

NEWS AND PROFILES CONNECTING THE LATINO AMERICAN COMMUNITY IN MINNESOTA

Latino American Today

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Rep. Jon Koznick (R)

Rep. Eric Lucero (R)

MAKING HISTORY / HACIENDO LA HISTORIA

First Latino Republicans Elected to Minnesota House of Representatives

Los primeros republicanos latinos elegidos a la Cámara de los
Representantes de Minnesota

Latino Republicans Make History



Rep. Jon Koznick

By Claud Santiago

For the first time in Minnesota history the Minnesota House of Representatives has two Latino Republican lawmakers. They were both elected in 2014.

Rep. Jon Koznick was born in the South American country of Colombia. When he was just five years old his mom died. He didn't have a dad, and an older sister didn't have the means to care for him. Fortunately, he was adopted by an American family after a short time in an orphanage. He grew up in Anoka and studied at St. Cloud State University, where he received a degree in Marketing.

Rep. Koznick serves District 58A and the people of Lakeville. Koznick and his wife, Patty, moved from Eagan to Lakeville in 2001 and have two daughters, ages 9 and 7. He

works at Provincial Bank and is involved in several community organizations including the Lakeville Chamber of Commerce, All Saints Church and the Rotary Club. Koznick was campaign manager for former Rep. Mary Liz Holberg.

Rep. Koznick serves on the Property Tax and Local Government Finance Divisions, Taxes and Transportation Policy and Finance committees in the House. He is also the Republican Liaison to the Minnesota Council on Latino Affairs.

"I have always had an appreciation for the democratic process and representative government," said Koznick. "I like being involved in our community and getting involved in things that affect us and are around us. I was always thinking in the back of my mind it's a blessing to live in this great country." Koznick explained. He is very concerned about the Latino Achievement Gap and wants to see that each child in Minnesota receives a great education.

Rep. Eric Lucero represents District 30B, which includes the communities of Albertville, Hanover, St. Michael, Otsego, and the Wright County portion of Dayton. Lucero lives in Dayton, Minnesota with Erum, his wife of 17 years.

Lucero's professional career includes more than a decade experience in the computer security & data privacy field, seven years teaching college level computer security related courses. Lucero is also an entrepreneur and small business owner, a licensed real estate agent and licensed general contractor, and previously was a City Council Member in the City of Dayton.

Rep. Lucero's committee assignments in the House include the: Education Innovation Policy, Public Safety, Transportation, and Mining and Outdoor Recreation. Lucero also uses his computer security background to serve on the Legislative Commission on Data Practices and Personal Data Privacy.

"We need to ensure state government policies empower and encourage people to hard work and achieve the American Dream," Lucero said. "As a teacher myself, I am working hard to ensure everyone has access to the highest degree education opportunities and school choice." Lucero strongly believes one of the best ways Latino students can achieve their dreams is by closing the education opportunity gap.

Both Lucero and Koznick see the need to help the growing Latino business community with fewer regulations, lower taxes and healthcare they can afford.

Lucero and Koznick represent a strong group of young Republican candidates that helped the Republican Party take control of the House in 2014. They helped outreach initiatives to grow the Republican Party with their Hispanic ethnicity and articulating the values of Individual Liberty, Free Market Capitalism, and Limited Government. They are pro-life, pro-family, and believe in protecting equal opportunity for all. They are Republicans because their beliefs most align with the Republican Party. Lucero and Koznick will help the Latino community in Minnesota by addressing the concerns and protecting the future of the next generation.



Rep. Eric Lucero



On The Cover

L to R: Rep. Eric Lucero; Rick Aguilar, Publisher, *Latino American Today*, and Rep. Jon Koznick

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Full House Audience Attends Latino Education Achievement Gap Summit

By Claud Santiago

A full house turnout attended the Latino Education Achievement Gap Summit that was held on Saturday morning, August 8, at the Neighborhood House in St. Paul. The Summit was part of the 13th annual La Familia Latino Family Festival & Expo produced by Aguilar Productions. Over 100 attendees representing community, Latino youth, educators, private and public schools, superintendents and business and political leaders attended this important gathering. Several panels presented data, demographics, case studies and discussion about the Achievement Gap that is the worst in the country. Consensus of the attendees was that all options should be on the table in order to make changes and gains in the Latino high school graduation rates. The next Summit is scheduled for February 2016.

For more information contact Aguilar Productions at 651-665-0633 or email aguilarproductions@msn.com



One the key panels at the Summit. The Policy Leaders panel.

Left to right: Sen. David Hann (R) District 48; Rep. Sondra Erickson (R) District 15A; Sen. Melissa Wikkund (D) District 50; Regina Seabrook, Rochester Public Schools; Valeria Silva, Superintendent of St. Paul Public Schools; and Elia Bruggeman, Deputy Education Officer, Minneapolis Public Schools. Thanks to these leaders for their candid discussion, and their strategies and ideas.



Victor Cedeno, Generation Next, presented on the "Status Quo is Not Working" Panel, along with Mitch Pearlstein, OAK Opportunity for All Kids; Jill Reilly, Immediate past Superintendent of Schools Archdiocese of St. Paul & Minneapolis; Hector Garica, Minnesota Council on Latino Affairs; and Carlos Gallego, Think Small.



Panelist and Attendees at the Summit.

Left to right: Back row. Hector Garcia, Valeria Silva, Carlos Gallego, Frank Mendez, Col. Sandy Best, Rick Aguilar, Carissa Ontiveros, Kassandra de la Cruz, Myra Huerta Bueno, Elia Bruggeman Rep. Jon Koznick, and Carmen Robles.

"Rick, everyone at the summit was highly engaged, and there was general consensus that we can close the Latino achievement gap only if we all work together to achieve this goal-legislators, school leaders, teachers, parents, students and the broader community. It's in everyone's best interests because children shape our future."

Jill Reilly, President, Education, Leadership and Management Consultants

"Richard, thank you for facilitating this great gathering. I thought the conversation was great, and a wonderful mix of people that impact education. We look forward to supporting this effort."

**Poppy Potter
Director of Operations
Twin Cities Center
Voyageur Outward Bound
School**

"It was a great day, we want to thank all the attendees and panelists for being part of this important Summit."

**Rick Aguilar
Aguilar Productions**



Joe Nathan, Center for School Change, Liz Ramsey, Risen Christ School, Micki O'Flynn, Cristo Rey Jesuit H.S. Jill Reilly, Immediate past Superintendent of Schools Archdiocese of St. Paul and Minneapolis, and LTC. Michael Pazdernik, Minnesota National Guard, served on the "What's Working" panel..

A Career in Banking? It Could Happen to You!

By Marci Malzahn

When I was a little girl I used to play Monopoly with my siblings and I always volunteered to be the bank. I remember organizing all the money by denomination and giving my siblings loans so they could pay me when they landed on the coveted railroad stations.

When I came to Minnesota in January, 1986, I needed a job and I thought that since I enjoyed working with money, people, and computers, then a teller job at a bank should be fun. And it was. I applied to all the banks downtown Minneapolis and, after many rejection letters, one bank gave me the opportunity to work as a teller, Marquette Bank Minneapolis. At the time, I never imagined that this was the beginning of a long and exciting banking career.

I spent thirteen years with the Marquette Bank family, held nine jobs and was promoted several times. My last job was as branch manager of Marquette Capital Bank. Then I left banking and went to work for a non-profit organization. Five years later, one of my previous bosses at the bank, asked me to join him and start a bank. In 2005 we started building the team and the infrastructure for a brand new bank, Tradition Capital Bank, which opened July, 2005. After almost ten years and having held the positions of CFO, COO and CRO, I felt my mission at the bank was complete and decided to start a bank consulting practice helping other banks be successful by strengthening their infrastructure. I work with banks that need Strategic Planning, Enterprise Risk Management, and Talent Management expertise.



Marci Malzahn, Founder of Malzahn Strategic

My career in banking has been very rewarding. Banking is a career that “just happens” to many people. I have met bankers who were previously teachers, dental hygienists, history majors, psychologists, farmers, and business owners who decided to get into the banking business with no banking background. Banking is a career that you can learn on the job, acquiring experience in every job you have through the years.

There are two paths that you can take in banking. The sales track or the operations track. If you like working with clients, are not afraid of selling, and understand numbers, then you could go the route of a personal banker, private banker, or business banker. They work with individuals and businesses to provide banking services. To get to these positions, a person usually starts as a teller, loan operations, or credit analyst. If you prefer to help the sales team ensure all the products they offer work correctly, that their clients are taken care of, and like to know how banking works behind the scenes, then you may do great in operations. There are some people that enjoy working with clients but they don’t want to sell. Customer service positions, operations assistants, and online banking specialists are great positions to do that.

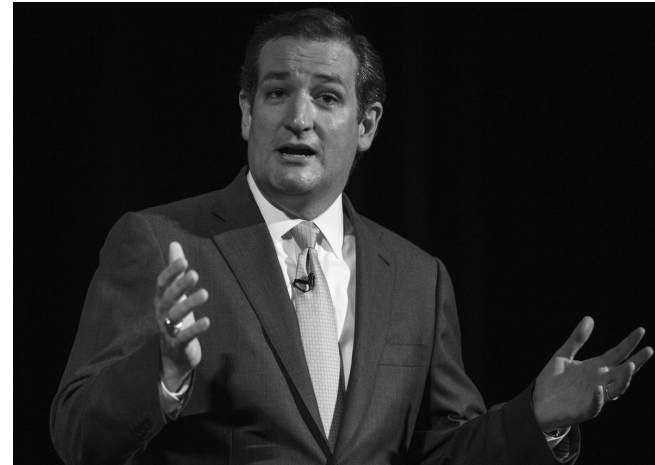
If you enjoy working with numbers, preparing reports, and analyzing data, then a career in finance, treasury, and bank accounting would fit you well. These positions interact with the bank presidents and board of directors in small community banks. In large institutions, you may find yourself in a big team to perform these functions. In these positions, Microsoft Excel is your best friend so you would need to know it very well. There are also opportunities for the IT field, HR and Marketing within banking.

For those who like learning about banking regulations and writing procedures, then there is the never ending world of compliance, internal audit, and risk management. The credit area could be a combination of working with policies, procedures, credit analysis, working with new business clients, and also working with workout clients—the ones that didn’t pay their loans for whatever reason.

With the Latino population increasing in the US, many banks are looking for bilingual bankers. Therefore, unlike the perception that it may be hard to get into it, there are a lot of opportunities for Latinos to pursue a career in banking. If you speak fluent Spanish and English, are willing to learn banking and work hard, you can have a fruitful and fun career in banking. So yes, it could happen to you!

Marci Malzahn is a banking executive and founder of Malzahn Strategic, a community bank consultancy focused on strategic planning, enterprise risk management and talent management. You can contact Marci through her website at www.malzahnstrategic.com, and for speaking engagements please contact Preferred Speakers at www.preferredspeakers.com.

Two Latino Republicans Run for President



Presidential candidates Senators Marco Rubio and Ted Cruz

By Claud Santiago

We have two Latinos in the 2016 presidential field so far. And that presents just the first irony. In other words, if America elects its first Latino president in 2016, that president would almost certainly be a Republican.

Those two Latinos — Sens. Ted Cruz of Texas and Marco Rubio of Florida — are Republicans. The Democratic Party is allegedly the favorite of minorities and it has nary a Latino in sight vying for its nomination.

Suddenly, the party with the supposed “Hispanic problem” had two rising young Hispanic stars in the presidential race. And, if nothing else, the Cruz and Rubio candidacies highlight the Democrats’ “Hispanic problem” — they have no Hispanic candidates playing at that level.

In 2008, former New Mexico Gov. Bill Richardson gave it a feeble try. But after that I’m hard-pressed to remember a credible Latino candidate in the Democratic Party, though photos of JFK jockeyed for wall space on many a Latino wall when I was growing up. Competing, of course, with the Virgin Mary and the pope.

As I calculate, the first Latino to run as a major party candidate wasn’t Richardson and wasn’t a Democrat. It was Ben Fernandez, who ran for the Republican nomination twice in the ’80s. He had this compelling personal story — son of Mexican immigrants and self-made millionaire. Alas, though Fernandez was presciently lecturing his party about the growing Latino population, Republicans preferred a chap by the name of Reagan.



“What does that say? In my mind it says that the Republican Party is the party of opportunity for Latinos. It’s not the lip service that the Democrats have been shoveling out for years. It’s not the old beer parties and tamale parties anymore,” said Lionel Sosa, a veteran San Antonio advertising and political consultant and the dean of Hispanic Republicans in Texas. “It says the Republican Party is the natural party for Latinos. As Ronald Reagan told me back in 1979, Latinos are Republicans, they just don’t know it.”

Political News from Iowa: Muscatine County



Mark Cisneros

When Mark Cisneros moved his family from California to West Liberty, Iowa six years ago he quickly got involved in local politics. Cisneros, a former California law enforcement agent, was active in Republican politics back in his California home town of Pico Rivera. Cisneros, 45, and his wife own Bella Boutique in West Liberty. They have five children and one grandchild. Cisneros is active in his church and is the former president of the Muscatine Center for Non-Profits. Cisneros was a member of “Juntos Con Romney”, a statewide coalition that supported Mitt Romney for president in the 2012 general election.

In 2013, Cisneros decided to run for the Iowa House. At his press conference to announce his candidacy he stated “I am running for the House because I believe we need people representing us in Des Moines who have strong faith and family values, and who know what it is like to run a small business and be very active in local community service and volunteerism,” Cisneros described himself as “an American of Mexican heritage,” fluent in Spanish and “in close touch” with the area’s Hispanic community. “It’s important that we demonstrate to the Hispanic community that the Republican Party is the best vehicle for improved economic opportunity, expression of family values, and an overall more prosperous Iowa

and America,” he said in a statement. “I want to be a bridge to delivering that message.” Although Cisneros lost in a tight race, he has become a leader in the local GOP party and continues to be active in Civic affairs.



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BUSINESS SPOTLIGHT



Catherine Simonett attended Marquette University, graduating with a double major in International Affairs and Spanish. Having spent much time traveling and volunteering in Latin America, she now utilizes her experience in running her own company Reach Out Conexiones to support business people in prospect communications, customer appreciation, and client retention.

She is passionate about implementing systems that increase company sales and profits through relationship building, because with each experience abroad it became more evident that people across cultures, countries, and regions of the world share much in common. That is, in personal life and in business, relationships are everything and flourish even more when cultivated.

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Humanitarian Aid to Cuban Hospitals

By Franklin Curbelo

As diplomatic relations between the United States and Cuba have resumed for the first time in more than 50 years, AMatter, a St. Louis Park-based nonprofit with a mission to expand access to health and food in the US and around the world, is poised to bring updated medical equipment to Cuban hospitals through a unique partnership with Global Links, a Pittsburg-based not-for-profit a nonprofit with 20+ years of experience in Cuba, providing supplies and equipment to medical supplies and equipment to Cuba's hospitals..

In August, Matter and Global links is sending supplies and equipment to a medical school in Havana. This effort was spurred by Roberto Fonts (Dialog One), and Franklin Curbelo (Acentos, Inc.), members of the Twin Cities Hispanic community who has contributed time and financial resources in an effort to help Cuban hospitals.

Matter and the Hispanic community in the Twin Cities are raising awareness and resources for future shipments. Two containers with items such as hospital beds and laboratory equipment for hospitals in Santiago de Cuba are scheduled for September/October 2015.

Please contact Mike Muelken, VP of Procurements and International Programs at mike@mattermore.org for more information.

On Saturday, August 29, from 6 to 8 pm, a special fundraising event will be held at DU NORD, Craft Spirits, 2610 E. 32nd .St. Minneapolis. Everybody is welcome.

FFI: Franklin 612 824 6109



Roberto Fonts

How to Help Your Kids with their Homework

You don't need to be an expert on every subject, just be willing to help

There are many things you can do to help your kids start the school year on the right track, like replacing an old backpack or getting them the school supplies they need. But there's something more meaningful you can do that may not cost money: help them with their homework.

Students who do their homework consistently tend to have better grades. It's not always easy to get them to do their homework, especially after a busy day, but these tips can help:

- **Talk to your children about their homework.** It's important that your kids understand why it's important to do their homework and the positive impact it has on grades. Homework helps them practice what they've learned as well as prepare them for upcoming classes. Plus, by doing their homework they develop the discipline and skills they need to be successful throughout their school years.

- **Talk to the teachers.** Different teachers might expect different things from parents, so be sure to talk to them to figure out your role. For example, some teachers prefer parents review their kids' homework; others prefer parents make sure kids do their homework. Teachers can also tell you how much time your child should spend doing homework and what to do if the homework is too easy or too difficult.

- **Select a fixed time to do homework.** The best time to do homework is the one that works best for your child and you. It can be before or after playing, watching television or dinnertime. What's important is that homework time is consistent. Avoid leaving it for the end of the day, when your child is tired and sleepy.

- **Pick a quiet area and eliminate distractions.** To help your children focus on homework, pick a place in the house where there's plenty of light and no distractions.

tions. It doesn't have to be fancy. It can be the kitchen table or a desk. Make sure the TV is off and put away electronic devices, unless they're essential to doing homework.

- **Get them the resources they need.** You don't have to be an expert in all subjects to help your kids with homework. However, you need to make sure they have the tools they need to succeed. If you need expert help, you can always take them to the library or help them with their search online. You can also visit kids.gov to find information on homework topics. The Department of Education also has several resources to help your child with homework in different areas, including math, reading and writing.

USA.gov and GobiernoUSA.gov are the U.S. Government's official web portals in English and Spanish, and part of the U.S. General Services Administration (GSA).



School Lunches! What's a parent to do?

- Read food labels and compare the sodium amount in different products, then choose the options with the lowest amounts of sodium. Some varieties of bread can vary from 80 to 230 mg of sodium per slice! That can make a big difference in lunchtime sandwiches.

- Pack fresh fruits and vegetables with lunch every day.

- For a healthy snack, make trail mix using unsalted nuts, dried fruits, and whole grain cereal.

- When buying prepared meals, look for those with less than 600mg of sodium per meal.

Join Thousands of Minnesota High School Students in Earning Free College Credit

Minnesota has many different programs that allow high school students to earn college credits before they graduate. "Dual Credit" programs allow students to take courses that simultaneously earn them both high school credit and college credit for the same course (some programs require an exam to earn the credit). Some of these courses can be taken beginning in 9th grade and throughout high school, and can earn credits for 1, 2, or 4-year postsecondary programs. Courses can be taken right in your high school, online, or at a college campus (transportation funds available).

Research shows that dual credit programs produce major benefits for students and families. Dual Credit courses:

- Help students and families save thousands, sometimes tens of thousands of dollars on college costs
- Increase the likelihood that students will graduate from high school, enter and graduate from some form of 1, 2 or 4 year postsecondary program
- Help reduce the number of students who have to take remedial, non-credit-bearing courses upon entering colleges or universities (currently almost 30% of Minnesota high school graduates have to take remedial courses in college)

Programs to earn college credit in Minnesota include: Concurrent enrollment (College in the Schools/CIS and others), Post Secondary Enrollment Options (PSEO), Advanced Placement (AP), International Baccalaureate (IB), Project Lead the Way (PLTW), and College Level Exam Program (CLEP).

Some programs may require an exam to earn college credit, and acceptance of dual credits can vary across colleges and universities. In general, most Minnesota public colleges and universities accept most types of dual credits.

All Minnesota students have access to at least two of these programs (PSEO and CLEP), regardless of what is offered in their high school. Many native Spanish speakers are taking the CLEP Spanish exam to earn up to 12 college credits.

Dual credit courses are a great way for students to become better prepared for postsecondary, more able to enter and graduate on time, and leave with less debt. Save time, money, and get a jumpstart on your college education!

For more information on these programs, talk to your school counselor and/or postsecondary institution of choice. Detailed information on each of the programs is available at <http://centerforschoolchange.org/dual-credit/> and at the MN Department of Education's Ready Set Go website, readyssetgomn.org.



¡Únase con miles de estudiantes de MN en ganar créditos universitarios gratis!

Minnesota tiene muchos programas diferentes que permiten a los estudiantes de secundaria obtener créditos de Universidad antes de graduarse. Programas de "Doble Crédito" permiten a los estudiantes a tomar cursos que les permitan ganar simultáneamente ambos créditos de educación secundaria y crédito universitario en el mismo curso (algunos programas requieren un examen para obtener el crédito). Algunos de estos cursos pueden ser tomados a partir de 9o grado y puede ganar créditos para programas postsecundarios de 1, 2 o 4 años. Los cursos pueden ser tomadas en su escuela secundaria, en línea o en un campus universitario (fondos para transporte son disponibles).

Las investigaciones muestran que los programas de crédito doble producen beneficios importantes para los estudiantes y sus familias. Cursos de doble crédito:

- Ayudar a los estudiantes y las familias a ahorrar miles, a veces decenas de miles de dólares en los costos de las universidades
- Mejorar la probabilidad que los estudiantes se gradúan de la escuela secundaria, entrar y salir de alguna forma de programa postsecundaria de 1, 2 o 4 años
- Ayudar a reducir el número de estudiantes que tienen que tomar cursos correctivos, no de crédito cuando se entre al colegios o universidades (actualmente casi el 30% de los graduados de la escuela secundaria en Minnesota tiene que tomar cursos correctivos en la universidad)

Programas para ganar créditos universitarios en Minnesota incluyen: inscripción concurrente (Colegio en Las Escuelas, CIS, y otros), Postsecundaria opciones de inscripción (PSEO), Colocación Avanzada (AP), Bachillerato Internacional (IB), el proyecto mostrar el camino (PLTW), y programa de exámenes al nivel universitario (CLEP).

Algunos programas pueden requerir un examen para recibir los créditos universitarios, y la aceptación del créditos puede variar a través de colegios y universidades. En general, la mayoría del colegios y universidades públicas en Minnesota les aceptan la mayoría de los tipos de créditos.

Todos los estudiantes de Minnesota tienen acceso a por lo menos dos de estos programas (PSEO y CLEP), independientemente de lo que se ofrece en su escuela secundaria. Muchos hispanohablantes toman el examen CLEP de Español para obtener hasta 12 créditos universitarios.

Cursos de doble crédito son una gran manera en que los estudiantes puedan estar mejor preparados para educación post-secundaria, más capaz de entrar y graduarse a tiempo, y salir con menos deuda. Ahorre tiempo y dinero, y consiga un 'jumpstart' en su educación universitaria!

Para obtener más información sobre estos programas, hable con el consejero de la escuela y/o una institución postsecundaria de su elección. Información detallada sobre cada uno de los programas está disponible en <http://centerforschoolchange.org/dual-credit/> y en el sitio del Departamento de Educación de MN, Ready Set Go: readyssetgomn.org.

Elliot: A Soldier's Fugue

Quiara Alegría Hudes brings home the troops to
Park Square September 11 – October 4

Ricardo Vázquez featured as the Iraq veteran rebuilding his life

By Rick Aguilar

I met with Ricardo Vázquez at the Boca Chica Restaurant, to discuss his new role as Elliot Ortiz in the play, Elliot: A Soldier's Fugue that opens at the Park Square theatre in St. Paul on September 11. Vázquez, stars in this true story, as Elliot Ortiz, an Iraq veteran who is home nursing his injuries and considering returning to the frontlines. Elliot's father and grandfather both served their country and his mother was a nurse in Vietnam.

LAT: Ricardo, this past spring you starred in the hit musical, also a true story, the Augie Garcia Story. Augie was a Korean War veteran returning home to the Hispanic community in St. Paul. In both plays, these soldiers suffered mentally from their experiences. In your preparation for these roles what did you learn that has affected you personally?

RV: I learned the Latinos have served our country in all the wars throughout our history and in many cases

there is no record of their heroic service and military leadership in our history books. Also, that our Latino community, especially the millions of new immigrants, have no idea of our history of serving our country. I think it's important that all Latinos, young and old, should be aware of our love of country and our willingness to serve.

LAT: Do you personally have family members who have served in the military?

RV: My uncle, Luis Vázquez is a career military man, who fought in Vietnam and is still serving in the Army, stationed in Colorado.

LAT: How did you come across this play and the role?

RV: As a Park Square Artistic Associate, I recommend the play and personally committed to playing the role of Elliot Ortiz.



Rick Aguilar with Ricardo Vázquez

LAT: What do you want the audience to feel and think after watching "Elliot: A Soldier's Fugue"?

RV: I hope they leave the theatre with a sense of pride for the Latino community and a feeling of how much Latinos love and honor their country!

Investment Returns

By Eugenio Aléman

The returns on investment in higher education are still undeniable, even against the backdrop of the student debt problem, Eugenio contended. Figures show that college graduates see far less unemployment, higher incomes over the long term, and a higher standard of living than their counterparts without college degrees, he said.

"It is true that college has become very, very expensive, and is expected to become even more expensive as we go forward," Eugenio said. "But those who have a college education today have an unemployment rate of only about 2.4 percent, and that did not go up to more than 5.5 percent even during the Great Recession.

"So if you are a college graduate, not only do you have the ability to improve your earnings potential over your lifetime, but you also are employed over a longer period of time than those without a college degree," he added.

Still, there are financial hurdles to overcome, Eugenio said. Since the recession, states' funding of educational grants that in the past didn't have to be paid back has fallen off considerably. The federal government has tried to fill that gap through loans, which must be repaid, while states have also cut funding for public colleges. Those factors have created massive inflation in tuition, which has fueled skyrocketing costs and the student debt problem, he said.

"Today, college graduates are burdened with higher debt that tends to delay their engagement in the U.S economy," he said. "To deal with that debt, they often put off . . . buying a house or car or more consumer goods. And to some extent, this is true for everyone — Hispanics, African Americans, whites or Asians; all are in the same boat."



Eugenio Aléman, Wells Fargo Senior Economist

Minnesota National Guard at La Familia 2015

The Minnesota National Guard participated in La Familia Latino Family Festival and Expo on August 8, at the Wellstone Center in St. Paul.



Left to right: In the Background Col. Sandy Best. LTC, Michael Pazdernik, Mitch Pearlstein, Joe Nathan at the Latino Education Achievement Gap Summit.



Exhibiting at La Familia

A Wholesome Farmers Market Day

By Award-Winning Author and Chef Amalia Moreno-Damgaard (AmaliaLLC.com)

Learn about what is new and unique about an old institution that draws communities together from all lifestyles.

During a recent visit to the Minneapolis Farmers Market, I rediscovered a newly energized place where people from all cultures converge to celebrate the fresh bounty of the season. I love fresh delicious meals, especially when made with seasonal ingredients grown nearby. The added bonus is having access to organic ingredients and supporting the local economy.

There is nothing more delicious than a salad or salsa made with vine-ripened tomatoes so I decided to buy all ingredients for dinner that night. I bought luscious Chinese spinach, mint, red beets, cucumbers, baby potatoes, and bison steaks. By the way, bison is at the top of the list in wholesomeness and nutrition of proteins as it is low in fat and higher in vitamins and more delicious than beef because it is grass-fed.

Besides shopping for produce, there is a very nice and reasonably priced flower market. As I strolled through, I came across roasted corn, which I could not resist, -for a short while I felt a state fair ambiance. At lunchtime, I purchased a freshly made grilled brat topped with sautéed onions and peppers, and to quench my thirst, I bought icy freshly squeezed lemonade.

As I moved through the crowd in search of a place to sit to enjoy lunch, I encountered a cozy area filled with picnic tables and umbrellas. Despite the scorching heat, people seemed to be having a great time, so I joined an inviting group of friends at their table. As I ate, I watched people go by and realized this is such a very nice place to visit on a Saturday morning. I felt relaxed and reenergized.

When I returned home, I planned my menu around the grill and stove. Some things I would cook at the stove and others at the grill. So my menu looked like this (see picture): Grilled bison steaks topped with grilled chirmol salsa, skin-on baby potatoes drizzled with olive oil, beet and red onion seasoned with fresh lime, cucumbers in seasoned vinegar, and Chinese spinach topped with the beets and cucumbers. On a beautiful summer evening, this meal was the perfect way to enjoy the company of my loved ones!

¡Buen Provecho!



Chef Amalia in the kitchen

BISON STEAKS WITH CHIRMOL SALSA AND BABY POTATOES

Recipes by Chef Amalia Moreno-Damgaard

Serves 2

2 bison steaks (strip sirloin cut) rubbed with a little olive oil and seasoned with garlic and onion powder, salt and pepper. Grill to desired doneness and top the with chirmol salsa (recipe below).

Chirmol salsa: 2 salad tomatoes grilled whole until charred and mushy then chopped (skins included); ¼ red onion finely chopped, 3 tbsp. chopped mint, 1 tsp. lime juice, salt to taste.

Baby Potatoes: 10 baby potatoes (soaked and scrubbed) cooked al dente in enough water to cover with 1 tsp. of salt. Drain and drizzle with olive oil and season with salt and pepper.

Note: the spinach salad topped with



beets and cucumbers is made as follows: cook the beets in water until tender (but not mushy) about 45 minutes. Cool and peel with hands (skins slip off easily). Slice or dice. Season with shaved red onion, lime juice and salt. Cucumbers: slice and season with Nakano Vinegar (Japanese seasoned vinegar or any other seasoned vinegar of choice.)

AMALIA'S UPCOMING EVENTS **(View more events at AmaliaLLC.com)**

Stovetop Smoking & More!

October 20 @ 7:00 pm - 9:00 pm
Nordic Ware Factory Store
4925 Highway 7, Minneapolis, MN 55416

Take a step up from everyday life and embark on new culinary experiences. Award-winning chef and author Amalia Moreno-Damgaard will demonstrate how delicious and easy it is to prepare dishes on a stove top smoker and the grill. Enjoy Salmon Ahumado, Smoked Spice-Rubbed Fresh Atlantic Salmon and Spicy Jalapeno Shrimp, Grilled Potatoes with Cotija Cheese, and Grilled Gazpacho Salad with avocado sauce. More: AmaliaLLC.com.

Guatemala's Day of The Dead – Dinner With A Chef Series

October 29 @ 6:30 pm - 8:30 pm
Arboretum at UofM, 3675 Arboretum Dr ,Chaska, MN 55318

Friends and families in Guatemala come together every year to prepare and eat Fiambre, an elaborate dish with anywhere between 30 and over 50 ingredients, eaten on All Saints Day. Experience "El Día de los Muertos" the Guatemalan way with award-winning-bestselling author and chef Amalia Moreno-Damgaard. Amalia loves to share the food and culture of this bizarre celebration and combine it with delicious food and story-telling. On the menu is Amalia's own Fiambre, Ayote con Dulce, acorn squash in spiced panela sauce and more along with wine pairings! Amalia will be signing cookbooks after the presentation. More: AmaliaLLC.com



on the Proscenium Stage
SEPT 11 – OCT 4

*member, actors' equity association

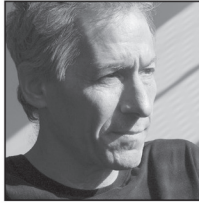
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