

The Community Voice

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# LAVOZ

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**2022**  
**ELECTION**

**VOTA EL 8 DE NOVIEMBRE**



**DAY OF THE DEAD • NOV 2ND**



**Celebrate National Native  
American Heritage Month**

**Mes Nacional de la Herencia Nativa Americana**



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# Will the November 8<sup>th</sup> Midterm Elections See Strong Latino Turnout?

## ¿Habrà una fuerte participación latina en las elecciones intermedias del 8 de noviembre?



By Dr. José A. Flores

Democrats and Republicans alike want to see a high turnout of Latino voters across the nation and in key battleground states as they wrestle for control of the U.S. Congress and state legislatures. As you would expect, most Latino voters lean toward the Democratic Party currently and a strong Latino voter turnout gives Democrats a slight edge on November 8<sup>th</sup>. Early voting patterns are showing a positive trend however, Republicans are also confident that the shifting Latino vote toward the conservative values party platform will make a difference for them as they expect record turnout for their efforts to take America Back. Surveys and recent voter strategists have predictions of Republicans recapturing the U.S House of Representatives and Democrats potentially gaining control of the Senate. We, the voters of Michigan and the United States will have to vote in record numbers to have our party preferences win out in this crucial election.

"These midterms may also set a record for the total number of votes cast in a midterm year. Over 122 million people voted in the midterm elections, according to the Pew Research Center, the highest turnout in a midterm since 2018. If the current pace of early voting continues, the 2022 midterms appear likely to pass that figure." Axios noted that a number of states are already seeing record-breaking early voting, particularly in two key battleground states, Georgia, and Ohio.

According to WAGA-TV in Atlanta, the state of Georgia has already seen first-day early voting numbers that were twice as high as 2018. In Ohio, meanwhile, the Columbus Dispatch reported 945,000 people had already voted early or requested a mail-in ballot in the first week, a 2.7 percent increase from 2018

Across the United States key issues on Voter I.D. requirements, access to voting locations, mail-in ballots, voter accommodations and early voting are on the ballot in many states. Some groups have called these attempts to limit the vote as "voter suppression," which affects us all but has a greater effect on voters of color. Financial transparency of office holders and term limits are also on state ballots. Calling on candidates to disclose where their money comes from and preventing office holders from getting rich through corrupt practices while in office is a good move toward cleaning up public service. Our leaders should not be profiting from their votes or influence. They must serve our interests not their personal greed for enrichment through their votes or influence.

Women and candidates of various racial and ethnic backgrounds are continuing to increase their presence in national, state, and local contests representing a step forward in diversity for our society. We must all share the responsibility of governance and improve the connections to all communities. Democratic and Republican Party leaders and candidates cannot continue to only serve the interests of wealthy, educated elites that represent the "haves" well while failing the needs and issue of "have nots."

"Boots on the ground campaign canvassing" and voter registration must also engage Black, Latino and Native American communities in depressed neighborhoods who may not be our traditional voters. Many communities feel forgotten because they are left out. Voter engagement and targeting in many of our communities is non-existent or grossly insufficient.

Ballot proposals on the Michigan ballot also deserve attention and deserve a yes on all three ballot questions. There is an active campaign of disinformation being waged by special interest groups, but all three proposals are reasonable in my view.



In the Grand Rapids area, Latinos should support candidates running for office including our own Ivan Diaz running for County Commissioner, Kent County District 20, and Candidates for the GRPS School Board of Education, Amanda Bernes, José Rodríguez, and Ana Aleman Putnam to add important perspectives to our current board of education. The Board of Education should explore term limits for Board members to enable board service by an ever-changing community. Latino candidates running for public office inspire a community to vote!

Tanto los demócratas como los republicanos quieren ver una alta participación de votantes latinos en toda la nación y en estados claves en el campo de batalla mientras luchan por el control del Congreso de los EE. UU. y legislaturas estatales. Como era de esperar, la mayoría de los votantes latinos se inclinan por el Partido Demócrata actualmente y una fuerte participación de votantes latinos les da a los demócratas una ligera ventaja el 8 de noviembre. Sin embargo, los patrones de votación anticipadas muestran una tendencia positiva. Los republicanos también confían en que el cambio del voto latino hacia el conservador plataforma del partido de valores marcará una diferencia para ellos, ya que esperan una participación récord para sus esfuerzos de recuperar América. Las encuestas y los estrategias de votantes recientes han hecho predicciones de los republicanos de recuperar la Cámara de Representantes de EE. UU. y que los demócratas podrían ganar el control del Senado. Nosotros, los votantes de Michigan y los Estados Unidos tendrá que votar en números récord para que ganen nuestras preferencias de partido en esta crucial elección.

"Estas elecciones intermedias también pueden establecer un récord para el número total de votos emitidos en una votación intermedia año. Más de 122 millones de personas votaron en las elecciones intermedias, según el Pew Research Center, la participación más alta en un término medio desde 2018. Si el ritmo actual de la votación anticipada continúa, es probable que las elecciones intermedias de 2022 superen esa cifra". Axios señaló que varios estados ya están viendo una votación anticipada récord, particularmente en dos estados claves del campo de batalla, Georgia y Ohio.

Según WAGA-TV en Atlanta, el estado de Georgia ya vio el primer día temprano números de votación que fueron el doble de los de 2018. En Ohio, mientras tanto, el Columbus Dispatch informó que 945,000 personas ya habían votado anticipadamente o solicitado una boleta por correo en la primera semana, un aumento del 2,7 por ciento desde 2018.

A lo largo de los Estados Unidos, cuestiones claves sobre la identificación del votante requisitos, acceso a la votación ubicaciones, boletas por correo, alojamiento para votantes y votación anticipada están en la boleta en muchos estados Algunos grupos han llamado a estos intentos de limitar el voto como "represión de la votación", que nos afecta a todos, pero tiene un mayor efecto en los votantes de color. La transparencia de finanzas de los candidatos y oficiales electos, los límites de servicio en oficina también se encuentran en las boletas electorales estatales. Llamando candidatos revelar de dónde proviene su dinero y evitar que los titulares de cargos se enriquecen a través de prácticas corruptas mientras está en el cargo es un buen paso hacia limpieza del servicio público. Nuestros líderes no deberían beneficiarse de sus votos o influencia. Deben servir a nuestros intereses, no a su codicia personal de enriquecimiento a través de sus votos o influencia.

Las mujeres y los candidatos de diversos orígenes raciales y étnicos continúan incrementar su presencia en certámenes nacionales, estatales y locales representando un paso adelante en la diversidad para nuestra sociedad. Todos debemos compartir la responsabilidad de la gobernanza y mejorar las conexiones con todas las comunidades. Líderes del Partido Demócrata y Republicano y los candidatos no pueden seguir sirviendo únicamente a los intereses de las élites ricas y educadas que representan bien a los que "tienen" mientras fallan en las necesidades y el problema de los "que no tienen".

...Versión en español continúa en la pag. 12



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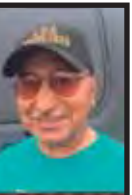
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# Los Ciudadanos No Deben Pagar el Préstamo de la AEE de Puerto Rico



Por Dr. Edgar León

Esta claro que el gobierno central sigue castigando y empobreciendo a los residentes de la isla por falta de conocimiento y usando el engaño como herramienta. El empobrecimiento de los ciudadanos se convierte en injusticia cuando vemos como la gente tiene que decidir en pagar la energía eléctrica o

comer. El costo de la energía eléctrica se ha duplicado en los últimos dos años. Ahora, encima de ese aumento, se pretende añadir un costo para poder pagar la quiebra de la empresa que no pudo administrar sus fondos de operación de forma correcta y que todavía continua con las practicas que la llevaron a la quiebra.

Podremos exponer las razones por las cuales los puertorriqueños no deben pagar ni un centavo de la deuda de la Autoridad de Energía Eléctrica que esta en la corte de quiebra en estos momentos.

Primera razón es que ninguno de los residentes de la isla hizo el préstamo millonario de la AEE.

Segunda razón es que los mas que le deben dinero por uso de energía eléctrica a la Autoridad de Energía Eléctrica son las mismas agencias del gobierno central y alcaldías de los 78 pueblos de la isla.

Tercera razón es que se le dan incentivos a los hoteles y paradores de la isla para que paguen menos dinero de lo que cuesta la energía eléctrica.

Tercera razón es que la Autoridad de Energía Eléctrica no le cobra o les cobra a los miles de residentes de los residenciales públicos de la isla.

Cuarta razón es que se le dan incentivos para que paguen menos a las industrias farmacéuticas y otras fabricas con la condición de que se queden en la isla.

La suma de todos esos incentivos y regalías de energía eléctrica se ha acumulado junto a los prestamos que hicieron algunos gobernadores para mantener la Autoridad de Energía Eléctrica a flote. También se hicieron prestamos para bajar el costo de la energía de manera ficticia para luego ahora pasarle la cuenta al pueblo que no tuvo nada que ver con esas decisiones.

De que hay que pagar la deuda, es claro que si, pero hay que ver cuales de esos prestamos eran garantizados y cuales no. Los que no eran garantizados no se deben pagar. Los otros deben ser divididos entre el gobierno central y las alcaldías para que no perjudiquen al pueblo que no hizo el préstamo

y que ya esta empobrecido por todos los aumentos.

La Junta de Control Fiscal esta a cargo de negociar esa deuda lo cual es totalmente absurdo. Los miembros de esa junta no van a defender a los puertorriqueños. Le toca al gobernador negarse totalmente a empujar esa deuda al pueblo. Deben pelearlo a favor de las personas que ahora mismo todavía no tienen energía eléctrica. Se debe negar a pagar los 9 billones de dólares por una Autoridad de Energía Eléctrica con una infraestructura que no vale hoy día ni 3 billones.

La junta esta ahí impuesta por el congreso y ellos deciden. Le toca a todo puertorriqueño comunicarle a sus legisladores para que eleven su protesta y pidan quitar esa deuda del todo. Si hay que pagar ese préstamo de AEE, entonces debe ser el gobierno central y los alcaldes que paguen por esa deuda quitando agencias del gobierno central que ya son obsoletas y promoviendo nuevos proyectos con el fin de ayudar a la economía. El aumento en el costo por la electricidad va a seguir subiendo para todos los que queden pegados al sistema eléctrico porque miles de familias ya están poniendo paneles solares y baterías en sus casas lo cual le resta ingresos a la LUMA.

El gobierno central debe incluir el desarrollo de una industria de paneles solares y baterías. LUMA no lo va a ser porque le quita ingresos de sus ganancias. También el plan del gobierno central debe incluir la generación de electricidad usando la basura que tiene los 21 vertederos de la isla. Esto se puede hacer de forma segura y sin contaminar el ambiente.

En conclusión, que no sea el pueblo quien pague el préstamo de la AEE y que poco a poco se salgan todos del sistema LUMA.



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# Community News

## A Spectacular Fusion of Irish & Mexican Music and Dance!

Midland Center for the Arts • NOV 13 / 6:30 PM  
Tickets Start at \$15.50

This two-time Grammy Award-nominated ensemble SONES DE MÉXICO is rooted in Mexican 'son' music and plays all-original arrangements: traditional and experimental, true-to-tradition 'huapangos' (folk style from northeastern Mexico), and son 'jarocho' (Veracruz style), to new hybrids of rock, classical and folk – all performed with contagious energy and resonant elegance.

Join the ensemble for a spectacular night of celebration as they're joined by Seán Cleland and the Irish Music School of Chicago to perform Los San Patricios celebrating the St. Patrick's battalion of Irish volunteers who fought alongside Mexican soldiers in the Mexican-American War. With music, dance and balladry, two immigrant communities, both known for passing traditions from generation to generation, bring together the kilts, fiddles, harps, accordions, foot tapping and voices of Irish jigs and Mexican 'son' music to tell the story of Los San Patricios.

[www.cart.midlandcenter.org](http://www.cart.midlandcenter.org)

*Este conjunto SONES DE MÉXICO, dos veces nominado al premio Grammy, tiene sus raíces en la música 'son' mexicana y toca arreglos totalmente originales: 'huapangos' (estilo folclórico del noreste de México) tradicionales y experimentales, fieles a la tradición, y 'huapangos' (estilo folclórico del noreste de México) jarocho' (estilo veracruzano), hasta nuevos híbridos de rock, música clásica y folk, todos interpretados con una energía contagiosa y una elegancia resonante.*

*Únase al conjunto para una espectacular noche de celebración con Seán Cleland y la Escuela de Música Irlandesa de Chicago para interpretar Los San Patricios que celebran al batallón de voluntarios irlandeses de San Patricio que lucharon junto a los soldados mexi-*

*canos en la Guerra México-Estadounidense. Con música, danza y baladas, dos comunidades de inmigrantes, ambas conocidas por transmitir tradiciones de generación en generación, unen las faldas escocesas, los violines, las arpas, los acordeones, el zapateo y las voces de los jigs irlandeses y la música 'son' mexicana para contar la historia de Los San Patricios.*



[www.cart.midlandcenter.org](http://www.cart.midlandcenter.org)

## Congratulations!



Best wishes to Lucas VanAssen & Lety Lopez-Leon got married Saturday, September 24, 2022.

**Los mejores deseos para Lucas VanAssen y Lety Lopez-Leon que contrajeron matrimonio el pasado 24 de Septiembre de 2022.**



Holiday shopping, great gifts can be found at the [LowellArts Gallery](http://LowellArtsGallery.com), November 4 to December 24. The LowellArts Artist Market features giftable fine art and fine craft works by 40+ Michigan artists including pottery, paintings, jewelry, fiber, glass, wood, leather, metal, and soaps.

The artist market is held in the LowellArts Gallery, which is located in the historic district of downtown Lowell at 223 W Main Street, Lowell, MI 49331. Sale dates and hours are: November 4 to December 24, Tuesday-Saturday 10:00am-6:00pm and Sunday 12:00-5:00pm (closed for Thanksgiving - November 24). More info at [www.lowellartsmi.org/artist-market](http://www.lowellartsmi.org/artist-market).


The LowellArts Artist Market is one of the many stops on a unique holiday shopping experience throughout Lowell. Over 300 artists and crafters display and sell their wares

at local businesses, churches, and homes. More information at [discoverlowell.org/christmas-through-lowell](http://discoverlowell.org/christmas-through-lowell).

**Compras festivas, se pueden encontrar grandes regalos en LowellArts Gallery, del 4 de noviembre al 24 de diciembre. El mercado de artistas de LowellArts presenta obras de arte y artesanía finas para regalar de más de 40 artistas de Michigan, que incluyen cerámica, pinturas, joyería, fibra, vidrio, madera, cuero, metal y jabones.**

**El mercado de artistas de LowellArts es una de las muchas paradas en una experiencia única de compras navideñas en todo Lowell. Más de 300 artistas y artesanos exhiben y venden sus productos en negocios, iglesias y hogares locales. Más información en [discoverlowell.org/christmas-through-lowell](http://discoverlowell.org/christmas-through-lowell).**



A photograph of a man and a woman smiling and embracing each other outdoors. The man is on the left, wearing a green jacket, and the woman is on the right, wearing a dark jacket and a patterned scarf. They are both looking towards the right of the frame. The background is a bright, slightly overcast sky.

# Opciones de atención primaria que se ajustan a sus necesidades

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- Y más

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**Spectrum  
Health**

# Prison Enslavement and Torture



By Kindra A. Peterson

Black Americans make up the majority of the incarceration rates around the globe and are targeted the most to occupy the prison cells. The original purpose of the prison industry was to continue slavery; this is why trillions of dollars are invested to continue this systematic slavery every year and this makes it a business. There are even quotas that are put into place to fill the correctional facilities, whether it's on lawful or unlawful terms.

There is a cruel intention behind the disturbing situation regarding current inmate, Castello Vaughan, who is serving time at Elmore Correctional Facility in Elmore, Alabama. He is being tortured to the point of visible emaciation and near death. He went into the correctional facility in 2019 for prior convictions that landed him a 25-year sentence. Though he committed crimes, this does not warrant this facility to strip him of his right to live. In June of 2022, he appeared to be a healthy 32-year old, but now is so weak that he can barely stand or hold his head up. He is denied dire medical care and the nefarious administration is denying his sister and other loved ones their rightful visitations. His sister was always on his approved visitation list, but the administrators have removed her from the list due to her diligence for her brother's health and justice once the photos of her brother's tragic condition went viral with the duplicate message, "get help," on both photos. If true and proven, this is clear retaliation, torture, inhumanity, tampering of documents and a team of conspirators working in concert at the facility.

To further illustrate their disregard and inhumanity towards Mr. Vaughan and his family, the facility has stated that they don't want to speak with the Vaughan family. The family is desperately trying to find out where Castello is actually being held and if he's even receiving treatment, despite that the Alabama Department of Corrections (ADOC) is claiming that he is being housed at Staton Medical Observation Unit. They have stated that Mr. Vaughan is receiving all of the nec-

essary treatments and that he's been in touch with his family, despite the telling pho-



tos, Vaughan's pleading messages on the photos and his sister's pleas for help; the family asserts that these series of events are all are clear indicators that the facility is being deceitful in their claim and they're deliberately making cruel decisions. It is also claimed that the facility removed Mr. Vaughan's small intestine without his consent, nor did they seek permission from his family. These acts violate a myriad of medical laws and civilians' rights. The family stated that they are not asking for Castello's release; they are asking for humane justice.

The Vaughan family has created a gofundme for Castello to obtain an attorney and it is as follows: [gofund.me/9c06cba1](https://gofund.me/9c06cba1)

For people interested in putting pressure on the facilities to confirm their account that Castello is well and given the proper care for his condition, their contact information is as follows:

Alabama Department of Corrections  
301 South Ripley Street  
P.O. Box 301501  
Montgomery, Alabama  
36130-1501  
1-855-WE-R-ADOC

Elmore Correctional Facility  
3520 Marion Spillway Rd.  
Elmore, AL 36025  
(334) 567-1460



## HACKLEY COMMUNITY CARE For Your Whole Life

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

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

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If you would like to become a patient, please call 231-733-6750.  
Visit our website at [hackleycommunitycare.org](http://hackleycommunitycare.org) for more information.

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



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255 Seminole Road, Suite 201  
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Email: [dyea@hccc-health.org](mailto:dyea@hccc-health.org)

Please visit our website: [www.hackleycommunitycare.org](http://www.hackleycommunitycare.org)



# Abriendo la Puerta de Su Propio Hogar

## *Opening the Door to a Home of your own*



Por: Virgen Milagros Heuer-Reyes

¿Tiene un historial de crédito? Si nunca ha poseído una tarjeta de crédito, ni ha recibido un préstamo de una institución financiera, es posible que las agencias de informes de crédito no dispongan de datos sobre usted. En este caso, es posible utilizar un historial de crédito "no tradicional". Por ejemplo, puede

demostrar pagos puntuales de alquiler, teléfono

y otros servicios como la luz y el agua.

Usted mismo puede formar un expediente con copias de cheques remitidos o con copias de cuentas mensuales pagadas puntualmente. Una compañía hipotecaria le podría ayudar a compilar esta información.

Si tiene un buen historial de pagos de renta u otras cuentas, y además puede documentar este historial, otórguese una calificación de "+". Si paga sus cuentas inconsistentemente o no tiene un expediente de sus pagos, otórguese una calificación de "-".

¿Tiene ahorrado dinero para el pago inicial?

Al comprar una casa, tendrá que usar sus propios fondos para el pago inicial ("down payment", en inglés). Y para los costos de cierre del contrato. Los únicos préstamos hipotecarios donde financia el banco el 100% del precio de venta son los préstamos en área

RURAL los USDA, ciertamente se debe tener el costo de los gastos de cierre. La cantidad del pago inicial varía, entre un (3.5% a 5%) del precio de compra. También necesitará los fondos para efectuar el cierre del contrato. Estos costos pueden ser altos, dependiendo de donde viva. Hay ocasiones en las que el dueño de la casa está dispuesto a cubrir parte de los costos de cierre. El prestador hipotecario querrá verificar que usted tiene ahorrado los fondos necesarios para el pago inicial, y para parte o todos los costos de cierre. Si los fondos están en una cuenta de ahorros, el prestador hipotecario pedirá que su institución financiera verifique tanto el saldo como el tiempo que lleva el dinero en su cuenta. El prestador hipotecario quiere asegurarse de que no sea prestado todo el dinero que usará para el pago inicial y los costos de cierre.

Algunas comunidades cuentan con programas para asistir a quienes compran una casa por primera vez. Algunos de estos programas le permiten recibir donativos por parte de sus parientes, u obtener un préstamo de una organización sin fines de lucro (o un grupo comunitario) para costear una porción del pago inicial y los costos de cierre. Otros grupos lo pueden proveer con subsidios, u otros fondos que no está obligado a reembolsar, y que puede utilizar para cubrir estos gastos. Si no tiene al menos una porción del

dinero ahorrado, quizás éste no sea el momento propicio para comprar una casa. En este caso, sería mejor idea abrir una cuenta de ahorros y empezar a ahorrar dinero de su salario.

Mientras más tiempo mantenga cuentas en las que regularmente y a largo plazo ahorra dinero, mejor lucirá su historial al prestador hi-

potecario. Busque un (Mortgage Broker) o corredor hipotecario, él lo orientará a tomar su mejor decisión.

### **Do you have a credit history?**

If you have never had any credit cards or taken out a loan through a financial institution, the various credit reporting firms may not be able to issue a credit report on you. In that case, you may be able to use a "non-traditional" credit history. For example, you may be able to document that you pay for your rent, telephone bills, or utility payments on time each month. You can put these records together yourself by making copies of canceled



checks or showing copies of monthly bills that do not have any late charges. A mortgage lender may be able to help you put this information together. If you have a good record of paying your rent and other bills and will be able to prove that record, give yourself a "+". If you do not always pay your bills on time, or have no record of your payments, give yourself a "-".

**Do you have money saved for a down payment?** When you buy a home, you will need money that you have saved for a down payment and "closing costs". The only loans that give you the 100% of the house cost are the RURAL, the USDA loans. But certainly, you need to have the money for the closing cost. The amount of the down payment may vary, but generally you must make a down payment that equals at least (3.5% or 5%) of the purchase price. You will also need money for closing costs. These costs can be expensive, depending upon where you live. Sometimes the property seller is willing to pay part of your closing costs.

The mortgage lender will want proof that you have saved the funds that you will use for a down payment and part or all of the closing costs. If the funds are in a savings account, the lender will ask the financial institution to verify the amount and the length of time that the funds have been in your account. The lender wants to make sure that you are not borrowing all the money you will use for the down payment and closing costs.

Some communities have programs to help first-time buyers. With some of these programs, you may be able to accept a gift from a relative or to borrow a portion of the money you will need for the down payment and closing costs from a local nonprofit organization or government agency. With others, you may be able to get a grant or other funds that you will not have to repay and can use to cover some of these costs.

If you do not have at least a portion of the money saved, this probably is not the right time for you to try to buy a home. Instead, it would be a good idea to open a savings account and begin to save. Look for a Mortgage Broker who can help you to make the right decision.

# Members of the Hispanic Community Find Help and Hope in Alcoholics Anonymous

**Alcoholics Anonymous**<sup>®</sup>  
drinking problem.

*The Alcoholics Anonymous (A.A.) General Service Office offers support and publications in Spanish for members and anyone seeking help for a*

A.A. women from around the country that reflect both social and economic diversity. "I felt like I knew them and that they knew me, and soon A.A. felt like home. I realized that I could understand the program better in Spanish with Hispanic women, and this was highly important at the beginning of my recovery." (Esther, Hispanic Women in A.A.)

Members of the Hispanic community find help and support to get and stay sober every day in meetings across the United States and Canada. Those whose first language is Spanish also have available to them an array of A.A. books, pamphlets, and other materials in Spanish—including the book Alcoholics Anonymous ("the Big Book"). The A.A. Meeting Guide app also allows users to search for Spanish-speaking meetings in their area or online.

This month, a new book in Spanish from AA Grapevine, *Sobriedad emocional: Más allá del horizonte*, will feature powerful stories from A.A. members who describe the positive changes sobriety can bring as they practice the principles of A.A. in all aspects of their lives.

Last year, Alcoholics Anonymous published "Hispanic Women in A.A.," a pamphlet sharing personal stories from Spanish-speaking

Anyone interested in attending an A.A. meeting can find one by contacting a local A.A. Central or Intergroup Office or online through the A.A. Meeting Guide app Alcoholics Anonymous is for anyone who wants to stop drinking. For more information about A.A., visit [www.aa.org](http://www.aa.org).

La Oficina de Servicios Generales de Alcohólicos Anónimos (A.A.) ofrece apoyo y publicaciones en español para los miembros y cualquier persona que busque ayuda para un problema con la bebida.

Los miembros de la comunidad hispana encuentran ayuda y apoyo para mantenerse sobrios todos los días en reuniones en los Estados Unidos y Canadá. Aquellos cuyo primer idioma es el español también tienen a su disposición una variedad de A.A. libros, folletos y otros materiales en español, incluido el libro Alcohólicos Anónimos ("el Libro Grande"). El aa. La aplicación Meeting Guide también permite a los usuarios buscar reuniones de habla hispana en su área o en línea.

Este mes, un nuevo libro en español de AA Grapevine, *Sobriedad emocional: Más allá del horizonte*, presentará poderosas historias de A.A. miembros que describen los cambios positivos que puede traer la sobriedad al practicar los principios de A.A. en todos los aspectos de sus vidas.

Cualquier persona interesada en asistir a una reunión de A.A. reunión puede encontrar uno poniéndose en contacto con un miembro local de A.A. Oficina Central o de Intergroup o en línea a través de A.A. La aplicación Meeting Guide Alcohólicos Anónimos es para cualquiera que quiera dejar de beber. Para obtener más información acerca de A.A., visite [www.aa.org](http://www.aa.org).



Homero with Miss Reina Mexicana Denisse Gonzales

Isabella enjoying the music

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El Festival Mexicano se llevó a cabo del 9 al 11 de Septiembre en la Plaza Calder, la cultura y la herencia latina en el marco de las festividades patrias. Este evento familiar estuvo lleno de comida, bebida, entretenimiento y diversión, y se lleva a cabo cada año.

En este 2022 se celebró su edición número 53 en la cual la herencia latina fue recordada por la comunidad hispana y mexicana que vive en el área de Grand Rapids y sus alrededores.

*The 53rd Annual Fiesta Mexicana took place on September 9-11 at the Calder Plaza. This family event was filled with food, drink, entertainment and fun, takes place every year to celebrate Latino heritage month for the Hispanic and Mexican Community living in Grand Rapids area.*



Un pequeño pinchazo puede ayudar mucho a protegerlos a usted, a su familia y a la comunidad. Cuantas más personas reciban la vacuna, más fuertes seremos todos en nuestra lucha contra la gripe.

Es segura. Es fácil. Salva vidas.

**Ahora es más importante que nunca.**

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- ✓ Aquellos con enfermedades crónicas

Hay muchas maneras en que usted puede recibir su vacuna contra la gripe. Lo más importante es que la reciba. Programe en MyChart su cita para vacunarse contra la gripe, reciba la vacuna sin salir de su automóvil, vaya a una clínica que no requiera cita previa o a su farmacia local.

Más información en: [spectrumhealth.org/flu](https://spectrumhealth.org/flu)



# Democrats are losing Latino voters — that could be pivotal for midterm elections

SACHA PFEIFFER, HOST:

Latino voters represent the second largest and fastest-growing group in the U.S. electorate. Recent polls by Pew and Washington Post-Ipsos show a majority of Latino voters plan to support Democrats in next month's midterm elections. But surveys also show that support waning, and that has Democratic strategists sounding an alarm bell. I spoke about this earlier today with Chuck Rocha, a Democratic strategist who has worked on both of Bernie Sanders' presidential campaigns. Here's our conversation.

Chuck, right before the last presidential election in 2020, you warned that Democrats weren't taking the Latino vote seriously. Do you still think that's the case?

CHUCK ROCHA: I do not. There's still parts of the party apparatus that is still underperforming, in my opinion, on how they are doing their outreach. But it is being mostly overweighted by folks who have taken what happened in the last election, especially in the Senate, that are probably doing more work in Spanish and in the community earlier than I have ever seen them done before. But then on the House side, now that they've had redistricting, there's all these districts that have heavy Latino populations. I see them running the same playbook that they did before, and I think it could actually cost Democrats the House of Representatives.

PFEIFFER: One of the recent polls we mentioned from Washington Post-Ipsos found that Democrats in congressional races have a 27-point advantage with voters who identify as Hispanic. That's a pretty generous margin, but that is a decline compared to a nearly 40-point advantage the party had in 2018. Why do you think Democrats have been losing ground here?

ROCHA: It's a couple of things. One is Republicans used to not compete for this vote. I've been doing this work for over 30 years, Sacha. And up until about eight years ago, Republicans would just walk past a Latino neighborhood. So just them showing up and competing for the vote is a big part. I think it's very important for folks to know Democrats are going to win the Latino vote and Latino voters. But what's happening is we're losing a little support a little at a time to Republicans because they're competing. And Latinos are coming of age quicker than any other demographic. So we're younger. And guess what? Younger voters are more infrequent voters. And to where we are today, they're more apt not to participate in an off-year election, which, again, harms Democrats more than Republicans.



**Los demócratas están perdiendo votantes latinos, eso podría ser fundamental para las elecciones de mitad de período**

**Los votantes latinos representan el segundo grupo más grande y de más rápido crecimiento en el electorado de los Estados Unidos.**

**Encuestas recientes de Pew y Washington Post-Ipsos muestran que la mayoría de los votantes latinos planean apoyar a los demócratas en las elecciones intermedias del próximo mes. Pero las encuestas también muestran que el apoyo está disminuyendo, y eso hace que los estrategas demócratas hagan sonar la alarma.**

PFEIFFER: Of course, no racial or ethnic group votes in lockstep, and we should expect continued and even growing diversity in the Latino vote. So with all that diversity, how do you advise Democrats in terms of how they need to focus their efforts and their messaging?

ROCHA: I've been telling Democrats we need to get back to the reason that I joined the Democratic Party in 1990, and it was around working-class values, keeping jobs in America. We've lost that narrative and even, I would argue, succumbed some of that argument to people like Donald Trump. Democrats need to get back to really courting a blue-collar worker, which is now, because of the demographic growth of Latinos, a big part of that sector.

PFEIFFER: What about issues like abortion and our dicey economy? How is that changing the political landscape for candidates trying to court the Latino vote?

ROCHA: You see the Dobbs decision being super-duper impactful with women and women of color. But women already were overperforming for Democrats, especially women of color. The real problem with Democrats are the men and the men of color, non-college educated men in particular. And that's where your argument around the economy and jobs - in focus group after focus groups with Latinos this summer, that's what particularly men were talking about,

things that they don't feel like Democrats, in their opinion, have been delivering for them even though Joe Biden and the Democrats have probably done more in the last two years than any administration in a two-year period in a long time. So it's very frustrating when the message is not resonating down to the grassroots in many communities.

PFEIFFER: So how worried nationally do you think the party should be about this trend beyond this year's midterms?

ROCHA: There's one fact that is clear beyond a shadow of a doubt, and that is that Latino voters will have a dramatic impact on who controls the House and the Senate just because of the concentration of our population in the most marginal seats in America. So Democrats are worried at every level. I'm currently really worried about keeping the House and some of the most important seats - Texas, New Mexico, Colorado and Florida. So stay tuned because there's a reason why there's a lot of worry out there.

PFEIFFER: That's Democratic strategist Chuck Rocha. Thank you.

ROCHA: Thank you.

## ¿Habrá una fuerte participación latina en las elecciones intermedias del 8 de Noviembre?

Por Dr. José A. Flores

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

La "campaña de escrutinio de botas sobre el terreno" y el registro de votantes también deben participar comunidades negras, latinas y nativa americanas en barrios deprimidos que pueden no ser nuestros votantes tradicionales. Muchas comunidades se sienten olvidadas porque quedan fuera. La participación de los votantes y la focalización en muchas de nuestras comunidades es inexistente o groseramente insuficiente.

Las propuestas electorales en la boleta electoral de Michigan también merecen atención y merecen un sí en todas tres preguntas de la boleta. Hay una activa campaña de desinformación llevada a cabo por grupos de intereses especiales, pero las tres propuestas incluyendo la decisión personal de mujeres en cuestiones del aborto y

su salud, son razonables en mi opinión.

En el área de Grand Rapids, los latinos deben apoyar a los candidatos que se postulan para un cargo incluido nuestro propio Iván Díaz postulándose para comisionado del condado de Kent Distrito 20 y Candidatos para la Junta Escolar de Educación de GRPS, Amanda Bernes, José Rodríguez y Ana Alemán Putnam para agregar perspectivas importantes a nuestra junta de educación actual. La Junta de Educación debe explorar límites del término para los miembros de la Junta para permitir el servicio de la junta por una siempre cambiante comunidad. Los candidatos latinos que se postulan para cargos públicos inspiran a una comunidad a ¡Votar! ¡Adelante mi Raza!

# Latin American in Sports



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

By Odille Parker

Marlen Esparza is an American boxer who made history when she became the first American woman to qualify for the Olympics in 2012, the first time women's boxing was an Olympic event.

As an amateur, Esparza brought home a bronze medal that year in the women's flyweight division.

Esparza was born in Houston, Texas and grew up in a single-story white-brick house in Houston's Harris County with her parents and three siblings. Her love for boxing was first inspired by her father, an avid fan of the sport who immigrated from Ciudad Juarez as a teenager. The way some families watch football, the Esparzas would gather around the TV to watch VHS tapes of the Mexican professional boxer Julio Cesar Chavez.

Boxing came naturally to Esparza, becoming an outlet for her as she struggled in school and faced issues with her peers. She first stepped foot in the ring at 11, when she started babysitting her younger brother at a local gym. After pleading with her father and the gym's owner to give her a shot, it didn't take long to see her talent.

Within a few years, Esparza won the Houston Regional Golden Gloves championship. She went on to win the crown for a consecutive seven years, and at the age of 16, became the youngest woman boxer to win the National Championship.

As her career thrived, so did her recognition by major brands. Esparza was endorsed by brands like Nike and Coca-Cola, also becoming the first American amateur boxer to sign an endorsement with Cover-Girl cosmetics.

"I look forward to continuing to be a role model to women across the country," Esparza said in an interview. "[I want to help] them have the confidence in all they do in the ring, on the court, or in the game of life!"

Esparza was the subject of Soledad O'Brien's 2011 CNN documentary In Her Corner: Latino in America 2, which chronicled her road to the 2012 Olympics.

In December 2016, Esparza signed a contract with Golden Boy Promotions, making her pro debut on ESPN's March 23, 2017 opening card of a multi-year deal with Golden Boy, and claiming victory over Rachel Sazoff. She also went on to be voted Houston Fighter of the Year, which encompasses both professional and amateur boxers, from 2010-2014.

She challenged Seniesa Estrada for the

WBA interim female flyweight title on November 2019. The bout was stopped at the end of the ninth round, handing Esparza her first defeat in her professional career by way of unanimous technical decision.

Marlen held the WBC female flyweight title since June 2021 and the WBA and The Ring female flyweight title since April 2022.

**Marlen Esparza es una boxeadora estadounidense que hizo historia cuando se convirtió en la primera mujer estadounidense en calificar para los Juegos Olímpicos en 2012, la primera vez que el boxeo femenino fue un evento olímpico.**

**Marlen ocupó el título de peso mosca feme-**



**nino del CMB desde junio de 2021 y el título de peso mosca femenino de la AMB y The Ring desde abril de 2022.**

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# November Events Eventos en Noviembre

## A Celebration of Souls: Day of the Dead in Southern Mexico November 1-27, 2022 Grand Rapids, Mi.

Each November 1 and 2, on the Christian holidays of All Saint's Day and All Souls Day, families in villages across Mexico gather to welcome home the visiting spirits of departed relatives on the Día de los Muertos (Day of the Dead). A Celebration of Souls: Day of the Dead in Southern Mexico explores the history and significance of Day of the Dead celebrations in Oaxaca, a southern region of Mexico.

A Celebration of Souls: Day of the Dead in Southern Mexico opens September 3 and runs through November 27. Admission to the exhibit is included with your purchase of a general admission ticket to the Museum. African, and Mexican cultures.

**1 y 2 de Noviembre, en las festividades cristianas del Día de Todos los Santos y el Día de los Difuntos, las familias de los pueblos de todo México se reúnen para dar la bienvenida a casa a los espíritus visitantes de los familiares difuntos en el Día de los Muertos. A Celebration of Souls: Day of the Dead in Southern Mexico explora la historia y el significado de las celebraciones del Día de Muertos en Oaxaca, una región del sur de México.**

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## Public Dia de los Muertos Altar November 1-3, 2022 Grand Rapids,, Mi

Experience altars created by talented artist Reyna Garcia. The altars highlight the significance of the Dia de los Muertos celebration within some of our Hispanic cultures. Printed educational material will be available for everyone that visits the altars.

Friday, October 21, Thursday, November 3, 2022, during open hours  
Madison Square Branch - 1201 Madison SE  
Main Library - 111 Library St NE  
Grandville Avenue Arts & Humanities Cook Library Center  
1100 Grandville Ave SW

**Experimente los altares creados por la talentosa artista Reyna García. Los altares resaltan el significado de la celebración del Día de los Muertos dentro de algunas de nuestras culturas hispanas. El material educativo impreso estará disponible para todos los que visiten los altares.**

**Viernes 21 de octubre Jueves 3 de noviembre de 2022, en horario de atención al público**  
Sucursal de Madison Square - 1201 Madison SE  
Biblioteca principal - 111 Library St NE, Avenida Grandville Artes y Humanidades Cook Library Center 1100 Grandville Ave SW

## Grand Rapids Comic Con November 11-13, 2022 Grand Rapids, Mi.

You have 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 Big Bang Theory at comic book shows. Your friends have shared their experiences at regional shows like C2E2, JAFAX, and Motor City Comic-Con. Now is the time 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 Bang Theory en los programas de historietas. Tus amigos han compartido sus experiencias en espectáculos regionales como C2E2, JAFAX y Motor City Comic-Con. ¡Ahora es el momento de experimentar un espec-**



**táculo por ti mismo!.**

## Frank Orrall at The Acorn w/ Sophia de Leon Sanchez November 12, 2022 Three Oaks, Mi

Frank Orrall is the founder, front-man/multi-instrumentalist for the 'Acous-tronic' Rock & Soul group; Poi Dog Pondering. He is also: Percussionist and Singer for the D.C.-based outernationalists; Thievery Corporation. (His other side projects include: Palm Fabric Orchestra, Mourning Doves, and 8fattat8). His Solo show, "The Suitcase Show": is a combination of unique Video and Audio backing tracks, Stories, various instruments, and a suitcase full of surprises.

**Frank Orrall es el fundador, líder y multiinstrumentista del grupo Rock & Soul 'Acous-tronic'; Reflexión del perro Poi. También es: percusionista y cantante de los outsidernationalists con sede en D.C.; Corporación de robos. Su espectáculo en solitario, "The Suitcase Show": es una combinación de pistas de acompañamiento únicas de video y audio, historias, varios instrumentos y una maleta llena de sorpresas.**

## Holiday Kerstman November 19, 2022 Holland, Mi

Kerstmarkt in the Dutch language means "Christmas market." Such markets pop up all over the Netherlands during the Christmas season, offering a venue for local artisans and specialty shops to sell their wares while shoppers gather, enjoying traditional food, drink and entertainment. Visit our delightful European-style market with holiday items, delicious food, hand-crafted goods and demonstrations.

**Kerstmarkt en holandés significa "Mercado de Navidad." Este tipo de mercados aparecen en todos los Países Bajos durante la Navidad temporada, ofreciendo un lugar para que los artesanos locales y las tiendas especializadas vendan sus artículos mientras los compradores se reúnen, disfrutan de comidas, bebidas y entretenimiento.**

## America's Thanksgiving Parade present by Gardner-White November 24, 2022 Detroit, Mi

America's Thanksgiving Parade® presented by Gardner-White is one of the country's largest and most spectacular Parades in the United States! Every November something magical happens on Detroit's historic Woodward Avenue, a holiday tradition that dates back to 1924.

Thanksgiving Parade® presented by Gardner

**America's Thanksgiving Parade® presentado por Gardner-White es uno de los desfiles más grandes y espectaculares del país en los Estados Unidos. Cada noviembre sucede algo mágico en la histórica Woodward Avenue de Detroit, una tradición navideña que se remonta a 1924. Thanksgiving Parade® presentado por Gardner**

## Annual Christmas Tree Lighting Ceremony November 26, 2022 Saugatuck, Mi.

Annual Community Tree Lighting Ceremony Santa and his reindeer will be available for photos and chats from 3pm-6pm - bring your camera and Christmas list!

At 5pm head over to Wicks Park Gazebo on Water Street for a countdown to the annual Tree Lighting Ceremony with Santa & The Mayor of Saugatuck. The lighting of the holiday tree will be in unison with the Star on Mt. Baldhead! Visit local shops and restaurants and enjoy the holiday spirit!

**Ceremonia anual de encendido del árbol comunitario Papá Noel y sus renos estarán disponibles para tomar fotos y charlar de 3:00 p. m. a 6:00 p. m. ¡Traiga su cámara y su lista navideña! A las 5:00 p. m. diríjase a Wicks Park Gazebo en Water Street para una cuenta regresiva para la ceremonia anual de iluminación del árbol con Santa y el alcalde de Saugatuck. ¡La iluminación del árbol navideño estará al unísono con la estrella en Mt. Baldhead! ¡Visita tiendas y restaurantes locales y disfruta del espíritu navideño!**



2005 Chrysler 300 4 door from Flint, MI.



2017 Harley Davidson owner Kim from Flint, MI



1984 Chevy El Camino SS owner Meme from Grand Rapids, MI



Cool Chevrolet! Juice Box Hydraulic Hopper



1963 Chevy Impala owner from Outta Control Club Saginaw, Michigan



1960 Chevy Impala from Majestics Car Club westside Detroit, MI



Sharp! Ford Mustang Hoss Muscle car

# Chill & Grill with The Low 4 Life Car Club Family

Est. 1996 26 years!



1953 Chevy Bel Air from Toledo, Ohio

On Sunday, August 28, 2022, we drove to Saginaw, MI to check out the Low 4 Life C.C. Chill & Grill Car Show at 5825 Cole Rd., Spaulding Township Park.

Best Lowrider, Best Paint, Big Rims, Best Interior, Muscle Car, Best Truck, Best Donk, Best Display & Best Undercarriage. It was a great day to Chill & Grill Car Show!



2002 Grand Prix Up In Smoke! Cheech & Chong from Lansing, MI

There were Cool DJ's playing music tunes with plenty of vendors and food trucks serving tacos, BBQ Ribs and even ice shavers to cool your mouth.

Somos pocos pero locos en lowriding!  
Having a car event?

Contact Homero (616)893-3906  
deeho123@comcast.net

The Low 4 Life C.C. decided to give out cash money on Top Prizes for



Nice! Chevy Bel Air



Public Enemy Al Capone Chevrolet owner Larry Kennedy from Low 4 Life C.C. Saginaw, MI



Low 4 Life Car Club 8-28-2022

# LAVOS



YouTube star who is famous for her TV Ana Emilia channel. She has earned more than 4.3 billion views there for her toy reviews, unboxings, and hauls alongside her personal kid-friendly vlogs. She has a secondary channel called Ana Emilia VIDA. She has been represented by the Trendsetters talent management company.

She began her YouTube channel in December 2014. In January 2016, she was crowned Infant Queen of the Carnaval Internacional de Mazatlán.

She has amassed more than 13 million subscribers to her YouTube channel. She has also earned more than 3.5 million fans to her tvanaemiliaoficial TikTok account. She was nominated for Favorite Style at the 2020 Kids' Choice Awards México. She appeared on the cover of the March 2020 edition of Tú magazine.

***Estrella de YouTube que es famosa por su canal de televisión Ana Emilia. Ha obtenido más de 4.300 millones de reproducciones allí por sus reseñas de juguetes, desempaques y compras junto con sus vlogs personales para niños. Tiene un canal secundario llamado Ana Emilia VIDA. Ha sido representada por la empresa de gestión de talentos Trendsetters.***

***Comenzó su canal de YouTube en diciembre del 2014. En enero del 2016 fue coronada Reina Infantil del Carnaval Internacional de Mazatlán.***

***Ha acumulado más de 13 millones de suscriptores en su canal de YouTube. También ha obtenido más de 3.5 millones de fanáticos en su cuenta de TikTok tvanaemiliaoficial. Estuvo nominada a Estilo Favorito en los Kids' Choice Awards México del 2020. Apareció en la portada de la edición de marzo del 2020 de la revista Tú.***

# Ana Emilia



# Miami Art Week Events and Book Launch

"The combination of this spectacular grouping of artists in the Miami Creative Movement exhibition, alongside the launch of the new book Miami Creative: A Decade of Transformation, is the coveted 'insider' experience that visitors who flock to Art Basel Miami Beach love," said Alberto Ibargüen.

During Miami Art Week this year, the public is invited to open-house events to meet the artists on-site at the Center for Visual Communication, located in the heart of Miami's Wynwood arts district (from 3:00-6:00 p.m. each day on Wednesday, Nov. 30, Thursday, Dec. 1 and Friday, Dec. 2). Free and open to the public. Space is limited – RSVP required in advance to: [eventbrite.com/e/miami-creative-movement-meet-the-artists-open-house-tickets-444590601457](https://eventbrite.com/e/miami-creative-movement-meet-the-artists-open-house-tickets-444590601457)

"Through his camera lens and the pages of his book, Fellman takes us on a photo-safari across Miami's cultural terrain, during one of the most pivotal decades in Miami's storied history – when a civic belief that culture is vital to our city meant transformational financial investment in the arts," adds Alberto Ibargüen.

"Now, especially because the publication of this book coincides with the 20th anniversary of Art Basel Miami Beach, it makes sense to launch this book alongside a group exhibition of artists who have impacted Miami's cultural trajectory," adds Ibargüen.

"At our most delirious Miami moments, we know what's true," adds Jordan Levin. "For decades Barry Fellman has been the omnipresent, tirelessly enthusiastic witness of the art scene; always there, smiling, marveling, shooting, avid to capture the experiences he loves." "His pictures reflect his own delight and the joy he discovers in others. His way of saying we should remember these moments, because they matter. This is who we are, at our best."

Read more about the Center for Visual Communication and the new book at [www.visual.org](http://www.visual.org).

**"La combinación de esta espectacular agrupación de artistas en la exhibición Miami Creative Movement, junto con el lanzamiento del nuevo libro Miami Creative: A Decade of Transformation, es la codiciada experiencia 'privilegiada' que los visitantes que acuden en masa a Art Basel Miami Beach adoran". dijo Alberto Ibargüen.**

**Durante la Semana del Arte de Miami de este año, se invita al público a eventos de puertas abiertas para conocer a los artistas en el Centro de Comunicación Visual, ubicado en el corazón del distrito artís-**

**tico Wynwood de Miami (de 3:00 p. m. a 6:00 p. m. cada uno). día miércoles 30 de noviembre, jueves 1 de diciembre y viernes 2 de diciembre). Libre y abierto al público. El espacio es limitado. Se requiere RSVP con anticipación a: [eventbrite.com/e/miami-creative-movement-meet-the-artists-open-house-tickets-444590601457](https://eventbrite.com/e/miami-creative-movement-meet-the-artists-open-house-tickets-444590601457)**

**"A través del lente de su cámara y las páginas de su libro, Fellman nos lleva en un safari fotográfico por el terreno cultural de Miami, durante una de las décadas más cruciales en la historia de Miami, cuando la creencia cívica de que la cultura es vital para nuestra ciudad significaba cambios inversión financiera en las artes", añade Alberto Ibargüen.**

**"Ahora, especialmente porque la publicación de este libro coincide con el 20 aniversario de Art Basel Miami Beach, tiene sentido lanzar este libro junto con una exposición colectiva de artistas que han impactado la trayectoria cultural de Miami", agrega Ibargüen.**

**"En nuestros momentos más delirantes en Miami, sabemos lo que es verdad", agrega Jordan Levin. "Durante décadas, Barry Fellman ha sido el testigo omnipresente e incansablemente entusiasta de la escena artística; siempre ahí, sonriendo, maravil-**



**lado, fotografiando, ávido de capturar las experiencias que ama. "Sus imágenes reflejan su propio deleite y la alegría que descubre en los demás. Su forma de decir que debemos recordar estos momentos, porque son importantes. Esto es lo que somos, en nuestro mejor momento".**

**Lea más sobre el Centro para la Comunicación Visual y el nuevo libro en [www.visual.org](http://www.visual.org).**



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# Coffee and Anxiety: What You Need to Know

Everyone who's had one too many cups of coffee in the morning knows the sensation: that brain-buzzing, eyes-wide-open, heart-pounding, jittery feeling. Being over-caffeinated can make your body feel off – but what is it doing to your anxiety?

Caffeine can mimic symptoms of anxiety, which means coffee in the morning could hurt more than help if you drink too much. Caffeine is a psychostimulant that impacts the central nervous system. While there are helpful side effects to consuming caffeine, too much can result in:

- Anxiousness
- Fast heart rate
- Feelings of unhappiness
- Headache
- Insomnia
- Jitters
- Nausea
- Upset stomach

It's important to note that feelings of anxiety and generalized anxiety disorder are different. While general anxiety occurs as your body reacts to every-day stress, generalized anxiety disorder is diagnosed by a professional when you have chronic anxiety without triggers and consistently feel worried or stressed.

So how much is too much caffeine? The U.S. Food and Drug Administration advises adults can consume 400 milligrams of caffeine a day without being too at risk for negative effects. That's about four to five cups of coffee. But people metabolize caffeine at different rates, and some people are more sensitive to caffeine than others.

Here's how much caffeine is in some common beverages, according to the Mayo Clinic:

Beverage	Size in oz	Caffeine in mg
Brewed coffee	8	96
Brewed decaf coffee	8	2
Espresso	1	64
Brewed green tea	8	28
Pop - dark colas	8	22
Energy drink	8	29

If you're pregnant or trying to become pregnant or are breastfeeding, talk to your health care provider about how much caffeine is safe to consume. Certain medications or conditions may also be sensitive to caffeine intake, so it's important to consult your health care provider.

It typically takes four to six hours for the body to break down and process half of the caffeine you consume. Which is why consuming caffeine at lunch time or in the afternoon can affect your ability to fall asleep at night.

If you are concerned about your feelings of anxiety, a health care professional may be able to provide some insight as to whether caffeine

consumption could be a culprit.

*Todos los que han tomado demasiadas tazas de café por la mañana conocen la sensación: ese zumbido cerebral, los ojos bien abiertos, el corazón palpitante y la sensación de nerviosismo. Tener un exceso de cafeína puede hacer que tu cuerpo se sienta mal, pero ¿qué le está haciendo a tu ansiedad?*



*La cafeína puede imitar los síntomas de la ansiedad, lo que significa que el café por la mañana podría ser más perjudicial que beneficioso si bebe demasiado. La cafeína es un psicoestimulante que afecta el sistema nervioso central. Si bien el consumo de cafeína tiene efectos secundarios útiles, el exceso puede resultar en:*

- Ansiedad
- Ritmo cardíaco rápido
- Sentimientos de infelicidad
- Dolor de cabeza
- Insomnio
- nerviosismo
- Náuseas
- Dolor de estómago

*Es importante tener en cuenta que los sentimientos de ansiedad y el trastorno de ansiedad generalizada son diferentes. Si bien la ansiedad general ocurre cuando su cuerpo reacciona al estrés cotidiano, un profesional diagnostica el trastorno de ansiedad generalizada cuando tiene ansiedad crónica sin desencadenantes y se siente constantemente preocupado o estresado.*

*Entonces, ¿cuánto es demasiada cafeína? La Administración de Alimentos y Medicamentos de EE. UU. recomienda que los adultos pueden consumir 400 miligramos de cafeína al día sin correr demasiado riesgo de sufrir efectos negativos. Eso es alrededor de cuatro a cinco tazas de café. Pero las personas metabolizan la cafeína a ritmos diferentes, y algunas personas son más sensibles a la cafeína que otras.*

*Si está embarazada o tratando de quedar embarazada o está amamantando, hable con su proveedor de atención médica sobre cuánta cafeína es segura para consumir. Ciertos medicamentos o condiciones también pueden ser sensibles a la ingesta de cafeína, por lo que es importante consultar a su proveedor de atención médica.*

*Por lo general, el cuerpo tarda de cuatro a seis horas en descomponer y procesar la mitad de la cafeína que consume. Es por eso que consumir cafeína a la hora del almuerzo o por la tarde puede afectar su capacidad para conciliar el sueño por la noche.*

*Si le preocupan sus sentimientos de ansiedad, un profesional de la salud puede brindarle una idea de si el consumo de cafeína podría ser el culpable.*

# SCOOTERS "ELECTRIC RAMBLINGS!"



**By Scooter**

OK, we're ready to dive into probably the largest Electric named device there is right now. It is the E bikes that are also owned by the largest stretch in age of riders beginning at preteenagers to all ages of our senior population of both males and females. E bikes exist in 1-2-3-4 wheeled models and some of the 3- and 4-wheel models can have all wheel drive off road capabilities, and if you buy the right model, you can also plow the driveway! Remembering that the more they do generally, the more the price goes up. Speaking of prices, let's say from the, basic, fun, 2-wheel E bikes they begin at hundreds of dollars.

And as we move up to the mega loaded, higher speed and off road 3- and 4-wheel capable units the prices can get into lots of thousands of dollars. But comparably less than gas powered side by side. To learn more just hit the internet and anywhere you see someone on a E anything you like, ask them about it.

I also was lucky enough to catch a larger big city E dealer that gave me his time with advice to new timers to the electric powered industry. He first said, I ask about their experience and what they think they need or want in an E machine. If they are not sure, and have no experience, I rent them a basic 2-wheel bike for a few hours, and that will help them to either decide to buy or to do more pre-checking. I advise them to go home and get on the internet and grab a few E magazines. Next, I advise them is to find and talk to E bikers with rides like the are thinking of purchasing.

OK, to finish up, Scooter will toss a few things that might be already in your notes. I'd ask about battery life, and cost (many have an extra battery or two in a saddle bag or storage compartment). charging times, what has to be adjusted and how often to not have preventable breakdowns? Hey, we crossed the finish line. Basically, get one, be safe, have fun, make memories. LA VOZ IS IT! SAYS SCOOTER!



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