

NEWS AND PROFILES CONNECTING THE LATINO AMERICAN COMMUNITY IN MINNESOTA

June 2019 Issue 382

# Latino American Today

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



## LOS LÍDERES HISPANOS DEL FUTURO... LA CLASE DEL 2019

Latino Future Leaders...Class of 2019

## Hiawatha Academies Inaugural Senior Signing Day



HCHS Senior Picture 2019, photo by: Natanael Moreno

By Libby Stegger

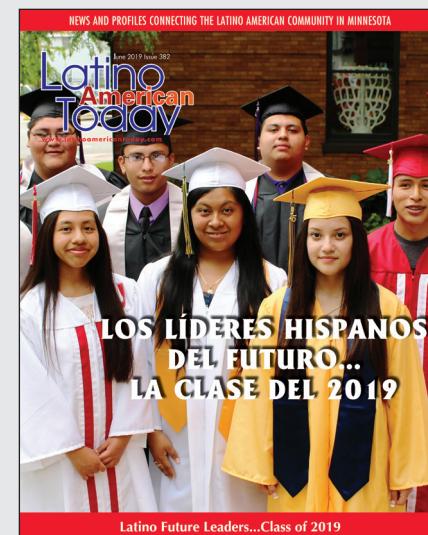
On Friday, May 17 the first graduating class of Hiawatha Academies celebrated their admission to college at an event at the Ted Mann Concert Hall in Minneapolis. 100% of Hiawatha Collegiate High School's seniors were admitted to college, which is remarkable in Minnesota, a state with one of the nation's lowest high school graduation rates for students of color. At the event, each senior announced in front of family, friends and supporters the college they chose to attend. Over 1,000 people attended the event that was filled with joyful celebration.

In all, Hiawatha's class of 73 scholars received over 250 college acceptances and over \$6.5 million in scholarship offers. Among the schools Hiawatha Academies soon-to-be-alumni will attend are: University of Minnesota-Twin Cities, University of Saint Thomas, Macalester College, University of San Francisco, St. Benedict's, St. Catherine University, among many others. Hiawatha Academies aims to ensure access to college as a path to eliminate educational disparities between students of color and their white peers.



L to R: Heidi Sanchez Avila and Yoel Flores. Photo by Danny Smith

Nearly all of the students will be the first in their family to attend college. Two student speakers shared words capturing their memories of their years together, and their hopes for the future



On The Cover  
Latino Future Leaders  
Class of 2019

Latino  
American  
Today

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## Feliz Día del Padre



*Por Saúl Carranza*

Hace algún tiempo la casa de un amigo mío fue asaltada. Los ladrones entraron, amarraron a todos los que estaban adentro y comenzaron a saquear la casa. Mientras los ladrones buscaban las cosas de valor alguien logró soltarse y llamar a la policía. El lugar fue rodeado y todos los asaltantes apresados. Todos los miembros de la pandilla eran menores de edad. Cuando la policía llamó a la familia de los adolescentes se dieron cuenta que únicamente llegaron mamás. Ni un solo padre de familia se hizo responsable por aquellos jóvenes.

Aunque reconocemos la admirable labor que algunas madres cumplen al criar a sus hijos siendo padre y madre. También es necesario reconocer que muchos de los males de nuestra sociedad se deben a la carencia de una figura paterna que ejerza autoridad, modele amor, enseñe buenas costumbres y provea lo esencial para la familia. No es el concepto machista de que solo un varón puede dirigir a la familia. Es el concepto bíblico que el fundamento de la familia es un varón y una mujer comprometidos para formar esa familia con amor.

La paternidad verdadera es acompañar a los hijos en la aventura de la vida. Ser parte de sus victorias y sus fracasos. Es manifestar el amor con palabras

y con hechos. No es buen padre aquel que solo provee las cosas materiales, pero no está dispuesto a aportar tiempo de calidad para sus hijos. El niño se desarrolla en lo físico, pero también en lo intelectual, social y espiritual. Un padre sabe apoyar a sus hijos en cada una de sus necesidades. Pero por sobre todas las cosas está dispuesto a predicar con el buen ejemplo. Es aquel que hace que la palabra “papá” suene dulcemente cuando confiadamente la pronuncian sus hijos.

Es quizás por la tremenda responsabilidad dada a los padres que cuando Dios se identifica a si mismo en relación con sus criaturas lo hace llamándose “Padre”. Porque es modelo de amor, es modelo de provisión, de entrega y sacrificio. Cuando en el mes de junio decimos Feliz día del Padre. Enviamos ese saludo respetuoso a aquel que, con sacrificio, con responsabilidad y con valor ha apoyado a sus hijos en la infancia, la adolescencia, la juventud y sigue ayudándoles en la edad adulta. Aquel que cerca o lejos ha dado ejemplo de honradez, trabajo y amor. A usted padre valiente, que se levanta cada día con la meta de dar lo mejor para sus hijos le decimos Feliz día del Padre. Dios lo bendiga.

**Saúl Carranza es originario de Guatemala y pastor de la Iglesia Cristo Para Todas Las Naciones en Crystal, MN.**

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## Happy Father's Day

*By Saúl Carranza*

Some time ago a friend's house was stormed. The thieves entered, tied up all who were inside, and began looting the house. While the thieves were looking for valuable things someone managed to break loose and call the police. Surrounded the place and all the assailants arrested. All members of the gang were minors. When the police called the teenager's family, they realized that only moms arrived. Not a single dad took responsibility for those young people.

Although we recognize the admirable work that some mothers fulfill when raising their children being father and mother. It is also necessary to recognize that many of the ills of our society are due to the lack of a paternal figure who exercises authority, model love, teach good customs and provide what is essential for the family. It is not the macho concept that only a male can lead the family. It is the biblical concept that the foundation of the family is a man and a woman committed to forming that family with love.

True fatherhood is to accompany the children in the adventure of life. Be part of their victories and their failures. It is to manifest love with words and deeds. It is not a good father who only provides material things, but, is not willing to provide quality time for his children. The child develops in the physical, but also in the intellectual, social and spiritual. A parent knows how to support their children in each of their needs. Above all else, he is ready to preach by good example. He is the one who makes the word “daddy” sound sweetly when confidently pronounced by his children.

It is perhaps because of the tremendous responsibility given to parents that when God identifies himself in relation to his creatures he calls himself “Father.” Because He is a model of love, it is a model of provision, of surrender and sacrifice. When in the month of June we say Happy Father's Day. We send that respectful greeting to those who, with sacrifice, with responsibility and with courage, have supported their children in childhood, adolescence, youth and continue to help them in adulthood. He who near or far has given an example of honesty, work and love. To you courageous father, who gets up every day with the goal of giving the best for his children we say Happy Father's Day. God bless you.

**Saúl Carranza is originally from Guatemala and pastor of the Church Christ for All Nations in Crystal, MN.**

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## 23rd Annual Hispanic Marketing Conference Honors Marketing Leader

By Claud Santiago

The 23rd annual Hispanic marketing conference was held on April 25, 2019 at the Neighborhood House/Wellstone Senter in St. Paul. The conference was produced by Aguilar Productions based in St. Paul, sponsors included: U.S. Bank, Minnesota Twins, Comcast, *Latino American Today*, Minnesota Multicultural Media Consortium, and Minnesota Parks and Trails.

Presenters included: Rico Vallejos, Multicultural Creative Director, Portland, OR; Rochelle Newman Carrasco, EVP Hispanic Strategy; Walton Isaacson, Los Angeles, CA; Roma Calatayud Stocks, Author and Composer, Minneapolis; Diego Classen, Comast, Twin Cities; and Reinaldo Moya, Composer in Residence, The Schubert Club, St. Paul, MM. They presented great insights, strategies, and case studies related to marketing to the Hispanic consumer segments.

Rochelle Newman-Carrasco received the Hispanic Marketing Achievement Award for leadership and achievement in the U.S. Hispanic Marketing Industry.



Group from NAHREP (L to R): Rick Aguilar, Martha Ballek, Guille Garza, Jean Pierre Pallais, Erik Montes, Ricardo Polinski

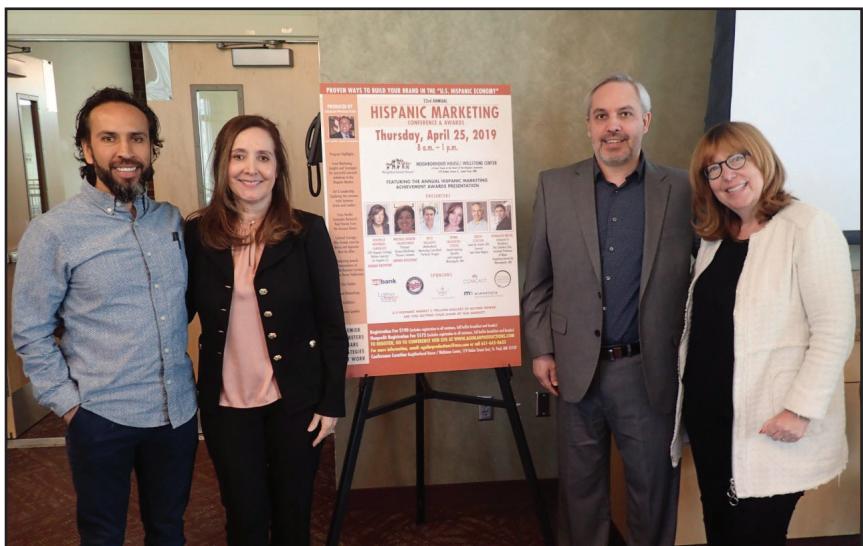
Congratulations to Aguilar Productions on their 23rd anniversary of producing conferences and seminars focusing on the U.S. Multicultural markets.



L to R: Rick Aguilar, Isaac Contreras, Keller Williams; Jose Alfredo Velazquez, MidCountry Insurance; Enrique Vazquez, MidCountry Bank



L to R: Rick Aguilar with Rochelle and Joannette Clintron, Old National Bank



L to R: Ricardo Bennet, SPCO; Roma Calatayud Stocks, Presenter; Diego Classen, Comcast; Rochelle Newman Carrasco



L to R: Rick Aguilar with Rochelle Newman Carrasco and Rico Vallejos

## Leadership and Wisdom: Can a Person be Educated yet Unwise?



Marci Malzahn

By Marci Malzahn

Most of us can agree that **education** is one of the key ingredients to succeed in life. Yet we all know some people that are highly educated and act unwisely. On the other hand, we may know people who don't possess a lot of formal education but have a lot of wisdom. Why does that happen?

I was pondering on why some people are wise and others have complete lack of wisdom. Wisdom is applied knowledge, meaning, you apply what you learned through formal education and through life experiences. Wisdom is having the discernment to know the difference between right and wrong. The Dictionary.com describes wisdom as "knowledge of what is true or right coupled with just judgment as to action; sagacity, discernment, or insight."

To perform certain professional jobs such as the job of an engineer, doctor, attorney, or architect, you need formal education. Plumbers, electricians, and hardware technicians also need some specialized education to do these trade jobs. And yet there are other jobs that require you to have a high school education, at the minimum. The point is that for people to make a good living, some education is required. However, to live and experience life successfully, everyone needs wisdom and discernment to make the right choices—both long-term and daily. Your choices determine your destiny.

So what are you to do? First you plan your education. We live in a country where education is possible and available. Education is expensive, but there are plenty of opportunities to obtain education inexpensively and sometimes even free. It also helps to have a life-long learning attitude. Seek opportunities to learn beyond a formal education by reading books and trade magazines and attending seminars and conferences. Along with a life-long learning attitude comes the humility to ask for help and learn from others.

At the same time, as you obtain formal education and learn on the job, you must seek **wisdom**. How do you do that? You ask God for it. It's actually that simple.

The Bible reminds us that leaders especially must possess wisdom to lead others. Solomon was the wisest man that has ever lived on earth. He understood the value of wisdom so when he became King, he asked God for this treasure: wisdom. In 1 Kings 3:7-14, the Bible tells us how it happened when Solomon asked God and God responded:

"Now, O Lord my God, you have made me king instead of my father, David, but I am like a little child who doesn't know his way around. And here I am in the midst of your own chosen people, a nation so great and numerous they cannot be counted! Give me an understanding heart so that I can govern your people well and know the difference between right and wrong. For who by himself is able to govern this great people of yours?"

The Lord was pleased that Solomon had asked for wisdom. So God replied, "Because you have asked for wisdom in governing my people with justice and have not asked for a long life or wealth or the death of your enemies—I will give you what you asked for! I will give you a wise and understanding heart such as no one else has had or ever will have! And I will also give you what you did not ask for—riches and fame!

No other king in all the world will be compared to you for the rest of your life! And if you follow me and obey my decrees and my commands as your father, David, did, I will give you a long life."

Throughout my leadership journey, I have asked God to give me wisdom, knowledge, and understanding to do what He wants me to do—both in my home life as well as in my career. I encourage you to seek education because, as I mentioned at the beginning of this article, it is crucial for your success in life. And I also encourage you to seek wisdom by asking God for it. He will give you wisdom. Without wisdom, all the education will be wasted because you won't know how to apply it in life. Without wisdom, you won't know how to discern the difficult situations that you will encounter throughout your life.

Education plus wisdom together will propel you to places you never thought you could achieve and your impact and legacy in life will be exponentially larger.

**Marci Malzahn is president and founder of Malzahn Strategic ([www.malzahnstrategic.com](http://www.malzahnstrategic.com)), a community financial institution consultancy focused on strategic planning, enterprise risk management, cash management, and talent management. Marci is also a professional speaker and published author of three books. You can contact Marci for speaking engagements through her website at [www.marciamalzahn.com](http://www.marciamalzahn.com) or email her at [marcia@marciamalzahn.com](mailto:marcia@marciamalzahn.com). You can purchase Marci's books at [www.Amazon.com](http://www.Amazon.com).**

## District 197 Celebrates Soaring Latino Student Graduation Rate



By Carrie Ardito

When West St. Paul-Mendota Heights-Eagan Area Schools (District 197) saw graduation rates among all student groups increase in 2018, it was cause to be proud. But when the Latino student graduation rate came in at a 13% increase—a staggering 27% above the four-year state average—it was time to celebrate. “We are fully committed to improving outcomes for our students,” says Superintendent Peter Olson-Skog. “And we are extremely fortunate to have strong Latino families who are actively engaged in their students’ education.”

District 197 provides a wide range of opportunities and support that are ideal for Latino students and their families. ALMAS (Anglos Latinos Motivados A Superarse), a Henry Sibley High School student group founded by Spanish teacher Robert Hanson, is a prime example. According to Hanson, ALMAS was founded with the goal of reducing the high school dropout rate among Latino students. “We believe that for students to succeed we must have strong families, strong schools, and strong students,” Hanson explains. “If we want to improve our graduation rate we have to

*The ALMAS (Anglos Latinos Motivados a Superarse) student group*

do something in all three areas.” With that in mind, Hanson started ALMAS, an after-school program that empowers students to become involved in their community while providing their families with access to community resources.

At Garlough Environmental Magnet School, initiatives range from a Native Language Literacy Program and a Spanish Facebook site to a Spanish book backpack program and the addition of hundreds of Spanish books to the school’s library. Xiomara Medina, one of many cultural liaisons and interpreters who work in the district, supports the school’s students and staff.

At Heritage ESTEM Magnet School, 7th and 8th grade students have the opportunity to participate in AVID, a program in the district’s middle schools and high school that is designed to help students develop the skills they need to be successful in college. “AVID has had a significant impact on the school’s culture because it develops our students’ self confidence and self worth,” says Principal Karen Allen. Other Heritage initiatives includes a home visit program operated collaboratively between classroom teachers and EL staff.



*AVID students from Heritage*

From a family perspective, district programs such as Building Bridges and Parent Academy as well as parent-fueled organizations like Padres de Latinos in Action have helped parents and guardians advocate for their children. Carmen Pineda, a cultural liaison with the Early Special Education Program, has been with the Building Bridges program since its inception in 1998. “Our programs have related to parents on a more personal level as partners,” Pineda explains. “The key has been that we have empowered parents through respect, cultural sensitivity, and education.”

Olivia Carillo is a district parent who has participated in a number of district-hosted programs and activities for Latino parents. “The most important challenges are the language and the culture,” she explains. “Through these programs, parents gain tools to support students and become more involved in the school programs.”

The recent increase in graduation rates shines a spotlight on the support Latino students and their families experience throughout their time in District 197 schools and programs. “We have advocates at every level -- teachers who have incorporated strategies they know will work for multilingual students,” explains Andrea Saenz, English Learner and Equity Program Coordinator. “Our programs would not be the same without the committed and passionate staff who are key to their success.”

***“The numbers just don’t lie,” says Henry Sibley High School Principal Ron Monson. “When you combine strong, supportive families with school-based resources and opportunities, you are paving the way for student success.”***



Benefiting:



## GUS MACKER RETURNS TO SAINT PAUL

This summer, participate in the nation-wide original **“Gus Macker 3-on-3 Basketball Tournament!”** Get a group of 4 together for a team to show off your skills to win the 1st place trophy. By participating as a player, you’ll receive a players tournament shirt along with a players package full of goodies. This tournament benefits two local charities: **Spare Key and the Minnesota Law Enforcement Memorial Association!**

**Spare Key** has been helping families “Bounce and Not Break” since 1997 through financial grants on their behalf while their critically ill or seriously injured family members recover in the hospital. **LEMA** is dedicated to assisting the familie and home agencies of those law enforcement officers who have died in the line of duty.

**Represent your school as you support these two incredible organizations!**

### DEADLINE TO REGISTER IS MAY 27TH

- Location:** Saint Paul College, Lot C
- Team Entry Fee:** \$160 (\$40 per person)
- Mail-In Deadline:** May 24th
- Online Registration Deadline:** May 27th

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

Unable to play in the tournament? You can still be participate! Support the athletes and community by volunteering your time and talents during the weekend!

**Volunteer Now:** [bit.ly/MackerVolunteersMN](http://bit.ly/MackerVolunteersMN)

## THE ORIGINAL 3-ON-3 BASKETBALL FESTIVAL OF FAMILY FUN!

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## Twin Cities Comcast Cares Day 2019—Making Change Happen



*Comcast Cares Day volunteers at the Mt. Airy Boys & Girls Club in St. Paul*

Investing in our communities has been at the very heart of Comcast's business philosophy since the company's beginnings back in 1964. Nothing exemplifies that spirit of serving our friends and neighbors more than our annual Comcast Cares Day, the nation's largest single-day volunteer event.

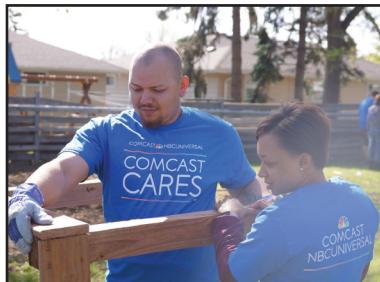
In the Twin Cities area, Comcast teamed up with more than 30 community organizations for a variety of projects, both large and small throughout April and May. From landscaping to painting, from stocking food shelves to mentoring young people, Comcast employees dedicated their time and talent to making a difference.

For example, more than 125 Comcast NBCUniversal employees, family members, friends and community partners volunteered to assemble resource kits and mentor young people at the Glover-Sudduth Center in North Minneapolis on Saturday, May 4. Other activities included landscaping and light maintenance work at a shelter for homeless veterans in Minneapolis in partnership with the Minnesota Assistance Council for Veterans on May 11. Comcast



*Volunteers packing kits*

Cares Day volunteers also offered their time and talent to help beautify the Mt. Airy Boys & Girls Club facility in St. Paul.



*Teams building fences at the Minnesota Assistance Council for Veterans*

"As we celebrated Comcast Cares Day, we were delighted to partner with Boys & Girls Clubs of the Twin Cities to give back to our local community," said J.D. Keller, Regional Senior Vice President, Comcast. "It is incredible to see how we can drive meaningful change by bringing together our employees, their friends and families, and our community partners, both on Comcast Cares Day and throughout the year. We are thankful for the participants and volunteers who continue to work to make a positive difference."

Comcast NBCUniversal employees volunteer during Comcast Cares Day and throughout the year to make a lasting impact. To date, more than 1 million Comcast Cares Day volunteers have contributed over 6 million service hours to improve local communities at more than 10,000 projects. To learn more about Comcast Cares Day and our other community investment programs, visit <https://comca.st/2GUODpU>.

**MANTENGASE ABRIGADO, SEGURO Y MAS COMODO DURANTE ESTE INVIERNO.**



**!Reciba ayuda con sus cuentas de calefacción y energía!**

Ninguna familia debería pasar el invierno sin calefacción. Community Action Partnership de Hennepin County (CAP-HC) puede ayudarle. El Programa de Asistencia de Energía (EAP por sus siglas en ingles) de CAP-HC le brinda asistencia financiera a los residentes del Condado de Hennepin, incluyendo a la ciudad de Minneapolis, para ayudarles con el costo de energía en su hogar.

**Text 4WARMTH to 555888**

Las oficinas para la ayuda de la Asistencia de Energía están abiertas en St. Louis Park, Minnesota Council of Churches, Sabathani Community Center, LSS y Minneapolis Urban League.

**952-930-3541**

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[www.twitter.com/caphennepin](http://www.twitter.com/caphennepin)

Community Action Partnership of Hennepin County  
8800 Highway 7, Suite 403  
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[www.caphennepin.org](http://www.caphennepin.org)  
[eap@caphennepin.org](mailto:eap@caphennepin.org)

A program of  
Community Action Partnership of Hennepin County  
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Strengthening Community ∞ Eliminating Barriers ∞ Creating Opportunity

## New "Buy with Habitat" Project



Habitat for Humanity is launching a new home-ownership opportunity for first-time homebuyers who are in the low- to moderate-income range (\$36,949 to \$71,900 household income for a family of four). The 30-year fixed-rate mortgage will feature monthly payments set to no more than 30% of income, and down payment assistance may be available.

Located near Willow Reserve in St. Paul's North End neighborhood, the project is a public/private partnership that enjoys financial contributions from city, county and federal sources, as well as from Ecolab, Wells Fargo, Thrivent Financial's Faith Builds, and Women Build.



Twin Cities  
**Habitat for Humanity**

Details on this and other first-time homebuyer mortgage programs are available on the Buy with Habitat website: [www.buywithhabitat.org](http://www.buywithhabitat.org).

## Minnesota Timberwolves Name Gersson Rosas as President of Basketball Operations

### Rosas is first Latino to lead NBA front office



*Minnesota Timberwolves to introduce President of Basketball Operations Gersson Rosas*

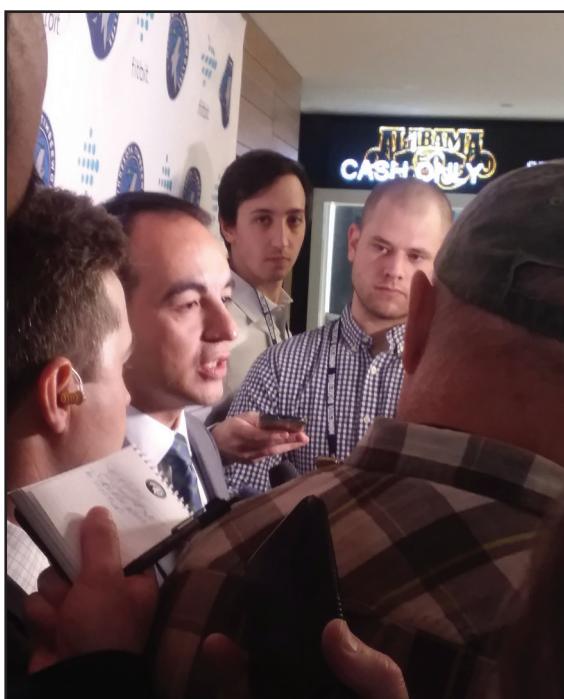
The Minnesota Timberwolves today named Gersson (GR-sin) Rosas (RO-sauce) as the team's President of Basketball Operations. Rosas will be responsible for all decisions made within the Timberwolves basketball operations department.

"We are excited for Gersson to lead our basketball operations department," said Timberwolves owner Glen Taylor. "We were extremely impressed with him during the process. He brings many years of NBA front office experience with a very successful organization to our team. I'm confident that he will bring success to our organization."

Rosas, 40, comes to Minnesota after spending 17 years with the Houston Rockets, the last seven as Executive Vice President of Basketball Operations where he assisted in all basketball operations of the franchise. Rosas was an intern in the Rockets basketball operations department for two years before being Personnel Scout/Video Coordinator prior to the 2004-05 season. He was promoted to Director of Scouting in 2007 and Director of Player Personnel in 2008.

"This is a special opportunity in a great place, and I am excited to pursue the franchise's goal of building a world class organization with a sustainable winning model for Timberwolves fans to be proud of," said Timberwolves President of Basketball Operations Gersson Rosas. "Minnesota is such a great area of the country, it's a major market with a multitude of sports and culture passions. Not only am I eager to get to work in my new role, but I'm also excited to be able to raise my family here and can't wait to become immersed in the community and everything it has to offer."

"On behalf of our entire organization, I would like to welcome Gersson and his wife, Susana, and their twins, Grayson and Giana, to the Timberwolves family and the Twin Cities," said Timberwolves and Lynx CEO Ethan Casson. "In meeting with Gersson, it was apparent that he is the best individual to lead our basketball operations into the future. We are confident that his 17 years of experience helping shape the Houston Rockets into one of the most successful franchises in the NBA has prepared him for this opportunity. Gersson's innovative style along with his focus on player care and development will lay a strong foundation for our organization for years to come."



*Gersson Rosas in the spotlight*

During his time with the Rockets, Rosas also served for four years as General Manager for the Rio Grande Vipers, the team's NBA G League affiliate. Rosas also served a stint as General Manager for the Dallas Mavericks in 2013, becoming the first Latino GM in the history of the NBA.

Rosas' past experiences include working as a graduate assistant for the University of Houston men's basketball team (2003-04), as an assistant coach on Westbury Christian High School's state championship team (2002-03).

Since 2015, Rosas has been an International Player Personnel Scout for USA Basketball's Men's National Team and is a current member of the USA Basketball player selection committee for national team competitions. He also serves as Director of the Americas for the NBA's Basketball Without Borders program.

A native of Bogota, Colombia, South America, Rosas graduated from the University of Houston in 2000 and was recognized by the school as a Distinguished Sales Excellence Institute Alumnus at the Bauer College of Business in 2011.

## Take Aim at Summer Fun!

Join us on the first day of Summer, the longest day of the year, for an evening filled with FREE OUTDOOR FAMILY FUN!

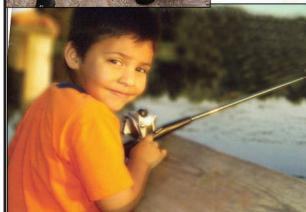
**Fishing Biking**  
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**4 - 8 p.m.**

Information: 651-259-5800

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## Summertime Barbecues



*Chef Amalia in the kitchen*

*By award-winning author and chef Amalia Moreno-Damgaard (AmaliaLLC.com)*

Summertime is for having fun in the sun in the company of family and friends enjoying delicious foods.

Every summer I look forward to the endless possibilities of preparing the season's harvest quickly and easily using herbs and spices to enhance the flavor of grilled meats and vegetables. One advantage of cooking outdoors is that the whole experience can happen on your deck or at the picnic table making cleanup easier.

In many countries and in the United States people venture outside as soon as the weather is pleasant and look for parks with gathering spaces with grills and benches to celebrate birthdays and other special events. This is such a great way to connect with nature in a wholesome and inexpensive way.

When was the last time you and your family organized a family reunion in a pot luck fashion? What a great opportunity to enjoy a variety of foods under the sun! Minnesota has many picturesque places and lakes to enjoy the warm weather which can be conducive to turn a party into a fiesta. Think food, cool drinks, music, and dance.

Marinating chicken, meats, and other proteins is a time saver and a flavor booster. For best results, immerse your proteins in a Ziploc bag with plenty of the sauce you are using and marinate in the refrigerator for 2-3 days. Then complement your menu with grilled corn, grilled vegetables dressed with herbs and lemon juice, leafy greens salads, and light fruit desserts. I can't think of a healthier way to embrace nature! Below is a recipe to get you started.



### Ensalada Al Flash

*By Chef Amalia Moreno-Damgaard*

Serves 4

1 avocado, pitted, in cubes  
1 vine ripened tomato, diced  
1 head of romaine, torn into small pieces

½ cup shaved red onion  
1 bunch parsley leaves, roughly chopped  
Dressing: the juice of 2 lemons (or limes),  
2 tbs olive oil, salt and pepper

Prepare the vegetables and combine in a bowl.

Toss with the dressing right before serving.

#### *About Amalia*

*Amalia Moreno-Damgaard is an award-winning author and chef born and raised in Guatemala City. Amalia creates awareness about Latin culture's nuances through consulting, bilingual speaking and writing, and healthy culinary experiences. Her book Amalia's Guatemalan Kitchen-Gourmet cuisine with a Cultural Flair is a nine-time award-winner and best seller. Learn more about Amalia and her upcoming events at AmaliaLLC.com.*

## “Archery in the Parks” Programs Teach How to Shoot an Arrow and Much More



Archery in the Parks program at Jay Cooke State Park

By Deborah Locke  
DNR Information Officer

She stood unnaturally straight and drew the arrow back. It flew to the center of the target with a thud. Bullseye. Then she did it again.

Now it's my turn and there's a lot to remember. Stand with one foot aimed at the target, always point the arrow “down range” (toward the target). Three scrunched fingers are in place, not four even if

that feels better, and hold your shoulder here not there, keep your elbow out of the way.

Arm up, way up, take aim, pull on the bow and feel the tension. Release. The arrow flies left of the target center but lands squarely within the target perimeter. Not bad.



Linda Radimecky shooting arrows

We were at Afton State Park near Hastings where Linda Radimecky, Area Interpretive Naturalist, taught archery basics which I last learned in a 1970s gym class.

Your children can learn how to shoot an arrow from a pro this summer at the Minnesota State Park and Trails Archery in the Parks program. Instructors are certified and all equipment is provided. Children must be at least eight years old.

No experience is necessary to learn this precise, ancient sport.

Radimecky said that to learn archery, you need discipline and a good coach. “Follow the steps, and you’ll be successful,” she said on a cloudy morning at the park. “Be consistent, and set up the shot the same way every time.”

The instruction through Archery in the Parks, which includes everything from stance to interpreting whistle commands, mirrors the National Archery in Schools Program. That nationwide curriculum is taught in 47 states for girls and boys in grades four through 12. The Minnesota DNR Archery in the Schools program provides Minnesota schools with equipment, training and the NASP curriculum. Girls and boys learn and compete with equal opportunity. The country’s best student archers compete for NASP scholarships.

I know what you’re thinking. You’re thinking that all that instruction is fine during the school year, but what about the long summer months? What can my child learn then?

How about self-control, patience and discipline starting with one of the Archery in the Parks programs? Classes are held throughout the state, including Afton, William O’Brien, and Minneopa state parks which are about an hour from the Twin Cities.

The introductory programs started in May and continue through Aug. 31, 2019. Registration is required and again, children must be at least eight years old.

Some kids immediately take to the sport, Radimecky said. They easily remember protocol in the shooting range and preparation for an ideal shot.

Some programs are tailored to adults, who have a “hoot” learning how to shoot, Radimecky said. Her instruction designed for the “Becoming an Outdoors Woman” programs are popular.

Dear readers, I’m no Katniss Everdeen, *Hunger Games* protagonist and archer extraor-

dinaire, but the two shots I took weren’t embarrassing. Maybe archery is like riding a bike after a long riding absence: your muscles remember what your brain forgets.



Hitting the target!

Let me end with this. A check through the Internet on why archery benefits kids listed all the expected reasons like building confidence through a new skill and increasing upper body strength. One person reacted to a story on children and archery by pointing out the mutual respect expressed through the sport and its lack of “trash talk.” He wrote:

“Rules are strictly enforced, giving archery a fantastic safety record as compared to most other sports. Great for self-discipline and for the culturing of plain ol’ good manners.”

Good manners? A sport that starts modestly with expert instruction in a Minnesota state park and encourages good manners?

Imagine that.

You can find the events calendar for the Archery in the Parks programs at Minnesota state parks at [https://www.dnr.state.mn.us/state\\_parks/ican/archery.html](https://www.dnr.state.mn.us/state_parks/ican/archery.html). There is no charge for the program, but you will need a vehicle permit to enter the state park (\$7/day or \$35/year).

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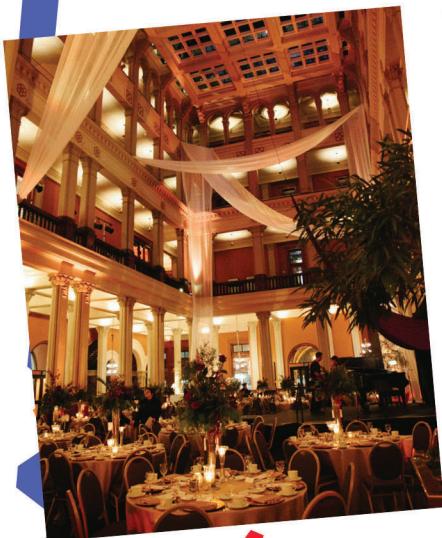
LATINO HERITAGE CELEBRATION



## 17th ANNUAL LA FAMILIA LATINO HERITAGE CELEBRATION

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