## NEWS AND PROFILES CONNECTING THE LATINO AMERICAN COMMUNITY IN MINNESOTA

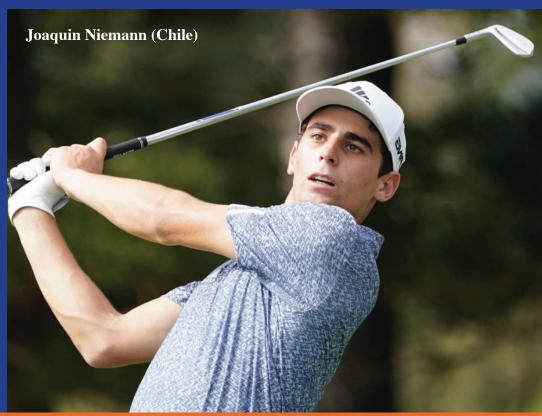






# JUGADORES LATINOS GANAN EN EL TORNEO DE GOLF PGA





LATINO GOLFERS WINNING ON THE PGA TOUR





# Latino Golfers Winning on the PGA Tour

By Claud Santiago

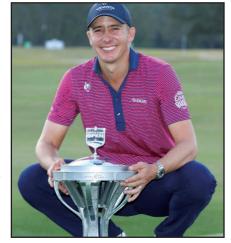
If you're a golfer or you enjoy watching the PGA TOUR on television or streaming device, you may recognize this amazing group of golfers who are from Latin America. Recently, this group including Abraham Ancer (Mexico), Carlos Ortiz (Mexico), Joaquin Nieman (Chile) and Sebastian Muñoz (Colombia), have won PGA Tour Titles or have been in contention at many other tournaments in the United States. These athletes are part of a large group of Latino Golfers in the U.S. and Spain that are currently very successful in this popular sport.



Abraham Ancer

### **Abraham Ancer - Mexico**

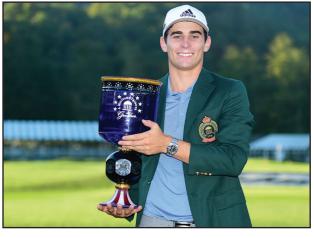
Abraham Ancer is a Mexican professional golfer who is currently playing his third full season on the PGA Tour. Born in South Texas but raised in Reynosa, Mexico until he was 14, he's the first Mexican player to ever break into the men's Official World Golf Ranking top 100. Ancer is a trailblazer for Latino golfers. He's the first Mexican to ever play in next month's Presidents Cup, which is a huge accomplishment! He attended the University of Oklahoma.



Carlos Ortiz

### Carlos Ortiz - Mexico

The 28-year-old Mexican golfer is a graduate of the University of North Texas. Originally from Guadalajara Mexico. Ortiz started playing golf with his father when he was a little boy. The reason he picked golf over all the other sports was that "it is the most challenging sport to play." Talk about ambition! Ortiz is currently ranked 13th in the FedEx Cup Season Standings and has 3-Top Finishes for the current season. Ortiz won the Houston Open in 2019.



Joaquin Nieman

### Joaquin Nieman - Chile

Joaquin Nieman had his first PGA Tour victory this past September 2019 at the Military Tribute at the Greenbrier in White Sulphur Springs, WV. This trailblazer is also the first Chilean winner in PGA Tour history, and he's only the third player born outside of the U.S. to win on the Tour before his 21st birthday in the last 95 years. Talk about an accomplishment! Joaco is continually paving the way for Latinos in golf – he's the first Chilean to qualify for the Presidents Cup, a tournament which is held on an odd number of years where a U.S. team plays an International team.

# Sebastian Muñoz - Colombia

The 26-year-old Colombian golf player had his first victory on the PGA Tour at the Sanderson Farms Championship this past September 2019. Muñoz is currently ranked second in the FedEx Season standings, and he's the second Colombian player on the PGA Tour (after Camillo Villegas). Muñoz has been showing off his talents on the golf course since his college days—he played college golf at the University of North Texas with fellow Latino golfer Carlos Ortiz.



Sebastian Muñoz



On The Cover Latino Golfers Winning on the PGA Tour



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# ¿Transubstanciación, Consubstanciación o recordatorio. Cuál es?

Por Saúl Carranza

Aún después de casi 2000 años sigue siendo un buen método. La santa cena o eucaristía es una enseñanza audiovisual instituida por Jesús que sigue recordándonos los eventos de la primera Semana Santa. Una historia que cambió el destino de la humanidad y que sigue transformando vidas. Cuando Jesús pronunció las palabras "hagan esto todas las veces que se reúnan para recordarme". Estaba estableciendo un método sencillo de enseñar y recordar a través de una pieza de pan y una copa de vino.

Las diferentes tradiciones cristianas la practican y entienden en diferentes formas. Las sencillas palabras de Jesús "esto es mi cuerpo" y "esto es mi sangre" Han llevado a que los elementos de este sacramento se vean de diferente forma. Entre los católicos romanos los elementos consagrados llegan a ser en substancia el verdadero cuerpo y sangre de Jesús. A esta doctrina se le llama Transustanciación. Algunas iglesias principalmente luteranas insisten en la presencia "en con y bajo los elementos". Es decir, el cuerpo y sangre de Cristo de alguna forma están presente en los elementos. A esta doctrina se le denomina consustanciación. Y algunas de las iglesias evangélicas creen que el pan y el vino son solamente recordatorio del cuerpo y la sangre de Cristo sin ningún tipo de transformación.

Como en toda enseñanza doctrinal, la forma puede ser discutida e interpretada pero lo esencial se mantiene. A través de los elementos de pan y vino Jesús enseñó a su pueblo a recordar el gran sacrificio que él hizo en favor de la humanidad. Que Dios

se hizo hombre, y siendo hombre dio su cuerpo para ser roto y su sangre fue derramada para ofrecer salvación y perdón de pecados a todos los que creen en El.

La semana santa o easter es el tiempo en el que se conmemora el sufrimiento, muerte y resurrección de Jesús. En el pasado esta época marcaba un punto importante en la fe de casi todos los cristianos. Entre nuestros recuerdos de antaño vienen las calles vestidas de fervor religioso con dulce aroma de frutas y flores. Las familias reunidas y las iglesias llenas de fieles buscando acercarse a Dios.Y ni que decir de las comidas, postres y conservas que en cada país identifican esta época y hacen las delicias de chicos y grandes.

Si para Jesús es importante que recordemos su muerte y resurrección. Lo es más para cada uno de nosotros que vemos como nuestra sociedad pierde sus costumbres y valores y aún peor, pierde la fe. La esencia del cristianismo es que Jesús es la máxima expresión de amor de Dios para las personas. Que él desea una relación personal con cada uno y que sus brazos están abiertos para recibir a todos. No dejemos que esta semana santa pase sin buscar a Dios. Acérquese a la iglesia, eleve una oración, ayude al necesitado y enséñele a su familia el significado de la fe. Dios le bendiga.

El Pastor Saúl Carranza originario de Guatemala es el Coordinador de Ministerios Hispanos de la Iglesia del Nazareno para Minnesota y las Dakotas. pastorcarranza@gmail.com

# Transubstantiation, Consubstantiation or Symbol. Which One Is It?

By Saúl Carranza

Even after almost 2,000 years, the Holy Supper or Eucharist, is still a good method. It is an audiovisual teaching instituted by Jesus that continues to remind us of the events of the first Holy Week. It is a story that changed the destiny of humanity and that continues to transform lives. When Jesus spoke the words, "do this every time you come together to remember me," he was establishing a simple method of teaching and remembering through a piece of bread and a glass of wine.

Different Christian traditions practice and understand it in different ways. The simple words of Jesus "this is my body" and "this is my blood" have led to the elements of this sacrament to be seen differently. Among Roman Catholics, the consecrated elements become in substance the true body and blood of Jesus. This doctrine is called transubstantiation. Some primarily Lutheran churches insist on the presence "with and under the elements." That is, the body and blood of Christ are somehow present in the elements. This doctrine is called consubstantiation. And some of the evangelical churches believe that the bread and wine are only reminders of the body and blood of Christ without any transformation.

As in all doctrinal teaching, the form can be discussed and interpreted but the essential remains. Through the elements of bread and wine, Jesus taught his people to remember the great sacrifice he made for humanity. That God became man, and being man gave his body to be broken and his blood was shed to offer salvation and forgiveness of sins to all who believe in him.

Holy week or Easter is the time in which the suffering, death and resurrection of Jesus are commemorated. In the past this time marked an important point in the faith of almost all Christians. Among our memories of yesteryear come the streets dressed in religious fervor with the sweet scent of fruits and flowers. The reunited families and the churches full of the faithful seeking to draw closer to God. And not to mention the foods, desserts, and preserves that in each country identify this time and delight young and old.

If for Jesus it is important that we remember his death and resurrection—it is more so for each of us who see how our society loses its customs and values and even worse, loses faith. The essence of Christianity is that Jesus is the ultimate expression of God's love for people. That he desires a personal relationship with each one and that his arms are open to receive all. Let's not let this holy week go by without seeking God. Come to church, say a prayer, help the needy, and teach your family the meaning of faith. God bless you.

Pastor Saúl Carranza from Guatemala is the Hispanic Ministries Coordinator for the Church of the Nazarene for Minnesota and the Dakotas. Connect via email at: pastorcarranza@gmail.com

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# **Never Stop Believing**



By Marci Malzahn

We made it one year through the Pandemic and we're still here. I want to extend my deepest condolences to those of you who lost a loved one during the past twelve months. This month, I encourage you to continue your journey, continue the fight, and stay strong in your faith. Never give up believing in God!

Below is one of the daily devotionals from my book Devotions for Working Women: A Daily Inspiration to Live a Successful and Balanced Life that I thought it would be appropriate for this month's message:

### All Things Are Possible If You Believe

Mark 9:23 (NKJV)

Jesus said to him, "If you can believe, all things are possible to him who believes."

A man brought his child possessed with an evil spirit to the disciples and they were not able to cast it out. At that point, the child's father, disappointed, told Jesus, "Do something if you can." Then Jesus replied, "If you can believe, all things are possible to him who believes." After that, the child's father said something that moved Jesus. He said, "Lord, I believe; help my unbelief!" The New Living Translation says it this way, "I do believe, but help me not to doubt!" (v. 24).

So often our spirit is willing and wants to believe, we really want to have faith, but our mind is going the other way, trying to rationalize everything and letting in doubt. The human mind is not capable of understanding the things of God. We need to put those thoughts down, believe with all our hearts, and ask God to help us believe. He is so merciful He even helps us believe when He knows we are trying our best and sincerely want to. Proverbs 3:5-6 (NLT) say, "Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will direct your paths."

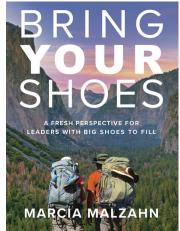


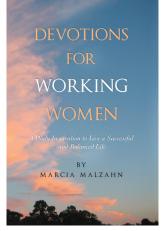
Don't stop believing for what is in your heart. Seek God with all your heart, mind, and soul, and He will help you. Remember, all things are possible to those who believe.

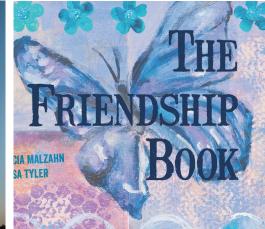
Marcia is a professional keynote speaker and published author of four books: a daily devotional – Devotions for Working Women, The Fire Within – to help you find your purpose, friendship poems in The Friendship Book, also in Spanish El Libro de la Amistad (poemas de Amistad), and Bring YOUR Shoes to help emerging leaders with tools on how to lead.

You can contact Marcia for speaking engagements through her website at https://crowning-achievements.com/ or email her at mmalzahn@crowning-achievements.com. Marcia Malzahn is also president and founder of Malzahn Strategic a management consulting firm for community financial institutions.

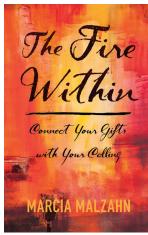
Marci Malzahn











**APRIL 2021** 

# Cómo hacer frente a la COVID-19

¿Está usted o alguien que conoce teniendo problemas?

La pandemia ha afectado bastante a muchas personas y por una muy buena razón. Muchas personas han perdido su trabajo. Muchas personas se han enfermado. Y demasiadas personas han muerto.

Sentirse estresado es normal. Pero para algunos, el miedo y la ansiedad sobre una enfermedad pueden ser abrumadores. Nuestros niños son motivo de especial preocupación. Es demasiado pronto para saber cuál será el impacto total en nuestros hijos o cuántos de ellos pueden enfrentar un trauma.

En momentos como este, es importante hablar con nuestros amigos y seres queridos. Para reconocer lo difícil que ha sido. Para apoyarnos unos a otros; ayudarnos unos a otros como comunidad y estar allí para nuestras familias.

Todos necesitamos ayuda a veces. Y está bien pedir ayuda.

Hay ayuda gratuita disponible. El Departamento de Servicios Humanos de Minnesota ha añadido una página web para hacer frente a la COVID-19: mn.gov/dhs/coping-with-crisis. La página web y los materiales están en inglés y español. Encontrará consejos para reducir el estrés, además de una amplia gama de recursos, incluidos lugares donde puede obtener ayuda en persona o por teléfono.

No está solo. Juntos superaremos este momento. Al obtener la ayuda que necesitamos, podemos estar ahí para la gente que nos importa.

Conozca los signos de estrés en usted y en sus seres queridos, y sepa cuándo obtener ayuda.

### Cuídese

- Manténgase saludable: coma alimentos saludables, evite demasiada cafeína y alcohol, y haga bastante ejercicio y descanse.
- Use el tiempo libre para relajarse: coma una buena comida, lea, escuche música o hable con la familia.
- Hable con frecuencia sobre sus sentimientos con sus seres queridos y amigos
- Reconozca y preste atención a los primeros indicios de estrés.
- Dedique tiempo para renovar su espíritu a través de la meditación, la oración o para ayudar a otros en necesidad.

### Cuide a los niños

- Dese tiempo para estar con su niño cada día y dele a su niño muchos abrazos.
- Escuche a su niño: permita que hable sobre cosas que le pueden estar causando estrés.
- Asegúrese de que su niño tenga periodos de juego y periodos tranquilos.
- Controle la exposición a las noticias. Busque ayuda cuando los problemas parezcan ser graves o interfieran con la vida diaria. Hable con el médico de su niño o con un consejero.

### Cómo obtener ayuda

- Un buen lugar para comenzar es Warmlines MN de mentalhealthmn.org Llame al 651-288-0400 o al 877-404-3190, o envíe un mensaje de texto con la palabra "support" al 85511.
- Si alguien está teniendo una crisis de salud mental, llame a \*\*CRISIS (274747) desde un teléfono celular. En mn.gov/dhs/coping-with-crisis también encontrará una lista de números a los que puede llamar a través de teléfonos fijos.
- También se pueden enviar mensajes de texto. Comuníquese con la línea de texto de crisis enviando un mensaje de texto con la palabra "MN" al 741 741.



# Cómo afrontar el COVID-19

¿Tiene usted o algún ser querido problemas para afrontar la pandemia?

Hay ayuda gratuita disponible en



# Coping with COVID-19

Are you or a loved one having trouble dealing with the pandemic?

Free help is available

mn.gov/dhs/coping-with-crisis





# Conéctese con su Vacuna Contra el COVID-19!

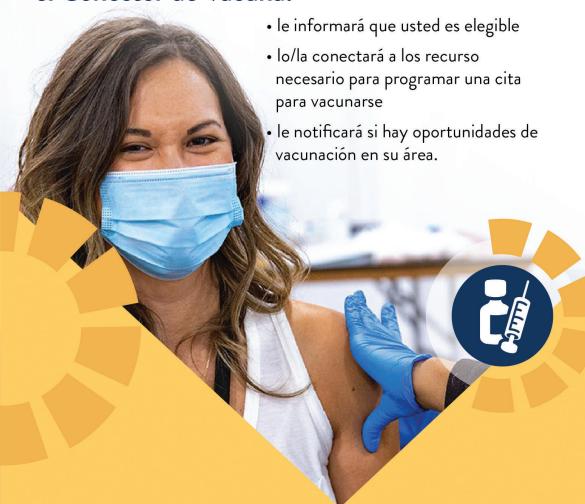


# mn.gov/vaccineconnector

### Conector de Vacuna Contra el COVID-19 de Minnesota:

El Conector de Vacuna Contra el COVID-19 de Minnesota es una herramienta que le ayuda a averiguar cuándo, dónde y cómo obtener su vacuna contra el COVID-19. No se requiere seguro médico ni identificación, y registrarse es gratis.

# Cuando sea elegible para vacunarse, el Conector de Vacuna:





# ¿Cómo me inscribo?

Registrarse en el Conector de Vacuna es fácil y seguro. Todos los Minnesotanos deben inscribirse, independientemente de si actualmente son elegibles para vacunarse.

### En línea:

Registrese en: mn.gov/vaccineconnector

### Por teléfono: Traducción disponible.

Si no puede registrarse en línea, usted puede registrarse por teléfono. Traducción disponible por vía telefónica en todos los idiomas.

Llame: 833-431-2053.

Anime a sus amigos y familiares a inscribirse también.







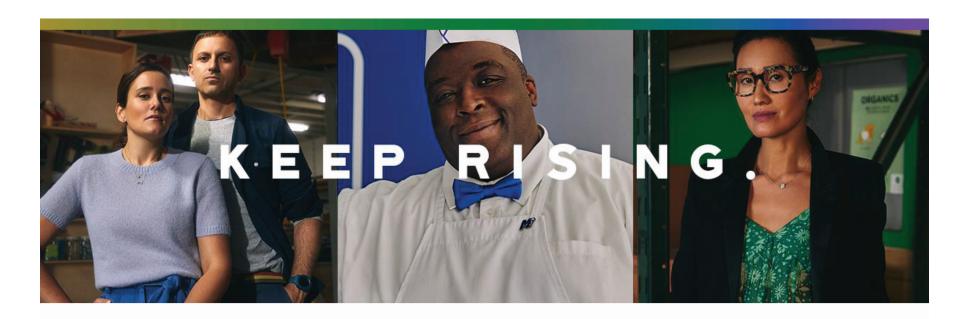




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LATINO AMERICAN TODAY



Independent small businesses are the backbone of our communities. But today, more than ever, Black, Indigenous and People of Color (BIPOC)—owned small businesses are hurting. The time for talking and offering short—term gestures is over. We're putting our words into real, long—term, sustainable action through the creation of Comcast RISE. We know that Comcast alone can't remedy complex, systemic issues. But we are deeply committed to playing an integral role in driving lasting change.

Comcast RISE stands for Representation, Investment, Strength and Empowerment. The initiative combined the talent and resources of two business units with expertise in the small business space—Effectv, the ad sales division of Comcast Cable, and Comcast Business—to sustain, support and rebuild BIPOC—owned small businesses within their combine footprints. The current program is geared towards the BIPOC—owned business community. As Comcast RISE is a multi-year initiative, the future complimentary services will be open to other underrepresented groups.

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# How to Get Your Business Unstuck Post-Pandemic?



Adriana O'Meara CEO of Lakeshore Partners

By Adriana O'Meara

Change is constant, but it won't last forever. Change brings its own set of opportunities for those willing to act swiftly and take calculated risks. To get unstuck, you first need to be aware of what is keeping you stuck. Most likely, the common factor for being stuck in your business is fear. Fear of failure, fear of success, fear of disappointing someone, fear of deciding, fear of not deciding, you name it. Fear slows you down and makes you second-guess all your decisions.

In helping business owners and their teams navigate this rapid-changing environment and recuperate post-pandemic, I use two pillars of success to help my clients prepare for what's ahead. One is cultivating a growth mindset and the other is to increase their capacity to embrace uncertainty.

### Stepping out of your comfort zone

It is only natural that with constant change, your fear-based mindset takes over and you go into a mode that prevents you from acting and moving forward keeping you stuck in your comfort zone. Consequently, you become comfortable postponing decisions that could significantly improve the health of your business. In business, more specifically, that means your marketing strategy. Why marketing? Marketing is the lifeline of a business, and now more than ever, as we emerge from the pandemic, it is time to rethink your strategy. No marketing means no traffic. No traffic means no sales. No sales mean no profits. And as painful as it is, no profits mean no business. Furthermore, no business means no income. This is NOT a viable strategy. The question is how are you planning to financially recuperate post-pandemic if you continue to cut your marketing budgets, and thus, neglect to attract clients that would otherwise drive sales and market growth?

### What gets measured gets managed

This is the time to re-connect with your customers and apply the new learnings to come up with new solutions and innovations. Remember what gets measured gets managed, and in this new environment, the cardinal rule of marketing still prevails so test, test, and test some more. Yes, let's get back to marketing and test ways to get unstuck. And may I dare to say, have fun, and enjoy the process?

### Getting comfortable with the uncomfortable

It is going to take exceptional leaders to motivate employees to do their best work, avoid distractions, and overcome barriers. Leadership is about forging new ways, forging a new vision on how to get the results you seek; therefore, getting comfortable with the uncomfortable is a tried, tested, and proven winning technique that my clients have implemented, not only to get unstuck but to thrive in business.

Adriana O'Meara is an award-winning business strategist as well as CEO of Lakeshore Partners, a company that provides Strategic Growth Consulting and Executive Coaching services across multiple industries.

Adriana partners with owners and executives to help them navigate change, disruption, and transformation. For a complimentary strategy consultation on how to take your business or career to the next level, contact her at (952) 239-3928 or email her Adriana@lakeshorepartners.net

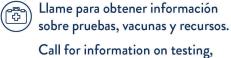




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### The Vaccine Is Safe



Lt. Governor Peggy Flanagan

We are so close to the end of this pandemic and working hard to distribute the COVID-19 vaccine to everyone who wants one. When I received the first dose of the Moderna vaccine, I was overwhelmed with relief.

The vaccine is safe. While there can be minor side effects, all available vaccines have been thoroughly tested for safety.

The vaccine is available. All adults in Minnesota are eligible to receive the vaccine. Vaccines are available through clinics, pharmacies, and pop-up sites in your area. You may have to be patient for an appointment, but everyone will have their chance.

The vaccine is important. I lost my brother due to COVID-19 last March. Getting the vaccine means that I am honoring his memory by keeping myself and my community safe from COVID-19.

Get connected to your vaccine at vaccineconnector.mn.gov (Spanish translation available beginning April) or 833-431-2053.

—Lieutenant Governor Peggy Flanagan



DUTDOORS MINNESOTA

# Try Heading to Southeast Minnesota for Some Trout Fishing Fun



Minnesota is home to three species of trout, but only the brook trout (pictured here) is native to the state. It can be found in some streams in southeast Minnesota.

By Harland Hiemstra, Minnesota DNR

Patience, it's said, is an angler's best friend. But if waiting until the May 15 walleye fishing opener seems like just too much to ask, consider trying a different kind of angling.

Trout fishing in Minnesota.

Some people think that trout fishing means all kinds of special gear and maybe a trip out west to the mountain states, but that's really not necessary,

says Brian Nerbonne, fisheries manager for the Minnesota Department of Natural Resources Central Region. If you have basic fishing tackle already, you can fish for trout. And southeastern Minnesota is widely recognized as offering some of the best trout fishing anywhere – all within a couple hours of the Twin Cities.

"There's a mystique about trout. People see them as a special kind of fish that are only found in pristine places," Nerbonne says. "But people shouldn't get caught up by that mystique."

The biggest difference between trout fishing and angling for panfish or walleye is where you find the fish and how you access them. Here in the Land of 10,000 Lakes, people generally associate angling with being in a boat on a lake. For trout, you don't need a boat. They're mostly found in smaller streams, and you fish for them either from along the shore, or by wading in the stream.

The typical image of a trout angler might be someone in rubber waders gracefully



Brown trout are the most common trout in Minnesota. DNR periodically conducts stream assessments to determine the number and sizes of fish in a trout stream, as pictured here.

whipping a fly-fishing line back and forth like a maestro conducting an invisible orchestra, a tiny artificial lure resembling some sort of insect on the end for bait. But nearly any fishing pole with a spincaster or an open-face reel will work, says Nerbonne. Put a worm on a hook, attach a light sinker and cast into the stream. Spinning lures also are effective, and some people are known to find success using small jigs with plastic twister tail grubs.

"Most anglers already have these things in their tackle boxers," Nerbonne says.

"You don't need to go out and buy a lot of new stuff."

Those interested in learning fly-fishing may want to look into an inexpensive starter kit, some of which are available online for under \$50. There are many good videos on the internet demonstrating how to cast a fly-line. In-person workshops are even better, though you'll likely have to wait a while longer until those are available again.

Knowing where to cast your bait and being able to deliver it is as important as what you use. Trout often feed near fast water, and they rest in protected area,

such as a behind a boulder, under a fallen tree or in deep pools. Cast for them below choppy, shallow water, or near their resting spots where they might be lured out into the faster water to grab the bait. Cast upstream, because trout usually face into the current, and they're easily spooked.

With more than 700 miles of designated trout streams, southeastern Minnesota is an angler's paradise for anyone willing to park the boat and do some walking and wading. You can find all three of Minnesota's trout species in southeast streams: brook trout, the only native species; brown trout, most abundant, with reports of 30-inch monsters caught each year; and rainbow trout, stocked in catchable sizes where angling pressure is high.

There's also more than 200 miles of angler easements – land along streams that's privately owned but open for fishing – so access to trout streams is readily available in the southeast. State parks such as Whitewater, Forestville Mystery Cave and Beaver Creek Valley also provide quality coldwater angling opportunities. The DNR publishes a booklet of maps highlighting where to access streams in the southeast. The maps also are available at www.mndnr.gov/fishing/trout\_streams by clicking on Southern Minnesota maps.



The DNR stocks catchable size rainbow trout in some streams, such as Dakota County's Vermillion River.

The southeast's prominence as a trout fishing destination is largely the result of the area's unique geology. Fractured limestone bedrock — or karst — gives rise to numerous underground streams that bubble up as springs, providing the cold clean water needed by trout. Better land use practices within the largely agricultural watersheds of southeast streams also have benefitted water quality. And in-stream habitat improvement projects undertaken by DNR in partnership with Trout Unlimited have helped provide more trout habitat. The result is some of the best trout fishing anywhere in the upper Midwest.

Closer to the Twin Cities, the Vermillion River as it flows through Lakeville and Farmington is considered a trophy brown trout stream, with lunkers caught regularly. All brown trout caught on the Vermillion must immediately be released back into the stream, but the DNR also stocks it with catchable size rainbow trout, which can be harvested in season. Rambling River Park in Farmington is a good place to fish for rainbows; some are also caught downstream.

The DNR has in recent years greatly expanded the seasons for trout fishing in southeast Minnesota. All trout streams in Houston, Fillmore, Dodge, Mower, Olmsted, Winona, Goodhue and Wabasha counties are open for catch-and-release fishing from January I until the harvest season opener, which falls on Saturday, April 17, this year. The Vermillion River in Dakota County does not open for trout fishing until April 17. In addition to a regular angling license, anyone 18 to 64 years of age fishing on designated trout waters needs to purchase a trout stamp, available where licenses are sold.

So don't wait much longer. Get your gear and go find some trout. They're fun to catch, and they're tasty to eat. More information on trout fishing can be found at www.mndnr.gov/fishmn/trout.



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