

The Community Voice

FREE-GRATIS

LAVOZ

Bilingual Magazine

January 2025 • Vol 27 • Michigan's Largest Bilingual Magazine • www.lavozweb.com



"Major Events"
"Eventos Importantes"

\$200,000 *Winter Wonderland*

¡Gana hasta \$5,000 jugando gratis en el tragamonedas!

Los Sábados en Enero | 6PM-9PM

Cada hora, tres invitados son seleccionados para jugar en el WINTER WONDERLAND de \$200,000. ¡Sé el primero en moverse por el tablero y ganar una ráfaga de premios!

Gana una entrada por cada 50 puntos de recompensa obtenidos del 29 de Diciembre al 25 de Enero.



GUN LAKE CASINO™

1123 129th Avenue • Wayland, MI 49348 • 269.792.7777 • gunlakecasino.com



Consulte el Centro de recompensas para obtener más información. Ser mayores de 21 años para jugar o participar en promociones. Si cree que tiene problemas con apuestas, llamar al 800.270.7117. ©2024 Gun Lake Tribal Gaming Authority. La dirección se reserva todos los derechos. Pueden aplicarse otras restricciones.

2024 Was Memorable / 2024 fue un año memorable



By Dr. José A. Flores

Looking back at 2024 as an individual brings many happy and sad memories. For many of us, it is filled with exciting adventures, vacations, accomplishments, prosperity, and progress. Others among us felt the downside of poverty, despair, perhaps loss of loved ones, and a feeling of hopelessness. Your happiness quotient was probably similar to many Americans from all walks of life. Looking back at your experiences, you may say, yes, I had a little of this and much of that! For me, my economic security was strong as the Biden economy helped strengthen my businesses. While inflation impacted us, the improved wages of workers and the level of spending by workers in our neighborhood sustained our businesses.

Losses of life in our family were felt deeply as my ex-wife, sister, stepson, and several friends passed on. Relationships changed; some were very positive, and others negative. The balance in life or my happiness quotient became unsettled. On the positive side, my relationship with my daughters significantly improved as we strengthened our bonds.

The change in the United States Presidential administration through elections remains unsettling for me, and I am deeply concerned about world and national events that further pit us against our neighbors based on race, religion, and national origin! I am left with a "glass half full" but concerned about this becoming a "glass half empty" as plans to deport millions of immigrants affect our people and families directly.

On the brighter side, we all witnessed some great things in the world. Many of us watched the Paris Summer Olympics, which profoundly impacted our collective patriotism as our athletes competed in every field and outperformed many nations! Athletes that represent the multicultural demographics of the United States, including LeBron James, Steph Curry, Simone Biles, Jade Carey, Jordan Chiles, Sunisa Lee, Hezly Rivera, Noah Lyles, Ryan Murphy, Torri Huske, Gretchen Walsh, and Nic Fink brought home the gold in Team Sports and Individual Sports respectively. We excelled as Americans United in our shared goal of demonstrating who we are as a nation!

We met global and national challenges head-on as a united country contributing to the fight against climate change through our financial contributions made by the Biden administration, including funds that contributed to saving the Amazon tropical rainforests in South America. Our quick response relieves the disaster-stricken Americans that Hurricanes Helene and Milton impacted. We also continued to support the Paris Accord on Climate Change. We supported the UN Climate Summit in Baku and the Ocean Decade Conference in Barcelona to address changes in our Oceans. The "glass looks more full" as we continue to collaborate with world leaders to address Climate Change and attempt to reduce our dependence on fossil fuels, which negatively impact the carbon levels and reduce the ozone layer in our atmosphere. We are challenged by raging fires in California and the western states, droughts, extreme floods, and snowstorms. Can we get a break in 2025? Most of us have had our share of severe weather.

In 2024, our medical advances gave us a Home COVID and Flu Test and new remedies for HIV with a Lenacapavir Prevention drug showing 96-100% prevention. We advanced a new antibiotic for UTIs,

which are urinary tract infections. We developed new drugs to combat Schizophrenia, Alzheimer's Disease, Cancer, and Leukemia! Yes! The glass is looking fuller in this area!

We also advanced our move toward Electric Vehicles and the idea of using electric-powered and hybrid powered Jets for Airline travel.

The future looks brighter as we advance hydrogen-powered and wind-powered cargo ships, which will advance Green Travel!

AI and technology are helping to accelerate our advances in the areas that impact us and our survival as human beings inhabiting our planet. Yes, there is increasing hope for our survival if we continue to act responsibly.

Let's also hope that the advances the United States has made in Space, primary weaponry including hypersonic missiles and laser defense systems, drone and anti-drone technology, hydrogen-powered

tanks, nuclear cruise missiles, and stealth nuclear submarines will be enough to deter rogue nations from upsetting our way of life in 2025. We must continue to work toward world peace and dissuade our enemies from provoking war and disruption with our country and our allies! We must continue to build our preparedness for all impending threats from nature and nations challenging our leadership in the world. Let us also promote unity among Americans as a national goal! The glass is optimistically "half full!"

Al mirar atrás, como individuos, el año 2024 trae consigo muchos recuerdos felices y algunos tristes. Para muchos de nosotros, está lleno de aventuras emocionantes, vacaciones, logros, prosperidad y progreso. Otros sintieron el lado negativo de la pobreza, la desesperación, tal vez la pérdida de seres queridos y un sentimiento de desesperanza. Su coeficiente de felicidad probablemente fue similar al de muchos estadounidenses de todos los ámbitos de la vida. Al mirar atrás a sus experiencias, puede decir: si, tuve un poco de esto y mucho de aquello. En mi caso, mi seguridad económica era sólida, ya que la economía de Biden ayudó a fortalecer mis negocios. Si bien la inflación nos impactó, la mejora de los salarios de los trabajadores y el nivel de gasto de los trabajadores de nuestro vecindario sostuvieron nuestros negocios.

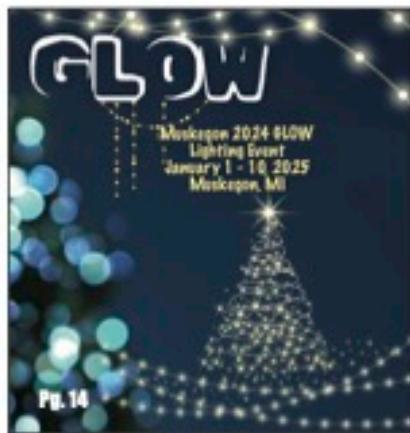
Las pérdidas de vidas en nuestra familia se sintieron profundamente cuando fallecieron mi esposa, mi hermana, mi hijastro y varios amigos. Las relaciones cambiaron, algunas fueron muy positivas y otras negativas. El equilibrio en la vida o mi coeficiente de felicidad se volvió inestable. En el lado positivo, mi relación con mis hijas mejoró mucho a medida que fortalecimos nuestros vínculos.

El cambio en la administración presidencial de los Estados Unidos a través de las elecciones sigue siendo inquietante para mí y estoy profundamente preocupada por los eventos mundiales y nacionales que nos enfrentan aún más a nuestros vecinos en función de la raza, la religión y el origen nacional. Me quedé con un "vaso medio lleno", pero me preocupa que esto se convierta en un "vaso medio vacío", ya que los planes para deportar a millones de inmigrantes afectan directamente a nuestra gente.

... Continuación en la página 11

Inside

- 03 Editorial by Dr. José A. Flores**
- 05 Self-Deceptions I Recall**
- 06 Community News / Noticias de la Comunidad**
 - Menalito McGee
- 07 Collins Exhibit Inspires!**
- 08 La Urgente Necesidad de Preparar a los Hispanos en los Estados Unidos para la Era de la Inteligencia Artificial**
- 12 The Ancient Practice of Yoni Steaming with Tazzjia Martinez**
- 13 Latin American in Sports - Malcolm Rodríguez**
- 15 Sueños "Dreamers" Car Club Car Show**
- 19 2025 January Model Search - Tanya**
- 20 What Can I Do If I Have a Family History of Heart Disease?**
- 22 Mrs. Alyssa Arriaga**
- 23 Classifieds / Clasificados**



The Community Voice
LA VOZ
Bilingual Magazine

©2002-12 by The Community Voice/
La Voz MI, LLC.
The Community Voice/La Voz
Magazine is published by
The Community Voice/La Voz MI., LLC
copyright ©2002-12.

Content contained in this publication
and on www.lavozweb.com Internet
site are products of the publication
and are protected by the copyright
laws of the United States. The
copyright laws prohibit any copying,
redistributing, retransmitting, or
repurposing of any
copyright-protected material.

Reproduction, either in whole or in
part is forbidden without the written
consent of the publisher.

January 2025, Volume 27 - No. 01
Reaching over 40,000 readers
Circulation 17,000 copies
Printed at Printwell
To contact The Community Voice/
La Voz Magazine
please call or write our
administrative office:
Attention Dr. José A. Flores,
Editor-In-Chief,
1052 Grandville Ave. S.W.,
Grand Rapids, MI. 49503 or
email: drflores1@gmail.com

Please visit us at our website:
<http://www.lavozweb.com>
All inquiries should be directed to
Phone: 616-581-6271

La Voz MEET THE STAFF

drflores1@gmail.com

Find us on / Encuentranos en:



Marte Smith
VP Marketing &
Public Relations



Dr. Edgar León
Writer



Virgen Milagros
Heuer-Reyes
Writer



Kindra A.
Peterson
Writer



Dr. José A.
Flores,
Editor-In-Chief



Odille Parker
Graphic Design



Dr. Dady Torres
Writer



Primavera Flores
Sales Rep.
Detroit



Concepción
Flores,
Guardian
Angel



'El Chayo'
Cervantes
Guardian Angel



Alyssa Flores
Detroit
Distribution



Odille S. Parker
Writer



Andrés
DelaCruz
Circulacion
Saginaw



Scooter
Writer



Tom Ozlinga
Editor



Lisa Villarreal
Wiseman
Writer



Anthony T.
Valdez
Photographer



Jorge Martínez
Writer



Homero
Rodriguez,
Sales/ Circulation
Grand Rapids



Mike Farage
Writer



Dee Rodriguez
Circulation
Grand Rapids



Daniel Flores,
Reporter/
Sales Rep
Grand Rapids

Self-Deceptions I Recall



By Jorge Martinez
U.S. Veteran

Over the years, several theories of treating troubled people across the socioeconomic spectrum have developed. For example, Project Dare, an avant-garde outpatient counseling program for addicts, once existed in San Jose California. Its beauty was that it worked directly with the court system to divert candidates from incarceration to mandated counseling. It earned accolades during the PCP epidemic of 1989, which claimed thousands and cost millions. Curiously, the most unresolved challenges, more so than the clients, were fellow counselors and administrators who were also recovering addicts. The program ended badly when corruption was discovered. The Vietnam War was winding down, and the Chicano and UFW movements were in full swing. I was optimistic and part of one of America's most significant social movements. Anticipating Government betrayal, several veterans endeavored to secretly provide unsolicited protection for Cesar Chavez. This was before the books by Miriam Pawel, *The Union of Their Dreams*, 2009, and *The Crusades of Cesar Chavez*, 2015. I was devastated to discover his charismatic leadership devolved into a destructive cult of personality.

The disillusion was challenging to accept. It returned after recent elections pulled the scab off old wounds. Realizing I was wrong about how other Mexican Americans viewed the current political situation. Again, I'd deceived myself into believing I knew the pulse of my own people. And yet, we, the people once known as the invisible minority, became the most obvious, most misinformed minority in the nation. I am still unable to process how 45% of Latinos voted for Trump. Again, I felt betrayed by my inability to see voids in the Dems platform. Bitter and vowing to avoid further self-deception, I reflected and remembered.

As a kid, I dreamed of being an artist like Vincent Van Gogh and living in Paris. I'd fallen in love with books, especially large, colorful art books, due to social isolation brought on by stuttering. Befitting my age and artistic aspirations, I'd also developed theories of Van Gogh, who was generally said to be insane. I reasoned, although, without evidence, Van Gogh had merely been a misunderstood romantic. Critics claimed he suffered paranoia, which seems logical, especially now. Who isn't a little afraid of impending threats lingering beyond the horizon? Besides, isn't it healthy to imagine what could happen? Couldn't this be called hallucinations? Anyhow, who claimed Vincent was suicidal? Was it someone he knew or a quack wearing a stethoscope and white lab coat? Anyway, haven't millions fallen in love with the wrong person? Critics claim he loved a prostitute who rejected his advances, including the gift he made to her of part of an ear. Couldn't it be argued for such a romantic, giving the love of your life a part of you doesn't seem that far-fetched? After all, how many have refused to continue living without their loved ones? Yes, it may be a weak argument, but again, it proves we don't really know. And, if no one knows, then aren't all things possible? Shouldn't this give us hope?

Pondering on my post-election bitterness, I glance at the wall-sized painting of Starry Night. I cannot claim to understand how his imagination came up with this. Perhaps it's my romantic nature that refuses to believe they know him any better than I do. As a lifelong writer, poet, singer, and songwriter, I've made memories and nightmares into songs and poems, but if asked, I'd find it difficult to explain. Critics draw analogies and conclusions from his brush strokes and colors, but it's only their interpretation. Vincent was a dreamer and an inventor and, as such, a creator who, via his romantic struggles, created like a God, a painting that still inspires millions. His selections of colors, style, and endless swirls, angles, and shades, which mesh and blend into other swirls, may be an admission of the impossibility of his quest to find permanence and happiness in this life. In researching important events of 1889, the year he painted Starry Night, we see The Oklahoma Land Rush and the Eiffel Tower officially opened in Paris. In America, the

Great Seattle Fire destroyed downtown Seattle. This again proves no one really knows how history may remember us. In Vincente's Van Gogh case, his artwork has passed through many hands and landed in the Museum of Modern Art in New York City, which is considered priceless. Thanks to Don McLean's "Vincent" 1971, written as the Vietnam War raged, talking about mental illness was verboten. Veterans returned with shattered hearts, and those impacted by PTSD were shunned. Vincent may have suffered similar issues, yet Andrew Bustamante, the CIA spy turned entrepreneur, urges against trusting strangers as it is how he exploited targets. He proves that although someone appears innocuous, a smile can hide anything. Sun-Tzu, the great warrior monk tells us deception is the primary weapon of interactions. And if so, shouldn't we all be skeptical and at least a little confused?

Untold Latino Stories

Announcement; (**In bold letters**) Untold Latino Stories; Everyone interested in the future of Latinos with a political opinion or social adjustment suggestion should participate. Mr. Jorge Martinez, published author and film maker invites all social justice warriors and conservative pundits to send their thoughts, views and opinions to Jorge's Corner; The Voice of the People. All submissions will be reviewed and examined. Some may be shared on radio programs or podcasts. No names will be used if writer wishes to remain anonymous. The most convincing arguments, position or suggestion will be included in articles of interest. There are thousands of untold Latino stories in the central valley. Ideas, stories and suggestions of all topics and genres are welcomed. We, as Latinos must demand more of leaders and of ourselves. We must remember voting for the lesser of two evils is still voting for evil. It's not hopeless and we shouldn't settle for inadequate candidates. Cadets at West Point Military Academy demand 100% of everyone, 100% of the time, and so should we. Submission should be sent to thejorgemartinez@yahoo.com



Quality Pest Control
"Serving Residential and Commercial Properties in the West Michigan Area"

Manuel Arizola • Certified Tech



2948 Union AVE SE
Wyoming, Mi 49548
616-243-2871
616-366-5968
Bugassassin8@yahoo.com
Se Habla Español

www.bug-assassin.com

Community News



EL MILAGRO

December 12, 2024

Homage to Virgen de Guadalupe at El Milagro Tortillas Factory 1846 Clyde Park Ave., Grand Rapids, MI. Santuario San Francisco Javier Grupo de Danza: San Francisco Javier y Nuestra Señora de Guadalupe

Obituaries



Cecilia Rincones
August 7, 1932 ~
December 9, 2024

Cecilia was known and loved by anyone who met her and was known for her amazing food made with the special ingredient of her love. She was affectionately known as "The Mom" and an avid Detroit Tigers fan. She was a woman of deep faith and a prayer warrior that many called upon in times of need. She was a small woman with a big, big heart. She will be dearly missed. Funeral services were held on December 18, 2024 at Matthysse Kuiper DeGraaf Funeral Home, 4145 Chicago Drive SW, Grandville. Burial was held at Resurrection Cemetery.



José Abraham Figueroa Reyes was full of life and sought out a host of family and friends in his adult life as a real estate agent in Cozumel Mexico. He was tragically killed in car accident Dec. 10th. He attended Burton Middle School and Union High School in Grand Rapids. His mother Silvia Reyes and sister Érica Schaefer and I are grateful for the fond memories we have with Abraham "Josh" during his life with us! Silvia and Abraham have many friends in Grand Rapids who may just be learning of this. Thank you for your prayers!



TEJANO 616 EN EL 97.3 FM

Sintoniza Tejano 616 en el 97.3 FM
con El Doc y el Valluco de DJ's
Martes/Tuesdays
Jueves/Thursdays
Domingos/Sundays
from 12:00 noon -2:00 p.m.

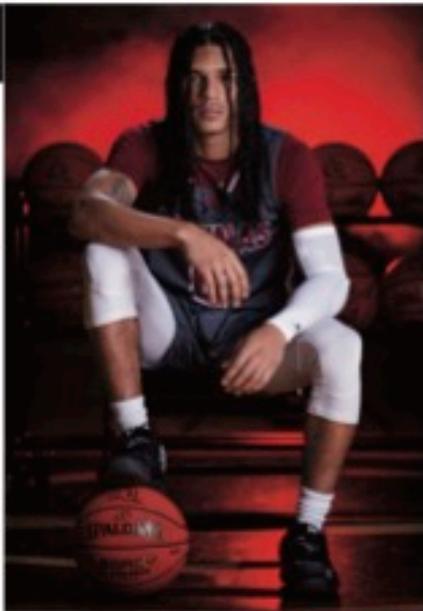
www.theheat973.com

Menalito McGee

By Reyna Hernandez

Menalito McGee, a standout athlete who was named Grand Rapids Player of the Year twice in 2020, made history with the Michigan High School Athletic Association by achieving the most 3-pointers in a single game. While playing for Wyoming Park High School, he reached the impressive milestone of scoring over 1,000 points. The talented guard chose Aquinas College to pursue his dreams and is set to graduate in the class of 2025 with a Bachelor's degree in Business Administration.

"It's an honor, and it requires a lot of hard work. Achieving this isn't easy; you have to earn it. I put in the work," said Menalito McGee. He is recognized for his commitment, self-discipline, and respect. Motivated to succeed, he refused to give up. As one of seven siblings growing up on the West Side of Grand Rapids, Michigan, he fell in love with basketball and paved his way to success. With every basket made, he knew he was getting closer to making his parents proud. It's not every day we see our youth achieve the goals Menalito has accomplished.



Congratulations, Menalito McGee! From The Community Voice, La Voz Magazine, and 97.3 FM The Heat, we are proud of you!

COLLINS EXHIBIT INSPIRES!

By Marcos Flores

I had a great opportunity to experience the art of the legendary and world-famous artist, Paul Collins of Grand Rapids, Michigan at an exhibition in Detroit Michigan at the Charles Wright Museum of African American History. I covered the event for our publication and was honored to be part of the large crowd of Collins fans that surrounded him seeking autographs and seeking to speak with him. I have had the opportunity to meet Paul a couple of times in Grand Rapids but had never seen such an impressive gallery of his works on exhibition! He is an amazing talent and wonderful soul! I will forever be impressed with his talent! Congratulations Paul! Your artwork is inspiring! Paul is also a board member of Community Empowerment Project, Inc. which sponsors the Heat 97.3 FM – Urban Mix radio station in Grand Rapids.



A Journey Through Portraiture Exhibit December 14, 2024 - March 02, 2025

The Charles H. Wright Museum of African American History
315 E. Warren Ave. Detroit, MI 48201
Call: 313-494-5800 Email: info@thewright.org

Michigan artist Paul Collins has built an enduring legacy through his talent for capturing the nuanced complexity of the human experience. Michigan native Paul Collins is an exceptional figurative artist that spent his career learning about and drawing people. As a practice and process, Collins traveled the world, learned about the culture, and painted local people he encountered every day.

His portraiture showcases the strength, dignity, and beauty of the people he met around the world.

This exhibition, The Traveling Artist, features Paul Collins' work spanning many decades and continents. He believed his process of understanding others and then drawing them, helped him to understand himself. As you visit this show, we hope you will reflect on how learning about new people and traveling to places can help you empathize with others and shape your identity.

The Charles H. Wright Museum of African American History

Hours

Tuesday: 9 AM - 5 PM

Wednesday: 9 AM - 5 PM

Thursday: 9 AM - 7 PM

Friday: 9 AM - 5 PM

Saturday: 9 AM - 5 PM

Sunday: 9 AM - 5 PM

Monday: Closed

Get In Touch

Visit:

315 E. Warren Ave.

Detroit, MI 48201

Call: 313-494-5800

Email: info@thewright.org

Gun Lake Tribe and Gun Lake Casino Make Donations to Underserved Tribal Communities in Canada and Michigan

(Wayland, Mich.) – The Gun Lake Tribe and Gun Lake Casino announced significant donations to underserved tribal communities in West Michigan, and a Canadian First Nation. The Wasauksing First Nation in Parry Sound, Ontario, Canada received a monetary donation from the Tribe and Casino in the amount of \$15,000. In addition, West Michigan urban Native Americans received 6,700 items valued at \$73,000.

A donation drive was held throughout the month of November at the Casino and Tribe's Government Campus. Donated items sent to urban Native Americans include coats, boots, hats, gloves, toys, non-perishable food, household items, and personal hygiene products.

"During the holiday season we are reminded of those who are less fortunate, and it warms our hearts to organize donation drives for those in need," said Sal Semola, Chief Executive Officer of Gun Lake Casino. "We thank casino guests, casino team members, tribal citizens, and our friends and neighbors here in West Michigan for giving so much to make the holidays better for underprivileged Native Americans in Michigan and Canada."

Each year, during the holidays, the Tribe and Casino holds a donation drive designated to help less fortunate Native communities. Last year donations were sent to Walpole Island First Nation in Ontario, Canada, valued at over \$95,000. Those donations included coats, boots, hats, gloves, clothing, toys, non-perishable food, and household items.

"This event has become a big success thanks to the teamwork amongst many wonderful gaming and government staff members, our Tribal Council, our tribal Citizens, and the local community," said Virginia Sprague-Vanderband, Council Member. "Our Citizens see our relatives in need and show how much we value them through our generosity. The Gun Lake Tribe will continue to lay down sema and pray for the health and well-being of all our relatives."



GLT and GLC Staff and Tribal Council Members Courtesy GLC



Loading Trailer Courtesy GLC

La Urgente Necesidad de Preparar a los Hispanos en Estados Unidos para la Era de la Inteligencia Artificial



La inteligencia artificial (IA) está transformando rápidamente el mercado laboral a nivel global. Según informes recientes, incluido un reporte de la UNESCO sobre inteligencia artificial en América Latina, millones de trabajos en sectores como servicios, agricultura, transporte, limpieza, salud, seguridad y hasta trabajos administrativos serán reemplazados por robots humanoides, vehículos autónomos y sistemas automatizados. Esta revolución tecnológica amenaza con profundizar la desigualdad existente, afectando desproporcionadamente a los hispanos y latinos en Estados Unidos, un grupo que ya enfrenta barreras significativas debido a la falta de acceso a educación de calidad y oportunidades laborales.

Como hispano he sido testigo del cambio rápido de tecnología y cómo estos cambios han afectado a los hispanos que no se han preparado académicamente. La situación muchas veces me obligó a trabajar en sitios donde no se ganaba mucho, tenían horarios nocturnos de trabajo duro y durante los fines de semana lo cual evitaba tener una relación con la familia. Siendo hijo de un chofer de autobús y una madre costurera, pude ver el valor de continuar con una meta de seguir mis estudios para cambiar el futuro. Hoy día, la Inteligencia artificial me reta para no quedarme rezagado e ignorante de la nueva tecnología y sus impactos a los hispanos del siglo 21 viviendo en los estados Unidos de Norteamérica.

El Impacto Desproporcionado en los Hispanos

Los hispanos representan uno de los grupos minoritarios de mayor crecimiento en Estados Unidos, pero también uno de los más vulnerables frente a la automatización. Muchos de los trabajos que tradicionalmente ocupan están en los sectores más amenazados por la IA. Además, los sistemas escolares en distritos con alta población hispana suelen estar mal financiados y no preparan adecuadamente a los estudiantes para dominar el inglés, mucho menos para competir en una economía impulsada por la tecnología. Esto crea un ciclo de desventaja económica y educativa que limita sus posibilidades de adaptarse a los cambios.

¿Por qué es importante enseñar IA a los hispanos?

1. Equidad en la tecnología: Al enseñar IA a los hispanos, se promueve una mayor equidad en el campo tecnológico, donde históricamente han estado sobrerepresentados. Esto es fundamental para garantizar que los beneficios de la IA se distribuyan de manera justa y equitativa.

2. Fortalecimiento de la economía: La IA está creando una gran demanda de trabajadores con habilidades técnicas. Al capacitar a los hispanos en IA, se les brinda la oportunidad de acceder a empleos bien remunerados y contribuir al crecimiento económico de sus comunidades.

3. Innovación y emprendimiento: La IA es una herramienta poderosa para la innovación. Al enseñar IA a los hispanos, se fomenta el espíritu emprendedor y se crean las condiciones para el surgimiento de nuevas empresas tecnológicas lideradas por latinos.

4. Preservación de la cultura: La IA puede utilizarse para preservar y promover la cultura latina. Por ejemplo, se pueden desarrollar herramientas de traducción automática de idiomas indígenas o aplicaciones que ayuden a preservar el patrimonio cultural.

La Brecha Tecnológica y Educativa

La UNESCO ha destacado en su informe que los países de América Latina y las comunidades latinas en Estados Unidos enfrentan un desafío doble: integrar la IA en sus economías y capacitar a su fuerza laboral para esta transición. Sin una educación adecuada en habilidades tecnológicas, los hispanos podrían enfrentar un desempleo crónico y una mayor marginación económica. La falta de respaldo familiar y comunitario en los estudios también es un factor que agrava esta situación.

Propuestas para Preparar a los Hispanos

Es imperativo que la comunidad hispana y sus líderes tomen la delantera en prepararse para la era de la IA. Esto incluye:

1. Creación de Institutos de Inteligencia Artificial: Establecer centros de aprendizaje en mercados hispanos, iglesias, escuelas, universidades y centros comunitarios que ofrezcan programas accesibles en español e inglés.

2. Capacitación en Habilidades Tecnológicas: Enseñar código, manejo de datos, y uso de herramientas de IA para preparar a los hispanos para trabajos del futuro.

3. Fomentar la Educación Temprana: Reformar los sistemas escolares para garantizar que los estudiantes hispanos dominen el inglés y las habilidades tecnológicas desde una edad temprana.

4. Alianzas con Empresas Tecnológicas: Trabajar con corporaciones para desarrollar programas de aprendizaje y capacitación específicos para la comunidad hispana.

5. Apoyo Familiar y Comunitario: Promover el respaldo de las familias para que valoren y apoyen la educación tecnológica de sus hijos.

¿Por qué es importante enseñar IA a los hispanos?

1. Equidad en la tecnología: Al enseñar IA a los hispanos, se promueve una mayor equidad en el campo tecnológico, donde históricamente han estado sobrerepresentados. Esto es fundamental para garantizar que los beneficios de la IA se distribuyan de manera justa y equitativa.

2. Fortalecimiento de la economía: La IA está creando una gran demanda de trabajadores con habilidades técnicas. Al capacitar a los latinos en IA, se les brinda la oportunidad de acceder a empleos bien remunerados y contribuir al crecimiento económico de sus comunidades.

3. Innovación y emprendimiento: La IA es una herramienta poderosa para la innovación. Al enseñar IA a los latinos, se fomenta el espíritu emprendedor y se crean las condiciones para el surgimiento de nuevas empresas tecnológicas lideradas por hispanos.

4. Preservación de la cultura: La IA puede utilizarse para preservar y promover la cultura latina. Por ejemplo, se pueden desarrollar herramientas de traducción automática de idiomas indígenas o aplicaciones que ayuden a preservar el patrimonio cultural.

Ventajas y retos de enseñar IA a los hispanos

Ventajas:

- Mayor diversidad en el campo de la tecnología:** La incorporación de la perspectiva latina en el desarrollo de la IA puede conducir a soluciones más innovadoras y equitativas.

- Crecimiento económico:** La creación de una fuerza laboral latina capacitada en IA puede impulsar el crecimiento económico de las comunidades latinas.

- Empoderamiento:** El aprendizaje de IA puede empoderar a los latinos y ayudarles a alcanzar sus metas profesionales.

Retos:

- Brecha digital:** No todos los hispanos tienen acceso a internet o a computadoras, lo que limita su capacidad para aprender sobre IA.

- Falta de representación:** A menudo, los materiales educativos sobre IA están diseñados para audiencias blancas y masculinas, lo que puede dificultar que los latinos se identifiquen con ellos.

- Esteriotipos:** Los estereotipos sobre la capacidad de los latinos para las matemáticas y las ciencias pueden desalentar a muchos de ellos de estudiar IA.

Un Futuro Inclusivo es Posible

Si bien el desafío es inmenso, también lo es el potencial de la comunidad hispana para adaptarse y prosperar en la era de la IA. La clave está en actuar ahora. Con una inversión estratégica en educación y capacitación tecnológica, los hispanos pueden no solo evitar el desempleo crónico, sino también convertirse en líderes en la economía tecnológica del futuro.

Es un llamado a la acción para gobiernos de los estados, organizaciones comunitarias y la misma comunidad hispana: la inteligencia artificial no debe ser vista como una amenaza, sino como una oportunidad para transformar vidas y cerrar la brecha de desigualdad. La preparación comienza hoy.

La inteligencia artificial (IA) está transformando rápidamente nuestro mundo. Desde la automatización de tareas hasta la creación de nuevos productos y servicios, la IA está presente en casi todos los aspectos de nuestra vida. En este contexto, es crucial que la comunidad latina en Estados Unidos, una de las más jóvenes y dinámicas del país, tenga acceso a esta tecnología y las habilidades necesarias para aprovecharla.

The Urgent Need to Prepare Hispanics in the United States for the Era of Artificial Intelligence

... English version of the article on the page 08



Por: Edgar León

Artificial Intelligence (AI) is rapidly transforming the global job market. According to recent reports, including one from UNESCO about AI in Latin America, millions of jobs in sectors such as services, agriculture, transportation, cleaning, health, security, and even administrative roles will be replaced by humanoid robots, autonomous vehicles, and automated systems. This technological revolution threatens to deepen existing inequality, disproportionately affecting Hispanics and Latinos in the United States. This group already faces significant barriers due to a lack of access to quality education and job opportunities.

As a Hispanic, I have witnessed the rapid pace of technological change and how these changes have affected those who have not prepared academically. Often, I had to work in jobs with low pay, night shifts involving hard labor, and weekends, which hindered family relationships. Being the son of a bus driver and a seamstress, I saw the value of pursuing education to change my future. Today, artificial intelligence challenges me to avoid falling behind and staying ignorant of the new technology and its impacts on 21st-century Hispanics living in the United States.

The Disproportionate Impact on Hispanics

Hispanics represent one of the fastest-growing minority groups in the United States but are also among the most vulnerable to automation. Many jobs they traditionally hold are in the sectors most threatened by AI. Furthermore, school systems in districts with high Hispanic populations are often underfunded, failing to adequately prepare students to master English, let alone compete in a technology-driven economy. This creates a cycle of economic and educational disadvantage, limiting their ability to adapt to changes.

Why Is It Important to teach AI to Hispanics?

1. Equity in technology: Teaching AI to Hispanics promotes greater equity in the tech field, where they have historically been underrepresented. This is essential to ensure the benefits of AI are distributed fairly and equitably.

2. Economic empowerment: Economic empowerment: AI is creating a high demand for workers with technical skills. Training Hispanics in AI provides them access to well-paying jobs and contributes to the economic growth of their communities.

3. Innovation and entrepreneurship: AI is a powerful tool for innovation. Teaching AI to Hispanics fosters an entrepreneurial spirit and creates conditions for the emergence of new tech companies led by Latinos.

4. Cultural preservation: Cultural preservation: AI can be used to preserve and promote Latin culture. For example, tools for automatic translation of indigenous languages or applications that help preserve cultural heritage can be developed.

The Technological and Educational Gap

UNESCO's report highlights that Latin American countries and Latino communities in the U.S. face a dual challenge: integrating AI into their economies and training their workforce for this transition. Without proper education in technological skills, Hispanics could face chronic unemployment and greater economic marginalization. The lack of family and community support for education further exacerbates this situation.

Proposals to Prepare Hispanics

It is imperative that the Hispanic community and its leaders take the lead in preparing for the AI era. This includes:

1. Creating AI Institutes: Establish learning centers in Hispanic markets, churches, schools, universities, and community centers offering programs accessible in Spanish and English.

2. Training in Technological Skills: Teach coding, data management, and AI tools to prepare Hispanics for future jobs.



3. Promoting Early Education: Reform school systems to ensure Hispanic students master English and technological skills from an early age.

4. Partnerships with Tech Companies: Work with corporations to develop learning and training programs specifically for the Hispanic community.

5. Family and Community Support: Encourage families to value and support their children's tech education.

Advantages and Challenges of Teaching AI to Hispanics

Advantages:

- Greater diversity in technology: Including Latino perspectives in AI development can lead to more innovative and equitable solutions.
- Economic growth: Building a Latino workforce skilled in AI can boost economic growth in Latino communities.
- Empowerment: Learning AI can empower Latinos and help them achieve their professional goals.

Challenges:

- Digital divide: Not all Hispanics have access to the internet or computers, limiting their ability to learn about AI.
- Lack of representation: Educational materials on AI are often designed for white and male audiences, making it harder for Latinos to relate.
- Stereotypes: Stereotypes about Latinos' abilities in math and science may discourage many from studying AI.

An Inclusive Future is Possible

While the challenge is immense, so is the potential for the Hispanic community to adapt and thrive in the AI era. The key is to act now. With strategic investment in education and tech training, Hispanics can not only avoid chronic unemployment but also become leaders in the future tech-driven economy.

This is a call to action for state governments, community organizations, and the Hispanic community itself: Artificial intelligence should not be seen as a threat but as an opportunity to transform lives and close the inequality gap. Preparation starts today.

Artificial intelligence (AI) is rapidly transforming our world. From automating tasks to creating new products and services, AI is present in nearly all aspects of our lives. In this context, it is crucial that the Latino community in the U.S.—one of the youngest and most dynamic in the country—has access to this technology and the skills needed to leverage it.

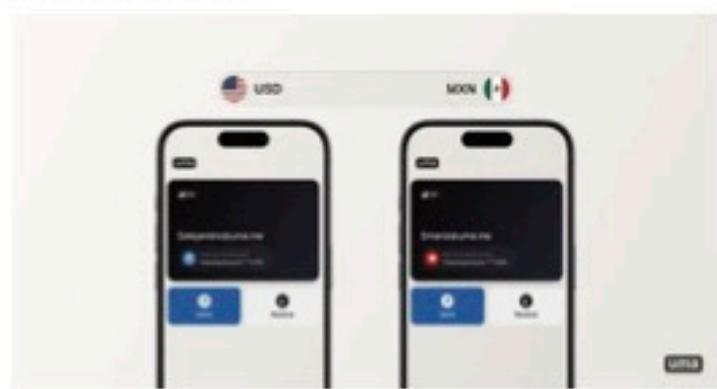
NOW LIVE: Send Money in Seconds from the U.S. to Mexico with Universal Money Address (UMA)

YA DISPONIBLE: envía dinero en segundos desde EE. UU. a México con Universal Money Address (UMA)

Sending money from the United States to Mexico just became faster and simpler. For the FIRST TIME, US bank account holders can send USD instantly to Mexican bank holders, who will receive MXN in seconds. It's real-time and available 24/7/365. This new solution showcases the power of Bitcoin and Lightning as a global settlement asset and network.

Now people can instantly transfer USD to MXN using Universal Money Address (UMA)—no delays, no complications—no waiting for a location to be open or for money to take days to travel. UMA delivers seamless cross-border payments for sending money to friends and family and makes sending money as simple as sending an email.

UMA Changes the Game:



- **Instant Transfers:** Send money in seconds—no more waiting for days or worrying if the bank is open.
- **Flat to Flat Solution:** Transfer funds directly from USD in the U.S. to MXN in Mexico.
- **Convenient:** You don't need to download a new app; UMAs work with your existing bank and are interoperable.
- **Simple:** UMA is like an email; there's no need to remember complex banking information or learn about new technology.
- **Shareable:** A streamlined invitation flow makes it easy to encourage friends or family members to get their UMA and start sending or receiving money.
- **Universal Access:** Any U.S. bank account holder can send funds to any Mexican bank account holder.
- **Compliant and Secure:** UMA meets requirements for money transfers, meaning you can trust that your funds will reach your friends and family.

This breakthrough uses Lightspark Extend, a cutting-edge solution that leverages Lightning to ensure ultra-fast, cost-effective transactions.

Why This Matters

It is estimated that cross-border payments between the U.S. and Mexico will reach a record-breaking \$65 billion in 2024, reflecting the importance of sending cross-border funds to families and communities. With UMA, sending money back home is faster, more affordable, and accessible to everyone.

Global Impact

UMA isn't just transforming payments between the U.S. and Mexico. By the end of 2024, it's estimated that UMA will be available to nearly 300 million customers in 140 countries and 100 currencies, creating a truly global financial solution.

Get Started Today

Ready to send money in seconds? Sign up for UMA now. Media Contact: press@uma.me

Enviar dinero de Estados Unidos a México es ahora más rápido y sencillo. Por PRIMERA VEZ, cuentahabientes en Estados Unidos pueden enviar dólares estadounidenses al instante a cuentahabientes mexicanos, quienes recibirán pesos mexicanos en segundos. Los fondos se mueven en tiempo real y están disponibles las 24 horas, los 7 días de la semana y los 365 días del año. Esta nueva solución demuestra el poder de Bitcoin y Lightning como activo y red de liquidación global.

Ahora las personas pueden transferir dólares estadounidenses a pesos mexicanos al instante mediante Universal Money Address (UMA), sin retrasos ni complicaciones, sin esperar a que se abra una sucursal bancaria, ni que el dinero tarde días en llegar. UMA ofrece pagos transfronterizos sin problemas para enviar dinero a amigos y familiares y hace el enviar dinero tan simple como enviar un correo electrónico.

UMA es revolucionario:

- **Transferencias Instantáneas:** envía dinero en segundos, sin tener que esperar días ni preocuparte si el banco está abierto.
- **Solución en moneda local:** transfiere fondos directamente de dólares estadounidenses en EE. UU. a pesos mexicanos en México.
- **Conveniente:** no necesitas descargar una aplicación nueva; UMA funciona con tu banco y es interoperable.
- **Simple:** UMA es como un correo electrónico; no es necesario recordar información bancaria ni aprender sobre nuevas tecnologías.
- **Compatible:** invita a amigos o familiares a obtener su UMA y empezar a enviar o recibir dinero.
- **Acceso universal:** cualquier persona con una cuenta bancaria estadounidense puede enviar fondos a cualquier persona con una cuenta bancaria mexicana.
- **Cumple con regulación y es seguro:** UMA cumple con los requisitos para las transferencias de dinero, lo que significa que puedes confiar en que tu pago llegará a tus amigos y familiares. Esta tecnología está creada sobre Lightspark Extend, una solución de vanguardia que utiliza Lightning para garantizar transacciones ultrarrápidas y de bajo costo.

Por qué es importante

Se estima que los pagos transfronterizos entre Estados Unidos y México alcanzarán un récord de \$ 65 mil millones en 2024, lo que refleja la importancia de poder enviar fondos transfronterizos a familias y comunidades. Con UMA, enviar dinero a casa es más rápido, más barato y accesible para todos.

Impacto global

UMA no sólo transforma los pagos entre Estados Unidos y México. Para finales de 2024, se estima que UMA estará disponible para casi 300 millones de clientes en 140 países y 100 monedas, creando una solución financiera verdaderamente global.

Pruébalo hoy

¿Estás listo para enviar dinero en segundos? Regístrate ahora en uma.me.

Contacto de prensa: press@uma.me

uma



By Dr. José A. Flores

2024 fue un año memorable

... Continuación del artículo de la página 03

En el lado positivo, todos presenciamos algunas cosas grandiosas en el mundo. Muchos de nosotros vimos los Juegos Olímpicos de Verano de París, que tuvieron un profundo impacto en nuestro patriotismo colectivo, ya que nuestros atletas compitieron en todos los campos y superaron a muchas naciones. Los atletas que representan la demografía multicultural de los Estados Unidos, incluidos LeBron James, Steph Curry, Simone Biles, Jade Carey, Jordan Chiles, Sunisa Lee, Hezi Rivera, Noah Lyles, Ryan Murphy, Torri Huske, Gretchan Walsh y Nic Fink, se llevaron a casa el oro en Deportes de Equipo y Deportes Individuales respectivamente. ¡Nos destacamos como estadounidenses unidos en nuestro objetivo común de demostrar quiénes somos como nación!

Enfrentamos los desafíos globales y nacionales como un país unido que contribuye a la lucha contra el cambio climático a través de nuestras contribuciones financieras realizadas por la administración Biden, incluidos los fondos aportados para salvar las selvas tropicales del Amazonas en América del Sur. Nuestra rápida respuesta brindó alivio a los estadounidenses afectados por los desastres de los huracanes Helene y Milton. También continuamos apoyando el Acuerdo de París sobre el Cambio Climático y brindamos apoyo a la Cumbre Climática de la ONU en Bakú y la Conferencia de la Década de los Océanos en Barcelona para abordar los cambios en nuestros océanos. El "vaso parece medio lleno" a medida que continuamos colaborando con los líderes mundiales para abordar el cambio climático e intentar reducir nuestra dependencia de los combustibles fósiles que impactan negativamente los niveles de carbono y reducen nuestra capa de ozono en nuestra atmósfera. Nos enfrentamos al desafío de los incendios feroces en California y los estados occidentales, las sequías, las inundaciones extremas y las tormentas de nieve. ¿Podremos tener un respiro en 2025? La mayoría de nosotros hemos tenido nuestra cuota de clima severo.

En 2024, nuestros avances médicos nos brindaron una prueba casera de COVID y gripe, nuevos remedios para el VIH con un medicamento preventivo llamado Lenacapavir que muestra una prevención del 96-100%. Desarrollamos un nuevo antibiótico para las infecciones del tracto urinario. Desarrollamos nuevos medicamentos para combatir la esquizofrenia, la enfermedad de Alzheimer, el cáncer y la leucemia. ¡Sí! ¡El vaso se ve más lleno en esta área!

También avanzamos en nuestro movimiento hacia los vehículos eléctricos, avanzamos en la idea de usar jets eléctricos e híbridos para viajes en avión. ¡El futuro parece más brillante a medida que avanzamos en los barcos propulsados por hidrógeno y los buques de carga propulsados por viento que impulsarán los viajes ecológicos!

La IA y la tecnología están ayudando a acelerar nuestros avances en las áreas que nos impactan a nosotros y a nuestra supervivencia como seres humanos que habitamos nuestro planeta. Si, hay cada vez más esperanzas de supervivencia en la Tierra si seguimos actuando de manera responsable. Esperemos también que los avances que Estados Unidos ha logrado en el espacio, su armamento de gran envergadura, incluidos misiles hipersónicos y sistemas de defensa láser, tecnología de drones y anti-drones, tanques propulsados por hidrógeno, misiles de crucero nucleares y submarinos nucleares furtivos, sean suficientes para disuadir a las naciones rebeldes de alterar nuestro modo de vida en 2025. ¡Debemos seguir trabajando por la paz mundial y disuadir a nuestros enemigos de provocar guerras y perturbaciones con nuestra nación y nuestros aliados! Debemos seguir desarrollando nuestra preparación para todas las amenazas inminentes de la naturaleza y las naciones que desafien nuestro liderazgo en el mundo. ¡Promovamos también la unidad entre los estadounidenses como objetivo nacional! Siendo optimistas, el vaso está "medio lleno."

97.3 FM • URBAN MIX



www.theheat973.com



¡Amigos, listen to 97.3FM Heat Radio!
¡Escuchen esta estación de Radio!

Radio D.J.'s are joining daily to empower our community through a real respect for diversity! We must tear down the walls that separate our community and advance racial and social equality. Friendship and respect are a good place to start the dialogue.

Music is universal! Robert LaDew R.I.P. brother! Your legacy in Grand Rapids is alive and well!

Dr. José A. Flores President, C.E.P.
616.581.6271

Asisted by Marte Smith
Dr. Edgar Leon

97.3 FM URBAN MIX • THE HEAT



The Ancient Practice of Yoni Steaming with Tazzjia Martinez



In the realm of holistic wellness, yoni steaming has emerged as a transformative practice, drawing attention from health enthusiasts and curious minds alike, including myself, so I sat down with a pioneering business owner, Tazzjia Martinez of Detroit, Michigan, who has made yoni steaming her passion and profession at Herbs and Words: Immersive Healing Spa in Metro Detroit, MI to delve into learning more about the spa experience. Through her unique perspective and personal journey, we explore the benefits of this ancient practice, the challenges of running a wellness business, and the empowering connections she fosters within her community. The 30-year-old entrepreneur will uncover some myths behind this intimate ritual and the entrepreneurial spirit that drove its resurgence into modern wellness culture.

Yoni steaming, also known as vaginal steaming or V-steaming, is an ancient practice that is rooted in cultural and spiritual significance around the world. Some of the earliest mentions of vaginal steaming trace back to the Maya civilization in Central America. Historically, women often used herbal steams to promote reproductive health and womb steaming. Similar to yoni steaming, in traditional Korean medicine, a practice known as "chai-yok" has been used for centuries and focuses on postpartum care and menstrual health. Today, in other regions of the world, such as Africa and Asia, women often use yoni steaming to remedy various gynecological issues, emphasizing the importance of ritual and community in the practice. It is also very common for women to gather with other female friends or family for a group steaming, often fostering their connections and support for one another. Historically, this ancient practice was a woman's way of caring for themselves and each other.

Tazzjia's inspiration to open a yoni steaming spa began while she was researching holistic health through Dr. Sebi's teachings of healing herbs and Kelli Garza's teachings of internal womb cleansing. Then, she realized that women's bodies and self-care have often been neglected or taught to us by others. She wanted to be deeply connected with her health in a physical, mental, and spiritual way, so she started her business incorporating what she learned with the sole mission of creating a space for all women to feel safe, be able to relax, and release, giving them a way to connect back to themselves and their femininity. During her year in business, she has learned that many women are unaware or uneducated about personal vaginal health. When it comes to yoni steaming, they may find themselves horrified by false presumptions about the process or experience. Let us walk you through the Tazzjias yoni steaming experience to ease your fears.

A visit with Tazzjia at Herbs and Words Immersive Healing Spa is one that you will never forget. Her aura immediately gives off a warm and calm sense. She uses her positive and inviting energy to embrace each client who comes to her spa and make you feel comfortable and vulnerable in the space she provides. Upon entering her office, you will be surrounded by the artwork of feminine expression by local artists that are for sale; where she will talk to you about what to expect in a yoni steaming session and the knowledge behind the ancient practice of yoni steaming while allowing you the time to ask all the questions you may have before she takes you into the steaming room. The idea is to set your intentions before you enter the room so you know

what needs to be energetically released from your body, heart, and mind before you enter the safe space. Once Tazzjia has answered all your questions, she will walk you into the steaming room she calls the "sacred garden." A place immersed in flowers and words of affirmation, sounds of water streaming, and calming music. You will immediately feel transported into a different world and a sense of peace. The most important part of your visit to the sacred garden is to start with an intentional practice she will guide you through where she will ask you to write down what you are committed to releasing in this session and then to write down what you will allow your body to receive from this session. Taj says, "I believe that everything you do should be intentional because it creates the energy of healing." Next, you will change into a large gown long enough to cover your chair and trap the steam under the robe. Once positioned on your steaming chair, Tazzjia offers you the choice of guided meditation, an ear for you to verbally let go of any heavy life challenges weighing on you, or you can simply spend the time reading your favorite book while you sit. Under your seat will be a steaming ceramic pot filled with herbs such as red raspberry leaf, red clover, pau d'arco, and other herbs specifically curated to aid your needs or reproductive health. The steam is set to a temperature that is safe from burning or danger to the vaginal membranes. The process takes about 1 to 1.5 hours, with no more than 30 minutes on the chair.

Physically, yoni steaming is believed to offer many health benefits, although scientific research on the topic is limited, and many critics question the benefits of the practice. Some potential advantages include.....

Menstrual Relief- yoni steaming helps alleviate menstrual cramps and discomfort. The heat from the steam helps increase blood flow, it relaxes the muscles, and reduces tension in the pelvic area, potentially easing the pain of a period. Particularly towards the end of a cycle, steaming helps remove old or stagnant blood build-up. It helps with PCOS, Endometriosis, and Fertility.

Postpartum recovery – Yoni steaming is frequently recommended for postpartum care. It is thought to aid in the healing process after childbirth, helping restore the vaginal tissues and balance the body after pregnancy.

Vaginal Health improvement- Yoni steaming is believed to maintain vaginal health by promoting natural lubrication and balancing PH levels, also addressing issues with vaginal dryness or infections. Helps in lubrication.

Hormonal Balance – If you are perimenopausal or going through menopause, yoni steaming may be beneficial for those dealing with irregular menstrual cycles or symptoms of menopause. Tazzjia has an herbal combination to aid in the symptoms of menopause. After yoni steam, the sense of emotional release and relaxation during and after the steaming session can significantly affect mental health, and having a moment away from life's stressors just to pamper yourself with some "me" time and care can help balance your mood.

Some precautions: It cannot be done while pregnant or before 37 weeks to avoid premature birth or infections. Do not steam while menstruating or while you have open sores.

Herbs and Words Immersive Healing Spa also offers a range of services for men that include guided meditation for relaxation and cleansing of the mind, herbal foot baths known to help release toxins in the body, and more. The idea is to create a safe space for men to feel secure and vulnerable and release themselves from the world's heaviness, even if it's for a few minutes of relaxation. In this busy world, it's much needed. In the future, she will offer moxibustion services. This ancient Chinese medicine smoke therapy uses burnt dried mugwort smoke on specific body areas to promote pain relief, circulation improvements, boost immunity, menstrual regulations, and more. The service will be available for all genders. Tazzija says, "Men, women, and all genders have feminine energy that needs to be catered to." Some challenges for young entrepreneurs have been in the marketing aspect. She is still discovering the best forms of advertising without allowing technology to consume the sacredness of her business and motto. Tazzija says, "I am thinking about how I can get people to connect more with themselves and me without allowing technology to take away from the energy." She also offers herbal teas that contain nettle herbs that aid in regulation and pain during the menstrual cycle. She also sells herb packets to do the yoni steam at home. She has yoni oils for sale that assist with moisture and bacteria, preserving healthy pH—body purifiers and cleansing capsules that internally aid in pH balancing and lubrication. Women's multivitamins that help regulate hormones and medicinal mushrooms aid in focus and clarity.

Spiritually, yoni steaming, for many cultures, is considered a practice that honors femininity and preserves the sacredness of the female

body. The term "yoni" is derived from Sanskrit, and it translates to "sacred space" or "divine feminine." It is believed that the holistic practice of yoni steaming nurtures the body and spirit, promoting self-care and female empowerment. Taj says, I want my clients to leave here

feeling empowered, released, and soft and know that they have the right to feel smooth and that softness comes with rest." She says, "She wants them to know that softness comes with a grace they give themselves internally because life is so hard. And I want them to walk away with that light feeling I can let go. That life doesn't have to take control of me!" Taj says, "the smiles, the release, the light in my clients' expressions after a session with me is what I find the most fulfilling in my work." To learn more about yoni steaming and products, visit Herbs and Words Immersive Healing Spa at 27224 Southfield Rd, Ste. 102 Lathrup Village, MI 48076

(616) 287-2888

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

Facebook:

<https://www.facebook.com/profile.php?id=100066348559096>



Each month we will feature a Latin American athlete representing our community in professional sports.

By Odille Parker
Latin American athlete representing our community in professional sports.

As the Detroit Lions continue to be top contenders in the NFC, Malcolm Rodriguez has been a steady presence since being drafted by the team in 2022.

The linebacker from Tahlequah, Oklahoma was born in 1999 to a Mexican father and Cherokee mother. He attended Wagoner High School, where he had 115 touchdowns with 6,144 passing yards and 2,449 rushing yards playing quarterback and defensive back.

Rodriguez attended Oklahoma State in 2017, starting his college career as safety and moving to linebacker in 2019. During his time as a Cowboy, he had 408 tackles, 7.5 sacks, two interceptions, and one touchdown. He was named a first-team All-American by ESPN during his senior year.

Rodriguez was also named the MVP of the 2022 Fiesta Bowl, when Oklahoma State defeated Notre Dame 37-35.

The Detroit Lions selected Rodriguez with the 188th pick in the sixth round of the 2022 NFL draft. He started in 15 games of his rookie season, finishing with one sack, 87 total tackles, two passes defended, and one forced fumble. He was also named to the Pro Football Writers Association All-Rookie team.

In 2023, he appeared in 17 games and started in three.

Malcolm Rodriguez

Prior to suffering a torn ACL in Week 13 against the Chicago Bears this season, Rodriguez started in six games and recorded 43 combined tackles, two sacks, one pass deflection, and one fumble recovery.



Atención integral del cáncer inspirada en ti

En el Centro de cáncer Lacks de Trinity Health, nuestro equipo oncológico médico, quirúrgico y de radiología trabajan juntos para crear un plan de tratamiento personalizado para ti. Desde el diagnóstico hasta el tratamiento, te guiamos en cada paso.

We See All of You™

CONTÁCTENOS HOY
TrinityWMI.org/Cancer



Trinity Health
LACKS CANCER CENTER

CANCER NETWORK

January Events / Eventos en Enero

Muskegon 2024 GLOW

Lighting Event

January 1 - 10, 2025

Muskegon, MI

Downtown Muskegon is once again illuminated with the glow of holiday lights! This beloved holiday tradition returns to brighten the city with dazzling light displays, projectors, and festive decorations.

The GLOW stretches from 1st to 5th Street on West Western Avenue and extends into Midtown along 3rd Street, creating a magical winter wonderland.

GLOW also thrilled to partner with the Muskegon Holiday Tree Lighting Ceremony at Hackley Park, on November 30th, adding even more holiday cheer to the celebration!

¡El centro de Muskegon vuelve a estar iluminado con el resplandor de las luces navideñas! Esta querida tradición navideña regresa para iluminar la ciudad con deslumbrantes exhibiciones de luces, proyectores y decoraciones festivas. El GLOW se extiende desde la calle 1 hasta la calle 5 en West Western Avenue y se extiende hasta Midtown por la calle 3, creando un mágico paraíso invernal. ¡GLOW también se complace en asociarse con la Ceremonia de Iluminación del Árbol de Navidad de Muskegon en Hackley Park, el 30 de noviembre, agregando aún más alegría navideña a la celebración!

Ishpeming Ski Club Ski Jumping Tournament

January 17-19, 2025

Ishpeming, MI

The Ishpeming Ski Club will be hosting the 138th Annual Ski Jumping Tournament, held at the UP Nordic Ski Complex, January 17th-19th, 2025.

This event is one stop on both the regional premier Four Hills Tournament, and the U.S. Cup. Ski jumpers from all over the U.S.A. will test their abilities to fly as far as possible with the best style. The Tournament weekend will be complete with tailgating, bonfires, food trucks, beer tent, fireworks and great views of the action on Suicide Hill. There will also be an exciting Nordic combined cross country ski race on the Ishpeming Ski Club, Norman Juhola Trail System during the weekend competition. Make your plans now to attend. It's going to be another fantastic weekend full of ski jumping action!

El Club de Esquí de Ishpeming será el anfitrión del 138.º Torneo Anual de Salto de Esquí, que se llevará a cabo en el Complejo de Esquí Nórdico UP, del 17 al 19 de enero de 2025.

Este evento es una parada tanto del principal torneo regional

Four Hills como de la Copa de Estados Unidos. Saltadores de esquí de todo Estados Unidos pondrán a prueba sus habilidades para volar lo más lejos posible con el mejor estilo. El fin de semana del torneo estará repleto de actividades, fogatas, puestos de comida, carpas de cerveza, fuegos artificiales y vistas espectaculares de la acción en Suicide Hill.

Michigan Adventure Race:

Winter Edition

January 18, 2025

Rockford, MI

Looking for a race to keep you motivated this winter? Race with more than 300 others in the largest winter adventure race in the U.S. You and your teammate(s) will run on and off trail, navigate with a map, and snowshoe (short loop, snowshoes provided) and conquer Amazing Race-like challenges, collecting as many checkpoints as possible in three hours. 1-4 person teams. Includes 1/4 zip pullover and chili lunch.

Compete con más de 300 personas en la carrera de aventuras invernal más grande de los EE. UU. Tú y tus compañeros de equipo correrán dentro y fuera de los senderos, navegarán con un mapa y con raquetas de nieve (círculo corto, se proporcionan raquetas de nieve) y conquistarán increíbles desafíos similares a los de una carrera, en los que se reunirán tantos puntos de control como sea posible en tres horas. Equipos de 1 a 4 personas. Incluye un suéter con cierre de ¼ y un almuerzo con chile.

Bavarian Ski Festival

January 25, 2025

Roscommon, MI

Dust off your Lederhosen and join us for a taste of the Alps! Enjoy skiing on the HQ trail system, then test your strength at Masskrugstemmen, with stein-holding contests for men and women starting at 2:00pm. Make a team of three, and ski in unison atop our giant pair of "Team Skis" in the Team Skis

ice breaker



South Haven, MI

January 31 - February 2, 2025



Time Trials, beginning at 3:00pm. Of course, we encourage all guests to dress in their best German attire for a costume contest at 4:00pm. Special guest German Dave will be serving delicious Bavarian fare, including soft pretzels, sausages, sauerkraut, and of course, German beer. Don't miss this celebration of heritage and winter fun!

¡Quítate el polvo de tus pantalones de cuero y únete a nosotros para probar los Alpes! Disfruta esquiendo en el sistema de pistas de la sede central y luego pon a prueba tu fuerza en Masskrugstemmen, con concursos de sostener jarras de cerveza para hombres y mujeres a partir de las 2:00pm. Forma un equipo de tres y esquila al unísono sobre nuestro par gigante de "esquis de equipo" en las pruebas de tiempo de esquí por equipos, que comienzan a las 3:00 pm. Por supuesto, animamos a todos los invitados a vestirse con su mejor atuendo alemán para un concurso de disfraces a las 4:00pm

Heikinpalva Mid-Winter Festival

January 25, 2025

Hancock, MI

Heikinpalva - A Mid-Winter Finnish-American Festival in the Copper Country. Celebrate the halfway point of winter at various Hancock locations. Activities include a parade, authentic Finnish smorgasbord dinner & dance, concerts, the Tori Market, cultural demonstrations, the Polar Bear Plunge and more.

Heikinpalva: un festival finlandés-estadounidense de medios de invierno en Copper Country. Celebre el punto medio del invierno en varios lugares de Hancock. Las actividades incluyen un desfile, una auténtica cena y baile finlandeses, conciertos, el mercado Tori, demostraciones culturales, el Polar Bear Plunge y mucho más.

Zehnder's Snowfest

January 29 - February 2, 2025

Frankenmuth, MI

Celebrating 34 Years of Winter Fun,

Zehnder's Snowfest has been host to one of the top snow sculpting events in North America. It has entertained and delighted visitors of Frankenmuth with larger-than-life snow sculptures, beautifully detailed ice carvings, entertainment, fireworks, a petting zoo, and children's activities each year.

Zehnder's Snowfest is a can't miss, winter tradition with larger than life snow and ice sculptures throughout the community.

Zehnder's Snowfest, que celebra 34 años de diversión invernal, ha sido anfitrión de uno de los principales eventos de esculturas de nieve de Norteamérica. Ha entretenido y deleitado a los visitantes de Frankenmuth con esculturas de nieve de tamaño superior al natural, esculturas de hielo con hermosos detalles, entretenimiento, fuegos artificiales, un zoológico de mascotas y actividades para niños todos los años. Zehnder's Snowfest es una tradición invernal que no se puede perder, con esculturas de nieve y hielo de tamaño superior al natural en toda la comunidad.

Ice Breaker Festival

January 31 - February 2, 2025

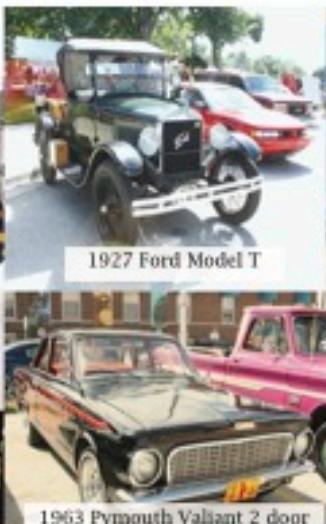
South Haven, MI

Ice Breaker Festival is a FUN, FROSTY, WINTER CELEBRATION! Held annually on the first weekend of February, it's a time when the quiet winter streets of South Haven HEAT UP with activity and people! West Michigan's predominant and growing winter festival is showcasing dazzling ice sculptures, chili cook-off, cardboard sled races, pub slide, outdoor ice skating, horse drawn wagon rides, s'mores roasting and many more exciting activities throughout downtown South Haven.

El festival Ice Breaker es una CELEBRACIÓN INVERNAL DIVERSA y FRÍA. Se lleva a cabo todos los años el primer fin de semana de febrero y es el momento en el que las tranquilas calles invernales de South Haven se CALIENTAN con actividad y gente.



Sueños Car Show at Hackley Park & Clay Ave in Muskegon, MI



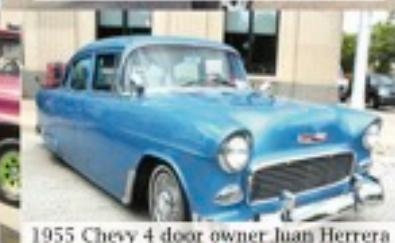
1927 Ford Model T



1947 Studebaker M5 Gasser Pickup



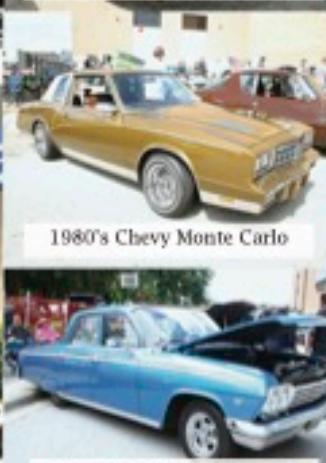
1963 Plymouth Valiant 2 door



1955 Chevy 4 door owner Juan Herrera



Sueños Car Club Members



1980's Chevy Monte Carlo



Folklorico Dancers



1958 Buick Limited Series



1958 Buick Limited Series

Sueños "Dreamers" Car Club Car Show

Sueños "Dreamers", Car Club Show & Muskegon County Latino Festival was held on Saturday, September 7, 2024 on Clay Avenue & Hackley Park, 349 W. Webster Ave, Muskegon, MI.

President Gregorio Garcia & members of Sueños C.C. had a huge success with their 2nd Annual Car Show.

A great DJ was rocking live music! Top prizes were awarded for the oldest car, Muscle, Classic, Originals, Custom, Street Rods to Lowriders. Goodie bags were given to the first fifty cars. Also, some of the proceeds were donated to Hope Project in Muskegon.

Angelita Valdez, Coordinator for Muskegon County Latinos Festival, had Rosie Del

Valle from Austin, Texas do The M.C. (Masters of Ceremony) at Hackley Park. Entertainment was provided by Grupo Fierro & Grupo Bengala, Ballet Folklorico de Grand Rapids & Aztec Dancers. There were plenty of Food Trucks, Mercado Tents, and so much more!

Sueños C.C. members would like to say:

Thank You to everyone who attended the car show! Next year it will be bigger & better.

Somos pocos pero locos en lowriding!

Having a car event?
Contact Homero
(616)893-3906
deeho123@comcast.net

CAR SHOW UPDATES FOR JANUARY 2025:

Michigan International Auto Show

January 30 - February 2, 2025

DeVos Place Convention Center

303 Monroe Ave NW

Grand Rapids, MI 49503

Adults: \$12

Children (6-14): \$5

Detroit AutoRama 2025

72nd Annual Meguiar's Autorama

Car Show

Dates: Friday, February 28, 2025 -

Sunday, March 2, 2025

Venue: Huntington Place,
Detroit, MI (Cobo Hall)

General Admission: \$28.00

Children 6-12: \$10.00

Children 5 and Under Free



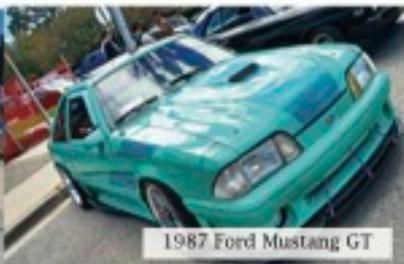
1966 Pontiac Bonneville



1983 Avanti Sport Coupe



1978 Oldsmobile Cutlass ready for Hopping



1987 Ford Mustang GT

La Voz



Maria de los Angeles Becerra is an Argentine singer and songwriter. She has been dubbed as "a leading voice in Argentina's urban pop movement". Becerra has received eight nominations for Latin Grammy Awards, including the category Best New Artist.

Maria de los Angeles Becerra es una cantante y compositora argentina. Se la ha calificado como "una voz líder en el movimiento pop urbano de Argentina". Becerra ha recibido ocho nominaciones a los Premios Grammy Latinos, incluida la categoría Mejor Artista Nuevo.

Maria Becerra

Sueños Car Club 2nd Annual Christmas Party December 7, 2024



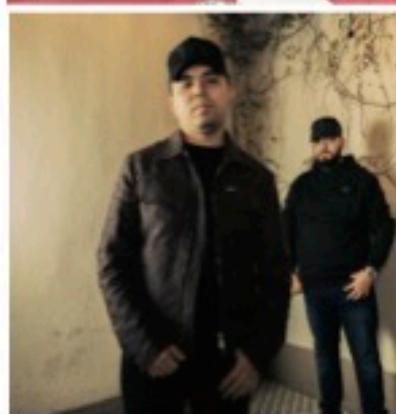
Santa having fun with kids!



Sofia & Elliott having fun!



Chris with wife has the latest issue of La Voz Magazine



Suenos Car Club family & friends with Santa Claus!

Photos by Humber R.



Sueños Car Club (L-R) Chris, Ray, Herman, Jerry & Peter



Cameron & Olivia (twins) enjoying Christmas party!

THE RECIPE CLOSES THE YEAR WITH "SAVE ME" A GENERATIONAL CLASSIC

Después de su último éxito "Ya No Vuelvas", La Receta cierra el 2024 con broche de oro, ofreciendo a sus fans una versión completamente renovada de uno de los grandes éxitos de la música pop latina, "Sálvame" de RBD. La Receta le da un giro diferente a la canción "Sálvame" al fusionar la esencia de la balada pop con la fuerza y el alma del género norteño, creando una interpretación única y fresca con el estilo único que los caracteriza. Manteniendo la emoción de la letra original, La Receta transforma la melodía con guitarras, acordeones y un toque regional que le da un giro completamente diferente a esta emblemática canción que todos conocemos.

After their latest hit song "Ya No Vuelvas", La Receta closes 2024 with a flourish, offering their fans a completely renewed version of one of the greatest hits of Latin pop music, "Sálvame" by RBD. La Receta gives a different twist to the song "Sálvame" by fusing the essence of the pop ballad with the strength and soul of the northern genre, creating a unique and fresh interpretation with the unique style that characterizes them. Maintaining the emotion of the original lyrics , La Receta transforms the melody with guitars, accordions and a regional touch that gives a completely different twist to this emblematic song that we all know. This cover not only pays homage to a generational anthem, but also invites music lovers to northern music to rediscover an iconic song with an innovative approach. With an authentic touch and the energy of La Receta, this version becomes a perfect fusion of nostalgia, ideal for these new listeners and fans of this song.



APV STUDIOS

PRINCESS QUINCEAÑERA PACKAGES

PRINCESS 1

* 3 HR PHOTOGRAPHY/ALL DAY VIDEO

1 16x20 LINEN PRINT/COPYRIGHTS/W-PRINTS (UP TO 300)

HD VIDEO COVERAGE/2 EDITED DVD'S/HIGHLIGHTS/USB

CEREMONY/RECEPTION

(VIDEO EXPECTED TO END @ 10PM)

PRINCESS 2

* ALL DAY PHOTOGRAPHY/VIDEO

1 20x24 LUSTRE PRINT, 1 10x10 SOFT COVER SIGNIN ALBUM,

COPYRIGHTS/W-PRINTS (UP TO 400), 1 VINYL BANNER (24x60)

2 PHOTOS/DESIGN, 25 FREE THANK YOU CARDS, HD VIDEO COVERAGE

2 EDITED DVD'S/HIGHLIGHTS/DRONE/CEREMONY/RECEPTION

(VIDEO EXPECTED TO END @ 10PM)

CONTACT INFO

616-635-0164 cell

apphotos.video@yahoo.com

ID: APVPHOTOVIDEO59

FB: ANTHONY T. VALDEZ

*TRAVEL FEES MAY APPLY

BOOK YOUR SPECIAL EVENT FOR 2025-26
CUSTOMIZED PACKAGES AVAILABLE

L'Oréal Paris Hosts Inspiring Women of Worth Celebration Honoring 10 Female Non-Profit Leaders

For the 19th year, #1 global beauty brand L'Oréal Paris USA is spotlighting female non-profit leaders through its renowned Women of Worth program. Last night, L'Oréal Paris Women of Worth hosted its annual Celebration event in Los Angeles with the brand's talented lineup of spokewomen including Elle Fanning, Cara Delevingne, Helen Mirren, Aja Naomi King, and Andie MacDowell to recognize the 2024 honoree class.

The celebratory evening was also attended by special guests like Sophia Bush, Coco Jones, Bethenny Frankel, and Sofia Carson who walked the Worth It carpet in support of this year's program. During the main event, each honoree shared their inspiring story, the mission of their organization and how they are addressing the most pressing issues in their communities and this country today.

In partnership with Warner Bros. Discovery's Courageous Studios, the full evening can be streamed from home beginning December 6th at www.WomenofWorth.com and on the L'Oréal Paris YouTube channel.

"I'm so thrilled to be a part of the Celebration for these amazing women," said spokeswoman and actress, Elle Fanning. "The honorees truly embody what it means to be "Worth It," and I'm so moved by each of their unique stories and drive to make a difference."

The 2024 honorees and their non-profit organizations include Danelle Umstead (Salt Lake City, UT) Founder and President of Sisters in Sports Foundation (SIS), Hillary Cohen (Los Angeles, CA) Co-Founder and CEO of Every Day Action, Jahnnavi Rao (Philadelphia, PA) President and Founder of New Voters, Laura Pahules (Phoenix, AZ) Founder & President of Control Alt Delete, Lisa Hoeve (Grand Rapids, MI) Founder and CEO of Hope Pkgs, Meymuna Hussein-Cattan (Los Angeles, CA) Founder and CEO of The Tiyaa Foundation, Rania Zuri (Morgantown, WV) Founder and CEO of The LiTEAray Society, Sheri Mathis (Dallas, TX) President of Mammogram Poster Girls, Dr. Tonya Stafford (Dallas, TX) Founder and Executive Director of It's Going To Be OK and Wawa Gatheru (Philadelphia, PA) Founder and Executive Director of Black Girl Environmentalist.

Each honoree received a \$25,000 grant through L'Oréal Paris' intermediary grantmaker, GlobalGiving for their non-profit organizations, mentorship from the L'Oréal Paris network and a national platform to share their stories and missions with the world. Lack of funding is one of the most common roadblocks for nonprofits and as we approach Giving Tuesday, L'Oréal Paris has created a way to continue to support these critical causes. In partnership with GlobalGiving, the brand established the L'Oréal Paris Women of Worth Fund, with donations benefitting all 10 of this year's honorees equally. Visit www.globalgiving.org/womenofworth to learn more and donate.

In partnership with Points of Light, a global nonprofit organization that champions volunteering around the world, nominations are open for the class of 2025 honorees now through International Women's Day on March 8, 2025. Nominate a woman you know at www.WomenofWorth.com for their chance to receive up to \$25,000 for their organization, a national platform to tell their stories and an opportunity to build a network that amplifies their causes.



L'ORÉAL
PARIS
**WOMEN
of WORTH**

For more information about the signature philanthropic program, this year's honoree class and how to tune-in to the celebration event, visit www.WomenofWorth.com, and L'Oréal Paris Facebook, Instagram, Twitter, TikTok, and Pinterest. Join the conversation and follow along by using hashtag #LOrealParis #WorthIt.

Por decimonoveno año, la marca de belleza número uno a nivel mundial, L'Oréal Paris USA, destaca a las líderes femeninas de organizaciones sin fines de lucro a través de su reconocido programa Women of Worth. Anoche, L'Oréal Paris Women of Worth organizó su evento anual de celebración en Los Ángeles con la talentosa lista de voceras de la marca, entre ellas Elle Fanning, Cara Delevingne, Helen Mirren, Aja Naomi King y Andie MacDowell, para reconocer a las homenajeadas de 2024.

En asociación con Courageous Studios de Warner Bros. Discovery, la velada completa se podrá transmitir desde casa a partir del 6 de diciembre en www.WomenofWorth.com y en el canal de YouTube de L'Oréal Paris.

Los homenajeados de 2024 y sus organizaciones sin fines de lucro incluyen a Danelle Umstead (Salt Lake City, UT), fundadora y presidenta de Sisters in Sports Foundation (SIS), Hillary Cohen (Los Ángeles, CA), cofundadora y directora ejecutiva de Every Day Action, Jahnnavi. Rao (Filadelfia, PA) Presidenta y fundadora de New Voters, Laura Pahules (Phoenix, AZ) Fundadora y presidenta de Control Alt Delete, Lisa Hoeve (Grand Rapids, MI) Fundadora y directora ejecutiva de Hope Pkgs, Meymuna Hussein-Cattan (Los Angeles, CA) Fundadora y directora ejecutiva de The Tiyaa Foundation, Rania Zuri (Morgantown, WV) Fundadora y directora ejecutiva de The LiTEAray Society, Sheri Mathis (Dallas, TX) Presidenta de Mammogram Poster Girls, la Dra. Tonya Stafford (Dallas, TX), fundadora y directora ejecutiva de It's Going To Be OK y Wawa Gatheru (Filadelfia, PA) Fundadora y directora ejecutiva de Black Girl Environmentalist.

Cada homenajeada recibió una subvención de \$25,000 a través del intermedio de subvenciones de L'Oréal Paris, GlobalGiving para sus organizaciones sin fines de lucro, tutoría de la red de L'Oréal Paris y una plataforma nacional para compartir sus historias, y misiones con el mundo. La falta de financiación es uno de los obstáculos más comunes para las organizaciones sin fines de lucro y, a medida que nos acercamos al Giving Tuesday, L'Oréal Paris ha creado una forma de seguir apoyando estas causas fundamentales. En asociación con GlobalGiving, la marca estableció el Fondo Women of Worth de L'Oréal Paris, con donaciones que beneficiarán por igual a las 10 homenajeadas de este año. Visite www.globalgiving.org/womenofworth para obtener más información y realizar una donación.

Para obtener más información sobre el programa filantrópico exclusivo, la clase de homenajeadas de este año y cómo sintonizar el evento de celebración, visita www.WomenofWorth.com y L'Oréal Paris en Facebook, Instagram, Twitter, TikTok y Pinterest. Únete a la conversación y siguela usando el hashtag #LOrealParis #WorthIt.



Latin American born & raised in Michigan. Endured many struggles in Life but never allowed them to hold me down from my purpose. Entrepreneur in multiple businesses and the founder & owner of "Career Joy" located in GR. In business for the past 8 years assisting a community in employment opportunities for career growth.

Real Estate Investor that deals in rehabilitation of commercial properties to help in transforming communities to better meet the needs of its residents and evolving environment. Truly love giving back and empowering communities and its individuals who are struggling through trials and hardships. Currently managing a non-profit called

"Journey to Joy" and in collaboration mode with a Commercial Building Company to break ground in 2025 for a housing development for women & children struggling with Domestic Violence challenges! Services will provide Housing, Mental Health Services & Addiction Treatment. My determination & diverse interests have blessed me with many opportunities to carry out my purpose as a Community Advocate and I am Truly Thankful to be "LA VOZ" for individuals as a Community Leader!

APV STUDIOS
616-635-0164 cell
contact for quotes & how
to get started
* multiple package deals *



2025 JANUARY MODEL SEARCH

What Can I Do If I Have a Family History of Heart Disease?

More than 5% of Americans have heart disease, according to the Centers for Disease Control and Prevention. Those with a family history of heart disease are more than twice as likely to develop heart disease as those who don't. If you do have a family history of heart disease, there are steps you can take to improve your heart health and lower the risk of developing heart disease.

What heart conditions run in families?

Heart disease, high blood pressure, and high blood cholesterol can all run in families, so you should tell your doctor if you have a family history of these conditions. Make sure you know the history of both sides of your family, as well as information for family members who have already passed, including their age and cause of death. Heart conditions in family histories that put people at an increased risk of developing heart disease include:

- angina
- aortic aneurysm
- arrhythmias
- cardiomyopathy
- congenital heart defects
- coronary artery disease (atherosclerosis)
- diabetes
- heart attack
- heart bypass or other heart surgeries
- heart failure
- high blood cholesterol
- high blood pressure
- implantable cardioverter-defibrillators (ICD)
- Marfan syndrome (connective tissue abnormality, usually tall with long fingers and extremities and visual disturbance) and Ehlers-Danlos syndrome (unusually flexible joints, loose skin and problems with large blood vessels like aorta)
- pacemakers
- percutaneous coronary intervention (PCI)
- stroke

How to improve heart health and lower risk with a family history of heart disease

How to improve heart health and lower risk with a family history of heart disease

Making diet and lifestyle changes to improve your heart health is even more critical when you have a family history of heart disease due to in-



creased risks of heart disease or cardiovascular events. If coronary artery disease, the most common heart disease, runs in your family, you are at a higher risk for buildup of plaque in the arteries. You may want to see a cardiologist for preventative measures in addition to letting your primary care doctor know.

Lifestyle choices that affect the risk of heart disease include:

Stop smoking and tobacco use

Tobacco and nicotine, no matter how they are ingested – smoking, chewing, dipping, or vaping – are bad for the heart and increase the risk of heart disease, as well as many other diseases. Smoking-related lung diseases complicate heart problems even more. Excessive pressure in the lung blood vessels causes extra pressure on the right side of the heart and leads to pulmonary hypertension. This is a significant cause of right ventricular heart failure and heart arrhythmia. Cigarette smoking hits and chokes the heart from all fronts.

Limit alcohol use

Alcohol use is not good for the heart and raises the risk of heart disease. Make sure to only drink in moderation or cut out alcohol completely. The increased risk of heart disease from alcohol use is higher for women.

Eat a heart-healthy diet

The standard American diet can wreak havoc on heart health, blood pressure, and cholesterol levels. Change to a heart-healthy diet full of fruits and vegetables, whole grains, and healthy fats, and limit red meats, processed foods, and dairy products.

Get more exercise

Living a sedentary lifestyle heightens the risk of heart disease, especially when combined with a poor diet. Get at least 150 minutes per week of at least moderate-intensity aerobic exercise. Additionally, excess weight can contribute to heart disease, and exercise can help keep your weight in check.

Manage high cholesterol and blood pressure

High cholesterol and high blood pressure contribute to risks of heart disease. Lifestyle changes can help manage these numbers, but in some cases you may need medication. Talk to your doctor about managing medications.

¡ESCÚCHANOS EN VIVO!

La **PODEROSA**
93.3 FM

miRadioPoderosa.com
616-949-9582  

¡Anúnciate! 616-451-0551

Mrs. Alyssa Arriaga



Photo Courtesy of:
@jblshoot

Introducing Mrs. Alyssa Arriaga. She is taking the state by storm and look for her at venues and night clubs all over the state. She is a selected feature model for The 2025 Grand Haven Beach Photo Shoot as well as The Community Voice's official selected published model for January 2025.

Follow this Goddess at: [@alyssa_ariaga22](https://www.instagram.com/alyssa_ariaga22)



Photo Courtesy of:
@shotbyraylon

CLASSIFIEDS

ELEMENTARY SPANISH IMMERSION TEACHERS-

Grand Haven Christian School in Grand Haven, Michigan seeks full-time Elementary Spanish Immersion Teachers to teach Spanish to children. Prepare & implement lessons, evaluate student progress. Requires bachelor's in Education, Teaching or related; fluency in Spanish & English; & passing background checks. Send resume to tannerme@grandhavenchristian.org

POST-GRADUATE FELLOW-

The College of Engineering and Applied Sciences at Western Michigan University seeks to fill a Post-Graduate Fellow position in the Chemical and Paper Engineering department. For complete description, minimum requirements and application procedures, visit our website at: <http://www.wmich.edu/hr/jobs>. Posting #S982P. Only ap-

plications submitted through this site will be considered.

WMU is an AA/EEO employer. Minorities, women, veterans, individuals with disabilities and all other qualified individuals are encouraged to apply.

MACHINE ELECTRICIAN

All Tech Engineering is searching for a skilled Electrician to join our esteemed team in Wyoming, MI. As a family-owned and operated company, we have more than 34 years of dedicated experience in robotics, automation, tooling, and capital equipment design. We value a friendly work environment and are looking for a motivated individual eager to grow professionally and secure their career long term.

In this role, you will oversee projects from the panel build phase to installation and runoff at the customer's site. It will be your respon-

sibility to ensure that new machines and engineering alterations are successfully launched, requiring you to manage the process from conception through installation.

Proactively identifying and resolving any potential risks or issues that may arise. We prefer candidates with at least five years of electrician experience, particularly in the automation sector, along with proficiency in wiring machine back panels. Successful applicants will hold a valid MI driver's license and possess strong technical and communication skills. We offer a competitive salary based on your experience, paid time off, seven paid holidays, a 401K match, and comprehensive health, dental, and optical insurance fully covered by the employer. We look forward to welcoming you to our team! www.alltech-eng.com/

Aspiring Journalist

The Community Voice / La Voz is searching for aspiring journalists to create content online and in our print magazine. Perfect for journalism students who are looking to build their portfolio or freelance writers wanting to contribute to reaching our communities.

La Voz de Comunidad La Voz busca a periodistas de aspiración para crear el contenido en línea y en nuestra revista de letra. Perfecto para estudiantes de periodismo que miran para construir su carpeta o escritores freelances que quieren contribuir al alcance de nuestras comunidades.

Email resume/CV to primaverati@gmail.com

GRUPO "ESPERANZA" A.A.

1953 28th Street SW

Wyoming, MI 49519

Horario de Reuniones

Lunes, Martes, Miércoles, Jueves, Viernes

7:00pm - 9:00pm

Sabado / Domingo

7:00pm - 9:00pm



Grocery Shop / Abarrotes La Familia

Grocery Shop/ Abarrotes La Familia

Your go-to neighborhood grocery store
Groceries • Fruits and Vegetables • Beer •
Cigars • Sweets
• Lottery • and more...
Abarrotes • Frutas y Verduras • Cerveza •

Ubicado en 1066
Calle César E. Chavez Ave S.W.
. Grand Rapids, Mi.
For more information /
Para más información
616-581-6271

Hours/Horario:

Monday - Thursday / Lunes - Jueves
11:00am to 12:30pm
Friday & Saturday / Viernes y Sábado
11:00am -2:00am
Sunday/ Domingo 11:00am -12:30am



Hours/Horario:

TACOS

Monday - Friday / Lunes - Viernes
4:00pm - 10:pm
Saturday & Sunday / Sábado y Domingo
2:00pm - 10:00 pm

EL MILAGRO
TORTILLAS

QUALITY SINCE 1950

EN EL NOMBRE LLEVA LA FAMA
Y EN EL PRODUCTO LA CALIDAD

BÚSQUELAS EN SU TIENDA FAVORITA

FOUNDED BY RAUL LOPEZ, SR.



THE FAME IS IN THE NAME, AND THE QUALITY IN THE PRODUCT



PARA SERVIRLE A USTED

616-452-6625