LAPRENSA TEXAS

SAN ANTONIO'S HISPANIC FAMILY OWNED NEWSPAPER



Mes de la Historia de la Mujer

Judy Baca:
Artists on the
International Stage

Non-Profit Highlight Girls Inc.

Medios Digitales El Mundo de las Redes Sociales Hello Tallulah
San Antonio's
Colorful, Retro
Boutique Paradise

Chicana Movidas Book Release

By Dr. Ricardo Romo

By R.Eguia

Por Dr. Ricardo Romo

By Isa Fernández

By R.Eguia

<u>A PRENSATE</u>

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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CORPORATION

The mission of the Westside Development Corporation (WDC) is to foster economic development, promote the development and redevelopment of real estate within its target area, create viable urban communities, and preserve the character, culture and history of the Westside.

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

Leonard Rodriguez President /CEO leonard@westsidedevcorp.com

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Let's Talk About it...

Facebook

By Yvette Tello

I am so grateful for Facebook. I have been able to keep up with friends, family and business associates. The world of social media has expanded business marketing. It has changed everything we do and how we do it. I just had a friend tell me her marriage is over; it's Facebook's fault. Has Facebook affected your marriage or your relationship? How has social media changed your life? Let's talk about it...

Yvette Elizabeth:

"Your friend may not see it now but besides social media and old friends, the light will shine and she will realize there were more reasons why the marriage ended. I didn't see it then either. Now I see how unhealthy, unhappy our marriage was and how unhappy I was. I am so much better off. I found myself again. Enjoy life! The grass isn't always greener! Like stepdaughter says, he left luxury for crack. That right there makes me feel good."

Rebecca Perez:

"Facebook is not the cause of their marriage ending.

is the cause of the marriage ending by making the choices he has made."

Joann Laque:

"I once saw a post of a lady looking for an old boyfriend. He was a good guy but she was not ready to settle down. So after 15 years, she found him on Facebook. He was married and had a family. Long story short, he reunited with her and left his family. Go figure."

Rosie Gonzalez:

"You can stand at the "mic" and send out a message to the masses (free), but you cannot believe what you see or read. ... corroboration is needed on almost all non-personal posts and lots of personal posts from individuals posing as someone they are not, living lives they do not live."

Leonor Abell:

"I get to stay close to my family from out of town."

Carmen Madariaga:

" As a PRO-LIFE activist social media has accelerated my ability to research, fact check, and collect data. It has also broadened my ability to

Facebook is an excuse. He reach a larger group of women seeking to advise, support, and help referrals. As well as connecting me with many like-minded groups. Social media, like most things in life can be used for good or bad. It can be a tool or a weapon. It's all up to the integrity, and motive of the user.

Beverly Brooks:

"I think it's a great platform, like you said, to stay in touch with people that you otherwise may not "see" regularly. However, all too often we fail to remember that people are only posting what they want others to see. That leads many people to constantly compare themselves with these personas that aren't real and/or they aren't the whole picture. One could argue that it is part of the increase in mental disorders like depression and anxiety along with an increase in (online) bullyingthough that's a whole other can of worms. To answer your question, you already know this from me, I love social media- but for the purpose of entertainment. I'm glad I can make people laugh and like you, I'm glad that I feel connected to friends and

family, even if I'm just in the background watching. I just wish people wouldn't take it too seriously! I also wish that people would remember some etiquette- how we would treat people in real life (Golden Rules) should apply here. I don't constantly want others' opinions (not when they can't say so in a way that doesn't bash me). Sometimes it's as simple as it's MY page and I'm posting what I believe, agree with, find funny, disagree with, etc- it doesn't always mean I want an argument; nor does it mean I welcome unsolicited opinions. I can't post about liver and onions because everyone and their mother has to chime in on how gross they think it is (yes, as simple as what I had for lunch). Well, I wouldn't go to someone's house and tell them that, right? We've all seen instances where people literally lose friendships over politics because of this kind of entitlement. It's social media, no more, no less. I do my best to try to remember that. Anyway, there are my thoughts... That and a buck-oh-eight will get me a coke at McDonald's.

DAILY NEWS



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About the Cover Art:

The Great Wall of Los Angeles 1976 – Present

The cover features a snapshot of social activist, Luisa Moreno from the 1940's section of the Great Wall of Los Angeles. It is one of Los Angeles' true cultural landmarks and one of the country's most respected and largest monuments to inter-racial harmony. It is Venice California's Social and Public Art Resource Center's first public art project and its true signature piece. The Great Wall is a landmark pictorial representation of the history of ethnic peoples of California from prehistoric times to the 1950s, conceived by SPARC's artistic director and founder Judy Baca.

Begun in 1974 and completed over five summers, the Great Wall employed

over 400 youth and their families from diverse social and economic backgrounds working with artists, oral historians, ethnologists, scholars, and hundreds of community members.

Its half-mile length (2,754 ft) in the Tujunga Flood Control Channel of the San Fernando Valley with accompanying park and bike trail hosts thousands of visitors every year, providing a vibrant and lasting tribute to the working people of California who have truly shaped its history.

Moreno was a leader in the United States labor movement and a social activist. She unionized workers, led strikes, wrote pamphlets in English and Spanish, and convened the 1939 Congreso de Pueblos de Habla Española, the "first national Latino civil rights assembly", before returning to Guatemala in 1950.

In 1935, Moreno was hired by the American Federation of Labor (AFL) as a professional organizer.

She later joined the Congress of Industrial Organizations (CIO) and became a representative of the United Cannery, Agricultural, Packing, and Allied Workers of America (UCAPAWA), becoming the editor of its Spanish-language newspaper in 1940.

As UCAPAWA representative, she helped organize workers at pecanshelling plants in San An-



Luisa Moreno, born to a wealthy Guatemalan family, struck out on her own at a young age, eager to alter the world around her for the better. (National Museum of American History)

Read more: https://www.smithsonianmag.com

tonio and cannery workers in Los Angeles. There, she encouraged alliances between workers at different plants. Her leadership was of the type that empowered other workers, especially women, and she strongly encouraged women to take leadership roles in union organizations.



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MESDELAHISTORIA

Judy BacaArtists on the International Stage

By Dr. Ricardo Romo

There is much we can say about International Women's History Month. The International Women's Day website states that this event "is celebrated in many countries around the world. It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political." In this essay we will recognize Judy Baca, a muralist and painter noted

for her creativity and artistic brilliance, which has earned her a place on the international art scene.

When Judith Baca organized a small team of East Los Angeles gang members to help paint a mural in Hollenbeck Park in the summer of 1970, it may not have occurred to her that she was quietly launching an artistic revolution. The mural portraying her grandmother may well have been the earliest Chicano mural painted in America.

Over the next five years, Los Angeles became the Chicano mural capital of America following the completion of an extraordinary number of murals throughout the city. Hundreds of artists, most of whom called themselves Chicanos, engaged in creating public art, and as a result, the Eastside has never been artistically the

Baca grew up in Central Los Angeles and moved to Pacoima in the San Fernando Valley as a young child. In elementary school, she only spoke Spanish, but she improved her drawing skills when sent to the corner of the classroom for not speaking English. In a short time, she learned English and eventually earned two degrees from California State University, Northridge.

Baca has now been painting murals for nearly 50 years and described her passion as an effort "to produce artwork that has meaning beyond simple decorative values." But she also has a higher cause of using "public space to create public voice and consciousness about the presence of people who are



Judy Baca at her Studio in Venice, California. Photo by Dr.Ricardo Romo



Photo courtesy of Dr.Ricardo Romo



Judy Baca, Absolutely Chicana, 2008. Screenprint. Collection of the McNay Art Museum, Gift of Harriett and Ricardo Romo. © Judith F. Baca

DELAMUJER

often the majority of the population but who may not be represented in any visual way." As a young artist, Baca gravitated toward large mural undertakings. By 1975 she had completed several large murals measuring 400 feet in length and had directed the execution of more than 150 murals in the Los Angeles Murals project. Her big break came when she founded the Social and Public Arts Resource Center (SPARC) and went to work on The Great Wall.

The Great Wall project began in 1975 when the U.S. Corp of Engineers contracted SPARC to paint the long cement wall of the Tujunga Flood Control Channel. Baca had great ambitions and over the next twenty-five years, with the assistance of 400 volunteers and seasoned artists, SPARC completed more than a half mile or 2,754 feet of murals.

In determining the themes and images of The Great Wall, Baca consulted historians and community leaders. In the initial phase of the mural, artists painted the history of California from the Indigenous period to the 1950s. Some of the panels, such as the depiction of the 1943 "Zoot Suit Riots," stirred much controversy. In this instance, the mural portrays U.S. servicemen attack-



"Danza de la Tierra" 2009 Digital Print. Collection of the McNay Art Museum, Gift of Harriet and Ricardo Romo

ing Mexican American "zoot suiters" who were mostly young hipsters who dressed in gangster-style suits. These "zoot suiters" were beaten by the servicemen while the police looked on approvingly.

In explaining what she hopes to accomplish with her murals, Baca acknowledges an effort to reveal and reconcile "diverse peoples' struggles for their rights and affirm the connections of each community to that place."

As one of the leading Chicana muralists in the nation, Baca's expertise has taken her to many cities and countries. But what she valued most was the opportunity to teach young artists and conduct artistic research. Three campuses of the UC System gave her a platform to teach

and continue her artistic development. As a Full Professor of Chicano/a Studies and World Arts and Cultures Department since 1994, she has taught and conducted artistic projects at UCLA.

Several years ago we had the opportunity to visit the UCLA/SPARC Cesar Chavez Digital Mural lab in Venice, California. The SPARC offices and studios are located in a former jail building. The building houses excellent labs where students from UCLA learn the newest visual technologies. My wife Harriett, who was with me on this trip, admired the dozens of paintings and photos on the walls which gave the old Venice jail an artistic environment seldom seen in an American studio.

SPARC teachers offer state-of-the-art digital art design classes and utilize that technology to create billboard size murals. The new technology has enabled Baca and muralists working with SPARC to better preserve their mural images. The preservation is needed since the life of outdoor murals is short because they are painted on property that may change ownership, and they are affected by fading from exposure to weather and by vandalization. Art historians appreciate that while the murals may disappear, the images have been preserved.

To see works by Judy Baca, visit the Estampas Chicanas exhibit at the McNay Art Museum (January 17 to May 5).



By Leonard Rodriguez
This column highlights
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.



Ellen Ochoa

After being rejected by NASA Space Program in 1985, Ellen Ochoa resubmitted her application two more times before being hired in 1987. Swiftly moving through the ranks of NASA, Ochoa work as Chief of the Intelligent System Technology Branch at Moffett Field Naval Air Station in California before being chosen as a member of the astronaut class of 1990. Selected from the pool of 1,945 candidates, she became the first Latina in the space-shuttle program. In April 1993, Ochoa also became the first Latina to travel into space on the shuttle Discovery, where she released and later retrieved The \$ 6 million Spartan, a satellite designed to study the sun's corona and the velocity of the solar wind.

Mariachi Girl Stars Lucero Garcia at the Magik Theatre

By R.Eguia

Many women have made their mark in the performance arts. In San Antonio, girls go to places like the Magik theatre to begin their journey.

Like 14-year-old San Antonio actress, Lucero Garcia. She began acting at the age of 7 during The Magik Theatre's summer camps and classes.

She plays the role of Carmencita in the new show called Mariachi girl at the Magik Theatre.

"I fell in love with musical theatre. All I could think about was being on stage singing and dancing and performing for people and making them happy," said Garcia.

The Mariachi Girl audition was Garcia's first ever audition for a main stage production and she said it was extra nerve-wracking because she was the only young teen there.

Mariachi Girl follows a ten-year-old girl who dreams of being a mariachi singer like her father who clings to a long-held family tradition of maleonly mariachis. The story introduces the character to female teachers and musicians that inspire her to pursue her dreams.

She is excited to play this role and she advises other girls her age, "to not let anyone tell you what you



can and can't do and don't listen to people who speak negatively about what you do. If you love doing what you're doing then keep on doing it."

Being in 8th grade and doing a full-fledged theater production can be grueling but she is looking forward to learning more about the arts.

She will attend High School next year at the North East School of the Arts to study Musical Theatre.

Mariachi Girl is a bilingual production Garcia said," Being able to speak both languages is very exciting because it means that I'm able to meet and understand new people and make more friends."

Leading up to Fiesta, Mariachi Girl will show at The Magik Theatre March 22nd through

April 14th. On opening night on March 22 at 6:30 p.m families can Enjoy fun activities at the open-



ing performance including pre-concert entertainment provided by South San Antonio High School Mariachi Estrel-



las De Azul, who recently received 1st divisions at the Texas Association of Mariachi Educators competition.

NON-PROFIT HIGHLIGHT

Eureka! Applications Are Now Availble

Know a rising 8th grader who loves STEM?

By R.Eguia

The Eureka! Program is a five year commitment and integrates summer and school year experiences. Girls Inc. of San Antonio connects girls to the program at an early age and supports them all the way through high school graduation. In her first summer, your daughter will explore STEM, sports, and leadership development in a 4-week summer enrichment program, running from July 1-28 (excluding July 4-5). Girls Inc. of San Antonio has partnered with

St. Philip's College to provide your girl with a powerful summer experience. The Science and Math Summer Academy (SAMSA) Enrichment Program will take her through all components of STEM in a hands-on 3-week experience. Daily camp activities include hands-on lessons led by experienced instructors in a lab environment. Projects include the use of a variety of tools, concepts, and technology that enhance girls' knowledge and expose them to new ideas. During the school year, she will attend monthly learning sessions. By her fourth year of participating, your daughter will be placed in a STEM focused internship that enables her to practice all she has learned. In her final

years, she will be supported by Girls Inc. with applying to a college/university and accessing scholarships.

Eureka! funders such as USAA, Boeing, and Bank of America contribute approximately \$2,500 per girl per year. Families are expected to contribute a \$200 commitment fee each year. The fee can be paid in various ways (i.e. monthly, quarterly, lump sum, etc.). Girls Inc. is seeking girls who will benefit from building stronger relationships with peers and enjoy an intensive learning experience. The only requirement this year is









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Girls Inc. was founded in 1864 to serve girls and young women who were experiencing upheaval in the aftermath of the Civil War. Across the decades, they have adapted to meet the specific environmental challenges facing girls and young women, always working in partnership with schools and communities, and guided by our founders' fundamental belief in the inherent potential of each girl.

Girls Inc. of San Antonio is an affiliate of the national Girls Incorporated organization that was established locally in November 2004. With a mission to inspire all girls to be strong, smart, and bold, Girls Inc. of San Antonio helps girls age 6 to 18 overcome barriers that prohibit them from achieving their personal, educational, and career goals.

> GIRLS INC. OF SAN ANTONIO 118 N. Medina San Antonio, TX, 78207 info@girlsincsa.org 210.298.5860

Piratas Contra Mineros en la Final Abierta de Potranco

Indios vs. Highsox y Bobcats vs. Águilas Playoff Colt 45

Por Sendero Deportivo

Quedó definida la gran final en la Liga Abierta Potranco (2018-19), en la que el actual campeón Piratas de Sabinas dirigidos por Sergio De Luna y Mineros de Jesús Ramírez Sr., se enfrentaran luego de haber eliminado a sus respectivos rivales Broncos de Reynosa SA y Calaveras. Este domingo en el campo 1 del estadio Potranco (1 p.m.) se disputaran el primero de tres partidos por el campeonato.

"Lo que esperábamos llegar a defender el título contra un duro rival como lo es Mineros (primero de temporada). Broncos tuvo oportunidad de emparejar la serie pero, nuestro plan de juego se cumplió y ahora a defender el banderín", dijo De Luna (Piratas derrotó 9-1 a Broncos). "Tuvimos buen debut en la categoría abierta, nos clasificamos en segundo lugar. Deseo lo mejor a los finalistas Piratas y Mineros", comento Roberto Garza timonel de Broncos.

Mineros eliminó a Calaveras con pizarra de 9-0. En la categoría Veteranos, Cachorros sumó su tercer triunfo al hilo con pitcheo de Ernesto

Velázquez (La Chona), y salvamento de Freddy García (coach y jugador). "Vamos bien ganando el tercer partido del rol regular", dijo García.

Rieleros de Juan Sánchez apaleo 21-2 a Westsiders con victoria para Luis Alfonso (Chorejas) Velázquez. Broncos le ganó el clásico a Red Sox 15-10. En este partido debutó Maury Esparza, jugando la segunda y primera base conectando par de extra bases impulsando 2 anotaciones.

En el legendario estadio Colt 45 que es administrado por el gerente general Jaime Guerrero, se jugó partido decisivo entre Highsox del Marine, Eddy Rodríguez y Dodgers de Travis Torres, en el que Highsox se impuso 15-5 y se clasifico en el cuarto sitio para entrar a la postemporada.

Por Highsox detacó el lanzador Matt Harrell y su compañero Gentle Clay que le ayudó pegando cuadrangular con dos corredores en bases.

De acuerdo a Guerrero, los playoffs se jugaran a partir de este domingo 10 de marzo. A las 11 a.m. se miden Bobcats (No.2) y Águilas (No.3). A las 2 p.m. Indios de Nava que

dirigen Juan (Pachín) Martínez y Rudy Barrientez, se miden ante Highsox (No.4). "Se clasificaron los cuatro mejores equipos que estarán disputándose el campeonato. La liga Colt 45 felicita a sus respectivos directivos, jugadores, seguidores y familiares que los apoyaron durante la temporada", dijo Guerrero. En las fotos aparece Brayan Guerrero, capitán de Piratas, poniendo fuera (en tercera base) al corredor Brandon Palomo de Broncos, y una acción del partido Highsox vs. Dodgers. (Fotos Franco).









MUJER

Chicana Movidas

New Narratives Of Activism And Feminism In The Movement Era

By R. Eguia

Edited by Dionne Espinoza, María E. Cotera and Maylei Blackwell, Chicana Movidas is the first collection of scholarly essays and testimonios that focuses on Chicana organizing, activism and leadership in the movement years. This book contains contributions from a wide array of scholars and activists including leading Chicana feminists from the period. The essays in the book demonstrate how Chicanas enacted a new kind of politica at the intersection of race, class, gender and sexuality and developed innovative concepts to generate new theories, art, organizational

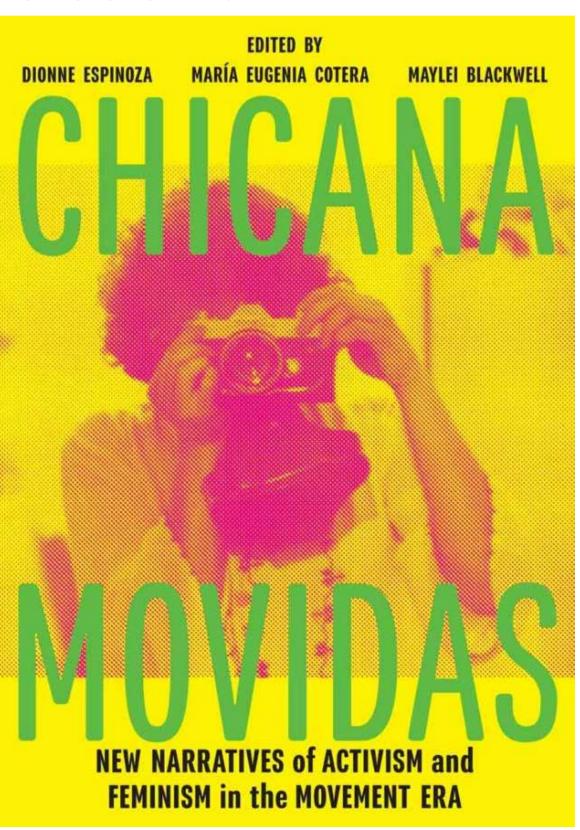
spaces and strategies of an alliance. Additionally, the technologies of resistance documented in the book bring together critical biographies of Chicana activists and their bodies of work. Charting the rise of a field of knowledge that crosses the boundaries of Chicano studies, feminist theory and queer theory. Chicana Movidas: New Narratives of Activism and Feminism in the Movement Era, offers a transgenerational perspective on the intellectual and political legacies of early Chicana feminism.

The book is available through UT Press for \$35.



Editors of the Chicana Movidas book gather for a round table discussion at the Esperanza Peace and Justice Center March 3

Photo by Norma E. Cantu



comfortable teal sofas and

chairs, where customers can

relax to views of moving

street traffic on Fredericks-

burg Rd. and see carefully

displayed ceramic teacups

in cabinets, record-shaped

cup coasters and a red ice

bucket (also for sale) that sit

on an end table. The dressing

room has a lavender sheath,

soft ceiling fan light and a

shag rug for your standing

comfort. There's a feminist-

motif bag hanging on the

wall prominently, which I

love seeing as a feminist

with a fondness for fashion

and makeup. We discuss that

style and feminism aren't

exclusive of each other,

agreeing that they are meth-

ods of self-expression for

everyone, men and women

alike. Kristina told me that

the store looks and feels

like her home and that she

hopes that "people find joy

when they come into her

boutique," which I truly did.

BUSINESS SPOTLIGHT

Hello Tallulah

San Antonio's Colorful, Retro Boutique Paradise

By Isa Fernández

Isa Fernández, MPA is a Legacy Corridor Business Alliance Program Manager at Westside Development Corporation, a freelance photographer and peace and justice advocate.

A pastel blast from the past – shades of bright pink, light yellow, turquoise, pale green, lavender and baby blue saturated the walls of vintage fashion boutique Hello Tallulah and music from the 50s and 60s filled the airwaves. Dresses from the era hung on the walls, on the racks and sat on tables along with pillbox, fedora and other styles of hats, bags, brooches, necklaces and other accessories. Shoes lined sections of floor, some so artful they were prominently displayed, such as pilgrimbuckled navy and dark red dress shoes with wooden heels. Monroe, Hepburn, Bogart and Bacall's movie posters covered the walls, alongside colorful local art and photography.

The shop's owner, Kristina Uriegas-Reyes, a San Antonio native, graduated from Incarnate Word High School and the University of Texas at Austin (where she studied writing), is as colorful as any item in her shop. A likeness of her emboldened with bright fuchsia hair, carrying Tallulah the pup (the store's namesake), graces stickers, pillows and other advertising, demonstrating the importance and outright

acceptance of self-branding. The seven years she spent in Brooklyn, New York writing for NPR, Conde Nast, BUST magazine ("Fierce. Funny. Feminist. News") and other online publications delivering fashion, beauty and lifestyle content

feel comfortable expressing themselves through fashion." Her own influences include sixties icons Ronnie Spector of the Ronettes and That Girl Marlo Thomas. When I met her, she was wearing a 1950s-themed poodle skirt decorated with carou-

where you can get retro hair and makeup makeovers featuring the work of local hairdressers and makeup artists while enjoying the cupcakes of local bakers who provide artisan cupcakes for you to sample while you are

> The vintage boutique arena is a relatively small one, Uriegas-Reyes tells me, so it's important to stay engaged with peers and the business community at large. As a Latina business owner, she is particularly engaged in San

er Hour" networking events. The social media presence, networking, customer events and unique nature of Hello Tallulah has paid off. The boutique was recently included in the local "Best of City" publication and Kristina is a frequently featured guest on the morning "SA Live" show where she has provided fun segments such as dressing to "Celebrate the Royal Wedding" and "Step Into a Time Machine to any Decade to Find a Halloween Costume" which advertise Hello Tallulah, which recently celebrated its first year in business.

The shop is decorated with

year include "sleep-overs" transformed into an another-era version of yourself.

Antonio's "Girl Pow-

And the music that provides the backdrop to the pastel paradise? It wasn't the 103.7 AM adult standards and easy listening I guessed it was it's her one of a kind mix of distinctive era 50s, 60s and 70s, which is the style every customer can expect to leave with after visiting Hello Tallulah. 1912 Fredericksburg Rd. San Antonio, Texas 78201 https://www.hellotallulah.



regularly helped inform the changing goods and services referenced in Hello Tallulah's adjoining blog, "Twee Valley High," which gives prospective buyers clothing, cosmetic, fashion and lifestyle content routinely.

Her work as a plus-size model for Gwynnie Bee, the online clothing subscription service whose aim is to help customers rediscover the fun of fashion, ensures that Kristina is an expert at helping customers to find flattering, stand-out styles for everyday wear or special occasions that are concurrently retro and cuttingedge. She "wants people to

es, coats, shoes, brooches (I bought a crocodile that I found on one of my heroes' birthdays – "Crocodile Hunter" Steve Irwin), pendants, necklaces, accessories like a gold butterfly belt buckle and even risqué Betty Page-ish fabric appliques. Every item is unique, mostly procured at estate sales or provided by customers who reach out. Some are new, like hair pomade, lipsticks, lip scrubs, highlighters, nail polish, soaps and face masks. Special events throughout the

sel horses, a fuchsia ruffled

blouse with rose pin and

saddle shoes. The boutique

sells everything from dress-

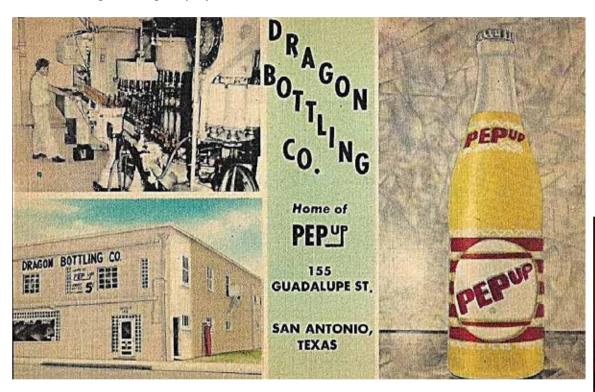
com/

COLLECTION PALOMERA

Dragon Bottling Co.

155 Guadalupe Street at South Laredo

The Dragon Bottling Company, which was owned by Herlinda Morales Rodriguez known as the "Dragon Lady", was located on the southeast corner of Guadalupe Street at S. Laredo. The company manufactured Dragon and PEP-UP sodas, which sold for a nickel. By 1939, the Dragon Bottling Co. was one of the most prosperous companies owned by a Mexican-American in the State of Texas. Herlinda Morales Rodriguez also sponsored the Dragon Bottlers Baseball Team, a Mexican-American team which won the City and South Texas Championships in 1938. The Dragon Bottling Company closed in 1962.







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THIS DAY IN LA PRENSA HISTORY







EVENTOS ESPECIALES

Los Spurs le Respondieron a su Legión de Seguidores

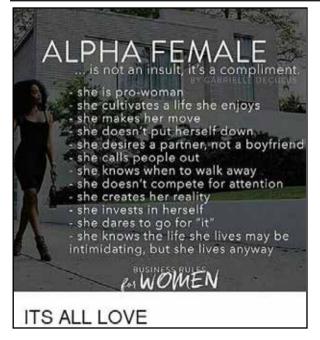
Los Spurs en su retorno al estadio AT&T Center (su casa), tras su 17va gira por el Rodeo de San Antonio, le respondieron a su noble legión de seguidores consumando tres importantes victorias ante los equipos visitantes, Pistons de Detroit, Thunder de Oklahoma y Nuggets de Denver.

El entrenador en jefe Gregg Popovich, tuvo que echar toda la carne al asador para lograr que Spurs superara la mala racha que les dejo por primera vez su tradicional gira. El equipo respondió y los fanáticos aplaudieron sus tres victorias, a la vez disfrutaron de todos los eventos que la gerencia general de Spurs Sports & Entertainment (SS&E), presentó en conjunto con patrocinadores. Los eventos realizados en la cancha ante el sublíder Nuggets (Conferencia del Oeste), se distinguieron por ser del agrado del público asistente (18,354 espectadores). En la ceremonia del Himno Nacional participó el Canyon Lake Choir, acompañado por la escolta militar Lockhart High School JROTC.

Posteriormente durante los 48 minutos de acción, se contó con la participación al medio tiempo de los grupos Electric Avenue Acro y Leander Dance, que con sus espectaculares y coloridas coreografías lograron llevarse emotivos aplausos. Entre las promociones se contó con el "Freeze Frame" del Frost Bank. "Guess the Request" de la radiofusora 99.5 KISS. HEB Kiss me Cam, la competencia "Flying Fries" presentada por Whataburger. HEB "Connect Four". 'La mascota oficial de los Spurs, The Coyote, estuvo activo animando cada una de las promociones y animando a los espectadores para que no dejaran de apoyar el plan de juego del anfitrión que apuradamente celebró la victoria con marcador de 104-103 puntos. En las fotos aparecen la quinteta de Spurs y Canyon Lake Choir.











SPORTS

Spurs Buyout Gasol Contract, Signs With Bucks

By Jessica Duran

The San Antonio Spurs have bought out our former Center Pau Gasol. Gasol was due \$16 million this year and another \$16 million next season. But, with inconsistent rotations all season, Pau's injuries, and diminished role on the team, the Spurs felt it was time to move on.

a home hours later after news broke out. He signed with the number one team in the Eastern Conference, the Milwaukee Bucks, after being recruited by former Chicago Bulls teammate Nikola Mirotic.

Gasol did surrender. however, \$2 million off his contract so the Spurs would be less over the salary cap Pau immediately found this year and next season.

He thanked the Spurs organization, his teammates, and the Spurs fans for his time in San Antonio across his social media accounts and showed his excitement to join the Milwaukee Bucks to the Bucks fans and finished his posts with the Bucks hashtag #FearTheDeer.

Pau will most definitely add veteran knowledge 4 rebounds in 12 minutes

and definitely Champion experience to the young and inexperienced Bucks team. Having won 2 NBA Championships with the Los Angeles Lakers and been part of playoff teams his entire career, the Bucks have made a key addition despite his career low stats. This season Gasol averaged 4 points per game and

as a Spur.

Spurs fans showed their popular loyal fandom and thanked Pau for his time in San Antonio. No doubt Pau loved the city of San Antonio and the Spurs fans every step of the way reminding fans that he's always wanted to be a Spur and is proud to have been

Commanders Draw Interest as Manziel Kicked Off CFL Team

By Jessica Duran

The San Antonio Commanders and the AAF have drawn interest in former Texas A&M and Cleveland Browns quarterback Johnny Manziel. Manziel was recently cut from his Canadian Football team. Montreal Alouettes, for violating team rules.

As young as a league is for the Alliance, Manziel could draw interest for more fans for the league. Manziel has shown mutual interest in joining the Commanders if the call was made. Having been a part of Texas A&M, he would be automatically assigned to the Commanders if the league signed him to a contract.



Manziel won the Heisman in his junior year as an Aggie, along with the Manning Award, Davey O'Brien Award, and was the 2012 AP Player of the Year. Famously by Browns fans, Manziel was the last winning starting quarterback in 2015 before Baker Mayfield last season.

But famously by NFL fans across the nation, Manziel was notorious for his misbehavior on

and off the field. Once Manziel was away from the watchful eyes and strict NCAA rules, Manziel started to take a turn for the worse. While being a household name, Manziel

was seen constantly par-

tying, showing off his money in drunk videos posted all over social media by his friends and himself before his first NFL season. Then during his first season, his play was inconsistent and famously was fined \$12,000 for "flipping the bird" at an opposing player on national television in a preseason game.

While the Commanders current starting quarterback Logan Woodside has struggled and shown just flashes of good play, Manziel would excel in a league like the AAF. It would also mean NFL eyes would be

on him. For the league just starting out, having Manziel a part of his hometown Commanders would draw enormous crowds to the Alamodome in San Antonio. The Commanders next game is against the Arizona Hotshots on Sunday at 7 pm CT and will broadcast on the NFL Network.



FINANCIAL FOCUS

Who Can You Trust to Reduce Stress of Estate Planning?

By Edward Jones

When it's time to do your estate planning — and it's actually never too soon to begin — you may find the process, at first, to be somewhat bewildering. You'll have many questions: What sort of arrangements should I make? Who should get what? And when? How can you address these and other issues?

You'll need to get some help. In drawing up your estate plan, you will need to work with an attorney. And for guidance on the investments that can help fund your estate planning arrangements, such as a living trust, you can draw on the help of a financial advisor. You also may want to connect with a trust company, which can help facilitate your estate plans and coordinate the activities of your legal and financial professionals.

Of course, you might think that only the very wealthy need a trust company. But that's not really the case – people of many income levels have long used these companies. As long as you have a reasonable amount of financial assets, you likely can benefit from the various services provided

by a trust organization.

And these services can range from the administration of a variety of trusts (such as living trusts and charitable trusts) to asset-management services (bill-paying, check-writing, etc.) to safekeeping services (such as providing secure vaults for jewelry and collectibles).

In short, using a trust company can make things a lot easier when it's time to plan and execute your estate. A trust company can help you in the following ways:

- Avoiding family squabbles—It's unfortunate but true: Dividing the assets of an estate can cause ill will and turmoil among family members. But a trust company can act as a neutral third party, thus minimizing any feelings of unfairness.
- Providing greater control

 When you establish an arrangement such as a living trust, administered by the trust company, you can give yourself great control over how you want your assets distributed. For example, you can specify that a certain child receives portions of your estate spaced out over several

years – a move that may appeal to you if you think this child might not be ready to handle large sums all at once.

• Saving time and effort

— As mentioned above,
when you work with a
trust company, you can
let it do all the "legwork"
of coordinating your
plans with your financial
professional, tax advisor
and attorney. And these

professionals are used to dealing with trust companies.

• Gaining protection — Trust companies assume fiduciary responsibility for your financial well-being — which means that your best interests will always be considered in each service and transaction performed. You can choose from among a variety of trust companies, large and small.

Before choosing one, you may want to check out the services and fees of a few different firms. In any case, as you move toward that time of your life when estate planning becomes more essential, talk to your attorney, tax advisor and financial professional about whether using the services of a trust company might be right for you.





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Edward Jones

MAKING SENSE OF INVESTING

MEDIOS

El Mundo de las Redes Sociales

Por Dr. Ricardo Romo Traducido del inglés al español para La Prensa Texas

La velocidad en la que los medios sociales han influido en el comportamiento humano, así como la rápida difusión de la información, es verdaderamente notable. Parece que todo el mundo está revisando constantemente los teléfonos móviles. ipads o mensajes publicados en Facebook, Twitter o Instagram. Además, existe el constante deseo de leer los titulares, ver los videos musicales de YouTube y reproducir los eventos deportivos favoritos.

Durante la década de los 90, cuando Internet estaba ganando popularidad, se escribió mucho sobre la brecha digital. En ese momento, las familias con mayores ingresos tenían un acceso a Internet mucho mayor que todos los demás. Con la incorporación de computadoras en escuelas y bibliotecas públicas y la invención del iPhone, la brecha digital se ha convertido en una preocupación social y de comunicación menos importante. Sin embargo, hay

una división generacional que Facebook ha documentado en encuestas de uso que muestran que el mayor número de suscriptores a su plataforma se encuentra entre las edades de 18 a 44 años.

Los datos de Facebook también muestran que la división de ingresos que afecta el acceso a las redes sociales es casi inexistente en la actualidad. Una familia con un ingreso de una familia con un ingreso de más de \$ 100,000 tuvo un uso del 86 por ciento, lo cual no es una gran diferencia. Así, los medios sociales están dando forma a la mayoría de nuestras vidas. Discuto cómo nos están afectando los tres sitios de redes sociales más populares.

YOUTUBE

YouTube es una de las formas más populares

Yankee, se convirtieron en un fenómeno global con el lanzamiento de Despacito. Su grabación y filmación de Despacito en el vecindario La Perla del Viejo San Juan en Puerto Rico le dieron al video una calidad especial, y para los espectadores de fuera de las Américas, el video brindó una visión detallada de la cultura y la música latina.

Despacito se canta en es-

de YouTube más vistos de todos los tiempos, Despacito llegó primero y se ganó la distinción de convertirse en el primer video de YouTube en alcanzar los hitos de tres, cuatro y cinco mil millones de visitas.

GOOGLE

Google es una importante fuente de información en las redes sociales. Google prueba cada segundo que hay mucho que aprender sobre el mundo. Los maestros, especialmente aquellos que enseñan en la escuela secundaria y en la escuela secundaria, encuentran que la mayoría de sus estudiantes buscan información y datos utilizando Google.

FACEBOOK

Facebook estima que tenía 2.270 millones de usuarios activos mensuales en 2018. En todo el mundo, India tiene el mayor número de usuarios con 500 millones, mientras que Estados Unidos ocupa el segundo lugar con 210 millones de usuarios. Brasil, con una población total de 209 millones, tiene 130 millones de usuarios de Facebook, 61.0 por ciento de la población del país está en Facebook.



menos de \$ 30,000 tiene un 85 por ciento de uso de las redes sociales y acceso a Facebook, mientras que de medios sociales. Por ejemplo, en 2017, el cantante puertorriqueño, Luis Fonsi, y el rapero, Daddy pañol, pero eso no impidió que el video alcanzara la cima de las listas en 47 países. De 15 de los videos

DIGITALES

En los últimos dos años ha cambiado mucho para Facebook. En los últimos tiempos, Facebook ha perdido su posición de red social dominante entre los adolescentes, según una encuesta de Pew entre adolescentes de 13 a 17 años. De hecho, las tres principales plataformas de redes sociales, YouTube, Instagram y Snapchat han superado a Facebook en popularidad.

El valor de mercado de Facebook o los ingresos anuales superan los productos nacionales brutos de varias naciones más pequeñas de la Unión Europea. Pero Facebook tiene sus problemas. Las revelaciones públicas de que se había engañado a Facebook para vender anuncios políticos polémicos a agentes rusos durante las elecciones presidenciales de 2016 llevaron a pérdidas de ingresos para el gigante de los medios sociales de más de \$ 120 mil millones en un trimestre en 2018.

Ha habido muchas controversias recientes sobre violaciones de la privacidad en torno a la venta de datos de más de 87 millones de usuarios de Facebook a Cambridge Analytica con el fin de influir en el comportamiento de los votantes. Facebook también ha sido lento para evitar la publicación de noticias falsas y discursos de odio.

Si bien los sitios, como YouTube v Google son herramientas de aprendizaje útiles, los expertos advierten sobre el uso de fuentes no confiables. En un excelente artículo titulado "7 maneras en que los medios sociales nos

ción de negocios del New York Times, Kevin Roose, informó sobre una estrella de los medios sociales que entretuvo a una enorme cantidad de espectadores, más de

treinta millones de forma regular, en parte porque ofreció jugosas teorías de conspiración, como que la tierra era plana o "hacer afirmaciones des-

der varias habilidades sin Varun Sharma nos recuconocimiento de expertos y profesionales de renombre a través de las redes sociales. Por ejemplo, a menos que usted sea un cocinero profesional, es posible que no sepa cuánto tiempo cocinar las chuletas

una persona, puede apren- la invención del automóvil: una vez que se presentó a tener que pagar por ellas. un gran número de usuarios, no se remonta a la edad erda que es fácil obtener de carruajes tirados por caballos. En los primeros días del uso del automóvil, había pocas reglas, y los conductores de velocidad no eran una preocupación para los responsables políticos. Eso ha cambiado.

Del mismo modo, en las redes sociales, hay muy pocas regulaciones, restricciones de uso mínimas y poca supervisión, especialmente en Estados Unidos. Tanto los proveedores de contenido como los usuarios de las redes sociales están preocupados por la pérdida de privacidad y la distribución ilegal de información personal. En un reciente incidente de piratería, más de 50 millones de cuentas de Facebook se vieron comprometidas. Se espera que el Congreso de los Estados Unidos tome la iniciativa en una regulación de pollo o cordero. Me más sólida de los medios sociales.

Las compañías de medios sociales están descubriendo que cuando se pierde la confianza, las cuentas se cancelan. Deberíamos estar ansiosos por ver cuánta atención se prestará a la tos de videos gratuitos de mejora de la seguridad de YouTube disponibles para las formas de redes sociales aprender estas habilidades. que se analizan aquí y las El advenimiento de las que se desarrollarán en el



afectan positivamente", Varun Sharma nos advierte que "no todo lo que lee en un blog o publicación es cierto". Uno de los puntos principales de Sharma es que los lectores y espectadores deben "verificar las fuentes y La verdad, en lugar de tomar todo "encontrado en sitios web o búsquedas de Google como un hecho. Esta semana, el escritor de la seccaradamente falsas sobre eventos históricos como el 9/11". Es esencial que los usuarios de las redes sociales lean y analicen información de manera crítica.

Sin embargo, los lectores críticos pueden aprender información interesante y útil de Internet y los sitios de redes sociales. Independientemente de la formación académica de he beneficiado al consultar un sitio de cocina de Google en estas preguntas importantes y, como resultado, he arreglado dos cenas deliciosas. Si deseas aprender a pintar o bailar el mambo, hay cien-

redes sociales es similar a futuro.

Living with Regret



By Tammy C. Perez

So...you made a mistake! Haven't we all? You feel vour actions have negatively impacted your life and all who share it with you. People you love dearly, the ones who have supported you through hard times. Do you find it tough to let go of the guilt and shame associated with this mistake? How long will you continue to torture yourself? You're not a bad person, you just made a bad choice.

Do you realize those adverse thoughts and feelings that you associate with the mistake you made in the past will create more problems for you in the future? The ongoing stress that stems from guilt and shame will have an impact on your quality of life. Your self-esteem and relationships will also be affected. You need to STOP the self-sabotage immediately! Overcoming regret can be a difficult process. However, with acceptance, commitment and hope, you will gain the insight needed to move on with



TOGETHER CHANGE IS POSSIBLE

your life in a positive way. First, start by admitting your mistake and accept that we are all human and will make bad decisions in life. Having regret indicates that you truly do care! Prolonging the guilt and shame that comes with regret can have negative side effects in all areas of your life.

You will never benefit from self-punishment, so why waste your energy? Do something productive! Consider what you really want and deserve. Focus on being happy, loving others, what you want to

achieve, who you want to be, what you have learned and how you will change from this. You can't go back in time. Move forward. Eliminate negative self-talk. Challenge those disabling internal thoughts of yourself with positive statements of encouragement and gratitude. You will be empowered to strive harder in the future. For more information on overcoming regret, guilt or shame, contact TCP Marriage & Family Services at (210) 516-2607 or visit our website at: www.tcpmfs.





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 Maintenance Needs
- Masonry/Stone work
- Pick up/delivery of items for pool houses (signs, furniture, etc)

And much, much more...

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Just a Thought

Women's History Month



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

By Steve Walker

The 31 days of the month of March is dedicated to celebrating Women's History. What better way to celebrate, than begin to focus on local women who have contributed our city.

Let us start with Rosa Rosales who is a well-known activist for immigration reform and Latino issues. A beloved member of the local community she is revered by many to include myself for her willingness to stand up for the weak and disenfranchised and fight for human dignity when she sees it is being abused.

Rosa is a Past National LULAC President having served four terms as the organization's national spokesperson. What makes her so unique is her dignified and maternal demeanor that at times can quickly escalate into passionate fiery rhetoric when challenged to defend the underdog and those she feel are being discriminated against.

When necessary, she lets

her adversaries know that she is not to be trifled with or summarily dismissed as someone not familiar with the issue at hand. When she addresses Latino issues she is prepared, speaks articulately, passionately and will not hesitate to take her antagonist to task.

Another local female Hispanic icon includes international singing sensation Patsy Torres, PhD. She is also a motivational speaker encouraging young Hispanic women to follow their dream of success like she did whether it in music, science, medicine or other fields of their choosing.

I have seen her perform many times. She received her Master's Degree and Ph.D from Incarnate Word University as well. Many years ago I received a Master's Degree from Incarnate Word College.

How about Maria Berriozabal? She is one of the classiest women I know, and I know a few. She represented District 1 as a councilwoman for many years and I believe she is far from done in making San Antonio a much better place. I hope I am there when she does it. I will keep my camera handy just in case so I can document it

Berriozabal also made history becoming the first Mexican American woman elected by the San Antonio City Council, and serving 10 years.

Then there is former State Senator Leticia (San Miguel) van de Putte who I have known personally for a long time. I was thrilled to be invited by her to the legislature in Austin to testify on behalf of Veterans. I was also there when she announced her run for Texas Lt. Governor.

Who knew political activist Choco Meza who was the Bexar County Democratic Party Chair and who later worked on former Presidential candidate Hillary Clinton's campaign before she unexpectedly passed before the former first lady received the nomination.

Then there is international singing legend Vikki Carr an El Paso native but who also has a home and resides in San Antonio. Considered a legendary star of the stage and screen,

Carr has been a major influence for over 50 years with her sheer presence.

She is one of the best loved and certainly most accomplished entertainers in the US, Latin America and Europe. In her lengthy career she has garnered four Grammys to include a Lifetime Achievement Award from the Recording Academy and has released over 60 best-selling recordings. She has literally paved the way for other artists. I covered her twice here in San Antonio.

With March being celebrated as the month of Women, we can celebrate all women and those here who have made a difference.









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