

La FAMILIA

LATINO FAMILY FESTIVAL AND EXPO

¡UNA FERIA PARA LA FAMILIA!



Latino American Today
www.latinoamericantoday.com

August/September 2016 Issue 349

Celebrating Hispanic Heritage Celebrando la Herencia Hispana

Saturday, August 6, 2016 from 11am-3pm
Sabado, 6 de agosto de 11am-3pm



Neighborhood House at Wellstone Center
179 E. Robie Street, St. Paul, MN 55107

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Jobs

Trabajos

Dance Groups
Grupos de Danza

Health and Wellness
Salud y bienestar

Expo for Kids
Expo para niños

Minnesota Twins



SPONSORS:



La Familia 2016 Program and Highlights Saturday, August 6, 2016 • 11 AM TO 3 PM



Rick Aguilar, Aguilar Productions

La Familia Hispanic Heritage Awards will be presented at 12:30 pm to Hispanic individuals and organizations who have contributed to the community and promoted their culture and values. The recipients are the following:

**Cecilia Stanton Adams • SPNN • William Martinez
Robert Hanson • Edgar Galvan • Lizzet Galvan • ALMAS**

ALSO VISIT THESE BOOTHS:

- Go to the **USTA Northern Tennis Area**....Great fun for the kids.
- **Juan Cervantez State Farm Agency** in collaboration with the MN Chapter Latino Police Officer Association, providing photos and fingerprinting of children for their parents, Booths #27 and #28

- **Minnesota Twins**, special Twins items for the kids, Booth #24
- **Food Market Research – FPI Testers**, Booth #13
- Employment/Career Opportunities at the **Buffalo Wild Wings**, Booth #12

“We are pleased to present our 14th annual La Familia Latino Family Festival and Expo! See you there!”

—Richard Aguilar

LA FAMILIA 2016 SCHEDULE:

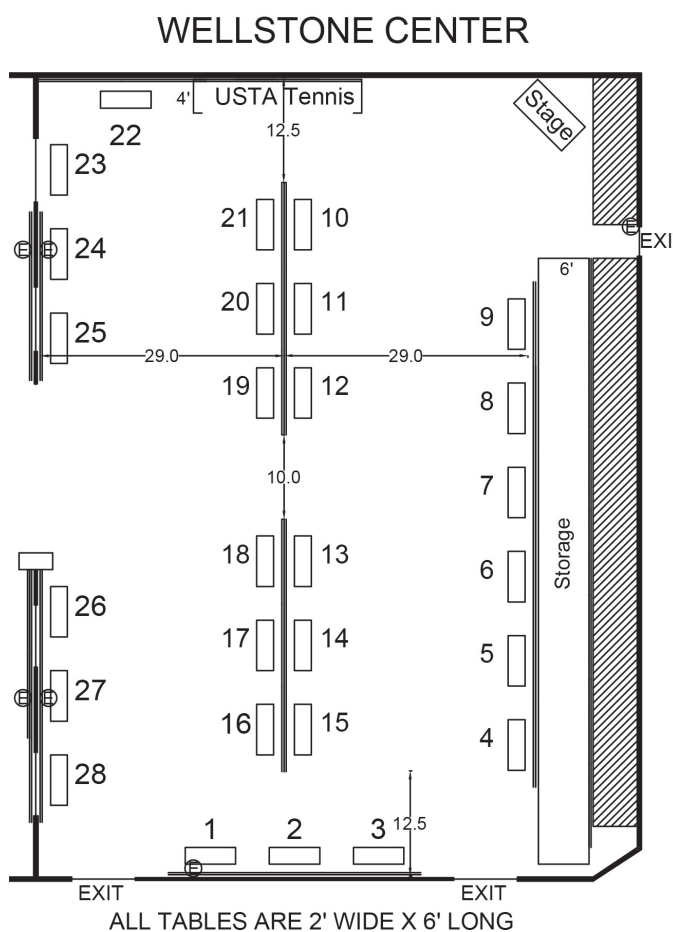
11:00am Welcome by Rick Aguilar, Aguilar Productions
Visit all the Exhibit Booths and Network with Vendors

12:30pm – 1:30 pm Hispanic Heritage Awards Presentation

1:30pm – 2:00pm Ballet Folklorico Mexico Azteca

2:00pm – 3:00pm Visiting Exhibit Booths Continues

3:00pm Festival Closes



EXHIBITOR BOOTH NUMBER	
USTA Northern.....	Tennis Area
Ordway Center for Performing Arts.....	Booth 23
Minnesota Twins.....	Booth 24
St. Paul Area Association of Realtors.....	Booth 25
Minnesota Housing Finance Agency.....	Booth 26
State Farm Juan Cervantes Agency	Booth 27
Latino Peace Officers Association, MN Chapter...	Booth 28
AARP Minnesota.....	Booth 21
U. S. Bank.....	Booth 20
West Side Summit.....	Booth 19
Girl Scouts Connect Z.....	Booth 18
Risen Christ Catholic School.....	Booth 17
Hennepin County Sheriff's Office.....	Booth 16
Hiawatha Academies.....	Booth 11
Buffalo Wild Wings.....	Booth 12
FPI Testers.....	Booth 13
CD 4 MNGOP.....	Booth 14
Minnesota Historical Society.....	Booth 15
Church of the Holy Family.....	Booth 10
Think Small.....	Booth 8
Metropolitan Area Agency on Aging.....	Booth 7
St. College of St. Scholastica.....	Booth 6
Academia Cesar Chavez.....	Booth 5
St. Paul Public Schools.....	Booth 4
CLEAR Corps.....	Booth 3
La Raza 1400-1440 - Telemundo Minnesota.....	Booth 2
Minnesota National Guard.....	Booth 1

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On The Cover
Celebrating Hispanic Heritage
Celebrando la Herencia Hispana

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Latino American Today distributes 15,000 copies on a monthly basis.

Niños libres de plomo



PLOMO, un elemento tan común pero tan peligroso. El plomo esta en nuestras casas, en la tierra, en el aire, juguetes, platos, jarras, joyas y en muchas cosas mas. Es difícil evitar contacto con plomo en la vida diario.

¿Por que estamos preocupados por el plomo en nuestros ambientes? Porque plomo hace daño irreversible a los niños. Les causa daños al cerebro que son para siempre.

La pintura en casas construidas antes de 1978 contiene plomo. Pintura a base de plomo es el fuente principal del envenenamiento por plomo. Pintura que esta deteriorando, descascarapelo, cayendo o que está siendo lijado o quitado con máquinas es toxico.

Cuando los niños tienen plomo en la sangre puede afectar casi todos los sistemas del cuerpo. Puede causar discapacidades de aprendizaje, problemas de conducta y en niveles muy altos, convulsiones, coma e incluso la muerte. Es importante recordar que los niños pequeños absorben el plomo con mucha más facilidad y rapidez que los adul-

tos y los daños son para siempre.

Hay recursos gratis y bilingues en la comunidad que puede ayudar a usted y su familia identificar si hay plomo en su hogar. CLEARCorps es una agencia comunitaria que ofrece muchos servicios para que las familias pueden vivir sanas y salvas en sus hogares.

Contáctanos al 651-603-8000 o por email a megan@clearcorps.org para programar la visita. ¡Todas familias merecen un hogar libre de plomo!

BUSINESS LEADER RUNS FOR CONGRESS: Darlene Miller Endorsed by Rick Aguilar

By Claud Santiago



Rick Aguilar and Darlene Miller

The race for Minnesota's 2nd Congressional District is expected to be one of the most competitive in the nation. Darlene Miller, a successful business owner, picked up the endorsement of John Kline, the man who currently holds the seat. Kline is retiring after serving seven terms representing the district. Miller is the owner and CEO of Permac Industries, a precision machining company custom manufacturing precision parts for customers worldwide in virtually all industries located in

Burnsville, MN. Under her leadership Permac Industries was named the U.S. Chamber Small Business of the Year for the entire USA in 2008.

The district includes a large Hispanic population in West St. Paul, South St. Paul and other cities in the area. Rick Aguilar, President of Aguilar Productions, who is a resident of West St. Paul is supporting Miller in this race. Aguilar is a past Chairman of the St. Paul Area Chamber of Commerce and was founder and President of the Minnesota Hispanic Chamber of Commerce. Aguilar is very active in Republican politics and feels that Miller is a candidate who can and will win in November. "I believe that Darlene has the conservative values and real-world experience we need in Congress," stated Aguilar.

"Democrats always want to talk about the disparities in the Hispanic com-

munity and never mentioned that we have a successful Hispanic business community, that pays taxes and employees thousands of Hispanics. We need someone in Congress that realizes that high tax rates and the countless regulations here in Minnesota hurts business owners, that's why I'm supporting Miller," explained Aguilar.

"I want to thank Mr. Aguilar for his support and I feel that the Hispanic culture with its strong religious beliefs, family values and desire to overcome poverty through hard work, is something I admire. The Hispanic community plays an important part of why Minnesota is a great place to live and I want to see that their community has more opportunities to live the American Dream," Miller stated.

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Latinas Unidas Girl Scouts Initiative

By Georgina Chinchilla

Last December, 63 young Latina girls from the Twin Cities Metro area and southern Minnesota gathered at the Mankato State University campus for the Girl Scouts ConnectZ yearly Latina Conference. At the conference, girls learned about healthy relationships, powerful female role models, and heard from MSU Latina students. They even wrote their own song with the guidance of local hip-hop artist Maria Isa. When asked what they had learned at the event, girls replied: “to be a strong leader” and “to be proud of my heritage and culture.”

These girls are participants in the Girl Scouts ConnectZ program, a leadership program from Girl Scouts designed to reach girls in underrepresented communities. Girl Scouts partners with schools, community centers and faith-based communities to offer free leadership programming to girls where they are. The program works to overcome access barriers, while empowering girls as they learn about healthy relationships and self-esteem, college and career readiness, financial literacy, STEM, and leadership.

This past year, The Girl Scouts ConnectZ program served 588 young Latinas. The girls participated in regular troop meetings, attended college tours, took part in the Girl Scout cookie program, volunteered in their communities, and planned service projects to address local issues. This summer girls will be attending Girl Scout camp and other community events.

The Girl Scouts ConnectZ program is making a difference in girls’ lives by helping them get the knowledge and skills that will prepare them for a positive future. If you would like more information on volunteering with a Girl Scouts ConnectZ troop or on how to partner with the program, email ConnectZ@girlscoutsvr.org or stop by the Girl Scouts booth at the La Familia Latino Family Festival and Expo on Saturday, August 6 from 11 to 3 at Neighborhood House.



Las niñas que participan en el programa Girl Scouts ConnectZ se reúnen regularmente en su comunidad y participan en eventos especiales. En el evento “Women in Careers,” organizado en colaboración con Dunwoody College of Technology, las niñas exploraron carreras técnicas en construcción, manufactura, la industria automotriz y diseño de interiores.



En el evento anual “Latina Conference” las niñas aprendieron sobre relaciones saludables, conocieron la Universidad de Mankato State y escribieron una canción con la artista local Maria Isa. Una de las niñas comentó que en la conferencia aprendió a “estar orgullosa de su cultura y de su herencia.”



Las niñas también asisten a campamentos de Girl Scouts donde pasean en canoa y kayak, practican tiro al arco, y nadan en el lago, muchas veces por primera vez!

College Provides Values-Based Education



Leo Alcantar Parra

By Mark Maribeth

The College of St. Scholastica has provided values-based education in the Catholic Benedictine tradition since 1912.

With 12 locations including campuses in Duluth and downtown St. Paul, St. Scholastica's students form an inclusive learning community grounded in respect, hospitality, stewardship, community and the love of learning.

More than 40 undergraduate programs range from accounting, education and nursing, to social work, Catholic studies and information technology. In addition, St. Scholastica has more than 20 graduate-level programs for working adults. Evening, weekend and online programs are designed to meet the needs of busy professionals.

"I really like the program I'm in at St. Scholastica," said Leo Alcantar Parra, a Computer Information Systems major. "It mixes the liberal arts with technical studies, which broadens the worldview of students. Especially in the

technology field, if you learn about other areas and communities, it gives you ideas about what you should create."

Parra participates in the SUCCEED program, a unique blend of online coursework and face-to-face campus support for students at the St. Paul campus. Plus, there's a significant tuition discount.

"What I like about SUCCEED is the time you get to spend with your mentor — someone who already has professional experience doing what you want to do," Parra said.

Whether you're a recent high school graduate, have some college experience but no degree, are changing careers, or are ready for graduate studies, St. Scholastica can help you prepare for a meaningful life and a rewarding career.

Duluth Campus:

Patrick Donaway, Admissions Counselor
651-403-8654 or pdonaway@css.edu

Twin Cities Campus:

Nu Ly, Inver Hills Campus Manager
651-403-8654 or nly@css.edu

House District 52B Candidate Regina Barr Thrives on Hard Work and Meeting Residents

Regina Barr is a longtime resident of Inver Grove Heights. She and her husband Kevin have been a part of the Inver Grove Heights community since 1998. Regina is a small business owner, an active volunteer and is a member of the River Heights Chamber of Commerce.

Regina was raised by a single working mother who instilled in her the values of hard work and personal responsibility. After putting herself through college and working in the corporate sector, Regina started her own business. Regina also believes in giving back to the community by volunteering for many causes that are close to her heart. She currently serves on the boards of the Breast Cancer Education Association and Minnesota Excellence in Public Service.

Regina is running for the Minnesota House District 52B seat which Rep. Joe Atkins is retiring from at the end of this term. She is excited to bring a new voice and a fresh perspective to the Minnesota House of Representatives on behalf of the hard-working residents of her community. Her plan is to meet as many of the residents of district 52B as she can in the coming months.



Regina Barr

When asked what she enjoys most about campaigning, Barr responded, "Meeting all the amazing people in the community and listening to their issues and concerns. Most people share a passion for the community with me and the desire to make this a great place to live and work. It's all very energizing!"

Regina's priorities are making sure the district has good schools that ensure kids are well prepared to enter the workforce, supporting veterans and seniors, creating jobs and supporting small business owners, and affordable healthcare that preserves patient choice and high quality of care.

Barr said, "I look forward to doing what I can in the legislature to ensure that our district is a thriving community, so that our hard-working residents are able to invest their time and money in their families, their homes and the community."

District 52B includes Inver Grove Heights, Sunfish Lake, and parts of Mendota Heights and Eagan. To learn more about Regina and her campaign visit www.reginaforhouse.com.



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COMMUNITY NEWS

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AUGUST/SEPTEMBER 2016

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The training is provided by the HCA-MN in collaboration with CLUES.

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SUMMER AGENDA:

The training will take place at CLUES office in St Paul: 797 E. 7th St, Saint Paul, MN. 55106. Located right next to the Mexican Consulate.

August:

Saturday August 20th from 9:00 AM to 11:30 AM

Topics: Struck by, Caught in between and Material Handling & Storage

Saturday August 27th from 9:00 AM to 11:30 AM

Topics: Hand & power tools, Occ Health & Safety Hazards, Personal Protective Equipment (PPE)

El entrenamiento es proporcionado por la HCA-MN, con la colaboración de CLUES.

Somos la única organización en MN autorizada por OSHA federal para dar entrenamiento en español. Miembro de la asociación de miembros de ingenieros de seguridad laboral, entrenador autorizado de construcción de OSHA-502.

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- **Contratistas! sino entrena a sus trabajadores OSHA lo multara.**
- **Participe en todas las clases y reciba una tarjeta de OSHA-10.**

AGENDA DE ENTRENAMIENTO:

Las clases se llevaran acabo en la oficina de CLUES en Saint Paul: 797 E. 7th St Saint Paul, MN. 55106 Pegado al consulado de Mexico.

Agosto:

Sábado 20 de Agosto de 9:00AM a 11:30 AM

Tema: Seguridad de Golpes, Atrapamientos y manejo/almacenamiento de materiales químicos.

Sábado 27 de Agosto de 9:00AM a 11:30 AM

Tema: Herramientas de mano y energía electrical, peligros de salud y seguridad ocupacional, y equipo de protección personal y salvavidas.

Para registrarse al entrenamiento llame a CLUES al **(651) 379-4200**. Para hacerse miembro de la HCA-MN llame al **(612) 619-1361** o mandenos un correo electrónico a **Pedro@HispanicContractorsMN.org**

Entrenamiento es patrocinado por miembros corporativos: McGough y Allweather Roof.



HISPANIC CONTRACTORS
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To register for the training call CLUES at **(651) 379-4200**.

To become a member of the HCA-MN call us at **(612) 619-1361** or via email at **Pedro@HispanicContractorsMN.Org** to request an application.

The training is sponsored by our corporate sponsors:



Graduation FBI Academy. Leo Espinoza (right) with special agent, Rick Thornton.

Congratulations to Leo Espinoza

By Claud Santiago

“Congratulations to Leo Espinoza for being selected and successfully graduating from the FBI Citizens Academy Minneapolis chapter. The participants learned about the FBI’s mission and investigative priorities. Some of the topics included were the hostage negotiation team, international terrorism and the Joint Terrorism Task Force, Infragard, counterintelligence, the FBI’s intelligence program, cybercrimes, domestic terrorism, weapons of mass destruction, and white-collar crime. The FBI’s work in Indian Country, the polygraph program, and the bureau’s violent crimes against children—Innocent Images National Initiative. Additional topics included, the FBI’s legal program, Evidence Response Team, and civil rights, public corruption, violent crime and organized crime squads. Congratulations and best wishes to all graduates!

Volunteering – A Waste of Time or an Amazing Opportunity?



Marci Malzahn,
Founder of Malzahn Strategic

By Marci Malzahn

Do you want to join our Board? That's a question you don't hear every day but it happens often when people see you have a heart to help others—especially in the nonprofit world. Twenty three years ago I joined the first nonprofit Board as a volunteer. My first position was Education & Training Chair for Financial Women International (FWI), a nonprofit association with the mission to empower women in the financial services industry. A few months later, the Treasurer resigned due to family health issues and I was asked to step up into that role even though I had just joined the Board. I gladly accepted because I love working with numbers and I saw it as a great opportunity to get to know the organization better. I served in FWI at one position or another for the next sixteen years. I was elected President of the local chapter twice and served even at the National Board level as a Director.

During my time volunteering with FWI, I made lifelong friends and business connections that are still alive today. I also received formal training on the Roberts Rules of Order, how to conduct effective Board meetings, and how to lead a nonprofit association made out of only volunteers. I learned to work in teams, hired speakers for our programs, and wrote monthly newsletter articles. In short, I learned the “soft skills” leaders need in order to be successful. Unfortunately, FWI is no longer in existence because organizations stopped supporting their members across the country starting in the '80's through early 2000's until we had to close it down in 2009, after existing and serving members for 88 years.

While I was the President of the Downtown Exchange Group leading 133 members, I completed the *Management Certification Program* they offered by reading several books and attending programs on the topics of management, leadership, negotiation skills, mentoring relationships, and many other important subjects. At the end of my term, my manager at the bank (where I was working at the time) came to my office and said, “Marci, let's talk management.” She said that because of my willingness

to volunteer to lead the association and because I had obtained the Management Certification through FWI's Program, she felt I was ready to lead the bank's branch, downtown Minneapolis. I was surprised to be asked since I had never supervised anyone up to that point (and I still didn't have my college degree) but was very grateful for the new opportunity.

During my time at that bank I also volunteered to participate in the annual Juvenile Diabetes Foundation fund raising effort. My strategy was to ask all the senior executives and owners to support me so I could raise the most amount of money and win the contest. I won. The reward was dinner with the owners of the bank. Because of my willingness to volunteer, I was now being recognized and became more visible in the organization.

Since I started volunteering on Boards I have made my individual contribution of “the four T's”: time, talent, treasure and touch (connections). Each nonprofit organization I've worked with has made a contribution back into my life. We always think that we're the ones helping them but we receive so much more in return. There are many ways you can volunteer if you don't like to serve on a Board. You can volunteer to work directly with the organization's clients or work behind the scenes to help with the administration or in the warehouse/back room organizing donated items. There are countless ways you can get involved just as there are countless nonprofit organizations that can use your help and talents. The best way to decide where to help is by asking yourself the question: *Who* do I want to help? Then look for an organization that helps those people and get involved if their beliefs align with yours. Here are some examples of organizations that you could get involved that I've had great experience working with:

- **Big Brothers Big Sisters:** Become a Big and mentor a child. Participate in their programs so Bigs and Littles can have fun together. www.bigstwincities.org
- **Way to Grow:** Volunteer to work with a minority, low income family so their children are ready for Kindergarten. www.waytogrow.org
- **Jeremiah Program:** Go with your friends or co-workers and cook a meal for the single mothers and their children. www.jeremiahprogram.org
- **Matter:** Volunteer to work in the warehouse categorizing donated items. www.mattermore.org
- **Minnesota Center for Book Arts:** Volunteer at one of their events. www.mnbookarts.org
- **Feed My Starving Children:** Go with friends or co-workers and volunteer to pack meals. www.fmsc.org

By serving on nonprofit Boards I learned how to serve on for-profit organizations' Board of Directors too. The rewards I have received by serving are many and each has significantly enriched my life. I have never considered it a waste of time. To the contrary, I consider my time invested an amazing opportunity to grow, to learn, and to meet beautiful people across the country (and the world). I now serve on four boards, three of which are nonprofits. I invite you to check out my business website and visit the Community Involvement page so you can get ideas of various nonprofits we support, learn about their individual missions, and start using your talents to serve others. The time to volunteer is NOW. People need your help!

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

SPNN Doc U program



Documentary filmmaker Jose Francisco Munoz

By Claud Santiago

SPNN is a 501(c)(3) non-profit community media center serving Saint Paul, MN and the Twin Cities metro area. Our mission is to empower people to use media and communications to better lives, use authentic voice and build common understanding. We operate five channels on the Comcast cable system, which reach 52,000 cable households in St. Paul.

The power of the documentary film is its ability to shine a spotlight on issues, stories, and perspectives that would otherwise go unheard and thus unnoticed. It is this unique power that enables documentaries to broaden horizons. Doc U is a 16 week mentorship program in documentary filmmaking, offered to low income adults. Doc U 2016 runs from June 2-September 17, meeting every Thursday from 6PM-9PM. All completed docs will be screened at a premiere event on Saturday, September 17 starting at 1:30 with a reception, 2PM screening followed by a Q&A with the filmmakers.

The Program:

Participants will be guided through the creative process, learning all aspects of documentary filmmaking. This includes training in video camera techniques; the use of sound and lighting equipment; and video editing using Adobe Premiere. Established local documentarians and filmmakers, along with SPNN staff, lead weekly classes on pre-production, story construction, basic camera and other field gear, editing, and interview techniques. Participants also work one-on-one with SPNN staff, receiving personal guidance on their project.



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Masedonio "Do" Vasquez Jr. Original Member of the "Jaymars" Passes

By Rick Aguilar

The St. Paul West Side Flats over the years was a breeding ground for talented musicians who went on to perform in various bands and groups throughout the Twin Cities and beyond. Masedonio "Do" Vasquez Jr. who passed recently, was an example of the talent in that neighborhood.

For this article we spent time with Lee Vasquez (Do's Brother) who gave us some insights about his brother and how they both got their start in music.

The West Side produced a melting pot of music. Latino musicians played traditional Mexican mariachi, polkas and Norteno music. There were also many young Latinos that listened to and played jazz, blues and rock. Do Vasquez and his pals, Ruben Trejo, Kico Rangel, and George Avaloz would go to the "Jazz at the Philharmonic" concerts when they came to St. Paul, and listen to their favorite's jazz musicians like Oscar Peterson, Stan Getz, Sonny Rollins and others. Lee Vasquez told us that he started playing drums at Humboldt H.S. and helped introduce the saxophone to this brother Do at the jam sessions that would take place in the neighborhood.



Do Vasquez



Lee Vasquez went on to play drums with various bands and groups throughout the years.

Masedonio soon purchased his first saxophone and the rest is history. He started playing by ear with his pals and soon he began taking lessons from Kico Rangel and other musicians. He loved to listen to the great Sonny Rollins and developed a similar style that was unique at that time. Lee would take Do to some gigs he played with the Dick Ford Blues Band and let him sit in on saxophone.

In the early 60's a West Side group was forming with Rudy Garcia on Bass, Bobby Garcia on guitar and Dave Bougie on drums. They invited Do to come to a rehearsal with the group and together they formed the Jaymars.

I had the pleasure of joining the Jaymars as their lead singer in 1962 and I really dug playing with Do, Rudy, and Bobby G. The group had its own style of playing Jazz, Blues, and Rock tunes we called it the "West Side Sound" to describe the music we played and we were booked with gigs throughout the Twin Cities. It was a wonderful era and our West Side fans were the hippest in town. I'll always remember playing with Do he was so cool, funny and a wonderful person. We'll remember his great sounding Selmer Tenor Saxophone and that 'great grove' all his fans enjoyed. Rest in Peace my friend.



The Jaymars, from left to right: Bobby Garcia (guitar), Rick Aguilar (vocals), Jerry Barnez (drums), Rudy García (bass), and Do Vasquez (saxophone)

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Saturday, August 6, 2016 – 11 am to 3 pm

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ADDED FEATURE TO LA FAMILIA 2016

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Saturday, August 6, 2016 – 8 am to 11 am

Neighborhood House at Wellstone Center

The Ferber Community Dining Room

La Familia 2016/Latino Achievement Gap Summit, will focus on education issues in the Latino community. Minnesota has the largest Latino achievement gap in the country. Only 51 percent of Latinos graduated from high school in our 2015-2016 school year.

This is a crisis that needs to be addressed. This Summit will bring together education, political and faith leaders along with Latino youth leadership, community, business and civic leaders. Join us as we present and discuss ideas, solutions, case studies and plans of action for Minnesota and the Latino community. Plan to attend

NO COST TO ATTEND, BREAKFAST WILL BE SERVED.

TO ATTEND PLEASE RSVP TO:

Email: aguilarproductions@msn.com or call Aguilar Productions at 651-665-0633