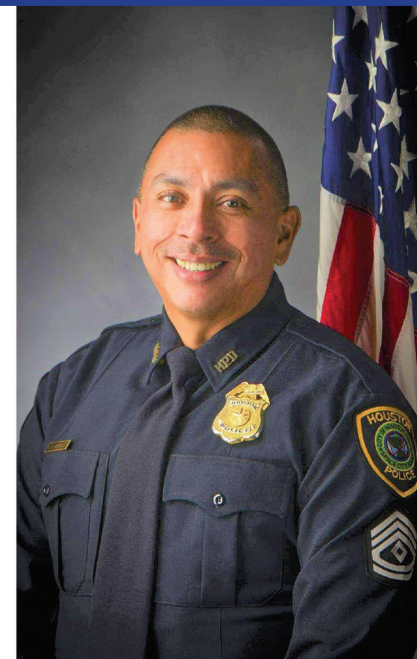


Latino American Today

July 2020 Issue 395

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**LATINO
AMERICANOS
CELEBRAN EL
DÍA DE LA
INDEPENDENCIA!**



Latino Americans Celebrate Independence Day!

Latino Americans Celebrate Independence Day 2020!



On The Cover
Latino Americanos celebran el día de la Independencia!

Latino American Today

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At this time of the COVID-19 crisis we wish all our readers, supporters, and advertisers good health and to stay safe!

Latino American Today

Rick Aguilar
Founder and Publisher
Latino American Today

Estos son tiempos difíciles para todos, conversar es una buena forma de sobrellevarlos



El departamento de Policía de la ciudad de Crystal y su Comité Multicultural de Consejeros

Por Saúl Carranza

El Jueves 25 de Junio El departamento de Policía de la ciudad de Crystal y su Comité Multicultural de Consejeros nos reunimos para conversar sobre las diferentes situaciones que afectan a nuestra ciudad. Por parte de la Policía asistieron la jefe de Policía Stephanie Revering y varios de los miembros del departamento. Por parte del comité estuvimos presentes miembros de diferentes culturas y sectores que residen o participamos de la vida social de Crystal. Aunque estamos conscientes de que somos parte de una pequeña ciudad en un gran país. Entendemos que vivimos tiempos muy difíciles y que cada uno de nosotros desde su realidad puede aportar algo para hacer de este un mejor país para todos.

Cuando muchas circunstancias difíciles se juntan y nuestras emociones hierven en una mezcla de confusión, temor, impotencia, enojo e incertidumbre. Sufriremos lo que nos toca pasar y nos preguntamos ¿Qué mas me vendrá?. No es para menos, estamos viviendo. Una Pandemia que ya ha cobrado medio millón de vidas. Un estallido social contra el racismo y el abuso policial que inició en Minneapolis y ha repercutido en todo el mundo destapando viejas heridas todavía abiertas. Una inusual temporada de elecciones que no logra ofrecer tranquilidad a la nación. Desastres naturales, cambio climático, rumores de guerras y enfrentamientos entre naciones, desplome de la economía nacional y familiar y lo mas difícil para muchos. El cambio. Vivimos una realidad muy diferente de la de enero 2020.

These are Difficult Times for Everyone; Talking is a Good Way to Get Through It

By Saúl Carranza

On June 25, the Crystal Police Department and its Multicultural Committee of Advisors met to discuss the different situations that affect our city. On behalf of the Police, Police Chief Stephanie Revering and members of the department attended. Members of different cultures and sectors that reside or participate in Crystal's social life were present on the committee. Discussions included talking about the things we expect from each other and finding points of common agreement. That as citizens we expect a police that can treat all races and cultures with equality, professionalism and respect. In the same way they expect a society that contributes ideas and attitudes that allow this relationship of mutual respect. We understand that we live in very difficult times and that each one of us, from our own reality, can contribute something to make this a better country for all.

With many difficult circumstances coming together our emotions boil over into a mix of confusion, fear, helplessness, anger, and uncertainty. A Pandemic that has already claimed half a million lives. A social outbreak against racism and police abuse that started in Minneapolis and has reverberated around the world uncovering old wounds still open. An unusual election season that fails to offer tranquility to the nation. Natural disasters, climate change, rumors of wars and confrontations between nations, collapse of the national and family economy. We live a very different reality from that of January 2020.

Alguien dijo que el ser humano es un animal de costumbres. Que forma su entorno con las cosas que conoce y evita aquello con lo que no está familiarizado. Pero cuando las cosas cambian fuerte y rápidamente como en este año. Para muchos es muy difícil asimilarlo y algunos sencillamente no pueden hacerlo. Entonces, caen en ansiedad, temor, angustia y desesperación. Todo esto es caldo de cultivo para Violencia y abuso intrafamiliar y social. Muchos tratan de escapar cayendo en males sociales como irresponsabilidad, drogadicción. Alcohólicismo, delincuencia y hasta suicidio. Y por supuesto se crea la oportunidad para violencia e injusticia del que puede y tiene contra el pobre e indefenso.

Esta es la realidad en la que nos está tocando vivir. Por eso, en el encuentro multicultural en Crystal se escucharon varias cosas como: Que estos son tiempos inusualmente difíciles y que nadie está completamente preparado para esta nueva realidad. Que, hay policías buenos y policías malos y ciudadanos buenos y ciudadanos malos. Que si podemos hablar de las cosas que esperamos unos de otros podemos encontrar puntos de común acuerdo, el dialogo es el puente donde las tendencias pueden encontrarse constructivamente. Que, así como los ciudadanos esperamos una policía que pueda tratar a todas las razas y culturas con igualdad, profesionalismo y respeto. De igual manera ellos esperan una sociedad que aporte ideas y actitudes que permitan esa relación de respeto mutuo. Y que recordemos que todos somos parte de una sociedad en construcción y cada uno puede hacer algo para mejorarla.

Si son tiempos difíciles, y el dialogo es un buen comienzo. La Biblia nos da algunas ideas para el dialogo constructivo. Primero, aprendamos a escuchar al otro y tratemos de entenderle antes de enojarnos. *Stg 1:19 Por esto, mis amados hermanos, todo hombre sea pronto para oír, tardo para hablar, tardo para airarse;* Segundo cuando alguien está enojado no debemos caer en el mismo error. **Pro 15:1 La blanda respuesta quita la ira; Mas la palabra áspera hace subir el furor.** Y finalmente que el mismo respeto y buenas maneras con las que quremos ser tratados debe ser la forma en la que tratemos a otros. *Mat 7:12 Así que, todas las cosas que queráis que los hombres hagan con vosotros, así también haced vosotros con ellos;* y Finalmente un consejo para la vida. *Rom 12:21 No seas vencido de lo malo, sino vence con el bien el mal.* Y una gota de esperanza. **Sal 37:5 Pon tu vida en las manos del Señor; confía en él, y él vendrá en tu ayuda.**

Saúl Carranza

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Someone said that the human being is an animal of habit. Who forms its environment with the things it knows and avoids what it is not familiar with. But when things change rapidly and strongly, as in this year. For many it is very difficult to assimilate and some simply cannot do it. Then they fall into anxiety, fear, anguish, and despair. All this is a breeding ground for violence, domestic, and social abuse. Many try to escape by falling into social faults like irresponsibility, drug addiction, alcoholism, crime and even suicide. And of course the opportunity is created for violence and injustice of those who can and will do against the poor and defenseless.

The Bible gives us some ideas for constructive dialogue. First, let us learn to listen to others and try to understand them before getting angry. *Stg 1:19 For this, my beloved brothers, every man be quick to hear, slow to speak, slow to anger;* Second, when someone is angry, we should not fall into the same mistake. *Pro 15:1 The soft answer removes anger; But the harsh word raises the fury.* And finally, the same respect and good manners with which we want to be treated must be the way we treat others. *Mat 7:12 So, whatever you want men to do to you, so do you also to them;* and finally a tip for our life. *Rom 12:21 Do not be overcome by evil, but overcome evil with good.* And a drop of hope. *Ps 37:5 Put your life in the hands of the Lord; Trust him, and he will come to your aid.*

Saúl Carranza

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Pressing Forward – Celebrating Independence Day



By Marci Malzahn

As we learn to live through a Pandemic and realize our lives have changed—if not permanently, at least for a long “temporary” length of time—we must also continue to press forward. What does that mean? In Philippians 3:12-14 (NLT) Paul encourages us when he said:

Pressing toward the Goal

I don't mean to say that I have already achieved these things or that I have already

*reached perfection. But I **press on** to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: **Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.***

There is nothing we can do about the past—except forgive those who hurt us. That's what Paul means by “forgetting the past.” But there is much we can do about our future. Right now, that is a critical question to ask ourselves: What can I DO to change the future? How can I HELP others to contribute to a healthier, safer society? What will MY contribution be towards a better tomorrow?

Just as our ancestors and founders of our country we call the “UNITED States of America” pressed forward to build a country where everyone would feel safe and free, we need to do our part now. Our job is to continue the legacy of our founding fathers and, at the same time,

press forward with the goal to make our country a better place than it was before or even a year ago or four months ago when the Pandemic started.

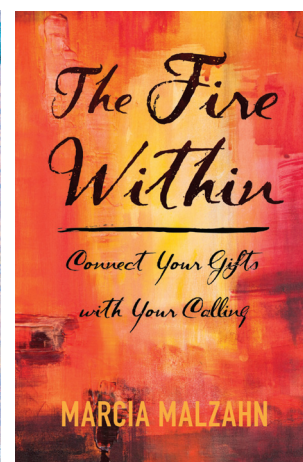
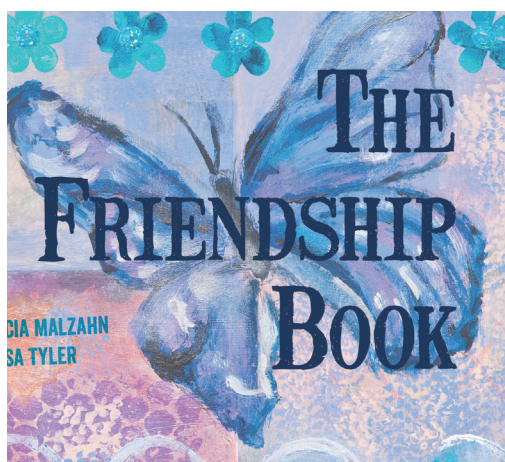
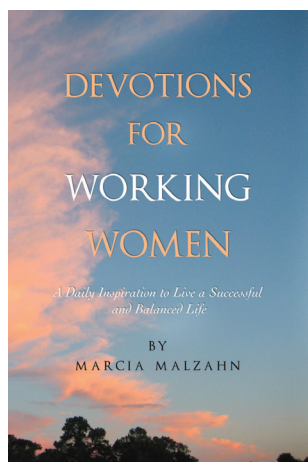
So much has happened to our country and the world in the past four months it's hard to put our heads around it. It has been an emotional roller coaster for most people, and we all deal with crisis differently. But one thing is for sure: We cannot live in the past. We must *press forward* despite the circumstances. We have learned to live with the Pandemic and will change our behavior in many ways permanently. Regarding the civil unrest we all witnessed, we must now rebuild the cities across the nation that were destroyed by rioting. Communities working together and *pressing forward* to rebuild their cities. Laws may change and reforms may take place—all to ensure every person is and feels free to live their lives pursuing their own American dream.

As you reflect on what it means to be FREE during July—Independence Month—I will leave you with these questions to ask yourself:

What are your goals in life? What are you *pressing forward* towards? Do you know your calling in life?

Happy Independence Day! Let's *always* celebrate FREEDOM!

Marcia Malzahn is president and founder of Malzahn Strategic a community financial institution consultancy focused on strategic planning, enterprise risk management, treasury management, and talent management. Marcia is a professional keynote speaker and published author of four books. You can contact Marcia for speaking engagements through her website at <https://crowning-achievements.com/> or email her at mmalzahn@crowning-achievements.com. You can purchase Marcia's books at Malzahn Publishing or Amazon.



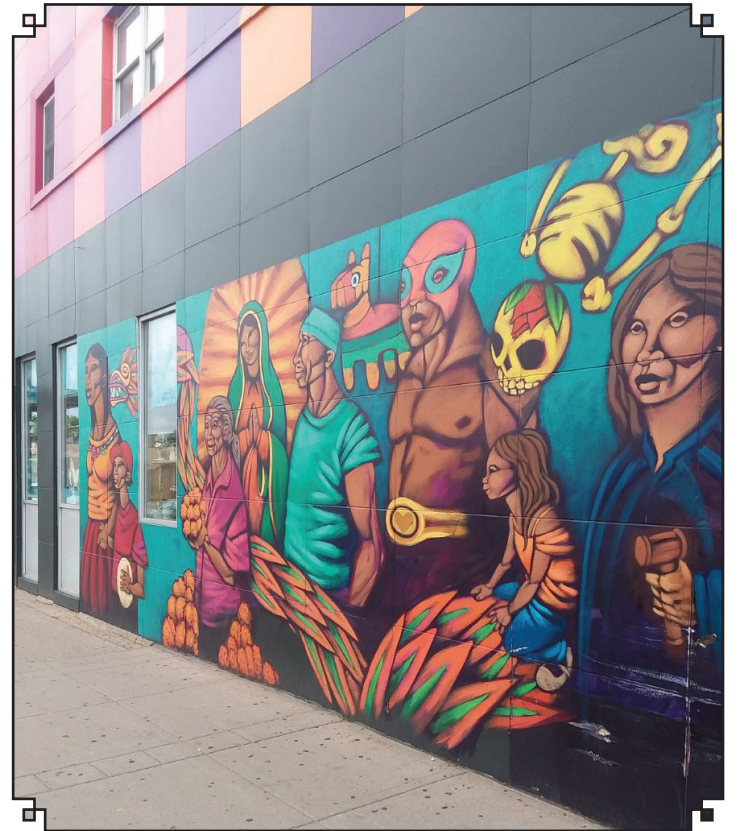
Mercado Central Is Open for Business

By Claud Santiago

The Mercado Central a favorite marketplace for Latino food and products, located on the corner of E.Lake Street and Bloomington Avenue is open for business. The marketplace was damaged in the recent “civil unrest” in Minneapolis and was closed for several weeks. Thanks to the hard work of the vendors, management and help from the community for assisting this colorful and joyful marketplace in the re-opening efforts. The Mercado Central first opened in the Summer of 1997, today there are 35 vendors on the first level of the Mercado and office space on the second level. The Twin Cities community is so pleased to see Mercado Central open for business.



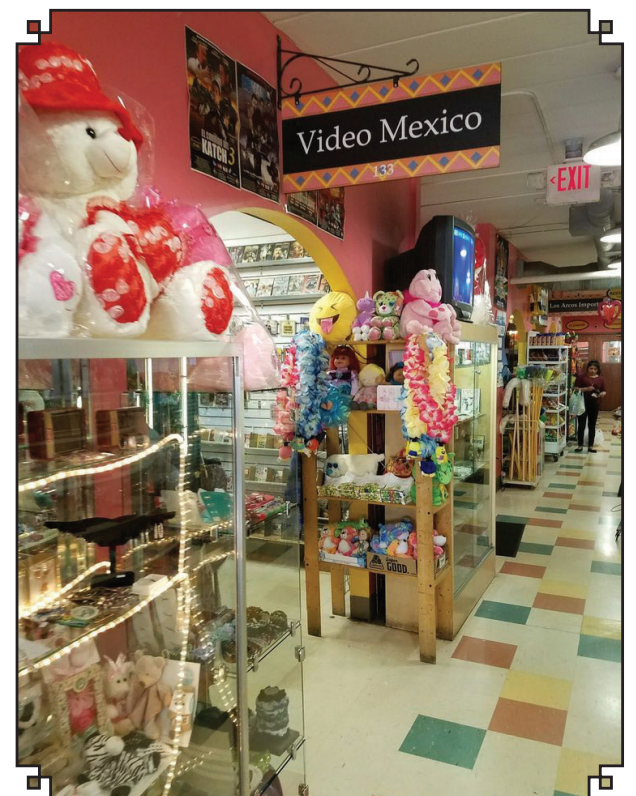
Una emprendedora del El Mercado Central abierto ahora. A la derecha, imágenes de la entrada.



Rick Aguilar, editor de Latino American Today en el santuario de Nuestra Señora de Guadalupe



Adentro del Mercado Central con un emprendedor



Visita 35 tiendas y puestos dentro del Mercado Central

COMCAST EXTENDS COMPREHENSIVE COVID-19 RESPONSE POLICIES TO JUNE 30

Comcast today announced it will continue to provide 60 days of free Internet service to new, eligible Internet Essentials customers. Originally set to expire on June 30, the free offer will now be available through the end of this year. In addition, Comcast will continue to waive, through the end of the year, the requirement that customers not have a past due balance with Comcast to qualify for the free offer.

As shelter in place continues to be the norm and schools remain closed across the country, Comcast announced today it will extend its commitments for Xfinity customers through June 30 to help ensure students can finish out the school year from home and remain connected to the internet during the COVID-19 crisis.

Originally announced on March 13, Comcast made the following commitments that will now be extended into the summer:

- **No Disconnects and Waiving Late Fees:** We will not disconnect a customer's Xfinity Internet, Xfinity Mobile, or Xfinity Voice service, and we will waive late fees if they contact us and let us know that they can't pay their bills during this period. Our care teams are available to offer flexible payment options or help find other solutions.
- **Xfinity WiFi Free for Everyone:** Xfinity WiFi hotspots in business and outdoor locations across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi.
- **Pausing Our Data Plan:** With so many people working and educating from home, we want our customers to access the internet without thinking

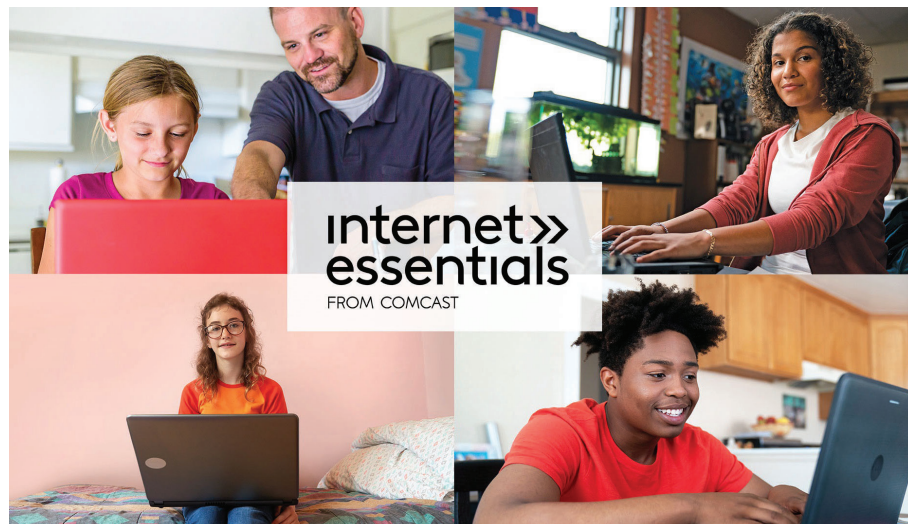
about data plans. While the vast majority of our customers do not come close to using 1TB of data in a month, we are pausing our data plans to give all customers unlimited data for no additional charge.

- **Internet Essentials:** Internet Essentials is the nation's largest and most comprehensive broadband adoption program. We are extending our offer of 60 days of complimentary service for new customers through June 30. Internet Essentials is normally available to all qualified low-income households for \$9.95/month.

For more information, visit www.internetessentials.com.

"These extended measures will continue to keep Americans safe and ensure that households are equipped for students to learn and stay informed at home as the nation copes with this unprecedented disruption to our daily lives," said Dave Watson, Comcast Cable Chief Executive Officer. "Our services have never been more important, and we're doing everything we can to keep people connected to the internet."

For more information and updates from Comcast related to Coronavirus, visit: <http://www.comcastcorporation.com/COVID-19/>



INTERNET ESSENTIALS™ DE COMCAST INTERNET DE ALTA VELOCIDAD ECONÓMICO

Internet Essentials te da acceso a Internet de alta velocidad económico. Podrías calificar si tienes al menos un niño elegible para el Programa Nacional de Almuerzos Escolares, recibes asistencia para viviendas públicas o HUD, o eres un veterano con bajos recursos económicos que recibe asistencia federal y/o estatal.

| | |
|---|--|
| <h1>\$9.95</h1> <p>al mes + impuestos</p> | <p>SIN CONTRATO SIN REVISIÓN DE CRÉDITO SIN CARGO POR INSTALACIÓN WIFI PARA EL HOGAR INCLUIDO ACCESO A HOTSPOTS DE XFINITY WIFI FUERA DEL HOGAR, EN 40 SESIONES DE 1 HORA CADA 30 DÍAS</p> |
|---|--|

SOLICÍTALO AHORA
es.InternetEssentials.com
1-855-SOLO-995



Se aplican restricciones. No está disponible en todas las áreas. Limitado al servicio de Internet Essentials para nuevos clientes residenciales que cumplan con ciertos requisitos de elegibilidad. El precio anunciado se aplica a una sola conexión. Las velocidades reales pueden variar y no están garantizadas. Tras la participación inicial en el programa de Internet Essentials, si se determina que un cliente ya no es elegible para el programa y elige un servicio de Xfinity Internet diferente, se aplicarán las tarifas regulares al servicio de Internet seleccionado. Sujeto a los términos y condiciones del programa de Internet Essentials. Hotspots de WiFi: Los hotspots solo están disponibles en áreas selectas. Se requiere una laptop o cualquier otro equipo móvil con capacidad para WiFi. Se limita a cuarenta sesiones de 60 minutos por período de 30 días por persona/cuenta. Si la sesión se termina antes de 60 minutos, el tiempo restante vencerá. El tiempo no usado no se transfiere a sesiones o períodos de 30 días siguientes. No responsable de los datos perdidos por terminarse la sesión de Internet o cualquier otra razón. Se pueden registrar un máximo de hasta 10 equipos a una sola cuenta de Xfinity WiFi On Demand. No se puede combinar con otras ofertas. Llame al 1-855-765-6995 para obtener las restricciones y detalles completos o visite es.InternetEssentials.com. © 2018 Comcast. Derechos Reservados.



Comcast Extends Free Public WiFi Access to Everyone for the Remainder of 2020

Nation's Largest Network of Public WiFi Hotspots Will Continue to be Available to Everyone for Free, including Non-Xfinity Customers

By Joel Shadle
Comcast

As cities and towns across the country begin to open up, Comcast is continuing its efforts to help people connect to the Internet during the COVID-19 crisis. Today, the company announced it will extend free access to its 1.5 million public Xfinity WiFi hotspots to anyone who needs them, including non-customers, through the end of 2020.

Recently, Comcast announced that it has extended an offer for 60 days of free home Internet access for new eligible Internet Essentials customers, to help provide additional support to students and families in need through the end of the year. Comcast will also continue to waive the requirement that those customers not have a past due balance with Comcast to qualify for the free offer.

“We saw a huge jump in usage after we opened up our public hotspots, and we’re excited to keep them open through the end of the year as the nation begins taking steps to reopen,” said Dana Strong, President of Xfinity Consumer Services. “We’re pleased to see so many families and individuals take advantage of our 60 days of free home Internet through Internet Essentials, and the free access to public Xfinity WiFi hotspots to get online during this time when connectivity is so important.”

Since taking the unprecedented step of making all of these hotspots available for free, hundreds of thousands of non-Xfinity customers have taken advantage, and overall usage by consumers of the free public WiFi hotspots has skyrocketed. Comcast’s public WiFi network is the largest of its kind in the nation, and three times larger than that of any other provider. It’s available in outdoor and business locations, all of which can be found online at www.xfinity.com/wifi.

Comcast has a history of making its public hotspots available for free in individual markets to help communities stay connected after local emergencies like hurricanes in the South, wildfires in California, and the recent tornadoes in Nashville.

For more information about Comcast’s COVID-19 response, visit: <https://corporate.comcast.com/covid-19>



COVID-19 RESPONSE

How to find public Xfinity WiFi hotspots

Public Xfinity WiFi hotspots are available to anyone who needs them for free during the COVID-19 national emergency, including non-Xfinity Internet subscribers:

1. Go online to wifi.xfinity.com
2. Use ‘Find a hotspot’ and enter your city or zip code
3. Go to location of hotspot

Look for “**xfinitywifi**” in the list of available networks on your device. Most are located in businesses and outdoor locations. Please follow health and safety guidelines, as outlined by health officials.



Note: If you are asked to pay for additional time, you are most likely logged onto a residential hotspot, which are not a part of our COVID-19 open access.



Usted puede responder al Censo del 2020 en español.



Todos los hogares tendrán la opción de responder en **español por internet o por teléfono**. A partir de mediados de marzo, los hogares recibirán una invitación para participar en el censo. La invitación incluirá instrucciones en español sobre cómo responder en español por internet o por teléfono usando una línea directa gratuita en español.



A mediados de abril, todos los hogares que todavía no hayan respondido recibirán un cuestionario impreso. (Algunos hogares recibirán un cuestionario impreso junto con la primera invitación en marzo). Los hogares en áreas selectas que necesiten asistencia en español recibirán un **cuestionario bilingüe en inglés/español**.



A partir de mediados de mayo, los censistas visitarán todos los hogares que no hayan respondido. Estamos contratando miembros de la comunidad para garantizar que los censistas disponibles hablen los idiomas que se hablan en la comunidad. Si el censista que visita el hogar no habla español, se puede solicitar una nueva visita de un **censista que hable español**.

Nuestra promoción está en español.

- Nuestra campaña de comunicaciones incluye anuncios y materiales totalmente en español.
- Tenemos **personal bilingüe** que colabora con organizaciones de la comunidad para explicar qué tan fácil, seguro e importante es responder al censo.
- El **sitio web del Censo del 2020** está disponible por internet en español en 2020census.gov/es.

¹El número y el porcentaje se aplican a los hogares en el área del tipo de enumeración de autorrespuesta, es decir, hogares que recibirán su invitación del censo por correo.

²Según la Encuesta sobre la Comunidad Estadounidense (ACS) de 2013-2017, estimaciones de 5 años.

2020CENSUS.GOV



Invitaciones Bilingües

Aproximadamente 13 millones de hogares en toda la nación (más o menos el 9 por ciento) recibirán invitaciones bilingües en inglés/español.¹

Enviaremos invitaciones bilingües a todos los hogares en “sectores censales” (áreas con aproximadamente 4,000 hogares) en los que el **20 por ciento o más** de los hogares necesite asistencia en español. En estos hogares hay, al menos, una persona de 15 años o más que **habla español y no habla inglés “muy bien”**.²

Todos los hogares— independientemente de que estén en áreas que reciben invitaciones bilingües en inglés/español para responder— **recibirán información sobre cómo responder en español por internet o por teléfono.**

**Dale forma
a tu futuro
EMPIEZA AQUÍ >**

United States®
**Census
2020**

VIVA LA TORTILLA!



Chef Amalia in the kitchen

By Award-Winning Author-Chef, Amalia Moreno-Damgaard

A great way to celebrate the flavors of Hispanic culture is through the versatile and delicious tortilla. The corn tortilla dates back to pre-Columbian times and continues to make history as it passes from generation to generation.

As the bread of the southern region of North America (Mexico, Guatemala, and other Central American countries), it is a unifying force that feeds millions providing not only a high nutritional value, but great texture and flavor along the way. Tortillas

are easy to make using a modern special tool, yet traditionally they are the work of art of expert hands that pat a ball of dough between their palms with such precision until it reaches just the right size and thickness.

The tortilla's versatility transcends recipes and cooking styles, lending itself not only as a meal complement, but as a base for building a delicious dish and as a conduit for thickening soups and stews, and as a tasty crunch for casual foods. Whether you enjoy a scrumptious taco bursting with all kinds of delicious toppings, or a flauta filled with savory stuffing and topped with spicy sauce, you are always in for a treat with this special food that is so common yet so special for many. For Latinos, the tortilla is an important flavor that brings memories of happy times with friends, family and home.

¡VIVA LA TORTILLA!

Por la Chef-Autora Amalia Moreno-Damgaard

Una buena forma de celebrar la cultura hispana es a través de la versátil y deliciosa tortilla. La tortilla de maíz data a tiempos pre-Colombinos y continúa haciendo historia mientras pasa de generación en generación.

Como el pan de la región sur de Norte America (Mexico, Guatemala, y otras naciones centroamericanas), es la fuerza que unifica y da de comer a millones y provee no solo un alto valor nutricional, sino que también buena textura y sabor. Las tortillas son fáciles de hacer usando un aparato moderno, aunque tradicionalmente son la obra de arte de manos expertas que

tortean una bola de masa entre sus palmas con tal precisión hasta alcanzar el tamaño y grosor adecuados.

La versatilidad de la tortilla trasciende recetas y estilos de cocina, prestándose no solo a ser un complemento, sino que también una base para hacer otro plato y servir como espesador para sopas y guisos, y también para agregar textura crujiente a una comida casual. Ya sea que disfrute de un delicioso taco con muchos complementos encima, o de una flauta con un delicioso relleno bañada con una salsa picante, siempre estará satisfecho con la tortilla como ingrediente que es tan común pero a la vez muy especial para muchos. Para los latinos, la tortilla tiene un sabor que evoca recuerdos de momentos felices al lado de amigos, familia, y de la tierra natal.

CHILAQUILAS DE QUESO FRESCO CON SALSA DE TOMATE

Fresh Cheese-Stuffed Corn Tortilla Pockets with Tomato Sauce



Chilaquiles (not to be confused with chilaquiles) are a delicious and easy-to-make treat. They consist of stuffed corn tortillas dipped in egg batter and then panfried and topped with tomato sauce. You can make chilaquiles with leftover ingredients, roasted pork, or another tasty filling of your choice. You can also make them with güisquil (chayote squash) in place of tortillas.

Makes 6 chilaquiles

Salsa de Tomate (Tomato Sauce)

- 1 tablespoon canola oil
- 2 cups chopped Roma tomatoes

- 1 cup chopped yellow onion
- Kosher salt and freshly ground black pepper
- 1 cup crumbled queso fresco (fresh Latino cheese)
- 6 corn tortillas, gently heated to make them flexible

Huevo Batido (Egg Batter)

- 2 large eggs, separated
- 1/8 teaspoon kosher salt
- 1 1/2 tablespoons all-purpose flour

Canola oil

Adorno (Garnish)

- Chopped flat-leaf parsley

Put the oil in a hot skillet. Add the tomatoes and onion and season them. Cook until saucy (3 to 5 minutes). Taste and adjust seasonings if necessary.

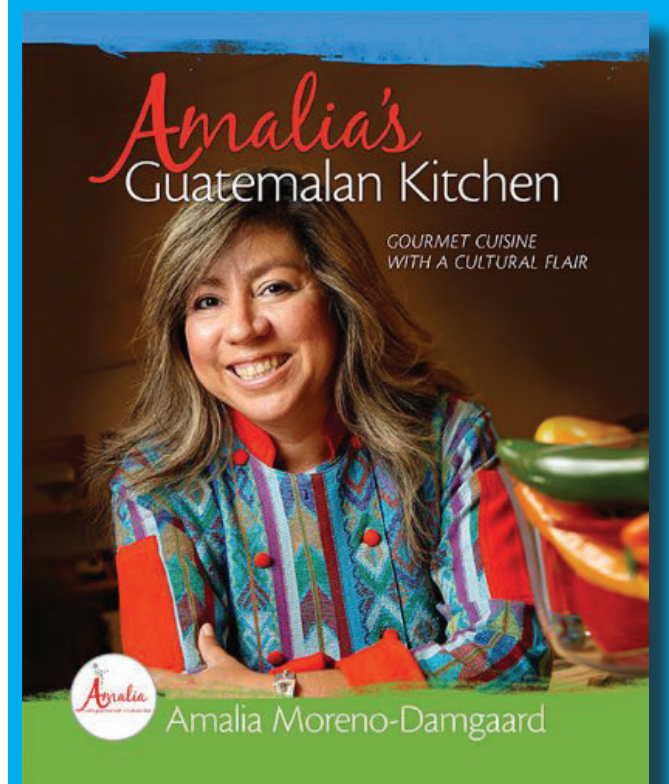
In a bowl, combine the queso fresco and 3/4 cup of the tomato sauce. Divide the mixture into 6 equal portions. Stuff each tortilla with the mixture. Fold gently in half and set aside.

Beat the egg whites until stiff peaks form. Add the yolks, salt, and flour. Beat 1 minute to make a soft batter.

Top the chilaquiles with the sauce and the chopped parsley.

CHECK OUT MORE RECIPES IN AMALIA'S AWARD-WINNING COOKBOOK:

AMALIA'S GUATEMALAN KITCHEN



Mariah de la Paz Endorsed for House 52A Seat



Mariah de la Paz

Latino American Today will be presenting various candidates who are running for office in 2020.

By Claud Santiago

Mariah de la Paz was endorsed by the GOP to run for the House of Representatives in District 52A that is made up of West St. Paul, Mendota, Lilydale and the northern part of South St. Paul. Mariah lives in West St. Paul and is a professional who currently works in the senior health care system. She is a conservative who has been active in politics and in 2018 served as campaign manager for a congressional race in St. Paul. Mariah is a single mother who still finds the time to be active in the community working with various organizations to

encourage Latino youth to stay in school and graduate.

52A is home to a large Latino community: West St. Paul is currently made up of 22% Latinos, South St. Paul 14%, and 4% in Mendota.

Mariah is running for office because she believes that the current DFL 52A incumbent house representative, who has held office since 2004, has been part of the DFL

administration who has given us the failed MNLAR and MNSURE systems, costing tax payers millions of dollars.

Mariah's twenty-year career in health care gives her insights into the current Department of Health and Human Services disaster that has seen overpayment of millions of tax payer dollars and a leadership who resigns and is unable to explain to the public why or who the overpayments went to.

"We need our current 52A house representative Rick Hansen to explain to us how and why he stood by while tax payers paid out millions and millions of dollars to these failed programs," Mariah stated in a recent interview with *Latino American Today*.

"I am running for office so that our residents, business owners and families in 52A have a house representative who is for a smaller and more responsible, organized government, reduced taxes, less regulations so that more businesses open, better schools, and a safer community. I look forward to meeting with our community in the upcoming campaign to ask for their vote to give me the opportunity to serve them at the State Capitol."

For more information, visit: <https://www.delapazforhouse.com>



Mariah with MN Rep. Eric Lucero

Action Day 2020: Game on for School

Greater Twin Cities United Way is bringing our community together to fuel change by providing backpacks full of school supplies for 40,000 students in the metro area through our annual Action Day initiative.

We are dedicated to keeping our community safe, so Action Day 2020 will be virtual. Through this unique opportunity, you can address educational disparities driven by racism and unjust systems, brought to the forefront with COVID-19 and the global civil unrest. Support Action Day as a change-maker by: Volunteering at Home or Donating. Thank you for joining us as we Unite to Fuel Change and ensure our community and local students are ready to succeed in school this fall!

Greater Twin Cities United Way connects people and resources in our community to create pathways out of poverty and change the systems that limit our potential. We've been working in our community for 100+ years, and have witnessed the transformational power of working together. Through our partnerships with corporations, nonprofits, donors, volunteers and community minded leaders, we collectively build a stronger hometown.



Partners:



Media Partner:



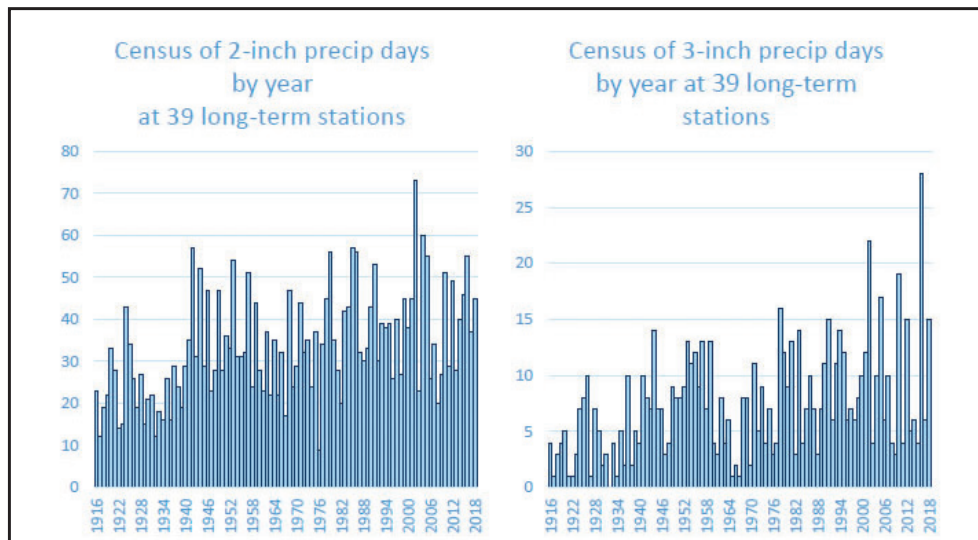
ACTION DAY IS GOING VIRTUAL THIS YEAR!

Unite to Fuel Change by providing backpacks for 40,000 kids in the Greater Twin Cities metro.

Sign up to volunteer at home and assemble school supply packs and find a drop off location, create a fundraising team, or donate at: ActionDay2020.com



The Impact of Climate Change on Minnesota State Parks



Weather data graph displaying rapid increases in precipitation and temperatures since the early 1900s. Credit: Dr. Kenny Blumenfeld, Minnesota DNR Climatologist

By Deborah Locke
Department of Natural Resources Information Officer

Climate changes that include “mega” rainfall -- plus warmer temperatures -- influence the 250,000 acres of land in Minnesota state parks. Floods cause damage to structures and alter plant life; increased heat may drive wildlife to a cooler region.

DNR staff track and adapt to climate change in order to preserve and protect state parks and trails, and they take a long-range view so visitors may enjoy these natural amenities for decades to come.

In the late 1800s the DNR and other state agencies started to record temperature and precipitation data to identify trends, according to Ed Quinn, the Natural Resource Program Supervisor for State Parks and Trails.

“The past few decades from the 1970s until now show rapid increases in precipitation and temperatures,” he said. “The easiest way to think of it is, here in Minnesota, the climate is getting warmer and wetter.”

“Mega” rainfall in particular changed the park and trail landscapes, Quinn said. A mega rainfall drops at least six inches of rain over 1000 square miles or more. Gushing rivers of floodwater not only damages infrastructure but has significant impacts on natural resources, as well.

For example, seeds of invasive plant species are deposited via rushing floodwater into new areas, and populations of fish, aquatic insects and species living in river valleys may be swept away. In some cases, like with fish and aquatic insects, the plant and wildlife may return given enough time. Other outcomes, like the spread of invasive plant seed through floodwater, will require intervention to control.

The landscape can take a beating: a number of bluffs at Whitewater State Park slumped due to the heavy rain; some bluffs contained rare plants. The plants are returning on their own, Quinn said, but the process takes a number of years.

DNR studies show that since 2000, there has been a 2.5 times increase in rainfall that measured at least four inches in depth. That may not sound like much, but consider these damages and costs:

- \$4 million in flood damage to Whitewater State Park (2007). The park closed for 10 months;
- \$2.5 million in flood damage at Jay Cooke State Park and the Munger State Trail (2012). The park closed for four months. The total damages to the

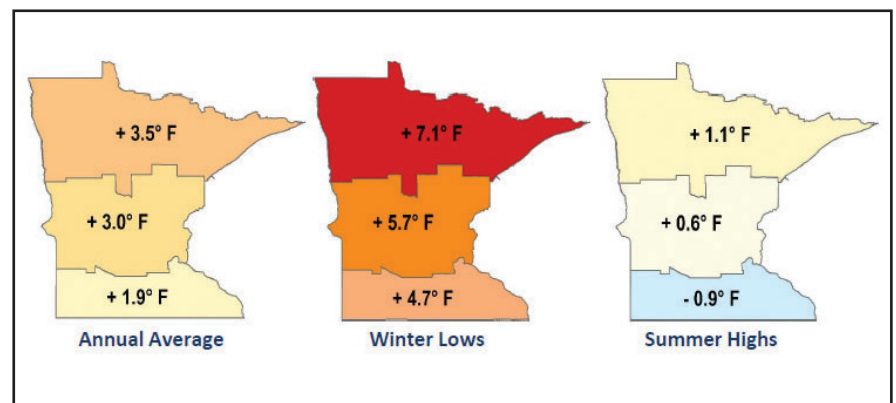
- state: \$100 million (Minn. Dept. of Transportation, DNR and Minn. Power);
- Floods at Blue Mounds State Park destroyed a dam and led to impoundment (2014); and
- \$300,000 in flood damage at Fort Snelling State Park (2019). The park closed for six months, displacing a half million visitors.

Rain can cause havoc, but warmer temperatures have an impact, too. Warmer winter temperatures mean few people will engage in certain winter sports like snowmobiling in areas with less snow and shorter winter seasons. As a result, more snowmobile trails may be used as All Terrain Vehicle trails. To avoid flooded campgrounds, some campgrounds have been moved.

One of the more dramatic effects of climate change occurred at Nerstrand Big Woods State Park in southeastern Minnesota starting around 2013, said Neil Slifka, a parks and trails area resource specialist. Precipitation over roughly the past decade, coupled with poorly draining soils, killed upwards of 200 acres of hardwood forest in the park.

“Some of the trees were nearly a couple of hundred years old,” he said. “In some cases, it only took two years or so to kill them.”

That means the need for different tools and an updated strategy, Slifka said. The landscape no longer supports the planting of a big woods.



Records show warmer winter temperatures mean few people will engage in certain winter sports in areas with less snow and shorter winter seasons.

“We have to adapt our approach to deviate slightly from the historic vision of Parks and Trails,” Slifka added. Instead, the division will create a more novel community more closely aligned with one found in a floodplain or riparian forest. (Riparian areas are lands that occur along watercourses and water bodies. Typical examples include flood plains and streambanks.)

The new community building started in the spring of 2019 when 780 seedlings/saplings of more water tolerant Silver Maple, Cottonwood, Swamp White Oak, Hackberry and American Elm were planted. The seedlings have protective cage-like coverings or are protected by tubes. Parks and Trails staff, working with researchers and students from the University of Minnesota’s Forest Nursery and Laboratory monitor the plantings. In about 80 years, Nerstrand Big Woods State Park could have a renewed mature hardwood forest that is more water resistant.

Meanwhile, nature, a remarkable model for adaptability, marches forward. As large portions of the Nerstrand Big Woods gave way to dead trees, more red headed woodpeckers moved in to build nests in the tree cavities, and feast on insects burrowed in tree trunks, and on acorns, and on hickory nuts. Dead trees in this instance led to more birds. We might consider that an unseen benefit – or silver lining -- in an overactive rain cloud.

Certainly, the woodpeckers see it that way.

For more information on Minnesota and climate change, go to this DNR website: www.dnr.state.mn.us/climate/climate_change_info/index.html

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Negocios propiedad de latinos son importantes para Minnesota y los Estados Unidos



Latino-Owned Businesses Are Important to Minnesota and the United States