



Page 2 – Free Your Mind:
Art and Incarceration in
Michigan at MOCAD

EL CENTRAL

HISPANIC NEWS

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Page 3 – District Detroit
Opens Center to Connect
Residents with Resources

Sixto Díaz Rodríguez, el llamado Hombre Misterioso, deja un gran legado

Por Amber Ogden

Sixto Díaz Rodríguez, el misterioso hombre que cantaba de espaldas a la audiencia y era conocido por tomarse fotos con su público después del concierto, fue un hombre sencillo, que amaba la música; conocido como el ‘Sugar Man’ refiriéndose a una de sus más famosas canciones. El hombre y su leyenda fallecieron recientemente a la edad de 81 años a causa de una repentina enfermedad. Residió como mexicano de segunda generación, nació y creció en el suroeste de Detroit y vivió allí hasta su fallecimiento.

Aprendió a tocar la guitarra a los 16 años y se enamoró para siempre de la música, siendo allí donde comenzó su poco ortodoxa carrera.

cont. en la pág. 15

Sixto Diaz Rodriguez, Once Called a Man of Mystery, Leaves Behind a Prolific Legacy

By Amber Ogden

Sixto Diaz Rodriguez, a man of mystery who often performed with his back to his audience and was known to take photos of himself in front of an audience after performing, was a modest man that simply loved music. He was also known as 'Sugar Man,' a reference to one of his many cutting-edge songs. The man and the legend recently passed away at the age of 81 following a short-term illness. He resided as a second-generation Mexican, born and raised in Southwest Detroit, until his passing.

Picking up his family guitar at 16 and forever falling in love with music is where his unorthodox career began. As an inconspicuous young adult, he would perform locally all throughout the city of Detroit. As he pursued his music career, he worked a blue-collar job in the auto industry to create an honest living like many Detroiters in the 60s and 70s.

cont. on pg. 15



Sixto Rodriguez (L) and Muralist Elton Monroy Durán standing in front of the mural painted by Monroy Durán.
Photo by: Julianne Lindsey

Detroit and Philadelphia Partner to Host National Street Art Summit Event to be held in conjunction with nationally renowned BlkOutWalls Festival

Detroit and Philadelphia, cities named by USA Today and a panel of judges as the Top Ten Cities in America with beautiful street art, are partnering to host a National Street Art Summit in Detroit on September 8, 2023.

The Summit, which is being held in conjunction with the nationally renowned BLKOUT Walls Mural festival, will bring arts leaders from the Top Ten cities in 2022 and 2023 to have a conversation about the rising mural movement in America, what cities are doing to encourage mural art, what cities can learn from each other and what ideas can be exchanged to make life easier for the artists. Philadelphia is No. 1 and Detroit is No. 5 on the 2023 list.

The event is slated for 3 p.m. Friday, September 8, 2023 at the Wayne County Community College District's Curtis L. Ivery Downtown Campus, 1001 West Fort Street. WCCCD, a partner on the summit, will host an entrepreneurial workshop for students and emerging artists the day before the summit. Top Ten

Cities guests will take a mural tour of Detroit street art the day after the summit.

"Murals, as an art form, are not just being accepted, but are being celebrated in America," said Rochelle Riley, Detroit's director of Arts and Culture. "We are thrilled to partner with Mural Arts Philadelphia to continue to make the creative arts a part of any conversation about what is making cities better and more beautiful." Jane Golden of Mural Arts Philadelphia, agreed.

"Public art is a powerful medium that can transform urban spaces and fuel social change," said Golden, Executive Director of Mural Arts Philadelphia. "This partnership between Detroit and Philadelphia emphasizes the vital role that creativity plays in our cities, while opening up new opportunities for muralists nationwide. Together, we're pushing forward the conversation on mural art and its potential to beautify, inspire, and empower communities."

The conversation will occur on the eve of BLKOUT Walls,

the national festival conceived by celebrated artists Sydney James of Detroit, Thomas "Detour" Evans of Denver and Max Sansing of Chicago in response to their shared history of participating in mural festivals with no remuneration for participating artists and with limited racial diversity. The trio kicked off the brand in Detroit in 2021.

<https://www.blkoutwalls.com/>

Detroit has undertaken a citywide effort to bring beautiful murals to neighborhoods across the city, all part of Mayor Mike Duggan's Blight to Beauty campaign. The campaign involves multiple city departments, including the Planning and Development Department, the Department of Public Works and City Walls, a division of the General Services Department's anti-blight unit, which paints over hundreds of thousands of yards of graffiti across the city and replaces some of the blank spaces with beautiful murals.

The City is documenting every



map in the city on the Detroit Mural Map, which was launched in 2022 and is connected to an app that lets users identify murals

on site. More than 500 murals live on the site now. The map can be found at detroitartsandculture.com.

cont. on pg.3

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3 Community
District Detroit Opens Center
to Connect Residents with
Jobs and Affordable Housing

**4 Especial Culturas
Del Mundo**
Cristera War, MX/
Guerra Criteria, MX

6 Community
United Way Challenge
Invests \$1 Million+ in
Pilots to Expand Financial
Opportunities for Detroiters

8 Entertainment
'Blue Beetle': el filme latino
de DC que es casi una carta
de amor a la familia

10 Sports
Lions - 21, Giants - 16
First Preseason Game !!!

12 Opinion
"Surprise, Legal Mexican
Farmworkers?"

13 Jobs/ Trabajos

Free Your Mind: Art and Incarceration in Michigan at MOCAD through September 10

Free Your Mind: Art and Incarceration in Michigan, showcasing inner worlds of incarcerated individuals and the fundamental issues that shape conversations around incarceration today, will be on exhibit in Mike Kelley’s Mobile Homestead at MOCAD through September 10, 2023. The Michigan Justice Fund, a statewide initiative of the Community Foundation for Southeast Michigan, the Eli and Edythe Broad Art Museum, the Prison Creative Arts Project at the University at Michigan and MOCAD are partnering in this impactful exhibit, which first opened in April.

Working with a coalition of more than a dozen organizations, Free Your Mind features the work of artists, and advocates with lived experience in the criminal legal system. The majority of these artists are either currently or formerly incarcerated. The exhibition centers on four key topics of inquiry: Michigan’s length of sentencing and overcrowding in prisons; the impact of incarceration on women; youth incarceration; and the dangers of COVID-19. Free Your Mind is presented at MOCAD with support from the Michigan Justice Fund.

“The Michigan Justice Fund is proud to support the Free Your Mind exhibition which seeks to center and amplify voices

and perspectives that we rarely hear – those of the incarcerated,” says Michigan Justice Fund Director Ashley Carter. “This exhibition underscores the urgency of the current moment, and forces us all to grapple with the impact that incarceration has on individuals, their families, and our communities at large.”

In 2021, 64,000 Michigan residents were incarcerated in jails and prisons. More broadly, nearly 253,000 people in Michigan are currently under the carceral umbrella of jail or prison, probation, or parole. Michigan is 10th in the U.S. for the most incarcerated people.

Free Your Mind will also debut a portrait series highlighting leaders working to address systemic issues of mass incarceration statewide. The exhibition seeks to stimulate imagination and activate bold, solution driven responses towards creating a more equitable and just world.

Michigan Justice Fund is comprised of Michigan-based and national funders dedicated to advancing justice reform and the economic mobility of individuals with criminal convictions in Michigan. Since its inception in 2020, \$20 million has been committed to the Michigan Justice Fund and more than \$9 million has been deployed to organizations throughout the state.

Free Your Mind: Art and

Incarceration in Michigan is organized by the Eli and Edythe Broad Art Museum at Michigan State University and curated by Steven L. Bridges, Senior Curator and Director of Curatorial Affairs, and Janie Paul, Senior Curator and Co-founder, Annual Exhibitions of Art by Michigan Prisoners, a project of the Prison Creative Arts Project at the University of Michigan.

The Michigan Justice Fund is a funders’ collaborative that makes investments to stem the flow of individuals into the criminal justice system, supports the investment of public dollars to community-driven alternatives to incarceration, and works to ensure that those who are returning home after incarceration receive the support they need to flourish.

The work of the Michigan Justice Fund is informed by a group of 15 nationwide partners that have made financial commitments to advancing the work towards building a more equitable justice system. Partners include Ballmer Group, Blue Meridian Partners (The Justice and Mobility Fund), Community Foundation for Southeast Michigan, Community Foundation of Greater Flint, DTE Energy Foundation, Ethel & James Flinn Foundation, Ford Foundation, Grand Rapids Community Foundation, Hudson-Webber Foundation,

Michigan Justice Fund

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Joyce Foundation, JPMorgan Chase, Kresge Foundation, Public Welfare Foundation, Ruth Mott Foundation and W.K. Kellogg Foundation. The fund is managed by the Community Foundation.

- Powerful Exhibit Featuring Artwork by Incarcerated and Formerly Incarcerated Artists
- The Michigan Justice Fund, a statewide initiative of the Community Foundation for Southeast Michigan, the Eli and Edythe Broad Art Museum, the Prison Creative Arts Project at the University at Michigan and Museum of Contemporary Art Detroit (MOCAD) partner in this impactful exhibit

benefiting education, arts and culture, health, human services, community development, and civic affairs. Since its inception, the foundation has distributed more than \$1.4 billion through more than 85,000 grants to nonprofit organizations throughout Wayne, Oakland, Macomb, Monroe, Washtenaw, St. Clair, and Livingston counties. Visit www.cfsem.org to learn more.

About the Michigan Justice Fund

The Michigan Justice Fund is a funders’ collaborative that makes investments to stem the flow of individuals into the criminal justice system, support the investment of public dollars to community-driven alternatives to incarceration, and ensure that those who are returning home after incarceration receive the support they need to flourish. The Michigan Justice Fund is comprised of Michigan-based and national funders dedicated to advancing justice reform and the economic mobility of individuals with criminal convictions in Michigan. Visit cfsem.org/mjf to learn more or make a donation to support the Michigan Justice Fund.

About the Community Foundation for Southeast Michigan

The Community Foundation for Southeast Michigan is a full-service philanthropic organization leading the way to positive change in our region. As a permanent community endowment built by gifts from thousands of individuals and organizations, the foundation supports a wide variety of activities



Photo credit Rafael DeJesus, The Way It Is, 2014. Acrylic on canvas. Courtesy of the collection of Janie Paul



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SPECIAL,

WORLD'S

CULTURES

Cristera War, MX

Cristero War, Mexico 1926–1929



With the Mexican Revolution (1910 - 1921) and the promulgation of the Mexican Constitution of 1917, the church lost legal power and remained under the tutelary guidelines of the government, since the establishment of a new government from the social, political and ideological, implied changes that tried to guarantee the fulfillment of the demands of the revolution. But, when there were difficulties in complying with these, it was accused that the barely consolidated government had relapsed into common practices of the old regime, leading



Catholic society reacted to the extreme prohibitions by manifesting itself in various ways. The organization of some social sectors carried out an "economic boycott" in many states of the country. The population was invited not to comply with the payment of taxes, to refrain from using electricity, not to buy fuel, to use the vehicle as little as possible and not to attend public shows, in order to destabilize the economic situation and force the government to give response to demands. Ultimately, the

to the civil and religious command confronting each other politically to obtain power.

However, it was not until 1926 during the presidency of General Plutarco Elías Calles when the so-called "Calles Law" decreed on June 14, 1926, was promulgated and applied, which prohibited teaching religion in schools, as well as that the power ecclesiastic intervene in political decisions, any type of religious cult is celebrated in public spaces and the permanence in the country of priests and fathers of foreign origin. Priests were required to report to civil authorities rather than to ecclesiastical ones, which meant that all spiritual activity had to go through state administration first.



boycott did not bear fruit.

The reaction of the church was immediate, arguing that the "Ley Calles" was unconstitutional, since it violated what referred to religious freedom. Officially, the church ignored the current Constitution,

since it could not function subject to arbitrariness. Consequently, the government was forced to respond by closing Catholic schools and convents. "To each measure that the church took, the government responded in the same way, and sometimes with more radical tactics, especially in the regions where Catholicism was stronger, such as in the states of Jalisco, Colima, Michoacán, Querétaro and Guanajuato" (Quezada , 2012, p.196). Some time later, the Mexican Episcopate, backed by the Pope, ordered the closure and suspension of all temples as of July 31, 1926, for the first time since the establishment of Catholicism after the conquest and during the viceroyalty, the church closed its temples.

For a large part of the popular sector, these decisions threatened the good Catholic customs where they deposited their faith, therefore, totally convinced that the fight was in defense of their religiosity, they had no other alternatives than to take up arms leading to the involvement of girls and women. ; among them Carmen Serdán, María de la Luz Espinoza, Carmen



Vélez, Ángela Jiménez, Petra Herrera and some others in command of revolutionary troops and battalions, with ranks of lieutenants, commanders and generals in what was called the Cristero War during the period of 1926 – 1929.

The desire to fight took root in order to protect that institution that provided a sense of existence and belonging. This is how the groups that led the armed uprising, coming from all social classes, but with a greater representation of the middle class and peasants, were called cristeros. The fight was for religious freedom, mainly Catholic, leading to an armed uprising by believers in their defense of the faith.

Given this, the church sought to strengthen the faith in its followers through the creation of women's groups, in charge of carrying out activities to encourage parishioners to get involved in the religious ordinance. Due to this closeness, when the Law was applied and the Cristero conflict broke out, they were affected by the outburst of their spaces, the same places where they were taken into account and now seemed to be on the verge of disappearing. Consequently, they shouldered the responsibility of tackling the problem, motivating husbands and children to join the battle ranks to later naturally intervene in the conflict. Gradually, women became allies of the church against the liberal State, which allowed them to collaborate directly in the pressing social needs of the situation.

Johanna Flores Sabria



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ESPECIAL

CULTURAS

DEL MUNDO

Guerra Cristera, MX

Guerra Cristera, México 1926–1929



Con la Revolución Mexicana (1910– 1921) y la promulgación de la Constitución Mexicana de 1917, la iglesia perdió poder jurídico quedando bajo los lineamientos tutelares del gobierno, ya que la instauración de un nuevo gobierno a partir de la restructuración social, política e ideológica, implicaba cambios que procuraban garantizar el cumplimiento de las demandas de la revolución. Pero, al presentarse dificultades en el cumplimiento de éstas, se acusó que el apenas consolidado



prohibiciones manifestándose de diversas formas. La organización de algunos sectores sociales llevó a cabo un Boicot Económico en muchos estados del país. Se invitaba a la población a no cumplir con el pago de impuestos, abstenerse de usar energía eléctrica, no comprar combustible, utilizar lo menos posible el vehículo y no asistir a espectáculos públicos, a fin de desestabilizar la situación económica y obligar al gobierno a dar respuesta a las exigencias. Finalmente, el boicot no rindió frutos.

La reacción de la iglesia argumentaba que la “Ley Calles” era anticonstitucional, ya que violaba lo referente a la libertad religiosa. Oficialmente la iglesia desconoció la Constitución vigente, pues no podía funcionar sujeta a una arbitrariedad. Por consiguiente, el gobierno se vio obligado a responder con el cierre de conventos y

gobierno había recaído en prácticas comunes del antiguo régimen, llevando a que el mando civil como el religioso se enfrentaran políticamente por la obtención del poder.

Sin embargo, no fue sino hasta 1926 durante la presidencia del General Plutarco Elías Calles cuando se promulgó y aplicó la llamada “Ley Calles”, en la que se impedía al poder eclesiástico intervenir en las decisiones políticas, se prohibía enseñar la religión en las escuelas, se celebrara cualquier tipo de culto religioso en espacios públicos. Se exigía a los sacerdotes que rindieran cuenta a las autoridades civiles antes que a las eclesiásticas, lo cual significaba que toda actividad espiritual tenía que pasar primero por la administración del estado.

La sociedad católica reaccionó ante las extremas



escuelas católicas. “A cada medida que tomaba la iglesia, el gobierno respondía igual, y en ocasiones con tácticas más radicales, especialmente en las regiones donde el catolicismo era más fuerte, como en los estados de Jalisco, Colima, Michoacán, Querétaro y Guanajuato” (Quezada, 2012, p.196). Tiempo después, el Episcopado mexicano respaldado por el Papa ordenó el cierre y suspensión de todos los templos.

Para gran parte del sector popular las decisiones del gobierno amenazaban las buenas costumbres católicas donde depositaban su fe, por ello, convencidos totalmente de que la lucha era en defensa de su religiosidad, no contaron con más alternativas que alzarse en armas llevando al involucramiento de niñas y mujeres; entre ellas Carmen Serdán, María de la Luz Espinoza, Carmen Vélez, Ángela Jiménez, Petra Herrera y algunas más al mando de tropas y batallones revolucionarios, con grados de tenientes, comandantas y generalas en lo que se llamó la Guerra Cristera durante el periodo de 1926 – 1929.



El deseo de lucha se arraigaba con el fin de proteger aquella institución que proporcionaba un sentido de existencia y pertenencia. Fue así como se les denominó cristeros a los grupos que encabezaron el levantamiento armado, provenientes de todas las clases sociales, pero con mayor representación de la clase media y campesina.

Ante ello, la iglesia buscó fortalecer la fe en sus seguidores mediante la creación de agrupaciones femeninas, encargadas de realizar actividades para alentar a los feligreses a involucrarse en la ordenanza religiosa. Debido a dicha cercanía, cuando la Ley se vio aplicada y el conflicto cristero estalló, se vieron afectadas por el arrebató de sus espacios, mismos donde eran tomadas en cuenta y ahora parecían encontrarse en vías de la desaparición. Por



consiguiente, cargaron con la responsabilidad de afrontar el problema, motivando a esposos e hijos a sumarse en las filas de batalla para más tarde intervenir ellas naturalmente en el conflicto. Paulatinamente, las mujeres se convirtieron en aliadas de la iglesia frente al Estado liberal, lo cual les permitió colaborar directamente en las apremiantes necesidades sociales de la coyuntura.

Johanna Flores Sabria

Espera nuestro Especial Semanal

CULTURAS LATINOAMERICANAS,

by Mariana Ayón RV

United Way Challenge Invests \$1 Million+ in Pilots to Expand Financial Opportunities for Detroiters

Six projects move forward in grant process/ receive up to \$200,000 each to fundamentally change the financial futures of Detroiters

United Way for Southeastern Michigan, in collaboration with Poverty Solutions at the University of Michigan, has announced the next stage of the Detroit Financial Well-Being Innovation Challenge. Out of an initial pool of over 30 entries, six unique projects have advanced to the Pilot Stage.

Over the 12-month implementation period, six Pilot Stage grantees will receive up to \$200,000 and ongoing technical support. Here are the projects moving forward from the Planning Stage, into the Pilot Stage:

- **Bikes4Employees:** Led by the Detroit Greenways Coalition, this project aims to provide high-quality bicycles to Detroiters lacking reliable transportation, reducing expenses and improving employment sustainability while also promoting health benefits and reducing stress.
- **Community Investment Trusts:** Under the leadership of Doing Development Differently in Metro Detroit (D4), this initiative seeks to pilot the use of Community Investment Trusts (CITs) to facilitate community ownership of real estate and build wealth in low-income communities.
- **Credit Escalator:** Led by GreenPath Financial Wellness, the Credit Escalator project plans to change banking systems for communities of color in Detroit. The service combines financial coaching with a personal loan, aiming to improve credit scores as the loan is repaid.
- **East Chadsey Condon Alliance (ECCA):** Led by the Southwest Economic

Solutions Corporation, the ECCA’s Diversified Community Investment Fund (DCIF) offers all Detroiters a chance to invest in and participate in community development projects.

- **Family Mobility Savings Program:** Under the stewardship of Communities First (CFI), this program will jumpstart emergency savings, helping Detroiters meet their immediate needs while setting the foundation for their financial future.

- **Home Repair Clearinghouse:** Another initiative by Doing Development Differently in Metro Detroit (D4), this project aims to serve as a hub connecting low-income homeowners with contractors, streamlining the home repair process and advocating for homeowners.

These six projects were chosen from among 17 projects participating in the Planning Stage, which ran from Aug. 1, 2022, through March 31, 2023. During the Planning Stage, grantees worked to test assumptions critical to the success of their new ideas, develop partnerships, and create the processes and materials necessary to launch a functioning pilot.

The six projects advanced to the Pilot Stage demonstrated the strongest readiness to implement and alignment to the goals of the challenge. They will kick off their pilot operations this fall. To assist them throughout the implementation process, United Way will also provide:

- Program evaluation services from University of

Michigan’s Poverty Solutions.

- Tailored coaching and consultation services to enhance capacities in pilot implementation, strategic planning, marketing and communications, qualitative data collection, and more.

- Regular opportunities to exchange ideas, reflect on lessons learned from implementation, and share the impact of their work.

United Way will continue to maintain transparent communication with the grantees in the Pilot Stage, the third and penultimate stage of the innovation challenge, to identify any support needs and requests for additional technical assistance. They will also help grantees measure the efficiency and impact of the programs.

Megan Thibos, director of economic mobility at United Way for Southeastern Michigan, highlights the underlying rationale for the challenge: “Detroit residents face unjust systemic barriers to financial stability. This includes high living costs, unpredictable low incomes, and inaccessible credit. These grants aim to support the development of innovative, sustainable solutions to enhance financial opportunities for Detroiters.”

The Financial Well-Being Innovation Challenge originated from the 2020 University of Michigan Poverty Solutions report, The Financial Well-Being of Detroiters: What Do We Know? The findings revealed that a mix of low and volatile incomes and disproportionately high costs make it difficult for Detroiters



to effectively manage their finances. The Challenge looks to address these systemic issues with innovative ideas that can completely change opportunities for Detroit families.

Leonymae Aumentado, senior project manager at Poverty Solutions, commended the project teams on their big ideas. “We are thrilled to continue supporting these dedicated organizations in piloting their new and game-changing programs, thoughtfully designed to improve the financial well-being of Detroiters. The Challenge itself is innovative in its approach of providing funding to build and test never-before-done program models as well as providing dedicated research and evaluation support to ensure the project teams can both do the work and rigorously measure the impact of their work,” Aumentado said.

The Detroit Financial Well-being Innovation Challenge will continue through 2026. Scale Stage grants, anticipated to be awarded in late 2024, will fund selected projects up to \$1 million based on the results of the Pilot Stage.

The Challenge is made possible through funding from JPMorgan Chase, Comerica Bank, General Motors, and United Way for Southeastern Michigan.

For more details about the Detroit Financial Well-Being Innovation Challenge, visit: UnitedWaySEM.org/FWBIC. To learn more about the work of United Way for Southeastern Michigan or to contribute, visit: UnitedWaySEM.org.

About United Way for Southeastern Michigan
United Way for Southeastern Michigan, a member of the United Way Worldwide network and an independently governed 501(c)(3) nonprofit organization, works to help households across Wayne, Oakland, Macomb, and Washtenaw counties become stable and ensure children have the support they need to thrive. For more than 100 years, United Way has been a leader in creating positive, measurable, and sustainable change in communities throughout southeast Michigan. United Way works in partnership with donors, agencies, corporate and municipal partners to help families meet their basic needs of housing, food, health care and family finances, and ensure children start school ready to learn and graduate ready for life. To give, advocate, volunteer or learn more, visit UnitedWaySEM.org.

About University of Michigan’s Poverty Solutions
Poverty Solutions is a university-wide initiative at the University of Michigan that partners with communities and policymakers to find new ways to prevent and alleviate poverty through action-based research.

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New Mexico's Fiesta Chicken

Ingredients

- 1 tablespoon vegetable oil
- 4 chicken breast halves, skinless and boneless
- 1 (10-ounce) can diced tomatoes with green chilies
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (8.75-ounce) can whole kernel corn, drained
- ground cumin, to taste
- cilantro, optional, to taste, roughly chopped or torn, for garnish

Ready In:
35 minutes

Step 1

Heat the oil in a large skillet over medium-high heat.

Step 2 -

Add the chicken breasts to the skillet

and sear until golden-brown, but not cooked through, about 2-3 minutes per side.

Step 3 -

Add the tomatoes with green chilies, the black beans, and the corn to the chicken.

Step 4 -

Reduce the heat to low and allow the chicken mixture to simmer until the juices run clear and a thermometer inserted into the center of the chicken reads at least 165 degrees F, about 25-30 minutes.

Step 5 -

Sprinkle the cumin over the top of the chicken mixture.

Step 6 -

Serve garnished with the cilantro.



Oven-Baked Lemon Chicken

Ingredients

- 1 quart warm water
- 1/4 cup kosher salt, plus more, to taste
- 4 chicken breasts, boneless and skinless, pounded to an even thickness
- 3 tablespoons butter, melted
- 4 cloves garlic, minced
- 2 tablespoons lemon juice
- 1 teaspoon fresh thyme leaves
- black pepper, to taste
- lemon slices, to taste, for garnish

Directions

Ready In:

35 minutes

Step 1

In a large bowl, combine the warm water with 1/4 cup of the kosher salt and stir to combine until most of the salt is dissolved.

Step 2 -

Add the chicken breasts to the salt-water mixture and let it brine for 15 minutes at room temperature or up to 6 hours, covered and refrigerated.

Step 3 -

Preheat the oven to 450 degrees F.

Step 4 -

Rinse the chicken breasts with cold water, then pat them dry with paper towels.

Step 5 -

In a medium bowl, add the melted butter, the garlic, the lemon juice, and the thyme and whisk together until combined.

Step 6 -

Pour the butter mixture into

a large baking dish.

Step 7 -

Arrange the chicken breasts in an even layer over the top of the butter mixture.

Step 8 -

Use a pastry brush to coat the butter mixture over both sides of the chicken breasts.

Step 9 -

Sprinkle the chicken breasts generously with the extra salt and the pepper.

Step 10 -

Garnish the chicken breasts with the lemon slices, taking care to avoid laying them directly on top of the meat.

Step 11 -

Bake the chicken breasts for 5 minutes.

Step 12 -

Carefully use the pastry brush to baste the chicken breasts with the butter mixture, then bake for 5 minutes.

Step 13 -

Baste the chicken breasts again with the butter mixture, then bake until they reach an internal temperature of 165 degrees F, about 5-8 minutes.

Step 14 -

Thoroughly baste the chicken again with the remaining butter mixture.

Step 15 -

Loosely cover the pan with aluminum foil and allow the chicken to rest, about 5-10 minutes.

Step 16 -

Serve.





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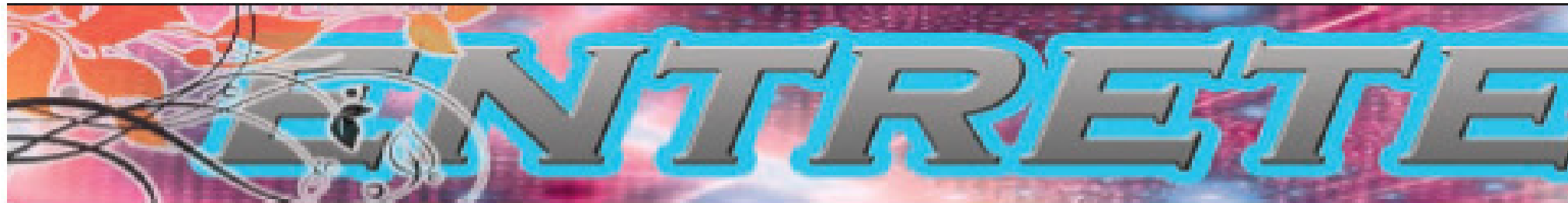
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Karol G tacha un punto de su “bucket list” tras ser portada de ‘Rolling Stone’

Quien actualmente está haciendo historia en la industria musical y poniendo en alto a la comunidad latina por todo el mundo es Karol G, quien hace unos días estrenó un tema con indirectas a Anuel. Durante este fin de semana, la cantante compartió con sus seguidores una nueva meta que cumplió de su “bucket list” como lo llamó ella, pues se apropió de la portada de la revista ‘Rolling Stone’.

Con el paso del tiempo, la colombiana se ha abierto paso dentro de la música con su inigualable ritmo y sus fantásticas canciones, pero el 2023 está siendo un grande año para Karol G, pues ha alcanzado éxitos que no se veían desde Selena Quintanilla, cuya carrera es un ejemplo a seguir para ‘La Bichota’.

Así, la famosa acudió a su cuenta de Instagram y compartió que ha tachado otra cosa en su "bucket list", protagonizar la portada de la famosa revista ‘Rolling Stone’ y, la noticia la publicó con sensuales fotos que reflejan su gran personalidad y que, por supuesto, han enloquecido a sus millones de fans.

“Hoy en la portada de @Rollingstone. Uno más de mi bucket list”, escribió la famosa en su post y luego agregó los nombres de todas las personas que estuvieron involucradas en esta nueva meta que conquistó.

Así, en las fotos se ve a Karol G luciendo una extensa cabellera rosa, el nuevo color que ha adoptado desde mitad del año, mientras que sus outfits resultaron ser sexis bikinis que enaltecían cada una de sus curvas y belleza natural.

Por supuesto, los accesorios y los objetos con los que jugó durante la

sesión fotográfica tuvieron un papel importante para hacer lucir a Karol G como la vida que es. Recientemente, inició su gira por estadios para promover su álbum 'Mañana será bonito (Bichota season)', aunque el pasado, ‘Mañana será bonito’, no deja de ser un fenómeno musical.

No obstante, su vida privada también ha tenido impactos positivos, pues ahora su corazón está siendo sumamente consentido por su nuevo novio, Feid, quien no deja de apoyarla con su carrera artística y con el gran crecimiento que ha tenido últimamente.

Desde que Karol G terminó su relación con Anuel, la famosa argumentaba que estaba soltera y enfocada en ella misma. Pero, ahora goza de la compañía de Feid, aunque han decidido mantener su romance fuera de las cámaras.



Leo Messi y Antonela Rocuzzo festejan con David y Victoria Beckham

El pasado mes de abril, David Beckham se lució con Victoria Beckham por su cumpleaños, tras lo acontecido, ha quedado claro que al exfutbolista y dueño del equipo de MLS, Inter de Miami, le gusta celebrar con los suyos momentos especiales y a lo grande.

Resulta que el pasado viernes, 11 de agosto, Beckham y su esposa salieron de fiesta con diversos amigos para celebrar la victoria del Inter de Miami sobre la escuadra del Charlotte FC, en el contexto de la Leagues Cup.

En el festejo no podía faltar la flamante estrella del equipo, Lionel Messi, quien estuvo acompañado por su esposa Antonela Rocuzzo.

La compañera de vida del astro argentino se dio el tiempo de convivir y tomarse fotos con Victoria Beckham.

De acuerdo con diversos reportes periodísticos, las dos parejas de famosos estuvieron acompañadas por otras dos superestrellas del fútbol, Sergio Busquets y Jordi Alba. La esposa de Busquets, Elena, pasó un momento agradable con Victoria y Antonela.

La velada fue documentada en el perfil de David Beckham, quien se retrató con los atletas. Todos lucieron sumamente relajados y sonrientes, a pesar de estar de fiesta, los futbolista vestían informales.

De acuerdo con las imágenes compartidas, por Antonela, el goleador estuvo ataviado con una camiseta verde agua,



así como también con unos pantalones claros. En tanto, ella vistió top oscuro dejando al descubierto su abdomen definido, con unos pantalones cargo verde olivo.

En el perfil de Instagram de la modelo, se pueden apreciar imágenes en donde está bailando al lado de su esposo, además de una instantánea en la que están abrazados muy

sonrientes. En la serie de imágenes, también se ve a Rocuzzo al lado de Victoria y Elena.

Los Beckham fieles a su estilo y glamour fueron los más formales de la noche, Victoria portó un atuendo completamente oscuro con el cabello suelto y un maquillaje tenue haciendo resaltar de forma natural su belleza. Por su parte, David usó una camisa azul cielo.

Desde que Lionel Messi y Antonela Rocuzzo decidieron dejar París para vivir una nueva etapa del futbolista en Miami, la pareja ha sido una de las más seguidas no solo por los aficionados al fútbol, sino también por la prensa de espectáculos, quienes no dejan de seguirle los pasos a los argentinos.



'Blue Beetle': el filme latino de DC que es casi una carta de amor a la familia

Llena de perseverancia, de aprendizaje y de mensajes de amor. Así considera el director puertorriqueño Ángel Manuel Soto a su nueva película 'Blue Beetle', que se estrena este 18 de agosto en las salas de cine y que seguramente llenará de orgullo a las familias latinas por su moraleja de esperanza, que asegura que todo lo podemos crear.

En entrevista con Telemundo, con la presentadora de noticias Nicole Suárez, el originario de San Juan, Puerto Rico, compartió con gusto todos los sentimientos y pensamientos que le representa este trabajo en Hollywood, pues de haber crecido con el sueño de hacer cine en las calles de su barrio a dirigir una película de DC, ha sido una revolución de emociones en su orgullo como latino.

Soto, quien se une a la lista de hispanos que ponen el alto el nombre de su país y que triunfan en Hollywood, está feliz y orgulloso de poder dirigir la historia de 'Blue Beetle', la película del escarabajo de las historietas que se presenta este 2023 con un conmovedor relato de la familia Reyes, en donde el hijo 'Jaime Reyes', interpretado por Xolo

Maridueña, se convierte en el insecto super poderoso.

"Blue Beetle terminó representando que nosotros podemos ser héroes de nuestras propias historias, con ayuda de nuestras familias, con ayuda de quienes más nos quieren, podemos encontrar la fuerza dentro de nosotros para ser los superhéroes que nosotros necesitamos", contó el director.

"Es una carta de amor a la familia, es una carta de amor a las personas que vinieron antes que nosotros, honrando ese legado que nos dejaron podemos hacer cosas grandes. Al final yo aprendí como en la película, todo lo que puedes imaginar, lo puedes crear. Todo es se puede", dijo el puertorriqueño.

El director de 'Blue Beetle' aseguró que antes de leer el guión tenía miedo de hacer un trabajo lleno de clichés latinoamericanos, pero que no fue sino hasta leer el trabajo del mexicano Gareth Dunnet Alcocer con el libreto que se dio cuenta que la familia Reyes sería una oportunidad para hacer un trabajo de orgullo latino.

"Tenía duda. Yo tenía problemas de cómo nos han representado en Hollywood, y tenía miedo de que esta oportunidad tan grande se perdiera en los clichés y los estereotipos. No fue hasta que leí el guión de Gareth Dunnet Alcocer, que es mexicano de Querétaro, me di cuenta que 'Blue



Beetle' y la familia Reyes estaban en buenas manos", platicó el director de la película.

"El éxito que esta película pueda tener, no es un éxito que le corresponda a esta película, yo creo que es un éxito que todos los latinos podemos abrazar, porque si bien esta es la primera, no quiero que sea la última".

- ÁNGEL MANUEL SOTO, SOBRE EL TRABAJO EN 'BLUE BEETLE'

Sobre el lado mexicano que se ve en la película, el artista comentó que la familia representa la experiencia de tres diferentes generaciones, la que nació en México, la que creció en Estados Unidos, y la que nació en Estados Unidos, donde forman una

increíble historia con George Lopez, como el personaje del tío excéntrico, y Adriana Barraza, como la abuela.

"Es la primera vez que no solamente tenemos un actor latino al frente sino que él es el titular, su familia también son titulares y son todos latinos. El escritor es latino, el director es latino, somos latinos contando una historia", expresó Soto.

Frente a un grupo de estudiantes invitados a la conversación en las instalaciones de Telemundo Center, Ángel Manuel Soto buscó crear la motivación en los jóvenes, asegurando que aún y con las limitaciones que un chico de Puerto Rico pudo enfrentar, ahora él disfruta de esta

oportunidad de brillar en la industria cinematográfica más importante del planeta.

"Yo nunca pensé que una oportunidad como ésta me iba a llegar a mí, para un chamaquito de Puerto Rico, se veía bien lejano, pero con mucho trabajo, mucha perseverancia, me di cuenta que estaba limitando mi propio sueño, no estaba pensando en grande", contó.

"Si yo lo pude hacer, cualquier jovencito aquí puede lograrlo, porque si yo lo logré desde Puerto Rico con todas mis limitaciones, ustedes que están aquí pueden lograrlo también", finalizó.

Eva Longoria ya es abuela; la hija de su esposo, Pepe Bastón, tuvo un niño

El pasado mes de abril, se dio a conocer que la actriz Eva Longoria sería abuela, luego de que se revelara que Natalia Bastón Esperón pronto debutaría como mamá, tras casi dos años de matrimonio con el empresario José María Eugui Ysita.

En 2017, Bastón Esperón comenzó su noviazgo con Eugui Ysita, tras unir sus vidas, la hija de la actriz Natalia Esperón y Pepe Bastón hace unos meses decidieron que era el momento de agrandar su familia tras casi dos años de matrimonio.

La feliz pareja tuvo un varón, quien será bautizado con el nombre de su padre. Hace unos días, Natalia Esperón dio a conocer

la noticia de la llegada del primer bebé de su hija vía Instagram, donde se mostró feliz por el acontecimiento.

“Ya soy abuela, ¡Pronto les voy a presentar a mi gordito guapo!”, escribió. La actriz de 48 años. De acuerdo con los medios de comunicación de México, no hay mucha información respecto a la llegada del pequeño José María Eugui Bastón, por lo que se desconocen más detalles de su nacimiento.

Por el momento, el padre de Natalia, Pepe Bastón ni su esposa, Eva Longoria, quien públicamente ha dicho que ama a México, se ha manifestado al respecto. Toda la familia ha sido mesurada con la llegada de nuevo integrante de la familia.

Longoria, de 48 años, suele compartir en sus perfiles de redes sociales



parte de lo que vive en su nicho familiar, sin embargo, no ha emitido un post sobre el nacimiento de quien es su primer nieto.

A diferencia de sus padres, Natalia Bastón prefirió dedicarse a algo distinto con el medio del espectáculo, ya que ha apostado por tener su propia agencia de

relaciones públicas, así como también a generar contenido de redes sociales enfocado a la mercadotecnia.

En tanto, José María Eugui Ysita se dedica a la ingeniería y es socio de una importante compañía que se dedica al diseño y fabricación de luminarias led, de

acuerdo con los medios de comunicación de México.

Aunque los papás debutantes han sido muy sigilosos con la llegada de su primer hijo, se espera que en las próximas semanas se den a conocer más detalles del nacimiento de José María.

Lions - 21, Giants - 16

First Preseason Game !!!



Sports Editor: Dan Grascuck/ EL CENTRAL

This past Friday, in front of 48,872 fans, the Detroit Lions hosted the New York Giants, at Ford Field.

The Detroit Lions struggled, in the first two quarters, of the game, falling behind 3-13, but

were able to bounce back in the third quarter 14-13. In the fourth quarter the Giants went ahead with a field goal (16-14), but Adrian Martinez QB for the Detroit Lions, scored a late game winning touchdown (21-16).

The Detroit Lions host the Jacksonville Jaguars this Saturday, August 19th at 1:00 pm (NFL Network), at Ford Field.

The Detroit Lions then travel to take on the Carolina Panthers, at BANK OF AMERICA

STADIUM on Friday, August 25th at 8:00 pm (CBS), before starting the regular season on Thursday, September 7th, on the road against the Kansas City Chiefs at GEHA FIELD AT ARROWHEAD STADIUM at

8:20 pm (NBC).

Photos below are highlights from the Detroit Lions vs. New York Giants

Photos by Adam J. Dewey on pg 10, and Mike Alberts/ EL CENTRAL on pg 11



Lions WR #15 Maurice Alexander, gets away from the Giants defense to score a TD on a 95 yard punt return



Lions QB #18 Adrian Martinez making a play. Martinez scored a late game winning TD, with a quarterback sneak against the Giants



Lions WR #9 Jameson Williams signs autographs for fans



Detroit Lions Drum Corp. Photo by Mike Alberts/ EL CENTRAL



Lions WR #88 Chase Cota gets away from a Giants tackle. Cota had 4 receptions for 60 yards



Detroit Lions head coach making adjustments during the game



Lions FB #45 Jason Cabinda jumping over Giants defense



Lions entering Ford Field for the first time this season

BIG KEYWORTH CROWD DISAPPOINTED

Detroit City's fading playoff hopes took another hit last weekend. 7,022 spectators packed into historic Keyworth Stadium on a beautiful summer night, but the home team did far less to inspire the crowd than the crowd put in to inspire them. With the Northern Guard in full voice before kick-off and right up to the final whistle, this would have been the perfect night to make a statement about the team's intention for the final stretch of the regular season.

The Charleston Battery had played a tough 1-1 draw in Louisville during the week and



could have been tired at the end of a three match week. However, they took a physical approach to the game right from the start. Referee Abdou Ndiaye used a quick whistle to reign in any potential trouble during the first half. After the Battery set the tone, Le Rouge responded with Matt Lewis being booked in the 7th minute. Both teams played tough, but never dirty during what turned into a midfield battle of attrition.

City goalkeeper Nate Steinwascher made one excellent save, low to his right in the 15th minute, from Augustine Williams on the Battery's best foray forward in the first half. City responded with a couple of off target shots that failed to trouble Trey Muse at the other end. The best effort came on a long range attempt from Dario Suarez that

went over the bar.

Not much changed during the opening exchanges of the second half. The City players objected to a couple challenges that went unsanctioned, leaving Rhys Williams limping and Michael Bryant certainly bruised. Eventually, the Battery broke the deadlock with 20 minutes remaining. A turnover in midfield sent the visitors breaking on the left. Pierre Reedy had an age to pick out a cross and even with a slight deflection it hit Williams on the chest. He controlled it beautifully and slammed his shot past Steinwascher from close range. As Trevor James looked down his bench to see if there was a goal to be found, he didn't see much. Yazeed Mathews missed the game through injury. Skage Simonsen just returned after missing recent action and

wasn't introduced. Connor Rutz came on late, but hasn't scored in ages.

Le Rouge had a number of set pieces late on, but couldn't direct anything on goal. Even at the death hope remained, but Matt Lewis' header from a free kick went wide of the goal and just too far in front of onrushing Devon Amoo-Mensah, leaving City with yet another 1-0 loss. The numbers don't lie. One shot on goal is all they could muster against the Battery. City has the fourth fewest goals conceded in the USL Championship, just 24 in 24 games. The defending has been solid and organized, able to handle changing personnel, including the absence of captain Stephen Carroll on Saturday. But, the offense is the absolute bottom of the league with room to spare. They have managed just

17 goals. Remembering that 6 of them came in wins over El Paso and Hartford, shows just how anemic the attack has been all season.

The second worst attack in the league arrives at Keyworth on Saturday night. The Las Vegas Lights, with former DCFC forward Pato Botello Faz, have scored only 22 goals all season. Still, that's five more than DCFC. Five more goals in the right games, would have City much further up the table than they are now. They sit just five points out of the last playoff spot, but it seems like a much larger gap given the woeful attack. Defense and Steinwascher will keep them in nearly every game, but until somebody figures out how to score or the team becomes more of a threat from set pieces they won't win many.



Detroit Lions - 21, Giants - 16 cont

Photos by: Mike Alberts/ EL CENTRAL unless otherwise noted



coach campbell greets wife and daughter on sideline



Lions LB #57 Anthony Pittman, from Wayne State University and from Birmingham MI



Detroit Lions vs. New York Giants preseason game



Lions WR #9 Jameson Williams attempts to make a catch against the Giants. Williams scored on a two point conversion in the thrird quarter



Detroit Lions cheerleaders

EDITORIAL OPINION



“Surprise, Legal Mexican Farmworkers?”

By Raoul Lowery Contreras

In 2022 the United States Department of Labor performed its biannual survey of farmworkers in the U.S. and determined 1.18 million farmworkers work in the country. That is dramatically lower than in 1950.

In 1950 most farm workers were American citizen white men and women. No longer. Most are Mexican.

Problem? Almost half are working in the U.S. illegally. Solution? There is one and it works. It is not strict law enforcement or massive misinformation by throaty whiners.

We know this because the biannual survey officially known as the National Agricultural Workers Survey (NAWS) is done every two years by the Department of Labor. Using personal interviews by professionals, the Department estimates

that “about” half of all farmworkers in the U.S. are here working illegally, something between 400,000 & 600,000.

In the 1989-1991 survey the estimate of illegal workers was 14%. In the 1999-2001 survey, the estimate: 55%. In the 2018-2020 survey, the estimated number was made after deducting the 30% who were born in the U.S., 6% legal immigrants, 23% who were authorized workers such as “Dreamers” with work permits, “green card” holders, etc. and 41% without work authorizations.

The problem: somewhere near half of all farmworkers in the U.S. are working illegally.

One look around my San Diego County suggests the numbers are different here than the survey finds nationally. 1st, San Diego County is ranked tenth

agriculturally in the U.S. thus there is more agriculture than in 90% of U.S. Counties. Secondly, what is left of the California avocado industry is based in San Diego and avocados are labor intensive. Labor intensive means Mexican labor. The same is true about Flower/Nursery production in North County.

In the Rainbow area east of Fallbrook, there is an area known as Oaxaca (Wah-haw-cah) North, Mixtec Indians from the southern Mexican state of Oaxaca chose years ago to establish their northernmost outpost. There among tending and growing millions of dollars of flowers, nursery plants and trees, only owners aren’t short, dark Indios.

Critics flood letters to the editor with complaints about these “criminals, thieves who steal jobs from hungry willing worker American men” and then have the gall to send their ill-gotten pay home to feed their families in Oaxaca, Mexico.

Those critics are wrong. First, the money. Studies

show that for every American dollar that crosses south into Mexico some returns to the U.S. After all, the Mexicans pay for what they buy in the U.S. Mexico is now America's number one trading partner, thus we speak of millions of dollars every minute of the day. Secondly illegal workers pay taxes just like the rest of us.

Then there’s the thousands of Mexicans who clog my special Senti lane at the border. They force me to spend up to an hour to cross back into the U.S. They paid the exact \$125 for a Senti pass that allows us to use special lanes to cross the border. Without that pass it could take up to 8 hours to cross the border. These thousands of legal Mexicans choke the border so they can... Spend their money in San Diego.

Back to illegal farmworkers. The solution is the American H2a temporary farmworker program. Use of this program has increased “sevenfold” -- that’s seven times in the past 17 years.

The program started growing under President George W. Bush, the best and smartest supporter of immigration reform in modern history. In 2005, 48 thousand Mexican farmworkers were approved; 371,000 in 2022.

The government declares an area worker shortage and certifies applicant farmers to use the program. Farmers must provide transportation from Mexico, housing and pay a state-approved minimum wage. How do I know this? Starting in February every morning hundreds of mostly young Mexican men gathered at the border crossing between Tijuana and San Diego each with a modern four roller suitcase loading onto American charter buses to be driven or escorted across the border H2a papers in hand. Then they were on their way to the airport or by bus to Fresno to pick grapes, Yakima Valley to pick apples and cherries, North Dakota to pick sugar beets, etc., etc.

All perfectly legal. 371,000 down, 400,000 to go.

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- G.K. Chesterton

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04 **OBSERVE THEIR UNIFORM**
Are they wearing a company uniform with
matching logos?



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match their vehicle and clothing?



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May 2021

Salud/Health

What to Know About Pulmonary Arterial Hypertension

(StatePoint) Each year, an estimated 500-1,000 people nationwide are diagnosed with pulmonary arterial hypertension (PAH). While there’s currently no cure, treatment can help control symptoms and improve quality of life.

The American Lung Association, with support from Janssen, launched a new campaign to ensure patients get an earlier, accurate PAH diagnosis and feel empowered to participate in discussions regarding treatment options. As part of the campaign, they’re also sharing insights from Lindsay T., a patient living with PAH.

- PAH defined: PAH is a progressive disorder and one form of a broader condition known as pulmonary hypertension, which is high blood pressure in the lungs. In PAH, this increased pressure in the vessels is caused by obstruction in the small arteries in the lung, and can occur for a variety of reasons.
- Causes: While the cause of PAH is usually unknown, about 15-20% of patients have inherited the condition. Most common in women ages 30-60, PAH disproportionately impacts African American and Hispanic women.
- Symptoms: Individuals are initially asymptomatic and then begin to experience symptoms similar to other common lung

diseases, such as shortness of breath and fatigue. For this reason, PAH can be difficult to diagnose -- 74% of patients are diagnosed in advanced stages of the disease. Eventually, symptoms can include swelling of the feet, legs, abdomen and neck, dizziness and fainting spells, chest pain, heart palpitations, and lips and fingers turning blue.

“When I was 23, I started noticing that when I would walk, I would get out of breath really easily. At first, I thought I was just out of shape. It took about a year for my doctors to say it was pulmonary arterial hypertension,” says Lindsay.

- Diagnosis: To confirm diagnosis, a right heart catheterization is needed to measure pressure in the heart and lungs. Providers will typically rule out other common diseases with less invasive tests first. An accurate diagnosis of the correct type of pulmonary hypertension helps ensure prompt, optimal treatment. When PAH is suspected, patients should be referred to a PAH specialist at an accredited center. Left untreated, PAH compromises heart function, which can lead to heart failure and even death.
- Treatment: Patients should see their specialist regularly for structured evaluations. This allows for tailored treatment plans.

Treatment may include



supportive therapies, such as supplemental oxygen, pulmonary rehabilitation and diuretic medications, as well as specific treatment, including medications that dilate blood vessels and affect the vasculature to reduce the increased resistance of blood flow that contributes to right-sided heart failure.

There are many clinical trials occurring right now. Those interested should speak with their healthcare provider or visit [Clinicaltrials.gov](https://clinicaltrials.gov).

- Tracking: Tracking symptoms is a vital part of self-management of the

condition.

“One of the most important things to do while living with PAH is to learn to listen to your body because it’ll tell you if you need something, and that’s information that you can talk about with your healthcare team,” says Lindsay, who after noticing worsening symptoms, spoke to her specialist who then started her on a new medication.

Lindsay also advises patients to become their own advocates. “Research empowered me to take control of my diagnosis and actually make decisions for my healthcare,” she says.

- Support: Support groups give patients a chance to connect with others living with their condition. Patients can also learn more at Lung.org/PAH.

While PAH is a serious, potentially life-threatening condition, proper treatment can make the disease manageable. After finding the right treatment plan, Lindsay is thriving.

“This life I lead today, I’m physically active. I teach high school algebra. I’m successfully managing my PAH. It’s not easy, but it’s possible,” says Lindsay.

Qué saber sobre la hipertensión arterial pulmonar

(StatePoint) Cada año, entre 500 y 1000 personas en todo el país son diagnosticadas con hipertensión arterial pulmonar (HAP). Si bien actualmente no existe una cura, el tratamiento puede ayudar a controlar los síntomas y mejorar la calidad de vida.

La Asociación Estadounidense del Pulmón, con el apoyo de Janssen, lanzó una nueva campaña para garantizar que los pacientes obtengan un diagnóstico preciso y temprano de HAP y se sientan capacitados para participar en las discusiones sobre las opciones de tratamiento. Como parte de la campaña, también comparten las ideas de Lindsay T., una paciente que vive con HAP.

- Definición de PAH: PAH es un trastorno progresivo y una forma de una condición más amplia conocida como hipertensión pulmonar, que es presión arterial alta en los pulmones. En la PAH, este aumento de la presión en los vasos es causado por la obstrucción de las arterias pequeñas en el pulmón y puede

ocurrir por una variedad de razones.

- Causas: aunque generalmente se desconoce la causa de la HAP, alrededor del 15 al 20 % de los pacientes han heredado la afección. Más común en mujeres de 30 a 60 años, la PAH afecta de manera desproporcionada a las mujeres afroamericanas e hispanas.
- Síntomas: las personas inicialmente son asintomáticas y luego comienzan a experimentar síntomas similares a otras enfermedades pulmonares comunes, como dificultad para respirar y fatiga. Por esta razón, la PAH puede ser difícil de diagnosticar: el 74 % de los pacientes son diagnosticados en etapas avanzadas de la enfermedad. Eventualmente, los síntomas pueden incluir hinchazón de los pies, las piernas, el abdomen y el cuello, mareos y desmayos, dolor en el pecho, palpitaciones y labios y dedos que se vuelven azules.

“Cuando tenía 23 años, comencé a notar que cuando caminaba, me quedaba sin

aliento muy fácilmente. Al principio, pensé que estaba fuera de forma. Mis médicos tardaron alrededor de un año en decir que era hipertensión arterial pulmonar”, dice Lindsay.

- Diagnóstico: Para confirmar el diagnóstico, se necesita un cateterismo del corazón derecho para medir la presión en el corazón y los pulmones. Los proveedores generalmente descartarán otras enfermedades comunes primero con pruebas menos invasivas. Un diagnóstico preciso del tipo correcto de hipertensión pulmonar ayuda a garantizar un tratamiento rápido y óptimo. Cuando se sospecha HAP, los pacientes deben ser derivados a un especialista en HAP en un centro acreditado. Si no se trata, la PAH compromete la función cardíaca, lo que puede provocar insuficiencia cardíaca e incluso la muerte.
- Tratamiento: Los pacientes deben ver a su especialista regularmente para evaluaciones estructuradas. Esto permite planes de

tratamiento personalizados.

El tratamiento puede incluir terapias de apoyo, como oxígeno suplementario, rehabilitación pulmonar y medicamentos diuréticos, así como un tratamiento específico, incluidos medicamentos que dilatan los vasos sanguíneos y afectan la vasculatura para reducir el aumento de la resistencia del flujo sanguíneo que contribuye a la insuficiencia cardíaca del lado derecho.

Actualmente se están realizando muchos ensayos clínicos. Los interesados deben hablar con su proveedor de atención médica o visitar [Clinicaltrials.gov](https://clinicaltrials.gov).

- Seguimiento: El seguimiento de los síntomas es una parte vital del autocontrol de la afección.

"Una de las cosas más importantes que debe hacer mientras vive con PAH es aprender a escuchar su cuerpo porque le dirá si necesita algo, y esa es información de la que puede hablar con su equipo de atención médica", dice Lindsay, quien después

de notar un empeoramiento de los síntomas, habló con su especialista, quien luego le indicó un nuevo medicamento.

Lindsay también aconseja a los pacientes que se conviertan en sus propios defensores. “La investigación me permitió tomar el control de mi diagnóstico y, de hecho, tomar decisiones sobre mi atención médica”, dice.

- Apoyo: Los grupos de apoyo brindan a los pacientes la oportunidad de conectarse con otras personas que viven con su afección. Los pacientes también pueden obtener más información en Lung.org/PAH.

Si bien la PAH es una afección grave y potencialmente mortal, el tratamiento adecuado puede hacer que la enfermedad sea manejable. Después de encontrar el plan de tratamiento adecuado, Lindsay está prosperando.

“Esta vida que llevo hoy, soy físicamente activo. Enseño álgebra de secundaria. Estoy manejando con éxito mi HAP. No es fácil, pero es posible”, dice Lindsay.



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Sixto Diaz Rodriguez, Once Called a Man of Mystery

Con't from pg. 1

It was never about the financial gain; it was about sharing his poetic words layered to his own melody with the world, and the world listened. Rodriguez's musical success didn't come to him through his American audience but instead through South Africa during the tumultuous time of Apartheid. Although some of his music was banned during this regime, his music fueled a movement that brought South Africa's comfort and social consciousness to the forefront.

Rodriguez expressed his political interest in his community by running for office, including running for City Council and later for Mayor of the City of Detroit. His music was used as a vehicle for social justice and

equality, so much so that he grabbed the attention of South African President Nelson Mandela. When Mandela visited Detroit in 1990, he hoped to meet Rodriguez; unfortunately, the meeting never occurred. However, that didn't stop the momentum of his music from spreading solace and connecting people worldwide.

Last Saturday, August 12, a few days after Rodriguez was laid to rest, family, friends, and visitors gathered at the Majestic Theater in his memory. The mood was not sorrowful at all; instead, optimistic. The main room was dimly lit except for the stage, where those who loved him took turns commemorating his memory by singing his songs or just sharing a few words. Along the side of the room

were photos, album covers, awards, and even newspaper clippings that displayed his musical impact.

His influence on human rights and social change was documented in the Oscar-winning documentary Searchin' for Sugar Man, released in 2012. Rodriguez held a record deal with Motown Records, where Clarence Avant was Chairman. As Rodriguez began to tour and could see the change he was making, he said to an audience, "Thank you for keeping me alive." The city of Detroit, particularly Southwest, is certainly keeping his legacy alive. Located on W. Vernor facing the Vernor Food Center parking lot to the east is a mural of Rodriguez painted by muralist Elton Monroy Durán.

In 2015, Durán moved to Detroit from the Hidalgo

region of Mexico. While making Detroit home, he soon discovered he didn't feel as connected until finding the music of Rodriguez. During the pandemic in 2020, Durán completed the mural in time for Rodriguez's birthday. The parallels between Durán and Rodriguez's life met in multiple ways while the mural was painted. Durán soon discovered the building he was painting housed the same apartment Rodriguez and his three daughters once lived in. Durán describes his personal experience throughout the creation process as "Kind of like destiny."

Durán was on the lift, painting the mural during a time when Black Lives Matter Marches took to the street all across the country. "The Black Lives Matter march came down

this very street when I was painting. So, I was recording from up there. The Black Live Matter march is much like the movements happening in South Africa," Durán says. He soon connected with Rodriguez personally. "I can now feel and see what he meant with his lyrics; he was talking about these streets."

Sixto Diaz Rodriguez leaves behind wife, Konny Rodriguez, and three daughters, Eva, Sandra, and Regan Rodriguez.

Amber Ogden is a freelance writer born and raised in Detroit. She has published work in publications such as Forbes, Chevy in the D, Model D, and Rachel Ray Every Day. She enjoys art and eating through the city in her free time.

Sixto Díaz Rodríguez, el llamado Hombre Misterioso

Con't de pg. 1

Como un joven adulto discreto, actuaría localmente en toda la ciudad de Detroit y mientras continuaba su carrera musical, obtuvo un trabajo en el sector manufacturero de la industria automotriz, ganándose la vida honradamente como muchos habitantes de Detroit de los años 60 y 70.

Nunca le interesó el dinero; se trataba de compartir sus palabras, superpuestas a su propia melodía, y el mundo lo escuchó. El éxito musical de Rodríguez no le llegó a través de su audiencia estadounidense, sino a través de Sudáfrica durante la tumultuosa época del apartheid. Aunque parte de su música fue prohibida durante este régimen, su música impulsó un movimiento que puso en primer plano la comodidad y la conciencia social de Sudáfrica.

Rodríguez expresó su interés político en su

comunidad al postularse para un cargo público, para el Concejo Municipal y luego como alcalde de la Ciudad de Detroit. Su música fue utilizada como vehículo para la justicia social y la igualdad, tanto que llamó la atención del presidente sudafricano Nelson Mandela. Cuando Mandela visitó Detroit en 1990, esperaba conocer a Rodríguez; desafortunadamente, la reunión nunca se dio. Sin embargo, eso no impidió que el impulso de su música difundiera consuelo y conectara a personas de todo el mundo.

El pasado sábado 12 de agosto, pocos días después del entierro de Rodríguez, familiares, amigos y visitantes se reunieron en el Teatro Majestic en su memoria. El ánimo no era triste en absoluto, sino optimista. La sala principal estaba tenuemente iluminada a excepción del escenario, donde sus seres queridos se turnaban para

conmemorarlo, cantando sus canciones o simplemente compartiendo algunas palabras. Al costado de la sala había fotos, portadas de álbumes, premios e incluso recortes de periódicos que mostraban su impacto musical.

Su influencia en los derechos humanos y el cambio social se plasmó en el documental ganador del Oscar Searchin' for Sugar Man, lanzado en 2012. Rodríguez tenía un contrato discográfico con Motown Records, donde Clarence Avant era el presidente. Cuando Rodríguez comenzó a viajar y pudo ver el cambio que estaba generando, le dijo a la audiencia: "Gracias por mantenerme con vida". La ciudad de Detroit, particularmente el suroeste, ciertamente mantiene vivo su legado. Ubicado en W. Vernor, al este del estacionamiento del Vernor Food Center, está un mural de Rodríguez pintado por el muralista Elton Monroy

Durán.

En 2015, Durán se mudó a Detroit desde la región de Hidalgo, México. Mientras hacía de Detroit su hogar, descubrió que no se sentía tan conectado, hasta que encontró la música de Rodríguez. Durante la pandemia de 2020, Durán completó el mural a tiempo para el cumpleaños de Rodríguez. Los paralelismos entre la vida de Durán y Rodríguez se encontraron de múltiples maneras mientras se pintaba el mural. Durán pronto descubrió que el edificio que estaba pintando albergaba el mismo apartamento en el que alguna vez vivieron Rodríguez y sus tres hijas. Durán describe su experiencia personal a lo largo del proceso de creación como "Algo así como el destino".

Durán estaba en el ascensor, pintando el mural durante el tiempo en que las marchas de Black Lives Matter tomaron las calles en todo el país. "La

marcha de Black Lives Matter cruzó esta misma calle cuando estaba pintando. Entonces, estaba grabando desde allí. La marcha de Black Live Matter es muy parecida a los movimientos que ocurrieron en Sudáfrica", comentó Durán. Pronto se conectó personalmente con Rodríguez. "Ahora puedo sentir y ver lo que quiso decir con sus letras; estaba hablando de estas calles".

Sixto Díaz Rodríguez dejó a su esposa, Konny Rodríguez, y tres hijas, Eva, Sandra y Regan Rodríguez.

Amber Ogden es una escritora independiente que nació y creció en Detroit. Ha realizado publicaciones en Forbes, Chevy in the D, Model D y Rachel Ray Every Day. Le gusta el arte y comer en la ciudad en su tiempo libre.



Sixto Rodriguez on one of his six trips to South Africa. Photo credit Eva Rodriguez

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12

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Rep. Thanedar Hosts Town Hall on Issues of Concern to Hispanic Constituents

Washington, D.C. – As part of his commitment to promoting inclusivity, Representative Shri Thanedar initiated a collaborative briefing with Hispanic community leader, Rogelio Landin, to gather insights from members of the Hispanic community. The Hispanic community, representing 10 percent of the residents in Michigan's 13th Congressional District, plays an essential role in shaping the region's

cultural and socio-economic landscape. This briefing aims to encapsulate a diverse array of opinions, concerns, and suggestions from leaders who represent the broad spectrum of the Hispanic community. The information from this session will equip Representative Thanedar with the tools to more effectively address the unique needs of the Hispanic constituency in MI-13. Marking a continuation

of this initiative, Representative Thanedar will address the Hispanic community in a landmark virtual Town Hall meeting on August 28, 2023, at 6:00 p.m. This platform promises to be an engaging forum for questions and dialogue, fostering community involvement in decision-making processes. “The Hispanic community represents a vital part of Michigan's 13th Congressional District, and

my commitment to serving this diverse constituency remains unwavering. As we build bridges of dialogue and understanding, I am thrilled to delve into deeper conversations that will inform policy and drive beneficial outcomes for all,” remarked Representative Thanedar. “This forthcoming Town Hall is more than just a meeting; it's an opportunity for us to forge a stronger, more inclusive future together.”

All members of the community are welcome to join the Town Hall. To be part of this transformative event, please mark your calendar and await further details on accessing the virtual meeting. For additional information or to connect with Representative Shri Thanedar's office, individuals can visit his official website at thanedar.house.gov.



Rep Shri Thanedar, center, met with Metro Detroit Hispanic leaders in June. Pictured at left, Jane C. Garcia, and at right, Belda Garza

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