

# LA PRENSA TEXAS

SAN ANTONIO'S HISPANIC FAMILY OWNED NEWSPAPER

VOL. 2 • NUM 17

[www.LaPrensaTEXAS.com](http://www.LaPrensaTEXAS.com)

28 de Abril de 2019



## Health and Wellness

**Medicare Solutions, Inc.**  
A Legacy of Caring for Older Adults & People with Disabilities

**Medicare SOLUTIONS INC**  
Reach Your Goals

By Isa Fernández

**Reencuentro de Leyendas Beisboleras del Pitcheo Profesional**

Por Sendero Deportivo

**Honoring The Fox Tech H.S. Twenty-Three**

By Dr. Ricardo Romo

**Just a Thought City Hall Elections**

By Steve Walker

**Tips for Evaluating Weight Loss Products**

By Jason Meza



# 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.

**Steve A Duran Sr.**

CEO/Publisher

s.duran@laprensatexas.com

**Ramon Chapa Jr.**

Co-Publisher

r.chapa@laprensatexas.com

**Yvette Tello**

Executive Vice President

y.tello@laprensatexas.com

**Roxanne Eguia**

Editor In Chief

r.egua@laprensatexas.com

**Victoria Ward**

Graphic Designer

v.ward@laprensatexas.com

**Steve Walker**

**Ricardo Romo**

**Jessica Duran**

**Isa Fernández**

Contributors

info@laprensatexas.com



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

La Prensa Texas San Antonio is published once a week by La Familia Duran Inc. San Antonio, Texas (210) 686-0600. Subscription price in the U.S.A. \$125 per year (52 issues). The opinions expressed in the editorials of this publication represent the positions and ideology of this newspaper; the opinions expressed by writers and guest columnists are not necessarily the opinions of the management staff or ownership of this newspaper; the contents of which they are solely and exclusively responsible for. Letters from our readers are welcome and will be published, subject to space availability so long as they are signed and have a proper return address. All letters will be reviewed and edited for offensive language, libel, slander, defamation, proper grammar, spelling, and accuracy, according to our style. La Prensa Texas San Antonio is not responsible for advertisements that may be deceitful or fraudulent, and does not guarantee in any way the products or services offered, of which only the advertiser is responsible. All Rights Reserved. Published and printed in the United States of America.

## Let's Talk About it... Catching Autism on Time for Treatment

**By Yvette Tello**

*Autism spectrum disorder (ASD) is a complex developmental condition that involves persistent challenges in social interaction, speech and nonverbal communication, and restricted/repetitive behaviors. The effects of ASD and the severity of symptoms are different in each person. I read an article about how Hispanic and black children are diagnosed with autism later, leading to treatment delays. Do you think this might be a cultural issue? Let's talk about it...*

**Tracy Sadzikowski:**

"This happens with any family. It starts with the parents who spend the most time with their child. I knew at age one my son was not like other children. And I had to fight his first pediatrician to give him help because he didn't speak his first word until he was three. The doctor said some kids one day will decide to talk when they're ready. I didn't buy it because I know my son. I took him for a second opinion and became his biggest advocate for the best treatment out there I can grab my hands on. I've met many parents who choose to live in denial and not get

their child help. It's a lot of work hours of phone calls to get referrals and being very proactive in his education."

**Yisvi Rodriguez:**

"I'll have to disagree here. My son started to show signs very early in age. Before even being 2. His doctor and his teachers did everything to help him. Ados exam is done early and early steps helped also. Got his complete diagnosis after he turned 3 and he was transferred to the pre-k department at our elementary school at 3 and stayed 2 years. Never had any problems at all. We are Hispanic. I think it depends on what kind of doctor and school your child is involved with. I was blessed with both caring for him very much!"

**MK Pascoe Matthews:**

"It is not my wish to be unkind as I am an autism mom as well- but one experience does not represent 20,000, in fact, conclusions, are drawn from studies/research/data."

**Kevin Abraham:**

"I really hope you have multiple languages available other than English and Spanish. I assure you there are far more cultures in the U.S. that

need the info aside from the two."

**Brandess Feuchster:**

"Many cultures deny it. I have a friend in Egypt and they barely started to acknowledge it. Nobody wants an official diagnosis because they are concerned that it will affect their ability to marry."

**Jennifer Megan:**

"I can't believe some of the comments. I'd be willing to bet there is a socioeconomic correlation for lack of services. I'm middle class and I had to pay 8k out of pocket for an Ados Mullen's and Vineland to cut an 18 month - 2-year wait, everyone can't do that. We need better access to testing and no games from insurance companies. I can't even tell you what we have been through but it is a full-time job managing insurance alone. I am on the phone with Aetna daily fighting for my child with level 3 autism for her treatment and better care. Long before I was on the phone hourly begging for testing. Then I had to wait for the report and evaluation. The wait for treatment was ridiculous. I consider myself privileged. This is an expensive diagnosis. The

socioeconomic correlation has been studied with race and it has to be addressed. Everyone deserves access to prompt testing and access to affordable treatment."

**Karla Castro:**

"They are being diagnosed later because parents are refusing to accept the truth. Also because many schools give parents such a hard time in regards to services."

**Jason Haddad:**

"What about Middle Eastern and Armenian families though? Getting you to read by making it appear as though racism is a factor."

**Wynter Thompson:**

"My son started receiving services when he was about 16 months so it really depends on the family."

**Julio C Velez:**

"I will respectfully disagree with this one. It's up to the parents to pay attention and to know the signs. I noticed at around 12+ months. Awareness goes a long way in getting needed services asap."

**LA PRENSA TEXAS**  
SAN ANTONIO'S HISPANIC FAMILY OWNED NEWSPAPER

**We Make it Easy to be Connected to your Community**

**Join Us at laprensatexas.com**



**La Prensa Texas 210-686-0600**



# About the Cover Artist

## Jesse Trevino's Spirit of Healing

By Dr. Ricardo Romo

The cover art of this week's issue is part of Jesse Trevino's monumental mural, the "Spirit of Healing," a mosaic tile masterpiece constructed on eight floors of Christus Santa Rosa Hospital. Jesse Trevino, one of America's premier Latino artists, grew up in the Westside San Antonio neighborhood called Prospect Hill. His family of eleven brothers and sisters lived in a modest home on Monterey Street. His dad, Juan Trevino, immigrated from Monterrey, Mexico to the United States in the late 1920s. Juan Trevino drove trucks and repaired cars for a living. He was working as a mechanic in San Antonio when he first met his future wife Dolores in the nearby city of New Braunfels. Following their marriage in the mid-1930s, they moved to Monterrey, Mexico where most of the Trevino's eleven children, including Jesse, were born. The Trevino family moved back to San Antonio in 1950 and bought a house on Monterey Street, two blocks from Henry Cisneros' home. Jesse Trevino's interest in art and design led him to Fox Tech where his

older brothers had attended. Trevino's early years were formative and important to his development as an artist. During his first year at Fox Tech High School, Trevino painted a portrait of Vice President Lyndon B. Johnson which he titled simply "LBJ" (1962). Finishing high school in 1965, Jesse headed East to the prestigious Art Students League of New York on a scholarship. His mentors and teachers were some of America's finest portrait painters and he studied alongside some of the brightest young artists in the nation. In the 1960s New York was considered among the top three places in the world to pursue the study and practice of art. Trevino's stay New York lasted less than a year, ending when he was drafted into the United States Armed Services. Trevino's biographer, Anthony Head, described Trevino's Vietnam service and his return from the war as the beginning of a tortured experience extending from many months to many years. Head wrote: "Under heavy fire, he sustained life-threatening injuries including to his right arm, which he painted with. Eventually, that arm

was amputated below the elbow, but not after Jesse had already started training himself to live left-handed—especially as an artist." In the early 1990s Trevino's good friends Jorge Cortez, owner of the well known Mi Tierra Mexican Restaurant in San Antonio, and fellow Fox Tech High School graduate, Dr. Carlos Orozco, suggested that Jesse paint a large mural at Market Square or at Christus Santa Rosa Hospital just a block from the Cortez family restaurant. Trevino always loved monumental art and proposed painting a mural on the entire nine-story hospital wall facing south which could be viewed from the elevated I-35 Highway. Trevino's Spirit of Healing mural is a gigantic 93 feet by 43 feet which required thousands of small pieces of tile of 70 different colors. At its completion, the art piece was reputed to be the largest ceramic mural in America. The mural depicts a young boy (his son) holding a dove under the watchful protection of a guardian angel. We have had friends tell us that they wanted to see three things in San Antonio: the Alamo, the Riverwalk, and the Trevino Spirit of Healing

mural. Because of its central location near touristy Market Square and the busy I-35 corridor, this mural is viewed by millions every year. Talking about his many Jesse Trevino interviews in preparation for his book, Head told Matt Joyce of Texas

Highways magazine that "At its heart, this is a story of sheer determination to follow a dream. When he was at his lowest, Jesse found faith in himself to continue working. He simply was not going to be denied the life he always wanted to live."



**CentroMed**  
*Women's Health Services*

- Prenatal Care & Education
- Regular Exams & Ultrasounds
- Screening for Breast & Cervical Cancer



Reena  
Bhalala, MD



Aurora  
Dominguez, MD



Herbert  
Guzman, MD



Maria Florencia  
Molina-Boero, MD



Diana Santiago-  
Chamorro, MD



Christian J.  
Santiago-Matos, MD



**Free Pregnancy Testing • Welcoming New Patients • Call Today (210) 922-7000**



# HEALTH AND

## Medicare Solutions, Inc.

**A Legacy of Caring for Older Adults & People with Disabilities**

**By Isa Fernández**

A diagnosis of kidney failure led former Humana insurance agent John Rivera, a Westside San Antonio, Texas native, into the complicated maze of Medicare, Medicaid, and Supplemental Security Income (SSI) Disability. The experience fueled his desire to create Medicare Solutions, Inc. in 2004. His goal? To help adults 65 and older and people with disabilities seeking assistance avoid the complex web of confusion he faced when seeking services himself. Branching out from his career at Humana into Medicare Solutions, Inc., John built a dedicated client base by offering what of-



fice receptionist Elizabeth Roque described as “above and beyond” services. The staff keeps in touch with clients by sending annual birthday and Christmas cards, holding customer luncheons, planning group Bingo nights and even hosting extraordinary group trips out of town. Home visits and after-hour appointments are available if planned in advance, accommodations especially helpful to clients with mo-

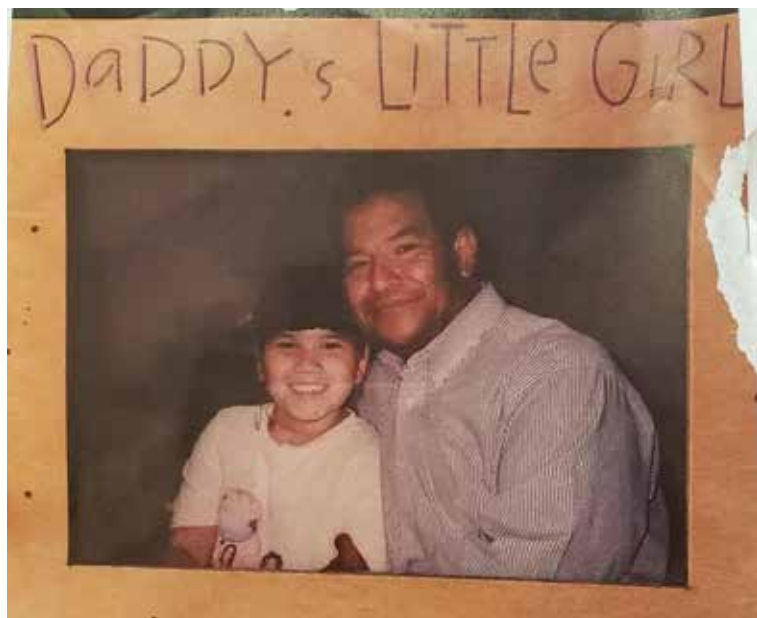
bility and transportation concerns. Anyone needing assistance with understanding complex medical mail is always welcome by dedicated staff, which also includes agent Fernando Sanchez and John’s daughter Monica, who began working alongside her father, founder and President of Medicare Solutions, Inc., in 2012. Services are covered by insurance and are of no cost to the customer. In 2016, the unexpected passing of founder John Rivera drove daughter Monica Rivera into the role as President of Medicare Solutions, Inc., continuing her father’s legacy of care and her career in serving the community in need. The traditional hands-on approach to customer service begun by her father is still evident today. In working with clients, understandably confused by the process of enrollment, Monica grasps the confusion faced

**Medicare**  
SOLUTIONS, INC.  
We Make Medicare Easy



by clients. “They’re either starting out on Medicare, (or) they’re about to be active, they’re about to turn 65 (and ask), ‘What do I do, do I need Medicare Part B, or do I not? What

do I do, how much money is going to be taken out of my Social Security? How can I maybe avoid that cost?’ So, we walk them through. We get them set up on either if they want a





# WELLNESS



**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.*



**Eleuterio Escobar**

Thirty years prior to the social movement of the 60’s, Eleuterio Escobar began to document the educational inequalities between Hispanic and Anglo students in San Antonio Texas. He presented his findings to the state, which revealed that the Hispanic West side of the city housed 12,334 students in eleven schools on 24 acres of land and we’re allocated 35% of the cities total investment. The Anglo Eastside housed 12,224 students in 28 schools on 82 acres and were allocated 65% of the cities investment. His findings prompted a \$900,000 remedy through his work relates to events in San Antonio, his papers, which are housed at the University of Texas, have been widely studied and instrumental in representing the social conditions among Latinos throughout the country.



supplement plan or a drug plan because they will get penalized if they don’t get that. And a lot of people don’t know that, that they will get penalized if they don’t get on a Part C plan or on a drug plan.” She also relayed that Medicare Solutions, Inc. will work with people with newly diagnosed disabilities, “sticking with them” dur-

ing the lengthy two-year requirement of being on SSI Disability until Medicare kicks-in and helping them find out what they can do in the meantime. Now two years after her father and founder of Medicare Solutions, Inc. John Rivera passed away, Monica is honoring her father’s dream that she take over the business one day

and continue her career path serving others. Today, she is building on the successful foundation begun by her father - beginning with an updated office. Currently, the office is located at 1410 Guadalupe St., #120 San Antonio, TX 78207, but Monica tells me they will soon move to 2014 Hackberry, San Antonio, 78210 to “spread

our wings a little bit.” The Hackberry office has more parking spaces for clients and also includes a large conference room for special group events. The move will occur in the next few months after all clients are made aware of the change of address through flyers and social media. Ensuring all clients know about the move ahead of time so they can make proper travel arrangements for appointments will help safeguard a seamless transition to the new location, which is especially important to clients who need to make travel arrangements for appointments. With the move, Monica expects to expand the clientele base more broadly, which is a goal anyone concerned about those in need can support.

**Business Hours: Monday-Friday, 9:00 AM-4:00 PM. Special appointments on the weekend and home visit appointments are available if scheduled in advance. Location: 1410 Guadalupe St., #120 San Antonio, TX 78207 – moving to new address 2014 Hackberry, San Antonio 210-354-2276 Mchavarria10@yahoo.com Online: www.wemakemedicareeasy.com (currently under construction).**



Agent Fernando Sanchez



Staff member Elizabeth Roque



# 10th Annual Paseo por El Westside

## Mi Barrio No Se Vende this Saturday

### at Colorado Street 9am– 3pm

The Esperanza Peace and Justice Center invites you to Paseo por el Westside, a historic and cultural preservation community gathering on the Westside of San Antonio. This event will take place on Saturday, May 4, 2019, at the Rinconcito de Esperanza at 816 S. Colorado St., San Antonio TX 78207 from 9am to 3pm.

Our Paseo por el Westside event is one of hundreds of events happening around the country in honor of Historic Preservation Month. We partner with various community groups and the local Office of Historic Preservation in an effort to recognize a part of San Antonio that is largely underserved and unrecognized as worthy of preservation.

In addition to performances, community members will have the opportunity to take walking tours through the Westside, attend workshops, demonstrations and watch performances which will include: Conjunto Heritage Taller, Las Tesoros de San Antonio, Azul Barrientos, and Panfilo's Güera (Belen Escobedo). Workshops/demos include Chile Peppers: Names, Ways to Cook and Tasting con Blanca Rivera, Tracing Family Roots using Library Resources: Genealogy with Sylvia Reyna, Medicinal Plants and Their Uses,

children's songs and games with Adriana Netro and so much more!

The whole family is invited whether they were born and raised in the Westside or simply enjoys cultural festivities honoring San Antonio's heritage! This event is intergenerational at the core with activities for all ages. If you can, please bring camping or folding chairs along to setup at our seating area! Admission is free and open to the public.

**Mi Barrio No Se Vende** This year's theme **Mi Barrio No Se Vende** seeks to highlight the nationwide housing crisis that significantly impacts low income communities like the westside. Housing has become inaccessible to many, pushing people beyond the city limits or even on the streets. We must question the policies and actions that perpetuate this crisis, affecting already vulnerable communities. We strive to work in community to create strong, supportive, and proactive strategies to halt the gentrification of the Westside. As downtown expands into our barrio, we must protect our neighborhood from becoming unaffordable and inaccessible to our community.

Esperanza has a strong history of preserving buildings and promoting historic and cultural preservation in San Antonio. From try-



ing to Save La Gloria to the Univision Building, Lerma's, Casa Maldonado and Hays St. Bridge. The Esperanza Peace and Justice Center has been at the forefront on issues involving historic and cultural preservation relating to the working class communities of San Antonio.

For more information kindly call 210.228.0201 or email [pr@esperanzacenter.org](mailto:pr@esperanzacenter.org)

#### TOURS

**9am & 10am:** Neighborhood Tour: History, Culture, Architecture and Politics – Join us for a walking tour of the Esperanza's En Aquellos Tiempos Fotobanner street museum with stops at the Guadalupe Theater, and other Westside locales!

**All day:** Rinconcito de Esperanza Tour – Learn about the different buildings on our property, which include Casa de Cuentos, Casita, MujerArtes Studio, and Ruben's Ice House that will soon become el Museo del Westside!

#### WORKSHOPS, DEMOS AND STATIONS

1. Chiles/Peppers: Varieties, Cooking Methods, and Tasting

2. Tracing Family Roots using Library Resources: Genealogy with Sylvia Reyna

3. Searching for Your House's History using Library Resource with Sylvia Reyna

4. Clay Demos with MujerArtes 5. Still Here: Homenaje al Westside de San Antonio (storytelling & book signing)

6. Traditional Children's Songs + Games Workshop 7. Medicinal Plant Station with Jacinto Madrigal (plants will be for sale!)

8. Medicinal Herb Walk with Margarita Elizalde (bring your own herbal remedy recipes to share with community!)

9. Cascarón Making Station

10. Children's Games Station

11. Washboard Demo with Imelda DeLeon

12. Stilts Station

13. Latino Collections – San Antonio Public Library

14. Office of Historic Preservation 15. Loteria

#### PERFORMANCES

10am: Conjunto: Barrio Music, Identity, & Vision with Juan Tejeda

11am: Conjunto Heritage Taller

12pm: Las Tesoros de San Antonio: Beatriz Llamas & Blanca Rodriguez

1pm: Azul Barrientos

2pm: Panfilo's Güera (Belen Escobedo)

#### VENDORS

1. MujerArtes – Esperanza's women's clay cooperative

2. Mary Agnes Rodriguez – paintings, pins, clay artwork, and more

3. Pearl Sánchez – mixed media work, greeting cards, prints, vintage clothes, and more

4. Guadalupe Segura – crochet and recycled artwork and accessories; will have demos of flowers made out of recycled materials at her vendor booth





American Stroke Association®  
A division of the American Heart Association.

Together to End Stroke®

ESTE PREPARADO EN CASO DE UNA EMERGENCIA:

## RECONOCER UN ATAQUE CEREBRAL F.A.S.T. Y APRENDA REANIMACIÓN CARDIOPULMONAR (RCP) USANDO SÓLO LAS MANOS

### RECONOZCA un ATAQUE CEREBRAL F.A.S.T.

Al aprender F.A.S.T., la vida que salve puede ser la suya o la de un ser querido



**F (FACE) ROSTRO CAÍDO** — ¿Está caída o adormecida un lado de la cara? Pídale a la persona que sonría. ¿La sonrisa es irregular?

**A (ARM) BRAZO DÉBIL** — ¿Siente un brazo débil or adormecido? Pídale a la persona que levante ambos brazos. ¿Uno de los brazos se desvía hacia abajo?

**S (SPEECH) DIFICULTAD PARA HABLAR** — ¿Muestra trastorno del habla y las palabras son mal pronunciadas? Pídale a la persona que repita una simple frase como “El cielo es azul.” ¿La frase es repetida correctamente?

**T (TIME) TIEMPO DE LLAMAR AL 911** — Si alguien muestra alguno de estos síntomas, incluso si los síntomas desaparecen, llame al 911 y lleve a la persona al hospital inmediatamente. Revise el tiempo para que sepa cuando aparecieron los primeros síntomas.

**MÁS ALLÁ DE F.A.S.T. — OTROS SÍNTOMAS QUE USTED DEBE SABER** — Entumecimiento repentino o debilidad en la pierna, confusión repentina o dificultad para comprender, dificultad repentina para ver por uno o ambos ojos, dificultad repentina para caminar, mareos, pérdida del equilibrio o pérdida de la coordinación y dolor de cabeza intenso y repentino sin causa conocida.

[StrokeAssociation.org/espanol](http://StrokeAssociation.org/espanol)

1-888-4-STROKE



## Derrick White Espectacular vs. Nuggets

### Por Sendero Deportivo

En series de postemporada NBA han sobresalido jugadores que por sus habilidades saltan a la fama. Con el pentacampeón Spurs de San Antonio, en el tercer partido de su serie del playoff (primera ronda) contra el visitante Nuggets de Denver, sobresalió el prospecto guardia Derrick White, quien con un promedio de juego de 16.5 puntos, 3.5 rebotes y 2.5 asistencias, por partido en la temporada NBA 2018-19, desde el primer silbatazo abrió el marcador anotando el 2-0. Seguidamente durante sus 33 minutos de juego que le dio el estratega en jefe Gregg Popovich, aportó 36 unidades (26 puntos en la primera mitad del partido), colaborando en la victoria de 118-108. White, encestó 15 de 21 disparos al aro,

1 de 4 tiros triples, 5 de 6 tiros libres, 5 rebotes, 5 asistencias, cometió 2 faltas personales, robó 3 balones. Con esa marca, Derrick White, empató récord de encestar 26 puntos en la primera mitad del partido las cuales ostentan Tim Duncan y Tony Parker.

“Derrick White, fue espectacular contra Nuggets”, dijo Popovich. “White, de plano dominó nuestra ofensiva y defensiva. Es un jugador que hoy enseñó su habilidad y le doy crédito por su espectacular plan de juego”, apuntó Michael Malone, entrenador en jefe de Nuggets.

“Creo que hoy logre hacer mi plan de juego y ayudar a mi equipo. Seguiré realizando el mismo plan de juego”, apuntó White.

(Fotos por Franco)



## Reencuentro de Leyendas Beisboleras del Pitcheo Profesional

Los ex lanzadores profesionales Rogelio García Sánchez, nativo de Nadadores, Coahuila y Luis Alfonso (Chorejás) Velázquez, nacido en Frontera, Coahuila, tuvieron emotivo reencuentro en el estadio Potranco. García Sánchez, finalizó su carrera de relevista con marca de 65 victorias con 28 derrotas, militó en Liga Mexicana triple A con Acereros, Saraperos, Plataneros de Tabasco, Bravos de León y Alijadores de Tampico, donde fue campeón al lado del jonronero Héctor Espino. En Liga del Pacífico, jugó con Yaquis y Algodoneros. Velázquez, lanzador estelar con marca de 96 triunfos y 68 derrotas, fue compañero de García Sánchez, con el club Acereros de Monclova. “Nos conocimos en 1986 con Monclova, él ya era conocido, hoy es un gusto

volvernos a ver y que ambos estamos con buena salud”, dijo Velázquez, quien jugó para Diablos Rojos del México y Naranjeros de Hermosillo.

“Me dedico a observar el talento juvenil, y así puedo hacer recomendaciones para que equipos grandes les puedan dar la oportunidad que todo beisbolista aspira”, dijo García Sánchez. En resultados de Veteranos y Abierta, Red Sox y Cardenales empataron 11-11. Beto Espino, con bases llenas pudo ser el héroe de Red Sox, pero fue dominado por Ernesto Velázquez, haciendo el tercer out Nacho García, jugador y coach de Cardenales.

Rieleros 25-11 a Cachorros, con jonrones de Jesús González “La Coyo” que produjo 3 anotaciones, Chalo Bocanegra y José Lompuy, con dos compa-

ñeros abordo. Broncos noqueo a Westsiders. Bobcats 3-2 a Mineros, Broncos de Roberto Garza 6-2 ante Calaveras, Highsox 4-1 ante Rieleros. Piratas de Sabinas defendió su corona ganándole 9-8 a Cardenales. Indios 5-4 ante Águilas. Leones (antes Dodgers) doblegó 11-7 a Cubs. Los directivos Eloy Rocha y Simón Sánchez, pidieron un minuto de silencio en memoria de don Jesús Ramírez, padre de los directivos de Leones. En las fotos aparece Derrick White abriéndose camino rumbo al aro. Luis Alfonso Velázquez, Rogelio García Sánchez, Ultimio Ramos (con su nieto Peyton Ramos), y Lalo García (pariente de Rogelio), jugador de Cardenales, quien hizo posible la reunión de leyendas.

(Fotos por Franco)



## Estilos Salon

Tuesday-Friday 10-6

Saturday 10-4

210.223.0990

*"Looking good is the best revenge"*



**BLUE PLATE  
AWARD  
WINNER!**

## La Monita

### tortilleria

Barbacoa, Tamales, Chicharrones  
Masa y Tortillas

**(210) 432-0332**

3202 Guadalupe St, San Antonio, TX 78207



# NOTICIA PUBLICA

## COMISIÓN DE CALIDAD MEDIOAMBIENTAL DE TEXAS

### AVISO DE SOLICITUD Y DECISIÓN PRELIMINAR PARA UN PERMISO DE CALIDAD DEL AIRE

**Propuesto Permiso Número: 153610**



**SOLICITUD Y DECISIÓN PRELIMINAR.** Preferred Sands of Atascosa, LLC, 100Es Matsonford road suite 101, Radnor Pensilvania 19087-4558, se ha aplicado a la Comisión de calidad ambiental de Texas (TCEQ) para la emisión de Propuesto El permiso de calidad del aire Número 153610, que autorizaría construcción de a Planta de producción de arena encuentra en 16750 North Highway 16, Poteet, Atascosa County, Texas 78065. Esta solicitud fue enviada a el TCEQ en 17 de septiembre de 2018. La instalación propuesta emitirá los siguientes contaminantes: monóxido de carbono, óxidos de nitrógeno, compuestos orgánicos, partículas que incluyen partículas con diámetros de 10 micras o menos y 2,5 micras o menos y dióxido de azufre.

El Ejecutivo director ha concluido el examen técnico de la solicitud y ha preparado un proyecto de permiso que, si se aprueba, establecerá las condiciones en las que debe funcionar la instalación. el Ejecutivo director ha tomado una decisión preliminar para emitir el permiso porque cumple con todas las normas y regulaciones. el Permiso Aplicación, Ejecutivo director's decisión preliminar y corriente de aire Permiso será Beneficiatecapaz de ver y copiar en el TCEQ Central elffice, el TCEQ San Antonio Regional el, y en la biblioteca pública de Poteet, 126 South 5th Street, Poteet, Atascosa County, Texas Inicio del primer día de publicación de este aviso. La instalación's archivo de cumplimiento, si existe, está disponiblecapaz de revisión pública en el Tceq Oficina regional de San Antonio, 14250 Judson ROAD, San Antonio, Texas.

**COMENTARIO PÚBLICO/REUNIÓN PÚBLICA.** Puede enviar comentarios públicos o solicitar una reunión pública sobre esta solicitud. El propósito de una reunión pública es proporcionar la oportunidad de presentar comentarios o hacer preguntas sobre la solicitud. El TCEQ realizará una reunión pública si el executive director determina que existe un grado significativo de interés público en la solicitud o si lo solicita un legislador local. Una reunión pública no es una audiencia de caso controvertido. **Usted puede presentar comentarios públicos adicionales por escrito en un plazo de 30 días a partir de la fecha de publicación en el periódico de este aviso de la manera establecida en el párrafo de contactos e información de la agencia a continuación.**

**RESPUESTA A COMENTARIOS Y ACCIÓN DE DIRECTOR EJECUTIVO.** Después de la fecha límite para los comentarios públicos, el Director

Ejecutivo considerará los comentarios y preparará una respuesta a todos los comentarios públicos relevantes y materiales o significativos. Debido a que no se han recibido solicitudes auditivas oportunas, después de preparar la respuesta a los comentarios, el Director Ejecutivo puede entonces emitir la aprobación final de la solicitud. **La respuesta a los comentarios, junto con la decisión del Director Ejecutivo sobre la solicitud se enviará por correo a todos los que presentaron comentarios públicos o se encuentra en una lista de correo para este aplicación y se publicarán electrónicamente a los Comisarios' Base de datos integrada Cid.**

**Información DISPONIBLE EN LÍNEA.** Cuando estén disponibles, la respuesta del Director Ejecutivo a los comentarios y la decisión final sobre esta solicitud seránable a través de la Comisión WEb sitio en [www.tceq.texas.gov/goto/cid](http://www.tceq.texas.gov/goto/cid). Una vez que tenga acceso a la Cid utilizando el enlace anterior, ingrese el número de permiso para esta solicitud que se proporciona en la parte superior de este aviso. Este enlace a un mapa electrónico de la ubicación general del sitio o de la instalación Es proporciona como un cortesía pública y no part de la solicitud o aviso. Para la ubicación exacta, refiera a la aplicación. <http://www.tceq.texas.gov/assets/public/hb610/index.html?lat=29.147969&lng=-98.577875&zoom=13&type=r>.

**LISTA DE CORREO.** Usted puede solicitar ser colocado en una lista de correo para obtener información adicional sobre esta solicitud enviando una solicitud a la oficina del Secretario Jefe en la dirección a continuación.

**CONTACTOS E INFORMACIÓN DE LA AGENCIA.** Publicos comentarios y remisiones deben presentarse ya sea electrónicamente en [www14.tceq.texas.gov/epic/eComment/](http://www14.tceq.texas.gov/epic/eComment/), o por escrito a la Comisión de calidad ambiental de Texas, oficina del Secretario General, MC-105, P.O. Box 13087, Austin, Texas 78711-3087. Tenga en cuenta que cualquier información de contacto que proporcione, incluido su nombre, número de teléfono, dirección de correo electrónico y dirección física, se convertirá en parte del registro público de la Agencia. Para obtener más información sobre esta aplicación de permiso o el permitting proceso, por favor llame al Programa de educación pública sin cargo en 1-800-687-4040. se desea información en Español, puede llamar al 1-800-687-4040.

También se puede obtener más información de Preferred Sands of Atascosa, LLC en la dirección indicada anteriormente o llamando a El Sr. Eric Sturm, consultor principal de propietarios, Air Regulations Consulting, LLC al (402) 817-7887.

Aviso fecha de emisión: 2 de abril de 2019



# EVENTOS

## Diversión en la Fiesta Spurs 2019

### Por Sendero Deportivo

La base de seguidores del equipo pentacampeón Spurs de San Antonio, disfrutó en grande la tradicional Fiesta Spurs en su edición 2019 (playoff 2019 Conferencia del Oeste primera ronda), la cual se efectuó en su sede el estadio AT&T Center, donde la gerencia general de la empresa, Spurs Sports & Entertainment (SS&E), fue la anfitriona del tercer partido de la serie de postemporada contra el visitante rival Nuggets de Denver. Ambos militantes en la Conferencia del Oeste en el circuito de la National Basketball Association (NBA).

SS&E convocó a los festejos al interprete Joshua Dennis, quien interpretó el Himno Nacional, la porra mixta Hype Squad que sostuvo la gigantesca bandera y miembros del equipo mixto Spurs Wheelchair Basketball Team (que sostuvo partido inter escuadras durante el medio tiempo).

Los 18,354 espectadores que presenciaron el partido, cada uno recibió alusiva camiseta donada por Frost Bank entidad financiera oficial de Spurs.

Spurs tomando en cuenta los tradicionales festejos del evento anual Fiesta San Antonio 2019, complacieron a su base de seguidores y la región de El Álamo consumando espectacular victoria ante Nuggets con pizarra de 118 A 108 puntos, lo cual celebraron con las notas musicales del Mariachi Nuevo Estilo, y de las promociones presentadas por JC Carpenter y Chuck Cureau, y la mascota The Coyote estuvieron animando el ambiente de la Fiesta de los Spurs 2019.

*Fotos por Franco*





# ESPECIALES

## Cavaliers Parade

*Photos by Steve Walker*



## Crowning of Rey Feo

*Photos by Steve Walker*





# THIS DAY IN LA PRENSA HISTORY



## PUBLIC NOTICE

### A TODAS LAS PERSONAS Y PARTES INTERESADAS:

Preferred Sands of Atascosa, LLC, se ha aplicado a la Comisión de calidad ambiental de Texas (TCEQ) para la emisión de Propuesto Número de permiso de calidad del aire 153610, que autorizaría construcción de a Planta de producción de arena encuentra en 16750 North Highway 16, Poteet, Atascosa County, Texas 78065. La información adicional sobre esta solicitud está contenida en la sección de avisos públicos de este periódico.

**EN MEMORIA A NUESTRO HERMANO  
BRINDIS DEL AIRE  
COPAS EN ALTO**

**LUCHA LIBRE MEXICANA  
A BENEFICIO DE NUESTRO HERMANO  
EL REY DE LOS AIRES**

**UNA GRAN CONSTELACIÓN DE ESTRELLAS  
LOCALES Y DE  
DISTINTAS  
PARTES**

**DALLAS TX, HOUSTON TX, LAREDO, CORPUS  
REINOSA MONTERREY  
Y MUCHAS MAS ....**

**MALL**  
MEXICAN-AMERICAN LUCHA LIBRE

**MAYO 03** ADULTOS \$15  
NINOS \$5

**PUERTAS ABREN ALAS 7:00**  
227 NEW LAREDO HIGHWAY SAN ANTONIO TX



# Psychological Manipulation



By Tammy C. Perez

Psychological manipulation is a “hidden” behavior of a person’s indirect actions or words predetermined to influence another person. It is a person’s way of asserting control on another without directly addressing the root cause, whatever the issue may be. Manipulation is disrespectful and sabotages communication in all relationships. Manipulation is sometimes hard to detect. Many people with trusting hearts believe that people have good intentions and they take their words at face value. In some cases, manipulators may not even recognize their own be-



havior as being manipulative. They tend to blame, brag, play the victim, condescend others and make you feel guilty. Manipulators lie to take advantage of others and do not care of the consequences for their actions.

One type of manipulative maneuver that causes a person to doubt their sense of reality or their interpretation of events is called gaslighting. This is a destructive pattern of emotional abuse that can have negative effects on an individual’s self-esteem and well-being. The tactic is often used to assert power over a significant other, employee or friend. The effects of this type of manipulation often lead to depression, defensiveness, self-doubt, isolation and anxiety. It is important to note that gaslighting refers to a long-term pattern of behavior in a relationship. So, what does gaslighting look like in a couple? When one spouse tells the other they are being too

sensitive when he or she is trying to express their emotions during a heated argument. The manipulative spouse may also withhold or refuse to engage. If this type of behavior happens repeatedly over time, it could be considered as gaslighting.

Do you feel you are being manipulated? Are you constantly second guessing yourself or apologizing to others even when apologies may not be justified? Do you have to make excuses for your partner’s behavior to your family and friends? If you answered “yes” to these questions, you may be a victim of psychological manipulation. Breaking the cycle of psychological manipulation is possible. You do not deserve to be intimidated or controlled. We all have right to be safe and make our own choices. TCP Marriage & Family Services is here to help you gain the respect and support you deserve. For more information on our services, please call our office at (210) 516-2607 or visit our website at: [www.tcpmfs.org](http://www.tcpmfs.org).



## ¡Se Solicita!

- Operadores de Forklift
- Trabajadores para labores general
- Trabajadores para empacar
- Producción



Para mas información llama a Jennifer al (210) 822-2120 ¡Llama Hoy!

8301 Broadway Street, suite 407,  
San Antonio, Texas 78209

## The Lighthouse Seafood



### Everyday Lunch Special

Monday - Saturday  
Hours: 11 a.m. - 9 p.m.



Best Seafood in San Antonio!

1212 Fredericksburg Rd  
San Antonio TX, 78201

(210) 785-9333

# STEEVEN SANDOVAL



EMPIRE  
THEATER

ticketmaster

PRESENTED BY



SATURDAY  
MAY 4, 2019

7:30 PM

LOG ON TO [MARIACHIMUSIC.COM](http://MARIACHIMUSIC.COM) FOR MORE INFORMATION OR CALL MUÑOZ PUBLIC RELATIONS AT (210) 225-3353.





**FRESENIUS  
KIDNEY CARE**



## Ready to thrive on home dialysis?

### We're ready for you

Fresenius Kidney Care treats the whole you offering quality dialysis care including home dialysis options as well as education, support and inspiration to help you live a full life.



**Fresenius Kidney Care  
Southeast San Antonio**

4626 E Southcross Blvd  
San Antonio, TX 78222



Why cope when you can thrive. Stop by or call **210-648-2323**.

[FreseniusKidneyCare.com](http://FreseniusKidneyCare.com)

*Thrive On*

© 2019, Fresenius Medical Care, All Rights Reserved.

# CUENTA DE CHEQUES GRATIS *con* TARJETA DE DÉBITO INSTANTÁNEA



- Banca Móvil\*
- Banca en Línea\*
- Pago de Cuentas en Línea\*
- Estados de Cuenta Electrónicos Gratis
  - Servicio en Cajeros Automáticos de IBC Gratis
  - IBC Voice Gratis



[ibc.com](http://ibc.com)

\*Ver Programa de Tarifas para cargos aplicables.



**IBC BANK**

MEMBER FDIC/INTERNATIONAL BANCSHARES CORPORATION



# FINANCIAL FOCUS

## Fixed Annuity Could Help Extend Lifespan of Retirement Accounts

**By Edward Jones**

*Edward Jones is a licensed insurance producer in all states and Washington, D.C., through Edward D. Jones & Co., L.P. and in California, New Mexico and Massachusetts through Edward Jones Insurance Agency of California, L.L.C.; Edward Jones Insurance Agency of New Mexico, L.L.C.; and Edward Jones Insurance Agency of Massachusetts, L.L.C.*

It's almost impossible to save too much for retirement. After all, you could spend two, or even three, decades as a retiree. And retirement is not cheap – even if you maintain a relatively modest lifestyle, some of your expenses, especially those involving health care, may continue to rise over the years. Consequently, you will need several sources of reliable income – one of which might be a fixed annuity.

Fixed annuities are essentially contracts between investors and insurance companies. When you purchase a fixed annuity, the insurer will guarantee the principal and a minimum rate of interest. This means the money you invest in a fixed annuity is designed never to drop in value. (However, this guarantee is based on the claims-paying ability of the insurer that issues the annuity.)

You can structure a fixed annuity to pay you for a certain number of years or for your entire lifetime, which is the route many people choose. This is advantageous not only because of what it provides you – income for life – but because it also may allow you to take out less money

each year from your other retirement accounts.

Here's some background: Once you turn 70½, you are required to begin taking withdrawals from your traditional IRA and your 401(k) or similar employer-sponsored retirement plan. (This requirement does not apply to Roth IRAs.) You must take out a minimum amount, based on your age and account balance, but you are free to exceed that amount each year. But the more you withdraw from these accounts, the faster they are likely to be depleted. So, when you reach retirement, it's a good idea to establish an appropriate annual withdrawal rate, based on your retirement plan balances, Social Security, lifestyle, longevity expectations and

other factors. You may want to work with a financial professional to determine a withdrawal rate that's suitable for your needs.

If you can count on the income from a fixed annuity, you might be able to take out less each year from your traditional IRA and 401(k), giving these accounts more tax-deferred growth opportunities. Plus, if you don't withdraw all the money from these accounts during your lifetime, you can include the remainder in your estate plans.

A fixed annuity's potential to help you extend the lifespan of your IRA and 401(k) can clearly be of value to you. Still, a fixed annuity does carry some issues about which you should be aware, such as surrender charges for

early withdrawals, along with other fees. Also, if you take withdrawals before you reach 59½, you likely will face a 10% penalty. And annuities can have tax implications, so before you start taking withdrawals, you will want to consult your tax advisor.

Is a fixed annuity appropriate for you? There's really no one correct answer because everyone's situation is different. However, if you consistently max out your IRA and 401(k) contributions, and you still have money left to invest for retirement, you might want to think about an annuity. An income stream you can't outlive – and that may help you protect your other retirement accounts – is worth considering.

### Noni's Sweet Treats

5526 Ghost Hawk St.  
San Antonio, TX 78242

**210-232-3786**

NoniSweetTreat@yahoo.com



### Leaving Your Employer? Understand Your 401(k) Options.

At Edward Jones, we can explain options for your 401(k), including leaving the money in your former employer's plan, moving it to your new employer's plan, rolling it over to an Individual Retirement Account (IRA) or cashing out the account subject to tax consequences.

To learn more, call or visit your financial advisor today.



**Ernest J. Martinez**  
Financial Advisor

1344 S Flores St  
Suite 205  
San Antonio, TX 78205  
210-354-4915



[www.edwardjones.com](http://www.edwardjones.com)  
Member SIPC

**Edward Jones®**  
MAKING SENSE OF INVESTING



# Honoring The Fox Tech H.S. Twenty-Three

By Dr. Ricardo Romo

“A nation reveals itself not only by the men it produces but also by the men it honors, the men it remembers” John F. Kennedy.

On a sunny Good Friday morning, April 19, 2019, the Fox Tech Vietnam Memorial Wall arrived at the front entrance of San Antonio's Fox Tech High School. The names of 23 soldiers who attended Fox Tech and were killed in action in Vietnam are engraved on the black granite stone. The military branch of service is listed next to each name.

The eight thousand pounds black granite memorial had traveled 1231 miles from Rogan Granite Industries in Lynwood, Illinois where it was sculptured to San Antonio. With the aid of a large heavy

crane, the monument was lowered to a mound adjacent to Main Avenue and parallel to Buffalo Run Street in front of the entrance to Fox Tech High School.

Fox Tech is the oldest public school in San Antonio. At different times in history, the school hung plaques honoring soldiers killed in World War I, World War II, and Korea. In most cases, these plaques have been moved from the main administration building to the school basement. Our quest to find the names of Fox Tech students killed in action (KIAs) began in 2010 when Spurs owner Peter Holt, a highly decorated Vietnam Veteran, asked a number of us who attended public schools in San Antonio to assist in locating photos for what would be

an addition to the Washington Vietnam memorial.

I and a team of Fox Tech alumni visited our high school and found an absence of a plaque or mention of alumni killed in Vietnam. No one even knew the names of Fox Tech alumni who lost their lives in Southeast Asia.

This seemed odd to us since other public schools in the city with similar losses have placed monuments on their school grounds honoring their Vietnam casualties. Notably, Edgewood with 34 KIAs, Lanier with 23, and Harlandale with 24, all had monuments to their fallen heroes.

In the fall of 2010, I founded a research data team, Faces With Names, whose primary job was to recover names and photos from Fox Tech school and



well as family records of casualties from the Vietnam War. We became part of a national goal to locate photos of each of the 58,000 names on the Washington, DC Memorial Vietnam Wall.

An estimated 500,000 Texans, men, and women served in the Vietnam War. Casualties from the Lone Star State numbered 3,415, of which 362 hailed from Bexar County.

I was honored to be a founder of phase one of the efforts honoring the Fox Tech 23 KIAs, men who lost their lives in the years between 1955 and 1975. From 2010 to 2017, the Faces With Names research team, led by our chief investigator, Charlie Calderon, a Tech alum and Navy veteran, was able to locate photos of not only all 23 of the Fox Tech KIAs but also of all the 362 Bexar County casualties of the Vietnam conflict. More than ten Vietnam veterans and friends assisted us in the Faces With Names Project and they will be

recognized separately in La Prensa.

In early 2016, Ralph Morales, a 1962 Fox Tech alumni who had served 13 months in Vietnam with the 3rd Marine Division, proposed the monument idea to the SAISD to honor the fallen heroes from Fox Tech. With the support of Fox Tech principal Jennifer Benavides, the school board granted permission and allowed its educational foundation to receive funds for the monument.

Morales also recruited Richard Lopez Garza, a Tech alum who served as a Second Lieutenant Field Artillery Forward Observer with Company B, 196th Light Infantry Brigade. Garza, a San Antonio Attorney earned a Bronze Star and received a Purple Heart in injuries sustained due to a land mine explosion. Garza assisted the Fox Tech monument project with dedication and passion. Garza envisioned a granite monument that could be placed in front of the entrance of Fox Tech on







Main Avenue.

Initially, Morales and Garza examined granite stones from Texas quarries. None appealed to them. Garza researched the construction background of the Vietnam Memorial Wall in Washington, DC, and determined that the same black granite used for the famed Vietnam Wall would ideally serve to honor the Fox Tech fallen heroes.

Garza contacted the Vietnam Wall construction company, Rogan Granite Industries in Cook County, Illinois, and discussed the purchase of a similar monument with the same stone for the Fox Tech memorial. The black granite used in Washington, DC hailed from Bangalore, India and had been chosen because it could be polished to a bright black. Garza and Morales traveled to the Rogan plant and were surprised to learn that no other Vietnam memorial in America had thought of utilizing the same black granite, a stone which was quite unusual, but could be found in abundance in Bangalore, India.

The new vision of a black granite memorial appealed to members of our Faces With Names team and several, including Charlie Calderon, Rosalinda Trevino Berlanga, Eloy Cabello, and Rose Mary Garcia soon joined the effort to make that happen. They were joined by several other veterans that Morales and Garza recruited to assist in the fundraising and promotion effort. I was a member of the new team that over 24 months managed to raise \$30,000 to meet the expenses of having the memorial crafted, engraved, and transported to San Antonio.

Richard Garza prepared a letter stating that, like the

Washington D.C. Vietnam Veterans Memorial Wall, "Our monument wall is intended to memorialize—but also to heal".

Tom Rogan, the CEO of Rogan Industries and a Vietnam veteran, mentioned to Garza that the Fox Tech black granite memorial would be the only one of its kind in the nation other than the black granite Vietnam Wall in the nation's capital.

Hundreds of San Antonians donated to the Fox Tech memorial, and my good friend Bobby Corbo, also a Vietnam veteran, assisted us greatly with transporting and placing the monument in a proper destination.

Ralph Morales, who led the effort and devoted 40 months to the monument planning, welcomed Fox Tech Vietnam War Fallen Heroes Memorial Committee on that beautiful Good Friday day on April 19, 2019, when the Fox Tech monument was delivered. The official unveiling is set for May 18, a Saturday at 10am at the front entrance of Fox Tech High School.



## Sterling Foods is hiring!

### Full-time Day shift and Night shift for Line Employees

Same day interview at:  
**1075 Arion Parkway**  
 San Antonio, TX 78216  
 (210) 490-1669

Or through: <http://www.sterling-fd.com/careers/>

#### Why should you apply?

Weekly Paychecks: you get paid EVERY WEDNESDAY!  
 Overtime available!

Opportunities for internal promotion and growth!  
 10 paid Vacation Days!  
 6 paid holidays!

PAY Increase every 6 months for the first two years!  
 Benefits-401K, Doctor, Dental & Vision!  
 100% medical coverage for the employee!

Stay bonus!

Employee Referral Bonus-bring a friend and make EXTRA money!

*Nancy's*  
**CAFE**

**OPEN**  
 6 Days a Week  
 Mon - Sat  
 6 a.m. - 3 p.m.  
 Closed Sunday

609 West Ave, San Antonio, TX 78201

### Lunch Special

Lunes - Viernes **\$5.99**  
 con Tea

- Lunes - Pollo en mole
- Martes - Enchiladas mexicanas
- Miercoles- Pollo c/ calabaza y elote
- Jueves - Enchiladas festival
- Viernes - Asada de puerco

**Breakfast Specials Every Day \$3.99**

### Breakfast Tacos

- Chorizo & egg
- Bean & egg
- Bean & cheese
- Bean & chorizo
- Potato & egg
- Papa Ranchera

**\$2.99**

No mix.  
 3 x \$2.99

Orders to go:  
 (210) 455-9292



# Tips for Evaluating Weight Loss Products



**By Jason Meza**  
Regional Director  
Better Business Bureau  
425 Soledad St., #500  
San Antonio, Texas 78205  
p: 210.260.9843  
bbb.org Start With Trust®

Every year there's a new cream, pill, drink or fad diet that promises spectacular weight-loss results. Consumers who want to get in shape or lose weight are at risk of being deceived by products that do not work as advertised or come with a host of unwanted side effects.

BBB received more

than 700 complaints about weight loss products in 2018. Many consumer complaints described weight loss programs as difficult to cancel. One South Texas victim reported a loss of \$90 from a well-constructed imitation website.

Some consumers say they believed they were making a one-time purchase but then received recurring charges to their credit cards for more of the product. When they contacted customer service, they were informed that they had signed up for a subscription, which was only disclosed in the terms and conditions of their original purchase. Other consumers described being notified of an additional shipment of the weight loss product

that they did not order. When they tried to contact the company to cancel, the company claimed the item had already shipped.

Here are some tips on avoiding a shady weight loss product:

**Determine your fitness goals.** Ask your doctor what an achievable weight loss goal for you would be. It's hard work to lose weight. Find a program you can stick with, preferably one that you enjoy. Does a weight loss plan require you to buy special foods? Can you cancel if you move or find that the program doesn't meet your needs?

**Avoid products that claim to help you lose weight without diet or exercise** and be skeptical of claims that you don't have to give up favorite foods or

reduce the amount you consume. Doctors, dieticians and other experts agree that losing weight takes work. Pass up any product that promises miraculous results without any effort. Try filling up on healthy vegetables and fruits so you can resist high-calorie treats. However, eliminating all your favorites could set you up to fail. It's better to limit portion size or how frequently you indulge.

**Be careful with guarantees.** There is never a guarantee when it comes to weight loss. There is no magic pill to make you shed pounds. Shady diet supplement companies know that few people will take the time and effort to get their money back so making a money-back guarantee is not a money

losing concept. Many companies will not even honor their supposed guarantee.

Be suspicious of ridiculously positive testimonials on the company website. Testimonials become an easy marketing tool and are easily faked. These are often accompanied with glorious before and after pictures.

**Read all terms and conditions for any weight loss product you buy.** Make sure that you are purchasing only the items you wish to purchase and are not signing up for a subscription unless you want it. Be cautious of any contract that takes payment from your credit card until you cancel.

Check with BBB before you buy any product subscriptions at bbb.org.

## LÚCELO AHORA, PÁGALO DESPUÉS

### LLANTAS, RINES Y REPARACIONES



TEXAS TIRES

**LIFT KIT** Por solo

**\$0 A \$40**

**DE ENGANCHE**

No necesita credito  
Aceptamos ITIN



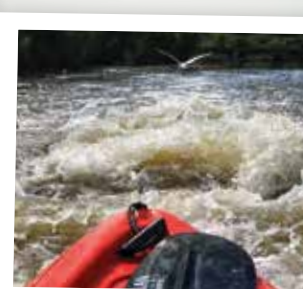
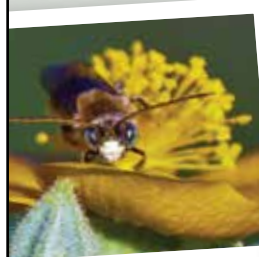
3304 Frederickburg Rd.  
San Antonio, Texas 78201  
www.texastires27.com



SAN ANTONIO  
RIVER AUTHORITY

## RIVER CLICKS

PHOTO CONTEST



**Prize packages worth up to \$1000**

Contest runs March 8 – May 12, 2019

Learn more and upload photos at [RiverClicks.org](http://RiverClicks.org)





# Just a Thought

## City Hall Elections



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

By Steve Walker

Early voting for San Antonio City Council has begun with 60 candidates on the ballot, vying to be in a possible run-off and on the May 4th ballot. With as many as 10 candidates for one slot and as few as only two candidates for one slot, the races are energized and unpredictable.

In the Mayor’s race of nine candidates, seven candidates have run before either for Mayor or Councilperson. This includes Toni Diaz, self-employed, Dr. John Velasquez, Psychologist, Matt Pina, political scien-

tist, Ron Nirenberg (current Mayor) Bert Cecconi, Veteran & retired Dentist, Councilman District 6, Greg Brockhouse, political consultant, and Michael “Commander” Idrogo, Veteran. First timers include Carlos Castanuela, Toyota Inspector, and Tim Atwood part-time Spanish teacher.

Moving on to District 1 with nine candidates as well, Brad Kessler, contractor, Justin Holley, business owner, Alan Dennis Inchaurregui, retired military educator, Ray Zavala, retired, Lauro Bustamante, attorney, Roberto Trevino, District 1 Councilman, Architect, Colton Unden, Barista, Oscar Magana, Trade Specialist, and Richard Gonzales, disabled.

Going into District 2 we have 10 candidates: Walter Perry, student, Denise Gutierrez-Homer, artist, teacher, designer, Jada Andrews-Sullivan, Veteran & motivational speaker, Richard Anthony Ramey, student, Keith Toney, retired, Joseph Powell, seasonal

labor, Ruben Arciniega, coordinator @ UTSA, Aubry Lewis, Denver Hts Association President, Dereck Hillver, Ret. Firefighter, Salena Santibanez Guipzot, self-employed. Next is District 3 Councilwoman incumbent Rebecca Viagran, real estate, & Elizabeth “Liz” Campos, real estate. Followed by District 4, Adriana Rocha Garcia, Assistant Professor @ OLLU, Johnny Arredondo, retired teacher & college basketball official, Genevieve Trinidad, retired educator, Joel Mendoza, sales, Samantha “Sami” Sanchez, quality & proposal specialist. District 5 incumbent Shirley Gonzales, pawn shop owner, Jilma (Jill) Davila, self-employed, Anthony Gres, business owner, Nazirite Ruben Perez, SA River Authority Board member & Faroog Malik, finance. District 6 contenders Melissa Cabello Havrda, attorney & Andy Greene, certified public accountant, Mario Adame, after-school-program specialist, & Rob-

ert Herrera, federal gov’t. Moving on to District 7 we have incumbent Ana Sandoval, Will Mcleod, a Journalist, Kimberly Grant, Self-Employed & Trevor Whitney a public relations person. In the 8th Council slot, we have Frankie Gonzales-Wolfe, business owner, Manny Pelaez current Councilman, Tony Valdivia, USAA Analyst. Moving on to District 9 is incumbent John Courage, former educator, Richard Reza Versace, personal trainer, Patrick Von Dohlen, Co-founder of San Antonio Family Association. Lastly, for District 10 the incumbent & Air Force Veteran, Clayton Perry is running for re-election, Maria Perez, self-employed, Elise Kibler, dietician, Reinette King, health consultant, & Linda Montellano, claims. Of the 60 candidates running for Council & Mayor, 33 are listed as Hispanic, which is half of the candidates. It would be totally amazing if every seat was won by a Hispanic candidate although

very unlikely that would happen. But miracles do happen. Unfortunately, I now live in Helotes and can’t vote for any of them. I do know a number of them and have taken photos of many of them as well. I also believe there are many strong candidates in each race. May 4th will tell the tale. Early voting is in full swing. It is up to the voters to decide who will make it to the run-off or win it outright & who is elected. Having been a candidate on more than one occasion for City Councilman in Balcones Heights, I know the pressure. I did my best and lost 3 times. However, I came back and won 4 times! Some of the candidates on this ballot have run more than once. Prime Minister Winston Churchill in England back during WW 2 lost his seat once and came back stronger than the first time in the mix. He is quoted as telling college students at a graduation ceremony, “Never give up, never give up, never, never, give up.”







# Spring is Here!

... but so is Allergy Season.  
We can help!

## CentroMed

### **Palo Alto Clinic**

9011 Poteet Jourdanton Fwy.

### **Women's & Pediatric Clinic**

3127 S.E. Military Dr.

### **Southside Medical**

3750 Commercial Ave.

### **Berto Guerra Jr. Clinic**

5439 Ray Ellison Blvd.

### **Noemí Galván Eling Clinic**

5542 Walzem Rd.

### **South Park Medical**

6315 S. Zarzamora

### **Family First Clinic**

9135 Schaefer Rd., Ste. 4, Converse

### **Maria Castro Flores Clinic**

7315 S. Loop 1604 West

### **Santa Rosa Pavilion Ctr.**

315 N. San Saba, Ste. 103

### **Pediatric Clinic**

1034 W. County Line Rd.  
New Braunfels

### **Family Medicine Clinic**

226 North Union Ave.  
New Braunfels

## Evening & Weekend Appointments Available

Accepting Medicaid, CHIP, Medicare and most Private Insurances.

Free Pregnancy Testing • Hablamos Español

## Accepting New Patients! Call Today (210) 922-7000