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



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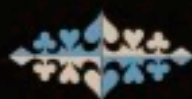
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"Harvests Withheld: Farmworkers Fight Back"

"We feed this country, but we're treated like fugitives." — Anonymous farmworker, Bakersfield



By Dr. José A. Flores

During family talks with my late father, we often centered on dignity and respect for Mexican Americans living in the United States since many of our contributions to this nation went unrecognized, especially farm workers who shared our family's work experiences. Our father taught us how to work, how to create our own opportunities, and how to prosper despite the obstacles we faced. He didn't apologize for being strict or demanding of us, as he wanted us to be successful in life. He shared his struggles and ambitions with us often through his stern lectures and talks around the dinner table. "What do you think would happen if every farm worker in this country withheld their labor?" He asked. Do you think that farmers would pay them more? Would we be respected more for our labor? He prodded us to engage in discussion and debate. He had it figured out... technology will replace farm worker jobs in the future. He said, "I saw it happen in Texas... It's just a matter of time." While our discussions were over 50 years ago, I still wonder, at what cost would it be to the consumer? Today, we pay much more for food than ever!

These advancements my father spoke of lead us to the current state of hybrid tractors, multi-station trailers, harvesters, planters, crop tree shaking machines, and many more inventions being utilized in the fields, but we still ultimately depend on the "human farm worker" who is underpaid and undervalued in the process of feeding our nation. Farm modernization has advanced, resulting in many farm workers being permanently displaced. While my relatives were all U.S.-born citizens, there are approximately 11 million undocumented immigrants performing jobs that American workers do not customarily work at in our current economy. They have become modern-day scapegoats for the current administration.

While the U.S. government has been focused on immigration as a problem and conducted raids across the nation, farm workers have been targeted due to their heightened visibility during the growing and harvesting seasons. I.C.E., Homeland Security, FBI, and Secret Service forces, joined by other paramilitary groups, have relentlessly stoked fear among mostly Mexican/Latin Americans working in agricultural jobs. Enforcement efforts are heavily focused on Mexicans and non-white persons across the country.

In Michigan, Labor Shortages have been felt in agriculture, construction, services, and hospitality industries because of immigration raids, self-deportation, and fear. Delays in H-2A visa processing left farms short-handed during peak cherry season. Many farm workers have told me that they plan to work less in the fields and stay out of the way. ICE enforcement and fear of raids led to 75% absenteeism among immigrant farmworkers in Bakersfield, though this figure is debated. The cherry industry's impact has been devastating in Michigan. Labor shortages compounded by weather and trade issues led to a 70% drop in tart cherry yields from 100 million to 30 million pounds. California is plagued by unharvested Crops: Thousands of acres of strawberries, lettuce, avocados, and bell peppers were left to rot. Approximately half of its labor force is undocumented.

Ripple Effects: Small businesses in rural towns report plummeting foot traffic.

Fear Is Paralyzing: Across all three states, fear, not just enforcement, is driving absenteeism, even among legal workers.

Economic Fragility: These labor disruptions are not isolated; they threaten entire supply chains, from field to grocery shelf.

Policy Crossroads: Farmers are calling for temporary work authorization programs and a moratorium on ICE raids to stabilize the workforce.

National farmworker strikes, protests at supermarkets, and boycotts of places, goods, and services by highly organized groups across the na-

tion are leading the fight to secure a safe place for immigrants.

Fighting back seems futile as the U.S. government is very forceful, but it is also weak in eliminating the will of a people who wish to prosper and secure a better standard of living. Don't give up! Keep fighting! California, Michigan, and Florida are already feeling the effects of anti-immigrant policies. Homestead and the Redlands, where many undocumented workers have stopped going to work entirely. Fear of raids has paralyzed entire communities, with some families avoiding hospitals and schools.

Nursery and Agriculture Impact in Florida suggests that ICE raids have disrupted operations at nurseries and farms, with some businesses reporting loss of half their workforce as the state of Florida and its police forces stop suspected immigrants through racial profiling practices, hoping to earn bonuses from the state for immigration enforcement. Numerous lawsuits and court filings have been filed to stop Florida's discriminatory practices. Meanwhile, many immigrants are leaving the state for other friendlier places. This will prove to be a loss for Florida!

My father would have been excited to see that many of his beliefs, including the enormous pride in his people, have played out in this current immigration crackdown! Unity of our community in this fight against another round of anti-immigrant actions is bearing fruit! Keep up the fight!

Durante las conversaciones familiares con mi difunto padre, solíamos centrarnos en la dignidad y el respeto por los mexicoamericanos que vivían en Estados Unidos, ya que sus contribuciones a esta nación no eran reconocidas, especialmente por los trabajadores agrícolas que compartían las experiencias laborales de nuestra familia. Nuestro padre nos enseñó a trabajar, a crear nuestros propios empleos y a prosperar a pesar de los obstáculos que enfrentábamos. No se disculpaba por ser estricto ni exigente con nosotros, pues quería que tuviéramos éxito en la vida. Compartía sus luchas y ambiciones con nosotros a menudo a través de sus severos sermones y charlas durante la cena. ¿Qué creen que pasaría si todos los trabajadores agrícolas de este país dejaran de trabajar? Preguntó. ¿Creen que los agricultores les pagarían más? ¿Seríamos más respetados por nuestro trabajo? Nos animó a participar en el debate. Lo tenía claro: la tecnología reemplazará los empleos agrícolas en el futuro. Dijo: «Lo vi en Texas... Es solo cuestión de tiempo». Aunque nuestras conversaciones tuvieron lugar hace más de 50 años, todavía me pregunto, ¿a qué precio para el consumidor? ¡Hoy pagamos mucho más por los alimentos que nunca!

Hoy en día, contamos con tractores híbridos, remolques multiestación, cosechadoras, sembradoras, máquinas sacudidoras de árboles y muchos otros inventos que se utilizan en los campos, pero aún dependemos del "trabajador agrícola humano", mal pagado y subvalorado en el proceso de alimentar a nuestra nación. La modernización agrícola ha avanzado, lo que ha provocado el desplazamiento permanente de muchos trabajadores agrícolas. Si bien todos mis familiares nacieron en Estados Unidos, hay aproximadamente 11 millones de inmigrantes indocumentados que realizan trabajos que los trabajadores estadounidenses no suelen realizar en nuestra economía actual. Se han convertido en chivos expiatorios modernos para la actual administración.

Si bien el gobierno estadounidense se ha centrado en la inmigración como un problema y ha realizado redadas en todo el país, los trabajadores agrícolas han sido objeto de persecución debido a su mayor visibilidad durante las temporadas de cultivo y cosecha. Las fuerzas del ICE, el Departamento de Seguridad Nacional, el FBI y el Servicio Secreto, junto con otros paramilitares, Grupos de presión han alimentado el miedo sin cesar entre la mayoría de los mexicanos/latinoamericanos que trabajan en el sector agrícola. Las medidas de control se centran principalmente en los mexicanos y las personas no blancas en todo el país.

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September 2025, Volume 27 - No. 09
Reaching over 40,000 readers
Circulation 17,000 copies
Printed at Printwell

To contact The Community Voice/
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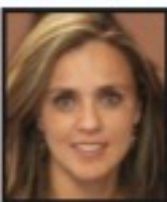
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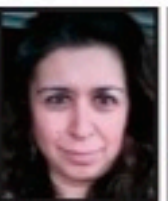
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Death of Kane, Cursed Crucifix & Brujerias



By Jorge Martinez
Disabled Veteran
Independent
Registered Voter

Those who influence us are sometimes teachers. Upon hearing of my brother's death, I was overwhelmed. I remembered that our final encounter ended in a brutal bare-knuckle brawl. Growing up with him, I realized that JR suffered from disturbing characteristics, including inexplicably harming small animals. He was a bully, and he exemplified why my Mexican grandfathers resisted the Punitive Expedition of 1916. JR effectively erased his history and connection to our revolutionary grandparents, of which I am proud to remember. Apparently, my brother inherited my father's inexplicable pathology. JR returned from basic training even more disturbed in 1968, on his way to Vietnam. He'd tormented me throughout my life, never understanding the seeds of racism he engendered. Then, in a distorted episode of self-importance, he called a girl I loved, Alice Zapata, a whore, which was unfathomable.

Eventually, giving in to his demons, he became outraged about being denied because he never expected that surprise. I'd craved revenge for many years due to his torment and began fighting at the Any Boy Can Boxing Club with Whitey Moore in Corpus Christi. Boxing helped me overcome my stuttering, and it boosted my social standing. Each match improved my confidence while also fueling my determination. I did daily push-ups, long runs, and went on to win the 1971 Golden Glove Championship. Life amongst barrio farm laborers was violent, dangerous, and fighting during this era was inevitable. I fought everyone, including relatives of those I'd beaten. Every day may be a day that I would fight at school and/or on the way home, then again at the gym. I had become a barrio celebrity, developing a Japanese Kamikaze attitude, only retreating when outnumbered. By the time JR returned, I was ready to battle. Even though he was two years older, 30 pounds heavier, and a foot taller, I was ready.

I'd avoided him until that Sunday Morning until he finally attacked me, and we fought like biblical enemies. At that moment, All I could think about was that I had to make decisive moves quickly as I intended to seriously injure him as I was not going to lose the fight. I felt a desire to release all the bent-up fury from the 18 years of torment onto him. Shifting my weight into my punches and nearly knocking him out, I had finally beaten him down, as he had done to me, and I was overjoyed.

King Harrod, our father, threw him out. Time passed, and I was in the Army 4 days after HS graduation. Unlike JR, I wasn't bitter about the Army, but I was determined to excel, and so I made my decision to serve my country. Alice and I said goodbye at the Greyhound station, then inexplicably stopped writing. I never saw her again. The War dragged on. Distance, life experience, education, and personal development healed me while I traveled through Europe, then California. I had read, studied, and adopted books by Carlos Castaneda and Don Jesus Ramirez.

Later in life, as I expanded, traveled, married, and wrote several books. I operated a boxing club and refereed amateur bouts. And then I had heard through word of mouth that JR said we'd fought because I pushed my mother. By now, I was a counselor/therapist, and he was still intolerable as JR Ewing, the sociopathic character on Dallas, the TV series. He had severed all ethnic ties to his ancestors, he had lied about his ethnicity, and married a blond, blue-eyed rich white woman from San Antonio. Incredibly, JR assumed an anglo identity and culture which was a result of colonization and assimilation, but also by his

own preference.

After 25 years, and now dying of cancer, he contacted me as he wanted a long over due reconciliation. I had agreed, but only if he admitted lying about the reason behind our fight, which of course he refused. Still vengeful, JR effectively struck his last blow by omitting me from his obituary. Although burdened with broken promises, infidelity, and lies, JR died unrepentantly from Agent Orange in July of 2025, destroying both families and leaving a legacy of generational trauma.

And so it begins the tale of JR's cursed crucifix. Joseph purchased three identical crosses from a deaf-mute in a bar on the Mexican border. Joseph gave one to King Harrod 35 years ago, who gave it to JR, who gave it to his wife. His wife maintains she planned to put it on the coffin. Joseph asserts he rescued it. I warned him about it as it held JR's and father's negative energy, but he claimed he didn't believe in brujerias. I stepped aside. Joseph told his sister, who told Sam, who told JR's wife, who demanded its return. I advised Joseph that his wife had no religious beliefs but was unstable enough to sue him in court. It's has escalated into a blowout. The chances are high her ancestors were once slavers and current exploiters of native Tejanos like JR's own family. Texas legacy is slavery and Cotton and exploitation of cheap manual labor like he and I once provided. I believe her annoyance stems from infidelity. Many families have a JR who demand understanding but offer none. JR and my father have been my greatest teachers and role models, of how not to be. I recognized I didn't know him and assume he was born with a disgruntled angry spirit. I can't imagine the torment his family has endured. Rest in Peace JR.

El autor relata sus experiencias con su hermano JR, quien había heredado la inexplicable patología de su padre y ejemplificaba la resistencia de sus abuelos mexicanos contra la Expedición Punitive de 1916. JR había atormentado al autor durante toda su vida, y en 1968, regresó de lo básico a lo más perturbado. El autor comenzó a pelear en el Any Boy Can Boxing Club con Whitey Moore, lo que mejoró su posición social y aumentó su determinación. Después del rechazo de JR, lo pelearon, y finalmente fue expulsado por el Rey Harrod. El autor más tarde se convirtió en consejero/terapeuta, y JR se volvió intolerable como el personaje sociópata en Dallas. JR cortó todos los lazos étnicos, mintió sobre su origen étnico y se casó con una mujer blanca, rubia y de ojos azules de San Antonio.

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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Community News

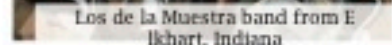
St Joseph The Worker Parish Festival · August 9 & 10, 2025



St Joseph Parish Festival Food Tents at Lamar Park



Sandra Parra with Gema Lowe from Movimiento Cosecha GR



Los de la Muestra band from Elkhart, Indiana



Kids having fun at the Splash pad

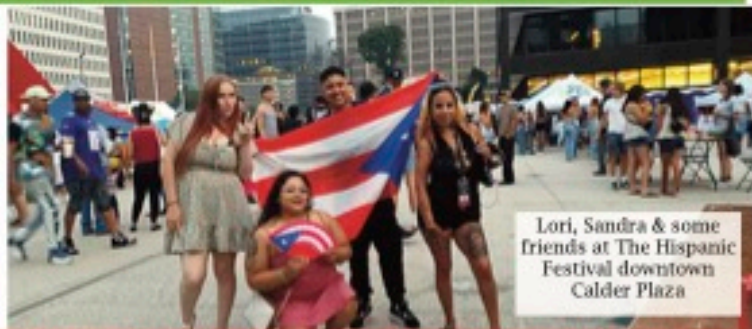


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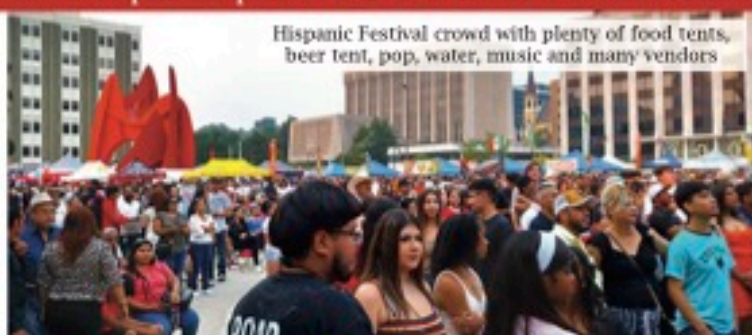
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Lori, Sandra & some friends at The Hispanic Festival downtown Calder Plaza

Grand Rapids Hispanic Festival 47th Annual Celebration



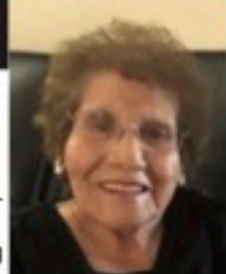
Hispanic Festival crowd with plenty of food tents, beer tent, pop, water, music and many vendors

Metro Cruise 2025



Obituario de Julia R. Cedillo

Julia R. Cedillo, 90, passed away peacefully in her home on August 11, 2025. Born in South Texas, she was a loving mother, devoted wife, and caring sister and aunt. She was a strong believer in her Catholic faith and was a longtime member of Our Lady of Sorrows Church. Julia was a loving wife, devoted mother, and devoted grandmother. She was a strong believer in her faith and sent her children to Catholic schools. Julia was preceded by her husband Joe, daughters Yolanda Cedillo and Dora Vasquez, her parents, siblings, and sisters-in-law. She is survived by 14 grandchildren and 13 great grandchildren. A Mass of Christian burial was at Our Lady of Sorrows Church on August 18, 2025.



Sea el entrenamiento de primavera de los Tigers. Disney, Universal Studios o Legoland, estarás cerca de toda la acción con un vuelo sin escalas a Orlando/Lakeland desde el Aeropuerto Internacional Gerald R. Ford. Reserva tu viaje en FlyFord.org.



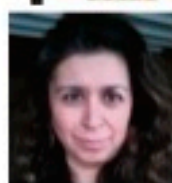
SIN ESCALAS A ORLANDO/

LAKELAND

DESDE EL AEROPUERTO INTERNACIONAL GERALD R. FORD



MARIACHI COBRE



By Lisa Wiseman

The Grand Rapids Symphony is welcoming the world-renowned group, Mariachi Cobre, to perform with them at DeVos Performance Hall on September 20, 2025. Celebrating over 50 years as a musical ensemble, Mariachi Cobre was founded in Tucson, Arizona, in 1971 by Randy Carrillo. They have performed with nearly fifty symphony orchestras across the United States and Mexico and have accompanied a wide range of musicians, including Linda Ronstadt, Ana Gabriel, Julio Iglesias, and Vikki Carr.

If you have ever visited EPCOT's Mexico Pavilion at Disney World in Orlando, Florida, then you have probably seen or heard of this group before. Mariachi Cobre has been performing at EPCOT for millions of visitors since 1982. Randy Carrillo retired in 2017, and his brother Steve took over as musical director. Currently, Mariachi

Cobre has over a dozen members who perform inside the pavilion.

So, how did this group end up being "the Mariachi ambassador to the world" through WDW's EPCOT Center? Mariachi Cobre's roots date back to 1964, when the first youth Mariachi group was started in Tucson, Arizona. An Irish Catholic priest named Father Charles H. Rourke once recruited a few boys aged 8-14 years old to play mariachi music. Randy Carrillo joined in 1966, and his brother Steve joined the band two years later in 1968. The group was called Los Changuitos Feos de Tucson (Ugly Little Monkeys of Tucson), and they toured the world, played for dignitaries, and performed at the inaugurations of Presidents Richard Nixon and Gerald R. Ford. The group is now the subject of a documentary, produced and co-directed by filmmaker David Valdez and actor/writer Enrique Castillo.

As members of Los Changuitos, the Carrillo brothers would play for Disneyland's Cinco de Mayo festival every year. Once Randy aged out of the group, he founded Mariachi Cobre, bringing his younger brother along with him. When Disney wanted Los Changuitos to play at their Orlando resort for up to four months at a time, the young children in the group were still in school and could not be gone that long. Disney asked Randy if he knew of any other groups. Randy suggested his new group, which was made up of older, college-age kids, and the rest was music history. They also has the distinct

honor of being the only WDW performing group that was NOT started by the Walt Disney Company.

Mariachi Cobre is very well respected in the world of mariachi, winning several awards and playing at national and international conferences. Trumpeter Steve Carrillo was even featured on a U.S. postage stamp celebrating mariachi music and its origins. Led by conductor Bob Bernhardt, this will be a cultural event you will not want to miss as the wonderfully orchestrated sounds of the symphony combine with the vibrant sounds of traditional Mexican mariachi folk music.

Tickets for this event are on sale now at the box office or through Ticketmaster. The performance starts at 7:30 p.m. Please visit www.devosperformancehall.com for more information.

Mariachi Cobre es el único grupo de WDW que no fue fundado por Walt Disney Company. El grupo, formado por los hermanos Carrillo, se presentó en el festival del Cinco de Mayo de Disneyland. Después de que Disney les pidiera que se presentaran en Orlando, Carrillo se separó y formó Mariachi Cobre. El grupo es respetado en el mundo del mariachi, habiendo ganado numerosos premios y asistido a congresos nacionales e internacionales. El evento, dirigido por Bob Bernhardt, combinará la riqueza de la sinfonía con la música tradicional mexicana. Las entradas para este evento ya están a la venta en taquilla o a través de Ticketmaster. La función comienza a las 7:30 pm. Para más información, visite www.devosperformancehall.com.

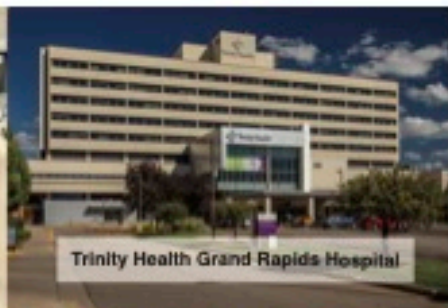
Los momentos de enseñanza suceden... Cuando y donde sea.

Cada vez que lees, cantas y hablas con tu hijo o hija, les ayudas a construir habilidades de lectura muy importantes. Los padres tienen el poder de convertir los *momentos cotidianos*, como ir de compras al centro, en lecciones que durarán toda la vida.



Visita los recursos locales en ReadWithMi.org.





Trinity Health Now Offers Inspire V™ Sleep Apnea Treatment A revolutionary, mask-free solution for better sleep

GRAND RAPIDS, Mich. Trinity Health Muskegon and Trinity Health Grand Rapids are the first hospitals in West Michigan to offer the Inspire® implant treatment to patients with moderate to severe obstructive sleep apnea who haven't responded well to Continuous Positive Airway Pressure (CPAP) treatment. For these patients, Inspire therapy can provide life-changing relief and significantly improve sleep quality.

Craig Hoekzema, MD, an otolaryngologist with West Shore ENT & Allergy, performed the first Inspire V implant at Trinity Health Muskegon on July 17th and Claudell Cox, MD, an otolaryngologist with Michigan ENT & Allergy Specialists, performed the first Inspire V implant at Trinity Health Grand Rapids on July 28th. Since then, Erin Kevern, DO, and Nicholas Cameron, DO, otolaryngologists with Michigan ENT & Allergy Specialists, have also treated patients with Inspire V.

Inspire V is approved by the U.S. Food and Drug Administration and improves upon previous versions of Inspire with a simplified procedure, enhanced patient comfort settings and more efficient patient management.

"Offering Inspire V allows us to better serve patients in our community who have struggled with the limitations of traditional sleep apnea treatments," said Dr. Cox. "We are excited to provide this innovative advancement in upper airway stimulation technology."

Unlike CPAP machines, which require external masks and hoses, Inspire V is a small device implanted during a minimally invasive outpatient procedure. Once implanted, it delivers mild stimulation to key airway muscles to keep the airway open during sleep.

"Patients can easily turn on the device each night using a handheld remote," said Dr. Hoekzema. "No masks, no hoses, just better sleep."

Obstructive sleep apnea is a condition that disables the ability to breathe while asleep and can last between several seconds to a couple minutes. Symptoms while asleep can include loud snoring, gasping or choking sounds, and frequently being woken up. Symptoms when awake can include a headache in the morning, a dry/sore throat in the morning, fatigue and tiredness throughout the day, and more.

With nearly 1 billion people between the ages of 30 and 69 affected worldwide, obstructive sleep apnea can result in high blood pressure (hypertension), heart disease, stroke, and other major health concerns.

For questions or to see if you qualify for this treatment, contact Trinity Health Sleep Program Navigator, Kurt Brown, at 616-685-6330. To schedule an appointment with Drs. Hoekzema, Cox, Kevern or Cameron, a referral is needed from your primary care physician.

Trinity Health Muskegon y Trinity Health Grand Rapids se han convertido en los primeros hospitales del oeste de Michigan en

ofrecer el tratamiento con implante Inspire® a pacientes con apnea obstructiva del sueño de moderada a grave que no han respondido bien al tratamiento con Presión Continua Positiva en las Vías Respiratorias (CPAP). El implante Inspire V está aprobado por la Administración de Alimentos y Medicamentos de EE. UU. y mejora las versiones anteriores con un procedimiento simplificado, ajustes mejorados para la comodidad del paciente y un manejo más eficiente. El dispositivo administra una estimulación suave a los músculos clave de las vías respiratorias para mantenerlas abiertas durante el sueño, lo que permite a los pacientes encenderlo fácilmente cada noche con un control remoto portátil.

Si tiene alguna pregunta o desea saber si califica para este tratamiento, comuníquese con Kurt Brown, coordinador del Programa de Sueño de Trinity Health, al 616-685-6330. Para programar una cita con los Dres. Hoekzema, Cox, Kevern o Cameron, necesita una referencia de su médico de cabecera.



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THE COMMUNITY VOICE LA VOZ / SEPTEMBER 2025 09

Holding It All Together The Silent Struggles of Single Mothers in America



By Reyna Hernández

Behind closed doors, across cities and small towns alike, there are millions of women waking up before sunrise, making breakfast with tired hands, getting their children dressed, and preparing for another day of doing it all alone.

These are single mothers. They are the backbone of their households, the protectors, the providers, the nurturers, and the fighters. And yet, their stories often go unheard, their struggles overlooked, and their strength taken for granted.

In the United States, over 10.9 million single mothers are raising children on their own, according to the U.S. Census Bureau. That's more than 80% of all single-parent households. Each one of these women carries a weight that is nearly impossible to describe—financially, emotionally, and physically.

The statistics only begin to tell their story: as of 2023, about 31% of single-mother families live in poverty, compared to just 6% of married-couple families. These numbers mean more than missed bills; they reflect sleepless nights, skipped meals, and constant worry about how to keep the lights on and the children fed.

The cost of raising a child in America is staggering: over \$233,610 before they even graduate high school, according to the U.S. Department of Agriculture. But when there's only one income and little support, that figure feels like an impossible mountain.

Child care, one of the biggest burdens, averages around \$10,600 per year for a single child, and can be significantly higher in many states. In fact, in places like Massachusetts, full-time infant care can cost more than \$21,000 a year, which is higher than in-state college tuition. For many single moms, this creates an impossible choice: work full-time and spend nearly their entire paycheck on daycare, or stay home and risk deeper poverty.



The struggle isn't just financial. The emotional toll is real and relentless. Studies show that single mothers are twice as likely to experience depression and anxiety compared to partnered mothers. Balancing work, parenting, and the emotional needs of their children without help often leads to exhaustion and burnout. Many feel isolated, judged by others, and unsupported by systems that weren't built with them in mind.

A lack of affordable housing, unpredictable work schedules, and limited mental health services only intensify these burdens. When the COVID-19 pandemic hit, it revealed just how fragile that balance truly was. Between 2020 and 2021, 1 in 3 single mothers left the workforce due to school and daycare closures.

ures.

Even today, many haven't returned. A 2022 report by the U.S. Department of Labor showed that single mothers had the highest unemployment rates among all women during the pandemic recovery period. Some were forced to take lower-paying jobs or reduce their hours, just to care for their children and keep their families afloat.

And yet, despite all of the everyday obstacles, the long nights, the empty bank accounts, and the constant weight of responsibility, single mothers are not giving up.

They are returning to school in record numbers. According to the Institute for Women's Policy Research, over 2.1 million single mothers in the U.S. are enrolled in college, often taking night classes and working full-time just to give their families a better future. They are starting businesses, advocating for change, and raising some of the most resilient children in the country.

What single mothers need isn't pity. They need support. They need access to affordable child care, paid family leave, fair wages, and safe housing. They need community programs that understand the reality of their lives and public policies that invest in their success. Because when we support single moms, we're not just helping one person—we're building stronger communities and brighter futures for their children.

So the next time you see a mother doing it all by herself, don't just admire her strength; stand with her. Because she's not just holding up her home. She's holding up the world.

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"Hispanic Heritage Month: Roots, meaning, and why it matters"



By Odile Parker

Hispanic Heritage Month runs every year from September 15 to October 15, a mid-month-to-mid-month celebration that reflects the history it honors. The dates aren't random: September 15 marks the independence anniversaries of Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua, with Mexico following on September 16 and Chile on September 18.

So, the party starts when freedom does.

The observation began in 1968 as a one-week recognition launched under President Lyndon B. Johnson. Two decades later, it grew into the full month celebration we know today, signed into law on August 17, 1988 (Public Law 100-402), and later marked annually by presidential proclamations. That expansion wasn't just about adding days to the calendar – it was about giving more space for storytelling, visibility, and pride.

What are we celebrating exactly?

In one word: Contributions.

Contributions – cultural, economic, artistic, culinary, athletic, and more – from people with roots in Spanish-speaking countries across Latin America, the Caribbean, and Spain (depending on how folks self-identify). With more than 63 million Hispanic/Latino people in the U.S., this is not a niche observance, but a chance to recognize a core thread of American life.

You'll see festivals, museum programs, booklists, concerts, food tours, small-business spotlights, and community conversations – big and small, coast to coast.

It's also a moment to talk about the nuance. "Hispanic," "Latino/Latina," and



"Latine/Latinx" aren't one-size-fits-all labels – many people prefer a national identity (Mexican, Puerto Rican, Colombian, etc.). The month invites us to center those voices, learn local history (hello! labor, agriculture, and arts), and support organizations doing the work year-round – not just when the confetti is flying.

How to celebrate with intention?

Start local. Read an author you haven't read before. Try a family-owned restaurant. Visit a library display or museum talk. Donate to a program that mentors Latinx youth or backs family-owned restaurant. And if you're planning events, elevate community partners as co-creators, not just performers.

What's happening in West Michigan this year?

There are several ways to plug in locally this month:

Muskegon Community College – Hispanic Heritage Celebration: Campus gathering on Tuesday, September 23, 2025, 11:00 a.m., in partnership with the Hispanic Student Organization. Great entry-point for students and neighbors alike.

Grand Rapids Public Library – HHM Programs: GRPL is rolling out Hispanic Heritage Month events and resources throughout the month; check their 2025 listings for talks, family activities, and book recs.

And if you're looking for an early start, **Fiesta Mexicana**, a three-day celebration that educates the public about Mexican culture, history, and tradition through music, dance, food, and more, runs September 12–14, 2025, making it a perfect primer leading into the official month.

Bottom line: Hispanic Heritage Month is part celebration, part teach-in, and part call to action. Show up with curiosity, support local voices, and keep momentum going long after October 15.



her pride in being a Guatemalan and an American, but Hispanic/Latinos across the country recognize her as a defender of democracy, due process, the U.S. Constitution and the rule of law!

In Congress, Representative Ramirez is building on the bold and people-centered agenda she championed during her time in the IL General Assembly. As the only member of Congress in a mixed-status family, she is leading the fight for comprehensive immigration reform and finally making a pathway to citizenship for Dreamers like her husband, Boris. Having spent nearly two decades in the nonprofit sector, Representative Ramirez understands the challenges working people face every day, which is why she is a staunch advocate of housing as a human right, healthcare for all, climate justice, and the fight to preserve and protect our democracy.

Representative Ramirez's commitment to her community and working families was shaped by her lived experiences as a lifelong resident of Chicago's Humboldt Park neighborhood. Both of her parents worked low-wage jobs to give their children a fighting chance to escape poverty. The Congresswoman witnessed firsthand how important social services were as she grew up watching neighbors come to her church for housing assistance, food, and services for the undocumented. These experiences ignited a fire, a passion, and a deep commitment to public service.

Representative Ramirez spent the next 18 years as a non-profit leader fighting for housing justice as the Executive Director for the Center for Changing Lives, advocating for good government as the Campaign Manager at Common Cause IL, and championing racial and economic justice initiatives as the Deputy Director of Community Renewal Society. She also served as board chair for both the Latin United Community Housing Association (LUCHA) and Logan Square Neighborhood Association (LSNA), organizations leading the fight for affordable housing, immigration reform, and public education.

In 2018, Representative Ramirez was recruited by community leaders to run for a vacant State Representative seat in the IL 4th House District. She was elected to the Illinois General Assembly, where she served two terms, successfully passing legislation expanding Medicaid coverage to IL senior citizens regardless of immigration status, securing over \$450 million to build affordable housing, protecting abortion rights, and creating an elected school board in the City of Chicago. She co-founded the Illinois House Progressive Caucus and rose to become an Assistant Majority Leader during her second term.

Representative Ramirez is a graduate of Northeastern Illinois University and lives in Chicago with her husband, Boris, and their golden retrievers, Lola and Milo.

La congresista Delia C. Ramirez, hija de inmigrantes guatemaltecos de clase trabajadora, es una legisladora comprometida, directora de servicios sociales, líder comunitaria y constructora de coaliciones. Representa al 3.er Distrito Congressional de Illinois y forma parte del Comité de Seguridad Nacional y del Comité de Asuntos de Veteranos. Ramirez es conocida por su defensa de la democracia, el debido proceso, la Constitución de los Estados Unidos y el estado de derecho. Como la primera latina elegida al Congreso en Illinois y el Medio Oeste, lidera la lucha por una reforma migratoria integral y la ciudadanía para los Dreamers. Ramirez ha dedicado casi dos décadas al sector sin fines de lucro, abogando por la vivienda como un derecho humano, la atención médica para todos, la justicia climática y la preservación de la democracia. Fue elegida para la Asamblea General de Illinois en 2018 y cofundó el Caucus Progresista de la Cámara de Representantes de Illinois. Ramirez vive en Chicago con su esposo, Boris, y sus perros golden retriever, Lola y Milo.

Nominations Encouraged for Michigan Lottery's Excellence in Education Awards to Honor Outstanding Educators

Parents, students, school staff members, and others are encouraged to nominate outstanding public-school educators for the Michigan Lottery's 2025-26 Excellence In Education awards.

All public-school employees may be nominated for the Excellence In Education awards, which recognize educators who go "above and beyond" to make a difference in the lives of children. To nominate a public-school educator, go to <https://www.michiganlottery.com/excellence-in-education>.

"The Excellence in Education awards are our way of honoring the phenomenal work being done by educators in communities throughout Michigan," said Lottery Commissioner Suzanna Shkreli. "These dedicated professionals do so much more than teach; they are a constant, supportive presence who instill lifelong skills and inspire students to believe in themselves."

The Michigan Lottery established the Excellence in Education awards in 2014 to recognize outstanding public-school educators across the state during the school year.

One outstanding educator will be selected each week and will receive a \$2,000 cash prize. At the end of the school year, one of these weekly award winners will be selected to receive the Lottery's Educator of the Year award and will receive a \$10,000 cash prize.

The winner of the 2025 Educator of the Year award was Kelly Herberholz, a science teacher and administrative intern with Dakota High School in Macomb.

Hundreds of educators were nominated during the 2024-25 school

Excellence in Education



year, which was the 11th year of the Excellence in Education awards program. Thirty-four of these nominees, including Herberholz, were selected to win a weekly award.

Previous winners of the Educator of the Year award:

- 2024 – Samantha TwoCrow, the director of the Indigenous Education Program for Suttons Bay Public Schools in Suttons Bay.
- 2023 – Kathryn Kluzak, a kindergarten teacher with

Robert L. Green Elementary in East Lansing.

- 2022 – Spencer Vanderheide, a high school teacher with Kenowa Hills High School in Grand Rapids.
- 2021 – Janice Smith, a school social worker at Fisher Magnet Lower Academy in Detroit.
- 2020 – Megan Sidge, an Autism Spectrum Disorder teacher at Hickory Woods Elementary in Walled Lake.
- 2019 – Stewart Kieliszewski, an Earth science, biology, mechatronics, and media teacher for eighth through 12 graders at the Uby Community Schools.
- 2018 – Kerri Moccio, a first-grade literacy intervention specialist at Bedford Elementary School in Dearborn Heights.
- 2017 – Linda Holzwarth, a social studies teacher at Portage West Middle School in Portage.
- 2016 – Daniel Carr, a Spanish and sports marketing teacher at Waverly High School in Lansing.
- 2015 – Michael Craig, a special education teacher at the Charles Drew Transition Center in Detroit.

Excellence in Education award nominees should demonstrate the following qualities:

- Excellence – Their work consistently helps students and/or their schools or school districts advance to higher levels of academic achievement.
- Dedication – They consistently go above and beyond expectations to help students succeed.
- Inspiration – Their work inspires others around them to exceed expectations either academically or professionally.
- Leadership – They demonstrate clear leadership skills in their positions with their school or school districts.
- Effectiveness – The nominee's work has clear and positive results on the educational advancement of students within the school or school district.

Scan the QR code to nominate an outstanding educator in your life today!



La Lotería de Michigan invita a los educadores de escuelas públicas a nominarlos para los premios a la Excelencia en la Educación 2025-26. Estos premios reconocen a los educadores que se esfuerzan al máximo para marcar la diferencia en la vida de los niños. La Lotería de Michigan estableció los premios en 2014 para reconocer a los educadores destacados de escuelas públicas de todo el estado durante el año escolar. Cada semana se seleccionará a un educador destacado, quien recibirá un premio en efectivo de \$2,000. Al final del año escolar, uno de los ganadores semanales recibirá el premio al Educador del Año de la Lotería y un premio en efectivo de \$10,000. Kelly Herberholz, profesora de ciencias y pasante administrativa de la escuela secundaria Dakota en Macomb, ganó el premio al Educador del Año 2025. Entre los ganadores anteriores se encuentran Samantha TwoCrow, Kathryn Kluzak, Spencer Vanderheide, Janice Smith, Megan Sidge, Stewart Kieliszewski, Kerri Moccio, Linda Holzwarth, Daniel Carr y Michael Craig. Los nominados deben demostrar excelencia, dedicación, inspiración, liderazgo y eficacia en su trabajo.

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Por tiempo limitado en septiembre, ¡cualquier sorteo de Daily 4 puede convertirse en un **SORTEO BONIFICADO**! Cada vez que haya un **SORTEO BONIFICADO**, todos los premios elegibles de Daily 4 se incrementarán en un 20%. Los sorteos se realizan dos veces al día, los siete días de la semana, a las 12:59 p. m. Y a las 7:29 p. m. ¡Visita tu tienda de Lotería favorita y juega Daily 4 hoy mismo!

Los **SORTEOS BONIFICADOS** de Daily 4 se anunciarán durante la transmisión de los números ganadores del mediodía y de la noche, y en michiganlottery.com poco después del sorteo.

DAILY 4 STRAIGHT AND WHEELED BETS NOT ELIGIBLE.

Daily 4 odds: Straight: 1 in 10,000; 4-Way Box: 1 in 2,500; 6-Way Box: 1 in 1,666; 12-Way Box: 1 in 833; 24-Way Box: 1 in 416; 1-Off Straight: 1 in 10,000; 1-Off One Digit: 1 in 1,250.
Knowing your limits is always the best bet. Call 1-800-GAMBLER for confidential help.



September Events / Eventos en Septiembre

First Fridays Food Fest September 5, 2025 Grand Rapids, MI

On September 5th, East Hills Business Association will host a First Fridays Food Fest featuring bites and beverages from popular pop-up shops like Tiny Dinners, Spyre Cullinary, Mon Cherie Creperie, and Let's Stay Home, kicking off Fall First Fridays in the district.

El 5 de septiembre, la Asociación de Negocios de East Hills organizará un festival de comida First Fridays con bocados y bebidas de tiendas emergentes populares como Tiny Dinners, Spyre Cullinary, Mon Cherie Creperie y Let's Stay Home, dando inicio a los First Fridays de otoño en el distrito.

#FFFoodFest #EastHillsFoodFest

Grand Valley American Indian Pow Wow September 6-7, 2025 Grand Rapids, MI

The Grand Valley American Indian Pow Wow hosts this traditional Pow Wow on the banks of the Grand River every year. A Pow Wow is a Native American tradition that brings together many different tribes and communities. Pow Wows are cultural celebrations that include dancing, singing, socializing, crafts, arts, and food. All are welcome!

El Pow Wow Indígena Americano del Valle del Gran celebra cada año este tradicional Pow Wow a

orillas del río Grand. Un Pow Wow es una tradición indígena americana que reúne a diversas tribus y comunidades. Los Pow Wows son celebraciones culturales que incluyen bailes, cantos, socialización, artesanías, arte y gastronomía. ¡Todos son bienvenidos!

Holland Haven Marathon XII: Running - Community - Celebration September 7, 2025 Grand Haven, MI

The Holland Haven Marathon, a USATF-certified event in early September, offers a scenic route along Lake Michigan, suitable for both novice and experienced runners. The 8K race is flat and out-and-back, and participants can join virtually, earning a commemorative medal.

El Maratón Holland Haven, un evento certificado por la USATF a principios de septiembre, ofrece una ruta panorámica a lo largo del lago Michigan, ideal tanto para corredores principiantes como experimentados. La carrera de 8 km es plana y de ida y vuelta, y los participantes pueden participar virtualmente y ganar una medalla conmemorativa.

Fiesta Mexicana 2025 September 12-14, 2025 Grand Rapids, MI

The Mexican community has been in Grand Rapids for generations, and it is the largest Latin ethnic group in West Michigan and continues to grow. Fiesta Mexicana is our flagship event and is one of the oldest ethnic festivals in Grand Rapids. It educates the public about Mexican culture, history and tradition, and highlights the contributions of Americans with Mexican heritage. Its three days of music, dance, food,

carnival games and more!

La Fiesta Mexicana es nuestro evento insignia y uno de los festivales étnicos más antiguos de Grand Rapids. Educa al público sobre la cultura, la historia y la tradición mexicanas, y destaca las contribuciones de los estadounidenses con ascendencia mexicana. ¡Son tres días de música, baile, gastronomía, juegos de carnaval y mucho más!

Motor City Comedy Festival September 17-21, 2025 Detroit, MI

Motor City Comedy Festival is a non-profit organization that connects comedians worldwide for networking, learning, and practice. It pairs top stand-ups with younger talent, fostering a community of funny people and industry professionals. Detroit events powered by visitdetroit.com

El Festival de Comedia de Motor City es una organización sin fines de lucro que conecta a comediantes de todo el mundo para que puedan establecer contactos, aprender y practicar. Reúne a los mejores comediantes con jóvenes talentos, fomentando una comunidad de humoristas y profesionales de la industria. Eventos en Detroit organizados por visitdetroit.com

Hispanic Heritage Festival September 18-21, 2025 Lansing, MI

Join Ourspace in Downtown Lansing for a vibrant, multi-day celebration of Hispanic culture, heritage, and community! Ourspace Foundation is proud to present the 3rd Annual 517 Hispanic Heritage Weekend, honoring the rich traditions and lasting contributions of the Hispanic community across Michigan and beyond. *Únase a Ourspace en el centro de Lansing para una vibrante celebración de varios días de la cultura, la herencia y la comunidad hispana! La Fundación Ourspace se enorgullece de presentar el 3.er Fin de Semana Anual de la Herencia Hispana 517, que honra las ricas tradiciones y las contribuciones perdurables de la co-*



**Grand Valley American Indian Pow Wow
September 6-7, 2025 • Grand Rapids, MI**

munidad hispana en Michigan y más allá.

ArtPrize 2025 September 18 to October 4, 2025 Grand Rapids, MI

Downtown Grand Rapids will transform into a living, walkable gallery, featuring Arborialis, an immersive experience by UK's Architects of Air. Highlights include lantern-making workshops, Monroe Center merchants and makers markets, HalfTime, and an awards ceremony.

El centro de Grand Rapids se transformará en una galería viviente y transitable, con Arborialis, una experiencia inmersiva de Architects of Air, del Reino Unido. Entre los atractivos se incluyen talleres de fabricación de faroles, mercados de comerciantes y artesanos en el Monroe Center, el HalfTime y una ceremonia de premios.

Oktoberfest GR 2025 September 26-27, 2025 Grand Rapids, MI

Grand Rapids, ONLY German Bier Fest returns to Riverside Park with authentic beers and wines, live music, a keg toss and other contests, and the fourth annual Dachshund Dash! There will lots of games and root beer for kids to enjoy while adults sip imported beverages and savor festival treats. Oktoberfest is free to attend but tickets are required to purchase alcohol. Purchase tickets online or at the Festival.

Grand Rapids, el ÚNICO Festival de Cerveza Alemana regresa a Riverside Park con cervezas y vinos auténticos, música en vivo, concursos de lanzamiento de barril y otros, ¡y la cuarta edición anual de la Carrera del Dachshund! Habrá muchos juegos y cerveza de raíz para que los niños disfruten mientras los adultos disfrutan de bebidas importadas y saborean las delicias del festival. La entrada al Oktoberfest es gratuita, pero se requieren boletos para comprar alcohol. Compre boletos en línea o en el festival.



1940 Ford Coupe owner Pete from Hudsonville, MI



1934 Hudson Terraplane owners Eldon & Mary Nyhof from Zeeland, MI



1929 Ford Tudor owners Sid & Rose Scheerhorn from Zeeland, MI



1948 Chevy Pickup owner Bill Glover from Holland, MI



1951 Ford Custom owner Jerry Berghorst From Hudsonville, MI



1956 Lincoln Premiere



1957 Chevy Bel Air owner Bill Offringa from Jamestown, MI



1974 Austin Mini owner Kyle Hammond from Holland, MI



1958 Jeep FC 170 owners Mike & Lu Bulkema from Holland, MI



1960 Chevy Corvette owner Ron Brummel from Zeeland, MI



1963 Ford Falcon owner Rick (in Picture) & Terri from West Olive, MI



1965 Ford Mustang owners Ron & Laura Baker from Zeeland, MI



Feel the Zeel in Zeeland, MI



1974 Mustang II Mach 1 owner Al & Sandi Hartman from Grand Rapids, MI



Zeeland Show & Shine helpers ready to answer questions.

Zeeland's Show & Shine Car Show

July 12, 2025

Early morning Saturday, we headed off to Zeeland's Show & Shine Car Show on 130 E. Main Ave, Zeeland, MI. This event sponsored by Zeeland Festival Inc. (a non-profit organization), Westside Service & various sponsors & volunteers! The mission is to provide opportunities for celebration within the Zeeland Community.

Downtown E. Main St. closed off with barriers 5 blocks with cars, trucks, motorcycles line up on both sides of the street. DJ was rocking with oldies tunes, Raffle for Cancer, outdoor games for kids, and door prizes giveaways for cars registered. Restaurants open, burger & beer, coffee houses, fashion stores and more stores open for spectators. Zeeland Festivals Communities always try to make you feel welcomed! Good show! Till next time!

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Metro Cruise Casino Classic
Saturday! September 13, 2025
Gun Lake Casino Resort

1123 129th Ave
Wayland, MI 49348
Time: 10:00am - 3:00pm

MHAWM Lowrider Car & Bike Show
Fiesta Mexicana 2025

Sunday! September 14, 2025
Calder Plaza / Downtown
300 Ottawa Ave NW
Grand Rapids, MI 49503
Time: 1:00pm - 5:00pm

Fiesta Mexico Lowrider Car & Bike Show

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

How Latinas Are Shaping the Future of Tech



By Primavera Flores

On a chilly morning in Southwest Detroit, a young Diana Ortega would sit at the kitchen table, taking apart anything she could get her hands on, cereal boxes, old clocks, broken radios. "I just wanted to know how things worked," she recalls. Her parents, Mexican immigrants who worked long hours, didn't have the means to buy her fancy science kits, but they encouraged her curiosity, nonetheless. That curiosity would eventually lead Diana out of a tight-knit neighborhood and into a 25-year career as a mechanical engineer for one of Detroit's Big Three automakers.

Her path wasn't smooth. Growing up, she rarely saw engineers who looked like her. At Cristo Rey High School (formerly Holy Redeemer), it wasn't until a Saturday STEM program introduced her to engineering that she began to see a place for herself in the field. Later, through the Mexican American Partnership Program at the University of Detroit Mercy, she studied both in Detroit and at Tecnológico de Monterrey in Mexico.

"It wasn't easy," Diana admits. "I faced moments when I thought, 'Maybe this isn't for me.' But I found mentors, I used every resource I could, and I kept going." Today, she's not only a veteran engineer but also a mentor, encouraging young Latinas to enter the STEM fields. "Use your voice," she tells them. "Ask for help, even when it feels uncomfortable. You belong here."

Diana's story is one of many shaping a new narrative for Latinas in technology, a narrative that's emerging not just in the nation's tech hubs, but right here in Michigan.

Across the country, Latinas are one of the fastest-growing demographic groups, yet they make up less than 2% of the tech workforce. The reasons for this underrepresentation are complex: limited access to STEM education in early years, cultural expectations, lack of visible role models, and steep financial barriers are just a few reasons. Many have said they recall high school counselors telling them that "engineering is for boys" or steering them away from math and science altogether. "A lot of us are first generation into a university, first generation into this professional world, and no one gave us the cheat codes," says Beca Velazquez-Publes, co-founder of the Latina Network of West Michigan.



Beca Velazquez-Publes

That "cheat code" is exactly what Velazquez-Publes and others are trying to provide. Founded in 2014 in Grand Rapids over a casual coffee conversation, the Latina Network of West Michigan has grown to more than 700 members. The organization offers free workshops on everything from salary negotiation to promotion strategies, creating a community where members can share resources, support one another, and thrive in workplaces that often feel isolating. "The connections you're making at the Latina Network are much deeper," says longtime member CC Moore, now a director at the W.K. Kellogg Foundation. "They know your family, they know your background. They understand what it means to navigate these spaces as a Latina."

Representation matters, and when Latinas see themselves reflected in leaders like Diana Ortega in Detroit or Aisha Bowe in Ann Arbor, an aerospace engineer who went from community college to NASA

to found her own tech company, and even flying to space, it expands what's possible. Bowe, founder of STEM Board and LINGO, credits a single nudge from her father, "take a math class," with changing her entire life. Today, her STEM kits inspire kids around the world to dream big.

The contributions of Latinas in tech go beyond numbers. They bring cultural insight, bilingual fluency, empathy, and a community-centered approach to problem-solving, qualities that make technology more inclusive and impactful. However, challenges remain, as few hold C-suite roles in major tech companies; microaggressions and imposter syndrome persist; and family expectations often add to the weight they carry.

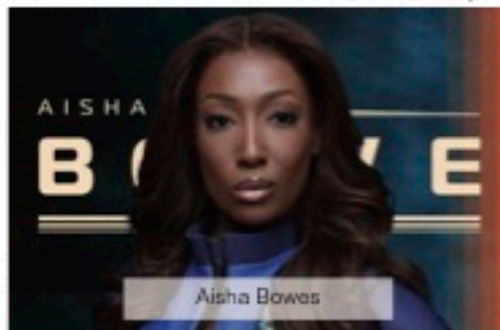
Despite these hurdles, the momentum is undeniable. From grassroots networks in Grand Rapids to trailblazers in Southwest Detroit, Latinas are not just participating in tech, they're transforming it. Their success is a testament to what's possible when talent meets opportunity, when communities invest in young girls' curiosity, and when barriers give way to bridges.

Diana Ortega sees the shift firsthand. "I used to walk into meetings and be the only Latina engineer in the room," she says. "Now, I see more faces like mine. It's slow, but it's happening."



Diana Ortega from her profile on University of Detroit Mercy

And with every success story, every student who finds her way into a coding boot camp, every engineer who rises to lead a project, and every founder who launches a startup, the future of tech grows brighter, more inclusive, and undeniably more Latina.



Aisha Bowe

Diana Ortega, Ingeniera mecánica del suroeste de Detroit, se inspiró en sus inmigrantes mexicanos para seguir una carrera en ingeniería. Durante su infancia, enfrentó dificultades para encontrar un lugar en el sector, pero encontró mentores y perseveró. Hoy en día, es mentora y anima a las jóvenes latinas a adentrarse en los campos STEM. Las latinas son uno de los grupos demográficos de mayor crecimiento en Estados Unidos; sin embargo, representan menos del 2% de la fuerza laboral tecnológica. Las razones de esta escasa representación incluyen el acceso limitado a la educación STEM, las expectativas culturales, la falta de referentes visibles y las grandes barreras financieras. La Red Latina del Oeste de Michigan, fundada en 2014, ofrece talleres gratuitos sobre negociación salarial y estrategias de ascenso, creando una comunidad donde las latinas pueden compartir recursos y apoyarse mutuamente.

Las contribuciones de las latinas en el sector tecnológico van más allá de las cifras, aportando conocimiento cultural, fluidez bilingüe, empatía y un enfoque comunitario para la resolución de problemas. Sin embargo, persisten desafíos, como la escasez de puestos directivos en las grandes empresas tecnológicas, las microagresiones y el síndrome del impostor. A pesar de estos obstáculos, el impulso es innegable, ya que las latinas no solo participan en la tecnología, sino que la transforman. Su éxito demuestra lo que se puede lograr cuando el talento se une a la oportunidad, las comunidades invierten en la curiosidad de las jóvenes y las barreras dan paso a puentes.

Isiah Pacheco

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

The Puerto Rican flag was prominent on the field after the Kansas City Chiefs won their third Super Bowl in 2024 – all thanks to star player Isiah Pacheco.

The 26-year-old running back from Vineland, New Jersey, is unabashedly proud of his roots. For Super Bowl LVIII, Pacheco wore a helmet featuring the Puerto Rican flag, now enshrined in the NFL Hall of Fame. The two-time Super Bowl titleholder, nicknamed "Pop," is of Puerto Rican descent on his father's side and Dominican heritage on his mother's side.

"You gotta represent," Pacheco said in an interview following the SBLVIII win. "You don't get to see many Puerto Ricans doing this thing. You always gotta represent your country."

He was recruited to play for Rutgers University in 2017, where he saw consistent playing time in each of his four collegiate seasons. In his career with the Scarlet Knights, Pacheco rushed 563 times for 2,442 yards and scored 18 touchdowns. He also caught 47 passes for 249 yards and one score.

Before the 2022 NFL Draft, Pacheco participated in the 2022 Hula Bowl, an all-star game used to showcase small-school and under-the-radar NFL prospects. He also competed in the East-West Shrine Bowl, helping raise his profile before the draft.

He was selected in the seventh round with the 251st overall pick by the Kansas City Chiefs.

Pacheco scored his first career NFL rushing touchdown on a 3-yard run against the Arizona Cardinals in Week 1. He recorded his first career start in Week 7, and in the Week 11 match-up against the Los Angeles Chargers, he rushed for a career-high 107 yards on 15 carries.

He was the starting running back for the Chiefs in SBLVIII, recording 76 yards and a touchdown as the Chiefs defeated the Philadelphia Eagles.

In the 2023 season, Pacheco finished with 205 carries for 935 rushing yards and seven rushing touchdowns to go with 44 receptions for 244 receiving yards and two receiving touchdowns. During the Chiefs' postseason run, he scored a touchdown in each of the first three playoff games. The season ended with another Chiefs Super Bowl win, with Pacheco rushing for 59 yards and recording six catches for 33 yards.

As the Chiefs became the first team to repeat as champions since the New England Patriots in 2003 and 2004, Pacheco also made history by being the only running back to win two

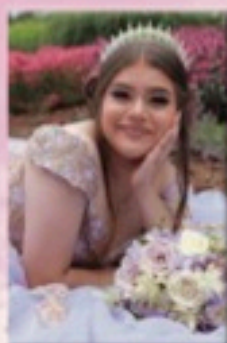
Super Bowls in his first two seasons.

He returned as the Chiefs' starting running back in 2024 but suffered a fractured fibula in Week 2. He was activated in November and finished the season with 83 carries for 310 yards and one touchdown in seven games. He also played in Super Bowl LXXI, recording 12 scrimmage yards in the 40-22 loss to the Eagles.

Off the field, Pacheco has overcome tragedy, losing his brother Travoise Cannon, who was killed in 2016, and his sister Celeste Cannon, who was murdered in 2017. As he wears tattoos to honor them both, he continues to prove his worth on the field in honor of his late sibling.

Isiah Pacheco, un corredor de 26 años de Vineland, Nueva Jersey, es dos veces campeón del Super Bowl y está orgulloso de su herencia puertorriqueña. Llevó un casco con la bandera en el Super Bowl LVIII y fue reclutado para jugar en la Universidad de Rutgers en 2017. Antes del Draft de la NFL 2022, Pacheco participó en el Hula Bowl y el East-West Shrine Bowl. Fue seleccionado en la séptima ronda con la 251ª selección general por los Kansas City Chiefs. En 2023, terminó con 205 acarreos para 935 yardas terrestres y siete touchdowns por tierra. También hizo historia al ganar dos Super Bowls en sus primeras dos temporadas. En 2024, regresó como el corredor titular de los Chiefs, pero sufrió una fractura de fíbula. Terminó la temporada con 83 acarreos para 310 yardas y un touchdown en siete partidos.

By Odile Parker



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24 year old African-Mexican American Michigan resident. As I prepare to graduate college, I'm setting my sights on a future in Software Development in UI/UX Design. I'm Passionate about Crafting Digital Experiences that are not just functional, but Beautiful! When I'm not Studying or Coding, you'll find me Creating Digital Art or Programming for FUN! My Ultimate DREAM, to build something that doesn't just work, but makes a REAL IMPACT in the World!

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2025 SEPTEMBER MODEL SEARCH

Do Energy Drinks Make You Age Faster?

¿Las bebidas energéticas te hacen envejecer más rápido?

If you're searching for the fountain of youth, you probably won't find it at the bottom of an energy drink can.

Most energy drinks are loaded with caffeine, added sugars, additives and legal stimulants like guarana, taurine and L-carnitine. Drinking them can lead to adverse health effects like dehydration, anxiety and issues listed below, which can affect a person's life expectancy.

How energy drinks affect your heart

A healthy heart is one ticket to longevity, but that ticket is jeopardized by consistently drinking energy drinks. Energy drink consumption has been linked to high blood pressure and irregular heart rate, among other health conditions.

A 2019 Journal of the American Heart Association study of 34 healthy individuals found that about four hours after drinking a 32-ounce energy drink, the heart's electrical activity was abnormal compared to drinking a placebo drink. Various case reports have also tied energy drink consumption to atrial fibrillation, or Afib. Afib is a type of irregular heartbeat that impacts the upper chambers of the heart. If left untreated, Afib can cause heart palpitations, blood clots,

stroke and even heart failure in some extreme cases.

How energy drinks affect your skin

Sugar can be a major age accelerator, aging the cells when consumed in excess. Excess sugar may increase the breakdown of natural proteins in our bodies, like collagen and elastin, which give our skin structure, shape and firmness. When collagen and elastin wear away, our skin can become wrinkled, saggy and dry.

How energy drinks affect your teeth

The citric acid in energy drinks and soda can erode tooth enamel over time. A 2021 Journal of Clinical and Experimental Dentistry study examined blocks of human enamel that were immersed in energy drinks and a popular soda brand for 30 minutes. All drinks did damage to enamel, but energy drinks were the harshest. Enamel's job is to protect your teeth from damage. When tooth enamel is compromised, it makes your mouth prone to bacteria.

How energy drinks affect your sleep

Poor sleep and sleep deprivation can affect life expectancy. Studies link the consumption of energy drinks to sleep latency, as the caffeine and other stimulant ingredients that give us a temporary jolt of energy and make us alert can last up to eight hours after we're done drinking. These beverages can not only make it more difficult to fall and stay asleep, they can also reduce overall sleep time.

Natural sources of energy

If you're an energy drink drinker and want to quit or cut back, try mixing in these alternatives to see which method works best for you.

- Get morning light exposure to trigger your body's internal clock and boost alertness.
- Exercise to get your heart rate up and blood flowing, which releases endorphins and raises your energy level.
- Set and stick to a consistent sleep schedule.

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"Cosechas Retenidas: Los Trabajadores Agrícolas Contraatacan"

"Alimentamos a este país, pero nos tratan como fugitivos." — Trabajador agrícola anónimo, Bakersfield

Continuación de la versión de el artículo en español pag. 03..... Por José A. Flores

En Michigan, la escasez de mano de obra se ha sentido en los sectores de la agricultura, la construcción, los servicios y la hostelería debido a las redadas migratorias, la autodeportación y el miedo. Los retrasos en el procesamiento de las visas H-2A dejaron a las granjas con escasez de personal durante la temporada alta de cerezas. Muchos trabajadores agrícolas me han dicho que planean trabajar menos en los campos y no interferir en la actividad. La aplicación de la ley por parte del ICE y el miedo a las redadas provocaron un ausentismo del 75% entre los trabajadores agrícolas inmigrantes en Bakersfield, aunque esta cifra es objeto de debate. El impacto en la industria de la cereza ha sido devastador en Michigan. La escasez de mano de obra, agravada por los problemas climáticos y comerciales, provocó una caída del 70% en la producción de cerezas ácidas, de 100 millones a 30 millones de libras. California está plagada de cultivos sin cosechar: miles de acres de fresas, lechugas, aguacates y pimientos morrones se dejaron pudrir. Aproximadamente la mitad de Su fuerza laboral es indocumentada.

Efectos dominó: Los pequeños negocios en pueblos rurales reportan una caída en picado del tráfico peatonal. Trabajo

El miedo es paralizante: En los tres estados, el miedo —no solo la aplicación de la ley— está impulsando el ausentismo, incluso entre los trabajadores legales.

Fragilidad económica: Estas interrupciones laborales no son aisladas; amenazan cadenas de suministro enteras, desde el campo hasta los estantes de los supermercados.

Encrucijada política: Los agricultores exigen programas de autorización de trabajo temporal y una moratoria a las redadas de ICE para estabilizar la fuerza laboral.

Las huelgas nacionales de trabajadores agrícolas, las protestas en supermercados y los boicots a lugares, bienes y servicios por parte de grupos altamente organizados en todo el país están liderando la lucha para asegurar un lugar seguro para los inmigrantes.

La lucha parece inútil, ya que el gobierno de EE. UU. es muy enérgico, pero también es débil para eliminar la voluntad de un pueblo que desea prosperar y asegurar un mejor nivel de vida. ¡No se rindan! ¡Sigamos luchando! California, Michigan y Florida ya están sintiendo los efectos de la política antinmigrante. Políticas. Homestead y Redlands, donde muchos trabajadores indocumentados han dejado de trabajar por completo. El miedo a las redadas ha paralizado a comunidades enteras, y algunas familias evitan acudir a hospitales y escuelas.

El impacto en viveros y agricultura en Florida sugiere que las redadas de ICE han interrumpido las operaciones en viveros y granjas, y algunos negocios reportan la pérdida de la mitad de su fuerza laboral, ya que el estado de Florida y sus fuerzas policiales detienen a presuntos inmigrantes mediante prácticas de perfilación racial con la esperanza de obtener bonificaciones estatales por la aplicación de la ley migratoria. Se han presentado numerosas demandas y documentos judiciales para detener las prácticas discriminatorias de Florida. Mientras tanto, muchos inmigrantes están abandonando el estado en busca de otros lugares más amigables.



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