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Controversy in Grand Rapids' Oldest Hispanic Barrio-Navarro Plaza



By Dr. José A. Flores

Controversy about the level of neighborhood input surrounds the recent pause in the process to name new "pocket park" located at the corner of Rumsey and Cesar E. Chavez Ave. SW!

The Grand Rapids City Commission deliberated about the process for naming a park that stands on the land formerly owned by the Catholic Diocese for St. Joseph the Worker Parish. The property was often home to primarily the Hispanic Community of parishioners for decades since the Grandville Ave Corridor is and has been home to Grand Rapids' Hispanic Community. It is in fact the oldest and most populated Hispanic "Barrio" in the city.

"Navarro Park" emerged as the favorite name by the small number of respondents that resulted from an inadequate democratic process that the City of Grand Rapids engaged in to identify neighborhood sentiment on City of Grand Rapids processes and issues. Using "technology" – usually an "on-line survey" and/or one or two community input sessions that are announced online, the city officials gather with a couple of neighborhood residents and a representative of the neighborhood association to determine the fate of issues that affect our community. It is laughable at best! I took to the phone and the radio airways to criticize the process and will work to engage our community to bring about an acceptable resolution in this community matter. The new park should memorialize the couple of iconic community leaders, Miguel, and Isabel Navarro, for their personal accomplishments and contributions to Grand Rapids and our community on the Southwest side.

Miguel and Isabel Navarro were notable figures in Grand Rapids, MI. Miguel Navarro founded The Alma Latina Bar and Restaurant on Division Ave with his brother Daniel and were the first licensed establishments to be owned by a Mexican American in our community. He and Isabel raised their family in the Grandville Ave corridor on Tulip St. SW and would later open a Tamale Factory on the northwest side of Grand Rapids making significant investment there.

As Mr. Navarro worked to make his businesses grow, he became involved in the Democratic Party and ran for public office. Meanwhile, Isabel would study at home to complete her high school requirements and then college studies to earn a bachelor's degree from GVSU and Teaching Certificate for Elementary Education enabling her to move from working as a Teacher Assistant to a full-fledged Teacher at Franklin Elementary and later at Hall Elementary. She is remembered by many former students of our community as a loving and resolute soul who worked tirelessly to educate our youth. Isabel would later leave the classroom to join her husband Miguel in their business dream to open Grand Rapids'

El Matador Tortilla Factory in 1976, earning several business awards for his success. The enterprise contributed funds to the Mexican Heritage Festival, the local churches and organizations needed charitable contributions. I remember them personally as they were "community role models" as I was growing up in this barrio.

The loving couple raised three children of their own, Linda, Miguel, Jr., and Irma. They eventually moved from Tulip St. SW to their home at the corner of Grandville Ave and Franklin St. SW where they totally rehabbed an old home making it a marvel. They would later assist the Santa Maria Clinic with its acquisition of property across the street which they owned. They made contributions to the Latin American Council, the Hispanic Center, the Hispanic Festival, and count-

less other organizations. Miguel and Daniel Navarro would help Paul Collins with his art notoriety by contracting him to paint murals in his bar and restaurant and later in his Tortilla factory. According to his obituary Miguel also ran for **City Commissioner of the 3rd Ward in 1963**. I remember it was the County Commission, but my memory may be off. Miguel passed away on **February 26, 2012**, at the age of 83. Isabel Mejia Navarro, his wife, passed away on **February 7, 2010**, at the age of 77. She was originally from **Hidalgo County, Texas**.



The City of Grand Rapids states that "Miguel and Isabel Navarro were deeply involved in supporting Hispanic entrepreneurs in Grand Rapids, MI. Their contributions were so significant that the city is considering naming a new park **"Plaza Navarro"** in their honor. The park, located at **680 Cesar E. Chavez Ave. SW**, is part of the **Plaza Roosevelt neighborhood** and will feature a **vendor-friendly welcome area, inclusive playground, public art, and sustainable landscaping**.

The naming process involved extensive community engagement, including surveys and meetings, and **Navarro Plaza** was selected as the most representative name. Their legacy continues to inspire local business owners and community leaders." I can testify as many others in our community can, that Miguel and Isabel Navarro were and still are iconic role models for our community and should be memorialized with their names on the new plaza planned. We encourage our city commission in Grand Rapids to honor the Navarro couple!

La controversia sobre la participación vecinal se ha generado tras la reciente pausa en el proceso para nombrar un nuevo "parque" ubicado en la esquina de la calle Rumsey y la avenida Cesar E. Chavez.

La Comisión Municipal de Grand Rapids deliberó sobre el proceso para nombrar un parque que se encuentra en el terreno que anteriormente pertenecía a la Diócesis Católica para la Parroquia de San José Obrero. Durante décadas, la propiedad albergó principalmente a la comunidad hispana de feligreses, ya que el Corredor de la avenida Grandville es y ha sido el hogar de la comunidad hispana de Grand Rapids por casi cien años. De hecho, es el "barrio" más poblado hispano de la ciudad.

"Parque Navarro" se convirtió en el nombre favorito del reducido número de encuestados, debido a un proceso democrático inadecuado que la Ciudad de Grand Rapids implementó para identificar la opinión vecinal sobre los procesos y problemas de la ciudad. Mediante el uso de tecnología —generalmente una encuesta en línea y/o una o dos sesiones de participación comunitaria anunciadas en línea—, los funcionarios municipales se reúnen con un par de residentes del vecindario y un representante de la asociación de vecinos para determinar el futuro de los problemas que afectan a nuestra comunidad. ¡Es, como mínimo, ridículo! Critiqué el proceso por teléfono y radio, y trabajaré para involucrar a nuestra comunidad y lograr una resolución aceptable en este asunto. El nuevo parque debería conmemorar a Miguel e Isabel Navarro, dos icónicos líderes comunitarios, por sus logros personales y contribuciones a Grand Rapids y a nuestra comunidad del suroeste.

Miguel e Isabel Navarro fueron figuras destacadas en Grand Rapids, Michigan. Miguel Navarro fundó la Cantina/Restaurante "Alma Latina Bar and Restaurant" en la avenida Division con su hermano Daniel y fueron los primeros establecimientos con licencia propiedad de un mexicano-estadounidense en nuestra comunidad.

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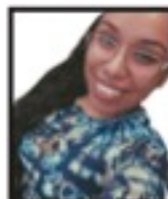
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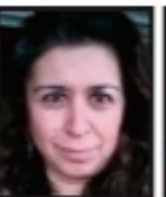
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Viva Villa!



By Jorge Martinez
U.S. Veteran

Not since the invasion of Columbus New Mexico, home of the 13th Cavalry, under Colonel H.J. Siocum by Pancho Villa have felt so targeted. Kilmer Abrego Garcia was deported without due process rocking America's principals. Mimicking 19 century sentiments Trump spewed toxicity reflecting Newspapers of 1916. Popularizing racism national newspapers encouraged the lynchings of 5,000 Mexican Americans along the border. Newspapers ignited national ferocity in the aftermath of the attack reflecting today's media coverage of 300 alleged terrorists deported to El Salvador. Thousands volunteered to "get the Mexicans" as war fever raged in Europe. National Newspapers nurtured panic and after-action reports, usually brutally honest, were deliberately modified. As war ravaged Europe newspapers claimed Villa lost 70 to 170 dead with seven captured and hanged. Newspapers reported ten soldiers killed and seven civilians in a 90-minute engagement. Incongruently, this suggests Villa's freedom fighters with years of combat experience couldn't shoot and lacked courage. Newspapers claimed soldiers pursued Villa for 16 miles. Yet, oral histories reported enraged soldiers chasing Villa killed everyone they saw explaining how 170 Mexicans were killed.

My experience is that illegal killings are common in combat i.e. the Mi Lai Massacre of March 16th, 1968. As a historian I suspect Villa's men sought Sam Ravel a gun dealer, who allegedly absconded with Villa's gold and operated with knowledge of the Army. Theories offered by newspapers contradict everything known about The Jaguar of the North. A weak and wounded Villa would not have attacked an encampment next to an American Army Fort. Especially after having lost most of his army at the Battle of Celaya in 1915. Villa was a hunted fugitive, recovering from wounds and attempting to rebuild his army. The timing and logic are incongruent and contradictory. It is noteworthy that at the height of rampant racism neither the New Mexican nor The Albuquerque Tribune reported on the 9th and 10th Cavalry Regiments made up of Buffalo soldiers. I've deduced a group of poorly armed desperate Mexican freedom fighters attacked Columbus four days after the burning of 20 Mexican Prisoners in El Paso Texas on March 5, 1916. I suspect continuous acts of racist brutality escalated the situation and provoked the attack. Brutal injustice and blatant exploitation of Mexican Americans was common in the 1900s. I've concluded scattered remnants of Mexican Freedom fighters attacked Columbus without Villa's knowledge or approval sparking the Mexican Punitive Expedition. Soon thereafter the Mexican Army defeated American invaders in The Battle of Carrizal on 4-23-1916 (never mentioned in American history books), the U.S. lost 27 killed including 39 wounded, and 24 captured.

Proving it was not invincible. Only the deterioration of German-American relations before WWI prevented an invasion of Mexico by the United States. We can conclude Germany's aggression during WWI saved Mexico from American imperialism. Recognizing America rarely leaves voluntarily as proven after the occupation of the Philippines after the Cuban American War. Mexican President Caludia Sheinbaum denied Trump's offer to cross the border to fight drug cartels. Trump wishes to deport American prisoners to foreign prisons as he welcomes white South African immigrants. Trump claims he can circumvent the constitution under the Alien Enemies Act. Trump is negotiating with Nayib Bukele president of El Salvador and other dictators. In a vindictive reprisal, Trump launched FCC investigations against ABC News, CBS News, PBS and NPR calling them despicable and disloyal. Trump is on a tour of middle eastern dictators. Trump accepted a secondhand airplane from Qatar's dictator and became a laughingstock. This may be our darkest history since the Dred Scott decision of March 6, 1857. Clearly our Supreme Court Justices suffer the same bigotry as Chief Justice Taney along with Wayne, Catron, Daniel, Nelson, Grier and Campbell who reflected the vision of today's Supreme Court.

Desde la invasión de Columbus, Nuevo México, hogar de la 13.ª Caballería, bajo el mando del coronel H.J. Siocum por Pancho Villa, nadie se había sentido tan atacado. Kilmer Abrego García fue deportado sin el debido proceso, lo que hizo tambalear los prin-



cipios estadounidenses. Imitando los sentimientos del siglo XIX, Trump desató una toxicidad que reflejaba los periódicos de 1916. Popularizando el racismo, los periódicos nacionales alentaron los linchamientos de 5.000 mexicanoamericanos a lo largo de la frontera. Los periódicos encendieron la ferocidad nacional tras el ataque, lo que refleja la cobertura mediática actual de la deportación de 300 presuntos terroristas a El Salvador. Miles se ofrecieron como voluntarios para "atrapar a los mexicanos" mientras la fiebre bélica hacía estragos en Europa. Los periódicos nacionales alimentaron el pánico y los informes posteriores a la acción, por lo general brutalmente honestos, fueron modificados deliberadamente. Mientras la guerra devastaba Europa, los periódicos afirmaron que Villa perdió entre 70 y 170 muertos, con siete capturados y ahogados. Los periódicos informaron de la muerte de diez soldados y siete civiles en un enfrentamiento de 90 minutos. Incongruentemente, esto sugiere que los combatientes por la libertad de Villa, con años de experiencia en combate, no sabían disparar y carecían de coraje. Los periódicos afirmaron que los soldados persiguieron a Villa durante 26 kilómetros. Sin embargo, las historias orales relatan que soldados enfurecidos que perseguían a Villa mataron a todos los que vieron, lo que explica la muerte de 170 mexicanos.



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Polémica en el Barrio Hispano más Antiguo de Grand Rapids: Plaza Navarro

Por Dr. José A. Flores

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

Él e Isabel criaron a su familia en el corredor de Grandville Ave en Tulip St. SW y posteriormente abrieron una fábrica de tamales en el noroeste de Grand Rapids, donde realizaron importantes inversiones. Mientras el Sr. Navarro trabajaba para impulsar el crecimiento de sus negocios, se involucró en el Partido Demócrata y se postuló para un cargo público. Mientras tanto, Isabel estudiaba en casa para completar los requisitos de la preparatoria y luego cursó estudios universitarios para obtener una licenciatura de GVSU y un Certificado de Maestro en Educación Primaria, lo que le permitió pasar de trabajar como asistente de maestro a ser maestra de pleno derecho en la Escuela Primaria Franklin y posteriormente en la Escuela Primaria Hall. Muchos exalumnos de nuestra comunidad la recuerdan como un alma amorosa y decidida que trabajó incansablemente por la educación de nuestros jóvenes. Isabel más tarde dejó las aulas para unirse a su esposo Miguel en su sueño empresarial de abrir la Fábrica de Tortillas El Matador en Grand Rapids en 1976, recibiendo varios premios empresariales por su éxito. La empresa contribuyó con fondos al Festival de la Herencia Mexicana, y las iglesias y organizaciones locales necesitaban donaciones caritativas. Los recuerdos personalmente como "modelos a seguir en la comunidad" mientras crecía en este barrio.

La amorosa pareja crio a sus tres hijos: Linda, Miguel Jr. e Irma. Finalmente se mudaron de la calle Tulip SW a su casa en la esquina de la avenida Grandville y la calle Franklin SW, donde rehabilitaron por completo una antigua casa, convirtiéndola en una maravilla. Posteriormente, ayudaron a la Clínica Santa María a adquirir una propiedad al otro lado de la calle, de su propiedad. Hicieron contribuciones al Consejo Latinoamericano, al Centro Hispano, al Festival Hispano y a innumerables organizaciones más. Miguel y Daniel Navarro ayudaron a Paul Collins a consolidar su notoriedad artística al contratarlo para pintar murales en su bar y restaurante, y posteriormente en su fábrica de tortillas. Según su obituario, Miguel también se postuló para Comisionado de la Ciudad del Tercer Distrito en 1963. Recuerdo que era para la Comisión del Condado, pero quizá no lo recuerdo bien. Miguel falleció el 26 de febrero de 2012 a los 83 años. Isabel Mejía Navarro, su esposa, falleció el 7 de febrero de 2010 a los 77 años. Era originaria del condado de Hidalgo, Texas. La Ciudad de Grand Rapids declara que "Miguel e Isabel Navarro estuvieron profundamente involucrados en el apoyo a los emprendedores hispanos en Grand Rapids, Michigan. Sus contribuciones fueron tan significativas que la ciudad está considerando nombrar un nuevo parque "Plaza Navarro" en su honor. El parque, ubicado en 680 Cesar E. Chavez Ave. SW, forma parte del vecin-

dario de Plaza Roosevelt y contará con un área de bienvenida para vendedores, un área de juegos inclusiva, arte público y paisajismo sostenible.

El proceso de nombramiento implicó una amplia participación comunitaria, que incluyó encuestas y reuniones, y Plaza Navarro fue seleccionado como el nombre más representativo. Su legado continúa inspirando a empresarios locales y líderes comunitarios. Puedo dar fe, como muchos otros en nuestra comunidad, de que Miguel e Isabel Navarro fueron y siguen siendo modelos icónicos a seguir para nuestra comunidad y...Deberían ser recordados con sus nombres en la nueva plaza planificada. ¡Alentamos a la comisión municipal de Grand Rapids a honrar a la pareja Navarro!

Victoria

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From Cactus Roots to Picture Book Pages: Irma Hersel's Where Nopalitos Grow Celebrates Bicultural Childhood

In the heart of Holland, Michigan—a town celebrated for its tulips and Dutch heritage—Irma Linda Hersel's childhood stood quietly apart. While many children donned traditional Dutch costumes for the town's famous Tulip Time Festival, Hersel's front yard was a striking contrast: it featured a prickly pear cactus, or nopal, carefully tended by her Mexican-American family. That powerful image—of cultural overlap and quiet pride—now blooms again in her debut bilingual picture book, *Where Nopalitos Grow*.

Recently named a Finalist in the 2024 Best Book Awards by American Book Fest and newly added to the Chicago Public Library system, *Where Nopalitos Grow* is quickly becoming a beloved resource for families, educators, and libraries seeking authentic, bicultural storytelling.

"I wanted to write a book we didn't have growing up," says Hersel. "Something rooted in tradition, love, and the idea that nopales can grow anywhere—even where no one expects them."

Inspired by childhood memories of playing with her sister Maria among the cactus plants and spending time with both sets of grandparents, Hersel's story centers around Roberto, a dreamy young boy who visits his abuelita in Mexico. There, he discovers a vibrant world full of food, pyramids, music, and, of course, nopalitos—tender cactus paddles that carry the weight of family and tradition.

The book is written in lyrical, bilingual text and paired with soft, whimsical illustrations. Spanish words are gently woven into the narrative, making it both accessible and enriching for readers aged 4–9. A "hidden heart" visual challenge featuring a heart-shaped cactus fruit invites readers to engage playfully, while pages for jotting down dreams and two bonus coloring sheets offer meaningful ways to connect beyond the story.

Hersel has developed a free suite of educational tools that include coloring pages, a cactus salad recipe, word games, and printable bookmarks. These resources are available on her website and are designed to spark curiosity and pride in children learning about their heritage or exploring new cultures.

As one reader from Southern California shared, "This book is educational and heartwarming—a beautiful blend of culture, memories, and language. I even shared it with my mom, a former bilingual teacher."

The seeds of *Where Nopalitos Grow* were first planted during a mixed media assignment at Kendall College of Art and Design, where Hersel began blending storytelling with visual art. Now based in Camarillo, California, she holds both a BFA from Kendall and an MBA from California Lutheran University. She continues to explore partnerships with cultural organizations, schools, and community gardens to bring her storytelling off the page and into everyday life.

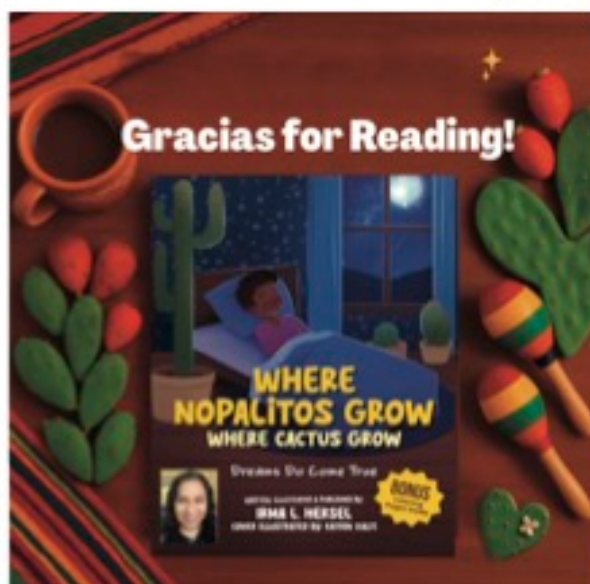


With her debut book, Irma Linda Hersel offers more than just a picture book—she offers an invitation. An invitation to remember, to celebrate, and to believe that identity, like nopales, can thrive in even the most unexpected places.

En el corazón de Holland, Michigan -una ciudad famosa por sus tulipanes y su herencia holandesa-, la infancia de Irma Linda Hersel fue muy diferente. Mientras que muchos niños vestían

trajes tradicionales holandeses para el famoso Festival de los Tulipanes, el jardín delantero de Hersel marcaba un sorprendente contraste: en él había un cactus espinoso, o nopal, cuidado con esmero por su familia mexicano-estadounidense. Esa poderosa imagen, de superposición cultural y orgullo silencioso, florece ahora de nuevo en su primer libro ilustrado bilingüe, Donde crecen los nopalitos.

Recientemente nombrado finalista de los Premios a los Mejores Libros de 2024 por el American Book Fest y recién incorporado al sistema de Bibliotecas Públicas de Chicago, Donde crecen los nopalitos se está convirtiendo rápidamente en un recurso muy apreciado por familias, educadores y bibliotecas que buscan una narración auténtica y bicultural.



Inspirada en los recuerdos de su infancia, cuando jugaba con su hermana María entre nopales y pasaba tiempo con sus abuelos, la historia de Hersel gira en torno a Roberto, un niño soñador que visita a su abuelita en México. Allí descubre un mundo vibrante lleno de comida, pirámides, música y, por supuesto, nopalitos, tiernas paletas de cactus que llevan el peso de la familia y la tradición. Las palabras en español se entretienen suavemente en la narración, haciéndola accesible y enriquecedora para lectores de 4 a 9 años. El desafío visual del «corazón escondido», con un cactus en forma de corazón, invita a los lectores a jugar, mientras que las páginas para anotar los sueños y las dos láminas para colorear ofrecen formas significativas de conectar más allá de la historia.

Hersel ha desarrollado una serie de herramientas educativas gratuitas que incluyen páginas para colorear, una receta de ensalada de cactus, juegos de palabras y marcapáginas imprimibles. Estos recursos están disponibles en su sitio web y han sido diseñados para despertar la curiosidad y el orgullo de los niños que aprenden sobre su herencia o exploran nuevas culturas. Como dijo un lector del sur de California: «Este libro es educativo y reconfortante: una hermosa mezcla de cultura, recuerdos e idioma. Incluso lo compartí con mi madre, una antigua profesora bilingüe».

Where to Buy/Dónde comprarlo?

Where Nopalitos Grow is available on Amazon and through bookstores and schools via IngramSpark. ISBN: 979-8218315818

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Latino Communities Grapple with Psychological Strain Under New Immigration Policies

Comunidades Latinas Lidian con la Tensión Psicológica Bajo las Nuevas Políticas de Inmigración

Por: Edgar León

A palpable sense of unease has settled over many Latino communities across the nation following the recent implementation of stricter federal immigration policies. Beyond the immediate anxieties about potential family separation and legal uncertainties, a less visible but equally significant crisis is unfolding: the profound psychological impact on individuals and families navigating this heightened environment of fear and discrimination, often compounded by existing economic hardships. It is crucial that this issue is brought to the forefront of public discourse, and platforms like local radio and community newspapers such as La Voz Magazine can play a vital role in keeping communities informed and connected.

For many Latino families, the weight of poverty is a daily reality. As a Latino raised in the housing projects in the state of New Jersey, I was able to witness the racism and discrimination that still exists. Recent data indicates that in early 2025, approximately 16.8% of the Latino population in the United States lived below the poverty line, a figure significantly higher than the 8.6% for non-Hispanic whites. This economic vulnerability is often intertwined with experiences of discrimination, which have been shown to increase under stricter immigration enforcement. A study released in late March 2025 revealed that Hispanic or Latino adults report higher levels of experiencing discrimination compared to white and Asian adults.

Mental health professionals are reporting an increase in anxiety, depression, and stress-related disorders within Latino communities. The fear of deportation, even for legal residents or citizens with undocumented family members, creates a climate of hypervigilance and chronic stress. Children are susceptible to the emotional fallout, exhibiting increased anxiety and separation fears. Studies have shown that Latino youth who fear the deportation of a family member are significantly more likely to experience symptoms of anxiety and depression. In fact, research indicates that over half of Latino high school students report symptoms of mental health conditions such as anxiety, PTSD, or depression at levels high enough to warrant treatment.

Furthermore, the new policies can exacerbate feelings of isolation and marginalization. When individuals and communities feel targeted and fear interacting with authorities or even participating in daily activities, social connections can fray, leading to increased feelings of loneliness and hopelessness. Approximately one-third of students in a recent study reported changing their behavior, such as avoiding certain activities, due to fears of immigration enforcement.

The psychological effects are not limited to immigrants themselves. U.S.-born Latinos also report increased experiences of discrimination and anxiety due to the current political climate. The perception that the entire community is being targeted can lead to feelings of anger, frustration, and a diminished sense of belonging.

Una palpable sensación de inquietud se ha asentado sobre muchas comunidades latinas en toda la nación tras la reciente im-

plementación de políticas federales de inmigración más estrictas. Más allá de las ansiedades inmediatas sobre la posible separación familiar e incertidumbres legales, se está desarrollando una crisis menos visible pero igualmente significativa: el profundo impacto psicológico en individuos y familias que navegan por este entorno intensificado de miedo y discriminación, a menudo agravado por las dificultades económicas existentes. Es

crucial que este problema se coloque en la vanguardia del discurso público, y plataformas como la radio local y periódicos comunitarios como La Voz Magazine pueden desempeñar un papel vital para mantener a las comunidades informadas y conectadas.



Para muchas familias latinas, el peso de la pobreza es una realidad diaria. Como latino criado en los proyectos residenciales en el estado de Nueva Jersey pude ser testigo del racismo y discriminación que todavía existe.

Datos recientes indican que a principios de 2025, aproximadamente el 16.8% de la población latina en los Estados Unidos vivía por debajo del umbral de pobreza, una cifra significativamente más alta que el 8.6% de los blancos no hispanos. Esta vulnerabilidad económica a menudo se entrelaza con experiencias de discriminación, que han demostrado aumentar bajo una aplicación más estricta de las leyes de inmigración. Un estudio publicado a finales de marzo de 2025 reveló que los adultos hispanos o latinos reportan niveles más altos de haber experimentado discriminación en comparación con los adultos blancos y asiáticos.

Profesionales de la salud mental informan un aumento en la ansiedad, la depresión y los trastornos relacionados con el estrés dentro de las comunidades latinas. El miedo a la deportación, incluso para residentes legales o ciudadanos con familiares indocumentados, crea un clima de hipervigilancia y estrés crónico. Los niños, en particular, son susceptibles a las consecuencias emocionales, exhibiendo mayor ansiedad y miedos de separación. Los estudios han demostrado que los jóvenes latinos que temen la deportación de un familiar tienen significativamente más probabilidades de experimentar síntomas de ansiedad y depresión. De hecho, la investigación indica que más de la mitad de los estudiantes latinos de secundaria reportan síntomas de afecciones de salud mental como ansiedad, TEPT o depresión a niveles lo suficientemente altos como para justificar tratamiento.

Además, las nuevas políticas pueden exacerbar los sentimientos de aislamiento y marginación. Cuando las personas y las comunidades se sienten atacadas y temen interactuar con las autoridades o incluso participar en las actividades diarias, las conexiones sociales pueden deshilacharse, lo que lleva a un aumento de los sentimientos de soledad y desesperanza. Aproximadamente un tercio de los estudiantes en un estudio reciente informó haber cambiado su comportamiento, como evitar ciertas actividades, debido al temor a la aplicación de las leyes de inmigración.

Los efectos psicológicos no se limitan a los propios inmigrantes. Los latinos nacidos en los Estados Unidos también reportan mayores experiencias de discriminación y ansiedad debido al clima político actual. La percepción de que toda la comunidad está siendo atacada puede generar sentimientos de ira, frustración y una disminución del sentido de pertenencia.

From LP to streaming: a life told through music

Del LP al streaming: una vida contada a través de la música



By Daday J. Torres Rivers Ph. D

One of the most accessible resources to lift your spirits on sad days, without a doubt, is music. When that song we love plays, our body reacts, our heart races, we hum and we even feel like dancing. That connection with music led me to reflect on how the music industry and the devices that allow us to enjoy it have changed. I was born in the late 1970s, which places me within Generation X. I grew up in an analog world, until, without warning or tutorials, we had to make the leap to the digital age. My musical memories are linked to my father's car, where I saw him insert an object into the slot of the radio. There, listening to the melody of *Un verano en Nueva York* by the Gran Combo de Puerto Rico, I learned that that device was an 8-track.

At home, the protagonist was a record player that played vinyl records, known as Long Play (LP). Its sound filled the atmosphere, although sometimes it was interrupted by the whim of a broken needle or a broken record. Even so, there was something magical about that ritual of putting the record on, putting the needle down and letting yourself be carried away by the music. With the advent of the '80s, music became more portable and personal. Young people walked the streets in bold style, and with them, radio cassettes and the iconic Walkman. That cassette player with headphones gave us the freedom to take music everywhere. I remember the image of a teenager with his Walkman strapped

to his waist, completely immersed in his own sound world. Launched in 1979, the Walkman revolutionized the way we listen to music, ushering in a new era.



In the 90s, the Walkman was replaced by the Discman, a CD player that offered better sound quality and a more modern design. They were more resistant and their antishock mechanism prevented interruptions when walking or moving. Then, with the turn of the millennium, came the digital age. MP3 players made it possible to store thousands of songs on a single device. The most emblematic was the iPod, which not only changed the way we listen to music, but also the way we organize and discover it. We no longer needed to carry disks or tapes; it was enough to connect the device to the computer and synchronize our favorite songs.

Today, we live in the age of streaming. With platforms like Spotify, Apple Music, or YouTube Music, we have access to millions of songs from our smartphones. We can create lists, discover artists from anywhere in the world, and share music with a single click. Music has become more accessible than ever, but also more fleeting. Even so, something remains intact: the emotion we feel when listening to a song that touches our soul. From 8-track to streaming, technology has changed, but music is still that refuge that accompanies us and connects us with the deepest part of ourselves.

*Uno de los recursos más accesibles para levantar el ánimo en los días tristes, sin duda, es la música. Cuando suena esa canción que nos encanta, nuestro cuerpo reacciona, se nos acelera el corazón, tarareamos y hasta nos dan ganas de bailar. Esa conexión con la música me llevó a reflexionar sobre cómo ha cambiado la industria musical y los dispositivos que nos permiten disfrutarla. Nací a finales de la década de 1970, lo que me ubica dentro de la generación X. Crecí en un mundo analógico, hasta que, sin previo aviso ni tutoriales, nos tocó dar el salto a la era digital. Mis recuerdos musicales están ligados al auto de mi padre, donde lo veía introducir un objeto en la ranura del radio. Allí, escuchando la melodía de *Un verano en Nueva York* del Gran Combo de Puerto Rico, aprendí que aquel dispositivo era un 8-track.*

En casa, el protagonista era un tocadiscos que reproducía discos de vinilo, conocidos como Long Play (LP). Su sonido llenaba el ambiente, aunque a veces se interrumpía por el capricho de una aguja rota o un disco rayado. Aun así, había algo mágico en ese ritual de colocar el disco, bajar la aguja y dejarse llevar por la música. Con la llegada de los años 80, la música se volvió más portátil y personal. Los jóvenes caminaban por las calles con un estilo audaz, y con ellos, los radio cassettes y el icónico Walkman. Ese reproductor de casetes con auriculares nos dio la libertad de llevar la música a todas partes. Recuerdo la imagen de un adolescente con su Walkman sujeto a la cintura, completamente inmerso en su propio mundo sonoro. Lanzado en 1979, el Walkman revolucionó la forma de escuchar música, marcando el inicio de una nueva era.

En los años 90, el Walkman fue reemplazado por el Discman, un reproductor de discos compactos que ofrecía mejor calidad de sonido y un diseño más moderno. Aquellos eran más resistentes y su mecanismo antishock evitaba interrupciones al caminar o moverse. Luego, con el cambio de milenio, llegó la era digital. Los reproductores MP3 permitieron almacenar miles de canciones en un solo dispositivo. El más emblemático fue el iPod, que no solo cambió la forma de escuchar música, sino también la manera de organizarla y descubrirla. Ya no necesitábamos cargar con discos ni cintas; bastaba con conectar el dispositivo a la computadora y sincronizar nuestras canciones favoritas.

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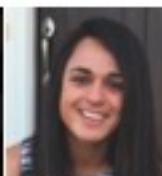
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Alejandro Pradillo, pilar de 1.83 metros y 116 kilos, se unió a la Legión de San Diego en 2024, convirtiéndose en el primer jugador de rugby mexicano en unirse a la Major League Rugby. Empezó a jugar al rugby a los 13 años y fue nombrado MVP en su primer año. A los 16, se unió a los Wallabies RFC y representó a la selección nacional de rugby de México en Rugby 7. Tras rechazar una beca para jugar al rugby en Hartpury College, se unió a la Rhino Rugby Academy y a los San Diego Centurions. Fue seleccionado para representar a México en el Mzansi Challenge de 2023 en Sudáfrica y contribuyó a la obtención del Trofeo Tasman de la División 1 en Nueva Zelanda.



By Odille Parker

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

Alejandro Pradillo was the star in a historic signing when he joined the San Diego Legion in 2024, making him the first Mexican rugby player to join Major League Rugby.

The six-foot, 260-pound prop, known as 'Bola,' started playing rugby at 13 while attending Greengates International School in Mexico City, where he quickly excelled. He won MVP honors his first year, dominating the U16 and U19 categories in the Mexican Rugby Tournament in Rugby 15s.

At 16, Pradillo joined the Wallabies RFC – a professional club in Mexico City. He was with the club from 2008-2013, playing a key role in the team's five national championships.

When rugby was reintroduced as an Olympic sport, Pradillo turned his attention to the shortened format of the game. He represented Mexico's national rugby union team, Las Serpientes, in Rugby 7s, competing in the 2011 Pan American Games in Hong Kong and the 2022 Central American and Caribbean Games.

Pradillo was offered a scholarship to play rugby at Hartpury College in the UK but declined. He later joined the Rhino Rugby Academy in San Clemente for the 2023 Amateur Rugby World Cup. That same year, he joined the San Diego Centurions.

As one of Mexico's four internationals selected to represent the 2023 Mzansi Challenge in South Africa, the 32-year-old was key in the team's sixth-place finish.

Prior to his signing with the Legion, Pradillo joined the Kahurangi Rugby Club in New Zealand, helping the team secure the Division 1 Tasman Trophy in July 2024.

Ahead of the 2025 season, Pradillo plans to spend some time in Mexico.

"I had a dream to become a professional rugby player since I first started playing," Pradillo said. "I have shown it is possible, and I am one-hundred percent sure that young Mexican players will have the desire to continue to do the same."

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2025 Michigan Festivals, Fairs & Carnivals

Festivales, Feria y Carnavales en Michigan 2025

2025 Kalamazoo Arts Fair June 06-07, 2025

Kalamazoo, MI Bronson Park
Kalamazoo Arts Fair will be held on June 6-7, 2025. It will host up to 130 fine artists who will be displaying their original creations in a variety of mediums and forms. There will be live entertainment, kids activities, artist demonstrations, fine food truck fair, and more.

La Feria de Arte de Kalamazoo se celebrará del 6 al 7 de Junio de 2025. Recibirá a hasta 130 artistas plásticos que exhibirán sus creaciones originales en diversos medios y formatos. Habrá espectáculos en vivo, actividades infantiles, demostraciones artísticas, una feria de food trucks de alta gama y mucho más.

2025 Barryton Lilac Festival June 06-08, 2025 Barryton, MI

Barryton Lilac Festival will be held on June 6-8, 2025. This festival will feature car show, craft show, flea market, parade, food, 5k run/walk and more.

El Festival de las Lilas de Barryton se celebrará del 6 al 8 de junio de 2025. Este festival incluirá una exhibición de autos,

una feria de artesanía, un mercadillo, un desfile, comida, una carrera/caminata de 5 km y mucho más.

2025 Eaton Rapids Craft Show June 07, 2025

Howe Memorial Field City Park
Eaton Rapids Craft Show will be held on June 7th, 2025. It will feature a craft show, arts and crafts activities, kids fishing tournament, and more.

La Feria de Artesanía de Eaton Rapids se celebrará el 7 de junio de 2025. Incluirá una exposición de artesanía, actividades de manualidades, un torneo de pesca infantil y mucho más.

Bay City Fireworks Festival Saginaw River near Veterans Memorial Bridge 2025

The Bay City Fireworks Festival will be held in 2025 on the Saginaw River near the Veterans Memorial Bridge, in Bay City, Michigan. The festival will take place for three nights, July 3-5. It is known as a major Independence Day celebration in Mid-Michigan.

El Festival de Fuegos Artificiales de Bay City se celebrará en 2025 en el río Saginaw, cerca del Puente Conmemorativo de los Veteranos, en Bay City, Michigan. El festival durará tres noches, del 3 al 5 de Julio.

Lowell Riverwalk Festival July 10-12, 2025

Downtown Lowell, MI
Experience the excitement of summer at the 29th Annual Riverwalk Festival in downtown Lowell, happening July 10-12, 2025. Enjoy three days of festivities along the scenic Flat River, filled with one-of-a-kind shopping, family-friendly activities, and entertainment for all ages! Centro de Lowell, Michigan Viva la emoción del verano en el 29.º Festival Anual Riverwalk en el centro de Lowell, del 10 al 12 de julio de 2025. Disfrute de tres días de festividades a lo largo del pintoresco río Flat, repletos de tiendas únicas, actividades para toda la familia y entretenimiento para todas las edades.

Ionla Free Fair

July 10-19, 2025 Ionla, MI.

Carnival rides with Arnold Amusements Midway (get a super fun pass for unlimited rides), fair food, musical acts, a monster truck show-down, 4H animal, and camping during the week-long event.
www.ionlafreefair.com/
Atracciones de carnaval con Arnold Amusements Midway (consigue un pase súper divertido para atracciones ilimitadas), comida de feria, actuaciones musicales, un concurso de camiones de carga, animales 4H y acampada durante toda la semana.
www.ionlafreefair.com/

Ottawa County Fair 2025 July 21-26, 2025 Holland, MI

The 2025 Ottawa County Fair in Holland, Michigan will be held from July 21st to July 26th. The fair offers a variety of attractions including 4-H shows, rides, food, live music, and grandstand events.
La Feria del Condado de Ottawa 2025 en Holland, Michigan, se celebrará del 21 al 26 de julio. La feria ofrece una variedad de atracciones, incluyendo espectáculos 4-H, juegos mecánicos, gastronomía, música en vivo y eventos en tribunas.

Grand Haven Coast Guard Festival July 25-August 3, 2025

Coast Guard Festival is a festival in Grand Haven, Michigan. Founded in 1924, the festival is a ten-day event that starts in the last weekend in July, and ends in early August. Over 350,000 people attend the festival, including the nation's highest-ranking United States Coast Guard dignitaries from Washington, DC
www.coastguardfest.org/
El Festival de la Guardia Costera se celebra en Grand Haven, Michigan. Fundado en 1924, este festival de diez días comienza el último fin de semana de julio y finaliza a principios de agosto. Asisten más de 350.000 personas, incluyendo a los dignatarios de mayor rango de la Guardia Costera de Estados Unidos, provenientes de Washington, D. C.
www.coastguardfest.org/

Kent County Youth Fair July 28-August 2, 2025 Lowell, MI.

Each year the Kent County Youth Fair provides an exciting opportunity to showcase more than 1,000 exhibitor's artwork, animals, projects, and more to over 40,000 patrons! We are centered on developing character and leadership traits in young people.
<https://www.kcyf.org/>
Cada año, la Feria Juvenil del Condado de Kent ofrece una emocionante oportunidad para exhibir las obras de arte, animales, proyectos y más de 1000 expositores a más de 40 000 asistentes. Nos centramos en desarrollar el carácter y el liderazgo en los jóvenes. <https://www.kcyf.org/>

Allegan County Fair 2025 September 5-13, 2025 Allegan, MI

One of Michigan's biggest and best-loved fairs, the Allegan County Fair is an end-of-summer tradition that brings the fun every year. We're talking big-name concerts, farm charm, and all the fried food your heart (and stomach) can handle.
Every September, the fairgrounds light up with rides, grandstand shows, livestock competitions, and non-stop entertainment for all ages. *La Feria del Condado de Allegan, una de las ferias más grandes y queridas de Michigan, es una tradición de fin de verano que trae diversión cada año. Nos referimos a conciertos de renombre, el encanto de una granja y toda la comida frita que el corazón (y el estómago) puedan soportar.*



June Events / Eventos en Junio

Lilac Festival June 6-15, 2015 Mackinac Island, MI

The Mackinac Island Lilac Festival is a 10-day celebration. It's the first and largest summer event on the island, attracting thousands of visitors. Festivities include the coronation of the Lilac Festival Queen and Court, Lilac Festival 10K, horse drawn carriage tours, numerous concerts, wine tastings, A Taste of Mackinac Culinary Event, Mackinac Island Dog and Pony Show, the Lilac Festival Grand Parade and so much more.

El Festival de las Lilas de la Isla Mackinac es una celebración de 10 días. Es el primer y más grande evento de verano en la isla, atrayendo a miles de visitantes. Las festividades incluyen la coronación de la Reina y la Corte del Festival de las Lilas, la carrera de 10 km del Festival de las Lilas, paseos en carruajes tirados por caballos, numerosos conciertos, catas de vino, el evento culinario "Taste of Mackinac", la exhibición de perros y ponis de la Isla Mackinac, el Gran Desfile del Festival de las Lilas y mucho más.

Ann Arbor Black Film Festival June 7, 2025 Ann Arbor, MI

The Ann Arbor Black Film Festival is an event dedicated to showcasing the creativity and diversity of black cinema. Founded in 2024,

the festival aims to celebrate the rich heritage of black storytelling and provide a platform for emerging and established filmmakers to share their voices and perspectives. This festival seeks to inspire dialogue, promote inclusivity, and empower black creatives in the film industry.

El Festival de Cine Negro de Ann Arbor es un evento dedicado a mostrar la creatividad y la diversidad del cine negro. Fundado en 2024, el festival busca celebrar el rico legado de la narrativa negra y brindar una plataforma para que cineastas emergentes y consolidados compartan sus voces y perspectivas.

16th Annual LEO International Kite Festival June 7-8, 2025 New Hudson, MI

The 16th Annual Lyon Township International Kite Festival Returns for a Spectacular Weekend of Family Fun. The highly anticipated 16th Annual Lyon Township International Kite Festival is set to take place on Saturday, June 7th from 10 a.m. to 6 p.m. and Sunday, June 8th from 11 a.m. to 3 p.m. at James Atchinson Park, located at 58000 Grand River Avenue in New Hudson. The park is conveniently situated near I-96, exit 155A. Admission to the festival is free for all attendees, and parking is available for \$10 with handicap parking options also provided.



El 16.º Festival Internacional de Cometas Anual del Municipio de Lyon regresa para un fin de semana espectacular de diversión familiar.

Bridgefest June 12-15, 2025 Hancock, MI

Get ready to celebrate the 65th Anniversary of the Portage Lake Lift Bridge, right here in Houghton-Hancock, Michigan. Bridgefest was organized to celebrate the Portage Lake Lift Bridge, which officially opened in 1959. The Bridge is a vital link between the communities of Houghton and Hancock, and is a gateway to the rest of the historic Keweenaw Peninsula.

Prepárense para celebrar el 65.º aniversario del Puente Levadizo del Lago Portage, aquí mismo en Houghton-Hancock, Michigan. El puente es un vínculo vital entre las comunidades de Houghton y Hancock, y una puerta de entrada al resto de la histórica península de Keweenaw.

Thunder Over Michigan June 20 - 22, 2025 Belleville, MI

An action-packed weekend is coming to Willow Run Airport June 20-22, 2025, featuring THE US NAVY BLUE ANGELS! NEW FOR 2025 - We will be kicking off our Air Show ON FRIDAY,

puerto Willow con los Blue Angels de la Marina de EE. UU. NOVEDAD PARA 2025: Nuestro espectáculo aéreo comenzará el viernes 20 de junio con un evento diurno que comenzará con los Blue Angels de la Marina de EE. UU. y concluirá con un espectáculo de luces al atardecer.

Marshall Blues Fest - 20th Anniversary June 21, 2025 Marshall, MI

Marshall Blues Fest 2025 is a FREE event on Michigan Avenue in historic downtown Marshall! This year's lineup includes: The Jimmys Band (Headliner - 9-11pm) Serita's Black Rose (7-8:30pm) Who Dat? Blues Band - (5-6:30pm) The Tweed Tones (3-4:30pm) Dann the Band (Beer Tent) Join us for this fun night of dancing in the streets with plenty of food and beverage.

El Festival de Blues de Marshall 2025 es un evento GRATUITO en la Avenida Michigan, en el centro histórico de Marshall. Acompáñenos a esta divertida noche de baile en la calle con mucha comida y bebida.

National Cherry Festival June 28 - July 5, 2025 Traverse City, MI

The National Cherry Festival, steeped in tradition, resonates Pure Michigan through and through. From bringing 'pure' local agriculture to the one of Pure Michigan's premier destinations; to hosting guests in one of Pure Michigan's most beautiful beach towns, the Cherry Capital of the World Traverse City, the National Cherry Festival is proud to be one of Pure Michigan's brightest gems.

El Festival Nacional de la Cereza, con una profunda tradición, resuena en la esencia de Michigan. Desde traer la agricultura local pura a uno de los principales destinos de Michigan hasta recibir invitados en Traverse City, uno de los pueblos costeros más hermosos de Michigan, la Capital Mundial de la Cereza, el Festival Nacional de la Cereza se enorgullece de ser una de las joyas más brillantes de Michigan.

June 20th, with a day-into-night event that will begin with the US Navy Blue Angels and conclude with a twilight display of light-up performances! Saturday & Sunday will feature traditional day shows that thrill our fans with the Blue Angels and so much more. **Un fin de semana repleto de acción llega al Aero-**



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Metro Cruise "Dust Off" Car Show May 3, 2025

On Saturday, May 3, 2025, we came out to Metro Cruise "Dust Off" Car Show at Wyoming Moose Lodge #763 at 2630 Burlingame Ave SW, Wyoming, MI 49509. Event manager for Metro Cruise is Brandon Simmons, who has worked with Metro Cruise for a few years. The event was free for all participants.

As we walked around the Moose Lodge parking lot, we noticed over two hundred cars! Trucks, classics, muscle cars, antiques, customs, hot rods and even an El Camino car that needed a little "Dust Off." Inside the Moose Lodge, customers, and car enthusiasts enjoyed cold drinks (full bar), hamburgers & hot dogs. Outside, the DJ was playing music, Dust Off shirts & Dust Off hats were on tables for sale! It was a very exciting time to enjoy!

Having a car event?
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deeho123@comcast.net

CAR SHOWS UPDATE MAY 2025

Ride'N So-Low Michigan C.C.
Car & Truck Show
Sunday! June 22, 2025
237 N. River Rd.
Mount Clemens, MI 48043
Registration 10:00am - 12noon \$20 (cash only)
Trophies at 4:00pm

Metro Cruise Casino Classic
Saturday, June 28, 2025
Gun Lake Casino Resort
1123 129th Ave

Wayland, MI 49348
Car Show: 10:00am - 3:00pm

Zeeland Show & Shine Car Show
Saturday, July 12, 2025
Downtown Zeeland
21 S. Elm Street, City Hall
Zeeland, MI 49464
9:00am - 2:30pm Free to visitors
Registration: \$10

LAUP's Fiesta Car Show
Sunday! July 20, 2025
Holland Civic Center
150 W 8th Street
Holland, MI 49423
Registration - 9:30am - 1:00pm
\$25 car - \$20 Motorcycle / Bicycle
Car Show: 11:00am - 4:00pm

La Voz

Georgina Lulú Guillermo Díaz, whose real name is Jorgina Lulú Guillermo Díaz, is a Latin music artist known for her unique sound that blends dembow, trap, and reggaetón. She's known for her resilience and determination, and her achievements have helped highlight the importance of diversity in the genre. Yailin's sound is fresh and innovative, and she's become a powerful force in Latin music. She recently signed a deal with Roc Nation.

Georgina Lulú Guillermo Díaz, cuyo nombre real es Jorgina Lulú Guillermo Díaz, es una artista de música latina conocida por su sonido único que fusiona dembow, trap y reggaetón. Es conocida por su resiliencia y determinación, y sus logros han ayudado a destacar la importancia de la diversidad en el género. El sonido de Yailin es fresco e innovador, y se ha convertido en una figura clave en la música latina. Recientemente firmó un contrato con Roc Nation.

Yailin



By Cool Mike Farago



Miss Christal Smith

Introducing the phenomenal Miss Christal Smith—Michigan's next sensation!

Hailing from Wyoming, Michigan, Christal is the 10th selected feature model for The 2025 Grand Haven Beach Photoshoot and Swimsuit Saturday, making waves as one of the most sought-after models in the Great Lakes State. With her undeniable presence, confidence, and striking beauty, Christal's stock in the photo-shoot world is skyrocketing.

Expect to see her lighting up clubs and events this summer and fall as she cements herself as a fixture in Michigan's vibrant social scene. The buzz around her name is only growing, and it's clear—Christal Smith is not just a model, she's a movement!

Photo credits and a huge thank you to Photographer: Oskphotochi & other outstanding photographers for capturing her brilliance.



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Jessica Hernandez

As a first-generation Mexican American and proud blue-collar welder, I bring strength, resilience, and authenticity to everything I do. My passion for Life shines through my hobbies, traveling, horseback riding, dancing & puzzle solving, all which keep me grounded and inspired. I'm on a journey to leave a positive impact on the world, spread happiness & growth both Personally & Professionally. In Modeling, my Goal is to build confidence by expressing my unique story to open new doors by signing with an agent. I'm here to represent Strength, Beauty & Ambition from every angle!



2025 JUNE MODEL SEARCH



Benefits of Adult Timeouts

Beneficios de los Tiempos de Descanso para adultos

What are adult timeouts?

When you hear the phrase "adult timeouts," you may draw a parallel to how timeouts are used to discipline children. This isn't what an adult timeout is – it's simply taking time away from a triggering situation or a stressful task for a break and breathing space.

So much of our time is taken up by taking care of others and obligations. The busyness of life often gets in the way of hitting the "pause button" for 10 to 15 minutes.

How do timeouts help with energy and mood?

Taking time to calm yourself can make a big difference on how stressful work, tasks, chores or conversations are for you. Reducing inputs and stimulation for a few moments can help calm down, deescalate stress and regulate your emotions.

"The saying, 'time heals all?' It's true," Dr. Gregory said. "So, it just involves making that conscious choice to put your attention on something else besides whatever might be provoking you and for a few minutes to do something completely unrelated."

What to do during a timeout

The first step is to physically remove yourself from noise, bustle and other triggers. "Too much noise, that can really confuse things in our mind, and it can increase your anxiety if you have too many things going on at once," Dr. Gregory explained. "So, getting away from that noise, it can be a really good way to stop that overwhelming feeling."

You can use this time to practice self-soothing and calming exercises. One good exercise is "noticing your five senses and naming something you see, hear, taste, smell, feel," Dr. Gregory said. "You could take a short walk, get in nature, just to notice the things around you." Focus on easy mindfulness practices like these first before more focused calming practices like meditation. "Meditation can be hard. You have to practice it, so it's not something that you should feel bad about if you can't just jump right into, especially if you're trying to jump right into it when you're anxious," Dr. Gregory said. "Because it's difficult even when you're calm, if you don't have enough practice."

It's important to tell family members or coworkers that you are taking a timeout. "I think you have to communicate what you're doing well too, as well, basically, because otherwise, people might just think that you're walking away from the situation," Dr. Gregory explained.

How to implement timeouts into your life

A big obstacle to taking timeouts is the assumption that it is selfish. "I think that we really need to get away from the idea that taking time for yourself is a selfish thing, because it's not," Dr. Gregory said. "It helps you function better. So, if you're functioning better, you're a better parent, you're a better employee, pretty much everything in your life can be positively affected by that."

Don't wait until a crisis or everything feels like it's falling down around

you. Schedule timeouts ahead of time if you are expecting a stressful day. Plan to incorporate timeouts daily or multiple times a day if you can.

Try to give yourself 15-20 minutes of buffer at the beginning or end of the day to decompress and calm down. Use this time to do something you enjoy and turn your phone on do not disturb. Focus on things you are grateful for, even small things like the weather or an upcoming visit with a friend. Make it a point to schedule time for yourself.

¿Qué son los tiempos fuera para adultos?

Cuando escuchas la frase "tiempos fuera para adultos", puedes hacer un paralelo con cómo se usan para disciplinar a los niños. Un tiempo fuera para adultos no se trata de eso: simplemente se trata de tomarse un tiempo lejos de una situación desencadenante o una tarea estresante para tomarse un respiro y tomarse un respiro.

Gran parte de nuestro tiempo lo dedicamos a cuidar de los demás y a nuestras obligaciones. El ajetreo de la vida a menudo nos impide pulsar el botón de "pausa" durante 10 o 15 minutos.

¿Cómo ayudan los tiempos fuera a mejorar la energía y el estado de ánimo?

Tomarse un tiempo para calmarse puede marcar una gran diferencia en el nivel de estrés que el trabajo, las tareas, los quehaceres o las conversaciones generan. Reducir la estimulación y los estímulos durante unos momentos puede ayudar a calmarse, reducir el estrés y regular las emociones.

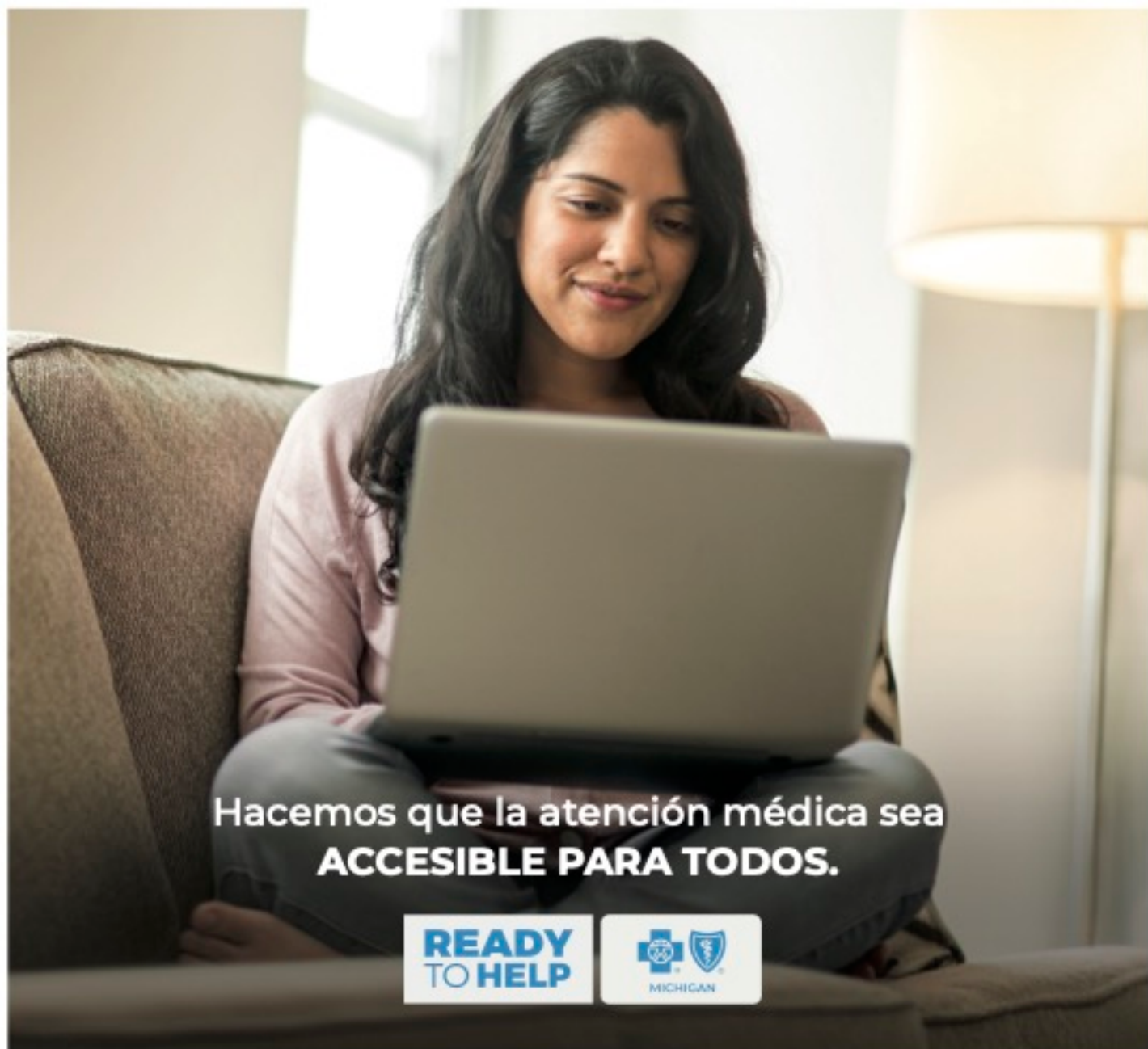
Qué hacer durante un tiempo fuera

El primer paso es alejarse físicamente del ruido, el bullicio y otros desencadenantes. "Demasiado ruido puede confundirnos mucho y aumentar la ansiedad si hay demasiadas cosas sucediendo a la vez", explicó el Dr. Gregory. "Así que, alejarse de ese ruido puede ser una excelente manera de acabar con esa sensación abrumadora".

Cómo implementar tiempos de descanso en tu vida

Un gran obstáculo para tomar tiempos de descanso es la suposición de que es egoísta. "Creo que realmente debemos dejar de pensar que tomarnos un tiempo para nosotros mismos es egoísta, porque no lo es", dijo el Dr. Gregory. "Te ayuda a funcionar mejor. Así que, si funcionas mejor, eres un mejor padre o madre, eres un mejor empleado; prácticamente todo en tu vida puede verse afectado positivamente por eso".

No esperes a que llegue una crisis o a que todo se derrumbe a tu alrededor. Programa tiempos de descanso con antelación si prevés un día estresante. Planifica incorporar tiempos de descanso a diario o varias veces al día si puedes. Intenta darte de 15 a 20 minutos de margen al principio o al final del día para descomprimerte y calmarte. Aprovecha este tiempo para hacer algo que disfrutes y activa el modo "No molestar" en tu teléfono. Concéntrate en las cosas por las que estás agradecido, incluso en cosas pequeñas como el clima o una próxima visita a un amigo. Propóntele programar tiempo para ti.



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Why have the Police Murders of George Floyd, Sonya Massey and Patrick Lyoya Still not Garnered a Police Reform Crime Bill?



It's been 5 years since the country was in an uproar with the front-stage murder of a black man, George Floyd, by police officer, Derek Chauvin, outside of

Cup Foods grocery store in Minneapolis, Minnesota on May 25, 2020. Chauvin, 45, was found guilty on three counts: Second-degree unintentional murder, third-degree murder and second-degree manslaughter for pressing his knee against Floyd's neck for more than 9 minutes. Chauvin was assisted in Floyd's death by his partners. Fortunately, there was very graphic footage of the murder with the help of a teenage girl's cell phone; this evidence further proves that the Black community also deserves an anti-Black hate crime bill that needs to be set into law for their protection - even against police officers. This was one of the worst cases of murder by an officer and now 4 years later, another brutal murder of a Black woman by a deputy, created a community uproar.

More recently on July 6, 2024, a 36-year-old woman, Sonya Massey, of Springfield, Illinois, was having a mental episode of delusions and found her only recourse was to reach out to the county. She believed that there was an intruder on her premises. Unfortunately, shortly after the officers' arrival, she was killed by Deputy Sean Grayson, who had previous knowledge of her mental health state. Just the previous day, Ms. Massey had reached out to the police with concerns pertaining to her mental health, as well as eerily sharing with her daughter that "the police are going to kill mommy." During her encounters with the officers the previous day, they showed compassion, professionalism and even called a mental health specialist to accompany them in order to better assess Massey's mental state. Though the family has disclosed that Ms. Massey suffered from paranoid schizophrenia and had been recently experiencing episodes of the illness, she still foresaw her death, which has various communities concerned and angry about the perceived evil spirit that Deputy Grayson has within him.

The night of Ms. Massey's murder, Grayson told her what he would do to her once he raised his firearm - pointing it at her and executed his threat. Ms. Massey was simply following the instruction by Grayson to remove the pot of boiling water from her stovetop to avoid a fire. Once Grayson begins to back up, Ms. Massey questions his moves. He laughs and makes a comment about moving away from the steaming water. She was confused by his comment and then maybe started feeling concerned when she stated twice, "I rebuke you in the name of Jesus." This comment outraged Deputy Grayson and he yelled, "you better f***** not or I'll shoot you in your f***** face!" Ms. Massey apologizes and raises her hands while ducking for cover, but tragically, the three shots that were fired by Deputy Grayson, took Ms. Massey's life - with one shot being a head shot. The other officer's body camera showed the entire encounter and shooting. Similarly to George Floyd's murder, the killing officer influenced his partner to not help in the assistance of saving a civilian's life, as Grayson's partner initially wanted to render aid to Ms. Massey, but Grayson mentions (almost with pride) that Massey had a head shot - meaning it was no use to try to save her.

Though Grayson is facing a trial to be judged and held accountable for his actions, another case has grabbed our attention and heightened our distrust of the police and the legal system as Black Americans and immigrants. **Patrick Lyoya, 26, was shot and killed by Grand Rapids Police Department Officer, Chris-**



topher Schurr, in April of 2022. Lyoya was pulled over by Officer Schurr for a license plate violation. Lyoya attempted to flee and the officer twice-tazed, tackled and struggled to restrain him, which resulted in a fatal back of the head shot (execution-style). The officer claimed that he feared for his safety. The case recently ended in a hung jury and a decision by the Kent County Prosecutor not to pursue a retrial. The Black and immigrant communities are outraged by this decision.

We are faced with the same old issues of "Justice delayed is Justice denied" after 2 years of waiting for a trial and now the racial demographics of the city and county divide us further on race and justice issues. It is obvious to many of us that race is a problem in Grand Rapids. Nationally the same question remains: when will there be action on anti-hate crime bills to protect the Black community from racist police actions? We obviously cannot count on our justice system being fair.

While there has been no specific crime bill implemented for the protection of Black Americans, there have been annual discussions in Congress about programs, such as the controversy surrounding Project 2025. This project is controversial for the following reasons: it can threaten all of the raw efforts that were earned in Black American history for the fight for civil rights. Civil rights could potentially only be relegated to the Equal Employment Opportunity Commission and other correlating departments under the protection of the civil rights umbrella, while not fully enforcing the hardcore protections of a specific anti-Black crime bill. These updates pose more specific questions, such as, why has there been no permanent development for an anti-Black crime bill for 2025 and are these delays of justice a denial for justice for Black Americans?

Cinco años después del asesinato de George Floyd a manos del agente de policía Derek Chauvin en Minneapolis, Minnesota, la comunidad negra se ha enfrentado a otro brutal asesinato a manos de un agente. En Julio de 2024, Sonya Massey, una mujer de 36 años con esquizofrenia paranoide, fue asesinada por el agente Sean Grayson, quien conocía su estado de salud mental. A pesar de sus preocupaciones, los agentes mostraron compasión y profesionalismo, e incluso llamaron a un especialista en salud mental para que evaluara su condición. El agente Grayson la amenazó con un arma de fuego y murió de tres disparos, incluido uno en la cabeza. De manera similar al asesinato de Floyd, la pareja de Grayson no ayudó a salvarle la vida, ya que Grayson mencionó que Massey tenía un disparo en la cabeza. Patrick Lyoya, de 26 años, fue asesinado a tiros por el agente Christopher Schurr del Departamento de Policía de Grand Rapids en el mismo incidente. Ambos casos destacan la necesidad de un proyecto de ley contra los delitos de odio contra la comunidad negra para protegerla, incluso contra los agentes de policía.

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