

LA PRENSA TEXAS

SAN ANTONIO'S HISPANIC FAMILY OWNED NEWSPAPER

VOL. 2 • NUM 18

www.LaPrensaTEXAS.com

5 de Mayo de 2019



Fronterra

Let's Talk About it...

Law on Mental Health

By Yvette Tello

U.S. – Mexico Border Immigration Perspectives

By Dr. Ricardo Romo

Panel Discussion on Immigration Issues

Councilwoman Shirley
Gonzales reads the City
Proclamation to Stand
Against Racism

By R.Eguia

Mariachi Los Galleros de San Antonio

San Antonio's Premier
10-Member Mariachi
Band

By Isa Fernández

Red Sox Campeón Temporada Veteranos 2019

Piratas de Sabinas con
pitcheo de Devon Torres
doblegó a Águilas

Por Sendero Deportivo

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



**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

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...

Law on Mental Health

By Yvette Tello

Would you know what to do if your adult child was found having a mental or emotional breakdown and taken to a mental hospital? Did you know that there are laws that do not allow information to be given to the parents or spouse? So what do you do? I truly do not have the answer and someone I know went through this just last week. The child was manic and not in the right state of mind so did not ask for the spouse or parent. Later, the person was released because "they were fine." They were found later lost and disoriented across town. The hospital followed every legal regulation. What would you do? Let's talk about it...

Mary Svetlik Watkins:

"We went through this with my brother in law this past fall. There's not much you can really do if the child is an adult because of HIPPA unless you have a medical power of attorney. If there is evidence of harm and irrational deci-

sion making, you can petition the court for power of attorney but it is difficult unless there is history."

Benjamin Godina:

"I found out some time ago that school counselors have confidentiality between students and schools."

Julie Lopez Kos:

"Sometimes a student may be experiencing some type of abuse or being traumatized by a family member or members, and is afraid to go forward with any information about it. So they need to gain trust, and protect them and begin to take action. If not? Then school is part responsible if something happens to the student because it was ignored..."

Chavez Stephanie:

"Have him give permission for a parent to get information. I would do a power of attorney if it's very very serious and feels it will worsen. I just went through this & yes it is very hard. But continue to be at

their every visit following etc..."

Nina A. Sanchez:

"I'm kinda going through something like this with my mom."

Monica Acosta-Zamora:

"Having one's loved one's confidence is paramount. One of my children has high functioning autism. He's always trusted me, although, I try to give him his space. I'm the person who usually takes him to the doctor. He's always given me permission to access his medical records.

However, you pose an important question. Had we not had that relationship, I wouldn't have been able to get him admitted to a medical facility, when he had a depressive breakdown and hospitalized. I've given my daughter access to make decisions for me in the case that I'm not able. This is something we should all be cognizant of and take action on. I have a living will. However, my family doctor retired, and I'm left wondering if it's still valid. Thank you for posting this."



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

Joel Salcido

By Dr. Ricardo Romo

Joel Salcido grew up in El Paso and his proficiency in English and Spanish, as well as his profound biculturalism, proved ideal for his life-long interest in photographing life and culture in Mexico, Latin America, and Spain. In his early years as a media professional, he photographed the Tarahumara Indians in Northern Chihuahua, covered the 1985 Mexican Earthquake, as well as traveled to numerous Latin American countries on assignments for USA TODAY. In 2010 I had the great fortune to include Salcido as one of five Texas photographers for our Texas Small Town Series during the China 14th International Photographic Art Exhibition in Lishui, China. His photo essay from this exhibit was selected for permanent display at the University of International Business and Economics in Beijing, China. Salcido's photographs have been featured in magazines and international exhibits. His "Aliento A Tequila," published in the December 2013 issue of Texas Monthly, included an emblematic landscape photograph from the Aliento A Tequila

series titled, "Atotonilco el Alto." This photograph was recently inducted into the National Art Heritage Collection of Mexico and permanently resides at the Ministry of Foreign Affairs in Mexico City. Salcido's most recent works include a new book titled, The Spirit of Tequila published by 2017 by Trinity University Press in 2017. His fine art photographs are now in the permanent collections of the Houston Museum of Fine Arts, the prestigious Harry

Ransom Humanities Center at UT Austin, The El Paso Museum of Art, The Wittliff Collections at Texas State University-San Marcos. Recently, both the Federal Reserve Bank in El Paso, Texas and UT-San Antonio have acquired his work for their respective fine art collections. Salcido lives in San Antonio and his exhibit, Aliento a Tequila (The Spirit of Tequila) will tour September 2021 through August 2026 as part of the Mid-America Arts Alliance ExhibitsUSA.



Photo from <https://www.agavemarfa.com/blog/2017/4/15/joel-salcido>



ATTENTION M/WBE/VBE and SBE VENDORS

Harper Brothers Construction is requesting bids from Subcontractors for the following SAWS Project: SAWS E-20: Wurzbach Parkway Project – Seg 1 (Bids 5/15/19). The SW3P, Seeding, Jacking and Boring, Sewer TV Inspection, Hauling, Density Testing comprise the scopes needed. All quotes shall be in our office by 5/14 @ 3PM. Please send quotes to: bidssa@harperbro.com or fax: 210-740-0056. Harper Brothers Construction is an Equal Opportunity Employer.



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!

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

FRONTERRA

U.S. – Mexico Border

Immigration Perspectives

Article and Photos
By Dr. Ricardo Romo

In the presidential election of 2016, one candidate, Donald J. Trump, wrapped himself around the Mexican migration issue and proclaimed it his top policy priority. What Trump's campaign statements revealed was that with the exception of making Mexico pay for a 2,000-mile border wall, he as a candidate did not offer any new foreign policy proposals. Trump's major domestic policy issue revolved on a tax cut for the wealthy and as a candidate he avoided any discussion of how to improve health care, job creation, reducing the national debt or stabilizing the national economy. Furthermore, it is doubtful that Trump knew about the Migration Policy Institute studies that showed that Mexican immigration had actually begun decreasing

in 2010 after four decades of steady growth. Researchers for the policy institute noted that "The number of Mexicans first flattened out and then started a slow decline in 2014. Between 2016 and 2017, the Mexican immigrant population shrunk by about 300,000, from 11.6 million to 11.3 million." Mexican migration to the United States had actually started to drop following the Great Recession in the United States (2007-2009). During the recession and in President Barack Obama's second term, a record number of Mexican immigrants left the United States for their homeland. With increased U.S. immigration enforcement, it became more difficult for undocumented workers to cross back and forth across the border. According to the Migration Policy Institute, which stud-

ies worldwide migration patterns, "More Mexican immigrants have returned to Mexico that have migrated to the United States, and apprehensions of Mexicans at the U.S.-Mexico border are at a 40-year low." In the first half of the twentieth century, San Antonio was one of the major destinations for Mexican immigrants seeking work and a new life. Migration patterns have changed in the last two decades and San Antonio is no longer one of the top ten immigrant destination cities of America. Indeed, three other Texas cities: Houston, Dallas, and McAllen-Edinburg made the top ten destinations in 2016, but the Alamo City failed to make this list. In the last two decades, Mexico has steadily improved its economy, and with a drop in its birth rate, greater job opportunities exist in



Mexico than at any time in recent memory. In contrast, Central American migration has become significant, especially from Nicaragua, Honduras, Guatemala, and El Salvador. Because these countries are listed as among the poorest countries in the Western Hemisphere, migration to the United States is their most important option. Central American nations are not only poor, but they are also plagued by political corruption and violence. Many of the families who chose to walk thousands of miles from their homes in these nations south of the Mexican Republic are fleeing countries where militia death squads and violent gangs operate openly. The Washington Post reported on a United Nations Office on Drugs and Crime study which found that: "Latin America is the world's most violent region, having the highest murder rate in

the world." Two nations, in particular, El Salvador and Honduras, had the highest homicide rates in the world. In past administrations, the U.S. Government has provided economic aid to Central American countries in financial despair. The Trump White House, however, has ended economic assistance to Central America, further adding to these nations' political instability. Congressman Ben Ray Lujan, D-N.M., told USA TODAY (April 7, 2019) that Trump "continues to use immigration as a distraction." Lujan questioned whether the Department of Homeland Security was "accurately describing" its apprehension statistics noting that many families were voluntarily turning themselves in to seek asylum status. This is "not the national security crisis that the president continues to describe," Luján said. "There is a humanitarian





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.



Charlie Sheen

Hollywood's highest-paid Hispanic actor, bad boy Charlie Sheen made his acting debut at age 9 and a TV movie starring his father, Martin Sheen. Dropping out of high school to further purposes film career, he made his Motion Picture debut in "Grizzly 2: The Predator." During the 1980s, he starred in such hits as "Red Dawn," "Lucas" and "Ferris Bueller's Day Off" and archived star status for his role in "Platoon" in 1986. Starring and such comedies as "Major League" and "Hot Shots" action thrillers including "The Three Musketeers" and "The Rookie" and the drama "Cadence," he has established himself as one of the Hollywood's most versatile actors.



according to the Mercury News in California, "processes an average of 70,000 northbound vehicle passengers and 20,000 northbound pedestrians daily." Mexico is one of the United States's most important trade partners. According to Business Insider, two-way trade across the border totals \$1.4 billion per day and takes place at 25 major ports of land entry between the U.S. and Mexico. Among these are 39 crossing points. High-volume locations such as Laredo, Brownsville, and Nogales have multiple crossing points, of which 22 are open all day, every day. No one wants a shutdown of the U.S. border, an action

that could lead to a downturn in the national economy. Border trade, as well as border security, is favored by both political parties from Texas to California. More than half of the fifty million Latinos in America live in the border states. The vast majority of these Latinos come from families that have been in the United States for generations if not centuries. Latinos favor improved border and immigration policies, but not Trump's draconian family separation policies. Latinos also favor strong economic, cultural, and political ties with Mexico, America's long-time partner in prosperity.

these families had been subjected to the same policies and had been separated under 'questionable circumstances,' they should have the same opportunity for relief." The growing tension about the southern border with Mexico has imperiled international border crossings in major cities from Matamoros to Tijuana. Trump had threatened to close the border, an action that even his own Republican party argued against. It has been the custom of thousands of workers, many of them domestic workers and low-skilled laborers to cross in border cities like El Paso and San Diego for day labor purposes. However, the waiting period in all of the border cities has doubled and tripled due to a shortage of American border agents. These wait periods have especially impacted the trucks bringing agricultural produce and assembled auto and electronic parts into the United States. In the San Ysidro-San Diego border, which we visited recently, the three checkpoints,

crisis, but it's created by President Donald Trump." Most Democrats in Congress agree that in recent times the real crisis on the border has been a mismanagement of refugees arriving at America's southern gates. Over the past two years, the White House has issued multiple statements designed to alarm Americans about an immigration crisis on the border. Human rights activists and immigration experts agree that the greatest crisis on the border stems from the separation of immigrant families and especially the separation of parents from their children. Julia Jacobs of the New York Times reported two weeks ago, "It may take federal officials two years to identify what could be thousands of immigrant children who were separated from their families at the southern United States border, the government said in court documents filed on Friday." The New York Times also reported on Judge Dana Sabraw's March 8 order which noted: "that because all of



NON-PROFIT HIGHLIGHT

YWCA

Was chartered in 1910 with the mission of developing personal empowerment and self-sufficiency in women and their families.

YWCA History Timeline

1917

The YWCA purchases Camp Idlewilde in Comfort initially for the business girl. The YWCA hosts houses for the military; the YWCA supports war efforts.

1918

The International Institute is established at 515 North Pecos St. and is dedicated to serving women and girls of varied ethnic and cultural backgrounds and the YWCA at Pine Street is established for African American women.

1919

Business and professional women's clubs (blue triangle clubs) are created because of a movement sponsored by the war department and the YWCA to mobilize women for war work.

1930

The YWCA supports prohibition. The YWCA organizes a student YWCA at St. Phillip's Junior College.

1931

In response to President Herbert Hoover's plea for help, the YWCA announces that a liberal portion of the 1931 budget will find work for hundreds of jobless girls and women.

1932

Sex education is offered at the YWCA through health lecture topics such as "Health and What it Means to Girls Before and After Marriage," discussed by Dr. MinnieO'Brian.

1942

U.S.O. (United Service Organization) operated by the YWCA opens; it serves men and women employed in defense work.

1946

The National YWCA adopts a Interracial charter allowing full integration of all races and colors.

1966

A federal antipoverty grant allows the first Day Care Center to be established. The 'Great Decisions Program' of the YWCA discussed topics such as the struggle for Vietnam, Latin-America and the U.S., and making foreign policy in the Nuclear Age.

1974

The first Rape Crisis Seminar is held at the YWCA.

1975

A financial institution run for, and by, women is established. San Antonio Women's Credit Union is later housed within the YWCA.

1977

YWCA Olga Madrid Center opens at 503 Castroville Road. The YWCA holds single parent workshops for women who are divorced, widowed, or deserted.

1998

YWCA in cooperation with Alamo Workforce Development Inc. and Accion Texas is awarded \$1.2 million for a two-year Micro-Enterprise Development Pilot Program. Welfare recipients who want to achieve independence by operating their own businesses can get now get help from a new program led by the YWCA of San Antonio. The program is the first of its kind in the state.

2010

YWCA San Antonio celebrates its 100th birthday by honoring ten Women of the Decades.

2011

YWCA San Antonio initiates the Ventanilla De Salud program. Ventanilla De Salud, in collaboration with the Mexican Consulate, provides health education and health service referrals to the San Antonio immigrant community.

See full timeline <https://www.ywcasa.org/who-we-are/history/>

**eliminating racism
empowering women**
ywca
San Antonio

Across the globe, there are more than 25 million members in 106 countries, including 2.6 million members and participants in 300 local associations in the United States.

More important than the numbers, is the mission to eliminate racism and empower women. The organization provides safe places for women and girls, build strong women leaders, and advocate for women's rights and civil rights in Congress.

Women go to the organization in times of crisis, as survivors of rape or domestic violence. They go for job training and career counseling. They go for childcare. They go for health and fitness. They go for a variety of reasons. And they leave with a renewed spirit, new skills, and stronger lives.

- Childcare
- Empowerment
- After School Care
- Youth Development
- Economic Development
- Income Tax Preparation
- Health Education
- Senior Program

503 Castroville Rd, San Antonio, TX 78237
(210) 433-9922
<https://www.ywcasa.org/>



SATURDAY, MAY 18, 2019

Rosedale Park, San Antonio, TX
12:00pm-Midnight



Conjunto Student Showcase | 12:00
Cristina y Los Latinos | 3:20
Robert Casillas and Company | 4:00
JR Gomez y Los Conjunto Bandits | 5:00
Los Morales Boyz | 6:00
Los Leones de Alberto Solis | 7:00
Los Tremendos V | 8:00
Los Monarcas de Pete y Mario Diaz | 9:00
Conjunto Califas | 10:00
Lazaro Perez y su Conjunto | 11:00

SUNDAY, MAY 19, 2019

Rosedale Park, San Antonio, TX
12:00-11:00pm



Helping Here.



AARP Real Possibilities in

San Antonio

Conjunto Student Showcase | 12:00
Los Hermanos Tellez | 2:00
Konjunto Kompaz | 3:00
Tejano RoZe | 4:00
Linda Escobar y Su
Tremendo Conjunto | 5:00
Eva Ybarra y su Conjunto | 6:00
Max Baca & Texmaniacs feat. Flaco
Jimenez | 7:00
Ruben De La Cruz y su Conjunto | 8:00
Tony Tigre Saenz y la Rosa de Oro | 9:00
Los Palominos | 10:00

2019

TEJANO CONJUNTO FESTIVAL BAND LINE-UP

THE GUADALUPE
CULTURAL ARTS CENTER

15-19
MAY

GUADALUPE THEATER
1301 GUADALUPE ST.
SAN ANTONIO, TX 78207
ROSEDALE PARK
303 DARTMOUTH ST.
SAN ANTONIO, TX 78237

GUADALUPECULTURALARTS.ORG

3-DAY PASS

PRE-SALE \$35/AFTER MAY 1: \$45

ROSEDALE PARK DAILY TICKETS: \$16

SENIORS CONJUNTO DANCE:

FREE ADMISSION

HALL OF FAME: \$35 EACH / 2 FOR \$60

CHULAS FRONTERAS / \$5

CALL (210)271-3151 FOR MORE INFO

WEDNESDAY, MAY 15, 2019

Guadalupe Theater

Seniors Conjunto Dance

10:00am-12:00pm

Free Admission

Eddie "Lalo" Torres

THURSDAY, MAY 16, 2019

Guadalupe Theater

Conjunto Hall of Fame

6:30pm

FRIDAY, MAY 17, 2019

Rosedale Park, San Antonio, TX

5:30pm-Midnight

Opening Ceremonies | 5:30

Flavio Longoria Conjunto

6 the Kingz | 6:00

Los D Boyz | 7:00

Rio Jordan | 8:00

Los Cucuys de Rodney Rodriguez | 9:00

Ricky Naranjo y Los Gamblers | 10:00

Los Garcia Bros | 11:00

Red Sox Campeón Temporada Veteranos 2019

Piratas de Sabinas con pitcheo de Devon Torres doblegó a Águilas

Por Sendero Deportivo

Red Sox con dos subcampeonatos consecutivos continúa su ruta por la captura de su primer banderín en Potranco Baseball League organizada por Eloy Rocha y Simón Sánchez.

Red Sox, dirigido por Pedro Espinoza y el coach René Juárez, en el cierre del rol regular con victoria de 12-2 ante Cachorros de Nava y triunfo para el lanzador Chris Lee, finalizó con récord de 8 triunfos, 1 derrota y 1 empate, adjudicándose el campeonato temporada 2019 y su pase al playoff.

En segundo lugar quedó Rieleros de Juan Sánchez, con marca de 7-3, seguido por el

campeón Broncos de Reynosa SA de Roberto Garza, con 6-4, y en el cuarto escaño Cardenales con foja de 4-5-1, dejando por mejor promedio de juego dejó fuera a Cachorros de Nava (4-5-1).

Resultados: Rieleros, 10 a 8 carreras ante Broncos, con victoria para Miguel Ángel Vázquez en relevo a Luis Alfonso Velázquez, la derrota fue para Gilbert Salazar, que relevó a Óscar (Giro) Rodríguez, y al abridor Hilario Álvarez.

Por Rieleros destacaron Johnny López, con sencillo, doblete y triple, y Chalo Bocanegra con 4-3. Cardenales de Saúl Navejar, Nacho García y Efraín Cruz Franco, con

pitcheo de Ubaldo Montelongo, los relevistas Calixto Moreno y Ernesto Velázquez, apabullaron 27-1 a Westsiders

El playoff será a ganar 2 de 3 partidos, comenzando el sábado 4 de mayo con partidos en el horario de las 11 a.m. entre Rieleros vs. Broncos. 2:30 p.m. Red Sox vs. Cardenales.

Chris Lee, se coronó campeón lanzador con 5 victorias por 0 derrotas, de subcampeón quedó Luis Alfonso Velázquez (Rieleros) con 5-1. Doug Rosine de Broncos con promedio de .700 ganó trofeo de bateo.

En cuadrangulares con cuatro vuelacercas empataron, Henry Pichardo, Brandon

Palomo de Broncos, Freddy García de Cachorros, y Gonzalo (Chalo) Bocanegra de Rieleros.

Resultados categoría Abierta: El campeón Piratas de Sabinas coordinado por el receptor Lupe Guerrero, bajó el timón de Sergio De Luna, y el capitán Brayan Guerrero, dio cuenta de Águilas (3-1), con magistral serpentina de Devon Torres (de Eagle Pass), quien finalizó con labor monticular de 7 ponches y tres imparables, dominándolos en el noveno episodio con corredores en bases. Brayan Guerrero bateó de 4-2, Maury Esparza 4-2 y el bateador designado Johnny López con 2-1.

Highsox del Marine, Eddy

Rodríguez, con pitcheo de Keith Vasquez y jonrón de Gabriel Raygoza, empataron 6-6 ante Indios de Nava de Juan (Pachín) Martínez.

Bobcats 9-1 ante Leones (Bobcats dedicó el triunfo en memoria de su jugador Johnny Guzmán Jr.). Mineros 14-11 ante Calaveras, con victoria para Lee Colón y jonrón de Anthony Salcido. Cubs 7 Cardenales 2. Broncos 2-1 ante Rieleros. En las fotos aparecen los equipos Red Sox y Cachorros de Nava del manager Alejandro (Rábano) Becerra, y los coaches Rubén Galindo (Alacrán), y Freddy García.

(Fotos por Franco)



Estilos Salon

Tuesday-Friday 10-6

Saturday 10-4

210.223.0990

"Looking good is the best revenge"



La Monita
tortilleria

BLUE PLATE
AWARD
WINNER!

Barbacoa, Tamales, Chicharrones
Masa y Tortillas

(210) 432-0332

3202 Guadalupe St, San Antonio, TX 78207

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

*Ver Programa de Tarifas para cargos aplicables.



IBC BANK

MEMBER FDIC/INTERNATIONAL BANCSHARES CORPORATION



**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

Thrive On

EVENTOS

Los Spurs son el Orgullo de San Antonio

Por Sendero Deportivo

La base de seguidores del equipo pentacampeón Spurs de San Antonio, disfruto en grande la tradicional Fiesta Spurs en su edición 2019 (playoff 2019 ConferSpurs de San Antonio en 1973 comenzó su trayectoria por llegar a ser una franquicia triunfadora y respetada en el baloncesto universal, tanto dentro de la cancha de juego como en labor comunitaria.

Desde entonces Spurs ha logrado acumular en su vitrina cinco trofeos Larry O'Brien que otorga la National Basketball Association (NBA), a la franquicia que logra capturar el banderín de postemporada tras la conquista de 16 partidos (NBA Playoffs).

Todo gracias a la tenacidad de la mesa directiva que encabezó el magnate Peter Holt y su entrenador en jefe Gregg Popovich, que en cada temporada conjuntaron un equipo ejemplar que los sacó de malas rachas saliendo adelante y celebrarlo con cinco paseos de campeones en el paseo del río San Antonio (Riverwalk). Spurs, de su primera sede la Hemisfair Arena, se cambió al Alamodome, donde Popovich, logró convencer ganando el campeonato de la campaña 1998-99. Y posteriormente en su nuevo estadio el AT&T Center, se discutió dándole a San Antonio, los títulos de las temporadas 2003, 2005, 2007 y 2014.

Por esas proezas y trabajo en pro de la comunidad Spurs, ha realizado diversas obras de beneficio en la región de El Álamo, contribuyendo en el desarrollo económico, y así convirtiéndose en el orgullo de San Antonio a nivel mundial.

En las cinco finales la NBA y Spurs han realizado obras de beneficio en la comunidad. Por ello cabe mencionar de los eventos que se realizaron en la campaña 2018-19 y la serie de Cuartos de Final NBA 2019, que se fue al séptimo partido contra Nuggets de Denver jugado en su estadio el Pepsi Center, donde se clasificó para la segunda ronda de la Conferencia del Oeste, en partido que Spurs dio la gran pelea, sin embargo Denver como local corrió con mejor suerte ganando la serie 4 a 3 partidos.

Spurs seguirá siendo la franquicia que orgullosamente representa globalmente a San Antonio con su mismo plan de ofrecer empleo, diversión y patrocinando eventos deportivos y comunitarios. La Prensa Texas, en próximas ediciones continuará publicando fotografías captadas en partidos de cobertura exclusiva, por considerarlo ser el único medio escrito bilingüe que obtuvo credencial para publicar lo que otros medios prácticamente consideran no importante.

El señor Holt, desde que se puso a elección popular la construcción del estadio multiusos AT&T Center (propiedad del Condado de Bexar, con arrendamiento exclusivo para la empresa Spurs Sports & Entertainment-SS&E), se comprometió a impulsar el talento artístico local y sur de Texas, lo cual electores respaldaron votando a favor del mencionado coso donde también se llevan a cabo conciertos musicales y el tradicional Rodeo de San Antonio.

En las fotos aparece la porra mixta Hype Squad. El trio, Tim Duncan, Manu Ginóbili y Tony Parker. El guardia Patty Mills, felicitado por su compañero DeMar DeRozan en partido contra Nuggets. Camarógrafos que transmitieron imágenes a nivel nacional de la serie Spurs vs. Nuggets. Popovich y el guardia Derrick White.

Fotos por Franco



ESPECIALES

Fiesta

2019 Fiesta Flambeau Parade Winners Announced - Vehicle Category 1st Place Moonstruck Foundation- Thank you Fiesta Judges for this recognition - Thank you Moonstruck Team for your dedication, enthusiasm & lights, lights, lights- Congratulations to all the winners

Photos by Ramiro Mendez



Photos by Sandy Rodrigez



Photos by Steve Duran



THIS DAY IN LA PRENSA HISTORY



PUBLIC IS INVITED TO ATTEND THE

H B G
HENRY B. GONZÁLEZ MURAL UNVEILING

AT
THE HENRY B. GONZÁLEZ
CONVENTION CENTER
MAY 15, 2019
6:30 PM - 8:30 PM

PROGRAM:

6:30 pm
District 1 Councilman Roberto G. Treviño

6:35 pm
Blessing by Rabbi Chaim Block from Chabad Center for Jewish Life & Learning

6:40 pm
Mayor Ron Nirenberg (Invited)

6:45 pm
HBG Mural Unveiling. Artist Analy Diego and Ronald Rocha, Mayor Ron Nirenberg, Councilman Robert G. Treviño, Former Congressman Charles González, González Family.

6:50 pm
Comment by Artist Analy Diego

6:55 pm
Reflection on the Life of Henry B. González. A HBG Panel moderated by Dr. Ricardo Romo, La Prensa Texas.

Panel: Dr. William Elizondo, Maggie Rivas Rodriguez, Former Congressman Charles González

7:45 pm
Reception

8:30 pm
Conclusion

Event will take place on the 3rd floor Stars at Night Ballroom.
Appetizers, Cash Bar & Music
Dress: Business Casual

Register on Eventbrite
Henry B. González Mural Unveiling

Special note of thanks to District 1 City Councilman Roberto G. Treviño, The City of San Antonio Department of Arts and Culture, Director Debbie Pacca-Sittre, James Le Flore, Sebastian Guajardo, Carol Schlesinger, the Director & Staff of The San Antonio Convention Center, Leonard Rodriguez, Westside Development Center, Yvette Tello and La Prensa Texas.

Event Sponsors:
Ramon Bosquez & Narciso Cano
Dr. Sylvia Villarreal, Trustee St. Mary's University

LA PRENSA TEXAS
SAN ANTONIO'S HISPANIC COMMUNITY NEWS PAPER

West San Antonio
CHAMBER OF COMMERCE

WESTSIDE
DEVELOPMENT CORPORATION

UETA
UNIVERSITY OF TEXAS AT EL PASO

SNL STAFFING

¡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**

Panel Discussion on Immigration Issues in San Antonio

Councilwoman Shirley Gonzales reads the City Proclamation to Stand Against Racism

Article and Photos

By R.Eguia

Wed. April 24, 2019, about 30 people gathered at the YWCA Olga Madrid Center on Castroville road to observe a panel of professionals who work in some facet of immigration.

The city prepared a proclamation of April 24 as the day to stand against racism in San Antonio. This was presented and signed by Councilwoman Shirley Gonzales in addition to many of the people in attendance.

Her opening remarks painted a picture of an evening at the Mennonite church 2 years ago when a surge of immigrants needed assistance and many San Antonians stepped up to the charge by donating all necessary goods and volunteering their time.

The panel was moderated by a diplomat, author, and immigrant, Enrique Moreno. He currently serves as the Consul for Community Affairs in Austin and emphasized that “All Human Beings have a story.”

The panelists ranged from Lawyers to volunteers to Diplomats. Each panelist introduced themselves for ten minutes and then took questions from the moderator and the audience.

Laura Alejandra Cortes Franco is the manager for legal advice programs for the Department of Protection at

the Mexican Consulate. She is a DACA recipient and in charge of DACA cases with her department. She is an advocate for assistance and prevention by way of Know your Rights Workshops. She wants more immigrants to know what the Mexican Consulate can do for them and what resources they can offer. She visits migrant detention centers in the region to reach out to vulnerable people, but she said most do not want to talk to her because she is with the Mexican Consulate. “We do more than Passports,” said Cortes Franco, but there is a lingering stigma despite the wealth of resources available.

Veronica Sanders in the manager of the YWCA empowerment and economic

advancement program. She spoke about empowering the community with education and access to medical information

Guillermo Hernandez has worked as a staff attorney with the non-profit organization Raices and is the managing attorney of the immigration department with the law firm Vidaurri, Lyde, Rodriguez & Haynes. He has defended asylum seekers from central America, deferred deportation cases and is interested in a bill for conditional driver licenses.

“The national policy right now is a mess,” said Hernandez as he spoke about his experience with immigration legislation at the city, state and federal level. He recounted a story about one of his clients calling him from a port of entry to say he is number 8000 and they are on number 3000 right now. He doesn’t know how long he will have to wait.

When asked how he would reform immigration policy if he could and he said narrow asylum laws, invest in the ports of entry to sustain the caseload and legalize people who have already been here for a long time.

Einas Albadri was born in Iraq and arrived in the US as a refugee in 2010. She is now the director of refugee resettlement with the non-profit organization RAICES. She said the services the organization has to offer to go



beyond legal and reuniting separated families and into social by energizing resettlement programs focused on job placement, English as a Second Language program, healthcare programs and full integration as a “New American” versus an immigrant status. There are 3 San Antonio offices available to support these charges. Their ultimate vision is to end the detention centers.

Selene M. Gomez is a core member of the organization, SA Stands and the daughter of immigrants from Guadalajara, Jalisco, Mexico. Growing up in a mixed-status family drives her to promote citizenship workshops and organize with adjacent social justice groups like the Texas DREAM Alliance, the Council for Minority Student Affairs and many others. SA Stands was formed after SB4 legislature on May 17 when local governments and law enforcement agencies began to do the work of federal immigration officers by asking about immigration status if they choose to, but only dur-

ing a lawful stop or arrest. Local officers cannot stop someone solely to ask about immigration status. She hopes to normalize political conversations in order to get more people involved.

Mary Grace Ketner has a soft spot for immigrant children and empathizes with all of the families journeys. She volunteers with her church organization who makes backpacks for these families on their journey.

Attendees asked some intimate legal questions and were briefly advised and referred to further resources.

Some community members brought up concerns about private institutions adjacent to public services working towards divulging Citizenship status. The people on the panel could not reinforce the message more, “No one ever has to legally disclose their status. You have the right to remain silent. Know your rights.”

The YWCA will host similar events this month. Please visit <https://www.ywcasa.org/> for more information.



SPORTS

Thank You Spurs

By Jessica Duran

Sports can be considered a hobby, a passion, just silly games, and something that truly brings people together. There's no question how deep of a bond there is between sports and the city of San Antonio and there's no better example of that than the bond between the Spurs and this city.

The Spurs were eliminated in a tough series against the Denver Nuggets, against all odds, the Spurs took the Nuggets to a game seven matchup. Having no Kawhi Leonard, Manu, Tony Parker, a healthy Dejounte Murray on that team last year getting swept by the number one seeded Warriors, made this series without them seem like new year, same result. But, this year's roster, pushed the number 2 seed to seven games and stealing an impressive game one victory in a hostile environment like the Pepsi Center in Denver.

This series represented the season as a whole. Full of mystery, ups and downs. Sure, we didn't get the full result we want every year but the team stepped up and did the best could with what they had, and they learned more about themselves.

Fans are upset and say crazy things like "trade everyone" or "DeRozan isn't a superstar! Such a ball hog". Can you blame them? After seeing 5 titles in 20 years with a playoff streak as long

as ours, we demand excellence because Coach Pop and the Spurs have demanded excellence themselves every year. Negative things fans have said I'm sure purely out of frustration, and nobody is more frustrated than the players themselves. So take time to dwell on it for awhile then move on and cut these guys some slack. Come October, the team will have moved on and have prepared to come back stronger and us as fans will have on our jerseys, our car horns ready, and be chanting "Go Spurs Go".

Everywhere you go in this city, there are Spurs shirts for sell, pictures of the big three in our favorite taqueria, or giant murals of Spurs legends painted on Rudy's Seafood Restaurant and other locations. The Spurs and basketball are in this city's blood. THAT is what makes San Antonio so special, because all though sometimes sports can bring out the worst in us



but it can bring out some of the absolute best in us.

So thank you Spurs for a terrific season, you guys have meant more to me and my family than you could ever know as many others probably feel the same way. Without you guys, there are no honking in the streets for a good reason, free coffee to get us through the day after a playoff win. But, most of all the heart of this city could never be as full and warm without the silver and black. Enjoy your summer, you've earned it, and we'll see you in October to start another run on our "Race for Seis" and as always GO SPURS GO!



Photo by Franco

WESTSIDE Honors CELEBRATION 2010
at THE HISTORIC Basila Frocks BUILDING

Since 2010, the Westside Development Corporation has hosted its signature fundraising event, **The Westside Honors Gala**.

Noted as the best outdoor Gala in the city, it has focused on recognizing the merits of individuals and organizations who have positively contributed to the Westside.

WE ARE Breaking THE RULES

This year we are very excited to celebrate ten years of honorees in a non-traditional fashion. We are planning for a casual, reception-like atmosphere with a variety of food and refreshment stations in addition to honoree displays, a silent auction, and live music under the stars.

The mostly outdoor celebration will be at the historic Basila Frocks building, which we recently purchased and will soon begin renovating. Bring your "vision goggles" and imagine how this property will be brought back to life and transformed into a collaborative workspace for startups and small businesses.

As always, dress is Westside Chic!

The Westside Development Corporation invites you to a celebration honoring 10 years of Westside Legends.

Thursday, May 23, 2019
6:30 pm Registration and Mariachi Reception
7:00 pm Entertainment
7:30 pm Program

NO ON-SITE PARKING
All parking at Rosedale Park
340 Dartmouth Street
Shuttle buses will be running all evening.

2019 HONORARY CHAIR

Ramiro Cavazos
President and CEO
United States Hispanic Chamber of Commerce

Silent Auction
H&B Hilton Palacio del Rio
James Avery Jewelry
Kendra Scott
La Cantina Resort & Spa
San Antonio Missions
Tito's Handmade Vodka

Entertainment

Food & Drinks

SPONSORSHIP OPPORTUNITIES

Diamond Sponsor	\$10,000
Platinum Sponsor	\$7,500
Gold Sponsor	\$5,000
Silver Sponsor	\$2,000
Bronze Sponsor	\$1,000
Individual Tickets	\$150 each

TICKETS

To purchase tickets, sponsorship, or to make a donation, go to www.westsidedevcorp.com or call (210) 501-0192.

FINANCIAL FOCUS

Time to 'Cycle' Through Some Investment Ideas

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.

If you've noticed an increase in bicycle-related events lately, it may be because May is recognized as "Bike Month" – and some cities even observe a specific Bike Week. Of course, bicycling is good exercise and an environmentally friendly method of transportation, but it can also teach us some lessons about investing.

Here are a few to consider:

- Put the brakes on risky moves. To keep themselves safe, experienced cyclists

regularly do two things: They keep their brakes in good shape and they don't take unnecessary risks, such as whipping around blind curves. As an investor, you can combine these two actions by putting your own "brakes" on risky moves. For example, if you're tempted to buy some hot investment you heard about, you may want to think twice before acting. Why? In the first place, most "hot" investments don't stay hot for too long, and may be cooling off by the time you hear of them. And even more important, they might not be appropriate for either your risk tolerance or your need to diversify your portfolio. When you invest, you can't eliminate all risks, but you can reduce them by avoiding impulsive

moves and sticking with a disciplined, long-term strategy based on your needs and goals.

- Get regular financial tune-ups. Avid cyclists keep their bikes in good shape through regular maintenance. When you invest, you usually don't need to make a lot of drastic moves, but you should periodically "tune up" your investment portfolio, possibly with the help of a financial professional, during regular reviews. Such a tune-up may involve any number of steps, but the main goal is to update your portfolio so it reflects where you're at in life – your goals, risk tolerance, earnings and family situation.

- Protect yourself from bumps in the road. All serious bicyclists – and all bicyclists serious about keeping their

heads intact – wear helmets when they are riding, because they know the dangers of rough terrain. Likewise, you need to protect yourself from the bumps in the road that could impede your progress toward your objectives. For starters, life insurance can help your family meet some essential needs – pay the mortgage, educate children, and so on – in case something were to happen to you. And you may need disability insurance to replace your income temporarily if you became injured or ill and can't work for a while. Also, you might want long-term care insurance, which can help you guard against the potentially catastrophic costs of an extended stay in a nursing home or the services of a home

health care worker.

- Don't stop pedaling. When going long distances, bicyclists ride through rain, wind, sun and mosquitoes. They elude angry motorists and they change flat tires. In short, they persist in reaching their destinations. As an investor, you will pursue some goals that you may not reach until far in the future, such as a comfortable retirement, so you too need to demonstrate determination and persistence by continuing to invest, in good markets and bad, through unsettling political and global events – and even despite your own occasional doubts.

Whether you're an avid cyclist or not, following these principles can help keep your financial wheels moving along the road to your goals.

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
Member SIPC

Edward Jones®
MAKING SENSE OF INVESTING

BUSINESS SPOTLIGHT

Mariachi Los Galleros de San Antonio

San Antonio's Premier 10-Member Mariachi Band

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.

Nearly every anniversary or birthday, my family and I go to Pico de Gallo expressly for the mariachi music. We take cash, sometimes a song list and actively remind ourselves to make sure others in the restaurant have time to request songs as well. My parents are passionate about music, as I am I and we see it as an up-close concert that is worth every penny. Which is why I was more than excited to tell my parents that I was interviewing Mariachi Los Galleros De San Antonio, the 10-member mariachi band famous for including Ballet Folklórico and other wonderful "Tradiciones Mexicanas" in their performances. The band has received international

attention by producing exemplary music recognized by heads of state and musical royalty alike.

With the demand for mariachi music ongoing, especially during Fiesta and year-round particularly in the Southwest, it was especially gratifying to become familiar with the band, who recently released their second cd, *La Flor Que Mas Quiero* in late 2018. I spoke with founding members Miguel Guzman, Musical Director of the band and Director Ismael Alatorre at length about the origins of their music and about their latest cd.

Both Miguel and Ismael trace their beginnings to public school music programs. Miguel, a third generation San Antonian from his father's side with maternal roots in Jalisco, Mexico, was raised on the Westside of San Antonio

by his grandparents. He began his mariachi career at Rhodes Middle School, continuing onto Linear High School where he took part in the mariachi programs offered. The high school mariachi band was so great they made it to State competitions in the 1980s, an early indicator of Miguel's success.

Ismael Alatorre, who plays vihuela in the band, noted that mariachi music is in his family roots, mentioning that it was a cousin who taught him initial guitar chords before he began playing under the guidance of his first mariachi teacher, John Nieto at Poe Middle School. After, he went to Highlands High School where he continued playing the vihuela. He loved playing so much, that he "just kept on from there...I love the instrument so much, that every night I would go home and practice five or six hours." Both Ismael and Miguel attributed remaining safe from the gang violence of the day to belonging to a mariachi groups (an example of this success is the fact that Ismael is also a police officer with Alamo Colleges).

Miguel, already established in the mariachi

world by the time he met future bandmate Ismael in 1996 at Fox Tech when he was with the All District Mariachi, a band consisting of hand selected students from the SAISD District. They shared the same passion for mariachi music, and "the importance of family, keeping our roots alive," which is what they "are trying to do now," says Ismael. They formed Mariachi Los Galleros de San Antonio in 2006. Both gentlemen have family members in the band – Ismael's brother Gabriel plays trompeta and Miguel has two adult children - son Miguel Jr. and Antonio who are part of the current line-up. Miguel's wife, also a singer, is listed in the songwriting credits for called "El Huerfano" (track five on their self-titled first album), a song about "People (who) come from Mexico to work in the United States and they are looked down upon. They just come to work and make a living and the people that are from here don't look at them in a good way, and the people from over there (feel the same way)...They're not from here or from there, that's why they call them el 'Huerfano sin pais' – the



2018 Release

orphan without a land." Being a part of a group helped Miguel to solidify self-identify, noting that as Mexican Americans, we have a unique identity - "the Anglos look at us as Mexican or Hispanic and the Mexicans look at us as "pochos" or, they're not real Mexicans, they're from over there," a theme captured in the song. The band credits their influences as 3rd Generation Mariachi Vargas, Los Camperos de Nati Cano, Rigoberto Alfaro and Los Hermanos Calderon.

"We're trying to create something for students, for education," says Miguel and "expose and educate our clients as well. You know, this is what mariachis consist of – you need a guitarron, you need a vihuela, you need a guitar. You need trumpets, you need violins. We can sing in three-part harmony, four-part harmonies. We have classically trained



February 2019 at San Antonio Stock Show and Rodeo

violinists. We have a beautiful thing to offer. The arrangements that we are playing are not just the common ranchera, we have a little bit more modern, complex.”

This level of professionalism paid off with the release of their self-titled first album in 2007, which they gave to “our friends and whoever would listen, before Spotify, ten-eleven years ago to have that. There was a friend of ours who somehow gave it to one of the producers that was bringing in Placido Domingo,” which garnered attention and helped the band audition and be selected to play with world-renowned international opera tenor Placido Domingo at the Alamodome in 2007 and the AT&T Center in 2010, accompanied by the San Antonio Symphony. The Domingo



With Placido Domingo, 2007

was ultra-secretive, with just a place, date and time given initially. The band has also played nationally at the NBC Today Show and at Jazz at the Lincoln Center for the Performing Arts in New York City, where jazz legend Wynton Marsalis serves as the artistic director and band leader.

The new cd La Flor Que Mas Quiero (dedicated to Ismael Alatorre’s mother Flor, a humanitarian who recently passed away in an accident enroute delivering food and aide to people in Mexico), was recorded

increments from March-Oct 2018. Mariachi Los Galleros de San Antonio’s ten members are Miguel J. Guzmán (violin), Miguel Guzmán (violin), Antonio Guzmán (violin), Arturo Pasalagua (violin), Patrick Molina (violin), Noel Gamez (guitarrón), Ismael Alatorre (vihuela), Gustavo Solis (guitarra), Gabriel Alatorre (trompeta) and Sergio Martinez (trompeta).

Beyond the studio and performance venues, the band is “trying to create something for students through education. “It’s important because a lot of people come to us who want to learn how to play the music,” says Miguel. This has fueled another arm of the Mariachi Los Galleros de San Antonio business and education model – outreach to the community about mariachi education through an upcoming life-size mariachi mascot that is sure to be a hit with the public. Miguel, a guest lecturer at Texas State University and founder of the Mariachi Conservatory noted that pursuing the field of mariachi music is a viable and joyful career path, adding



Miguel (left) and Ismael (right) signing autographs

that it is growing in education centers everywhere, such as in the Rio Grande Valley where a program beginning this semester.

Mariachi Los Galleros de San Antonio recently performed at the San Antonio Zoo commemorating the second birthday of hippopotamus Timothy, garnering national attention and at the La Prensa Texas Awards Gala honoring Mayor Ron Nirenberg and other notable luminaries.

For more information on the band, to buy CDs (available on Google,

Itunes, Amazon, Pandora, Spotify, Apple, Deezer and YouTube), book intimate serenades, concerts or galas (free live demos are available), please visit - <http://losgalleros.net/>

Online Store: <https://squareup.com/store/mariachilosgallerosdesanantonio>

Facebook: <https://www.facebook.com/mariachilosgallerosdesanantonio>

Instagram: @gallerosdesanantonio

Twitter: @GallerosSA1



In the recording studio

(from left – Antonio, Miguel Jr., Miguel Sr., Alejandra)

concerts helped Mariachi Los Galleros de San Antonio garner another notable performance in 2008, when the band was selected to perform at former First Daughter Jenna Bush’s wedding. The invitation

at Velasquez Music, famous for its Tejano music productions – Jay Perez, Chente Barrera, David Lee Garza, and owned by Gilbert “Gibby” Velasquez and was recorded in



With President George W. Bush, 2008

Computer and Internet Addiction is a Real Thing



By Tammy C. Perez

Are you dependent on technology to bring you satisfaction in life? Dependency can be playing video games to escape reality, posting to social media to get attention or validation, compulsive online spending when anxious or bored, or visiting dating sites with the hopes of meeting the love of your life. Are there noticeable negative patterns surrounding your computer

or internet activities? Are they causing problems in your relationships or affecting your work performance? Most of the time, these addictions are just distractions to real issues that people are not yet ready to face. They may feel anxious, impulsive or unfulfilled in life. These activities produce a "high", filling a void and bringing pleasure that lasts momentarily. Over time, these addictions have negative consequences that outweigh the positive feelings experienced. They can also have long-term negative effects on many areas of our

lives.

Centers for Disease Control and Prevention (CDC) research has shown that certain people are more

susceptible to computer or internet addiction. These individuals include; those who have had prior addictions to other behaviors or substances; a history of depression or anxiety; attention deficit hyperactivity disorder; or Low self-esteem. Recovering computer addicts reported feelings of euphoria when using the computer and feelings of depression, unfulfillment and irritability when not using

it. They also described feeling withdrawn or neglected by family and friends as well as experiencing many of the following; creating secret relationships over the internet; having family and friends complaining about their behavior; lying to hide computer activities; consistently using the computer at work for non-related work activities; and the inability to stop computer or internet use despite the negative consequences it has at home or at work.

Like all addictive behaviors and impulse control problems, computer and internet addiction can be controlled. Many people can use self-discipline to manage the behavior while others may need the help of a professional. Some good tips on controlling your computer and internet

addiction include arranging your schedule to allow time to participate in technology activities. When bored, find replacement activities to keep you mind off wanting to binge on the computer. Don't allow yourself to get overwhelmed with irrational thoughts and start researching online to validate your concerns. Be prepared for possible relapses and reverting to old habits. Once you realize you are falling off the wagon it's important to stop, refocus, and get back on track. If you or a loved one have a computer or internet addiction, TCP Marriage & Family Services is here to help you take control of your life again. For more information on our services, please call our office at (210) 516-2607 or visit our website at: www.tcpmfs.org.



LUCELO AHORA, PÁGALO DESPUÉS

**LLANTAS,
RINES Y
REPARACIONES**



LIFT KIT Por solo

**\$0 A \$40
DE ENGANCHE**
No necesita credito
Aceptamos ITIN



**3304 Frederickburg Rd.
San Antonio, Texas 78201**

www.texastires27.com

210-361-8737



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

Just a Thought

Estadística de Inmigración Ilegal



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

Por Steve Walker

A partir del 9 de enero de este año, hemos actualizado las estadísticas de las cifras más recientes de “ilegales” que cruzan nuestras fronteras.

Con los diversos medios de comunicación que cubren todas las formas de comportamiento no ético de los funcionarios que reflejan la controversia sobre la separación de las familias de sus familias y su detención en jaulas, gran parte de la retórica política se ha extendido en todas las fronteras. Muchas personas están considerando el tema de ambos partidos políticos.

Nosotros, como nación, debemos dar un paso atrás y observar algunas medidas de la inmigración ilegal en un contexto más amplio. Las estadísticas, por ejemplo, nos dirán cuántos inmigrantes viven “ilegalmente” en los EE. UU. Y cuántos son capturados cada año tratando de cruzar la frontera suroeste.

La primera pregunta que puede hacer es, “¿cuántos

de ellos son familias o niños no acompañados? “La segunda pregunta es” ¿han cambiado estas estadísticas con el tiempo? ”Es posible que esté alarmado de digerir la respuesta. Lógicamente echemos un vistazo a esos números.

Según el Departamento de Seguridad Nacional, en enero de 2015 había 12 millones de inmigrantes viviendo ilegalmente en el país. Las estimaciones de dos grupos independientes son similares. El Pew Research Center sitúa el número en 10.7 millones en 2016. Por otro lado, el Centro de Estudios de Migración señala que 10.8 millones de personas viven en los EE. UU. De manera ilegal. No es una diferencia notable. Eso sería aproximadamente del 3,3 por ciento al 3,7 por ciento de la población total de EE. UU. En 2016 y 2017.

DHS estimó que el crecimiento de la población inmigrante “ilegal” se había reducido considerablemente, diciendo que la población aumentó en 470,000 por año desde 2000 a 2007, pero solo en 70,000 por año desde 2010 a 2015. Aquellos que creen que estamos siendo inundados con “ilegales” “, Podría tomar pausa en esos totales.

El monitoreo encontró una disminución en la población indocumentada, y específicamente en la de México, de aproximadamente 1 millón desde 2010. Y el Centro de Investigación Pew encontró un pico de 12.2 millones en

la población en 2007, y una disminución desde entonces. Parecería que las estadísticas no apoyan a quienes son vehementes contra los ciudadanos indocumentados que huyen por sus vidas y las vidas de sus hijos de otros países.

Otro hecho que muchos no comprenden es que los que viven en el país “ilegalmente” también han estado aquí cada vez más por 10 años o más. DHS dice que casi el 80 por ciento en 2015 ha vivido en los EE. UU. Durante más de una década, y solo el 6 por ciento llegó al país en los últimos cinco años. La última pregunta que podría hacer es: “¿Cuántas personas cruzan ilegalmente la frontera?”

No hay una medida oficial de cuántas personas logran cruzar ilegalmente la frontera, pero las autoridades utilizan la cantidad de detenciones para evaluar los cambios en la inmigración ilegal.

Esos temores en la frontera suroeste alcanzaron su punto máximo en 2000 con 1.64 millones y en general han disminuido, ya que el total es ahora de 396,579 en 2018. ¡Las cifras provienen de las Aduanas y Protección Fronteriza de los Estados Unidos y se remontan a 1960!

Cuando alguien que menosprecie a los inmigrantes le diga que estamos en una crisis, comparta con ellos las estadísticas. Necesitan saber la verdad real. ¡Todos somos hijos de inmigrantes!

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
- Miércoles- 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

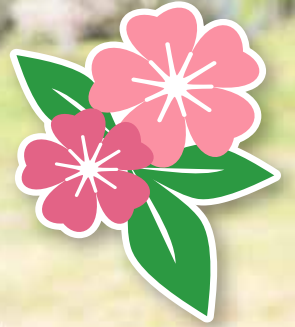
\$2.99

No mix.
3 x \$2.99

Orders to go:
(210) 455-9292

30th Annual Cinco de Mayo International Hispanic Basketball Tournament

Tommy Nuñez
Former NBA Referee, Latinos in Action Board Member is in San Antonio to honor a great international referee Manny Reynoso



Spring is Here!

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

CentroMed

Palo Alto Clinic

9011 Poteet Jourdanton Fwy.

Noemí Galván Eling Clinic

5542 Walzem Rd.

Santa Rosa Pavilion Ctr.

315 N. San Saba, Ste. 103

Women's & Pediatric Clinic

3127 S.E. Military Dr.

South Park Medical

6315 S. Zarzamora

Pediatric Clinic

1034 W. County Line Rd.
New Braunfels

Southside Medical

3750 Commercial Ave.

Family First Clinic

9135 Schaefer Rd., Ste. 4, Converse

Family Medicine Clinic

226 North Union Ave.
New Braunfels

Berto Guerra Jr. Clinic

5439 Ray Ellison Blvd.

Maria Castro Flores Clinic

7315 S. Loop 1604 West

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