

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.

The Legacy of César E. Chávez in Lansing, Michigan



Chávez Urges farm workers' rights here

“The cruz of the problem is that farm workers are not viewed as human beings. Farm labor is really an honorable profession... What’s wrong is conditions are lousy.” — César E. Chávez



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UNITED 

KEEPING THE LEGACY ALIVE IN LANSING

When you hear the words César Chávez, what comes to mind? Who was this great American whose impact, whose influence created a movement not just for farmworkers but for a nation. His boycott of lettuce/grapes wasn't just about farmworkers, it created an entire movement within the Mexican American community, "El Movimiento," fighting systemic discrimination and promoting rights for our communities throughout the country. It provided an opportunity to reclaim cultural identity, achieve educational reform, improve labor conditions through activism, student walkouts and grassroots organizing. The movement continues to this very day as communities throughout the country mobilize for voting rights, bilingual education, housing, health insurance, fair wages, educational reform, immigration reform. The Chávez social justice movement continues today and is just as important then, sixty-four years ago as it is today.

"When I first heard about César Chávez in the sixties, I said to my friends: Mexicans are marching in California, I'm going to join them! That began my activist career in my community and at the universities. I taught at the University of Texas at El Paso and became Director of Chicano Studies, teaching my students that for over a hundred years we as a people have been fighting for our rights and our very survival. But we could only know of this struggle if we have been taught our basic history. When I arrived at MSU, I was excited to see students in the streets, shouting Chicano Power and demanding a Chicano Studies Program; I thought I had arrived in Chicano heaven. After many months of protest involving dozens of students and community members, we created the Chicano/Latino Studies program at MSU, becoming only the second university in the United States to offer a PhD (I was director for 10 years). "I can only say with Chávez: Once social change begins, it cannot be reversed" and with Dolores Huerta: "Sí se puede!"

These are the words that inspire me every day." Theresa Melendez, Ph.D.

César Chávez and Dolores Huerta established the National Farm Workers Association (NFWA) in 1962 which later became the United Farm Workers. This organization became a successful labor union for Mexican Americans and Filipino farm workers within a nationally recognized civil rights movement across the entire United States. Over three decades Chávez and Huerta became the faces of the fight for better wages and conditions for migrant farm workers.

Chávez was drawn to Michigan for a variety of reasons as the Latino community of Michigan began to grow. The flourishing sugar beet industry here in Lansing brought many members of our community's mothers and fathers, now grandparents etc., from Texas to settle in Lansing, MI. Saginaw, MI. also had a sugar beet processing plant that drew people from Texas to begin working there and eventually settling in Saginaw.

The base of the Mexican American/Latino community here in Lansing came north looking for work. Michigan, being an agricultural state, offered work in its vegetables and fruit farms and the car factories opened the door to people from Texas to find work and eventually stay.

The impact of Chávez in Lansing, MI was vital to our community and looked upon him not only as a great American Icon but a person of great influence here and across the country. The boycotts of lettuce and grapes, the marches, the demonstrations, the song De Colores, the Chávez clap, the farmworkers prayer, the unification of our community for a common purpose, Lansing, MI were important parts of that.

"César Chávez when coming to Lansing, MI., came to a fertile ground of unionism, both in and out of the Hispanic workforce, that is the reason he was so welcomed."

Juan Marinez, Fervent follower and longtime advocate of Chávez and El Movimiento



César E. Chávez

KEEPING THE LEGACY ALIVE



In the 1970s, Chávez met Mr. Norris, Executive Director of the Lansing Housing Commission, during a time of active organizing for farmworkers' rights.

Fifty-three years ago, in 1973, was the first time Chávez came to Lansing, which was a four-day visit to talk about the UFW grape and lettuce boycotts. His first stop was at Michigan State University and then the Cristo Rey Community Center. Fifty-three years later, Lansing, MI is once again planning a variety of Chávez events commemorating his non-violent struggle for farm workers. The visits by Chávez to Lansing, MI were the impetus, or spark if you will, for the continued dedication to the cause of farm workers' and Lansing always laid out the red carpet for him. Chávez inspired our community then and continues to inspire us today.

Initiation of naming Chávez Street in Lansing - 1994

Mr. Paulo Gordillo, at the young age of twenty-two, initiated the first attempt to have a street named in Lansing after César Chávez. Following all the required protocols for a street name change, Grand Ave was changed to César E. Chávez Ave. A businessman and attorney Fred Stackable organized a petition to force a vote on the Chávez name change on a ballot. A referendum was created whereby the citizens of Lansing could vote to either keep Chávez Avenue or have it changed back to Grand Ave. Unfortunately, the opposition to the Chávez name won and Chávez Ave was changed back to Grand Ave.

In 2002, another attempt to have a street named in Lansing, MI after Chávez was initiated. This time it was Kalamazoo St. A petition drive was organized, it even included a march on what was still, Grand River St., in Old Town.

According to Elva Reyes, the first president of the Lansing for César Chávez committee, in 2010 a formal meeting took place at Cristo Rey Community Center which was well attended. The goal was to determine once again if we should continue attempting to have a street or a building named after César Chávez. It was agreed that we should move forward with a street name change. From 2010 to 2012, again following the applied protocols required by the city of Lansing, a compromise was made between the Chávez street organizers and the Old Town Commercial Association to have an Honorary César Chávez Street in Old Town.

The compromise with honorary status meant that the businesses on Grand River did not have to incur any expense in changing stationery and/or other inconveniences that would have disrupted their businesses because of the street name change. Since 2017, feelings of discontent regarding the naming of Grand River Ave., Honorary Chávez St. have been brewing. In addition to the honorary street change, the change included naming the Lansing City Lot 56 in Old Town the César Chávez Plaza with the eventual expectation of an archway over the entrance to Chávez Plaza. The honorary street name unveiling was May 5, 2011, Cinco de Mayo. An honorary César Chávez street sign was placed on top of the Grand River St sign. Virg Bernero was the mayor of Lansing at this time.

A group of us once again petitioned mayor Bernero regarding our dislike of the honorary, we wanted a street name change to César Chávez Ave.

Once again, we followed protocols and with the assistance of mayor Bernero, we finally had the name changed to César Chávez Ave. Mayor Andy Schor won his first term as



mayor of the city of Lansing, MI and was part of the official ceremony to finally change Grand River whose first name before Grand River was Frankly Street, not Grand River. Street names can be changed. In 2018, a special ceremony for the officially naming of Grand River St. from honorary Chávez St. to César Chávez Ave. Lansing, MI finally has a street named after the great American icon of social justice.

Capitol Area César Chávez Commission - 1996 to 2006

As the César Chávez dinner continued to grow, there wasn't enough space for all of those who wanted to attend. The step taken to address that issue was the formation of the Capitol Area César Chávez Commission in 1996. This commission was under the City of Lansing, MI, under the Hollister administration and board commission members were appointed by the mayor. Mr. Santiago Rios was the chair and Lorenzo Lopez was the vice chair. This commission existed for nine years beginning in 1996 until about 2006, and during that period had great success in honoring Chávez. All of the Chávez events were held at the Lansing Center, it included souvenir booklets, sit down dinners with significant numbers of attendees, essay contests on Chávez by students from the Lansing School District, prominent keynote speakers, elected officials, editorials in the Lansing State Journal, the business community and more. Some of the keynote speakers presented by the then commission

were; Julie Chávez, Paul Chávez, Arturo Rodriguez, Dolores Huerta, Dr. Juan Andrade, Edward James Olmos, and Baldemar Velasquez. The impact of the Capitol Area César Chávez Commission is still felt today. In order to continue the honoring of César Chávez in Lansing, the Lansing for César Chávez Committee was established. Elva Reyes was the first chairperson from 2009 to 2012. During that period, The Lansing for César Chávez presented a Tejano/Latino music festival at Chávez Plaza in, 2011. The second Tejano/Latino Music festival in 2012 again sponsored by the Lansing for César Chávez Committee. A variety of special events were presented during this period to keep the legacy of César Chávez alive.

It has been important to keep alive the legacy of César Chávez, which has been celebrated in Lansing, MI since 1996. Organizations change, leadership changes, nevertheless the inspiration of Chávez by coming to Lansing, MI several times continues with the Lansing Mexican American community and in collaboration with the City of Lansing, an annual César Chávez event created in 2023. Chávez started the organization that became the United Farm Workers in 1962, and 64 years later we, in Lansing, MI and across the United States, face in 2026 the same obstacles the labor leader was fighting for back then: living wages, health benefits, better working conditions, citizenship status, unemployment compensation, dignity and respect, and decent housing are the same issues we continue to confront decades ago.

“When you have people who, together, believe in something very strongly - things happen.”

César E. Chávez



IN LANSING



The Mexican American/Latino community of Lansing, MI regardless of organizational leadership or change will continue to make sure that the legacy of César Chávez will be celebrated and acknowledged every year. The fight for equal justice, social justice, and respect and dignity for all farmworkers will forever be a part of the struggle and the Chávez name will continue to inspire generations of Americans to come.

Written by: Lorenzo Lopez

Latino-LGBTQ Equity Advocate, Lecturer, Changemaker, Master of Ceremonies, Organizer, Art & Culture performer and promoter and freelance writer.



I am humbled to have served on the Lansing since 2000. So, it is appropriate that these are my favorite César E. Chávez quotes: "We need to help students and parents cherish and preserve the ethnic anād cultural diversity that nourishes and strengthens this community – and this nation" and "Preservation of one's own culture does not require contempt or disrespect for other cultures."
— **Guillermo López**



The sacrifices my parents made working in the fields and then to leave them for a better life. César cared not only about those around him, but was deeply cemented in Michigan especially in Lansing.
— **Sein Paul Benavides**

ACKNOWLEDGEMENTS

Guillermo Z. Lopez, Juan Martinez, Elva Reyes, Nino Rodriguez, Ph.D., Paulo Gordillo, Theresa Melendez, Ph.D. Patricia Briones. Sein Paul Benavides

César E. Chávez was a man of courage and conviction in his fight for justice. A man who held an unwavering faith in nonviolence. A man who lifted people up and helped restore dignity. Someone who deserves our honor and respect now and in lifetimes to come! ¡SI SE PUEDE! — **Linda Sánchez**



*As an educator in Lansing, it afforded my students the opportunity to participate in activities provided by the **Chávez Commission of Lansing** since 1973. These events allowed many of the students to actually meet César E. Chávez when he was in Lansing. This definitely impacted their lives and motivated many of them to become the community leaders of whom I am so proud. Continuing the celebrations to honor the legacy of César E. Chávez is essential to our future generations. I am very honored to support and participate in the Lansing area events.* — **Patricia E. Briones**



"When coming to Lansing, César E. Chávez arrived to a fertile ground of unionism, both in and out of the Hispanic workforce. That's the reason he was so welcomed." — **Juan Martinez**



Coming from a long line of Chicano activists, I have always felt a duty to honor, give back, and continue the great work of our antepasados (those who came before us). Celebrating the legacy of César E. Chávez means that we are celebrating all the great work that our collective community has and continues to perform. — **Paulo Gordillo**



César E. Chávez

KEEPING THE LEGACY ALIVE

Keep Cesar Chavez Avenue
Monday, June 12
Vote NO on Proposal A

REMEMBERING THE CHICANO MOVEMENT

by Rubén Martínez, Ph.D.

The Spanish-speaking and Indigenous peoples of northern Mexico became part of the United States through military conquest, followed by martial law. The region became what is today the Southwestern United States.

The Spanish-speaking population became citizens by authority of the Treaty of Guadalupe Hidalgo of 1848 and, over time, the nomadic Indigenous peoples who survived the American military campaigns against them were moved onto reservations while the sedentary remained on their Pueblo lands. The Spanish-speaking people came to be known as Mexican Americans.

During the second half of the 19th century, they were dispossessed of their common lands and much of their personal lands. This resulted from the refusal of the U.S. Government through the Court of Private Land Claims to recognize both common land ownership and many of the land grants made by Spain and Mexico to initial settlers. Personal lands were taken as a result of a clash of taxation systems and widespread corruption by White Americans, especially by the Santa Fe Ring.

By the turn of the 20th century, Mexican Americans had been transformed from self-sufficient agro-pastoral farmers to wage earners in an expanding industrial economy. They were integrated into the racial division of labor system that already existed in the country, and were concentrated in the lowest ranks of the occupational ladder. Forced to move to the cities by these dynamics, they lived in segregated neighborhoods, attended segregated schools, and performed the “dirty work” in the regional economies.

In some communities across the Southwest, they were terrorized by lynchings and widespread violence against them, especially by the Texas Rangers in south Texas at the start of the 20th century. To survive and improve their lot in life, Mexican Americans formed numerous mutual aid organizations that offered a mix of services and defended and promoted their civil rights as citizens of the United States.



REMEMBERING...

THE STRUGGLE FOR CIVIL RIGHTS



The struggle for civil rights has many milestones, especially in education. One of the earliest successful desegregation cases was *Maestas v. George H. Shone* in 1914 in the 12th District Court in Alamosa, Colorado, where “Mexican” and “American” students were segregated and attended separate schools.



This was followed by the *Mendez v. Westminster* in California in 1947, the first desegregation case in public education ruled on by a federal district court. The U.S. District Court for the Southern District of California ruled that providing separate schools for Mexican and American students failed to meet the equal protection of the laws of California and harmed Spanish-speaking students. This case served as key precedent to the 1954 ruling in *Brown v. Board of Education of Topeka* by the U.S. Supreme Court which held that segregation had a detrimental effect on minority children by depriving them of equal educational opportunities. Among the attorneys for the plaintiffs in these two federal cases were Thurgood Marshall and Robert L. Carter, both African Americans.

Mexican Americans served in the armed forces during WWII and, despite many serving in segregated units, were among the most highly decorated soldiers in the armed forces, disproportionately recognized for valor on the battlefield. Upon returning home at the conclusion of the war, they expected equal opportunities as civilians but such was not the case. They returned to the same structures of racism and exclusion they had experienced before going off to war.

In response, they began to organize for civil rights, often traveling long distances to meet with like-minded others in different cities across the Southwest. By the time the Civil Rights Movement emerged, Mexican Americans were ready to demand equal rights in employment, education, and criminal justice, as well as calling for the return of land grants taken from them. While leaders like Reies López Tijerina (land grants), César Chávez and Dolores Huerta (farmworkers), Rodolfo Gonzales (civil rights), and José Angel Gutiérrez (electoral politics)



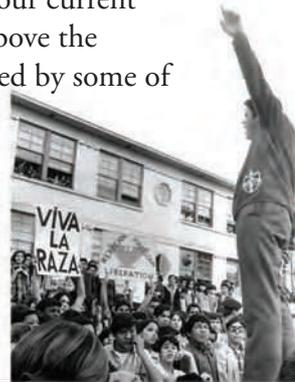
REMEMBERING

gained national prominence, there were hundreds of local and regional leaders who mobilized communities, led strikes, supported and defended students, held voter registration drives, and organized protest marches and demonstrations.

Accepting that they were neither accepted in the U.S. nor in Mexico, young activists rejected the label Mexican Americans in favor of “Chicanos,” which denoted a new ethnic identity, one that developed out of the decades of the in-between status they occupied in the United States. The new identity empowered movement activists to favor cultural pluralism over assimilation, engage in cultural revitalization, promote community self-determination, and oppose structural racism across all sectors of American society.

Leaders and movement participants were active in the March on Washington for Jobs and Freedom in 1963, joining African Americans, Native Americans and other groups demanding equal rights and opportunities. During this period, they collaborated with Dr. Martin Luther King Jr, Ralph Abernathy, Angela Davis, Jesse Jackson and many other leaders of minority communities. In 1968, over one thousand Chicanos and Chicanas participated in the multiethnic Poor Peoples Campaign in Washington DC. Ultimately, the Chicano Movement was able to achieve several social and political gains, including bilingual and bicultural education, improved working conditions for farmworkers, more Chicano teachers in the schools and in elected offices, greater national attention on historical land grant claims, attention on police brutality, and establishment of Chicano Studies programs in colleges and universities.

There was, of course, resistance by many White American communities throughout the Civil Rights Movement. Unlike today, in the Sixties, the National Guard was used to protect and defend civil rights in Arkansas and Alabama, while also used to quell riots. The Chicano Movement was about moving the country toward a fuller democracy. These days, right-wing populism is turning back the civil rights gains made during and since the Civil Rights Movement of the 1960s. There is a resurgence of overt racism, open violence by federal agents, voter suppression efforts, and a willingness by many to undermine democracy and adopt authoritarian leadership. Rather than blaming the free market fundamentalist policies of national elites for the hollowing out of the middle class, the loss of manufacturing jobs, and the decline in the nation’s median income, many scapegoat immigrants and other vulnerable populations for the negative effects of those policies. In our current national crisis, will Americans rise above the regressive and divisive views promoted by some of today’s leaders and come together to secure democracy and a path to a higher quality of life for all or will they accept totalitarianism and a continued decline in the quality of life of all but the millionaires and billionaires?





CHILDREN AT THE BORDER NEED YOUR HELP!

Many unaccompanied children are fleeing to the United States for a safer future. Samaritas' Refugee Foster Care program helps these children unite with relatives in the US or supports them on their way to independence and adulthood.



¡LOS NIÑOS EN LA FRONTERA NECESITAN TU AYUDA!

Muchos niños no acompañados están huyendo a la frontera de los EE.UU. para un futuro salvo. El programa para El Cuidado Temporal de Refugiados de Samaritas ayuda estos niños reunificarse con familiares en los EE.UU. o los apoya en su camino a la independencia y la edad adulta.

How You Can Help

Loving families are needed in Mid, West, and SE Michigan! Could you welcome a child into your home and give them the chance of a bright future?

Transitional Foster Care: Welcome a youth into your home temporarily while Samaritas works to unite them with relatives or sponsors in the US. (Only in the Lansing and Ann Arbor areas.)

Long-Term Foster Care: Welcome a youth without parents/guardians in the US into your family, guiding and supporting them as they prepare for adulthood.

Rent-a-Room: Rent a room in your home to a youth (17+) who is preparing for independence.

Como Puedes Ayudar

Se necesitan familias amorosas en las partes de medio, oeste y sureste de Michigan! ¿Podrías darles la bienvenida un niño a tu hogar para darles un futuro resplendente?

El Cuidado Temporal Transitorio: Abre tu casa para darle la bienvenida a un niño mientras Samaritas trabaja para unirlo con familia o un patrocinador en los EE.UU. (En las áreas de Lansing y Ann Arbor y sus alrededores.)

El Cuidado Temporal De Largo Plazo: Ofrece la bienvenida a un niño sin padres o guardianes en los EE.UU. a tu familia, guiándolo y apoyándolo mientras se preparan para ser adultos.

Renta-un-Cuarto: Renta un cuarto a un joven (17+) mientras se paran para la independencia.

Contact **Samaritas** to learn about ways that you can help these children today!
RFCinfo@samaritas.org

Conéctate con **Samaritas** para aprender las formas que puedes ayudar estos niños hoy! **RFCinfo@samaritas.org**



César E. Chávez

SISEPUEDE.

A TRIBUTE

The Lansing Latino Health Alliance (LLHA) is honored to acknowledge the accomplishments and sacrifices that Cesar E. Chavez committed himself to effect and thus bring significant, life-sparing change for those who work the fields and farms across our country.

Many of us baby boomers, living in the Michigan Tri-county area in the 1960s and '70s had families — parents, siblings, grandparents, aunts, and uncles — who toiled in the farm fields and orchards six to seven days a week, from before sun-up to after sun-down. Their products were the fruit and vegetables that made their way daily to the American dinner table. The hard work and unrelenting dedication of migrant and immigrant workers provided the backbone and brawn, and endured exposure to unhealthful, toxic work conditions and environments so American farm owners would succeed in the supply chain.

My family worked on farms in Saginaw County in the 1960s – hoeing weeds from the sugar beet fields, harvesting potatoes and cucumbers, and as the seasons advanced, picking cherries in Traverse City. We lived near the farms; but many families migrated seasonally, from Texas, Arizona and Florida, to also work in the fields providing the back-breaking labor required during the planting, growing and harvesting cycles of the vast variety of produce.

César E. Chávez was intimately familiar with the plight of seasonal farm workers in southern and south western states, who unaware risked their health – no, risked their life, working with pesticides and other toxic chemicals without appropriate protective wear, masks or equipment, a practice which subjected them to the risks of inhaling dangerous fumes, exposing themselves daily to potentially carcinogenic products, while earning sub-standard, unregulated wages in physically grueling conditions. Also, in his travels he quickly saw similar images of the migrant farm worker in life-threatening conditions in Michigan and other midwestern states.

Early on and into the 1970s and beyond, the voice of Chávez clearly and emphatically narrated the need for action to address multiple debilitating issues raised by life patterns of migrant farm workers. He shared his awareness repeatedly before local, regional and national audiences arguing for the need for

In the early 1970s Chávez brought his message to Lansing, Michigan, and in 1972, many of my fellow Chicano students from MSU and I joined with others from across Michigan on what was to become his famous march to the state capitol. Chávez's efforts across the nation signaled that change was coming for those who toiled in the fields.



Many farm workers were exposed to pesticides, but no farmers ever told us that we needed to be careful and not eat any of the produce we picked since it had been sprayed, that it was contaminated with pesticides. Farm workers were not provided with potable drinking water and farm owners did not provide sanitation facilities or products for the workers. Families brought their own drinking water, food and toilet paper and did what they had to do. It's hard for many today to even picture a day in the life of a migrant/immigrant worker. Back in the day the usual twelve-fourteen-hour workday began by 6 a.m. and ended no sooner than 6 p.m. Housing was left to the discretion of the farmer or landowner.

But, through the assistance of labor-informed groups and the leadership of Chávez, local and national fruit and vegetable boycotts were declared and implemented successfully. Change was in the air. Unionization and demands for improved and more just working conditions, mandated housing regulations and access to health services became the outcry as many sections of the nation and workers' groups learned of the unacceptable conditions in which the seasonal farm worker labored. Changes were finally becoming a reality. Chávez' vision prevailed and continues.

The United Farm Workers was formed from the merger of two workers' rights organizations, the National Farm Workers Association (NFWA) and the Agricultural Workers Organizing Committee (AWOC). They allied and transformed from workers' rights organizations into a union as a

result of a series of strikes in 1965, when farmworkers of the AWOC in Delano, California, initiated a grape strike, and the NFWA went on strike in support. As a result of the commonality in goals and methods, the NFWA and the AWOC formed the United Farm Workers Organizing Committee in August 1966.[5] This organization was accepted into the AFL-CIO in 1972 and changed its name to the United Farm Workers Union.[6]

Today, in the tri-county area we have such organizations as the Capital Area Migrant Services, which works with other migrant service organizations to provide many services, including health care to those living in the migrant camps across Michigan. Every summer, the organizations work to provide mobile health and dental clinics that visit different camps. The Office of Migrant Affairs, MDHHS, oversees the Migrant Resource Councils. The Council's formal areas of service include the offices that oversee services in the following groupings: Allegan-Ottawa-Barry-Clinton; Capital Area; Great Lakes; Mid-Michigan; Northwest MI; Southeastern MI; Southwestern MI; Sparta Area; and West MI.

The Great Lakes Bay Health Centers is another health service organization. It was originally founded to provide health care to migrant workers in 1969, it continues to serve migrant and seasonal agricultural workers throughout mid-and-lower Michigan. Its mobile medical and dental units travel to more than 40 farms providing care.

ADDITIONAL RESOURCES

MDHHS Economic Stability Administration, Farmworker Outreach Services Division

(FOSD)/División de Servicios de Extensión para Campesinos

Phones: 517.331.8374. 1.833.SIAYUDA, 1-833-742-9832 (MDHHS Farmworker Hotline)

Web sites: www.michigan.gov/mdhhs. • www.michigan.gov/help4migrants
www.michigan.gov/SIAYUDA. • www.michigan.gov/farmworkeroutreachservices

Chávez's Legacy lives on through all whom he stood for.

*"Once social change begins, it cannot be reversed....
You cannot uneducate the person who has learned to read....
You cannot humiliate the person who feels pride....
You cannot oppress the people who are not afraid anymore."*

— César E. Chávez





BE READY

FOR WINTER WEATHER

by Rona Harris
Community Outreach Specialist
Ingham County Health Department



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 follow 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 beverages (adjust sweetness to your own dietary restrictions) such as hot chocolate or hot tea 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. You can even take companions along with you.
- 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 with an emergency plan 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. Seek medical care.

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/>

Sign up for RAVE/Smart911 for emergency alerts and safety notifications
smart911.com

MIREADY - Winter Weather Emergency Preparedness
<https://www.michigan.gov/miready/be-informed/winter-prep>





PREPARARSE

PARA EL TIEMPO INVERNAL

Por Rona Harris

*Especialista en Divulgación Comunitaria
Departamento de Salud del Condado de Ingham*



El invierno puede ser una época ideal para seguir disfrutando del aire libre mientras h algo de actividad física. Caminar con artefactos de nieve, patinaje sobre hielo, esquí de fondo, caminar, deslizarse en trineo e incluso hacer ángeles de nieve son formas estupendas de seguir moviéndose. Aquí tiene algunos consejos para mantenerse a salvo.

Consejos de condición física para el invierno

- Escuchar informes de radio, en línea y televisión sobre avisos, vigilancias o alertas de viaje, y seguir las instrucciones de las autoridades locales antes de decidir si es seguro salir al exterior.
- Comer comidas equilibradas ayudará a mantenerse más caliente. No beber bebidas alcohólicas, ya que pueden hacer que su cuerpo pierda calor más rápidamente. En su lugar, beber bebidas calientes (ajustar el dulzor a sus propias restricciones dietéticas) como chocolate caliente o té caliente para ayudar a mantener la temperatura corporal.
- Avisar a sus amigos y familiares a dónde irá antes de salir a caminar, hacer senderismo o esquiar, y cuándo esperar que regrese. Incluso puede llevar compañeros consigo.
- No dejar zonas de su piel expuestas al frío. Y evitar sudar, cansarse demasiado, caminar sobre hielo o mojarse.
- Preparar un plan de emergencia si está afuera y tiene que buscar refugio de emergencia.
- Mascotas como los perros pueden ser excelentes compañeros para el acondicionamiento en invierno, pero también pensar en las necesidades que pueden tener mientras ambos salen juntos al aire libre.
- Durante el invierno severo, evitar caminar, hacer senderismo o practicar esquí de fondo en zonas apartadas.
- Además, vigilar cuidadosamente los signos de problemas de salud causados por el frío, como congelación o hipotermia. Los primeros signos de congelación pueden ser dolor y enrojecimiento en la piel, o piel blanca o grisácea, piel firme o cerosa y/o entumecimiento. Buscar atención médica.

Si quiere saber más sobre cómo prepararse para el clima invernal mientras continúa con sus actividades físicas al aire libre o en interiores, aquí tiene algunos recursos:

Preparación ante emergencias del Departamento de Salud del Condado de Ingham

<http://hd.ingham.org/>

Inscribirse a RAVE/Smart911 para recibir alertas de emergencia y notificaciones de seguridad:

smart911.com

MIREADY - Preparación para emergencias en invierno

<http://www.michigan.gov/miready/be-informed/winter-prep>





DLZ

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ANIMAL HEALTH FACILITY

Potter Park Zoo New Animal Hospital



Potter Park Zoo New Animal Hospital



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contact us at (517) 319-8300

Para obtener más información,
comuníquese con nosotros al
(517) 319-8300



LANSING **BWL** 1st STEP

School to Training & Employment Program **18th Annual Tour and Interview Day**



The **Board of Water & Light** was excited to welcome 40 local high school seniors for an unforgettable behind-the-scenes tour of our operations. During a morning packed with exploration, students (pictured above) visited the Customer Service building, the Purchasing and Warehousing Department, the Dye Water Conditioning Plant, and the REOtown Cogeneration Plant — getting a firsthand look at how **BWL** serves our community every day.



But the experience didn't stop when the tours ended. In the afternoon, those same 40 students took the next big step by interviewing for **1st STEP** positions at **BWL**. By the end of the day, the energy was high, the excitement was real, and many students left eager to continue their journey in the **1st STEP** program.



"We cannot seek **achievement for ourselves** and forget about **progress and prosperity for our community.**"

— César E. Chávez



www.lafcu.com/join



NMLS ID 562117
Federally Insured by NCUA

"No podemos buscar **el logro para nosotros mismos** y olvidar **el progreso y la prosperidad de nuestra comunidad**"

— César E. Chávez



www.lafcu.com/join



NMLS ID 562117
Federally Insured by NCUA



**CÉSAR
CHÁVEZ DAY
MARCH 31ST**

¡SÍ, SE PUEDE!

**“It is ironic that those who
till the soil, cultivate and
harvest the fruits,
vegetables, and other
foods that fill your tables
with abundance have
nothing left for
themselves.”**



YES TO

VOTING

MIDTERMS: Elections held at the midpoint of a presidency. All members of the house of representatives are up for re-election and approximately 1/3 of the senate.

**THE RESULTS CAN CHANGE
THE POLITICAL LANDSCAPE**



**YOUR VOICE
YOUR VOTE**

ELECTION: NOV 3, 2026

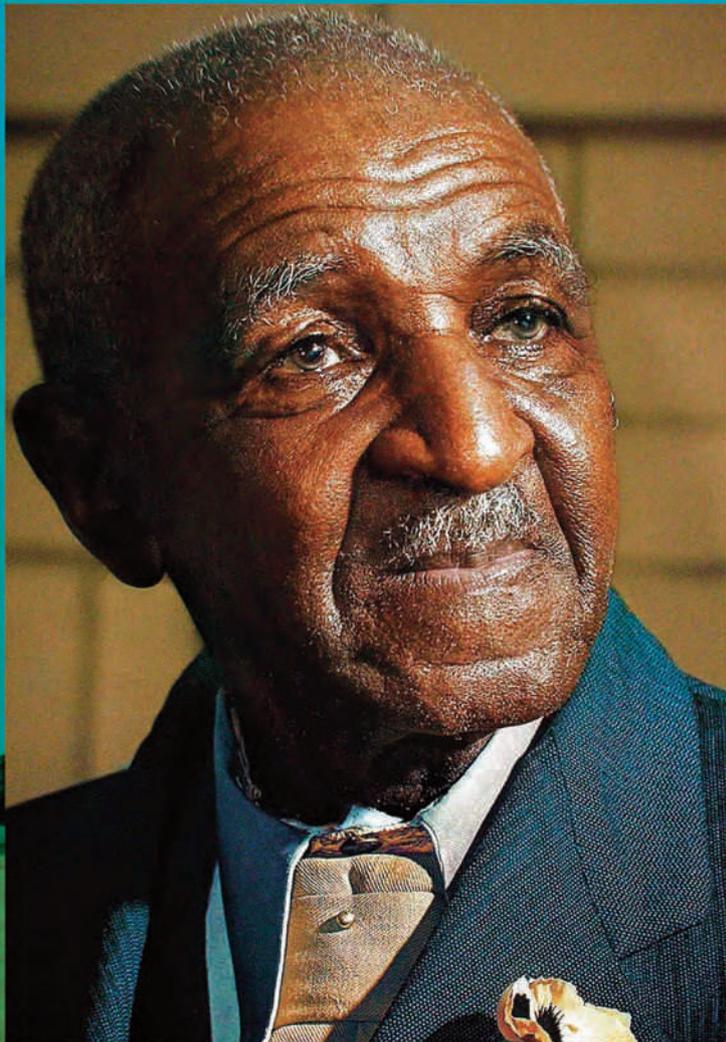
CELEBRATING THE LIVES OF

GEORGE WASHINGTON CARVER

& DOLORES CLARA FERNANDEZ HUERTA

“ Education is the key to unlock
the golden door of freedom.”

- GEORGE WASHINGTON CARVER



>> **George Washington Carver** established an agriculture extension program in Alabama and founded an industrial research lab where he worked tirelessly on the development of hundreds of applications for new plants. Carver discovered more than 300 uses for peanuts and hundreds more uses for soybeans, pecans and sweet potatoes.



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.

“Every moment is an organizing opportunity, every person a potential activist, every minute a chance to change the world.”

- DOLORES CLARA FERNANDEZ HUERTA



>> **Dolores Clara Fernandez Huerta** worked on behalf of migrant farmworkers and her organizing led to the establishment of the United Farm Workers of America. She is considered one of the most influential labor activists of the 20th century and a leader in the Chicano civil rights movement.



IMPORTANT INFORMATION

Special Education Bond Proposal



Student-First Environments

The proposed new and renovated facilities included in the Special Education Bond prioritize safe, accessible, and engaging learning environments that promote comfort, dignity, and independence for students with disabilities—while extending the useful life of the facilities for the future.



Safe

- Secure entryway
- Weather protected pick-up/drop-off
- Appropriate restrooms
- Code compliant spaces
- Technology and security upgrades



Accessible

- Main entryway oversight
- Larger classroom spaces
- Classroom adjacent restrooms
- Access to external spaces
- Thoughtful, ADA compliant spaces



Engaging

- Essential life skills supporting features
- Interactive instructional devices
- Mobility, OT, and PT spaces
- Natural light and high ceilings
- Common spaces and playgrounds

May 5 Ballot Proposal

- Special Education bond proposal for \$99.96 million to upgrade Ingham ISD's special education facilities
- Tax Impact = 0.55 mill increase
- Impacts all Ingham ISD school district residents

Why is the bond proposal necessary?

1. Ingham ISD's special education facilities average 53 years of age (Heartwood School and Beekman Center)
2. The proposed upgrades have significant costs in order to comply with current educational, accessibility and safety standards
3. Programs require specialized spaces designed to support mobility, medical needs and individualized instruction

A LEGACY IN OUR COMMUNITY

Founded by dedicated community members in 1968, the Beekman Center provided groundbreaking educational opportunities for children with disabilities before legislation established such rights. Despite its impact, the 58 year old building has not been significantly renovated. Growing enrollment led to the opening of centerbased Heartwood School in 1978, which now requires improvements to effectively meet current educational, accessibility, and safety standards.

Beekman
was built in
1968

Heartwood
was built in
1978

Impact to Median Household

is approximately **\$42 per Year**

Ingham ISD proudly serves our 12 school district communities



East Lansing Public Schools



Election Day is May 5!



INFORMACIÓN IMPORTANTE

Propuesta de bonos para educación especial

Entornos del estudiante

La propuesta para instalaciones nuevas y renovadas incluidas en los bonos para educación especial, prioriza seguridad, accesibilidad, y entornos atractivos de aprendizaje que promueven comodidad, dignidad, e independencia para estudiantes con discapacidades—extendiendo la duración de las instalaciones a futuro.



Segura

- Entrada segura
- Área protegida del clima para dejar y recoger
- Baños adecuados
- Áreas compatibles con el código
- Tecnología y seguridad modernizadas

Accesible

- Entrada principal vigilada
- Espacios con aulas grandes
- Baños adyacentes al aula
- Acceso a espacios exteriores
- Espacios considerados y compatibles con ADA

Atractiva

- Características esenciales de apoyo para habilidades de vida
- Dispositivos instructivos interactivos
- Movilidad, espacios con terapia ocupacional y física
- Luz natural y techos altos
- Espacios comunes y patios de juegos

Propuesta en boleta del 5 de mayo

- Propuesta de bonos para educación especial de \$99.96 millones para renovar las instalaciones de educación especial de Ingham ISD
- Impacto de impuesto = 0.55 aumento de millar
- Impacta a todos los residentes del distrito escolar de Ingham ISD

¿Por qué es necesaria la propuesta de bonos?

1. Las instalaciones de educación especial de Ingham ISD tienen en promedio 53 años (Heartwood School y Beekman Center)
2. La propuesta para Renovación tiene costos considerables para cumplir con las actuales normas educativas, de accesibilidad y de seguridad
3. Los programas requieren espacios especializados diseñados para apoyo de movilidad, necesidades médicas e instrucción individualizada

UN LEGADO EN NUESTRA COMUNIDAD

Fundado por dedicados miembros de la comunidad en 1968, Beekman Center proporcionó innovadoras oportunidades educativas a niños con discapacidades antes de que la ley estableciera tales derechos. A pesar de su impacto, el edificio de 58 años no ha sido renovado considerablemente. El aumento de inscripciones condujo a la apertura de la escuela Heartwood en 1978, la cual ahora requiere mejoras para cumplir eficazmente con las actuales normas educativas, de accesibilidad, y de seguridad.

Beekman
Construido en
1968

Heartwood
Construida en
1978

Impacto familiar medio

aproximadamente **\$42 por año**

Ingham ISD orgullosamente sirve a comunidades de 12 distritos escolares



YOUR CHILD'S PATHWAY TO GRADUATION STARTS HERE!



VISIT THESE SCHOOLS TO ENROLL IN PRESCHOOL OR KINDERGARTEN!

Chinese Immersion

Post Oak
2320 Post Oak Ln.

Montessori

Wexford Montessori
5217 Wexford Rd.

Spanish

Lewton @ Woodcreek
4000 Woodcreek Ln.

Attwood

915 Attwood Dr.

Averill

3201 Averill Dr.

Capital Area K-12 Online

4501 Pleasant Grove Rd.

Cavanaugh

300 W. Cavanaugh Rd.

Cumberland

2801 Cumberland Rd.

Dwight Rich

2600 Hampden Dr.

Forest View

3119 N. Stoneleigh Dr.

Gardner

333 Dahlia Dr.

Gier Park

401 E. Gier St.

Kendon

827 Kendon Dr.

Lyons

2901 Lyons Ave.

North

333 E. Miller Rd.

Pattengill

815 N. Fairview Ave.

Willow @ Riddle

221 Huron St.

ENROLL YOUR CHILD TODAY!

www.enrollinlansing.com

TO ENROLL PLEASE BRING

- Child's birth certificate and immunization record
- Proof of residency

Preschool families must also bring verification of income.



¡EL CAMINO HACIA LA GRADUACIÓN DE SU HIJO(A) COMIENZA AQUÍ!



¡VISITE ESTAS ESCUELAS PARA INSCRIPCIÓN EN PREESCOLAR O KÍNDER!

Inmersión en chino

Post Oak
2320 Post Oak Ln.

Montessori

Wexford Montessori
5217 Wexford Rd.

Español

Lewton @ Woodcreek
4000 Woodcreek Ln.

Attwood

915 Attwood Dr.

Averill

3201 Averill Dr.

Capital Area K-12 Online

4501 Pleasant Grove Rd.

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827 Kendon Dr.

Lyons

2901 Lyons Ave.

North

333 E. Miller Rd.

Pattengill

815 N. Fairview Ave.

Willow @ Riddle

221 Huron St.

¡INSCRIBA A SU HIJO/A HOY!

www.enrollinlansing.com

PARA INSCRIPCIÓN FAVOR DE TRAER

- Acta de nacimiento y cartilla de vacunación del niño/a
- Comprobante de domicilio

Las familias de preescolar también deben de traer comprobante de ingreso





INGHAM COUNTY TREASURER

Housing Stability for Community Prosperity



SCAN ME!



INGHAM COUNTY DOWN PAYMENT ASSISTANCE

Up to \$30,000 is now available for income-qualified homebuyers purchasing a home within Ingham County!

HOMEBUYERS CREW

Resources for all aspects of the homebuying process. A way for us to connect, inform, & support a pathway to homeownership. Start your homebuying journey now...

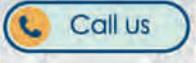


FORECLOSURE PREVENTION

If you owe delinquent taxes, we can help!

There may be resources & programs available to assist you. The Treasurer's Office has a payment program with **matching funds**.

You can pay the delinquent taxes in **half the time!**



517-676-7220 | DON'T LET TIME WORK AGAINST YOU



ALAN FOX, Ingham County Treasurer

tr.ingham.org | 517-676-7220



INGHAM COUNTY TREASURER

Estabilidad de vivienda para la prosperidad comunitaria.



**COMPRADORES
DE VIVIENDA
POR PRIMERA VEZ**



SCAN ME!



INGHAM COUNTY

DOWN PAYMENT ASSISTANCE

¡Hasta \$30,000 en asistencia para el pago inicial está disponible ahora para compradores de vivienda que cumplan con los requisitos de ingresos y que compren una casa dentro del condado de Ingham!

HOMEBUYERS CREW

Recursos para todos los aspectos del proceso de comprar casa. Una manera de conectarnos, informar y apoyar el camino hacia ser dueño de casa. Empiece su camino para comprar casa hoy mismo...



PREVENCIÓN DE EJECUCIONES HIPOTECARIAS

¡SI DEBES IMPUESTOS ATRASADOS, PODEMOS AYUDARTE!

Puede que haya recursos y programas disponibles para ayudarle. La Oficina del Tesorero cuenta con un programa de pagos con aportación equivalente.
¡Puede pagar los impuestos atrasados en la mitad del tiempo!



Call us

517-676-7220 | NO DEJES QUE EL TIEMPO JUEGUE EN TU CONTRA. LLAMA AHORA.



ALAN FOX, Tesorera del Condado de Ingham

tr.ingham.org | 517-676-7220





CHECK IN TO THE ER HERE, THERE, ANYWHERE

Online ER check-in puts your visit in motion before you walk through the doors. At McLaren, we make it easier to access emergency care without spending extra time in the waiting room. For non-life-threatening illnesses or injuries, you can go online to view real-time ER wait times and check in to save your spot, then wait from the comfort of home, or wherever you are.

It's emergency care made more convenient.

REGÍSTRESE EN LA SALA DE EMERGENCIA AQUÍ, AHÍ, DONDE SEA

El registro en línea para la sala de emergencia acelera su visita antes de entrar. En McLaren, hacemos más fácil el acceso al cuidado de emergencia sin perder tiempo extra en la sala de espera. Para enfermedades o lesiones sin peligro para la vida, puede ver en línea el tiempo real de espera de la sala de emergencia y registrarse para apartar su lugar, después esperar en la comodidad de su hogar, o donde sea que se encuentre.

Es atención de emergencia más conveniente.



Check the wait time at
mclaren.org/lansingER



The Hands that Feed Us.

The College Assistance Migrant Program (CAMP) resides within the Farmworker Student Services office. MSU CAMP has been providing services to farmworker students since the year 2000 and has proudly supported over 2,000 students for 25 years! CAMP currently has over 250 students enrolled. The MSU CAMP team includes alums who have graduated and serve as role models to current and future farmworker students.



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MICHIGAN STATE UNIVERSITY

inclusion.msu.edu

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POSITIONS

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Chief Robert Backus

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Únete hoy



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DEMONSTRATING COMMUNITY COMMITMENT WITH A NEW FACILITY

When a downtown Lansing pharmacy closed, it left a gap in community health access and spawned what's been called a "pharmacy desert" in the city. University of Michigan Health-Sparrow stepped in, opening a health care facility in October to fill that need and underscore its focus on patient-centered care.

The facility, located at 1004 E. Michigan Ave. occupies the site of a former Rite Aid. The health system moved to transform the vacant space into a community asset, now housing a full-service pharmacy, an urgent care clinic and occupational health services. The pharmacy already fills about 400 prescriptions a week.

"As the region's leading health care provider, we had to confront the pharmacy desert and rectify the situation," said Margaret Dimond, Regional

President of University of Michigan Health.

The new Pharmacy Plus location is designed with accessibility as a priority. It features extended hours, including weekend operation, and a drive-thru window. This transformation is a first for a pharmacy in the immediate downtown area. It provides a vital resource for patients being discharged from the nearby UM Health-Sparrow Lansing, allowing them to fill prescriptions conveniently before going home.

"We recognize that access to medications can make all the difference in a patient's recovery and well-being," said Todd Belding, Regional Associate Chief Pharmacy Officer at UM Health-Sparrow. "This facility is a tangible expression of our mission to protect public health and support the well-being of Lansing residents."





UNIVERSITY OF MICHIGAN HEALTH-SPARROW MICHIGAN MEDICINE

The new downtown urgent care, open seven days a week with extended hours, provides treatment for minor illnesses and injuries without an appointment, serving as a critical access point for the community. To heighten convenience, UM Health-Sparrow has the On My Way online feature that allows patients to see wait times and get in line at any of UM Health-Sparrow's urgent cares, emergency departments and walk-in centers. You can get in line through the UofMHealthsparrow.org/our-hospitals-services/get-care-now/university-michigan-sparrow-urgent-care website.

In the same building, occupational health services are now available for area employers and their workforce. These services include injury care, physicals, drug testing and wellness programs.

By combining a pharmacy, urgent care and occupational health, the facility offers integrated services designed to serve downtown employees, residents and visitors.

The opening underscores UM Health-Sparrow's focus on identifying and solving barriers to care as part of its broader commitment to community health.

For more information on pharmacy services and locations, visit UofMHealthSparrow.org/PharmacyPlus

Lansing's Favorite Mexican Restaurant

CELEBRATING César E. Chávez, COMMUNITY & LANSING



Lansing's Community Hub

Since 2005, Pablo's Mexican Restaurant has been a beloved gathering spot in Lansing. More than just a place to eat, Pablo's has brought families and friends together to enjoy authentic Mexican cuisine. As we near our 20th anniversary, we celebrate the lasting connections we've made and our commitment to the community.



Honoring Heritage and Growth

This September, as we celebrate Heritage Month, Pablo's Mexican Restaurant proudly embraces its deep roots in Lansing's Hispanic community. For nearly 20 years, we've shared the vibrant flavors and traditions of Mexico with our city. Looking ahead, we're excited to strengthen our community ties through cultural events and outreach programs that celebrate our heritage and build a brighter future for all.



2010 E. Michigan ave
Lansing, MI 48912
(517) 580-8315



311 E. Cesar Chavez ave
Lansing, MI 48906
(517) 372-0887



ORDER NOW



Levanta la mano en apoyo a los cuidadores familiares

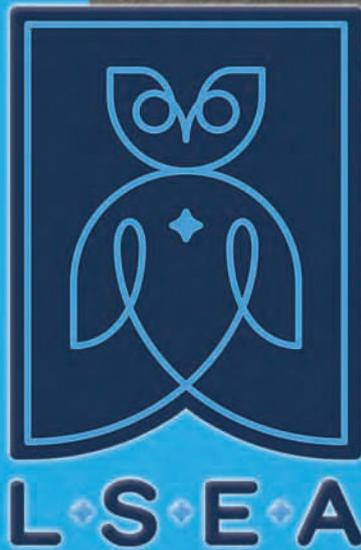
Cada día, los cuidadores familiares realizan tareas grandes y pequeñas para sus padres mayores, cónyuges y otros seres queridos, para que puedan vivir de manera independiente en sus hogares, que es donde ellos quieren estar. Los cuidadores familiares enfrentan desafíos diarios: compran los alimentos, administran medicamentos, organizan los asuntos financieros y mucho más. Es un trabajo difícil, y no reciben el reconocimiento ni el apoyo que merecen de parte de los legisladores.

AARP está luchando para conseguir soluciones que ahorren tiempo y dinero a los 48 millones de cuidadores de nuestro país y les brinden más apoyo. Les estamos pidiendo a los cuidadores familiares y a las personas que apoyan a los cuidadores en todo el país que levanten la mano y les muestren a los legisladores que no pueden ignorar las necesidades de tantas personas en el país.

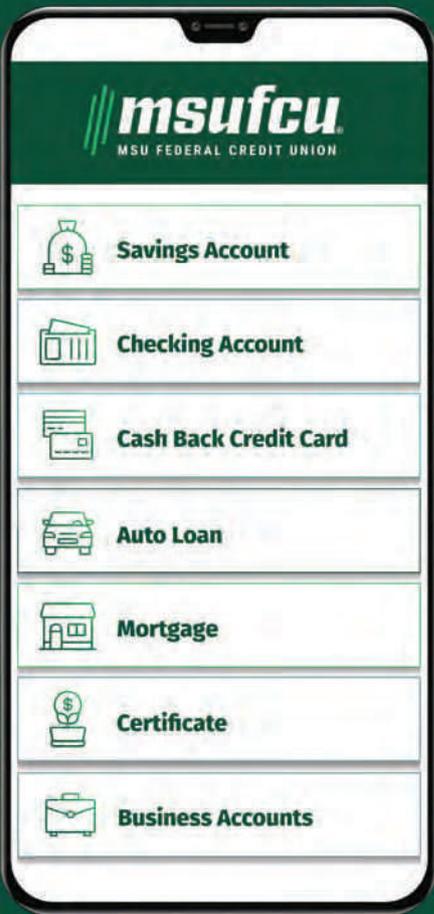
¡Levanta tu mano hoy y diles a los legisladores que es hora de apoyar a los cuidadores familiares!

Únete a la lucha en aarp.org/SoyCuidador

Committed to excellence for the students of Lansing!



Chuck Alberts, President
Alfonso Salais, Vice President
1216 Kendale Blvd.
East Lansing, MI 48823
517-999-4002



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Andy Schor, Mayor

DEPARTMENT OF NEIGHBORHOODS, ARTS, & CITIZEN ENGAGEMENT

CELEBRATING THE LEGACY OF CESAR CHAVEZ

The City of Lansing Department of Neighborhoods, Arts, & Citizen Engagement proudly extends its congratulations for the annual Legacy of Cesar Chavez Dinner.

Cesar Chavez's unwavering commitment to service, equity, and community empowerment continues to inspire countless generations. We are honored to support this celebration of leadership and collective strength.

May this celebration renew our shared commitment to uplifting and strengthening Lansing's neighborhoods.

JOIN US AT THE NEXT

NEIGHBORHOOD RESOURCE SUMMIT 2026
GIVEAWAYS | FREE FOOD | COMMUNITY RESOURCES



APRIL 15, 2026



6PM - 8 PM



500 S. MARTIN LUTHER KING BLVD.
LANSING, MI 48911
UNION MISSIONARY BAPTIST CHURCH

LANSINGMI.GOV/RESOURCESUMMIT



MEET YOUR NEW GENERAL MANAGER

Meet Ayesha Thiam, General Manager of SodexoMagic at Lansing School District.

Ayesha leads the district's school nutrition program and works closely with a large team of dedicated foodservice professionals who serve meals to students every day across the district's schools.

Ayesha's love for food began at a young age while growing up in a family of chefs and restaurant owners. That early experience inspired a lifelong passion for cooking, service, and community. Her commitment to school meals started in high school, when a culinary arts teacher introduced her to the world of large-scale kitchen operations and child nutrition. Since then, Ayesha has built a career focused on ensuring students receive nutritious, high-quality meals that support learning and well-being.

As General Manager, Ayesha oversees foodservice operations in 26 school buildings, serving over 13,000 students each day. She is passionate about creating welcoming cafeterias where students feel excited about their meals and proud of the food being served.

Working alongside school leaders and staff, Ayesha and her team focus on delivering meals that are both healthy and enjoyable.

Ayesha's goals for Lansing School District are simple and student-centered: to improve food quality, encourage more students to participate in school meal programs, and make lunchtime a positive experience that brings smiles and joy to students. She believes that great school meals can help students feel energized, supported, and ready to learn.

Ayesha looks forward to partnering with families, students, and school staff to continue building a strong, engaging, and nourishing school nutrition program for the Lansing community.



MEET YOUR SODEXOMAGIC FOOD SERVICE TEAM



Jamie Montague – Director of Operations

Fun Facts: Jamie isn't a fan of winter, TV, or needlepoint—but she absolutely loves people, which shows in everything she does.



Rose Jenks – Unit Controller

Fun Fact: Rose's dream vacation is to visit Hawaii.



Erinn Thomas – Foodservice Manager III

Fun Facts: Erinn has been a DJ since 1989 and previously worked as a radio program director and commercial producer. He loves roller coasters and skiing—and has never been on a cruise.



April Ayotte – Foodservice Manager II

Fun Facts: April is the proud mom of five and grandma to three, lovingly known as "Oma" (German for grandmother). She's an avid traveler who has visited most U.S. states and seven countries. April serves on the Board of Trustees for the IconiQ Corvette Club, and her guilty pleasure is reality TV.



Natasha Jarvis – Foodservice Manager III

Fun Facts: Natasha has collected crystals since childhood and has an impressive personal library because of her love for reading. She creates her own perfumes, enjoys Mandarin-language movies, and is a fan of Coursera courses.



DO YOU PLACE CATERING ORDERS?

If you or your team are planning an event and would like to request catering, please be sure you have the most recent menu and catering order form. Our team will send updated information this week. If you do not already have the forms and did not receive an email from us, a member of our team will be happy to provide them. The catering email is schoolmeals@lansingschools.net.

All catering requests must be submitted at least five (5) business days prior to the event. Once your request is received, our team will follow up with confirmation and, if applicable, a cost estimate. To ensure a smooth and successful event, please complete the catering order form in full and include all relevant details.

Cancellations must be made no later than seventy-two (72) hours before the scheduled event. Cancellations made within 72 hours may result in a fee of up to the full cost of the order, as food has been purchased, labor has been scheduled, and preparations to ensure your event is a success are already underway within 72 hours prior to the event.

MENU CHANGES

We're excited to introduce tasty updates to our school menus! Students can look forward to more promotional meals throughout the year, the continued fun of our popular Magic Fridays, and a soft opening of à la carte lines at our middle schools. These enhancements are designed to offer more variety, flexibility, and excitement at mealtime while continuing to meet nutrition standards.



ABOUT SODEXO

Sodexo is proud to be your foodservice partner, and we are excited to renew our focus on listening, collaborating, and strengthening our team to better serve your students and school community. We recently welcomed a new Executive Chef, who will focus on enhancing menu quality, expanding scratch cooking, and introducing fresh, student-inspired recipes across the district.

We are committed to ensuring the students we serve and the school district we support receive meals that are nutritious, enjoyable, and prepared with care—while providing reliable, responsive service to our school partners each day.

As we begin this new chapter, your feedback is essential in helping us grow and improve. Is there a member of the Sodexo team you'd like to recognize for a job well done? Is there something you'd like to see us do differently? We welcome your thoughts and ideas. Please share your feedback with us at: <https://www.lansingschools.net/parents/summer-food-service-program/>

Thank you for your continued partnership and trust. We look forward to working together to make every school meal a positive experience for students.

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“

THE JOB OF THE LEADER IS TO GET HIS PEOPLE FROM WHERE THEY ARE TO WHERE THEY HAVE NOT BEEN.”

- CÉSAR E. CHÁVEZ



CATA is proud to support our community, with appreciation for our riders and partners.

“

**EL TRABAJO DEL LÍDER ES LLEVAR
A SU GENTE DE DONDE ESTÁN
A DONDE AÚN NO HAN
LLEGADO.”**

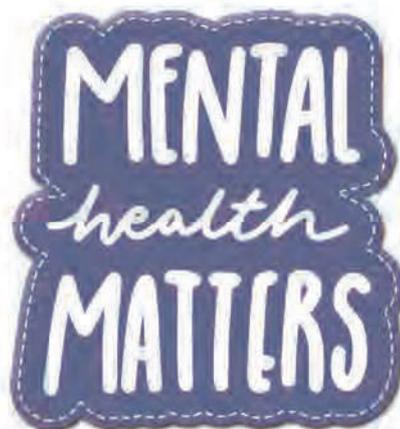
- CÉSAR E. CHÁVEZ



CATA se enorgullece de apoyar a nuestra comunidad, con gratitud hacia nuestros pasajeros y socios

FREE BEHAVIORAL HEALTH TOOL

FREE BEHAVIORAL HEALTH SCREENING TOOL IN SUPPORT OF COMMUNITY HEALTH AND WELL-BEING



Established in 2017, the Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) online Behavioral Health Screening Platform has been a helpful self-assessment tool to help individuals be screened anonymously for depression, bipolar disorder, posttraumatic stress disorder, generalized anxiety disorder, eating disorders, alcohol use disorders, substance use disorders, adolescent depression (for parents to take on behalf of their children), and general well-being screen.

This free Behavioral Health Screening Platform has been established and intertwined with several partnering organizations in the Tri-County Lansing Area, thanks to the original Michigan Department of Health & Human Services (MDHHS) Health Innovation grant. The objectives of the initial grant have continued to be expanded and involve increasing the number of formal behavioral health screenings being conducted in the tri-county area and increasing access to quality behavioral health care through the provision of local treatment referrals to those screened and identified as medium or high risk. Over 6000 screenings have been completed within the last six and a half years, and all participants receive valuable information on their mental health or substance use disorder, helpful resources, and local, state, and national referral options.

In 2025, the Behavioral Health Screening Platform has undergone a brand transformation through a new website hosting partner, Aiberry. The Behavioral Health Screening Tool has remained the same as far as the overall goal, which is to offer an accessible way to check in on our mental health for all and direct

participants and users to local, statewide, and national resources that can assist them with their behavioral health concerns. The screening tool is anonymous, quick and easy for users to navigate.

Aiberry has over two decades of research and innovative technology to help organizations increase access to care, enhance early detection, and enable healthcare providers to make sound clinical decisions and achieve better treatment outcomes for their patients in real-time. Formed by students at Oxford University and University of Paris, professors and students developed an AI inspired methodology to detect mental illnesses in participants who complete the screening.

Several other partner organizations in and around the tri-county area are collaborating in hosting this online behavioral health screening platform on their own websites as well to increase promotion of and access to behavioral healthcare services and enhance the health and wellbeing of our communities. Beyond that, CMHA-CEI has embedded this screening platform content, promotion, design imagery, hyper-link and QR code into the majority of our internal and external communications platforms as well as all major public facing platforms including our agency website (above the fold), Facebook page, service publications, internal and external newsletters, outreach events, media activity and public relations.

This Behavioral Health Screening is offered in English and in Spanish.

For more information or to take a free anonymous screening, please visit:
<https://bit.ly/BehavioralHealthScreeningTool> or
www.ceicmh.org

HERRAMIENTA GRATUITA DE EVALUACION DE LA SALUD CONDUCTUAL EN APOYO A LA SALUD Y EL BIENESTAR DE LA COMUNIDAD

Establecida en 2017, la Plataforma de Evaluación de Salud Conductual en línea de la Autoridad de Salud Mental Comunitaria de los Condados de Clinton, Eaton e Ingham (CMHA-CEI) ha sido una valiosa herramienta de autoevaluación que permite a las personas examinarse de manera anónima para detectar depresión, trastorno bipolar, trastorno de estrés postraumático, trastorno de ansiedad generalizada, trastornos alimentarios, trastornos por consumo de alcohol y sustancias, depresión en adolescentes (para que los padres puedan responder en nombre de sus hijos) y bienestar general.

Esta Plataforma gratuita de Evaluación de Salud Conductual se ha implementado en colaboración con varias organizaciones asociadas en la región de los Tres Condados de Lansing, gracias a la subvención original de Innovación en Salud del Departamento de Salud y Servicios Humanos de Michigan (MDHHS). Los objetivos de la subvención inicial se han seguido ampliando e implican aumentar la cantidad de evaluaciones formales de salud conductual que se llevan a cabo en el área de los tres condados y aumentar el acceso a atención médica de salud conductual de calidad mediante la provisión de referencias de tratamiento local para aquellos evaluados e identificados como de riesgo medio o alto. Se han completado más de 6000 evaluaciones en los últimos seis años y medio, y todos los participantes reciben información valiosa sobre su salud mental o trastorno por uso de sustancias, recursos útiles y opciones de derivación locales, estatales y nacionales.

En 2025, la plataforma de detección de salud conductual ha experimentado una transformación de marca a través de un nuevo socio de alojamiento web, Aiberry. La herramienta de evaluación de la salud conductual se ha mantenido igual en cuanto al objetivo general, que es ofrecer una forma accesible de controlar nuestra salud mental para todos y dirigir a los participantes y usuarios a recursos locales, estatales y nacionales que puedan ayudarlos con sus preocupaciones de salud conductual. La herramienta de detección es anónima y permite a los usuarios navegar de forma rápida y sencilla.



Aiberry tiene más de dos décadas de investigación y tecnología innovadora para ayudar a las organizaciones a aumentar el acceso a la atención, mejorar la detección temprana y permitir que los proveedores de atención médica tomen decisiones clínicas acertadas y logren mejores resultados de tratamiento para sus pacientes en tiempo real. Formado por estudiantes de la Universidad de Oxford y la Universidad de París, profesores y estudiantes desarrollaron una metodología basada en inteligencia artificial para detectar trastornos mentales en los participantes que completan el proceso de evaluación.

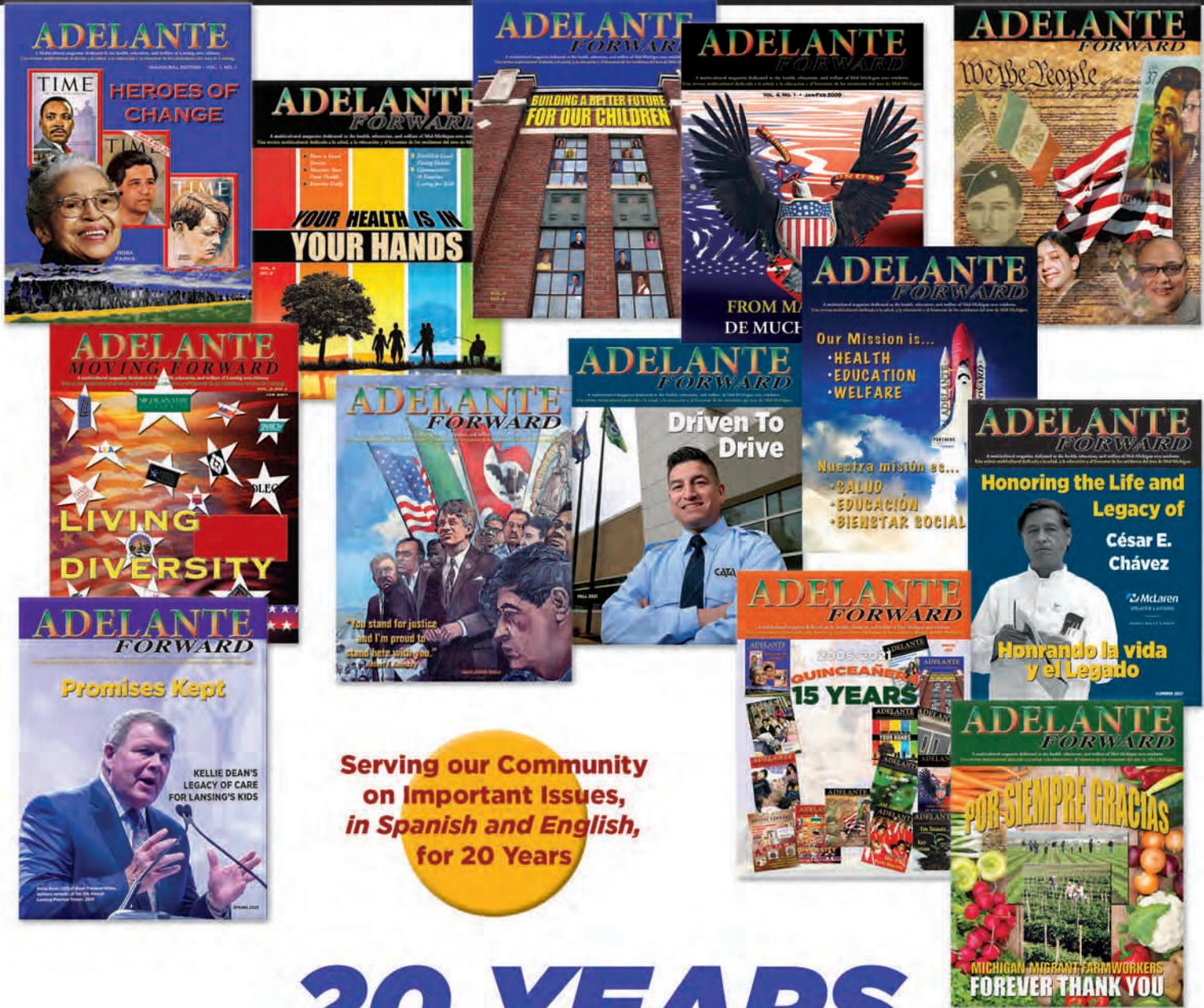
Diversas organizaciones asociadas dentro y en los alrededores del área tri-condado están colaborando al ofrecer esta plataforma digital de evaluación de salud conductual en sus sitios web, con el fin de incrementar la promoción y el acceso a servicios de salud mental y mejorar el bienestar general de nuestras comunidades. Por su parte, CMHA-CEI ha incorporado el contenido, la promoción, los elementos visuales, enlaces y códigos QR de esta plataforma en la mayoría de sus canales de comunicación internos y externos, así como en todas las plataformas públicas relevantes, como el sitio web de la agencia (en la parte superior), la página de Facebook, publicaciones de servicios, boletines, eventos comunitarios, actividades mediáticas y relaciones públicas.

Esta evaluación de salud conductual está disponible en inglés y español.

Para obtener más información o para realizar una evaluación anónima gratuita, visite <https://bit.ly/BehavioralHealthScreeningTool> o www.ceicmh.org

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.



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Thank you to the many collaborators, supporters, workers and followers of Adelante Forward magazine