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¡TINTA CON SABOR!



Detroit Institute of Art presents *Dances and Stories of the Ho-Chunk Nation*

Native American dancers of the Ho-Chunk Nation, Reg Pettibone and his family, will be performing at the *Detroit Institute of Art (DIA)* on Saturday, January 18, 2025, at 2:00 pm. This event offers an authentic exploration of Native American culture through dance, song, and narration, all with a strong environmental focus.

This family-friendly event is free with general admission and will take place in the *DIA's Rivera Court*. For more information visit <https://dia.org/events/dances-and-stories-ho-chunk-nation>.

Virgen de Guadalupe exhibit ends January 24th

The *Sofia Quintero Art and Cultural Center* invites you to celebrate *La Virgen de Guadalupe* and experience her timeless presence through a diverse range of artworks and expressions. The exhibit highlights *La Virgen de Guadalupe* and her role as a symbol of cultural identity, resilience, and unity. Whether you're drawn to her powerful image, the vibrant art, or the cultural narratives she represents, this exhibition promises to be a meaningful experience for all visitors. The exhibition will continue through January 24, 2025 in the *José Martínez Memorial Galleria* in Toledo's Old South End. Don't miss this opportunity to connect with a tradition that continues to inspire and uplift communities worldwide! For more information visit www.sqacc.org



Toledo Opera returns to Valentine Theatre with *South Pacific*

Toledo, OH, January 14, 2025: *Toledo Opera* will present Rodgers and Hammerstein's *South Pacific* on Friday, February 14, 2025, at 7:30 p.m., and Sunday, February 16, 2025, at 2 p.m. at the *Valentine Theatre*, 400 North Superior, Toledo, Ohio. Performed by Toledo Opera for the first time in its 66 years, this production boasts a star-studded cast, composed of Toledo Opera audience favorites, seasoned Broadway professionals, and a world-class creative team. Toledo Opera will also host a free Pre-Opera Talk one hour before each show in the Grand Lobby of the Valentine Theatre.

Based on the anecdotes of a real-life U.S. Navy commander who was stationed on an island, *South Pacific* follows two intercultural love stories: Nellie, a spunky nurse from Arkansas, falls in love with Emile, a French plantation owner on the island who has two children from his late Polynesian wife; at the same time, U.S. Lieutenant Cable falls for a beautiful island native named Liat. Both Americans find themselves struggling to reconcile their own cultural prejudices with their amorous feelings, all the while under the dark cloud of a war that is coming ever closer to their island paradise. With music by Richard Rodgers, lyrics by Oscar Hammerstein II, and book by Oscar Hammerstein II and Joshua Logan – *South Pacific* is adapted from the Pulitzer Prize winning novel "Tales of the South Pacific" by James A. Michener.

To learn more about *South Pacific* cast and production team and to buy tickets, visit: toledoopera.org.

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JANUARY 19-24, 2025

ANN ARBOR RESTAURANT WEEK

SPONSORED BY:

Ann Arbor Restaurant Week January 19 - 24, 2025

Ann Arbor, MI: Get ready to embark on a culinary adventure during *Ann Arbor Restaurant Week*, happening from January 19 to January 24, 2025. This much-anticipated event showcases the vibrant and diverse dining scene of downtown Ann Arbor, inviting food lovers from near and far to experience exclusive menus, special pricing, and the incredible creativity of local chefs.

With over 40 participating restaurants, this year's Restaurant Week promises something for every palate. From mouthwatering three-course meals to unique specialty dishes, participating restaurants will offer prix fixe menus for lunch (starting at \$15) and dinner (startig at \$30), along with a variety of à la carte options.

Ashley Schaffer, Executive Director of the Main Street Area Association, shared her excitement: "Ann Arbor Restaurant Week is a celebration of the incredible talent and passion of our local culinary community. It's an opportunity to explore new flavors, revisit old favorites, and support the restaurants that make our downtown a true destination for food lovers. This year, we've added exciting new participants and collaborations to make the experience even more memorable!"

- Event Highlights:**
- **Dates:** January 19–24, 2025
 - **Where:** Participating restaurants across downtown Ann Arbor
 - **Special Offers:** Prix fixe lunch and dinner menus, à la carte options, and exclusive Restaurant Week specials

Whether you're a local foodie or visiting for the first time, Ann Arbor Restaurant Week is the perfect time to explore the city's renowned dining scene. Mark your calendar and make your reservations early, tables fill up fast during this popular event!

For a full list of participating restaurants and menus, visit mainstreetannarbor.org

El exprimer ministro de Canadá, Chrétien, da un consejo directo a Trump: “¡Recapacita!”

Por JIM MORRIS Associated Press

VANCOUVER, Canadá, Jan 11, 2025 (AP) — Las declaraciones del presidente electo Donald Trump sobre que Canadá debería convertirse en el estado número 51 provocaron condena y una explosión patriótica el sábado por parte de un ex primer ministro canadiense que ofreció un consejo contundente al próximo líder estadounidense: “¡Recapacita!”.

Jean Chrétien, quien fue primer ministro de Canadá de 1993 a 2003, se unió a un coro de funcionarios del vecino norte de Estados Unidos que consideran que las declaraciones de Trump ya no son una broma y podrían afectar las relaciones con el aliado más cercano de Estados Unidos.

Canadá nunca aceptaría formar parte de Estados Unidos, escribió Chrétien en un artículo publicado en el periódico The Globe and Mail, celebrando su cumpleaños número 91. Elogió el amor de su nación por la independencia y dijo que los comentarios de Trump equivalían a “insultos totalmente

inaceptables y amenazas sin precedentes” a la soberanía canadiense.

“A Donald Trump le digo, de un viejo a otro, ¡recapacita!”, señaló Chrétien. “¿Qué te hace pensar que los canadienses alguna vez renunciarían al mejor país del mundo —y no te equivoques, eso es lo que somos— para unirse a Estados Unidos?”.

Trump ha lanzado retórica expansionista no sólo hacia Canadá sino también hacia otros aliados de Estados Unidos, y ha argumentado que las fronteras del poder estadounidense deben extenderse al territorio danés de Groenlandia y hacia el sur para incluir el Canal de Panamá.

Y mientras muchos líderes europeos han sido mesurados en su respuesta, los canadienses no se han retenido.

“Si piensas que con amenazas e insultos vas a ganarnos, realmente no sabes nada sobre nosotros”, escribió Chrétien en el artículo. “Podemos parecer tranquilos, de modales suaves. Pero no te equivoques, tenemos

columna vertebral y fortaleza”.

Estados Unidos importa aproximadamente el 60% de su crudo de Canadá, que también es el principal destino de exportación para 36 estados de Estados Unidos. Casi 3.600 millones de dólares canadienses (2.700 millones de dólares) en bienes y servicios cruzan la frontera cada día.

Funcionarios canadienses han estado hablando con sus contrapartes del gobierno entrante de Trump sobre aumentar la seguridad fronteriza en un esfuerzo por evitar un arancel general del 25% que Trump ha amenazado con imponer a todos los productos canadienses.

Cuando Trump impuso aranceles más altos durante su primer mandato, otros países respondieron con aranceles de represalia propios. Canadá anunció aranceles nuevos con un valor de miles de millones de dólares en 2018 contra Estados Unidos en represalia por los nuevos gravámenes sobre el acero y el aluminio canadienses.

Presidente de Bolivia mastica coca para reivindicar a esa planta penalizada por la ONU

LA PAZ, Bolivia, Jan. 11, 2025 (AP) — Con menos pompa que otros años y sin la presencia del mayor sindicato cocalero, el presidente de Bolivia Luis Arce celebró el sábado el Día del Masticado de Coca saboreando unas hojas y bailando danzas folclóricas junto a cultivadores de esa planta ancestral considerada sagrada por las culturas andinas del país.

El mandatario mandó a instalar una tarima en la plaza frente a la casa de gobierno para recibir al otro sindicato de cultivadores del norte de La Paz y socializar con sindicatos indígenas que apoyan su administración en momentos en que su partido afronta una feroz lucha interna con su mentor político y antecesor, el expresidente Evo Morales, por el liderazgo y control del aparato partidario de cara a las elecciones presidenciales de agosto.

El exmandatario no solo estuvo ausente de la celebración por segundo año sino que tampoco envió mensajes como suele hacer en sus redes

sociales. Morales es presidente del mayor sindicato cocalero desde donde saltó a la política en los años de 1990 y ahora está recluso en su feudo del Chapare, en el centro de Bolivia, protegido por los cocaleros desde que la fiscalía le inició una investigación por el presunto abuso de una menor cuando era mandatario (2006-2019). El político de 65 años acusa a Arce de un “contubernio” con jueces para sacarlo de la carrera electoral.

“Nuestro gobierno reivindica la coca porque es un símbolo cultural, representa nuestra identidad y soberanía, tiene un valor medicinal y ritual y es un factor de cohesión social”, destacó Arce.

Cada 11 de enero Bolivia celebra el Día del Masticado de Coca en honor a que ese día en 2013, Morales, entonces presidente del país, logró que la Convención Única de las Naciones Unidas sobre Estupefacientes reconociera que la masticación es una práctica ancestral en Bolivia. Ese protocolo considera a la coca como estupefaciente.

Consumida en su estado natural la hoja de coca tiene propiedades medicinales y desde las

culturas precolombinas tiene también usos rituales. “Permite una conexión espiritual con la Pachamama (Madre tierra)”, dijo en la ocasión el vicepresidente de Bolivia, David Choquehuanca, de origen aymara.

El gobierno de Arce emprendió gestiones con apoyo de gobierno de Colombia para que la Organización Mundial de Salud (OMS) estudie las propiedades medicinales y nutritivas de la planta como paso previo para lograr la despenalización.

En Bolivia el cultivo de hoja es legal hasta 22.000 hectáreas para usos legales pero hay cerca de 30.000 hectáreas y los excedentes son desviados a la fabricación de cocaína de la que el país es tercer productor mundial después de Colombia y Perú.

La fecha antes era recordada en todo el país, pero la celebración ha ido perdiendo fuerza en los últimos años. Los intentos de Morales y de Arce por industrializar la planta para obtener productos lícitos de la coca no han logrado los resultados esperados.



Xochitlo Conuco Ancestors Garden Mural

Join Casa de Rosado Galeria & Cultural Center for a table top panel mural making session! The Xochitlo Conuco Ancestors Garden Mural is a 30 foot ethnographic teaching mural designed by artist Theresa Rosado. The mural connects native plants to the Americas with the people & cultures that domesticated them. In bright & vibrant colors typically used in Rosado's work, a rainbow of plants & their important ties to culture in food, art form

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Sheinbaum lanza plan de desarme en México con el apoyo de la Iglesia católica y el ejército

Por **FABIOLA SÁNCHEZ** Associated Press

CIUDAD DE MÉXICO, Jan 11, 2025 (AP) — Desde uno de los templos más emblemáticos para los mexicanos como es la Basílica de Guadalupe, la presidenta Claudia Sheinbaum lanzó el un plan nacional de desarme como parte de los esfuerzos de su gobierno para hacer frente a la violencia que golpea a vastas regiones de México.

“Estamos comprometidos con la construcción de la paz en nuestro país”, dijo Sheinbaum en un acto en la esplanada de la basílica el viernes que marcó el arranque del programa “Sí al desarme, Sí a la paz”, que será respaldado por la Iglesia católica, el ejército y las secretarías de Seguridad federal y Gobernación.

“¿De qué sirven las armas? Las armas es un símbolo de la violencia, es un símbolo de la muerte”, expresó la mandataria. Su gobierno espera promover la entrega voluntaria y anónima de armas en los atrios de los templos católicos y evangélicos a cambio de dinero en efectivo.

Para estimular el desarme, el gobierno ha previsto “incentivos en efectivo” que contemplan el pago de 1.045 pesos (unos 52 dólares) por armas artesanales útiles; 8.700 pesos (unos 435 dólares) por un revolver Magnum; 3.910 pesos (unos 195 dólares) por granadas de fusil; 25.000 pesos (unos 1.250 dólares) por un fusil AK-47, y 26.450 pesos (unos 1.322 dólares) por una ametralladora ligera y pesada, según refiere una lista que se publicó a inicios de semana en el Diario Oficial de la Federación.

Desde hace años, las autoridades mexicanas han promovido iniciativas similares que no han tenido mayor impacto para contener la violencia en México, que en los últimos años han ocasionado alrededor de 30.000 homicidios por año, según cifras oficiales.

Para Sheinbaum, atender el tema de la

criminalidad y el combate a las poderosas organizaciones criminales mexicanas se ha convertido en una de las prioridades de cara a los primeros 100 días de su gobierno, que estuvieron marcados por varios ataques masivos. Dejaron más de una treintena de muertos en diferentes puntos del país y una ola de violencia, desatada desde septiembre, en el estado

norteño de Sinaloa por una cruenta lucha que mantiene dos bandos del Cártel de Sinaloa. Entre los cientos asistentes al acto en la Basílica de Guadalupe, en el norte de la capital, estaba Alberto Sánchez Santiago, un profesional de 36 años, que llegó al lugar con una vieja ametralladora dentro de una bolsa de mercado.

“Decidí entregar el arma por la tranquilidad de mi familia y la seguridad de las personas que trabajan en nuestra casa porque no sabemos qué accidente

se puede suscitar”, dijo Sánchez Santiago. Contó que le perteneció a su abuelo y que estaba guardada en su casa desde más de 40 años.

A su lado estaba un hombre, que se identificó como Cuauhtémoc, que entregó un lote de balas y una carabina heredada de sus abuelos y que solía emplear para cazar animales en el municipio capitalino de Xochimilco.

“Dicen que las armas las tiene el diablo, entonces mejor que esté lejos. Y ya para qué tenerlas ahí causando problemas futuros”, comentó mientras sacaba la vieja escopeta de un estuche plástico. “No me importa su valor, y ni quiero saberlo”, agregó.

El analista de seguridad David Saucedo dudó de que el programa de Sheinbaum pueda contener la violencia e indicó que el plan responde más a una estrategia de “corte mediático, cosmético” para “dar la sensación de

que hay un trabajo importante por parte del gobierno federal para detener la violencia”.

“No hemos visto que estas campañas, que son bien intencionadas, tienen un impacto real en la recuperación de armas”, expresó Saucedo. Recordó que las experiencias de años anteriores han demostrado que las armas que se entregan en los programas de desarme voluntario son las que están en desuso o muy viejas. “No veo cómo alguien del crimen organizado, que quiera deshacerse de un arma que le costó el doble o el triple, la va a entregar”, sostuvo.

En un informe de 2023 sobre violencia y tráfico de armas de la Junta de Coordinación Política de la Cámara de Diputados de México se refiere que, según la encuesta de Small Arms Survey, en el país hay al menos 13 millones de piezas de armamento no registradas.

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Keynote Speaker:
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It's not too late to enroll in PreK for All

LANSING, Mich., January 7, 2025: The Michigan Department of Lifelong Education, Advancement and Potential (MILEAP) and local school leaders from across the state came together to promote *PreK for All*, as there is still time for families to enroll their 4-year-olds in no cost high-quality PreK this school year.

"We know learning starts well before kindergarten, and families should know that there's still time to enroll 4-year-olds in free, high-quality PreK programs across the state," said Dr. Beverly Walker-Griffea, director of MILEAP. "Michigan's balanced, bipartisan budget expanded access to PreK for all Michigan families regardless of income. We are working with our partners to connect Michigan children and families with the life-long educational opportunities they need on their path to prosperity."

Research shows that a high-quality PreK education improves a child's emotional, social and intellectual skills, providing benefits that last far beyond their time in school. Thanks to a historic investment in the balanced, bipartisan state budget, PreK for All is

now available at no cost to Michigan families, saving them an estimated \$10,000 per year.

Michigan's PreK for All program includes the Great Start Readiness Program in schools and community organizations, Head Start, and Young 5s programs. According to preliminary reports from intermediate school districts, 45,171 students were enrolled in the Great Start Readiness Program, the state's primary PreK program, as of November 2024. This represents an increase of nearly 10% over last year's final enrollment number of 41,120.

"In Wayne County we have seen firsthand that children who start ahead stay ahead," said Beth Gonzalez, deputy superintendent of educational services for Wayne RESA. "Children who attend PreK learn crucial social skills as well as early reading, science and math, allowing them to get a head start and be ready for kindergarten. It is crucial that Wayne County parents of 4-year-olds in Michigan take advantage of this opportunity."

"PreK gives children the foundation they need for long-term success in

school and work, and research shows they grow into healthier adults earning higher wages over their lifetimes," said Kenneth Gutman, superintendent of Oakland Schools. "PreK also teaches children critical social skills, like how to share and get along with others. This initiative is an excellent opportunity for Oakland County families with 4-year-olds."

"A child's brain is 90% developed by the age of 5," said Ashley Karsten, director of early childhood for Kent ISD. "Nurturing relationships and stimulating early childhood learning experiences in PreK build a strong foundation for future growth, development and success. For Kent County families, participating in a quality PreK program helps children reach developmental milestones and offers access to free screenings to identify children with autism or developmental delays so issues can be addressed early."

Families still have time to enroll 4-year-olds in NO-COST high-quality PreK this school year. Visit MiPreKforAll.org to find programs near you that meet your family's unique needs and learn how to enroll.

Italian Automotive Design Company chooses Bloomfield for U.S. Headquarters

January 7, 2025: Lieutenant Governor Garlin Gilchrist II announced Italian automotive design company Italdesign will establish their U.S. headquarters in Bloomfield, Michigan. The announcement comes during *Consumer Electronics Show 2025*, building on Michigan's leadership in the mobility sector and marking another milestone for the state's innovation ecosystem. Italdesign's expansion will bring 24 high-paying jobs to the state and over \$20 million in private investment to the local economy. The company chose Michigan over competing sites in Ohio and California as part of its focus on advanced automotive design and engineering.

"The United States play a key role in our global strategy: partnering with major automotive players providing the widest range of services today available on the market," said Antonio Casu, Italdesign Global CEO. "From Styling and Engineering to prototyping, testing & validation, and complete vehicle development... Who else could provide such a range of services? With almost six decades of expertise in the auto-

motive industry, we are the right partner to support U.S. customers with innovative solutions and proven excellence. We are ready to make a difference."

"Having an operational headquarters in Michigan is essential to effectively support our American customers," said Fabrizio Mina, Italdesign USA CEO. "This local presence allows us to respond promptly to their needs, and to provide a personalized and high-quality service to the large industry or startups wishing to enter the automotive sector."

Italdesign's growth in Michigan will be supported by a \$200,000 performance-based Michigan Business Development Program (MBDP) grant.

Team Michigan Drives Innovation at CES

Michigan's presence at CES 2025 highlights the state's commitment to shaping the future of mobility and technology. As the world's premier showcase for innovation, CES provides Michigan with a platform to demonstrate its leadership in emerging sectors such as electric and autonomous vehicles driving and smart infrastructure.



"CES is the perfect stage to announce innovative investments like Italdesign's," said Chief Mobility Officer Justine Johnson. "Our leadership in the automotive and mobility sectors, paired with our relentless focus on workforce development and innovation, makes Michigan the premier destination for companies building the next generation of technology. By connecting with global innovators, investors, and decision-makers, we're showcasing why anyone looking to drive the future of mobility should be 'making it' in Michigan."

This announcement builds on Michigan's growing legacy of attracting global mobility leaders. At last year's CES 2024, German-based EV charging station provider EcoG announced the establishment of their U.S. headquarters in Detroit. These consecutive successes underscore Michigan's unmatched leadership in advancing electrification and automotive innovation.

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Toledo receives \$1.1 Million Reconnecting Communities Award for Swan Creek and Junction Neighborhood

Washington, DC: January 7, 2025: *Congresswoman Marcy Kaptur (OH-09)* celebrated the announcement of \$1,107,700 from the *Department of Transportation for the Swan Creek Greenway Planning* project. This new federal funding will support planning, design, and community engagement activities for a multi-use trail along Swan Creek in Toledo to reconnect the Junction neighborhood to Downtown Toledo. The construction of Interstate 75 in the 1960's displaced Junction residents and cut off the neighborhood from Downtown. This project's planning, design, and community engagement activities will advance the development of the proposed greenway, which has been identified as a priority in neighborhood planning efforts, and improve mobility and connectivity to jobs and economic opportunity, address environmental burdens, and improve quality of life for Junction residents.



Mayor Kapszukiewicz

"Today we are celebrating continued efforts to reconnect the Junction neighborhood to Downtown Toledo. Through enterprising efforts working alongside the Junction Coalition and ConnectToledo in partnership with the City of Toledo, we are continuing to bring

vital funds home for Swan Creek redevelopment that will help to reconnect communities," said *Congresswoman Marcy Kaptur (OH-09)*. "With these efforts aimed at reconnecting neighborhoods, we are working to ensure Toledo's central city communities regain access to clean and healthy recreation, access to healthy foods at our Farmer's Market, and employment opportunities. Together, we are building on the work of past efforts to implement meaningful improvements within our neighborhoods, and I applaud the Junction Coalition, ConneCToledo, and Mayor Kapszukiewicz for their ingenuity. This funding, made possible by my work in congress, shows once again that our communities benefit when we access federal resources from legislation aimed at improving the quality of life in communities throughout our region of Northwest Ohio."

"This \$1.1 Million grant from the Department of Transportation enables us to take a significant step toward realizing a vision for Swan Creek that is the product of extensive community planning, engagement, and collaboration," said *Toledo Mayor Wade Kapszukiewicz*. "Identified as a priority in the Junction McClinton-Nunn Choice Neighborhoods Plan and Forward

Toledo, this project builds on years of work to create a more connected, vibrant city. Working closely with the Junction Coalition and residents of the neighborhood, we are turning bold plans into tangible progress for the residents of Toledo."

This new investment follows a \$608,000 award from the National Fish and Wildlife Foundation in November 2023 to the Junction Coalition for Swan Creek restoration and planning. Earlier in 2023 Congresswoman Kaptur announced other funding opportunities secured in partnership with the Junction Coalition, including a \$600,000 Centers for Disease Control and Prevention (CDC), Child Lead Poisoning Prevention program grant award to help reduce lead poisoning in the Toledo community, and a \$20 Million US Department of Transportation (USDOT) RAISE grant award to the City of Toledo to assist the city's "Connecting Toledo Neighborhoods to Opportunity" initiative to reconnect Downtown neighborhoods in Toledo and the nearby Junction neighborhood.

2025 MLK Day Celebration
Building Bridges and Breaking Bread

The City of Toledo and the University of Toledo, in partnership with the Human Relations Commission (HRC), are proud to announce this year's Dr. Martin Luther King Jr. celebration, centered on the theme "Building Bridges and Breaking Bread." This year's events emphasize unity, reflection, and service while honoring Dr. King's enduring legacy.

Celebration Details:
Virtual Video Release
 Wednesday, January 15
 Broadcasting on January 20 on the City of Toledo and University of Toledo websites, and #CAN at 6 p.m.
Imagination Station In-Person Viewing Party
 Friday, January 17 | 6 - 8 p.m.
 Free to the public
Toledo Museum of Art "More Than Just A Dream" Event
 Monday, January 20
SAME Café
 January 12 - 17 | 11 a.m. - 2 p.m.
 Serving health foods on a donation basis
Grindh's Coffee and Community
 Free coffee during MLK weekend while supplies last
33rd Annual MLK Scholarship Breakfast
 January 18 | 9 a.m.

This year's video includes a series of special speeches reflecting six core principles of Dr. King, presented by six community members:

- **Lelia Harris**, Founder of Lelia's Promise
- **Skylar Howard**, School Psychologist
- **Alexander Raby**, Student, Horizon Science Academy
- **Bryson Foster**, Sophomore, Toledo Early College
- **Kylah Griffin**, Social Work Student, University of Toledo
- **Dr. Monita Mungo**, Associate Professor of Sociology, University of Toledo

Scan the QR to view the event details on the City of Toledo website:

The City of Toledo celebrates Dr. Martin Luther King, Jr.

January 9, 2025: *The City of Toledo* and the *University of Toledo*, in partnership with the *Human Relations Commission (HRC)*, are proud to announce this year's Dr. Martin Luther King, Jr. virtual celebration, centered on the theme "Building Bridges and Breaking Bread." This year's events emphasize unity, reflection, and service while honoring Dr. King's enduring legacy.

Virtual Video Celebration

This virtual event, broadcast on the City of Toledo's Facebook, BCAN, and the University of Toledo's website, features influential guest speakers:

- Lelia Harris – Founder of Lelia's Promise
- Skylar Howard – UToledo Undergraduate
- Alexander Raby – Student, Horizon Science Academy
- Bryson Foster – UToledo CCP and Early College Student
- Kylah Griffin – Social Work Student, University of Toledo
- Dr. Monita Mungo – Associate Professor of Sociology, University of Toledo

The video also features remarks from Mayor Wade Kapszukiewicz, Councilmember Brittany Jones, and UT Interim President Schroeder.

Video Release Details:
 • Available for Download: Wednesday, Janu-

ary 15, 2025
 • **Broadcast:** Monday, January 20, 2025, 6:00 PM

Celebrate Together: Imagination Station Viewing Party

The community is invited to join local officials, neighbors, and friends for a special in-person viewing party of the MLK virtual celebration video. This event provides an opportunity to come together, reflect on Dr. King's principles, and celebrate his legacy with others in the Toledo community.

When: Friday, January 17, 2025 6:00-8:00 PM

Where: Imagination Station (One Discovery Way, Toledo, OH 43604)

Details: Open to the public, with an official invite available early this week.

Community Engagement Activities

In alignment with the theme "Breaking Bread," the public is encouraged to support local businesses and community initiatives, including:

- **SAME Café** (Main Library, Toledo Lucas County Public Library): Open January 13-17, 11:00 AM-2:00 PM, serving healthy meals on a donation basis.
- **Grindh's Coffee and Community** (625 Adams Street): Offering free coffee during MLK

weekend while supplies last.

Winter Outreach Initiative: To further foster a sense of community, 150 beanie hats purchased from *Cause and Effect Printing & Manufacturing*, a local Black-owned business, will be distributed to local shelters to support residents in need.

Additional Events

• **Scholarship Breakfast:** The Alpha Phi Alpha Fraternity, Inc.'s 33rd Annual Dr. Martin Luther King Jr. Scholarship Breakfast will take place Saturday, January 18, at 9:00 AM at the Pinnacle.

• **Toledo Museum of Art:** Join us at the Toledo Museum of Art on January 20, 2025, for a day of inspiration, reflection, and community. Through engaging programs and hands-on activities, this year's theme, "More than a Dream," celebrates Dr. King's vision and the ongoing pursuit of justice, creativity, and hope. Explore the power of art to spark change and connect us all as we honor his enduring legacy.

The City of Toledo, the University of Toledo, and HRC invite all community members to reflect on Dr. King's principles, engage with local events, and contribute to acts of service. The event details are available on the city's website at toledo.oh.gov/mlk.

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El papa Francisco bautiza a 21 bebés en la ceremonia anual de la Capilla Sixtina

CIUDAD DEL VATICANO, Jan 12, 2025 (AP) — El papa Francisco bautizó el domingo a 21 bebés en la Capilla Sixtina bajo el techo decorado por Miguel Ángel, en lo que se ha convertido en una tradición anual que marca el final del período de celebraciones navideñas en el Vaticano.

Francisco recaló que los niños eran los protagonistas de la ceremonia.

“Es importante que estos niños se sientan bien”, dijo el papa. “Si tienen hambre, aliméntelos para que no lloren. Si sienten calor, cámbienlos. (...) Pero dejemos que se sientan cómodos, porque hoy ellos están al mando y nosotros debemos servirles con el Sacramento, con oraciones”.

El pontífice administró personalmente el sacramento del bautismo a los infantes, hijos de empleados del Vaticano que trabajan en la Santa Sede.

La celebración, que conmemora el feriado que recuerda el bautismo de Jesús en el río Jordán, fue establecido en 1981 por san Juan Pablo II.

Durante la ceremonia, a cada padre se le entregó una vela para encender como símbolo de la luz cristiana que “nunca debe apagarse”. El papa alentó a las familias a llevarse las velas a casa y encenderlas en momentos difíciles para pedir orientación divina.

City of Toledo unveils a new flag for Toledo's 188th Birthday

TOLEDO, OH: On January 7, 2025 a new Toledo flag was unveiled in honor of the city's 188th birthday.



The winning design, created by Toledo resident and designer Mark Yappueying, reimagines elements from the city seal, including a modernized blockhouse representing Toledo's historical roots and industrial strength. Two blue bands symbolize the Maumee River, and a red starburst rises over the horizon, marking the city's geographical position. The flag's color palette—dark blue, light blue, white, and red—reflects Toledo's rich history, natural resources, and indomitable spirit.

The flag design contest, spearheaded by The Arts Commission, included contributions from a Design Review Board (DRB) composed of local leaders, artists, and community members. The process began with an open call for submissions, resulting in 68 designs. Public input played a significant role, with feedback gathered both online and in person. In addition to the winning design, two runners-up were also selected by the DRB, Jacob Parr and Jillian Hupp.

“This flag is an evolution of our past flags, connecting our past to our present and future,” said Mayor Wade Kapszukiewicz. “As we raise our new flag, we celebrate all that Toledo is today and all we hope it will be in the future.”

Background on the Competition The Toledo City Flag Design Competition invited residents to contribute to reimagining the city's visual identity. Submissions were evaluated anonymously based on principles of good flag design, including simplicity, meaningful symbolism, and enduring appeal.

“Our lives begin to end the day we become silent about things that matter.” — Martin Luther King Jr.

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La Prensa

Oposición venezolana se debate entre la esperanza y la decepción tras la investidura de Maduro

Por REGINA GARCÍA CANO Associated Press

CARACAS, Jan 11, 2025 (AP): La toma de posesión del presidente de Venezuela, Nicolás Maduro, dejó a sus oponentes lidiando con sentimientos encontrados de esperanza y decepción el sábado, preguntándose por qué no se pudo frenar al autodenominado líder socialista a pesar de las pruebas creíbles de que había perdido las elecciones el año pasado.

Algunos describieron su estado de ánimo tras la ceremonia del viernes en el Palacio Legislativo de Caracas como una resaca emocional, mientras que otros dijeron sentirse abandonados. Muchos expresaron un cauto optimismo y encontraron cierto consuelo en los videos difundidos en las redes sociales por dos líderes de la oposición —la popular exlegisladora María Corina Machado y Edmundo González, el candidato de la oposición en los comicios— que habían prometido derrocar a Maduro.

“Hay un aire de decepción”, dijo el profesor universitario Nelson Pérez. “No hay que perder la esperanza (...) Se suponía que hoy era el día... Es más de lo mismo”. Esa realidad es difícil de procesar para millones de venezolanos que, como Pérez, habían imaginado un 10 de enero diferente, con González recibiendo la banda presidencial y Machado dando uno de sus característicos discursos encendidos ante la Asamblea Nacional.

En lugar de eso, González y Machado publicaron mensajes en redes sociales mientras Maduro ponía su mano sobre la Constitución y juraba el cargo, desafiando la abrumadora evidencia que contradecía su afirmación de que ganó las presidenciales de julio. Maduro se comparó con un David bíblico luchando contra Goliat y acusó a sus oponentes y a sus partidarios en Estados Unidos de intentar convertir su toma de posesión en una “guerra mundial”. Además, apuntó que el fracaso de sus enemigos para bloquear su tercer mandato de seis años fue “una gran victoria” para la paz y la soberanía nacional de Venezuela.

El Consejo Nacional Electoral, formado por leales al gobierno, había declarado a Maduro ganador de la votación del 28 de julio. Pero a diferencia de en comicios anteriores, las autoridades electorales no ofrecieron conteos detallados de votos para respaldar el resultado anunciado. La oposición, sin embargo, recopiló actas del 85% de las máquinas de votación electrónica y las publicó en internet, mostrando que su candidato, González, había ganado por un margen de más de dos a uno. Expertos de Naciones Unidas y del Centro Carter, con sede en Estados Unidos, ambos invitados por el gobierno de Maduro como observadores de la cita electoral, calificaron las actas publicadas por la oposición como legítimas.

Países como Costa Rica, Panamá, Ecuador y República Dominicana calificaron el sábado la toma de posesión de Maduro como un “acto ilegítimo”, resultado de “un fraude electoral impuesto a través del terror de estado” hacia los venezolanos, señalaron en un comunicado conjunto. Sus esfuerzos continuarán, aseguraron, hasta conseguir “una transición democrática” en Venezuela. Machado dijo en un

mensaje en redes sociales el viernes que Maduro era culpable de un golpe de Estado al no dejar el cargo el 10 de enero, la fecha en la que, por ley, comienza el mandato presidencial de Venezuela. Además, afirmó que estaba segura de que la “libertad del país está cerca” pero no mencionó los próximos pasos que podría dar la oposición para poner fin a la presidencia de Maduro.

Según la líder opositora, Maduro “no se puso la banda en el pecho, se la puso en el tobillo como un grillete”.

El sábado en un mensaje en X, en el que agradeció al presidente electo estadounidense, Donald Trump, por el “apoyo inquebrantable” a la lucha por la democracia en Venezuela, la dirigente insistió que “Maduro y sus cómplices fracasarán” porque “estamos decididos a conquistar la libertad y vivir con dignidad”, aunque tampoco dio señales claras de cómo lo implementarán.

En la víspera, Machado —quien pese al veto del gobierno para postularse para un cargo sigue siendo la fuerza motriz detrás de la asediada oposición venezolana— apareció por primera vez en público tras meses escondida para acudir a una protesta contra el presidente en Caracas. Más tarde aseguró que las fuerzas de seguridad la habían detenido brevemente después de abandonar el acto, una acusación que el gobierno negó rápidamente.

La protesta del jueves atrajo a mucha menos gente que los masivos actos encabezados por Machado y González en campaña, principalmente debido a los temores sobre la brutal represión de Caracas a la disidencia. Más de 2.000

personas fueron arrestadas durante y después de los disturbios civiles posteriores a los comicios.

“Se ve gente como con guayabo (resaca)”, dijo Luis Carlos Moreno, un pintor y albañil de 55 años, en alusión al estado de ánimo de quienes no asistieron a la investidura. “Hay que esperar a la próxima semana para ver cómo marchan las cosas... Si se activa todo, cuando todo el mundo salga a trabajar y los muchachos vayan a la escuela”.

Los partidarios de Maduro que se acercaron al Palacio Legislativo estaban exultantes y algunos eran incapaces de contener las lágrimas de alegría.

La televisión estatal dijo que 10 jefes de Estado asistieron a la ceremonia. Pero muchos más gobiernos en todo el mundo rechazaron las proclamas de victoria de Maduro basándose en las pruebas creíbles validadas por los observadores electorales.

Subrayando el creciente aislamiento de Maduro, Estados

Unidos, Canadá, Reino Unido y la Unión Europea anunciaron el viernes nuevas sanciones contra más de 20 funcionarios venezolanos, acusándolos de socavar la democracia en el país. Entre los señalados había jueces del Tribunal Supremo, autoridades electorales, el jefe de la compañía estatal de petróleo y ministros.

En contraparte, el presidente Maduro entregó el sábado a los sancionados por esos países la condecoración Orden Bicentenario. Durante un evento público, también aseguró que “nadie en Venezuela quiere golpe de Estado, nadie quiere la intervención militar”, en respuesta al pedido previo del expresidente colombiano, Álvaro Uribe, quien solicitó “una intervención internacional” que permita desalojar el poder y convocar a “elecciones libres” en ese país.

Las Fuerzas Armadas Bolivarianas de Venezuela reaccionaron poco antes, en un

comunicado, asegurando que se busca empañar el “momento histórico” de posesión de Maduro hasta 2031.

Por su parte, González, quien se exilió en España en septiembre para evitar ser arrestado, estaba en República Dominicana, que se suponía que era la última parada en su gira americana antes de intentar regresar a Venezuela para ser juramentado.

En su mensaje en video, dijo a sus seguidores que el gobierno de Maduro terminará “pronto, muy pronto” y reiteró su promesa de volver al país con un “ingreso seguro, en el momento propicio”.

Entre quienes trataban de hacerse a la idea un nuevo gobierno de Maduro había trabajadores electorales, muchos de los cuales fueron acosados o arrestados tras los comicios.

“Estoy muy decepcionada”, dijo Marlyn Ruiz, residente de Caracas y trabajadora electoral. “La realidad no es como nos hicieron creer”.



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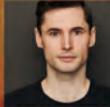
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Heritage Park Senior Village 22431 Superior Rd., Taylor, MI 48180 734-486-7000	Partridge Creek Senior Village 17200 Dove St., Clinton Twp., MI 48038 586-329-2114
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LORAIN PUBLIC LIBRARY SYSTEM UPCOMING EVENTS

**A Month of Service:
Honoring Martin
Luther King Jr.**
Through Friday, Jan. 31

Domonkas Branch
All month long the library will honor the legacy of Martin Luther King Jr. through community service. We provide open sessions of knitting and crochet. At the end of the month the completed works will be donated to a local charity. Learn a new skill, meet new community members and do something nice in honor of the holiday!

Baby and Me

Mondays, Jan. 20, 27; Feb. 3, 10, 17, 24; 10 to 10:30 a.m. at the North Ridgeville Branch
Thursdays, Jan. 16, 23, 30; Feb. 6, 13, 20, 27; 10 to 10:30 a.m. at the North Ridgeville Branch
Tuesdays, Jan. 14, 21, 28; Feb. 4, 11, 18, 25; 10 to 10:30 a.m. at the Avon Branch
Wednesdays, Jan. 15, 22, 29; Feb. 5, 12, 19, 26; 10 to 10:30 a.m. at the Avon Branch
Bounce, wiggle and play at this interactive story time. For babies, birth through 18 months, or early walkers, with their caregivers. Preregistration required.

Friends of the Lorain Public Library Book Sale

Tuesday, Jan. 14; 10 a.m. to 7:30 p.m. (Half Price Days)
Wednesday, Jan. 15; 10 a.m. to 7:30 p.m. (Nickel Day)
Thursday, Jan. 16; 10 a.m. to 7:30 p.m. (Penny Day)
Main Library
Admission to the book sale preview on Thursday, Jan. 9 is for Friends of the Lorain Public Library. New members may join or former members may renew their membership that evening. The book sale is sponsored by the Friends of the Lorain Public Library and open to the public.

Story Stop

Mondays, Jan. 20, 27; Feb. 3, 10, 17, 24; 11 to 11:30 a.m. at the Domonkas Branch
Tuesdays, Jan. 14, 21, 28; Feb. 4, 11, 18, 25; 10:30 to 11 a.m. at the Columbia Branch
Wednesdays, Jan. 15, 22, 29; Feb. 5, 12, 19, 26; 10 to 10:30 a.m. at the North Ridgeville Branch
Caregivers with children of all ages are invited for stories, activities and play. Preregistration required.

Little Learners

Tuesdays, Jan. 14, 21, 28; Feb. 4, 11, 18, 25; 10:45 to 11:15 a.m. at the North Ridgeville Branch
Thursdays, Jan. 16, 23, 30; Feb. 6, 13, 20, 27; 10 to 10:45 a.m. at the Avon Branch
Children aged four and five with their caregivers can join us for engaging stories and activities that prepare them for kindergarten. Preregistration required.

Intro to Hoopla

Tuesday, Jan. 14; 2 to 3 p.m.
North Ridgeville Branch
Learn how to download the Hoopla app to borrow eBooks, audiobooks, movies, television programs, comics and music on your phone or tablet. Preregistration required.

Roblox Bash

Tuesday, Jan. 14; 3 to 5 p.m.
Avon Branch
Bring your friends and join us for a Roblox Bash! Laptops and gaming desktops provided. Preregistration required.

Teen Gaming: Open Play

Tuesdays, Jan. 14, 21, 28; Feb. 4, 11, 18, 25; 3 to 5 p.m.
Avon Branch
Bring your friends and join us during our free gaming hours! For ages 12 and up. Preregistration required.

FAFSA Completion Night

Tuesday, Jan. 14; 6 to



7:30 p.m.
Avon Branch
Need assistance filling out the 20252026 FAFSA? Attend this interactive inperson workshop, where College Now experts will show you how to fill out the FAFSA linebyline. Turn confusion into clarity with expert guidance, ensuring every section is completed accurately. Preregistration required.

Friends of the Domonkas Library General Meeting

Tuesday, Jan. 14; 6 to 7 p.m.
Domonkas Branch
Join a fun group of other library enthusiasts who host book sales and volunteer at various programs in support of your beloved branch. Preregistration required.

Books, Beats and Bubbles

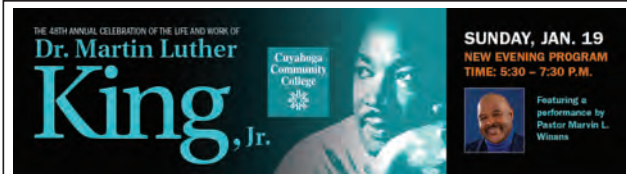
Tuesdays, Jan. 14, 21, 28; 6:30 p.m.
South Lorain Branch
Move to the music in this highenergy story, music and bubbles experience for toddlers and preschoolers. Best suited for ages 2 to 5 with their caregiver. Preregistration required.

Friends of the Avon Library General Meeting

Tuesday, Jan. 14; 6:30 p.m.
Avon Branch
Join a fun group of other library enthusiasts who host book sales and volunteer at various programs in support of your beloved branch. Preregistration required.

Ohio Means Jobs Career Counseling

Wednesdays, Jan. 15; Feb. 5, 19; 1 to 4:30 p.m.
Main Library
Call 4402441192 to schedule a free appointment with an Ohio Means Jobs career counselor to assist you with resumes, cover letters, creating an effective job search strategy and interviewing tips.



Tri-C to host Dr. King Day Celebration January 19 at Playhouse Square

48th annual remembrance is longest-running MLK event in Cleveland

CLEVELAND: Cuyahoga Community College (Tri-C®) will host an evening celebration of the annual birthday observance of the Rev. Martin Luther King Jr., continuing a tradition that began in 1977, six years before the federal government designated a day to honor King.

The 48th annual celebration takes place from 5:30 - 7:30 p.m. on Sunday, Jan. 19, at the KeyBank State Theatre (1519 Euclid Ave.). The remembrance will feature a musical performance by Pastor Marvin L. Winans and his band.

During the event, two Tri-C students will

present essays that reflect on a quote from King's 1965 commencement address at Oberlin College: "The time is always right to do what is right." The two essayists are Miranda Polanski, a nursing student who plans to pursue a bachelor's degree, and Taylor Edwards, a College Credit Plus student who hopes to major in computer science and cybersecurity.

The event will also recognize 23 Tri-C students for their scholarships from the Dr. Martin Luther King Jr. Humanitarian Scholarship Fund, established in 1987, and the Cleveland Teachers Union Endowed Scholarship Fund, established in 1995.

"Dr. King's legacy is a powerful reminder of the importance of education, equality and community," Tri-C President Michael A. Baston, J.D., Ed.D., said. "At Tri-C, we strive to embody these values every day, ensuring that every student has the opportunity to thrive. We gather to reflect on Dr. King's vision as we celebrate the progress we've made and contemplate the work that still lies ahead."

For more information or to watch a livestream, visit the MLK Annual Birthday Observance web page tri-c.edu/MLK2025.



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COMMUNITY PARTNER CONVERSATION

JOIN US FOR:

- A conversation with CJFS Leadership
- Important Agency Updates
- Program Changes
- Networking Opportunities

EVENT DETAILS

<p style="text-align: center;">Wednesday, January 29, 2025 10:00AM - 12:00PM</p> <p style="text-align: center;">Microsoft Teams Live you will receive instructions for joining the session after registering</p> <div style="text-align: center;">  <p>To register scan the QR code or visit https://bit.ly/401ECyH</p> </div>	<p style="text-align: center;">Friday, January 31, 2025 1:30PM - 3:30PM</p> <p style="text-align: center;">CCPL Brooklyn Branch 7619 Memphis Ave., Brooklyn, OH 44144 Light refreshments will be provided</p> <div style="text-align: center;">  <p>To register scan the QR code or visit https://bit.ly/4j1gaG3</p> </div>
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If you have questions regarding registration, please contact:

Cuyahoga Job and Family Services
Email: Community_Outreach@jfs.ohio.gov

This institution is an equal opportunity provider. Visit <https://www.fru.usda.gov/crisis-response-discrimination-statement>. Cuyahoga Job and Family Services provides access to an interpreter at no charge to customers who are limited - English proficient and individuals with impaired vision and/or hearing.

Heating assistance available to help Ohioans stay warm as frigid temps blanket state

COLUMBUS, Ohio, January 9, 2025: With icy temperatures and severe winter weather hitting much of Ohio this week, the State of Ohio is urging residents to take advantage of a program designed to keep homes warm and families safe.

The Ohio Department of Development's Home Energy Assistance Winter Crisis Program provides income-eligible Ohioans one-time assistance managing their home energy bill. The program runs Nov. 1-March 31 every year.

"With some of the coldest weather of the season expected to come our way, it's more important than ever to ensure every Ohioan stays safe and warm," said Lydia Mihalik, director of the Department of Development. "The Winter Crisis Program is here to provide that critical support in these bitter and challenging conditions."

The Winter Crisis Program assists Ohioans facing service disconnection, those who have already been dis-

connected, individuals needing to establish new service, those required to pay for a service transfer, and those with a Percentage of Income Payment Plan (PIPP) default or who need to make their first PIPP payment. It also supports households with 25 percent or less of bulk fuel in their tank to maintain service. Qualifying households must have a gross annual income at or below 175 percent of the federal poverty level. For a family of four, that is \$54,600.

Last year, the Winter Crisis Program assisted nearly 77,000 households in Ohio, providing a total of \$23.5 million in benefits.

Households serviced by a Public Utilities Commission of Ohio (PUCO)-regulated utility must sign up for PIPP or another payment plan if there is still an outstanding balance on the utility bill after receiving assistance.

Ohioans can start their application online but must schedule an appointment with their local energy assistance provider to complete the application. Depending on

the agency, the appointment may be in person, on the phone, or remotely. The application and list of providers can be found online at energyhelp.ohio.gov.

Clients need to bring copies of the following documents to their appointment:

- Copies of their most-recent energy bills, if available
- A list of all household members and proof of income for the last 30 days or 12 months for each member

- Proof of U.S. citizenship or legal residency for all household members
- Proof of disability, if applicable

For more information about the Winter Crisis Program, visit energyhelp.ohio.gov.

The Ohio Department of Development empowers communities to succeed by investing in Ohio's people, places, and businesses. Learn more about our work at development.ohio.gov.

Tenga cuidado para mantener la salud de su corazón de palear nieve a temperaturas extremadamente frías

DALLAS, 7 de enero de 2025: Pasear por un paraíso invernal puede sonar sereno y apacible; sin embargo, quitar la nieve de las aceras para dar ese paseo puede tornarse rápidamente en algo mortal. Según la American Heart Association (la Asociación Americana del Corazón), la principal organización sin ánimo de lucro del mundo centrada en la salud del corazón y el cerebro de todas las personas, las investigaciones demuestran que un esfuerzo físico como palear la nieve puede conllevar un mayor riesgo de sufrir un ataque al corazón o un paro cardíaco súbito (sitios web en inglés).

Las declaraciones científicas de 2020 de la American Heart Association, Eventos cardiovasculares agudos relacionados con el ejercicio y posibles adaptaciones perjudiciales después del entrenamiento físico a largo plazo: los riesgos en perspectiva: datos actualizados (sitio web en inglés), mencionan palear la nieve entre las actividades físicas que pueden ejercer un estrés adicional en el corazón, especialmente entre las personas que no están acostumbradas al ejercicio regular. Numerosos estudios de investigación científica a lo largo de los años han identificado los peligros de palear la nieve para las personas con y sin enfermedades cardíacas conocidas.

"Las investigaciones han descubierto que el esfuerzo que supone palear la nieve puede ser tan duro para el corazón como una prueba de esfuerzo en cinta andadora. Si a esto le añadimos los peligros del esfuerzo físico en climas extremadamente fríos, nos encontramos ante la tormenta perfecta para sufrir un episodio cardíaco", afirmó el Dr. Keith Churchwell, FAHA, presidente voluntario de la American Heart Association, profesor clínico adjunto de Medicina en la Facultad de Medicina de Yale, en New Haven, Connecticut, y profesor adjunto de Medicina en la Facultad de Medicina de Vanderbilt, en Nashville,

Tennessee. "El impacto puede ser peor en las personas menos atléticas".

Churchwell señaló varias formas en las que palear la nieve afecta la salud del corazón:

- El acto de palear la nieve es principalmente un trabajo de brazos, que es más agotador y exigente para el corazón que el trabajo de piernas.
- Mientras se esfuerza por levantar cargas pesadas, como una palada de nieve, a menudo inconscientemente la respiración, lo que provoca grandes aumentos de la frecuencia cardíaca y la presión arterial.
- La exposición al aire frío provoca la constricción de los vasos sanguíneos de todo el cuerpo, aumentando de manera desproporcionada la presión arterial y construyendo simultáneamente las arterias coronarias.

"Los movimientos que se realizan al palear la nieve son muy agotadores y exigentes para el cuerpo, y pueden provocar un aumento significativo de la frecuencia cardíaca y la presión arterial", explicó Churchwell. "Combinado con el hecho de que la exposición al aire frío puede contraer los vasos sanguíneos de todo el cuerpo, el corazón tiene que trabajar mucho más en condiciones que ya están disminuyendo su capacidad para funcionar al máximo".

Churchwell advirtió que el impacto que conlleva remover la nieve es especialmente preocupante para las personas que ya tienen riesgos cardiovasculares como un estilo de vida sedentario u obesidad, ser fumadores actuales o en el pasado, tener diabetes, colesterol alto o presión arterial alta, así como personas que han tenido un ataque al corazón o un derrame cerebral.

"Las personas con estas características y las que se han sometido a una cirugía de revascularización o una angioplastia coronaria no deberían palear nieve bajo ninguna condición", señaló. "A menudo, vemos sucesos en personas que suelen ser sedentarias, trabajan frente

a una computadora todo el día o hacen poco o nada de ejercicio. Luego, una o dos veces al año, salen e intentan palear nieve después de una gran nevada, y ese esfuerzo inesperado puede conducir a una tragedia".

Churchwell recomienda los siguientes consejos para reducir el riesgo que supone palear la nieve:

- Si se sabe o se sospecha que padece una enfermedad cardíaca o tiene factores de riesgo de padecerla, pida a otra persona que quite la nieve por usted.
- Si debe palear la nieve, empiece de a poco y vaya a su ritmo. Cúbrase siempre la boca y la nariz, lleve ropa superpuesta, así como gorro y guantes.
- Lo ideal es empujar o barrer la nieve en lugar de levantarla y arrojarla, ya que esa acción implica un poco menos de esfuerzo.
- Tenga mucho cuidado cuando sopla el viento, porque el viento hace que la temperatura parezca aún más baja de lo que es y aumentará los efectos del frío en su cuerpo.

• Si puede, utilice un soplador de nieve automático en lugar de palear. Aunque debe proceder con precaución y ser consciente de cómo se siente su cuerpo, las investigaciones demuestran que el uso de un soplador de nieve no eleva la frecuencia cardíaca tanto como palear.

La American Heart Association insta a todo el mundo a aprender a identificar los signos más frecuentes de un ataque al corazón y un derrame cerebral (sitio web en inglés). Si siente dolor o presión en el pecho, mareo o palpitaciones o ritmo cardíaco irregular, interrumpe la actividad de inmediato. Llame al 9-1-1 si los síntomas no desaparecen poco después de dejar de palear o soplar nieve. Si observa que alguien se siente mal mientras patea nieve, pida ayuda y comience las maniobras de RCP usando solo tus manos si la persona no tiene pulso.

Obtenga más información sobre el frío y las enfermedades cardiovasculares en heart.org (sitio web en inglés).

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This project is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a Medicaid assistance model totaling \$0.73 billion with 100 percent funding by CMS. The contents are those of the author(s) and do not necessarily represent the official views of the U.S. Government.

U.S. Department of Education announces first-ever Postsecondary Success Recognition Program winners

The U.S. Department of Education (Department) announced the winners of the first-ever Postsecondary Success Recognition Program (PSRP). Launched in April 2024 by U.S. Secretary of Education Miguel Cardona, the program celebrates institutions of higher education that are enrolling underserved student populations, facilitating successful student transfers and completions, and equipping graduates for careers that lead to economic mobility.

“Imagine a world where schools with the most Pell Grant recipients are ranked highest, where prestige is defined by preparing graduates well to enter the workforce and lead fulfilling lives and careers sometimes right in their own communities. Imagine universities that are raising the bar for access and equity becoming household names. This award envisions a world where that is possible,” said Secretary Cardona. “Instead of giving schools high marks for the number of students they turn down, we want to recognize schools doing the most to lift students up.”

The six colleges and universities honored as winners represent a cross-section of institutions serving diverse student populations, communities, and missions. Located in rural, suburban, and urban areas across the country, these schools demonstrate excellence in advancing student success while supporting equitable outcomes for all of their students.

The 2025 Postsecondary Success Recognition Program winners among predominantly associate degree or certificate granting institutions are:

- CUNY Hostos Community College** (New York) (Transfer Focus)
- Miami Dade College** (Florida) (Career Focus)
- Salish Kootenai College** (Montana) (Career/Transfer Focus)

The 2025 Postsecondary Success Recognition Program

winners among predominantly bachelors degree granting institutions are:

- San Jose State University** (California) (Masters Institution)
- University of South Carolina Upstate** (South Carolina) (Bachelors Institution)
- University of Texas at Arlington** (Texas) (Doctoral Institution)

These winners were selected after a rigorous process beginning with using publicly available data to measure institution performance on key indicators related to equitable access, success, and post-college outcomes at public and non-profit institutions across the country. The Department then invited 200 institutions 100 predominantly associate degree or certificate granting institutions and 100 predominantly bachelors degree granting institutions that performed well on those indicators to apply. Over 120 institutions applied and provided information on how they use data and evidence-based practices as part of an intentional, campus-wide strategy to ensure all their students, including underrepresented students, are earning credentials of value. The Department recruited a panel of nearly 50 peer reviewers, including leading experts, researchers, and practitioners from the field, to score applications. The top 20 institutions from the application round then participated in a scored interview round conducted by RTI International, and the top 6 institutions from the interview round were named as the winners of the inaugural year of the recognition program.

The Department is also awarding a special trailblazer award to Georgia State University in recognition of its role in inspiring the field not only through its well-known efforts to increase graduation rates but also for its work to support over 100 colleges and universities nationwide to improve their outcomes through the National Institute for Student Success (NISS). Thirteen institutions from this year's eligibility list are part of the NISS network in-

cluding Albany State University, Georgia Southern University, John Jay College (City University of New York - CUNY), LaGuardia Community College (CUNY), Lehman College (CUNY), Manhattan Community College (CUNY), North Carolina A&T State University, North Carolina Central University, Old Dominion University, Sam Houston State University, University of Arizona, University of Illinois Chicago, and one of the winners: University of South Carolina Upstate.



cluding Albany State University, Georgia Southern University, John Jay College (City University of New York - CUNY), LaGuardia Community College (CUNY), Lehman College (CUNY), Manhattan Community College (CUNY), North Carolina A&T State University, North Carolina Central University, Old Dominion University, Sam Houston State University, University of Arizona, University of Illinois Chicago, and one of the winners: University of South Carolina Upstate.

“Since the very beginning of the Biden-Harris Administration, Secretary Cardona challenged the idea that our best colleges and universities are the most selective in granting opportunity not those who do the most to share that opportunity,” said Under Secretary of Education James Kvaal. “By creating more opportunities for valuable college degrees for underserved student populations, the winners of this program set a new standard for excellence in higher education.”

“Were deeply honored to receive this recognition,” said Georgia State President M. Brian Blake. “Its so emblematic of our innovation and commitment to advance access to higher education, foster student success and ensure meaningful outcomes beyond graduation.”

Note: All data cited are three-year averages compiled by the Department using Integrated Postsecondary Education Data System and College Scorecard data for determining eligibility for the recognition program. Underserved students of color include Black, Hispanic, Native American, Pacific Islander, and Two or More Races.

Columbus Taco Fest moves to Goodale Park for its 9th edition

Columbus, OH, January 6, 2025: The highly anticipated Columbus Taco Fest is back for its 9th edition, bringing all the excitement and flavor to Goodale Park for the first time on Saturday, May 24, and Sunday, May 25, 2025. The spring edition of Taco Fest will benefit Friends of Goodale Park, a 501(c)(3) non-profit organization dedicated to maintaining and enhancing Goodale Park as a premier urban park for all residents and visitors.

This move to Goodale Park marks a new chapter for the spring edition of Taco Fest, building on the park's reputation as a safe and beloved community gathering space. Goodale Park has been home to the festival's fall editions, and its welcoming atmosphere has made it a fan-favorite location for attendees and vendors alike.

“Taco Fest has always been about celebrating the vibrant Columbus community, and Goodale Park provides the perfect backdrop for this celebration,” said



Hugo Albormoz, event organizer. “We’re excited to bring the same great energy, delicious food, and engaging activities that our attendees know and love to this iconic location.”

What to Expect at Taco Fest Spring 2025

Taco Fest will feature an array of food trucks serving up the city's best tacos, refreshing margaritas, and beer options. Attendees can also explore local craft vendors and enjoy a variety of family-friendly activities.

One of the event's highlights is the return of the *Puppy Dress-Up Contest*, benefiting *Rescue Me Pawsome Style*, an Ohio non-profit organization committed to finding loving homes for abandoned and unwanted dogs. The contest is always a crowd favorite, showcasing the creativity of pet owners and the charm of their four-legged friends.

Since its inception in 2018, Taco Fest has grown

into a premier event for foodies and families, consistently delivering memorable experiences. The event's partnership with Friends of Goodale Park underscores its commitment to giving back to the community while celebrating Columbus' love for tacos and good company.

Event Details:

- Dates:** Saturday, May 24 & Sunday, May 25, 2025
- Location:** Goodale Park, Columbus, OH
- Admission:** Free
- Age Policy:** All ages are welcome. Minors under 18 must be accompanied by an adult 21+.

Don't miss the chance to be part of this exciting spring tradition! Follow Columbus Taco Fest on social media for updates, including vendor announcements, activity schedules, and more. Visit the *Columbus Taco Fest website* at www.columbus-tacofest.com



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Toledo Air Show scheduled for May 10 - 11th

SWANTON, Ohio, December 10, 2024: The Toledo-Lucas County Port Authority, the 180th Fighter Wing, and the Toledo Air Show Committee are proud to announce the 2025 Toledo Air Show is scheduled for May 10-11, 2025, at Eugene F. Kranz Toledo Express Airport and will feature the Thunderbirds, the air demonstration squadron of the United States Air Force. The lineup for the 2025 Toledo Air Show will include other military air demonstration teams, civilian air demonstration teams, and displays of military aircraft and equipment from across the Department of Defense and the Ohio Air National Guard. The Port Authority is excited to partner with the 180th Fighter Wing, as well as the entire volunteer committee of the Toledo Air Show, to support this incredible event for our community. Planning is currently underway and more information, including ticket information and sponsorship opportunities, can be found at www.toledoairshow.com and on the 2025 Toledo Air Show Facebook page as it becomes available.

Toledo GROWs receives grant for \$30,000

TOLEDO, OHIO, January 9, 2025: The Board of Trustees of Greater Toledo Community Foundation has approved a grant from The Sisters of St. Francis Foundation Donor Advised Fund to Toledo GROWs in the amount of \$30,000. These funds will be used to enhance the work that Toledo GROWs is doing to support community gardens and education about gardening. The grant will be used to provide technical assistance, seeds, seedlings, and other gardening resources to gardeners in 105 community gardens throughout the greater Toledo area. Most of the gardens are located in areas of limited food access, serving low and moderate income individuals. Toledo GROWs provides education and technical assistance in building and maintaining gardens where community members come together toward a common goal: to provide food for themselves and their neighbors. Additionally, the grant will enhance Toledo GROWs' educational programming for youth by providing support for a new Youth Earth Literacy Program. The program will use colorful, engaging books to explore concepts such as food and environmental justice, pollinators, and healthy eating. "We are grateful to partner with the Sisters of St. Francis to ensure that everyone in our community has access to fresh, healthy food," said Yvonne Dubielak, Executive Director. "By providing resources, assistance, and education for people to grow their own food, we are empowering individuals to feed their families now and in the future."



Ohio and Michigan join together for the Great Lakes Restoration Initiative

WASHINGTON, DC, January 9, 2024: Congresswoman Marcy Kaptur (OH-09) and her colleagues on the bipartisan Great Lakes Task Force introduced the Great Lakes Restoration Initiative (GLRI) Act of 2025. This bipartisan bill will reauthorize the Great Lakes Restoration Initiative, which is set to expire at the end of FY 2026, for another five years through FY 2031. The bill increases the FY 2026 authorization level from \$475 Million to \$500 Million starting in FY 2027. Along with the introduction of this bill, Congresswoman Kaptur and her colleagues officially relaunched the Great Lakes Task Force for the 119th Congress. Representatives Dave Joyce (OH-14), Debbie Dingell (MI-06), and Bill Huizenga (MI-04) will serve as Great Lakes Task Force Co-Chairs alongside Congresswoman Kaptur and are the House co-leads of the GLRI Act. "Demonstrating a tangible return on investment, every Great Lakes Restoration Initiative (GLRI) dollar spent produces \$3.35 in economic activity. As a co-chair of the Congressional Great Lakes Task Force and a senior member of the House Committee on Appropriations, funding the GLRI is among my highest priorities," said Congresswoman Marcy Kaptur, Co-Chair of the House Great Lakes Task Force. "The GLRI is instrumental in funding unmet needs for our region and the millions of people who depend on our Great Lakes as a source of clean and safe drinking water, for their livelihood, and for recreation and leisure activities. In 2020 alone, the GLRI contributed \$3.1 Trillion to our economy, including 25.8 million jobs and \$1.3 Trillion in wages. Robust funding that benefits our communities and people isn't just common sense, it is vital to maintaining and growing our communities for generations to come." "The Great Lakes Restoration Initiative supports efforts that confront direct threats facing the lakes like harmful algal blooms, water pollution, invasive species, and coastal erosion," said Congresswoman Dingell, Co-Chair of the House Great Lakes Task Force. "I'm proud to join my Great Lakes Task Force colleagues again this Congress to fight for robust, bipartisan support and funding for the GLRI to ensure we can protect the Great Lakes, their wildlife, and the communities that depend on them for generations to come." Additional House cosponsors of the bill are Representatives Pete Stauber (MN-08), John Moellenaar (MI-02), Brad Schneider (IL-10), John James (MI-10), Bryan Steil (WI-01), Emilia Sykes (OH-13), Tim Walberg (MI-05), Claudia Tenney (NY-24), Haley Stevens (MI-11), Bill Foster (IL-11), Rashida Tlaib (MI-12), Jan Schakowsky (IL-09), Joseph Morelle (NY-25), Gwen Moore (WI-04), Sean Casten (IL-06), Jack Bergman (MI-01), Hillary Scholten (MI-03), Raja Krishnamoorthi (IL-08), Shri Thanedar (MI-13), Frank Mrvan (IN-01), and Mike Kelly (PA-16). This bill is endorsed by Great Lakes Commission, American Sportfishing Association, Healing Our Waters - Great Lakes Coalition, National Parks Conservation Association, Western Reserve Land Conservancy, Theodore Roosevelt Conservation Partnership, Alliance for the Great Lakes, National Wildlife Federation, The Nature Conservancy, Ohio Environmental Council, National Audubon Society, Citizens Campaign for the Environment, Great Lakes Fishery Commission, Great Lakes Business Network, Save the Dunes, American Great Lakes Ports Association, Environmental Law & Policy Center, League of Conservation Voters, Michigan League of Conservation Voters, Clean Wisconsin.

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Startin' Somethin' premieres at Wharton Center, February 11-16, 2025

EAST LANSING, MI: Producers Lia Vollack, John Branca, and John McClain are thrilled for *MJ* to make its East Lansing premiere at Wharton Center on Tuesday, February 11, through Sunday, February 16. Tickets for the smash-hit musical *MJ* are available now at the Wharton Center Ticket Office, online at whartoncenter.com, or by calling 517.432.2000 or 1.800.WHARTON.

YMCA of Greater Toledo Celebrates 160 Years of changing lives

Toledo, OH, January 6, 2025: The YMCA of Greater Toledo is proud to announce the celebration of its 160th anniversary, marking over a century and a half of transforming lives and strengthening communities. Established in 1865, the YMCA has been a cornerstone of the Greater Toledo community, providing vital programs and services to individuals and families of all ages and backgrounds. This milestone reflects a legacy of service, resilience, and unwavering commitment to empowering individuals, nurturing potential, and creating lasting change.



Yearlong Celebration Planned

The YMCA invites members, supporters, and the public to join in the celebration. *Highlights include:*

- Community Impact Events: Family fun nights, pool bashes, and fall festivals throughout the year.

- 160 Years of Stories: Explore an online timeline of the YMCA's history, showcasing milestones, member stories, and their impact on the Toledo area.

- Special Member Recognition: Celebrating their members through rewards and recognition programs.

A Legacy of Community Impact

Since its founding, the YMCA of Greater Toledo has provided inno-

our history—it's about the people and the communities that make us who we are today.”

ative programs and services tailored to meet the community's needs—from youth development and childcare to health and wellness initiatives. Today, the YMCA remains committed to fostering a sense of belonging and inclusion for all.

Explore the YMCA History:

Visit ymcatoledo.org/160th-anniversary to discover the rich history of the YMCA of Greater Toledo.

Be part of this historic celebration and help continue to make a difference for generations to come. Follow on social media using #YMCA160 to stay updated on events, stories, and celebrations.

Visit the YMCA online at www.ymcatoledo.org

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nesparza@metrohealth.org / (216)386-2897

Smith elected President, Morrison Vice President of TARTA Board of Trustees

The Board of Trustees of the Toledo Area Regional Transit Authority (TARTA) elected Toledo representative *Kendra Smith as President* and Sylvania representative *Mary Morrison as Vice President* at its final

meeting of 2024. Smith is Vice President of *Community Health at Bon Secours Mercy Health*. She has also held leadership positions at ProMedica, Preferred Properties, Inc. of Ohio, the Toledo Museum of Art, and the

Chicago Metropolitan Agency for Planning. Smith, who was named a YWCA Milestones Award winner in 2023, has served on the Board of Trustees since February of 2021 and has served as Vice President for two years.

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EMPLOYMENT OPPORTUNITIES

Lucas Metropolitan Housing (LMH), located in Toledo, OH is seeking experienced applicants for the following position(s): **Armed Mobile Patrol Officer, Field Operations Lead, Manager of Access & Operations, Maintenance Mechanic III, Property Manager, Service Coordination Specialist.** For complete details, visit <https://www.lucasmha.org> and click on Careers. **Deadline: 01-21-25.** This is a Section 3 covered position. HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing client or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. **NO PHONE CALLS.** Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



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The Toledo Lucas County Public Library (TLCPL) is seeking a dynamic leader and dedicated Manager for the Kent Branch. Join our team and help inspire lifelong learning while providing universal access to a broad range of information, ideas, and entertainment. Please visit [Employment Opportunities | Toledo Lucas County Public Library \(toledolibrary.org\)](http://Employment Opportunities | Toledo Lucas County Public Library (toledolibrary.org)) to review the full details and to apply.

The Toledo Lucas County Public Library is an Equal Opportunity Employer and places a high value on diversity in its workplace including race, color, religious creed, national origin, sex, gender identity, sexual orientation, physical or mental disability, protected Veteran status, or any other characteristic protected by law.



The Toledo Lucas County Public Library (TLCPL) seeks a dynamic leader to oversee Circulation Services at the Mott Branch. Join our team and help inspire lifelong learning while providing universal access to a broad range of information, ideas, and entertainment. Please visit [Employment Opportunities | Toledo Lucas County Public Library \(toledolibrary.org\)](http://Employment Opportunities | Toledo Lucas County Public Library (toledolibrary.org)) to review the full details and to apply.

The Toledo Lucas County Public Library is an Equal Opportunity Employer and places a high value on diversity in its workplace including race, color, religious creed, national origin, sex, gender identity, sexual orientation, physical or mental disability, protected Veteran status, or any other characteristic protected by law.



Do you have a passion for helping people grow? We want you to join our team of Employment and Family Services Specialists!

<p>Job Seekers Can:</p> <ul style="list-style-type: none"> Learn about a day in the life of an Employment and Family Services Specialist Attend an Informational Session with our Talent Acquisition & Employment Specialist Speak with current Employment and Family Services Specialists Complete application on site 	<p>Event Details</p> <ul style="list-style-type: none"> Thursday, January 16, 2025 4:00 PM - 6:00 PM Cuyahoga County Welcome Center 4261 Fulton Pkwy., Multi-Purpose Room Cleveland, OH 44144
<p>Minimum Requirements:</p> <p>Applicants must have an associate degree and at least one (1) year of experience in a public service position or any equivalent combination of education and experience; OR three (3) years relevant direct services experience with Cuyahoga Job and Family Services.</p>	<p>Seeking:</p> <p>Bilingual/multilingual candidates, proficiency will be evaluated</p>

Apply Now! Learn more about the position and apply now: <https://bit.ly/4tko0Sy> For questions regarding this position, contact Talent Acquisition & Employment Specialist, Kristen Balash at Kristen.Balash@jfs.ohio.gov

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CUYAHOGA COUNTY Board of Developmental Disabilities

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