### NEWS AND PROFILES CONNECTING THE LATINO AMERICAN COMMUNITY IN MINNESOTA



2019 Cinco de Mayo Celebration in St. Paul

#### 2019 Cinco de Mayo - West Side Saint Paul Saturday, May 4 @ 9:00 am - 4:00 pm



Please join us at our Cinco De **Mayo - West Side Saint Paul** Festival on Saturday, May 4th.

Cinco de Mayo – West Side Saint Paul celebrates the West Side community's Mexican heritage and the traditional annual celebration of Mexico over the French at the Battle of Puebla in 1862. Join us on Cesar Chavez street in Saint Paul for a day filled with cultural entertainment, delicious food, live music, excitement and exploring all the West Side has to offer!

Visit www.cincodemayosaintpaul.com



12 PM - 8 PM
On East Lake St. and 29th Ave S. Minneapolis

FREE OUTDOOR FESTIVAL



On The Cover 2019 Cinco de Mayo Celebration in St. Paul, Minnesota



Founded 2013

#### Member of

Minnesota Multicultural Media Consortium National Foundation of Hispanic Owned Newspapers Minnesota Newspaper Association

#### Published by

Aguilar Productions Inc. Richard Aguilar, President

#### Contributors

Marci Malzahn.

Banking Executive and Founder of Malzahn Strategic Saúl Carranza,

Pastor of Church Cristo Para Todas las Naciones Claud Santiago, Field reporter and journalist Wameng Moua, Photographer

> **Print and Online Design** Gisela Aguilar

> Latino American Today 204 Emerson Avenue E. St. Paul, MN 55118

Phone

651-665-0633 Fax

651-665-0129

Email

aguilarproductions@msn.com

Web

www.latinoamericantoday.com

Nota: Editoriales, articulos y anuncios que aparecen en este periódico representan el punto de vista de el (ellos) autor (es) y no necesariamente reflejan la opinión, punto de vista o modo de pensar de LATINO AMERICAN TODAY o de su personal.

Latino American Today distributes our publication throughout the Twin Cities area.

Follow us on facebook.com/Latinoamericantoday

## Que no lleguen tarde tus flores



Por Rev. Saúl Carranza

Hay muchas celebraciones importantes en el mes de mayo, pero para nosotros, una de las más importantes es la celebración del día de la madre. Aunque no en todo el mundo se celebra en la misma fecha. En Noruega por ejemplo se celebra el 11 de febrero, en Costa Rica es el 15 de agosto, en Panamá la celebran el 8 de diciembre. Y muchos países tienen diferentes fechas. En México y Centro américa se celebra el 10 de mayo y en Estados Unidos el segundo domingo del mismo mes. Sin ser la fecha lo más importante, la persona si lo es. Las reinas del hogar merecen ser reconocidas por su heroica labor no solo un día en el año sino todos los días. ¿Pero porque sera que el día de las madres se celebra mucho mas que el día del padre? Pues tenemos que reconocer que en muchas familias es la madre quien ha marcado la diferencia en la vida de sus hijos, no el padre. Es la madre que ha estado a su lado, es la madre quien los ha sacado adelante en la vida, es la madre quien ha forjado sus vidas con esfuerzo y dedicación. En casa, la

madre es enfermera, maestra, administradora, consejera, cocinera, policía y muchísimas otras profesiones más. A esto debemos agregar que fue ella quien llevó en su vientre al bebé, le dió su primer alimento y le cuidó debotamente durante su crecimiento.

Por todo ello, el celebrar y agradecer a la madre lejos de ser una obligación es un privilegio que todo ser humano debe apreciar. Un poema de E. Neumann dice: "Si tienes una madre todavía, da gracias al Señor que te ama tanto. Que no todo mortal contar podría, dicha tan grande ni placer tan santo." El poema finaliza diciendo: "Más si al cielo se fue... y en tus amores, ya no la harás feliz sobre la tierra. Deposita el recuerdo de tus flores, sobre la fria losa que la encierra."

El punto es que es el deber de todo hijo honrar a sus padres. Darles en vida honor y satisfacción. Perdonar sus errores y desaciertos y apoyarles de la mejor manera. Muchos hijos viajan a los cementerios en el mes de mayo a depositar las flores que nunca dieron en vida a su madrecita y que ella ya no disfrutará. No esperemos hasta ese momento para demostrar amor. Aún a la distancia, ella se alegra con tus noticias, sus días se endulzan con tus palabras, presume los regalos que le envías y siempre reza por ti. No te olvides de ella.

Es en vida cuando ellas se alegran, cuando se sienten orgullosas, cuando se sienten amadas. No llegues tarde con tus flores. Ama y honra a la autora de tu vida y deseale un muy feliz día de la madre y que Dios la bendiga.

## Don't Let Your Flowers Arrive Late

By Saúl Carranza

There are many important celebrations in the month of May, but for us, one of the most important is the celebration of Mother's Day. Although not everyone celebrates on the same date. In Norway, for example, it is celebrated on February 11, in Costa Rica on August 15, and in Panama, it is celebrated on December 8. In Mexico and Central America, it is celebrated on May 10 and in the United States on the second Sunday of the same month. Yet, the date is not the important part, the person is. The queens of the home deserve to be recognized for their heroic labor, not only one day of the year but every day.

But why would it be that Mother's Day is celebrated much more than Father's Day? Well, we have to recognize that in many families, it is the mother who has made a difference in the lives of her children, not the father. It is the mother who has been at their side, it is the mother who has brought them forward in life, it is the mother who has forged their lives with effort and dedication. At home, the mother is a nurse, teacher, administrator, advisor, cook, police and many other professions. To this we must add that it was she who carried the baby in her womb, gave the baby its first food and nursed it during its growth.

For all this, to celebrate and thank the mother should be far from being an obligation but a privilege that every human being should appreciate. A poem by E. Neumann says: "If you have a mother yet, give thanks to the Lord who loves you so much. That not every mortal could tell, such a great saying or such a holy pleasure." The poem ends by saying: "But if to the heaven she was gone ... and in your loves, you will no longer make her happy on earth. Deposit the memory of your flowers, on the cold slab that encloses her."

The point is that it is the duty of every child, to honor his or her parents. Give them honor and fulfilment in life. Forgive their mistakes and support them in the best way. Many children travel to the cemeteries in the month of May to deposit the flowers that they never gave in life to their mother and that she will no longer enjoy. Do not wait until that moment to show your love. Even at a distance, she rejoices with your news, her days are sweetened with your words, she presumes the gifts you send her and she always prays for you. Do not forget about her.

It is in life when they rejoice, when they feel proud, when they feel loved. Do not be late with your flowers. Love and honor the author of your life and wish her a very happy Mother's Day and may God bless her.



Conoces la U de M. ¿Pero realmente sabes lo que la U hace por ti? Desde la lucha contra la crisis de los opioides hasta la detección temprana del autismo, compartiremos historias que impulsan a descubrir el hogar a las puertas de Minnesota.

Lleve el descubrimiento a otro nivel en discover.umn.edu.

Dr. Lucien Gonzalez Luchando contra la crisis de los opioides



Dr. Kathy Draeger Suministro de desiertos alimintisos a Minnesota



Dr. Perry Hackett

Desarrollando tratamientos
innovadores contra el cáncer



Jake Overgaard
Educar a los agricultores con nuevas
herramientas



Dr. Maria Gini Detectando el autismo con anticipacion

University of Minnesota

Driven to Discover®

Crookston Duluth Morris Rochester Twin Cities

## Switching Careers Successfully: When You *Want* to and When You *Have* to – Part II



Marci Malzahn

By Marci Malzahn

In Part I of this article, we discussed how sometimes you may choose to switch careers and I shared some tips on how to do it successfully. In Part II, we will explore how to switch careers when you have to make the move due to external factors that are out of your control. Below are some of the main reasons you may need to switch careers:

#### **Switching Careers When You Have to**

Mergers & Acquisitions. The most common reason employees are sometimes forced to switch careers is due to mergers and acquisitions. The reasons for a company to merge, acquire, or be acquired are many. And the reasons really don't matter to the employees who are affected by these decisions. Often companies merge because it's the best for both organizations to work together and offer their clients better products and services. Sometimes companies sell due to lack of succession which is a problem across industries in America. Yet other company owners sell because they see an opportunity to exit at the right time making substantial gains in their investment. All these decisions affect employees' job situations.

**Company Restructures.** Companies downsize, restructure, and lay employees off. The reasons vary. Sometimes companies restructure to survive an economic downturn that affected their specific industry negatively. Other times the leaders choose to take the company in a new direction and that may require the organizational design to change. Yet other times, due to regulatory issues or internal fraud, a company is required to make structural changes which results in employees losing their jobs.

**Family Changes.** Family issues can also play a role in changing careers. Because of the rising cost of childcare some couples decide it is financially wiser for one of them to stay home and raise their children until they start attending school. If this is your case, when you decide to return to the workplace, you may find that a different career suits your family situation better at that time. Each family is different depending on your situation and which spouse has the most earning potential at the time. If you have aging parents, you may need to make a change to care for them. Some parents may require full-time care while others just need additional help with some of their tasks. Lastly, another reason to switch careers could be due to your own health. As I shared in Part I of this article, I have switched careers several times during my working life. Below are additional tips that helped me switch careers successfully when I felt the need to make a move:

- Avoid taking these decisions personally. Instead, understand it is a business decision. Life does not end with the loss of your job and your identity should not be tied to your job or career. Look at the situation as an opportunity to learn new things and continue to improve as an individual.
- These may be temporary events in your life and, if you are planning to go back to the workforce later, stay connected with the right people and improve your skills while you are at home.
- When you feel your role in an organization is finished or completed, take the first step toward opening yourself up to the possibilities of a career transition. That first step is opening your mind for change.
- Have a list of accomplishments throughout your career and in the different jobs you have held. List your contributions to the company and the results
- Keep your network of people active. Ask your business colleagues what the necessary skills are and what education and training are necessary in order to be successful in their field.
- Plan, plan, plan! Research the new field you want to switch to by reading trade magazines, search the Internet, read the news, contact people in that specific field and possibly join a professional association to meet people in the field. Prepare yourself!

During the entire transition process, you will need to keep in mind the cost. There is a price we all pay when we decide to change careers but there is also a cost to stay on the same track. When the price of staying is higher than the price of leaving, then it is a good time to make the change and move on. Be prepared to take a cut in pay. Sometimes it may be necessary to start at a lower level in a different career path to advance and learn about that field. There is also the cost of going back to school which may be necessary for you to change careers. The money is not the most important part of your job, being happy is. When you are happy, you will be successful and then promotions come.

Lastly, don't be afraid to switch careers because of your age. Some of the most successful business people and entrepreneurs switched careers in their later years. They went from having a job or a career to having significance in their lives with deeper meaning and leaving a lasting, positive legacy.

Marci Malzahn is president and founder of Malzahn Strategic (www.malzahnstrategic.com), a community financial institution consultancy focused on strategic planning, enterprise risk management, cash 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.



Sunday, May 5, 2019 - 12:00 p.m. to 4:00 p.m. Henry Sibley High School, Auditorium 1897 Delaware Avenue, Mendota Heights



# A <u>FREE</u> event for the whole family Food and water available for purchase

12:00 pm to 2:00 pm — DJ and El Taquito Food Truck 2:00 pm to 4:00 pm — Folklore Dances, Music and One Act Drama



#### Celebración del 5 de Mayo

Domingo, 5 de mayo, 2019 - de 12:00 p.m. a 4:00 p.m. Henry Sibley High School, Auditorio 1897 Delaware Avenue, Mendota Heights

Un evento GRATIS para toda la familia Comida y agua disponibles para la compra

12:00 pm to 2:00 pm — DJ and El Taquito Food Truck 2:00 pm to 4:00 pm — Folklore Dances, Music and One Act Drama

For more information, call 651-403-7248



JOIN US FOR AN EVENING WITH LATIN JAZZ & SALSA ICON

## EDDIE PALMIERI

A fundraiser for Puerto Rico AT THE ORDWAY

### SUNDAY MAY 19TH, 2019 7PM

Puerto Rican Grammy Award pianist, and cultural figure, Eddie Palmieri will perform in Saint Paul, Minnesota at the Ordway Center for the Performing Arts. The event is designed to raise awareness for the ongoing challenges faced by Puerto Ricans in their post-hurricane recovery and an opportunity to educate the community around the historical and rich cultural heritage of the island.

PRESENTED BY



\$150 TICKET INCLUDES AN AFTER CONCERT PARTY WITH EDDIE, \$100 TICKET INCLUDES A PRE-SHOW PICTURE MOMENT WITH EDDIE \$75-50 GENERAL SEATING

MAKE CHECKS PAYABLE TO TWIN CITIES MOBILE JAZZ PROJECT FOR MORE INFORMATION VISIT ORDWAY.ORG CONTACT: ELSAVEGAPEREZ1953@GMAIL.COM



#### MANTENGASE ABRIGADO, SEGURO Y MAS COMODO DURANTE ESTE INVIERNO.



#### !Reciba ayuda con sus cuentas de calefacción y energía!

Ninguna familia debería pasar el invierno sin calefacción.

Community Action Partnership de Hennepin County (CAP-HC)

puede ayudarle. El Programa de Asistencia de Energía

(EAP por sus siglas en ingles) 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.

Text **4WARMTH** to **555888** 

Las oficinas para la ayuda de la Asistencia de Energía están abiertas en St. Louis Park, Minnesota Council of Churches, Sabathani Community Center, LSS y Minneapolis Urban League.





www.facebook.com/caphennepin



www.twitter.com/caphennepin

#### **Community Action Partnership of Hennepin County**

8800 Highway 7, Suite 403 St. Louis Park, MN 55426

www.caphennepin.org

A program of Community Action Partnership of Hennepin County Sponsored by:

The Minnesota Department of Commerce & Department of Health and Human Services

Strengthening Community ∞ Eliminating Barriers ∞ Creating Opportunity



#### INTERNET ESSENTIALS<sup>®</sup> DE COMCAST INTERNET DE ALTA VELOCIDAD ECONÓMICO

Internet Essentials te da acceso a Internet de alta velocidad económico. Podrías calificar si tienes al menos un niño elegible para el Programa Nacional de Almuerzos Escolares, recibes asistencia para viviendas públicas o HUD, o eres un veterano con bajos recursos económicos que recibe asistencia federal y/o estatal.



SIN CONTRATO
SIN REVISIÓN DE CRÉDITO
SIN CARGO POR INSTALACIÓN
WIFI PARA EL HOGAR INCLUIDO
ACCESO A HOTSPOTS DE
XFINITY WIFI FUERA DEL
HOGAR, EN 40 SESIONES
DE 1 HORA CADA 30 DÍAS

SOLICÍTALO AHORA

es.InternetEssentials.com

1-855-SOLO-995



Se aplican restricciones. No está disponible en todas las áreas. Limitado al servicio de Internet Essentials para nuevos clientes residenciales que cumplan con ciertos requisitos de elegibilidad. El precio anunciado se aplica a una sola conexión. Las velocidades reales pueden variar y no están garantizadas. Tras la participación inicial en el programa de Internet Essentials, si se determina que un cliente ya no es elegible para el programa y elige un servicio de Xfinity Internet diferente, se aplicarán las tarifas regulares al servicio de Internet seleccionado. Sujeto a los términos y condiciones del programa de Internet Essentials. Hotspots de WiFi: Los hotspots solo están disponibles en áreas selectas. Se requiere una laptop o cualquier otro equipo móvil con capacidad para WiFi. Se limita a cuarenta sesiones de 60 minutos, el periodo de 30 días por persona/cuenta. Si la sesión se termina antes de 60 minutos, el tiempo restante vencerá. El tiempo no usado no se transfiere a sesiones o períodos de 30 días siguientes. No responsable de los datos perdidos por terminarse la sesión de Internet o cualquier otro ra razón. Se pueden registrar un máximo de hasta 10 equipos a una ada cuenta de Xfinity WiFi. On Demand. No se puede combinar con otras ofertas. Llame al 1-855-765-6995 para obtener las restricciones y detalles completos o visite es.InternetEssentials.com. © 2018 Comcast. Derechos Reservados.





## Connection Is Essential: Closing the Digital Divide

By Ron Orlando, Vice President, External Affairs, Comcast

There is no doubt that having access to and understanding how to use the Internet is fundamental to success in today's world. The Internet is an essential tool that helps kids connect to homework and educational resources, assists adults in their search for better jobs, and allows everyone to be more connected to the world.

According to the U.S. Census American Community Survey, 90 percent of Minnesota households subscribe to broadband at home. However, only 67 percent of all Minnesota households with an annual income of less than \$35,000 have a broadband subscription. This 23 percentage-point difference illustrates the digital divide in Minnesota.

Data also shows that about a third of low-income veterans do not have Internet at home.

Closing the digital divide takes nothing short of a movement. People in the Twin Cities can help by educating low-income residents about the resources that are available to them—like Comcast's Internet Essentials program.

In June 2017, the Berkeley Institute of Governmental Studies issued a report on what it called the emerging "under-connected class." These are the households that rely on smartphones for Internet access. That means no computers or laptops. No home Wi-Fi.

It's the kids from these families who we see lingering on school property in the evening or in the parking lots of restaurants so they can use the Wi-Fi. And, they're trying to do their homework on smartphones never designed for that purpose. At Comcast, we want to help change that.

Crossing that digital divide can be a life-changing transformation. It opens opportunities for education, employment, health care, and a wealth of information and entertainment.

No one company or government program can fix the digital divide. It's about working together to make a meaningful impact and bringing this essential connection to even more families.

## Schubert Club Mix Presents Tienda A New Chamber Opera by Reinaldo Moya and Caitlin Vincent



Reinaldo Moya, DMA
Composer in Residence at The Schubert Club
Assistant Professor of Music, Augsburg University,
Minneapolis, MN

Schubert Club Mix presents
Tienda, a new chamber opera
by Schubert Club Composer In
Residence Reinaldo Moya and
Caitlin Vincent on Thursday, May
23, 2019 at 7:30 pm. There will
also be a free community performance of Tienda at Neighborhood House on Saturday, May 25
at 2:00 pm.

This unique performance at Twin Cities Public Television's Studio A in Lowertown, Saint Paul will feature a partially-staged opera by Reinaldo Moya with words by Caitlin Vincent. The cast of singers includes mezzo soprano Clara Osowski, as well as Adrian Rosas (bass-baritone), Matthew Valverde (tenor), Juan Carlos Mendoza (tenor), and Bergen Baker (soprano). The production

will also feature conductor singers from VocalEssence's Youth Choir, Singers Of This Age (SOTA), conductor Rafael Rodriguez, and an instrumental ensemble of six musicians. The stage director is Jon Cranney.

The opera tells the story of Luis Garzón, a Mexican musician who immigrated to Minneapolis in 1886 and opened a small Mexican grocery store, or tienda, in St. Paul in the 1920s. While Luis had married an American woman and was fully integrated into Minnesotan society, his store served as a community hub for the newest arrivals from Mexico, many of whom had fled the Mexican Revolution and now toiled in the sugar beet farms of rural Minnesota. Tienda explores the immigrant experience: what must be left behind—and what cannot be forgotten—on the journey to a new home. This world premiere performance of Tienda is one of the highlights of Moya's two-year residency with the Schubert Club.

For Moya, Luis's story has personal meaning. "I had wanted to write an immigration opera for some time," said Moya. "When my librettist, Caitlin Vincent, and I started doing research for this project, we came cross a human interest story of an immigrant's journey to and life in the United States. Luis's story resonated with me because we both came to the US as young men and remained here for a long time. We are both musicians, and we both feel a strong pull towards our home culture while simultaneously seeing the promise of the American dream, even when it fails so many."

Moya also sees the strong connection between the issues immigrants faced in the early 20th century, and the struggles they still face today. "Luis's story is also one that is still very relevant in today's political climate. We might think of these immigration issues as relatively new, but Tienda shows that we as a country have had a long history of reckoning with our heritage as an immigrant country."

Following the performance, there will be an on-stage Question and Answer session with the composer, and all audience members are welcome to participate.

Tickets for Tienda are \$31 and are available for purchase online at schubert.org, by phone at 651-292-3268, or in person on the day of the concert at the Ordway box office. Seating is general admission.

#### About Reinaldo Moya

Reinaldo Moya is a graduate of Venezuela's El Sistema music education system. Through El Sistema, he had access to musical training from an early age and was a founding member of the Simon Bolivar Symphony Orchestra touring throughout Europe, North and South America. A graduate of The Juilliard School and a participant in the prestigious John Duffy Composers Institute and the New Jersey Symphony Orchestra Conce Composers Institute, Moya now lives in Northfield, and is Associate Professor of Composition at Augsburg College. Reinaldo Moya is the recipient of the 2015 McKnight Composers Fellowship, the Van Lier Fellowship from Meet the Composer and the Aaron Copland Award from the Copland House.





## Kico Rangel Honored at the Minnesota History Center



Kico Rangel and Honorees

By Rick Aguilar

Kico Rangel, one of the most admired musicians in the Twin Cities was honored at Minnesota Jazz Legends: The Elders concert that was held on April 14th, at the Minnesota History Center. Several other musicians including Tommy O'Donnell (piano), Jim Tenbensel (trombone), and Russ Peterson (multi-instrumentalist) were honored.

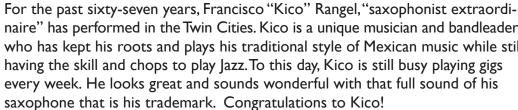
The event was presented by Patty Peterson and Jazz 88 FM KBEM radio.

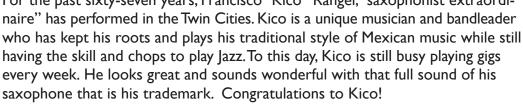
Here is a quote from the event producer, Patty Peterson:

'Our Minnesota Legends are living proof that Jazz, which was born here in America, is still alive and thriving in Minnesota, regardless of one's age. By featuring these artists in this unique live concert/radio format, we will learn what the

musical environment was like in the Twin Cities at the beginning of their careers, and how it has unfolded into today's jazz scene. The history and the stories of these artists will enlighten young and old

alike, and reinforce just how fortunate we are to have so many incredible artists still residing in Minnesota, performing their craft."







Kico Rangel and Family

Back row left to right: Marcel Vasquez, Therese Rangel, Noah Sprosty, Thomas Schicke

Front row left to right: Cristela Schicke, Kico Rangel, Laura Rangel, Samantha Rangel, Frank Rangel Jr.

## ==== Remembering NICOLAS CASTILLO JR≡ 1945 - 2017



Rick Aguilar and Kico

Nick Castillo Jr.

By Rick Aguilar

verytime I would run into Nick Castillo in our adult years he would always say to me, "hey Rich who loves ya," and Lthen 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 defintely 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 dissapointments, 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."

#### Kids in the Kitchen



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

Did you know that one of the best ways to encourage kids to eat healthier is to include them during meal preparation?

When my son was born, my priorities as a woman changed immediately. As a young mother, I was ready for my new role and when it came time to start feeding him real food, memories of my mother raising my younger brother came into mind. Instead of buying jarred foods, she puréed from vegetables and fruits, to home-cooked meals. A good way to prepare young taste buds for later.

In a culture where farmers market shopping is almost a daily routine, crafting food for all meal times is common practice. Today's artisan dishes, were meals made at home then, so it is no surprise that I grew up enjoying and making my food at home along with my own family.

One of the best ways to spend quality time with the family,

is to involve them in the kitchen. From the very beginning I fed my son what the adults ate. The notion of preparing a separate meal for him never crossed my mind because of my upbringing. My son had a plastic serrated knife and his own cutting board as a child and as he grew older and matured, he earned the right to own a junior chef knife.

The rewards today of our time cooking are manifold, from his ability to recognize ingredients and follow and execute a recipe, to recognizing what is and is not good for good health. As a teenager, I trust my son to shop at the grocery store on my behalf. This helps me so much when our schedules are hectic and don't have time to stop at the grocery store. and I am confident that this exposure to the kitchen in his early years will benefit him when he goes to college and beyond!

It never is too late to start!

Here is a recipe perfect for kids and adults. It is easy, healthy and delicious!



#### TOSTADAS A LA AMALIA

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

Serves 2

4 corn tortillas, baked in a toaster oven until crispy (about 3-5 minutes, keeping a close eye as they can burn easily)

The pulp of one avocado The juice of ½ lime

2 Roma tomatoes

½ yellow onion roughly chopped

½ tsp minced garlic

<sup>1</sup>/<sub>4</sub> cup water

A pinch of oregano and a pinch of thyme Salt to taste

I tbsp. canola oil

½ cup chopped onion

2 garlic cloves, minced

I can whole beans

Garnishes: I cup rotisserie chicken, cotija cheese, onion slices, chopped parsley

Mash the avocados with the lime and salt. Set aside.

Make the sauce by combining the tomatoes, onion, garlic, water, spices and salt to taste in a small sauce pan. Bring to a quick boil, reduce the heat, and simmer until all the vegetables are tender (3-5 minutes). Purée in a blender.

Make the bean puree by pan frying the onion until medium brown. Add the garlic and beans and cook for 5 minutes. Puree in a blender until smooth.

Assemble the tostadas: Use either, the avocado mash, sauce, or bean purée as a base, and then garnish. Buen provecho!

About Amalia Moreno-Damgaard

Amalia creates awareness and educates about Latin cultural nuances through consulting, bilingual speaking and writing, and fun healthy culinary experiences. Learn More at AmaliaLLC.com.



# LIKE US ON FACEBOOK FACEBOOK.COM/LATINOAMERICANTODAY

## Twin Cities Has It All - Including Lots of Places to Fish!



Fishing at Fort Snelling State Park

By Ray Ruiz, Minnesota DNR

If you love angling and want to live in a big city, you couldn't do any better than the Twin Cities metro region. Bright lights, big fish – we've got it all.

That status is largely the result of the region's quantity and quality of water, which provides a wide variety of angling opportunities. For starters, three of the state's major rivers converge in the metro region: the Minnesota, Mississippi and the St. Croix. Flowing through the heart of the region, the Mississippi's northern reaches are well-known as a top-notch bass fishery. Then there's Pool 2, the area between the dams at St. Paul and Hastings. A few decades ago, it was so polluted that bullheads could barely survive. Now it's recognized as a world-class year-round catch-and-release fishery for walleye and sauger -- thanks largely to state and local efforts to clean up the river. The St. Croix offers anglers the chance to hook Minnesota's largest and longest lived fish, the lake sturgeon (both catch-and-release and harvest seasons), along with plenty of smaller fish. All three rivers provide excellent opportunities for catfish, with state records having been

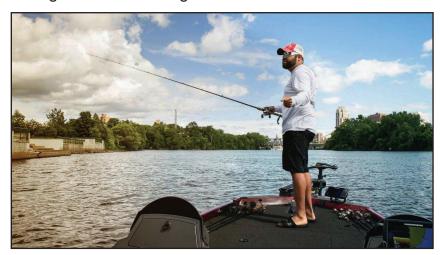
pulled from the metro Mississippi and St. Croix.

Numerous smaller rivers and streams flow through the region as well, including the Rum, the Crow and the Vermillion, a designated trout stream with a reputation for harboring lunker brown trout. Check out Rambling River Park in Farmington, where the Vermillion gets stocked with rainbow trout.

The Twin Cities region also features a number of consistently productive large lakes. Waconia, Minnetonka, Prior, Independence and Medicine in the west metro area, along with White Bear, Bald Eagle, Forest, Marine and Coon Lakes in the east metro area all are reliable for yielding up bass, panfish, pike and walleye.

Smaller lakes also abound. Clear Lake in Washington County, for instance, holds good populations of walleye northern pike and hybrid muskies. West of

the Mississippi, the Minneapolis Chain of Lakes provides good walleye fishing, especially on Cedar and Harriet, which are regularly stocked. Both lakes are good for shorefishing.



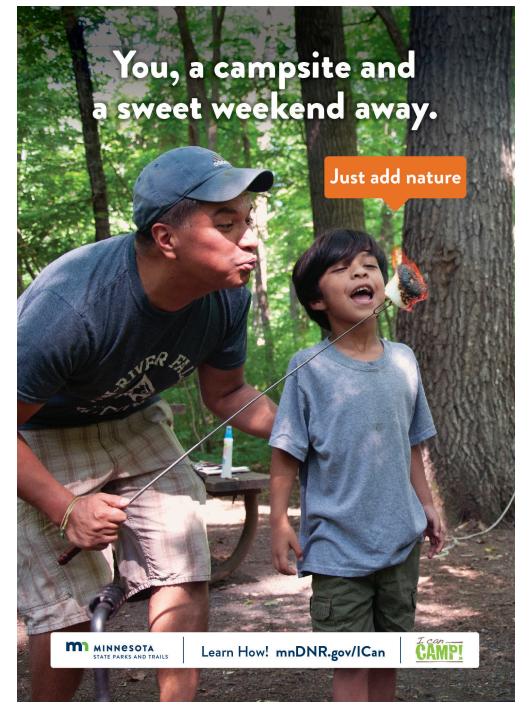
Ray Ruiz fishing on a boat in the Mississippi River in Minneapolis

While catching fish oneself is pleasing, watching kids do it can be even more rewarding. The DNR's FiN program (Fishing in the Neighborhood) stocks catchable size fish in more than 60 smaller bodies of water around the region -- an excellent choice for getting some big grins and squeals of excitement from young anglers (www.MNDNR.gov/FiN). Consistent producers for shorefishing include Wolfe Lake in St. Louis Park, Centennial Lake in Edina, Smith Lake in Bloomington, Powderhorn in south Minneapolis. Nearly any lake with a fishing pier is likely to be filled with hungry little bluegills.

The metro region just offers an abundance of angling potential like no other urban area. No matter where you live in the Twin Cities, there's good fishing nearby. All you need is a license and some tackle.

If you're under 16 (or fishing in a state park), you don't even need a license. And if you go to one of the growing number of state and regional parks that offer free loaner tackle, all you need is some bait -- and a desire to enjoy some of the best fun in town.

For more information on where to fish in the metro region, visit www.mndnr.gov.



# **Immigrant Entrepreneurs Summit**

## **MINNESOTA**

- Participate in an on stage presentation to win \$5,000 in **Underwriting Exposed Competition**
- 9 most desired business seminars
  - 1. Doing a business with an ITIN number
  - 2. Avoiding legal traps in business
  - 3. Money saving tactics for real estate professionals
  - 4. How NOT to be audited?
  - 5. Master all social media
  - 6. Do I hire an employee or a contractor
  - 7. How do I find money for my business?
  - 8. When to hire your first employee
  - 9. Why I should stay away from Sch C

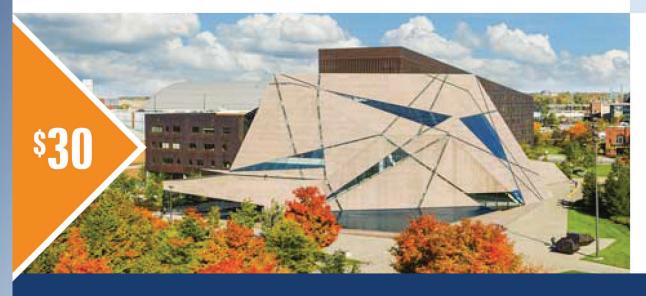
McNamara Alumni Center 200 Oak St. S.E. Minneapolis

Immigrant Entrepreneurs Summit (IES) has been the "must attend" event for immigrant business owners for more than 11 years. In Iowa, IES has helped over 1,300 companies to start up and to keep going. In Illinois, IES has helped over 200 companies to start. This year IES is expanding and planting its roots in Minnesota.

As an immigrant business owner, we know doing business in America can be a lonely game. You find yourself discouraged about not making it when business is down and on the flipside, you are worried when business starts to do well since you imagine all the taxes you might have to pay. The worries and challenges often come from the fearful government agencies like MDR, DOL, DOT, or IRS. On top of that, your employees and/or contract labors might not share the same culture as you and it is totally hard to keep them motivated or even around. Register to attend IES on May 18 and to learn ways to save money and grow business. Get inspired by others who made it to the top. Witness the power of being united in business endeavors.

#### IES has a mantra: let's grow together!

- Ying Sa, IES Co-Founder and Chair CEO/Managing Partner, Community CPA



#### **Register now!**

## www.iesusa.org

Go to Upcoming Event page, Register for Minnesota IES

(515) 720-5872

Speak to Dan and make credit card payment



