

NEWS AND PROFILES CONNECTING THE LATINO AMERICAN COMMUNITY IN MINNESOTA

Latino American Today

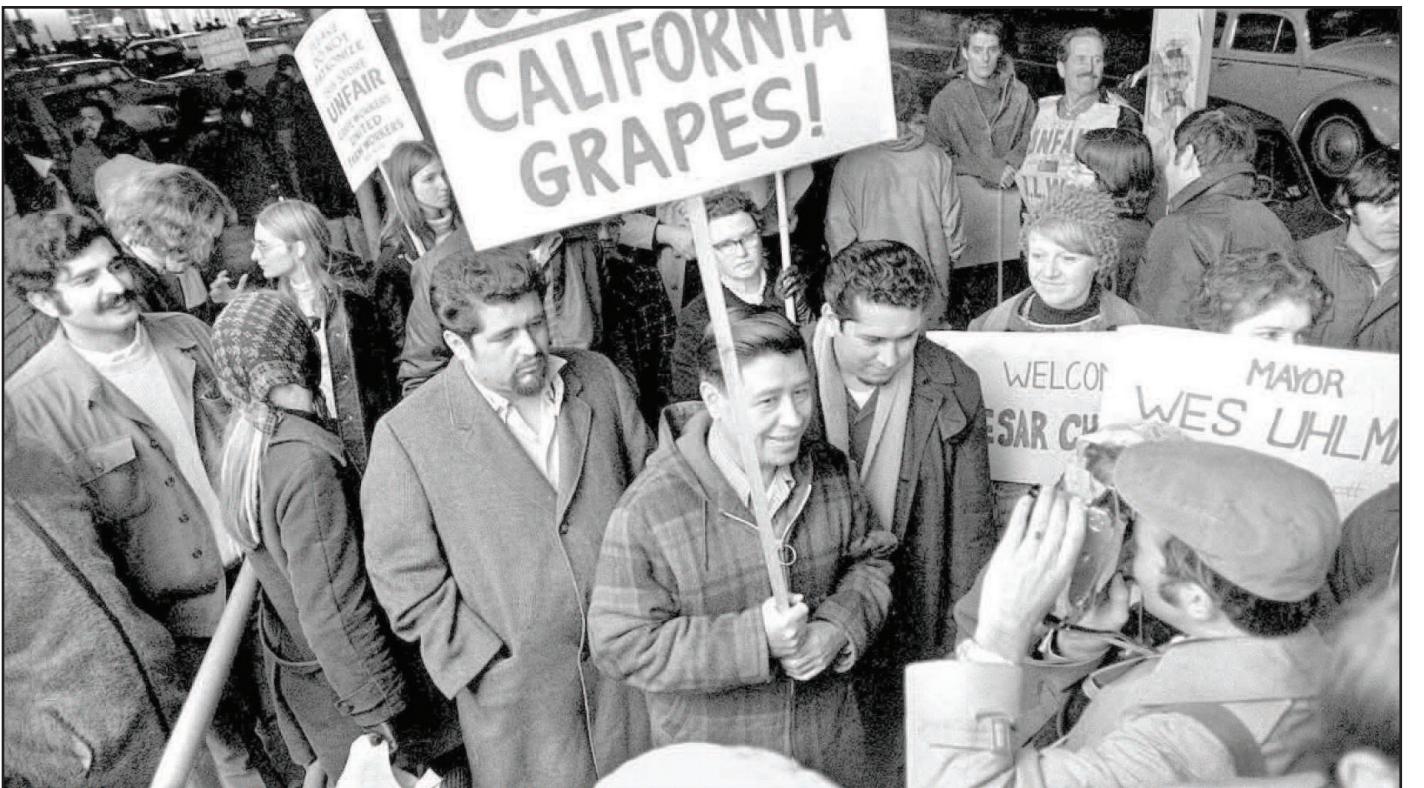
March 2024 Issue 437

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**DÍA DE
CÉSAR CHÁVEZ
EL 31 DE MARZO 2024**

CESAR CHAVEZ DAY MARCH 31, 2024

Homenaje a César Chávez



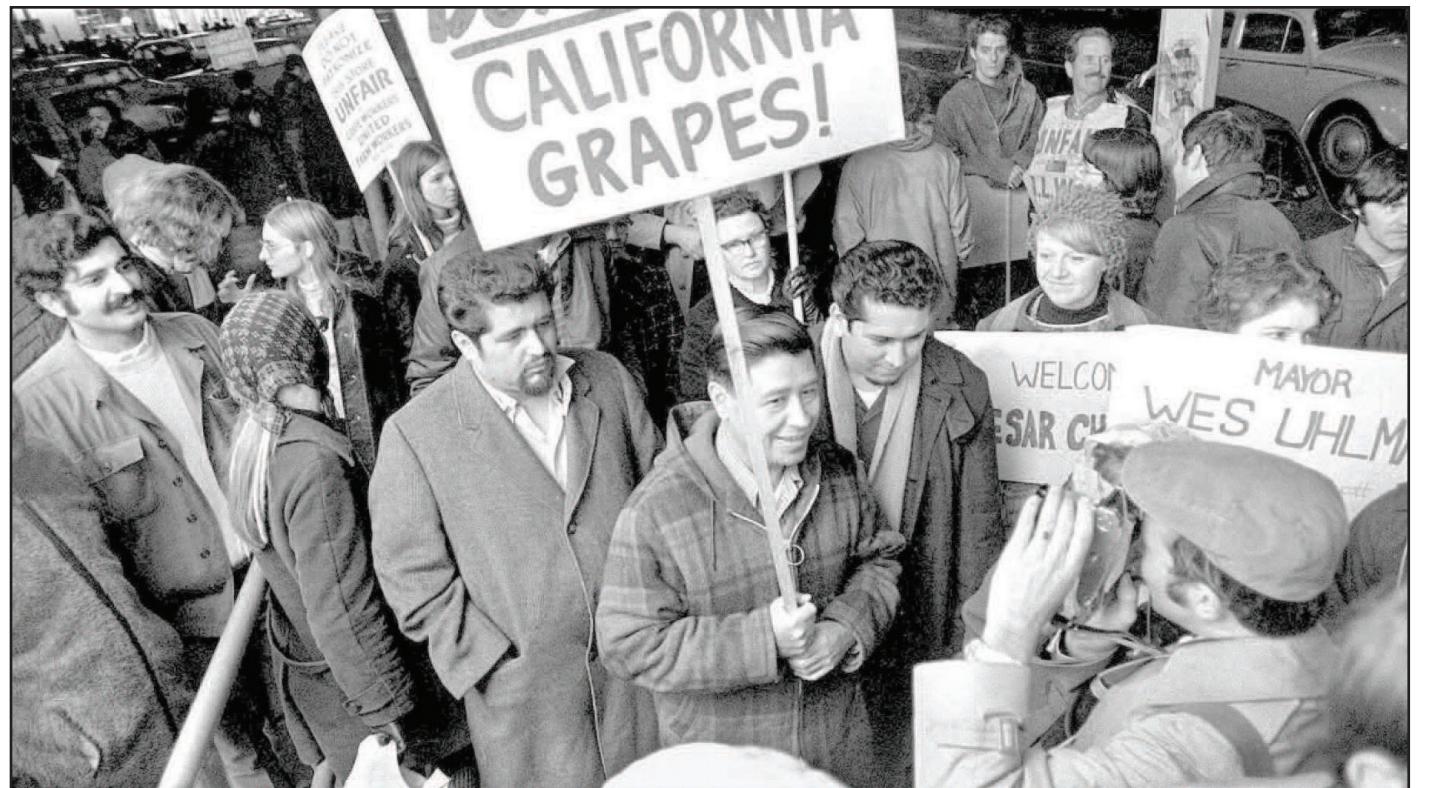
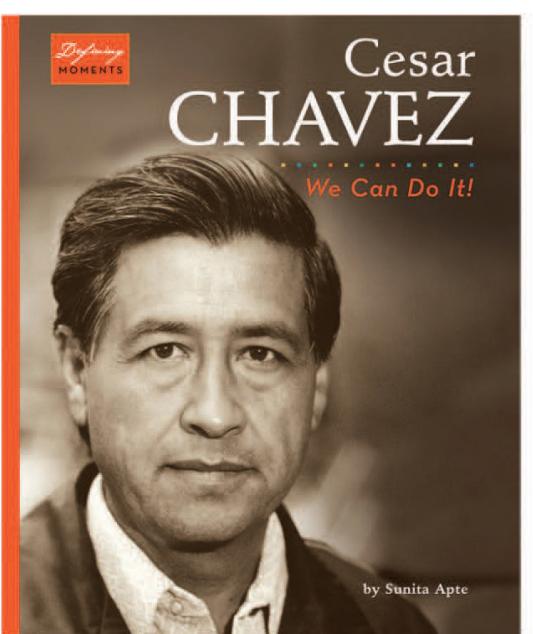
Chávez se propuso ser un líder moral, pero, al final de su vida, esa posibilidad se había desvanecido, y él terminó siendo algo más interesante y comprometido: un héroe americano.

César Chávez fue uno de los activistas sociales estadounidenses más dinámicos del siglo XX, llevando a cabo una campaña agresiva pero no violenta en favor de los derechos de los trabajadores agrícolas. Su campaña recibió amplio apoyo, dando a gente de todo el país una nueva apreciación de los orígenes de su lucha. Este tema era algo natural para Chávez: cuando él tenía diez años sus padres perdieron su granja de Arizona en medio de la Gran Depresión, se trasladaron a California, y empezaron a hacer trabajo migratorio en los campos. Chávez vivió en carne propia los rampantes prejuicio e injusticia en las granjas estadounidenses durante las décadas de 1940 y 1950, pero en lugar de sentirse amargado o abatido, vio en la adversidad una fuente de inspiración.

"Sacamos nuestra fuerza de la misma desesperación en la que nos hemos visto obligados a vivir", dijo Chávez en una ocasión.

Tras catorce años de trabajo agrícola, en 1952 Chávez aceptó un trabajo como organizador de la Community Service Organization, un grupo de derechos civiles de California, y en 1958 ya era su director nacional. Después de cuatro años dejó ese puesto para unirse a Dolores Huerta en la fundación de la Asociación Nacional de Campesinos, hoy United Farm Workers of America (UFW), el primer sindicato campesino exitoso en la historia de Estados Unidos. Esto condujo a su obra más famosa, una serie de huelgas y boicots que consiguieron protecciones sin precedentes para los campesinos.

Chávez murió en 1993, pero su legado sigue siendo recordado todos los años en su cumpleaños, el 31 de marzo. El Día de César Chávez es ahora un feriado oficial en varios estados y, aunque no es feriado nacional, el presidente Obama lo ha proclamado día de "servicio, comunidad y educación".



On The Cover
Día de César Chávez – El 31 De Marzo 2024
Cesar Chavez Day – March 31, 2024



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El Amor Fraterno Es Un Verdadero Valor Familiar.



Por Dr. Saúl Carranza
Pastor General Iglesia Familia de Dios Dayton MN.

Qué difícil es aceptar a los otros tal y como son y aún más difícil amarlos como son. Hay tantas cosas que nos gustaría cambiar en otras personas. Agregarles amabilidad o alegría, recordarles enojo o insensatez. Erradicar malas costumbres y hábitos. Cambios como esos, si se pudieran hacer, nos facilitarían el relacionarnos con otros. El problema es que no se pueden hacer y si se pudieran hacer, dejarían de ser ellos para ser más como usted o como yo.

Harlar de amor es complicado porque nosotros amamos a nuestros padres, amamos a nuestra pareja, amamos a nuestra mascota, amamos nuestra comida favorita, amamos una película, el atardecer y muchas otras cosas tan diversas. A todo llamamos amor aunque sea algo muy diferente.

Los antiguos griegos tenían palabras diferentes para los diferentes tipos de amor. El amor sexual (eros) es físico y apasionado. El amor desinteresado (agape), como el amor de Dios, es aquél que no espera nada a cambio y que ama sin condición. El amor de compromiso como el de los padres a los hijos y viceversa (storge) y el amor de hermanos y amigos (filos).

A este último amor que identificamos con cariño, amistad y empatía es al que denominamos amor fraternal. Este es el amor que puede hacer un cambio en la vida y en la sociedad porque nos mueve a amar a todos los seres humanos como hermanos, a promover el bien

Brotherly Love Is A True Family Value.

By Dr. Saúl Carranza
Senior Pastor Church Family of God Dayton MN

How difficult it is to accept others as they are, and even more difficult to love them as they are. There are so many things we would like to change in other people. Add kindness or joy to them, get rid of anger or foolishness. Eradicate bad customs and habits. Changes like these, if this would happen, would make it easier for us to relate to others. The problem is that these changes can't be done and if they could be done, they would stop being them and become more like you or me.

Talking about love is complicated because we love our parents, we love our partner, we love our pet, we love our favorite food, we love a movie, the sunset and many other other diverse things. We call everything love even if it is something very different.

The ancient Greeks had different words for different types of love. Sexual love (eros) is physical and passionate. Selfless love (agape), like the love of God, is that which expects nothing in return and that loves without condition. The love of commitment such as that of parents to their children and vice versa (storge) and the love of siblings and friends (phyllos).

This last type of love, that we relate to affection, friendship and empathy is what we call brotherly love. This is the love that can generate changes in a life and in society because it moves us to love all human beings as brothers, to promote the good of others, do no harm, be supportive and develop a relationship of mutual admiration. Brotherly love accepts that we are all equal in dignity and intrinsic worth. That in each person the "image and likeness of God" is shown and that although we may seem different physically, culturally and emotionally, we are part of this wonderful family we call humanity.

The story goes that a famous preacher was asked how many the biblical commandments are. Everyone expected the traditional answer "10". But the preacher answered "11." The person leading the conversation corrected him and told him "no, there are 10." But he quoted: "**I give you a new commandment: that you love one another.**" John 13:34 From Jesus' perspective, loving your brother is not an option. It is a commandment.

It's not always easy. There are many factors that get in the way to love some people. Perhaps that is why the apostle Paul prays: "I beseech you, always be humble, kind, be patient, endure one another in love." Those of us who are part of a large family know that life as siblings has many nuances. We share joys, we share sorrows, we fight and we can have many disagreements. But at the end of the day we are still siblings. And, when someone in the family goes through problems, all the fights are forgotten because we are family. That is brotherly love, the love that our world needs, the love that forgives, that helps those in need, that opens doors of opportunity and that seeks a way to serve. Galatians 6:10 says, "So then, let us do good to everyone as we have opportunity, and especially to those who are of the family of faith."

Let's make this a better world by loving each other. God bless you.

del otro, no hacer daño, ser solidarios y desarrollar una relación de admiración mutua. El amor fraternal acepta que todos somos iguales en dignidad y valor intrínseco. Que en cada persona se muestra la "imagen y semejanza de Dios" y que si bien podemos parecer diferentes en lo físico, cultural y emocional tomos somos parte de esta maravillosa familia a la que llamamos humanidad.

Cuenta la historia que a un famoso predicador le preguntaron cuantos son los mandamientos bíblicos. Todos esperaban la tradicional respuesta "10". Pero el predicador respondió "11". Quien dirigió la conversación lo corrigió y le dijo "no, son 10". Pero el citó: "**Les doy un mandamiento nuevo: que se amen los unos a los otros.**" Juan 13:34 Desde la perspectiva de Jesús amar al hermano no es una opción. Es un mandamiento.

No siempre es fácil. Hay muchas cosas que dificultan amar a algunas personas. Quizás por eso el apóstol Pablo ruega: "les ruego, Sean siempre humildes, amables, tengan paciencia, sopórtense unos a otros en amor." Los que somos parte de una familia grande sabemos que la vida de hermanos tiene muchos matices. Compartimos alegrías, compartimos penas, nos peleamos y podemos tener muchas desavenencias. Pero al final del dia seguimos siendo hermanos. Y cuando alguien de la familia pasa por problemas todos los pleitos se olvidan porque somos familia. Eso es amor fraternal el amor que nuestro mundo necesita, el amor que perdona, que ayuda al necesitado, que abre puertas de oportunidad y que busca la forma de servir. Gálatas 6:10 dice: "Así que entonces, hagamos bien a todos según tengamos oportunidad, y especialmente a los de la familia de la fe."

Hagamos de este un mundo mejor amándonos unos a otros. Dios te bendiga.

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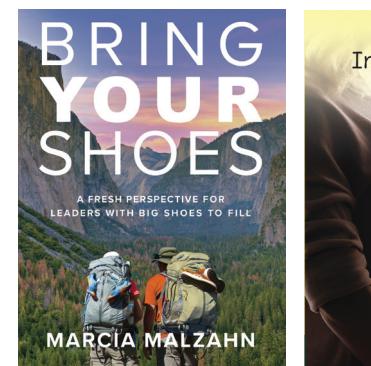
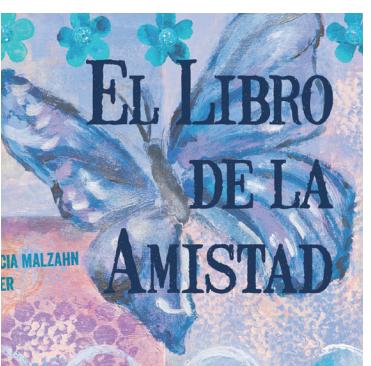
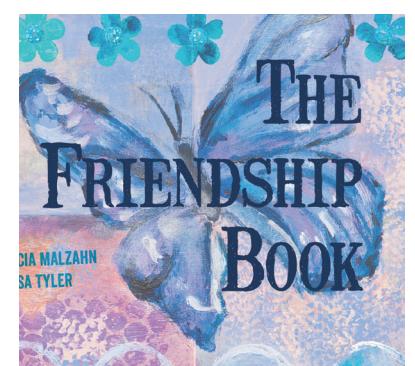
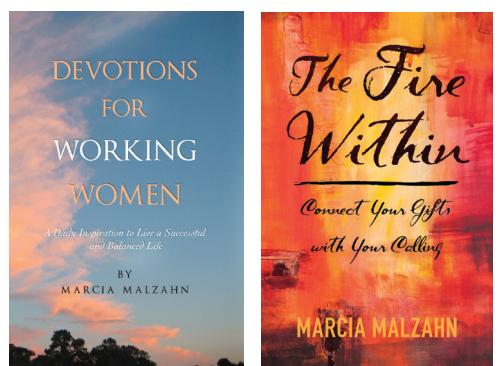
By Marcia Malzahn

The art of doing nothing is difficult to master for those of us with type A personality. On my last vacation, I was sitting at the beach and while I was enjoying the beautiful view, I was thinking I should be doing something. I had been waiting for that moment for months and now I was right there. Although enjoying the moment, my mind was busy thinking about taking the opportunity to write something or to strategize about the business. It was as if I felt obligated to be doing something other than resting even though I own my business. I have yet to learn how to clear and calm my mind. Why is it so hard?

Like with everything else, it's lack of practice. The more we practice something, the better we become at it. But why should we practice calming our mind? I believe it's the same reason athletes need to rest their bodies. Just as the body needs physical rest from working out, the mind needs time to refresh and replenish. And that only comes from intentionally taking time to rest.

And why is it important to rest the mind? Because a clear mind increases creativity both at home and in the job. If you are in a leadership position, you need a clear and rested mind to make sound decisions consistently. Often leaders walk around exhausted and have no time to rest their mind. Vacations only happen a couple of times per year and often those vacations include a trip somewhere with a daily agenda of day trips and places to visit. While these trips can be fun, your mind is learning consistently and there is no time to rest the mind.

And although some vacations are relaxed and low key, like the one I just experienced, that may only happen once or twice a year which is not enough to make a big difference. Therefore, it is important to learn how to relax the mind



Marcia is an inspirational keynote speaker and published author of five books: A daily devotional – *Devotions for Working Women*, *The Fire Within* – to help you find your purpose, friendship poems in *The Friendship Book*, also in Spanish *El Libro de la Amistad* (poemas de Amistad), and *Bring YOUR Shoes* to help emerging leaders with tools on how to lead. In her latest grandma baby book, *Inside Your Mama's Tummy*, Marcia inspires grandparents to form a bond with their grandchildren.

Marcia Malzahn is also president and founder of Malzahn Strategic, LLC a management consulting firm for community financial institutions. You can contact Marcia for speaking engagements through her website at [Crowning Achievements International](http://CrowningAchievementsInternational.com) or email her at mmalzahn@crowning-achievements.com.

The Art of Doing Nothing



By Marcia Malzahn

daily. The point is that sometimes even when we are "doing nothing" physically, our mind is busy making lists of things that must get done, or simply thinking about something. There is never a "blank moment" to relax the mind.

Here are five things I'm committed to practicing in 2024 to learn to calm and rest my mind:

1. Be intentional about resting my mind. Without intentionality, there is no commitment and goals become only wishes.
2. Plan time to rest my body and mind. Just as we have time to sleep at night, we should plan time to rest both the body and the mind.
3. Share my goal with someone I can stay accountable to. Sharing our goals increases the chances of us meeting the goal.
4. Track the times I rest my mind during each day. Tracking helps to show results and stay motivated.
5. Set the goal of 15 minutes of mind rest each day.

The art of doing nothing takes practice – especially when the goal is to do nothing both physically and mentally for a few minutes each day. During the workday, one way you could practice is by taking a lunch break. When I was a full-time employee at a community bank, I was always so busy that I would skip lunch often. Even though I ate at my desk "to save time" and keep working, my mind was so exhausted by the end of the day, I wondered if it would be more productive to take the lunch break. And most people would say, yes, it is more productive. Now that I'm self-employed I am tempted to skip stepping away for lunch too, but I force myself to get up and take a mental break from work. I hope this article encourages you to take some steps to learn the art of doing nothing and rest both your body and mind.

Spring is coming soon and it's a great opportunity to walk outside and rest the mind. Happy Spring!

Por Rico Paul Vallejos

Si has tenido COVID-19, tal vez ya sepas que te recuperas en cuestión de semanas. Pero si sigues teniendo síntomas después de un mes, probablemente sufres de COVID Crónico.

Según los Centros para el Control y la Prevención de Enfermedades, en Estados Unidos 1 de cada 9 adultos que han tenido COVID-19 sigue padeciendo COVID Crónico con una amplia variedad de síntomas. Muchos síntomas son debilitantes y afectan la capacidad de los pacientes para trabajar e ir a la escuela.

Muchos nombres, mucho tiempo

El COVID Crónico abarca las afecciones posteriores al COVID-19 que también se conocen como Condición post-COVID-19, COVID-19 de larga duración, Síndrome del COVID-19 persistente, Síndrome pos-COVID-19, COVID Prolongado, COVID Largo, y COVID Persistente.

Los síntomas pueden ser nuevos, recurrentes o continuos, y el COVID Crónico podría durar meses o años, e incluso causar discapacidad.

Según la Clínica Mayo, los efectos de COVID Crónico "también podrían provocar el desarrollo de afecciones nuevas, como la diabetes o alguna enfermedad del corazón o del sistema nervioso."

Síntomas

Según el Departamento de Salud de Minnesota, las personas con COVID Crónico pueden tener uno o muchos síntomas, como distintas combinaciones de lo siguiente:

- Dificultad para respirar o falta de aliento
- Cansancio o fatiga que interfiere en la vida diaria
- Dificultad para pensar, concentrarse o recordar cosas (a veces denominada "niebla cerebral")
- Síntomas que empeoran tras un esfuerzo físico o mental
- Tos
- Dificultad para dormir
- Dolor de cabeza
- Fiebre
- Latidos del corazón rápidos, irregulares o fuertes (también conocidos como palpitaciones cardíacas)
- Opresión o dolor en el pecho
- Mareo o vértigo al ponerse de pie
- Dolor articular o muscular
- Sensación de pinchazos
- Dolor de estómago
- Diarrea
- Problemas cutáneos como erupciones de piel o caída del cabello
- Cambios de humor, incluyendo depresión o ansiedad
- Cambios en el sentido del olfato o del gusto
- Cambios en los ciclos menstruales

1 de cada 9

1 de cada 9 personas

que han tenido COVID-19 hoy tiene COVID Crónico.

El único factor de riesgo que puedes controlar es la vacuna.

Vacúunate.
Y a tus seres queridos también.

vacunas.gov

Prevención

La mejor manera de prevenir COVID Crónico es evitar infectarse o reinfecctarse con el virus que causa COVID-19. Cuantas más medidas tomes para protegerte, mejor.

La vacunación es la mejor manera de reducir tus probabilidades de infección grave. Cada vez hay más pruebas de que la vacunación también puede reducir el riesgo de síntomas y complicaciones a largo plazo. Mantente al día con tus vacunas COVID-19, incluyendo las de refuerzo. Visita vacunas.gov para encontrar una vacuna COVID-19 en tu zona.

Lo que puedes hacer

Aquí tienes información práctica con lo que debes saber y lo que puedes hacer si crees que tú o alguien en tu familia o entorno social tiene COVID Crónico:

tinyURL.com/COVIDcronico



Factores de Riesgo

Tienes mayor riesgo de COVID Crónico si:

- I. **No te has vacunado contra COVID-19.**
2. Has padecido COVID grave, especialmente si te has internado en el hospital. Pero es importante tener en cuenta que las personas con casos leves también pueden contraer COVID Crónico.
3. Tuviste un trastorno inflamatorio multisistémico (MIS-C) durante o después de tener COVID.
4. Tenías problemas de salud antes de tener COVID, incluyendo enfermedades pulmonares, obesidad, diabetes e hipertensión arterial.

El único factor que puedes controlar

Como ves en el primer punto de los Factores de Riesgo de COVID Crónico, **el único que podemos controlar es la vacuna**. Los CDC recomiendan mantenerse al día con las vacunas contra el COVID-19, **incluyendo las de refuerzo**.

Los Institutos Nacionales de la Salud (NIH) indican que los estudios también sugieren que las personas que están vacunadas pero que tienen una infección irruptiva tienen menos probabilidades de presentar síntomas prolongados de COVID que las personas que no están vacunadas.

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Los estudios demuestran que la ludopatía tiene el mayor índice de suicidios de todas las adicciones. Si tienes problemas, llama al teléfono de ayuda para suicidios y crisis 988.



Almíbar de arce

una tradición que se celebra en Minnesota
en la primavera

Visite uno de los parques de Three Rivers durante el mes de marzo y conozca la historia y la ciencia que encierra la elaboración del almíbar de arce. Hay muchos programas entre los que puede elegir, incluidos los Festivales del Almíbar de arce en:

- Lowry Nature Center, Victoria
- Eastman Nature Center, Dayton
- Gale Woods Farm, Minnetrista



ThreeRiversParks.link/Maple
763-559-6700

MINNESOTA DEPARTMENT OF NATURAL RESOURCES

CONSERVATION OFFICER

The Minnesota Department of Natural Resources is seeking conservation officer candidates. Conservation officers are fully licensed peace officers who protect Minnesota's natural resources and the people who use them. Previous law enforcement experience isn't necessary, but you do need at least a two-year degree, a self-starter attitude, and a desire to serve. The deadline to apply is March 31, 2024. An open house will be held March 6 at DNR Central Office (500 Lafayette Road, St. Paul, MN 55155) where interested individuals can speak with current officers. For more information, see mndnr.gov/enforcement/careers/index.html.

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doorsopenminneapolis.org

Comcast Expanding Network to Seven Cities in Minnesota

Comcast is expanding its smart, fast, reliable fiber-rich network to seven new cities in Minnesota by the end of 2024. The cities of Corcoran, Cologne, Nowthen, and parts of Grant, Hugo, Rogers and Stillwater Township will see 5x-10x faster upload speeds and smoother connections with the Xfinity Network.

The 2024 planned expansion is part of the company's nationwide rollout of multi-gig Internet speeds and adds to Comcast's ongoing \$473 million investment across Minnesota over the last three years.



"Access to reliable, high-speed broadband is a powerful drive of economic growth and development in our community. Internet access is at the center of our modern lives and the quality of those lives will be greatly enhanced thanks to the partnership with Comcast, Hennepin County and the Minnesota Office of Broadband. Together, we will be bringing broadband to nearly 500 unserved homes and businesses in Corcoran" said Tom McKee, Corcoran Mayor.

These locations will have the foundational next-generation network in place to begin deploying DOCSIS 4.0, setting the stage for the introduction of new symmetrical multi-gigabit Internet options that will enhance performance across Comcast's existing networks.

"The Internet has increasingly become the epicenter of our existence, influencing many aspects of our lives, and people and businesses are consuming more data," said Kalyn Hove, Senior Vice President, Comcast Midwest Region. "We are building a future of unlimited possibilities in the Twin Cities and across the Midwest. These expansions, plus planned networks enhancements, will service nearly 14,000 additional homes."

Kalyn Hove,
Senior Vice President,
Comcast Midwest Region



Internet essentials



You may be eligible to receive Internet Essentials from Xfinity at no cost when you qualify for and enroll in the Affordable Connectivity Program (ACP). ACP is a government program that provides eligible households a credit of up to \$30/month towards internet service, and up to \$75/month in Tribal Lands.

Apply today if you are eligible for programs like the Federal Pell Grant, National School Lunch Program, SNAP, Medicaid, housing assistance, and others. For more eligibility information, visit xfinity.com/free.

xfinity

Minnesota Latino Leadership Alliance Presents United Front with 2024 Public Policy Agenda

In a remarkable show of unity and purpose, 11 Latino-led organizations have come together under the banner of the Minnesota Latino Leadership Alliance (MiLLA) to unveil their consolidated 2024 Public Policy Agenda. This collaborative effort highlights the Latino community's strength and consensus on vital public policy issues. The Press Conference was held on Monday, February 7, at the Capitol Press Room.



LEDC-MN's revitalization of Plaza del Sol at 990 Payne Avenue

Work on Plaza del Sol begins in February 2024, with a goal of opening this new community hub in early 2025. The project is supported in part by \$1 million in federal funds, a \$750,000 grant from the Saint Paul & Minnesota Foundation through the East Metro Main Street Economic Revitalization Program, \$80,000 from the City's Neighborhood STAR program, and \$3,548,000 in the 2023 State Bonding Bill.

"We wanted to protect the Latino-owned businesses in the building, but most importantly, we wanted to live our values of building generational wealth," said Latino Economic Development Center (LEDC) Executive Director and President Henry Jimenez.

Bienvenido USA Launches The Visión Conference



Abraham Enriquez, Bienvenido USA Founder and President – Dallas, TX on February 16-17



Hispanic Leaders in Corporate, Policy, and Faith Take the Stage at the Visión Conference



Mayra Flores, former US Congresswoman and Rick Aguilar

"Awesome speakers and panelists, successful turnout, an impressive launch of this conference"

Latino American Today, Owner and Publisher, Rick Aguilar attended the conference



Rick Aguilar with Adryana Aldeen, Political Strategist and Commentator and Betty Cardenas, Chair of the Bienvenido Action PAC



Attendees at "Sold Out" Visión Awards Gala



Visionario Award Recipient Bob Unanue, Goya Foods, President/CEO

Legacy Leadership Award Recipient Eduardo Verástegui, Sound of Freedom Producer

The First Steps Toward A Fabulous State Park Camping Trip

Story by MN Department of Natural Resource staff

Maybe you've thought about camping for a while. Minnesota state parks and recreation areas feature more than 5000 campsites throughout the state. Now is a good time to pick a location and make a campsite reservation. Whether you use a Recreation Vehicle (RV) or you walk in and sleep beneath the stars, there's a place for you.

If you are brand new to the idea of camping, consider taking an I Can Camp! Program through Parks and Trails. All the necessary equipment is provided, and you'll learn camping skills like how to set up a tent and build a fire, and lots more. For a schedule of programming, go to mndnr.gov/icamp

Next, you will need a destination. The ParkFinder tool at mndnr.gov/parkfinder is a great way to search for a state park that offers facilities and amenities to meet your needs. Most state parks offer drive-in sites close to a shower building, and many parks offer sites with electric hook-up, popular for campers with RVs. Backpack, walk-in or cart-in sites offer a more quiet and rustic camping experience. You'll have to carry your gear to your campsite, but the online reservation system will tell you just how far your walk will be from your parking spot.

Group campsites are a great choice for family or friend groups who wish to camp together, and fit up to 50 people. Reservations may be made for all state parks at mndnr.gov/reservations, or make reservations by phone at 866-857-2757. In addition to your campsite reservation, you'll need a state park vehicle permit, which you can buy at the same time you reserve your campsite or when you arrive at the park. The cost is \$7 per day or \$35 for a full year.

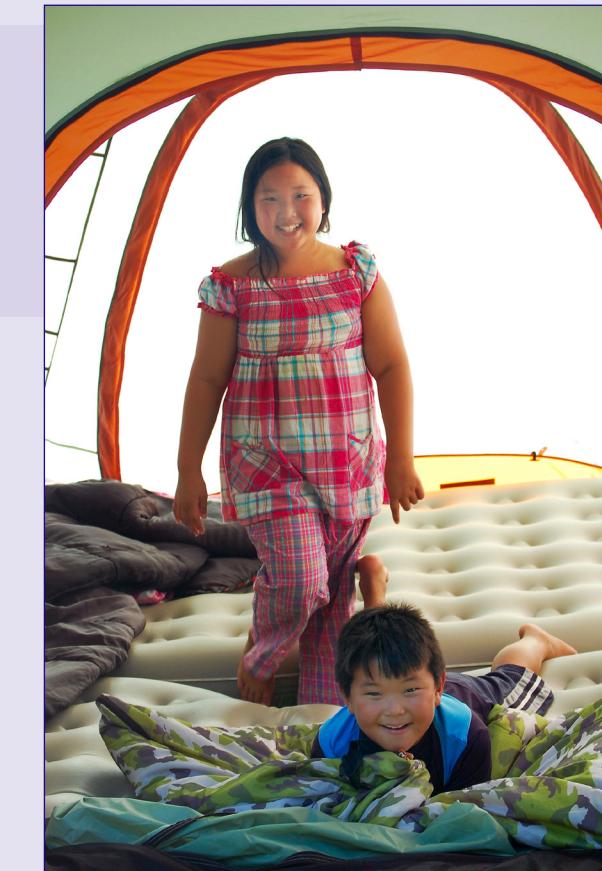
There are a few things to do before you leave home. Always check the park website for notices or alerts that may impact your trip, and check the weather forecast to make sure you're prepared with proper clothing and gear for the weather conditions.

Skipping ahead: consider what activities will keep you and your friends and family occupied and happy once you arrive at the park. The park websites list lots of activities. While in the planning stage, you can start to look forward to hiking, swimming, outdoor cooking, moonlight walking, marshmallow roasting, birdwatching, fishing, naturalist programs, photography of breathtaking scenery, tours and more. Some parks have children's play areas. Many parks let you borrow or rent equipment, from a canoe to a birding kit or a fishing pole with a tackle box.

You'll find a camping checklist, campsite rules and much more on the Minnesota DNR website at mndnr.gov/camping. Camping, for a nominal fee, opens the outdoors for children while giving adults a chance to take in new scenery, breathe deeply, and learn new skills. State parks are a great place to begin a new chapter of camping adventures.



A family at William O'Brien State Park



Afton State Park camping



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