

ADELANTE FORWARD

A multicultural magazine dedicated to the health, education, and welfare of Mid-Michigan area residents.
Una revista multicultural dedicada a la salud, a la educación y al bienestar de los residentes del área de Mid-Michigan.

*I am an athlete
and a musician,
and I honor my
faith...*

*I am a senior at
Lansing Eastern
International
Baccalaureate
High
School*

*I am an
open-minded
leader for
social
justice*

*I am
discovering who
I am at every
moment of
my life*

*My
name is
Alejandro Salais*

**Who am I?
¿Quién soy yo?**

SEPTEMBER 2016

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MY STORY

Guest Editorial By Vincent P. Delgado

... A story of this city is being quietly written...

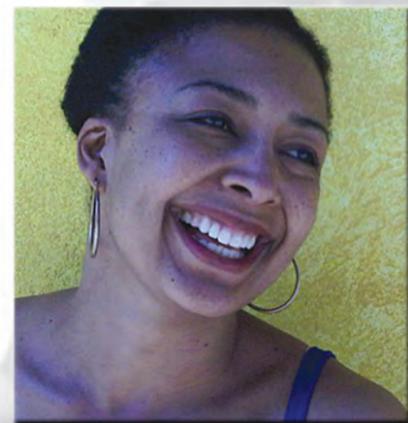
In an afterschool program, a girl writes of a distant life in Bhutan and her experiences as a gifted student. She writes of confusion. In an elementary classroom, a boy writes of his journey from Michoacán to Lansing. He talks of fear and the strangeness of a new language. In a café, a single mother tells of losing her home to foreclosure. She pens a map of courage and apology and patience to her daughter. “You will get past anything,” she tells her.

Across our region, in community centers, art studios and detention centers, a story of this city is being quietly written stanza by stanza, paragraph by paragraph, in ink, pain and pencil. Students and faculty in MSU’s Residential College in the Arts and Humanities (RCAH) have been intimately involved in the efforts—part of the college’s mission to use the arts and humanities to affect positive social change.

“These stories focus on many of the challenges young students face at home, in their neighborhood and at school,” says RCAH Dean Stephen L. Esquith. “For example, what does it mean to be brave? What does it mean to be kind? What does it feel like when you cannot understand a language that is being spoken around you? How does it feel when, as a newcomer, you come from a different culture or hold a different set of beliefs?”

Individual stories, which Harvard professor and community organizer Marshall Ganz calls “stories of me,” are at the center of this effort. Telling stories brings us together to consider what we believe and value, and to address the challenges we face.

“Fundamentally, we are storytellers; it is how we’ve survived as a species,” says Lisa Biggs, an actress and Assistant Professor at RCAH who has been offering drama workshops this summer at detention facilities in Ionia and Mason. “By telling stories we are able to share our knowledge and insights and destroy the sense of isolation – that we are alone in the conflicts and the challenges.”



However, many of these stories remain untold, says RCAH Associate Professor J. Estrella Torrez, who leads the Nuestros Cuentos (Our Stories) program that brings RCAH students together with Latinos across mid-Michigan to write some of those missing stories. She notes that as few as three percent of children’s books represent the experiences of Latinos. These types of programs address such issues.

“Stories, place and community ground us as individuals,” Torrez writes in the introduction to the second collection of stories. “They respectively establish linkages in the most surprising of ways. Through exchanging stories, the power of kinship is fomented, leading to an ever-expanding understanding of oneself and of others.”

These communities of storytellers and their stories also help us imagine and inspire positive social change—what Ganz calls “stories of now.” Guillermo Delgado, artist and RCAH Academic Specialist has seen this develop in the region while leading two storytelling projects – a poetry and zine project with incarcerated youth at the Ingham Youth Center and a massive wall of self-portraits at Peckham, Inc.

“If you don’t know where you are on the map, it can be really hard to navigate and change that narrative,” he says. “If you feel alone or by yourself, it’s hard to find the motivation and courage to understand where you are and move forward. These narratives help us support each other in that. They cause a chain reaction. When we take risks to tell our stories together we inspire change. We see it all the time.”

MI HISTORIA

Editorial Invitado Por Vincent P. Delgado

En un programa extracurricular, una niña escribe acerca de una distante vida en Bhutan y sus experiencias como estudiante talentosa. Ella escribe sobre confusión. En un salón de primaria, un niño escribe acerca de su viaje de Michoacán a Lansing. Él habla sobre el miedo y la rareza de un idioma nuevo. En un café, una madre soltera habla sobre perder su casa hipotecada. Ella dibuja un mapa de coraje y disculpa, y genera paciencia en su hija diciendo, “Tú saldrás adelante a pesar de todo”.

A través de nuestra región, en centros comunitarios, estudios de arte y centros de detención, se escribe silenciosamente una historia de esta ciudad, estrofa por estrofa, párrafo por párrafo, en tinta, dolor y lápiz. Estudiantes y docentes residentes de la universidad de ‘MSU’, en artes y humanidades (RCAH, siglas en inglés) han estado íntimamente involucrados en los esfuerzos—como parte de la misión de la universidad en usar las artes y humanidades para crear un cambio social positivo.

“Esas historias se centran en muchos retos a los que se enfrentan los estudiantes en casa, en su vecindario y en su escuela”, dice el decano de RCAH, Stephen L. Esquith. “Por ejemplo, ¿Que significa ser valiente? ¿Qué significa ser amable? ¿Qué se siente cuando no puede entender un idioma que se habla a su alrededor? ¿Cómo se siente cuando, como recién llegado, posee una cultura diferente o tiene un conjunto de creencias diferentes?”

Las historias individuales son el centro de este esfuerzo, las cuales el profesor de Harvard y organizador comunitario, Marshall Ganz nombra “historias sobre mí”. Contar historias nos reúne para considerar en qué creemos y valoramos, y para afrontar los retos a los que nos enfrentamos.

“Fundamentalmente somos narradores de historias; así es como hemos sobrevivido como especie”, dice Lisa Biggs, actriz y profesora asistente en RCAH, quien este verano ha estado brindando talleres de drama en edificios de detención en Ionia y Mason. “Contando historias hemos sido capaces de compartir nuestro conocimiento y perspicacia, y así destruir el sentido de aislamiento— de que estamos solos en los conflictos y retos”.

Sin embargo, muchas de estas historias permanecen sin contarse, dice la profesora asociada de RCAH, J. Estrella Torrez, quien dirige el programa Nuestros Cuentos (Our Stories), el cual reúne a los estudiantes de RCAH con latinos en todo el centro de Michigan para escribir algunas de esas historias perdidas. Ella comenta que tan solo un 3% de los libros infantiles representan las experiencias de latinos. Este tipo de programas abordan dichos problemas.

“Las historias, los lugares y la comunidad nos colocan como individuos”, escribe Torrez en la introducción a la segunda colección de historias. “Ellos establecen respectivamente vínculos de la manera más sorprendente. A través del intercambio de historias se fomenta el poder del parentesco, conduciendo a un entendimiento en expansión permanente de uno mismo y de los demás”.

Esas comunidades de narradores de historias y sus historias también nos ayudan a imaginar e inspirar un cambio social positivo— lo que Ganz llama “historias de ahora”. Guillermo Delgado, artista y especialista académico de RCAH ha visto este desarrollo en la región mientras dirige dos proyectos de narración de historias— un proyecto de poesía y una revista con jóvenes presos en el Centro Juvenil de Ingham, y una pared gigantesca de auto retratos en Peckham, Inc.

“Si usted no sabe en qué parte del mapa se encuentra, puede ser muy difícil navegar y cambiar esa narrativa”, afirma. “Si se siente solo, es difícil encontrar la motivación y coraje para entender en dónde se encuentra y seguir adelante. Estas narraciones nos ayudan a apoyar a los demás en eso. Estas causan una reacción en cadena. Cuando tomamos riesgos en contar nuestras historias, juntos inspiramos el cambio. Lo vemos todo el tiempo”.



Creating Our "I"

J. Estrella Torrez

Each day brings a steady stream. Students. Farmworkers. Elders. Activists. Parents. Teachers. They enter and exit the office of Dr. J. Estrella Torrez, an Associate Professor in the Residential College in the Arts and Humanities (RCAH). They share coffee. They compare music. They talk about ideas. They share beliefs. They do beadwork. They get down to work.

By Vincent P. Delgado

Dr. Torrez holds a Bachelor's of Science in Elementary Education, a Master of Arts in Bilingual Education and a Ph.D. in Language, Literacy and Sociocultural Studies from the University of New Mexico

It is rightly a steady stream. In her nine years at MSU, Dr. Torrez has worked with over 200 indigenous families in the greater Lansing area, co-directing multiple summer camps, co-hosting community gatherings and co-developing numerous after-school programs serving children in kindergarten through high school. Torrez is a recently tenured faculty member at MSU and has become both convener and co-creator with the region's Latino and indigenous populations — the very communities in which she lives, works and raises her children.

"What better way to figure out how we fit into this place than to bring everybody together and talk about who we are, what brought us to these places, our similarities, our differences, our stories, our families and our communities?" she says of the visits that become community change.

In 2009, Dr. Torrez co-founded the Indigenous Youth Empowerment Program (IYEP), a not-for-profit organization that provides programs serving urban indigenous youth and families in the Greater Lansing area.

In the spring of 2013, she began the Nuestros Cuentos project, a collaborative storytelling project bringing together students from MSU with Latino and indigenous elementary youth. In 2014, the project involved over 60 students from MSU's RCAH and College Assistance Migrant Program (CAMP), as well as Latino and indigenous American youth from the Lansing School District. Nuestros Cuentos is supported by multiple community partners which represent local community leaders and educational institutions. This past spring's Nuestros Cuentos project evolved to include Latino youth from Eastern High School, undergraduate and graduate students and Lansing Community College. As part of Nuestros Cuentos' growth over the years, Dr. Torrez and her partners have developed a multi-tiered mentorship component involving elementary school, high school, undergraduate and graduate students. The work is essential for improving educational outcomes in the Latino community and among RCAH students, Torrez says. But she says there is another reason for her commitment.

"It's fun," she says. "We're all learning as much as they are all learning."

As an engaged-professor, Dr. Torrez's teaching-scholarship-service revolves around the co-production of community-based knowledge, as well as its recovery and resurgence. It is from this position, one based in her own experiences as a former migrant farmworker of indigenous descent raised in Michigan, that she situates her commitment to community-engaged teaching-scholarship-service. Her scholarship focuses on critical pedagogy, community-based engagement, Latino and indigenous education and community literacies.

ABOUT MSU'S RESIDENTIAL COLLEGE IN THE ARTS AND HUMANITIES

The Residential College in the Arts and Humanities (RCAH) was founded at MSU in 2007 as an interdisciplinary college with the mission “to weave together the passion, imagination, humor and candor of the arts and humanities to promote individual well being and the common good.” Since its opening, hundreds of students have participated in required civic engagement and creative workshops — collaborating with communities across Michigan, the United States and the globe on projects that use the arts and humanities to affect positive social change. These projects often include community narratives.

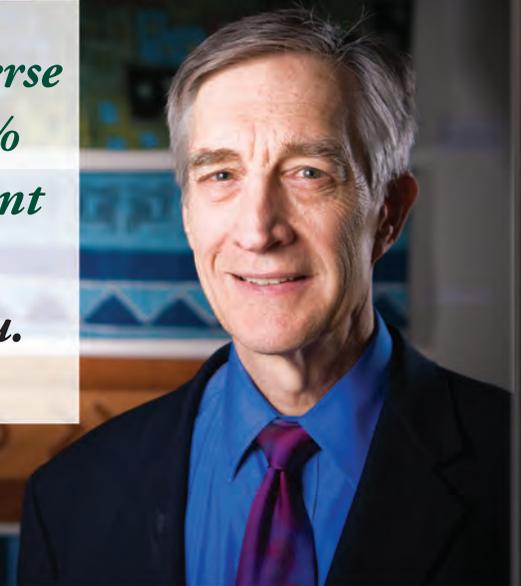
Local Community Engagement and Narrative Projects include:

- **Art@Work** — a series of community arts projects, including a massive 40'X200' art wall, with Peckham, Inc. and support from the Peckham Community Partnership Foundation (PCPF) and the Ford Motor Company Fund (FMCF).
- **Project Re-stART** — a public art project on Saginaw Highway with adjudicated youth from Peckham's Crossroads Program and Lansing's Riddle Elementary, with support from FMCF and MSUFCU.
- **Nuestros Cuentos** — a storytelling project with Latino youth and elders in collaboration with the Campus Assistance Migrant Program, Lansing Schools and MSUFCU.
- **The Ave** — a digital storytelling project about creative people living and working along the Michigan Avenue Corridor with support from the City of Lansing.
- **Our Voices Matter** — a collaborative poetry project that engages MSU students with homeless and near-homeless residents to create narrative poems about their lives, in collaboration with the the Lansing Financial Empowerment Center.
- **Art/PhotoVoice** — a project with the Refugee Development Center in which refugee capture their stories in photos and art.
- **Crossroads Peace Game** — a crisis simulation and arts project that challenges local adjudicated youth to solve regional problems with support from the PCPF.
- **Refugee Peace Building** — a program that engages refugee youth in storytelling and peace building simulations with support from MSUFCU.
- **Free Verse Arts** — a program that connects MSU students with adjudicated youth at the Ingham Youth Center and incarcerated individuals at the Ionia Correctional Facility to develop poetry and art zines documenting their lives.
- **Pop-Up Stories** — a mobile storytelling series with community members and organizations across Greater Lansing and in collaboration with WKAR.
- **The Poetry Center** — an RCAH-based center that hosts poetry events and workshops almost weekly across campus and the community.
- **Narrative Portraits** — a collaborative project with Peckham team members that produces narrative portrait posters, profile essays and audiotaped personal stories.

...projects that use the arts and humanities to affect positive social change...



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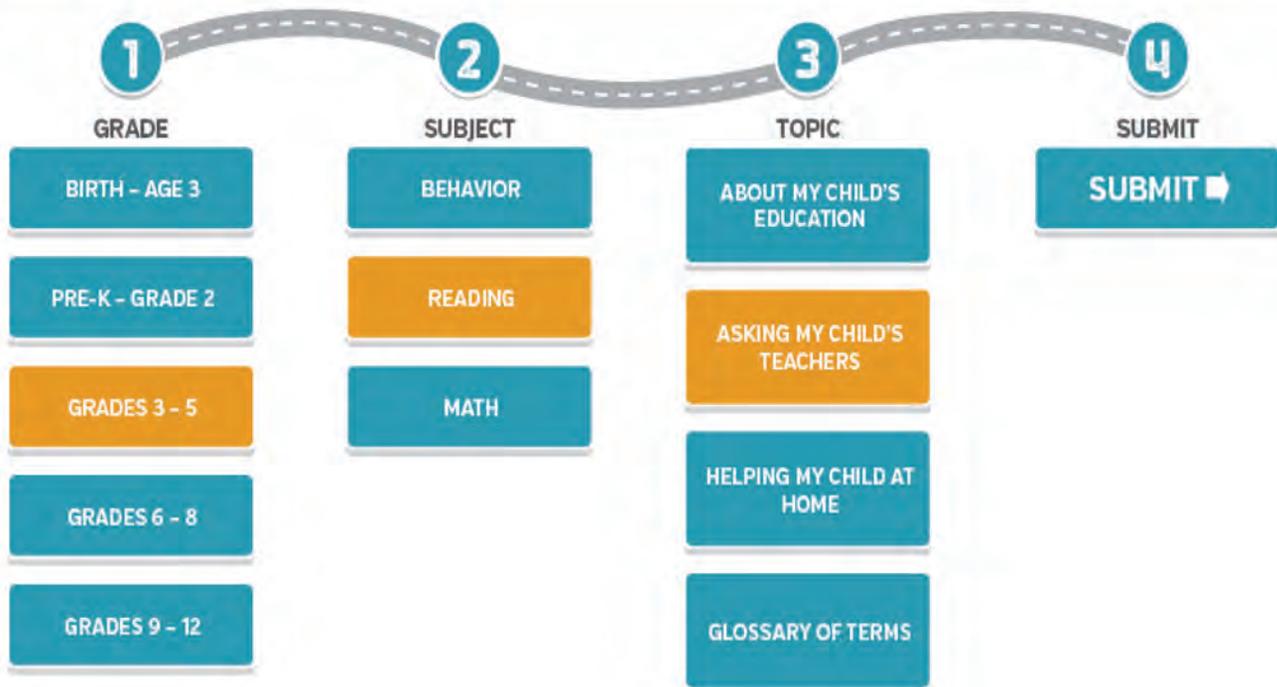


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¿Quién Soy Yo? Who Am I?

I am Alejandro Salais, and I was born and raised here in Lansing, Michigan where I live with my parents and two younger siblings.

I've been a student in the Lansing School District since kindergarten and I'm starting my senior year at Lansing Eastern High School. Being a student at Eastern has given me so many opportunities to grow as a person. For instance, I am an athlete, a varsity runner on the cross country team. Being a runner has helped me become a hardworking individual that can withstand the obstacles of life that come my way. It requires a mental toughness to run long distances, to push through mile to mile. To achieve that mental state, I give myself all every day at practice by doing the extra lap, by holding the plank position one second longer and by sprinting to the finish, because it's true when they say you play how you practice.

Along with athletics I'm also a musician. I play the piano and saxophone, but the trumpet is my primary instrument. My biggest inspiration for the trumpet was the mariachi music I grew up listening to in the car rides to school. Now I play "Las Mañanitas" for the birthdays of people in my family, especially for my grandparents Salais and Martinez.

I strive to be a leader. At school I've been selected by my peers and teachers to be senior class president and the section leader of the high brass in the marching band. To me, being a leader is not about authority and power. It's about being influential, helpful and leading by example. As class president I'm open-minded to hear the concerns of my peers and I encourage them to listen and be considerate of each other. As section leader, I show the section that there is a time and place for everything. There's a time to socialize and be playful, but when the drum majors blow their whistle everyone must stop what they're doing and wait for instructions.

Whether I'm a part of the cross county team, a student of the senior class, or a member of the band, I believe that success is gained when we all work together. I'm proud to be an Eastern Quaker.

Like everyone else, I'm still discovering who I am at every moment of my life.

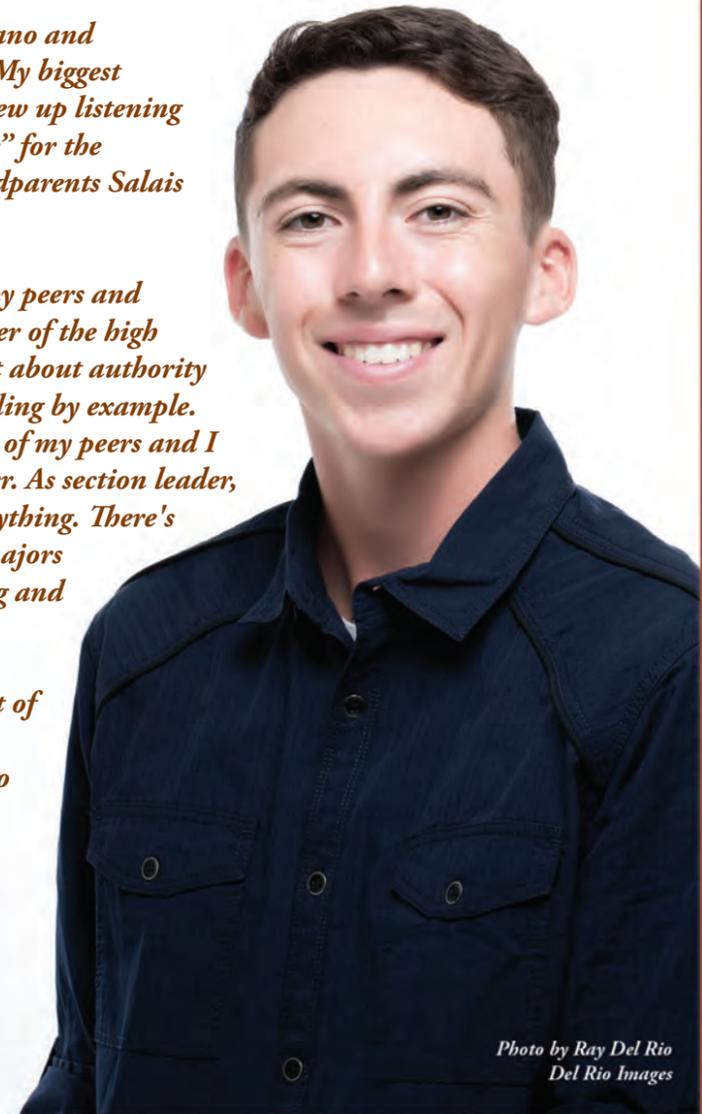


Photo by Ray Del Rio
Del Rio Images

From Packing House to Dental Office: *Dreams Can Come True*

By Tracy Hennekam
Telamon Workforce Development Specialist

Andreina was a seasonal farmworker who had also worked in meatpacking houses when she came to apply with Telamon's programs. She is a recipient of the Deferred Action for Childhood Arrivals (DACA) program, but had dropped out of Grand Rapids Community College because she couldn't afford the tuition and was not eligible for federal financial aid. She wanted to become a dental assistant because having braces helped her confidence a lot, and she wanted to help other people in the same way.



She found a 13-week program at Great Lakes School of Dental Assisting that her dentist had recommended to her, but she would need tuition assistance from Telamon in order to reach her goal. She qualified with us and was all set to start when she got into a car accident and totaled her car a few weeks before classes started. She was really lucky and wasn't injured, but she had to use all the money she had saved for school in order to buy a new car.

Luckily, Telamon was able to assist her even further by purchasing all her school supplies and covering all of her tuition, rather than just the portion we were originally going to pay.

Andreina was able to complete school and pass all of her exams and certifications. She loved it and couldn't wait to get started in a new job. After she finished school, she needed to complete a 60-hour externship before getting a job, so she took the initiative to find one. Her Workforce Development Specialist at Telamon had helped her create a resume, and one morning she got up early before her classes started. She took her resume to all of the local dentists' offices near her apartment, and by 2 p.m. that same day she had secured an externship at Aspen Dental! By the time she completed her externship, Aspen offered her a full-time job as a dental assistant making \$12 per hour with benefits.

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Historia de éxito: Andreina Sustaida

De la estación de empaque al consultorio dental:

los sueños pueden hacerse realidad

Por: Tracy Hennekam
*Especialista en Desarrollo Laboral I,
Telamon Workforce Development Specialist*

Andreina fue una trabajadora agrícola temporal que había trabajado también en empacadoras de carne cuando ella vino a solicitar en los programas de Telamon. Ella es una receptora del programa de acción diferida para personas llegadas en la infancia (DACA, siglas en inglés), pero dejó de ir al colegio ‘Grand Rapids Community College’ porque no podía pagar la matrícula y no era elegible para ayuda financiera federal. Ella quería convertirse en una asistente dental porque al usar frenillo dental le ayudó mucho a su confianza, y ella quería ayudar a otras personas de la misma manera.



Ella encontró un programa de 13 semanas en la escuela dental ‘Great Lakes School of Dental Assisting’ que su dentista le había recomendado, pero necesitaría ayuda de Telamon para pagar la matrícula y alcanzar su objetivo. Ella calificó con nosotros y estaba todo listo para empezar cuando ella tuvo un accidente automovilístico, destrozado su auto unas semanas antes de que las clases comenzaran. Fue muy afortunada y salió ilesa, pero tenía que utilizar todo el dinero que había ahorrado para la escuela con el fin de comprar un auto nuevo. Afortunadamente, Telamon pudo ayudarla aún más para la compra de todo su material escolar y que abarcara la totalidad de su matrícula, en lugar de sólo la porción que originalmente nosotros íbamos a pagar.

Andreina pudo terminar la escuela y pasar todos sus exámenes y certificaciones. Le encantó y no podía esperar para empezar en un nuevo trabajo. Después de haber terminado la escuela, necesitaba completar un externado de 60 horas antes de conseguir un trabajo, así que ella tomó la iniciativa para encontrar uno. Su especialista en desarrollo laboral de Telamon había ayudado a crear un curriculum, y una mañana ella se levantó temprano, antes de que sus clases comenzaran. ¡Ella entregó su curriculum a todas las oficinas dentales locales cerca de su apartamento, y a las 2 pm de ese mismo día había conseguido un externado en Aspen Dental! En el momento en que terminó su externado, Aspen le ofreció un empleo de tiempo completo como asistente dental, ganando \$12 por hora con beneficios.



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Rebecca is a first-generation college student, a scholarship recipient, and participates in LUCERO — a program that assists Latino students in developing exceptional academic, leadership and professional skills. After attending LCC, she plans to earn her bachelor's degree in Child Development at Michigan State University, and hopes to earn her master's degree for Speech Pathology.



Funding the Future

Opportunity

As the job market continues to change, the need for a college degree or valuable skills become more evident.

For many people, the first step toward earning a degree is attending a community college. Lansing Community College has consistently proven that it is one of the best places for students to start and continue their education in Michigan. This wouldn't be possible without the Lansing Community College Foundation.

Since its founding in 1957, Lansing Community College has grown to the third largest community college in Michigan with nearly 16,000 students enrolled annually. Students who attend Lansing Community College are exposed to a variety of courses at an affordable rate. With classes offered both on campus and online, students have the opportunity to schedule the classes that fit their schedule.

However, even with affordable rates, many students still struggle to pay for school. In order to help more students continue their education, the Lansing Community College Foundation works to award scholarships to deserving students who want to attend Lansing Community College.

"I knew I wanted to be someone in life, and I knew in the long run it was best to keep trying harder. I'd tell anyone: Never give up on whatever it is you want to do."

Rebecca Peña

Award

In 2014, the Lansing Community College Foundation awarded nearly 500 scholarships to students based on financial need, academic excellence and other success-oriented criteria. However, plenty

of deserving students were not awarded scholarships due to a lack of funds.

Invest

To award scholarships every year, the Lansing Community College Foundation relies on support from individuals, local businesses and alumni. By investing in students' futures, donors are also investing in their community. Scholarship opportunities draw more students to Lansing Community College and ensure that students in the Lansing area are given the opportunity to attend a higher education institution, which ultimately gives Lansing a more skilled workforce. Many of those students work, live and do business in the Lansing area— which strengthens Lansing's economy. Many Lansing Community College alumni live and work in Mid-Michigan.

By investing in the Lansing Community College Foundation, donors are investing in the future of Lansing.

A student's future can start with you.

Make a gift or learn more at lcc.edu/foundation.



Ingham County Health Department in the Community

By Rona Harris
Community Outreach Specialist
Ingham County Health Department



The Ingham County Health Department (ICHD) has the statutory responsibility to protect and promote the public's health. The Department has worked together consistently to meet the many public health needs of the community.

A great example of the Department's commitment to serve the community is its Ingham Community Health Center (ICHC) network of Federally-Qualified Health Centers. These FQHCs provide primary care services to our community's residents without regard to insurance status or ability to pay.

Our Programs and Services Help Make the Community Healthier

The ICHCs provide affordable, high-quality care to our county's residents through access to our many programs and services, such as:

- Primary care
- School-based health care
- Dental care,
- Pediatric/adolescent health care
- Chronic disease management
- On-site lab
- Infectious disease and HIV/STI prevention and care
- Immunizations
- Family planning
- Prenatal care
- Gynecology services
- Behavioral health care
- Nutrition counseling
- Health education



Health Center Locations in the Community

Our Ingham Community Health Centers are conveniently located for residents throughout Ingham County on CATA bus routes:

- Birch Health Center – 812 E. Jolly Road, Ste. 112, Lansing
- Cedar Community Health Center – 5303 S. Cedar St., Lansing
Child Health • Women's Health
- Eastern Health Center – 220 N. Pennsylvania Ave., Room 112, Lansing
- Forest Community Health Center – 2316 S. Cedar St., Lansing
Adult Health • Healthy Smiles Dental Care
- River Oak Community Health Center – 1115 S. Penn Ave., Lansing
- Sexton Health Center – 102 S. McPherson Ave., Lansing
- Well Child Community Health Center – 901 E. Mt. Hope, Lansing
- Willow Health Center – 306 W. Willow St., Lansing
- Mobile Dental Center

The **ICHD** and **ICHCs** continue to serve the community to make it a healthier place to live, work and play.

For more information about the programs and services of the Ingham County Health Department and Ingham Community Health Centers, or to contact us, go to: hd.ingham.org

Departamento de Salud del Condado de Ingham en la Comunidad

Por Rona Harris

Especialista en integración comunitaria, Departamento de Salud del Condado de Ingham



El Departamento de Salud del Condado de Ingham (ICHHD, siglas en inglés) tiene la responsabilidad legal de proteger y promover la salud pública. El Departamento ha trabajado constantemente para satisfacer las muchas necesidades de salud pública de la comunidad.

Un gran ejemplo del compromiso del Departamento de servir a la comunidad es su 'Ingham Community Health Centre' (red de centros de salud calificados federalmente) (ICHHC, siglas en inglés). Estos 'FQHCs' proporcionan servicios de atención primaria a los residentes de nuestra comunidad sin importar el estatus de seguro o capacidad de pago.

Nuestros programas y servicios ayudan a hacer la Comunidad más Saludable

Los ICHCs proporcionan atención accesible, de alta calidad a nuestros residentes del condado a través del acceso a nuestros muchos programas y servicios, tales como:

- Atención primaria
- Cuidados de salud basados en la escuela
- Cuidado dental,
- Atención de la salud de los adolescentes/pediátrico
- Gestión de enfermedades crónicas
- Laboratorio en el sitio
- Enfermedades infecciosas y la prevención y cuidado de 'ITS/VIH'
- Vacunas
- Planificación familiar
- Cuidado prenatal
- Servicios ginecológicos
- Salud del Comportamiento
- Asesoramiento sobre nutrición
- Educación para la salud

La ubicación de nuestros centros de salud en la comunidad

Nuestros centros de salud del Condado de Ingham están convenientemente ubicados para residentes en todo el condado de Ingham en las rutas de autobús 'CATA':

- Birch Health Center, 812 E. Jolly Road, Ste. 112, Lansing
- Cedar Community Health Center, 5303 S. Cedar St., Lansing
 - Child Health (niños)
 - Women's Health (mujeres)
- Eastern Health Center, 220 N. Pennsylvania Ave., Room 112, Lansing
- Forest Community Health Center, 2316 S. Cedar St., Lansing
 - Adult Health (adultos)
 - Healthy Smiles Dental Care (cuidado dental)
- River Oak Community Health Center, 1115 S. Penn Ave., Lansing
- Sexton Health Center, 102 S. McPherson Ave., Lansing
- Well Child Community Health Center, 901 E. Mt. Hope, Lansing
 - Willow Health Center, 306 W. Willow St., Lansing
 - Mobile Dental Center (centro dental móvil)



**“¿Quién soy?
Estoy tratando de averiguarlo.”
Jorge Luis Borges**

'ICHHD y ICHHC' continúan sirviendo a la comunidad para convertirla en un lugar más saludable para vivir, trabajar y jugar. Para obtener más información acerca de los programas y servicios del Departamento de Salud del Condado de Ingham y centros de salud de la comunidad de Ingham, o para ponerse en contacto con nosotros, vaya a: hd.ingham.org.

LEARNING AT SCHOOL SHOULDN'T END ONCE YOU'RE HOME

The Internet belongs in the home and can help provide knowledge and opportunities for your family. Internet EssentialsSM from Comcast brings affordable high-speed Internet home. You may qualify if your child is eligible for the National School Lunch Program.

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malec
Michigan Alliance For Latino Education And Culture



Dearly Departed = Queridos Difuntos

An Exhibit of Dia De Los Muertos Ofrendas

October 29, 2016 10 a.m. to 6 p.m.

October 30, 2016 Noon to 3 p.m.

Center For Engaged Inclusion
Gannon Building
Lansing Community College

Free Admission

Free parking in ramp

CAROL SIEMON
DEMOCRAT FOR PROSECUTOR

Working together with the community for fairness and equality, and to build a system that stops crime and provides justice for all

- Lawyer since 1981
- Over 11 years as an Ingham County Assistant Prosecuting Attorney
- Worked in all three branches of state government in policy, training, legislation, management and administration
- Investigated child welfare agencies, prosecuted domestic violence and sexual abuse, and work with the Michigan Race Equity Coalition

VOTE FOR CAROL SIEMON FOR PROSECUTOR ON NOVEMBER 8!!



FOR **PROGRESSIVE CHANGES**
IN THE CRIMINAL JUSTICE SYSTEM.

EL APRENDIZAJE ESCOLAR NO DEBERÍA TERMINAR CUANDO LLEGAS A CASA

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from Comcast

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02/16

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Hometown Pride...

We have it and so do you. Share your community pride and hold your next event or family gathering in Greater Lansing. Call the Greater Lansing Convention and Visitors Bureau for FREE help coordinating out-of-town guests. Let's show off our hometown pride!

1-517-377-1401
hkim@lansing.org

www.LANSING.org

Click... Browse... Plan...

- Calendar of Events
- Interactive Maps
- Book Rooms Online
- Get a Free Visitor Guide





Help is here for family caregivers in Michigan: the CARE Act.

About 1.3 million Michiganders are caring for older loved ones. These family caregivers bear a huge responsibility. Fortunately, there's a new law, called the CARE Act, that will provide them with support.

To learn more about the CARE Act, visit action.aarp.org/MICAREAct

Llegó ayuda para las personas que cuidan de un ser querido en Michigan: la ley CARE.

Alrededor de 1.3 millones de residentes de Michigan cuidan de un ser querido. Estos cuidadores familiares tienen una gran responsabilidad. Afortunadamente, existe una nueva ley, llamada ley CARE, que les brindará apoyo.

Para conocer más sobre la ley CARE, visita action.aarp.org/CuidadorsMI



Lansing
Pathway Promise

Bond Progress Loading...



After the much-appreciated support by our Lansing community on May 3rd in support of the Lansing Pathway Promise Bond Proposal, we got right to work on the projects! Here are a few of the updates:



Bond Steering Committee

We established a Bond Steering Committee that meets every other week to review the plans for each phase of the bond projects. Members of this Committee include representatives from C2AE (architects) and Christman (construction company) as well as Board President, Peter Spadafore and Board Trustee Bryan Beverly. Also on the committee from the district are Teresa Szymanski, Todd Coe, Jon Laing, Mark Coscarella, Eldon McGraw and Yvonne Caamal Canul.



Developments at Eastern

- The design-development process for the new Eastern High School will begin in early 2017 but construction will not begin until a year later. The design process includes focus groups and input sessions from stakeholders. The students currently attending Pattengill will move over to their new school right across the street (Pattengill/Fairview) leaving the "old" Pattengill empty while major construction is underway.
- The new Eastern High School anticipated opening date is the fall of 2019!



Board Facilities Committee

A Board Facilities Committee was established and meets once a month to be apprised on the progress of the bond and send major expenditure requests to the full board. This committee will also review the status of all facilities in the district and make recommendations to the Board of Education. Also on the committee are: Board Treasurer Rodgers, Trustee Lopez, Director of Operations Jon Laing, and Teresa Szymanski, Chief of Operations.



Timeline

- A schedule has been developed for designing several projects that will begin now through the end of the calendar year. The first set of schools on the schedule for security and technology upgrades are: Forest View, Mt. Hope, Lyons, Riddle, Averill, Cumberland, Willow, Sheridan Road, and Gier. Bids will be processed in the early part of 2017 and installation will begin in the spring of 2017.
- Keep in mind that the entire bond project will continue through 2021.



Fairview (New Pattengill) Design

C2AE has met with focus groups from Pattengill and Fairview to solicit input from stakeholders on what the new Pattengill/Fairview school will look like. A conceptual plan has been developed and shared with the Bond Steering Committee and has been presented to the Board Facilities Committee. Shovels in the ground are anticipated for April of 2017 for the new Pattengill/Fairview! Students will be in their new classrooms in fall of 2018!



For More Information

A special area of the Lansing Pathway Promise website will be established to communicate updates on the various bond projects. Visit www.lansingpathwaypromise.net for more information!

This is such an exciting time for the district and community!
Stay tuned for more updates as they evolve.





Bond Progress Loading...

¡Después del tan apreciable apoyo de la comunidad de Lansing el 3 de Mayo, en apoyo a la propuesta de inversión "Pathway Promise Bond Proposal" de Lansing, empezamos a trabajar en los proyectos! Aquí están algunas de las actualizaciones:



Comité de Control de Vinculación

Establecimos un Comité de Control de Vinculación que se reúne cada semana para revisar cada fase de los proyectos de vinculación. Los miembros de este comité incluyen a representantes de C2AE (arquitectos) y Christman (compañía constructora), así como al Presidente del Consejo, Peter Spadafore y al Fideicomisario del Consejo, Bryan Beverly. También en el Comité del distrito se encuentran Teresa Szymanski, Todd Coe, Jon Laing, Mark Coscarella, Eldon McGraw e Yvonne Caamal Canul.



Desarrollos en Eastern

- El proceso de desarrollo del diseño para la nueva preparatoria de Eastern iniciará a principios de 2017, pero la construcción no iniciará hasta un año después. El proceso de diseño incluye a los grupos principales y sesiones de introducción de interesados. Los estudiantes que asistan actualmente a Pattengill serán trasladados a su nueva escuela justo al otro lado de la calle (Pattengill/Fairview), dejando vacía la "vieja" Pattengill mientras la construcción principal esté en curso.
- ¡La fecha de inauguración de la nueva preparatoria de Eastern será en otoño de 2019!



Comité de Vinculación de Servicios

Se estableció un Comité de Vinculación de Servicios y se reúne una vez al mes para ser informado sobre el progreso del vínculo y enviar una solicitud de gasto a todo el Consejo. Este comité también revisará el estado de todas las instalaciones del distrito y hará recomendaciones al Consejo de Educación. También en el Comité se encuentran: Consejero del Tesoro Rodgers, Fideicomisario Lopez, Director de Operaciones Jon Laing, y Teresa Szymanski, Jefa de Operaciones.



Cronograma

- Se ha desarrollado un cronograma para el diseño de diversos proyectos que iniciarán a partir de ahora y hasta fin de año. El primer grupo de escuelas en el cronograma para mejoras en seguridad y tecnología son: Forest View, Mt. Hope, Lyons, Riddle, Averill, Cumberland, Willow, Sheridan Road, y Gier. La adjudicación será procesada a principios de 2017 y la instalación iniciará en la primavera de 2017.
- Tenga en cuenta que el Proyecto completo de vinculación continuará a lo largo de 2017.



Diseño de Fairview (Nuevo Pattengill)

C2AE se ha reunido con los principales grupos de Pattengill y Fairview para solicitar el ingreso de interesados en cómo se verá la nueva escuela Pattengill/Fairview. Se ha desarrollado un plan conceptual que se ha compartido con el Comité de Control de Vinculación, y ha sido presentado al Comité de Vinculación de Servicios. ¡Se iniciarán los trabajos para la nueva Pattengill/Fairview en abril de 2017! ¡Los estudiantes estarán en sus nuevos salones de clase en otoño de 2018!



Para más Información

Se establecerá un área especial en la página web de "Lansing Pathway Promise" para comunicar las actualizaciones de los diversos proyectos de vinculación. ¡Visite www.lansingpathway-promise.net para más información!

¡Es una época muy emocionante para el distrito y la comunidad!
Esté pendiente de más actualizaciones mientras vayan desarrollándose.



L·S·E·A

Congratulations

2016 LSEA Retirees!

Thank you for your service to the Lansing School District.

On June 15th, LSEA retired members and honored guests gathered at the Kellogg Conference and Event Center to celebrate the careers of these distinguished educators.



2016 RETIREES

Sue Abent, Catherine Abood, Jim Allen, Joni Baker, Gary Barager, Bruce Bower, Carrie Brady, Susan Brundage, Clyde Darden, Sandra Destrempe, Cherie Drake, Kim Duncan, Bobbi Essenmacher, Dawn Fields, Margaret Goldstein, Eric Hartley, Michele Jarvis, Joene Katchinsky, Spencer Kinney, Mary Knighten, Geneva Martin, Michael McCann, Linda Mondol, Debbie Muth, Cindy Rubio, Ray Rubio, Pamela Schafer-Brown, Joseph Seaton, Kristy Seibold, Kathy Skipper, Lori Speilman, Rita Stanton, Ann Stumpos, Sandra Tekin, James Toby, Jeff Tomboulion, Thomas Yarrell and Judy Zick.



"I am Joaquin"
by *Rudolfo Corky Gonzalez*

Chuck Alberts, LSEA President
Holly Daniels, LSEA Vice-President
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UNIVERSITY

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Connecting university knowledge with community knowledge in mutually beneficial ways

La conexión del conocimiento universitario con conocimientos de la comunidad de una manera mutuamente beneficiosas

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health. care.
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There's a place where advanced medicine meets unparalleled compassion. Where people are just as valuable as the latest breakthrough. Where you don't have to leave your community to find doctors and nurses who treat you, and treat you well.

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GREATER LANSING

salud. cuidado.

Tomamos ambos seriamente.



Existe un lugar donde la medicina avanzada se encuentra con la compasión sin igual. Donde la gente es tan valiosa como la invención más moderna. Donde no tiene que dejar su comunidad para encontrar doctores y enfermeros que lo traten, y lo traten bien.

Cuidado más allá del cuidado.

mclaren.org/lansing

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GREATER LANSING



LANSING LATINO HEALTH ALLIANCE

construyendo puentes para una mejor salud
building bridges toward better health

We Are LLHA!!

The Lansing Latino Health Alliance, founded in 2003, includes community citizens committed to help carry out a mission and to implement a vision:

- ✓ **We are the premier advocacy group for**
 - Improving the health status of Latinos/Hispanics in the Greater Lansing area
 - Reducing health disparities and inequities

- ✓ **We foresee the day when Latinos/Hispanics**
 - Have a voice on health issues and policies affecting them
 - Can access quality, culturally relevant healthcare without inequities
 - Are empowered and knowledgeable healthcare consumers
 - Enter healthcare fields in increased numbers and skill levels

- ✓ **LLHA implements its mission in multiple ways**
 - Testifying on health care and health disparities among Latinos to the Michigan Civil Rights Commission and the House Standing Committee on Health Disparities
 - Disseminating information on what is needed to improve health services for Latinos
 - Sponsoring informational fairs, seminars and presentations for the Latino community
 - Providing informational presentations on cultural matters for staff at Lansing hospitals
 - Maintaining an active LLHA FaceBook page and website with current health information
 - Collaborating with local organizations and partner alliances on health issues or projects

SAVE THE DATE

SAVE THE DATE

HEALTH FAIR
Sunday, October 9, 10:00-2:00
Cristo Rey Church of Lansing

FREE:

Health screening
Blood Pressure
Sugar levels

FREE:

Dental Check Up
Presentation on Women's Health,
Directed Exercise Demonstration
And more. . .



LANSING LATINO HEALTH ALLIANCE

construyendo puentes para una mejor salud
building bridges toward better health

¿Quiénes somos? ¡LLHA!!!

La Alianza Latina de Lansing para la Salud, establecida en 2003, incluye personas de la comunidad comprometidas a ayudar en la realización de una misión y una visión:

- ✓ **Somos el grupo número uno que aboga por:**
 - Mejorar el estado de salud de los latinos en el área de Lansing
 - Reducir disparidades de salud e injusticias
- ✓ **Prevedemos el día en que los latinos:**
 - Tengan una voz en asuntos de salud y políticas que los afecten
 - Tengan acceso a atención médica de calidad y sin desigualdades
 - Sean consumidores del cuidado médico con poder y conocimiento
 - Sean parte de campos de cuidado médico en números ascendientes y nivel de habilidades
- ✓ **LLHA realiza su misión en distintas maneras:**
 - Aboga por cuidado médico y la reducción de injusticias ante comisiones de la Oficina de Derechos Civiles y de la Cámara Legislativa
 - Informa sobre lo que se necesita para mejorar el servicio de salud para latinos
 - Patrocina seminarios, presentaciones, y ferias de salud para la comunidad latina
 - Da presentaciones sobre temas culturales para el personal de los hospitales de Lansing
 - Proporciona información actual sobre salud en su página web y en FaceBook
 - Colabora con varios grupos y alianzas locales sobre temas y proyectos de salud

RESERVE LA FECHA

RESERVE LA FECHA

FERIA DE SALUD
Domingo, 9 octubre, 10:00-2:00
Iglesia Cristo Rey de Lansing

GRATIS:

Revisión médica
Presión sanguínea
Niveles de glucosa

GRATIS:

Examen dental
Presentación sobre la salud de mujeres
Demostración dirigida de ejercicio
Y más. . .

¡ADELANTE felicita y apoya a LLHA por su visión y trabajo!



THE WHEELS ON THE BUS GO ROUND & ROUND

JUMP START YOUR DAY

Consistent breakfast consumption is linked to better attendance and better classroom behavior and vigilance, which facilitates learning. Breakfast and Lunch is available every school day at no cost to all students enrolled in Lansing School District. Each day a whole wheat grain item, fruit, juice, and low-fat milk is available to students. At secondary schools breakfast is served in the cafeteria while at elementary schools breakfast is offered in the classroom also known Breakfast in the Classroom (BIC).

BIC only takes 10-15 minutes for the students to eat. It can be counted as instructional time for teachers by using this time to take attendance, collect homework, deliver announcements or read to the class.



Breakfast Fun Facts

1. Consuming breakfast helps improve children's nutrient intake.
2. Breakfast intake is associated with lower body weight in children.
3. Studies show that consuming a healthy breakfast is one of the best ways to fuel a child's brain and positively impact their academic performance.
4. Children who don't have breakfast get sleepy at school, have a harder time paying attention, and tend to eat more junk food later in the day.
5. Breakfast affects more than direct learning; it also impacts behaviors surrounding learning in the classroom environment.

SUMMER FOOD SERVICE

During the summer months SodexoMAGIC sponsored meals for summer programs throughout Lansing area. A total of 55 sites participated in this years Summer Food Service Program, an increase of 20 sites from the previous year.

To increase participation during the summer months we participated in multiple community events. We helped host the annual Lansing Juneteenth celebration by providing food for all children 18 and under that attended the event. We assisted the United Dairy Industry of Michigan in hosting a meet and greet with two time Olympic gold medalist Lindsey Tarpley. Tarpley met with children at the Westside YMCA to answer questions, autograph items, and take pictures with guest.

MOBILE FEEDING

Nearly one in four Michigan children go to bed hungry every night. SodexoMAGIC along with other organizations teamed up with the YMCA in designing a Healthy Living Mobile Kitchen that will serve meals and snacks to children throughout the tri-county area. The Mobile Kitchen will also benefit the community by educating members on childhood obesity and hunger.



YMCA of Metropolitan Lansing's Healthy Living Mobile Kitchen

We helped assist in the bus design layout, ordering of equipment and donating funds. What was once a used school bus has now been retrofitted into a stylish Mobile Kitchen. All interior seats were removed and replaced with a stove, three compartment sink, refrigerators, counter space, and an inviting seating area.

On August 11, 2016 a press conference was held to announce the launch of the Mobile Kitchen. Many community leaders and organizations attended to learn how this project will greatly impact youth in the community.



Inside the Mobile Kitchen

FRESH FRUIT & VEGETABLE PROGRAM

The Fresh Fruit and Vegetable Program (FFVP) is a federally funded program providing fresh fruits and vegetables to students during the day at specific schools. Last year, five Lansing School District schools received the grant. The program has expanded to seven Lansing schools and FFVP funds for the district have increased by \$12,600 from last year. Below is a list of Lansing schools participating in the FFVP and the allocated amounts.

Kendon School	\$8,750
Mt. Hope School	\$11,600
North School	\$27,050
Reo School	\$9,450
Willow School	\$7,800
Cavanaugh	\$12,000
Fairview	\$11,000



The goal of the FFVP is to improve student's overall diet and create healthier eating habits to impact their present and future health. Teaching kids the importance of healthy eating habits is something they will always remember.

The FFVP will help schools create healthier school environments by providing healthier food choices and expanding the variety of fruits and vegetables being offered.

Different produce offered from the FFVP includes cucumber slices, zucchini, honeydew chunks, and grape tomatoes.

CATERING



SodexoMAGIC's catering service, Flavours, offers a catering menu with a variety of options to please every pallet. We can cater large banquet dinners of 300 plus guests to small meetings of 10 guests and everything in between. Choose from a classic taco and salad bar to stir-fry and breakfast buffets. The Flavours catering team is prepared to deliver outstanding presentation, exquisite food and remarkable service.



Our catering services are available to all Lansing School District employees. If you have an event, meeting or celebration that needs food, Flavours catering is the way to go! Make it easier on yourself by leaving the food set-up and clean-up to us, we've got you covered!

For a catering menu and order form visit <https://lansingsd.sodexomyway.com/>. Orders need to be placed at least 48 hours before your desired catering date.

UPCOMING EVENTS

Holiday Hope

Lansing will be hosting the 2nd annual Holiday Hope event for the Lansing community. The event is tentatively scheduled for Sunday, November 20, 2016. SodexoMAGIC will be one of the many organizations partnering with the Magic Johnson



Foundation and Feed the Children to provide meals, toys, and personal items to families in need. In 2015 the event was held in Detroit and Lansing, nearly \$1 million were donated to families

in the Detroit and Lansing area.

A to Z Salad Bar

During the month of March each elementary school will be participating in our A to Z Salad Bar. Which introduces students to new produce items that start with each letter in the alphabet. Students get the opportunity to see, touch, smell, and taste a variety of produce during lunch.

Future Chefs Challenge

Next year's Future Chefs Challenge is tentatively scheduled for Tuesday, March 7, 2017. The Challenge invites all Lansing School District K-5 students to submit a healthy recipe. The top recipes will be chosen and those students will compete in the live competition where they will make their recipe and present it to a panel of judges.



SodexoMAGIC Lansing Office

5815 Wise Road, Lansing, MI 48911

(517) 755-2750



Bringing FastCare to Lansing

Sometimes a hospital emergency room or Sparrow Urgent Care facility isn't the most convenient option for health care concerns, particularly when you're experiencing a minor illness like an ear infection or cold symptoms.

Sparrow is proud to offer mid-Michigan residents a revolutionary new concept in fast, convenient access to high quality health care: FastCare.

The Sparrow FastCare clinic at the DeWitt Meijer opened recently. The new clinic inside the Meijer store at 12821 Cross Over Drive, DeWitt, is only the second of its kind in the mid-Michigan region, offering basic medical care inside a convenient retail location— when and where patients need it most. Sparrow opened the first FastCare clinic at the Okemos Meijer in May. In addition to the Meijer sites, there are two other Sparrow FastCare locations in Frandor and downtown Lansing.

FastCare offers prompt walk-in treatment for common, non-life threatening conditions, such as minor injuries and infections, and is a more affordable option for basic medical services than a hospital emergency room or urgent care clinic. Care is offered on a first-come/first-served basis. Patients can fill prescriptions at the Meijer pharmacy conveniently located on site or at the pharmacy of their choice.

Care is provided by Sparrow nurse practitioners and physician assistants. But, you don't have to be a Sparrow patient — just someone who wants exceptional care without the wait.

More FastCare facts

- *Treatment for minor injuries and illnesses such as allergies, cold and flu symptoms, bladder and ear infections and minor burns and rashes.*
- *Patients must be 18 months or older. Some age restrictions apply for select services.*
- *FastCare accepts most insurances — co-pays apply.*
- *High-deductible plan or no insurance? Most visits are just \$69. Only Sparrow offers this level of care at such an affordable price.*
- *Other services include routine camp and sports physicals, vaccines, TB skin tests and free blood pressure checks.*
- *Sparrow FastCare locations at Frandor, Okemos Meijer and DeWitt Meijer are open 8 a.m. to 8 p.m. every day except Christmas.*
- *Sparrow FastCare in downtown Lansing offers lab services and is open Monday through Friday from 8 a.m. to 5 p.m.*

For emergency care, on-site X-rays, stitches or treatment for broken bones, please visit a Sparrow urgent care or a Sparrow emergency room. Learn more at Sparrow.org/FastCare.

Choose wisely.
Choose Sparrow.



Trayendo 'FastCare' en Lansing

A veces a una sala de emergencias de un hospital o centro de atención de urgencias de Sparrow no es la opción más conveniente para problemas de salud, especialmente cuando está teniendo una leve enfermedad como una infección de oído o los síntomas de resfriado.

Sparrow se enorgullece en ofrecer a los residentes del centro de Michigan un nuevo y revolucionario concepto en un acceso rápido y conveniente para el cuidado de salud de alta calidad – 'FastCare'.

La clínica 'FastCare' de Sparrow, en la tienda Meijer en DeWitt, abrió recientemente. La nueva clínica dentro del almacén Meijer en 12821 Cross Over Drive, DeWitt, es sólo el segundo de su tipo en la región del centro de Michigan, ofreciendo atención médica básica dentro de la conveniente ubicación de la tienda-cuando y donde los pacientes más lo necesitan. Sparrow abrió la primera clínica 'FastCare' en Meijer de Okemos en mayo. Además de los sitios de Meijer, hay otras dos ubicaciones de 'FastCare Sparrow' en Frandor y el centro de Lansing.

'FastCare' ofrece tratamiento rápido sin hacer cita, por afecciones comunes, no mortales, como lesiones menores e infecciones, y es una opción más accesible para los servicios médicos básicos que en la sala de urgencias de un hospital o clínica de atención urgente. Se les atiende según vayan llegando. Los pacientes pueden surtir recetas médicas en la farmacia de Meijer, convenientemente ubicada en el mismo sitio o en la farmacia de su elección.

La atención es proporcionada por enfermeros y asistentes médicos de Sparrow. Pero usted no tiene que ser un paciente de Sparrow - sólo alguien que quiere atención excepcional sin tener que esperar.

Más datos de 'FastCare'

- *Tratamiento de lesiones y enfermedades menores, tales como: alergias, síntomas de resfriado y gripe, infecciones en el oído y en la vejiga, y pequeñas quemaduras y erupciones cutáneas.*
- *Los pacientes deben tener 18 meses o más de edad. Algunas de las restricciones de edad se aplican para seleccionar los servicios.*
- *'FastCare' acepta la mayoría de seguros – aplica copago.*
- *¿Plan de deducible alto o sin seguro? La mayor parte de las visitas son de solamente \$69. Sólo Sparrow ofrece este nivel de atención a un precio accesible.*
- *Otros servicios incluyen exámenes médicos de rutina para campamentos y deportes, vacunas, pruebas cutáneas de la tuberculosis, y revisión de presión sanguínea gratuita.*
- *'FastCare' de Sparrow en Frandor, Meijer en Okemos, y Meijer en DeWitt están abiertos de 8 a.m. a 8 p.m. todos los días excepto el día de Navidad.*
- *'FastCare' de Sparrow en el centro de Lansing ofrece servicios de laboratorio y está abierta de lunes a viernes de 8 a.m. a 5 p.m.*

Para la atención de emergencia, rayos X, suturas, o tratamiento de fracturas de huesos, visite la sala de atención urgente o la sala de emergencias de Sparrow. Más información en Sparrow.org/FastCare.

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"I have always believed in myself, even as a young child growing up in Louisville, Ky.

Mohammad Ali





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Patients must be 18 months or older. Some
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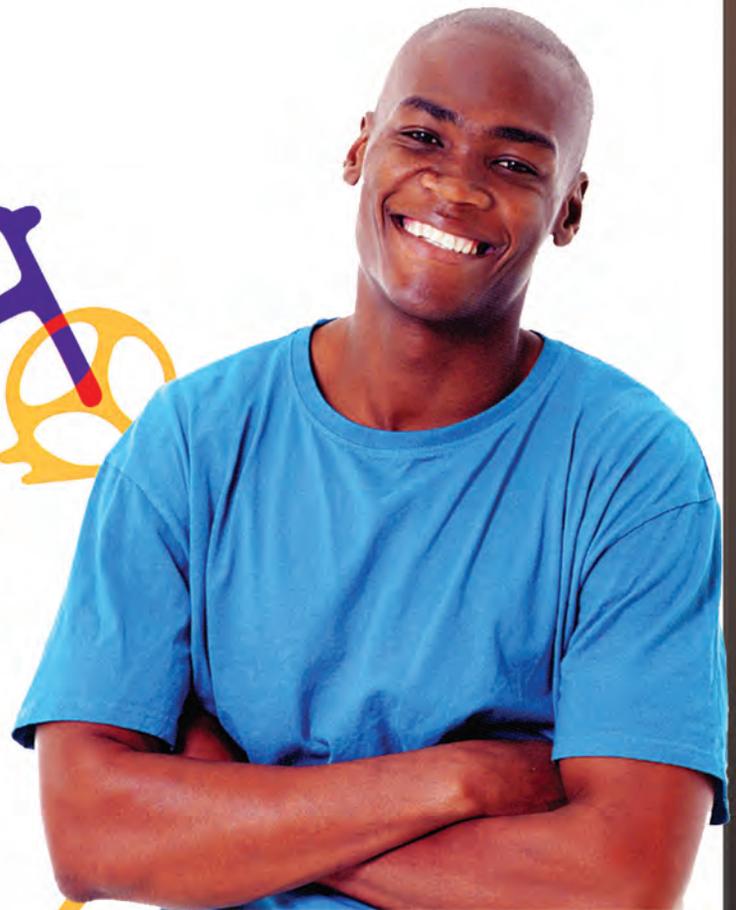
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Since its inception in 2008 the Lansing Board of Water and Light's 1st S.T.E.P. (School to Training and Employment Program) has graduated 87 students, hired over 15 students in permanent full-time positions and awarded over \$130,500 in scholarships to Lansing Community College.

BWL has been the recipient of numerous awards for this demand-driven and work-based learning program, including the Capitol Area Michigan Works Prosperity Award in 2014.

Students interested in participating in this paid employment and scholarship opportunity must pick up the application by attending the mandatory 1st S.T.E.P. Student and Parent/Guardian Orientation Session on Thursday, Sept. 15, 2016, from 6-8 p.m. at the BWL REO Depot, 1201 S. Washington Avenue, Lansing, MI.

Student Application Eligibility Criteria

- High School senior, attending a local school and residing in the BWL service territory*
- Age 17 by January 1, 2017
- Overall GPA of at least a 2.0
- Future plans to live and work in the Greater Lansing Area
- Plans to pursue post-secondary education and training in skilled trades beyond high school
- Able to work up to 4 hours during the school day (ending by 3:30 pm) in the school co-op/internship program.
- Be drug free
- Have reliable transportation (ability to get to work at your scheduled time)
- Be dependable and hardworking

What's Next? Get started!

Contact one of the following:

- *Your school counselor*
- *Scott Miller at (517) 930-3936*
- *BWL 1st S.T.E.P. Coordinator at (517) 702-6252*

Please visit our website: lbwl.com or LBWL 1st S.T.E.P on Facebook: facebook.com/BWL1stSTEP.

New this year, BWL will hire 12 students to fill as many as ten different jobs ranging from a Coal Cleaner to a Water Production Helper. All positions pay \$10 per hour. In addition, students earn a \$1,500 scholarship to Lansing Community College, upon meeting graduation and completion of program requirements. All positions will be available for digital viewing in September by visiting our Facebook page:

facebook.com/BWL1stSTEP

*"I am the person
I know best."
Frida Kablo*



The Lansing Board of Water and Light's 1st S.T.E.P. has graduated 87 students, hired over 15 students in permanent full-time positions and awarded over \$130,500 in scholarships...



LANSING **BWL** 1ST S.T.E.P.

This year's 1st STEP students include — clockwise — Henry Gillengerten, Plant Production Helper (Waverly High School); Mikailah Jackson, Coal Cleaner (Waverly High School); India Nobles, Customer Service Representative (East Lansing High School); Stephen Hale, IT Helper (Eastern High School); and Dalton Bailey, Operator D (Eastern High School).





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GENERAL ELECTION

Tuesday, November 8, 2016

Polls are Open from 7 a.m. to 8 p.m.



Want to vote from home?

Absentee ballot applications are available for City of Lansing residents

- On the web at www.lansingmi.gov/clerk or
 - By calling 517-483-4133 or
- Visit us at Lansing City Hall, 124 W. Michigan, 9th Floor, or
- Visit us starting on October 3 at the South Washington Election Unit, 2500 S. Washington

www.lansingmi.gov/clerk Office (517) 483-4133
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Martes, 8 de noviembre

Casillas abiertas de 7 a.m. a 8 p.m.

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- En el sitio www.lansingmi.gov/clerk o
 - Llame al 517-483-4133 o
- Visítenos en 'Lansing City Hall' – 124 W. Michigan, 9o piso.
- Visítenos empezando el 3 de octubre en 'South Washington Election Unit' 2500 S. Washington



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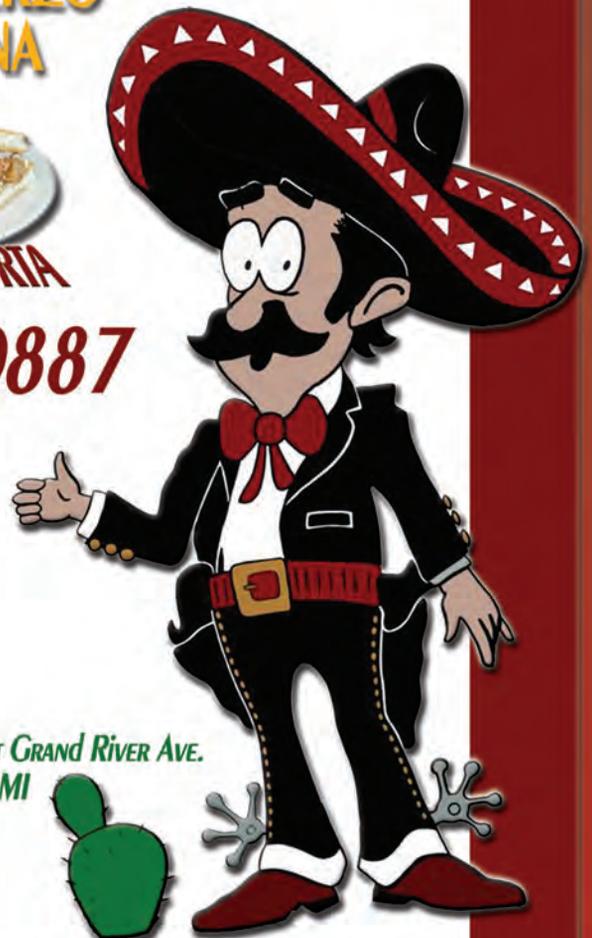
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Who is DRM?

Steve and Re'Shane Lonzo are entrepreneurs in their own right. The Lonzos started DRM Genesis Home Healthcare Providers (DRM) in 2002 with one client and one employee. They started DRM with their own funds, chasing a desire to become business owners that would allow them to give back to their community. Fourteen years later, their staff has grown to over 50 employees that are ensuring the safety, privacy and dignity of over 45 homecare clients.

DRM specializes in care for traumatic brain injury and spinal cord injury patients and patients in various stages of Alzheimer's and dementia

DRM specializes in care for traumatic brain injury and spinal cord injury patients and patients in various stages of Alzheimer's and dementia. The Lonzos own two state-licensed adult foster care homes providing specialized residential care for individuals with mental disabilities, and they also own DRM International Learning Center, a full service health care learning facility licensed by the State of Michigan. Programs there include Phlebotomy Technician, Certified Nursing Assistant, Hospice & Palliative Care, Dementia & Alzheimer's and Medication Administration.

Though Mr. Lonzo, a Western Michigan University Graduate, is a well-respected Administrator with the Lansing School District for more than 18 years, he continues to be a strong source of support and encouragement for his wife. Re'Shane is a graduate of Michigan State University (May of 1995). She holds a Master of Business Administration from Northwood University (December 2011) and is currently pursuing a Doctorate Degree in Organizational Leadership at Grand Canyon University – Arizona. Together they have four children: David 28, De'Anna 21, Sydney 4 and Skylar.

“DRM is about community. DRM is about a dream that became reality with a lot of hard work and a commitment to provide the best home medical services and training to the community that we live, work and play in. Steve and I have come a very long way and nothing was handed to us. Steve is from Gary, Indiana and I am from the south side of Detroit. We both had challenging experiences as youth growing up in these environments but we had mentors—people who believed in us and poured efforts into us, and that is what we do today to the youth in our community. That is what DRM is about... community.”

By Re'Shane Lonzo



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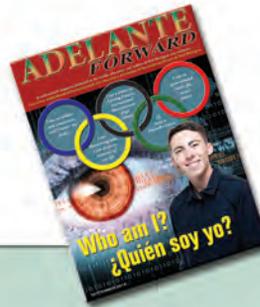
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Betty Underwood

José at Twenty

At birth, my roots are strong;
Running deep into the Soil
Where my parents work.
My feet raise me above the soil and the weeds.
So small, yet I walk the fields of this country.
So little, yet I already see the pained hands
of my parents and siblings
who carry me from winter to summer.

I was five years old.
I remember my pants
And my torn shirt as I battled the sun.
Both of us would rise daily about the same time;
So alone I would be with the soil on my body
At the close of the day.
Oh, Sun, I bless you;
You were a good friend.
My labor was difficult,
My work day was hard.
The years of my infancy, a field of cucumbers
And a poor shack.

My parents decided to stay in the city
After that summer.
On that September 6
In changing my name,
They converted me from José to Joe.

I am now twenty years old,
And I consider my past
And I look at my siblings.
José, José shouts my blood
José, José screams my race.

*By Dr. Nino Rodriguez, 1974
Translated from the Spanish by Dr. George Mansour*

*“I love you not for whom you are,
but who i am when i'm by your side.”
Gabriel García Márquez*

*“Yo soy yo y mi circunstancia.”
“I am I and my circumstance”
José Ortega y Gasset*

José a los veinte años

Mis raíces son fuertes al nacer
se clavan en la Tierra
do mis padres trabajan.
Mis dos pies me levantan
del suelo y la maleza,
Tan pequeño y camino
de este país los campos.
Tan pequeño y ya veo
de mis padres y hermanos
de dolor las manos
que me llevan del invierno al verano.

Cinco años yo tenía,
mi pantalón recuerdo
y mi camisa rota al Sol le competían.
Los dos nos levantábamos hacia la misma hora,
tan solo yo quedaba
con la tierra en el cuerpo al terminar el día.
Oh, Sol, yo te bendigo,
tú fuiste un buen amigo.
Duro fue mi trabajo,
dura fue mi jornada.
Los años de mi infancia un campo de pepinos
y una choza muy mala.

Mis padres decidieron
quedarse en la ciudad
después de aquel verano.
Aquel seis de septiembre
mi nombre me cambiaron
y de José en Joe me convirtieron.

Hoy ya tengo veinte años
y miro mi pasado
y miro a mis hermanos.
José, José grita la sangre.
José, José grita la raza.

por Dr. Nino Rodriguez, 1974

*“¿Quién soy?
Estoy tratando de averiguarlo.”
Jorge Luis Borges*

The Latino Statewide Summit on Media

by Eileen Stefansky & Dr. Rubén Martínez, Ph.D.

The Latino Statewide Summit on Media and Latinos: Overrepresentation and Underrepresentation took place on Friday, July 15th. The summit featured key-note speakers Efrain Gutiérrez, pioneer Chicano filmmaker and actor, and Alex Nogales, President and CEO, National Hispanic Media Coalition. The daylong event consisted of panels on Spanish-language radio and newspapers and mainstream media.

The summit's title emphasized the low numbers of Latinos employed by the mainstream media and the overrepresentation of Latinos in the media's use of negative stereotypes.

Each presenter highlighted ways by which they serve their respective communities and how the mainstream media could better serve Michigan's Latino and Chicano populations. By the end of the summit, four key points had been made relative to the mainstream media: They should expand their focus to include the successes of Latinos, Latinos are needed onscreen and offscreen in film and television, the Latino community must become the force of change, and the

media should address the information needs of the Latino population.



Speakers were adamant that mainstream media should focus on the successes of the Latino population and end the negative stereotyping of Latinos they perpetuate in society. Panelists recommended highlighting the contributions and achievements of Latinos, including the contributions they

make to communities and the economy. Telling the real-life stories of Latino success would go a long way to dispel the negative stereotypes so common in movies, advertisements, and television programs. Too often Latinos and Latinas are depicted through a handful of characters, such as tomato pickers, bandits, prostitutes, and drug lords. Presenters at the summit agreed that it is time that the media accurately present how Latinos come from all walks of life and are as capable in any position as other Americans.

To address the need for a greater Latino presence in the media the summit speakers supported mentoring. For many panelists, the purpose of mentoring is to provide Latinos and other minorities with positive learning experiences that lead to productive careers. Additionally, support for Latino filmmakers ensures that their views will be seen and Latino creativity demonstrated. Through the use of Latino mentees, actors, and film writers, the voice and unique perspectives of Latinos will be shared with the general public.

Speakers agreed that Latinos must become a force of change or the media will not change.





Latinos in positions of leadership in the community as educators, business owners, media operators, and as politicians must take it upon themselves to inform the mainstream media of their shortcomings relative to Latinos. Local Latino communities should establish Advisory Committees that meet with editorial boards of newspapers to inform them of how well their media represent Latinos. A related and important issue is the need to make media available in both English and Spanish, especially during periods of crisis.

Finally, media should address the information needs of Latino communities. Radio broadcasts that serve communities with a large population of Latinos should seek to inform them of local, national, and global Latino news. The speakers who had Spanish-language social media pages stated that they frequently host flyers and event notices about key community issues on their sites to help Latino communities stay informed. Mainstream media should seek to follow this example, as having these events posted and advertised assures that Latino communities are informed of important events and services.



By the end of the summit, four key points had been made relative to the mainstream media: They should expand their focus to include the successes of Latinos, Latinos are needed on-screen and off-screen in film and television, the Latino community must become the force of change, and the media should address the information needs of the Latino population.



Most presenters from Spanish-language media stated their readiness to accept emails and calls from the community requesting information on topics of interest and current social issues. In response to these requests, follow-up services are provided by many of the Spanish-language media through their programs and newspapers, including hosting lawyers on the air, having a rotating help column with respondents of varying credentials, and broadcasting public health announcements. At the close of the 2016 Latino Statewide Summit on Media and Latinos, it was clear that there is still a great need to improve Latino presence in today's media.

JSRI's mission is to generate, disseminate, and apply knowledge to serve the needs of Latino communities in the Midwest and across the nation.



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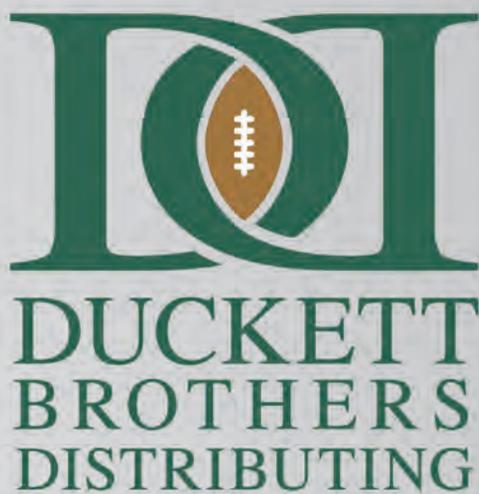


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Who Am I?

By Dr. José Angel Gutiérrez



Depends who is asking and when I am being asked.

You see, when I was under 12 years old I did not bother with such questions. I had answers. I was my father's son. I was my mother's baby boy and my grandmother's favorite nieto. I was from Cristal, el vidrio, as we called it, trying to be street vatos. I had a dog named Kaiser. I could charge a hamburger, Coke, and ice cream at the drugstore and my dad would pay for it later. I learned English and better Spanish from Suse Salazar at the storefront escuelita next to Canela's Panaderia before entering the segregated schools in Cristal. I watched the first television shows on a box TV with a huge antenna outside our house. Our phone was fixed to the wall.

I knew who I was and I thought I knew how the world worked.

Like most kids my age, my world was contextual: the family home, the barrio, the camaradas, the cantinas and tienditas en Mexico Grande, the schools (some for white kids, some for Chicano kids, and in some grades we were mixed), the church with mass for whites at 9 a.m., the Mexican cemetery named Benito Juarez, and the upstairs balcony loge at the Guild theatre where we sat to see movies in English. Las vistas in Spanish were screened at El Luna or La Alameda, movie houses in the barrio. That was my world then and I knew how it worked.

My father died when I had just turned 12. No more credit at the drug store. No more allowance or money to spare. My mother and I had to do migrant work in Wisconsin and California. I promised myself not to work in the fields the rest of my life, and figured out how to go to college. I still did field work until I learned about financial aid and work study, but I did graduate from high school and went to the local community college. I had to learn how to make the world work for me.

I learned politics from Los Cinco Candidatos and the women who worked the street canvass in Cristal. They were the first Mexicanos to run a Texas city. I admired George Ozuna, the first Chicano city manager in the state. I opened my own bank account with my own money. When this first Chicano victory turned sour, I was disillusioned and broken hearted. I promised myself that I would re-take Cristal and not be destroyed like Los Cinco.

I fell in love, got married and started making babies. For insurance in life and to afford the growing family, I kept going to college and obtained professional degrees. I earned a PhD and became an attorney. I have a law office, administer a grant-making foundation, retired after 25 years as a university professor, now emeritus, and I own property.

My iPhone is my computer. I have credit cards, several automobiles and own property. I became as "do'er"—a person that makes things happen. If you don't like the world, change it; don't just watch things happen or worse, wonder what happened. Learn how to make your world.

Now, I am not only a father, but a great grandfather. I have gotten old and have buried all of my ancestors and older family members. On this journey I learned who I am by finding answers to the three major questions in life:

How does the world work?

How do I make the world work for me?

How do I make the world?

That is who I am.

Dr. José Angel Gutiérrez is a professor emeritus at University of Texas at Arlington. He was a founding member of the Mexican American Youth Organization (MAYO) in San Antonio in 1967, and a founding member and past president of the Raza Unida Party. He was instrumental in the Chicano movement in the 1960s and 1970s and was awarded the National Council of La Raza's Chicano Hero Award in 1994.





Big Brothers Big Sisters Michigan Capital Region

Carefully Matched Professionally Supported Results Driven

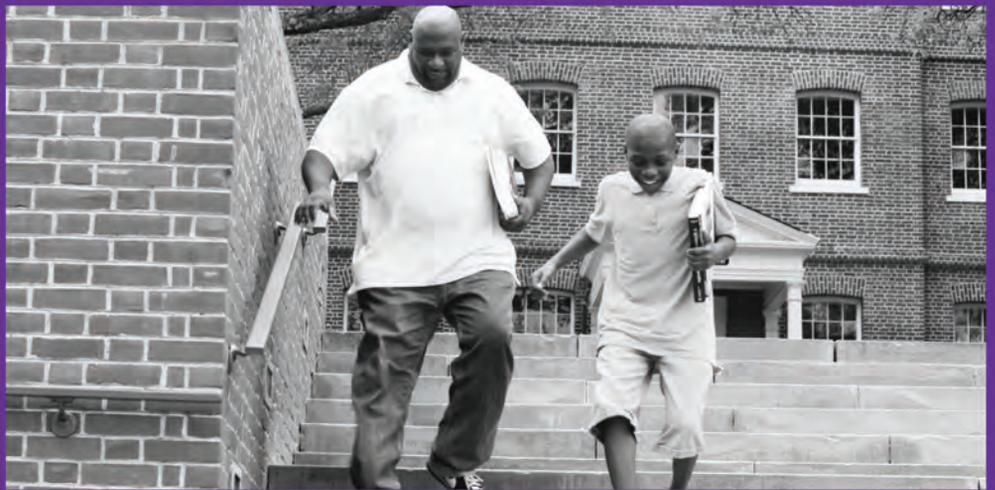
Big Brothers Big Sisters Michigan Capital Region (BBBSMCR), an affiliate of the national organization, provides one-to-one, professionally supported mentoring relationships to children facing adversity. The youth are at-risk and experience elevated exposure to crime, gangs, violence, and substance abuse. BBBSMCR matches provide children with positive encouragement and a reliable source of support from a caring adult. The simple act of having a consistent adult who reinforces positive decision-making has been changing lives and communities for more than 100 years. We focus on children who are most at-risk, prioritizing those from low-income, single-parent homes. By partnering with parents/guardians, volunteers and others in the community we are accountable for each child in our program achieving greater confidence, better relationships, avoiding risky behaviors, and realizing educational success.

BBBSMCR serves approximately 400 youth a year, however, the need far exceeds the capacity of the agency. The reality is that we have a waiting list of youth who desire a caring adult mentor in their life. BBBSMCR is in need of mentors. There is great need for a volunteer mentor to simply spend 2 to 4 hours a month with a youth, doing low or no cost activities determined by the adult mentor and their youth. Every volunteer "Big"; is fully screened, then interviewed, trained and prepared to assist one child (their "Little") to achieve and surpass their individual goals. Case managers track the relationships between the Bigs and Littles, offering support and guidance to help the Bigs in their efforts to help the Littles to grow, succeed (in school and beyond), and become productive, successful members of the community. While mentoring

a youth has tremendous impact on the child, many of our volunteers express profound enjoyment from giving back, making a difference and gaining a life-long friend along the way. Research shows BBBS improves odds the youth we serve will thrive educationally and socially. Kids with a Big Brother or Sister do better in school, are less likely to use drugs or alcohol, get along better with peers, and are more likely to finish high school and go to college.

The reality is that BBBS mentoring is an effective program that improves the lives of youth and deeply engages communities through involvement with families, mentors, community funders, schools and other partners. Youth matched with a Big Brother or Big Sister realize their potential and discover opportunities they may not have known existed otherwise.

Become a mentor today!



Big Brothers Big Sisters is a donor, volunteer-based organization funded by OUR local community. To learn more about how to contribute to BBBS contact us at (517) 372-0160 or visit www.bbbsmcr.org.





MICHIGAN STATE UNIVERSITY
INCLUSION
BUILDING
INCLUSIVE
COMMUNITIES

What We Do Makes a Difference

The mission of the Office for Inclusion and Intercultural Initiatives (I-3) is to infuse Michigan State University's core value of inclusivity into the MSU campus.

What We Believe

Advancing not only diversity - but also inclusion - requires commitment, leadership and the participation of the entire campus community. A truly inclusive institution benefits all, both educationally and professionally, at MSU and beyond.

How We Do It

We lead and support change in big ways and we work in small ways as well. We encourage moving outside of one's comfort zone because we believe that is where real change occurs. In order to further the core values of inclusion, we challenge people to think differently about their work, about each other, and about their role in our global community.

Focus Areas

Community Outreach
Education and Development
Inclusive Excellence Grants
Research and Assessment

INCLUSION.MSU.EDU