



**JULY 8TH, 2021**

**CARRIE'S  
COVID Q&A**  
Source: John Hopkins Center of American Indian Health

**Question:** I had Covid-19 and recovered.  
Do I still need to get the vaccine?

**Answer:** It is possible to get re-infected with COVID-19 even after you've recovered from the virus. In most cases it is safe to be vaccinated immediately following recovery and quarantine from the virus. However, in some situations individuals who have had complications from the virus or have received certain treatments should wait 90 days after recovery before getting their first dose of the vaccine.  
*Always talk to a trusted health care provider about your personal situation.*

# What to Know About the Delta Variant

*A continuation from the information in our newsletter on June 24th.*

1. It is normal for viruses to mutate and to make hundreds to thousands of copies of itself every time it is in a cell - which is how variants of a virus form. Viruses constantly change through mutation. A variant has one or more mutations that differentiate it from other variants in circulation. Multiple variants of SARS-CoV-2 have been documented in the United States and globally, throughout this pandemic.
2. Genetic variants of SARS-CoV-2 have been emerging and circulating around the world throughout the COVID-19 pandemic
3. As more SARS-CoV-2 variants emerge, governments and public health experts continue to consider the best strategies to contain their spread.
4. The delta variant was first identified in India in December 2020 and quickly became the most common variant in the country. It has demonstrated 40–60% increased transmission, in comparison with the previously dominant alpha variant, and is currently the dominant SARS-CoV-2 variant in the United Kingdom.
5. Researchers recently identified another variant — the delta plus variant.

Source: [cdc.gov](https://www.cdc.gov) & [medicalnewstoday.com](https://www.medicalnewstoday.com)

**MONICA'S**  
**60 MINUTE**

## ***Excerpts from “Milwaukee City of Neighborhoods” book by John Gurda***

By 1890 downtown Milwaukee had developed a robust identity of its own. Milwaukee developed in every direction but East. Its growth required new growth in two directions. Outward and upward. Ethnic groups, churches and business’s pushed away from the heart of the city, the original core at the heart of the city was Water street and Wisconsin avenue. As they moved outward there was a continual process of scaling up from the space they left behind. Every church and every business place was grander than its predecessor. Every new Municipal building larger than the last.

The 1892 Pabst building was the first skyscraper at a whopping thirteen (13) story building. This went up on Water Street and Wisconsin Avenue, the very site of Solomon and Josette Juneau’s old trading post.

In 1860 Milwaukee City Hall grew from a remodeled public market on wells street, to a single wing of the County Court House in 1873, and in 1895 changed to the present monumental edifice. The city’s first million dollar structure and one of the most beautiful municipal buildings in America.

Downtown development always kept pace with the growth of the region as a whole. Older residential sections were squeezed out or at least transformed. Single family homes of all sizes gave way to free standing apartment buildings or walk- up rental units above street level store fronts.

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### **TODAY'S LITTLE CHUCKLE**

When do we stop at green and go at red?

When eating watermelon!

