

NEWS AND PROFILES CONNECTING THE LATINO AMERICAN COMMUNITY IN MINNESOTA

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Kico Rangel

*Legendario Saxofonista,
Fallece a Los 87 Años*

Kico Rangel, Legendary Saxophonist, Dead at 87

Kico Rangel, Legendario Saxofonista, Fallece a Los 87 Años

Por Rick Aguilar

Francisco "Kico" Rangel, "Saxofonista Extraordinaire" que tocó en el área metropolitana de las Ciudades Gemelas durante 70 años, falleció en julio a los 87 años. Kico fue un músico y director de banda único, tocando en el estilo tradicional de la música mexicana sin dejar de tener la habilidad para tocar Jazz, Rock n Roll, música latinoamericana y el estilo big band a lo largo de su carrera.

Kico comenzó su carrera musical a los 15 años, estudiando saxofón con el líder de la banda y saxofonista Joe Medina, uniéndose a su banda antes de cumplir los 16.

En los primeros años de su carrera, Kico y sus cinco hermanas eran intérpretes, cantantes y bailarines, y fueron el orgullo de la comunidad latina de las Ciudades Gemelas. Actuaron durante décadas en innumerables eventos de la comunidad latina y ante miles de fans. A partir de los años 70 Kico formó sus propias bandas y actuó con algunos de los principales músicos de la zona, y antes de sus problemas de salud seguía tocando dos o tres noches a la semana.

En la historia de la comunidad latina de Minnesota, ¡Kico siempre será recordado por interpretar la música tradicional mexicana con orgullo y amor!

Descanse en paz Kico, ¡vaya con Dios!

Kico Rangel, Legendary Saxophonist, Dead at 87

By Rick Aguilar

Francisco "Kico" Rangel, "Saxophonist Extraordinaire" who performed in the Twin Cities metro area for 70 years, died in July at age 87. Kico was a unique musician and bandleader who played the traditional style of Mexican music while still having the skill to play Jazz, Rock n Roll, Latin American, and big band gigs throughout his career.

Kico began his music career at age 15, studying saxophone with band leader and sax player Joe Medina and joining his band before turning 16.

In the early years of his career, Kico and his five sisters were performers, singers, and dancers who were the pride of the Latino community in the Twin Cities. They performed for decades at countless Latino community events and to thousands of fans. Starting in the 70s, Kico formed his own bands and performed with some of the area's leading musicians, and before his health issues was still playing two or three nights a week.

In the history of the Latino community in Minnesota, Kico will always be remembered for performing traditional Mexican music with pride and love!

Rest in Peace Kico, ¡vaya con Dios!



Kico and his trio, Los Amigos and Rick Aguilar



Kico receiving the La Familia Latino Heritage Award in September, 2019



On The Cover

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Una Nación Especial en el Mundo.

Por Dr. Saúl Carranza
Coordinador de ministerios multiculturales de la Iglesia del Nazareno y Director del Centro Nazareno de Compasión Agape

Cuando los peregrinos llegaron al territorio continental de Estados Unidos en 1620 albergaban la ilusión de una tierra de libertad donde podrían practicar su fe sin ser perseguidos. Eran familias que se sentían llamados por Dios para formar un pueblo santo que revitalizaría la iglesia Cristiana y al mundo entero.

Los primeros colonos procedían de diferentes países y culturas europeas, la mayoría eran personas religiosas que llegaron con su familia cansados de las guerras y la persecución religiosa. Vinieron con la idea de establecerse en la nueva tierra, trabajar duro y lograr un futuro de paz, libertad y prosperidad. Para ellos, este país era la tierra prometida.

Muchos encuentran en esta forma de colonialismo la razón de la prosperidad y organización de la nación desde sus comienzos. Mientras otras potencias colonialistas realizaron su labor por medio de saqueadores y oportunistas que solo querían enriquecerse en América para regresar a Europa con su botín. Las familias que llegaron a esta nación no planeaban regresar. Buscaban prosperar junto con su nueva nación.



A Special Nation in the World.

the blessings of God is a reality for all who want it. President Abraham Lincoln put it this way: "America is a nation conceived in liberty, and dedicated to the proposition that all men are created equal" and that the American mission is "government by the people, by the people, and for the people not to perish from the face of the earth".

Being now the most diverse country in the world, it is worth affirming and challenging the new "pilgrims" of this land to keep alive the values of a land in which: "all men are created equal; that they are endowed by their Creator with certain inalienable rights; that among these are life, liberty, and the pursuit of happiness." Or said in biblical words: "So God created the human being in his image and likeness, he created male and female." Genesis 1:27 In a land of equals let us honor God, obey the laws and love our neighbor.



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Are You Joyful or Are You Happy?

By Marcia Malzahn



Marcia Malzahn

Are you joyful or are you happy? It is important to differentiate these two emotions or feelings as they are actually different. Happiness is momentary whereas joy is a matter of the heart.

The dictionary defines *happiness* as the “state of being happy.” *Happy* means being “delighted, pleased, or glad over a particular thing.” Joy means “the *emotion* of great delight or happiness caused by something exceptionally good or satisfying” and “a *source* or cause of keen pleasure or delight; something or someone greatly valued or appreciated.”

Being joyful means “full of joy, as a person or one’s heart.”

Now let’s look at what the Bible says about joy. When I looked up the word “joy,” 333 verses came up! But today, I want to emphasize the two that I believe to be the most important ones:

The Joy of the Lord is our strength.

Nehemiah 8:10: And Nehemiah continued, “Go and celebrate with a feast of rich foods and sweet drinks, and share gifts of food with people who have nothing prepared. This is a sacred day before our Lord. Don’t be dejected and sad, **for the joy of the Lord is your strength!**”

I encourage you to read the story of Nehemiah to learn how God sent him to rebuild the walls around the city of Judah that had been destroyed by their enemies. It was a monumental task that took an immense amount of effort, but they rebuilt it in only 52 days, only with God’s help. On the day of celebration, the people were tired and unhappy. Nehemiah told them to not be sad and to recognize that the *joy of the Lord is the source of their strength*. And that hasn’t changed today. The *joy of the Lord* is supernatural and when it fills our hearts, it gives us supernatural strength to go on and face whatever life throws at us.

Jesus endured the cross because of the joy awaiting him.

Hebrews 12:1-3: Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates

and perfects our faith. **Because of the joy awaiting him, he endured the cross**, disregarding its shame. Now he is seated in the place of honor beside God’s throne. Think of all the hostility he endured from sinful people; then you won’t become weary and give up.

That same joy that comes directly from God was the source of strength that helped Jesus go through the process of the dying on the cross. Jesus knew that after the suffering came His reward – our salvation and eternity in heaven with Him. We are each His reward! And that is how He was able to get through it all. If Jesus endured crucifixion because of the joy as His source of strength, we also can bear our lives’ struggles.

It is okay to be happy and enjoy life...But it is better to live with joy in your heart and share it with others. I leave you with Scriptures to lift you up and fill your heart with the joy that comes from the Lord:

Deuteronomy 16:15 For seven days you must celebrate this festival to honor the Lord your God at the place he chooses, **for it is he who blesses you with bountiful harvests and gives you success in all your work.** This festival will be a time of great joy for all.

I Chronicles 16:33 Let the trees of the forest sing for joy before the Lord, for he is coming to judge the earth.

Psalm 19:8 The commandments of the Lord are right, bringing joy to the heart. **The commands of the Lord are clear, giving insight for living.**

Psalm 28:7 **The Lord is my strength and shield.** I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.

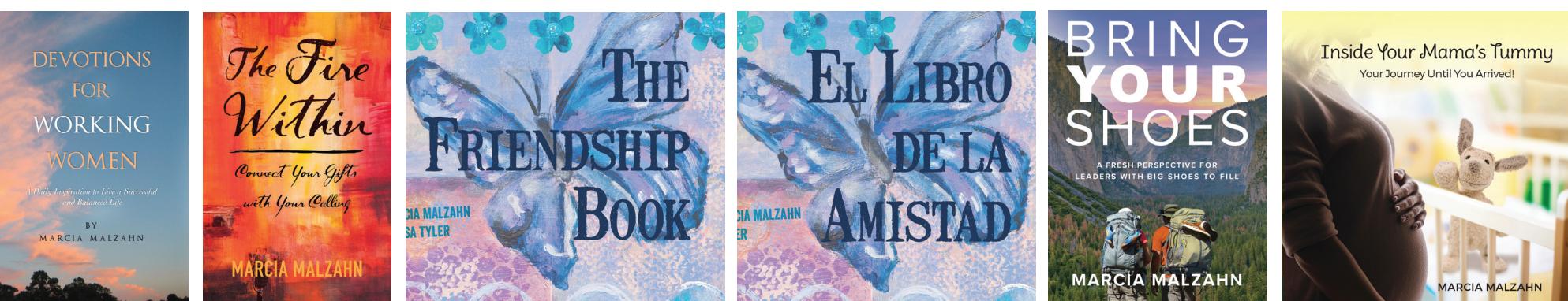
Psalm 32:2 Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty!

Psalm 34:8 Taste and see that the Lord is good. Oh, the joys of those who take refuge in him!

Psalm 41:1 For the choir director: A psalm of David. Oh, the joys of those who are kind to the poor! The Lord rescues them when they are in trouble.

Psalm 89:15 Happy are those who hear the joyful call to worship, for they will walk in the light of your presence, Lord.

Enjoy the last days of summer and be happy and joyful each day!



Marcia is an inspirational keynote speaker and published author of five books: A daily devotional – *Devotions for Working Women*, *The Fire Within* – to help you find your purpose, friendship poems in *The Friendship Book*, also in Spanish *El Libro de la Amistad* (poemas de Amistad), and *Bring YOUR Shoes* to help emerging leaders with tools on how to lead. In her latest grandma baby book, *Inside Your Mama's Tummy*, Marcia inspires grandparents to form a bond with their grandchildren.

You can contact Marcia for speaking engagements through her website at <https://crowning-achievements.com/> or email her at mmalzahn@crowning-achievements.com. Marcia Malzahn is also president and founder of Malzahn Strategic a management consulting firm for community financial institutions.

Ni magnetismo ni microchips

Por Rico Paul Vallejos

Hay muchos malentendidos en lo que respecta a la vacuna COVID-19. Aquí tienes algunas aclaraciones de fuentes de información confiables.

MITO:

Las vacunas contra el COVID-19 contienen microchips.

DATO:

Las vacunas contra el COVID-19 no contienen microchips. Las vacunas se crean para combatir enfermedades y no se administran para seguir sus movimientos.

POR QUÉ:

Las vacunas actúan estimulando la producción de anticuerpos de su sistema inmunitario, de la misma forma que lo haría si se viera expuesto a la enfermedad. Despues de vacunarse, desarrolla inmunidad a esa enfermedad sin tener que padecerla antes.

MITO:

Recibir una vacuna contra el COVID-19 puede magnetizarte.

DATO:

Vacunarse contra el COVID-19 no le magnetiza, ni siquiera en la zona de la vacunación, que suele ser el brazo.

POR QUÉ:

Las vacunas contra el COVID-19 no contienen ingredientes que puedan producir un campo electromagnético en la zona de la inyección. Ninguna de las vacunas contra el COVID-19 contiene metales.

MITO:

Una vacuna contra el COVID-19 me puede enfermar de COVID-19.

DATO:

Como ninguna de las vacunas contra el COVID-19 autorizadas en los Estados Unidos contiene el virus que causa el COVID-19, la vacuna no puede causarle COVID-19.

POR QUÉ:

Las vacunas contra el COVID-19 le enseñan a nuestro sistema inmunitario a reconocer y combatir el virus que causa el COVID-19. A veces, este proceso puede producir síntomas, como fiebre. Estos síntomas son normales y son signos de que el organismo está generando protección contra el virus que causa el COVID-19.

MITO:

La inmunidad natural adquirida a través de la infección por COVID-19 es mejor que la inmunidad obtenida mediante la vacuna contra el COVID-19.

DATO:

Es más seguro y confiable generar inmunidad contra el COVID-19 a través de la vacunación contra el COVID-19 en vez de hacerlo a través de una infección por COVID-19.

POR QUÉ:

La vacunación contra el COVID-19 genera una respuesta inmunitaria más predecible que una infección por el virus que causa el COVID-19. La vacuna contra el COVID-19 brinda a la mayoría de las personas un alto nivel de protección contra el COVID-19 y ofrece protección adicional a las personas que ya tuvieron COVID-19. Un estudio demostró que, en el caso de las personas que ya tuvieron COVID-19, aquellas que no se vacunan luego de su recuperación tienen 2 veces más probabilidades de volver a infectarse por COVID-19 que las que reciben la vacuna completa después de su recuperación.

Todas las vacunas contra COVID-19 actualmente disponibles en Estados Unidos son altamente eficaces para prevenir COVID-19, así como la enfermedad grave por COVID-19. El hecho de haberse infectado por COVID-19 puede ofrecer cierta protección contra futuras infecciones por el virus, lo que suele llamarse “inmunidad natural”, pero el nivel de protección que obtienen las personas tras infectarse por COVID-19 puede variar dependiendo de la gravedad del caso, el tiempo transcurrido desde la infección y la edad.

Es más seguro y confiable generar inmunidad a través de la vacunación contra el COVID-19 en vez de hacerlo a través de una infección por COVID-19. La vacunación contra el COVID-19 ayuda a protegerle al crear una respuesta de generación de anticuerpos sin tener que sufrir la enfermedad. Vacunarse también puede proteger a las personas que le rodean, en especial aquellas con mayor riesgo de enfermarse gravemente a causa del COVID-19. Al infectarse por COVID-19 puede enfermarse gravemente e incluso morir, y no podemos predecir con seguridad quiénes se enfermarán gravemente o quiénes tendrán síntomas leves. Si se infecta por COVID-19, puede contagiar a los demás. También podría seguir teniendo problemas de salud a largo plazo luego de una infección por COVID-19.

La vacuna te hace crecer la nariz.

MENTIRA

Vacúnate. Y a los tuyos también.



m DEPARTMENT OF HEALTH

Vacunarse contra COVID-19 después de haber tenido COVID-19

- Aunque usted o su hijo hayan tenido COVID-19, igual debe vacunarse usted y a su hijo.
- Vacunarse contra el COVID-19 después de haber tenido la enfermedad aporta un nivel mayor de protección contra el virus que causa el COVID-19.
- Las personas que ya tuvieron COVID-19 y no se vacunan luego de su recuperación tienen más probabilidades de volver a contraer el COVID-19 que aquellas que se vacunaron después de su recuperación.
- Si recibió tratamiento con anticuerpos monoclonales o plasma de convaleciente cuando tuvo COVID-19, no es necesario que espere para vacunarse.



FUENTE: Centros para el Control y la Prevención de Enfermedades



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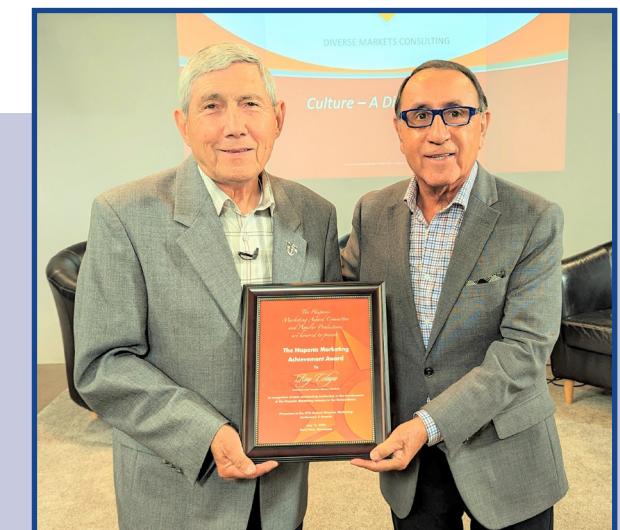
Hispanic Marketing Conference at Spnn Studios

The 27th Annual Hispanic Marketing Conference & Awards, produced by St. Paul based Aguilar Productions, was held on July 12, at SPNN studios in St. Paul. "We had a wonderful conference, great speakers, a good turnout of Marketing, Civic and Business leaders, a wonderful lunch served by Amalia Moreno-Damgaard, Chef, Author and our award presentation to national Hispanic marketing leader Ray Celaya, Founder and President of Diverse Markets, Minneapolis, MN" stated Rick Aguilar. President of Aguilar Productions.

The conference attendees were impressed with the presentation from the keynote presenter Ray Celaya and his panel. The panel included, special guest Al Barraza, Founder and Insights Officer, Preference Analytics, Santa Cruz, CA, Twin Cities based, Isaac Contreras, Keller-Williams Realty and Wendy Heras, EXP Realty. The conference was sponsored by Comcast, U.S. Bank, NAHREP Twin Cities and Latino American Today. "We were very pleased with our conference venue, SPNN Studios" Rick Aguilar.



Comcast ERG Unidos



Rick with Ray Celaya, Award Recipient



Ray Celaya and Panel

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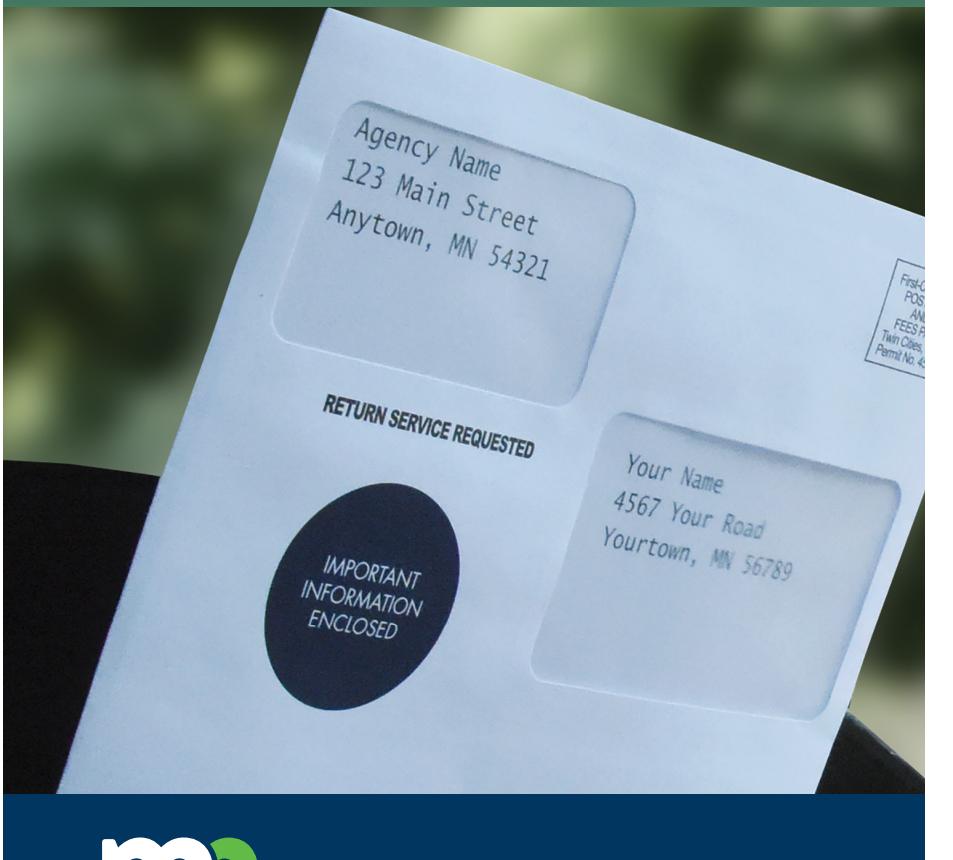
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LATINO AMERICAN TODAY

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	PVT / E-1	PV2 / E-2	PFC / E-3	SPC / E-4
Pago de simulacro de fin de semana	\$255.68	\$286.56	\$301.32	\$333.80
Pago anual de capacitación	\$1,917.60	\$2,149.20	\$2,259.90	\$2,503.50
Total Anual	\$4,730.08	\$5,301.36	\$5,574.42	\$5,725.3

Los números están sujetos a cambios.

La Guardia Nacional del Ejército de Minnesota ofrece una variedad de beneficios a sus miembros, que incluyen asistencia educativa, cobertura de atención médica, beneficios de jubilación, seguro de vida y carrera, oportunidades de desarrollo. Estos beneficios están diseñados para apoyar y mejorar la bienestar de sus miembros, tanto durante como después de su servicio.

La Guardia Nacional del Ejército de Minnesota brinda a sus miembros una variedad de valiosos beneficios y oportunidades para ayudarlos a lograr sus objetivos personales y profesionales mientras sirven a su comunidad.

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New Junior Ranger Program Promotes Life-Long Love for the Outdoors

By Deborah Locke, Dept. of Natural Resources Information Officer
Photos are courtesy of the DNR

One of the best features of the new Minnesota Parks and Trails Junior Ranger Program book is that it gets adults thinking, too. Here's another great feature: the impression made on children as they earn a patch that might lead them to a lifetime of love for the outdoors. That's one of the finest gifts an adult can give.

The new Minnesota state parks and trails Junior Ranger Program replaces the 30-year-old Junior Naturalist Program with updated activities and illustrations. The free book, designed for children age six to ten, is available at most state park offices and visitor centers, or it may be downloaded here: mndnr.gov/Junior-Ranger. Children who complete the activities can pick up a free Junior Ranger patch during their Minnesota state park visit.

"When we started work on a new program, we thought about how to engage children and returned to the idea of a book," said Jenni Webster, an interpretive naturalist at Interstate State Park and one of the book creators. "The book wouldn't require special devices or equipment. All anyone would need is a pencil, the book, and a focus on the landscape."

That landscape and the plant life and wildlife living there is divided into categories, like the way animals move and how they adapt. There's lessons for adults, too. For example, I learned from an illustration which part of a poison ivy plant causes the itch (an oil), how all the fish in a lake manage to find enough food, and the way sunlight feeds a leaf.

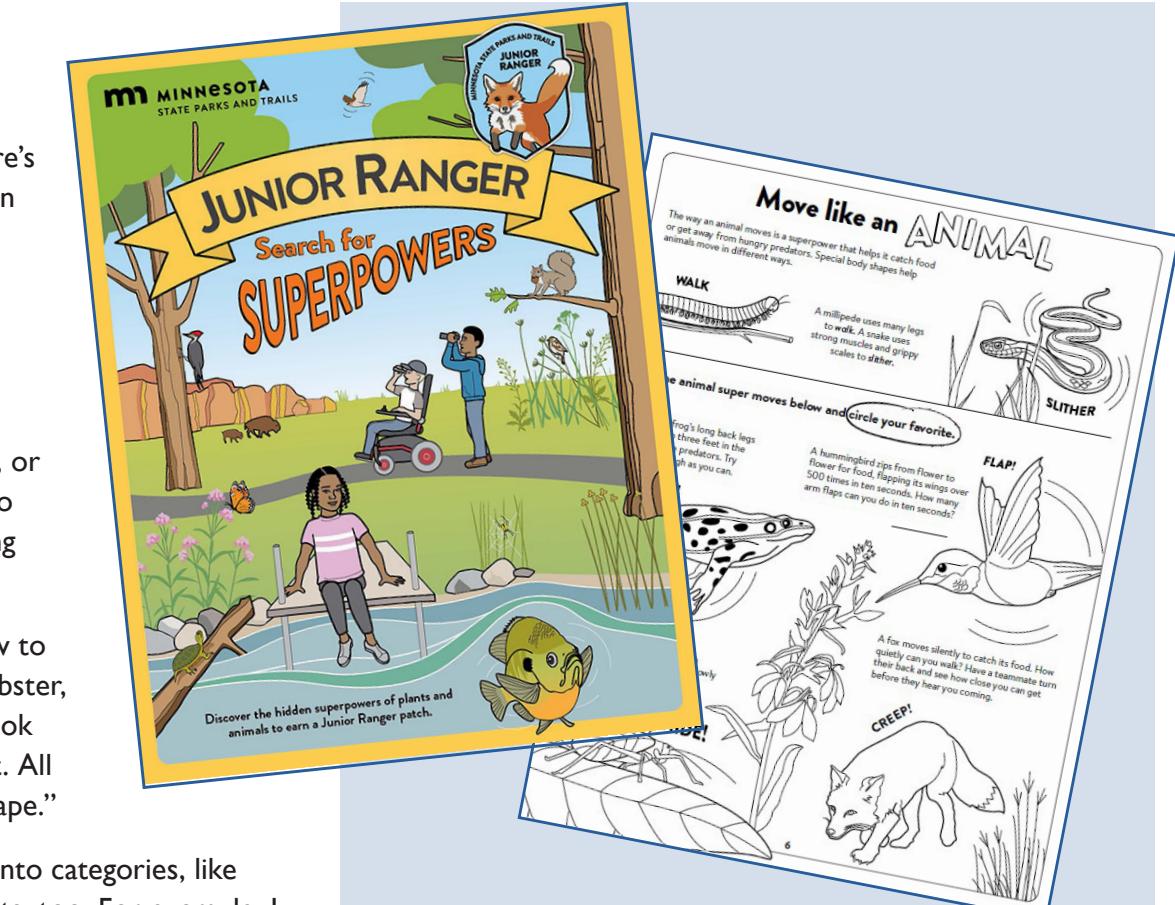
As a child completes the activities from the 24-page book, she or he earns points. When six points are achieved, a patch is awarded from the park office. To be assured that a patch is available, call ahead to learn the office hours of a park. It's always good to check the park website anyway before you leave home for miscellaneous information.

Once the activities are completed, the book serves a second purpose: coloring. The illustrations show a variety of park visitors and park inhabitants, like squirrels, birds, trees and water. Well past your park visit, your child will re-live the memories with the use of crayons,

Memories and connections are the whole point, Webster said. The program helps children – and their families – connect with and become comfortable with the outdoors. Earning the patch by completing activities adds a competitive edge to the program, which so far, is catching on.

"It's quite new, but I already see kids with patches," Webster said. Not only that, but the children finish the activities at higher rates than with the previous book.

If you're still not sold on the popularity of the Junior Ranger Program book, consider this. The activities prove so popular with the kids that some adults expressed a desire for their own book, and their own path to earning a patch.



The Junior Ranger Program book and patch are free. They are not mailed out, but the book may be printed before your visit. For more information on the program, go to mndnr.gov/Junior-Ranger.

Visitors pay \$7 for a daily state park pass, or \$35 for an annual pass that allows access to all the state's 75 parks and recreation areas.



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2023

Thursday, September 21, 2023

6:00 to 9:00 pm

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Donna Pena Trio



Mexican Folkloric Dance Group
Los Alegres Bailadores

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