

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.

JAN-FEB 2019

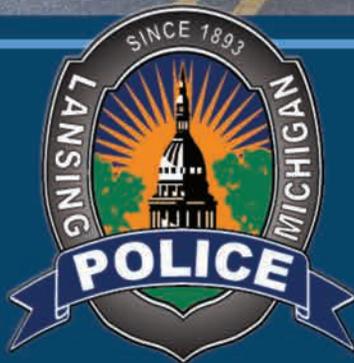


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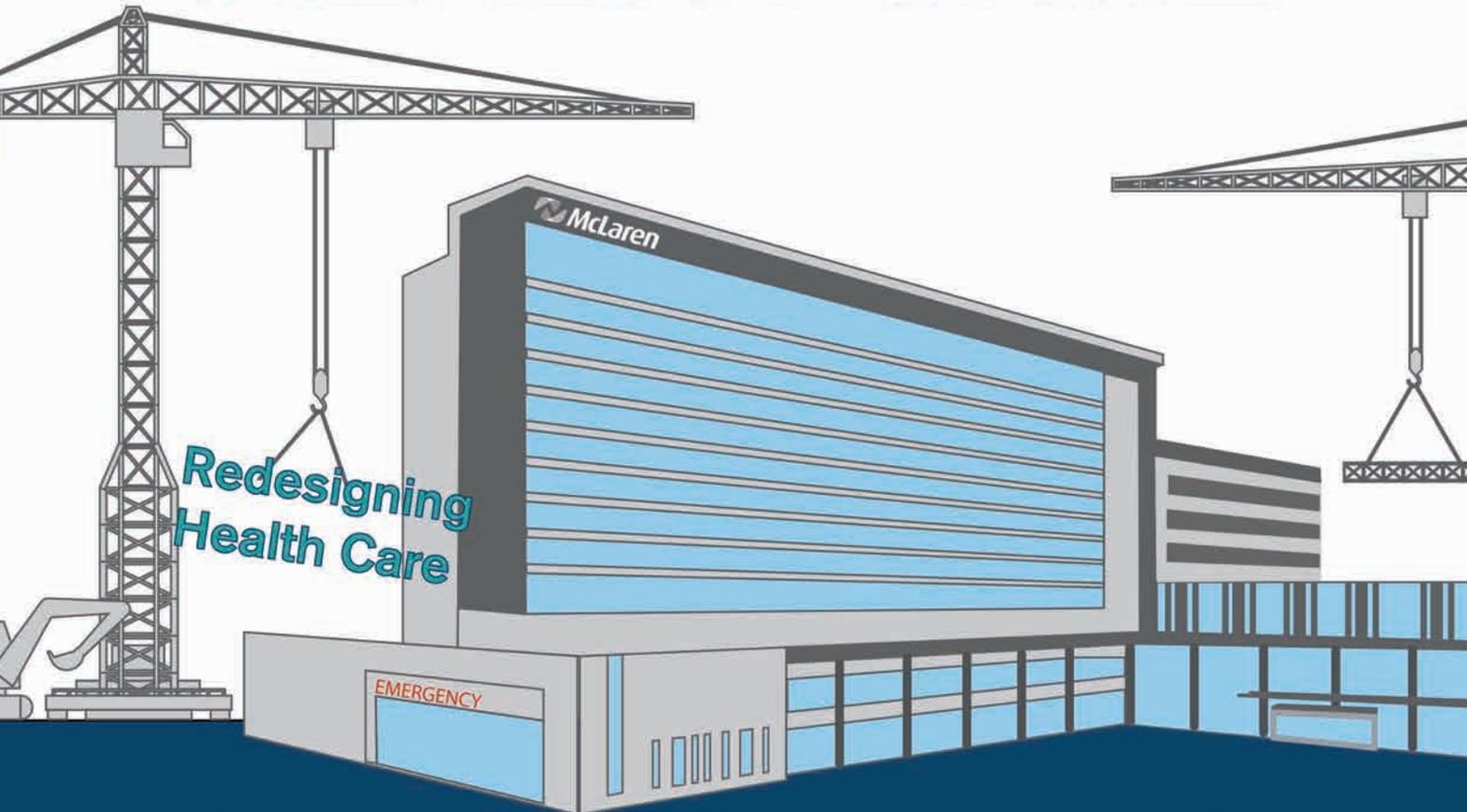


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Located near the intersection of Forest and Collins Roads, our new hospital will be easy to access with improved roads, bus routes, and bike paths.



This \$450 million replacement hospital project is the largest capital investment McLaren Health Care has ever made.



McLaren and MSU have entered into a Strategic Collaboration Agreement to explore additional partnerships to jointly deliver health care services and further medical education.



The new health care campus will include a 240-bed acute care hospital, cancer center, and medical services building.

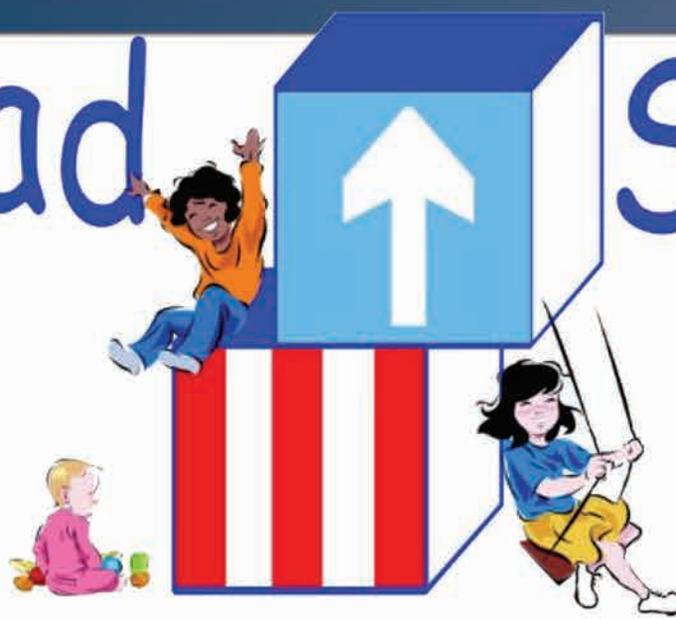


An estimated 2,500 construction jobs will be created in the development of the health care campus. Also, an additional 80 employees will be added to our current workforce of more than 2,000 employees.

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Head Start



Birth to Age 5

About Capital Area Community Services, Inc., Head Start and Early Childhood Programs

- We serve over 1700 children in Eaton, Clinton, Ingham and Shiawassee counties.
- 10% of our students qualify for Early Childhood Special Education services through local and Intermediate School Districts.
- 7% of our students have a primary language other than English.

Program options

- Part Day (3 ½ hours, 4 days per week, school year)
- Full Day (7 hours, 4 days per week, school year)
- Full Day (10 hours, 5 days per week, school year)
- Full Day/Full Year (10 hours, 5 days per week, year round)
- Families have access to Family Advocates, Nurses, Oral Health Specialists, Nutritionists, Early Intervention Services, Fatherhood Specialist, Dual Language Specialist, parent education workshops and parent trainings.

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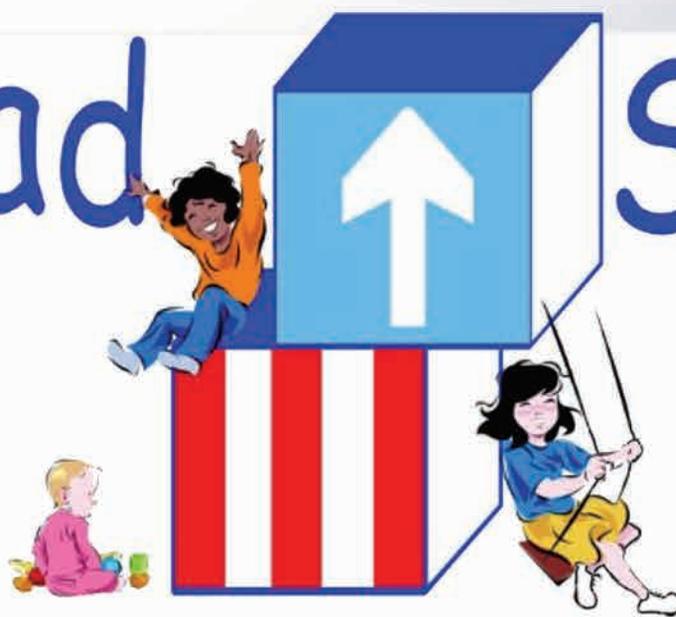
Ingham County

***www.inghampreschool.org or call (517) 482-1504
or (800) 585-9997***

Shiawassee County

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Head Start



Birth to Age 5

DESDE EL NACIMIENTO HASTA 5 AÑOS DE EDAD

**Acerca de la Capital Area Community Services, Inc.,
Head Start y programas de la Niñez Temprana**

- Servimos a más de 1700 niños en Eaton, Clinton, Ingham Shiawassee y condados.
- El 10% de nuestros estudiantes califican para servicios de educación especial de la niñez temprana a través de los distritos escolares locales e intermedios.
- El 7% de nuestros estudiantes de primaria tienen un idioma distinto del inglés.

Las opciones del programa

- Parte del día (3 ½ horas, 4 días a la semana, el año escolar)
- Día completo (7 horas, 4 días a la semana, el año escolar)
- Día completo (10 horas, 5 días a la semana, el año escolar)
- Full Día/Año completo (10 horas, 5 días a la semana, todo el año)
- Las familias tienen acceso a defensores de familia, las enfermeras, los especialistas de la salud oral, los nutricionistas, los servicios de intervención temprana, la paternidad especialista, especialista de lenguaje dual, talleres de educación para padres y padres capacitaciones.

PARA APLICAR

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www.clintonpreschool.org O llame al (989) 224-6731

Condado de Eaton

www.eatonpreschool.org O llame al (517) 453-2751

Ingham County

www.inghampreschool.org O llame al (517) 482-1504 o (800) 585-9997

Shiawassee County

Llame al (989) 723-5849

Building Family Capital: Testimonios of Éxito



Wyoming high school Cohort Fall 2017

Following a successful year of piloting *Éxito Educativo* in Lansing, MI ALMA, a statewide Latino advocacy organization, sought to expand it to Wyoming, Michigan, where it was enthusiastically supported by former Superintendent Dr. Thomas Reeder, Principal Nathan Robrahn, and Dean of Students Jesus Hernandez. This exciting bilingual-bicultural, pathways-to-college program designed for Spanish-speaking high school students and their parents, was implemented at Wyoming High School in the fall semester of 2017. Located adjacent to Grand Rapids, Wyoming is home to nearly 16,000 Latinos. Veronica Quintino-Aranda, a member of MI ALMA, coordinated the implementation of the program in the Grand Rapids area. At Wyoming High School, Veronica received the support of high school staff and her co-facilitator, Susan Fenton, who is with MSU Extension 4-H.



Jonah Hernandez & family at his high school graduation

Envisioned by Dr. Rubén Martínez, *Éxito Educativo* was designed by a team of individuals from the Lansing community and Michigan State University (MSU), including representatives from MI ALMA, the Julian Samora Research Institute, Capital Area College Access Network, Lansing School District Board of Education, Michigan State University Extension, and MSU graduate students. Since its development, *Éxito Educativo* has evolved into the leading pathways-to-college program in Michigan for Latino families.

The value of the program is clear through the *testimonios* of parents and students that have participated in *Éxito Educativo*. Jesus Hernandez, who also participated in the program as a parent, stated:

We were able to give parents the tools necessary to start a discussion with their sons/daughters about the next steps after high school. Once that discussion started, it generated more questions, but by that time, they knew exactly where to come for answers. The information was factual, and dispelled long held beliefs that were more effective than any wall in blocking the path to success. Beyond that, the trust between myself and the students and parents has grown tremendously. They now call me, or the school, for advice or questions regarding their son/daughter's education. The parents are also bringing other parents to me. This program accomplished what I could not do on my own.

As families participate in the program they become better equipped to support their children's educational

aspirations, which meets the program's goal of building family capital, which then contributes to building community capital.

Hernandez's spouse, Jane, and their son Jonah also participated in the program, and their experiences speak to the success of the program. Mrs. Hernandez praised the program's format in establishing an atmosphere for community dialogues. "I think it was good to have open dialogues with other parents," stated, Mrs. Hernandez, "[It] gave you a sense of understanding and a feeling that 'I'm not alone or behind.' Because of the program I will be better equipped for my daughter's junior and senior years." Jonah, who enrolled at Grand Rapids Community College and plans to transfer to Michigan State University, sees the value of the program: "I'd recommend this program to Spanish-speaking students and parents that are unsure about their college futures or are applying for FAFSA and or scholarships."

Another parent, Maria Rocio Izquierdo, who participated in the program along with her son, Alexis Jiménez, stated, "I would recommend the program because it is necessary to be informed about all the opportunities there are for students and their parents to get the necessary information to help their children." Alexis is currently attending the University of Michigan. Asked how the program helped him, he replied, "This program was beneficial to me because it surrounded me with other kids who are also becoming the first in their family to go to college. This made me feel more self-assured about my own ability to succeed in getting in. It also gave me a sense of community that helped set high expectations for myself for where I wanted to end up after graduating high school." He continued, "When applying to U of M, I made sure my application was as good as possible so that, if I got in, I'd be eligible for their Go Blue Guarantee that would pay for my full tuition."

One of *Éxito Educativo's* main objectives is to fill the void of information poverty on the pathways to



Alexis Jiménez at University of Michigan



Maria Rocio Izquierdo (Alexis' mom)

college that confronts many Latino families. It inserts higher education into the daily conversations of Latino families with the intention of making a college edu-

cation a real possibility for their students. According to one parent, "The discussion has changed from 'Are you planning to go to college,' to 'Which college are you choosing?'" *Éxito Educativo* promotes higher education for Latino students through community partnerships that include volunteers, school districts, community organizations, foundations, and private industry.

For the past one hundred years, Latinos in the U.S. have indicated that education is their top concern, yet their educational struggles continue. Here is a program that is demonstrating success at reaching out to the community and empowering families to connect with higher education institutions. Mr. Hernandez validates this assertion,

It was amazing to watch the transformation once the barriers went down. We couldn't get the parents to stop asking questions! Listening to the many hardships that families have encountered and endured made me truly appreciate the life-changing help this program provides. Parents want to know that there are people out there willing to work with them, and not against them. By bringing parents into our school, we build trust with our community, which then helps their sons/daughters to achieve better grades. If they do well, we do well!

The program is making a difference in Michigan's communities, and through more collaborative efforts *Éxito Educativo* can expand throughout the state and the Midwest. Latino communities must have real educational opportunities regardless of their social economic status, location, and language.

Con Éxito Educativo, si se puede!





The Dynamic Duo

Greater Lansing is rich in individuals whose contributions enhance life in the community. Some make contributions in the form of public service, or working with the youth, or contributing to a city project; others do it through their job and/or volunteering in education, organizations, and in other ways. The list goes on and on.

Adelante /Forward recognizes not one but two people whose individual and collective contributions earn them the epithet of “**The Dynamic Duo**” for a lifetime devoted to education and service:

Gilbert G. Ibarra and Erika H. Keck

Prior to becoming part of the work force in the Greater Lansing area, the Dynamic Duo was each very active in his/her own way:

Gilbert G. Ibarra

- In Teocaltiche, Jalisco, where he was born, he was an active *Acejetematero*, that is, a member of the Asociación Católica de la Juventud Mexicana working with youth developing the spirit of teamwork and justice.
- Korean War era, served with the Forces of Occupation in Germany.
- Recognized as Soldier of the Month for his battalion.
- B.A., Political Science, MSU
- M.A., Arts and Letters, MSU

Erika H. Keck

- Born and raised in Buenos Aires, Argentina, of German parents who instilled in her the principle of service, and a love for art and travel. Arrived in Michigan in 1966.
- After receiving a letter addressed to **ERIK** Keck from the Navy Reserve Recruitment Office, she joined the US Naval Reserves and served for 2 years as a privilege and honor.
- B.A., Spanish and Psychology, MSU
- M.A., Adult Education, MSU

In 1989, They Marry



Education and Service

In the 1960s **Gilbert Ibarra** began teaching in Lansing Public Schools at Dwight Rich Jr. High where he taught languages and promoted soccer and chess clubs. For his work with and commitment to students, the Kiwanis Club of Lansing named him "Teacher of the Month." In the 1970s, he worked at the newly built Harry Hill High School on the city's south side teaching languages and social studies and founding the Soccer Club, the Chicano Club and the Spanish Club. Thanks to his activism, soccer became a regularly offered sport in the district.



Front Row: Jackie Moncada, Henry Gauna, John Pickott, Paul Perrin, Joe Oviedo, Craig Counselor, Dan Beers, Back Row: Mr. Ibarra, Mike

Salazar, John Dominguez, Jimmy Salazar, Max Gibson, Chris Holbrook, Richie Dominguez, and Scott Hodges.



1973-74 Chicano Club Front Row-Up: Irma Sanchez, Alicia Medrano, Joe Cruz, Tom Gauna, Annette Ledesma, Chris Saenz. Back Row-Up: Dave Rena, Vicky Gomez, Norma Mendoza, and Mr. Ibarra.

Over the years, Gilbert Ibarra registered multiple types of service to the greater Lansing area with lasting impact. In addition to serving in the Armed Forces, select examples include his service as:

- Active participant in the Michigan Education Association, the Republican Party, *El Renacimiento* Spanish Newspaper, and Cristo Rey Community Center.
- Consultant on Personnel, Department of Human Resources, Lansing, during more than a decade recruiting teachers, administrators, and staff.
- Member of the Michigan Civil Rights Commission during 10 years during which time he served twice as Chairperson, consistently promoting the concept of "equal opportunity for all."
- Member of the Republican County Convention, representing many local voices in speaking against the Vietnam War. He advanced a resolution to the assembly for the "Deamericanization" of the War, a resolution that passed with overwhelming support.

Education and Service

The Dynamic Duo

ERIKA H. KECK

Contributions to Education and Service seem to blend and support each other in the careers of Erika Keck. She is an Educator both at institutions and in community life. Her contributions continue to have resonance in the Greater Lansing area.

- At Michigan State University, from which she earned an undergraduate degree and two post-graduate degrees, she taught courses in Spanish and in Education.
- During ten years, she served the City of Lansing as Assistant Director of Human Relations. A typical day would take her from the office to field investigations in which she served as liaison, translator, and interpreter, and to the courts, jails, and public gatherings.
- In the 1980s she took a strong public position against “women’s sexual harassment in the workplace,” which for that time in local history was quite a novel idea!!
- She taught Spanish to the Lansing Police force and created a Spanish text for the L.P.D.
- During the last 30 years, she has focused on student success at Lansing Community College where she has taught courses in Spanish, German, and Humanities.
- At LCC, she also developed materials for the Hermandad Guadalajara student project, part of the “Others There” sister-city relationship.
- In the private sector, Erika Keck taught Spanish to key personnel in the Lansing area and in such companies as Oldsmobile, Beekham, and Verizon.



Diversion

Gilbert and Erika enjoy family gatherings with relatives from Michigan and South America. Traveling is also one of their forms of diversion and education to such places as the Egyptian Nile, the African Kruger Wildlife Reserve, the China Wall, Central and South America and down the Danube and Rhine Rivers.



What advice does the Dynamic Duo, as educators, offer the community?

PARENTS and STUDENTS need to be DREAMERS, Latino dreamers.

- Latino dreamers are possessed by the drive to excel, and to do so fall in love with books, ideas, asking questions; they have the desire to help family, friends, and community; and in the process, they finish school, and become THE BEST THEY CAN BE.
- Be polished BILINGUAL and BICULTURAL students and parents that enrich society.
- Plan to graduate from one of Michigan's 15 universities or one of its 29 two-year colleges.
- Grants and scholarships are available. Talk to high school counselors, to teachers, to college counselors, to your local credit unions which have scholarships available.

PARENTS,

- Inspire your children. Many say: "HIJOS, ESTUDIEN para que no sufran como nosotros. La educación es el camino." Education is the way, and being bilingual gives them a head start!
- Visit their schools, meet their teachers, and participate in the school activities.
- Suggest they become a skilled person, an accountant, a doctor, a teacher, an engineer, a health care professional, a banker, or an astronaut.
- Your children are diamonds in the rough who need to be polished by the minds and hands of parents, teachers, and professors to bring out the beauty of their brain.

STUDENTS,

- Finish what you start!
- Dream.
- Be the top of your class. Be the best in English, mathematics, science, Spanish, in all subjects!
- Be a dreamer; be an agent of change.
- Reach for the top, in your high school, in your college, in your life.

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14



An International Baccalaureate Student Experience

By Gabriela M. Salais

Madam C.J. Walker, an African-American entrepreneur and a political and social activist once stated, “Don’t sit down and wait for opportunities to come. Get up and make them.” As a student in the urban setting of Lansing Eastern High School (LEHS), the push for success has been embedded in my mind ever since my elementary years in the Lansing School District (LSD). Attending Lansing Schools has given me many amazing experiences and opportunities in the community and in extracurricular activities. My involvement in clubs, volunteer work, and athletics has helped me solidify the need to better understand and advocate for the importance of the advancement of underrepresented groups in American society. I strongly believe that the world needs different perspectives in order to create more opportunities for all to endeavor and to create a more equal and just society. The LSD provides those opportunities for any student wishing to grow and develop as they continue their education beyond high school.

Lansing Eastern, as an International Baccalaureate High School, strives to develop knowledgeable, inquiring and caring students in order to help create a more peaceful society through intercultural comprehension. With this being our schools mission statement, it is an ideal model of how important embracing and advancing diversity is through the lives of the students, and for me. Throughout my high school career, the International Baccalaureate (IB) programs philosophy has been a part of my day to day life and education.

The most significant addiquited aspect of this philosophy has been best exemplified in my Junior Year IB Standard Level Art Class. In this class, all the students had to choose a theme that they were passionate about for all their course projects and explore it further. My theme was social justice. I made sure that throughout the year every art piece had a significant symbol that represented social justice— such as a butterfly to symbolize the DREAMERS or DACA— or have the basis of an injustice event casted in the art piece, in which I would elaborate further through the course of my IB individual oral exam. By exploring this theme, I realized how the power of speech and the importance of voicing injustice through the medium of art is necessary when embracing intercultural comprehension for underrepresented groups in American Society.



Photo by Ray Del Rio

The most valuable experience I have which concerns the advancement of underrepresented groups in American society occurred this previous winter of my senior year. In November, I attended a social justice conference with my father on the basis of understanding institutional racism and injustice overall. The conference taught me so much and it inspired me to start a Social Justice Club at my school, to help develop an understanding of social issues and underrepresentation in society. The name of the club is Quakers for Social Justice. The purpose is to empower students at Eastern to be able to hold meaningful and courageous discussions regarding racial justice, and other issues that students and the community face.

My time at LEHS has definitely enhanced my understanding of the importance of the advancement of underrepresented groups in American society. At Eastern, we have students from various walks of life, a variety of different backgrounds, different countries— some who choose to come here for a foreign exchange program and others as refugees who have come to escape the horror back home, high and low incomes, and different conflicts whether that being internally or externally. Eastern has 29 different countries represented and 20 languages spoken. Through my experiences, I have learned that by advocating for and working together with others we can gain new perspectives, new ideas, and new understandings to help create a better place for everyone and a better society.



La Cosecha The Harvest

A project for increasing the sustainability of first and next generation Latino farmers

What is La Cosecha?

La Cosecha, a Spanish word for harvest, is a three-year project offering training for first and next generation socially disadvantaged Latino farmers so they can become successful farmers. The programming will be useful for current Latino farmers, farm laborers, the children of Latino farmers and farm laborers, and interested Latinos with non-farming backgrounds.

La Cosecha goals for Latino farmers

- Increase participation in USDA programs.
- Improve crop farming practices of beginning Latino farmers by incorporating integrated pest management (IPM), Good Agriculture Practices (GAPS), pesticide education and nutrient management into their agricultural practices.
- Learn to implement farm business management plans, marketing and financial analysis.
- Understand crop diversification and how to benefit from it.

Bilingual workshops and training offered

- Blueberry integrated pest management (IPM) and blueberry production
- Food safety practices known as GAPs
- How to access US Department of Agriculture (USDA) programs
- Pesticide education
- Marketing and business
- Hands-on workshop and farm tours
- Crop diversification with vegetable crops
- MSU 4-H programs introducing Latino youth to agriculture and related activities
- Field training



Photo: David Mota-Sanchez, MSU

Consider participating to increase the sustainability of your farm!

Photo: David Mota-Sanchez, MSU



For more information, please contact

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La Cosecha team

PD: Dr. David Mota-Sanchez, Michigan State University (MSU) Entomology. **Co-PDs:** Luis Alonzo Garcia, MSU Migrant Student Services; Dr. John C. Wise, MSU Entomology; Donald T Kuchnicki, Telamon Corporation. **Members:** Mark L. Longstroth, Ronald Goldy and Florencia Colella, MSU Extension; Dixie Sandborn and Janice Zerbe, MSU 4-H; Antonio Castro-Escobar, Michigan Department of Agriculture and Rural Development; Dr. Esteban Valtierra, Rural Development COLPOS.

We appreciate the valuable support from the USDA for the NIFA BFRDP Award # [2017-70017-26860]. Additional support from Michigan State University (Dept. of Entomology, Migrant Student Services, Extension and 4H), Telamon Corporation, Michigan Department of Agriculture and Rural Development, and Graduate College (COLPOS).



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La Cosecha The Harvest

Incrementando la sustentabilidad de la primera y segunda generación de agricultores latinos

¿Qué es la Cosecha?

La Cosecha, en español es recoger el fruto, o producto de lo que se sembró. Este es un proyecto de tres años que ofrece entrenamientos para la primera y segunda generación de agricultores latinos con desventaja social de tal manera que puedan ser exitosos. Este programa puede ser útil para los actuales agricultores latinos, jornaleros, los hijos e hijas de los productores y jornaleros, y otros latinos que no tienen experiencia en la agricultura.

Las metas de La Cosecha para los agricultores latinos

- Incrementar la participación en programas del USDA.
- Mejorar las prácticas agrícolas de agricultores latinos por medio de la incorporación del manejo integrado de plagas (IPM), buenas prácticas agrícolas (GAPS), educación en plaguicidas, y manejo de nutrientes.
- Aprender como implementar el plan de negocios, mercadeo y análisis financiero.
- Entender la diversificación de cultivos y como beneficiarse de ella.

Entrenamiento y Talleres bilingües

- Manejo integrado de plagas de blueberries (IPM) y producción de blueberries.
- Practicas de inocuidad alimentaria conocidas como GAPs
- Como tener acceso a programas del Departamento de Agricultura (US Department of Agriculture USDA).
- Educación de Plaguicidas
- Mercadeo y negocios
- Demostraciones de campo y tours a los ranchos
- Diversificación de cultivos (hortalizas).
- Programas del MSU 4-H para introducir a los jovenes latinos a la agricultura y actividades relacionadas.
- Entrenamientos de campo.



Photo: David Mota-Sanchez, MSU

Considere participar para mejorar la sustentabilidad de su rancho o huerto.



Para mas información contacte a

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Workforce Development Specialist
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Equipo del Proyecto La Cosecha

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Photo: David Mota-Sanchez, MSU

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A child's education can be the gateway to finding future independence. Children with disabilities can have larger challenges, especially if they are not identified at a young age. Early identification helps educators and families find educational options to support the youngest learners and their families.

Thousands of children with disabilities are served annually through programs and services offered in partnership with local school districts and Ingham Intermediate School District. In Michigan, eligible infants, youth and young adults can receive early intervention and/or special education services from birth through age 26.

Visit www.inghamisd.org or call 517-244-4514 for more information.



El aprendizaje temprano es crítico para los resultados del estudiante



La educación de un niño puede ser el acceso para encontrar la independencia futura. Los niños con discapacidades pueden tener mayores retos, especialmente si no se les identifica a temprana edad. La identificación prematura ayuda a educadores y a familias a encontrar opciones educativas para apoyar a los estudiantes más pequeños y sus familias.

Se atienden anualmente a miles de niños con discapacidades a través de programas y servicios ofrecidos en asociación con distritos escolares locales y el Distrito Escolar Intermedio de Ingham. En Michigan, los bebés, jóvenes y adultos jóvenes elegibles pueden recibir intervención temprana y/o servicios de educación especial desde el nacimiento hasta 26 años de edad.

Visite www.inghamisd.org o llame al 517-244-4514 para más información.



UPWARD BOUND *of Michigan State University*



Fifty-seven Upward Bound of MSU students went on the annual Major Summer Study trip at the start of the 2018-19 academic year. Qualifying students met very stringent requirements for community service, cultural enrichment, parental involvement, and academic success criteria. Upon accomplishing program objectives, students then achieved eligibility and were given the go ahead to participate in the awesome travel experience!

Upward Bound students of Michigan State University visited what may be regarded as the birthplace of the United States, Williamsburg, VA. Additionally, they traveled to Virginia Beach, VA, Washington DC and Pittsburgh, PA. Sites and activities which students experienced were a Pittsburgh Steelers football training camp, a fighter jet air show, the International Spy Museum in Washington DC, the Museum of National History, the National Archives, a twilight tour of Washington DC and the Virginia Beach boardwalk. Students also visited other institutions of higher learning such as St. Vincent's College in Latrobe, Pennsylvania, William and Mary College in Williamsburg, Virginia, Old Dominion University in Norfolk, Virginia and Hampton University in Hampton, Virginia. Students were able to gain additional information on themes explored during the preceding academic year such as Democracy, Social Justice, and Pre-College exposure to a broad range of collegiate settings.

These phenomenal opportunities represent Michigan State University's long-standing commitment to the community on many levels. Upward Bound of MSU strives to support local youth in preparation for their futures, prepare them for success in collegiate settings, reinforce standards of good citizenship and integrity and build student confidence. We are proud of our program and our outstanding students. Feel free to visit our website at www.upwardbound.msu.edu. An investment in our youth is indeed an investment in our future.

May peace be yours,

Dr. Anthony

Dr. Stephanie Anthony
Director and Program Coordinator
Upward Bound of MSU



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Looking for fun programs or summer camps? Browse the SYP website for activities and programs for pre-kindergarten children through 12th grade students.

spartanyouth.msu.edu

GIFTED AND TALENTED EDUCATION (GATE)

Is your middle or high schooler looking for an academic challenge? Learn about the GATE accelerated courses and summer programs.

gifted.msu.edu

MSU SCIENCE FESTIVAL

Are you curious about the science behind everyday things? Be inspired, **April 5-20, 2019**, by over 200 different events, including an early childhood zone for pre-schoolers, an expo zone for families, and much more.

sciencefestival.msu.edu



MICHIGAN STATE UNIVERSITY PROGRAMAS PARA

NIÑOS Y JÓVENES

PROGRAMAS PARA JÓVENES (SYP, SIGLAS EN INGLÉS)

¿Busca programas divertidos o campamentos de verano? Vea el sitio de SYP para actividades y programas para niños de pre-kínder hasta estudiantes del grado 12.

spartanyouth.msu.edu

EDUCACIÓN DOTADA Y DE TALENTO (GATE, SIGLAS EN INGLÉS)

¿Está buscando un reto académico su estudiante de escuela secundaria o media superior? Aprenda acerca de los cursos acelerados y programas de verano de GATE.

gifted.msu.edu

FESTIVAL DE CIENCIA DE MSU

¿Tiene curiosidad de la ciencia detrás de las cosas cotidianas? Inspírese, del **5-20 de abril, 2019**, más de 200 diferentes eventos, incluyendo un área infantil para preescolares, un área de exposición para familias, y mucho más.

sciencefestival.msu.edu



2018 Latino Health Fair



**LANSING LATINO
HEALTH ALLIANCE**

construyendo puentes para una mejor salud
building bridges toward better health

Report to the Community

The Lansing Latino Health Alliance (LLHA) in partnership with McLaren Greater Lansing Hospital and Cristo Rey Church sponsored a Latino Health Fair on 14 October 2018. Ten additional organizations collaborated with the event's sponsors.

Services that were available to participants at no cost included:

Health screenings for:

Hepatitis C HIV
Stroke indicators Diabetes
Venous Insufficiency

Injections for:

Flu
Pneumonia

Also, printed educational information was available for participants to learn about specific health conditions, disease prevention, self-breast exams, vein health and good health practices.



The Health Officer for Ingham County, Linda Vail, gave an enlightening presentation on the current opioid drug epidemic. She spoke of the extent to which opioids have become pervasive in Michigan and the U.S., resulting in more deaths than from firearms, traffic accidents, and breast cancer combined.

Ms. Vail described various factors underlying the current crisis, and she shared examples of action already taken locally to address the crisis. She mentioned specific actions and policies that could be taken that would be aimed at confronting further the opioid epidemic.

**For their support and contributions to the success of the
2018 Latino Health Fair, LLHA sincerely thanks:**

AARP
Blue Cross Complete of Michigan
Center for Vein Restoration Clinic
Creative Wellness
Hungry Howie's
ICHD's Family Outreach and Maternal Infant Child Program
Lansing Area AIDs Network
MSU Federal Credit Union
Pink Impact Breast Care Services MSU
Walgreen's



Feria Sobre la Salud 2018

Informe a la Comunidad



**LANSING LATINO
HEALTH ALLIANCE**

construyendo puentes para una mejor salud
building bridges toward better health

La Alianza Latina de Lansing para la Salud (LLHA) en asociación con el Hospital McLaren Greater Lansing y la Iglesia Cristo Rey de Lansing patrocinó la Feria Sobre la Salud el 14 de octubre. Diez organizaciones más colaboraron en la Feria.

Esta Feria les proporcionó a los participantes oportunidades sin costo para hacerse:

Chequeos médicos:

Hepatitis C	HIV
Idiosos de apoplejía	Diabetes
Insuficiencia venosa	

Vacuna contra:

La Influenza
La pulmonía

Además, los participantes podían recibir, también sin costo alguno, folletos educativos sobre afecciones diferentes, la prevención de enfermedades, autoexamen de seno, salud de las venas y buenas prácticas sanas.

La Oficial Ejecutiva de la Salud del condado Ingham – Linda Vail – dio una impresionante presentación que esclarecía la epidemia actual de las drogas opioides. Habló del nivel extenso a que las drogas opioides han llegado en Michigan y en los Estados Unidos causando más muertes que las resultantes de las armas, los accidentes de tráfico, y el cáncer de seno.



La Srta. Vail describió varios factores subyacentes de la crisis actual, y dio ejemplos de acciones locales ya tomadas ante la crisis. Mencionó también otras acciones y políticas que se pudiera promulgar para combatir la epidemia.



OUR BIOTECHNICAL PATHWAY. YOUR SY**STEM** FOR SUCCESS.

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Pattengill Biotechnical Magnet, Sheridan Rd. STEM,
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USE THE ENGINEERING DESIGN PROCESS

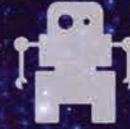
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Pattengill Biotechnical Magnet, Sheridan Rd. STEM,
Cavanaugh STEAM, and Mt. Hope STEAM

UTILIZAR EL PROCESO DE DISEÑO DE LA INGENIERÍA

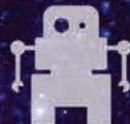
DESARROLLAR CAPACIDADES DE "STEM"

APLICAR EL PENSAMIENTO DE DISEÑO

CREAR, CONSTRUIR Y APORTAR SOLUCIONES

OBTENER EXPERIENCIA DEL MUNDO REAL

TENER OPORTUNIDADES PARA BECAS!



PROGRAMAR
ROBOTS



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PUENTES



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DE PLANTAS



DISEÑAR PRÓTESIS
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Let's Talk!



“Real education should consist of drawing the goodness and the best out of our own students. What better books can there be than the book of humanity?”

- Cesar E. Chavez

Celebrating the lives of Dr. Martin Luther King Jr. & Cesar E. Chavez



The College of Agriculture and Natural Resources at Michigan State University commemorates these leaders for their contributions to equity and social justice in our disciplines and in our communities.

The mission of the Office of Diversity, Equity and Inclusion (ODEI) is to develop collaborative and intentional efforts to recruit and retain diverse faculty, staff, and graduate students at the College of Agriculture and Natural Resources (CANR) for the purpose of enhancing teaching, research, and extension.

Learn more: canr.msu.edu/diversity

MICHIGAN STATE
UNIVERSITY

Office of Diversity, Equity and Inclusion
College of Agriculture and Natural Resources

“Life’s most persistent and urgent question is: What are you doing for others?”

- Dr. Martin Luther King Jr.





Sparrow choosing next Latino/Hispanic Caregiver Award winner

Sparrow is in the midst of sifting through nominations and selecting the third winner of our Outstanding Latino/Hispanic Caregiver Award.

In keeping with Sparrow's leadership on promoting diversity and inclusion, we partnered for the first time in 2016 with the Lansing Latino Health Alliance to sponsor the Outstanding Latino/Hispanic Caregiver Awards.

The awards are aimed at publicly recognizing Latino Caregivers for the significant difference they make in Patients' lives and to encourage members of the Latino/Hispanic community to consider careers in healthcare.

This year's winners will be recognized at a community event in the spring. McLaren Lansing will also have a representative honored at the ceremony.

A Sparrow committee is now reviewing nominations received by Sparrow Caregivers and the public by Dec. 31. The criteria includes those who not only impact Patients' lives but exceed expectations in fulfilling their responsibilities and demonstrate professionalism in the workplace.

Previous Sparrow winners were Psychiatric Technician Delores Mandujano and Registered Nurse Irma DeGarcia. Both are outstanding representatives of the Latino/Hispanic community.

Delores Mandujano, a Patient Care Technician focused on the geriatric population, was lauded for working for Sparrow for over 10 years, exhibiting an inspirational can-do attitude, and being finely attuned to the needs of her elderly Patients.

Irma DeGarcia, a native of Paraguay, has received numerous awards, including being recognized as Sparrow's Nurse of the Year, Preceptor of the Year, and receiving the DAISY Award for extraordinary nursing. She has served as a role model and mentor to many, including students in Paraguay.

Sparrow is dedicated to promoting diversity and inclusion in the workplace. We believe that through our similarities we can bridge our differences and enhance our ability to serve a diverse population of Patients.

For more information, go to [Careers.Sparrow.org/ Diversity-and-Inclusion](https://careers.sparrow.org/diversity-and-inclusion).





Delores Mendujano



Irma DeGarcía, RN

Sparrow está eligiendo al próximo premiado del Latino/Hispanic Caregiver Award

Sparrow está actualmente viendo las nominaciones recibidas para seleccionar el tercer ganador del Outstanding Latino/ Hispanic Caregiver Award.

De acuerdo con el liderazgo de Sparrow en promover la diversidad e inclusión, nos asociamos por primera vez en 2016 con la Alianza Latina de la Salud de Lansing para patrocinar el Outstanding Latino/Hispanic Caregiver Award.

Recibir este galardón es el reconocimiento público de profesionales latinos que hacen la diferencia en la vida de pacientes y animan a otros de la comunidad latina a considerar una carrera en la asistencia médica.

Los premiados de este año serán festejados en un evento comunitario en la primavera. El Hospital McLaren Greater Lansing también reconocerá en el mismo evento a un empleado nominado.

Un comité de Sparrow está revisando las nominaciones propuestas por colegas del hospital y por pacientes o sus familias. Los criterios de la selección constan del impacto que tiene el nominado en la vida de pacientes y si supera las expectativas en cumplir con sus responsabilidades y si mantiene el profesionalismo en el lugar de trabajo.

Empleados previamente reconocidos son Delores Mandujano, Técnica en Psiquiatría, e Irma De García, Enfermera Titulada. Las dos son representantes destacadas de la comunidad latina del área de Lansing.

Delores Mandujano, Técnica en Psiquiatría especializada en la población anciana fue elogiada por sus más de 10 años en Sparrow, por exhibir una actitud inspiradora de poder hacer, y por estar en sintonía con las necesidades de sus pacientes mayores de edad.

Irma De Garcia, paraguaya de origen, ha recibido numerosos premios incluso el reconocimiento de ser la “enfermera del año” de Sparrow, la Preceptora del año, y recipiente del galardón nacional “Daisy” por su ejemplo de enfermería extraordinaria. Se ha destacado como modelo a seguir y mentor a muchos incluso a estudiantes en Paraguay.

Sparrow se ha comprometido a promover la diversidad y la inclusión en el lugar de trabajo. Seguimos el principio de que mediante nuestras semejanzas podemos superar diferencias y enriquecer nuestra capacidad de servir a una comunidad diversa de pacientes.

Para más información, visite nuestra página:
[Careers.Sparrow.org/ Diversity-and-Inclusion.](https://careers.sparrow.org/diversity-and-inclusion)



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Peckham provides vocational rehabilitation services and paid job training opportunities for people with disabilities.

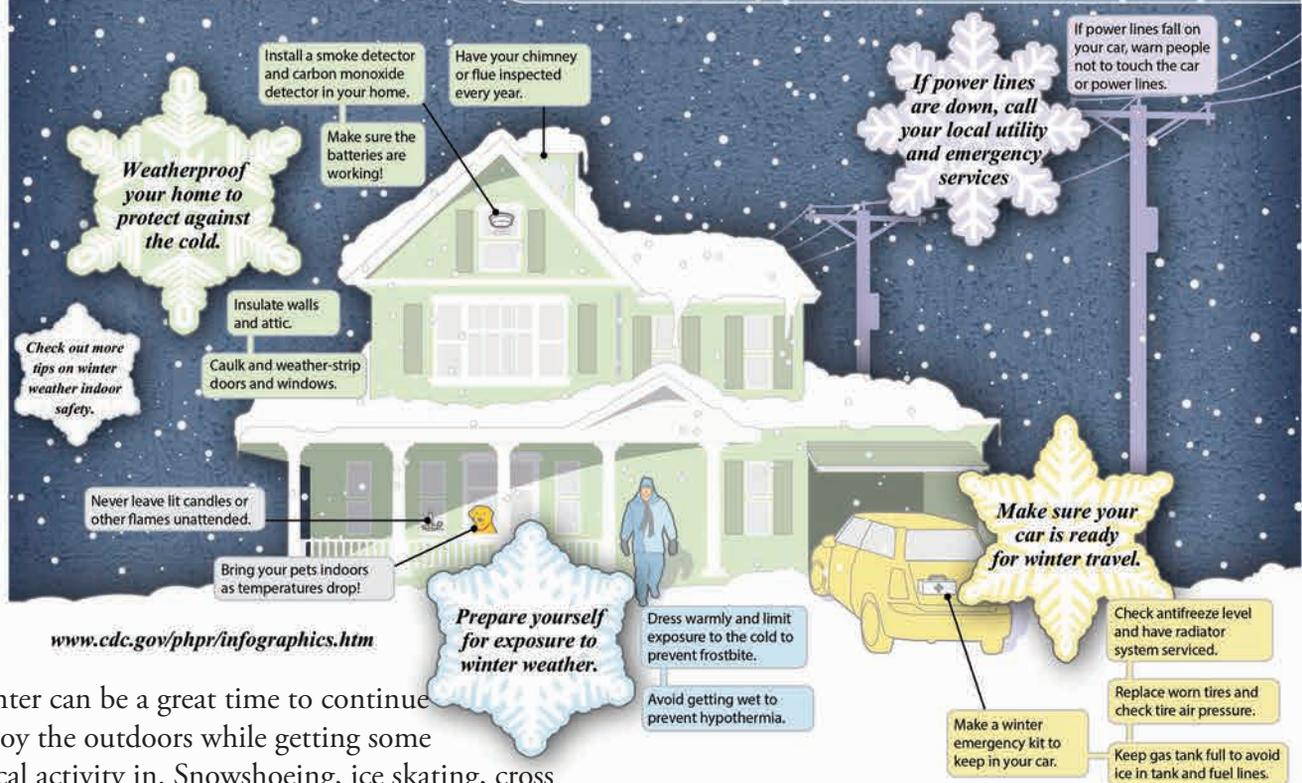
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Be Ready! Winter Weather



Winter can be a great time to continue to enjoy the outdoors while getting some physical activity in. Snowshoeing, ice skating, cross country skiing, walking, sledding and even making snow angels are great ways to keep moving! Here are some tips to keep you safe:

Winter Fitness Tips

- Listen to radio, online and t.v. reports of travel advisories, watches or warnings and obey instructions from local authorities before deciding whether it is safe to head outside.
- Eating well-balanced meals will help you stay warmer. Do not drink alcoholic beverages which can cause your body to lose heat more rapidly. Instead, drink warm, sweet beverages (adjust to your own dietary restrictions) such as hot chocolate to help you maintain your body temperature.
- Notify friends and family where you will be going before you go walking, hiking, or skiing, and when to expect you back.
- Do not leave areas of your skin exposed to the cold. And avoid perspiring, becoming overly tired, walking on ice or getting wet.
- Be prepared if you're out and have to take emergency shelter.
- Pets such as dogs can be great winter weather fitness companions, but also think about what needs they may have as you both venture outdoors together.

- During severe winter weather, avoid walking, hiking or cross country skiing in secluded areas.
- Also, carefully watch for signs of cold-weather health problems like frostbite or hypothermia. The first signs of frostbite can be pain and redness on your skin, or white or grayish-yellow skin, firm or waxy skin and/or numbness.

If you would like to learn more about how to prepare for winter weather as you continue your physical activities outdoors or indoors, here are some resources:

Ingham County Health Department's Emergency Preparedness - <http://hd.ingham.org/>

Do1Thing - <http://do1thing.com/>

Michigan Prepares Emergency Plan and Mobile App - Available for download on both Apple and Android devices or as a fillable PDF document.

Centers for Disease Control and Prevention (CDC) – Winter Weather <https://www.cdc.gov/disasters/winter/index.html>

Michigan State Police - Winter Emergency Preparedness https://www.michigan.gov/msp/0,4643,7-123-72297_60152_70432---,00.html

By Rona Harris
Community Outreach Specialist
Ingham County Health Department



www.cdc.gov/phpr/infographics.htm

El invierno puede ser un buen momento para continuar disfrutando del aire libre mientras se obtiene alguna actividad física. ¡Las raquetas de nieve, patinaje sobre hielo, esquiar, senderismo, paseos en trineo e incluso haciendo ángeles de nieve son excelentes maneras de mantenerse en movimiento! Aquí están algunos consejos para mantenerse seguro:

Consejos para actividad física invernal

- Escuchar la radio y TV en línea, informarse sobre advertencias de viajes, avisos sobre el clima y obedecer las instrucciones de las autoridades locales antes de decidir si es seguro salir.
- Ingerir comidas bien balanceadas le ayudará a mantenerse cálido. No tome bebidas alcohólicas que pueden hacer que el cuerpo pierda calor más rápidamente. En cambio, tomar bebidas calientes (ajustar a sus propias restricciones dietéticas) como el chocolate caliente para ayudarlo a mantener su temperatura corporal.
- Notificar a amigos y familiares antes de salir a caminar, de excursión o a esquiar, y cuando va a regresar.
- No deje las áreas de la piel expuestas al frío. Y evitar transpirar, resultando demasiado cansado, al caminar sobre el hielo o al mojarse.
- Estar preparado si está afuera y tomar refugio de emergencia.
- Animales domésticos tales como perros pueden ser grandes compañeros para actividad física invernal, pero también pensar en qué necesidades pueden tener al aventurarse afuera juntos.

- Durante el clima invernal severo, evitar caminar, practicar el senderismo o esquiar en zonas aisladas.
- Además, vigilar cuidadosamente en caso de haber síntomas de problemas de salud por clima frío como la congelación o hipotermia. Los primeros signos de congelación puede ser dolor y enrojecimiento en la piel, o piel blanca o amarilla-grisácea, piel firme o piel cerosa y/o entumecimiento.

Si desea obtener más información acerca de cómo prepararse para el invierno, mientras continúa sus actividades físicas al aire libre o en interiores, aquí están algunos recursos:

Departamento de Salud del Condado de Ingham- Preparativos para Situaciones de Emergencia. <http://hd.ingham.org/>

Hacer1cosa - <http://do1thing.com/>

Aplicaciones para móvil de Michigan prepara- Plan de Emergencia - Disponible para descarga en ambos dispositivos Apple y Android o como un documento PDF.

Centros para el Control y Prevención de Enfermedades (CDC) - El clima de invierno <https://www.cdc.gov/disasters/winter/index.html>

La policía del Estado de Michigan - Preparación de emergencia invernal https://www.michigan.gov/msp/0,4643,7-123-72297_60152_70432--,00.html

Por Rona Harris

Especialista de Alcance Comunitario, Departamento de Salud del Condado de Ingham



School to Training Employment Program *11th Annual Tour and Interview Day*



The Board of Water and Light had the privilege of taking 15 local high school seniors on a tour of our facilities.

During the morning of the tour and interview day, the 15 high school seniors (pictured above) were able to visit the Customer Service building, the Stores and Warehouse facility, the Dye Water Conditioning Plant as well as the REOtown Cogeneration plant. However, the student's day was not finished when we returned from the tours. During the afternoon, these same 15 high school students interviewed for 1st STEP positions here at the BWL.

By the end of the day, these 15 high school students were very excited about the next step in the 1st STEP program...

LANSING BW 1ST STEP



To Dallas Burdick...
We thank you for your dedication and leadership with the 1st STEP Program since its creation more than a decade ago.



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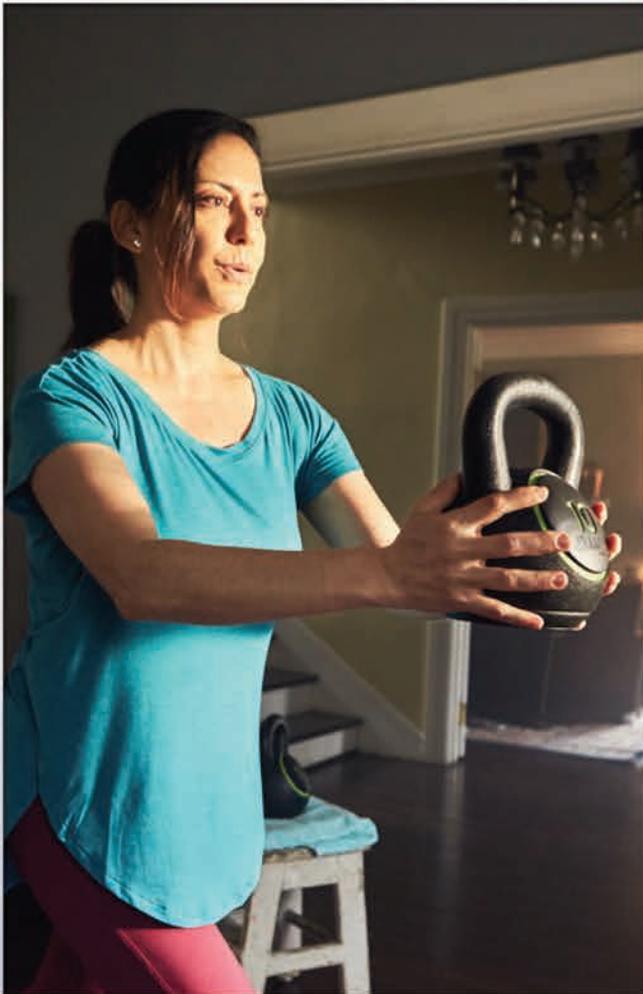
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Fax: 517.272.7390

WWW.DLZ.COM



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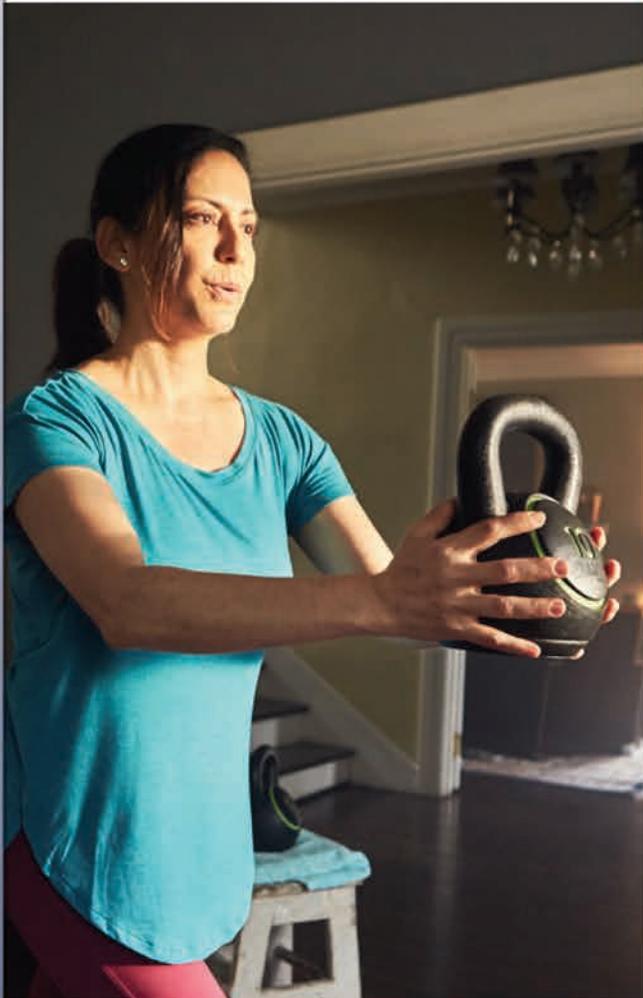


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At AARP we do a lot. But everything we do, from helping you live a healthier life to advocating for family caregivers, we do it for one reason: so that after age 50, you can enjoy more Health, Money and Love.

Discover more: aarp.org/mi

AARP Real Possibilities
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En AARP hacemos mucho. Pero todo lo que hacemos desde ayudarte a vivir más saludable hasta abogar por los derechos de los que cuidan a sus familiares, lo hacemos por la misma razón: que después de los cincuenta puedas vivir con más Salud, Dinero y Amor.

Descúbreanos: aarp.org/mi

AARP Juntos es posible™
Michigan

Antonio “Tony” Benavides

A Patriarch of Learning, Leading and Community Service

Este es el corrido de Antonio Benavides escrito

*Ya ahora les vengo a cantar
Lo que Lansing ya pasó
Que un mexicano ha llegado a ser
del pueblo el Mayor
Su nombre se llama Antonio
Benavides su pabellón
Su nombre y su apelativo
En la historia la historia ya quedó*

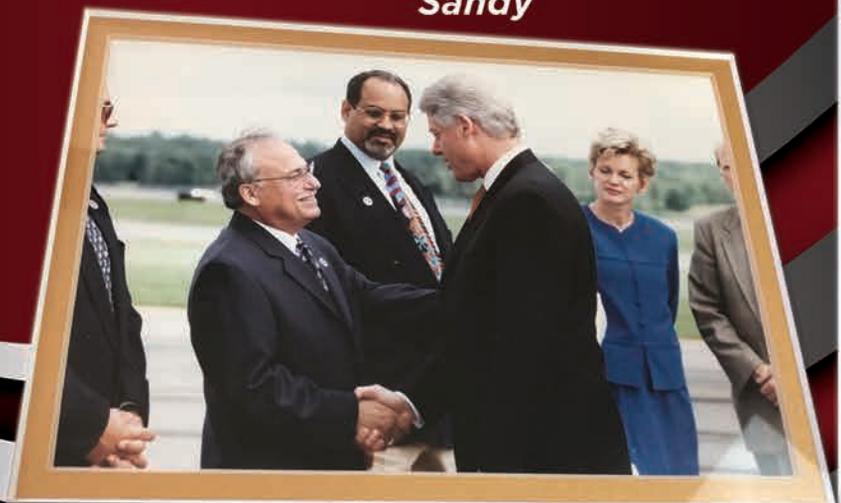
*El Ex-Mayor le dijo Antonio
Ahora tú eres el Mayor
Te doy las llaves del pueblo
Y te deseo lo mayor
Ya con esta van dos veces
Que ha servido de Mayor
La primera se la dieron
Y la segunda la ganó a votación*

*Ya Antonio lo conocemos
Por todita la región
Trabajo en Cristo Rey
33 años cumplidos
Conocemos su trabajo
En Cristo Rey lo demostró*

*Ya con esta me despido
Y les agradezco su favor
Con su voto hemos ganado
Pa’servirles de Mayor*



The Benavides Family
Richard Eduardo
Carmen (Mom) Tony Carmen
Sandy



por Roberto Beltrán

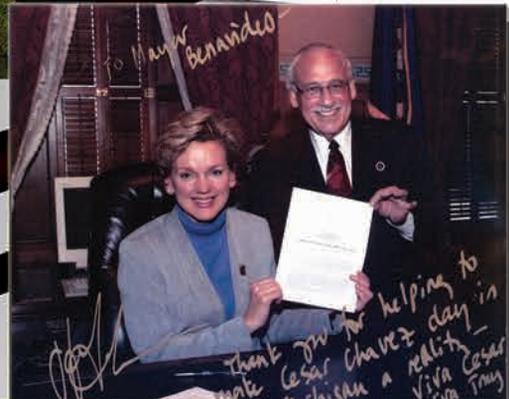
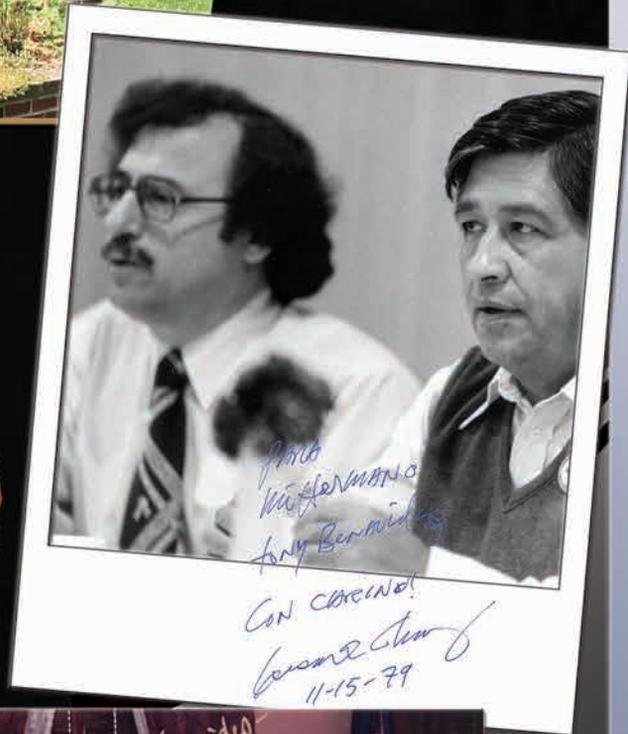
50 Years of "People Helping People"



Since 1968, Cristo Rey Community Center has made their mission about people helping people. Learn more about the services provided at www.cristoreycommunity.org



For more than a half-century, Tony Benavides has served the underrepresented, helped feed the hungry and guided family, friends and constituents throughout the Lansing area.



Y Ahora Que?

...And What Now?

Dr. José Angel Gutiérrez Ph.D., JD, Emeritus

Shortly after the 2018 mid-term elections I went over what I did not have time to discuss with audiences during my visit to Michigan for Hispanic Heritage Month. I decided it was best to write out what we should do now.

But first, some true facts: most of Michigan's Raza lives from paycheck to paycheck; we are a community in chronic poverty. It only gets worse the closer you live to the U.S.-Mexico border. Only 37% of all U.S. parents believe their children will be better off than they are. So much "for the land of the free and home of the brave."

The One Fifths: 1/5 of our kids are pushed out of school. 1/5 of our kids who do graduate do not go to college. 1/5 of our kids drop out of college. Only 1/5 of our kids use their college degree in the job they have. And, all students in the U.S. now owe \$1.56 trillion in loans used trying to get a college degree.

This is a debt they will not ever be able to pay if they did not get their degree.

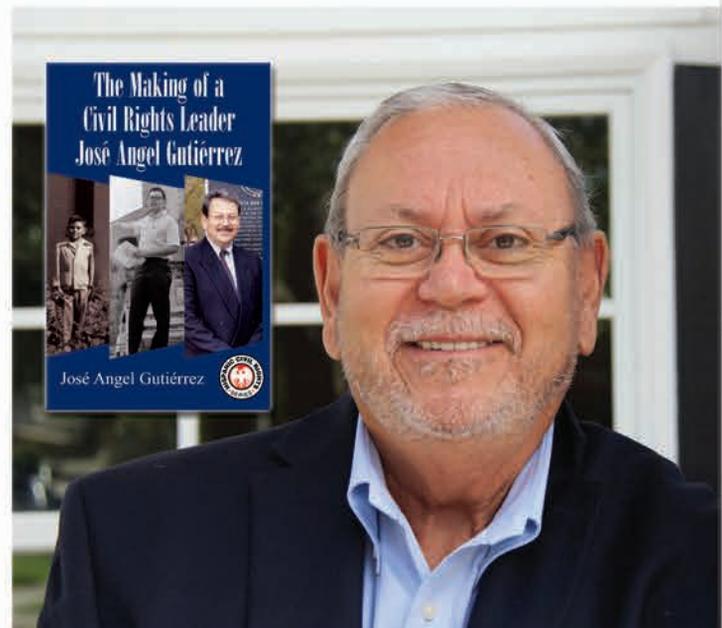
As we get past Veteran's Day 2018, let's remember that when we had civilian soldiers during the Draft, too many of our youth went to war, mainly in WWII, Korea and Viet Nam. And too many died in those wars; more than we were in proportion to the population.

Our kids could not get exemptions from serving in the military. They were farmworkers, not farm owners. They were not in college. They did not have a family doctor's excuse for having flat feet, being colorblind or having hypertension. That was my condition (still is) plus I was married with one child, over 23 and starting my Ph.D. program. Regardless, I was drafted into the longest war the U.S. ever had until now.

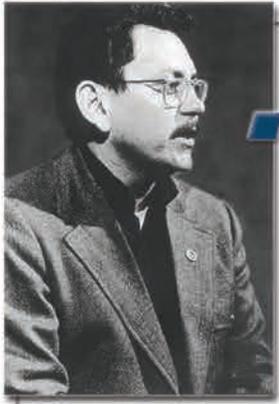
Today, we are in perpetual war with "warrior soldiers," as the Pentagon calls them. Our lying Presidents — from Lyndon Johnson to Nixon to both Bushes, Obama to Trump, all tell us to "Support Our Troops" at every turn. Yet, it is the Generals who keep making the wrong decisions and losing wars. Our soldiers only come home in caskets, injured, mentally ill, drug addicted, suicidal and some of ours even get deported after serving honorably.

These same Generals go on to work for Defense contractors, or become lobbyists for the military industries. This past year alone, the U.S. government and military contractors earned \$1.92.3 billion in arm sales around the world. Not only do we want to be in perpetual war, but engulf the entire world in our "war business."

We should end our perpetual wars by end of the year, cancel all student debt, prohibit college tuition at public institutions, provide universal health care for all, and guaranteed an annual income of no less than \$45,000 for a family of four. And, instead of foreign and military aid to countries, like the \$35 billion a year to Israel, it should go to verified job creation, fixed cost infrastructure repair and humanitarian aid only.



...And What Now?



Our borders should be open as they are in Europe and let employers hire the best worker, not the cheapest.

What else should we do? Organize, register or naturalize our people then get them to protest, march, boycott for our issues and vote for our candidates only, block by block, neighborhood by neighborhood, city by city, county by county, congressional district by district, and state by state.

We should abolish the Electoral College. The racist whites in the 17 Southern states have 210 of the needed 270 electoral votes to elect the President. We should apportion U.S. Senators by population, not automatically give 2 per state.

Why should California with 40 million people only get two senators while 11 other states combined to make 40 million people get 22 senators? We are 57 million "Hispanics" out of 320 million people in the U.S., that is 18% of the total. We should get 18% of all elected federal officials — 18 U.S. Senators, 78 U.S. Representatives and 9 Governors.

If we are racially classified by the Office of Management and Budget (see Directive 15, May 1977) and only Hispanics are an ethnic group, let us vote that way by self-chosen racial classification ballots by census tract.

This is for starters...



Michigan Alliance of Latinos Moving Toward Advancement Honor Hispanic Representatives



Michigan Alliance of Latinos Moving Forward Toward Advancement and other organizations celebrated Hispanic Heritage Month with a reception in honor of Michigan's current and former Hispanic Representatives. This was an opportunity to learn more about the Hispanic Needs Assessment.



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of the teacher.*



César E. Chávez

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• ¿Estas en riesgo de tener diabetes tipo 2? ¿Vives con hipertension arterial?

• Comunicaté hoy con la YMCA de Lansing para saber como realizar cambios en tu vida para reducir el riesgo de diabetes tipo 2 y mejorar la salud de tu corazón. ¡ No es necesario ser miembro de la YMCA!

• Si estás interesado en estos programas, habla hoy con tu empleador sobre estos beneficios como parte de su compromiso bienestar de sus empleados.

For more information / Para mas informacion:
Alison Bradow, abradow@ymcaoflansing.org, 517.827.9611

Local Wellness

The Lansing School District continues to be committed to health & well being of all students and staff.

A copy of the local wellness policy can be found on the Districts webpage.

This document guides Lansing Schools efforts in establishing a school environment that promotes student's health, well-being, and ability to learn.

Content of the Wellness Policy includes specific goals for nutrition promotions, education, physical activity and other school-based activities that promote student wellness

The Wellness committee is asking for community input. If you are interested in participating please contact the Food & Nutrition Department 755-2755.



Lansing School District
Food Service Website

lansingsd.sodexomyway.com



So Happy

So Happy... the app that tells you what's on the menu today in your student's cafeteria. Check out the menu items — including calories, nutritional information and allergens.



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Future Chef Challenge

SodexoMAGIC will be hosting Lansing's fifth future Chefs Challenge in March 2019. The event invites all Lansing School District grades 1-5 students to share a healthy recipe. Students must be able to create the recipe by themselves.

The top recipes from participating schools will be selected to compete in the Future Chef Challenge. Which will be held March 19, 2019, Everett High School.

All ingredients and equipment are provided for the competing students. Judges will be present to sample and vote on prepared recipes and a winner will be selected.

The winner of the competition will move forward and compete in the National Future Chefs Challenge. The goal of this competition is to get students involved in meal preparation and create awareness of healthy food options.

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They're available in the Cafeteria and in the Main Office at your school! Turn them in to the Cafeteria or Main Office.

UPCOMING EVENTS

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L•S•E•A

On November 2nd and 3rd LSEA hosted a conference for educators and the community centered on Social Justice and Institutional Racism topics. We are proud to be part of this critical conversation.

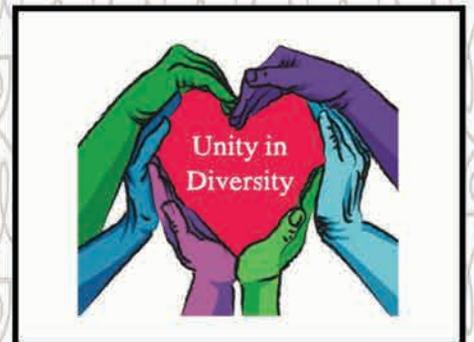
LSEA promotes equal treatment for all individuals in our community.



Dr. Dorinda Carter Andrews of Michigan State University delivers the closing address to a full room of conference attendees.



LSEA Members Angela Barry and Zondra Sickles Blake discuss during a session.



Chuck Alberts, LSEA President
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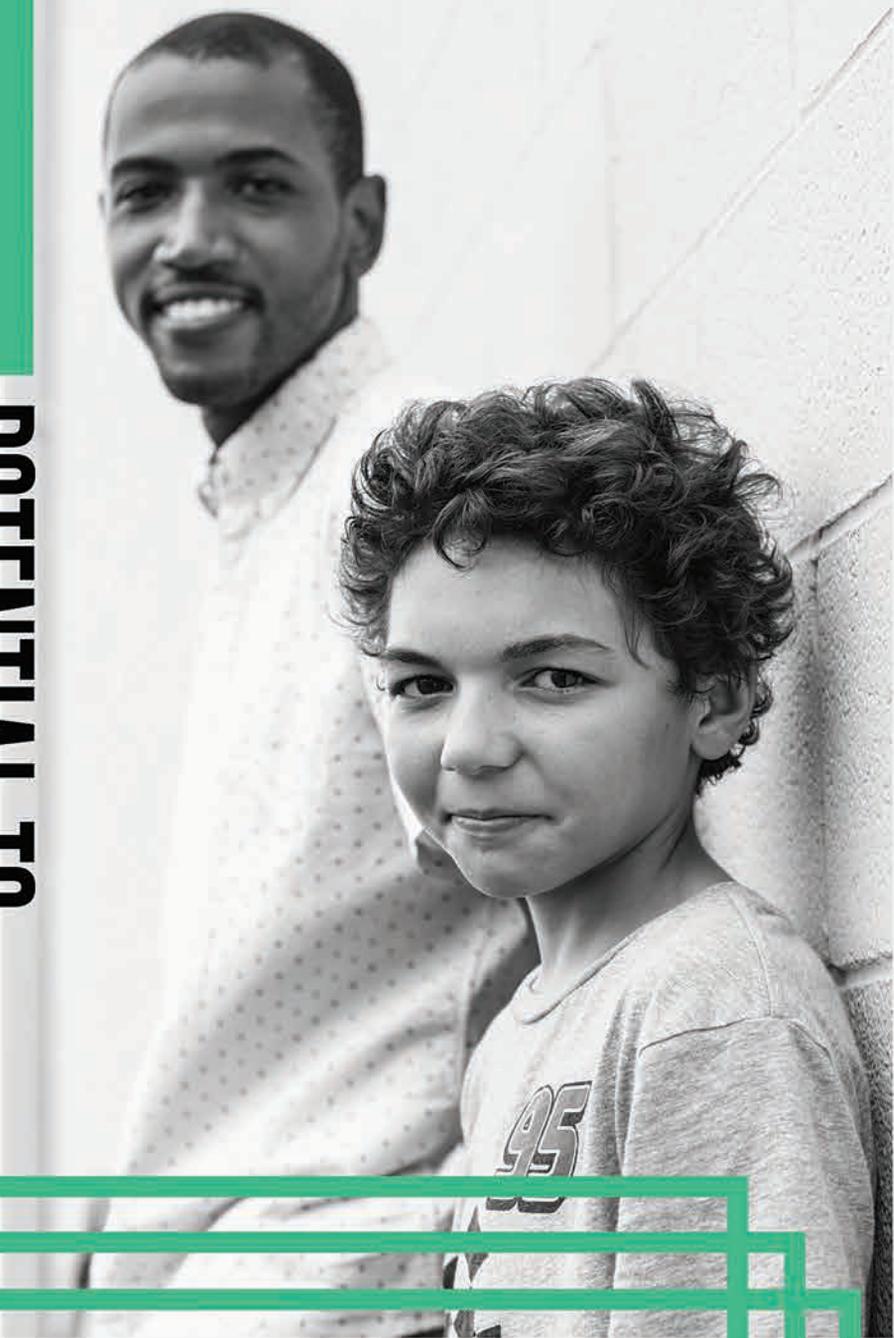
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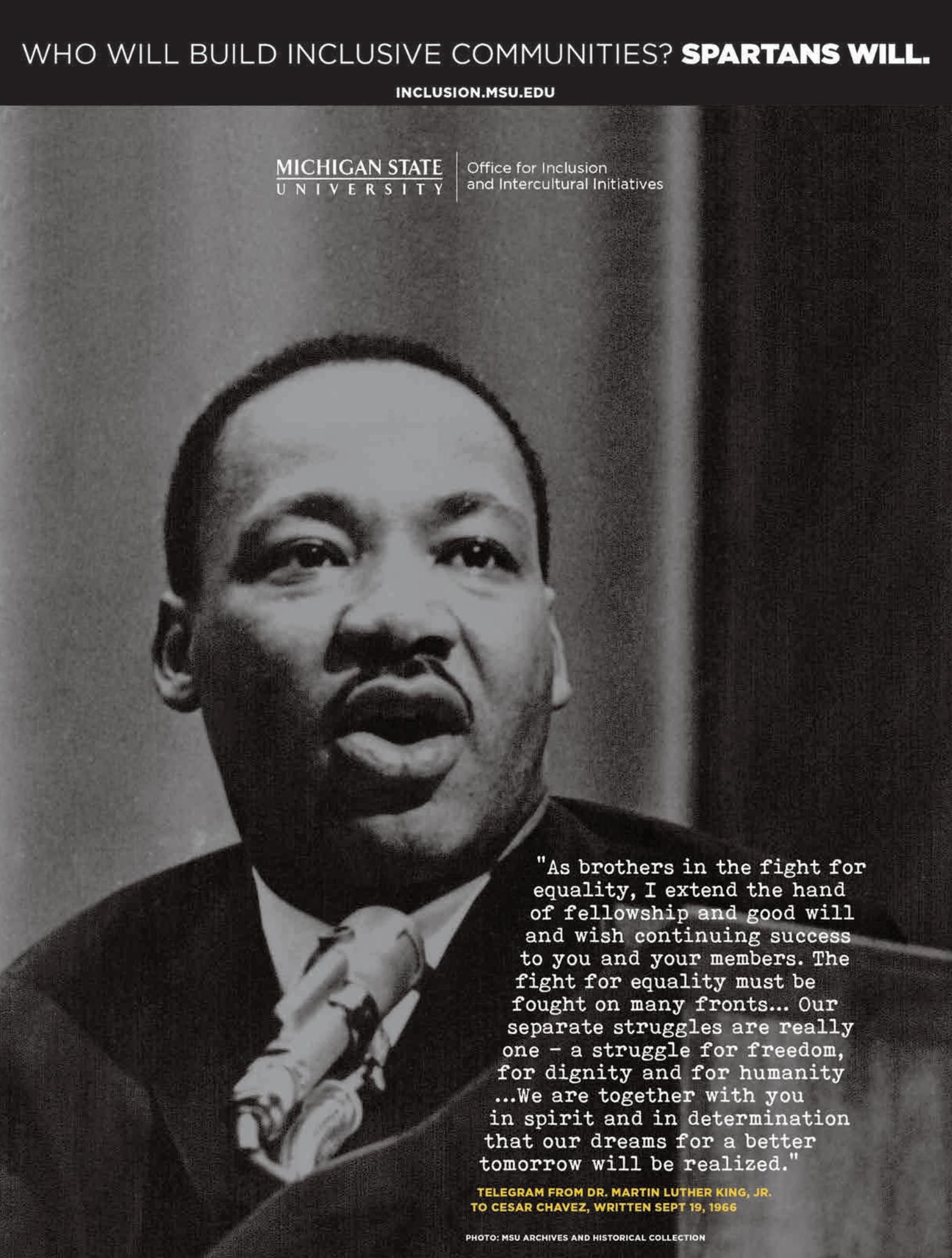
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**TELEGRAM FROM DR. MARTIN LUTHER KING, JR.
TO CESAR CHAVEZ, WRITTEN SEPT 19, 1966**

PHOTO: MSU ARCHIVES AND HISTORICAL COLLECTION