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**Outrage Rises to Attention of National Leaders**  
**La Indignación Aumenta la Atención de Líderes Nacionales**



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# Grand Rapids Police Department's New World Fame, A Blessing, and a Curse!

## ¡La nueva fama mundial del Departamento de Policía de Grand Rapids, una bendición y una maldición!



By Dr. José A. Flores

The recent controversy over a traffic stop that ended the life of a 26-year-old immigrant from the Congo may become the "straw that broke the camel's back" as communities across the globe confront the stark reality that policing in America and around the globe must be reformed. The straw that broke the camel's back suggest that the heavy load that those being policed must bear becomes an unbearable load at some point. Patrick Lyoya is just one of many victims of police brutality in America. His unnecessary "execution" brings needed attention to the need for police and justice reforms that are necessary in Grand Rapids, our nation, and the world. The world attention for Grand Rapids is a blessing and a curse. Residents of Grand Rapids, MI deserve to know the name of the Police Officer involved and the full details of the incident including uncensored videos.

Police who are sworn to "serve and protect" quickly forget that oath when military style training, weapons, vehicles, tactical scenarios, and physical conditioning are introduced. The bond created and adherence to the "blue code" become operational in their daily routines as police protect each other daily. The comradery and "us against them" occupation mentality, quickly prevails as they encounter disrespect, disdain, distrust, and resistance by the communities of color they occupy and patrol. Oftentimes, a racially, socially, economically disconnected police force conducts their mission of serving and protecting targeting urban areas without a process for reflection. The mentality of "police can do no wrong" must be examined and corrected. Police departments must become diverse and inclusive recruiting from the communities they serve. A change of culture is urgently required!

Police and Justice Reform are topics on the minds of most Americans as we have witnessed major abuses against civilians in communities across the land. While there is great support for maintaining active police departments that provide needed protection from criminality in America, there is a changing perception of how police do their jobs. The use of cell phone, bodycam, dashcam and surveillance video have provided much needed transparency for the public. It is a welcomed transparency that we must support, protect, and enhance. We must also expand the powers of Citizen Review Panels and Police Oversight Staff whose purpose of examining police conduct is critical to reforming archaic and brutal practices in policing. There must be a "weeding out of bad cops with power trip attitudes" from our police departments. They must commit to their professed statements of "All lives Matter!" These lives must include those of the people who are being policed.

We must move from internal investigations to external investigations. Police cannot be expected to deliver unbiased decisions about police misconduct independently. They should be part of the process of review but should be stripped of the power of sole review. Likewise, external police review by other police authorities is rarely different from internal review by a police department. The Michigan State Police reviewing the Patrick Lyoya killing is rightly suspect. It would be better practice to have an Oversight Review Panel with subpoena power conduct an investigation of potential police misconduct in these matters in order to build trust through independent review and transparency. The same approach should be practiced with prosecution. An independent prosecutorial authority would be given greater respect than having local prosecutors determine whether or not a law had been broken by police in the carrying out of their duties. The people's cry of "Justice delayed, is Justice denied" must be addressed in the Patrick Lyoya case.

La reciente controversia sobre una parada de tráfico que terminó con la vida de un inmigrante del Congo de 26 años puede convertirse en "la



gota que colmó el vaso" a medida que las comunidades de todo el mundo se enfrentan a la cruda realidad de que la policía en Estados Unidos y en todo el mundo debe ser reformado.

La gota que colmó el vaso sugiere que la pesada carga que deben soportar los vigilados se convierte en una carga insopportable en algún momento. Patrick Lyoya es solo una de las muchas víctimas de la brutalidad policial en Estados Unidos. Su "ejecución" innecesaria llama la atención sobre la necesidad de reformas policiales y judiciales que son necesarias en Grand Rapids, nuestra nación y el mundo. La atención mundial por Grand Rapids es una bendición y una maldición. Los residentes de Grand Rapids, MI, merecen saber el nombre del oficial de policía involucrado y los detalles completos del incidente, incluidos los videos sin censura.

Los policías que juran "servir y proteger" olvidan rápidamente ese juramento cuando se introducen entrenamientos de estilo militar, armas, vehículos, escenarios tácticos y acondicionamiento físico. El vínculo creado y la adhesión al "código azul" se vuelven operativos en sus rutinas diarias a medida que los policías se protegen entre sí a diario. La camaradería y la mentalidad de ocupación de "nosotros contra ellos" prevalece rápidamente cuando encuentran falta de respeto, desdén, desconfianza y resistencia por parte de las comunidades de color que ocupan y patrullan. A menudo, una fuerza policial desconectada racial, social y económicamente lleva a cabo su misión de servir y proteger las áreas urbanas sin un proceso de reflexión. La mentalidad de "la policía no puede equivocarse" debe ser examinada y corregida. Los departamentos de policía deben convertirse en reclutadores diversos e inclusivos de las comunidades a las que sirven. ¡Se requiere urgentemente un cambio de cultura!

La reforma policial y judicial son temas en la mente de la mayoría de los estadounidenses, ya que hemos sido testigos de grandes abusos contra civiles en comunidades de todo el país. Si bien existe un gran apoyo para mantener departamentos de policía activos que brinden la protección necesaria contra la delincuencia en Estados Unidos, existe una percepción cambiante de cómo la policía hace su trabajo. El uso de teléfonos celulares, bodycam, dashcam y video de vigilancia ha brindado una transparencia muy necesaria para el público. Es una transparencia bienvenida que debemos apoyar, proteger y mejorar. También debemos ampliar los poderes de los Paneles de Revisión Ciudadana y el Personal de Supervisión de la Policía, cuyo propósito de examinar la conducta policial es fundamental para reformar las prácticas arcaicas y brutales en la actividad policial. Debe haber una "eliminación de los malos policías con actitudes de viaje de poder" de nuestros departamentos de policía. Deben comprometerse con sus afirmaciones profesas de "¡Todas las vidas importan!" Estas vidas deben incluir las de las personas que están siendo vigiladas.

Debemos pasar de las investigaciones internas a las investigaciones externas. No se puede esperar que la policía emita decisiones imparciales sobre la mala conducta policial de forma independiente. Deben ser parte del proceso de revisión, pero deben ser despojados del poder de revisión exclusiva. Del mismo modo, la revisión policial externa por parte de otras autoridades policiales rara vez es diferente de la revisión interna por parte de un departamento de policía. La policía estatal de Michigan que revisa el asesinato de Patrick Lyoya es sospechosa con razón. Sería una mejor práctica tener un Panel de Revisión de Supervisión con poder de citación que lleve a cabo una investigación de la posible conducta indebida de la policía en estos asuntos para generar confianza a través de una revisión independiente y transparencia. El mismo enfoque debe practicarse con el enjuiciamiento. Se daría más respeto a una autoridad judicial independiente que a que los fiscales locales determinen si la policía ha infringido o no una ley en el desempeño de sus funciones. El grito popular de "Justicia demorada, es Justicia denegada" debe ser abordado en el caso Patrick Lyoya.

# Inside



**03 Editorial -Dr. José A. Flores**

**05 Request for Black Reparations met with Disdain-Support of Joe Biden Giving \$ 13.6 billion to Aide Ukraine**

**06 Community News/ Noticias de la Comunidad**

**07 Stereotyping our Oppressors; examining racial attitudes**

**08 Niños de Puerto Rico en Abandono**

**10 ¡Sálvame! Tráfico Humano y el Transtorno de Estrés Post Traumático**

**12 Latin American in Sports - Jaime Jarrín**

**13 Outrage Rises to Attention of National Leaders**

**14 May Events / Eventos en Mayo**

**15 Lowriders - Detroit's 69th Annual Meguiar's Autorama - Part II**

**17 Nutrition Challenge: Eat Three Vegetables a day for 21 Days**

**23 Classifieds / Clasificados**

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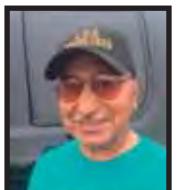
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# Request for Black Reparations Met With Disdain – Support of Joe Biden Giving \$13.6 Billion to Aide Ukraine



By Kindra A. Peterson

As the world knows, prolific rapper, Ice Cube had requested a meeting with the Biden administration to discuss a black agenda before the 2020 election, but they told him to wait until after the election. The world also knows that the election has passed and Joe Biden became president. It's approaching the middle of 2022 and foundational black Americans still have not be awarded monetary compensation for the enslavement of their ancestors, historical genocide, economic genocide and unwarranted killings and invasions of unarmed black Americans. Reparations are long overdue to black Americans and isn't an unreasonable request, especially since reparations have been promised decades ago. No other group has been denied their reparations or received disparaging remarks or requests if they were awarded compensation. Black Americans hear constant requests from racists either behind monitors, televisions, phones or the radio saying that they should be able to call black Americans the 'N' word if they are awarded reparations; such requests define degeneracy and envy, yet Ukraine citizens are met with talks of support calling global Russian business boycotts.

Black Americans are fed with distractions and constant delays for reparation payouts while other groups are compensated almost immediately for harm inflicted upon them – even outside of the United States. Joe Biden and his administration have had ample time to reach out to Ice Cube and other foundational black leaders to discuss our compensation, but have chosen to delay the

meeting or blatantly just not do it. During this year as well, Biden made a statement regarding reparations for foundational black Americans that continue to raise eyebrows in the black community. He stated that he won't give black Americans reparations if the Native Americans aren't included; this creates more confusion, because some Native American Tribes have been compensated for a lifetime and even now are winning court decisions for lands taken from them unlawfully. We must note the differences. Most importantly, black Americans will continue to find ways to live a sufficient life in the process of all of the secrets and hypocrisy, but that won't stop us from demanding what's owed to us.

With the violent turmoil that is currently underway between Russia and Ukraine, Biden rapidly signed a \$1.5 trillion bill, in which \$13.6 billion of it would be allocated to aid Ukraine from the Russian invasion. These funds will be used to assist them with refuge and weaponry, yet there have been conversations from Biden regarding American gun control. There seems to be another type of control happening behind the scenes when Biden made a bold prediction in January of 2022 warning that Russia may invade Ukraine if a peaceful resolution doesn't surface. Surprisingly, a mere month later, Russia has invaded Ukraine. Now Americans are experiencing the effects of the soaring gas prices and regular food shortages while Russian gas prices and groceries are significantly low right now. There are a lot of questions that Americans need to ask, but will we get true answers?

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Como todo el mundo sabe, el prolífico rapero Ice Cube había solicitado una reunión con la administración de Biden para discutir una agenda negra antes de las elecciones de 2020, pero le dijeron que esperara hasta después de las elecciones. Con la agitación violenta que se está produciendo actualmente entre Rusia y Ucrania, Biden firmó rápidamente un proyecto de ley de \$ 1,5 billones, en el que se asignarían \$ 13,6 mil millones para ayudar a Ucrania de la invasión rusa. Estos fondos se utilizarán para ayudarlos con refugio y armamento, pero Biden ha hablado sobre el control de armas en Estados Unidos. Parece haber otro tipo de control detrás de escena cuando Biden hizo una predicción audaz en enero de 2022 advirtiendo que Rusia podría invadir Ucrania si no surge una resolución pacífica. Hay muchas preguntas que los estadounidenses deben hacer, pero ¿obtendremos respuestas verdaderas?



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# Community News

## PepsiCo Juntos Crecemos Lanza la Nueva Campaña Jefa-Owned con el Objetivo de Ayudar a los Negocios de Propietarias Latinas a Obtener Acceso a Servicios de Apoyo para Desarrollo de Negocios

PepsiCo, Inc. anunció el lanzamiento de Jefa-Owned (negocio propiedad de una jefa latina), una campaña de visibilidad nacional impulsada por la plataforma Juntos Crecemos, para alentar a más latinas propietarias de pequeñas empresas de alimentos y bebidas a obtener acceso a servicios personalizados de apoyo para el desarrollo de negocios.



Para celebrar el lanzamiento, líderes de PepsiCo acompañaron a empresarias latinas durante la Ceremonia de Toque de Campana de Apertura de Nasdaq, donde dieron a conocer el primer letrero de neón Jefa-Owned, diseñado por PepsiCo, así como mercancía de edición limitada en honor a negocios de jefas latinas diseñada en colaboración con Hija de tu Madre, una marca fundada por la empresaria latina Patty Delgado, quien también estableció el 31 de marzo como el Día Nacional de la Jefa.

Como parte de su Iniciativa Hispana del Camino hacia la Igualdad Racial (Racial Equality

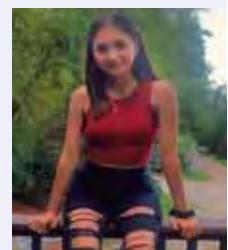
Journey Hispanic Initiative), PepsiCo lanzó el otoño pasado la plataforma multifacética Juntos Crecemos, destinada a fortalecer los negocios de propietarios hispanos, específicamente restaurantes, bodegas y carnicerías, para abordar los desafíos empresariales fundamentales y respaldar el crecimiento de los negocios.

Según el Informe Sobre el Estado Empresarial de los Latinos de 2020, las latinas (mujeres) representan el 40% de todas las empresas propiedad de latinos (hombres y mujeres), y el 41% de las latinas propietarias de empresas reportaron "grandes impactos negativos" como resultado de la pandemia. Además, el doble de empresas dirigidas por latinas experimenta el cierre en comparación con las empresas dirigidas por latinos (solo hombres).

Los dueños de empresas interesados en conocer más sobre PepsiCo Juntos Crecemos, pueden visitar: <https://pepsicojuntoscrecemos.com/> y seguir @PepsiCoJuntosCrecemos en Facebook y en Instagram.

## CONGRATULATIONS Ericka!

Ericka Schaefer was selected as "Student of the Month" for March in Thornapple Kellogg High School. The "Student of the month" award has been developed to encourage and recognize individual student performance in all areas of the curriculum.



*Ericka Schaefer fue seleccionada como "Estudiante del Mes" de Marzo en la preparatoria Thornapple Kellogg. El premio "Estudiante del mes" se ha desarrollado para alentar y reconocer el desempeño individual de los estudiantes en todas las áreas del plan de estudios.*

*Sus papás Eric Schaefer y Silvia Reyes muy orgullosos de ella.*

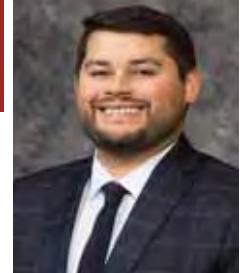
**Muchísimas Felicidades**

**Primavera T. Flores**  
**que este 12 de Mayo tengas un día**

**lleno de sorpresas y bendiciones.**

**Con mucho cariño**

**Pops**



## Ramiro Galvan named MDHHS Director of Legislative Affairs

Ramiro Galván has been named as the Michigan Department of Health and Human Services (MDHHS) Director of Legislative Affairs.

In this role, Galván is responsible for overseeing the legislative affairs team, constituent services originating with members of the Michigan Legislature, and the development and advancement of all MDHHS legislative priorities for both state and federal government in collaboration with various stakeholders. He will serve as the primary point of contact for all members of the Michigan Legislature related to matters impacting MDHHS.

In addition to his most recent role as chief of staff to Sen. Winnie Brinks (D-Grand Rapids), Galván was a legislative assistant and legislative director for Brinks when she served in the Michigan House of Representatives. He also served as the West Michigan organizer for the Michigan League of Conservation Voters.

*Ramiro Galván ha sido nombrado Director de Asuntos Legislativos del Departamento de Salud y Servicios Humanos de Michigan (MDHHS).*

*En esta función, Galván es responsable de supervisar el equipo de asuntos legislativos, los servicios a los constituyentes que se originan con los miembros de la Legislatura de Michigan y el desarrollo y avance de todas las prioridades legislativas del MDHHS para el gobierno estatal y federal en colaboración con varias partes interesadas. Servirá como el principal punto de contacto para todos los miembros*

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# Stereotyping our Oppressors; Examining Racial Attitudes



By Jorge Martinez  
U.S. Veteran

We were deceived and the truth won't save us. Nor will blatant injustice prevent whites from using their racial hierarchy and political power. Moral corruption as seen in Kevin McCarthy, Mitch McConnell and Marjorie Taylor Greene is so common it's no longer thought aberrant. Such distortions of truth are difficult to understand because it's so simple. These people are saying what they think white people want to hear? I've written presidents for the last 30 years as well as universities searching for information on what happens to bigots. Since the federal government outlawed lynchings recently, I want to know what happened to the men and women who attended lynchings and laughed aloud. More importantly, why didn't the Federal government posthumously prosecute Texas

Rangers, police chiefs, judges and elected officials who allowed the burning and lynching in the public square of Waco Texas May 15, 1915 announced in newspapers and attended by 15,000 onlookers? Why was Carolyn Bryant who falsely accused Emmett Till Aug 1955 who was tortured and murdered, never charged? She was a modern day "Karen". We are expected to believe in equal justice when clearly just outcomes are influenced by race. If elected officials want to gain our trust, why has there never been any posthumous action taken? Why haven't professors from Berkeley, Harvard, Yale or Stanford responded to my query. Would touching the topic be political and social suicide? Several of my relatives are married to whites' and report no racism. Really? How can this be if after millions of interracial marriages over decades nothing has changed? This conundrum put me on the quest to help Latinos manage white peers and racism. I want them to understand why accommodationists identify with their oppressors, hate themselves and are ashamed of their parents and family. I believe that their longing for blue eyes is deeper than skin color.

As a counselor and social scientist, I am always probing and analyzing. Is the deterioration of our culture due to angry women revolting against their misogynistic fathers? Are these symptoms of the divorce revolt, rejecting traditional motherhood, and opting for a career and/or multiple sexual partners healthy for society? Do Latina women desire the casual rampage white women call sexual equality? Did it start with birth control and too much hype about feminism and the hysterical tale of Sex in The City? Do they realize Sarah Jessica Parker was acting and marketing a lie to delusional single women? I personally believe that men prefer women with fewer sexual partners as wives or mothers of their children. Why do white men, who believe themselves to be the most superior creatures on earth compare their sexuality and despise their inadequacies? Why do white women continue to find men of color alluring sexually in spite of racial taboos? And why does this enrage white men to violence, murder and torture so easily rationalized by men who hide black lovers like Southern legislators Strum Thurman? Why do Cubans who are 97% likely to have black family lineage like Ted Cruz, Marco Rubio, leader of the Oath Keepers and others become oppressors? Why do our people, who swore to uphold the law, kiss the hand of their ancestral persecutors? Why do evidence and witnesses not matter as proven by Asian Judge Regina Chun when sentencing white Kimberly Potter Feb. 18<sup>th</sup>. 2022 who murdered an unarmed black Duante Wright? Do Asians identify with Whites, despite racist statements made by Trump's Republicans?

I once believed Cultural Awareness Training would adjust white's views and their behavior would change once their racists generalizations were removed. I was deceived by instructors who distracted us, diverting our attention to our insecurities of how they saw us. They betrayed us by failing to teach us how to manage their white narcissism, sense of entitlement, privilege, greed, avarice, envy, sexual perversions, anti-charitable nature and thousands of other idiosyncrasies. As it stands, we are required to manage and ultimately endure racist oppression in this so-called land of the free where equal justice for all has allegedly always existed. They failed to teach us how to organize, set up a class action lawsuit, file legal papers and petitions for new legislation. They failed to give us genuine tools to defeat their evil counterparts.

I invite readers to submit their views on the white man's idiosyncrasies, nature and so forth. Stereotypes and generalizations of how, why and what they do are welcomed. Social media users are urged to share this respectfully in order to gather a national response. We anticipate blow back so dis-

cretion is advised. As we also know, while we may be few, our intentions are clear, we will no longer pretend it's ok to abuse, subdue, ignore or minimize our contributions. As it is many of ours have joined the dark side, electing to gather riches, fame and power via abandoning language, heritage and squashing those of us who refuse to surrender. These Judas accommodationists betray their families, culture and heritage and surrender their humanity wrongfully believing their oppressors will see them as equals. They have been deceived to believe it's better to be alone, a part and isolated rather than be part of the evolution of our culture as it is with every people.



Sample Question; Why do whites believe they have the right to ask personal questions, touch, challenge and interrogate people of color? Sample answers,

Explanation; Whites have assumed the characteristics and behaviors of the oppressors and feel they have the right to interrogate an inferior person, via race, social ranking or occupation. (Possible response, I don't know you well enough to answer such personal questions.)

Explanation; Whites see us as inferior and believe they have the right to question, touch, and challenge anything we say, and question what we do. (Possible response, what makes you think I owe you an explanation?)

Explanation; White people believe other white people don't like them and assume we won't either. They wrongly believe asking personal questions is ok as it shows interest. (Possible response, if you can tell me why that's any of your business, I'll be happy to answer you.)

Explanation; Whites are in constant competition and want to establish their higher social ranking by demonstrating the higher ranking of an interrogator. (Possible response, I don't respond well to aggression, but we can take it outside if you'd like.)



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# Niños de Puerto Rico en Abandono



Según el Banco Mundial en su página web de hoy afirma que "La educación es un derecho humano, un importante motor del desarrollo y uno de los instrumentos más eficaces para reducir la pobreza y mejorar la salud, y lograr la igualdad de género, la paz y la estabilidad. Además de generar rendimientos elevados y constantes en términos del ingreso, constituye el factor más importante para garantizar la igualdad de oportunidades." A nivel de las personas, promueve el empleo, los ingresos, la salud y la reducción de la pobreza. A nivel mundial, los ingresos por hora aumentan un 9 % por cada año adicional de escolarización (i). A nivel de las sociedades, contribuye al desarrollo económico a largo plazo, promueve la innovación, fortalece las instituciones y fomenta la cohesión social."

La educación es la mejor arma para combatir la pobreza y la violencia. Si no estamos educando a nuestros niños, los estamos abandonando a su suerte en un centro de cuidado diurno no relevante a las necesidades modernas del niño. Si le gastamos el dinero federal que viene para educarlos en administración y salarios de puestos políticos es malversación de fondos y robo directo al niño. Este servidor habla por ellos y pide que ustedes los lectores se unan a nosotros para denunciar el abandono y violación de derechos civiles en Puerto Rico.

En Puerto Rico hemos abandonado a los niños. Hace décadas que los niños no tienen una educación pública de calidad para poder ser ciudadanos que aporten a la isla y al mundo. Los niños de las escuelas públicas de Puerto Rico están fracasando en todas las materias y nadie hace nada. Seguimos haciendo lo mismo y usando el mismo método con un currículo que ya no es relevante a los tiempos. No culpemos al maestro que tienen una camisa de fuerza impuesta y un salario de miseria.

No tan solo hemos abandonado las plantas físicas de los edificios escolares pero también el sistema educativo y el método usado. Debido a este abandono hemos incrementado exponencialmente las cárceles y sistemas correccionales los cuales están llenos de jóvenes sin educación por haber sido abandonados por ambos gobiernos que han existido y existen en la isla. El gobierno estatal comete las faltas y el gobierno federal las permite.

Estos niños abandonados por el sistema ahora son padres y madres de otros niños que continúan siendo maltratados y empujados al crimen porque no encuentran otra opción. El problema se aumenta aun mas porque al salir de la cárcel no consiguen trabajo en ningún sitio y vuelven a la vida de crimen donde terminan muertos.

Este problema histórico como resultado de ser una colonia de España por 400 años y colonia con intereses militares de los Estados Unidos de Norteamérica por mas de 100 años es la causante de la quiebra económica y la quiebra educativa. Hay que estar conscientes que todavía el Congreso de los EUA decide y micro maneja el estatus político de la isla, la cantidad de dinero en ayudas y las dadivas de alimentos que se envían a la isla. Todo lo que envía el congreso vuelve a la nación norteamericana a través de sus comercios, industrias y negocios.

Puerto Rico es la única colonia que tiene los Estados Unidos y posiblemente la única que queda en el mundo. El congreso nos controla las embarcaciones, los terrenos, los minerales, los negocios, la transportación aérea y muchas cosas mas. Los habitantes de la isla han sido acostumbrados y acondicionados a ser dependientes, a vivir de las dadivas y de no trabajar.

Si mañana el congreso decidiera darle la independencia a la isla solo tiene que dar el voto la mayoría del grupo junto al presidente. Siempre que les preguntan a los presidentes por el estatus de la isla responden que ellos hacen lo que quiera la mayoría de los habitantes de Puerto Rico. Esa mentira ha sido repetida por décadas. Se han hecho decenas de votaciones a favor de la estadidad y otras favoreciendo la independencia con



un gran porcentaje pero queda en oídos sordos.

Cuando se presenta el caso en la Organización de las Naciones Unidas, el gobierno norteamericano usa su influencia para callar las ponencias amenazando a los países que desean revelar el gran secreto del maltrato colonial a la isla y sus habitantes. También el gobierno norte americano ha perseguido como criminales a los que exponen sus puntos con evidencia científica denunciando la colonia pidiendo la independencia para la isla.

Luego hacen ver que se extrañan cuando el gobierno central está en quiebra. Si total los préstamos de los miles de millones se hicieron a bonistas norteamericanos. O sea, es todo lo mismo y parte del grupo mal tratante.

La gran mayoría de los problemas que tiene la isla ha sido como resultado de la crisis educativa histórica. La pandemia de Covid 19 ha puesto a relieve aun mas una variedad de factores que claramente interfieren negativamente con la vida y el desarrollo mental y físico saludable de los niños.

La transformación digital ha sido y seguirá abandonada en la Isla de Puerto Rico. Ese ha sido uno de los factores que mas afecta al desarrollo educativo y por supuesto al económico. Los trabajos del gobierno que existen serán eliminados por la falta de educación, inteligencia artificial y la robótica. Hay que prepararse para la gran ola de desempleo y violencia que viene si no cambiamos los sistemas educativos de la isla de forma urgente.

Hay que proveer educación y no contenido como hacemos en el día de hoy. Hay que proveer escuelas limpias y pintadas, sin pastizales, con baños que no estén rotos, con techos sin filtraciones, con plomería sin estar goteando miles de galones de agua, sin mosquitos, con maestros capacitados y bien remunerados por su trabajo.

Invito a todos los legisladores de cámara, senado y al gobernador que visiten a cualquier hora las escuelas públicas elementales, intermedias y superior de toda la isla sin avisar. Vaya en su carro y sin chofer. Siéntese en un salón y pregunten a los niños si están aprendiendo. Los invito a que visiten el departamento de educación a nivel central, las regiones, oficinas locales y vean como se empuja papel donde se reúnen para decir que están trabajado en algo.

Esto le va a dar una perspectiva distinta a los oficiales de gobierno y espero que pongan la educación de los niños como prioridad numero uno antes de que sea tarde. Había 7,849 varones presos y 263 mujeres presas en Puerto Rico en el 2020 según los informes del departamento de corrección. El gobierno gasta \$65,000 por cada preso en la cárcel y \$5,000 por estudiante en la escuela. El numero de presos seguirá creciendo y la violencia también si no hacemos un cambio en la educación. El gasto anual debería ser lo contrario....

Ref.

<https://www.bancomundial.org/es/topic/education/overview#1>

[https://estadisticas.pr/files/inventario/publicaciones-especiales/DC\\_perfil\\_poblacion\\_confinado\\_2019.pdf](https://estadisticas.pr/files/inventario/publicaciones-especiales/DC_perfil_poblacion_confinado_2019.pdf)

<http://dcr.pr.gov/informes-estadisticos>

....English version next page

# School segregation is still present in Puerto Rico

In Puerto Rico, you just have to make a few visits to schools and study local dropout reports to realize that there is school segregation by economic class. Thanks to Hurricane Maria, the government administrative disaster in the agencies and the unnecessary spending of millions in the administration of the Department of Public Education came to the fore.

There is segregation because if you come from a wealthy family you can go to the best private school with good teachers who don't move much from your school to other schools. In the public school system, there is a continuous movement of teachers who do not allow the child to feel important. Also if you are living in a metropolitan area of the city of San Juan, Guaynabo, Caguas or Bayamón, you can choose a better public school with resources, with better physical conditions and teachers who truly teach.

Poor students living in rural areas find transportation difficult. It is also very difficult to recruit teachers who want to be exposed to students with discipline problems and low grade point averages. There is usually a direct correlation between behavior and grades. That was also one of the reasons for online classes not working during the pandemic shutdown.

According to a public elementary school teacher from the city of Camuy interviewed today, she mentioned that the time of her class and other school teachers was spent scolding students to turn on their camera while taking classes. Other students interrupted the class to ask questions unrelated to the class and make inappropriate comments. They also didn't turn off the microphone and let the noises from their house sound like part of the class. Other students simply turned on their computer, turned off the camera, and went to bed.

Through this testimony we realize that what does not work is the current public education system model and its old methods that no longer work or motivate the students. On top of that, we have students with behavior

problems and below average who are not motivated to learn anything.

This type of teaching method in the public education department reflects what still exists and spends 4 billion dollars to waste time. Can we really blame the teachers with 25 computer-connected students with rickety internet, with a mother trying to maintain the signal and enough electricity to be able to help her children?

Still today there are other students who are not attending in person for medical reasons, for special education conditions and the teacher is supposed to have a camera and computer for the student to take the class. That is not happening in all public schools either.

Online education is growing around the world. Universities like Harvard, Indiana, Michigan and MIT are offering quality online courses and certifications, the only difference is that those who run the virtual system know how to do it and are concerned that the student has a robust internet, the teachers know how to teach virtual with modern methods and parents are aware and care that their children are taking classes.

Raising the salary of the public school teacher in Puerto Rico is a good start, but it does not ensure that the teaching is of quality until the Department of Education of Puerto Rico is closed completely and transformed into a new educational center free of politics, sweet political potatoes and unnecessary administrative costs. Now administrators from the central administration and regions are asking for the \$1,000 increase as well. It continues to be spent on something that does not contribute to the child's school performance.

In conclusion, the segregation is present and getting worse every day.

The advertisement features a woman with blonde hair wearing a black hat and colorful feathers. The background is a close-up of a peacock's feathers. A white cross-like graphic divides the text. The word "MODA" is on the left side, and "NATURALEZA" is on the right side. Below the text is a tagline in Spanish: "Una relación más unida de lo que sabías." At the bottom right, there is a logo for "GRAND RAPIDS PUBLIC MUSEUM" with the tagline "Be curious." and the website "grpm.org".

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# ¡Sálvame! - Tráfico Humano y el trastorno de Estrés post traumático Save me! -Human Trafficking and Post Traumatic Stress Disorder



Por: Virgin Milagros Heuer-Reyes

El sentimiento de culpa invadirá en la mujer que llega a sufrir de violencia por parte de estos traficantes o pareja que se dedican a este tipo de operación ilícita, la cual con el paso de los años hace que la víctima vaya cambiando su estado emocional.

Las mujeres lastimadas con grandes episodios de violencia emocionalmente tienden a tener sentimientos negativos de tipo devaluatorios hacia su persona, sienten humillación, vergüenza, culpa, miedo y ansiedad; por lo regular su comportamiento hacia los demás es de aparentar que se encuentran bien, para no revelar sus verdaderos sentimientos mostrando como si no pasara nada, aunque en el fondo, su corazón se encuentra lastimado.

El sentimiento de culpa invadirá en la mujer que llega a ser víctima de tráfico humano, con el paso del tiempo su estado emocional no permite vivir el aquí y el ahora, dejando de disfrutar los placeres que la vida le puede ofrecer luego de ser rescatada, liberada físicamente de ese verdugo. El sentimiento de culpa se da producto de la consecuencia del trastorno del estrés postraumático y se relaciona como cuando una persona sobrevive siendo testigo del fallecimiento de otras mujeres que no lograron sobrevivir, por las memorias de violencia extrema como testigo ocular de los hechos. Viviendo situaciones de estrés continuo y es sobreviviente de un sinfín de tragedias.

Se conoce "el síndrome del superviviente" ha-

ciendo referencia en la segunda guerra mundial, al veterano de guerra que sufre de la culpa que emerge en sus recuerdos al regreso a su país sano y salvo encontrándose en situaciones de alegría y disfrute no pudiéndose dar la oportunidad de divertirse, ya que piensa ser desleal. ¿Cómo me voy a divertir si

FICKING HOTLINE inglés y español 7/24 o (Text "HELP" o INFO).

*A deep feeling of guilt overcomes a woman who has suffered violence by human traffickers or a partner who operates an illicit sex business. The emotional effects and physical injuries lead to feelings of low self esteem, inadequacy, humiliation, shame, guilt, fear and anxiety; hiding true feelings, and acting as if nothing is wrong, hiding the hurt that resides within.*



mi compañero de guerra al lado mío falleció?

El tipo más grave de violencia es sin lugar a duda el de la violencia psicológica, y en la proporción del daño ocasionado será la profundidad de las heridas, estando presente en la sobreviviente sintiéndose humillada utilizando una barrera que no se abrirá a la oportunidad de una relación de pareja saludable y real.

Se habla mucho acerca del (PTSD) trastorno posguerra, las gentes tienen mucha empatía para con los veteranos, pero no es menos cierto que ese mismo trastorno es el que vive una sobreviviente de tráfico humano en silencio, sin ser hablado, vivió una guerra de la cual fue víctima porque no fue libre elección fue sometida, obligada, esclava vendida una y otra vez como mercancía, sobrevive sin reconocimiento, sin beneficios, ni pensión por batallar en esa guerra.

Todo lo contrario, vive en silencio, no habla lo sucedido por temor al rechazo, es cierto que en algunos países del mundo hasta tienen permiso de trabajadoras del sexo, eso no es un trabajo, eso es esclavitud. Ninguna mujer quiere eso para su vida, ellas no llegan ahí por voluntad propia llegan por engaño, fuerza y captura. Otras porque es lo único que pueden hacer para sobrevivir a su realidad de vida.

La sociedad voltea la cara hacia el otro lado y en las iglesias es un tema que no quieren tocar por miedo al compromiso que conlleva. Salvemosla es compromiso de todos. Si sospechas de una conducta sospechosa, se parte del cambio y comunícate llama a la línea de ayuda 1-(888) 373-7888 NATIONAL HUMAN TRAF-

*As time passes victims of human trafficking, experience an emotional state that limits their ability to enjoy day to day pleasures that life can offer after being rescued, and physically freed from their abuser. Guilt comes from post-traumatic stress disorder when a person survives witnessing the deaths of other women who did not survive, or due to memories of extreme violence.*

*"Survivor syndrome" was discovered among Second World War veterans who suffered from the guilt that emerged upon returning home safely, but finding themselves unable to enjoy their lives due to the tormenting horrible memories of tragic deaths of their friends in combat. This is similar to women victims of sexual trafficking. The violence recalled by them limits their ability to have healthy couple relationships.*

*There is a lot empathy for veterans suffering from post-war disorder (PTSD), people have a lot of empathy for veterans, but human trafficking victims suffer in silence without sympathy regardless of the fact that they were subjected to forced sex slavery sold over and over time and again.*

*On the contrary, former sex slaves live in silence unable to talk about what happened for fear of rejection and ridicule. It is true that in some countries of the world they have permission for sex workers but we must realize that it isn't a job, it is slavery. No woman wants that for her life, they don't get there by their own will, they arrive by deception, force and capture. Others because it is the only thing they can do to survive their reality of life.*

*Society turns its face to the other side and in the churches it is an issue that they do not want to touch for fear of the commitment that it entails. Let's save women and young girls from this slavery. It is everyone's responsibility. If you suspect suspicious behavior, be part of the change and call the helpline 1-(888) 373-7888 NATIONAL HUMAN TRAFFICKING HOTLINE English*

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# Latin Americans in Sports | Jaime Jarrín



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

By Odille Parker

Behind one of the most recognizable voices in sports broadcasting is Ecuadorian-born, Jaime Jarrín.

Jarrín, coined as “the Spanish Voice of the Dodgers,” began broadcasting for the Los Angeles Dodgers in 1959, making him the longest-serving active broadcaster in Major League Baseball, English or Spanish.

He was born in Cayambe, Ecuador and began his career as a broadcaster when he was 16 years old. When he came to the United States in 1955, he had never seen a baseball game. His time with the Dodgers began when the team moved to Los Angeles in 1958 and KWKW, where Jarrín was the news and sports director, picked up the Spanish language rights for the game.

From 1962 to 1984, Jarrín never missed a

game, calling close to 4,000 games over 22 seasons. The streak was only broken when he was in charge of the Spanish-language radio coverage and production for the 1984 Summer Olympics in Los Angeles.

Jarrín also became Fernando Valenzuela's interpreter when the Mexican pitching legend captivated America during the 1981 season. He has served as interpreter for several Dodgers during his career, but “Fernandomania” was when he gained the attention of fans across the country. Valenzuela would later work as color commentator alongside Jarrín on Dodgers games.

In addition to his work with the Dodgers, Jarrín has called more than 30 world championship boxing title bouts, 19 All-Star Games, and 25 World Series. He also found himself at the center of many international broadcasts, including the funeral of President John F. Kennedy, Pope John Paul II's visit to America, and several meetings between foreign leaders and



Presidents Richard Nixon and Lyndon B. Johnson.

In 1998, he received the Fox C. Frick Award for broadcasting excellence from the Baseball Hall of Fame, becoming the second Spanish-language broadcaster to win that award after Mets and Yankees announcer Buck Canel.

He was inducted into the California Broadcasters Association Hall of Fame in 2002, and into the Hispanic Heritage Baseball Museum in 2003. He has also received La Gran Cruz al Merito en El Grado de Comendador (the highest civilian medal) from his native Ecuador.

The Hall of Fame broadcaster announced his retirement following the 2022 season.

“I'm grateful to the Dodgers, the best organization in baseball, for giving me the opportunity to do what I love most for 64 years,” Jarrín said in a statement.

*Detrás de una de las voces más reconocibles de la retransmisión deportiva se encuentra el ecuatoriano Jaime Jarrín.*

*Jarrín, conocido como “la voz en español de los Dodgers”, comenzó a transmitir para los Dodgers de Los Ángeles en 1959, lo que lo convirtió en el locutor activo con más años de servicio en las Grandes Ligas de Béisbol, en inglés o en español.*

*Nació en Cayambe, Ecuador y comenzó su carrera como locutor cuando tenía 16 años. Cuando llegó a los Estados Unidos en 1955, nunca había visto un partido de béisbol. Su tiempo con los Dodgers comenzó cuando el equipo se mudó a Los Ángeles en 1958 y KWKW, donde Jarrín era el director de noticias y deportes, se hizo con los derechos en español del juego.*

*Fue incluido en el Salón de la Fama de la Asociación de Locutores de California en 2002 y en el Museo de Béisbol de la Herencia Hispana en 2003. También recibió La Gran Cruz al Merito en El Grado de Comendador (la medalla civil más alta) de su Ecuador natal.*

*El locutor del Salón de la Fama anunció su retiro luego de la temporada 2022.*

## ELECT DEMOCRAT



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12 THE COMMUNITY VOICE LA VOZ / MAY 2022

## ELECT DEMOCRAT

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**website: <https://joseflores4staterep.com/>**

Elect **Jose FLORES**  
Michigan House of  
REPRESENTATIVES  
— 83rd District —



## OUTRAGE RISES TO ATTENTION OF NATIONAL LEADERS

Protests erupt in Grand Rapids, MI following the attempted arrest and fatal shooting of an African Congo Immigrant by a Grand Rapids Police Department Officer. The minor traffic offense resulted in a struggle for a Taser and ended in Patrick Lyoya face-down on the ground fatally shot in the back of the head in what many are calling an "Execution". The Michigan State Police and the Kent County Prosecutor are investigating, meanwhile local and national Civil Rights legal personalities Ben Crump and Al Sharpton among others have raised their voices demanding justice. Protests have continued since the incident on April 4th and the recent funeral of Patrick Lyoya. Protestors and advocates continue to call for charges against the officer and to release his name following the incident and release of videos showing the tragic killing of an unarmed black man.

*Las protestas estallan en Grand Rapids, MI luego del intento de*

*arresto y tiroteo fatal de un inmigrante africano del Congo por parte de un oficial del departamento de policía de Grand Rapids. La infracción de tránsito menor resultó en una lucha por una Taser y terminó con Patrick Lyoya boca abajo en el suelo y fatalmente baleado en la parte posterior de la cabeza en lo que muchos llaman una "Ejecución". La policía del estado de Michigan y el fiscal del condado de Kent están investigando, mientras que las personalidades jurídicas locales y nacionales de derechos civiles Ben Crump y Al Sharpton, entre otros, han alzado la voz exigiendo justicia. Las protestas han continuado desde el incidente del 4 de abril y el reciente funeral de Patrick Lyoya. Los manifestantes y defensores continúan pidiendo que se presenten cargos contra el oficial y que se divulgue su nombre luego del incidente y la publicación de videos que muestran el trágico asesinato de un hombre negro desarmado.*



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# May Events

## Eventos en Mayo

**Elton Rohn: The Premier Elton John Tribute Show at Tulip Time May 7, 2022 Holland**

Elton Rohn is the premier Elton John tribute show. Elton Rohn combines the look, feel and sound of a real Elton John show. Featuring full harmonies and all musicians playing and singing live (no recordings). This high energy show is an engaging and familiar experience for audiences to sing along with. Elton Rohn creates a captivating performance from start to finish. Elton Rohn will be performing on Saturday, May 7th, 2022, at the Holland Civic Center.

**Elton Rohn combina el aspecto, la sensación y el sonido de un espectáculo real de Elton John. Con armonías completas y todos los músicos tocando y cantando en vivo (sin grabaciones). Este espectáculo de alta energía es una experiencia atractiva y familiar para que el público cante junto con él. Elton Rohn crea una actuación cautivadora de principio a fin. Elton Rohn se presentará el sábado 7 de mayo de 2022 en el**

**Holland Civic Center.**

**Tulip Time Festival May 7-15, 2022 Holland**

Tulip Time celebrates tulips, Dutch heritage, and the Holland, Michigan community today. Throughout the last 92 years, millions of people have gathered to enjoy Tulip Time in Holland, Michigan. The festival is an eight-day experience like none other with over six million tulips blooming throughout the city and area attractions. Tulip Time has been heralded as the nation's Best Flower Festival, America's Best Small Town Festival and even the 2017–2018 Tulip Festival of the Year! Please join us as we embrace heritage, celebrate our diverse community, and fawn over one of nature's most beautiful and varied flowers: the beloved tulip. **Tulip Time celebra hoy los tulipanes, la herencia holandesa y la comunidad de Holland, Michigan. A lo largo de los últimos 92 años, millones de personas se han reunido para disfrutar de Tulip Time en Holland, Michigan. El festival es una experiencia de ocho días**

*como ninguna otra con más de seis millones de tulipanes floreciendo en toda la ciudad y las atracciones del área.*

**Art on Center May 14, 2022 - Douglas**

Art on Center is made up of six fine art galleries all located on Center Street in downtown Douglas. The galleries collectively host events and gallery strolls throughout the year, which can include special exhibits, demonstrations and refreshments. For more information, contact any of the participating galleries via their websites or Facebook pages. Events are free and open to the public. [facebook.com/ArtonCenterDouglasMI](http://facebook.com/ArtonCenterDouglasMI)

**Art on Center se compone de seis galerías de bellas artes, todas ubicadas en Center Street en el centro de Douglas. Las galerías organizan colectivamente eventos y paseos por galerías durante todo el año, que pueden incluir exhibiciones especiales, demostraciones y refrigerios. Los eventos son gratis y abiertos al público. [facebook.com/ArtonCenterDouglasMI](http://facebook.com/ArtonCenterDouglasMI)**

**Grand Haven Kite Festival 2022 May 20-22, 2022 Grand Haven**

Enjoy a day at the beach as the sky is filled with colorful kites of all types and sizes. World-famous stunt kite fliers perform to music on the center flying field while kites larger than a school bus hover just to the south. Bring your own kite to fly on the open flying field at the north end of the event, or test fly the year's newest kites on one of the manufacturer's fields.

For more information about this year's festival, visit the Kite Festival of Grand Haven Facebook Page or contact [kitefestgh@gmail.com](mailto:kitefestgh@gmail.com).

**Disfruta de un día en la playa mientras el cielo se llena de coloridas cometas de todos los tipos y tamaños. Voladores de cometas de acrobacias de fama mundial actúan al ritmo de la música en el campo de vuelo central, mientras cometas más grandes que un autobús escolar flotan justo al sur. Para obtener más información**

**Grand Haven Kite Festival 2022 May 20-22, 2022 • Grand Haven**



*sobre el festival de este año, visite la página de Facebook del Festival de cometas de Grand Haven o comuníquese con [kitefestgh@gmail.com](mailto:kitefestgh@gmail.com).*

**Tequila Mundo Grand Rapids May 21, 2022 Grand Rapids**

Tequila has always been a centerpiece for creative and fun cocktails, its versatility and wide appeal making it the perfect spirit. True connoisseurs know tequila is so much more than margaritas, tequila sunrises, and palomas. This exciting tasting will bring together over 60 distinct varieties of tequila from around the world, across the state, and down the street.

*El tequila siempre ha sido una pieza central para cócteles creativos y divertidos, su versatilidad y gran atractivo lo convierten en el espíritu perfecto. Los verdaderos conocedores saben que el tequila es mucho más que margaritas, tequila sunrises y palomas. Esta emocionante degustación reunirá a más de 60 variedades distintas de tequila de todo el mundo, de todo el estado y de la calle.*

**Memorial Day Parade May 30, 2022 Holland**

Please join us in honoring those who have lost their lives serving our country at the annual Downtown Holland Memorial Day Parade. The parade starts at 9am, Monday, May 30th. The procession begins at the corner of 8th Street and Central Avenue and continues on to Pilgrim Home Cemetery on 16th Street, where a brief ceremony will take place.

*Únase a nosotros para honrar a aquellos que han perdido la vida sirviendo a nuestro país en el Desfile anual del Día de los Caídos en el Centro de Holanda. El desfile comienza a las 9 am del lunes 30 de mayo. La procesión comienza en la esquina de 8th Street y Central Avenue y continúa hasta Pilgrim Home Cemetery en 16th Street, donde se llevará a cabo una breve ceremonia.*



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## **THERE WAS MUCH MORE TO SHARE FROM DETROIT'S 69th Annual Meguiar's Autorama Held March 4-6, 2022 PART II**

Since there were so many cars but not enough room in La Voz Magazine March 2022 issue, we decided to continue our feature coverage of Autorama Part II.

For those folks who have never been to the Meguiar's Autorama Car Show, you can see the Extreme of the Extreme of detailed body work, paint color scheme, chrome, engines, craftsmanship and beautiful displays there.

The owners of these exciting cars come from all over the country Texas, Michigan, Florida, Indiana, Pennsylvania, California to Missouri and even Canada, (just to mention a few of the origins of participants).

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

Upcoming events:  
Fiesta Car Show  
Saturday July 9<sup>th</sup>, 2022  
219 W 8<sup>th</sup> Street  
Holland, MI 49423  
Starts: 12noon - 5pm

Email Info:  
[GSTAPS78@YAHOO.COM](mailto:GSTAPS78@YAHOO.COM)  
[TONYLEAL331@GMAIL.COM](mailto:TONYLEAL331@GMAIL.COM)



When Erika Vidrio received her first-ever royalty check for "Sentí," one of her songs recorded by Conjunto Primavera in 2008, she didn't cash the check immediately.

Vidrio is among the few prominent songwriters in the male-dominated regional Mexican genre. With more than 100 songs under her belt, she's penned chart-topping tracks for artists such as Banda La Trakalosa ("Borracho de Amor"), Christian Nodal ("Quién Es Usted?"), Beto Zapata ("40 y 21") and Voz de Mando ("El de Arriba"). She's also released her own albums and songs, including her most recent single "Macho Huevón."

Born in Jalisco, Mexico, Vidrio is the first in her family to make a living off of music. "I don't come from a family of musicians, but music did play a huge role in my upbringing," Vidrio tells Billboard. "I'd listen to mariachi and rancheras and remember my grandparents listening to José Alfredo Jiménez. This type of music was in my veins since I was little."

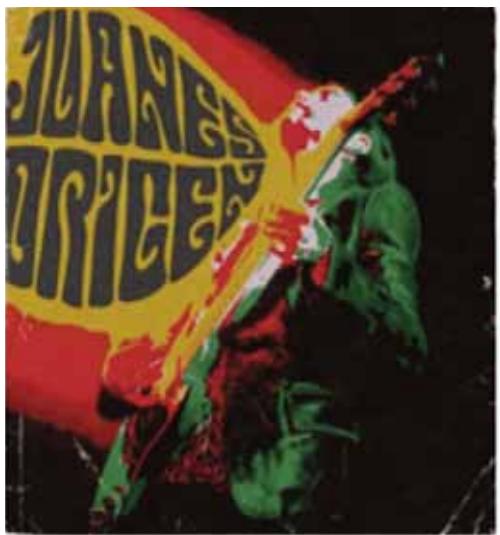
**Cuando Erika Vidrio recibió su primer cheque de regalías por "Sentí", una de sus canciones grabadas por Conjunto Primavera en 2008, no cobró el cheque de inmediato.**

**Vidrio es uno de los pocos compositores prominentes en el género regional mexicano dominado por hombres. Con más de 100 canciones en su haber, ha escrito temas que encabezan las listas de éxitos para artistas como Banda La Trakalosa ("Borracho de Amor"), Christian Nodal ("Quién Es Usted?"), Beto Zapata ("40 y 21"), y Voz de Mando ("El de Arriba"). También ha lanzado sus propios álbumes y canciones, incluido su sencillo más reciente "Macho Huevón".**

**Nacida en Jalisco, México, Vidrio es la primera en su familia en vivir de la música. "No vengo de una familia de músicos, pero la música jugó un papel muy importante en mi educación", le dice Vidrio a Billboard. "Escuchaba mariachi y rancheras y recuerdo a mis abuelos escuchando a José Alfredo Jiménez. Este tipo de música estaba en mis venas desde que era pequeño".**



**Erika Vidrionitta**



# JUANES GANADOR DEL GRAMMY A MEJOR LATINO ROCK ALBUM O ALTERNATIVO

*collaboration, and empower the next generation to lead the construction of a peace culture. To date, the organization has impacted over 1.5M individuals, building momentum toward true change.*

La colección que regresa a sus raíces, curada con gran cariño y que reimagina algunas de las canciones y artistas más importantes que dieron forma a la visión musical temprana de JUANES, se convierte en su tercer álbum ganador del GRAMMY (en ocho nominaciones) y eleva su carrera al GRAMMY Y AL GRAMMY LATINO a VEINTE Y SIETE.

JUANES también fue recientemente reconocido con el International Peace Honor PeaceTech Lab (PTL). La organización sin ánimo de lucro fundada por el Instituto de la Paz de los Estados Unidos celebró al embajador mundial del rock latino y defensor de la PAZ, durante los Premios Internacionales de la Paz 2022. Si bien es un artista reconocido internacionalmente, las raíces de Juanes permanecen firmemente plantadas en su Colombia natal, hogar de su Fundación Mi Sangre, que cumple 15 años de trabajo.

Mi Sangre involucra a todos los actores del ecosistema, incluidos escuelas, organizaciones asociadas y comunidades, entrelazándolos para alinear visiones, fomentar la colaboración y empoderar a la próxima generación para liderar la construcción de una cultura de paz. Hasta la fecha, la organización ha impactado a más de 1.5 millones de personas, generando impulso hacia un cambio verdadero.

JUANES se encuentra actualmente en medio de la grabación de su esperado próximo álbum, pero también llevará su muy elogiado Origen Tour a Europa en breve para una extensa serie de fechas, que incluye un recién anunciado July 20<sup>th</sup> show at London's famed O2 Shepherd's Bush Empire.

*The lovingly curated, return to rock roots collection that reimagines some of the most important songs and artists that shaped Juanes' early musical vision, becomes his third GRAMMY winning album (across eight nominations), and brings his career GRAMMY & LATIN GRAMMY total to TWENTY-SEVEN.*

**JUANES Was Also Recently Recognized With The International Peace Honor PeaceTech Lab (PTL), the award-winning non-profit organization founded by the United States Institute of Peace, celebrated the global Latin Rock ambassador and tireless advocate during the 2022 International Peace Honors. While he is an internationally recognized artist, Juanes' roots remain firmly planted in his native Colombia - home to his peace-building non-profit organization Mi Sangre Foundation. Having just celebrated its 15th anniversary, Mi Sangre engages all actors of the ecosystem, including schools, partner organizations, and communities, weaving them together to align visions, encourage**

*JUANES is currently in the midst of recording his eagerly anticipated next album, but will also be taking his widely praised Origen Tour to Europe shortly for an extensive string of dates, that includes a just announced July 20<sup>th</sup> show at London's famed O2 Shepherd's Bush Empire.*

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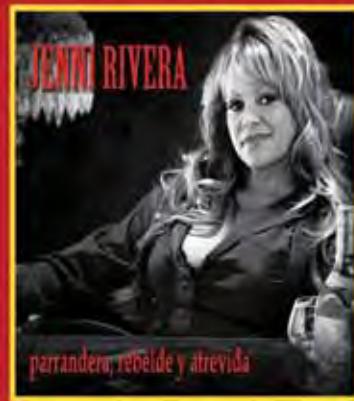
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for themselves as well as

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*Goals are to be a Positive  
Leader and Great Mother to*

*my son while teaching him  
about Business*

*Entrepreneurship.*

*Career Goals to  
work hard and diligently  
to achieve my Real Estate*

*License and work for an  
agency here in the  
Greater Grand Rapids*

*area to assist others in  
reaching that Goal  
in Home Ownership!*

*I'm an entrepreneur  
business operator in the*

*Exotic World of Lingerie*

*called Midnight Desires LLC.  
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continue to build confidence*

*in this industry as well as  
share the LOVE with other's*

*that need a little extra push  
towards that SUCCESS!*



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# Nutrition Challenge: Eat Three Vegetables a Day for 21 Days

Vegetables are full of essential vitamins, minerals and antioxidants that offer important health benefits for the body. Including a variety of vegetables in your diet may help reduce the risk of heart disease, prevent some cancers, lower blood sugar and protect eyesight.

Vegetables offer a range of flavors, colors and textures to keep meals interesting. Consider committing to eating a minimum of three servings of vegetables a day to build a healthy habit that will benefit your health in many ways. Below are some vegetables to include in your diet and the important health benefits they provide, according to Healthline.

Asparagus is high in folate, which may help prevent neural tube birth defects.

Broccoli is a cruciferous vegetable that contains sulforaphane, a compound that may prevent cancer growth. Eating broccoli may also help

reduce the risk of chronic disease by protecting against oxidative stress.

Brussels sprouts contain an antioxidant called kaempferol, which may protect against oxidative damage to cells and prevent chronic disease. They may also help enhance detoxification in the body.

Carrots are especially high in beta-carotene, which turns into vitamin A — important for eye health — in the body. Their high antioxidant content may help reduce the risk of lung and prostate cancer.

Collard greens are high in calcium, which could reduce the risk of osteoporosis. The regular intake of collard greens has also been associated with a reduced risk of glaucoma and prostate cancer.

Garlic may help lower blood triglyceride levels. Studies show that garlic also may decrease blood sugar levels and may promote heart health.

Ginger contains potent anti-inflammatory properties, which may be helpful in treating inflammation-related disorders. Studies show that ginger could reduce nausea and alleviate inflammation.

Green peas contain a good amount of fiber, which helps support digestive health. They also contain plant compounds called saponins, which may have cancer-fighting effects.

Kale is high in vitamins A, C and K as well as antioxidants. Studies show that drinking kale juice could reduce blood pressure and LDL cholesterol while increasing HDL cholesterol. Kohlrabi is rich in both fiber and vitamin C. Animal studies show that kohlrabi could potentially

cause a reduction in blood sugar.

Red cabbage contains a good amount of fiber, vitamin C and anthocyanins. Certain studies show that it may decrease blood cholesterol levels, reduce inflammation and lower the risk of heart and liver damage.

Spinach is rich in antioxidants that may reduce the risk of chronic disease, as it may reduce risk factors such as high blood pressure.

Sweet potatoes are high in beta-carotene, which may decrease the risk of some types of cancer.

White sweet potatoes could also help reduce blood cholesterol and blood sugar levels.

Swiss chard is low in calories but high in many essential vitamins and minerals. Some animal studies show that Swiss chard could protect against the negative effects of diabetes and may decrease blood sugar levels.

Learn more about the benefits of vegetables in this Blue Cross Virtual Well-Being<sup>SM</sup> webinar. You can also sign up for future employer-focused and general interest webinars <https://www.mibluesperspectives.com/virtual-webinars/>, where you'll find past sessions and resources.

***Las verduras están llenas de vitaminas, minerales y antioxidantes esenciales que ofrecen importantes beneficios para la salud del cuerpo.***

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***Obtenga más información sobre los beneficios de las verduras en un seminario web Virtual Well-Being<sup>SM</sup> de Blue Cross. También puede inscribirse en futuros seminarios web de interés general y centrados en empleadores <https://www.mibluesperspectives.com/virtual-webinars/>, donde encontrará sesiones y recursos anteriores.***

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# La Voz May Model



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Look for Mason this spring and summer to really re-emerge. His impact will help us begin the dawn of a new era of Model Search with Cool Mike. We are proud to highlight 'A sign of the future 'STAR'! A great model is easily recognized when everybody wants to be in photos with a person who earns the respect of others. Photo Credit to Ed Tremel additional credit to models Hannah, Michelle, Taylor & a host of Sexy Santa Models.



Michael Farage "Cool Mike"

For details contact Mike at :

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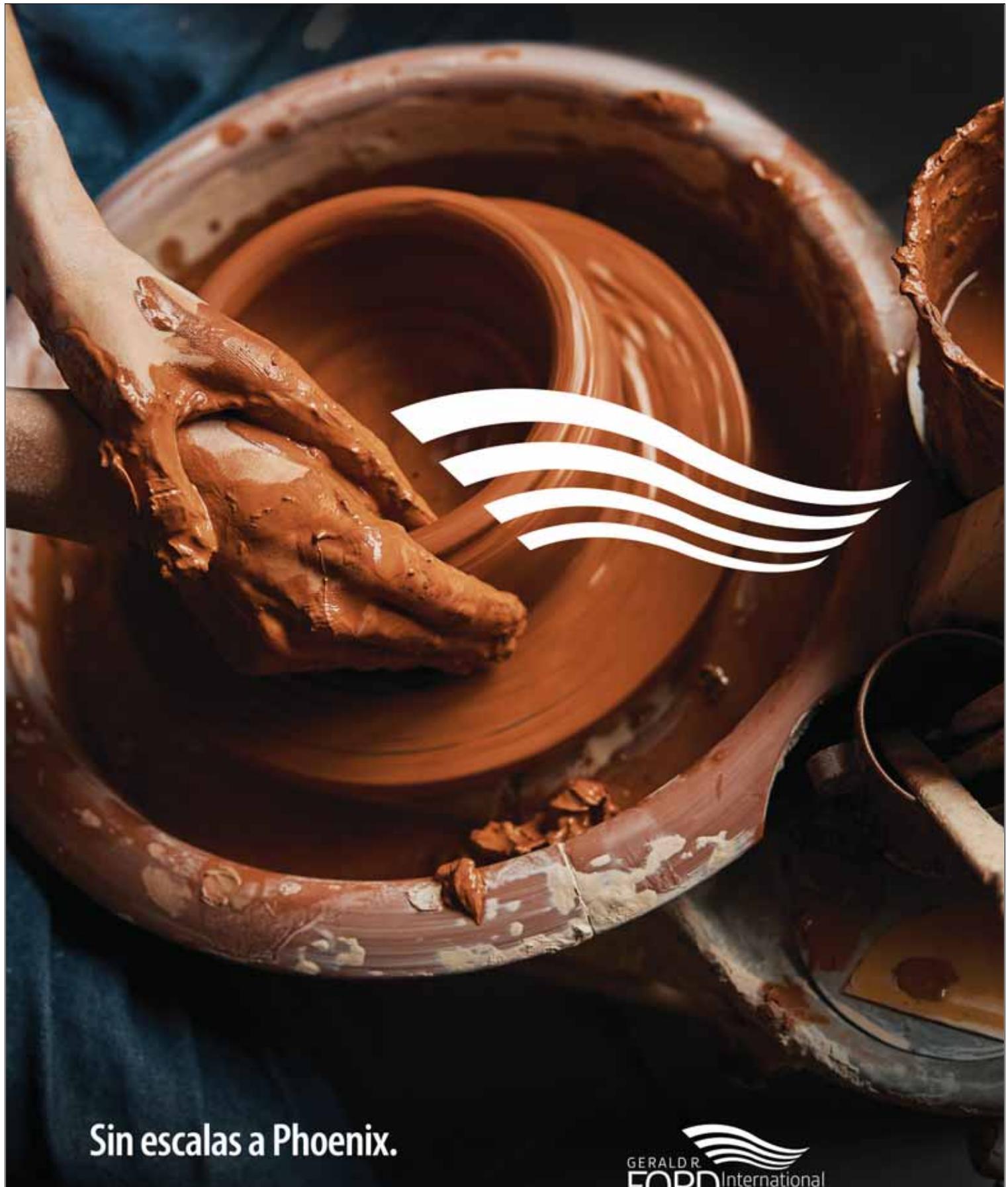
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