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FIRST AMERICANS DESERVE MORE AS WE CELEBRATE NATIVE AMERICAN HERITAGE MONTH

LOS PRIMEROS AMERICANOS MERECEN MÁS MIENTRAS CELEBRAMOS EL MES DEL PATRIMONIO DE LOS NATIVOS AMERICANOS



Modern day Americans sometimes disregard the fact that our claim to the lands from "Sea to shining Sea," involved conquest and the annihilation of millions of

North American Indians from their rightful homes through brutal wars waged in By Dr. José A. Flores the name of Christian-

ity and "manifest destiny." The concept of "Divine Right and White man's hierarchy of human existence" placed indigenous people and African slaves on the lower level of human existence classifying them less than human along with animals, plants, and other living things. Their beliefs justified the killing of so

called "savages" in the Americas and subjugating them. Laws were written that excluded punishment for beating, maiming, or killing Indians or African slaves as Colonists forcefully established and expanded their presence in what is now the U.S. Mexicans were similarly treated during Westward Expansion.

Unfortunately, the nature of conquest and domination involve the dehumanizing of an enemy and subjugation of their history, language, culture, traditions, religion, and any claims of greatness. We have witnessed the genocide and atrocities committed against Indigenous Americans historically and unfortunately sometimes ignore modern day consequences of our actions as a nation.

The Indian Citizenship Act of 1924, was an Act of the United States Congress that granted US citizenship to the indigenous peoples of the United States, called "Indians" in the Act. While the Fourteenth Amendment to the United States Constitution defines as citizens any persons born in the United States and subject to its jurisdiction, the amendment had previously been interpreted by the courts to not apply to Native peoples.

While Native American languages are in danger of extinction and some customs and traditions have been lost to war and European colonization, tribal members proudly exhibit their culture, languages, and tribal identities. With over 574 federally recognized Indian Tribes, 64 state-recognized tribes, and many more tribes that are currently unrecognized. Native Americans continue to honor their rich ancestral histories. Also, activists among the 7.1 million American Indians and Alaskan Natives continue to resist the stereotypes. discriminatory treatment, and inequality that they confront in communities throughout the U.S. America's Indigenous People deserve more from a nation they have actively defended and declare their allegiance.

"On August 3, 1990, President of the United States George H. W. Bush declared the month of November as National American Indian Heritage Month, thereafter, commonly referred to as Native American Heritage Month. The bill read in part that "the President has authorized and requested to call upon Federal, State and local Governments, groups and organizations and the people of the United States to observe such month with appropriate programs, ceremonies and activities.'

This past October 11th, 2021, President Biden proclaimed it to be the very first National Indigenous Heritage Day to recognize and honor America's deep ties and gratitude to the original peoples and sovereign nations. This year, Secretary Deb Haaland made history when she became the first Native American Secretary of the Interior.

As we celebrate National Native American Heritage Month let us join

as Americans to push back on the attempts to hide true American history as it pertains to the conquest of Native American lands and the effects on its people. Let us push back on the use of derogatory



sports mascots and the exploitation of Native American lands and natural resources. Let us protect our rivers, lakes, oceans, and natural water springs as "Water is life!" We should also commit ourselves to addressing extreme poverty and unemployment of Native Americans and make improvements in education and living conditions both

on the reservation and in our communities. We must step up our efforts to combat violence against girls and women, address higher rates of missing persons among Natives and improve access to healthcare. Economic conditions must improve for American Indians to restore a balance in nature for all.

Los estadounidenses de hoy en día a veces ignoran el hecho de que nuestro reclamo de las tierras del "mar al mar brillante" implicó la conquista y la aniquilación de millones de indios norteamericanos de sus legítimos hogares a través de guerras brutales libradas en nombre del cristianismo y el "destino manifiesto". "El concepto de "derecho divino y jerarquía de la existencia humana del hombre blanco" colocó a los pueblos indígenas y esclavos africanos en el nivel inferior de la existencia humana, clasificándolos como menos que humanos junto con los animales, las plantas y otros seres vivos. Sus creencias justificaron la matanza de los llamados "salvajes" en las Américas y su subyugación. Se redactaron leyes que excluían el castigo por golpear, mutilar o matar a indios o esclavos africanos, ya que los colonos establecieron y expandieron su presencia por la fuerza en lo que ahora es Estados Unidos. Los mexicanos fueron tratados de manera similar durante la Expansión hacia el oeste.

Desafortunadamente, la naturaleza de la conquista y la dominación implica la deshumanización de un enemigo y el sometimiento de su historia, idioma, cultura, tradiciones, religión y cualquier pretensión de grandeza. Históricamente, hemos sido testigos del genocidio y las atrocidades cometidas contra los indígenas estadounidenses y. lamentablemente, a veces ignoramos las consecuencias modernas de nuestras acciones como nación.

La Ley de ciudadanía india de 1924, fue una ley del Congreso de los Estados Unidos que otorgó la ciudadanía estadounidense a los pueblos indígenas de los Estados Unidos, llamados "indios" en la ley. Si bien la Decimocuarta Enmienda a la Constitución de los Estados Unidos define como ciudadanos a cualquier persona nacida en los Estados Unidos y sujeta a su jurisdicción, los tribunales habían interpretado anteriormente que la enmienda no se aplica a los pueblos indígenas.

Si bien las lenguas nativas americanas están en peligro de extinción y algunas costumbres y tradiciones se han perdido a causa de la querra v la colonización europea. los miembros tribales exhiben con orgullo su cultura, idiomas e identidades tribales. Con más de 574 tribus indígenas reconocidas a nivel federal, 64 tribus reconocidas por el estado y muchas más tribus que actualmente no están reconocidas, los nativos americanos continúan honrando sus ricas historias ancestrales. Además, los activistas entre los 7.1 millones de indígenas estadounidenses y nativos de Alaska continúan resistiendo los estereotipos, el trato discriminatorio y la desigualdad que enfrentan en las comunidades de los Estados Unidos. Los pueblos indígenas de Estados Unidos merecen más de una nación que han defendido activamente y declaran su lealtad.

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My intro and his book preview:

Congratulations Armando! We would be happy to run free advertisements in our publication to promote your book! Chicano Manifesto is one of the first books that I read on my quest of self awareness as a young Chicano in the 70's. I probably wouldn't have accomplished all that I have today without the inspiration that your book and your many public speeches provided me. Your continued contributions to Chicano activism is inspiring. Our community has evolved and transformed in many ways but the root influences you and others instilled produced many positive outcomes. You and Chicano Manifesto make us proud to live in the United States as first class citizens!

Dr. José A. Flores

JOIN US

as we celebrate the

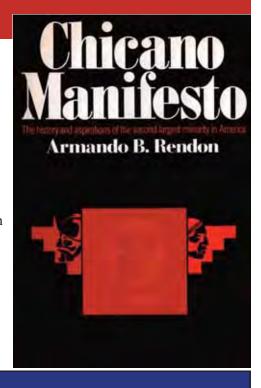
50th anniversary of Chicano Manifesto

In November 2021, Somos en escrito will observe the 50th year of the publication of Chicano Manifesto, authored by Armando Rendón, the founder and editor of Somos en Escrito Magazine, with the second reprint of the seminal classic on Chicanismo.

We invite persons who read the book when it was released by Macmillan Company in 1971 and in the following years and decades to recount the impact of the book on themselves, what they learned from the book that guided them through the years, and a word about the importance of preserving Mexican American history and culture for future generations.

Email your comments to editors@somosenescrito.com. Commentaries will be published in a special feature in the magazine upon publication of the reprint.

The Editorial Staff of Somos en escrito Magazine



¿Estás buscando planes de salud para Individuos y Familias?

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*(Datos fuente: CMS Newsroom, March 12, 2021)

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Community News

GRAND VALLEY STATE UNIVERSITY

GVSU announces gift to transform lives of talented first-generation students

Grand Valley State University President Philomena V. Mantella announced a gift to create a scholarship program designed to give access and a full-ride scholarship to underserved students who participate in a unique summer program and national pitch event.

A \$2 million gift to the university by an anonymous national foundation will build a scholarship program around students identified through_REP4.org, an initiative GVSU founded. The T4 Scholarship program will assist students who demonstrate passion for education, are the first in their family to go to college and have limited means. The donor was inspired by GVSU and its commitment through REP4 to identify promising students in a unique way.

The inaugural T4 Scholars have been chosen from among the 130 high school students who participated in the Midwest Learner Design Summit held at GVSU this past summer. At the summit, students from underserved communities were guided through an experience of building confidence, skills and networks of support. Empowered and challenged, they worked in teams to shape ideas for improving education in areas that present barriers for them and so many other learners. They offered exciting new directions around vital issues, including food insecurity, mental health, financial literacy and building community. They pitched them at the REP4 national convening held in August.

Ten of the most dedicated students from REP4 will now receive the T4 Scholarship beginning in Fall semester 2022 at GVSU. All of their tuition

and expenses will be covered for four years.

The donor has elected to remain anonymous so others with a passion for lifting up first-generation college students, or those living in or right on the edge of poverty, can see their names on a T4 scholarship, which can transform students' lives and those around them.

"We want others to join us," he said. "There are so many gifted students being left behind, and I could have been one of them if someone had not seen my strengths and encouraged me to pursue my education."

The donor wants the focus to be on the power of education and smoothing the path for talented students. B. Donta Truss, vice president for Enrollment Development at GVSU, said the T4 Scholarship will be a game changer for recipients.

La presidenta de la Universidad Estatal de Grand Valley, Philomena V. Mantella, anunció un obsequio para crear un programa de becas diseñado para brindar acceso y una beca completa a los estudiantes desatendidos que participan en un programa de verano único y en un evento de lanzamiento nacional.

Una donación de \$ 2 millones a la universidad por parte de una fundación nacional anónima construirá un programa de becas en torno a los estudiantes identificados a través de REP4.org, una iniciativa fundada por GVSU. El programa de becas T4 ayudará a los estudiantes que demuestren pasión por la educación, sean los primeros en su familia en ir a la universidad y tengan recursos limitados. El donante se inspiró en GVSU y su compromiso a través de REP4 para identificar estudiantes prometedores de una manera única.

Los becarios T4 inaugurales han sido elegidos entre los 130 estudiantes de secundaria que participaron en la Cumbre de Diseño de Estudiantes del Medio Oeste que se llevó a cabo en GVSU el verano pasado. En la cumbre, los estudiantes de comunidades desatendidas fueron guiados a través de una experiencia de construcción de confianza, habilidades y redes de apoyo. Fortalecidos y desafiados, trabajaron en equipos para dar forma a ideas para mejorar la educación en áreas que presentan barreras para ellos y para muchos otros estudiantes. Ofrecieron nuevas y emocionantes direcciones en torno a temas vitales, incluida la inseguridad alimentaria, la salud mental, la educación financiera y la construcción de una comunidad. Los presentaron en la convocatoria nacional REP4 celebrada en agosto.







My dad grew up in the eastern province of Cuba, in an area called Oriente. My mom grew up in Havana. Right after Castro took over, my mom got out. My dad's family left a few years later. They both came to this country with nothing and they worked their way up. They were happy to be in a country where they had freedom of religion and freedom of speech and all of these things that make the United States a very unique and special place. They met in high school in Miami.

Growing up in a Cuban American household, the news was constantly on. We were always following news out of Cuba. At night we would talk about it at the dinner table. We would send medicine and Kool-Aid packets to our relatives back in Cuba. Kool-Aid has sugar and nutrients, so they could mix that with water and have something to drink with a high-calorie count. But the government would go through packages and sometimes take things, so we would have to hide them in greeting cards.

It was hard. I had everything I needed and my relatives in Cuba literally had nothing. Cousins would manage to leave the country sometimes and I remember going with my dad to visit them — they were usually put up in a motel in downtown Miami. I can remember to this day how skinny they were because there was no food. You could see the desperation on their faces. I'll never forget when we went to see some family members, and the children they were 4 or 5 years old, maybe older were walking up their mother and breastfeeding. The mother had to breastfeed because they didn't have enough milk. They didn't have enough nutrients for their children. And that was common.

I've always felt a responsibility to never forget what happened in Cuba and to remind people — through social circles, family and also as a journalist. There are amazing people in Cuba. They have a vibrancy to them. They love life. But Cuba is a country that, as long as I've been alive, has always needed help.

Cuban culture a big part of my life. I listen to music from Cuba every single day. I speak Spanish almost every single day. Usually when I meet you, within the first few minutes I will tell you that I'm Cuban American. It's something that I'm very proud of and it's something that I was taught to be very proud of; 99% of the people I grew up with in Miami were Cuban American. The mayors were Cuban American. The representatives were Cuban American.

to be proud of where I came from.

I have three children. We've been introducing them to the culture their whole lives. We read books about Cuba. My oldest is starting to learn about the Cuban American experience. We just finished reading a book about Operación Pedro Pan, or Operation Peter Pan, which was this airlift of Cuban children — parents sending their children on an airplane and getting them out of Cuba and flying to the United States, where they were put in orphanages. It's an emotional story. Imagine putting your child on a plane to a country that you don't know? But they wanted them to live in a free society.

My kids know they're Cuban American. Their grandparents speak Spanish. They love pastelitos, which are Cuban pastries. We celebrate Nochebuena, which is Christmas Eve. In Cuban tradition, there's a lot of roast pork. We've roasted pigs — it freaks them out a little bit, but I've explained to them that this is part

of their culture. We listen to a lot of music. I'm showing them how to dance (at least, I'm trying!). As far as speaking Spanish goes, it's something that we're working on. Our oldest has started taking classes. We go over words and the kids are surrounded by the language when we're in Miami. It takes time, but we'll get there. Language is the key to culture, so it's a big focus.

I want them to understand and appreciate the immigrant experience. They are the grandchildren of immigrants, people who came here with nothing and took a chance and started from scratch because they wanted something better for their family. In Spanish, they call it el exilio — the exile. It's a heavy topic, but they seem to understand that.

My parents didn't speak English. They had no money. Yet this amazing country allowed them a path to citizenship and gave them opportunities. They became professionals, raised a family, put their kids through school and now their son anchors a network news broadcast. People are always curious about how that happens. It happens because you believe in hard work, you take nothing for granted and you have a good support system. Family has always been first for us. As an immigrant, when you have nothing but your family, you never forget that, and you maintain that and

Tom Llamas on His Parents' Escape From Cuba and Growing up the Son of Refugees

From a you keep those relationships close. I talk to my young age, parents almost every day. it was instilled in me I love months like Hispanic Heritage Month be-

I love months like Hispanic Heritage Month because we're able to share our culture and expose our culture. The more we share our culture, the more we educate people. And when people become educated, they lose their prejudice. It creates a better understanding of where other people come from.

Tom Llamas es un senior corresponsal nacional de NBC News y presentador de un nuevo programa de transmisión en NBC News NOW. También es hijo de refugiados cubanos que huyeron del país durante el régimen comunista de Fidel Castro y un orgulloso cubanoamericano en la ciudad de Nueva York.

En honor al Mes de la Herencia Hispana (El mes pasado), compartió cómo está enseñando a sus hijos sobre la cultura cubana, así como lo que recuerda de su propia infancia como hijo de padres que viajaron de Cuba a Miami, donde se crió.



Noticias





Senators Stabenow and Peters Announce Over 1 Million Families Have Received Tax Cuts this Year from the American Rescue Plan

U.S. Senators Debbie Stabenow and Gary Peters announced new data showing over 1 mil-

lion Michigan families have received tax cuts this year because of the American Rescue Plan. In October, 1,021,000 Michigan families received payments totaling \$453 million. Since the payments began on July 15, Michigan families have received a total of \$1.8 billion.

Studies show that these tax cuts have helped support the immediate needs of Michigan families such as food, clothes and child care, and already have been lifted out of poverty. The Columbia Center on Poverty and Social Policy found that initial payments caused a 25% decline in food insufficiency among low-income families with children.

"This pandemic has been tough for everyone, but families with children have been hit especially hard. This year, millions of families received a much-needed tax cut, and we are seeing just how much it has improved their lives. This tax cut is helping families pay for what they need most—food and clothes. It is also helping many moms and udado a satisfacer las necesidades inmediatas de las familias de dads pay for child care and other essentials, allowing them to successfully return to work. This important part of the American Rescue Plan is improving the lives of more than a million Michigan families," said Senator Stabenow.

"This tax cut for families was a critical part of the American Rescue Plan we passed into law. Thanks to this tax cut, families across Michigan have seen significant relief to help get through what has been an incredibly difficult time in our country," said Senator Peters. "This tax cut has lifted children out of poverty and helped parents get back zaron a recibir este recorte de impuestos el 15 de julio. Los pagos to work to rebuild our economy. I was proud to pass this historic tax cut into law to make a real difference in the lives of Michigan families por cada niño menor de 6 años. working to make ends meet."

Senators Stabenow and Peters were leaders in the effort to include a historic expansion of the Child Tax Credit in the American Rescue Plan. Michigan families began to receive this tax cut on July 15th. Monthly payments are up to \$250 for each child 6 to 17 years old and \$300 for each child under age 6.

The tax cuts are currently ongoing and the last payment will go out on December 15. If families have not received a child tax credit payment, the deadline to sign up is November 15. A family can sign up at www.childtaxcredit.gov.

Los senadores estadounidenses Debbie Stabenow y Gary Peters anunciaron nuevos datos que muestran que más de 1 millón de familias de Michigan han recibido recortes de impuestos este año debido al Plan de Rescate Estadounidense. En octubre, 1.021.000 familias de Michigan recibieron pagos por un total de \$ 453 millones. Desde que comenzaron los pagos el 15 de julio, las familias de Michigan han recibido un total de \$ 1.8 mil millones.

Los estudios muestran que estos recortes de impuestos han ay-Michigan, como alimentos, ropa y cuidado infantil, y ya han salido de la pobreza. El Centro de Columbia sobre Pobreza y Política Social descubrió que los pagos iniciales causaron una disminución del 25% en la insuficiencia de alimentos entre las familias de bajos ingresos con niños.

Los senadores Stabenow y Peters fueron líderes en el esfuerzo por incluir una expansión histórica del Crédito Tributario por Hijos en el Plan de Rescate Estadounidense. Las familias de Michigan comenmensuales son de hasta \$ 250 por cada niño de 6 a 17 años y \$ 300

LOS PRIMEROS AMERICANOS MERECEN MÁS MIENTRAS CELEBRAMOS EL MES DEL **PATRIMONIO DE LOS NATIVOS AMERICANOS**

Por Dr. José A. Flores

Continuación de la versión de el artículo en español pag. 03

"El 3 de agosto de 1990, el presidente de los Estados Unidos, George H. W. Bush, declaró el mes de noviembre como el Mes Nacional de la Herencia Indígena Estadounidense, en lo sucesivo, comúnmente conocido como el Mes de la Herencia Indígena Estadounidense. El provecto de lev decía en parte que "el presidente ha autorizado y solicitado hacer un llamado a los gobiernos, grupos y organizaciones federales, estatales y locales, y al pueblo de los Estados Unidos para que observen ese mes con programas, ceremonias y actividades apropiadas".

El pasado 11 de octubre de 2021, el presidente Biden proclamó que era el primer Día Nacional de la Herencia Indígena en reconocer y honrar los profundos lazos y la gratitud de Estados Unidos hacia los pueblos originarios y las naciones soberanas. Este año, la secretaria Deb Haaland hizo historia cuando se convirtió en la primera secretaria del Interior de los nativos americanos.

Mientras celebramos el Mes Nacional de la Herencia de los Nativos Americanos, unámonos como estadounidenses para rechazar los intentos de ocultar la verdadera historia estadounidense en lo que respecta a la conquista de las tierras de los nativos americanos y los efectos en su gente. Rechacemos el uso de mascotas deportivas despectivas y la explotación de las tierras y los recursos naturales de los nativos americanos. Protejamos nuestros ríos, lagos, océanos y manantiales de agua naturales como "¡El agua es vida!" También debemos comprometernos a abordar la pobreza extrema y el desempleo de los nativos americanos y hacer mejoras en la educación y las condiciones de vida tanto en la reserva como en nuestras comunidades. Debemos intensificar nuestros esfuerzos para combatir la violencia contra las niñas y las mujeres, abordar las tasas más altas de personas desaparecidas entre los nativos y mejorar el acceso a la atención médica. Las condiciones económicas deben mejorar para que los indios americanos restablezcan un equilibrio en la naturaleza para todos.

Sexual Predators in Politics, adding irony to hypocrisy



By Jorge Martinez U.S. Veteran

Visitors seeking misadventure in California laws concerning sexual behavior. Amid allegations of minors sexually tions of minors sexually abused by French Cath-olic clergy and Prince An-

drew's connection to Epstein. We are stunned by allegations against Assemblywoman Cristiana Garcia age 44 of the 58th district claiming she groped two men while extremely intoxicated. Garcia sponsored Bill AB 453, making removing a condom secretly during sex a crime called stealthing. These are not wayward

salty men with shady histories. They are educated, vetted employees of the state working as political staffers. Garcia is a sworn enemy of sexual harassment. The term stealthing was coined in 2017 by Alexandra Brodsky who stated in a Rolling Stone interview "A lot of people were struggling with this". She is the author of Sexual Justice and alleges her interviewees are "survivors". This practice is well known amongst gay men fearing infection.

Interestingly, other than political ammunition, no one knows why Garcia who stated stealthing was a violation became concerned. Study revealed 32 % of women and 19% of men surveyed experienced stealthing. Even neurotic-ultra conservative Laura Schlesinger who minimizes the assault on the Capitol mentioned it. Welcoming a storm of law suits is Governor Gavin Newsome, who ironically cheated survivors of the Paradise fire the right to sue PG&E, signed the bill making stealthing a crime subject to legal recourse. Daniel Fierro 25 a genuine "survivor" of sexual assault accuses Garcia of a Trump Crotch Grab. Additionally, he alleges he was not treated fairly by investigators. Demonstrating sexist chauvinism Brodsky, who vowed to protect sexual assault victims was not sympathetic. Fierro's allegations made him persona non grata in Sacramento. Confidentiality was ignored and he received no whistle blower protection. Apparently the poorly informed Assembly doesn't consider women sexual predators. Perhaps they are unaware of Mary Kay Letourneau, Joy Morsi, Daresa Deann Poe, Barbara Ellen Kirby, Courtney Reschke, Ashley Jessup, Sarah Hopkins and Jennifer Rice all convicted sexual predators.

Fierro, a former political consultant filed a law suit in U.S. District Court in Sacramento and charges "blatant gender bias". He has thus far "survived", an assault, harassment and retaliation yet the Assembly doesn't consider him as a victim, or Garcia, a powerful politician as a possible predator despite a history of inappropriate behavior. Adding irony to hypocrisy Garcia made the cover of Time Magazine's Persons of the Year Edition as one of the heroic "Silence Breakers". To no one's surprise, Fierro, his name, honor and integrity compromised learned his complaint was not substantiated, which he appealed arguing investigators failed to contact key witnesses to no avail. The world cried foul when Republicans blocked Brent Kavanagh's investigation, again to no avail. Garcia stated "Upon reflection of the details alleged, I am certain I did not engage in the behavior I am accused of. However, as I've said before, any claims about sexual harassment must be taken seriously, and I believe elected officials should be held to a higher standard of accountability". As we ponder another glitch amongst the forest of problems we know the best predicter of future behavior is past behavior. There were two dozen sexual harassment allegations made against Assembly lawmakers in 2017. An unbiased investigation is not expected and yet, anyone sexually accosted by a superior must be protected regardless of gender. I'm, disappointed assembly women would turn a blind eye to allegations of crime by one of their own. Where are black politicians who have always demonstrated courage?? `Within a year lawyers and politicians have robbed us of trust in the promise of America, the constitution, elections and the country many of us swore to protect. Pollyanna Democrats con-



tinue to disappoint as Trumpers perpetuate injustice and flaunt indifference. Police, politicians and priests have dismantled the infrastructure that once held us together. What will those who speak up against tyranny do if we allow retaliation to go unpunished? Can it be women who speak up are applauded but men doing the same are banished to the abyss?.

Se debe advertir a los visitantes que busquen desventuras en California sobre las nuevas leyes relativas al comportamiento sexual.

En medio de acusaciones de menores abusados sexualmente por el clero católico francés y la conexión del príncipe Andrew con Epstein. Estamos sorprendidos por las acusaciones contra la asambleísta Cristiana García, de 44 años, del distrito 58, alegando que manoseó a dos hombres mientras estaba extremadamente intoxicada. García patrocinó el proyecto de ley AB 453, por lo que quitarse un condón en secreto durante las relaciones sexuales es un delito llamado sigilo. Estos no son hombres descarriados y salados con historias turbias. Son empleados del estado educados y examinados que trabajan como personal político. García es un enemigo jurado del acoso sexual. El término sigilo fue acuñado en 2017 por Alexandra Brodsky, quien declaró en una entrevista de Rolling Stone "Mucha gente estaba luchando con esto". Es la autora de Sexual Justice y alega que sus entrevistados son "sobrevivientes". Esta práctica es bien conocida entre los hombres homosexuales que temen la infección.



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Michigan Fall Wine Tours

time of year. Michigan boasts several award winning vineyards in Mid-Michigan and along their Lake Michigan coast. From Traverse City to Holland, Michigan travelers can experience many creative wine pairings and beautiful vineyards. Michigan is home to 92 wineries over 14,600 acres of vinevards and no two are the same. There are also wine tours that travelers can take along the upper Lake Michigan shoreline. These tours follow a trail of wineries and highlight different aspects that are unique to each vineyard.

Popular Michigan Vineyards & Wineries:

- St. Julian Wine Company in Paw Paw, MI
- Ciccone Vineyard and Winery in Sutton's Bay, MI
- Black Star Farms in Sutton's Bay, MI
- · Robinette Cellars in Grand Rapids, MI
- Forty-Five North Vineyard and Winery in Leelanau, MI
- 2 Lads Winery in Traverse City, MI
- Left Foot Charley Winery in Traverse City, MI
- · Cascade Winery in Grand Rapids, MI
- Flying Otter Vineyard and Winery in Adrian, MI
- Find more, visit www.michigan.org/wineries

How to get there

While traveling from winery to winery sampling dry reds to sweet whites, it may be smart to think about who is driving. While you may want to make the most out of each stop, it would be smart to assign a designated driver if you plan on fully enjoying the tour. Another way to ensure that everyone has fun safely is to hire a party bus or limousine for your wine tour. Look into limous-

ine companies around the area you will be touring, so that you do not have In the fall, Michigan wine country welcomes guests during their most popular to pay extra fees for traveling long distances. This makes one less thing to worry about and everyone in your wine tasting party can enjoy the trip. There are a few things to take into account before taking off on your tour in a party bus or limo.

Winery and Vinevard Policies

Keep those questions in mind when planning your wine tasting stops and ask wineries ahead of time about their policies. Some wineries only allow groups arriving in party buses or limos to make appointments during specific time periods, so there is not overcrowding. Also, make sure to research the transportation company you will be using about their policies involving alcohol and what you can and cannot bring into the vehicle.

Once the plans are set, remember to keep your group aware of the rules for both the transportation company and the vineyard. This will help to ensure that everyone is on the same page and there is no confusion. Planning ahead and doing your research will help you be more prepared and less of a hassle. Make the most of this beautiful Michigan season and do your research ahead of time to have a relaxing wine tasting experience!

Tours del vino de otoño en Michigan

En el otoño, la región vinícola de Michigan da la bienvenida a los huéspedes durante su época más popular del año. Michigan cuenta con varios viñedos galardonados en Mid-Michigan y a lo largo de la costa del lago Michigan. Desde Traverse City hasta Holland, los viajeros de Michigan pueden experimentar muchos maridajes de vinos creativos y hermosos viñedos. Michigan alberga 92 bodegas en más de 14,600 acres de viñedos

> y no hay dos iguales. También hay recorridos enológicos que los viajeros pueden realizar a lo largo de la costa superior del lago Michigan. Estos recorridos siguen un rastro de bodegas y destacan diferentes aspectos que son únicos para cada viñedo.

Políticas de bodegas y viñedos

Tenga en cuenta estas preguntas al planificar sus paradas de cata de vinos y pregunte a las bodegas con anticipación sobre sus políticas. Algunas bodegas solo permiten que los grupos que llegan en autobuses de fiesta o limusinas hagan citas durante períodos de tiempo específicos, por lo que no hay hacinamiento. Además, asegúrese de investigar la compañía de transporte que utilizará sobre sus políticas relacionadas con el alcohol y lo que puede y no puede llevar al vehículo.

Una vez que se establezcan los planes, recuerde mantener a su grupo al tanto de las reglas tanto para la empresa de transporte como para el viñedo. Esto ayudará a garantizar que todos estén en la misma página y no haya confusión. Planificar con anticipación y hacer su investigación lo ayudará a estar más preparado y con menos molestias. ¡Aproveche al máximo esta hermosa temporada de Michigan e investigue con anticipación para tener una experiencia relajante de cata de vinos!

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Fear vs. Respect: How This Contrast can Encourage Black Love



By Kindra A. Peterson

It's clear that there are significant cultural differences when it comes to defining fear and respect. However, a similarity that can be seen across the board is how fear is compared or deemed a motivator to respect someone. Fear is defined as a bad feeling that comes due to thinking that danger will arise, while respect speaks more of admiration about someone or something based on nice qualities. To give one example, when you respect someone, you will have high regard for their feelings before taking any action that may negatively affect them.

When we look at so many unhealthy relationships in the black community, it is clear that there are historical scars that have programmed the sexes to have a great deal of disrespect towards one another. The disrespect can stem from a lack, delay or



unwillingness to grow mentally, hasty decisions based solely on physical attractions, abandonment of traditional courting intended towards marriage, self-hating traits and strife among one another that is taught by those that hate and envy black people, a lack of brother/sisterhood and so many other detrimental behaviors that keep black people from prospering to our full potential. Black people have learned to fear successful black love and respect. If it's not adversaries trying to convince black women that they can have a role in the feminist movement and they don't need a man or the same ones trying to convince black men that all black women are angry and bitter. Yes. Black women should stand up for their right to justice, but having their strong, black husband is a necessity to continue the black growth and love within our community. Yes. A black man that is on a high energy vibration should be looking for a wife who complements him and he shouldn't subject himself to a woman that is not of that mindset. The black man and woman need one another one hundred percent. The black man is the best protector of the black woman and the black woman is the best supporter of the black man, as this love is unmatched when it's true. We understand one another more than anyone else can or even cares to understand. Have we obtained a fear that we'll be the subject of hateful retaliation for loving one another? This type of fear should never stop us from the happiest life that we can be awarded, especially when other groups don't mind choosing life partners who are of their same racial background.

When black people start to love one another more, the natural admiration that is defined within respect will blossom throughout their unions and no outside weapons can separate their love. When black people start to see that fearing to love themselves is venomous energy, they will cast away anything or anyone who even entertains the idea, because by then they will have learned their worth. Black people can only win when we get on a higher level - just as we were born to be and nothing less.

© 2021 Written by Kindra A. Peterson







Making a splash in a sport outside of the mainstream media, but owning every second of it, is Mexican free-diver Estrella Na-

Navarro was born in La Paz. By Odille Parker Baja California Sur, and was initially scouted and trained by freediving instructor Aharon Solomons. Only three months into learning the breathing and ear-equalizing techniques involved in freediving, she broke a national Mexican record.

"I already knew of Aharon's reputation," Navarro said in an interview with The Redbulletin. "And I always wanted to compete. When he told me that runway as 2008 Miss Baja Sur on her resume. I could become a national champion, I totally believed him. I was thrilled... When a person believes in you, when they say you can do it, new doors open for you."

Navarro owns two international freediving medals and is the first woman from Mexico to win a medal at the AIDA Individual Depth World Championships. She also won the bronze medal in the Constant Weight No Fins, diving past 150 other

Beating records has continued to be her motto, breaking national freediving records for Mexico 26 times. In 2017. Navarro dove to a depth of 75 meters in Sharm El-Sheikh, Egypt in the Free Immersion and Constant Weight Fins categories. Then, in 2019, she dove 60 meters in the Buceo Libre competition off of Bacalar, Quintaana Roo, claiming another record for her country.

"In freediving, you really have to develop your mental strength," Navarro said. "Most of the time, I feel fear at the surface, but when I relax and submerge my face, the fear disappears. Now, I'm more comfortable in the water than out of it."

The water and the nature that exists beneath the surface is Navarro's passion, which is why she

pursued a degree in marine biology from the Autonomous University of Baja California Sur. She specializes in shark biology and ecology, publishing multiple articles.

She also works as an underwater and fashion model, with spots on magazine covers and the

Haciendo un chapoteo en un deporte fuera de los principales medios de comunicación, pero siendo dueña de cada segundo, está la buceadora mexicana Estrella Navarro.

Navarro posee dos medallas internacionales de apnea y es la primera mujer de México en ganar una medalla en el Campeonato Mundial de Profundidad Individual AIDA. También ganó la medalla de bronce en Constant Weight No Fins, pasando junto a otros 150 buceadores.

Batir récords ha seguido siendo su lema, batiendo récords nacionales de buceo en apnea en México 26 veces. En 2017, Navarro se sumergió a una profundidad de 75 metros en Sharm El-Sheikh, Egipto, en las categorías de inmersión libre y aletas de peso constante. Luego, en 2019, se zambulló 60 metros en la competencia Buceo Libre frente a Bacalar, Quintaana Roo, reclamando otro récord para su país.

También trabaja como modelo submarina y de moda, con anuncios en portadas de revistas y pasarela como Miss Baja Sur 2008 en su currículum.



November Events / Eventos en Noviembre

Diego Rivera and the **Detroit Industry Murals** November 4, 2021

Learn the complex and intriguing story behind Diego Rivera and his Detroit Industry murals, which have now been declared a Natio- canceled). Other Emmy nonal Historic Landmark. Learn about both the artist's personal history and life and what inspired him to create these famous murals. This Virtual event will be presented by trained DIA Docents.

Conozca la compleja e intrigante historia detrás de CD's on the Subpop label, Diego Rivera y sus murales de la industria de Detroit, que ahora han sido declarados Monumento Histórico Nacional. Conozca tanto la historia personal como la vida del nally well. artista y lo que lo inspiró a crear estos famosos murales. Este evento virtual será presentado por Docentes capacitados de DIA.

Grand Rapids Comic Con November 12-14, 2021 **Grand Rapids**

You've read about Comic-Con International on news sites and seen pictures of all the costumed heroes. You've laughed about the exploits of the guys on "The HBO, "Mr. Show with Bob Big Bang Theory" at comic book shows. Your friends have shared their experien- Grand Rapids Griffins ces at regional shows like C2E2, JAFAX, and Motor City Comic-Con. Now you have decided to experience a show for yourself. Has leído sobre Comic-Con International en sitios de noticias y has visto fotos de todos los héroes disfrazados. Te has reído de las hazañas de los chicos de "The Big number of permitted fans Bang Theory" en los proaramas de historietas. Tus amigos han compartido sus experiencias en programas regionales como C2E2, JAFAX y Motor City Comic-Con. Ahora has decidido vivir un espectáculo por ti mismo.

David Cross- Elegance Redefined November 13, 2021 **Grand Rapids**

Cross honed his comedy writing chops as one of the writers on "The Ben Stiller Show," for which he and the writing team share a posthumous Emmy (it was given after the show was minations soon followed when Cross created (along with Bob Odenkirk) the groundbreaking HBO show, "Mr. Show with Bob & David." The show ran on the cable network for four years. Additionally, Cross has released two comedy "Shut Up You Fxxxing Baby," which received a Grammy nomination, and "It's Not Funny." Both CD's garnered rave reviews and continue to sell exceptio-

Cross perfeccionó su habilidad para escribir comedias como uno de los quionistas de "The Ben Stiller Show", por la cual él y el equipo de guionistas comparten un Emmy póstumo (se le otoraó después de que el programa fuera cancelado). Pronto siguieron otras nominaciones al Emmy cuando Cross creó (junto con Bob Odenkirk) el innovador programa de & David".

October 27, 2021- April 22, 2022 **Grand Rapids** Van Andel Arena

The 2021-22 campaign will mark the Griffins' 20th season as the primary affiliate of the Detroit Red Wings, 21st year of AHL membership, and 26th season overall. Given the minimal and shortened schedule during the COVID-impacted 2020-21 season, the team deferred the celebration of 25 seasons of Griffins hockey to the 2021-22 campaign.

October 27, Grand Rapids Griffins vs. Chicago Wol-

La campaña 2021-22 marcará la vigésima temporada de los Griffins como el principal afiliado de los November 19-20, 2021 Detroit Red Wings, el vi-



gésimo primer año de membresía de AHL y la vi- Now in its 14th year, this gésimo sexta temporada en general. El 27 de octubre, Grand Rapids Griffins vs. Chicago Wolves.

Buzzed Bard Comedy Show November 18, 2021 **Grand Rapids**

The Comedy Project Buzzed Bard is Shakespeare like you've never seen it! Join the actors of the Pigeon Creek Shakespeare Company for some of Shakespeare's funniest scenes, Shakespeare-themed improv, a Shakespearean insult contest, and the world famous, extremely historically accurate Shakespeare drinking game. Each date of Buzzed Bard will feature different Shakespearean scenes, so audiences will see something different each time! For more information about the Pigeon Creek Shakespeare Company, please

www.pcshakespeare.com. El projecto Comedia ¡Buz- mida y las bebidas zed Bard es Shakespeare como nunca lo habías visto! Únase a los actores de Pigeon Creek Shakespeare Company para disfrutar de algunas de las escenas más divertidas de Shakespeare, improvisaciones con temas de Shakespeare, un concurso de insultos de Shakespeare y el juego de beber de Shakespeare, fa- nual Wonderland of Lights moso en todo el mundo v con una precisión histórica extrema. Para obtener más información sobre Pigeon Creek Shakespeare Company, visite www.pcshakespeare.com.

14th Annual International Wine, Beer & Food **Festival**

Grand Rapids

Festival has established itself as Michigan's annual tasting event, measured by more than 1,500 wines, beers, ciders and spirits from around the world, along with creations from the area's finest restaurants. From the connoisseur manualidades y encuenwho lives and breathes for the finer things in life to the novice looking for an introduction to the world of food and spirits, this Festival will deliver a grand experience that is sure to please every palate.

Ahora en su 14 ° año, este a single truck in 1948 has Festival se ha establecido como el evento anual de degustación de Michigan, medido por más de 1,500 vinos, cervezas, sidras v licores de todo el mundo, junto con creaciones de los mejores restaurantes de la zona. Desde el conocedor que vive y respira por las cosas buenas rations that grace the town de la vida hasta el novato que busca una introducción al mundo de la coespirituosas, este Festival brindará una gran experiencia que seguramente complacerá a todos los paladares.

27th Annual Wonderland of Lights November 20, 2021-December 26, 2021 Lansing

It's time for this year's anat Potter Park Zoo. Don't miss this seasonal Lansing staple! Tour the grounds with friends and family as thousands of lights and decorations transform the zoo into a holiday spectacle. There will be cookie decorating, crafts and animal encounters for all to enjoy! Es hora del Wonderland of Lights anual de este

año en Potter Park Zoo. ¡No te pierdas este básico de temporada de Lansing! Recorra los terrenos con amigos y familiares mientras miles de luces y decoraciones transforman el zoológico en un espectáculo navideño. :Habrá decoración de galletas, tros con animales para que todos disfruten!

57th Annual Marshall **Christmas Parade** November 29, 2021 Marshall

A tradition that started with turned into something quite magical over the years, as Marshall kicks off the holiday season with their annual Christmas Parade. Norman Rockwell would be delighted to experience such an exciting and jovous parade among the backdrop of vintage decoof Marshall. Many of the decorations are almost as old as the parade tradition itself! Thousands of families from Marshall and the surrounding communities have made this event a tradition.

Una tradición que comenzó con un solo camión en 1948 se ha convertido en algo bastante mágico a lo largo de los años, ya que Marshall comienza la temporada navideña con su desfile anual de Navidad. Norman Rockwell estaría encantado de experimentar un desfile tan emocionante y alegre entre el telón de fondo de las decoraciones antiguas que adornan la ciudad de Marshall. ¡Muchas de las decoraciones son casi tan antiguas como la propia tradición del desfile!

14 THE COMMUNITY VOICE LA VOZ / NOVEMBER 2021





Was Held At Gun Lake Casino 7/31/21

On Saturday morning we traveled to the Wayland Car Show at Gun Lake Casino 1123 129th Ave., Wayland, MI. It felt great to see so many cars lined up and parked & so many people walking around. The Wayland Car Show had many vendors there from fresh vegetables to art & crafts, food booths, beverages including live music provided by the band Moonshot & DJ... oldies but goodies!

Auto Body Xperts also had awards, prizes, raffles for the car show participants. All proceeds from the Wayland Car Show were donated to Wayland VFW Post #7581.

Due to Covid-19 they had safety precautions in place. We are proud to publish these photographs highlighting the event for your pleasure.

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



WHAT IS ON THE MIND OF MEN



"I've been off the big radar. Believe it or not there has

you been?', I've been right here doing what I've always done."

in life or things that didn't make sense and my mom was always wormoments. Growing up, those thoughts were always there in my mind, lo que siempre he hecho ". but I just couldn't express them."

Did he always want to be a comedian? "Comedy was some- ¡Muéstrenle un poco de amor a Carlos Mencia! Actuará en West mom couldn't tell me it's not appropriate. It was the most liberating para comprar boletos. thina."

Having established himself as a stand-up comedian, he hosted HBO's Latino comedy showcase, Loco Slam, had a couple of half-hour specials on HBO and released his first comedy album by Warner Records called *Take A Joke America*. He started to venture into acting with appearances in the television shows *Moesha* and *The* Shield and roles in the film Outta Time and the animated show The Proud Family. After performing on "Comedy Central Presents' in 2005. the network offered him his own half hour comedy show, Mind of Mencia, which mixed Mencia's stand-up comedy with sketch comedy. It quickly became Comedy Central's second highest-rated program behind South Park before being cancelled in 2008. "It was simply the world as I saw it. It was just magical years of being able to do and say what I wanted to on a bigger scale. It was a dream come true."

Then came the allegations of plagiarism and joke-stealing by Joe Rogan and other comedians, which nearly cost him his career. He was labeled one of the three most hated stand-ups in the profession. "There were suicidal moments in those days, there were homicidal moments in those days. That's how devastating that was. But I had a choice. Turn my back on the comedy world, be angry, be aggressive or turn it into a growth experience and help myself and other people. Therapy and returning to the stage helped him get through that dark time. "Up until the last year and a half, I wasn't ready for the attention, I wasn't ready for the good and the bad, I wasn't ready for the hate or the negativity that comes with success. I'm a very shy person in real life. Carlos Mencia onstage is just a little bit of my personality blown up 1000 percent, but it is not who I am as a person. It's who I am as a comedian, but not as a person. I'm in a much better place. All of this helped me grow as a comedian. I don't think I've ever been funnier or more prepared. I'm at the top of my game. That's how life-saving the stage has been for me because it is the one place that I can go to where I can be 100% myself, and to feel the love of audiences, not my family, not people I'm providing for, but just people who have paid to see me perform and are there just because I make them happy. Ironically, stand-up has brought me the worst scrutiny my life has ever seen and at the same time it saved me from the horrors and the negativity that life can bring. That saved my life."

So go show Carlos Mencia some love! He will be performing

These days, lots of things are on the mind of Hondu- in West Michigan with two shows each (7 pm & 9:30 pm) at the followran-born American comedian, Carlos Mencia. A lot of ing venues – December 9 at Park Theatre in Holland, December 10 at people thought he had fallen off the radar, but the truth Billy's Lounge in Grand Rapids and the Back Alley Comedy Club in is, he has continued to tour with his stand-up comedy. Muskegon. Go to www.fullhousecomedy.com to buy tickets.

not been one year, except for last year, where I did not En estos días, muchas cosas están en la mente del comediante work 50-51 weeks a year doing stand-up. Unless estadounidense nacido en Honduras, Carlos Mencia. Mucha gente By Lisa Wiseman you're not connected with me on social media, Facebook, Twitter or whatever, you may not know that. Since Mind of Men- tinuado de gira con su comedia en vivo. "He estado fuera del gran cia, I've been touring consistently, so when people ask, 'where have radar. Lo crea o no, no ha habido un año, excepto el año pasado, en el que no trabajé 50-51 semanas al año haciendo stand-up. A Growing up in East L.A., Carlos came from a big family, with menos que no estés conectado conmigo en las redes sociales, 17 brothers and sisters. "When I was a kid, I always found the 'dents' Facebook, Twitter o lo que sea, es posible que no lo sepas. Desde Mind of Mencia, he estado de gira constantemente, así que cuando ried I would say the most inappropriate things at the most inappropriate la gente pregunta, '¿dónde has estado?', He estado aquí haciendo

thing that found me, I completely fell into it. I think it was always going Michigan con dos espectáculos cada uno (7 pm y 9:30 pm) en los to happen, it just needed to find me. And from the first moment I siguientes lugares: 9 de diciembre en Park Theatre en Holanda, stepped on stage, that was it. I was like, 'this is what my brain has 10 de diciembre en Billy's Lounge en Grand Rapids y Back Alley been wanting my entire life!' I found that one space in time where my Comedy Club en Muskegon. Vaya a www.fullhousecomedy.com





Latin Artist on the Rise: **How Emilia Went** From Local Favorite to International Star

Emilia wrote her first song when she was just 10 years old, and she made it her mission to earn some cash performing it for friends and family.

"It was a silly song, as you can imagine," the 24-year-old rising Argentine artist remembers. "But every time there was a dinner or a gathering in our house, I would bring out my guitar and perform it. Then I'd pass around my little hat so people could pay up." Growing up in a small city in the province of Entre Ríos in Argentina, Emilia never imagined she would ever perform outside of her house -- much less make a living off a career in music. "Back then, it was a hobby," she says during a phone interview with Billboard. "But I loved it regardless. It filled me."

Her first big break came when a producer discovered her cover songs on Instagram. "He invited me to join this band called Rombai and so I did, and that was my first industry job. Everything was new, going on tours, people asking for photos on the street. It was a new world for me."

A world she'd stay in, next branching out as a solo artist after a two-

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year stint with cumbia-pop group Rombai form 2016 to 2018. Soon after, she went to Miami with the money she had saved from her time with the band to record some music that reached her now-manager, Walter Kolm, and Sony Music Latin -- with whom she signed management and recording deals, respectively, in 2019.

While she has yet to drop her debut album, Emilia has released a handful of urban-leaning singles in collaboration with artists such as Panamanian reggaetonero Boza ("Perreito Salvaje"), Puerto Rican rapper Darell ("No Soy Yo"), R&B singer Alex Rose ("Bendición") and Argentine rapper Duki ("Como Si No Importara"). In August, the Dukiassisted track scored Emilia her first entry on the Billboard Global Excl. U.S. chart. She's already placed five songs on the Billboard Argentina Hot 100.

For now, Emilia promises to release more singles in anticipation of her first album, which could drop before the year ends, according to the artist. She will also be part of Billboard's Latin Music Week lineup, joining our traditional "On the Rise" panel, which gets a revamp this year with a new crop of rising female talent representing different genres from all corners of the globe. Presented by Amazon Music Latin, "Women on the Rise" will feature up-and-coming artists such as Emilia, Elena Rose, Las Villa and Mariah Angeliq.

Emilia escribió su primera canción cuando tenía solo 10 años, y su misión fue ganar algo de dinero interpretándola para amigos v familiares.

Un mundo en el que se quedaría, y luego se diversificó como solista después de un período de dos años con el grupo de cumbia-pop Rombai de 2016 a 2018. Poco después, se fue a Miami con el dinero que había ahorrado en su tiempo con el banda para grabar algo de música que llegó a su ahora gerente, Walter Kolm, y Sony Music Latin, con quienes firmó acuerdos de administración y grabación, respectivamente, en 2019.

Si bien aún no ha lanzado su álbum debut, Emilia ha lanzado un puñado de sencillos de tendencia urbana en colaboración con artistas como el reggaetonero panameño Boza ("Perreito Salvaje"), el rapero puertorriqueño Darell ("No Soy Yo"), cantante de R&B. Alex Rose ("Bendición") y el rapero argentino Duki ("Como Si No Importara"). En agosto, la pista asistida por Duki le dio a Emilia su primera entrada en el Billboard Global Excl. Gráfico de EE. UU. Ya colocó cinco canciones en el Billboard Argentina Hot

Por ahora, Emilia promete lanzar más sencillos en previsión de su primer álbum, que podría caer antes de que termine el año, según el artista. Ella también será parte del cartel de la Semana de la Música Latina de Billboard, uniéndose a nuestro panel tradicional "On the Rise", que se renovará este año con una nueva generación de talentos femeninos en ascenso que representan diferentes géneros de todos los rincones del mundo. Presentado por Amazon Music Latin, "Women on the Rise" contará con artistas emergentes como Emilia, Elena Rose, Las Villa y Mariah Angelia.





What You Need to Know

COVID-19 Vaccine booster shots are available for the following Pfizer-BioNTech vaccine recipients who completed their initial series at least 6 months ago and are:

Older adults and 50-64 year old people with medical conditions

People aged 65 years and older and adults 50-64 years with underlying medical conditions should get a booster shot of Pfizer-BioNTech vaccine. The risk of severe illness from COVID-19 increases with age. and can also increase for adults of any age with underlying medical conditions.

Long-term care setting residents aged 18 years and older

Residents aged 18 years and older of long-term care settings should get a booster shot of Pfizer-BioNTech vaccine. Because residents in long-term care settings live closely together in group settings and are often older adults with underlying medical conditions, they are at increased risk of infection and severe illness from COVID-19.

People with medical conditions aged 18-49 years

People aged 18-49 years with underlying medical conditions may get a booster shot of Pfizer-BioNTech vaccine based on their individual benefits and risks. Adults aged 18-49 years who have underlying medical conditions are at increased risk for severe illness from COVID-19. However, that risk is likely not as high as it would be for adults aged 50 years and older who have underlying medical conditions. People aged 18–49 years who have underlying medical conditions may get a booster shot after considering their individual risks and benefits. This recommendation may change in the future as more data become available.

Employees and residents at increased risk for COVID-19 exposure and transmission

People aged 18–64 years at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting may get a booster shot of Pfizer-BioNTech vaccine based on their individual benefits and risks. Adults aged 18-64 years who work or reside in certain settings (e.g., health care, schools, correctional facilities, homeless shelters) may be at increased risk of being exposed to COVID-19, which could be spreading where they work or reside. Since that risk can vary across settings and based on how much COVID-19 is spreading in a community, people aged 18-64 years who are at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting may get a booster shot after considering their individual risks and benefits. This recommendation may change in the future as more data become available.

Data Supporting Need for a Booster Shot

Studies show that after getting vaccinated against COVID-19, protection against the virus may decrease over time and be less able to protect against the Delta variant. Although COVID-19 vaccination for adults aged 65 years and older remains effective in preventing severe disease, recent data suggest vaccination is less effective at preventing infection or milder illness with symptoms. Emerging evidence also shows that among healthcare and other frontline workers, vaccine effectiveness against COVID-19 infections is decreasing over time. This lower effectiveness is likely due to the combination of decreasing protection as time passes since getting vaccinated (e.g., waning immunity) as well as the greater infectiousness of the Delta variant.

Data from a small clinical trial show that a Pfizer-BioNTech booster shot increased the immune response in trial participants who finished their primary series 6 months earlier. With an increased immune response, people should have improved protection against COVID-19, including the Delta variant.

Lo que necesitas saber

Las vacunas de refuerzo de la vacuna COVID-19 están disponibles para los siguientes receptores de la vacuna Pfizer-BioNTech que completaron su serie inicial hace al menos 6 meses y son:

Adultos mayores y personas de 50 a 64 años con afecciones médicas

Las personas de 65 años o más y los adultos de 50 a 64 años con afecciones médicas subyacentes deben recibir una inyección de refuerzo de la vacuna Pfizer-BioNTech. El riesgo

de enfermedad grave por COVID-19 aumenta con la edad y también puede aumentar en adultos de cualquier edad con afecciones médicas subyacentes. Residentes de centros de cuidados a largo plazo mayores de 18 años.

Personas con afecciones médicas de 18 a 49 años.

Las personas de 18 a 49 años con afecciones médicas subyacentes pueden recibir una invección de refuerzo de la vacuna Pfizer-BioN-Tech según sus beneficios y riesgos individuales. Los adultos de 18 a 49 años que tienen afecciones médicas subyacentes tienen un mayor riesgo de contraer una enfermedad grave por COVID-19. Sin embargo, es probable que ese riesgo no sea tan alto como lo sería para los adultos de 50 años o más que tienen afecciones médicas subyacentes. Las personas de entre 18 y 49 años que tienen afecciones médicas subvacentes pueden recibir una vacuna de refuerzo después de considerar sus riesgos y beneficios individuales

Empleados y residentes en mayor riesgo de exposición y transmisión de COVID-19

Las personas de 18 a 64 años con mayor riesgo de exposición y transmisión de COVID-19 debido al entorno laboral o institucional pueden recibir una inyección de refuerzo de la vacuna Pfizer-BioN-Tech según sus beneficios y riesgos individuales. Los adultos de 18 a 64 años que trabajan o residen en determinados entornos (p. Ej., Atención médica, escuelas, establecimientos penitenciarios, refugios para personas sin hogar) pueden tener un mayor riesgo de estar expuestos al COVID-19, que podría propagarse donde trabajan o residen. Dado que ese riesgo puede variar según los entornos y según la cantidad de COVID-19 que se está propagando en una comunidad, las personas de 18 a 64 años que tienen un mayor riesgo de exposición y transmisión de COVID-19 debido a un entorno ocupacional o institucional pueden recibir una vacuna de refuerzo, después de considerar sus riesgos y beneficios individuales. Esta recomendación puede cambiar en el futuro a medida que se disponga de más datos.



- Individuals 65 years of age and older
- viduals 18-64 years of age at risk for re COVID-19 due to certain underlying ical conditions as defined by the CDC*
- Individuals 18-64 years of age who are at increased risk for COVID-19 because of occupational or institutional settings

Learn more at mass.gov/COVID19booster

Spectrum Health and Mary Free Bed Announce Enhanced Pediatric Care Collaboration

Spectrum Health and Mary Free Bed leaders last month announced an enhanced collaboration aimed at increasing access to excellent pediatric acute inpatient rehabilitation.

Through a Joint Operating Agreement, Spectrum Health Helen DeVos Children's Hospital and Mary Free Bed Rehabilitation Hospital will operate an acute pediatric inpatient rehabilitation unit at Mary Free Bed.

"We have worked closely with Mary Free Bed for many years and value our shared goal of better serving children by leveraging our re-

spective strengths," said Tina Freese Decker, President & CEO, Spectrum Health. "This agreement builds on our strong relationship and is focused on specialized healing care and therapy our kids need."

"We'll begin thinking about rehabilitation from the moment children are admitted to Helen DeVos Children's Hospital because of this collaboration," said Kent Riddle, CEO, Mary Free Bed. "We're all thrilled about how this program will make recoveries for kids even better."

The partnership will enhance current services and create new ones. The story of Lyli Shults illustrates the possibilities. Caregivers from Helen DeVos Children's Hospital helped Mary Free Bed establish a pediatric ventilator program for children who require mechanical assistance for breathing. Following surgery at Helen DeVos Children's Hospital, Lyli transferred to Mary Free Bed where she received ventilator support and the specialized rehabilitation she needed. While at Mary Free Bed, Lyli was followed by her Helen DeVos Children's Hospital physicians via telehealth.

In addition, through this agreement, a Mary Free Bed physiatrist, a physician specializing in physical medicine and rehabilitation, will partner with Spectrum Health Medical Group physiatrists to enhance services for patients requiring post-acute care.

The joint operating agreement, which builds on the 2018 Forum for Collaboration between the two organizations, also paves the way for future projects. Neither organization plans to close or discontinue any existing medical or rehabilitation services. Rather, the collaboration is designed to expand and improve services in the region. The hospitals will remain independent.

Los líderes de Spectrum Health y Mary Free Bed anunciaron el mes pasado una colaboración mejorada destinada a aumentar el acceso a una excelente rehabilitación pediátrica aguda para pa-



cientes hospitalizados.

A través de un acuerdo de operación conjunta, Spectrum Health Helen DeVos Children's Hospital y Mary Free Bed Rehabilitation Hospital operarán una unidad de rehabilitación pediátrica aguda para pacientes hospitalizados en Mary Free Bed.

"Hemos trabajado en estrecha colaboración con Mary Free Bed durante muchos años y valoramos nuestro objetivo común de brindar un mejor servicio a los niños aprovechando nuestras respectivas fortalezas", dijo Tina Freese Decker, presidenta y di-

> rectora ejecutiva de Spectrum Health. "Este acuerdo se basa en nuestra sólida relación y se centra en la atención y la terapia curativas especializadas que necesitan nuestros niños".

"Comenzaremos a pensar en la rehabilitación desde el momento en que los niños sean admitidos en el Hospital de Niños Helen DeVos debido a esta colaboración", dijo Kent Riddle, director ejecutivo de Mary Free Bed. "Estamos todos encantados de cómo este programa hará que la recuperación de los niños sea aún mejor".

La asociación mejorará los servicios actuales y creará otros nuevos. La historia de Lyli Shults ilustra las posibilidades. Los cuidadores del Hospital de Niños Helen DeVos ayudaron a Mary Free Bed a establecer un programa de ventilador pediátrico para niños que necesitan asistencia mecánica para respirar. Después de la cirugía en el Hospital de Niños Helen DeVos, Lyli se trasladó a Mary Free Bed, donde recibió asistencia respiratoria y la rehabilitación especializada que necesitaba. Mientras estaba en Mary Free Bed, los médicos del Hospital de Niños Helen DeVos siguieron a Lyli a través de telesalud.

Además, a través de este acuerdo, un fisiatra de Mary Free Bed, un médico especializado en medicina física y rehabilitación, se asociará con los fisiatras de Spectrum Health Medical Group para mejorar los servicios para los pacientes que requieran cuidados post-agudos.

El acuerdo de operación conjunta, que se basa en el Foro de Colaboración de 2018 entre las dos organizaciones, también allana el camino para proyectos futuros. Ninguna organización planea cerrar o descontinuar ningún servicio médico o de rehabilitación existente. Más bien, la colaboración está diseñada para expandir y mejorar los servicios en la región. Los hospitales seguirán siendo independientes.

About Mary Free Bed

Mary Free Bed is a not-for-profit, internationally accredited rehabilitation hospital. From a single bed in Grand Rapids, Michigan in 1891, to a rehabilitation system with 482 beds across more than three dozen Midwest communities, we'll restore hope and freedom through rehabilitation for more than 90,000 children and adults this year.

In addition to residency programs for clinicians and physicians, we're the site for the Michigan State University College of Human Medicine Division of Rehabilitation Medicine. Mary Free Bed conducts primary clinical research and partners with medical and academic institutions across the country.

U.S. News & World Report and Newsweek rate Mary Free Bed as a national Best Rehabilitation Hospital for 2021-22. For more information, visit www.maryfreebed.com.









What are your favorite:
Band: Katie Perry
Cocktail: Bottled Water
Colors: Blue & Orange

" COOL "Mike Event: Grand Haven Beach Shoot for sure!!

Movie of all time: A League of their Own Restaurant's: Uno

Soda: Water...I don't drink pop

Time of year: summer

TV Show: When Calls the Heart

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RETENTION - West Shore Community College seeks applicants for the Director of Advising and Retention. West Shore offers a comprehensive general education curricula designed to meet the needs of students interested in occupational programs leading to immediate employment and students wishing to transfer to a senior institution. West Shore is located in a picturesque area offering year-round recreational Specialist: The Grand activities and serves a multi-county district

that includes Mason. Manistee, Lake, and Oceana counties. Annual student population is approximately 1800. The College offers an exciting, challenging, and rewarding work environment.

The Director of Advisbe responsible for providing vision and leadership for the college's student-centered advising program, from ment. The Director is grating, facilitating, en- Minimum qualificaabling, and fostering forts in academic advising and early alert practices that support tention, persistence, graduation, overall student satisfaction). The Director of Advising and Retention directs professional advising staff, coordinates facing, and currently reports to the V.P. of Academics and Student Services. For specific position functions, please review the Position Description on our website. Successful applicants will have a Bachelor's degree in a relevant area of study (e.g. counseling, education, social or behavioral sciences), and a minimum of three years of experience in an educational or social services environment. Position offers a full benefits package, and beginning salary at or above \$54,771.

RESIDENT SERVICES SPECIALIST- Send vourself a reminder Resident Services Rapids Housing Commission is seeking an

www.westshore.edu

plan, advocate, collaborate with the community, fundraise and to carry out operational activities for the program participants such as elderly, disabled and families. The Resident Services Specialist independently oversees onsite programs in coordination with various federal. state and local initiatives and grants. The Resident Services Specialist will report to the Resident Services Manager.

tions: a master's in social work, psychology or related field. A minimum of one (1) year full-time social work or internship experience. Licensure is preferred.

Starting annual salary is \$45,451 plus benefits. Applications will be accepted in person, by mail, or via email from until the position is filled. You may request the required

experienced person to Employment Application from The Grand Rapids Housing Commission, 1420 Fuller Avenue S.E., Grand Rapids, MI 49507, (616) 235-2600, or apply online via the GRHC website.

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