

LA PRENSA TEXAS

SAN ANTONIO'S HISPANIC FAMILY OWNED NEWSPAPER

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Giving Thanks for Native American Culture

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Alternative
Remedies**

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Guide to Edible
Wild Plants of Texas
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Latino:
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Capitalism**

LA PRENSA TEXAS

This grass roots publication is the life source for a community that is not easily afforded viable access to diverse and accessible media. San Antonio and the surrounding counties have become accustomed to relevant news brought to them in both English and Spanish since 1913.

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The vision is a vibrant Westside community where people want to live, work, and visit.

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Let's Talk About it...

Alternative Remedies

By Yvette Tello

Before pharmaceutical companies, we had herbal remedies like Belladonna plant soaked in alcohol for insect bites, Vicks on your feet for a cough, rubbing an egg for a spiritual cleansing. Much research on the healing rituals and herbal medicines of Native Americans has not been performed because the technology to test whether or not the procedures work is not yet available. What do you think? Do you use any remedies your mom, grandma or great grandma used to make you feel better? Please share. Let's talk about it..

Irene V. Zertuche:

Yes, still have my mom doing the egg on us.

Carmen Madariaga:

Absolutely! Very low cost, almost never any negative side effects, great results encourage me to learn all I can about what the Creator provided upon the earth for our wellness. I grow a lot of aloe vera, and am beginning to cultivate other healing herbs and roots! Tumeric is

an excellent anti-inflammatory. It even fights cancer cells. Cream of tartar aids on headaches. Manzanilla tea is great for relaxing to sleep, as is green tea. And, VICKS is good for bites, itches, nail fungus, calluses, pimples, coughs and colds. Pineapple juice with honey for coughs, and Cranberry for UT infections..the list goes on and on ! Natural remedies are, and should be a saving grace in view of the exorbitant cost as well as danger of so many pharmaceuticals. Above all PRAYER IN FAITH! LORD JESUS STILL HEALS and MIRACLES still happen to those who believe!

Armando Cantu:

Less than half of the time I use remedies. I just take a pill or two.

Tiffany Campbell:

White willow bark for headaches and of course Echinacea tea when a cold is coming on...

Amanda Cena:

Prayer and marijuana.... not at the same time. But I do both and of course teas,

fruits, herbs.

Jeff Hull:

Don't forget the weed in the green alcohol for muscle pain or at least that's what my grandparents did. Lol!

Jazmin D Zuñiga:

Always! before I take a pill, I try home remedies, Arnica for injuries helps with pain, bruising & swelling, ginger, turmeric, cinnamon, lemon, honey, tea tree oil, aloe vera, apple cider, an egg, herb teas, tiger balm for headaches & Vicks for everything. Pharmaceutical is just a business that controls the government, not the other way around.

Tammy Polk Herrera:

Baking soda/water paste for insect bites.

Blue Rose Alvarez:

A paste made with water and meat tenderizer is used to soothe bee stings. When I was 10 years old, I cut a huge gash on the bottom of my foot. I was not rushed to the doctor or ER Our neighbors ran around grabbing spiderwebs and covered my

cut with them. They placed gauzes over the webs and bandaged my foot. No doctor, no ER, no stitches. In a week I was running around barefoot again. Lol, even now I hate wearing shoes! I learned in an anatomy course that platelets do exactly what the spiderwebs did, form a net and trap red blood cells to stop bleeding. Those old wives really knew their stuff!

Mary Svetlik Watkins:

Two years ago I had horrible allergies. I got my ears candled. It was amazing. I swear by peppermint for headaches and pineapple juice for mucus coughs. Vicks on your feet, ginger for upset stomachs. Cayenne pepper too. It also kills bad germs.

Belinda Rodriguez:

Yes I use all natural remedies that I can remember that my grandmother showed me from the egg to teas, for example a paper cone placed in ear to relief pain for ear aches.

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About the Cover Artist:

Casimiro Castro

By Dr. Ricardo Romo



Casimiro Castro, a brilliant Mexican artist during the 19th century, gave us many stunning portrayals of life and culture of that era. What makes this print rare is the inclusion of two runaway slaves who went with the Kickapoo Indian leaders to see the emperor and became part of Mexican history and an important artistic story. In American art one sees portrayals of slaves and images of runaways, but none painted in such an inclusionary manner as in this Kickapoo lithograph by Casimiro Castro. All those in the print are represented

as free people, not slaves to anyone. Book and print seller James E. Arsenault described this print as, “a rare lithograph showing the presentation of a group of Kickapoo Indians and runaway Texas slaves at the court of the Austrian Archduke and Emperor of Mexico, Maximilian in 1865.” In his lithograph of the Kickapoo Indians, he also gave us firsthand insights into the politics of French occupation of Mexico in the 1860s. The story begins with the entry of Kickapoo Indians into Mexican territory during the 1830s. Just prior to the Texas Revolution, the Mexican government invited Kickapoo Indians to take up residence in Mexico’s northern frontier, which included present day Western and Southern Texas. Mexican officials hoped that the Kickapoo Indians would serve as a buffer to Anglo-American settlers who were encroaching on Texas territory. Various bands of Kickapoo Indians, unhappy with the American government efforts to resettle them in the Oklahoma Territory, took the Mexican

offer and lived in Texas until the Texas Revolution broke out in 1836. The Kickapoo made a decision to side with the Texas-Mexicans, a decision that cost them dearly. Viewed as enemies of the new Texas Republic, they were unsure about their safety living in Texas territory. Mexican officials understood the Kickapoo dilemma and offered the Indians land south of the Rio Grande near the town of Musquizin the state of Coahuila. The new Texas government did in fact engage in the “Indian Wars,” principally fighting the Comanches and Apaches. The Texas militia and the Texas Rangers fought these two tribes for another fifty years. The Kickapoos, who made their home in Northern Mexico, witnessed the arrival of French forces in 1862. Under President Benito Juarez, Mexican forces won some early victories, but they were vanquished in 1863 by the French military. In the following year, Napoleon III created a new monarchy in Mexico and chose Maximilian von Habsburg of Austria

to rule as emperor. In the early 1860s Kickapoo Indians met with Emperor Maximilian to inquire about their legal status and land holdings. Casimiro Castro’s famous lithograph of the Kickapoo Indians resulted from that meeting. Two French citizens living in Mexico and working as printers at the Decaen lithography firm made copies of the lithographs and distributed them. Collaborating with the Decaen firm in Mexico City, Casimiro Castro received the assistance and expertise in color lithography to produce a portfolio of images related to Mexican society. Joseph Antoine Decaen, an emigrant from France, decided to present Emperor Maximilian with several fine art pieces created by Castro. The Kickapoo print was presented to the Emperor, whose rule over Mexico proved to be short lived. The Mexican Indian print was one of more than two dozen lithographs created by Casimiro Castro. The Kickapoo Indians had every reason to be concerned about their status in Northern Mexico. Indians living in

Texas faced a double threat to their existence with the Indian Wars and the American Civil War. If the Kickapoos lost their land in Mexico, they would be forced to return to Texas where slavery was permitted. Some tribe members had married runaway slaves, actions which placed both the Indians and former slaves in grave danger if they were to live in Texas. Today the Kickapoos, Tribu Kikapu, as they are known in Mexico, live largely in the Muzquiz Municipality. Over the last century some of the tribe members moved back to Texas and today live in Maverick County on the Kickapoo Indian Reservation of Texas not far from the town of Eagle Pass. Life changed for the better in 1983 for the Kickapoos when the tribe was granted federal tribal recognition. That federal status allowed them the right to operate casinos on their land. While their population remains small, estimated at about 850, most adults on the reservation are now employed at the Kickapoo Lucky Eagle Casino which opened in 1996.

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Merriwether's Guide to Edible Wild Plants of Texas and the Southwest

#1. Burdock

Scientific Name: Arctium minus, Arctium lappa

Abundance: Rare

What: Young leaves, flower stalks, 1st year root

How: young leaves raw, as tea, stir-fried, or boiled in 2-3 changes of water; peel green skin of plant stalks to reveal inner white core which is eaten raw or cooked; root of 1st-year plants less than 1" in diameter and must be peeled then boiled in two changes of water until tender; roasted roots for coffee

Where: Open fields, sunny areas, woods

When: Leaves in spring, flower stalks in summer, roots summer and fall

Nutritional Value: Roots contain some minerals, vitamins C & B6, and some calories. Leaves contain many vitamins and phytochemicals

Other uses: you can stick a bunch of the burrs together to make a crown, but that usually ends badly

Dangers: burrs are clingy, do not confuse with toxic Cocklebur (*Xanthium pennsylvanicum*)



#1 Burdock

#2. Dandelion

Scientific Name: Taraxacum officinale

Abundance: Common

What: Leaves, flowers, roots

How: Young leaves in salad or boiled; flowers are used in wine; roots are roasted to make a coffee substitute or boiled for twenty-thirty minutes before eating

Where: Yards, sunny areas

When: Spring, early summer

Nutritional Value: Vitamins A, B, thiamine, riboflavin, minerals, and protein



#2 Dandelion

#3 Arrowhead

Scientific Name(s): Maranta spp. and Sagittaria spp.

Abundance: Uncommon

What: Tubers, young leaves, young flower stalks

How: Boiled, roasted

Where: Marshes, water

When: Tubers all year, best in late fall and early winter; young leaves in early summer; flower stalks well before flower buds have opened.



#3 Arrowhead

Nutritional Value: Carbohydrates

Dangers: Beware the similar-looking arrow arum, (*Peltandra virginica*) plant which has an arrowhead-shaped leaf and produces tubers same as *Sagittaria* species.

#4. Turkey Tail Mushrooms

Scientific Name(s): Trametes versicolor, also called Coriolus versicolor

Abundance: common

What: Mushroom

How: Tea, tincture

Where: Dead trees

When: Spring, summer, fall, winter

Nutritional Value: Medicinal

Dangers: Beware of mimic False Turkey Tail crust mushroom (*Stereum ostrea*) and Gilled Polypore (*Tremetes betulina*)



#4 Turkey Tail Mushrooms

#5 Maple

Scientific Name: Acer spp.

Abundance: Common

What: Inner bark, seeds, leaves, sap

How: Boil inner bark or dry into flour, cook seeds, young leaves raw or cooked, boil sap down to syrup

Where: Everywhere

When: Anytime

Nutritional Value: Sugar in sap, protein and carbohydrates in seeds, minerals in leaves, carbohydrates in inner bark.



#5 Maple

#6 Stinging Nettle

Scientific Name: Urtica chamaedryoides, U. dioica, U. urens

Abundance: Common

What: Leaves and young stems

How: Cooked greens, tea

Where: Woods, borders, abandoned areas, woods, sunny and shady areas

When: Spring, early summer

Nutritional Value: Rich in vitamins A, C, D, K, minerals, and high in protein.

Dangers: can cause skin irritations, handle while wearing leather gloves. Cook to remove stingers before consuming.



#6 Stinging Nettle

#7 Wild Violet

Scientific Name: Viola species
Abundance: Uncommon
What: Leaves, flowers
How: Leaves and flowers raw (great in salads), tea from flowers
Where: Small, heart-shaped flowers in shady, moist areas
When: Winter (in Houston), Spring, early summer
Nutritional Value: Very rich in vitamin A,C
Dangers: *Violets contain the chemical Violine which, in VERY large doses, can cause vomiting and diarrhea.*



#7 Wild Violet

#8 Plantain

Scientific Name: Plantago species
Abundance: Plentiful
What: Leaves, young seed pods
How: Raw, steamed
Where: Sunny fields, urban yards
When: Spring
Nutritional Value: Minerals, vitamin B
Other uses: Rub mashed leaves on insect bites to relieve pain/itching



#8 Plantain

#9 Cattails

Scientific Name: Typha latifolia
Abundance: Common
What: Tubers, shoots, male portion of flower, pollen
How: Tuber starch granules are removed by hand from fibers, young shoots cut from tubers, older stems can be peeled back to get soft, white edible pith, male (top) part of flower steamed before it become fluffy, pollen from male section is shaken into paper bag from flower and use as flour
Where: Shallow water
When: Tubers in winter, shoots in spring/summer, pollen and flowers in spring
Nutritional Value: Young shoots have low amounts of minerals. Pollen is high in protein. Tubers are high in calcium, iron, potassium, and carbohydrates.
Other Uses: Fluff is good tinder and insulation, leaves can be woven into baskets and used to thatch huts.
Dangers: *Fluff may cause skin irritation. Wash thoroughly before eating parts raw so as to avoid picking up any infectious, water-borne microbes.*



#9 Cattails

#10 Prickly Pear Cactus

Scientific Name: Opuntia lindheimeri
Abundance: Plentiful
What: Fruit (tunas), pads (nopalito), flowers, juice
How: Peeled pads can be pickled, fried, made into jerky; fruit can be raw or blended into a smoothy/icee drink; juice from strained fruit can be

drunk, made into ice cream, mixed drinks, preserves.
Where: Sunny fields
When: Fruit-late summer, pads-all year though younger pads taste better.
Nutritional Value: Vitamin C, some minerals and omega-3 fatty acid
Dangers: The spines and tiny, fine hairs are very irritating and can even be fatal if lodged in the throat. Burn off the spines/hairs to remove.



#10 Prickly Pear Cactus

#11 Willow

Scientific name: Salix spp.
Abundance: Plentiful
What: Twigs, inner bark
How: Tea made from chopped up twigs; inner bark is an emergency food and is eaten raw or dried and ground into flour
Where: Woods, water, sunny fields, landscaping
When: Twigs highest in salicylic acid in early spring; inner bark any time
Nutritional Value: Inner bark contains carbohydrates
Other uses: Willows contain salicylic acid which is a precursor of aspirin.
Dangers: *Salicylic acid can cause stomach upset in high doses and trigger Reye's syndrome in young children.*



#11 Willow

Foraging Texas Founders

Dr. Nicole Apelon

Scientist, mother, educator, researcher, expeditionary leader, safari guide, herbalist and traditional skills instructor. A leader in the field of transformative nature education, Nicole is excited to share her knowledge and expertise of nature connection, indigenous knowledge, natural wellness and survival skills with the world.

Samual Thayer

Renowned author and forager and internationally recognized authority on edible wild plants. His mission is to promote responsible foraging, appreciation and conservation of Nature, and sustainable food production systems.

Dr. Mark “Merriwether” Vorderbruggen

Forager, chemist, author, inventor, adventurer, rogue botanist, husband, and parent!

For more information go to www.foragingtexas.com or email Merriwether@ForagingTexas.com with any questions.

Bobcats le ganó 6-2 el clásico a Royals Piratas y Rieleros en histórico empate

Por José I. Franco

La onda gélida del pasado fin de semana no fue obstáculo para que las ligas de béisbol independiente, Colt 45 Baseball League y Liga Potranco, cancelaran las acciones.

En el legendario estadio Colt 45 administrado por Jaime Guerrero, el clásico categoría Abierta, lo ganaron Bobcats (dirigidos por John Guzmán) a su duro rival Royals. El partido hasta la quinta entrada se

mantuvo empatado 1 a 1 carrera. Bobcats despegó por el resto del combate con pizarra de 6-2.

Por su lado Juggernauts apalearon 11-1 a los Mets.

En Liga Potranco el circuito sabatino Veteranos, arrojó los siguientes resultados: Red Sox 12-4 ante Cachorros de Nava. Mineros 16 Cardenales 5, con salvamento del lanzador derecho Hugo Méndez. Yaquis de La Saucedá 9-0 a Westsiders.

Liga dominical. Cubs 6-4 ante Cardenales. Broncos de Reynosa SA 4-0 vs. Calaveras, con jonrón solitario conectado por Rey Hernández al lanzador Jason Guerra. Mineros de Jesús Ramírez Sr., derrotó 8-1 a Bravos, con vuelacerca de Marco García.

El clásico entre el campeón Piratas de Sabinas dirigido por Sergio De Luna y Rieleros de JP Reza, se disputaron la victoria hasta ya entrada la lluviosa

tarde, finalizando empata-dos 3-3. En el cierre del séptimo capítulo Piratas con su lanzador relevista Brayan Guerrero y el estelar receptor Lupe Guerrero (padre de Brayan), con las bases llenas y dos outs en cerrada acción en la registradora "quemaron" al veloz corredor Iván Maldonado, quien en sus ganchos pudo haber anotado la cuarta carrera y así celebrar la victoria, sin embargo padre e hijo se fajaron una vez más para

sacar adelante al cuatro veces campeón Piratas de Sabinas.

Liga Potranco convoca a la afición para que asista al tradicional Torneo del Día de Gracias a jugarse el 24 y 25 de noviembre con la participación de los equipos Tuneros de San Luis Potosí vs Agujita, Coahuila. Indiana vs. Selección San Antonio en los respectivos horarios de las 10:30 a.m. y 2 p.m.



Hugo Méndez, lanzador relevista de Mineros. (Foto Franco)



Acción en el partido Bobcats y Reales. (Foto Franco)

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GROWING UP LATINO

MANGUERA MEMORY: The Rocket



*Rosa Maria Gonzalez, B.A., J.D., C.W.L.S.
Board Certified- Child Welfare Law Specialist, National Association of Counsel For Children, as authorized by the American Bar Association and the Texas Board of Legal Specialization.
Born and bred in Brownsville, Texas, Gonzalez has lived in San Antonio for over 30 years. She attended St. Mary's University where she earned her Bachelor of Arts in Political Science and later her law degree.
Gonzalez has a family law practice and is a graduate of the Women's Campaign School at Yale University. She has a long established history of coordinating campaigns and consulting for women candidates.*

By Rosie Speedlin-Gonzalez
Summer meant visits to Ringgold Park . . . that was the place that was home to The Rocket slide. It loomed tall, reaching into the hot, muggy summer sky. It was a tower made of hot metal, and stairs that led up to the top of the steepest slide every 5 year old in Brownsville could imagine. It sat, imposing among the iron elephant



and zebra swings, past the huge mound metal turtles and lady bugs, and Dumbo and Donald Ducks that sat on iron coils, and those swings that could propel you higher than any other swings at Garfield Park or Lincoln Park. Ringgold Park was also the only park in town with these weird hilly ups and downs that you could run up and down on (or skateboard up and down on or ride your bike up and down on), and that you could also fall down off of and catch a mean raspberry on your knee or elbow if you weren't careful and paying attention.

Ringgold Park was THE park to go to during those summers so long ago. The park included the Pavilion where I danced as a Charro for Tiny Tot Daycare. I still remember the black charro suit I donned with my velvet charro hat and "patillas y bigote" that were drawn on to my face with my Mom's black eyeliner pencil, dampened with the tip of her tongue.

Ringgold Park was the place for smitten lovers and juicy raspas on Sunday after-

noons. It was the forbidden place to go to if you attended Cummings Intermediate School.

Ringgold Park was home to Sams Pool and the Blue Dolphins Swim Team, and the best place to be during those sweltering summer months . . . Sams Pool was the pool where you slid in on the cold wet concrete floors,

placed your clothes in a basket with a lock and kept track of your basket number with a huge numbered safety pin you attached to your bathing suit, and if you were brave enough, Sams Pool was where you could dive off the highest diving board in town.

Ringgold Park was where many happy childhood memories were created before our town was given the Gladys Porter Zoo in 1971.

Back to the place I avoided as a kid afraid of heights . . . The Rocket slide. You had to be pretty brave and as brave to climb up to the top

of the Rocket as you were to dive off the Sams Pool Diving Board into the deep end of the pool. You had to be THAT brave to climb up the treacherous and rusty, squeaky steps and then walk over the unsteady tandem, catwalk bridge with the bars that made it look like a cage and then slide down the steep, often times scorching hot, slide. Come to think of it, every ride in that asphalt park turned into a scorching skillet during the summer months because every ride was made out of iron or sheet metal. Que kid friendly park ni que nada . . . it was outdoors and it had water fountains, so it was a kid friendly park by any definition in the 1970s. That park and that slide brought out the kid in everyone as much as it tested the true kid grit in every one of us who played in it and ran through it with complete and utter raw kid abandon.

Not a single last day of school or 1st day of summer has come and gone without thoughts and memories of Ringgold Park and the Rocket Slide for as long as I can remember. Every dip in any pool takes me back to Sams Pool and the towering palm trees that surrounded it. Every playground slide takes me to a place of nervous anticipation and echoes of children's laughter.





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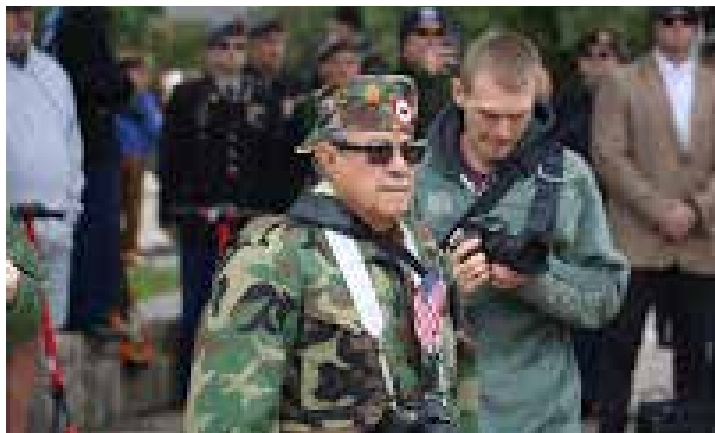
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La Prensa Texas is happy to support the @ Friends of Milam Park and Fantasyland @ Milam Park. A FREE holiday celebration and tree lighting festival. This family friendly event takes place the Saturday after Thanksgiving, on 11/24/18. There will be Santa visits, train rides, face painting, and Christmas tree lighting at dusk. Enjoy hot chocolate & cookies from Mi Tierra's while enjoying the beautiful holiday tree and new installations at Milam Park. No better way to kick off the holiday season than with family, friends and community merriment.

EVENTOS ESPECIALES

Veterans Parade



Photos by Steve Walker

Food Distribution

La Prensa Texas partnered with Last Chance Ministries and Amerigroup to Provide Free Food Distribution to the homeless, needy and economically disadvantaged citizens. La Prensa Texas is proud to partner with organizations to help improve people’s quality of life! Pictured with Volunteers from Amerigroup is La Prensa Texas Co Publisher and Pastor Jimmy Robles.



Photos by Ramon Chapa

Remembering Indigenous Roots

Pharmaceutical Capitalism

By Yvette Tello

A tree curing back aches; is this possible? It is not uncommon for a person in Western culture to be thinking it is not. We were raised with the belief that our medical society largely based on chemical concoctions is powerful because it has cures for everything from various cancers all the way down the list to the common cold. Don't get me wrong, the medical profession is quite effective, but for several generations, Native Americans have been using herbs to cure aches and pains, and various other illnesses. Many of the herbs used by Native Americans are the ones you can actually find in aspirin and other

medications today. In fact, many ingredients used in various modern medications are actually derived from Native American cultures.

Herbal medicine is being reintroduced through various forms of alternative medicine. Out on the market we see aromatherapy, acupuncture, herbology, and many more forms of alternative medicine.

Herbology is a practice which seeks to heal people through a variety of herbal supplements.

Aromatherapy deals with various scents to change the mood of individuals. Different scents have different effects. Lavender helps bring peace and balance

and has been known to help ease respiratory problems such as asthma and bronchitis; basil helps stimulate brain function; mandarin has a cheerful refreshing and inspiring effect in the individual.

Through these various forms of alternative medicine, Native American beliefs pertaining to nature and spirituality are being awakened in American culture.

Why is alternative medicine becoming so popular? Are people starting to doubt the effectiveness of Western medicine? Americans looking for new ways to cure themselves from various illnesses may be finding that escaping from



all the technology and stress of the Western medical society makes it easier to deal with their illness and to focus on getting better. Herbal remedies are not as stressful and depressing as some medical techniques because the main focus is on making peace with nature and the whole body, not just the place of illness.

Nature is the most important aspect of the universe in which humans only play a part. That is why Native Americans spend a great deal of time restoring balance and harmony with nature. Native Americans believe that the reason why a person becomes ill is because the balance with

nature has been disturbed. By performing shamanic healing practices through various rituals, the Navajo Native Americans believe they have solved their problems with the Gods and Goddesses.

Before medical technology was available, doctors relied on Native American knowledge of nature to heal illnesses. When medical technology became available, people started to depend heavily on the technology and seemed to have forgotten about their roots in Native American cultures. People began to focus more on advancing technology and to try improving the ways that



medicine works, that they forgot to thank those who gave them their knowledge from the beginning: the Native American Indians.

When Native American medicine men and women are healing people, they are not only treating the illness such as a sore throat, for example, but they are also healing the whole body. Native Americans believe that the only way a person can be healed is if they can rid the body of the evil that has fallen upon it. Healers must also know the physical, emotional, spiritual, and mental state of the patients as well. Native healers don't apply the same medication or process to the same physical symptoms in different patients because they treat entire entities, whole persons, and not symptoms. At the other extreme, the medical society uses identical treatment techniques and medications on patients who share similar symptoms. While the medical society has far more advanced technology and medications to help them treat patients, Native American healers use knowledge, nature, and prayer to heal their patients.

Both Native American Indians and the medical society have similar types of medicine. They just use them in very contrasting ways.



By Leonard Rodriguez
This column will highlight inspiring stories of Latino leaders. For more than 500 years, Latino men and women have positively influenced the face of United States society. Let us celebrate these outstanding hispanics.



Vincent Lopez
Born in 1895 in Brooklyn, N.Y., to parents of portuguese descent, Vincent Lopez spent several hours a day learning to play the piano as a child. While performing at a Brooklyn saloon, he got his break when he substituted for a bandleader and soon was headlined as the youngest orchestra leader in New York . After landing the position as a bandleader for the Hotel Pennsylvania, Lopez's career skyrocketed . He played at President Coolidge's inauguration, began making radio appearances and toured the U.S. Lopez, Who passed away in 1975, is credited for introducing jazz in London where he opened his own nightclub, and for developing big-name talent such as Glenn Miller and Artie Shaw during TV's early days.

FINANCIAL FOCUS

Share Your Financial Abundance with Your Family



By Edward Jones

Thanksgiving is almost here. Ideally, this holiday should be about more than turkey, football, Black Friday and Cyber Monday. After all, the idea behind Thanksgiving is to share what we have with our loved ones. But if you want your family to take part in your abundance, you will want to look beyond one day in November. To help ensure you leave the type of legacy you desire, you will need to follow a detailed plan

of action, including these steps:

- Review your estate plans. If you haven't done so already, take this opportunity to review your plans for managing your estate – and if you haven't yet drawn them up, it's never too soon to start. You may want to work with a legal professional to create a will, living trust and other documents essential to your plan.

- Preserve your financial independence. If your financial independence were to be jeopardized, your adult children might be forced to use their own resources to help support you – an outcome you obviously would never want. How can you protect yourself and your financial assets? For one thing, it's a good idea to work with your legal professional to create a power of attorney, which would enable someone – possibly a grown child – to make financial decisions for you, should you become incapacitated. Also, you may want to guard yourself against the devastating costs of long-term care, such as an extended

nursing home stay. Consider this: The average annual cost for a private room in a nursing home is more than \$97,000, according to a survey by the insurance company Genworth. Furthermore, Medicare typically pays very little for these expenses. Consequently, you may want to consider protecting yourself in advance by purchasing long-term care insurance or permanent life insurance with a long-term care provision. A financial professional can help you evaluate your options and recommend which ones might be appropriate for your needs.

- Share your wishes with your family. It can take some time to put your plans in place – and, even then, you may need to make changes periodically, based on altered circumstances in your life, such as changes in your marital status, new family members, new property, etc. In any case, as your estate- and legacy-based plans evolve, you'll want to communicate them to your family – because, by doing so, you can help spare them

some potentially unpleasant surprises when it's time to settle your estate. Also, by making your wishes known to your family far ahead of when any action needs to be taken, you'll help prepare the right people for the roles you wish them to assume – power of attorney, executor of your estate, and so on. You'll also want to acquaint your family with the legal, tax and financial professionals you've selected to work on your estate and legacy plans. By introducing these professionals early on, you can provide your family members with a greater degree of confidence in the overall estate-planning process.

Thanksgiving goes by in a blur. But by taking the steps described above, along with others, you can demonstrate the spirit of sharing with your family for years – and possibly generations – to come.

Please contact Ernest Martinez at 210-354-4915 if you have any questions.

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Edward Jones
 MAKING SENSE OF INVESTING

Prayers For Brady

Boerne Fire Department has deployed one Firefighter/Paramedic (Brady Constatine) through TIFMAS (Texas Intrastate Fire Mutual Aid System) to California. The firefighter is filling a seat on the Grey Forests Engine. Other departments sending apparatus and personnel are San Antonio Fire Department, District 7, Schertz Fire Department and Grey Forest Fire.



El Desarrollo de Una Nacion en Funcion del Tiempo

Por Dr. Abel J. Navarro

Todos los gobiernos tratan de desarrollar su país, aprovechando sus recursos naturales y humanos y creando una estructura económica que le permita generar empleo, retener el empleo y tener una base impositiva que le permita dinamizar el proceso. Sin embargo un factor importante es el tiempo en que se pueden realizar sus proyectos, de acuerdo a sus recursos y prioridades que fijen sus dirigentes.

El tiempo es una dimensión que está unido a todos nosotros y que tiene un límite, pero no al país físicamente hablando.

Por eso es muy importante tener una visión de largo plazo y pensar en lo que podemos realizar en el corto plazo, con el objetivo de lograr lo que nos proponemos.

Un gobierno tiene muy poco tiempo para transformar un país. Se requiere que sus recursos humanos trabajen a una alta productividad y con la mejor tecnología disponible. Pero también se necesitan concientizar a la población de los valores de honestidad, conocimiento y habilidad para desarrollar un trabajo, precisión en lo que realiza, trabajo en equipo y utilizar el tiempo en todo aquello que le de valor agregado en lo que se

produce.

La organización del gobierno es muy importante, porque a través de ella se pueden lograr los objetivos y metas del desarrollo en el corto tiempo de su gestión.



dedican a ello. Los productos y los servicios se vuelven obsoletos muy rápidamente. Tiene una vida útil muy limitada, como es nuestra propia existencia. El tiempo lo cambia todo.

Cuando se promete algo, hay que calificarlo y cuantificarlos en el tiempo. Una regla muy sencilla, pero a veces difícil de aplicarla.

Todos los objetivos que tenemos son ideales, pero

Todos los proyectos para solucionar problemas de pobreza, bienestar y nivel de vida de sus habitantes requieren de tiempo, porque es un problema dual: por un lado está la asignación de recursos que se enfocan a esta tarea y por otro lado está el nivel educativo que se requiere para que la población cambie su actitud ante la vida, en el poco tiempo de su existencia.

La educación es un proceso formativo que se vive día a día. No es suficiente lo que aprendemos en la Escuela y en las Universidades. Todo cambia con los avances de la Ciencia y Tecnología que se genera por los recursos humanos que se

tenemos que convertirlos en metas reales a base de reflexionar en los recursos con que contamos y con la prioridad que determinamos en función de las necesidades de los grupos que se verán afectados con nuestras decisiones.

Criticar un gobierno no tiene sentido, si no participamos y contribuimos en forma productiva al desarrollo de nuestro país. Tener conciencia en lo anterior es el primer paso para lograr una gran nación.



RESERVE LA FECHA

..... *Haga plan para asistir*

LA SESIÓN PÚBLICA
DEL CONSEJO DIRECTIVO DE CPS ENERGY

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27 de noviembre de 2018
Villita Assembly Building
401 Villita Street

Estacionamiento gratuito en Navarro Street Garage, 126 Navarro

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5 - 6 p.m.	Regístrese para hablar
5 - 6 p.m.	Evento "FALL" INTO SAVINGS
	Reciba consejos y descubra programas
6 - 8:30 p.m.	Sesión Pública

The Hidden Tribes of America

America has never felt so divided. Bitter debates that were once confined to Congressional hearings and cable TV have now found their way into every part of our lives, from our Facebook feeds to the family dinner table. But most Americans are tired of this “us-versus-them” mindset and are eager to find common ground. This is the message we’ve heard from more than 8,000 Americans in one of our country’s largest-ever studies of polarization: We hold dissimilar views on many issues. However, more than three in four Americans also believe that our differences aren’t so great that we can’t work together.

A range of major issues split the country in a recent poll called More in Common (2018). Which do you agree with more?

On the topic of sexual harassment, 49% of people polled said sexual harassment is commonplace while 51% said nowadays, too many ordinary behaviors are labelled as sexual harassment.

On the topic of White privilege, 48% of people polled said Nowadays white people do not have any real advantages over others while 52% said many white people today don’t recognize the real advantages they have.

On the topic of Islamophobia, 51% said many people nowadays are too sensitive to how Muslims are treated while 49% said many people nowadays don’t take discrimination against Muslims seriously enough,

On the topic of Immigration impact, 49% said Immigration nowadays is bad for America, costing the welfare system and using resources that could be spent on Americans while 51% said Immigration is good for America, helping sectors of our economy to be more successful and competitive.

Our research concludes that we have become a set of



tribes, with different codes, values, and even facts. In our public debates, it seems that we no longer just disagree, we actually reject each other’s premises and doubt each other’s motives. We question each other’s character and block our ears to diverse perspectives. At home, polarization is souring personal relationships, ruining Thanksgiving dinners, and driving families apart.

We are experiencing these divisions in our workplaces, neighborhood groups, even our places of worship. In the media, pundits score

points, mock opponents, and talk over each other. On the Internet, social media has become a hotbed of outrage, takedowns, and cruelty—often targeting total strangers.

But this can change. A majority of Americans, whom we’ve called the “Exhausted Majority,” are fed up by America’s polarization. They know we have more in common than that which divides

us: our belief in freedom, equality, and the pursuit of the American dream. They share a deep sense of gratitude that they are citizens of the United States. They want to move past our differences.

Turning the tide of tribalism is possible—but it won’t be easy. Americans have real differences and real disagreements with each other. We must be able to listen to each other to understand those differences and find common ground. That’s the focus of the Hidden Tribes project: to understand better what is pulling us apart, and

find what can bring us back together.

The report that you can download at https://hidden-tribes.us/pdf/hidden_tribes_report.pdf is the first part of More in Common’s year-long Hidden Tribes project to understand our polarization and study what can reunite our fractured communities.

Today’s polarization reflects a perfect storm: Un-

ing, and we no longer seem to have each other’s backs. Everyone appears to have a varying version of world events, and it feels harder than ever to sort fact from fiction. Our news feeds seem to just echo our own views, and when people post alternative opinions they are often attacked by angry mobs. We don’t seem to disagree anymore without perceiving another person’s views as stupid, wrong or even evil. We’re being played off each other; and told to see each other as threats and enemies, not Americans just like us but with separate experiences and views. The loudest and most extreme voices get heard, and others just feel like tuning out altogether.

Nobody wants simply to turn the clocks back, because there was a lot that wasn’t right about the world of the past. Today, we seem more fractured and fragment-

ed than anyone can remember. Instead of helping us find solutions to move us all forward, politics is driving us apart.

When people don’t understand each other, they can’t converse or find common ground. Yet somehow, if we could only press a “reset” button, it feels like things could be different and we could move forward together as a country.

To continue the conversation, please visit <https://hiddentribes.us/>.

settling changes in our economy and society have left many Americans feeling like strangers in their own land. Old certainties are gone. The secure job, the growing wage, and the safety of neighborhood life where everyone knew each other—these all feel like relics of a bygone era. It feels as though hard work is no longer rewarded, and the gap between rich and poor widens every year.

Many Americans wonder who and what they can still trust. The institutions that once bound us are disappear-

SPORTS

MLB Selects 2018 Rookies of the Year

By Jessica Duran

The Major League Baseball has selected Braves' outfielder Ronald Acuna Jr. as the National League Rookie of the Year and Angels' pitcher Shohei Ohtani as the

American League Rookie of the Year.

Ohtani is just the 4th Japanese-born player to be named rookie of the year. Ohtani has been battling a number of injuries this year and was

expected to have Tommy-John surgery on his right elbow, which is his pitching arm, earlier in the season but ultimately waited until the end of September. The 24 year old rookie will miss the 2019 season and won't be expected to be anywhere near the pitcher's mound until 2020 as he recovers from surgery.

Ohtani nicknamed "Shotime" pitched 10 games and finished with a 4-2 record pitching, an impressive 3.31 era with 63 strikeouts for the year. More impressively, he batted this year with a

.285 batting average and finished the year with 93 hits and earned 59 runs.

The Venezuelan born outfielder Acuna Jr. also had an impressive season. He finished the year with a batting average of .293, 127 hits, 78 earned runs, 26 home runs, and brought in 64 RBI's. Acuna Jr. also managed to snag 16 stolen bases and finished with a fielding percentage of .974.



Baseball runs in Acuna's blood as his father and grandfather both played in the minor leagues. His uncle Jose Escobar played for the Cleveland Indians and he currently has four cousins playing baseball as well.



Saints Marching Towards Another Super Bowl Run

By Jessica Duran

On game day in the city of New Orleans, "When the Saints Go Marching" can be heard all round the French Quarter, that's exactly what the Saints football team is doing, marching to another Super Bowl appearance.

The 8-1 Saints are the hottest team in the NFL with future hall of fame quarterback Drew Brees leading the way once again. Brees is having a historic season breaking Brett Favre's All-time completion record of 6,300 completions and passed Brett Favre in All-time passing

touchdowns to become second on the list behind Peyton Manning. He now needs just 42 touchdowns to surpass Manning.

The Saints have the number one ranked offense in the league and score an average of 36.7 points per game and averaging 413.9 total yards per game. With the signing of former Seattle Seahawks wide receiver Brandon Marshall, Marshall provides a solid replacement for the injured Dez Bryant and provides relief for running back Alvin Kamara and wide receiver Michael Thomas.

But to get to another Super Bowl appearance in February scheduled in Atlanta, they'll need to shape up their defense. Their defense is ranked 23rd in the league and gives 25.8 points a game and give up over 376 total scrimmage yards a game. A big advantage for the Saints is that the last two games of their season are home games. They face division rivals Carolina Panthers in week 15 in Carolina, then host the Pittsburgh Steelers and then finish off the year



hosting Carolina in their second matchup and final game of the season.

The NFC is a tough offensive conference. If they

fix the defense, this might be an easy Super Bowl drive for Drew Brees and the Big Easy.

Our Favorite Super Hero Dies at 95

American comic book writer, editor, publisher and former president of Marvel Comics, Stan Lee, died Monday at the age of 95.

Stan Lee gave us over six decades of work like The Incredible Hulk and The Amazing Spider-Man — superheroes we could identify with, characters that allowed us to suspend our disbelief because they reacted to bizarre situations like you or I might.

In a 1998 interview, Lee told me, “Before Marvel started, any superhero might be walking down the street and see a 12-foot-tall monster coming toward him with purple skin and eight arms breathing fire, and the character would have said something like, ‘Oh! There’s a monster from another world, I better catch him before he destroys the city.’ Now, if one of our Marvel characters saw the same monster, I’d like to think Spider-Man would say, ‘Who’s the nut in the Halloween get-up? I wonder what he’s advertising?’”

Robert Scott, owner of Comickaze, a San Diego comic book store, says Lee put the human in superhuman.

“He would talk about prejudice, racism,” Scott says. “I mean the X-Men, here was a group of people who were only trying to do good things and only trying to help and they were constantly ostracized by being mutants.”

For Lee, having compelling, thought-provoking subject matter was crucial to his

business.

“The person viewing the cartoon or reading the book should have something to think about, not just look at mindless pages of running around,” Lee said.

Born Stanley Lieber in New York City in 1922, he took the pseudonym Stan Lee in order to save his real name for more literary pursuits. But those pursuits never came. Instead, Lee devoted more than six decades to the comics industry, co-creating Spider-Man, Black Panther, the Fantastic Four, the X-Men, Iron Man and Daredevil. In 1970, he successfully challenged the restrictive Comics Code Authority with a story about



Credit: https://www.independent.co.uk/news/long_reads/stan-lee-marvel-comics-spiderman-x-men-black-panther-a8307751.html

drug abuse in Spider-Man.

But Lee also injected a sense of self-doubt in his characters.

That was the revolution that Stan Lee did,” says David Goyer, who adapted the Marvel character Blade for the screen. “He was the first one to create, with Spider-Man, superheroes who doubted themselves, who



were tormented, who were unhappy.”

The increased complexity of Marvel’s characters broadened their appeal to older audiences. Lee, always a savvy businessman, spearheaded the expansion

of Marvel

Comics from a division within a publishing house to a large multimedia corporation.

Lee’s larger vision was to create a shared Marvel universe in which characters from one series would crossover into another. He cited one example at a 2008 fan convention: “There was

one I loved, I think it was the Fantastic Four, and they were at a ball game at Yankee Stadium and there were a lot of press photographers there. So I told [comic book artist] Jack Kirby to draw Peter Parker in the background with a camera. And we made no mention of it, he was just in the panel, and we got about a million letters saying, ‘We saw Peter Parker at the game. That’s terrific.’ And it made it seem like these were real characters who live in the same world and occasionally they get together. And that was something I got a big kick out of.”

Lee built a sense of community between fans and creators. He engaged readers through his column, Stan’s Soapbox, and often signed off on his letters to fans with the catch-phrase “ ‘Nuff said.” And he became as recognizable as his superheroes through his many cameos on TV and in movies.

After entering the comics industry as a teenager and helping to move the medium to mature and expand, Lee’s impact on comics was recog-

nized with numerous awards including the American National Medal of Arts in 2008.

By giving us superheroes that proved all too human, Lee has assured himself a permanent place in pop culture.



Solo un Pensamiento:

“¡Los Buenos Viejos Tiempos!”



Steve Walker is a Vietnam Veteran, former Justice of the Peace and Journalist

Por Steve Walker

Muchas veces los viejos nos ponemos nostálgicos y anhelamos los “buenos viejos tiempos”.

Como alguien que sobrevivió a un ataque al corazón no asustó menos en mi cumpleaños número 69, eso llamó mi atención. No es lo que tenía en mente para mi cumpleaños. (ahora 72) Ese “incidente” definitivamente me da un fuerte deseo de volver continuamente a los viejos tiempos. Afortunadamente, el médico en ese momento me dio un buen estado de salud hasta donde llega mi corazón.



Luego fue un médico tras otro y, finalmente, en noviembre, un neurocirujano no me dio el mismo pronóstico. Ese día (2 de noviembre de 2015) me informó que tenía tres opciones: morir, estar paralizado o esa cirugía de viernes. Obviamente, me hice una cirugía. Ese viernes, 6 de noviembre, pasó tres horas y media limpiando mi columna por una hernia de disco. Definitivamente tengo un fuerte deseo de revivir los días de antaño.

Esos recuerdos pasados de la juventud son los buenos momentos en que la vida parecía más fácil, menos complicada y mucho menos costosa. Para algunos de nosotros, los buenos tiempos pasaron hace más de 50 años, lo que parece ser para las generaciones más jóvenes como el pasado lejano o la historia antigua. A veces incluso nos referimos a nosotros mismos como “dinosaurios”.

En 1970 fui asignado a Viet Nam por un año. Sobreviví gracias al Señor, pero luego descubrí que mi compañero y compañero Miguel Najjar

en la Escuela Católica de St. Gregory fue asesinado en el cumplimiento del deber casi al mismo tiempo que yo estaba allí. Durante la Tormenta del Desierto durante 6 meses en el Pentágono, visité el Muro de Viet Nam en D.C. y vi su nombre en el muro. Jugamos en la liga pequeña y su padre era el entrenador. Estupendo chico.

Habiendo crecido en los años 50 y 60, mis contemporáneos han experimentado un cambio radical en el estilo de vida y los precios se dispararon por las cosas que dimos por sentado “en el pasado”.

Avancé a 1981/82 cuando fui presidente de la Cámara de Comercio Junior ayudando a personas menos afortunadas. Mi compañero de cuarto en ese momento era Oscar Zaldivar. Él fue el primer hispano en ser elegido presidente de JC el año anterior a mí.

Después de mí también elegimos al primer presidente negro. Irónicamente, uno de los miembros le dijo a nuestro grupo que me elegirían para un cargo más alto cuando un hombre negro fuera presidente. ¡Sombras de profecía cuando fui elegido juez el mismo año (2008) cuando Barack Obama fue elegido presidente!

Casi al mismo tiempo (81-82) cuando Henry Cisneros corrió para alcalde, los estudiantes de mi gobierno en La Memorial ayudaron a rellenar sobres y pusieron carteles para él. Regresar en el día me da buenos recuerdos y no tan buenos recuerdos.

Estaba tan emocionada que me aceptaron en Central



Catholic High School. ¡Dos semanas antes de asistir, mi padre me informó que nos mudábamos a Massachusetts! Henry habría sido mi compañero de clase junto con Sonny Melendrez, el juez John Longoria (año por delante) los hermanos Velásquez, Ralph y Willie y algunos más. Eso no es un paseo agradable por el camino de la memoria.

Si usted es una persona mayor ahora como yo, buscamos descuentos. Recuerdo “Back in the Day” cuando era un adolescente que iba al centro cuando tenía 14 años para ver una película. Subiría al mostrador para obtener un

boleto y me diría que tenía 12 años. ¡Me creyeron y obtuve el precio por niño! Traté de estirarlo a 16, pero para entonces no lo habían comprado.

Ahora que soy anciano y un “hombre de mi edad” todavía puedo caminar por el camino de los recuerdos, aunque a veces se vuelve un poco confuso. Supongo que será mejor que escriba un libro sobre mis recuerdos. Si no, lo olvidaré.

Sí, para mí y para muchos de mi generación, esos fueron los viejos tiempos. Ahora que estoy en el estatus de senior, tal vez debería referirme a ellos como esos “¡buenos jóvenes tiempos!”



CAST Med High School Parent Information Session



Come learn more about San Antonio's newest career-focused high school, CAST Med, opening August 2019 for 9th graders!

During the session, parents will get to meet Principal Dr. Eddie Rodriguez and get an overview about the school, including:

- The school's mission
- Pathways offered
- Student and parent expectations
- Educational learning opportunities
- Transportation information
- Information on how to apply

The presentation will be done in both English & Spanish.

Embassy Suites by Hilton San Antonio Brooks Hotel & Spa, 7610 South New Braunfels

**Tuesday, Nov. 27th
from 6 p.m. – 7 p.m.**

For more information, please contact (210) 554-2660

CASTschools.com



Do Latinos Have Reasons to Distrust Democrats?

By Bob Dane

Syndicated columnist Ruben Navarrette is about as liberal on immigration policy as any garden-variety Democrat. So it's newsworthy when he says Democrats are taking Latino support for granted.

A self-proclaimed "Never Trumper," Navarrette wrote last week that he now understands where "Latinos for Trump" are coming from.

"They have a front-row seat not

just to the pain of deportations, but also to how many immigrants commit crimes, or abuse social services," Navarrette stated.

The columnist says too many Democratic candidates have an outreach strategy that can be summed up in six words: "Vote for us. We're not Republicans."

Whether he's onto something in these midterm elections, or just whistling Dixie, Navarrette raises a legitimate point about

panic voters that most mainstream media outlets refuse to acknowledge.

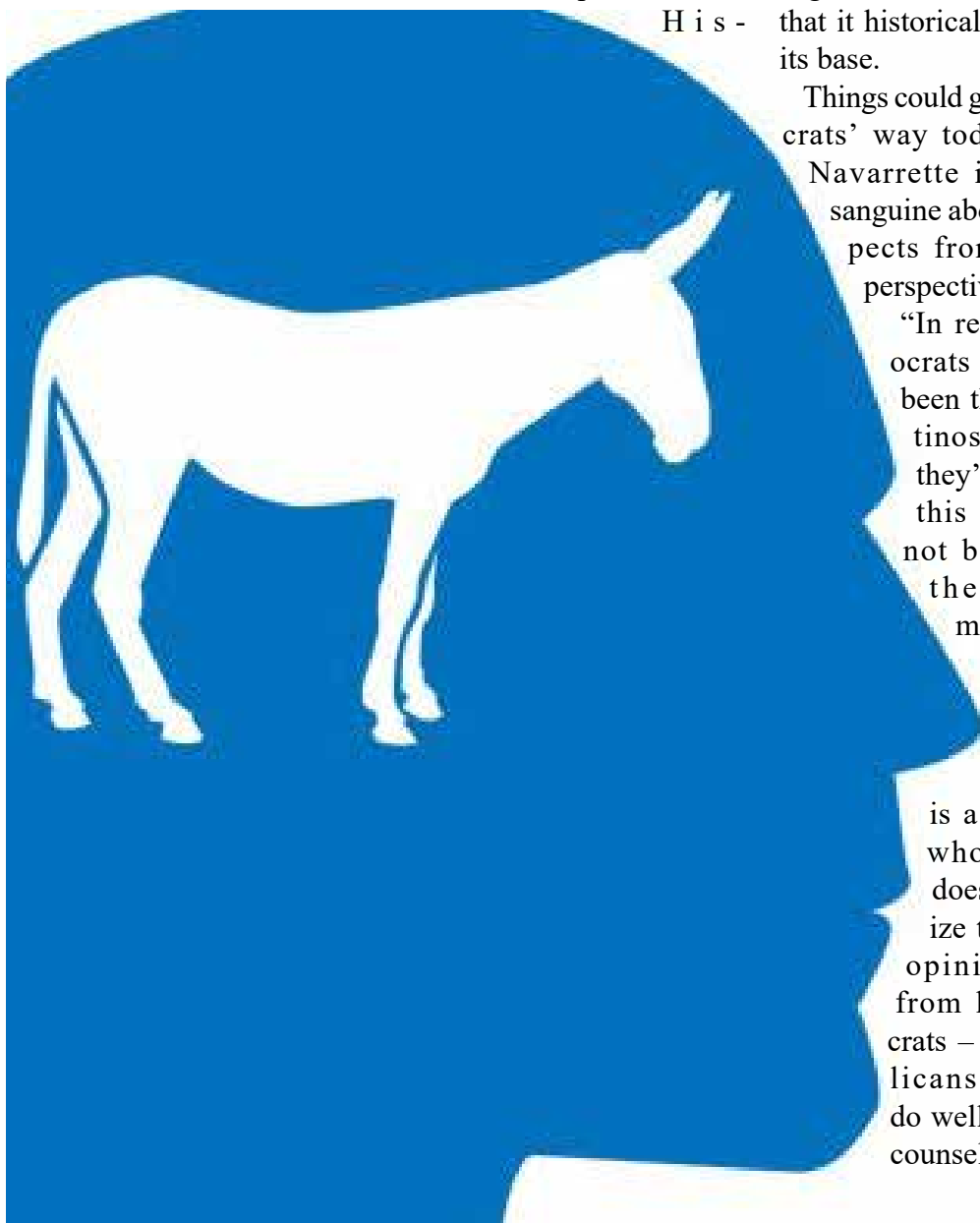
How else to explain that in a state like Texas, where 40 percent of the population is Hispanic, Democrats haven't won a statewide election since 1994?

The Party of Jefferson and Jackson may rationalize that voter turnout among Latinos has been anemic. Yet that's merely a symptom of a party failing to motivate a growing segment of the electorate that it historically claims as its base.

Things could go the Democrats' way today, though Navarrette is far from sanguine about the prospects from a Latino perspective.

"In reality, Democrats have never been there for Latinos. And now they're surprised this group may not be there for them in the midterm elections?" he muses.

Navarrette is a decent guy who generally doesn't demonize those whose opinions differ from his. Democrats — and Republicans — would do well to heed his counsel here.



You're Invited: Dance Classes

Please join us for fitness and fun as we learn a variety of easy dances from the U.S. and around the world. We'll enjoy line dances, circle dances and other traditional formations. Some of the music will be familiar, and some will be unusual with fascinating rhythms.

Partners are not necessary! Just wear comfortable, supportive shoes that stay on your feet (no flip-flops, sandals or stiletto heels). Athletic shoes with a smooth sole are also fine. Invite your friends—the more, the merrier!

Location: YWCA San Antonio, 503 Castrovilla Road
San Antonio, TX 78237

Time: 9 – 10 a.m. (all dates)

Dates:

October 26, 2018	May 24, 2019
November 30, 2018	June 28, 2019
December 21, 2018	July 26, 2019
January 25, 2019	August 23, 2019
February 22, 2019	September 27, 2019
March 22, 2019	October 25, 2019
April 19, 2019	

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Questions? Contact the YWCA San Antonio at 210-433-9922 (TTY: 711) from 7 a.m. to 6 p.m., Monday through Friday.

Allwell is contracted with Medicare for HMO, HMO SNP and PPO plans, and with some state Medicaid programs. Enrollment in Allwell depends on contract renewal.

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NON-PROFIT HIGHLIGHT

16th Festival of Puerto Rico in San Antonio Slated

Sunday, November 18

The Puerto Rican Heritage Society will host its sixteenth Festival de Puerto Rico in San Antonio today at the San Antonio Shrine Auditorium, featuring performances from local and international musicians and performers including Victoria Sanabria, directly from Puerto Rico. The Festival is an official SA 300 Tricentennial event.

The Festival offers six hours full of fun and entertainment in a family-friendly environment where the audience will share in the traditional aspects of the Puerto Rican culture of cuisine, arts & crafts and energy packed music.

“For 30 years, the Puerto Rican Heritage Society

has held this event,” said Belinda Vazquez, 2018 Festival chair.

“Now more than ever, as we are still recovering from Hurricane Maria’s devastating effects on the Island, the Festival is a way of coming together,” added Vazquez. This year, the Puerto Rico Relief Information and Fundraising Zone was created to show how the local SA community united and provided relief to the victims

In addition to the continuous performance on two stages, festival goers will be able to experience authentic Puerto Rican cuisine. The featured artist on the main stage is Victoria Sanabria, arriving directly from Puer-

to Rico just for this event.

A Kids Zone set up with all children in mind will exhibit and share Puerto Rican children’s games, plus hands-on arts and crafts and dances.

The Festival doors open at 12 noon and close at 6:00 p.m. General admission fee is \$20 at the door for adults; \$18 in advance. Purchase tickets online at <https://www.eventbrite.com/e/16to-festival-de-puerto-rico-en-san-antonio-tickets-49098240158>; children 6-12 years old \$8.00 ; and, free for children 5 and under. One third of the proceeds goes directly to the Hector Mendez Scholarship Fund.



About PRHS:

Puerto Rican Heritage Society (Sociedad Herencia Puertorriqueña) has been organizing Festivals since 1988! It is a 501(c) 3 tax-exempt non-profit organization founded in 1984 with the purpose of preserving and promoting the culture and traditions of Puerto Rico in San Antonio. We promote education by offering scholarships to high school graduates.

Furthermore, we participate in community endeavors, embracing and fostering diversity within the city of San Antonio. www.CoquiSA.org

Contact:

Olga Mayoral Wilson, Communication Chair
787-306-0448
@olgamwilson
Twitter: @coquisa210
www.CoquiSA.org



Back by popular demand Las Hijas de Boriken, a folkloric dance troupe composed of nine professional women residing in Houston, will delight Festival goers. (Photo credit: Provided by Las Hijas de Boriken.)



16th Festival de Puerto Rico in San Antonio Commemorative poster by Puerto Rican artist Lucy Llera who was inspired by Puerto Rico’s rebirth after the 2017 devastating hurricane Cat. 5 “Maria.” (Photo: Lucy Llera)



Featured artist, Victoria Sanabria, known as “The Queen of Trova Improvizacion,” will interpret the Decima Puertorriqueña or folk countryside music with salsa and plena creating a musical fusion of Puerto Rican culture and everyday life. (Photo credit: Victoria Sanabria.)

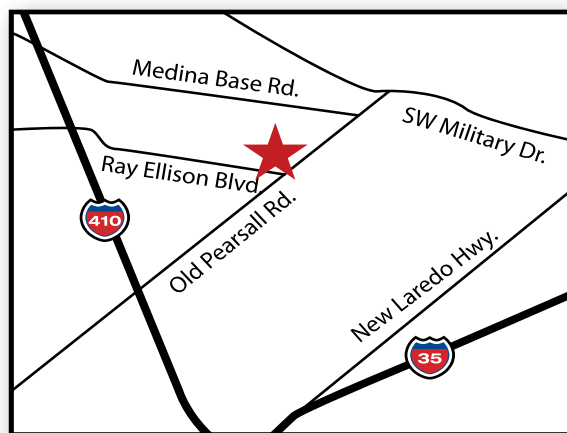
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