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September 2026 • Vol 28 • Michigan's Largest Bilingual Magazine • www.lavozweb.com

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Celebrating the Fusion That Built Modern Americanism

Celebrando la fusión que dio forma al Americanismo Moderno



By Dr. José A. Flores

As we enter National Hispanic Heritage Month this September 15- October 15, we are reminded that the United States is far more than a map of Red States and Blue States. We are also a nation of White, Black, Brown, Indigenous, Asian, Middle Eastern, Afro-Latino, and multi-racial communities, each contributing to the living mosaic of American identity. Our states carry unique ties to dozens of ethnicities, languages, and ancestral lineages that have shaped the country for 250 years.

Yet celebrating this diversity has become increasingly difficult in a climate where public discourse often questions or challenges the value of inclusion. This editorial argues a simple truth: America cannot thrive without embracing the full contributions of all its people, including Hispanic and Latino communities whose heritage stretches across continents, centuries, and civilizations.

The United States has never been a static nation. From the beginning, it has been a fusion of cultures, a hybrid society shaped by Indigenous nations, African diasporas, European settlers, Asian migration, and the vast civilizations of the Americas. The polarized encounters between Native peoples and Puritan colonists in the 1600s were only the earliest chapters of a long and complex story. Over time, waves of cultural blending created what we now call Modern Americanism — a shared identity built not on uniformity, but on coexistence.

Today, Hispanic and Latino communities represent one of the most dynamic forces in that ongoing fusion. With more than 68 million Hispanic/Latino residents nationwide, their presence strengthens the nation through youthful demographics, entrepreneurial energy, scientific innovation, artistic creativity, and non-traditional approaches to learning and problem-solving. These contributions are not peripheral; they are central to America's future.

Recognizing this is not about division — it is about belonging. When every community sees its history, culture, and achievements reflected in the national narrative, people develop a deeper sense of patriotism, loyalty, and willingness to defend the nation. Shared values emerge when people feel seen, respected, and included.

This is why diversity matters. A nation cannot survive long-term division based on race, religion, cultural background, or national origin. The United States has endured for nearly 250 years because its people have continually expanded the definition of who belongs. Democracy thrives when we embrace the strength that diversity offers — not only in numbers, but in imagination.

There is also great strength in embracing Indigenous and pre-Columbian cultures, whose scientific and architectural achievements rival those of any ancient civilization. The engineering of the Maya, the astronomy of the Mexica, the agricultural innovations of the Andean peoples, and the communal governance systems of Native nations across the continent are worthy of celebration. These accomplishments remind us that the Americas have always been a cradle of knowledge.

Today, Hispanic and Latino communities are reclaiming that legacy. They are de-colonizing the narrative, rejecting the idea that their heritage is "less than" a Eurocentric standard, and challenging outdated portrayals shaped by those who historically controlled education and

media. This growing consciousness is not divisive — it is liberating. It strengthens the nation by empowering millions of Americans to participate fully and confidently in civic life.

National Hispanic Heritage Month is not just a celebration of culture; it is a recognition of America's ongoing evolution. Our diversity is not a challenge to overcome — it is a strength to embrace. Time will bear out this truth. The United States has survived because it adapts, grows, and welcomes new voices. To thrive for the next 250 years, we must continue to honor the fusion of cultures that built this nation and the communities that will carry it forward.



Al iniciar el Mes Nacional de la Herencia Hispana este 15 de Septiembre al 15 de Octubre, recordamos que los Estados Unidos son mucho más que un mapa de estados rojos y estados azules. Somos también una nación de comunidades blancas, negras, morenas, indígenas, asiáticas, del Medio Oriente, afro-latinas y multirraciales, cada una aportando al mosaico vivo de la identidad estadounidense. Nuestros estados mantienen vínculos únicos con decenas de etnias, idiomas y linajes ancestrales que han moldeado al país durante 250 años.

Sin embargo, celebrar esta diversidad se ha vuelto cada vez más difícil en un clima donde el discurso público con frecuencia cuestiona o desafía el valor de la inclusión. Este editorial sostiene una verdad sencilla: Estados Unidos no puede prosperar sin reconocer plenamente las contribuciones de todos sus pueblos, incluyendo a las comunidades hispanas y latinas cuya herencia se extiende por continentes, siglos y civilizaciones.

Los Estados Unidos nunca han sido una nación estática. Desde el principio han sido una fusión de culturas, una sociedad híbrida moldeada por naciones indígenas, diásporas africanas, colonos europeos, migración asiática y las vastas civilizaciones de las Américas. Los encuentros polarizados entre los pueblos nativos y los colonos puritanos en los años 1600 fueron solo los primeros capítulos de una historia larga y compleja. Con el tiempo, oleadas de mezcla cultural crearon lo que hoy llamamos Americanismo Moderno — una identidad compartida construida no sobre la uniformidad, sino sobre la convivencia.

Hoy, las comunidades hispanas y latinas representan una de las fuerzas más dinámicas en esa fusión continua. Con más de 68 millones de residentes hispanos/latinos en todo el país, su presencia fortalece a la nación mediante una demografía joven, energía emprendedora, innovación científica, creatividad artística y enfoques no tradicionales para aprender y resolver problemas. Estas contribuciones no son periféricas; son centrales para el futuro de Estados Unidos.

Reconocer esto no se trata de división — se trata de pertenencia. Cuando cada comunidad ve su historia, cultura y logros reflejados en la narrativa nacional, las personas desarrollan un sentido más profundo de patriotismo, lealtad y disposición para defender al país. Los valores compartidos surgen cuando la gente se siente vista, respetada e incluida.

Por eso la diversidad importa. Una nación no puede sobrevivir divisiones prolongadas basadas en raza, religión, cultura o origen nacional. Estados Unidos ha perdurado casi 250 años porque su pueblo ha ampliado continuamente la definición de quién pertenece. La democracia prospera cuando abrazamos la fuerza que ofrece la diversidad — no solo en números, sino en imaginación.

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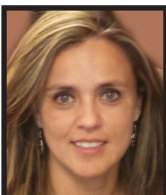
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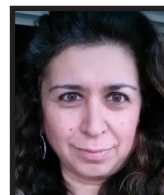
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September 2026, Volume 28 - No. 09
Reaching over 40,000 readers
Circulation 17,000 copies
Printed at Printwell

To contact The Community Voice/
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Four Trinity Health Michigan Hospitals Named Best in Michigan by U.S. News & World Report

Trinity Health Ann Arbor, Grand Rapids, Muskegon, and Oakland have been recognized as 2026-2027 Best Regional Hospitals in Michigan by U.S. News and World Report. Chelsea Hospital was named a Top 50 hospital for rehabilitation, while Trinity Health Livingston and Livonia received High Performing status in adult procedures. U.S. News evaluated nearly 4,500 hospitals, with only 16% earning recognition. Shannon Striebich, president and CEO of Trinity Health Michigan, emphasized this acknowledgment as a reflection of their commitment to exceptional patient care. The rankings consider factors like risk-adjusted mortality rates and patient experience, drawing from over 800 million patient care records.

For more information, visit Best Hospitals. The full methodology for recognizing hospitals can be found www.health.usnews.com/health-care/best-hospitals/articles/faq-how-and-why-we-rank-and-rate-hospitals

Trinity Health Ann Arbor, Grand Rapids, Muskegon y Oakland han sido reconocidos como los mejores hospitales regionales de Michigan para el periodo 2026-2027 por U.S. News & World Report. Chelsea Hospital fue incluido entre los 50 mejores hospitales en rehabilitación, mientras que Trinity Health Livingston y Livonia obtuvieron la calificación de "alto rendimiento" en procedimientos para adultos. U.S. News evaluó cerca de 4.500 hospitales, y solo el 16 % obtuvo este reconocimiento. Shannon Striebich, presidenta y directora ejecutiva de Trinity Health Michigan, destacó que este reconocimiento refleja su compromiso con una atención excepcional al paciente. Las clasificaciones toman en cuenta factores como las tasas de mortalidad ajustadas al riesgo y la experiencia del paciente, basándose en más de 800 millones de registros de atención médica.

Para obtener más información, visite Best Hospitals. La metodología completa utilizada para reconocer a los hospitales puede consultarse en www.health.usnews.com/health-care/best-hospitals/articles/faq-how-and-why-we-rank-and-rate-hospitals



Celebrando la fusión que dio forma al Americanismo Moderno

Por Dr. José A Flores

Continuación de la versión del artículo en español pag. 03

También existe una gran fortaleza en reconocer las culturas indígenas y precolombinas, cuyos logros científicos y arquitectónicos rivalizan con los de cualquier civilización antigua. La ingeniería de los mayas, la astronomía de los mexicas, las innovaciones agrícolas de los pueblos andinos y los sistemas de gobernanza comunal de las naciones nativas en todo el continente merecen celebrarse. Estos logros nos recuerdan que las Américas siempre han sido un centro de conocimiento.

los próximos 250 años, debemos seguir honrando la fusión de culturas que construyó esta nación y a las comunidades que la llevarán hacia adelante.

Hoy, las comunidades hispanas y latinas están reclamando ese legado. Están descolonizando la narrativa, rechazando la idea de que su herencia es "inferior" a un estándar eurocéntrico y desafiando representaciones obsoletas moldeadas por quienes históricamente controlaron la educación y los medios. Esta conciencia creciente no es divisiva — es liberadora. Fortalece a la nación al empoderar a millones de estadounidenses para participar plena y confiadamente en la vida cívica.

El Mes Nacional de la Herencia Hispana no es solo una celebración cultural; es un reconocimiento de la evolución continua de Estados Unidos. Nuestra diversidad no es un desafío que superar — es una fortaleza que abrazar. El tiempo demostrará esta verdad. Estados Unidos ha sobrevivido porque se adapta, crece y da la bienvenida a nuevas voces. Para prosperar

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Community News

Gun Lake Casino Resort Lucky Guest Wins \$100,000 Slot Machine Jackpot

Gun Lake Casino Resort (GLCR) recently celebrated a significant \$100,000 jackpot won by a guest from Grand Rapids on August 13, coinciding with the announcement of Casino Player's "Best of Gaming" awards. GLCR was honored as the Midwest's luckiest Native American casino, receiving six first-place awards and additional top rankings in various categories. Brian Johnson, the Vice President of Finance & Administration, congratulated the winner and highlighted the casino's impressive track record of recent jackpots, emphasizing guest recognition and success within the gaming industry.



Gun Lake Casino Resort (GLCR) celebró recientemente un importante premio mayor de 100.000 dólares, ganado por un cliente de Grand Rapids el 13 de agosto, coincidiendo con el anuncio de los premios "Best of Gaming" de la revista *Casino Player*. GLCR fue distinguido como el casino de propiedad indígena más afortunado del Medio Oeste, obteniendo seis primeros puestos y otras clasificaciones destacadas en diversas categorías. Brian Johnson, vicepresidente de Finanzas y

Administración, felicitó al ganador y destacó el impresionante historial reciente de premios mayores del casino, subrayando el reconocimiento de los clientes y el éxito de la institución en la industria del juego.

First Place Wins for Native Midwest's Gun Lake Casino Resort in Casino Player's Best of Gaming 2026:

1. Top Pool
2. Top VIP Services and Lounge
3. The Casino That Makes You Feel the Best
4. Top Craps
5. Top Betting Selections
6. The Best Sportsbook can casino in the Midwest by Casino Player."

Primeros puestos obtenidos por Gun Lake Casino Resort en los premios "Best of Gaming 2026" de *Casino Player*:

1. Mejor piscina
2. Mejores servicios y sala VIP
3. El casino que mejor te hace sentir
4. Mejor oferta de dados (*craps*)
5. Mejores opciones de apuestas
6. Mejor casa de apuestas deportivas (*sportsbook*) en un casino del Medio Oeste según *Casino Player*.

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Jose Ortiz Jr & Darryl jamming at The B.O.B. Sports Bar

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Enlace360

Police Reform Crime Bill Still a Priority



By Kindra A. Peterson

Pretty, and immigrants, such as Lorenzo Araujo, whose deaths in ICE custody barely make the news cycle, yet his death made national news. Each case is a reminder that the crisis is not isolated — it is systemic.

Deputy Sean Grayson's conviction for killing Sonya Massey exposed a chilling truth: even when officers know a civilian is in mental distress, even when compassion is possible, brutality can still prevail. Massey's final words — "I rebuke you in the name of Jesus" — were met not with de-escalation but rage, threats, and three fatal shots. In Grand Rapids, the killing of Da'Quain Johnson after a brief pursuit and K9 confrontation added yet another name to a growing list of Black men whose encounters with police end in death. And the hung jury in the Patrick Lyoya case, followed by the prosecutor's refusal to retry Officer Christopher Schurr, deepened the distrust felt by Black and immigrant communities who see justice evaporate once uniforms enter the courtroom.

Across the country, cases involving Border Patrol, ICE, FBI, and Homeland Security units raise similar alarms. Immigrants have died during ICE operations in Minneapolis, Chicago, Houston, and Virginia — tragedies that rarely receive national outrage but speak to a widespread pattern of unchecked force. Americans are right to demand a

level playing field, an honest government, and a justice system where no one is above the law — not even those sworn to uphold it.

Congress must stop treating police reform as optional. Forced votes should be happening now. A Democratic-controlled House and Senate must make passage of the George Floyd Justice in Policing Act a priority, because blanket immunity for law enforcement is incompatible with democracy. Accountability is not anti-police — it is pro-humanity.

Justice erodes when power goes unchecked. Recourse must be a right for all. And America cannot wait another year, another election cycle, or another name added to the list before acting.

Han pasado seis años desde el asesinato de George Floyd a manos de Derek Chauvin, un hecho que sigue suscitando controversia política y poniendo de manifiesto la fragilidad de la justicia en Estados Unidos. La necesidad constante de rendición de cuentas se hace evidente a través de los casos de diversas víctimas —entre ellas Sonya Massey, Patrick Lyoya y otras—, lo que demuestra la persistencia de problemas sistémicos. Condenas como la del agente Sean Grayson revelan cómo la brutalidad puede eclipsar la compasión en las fuerzas del orden. Los casos relacionados con operaciones de la Patrulla Fronteriza y del ICE añaden complejidad al panorama de la justicia, especialmente para las comunidades inmigrantes. Se plantea la urgente necesidad de una reforma policial integral, abogando por la aprobación de la Ley George Floyd de Justicia Policial para garantizar la rendición de cuentas y evitar el ejercicio de un poder sin control. Es preciso actuar de inmediato para restaurar la confianza y la justicia en la sociedad.



The Land We Lost, the History We Don't Talk About



By Edgar León

Some things are stolen with a signature. Others are stolen with silence. The first happened in 1848. The second is still happening today — in the way history is taught, in the way politicians talk, in what gets left out of the story.



Let's start with the facts, because facts don't change no matter how uncomfortable they are. In 1848, after a war that the United States started, Mexico was forced to sign the Treaty of Guadalupe Hidalgo. American troops had already taken over Mexico City. Mexico had no real choice. The result: the U.S. took more than 55% of Mexican land. States we know today as California, Nevada, Utah, and New Mexico were part of that land. This wasn't a purchase or a friendly deal. It was land taken by force, plain and simple.

Why did this happen? A big part of the answer is an idea called "Manifest Destiny" — the belief, popular at the time, that the United States was somehow meant by God to control the entire continent, no matter who was already living there. On top of that, Texas had already broken away from Mexico, and Mexico's own government was divided and weak, which made it easier for the U.S. to take advantage. Racism played a huge role too — many Americans at the time simply did not see Mexican people as equals, and that made it easier to justify taking their land.

Here's something people often get wrong: when they picture "old Mexico" or the land that was taken, they usually imagine only Spanish culture — the language, the colonial buildings, the Catholic churches. But that picture leaves out something huge: the Native American tribes from Mexico who lived on that land long before the Spanish ever arrived, and who are still part of Mexican and Mexican-American identity today. Tribes and Indigenous peoples across what is now California, New Mexico, Arizona, and Texas were there first. Their languages, their farming knowledge, their art, and their traditions shaped this land just as much as Spanish culture did — in many cases, more. Treating Mexican heritage as if it were only Spanish erases millions of Indigenous people and their descendants, and it's simply wrong. Mexico is not just from Spain. It is Indigenous, it is mixed, it is layered — and so is the history of the Southwest. DNA in the general Mexican population averages roughly **50%–60% Indigenous American** as stated by the National Institute of Genomic Medicine.

This same pattern — leaving important people out of the story — didn't stop in 1848. It's still happening now. Latinos have been central to building this nation in ways that never make it into the history books. Why do you think that happens?

Think about agriculture. Much of the food on American tables was grown or harvested by Latino workers, often without recognition or fair treatment. Think about the military. Latino soldiers have fought and died for this country for generations, yet their stories rarely make it into the main narrative. Think about science and research. Latino scientists and engineers have contributed to major advances, but you won't often hear their names. Think about literature and language — Spanish and "Spanglish" have shaped American culture in ways many people don't even realize. And think about education, which is the field I've spent my career in — Latino students keep

succeeding despite a system that too often expects less of them instead of more.

So why does it seem like there's an effort to downplay all of this? Because fully admitting how much Latinos have contributed also means admitting a debt — admitting that this country grew rich, in part, from land it took and from labor it didn't fairly reward. That's an uncomfortable truth for a lot of people in power, so it gets left out, softened, or ignored.

This isn't about asking for a trophy, a token or special treatment. It's about telling the full, honest story to our children and families. Leaving things out of history isn't an accident — it's a choice, and often a

strategic one from the people in charge. Whoever controls what gets taught in schools and said in speeches also controls who gets treated as a "real" American and who is made to feel like they're just visiting and don't belong unless they dye their hair blonde and forget to speak Spanish.

We don't need to rewrite the past. We need to tell all of it — the good, the bad, and the parts that make people uncomfortable. This country was built on land that used to belong to Mexico, shaped by good Indigenous peoples long before Spain or the U.S. ever arrived, and carried forward by generations of Latino work, talent, and sacrifice. Pretending otherwise doesn't erase that truth. It just delays it. And every generation that grows up without hearing this story is a generation less equipped to demand the recognition it has earned.

The land was taken in 1848, with a treaty and a date. But the erasing of memory has no end date — unless we decide to stop it. That means telling the truth, teaching it to our children, and refusing to let it be forgotten.

Algunas cosas se roban con una firma. Otras se roban con el silencio. Lo primero ocurrió en 1848. Lo segundo sigue pasando hoy: en la forma en que se enseña la historia, en la manera en que hablan los políticos y en todo lo que se omite del relato.

Empecemos por los hechos, porque los hechos no cambian por más incómodos que sean. En 1848, tras una guerra que inició Estados Unidos, México se vio obligado a firmar el Tratado de Guadalupe Hidalgo. Las tropas estadounidenses ya habían ocupado la Ciudad de México. México no tenía una opción real. El resultado: Estados Unidos se quedó con más del 55% del territorio mexicano. Los estados que hoy conocemos como California, Nevada, Utah y Nuevo México eran parte de esa tierra. Esto no fue una compra ni un acuerdo amigable. Fue un despojo por la fuerza, alto y claro.

¿Por qué pasó esto? Una gran parte de la respuesta es una idea llamada "Destino Manifiesto": la creencia, muy popular en esa época, de que Dios había destinado a Estados Unidos a dominar todo el continente, sin importar quién viviera allí antes. Además, Texas ya se había separado de México, y el propio gobierno mexicano estaba dividido y débil, lo que le facilitó las cosas a EE. UU. El racismo también jugó un papel enorme: en aquel momento, muchos estadounidenses simplemente no veían a los mexicanos como iguales, y eso hizo más fácil justificar el quitarles sus tierras.

....Artículo en español continúa en la siguiente página

La tierra que perdimos, la historia de la que no hablamos

Hay algo en lo que la gente suele equivocarse: cuando imaginan el "México antiguo" o la tierra que fue tomada, por lo general solo piensan en la cultura española —el idioma, los edificios coloniales, las iglesias católicas—. Pero esa imagen deja fuera algo gigante: las tribus nativas americanas de México que vivieron en esas tierras mucho antes de que llegaran los españoles, y que hoy siguen siendo parte fundamental de la identidad mexicana y mexicoamericana. Las comunidades indígenas en lo que hoy es California, Nuevo México, Arizona y Texas estuvieron allí primero. Sus idiomas, sus conocimientos agrícolas, su arte y sus tradiciones le dieron forma a esta tierra tanto como la cultura española; y en muchos casos, aún más. Tratar la herencia mexicana como si fuera únicamente española borra a millones de personas indígenas y a sus descendientes, y eso es un error. México no viene solo de España. Es indígena, es mestizo, tiene muchas capas... y la historia del suroeste de Estados Unidos también las tiene. De hecho, según el Instituto Nacional de Medicina Genómica, el ADN de la población mexicana general tiene en promedio entre un 50% y un 60% de origen indígena americano.



No necesitamos reescribir el pasado. Necesitamos contarlo todo: lo bueno, lo malo y las partes que incomodan a la gente. Este país se construyó sobre tierras que solían ser de México, moldeadas por pueblos indígenas mucho antes de que España o EE. UU. llegaran, y impulsadas hacia adelante por generaciones de trabajo, talento y sacrificio latino. Pretender lo contrario no borra esa verdad; solo la retrasa. Y cada generación que crece sin escuchar esta historia es una generación menos preparada para exigir el reconocimiento que se ha ganado.

La tierra fue tomada en 1848, con un tratado y una fecha. Pero el borrado de la memoria no tiene fecha de vencimiento... a menos que decidamos detenerlo. Eso significa decir la verdad, enseñársela a nuestros hijos y negarnos a dejar que se olvide.

Este mismo patrón de dejar a personas importantes fuera de la historia no terminó en 1848. Sigue pasando ahora. La comunidad latina ha sido fundamental para construir esta nación de maneras que nunca aparecen en los libros de texto. ¿Por qué crees que pasa eso?

Piensa en la agricultura. Gran parte de los alimentos en las mesas de Estados Unidos fueron cultivados o cosechados por trabajadores latinos, muchas veces sin reconocimiento ni un trato justo. Piensa en las Fuerzas Armadas. Los soldados latinos han luchado y muerto por este país durante generaciones, pero sus historias rara vez entran en el relato principal. Piensa en la ciencia y la investigación. Científicos e ingenieros latinos han contribuido a grandes avances, pero casi no escucharás sus nombres. Piensa en la literatura y el idioma: el español y el spanglish han moldeado la cultura estadounidense de formas que muchos ni siquiera notan. Y piensa en la educación —el campo al que he dedicado mi carrera—: los estudiantes latinos siguen saliendo adelante a pesar de un sistema que, con demasiada frecuencia, espera muy poco de ellos en lugar de exigirles más.

Entonces, ¿por qué parece haber un esfuerzo por restarle importancia a todo esto? Porque reconocer plenamente todo lo que los latinos han aportado significa también admitir una deuda: admitir que este país se hizo rico, en parte, gracias a la tierra que tomó y al trabajo que no recompensó de manera justa. Esa es una verdad incómoda para mucha gente en el poder, así que la dejan fuera, la suavizan o la ignoran.

Esto no se trata de pedir un trofeo, una compensación simbólica o un trato especial. Se trata de contar la historia completa y honesta a nuestros hijos y familias. Dejar cosas fuera de la historia no es un accidente: es una decisión, y a menudo una estrategia de quienes mandan. Quien controla lo que se enseña en las escuelas y lo que se dice en los discursos, también controla a quién se le trata como un estadounidense "de verdad" y a quién se le hace sentir como si estuviera solo de visita y no perteneciera, a menos que se pinte el pelo de rubio y olvide hablar español.

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Hispanic Heritage Month

ELEMENTS OF PRIDE

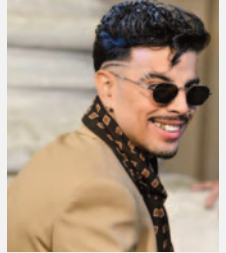
Nuestro Orgullo

Amy Tzintzún has been a Board Member of the Latina Network of West Michigan since 2015 and works as a Wealth Management Client Associate at Merrill Lynch. She is actively engaged in community service, holding various committee and board positions, and has received two President's Volunteer Service Awards for her volunteer work. As the daughter of Mexican immigrant farmworkers with Purépecha heritage, she brings a unique cultural perspective to her endeavors. Amy lives in Grand Rapids with her dog, Bruno, and enjoys traveling and spending time with family.



Amy Tzintzún ha sido miembro de la junta directiva de la Latina Network of West Michigan desde 2015 y trabaja como asociada de atención al cliente en gestión patrimonial en Merrill Lynch. Participa activamente en el servicio comunitario, ocupando diversos cargos en comités y juntas directivas, y ha recibido dos galardones "President's Volunteer Service Award" por su labor de voluntariado. Como hija de trabajadores agrícolas inmigrantes mexicanos de ascendencia purépecha, aporta una perspectiva cultural única a sus actividades. Amy vive en Grand Rapids con su perro, Bruno, y disfruta viajar y pasar tiempo con su familia.

Raúl Alejandro Ocasio Ruiz, known professionally as Rauw Alejandro, is a Latin Grammy-winning singer and songwriter from San Juan, Puerto Rico. Emerging in 2016, he's a four-time Grammy nominee and leader of a new generation of Latin music artists. His music blends genres like reggaeton, Latin R&B, and rhythmic pop, and many of his hits are certified Gold, Platinum, or Multi-Platinum.



Raúl Alejandro Ocasio Ruiz conocido profesionalmente como Rauw Alejandro, es un cantante y compositor de San Juan, Puerto Rico, ganador del Grammy Latino. Surgió en 2016, ha sido nominado cuatro veces al Grammy y es un referente de una nueva generación de artistas de música latina. Su música fusiona géneros como el reguetón, el R&B latino y el pop rítmico, y muchos de sus éxitos cuentan con certificaciones de oro, platino o multiplatino.



Kica Matos is a Puerto Rican lawyer, community organizer, and immigrant rights advocate who identifies as Afro-boricua. She is the president of the National Immigration Law Center and the Immigrant Justice Fund. She is also a Distinguished

Practitioner at Yale University's Brady Johnson Program in Grand Strategy.

Kica Matos es una abogada, organizadora comunitaria y defensora de los derechos de los inmigrantes puertorriqueña que se identifica como afrobicua. Es presidenta del National Immigration Law Center y del Immigrant Justice Fund. Asimismo, es profesional distinguida del programa Brady Johnson de Gran Estrategia de la Universidad de Yale.



Wagner Maniçoba de Moura is a Brazilian actor and filmmaker. His accolades include a Golden Globe, a Cannes Film Festival Award, and five Brazilian Academy Film Awards, in addition to nominations for an Academy Award, an Annie Award, and two Critics' Choice Award.

Wagner Maniçoba de Moura es un actor y cineasta brasileño. Entre sus galardones se incluyen un Globo de Oro, un premio del Festival de Cannes y cinco premios de la Academia Brasileña de Cine, además de nominaciones a un premio de la Academia, un premio Annie y dos premios Critics' Choice.

In 2024, **Mari Luz Canaquiri Murayari**, president of the Kukama women's association,

achieved a significant legal victory for the Marañón River in Peru. The court recognized the river's legal personhood, ruling that the Peruvian government had violated its rights through actions such as oil spills and dredging. This landmark decision underscores the importance of legal protections for nature, aligning with Canaquiri's ongoing reforestation efforts along the river, and highlighting her role as a 2025 Goldman Environmental Prize winner in the global movement to safeguard environmental integrity.



En 2024, Mari Luz Canaquiri Murayari, presidenta de la asociación de mujeres Kukama, logró una importante victoria legal para el río Marañón, en Perú. El tribunal reconoció la personalidad jurídica del río y dictaminó que el gobierno peruano había vulnerado sus derechos mediante acciones como los derrames de petróleo y el dragado. Esta decisión histórica subraya la importancia de la protección jurídica de la naturaleza, se alinea con los esfuerzos de reforestación que Canaquiri lleva a cabo a lo largo del río y destaca su papel —como ganadora del Premio Ambiental Goldman 2025— en el movimiento mundial para salvaguardar la integridad del medio ambiente.

Michigan Alliance of Latinos Moving Toward Advancement
Community Organizing Event for Hispanic Heritage Month
"Education for All Students"

Date: 9-16-26
Time: 5:30 pm—8:00 pm
VFW 701
123 N. Rosemary St.
Lansing, MI 48917

The event will have a leading education leadership as keynote speaker and community leaders will be recognized for outstanding service.

Come One, Come All to Support our Community Servant Leaders!

Celebrate Hispanic Heritage Month with Michigan's Latino Community Leaders, Elected-Appointed Officials, Business Leaders, Ecumenical Leaders and Supporters.

Complimentary food will be provided.

Festival San Jose Obrero 2026 St Joseph the Worker Festival 2026

St. Joseph the Worker had their Annual Festival at Lamar Park 2561 Porter St. SW, Wyoming, MI on August 8 & 9, 2026.

La parroquia de San José Obrero celebró su festival anual en Lamar Park (2561 Porter St. SW, Wyoming, MI) los días 8 y 9 de Agosto de 2026.

Festival de las Rosas / Festival of the Roses

The Rose Festival was held on August 15 and 16, 2026, at the Shrine of St. Francis Xavier and Our Lady of Guadalupe. The festival celebrates the diversity of Hispanic cultures with food, live music, and activities for the whole family.

El Festival de las Rosas se celebró el pasado August 15 & 16, 2026 en el Santuario de San Francisco Javier y Nuestra Señora de Guadalupe. El festival celebra la diversidad de las culturas hispanas con comida, música en vivo y actividades para toda la familia.



Fr Jose Luis Quintana & Fr Edwin Carreno

Ballet Folklorico at Festival de Rosas

Food Tent selling Popusas!

Deacon Carlos & wife Victoria Gutierrez



Father Jose Luis Quintana with parishioners

FUTBOL!



Dee with Julia

St Joseph Festival Food Tents.

Photos by Homer Rodriguez



St Joseph workers having fun

Welcome to St Joseph Parish Festival

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Hispanic Innovators Leading Michigan's Emerging Industries

Michigan's emerging industries are being transformed by a dynamic new generation of Hispanic and Latina innovators whose work is redefining the state's technological future. Across Ann Arbor, Detroit, and East Lansing, these founders are proving that Michigan's next economic chapter will be shaped by diverse talent driving breakthroughs in artificial intelligence, electric-vehicle mobility, and biotechnology.

Dr. Camila Reyes, a Colombian biomedical engineer based in Ann Arbor, stands at the forefront of Michigan's AI revolution. As founder of MediscanAI, she has developed machine-learning tools capable of analyzing medical imaging in minutes rather than hours. Her technology is already improving diagnostic speed and accuracy for Michigan Medicine and Detroit hospital systems, where her 22-person team supports faster care for underserved communities. Reyes's work demonstrates that world-class AI innovation is thriving in Michigan's research corridors, led by immigrant women scientists pushing the boundaries of health technology.



In Detroit, **Luis Martínez**, a Mexican-born engineer, is helping define the future of electric-vehicle mobility. His company, VoltPath Mobility, builds predictive software that extends EV battery life for commercial fleets — a critical advancement as Michigan accelerates its transition to electrified transportation. With nearly \$8 million in venture funding and partnerships with DTE Energy and major logistics firms, Martínez's 35-employee team is strengthening Detroit's position as a global mobility leader. His success reflects the growing influence of Latino engineers inside Michigan's EV sector, once dominated by legacy automakers but now increasingly shaped by diverse innovators.

Meanwhile, in East Lansing, **Dr. Sofia Delgado**, a Peruvian scientist and founder of *Genexa Robotics*, is redefining the intersection of robotics and biotechnology. Her automated lab-screening systems accelerate genetic testing and reduce human error, offering major benefits for hospitals, research institutions, and biotech companies across the Midwest. With partnerships at MSU Health and regional biotech firms, Delgado's work positions Michigan as a rising center for life-science automation — a field essential to medical research, pharmaceutical development, and precision diagnostics.

Together, Reyes, Martínez, and Delgado represent the momentum of Hispanic and Latina entrepreneurship powering Michigan's emerging industries. Their companies create jobs, attract investment, and strengthen the state's competitiveness in sectors that will define the next decade. More importantly, they show that Michigan's innovation economy is being built by diverse leaders whose talent, vision, and scientific expertise are expanding opportunity for communities across the state.



Innovadoras y Innovadores Hispanos que Impulsan las Industrias Emergentes de Michigan

Las industrias emergentes de Michigan están siendo transformadas por una nueva generación de innovadoras e innovadores hispanos y latinos cuyo trabajo está redefiniendo el futuro tecnológico del estado. En Ann Arbor, Detroit y East Lansing, estos fundadores demuestran que el próximo capítulo económico de Michigan será impulsado por talento diverso que lidera avances en inteligencia artificial, movilidad de vehículos eléctricos y

biotecnología.

La Dra. Camila Reyes, ingeniera biomédica colombiana radicada en Ann Arbor, encabeza la revolución de IA en Michigan. Como fundadora de MediscanAI, ha desarrollado herramientas de aprendizaje automático capaces de analizar imágenes médicas en minutos. Su tecnología ya mejora la velocidad y precisión de diagnósticos en Michigan Medicine y hospitales de Detroit, donde su equipo de 22 empleados apoya atención más rápida para comunidades desatendidas. Su trabajo demuestra que la innovación en IA de clase mundial prospera en Michigan, liderada por científicas inmigrantes que amplían los límites de la tecnología médica.

En Detroit, **Luis Martínez**, ingeniero nacido en México, está definiendo el futuro de la movilidad eléctrica. Su empresa, VoltPath Mobility, crea software predictivo que extiende la vida útil de baterías de vehículos eléctricos para flotas comerciales. Con casi \$8 millones en inversión y alianzas con DTE Energy y empresas logísticas, su equipo de 35 empleados fortalece el liderazgo global de Detroit en movilidad. Su éxito refleja la creciente presencia de ingenieros latinos en el sector de vehículos eléctricos de Michigan.

En East Lansing, **la Dra. Sofia Delgado**, científica peruana y fundadora de *Genexa Robotics*, está redefiniendo la unión entre robótica y biotecnología. Sus sistemas automatizados aceleran pruebas genéticas y reducen errores humanos, beneficiando a hospitales y empresas de biotecnología en todo el Medio Oeste. Sus alianzas con MSU Health y firmas regionales posicionan a Michigan como un centro emergente de automatización en ciencias de la vida.

Reyes, Martínez y Delgado representan el impulso del emprendimiento hispano y latino que fortalece las industrias emergentes de Michigan. Sus empresas generan empleos, atraen inversión y elevan la competitividad del estado. Sobre todo, demuestran que la economía de innovación de Michigan está siendo construida por líderes diversos cuyo talento y visión expanden oportunidades para comunidades en todo el estado.



A woman with dark hair, wearing a black sleeveless top and a black skirt, stands in the center of a gift shop. She is holding a small, colorful ceramic bowl. The shop is filled with various Mexican crafts, including sun-shaped wall hangings, pottery, and large, vibrant flowers in pots. A white outline of the state of Michigan is visible in the upper right corner of the image.

MICHIGAN MADE, MEDC SUPPORTED.

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For over 40 years, Xochi's Gift Shop has been a staple of southwest Detroit. Located in Mexicantown, this family-owned business is filled with rich cultural heritage and handmade crafts. It's small businesses like Xochi's that make Michigan communities feel like home. The Michigan Economic Development Corporation is supporting entrepreneurs and revitalizing community spaces to make our state a more vibrant place to live, work, and grow.

Discover how the MEDC is supporting communities at **[MICHIGANBUSINESS.ORG](https://michiganbusiness.org)**



**MICHIGAN ECONOMIC
DEVELOPMENT CORPORATION**

September Events / Eventos en Septiembre

September 4, 2026
Marco Antonio Solís
Sterling Height, Mi

Marco Antonio Solís, a prominent figure in Latin music, is set to perform his "TOUR GRATITUD 2026" at Michigan Lottery Amphitheatre. Known for his extensive career spanning five decades and numerous international awards, Solís delivers emotionally resonant performances that connect deeply with his audience. His music continues to resonate, as evidenced by sold-out shows across the continent, reinforcing his significance in Spanish-language music history. Detroit events powered by visitdetroit.com

Marco Antonio Solís, una figura destacada de la música latina, presentará su "TOUR GRATITUD 2026" en el Michigan Lottery Amphitheatre. Conocido por una extensa trayectoria que abarca cinco décadas y por numerosos galardones internacionales, Solís ofrece actuaciones cargadas de emotividad que conectan profundamente con su público. Su música sigue vigente, como lo

demuestran los conciertos con entradas agotadas en todo el continente, lo que reafirma su importancia en la historia de la música en español. Eventos en Detroit impulsados por visitdetroit.com

September 11-13, 2026
Fiesta Mexicana 2026
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. It's three days of music, dance, food, carnival games and more!

La comunidad mexicana ha estado presente en Grand Rapids durante generaciones; es el grupo étnico latino más grande del oeste de Michigan y sigue creciendo. Este evento educa al público sobre la cultura, la historia y las

tradiciones mexicanas, además de resaltar las contribuciones de los estadounidenses de origen mexicano. ¡Son tres días de música, baile, comida, juegos de feria y mucho más!

September 12-13, 2026
GVAIL Traditional
Pow Wow
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 Grand Valley American Indian Pow Wow organiza este Pow Wow tradicional a orillas del río Grand cada año. El Pow Wow es una tradición de los nativos americanos que reúne a diversas tribus y comunidades. Estas celebraciones culturales incluyen danza, canto, convivencia, artesanías, arte y comida.

September 17, 2026
Music in the Stacks
Los Hermanos 616
Grand Rapids, Mi

Enjoy local music at the Grand Rapids Public Library's "Music in the Stacks" event, featuring emerging and established talents, including the Latin Rock band Los Hermanos 616. The event offers energetic performances and karaoke, supported by the Grand Rapids Public Library Foundation, Wege Foundation, and media partner WGUV Public Radio.

Disfrute de música local en el evento «Music in the Stacks» de la Biblioteca Pública de Grand Rapids, que contará con la participación de talentos emergentes y consagrados, incluida la banda de rock latino Los Hermanos 616. El evento ofrecerá actuaciones llenas de energía y

karaoke, y cuenta con el apoyo de la Grand Rapids Public Library Foundation, la Wege Foundation y el socio mediático WGUV Public Radio.

September 17-20, 2026
Hispanic Heritage Festival
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.

¡Únete a Ourspace en el centro de Lansing para una celebración vibrante y de varios días dedicada a la cultura, el patrimonio y la comunidad hispana! La Fundación Ourspace se enorgullece de presentar la 3.ª edición anual del «517 Hispanic Heritage Weekend» rindiendo homenaje a las ricas tradiciones y a las contribuciones perdurables de la comunidad hispana en todo Michigan y más allá.

September 18 - October 3, 2026
ArtPrize 2026
Grand Rapids, Mi

ArtPrize is an annual international art competition and cultural festival in Grand Rapids, Michigan, attracting over 900,000 visitors each year. It showcases thousands of artists' works, transforming the city into a living canvas of sculptures, installations, and paintings. The event promotes interactive and engaging experiences, making art accessible to artists, enthusiasts, and curious visitors alike.

ArtPrize es un concurso internacional de arte y festival cultural anual que se celebra en Grand Rapids, Michigan, y que atrae a más de 900.000 visitantes cada año. El evento exhibe las obras de miles de artistas, transformando la ciudad en un lienzo vivo de esculturas, instalaciones y pinturas; asimismo, fomenta experiencias interactivas y participativas, haciendo que el arte sea accesible tanto para artistas y aficionados como para visitantes curiosos.



¡Todos son bienvenidos!

Del "¿y si...?" al "ya es una realidad"

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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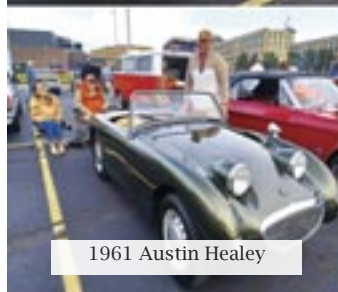


1955- 1957 Ford Thunderbird
Convertible

1957 Oldsmobile Super 88
2 door hardtop



1960's VW Bus



1961 Austin Healey



1961 Plymouth Valiant 2 door



1962 Chevrolet Impala SS



1966 Mercury Park Lane owner Eric
from Sueños C.C.

Brews & Cruise With Sueños Car Club

On Friday, July 24, 2026, Sueños Car Club had a gathering of classic cars, customs, imports, lowriders & trucks car show at Pigeon Hill Brewing Company on 895 4th St., Muskegon, MI.

Parking for visitors was overwhelmed with spectators. You could grab a cold beer and walk around checking out car show.

DJ's Garcia & Sanders from Sueños C.C. jamming with their music. Inside Pigeon Hill Brewing with different types of beers, they also had house-made pizzas, pretzels, and popcorn to eat.

Live Band called Tropicana had everyone enjoying their music and singing with them! Great turnout for the Sueños Car Club & Pi-

geon Hill Brewing, Michael & Alana
Brower.
Well Done!!

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

Sueños 4th Annual Car Show
Saturday! September 5th, 2026
Fricano's Muskegon Lake
1050 W. Western Ave
Muskegon, MI 49441
12:00pm - 5:00pm

Low 4 Life Car Club
Car Meet!
Saturday! September 12, 2026
4809 Eastern Ave
Kentwood, MI 49508

10:00am - 7:00pm

6th Annual Fall Festival Car Show
Saturday! September 12, 2026
Star Customs
29 N. Main St.
Kent City, MI 49330
11:00am - 5:00pm

Fiesta Mexicana Car Show / MHAWM
Lowrider & Classic Car Show
Sunday! September 13, 2026
Downtown Calder Plaza
320 Ottawa Ave NW
Grand Rapids, MI 49503

Latin Styles presents
2nd Annual Lowrider Car & Bike Show
Sunday! September 13, 2026
Plaza Mexico Mall
3375 S. Division Ave
Grand Rapids, MI 49548



1968 Chevrolet Impala Convertible



1972 Buick GS Convertible



1979 Corvette Racing with
red interior



Live Band playing is Tropicante
Band



Michael Brower and his wife, Alana
Matyas-Brower of Pigeon Hill
Brewing Company thanking everyone
for coming out to Sueños Car Show.



Replica of 1929 Mercedes-Benz Gazelle



Sueños Car Club from Muskegon, MI

La Voz

PREGUNTAS A LAS 11:11

????????

Manuela Pardo Taubert, also known as Ela Taubert, is a Colombian singer-songwriter born on September 10, 2000, in Bogotá. She gained popularity during the COVID-19 pandemic by sharing cover songs on TikTok, leading to a contract with Universal Music Latino. Taubert won the Best New Artist award at the 2024 Latin Grammy Awards and released her debut album, *Preguntas a las 11:11*, in May 2025. Additionally, she won multiple awards at the Premio Lo Nuestro 2025, including Female Pop-Rock/Urban New Artist of the Year and Pop Song of the Year for "¿Cómo pasó?".

Manuela Pardo Taubert, también conocida como Ela Taubert, es una cantautora colombiana nacida el 10 de Septiembre de 2000 en Bogotá. Ganó popularidad durante la pandemia de COVID-19 al compartir versiones de canciones en TikTok, lo que la llevó a firmar un contrato con Universal Music Latino. Taubert ganó el premio a Mejor Nuevo Artista en la edición de 2024 de los Grammy Latinos y lanzó su álbum debut, **Preguntas a las 11:11, en Mayo de 2025. Asimismo, obtuvo varios galardones en los Premios Lo Nuestro 2025, incluyendo los de Nueva Artista Femenina (Pop-Rock/Urbano) del Año y Canción Pop del Año por «¿Cómo pasó?».**



Ela Taubert

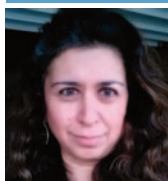


10% of his commissions to purchase art supplies that he can provide free of charge during community projects.



"When I was younger, I wanted to create, but didn't have the materials to work with," he said. "I like to be able to provide that free of charge, especially for the children."

Local Artist Invites Community to Celebrate Día de los Muertos Through ArtPrize



By Lisa Wiseman

Local artist Arturo Morales Romero is bringing the community together for his sixth ArtPrize project, *Catrina y la Altar*, a celebration of Día de los Muertos and the traditions surrounding the holiday.

Throughout August, Morales Romero hosted three free workshops at the Grand Rapids Downtown Market, inviting participants to create artwork using seeds, rice, beans and corn, which represents the items used to feed and sustain our ancestors. Participants could make skulls, flowers and butterflies, including the monarch butterfly, which symbolizes the souls of ancestors returning to visit the living. This reporter even got involved, making a butterfly of her own.

"This is the first time something like this has been done here in Grand Rapids," Morales Romero said. "We want to do this because of El Día de los Muertos, that is our theme."

Morales Romero hopes the project also helps people understand that Día de los Muertos is distinct from Halloween. The holiday is a time to honor and remember loved ones who have passed away, with traditions rooted in Indigenous cultures and later influenced by Spanish traditions.

For Morales Romero, community participation has always been an important part of his ArtPrize work. After moving to Grand Rapids from California 12 years ago, he brought his experience as a mural artist and began creating projects that encourage people to work together.

"Most of the time that I have done ArtPrize, it has been to get closer to the community," he said.

Last year, he invited community members to help paint a mural, teaching participants how to prepare and paint. This year, he hopes *Catrina y la Altar* will once again encourage families to put down their phones and create something together.

"Everyone is concentrating on cell phones, gaming and technology," he said. "My goal is to bring families together to work on their own projects." His own 9 year old daughter participated, creating a beautiful cat skeleton.

His commitment to community art also comes from personal experience. Morales Romero sets aside



The completed *Catrina y la Altar* project will be on display at the Grand Rapids Downtown Market during ArtPrize, September 13 through October 3. Visitors are invited to stop by, experience the artwork and see how community participation helped bring the project to life.

El artista local Arturo Morales Romero presenta su sexto proyecto para Art-Prize, titulado **Catrina y el Altar, en celebración del Día de los Muertos. En agosto, impartió talleres gratuitos en el Grand Rapids Downtown Market, donde los participantes crearon obras de arte utilizando elementos tradicionales como**

semillas y arroz. Morales Romero busca aclarar que el Día de los Muertos es una festividad distinta a Halloween, centrada en honrar a los seres queridos fallecidos mediante tradiciones indígenas y españolas. Sus proyectos destacan la participación comunitaria y animan a las familias a colaborar dejando de lado la tecnología. La obra final se exhibirá del 13 de Septiembre al 3 de Octubre en el Downtown Market, mostrando el esfuerzo colectivo que la hizo posible.



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Amara Johnson

Amara is a West Michigan based Creative who has never been interested in staying in just one lane.

From working as a Lash Technician to creating Social Media Content for local businesses, her World revolves around Creativity, Beauty, and Self **EXPRESSION!** With an eye for detail and a strong sense of Personal Style, she's always drawn to opportunities that allow her to try something new, pushing beyond what's familiar and bringing a vision to Life whether she's behind the scenes or stepping in front of the camera.

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How Poor Posture Affects Digestive Health Cómo afecta la mala postura a la salud digestiva

Millions of Americans have sedentary jobs, working at desks and computers and spending little time during the day moving.

A sedentary lifestyle can contribute to poor posture. You may not realize it, but having poor posture could contribute to common digestive issues. Here's a look at some of these health problems and what you can do to improve your posture.

How poor posture affects digestive health

Poor posture can look like being hunched over, your head leaning forward and your pelvis tilted forward or backward. Proper posture, on the other hand, looks like your body being in a straight line from your ear to your shoulder to your pelvis, according to the Cleveland Clinic.

When your body isn't aligned, it can cause neck and back pain and even some common digestive problems.

Constipation

Sitting hunched over on the toilet can increase your risk for constipation, according to Harvard Health. Being hunched over can make it more difficult for your abdominal muscles to move feces through your colon, which can reduce the number of bowel movements to fewer than three per week. This can also cause straining to move your bowels.

While occasional constipation may not cause any problems, dealing with it for three weeks or more can lead to torn tissue, impaction or rectal prolapse and the need for medical treatment.

Heartburn

Slouching, especially after eating, can also lead to heartburn, per Harvard Health. This is when stomach acid flows up the esophagus and irritates its lining, causing pain in your chest.

Ongoing acid reflux can lead to gastroesophageal reflux disease (GERD) and other health concerns such as difficulty swallowing, unexplained weight loss, persistent nausea or vomiting.

Incontinence

Slouching can also put pressure on your abdomen and your bladder, which can increase your risk of stress incontinence, according to Harvard Health. In time, this can also put pressure on pelvic floor muscles. Having a weak pelvic floor can in turn lead to incontinence, constipation and back pain.

Talk to your primary care provider (PCP) if you have digestive difficulties for diagnosis and treatment. If you need more specific treatment for posture or your pelvic floor, your PCP may refer you to a specialist such as a physical therapist.

How to improve your posture

You may be able to alleviate some of the symptoms of digestive issues with proper posture. Here are a few tips to improve your posture while standing, per the Mayo Clinic:

- Keep your shoulders back
- Keep your head in line with your body
- Stand on the balls of your feet
- Engage your core

To improve your posture while sitting:

- Keep your feet flat on the floor
- Don't cross your legs
- Support your back with the chair or a pillow
- Continue to keep your head in line with your spine
- Consider getting a small stool to set your feet on while defecating

Take regular breaks throughout your day to walk and do stretches such as neck rotations, side neck stretches and shoulder rolls and shrugs. Core strengthening exercises can also help you maintain proper posture, per the Cleveland Clinic. A practice such as tai chi walking can help you focus on your body while walking and help you improve stability and balance.

Millones de estadounidenses llevan un estilo de vida sedentario que a menudo deriva en una mala postura, lo cual puede ocasionar diversos problemas de salud digestiva. Una mala postura, caracterizada por una posición encorvada, puede contribuir a problemas como el estreñimiento, la acidez estomacal y la incontinencia. Por ejemplo, sentarse encorvado puede dificultar la capacidad de los músculos abdominales para facilitar las deposiciones, lo que potencialmente conduce al estreñimiento y a complicaciones derivadas. Del mismo modo, encorvarse después de las comidas puede provocar acidez estomacal debido a que el ácido gástrico irrita el esófago. Además, una mala postura puede aumentar la presión sobre el abdomen y la vejiga, elevando así el riesgo de incontinencia de esfuerzo y de problemas en el suelo pélvico. Se recomienda consultar a un proveedor de atención primaria para obtener un diagnóstico y tratamiento si se presentan dificultades digestivas; dicho profesional podría derivar al paciente a especialistas para tratar problemas relacionados con la postura o el suelo pélvico.

Cómo mejorar su postura

Es posible que pueda aliviar algunos síntomas de problemas digestivos manteniendo una postura adecuada. A continuación, se presentan algunos consejos de la Mayo Clinic para mejorar la postura al estar de pie:

- Mantenga los hombros hacia atrás
- Mantenga la cabeza alineada con el cuerpo
- Apoye el peso en la parte delantera de los pies (metatarso)
- Active los músculos abdominales (el centro del cuerpo)

Para mejorar la postura al estar sentado:

- Mantenga los pies apoyados totalmente en el suelo
- No cruce las piernas
- Apoye la espalda en la silla o utilice un cojín
- Mantenga la cabeza alineada con la columna vertebral
- Considere usar un taburete pequeño para apoyar los pies al defecar



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The Community Voice LaVoz Magazine is proud to introduce Miss Raevin Hershovitz of Waterford, Michigan, our selected published model for September.

In a remarkably short time, Raevin has emerged as one of the most talked-about rising models in Detroit and the greater Motown metropolitan area. With her striking presence, confidence, and natural ability to command attention, she is quickly making her mark.

In August, the dynamic rising star surfaced in Grand Rapids and immediately found herself at the center of attention. Her performance was nothing short of brilliant, offering a glimpse of the talent and star power still to come.

Keep your eyes on Raevin Hershovitz—she is just getting started.



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Do you aspire to be a model OR maybe be one of the selected feature / published models? Contact " COOL " Mike at: cccougar11@aol.com with your questions or for more information



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