

LA PRENSA TEXAS

SAN ANTONIO'S HISPANIC FAMILY OWNED NEWSPAPER

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

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

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Let's Talk About it...

Changing your Lifestyle for you Health

By Yvette Tello

Is there an "epidemic" in Bexar County — diabetes and obesity? This year I have had two friends in need of a kidney and are going through dialysis. Another with congestive heart failure; All were told it was due to lifestyle and it really is a new "epidemic." He said losing your kidney or feet is very common. One doctor said if we watched our carb intake we could all be healthier. Are we not aware or do we just not care? Has diabetes affected you or someone in your life? Let's talk about it...

Mary Tamez Escamilla:

"I see that every day at the Doctor's office I work at. It has been much more common lately."

Barbara Ann Mendoza Mead:

"All the darn Mexican restaurants on every corner. San Antonio is one of the fattest cities in our nation."

Rebecca Perez:

"As a diabetic, believe me, I am aware of what causes diabetes and how to control it. But to be honest

we get tired. We get tired of the medicines and how expensive the meds are. We get tired of being told what is best for us. We get tired of having the things we are used to taken from us. Not just for a little time but all together at one time; Then not seeing a change. The food they say we need to eat is expensive. Not everyone has the money to eat healthy. It's not that we don't care but it's just sometimes you feel like no matter how much you change your lifestyle your body does not reflect it."

Kelly Narvaez:

"Sometimes Diabetes has nothing to do with being overweight. I was 28 years old and weighed 135 pounds when I first got diagnosed. I'm 5'7 so I was nowhere near overweight. Luckily I am not on insulin but there will be a time where I just might be due to how long I will have it. For me It was genetic. My entire family has Diabetes. Now if you are overweight for your height and have a pretty high BMI, then you can control the disease by losing weight, watching your diet intake, etc and maybe just

be able to manage it without medications. The longer the disease goes untreated, the higher the risk of all those complications."

Rene Benitez:

"Yes, it has affected my whole family and myself but I overcame it with exercise and eating healthier."

Mel Abrego:

"Yes, San Antonio is number 1 in the nation with zip 78207 & 78237 due to amputations because of diabetes. Then, somewhere in Louisiana. I've been to too many meetings, in the past, doing outreach. This has been one of San Antonio's major's concern."

Nini Lopez:

"I think a large part of our community doesn't care until they get diagnosed, and even then, they may not care. The self control in alot of our people is very weak and it gets weaker when you can smell the greasy barbacoa being made right across the street."

Mark Alonzo:

"I believe we care, it's just hard too give up the tacos!"

Victoria W:

"My dad got diagnosed with diabetes a couple of years ago, just like my grandma. It was no surprise to me since my dads life style consisted of drinking Coca-Cola everyday instead of water and the way he eats is not any better. I actually felt relieved that now he would be forced to finally eat healthy, but no, I was wrong. He takes care of my grandma and thinking that she too has diabetes maybe she would teach him to eat better and drink more water. NOPE. Instead she keeps buying soda that's on sale for him to drink on the daily and she keeps cooking the same sugar/ carb filled meals as usual. I argue with her to help him get better, don't help him get worse, and her response? "He's a grown man he can do what he wants." My point is, changing your eating habits is very difficult, especially in a economy that enforces unhealthy food. We need family and the ones that loves us most to support us. Diabetes is not a joke, it is the primary killer in the United States after all."

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About the Cover Artist

Juan Miguel Ramos and Cruz Ortiz

By Dr. Ricardo Romo

In 1993 a group of Latino artists from San Antonio's Westside founded San Anto Cultural Arts, a nonprofit organization dedicated to community-based artistic endeavors. That summer, Juan Miguel Ramos, one of the arts organization's co-founders, joined with artist Cruz Ortiz to paint "Educacion," San Anto's first mural. The "Educacion" mural faces Guadalupe Street, one of the principal thoroughfares of the city's Westside. The mural's education theme provided Ramos and Ortiz with a means "to raise awareness for the need to look at education, history, and culture as sources of strengths and hope for our community." Over the next twenty-five years (1993-2018) San Anto Cultural Arts artists completed over fifty murals. Juan Miguel Ramos began his art education at the age of eight when he enrolled in art classes at the Southwest School of Arts and Crafts. During his teen years, he studied at the San Antonio Art Institute, the Guadalupe Cultural Arts Center, and the University of Texas at San Antonio.



1994: Aztec dancers bless the mural
Source: <http://www.sananto.org/1---educacion.html>

He earned a BFA and MFA from UTSA. He currently teaches photography and drawing at Northwest Vista Community College and performs as a member of Sexto Sol, a local band. Cruz Ortiz, a native of Houston, also attended UTSA taking art classes alongside his friend Juan Miguel Ramos. Ortiz told San Antonio Magazine that he "draws on his experiences as a youth moving all around Texas with his missionary parents, an itinerant existence that often meant he was one of a handful of Latinos in his various schools. Though

much of his work has an urban, hipster vibe, what arguably gives it that quality is his suburban childhood." It was his mural work with the San Anto Cultural Arts organization and meeting other artists like Juan Miguel Ramos that gave Ortiz valuable insights into the life and culture of South Texas. Cruz and his wife Olivia operate Snake Hawk Press in San Antonio which helps companies design and brand their products. His "Hello Darlin' Map" hangs in the northeast entrance of the AT&T Center's Plaza Level.

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THE IMPORTANCE

Better Schools for a Dynamic San Antonio

By Dr. Ricardo Romo

Educational reform is a never-ending enterprise and we witness it daily in thousands of schools districts across America. Efforts to improve our schools are not only endless, but they also take place in many different forms. While many schools concern themselves with classroom size and student-teacher ratios, in nearly every school, retaining good teachers presents one of the biggest challenges. This essay addresses the learning gap in San Antonio and the importance of good teachers.

Texas and San Antonio, in particular, have a long way to go in providing better

America. According to Wallethub, Texas ranked 39th of 50 states when it comes to most educated. Interestingly, the majority of the states ranking in the bottom 25% of educational attainment were southern states.

Several Texas cities have done well in ranking among the most educated cities in America. Wallethub ranked 150 American cities and listed Austin as #8. Dallas-Fort Worth came in at a respectable #77, but Houston at #92 and San Antonio at #107 did not fare as well.

Given that there is so much to do in improving schools, where should we begin? My five decades as an educator

points are reflected here. Thus I offer a few suggestions regarding educational reforms we should address and activities and policy reforms we should prioritize.

First, we should begin by making sure that every child at the age of four attends a full-day pre-k program with a qualified teacher. Schooling four-year-olds in Pre-K classes is not a new concept, but in recent years educators have determined that it is one of the most important methods for improving overall educational achievement.

In San Antonio, the push for quality early education began in 2012 with Mayor Julian Castro's Pre-K 4 SA initiative. That year, voters approved a 1/8th of a cent increase in the city sales tax to be set aside for Pre-K programs. This additional funding allowed over 2,000 four-year-olds, mainly from low-income families, to attend pre-school classes.

Sarah Baray, Pre-K 4 SA CEO, told Texas Public Radio that 2018 test results "show that San Antonio's investment in early learners is paying off." Students enrolled in Pre-K 4 SA scored at or above the state average in reading and math. Only seven percent of the Pre-K 4 SA students were placed in special education, compared to 23 percent of students who did not attend preschool.

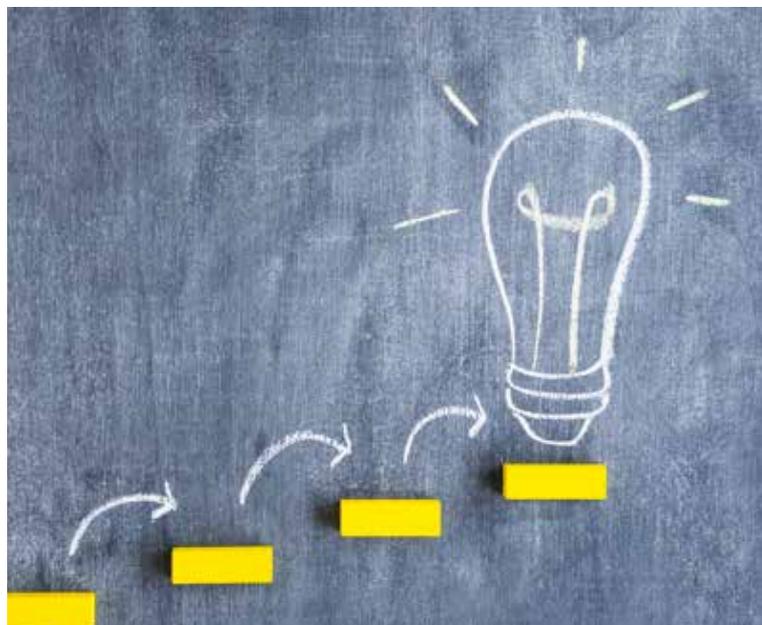


Dr. Harriett Romo, who helped start the pre-k program at Navarro School in the Westside of the city, found that the biggest challenge to educating children at that age was that many programs only offered a half day program. For working parents, getting children to school and returning to pick them up at mid-day is a hardship.

School reform means trying many things often simultaneously. Education experts know that not all things work well for everyone. Testing is one example of that. Testing has become a billion dollar business in America and far too many school districts operate on the assumption that school success and teacher success can be measured by how well students perform on standardized tests. Michael Mazenko, an Advanced Placement (AP) English teacher in Colorado, disagrees with this approach and offers a different line of thinking. He proposed that we "decrease the emphasis on standardized testing as a measure of rigor and ac-

countability, and replace that with support for a child's whole education, including social-emotional needs. Included in this is devoting funding and resources to providing social supports to students and families in terms of nutrition, health care, child care, counseling, supervision, etc."

Financing schools has been a top priority for nearly every state. State support of education in Texas has been generally lacking and no one expects this shortfall to be solved overnight. Almost all educators agree that teachers are not paid enough. This is especially a problem in low income and minority communities. I began my teaching career in Los Angeles where salaries were significantly higher for high school teachers than my home state of Texas. California was unique in that it paid teachers extra if they continued their education. Teachers with a Master's degree were paid extra, but even with good wages, teachers needed to work over the summer months to



educational opportunities and in closing the gap for all its young citizens. Texas ranks among the bottom ten states of the nation's fifty in terms of most educated in

have allowed me to meet hundreds of school administrators, teachers, school board members, and students. I have learned much from them, and their view-

OF EDUCATION



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.



Dr. Lydia Villa Komaroff

Professor of Neurology and Associate Vice President for Research Administration at Northwestern University, internationally recognized molecular biologist Dr. Lydia Villa Komaroff earned her doctorate in biology from MIT. She also worked as an Associate Professor of Neurology at Harvard Medical School. Her work in molecular biology has been published in more than 60 reviews and articles as well as in the book "Invisible Frontiers: The Race to Clone the Insulin Gene" by Stephan Hall. Overseeing the research functions at Northwestern University, she has chaired many committees including the first human brain transplant studies. Committed to minorities in science, she is a founding member in the Society of the Advancement of Chicanos and Native Americans in Science.



ers deserve respect and recognition, and teachers who demonstrate excellence merit rewards. Humanities Texas based in Austin has decided to make a difference by rewarding outstanding teachers in the Humanities. Erin Gutierrez recently was awarded \$5,000 for his outstanding teaching of World History as part of the Humanities Texas initiative.

Gutierrez teaches AP World History courses at Lanier High in San Antonio's Westside. Lanier High School enrolls 1700 students, 88% of whom qualify as Economically Disadvantaged Students. This year Gutierrez won the prestigious Humanities Texas Outstanding Teaching Award, one of the few won by a San Antonio teacher.

I serve on the Board of Directors of Humanities Texas and grew up in the Lanier High School neighborhood. The average family income is below \$15,000 and Lanier neighborhood has the lowest educational attainment of any zip code area in San Antonio.

Gutierrez impressed the selection committee with his "can do attitude". He noted: "I have heard my share of negativity. However, every

time I enter my classroom what I find are students who are passionate and ready to learn. It is my job to provide them with the skills they will need to fulfill their amazing potential." Gutierrez manages to find that potential and more. Last year his students earned recogni-

tion after completing the year with the highest AP scores of all comprehensive high schools in SAISD.

Gutierrez has applied the concept that learning is about analyzing information, a skill which leads to better understanding. In addition, Gutierrez emphasizes creative thinking, which is superior to memorization. If we expect our students to attend college, school tasks should include solving problems as well as improving communication skills. Our very future depends on how well we educate the next generation of students. Providing all students with well-paid, well-trained and dedicated teachers is an important step in that direction. In a future essay, I will discuss what parents and concerned citizens can do to add to the learning process. Young people are counting on us and I believe we can do more.

make financial ends meet. I worked in a summer camp for young teens earning about ten dollars an hour in today's wages.

Teaching was also my wife's chosen profession and the two salaries enabled us to buy a home in California. Much has changed since the 1970s. Teachers in most California cities do not earn enough to realize the American Dream of homeownership. The lack of good pay often means that talented young teachers stay for only short periods in the classroom. Yet experienced teachers can make a difference in student achievement.

Higher pay is only part of the solution. Teachers also need smaller classes and more time for developing their skills. I have heard it said by many educators that we could retain good teachers not just by higher salaries, but also by giving them more respect for their contribution to improving the lives of young people. All teach-



Alamo Colleges District Launches Alamo Online

By Kay C. Hendricks

This month, the Alamo Colleges District literally rolled out its new online college initiative, complete with a VIA bus on site, emblazoned with an ad promoting AlamoONLINE—College When and Where You Want It.

“In our efforts to make a college education accessible to as many residents of our region as possible, developing and promoting our online offerings plays a key role,” said Alamo Colleges District Chancellor Dr. Mike Flores. “With AlamoONLINE, we are ramping up our efforts to be the first choice of students seeking an associate degree or certificate online by offering in-demand programs, the highest quality instruction and robust support services, all at the most affordable cost in our area. We will continue to expand the programs we offer completely online as

part of our strategy to enable more individuals to improve their social and economic mobility and the well-being of themselves, their families and their community,” he added.

Joining Flores for the launch event were Alamo Colleges District Board of Trustees Chair Marcelo Casillas, St. Philip’s College President Dr. Adena Williams Loston, together with Dr. George Railey, Jr., vice chancellor for academic success, and Dr. Luke Dowden, chief online learning officer and associate vice chancellor for AlamoONLINE.

Studies show that 75% of online college students live within 100 miles of their school’s campus. The Alamo Colleges District’s service area covers Bexar county and seven surrounding counties, so more online degree and certificate programs are important for students who

may prefer to save time and money by completing their associate degree or certificate online rather than commuting.

AlamoONLINE will increase awareness of the district’s colleges’ online associate degree and certificate programs across the entire service area as well as the entire region. The Alamo Colleges are not new to online learning, as the district’s colleges served more than 7,000 students enrolled exclusively online during the Fall 2018 semester, and the number of totally online students is expected to continue to grow.

Through AlamoONLINE, the district’s online offerings are being highlighted with a marketing campaign that includes bus ads, billboards, and digital ads. AlamoONLINE represents the range of opportunities for students pursuing degrees, certificates, or awards delivered

online from Northeast Lakeview College, Northwest Vista College, Palo Alto College, San Antonio College, and St. Philip’s College. More than 70 fully-online programs will be available beginning in Fall 2019. To help build the colleges’ online learning capacity, promote their programs to prospective students and assist students through the admissions process, we have hired a team of enrollment coaches. In addition, the Alamo Colleges District has lowered the out-of-district, fully-online tuition rate, effective Fall 2019, to ensure our Texas residents, who do not live in Bexar County, have an affordable educational option. Through AlamoOnline, the district hopes to attract a sizable portion of the 277,000 adults in the San Antonio area who have some college credits and no degree to an online offering at one of the five colleges.

The district and the colleges are committed to offer a top-quality digital learning experience for more exclusively online students. Most importantly, they will support the online learner by providing access to necessary support services online, so that students can achieve their dreams by earning a degree, certification, or credentials. AlamoONLINE is one more initiative that the Alamo Colleges District is investing in to advance the social mobility of the communities we serve. It is another way we are working to end poverty in our area through education.

At the Alamo Colleges District, high quality education and affordable costs provide exceptional value to students and alumni who are major contributors to the economy and culture of our community. For more information, go to alamo.edu.



NON-PROFIT HIGHLIGHT

San Antonio Charter Moms

Local Non Profit Creates a Phone App to Explore Charter School Options

By R. Eguia

On April 3rd, Founder & Executive Director Inga Cotton of San Antonio Charter Moms (SACM) announced the launch of the nonprofit's new, FREE San Antonio Charter School App. The app is a gift to families, allowing area parents and care givers to access information on charter and SAISD Choice Schools (open to all) in San Antonio.

After its release, Inga can share with the evolution of SACM from a blog to a nonprofit and describe how the app helps make finding school information more accessible and equitable for families.

Education is so important for San Antonians, but finding information about school options can be a challeng-



ing journey. Inga has lived through that herself. This custom school finder app will offer a mobile-enabled tool to help families find the schools that are the best fit for their children by offering:

Information on 82 public schools of choice, including open enrollment public charter schools, in-district charter schools, and district-charter partnership schools

Information on both open and schools approved to open soon

Interactive map and filters for schools by grade level, location, and school ratings

Up-to-date notifications about application deadlines, lotteries, waiting lists, and other milestones.

The app will be available in Spanish language next month, and could be tailored into versions that include other school types and/or market areas. The app will be available for free download via the iTunes

and Google Play stores.

The free school finder app called "San Antonio Charter Schools" that allows families to find charter schools and SAISD Choice Schools (open to all) in the greater San Antonio area.

The custom school finder app will offer parents a free, mobile-enabled tool to help families find the schools that are the best fit for their children by offering:

- Information on 82 public schools of choice, including open enrollment public charter schools, in-district charter schools, and district-charter partnership schools

- Information on both open and schools approved to open soon

- Interactive map and filters for schools by grade level, location, and school ratings

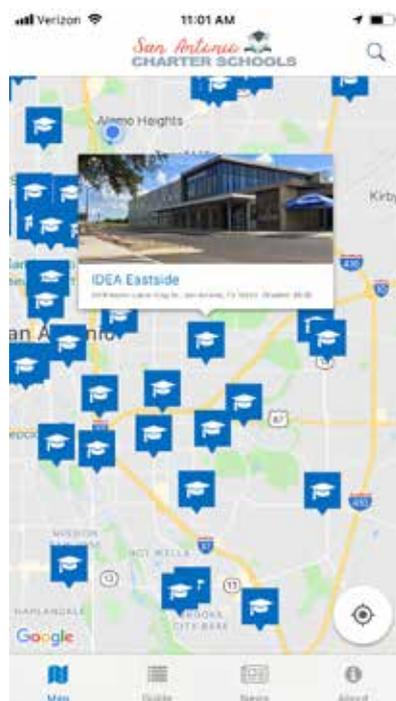
- Up-to-date notifications about application deadlines, lotteries, waiting lists, and other milestones.



San Antonio Charter Moms (SACM) began as a blog in 2012 when Founder Inga Cotton was inspired to help San Antonio families more easily find good information about high-quality school options. Starting with a focus on the growing local charter school offerings, the blog has evolved into a 501(c)(3) nonprofit that shares fair information about all types of schools. Established in 2018 as a nonprofit, SACM can accept funding that enables it to grow in ways that support accomplishing its mission of being the most trusted information source on education in the region. This growth includes Spanish-language blog post translations, surveying target publics, holding meeting with decision makers, support of public speaking, community outreach and enhancing mobile technology. For more information, visit sachartermoms.com or follow them on Facebook, their Facebook group, Instagram, Twitter and Pinterest.

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SAFC y OCSC en Espectacular Partido

Finalizaron Empatados 0-0

Por Sendero Deportivo

En el estadio Toyota Field ante más de seis mil espectadores el equipo anfitrión San Antonio FC (SAFC) durante espectacular partido dedicado al Día de las Madres, finalizó empatado 0-0 contra su duro rival Orange County SC. Ambos clubes están afiliados a la liga de segunda división USL Championship, en la conferencia del oeste, donde los líderes son Portland Timbers 2, y New Mexico United FC.

SAFC dirigido por el director técnico Darren Powell, retornó al Toyota Field tras haber sido derrotado 3-0 por el New Mexico United FC, ante OCSC puso su marca en 3 victorias, 5 derrotas y 2 empates (es decimosexto en la tabla general con 13

puntos). Por su lado Orange County con su técnico Braeden Cloutier, llegó a la cancha anfitriona sin ninguna presión ya que el 4 de mayo había doblegado al Phoenix Rising FC con marcador de 2-1 goles. Su empate en San Antonio lo ubicó con récord de 3-3-4 (es doceavo en la tabla general con 17 puntos).

Lo mejor de todo es que SAFC continúa invicto en su casa donde ha perseverado por cuatro partidos, con tres encuentros sin permitir gol en contra. El arquero Matthew (Matt) Cardone, ahora como titular bajo la supervisión del entrenador de porteros, Juan Lamadrid, se ha ubicado en plan grande defendiendo los tres palos.

Cardone, tuvo labor de

anotarse en su foja personal, tres salvamentos (disparos a gol atajados), quedándose con su tercera blanqueada de la campaña 2018-19 USL Championship. El mediocampista argentino Cristian Parano, recibió la mención honorífica "SWBC Man of the Match", tras haber hecho dos disparos a la portería rival resguardada por Patrick McLain, así como la aportación de doble asistencia, un disparo a boca de jarro, y nueve burladas.

SAFC superó en jugadas a Orange County, cuando los compañeros Brian Gómez (mediocampista argentino) y el mediocampista Billy Forbes, nativo de la Provincia de Turcos y Caicos, registraron cada uno tres

disparos a gol. El inglés mediocampista Jack Barmby, realizó cuatro interesantes asistencias. "Nuestros jugadores prospectos, han traído al club, bastante energía, por lo que continuarán aportando sus habilidades y acoplamiento con el resto de sus compañeros", dijo Powell. "Todos jugaron con el corazón. Nuestro plan de juego sigue siendo conservar la defensiva y ofensiva en conjunto, para así evitar que los equipos rivales anoten. Se tuvieron muchas oportunidades de anotar goles, pero no se logró. Estoy orgulloso del esfuerzo que cada uno de nuestros jugadores dio ante un duro rival", añadió Powell.

"Seguimos jugando en conjunto. Hoy superamos errores

anteriores disputando un duro partido, tanto en la ofensiva como en la defensiva. SAFC pudo haber anotado goles, pero no se logró concretar, a pesar de que todos le echamos ganas para conseguir un favorable resultado, sin embargo no fuera de juego, sino todo lo contrario lo cual nos perfila para continuar adelante por el resto de la temporada", dijo el mediocampista brasileño Peck.

SAFC este sábado 18 de mayo recibirá al visitante Tulsa Roughnecks en el horario de las 7:30 p.m. En las fotos aparece el arquero Matt Cardone y espectacular acción en la portería del OCSC.

(Fotos por Franco)



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GROWING UP LATINO

Manguera Memory

World's Finest



By Rosie Speedlin
Gonzalez

I can smell those white, cardboard boxes filled with chocolate & almond bars now. It's a scent like no other. The white box with cut out carrying handles was also like no other. The prizes for the students who sold the most candy bars were like no other: 1st place was a brand new banana seat bike with tassels on the handlebars, there was basketballs, footballs, earphones and last place was always a nifty, battery-operated, handheld radio. About a month before the crates of boxes of candy bars arrived, we would be given these glossy order forms to get "pre-orders" for the 50 cent bars. Assistant Principal, Mr. Perez, used the returned order forms to estimate how many bars to order. He never ordered enough.

Once the boxes arrived at school, each classroom was called to come to the book room where the boxes were stored and Mr. Perez would load up dollies with boxes and walk them over to each classroom and distribute the boxes to each student. The contest was on! When the dismissal bell rang that afternoon, just about every student was carrying a box of bars home with them. Some had already started to eat away at their stash of World's Finest Chocolate Bars. That night, my Mom would account for the bars and then take boxes with her to work and sell bars for me and my brother every day until the sales contest was over. Mom could sell the hell out of those delicious scrumptious chocolate bars. But try as she might, my brother's and my efforts always fell short of winning that shiny new bike with the banana seat and tassels on the handlebars . . . and, there was a reason for that. It didn't matter how many houses my brother and I visited, how many doors we knocked on, how many dogs chased us, how many doors we avoided (because we knew El Viejo Cucuey or the neighborhood perv lived there, or someone like Boo Radley from To Kill a

Mockingbird lived there), it was never enough to out sell Queta. Queta Ruiz was the youngest of a huge set of siblings, Lori and Rocket were just a couple of her siblings. She had like 20 brothers and sisters. Okay maybe not that many but it sure looked like it. The Ruiz's lived in the large house at Grant and 16th St., across from Tiny Tot Day-care. It had a wraparound porch and a large yard. Queta was always the top candidate to win that candy bar sales 1st place prize, that shiny new bike with the banana seat and tassels on the handlebars. Queta had an entire sales operation and each of her siblings helped her, year after year, to either win that shiny new bike with the banana seat and tassels on the handlebars or the 2nd place prize, or on rare occasion the 3rd place prize for sales of those World Finest Chocolate Candy Bars. Upon the conclusion of the candy sales contest, Mr. Perez would set aside a few minutes before the end of the school day to announce the winners over the P.A. system . . . 8th place goes to . . . blah blah, 4th place goes to blah blah blah . . . and this year's 1st place goes

to QUETA RUIZ (again!). Jeezus how many bikes can Queta use or ride???? Nowadays, every time I see those chocolate bars, I think of how hard my Mom and every Mom at J.T. Canales Elementary School worked to sell those chocolate bars so we could have plenty of and new P.E. equipment from year to year, I think of times when children could walk the streets, carefree

and peddle their bars until the next hopscotch game seemed like a better idea and I think of Queta and all those shiny, new bikes with banana seats and tassels on the handlebars she won. And I then try and buy an entire box of those chocolate bars from students trying to fundraise for their school in honor of days and times gone by.



CELEBRATING THE

Mrs. Flores
was the
best
from
JAKE

WE MISS
YOU
From: Terrenial

she was
the best
teachers.

Mateo your mom
was the best
teacher. I miss
your mom as
much as you miss
her. Erik Landa

Mrs. Flores
is the best
teacher ever!
#Team
TORI



Mrs. Flores
was so sweet, loving,
and caring teacher
-Allison

I hope you are ok wake
ever you are i miss you
i Prade evry night and
diner and Lunch But i
Gens ~~that~~ just had
a diffind plan i hope your
in a Better place now
You dont have to ~~suffer~~
SUFER aneymore i miss YOU
and i thoght that you were
gating Better But i Gvns
that something hapend i
MISS YOU i hope
You can see this in
the after world or can
you i dont know

Celebrating
Victoria Flores



Love
you
Mrs. Flores
-Mia G.

MRS. FLORES
Was The
awsomest
Teacher!
ever!
Love,
Samson

You are
awesome
and caring
Mrs. Flores
WE MISS
you
Carmen

I Love you Mrs. Flores
We had some
time you were
the
Best teacher

Hi I love
you!
FROM MIA

MRS. FLORES
I REALLY MISS
YOU AND LOVE
YOU
Abelina



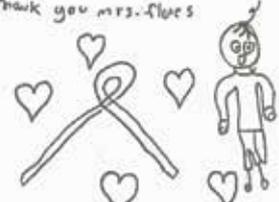
From Mateo
To Mateo
Mrs. Flores was
nice and kind
and i miss
you



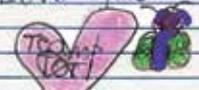
Mrs. Flores you
were the best
and Mateo had
a good mom.
your Family



Mrs. Flores was the
kindest person and
nicer your man was the
Best person in the world
Mateo i love her so much
Thank you Mrs. Flores



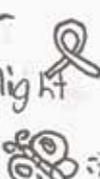
Dear Mrs. Flores
you were a
VERY Kind
Teacher I Miss
you very
Much Mrs. Flores
I Love you
Abelina



Mrs. Flores was an amazing teacher
me my sister were in her class and
I know we will all miss her But
we all know she is in heven now and
we pray because she can here us and
she is with the lord
Abby Perales

every stock
I love you
Mrs. Flores.
I miss you
so much!
I wish you
where here
love, Avery

Dear Mrs. Flores
I wish I could
give you one last
hug and your
Smile could light
up a room!



she was
a awesome i
MISS her she
was my
inspiration
Tera M

to mateo
Mrs. Flores was
a good teacher
and a good
person and
most likely
a good mom
to we all
Love her
From Nate

Dear mateo
I just want you
to know your
mom was a
great person
who know
what she was
doing she made
all of us smile

love you!!
you were one of the
greatest & reading
teacher I know.
To Mrs. Flores
By: Emma

to Mrs. Flores
Flores was a good
teacher because
im in her class she
was beautiful and
she just had her
kid Mateo and his
just find on a

Dear Mrs. Flores
You are the
best teacher
and you were
beautiful. I miss
you.
Love Avery

you
are
AMAZING

LIFE OF MRS. FLORES

A Mother Who Fought for her Family

By Yvette Tello

On January 12, 2019, we found out about a local teacher, Victoria Flores, age 31, battling a cancer not usually found in someone her age and typically found in elderly men. Doctors diagnosed her with bile duct cancer. It was treatable but not curable. The radiologist said it was the biggest mass he had ever seen. The third grade teacher at Brauchle elementary first thought it was a stomach bug. Just after three o'clock on May 1, 2019, Flores lost her battle with cancer. She leaves behind her husband, Hector Flores and a one year old son, Baby Mateo. Brauchle Elementary lost a beloved teacher. She said the hardest part about fighting the disease was not being with her baby. Her students can't believe she's gone. Doctors let Victoria go home to be comfortable before she passed. She refused pain medicine to stay up to watch Mateo for the rest of her life. God's grace allowed her to go home and she was able to watch her son

walk for the first time. This baby will never know his mother but I believe in my heart she will always be with her baby and family in spirit; mama's never leave their babies. Cancer will affect all of our lives in one way or the other. It is important to talk to our young children about illnesses and cancer. Victoria's death left many young children hurt and confused. It is a very uncomfortable conversation to have, especially with young children but it is important for their emotional and mental health.

In her battle there was one thing she would think of "Just not being with my little boy," Flores said, her baby Mateo. Bound by chemotherapy, Flores missed her son's first birthday. "It's hard to be gone from him," Flores said. Her family is what kept her going. "I couldn't be more proud of my wife," Hector said. "Seeing how my wife fight day in and day out, her message to cancer is: "you picked the wrong person," Hector Flores said. After five



weeks of chemo down. "She's fighting for Mateo," Danny Bruen, Victoria's father said. "She's fighting for Hector." She fought with her very core to stay with her family as long as possible.

We asked her husband, "What was the last thing she told you?" "She wanted me to know that she fought, and she didn't have to tell me that, I knew she fought," Hector Flores said.

Her students can't believe she's gone. "I asked one of the kids why did they pray? And they said 'that's how she hears us now,'" Brauchle Elementary School teacher Ashton Braly said.

Doctors let Victoria go home to be comfortable before she passed. She refused pain medicine to stay up to watch Mateo. What happened next is nothing short of a miracle. "We go home and she was able to watch her son walk for the first time," Flores said. Although she is gone, we celebrate her life and the lives that she impacted in the time she was here. La Prensa Texas has set up a go fund me page to help the young father. We also ask those who are reading to keep this family in prayer and donate if you can. Rest in Peace Victoria. Your memory will live on forever.



Source: <https://news4san-antonio.com/news/local/elementary-school-teacher-dies-after-battle-with-cancer>



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DIRECTOR: Ignacio E. Lozano

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The First Minor to be Accepted Into A Post-Graduate Program at Harvard

In 100 Years a Mexican Teenager was Just Accepted at Harvard

By Javier Rojas

At the age of 13, Mexican-born teenager Dafne Almazán had already become the youngest psychologist in the world. That alone would give you a reason to pause and marvel at her accomplishments. However, Almazán has made history once again for her academic accomplishments. She is set to become the first person under 18 years old to be enrolled in a post-graduate degree at Harvard University in the last 100 years. She will be pursuing a masters degree in math education and is expected to finish her studies at Harvard after just one year.

Almazán is starting her next chapter to what has already been an incredible educational journey.

Her journey to Harvard began at a very young age. By age six, she learned how to read and write, at 10 she completed high school and after three years at the Monterrey Institute of Technology and Higher Education (ITESM) she had a degree in psychology, which made her the youngest psychologist in the world.

Almazán is considered gifted and never studied in a traditional classroom. Her father, Asdrubal Almazán, who is a doctor, followed the “radical acceleration” method which means let-

ting the child learn without any restrictions. This method helped Dafne reach her full potential and is credited with much of her intellectual successes.

Yet school isn't the only thing on her mind. On her free time she plays the piano, teaches Mandarin to other children and even practices taekwondo.

“It's not actually that hard, to be honest,” she told USA Today in 2015. “It's not like getting up really early every day and staying up really late. I just try to organize my time as best as I can so I can do all the things I like.”

She is one of nearly 1 million children in Mexico who have this type of talent. Unfortunately many don't reach their full potential.

According to a study by CEDAT, one of Latin America's most important centers for the identification of gifted children, there are 1 million underage geniuses in Mexico but only 4 percent of them reach adulthood with the ability to put their abilities to use.

A private institution in Mexico City was started by Dafne's father and her brother and sister are all former students there. CEDAT specializes in studying the child prodigy phenomenon and offers after-school courses.

CEDAT is vital for children like Almazán who are



photo credit: CEDAT / Facebook



#OrgulloMexicano 🇲🇪 Dafne Almazán Anaya se convirtió a sus 17 años en la mexicana de menos edad en ingresar a un posgrado en la Universidad de Harvard 🎓 ¡Conócela! 🇲🇪
eluni.mx/nznvqop

Translate Tweet



@El_Universal_Mx / Twitter

sometimes either not supported or often times bullied because of their gifted talents.

Unfortunately, Mexico's education system ranks last among member states of the Organization for Economic Cooperation and Development (OECD). In the same CEDAT's study, it shows that Mexico doesn't have enough resources to identify and give gifted pupils the correct path to success.

This is why Almazán wants to teach and keep students in the country to help push Mexico forward.

Despite her psychology degree, she won't be treating any patients in the near

future. After she finishes her degree at Harvard, Almazán wants to return and teach math among other skills in Mexico. She understands many of the stresses and problems many gifted children like herself face on a day-to-day basis. Education is important to her but so is giving back. Whatever she sets her mind to, we're sure she can make it happen.

“I know it's hard to reach and guide all gifted children in Mexico, but I'm optimistic that we'll eventually be able to do so,” she says. “I always wanted to go to college, and I managed to achieve it too.”

EVENTOS ESPECIALES

San Antonio FC Honró a las Madres

Por Sendero Deportivo

El estadio Toyota Field, sede del equipo San Antonio Fútbol Club (SAFC) que tiene afiliación en la segunda división de la liga internacional USL Championship 2018-19, bajo la gerencia general de Spurs Sports & Entertainment (SS&E), propietaria de las franquicias Spurs de San Antonio (NBA), San Antonio Rampage (American Hockey League-AHL), Austin Spurs (G-League), y SAFC, en el partido contra el club visitante Orange County FC, rindió emotivo homenaje a Madres de Militares fallecidos en el cumplimiento del deber, así como a madres seguidoras de la franquicia, quienes disfrutaron de las amenidades que la gerencia tuvo a bien proporcionarles durante ese tradicional evento deportivo. Los diversos eventos que divirtieron a los más de seis mil asistentes, estuvieron desarrollándose antes y durante el cerrado partido que concluyó en empate a cero goles. SAFC dedicó este encuentro destacando el importante papel que juega cada progenitora en sus respectivas familias y en el respaldo del fútbol soccer. SAFC tuvo el honor de presentar al pequeño futbolista Miguel Silvas, quien fue el encargado de entregar el balón a los oficiales que trabajaron durante la concurrida justa deportiva. El coro "Wood Middle School", con éxito interpretó el himno nacional. Invitados que recibieron aplausos: Candee Hetchler (co-capitán), Mohammad Dmour, invitado para posar con el equipo titular, los aficionados Ryan Bjellard (Twin Peaks Supporter of the Match), Johnathan Winters (Toyota Military Salute). "Contento por la invitación que me hicieron para posar junto con el equipo titular", dijo Dmour. Al concluir el partido el arquero estelar Matthew (Matt) Cardone, graduado de Trinity University, fue felicitado por su base de fans, tras haber conseguido su tercer partido consecutivo sin recibir goles en contra. En las fotos aparecen, pequeños futbolista y padres de familia cargando el estandarte del SAFC. Militares y fans. Matt Cardone, recibiendo felicitaciones. El grupo de Gold Star Mothers. Madres y fans aplaudiendo las acciones.

Fotos por Franco



Mothers Day Brunch

Photos by Audrey Tarte-Davis



FINANCIAL FOCUS

Take a Closer Look at Myths Surrounding 529 Plans

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 want to help pay for your children's college educations, you might want to consider contributing to a 529 plan. With this plan, your earnings grow federally tax-free, as long as the withdrawals are used for qualified higher education expenses such as tuition and room and board. Yet, you may have heard some things about 529 plans that are keeping you from investing in one. However, these

concerns may be more myth than reality – so let's take a look at a few of them.

- "I need a lot of money to contribute to the plan." This myth has essentially no truth to it. Typically, only a modest amount is required to open your 529 plan, and you can generally transfer small sums to it from your checking or savings account.

- "If my child doesn't go to college, I lose out on the money I've put in."

This myth runs counter to one of the 529 plan's greatest benefits: flexibility. If you've named one child (or grandchild) as a beneficiary of a 529 plan, and that child or grandchild decides against pursuing higher education, you can simply change

the beneficiary to another eligible family member. Furthermore, if none of your intended beneficiaries will need the 529 plan, you can name yourself the beneficiary and use the money to take classes or receive some other type of qualified education opportunity. In a worst-case scenario, in which the money is never used for education, you will be taxed on the earnings portion of the withdrawals – but had you never contributed to a 529 plan, the funds would have been taxed, anyway. (However, you might be subject to a 10% penalty tax, in addition to regular income taxes, again on the earnings portion of the withdrawals.)

- "I have to invest in

my own state's plan." Not true. You're free to invest in the 529 plan of any state, no matter where you live. But it could be advantageous for you to invest in your own state's plan, as you might receive some tax breaks for state residents. (The tax issues for 529 plans can be complex, so you'll want to consult with your tax advisor about your situation.) Investing in your own state's plan also might provide access to financial aid and scholarship funds, along with possible protection from creditors.

- "A 529 plan will destroy my child's chances for financial aid." While a 529 plan could affect your child's financial aid prospects, it

might not doom them. And the benefits of building significant assets in a 529 plan could outweigh the potential loss of some needs-based financial aid.

Before investing in a 529 plan, you'll want to explore it thoroughly, as you would any investment. You can find details about a 529 plan's investment options, share classes, fees, expenses, risks and other information in the plan's program description or offering statement, which you should read carefully before making any purchasing decisions.

But, in any case, don't let "myths" scare you off from what could be one of your best college-savings vehicles.

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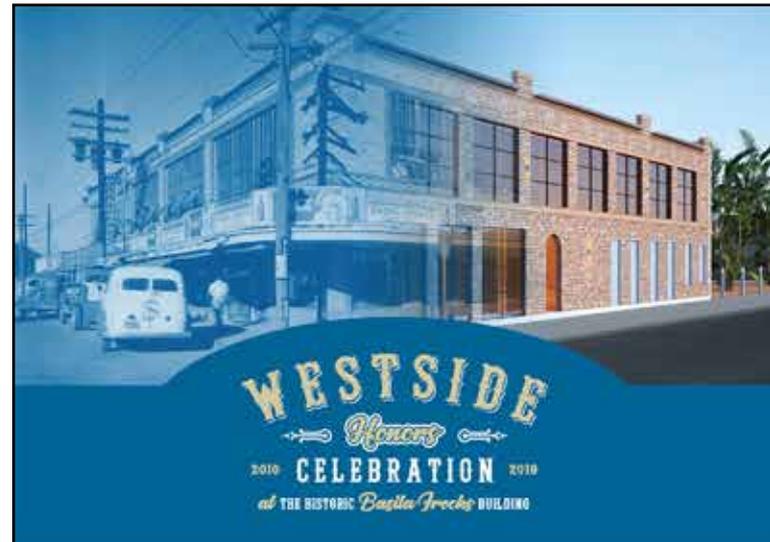
EVENTOS ESPECIALES

Senior Parade

Photos by Steve Walker



Photos by Steve Duran



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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.

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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.

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Keeping Students Protected from Clever Scammers



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®

College students can be easy targets for scammers and identity thieves. They are old enough to have money, young enough to be

vulnerable and are likely unsupervised as many are away from home for the first time.

Better Business Bureau's study, *Cracking the Invulnerability Illusion*, shows 69 percent of scam victims are under the age of 45 and young adults of the millennial generation are now more likely to fall victim to a scam than baby boomers. Knowing the most common cons directed at students can help educate young adults to identify and ultimately avoid falling victim to the tricks of con artists.

College students and their

families can also be proactive in fighting fraud with this advice from your BBB:

- **Verify the identity of a sender** before downloading attachments or clicking on links in emails or text messages, even if they appear to be urgent.

- **Steer clear of Employment Scams** by researching job offers sent to your school email account or posted on school message boards promising flexible hours with excellent pay.

- **Pay with a Credit Card.** If you're asked to pay for a product or service with a prepaid debit card, a wire transfer or a gift card, you

should verify the person or company, first. A credit card offers additional protection if you must dispute a charge.

- **Lock up materials with sensitive information**, like student IDs, SSN and account numbers, to protect yourself from identity theft. Remember that it's not always a stranger looking to steal your personal financial information. Someone you know can gain access to your personal information in dorms or other common spaces.

- **Never allow access to your financial accounts.** This will prevent scams like card cracking, where some-

one offers to pay you to use your bank account to deposit a check.

- **Research options for credit protection.** Thanks to a new federal law in the U.S., free credit freezes and year-long fraud alerts are available through the three credit reporting agencies (Experian, Equifax and TransUnion).

More information about these scams can be found at bbb.org. You can also report a scam at bbb.org/scam-tracker. This free service allows BBB and the public to stay ahead of scam trends appearing in your neighborhood.

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Losing Your Identity in a Relationship



By **Tammy C. Perez**

Having a healthy relationship is a goal that most couples aim for. We all want to find that special someone who shares our interests, teaches us new things and motivates us to be a better version of ourselves. What happens when we start changing our true authentic selves to accommodate our partner's needs? Being in a relationship should not change who you are, right? I've had the opportunity to

work with many couples. All of them have had one thing in common. They start their relationships playing a "role", assuming that is what their partner wants in the relationship. Confused? Let me explain.

At the beginning of every relationship, we are "lost in love". Spending time with our new partner gets priority over everything else in our lives, the key here is balance. Never forget that you were someone before your new love came into your

life. You should never lose yourself in a relationship. In fact, a strong partnership should add to your identity, strengthening parts of your personality that you never knew you had and introducing you to things you never knew you would like. So, let's go back to playing a role. When you start a relationship, it is common to want to satisfy and please your partner, but while compromise is necessary to a successful relationship, you should never feel like

you have to surrender your individuality. This will only contribute to resentment and regret in the long run.

Many people dread the idea of being alone or losing someone they care about so much that they are willing to do anything they can to preserve their relationship, even if the relationship is in a fragile state. Sometimes people can lose themselves in the process. To them, any type of relationship is better than none. At this point, you are playing a role and

the loss of identity slowly begins. You may act differently when you are with your partner or hide pieces of your personality you are not sure they will like. You worry that your partner loves the person you have become and fear they don't know the person you truly are. Resentment for your partner far exceeds the love you have for them and the relationship that was once a priority has become a burden you wish you could escape.

Do you feel you are losing your identity in your relationship? If so, TCP Marriage & Family Services is here to help you find yourself again. For more information on our services, please call our office at (210) 516-2607 or visit our website at: www.tcpmfs.org.



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Solo un Pensamiento

Memorias del Memorial High School



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

By Steve Walker

En 1980-81, tuve el honor de enseñar Senior Government en La Memorial High School en el Distrito Escolar de Edgewood. Los estudiantes y maestros se referían cariñosamente a la escuela como “La Memorial”. Dos

años más tarde, también enseñé en La Techla (Fox Tech en SAISD) también, pero esa es otra historia para otra columna.

Antes de comenzar el año, fui reclutado lejos de los informes de los Wests Weekly Suns (parte de Express-News) que ya no existen. Los suspendieron algunos años después e incorporaron esas publicaciones en el cuerpo principal del documento.

Escribiría sobre las historias en La Memorial para el Westside Sun y el director Joe Arriaga vendría a nuestra oficina y enviaría comunicados de prensa e ideas de historias para cubrir su escuela. Además de editar comunicados de prensa, también saldría al sur y oeste

para cubrir actividades y eventos y escribir artículos sobre personalidades que encontré en los vecindarios.

Cuando Ethel Kennedy, esposa del fallecido senador Bobby Kennedy, vino a la escuela secundaria Kennedy para la ceremonia de dedicación en su nombre en 1979, tuve el honor de entrevistarla. Señora graciosa

Eso llamó la atención de Arriaga y me pidió que dejara los Suns y viniera a La Memorial para enseñar, ya que tenía varios años de experiencia en el aula.

La única vacante que tenía disponible en ese momento era una clase del gobierno que estaba perdiendo al maestro que estaba siendo promovido a una posición administrativa dentro del distrito. El acuerdo fue que terminaría el año escolar como maestro principal del gobierno con una clase de historia de primer año y luego, al año siguiente, cambiaría a enseñar inglés y periodismo, ya que ese maestro en particular se jubilaría al final del año.

La buena noticia fue que tomé cuatro años de clases de historia en la escuela secundaria y algunas clases en la universidad que disfruté mucho aunque no fuera mi campo de enseñanza.

Realmente disfruté de enseñar gobierno ese año, aunque la mala noticia fue que seguí a un profesor muy popular. La regla de oro en la enseñanza es que si usted se hace cargo de otro maestro a mitad del semestre, quiere seguir a uno que no es el más popular o el más



querido, que a su vez puede hacer que se vea bien. Desafortunadamente, seguí a la maestra más popular de la escuela que en un tiempo fue nombrada “Maestra del año”. Lo que sucede es que cuando instituye sus reglas y formas de hacer las cosas, los estudiantes tienden a decir cosas como: “Así no es como lo hace el Sr. Rodríguez (no es el nombre real) o no lo hacemos”. Es difícil Vencer, pero no imposible.

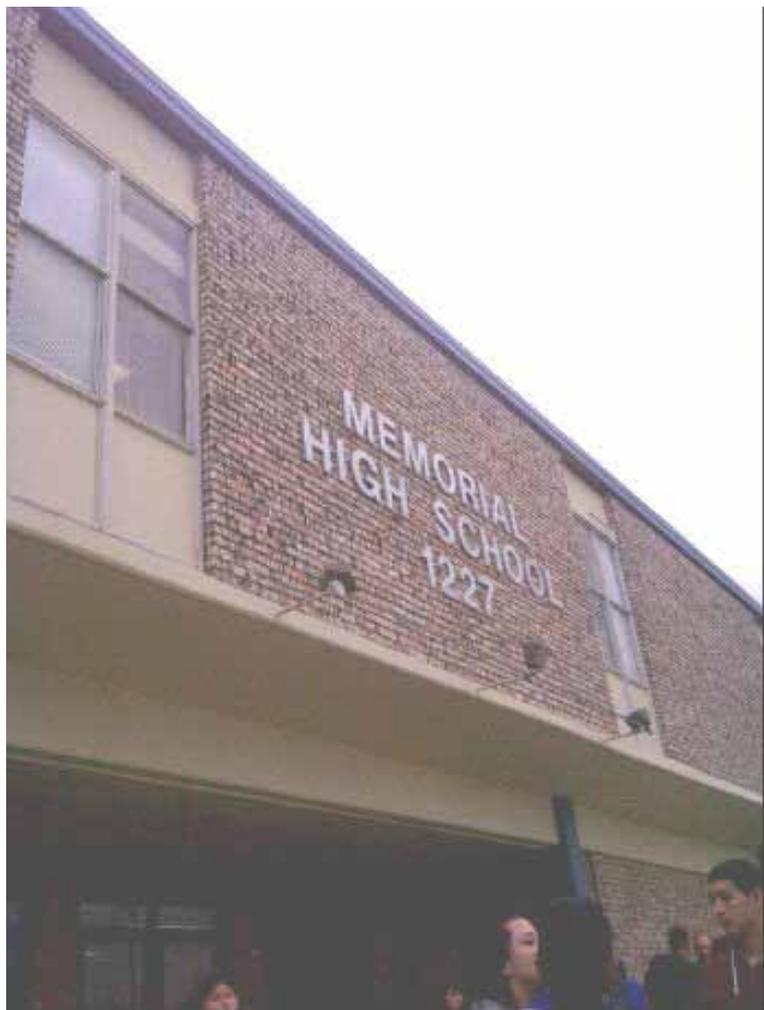
Es entonces cuando te vuelves realmente creativo. Decidí que una forma de atraer la atención de los estudiantes era atraer a un orador invitado ocasional para que no tuvieran que escucharme hablar todo el tiempo. Eso funcionó bien.

Una vez, un oficial de policía vino a mi clase para hablar acerca de los estudiantes que se interesan en ir al trabajo policial como una carrera y lo que todo eso implica. No les había informado de antemano que el orador invitado sería un oficial de policía, por lo que

no sabían quién venía. Lo que tampoco sabían era que había hablado con el oficial de antemano y jugamos un pequeño escenario. Su entrada al aula obviamente les llamó la atención. Cuando entró, me preguntó si yo era el señor Walker. Cuando dije “sí”, me dijo que me diera la vuelta y me pusiera las manos detrás de la espalda y luego procedió a esposarme.

Las aturdidadas miradas en las caras de mi estudiante contaron la historia. Una vez que se dieron cuenta de que solo era un truco, todos se echaron a reír y él procedió a informarles cómo podían convertirse en policías.

Los estudiantes disfrutaron de la clase a pesar de mi broma y le hicieron muchas preguntas al oficial. De hecho, me he encontrado con un par de esos estudiantes a lo largo de los años que recuerdan vívidamente ese día. Uno dijo en broma que fue la única vez que vio mis manos detrás de mi espalda. ¡Hablo con mis manos! ¿Quién sabe?





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