

NEWS AND PROFILES CONNECTING THE LATINO AMERICAN COMMUNITY IN MINNESOTA

November 2018 Issue 375

# Latino American Today

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## LATINO AMERICANS CELEBRATE THANKSGIVING



LATINO AMERICANOS CELEBRAN EL DÍA DE ACCION DE GRACIAS



## Latinos Embrace Thanksgiving



By Graciela Eleta

On Thanksgiving Day, many Hispanic homes will be filled with the familiar scent of turkey roasting, but the holiday preparations will also include other customary dishes that better reflect Hispanic heritage. Many Latinos may choose to follow American traditions and also opt to include Hispanic foods as part of the celebration.

In the spirit of Thanksgiving, mixing the old with a new part of life is a way to show how thankful and appreciative Latinos are about their bountiful lives. Thanksgiving is sometimes known as “Día de Accion de Gracia” or “Día de Dar Gracias,” but the Thanksgiving name or traditions hold strong. Part of the unique U.S. Latino experience is creating a customized blend of Hispanic and American cultural cues and traditions. So, while all-American

at its core, Thanksgiving in a Latino home may still look and feel innately Latino from food and décor to a steady stream of Latino music, dancing and laughter. These things do not take away from the tradition, they only add more layers.

Along with the classic stuffing, gravy, mashed potatoes and cranberries, *tostones* or *mofongo* (both made of deep-fried plantains), tamales, guacamole, tortillas, beans and specialty salsas and rice dishes (which vary by country of origin) might be found on the dining table. Cultural insights begin at home, and Latinos will tailor Thanksgiving to meet the duality of their culture in the U.S. and pay tribute to their Hispanic roots. Families with school-age children are also more apt to understand the unique holiday.

While Thanksgiving is not celebrated in Latin America—and the real history of the holiday beyond foodstuff might elude those who did not grow up with this history lesson—Latinos feel a special connection to its meaning of being thankful, and they appreciate sharing in its festivities. In fact, 76 percent of Latinos often celebrate U.S. holidays, and 86 percent of Latinos feel it is natural to live and act in ways that are typical of U.S. American culture, according to a Simmons Spring 2011 survey.

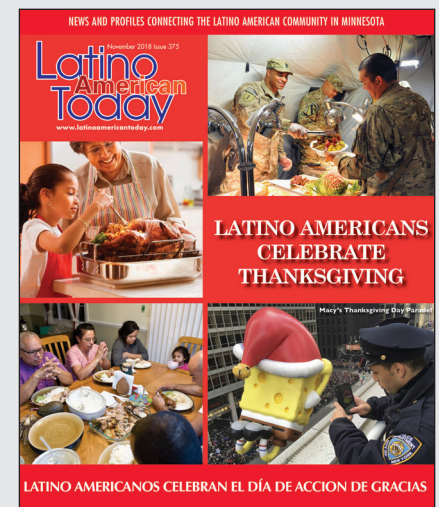
You might ask, does it matter if pumpkin flan is served rather than a pumpkin pie? And what if stuffing is seasoned with adobo, chorizo and peppers? Creativity is a large part of any family meal, and some food companies cater to a Latino palate that is unfamiliar with turkey and other traditional Thanksgiving fixings.

What matters is that marketing is used to invite Latinos to fully embrace the American tradition and its offerings. In a comScore study, 35 percent of Hispanics recalled products that they saw advertised, versus 31 percent of non-Hispanics. Thirty one percent of Latinos also enjoyed watching ads, compared with only 19 percent of non-Hispanics.

Although growth has slowed in the consumer product goods industry overall, companies that provide CPGs for Hispanics have seen more progression, and Latinos often turn to Spanish-language media to familiarize themselves with American traditions.

Food and beverage companies can do their part to offer choices and alternatives to Hispanic consumers that blend the two cultures. Think turkey with chorizo cornbread stuffing, or turkey hotlines in Spanish, for example.

But it's not the food itself that makes the holiday. It is family, and new and old traditions that make the day so special. After all, an occasion that combines family, food and fun is bound to be cherished.



On The Cover  
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Celebrate Thanksgiving

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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

Online  
Gisela Aguilar  
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

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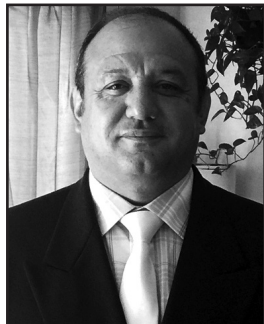
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## No te quejes. Solo se agradecido.

Por Saúl H. Carranza



Lamentos como “a mí no me quieren, la vida no es justa, yo merezco tener eso, etc.,” brotan continuamente y no de personas que tienen poco o nada, sino de personas que tienen mucho pero que no aprecian lo que tienen, porque no pueden verlo. Ante sus ojos solo se muestra lo que él o ella codician. Es bueno recordar el décimo mandamiento de Dios. Ese que muchos solo resumen en “no Codiciarás”, pero, que en realidad dice: “No codicies la casa de tu prójimo. No codicies su mujer, ni sus servidores, su buey o su burro. No codicies nada de lo que le pertenece.” Exodo “20:17

La única forma de no amargarnos es siendo agradecidos. La envidia, el egoísmo y el orgullo carcomen y enferman a muchas personas y las hacen mezquinas y solitarias. El problema para muchos es que viven añorando aquello que no tienen o lo que otros poseen. En su orgullo, muchas personas olvidan todos los beneficios, favores y bondades recibidas y simplemente miran aquello que no es parte de sus posesiones y les duele no tenerlo.

El Dr. Samuel Sánchez dice: “Si hay un pecado que prevalece más hoy día, especialmente entre los creyentes, es la ingratitud. Dios hace tanto por nosotros cada instante de nuestras vidas, y sin embargo, rara vez le damos gracias o el crédito que se merece por Sus bendiciones.”

En muchos hogares hasta han olvidado dar gracias por los alimentos, por la

familia, por la salud y la vida. Vivir en el primer mundo significa tener acceso a casi todas las cosas por las cuales trabajamos y que recibimos con mucha más facilidad que personas en otras partes del mundo. Mientras en otros países las personas se preocupan por tener el alimento del día, aquí se preocupan por un televisor más grande, un teléfono más moderno o el carro más caro. No es malo desear esas cosas si podemos tenerlas honradamente.

La celebración de acción de gracias se basa en el principio de ser agradecido por lo que se tiene. Ser agradecido por aquellos que te rodean y quienes se preocupan por ti. Agradecer la vida, la salud y las cosas simples que disfrutamos. Este tiempo de celebración es para hacer un alto en las preocupaciones cotidianas. Hacer una lista de todas las cosas buenas que te rodean y que disfrutas en la paz de la familia. Y por sobre todo, darle gracias al Creador quien te permite disfrutarlas. Este día de acción de gracias recuerda practicar el arte del agradecimiento. Feliz día de Acción de gracias!



## Don't Complain, Just be Grateful

By Saúl Carranza

Laments like “they do not love me, life is not fair, I deserve to have that, etc.,” they sprout continuously and not from people who have little or nothing, but from people who have a lot but do not appreciate what they have, because they can not see it.

The only way to not get bitter is to be grateful. Envy, selfishness and pride eat and make many people sick and make them mean and lonely. The problem for many is that they live longing for what they do not have or what others have. In their pride, many people forget all the benefits, favors and kindness received and simply look at what is not part of their possessions and it hurts them not to have it. In many homes they have even forgotten to give thanks for food, for family, for health and for life. Living in the first world means having access to almost all the things we work for and that we receive much more easily than people in other parts of the world. While in other countries people worry about having the food of the day, here they worry about a bigger TV, a more modern phone or the most expensive car. It is not bad to want those things if we can have them honestly.

The celebration of Thanksgiving is based on the principle of being grateful for what you have. Be grateful for those around you and those who care about you. To appreciate life, health and the simple things we enjoy. This time of celebration is to make a stop in the daily worries. Make a list of all

the good things that surround you and that you enjoy in the peace of the family. And above all, give thanks to the Creator who allows you to enjoy them. This Thanksgiving Day remembers practicing the art of gratitude. Happy Thanksgiving day!

Saúl Carranza is from Guatemala. He is the Pastor of the Cristo Para Todas Las Naciones Church in Crystal, MN. Tel 7632452378. Email: [pastorcarranza@gmail.com](mailto:pastorcarranza@gmail.com)

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## Parque Castillo Renovated



*Left: Parque Castillo monument dedicated to West Side activist Nicolas Castillo  
Rights: Ribbon cutting with son Lolo Castillo and Tomasa Castillo*



*Top: the playground at Parque Castillo  
Bottom: Family photo with Nicolas Castillo in the center*

By Claud Santiago

Following a five-month renovation, 99-year-old Tomasa Castillo, widow of West Side activist Nicolas Castillo, cut the ribbon on Thursday, Oct. 25, 2018 for the renovated Parque Castillo at 149 Cesar Chavez St. The park, which now features a splash pad and two children's play areas, includes a monument to Nicolas Castillo.

## Humboldt High School Reunion



*Left image  
L to R: Bonnie Nathanson,  
Linda Luna and Jackie Hernandez*

*Center image  
L to R: Sandy Beaurline and  
Shirley Mens*

*Right image  
L to R: Don Dufour, Roxanne  
Denysiuk, and Sandy Beaurline*

By Claud Santiago

Humboldt High School classmates held a reunion on September 29, 2018 at Joseph's Restaurant in St. Paul. Sandy Beaurline was the committee chair and following the reunion she sent out an email to the attendees.

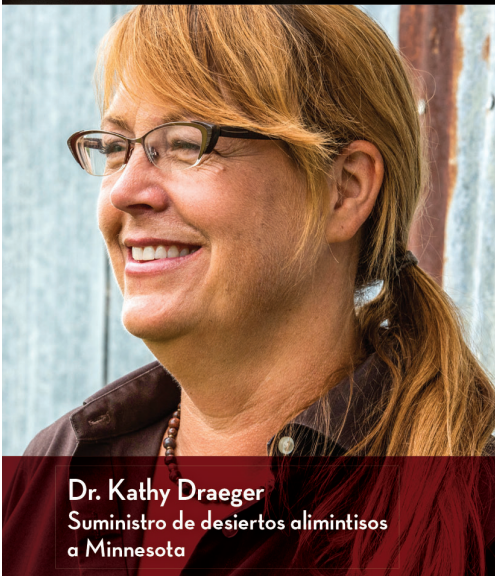
"Wow, what a fun party! I'm Still Flying High. I heard nothing but raves about what a great time everyone had and how great the food was! We started with a prayer of grace. We sang the school song or rouser. Don and Joan Dufour made many of our door prizes as did Shirley Jurgensen Mens. Shirley made and decorated our cake and she also made individual cup cakes—delicious. Thanks to all of them for their kindness. Everyone I talked to had a great time. We had 65 classmates attend." Plans are underway for a reunion in the future.



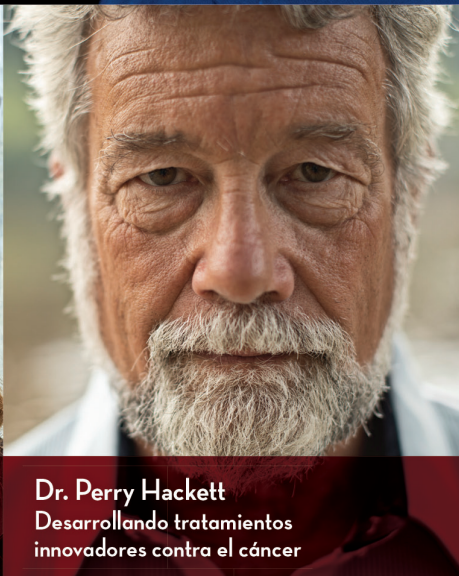
## ¿Sabes lo que la hace por ti?

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](https://discover.umn.edu).

**Dr. Lucien Gonzalez**  
Luchando contra la crisis de los opioides



**Dr. Kathy Draeger**  
Suministro de desiertos alimentarios  
a Minnesota



**Dr. Perry Hackett**  
Desarrollando tratamientos  
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**Jake Overgaard**  
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**Dr. Maria Gini**  
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## Katia Cardenas Jazz Tour Plants Minnesota Roots in Mexico



Anne Nicolai

By Anne Nicolai

Katia Cardenas has been called “the fastest rising star on the jazz scene” in Minneapolis-St. Paul, Minnesota, where she performs at nationally acclaimed venues. A specialist in jazz, soul, and r&b, Katia’s repertoire also encompasses Latin and pop tunes, and she fronts a touring swing band, the Casablanca Orchestra.

In November, Katia will perform in San Miguel de Allende and throughout the Bajío region, accompanied by an elite corps of musicians from San Miguel and Querétaro.

Hosting the tour is local Latin jazz group Jazzzoneando, who discovered Katia when they were invited to represent Mexico and Cuba at the Twin Cities Jazz Festival in 2016.

Jazzzoneando presents original, contemporary arrangements of Cuban son, Brazilian bossa nova,



San Miguel de Allende, Mexico



Jazz singer  
Katia Cardenas

and American jazz standards, along with original compositions. Its members are pianist/arranger Yamil Vázquez, bassist/vocalist Aarón Romo, and percussionists David Labrada, Dairon Vázquez, and Kimani Carrazana, with guests Marco Antonio Carranco on trumpet, and Jorge Luis “El Gallo” Aparicio on saxophone.

Katia also will perform with The Elements, featuring Patricio “Pato” Peña on keyboards, Rick Shlosser on drums, Aarón Romo on bass and Federico Azuz on guitar.

Katia was raised on jazz, funk, and r&b. Her mother, singer-songwriter Janis Kelly, sang with Maurice White & The Emotions, and opened for Rufus & Chaka Khan, Tower of Power, and Carole King. Her father, Mark Cardenas, is a platinum and gold recording keyboardist who played with Prince, Morris Day & The Time, and Janet Jackson, and acted in Prince’s film “Purple Rain.”

*Thanks to Anne Nicolai for her help in producing this tour. Anne is a former Twin Cities professional executive who moved to Mexico in 2008.*



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## Comcast Honors Minnesota Civil Rights Champions

By Dave Nyberg

Last week, Comcast honored five Minnesota civil rights champions who have made a significant impact on racial equality in Minnesota and across the nation as part of the company's "Voices of the Civil Rights Movement" (VOCRM) initiative. The platform, now in its fifth year, is a multimedia collaboration of Comcast NBCUniversal and the Equal Justice Initiative. "Voices" gathers firsthand accounts from civil rights leaders everywhere, with the goals to preserve the legacy of these icons and extend the reach of their stories.



Those recognized as part of the "Voices of the Civil Rights Movement" initiative include:

Harry "Spike" Moss, Freedom Fighter  
Dr. Josie R. Johnson, Civil Rights Activist  
Mahmoud El-Kati, Lecturer, Writer and Distinguished Scholar  
Sharon Sayles Belton, Former Mayor, Minneapolis  
Melvin Carter, Mayor, St. Paul

"We are proud to recognize this group of exceptional individuals who have made an indelible mark on Minnesota and the nation with their work to champion the rights of all citizens," said Ebonne Ruffins, Vice President of Local Media Development for Comcast. "It is our goal to help tell their stories loud and clear so that future generations may know, understand and benefit from our collective history."

Participants in the evening's ceremony included: Phyllis Rawls Goff, emcee; Harry "Spike" Moss, VOCRM honoree; Debbie Montgomery, keynote speaker; Dr. Josie R. Johnson, VOCRM honoree; former Minneapolis Mayor, Sharon Sayles Belton, VOCRM honoree; Ramsey County Commissioner, Toni Carter and Melvin Carter, Jr., parents of VOCRM honoree, St. Paul Mayor Melvin Carter; and, Mahmoud El-Kati, VOCRM honoree.

A special ceremony was held at the Minnesota History Center, featuring short documentaries highlighting the work of each

honoree. These stories have been added as part of the permanent collection at [civrightsvoices.com](http://civrightsvoices.com), on Comcast's Xfinity On Demand™, and at Voices of the Civil Rights Movement museum exhibits in Memphis, Tenn., and Washington, D.C. The profiles will also be available for viewing at the Minnesota History Center through January, 2019.

Also taking part in the evening's celebration was life-long St. Paul resident Debbie Montgomery, who participated in the 1963 March on Washington for Jobs and Freedom and served as St. Paul's first female police officer. Phyllis Rawls Goff, president of the governing board at the Minnesota Historical Society and former co-chair of Facing Race Advisory Committee for the Saint Paul Foundation, served as the evening's master of ceremonies.

Learn more about the honorees and celebration event at [twincities.comcast.com](http://twincities.comcast.com).



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## CLUES Gala Latina 2018

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*Rick Aguilar, Publisher of Latino American Today with guests.*



*Ruby Lee, CLUES President, with husband Steve.*



*Ruby Lee with Gala special guests.*

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## Thankful in Every Situation

By Marci Malzahn

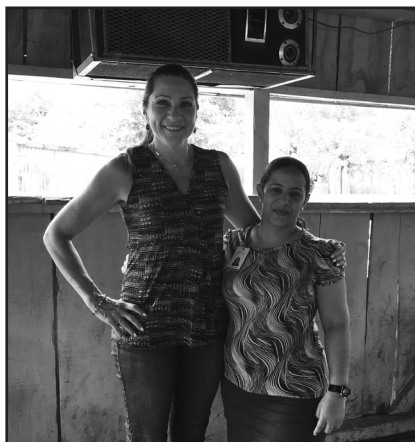


Marci Malzahn, founder of Malzahn Strategic, visting the Dominican Republic

**H**ave you ever lived in a garage? I have—for two months. It was June 24, 1979 when I arrived in Dominican Republic (DR) as a refugee from the war in my country of origin, Nicaragua. My parents lost it all—their houses, land, and their country. My aunt married a Dominican and they took my family of eight into their home. They converted the office into a bedroom for my parents and put a crib for my 1 ½ year old sister. The other five of us slept in the one-car garage. Imagine the heat of the Caribbean summer plus the bugs—especially mosquitos—from the tropics, and that was our bedroom. But guess what? We were not sad nor upset. We were happy to be alive and free. You see, we lost all the material possessions, but we didn’t lose our freedom.

I lived in DR for 6 ½ years and I will forever be grateful to Dominicans for opening up their country to my family. I made lifetime friendships through high school and the 1 ½ years of college. I left DR in January 1986 to come to the US and I couldn’t return until 2007, 21 years later. I went with my husband and two children to show them where I spent my teenage years. I visited again with my husband in 2015 and reconnected with several of my friends. But I always wanted to go back to serve in some way to thank the country for helping my family back in 1979.

This year, I had that opportunity. I joined HOPE International on an Insight Trip to the Dominican Republic to learn about their micro finance program. They provide micro loans ranging from \$100 to \$2,000 to poor, small business owners in sixteen countries around the world. They also share the Gospel and teach them to save. On this trip, I met three loan officers, Ana, Jovanny, and Yoseina.



Marci and branch manager Ana

Ana is a married woman with three children and sees her job as a calling to help the poor. She is the branch manager for Esperanza International’s (HOPE’s local partner) central office in a town called La Romana. Jovanny is a divorced young woman with no children who had a successful career with the lottery company but chose to leave it to serve the poor. Yoseina is a single mom of a five-year-old boy who just joined the team several months ago because she also felt called to alleviate poverty. These three women have college degrees and could be working in other organizations making more money. But they all have one thing in common—they all felt the calling to work with the poor by providing micro loans and bringing the Gospel to all the people they serve. Micro loans are provided at an affordable interest rate. The Good News of the Gospel—Salvation—is free!

This is not my story. This is their story. God sends me to these places, to observe, learn, and share these stories with all of you. The purpose is to increase awareness about poverty, microfinance as a potential solution, and how the Gospel of Good News is the key ingredient we all need in this life to be delivered from spiritual poverty which is worse than physical poverty.

Living in a garage for two months was not fun but it was nothing compared to the poverty I saw when visiting the sugar cane plantations in DR where Hattians emigrate to work during the harvest season. The garage I lived in was connected to a nice house with clean toilets. We had access to drinkable water. We also had food to eat and people helping us. These communities, called “bateys,” have community latrines. You can imagine having to use those facilities.

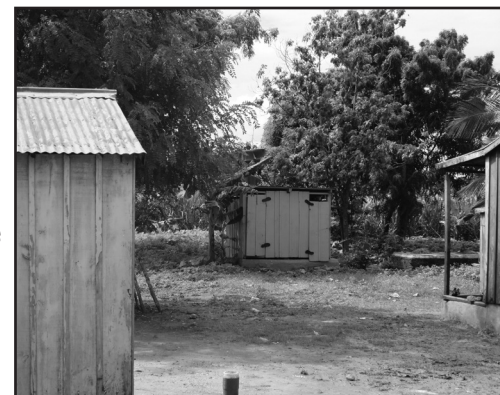
My two biggest takeaways from this experience were: 1) Poverty is both physical and spiritual; and 2) The work that these Loan Officers do is beyond being a *banker*—it is the work of a *missionary*.

**I will leave you with two questions:** 1) Are you willing to go and experience this trip for yourself? 2) If you don’t feel called to go, are you willing to send someone? If yes to both questions, I encourage you to connect and/or support **HOPE International** so they can continue this labor of love. During the Thanksgiving season, let’s be thankful in every situation and let’s help others who are not as fortunate. Happy Thanksgiving!

**Marci Malzahn is president and founder of Malzahn Strategic ([www.malzahnstrategic.com](http://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](http://www.marciamalzahn.com) or email her at [marcia@marciamalzahn.com](mailto:marcia@marciamalzahn.com). You can purchase Marci’s books at [www.Amazon.com](http://www.Amazon.com).**



Marci with three loan officers from Esperanza International



The bateys in the Dominic Republic



## Fewer Bats Means More Bugs: Why Bats Are More Friend Than Foe



Left: A bat cluster from the inside of Mystery Cave in far southeastern MN. Right: James Pointer teaches a bat class at Sudan Underground Mine.

By Deborah Locke, DNR Information Officer

**W**hite nose syndrome (WNS) has already killed thousands of Minnesota bats, a fact lost on most people. Why should they care? After all, folk lore and popular culture suggests that bats are scary.

Minnesota DNR researchers, scientists, naturalists and park managers have a different view on the small creatures. Some staff members really like bats and teach about them; others are doing their best to protect them from the disease.

State parks are home to two large bat colonies that hibernate during the winter months at Mystery Cave at Forestville/Mystery Cave State Park, and at the mine at Lake Vermilion-Sudan Underground State Parks. Ninety percent of the bat population at the Sudan mine has died, and 70 percent of the bat population at Mystery Cave has died, said Gerda Nordquist, a DNR specialist whose team monitors the state bat population. Overall, between five and six million bats have died from WNS, she said.

Since 2009, the DNR has worked with University of Minnesota scientists, other state, federal and tribal agencies and local group to fight the disease now reported in 10 Minnesota counties. There are eight bat species in Minnesota, and four of those species are vulnerable to WNS.

The declined population impacts humans in that fewer bats means more flying bugs. Bats prey on flying insects like mosquitoes, moths and biting flies. A pregnant bat will eat enough insects to equal its weight, Nordquist said. More biting insects creates problems for humans as well as for agricultural crops that become susceptible to insect infestations without bats to keep the bugs in line.

Bob Storlie, Mystery Cave manager, has noticed the sharp decline in the winter bat population. "Our bats have no resistance since with a fungus, they can't develop an immunity, just resistance," he said. The fungus, which originated in Europe, flourishes in cool environments. The fungus attaches to a bat which awakes

from hibernation and becomes active. That activity causes the bat to burn too much fat and they starve. WNS also compromises a bat's immune system.

Meanwhile, as WNS continues its onslaught on bats, so does popular culture and myth. "Folklore has bats sucking blood," Storlie said. North American bats don't suck blood, nor do they fly into people's hair. Nor are they blind. In fact, bats have a lot going for them.

"How cool is it that they hang upside down, they are the only mammal that flies, and they use echolocation to find food and fly around without hitting obstacles," said James Pointer, mine interpretive supervisor at Sudan Underground Mine. He teaches "Batty About Bats" programs designed to show the public why bats are important and non-threatening. Movies and stories depict bats as scary. Plus they are active at night, which means people never see them really well.

"When people learn more about bats and see the great impact they have on our environment and well-being, it eases their fears," he said. During his presentation to mine visitors, Pointer explains that bats have specialized diets depending on their species. Little Brown Bats eat a variety of insects, with mosquitoes making up only 20 percent of their diet, and Big Brown bats focus on beetles. He added that if you buy a bat toy or decoration, they're usually black. However, most bats are brown in color. When Pointer's children were young, he read "Stellaluna" to them, a story about a bat and birds and how they are both similar and different.

To ensure that future generations of children have the chance to read and learn about bats, the DNR continues to monitor the health of bats. Winter and summer monitoring takes place, and the DNR continues to assist with research projects designed to track WNS growth as well as find a cure. During one data-collective visit to Mystery Cave, Bob Storlie watched as Gerda Nordquist used a tip to swab a bat. He gets questions from cave visitors about bats,

he said, some who are curious and others who show fear.

"Education is the best thing," he said. "Some may have a fear of bats, but once they understand the value of the creatures, they start thinking more positively."

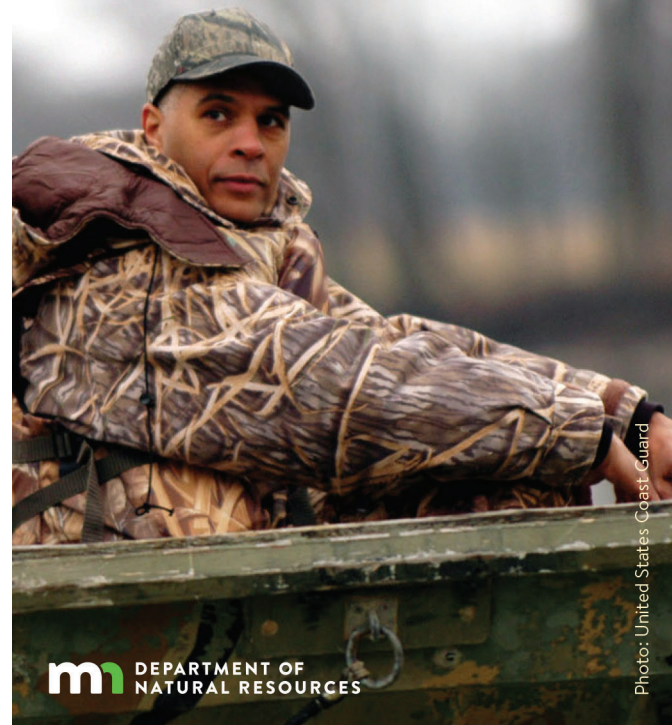
The Minnesota DNR needs your help to watch for unusual winter bat behavior. We also want to know about any summer bat colonies. You can send bat information to the Online Bat Observation Report: [www.mndnr.gov/reportbats](http://www.mndnr.gov/reportbats), or contact the MNDNR Minnesota Biological Survey bat specialist:

**Gerda Nordquist at 651-259-5124,  
gerda.nordquist@state.mn.us**

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#### Wear a life jacket on cold water:

Cold water shock response ..1 minute  
Swim failure.....10 minutes  
Onset of hypothermia.....30 minutes



**m** DEPARTMENT OF  
NATURAL RESOURCES

Photo: United States Coast Guard



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## World War II Veteran Enjoys “Honor Flight” to Washington D.C.

By Claud Santiago

Rudy Aguilar, a 95-year-old Army veteran who lives on St. Paul’s East Side, had the time of his life on his “Honor Flight” to Washington D.C. Aguilar along with a group of World War II and Korea Veterans and their guardians, were treated to a full day of visiting the war memorials and attending ceremonies at Arlington National Cemetery. Aguilar earned a Purple Heart in the Battle of the Bulge.

God Bless our Veterans and thank you for your Service!



**Top left and right:**  
Rudy Aguilar, St. Paul  
Veteran visits Arlington  
National Cemetery and  
World War II Memorial.



**Bottom center:**  
Rudy with his  
daughter Rose.

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