

ALFREDO FRIAS 1954-2018

Owner of the Boca Chica Restaurante
and a Founder of the Cinco de Mayo
Celebration in St. Paul. ¡Vaya con Dios!



Alfredo Frias, Gloria Frias, Jose Frias, and in the portrait, Guillermo Frias

Festival Cinco de Mayo Minneapolis 2018 East Lake and 27th Ave South



On Sunday May 6, 2018 we invite the community to celebrate our Annual CINCO DE MAYO FESTIVAL on East Lake St. (between 27th Ave and 29th Ave) in South Minneapolis. This event is hosted by El Nuevo Rodeo, La Raza 95.7 FM & 1400 & 1470 AM, the #1 Spanish Radio in Minnesota, and Telemundo MN, affiliate of the largest Hispanic TV Network in the US.

During this festivities the Mexican Community remembers and celebrates The Battle of Puebla; it took place on 5 May 1862, near the city of Puebla during the French intervention in Mexico. The battle ended in a victory for the Mexican Army over the occupying French soldiers. Now, this is the most

famous Mexican Holiday in the United States!

Our Festival this year is from 12 pm - 8pm, but the party continues until the wee hours of the morning inside the installations of El Nuevo Rodeo! There are three stages; two on Lake St. and other one inside El Nuevo Rodeo, where there will be full menu and live entertainment all day long!

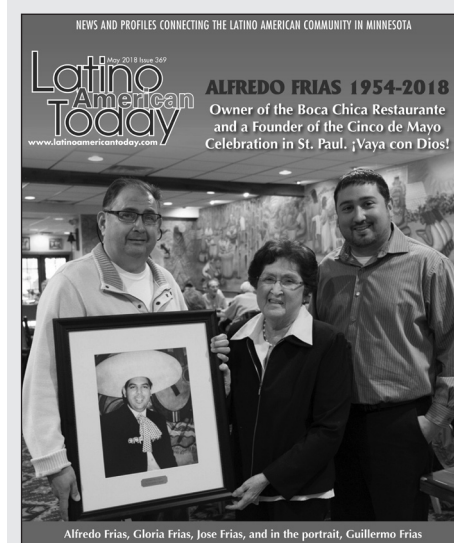
Beer gardens full of Corona and Micheladas and food vendors will be in abundance as we Latinos mark the beginning of outdoor events in Minnesota, while honoring the Battle of Puebla in Mexico.

This year we will offer to the public Traditional Mexican Presentations of Folkloric Dance, Mariachi and Aztec Dance, and including Mexican bands. There will also be tropical and Salsa bands, even Zumba, Karaoke and The Minnesota Twins with games and prizes for kids! And for the first time we are having the famous Luchas, a tradition in Mexico, the Luchadores will be performing live!

There will be food from our various vendors and local restaurants. Not only Mexican food will be sold, we are having American and international favorites too, from Town Talk Diner, Addis Ababa Restaurant and Gandhi Mahal! All members of the community are invited, this is a free event and we hope that you will join us in this celebration of culture, community, music, and cuisine! For more information on vending at the festival, sponsorship or the festival itself, please call El Nuevo Rodeo at (612) 728-0101 or contact us at maya@elnuevorodeo.com or gricel@elnuevorodeo.com!

Artists and Talents:

Conjunto Peña Blanca, Banda La Verdadera, Conquista de Tierra Caliente, Mariachi Centenario, Esti y su Mango Pelao, Rafael y sus Joyas, Grupo Arrieros, Linea Nortena, Michael "La Voz de Oro", Grupo Brandy, Zumba with Kathy, Molinet Studio, Ballet Folklórico Mexico Azteca, Danzantes Kalpulli Yaocenoxtli, Chinelos de San Pablo Apóstol, Luchadores, and The Minnesota Twins.



NEWS AND PROFILES CONNECTING THE LATINO AMERICAN COMMUNITY IN MINNESOTA
Latino American Today
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On The Cover
 Alfredo Frias
 1954-2018

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Forum Celebrates 30 Year Anniversary

By Claud Santiago

For more than 30 years, The Forum on Workplace Inclusion has built an active community of cross-sector leaders who gather each year to learn and grow through facilitated dialogue, structured networking and experiential learning. The Forum on Workplace Inclusion is housed at the University of St. Thomas in Minneapolis, Minnesota.

At a time when our communities are experiencing charged dynamics around societal events, political shifts, and racial and religious polarization, it is more important than ever that leaders have the mindsets, skill sets and tool sets necessary for responsive leadership that drives strategies for advancing diversity and inclusion in the workplace.

Over sixteen hundred diversity professionals attended the 30th Annual Conference on April 10-12, 2018 at the Minneapolis Convention Center. Magic Johnson of professional basketball fame was the keynote speaker.



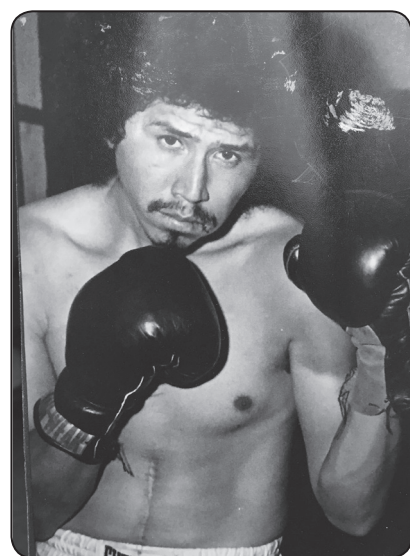
L to R: Tasnim Mohamed, Melvin Collins, Christine Pouliot and Gaosheng Thao. Ecolab attendees and Evocent Coaching

Zamzam Ahmed Tea Rozman and Cari Yasuno - Green Card Voices

Remembering NICOLAS CASTILLO JR.

1945 – 2017

By Rick Aguilar



Nick Castillo Jr.

Everytime I would run into Nick Castillo in our adult years he would always say to me, “hey Rich who loves ya,” and then he would give me that hug, along with his distinctive laugh, that was his alone. I really miss my long time best friend, Nicolas Castillo Jr.

Nick passed away a year ago after fighting cancer for five years. He fought that illness the way he lived, with pride, passion, and love for his family, friends, and his community. Throughout the Twin Cities friends remembered Nick with the phrase “one and only” used hundreds of times to describe his life, because in fact, that was so true! Our hometown neighborhood the “West Side Flat’s” produced some real personalities in our history, and Nick was definitely in the Top Ten List. His look, the way he dressed, his own hip language and those shades...that walk...his warm personality, he was so cool, and we all loved him.

Nick’s life had its ups and downs...accomplishments and dissappointments, but his attitude never changed—he was determined to make a difference. Maybe that drive to make a difference started with his boxing career in the Golden Gloves. He was the pride of the West Side, winning bout after bout

and going on to the Golden Glove National finals and being selected to Mancini’s St. Paul Sports Hall of Fame. Or how about his college years where he led a group of Latino students who challenged the administration and as a result the department of Chicano Latino Studies was formed at the University of Minnesota and is still in place today. Later Nick and his mother Tomasa, (herself a legend in the community) took on City Hall and the result was Parque Castillo, La Clinica, and other West Side success stories. On the light side who can forget Nick dancing to Mickey’s Monkee with the Jaymars and Rudy Garcia. I was the lead singer of the Jaymars and we could write a book about all the laughs and good times we had with Nick right on stage with us. Lum di lum di lie...lum di lum di lie....

When the news reached the community five years ago that Nick had aggressive cancer and only so long to live, he took that challenge on and lived his last years, looking good, hanging out with family and friends and golfing... including, dig this “a hole in one” adding to the legend of Nicolas Castillo Jr. Vaya con Dios Nick!



Nick and his son Nicolas Castillo III who’s holding the golf club Nick used to make his “hole in one.”

Keep the American Dream Alive Candidate For U.S. Senate Jim Newberger Pledges Support for the Latino Business Community



Newberger met with owners of Lucerito Fashion (located in the Mercado Central) and the Director of Economic Development and Operations for the Mercado Central

By Claud Santiago

Visiting Mercado Central on E. Lake Street in Minneapolis, Jim Newberger, candidate for U.S. Senate, pledges his support for the Latino business community and commends their great achievements and the important role they play in Minnesota's economic growth. For this visit and tour, Newberger is joined by Rick Aguilar, a Twin Cities business leader and one of the founders of the Minnesota Hispanic Chamber of Commerce and former Chair of the Saint Paul Area Chamber of Commerce in 2000. Latino business owners transformed this area from what in the 1980's had become a decaying urban wasteland, homes to closed businesses and boarded up storefronts, to the thriving commercial district it is today. The Latino immigrants didn't see an abandoned corridor, they saw an opportunity, they saw the "American Dream" and the chance to open their own businesses and create jobs for their community. Newberger commented to Aguilar on the "wonderful economic development that has happened in this area." Without the enterprise and hard work of the Latino business owners and civic organization support none of this progress would have ever been possible," Newberger commented. Newberger is a Minnesota Republican House member who has voted for legislation that has supported projects by Latino non-profit organizations.

Newberger went on to mention that the Latino business corridors on E. Lake Street in Minneapolis, Cesar Chavez Street, and Payne Avenue in Saint Paul represent the important role the Latino business community plays in the growth of the Twin Cities, and throughout towns and cities in Minnesota. Listening to the concerns of these business owners on this day, Newberger is concerned they need to be able to grow, get more capitol and assistance and less tax hikes and regulations. He understands the importance of what Latino entrepreneurship can contribute to Minnesota's economy. In his own words he stated, "I want to keep the American Dream alive for the Latino community and make Minnesota a state where business thrives and Latinos get the opportunity to grow and make a difference."

House District 52A GOP Endorses Arnston

By Claud Santiago



Beth Arntson and Steven Swoboda, BPOU 52A Chair

South St. Paul resident Beth Arntson is the Republican-endorsed candidate for representative from Minnesota House District 52A.

The district's Republicans unanimously endorsed her at their convention Saturday, March 10. The district includes Lilydale, Mendota, West St. Paul, and parts of Mendota Heights and South St. Paul.

Arntson has 36 years of experience in state government, working in human resources with numerous state agencies. Seven of those years, Arntson was the HR director of the former Department of Trade and Economic Development and for another seven years she served as the staffing manager for the Minnesota State Colleges and Universities. Arntson was the chief HR officer for Rochester Community and Technical College for five years and a workforce planner for the Department of Human Services for four years.

A former National Guard member, Arntson and her husband, Gary, a veteran, resided in West St. Paul for nine years, before moving to South St. Paul in 2011. They are the parents of two grown children and grandparents of seven.

What Does It Take to Start Your Own Business? Part III — Your Team and Your Community



By Marci Malzahn

Your team.

Virtual team or W-2 employees? This is a very important decision you'll have to make as you start your business. More and more solopreneurs are opting to hire virtual teams. For example, I chose to be a solopreneur in order to have the flexibility to do the various aspects of my company such as bank consulting, speaking, and writing books and articles such as this one. Therefore, I chose to have a virtual team that helps me with the marketing. I write the copy for the business brochures and website and the marketing professional makes it "marketing material." Then the designer helps me with the branding and ensuring all the aspects of the company look the same and project the same message to my clients. Lastly, the website developer creates the website and works together with the designer and the marketing expert.

Marci Malzahn

As a professional speaker, I needed a "virtual assistant" to help me with marketing initiatives, manage the database of clients and prospects, and send emails. Virtual assistants are sub-contractors who are entrepreneurs themselves and provide administrative assistance to others remotely. I also have a "social media specialist" to help me post all my events on my website, create and maintain the Facebook page, and posts announcements so my followers know what's coming up.

When I publish books, I work with an editor, a book designer, and the book printing company. The point is, I have now virtual teams who work with me on the various aspects of my business. I don't have the liability or payroll expenses of W-2 employees.

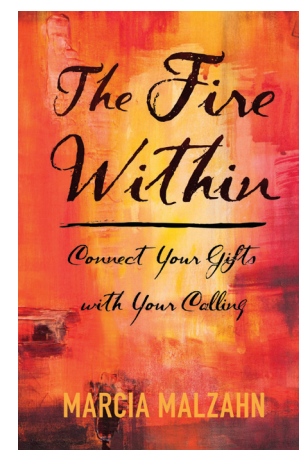
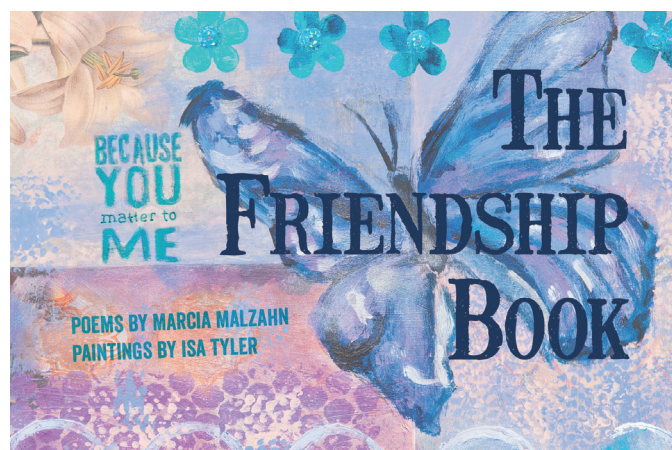
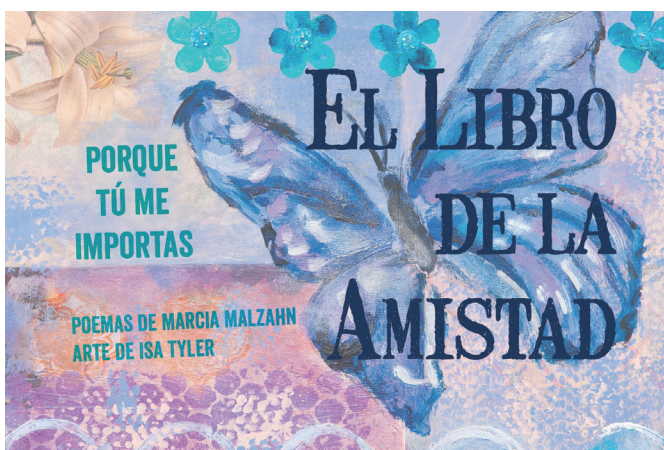
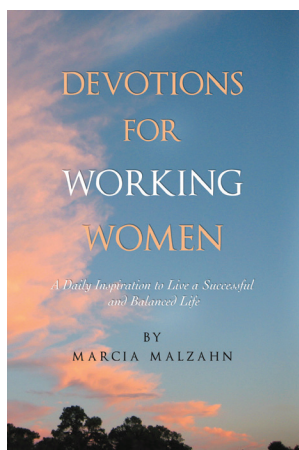
You will need to decide, based on your type of business, what type of team you need. The key is to outsource the talents you don't have with the goal of maximizing your own time by spending it on the areas that will help your business the most.

Your community.

Some of the very first questions you should ask yourself are, **why** do I want to start this company? Who do I want to help in my community? How will my community become a better place because of my business? What will my company's legacy be when it's all said and done? If you don't have answers for these questions, then don't even start. When these questions are clear in your mind and in your heart, then passion will show and your business can take off leaving a great legacy in the lives of the people your company touches.

Bring it all together. In Part I we went through what it takes to start your own business from the person's perspective. In Part II we discussed how to establish your business. Lastly, in Part III we addressed your team and the impact your business may have in your community. It takes a lot to be a small business owner, but you can do it—especially in America where you can dream big and accomplish your dreams. This country was created by entrepreneurs and I encourage you to follow your dream if that's what you want to do. The amount of work, sacrifice, and effort it takes to start a business is all worth it when you have the passion, discipline, and perseverance to make it happen.

Marci Malzahn is president 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 a professional speaker and published author of three books. You can contact Marci for speaking engagements through her website at www.marciamalzahn.com or email her at marcia@marciamalzahn.com. You can purchase Marci's books at www.Amazon.com.



Popular Expanded Hours and Interpreters Make DNR Info Just a Call Away

Have a question for the Minnesota Department of Natural Resources in the evening or on a Saturday? Need an interpreter? No problem.

The DNR Information Center has extended its phone hours so that anglers, campers and other outdoor enthusiasts in Minnesota can call until 8 p.m. on weekdays and 9 a.m. to 1 p.m. on Saturdays. And, they now offer live interpreter services in more than 200 languages and dialects.

“It’s important to help our customers when and how it’s convenient for them,” said DNR Commissioner Tom Landwehr. “Being an angler myself, I appreciate being able to call after work or on the weekend, and we know others do too.”

The phone interpreter service makes it easy and fast for non-English speakers to get the information they need. They simply request an interpreter and staff create a three-way conversation to have their questions answered.

“We want to break down barriers so all Minnesotans feel comfortable asking for the information they want, whether in English or in their native language,” Landwehr said.

Customer service improvements have accompanied the rollout of longer hours.

“We’ve implemented changes allowing us to answer calls more quickly and transfer callers to any other DNR staffer around the state if we can’t answer their questions,” said Ann McBurney, Information Center supervisor. “That’s much friendlier than asking people to make another call, or to wait for a call back.”

To reach the Information Center, call 888-MINNDNR (646-6367) or send email to info.dnr@state.mn.us. For more information and to see a new video promoting extended hours, go to www.mndnr.gov/info.



¿Tiene preguntas sobre recursos naturales?

Llame al 888-MINNDNR

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Sábados 9 am – 1 pm
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Ninguna familia debería pasar el invierno sin calefacción. Community Action Partnership de Hennepin County (CAP-HC) puede ayudarle. El Programa de Asistencia de Energía (o EAP por sus siglas en inglés) de CAP-HC le brinda asistencia financiera a los residentes del Condado de Hennepin, incluyendo a la ciudad de Minneapolis, para ayudarles con el costo de energía en su hogar.

Las oficinas para la ayuda de la Asistencia de Energía están abiertas en St. Louis Park, Minneapolis, Brooklyn Center, y Bloomington.

Para aplicar, o para obtener más información, llame (952) 930-3541
Correo electrónico: eap@caphennepin.org, Visítenos en línea en www.caphennepin.org, o desde su celular mande un mensaje de texto a 4WARMTH o al número 555888
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A Rewarding Profession in Healthcare



By Dr. Christie J. Berkseth-Rojas, DDS

If you are looking for a career with high demand, the opportunity for upward mobility, and stable pay consider dentistry. If you enjoy helping people, like to work with your hands, and enjoy science this is the perfect career for you. There are opportunities at all levels, dental assisting, dental hygiene, dental therapy, and dentist. There is actually a major shortage of dental assistants at this time so all major companies are offering a bonus for new hires. Speaking a second language, such as Spanish, will already give you an advantage over the competition.

Another benefit of being in the dental field is the opportunity for mobility in your career choice. Many hygienists started as assistants and many dentists began their dental career as hygienists or assistants.

And if you decide the clinical aspect of dentistry isn't appropriate for you there are plenty of administrative jobs available in dentistry.

The first thing to consider is whether or not you would actually like working in dentistry. It isn't the career for everyone. I would very highly recommend that you shadow for at least 10 hours in various dental settings before you make the commitment and the investment.

The duties of the dental assistant include assisting the dentist during procedures, cleaning children's teeth, demonstrating proper mouth care, cleaning the treatment room and sterilizing instruments, and charting. The duties of the dental hygienist include cleaning adults teeth, taking x-rays, evaluating the gums, and making recommendations on how to improve mouth health.

Any career in dentistry will be an investment but a worthy one. Ballpark estimate for the investment in schooling for a dental assistant is \$10,000 and for a hygienist \$40,000. There are many schools in the Twin Cities. Both programs require prerequisite classes, hygiene more so than assisting. Another important consideration is the examinations that are necessary when you are finished with coursework. There are multiple examinations that are required on a state and national level and they all have additional costs associated. It is important to plan accordingly.

The keys to a dental career are knowing about the field before committing and planning for the investment. It is a challenging and rewarding career that you won't regret.



Dr. Christie J. Berkseth-Rojas, DDS



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Hook a Catfish and Get Hooked on Fun!



By Harland Hiemstra, Minnesota DNR

With its long, whisker-like barbels and flattened face, the catfish might not be the prettiest fish swimming in Minnesota's waters. But more and more anglers around the state are finding it an attractive species, both for sport and for the frying pan.

"Catfish are hard fighters, and they're widely considered fine table fare," says Mario Travaline a fisheries biologist with the Minnesota Department of Natural Resources' Fishing in the Neighborhood (FiN) program. "Usually, if you can find one, you'll find several. And they can be fished with simple tackle and a variety of baits."

Channel catfish weighing 20 pounds or more are not uncommon in some of Minnesota's large rivers. And 30- to 40-pound flatheads – the other species of catfish in the state -- are well within reasonable expectation on the Minnesota River and elsewhere. The state record for a flathead catfish, caught on the St. Croix River in Washington County, is 70 pounds – about the size of an average 10-year-old child!

While rivers are the best place to fish for big catfish, the DNR also stocks channel catfish in about two dozen lakes around the metro region to provide close-to-home angling opportunities. Just go to mndnr.gov and do a search for "catfish lakes" to pull up an interactive map.

Channel catfish will eat almost anything. Nightcrawlers are commonly used for bait, or you can cut some cheap hot dogs in half, put them in a zip-lock bag along with garlic powder and a package of red or purple gelatin mix, and let it sit overnight. Slip the hot dog on a hook with a weight above, and put it in the water. Channel cats can't resist.



Flathead catfish are predators and respond best to live bait – a bullhead, white sucker or creek chub works well. Look for areas where faster currents are broken by fallen trees, logs, rocks. May to early June offers some of the best catfish action, and flatheads tend to be more active at night. The season for flatheads runs from April 1 through Nov. 30; channel cats can be caught year-round. You can have a total of five catfish in possession,

but only two can be flatheads, with only one bigger than 24 inches.

The 240 miles of the Minnesota River from Granite Falls to Fort Snelling is the best place in the state to catch flatheads, and it's an excellent choice for channel cats as well. And with four state parks and numerous other public lands along its course, finding a place to launch a boat or fish from shore is easy. Be forewarned, though: once you hook into a big cat, you may be hooked on a new flavor of fun!

“Si no eres un pez, debes llevar chaleco salvavidas.”

Este mensaje es cortesía del Consejo Nacional de Navegación Segura – ¡póntelo!

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Food Culture Attitude



Chef Amalia in the kitchen

By award-winning author and chef Amalia Moreno-Damgaard (AmaliaLLC.com)

Our food attitude determines who we are, literally.

Every time a new diet comes around, I think about the bounty the Latin diet has to offer. In it there are plenty of choices for everyone, from people with food intolerances and allergies and aversions and vegetarians, to others observing special diets due to illness or to achieve weight loss.

Latin (and many world cuisines) food is ancient. Before colonization, there were cuisines that already existed which happened out of need while taking advantage

of the gifts of the land. These foods were rustic and wholesome in nature and embraced what the times and mother earth offered. Fusion continues to transform gastronomy globally and higher awareness about the potential benefits of food and trends suggest that we make smarter food choices while statistics persistently show chronic disease.

One thing is certain, fresh, unprocessed, and wholesome food will always be in vogue, no matter what the new wave or trend is, and eating healthy will reign for eternity. Changing behaviors is the challenge. Finding the right approach is essential. Tweaking one's diet toward adopting a healthier lifestyle is easier than adopting a whole new way of life. Cultural traits are deeply ingrained within communities and a cultural-relevant strategy might be the key.

Here is a recipe to bring awareness to your existing diet. It highlights wholesome ingredients to heighten flavor (fresh herbs, vegetable variety, and vinegar), a good-for-you oil, and a healthy cooking method.

¡Buen provecho!

RELLENO DE POLLO Chicken and Vegetable Stuffing

Recipe by Chef Amalia Moreno-Damgaard (AmaliaLLC.com)

Relleno (also called picadillo) means “filling,” “stuffing,” or “hash” in Latin America. This delicious dish can be used for stuffing chicken or turkey or as a stuffing for empanadas, rolled crispy tacos, chiles rellenos, or sandwiches. Or eat it as a side dish with corn tortillas, rice, and beans. Relleno can be made with beef, pork or turkey, and with varying vegetables. Substitute the meat with cooked garbanzo beans or lentils for a tasty vegetarian dish.

Makes about 6 cups

1 cup finely diced yellow onions
2 teaspoons finely chopped fresh thyme leaves (or 1 teaspoon dry thyme)
2 fresh bay leaves
2 tablespoons canola oil

3/4 cup julienned green beans
3/4 cup julienned carrots

3/4 cup finely diced potatoes
2 teaspoons minced fresh garlic
1 cup canned crushed tomatoes
1 tablespoon plus 2 teaspoons champagne vinegar or white wine vinegar
1 teaspoon kosher salt
Freshly ground black pepper

4 cups chopped skinless store-bought rotisserie chicken



In a large skillet over medium heat, sauté the onions, thyme, and bay leaves in the oil for about 2 minutes. Add the green beans, carrots, and potatoes and sauté until aromatic, about 5 minutes. Add the garlic, tomatoes, and vinegar, and sauté 3 minutes. Season with salt and pepper.

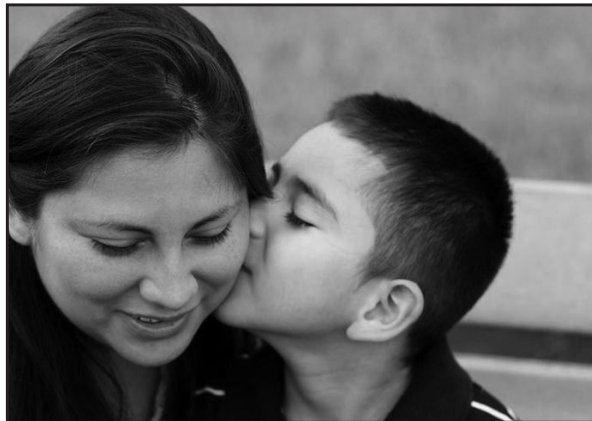
Add the chicken, stir well to combine all ingredients, and sauté 3 minutes. Adjust the heat to low and continue to cook the chicken and vegetable mixture uncovered, stirring from time to time, until the vegetables are tender and all liquid has evaporated (10 to 15 minutes). Taste and adjust seasonings, if needed.

Serve immediately with warm corn tortillas. If you're using the mixture for stuffing, let it cool completely.

About Amalia

Amalia Moreno-Damgaard is an award-winning author and chef born and raised in Guatemala City. Amalia creates awareness about Latin culture's nuances through consulting, bilingual speaking and writing, and healthy culinary experiences. Her book Amalia's Guatemalan Kitchen-Gourmet cuisine with a Cultural Flair is a nine-time award-winner and best seller. Learn more about Amalia and her upcoming events at AmaliaLLC.com.

Gracias mamita por dejarme vivir



Por Rev. Saúl Carranza

Mayo es el mes de la madre. Y a todas las esforzadas, sacrificadas y dulces madres deseamos un feliz día. Animamos a nuestros lectores a celebrarlas de la mejor manera posible.

Personalmente yo agradezco a mi madre por haberme dejado vivir. Cuando en su situación de pobreza extrema y otros problemas, ya criando a otros dos niños ella supo que estaba embarazada. Alguien le propuso que era mejor que me abortara porque no iban a poder criarme. Ella tomó la decisión correcta, aunque fue la más difícil y la más valiente decidió no cortar la vida, no matar a su bebe.

Hay en todo el mundo opiniones encontradas respecto a si una madre tiene o no el derecho a interrumpir su embarazo. Personalmente creo que cada niño tiene derecho a la vida y que una vez que ha sido

concebido es una vida independiente de la vida de la madre. Es cierto que se está formando dentro del cuerpo materno y que depende de él, pero eso no significa que sea parte del mismo. También es cierto que hay casos especiales en los cuales la madre corre peligro y se debe decidir entre la persona ya nacida y la no nacida. Y también hay casos médicos especiales en los que se debe considerar la interrupción de un embarazo. Fuera de ello, son muy pocos los casos en los que éticamente el aborto es una opción.

Me gusta la forma en la que la Biblia toca el tema de los bebes y lo desarrolla.

- **La vida es un regalo dado por Dios.** (El Dios todopoderoso me hizo, y con su espíritu me dio vida Job 33:4).
- **Muchas célebres mujeres afirman “Por voluntad de Dios he concebido”.** Como cuando Eva dijo: (“Ya tengo un hijo varón. El Señor me lo ha dado”) Génesis 4:1.
- **Cada hijo es una bendición.** (“Los hijos que tenemos son un regalo de Dios. Los hijos que nos nacen son nuestra recompensa.”) Salmos 127:3
- **Dios conoce personalmente a cada niño antes de que nazca** (Mi embrión vieron tus ojos, y en tu libro estaban escritas todas aquellas cosas que fueron luego formadas, Sin faltar una de ellas.) Salmos 139:16
- **Dios tiene un maravilloso plan para cada bebé.** (“ Antes que te formase en el vientre te conocí, y antes que nacieses te santifiqué, te di por profeta a las naciones.”) Jeremías 1:5

- **Dios responde a la oración de la madre.** (“Le pedí al Señor que me diera este hijo, y él me lo concedió”.) 1 Samuel 1:27

En la cultura hispana la madre es sinónimo de amor, de cuidado y de sacrificio. Son ellas las que dan equilibrio y formación a la familia. Por todo ello sabemos que no solo el 10 de mayo sino cada día del año

ellas son merecedoras del amor y respeto de su esposo e hijos. Gracias madrecitas. Dios las bendiga.



Le Invitamos a la Iglesia en Crystal.

Usted y su familia son bienvenidos.

La Iglesia es un lugar de adoración a Dios.

Una comunidad de fe donde niños, jóvenes y adultos pueden aprender, hacer amigos y servir a Dios.

Un lugar seguro para compartir, disfrutar compañerismo y encontrar ayuda.

Iglesia Cristo Para Todas las Naciones.

6421 45th Ave Crystal MN 55428

Somos una Iglesia Cristiana, de Santidad y Misionera.

Servicios Domingo 10:00 am

Miércoles Estudio bíblico 7:00pm

Sábado por la mañana Escuela de Teología.

We invite you to the Church in Crystal.

You and your family are welcome.

The Church is a place of worship to God.

A community of faith where children, youth and adults can learn, make friends and serve God.

A safe place to share, enjoy fellowship and find help.

Christ For All Nations Church.

6421 45th Ave Crystal MN 55428

We are a Christian Church, of Holiness and Missionary.

Services Sunday 10:00 am

Wednesday Bible Study 7:00 pm

Saturday Morning School of Theology.

The Family Arts Blast at the Ordway

Children of all ages enjoyed hands-on-interaction with music, dance, theater, and more!

Despite a snowy April 14th hundreds of families had a wonderful day at the Ordway enjoying a wide range of creative activities happening throughout the building. You could make or try an instrument, learn new dance moves, or try your hand at costume and sound design. Emceed by host Liz Lassiter, every 20 minutes a new show or concert went on inside the two performance spaces, theatrical performances of *Goodnight Moon*, Mexican folk music performed by Andale Juana and stories told by actor T. Mychael Rambo set to music. Thanks to The Arts Partnership for presenting this fun family event that was free to the public.



Teaching the Whole Family to Camp, Paddle, Mountain Bike, and Fish



Fishing in Fort Snelling

By Deborah Locke, DNR Information Officer

Registration has started for the “I Can!” programs at Minnesota State Parks. Beginners of all ages are encouraged to sign up and learn outdoor skills that can be enjoyed for a lifetime. The programs, that provide the equipment you’ll need, start in June and go through the end of August. They include:

“I Can Camp” – learn how to set up a tent and how to safely build a campfire. You’ll learn how to cook using a camp stove. The tents can accommodate up to two adults and three children. The cost is \$60 for a one-night program, and \$85 for a two-night program.

“I Can Paddle!” – You could start with a canoeing or kayaking lesson on a Minnesota lake or river (prices vary), or opt for a sea kayaking adventure on Lake Superior (\$35 for ages 12-18, \$45 for adults).

“I Can Mountain Bike!” – You will learn riding techniques as you explore mountain bike trails with guides from the Cuyuna Lakes Mountain Bike Club (\$15 for ages 10-15, \$25 for adults).

“I Can Fish!” – You can show your kids how to cast into a lake or river, and the excitement when you feel a tug on the line. The cost is \$7 per person and children under age 12 can participate for free.

The “I Can!” programs include the Archery in the Parks programs, which are free and for which no reservations are needed.

“We provide all the gear along with friendly instructors who can show you how to use it,” said Erika Rivers, director of Minnesota State Parks and Trails. “Our goal is to make it easy for busy families to discover the fun of spending time outdoors together.”

For more information about any of the programs—including program dates, times, locations, and minimum age requirements—visit www.mndnr.gov/ican or contact the DNR Information Center at info.dnr@state.mn.us or 888-646-6367 (8 a.m.-8 p.m. Monday through Friday, 9 a.m.-1 p.m. Saturday).

To register, visit www.mndnr.gov/reservations or call 866-857-2757 (8 a.m.-8 p.m. daily, except holidays). The “I Can!” programs received a Government Innovation Award in 2015. More than 15,400 people have participated in these programs since they were first offered in 2010.



Archery classes held at Jay Cooke State Park near Cloquet

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