

April 2024 Issue 438

Latino American Today

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Erick Aguirre



Uriel Antuna



Estrellas de la Liga de Fútbol de México

Alexis Vega



Omar Campos



Estrellas de Liga MX



Omar Antonio Campos Chagoya es futbolista profesional mexicano y juega como lateral izquierdo en el club Santos Laguna de la Liga MX.

Nacimiento: 2002 (20 años de edad), Ciudad de México, México

Equipos actuales: Santos Laguna (No. 2, defensor), selección nacional mexicana (defensor)

Altura: 1,74 m

Peso: 65 kg



Carlos Uriel Antuna Romero es futbolista profesional mexicano y juega como mediocampista ofensivo en el club Cruz Azul de la Liga MX y en la selección nacional mexicana.

Nacimiento: 1997 (25 años de edad), Gómez Palacio, Durango, México
Equipos actuales: Cruz Azul (No. 7, delantero), selección nacional mexicana (No. 21, delantero), Liga MX All-Stars (No. 18, delantero)

Fechas clave: 2022 (Cruz Azul), enero 2019 (LA Galaxy)

Nacionalidad: México

Altura: 1,74 m

Peso: 59 kg

Esposa: Penélope García (casado 2018)

Padres: Carlos Antuna y Berta Alicia Romero



Alexis Vega Rojas es un futbolista profesional mexicano y juega como delantero en el club Guadalajara de la Liga MX y en la selección nacional mexicana.

Nacimiento: 25 de noviembre de 1997 (25 años de edad), Cuauhtémoc, Ciudad de México, México

Equipo actual: Guadalajara (No. 10, delantero)

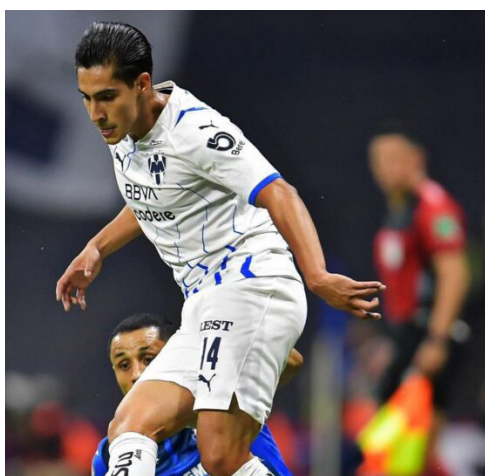
Fechas clave: enero 2019 (Guadalajara), septiembre 2015 (Deportivo Toluca)

Nacionalidad: México

Altura: 1,75 m

Peso: 72 kg

Esposa: Paula González



Érick Germain Aguirre Tafolla es un futbolista mexicano y juega como lateral izquierdo en el club Monterrey de la Liga MX.

Nacimiento: 1997 (26 años de edad), La Ruana, Michoacán, México

Equipos actuales: Monterrey (No. 14, mediocampista), selección nacional mexicana (mediocampista)

Fechas clave: 2016 (Pachuca), 2014 (Atlético Morelia)

Altura: 1,73 m

Peso: 63 kg

Compañeros de equipo: César Montes, Luis Romo, Alexis Vega

Medalla de bronce: Equipo de fútbol en los juegos Olímpicos del 2020



On The Cover

Estrellas de la Liga de Fútbol de México
 Stars of the Mexico Football League

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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
 Rico Vallejos, 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

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¿Porqué Easter Es Una Celebración Importante?



Por Dr. Saúl Carranza,
Pastor líder de la Iglesia Familia de Dios en Dayton MN

Easter o domingo de resurrección es sin lugar a dudas la más santa y grande de las celebraciones cristianas. La fe de los cristianos alrededor del mundo se basa en que durante su vida y ministerio Jesús de Nazareth, el hombre. Enseñó y mostró con hechos maravillosos que él era Dios. Las enseñanzas y el ministerio de Jesús, sin embargo, debían ser confirmadas de manera indubitable por Dios el Padre. La resurrección fue esa confirmación. La Biblia dice: “El Dios

que da la paz levantó de entre los muertos al gran Pastor de las ovejas, a nuestro Señor Jesús, por la sangre del pacto eterno Hebreos 13:20.

A lo largo de la historia muchos han tratado de negar esa resurrección. Sin embargo esa misma historia no tiene argumentos para callar el testimonio de cientos de personas que lo vieron. No puede ignorar a miles, incluyendo sus propios discípulos que murieron por afirmar esa verdad. Hay textos históricos en la biblia y fuera de ella que lo afirman. Una inexplicable tumba vacía y el testimonio de millones que testifican haber sido transformados por la obra misericordiosa de un Cristo Vivo.

Es por eso que cada domingo de resurrección los Cristianos nos reunimos en nuestro lugar de culto para afirmar: ¡Cristo ha resucitado! Y escuchar a otros responder:

¡Verdaderamente ha resucitado! Este saludo y su respuesta se celebran en todo el mundo. ¡Solo piensa en eso! Cada generación de cristianos desde el primer siglo ha estado repitiendo esta verdad. Puedes encontrar los restos y tumbas de la mayoría de líderes religiosos y políticos de la historia. Pero no puedes localizar los restos de Jesús.

Lo singular del cristianismo es que revela a un Dios que se hizo hombre para habitar con su pueblo. Que como humano se hizo pobre y sufrió la más cruel muerte por los pecadores. Pero que muerto resucitó para proclamar el cumplimiento de sus promesas y la realidad de la salvación para todos los seres humanos.

Lo que los cristianos celebramos el domingo de resurrección o easter. Es que Jesús fue un héroe porque venció a la muerte con su resurrección. Jesús fue un héroe porque dio su vida por nosotros. Jesús nos libró de la esclavitud del temor a la muerte y del pecado y nos envuelve con su perdón y su amor. “Jesús fue un héroe porque su enseñanza radical nos reveló un camino más fácil y simple y un camino nuevo y vivo.” Jesús fue un héroe porque todo lo que hizo. Lo hizo por amor. Jesús dijo: «Vengan a mí todos ustedes que están cansados y agobiados; yo les daré descanso. Carguen con mi yugo y aprendan de mí, pues yo soy apacible y humilde de corazón, y encontraran descanso para sus almas. Porque mi yugo es suave y mi carga es liviana». Mateo 11:28-30*

*Adaptado de la predicación “llamado a ser héroe de uscanadaregión.org

Why is Easter an important celebration?

By Dr. Saúl Carranza,
Lead Pastor of Family of God Church in Dayton MN

Easter or Resurrection Sunday is without a doubt the holiest and greatest of Christian celebrations. The Christian faith around the world is cemented on the fact that, during the life and ministry Jesus of Nazareth, the man, He taught and showed us with wonderful actions that he was God. The teachings and ministry of Jesus, however, had to be confirmed in an indubitable way by God the Father. The resurrection was that confirmation. The Bible says: “The God who gives peace raised from the dead the great Shepherd of the sheep, our Lord Jesus, by the blood of the eternal covenant Hebrews 13:20.

Throughout history many have tried to deny that resurrection. However, that same story has no arguments to silence the testimony of hundreds of people who saw it. He cannot ignore thousands, including his own disciples, who died for affirming that truth. There are historical texts in the Bible and outside of it that affirm this. An inexplicable empty tomb and the testimony of millions who testify to having been transformed by the merciful work of a Living Christ.

That is why every Easter Sunday we Christians gather in our place of worship to affirm: Christ is risen! And hearing others respond: He is risen in deed! This greeting and its response are celebrated throughout the world. Just think about that! Every generation of Christians since the first century has been repeating this truth. You can find the remains and tombs of most religious and political leaders in history. But you can't find the remains of Jesus.

The unique thing about Christianity is that it reveals a God who became man to dwell with his people. That as a human he became poor and suffered the cruellest death for sinners. But he rose from death to proclaim the fulfillment of his promises and the reality of salvation for all human beings.

What Christians celebrate on Easter Sunday. Jesus was a hero because he defeated death with his resurrection. Jesus was a hero because he gave his life for us. Jesus freed us from the slavery of the fear of death and sin and surrounds us with his forgiveness and love. “Jesus was a hero because his radical teaching revealed to us an easier and simpler way and a new and living way.” Jesus was a hero because of everything he did. He did it for love. Jesus said: “Come to me, all of you who are weary and burdened; I will give them rest. Take up my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11:28-30*

*Adapted from the sermon “called to be a hero” from uscanadaregión.org

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Spring Brings New Beginnings



By Marcia Malzahn

Spring brings new beginnings. Each year we wait in anticipation of spring's arrival. The winter cold weather and the dead looking vegetation comes to life right in front of our eyes. And that always brings hope along with it. New beginnings signify that the past is behind us, and new things are coming our way. It is interesting to note that the vegetation seems lifeless but in reality, it's simply sleeping. Nature is resting and getting ready for a new season ahead.

A Season of New Beginnings

As the winter season comes to an end, we reflect on the past season of our life and look

forward to a new one – a fresh start. Sometimes we start things for the first time and other times we simply restart something we tried to do before. The important thing is to not give up and not stay stagnant. At the same time, we must remember to rest and refresh ourselves before we begin something new.

Questions to ponder on:

- What are your new beginnings?
- What are you starting new this season?

A Season of Growth

Spring is also a season of growth. Just as trees and bushes grow each spring, we can also grow in every area of our lives. I love to see the trees, grass, bushes, and flowers burst open in the spring. It's like nature shows us that it is possible to continue growing. And each new season gives us the opportunity to grow into something new. Each season, flowers bloom in all the different colors displaying their splendor as God created them each. Each season we have the opportunity to grow as a leader and as a person and in every area of our lives.

Questions to ponder on:

- How are you growing in your life as a leader in the workplace and in your family?
- What are you doing to grow in your faith?

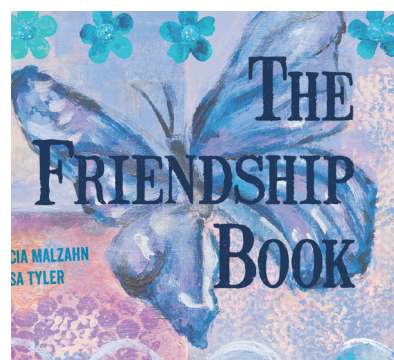
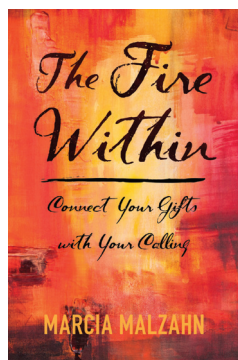
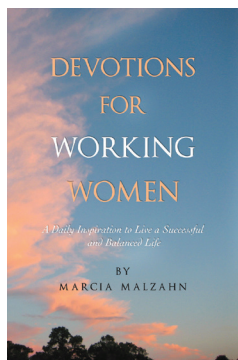
A Season of Cleaning

Spring cleaning is here! So many of us prepare for the season by cleaning – everything! Sometimes we clean an area of the house we haven't touched for months. Other times we tackle a closet or a room that we haven't cleaned in a while. Yet other times, we do an entire overhaul of the house and hire cleaning people to come and help. Remember, sometimes we can't do the cleaning alone. Don't be afraid to ask for help. If your house is already clean, help a friend clean theirs.

Questions to ponder on:

- What do you need to clean in your life?
- Are there areas that need a complete overhaul, and do you need outside help?

I hope this spring season finds you well, full of energy and enthusiasm for new beginnings. I encourage you to ponder on the questions above and think of ways you can start something, grow in one area of your life, and clean where needs cleaning. Happy Spring!



Marcia is an inspirational keynote speaker and published author of five books: A daily devotional – *Devotions for Working Women*, *The Fire Within* – to help you find your purpose, friendship poems in *The Friendship Book*, also in Spanish *El Libro de la Amistad* (poemas de Amistad), and *Bring YOUR Shoes* to help emerging leaders with tools on how to lead. In her latest grandma baby book, *Inside Your Mama's Tummy*, Marcia inspires grandparents to form a bond with their grandchildren.

Marcia Malzahn is also president and founder of Malzahn Strategic, LLC a management consulting firm for community financial institutions. You can contact Marcia for speaking engagements through her website at [Crowning Achievements International](http://CrowningAchievementsInternational.com) or email her at mmalzahn@crowning-achievements.com.

PARA MAYORES DE 65 AÑOS:

Es hora de recibir una vacuna COVID-19 adicional actualizada

Por Rico Paul Vallejos

Hace unas semanas (el 28 de febrero de 2024) el Comité Asesor sobre Prácticas de Inmunización (ACIP) de los CDC ha recomendado que los adultos mayores de 65 años reciban una dosis adicional actualizada de la vacuna COVID-19 en 2023-2024. La recomendación reconoce el mayor riesgo de enfermedad grave por COVID-19 en los adultos mayores, y teniendo en mente los datos actuales sobre la eficacia de la vacuna.

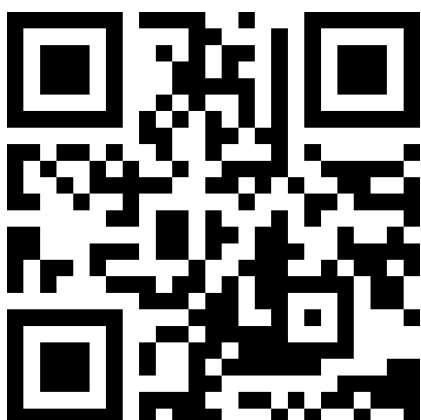
Los datos siguen revelando la importancia de la vacunación para proteger a las personas con mayor riesgo de sufrir resultados graves de COVID-19. Una dosis extra de la vacuna COVID-19 actualizada puede restaurar la protección que ha disminuido desde la vacuna de otoño, brindando mayor protección a adultos de 65 años o más.

Los adultos mayores se ven afectados de forma desproporcionada por COVID-19: más de la mitad de las hospitalizaciones por COVID-19 entre octubre y diciembre de 2023 se produjeron en individuos de más de 65 años de edad.

Los CDC y el ACIP seguirán monitoreando la seguridad y eficacia de la vacuna COVID-19. Los CDC siguen recomendando que todo el mundo se mantenga al día en sus vacunas contra la COVID-19, especialmente las **personas con sistemas inmunitarios debilitados**.

“Esta recomendación permite a los adultos mayores recibir una dosis extra de la vacuna COVID-19 de esta temporada para dar mayor protección. La mayoría de las muertes y hospitalizaciones por COVID-19 del año pasado se produjeron entre personas de 65 años o más. Una dosis más de vacuna puede subir la protección que puede haber disminuido con el tiempo para las personas con mayor riesgo.”

Mandy Cohen, M.D., M.P.H.
Directora de los CDC



Es hora de otro refuerzo
para mayores de 65.

Ayuda a que tus seres queridos
mayores de 65 años se mantengan al día.

[vacunas.gov](https://www.vacunas.gov)

¿Quién tiene un sistema inmunitario debilitado?

Una persona con cualquiera de las afecciones que se enumeran abajo tiene mayor riesgo de enfermarse gravemente a causa del COVID-19. Si tienes alguna de estas afecciones, consulta con un proveedor de atención médica sobre cuál es la mejor manera de protegerte para evitar enfermarte gravemente a causa del COVID-19.

- Cáncer
- Enfermedad renal crónica
- Enfermedad crónica del hígado
- Enfermedades pulmonares crónicas
- Fibrosis quística
- Demencia u otras afecciones neurológicas
- Diabetes (tipo 1 o tipo 2)
- Discapacidades
- Afecciones cardíacas
- VIH
- Inmunodepresión o sistema inmunitario debilitado
- Problemas de salud mental
- Sobrepeso y obesidad
- Falta de actividad física
- Embarazo
- Enfermedad de células falciformes o talasemia
- Consumo de tabaco, actual o pasado
- Trasplante de órganos sólidos o células madre sanguíneas
- Accidente o enfermedad cerebrovascular
- Trastornos por uso de sustancias
- Tuberculosis

En base a la evidencia actual, una persona con cualquiera de estas afecciones tiene mayor riesgo de enfermarse gravemente por COVID-19. Esto significa que una persona con una o más de estas afecciones que se enferma gravemente de COVID-19 (tiene un cuadro grave de COVID-19) tiene más riesgo de:

- Ser hospitalizada
- Permanecer en la unidad de cuidados intensivos
- Necesitar un respirador que le ayude a respirar
- Muerte

Qué hacer

Protégete y protege a los demás tomando medidas de prevención contra COVID-19:

- Mantenerse al día con las vacunas contra el COVID-19
- Quedarse en casa en caso de COVID-19 confirmado o presunto
- Mejorar la ventilación
- Hacerse la prueba de detección si hay síntomas
- Seguir las recomendaciones sobre lo que hay que hacer en caso de exposición
- Acudir a un profesional para recibir tratamiento en caso de COVID-19 si el paciente tiene un alto riesgo de enfermarse gravemente
- Evitar el contacto con personas con COVID-19 confirmado o presunto
- Considerar usar mascarilla o respirador
- Aumentar el espacio y la distancia



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Home Opener
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By *Claud Santiago*

Diana Hutton is a visionary leader and the first-ever Latina owner of a professional sports team. Diana's unwavering dedication, passion, and commitment have not only elevated the team but have also shattered barriers and inspired countless individuals around the sports world.

Born and raised in Mexico City, Diana obtained her law degree from the prestigious Instituto Tecnológico Autónomo de México, in Mexico City. Upon graduation, she worked for over ten years as in-house counsel for private Mexican companies, directing legal initiatives in a broad range of general corporate matters with domestic and international dimensions. Diana began her journey as an attorney at the young age of 18, to ultimately become one of the youngest Legal Directors of a Mexican real estate company by the age of 29.



For tickets or more information



*Rick Aguilar with Diana Hutton, President and Team owner of the AFL - Minnesota Myth and Lee Hutton, Commissioner of the Arena Football League.
Photo at the NAHREP Twin Cities Gala*

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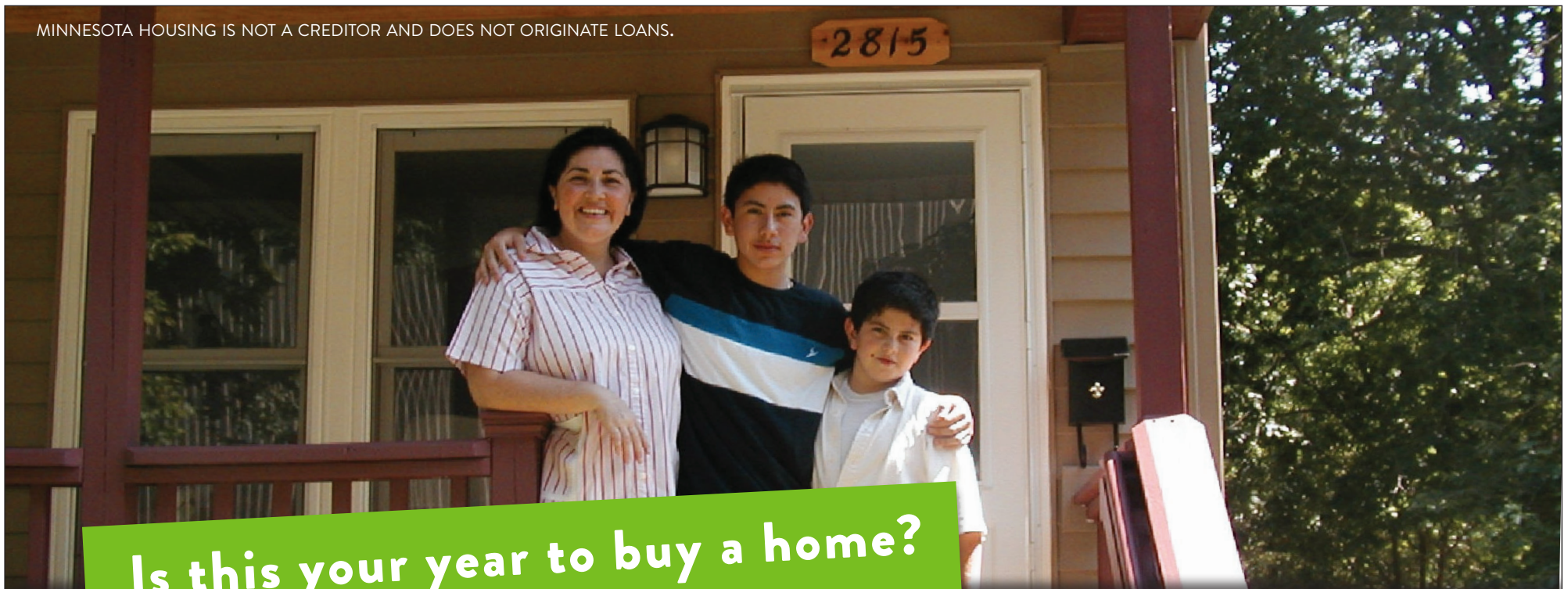


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Parks and Trails Profile: Filling the Big Steps Left by Big Brothers

*By Deborah Locke, Information Officer, DNR Parks and Trails Division
Photos courtesy of Minnesota Department of Natural Resources*

When Jeff Karels was a little shaver, his big brothers Keith and Ron took him everywhere. The family lived south of Mankato in river country and once Jeff learned to walk, the brothers taught him to fish and hunt. Ron was 14 years older than Jeff; Keith was 12 years older. When Ron learned a new skill, Keith followed suit. Both brothers passed their knowledge on to the littlest brother.

It seems natural then that when Keith and Ron took state park jobs as adults, Jeff would follow their lead. Jeff has been assistant park supervisor at Itasca State Park for 17 years, preceded by jobs at Old Mill, Minneopa, Great River Bluffs, Lake Bemidji and Sakatah Lake state parks. He's worked at the DNR for 47 years.

"The brothers were intertwined," said Darlene "George" Karels, Jeff's wife of 47 years. "If Jeff had issues at work, he'd get Ron and Keith's opinions. It was useful to have a team of built-in advisors that Jeff could lean on. The brothers were always in contact with each other."

Both Ron and Keith have passed away. Jeff said he misses their guidance and the camaraderie his big brothers provided.

When he was young, Jeff considered a law enforcement career until he worked a seasonal park job in buildings and maintenance in the 1970s. Then his brothers took him on patrol at the parks which planted an interest that bloomed into Jeff's first job as a ranger at O.L. Kipp State Park. (Later renamed Great River Bluffs.)

"Ron and Keith were extremely proud when I took that job," he said. "Now here we are today, at Itasca where the Mississippi begins. My career

began on the river at Great River Bluffs State Park, and it ends here, at Lake Itasca. That's my story in a nutshell."

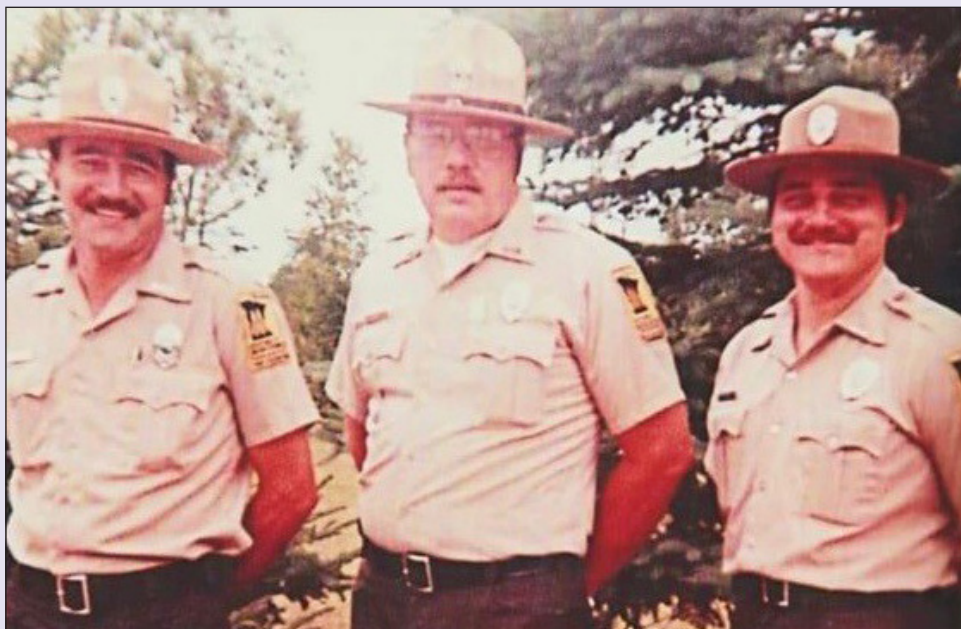
It's a big nutshell. Moving up the state park career ladder often requires literally moving throughout the state. Jeff said the hardest part of his job was uprooting his family, something Ron and Keith did often. He said that George provided rock solid support through all the moves with their two children, Kara, and Jeffry Jr.

"I could not have done any of this without George," Jeff said. "There were sacrifices we made over the years, and they take a toll. Like, I couldn't be there for all the school events. If I worked in a small park, I had to pick up the slack and be there, holidays, evening shifts. You just did the best you can."

The best he can still shows the influence of two older brothers who acted as guiding lights. Jeff said his brothers advised him on how to resolve a situation, how to feel ok about learning from his mistakes, how to survive difficulties, how to diffuse conflict during law enforcement situations. The best tool in Jeff's toolbox? Common sense, he said, a trait born of experience applied the right way.

Jeff and George expect to wrap up their careers at Itasca State Park. George has always worked in some aspect of retail (28 years with the K-Mart Corporation) and now works in the Itasca retail operations warehouse, assisting in the receiving and distribution of park merchandise, and setting up store displays.

Jeff said he still feels awe when arriving at work each day in such a beautiful place. The couple agree on a lot, especially this. Each year a half million park visitors travel to Itasca to enjoy its amenities and beauty and then they leave. The Karels? They are there to stay.



The Karel Brothers



Itasca State Park, where Jeff currently works

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