

LA PRENSA TEXAS

SAN ANTONIO'S HISPANIC FAMILY OWNED NEWSPAPER

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Cambios Ambientales

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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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**WESTSIDE
DEVELOPMENT
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

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Let's Talk About it... Facebook

By Yvette Tello

Climate change causes rising sea levels due to the melting of the polar ice caps which contribute to greater storm damage; warming ocean temperatures are associated with stronger and more frequent storms; additional rainfall, particularly during severe weather events, leads to flooding and other damage; an increase in the incidence and severity of wildfires threatens habitats, homes, and lives; and heat waves contribute to human deaths and other consequences. I read this in an article today: "I've seen the worst-case projections, and it's a scary world out there if we don't do something. I looked at maps of the areas in the US most vulnerable to climate change — Florida, the Carolinas, New York, Texas, California — and I realized I had a lot of family in these areas. So then I pulled up maps showing the areas with the fastest-growing Latino populations. They were almost identical." What can we do to make a difference? Should we be concerned? Let's talk about it...

Eliseo Moreno:

"Climate change will happen as it's happened for 4 billion years on earth; it never has remained the same. Our lives are short and human beings have only been on

doomed regardless of what we do."

David Martin Repya:

"Just look at what has been going on in Australia..It is shocking."

over and tell you what to do, drive, eat, hike up gas prices and so on. It's the only purpose is control. The climate is and will always change, regardless of our efforts."

Penelope Perez:

"Climate change has such an awful stigma associated with the semantics. I see a lot of really important work being done on the grounds of sustainability and resilience. Even if it is a huge ploy to control every aspect of our lives, there is still so much more we can be doing for the earth that would benefit us personally. Especially



the planet for about 200,000 years which is a small fraction of time in comparison to 4 billion. It is an illusion of our time that makes us think it should and will always be as it is as we know it in our brief period of time. We are changing things with pollution no doubt. We are changing the composition of our atmosphere and that will have a reaction. We can buy some time for future generations but this planet is

Javier Antonio Guzman:

"95% of the earth's life has been hotter than it is in this current cold cycle; this is the lowest amount of co2 in the earth's recorded natural history. Banks would never make loans or investments if the area was gonna flood in the next 10 decades."

Candace Price:

"Climate change is a ploy for socialism to in fact take

in this city. We give so much love to the Edwards Aquifer recharge zones, but little to nothing for the sacred watershed areas that are intimately connected to the San Antonio River. If we are worried about being controlled, we should battle big agriculture, big consumption and big pharma. We can help ourselves and our tierra and it begins with the soil, our gente must be willing to dig."

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About the Cover Artist

Patricia Ortiz

The cover features a framed photographic print by Patricia Ortiz titled "Sunday's Paper". The piece was featured in an exhibition for Anarte Gallery last September called "An Enchanted City". It features a series of Composites(photographs made by combining several distinct photographs either made one over another on the same plate or made on one print from a number of negatives). Ortiz specializes in photography and composite photography. She speaks on her journey below:

"Life is full of unpredictable moments. How often

have we all observed in a glance a moment which took our breath away or evoked an emotional response? Instances like these are reasons I began my journey into the world of photography, which has allowed me to suspend these moments in time. I began taking photos with my cell phone as we all do, but as I fell more and more in love with capturing real life, I decided to buy my first camera about a year and a half ago. Thus began an interpretation of life thru my eyes and lens."

Her "An Enchanted City" series featured works focused on San Antonio life.

"If I could choose one word to describe San Antonio, it would be enchanting. Our city captivates people from all over the world with its history, culture, traditions, food, music and folklore. I too am constantly captivated by the charm of this city."

For more information visit

<https://www.patricia-ortiz.com/>

ANARTE



"untitled"
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PHOTOGRAPHIC PRINT
Courtesy of AnArte Gallery



"Havana Nocturne"
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Framed Photographic Print
Courtesy of AnArte Gallery

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CAMBIOS

Our Environment Matters Here Is Why

By Dr. Ricardo Romo

Earth is the only planet in the universe discovered thus far that can sustain life. Thus we have an obligation to protect our environment and leave it in better condition than when we came into the world. Our children and their children deserve nothing less. There are things that each of us can do daily to improve life on earth. Here are a few suggestions and thoughts.

According to the National Climate Assessment Report, we live in the “hottest and driest region” in the United States. Texas has three of the ten hottest cities in America with San Antonio at #5; Houston at #7; and Dallas at #9. A few large cities have hotter summers than San Antonio, but not many: the Alamo city recorded 110 days of temperatures greater than 90 degrees last year.

Living in a hot and dry region has its challenges. Moreover, the challenges are complicated by projected population growth. The Southwest region remains popular, and more people move in than leave. As a result, the U.S. Southwest is expected to grow from

56 million to 94 million residents over the next 20 years. Demographic growth will result in additional stress on our existing natural resources. The most immediate challenge is an ever-dwindling supply of water.

When an extreme drought occurs in Texas, as happened several years ago, we are asked to sig-

nificantly cut back on our normal consumption of water. Smaller towns dependent on underground well water often run dry, as do the urban lawns. But

these wells that supply water to cities need not disappear. Underground shortage reservoirs may help immensely.

San Antonio state representative Lyle Larson told the Texas Tribune that in the aftermath of Hurricane Harvey, we passed up the opportunity to capture the estimated 35 tril-

lion gallons of water that the hurricane ended up dumping into the Gulf of Mexico. Larson, who chairs the Texas House of Representa-

tatives Natural Resources Committee, estimated “the amount of rain the storm dropped on the state could meet all its water needs — household, agricultural and otherwise — for at least eight years.” What is urgently needed is what Larson previously proposed in a 2017 bill: “aquifer storage and recovery” projects in which water is

nor Greg Abbott.

There are more than 175 such storage units in the United States, but Texas has only three. The reality is that Texas can expect to see more droughts in the coming years as climate change brings drier weather and stirs up hurricanes on the Gulf of Mexico.

RECYCLING

Our environmental well-being is also threatened by what we put back into the earth. In a recent article in The

Atlantic, “Is This the End of Recycling?” (Mar. 5, 2019),

Alana Semuels wrote: “Americans are consuming more and more stuff. Now that other countries won’t take our papers and plastics, they’re ending up in the trash.” It took decades to accomplish systematic recycling, but now

nearly every large building or public space has a bin for plastic bottles and aluminum cans and newspapers.

China has long been America’s largest customer for much of this recyclable material, but in recent years profit margins have become too small for Chinese industries to pur-



nificantly cut back on our normal consumption of water. Smaller towns dependent on underground well water often run dry, as do the urban lawns. But

lion gallons of water that the hurricane ended up dumping into the Gulf of Mexico.

Larson, who chairs the Texas House of Representa-

pumped into underground reservoirs and stored for future use.

The bill passed the Texas House of Representatives but was vetoed by Gover-

AMBIENTALES



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.



Graciela Olivarez

Committing herself to the social movement of the sixties, Graciela Olivarez built her career working on behalf of the underprivileged in Arizona. In 1965, Olivarez was introduced to the President of Notre Dame University. Impressed with her intelligence and service to the poor, he invited her to enter Notre Dame School of Law. Accepting this offer, Olivarez, 42 and a high school dropout, became the first woman to graduate from Notre Dame School of Law. Resuming Public Service work after graduation, she became the highest-ranking Latina in President Carter's Administration, earning the title as "Washington's Top Advocate for the Poor". Her untimely death in 1987 left a legacy of Hope for thousands of women.



chase our "stuff." Semuels found that now China has restricted "imports of certain recyclables, including mixed paper—magazines, office paper, junk mail—and most plastics."

The reverse has occurred as waste management companies are now charging to pick up recyclable products. There may be a time soon when the local recycling companies will quit buying paper and plastic bags. Several towns in America already have quit picking up recycling products.

We are witnessing more and more towns giving up on recycling because so much of what we placed in the bins was contami-

nated. The shipping costs as well as the separation of the contaminated materials from recyclable products grew too expensive. There are no easy solutions.

San Francisco is encouraging its residents to buy less so they have less to throw away. Many stores encourage customers to bring their own reusable bags to prevent

using more and more plastic or paper bags.

These efforts help, but we must look for other options. Sending everything we wish to throw away to landfills or incinerators is not a sustainable solution.

Semuels commented that "landfills are the third-largest source of methane

emissions in the country". Some waste management companies have turned to burning plastic, which many believe can be converted to energy; however that is impossible to do without also creating carbon emissions. While many incineration facilities promote themselves as "waste to energy" plants, Semuels found studies reporting that these plants "release more harmful chemicals, such as mercury and lead, into the air per unit of energy than do coal plants."

Ironically, advanced scientific research invented light clear plastic containers that could replace America's enormous con-

sumer demand for glass containers. It seems now that plastic is not the solution, and that we may have to return to drinking water from glass bottles.

Numerous articles in the New York Times have recommended 1) buy less, 2) buy produce in bulk without plastic containers, 3) recycle things like clothes and toys,

4) use less water in showers and on lawns, 5) wash only full loads of dishes and clothes, 6) keep AC thermostats at 70 during the summer months, and 7) turn off the lights when you leave a room. All good ideas. Is there more we can do? Yes! Send in your ideas.

S.A Performance Art Collective HoK

Discusses Yanaguana at Lawndale Art Center in Houston

By R.Eguia

On March 9, the local performance art collective, HoK (House of Kenzo) presented *Permutations*, a 20 minute production exploring systems, fluidity, work and cycles, at the Lawndale Art Center in Houston.

The trio, Ledef (sound production), Brexxitt (choreography) and Grapefruit (concept design) embodied possibilities through splash choreography and projection mapping.

Local carpenter company, Precision Woodworking Texas, assisted the group with an installation that included an indoor water trough, a 10 part pulley system and a network of clear bags filled with water tied onto natural rope.

The performance was inspired by Yanaguana aka the San Antonio River. The group spoke on protecting the watershed that supports the local river. The group also spoke on nudity in their performances and expressed how they wished the world was ready to respect a naked body.

"There is more than one way. Systems corrupted. How will we go back to the beginning? When the only laws are of nature. How humans can exist as naked as they were born into the world without society and police berating. Being as we were born and holding space for everyone without being limited to mature audiences," said the group.

The piece also discussed work and how it relates to

modernity. The group carried large bags of water across the space and their bodies representing a reappropriation of work, serving the incipient natural systems and themselves.

The group then performed a digital bath and washed themselves clean of modern systems that no longer suit them.

The curated soundscape that the production ran on features unreleased compositions from musical artists Der Kindestod, Ledef and Rabbit. Sampling sounds of black metal, world music and industrial, the composition grounds listeners in the energy of the earth and the systems that are eroding it.

Derkindestod presented

unreleased works during the reception after the performance.

Lawndale Art Center hosted an artist talk before the presentation that engaged the gallery audience.

The group discussed their origins in San Antonio, their team dynamic and the social limitations that they are transcending.

The performance is being expanded into a series of performances by the same name. The second installment will be performed in Copenhagen, Denmark this May when the group will appear at the Contemporary Art Science and Technology festival, Clicks.

For more information email houseofkenzo@gmail.com



Scanned Photo Collage by Henry Rodriguez

NON-PROFIT HIGHLIGHT

Gardopia Aims to Reduce Obesity and Malnutrition by Increasing Accessibility to Fresh Produce

Effective interventions are needed to address the growing epidemic of childhood and adult obesity. Over the next 5 years, Gardopia aims to reduce obesity and malnutrition by increasing accessibility to fresh produce, providing free family fitness classes, and by implementing strategic intervention programming in community centers and schools.

The organization offers resources that bring the garden to you and your families. Initially sprouting from the east side, the organization has expanded throughout the San Antonio area.

The New Braunfels Community Garden hosts events

and classes monthly, reserving Sundays for weekly gardening maintenance.

In two years, the Garden-Based Learning Program has helped maintain 5 organic gardens within the Eastside Footprint: Ella Austin Community Center, Bowden Elementary School, Washington Elementary School, Sam Houston High School, and our wellness center community garden on N. New Braunfels St.. Gardopia Gardens has since expanded to serve San Antonio Independent School District's Young Men's Leadership Academy, Cambridge Elementary, and Alamo Heights Junior School, serving a total of

413 youth and 87 adults in 2016.

Gardopia's vision is a sustainable society, empowered and educated to lead healthy lifestyles through gardening. The organization has expanded to another vacant lot, beginning the process of a community food forest.

The team is now preparing for spring gardening camps. For more information on these camps and other services, visit their website <http://www.gardopiagardens.org>.

You can support this vision by volunteering your time in the garden or donating today.



Gardopia sprouted in 2015 to address health disparities in a high-crime corridor on the near-Eastside of San Antonio. Initially funded by the San Antonio Housing Authority (SAHA), Gardopia implemented crime prevention through environmental design (CPTED) as a methodology to reduce crime around an abandoned lot.

Working with SAHA, this became the Eastside's first "gardopia," or garden utopia, where neighbors grow their own food and transform their community.

Garden-Based Learning Program

(GBL) Provides evidence-based horticultural practices that teach youth how to grow their own food. Topics range from soil science, entomology, composting, sustainability, botany, tool safety, intercropping, and waste reduction.

Eastside Community Fruit Orchard
1418 Hays Community Orchard

Garden Volunteer Program

619 N. New Braunfels Community Garden

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Mineros en 13 innings ganó el primero en Potranco

Indios de Nava y Bobcats toman delantera en el playoff de Colt 45

Por Sendero Deportivo

Las postemporadas en el béisbol dominical independiente categoría Abierta en ligas Potranco y Colt 45, se han jugado gran categoría beisbolera.

En liga Potranco se jugó el primer partido entre Mineros (No.1), y Piratas de Sabinas (No.3, actual campeón).

Yéndose al decimotercer episodio empatados 4-4, en el cierre Mineros anotó la quinta carrera (5-4), en los ganchos del corredor Ignacio Cerda que fue impulsado por Miguel García. El público disfrutó de las acciones, por

la extensión del partido (más de cinco horas de juego), Mineros celebró en grande el primer triunfo de la serie pactada a ganar 2 de 3 partidos. Por igual Piratas ya que tuvo la misma oportunidad de ganar.

Juan Serrano, fue el pitcher ganador en relevo del abridor zurdo Lee Colón, la derrota fue para el zurdo relevista Chris Pacheco, que desatacó en el racimo que Piratas hizo para empatar la pizarra (4-4).

Ambos equipos dejaron varios corredores en base ya que jugaron buena defensiva. "Piratas y Mineros le echaron

ganas para llevarse la victoria en este partido histórico de gran final jugado en 13 innings", dijo Simón Sánchez, presidente de Liga Potranco.

Por su lado los timoneles Jesús Ramírez (Mineros) y Sergio De Luna (Piratas), en sus opiniones, coincidieron, indicando que llegaron al segundo partido al cien por ciento en su ofensiva y defensiva.

El segundo partido se jugará en el horario de 1:30 p.m. Resultados liga Veteranos. Cachorros Rieleros 12 Cachorros 2, perdiendo lo invicto ante el pitcheo de Luis

Alfonso Velázquez (Chorejás), quien llegó a la marca de 3-0. La derrota fue para Juan Martínez, con relevo de Héctor Garza y Fredy García. "No salió nada bueno", dijo Rábano Becerra, manager de Cachorros. "Veníamos preparados para quitarle lo invicto a Cachorros. Chore pidió la pelota y logró la victoria", dijo Juan Sánchez, manager de Rieleros. Broncos (campeón), de Roberto Garza, noqueo a Westsiders 19-5. Red Sox y Cardenales finalizaron 18-17 respectivamente, destacándose José Martínez con bateo de 5-5.

En Liga Colt 45, la primera ronda del playoff arrojó los siguientes resultados: Bobcats derrotó 3-2 al popular rival Águilas. El campeón de temporada Indios de Nava bajo la dirección de Juan (Pachin) Martínez y Rudy Barrientez, derrotaron 9-2 a los Highsox del Marine, Eddy Rodríguez, quien les quitó lo invicto en la temporada regular. Rol de juegos: 11 a.m. indios vs. Highsox. 2 p.m. Águilas vs. Bobcats. Las fotos corresponden a las acciones de Potranco y Colt 45.



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CULTURA

Live SPURSCAST at Guadalupe Cultural Arts Center with Guests Jesse Borrego and Shea Serrano

San Antonio's original Spurs podcast makes its Guadalupe Theater debut this Sunday, March 24 at 5:00 PM with a live episode hosted by Project Spurs Content Director Paul Garcia and Energy 94.1's Anthony A.

Special guests for this FREE community event include San Antonio icon and longtime Spurs enthusiast Jesse Borrego, and #1 New York Times bestselling au-

thor Shea Serrano.

"Project Spurs is proud to partner with the Guadalupe Cultural Arts Center to bring this unique basketball conversation to San Antonio's Westside," said Paul Garcia.

Recently recognized by San Antonio Magazine as the "Best Podcast for Spurs Fans," the Spurscast presents Episode 534 from the heart of the city's Westside. In addition to the live

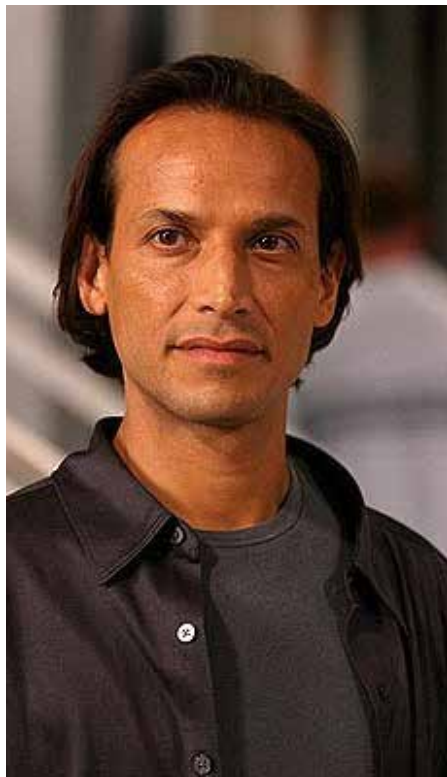
Spurscast, attendees will be treated to the 6:30 PM Sunday showdown between the San Antonio Spurs and Boston Celtics. Spurs fans are encouraged to come for the Spurscast and stay for the Spurs game.

Visit the Guadalupe Theater at 1301 Guadalupe St. SA, TX 78207

A Message from the Executive Director of the Guadalupe Cultural Arts Center:

Since 1980 the Guadalupe Cultural Arts Center has served as San Antonio's home for Latino, Chicano and Native American arts and culture. Each year over 40,000 arts patrons, community members, and cultural tourists experience the work of the region's most dynamic

Latino artists. Now more than ever San Antonio needs to preserve, nurture, and celebrate its cultural identity. We embrace our role as a bridge for intercultural understanding by presenting festivals that celebrate our traditions, producing exhibits and performances that give voice to our artists, and offering educational programs that preserve our art forms.



Born and raised in San Antonio, Jesse Borrego is best known for standout performances in seminal Latino films "Blood In, Blood Out," "Mi Vida Loca," and "I Like It Like That."



Paul Garcia has been covering the NBA and the San Antonio Spurs since 2011. He is Content Director for Project Spurs, host of the long-running Spurscast, and editor of PS Network site Analyzing the League.



Shea Serrano is an award-winning writer, author, and illustrator. His hoops-themed book Basketball (And other Things) topped the New York Times bestseller list. Serrano is a staff writer for The Ringer. He lives in San Antonio.



Anthony A. is co-host of the nationally syndicated "The Dana Cortez Show" which broadcasts locally from 3 p.m. to 7 p.m. on Energy 94.1. A millennial with his ear to the streets, he brings comic relief to assorted topics including the NBA.

BUSINESS SPOTLIGHT

La Monita Tortilleria

Third Generation Fresh, Handmade Tamales Worth Driving Out of Town For

Story and Photos 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.

Selma, Texas resident Joe Valdez drives nearly 20 miles into San Antonio routinely and expressly for La Monita Tortilleria's masa-based, fresh, never reheated fare. "If it was not good, I wouldn't drive out so far," he went out of his way to tell me upon realizing I was profiling the business. A sweet gentleman, Mr. Valdez is a regular and chats with the friendly staff, some of whom have worked there for 20 years, while he waits for his order. After he gets his order, they wish him a safe drive home and a wonderful weekend. He poses for a photo for me, reciprocates the well-wishes and promises to return.

"This generation takes as much pride as the older generation," says Richard, telling me about the history of his family-owned business,

established in 1952 by his grandfather Henry Garza. In 1976, Henry sold the business to his son Joe, Richard's father. He ran the business for nearly 20 years until he passed away in 1995. Showing me photos of the family that prominently hangs on the walls, Richard tells me that not only did he lose his father, but a great friend. His mother Ramona took the helm of the business when Henry passed away and in 2015, Richard and his wife Nadine began running La Monita Tortilleria, which has since more than doubled in business.

Richard and Nadine are a sweet and benevolent couple. Knowing that I am a vegetarian, they ensure I sample their corn-based products, home-made salsas, with ripe avocado. They recently celebrated their 22nd wedding anniversary and have four children ages 14-20 who continuing the family legacy, help on the weekends, which not surprisingly is the busiest time of the week. The Garzas, along



with employee and friend Damarys Garza (unrelated), give me a tour of the facility. It is a hands-on operation full of friendly and cheerful staff, excited to show me an 80-year old metal machine that has been in the family for three generations. Each generation has used the machine to make masa out of corn which was then made into tortillas, tamales, gorditas and other maiz-based specialties.

La Monita Tortilleria is by any standard, a hands-on operation. Tamales, tortillas, carnitas, barbacoa, menudo, charro beans and chicharrones are all hand-made. Special orders of five dozen or more tamales using unique ingredients (for example, vegan "meats", non-animal-based oils, vegetables, basically any ingredient you could dream

of!) can be ordered two-weeks in advance. Their prices are less expensive than average for a dozen tamales and being hand-made, an artisan treat. Be sure to get there before noon on Sundays, because everything sells out quickly and for good reason.

La Monita Tortilleria name-sake t-shirts along with hojas de maiz for sale fill the interior of glass countertops which are covered in colorful sarapes. Potted plants in mosaic pots large and small line the floors and windowsills, along with silhouettes of pottery-form farm animals. Candy, toy and temporary tattoo dispensers are near benches where customers can wait for orders while the young and the young at heart have fun with their surprise coin purchases. Portraits of

cows with kind eyes line the walls, as well as original art work by local artist Joe Villarreal which depict Latino families and are available for purchase. La Prensa Texas papers are available for customers too and are a favorite among locals, Richard tells me. Meeting customers who demonstrate sincere comradery with owners Richard and Nadine Garza and staff, seeing the business cards of wonderful artist Joe Villarreal and being treated like family...it's a great indication that La Monita Tortilleria is a community staple and legacy business in the truest sense and worth visiting routinely.

3202 Guadalupe St, San Antonio, TX 78207 Wed-Fri (7:00 AM-4:00 PM), Sat-Sun (5:30 AM-3:00 PM) 210-432-0332



COLLECTION OF TIM PALOMERA

Alamo Plaza

This is an early 1900's view of a tree-lined landscaped garden in Alamo Plaza with a Gazebo as a central feature. The Maverick Office Building is shown at the far left at Houston Street with other smaller buildings adjacent to the south on Alamo; the first building on the left is the Grand Opera House built in 1886. The Richardsonian Romanesque Post Office and Federal Office Building also built in 1886 is shown in the center. Shown around the Plaza are a horse and stagecoach and early model "T" automobiles.



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SAWS Bid Date is 3/25/2019

Please have all bids to Brandon@m5utilities.com no later than 3/24/2019 or call 830-331-9044 and ask for Brandon.

Plans will be provided upon request from vendor.

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EVENTOS ESPECIALES

Cruz Ángel López con Gran Futuro Deportivo

El pequeño deportista Cruz Ángel López, de ocho años de edad y brillante estudiante del séptimo grado en Garner Middle School, desde la edad de tres años se ha distinguido por su preferencia deportiva en la práctica del béisbol.

De acuerdo a su abuelo el beisbolista Manuel (El Rojo) Rábago, quien es su instructor en colaboración con el manager Mario Cárdenas (su compadre), Cruz Ángel, hijo de Cruz López y Teresita De Jesús Rábago, él sigue destacándose en torneos dentro del circuito de la liga Select. Cruz Ángel, a su corta edad, ha logrado acumular 15 anillos y 10 medallas de honor ganados en interesantes torneos del béisbol categoría Little League en el estado de Texas. Tanto sus padres Cruz y Teresita De Jesús y sus abuelos Lucía Castro y Manuel Rábago, se han esmerado por darle respaldo, su esfuerzo no ha sido en vano, ya que Cruz Ángel, les ha respondido jugando gran categoría beisbolera cubriendo posiciones en el cuadro y en la ofensiva y defensiva con su guante y bate con su equipo Rattler, club con el que ha ganado la mayoría de sus anillos y medallas que lo distinguen como un deportista con gran futuro.

“Cruz Ángel, es mi reencarnación en el béisbol, él tiene mucho futuro y le deseo todo lo mejor”, dijo Luis Alfonso Velázquez (El Chorejas),

lanzador derecho quien a los 16 años de edad, tuvo la oportunidad de ser elegido para jugar a nivel profesional en la Liga Mexicana de Béisbol profesional Triple A con la franquicia de los Diablos Rojos del México, que posteriormente lo proyectó a nivel internacional y se destacó en la Liga Mexicana de Invierno del Pacífico con el triunfador club Naranjeros de Hermosillo.

“Orgulloso de mi nieto, sus logros es lo importante para que siga adelante en el deporte que a él más le gusta (el béisbol). Seguiré dándole instrucciones sobre las maravillas de este deporte que corre por las venas en nuestra familia”, dijo El Rojo Rábago (jugador del club Mineros Veteranos).

“Estamos contentos porque nuestro hijo (Cruz Ángel), siga adelante jugando su estilo de béisbol. Siempre estaremos

apoyándolo”, dijo la orgullosa mamá. En las fotos Cruz Ángel, aparece enseñando sus anillos y medallas, y acompañado de Luis Alfonso Velázquez, quien tiene récord de 3 victorias con el club Rieleros en la categoría sabatina Veteranos en Potranco Baseball League.



Women Veterans Honored at American Legion Post 2 on March 9



Photos by Steve Walker

SPORTS

Team Shake Ups Begin as NFL Free Agency Starts

By Jessica Duran

Multiple team rosters shake up as free agency begins this week. Amongst those signed include wide receivers Adam Humphries and Cole Beasley, and high profile defensive players including Tre Flowers, Kenny Vaccaro, and LaMarcus Joyner.

Former Texans safety

Tyrann Mathieu signed with the Kansas City Chiefs for 3 years, \$42 million. Ex-Baltimore Ravens linebacker C.J. Mosley for 5 years, \$85 million with \$51 million guaranteed. Former Vikings defensive lineman Sheldon Richardson signed a 3 year deal with Cleveland Browns.

Former Carolina Panther

and 3 time NFL Pro Bowl linebacker Thomas Davis inked a deal with the Los Angeles Chargers. Linebacker Terrell Suggs, who was with the Baltimore Ravens for 16 seasons signed a one year deal worth \$7 million with the Arizona Cardinals.

The biggest winner of the week was the Oakland Raid-

ers in a surprise trade for All-Pro wide receiver and superstar Antonio Brown from the Pittsburgh Steelers. The Steelers received a 3rd round and 5th round pick in this year's draft. Brown wanted out following a strained relationship between the receiver and his former team that brewed over the past season.

With dozens of free agents left, the position needs of many teams will be met and should make for an interesting draft this year. With the biggest free agent, former Steelers running back Le'Veon Bell still available, this could be the most exciting free agency shake up in recent years.

Scandal Rocks NCAA with Federal Bribery Charges

By Jessica Duran

Federal prosecutors and the FBI have discovered a mass inquiry of multiple athletes and academic students in a bribery scheme to get students automatic admission into "elite" and top schools across the nation. Of those accused, there are over 4 dozen famous celebrities and CEO's of multiple companies.

Actresses Felicity Huffman and former Full House Sitcom Star Lori Loughlin are among the celebrities accused. According to court documents, Loughlin and her husband agreed to pay \$500,000 for their two daughters' admission into USC by recruiting them as members of the USC Crew team despite actually par-



ticipating.

As much as \$6 million were paid to schools for admission. As part of the bribery deals, college entrance exams were cheated to gain admission for the recruited athletes and students.

Five coaches are among the accused and the schools

that have been accused include Georgetown, USC, UCLA, Texas, Wake Forest, and Yale.

William Rick Singer, owner of a college counseling service called Key Worldwide Foundation, accepted bribes totaling \$25 million from parents between 2011

and 2018 "to guarantee their children's admission to elite schools".

Former Yale women's soccer coach Rudolph "Rudy" Meredith is accused of changing student profiles and listed them as prospective soccer players without playing a sport to get the

students admission. Once the student was admitted, Meredith would send a check upwards to \$400,000. Multiple relatives of the athlete would pay over \$1 million in the spring and summer of last year.

Meredith told the father of another student and soccer player that he would recruit their child in exchange of \$450,000 in an April 12th meeting last year.

Over 300 specials government agents across the nation arrested 38 people on Monday in the largest college cheating scandal in U.S. history. In most of the cases, multiple students have been aware of their parents, administrators, and coaches actions.

FINANCIAL FOCUS

Put Together a Professional Team to Help You Reach Your Goals

By Edward Jones

As you work toward achieving your goals in life, you will need to make moves that contain financial, tax and legal elements, so you may want to get some help – from more than one source.

Specifically, you might want to put together a team comprised of your financial advisor, your CPA or other tax professional, and your attorney. Together, this team can help you with many types of financial/tax/legal connections.

For starters, you may decide, possibly upon the recommendation of your financial advisor, to sell some investments and use the proceeds to buy others that may now be more

appropriate for your needs. If you sell some investments you've held for a year or less and realize a capital gain on the sale, the gain generally will be considered short-term and be taxed at your ordinary income tax rate. But if you've held the investments for more than a year before selling, your gain will likely be considered long-term and taxed at the lower, long-term capital gains rate, which can be 0%, 15% or 20%, or a combination of those rates.

On the other hand, if you sell an investment and realize a capital loss, you may be able to apply the loss to offset gains realized by selling other, more profitable investments and

also potentially offset some of your ordinary income. So, as you can see, the questions potentially raised by investment sales – “Should I sell?” “If so, when?” “If I take some losses, how much will they benefit me at tax time?” – may also be of importance to your tax advisor, who will need to account for sales in your overall tax picture. As such, it's a good idea for your tax and financial advisors to communicate about any investment sales you make.

Your tax and financial advisors also may want to be in touch on other issues, such as your contributions to a retirement plan. For example, if you are self-employed or own a small business, and

you contribute to a SEP-IRA – which is funded with pre-tax dollars, so the more you contribute, the lower your taxable income – your financial advisor can report to your tax advisor (with your permission) how much you've contributed at given points in a year, and your tax advisor can then let you know how much more you might need to add to move into a lower tax bracket, or at least avoid being bumped up to a higher one. Your financial advisor will be the one to recommend the investments you use to fund your SEP-IRA.

Your financial advisor can also help you choose the investment or insurance vehicles that can

fund an estate-planning arrangement, such as an irrevocable living trust. But to establish that trust in the first place, and to make sure it conforms to all applicable laws, you will want to work with an attorney experienced in planning estates. Your tax professional may also need to be brought in. Again, communication between your various advisors is essential.

These are but a few of the instances in which your financial, tax and legal professionals should talk to each other. So, do what you can to open these lines of communication – because you'll be one who ultimately benefits from this teamwork.

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MAKING SENSE OF INVESTING

CAMBIO

Meat- Based Environmental Destruction

By: Isa Fernández

You cannot have a serious discussion about the decay of our natural environment without addressing the monumental impact a meat-based diet has on it. And yet, the corporate mass media will tell you ditching plastic straws is progress and that it's farming almonds that wastes water. They'll even inundate our television feed with commercials that shamelessly use happy-faced animals as mascots who sell their own flesh as products, as if animals were not just stupid, but cannibals that care about human capitalism. And the purpose? To continue the perpetuation of a meat-based diet that not only destroys our collective environment, but also decays our individual health, promotes human starvation globally and promotes the needless violence and slaughter of helpless animals, all to benefit one industry - the agriculture industry.

Right now, climate change is changing our world and how we live. According to NASA, "the past five years (have been), collectively, the warmest years in the modern record" with 2018 being the fourth warmest year in the ongoing trend. According to the National Climate Assessment Report, Texas has three of the ten hottest cities in America with San Antonio coming in at #5; Houston in #7th; and Dallas in #9th place. This is caused by increased emis-

sions of carbon dioxide and other greenhouse gases which are sent into the atmosphere which result in warming and raised temperatures that contribute to longer fire seasons, extreme weather events and lower atmospheric temperature. This means that glacier ice from the Arctic sea and snow melts faster (which ends up reducing its overall cover) and in turn, threatens arctic wildlife survival. Polar bears and penguins are just two of the many animals threatened. In addition, "global warming accelerates the rate of sea level rise, which increases flooding risks to low-lying communities, according to the Union of Concerned Scientists. And a great portion of this environmental gravitas is caused by animal agriculture, which also:

Accounts for at least 32,000 million tons of carbon dioxide per year & 51% of greenhouse emissions

Occupies 1/3 of earth's ice-free land & covers 45% of earth's total land

Dumps tens of millions of tons of animal waste and agriculture chemicals into the environment

Is responsible for up to 91% of Amazon destruction

Is the leading cause of species extinction, ocean dead zones, water pollution & habitat destruction

While some conservationists urge shorter showers and watering your grass less, keep in mind that 80-90% of

US water consumption is attributed to animal agriculture and it takes 2,500 gallons of water to produce 1 lb. of beef! And that hamburger you're eating...it requires 660 gallons of water to be produced which is the equivalent of 2 months' worth of showers! Similarly, it takes:

477 gallons to produce 1lb. of eggs

Almost 900 gallons needed for 1lb. of cheese

1,000 gallons required to produce 1 gallon of milk

18 times more land use than that of a vegan diet (Cowspiracy, 2014).

According to the New Food and Agriculture Organization (FAO) greenhouse gas data estimates show that emissions from agriculture, forestry, and fisheries have nearly doubled over the last 50 years and could increase 30 percent by 2050 without regulations. Isn't it about time humans collectively evaluated the impact of the agriculture industry we are supporting with our wallets and devise thoughtful ways to ensure that the destruction of our environment ends?

Not only does our meat-based diet impact the environment, but it also impacts our health, as a 2013 United Nations report by the Food and Agriculture Organization demonstrates - 70% of human disease directly to animal agriculture. The Centers for Disease Control and Prevention "Mortality in the

United States 2017 Report" details how heart disease and cancer continue to be the top two causes of death in the US. This corresponds with the higher cholesterol averages of meat eaters (reported by the People for Ethical Treatment of Animals <http://bit.do/eLWYr>) which show that carnivores have consistently higher cholesterol numbers (at 194) than vegetarians (at 177) and vegans (at 146). Cholesterol levels 200 and over raise your risk for coronary heart disease. Understanding that animal products are the only sources of bad dietary cholesterol and that there is no detrimental cholesterol in plant foods, like avocados, is important to understand when evaluating the pros and cons of any diet.

In addition, in 2015 the World Health Organization has classified processed meats as a "Group 1 Carcinogen," which means that there is strong evidence that processed meats cause cancer. These meats include bacon, ham, sausage, hot dogs, and deli meats (turkey treated with nitrates to improve flavor and preservation is included) because they can increase rates of cancer. "There is now a clear body of evidence that bowel cancer is more common among those who eat the most red and processed meat. Processed meat consumption has also been strongly linked to a higher risk of stomach cancer" (Cancer Council

<http://bit.do/eLV9y>).

Add to these newly accepted truths (the impact on the environment and our health), the awful reality humans force upon animals and there is already a strong case to consider modifying your diet to a more plant-based one. Animals are horrifically abused, forced to live in harsh, crowded and filthy conditions. Often already diseased, they are continually artificially inseminated in order to breed beyond their natural capacity in order to give birth to babies who are to be born just to be violently killed. (Then we drink the milk that their mothers produce for their babies and are the only species that drink another species milk, despite the rampant proof that up to 75% of humans are lactose intolerant).

I became a vegetarian after witnessing scenes from "Glass Walls," a documentary showing farm animal abuse and subsequent slaughter at a Paul McCartney concert and my life was changed. I always loved music, political activism, and animals, but it was the epic combination that transformed me. Playing the heavy metal-precursor track "Helter Skelter," McCartney parlayed the violent connotation given to his song (by the Manson murder cult of the 60s) into a vehicle for understanding our role as humans responsible for the lives, living conditions and

AMBIENTALES

ultimately, violent deaths of billions of animals. It was the most shockingly horrific thing I have ever seen in my life and I am so thankful he had the courage to show it. It's something everyone should see. To not see it and to not know what animals go through, while being a patron of animal agriculture, is willful ignorance. McCartney is quoted as saying, "if slaughterhouses had glass walls, everyone would be vegetarian." As such, I became a vegetarian the very next day and have been nearly vegan ever since.

And there are no cons to lowering or excluding meat from your diet. My best friend Dr. Richard E. Martinez who is 50 years old, is an Ultra Marathon Runner (translation: can run up to 50 miles at a time) who happens to be vegan. Before becoming vegan, he "couldn't run more than 10 miles at a time." Everything in his diet is plant-derived - protein, calcium and other vitamins. He's so healthy, he donates platelets nearly every week to the San Antonio Blood Bank, which means he has to meet strenuous health criteria. The myth that you can't get protein, calcium and necessary vitamins from a plant-based diet is just that - a myth perpetuated by the meat and dairy industry that does not care about your health. With these facts in mind, isn't it time to reevaluate the standard American diet?

If you need yet another reason to assess your diet, consider the irony that while

the agriculture industry is greatly impacting the world-wide environment and people in the developed world are ruining their individual health through the industrialization and consumption of violently-sourced animal protein, people in under-developed nations are starving while animals that will be sent to their deaths are being fed the same grains that could be given to

Rhapsody," the Queen biopic which highlights the 1985 "Live Aid" concert held to fight starvation in Ethiopia. But like anything with celebrities asking the working class to donate, nothing changes and today, 40% of Ethiopians are still hungry or starving, because nothing was truly reformed to address the root of the problem. Today, as an example, Ethiopia

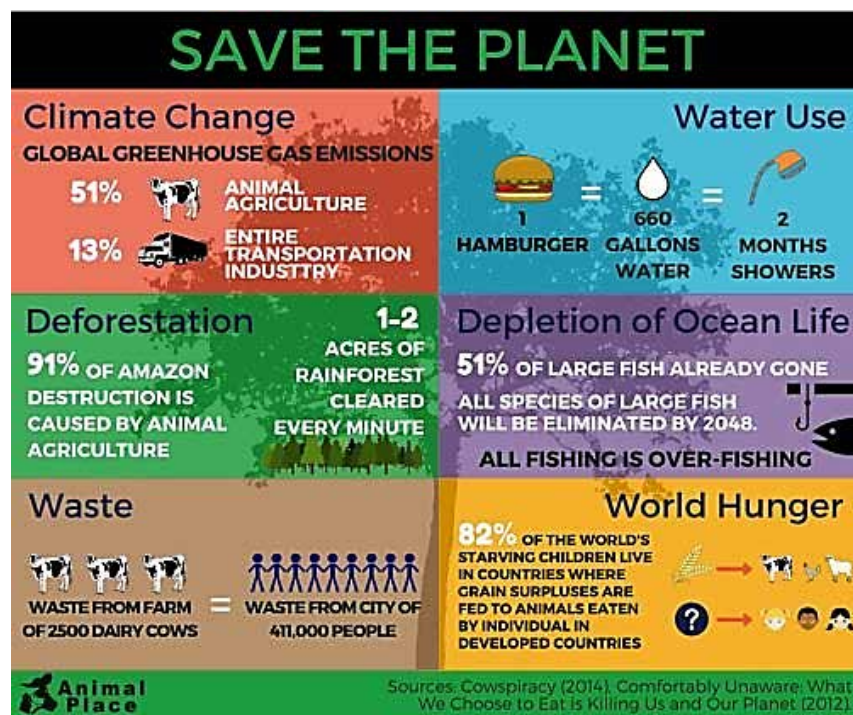
Eating Less Meat, and Taking Baby Steps Won't Work (2013) writes, "because of the global demand for flesh, cultural, social, political, and economic influences remain strongly supportive of the continued dominance of these large companies and of the meat, dairy, and fishing industries in general. This then drives how global resources are used (land, water, rainforests, oceans, atmosphere, biodiversity, etc.), how money is spent, and how policies are determined. The demand for animal products in developed countries, whether factory farmed or not, drives resource depletion in developing countries while also exacerbating poverty and hunger."

But make no mistake, even with climate change and weather extremes, there is enough grain "globally to feed two times as many people as there are on Earth" (Andersen & Keegan, Cowspiracy, 2014). In 2011, there was a record harvest of grain in the world, with over 2.5 billion tons, but half of that was fed to animals in the meat and dairy industries. There is no food shortage and there is no excuse for people living in poverty or dying of hunger. Like Nelson Mandela said, "Poverty is not natural. It is man-made and it can be overcome and eradicated by the actions of human beings. Sometimes it falls on a generation to be great." Whether that ever happens remains to be seen. It certainly didn't

happen in Mandela's lifetime.

Our shared environmental decay (caused by the agricultural industry ejecting carbon dioxide and greenhouse emissions, overtaxing our water and land in order to produce animal meat), people dying of cardiovascular disease and cancer (from eating animal products), and the continued starving population (from feeding grain to animals instead of people because of profit), among the backdrop of the horrendous torture animals are born to experience are all symptoms of a capitalistic society without restriction or any moral compass. This is something for our generation to come to terms with. As a Buddhist teacher, peace activist and vegan Thich Nhat Hanh stated, "I am determined not to kill, not to let others kill, and not to support any act of killing in the world. We should consume in such a way that helps reduce the suffering of living beings. And that way we can preserve compassion in our hearts." As a near-vegan, it feels good to say, "my food is grown and harvested, not born and killed" and know that that makes a difference not only to the animals I call friends but to my fellow humans, my own health and that of the environment we all share.

Further information: documentaries Forks Over Knives (2011), Cowspiracy (2014), and What the Health (2017) Visit <http://thevegancalculator.com/#calculator> to calculate how many animals you "save" by going vegetarian or vegan.



save them from dying. It's an ugly human truth - a quarter of all grain produced by developing countries is given to livestock (Forks Over Knives, <http://bit.do/eLWam>). Horrendously, eighty-two percent of the world's starving children live in countries where food is fed to animals, which are then killed and eaten by wealthier individuals in developed countries like the US, UK, and in Europe. An example that might be fresh in our minds thanks to the success of "Bohemian

has millions of cattle, sheep, goats, and chickens, needlessly consuming their food, land, and water. Acres of forest (25,000 acres to be exact) are cut down each year in order to make room for more animals. And 77% percent of all grains and over 90 % of all soy grown in the world was fed to livestock. Dr. Richard Oppenlander, author of Comfortably Unaware: What We Choose to Eat Is Killing Us (2012) and Our Planet and Food Choice and Sustainability: Why Buying Local,

Benefits of Donating

By: Michelle Idar

There are many reasons why people choose not to donate. Some may question the value of their dollar. "Will my dollar really make a difference" or "Is my dollar really going towards a worthy cause?" We all work hard to earn our money and it's frustrating to think that when we donate, it could potentially be going into the pockets of the organization instead of going towards the actual mission. I, for one, have had those thoughts. Let's face it, who hasn't? You must believe that every dollar given is a chance to help a nonprofit fulfill its mission, by helping others in need. Rather that mission involves saving a child's life through research or providing food for the less fortunate, your contribution, can make a HUGE difference!



Benefits of Donating means helping others who have experienced trauma or hardships beyond their control. If you can't make a monetary donation, help by volunteering your time. Donating or giving your time imparts a sense of responsibility to help however it is needed. Donating your time also gives you a sense of purpose and encourages others to follow in your footsteps. If you are a parent, your child will see your efforts! He or she will learn how to be compassionate and get involved with helping others within their community. Kindness spreads and

every little bit helps! There are many local nonprofits who need items such as; food, clothing, personal hygiene, or diapers, just to name a few.

Would you like to be active and have fun while donating towards a worthy cause? Join Any Baby Can of San Antonio, on April 20, 2019, for their 15th Annual Walk for Autism and Superhero 5K. For more information on the services provided by TCP Marriage & Family Services, please call our office at: (210) 516-2607 or visit our website at: www.tcpmfs.org.



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Digital Spring Cleaning

Keeping Your Online Identity Secure



By Jason Meza
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bbb.org Start With Trust®

Spring is in full swing and there is a good chance that your weekend plans may include scrubbing baseboards or preparing for a garage sale. While clearing out clutter is an annual ritual for many households, the National Cyber Security Alliance (NCSA) and Better Business Bureau (BBB) have teamed up to remind all consumers to not forget about their digital clutter.

This is becoming increasingly important, especially as data breaches become more common in our hyper-

connected world. Even as recently as last week, there were several high-profile data breaches against businesses and even the City of Del Rio offices.

A good rule of thumb is to consistently keep a keen eye on all sensitive accounts like online banking, your credit cards and credit report. A recent survey by CreditCards.com indicates that half of Americans still have not checked their credit reports since the Equifax breach back in September of 2017.

For those wanting to do a digital refresh, it is a relatively simple process. NCSA and BBB have identified our top, trouble-free tips and advice that everyone should follow beginning this spring and throughout the year.

Keep a clean machine: Ensure all software on Internet-connected devices – including PCs, smartphones and tablets – is up to date to reduce the risk of infection from malware.

Lock down your login:

Your usernames and passwords are not enough to protect key accounts like email, banking and social media. Add extra layers of security like biometrics or a PIN. For example, a new scam, called porting, targets your smartphone by hijacking your phone number and using it to gain access to your personal accounts. One way to prevent this would be

to call your service provider and set up an authentication number. This way, no changes can be made your phone plan without putting in that authentication number, first.

Own your online presence: Review the privacy and security settings on websites you use to be sure that they remain set to your comfort level for sharing. It's OK to

limit how and with whom you share information. This is especially important following the massive data sharing breach of Facebook by Cambridge Analytics, which affected around 87 million users.

For more information on digital spring cleaning, head to BBB.org. To report a scam, go to BBB.org/scam-tracker.



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