

February 2021 Issue 401
**Latino
American
Today**
www.latinoamericantoday.com

El Carnaval de Invierno 2021 *en St. Paul, Minnesota*

St. Paul Winter Carnival 2021

MANTENTE SEGURO **MN**

STAY SAFE **MN**

135th Saint Paul Winter Carnival: January 28 – February 7, 2021!



Since 1886, the Saint Paul Winter Carnival has brought family-friendly events and community pride to Saint Paul and the Twin Cities metro area. Through city-wide special events, fun activities and more, the Saint Paul Festival and Heritage Foundation celebrates winter like only Minnesotans can!

Most events are FREE, open to the public, and will take place in downtown Saint Paul, near Rice Park and Landmark Center, as well as at the Minnesota State Fairgrounds. See the family-friendly events happening in February!

Ice Fishing Tournament

Friday, Jan 1 @ 12:00 pm - Sunday, Feb 7 @ 5:00 pm \$10

Welcome Minnesota Anglers & prepare your tackle for our month+ long fishing tournament! Save the date for our month+ long digital ice fishing tournament through the FishDonkey Mobile App, launching January 1st and running through the end of carnival, Feb. 7th, 2021.

2021 BEAR'ly Open

Friday, Feb 5 @ 10:00 am - Saturday, Feb 6 @ 4:00 pm

White Bear Lake

BEAR'ly open is a perfect outdoor Minnesota winter activity, golfing on ice! Enjoy an outdoor golf course on a frozen White Bear Lake while supporting a great cause, the White Bear Area Food Shelf. This will be a socially distanced event for the public on February 5th and 6th from 10 a.m. – 4 p.m. More information at www.bearlyopen.org.

Drive-Thru Ice & Snow Sculpture Park

Thursday, Jan 28 - Sunday, Feb 7

Combining two signature Winter Carnival events – the Ice Carving Competition and the Snow Sculpture Contest – this drive-thru experience will take place at the State Fairgrounds each day during the Carnival.

Upon entering the route, each car will receive a swag bag, bingo card, and the chance to purchase some treats to enjoy during the ride. Dozens of visual stops will showcase snow and ice masterpieces sculpted by local artisans, many of whom have participated in past Winter Carnival contests. Attendees will also be able to vote on their favorite creations, and visit with the Vulcans, the Royal Family and the Klondike Kates on select dates!

Fire & Ice : Winter Carnival Art Show

Saturday, Jan 9 @ 10:00 am - Sunday, Feb 28 @ 2:00pm

AZ Gallery, in conjunction with the St Paul Winter Carnival, is excited to announce the fifth annual Fire & Ice Winter Carnival Art Show. The show will be held at AZ Gallery, 308 E Prince St in the Northern Warehouse and is meant to celebrate art and Minnesota artists during the nation's oldest and largest celebration of winter.



On The Cover

El carnaval de invierno 2021
The St. Paul Winter Carnival 2021

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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

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Oremos por la unidad de la nación

Por Saúl Carranza

¡Vean qué bueno y agradable es que los hermanos vivan unidos! —Sal 133:1

“Hemos aprendido a volar como los pájaros, a nadar como los peces; pero no hemos aprendido el sencillo arte de vivir como hermanos.” —Martin Luther King

Para que una nación sea grande tiene que aprender a cultivar la ciencia del perdón, el arte de la paz y el mandamiento del amor. El Señor Jesucristo dijo que “Si un reino está dividido contra sí mismo, ese reino no puede mantenerse en pie.” Hayamos votado a favor o en contra del gobierno actual es nuestro deber ciudadano acatar las leyes, trabajar por la paz del país, orar por los gobernantes y pedirles que gobiernen con equidad para todos los norteamericanos. Sin distinción de raza, religión, condición económica, ideología política o estatus social.

La palabra hebrea “Shalom” se traduce como “paz” pero su significado es mucho más grande que simplemente ausencia de conflicto. Se refiere a la paz interna y externa de los ciudadanos, armonía en la sociedad, prosperidad y el sentir de bienestar para todas las personas en todas las áreas de la vida. Esa paz es difícil de tener cuando las condiciones no son iguales para todos. Cuando hay personas en necesidad o cuando cada uno se preocupa únicamente por sí mismo.

El egoísmo es el principal obstáculo para la paz. Cuando cada uno mira únicamente por el derecho de su nariz es difícil avanzar hacia un buen futuro. Todos tenemos derecho a opinar y ser oídos. Tenemos derecho a exigir respeto y dignidad, pero, todos tenemos la obligación de ofrecer lo mismo a los demás. Una nación se construye sobre la base del respeto mutuo, la igualdad de todas las personas y el aprecio de unos a otros. Pero el “Shalom” solo se logra cuando todos se esfuerzan por alcanzarlo sin ningún tipo de egoísmo. Los elementos para tener una gran nación incluyen perdón, paz y amor. Ayúdeme a orar por la paz y unidad de esta gran nación, los Estados Unidos de América.

¡Dios bendiga América!

“Devolver odio por odio multiplica el odio, añade una oscuridad más profunda a una noche ya desprovista de estrellas. La oscuridad no puede expulsar a la oscuridad: sólo la luz puede hacer eso. El odio no puede expulsar al odio: solo el amor puede hacer eso.” —Martin Luther King

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

Let Us Pray for the Unity of the Nation

By Saúl Carranza

“See, how good and how pleasing it is for brothers to live together as one!” —Psalms 133:1

We’ve learned to fly the air like birds, we’ve learned to swim the seas like fish, and yet we haven’t learned to walk the Earth as brothers and sisters...” —Martin Luther King

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Y sus Pastores Alex y Tita Castro



Les invitamos a conocer
una comunidad de fe en la que todos son bienvenidos
Donde se enseña la Biblia

Y dónde nadie es perfecto pero nos esforzamos por ser santos

Acompañenos en los servicios regulares de la Iglesia.

Domingos 11:00 de la mañana y 6:00 de la tarde
Miércoles 7:00 pm
Viernes 7:00pm

Y todas las noches a las 7 transmitimos por Facebook live en
<https://www.facebook.com/nazarenosencrystal>
Les esperamos.

For a nation to be great, it must learn to cultivate the science of forgiveness, the art of peace, and the commandment of love. The Lord Jesus Christ said that “If a kingdom is divided against itself, that kingdom cannot stand.” Whether we have voted for or against the current government, it is our citizen duty to abide by the laws, work for the peace of the country, pray for the rulers and ask them to govern with equity for all Americans. Without distinction of race, religion, economic condition, political ideology or social status.

The Hebrew word “Shalom” is translated as “peace” but its meaning is much greater than simply the absence of conflict. It refers to the internal and external peace of citizens, harmony in society, prosperity, and the feeling of well-being for all people in all areas of life. That peace is difficult to have when conditions are not the same for everyone. When there are people in need or when each one cares only for himself.

Selfishness is the main obstacle to peace. When each one looks only to the right of his nose, it is difficult to move towards a good future. We all have the right to have a say and be heard. We have the right to demand respect and dignity, but we all have an obligation to offer the same to others. A nation is built on the foundation of mutual respect, the equality of all people, and the appreciation of one another. But “Shalom” is only achieved when everyone strives to achieve it without any selfishness. The elements of having a great nation include forgiveness, peace, and love. Help me pray for the peace and unity of this great nation, the United States of America.

God bless America!

“Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” Martin Luther King

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

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HOPE – My Word for 2021!



By Marci Malzahn

Dear Friends,

We are living in troubled times where confusion, uncertainty, and chaos has become the normal. The New Year typically brings new expectations, excitement, and most importantly, a renewed sense of hope. A hope that this year “things will be better.” This year “I hope to get this or that done.” This year “I’ll get my dream job” and this year I will “travel to my dream places” and so on.

But I don’t hope for any of those things... My hope is not in a man nor woman, a president, a country, or a government. My hope is solely in God, my Father. He has rescued me from a deadly earthquake when I was six years old, protected me through a two-year revolution when I was 12-13 years old, gave my family favor during exile in Dominican Republic, protected my family again from a destructive hurricane when I was still 13, and gave us the opportunity to come to America—the land of opportunity *and* hope!

Marci Malzahn

America is still the land of opportunity. But sadly, I don’t consider America to be the *land of hope* anymore... I am witnessing the same violence, terrorism, and lack of peace as my country of origin, Nicaragua. Things that “only happen in those countries” are now happening right here in our backyard. Therefore, I choose to put my trust and hope in the Lord.

Do you want to help the poor? Feed them and clothe them. But also bring them the Gospel of truth where true *hope* is found.

Do you want to help a person suffering from depression and suicidal thoughts? Give them love, a listening ear, *and* share the Good News of the Gospel which is their only *hope* to live in freedom.

Do you want to help the sick? Pray for them, spend time with them, *and* bring them *hope* by sharing about the healing power of God’s forgiveness. Spiritual healing is eternal. Physical healing is temporary.

Hope sustains us to get through tribulations. **Faith** in God gives us freedom. **Believing** in the true message of Salvation reconciles us with our Father. **Prayer** gets us closer to God and allows us to experience Him. Love God and love others.

Therefore, for 2021, I *hope* for unity, restoration, reconciliation, forgiveness, honesty, truthfulness, healing, and peace among the people. I encourage you to put your hope in Jesus—the only ONE who gave His life so you can have eternal life.



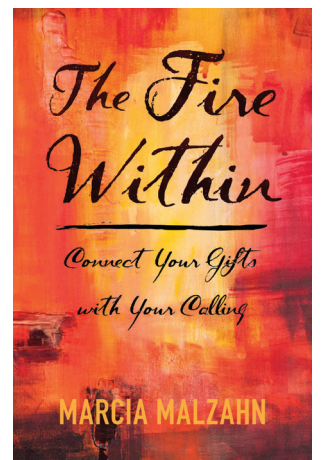
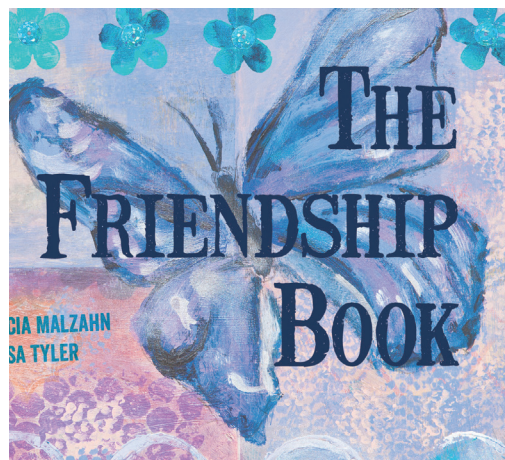
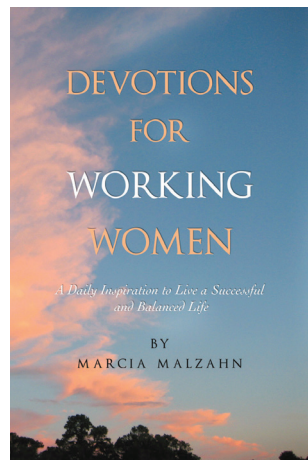
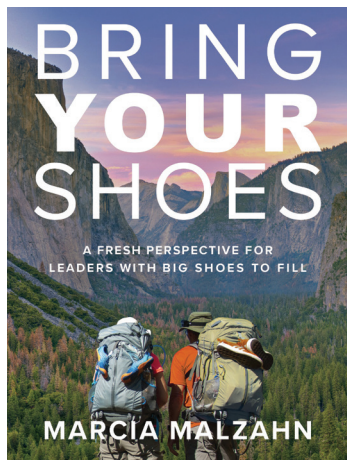
I will leave you with one of the poems I wrote in *The Friendship Book*:

Painting by Isa Tyler

*Believe in your friends.
Pray for your friends.
Love your friends.
Hope with your friends.
That is what friendship is about.*

Marcia Malzahn is president and founder of Malzahn Strategic a community financial institution consultancy focused on strategic planning, enterprise risk management, treasury management, and talent management. Marcia is a professional keynote speaker and published author of four books.

You can contact Marcia for speaking engagements through her website at <https://crowning-achievements.com/> or email her at mmalzahn@crowning-achievements.com. You can purchase Marcia’s books at Malzahn Publishing or Amazon.



Pruebas de COVID-19 en la Comunidad

STAY SAFEMN

El Departamento de Salud de Minnesota (MDH) trabaja en asociación con las comunidades para proporcionar pruebas de COVID-19 seguras y gratuitas in situ en áreas con presencia de brotes, aumento de casos, u otras barreras para acceder a los sitios de pruebas existentes.

Revise esta página para mantenerse al día sobre las ubicaciones y fechas de los nuevos sitios de pruebas en la comunidad. Para obtener actualizaciones regulares sobre COVID-19 por correo electrónico, incluidas las notificaciones de nuevos eventos de pruebas en la comunidad, Suscríbete a COVID-19 Updates (suscríbete a Actualizaciones sobre COVID-19).

Le recomendamos encarecidamente que agende su hora a través del enlace de registro que aparece para cada ubicación.

- Registrarse con anticipación ayuda a evitar largas colas. Es posible que las personas que vengan sin una cita tengan que volver más tarde u otro día.

Quién puede hacerse la prueba

- Las pruebas son gratuitas y no necesita tener seguro ni identificación.
- Puede hacerse la prueba incluso si no tiene síntomas de COVID-19. Por ejemplo, si cree que ha estado en contacto con alguien que tiene COVID-19 o si recibió una llamada del departamento de salud informándole de que pudo haber estado expuesto(a) al virus.

Qué traer

- Use una máscara o una cubierta para la cara si es posible.
- Traiga su mensaje de texto o correo electrónico de confirmación si es posible.
- No es necesario que muestre su identificación o información de seguro médico.

Qué esperar en el evento

- Si solicitó una cita por teléfono o en línea, el personal le pedirá ver su texto o correo electrónico de confirmación, o bien puede decirle al personal su nombre, fecha de nacimiento y dirección.
- Si no pidió una cita con anticipación, un miembro del personal lo registrará cuando llegue al evento. Deberá proporcionar su nombre e información de contacto. Esta información se proporciona al personal para que pueda ponerse en contacto con usted con los resultados de su prueba.
- Llegue al sitio cerca de la hora de su visita programada. El personal lo recibirá al llegar y le dirá adónde ir. Los sitios de prueba están diseñados para asegurar el distanciamiento social y una limpieza adecuada para su seguridad.

Después de que le hagan la prueba

- Siga estas instrucciones: Quédese en casa y apartado de los demás si: Tiene síntomas. Alguien en su casa tiene COVID-19. Ha estado cerca de alguien con COVID-19.
- Si no tiene síntomas y no ha estado cerca de alguien con COVID-19, no necesita quedarse en casa mientras espera los resultados de su prueba. Use una mascarilla y permanezca a 6 pies de distancia las personas que no viven con usted. Si comienza a sentir cualquier síntoma, quédese en casa y apartado de los otros.
- Si su prueba es negativa: Recibirá un mensaje de texto y/o correo electrónico notificándole que puede acceder a sus resultados en línea. Si no tiene acceso a Internet, habrá un número al que puede llamar para obtener los resultados.

- Si su prueba es positiva: Recibirá una llamada telefónica de la línea de enfermería. Asegúrese de contestar su teléfono.
- Los resultados de su prueba no se comparten con nadie fuera de su departamento de salud pública. No compartimos su información con otras agencias gubernamentales, empleadores o proveedores de cuidado de la salud.

Si su prueba es positiva

Si la prueba es positiva para COVID-19, un profesional de enfermería le informará de ello. Después de ser notificado, el equipo de respuesta a COVID-19 del Departamento de Salud de Minnesota lo llamará para proporcionarle a usted y a los miembros de su hogar información importante para su recuperación. Es importante contestar la llamada.

Durante la llamada, se hablará sobre:

- Los resultados de la prueba y lo que significan.
- Un plan para todo el hogar para ayudar a evitar que otros se enfermen y para asegurarse de que tiene lo que necesita. Esto incluye información sobre cómo apartarse de los demás (aislarse) y lo que las otras personas de su hogar deben hacer, lo que incluye quedarse en casa (cuarentena). Proporcionaremos apoyo adicional para su hogar, si los recursos lo permiten, en términos de alimentos, máscaras, desinfectante de manos, y otros artículos que podrían ser de ayuda para este período estimado de dos semanas en el que tendrá que permanecer en casa.
- Cualquier persona que haya estado cerca de usted (a veces llamados "contactos cercanos") desde los dos días antes de que le hicieran la prueba o desde que comenzó a sentirse enfermo(a). Estas personas podrían haber estado expuestas al virus. El departamento de salud llamará a estas personas con instrucciones. Su nombre no se mencionará. Obtenga más información sobre el Tracing COVID-19 (Rastreo de COVID-19).

¿Tienes síntomas?



Hazte la prueba.
mn.gov/covid19

STAY SAFEMN

Friends of the American Latino Museum Celebrate Passage as Legislation Advances to the White House



Danny Vargas
Chairman of the FRIENDS board

Dec 23, 2020, Congress approved the National Museum of the American Latino Act (H.R. 2420), which will create the long-overdue museum on the National Mall dedicated to commemorating over 500 years of American Latino contributions to the nation's military, sciences, economic power, civil rights and the arts. The bill passed the House and the Senate yesterday evening as part of the omnibus that now moves to the President's desk.

The Friends of the American Latino Museum (FRIENDS), the only organization dedicated to advocating for a National Latino Museum, celebrates this victory in its quarter century-long campaign.

"We are thrilled that the Congress voted to approve the National Museum of the American Latino Act and we are so grateful for the many years of

bipartisan support. We look forward to the President signing the bill into law," said Danny Vargas, Chairman of the FRIENDS board. "The passage of this bill caps off a decades-long effort to create an institution that would celebrate and commemorate the over 500 years of Latino contributions to the building, shaping and defending of America; enlighten all visitors to the fascinating complexity of Latino culture and today's Latino community; and serve to inspire future generations. The time has come to tell the stories that have been excluded from our history book and missing from our museums. We celebrate this historic moment with the countless individuals who have worked so hard over the years to make this happen and our innumerable supporters all over the country."

"Twenty-six years in the making, the determination of so many in Congress, in business, the arts and across our communities, finally pays off. A museum that highlights the contributions of Latinos and Latinas to our nation at a time when the pandemic has so disproportionately impacted our community seems very fitting.

Preparados para todo.

Internet Essentials de Comcast te ofrece un Internet económico de alta velocidad para el hogar. Cuando estás conectado, estás preparado para todo.

Solicítalo hoy si calificas para programas como el Programa Nacional de Almuerzos escolares (NSLP), asistencia para viviendas públicas, Medicaid, cupones para alimentos (SNAP), SSI y otros.

2 meses de servicio de Internet Essentials gratis para nuevos clientes. Solicítalo antes de 6/30/21.

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La oferta termina en 6/30/21. Se aplican restricciones. No está disponible en todas las áreas. Limitado al servicio de Internet Essentials ("IE") de Comcast para nuevos clientes residenciales que cumplan con ciertos requisitos de elegibilidad. Oferta limitada a 2 meses de servicio de Internet Essentials gratuito. Impuestos, entrega a domicilio e instalación profesional son extra. Después de la promoción, se aplican las tarifas regulares. La tarifa actual de Comcast es \$9.95 al mes (sujeta a cambios). El precio anunciado se aplica a una sola conexión. Las velocidades reales pueden variar y no están garantizadas. Para factores que afectan a la velocidad, visite es.xfinity.com/networkmanagement. El acceso a los hotspots de Xfinity WiFi está incluido con Xfinity Internet pospago. Si se determina que un cliente ya no es elegible para el programa de IE, se aplicarán las tarifas regulares al servicio de Internet seleccionado. Sujeto a los términos y condiciones del programa de Internet Essentials. No se puede combinar con otras ofertas. Llame al 1-855-765-6995 para obtener restricciones y detalles completos o visite es.InternetEssentials.com. © 2021 Comcast. Derechos Reservados. PCA-PHO-BIL-PRO-0121

Cómo hacer frente a la COVID-19

¿Está usted o alguien que conoce teniendo problemas?

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

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

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

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

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

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

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

Cuídese

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

Cuide a los niños

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

Cómo obtener ayuda

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

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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

Are You Ready to Take Your Company to the Next Level?



Adriana O'Meara
CEO of Lakeshore Partners

By Claud Santiago

For CEOs, owners, and executives, it gets lonely at the top. Without a mentor and accountability partner, many business leaders find themselves hitting the ceiling on what they can achieve. Whether you're a business professional struggling to earn a promotion or a business owner unsure of your next move, the right Executive Coach can set you on a productive path to success.

Leaders help develop teams, and executive coaches help develop leaders. Executive coaches challenge leaders to develop their strengths, identify and mitigate weaknesses, and grow as individuals. The emphasis is on leadership growth, getting out of the weeds to work on the vision of the organization, and developing the team that will help implement that vision.

In a successful partnership with an executive coach, you would benefit from:

- Increased individual performance, productivity, and confidence
- Clarity on what success looks like and the steps needed to achieve
- Development of critical soft skills and decision making
- Accountability and growth
- Greater self-awareness and mindset

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

Adriana is a trusted leader with 20+ years of experience and a proven track record developing products and building companies from idea generation to implementation. Corporations that benefitted from her expertise include Cargill and UnitedHealth Group.

Adriana served as a board member to the Minnesota Council on Latino Affairs for eight years in different capacities including treasurer. Adriana holds a Bachelor of Arts in international relations & political economics from the University of Minnesota and a master's Certificate in Executive Coaching from the University of St. Thomas in St. Paul.

Adriana partners with owners and executives with demanding goals and busy lives to fast-track business growth and increase bottom-line profits in this rapidly changing environment by using her proven proprietary business growth model. For a complimentary discovery consultation on how to take your business to the next level, contact her at (952) 239-3928 or email her at Adriana@lakeshorepartners.net

Safely Adjusting the Dial

Loosened Restrictions Start January 11

Find all changes at mn.gov/covid19

STAY SAFE MN

Category	Capacity	People Max
Indoor Dining	50%	150
Indoor Entertainment	25%	150
Small Social Gatherings (Outside)	3 Households	15 People Max
Small Social Gatherings (Inside)	2 Households	10 People Max
Outdoor Entertainment	25%	250
Gyms, Fitness Studios, and Pools	25%	150 People Max (≤25 People Per Class)

LOVE IS IN THE AIR



Chef Amalia in the kitchen

By Award-Winning Author and Chef Amalia Moreno-Damgaard (AmaliaLLC.com)

February is a special month for two reasons, -we celebrate Valentine's Day, and it also marks the beginning of the transition into spring.

One way to stay warm during the winter months is with cozy foods that elevate your mood and wellbeing due to lack of vitamin D. A sunny day is the best cure for this, but in grey days, hot drinks, soups and stews are as comforting as a bear hug. Add to the mix spicy foods and you have a party in your kitchen.

Spicy foods don't just please your palate and feed you, they have healing powers similar to a bowl of chicken soup.

After all, chile peppers are higher in vitamin c than citrus fruits and this makes them the stars of anyone's kitchen.

Chile peppers mild or spicy, have different degrees of heat and density and flavor nuances when fresh or dried.

Heat can also come packed in a jar or can along with varying seasonings and flavors. Hot sauces can add a quick spicy kick to any food in the world, from roasted meats and soups, to sandwiches, ceviches, drinks, and more. Some favorites are habanero, tabasco, and jalapeño. Chop fresh chiles to dress up your favorite salad or to top a delicious stew.

Love is in the air when an inviting aroma comes from the kitchen. This Valentines, treat your significant other or family to this spicy and easy to make meal that may even attract cupid to your dinner table.

Happy Valentine's Day!

EL AMOR ESTÁ EN EL AIRE

Por la chef Amalia Moreno-Damgaard (AmaliaLLC.com)

Febrero en un mes especial por muchas razones, -celebramos el Día de San Valentín y también marca el principio de la transición a la primavera.

Una forma de mantenerse calentito durante los meses de frío, es con comida que eleve su bienestar dado a la falta de vitamina D. Un día soleado es la mayor medicina, pero en días grises, las bebidas calientes y sopas confortan tanto como un abrazo caluroso. Agregue a la mezcla comida picante y disfrute de una fiesta en su cocina.

La comida picante no es solamente para alimentar ya que tiene poderes curativos similares a un tazón de caldo de pollo. Después de todo, los chiles

son más altos en vitamina C que los cítricos y esto los hace las estrellas de la cocina. Los chiles son dulces o picantes y tienen diferentes grados de picor, densidad y matices, frescos o secos.

Las salsas picantes también viene emvasadas o en lata sazonadas de acuerdo a su fabricante. Éstas pueden agregar un sazón muy especial a las carnes rostizadas y sopas, como también a sandwiches y ceviches, bebidas y más. Unas de las favoritas son habanero, tabasco y jalapeño. Pruebe a picar su chile favorito para complementar una ensalada o guiso.

El amor está en el aire cuando los aromas llaman desde la cocina. Este Día Del Cariño, comparta la mesa con su media naranja, o familia con esta receta fácil de hacer, y quien quita que pudiera atraer también a cupido.

¡Feliz Día de San Valentín!



2 bay leaves
1 cup seeded, chopped red bell pepper
1 small yellow onion, cut into thick slices
2 large garlic cloves, peeled
1 guaque (guajillo) chili, seeded
1 pasa (ancho) chili, seeded
1 corn tortilla, torn into small pieces (or 1/4 cup bread crumbs)

1 1/2 cups fat-free, low-sodium beef stock

Sazón (Seasonings)

1 tablespoon achiote oil; 1 bay leaf; 1/2 teaspoon thyme; 1 teaspoon kosher salt; Freshly ground black pepper

2 cups sliced small russet potatoes, cooked al dente

Adorno (Garnish): Thyme, oregano, or red bell pepper strips, sautéed (optional)

Serves 4 people

1 pound flank steak
Kosher salt and freshly ground black pepper
1 tablespoon canola oil
2 cups fat-free, low-sodium beef stock
1 small yellow onion, quartered
1 cup quartered Roma tomatoes (about 2 large tomatoes)

1/2 cup husked, quartered tomatillos (3 to 4 large tomatillos)

HILACHAS

Spicy Shredded Beef and Potato Stew

Recipe by Chef Amalia Moreno-Damgaard (AmaliaLLC.com)

Season the steak with salt and pepper. In a hot, deep medium skillet, sear the meat on both sides in a little oil until medium brown (about 4 minutes per side). Add the stock, onion and bay leaves and bring to a quick boil. Lower the heat, cover and braise until the meat fibers separate easily when pulled (about 1-1/2 hours). Check the meat while it cooks and make sure the liquid stays at about 1 1/2 cups at all times (adding 1/2 cup of stock or water at a time as needed). When the meat is done, transfer it to a cutting board and let it cool. Cut it in half against the grain and shred it. Reserve the stock and onion. Set aside. In a medium pot, combine the tomatoes, tomatillos, pepper and onion, add garlic, chiles, tortilla and stock and bring to a boil. Lower the heat and simmer covered until soft (15 to 20 minutes).

Using an immersion or regular blender, purée the cooked vegetables and the reserved onion and stock to a fine consistency. Heat the achiote oil in the pot used to cook the beef. Add the purée, bay leaf, thyme, salt and pepper. Add the shredded beef and potatoes. Simmer to let the flavors blend (20 to 25 minutes). Taste and adjust seasonings, if needed.

The sauce should be about the consistency of beef stew. If it's too thin, cook it a bit longer. If it's too thick, add some stock or water.

Amalia's Notes:

To make achiote oil, heat 1/2 cup of canola oil in a small skillet until small bubbles start to form. Turn the heat off and add 1 tablespoon of achiote seeds. Allow the seeds to color the oil for 5 to 10 minutes or longer, strain the oil, and discard the seeds. The oil should be deep orange, not brown. Keep leftover achiote oil in the refrigerator for up to a month. Peel tomatillos under running water if you find the husks hard to remove.

Supporting Our Students in the Time of COVID-19



*Peter Olson-Skog
Superintendent
School District 197*

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

Preparing for the potential return of our students has taken on added significance. Students “in school” means we’re buying personal protective equipment, reviewing classroom capacities, reworking meal delivery, and more. We are fortunate to have innovative educators who have reimagined how to deliver lessons while creating valuable connections with their students—especially those needing additional support. Here are just a few examples of the inspiring pandemic-era creativity in action across School District 197:

- The Early Learning Center debuted an online preschool class. In addition to lessons and support, teachers provide a weekly play plan that includes fun at-home activities for students and families.
- Moreland Arts & Health Sciences Magnet School started the year with a “You Matter” theme. The theme connected to the school’s equity work by reminding students that no matter who they are they “matter.”
- Pilot Knob STEM Magnet Principal Tom Benson starts each school day by reading to students via YouTube. A school goal this year is for all students in grades 2-4 to read more than one million words.
- Somerset Elementary School students put the district’s bike fleet to use in the great

outdoors as they learned how to use a helmet, how to do an ABC (air, brakes, chain) check, and how to have fun riding a bike.

- Fourth grade teachers at Garlough Environmental Magnet School are helping their students prepare for middle school. Students identified one measurable academic goal and then worked with their teachers to outline the steps to meet that goal.
- Mary Jo Skemp, a reading teacher at Mendota Elementary School, meets with small groups of students online every day. “I tell the kids that we all have strengths and we all have struggles,” explains Skemp. “I work hard with kids to recognize their strengths so they feel successful.”
- Friendly Hills Middle School teachers celebrated their students’ accomplishments with cheers and high fives during a drive-through academic celebration.
- The Heritage E-STEM Magnet School science team embraced the school’s literacy focus with innovative projects. For example, 7th graders ran an election to determine which part of the cell is most important – a fun intersection between science, literacy, and learning about elections.
- Members of Henry Sibley High School’s National Honor Society are mentoring younger students. NHS Advisor Janelle Christensen says, “They recognize there are varying needs in the community, and they genuinely want to help.”

And where would our students be without their families? They are balancing home and work—and homework—right now. Never has the partnership between school and home been so important and embraced so fully. To our staff members and our families, “THANK YOU!”

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Try Bird Feeding: A Fun Family Activity that Will Make You Feel Better Too



DNR wildlife manager Bob Fashingbauer has fond memories of his dad feeding the birds, and he continues the tradition with a rather deluxe setup. You don't need anything so elaborate to get started feeding birds in your backyard.

By Harland Hiemstra, Minnesota DNR

Percy, my black cat, perches on a chair at the kitchen table, staring rapturously out the window. When I first set up the birdfeeders in my backyard, it was as though I'd added a premium TV channel just for cats. Sometimes he'll sit for an hour or more, transfixed by the flashes of blue, red, brown and grey as chickadees, cardinals, sparrows, jays and juncos swoop in for a snack, then flit away.

As happy as it seems to make my cat, I derive just as much satisfaction from watching our feathered visitors. It seems to brighten the mood of even the dreariest winter day. Peeking out the window to see what's at the feeders while fetching a fresh cup of coffee breaks up the relative monotony of working from home during a pandemic. It's interesting to note the activity at different times of the day and how the birds interact with each other.

Apparently I'm not alone. According to the U.S. Fish and Wildlife Service, more than 50 million Americans across the country participate in bird feeding, surpassing the total of hunters and anglers combined. And the numbers are growing, fueling a wild birds products industry that's projected to exceed \$2 billion in business this year.



Take a mesh bag like the kind onions come in and stuff it with suet for an easy-peasy feeder.

People often start feeding birds because it's an easy way to get an up-close look at what's wild, enticing nature to come to them, rather than going out to look for it. Many stick to it year after year because, plain and simple, birds make us feel better. Some studies indicate that bird feeding and bird watching help lower levels of stress, anxiety, and depression.

"It's a chance to step out of yourself and the frantic hecticness of everyday life," says Cynthia Osmundson, who leads the Minnesota Department of Natural Resources' Nongame Wildlife Program. "When you're sitting there with your morning coffee, it's like stepping into a little oasis, into a world of curiosity and wonder."

For Osmundson, and many others, it's also a great way to create and preserve family memories, a tradition that connects generations with each other and with nature.

"My parents and grandparents always fed birds, and it was how I first learned to identify birds as a youngster," she recalls. "I grew up with it being a family activity, and I continued that with my own family."

Bob Fashingbauer, a DNR area wildlife manager stationed in Dakota County, remembers sitting on his bunkbed as a boy in Vadnais Heights, looking out at the bird feeders his dad had set up. Then he'd try to identify the birds by comparing what he saw to the illustrations in his Golden Nature Guide to Birds book. It was a way to connect with his father, and it probably planted the seeds for his subsequent career as a biologist. Today, Fashingbauer continues the tradition, with nine bird feeders of various types in his back yard.

You don't need anything that elaborate to get started, though. Fashingbauer recommends a simple tube feeder or two filled with black oil sunflower seeds, widely available at big box stores, hardware stores, garden centers and elsewhere. You can also make a family project out of creating a simple feeder with your kids, says Osmundson. All kinds of ideas and plans pop up if you do an internet search for how to make a bird feeder, from old pop bottles with wooden spoons stuck through them for the birds to perch on, to stuffing suet in one of the mesh bags that onions come in, to smearing peanut butter on pine cones and hanging them in a tree.



You can make a fun family project out of feeding the birds. Do an internet search on "how to make a bird feeder" and you'll come up with numerous ideas, including some as simple as smearing pine cones with peanut butter and hanging them in a tree.

Osmundson notes that it's important to give thought to where you hang your feeders. You want a place that's easily accessible so that you can regularly refill the feeder, but one that's also visible from where you spend time inside your house. Some people like the kind of feeder that attaches to the outside of a window with suction cups. If you start feeding in winter, plan to keep at it at least until spring, when birds can more easily find food elsewhere.

We all like to be able to name what we see (especially kids), so a basic bird identification book is a good bird feeding accessory. Fashingbauer says the Golden Guide

to Birds he used as a kid remains his favorite. You can find copies online for under \$10. If you have a pair of binoculars, they can help you distinguish details on birds, but they're not necessary. Many people like to record what they see in a notebook. Families can make a fun game out of who sights the most different species, or who spots something first. The Cornell Lab of Ornithology is a great online source for more information about birds, feeding them, and how you can even take your involvement to another level as a "citizen scientist": www.feederwatch.org.

So if the winter doldrums are even worse than usual this year because of pandemic constraints, consider putting up a few bird feeders in your backyard. Connecting with nature may be just what the doctor ordered, for you and the whole family. It might even launch a career for your kids.

And if you have cats, they'll love you for it, too. That's a promise, from Percy.



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