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Bilingual Magazine



September 2024 • Vol 26 • Michigan's Largest Bilingual Magazine • www.lavozweb.com



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OUR COMMON HISTORY TELLS US, AMERICANS EMBRACE CHANGE

NUESTRA HISTORIA COMÚN NOS DICE QUE LOS ESTADOUNIDENSES ACEPTAN EL CAMBIO



Americans will soon have an opportunity to embrace the generational change in politics that the vast majority of voters seek. Our national elections which will be held on **Tuesday, November 5th 2024** will catapult our nation into a major wave of political and social change determined by a will of the people. We will soon bear witness to a renewed wave of grassroots political activism such as the major waves of change throughout our nation's long history. Politics at the national, state, and local levels every four years is often like a major national football game! The two teams square off on the field hoping their team can execute the strategies and plays that were well rehearsed during the season. Like many Americans, I too enjoy watching exciting matchups on and off the field.

As a former U.S. History and Government Teacher working with students, I learned that most Americans do not keep up with civics as they should. Many are easily led blindly to the voting booths with disinformation and gross stereotypes about the opposing parties. The politics of this nation have become unpleasant as candidates throw out gross personal criticisms of each other thereby sidestepping their responsibilities to educate the public about their stances on key issues. Every generation is affected by decisions made by our government's representatives. Each generation, old and young are demanding representation that reflects their group, perspectives and needs.

Americans have witnessed historical waves of change! Immigration waves, Slavery, the Industrial Revolution, the Abolition of Slavery, Women's Suffrage, Jim Crow, Segregation to Integration, the Information & Technological Age, The Cold War, The Civil Rights Era, etc. We have ushered in new waves of thought and erased many of the ill-bearing policies of the past. The cry, "**We aren't going Back!**" should be studied by everyone! Our national demographics have changed, and the face of America looks more like the faces seen at the DNC convention vs the Republican National Convention. Women are at the forefront of change again! The Kamala Harris and Tim Walz candidacies for President and Vice President will be America's greatest test of change! Expect a huge voter turnout to make this result happen! **You don't have to be Nostradamus to predict the outcome!**

Fighting to defend democracy has been everyone's battle cry over the many years that political parties have existed. Each group often publicly defiles the opposing party and their candidates as communist, fascist, liberal or conservative. It was refreshing to witness the differences between the recent Republican and Democratic National Conventions. I listened intently to all the speakers in both conventions and am thoroughly convinced that **the Democratic National Convention was the most diverse, on target and inspirational!** The DNC Political Platform has more promise than the GOP Republican Platform! No exaggerations here! Pure facts. **Increased Jobs, Higher wages, Lower Inflation, Improvements in our nation's infrastructure, National Security -Foreign and Domestic, Border Security, Corporate influence and need to control "price gouging" by the corporate élites, Gaza, Israel, Iran the Middle East, the Ukraine/Russia War, a Women's Right To Choose, Protecting the environment, and Supreme Court Reforms** to insure that no one is above the law and every public official acts ethically, should continue to be our most important issues that bind us together! **Our nation is in for an exciting Fourth Quarter!**

Los estadounidenses pronto tendrán la oportunidad de aceptar el cambio generacional en la política que busca la gran mayoría de los votantes. **Nuestras elecciones nacionales que se llevarán a cabo el martes 5 de Noviembre de 2024** catapultarán a nuestra nación a una gran ola de cambio político y social determinado por la voluntad del



pueblo. Pronto seremos testigos de una ola renovada de activismo político de base, como las grandes olas de cambio a lo largo de la larga historia de nuestra nación. ¡La política a nivel nacional, estatal y local cada cuatro años es a menudo como un gran partido de fútbol nacional! Los dos equipos se enfrentan en el campo con la esperanza de que su equipo pueda ejecutar las estrategias y jugadas que se ensayaron bien durante la temporada. Como muchos estadounidenses, yo también disfruto viendo enfrentamientos emocionantes dentro y fuera del campo.

Como ex profesor de Historia y Gobierno de los Estados Unidos que trabajaba con estudiantes, aprendí que la mayoría de los estadounidenses no se mantienen al día con la educación cívica como deberían. Muchos son fácilmente llevados a ciegas a las urnas de votación con desinformación y estereotipos burdos sobre los partidos opositores.

La política de esta nación se ha vuelto desagradable a medida que los candidatos lanzan groseras críticas personales entre sí, evitando así sus responsabilidades de educar al público sobre sus posturas en temas clave. Cada generación se ve afectada por las decisiones que toman los representantes de nuestro gobierno. Cada generación, vieja y joven, está exigiendo una representación que refleje su grupo, perspectivas y necesidades.

¡Los estadounidenses han sido testigos de oleadas históricas de cambio! Olas de inmigración, esclavitud, la Revolución Industrial, la abolición de la esclavitud, el sufragio femenino, las leyes de Jim Crow, de la segregación a la integración, la era de la información y la tecnología, la Guerra Fría, la era de los derechos civiles, etc. Hemos introducido nuevas oleadas de pensamiento y borrado muchas de las políticas perjudiciales del pasado. El grito "¡No vamos a volver atrás!" debería ser estudiado por todos. Nuestra demografía nacional ha cambiado y el rostro de Estados Unidos se parece más a los rostros que se vieron en la Convención Nacional Demócrata en comparación con la Convención Nacional Republicana. ¡Las mujeres están a la vanguardia del cambio nuevamente! **Las candidaturas de Kamala Harris y Tim Walz para presidente y vicepresidente serán la mayor prueba de cambio de Estados Unidos.**

¡Espere una gran participación de votantes para que este resultado suceda! No tiene que ser Nostradamus para predecir el resultado.

Luchar para defender la democracia ha sido el grito de batalla de todos durante los muchos años que han existido los partidos políticos. Cada grupo a menudo denigra públicamente al partido oponente y a sus candidatos como comunistas, fascistas, liberales o conservadores. Fue refrescante presenciar las diferencias entre las recientes Convenciones Nacionales Republicana y Demócrata. Escuché atentamente a todos los oradores en ambas convenciones y estoy completamente convencido de que la Convención Nacional Demócrata fue la más diversa, acertada e inspiradora. ¡La Plataforma Política del DNC es más prometedora que la Plataforma Republicana del GOP! ¡No hay exageraciones! Puros hechos. **Más empleos, salarios más altos, menor inflación, mejoras en la infraestructura de nuestra nación, seguridad nacional (exterior e interior), seguridad fronteriza, influencia corporativa y la necesidad de controlar la "especulación con los precios" de las élites corporativas, Gaza, Israel, Irán, Medio Oriente, la guerra entre Ucrania y Rusia, el derecho de las mujeres a elegir, la protección del medio ambiente y las reformas de la Corte Suprema** para garantizar que nadie esté por encima de la ley y que cada funcionario público actúe éticamente, ¡deberían seguir siendo nuestros temas más importantes que nos unen! **Nuestra nación está a punto de vivir un cuarto trimestre emocionante!**



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The Community Voice
LA VOZ
Bilingual Magazine

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September 2024, Volume 26 - No. 09
Reaching over 40,000 readers
Circulation 17,000 copies
Printed at Printwell
To contact The Community Voice/
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Defending Peter Arredondo:

Sat. Aug. 17, 2024, 8:45pm



By Jorge Martinez
U.S. Veteran

Defending perhaps, the most hated man in America usually falls to journalists who demand knowing all sides of a story. Firemen and journalists always stay around after a tragedy to clean up or make sense of things. These tireless guardians of truth are rarely recognized, nor expect to be. They are however, flawed human beings. Admittedly, I was initially biased against Peter Arredondo the former police chief of Uvalde Texas[1].

This was due to the impact of seeing a tall overweight bald man wearing a police uniform expressing no emotion. His size and demeanor depicted him as an evil character of the story. The other was the slanted media coverage of events with obvious police failures depicting them as cowardly. Watching the agonizing response by victim's parents sealed my unconscious bias against Arredondo. Even as I attempted to gain a professional perspective the gut-wrenching reality tore my soul. Yet, we must remain a nation of laws, regardless of whether the Supreme Courts betrays our trust. Like modern Knights police take a similar oath to defend and protect the weak, which they failed to do. Arredondo pleaded not guilty to multiple charges related to the incident. Suspiciously, out of nearly 400 officers and multiple agencies only two are being charged for their decisions at the Robb Elementary School Massacre May 24, 2022. So as to add to the chaos, the Texas Department of Public Safety, an agency with a notorious history of racial bias continues keeping details of the massacre secret. Along with Texas Rangers who have hundreds of unresolved, uninvestigated accusations of murder against them throughout history. Amongst them the Massacre of Provenir by Texas Rangers of Company B of 15 boys and old men in 1918. Details of the massacre can be found on TSHA[2].

Familiar with Texas history victim's families remained suspicious and sued the state for full disclosure, which it failed to do. Seeking to pin point the guilty Texas blames Police Chief Arredondo for failing to set up a command post that would share newly obtained information. His Houston attorney Paul C. Looney, states Arredondo is being charged under a "novel theory of criminality that makes matters tragically worse". Claiming his client was remiss is based on "lies and deception", adding Arredondo is "being scapegoated". As per Looney, Arredondo ceased being chief the moment he walked into "the hot zone" and became a First Responder. As per his statement "the incident commander is someone not in the hot zone. Someone outside the fire zone should have set up the command post, which they were trained and supposed to do, but didn't." Naturally, parents of the victims reject his statements and as per Brett Cross, father of one of the victims, "the first on scene in an active shooter training are taught to stop the killing." Officers at the scene stated they believed no one was in the room as there was confusion over Award Day presentation scheduled that day. Further investigation by the Texas Tribune discovered school shooting training for children requires they remain silent and still, by doing so they actually sealed their fates as approaching officers misinterpreted the silence as the room being empty. Further confusion was sowed as random officers began telling approaching units it was a "barricaded shooter situation, not an active shooter." Nor, I suspect had Uvalde Of-

ficers received the same quality of active shooter training as urban departments. In addition to the "cascade of failures" the rural police department was not equipped with high quality radios and equipment. As an indicator of poor discipline, Arredondo did not have his radio or protective vest. As proven, lackadaisical attitudes start at the top and filter down to the apparently poorly trained overweight officers. These improperly vetted, physically below standard men also failed psychologically to anticipate a school shooting. Their amateurish responses to shots fired and learning the shooter was firing an AR-15 style rifle with .223 cal. rounds exposed poor professionalism. This weapon is the most popular weapon for mass shooters. In addition, there was no inter-agency liaison to establish inter-agency radio communication. This hindered effective cooperation and made rescue efforts nearly impossible. Today Arredondo is said to be selling barbecue to make a living. His attorney, Paul C. Looney during a Houston Press conference cast doubt upon the investigation pointing out multiple failures in protocols which exonerate Arredondo. He claims Texas Rangers and DPS are still withholding essential details so as to avoid a public relations disaster. Obviously, after such failures refusing to admit flaws, casts doubt upon the system. This is tenfold for Mexican Americans who have been the recipients of thousands of racial injustices. Demands for federal oversight of individual departments has long been ignored. National demands for police oversight committees continue to be ignored. The lack of a nationally recognized leader further hinders political pressure. Without a Mexican American Martin Luther King, we remain at the mercy of invisible puppeteers pulling strings behind the scenes. A half dozen officers could face criminal charges and their fate lingers like a dark shadow in the childless streets of Uvalde Texas. Looney expressed sadness and conviction in a final statement. "There is no theory under law for this man to have criminal liability." He blasted Steve McCraw, DPS director, "families of the victims have to know this is not a complete story." DPS Texas Rangers and Abbott perpetuate their habitual indifference towards poor Mexican Americans and will distract us by sacrificing a convenient pawn. Ted Cruz, a Trump supporter remains silent, but has refused to support new limits on gun purchases.



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Community News

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NVISION LATINO FILM & MUSIC FESTIVAL ANNOUNCES EXCITING LINEUP FOR ITS 10TH ANNUAL CELEBRATION

The NVISION Latino Film and Music Festival, a vibrant evolution of the Official Latino Film Festival, unveils its dynamic 10th-anniversary lineup. Taking place from October 10-12, in partnership with Palm Springs Art Museum, this year's festival will showcase a diverse selection of films that highlight Latino culture, indigenous communities, LGBTQIA+ narratives, and more,

cluding the United States, Cuba, Spain, the Dominican Republic, Colombia, Peru, Venezuela, Canada, Mexico, Argentina, and Costa Rica. NVISION will also feature exclusive panels and special talks by industry luminaries such as Leslie Grace, Anthony Ramos, Jessy Terrero, and more, offering unique insights into the vibrant world of Latino cinema and music.

The festival will showcase an impressive lineup of four feature-length films and 35 short films. These films represent a diverse range of countries, in-

El Festival de Música y Cine Latino NVISION, una vibrante evolución del Festival Oficial de Cine Latino, presenta su dinámica programación del décimo



destacan la cultura latina, las comunidades indígenas, las narrativas LGBTQIA+ y más.



Thursday, October 10, 2024

Join us to celebrate the Hispanic/Latino arts and sciences that are making positive contributions to our community in Michigan.



aniversario. El festival de este año, que se llevará a cabo del 10 al 12 de octubre, en asociación con el Museo de Arte de Palm Springs, exhibirá una selección diversa de películas que presentará una impresionante programación de cuatro largometrajes y 35 cortometrajes. Estas películas representan una amplia gama de países, incluidos Estados Unidos, Cuba, España, República Dominicana, Colombia, Perú, Venezuela, Canadá, México, Argentina y Costa Rica. NVISION también contará con paneles exclusivos y charlas especiales a cargo de luminiarias de la industria como Leslie Grace, Anthony Ramos, Jessy Terrero y más, que ofrecerán visiones únicas del vibrante mundo del cine y la música latinos.

Latino students make up most of the nation's growth in college degrees

Hispanics represent nearly 80% of the growth in the number of degrees attained in the last five years, though they still lag behind other groups.

Latinos are making substantial strides in college degree attainment, according to a report released last month.

Hispanic students accounted for the vast majority, 79%, of the 4% overall increase in degree attainment over the last five years, according to an analysis by Excelencia in Education, a nonprofit focused on improving ways to boost Latino college completion.

However, Latinos still lag behind other groups in terms of college degree attainment. Only 27% of Hispanics earned an associate degree or higher in the 2021-22 academic year, compared to 44% of other Americans, and Latinos remain underrepresented in colleges and universities, according to the study.

Sarita Brown, co-founder and president of Excelencia in Education, said it's essential to increase the number of Latinos earning college degrees to address the country's workplace and labor goals.

"We are proud to make common cause with institutional leaders who choose to be part of our national network committed to accelerating Latino student success in higher education," Brown said in a statement. "Together, they are

ensuring America's bright future with the talents of Latinos."

The 34-page report highlighted that, compared to other ethnic and racial groups, Latino college students are overwhelmingly first-generation students — the first in their family to attend college.

Many Latino college students received financial aid, but they are cautious about taking out student loans. While around 49% of Latinos qualified for and received federal Pell Grants — which do not have to be repaid — only a quarter of Latino students took out federal student loans. This represents one of the lowest borrowing rates among all ethnic and racial groups — second only to Asian students.

Los latinos están logrando avances sustanciales en la obtención de títulos universitarios, según un informe publicado el mes pasado.

Los estudiantes hispanos representaron la gran mayoría, el 79%, del aumento general del 4% en la obtención de títulos en los últimos cinco años, según un análisis de Excelencia in Education, una organización sin fines de lucro centrada en mejorar las formas de impulsar la finalización universitaria de los latinos.

Sin embargo, los latinos todavía están rezagados respecto de otros grupos en términos de



obtención de títulos universitarios. Según el estudio, solo el 27% de los hispanos obtuvo un título asociado o superior en el año académico 2021-22, en comparación con el 44% de otros estadounidenses, y los latinos siguen estando subrepresentados en los colegios y universidades.

Sarita Brown, cofundadora y presidenta de Excelencia in Education, dijo que es esencial aumentar el número de latinos que obtienen títulos universitarios para abordar los objetivos laborales y laborales del país.

"Estamos orgullosos de hacer causa común con los líderes institucionales que eligen ser parte de nuestra red nacional comprometida a acelerar el éxito de los estudiantes latinos en la educación superior", dijo Brown en un comunicado. "Juntos, están asegurando el brillante futuro de Estados Unidos con los talentos de Latinos".

Harris raises \$540 million since launching her presidential campaign

A memo released by Harris' campaign manager, Jen O'Malley Dillon, said the \$540 million raised included \$82 million that came in during convention week and is a sign of Democratic enthusiasm for her candidacy.

"This is the most ever for any presidential campaign in this time span," she said.

Un memorando publicado por la directora de campaña de Harris, Jen O'Malley Dillon, dijo que los 540 millones de dólares recaudados incluyen 82 millones de dólares que llegaron durante la semana de la convención y es una señal del entusiasmo demócrata por su candidatura.

"Esta es la mayor cifra jamás alcanzada por cualquier campaña presidencial en este lapso de tiempo", dijo.



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Humanitarian Crisis: The Reality of Undocumented Migrants in the United States

"Crisis Humanitaria: La Realidad de los Migrantes Indocumentados en Estados Unidos"



Humanitarian Crisis: The Reality of Undocumented Migrants in the United States

In recent years, the situation of undocumented migrants in the United States has become an alarming humanitarian crisis. Thousands of people, mostly from Latin America, cross the border with hopes of finding a better future. However, once on U.S. soil, many face deplorable living conditions and a system that denies them fundamental rights.

Living Under Bridges and in Makeshift Tents

The lack of access to safe housing forces many undocumented migrants to live in precarious conditions. It is common to find entire families living under bridges or in makeshift tents. These areas, often located on the outskirts of major cities, lack basic services such as potable water, electricity, and sanitation, exposing people to constant diseases and dangers.



Without Health Insurance or Access to Education The situation is further aggravated by the lack of access to health services and education. Without legal immigration status, these migrants cannot access health insurance, leaving them vulnerable in any health emergency. Additionally, in many states, children of undocumented migrants are prevented from enrolling in public schools, denying them the right to education and limiting their future opportunities.

Discrimination and Criminalization Adding to these adversities is the discrimination they face in several states. Some state governments have implemented policies that criminalize the presence of undocumented migrants, worsening their vulnerability. These policies include denying basic services and actively pursuing undocumented individuals, creating a hostile and dangerous environment for these communities.

Alarming Statistics Every year, the number of undocumented migrants entering the United States continues to increase. According to recent data, it is estimated that approximately 1.2 million people crossed the border irregularly in 2022, a significant increase compared to the 977,000 in 2021. A large majority of these migrants are of Latin American origin, with a considerable percentage coming from countries like Mexico, Honduras, Guatemala, and El Salvador.

In 2024, significant figures regarding undocumented immigration in the United States have been reported. As of June 2024, U.S. Border Patrol reported approximately 1.44 million border encounters. Although not all these encounters correspond to undocumented individuals, these numbers serve as an approximate indicator of the magnitude of unauthorized immigration.

Country of Origin Distribution (2022 and trends until 2024):

Country of Origin: Approximate Undocumented Population (2022)

- Mexico: 4.0 million
- El Salvador: 750,000
- India: 725,000
- Honduras: 690,000
- Guatemala: 615,000
- Venezuela: 575,000
- Cuba: 530,000
- China: 350,000
- Haiti: 330,000
- Philippines: 310,000

Additional Observations:

- Mexico continues to be the primary source of undocumented immigrants, although their number has decreased since its peak in 2007.
- Central America (El Salvador, Honduras, Guatemala) continues to be a significant source due to violence and economic instability in the region.
- Undocumented immigrants from Venezuela and Cuba have increased significantly due to political and economic crises in those countries.

These statistics reflect the complex migration dynamics and the multiple reasons behind the increase in undocumented immigration, including economic, social, and political factors in the countries of origin (USAFacts) (Pew Research Center) (migrationpolicy).

Conclusion The situation of undocumented migrants in the United States is critical. The precarious living conditions, lack of access to essential services, and widespread discrimination are issues that require urgent attention. It is necessary for both the federal and state governments to address this crisis with policies that protect the human rights of all individuals, regardless of their immigration status. Until this happens, thousands of people will continue to face a harsh and dehumanizing reality in pursuit of an American dream that, for many, remains unattainable. Latino voters and residents must consider the politicians and their proposals to help the undocumented. Building a wall and deporting the undocumented is not a favorable solution for many who fled a violent regime and extreme poverty. The crisis is real, and we must all contribute to a solution that favors human rights.

En los últimos años, la situación de los migrantes indocumentados en Estados Unidos se ha convertido en una crisis humanitaria alarmante. Miles de personas, en su mayoría provenientes de América Latina, cruzan la frontera con la esperanza de encontrar un futuro mejor. Sin embargo, una vez en territorio estadounidense, muchos se enfrentan a condiciones de vida deplorables y a un sistema que les niega derechos fundamentales.

Viviendo Bajo Puentes y en Casetas de Campaña La falta de acceso a viviendas seguras obliga a muchos migrantes indocumentados a residir en condiciones precarias. Es común encontrar familias enteras viviendo bajo puentes o en casetas de campaña improvisadas. Estas áreas, a menudo situadas en las periferias de las grandes ciudades, carecen de servicios básicos como agua potable, electricidad y saneamiento, exponiendo a las personas a enfermedades y peligros constantes.

Sin Seguro Médico ni Acceso a la Educación La situación se agrava por la falta de acceso a servicios de salud y educación. Al no tener un estatus migratorio legal, estos migrantes no pueden acceder a seguro médico, lo que les deja vulnerables ante cualquier emergencia sanitaria. Asimismo, en muchos estados, los hijos de migrantes indocumentados se ven impeditidos de inscribirse en las escuelas públicas, negándoles así el derecho a la educación y limitando sus oportunidades futuras.

Discriminación y Criminalización A estas adversidades se suma la discriminación que sufren en varios estados. Algunos gobiernos estatales han implementado políticas que criminalizan la presencia de migrantes indocumentados, lo que agrava su situación de vulnerabilidad. Estas políticas incluyen la negación de servicios básicos y la persecución activa de personas sin documentación, generando un ambiente hostil y peligroso para estas comunidades.

Estadísticas Alarmantes

Cada año, el número de migrantes indocumentados que ingresan a Estados Unidos sigue aumentando. Según datos recientes, se estima que en el 2022 aproximadamente 1.2 millones de personas cruzaron la frontera de manera irregular, un aumento significativo en comparación con los 977,000 del 2021. De estos, una gran mayoría son de origen latinoamericano, con un porcentaje considerable proveniente de países como México, Honduras, Guatemala y El Salvador.

En 2024, se han reportado cifras significativas sobre inmigración indocumentada en los Estados Unidos. Hasta junio de 2024, la Patrulla Fronteriza de EE.UU. reportó aproximadamente 1.44 millones de encuentros fronterizos. Aunque no todos estos encuentros corresponden a personas indocumentadas, estos números sirven como un indicador aproximado de la magnitud de la inmigración no autorizada.

Distribución por país de origen (2022 y tendencias hasta 2024):

País de Origen - Población Indocumentada Aproximada (2022)

- México: 4.0 millón
- El Salvador: 750,000
- India: 725,000
- Honduras: 690,000
- Guatemala: 615,000
- Venezuela: 575,000
- Cuba: 530,000
- China: 350,000
- Haití: 330,000
- Filipinas: 310,000

Observaciones adicionales:

- México sigue siendo la principal fuente de inmigrantes indoc-

umentados, aunque su número ha disminuido desde su pico en 2007.

- Centroamérica (El Salvador, Honduras, Guatemala) continúa siendo una fuente importante debido a la violencia y la inestabilidad económica en la región.

Los inmigrantes indocumentados de **Venezuela y Cuba** han aumentado significativamente debido a las crisis políticas y económicas en esos países.

Estas estadísticas reflejan las complejas dinámicas migratorias y las múltiples razones detrás del incremento en la inmigración indocumentada, incluyendo factores económicos, sociales y políticos en los países de origen (USAFacts) (Pew Research Center) (migrationpolicy)

Conclusión

La situación de los migrantes indocumentados en Estados Unidos es crítica. Las condiciones de vida precarias, la falta de acceso a servicios esenciales y la discriminación generalizada son problemas que requieren atención urgente. Es necesario que tanto el gobierno federal como los estatales aborden esta crisis con políticas que protejan los derechos humanos de todos los individuos, independientemente de su estatus migratorio. Mientras esto no ocurra, miles de personas seguirán enfrentando una realidad dura y deshumanizante en busca de un sueño americano que, para muchos, sigue siendo inalcanzable. Los latinos que votan y son residentes, deben pensar en los políticos y sus propuestas para ayudar a los indocumentados. El poner una pared y deportar a los indocumentados no es una solución favorable para muchos que huyeron de un régimen violento y pobreza extrema.

La crisis es real y todos debemos ayudar con una solución a favor de un trato de derechos humanos.



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Labor Rights Week: Making Workplaces Safe and Fair for All

During Labor Rights Week 2024, Aug. 26-Aug. 31, the U.S. Department of Labor joins with many foreign embassies, including the Mexican Embassy and its 52 consulates, community and faith-based groups, and federal and state officials to promote the protection of rights to which every person who works in the U.S. is entitled.

Safe and healthy workplaces, payment of all legal wages and the speaking out to question working conditions or wage practices are rights guaranteed by U.S. law, regardless of immigration status. The law says: If you work in the U.S. you have these rights and the Department of Labor has the responsibility to hold employers who violate them accountable.

Labor Rights Week reminds us all of the importance of empowered workers, strong labor protections and how a culture of respect and fairness in the workplace makes business sense.

While we recognize that many employers comply with the law and treat their employees fairly, too often, our investigators find people who accept dangerous work or accept unfair wages because they don't realize the law protects them. Sadly, they put their safety at risk and fall victim to wage theft or other abuses for fear that complaining could cost them their job or lead them to be deported.

In 2022, 1,248 Latino workers suffered fatal workplace injuries – a rate nearly 22 percent higher than other workers. Nearly 64 percent of them were foreign-born. In the construction industry, nearly 40 percent of Latino workers who died on the job were born outside the U.S. Every worker — regardless of where their life began — deserves to end their workday safely.

In 2024, the department took important steps to protect all workers that included a farmworker protection rule that protects temporary migrant H-2A workers from labor exploitation and human trafficking and adds



safety requirements, and proposed a rule to require employers to protect workers from excessive indoor and outdoor heat exposure.

To help workers better understand their rights, the department expanded Migrantworker.gov in 2024 to provide workers with information in six more languages and TrabajadorMigrante.gov added Spanish-language videos on common challenges migrants face, including safe transport to job sites, illegal recruitment fees and the right of nursing employees to have the appropriate space and time to express breast milk.

During Labor Rights Week and throughout the year our mission remains clear. We must fight to protect every worker's safety, to ensure they receive all the wages and benefits and to make certain workers never fear retaliation for speaking their minds about workplace concerns.

Join us this Labor Rights Week as we promote dignity, equity and justice for all workers.

Durante la Semana de los Derechos Laborales 2024, del 26 al 31 de Agosto. El 31 de enero, el Departamento de Trabajo de los EE. UU. se une a muchas embajadas extranjeras, incluida la Embajada de México y sus 52 consulados, grupos comunitarios y religiosos, y funcionarios federales y estatales para promover la protección de los derechos de toda persona que trabaja en los EE. UU. con derecho.

Lugares de trabajo seguros y saludables, el pago de todos los salarios legales y hablar para cuestionar las condiciones laborales o las prácticas salariales son derechos garantizados por la ley estadounidense, independientemente del estatus migratorio. La ley dice: Si usted trabaja en los EE. UU., tiene estos derechos y el Departamento de Trabajo tiene la responsabilidad de responsabilizar a los empleadores que los violen.

La Semana de los Derechos Laborales nos recuerda a todos la importancia de contar con trabajadores empoderados, protecciones laborales sólidas y cómo una cultura de respeto y justicia en el lugar de trabajo tiene sentido desde el punto de vista empresarial.

Si bien reconocemos que muchos empleadores cumplen con la ley y tratan a sus empleados de manera justa, con demasiada frecuencia nuestros investigadores encuentran personas que aceptan trabajos peligrosos o salarios injustos porque no se dan cuenta de que la ley los protege. Lamentablemente, ponen en riesgo su seguridad y son víctimas de robo de salarios u otros abusos por temor a que quejarse pueda costarles su trabajo o llevarlos a ser deportados.

SEA LO QUE SEA EL FUTURO

Para los alumnos de Grand Valley, el futuro significa oportunidad e innovación. El futuro es global, nos conecta y nos une. Es local, le da forma a los espacios en los que trabajamos y en los que vivimos. Es un compromiso con el progreso. El futuro es donde las mentes son libres de imaginar lo que podría ser. En GVSU, el futuro es ahora. Y sea lo que sea el futuro para ti, te ayudaremos a llegar allí.

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Hispanic Heritage Month: ELEMENTS OF PRIDE Nuestro Orgullo



Lin-Manuel Miranda is an American songwriter, librettist, actor, singer, filmmaker, and rapper. He created the Broadway musicals *In the Heights* and *Hamilton*, and the soundtracks for the animated films *Moana*, *Vivo*, and *Encanto*.

Es un compositor, libretista, actor, cantante, cineasta y rapero estadounidense. Creó los musicales de Broadway *In the Heights* y *Hamilton*, y las bandas sonoras de las películas animadas *Moana*, *Vivo* y *Encanto*.

Pablo Alvarado Named one of TIME's 25 most influential people in America, Pablo Alvarado is often called the Cesar Chavez of day workers. Alvarado works tirelessly as director of the National Day Laborer Organizing Network, helping to both unify and strengthen its member organization and assist day laborers in their ability to mobilize and organize.

Nombrado como una de las 25 personas más influyentes de Estados Unidos por TIME, a Pablo Alvarado se le suele llamar el César Chávez de los jornaleros. Alvarado trabaja incansablemente como director de la Red Nacional de Organización de Jornaleros, ayudando a unificar y fortalecer su organización miembro y ayudar a los jornaleros en su capacidad de movilización y organización.



Sylvia Mendez is an American civil rights activist and retired nurse. At age eight, she played an instrumental role in the *Mendez v. Westminster* case, the landmark desegregation case of 1946.

Es una activista estadounidense de derechos civiles y enfermera jubilada. A los ocho años, desempeñó un papel fundamental en el caso *Méndez v. Westminster*, el caso histórico de abolición de la segregación de 1946.



Meg Medina The "Merci Suarez Changes Gears" author, Meg Medina([link is external](#)), received a Newbery Medal in 2019 and has shared that her writing is influenced by her Cuban heritage. Medina currently serves as the National Ambassador for Young People's Literature at the Library of Congress. Through this position, she will engage readers across the country with her platform "*¡Cuéntame!: Let's talk books*".

La autora de "Merci Suarez Changes Gears", Meg Medina([link es externo](#)), recibió una Medalla Newbery en 2019 y ha compartido que su escritura está influenciada por su herencia cubana. Medina actualmente se desempeña como Embajadora Nacional de Literatura Juvenil en la Biblioteca del Congreso. A través de este puesto, atraerá a lectores de todo el país con su plataforma "*¡Cuéntame!: Hablemos de libros*".

Xiuhtezcatl Roske-Martinez, also known by the initial X, is an American environmental activist and hip hop artist. Martinez was the Youth Director of Earth Guardians until 2019.



Martinez has spoken about the effects of fossil fuels.

Xiuhtezcatl Roske-Martinez, también conocido por la X inicial, es un activista ambiental y artista de hip hop estadounidense. Martínez fue Director Juvenil de Guardianes de la Tierra hasta 2019. Martínez ha hablado sobre los efectos de los combustibles fósiles.

Rosario Dawson Afro-Latina Rosario Dawson-of Puerto Rican and Cuban descent-is not only an actress and producer, but an activist and philanthropist as well. She is known for her political endorsements and campaigning for Democratic and Green Party candidates, as well as for co-founding Vote Latino, a non-profit org that encourages young Hispanics to register and become more politically active.



La afrolatina Rosario Dawson, de ascendencia puertorriqueña y cubana, no solo es actriz y productora, sino también activista y filántropa. Es conocida por su respaldo político y su campaña a favor de candidatos demócratas y del Partido Verde, así como por ser cofundadora de Vote Latino, una organización sin fines de lucro que alienta a los jóvenes hispanos a registrarse y ser más activos políticamente.

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

By Odille Parker Latino athletes were ever present at this year's Paris Olympic Games, both representing their home countries and Team USA, with 13 athletes returning home with gold medals, including Dominican sprinter Marileidy Paulino.

Paulino made history as the first woman from the Dominican Republic to win gold after winning the women's 400m race, also setting a new Olympic record with a time of 48.17. She is only the third person from the Dominican Republic to win an Olympic Gold medal.

Paulino, the flag bearer for her country at the summer Olympics, was born in Don Gregorio village, in the Nizao municipality of the Peravia province. She was seen as one of the sport's rising stars in 2016, when she won the Athletics National Championships in 100m and was defined as the recipient of the country's main hope in female athletics.

She participated in the 2017 Dominican Republic Military games in 2017, winning the 100m silver medal, a bronze in the 400m, and gold in the 4 x 100m relays. She again took part in the Military Games in 2018, winning gold in both the 100m and the 200m, qualifying for the 2018 Central American and Caribbean Games, where she took fourth in the 100m final and 200m final, and was part of the bronze medal team in the 4 x 100m relay.

In 2019, she was instrumental in her military branch team winning four gold medals (100m, 200m, 4 x 100m relay, 4 x 400 m relay) in the Dominican Republic Military Games, and was awarded Best Female Athlete



and Armed Forces Athlete of the Year. That same year, she took her third-consecutive gold in the 100m at the Dominican Republic National Championships, as well as a gold medal in the 200m, which served as a qualifier for the Pan American Games and World Championship.

She did not qualify for the finals in the 100 m at the 2019 Pan American Games, and ended in seventh place in the 200 m final. She competed in the 2019 World Championships in hopes of qualifying for the 2020 Tokyo Olympics, but did not qualify for the finals in the 200m event.

Paulino claimed a spot in the 2020 Tokyo Olympics when she competed at the Isaac Ogando Festival and took gold in the 400m with a time of 50.31.

She was one of 64 athletes representing her country at the 2020 Summer Olympics. She was part of the mixed 4 x 400m relay that set a national record at 3:12.74 and took home the silver medal. Paulino and Anabel Medina became the first female Dominican athletes to win an Olympic medal. In the 400m, she ran a national record 49.20 and took home silver, becoming the first Dominican athlete to win more than one medal in a single edition of the Olympic Games.

Paulino was part of the winning 4x400m relay team at the 2022 World Championships, setting the second-fastest time ever at 3:09.82. Paulino and teammate Fiodaliza Cofil became the first women medalists in a World Championship. Paulino also claimed silver in the individual 400m event.

She once again participated in the Central American and Caribbean Games in 2023, winning gold in the 400m and setting a new meeting record and Olympic berth. At the 2023 Pan American Games, she earned four medals – gold in the mixed relay and 200m event, bronze in the 4 x 100m relay, and silver in the 4 x 400m relay.

Los atletas latinos estuvieron siempre presentes en los Juegos Olímpicos de París de este año, representando a sus países de origen y al equipo de EE. UU., y 13 atletas regresaron a casa con medallas de oro, incluida la velocista dominicana Marileidy Paulino.

Paulino hizo historia al ser la primera mujer de República Dominicana en ganar el oro tras ganar la carrera femenina de 400 metros, estableciendo además un nuevo récord olímpico con un tiempo de 48.17. Ella es apenas la tercera persona de República Dominicana en ganar una medalla de oro olímpica.

Paulino, abanderada de su país en los Juegos Olímpicos de verano, nació en la aldea Don Gregorio, en el municipio de Nizao, provincia de Peravia. Fue vista como una de las estrellas en ascenso de este deporte en 2016, cuando ganó el Campeonato Nacional de Atletismo en 100 metros y fue definida como la destinataria de la principal esperanza del país en el atletismo femenino.

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Latin America and the Caribbean: A worthy representation in the 2024 Olympics

Latinoamérica y el Caribe: Una digna representación en la Olimpiadas 2024



By Dady J. Torres
Rivera Ph. D

Since ancient times, nations have competed to demonstrate their superiority in multiple aspects: scientific, economic, and political. They have fought to be the first to go to the Moon or to explore other planets. Likewise, the most developed countries remain at the forefront of new technologies and advances to position themselves at the top of the modern world and thus demonstrate their authority. This is not something new, since ancient times the villages have promoted a competitive spirit that, well directed, can show the best of its inhabitants.

Recently, in Paris, the 33rd edition of the Olympic Games was held, an international multi-sport event that brought together athletes from more than 200 nations. The Olympic games emerged in Greece in 776 BC. As for their symbology, the Olympic rings represent the relationship between the continents, and the fire of their torch symbolizes that flame of the gods that was given to humans. In modern times, Pierre de Coubertin resumed the practice of the Olympic challenge, as we know it today, with the aim of using sport for the peaceful development of humanity. According to the Olympic Charter, the objective is to place sport at the service of man, to promote a society of peace and committed to maintaining human dignity. This included the participation of nations in sporting events under the idea of demonstrating the universal values of fair play, respect and friendship.

How does the Olympic ideal apply to the present?

When transferring the Olympic ideals to reality, although sport acts as a bond of fraternity between countries, it is true that not all athletes are on equal terms when training. One need only look at the clashes between civilians and the government in Central and South America, as well as in the Caribbean, to notice the socio-political and economic inequalities they suffer compared to other nations. Despite the challenges, young Latin Americans and Caribbeans managed to raise their flags with dignity, hope and pride. These, overcoming the difficulties, achieved the triumph by obtaining more than 60 medals, as broken down below: Brazil with 20, Cuba with 9, Jamaica with 6, Ecuador with 5, Mexico with 5, Colombia with 4, Dominican Republic with 3, Puerto Rico with 2, Saint Lucia with 2, Argentina with 2, Guatemala with 2, Panama with 1, Peru with 1 and Dominica with 1.

Today, the search for good, equity, unity, justice and respect among countries is urgent. Let us put into action the noble ideals inspired by sport, appreciating the effort and considering the reality of each country. Let us recognize that quantity should never exceed human quality, nor be the only measure to demonstrate the great athletes who represent their country with love, effort and honor.

Desde la antigüedad, las naciones han competido para demostrar su superioridad en múltiples aspectos: científicos, económicos y políticos. Han luchado por ser los primeros en ir a la Luna o en explorar otros planetas. Asimismo, los países más desarrollados se mantienen a la vanguardia de las nuevas tecnologías y avances para posicionarse en la cima del mundo moderno y así demostrar su autoridad. Esto no es algo nuevo, ya que desde la antigüedad los pueblos han promovido un espíritu competitivo que, bien encauzado, puede llegar a mostrar lo mejor de sus habitantes.

Recientemente, en París, se celebró la edición número 33 de los Juegos Olímpicos, un acontecimiento multideportivo internacional que reunió a atletas de más de 200 naciones. Los juegos olímpicos surgieron en Grecia en el año 776 a. C. En cuanto a su simbología, los anillos olímpicos representan la relación entre los continentes, y el fuego de su antorcha simboliza aquella llama de los dioses que fue dada a los humanos. En tiempos modernos, Pierre de Coubertin retomó la práctica del desafío olímpico, tal y como lo conocemos hoy, con el objetivo de utilizar el deporte para



el desarrollo pacífico de la humanidad. Según la Carta Olímpica, el objetivo es ubicar el deporte al servicio del hombre, para favorecer una sociedad de paz y comprometida con mantener la dignidad humana. Así se incluyó la participación de las naciones en eventos deportivos bajo la idea de demostrar los valores universales del juego limpio, el respeto y la amistad.

¿Cómo se aplica el Ideal olímpico al presente?

Al trasladar los ideales olímpicos a la realidad, aunque el deporte actúa como un lazo de fraternidad entre los países, es cierto que no todos los atletas están en igualdad de condiciones al momento de entrenar. Basta con ver los entrenamientos entre los civiles y el gobierno en América Central y del Sur, así como en el Caribe, para notar las desigualdades sociopolíticas y económicas que sufren en comparación con otras naciones. A pesar de los desafíos, jóvenes latinoamericanos y caribeños lograron enaltecer sus banderas con dignidad, esperanza y orgullo. Estos, superando las dificultades, lograron el triunfo al obtener más de 60 medallas, tal y como se desglosan a continuación: Brasil con 20, Cuba con 9, Jamaica con 6, Ecuador con 5, México con 5, Colombia con 4, República Dominicana con 3, Puerto Rico con 2, Santa Lucía con 2, Argentina con 2, Guatemala con 2, Panamá con 1, Perú con 1 y Dominica con 1.

Hoy, la búsqueda del bien, la equidad, la unidad, la justicia y el respeto entre los países es urgente. Pongamos en acción los nobles ideales que inspira el deporte apreciando el esfuerzo y considerando la realidad de cada patria. Reconozcamos que la cantidad nunca debe superar la calidad humana, ni ser la única medida para demostrar los grandes deportistas que representan con amor, entrega y honra a su país.



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September Events / Eventos en Septiembre

Detroit Jazz Festival September 1 - 2, 2024

Detroit, MI.

For over 40 years, the Detroit Jazz Festival Foundation has celebrated Detroit's rich history of jazz music by providing year-round concerts and educational programming, and of course, organizing the world's largest free jazz festival, featuring world-class talent, over Labor Day weekend.

With the support of corporate sponsors, philanthropic organizations, individual donors and volunteers, the Detroit Jazz Festival is free to music fans looking to revel in the artistry and improvisation of jazz legends, rising stars, legacy and homecoming artists. Each year's lineup of more than 60 performances as remarkable and diverse as the genre itself, as well as spontaneous late-night jam sessions, offers something for everyone. Detroit events powered by visitdetroit.com

Durante más de 40 años, la Detroit Jazz Festival Foundation ha celebrado la rica historia de la música jazz de Detroit ofreciendo conciertos y programación educativa durante todo el año y, por supuesto, organizando el festival de free jazz más grande del mundo, con talentos de talla mundial, durante el fin de semana del Día del Trabajo.

Con el apoyo de patrocinadores corporativos, organizaciones filantrópicas, donantes individuales y voluntarios, el Festival de Jazz de Detroit es gratuito para los fanáticos de la música que buscan deleitarse con el arte y la improvisación de leyendas del jazz, estrellas en ascenso, artistas legados y de regreso a casa. Eventos de Detroit impulsados por visitdetroit.com

GrandCon Gaming Convention 2024

August 30th-September 1, 2024

Grand Rapids, MI.

Celebrating our 10th year show, GrandCon is the premiere regional (board, card, miniatures, and role-playing) Gaming Convention in Michigan! A family friendly event that takes place annually in downtown Grand Rapids around the month of September, or Labor Day weekend. As an attendee you can shop exhibitors of art, crafts, toys, and games. GrandCon comes with an open gaming library for all attendees to utilize, with thousands of different titles to choose from and play all weekend long. The library includes board games, card games, and miniature games from all around the world. You could even test your gaming skills by signing up for a tournament and/or increase your understanding of the hobby industry by attending paint-n-take events, seminars, workshops and more. All of which are hosted by various industry guests. Buy your badge and come join in the fun. Experience an event where people and games matter!

¡Celebrando nuestro décimo aniversario, GrandCon es la principal convención regional de Juegos (tablero, cartas, miniaturas y juegos de rol) en Michigan! Un evento familiar que se lleva a cabo anualmente en el centro de Grand Rapids alrededor del mes de septiembre o el fin de semana del Día del Trabajo. Como asistente, podrá comprar expositores de arte, artesanías, juguetes y juegos. GrandCon viene con una biblioteca de Juegos abierta para que la utilicen todos los asistentes, con miles de títulos diferentes para elegir y jugar durante todo el fin de semana.

Mackinac Bridge Annual Labor Day Walk

September 2, 2024

Saint Ignace, MI

The Mackinac Bridge Walk is an annual event held every Labor Day since 1958 in Michigan in which people may walk the length of the Mackinac Bridge. In an average year, 40,000 to 65,000 people participate in the five-mile walk. 7am-12pm. For more information about the Labor Day Mackinac Bridge Walk please visit the website: www.mackinacbridge.org

El Mackinac Bridge Walk es un evento anual que se celebra cada Día del Trabajo desde 1958 en Michigan en el que las personas pueden caminar a lo largo del puente Mackinac. En un año promedio, entre 40,000 y 65,000 personas participan en la caminata de cinco millas. 7 a. m. a 12 p. m. Para obtener más información sobre la caminata por el puente Mackinac del Día del Trabajo, visite el sitio web: www.mackinacbridge.org

International Fireworks Championship

Following a hugely successful inaugural fireworks championship, this year will be bigger and better, as we're adding more teams and another night!

The fireworks competition will take place Friday, September 6, and Saturday, September 7 at Turtle Creek Stadium in Traverse City. The show will feature pyrotechnic teams from Australia, the United Kingdom, India, the Philippines, Finland, and the USA!

All ticket sales will be processed online, with the exception of ADA tickets; ADA tickets can be purchased by calling (231) 947-1120.

There is a maximum of eight tickets per purchase.

Después de un campeonato inaugural de fuegos artificiales de gran éxito, este año será más grande y mejor, ya que agregaremos más equipos y otra noche!

La competencia de fuegos artificiales se llevará a cabo el viernes 6 y sábado 7 de septiembre en el estadio Turtle Creek en Traverse City. El espectáculo contará con equipos pirotécnicos de Australia, Reino Unido, India, Filipinas, Finlandia y Estados Unidos!

Kalamazoo Scottish Festival Saturday, September 7, 2024

Parchment, MI.

The Scottish Festival in Kalamazoo welcomes everyone to experience Scottish culture. Attendees will experience Celtic music, piping, drumming, Highland dancing, Highland athletic competition, Scottish food, gifts and clothing. Education about Scottish heritage will be available by talking with the many clans present. The festival promotes family fun with a fantastic children's game area, and a chance to meet and pet Highland cows and Highland Deer hounds. This is a free event open to all!

El Festival Escocés en Kalamazoo invita a todos a experimentar la cultura escocesa. Los asistentes disfrutarán de música celta, flautas, tambores, bailes de las Highlands, competencias atléticas de las Highlands, comida, re-

Balloons Over Bay Harbor

September 20-22, 2024

Petoskey, MI.



September 6 - 7, 2024

Traverse City, MI

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galos y ropa escoceses. La educación sobre la herencia escocesa estará disponible hablando con los numerosos clanes presentes. El festival promueve la diversión familiar con una fantástica área de juegos para niños y la oportunidad de conocer y acercar a las vacas de las Highlands y a los perros de caza de los Highland Deer. ¡Este es un evento gratuito abierto a todos!

Muskegon County Latino Festival

September 7 2024

Muskegon, MI

Latinos Working For The Future would like to invite the community to our annual Muskegon County Latino Festival. Join us at Hackley Park on Saturday, September 7th to embrace the Latin culture. Learn about the Latin American countries, try Latin cuisine, and enjoy entertainment all day long. There will be activities for all ages and we are excited to celebrate with you!

Each year, the Muskegon County Latino Festival brings the community together for a day of celebration!

Latinos Working For The Future desea invitar a la comunidad a nuestro Festival Latino anual del condado de Muskegon. Únase a nosotros en Hackley Park el sábado para abrazar la cultura latina. ¡Cada año, el Festival Latino del Condado de Muskegon reúne a la comunidad para un día de celebración!

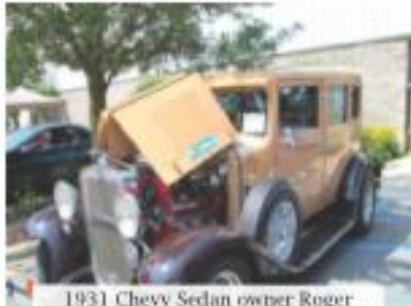
Balloons Over Bay Harbor

September 20-22 2024

Petoskey, MI.

This annual event offers viewing of hot air balloons and many more activities. Visit facebook.com/balloonsoverbayharbor for more info. It has become one of the most popular events in the area!

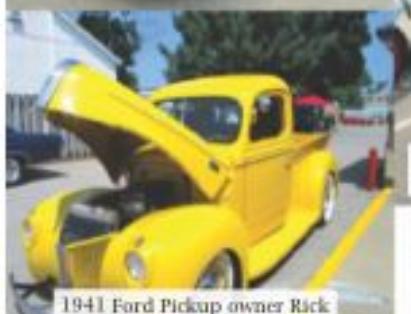
Este evento anual ofrece visualización de globos aerostáticos y muchas más actividades. Visita facebook.com/balloonsoverbayharbor para obtener más información. ¡Se ha convertido en uno de los eventos más populares de la zona!



1931 Chevy Sedan owner Roger Klunder from Holland, MI



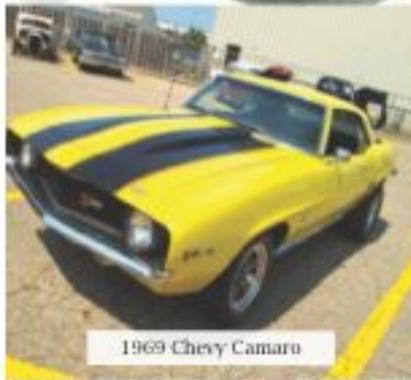
1956 Lincoln Premiere from Hudsonville, MI



1941 Ford Pickup owner Rick Wiers from Pierson, MI



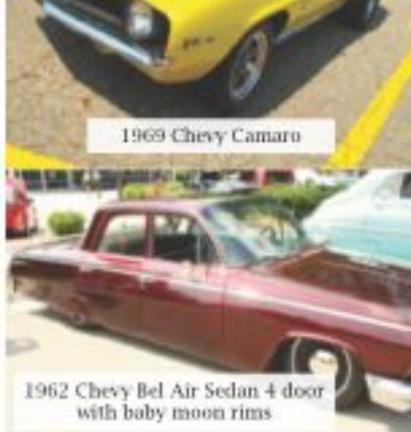
This car is on Fire with Dragon Power!



1969 Chevy Camaro



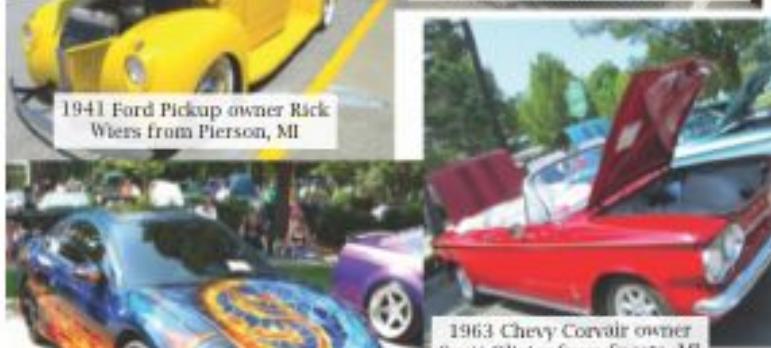
1962 Chevy Bel Air Sedan 4 door with baby moon rims



1969 Volkswagen Bus with surfboard on top! Family BellHadj Amenan having fun at Car Show!



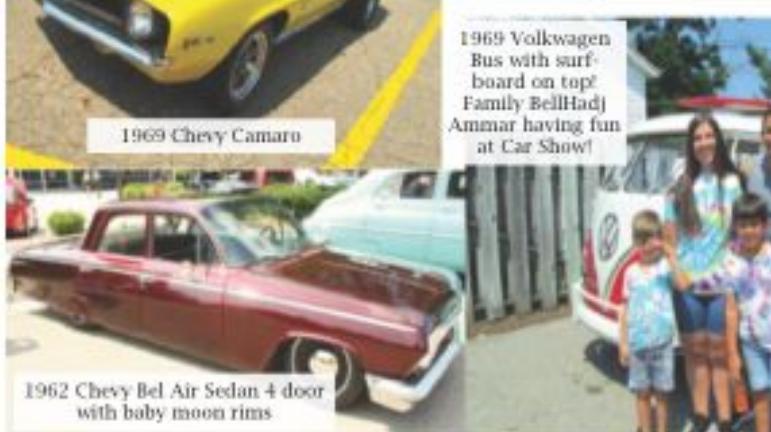
1936 Auburn Boattail owner David Good from Grand Rapids, MI



1963 Chevy Corvair owner Scott Olivier from Sparta, MI



1949 Packard owner Van Malson from Zeeland, MI



Nice ride Brian! E-Scooter from Honda Motocompacto

30th Annual Show & Shine Car Show

Held on Saturday, July 13, 2024

On Saturday morning, July 13, 2024, in Zeeland, Michigan, car registrations started at 8:00am - 9:00am. Car Show was at 11:00am - 2:30pm, welcoming everyone back to show their cars & enjoy meeting old friends & new people! This year, Zeeland Car Show was moved into neighborhood streets due to Main St. downtown area being under construction. There were plenty of cars to look at and admire.

DJ's were there playing oldies and goodies, lots of downtown business places were open with plenty of food trucks where everyone could eat & drink soda or enjoy a cold brew. Door prizes were given to car participants & People's Choice Awards to pick the Best-Looking Car / Truck.

Somos pocos pero locos lowriding!
Having a car event?
Contact Homero
(616)893-3906
deeho123@comcast.net

Car Show Update:

Sueños Car Show / Latino Festival
Saturday September 7th , 2024

W. Clay Avenue next to Hackley Park Muskegon, MI 49440
All classes welcome!

Registration 12noon - 2:00pm
Presented by Sueños Car Club

Life's 2 Low C.C. Ft. Wayne 2 nd Annual Car Show
Saturday September 14, 2024
5820 E 900 N Roanoke, IN 46783
All makes & Models welcomed!
11:00am - 6:00pm / Free food

Lowrider Classic Car Show / Fiesta Mexicana
Sunday September 15, 2024
300 Ottawa Ave NW / Calder Plaza
Grand Rapids, MI 49503
Move in: 12noon - 3:00pm
Start: 3:00pm - 7:00pm
Entry fee: \$25 vehicles, \$20 motorcycle, \$15 bicycle
Email registration to Carrini34@gmail.com
(Owner's name, year, make, model)

La Voz

Trevi is a mexican superstar who became a superstar in the 1980s due to her wild personality and hard rock. Similar to Janis Joplin in her recording style, and with a personality like that of Madonna's, Trevi filmed several Mexican films that sealed her fame. However, in the 1990s Trevi's career started to go downhill, and after becoming romantically involved with her manager, Sergio Andrade, Trevi found herself on the run from Mexican police, and later Interpol. Wanted by authorities for child prostitution, child slavery, and child abuse, both Trevi and Andrade were fugitives from the law for about two years before being arrested by Brazilian authorities in Rio de Janeiro in April 2000. She was released from jail in 2004 and returned to Mexico where charges of child abuse and endangerment were later dropped. After taking a few years off from the industry, she returned in 2006 with a new album and a new look.

Superestrella mexicana que se convirtió en superestrella en la década de 1980 debido a su personalidad salvaje y su hard rock. Similar a Janis Joplin en su estilo de grabación, y con una personalidad parecida a la de Madonna, Trevi filmó varias películas mexicanas que sellaron su fama. Sin embargo, en la década de 1990 la carrera de Trevi comenzó a ir cuesta abajo, y después de involucrarse sentimentalmente con su manager, Sergio Andrade, Trevi se encontró huyendo de la policía mexicana y más tarde de la Interpol. Buscados por las autoridades por prostitución infantil, esclavitud infantil y abuso infantil, tanto Trevi como Andrade estuvieron prófugos de la ley durante aproximadamente dos años antes de ser arrestados por las autoridades brasileñas en Rio de Janeiro en abril de 2000. Ella fue liberada de la cárcel en 2004 y regresó a México, donde posteriormente se retiraron los cargos de abuso y peligro de menores. Después de alejarse unos años de la industria, regresó en 2006 con un nuevo álbum y una nueva apariencia.



Gloria Trevi

Roberto Clemente Park • Fiesta de Pueblo



Dee & Marisa Cummings



Pablo Garcia Executive Director for SECOM Resource Center to help the community



Live Music to dance to!



Marcial & Sammy Hernandez with Awilda Diaz enjoying the Fiesta



Ana M. Ramos is Program Manager at Alzheimer's Association



Heather Quamme, Damary Lofgren & Noemi Tabar Arellano enjoying the Fiesta..!

By Lisa Wiseman

Calder Plaza was alive with the sights, sounds and smells of all the different Latin American cultural offerings of the Grand Rapids Hispanic Festival 2024, which took place August 2-4.

Now in its 46th year, the Hispanic Festival attracts between 20,000-30,000 people over the 3-day weekend. It happens in downtown Grand Rapids and brings acts from all over the United States and Mexico. This year acts like Secretto, Grupo Viento, Armando Dávalillo, and Los Escoltas de la Sierra provided music for the crowd to dance to. Brightly colored costumes of the dancers who were dancing Folklorico, Cuban Salsa and Boricua. All the food vendors like Poncho's Tacos, Tamales Mary, Tacos El Cuchado, and Las Comadres served up delicious tacos, tamales, pupusas, postres, aguas frescas and horchatas.

In addition to the many food vendors, there were also mercado booths with vendors displaying clothing, jewelry and art as well as offering information on various programs available.

Organized by the Hispanic Center of West Michigan, the Hispanic Festival is one of the many anticipated cultural events of the summer in the Grand Rapids community. It is a way to support Hispanic owned local businesses and is also a wonderful way to celebrate and share the rich diversity of the Latin American heritage in our city.

It was a great time to see the Puerto Rican Cultural Committee of West Michigan & people joined in on Saturday, August 17, 2024. Celebrating 10 years! The Puerto Rican Cultural Committee had live music, dancers performing, lots of booths for people to see. Secom Resource Center, Senior Neighbors, Alzheimer's Association, Habitat for Humanity of Michigan, Grand Rapids Public Schools, Home Repair Services of Kent County, Fair Lending Services Inc. & even the Sheriff of Kent County Michelle LaJoye-Young had fun.

Fue un gran momento ver al Comité Cultural Puertorriqueño del Oeste de Michigan y a la gente unirse el pasado sábado 17 de Agosto de 2024. ¡Celebrando 10 años! El Comité Cultural Puertorriqueño contó con música en vivo, bailarines actuando y muchos puestos para que la gente los vieran. Secom Resource Center, Senior Neighbors, Alzheimer's Association, Habitat for Humanity of Michigan, Grand Rapids Public Schools, Home Repair Services del condado de Kent, Fair Lending Services Inc. e incluso la sheriff del condado de Kent, Michelle LaJoye-Young, se divirtieron.



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Marissa Danielle Arizola, a 23 year old Latina mixed born & raised in Michigan. I became a right below the knee amputee in 2022 with many hardships and challenges along the way but I developed into a tough fighter, positive warrior and a woman determined to overcome whatever obstacles came my way! I'm Creative, Passionate & a Determined Social Media Influencer as well as a Creative MUA. I'm looking forward to attending college in the Fall to earn a degree as a Community Mental Health Advocate/Social Worker. On my free time I love Nature Walks, Make-Up Tutorials, being in front of a Camera Modeling and spending time with Loved Ones. I have been working diligently on a small business entrepreneurship this year as well as dabbling more in Modeling and hope to continue working with some Great Photographers to build a Professional Portfolio and to expand my skills in this Creative Venture.

Marissa Arizola

2024 SEPTEMBER MODEL SEARCH

THE COMMUNITY VOICE LA VOZ / SEPTEMBER 2024 19



How Being Near Water Helps Mental Health

Cómo ayuda estar cerca del agua a la salud mental

Water covers 71% of Earth's surface. In Michigan, we are told that we are never more than six miles away from water or 85 miles away from a Great Lake. Most of us have sat on a beach, watched the water come in, or have used recorded sounds of water to calm down. These moments can be serene, but does being near water have a positive impact all the time on mental health?

On this episode, Chuck Gaidica was joined by Dr. William Beecroft, Medical Director of Behavioral Health for Blue Cross Blue Shield of Michigan and Blue Care Network. Together, they discuss how being near a body of water can benefit our mental health.

Why does water have a calming effect?

"If you have the opportunity of being able to be close to a body of water, there's some physiologic things that we can talk about here, and there's also just some emotional things that it really can help facilitate for you," Dr. Beecroft said. Being close to water can help improve or regulate levels of neurotransmitters and hormones, according to Dr. Beecroft.

"You actually have less cortisol, which is one of the more stimulating neurotransmitters and hormones in our body. And you also have more serotonin, which is one of the antidepressants, one of the more 'happy chemicals' in our brain," Dr. Beecroft said. "Also, oxytocin, which is the neurotransmitter that helps us to bond to other people and have a sense of peace, is quite high when you're close to water."

Does the size of the body of water matter?

"Looking at the studies, it really doesn't make any difference what the size of the water is," Dr. Beecroft said. "Although the bigger it is, the more awe that there is, and that has a factor in and of itself."

Even sitting next to a small pool of water can have an improved effect on stress levels and mood, compared to even other natural elements like a tree.

Mental health benefits associated with spending time near water

Being around water engages all five of our senses and is a three-dimensional, all-encompassing experience for the mind and the body. Dr. Beecroft gave examples of skipping stones and finding Petoskey stones, or scuba diving or snorkeling, as experiences in and around water that tap into our physical and mental sides at the same time. Engaging the mind and body together is one way water frees up stress and bottled-up anxiety and can keep the mind present instead of focused on stressors.

Dr. Beecroft shared how crashing waves have another method of positively affecting mental health. "I did find that when you are near a crashing sea, with big waves, that the waves actually break apart some of the water molecules and they release negative ions, and this is known to decrease heart rate and also to decrease blood pressure," Dr. Beecroft said. "So it's interesting how just our environment, being in that kind of proximity to these kind of natural things really makes a difference with our physiology."

How to incorporate regular exposure to water into routines

The costs of boating or having property on a waterfront aren't realistic for most people and may cause stress for those who do live that lifestyle, Beecroft said. Fortunately, Michigan has an incredible public parks system and the miles of public shorelines and beaches that help

to make Michigan outdoors famous.

Even indoor water features like fountains and fish tanks have a calming effect, which is why you may see water features in hospitals or doctors' offices more often than you may expect.

"The research has found that some of these natural sounds, these natural phenomena, can be helpful for you. Maybe spend some more time going to a local park that has a water source of some sort," Dr. Beecroft suggested. "In Lansing, we have that. We have that in Detroit. Most of our big cities are located near rivers or lakes themselves."

Dr. Beecroft also suggested recording water features you see or spend time around briefly for use later. They can be soothing sounds and images or travel, work, sleep, or anytime you need to find a way to help calm yourself down. "You could be able to do that for a 15-minute break and be able to get the benefit of those sorts of things and then visualize," Dr. Beecroft said. "The other thing is you can always close your eyes and visualize one of those things."

El agua cubre el 71% de la superficie de la Tierra. En Michigan, nos dicen que nunca estamos a más de seis millas de distancia del agua o a 85 millas de un Gran Lago. La mayoría de nosotros nos hemos sentado en la playa, hemos visto entrar el agua o hemos utilizado sonidos grabados del agua para calmarlos. Estos momentos pueden ser serenos, pero estar cerca del agua tiene un impacto positivo todo el tiempo en la salud mental?

En este episodio, Chuck Gaidica estuvo acompañado por el Dr. William Beecroft, director médico de salud conductual de Blue Cross Blue Shield of Michigan y Blue Care Network. Juntos, discuten cómo estar cerca de una masa de agua puede beneficiar nuestra salud mental.

¿Por qué el agua tiene un efecto calmante?

"Si tienes la oportunidad de estar cerca de una masa de agua, hay algunas cosas fisiológicas de las que podemos hablar aquí, y también hay algunas cosas emocionales que realmente pueden ayudarte", dijo el Dr. Beecroft. Estar cerca del agua puede ayudar a mejorar o regular los niveles de neurotransmisores y hormonas, según el Dr. Beecroft.

¿Importa el tamaño del cuerpo de agua?

"Si analizamos los estudios, realmente no importa cuál sea el tamaño del agua". Dijo el Dr. Beecroft. "Aunque cuanto más grande es, más asombro hay, y eso tiene un factor en sí mismo".

Incluso sentarse junto a un pequeño charco de agua puede tener un efecto mejorado sobre los niveles de estrés y el estado de ánimo, en comparación incluso con otros elementos naturales como un árbol.

Beneficios para la salud mental asociados con pasar tiempo cerca del agua

Estar cerca del agua involucra nuestros cinco sentidos y es una experiencia tridimensional que lo abarca todo para la mente y el cuerpo. El Dr. Beecroft dio ejemplos de saltar piedras y encontrar piedras de Petoskey, o bucear o hacer snorkel, como experiencias dentro y alrededor del agua que aprovechan nuestros lados físico y mental al mismo tiempo. Involucrar la mente y el cuerpo es una forma en que el agua libera el estrés y la ansiedad reprimida y puede mantener la mente presente en lugar de enfocada en los factores estresantes.



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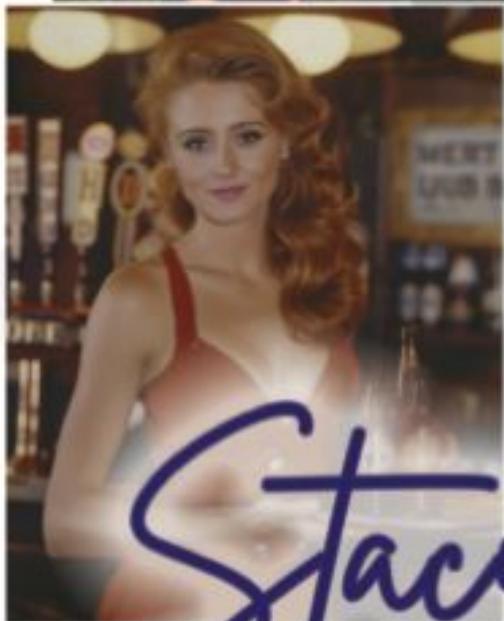


Con la red más grande de médicos y hospitales, cobertura para la salud mental, una aplicación móvil fácil de usar, una línea de enfermería las 24 horas y el asistente virtual MIBlue, Blue Cross Blue Shield of Michigan y Blue Care Network están listas para ayudarlo a sentirse lo mejor posible, sin estrés.

Obtenga más información en
MIBluesPerspectives.com/ReadyToHelp

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross Blue Shield Association.

September La Voz Models



My friends, we at The Community Voice/La Voz Magazine are very excited to introduce you to Miss. September La Voz Stacy.

She simply is charming and takes the term sophistication to the next step of modeling. Those with her are not far behind which really tells us all of her leadership qualities. In these Ira Paul photos, it shows you her 'pure in person' elegance. You can look for her this fall all over and her stock is on the rise each day.

Michael Farage 'Cool Mike'
For details contact Mike at:
CCCougar11@aol.com, with all your concerns,
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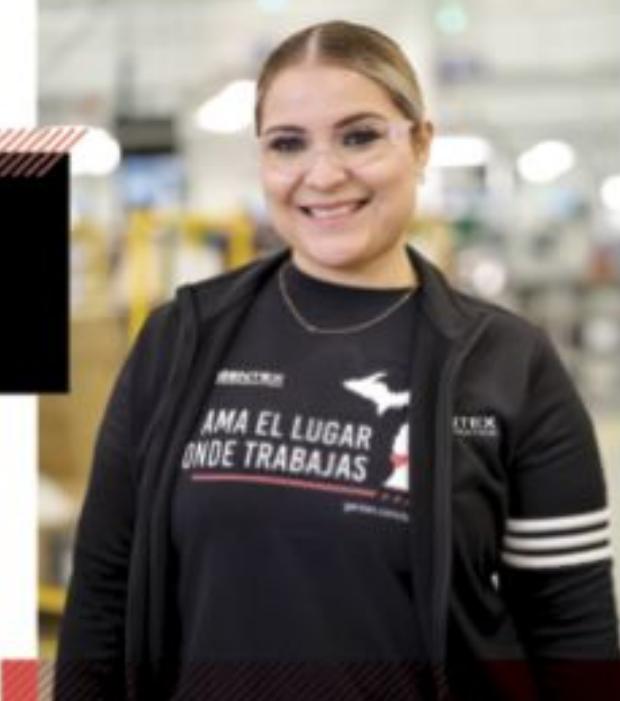
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