

NEWS AND PROFILES CONNECTING THE LATINO AMERICAN COMMUNITY IN MINNESOTA

October 2024 Issue 444

# Latino American Today

[www.latinoamericantoday.com](http://www.latinoamericantoday.com)



**ya es hora  
¡VE Y VOTA!**



**VOTE ON NOVEMBER 5th – VOTA EL 5 DE NOVIEMBRE**



## Election 2024: Our Choices La elección 2024: Nuestras selecciones



Here are our choices for the November 5, 2024 elections!

**President** Donald J. Trump (R)

**U.S. Senate** Royce White (R)

**U.S. Congress** Joe Teirab (R) - 2nd District  
May Lor Xiong (R) - 4th District  
Tad Jude - 3rd District

**Minnesota House of Representatives** John Nagel (R) - 46A  
Diane Napper (R) - 63B  
Aaron Paul (R) - 54A  
Nathan Herschbach (R) 53A

**Minnesota State Senate** Kathleen Fowke (R) - District 45



Joe Teirab



May Lor Xiong



John Nagel



Diane Napper



Nathan Herschbach



Kathleen Fowke



On The Cover:  
Vote on November 5th  
Vota El 5 De Noviembre



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## Orgullosos de nuestra herencia hispana.



Por Dr. Saúl Carranza

El mes de la herencia hispana es un tiempo para celebrar en familia la rica herencia que disfrutamos y la belleza de nuestra cultura hispana. Cultura que tiene muchos colores, sabores, sonidos y manifestaciones. El ser latino o hispano no se limita a idioma o nacionalidad, sino que se expande a sentimientos valores y sentido de pertenencia de ese maravilloso grupo al que cariñosamente denominamos "la raza".

Este año el mes de la herencia hispana se celebra en medio del periodo electoral y tremendo lío tienen los partidos políticos tratando de ganar el voto latino, ya que con más de 30 millones de votantes registrados su voto es decisivo y puede inclinar la balanza electoral hacia cualquier punto.

Solo se puede comprender la importancia de los hispanos en Estados Unidos cuando nos damos cuenta que únicamente México tiene más personas que hablan español que Estados Unidos. Somos el segundo país con más hispanohablantes en el mundo. De acuerdo a los datos del censo entre 2010 y 2020 la población latina creció un 23% y llegó a más de 62 millones.

Pero, ser latino es mas que solamente ser un numero en las estadísticas. Detrás de cada uno de nosotros hay herencia cultural, étnica, lingüística y una tradición de

valentía que nos permite sentirnos orgullosos de nuestras raíces. No somos una cultura sino muchas culturas fundiéndose en una nueva realidad de diversidad en la que nos esforzamos por guardar lo que hemos traído de nuestros países mientras nos ubicamos en la realidad de ser parte del país más diverso del mundo.

Formar familia en este país enriquece aún más nuestros valores. Nos relacionamos y mezclamos con personas de otras partes del mundo. Aprendemos otras costumbres. Escuchamos otros idiomas y aprendemos que en la maravillosa creación de Dios no hay monotonía. Las nacionalidades, razas y lenguas se unen para formar familias y las familias forman la nación.

En medio de ese mosaico multicolor, multiétnico y multilingüe podemos gozar y compartir lo bueno de ser hispano y que nuestra cultura no es superior ni inferior a ninguna otra, solamente somos... maravillosamente diferentes. Gracias a Dios, nuestra herencia, con lo bueno y lo malo que se le quiera señalar, es la nuestra y debemos enseñar a nuestra familia a amarla y esforzarnos por ponerla muy en alto.

¡Viva el mes de la herencia hispana!

Busquen el bienestar de la ciudad a la que los he enviado y oren por ella al SEÑOR, porque el bienestar de ustedes depende del bienestar de ella. Jeremías 29:7 PDT

## Proud of our Hispanic heritage!

By Dr. Saul Carranza

Hispanic Heritage Month is a time to celebrate as a family the rich heritage we enjoy and the beauty of our Hispanic culture. Hispanic culture has many colors, flavors, sounds and manifestations. Being Latino or Hispanic is not limited to language or nationality, but expands to feelings, values and sense of belonging to that wonderful group that we affectionately call "la raza."

This year, Hispanic Heritage Month is celebrated amidst of election season and the political parties struggle to win the Latino vote, since, with more than 30 million registered voters, our vote can be decisive and can tip the electoral balance at any point.

The importance of Hispanics in the United States can only be understood when we realize that only Mexico has more Spanish speakers than the United States. We are the country with the second largest number of Spanish speakers in the world. According to census data between 2010 and 2020 the Latino population grew by 23% to more than 62 million.

However, being Latino is more than just a number in the statistics. Behind each of us there is a cultural, ethnic, linguistic heritage and a tradition of courage that allows us to feel proud of our roots. We are not one culture; we are many cultures merging into a new reality of diversity in which we strive to keep what we have brought from our countries while we place ourselves in the reality of being part of the most diverse country in the world.

Forming a family in this country enriches our values even more. We interact and mix with people from other parts of the world. We learn other customs. We listen to other languages and learn that in God's wonderful creation there is no monotony. Nationalities, races, and languages come together to form families and families shape the nation.

Amid this multicolored, multiethnic and multilingual mosaic we can enjoy and share the good things about being Hispanic and that our culture is not superior or inferior to any other, we are just wonderfully different. Thank God, our heritage, with all the good and bad that we could point out, is ours and we must teach our family to love it and strive to put it very high.

Viva Hispanic Heritage Month!

"And seek the peace of the city whither I have removed you, and pray for it unto Jehovah, for in its peace ye have peace." Jeremiah 29:7 YLT

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## Five Steps to Manage the “Winds of Change”



By Marcia Malzahn

The winds of change are in the air. It's fall and the trees are starting to shed their leaves to get ready to hibernate for the winter. Change is constant and it's happening right in front of our eyes at an exponential pace. October is a month of transition from one season to the next. The air even smells different. It's crispier, feels cleaner, and the sky becomes bluer. The vivid colors of the trees create picturesque scenery for us to enjoy. But it can also bring anxiety about what's to come. The uncertainty of change can be

debilitating, confusing, and even paralyzing to some people.

So how do we cope with the winds of change? In this article, we share five steps to manage the winds of change in your life.

### Step 1: Compartmentalize your life into two big “buckets.”

Let's start, for simplicity, by making two big areas in your life: Work/Professional/Career and Home/Family/Personal. Then ask questions under each area that can help you define with clarity, what exactly are you experiencing right now? Unfortunately, often people experience multiple changes at the same time which complicates how you cope with the entire situation.

### Step 2: Identify the Changes.

The next step is to list all the potential reasons as to why change is present in your life now. Make a list under each question that you posed in the first step. Then select or circle the answers (or reasons) to each question that best apply to your situation.

Below is an example of a chart with questions and reasons (stressors) based on the two big areas of life:

#### Work/Professional/Career

##### Are you changing jobs? If yes, why?

- Left due to a layoff.
- Got fired.
- Decided to switch careers.
- Went from full-time to part-time.
- Got promoted.

##### Are you changing careers? If yes, why?

- Got bored at the current job.
- Discovered a new opportunity.
- Needed to make more money.
- Graduated from college or got a post-graduate degree.

##### Did your company get sold? If yes, what is the impact on your job?

- Got a new boss.
- Got laid off.
- Acquired a new team to lead.
- The benefits changed.
- The job completely changed. You're lost.

##### Is technology disrupting your job? If yes, in what ways?

- Automated physical activities and tasks.
- Automation streamlined processes that you used to do manually.
- Your job became more of a desk job versus hands-on.

##### Did you lose support at work?

- One of your key employees left and now you have to do their work temporarily until you hire a replacement.
- The company's budget is tight and there is a hiring freeze. You cannot hire the next employee you need to support the growth.

#### Home/Family/Personal

##### Is your family growing?

- Adopted a baby.
- Had a new baby.
- A child got married.
- Your first grandchild was born.

##### Is your family shrinking or are less people living at home?

- A death in the family happened.
- A child got married and moved away
- One of your kids went to college.
- You got divorced.

##### Are you moving to a new house or to a new city, State, or even country?

- Got a new job.
- Decided to downsize.
- Could not afford the existing home.
- Got promoted and now have to move.

##### Did the health of a family member change?

- Someone in your immediate family got very ill and now you must care for them.
- Or a family member who was sick with cancer is now in remission and “life can go back to normal.”
- Your own health has deteriorated as you age.
- You discovered you have developed a substance abuse addiction and need help.

##### Are your parents needing you more now?

- Your aging parents need your physical presence to help them with daily tasks.
- You need to make important, difficult decisions about their care.
- Your parents are resistant to any kind of change in their lifestyle although they can no longer do it themselves.

### Step 3: Acknowledge that change is occurring.

There are many other questions that you can ask yourself to identify and clarify the type of change you are experiencing in your life. We only provide a short list of questions and possible triggers or reasons to help you get started. The next step is to acknowledge that change is happening in your life. Just this step will help you to understand your own behavior and help you know that “you are normal.” Change happens to everyone, but we can choose to cope with it in different ways to ensure a successful outcome.

### Step 4: Accept the circumstances with grace.

As you can see, whether the change is negative or positive, it is nevertheless a change. And that change brings with it new stress that impacts each person differently. Your body reacts uniquely to the various stressors and your mind also copes with each circumstance different from others. Once you identify the type of change and acknowledge that it's happening, the next step is to accept the situation. That doesn't mean you do nothing and let life happen to you. It means that now you have clarity and can choose the correct course of action.

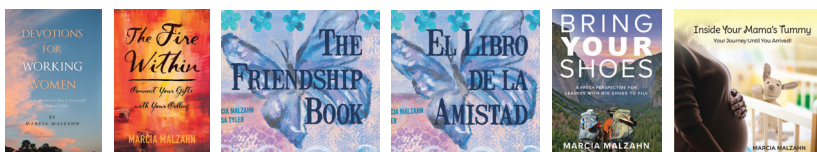
### Make decisions and act.

Identifying exactly what type of change you are living through is crucial to making the appropriate decisions. Once you decide what to do based on your options, then you act accordingly. There are always options and there is help so understand that you are not alone. It is difficult for most people to ask for help. But once you get over the fear of asking for help, that is an action in itself. And it's the first step to continue the journey successfully. And remember that prayer and asking God to help you is also action!

Living life is difficult. And living life with the winds of change constantly blowing at us makes it even harder. However, don't get discouraged. Change is normal and it's okay to feel disoriented at first. It starts with your mindset and having a process to cope with change. First, identify the type of change, acknowledge that you're going through change, accept it, and act on it. I hope these five steps to manage the winds of change encouraged you to successfully go through it.

Marcia is an inspirational keynote speaker and published author of five books.

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 [CrowningAchievementsInternational.com](http://CrowningAchievementsInternational.com) or email her at [mmalzahn@crowning-achievements.com](mailto:mmalzahn@crowning-achievements.com).



## Unase a nosotros en la Cumbre de Esclerosis Múltiple para Hispanos/Latinx

La esclerosis múltiple presenta retos singulares para los hispanos afectados por la enfermedad. Algunos quizá enfrenten barreras culturales y de idioma, un diagnóstico a menor edad y síntomas más fuertes.

La Cumbre de Esclerosis Múltiple para Hispanos/Latinx es un programa bilingüe, interactivo y virtual para toda la comunidad hispana/latinx de esclerosis múltiple. La cumbre ofrece dinámicos presentadores, historias y recursos. Únase a las sesiones en español e inglés para aprender de expertos y hacer contactos.

¡Reserve un espacio hoy mismo! Tendrá mayor preparación para enfrentar lo que pueda venir y una nueva comunidad de apoyo.

**Programa virtual 10 de octubre de 2024  
12 – 2 p.m. CT**



Entre los temas de las sesiones:

- Control de la esclerosis múltiple con el tiempo
- Atención integral de la esclerosis múltiple
- Resiliencia emocional con la esclerosis múltiple
- Reuniones de la comunidad: Rostros de la esclerosis múltiple

¡Visite la página de nuestro programa para inscribirse y obtener más información!  
[nationalMSSociety.org/CumbreEsclerosisMultipleHispanosLatinx](http://nationalMSSociety.org/CumbreEsclerosisMultipleHispanosLatinx)

\*Use el botón de selección de idioma para cambiar entre español e inglés\*

Otras oportunidades para las personas que viven con MS incluyen:

- MS Navigators® cuyos competentes y compasivos profesionales ayudan a las personas con esclerosis múltiple a conectarse con la información, los recursos y el apoyo necesarios para seguir adelante con su vida. Llame al 1-800-344-4867. Algunos Navigators hablan español.

- El programa MS Advocacy ejerce una influencia positiva en el gobierno respecto a la atención de salud y las leyes sobre discapacidades para ayudar a las personas con esclerosis múltiple a vivir de la mejor manera. Los pacientes con la enfermedad, sus familiares y amigos forman una red en todo Minnesota y el país para tener impacto en legislación. Inscríbase.

Para obtener más información, visite el sitio web de la Sociedad en español.

¡Visite la página de nuestro programa para inscribirse y obtener más información! [nationalMSSociety.org/CumbreEsclerosisMultipleHispanosLatinx](http://nationalMSSociety.org/CumbreEsclerosisMultipleHispanosLatinx)



Reyna, St. Paul, MN, sabe que los chequeos médicos frecuentes y las conversaciones francas con los profesionales de salud pueden contribuir a que la esclerosis múltiple se diagnostique temprano y su avance se retrase.

Reyna, St. Paul, MN, knows that regular health checkups and candid conversations with healthcare providers can help diagnose MS early on and slow its progression.

## Join us for the Hispanic/Latinx MS Experience Summit

Multiple sclerosis poses unique challenges to those in the Hispanic/Latinx MS community. Some may experience cultural and language barriers, a diagnosis at a young age and more severe symptoms.

The Hispanic/Latinx MS Experience Summit is an interactive bilingual, virtual program for everyone in the Hispanic/Latinx MS community. The Summit features dynamic stories, speakers, and resources. Join sessions in Spanish and English to learn from experts and build connections.

Reserve your spot today! You'll be better prepared to tackle what may be ahead and will have a new community for support.

**Oct. 10, 2024, 12 – 2 p.m. CT**

Virtual Program Session topics include:

- Managing MS Over Time
- Comprehensive MS Care
- Emotional Resilience in MS
- Community Meetups: Faces of MS



Visit our program landing page to register and learn more!  
[nationalMSSociety.org/HispanicLatinxSummit](http://nationalMSSociety.org/HispanicLatinxSummit)

\*Use the language toggle to change between Spanish and English\*

Other opportunities for people living with MS include:

- The MS Navigators® program, whose highly skilled and compassionate professionals help connect people with MS to the information, resources and support they need to move their lives forward. Call 1-800-344-4867. Some Navigators speak Spanish.
- The MS Advocacy program positively influences government healthcare and disability laws to help people with MS live their best lives. MS patients, their families and friends form a network across Minnesota and the nation to impact legislation. Sign up at <https://www.nationalmssociety.org/es/how-you-can-help/get-involved/advocate>.

For more information, visit the Society's Spanish-language website.







*La Familia Latino Heritage Awards*

*L to R*

- Rick Aguilar, Aguilar Productions*
- Jose Martinez, U.S. Bank*
- Pilar Stier, Chief of Police, Le Sueur, MN*
- Tim Spitzack, La Voz Latina*
- Steve Capiz, Artist Extraordinaire*
- Trini Uribe Jr., AMVETS Post 5*

## 21st Annual La Familia Latino Heritage Celebration

The 21st annual La Familia Latino Heritage Celebration was held in the beautiful St. Paul Landmark Center in downtown St. Paul. The event was produced by Aguilar Productions and presenting sponsors, Comcast, U.S. Bank and Telemundo Minnesota. The celebration featured colorful entertainment and the presentation of the La Familia Latino Heritage Awards. Entertainment included the Donna Pena Mariachi and the Colombia Live Folkloric Dance Group.

DelSur Empanandas provided the delicious treats for the capacity turnouts of attendees.

The La Familia Latino Heritage Awards were presented to leaders in the arts, community, education, business and civic affairs who promote, support and contribute to the Latino community in Minnesota and nationally.



*Colombia Live Folkloric*



*Donna Pena Mariachi*

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### Eventos de septiembre 7 octubre

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#### Eastman's 50th Celebration

21 de septiembre  
Eastman Nature Center | Dayton

#### Fall Fest

13 de octubre  
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## U.S. Bank Strong Partnership with the Latino Community in Minnesota

By Claud Santiago

U.S. Bank was the recipient of the La Familia Latino Heritage Award at the 21st annual La Familia Latino Heritage Celebration.

U.S. Bank Leaders, Anna Dosen, Rene Madrid, Jose Martinez and team members attended the event. Rene Madrid stated: "Grateful to have attended La Familia Latino Heritage Celebration yesterday where U.S. Bank was honored for our strong partnership with the Latino community and businesses. Together, we are creating access, resources, and opportunities to build a brighter future."

Celebrating culture, unity, and progress! Thanks to Richard Aguilar for your many years of partnership."



## ¿QUÉ ES IMPORTANTE PARA USTED?

¿AMIGOS? ¿FAMILIA?  
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Si la familia y los estudios son una prioridad para usted, en la Guardia Nacional de Minnesota usted puede servir a la comunidad y al país desde aquí, cerca de su familia y amigos.

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## Telemundo Minnesota Sponsor of La Familia 2024!

By Claud Santiago

Thanks to Telemundo Minnesota for sponsoring the 21st Annual La Familia Latino Heritage Celebration. A sold out audience enjoyed a wonderful evening of networking, entertainment and the awards presentation ceremony. A great event during Hispanic Heritage Month.



Rick Aguilar, President of Aguilar Productions produced this popular celebration



Andrea Iten (Back row, left), General Manager of Telemundo Minnesota hosted a table that included her team members and special guests.

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## Partnership Gives People with Disabilities a Chance to Hunt

By Deborah Locke, Information Specialist,  
 Department of Natural Resources

Photos courtesy of DNR

A few former hunters in Minnesota now with disabilities added a new activity to the list of things they can still do. They can hunt. Since 2019, the Parks and Trails Division has offered hunting opportunities to people with disabilities at McCarthy Beach State Park in northeastern Minnesota. (The event was cancelled in 2020 due to COVID.)

On average, about 10 hunters with disabilities participate in a deer hunt. The accessible hunts at the park are made possible with assistance from a private organization, Access North, a non-profit located in both Hibbing and Duluth. Access North offers training in independent living skills to people with disabilities. Park staff handle any issues that may arise such as retrieving a wounded animal, dressing a deer, and managing the public.

**“In some cases, the hunt is the last hunt of their lives,”** said Don Brunette, Access North Executive Director. **“One older gentleman was near the end of his life, harvested a deer, and later his family let us know how meaningful that last hunt was to him.”**

The park has the land mass and infrastructure to accommodate the hunt, which is arranged and carried out with assistance from a third party. Designated parks offer a variety of hunting opportunities each year to the public as a management tool to keep the deer population at a manageable level and prevent over browsing of vegetation.

Staff at the Access North non-profit recruit hunters and work with each one to identify specific needs in the field. The outreach workers match the needs with a customized hunting blind and assist the hunter throughout the hunt. The overnight hunts are free of charge to the participants: transportation, hotel and meal costs are paid by Access North. The special

hunting permit application is filled out by the individual and is screened by Access North. Over the years, about half of the 50 participants have been veterans.

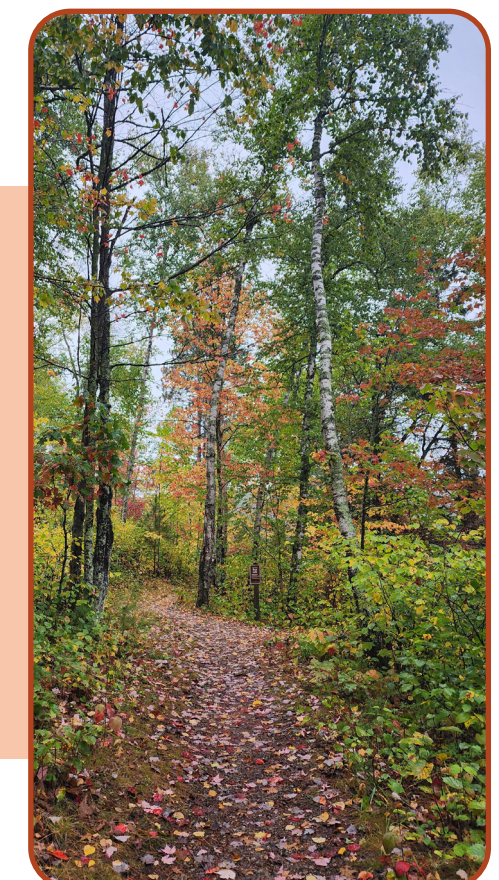
One hunting accommodation might be placing a blind at a location that can be accessed with an all-terrain vehicle. Blind locations are selected in areas with high deer movements and are approved by DNR staff who work in resource management. Some hunters need assistance getting into the blind, others do not.

“There is a wide range of mobility differences with these hunters,” said Tony Leno, district resource specialist out of Grand Rapids. “We’ve used our track chairs to better improve access.” McCarthy Beach State Park is one of 13 state parks that provide all-terrain track chairs to all visitors with disabilities. The chairs are used on designated trails within the park and are free to use. Reservations are required.

Some hunters use crutches, a wheelchair, and bottled oxygen; others have almost full mobility and deal with disabilities like Post-Traumatic Stress Disorder, anxiety, or epilepsy. Don said that his staff heard of a homeless American Indian Marine Corps veteran who camped in the Chippewa National Forest. He was isolated from his family and suffered from undiagnosed epilepsy.

“We went into the woods based on a tip and encouraged him to come in,” Don said. The outreach staff members convinced the man to cook a meal with them back at the local office, and that led to a conversation. When the man gained trust in the Access North employees, one step toward healthy independent living led to another. Today he lives in own apartment, earned a B.A. degree, and bagged a deer in 2023 with help from the accessible hunt volunteers. In keeping with Ojibwe custom, he shared the meat with elders and members of the Leech Lake Reservation.

About a day and a half are devoted to these special hunts, starting on a Friday, and wrapping up on Saturday evening.



Shawn Corbin of Grand Rapids is the hunter. The hunt mentor is Jeremy Burr from the Hibbing area.



# MERCADO CENTRAL



Mercado Central es un próspero mercado de 35 negocios en la esquina de Lake Street y Avenida Bloomington en Minneapolis. con el interes para fomentar el desarrollo empresarial de los latinos en Mineápolis.

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— Lulisa, cliente de Internet Essentials

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Se aplican restricciones. No está disponible en todas las áreas. Limitado a clientes residenciales de Internet Essentials (IE) de al menos 18 años de edad que cumplan con ciertos requisitos de elegibilidad. Si se determina que un cliente ya no es elegible para el programa de IE, se aplicarán las tarifas regulares al servicio de internet seleccionado. Sujeto a los términos y condiciones del programa de Internet Essentials. Instalación profesional es extra. El precio anunciado se aplica a una sola conexión. Las velocidades reales varían y no están garantizadas. Para factores que afectan a la velocidad, visite [es.xfinity.com/networkmanagement](https://es.xfinity.com/networkmanagement). ©2024 Comcast. Derechos Reservados.