

The Community Voice

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Bilingual Magazine



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Niños de Gaza Muriendo de Hambre
Children of Gaza Dying of Starvation

Separación de Familias
por las Redadas de ICE



'Alligator Alcatraz' Immigration
Detention Center sparks outrage
El Centro de Detención de Inmigrantes
"Alcatraz Caimán" provoca indignación



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Call for Melania's Deportation Growing Louder!

Immigration Laws for the Powerful VS Deportation for the Powerless In America



By Dr. José A. Flores

When Melania Trump entered the U.S. on a tourist visa and secured an EB-1 "Einstein Visa" as a model, she unlocked a path to citizenship that most immigrants can only dream of. **What is the Einstein Visa (EB-1)?**

Named in Honor of Albert Einstein. It's a U.S. green card reserved for individuals with **extraordinary ability** in fields like science, arts, education, business, or athletics.

Applicants must either win a major international award (like a Nobel Prize) or meet at least **3 of 10 criteria** set by USCIS, such as:

Published material about them in major media, awards and recognition.

High salary compared to peers, trainer and leadership compared to peers.

Original contributions of major significance establishing leadership in a field.

Display of work at artistic exhibitions, received recognition for excellence.

Melania was a Slovenian model working in New York when she applied for the EB-1 visa in 2000. According to reports, she was introduced to Donald Trump by Jeffrey Epstein. Her modeling career included appearances in British GQ, Sports Illustrated, and a Times Square billboard.

Later, she sponsored her parents through family-based immigration—the very process her husband condemned as "chain migration." Meanwhile, families across America face crushing processing delays, denials, and deportations after spending countless dollars on lawyers and paperwork trying to file for citizenship "the right way". A Honduran grandmother is kept from her daughter. A refugee child loses their asylum hearing. A U.S.-born baby is called an "anchor" rather than a citizen. The laws that protected Melania's family are being dismantled for everyone else, too poor to afford the President's gold card.

And what about Barron Trump? Born before Melania became a citizen, critics labeled him an "anchor baby" - a cruel, politicized term used to villainize innocent children. Yet his citizenship is protected while others' rights are under attack. If President Trump's policies were applied universally, would Melania, her parents, or Barron be safe from scrutiny? Or are immigration laws just weapons of convenience, enforced only against the voiceless?

Side-by-side comparisons make the contradiction impossible to ignore. Melania's EB-1 visa was approved based on modeling. A field rarely associated with "extraordinary ability" in the eyes of immigration officials. Typical EB-1 applicants are usually Nobel laureates, Olympians, or scientific pioneers. Her parents were able to obtain citizenship through family reunification, a path denied to thousands of immigrants under Trump's policy proposals. Melania's family had the advantage of legal counsel, political cover, and public relations support. Unfortunately, thousands of others from poorer countries are not afforded any of these protections.

It's time to reject a system that applauds privilege while punishing pain. Immigrants seeking asylum and refuge from war, persecution, violence, poverty, and collapse don't ask for special treatment; they only ask for "fair" treatment. These immigrants are scientists, caregivers, dreamers, and survivors. They are not threats; in fact, a study by the Immigration Research Initiative found that immigrants accounted for 17% of the U.S GDP, which is higher than their share of the population, and undocumented immigrants paid nearly \$100 billion in taxes in a single year. Many individuals were unable to file or receive a tax refund. This proves that they are not burdens. They are human beings deserving of dignity, legal protection, and the same opportunities granted to those with wealth and fame.

If America believes in justice, then justice must be blind to privilege. The same laws that welcomed Melania Trump must protect the children fleeing cartel violence in Mexico, the families escaping authoritarian regimes in Venezuela, and the war-displaced refugees from Sudan and Syria. Real immigration reform starts with moral consistency: no double standards, no

scapegoating, and no exceptions for the powerful.

Category	Melania Trump's Family	Typical Immigrant Families
Visa Access	EB-1 approved for modeling career	Often limited to family petitions or refugee/asylum status
Legal Counsel	Top immigration attorneys like Michael Wildes	Public defenders or overburdened nonprofit advocates
Media Scrutiny	Global spotlight, selective political scrutiny	Often invisible unless facing deportation or tragedy
Family Reunification	Sponsored parents, citizenship secured	Long delays, rejections, and separation risks
Policy Enforcement	Exempt from punitive policy targeting	Subject to detention, deportation, and systemic neglect
Public Narrative	Framed as legal and glamorous success	Framed as burden, threat, or political scapegoat

A MoveOn petition calling for Melania Trump's deportation gained traction in mid-2025, with thousands of signatures. It argues that if President Trump's immigration policies target naturalized citizens, then Melania, who became a citizen in 2006, should be scrutinized under the same standards. Many call this **hypocrisy**, pointing out that Melania benefited from family-based immigration and the EB-1 visa, both of which Trump has criticized. Americans deserve a system that is humane and just to all newcomers without regard to a person's wealth and/or political connections.

Leyes de inmigración para los poderosos vs. Deportación para los desposeídos en Estados Unidos

Cuando Melania Trump ingresó a Estados Unidos con una visa de turista y obtuvo una visa EB-1 (Visa Einstein) como modelo, abrió un camino a la ciudadanía con el que la mayoría de los inmigrantes solo pueden soñar. ¿Qué es la Visa Einstein (EB-1)? Nombrada en honor a Albert Einstein, es una tarjeta de residencia permanente (Green Card) estadounidense reservada para personas con habilidades extraordinarias en campos como la ciencia, las artes, la educación, los negocios o el atletismo. Los solicitantes deben haber ganado un premio internacional importante (como un Premio Nobel) o cumplir al menos 3 de los 10 criterios establecidos por el USCIS, como:

Material publicado sobre ellos en los principales medios de comunicación, premios y reconocimientos.

Salario alto en comparación con sus pares, formación y liderazgo en comparación con sus pares.

Contribuciones originales de gran importancia que establezcan liderazgo en un campo.

Exhibición de obras en exposiciones artísticas y reconocimiento a la excelencia. Melania era una modelo eslovena que trabajaba en Nueva York cuando solicitó la visa EB-1 en el año 2000. Según informes, Jeffrey Epstein la presentó a Donald Trump. Su carrera como modelo incluyó apariciones en las revistas británicas GQ, Sports Illustrated y una valla publicitaria en Times Square.

Más tarde, patrocinó a sus padres mediante la inmigración familiar, el mismo proceso que su esposo condenó como "migración en cadena". Mientras tanto, familias en todo Estados Unidos se enfrentan a retrasos, denegaciones y deportaciones devastadoras. A una abuela hondureña se le niega el acceso a su hija. Un niño refugiado pierde su audiencia de asilo. A un bebé nacido en Estados Unidos se le llama "ancla" en lugar de ciudadano. Las leyes que protegían a la familia de Melania están siendo desmanteladas para todos los demás.

¿Y qué hay de Barron Trump? Nacido antes de que Melania se convirtiera en ciudadana, sus críticos lo etiquetaron como "bebé ancla", un término cruel y politizado utilizado para vilipendiar a niños inocentes. Sin embargo, su ciudadanía está protegida mientras que los derechos de otros son atacados. Si las políticas del presidente Trump se aplicaran universalmente, ¿estarían Melania, sus padres o Barron a salvo del escrutinio? ¿O son las leyes de inmigración solo armas de conveniencia, aplicadas solo contra quienes no tienen voz.

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Echoes of History; A Critical Analysis"



By Jorge Martinez
Disabled Veteran
Independent
Registered Voter

As we earnestly battle tyranny, we mustn't become monsters ourselves. Despite witnessing continuous injustices, we should do better for the most vulnerable among us. In this tumultuous climate, I still believe everyone deserves kindness, respect, and consideration. Trump's outbursts, wherein he sees himself as the victim, ring true, but only to those who suckle on his power. He is tiresome and, although somewhat entertaining, imbecilic and neurotic. Simultaneously, it's impossible not to be nauseated. Which is what makes listening to his latest masterpiece of stupidity, like re-opening Alcatraz, so challenging. He has the look and credibility of a street vendor. It would surprise no one to learn Alligator Alcatraz is located on land belonging to a donor who, like himself, is bent on getting richer. It's also likely true about the concentration camps along the Texas border and the Exclusive DC insider's club. Everything about his manner is nauseatingly self-serving and disturbed. As is his cruelty and ideas of racial superiority. He was raised to believe wealth bestows divine right, which is as absurd as his obsession with gilded decorations and grandiose fantasies.

His delusional racial superiority is easy to explain as it's a common theme in history. It's based on Christian nationalists who focus on their idea of what America is supposed to be. Today's anti-Christian MEGA churches and yesterday's rogues like Father Charles Coughlin, a Catholic priest who supported Hitler's policies, further complicate matters. Trump awakens memories of great religious villains like John Calvin, who thought of himself as "chosen," and David Duke, who promoted white supremacist ideologies blending religion with racial superiority. Interestingly, as he rattles propaganda, he overlooks that to us he awakens thoughts of Andrew Jackson, Jefferson Davis, John Wilkes Booth, J. Edgar Hoover, Richard Nixon, Osama bin Laden, and Timothy McVeigh. It boggles the imagination as to how the GOP rationalizes Trump's get richer schemes. MAGA's selective blindness to his fascist tactics and authoritarianism is flabbergasting. MAGA only sees Trump keeping campaign promises, not violating his oath to the Constitution.

So, what if it reawakens deeply rooted racism, further dividing the country? Contradictly, while MAGA alleges love for all children, they don't care that they are harming Latino and brown skinned children as if they do not see them as human. And I still cannot understand how Mexican-Americans who've abandoned their cultural heritage can support the harm done to people who share an ancestral connection. I believe the GOP's lack of a moral barometer is connected to how American religious leaders failed to detach race from religion and wealth from divine illusions. As for me, finally, after hours of analyzing Trump's arbitrary governing style, I've observed he takes cues from TV series such as The West Wing, Scandal, and House of Cards. It's why he's addicted to approval and attention. This explains his epic paranoia of election fraud and secret B613 forces that secretly run the government. His paranoia of ballot tampering mimics Scandal and House of Cards.

He adjusted after his first time in office and surrounded himself with fanatical loyalists who, like himself, place ambition ahead of the country's well-being. Otherwise, beyond self-enrichment, monetizing political influence, and self-aggrandizement, Trump has no idea how to govern. He is seriously addicted to approval and has never learned that ego is weakness disguised as strength. He is a slave to his impulses and is easily beguiled. As he becomes more isolated, he'll seek rewards and solace from his

TV coverage. All one needs to do is change scenarios, faces, characters, events, and administrations, and you'll recognize my observations are true. Such as controlling the narrative and creating controversy to distract attention from his suspicious relationship with Jeffrey Epstein.

He visualizes himself as an all-powerful leader demanding absolute loyalty and rewards it by appointing unqualified minions to vital positions. Trump stages speeches, rallies, attends sporting events, and national and state holiday festivals to speak to supporters. In doing so nurtures a cult of populism by making provocative, exaggerated statements. Like his approval-seeking minions, he doesn't care because he is "just having fun". He believes he'll gain total compliance via force, fear, and neither the Constitution nor God will deter him. He is characterized by spontaneous decisions, ethical ambiguity, populist communications, and relentless pursuit of power.

I hope my observations give an alternative perspective on his motivations, methods, and leadership style. Either way, you'd think someone with German heritage and alleged mental acuity would know something about Nietzsche, at least enough to see what's staring back at him in the mirror.

La exposición "La Raza: Colectivo de Arte y Medios, 1975–Hoy" del Museo de Arte de la Universidad de Michigan, clausurada el 20 de julio, fue una celebración de la identidad, la lucha y el legado de los miembros originales del colectivo. Fundado en 1974 por un pequeño grupo de estudiantes latínx, el colectivo desafió las narrativas racistas, enalteció la cultura latínx y dio voz a los estudiantes marginados en una universidad predominantemente blanca. El colectivo se disolvió en 1977, pero su impacto persistió en la memoria de sus miembros y en archivos dispersos. La exposición resucitó páginas perdidas y obras de arte vibrantes, colaborando con artistas sobrevivientes y exalumnos latínx más jóvenes para recuperar piezas originales y conectarlas con obras recién comisionadas de artistas contemporáneos. La reunión de clausura del recorrido fue un momento emotivo para los artistas veteranos, quienes expresaron su gratitud por el reconocimiento a su trabajo. La universidad ha anunciado que los cuatro números originales de la revista se digitalizarán y estarán disponibles permanentemente a través de la Biblioteca Histórica de Bentley.



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Community News

St Joesph's Church Festival in Saginaw

"Celebraron su fiesta con gran apoyo de la comunidad!"



The Puerto Rican Cultural Committee of West Michigan (PRCC) Golf outing at Pines Golf Course June 21, 2025



The Puerto Rican Cultural Committee of West Michigan (PRCC) appreciates the eleven sponsors, 93 golfers and many volunteers for supporting the first golf outing held on Saturday, June 21, 2025 at The Pines Golf Course. It was an absolute success. The golfers were thrilled to see many old friends and support a good cause.

The PRCC unites the Puerto Rican community and promotes our cultural heritage by providing educational opportunities and cultural events. We were founded in 2014.

With the generous support of the sponsors and golfers, the PRCC will grant four scholarships for students in higher education at our annual event in November called Encuentro de Dos Culturas. The funds raised at the golf outing are an investment in our community's future. And for this we thank each and every sponsor, golfer and volunteer.

We are grateful for your support this year and we have a date for 2026: Saturday, June 20, 2026.

We hope to see you there! We look forward to our continued partnership.

Fiesta Burton Heights June 21, 2025



Veronica Quintino Aranda, a friend & Laura Solidar from Girlhood Car Club - She brought out 1982 Olds Cutlass & 1967 Olds Cutlass

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Holy Name of Jesus Church - Gran Festival June 20 & 21, 2025



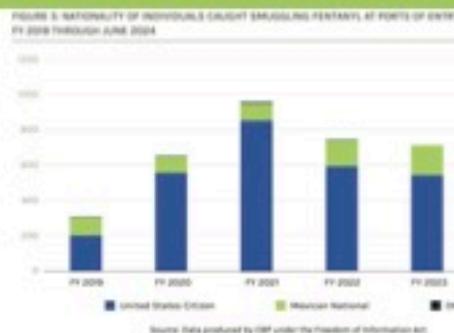
DATA SHOWS MOST FENTANYL SMUGGLERS WERE U.S. CITIZENS



By Dr. José A. Flores

Who is smuggling fentanyl into the United States? Because most fentanyl seizures occur at ports of entry, the majority of fentanyl is smuggled by people who can enter the United States legally. These individuals can evade detection by posing as normal travelers entering or re-entering the United States. As a result, transnational criminal organizations tend to recruit U.S. citizens, who receive the least scrutiny on entry.²⁸ Data obtained through the Freedom of Information Act²⁹ confirms that **most people arrested smuggling fentanyl into the United States at southern border ports of entry are U.S. citizens.** In total, 81.2 percent of all seizures at ports of entry along the southwest border (specifically, under the San Diego, Tucson, El Paso, and Laredo Field Offices) from fiscal years 2019 through June 2024 were U.S. citizens (see Figure 5). The FOIA data is supported by the American Immigration Council's analysis of CBP media releases; of 127 instances in which citizenship status of a person caught smuggling fentanyl through a port of entry was reported, 99 (78 percent) were U.S. citizens.

Passenger vehicles tend to carry larger amounts, with most seizures involving over five pounds. The largest fentanyl seizure that occurred during this period involved commercial traffic, with nearly 800 pounds of fentanyl found in a shipment of green beans in April 2023. Most of the individuals arrested smuggling fentanyl through ports of entry are young, with the largest share of individuals in their 20s to 30s. **According to information obtained through FOIA, the median age of U.S. citizens arrested between FY 2019 and June 2024 for attempting to**



smuggle fentanyl through southern border ports of entry is 30 to 34.

Over the last decade, a surge in the availability and use of synthetic opioids has led to a staggering toll of overdoses in the United States. From 2013 to 2023, the national drug overdose death rate more than doubled, with drug overdose deaths peaking in 2022 at 107,941.¹¹ Much of this was due to the rise in fentanyl, a powerful synthetic opioid commonly used for pain management in hospital settings, which was also responsible for 70 percent of

overdose deaths in 2023.

Criminal networks operate sophisticated recruitment schemes that prey on vulnerable people who need money and are potentially willing to commit a crime to get it **promising easy cash, anywhere from \$1,000 to \$10,000, for a single trip across the border.** The lure of money draws many desperate Americans, who travel across the border, meet a contact in Mexico, and are given the drug and sometimes even a vehicle to drive back across the border.

Despite years of investments in new technology at ports of entry, as of spring 2024, just 20 percent of commercial traffic and five percent of passenger vehicle traffic were screened through non-intrusive inspection technology.

The demonizing of immigrants from Mexican and Latin American origins must be re-evaluated as the political nightmare of disappearing and deporting masses of innocent immigrant continues in the USA. (Article is redacted from the American Immigration Council)

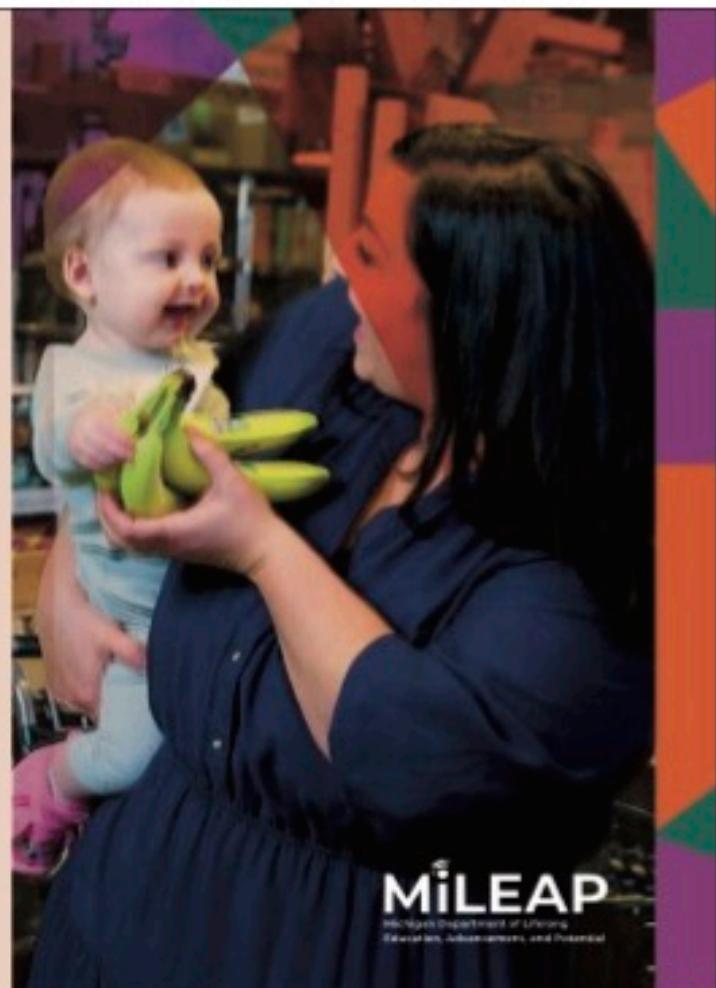
**Los pequeños
momentos generan
un gran impacto.**

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En cualquier lugar.**

¡Ayudar a su hijo/a a aprender a leer puede suceder en cualquier momento y en cualquier lugar! Cada vez que usted lee, canta y habla con su hijo/a, le ayuda a desarrollar habilidades importantes. Madre/Padre: pueden convertir una visita al supermercado en un momento de aprendizaje.



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La Estatua de la Libertad: Cuando el Símbolo Traiciona su Promesa



El contraste entre la promesa histórica y la realidad migratoria actual expone una contradicción fundamental en los valores estadounidenses

Como puertorriqueño nacido en Nueva Jersey, USA y criado en Bayamón, Puerto Rico soy testigo de la migración hacia la nación americana más libre del mundo. Pude regresar a Michigan donde pude hacer una Carrera profesional y aportar al estado y a la nación de manera honesta y significativa por décadas. Soy testigo de los millones de latinos que aportamos todos los días para continuar ayudando a mantener la nación de forma honesta. En la entrada del puerto de Nueva York, la Estatua de la Libertad sigue alzando su antorcha hacia el cielo, manteniendo una promesa que cada día se ve más distante de la realidad que viven miles de inmigrantes en Estados Unidos. Lo que una vez fue concebido como un símbolo de esperanza y bienvenida se ha convertido en un recordatorio doloroso de la brecha entre los ideales fundamentales de la nación y sus políticas migratorias actuales.

Un Regalo con Propósito

Cuando Francia obsequió la Estatua de la Libertad a Estados Unidos en 1886, el gesto trascendía la simple diplomacia. Édouard de Laboulaye, el jurista francés que concibió la idea, imaginó un monumento que celebrara tanto la libertad como la amistad entre dos repúblicas nacidas de revoluciones democráticas. La estatua, diseñada por Frédéric Auguste Bartholdi, no solo representaba la libertad iluminando el mundo, sino que se estableció como el primer símbolo de bienvenida para millones de inmigrantes que llegaban buscando una nueva vida.

El poema de Emma Lazarus, grabado en el pedestal en 1903, cristalizó este significado: "Dedme a vuestros rendidos, a vuestros pobres, vuestras masas hacinadas anhelando respirar en libertad". Estas palabras no eran mera retórica poética; definen la identidad de una nación construida por y para inmigrantes.

La Erosión del Símbolo

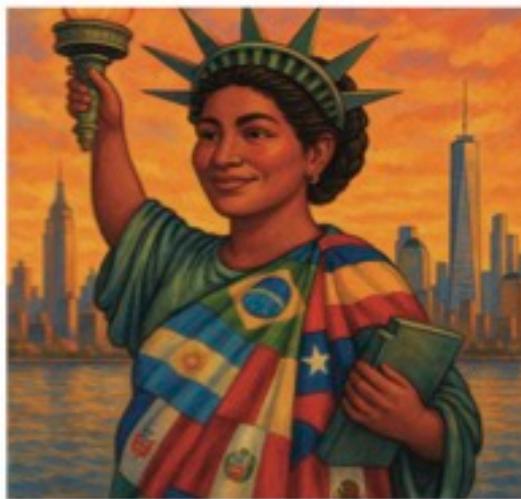
Más de un siglo después, la realidad migratoria estadounidense presenta un panorama radicalmente diferente. Las políticas de inmigración actuales han convertido la búsqueda de oportunidades en un proceso criminalizado, donde familias son separadas, personas son detenidas indefinidamente y los derechos constitucionales básicos son sistemáticamente violados.

La detención de inmigrantes sin acceso garantizado a representación legal constituye una violación flagrante del debido proceso consagrado en la Decimocuarta Enmienda. Miles de personas enfrentan procedimientos de deportación sin comprender completamente sus derechos o las acusaciones en su contra, especialmente aquellas que no dominan el inglés o provienen de comunidades con recursos limitados.

El Impacto Desproporcionado en la Comunidad Latina

La comunidad latina, que históricamente ha contribuido significativamente al crecimiento económico y cultural de Estados Unidos, se ha convertido en el blanco principal de estas políticas restrictivas. Empresarios, trabajadores especializados, estudiantes y familias enteras son deportados sin consideración de sus aportes a la sociedad o sus vínculos comunitarios establecidos.

Esta situación resulta particularmente irónica considerando que muchos de los sectores económicos más vitales del país —agricultura, construcción, servicios, tecnología— dependen del talento y la dedicación de trabajadores inmigrantes. La criminalización de la inmigración no solo contradice los valores simbolizados por la Estatua de la Libertad, sino que debilita la capacidad innovadora, creativa y competitiva de la nación.



Si miramos más profundamente en el pasado, recordemos que la Pinta, La Niña y la Santa María donde vino Cristóbal Colón solo se hablaba español y no el idioma Inglés. Pero este detalle no se le da mucha importancia en los libros de historia.

Un Llamado a la Reflexión Educativa

La disyuntiva entre el símbolo y la realidad requiere un examen profundo en las instituciones educativas. Las escuelas y universidades tienen la responsabilidad de abordar esta contradicción histórica, no solo como un ejercicio académico, sino como una oportunidad para formar ciudadanos conscientes de las complejidades de la democracia. Estamos en una época globalizada donde se debe buscar la unión y no la división entre las personas del mundo. Sumado a esto, la nación americana está llena de viejitos que no van a estar capacitados para aguantar todos los trabajos necesarios del futuro que requiera gente joven para seguir adelantando la nación.

Los programas y videos educativos para todos deben incluir discusiones honestas sobre la evolución de las políticas migratorias, el impacto de la retórica antiinmigrante en las comunidades vulnerables y las consecuencias económicas y sociales de las deportaciones masivas. Solo a través de este análisis crítico pueden las nuevas generaciones desarrollar una comprensión más profunda de los valores democráticos y su aplicación práctica.

Recuperando el Significado Perdido

La Estatua de la Libertad no puede seguir siendo un símbolo vacío mientras se perpetúan políticas que contradicen su mensaje fundamental. La recuperación de su significado original requiere un compromiso genuino con la reforma migratoria integral, que incluya:

• Garantías constitucionales de debido proceso para todos los inmigrantes

- Acceso universal a representación legal en procedimientos de deportación
- Reconocimiento de los aportes económicos y culturales de las comunidades inmigrantes
- Políticas que prioricen la unidad familiar sobre la deportación indiscriminada

Conclusión

La Estatua de la Libertad representa más que un monumento histórico; encarna la promesa de que Estados Unidos puede ser un lugar donde la libertad y la oportunidad no están reservadas para unos pocos privilegiados. Mientras las políticas actuales continúen criminalizando la inmigración y violando los derechos humanos fundamentales, esa promesa permanecerá incumplida.

La verdadera medida de una democracia no se encuentra en sus símbolos, sino en su capacidad para honrar los valores que esos símbolos representan. Estados Unidos enfrenta una decisión crucial: permitir que la Estatua de la Libertad se convierta en un monumento a la hipocresía, o restaurar su significado original como faro de esperanza para todos aquellos que buscan una vida mejor.

El futuro de la democracia estadounidense depende de esta próxima elección. La antorcha de la libertad solo puede brillar verdaderamente cuando ilumina el camino hacia la justicia para todos, sin excepción.

The contrast between historical promise and current immigration reality exposes a fundamental contradiction in American values

As a Puerto Rican born in New Jersey, USA, and raised in Bayamón, Puerto Rico, I am a witness to migration toward the freest American nation in the world. I was able to return to Michigan, where I could build a professional career and contribute to the state and nation in an honest and meaningful way for decades. I am a witness to the millions of Latinos who contribute every day to continue helping maintain the nation honestly.

.....Article continues on the next page

The Statue of Liberty: When the Symbol Betrays Its Promise

At the entrance to New York Harbor, the Statue of Liberty continues to raise her torch toward the sky, maintaining a promise that each day seems more distant from the reality lived by thousands of immigrants in the United States. What was once conceived as a symbol of hope and welcome has become a painful reminder of the gap between the nation's foundational ideals and its current immigration policies.

A Gift with Purpose

When France gifted the Statue of Liberty to the United States in 1886, the gesture transcended simple diplomacy. Édouard de Laboulaye, the French jurist who conceived the idea, imagined a monument that would celebrate both liberty and friendship between two republics born from democratic revolutions. The statue, designed by Frédéric Auguste Bartholdi, not only represented liberty enlightening the world, but established itself as the first symbol of welcome for millions of immigrants who arrived seeking a new and better life. The United States advertised itself as the "Land of the Free" where individuals could come to and live the "American Dream".

Emma Lazarus's poem, engraved on the pedestal in 1903, crystallized this meaning: "Give me your tired, your poor, your huddled masses yearning to breathe free." These words were not mere poetic rhetoric; they defined the identity of a nation built by and for immigrants.

The Erosion of the Symbol

More than a century later, American immigration reality presents a radically different panorama. Current immigration policies have turned the search for opportunities into a criminalized process, where families are separated, people are detained indefinitely, and basic constitutional rights are systematically violated.

The detention of immigrants without guaranteed access to legal representation constitutes a flagrant violation of due process enshrined in the Fourteenth Amendment. Thousands of people face deportation proceedings without fully understanding their rights or the charges against them, especially those who do not speak English fluently or come from communities with limited resources.

The Disproportionate Impact on the Latino Community

The Latino community, which has historically contributed significantly to the economic and cultural growth of the United States, has become the primary target of these restrictive policies. Entrepreneurs, skilled workers, students, and entire families are deported without consideration of their contributions to society or their established community ties.

This situation is particularly ironic considering that many of the country's most vital economic sectors, agriculture, construction, services, and technology, depend on the talent and dedication of immigrant workers. The criminalization of immigration not only contradicts the values symbolized by the Statue of Liberty but also weakens the nation's innovative, creative, and competitive capacity.

If we look deeper into the past, let us remember that the Pinta, the Niña, and the Santa María, on which Christopher Columbus came, only spoke Spanish and not the English language. But this detail is not given much importance in history books.

A Call for Educational Reflection

The dilemma between symbol and reality requires deep examination in educational institutions. Schools and universities have the responsibility to address this historical contradiction, not only as an academic exercise, but as an opportunity to form citizens conscious of the complexities of democracy. We are in a globalized era where unity should be sought, not division between the world's peoples. Added to this, the American nation is full of elderly people who will not be capable of handling all the necessary jobs of the future that require young people to continue advancing the nation.

Educational programs and videos for everyone must include honest discussions about the evolution of immigration policies, the impact of anti-immigrant rhetoric on vulnerable communities, and the

economic and social consequences of mass deportations. Only through this critical analysis can new generations develop a deeper understanding of democratic values and their practical application.

Recovering the Lost Meaning

The Statue of Liberty cannot continue to be an empty symbol while policies that contradict its fundamental message are perpetuated. The recovery of its original meaning requires a genuine commitment to comprehensive immigration reform, which includes:

- Constitutional guarantees of due process for all immigrants
- Universal access to legal representation in deportation proceedings
- Recognition of the economic and cultural contributions of immigrant communities
- Policies that prioritize family unity over indiscriminate deportation

Conclusion

The Statue of Liberty represents more than a historical monument; it embodies the promise that the United States can be a place where liberty and opportunity are not reserved for a privileged few. While current policies continue to criminalize immigration and violate fundamental human rights, that promise will remain unfulfilled.

The true measure of a democracy is not found in its symbols, but in its capacity to honor the values those symbols represent. The United States faces a crucial decision: allow the Statue of Liberty to become a monument to hypocrisy or restore its original meaning as a beacon of hope for all those who seek a better life.

The future of American democracy depends on this next election. The torch of liberty can only truly shine when it illuminates the path toward justice for all, without exception.



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¡Cada vez más se escucha el llamado a la deportación de Melania!

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



By Dr. José A. Flores

Las comparaciones directas hacen que la contradicción sea imposible de ignorar. La visa EB-1 de Melania se apoyó con base en un modelo, un campo que rara vez se asocia con una "capacidad extraordinaria" a ojos de los funcionarios de inmigración. Los solicitantes típicos de la visa EB-1 son premios Nobel, atletas olímpicos o pioneros científicos. Sus padres obtuvieron la ciudadanía mediante la reunificación familiar, una vía negada a miles de inmigrantes bajo las propuestas políticas de Trump. Su familia contó con asesoría legal, cobertura política y apoyo de relaciones públicas. Miles de personas más carecen de estas protecciones.

Es hora de rechazar un sistema que aplaude los privilegios mientras castiga el dolor. Los inmigrantes que buscan asilo y refugio de la guerra, la persecución, la violencia, la pobreza y el colapso no piden un trato especial, sino un trato justo. Son científicos, cuidadores, soñadores y sobrevivientes. No son amenazas. No son una carga. Son seres humanos que merecen dignidad, protección legal y las mismas oportunidades que se les otorgan a quienes poseen riqueza y fama.

Si Estados Unidos cree en la justicia, entonces la justicia debe ignorar los privilegios. Las mismas leyes que acogieron a Melania Trump deben proteger a los niños que huyen de la violencia de los carteles en México, a las familias que escapan de los regímenes autoritarios en Venezuela y a los refugiados desplazados por la guerra de Sudán y Siria. Una verdadera reforma migratoria comienza con la coherencia moral: sin dobles raseros, sin chivos expiatorios y sin excepciones para los poderosos.

Categoría: Familia de Melania Trump. Familias Inmigrantes típicas. Acceso a visas. EB-1 aprobada para carrera de modelo. A menudo limitada a peticiones familiares o estatus de refugiado/asilo.

Asesoría legal. Abogados de inmigración de primer nivel como Michael Wildes. Defensores públicos o defensores de organizaciones sin fines de lucro con exceso de trabajo.

Escrutinio mediático. Foco global, escrutinio político selectivo. A menudo invisible a menos que se enfrente a la deportación o una tragedia.

Reunificación familiar. Padres patrocinados, ciudadanía asegurada. Largas demoras, rechazos y riesgos de separación.

Aplicación de políticas. Exenta de políticas punitivas. Sujeta a detención, deportación y negligencia sistemática.

Narrativa pública. Enmarcada como un éxito legal y glamoroso. Enmarcada como una carga, una amenaza o un chivo expiatorio político.

Categoría	Familia de Melania Trump	Familias Inmigrantes típicas
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Narrativa pública	Enmarcada como un éxito legal y glamoroso	Enmarcada como una carga, una amenaza o un chivo expiatorio político

Una petición de MoveOn que pedía la deportación de Melania Trump cobró fuerza a mediados de 2025, con miles de firmas. Argumenta que si las políticas migratorias del presidente Trump se dirigen a los ciudadanos naturalizados, Melania, quien se nacionalizó en 2006, debería ser examinada con los mismos criterios. Los críticos alegan hipocresía, señalando que Melania se benefició de la inmigración familiar y de la visa EB-1, dos medidas criticadas por Trump. Los estadounidenses merecen un sistema humano y justo para todos los recién llegados, sin importar su riqueza o sus conexiones políticas.

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A Full Circle Moment: La Raza Art Collective Finds Long-Awaited Recognition at UMMA



By Primavera Flores

Ann Arbor, MI — As the final days of the University of Michigan Museum of Art's landmark exhibition *La Raza: Art and Media Collective, 1975–Today* drew to a close on July 20th, the gallery space overflowed with emotion. For the original members of the La Raza Art and Media Collective, whose creative and cultural labor had long gone unrecognized, this closing weekend was not just an ending; it was a long-overdue celebration of identity, struggle, and legacy.

"We never thought this work would be remembered, let alone celebrated," said Jesse Gonzalez, one of the founding artists of the collective. With his wife Juana beside him, he continued, "We were just trying to make something out of nothing, to claim space. To see it all here, 50 years later, is overwhelming."

Founded in 1974 by a small but determined group of Latinx students, including Ana Luisa Cardona, Julio Peraza, George Vargas, S. Zaneta Kosiba Vargas, Zaragoza Vargas, and Gonzalez, the La Raza Art and Media Collective operated out of dorm rooms, cafeterias, and community centers. Their work through self-published journals, zines, silkscreen posters, murals, and photography challenged racist narratives, uplifted Latinx culture, and gave voice to marginalized students at a predominantly white university.

The collective emerged during a turbulent era marked by racial tension, economic distress, and political repression. This climate sparked the radicalization of social movements nationwide, including the Civil Rights Movement, Feminist Movement, Chicano Movement, Anti-War protests, and various student-led boycotts. University students across the country channeled their passion for social change through art and writing, demanding agency and recognition in American society.

Though the RAM collective disbanded by 1977 after just three years of operation, its impact lingered quietly in the memories of its members and scattered archives—until now.

Curated by Félix Zamora-Gómez from U-M's Arts Initiative and UMMA's David Choberka, the exhibition brought those lost pages and vibrant artworks back to life. The curators collaborated closely with surviving artists and younger Latinx alumni to recover original pieces and place them in conversation with newly commissioned works from contemporary artists like Nicole Marroquin, professor at the arts and design school, and Michelle Hinojosa, who created the striking ribbon installation in the window of the showcase room.



For the elder artists, walking through the exhibit was like stepping into a time machine—only this time, the world was listening.

"Seeing our journal framed and mounted on museum walls... I just cried," said Ana Luisa Cardona, her voice breaking with emotion. "Back then, we were fighting to be seen. Today, we are finally visible."

The most moving moment of the exhibition's final weekend came during the closing tour gathering. Younger artists, students, and families packed the gallery space to hear the founders speak. Cardona thanked visitors and Zamora-Gómez for recognizing their work, emphasizing how the exhibition represents their lasting legacy.

"I didn't know they did this here," said freshman Isabella Reyes, tears in her eyes. "It makes me feel like I belong."

The evening concluded with song and abrazos (embraces). Visitors lingered in the galleries long after closing time, reluctant to let the moment end.

Zamora-Gómez stood quietly to the side, watching the generational exchange unfold.

"This wasn't just an exhibition," he reflected. "It was a bridge. These artists deserve their flowers. And they're finally getting them."

As UMMA staff carefully dismantled the exhibition this week, the impact of La Raza's revival won't be packed away with the artworks. The university has announced that all four original journal issues will be digitized and made permanently accessible through the Bentley Historical Library. Plans are underway for travelling exhibitions, classroom integration, and even a documentary film.

For George Vargas, who contributed a vibrant reimagining of his 1970s mural *Aztlan del Norte* for the show, the message resonates beyond the gallery walls. He says,

"We planted these seeds in soil that didn't want us. But we kept planting. And now, here are the flowers."

La exposición "La Raza: Colectivo de Arte y Medios, 1975–Hoy" del Museo de Arte de la Universidad de Michigan, clausurada el 20 de julio, fue una celebración de la identidad, la lucha y el legado de los miembros originales del colectivo. Fundado en 1974 por un pequeño grupo de estudiantes latinx, el colectivo desafió las narrativas racistas, enalteció la cultura latinx y dio voz a los estudiantes marginados en una universidad predominantemente blanca. El colectivo se disolvió en 1977, pero su impacto permaneció sigo en la memoria de sus miembros y en archivos dispersos. La exposición resucitó páginas perdidas y obras de arte vibrantes, colaborando con artistas sobrevivientes y exalumnos latinx más jóvenes para recuperar piezas originales y conectarlas con obras reclén comisionadas de artistas contemporáneos. La reunión de clausura del recorrido fue un momento emotivo para los artistas veteranos, quienes expresaron su gratitud por el reconocimiento a su trabajo. La universidad ha anunciado que los cuatro números originales de la revista se digitalizarán y estarán disponibles permanentemente a través de la Biblioteca Histórica de Bentley.

The La Raza Art and Media Collective's journey from obscurity to museum recognition serves as a powerful reminder that marginalized voices, though sometimes silenced, are never truly lost. In an era when discussions about representation and inclusion dominate academic discourse, this exhibition stands as both historical documentation and contemporary inspiration—proof that student activism, artistic expression, and cultural pride can transcend time to inspire new generations of changemakers.



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August Events / Eventos en Agosto

August 1-2, 2025
2025 JazzFest Michigan

Lansing, MI
JazzFest Michigan is an annual music festival in Old Town Lansing, that has been going on for over 30 years.

Four Venues & Five Days:
We've added a kickoff concert on Wednesday night and a Sunday Gospel Fest. There are four venues: the MICA Stage, MessageMakers Stage, Tripp Stage, and UrbanBeat Stage.

JazzFest Michigan es un festival de música anual en el casco antiguo de Lansing, que se lleva celebrando más de 30 años. Cuatro sedes y cinco días: Hemos añadido un concierto inaugural el miércoles por la noche y un festival de gospel el domingo. Hay cuatro sedes: el escenario MICA, el escenario MessageMakers, el escenario Tripp y el escenario UrbanBeat.

August 2-3, 2025
ARRIBA! Latinos Festival

Detroit, MI

Celebrate an incredible weekend of culture, entertainment, and more! ARRIBA! features a diverse lineup of artists, from up-and-coming musicians to chart-topping headliners. With multiple stages, food vendors, art installations, and more, there's something for everyone at ARRIBA! Latinos Festival. Learn more at www.ArribaLatinos.com #ARRIBADetroit.

Celebra un fin de semana increíble de cultura, entretenimiento y mucho más! ARRIBA! presenta un cartel diverso de artistas, desde músicos emergentes hasta cabezas de cartel que encabezan las listas de éxitos. Con múltiples escenarios, puestos de comida, instalaciones de arte y más, ¡hay algo para todos en el Festival

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más en
www.ArribaLatinos.com #ARRIBA-Detroit.

August 4-9, 2025
Kalamazoo County

Youth Fair

Kalamazoo, MI

Kalamazoo County is partnering with Michigan State University Extension to host the Kalamazoo County 4-H Showcase. 4-H staff will take the lead in planning the livestock shows, horse shows, auctions, and events and activities for the 4-H youth and attendees throughout the week. The Parks & Expo Center will lead event set-up, grounds preparation, camping, and other event services.

El Condado de Kalamazoo se ha asociado con la Extensión de la Universidad Estatal de Michigan para organizar la Exhibición 4-H del Condado de Kalamazoo. El personal de 4-H liderará la planificación de las exhibiciones de ganado, las exhibiciones ecuestres, las subastas y los eventos y actividades para los jóvenes y asistentes de 4-H durante toda la semana.

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August 7-14, 2025
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Holland, MI

Downtown Holland
6:30 pm - 8:30 pm
Every Thursday, from June 12 through August 14, musicians, caricature artists, face painters, jugglers, magicians and even aerial acrobats will entertain visitors strolling along the 8th Street. Enjoy the sights and sounds of street performers every Thursday evening while you're out shopping and dining in Downtown Holland!

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August 15, 2025

La Arrolladora
Banda Limón

Grand Rapids, MI

More than 40 years of artistic music career and more than 30 recordings. Mr. Rene Camacho, founder and director of La Arrolladora is one of the great pioneers. From Sinaloa, Mexico the band provides a very characteristic arranchara style making La Arrolladora Banda El Limón one of the most significant and important in the world.

Más de 40 años de trayectoria artística y más de 30 grabaciones. El Sr. René Camacho, fundador y director de La Arrolladora, es uno de los grandes pioneros. Originaria de Sinaloa, México, la banda ofrece un estilo arrancharo muy característico, convirtiendo a La Arrolladora Banda El Limón en una de las más significativas e importantes del mundo.

August 23, 2025
Beer on the Boat

Saugatuck, MI

Sit back, sip, and savor the beer (and views) with Star of Saugatuck cruises for Beer on the Boat. Join us for a 90-minute cruise while a rep from the featured brewery provides samples and information on a selection of their brews. \$65 per person, 21 years and older. Valid ID

required. No discount for non-drinkers.

Relájese, disfrute de una cerveza (y de las vistas) con los cruceros Star of Saugatuck para disfrutar de Beer on the Boat.

Acompáñenos en un crucero de 90 minutos mientras un representante de la cervecería ofrece muestras e información sobre una selección de sus cervezas. \$65 por persona, mayores de 21 años. Se requiere identificación válida. No hay descuento para quienes no beben.

August 27-31, 2025
54th Annual DALMAC

Lansing, MI

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5 Días Century – 800 Millas

5 Días Gravel – 494/533 Millas

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3 Días Este – 279/314 Millas

2 Días Este – 167/219 Millas

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9th Annual Heykoop Veteran Memorial Car Show & Benefit July 5, 2025

On Saturday, we traveled to Muskegon, MI to see the Heykoop Veteran Memorial Car Show at 149 Shoreline Dr, the Hot Rod Harley Davidson grounds.

This car show is a fundraiser supporting Veteran Suicide Awareness & Prevention, PTSD.

It was exciting to see over 350 cars, trucks, and motorcycles in the parking lot! The DJ playing his music lifting your spirits, food trucks, raffle tickets & auctions and so many more items to help support Veteran benefits. At the end of the day, everyone gathers around to see who won a trophy!

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Wyoming, MI 49509
Friday: 2:00pm - 9:00pm
Saturday: 11:00am - 9:00pm

3rd Annual Car Show
Sueno's "Dreamers" Car Club
Saturday! September 6th,
2025
Fricano Place
1050 W. Western Ave
Muskegon, MI 49441
Time: 12noon - 5:00pm

Metro Cruise Casino Classic
Saturday! September 13,
2025
Gun Lake Casino Resort
1123 129th Ave
Wayland, MI 49348
Time: 10:00am - 3:00pm

MHAWM Lowrider Car
& Bike Show
Fiesta Mexicana 2025
Sunday! September 14, 2025
Calder Plaza / Downtown
300 Ottawa Ave NW
Grand Rapids, MI 49503
Time: 1:00pm - 5:00pm

Fiesta Mexico Lowrider
Car & Bike Show
Plaza Mexico & Latin Styles
Sunday! September 14, 2025
Plaza Mexico Mall
3375 S. Division Ave
Grand Rapids, MI 49548
Time: 12noon - 5:00pm
Cars: \$25 / Bikes \$15



2023 T-Bucket University of Michigan

The Hidden Cost of Poverty and Perseverance in Michigan



Michigan has long been a symbol of resilience, a state built on the strength of factory floors, hardworking families, and close-knit communities. Yet beneath its scenic landscapes and historical legacy lies a persistent and deep-rooted challenge: poverty. For many, especially low-income families, the cost of living in Michigan has transcended economics and seeped into every facet of daily life.

The transformation began with the decline of the auto industry, which had once powered Michigan's economy for generations. As manufacturing jobs moved out or became automated, communities like Detroit, Flint, and Saginaw faced mass unemployment, economic stagnation, and a growing wealth gap that continues to echo today. Today, 41% of Michigan households live below the ALICE Threshold, 14% in poverty, and 27% employed but struggling to afford the basics. In many neighborhoods, the promise of stable jobs and affordable housing now feels like a distant memory.

Housing has become increasingly unattainable. In cities such as Grand Rapids and Ann Arbor, property values have surged, with the median home value climbing to \$262,317, pushing both renters and aspiring homeowners into financially precarious situations. Those spending more than 30% of their income on housing are considered cost-burdened, and in Michigan, over one-third of residents fall into that category. Redlining and discriminatory lending

practices, once outlawed but never fully undone, continue to disproportionately affect communities of color. Meanwhile, affordable housing development has simply not kept pace with demand.

The challenges don't end at the front door. Essentials like groceries, utilities, and fuel have steadily climbed, squeezing budgets and leaving families to make difficult choices. In rural towns and underserved urban areas, access to nutritious food is limited. The rise of "food deserts" affects nearly 30% of Detroit residents, who live more than a mile from a supermarket, while other areas like the Upper Peninsula and Northeast Michigan are similarly deprived. Healthy meals become a luxury, while convenience stores dominate the landscape.

Healthcare remains out of reach for many, especially in the face of limited insurance coverage. Although options have expanded, many working-age adults are still uninsured or underinsured, and delayed treatment often leads to chronic conditions. Flint's water crisis, while now past the pipe replacement phase, still leaves lingering distrust in the system and has contributed to PTSD rates nearing 25% among adults, almost double the national average.

Education, a traditional path out of poverty, is riddled with obstacles. Michigan's low-income school districts receive fewer resources, leading to overcrowded classrooms, outdated materials, and lower graduation rates. The dream of college feels increasingly unreachable, with rising tuition costs and limited financial aid. For those trying to raise young children, childcare is another barrier, averaging over \$20,000 per year for a family of four, as reflected in the ALICE survival budget. Rather than providing support, childcare can force parents, especially single mothers, to choose between income and caregiving.

Transportation remains another invisible hurdle. Outside of major cities, public transit is severely limited, making access to jobs, education, and healthcare nearly impossible without a car. Yet vehicle ownership is costly repairs, fuel, and insurance stacking up quickly. A single breakdown can jeopardize employment, school attendance, or even basic medical visits.

Compounding all these issues is the reality of the ALICE households: Asset Limited, Income Constrained, Employed. These families earn just above the poverty line and don't qualify for federal aid, yet they struggle daily to cover necessities. Nearly 40% of Michigan households live in this category, vulnerable to every financial shock, from car repairs to medical bills that could tip them into a full-blown crisis.

All of this occurs against a backdrop of systemic inequality. The legacy of racism, unequal opportunity, and environmental injustice continues to shape outcomes for marginalized groups. Flint's water crisis was more than a failure of infrastructure; it was a symbol of how poverty and policy intersect to endanger lives. The growing digital divide further widens the gap, isolating rural and low-income communities from employment, education, and healthcare advancements that increasingly depend on reliable internet access.

Yet for all the challenges, Michigan's spirit endures. From community gardens in Detroit to grassroots organizations advocating for housing rights, the people of this state continue to fight for a better future. They are not merely statistics; they are parents, workers, students, and elders who want to live with dignity and possibility.

Addressing poverty in Michigan requires more than charity. It demands systemic change, equitable investment, and policies that honor the labor and humanity of every resident. It means creating a state where the cost of living reflects not just economic metrics, but the true value of life itself.

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THE END OF SUMMER



By Lisa Wiseman

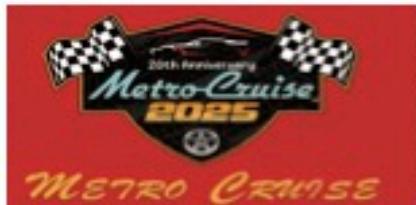
Summer in West Michigan is almost over, but there are still plenty of things to do and see before the kids go off to school!

On August 1, the **Hispanic Festival** kicks off its 47th year at Calder Plaza, celebrating Latin American culture. Experience great food, music, activities, art, and shopping with over 50,000 people attending over the 3-day weekend. Get your Latin groove on with groups like Siggno, Bengala, Jaime y Los Chamacos, Mexicuba, and local favorite Cabildo; it is always a fun time. Go to <https://hispanic-center.org/festival-hispano/> for more information.

A Glimpse of Africa will also be at the Calder Plaza from August 9-10. You can experience African American culture with local African singers, dancers, and DJs, a variety of African foods, art, hair-braiding, fashion, henna tattoos, and interactive experiences. It is recognized as the largest African cultural festival in the region. Go to www.aglimpseofafrica.org for more information.

Circle Theatre continues Its Summer Concert Series on August 11 at 7:00 pm with Latin Rhythms. Led by music director, Mitch Myers, and performed by local artists, celebrate the music of Latin artists like Gloria Estefan, Richie Valens, Selena, Santana, Bad Bunny, Pitbull, and many more. Tickets are \$25.00, and for more information, go to <https://circletheatre.org/summerconcertseries/>.

DeVos Performance Hall presents **La Arrolladora Banda El Limón** on August 15 at 8:00 pm. This band from Mazatlán, Sinaloa, is the cornerstone of the banda movement and an international symbol of regional Mexican music with over 30 albums, millions of records sold, and multiple international tours. Led by René Camacho, La Arrolladora continues to be one of the most solid bands in the genre with a loyal fan base and a growing younger audience. For more information on tickets, go to www.devosperformancehall.com.



METRO CRUISE

freebies/coupons and drawings from sponsor vendors. Live music this year includes bands such as Epcya and Cabildo. If you love car shows, this is the place to be at the end of the summer! For details, go to <https://28thstreetmetrocruise.org>.

Now through August 30, the Grand Rapids Children's Museum has an exhibit called **Alma's Way: Welcome to My Neighborhood**, based on the popular animated series on PBS KIDS. Some of the exhibits allow children to learn how to make mofongo, a Puerto Rican dish or play instruments like maracas. Explore a Bronx bodega, take Bomba dance lessons, take a subway ride, or go on a quest to find coquis, which are native to Puerto Rico. To learn more, go to www.grcm.org/almasway.

So many cultural experiences, so little time! Get out and explore before the summer ends!

El verano en el este de Michigan está casi terminado, pero todavía hay muchas cosas por hacer y ver antes de que los niños regresen a la escuela!

*El 1 de Agosto, el **Festival Hispano** inicia su 47^{ta} edición en Calder Plaza, celebrando la cultura latinoamericana. Experimenta una gran comida, música, actividades, arte y compras con más de 50,000 personas asistiendo durante el fin de semana de 3 días. Ponte en el ritmo latino con grupos como Siggno, Bengala, Jaime y Los Chamacos, Mexicuba, y el favorito local Cabildo, siempre es un buen momento. Visita*

<https://hispanic-center.org/festival-hispano/> para más información.

Un vistazo a África también estará en el Calder Plaza del 9 al 10 de agosto. Puedes experimentar la cultura afroamericana con cantantes, bailarines y DJs africanos locales, una variedad de comidas africanas, arte, trenzado de cabello, moda, tatuajes de henna y experiencias interactivas. Visite www.aglimpseofafrica.org para más información.

El Teatro Circle

continúa su Serie de Conciertos de Verano el 11 de Agosto a las 7:00 pm con Ritmos Latinos. Dirigido por el director musical, Mitch Myers, y interpretado por artistas locales, celebra la música de artistas latinos como Gloria Estefan, Richie Valens, Selena, Santana, Bad Bunny, Pitbull y muchos más. Las entradas cuestan 5.00 y para más información visita <https://circletheatre.org/summerconcertseries/>.

El DeVos Performance Hall presenta a **La Arrolladora Banda El Limón** el 15 de Agosto a las 8:00 pm. Esta banda de Mazatlán, Sinaloa es la piedra angular del movimiento de la banda y un símbolo internacional de la música regional mexicana con más de 30 álbumes, millones de discos vendidos y múltiples giras internacionales. Para más información sobre las entradas, visita www.devosperformancehall.com.

Del 21 al 23 de Agosto, puedes pasar el rato con más de 25,000 personas durante el **Metro Cruise**. El sitio de Rogers Plaza en Wyoming cuenta con más de 300 autos de exhibición a lo largo de Collector Car Row, múltiples vendedores de comida, Miss Metro Cruise, un área de entretenimiento para niños y toneladas de regalos/cupones y sorteos de los patrocinadores. La música en vivo de este año incluye bandas como Epcya y Cabildo. Si te encantan los espectáculos de autos, ¡este es el lugar para estar a finales del verano! Para más detalles, visita <https://28thstreetmetrocruise.org>.

Desde ahora hasta el 30 de Agosto, el Museo de los Niños de Grand Rapids tiene una exhibición llamada **Alma's Way: Bienvenido a mi vecindario**, basado en la popular serie animada de PBS KIDS. Algunas de las exhibiciones permiten a los niños aprender a hacer mofongo, un plato puertorriqueño, o tocar instrumentos como las maracas. Explora una bodega del Bronx, toma clases de baile Bomba, da un paseo en el metro o emprende una búsqueda para encontrar coquis, que son nativos de Puerto Rico. Para obtener más información, visita www.grcm.org/almasway.

¡Tantas experiencias culturales, tan poco tiempo! ¡Sal y explora antes de que termine el verano!



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S A R A

Sara Lavengood

Born & raised on the Westside of Grand Rapids. I'm mixed with Mexican, German, Spanish & French. Love Gardening and being outdoors soaking up Mother Nature's Radiant Sun Rays. For over 20 years I've been working as a Phlebotomist and I am currently working in the Dialysis Department while striving towards an early retirement where I can become a Snow Bird flying SOUTH for the winter. Single mom of 2 boys ages 21 & 15. My boys & I enjoy watching football and basketball games together as a family with winning streaks! Very Athletic and love working out to build my SPIRITS and VITALITY.

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2025 AUGUST MODEL SEARCH

THE COMMUNITY VOICE LA VOZ / AUGUST 2025 19



How Much Sugar Can I Have Today?

More than half of Americans age 3 and older consume more than their daily recommended servings of added sugar, according to the Centers for Disease Control and Prevention (CDC).

Did you know there are different recommended daily limits on added sugars as part of a diet, depending on your age, gender, and existing health conditions? Learn more about sugar intake by age and other dietary guidelines and healthier choices.

Sugar intake guidelines: Sugar intake by age and gender

Added sugars are a main concern regarding Americans' overall sugar intake. They are distinct from naturally occurring sugars found in fresh food, according to the American Heart Association. Consuming too much added sugar is linked to:

- Type 2 diabetes
- High blood pressure
- Weight gain

For adults, the CDC recommends no more than 10% of your daily caloric intake come from added sugars, or less than 50 grams or 12 teaspoons a day. There are lower limits for pregnant and breastfeeding women and infants of different ages.

Sugar intake guidelines for kids: 12-36 months
The U.S. Food and Drug Administration (FDA) guidelines for daily values provide different recommendations for kids younger than 3. This is based on a recommended daily caloric intake of 1,000 calories rather than the 2,000 recommended for adults and kids older than age 3. Kids aged 12 to 36 months shouldn't eat more than 25 grams of added sugar a day.

Sugar intake guidelines for infants and kids under 12 months

Infants younger than 12 months should not have added sugars as part of their daily diet, per the Dietary Guidelines for Americans. Be on the lookout for added sugars in baby foods. Toddlers should not drink fruit juice until they are at least a year old.

Common sources of sugar

Added sugars are extremely common in foods and beverages in the average American diet. Three in five Americans exceed the recommended amount of added sugar in their daily diet, according to the CDC. The most common sources of added sugars include:

Sweetened beverages such as coffees, teas, sodas, and juices

- Packaged fruit with added sugars
- Sweetened dairy products
- Breads and baked goods
- Breakfast cereals and cereal bars

These are common names of sugars, according to the CDC:

- Cane juice
- Corn syrup
- Dextrose
- Fructose
- Fruit nectars such as agave
- Glucose
- High fructose corn syrup
- Honey
- Malt syrup
- Sucrose



• Sugar cane

Ways to limit your sugar intake

Here are ideas for limiting added sugars and healthier alternatives:

Limit sweetened beverages

Beverages are the No. 1 source of added sugars in the average American's diet, according to the CDC. Many beverages have more than the daily recommendation of added sugars, if not in one serving, within a single can or bottle.

This is especially true of sodas, sweet teas, and sweetened coffees, which are extremely popular in America – 63% of Americans have at least one of these beverages daily.

Instead, drink unsweetened coffee, tea, and water. Sparkling water and water with fresh fruit can add variety and flavor without extra calories.

Limit or stop drinking alcoholic beverages

Alcoholic beverages are also a major source of added sugars. Not only does limiting alcohol help with fitness goals and sleep, among other health benefits, but it also helps moderate sugar intake. Alcoholic seltzers and mixed alcoholic drinks often have high levels of added sugar.

Eat fresh fruit or fruit packed in fruit juice
A large portion of the fruit eaten by Americans is not fresh. According to the CDC, only 12% of American adults eat the recommended amount of fresh fruit per day. The rates are even lower for men and low-income adults.

Similarly, many American children do not eat enough fresh fruits and vegetables, instead drinking sugary fruit drinks, according to the 2021 CDC report on Fruit, Vegetable, and Sugar-Sweetened Beverage Intake Among Young Children.

Fresh fruit does not count toward added sugar intake and is a healthier option than juices and processed fruits, especially packaged in high fructose corn syrup.

Choose yogurt and dairy products without added sugar

Many dairy products, including yogurt, contain added sweeteners. The median sugar content in a serving of dairy is nearly 10 grams, according to a study in Current Developments in Nutrition, and this rate is much higher in flavored drinks and yogurts.

There are often added sugars in popular flavored dairy drinks, coffee creamers, and yogurt. Consider replacing these types of snacks or drinks with unsweetened coffee, a fresh fruit smoothie, or plain, lightly sweetened Greek yogurt with fresh fruit.

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Obtenga más información en
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Miss. August



Alissa: "noble" or "of noble birth" is taking the Detroit area by storm.

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@xxoalissa



By Cool Mike Farage

Next Month:
September theme will be kick-off to football season 2025.

Alissa Maglissa

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