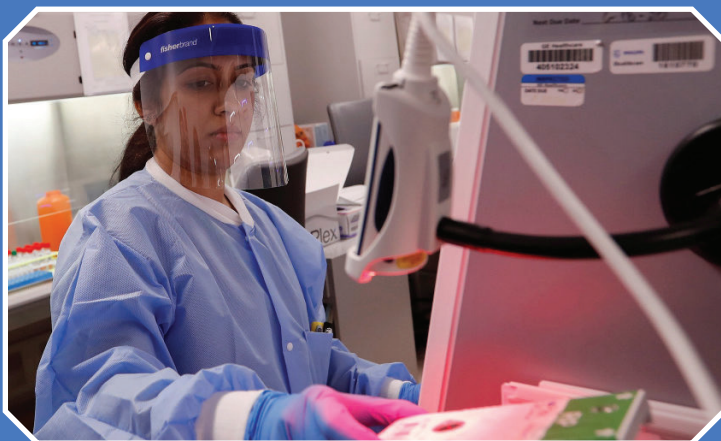


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Minnesota Nurse Helps Out in NYC



Appearing on Fox & Friends Weekend, Minnesota nurse Liseth DeGracia reveals the chaos she faces helping save lives in New York.

A Minnesota nurse who answered New York's call for aid in the fight against coronavirus said she wouldn't have believed the conditions in the city's beleaguered hospitals "if I didn't see it with my own eyes."

Appearing on "Fox & Friends Weekend," Liseth DeGracia said her first week since joining the battle has been "eye-opening ... It's been controlled chaos," she said.

"I have learned a ton. I've seen teamwork in ways I have never seen teamwork in my life. ... There's a lot of good. There's a lot of chaos, and it's just one day at a time," DeGracia added.

For 10 years, DeGracia was an ER nurse at Regions Hospital in St. Paul, according to news reports. The single mother took a leave of absence from her nursing job at the Children's Minnesota health system to join health workers on the front lines in New York

But when the nurse walked through the doors of Elmhurst Hospital in central Queens, she entered a "completely different world."

"It's night and day. Probably what New York City streets used to look like on the outside is about the pace of the inside," DeGracia added.

"I mean, there is not a quiet second. There [are] alarms, there [are] beeps, there [are] people walking and running and doing things, and patients going in and patients going upstairs and patients everywhere where there aren't usually patients," she said. "It's an experience that I think I definitely had to be a part of in order to fully understand."



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

Latino
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Today

Rick Aguilar
Founder and Publisher
Latino American Today



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Que no lleguen tarde tus flores



Por Rev. Saúl Carranza

Hay muchas celebraciones importantes en el mes de mayo, pero para nosotros, una de las más importantes es la celebración del día de la madre. Aunque no en todo el mundo se celebra en la misma fecha. En Noruega por ejemplo se celebra el 11 de febrero, en Costa Rica es el 15 de agosto, en Panamá la celebran el 8 de diciembre. Y muchos países tienen diferentes fechas. En México y Centro América se celebra el 10 de mayo y en Estados Unidos el segundo domingo del mismo mes. Sin ser la fecha lo más importante, la persona sí lo es. Las reinas del hogar merecen ser reconocidas por su heroica labor no solo un día en el año sino todos los días.

¿Pero porque será que el día de las madres se celebra mucho más que el día del padre? Pues tenemos que reconocer que en muchas familias es la madre quien ha marcado la diferencia en la vida de sus hijos, no el padre. Es la madre que ha estado a su lado, es la madre quien los ha sacado adelante en la vida, es la madre quien ha forjado sus vidas con esfuerzo y dedicación. En casa, la madre es enfermera, maestra, administradora, consejera, cocinera, policía y muchísimas otras profesiones más. A esto debemos agregar que fue ella quien llevó en su vientre al bebé, le dio su primer alimento y le cuidó debidamente durante su crecimiento.

Por todo ello, el celebrar y agradecer a la madre lejos de ser una obligación es un privilegio que todo ser humano debe apreciar. Un poema de E. Neumann dice: “Si tienes una madre todavía, da gracias al Señor que te ama tanto. Que no todo mortal contar podría, dicha tan grande ni placer tan santo.” El poema finaliza diciendo: “Más si al cielo se fue... y en tus amores, ya no la harás feliz sobre la tierra. Deposita el recuerdo de tus flores, sobre la fría losa que la encierra.”

El punto es que es el deber de todo hijo honrar a sus padres. Darles en vida honor y satisfacción. Perdonar sus errores y desaciertos y apoyarles de la mejor manera. Muchos hijos viajan a los cementerios en el mes de mayo a depositar las flores que nunca dieron en vida a su madrecita y que ella ya no disfrutará. No esperemos hasta ese momento para demostrar amor. Aún a la distancia, ella se alegra con tus noticias, sus días se endulzan con tus palabras, presume los regalos que le envías y siempre reza por ti. No te olvides de ella.

Es en vida cuando ellas se alegran, cuando se sienten orgullosas, cuando se sienten amadas. No llegues tarde con tus flores. Ama y honra a la autora de tu vida y deseale un muy feliz día de la madre y que Dios la bendiga.

Don't Let Your Flowers Arrive Late

By Saúl Carranza

There are many important celebrations in the month of May, but for us, one of the most important is the celebration of Mother's Day. Although not everyone celebrates on the same date. In Norway, for example, it is celebrated on February 11, in Costa Rica on August 15, and in Panama, it is celebrated on December 8. In Mexico and Central America, it is celebrated on May 10 and in the United States on the second Sunday of the same month. Yet, the date is not the important part, the person is. The queens of the home deserve to be recognized for their heroic labor, not only one day of the year but every day.

But why would it be that Mother's Day is celebrated much more than Father's Day? Well, we have to recognize that in many families, it is the mother who has made a difference in the lives of her children, not the father. It is the mother who has been at their side, it is the mother who has brought them forward in life, it is the mother who has forged their lives with effort and dedication. At home, the mother is a nurse, teacher, administrator, advisor, cook, police and many other professions. To this we must add that it was she who carried the baby in her womb, gave the baby its first food and nursed it during its growth.

For all this, to celebrate and thank the mother should be far from being an obligation but a privilege that every human being should appreciate. A poem by E. Neumann says: “If you have a mother yet, give thanks to the Lord who loves you so much. That not every mortal could tell, such a great saying or such a holy pleasure.” The poem ends by saying: “But if to the heaven she was gone ... and in your loves, you will no longer make her happy on earth. Deposit the memory of your flowers, on the cold slab that encloses her.”

The point is that it is the duty of every child, to honor his or her parents. Give them honor and fulfillment in life. Forgive their mistakes and support them in the best way. Many children travel to the cemeteries in the month of May to deposit the flowers that they never gave in life to their mother and that she will no longer enjoy. Do not wait until that moment to show your love. Even at a distance, she rejoices with your news, her days are sweetened with your words, she presumes the gifts you send her and she always prays for you. Do not forget about her.

It is in life when they rejoice, when they feel proud, when they feel loved. Do not be late with your flowers. Love and honor the author of your life and wish her a very happy Mother's Day and may God bless her.

Adversity Quotient (AQ®) and Resiliency



Marci Malzahn

By Marci Malzahn

Most of us are familiar with the intelligence quotient (IQ) and the emotional quotient (EQ), but seldom we hear about the *Adversity Quotient®* (AQ). In their book *The 25 Biblical Laws of Success*, William Douglas and Rubens Teixeira (2017) explain The Law of Resilience, “which says that to get to victory a game must be played, a job must be done, and risks must be taken.” AQ and resilience—knowing how to deal with adversity—are intimately related. Adversity is defined as “an adverse or unfortunate event or circumstance.” The higher your AQ the better chances you have to cope with pressure and deal with challenges.

Paul Stoltz, the creator of the concept and author of *Adversity Quotient: Turning Obstacles into Opportunities* (1997) categorizes workers in three ways:

Quitters: People who are unmotivated, complacent, have victim mentality, tired, exhausted, and often in poor health. They abandoned their dreams (15% of work force).

Campers: People who start climbing the mountain, grow, strive to improve for many years but when change comes, they decide to camp and they stop growing (80% of work force).

Climbers: They take on the mountain and are dedicated to always continue to climb. They are energetic, enthusiastic, robust, passionate, and thrive on change by taking risks. They create change and that change either threatens or inspires the campers. Leaders who are climbers experience high turnover of people. Campers may leave because the campground is being changed. But if your climbers are leaving, the future of the organization is at stake. (They’re about 5% of the work force.)

Natural disasters, terrorism, wars, the death of a loved one, and now the global Coronavirus pandemic are examples of monumental adversities we must face—and survive. The question is: Can everyone make it?

If we were to take the AQ® test collectively, we all have some things in common. We don’t have control over the situation. We *can* take some **ownership** by doing our part and staying home to avoid the spread of the disease. The **reach** will be deep and will touch several areas of our lives. The main question is: How much can you endure the sustained stress this pandemic is causing to you? Can you cope with optimism? Do you have hope? Are you willing to persevere?

An article by *The Economist* magazine titled “In Italy, the coronavirus steals even the last farewell,” says that people infected with the Coronavirus are

taken away from families abruptly as they go to hospitals and those who don’t make it, never see their loved ones again... Therefore, thousands of people are dying alone. Italians express the pain as *straziante*, which an Italian dictionary defines as causing a “very acute physical or moral pain, beyond any capacity for tolerance.””

The aftermath of the COVID-19 pandemic will be felt around the world and it will be way beyond economic ruin for some, the loss of a job for others, but also the incredible emotional scar caused by the abrupt death of a loved one. **Ask yourself these questions:**

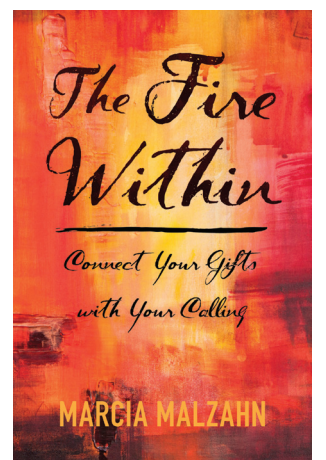
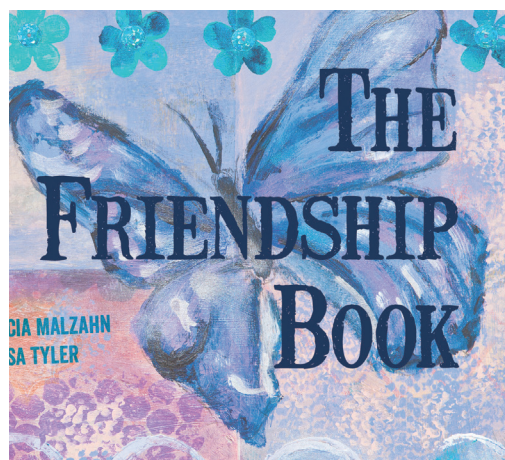
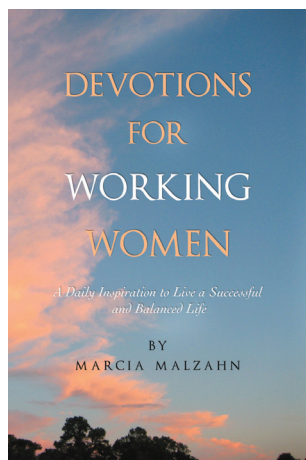
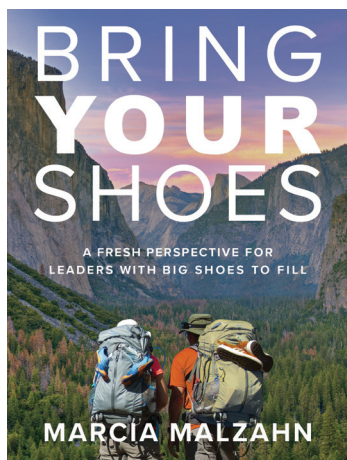
- 1) How is this specific event affecting *me* personally? Even though we are all facing the same adversity (the pandemic), each person reacts to the adversity differently.
- 2) What emotions am I feeling right now and how am I dealing with these emotions? (This is EQ.)
- 3) What is my personal outlook of the current situation? Do I believe I will be okay? Do I have HOPE?

Here are some ideas on how you can improve your Adversity Quotient® and become more resilient:

- 1) When you make a mistake, have the courage to get up and try again.
- 2) Be flexible and open to change.
- 3) Adopt a “no victim” mentality. Natural disasters, terrorism, and pandemics affect everyone.
- 4) Be humble. It takes humility to make changes in your life and to be resilient.
- 5) Surround yourself with people who can help you and be resilient with you.

It’s still too early to know the broad effect the Pandemic disaster will have in the world. But in the meantime, I encourage you to discover your Adversity Quotient® and improve on it so you can navigate this adversity. To survive as a leader, your AQ® must be higher than those you lead. Your team relies on you to make decisions and to lead them through this situation. But most importantly, do not lose HOPE! Just having hope will increase your AQ®. Where does your hope come from? My hope comes from God...

Marcia (Marci) 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 also a professional speaker and published author of four books. You can contact Marcia for speaking engagements through her website at [Crowning Achievements International](http://CrowningAchievementsInternational.com) or email her at mmalzahn@crowning-achievements.com. You can purchase Marci’s books at Malzahn Publishing or Amazon.



Jovita Carranza: SBA Administrator



Jovita Carranza

Jovita Carranza serves as the 26th Administrator of the U.S. Small Business Administration (SBA). As a member of President Trump's Cabinet, she advocates on behalf of the 30 million small businesses in America. In her role as Administrator, she leads a team of professionals dedicated to ensuring entrepreneurs located across America have the support and resources they need to start, grow, and expand their small businesses, and recover in the event of a declared disaster.

Prior to leading the SBA, Administrator Carranza served as Treasurer of the United States at the U.S. Department of the Treasury under President Donald J. Trump. In her role as a principal advisor to Secretary Mnuchin, Carranza focused on increasing participation in our vibrant economy by fostering financial capability and sustainability.

Administrator Carranza is a Chicago native and founder of a small business consulting company. She previously served as the Deputy Administrator for the SBA under former President George W. Bush, where she received a bipartisan, unanimous confirmation by the U.S. Senate.

Before her first SBA appointment, Carranza had a distinguished 30-year career at United Parcel Service (UPS), where she was the highest-ranking Latina in the history of the company. She started as a part-time, night-shift box handler and worked her way up to President of Latin America and Caribbean operations.

Administrator Carranza earned her MBA from the University of Miami in Coral Gables, Florida and received executive, governance, management, and financial training at the INSEAD Business School in Paris, France; Michigan State University; and the University of Chicago.

Resources for Minnesota Small Businesses Impacted by COVID-19

The Small Business Administration will resume accepting PPP loan applications at 9:30 am CDT today, April 27, 2020, from approved lenders on behalf of any eligible borrower. SBA has updated FAQs to read this link content for the program and provided specifics on calculating maximum loan amounts by business type.

For all program information and to find a lender, visit www.sba.gov/paycheckprotection.

With the additional funding provided by the new COVID-19 relief package, SBA will resume processing EIDL Loan and Advance applications that are already in the queue on a first come, first-served basis. We will provide further information on the availability of the EIDL portal to receive new applications (including those from agricultural enterprises) as soon as possible.

Additional Help Available

SBA's traditional small business loan programs including 7(a), 504 and microloans will continue at this time and are eligible for the SBA Debt Relief program (6 months relief for existing and new loans). Additionally, SBA Express Bridge Loan Pilot Program allows small businesses who currently have a business relationship with an SBA Express Lender to access up to \$25,000 quickly.

State and local area governments are offering funding relief such as the:

- Minnesota Small Business Loan Guarantee Program

We highly recommend small business owners sign up for local newsletters to stay informed of what's being offered by your municipalities to help meet the needs your small business has right now. You can find links at <https://mn.gov/portal/>.

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COMCAST EXTENDS COMPREHENSIVE COVID-19 RESPONSE POLICIES TO JUNE 30

Continues Commitment to No Disconnects or Late Fees, Keeping Business and Outdoor Xfinity WiFi Hotspots Open Nationally for Free, Giving Customers Unlimited Data, and 60 Days of Free Access for Low-Income Families through Internet Essentials

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/>



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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.



Greater Twin Cities United Way Expands COVID-19 Relief Efforts

Raises \$3.25 Million to Date, Distributes \$315,000 to Local Nonprofits in Second Funding Wave, Responds to 300 Percent Increase in Needs via its State-wide 211 Resource Helpline, Helps Unlock \$30 Million in Emergency Child Care Grants Statewide

Greater Twin Cities United Way announced today it has raised \$3.25 million to date via its Greater Twin Cities COVID-19 Response and Recovery Fund, and \$1.75 million directly will benefit the Twin Cities region. Several national corporations based in the Twin Cities are partnering with Greater Twin Cities United Way to distribute the remaining \$1.5 million to other United Ways in markets where they have a presence.

“COVID-19 will continue to impact individuals, the nonprofit community and our local economy, which is why we’re distributing funds to local nonprofits in waves to meet both short and longer-term needs,” said John Wilgers, President & CEO of Greater Twin Cities United Way. “We’re so grateful for the generosity of many, including 25 companies and 497 individuals.”

Distribution of Second Wave of Funding

In addition to the \$200,000 United Way distributed in March, the organization announced it is distributing a total of \$315,000 in its second grant round to support 56 of United Way’s nonprofit partners. This round of funding will address critical community needs, including:

- **Early childhood education**
- **Support for people most impacted by layoffs in the hospitality industry**
- **Support for organizations led by and predominately serving black, Indigenous and people of color:** These organizations often operate as cultural centers – yet are under-funded – and are well positioned to provide holistic, culturally responsive support as well as enhanced life outcomes for the people they serve.

Third and Fourth Funding Waves

The third wave of funding is open to eligible nonprofits through a competitive application process. United Way will distribute a minimum of \$400,000 before the end of May. Nonprofits can apply here.

United Way will distribute its fourth wave of funding to nonprofits later this summer.

“We are committed to targeting our resources to the areas of greatest need, especially during crises,” said Acooa Ellis, Senior Vice President of Community Impact at Greater Twin Cities United Way. “As we seek to foster a region where all thrive – regardless of income, race and place of residence – our COVID-19 funding strategy is mindful of both existing disparities and the nimble ingenuity that is inherent in the nonprofit sector.”

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DONE AL
FONDO DE RESPUESTA Y RECUPERACIÓN
PARA LA CRISIS DEL COVID-19
DE LAS CIUDADES GEMELAS

When you donate, you provide immediate support to those most vulnerable to issues caused by the COVID-19 pandemic.

211 provides **free and confidential** health and human services information to connect people with resources and information such as food, housing, clothing, rent assistance, and much more.

www.gtcuw.org/covid19



When to Wear a Mask

By Minnesota Department of Health

The federal government has issued some new guidance on the use of cloth face coverings to help slow the spread of COVID-19. CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies).

Here are a few important things to keep in mind:

- Masks or cloth face coverings can help with preventing **your** germs from infecting others – especially in situations where you may spread the virus without symptoms.
- Wearing a mask **does not** protect you from others who may spread the virus. So, whether or not you wear a mask, you still need to wash your hands frequently, cover your cough, and practice social distancing by keeping at least 6 feet of space between people.
- People who are sick should still stay home. Wearing a mask does not mean people who are sick should go out into the community. If you are sick and need to go to the doctor, call your health care provider before going in and wear a mask to the clinic.

• **Don't buy or wear surgical or N95 masks.** These supplies are in high need in health care facilities to protect health care workers.

• Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Symptoms of COVID-19

People with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

Some patients have had other symptoms including muscle aches, headache, sore throat, diarrhea, or loss of taste or smell. These symptoms may appear 2-14 days after exposure.

Staying home will save lives.

Leave home only to:



mn DEPARTMENT OF HEALTH

Quedarse en casa salvará vidas.

Solo salga de casa para:



mn DEPARTMENT OF HEALTH

Prevent the Spread of COVID-19

Take the same precautions you would to avoid colds and flu.



For more information, visit health.mn.gov
HOTLINE: 651-201-3920 or 1-800-657-3903

mn DEPARTMENT OF HEALTH

Evite la propagación del COVID-19

Tome las mismas precauciones que tomaría para evitar los resfriados y la gripe.



Para obtener más información, visite health.mn.gov
Línea de información: 651-201-3920 o 1-800-657-3903

mn DEPARTMENT OF HEALTH

State of Education



District 197 being presented the 2019 La Familia Latino Heritage Award, September 2019, St. Paul Landmark Center.

*By Peter Olson - Skog
Superintendent, School District 197*

Governor Tim Walz's announcement that schools would remain closed for the remainder of the school year added a layer of sadness and finality to an already complex situation. While we may have suspected the news of the cancellation would come, it was just so tough to hear.

As educators, we know we must reimagine and revamp how we deliver engaging classwork. And we do this knowing that our students who have needed our support the most in the past will need us even more now. When separated by distance and without the benefit of face-to-face interaction, the relationships we have forged with our students and their families have never been more important and more in need of our attention and care. To do this effectively, we need all hands on deck—teachers, administrators, paraprofessionals, counselors, cultural liaisons, interpreters, and so many others.

Those who know School District 197 also know about our firm commitment to eliminating the achievement gap. Removing the differences between the academic

outcomes of students with different backgrounds (ethnic, racial, gender, disability, and income) takes on added importance in this time of distance learning. At every level within our school district, we have systems and processes in place to ensure our teachers and staff members are remaining connected to their students. From initial staff calls to gauge family needs such as Internet connectivity and food resources to ongoing daily and weekly check-ins, our staff members are committed to engaging our students and families in the distance learning process.

Underpinning all of the distance learning work are staff members who are preparing and distributing breakfast and lunch to children 18 and under. We also have staff members who are providing emergency childcare during the school day for those parents and guardians who are serving on the frontlines of this pandemic including healthcare workers, grocery workers, emergency services providers, and so much more.

I know this is such a tough time for our Warrior community. We are here to support our families and are dedicated to delivering a high-quality education to each and every student. In this time of distance learning, we are—and remain—Warriors.

Peter Olson-Skog
Superintendent
School District 197

Minnesota Closes Schools for Remainder of the Year

By Claud Santiago

Minnesota Governor Tim Walz announced the closing of Minnesota Schools for remainder of the year.

“As a former teacher, this is a heartbreaking decision,” Gov. Walz said in a news release. “I am sorry for all of our students who will miss out on graduations, tournaments, and end of year celebrations. While I recognize distance learning is a challenge for many families, it is critical to social distancing in Minnesota and supports the health of Minnesota’s families. We will continue looking for ways to improve the current system and better support our children.”

Department of Education Commissioner Mary Ricker joined Walz Thursday during the daily 2 p.m. press conference to answer questions about schools closing for the year.

“My heart is really heavy today with this announcement because of how badly children want to connect with their friends and their educators in

their school settings,” Ricker said. “We want to support students and their families in a distance learning environment.”

Walz also laid out a plan to allow certain non-critical businesses to open.

“Governor Walz today announced his decision to allow certain non-critical businesses to safely return to work. Developed in partnerships with hundreds of businesses, labor and worker organizations, and public health experts, this action will allow 80,000-100,000 Minnesotans to return to work in industrial, manufacturing, and office settings on Monday, April 27,” the release said.

“This is a limited first step in the process of safely reopening some businesses and returning Minnesotans to work,” said Department of Employment and Economic Development Commissioner Steve Grove in the news release. “We will continue to listen to and seek input from business and community leaders and work with public health experts on creative solutions to put more people back to work as safely and quickly as possible.”



Jason Lewis, Candidate for U.S. Senate

*Op-Ed by Jason Lewis,
Candidate for U.S. Senate*

No one is downplaying the tragic loss of life caused by the coronavirus or questioning the need for serious measures to mitigate the spread of the disease among our most vulnerable.

This is not up for debate. However, we cannot continue to dismiss the devastating impact a crashing economy has on the health and well-being of Americans.

A new FiveThirtyEight poll shows nearly 87 percent of Americans are “somewhat” or “very” concerned about the impact the coronavirus has had on our economy. And there is good reason for that concern. In just three weeks nearly 17 million Americans have filed jobless claims.

Furthering concern, the International Monetary Fund is now predicting the global economy will very likely “experience its worst recession since the Great Depression, surpassing that seen during the global financial crisis a decade ago.”

This prolonged shutdown has real consequences.

Not to mention the very real social and health costs that comes with a failing business or unemployment. Numerous studies have shown there is a causal relationship between increased joblessness and suicides and drug

overdoses. One 2011 study published in *Social Science & Medicine* revealed that unemployment hikes the risk of premature mortality by 63 percent.

Adding an economic depression to the list of our current woes will not help America bounce back from this virus.

Just ask the small business owner who has spent years building their business from the ground up. Now their entire business is in jeopardy. They have bills to pay and commitments to keep, but no income coming in.

The longer Minnesota stays shuttered, the harder it will be for some of these businesses to be able to bounce back. These are sentiments echoed by every business owner I have talked to in the last few weeks, including those in the Latino community. Latino-owned business have been a staple in our communities since the 1930s and they are feeling the hurt from this economic freeze just as much.

We simply cannot flirt with the point of no return for main street business in Minnesota and across America.

We need to pivot to the second phase of handling this virus. Medical professionals must move towards evaluating the best ways to protect the vulnerable – those who are older or have preexisting conditions – while we also assess how to protect the American worker.

Ultimately, flattening the curve doesn’t beat the virus, it only delays it. We will only defeat the virus through advances in medicine and our own herd immunity — not by closing down the greatest economy in the world.

So let’s get back to work.

Some Twin Cities school Districts Report Absences for Distance Learning

In 2 east metro suburban districts, black and Latino students have more absences, data show

By Josh Verges

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Minnesota’s transition to distance learning has left out tens of thousands of K-12 students and threatens to expand the state’s already wide gaps in achievement, early attendance reports suggest.

Despite the broad deployment of wireless internet hotspots and district-owned iPads, one in every six students never logged on during the week of April 6 as St. Paul Public Schools instruction resumed from afar following a four-week break.

In Minneapolis Public Schools, about one-third of students have been either absent or unable to complete schoolwork because they lacked a computing device or paper packet. Meanwhile, attendance data from large suburban districts suggests black and Latino students are missing much more instruction than their peers since Gov. Tim Walz closed the state’s public schools March 18 to slow the spread of the coronavirus.

Districtwide during the first four days of distance learning, officials said,

17 percent of St. Paul students never logged on to their learning platform? Schoology for older students and Seesaw for grades K-2.

Those who don’t interact are marked absent and get a robo-call from their school. After two consecutive absences, schools are expected to reach out personally.

Minneapolis provided several categories of data, but its attendance records were far from complete. For April 9, teachers still hadn’t recorded the attendance status of 26 percent of their students.

Of those who did have an attendance record that day, 21 percent of Minneapolis students were marked absent. Another 12 percent had contact with their teacher but lacked the materials they needed to do their work.

The South Washington County school district is recording attendance weekly, not daily, during distance learning. Its data show 12 percent of all secondary students had no contact with their teachers during the first week of distance learning.

Bringing Them Back: State DNR Conservation and Protection Measures Strive to Increase Bird Population



*Henslow's sparrow in the wild.
Photo by U.S. Fish and Wildlife
Service*

By Deborah Locke, DNR Information Officer

Birds aren't doing too well in North America. A 2019 study from the publication "Science" shows a decline in the bird population of three billion since 1970, "with steep declines in every habitat." The 2019 U.S. State of the Birds Report listed the losses as these: 22 percent fewer forest birds, 37 percent fewer shorebirds, and 53 percent fewer grassland birds.

That means the chorus of bird song from your state parks this spring has gradually dropped in volume. The decline hasn't gone unnoticed. Conservation efforts to protect and conserve bird habitats are a priority with the state Department of Natural Resources. We asked the experts what's being done in this two-part story that will conclude next month. Below is a Q&A with Shawn Fritcher, a Parks and Trails District Resource Specialist at Whitewater State Park.

Shawn Fritcher

Is bird conservation limited to any one area of the state? It's much bigger than any one park, wildlife management area, or state or region. It's really continental in scope because so many species migrate. Birds are mobile and use different areas of the globe for their seasonal habitats. Our efforts at the DNR are part of larger efforts with many partners from state and federal agencies and various private organizations.

Are there specific examples of habitat protection at Great River Bluffs State Park? One example is our work with Henslow's sparrows, which are a grassland bird that has shown population declines nationwide. We've done specific habitat management projects at Great River Bluffs State Park to restore agricultural land to a prairie habitat. The Henslow's sparrow prefer grasslands with a lot of "litter," which is old vegeta-

tion from the previous year. We use prescribed burns with long intervals between burns so there is always somewhere that they can nest the next year. (Editor's note: prescribed burning, or controlled burning, is a management tool that reduces wild fires and encourages plant growth.)

How long does it take to convert farmland to prairie? How many acres are restored for these sparrows at Great River Bluffs State Park? It takes at least 5 years to create a prairie with the accumulated litter that Henslow's sparrows prefer. We have restored 70 acres of agricultural fields to prairie, and had another 80 acres of existing grassland. The sparrows make their nests on the ground in leaves and clumps of grass. A whole host of grassland birds are ground nesters. Many forage on the ground for insects, as well.

Do the restoration efforts work? We've had some success with sparrows at other parks where they now nest in prairie restorations. They've been observed at Lake Louise, Afton, Frontenac and Glendalough state parks. No doubt, by restoring prairie and utilizing prescribed burns at the proper frequency, we can provide new habitats for Henslow's sparrow and other grassland birds.

What do the Henslow's sparrows look and sound like? Like many birds, you'll hear them and recognize their call before you'll see them. They have a soft call that sounds like "tzelick". They're small with brown and black streaks mixed with some olive green coloration. By mid-May, they will have their territories established, males will be calling and they'll soon be nesting.

What's the best part of bird conservation? When you see that your effort is helping in the conservation of a species or its habitat. You'll see a nesting bird or a native prairie flower that weren't there before. It's gratifying. It may take 15 years or more to see the results. Often, what we do seems like just a tiny dot on the map when you consider the large scale of a species range. Hopefully, the small projects we completed at Great River Bluffs State Park have helped with nesting success and ultimately contributed with the conservation of Henslow's sparrow and many other prairie species.



A prairie being reseeded with native prairie grass by the prairie seed drill which sows seeds by positioning them in the soil and burying them to a certain depth.



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