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The Challenges and Costs of Advocacy & Activism

Los Desafíos y Costos de la Defensa y el Activismo



By Dr. José A. Flores

The Challenges and Costs of Advocacy & Activism

The passing of activist and national leader Rev. Jesse Jackson in February weighs heavily on the hearts of Americans who lived through — and helped shape — the Civil Rights era. I count myself among those fortunate to have witnessed and participated in advocacy efforts across Michigan that recognized Jackson as one of the most consequential voices of our lifetime. Calling him “out-spoken” barely captures the depth of his oratory, courage, and understanding of America’s diversity. He was unapologetically pro-Black and fiercely anti-racist, confronting the myth of white superiority with a clarity that unsettled critics and inspired generations. His work alongside Rev. Dr. Martin Luther King Jr. and other national leaders only strengthened his resolve and cemented his place as one of the most formidable moral figures in American history. He is unquestionably worthy of national recognition — including the lowering of our nation’s flags — and it is long past time for America’s leadership to align its public honors with its professed values.

I was deeply moved when Rev. Jackson stood beside César E. Chávez at the end of the 1988 “Fast for Life,” a moment that symbolized the shared sacrifices of two movements fighting for the forgotten and exploited. Chávez embodied selfless devotion to the marginalized, and Jackson understood that the moral force of the farmworker struggle, the Chicano Movement for Justice, and the political power of Black America were never separate fights. Today, as Black and Latino communities confront voter suppression, economic inequality,

and the criminalization of protest, that moment feels less like history and more like instruction. The unity that amplified Chávez’s voice is the same unity strengthening today’s multiracial coalitions — from labor rights to immigrant justice to local civic power. Jackson’s Rainbow Coalition endures as a model for our time, and his ground-breaking presidential

run helped open the political space that would eventually make the election of Barack Obama possible. “We Shall Overcome” has always been sung by a diverse chorus of Americans unafraid to lift their voices for justice. We would do well to carry forward the spirit of the late Rev. Jesse Jackson — with courage, conviction, and a belief that our collective struggle can still bend this nation toward justice.



El fallecimiento del activista y líder nacional Rev. Jesse Jackson en febrero pesa profundamente en los corazones de los estadounidenses que vivieron —y ayudaron a moldear— la Era de los Derechos Civiles. Me considero afortunado de haber sido testigo y participante en esfuerzos de defensa comunitaria en Michigan que reconocieron a Jackson como una de las voces más influyentes de nuestra época. Llamarlo “franco” apenas describe la fuerza de su oratoria, su valentía y su comprensión de la diversidad estadounidense. Fue inquebrantablemente pro-negro y firmemente antirracista, enfrentando el mito de la superioridad blanca con una claridad que incomodó a sus críticos e inspiró a generaciones. Su trabajo junto al Rev. Dr. Martin Luther King Jr. y otros líderes nacionales fortaleció aún más su determinación y lo consolidó como una de las figuras morales más formidables en la historia de este país. Sin duda merece un reconocimiento nacional —incluida la bajada de nuestras banderas— y ya es hora de que el liderazgo estadounidense alinee sus honores públicos con los valores que dice defender.



Me conmovió profundamente ver al Rev. Jackson junto a César E. Chávez al final del “Ayuno por la Vida” de 1988, un momento que simbolizó los sacrificios compartidos de dos movimientos que luchaban por los olvidados y explotados. Chávez encarnaba una entrega desinteresada hacia los marginados, y Jackson entendía que la fuerza moral de la lucha campesina, el Movimiento Chicano por la Justicia y el poder político de la comunidad afroamericana nunca fueron batallas separadas. Hoy, mientras las comunidades negras y latinas enfrentan la supresión del voto, la desigualdad económica y la criminalización de la protesta, ese momento se siente menos como historia y más como una guía. La unidad que amplificó la voz de Chávez es la misma unidad que fortalece las coaliciones multirraciales actuales —desde los derechos laborales hasta la justicia migratoria y el poder cívico local. La Rainbow Coalition de Jackson sigue siendo un modelo vigente, y su histórica candidatura presidencial abrió el espacio político que eventualmente permitió la elección de Barack Obama. “We Shall Overcome” siempre ha sido entonado por un coro diverso de estadounidenses que no temen alzar la voz por la justicia. Honrar el espíritu del Rev. Jesse Jackson significa continuar esa lucha con valentía, convicción y la fe de que juntos aún podemos inclinar esta nación hacia la justicia.



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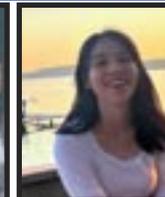
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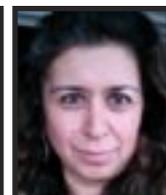
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“No Kings” and the American Habit of Saying ‘Enough’ “No Kings” y el hábito estadounidense de decir ‘Basta’

On March 28, the “No Kings” Coalition says residents in more than 1,000 cities will rally again to challenge what organizers describe as the Trump administration’s increasingly authoritarian actions. Michigan communities — from Grand Rapids to Detroit to Holland — are preparing to join. The nation-wide coordinated events are expected to be the largest demonstrations ever.

Six months ago, millions marched nationwide. Now, with federal enforcement actions intensifying, organizers argue that the country is entering a moment that demands renewed vigilance.

The flagship protests will take place in Minneapolis and St. Paul, where recent federal immigration crackdowns have shaken communities. The Coalition also plans virtual training sessions on how to legally observe and document the activities of U.S. Immigration and Customs Enforcement.

But the momentum behind this March’s demonstrations isn’t coming from press releases. It’s coming from ordinary people — including many here in Michigan — who say they feel compelled to show up.

“We’ve seen what happens when people stay quiet,” said Ana Delgado, a Grand Rapids social worker. “My clients live with the fear of sudden raids. Showing up is the least I can do.”

In Detroit, Marcus Hill, a small-business owner, sees the protests as a test of civic responsibility. “My grandparents marched in the ‘60s,” he said. “They taught us that democracy isn’t self-maintaining. You have to defend it.”

From Lansing, UM student Elena Ruiz said young people feel the urgency. “We’re not waiting for someone else to fix this,” she said.

And in Holland, Pastor Rebecca Torres said her congregation is organizing carpools. “If our neighbors are being targeted, our faith calls us to stand with them,” she said.

The “No Kings” movement taps into something deeply American: the belief that no leader stands above the people. Whether the March 28 demonstrations become a turning point or simply another chapter in a long season of civic unrest, one thing is clear.

Across Michigan and across the country, thousands have decided that silence is no longer an option. And in a democracy, showing up still matters.

El 28 de marzo, la Coalición “No Kings” afirma que residentes de más de 1,000 ciudades volverán a las calles para desafiar lo que los

organizadores describen como acciones cada vez más autoritarias de la administración Trump. Comunidades en Michigan — desde Grand Rapids hasta Detroit y Holland — ya se están preparando. Las manifestaciones están coordinadas al nivel nacional y esperan ser las más grandes que han tomado lugar en nuestra nación.

Hace seis meses, millones marcharon en todo el país. Ahora, con el aumento de operativos federales, los organizadores dicen que el país entra en un momento que exige vigilancia renovada.

Las manifestaciones principales serán en Minneapolis y St. Paul, donde recientes redadas federales han sacudido a la comunidad. La Coalición también ofrecerá entrenamientos virtuales sobre cómo observar y documentar legalmente las actividades de agentes de Inmigración y Control de Aduanas (ICE).

Pero el impulso detrás de estas protestas no viene de comunicados oficiales. Viene de personas comunes —incluyendo muchas aquí en Michigan— que dicen sentirse obligadas a participar.

“Ya vimos lo que pasa cuando la gente se queda callada,” dijo Ana Delgado, trabajadora social de Grand Rapids. “Mis clientes viven con miedo a redadas repentinas. Estar presente es lo mínimo que puedo hacer.”

En Detroit, Marcus Hill, dueño de un pequeño negocio, ve las protestas como una responsabilidad cívica. “Mis abuelos marcharon en los años 60,” dijo. “Ellos nos enseñaron que la democracia no se mantiene sola. Hay que defenderla.”

Desde Lansing, Elena Ruiz, estudiante de la Universidad de Michigan, dijo que los jóvenes sienten la urgencia. “No vamos a esperar a que alguien más arregle esto,” afirmó.

Y en Holland, la Pastora Rebecca Torres dijo que su congregación está organizando transporte compartido. “Si nuestros vecinos están siendo atacados, nuestra fe nos llama a acompañarlos,” dijo.

El movimiento “No Kings” toca algo profundamente estadounidense: la creencia de que ningún líder está por encima del pueblo. Si las protestas del 28 de marzo marcan un punto de inflexión o solo otro capítulo en una larga temporada de inquietud cívica, una cosa es clara.

En Michigan y en todo el país, miles han decidido que el silencio ya no es una opción. Y en una democracia, la presencia todavía importa.

Community News

Hoy se nos va un arquitecto del sonido New York, un trombonista que convirtió el metal en bandera y que escribió capítulos eternos de nuestra historia musical. Desde El Malo hasta himnos que definieron generaciones, su obra no fue solo música: fue identidad, barrio, conciencia y resistencia.

Willie no solo cambió la salsa; la expandió, la politizó, la vistió de crónica urbana y la llevó a escenarios donde antes no sonaba. Su trombón fue voz del pueblo, eco del Caribe en Nueva York, puente entre culturas.

Hoy decimos adiós a un maestro, pero su legado no se apaga. Vive en cada descarga, en cada joven que descubre que la salsa es revolución musical y poesía.

Gracias, Willie, por tanto. Y sobre todo por tu amistad.

Pietro Carlos
Manager Willie Colón



Today, We've lost an architect of the New York sound, a trombonist who made metal his banner and wrote eternal chapters in our musical history. From "El Malo" to anthems that defined generations, his work wasn't just music: it was identity, neighborhood, consciousness, and resistance.

Willie didn't just change salsa; he expanded it, politicized it, clothed it in urban chronicles, and took it to stages where it hadn't been heard before. His trombone was the voice of the people, an echo of the Caribbean in New York, a bridge between cultures.

Today we say goodbye to a master, but his legacy lives on. It lives in every jam session, in every young person who discovers that salsa can also be musical revolution and poetry.

Thank you, Willie, for everything. And above all, for your friendship.

Pietro Carlos
Manager Willie Colón

Trinity Health Announces New Chief Nursing Officers at West Michigan hospitals

Trinity Health has appointed Carolyn Leja as the new Chief Nursing Officer (CNO) for Trinity Health Grand Rapids, succeeding Michelle Peña. Leja brings over 20 years of nursing and leadership experience, previously serving as CNO for Corewell Health West. Nicholas Strait has also been appointed as the CNO for Trinity



Health Muskegon, Shelby, and Grand Haven hospitals, following Linda Dunmore. Strait, who started his career with Trinity Health Muskegon, has over 20 years of leadership experience. Both leaders aim to enhance nursing excellence and clinical care in West Michigan, with Leja started February 9 and Strait February 13. Their appointments were welcomed by hospital presidents and are seen as a positive step for nursing practice and patient care across the region.

Trinity Health ha nombrado a Carolyn Leja como nueva Directora de Enfermería (CNO) para Trinity Health Grand Rapids, en reemplazo de Michelle Peña. Leja aporta más de 20 años de experiencia en enfermería y liderazgo, habiendo sido anteriormente CNO para Corewell Health West. Nicholas Strait también ha sido nombrado CNO para los hospitales Trinity Health Muskegon, Shelby y Grand Haven, en reemplazo de Linda Dunmore. Strait, quien comenzó su carrera en Trinity Health Muskegon, cuenta con más de 20 años de experiencia en liderazgo. Ambos líderes buscan mejorar la excelencia en enfermería y la atención clínica en el oeste de Michigan; Leja asumió el cargo el 9 de Febrero y Strait el 13 de Febrero. Sus nombramientos fueron bien recibidos por los presidentes de los hospitales y se consideran un paso positivo para la práctica de enfermería y la atención al paciente en toda la región.



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**Who Gets to Be the Miracle?



How Disney Films Shape the Self-Esteem of Diverse Populations**

By: Jihyun Ko

In the opening minutes of *Encanto*, Alma Madrigal is running through smoke and darkness, clutching her infant children as armed men destroy her Colombian village. A glowing candle rises, forming a magical home out of displacement and loss. For many Latino parents watching in 2021, this was not fantasy—it was memory. Civil conflict, migration, and rebuilding from nothing are familiar stories across the diaspora.

The filmmakers—Byron Howard, Jared Bush, and producer Yvett Merino—consulted Colombian cultural experts and traveled to Bogotá, Cartagena, and the Cocora Valley to ensure authenticity. Merino said she wanted the film to feel “specific to Colombia, but universal in emotion.” Children may not have known the history behind the violence, but they recognized something more powerful: a grandmother who sounded like theirs, a family that looked like theirs. For decades, that kind of recognition was absent from mainstream American animation.

A History of Racist Portrayals

To understand why *Encanto* felt like a miracle, we must acknowledge the long history of caricature that preceded it. Sociologists describe “symbolic annihilation” as the absence or distortion of a group in media—signaling that they are unimportant to society. For Latinos, early animation offered little more than funhouse-mirror stereotypes.

Disney’s *Dumbo* (1941) featured the “Jim Crow” crows, a minstrel caricature mocking African American speech. *Lady and the Tramp* (1955) used the Siamese cats to channel post-war anti-Asian xenophobia through slanted eyes and broken English. Latino characters, when they appeared at all, were often the “Bandito” or the “Buffoon,” defined by violence, dirtiness, or a comically exaggerated accent.



Research from the UCLA School Mental Health Project shows that repeated exposure to such portrayals measurably lowers self-esteem in children of color. When a child sees their features associated with villainy or inferiority—and whiteness presented as the standard for beauty and competence—they internalize a sense of “otherness.”

By the late 20th century, Hollywood added the “White Savior” trope. Films like *Pocahontas* and the original *Aladdin* (1992) reframed non-Western stories through Western superiority. *Aladdin*’s opening lyrics notoriously described the Middle East as a place where “they cut off your ear,” painting entire cultures as barbaric. For young viewers of color, these narratives reinforced a social script of inferiority.

The Architecture of Agency

Today’s shift in representation is more than cosmetic—it is psycho-

logical. Developmental psychologists describe “Identity Mapping,” the process by which children use media characters to imagine their “possible selves.” For decades, Latino children were offered only narrow possibilities: the maid, the criminal, the sidekick. Modern films expand that blueprint to include the scientist, the diplomat, the magical matriarch.

When a child sees Mirabel Madrigal—her curls, her skin tone, her chaotic family—they no longer need to perform a “mental translation” to imagine themselves as the hero. Historically, Latino children had to insert themselves into white protagonists to feel heroic. Removing that cognitive tax strengthens self-concept and belonging.



Encanto’s exploration of generational trauma also resonates deeply. Many Latino families carry inherited pain from displacement, migration, or cultural pressure. Seeing these themes validated on screen affirms that their experiences are not marginal—they are human.

The Next Frontier

Upcoming films continue this evolution. In Pixar’s *Elio* (2025), a young Latino boy becomes Earth’s ambassador to an intergalactic council—a radical shift from being marginalized to representing all of humanity. New protagonists across Disney and Pixar, from *Hoppers* (2026) to the live-action *Moana* (2026), position youth of color as catalysts for global change.

For a century, Latino families waited for a seat at Hollywood’s table. Today, their stories help build the table itself. This shift fosters cultural self-efficacy—the belief that one’s heritage is a source of strength, not shame. As representation grows, so does the “miracle”: children of color finally see themselves not as guests in American culture, but as central to its future.

La película de Disney, Encanto, muestra la trayectoria cultural de las familias latinas, representando sus experiencias de desplazamiento y trauma, a la vez que promueve la autoestima entre los niños de color.

Los cineastas priorizaron la autenticidad mediante la investigación y la consulta cultural, permitiendo que los niños vieran reflejos de sus vidas en la pantalla. Históricamente, los medios de comunicación han retratado a los latinos mediante estereotipos dañinos, lo que contribuye a autopercepciones negativas. Las narrativas modernas, como las de Encanto, cambian esta tendencia al ofrecer representaciones diversas y positivas, ayudando a los niños a visualizarse a sí mismos más allá de los roles limitados.

Este cambio no solo valida sus experiencias, sino que también fomenta la autoeficacia cultural, empoderando a las generaciones futuras. Las próximas películas continúan esta trayectoria, posicionando a los jóvenes de color como contribuyentes vitales a la sociedad.

Conservative Latinos Abandon Trump



By Jorge Martinez
U.S. Veteran

Conservative Latinos are abandoning Trump's conservative agenda and reshaping arguments over immigration, economy, education, and social issues. This shift is spreading throughout battleground states like Texas and Florida where a less aggressive and more pragmatic approach is recommended. Across party lines and economic strata conservative Latinos are increasingly running for office, participating in state, county, and city debates over social issues, which are impacting platforms.

Latino women are surging into politics at increasing numbers and are flipping districts and representation in Congress. While most Latinos throughout the southwest and across the nation are Democrats about 30% self-identify as conservative in Texas and Florida. Spanish speaking Latinos are more likely to vote as Democrats while non-Spanish Speaking Latinos generally lean towards Republican views.

Younger generation Latinos those born without Spanish speaking parents and grandparents don't identify with their ancestral cultural heritage as well as those with higher education, which alienates them from their own parents and siblings. The continual flow of immigrants from traditionally Spanish speaking countries feeds the divide between assimilated and less assimilated Latinos. This consistent challenging demographic adds a distinct flavor to how most Americans view all Latinos, creating another obstacle in inter-racial relations.

Opinion polls and voting data indicate the following remain key issues for Latinos who identify as conservative. There is widespread support for policies which support small businesses, lower taxes and job training opportunities. Others continue to emphasize freedom of religion and faith and oppose abortion and support traditional family values.

Conservative Latinos are very concerned with paternal rights and

quality of education. The majority of conservative Latinos support border security however also favor less aggressive, more human approaches to immigration reform rather than overzealous enforcement, while seeking a balance between security, compassion and recognizing impact on labor shortages and economics.

Most Latinos across the board support law enforcement but show concern over procedures and militarized policing that encourages excessive use of force, spraying chemical agents, warrantless arrests and events resulting in the serious injury or death of detainees and protesters. Every opinion and voting poll indicates tremendous concern over cost of living, inflation and improving affordability.

Why are Latinos abandoning Trump's focuses on a perception of being seen as less American than their white peers. Televised invasions of family homes by ICE under color of authority has increased fear and distrust of the government. Clear violations of our constitutional rights drag up images and memories of Eisenhower's "Operation Wetback" of the 1950s. This perception of lawlessness amongst ICE and Republicans in general has flipped many neutral and conservative voters against Trump. Overall televised scenes of detention camps in the swamps of Florida, Texas and forced deportations to El Salvador CECOT prison have had a lethal impact upon the hearts and minds of formerly conservative Latino voters. Overall national surveys consistently show a decline in Latino voter's support for conservative candidates with immigration and community treatment being the key issues influencing their views.



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Deaths in Detention Expose a DHS Growing More Militarized on U.S. Soil

Recent investigations into the deaths of Lunas Campos and Ruben Ray Martinez and additional reported deaths inside ICE detention facilities have intensified scrutiny of the Department of Homeland Security's expanding enforcement apparatus. Both men died under circumstances with questionable rationale as the result of encounters with I.C.E. that remain under federal review, adding to a growing list of fatalities linked to questionable circumstances, medical neglect, inadequate supervision, or the use of force inside immigrant detention centers.



operations — one now deeply embedded in everyday policing, immigrant detention, and community encounters across the country. American communities throughout the country continue to participate in huge public protests to call attention to this issue.

Their cases follow the deaths of Renae Good and Alex Pretti, two U.S. citizens whose encounters with DHS-aligned enforcement units have raised similar concerns about excessive force, opaque procedures, and the blurred lines between immigration policing and domestic militarization. Advocates argue that these incidents reveal a system operating with combat-style tactics on American soil, often without the oversight or accountability expected of civilian law enforcement.

Civil rights groups and several members of Congress say the pattern is no longer anecdotal: detainees found unresponsive in their cells, individuals reporting violent restraint techniques, and families learning of deaths only after public pressure. Investigators are now examining whether the rapid expansion of detention contracts and the deployment of heavily armed, masked units have created conditions where preventable deaths are becoming normalized.

Taken together, these cases suggest the United States is only beginning to uncover the human cost of a DHS infrastructure built for militarized

Investigaciones recientes sobre las muertes de Lunas Campos y Rubén Ray Martínez, así como otras muertes en centros de detención del ICE, han sometido a un intenso escrutinio al Departamento de Seguridad Nacional (DHS) y sus prácticas de cumplimiento. Las muertes de ambos hombres ocurrieron en circunstancias cuestionables, vinculadas a negligencia médica y supervisión inadecuada. Casos anteriores, como los de Renae Good y Alex Pretti, también resaltan la preocupación por el uso excesivo de la fuerza y la militarización de la vigilancia policial migratoria. Defensores de los derechos civiles y miembros del Congreso observan un patrón preocupante de detenidos que no responden y técnicas de contención violentas, lo que sugiere que estos incidentes podrían ya no ser aislados. Las investigaciones están indagando si la rápida expansión de los contratos de detención y las unidades de respuesta armada están contribuyendo a la normalización de muertes evitables. En general, esto plantea serias preocupaciones sobre los costos humanos asociados con una infraestructura militarizada del DHS, ahora integrada en la vigilancia policial cotidiana y la detención de inmigrantes en Estados Unidos, lo que ha provocado protestas públicas generalizadas contra estas prácticas.

Knight foundation Standing for Freedom of the Press

More than 1,100 journalists, artists, funders, technologists and community leaders gathered in Miami for the 19th Knight Media Forum, a national conversation on protecting democracy and strengthening local news. Knight President & CEO Maribel Pérez Wadsworth emphasized that the First Amendment remains our “firewall,” and that communities across the country are standing up for their freedoms.

Press Forward announced major growth, while speakers highlighted the rise of AI, the importance of trusted human voices and the changing ways Latino audiences consume news. Sessions explored immigration reporting, creative freedom and the role of public art in civic life. The Forum closed with a powerful discussion on investigative journalism and accountability.

Más de 1,100 periodistas, artistas, financiadores, tecnólogos y líderes comunitarios se reunieron en Miami para el 19° Knight Media Forum, un espacio nacional dedicado a proteger la democracia y fortalecer las noticias locales. La presidenta y directora ejecutiva de Knight, Maribel Pérez Wadsworth, destacó que la Primera Enmienda sigue siendo nuestro “cortafuegos” y que las comunidades del país están defendiendo sus libertades.

Press Forward anunció un crecimiento significativo, mientras expertos analizaron el auge de la IA, la importancia de voces humanas confiables y los cambios en el consumo de noticias entre las audiencias latinas. Las sesiones abordaron la cobertura de inmigración, la libertad creativa y el papel del arte público. El Foro cerró con una conversación poderosa sobre el periodismo investigativo y la rendición de cuentas.



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Latino Youth are the Future of the USA



By Edgar León

The true measure of a civilization is found in how it protects its most vulnerable citizens, and today, the main priority of the United States and the world must be Latino boys and girls. These children are going through unique and painful events in the history of humanity; they wake up every morning immersed in a climate of fear and anguish, fearing that the roar of masked police will break the peace of their home or that their commute to school will be interrupted

because their parents' car was arbitrarily stopped. The use of physical features, skin color, or a simple Latin American flag on a vehicle cannot continue to be grounds for suspicion in a nation that boasts of its freedom. It is alarming to observe how technology and state driver's license information are being used to monitor communications and track the Latino community for the sole purpose of persecution. This constant surveillance is not only an abuse of power but a direct attack on the emotional stability of a childhood that deserves to grow up in freedom.

This tragedy becomes even darker when we remember that the fear is not unfounded but is fueled by a growing list of victims who have lost their lives in unjust encounters with U.S. Immigration and Customs Enforcement (ICE). We cannot forget the names of those Latinos who have died in custody or in violent operations, including so many Latinos whose lives were cut short by excessive use of force and systemic discrimination.

Presenting the truth about deaths in detention centers due to medical negligence, or the cases of young people who, due to confusion or racial prejudice, ended up as victims of fatal shootings, are open wounds in our society. It is up to all of us to inform the public, so they are always prepared. Every name on that list of the deceased represents a destroyed family and a child who today grows up knowing that their life, or that of their parents, seems to be worth less in the eyes of those who wear a uniform. This reality of lethal violence is the cruelest reminder that silence is not an option when the physical integrity of our Latino people is at risk.

In this article, we mention some of the recent victims so that their death and sacrifice do not remain hidden. (2025-2026)

• **Luis Beltrán Yáñez Cruz (Honduras, 68 years old):** Passed away on January 6, 2026, in California after reporting a lack of medical care for chest pains. His requests for help via an electronic tablet were not attended to in time.

• **Geraldo Lunas Campos (Cuba, 55 years old):** Died on January 3, 2026, in Texas. His case is being investigated as a possible homicide after evidence of compression asphyxia was found during an

incident with agents.

• **Luis Gustavo Núñez Cáceres (Honduras, 42 years old):** Passed away on January 5, 2026, in Texas due to cardiac complications while in custody.

• **Ever Sánchez Domínguez (Mexico, 34 years old):** Found unconscious in his cell in Georgia on January 14, 2026, passing away shortly after.

• **Delvin Francisco Rodríguez (Nicaragua, 39 years old):** Passed away in December 2025 after being disconnected from a ventilator after being found without a pulse in his cell.

We must think and act with extreme speed to ensure that all children remain protected and regain the sense of security that has been stripped from them. It is unacceptable that fear extends to spaces that should be sacred: their homes, their churches, their supermarkets, their schools, and their hospitals. Children must be happy; they must have the right to play, to learn, and above all, to feel deeply loved by those around them, including the government officials who swore to protect the law.

Today, our Latino youth find themselves at the mercy of masked operations under orders that even threaten life. Since they have no one to defend them in the high spheres of power, it is up to us to be their voice. Racism and the illegal abuse of power have no place in a true democracy. For the physical and mental well-being and the future of all, it is imperative that civil society rises up to educate, heal, and defend these young people. The health of our democracy depends on us going out today to protect those who will lead this country tomorrow.

La verdadera medida de una civilización se encuentra en cómo protege a sus ciudadanos más vulnerables, y hoy, la prioridad indiscutible de Estados Unidos y del mundo deben ser los niños y niñas latinos. Estos niños y niñas están atravesando eventos únicos y dolorosos en la historia de la humanidad; se levantan cada mañana sumergidos en un clima de miedo y angustia, temiendo que el estruendo de policías enmascarados irrumpa en la paz de su hogar o que el trayecto hacia la escuela sea interrumpido porque el auto de sus padres fue detenido arbitrariamente. El uso de rasgos físicos, el color de piel o una simple bandera de América Latina en un vehículo no pueden seguir siendo motivos para la sospecha en una nación que se jacta de su libertad. Es alarmante observar cómo se está usando la tecnología y la información estatal de las licencias de conducir para intervenir comunicaciones y localizar a la comunidad latina con el único fin de perseguirlos. Esta vigilancia constante no solo es un abuso de poder, sino un ataque directo a la estabilidad emocional de una infancia que merece crecer en libertad.

Los Jóvenes Latinos son el Futuro de USA

Esta tragedia se vuelve aún más sombría cuando recordamos que el miedo no es infundado, sino que está alimentado por una lista creciente de víctimas que han perdido la vida en encuentros injustos con el Servicio de Inmigración y Control de Aduanas de los Estados Unidos (ICE). No podemos olvidar los nombres de aquellos latinos que han muerto bajo custodia o en operativos violentos, incluyendo a tantos latinos cuyas vidas fueron truncadas por el uso excesivo de la fuerza y la discriminación sistémica.

Presentamos la verdad sobre las muertes en centros de detención debido a la negligencia médica, o los casos de jóvenes que, por una confusión o un prejuicio racial, terminaron siendo víctimas de disparos mortales, son heridas abiertas en nuestra sociedad. Nos toca a todos informar al público para que estén preparados siempre. Cada nombre en esa lista de fallecidos representa una familia destruida y un niño que hoy crece sabiendo que su vida, o la de sus padres, parece valer menos ante los ojos de quienes portan un uniforme. Esta realidad de violencia letal es el recordatorio más cruel de que el silencio no es una opción cuando la integridad física de nuestra gente está en riesgo.

Mencionamos en este artículo algunas de las víctimas recientes para que no quede escondida su muerte y sacrificio. (2025-2026)

• **Luis Beltrán Yáñez Cruz (Honduras, 68 años):** Falleció el 6 de enero de 2026 en California tras denunciar falta de atención médica por dolores en el pecho. Sus solicitudes de ayuda por medio de una tableta electrónica no fueron atendidas a tiempo.

• **Geraldo Lunas Campos (Cuba, 55 años):** Murió el 3 de enero de 2026 en Texas. Su caso está siendo investigado como posible homicidio tras hallarse evidencias de asfixia por compresión durante un incidente con agentes.

• **Luis Gustavo Núñez Cáceres (Honduras, 42 años):** Falleció el 5 de enero de 2026 en Texas debido a complicaciones cardíacas bajo custodia.

• **Ever Sánchez Domínguez (México, 34 años):** Hallado inconsciente en su celda en Georgia el 14 de enero de 2026, falleciendo poco después.

• **Delvin Fran-**



• **cisco Rodríguez (Nicaragua, 39 años):** Falleció en diciembre de 2025 tras ser desconectado de un ventilador después de ser hallado sin pulso en su celda.

• **Ismael Ayala-Urbe (México, 39 años):** Falleció en septiembre de 2025.

• **Santos Banegas Reyes (Honduras, 42 años):** Falleció en septiembre de 2025.

• **Genry Ruiz Guillén (Honduras, 29 años):** Falleció en enero de 2025 en un centro de Florida.

• **Brayan Garzón-Rayó (Colombia, 27 años):** Falleció en abril de 2025.

Los hombres que murieron eran padres de muchos niños latinos que quedaron huérfanos y sin ayuda de nadie.

Debemos pensar y actuar con extrema rapidez para garantizar que todos los niños queden protegidos y recuperen el sentido de seguridad que les ha sido arrebatado. Es

inaceptable que el temor se extienda a los espacios que deberían ser sagrados: sus casas, sus mercados, sus iglesias, sus escuelas y sus hospitales. Los niños deben ser felices, deben tener el derecho a jugar, a aprender y, sobre todo, a sentirse profundamente queridos por su entorno, incluyendo a los funcionarios del gobierno que juraron proteger la ley. Hoy, nuestra juventud latina se encuentra a merced de operativos enmascarados bajo órdenes que incluso amenazan la vida, y al no tener quién los defiendan en las altas esferas del poder, nos corresponde a nosotros ser su voz. El racismo y el abuso de poder ilegal no tienen cabida en una verdadera democracia. Por el bienestar físico, mental y el futuro de todos, es imperativo que la sociedad civil se levante para educar, sanar y defender a estos jóvenes. La salud de nuestra democracia depende de que salgamos hoy a proteger a quienes mañana liderarán este país.

SAVE THE DATE

LAUGHFEST IS BACK

March 11-15



Presented By



Are Americans better off now or in 2024?

America's affordability crisis continues to shape daily life for millions of families. Even as inflation has slowed, the price level of essential goods remains historically high. Since 2019, overall prices have risen nearly 29%, with basic necessities climbing even faster. Housing costs are up more than 30%, electricity has surged over 40%, and groceries remain about one-third more expensive than before the pandemic.

Energy costs have also pressured household budgets. Natural gas prices rose sharply in 2025, adding more than \$100 to the average family's annual utility bill. Gasoline prices remain volatile, and health-care expenses — from insurance premiums to hospital visits — continue to outpace wage growth.

For many Americans, the question is no longer whether inflation is slowing, but whether life is becoming more affordable. Surveys show that most households do not feel better off than in 2024. Families report difficulty paying for food, rent, child care, and medical bills, despite a cooling economy on paper.

The bottom line: the economy may be stabilizing, but affordability remains the defining challenge for working families.

La crisis de "asequibilidad" en Estados Unidos sigue afectando la vida diaria de millones de familias. Aunque la inflación ha bajado, los precios de los productos esenciales siguen en niveles históricamente altos. Desde 2019, los precios han aumentado casi un 29%, y los artículos básicos han subido aún más. Los costos de vivienda han aumentado más del 30%, la electricidad más del 40%, y los comestibles siguen aproximadamente un tercio más caros que antes de la pandemia.

Los costos de energía también han presionado los presupuestos familiares. El precio del gas natural subió notablemente en 2025, agregando más de \$100 al gasto anual de servicios públicos. Los precios de la gasolina siguen siendo inestables, y los gastos médicos —desde seguros hasta hospitalizaciones— continúan creciendo más rápido que los salarios.

AFFORDABILITY CRISIS: Price Increases Since 2019

Price increases in essential goods and services since 2019

| | |
|--|---|
| Housing <i>Vivienda</i> | +34% |
| Groceries <i>Comestibles</i> | +34% |
| Electricidad <i>Electricidad</i> | +41% |
| Natural Gas <i>Gas Natural</i> | +22% (2024–2025) |
| Overall Prices <i>Precios de Salud</i> | +29% |
| Health Care <i>Gasolina</i> | Rising steadily <i>En aumento constante</i> |
| Gasoline <i>Gasolina</i> | Volatile but elevated <i>En aumento elevado</i> |

Source: CPI, Energy Reports, Consumer Surveys (2019–2025)

| Category / Categoría | Increase Since 2019 / Aumento desde 2019 |
|----------------------------------|--|
| Housing / Vivienda | +34% |
| Groceries / Comestibles | +34% |
| Electricity / Electricidad | +41% |
| Natural Gas / Gas Natural | +22% (2024–2025) |
| Overall Prices / Precios Totales | +29% |
| Health Care / Cuidado de Salud | Rising steadily / En aumento constante |
| Gasoline / Gasolina | Volatile but elevated / Volátil pero elevado |

Para muchas familias, la pregunta ya no es si la inflación está bajando, sino si la vida se está volviendo más asequible. Las encuestas muestran que la mayoría no se siente mejor que en 2024. Muchas reportan dificultades para pagar comida, renta, cuidado infantil y facturas médicas, a pesar de que la economía parece estabilizarse.

En resumen: la economía mejora en papel, pero la asequibilidad sigue siendo el reto principal para las familias trabajadoras.

WE ARE TIRED OF THE STEREOTYPES:

By Dr. José A. Flores

The Myth of the “Non-English-Speaking Latino” Is Holding America Back

For decades, U.S. Hispanics and Latinos have been boxed into a tired stereotype: that we are largely immigrants who struggle to read or communicate in English. This misconception doesn't just distort reality shapes how advertisers, institutions, and policymakers engage with one of the nation's most dynamic and multigenerational communities. And the truth is far more powerful than the myth.

A Majority U.S.-Born, English-Proficient Population

The data is unequivocal: most Latinos in the United States are U.S.-born, not recent arrivals. Since 2000, population growth among Hispanics has been driven primarily by U.S. births, not immigration, according to Pew Research Center analyses. With that shift comes another reality—English proficiency is the norm, not the exception. In 2021, 72% of Hispanics ages 5 and older were proficient in English, and among U.S.-born Latinos, that number jumps to roughly 90%. These are not marginal figures; they represent tens of millions of bilingual or English-dominant Americans who navigate school, work, and civic life in English every day.

Generational Assimilation Accelerates English Dominance

Research consistently shows that language assimilation among Latinos is rapid and predictable. Pew's long-term studies reveal that English proficiency rises sharply from the first to the second generation, and Spanish literacy declines across subsequent generations. By the

third and fourth generations, English is overwhelmingly the primary—and often the only—language spoken at home. This is not a sign of cultural loss. It is a reflection of how deeply rooted Latinos are in the American story.

Proud of Our Heritage—And Fluent in the Nation's Language

What advertisers often miss is that Latino identity is not tied to limited English ability. It is tied to heritage, family, culture, and pride. Millions of U.S.-born Latinos grow up speaking English as their dominant language while still celebrating their roots through food, music, traditions, and—yes—Spanish, even if not at full literacy.

The stereotype that Latinos “don't read English” is not only false; it is commercially shortsighted. English-dominant and bilingual Latinos consume media across platforms, drive cultural trends, and represent one of the most youthful and influential demographics in the country.

A Call to Rethink Outdated Assumptions

When advertisers assume that Spanish-only media is the only way to reach Hispanics, they miss the majority of the market. The modern Latino audience is multilingual, multigenerational, and fully integrated into American life. They read in English, they vote in English, they shop in English—and they carry their heritage with pride. It's time to retire the stereotype and recognize U.S. Hispanics for who they truly are: a bilingual, bicultural force shaping the future of America.

From Altamira to the Bronx: Felipe Hernández's Pinstriped Dream



By Odille Parker

In Altamira, Tamaulipas, baseball is more than a pastime. It's a rhythm. It's dusty fields, long afternoons, and the quiet belief that maybe, just maybe, the world is bigger than your block.

At 17, Felipe Hernández just stretched that belief all the way to the Bronx.

The Mexican right-hander recently signed with the New York Yankees, turning a hometown dream into a global opportunity. For Hernández, the moment represents years of disciplined development through Mexico's respected baseball system, including time at the Academia Alfredo Harp Helú, a pipeline known for refining young talent with professional precision.

Scouts were drawn to Hernández's arm first. His fastball has touched 95 miles per hour, a rare velocity for a teenager, and he pairs it with a developing curveball in the low 80s that evaluators believe has real upside.

But velocity alone doesn't earn a contract with the Yankees. What stood out was projection. At his age, with his frame and feel for pitching, Hernández offers something organizations crave: ceiling.



The Yankees' decision to invest in him reflects confidence not only in his current tools, but in who he might become. International scouting has become one of

baseball's most competitive arenas, and every January 15, teams dip into a global talent pool of teenage prospects from Latin America, Asia, and beyond. This year alone, hundreds of players across Major League Baseball signed during the international free-agent period, with the Yankees adding roughly a dozen young prospects to their system.

Yet Hernández stands out in that crowd.

He represents a continued surge of Mexican talent making its way into MLB systems, a reminder that elite pitching prospects are not confined to traditional hotbeds. For the Latino community, particularly Mexican fans who have long supported the sport passionately, his signing is another visible thread in a growing tapestry of representation.

While Hernández has kept a relatively low public profile since the signing, the reaction online from Mexican baseball circles was immediate. Pride. Celebration. A sense that one of their own had earned his shot on one of the biggest stages possible.

The path ahead is anything but guaranteed. The minor leagues test not just talent, but patience. Young pitchers refine mechanics, build strength, and learn the chess match of professional hitters. Many



sign. Few arrive.

But for now, Felipe Hernández has crossed the first threshold. From Altamira to the Yankees' development system, he carries with him more than a fastball. He carries a community's belief that the road to the majors can begin anywhere.

And in a sport shaped deeply by Latino excellence, that belief keeps expanding.

Felipe Hernández, lanzador derecho de 17 años originario de Altamira, Tamaulipas, firmó con los Yankees de Nueva York, lo que marca un paso significativo del béisbol local al escenario global. Su firma es la culminación de su desarrollo a través del sistema de béisbol mexicano, incluyendo la prestigiosa Academia Alfredo Harp Helú, donde perfeccionó sus habilidades. Los cazatalentos quedaron impresionados por la velocidad de su recta, que alcanzaba hasta 95 mph, y su prometedora curva. La inversión de los Yankees en Hernández refleja no solo sus habilidades actuales, sino también su potencial de crecimiento como jugador. Su firma simboliza una creciente representación del talento mexicano en las Grandes Ligas, inspirando orgullo en la comunidad latina. Si bien el camino en las ligas menores está plagado de desafíos, Hernández encarna la aspiración de que las oportunidades pueden surgir de cualquier lugar, ampliando la narrativa de la excelencia latina en el deporte.

Join us for monthly meetings at the Cook Library Center
First Wednesdays of every month
10:00 AM - 11:30 AM
1100 Cesar E. Chavez Ave. SW



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Networking

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Hear important updates from various partners and different departments of the City of Grand Rapids.



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March Events / Eventos en Marzo

March 1, 2026

73rd Annual Detroit Autorama! Detroit, Mi

Detroit Autorama is an expansive event covering nearly one million square feet of Huntington Place, showcasing over 800 unique art pieces alongside custom hot rods, trucks, modern and muscle cars, and motorcycles. The event includes a variety of attractions such as celebrity appearances, live music, movie vehicles, nostalgic toys in Toy-A-Rama, a Miss Autorama pin-up contest, and an exclusive auction benefiting The Leader Dogs for the Blind. Produced by Championship Auto Shows, hosted by the Michigan Hot Rod Association, and sponsored by Meguiar's, this event offers an immersive experience for all interests.

Detroit Autorama es un evento expansivo que abarca casi un millón de pies cuadrados en Huntington Place, presentando más de 800 obras de arte únicas, junto con hot rods, camionetas, autos modernos y potentes, y motocicletas personalizadas. El evento incluye diversas atracciones, como la participación de celebridades, música en vivo, vehículos de películas, juguetes nostálgicos en Toy-A-Rama, un concurso de pin-ups de Miss Autorama y una subasta exclusiva a beneficio de The Leader Dogs for the Blind.

March 6-8, 2026

West Michigan Women's Expo 2026

Grand Rapids, Mi The West Michigan Women's Expo is an interactive and inspiring event designed for women, offering a unique weekend experience with shopping, demos, tastings, hands-on activities, live presentations, and giveaways. Attendees can explore various areas including beauty, fashion, health, food, finance, and personal development, while connecting with local and regional women-owned brands. The expo promises engaging features and surprises, catering to those who seek more than just traditional vendor shows.

La Exposición de Mujeres del Oeste de Michigan es un evento interactivo e inspirador diseñado para mujeres. Ofrece una experiencia única de fin de semana con compras, demostraciones, degustaciones,

actividades prácticas, presentaciones en vivo y regalos. La exposición promete atractivos eventos y sorpresas, ideales para quienes buscan algo más que las tradicionales ferias de vendedores.

March 7, 2026

Maple Sugar Festival Kalamazoo, Mi

Join the 61st annual Maple Sugar Festival, celebrating spring with activities and a pancake breakfast featuring Michigan maple syrup. Experience the festival's history, including a project at the Kalamazoo Nature Center led by Chris Chosa, who aims to revive Indigenous maple sugar production techniques through a blend of cultural knowledge and experimental archaeology, reflecting practices not seen for over 500 years.

Únase al 61.º Festival Anual del Azúcar de Arce, que celebra la primavera con actividades y un desayuno de panqueques con jarabe de arce de Michigan. Descubra la historia del festival, incluyendo un proyecto en el Centro de Naturaleza de Kalamazoo dirigido por Chris Chosa, quien busca revivir las técnicas indígenas de producción de azúcar de arce mediante una combinación de conocimiento cultural y arqueología experimental, reflejando prácticas no vistas en más de 500 años.

March 7, 2026

MICHIGAN SNEAKER XCHANGE Detroit, Mi

The state's biggest sneaker and streetwear tradeshow brings rare heat, top vendors, exclusive drops, and thousands of sneakerheads together for one high-energy day of buying, selling, and trading. Enjoy special guests, over 150 vendors, local clothing brands & so much more.

Detroit events powered by visitdetroit.com

La feria de zapatillas y ropa urbana más grande del estado reúne a un público excepcional, a los mejores vendedores, lanzamientos exclusivos y a miles de amantes de las zapatillas en un día lleno de energía para comprar, vender e intercambiar. Disfruta de invitados especiales, más de 150 vendedores, marcas locales de ropa y mucho más. Eventos en Detroit patrocinados



73RD ANNUAL Detroit Autorama

Presented by O'Reilly
AUTO PARTS

por visitdetroit.com

March 7-14, 2026

Upper Michigan Ice Racing Gwinn, Mi

The Upper Michigan Ice Races are open to the public for spectating or bring your best ORV to join the competition and race to the top! The raceway is conveniently located off Snowmobile Trail 8, making Saturdays the best day to come and experience the races and explore the trails in Gwinn and Marquette County.

Las carreras sobre hielo de Upper Michigan están abiertas al público para que las observes o traigas tu mejor todoterreno para unirte a la competencia y alcanzar la cima. El circuito está convenientemente ubicado junto al sendero para motos de nieve 8, lo que hace que los sábados sean el mejor día para vivir las carreras y explorar los senderos de Gwinn y el condado de Marquette.

March 11-15, 2026

LaughFest 2026 Grand Rapids, Mi

We're thrilled to bring together the West Michigan community at our stand-up, improv and other seriously funny events once again. Our 2026 festival is presented by Gun Lake Casino and Resort and will celebrate laughter for the health of it while raising awareness for the cancer and grief emotional health support program offered through Gilda's Club Grand Rapids.

Nos entusiasma reunir a la comunidad del oeste de Michigan una vez más en nuestros eventos de comedia, improvisación y otros eventos realmente divertidos. Nuestro festival de 2026, presentado por Gun Lake Casino and Resort, celebrará la risa por la salud, a la vez que creará conciencia sobre el programa de apoyo emocional para el cáncer y el duelo que ofrece Gilda's Club Grand Rapids.

March 18, 2026

Author Talk with Pablo Cartaya Grand Rapids, Mi

Pablo Cartaya will discuss his writing process and answer ques-

tions about his book *A Hero's Guide to Summer Vacation* during an event aimed at upper elementary classes, homeschool students, and community members. This event is part of the One Book, One City for Kids program, funded by The Grand Rapids Public Library Foundation, The Wege Foundation, and The Michigan Arts & Culture Council, with sponsorship from Independent Bank and Brad and Gayl Kessel.

Pablo Cartaya hablará sobre su proceso de escritura y responderá preguntas sobre su libro "Guía de un Héroe para las Vacaciones de Verano" durante un evento dirigido a estudiantes de primaria, estudiantes que estudian en casa y miembros de la comunidad. Este evento forma parte del programa "Un Libro, Una Ciudad para los Niños", financiado por la Fundación de la Biblioteca Pública de Grand Rapids, la Fundación Wege y el Consejo de Arte y Cultura de Michigan, con el patrocinio de Independent Bank y Brad y Gayl Kessel.

March 27-29, 2026

Jumpstart 2026 Grand Rapids, Mi

One of the most anticipated annual programs, Jumpstart gives our dancers the unique opportunity to step into the role of choreographer, creating original works on their peers in just two weeks. his high-energy performance showcases true exploration, where boundaries are pushed, new ideas come to life, and anything is possible. With a diverse range of styles and perspectives, each performance is a one-of-a-kind experience, making Jumpstart a memorable production for dance lovers and newcomers alike.

Jumpstart, uno de los programas anuales más esperados, ofrece a nuestros bailarines la oportunidad única de asumir el rol de coreógrafos, creando obras originales sobre sus compañeros en tan solo dos semanas. Su actuación llena de energía muestra una auténtica exploración, donde se traspasan los límites, surgen nuevas ideas y todo es posible.

Star Customs Fall Festival Car Show

On Saturday, 9/20/25 we headed out to 29 N. Main St, Kent City, MI for Star Customs Fall Festival Car Show. Owner Mike Lentz and his team brought out sweet custom rides for people to look at.

Traffic barriers were set out on Main Street to keep regular traffic out, so people & kids could enjoy walking around the Festival Car Show. Customs cars, antiques, classics, vintage cars, hot rods and so much more for spectators to look at. There was plenty of excitement. DJ on stage spinning tunes, craft vendors, food vendors, Bounce tents for the kids to jump on and play. Muskegon's Annual Cars for Cancer people selling raffle tickets for a 1957 Chevy Bel Air on display. Star Customs Pin-up 2025 girls completing for the crown. Finally, at 4:00pm, trophies & prizes to the winners!

Somos pocos pero locos en lowriding!

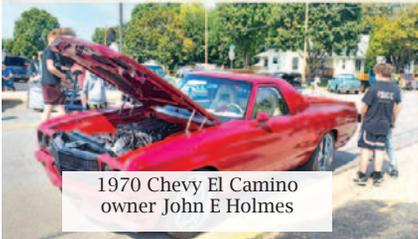
Having a car event?
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CAR SHOWS UPDATE MARCH 2026

Detroit 73rd Annual AUTORAMA!
February 27 – March 1, 2026
Huntington Place (Cobo Hall)
1 Washington Boulevard
Detroit, MI 48226
\$30 Adults
\$10 Children 6-12 years old
Children 5 years FREE!



1906 Holsman High Wheeler owner Adam Gordon



1970 Chevy El Camino owner John E Holmes



Star Customs owner Mike Lentz (black shirt) with participants for photo op



1964 Dodge Coronet 440 owners Dennis & Linda Biggins from Grand Rapids, MI



1965 Rambler Marlin owner Craig Oliver



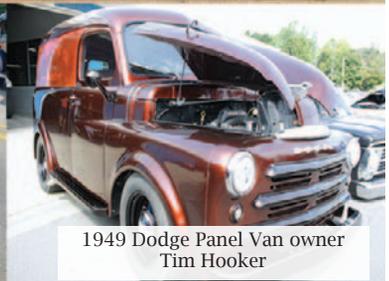
1931 Chrysler CD8 owner Brent & Rose Montague



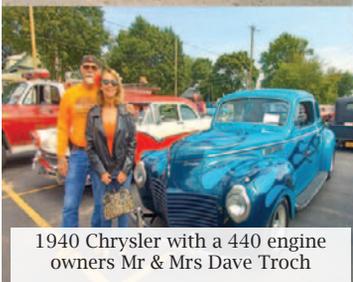
1940 Chevy Truck owner Rose & Brent Montague



1930 DeSoto



1949 Dodge Panel Van owner Tim Hooker



1940 Chrysler with a 440 engine owners Mr & Mrs Dave Troch



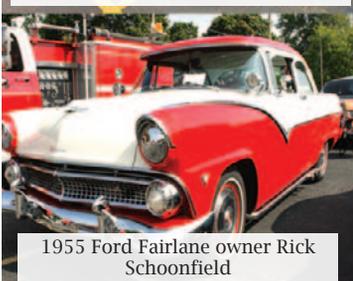
1950's Chevrolet Pickup 3100



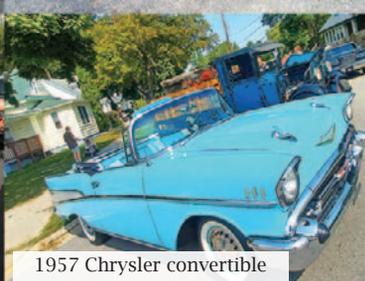
1950's Studebaker Power Hawk owner Rae Sheridan



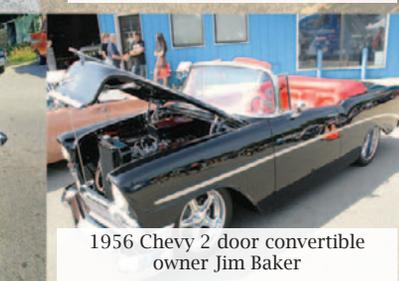
1953 Chevy Bel Air owner Jeff & Brie Floyd



1955 Ford Fairlane owner Rick Schoonfield



1957 Chrysler convertible



1956 Chevy 2 door convertible owner Jim Baker



1957 Chevy Bel Air convertible

Zhamira

La Voz

Zhamira Zambrano is a Venezuelan-American singer, songwriter, and content creator who performs Latin pop music. She first gained recognition for posting song covers on YouTube, and officially launched her music career in 2019 with her debut single, "Si Te Vas". Zambrano has released several hits, including "Estrellita" and "Extrañándote", a duet with her husband, Latin Grammy nominee Jay Wheeler.

Zhamira Zambrano es una cantante, compositora y creadora de contenido venezolano-estadounidense que interpreta música pop latina. Se dio a conocer inicialmente publicando versiones de canciones en YouTube y lanzó oficialmente su carrera musical en 2019 con su sencillo debut, "Si Te Vas". Zambrano ha lanzado varios éxitos, incluyendo "Estrellita" y "Extrañarte", un dueto con su esposo, el nominado al Grammy Latino Jay Wheeler.

LOS TIGRES DEL NORTE



By Lisa Wiseman

When Los Tigres del Norte appeared on *The Simpsons*, it was more than a cameo — it was a cultural milestone. The famed Norteño band from Sinaloa, Mexico, brought regional Mexican music to one of America's longest-running television series, introducing their powerful storytelling to a new generation of viewers.

Formed in the late 1960s by members of the Hernández family, the group later settled in San Jose, California, carrying with them the traditions of the corrido — narrative ballads deeply rooted in Mexican history. Their breakthrough came in the 1970s with “Contrabando y Traición,” a gripping border tale that propelled them to international fame and helped redefine the modern corrido.

While traditional corridos once centered on folk heroes and revolutionaries, Los Tigres del Norte shifted their focus to contemporary realities. Through songs about migration, border life, social injustice, and political corruption, they gave voice to working-class communities on both sides of the border. Their bold storytelling earned them the nickname “Los Jefes de Jefes” and a devoted following throughout Mexico and the United States.

Over the decades, the band has won Grammy and Latin Grammy Awards, sold millions of records, and produced enduring hits like “La Puerta Negra” and “La Mesa del Rincon.” Yet their greatest achievement may be their ability to unite generations. At their concerts, grandparents, parents, and children sing together, bound by stories of struggle, resilience, and hope.

That spirit will be on display when Zamora Live! brings their La Loteria tour to Grand Rapids. Los Tigres del Norte will perform at DeVos Performance Hall on Sunday, March 22 at 8:00 p.m. Tickets from the November 30, 2025 performance will be honored.

Cuando Los Tigres del Norte aparecieron en Los Simpson, fue más que un cameo: un hito cultural. La famosa banda norteña de Sinaloa, México, incorporó la música regional mexicana a una de las series de televisión más longevas de Estados Unidos, presentando su poderosa narrativa a una nueva generación de espectadores.

Formado a finales de la década de 1960 por miembros de la familia Hernández, el grupo se estableció posteriormente en San José, California, llevando consigo la tradición del corrido: baladas narrativas profundamente arraigadas en la historia mexicana. Su gran éxito llegó en la década de 1970 con “Contrabando y Traición”, una conmovedora historia fronteriza que los catapultó a la fama internacional y ayudó a redefinir el corrido moderno.

Si bien los corridos tradicionales alguna vez se centraron en héroes populares y revolucionarios, Los Tigres del Norte cambiaron su enfoque hacia las realidades contemporáneas. A través de canciones sobre la migración, la vida fronteriza, la injusticia social y la corrupción política, dieron voz a las comunidades obreras de ambos lados de la frontera. Su audaz narrativa les valió el apodo de “Los Jefes de Jefes” y una fiel afición en México y Estados Unidos.

A lo largo de las décadas, la banda ha ganado premios Grammy y Latin Grammy, ha vendido millones de discos y ha producido éxitos imperecederos como “La Puerta Negra” y “La Mesa del Rincón”. Sin embargo, su mayor logro quizás sea su capacidad de unir generaciones. En sus conciertos, abuelos, padres e hijos cantan juntos, unidos por historias de lucha, resiliencia y esperanza.

Ese espíritu se hará patente cuando Zamora Live! traiga su gira La Loteria a Grand Rapids. Los Tigres del Norte se presentarán en el DeVos Performance Hall el domingo 22 de marzo a las 8:00 p. m. Se aceptarán boletos para la presentación del 30 de noviembre de 2025.

TOUR 2026

Los Tigres Del Norte

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JUANES ANUNCIA SU GIRA 'JUANES WORLD TOUR 2026'

29-time GRAMMY® and Latin GRAMMY® Award-winning icon Juanes announces his Juanes World Tour 2026, with over 50 global dates spotlighting the artist recently named "The Top Latin Rock/Pop artist of the 21st Century" by Billboard.

Movistar Arena on November 20.

All of the Juanes World Tour 2026 stand-alone shows will feature a distinctive new musical & visual presentation, exploring the introspective duality concept of the songs and visuals of the JuanesTeban album.

Promoted by Live Nation, the North American tour dates kick-off September 3 in Orlando and runs through October stopping in major cities across the country such as Nashville, Boston, Los Angeles, Miami, and many more.

With 20 Billion career music streams, 17 #1 songs, and wide acclaim as one of Latin music's best live performers, Juanes' tour will be a don't miss event, filled with an abundance of beloved classic hits and live debuts of the new music from his highly anticipated upcoming JuanesTeban album.

A concept album co-produced by Nico Cotton & Juanes, JuanesTeban thrives on the idea of duality, as Juanes explores the sound of both darkness and light, cumbia and rock, spirituality and carnal romance, lyrics of uplifting optimism & joy, and of emotional vulnerability - the two opposite faces of the same very human artist, that coexist and complement each other. Juanes is the approachable singer known all over the globe. Teban is his undaunted alter ego, never afraid to speak out the deepest emotional truths. Find Pre-Save/Pre-Sale Here.

Having already performed two recent headline appearances at festivals in Puerto Rico and Barranquilla, JUANES will next give additional headline appearances at the famed Viña Del Mar (Feb. 25) and Vive Latino (Mar. 14) concert festivals – as well as an already sold-out March 1st stand-alone show at Madrid's Movistar Arena. From there, the Juanes World Tour 2026 will have additional standalone shows in Mexico (Guadalajara, Monterrey & San Luis Potosí), a festival visit to Costa Rica, a return to Europe, an extensive 29-show run visiting arenas and large capacity theaters across North America, and a long awaited homecoming show in Bogota at the



El ícono colombiano del rock/pop y ganador de 29 GRAMMYS y Latin GRAMMYS, recientemente reconocido por Billboard como "El Mejor Artista Latino de Rock/Pop del Siglo XXI", anuncia su esperada gira 'Juanes World Tour 2026', un ambicioso recorrido que incluirá más de 50 fechas alrededor del mundo.

Promocionada por Live Nation, la gira por Norteamérica comienza el 3 de septiembre en Orlando y se extiende hasta octubre, con paradas en importantes ciudades del país como Nashville, Boston, Los Ángeles, Miami y muchas más.

Con más de 20 mil millones de reproducciones globales, 17 canciones en el puesto #1 y el reconocimiento como uno de los artistas latinos más impactantes sobre el escenario, JUANES promete una gira verdaderamente imperdible. El público podrá disfrutar de los clásicos que han marcado generaciones, junto con el debut en vivo de la nueva música de su esperado próximo álbum, 'JuanesTeban'.

Coproducido por Nico Cotton y el propio JUANES, 'JuanesTeban' es un álbum conceptual que gira en torno a la dualidad. En esta nueva etapa creativa, el artista explora la luz y la oscuridad, la cumbia y el rock, la espiritualidad y el romance carnal; combina letras cargadas de optimismo y alegría con momentos de profunda vulnerabilidad emocional. Son las dos caras de un mismo artista profundamente humano que coexisten y se complementan. JUANES representa al cantante cercano y universalmente reconocido; Teban es su alter ego intrépido, dispuesto a revelar sin filtros sus verdades emocionales más profundas. [Haz clic aquí para Pre-Save]

Tras haber encabezado festivales en Puerto Rico y Barranquilla, JUANES continuará con presentaciones en los prestigiosos festivales incluyendo Viña del Mar (25 de febrero) y Vive Latino (14 de marzo). Además, ofrecerá un concierto el 1 de marzo en el Movistar Arena de Madrid, cuyas entradas ya están completamente agotadas.

Juanes World Tour 2026 también incluirá presentaciones en México (Guadalajara, Monterrey y San Luis Potosí), una participación en un festival en Costa Rica, un esperado regreso a Europa, una extensa gira de 29 fechas por arenas y teatros de gran capacidad en Norteamérica, y un emotivo concierto de regreso a casa en Bogotá, el 20 de Noviembre en el Movistar Arena.

Cada uno de los conciertos del Juanes World Tour 2026 contará con una propuesta musical y visual renovada, diseñada para profundizar en el concepto de dualidad que define tanto las canciones como la estética de 'JuanesTeban'. <https://pre-save.umusic.com/juanesteban>

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BELINDA

I'm Belinda Sanchez, a 21-year-old Mexican American Creative driven by Personal and Artistic growth. Modeling pushes me beyond my comfort zone and allows me to step into new versions of myself. I'm Passionate about cooking, makeup, photography, fashion, music & anything that Fuels Creativity and Connection. I refuse to stay in one lane, choosing to explore multiple creative paths with Authenticity, Versatility & Confidence. I don't Chase Attention it finds me.



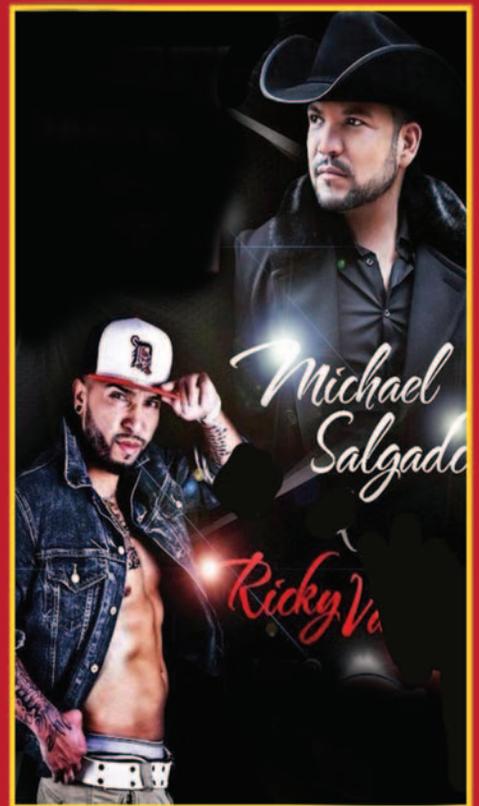
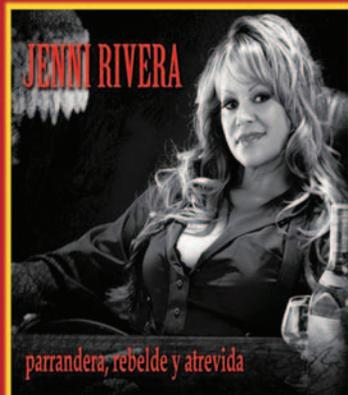
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Why You Should Stop Checking Your Phone First Thing in the Morning

It can be far too easy to transition from turning off your alarm to suddenly surfing social media. Before you know it, 15 or 20 minutes have vanished. If you regularly fall down this rabbit hole, you know you can't have those 15-plus minutes back each day.

But you can spare them tomorrow by making it a habit to leave your phone untouched first thing in the morning.

How many people check their phone first thing in the morning?

The average person spends more than 4.5 hours per day on their smart phone, according to recent data. Many of us inch toward that figure first thing in the morning. Most surveys say between 70% and 80% of people check their phones within 10 minutes of waking up.

Are there benefits to scrolling your phone first thing in the morning?

Going on your phone first thing in the morning to find uplifting content may motivate you to have a great day. Maybe this includes reading positive affirmations and inspirational quotes. A small study found that 70% of the 60 participants studied considered morning scrolling as a relaxing way to ease into the day, when kept to a short duration.

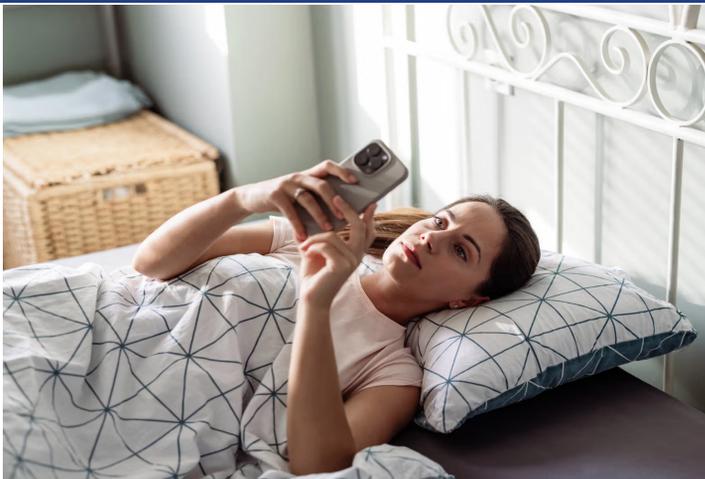
While social media has its benefits when used moderately – including social connection, access to information and entertainment and relaxation – many of us aren't scrolling for a short duration, as evidenced by the earlier statistics.

When opening our phones in the morning, we're not likely to be too selective; whatever our feeds and notifications serve up is probably what we will indulge in. From emails to news stories to social media takes, it's far from guaranteed this content will be wholly positive, which can in turn make us feel overwhelmed.

The negative effects of scrolling first thing in the morning

There are specific negative habits associated with screen time, habits we may engage in first thing in the morning. One of those is called "doomscrolling," which is the act of continuously scrolling through distressing news and content. If you are someone with depressive symptoms or symptoms of anxiety, some experts say you may develop this habit to validate the headspace you are already in.

Then there's a term called "brain rot." This refers to the mental fog that follows excessive time consuming low-quality, fast-paced content online. If you find yourself scrolling through a steady stream of video shorts when you wake up, you may be succumbing to brain rot, which can leave you mentally fatigued before your feet even touch the ground in the morning. Not to mention, the time you spend scrolling your phone is time and attention diverted from a significant other. Being unavailable in real time or in the moment can lead to



feelings of anger and resentment from your partner.

According to that same small study, cons of morning scrolling include:

- **Increased stress and anxiety:** Studies find excessive smartphone use can lead to symptoms of depression, anxiety, stress and poor sleep quality. Flooding your brain with mindless content and negative news and "doomscrolling" can trigger your stress response and set a negative tone for the day.
- **Reduced productivity:** Spending 10, 20 or even 30 minutes scrolling delays your day and can create a pattern of procrastination that becomes easier to fall into multiple times after you already did it once.
- **Disrupted morning routine:** The more time you spend scrolling, the less time you spend getting ready for work or school in the morning, going to the gym or any other thing you normally like to get a head start on. You may be less motivated to tackle these things if you allow yourself to be sucked into your phone.

El uso matutino del smartphone puede fácilmente provocar pérdida de tiempo, ya que hasta el 80% de las personas revisan su teléfono en los 10 minutos siguientes a despertarse. Si bien algunos pueden encontrar beneficios en el contenido motivador, muchos realizan un desplazamiento excesivo, lo que conlleva efectos negativos como aumento del estrés, reducción de la productividad y alteración de las rutinas. El fenómeno del "doomscrolling" expone a los usuarios a información angustiada, mientras que el consumo de contenido de baja calidad produce "podridón cerebral". Estos hábitos pueden exacerbar la ansiedad y disminuir el bienestar general, por lo que es fundamental reconsiderar el uso matutino del teléfono.

How long should you wait before checking your phone in the morning?

Give yourself a buffer from the digital world by avoiding your phone for the first 30 minutes to an hour each day, even on weekends. You may have to make an exception to check for important missed calls or texts, but if you do, try putting your phone right back down. Since many of us use our phone as an alarm, buying an alarm clock may help decrease your temptation to start scrolling.

Try swapping out early-morning screen time for the following mindful activities that can give you a tranquil start to the day.

- **Meditation:** Ten to 20 minutes of morning meditation can help calm your mind and get your day off to a positive start.
- **Breathwork:** This is a practice that releases toxins and stress when you exhale and nourishes your body and mind when you inhale. Research has found certain types of breathwork to lower blood pressure and heart rate.
- **Stretching:** It's common for our bodies to feel a little tight upon waking up. Stretching can keep your muscles flexible and promote a healthy range of motion in your joints.

• **Journaling:** This is a powerful way to process your emotions. Some of us also feel most creative when waking up; tapping into that creativity by journaling can be a great way to activate your brain for the day.

Not everyone feels the same about their online experience. Maybe you're satisfied with the time you spend on your phone and find it to be mostly beneficial. That's why it's important to do a self-check-in and ask yourself what your mood is like when you're online.

Do you find yourself more stressed after spending time on social media? Taking inventory to see how screen time impacts your daily habits is a great place to evaluate some of your habits.

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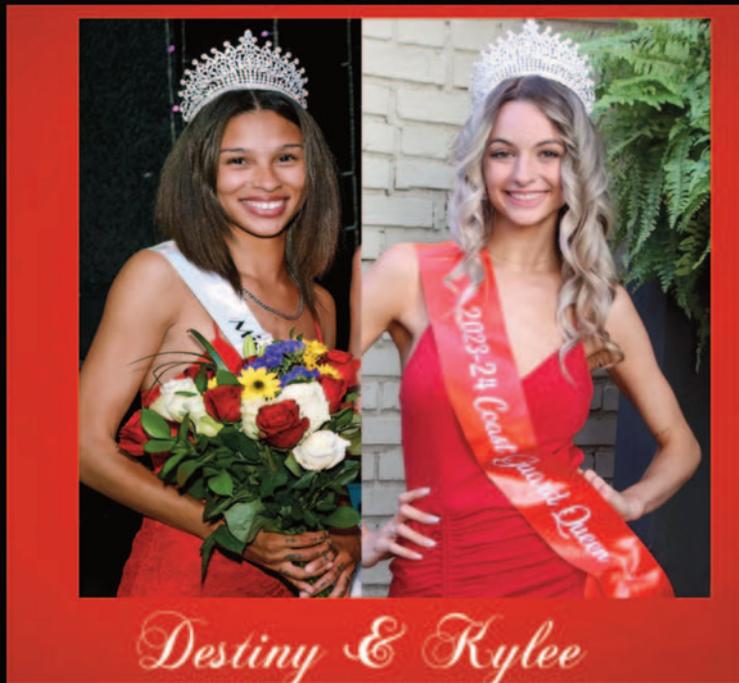
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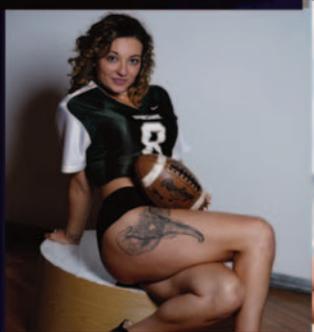
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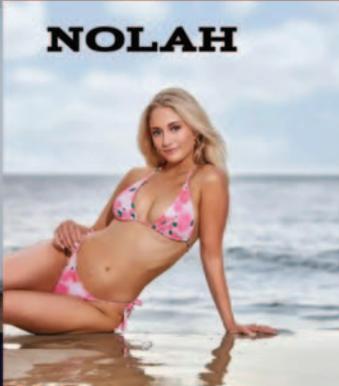
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