

NEWS AND PROFILES CONNECTING THE LATINO AMERICAN COMMUNITY IN MINNESOTA

May 2021 Issue 404

Latino American Today

www.latinoamericantoday.com



¡Feliz día de las Madres!



FELIZ CINCO DE MAYO!

Rudy Aguilar Sr. 1923 – 2021: A Life Well Lived

By Rick Aguilar

Rudy Aguilar Sr. passed on Monday, April 26, 2021, at his home, in peace, with his family present. He was a wonderful man, who loved his family, friends, and his country. Rudy was 97 years old and through the years, he shared his joyful love of life with his family and many friends, here in Minnesota and in Mexico.

Rudy and the Aguilar family were honored by Minnesota Governor, Tim Pawlenty, in his remarks at the Head of State Dinner Honoring Mexican President Vincente Fox, at the Minneapolis Convention Center on Friday, June 18th, 2004. Here are excerpts from the speech:

“The proud story of Pedro and Lugarda Aguilar reflects the motives and values of Mexicans coming to America and Minnesota. They were among the thousands who left their homes and all they held dear for the promise of a brighter future 2,000 miles and another world away. In 1939, the Aguilar’s arrived in Blue Earth, Minnesota, bringing with them few possessions but the very best tools for building any future: Strong character, a strong family, a strong work ethic, and a mighty will to succeed. So strong was their love for their newly adopted country that brothers Rudy and Arturo Aguilar volunteered to fight during World War II, though they spoke little English and could offer no proof of citizenship.



Rudy receiving the La Familia Latino Heritage Award



Rudy was wounded during the Battle of the Bulge and received a Purple Heart. Arturo served in the Pacific. Later generations of Aguilars also would defend this nation. Louis served in the Korean War and Rick Aguilar served in Vietnam. We gave them opportunity, and they gave America service and sacrifice. It personifies the best of America’s friendship with Mexico.

Rick Aguilar is my good friend and a respected leader in business and politics. He, Rudy, Arturo, and Louis are here tonight. Join me in recognizing this amazing family. They are remarkable people, to be sure, but they’re not unique. Thousands of Minnesotans of Mexican heritage have made—and continue to make—similar sacrifices and similar contributions to our nation and state.”

—Tim Pawlenty, Governor of Minnesota - 2003-2011

Left, Rudy Aguilar Sr. and Arturo Aguilar



Rudy Aguilar Sr. in his garden, his pride and joy.

“I came to Minnesota from Mexico, and I lived the American Dream.”

—Rudy Aguilar Sr.



On The Cover
¡Feliz Día de las Madres!

Latino
American
Today

Founded 2013

Member of
Minnesota Multicultural Media Consortium
National Foundation of Hispanic Owned
Newspapers
Minnesota Newspaper Association

Published by
Aguilar Productions Inc.
Richard Aguilar, President

Contributors
Marci Malzahn,
Banking Executive and Founder of Malzahn Strategic
Saúl Carranza,
Pastor of Church Cristo Para Todas las Naciones
Claud Santiago, Field reporter and journalist
Wameng Moua, Photographer

Print and Online Design
Gisela Aguilar

Latino American Today
204 Emerson Avenue E.
St. Paul, MN 55118

Phone
651-665-0633

Fax
651-665-0129

Email
aguilarproductions@msn.com

Web
www.latinoamericantoday.com

Nota: Editoriales, artículos y anuncios que aparecen en este periódico representan el punto de vista de el (ellos) autor (es) y no necesariamente reflejan la opinión, punto de vista o modo de pensar de LATINO AMERICAN TODAY o de su personal.

Latino American Today distributes our publication throughout the Twin Cities area.

Follow us on facebook.com/Latinoamericantoday

En el Día de las Madres Honor a Quien Honor Merece

Por Saúl Carranza

Proverbios 31:28 *Se levantan sus hijos y la llaman bienaventurada; Y su marido también la alaba:*

Cuando un bebé llega al mundo no solamente llega desprotegido. También llega confundido. Acaba de dejar un lugar oscuro, cómodo, cálido y a su medida. Y llega a un mundo ruidoso, lleno de luz, frío y desconocido. Lo único que le consuela, lo que reconoce de su vida previa es la voz materna, su olor y la satisfacción que siente cuando es alimentado por ella. Ahora cuando la escucha o siente su olor sonrío y se alegra porque su mundo gira alrededor de ella. La madre no solo da vida, también da la alegría de vivir.

A la mayoría de las mujeres Dios ha dado el privilegio de ser dadoras de vida. Antes de ser un nombre, Eva, es un título. "madre de todos los vivientes". Así identifica la Biblia a la primera mujer creada. La madre de la humanidad, Eva.

La maternidad es el privilegio reservado por Dios para la mujer. Pero es mucho más que un evento físico, producto de un acto biológico, placer o una violación. La realización plena de una mujer obviamente depende de muchos factores y no se puede limitar solamente a la maternidad. Pero

cómo afecta la maternidad la vida de una mujer, para bien o para mal. Y aún, cómo afectará esa madre la vida de su hijo.

La autora Patricia Vergara en su libro *Abnegadas: enfrentando los retos de la maternidad* dice: "Cuando tenemos un hijo, empezamos a descubrir en pequeños detalles la carga genética y nos alegramos del parecido que podemos encontrar con nosotras. Pero ¿acaso deseáramos encontrar en ellos nuestras mismas debilidades? Por el contrario, anhelamos que ellos no cometan los mismos errores. Y muy pocas veces nos atrevemos a contarles nuestro pasado. Sin embargo, a veces sucede que no somos tan conscientes de nuestra tremenda influencia y ellos terminan pareciéndose a nosotras en lo que no deseamos".

Eva dijo: "¡Con la ayuda de Dios, he tenido un hijo varón!" Génesis 4:1. La maternidad es una responsabilidad, un trabajo 24/7, es renunciar a la propia vida para vivir otras. Pero finalmente es extender tu propia existencia y formar nuevas vidas, que, al llevar tu genética, vivirán y se parecerán a ti. Por eso la madre es más celebrada que el Padre. Porque la Madre es la primera que da afecto al niño, es la primera maestra, es la primera que disciplina, que alimenta, y mucho más. Por ser dadora de vida y formadora. Vale la pena celebrar a mamá con el más grande amor y agradecimiento. NO se te olvide decir: "Gracias mamá por darme el privilegio de la vida".

On Mother's Day Honor to Whom Honor Deserves

By Saúl Carranza

Proverbs 31:28 *Her children rise up and call her blessed. And her husband also praises her:*

When a baby arrives in the world, it doesn't just arrive unprotected. He also arrives confused. He has just left a dark, comfortable, warm and custom place. And he arrives in a noisy world, full of light, cold and unknown. The only thing that consoles him, what he recognizes from his previous life is the mother's voice, her smell and the satisfaction he feels when he is fed by her. Now when he hears her or feels her smell, he smiles and is happy because his world revolves around her. The mother not only gives life, she also gives the joy of living.

God has given the majority of women the privilege of being life givers. Before being a name, Eva, it is a title. "Mother of all living." This is how the Bible identifies the first woman. The mother of humanity, Eve.

Motherhood is the privilege reserved by God for women. But it is much more than a physical event, the product of a biological act, pleasure or a violation. The fulfillment of a woman obviously depends on many factors and cannot be limited only to motherhood. But how motherhood affects a woman's life for better or for worse. And yet, how that mother will affect the life of her child.

The author Patricia Vergara in her book *Abnegada: facing the challenges of motherhood* says: "When we have a child, we begin to discover in small details the genetic load and we are happy about the similarity that we can find with ourselves. But would we want to find our own weaknesses in them? On the contrary, we hope that they do not make the same mistakes. And very seldom do we dare to tell them about our past. However, sometimes it happens that we are not so aware of our tremendous influence and they end up resembling us in what we do not want.

Eve said, "With God's help, I have had a male child!" Genesis 4:1. Motherhood is a responsibility, a 24/7 job, it is giving up one's life to live others. But ultimately it is to extend your own existence and form new lives, which, by carrying your genetics, will live and resemble you. That is why the mother is more celebrated than the Father. Because the Mother is the first to give affection to the child, she is the first teacher, she is the first to discipline, feed, and much more. For being a giver of life, a formator in our life. Mom is worth celebrating with the greatest love and appreciation. DON'T forget to say. "Thank you mom for giving me the privilege of life."

IGLESIA FAMILIA DE DIOS DAYTON MN

14100 Elm Creek Rd. Dayton MN 55369 Tel 763 568 4618

Pastores Saúl y Cony Carranza



Queremos ser tu hogar espiritual en la Twin Cities

Si quieres conocer más de Dios, estudiar la Biblia
Y ser parte de una comunidad que ama a Dios y su prójimo, te esperamos.

**Acompáñanos en el servicio regular de la Iglesia. Domingos 1:00 pm
Viernes 7:00pm Estudio bíblico.**

Transmitimos por Facebook live en

<https://www.facebook.com/IglesiaFamiliadeDios.DaytonMN>

Ten Strategies to Work from Home Efficiently



Marci Malzahn

By Marci Malzahn

Years before the COVID-19 Pandemic started, I learned ten strategies to work from home efficiently that may help you too. Seven years ago, I left my twenty-three-year banking career to start my own consulting business, pursue my professional speaking career, and continue writing books. But it took me years to get used to working from home by myself.

If you were one of the millions of workers who found themselves working from home, you had no preparation time and probably went through a difficult period of adjustment—especially if you had small children at home. Though my children are grown, my husband and I started watching our grandson weekly so, in a way, we were also forced to adjust our schedule. Regardless of your situation, these strategies may help you become more effective at what you do.

1) **Get organized:** Organization starts in your mind and it takes practice to become better organized. Choosing the right method or system is crucial to help you stay on track.

2) **Make lists:** Write everything down—from ideas and thoughts about specific projects to the detailed tasks that must be done daily. That way the tasks will not only get done but you will have the satisfaction of crossing them off your list.

3) **Create checklists:** If you find yourself repeating certain tasks, create a checklist template where you list all the detailed steps for that process. For example, I created checklists for speaking events, onboarding consulting clients, and publishing books.

4) **Make decisions:** Whether you are working for yourself or in a job, you need to be assertive and make decisions timely and effectively with the information you have at hand. Regardless of where you are working from, if you are in a leadership position, your employees expect you to continue making decisions as if you were onsite.

5) **Prepare mentally to be alone:** Due to the Pandemic, almost the entire world was forced to work from home without proper planning. As a result, many workers were not ready to handle the emotional part of working remotely. Take the initiative to reach out to your co-workers and business colleagues, continue your sales efforts, and talk to friends too.

6) **Find efficiencies:** We talk about finding efficiencies at work but we need to implement efficiencies in your homelife as well. For example, do laundry during business hours, order groceries online, and cook several meals at a time and freeze some for later.

7) **Stay focused and avoid interruptions:** Even when you work alone, the cell phone and emails will be your main distractor. Sometimes you will need to turn off your cell phone and email notifications too.

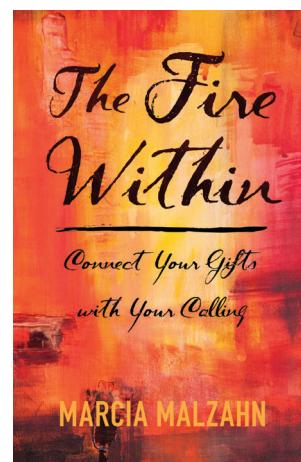
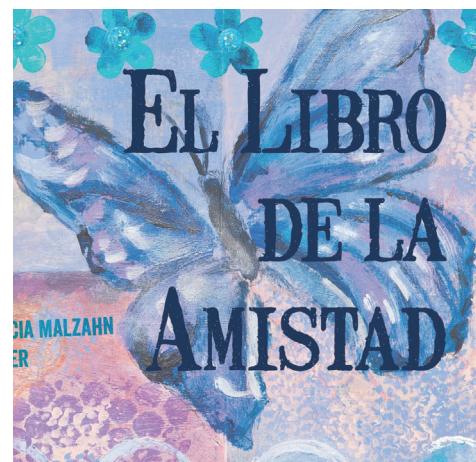
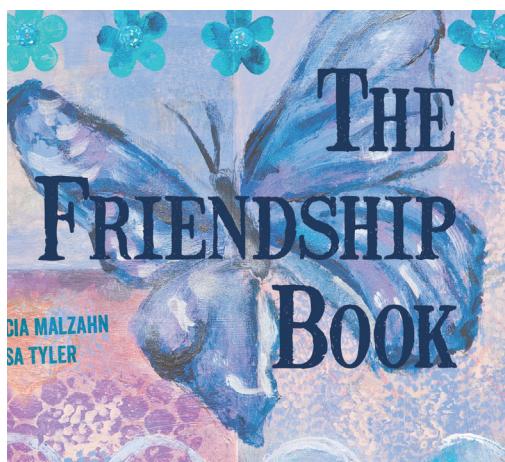
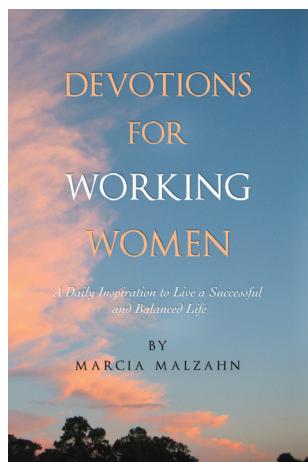
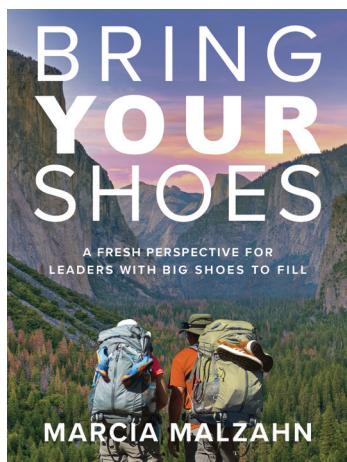
8) **Use technology:** Conduct virtual meetings when possible. Now that everyone is used to virtual meetings, take advantage of this incredible efficiency this change brought to us. Schedule virtual meetings that don't need to be necessarily done in person. Reserve the in-person meetings for special occasions. If your job requires traveling, choose your trips wisely and use technology when appropriate.

9) **Time blocking:** It is important to intentionally block chunks of time to work on specific projects. Doing so will help you avoid interruptions.

10) **Schedule breaks and an “end of day” time:** Your body and mind need breaks to help you stay productive. It is also important to know that even though your office is in the home, you have an end time to transition from work to home life.

I hope these strategies will help you work from home efficiently and effectively so you can work successfully from wherever you are. Mothers around the world who have had to work from home are struggling to balance the work from their job and the home while taking care of small children. I want to thank all the mothers who make daily sacrifices for their families. Your efforts will produce fruit and your sacrifices will pay off. Happy Mother's Day!

Marcia is an inspirational 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.



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.

Cuidese

- 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.

Latino American Today

CALL US
TO ADVERTISE!
651-665-0633

PLEASE VISIT OUR WEBSITE
www.latinamericantoday.com

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

mn
DEPARTMENT OF
HUMAN SERVICES

¡Más vacunas están en camino y Minnesota está preparada!

- Estamos enviando dosis rápidamente a quienes las necesitan.
- Nuestra red de proveedores cubre a todo el estado.
- Nuestro suministro de vacunas está a punto de aumentar.

STAY SAFE MN



Todos los habitantes de Minnesota de 16 años o más son elegibles para recibir su vacuna a partir del martes 30 de marzo.

STAY SAFE MN

Comcast RISE Awards An Additional 19 BIPOC-Owned, Small Businesses in Twin Cities with Marketing and Technology Resources and Makeovers

Comcast Corporation (NASDAQ: CMCSA) today announced the second round of Comcast RISE award recipients in the Twin Cities—19 businesses will receive consulting, media and creative production services from Effecty, the advertising sales division of Comcast Cable, or technology upgrades from Comcast Business, based on the specific needs. To date, the Twin Cities has announced 32 recipients including a diverse roster of small business, from Duck Donuts in Woodbury, The Zen Bin in Minneapolis, and The Creative Studio in St. Paul.

The new Comcast RISE recipients in the Twin Cities include:

- AG on the Cut, St. Paul
- Alma Flor Ada Spanish Immersion Early Learning Academy, Woodbury
- Big Cutz Barbershop, Columbia Heights
- Center for Communication & Development – KMOJ-FM, Minneapolis
- Cravings Wine Bar & Grille, Woodbury
- DFS Consultants LLC, St. Paul
- H & S Booking LLC, New Hope
- K & M Construction of MN LLC, Lake Elmo
- Lions Gym and Wellness Center, Robbinsdale

- Premiere Staffing Group, St. Paul
- Queen Anna House of Fashion, Minneapolis
- The Black Threadist, Brooklyn Park
- The Pole Barn Studio LLC, Stillwater
- Work of Art Barbershop & Shave, Robbinsdale
- Atrebla Early Learning Center, Minneapolis
- Cilantro Restaurant, Woodbury
- HercLéon, St. Paul
- Morris Services LLC, Minneapolis
- Urban Mass Media Group/BMA, Minneapolis

Comcast RISE, which stands for “Representation, Investment, Strength and Empowerment,” focuses on Black, Indigenous, and People of Color (BIPOC)-owned, small businesses in the U.S., those hit hardest by the pandemic according to a recent study from the National Bureau of Economic Research. New applications are now open to eligible BIPOC-owned, small businesses through May 7, 2021 at www.ComcastRISE.com.



PROVEN WAYS TO BUILD YOUR BRAND IN THE "MULTICULTURAL ECONOMY"

PRODUCED BY



AGUILAR PRODUCTIONS
Promoting the Emerging Markets



Rick Aguilar, Aguilar Productions

PROGRAM HIGHLIGHTS

Multicultural Baby Boomers!

Insights from a new marketing study of Hispanic, Asian American and African American Boomers!

Presented by:
Jose Villa

Multicultural Marketing/2021

Marketers Face a Complex set of Issues and Opportunities reaching the growing diverse markets in America!

Presented by:
Rico Paul Vallejos

Expanding Multicultural Opportunities in the Real Estate Profession!

Presented by:
Andy Noble
Isaac Contreras
E.Guille Garza

PANELS

CASE STUDIES

AWARD PRESENTATIONS

25th ANNUAL

MULTICULTURAL MARKETING

CONFERENCE AND AWARDS

Focus on the:

U.S. Hispanic American, Asian American, African American and Emerging African markets.

**U.S. MULTICULTURAL BUYING POWER IS 4.3 TRILLION DOLLARS IN 2021
ARE YOU GETTING A SHARE OF THESE MARKETS?**

Thursday, May 20, 2021

8 a.m. – 1 p.m.



Neighborhood House™

NEIGHBORHOOD HOUSE / WELLSTONE CENTER

179 ROBIE STREET EAST, ST. PAUL, MN 55107

A Great venue in the Heart of the Hispanic Community

Conference Presenters



JOSE VILLA

Founder and President
Sensis - A Cross-Cultural Marketing Agency
Los Angeles, CA



RICO PAUL VALLEJOS

Bilingual Copywriter
Creative Director
Minneapolis, MN



ISAAC CONTRERAS

Chapter President
NAHREP Twin Cities
St. Paul, MN



ANDY NOBLE

Manager/Team Leader
Keller-Williams Realty Inc.
St. Paul, MN



E.GUILLE GARZA

Keller-Williams Realty Inc.
Past President
NAHREP Twin Cities
St. Paul, MN

Sponsors



S E N S I S



**PREMIER
MARKETERS
SHARE
STRATEGIES
THAT WORK!**

**FOR REGISTRATION INFORMATION, GO TO THE CONFERENCE WEB SITE
www.aguilarproductions.com**

Call Aguilar Productions at 651-665-0633

Comcast Launches Additional 44 WiFi-Connected “Lift Zones” in Twin Cities



WiFi-connected “Lift Zones” throughout the Twin Cities

As part of its ongoing commitment to help connect low-income families to the Internet so they can fully participate in educational opportunities and the digital economy, Comcast today announced it has equipped 44 additional locations in the Twin Cities with WiFi-connected “Lift Zones” bringing the total to 74.

Working with its network of nonprofit partners, Comcast is providing robust WiFi hotspots in safe spaces designed to help students get online, participate in distance learning and do their homework. This initiative provides free connectivity inside partner community centers for the next three years.

“We are so pleased to be the recipients of Comcast’s Lift Zone Wi-Fi connectivity in our recreation centers and other park facilities,” said Minneapolis Park and Recreation Board Superintendent Al Bangoura. “As we move toward re-opening more recreation centers for safe in-person programming,

we are looking forward to providing programs that support youth in doing their schoolwork, facilitate work readiness training, and invite families in to access virtual activities and information.”

“We are proud to partner with community organizations across the Twin Cities and equip them with free internet service that will provide kids with safe, fast and reliable connectivity to keep up with school and prepare for a brighter future,” said J.D. Keller, regional senior vice president, Comcast Twin Cities.

Additional Twin Cities area Lift Zone sites include: African Community Services, Minneapolis; Face to Face, St. Paul; Migizi, Minneapolis; Peace Church, Eagan; and Minneapolis Park & Recreation facilities

FLINT HILLS
family festival
PRESENTED BY ORDWAY
CELEBRATING 20 YEARS

JUN 1-12

20 years of celebrating the artist in every child.

Major support provided by
FLINT HILLS resources

Find out more at
ORDWAY.ORG/FESTIVAL

LOOKING FOR A FUN WAY TO MAKE AN IMPACT?

TOGETHER WE
Thrive

THURSDAY, MAY 6 | VIRTUAL EVENT

REGISTER NOW
WWW.UWTHRIVE.ORG

JOIN US AT **TOGETHER WE THRIVE!**

THIS LIVE, INSPIRATIONAL VIRTUAL GATHERING FOR COMMUNITY CHANGEMAKERS AIMS TO ADVANCE RACIAL EQUITY AND SYSTEMIC CHANGE, SO ALL PEOPLE IN THE GREATER TWIN CITIES CAN **THRIVE** REGARDLESS OF INCOME, RACE OR PLACE.

usbank stadium
United Way
Greater Twin Cities United Way

What Are You Doing to Ride the Economic Wave?



By Adriana O'Meara

Listen, I have great news for you. According to The Conference Board® Global Consumer Confidence Survey, the global consumer confidence index soared to record heights in the first quarter of 2021.

As the pandemic subsides, the survey found that the overall Global Consumer Confidence Index shot up from 98 in the fourth quarter of 2020 to 108 in the first quarter of 2021 (a figure above 100 is considered positive). This figure exceeded the reading of 106 registered in pre-pandemic Q1 2020 and is the highest recorded since the survey began in 2005. So, my question to you is what should you do differently to take advantage of this economic opportunity?

Adriana O'Meara
CEO of Lakeshore
Partners

Do things differently or do different things!

Now that the pandemic is subsiding it is time to either do things differently or do different things. A subtle difference that produces quite different results. In looking ahead, expecting to get better results from the same old behavior not only is the definition of insanity but will only perpetuate more pain and perhaps digging deeper into an economic hole. Consequently, doing nothing differently will not get you to

the high-performance level that you are seeking to get for yourself and your business. Thus, it is the perfect time to re-assess what other skills, strategies or solutions can you leverage to move forward?

Remember what got you here, won't get you there.

As a result of years of coaching, a critical business discipline that has allowed me and my clients to continually grow, improve and succeed has been assessing our performance. How would this look like for you? It is all about measuring and reflecting upon past performances, reviewing what you did right, what you did wrong and how can you do better?

Not only that, but you also need to get brutally honest with yourself as things need to change first with you as a leader, for things to get better in your business. Remember past successes or skills may not help you to create the success you crave and the results you are currently seeking. The honest answers to the questions in this article will determine your level of success and happiness for 2021 and going forward.

How would you pivot?

In closing, I want to leave you with these questions to ponder over your morning coffee. If you were certain that you were not able to fail at something new, what would you try? what new partnerships would you forge? what new skills would you learn? what would you stop doing? what would you do to ride this economic wave?

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 at Adriana@lakeshorepartners.net



¿Preguntas sobre COVID-19?
Obtenga ayuda en su propio idioma.

Questions about COVID-19?
Get help in your own language.

651-318-0989



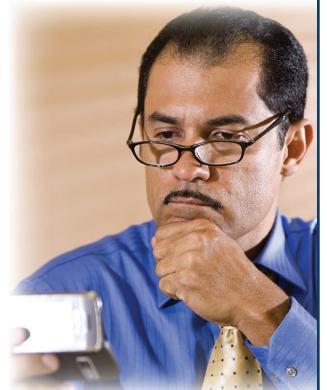
Llame para obtener información sobre pruebas, vacunas y recursos.

Call for information on testing, vaccinations and resources.



Obtenga ayuda para las necesidades básicas, apoyo escolar y empleo.

Get help with basic needs, school support and employment.



Disponible de lunes a viernes, de 9 a.m. a 5 p.m.

Available Monday through Friday from 9 a.m. to 5 p.m.

Latino
American
Today

LIKE US ON
FACEBOOK

FACEBOOK.COM/
LATINOAMERICANTODAY

Minnesota State Parks and Trails Offer Year-Round Fun and Healthy Activities for Families



Let your family enjoy swimming in the beautiful state park lakes.

By Harland Hiemstra, Minnesota DNR

One of Minnesota's favorite recreational opportunities has swelled in popularity over the past year, and officials with the Minnesota Department of Natural Resources expect that trend to continue this summer.

Unlike many entertainment and recreational venues across the state, Minnesota's Great Outdoors remained open all last year, although services at some facilities were cut back. As individuals and families looked for safe things to do in the face of a global pandemic, large numbers of people turned to the state's wealth of public lands: state forests, scientific and natural areas, wildlife management areas, and especially state parks and trails.



What's better than the feel and taste of a freshly roasted marshmallow melting in your mouth? The look of bliss on your child's face when he or she has one! Gather around the campfire at a Minnesota state park and create some lasting family memories.

neopa State Parks in the southern part of the state; from parks like Wild River and William O'Brien, located on the pristine St. Croix River, to Beaver Creek Valley with its babbling trout stream in the southeast corner of the state. It's estimated that most Minnesotans live within about 30 minutes of a state park.

It's not just the landscape and scenery that offer variety. There's a range of activities people can try out at state parks as well. Camp, hike, paddle a canoe, go fishing, watch wildlife, cook over a fire. For many people, just getting away and being immersed in nature offers therapeutic benefits that are increasingly being recognized by health care professionals as good for both your physical and mental wellbeing.

In 2020, visits to Minnesota state parks and recreation areas grew by 25 percent, up from an average of about 9.84 million in the three previous years to a record 12.3 million last year. For many people, it was their first time visiting a state park.

With 75 state parks and recreation areas to choose from, visitors can experience a wide variety of landscapes, from the pine-scented north woods of Bear Head Lake State Park, to the open prairie and resident bison herds of Blue Mounds and Min-

In addition to opportunities for camping in a tent or a recreational vehicle, some parks offer special lodging opportunities such as camper cabins or yurts that can be reserved ahead of time. It's best to plan well ahead, as campsites and lodging can fill up quickly, especially during summer weekends and at popular parks.

Some activities and features that were cut back last year due to pandemic response may be brought back this summer at a higher service level after Memorial Day as public health conditions continue to improve.

- All camping and lodging sites will reopen, with more bathrooms and shower buildings available for public use.
- Many buildings and support facilities may reopen in accordance with indoor occupancy limits, including ranger stations, visitor centers and nature stores. Some buildings and facilities may have limited hours of operation, depending on visitation and staffing levels.
- Some naturalist programs will resume. Check the DNR online calendar for opportunities available across the state. Pre-registration will be required to ensure capacity limits are maintained.



Minnesota state parks and trails offer a wide range of landscapes and scenery for families to enjoy, from the lakes and pine scented woods of the north country to the prairies and bluffs of the south. There's also a wide variety of activities to experience, from paddling a canoe to just going for a walk in the woods. Learn more at www.mndnr.gov/stateparks.

For the best experience, the DNR recommends that people planning a state park visit keep in mind three key principles:

- Arrive prepared. Buy your vehicle permit and download any park maps you might want in advance of your trip. Services and facilities may be limited, so bring everything you might need. It's a good idea to check the "visitor alert" section of the home page for the park you're planning to visit to learn about any special conditions that might affect your visit.
- Play it safe. Give full attention to your surroundings. Know your personal limits and don't take unnecessary risks.
- Follow the rules. Continue to follow all COVID-related guidance, and practice social distancing—even outdoors. Help keep parks and trails pristine by staying on trails and disposing of trash properly. Dogs should be leashed. Remember: the rules are there to assure that everyone has a safe and positive experience.

For newer visitors who may be concerned about going astray while hiking around state parks, DNR offers maps that can be downloaded to a smart phone. When used along with the Avenza app, people can navigate large remote areas using DNR Geospatial PDFs ("GeoPDFs") on their mobile device, with their current location displayed, but without needing to be connected to the internet or have cell service. For directions on how to do that, as well as information on state parks and the many opportunities they offer, visit the DNR website at www.Mndnr.gov/stateparks.



Próximamente.

Llega una nueva tienda Xfinity a tu área.

Explora nuestras últimas innovaciones de productos en un entorno completamente reinventado y totalmente interactivo.

Tu tienda Xfinity local llegará pronto con nuevos procesos de salud. Estamos comprometidos a ayudar a que tu experiencia sea lo más segura posible al practicar el distanciamiento social, aumentar las limpiezas y exigir que todos usen mascarillas.

Tienda Xfinity West St. Paul

2001 S Robert St., Suite 200
St. Paul, MN 55118

Horario de la tienda

Lunes – Sábado: 10:00am – 8:00pm
Domingo: 11:00am – 6:00pm

