55.7% of residents 16+ having received at least one dose while 44.2% are considered fully vaccinated. The state's fatality rate is 2.1%. The 7-day death average was 66 on Thursday

According to Johns Hopkins University, more than 32.8 million cases have been reported in the U.S., with more than 585,000 deaths reported from the virus. Globally, more than 1.3 billion vaccine doses have been administered.

Worldwide, more than 162 million people have been confirmed infected and more than 3.3 million have died. More than 94 million have recovered, according to Johns Hopkins University. The true numbers are certainly much higher, because of limited testing, different ways nations



count the dead and deliberate under-reporting by some governments.

Here's how the plan works:

- **Step 1:** Two weeks after 55% of Michiganders have gotten at least one shot, the state will allow in-person work for all sectors of business.
- **Step 2:** Two weeks after 60% of Michiganders have gotten at least one shot, the state will increase indoor capacity and sports stadiums and indoor capacity at conference centers, banquet halls and funeral homes to 25%. It will also increase capacity at exercise facilities and gyms to 50% and lift the curfew on restaurants and bars.
- **Step 3:** Two weeks after 65% of Michiganders have gotten at least one shot, the state will lift all indoor capacity limits and require only social distancing between parties, as well as further relax limits on residential social gatherings.
- **Step 4:** Two weeks after 70% of Michiganders have gotten at least one shot, the state will lift the gatherings and face masks order so MDHSS won't broadly mitigate it unless there are unanticipated circumstances (variants that resist the vaccine, etc.).

The "MI Vaccination To Normal" plan will use data for Michiganders ages 16 years and older who have received their first dose. It's designed to get Michigan to its original goal of vaccinating 70% of the population age 16 and older. You can do your part by getting the vaccination, encouraging family and friends to get vaccinated and practicing masking and social distancing in public places where virus infection uncertainty and risks are present.

"Después de un año de vivir con COVID y con máscaras, distanciamiento y lavado de manos, sé lo discordante que se siente cualquier cambio en nuestra vida diaria", dijo Whitmer. "En este momento de transición, pido que la gente se extienda un poco de gracia. A medida que volvamos a la normalidad, debemos recordar que los tiempos difíciles no duran, pero las personas duras sí".

Michigan está delineando cuatro objetivos específicos de vacunación que, una vez que se alcancen, desencadenarán directamente la relajación de ciertas restricciones de COVID-19 en todo el estado, reveló la gobernadora Gretchen Whitmer.

Así es como funciona el plan:

- **Paso 1:** Dos semanas después de que el 55% de los habitantes de Michigan hayan recibido al menos una oportunidad, el estado permitirá el trabajo en persona para todos los sectores de negocios.
- **Paso 2:** Dos semanas después de que el 60% de los habitantes de Michigan hayan recibido al menos una oportunidad, el estado aumentará la capacidad interior y los estadios deportivos y la capacidad interior en los centros de conferencias, salones de banquetes y funerarias al 25%. También aumentará la capacidad en las instalaciones de ejercicio y gimnasios al 50% y levantará el toque de queda en restaurantes y bares.
- **Paso 3:** dos semanas después de que el 65% de los habitantes de Michigan hayan recibido al menos una oportunidad, el estado levantará todos los límites de capacidad en interiores y solo requerirá distanciamiento social entre las partes, así como también relajar aún más los límites en las reuniones sociales residenciales.
- **Paso 4:** Dos semanas después de que el 70% de los habitantes de Michigan hayan recibido al menos una inyección, el estado levantará el orden de reuniones y máscaras faciales para que MDHSS no lo mitigue ampliamente a menos que haya circunstancias imprevistas (variantes que resisten la vacuna, etc.).

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Edificio de la Escuela Primaria César E. Chávez

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Will Black People Ever Receive Reparations Under the Joe Biden Administration While Other Groups Receive Them?



By Kindra A. Peterson

Rapper, Ice Cube (O'Shea Jackson), made headlines for addressing his black agenda to the world and reached out to the Joe Biden administration. His meeting began with racial injustice, a numerous amount of programs to rectify the racial injustices and ultimately, Black Americans receiving reparations, as he has mentioned that he supports the distributions of reparations. His black agenda is known as the contract with Black America. Cube was met with controversy for meeting with the Trump administration, but Cube verified that they reached out to him. The Biden administration had yet to respond. Now the Biden administration has supposedly responded, but a meeting has yet to be scheduled. Cube made it clear that's it's not a party affiliation that he's representing or favoring; it's having the Black Americans' needs met.

Ice Cube shared his concerns about how the Biden administration seems to associate Black reparations with something bad or unwarranted, though this is the political party that speaks on helping underrepresented groups. People can conclude that it's unfair for the Biden administration to help other groups who didn't ask for reparations or some form of compensation for wrongs inflicted upon them (though that doesn't negate from their injustices), but black Americans have been asking for reparations since the first recorded distribution in 1783, yet there continues to be a delay. Biden was asked if he was in favor of Black Americans receiving reparations and he stated that depends on what it is and if the Native Americans will be included in it, too. Currently, in 2021, the Biden administration released 31 billion U.S. dollars to the Native American tribes, while black Americans weren't included; this amount made history! Furthermore, the Biden administration has admitted that it was black Americans that helped them win the election, yet their requests before and after the election are not being fulfilled. The Coronavirus/COVID-19 stimulus relief packages were distributed to everyone, but black Americans haven't receive a money distribution specifically for the horrific wrongs done to them during and after slavery. These stimulus packages didn't require



years of tentative research meetings, yet reparations for Black Americans require this.

While foundational Black Americans continue to be the main unarmed victims of police brutality, hate crimes, including lynchings that aren't being investigated, attacks in hair stores that aren't owned by other Black Americans, genocide and every form of discrimination known to man, Asian Americans, undocumented workers, Native Americans and any other underrepresented group, have been compensated in some way for atrocities inflicted upon them, but Black Americans' needs continue to be postponed. Interestingly enough, in 2020, a group of Black Americans pulled their financial resources together to buy land, there were numerous complaints from other groups as if Black Americans empowering themselves is a problem. Land was among the financial reparations promise post slavery that was never given to us. A lot of conscious Black Americans know that the odds are against us, and us receiving reparations would be an opportunity for our empowerment and unity, yet our oppressors and others who side with them, are completely against our empowerment. Black Americans deserve reparations, but oppressors thrive on keeping us down. So pulling financial resources together and depending on ourselves, will be our empowerment from now on and until/if we ever receive our past due reparations.

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Los estadounidenses apoyan estrategias policiales alternativas

Por Dr. José A. Flores

El respeto por la policía debe venir con la profesión y sí, en muchos casos, los estadounidenses no han cumplido, ejercido el aprecio y el respeto como se requiere, pero eso no debe ser una excusa para la mala conducta de la policía, incluidos asaltos, violaciones de los derechos civiles e incluso asesinatos.

Debemos alejarnos de una sociedad de estadounidenses que ven a los oficiales de policía paramilitares estilo comando que controlan a las masas de barrios urbanos raciales y étnicos como algo necesario y justificado debido al carácter de los pobres urbanos. Esta "mentalidad de ocupación y control" da lugar al abuso de la autoridad policial. Asimismo, debemos ir más allá de las fuerzas policiales que carecen de diversidad racial y contratar más policías de las comunidades urbanas atendidas. La supremacía blanca es promovida por todas las fuerzas policiales masculinas blancas que patrullan a personas de color.

Redirigir fondos del apoyo de los oficiales de policía a estrategias de reducción del crimen comunitario basadas en evidencia y alternativas a la educación sobre la violencia, la contratación de interruptores de servicios sociales / de salud mental ha demostrado ser un éxito en las principales ciudades que ya han reducido los fondos policiales. Camden NJ, Minneapolis, MN, Seattle, WA, New York City, Portland, OR, Austin, TX y muchas otras ciudades de todo el país han comenzado a considerar reinventar la vigilancia policial y las es-

Continuación de la versión de artículo en español pag. 03

trategias de reasignación de fondos en respuesta al aumento de las protestas de mala conducta policial.

Nuestras escuelas públicas también deben participar en la introspección del auge de las "escuelas vigiladas" y también buscar modelos alternativos. El Distrito Escolar Unificado de Los Ángeles, el USD de Oakland, el Distrito Escolar de Portland, Oregón han quitado los fondos a su Policía en las Escuelas. ¡Las ciudades de Michigan también deben dar este paso adelante!

Los Ángeles California estudió los datos que afectan a los estudiantes negros y latinos y decidió que la mayor parte de los fondos, \$ 30.1 millones, se destinarán a la contratación de entrenadores de clima escolar y otro personal de apoyo, como enfermeras y consejeros escolares. Los entrenadores serán responsables de aplicar estrategias de reducción para la resolución de conflictos, eliminar las disparidades raciales en las prácticas de disciplina escolar y abordar los prejuicios implícitos. El grupo de trabajo también identificó 53 escuelas donde están inscritos más de 200 estudiantes negros y se considera que tienen grandes necesidades de recibir fondos adicionales para el personal, incluido un asesor de justicia restaurativa en cada sitio. Es hora de revisar cómo educamos a nuestros hijos para que se unan a una sociedad donde el respeto ha pasado a un segundo plano frente a la violencia.

Summer Concerts & Festivals in Michigan 2021

Concerts



Billy Joel - July 9, Comerica Park: Legendary musician Billy Joel will make his first-ever stadium appearance at Comerica Park in The District Detroit Friday, July 9, 2021 at 8 PM. The concert originally scheduled for July 10, 2020 was rescheduled.

Green Day, Fall Out Boy, Weezer - Aug. 10, Comerica Park: Green Day, Fall Out Boy, and Weezer, three of the biggest acts in rock music will be heading out on the road together for the first time ever on "THE HELLA MEGA TOUR" presented by Harley-Davidson. The Interrupters will appear as special guest.

KISS - Sept. 1, DTE Energy Lottery Theatre: Rock n roll legends KISS have announced the last legs of their final tour, the "End Of The Road Tour", produced by Live Nation.

John Legend - Sept. 2, Michigan Lottery Amphitheatre: John Legend's tour date at Michigan Lottery Amphitheatre on September 3, 2020 has been rescheduled to Thursday, September 2, 2021.

Brad Paisley - Sept. 11, DTE Energy Music Theatre: Global country music superstar Brad Paisley has announced his "Tour 2021" with special guests multi-platinum selling and current ACM New Male Artist Jimmie Allen and Columbia Nashville rising star Kameron Marlowe will visit DTE Energy Music Theatre.

Jonas Brothers - Sept. 14, DTE Energy Music Theatre: This time the brothers are guaranteeing happiness is BACK and that fans are going to remember this with their 2021 'Remember This' tour. Multi-platinum country music superstar Kelsea Ballerini will be joining the Brothers out on the road this summer.

Harry Styles - Sept. 20, Little Caesars Arena: Harry Styles will perform a 2021 world tour, "Love On Tour," in support of his latest album Fine Line. Styles will perform with special guest singer/songwriter Jenny Lewis.

Alice Cooper - Sept. 25, DTE Energy Music Theatre: Cooper's universally acclaimed new album Detroit Stories is out now via earMUSIC. The record is a celebration of the sound and spirit of the Golden Era of Detroit rock, and debuted on the Billboard Album sales chart at #1 upon release in February.

Zac Brown Band - Sept. 30, DTE Energy Music Theatre: Multi-platinum, Grammy® Award-winning Zac Brown Band announced their long-awaited return to the road with 2021's "The Comeback Tour Festival



Summer Solstice Jazz

Festival to be Presented Virtually June 25-27- EAST LANSING, Mich. — The 2021 Summer Solstice Jazz Festival (SSJF) will be presented to the community in a virtual/hybrid format* from June 25-27.



In partnership with the MSU College of Music, 18 bands will perform live sets at Murray Hall in MSU's Billman Music Pavilion, which will be livestreamed for community members to enjoy at home or at small viewing locations set up in the community. Closer to the festival date, the performer lineup will be announced as well as additional details about the viewing locations and how to view the livestream from home. The viewing locations will be set up in compliance with applicable, current COVID-19 restrictions.

Festival hours will be:

- Friday, June 25 – 6-11:30 p.m.
- Saturday, June 26 – noon-11:30 p.m.
- Sunday, June 27 – noon-8:30 p.m.

*Due to the need to make determinations about the festival far enough in advance to plan logistics, it was determined early in the festival planning stages that it would not be feasible to hold a traditional, in-person festival in 2021 due to COVID-19 gathering restrictions. The City of East Lansing and SSJF are proud to present robust live, virtual programming and viewing locations for those wishing to gather in small groups for this year's festival, with plans to bring back a traditional, in-person festival in 2022.

*Summer Solstice Jazz Festival se presentará virtualmente del 25 al 27 de junio - EAST LANSING, Michigan - El Summer Solstice Jazz Festival (SSJF) de 2021 se presentará a la comunidad en un formato virtual / híbrido * del 25 al 27 de junio.*

En asociación con MSU College of Music, 18 bandas tocarán en vivo en Murray Hall en el Billman Music Pavilion de MSU, que se transmitirán en vivo para que los miembros de la comunidad disfruten en casa o en pequeños lugares de visualización establecidos en la comunidad. Más cerca de la fecha del festival, se anunciará la alineación de los artistas, así como detalles adicionales sobre los lugares de visualización y cómo ver la transmisión en vivo desde casa. Las ubicaciones de visualización se configurarán de acuerdo con las restricciones vigentes de COVID-19 aplicables.

El horario del festival será:

- Viernes 25 de junio - 6-11: 30 p.m.
- Sábado 26 de junio - mediodía-11: 30 p.m.
- Domingo 27 de junio - mediodía-8:30 p.m.

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Empowering 18 to 24-year-olds to gain access to education and career skills!

Free tuition for qualified applicants.
Register today!

GRCC | grcc.edu/Champions



Saul “Canelo” Alvarez

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



Sporting red hair, fitting for his nickname “Canelo,” and making a big splash in the sport of boxing with multiple world championships is Mexican professional boxer Saul “Canelo” Alvarez.

By Odille Parker

The Mexican-born boxer has won multiple championships in four weight classes, from light middleweight to light heavyweight, including unified, or undisputed, titles in three of those classes. Alvarez is currently a unified super middleweight world champion, having held WBA, WBC and Ring magazine titles since

2020. He also holds the World Boxing Organization title in May 2021.

Alvarez was born on the outskirts of Guadalajara, Jalisco but grew up in Juanacatlán, Jalisco. He picked up boxing around the age of 13 after watching his older brother debut as a professional boxer. At 14, he won the silver medal at the Junior Mexican National Championships. The following year, he became the 2005 Junior Mexican National Boxing champion, holding an amateur record of 44-2 with 12 knockouts.

“He’s an aggressive, exciting fighter who throws a lot of combinations and goes for the knockout,” said Oscar De La Hoya in a 2016 interview with the Bleacher Report. “That’s exactly what the fan wants to see. Outside the ring he’s a good citizen and clean cut.. We have the perfect product to build and eventually turn into a global superstar.”

Canelo is known for his counterpunching, often being able to exploit openings in his opponents’ guards while avoiding punches with swift head and body movement. He is also known as a formidable body puncher within the ring. As of May 2021, he is ranked as the world’s best active buncher, pound for pound, by BoxRec, The Ring and the Boxing Writers Association of America.

Canelo also ranks as the world’s best active super middleweight by BoxRec, The Ring, TBRB, and ESPN.

In his latest match in May 2021, in front of a record-breaking crowd of 73,126 at AT&T Stadium in Arlington, Texas, Alvarez defeated former two-weight world champion Billy Joe Saunders via stoppage. Saunders’ team threw in the towel in the eighth round due to a fractured orbital bone.

His only professional loss was to Floyd Mayweather in 2013 via majority decision. His current record holds 56 fights, 38 of which were by knockout.

“Canelo, at this point, is the superstar of not just boxing but all sports in Mexico,” said legendary ring announcer Michael Buffer. “And with Mexican Americans, there is no doubt about it (he gets) the same adoration and love that Julio Caesar Chávez got.

Luciendo el pelo rojo, digno de su apodo “Canelo”, y haciendo un gran revuelo en el deporte del boxeo con múltiples campeones mundiales está el boxeador profesional mexicano Saúl “Canelo” Álvarez.

El boxeador nacido en México ha ganado múltiples campeonatos en cuatro categorías de peso, desde peso mediano ligero hasta peso semipesado, incluyendo títulos unificados o indiscutibles en tres de esas categorías. Álvarez es actualmente un campeón mundial unificado de peso súper mediano, habiendo tenido títulos de la revista WBA, WBC y Ring desde 2020. También tiene el título de la Organización Mundial de Boxeo en mayo de 2021.

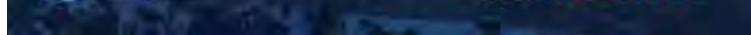
Canelo también se ubica como el mejor peso súper mediano activo del mundo por BoxRec, The Ring, TBRB y ESPN.

En su último partido en mayo de 2021, frente a una multitud récord de 73,126 en el AT&T Stadium en Arlington, Texas, Álvarez derrotó al ex campeón mundial de dos pesos Billy Joe Saunders por detención. El equipo de Saunders tiró la toalla en el octavo asalto debido a una fractura de hueso orbital.

Su única derrota profesional fue ante Floyd Mayweather en 2013 por decisión mayoritaria. Su récord actual tiene 56 peleas, 38 de las cuales fueron por nocaut.



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BARRIO

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a una vida más sana.



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Healthier Communities

June Events

Eventos en Junio

West Michigan Vintage

Gathering 2021

June 3-6, 2021

Muskegon

Its finally official, West Michigan Vintage Gathering 2021 is a GO! Details on the event and how to register will be posted below, see you there!

Be a part of the oldest and best trailer club in the world. Doesn't matter how old, how big or small, what the shape is or if you tow or drive it!

Restored or not!

Registering is easy:

Step#1 Log onto the Michigan State Park registration website and enter code SecondVintage2021

Step#2 Post and tell us all that you are coming and what site you have

Step#3 Show up in June and have a great time!

¡Es finalmente oficial, West Michigan Vintage Gathering 2021 está aquí! Los detalles sobre el evento y cómo registrarse se publicarán a continuación, ¡nos vemos allí! Registrarse es fácil:

Paso # 1 Inicie sesión en el sitio web de registro del Parque Estatal de Michigan e ingrese el código SecondVintage2021

Paso # 2 Publique y díganos todo lo que vendrá y qué sitio tiene

Paso # 3 ¡Preséntese en junio y diviértase!

The King's Birth-day Celebration

June 4, 2021

Mackinaw City

An annual highlight for the British soldiers and civilians at Michilimackinac, King George III's official birthday on June 4 was marked by toasts, dinners and salutes. Join the interpretive staff at Michilimackinac as they celebrate this most British of holidays with artillery fire, drinks and treats, and other special programs. Included with regular Colonial Michilimackinac admission. #thisismackinac

Un punto culminante anual para los soldados y civiles británicos en Michilimackinac

nac, el cumpleaños oficial del rey Jorge III el 4 de junio estuvo marcado por brindis, cenas y saludos. Únase al personal de interpretación de Michilimackinac mientras celebran esta festividad tan británica con fuego de artillería, bebidas y golosinas, y otros programas especiales. Incluido con la admisión regular de Colonial Michilimackinac. #thisismackinac

Art on the Mall 2021

June 4-5, 2021

Kalamazoo

Art on the Mall is Back in 2021! Join us in kicking off the summer arts weekend in downtown Kalamazoo on Friday, June 4 from 12 pm - 8 pm, and Saturday, June 5 from 9 am - 5 pm!

We will have an estimated 35 artists covering a variety of mediums at this two-day soft-juried, outdoor arts festival. Come and enjoy live performances from Yolonda Lavender, Kanola Band, Megan Dooley, DJ Dan Steely, Celeste Allison Trio, and many more!

Art on the Mall is sponsored by Southern Michigan Bank & Trust, Metro Toyota, and Irving S. Gilmore Foundation.

¡Art on the Mall está de regreso en 2021! ¡Únase a nosotros para comenzar el fin de semana artístico de verano en el centro de Kalamazoo el viernes 4 de junio de 12 pm a 8 pm y el sábado 5 de junio de 9 am a 5 pm!

Tendremos un estimado de 35 artistas que cubrirán una variedad de medios en este festival de arte al aire libre con jurado suave de dos días.

Frankenmuth Bavarian Festival

June 10-13, 2021

Frankenmuth

The festival is getting back to its roots and moving back downtown Frankenmuth. The main festival tent will be located in Zehnder park, and host a number of traditional German entertainers and polka bands. The "rock" tent

will be located behind Tiffany's, and have rocking music Friday and Saturday night. The Chamber Platz will feature a beer garden and bands along with the Bavarian Inn Restaurants Fischer Platz. Saturday will play host to a number of events happening throughout town including a kids area with bounce houses and games. All of this and more for only \$5 general admission, kids 5 and under are free! The Main Street parade kicks off on Sunday at 1pm. Visit our website for a complete schedule of events.

El festival está volviendo a sus raíces y regresando al centro de Frankenmuth. La carpeta principal del festival estará ubicada en el parque Zehnder y albergará a varios artistas tradicionales alemanes y bandas de polka. La carpeta "rock" estará ubicada detrás de Tiffany's, y tendrá música rock los viernes y sábados por la noche. \$ 5 de admisión general, ¡los niños menores de 5 años entran gratis! El desfile de Main Street comienza el domingo a la 1 pm. Visite nuestro sitio web para obtener un calendario completo de eventos.

Grand Rapids Asian-Pacific Festival '21

June 11-12, 2021

Grand Rapids

SAVE THE DATE, for year three of the Grand Rapids Asian Pacific Festival! This family-friendly event is a celebration of all things Asian-Pacific and will feature Asian-Pacific food, drinks, and performances.

FREE to attend. Everyone is welcome!

Sponsorship opportunities, Performers, volunteers, vendors please email:

Hello@grasianfestival.com

#GRAPF19

¡GUARDE LA FECHA, para el tercer año del Festival



Grand Rapids Asian-Pacific Festival '21 • June 11-12, 2021

Grand Rapids Asian Pacific!

Este evento familiar es una celebración de todo lo relacionado con Asia-Pacífico y contará con comida, bebidas y actuaciones de Asia-Pacífico. GRATIS para asistir. ¡Todos son bienvenidos! Oportunidades de patrocinio, artistas intérpretes o ejecutantes, voluntarios, proveedores, envíe un correo electrónico a: Hola@grasianfestival.com # GRAPF19

Saugatuck Town Crier Races 5k, 10k & Half Marathon

June 19, 2021

Saugatuck

Like many events, the Town Crier 5K, 10K and Half Marathon Races is working hard to provide a safe, competitive event in 2021. Participants will have the option to run IN PERSON on Saturday, June 19, 2021 or VIRTUALLY between Saturday, June 19, 2021 through Sunday, July 4, 2021. Be safe, stay healthy! For more information, visit: <https://runsignup.com/towncrieraces>

Al igual que muchos eventos, las carreras Town Crier 5K, 10K y Half Marathon están trabajando arduamente para brindar un evento seguro y competitivo en 2021. Los participantes tendrán la opción de correr EN PERSONA el sábado 19 de junio de 2021 o VIRTUALMENTE entre el sábado 19 de junio, De 2021 hasta el domingo 4 de julio de 2021. Para obtener más información, visite: <https://runsignup.com/towncrieraces>

Lakeshore Art Festival

June 26-27, 2021

Muskegon

The Lakeshore Art Festival features a unique blend of fine art, handcrafted goods, music, food, and fun in beautiful Downtown Muskegon, Michigan. Experience over 350 juried fine art and specialty craft exhibitors, a Children's Lane, artisan food market, street performers, multiple interactive art stations, Chalk The Walk, and so much more!

El Festival de Arte Lakeshore presenta una combinación única de bellas artes, productos hechos a mano, música, comida y diversión en el hermoso centro de Muskegon, Michigan. Experimente más de 350 exhibidores de bellas artes y artesanías especializadas con jurado, un carril para niños, un mercado de alimentos artesanales, artistas callejeros, múltiples estaciones de arte interactivo, Chalk The Walk y mucho más.

Ford Fireworks Detroit

June 28, 2021

Detroit

Get ready to celebrate! The Parade Company is excited to pump up the City of Detroit yet again as we produce the 63rd annual Ford Fireworks along the Detroit River. Follow The Parade Company on Facebook and Twitter! Check our web site for the most up to date viewing and parking information. A great family event.

¡Prepárate para celebrar! The Parade Company se complace en impulsar la ciudad de Detroit una vez más mientras producimos la 63 edición anual de fuegos artificiales Ford a lo largo del río Detroit. Visite nuestro sitio web para obtener la información más actualizada sobre visualización y estacionamiento.

Star Customs & Restorations

Grand Opening & Cruise-In Car Show! Sunday! May 16, 2021

We were excited to be invited to cover the Star Customs & Restorations Cruise-In Car event that took place at 29 N Main Street, Kent City, MI. We packed our gear and took the cruise up north.

It felt good to see so many people & cars / trucks / motorcycles / hot rods / customs & antiques at this event. It felt like we were finally getting back to normal. Some of us are still wearing masks as it is not 100% safe out there.

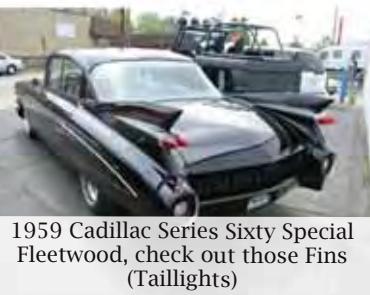
We met with Francisco Carcini, who gave us a tour of the Star Customs & Restorations building and met the manager/owner, Mike Lance.

Francisco does the upholstery work there with his Singer Sewing Machine. This shop does it all from oil change to wheel alignment, motor rebuilding, bodywork, paint job, ect. ect..

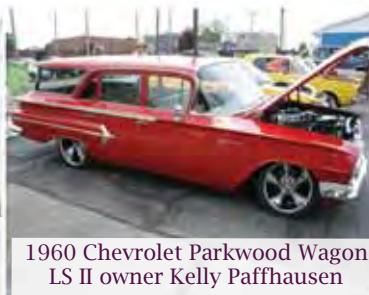
For those who are familiar with Francisco (Chico) was with



1958 Ford Ranchero Custom



1959 Cadillac Series Sixty Special Fleetwood, check out those Fins (Taillights)



1960 Chevrolet Parkwood Wagon LS II owner Kelly Paffhausen



1964 Chevy Impala Lowrider owner Manny Arias



Nice Restored Chevy Truck



1934 Mercedes Benz 500K Special Roadster owners Ed & Julie Kurylo



Francisco (Chico) Carcini does Upholstery with his Singer Sewing Machine



This young man has Skelton Friends



Mike Lance is the owner of Star Customs & Restorations



Grundy Insurance supports Star Custom & Restorations

Homiez Only B.C. & Mike was with Smooth Riding C.C., they know cars ...just to let you know.

By afternoon, the Cruise-in Car Show was filling up the huge parking lot! The DJ was spinning good oldies music, even played AC/DC "Dirty deeds done dirt cheap" for me. They had 3 food stands selling tacos, quesadillas, corn on the cob, hamburgers, and Pop! Loving it! Waiting for the next car show!

Somos pocos pero locos en lowriding!
Having a car event?
Contact Homer (616)893-3906

UPDATE EVENTS

Low 4 Life Car Club
25th Anniversary
Fall Slam Picnic & Cruise
September 5, 2021
Time: 11:00am - 5:00pm
Car/Bike: \$10.00 Donation
2611Inglehart St.
Saginaw, Mi 48601

La Voz

María Natalia Lafourcade Silva nació el 26 de febrero en la Ciudad de México, sin embargo, su infancia la pasó en la ciudad de Coatepec, en Veracruz, siempre rodeada de amor y arte. Su padre Gastón Lafourcade Valdenegro, es un importante catedrático chileno de la Universidad Nacional Autónoma de México (UNAM) y maestro de la Facultad de Bellas Artes de la Universidad Autónoma de Querétaro. Su madre, María del Carmen Silva Contreras, es una pianista especializada en pedagogía musical, creadora del Método Macarsi para formación musical. A partir de sus dos años, empezó a mostrar interés por la música. Ingresó al instituto Pedagógico Anglo Español y luego se incorporó al grupo musical conocido como "Twist". En el año 2000, su primer disco como solista salió al aire con el nombre de Natalia Lafourcade, luego de firmar con Sony. En 2006 compuso el disco Las Cuatro Estaciones que grabó con la orquesta juvenil de Veracruz. Su última grabación fue Hasta la Raíz, que logró alcanzar los primeros lugares.

María Natalia Lafourcade Silva, more commonly known as Natalia Lafourcade, is a Mexican pop-rock and folk singer and songwriter who, since her debut in 2002, has been one of the most successful singers in Latin America. Lafourcade's voice has been categorized as a lyric soprano.

Natalia Lafourcade has become an international pop star after performing at the Academy Awards in 2018, winning multiple Grammy awards, and singing the theme song in the movie Coco. With RootsTech 2021 coming up, we were inspired to take a fresh look at her insights.



Natalia Lafourcade

Mexico's Andrea Meza crowned Miss Universe

Miss Mexico Andrea Meza is crowned Miss Universe onstage at the Seminole Hard Rock Hotel and Casino on May 16 in Hollywood, Florida.

The competition was held in Hollywood, Florida, at the Seminole Hard Rock Hotel and Casino. "Access Hollywood's" Mario Lopez and Olivia Culpo, the 2012 Miss Universe, co-hosted the event, which also featured a performance by Luis Fonsi.

Meza beat 73 other women, including Miss Brazil Julia Gama, who was runner-up, and Miss Peru Janick Maceta Del Castillo, who was second runner-up.

"I am so honored to have been selected among the 73 other amazing women I stood with tonight," Meza said in a news release from Miss Universe Organization. "It is a dream come true to wear the Miss Universe crown, and I hope to serve the world through my advocacy for equality in the year to come and beyond."

In her final statement during the pageant, Meza spoke about beauty standards.

"We live in a society that more and more is more than advanced, and as we advance as a society, we've also advanced with stereotypes," she said. "Nowadays beauty isn't only the way we look. For me, beauty radiates not only in our spirit, but in our hearts and the way that we conduct ourselves. Never permit someone to tell you that you're not valuable."

Meza, who is from Chihuahua City, is a model and make-up artist and has a degree in software engineering, according to Miss Universe Organization's news release.

Luego de ganar la 69^a edición del certamen de belleza Miss Universo, la mexicana Andrea Meza, de 26 años, agradeció en redes sociales el apoyo de la gente.

Después de coronarse anoche, otorgó entrevista para el programa 'Hoy Día' en Miami donde contestó qué desearía hacer cuando vuelva a México.

Y respondió que "me encantaría tener un enorme recibimiento con muchísimas personas, que esté toda mi gente, mis amigos, mi familia. No sé si sea posible por el COVID pero ese es mi sueño".

Miss Universo 2021 declaró que "lo que más me encantaría, ver a toda la gente que estuvo conmigo detrás de esta corona, de esta preparación, que han creído en mí y me han demostrado su amor".

Agradeció especialmente a quienes la siguen y apoyan desde los últimos años, antes de incluso comenzar a ganar los concursos que la llevaron hasta el máximo certamen mundial de belleza.

Andrea Meza es de la ciudad de Chihuahua, donde viven su familia y amigos, mismo lugar que celebró en grande con caravana y festejo alrededor de la glorieta de Pancho Villa.

Durante la entrevista expuso que "quiero agradecerles por todo el apoyo y por creer en mí desde un inicio, cuando nadie sabía quién era Andrea Meza".

A las demás competidoras les expresó con generosidad que "el título es de todos, no sólo de México sino de Latinoamérica, este título está dedicado a mi hermoso país México, lindo y querido pero a todos los latinoamericanos".

A pesar de que durante la competición mostró total seguridad y confianza total, unas de las virtudes que más le reconocieron así como su inteligente, tanto en las pasarelas como en las preguntas, confesó que llegó a pensar: "creí que no era capaz, he llegado a dudar también". Pero "ser vulnerables nos hace ser valiosos, únicos. No soy perfecto pero mis imperfecciones me hacen ser quien soy".

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23 year old Grand Rapids, MI Resident.
Lived in Michigan most of my Life. Moving
back to the city that I love has helped me to
focus on Lifestyle Changes while learning to
be more Creative in Expressing Myself!
Growing up, I've Always had Passions
& Interest for FASHION & ART! At the
age of 9 years old, I would Draw
Sketches of clothing I wanted to DESIGN.
I have a DREAM of someday taking
MY DREAM to a NEW Level and
owning & operating MY Clothing
Store. FASHION can be an
Inspirational form of ART
that can tell a person's STORY!
I want to dedicate myself in
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2021 JUNE MODEL SEARCH

What Colonoscopy Results Show You About Your Health

Colonoscopies are an effective tool to help prevent colon cancer and are recommended for everyone beginning at age 50. Yet there are many other possible findings doctors may share with you. If you're not familiar with the terminology, it can sometimes be confusing or concerning. Here are some of the terms health care providers may use when discussing your colonoscopy results with you – and what they mean for your health.

NORMAL FINDINGS

If nothing out of the ordinary is found during the procedure, it's advised you won't need another colonoscopy for 10 years, up until age 75.

HEMORRHOIDS

These clumps of veins near the surface of the rectum can cause pain, itching or bleeding during a flare-up, but they pose no immediate danger to your health. Symptoms can be managed through topical treatments and swelling can usually be prevented through a high-fiber diet, drinking water and exercise.

DIVERTICULAR DISEASE

This is where a weakness in the muscular wall in the colon bulges out. Half of adults have them, and most cause no issues. They can cause bleeding or become infected, in which case immediate care is needed. In the most serious of cases, a tear or hole in the colon may occur and would likely need to be repaired with surgery.

COLONIC POLYPYS

Polyps are small growths from the lining of the colon. There are two kinds.

- **Benign:** A benign polyp does not become cancerous, and typically requires no treatment. They include hyperplastic and inflammatory polyps.
- **Neoplastic:** These include colon cancer (adenocarcinoma) and precancerous (adenomas) polyps. The more precancerous polyps you have, and the bigger they are, the higher the risk for colon cancer. At times small



polyps can be removed during a colonoscopy, but larger ones may require additional surgery.

INFLAMMATION/ULCERATION

The colon lining may be inflamed, irritated or have ulcers. This may be due to medications like ibuprofen or aspirin, or inflammatory bowel disease.

BLEEDING

Colonoscopies may show blood in the colon. This may be coming from a tumor, an ulcer or a collection of blood vessels. If the source of bleeding is not found on colonoscopy, your doctor may recommend additional tests.

For more information on colorectal care,

visit bcbsm.com/colorectal.

Las colonoscopias son una herramienta eficaz para ayudar a prevenir el cáncer de colon y se recomiendan para todas las personas a partir de los 50 años. Sin embargo, existen muchos otros hallazgos posibles que los médicos pueden compartir con usted. Si no está familiarizado con la terminología, a veces puede resultar confuso o preocupante.

Estos son algunos de los términos que los proveedores de atención médica pueden usar cuando conversan con usted sobre los resultados de su colonoscopia y lo que significan para su salud.

RESULTADOS NORMALES

HEMORROIDES

ENFERMEDAD DIVERTICULAR

PÓLIPOS COLÓNICOS

- Benigno:

- Neoplásico

INFLAMACIÓN / ULCERACIÓN

SANGRADO

Para obtener más información sobre la atención colorrectal, visite bcbsm.com/colorectal.

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

June La Voz Model Selena

Introducing Selena:

Selena is the outright star of the Great Lake State. She's a model in demand. This AWESOME & AMAZING talented model is also an entrepreneur. She is the founder of her own clothing brand; Crochet By Selena. Her clothing line has been selected as the official swimwear for both male and female models in this year's La Voz 2021 Grand Haven Beach Photo Shoot. She is setting the standard and taking every phase of modeling to the next level.

Miss June La Voz is Selena!



RBJ Photography, LLC



Michael Farage 'Cool Mike'

For details contact Mike at : CCCougar11@aol.com with all your concerns, comments & questions.

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CLASSIFIEDS

ADMINISTRATIVE ASSISTANT AT FOOD TESTING LABORATORY

Summit Laboratory LLC is looking to hire an administrative assistant in Grand Rapids, MI.

At Summit Laboratory we work with food processors, testing their product, processing equipment and facilities for food-borne illness pathogens.

We are a small company of thirteen people and two locations who work very well together. We look out for each other and work well as a team to provide accurate results and reliable customer service. Currently, I am in need of an administrative profession who can do food sample pick-ups, sample reports, sample log-in and a hundred other things

awesome administrators do.

I am looking for a fast learner who is detail oriented and works well in a small company environment. Approximately twenty-five to thirty hours per week working Monday through Friday.

If you're interested in becoming part of an amazing team, please contact: Thomas Krueger
Summit Laboratory President
616-245-3818

PHYSICIAN, PULMONARY CRITICAL CARE

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Qualifications: Medical or Osteopathic Degree plus six years of training in a Pulmonary and Critical Care Medicine Fellowship and Internal Medicine Residency. Board Certified/eligible in Internal Medicine. Must hold/be eligible for Michigan Medical License and pharmaceutical license. Spectrum Health Medical Group, Grand Rapids, Fremont, and Greenville MI. To apply send CV to A. Gort, 333 Bridge St., NW, MC075,

Grand Rapids, MI 49504 or email amber.gort@spec-trumhealth.org.

FLEET MAINTENANCE

TECHNICIAN- Eden Foods - Clinton, Michigan (Lenawee County) seeks full-time mechanic with experience in tractor/trailer, passenger cars, light duty trucks and equipment. Paid time off, competitive benefit package, and 401K match available. Mechanic certification for automotive and light duty trucks as well as tractor/trailers. CDL A preferred. Good equipment, benefits, work, people, and food. Job Description available at <http://www.edenfoods.com/goodjobs>, or mail resume to: 701 Tecumseh Rd, Clinton, MI 49236. Email resume to Sherri Laing, HR, slaing1@edenfoods.com

brucks.com/careers/

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