

# La Prensa Texas

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6 de Junio de 2021



El Que Nada, No Se Ahoga

# La Prensa Texas

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

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## Let's Talk About It

### 100% Does Not Mean 100% Customer Satisfaction

**By Yvette Tello**

*Most places want servers to have experience before letting people venture into waiting tables. It's pretty common to host or bus before serving. Fast forward post pandemic: No experience necessary. Bartenders, bus staff and cooks have been asked to wait tables due to the lack of staff and people applying to be servers. In turn, service isn't what it once was. Orders come out incorrectly or are not entered at all. Managers are running food and correcting errors by jumping in the kitchen.*

*The other day, we took an investor from Mexico to dinner. We were there about 15 minutes before him and I had ordered drinks and spoke to the bartender who was also the only person available for dining. She was very nice. When the gentlemen arrived, she came over to take his drink order. He asked what kind of Tequila she had in spanish. She became so standoffish and said, "I don't understand spanish!" I wanted to say Tequila is pronounced the same in English or Spanish! I wanted to talk to the GM of the hotel because she had a look of disgust on her face when he spoke. I wanted to leave and take our business elsewhere, but I had to bite my tongue and not react to my emotions because there was no one else who could take our order. There was a full lounge and my reaction could cause this person to give bad service to everyone else there. Luckily our boardroom was ready and we did not have to sit in the restaurant long.*

*I waited tables over 20 years ago and it is not always the easiest task when you are slammed; but slammed, no experience and it is nonstop because people are eager to get out again. There is no excuse for being rude but I have decided to deal with it and not complain. There has been such a domino effect and we all have to consider it. What about you? Have you seen the decline of customer service or had a bad experience? Let's talk about it...*

*#letstalkaboutit*

**Carmen Madariags:**

"Sadly, it was occurring pre-pandemic as well. There seems to be a widespread erosion of courtesy, social grace, and "training" to be considerate of others ! In the public service businesses it is totally unacceptable! One pays the extra expense of going out to include being catered to but many servers act like they are doing the customer a favor! No doubt our social conditions of the hour are adding flame to the fabric of what was once, at least, professional business courtesy. Courtesy is contagious and courtesy is free to give and yields forth a wealth of good energy! Ah! If we will all be conscious in this busy, distracting world, of slowing down enough to be courteous!" #KINDNESSTHEDAILY

**Shawn Armstrong:** "I think part of it is also that companies want you to have work experience but you need to work at companies to get experience so it's a catch-22. As for customer service, well it just depends on who they are and if they were ever told no or disciplined in their life growing up. You know the sheltered kids."

**Michael-Anthony Fernandez:**

"Try going to the Chili's at Bandera/1604. On two recent occasions, I've seen customers get into arguments with hosts and waiters. I had one waiter tell me that it wasn't worth the hassle and was probably going to walk out after he brought me my order!"

**Sandy Gee Palacios-Villarreal:**

"Absolutely yes. People just don't seem to care."

**Phil Zavala:**

"I have just recently found a new respect for the food service industry."

**Jerry Rowray:**

"This is just re-growing pains for the industry. Time will take care of it. Everyone is impatient and wants things back to normal NOW!!! Being a server, auto mechanic, or cashier at HEB it's all the same. Slow down....smell the coffee..and be patient."

**Contero Garcia Angel:**

"This was on my mind right now. Hubby and I had a lengthy conversation What is the solution?"

**Belinda Mayen-Aldana:**

"Yup"



**By Leonard Rodriguez**

*This column highlights inspiring stories of Latino leaders. For more than 50 years, Latino men and women have positively influenced the face of United States society. Let us celebrate these outstanding hispanics.*



**Bobby Bonilla**

Bobby Bonilla devoted himself to baseball to keep away from everyday criminal activities while growing up in one of the nation's toughest neighborhoods in the South Bronx. He was drafted to Pittsburgh's farm league in 1981 and was called up to the majors in 1986. During his five seasons with the Pirates, Bonilla was voted to the All-Star team four times, became the seventh player in history to smash an upper-deck home run at Three Rivers Stadium and led the Pirates to two National League East Championships. In 1992, he was traded to the New York Mets where he signed a \$29 million contract, making him the highest paid player at the time. Moving on to play with the Florida Marlins, L.A Dodgers, Atlanta Braves and St. Louis Cardinals, Bonilla spends his time off the diamond helping inner-city kids.

# About the Cover Art: Condense (Cloud)

**Provided by Suzy González**

Suzy González is an artist, curator, zinester, educator, and community organizer based in San Antonio, Texas. Giving attention to the origins of both food and art materials, she analyzes what it means to decolonize art and art history. She has had solo exhibits at Presa House Gallery, Hello Studio, Palo Alto College, and a recent two-person exhibit with Eliseo Casiano at Texas A&M University Corpus Christi. She has attended residencies at Vermont Studio Center (VT), the Trelex Residency (Peru), The Wassaic Residency (NY), Starry Night Residency (NM), the Studios at MASS MoCA (MA), and Hello Studio (TX). Suzy co-publishes Yes, Ma'am zine, co-organizes the San Anto Zine Fest, and is half of the collective Dos Mestizx. She received a 2017 National Association of Latino Arts and Cultures (NALAC) Fund for the Arts Grant, is a 2018 alum of the NALAC Leadership Institute, and a 2019 alum of the Inter-cultural Leadership Institute and NYFA Immigrant Artist Mentoring Program. Suzy holds an MFA from the Rhode Island School of Design, a BFA from Texas State University, and is an Adjunct Professor at Our Lady of the Lake University.

*The cover art (40" x 30") is made of Acrylic, dyed corn husks, and oil on canvas from 2020.*



**The Chicano Art Movement in Texas**



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# School Health Programs: Dr. Robert P. Trevino and Quest Diagnostic Partner to Tackle Health Equity in Underserved Communities

by Celinda De La Fuente

It's common knowledge that San Antonio makes the top 20 every year when ranking the United States' most obese cities. People laugh. People complain. But what are we doing about it? With funding provided by Quest Diagnostics, Dr. Robert P. Trevino, founder of Social and Health Research Center (SAHRC) has collaborated with America's Council for the Creative Economy (ACCE founded by Mark Marion) to partner with San Antonio Independent School District (SAISD) Superintendent Pedro Martinez to roll out The Bienestar/Neema Coordinated School Health Program, an innovative interactive digitized curriculum, which is an engaging animated program with a beautiful representation of diversity of all ethnicities aiming to provide knowledge in obesity prevention (and related chronic diseases thereof) for our *niños y niñas*, as well as their families. The evidence-based program has been recognized by the Centers for Disease Control (CDC) and the National Institutes for Health (NIH). No textbooks are required as this curriculum is digital, thus making it feasible for schools to use as well as

entertaining and appealing for the students.

Underserved communities truly deserve more, especially when it comes down to our *bebidos/as*, and it's even more evident now due to the Pandemic. Many of us are at a greater risk due to obesity, diabetes, etc... This new curriculum is more of what we should seek out. Guiding our young to healthier lives is a vital and necessary cause. Community leaders, such as Dr. Trevino truly understands the need to aid and assist underserved communities, as he himself grew up in the same neighborhoods we walk, and is now providing valuable resources to address these health disparities we have all witnessed at one point or another. *Gracias por todo* Dr. Trevino of SAHRC, Mark Marion of ACCE, Mandell Jackson of Quest Diagnostic, SAISD Superintendent Pedro Martinez, and of course Mayor Ron Nirenberg. Thank you for this innovative program.

So, let's save our Big Red and Barbacoa for Sundays and choose some healthier options throughout the week, *gente*. Our *chiquitas/os* depend on the choices we make.





# Raúl Vela y Norma Pineda en espera de la Cigüeña, tuvieron “It’s a Girl” Baby Shower

**Por Franco**

Todo un acontecimiento social fue la esperada fiesta de “It’s a Girl Baby Shower”, qué les fue organizada a la enamorada pareja Raúl Vela (conocido por El Vela), y Norma Pineda.

Ellos se encuentran en espera de la traviesa Cigüeña qué los visitará en el próximo mes de julio (de acuerdo a la feliz futura mamá). Y a quién registrarán con el nombre de Norma Alejandra.

Su fiesta qué con anticipación estuvo siendo

organizada fue en el popular sitio de la Frutería La Terrazita ubicada en el 4823 Evers Road, lugar qué presta todos los requisitos y tiene un jardín para eventos especiales con juegos para los pequeños invitados.

El evento fue amenizado por DJ Mara.

La cena fue preparada por Claudia Cecilia (familiar), quien preparó el delicioso platillo “Rollo de carne y espagueti en pure”, así como una botana de mariscos en rollo y crema.

La enamorada pareja posó frente al colorido espacio

decorado color de rosa con dos alusivos pasteles y golosinas qué en bolsas del mismo color fueron regaladas a cada asistente del emotivo evento.

También los invitados saborearon repostería mexicana preparada por la abuela de El Vela, doña Bertha Alvizo, quién les deseó todo lo mejor.

Durante el evento especial se realizaron diversas competencias entre la concurrencia, siendo conducidas por Alma tía de los futuros papás.

“Hola soy tía de los

afortunados y futuros padres. Vamos a jugar varios juegos comenzando con La Papa Caliente”, dijo Alma.

El entrenamiento siguió con los temas de “Juego del Biberón, juego de los ganchos. La pancita de la embarazada, el Moño, en el qué hubo empate entre las participantes. “Comer Gerber entré parejas”, cada ganadora y ganador se hizo merecedor de premios presentados por la futura mamá.

El evento concluyó con la competencia “Cambiar al Bebé”, entré la feliz pareja

ganando El Vela.

Entre los regalos los próximos progenitores agradecidos felicitaron a sus invitados por haberles llevado artículos qué de mucho les ayudará en la recámara y closet de su princesita.

En las fotografías aparecen Raúl Vela y Norma Pineda durante su inolvidables festejos. El juego de la papa caliente en el que participó la feliz abuelita Bertha Alvizo, pasándole la papa a la siguiente participante. (Fotos por Franco).



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# Texas Honrará A Los Borinqueneers Latinos Veteranos De Guerra Con Placas Especiales

**Por el Comandante**

**Luis A. Cortes**

Los Borinqueneers eran un regimiento de infantería latino que sirvió con honor en la Primera Guerra Mundial, la Primera Guerra Mundial y la Guerra de Corea. Está previsto que se apruebe una ley en Texas después de las llamadas de la comunidad para recordar a estos valientes héroes con su propia matrícula personalizada.

Hay muchas partes importantes e interesantes de la historia de Estados Unidos que están en peligro real

de ser olvidadas. Afortunadamente, no todo el mundo está dispuesto a permitir que eso suceda. Especialmente cuando se trata de veteranos estadounidenses de BO1BB. Con ese espíritu, Luis A. Cortes, Comandante de DAV KEL-LAC Chapter # 114, Helotes, Texas y CEO / Director de Cortes 'Disabled Veterans and Alliance Inc. anunció recientemente su campaña para ganar el reconocimiento de los Borinqueneers del Ejército de EE. El regimiento latino y en su mayoría puertorriqueño,

por su servicio y sacrificios por la nación, ha tenido un éxito temprano. Los legisladores de Texas acaban de aprobar el Proyecto de Ley 912 de la Cámara de Representantes que hará las primeras placas especiales de Borinqueneers en todo Estados Unidos y PR. Está previsto que el gobernador lo firme esta semana. Una vez aprobados, los destinatarios de la Medalla de oro del Congreso de Borinqueneers serán elegibles para recibir un juego de placas gratis para honrar su servicio. Este logro se produjo

después de un arduo trabajo de veteranos y ciudadanos preocupados, encabezados por Cortés, DAV KEL-LAC Chapter # 114 y Cortes 'Disabled Veterans and Alliance Inc.

"Ayudar a los veteranos y sus familias no es una misión de un solo hombre", comentó Cortes. "Este es el resultado del arduo trabajo de mucha gente, y también muestra que hay muchos políticos como el Representante Dr. Philip Cortez y el Senador José Menéndez que se preocupan por los asuntos relacionados con

los veteranos".

El regimiento fue autorizado por grado del Congreso en 1899 y se organizó por primera vez en 1901, compuesto por soldados puertorriqueños. Se convertiría en el 65° Regimiento del Ejército con el lema "Honor et Fidelitas", latín de honor y fidelidad. Este lema se mostró en el servicio del regimiento en la Primera Guerra Mundial, la Segunda Guerra Mundial y la Guerra de Corea. El 10 de junio de 2014, la 65.ª Infantería recibió la Medalla de Oro del Congreso.



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ESCANEA AQUÍ



## Saint Maya: San Antonio's Own Premium Tequila

**Interview by  
Natasha Gonzales**

**Article by  
Celinda De La Fuente**

Look out San Anto, there's a new brand of tequila on the shelves. Zack Ramirez, Jordan Simmons and Jay Torrez began their journey for a San Anto brand tequila about 2 years ago, traveling to Guadalajara, Mexico since production of tequila is region specific to Mexico. In 2019, the trio launched a kickstarter for Vice Tequila, which was successful. However, when the name Vice was already in use through Vice Media (who bought out the Vice name throughout US industries), the group had to come up with another solution. Thus, Saint Maya Tequila was born.

Bottled at 80 proof (40% alcohol) and named after Mayahuel, the Aztec Goddess of maguey, more commonly known as agave, which is the key ingredient for tequila, the bottle is a beautiful representation of our city, full of color, papel picados—which include the ever recognizable Tower and the famous Northstar Mall Boots, displaying Saint Maya wearing a flower crown we have all seen here in our city.

“We came out with the backstory,” states Ramirez, “It’s kinda what Saint Maya represents, and what we wanted our product to represent...which is ultimately a bottle of unity. We feel that San Antonio is a very unified city. There’s a lot of people who back each other here, a lot of unity going on. And so, that is what we wanted our character to represent... Everyone in San Antonio is who she represents.”

Liquor Max was the first location to put Saint Maya on their top shelves. Within a day, they were sold out. Norteno 210's, the beautiful and intelligent Natasha Gonzales is a brand ambassador for Saint Maya Tequila. Comunidad es Unidad.

Recently, many celebrities have come out with their own brand of tequila. Here, in San Antonio, we make and support our own.

You can find Saint Maya Tequila at:  
Liquor Maz on 11840 Bander Rd.

Alamo City Liquors  
(All 5 locations)





# Águilas remontan el vuelo con 5 triunfos al hilo

## Carlos Sierra del líder Cardenales ponchó a 18

### Por Sendero Deportivo

El líder Cardenales puso su récord en 8 victorias, 2 derrotas y 2 partidos pendientes, tras su triunfo de 3-0 carreras contra Mets los directivos Nacho y Efraín Cruz Franco, felicitaron al lanzador derecho cubano Carlos Sierra, ex serpentinero de los Astros de Houston, donde militó de 2015 a 2019, y de 2019-2020 en ligas independientes de la Baseball American Association.

En otros resultados liga Abierta dominical Potranco 2021, Águilas de Veracruz qué dirige Luis Cerros con su as estelar derecho cubano Juan Serrano, llegó a cinco victorias consecutivas con las qué pudo foja de 7 partidos ganados por 5 derrotas.

Veracruz tuvo de rival a los Astros del timonel

Luis Avila quién abrió con Jeremy Estrada en la loma de los disparos.

El partido estuvo parejo en la ofensiva y defensiva. Finalizando a favor de Águilas con pizarra de 5-3 carreras, Serrano se anotó su quinta victoria al hilo, siendo relevado en el noveno capítulo por Rogelio Ochoa y en su turno al bate, el manager Cerros, lo descansó para batear por él.

Luis con dos outs y dos strikes pegó línea al tercera base que lo puso fuera con lanzamiento a la inicial.

Por Águilas destacó en la ofensiva Víctor Mercedes “El Caminante” que pegó de 5-3 con cinco carreras impulsadas.

Tuneros dirigidos por Eliel Luna, blanqueó 5-0 a Charros Potosinos del estratega y jugador Saúl

Puente, la victoria fue para Marcos Muñoz quien sólo aceptó un imparable en cinco entradas.

Tuneros tiene récord de 5 victorias con 4 derrotas y 3 partidos pendientes.

Potros dirigidos por El Rojo Rabago, con pitcheo de Miguel Espinoza, en nueve entradas derrotó 7-5 a los Diablos.

De acuerdo al presidente Simón Sánchez, este domingo 6 de junio se jugará la fecha 13 en el estadio Potranco.

Campo 2, a las 10 am Astros vs Mets. Campo 1 en el horario de las 10 am Potros vs Cardenales. 1 pm Charros vs Diablos. El clásico dominical de las 4 pm se lo estarán disputando Tuneros vs Águilas.

En liga Masters mayores de 50 años de edad, los visitantes Tecos de Laredo

derrotó al local Astros del scout Frank Torres, la lluvia solo les permitió jugar seis entradas.

Cabe anotar qué Jay Mora jardinero de Astros y Red Sox (Veteranos), fue felicitado por su cumpleaños evento en el que le ofrecieron deliciosa cena y pastel, lo cuál emocionado agradeció a todos sus compañeros y directivos.

Veteranos liga sabatina no tuvieron acciones por la sorpresiva tormenta,

quedando el rol de la fecha en la doceava semana para jugarse esté sábado 5 de junio en los horarios de las 11 am y 4 pm,

En las fotografías aparecen: Luis Cerros bateando de emergente por Águilas vs Astros. Juan Serrano de Veracruz que llegó a cinco victorias consecutivas ante Astros. Carlos Sierra de Cardenales feliz celebró partido en el que ponchó a 18 metropolitanos. (Fotos por Franco).





# Tejano Super Star Joe Posada at Landry's on the RiverWalk

Photos by  
Ramon Chapa Jr





# La Música de la Gente: Jr Aldaco and the Midwest Allstars

Interview by Natasha  
Gonzales

Article by Celinda De La  
Fuente

Tejano is the music of our gente. Any neighborhood you go to, you will hear some musica bumping in the streets. But Tejano music...in the Midwest? Who knew? Jr Aldaco and the Midwest All Stars is a Tejano band located in Lansing, Michigan and are proud of the musica scene they come from. We are proud of them too as they were nominated for a total of six All Star Music Awards, which was held May 28, 2021.

The nominations include:  
Drummer of the Year: Carlos Aldaco

Tejano Band of the Year:  
Jr Aldaco and the Midwest Allstars

Song of the Year:

No Mas Contigo

Producer of the Year:

Daniel Aldaco

Male Vocalist of the Year:

Jr Aldaco

Tejano music runs in the veins of this group. With Carlos Aldaco on drums, longtime accordionist Johnny Vasquez, vocalist Amanda Cena, and Danny Aldaco as the keyboardist, producer, and all around Jack of All Trades, the banda arranges a beautiful cultural medley. With a little over four years together, the Midwest Allstars have accomplished a great number of achievements. Danny Aldaco took over the band when his father retired. Major Tejano Labels wanted to sign them, but they had to move to Texas. With their livelihoods in Michigan, it simply wasn't



feasible, but fate still had great plans for them ahead. Since then, they have been nominated for Tejano Music Awards and have had number one hits.

"To me, it's not about the glam...it's about getting your music out and people, you know, enjoying your music...and trying to get everyone in Michigan to get their music out too," Danny Aldaco hopes to encourage others in the industry.

"For little girls, it's a tough industry...male dominated. But there are women out

there," states Amanda Cena as she discussed her journey.. Once told she was "too old" for the music industry while in her 20s, Cena is now used to singing the National Anthem at events almost 20 years later and still going strong releasing hit singles.

"Keep fighting for what you want. Follow your dreams. Never give up," drummer and third generation musician, Carlos Aldaco advises. He would also like to thank all those who paved the way for their musica to exist, especially his late uncle Ernie Ald-



aco, who was their songwriter and foresaw all their success. Thanks and gratitude also goes out to Juve Aldaco Sr. who began this work in la musica in the 60s and 70s, and Jr Aldaco (also a vocalist) who could not be in attendance due to surgery.

"We took top 5 and didn't bring an award back, but we got presented with medals for top 5 out of 6 nominations, so that's a plus. A Blessing. I honestly wasn't expecting anything...We took 4 top 5 medals out of 6," Carlos Ald-

aco comments regarding the Third Annual All Star Music Awards.

Comunidad y Cultura do not care for borders and state lines. "We need that support too," Johnny Vasquez states, "to keep our onda going."

So let's go out and support Tejano music in all the land, gente. At 90 cents a song, we can continue to support artists such as la orgullosa banda Jr Aldaco and the Midwest Allstars.



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# Dr. Roberto P. Trevino, Founder of Social Health Research Center (SAHRC) and Quest Diagnostics Team Up to Address Child Obesity in San Antonio

**By Louis R. Escareno**  
**La Prensa Texas**  
**Editorial Board**

To address obesity in children and young people, San Antonio's pioneering Dr. Roberto P. Trevino, an internal medicine specialist, social entrepreneur, founder of Social and Health Research Center (SAHRC) and author of the Forgotten Children, is part of a collaborative of corporations and institutions leading a key Public/Private Health Initiative. Founded on evidence based research, SAHRC is deploying a curriculum in public schools for health and wellness that uses an innovative, interactive, digital EdTech platform to prevent chronic diseases and diabetes in children. SAHRC has closely collaborated with the Americas Council for the Creative Economy (ACCE) founded and led by Mark Marion and Carlos Arguello, who have assembled a team of over 45 developers age 16-24 in Argentina, Colombia, Guatemala, Jamaica, and the USA to convert the SAHRC curriculum. The initiative benefits from generous funding and a collaborative effort from Quest Diagnostics, the world's leading provider of testing and diagnostic insights. SAHRC has also partnered with the San Antonio Independent School District (SAISD) and other school districts across South Texas to reach

thousands of children and their families with the use of the innovative healthcare curriculum to help prevent and control obesity and related chronic diseases in children.

The collaborative of public institutions, private sector corporations, higher education research institutions and nonprofit organizations are launching the Bienestar/Neema curriculum in California, Florida, Illinois, New Jersey, and Texas making it more economical for school districts and more compelling and engaging for students. With the aim of influencing children and their families to make changes in their health-related behaviors, the plan is to offer this to public schools throughout the USA. The EdTech platform utilizes age-appropriate full motion 3 D animated characters, animated sing-alongs, animated tutorials and the gamification of quizzes and tests to engage, inform and entertain students.

Dr. Trevino was raised at the edge of San Antonio's downtown at Victoria Courts, one of three City enforced segregated and economically challenged public housing projects. The experience of living in public housing exposed a young Dr. Trevino to health care disparities as a central challenge in poor communities. That was underscored

for him later as he developed his medical practice and led subsequently to his passion for addressing the root causes of diabetes and the development of research and programming thru SAHRC and now with new partners," said Diane Sanchez, Chairman of the Board of SAHRC.

This new Bienestar/NEEMA curriculum comes in the wake of "COVID-19" as low income and racial/ethnic minority families, particularly Latino and African Americans, are struggling with an even greater risk of health complications such as obesity, diabetes, respiratory ailments, and other predisposed conditions according to a report by the Centers for Disease Control. "We are eager to help our children develop healthy habits by moving this effort forward with SAHRC and Quest Diagnostics. I want San Antonio

to serve as a healthy lifestyle model to expand this innovative and interactive animated platform across the country," said Mayor Ron Nirenberg who leads San Antonio as one of the fastest growing cities in the USA.

"Enhancing the health and well-being of underserved communities was a critical need before the pandemic and is even more so today", said Steve Roszkowski,

Chairman, CEO and President of Quest Diagnostics. "We know childhood obesity is dramatically growing in underserved communities and that these resources are needed throughout the United States. Our goal is to support the digital evolution of this powerful curriculum to make it more appealing to today's youth and more affordable for key school district' adoption across the country"



## San Antonio chef to appear on the newest season of Hell's Kitchen with Gordon Ramsay

By Jeremiah Sosa

A once culinary dream influenced by his Mexican father and Italian mother, is now a reality as San Antonio-raised Antonio Ruiz is set to appear on the newest season of Hell's Kitchen with Gordon Ramsay.

The young chef gained his passion for culinary arts at an early age, which led him to attend Brennan High School, where they offer a top-notch culinary program.

"It's legitimately probably one of the nicest kitchens I've still worked in," said Ruiz.

Learning culinary arts in a professional level kitchen like Brennan's was a springboard for Ruiz's career in the culinary business.

After graduating from Brennan, Ruiz worked as a catering chef at H-E-B Central Market where he first got the taste of working with high profile celebrities, serving as the personal breakfast cook for the San Antonio Spurs.

After a five month stint in Kapalua, Maui in 2015 working as a line cook at the Ritz-Carlton Hotel, Ruiz returned back to the city of San Antonio where he continued working at Central Market.

Since then, Ruiz has served as the Executive Chef at a handful of south Texas restaurants and hotels.

Ruiz's superb cuisine throughout his early career was noticed by Ramsay,

and he was casted for season 20 of his show called "Hell's Kitchen: Young Guns," which is going to be featuring chefs under the age of 23.

Ruiz revealed that he has felt the heat from Ramsay, saying, "Gordon definitely does not hold back on the yelling."

Ruiz said he brings some San Antonio flavors to the show saying, "I definitely will embrace my Latino side... there's something about onions, garlic, tomato, cumin and that base of everything."

You can catch Chef Ruiz on Season 20 of Hell's Kitchen, which airs weekly this month at 7 p.m. on FOX.



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# Meals on Wheels Announces New Location



**Interview by Julia Aguillon**  
**Article by Jackie Velez**

Meals on Wheels proudly announced their new six-acre, 44,000 square foot production and delivering facilities off of Nacogdoches Rd. outside Loop 410 at 2718 Danbury, and are asking for donations to help carry out the project to completion.

Meals on Wheels broke ground with giant forks and spoons at their press conference for the brand-new facility.

"We are really excited to have this new location with everything here," said Ariana Barbour, Director of Communication and Marketing for Meals on Wheels.

Meals on Wheels has two other locations, one is Grace Place Alzheimer's Activity Center, where they serve seniors with Alzheimer's and

the other is Grace Place and their kitchen, where they served seniors, on Babcock and 410 near the Medical Center. Both locations will be moved to its new facility once the project is complete.

Their new facility cannot be completed without your help. Meals on Wheels would like you to consider donating to their new campus, so that they can continue to help seniors in need of assistance. If you are interested in donating to Meals on Wheels' new facility, please visit [mowsatx.org](https://www.mowsatx.org) or [mowsatz.org/timetodeliver](https://www.mowsatz.org/timetodeliver).

Donations for the new campus would allow the organization to double, even triple their capacity to produce enough food to serve more for people as well as extend help to more community partners.

"If we can produce it and

they can help us deliver it, then we're gonna do what we can to make sure nobody goes hungry," said Barbour.

If you know a senior who needs a meal or if you want to volunteer, you can go to [mowsatx.org](https://www.mowsatx.org) and fill out the online meal referral form. You can also call to speak to one of their care coordinators to set you up. The organization needs volunteers for meal delivery. There's so many volunteer opportunities!

"The more people we have volunteering, the more we can serve, and we can reduce that time on our waiting list," said Barbour.

For more information, please visit: <https://www.mowsatx.org/>

Watch the full video here: <https://www.instagram.com/p/CPZdgigqsb9/>

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# The Chicano Art Movement in Texas

By Dr. Ricardo Romo

The Texas Chicano art movement began approximately 50 years ago. A precise date for the beginning of an art movement is generally difficult because no one knows the exact date of when a movement starts. It is possible that the anniversary of the Texas Chicano Art Movement will fall in 2022 or we might have missed it already. This essay is an account of what I have discovered about the San Antonio origins of the Texas Chicano art revolution.

Five decades ago Chicano artists, especially college students, began to express themselves more adamantly through protest art and images of their community. Some of these artists were inspired by Mexican muralists and painters, notably Diego Rivera and David Siqueiros, who glorified the Mexican Revolution and its heroes. Others looked to the street art of Black Power artists who introduced new forms of the art of culture and resistance.

In San Antonio, a band of young but determined Chicano artists molded a new vision that blended the art of the post Mexican Revolution era filled with Nationalistic imagery with that of American expres-

sionism that placed a high value on emotions and raising consciousness. For the first time we witnessed the emergence of new Chicano visions that signified a formal protest of the status quo.

Art historians credit the United Farm Workers [UFW] as a major catalyst for the early efforts to utilize art as a means of reaching the general public and educating them about the dire status of Latino farm laborers. Chicano artists in both California and Texas were influenced by the labor and political activities of the charismatic labor leader Cesar Chavez. Following a series of strikes in California and a call for a strike in South Texas, artists began using the arts to promote La Causa or the struggle for workers' rights and better working conditions.

The Chicano art movement was also strongly influenced by contemporary cultural and political events. Every community with a sizable number of Mexican American residents, however, had a different evolution of Chicano identity. In Texas the transition from Mexican American art to Chicano art proceeded through a middle stage whereby the self identification terms of homeland [Aztlán] and La



*Cesar Martinez. Oil on canvas. Collection of Harriett and Ricardo Romo. Photo: Ricardo Romo*

Raza prevailed.

By the late 1960s Texas Mexican American artists were moving away from traditional labels and figurative art exemplified by artist Porfirio Salinas, famous for his bluebonnets and Texas landscapes. A March 1964 New York Times article referred to Salinas as "LBJ's favorite Artist." Frustrated with the exclusion of their activist art in contemporary museums, La Raza artists turned to curating and showcas-

ing their own work.

An example of this identity evolution emerged in San Antonio when Mexican American political activists and artists met under the banner of "La Raza Unida" in January 1968, an event which drew 1,200 delegates.

Chicano artists were also more politically active than their Mexican American predecessors. By the late 1960s Mexican American artists embraced terms such as La Raza

and La Raza Unida. The Raza Unida term was first used in 1968 to distinguish the political difference between Mexican Americans who joined President Lyndon B. Johnson in his "War on Poverty" and those Latino grassroots activists who believed that the president was too limited in introducing programs to erase poverty and confront racial injustice in America.

When the Mexican American Youth Organi-



zation, under the leadership of Jose Angel Gutierrez, met near Mission, Texas in 1969, the group asked Carmen Lomas Garza, then living in San Antonio, to curate an art show for the participants. The use of the term “Mexican American Youth” demonstrates the acceptance of this ethnic identification in Texas as late as 1969.

By the early 70s, Mexican American artists in San Antonio had begun to form art groups and art collectives. Cesar Martinez, who had just returned from active duty in the United States Army, participated with both the Aztlán and Con Safos groups following his move to San Antonio. Martinez was educated at Texas A&I Kingsville with Amado Pena, Carlos Guerra, Carmen Lomas Garza, and Santa Barraza.

In the early 1970s several of these South Texas artists organized under the banner “Los Pintores de la Nueva Raza.” Two years later, some of the Los Pintores de Aztlán members formed a new group which they called “Con Safos.” Prominent Con Safos members included San Antonio College art professor Mel Casas in addition to Felipe Reyes, Jesse Trevino, Jesse Almazan, Chista Cantu, and Cesar Martinez.

These Chicano artists greatly influenced the ar-



*Chista Cantu. Oil on canvas. Before there was Big Red, there was “Hippo,” a soda bottled in San Antonio. Photo: Ricardo Romo*

tistic transition in the Latino communities of Texas. San Antonio art professor Mel Casas spoke for many of the emerging Raza or Chicano artists when he expressed the thought that “Chicano artists are duty bound to act as spokesmen and give visual reality to the Chicano vision.”

Mel Casas’s comments appeared in Jacinto Quirarte’s monumental book *Mexican American Artists*. Casas also told Quirarte that Chicano artists are “iconoclasts, not by choice

but by circumstances--out to destroy stereotypes and demolish visual cliches.” That Mel Casas interview in late 1971 points to one of the early metamorphosis moments for Chicano art.

Young Chicano artists wanted not only to “destroy stereotypes,” but also to create new imagery that addressed the sociopolitical realities of their barrios. In the 1960s the majority of Latinos lived in communities distinguished by their poverty,

poor education, and segregation.

For his trail-blazing book *Mexican American Artists*, art historian Jacinto Quirarte documented the lives of dozens of early Mexican American artists and finished his book in 1972, just as the Chicano art movement was beginning to blossom. Quirarte’s last chapter, “Mexican, Mexican American, Chicano Art” anticipated the coming artistic transformation.

The research for this

essay has demonstrated the need for more studies to document the Chicano Art Movement as a follow-up on the early works of Jacinto Quirarte and later that of art historians Carlos Francisco Jackson. Gary Keller, Constance Cortez, and Ruben Cordova. We can also anticipate new influences in the Chicano Art Movement as cultural groups associated with Latinx, for example, begin to emerge and reflect the growing diversity in our Latino communities.

## Durante el Mes de la Salud Masculina, la Urology Care Foundation recomienda a los hombres que se ocupen de la prevención.

Por Teri Arnold

El mes de junio marca el inicio del Mes de la Salud Masculina, una época dedicada a priorizar la salud de los hombres en todo el mundo. Urology Care Foundation, la principal fundación de salud urológica sin ánimo de lucro del mundo, utiliza el mes de junio para educar y concienciar sobre las afecciones y enfermedades relacionadas con la urología que afectan exclusivamente a los hombres, como el cáncer de próstata, el agrandamiento de la próstata, el cáncer testicular, la disfunción eréctil y la enfermedad de Peyronie. Debido a la pandemia de COVID-19, es posible que muchos hombres hayan postergado la realización de las pruebas de detección de estas afecciones. Ahora que se han flexibilizado las normas de seguridad, este mes es el momento perfecto para acudir al médico y dedicarle atención a la detección temprana y al tratamiento de cualquier afección, así como a las técnicas para mantener un estilo de vida saludable.

Urology Care Foundation invita a los hombres a participar en el desafío "Get up and Go!" (¡Levántese!) durante el mes de junio. El desafío pretende motivar a los hombres a tomar un papel activo en el cuidado de su salud.

Semana 1: Get Up and Go Get Screened! (¡Levántese y hágase un control!)

Cáncer de próstata: En general, el análisis del cáncer de próstata se recomienda a los hombres de entre 55 y 69 años. Algunos hombres con mayor riesgo de padecer cáncer de próstata deberían considerar la posibilidad de someterse a los controles a partir de los 40-45 años. Este grupo incluye a los hombres afroamericanos y a los que tienen un padre, un hermano o un hijo que ha tenido cáncer de próstata.

Cáncer testicular: El cáncer testicular puede afectar a varones de cualquier edad, pero es más frecuente en hombres de 15 a 44 años.

Con un diagnóstico temprano, puede curarse. Para detectar este cáncer a tiempo, se recomienda a los hombres que conozcan los primeros signos de la enfermedad, que aprendan a hacerse un autoexamen testicular y que hablen con un médico si observan un bulto sospechoso, hinchazón o dolor en la zona.

Semana 2: Get Up and Go Eat a Healthy Meal! (¡Levántese y coma sano!) Una dieta rica en fibra natural obtenida de frutas, verduras, legumbres, cereales integrales y pescados grasos puede reducir el riesgo de cáncer testicular y de próstata y ayudar a prevenir la disfunción eréctil. Todo cambio comienza con una decisión. Tome la decisión de comer de forma saludable y comience su viaje hacia un estilo de vida más sano.

Semana 3: Get Up and Go Exercise! (¡Levántese y haga ejercicio!) Los estudios han demostrado que el ejercicio físico regular puede ayudar a reducir el riesgo de la enfermedad cardíaca, que es uno de los princi-

pales factores de la disfunción eréctil (DE). La disfunción eréctil puede producirse por muchas razones, pero según un estudio de Harvard, tan solo 30 minutos de caminata al día mostraron una disminución del 41 % del riesgo de padecerla.

Semana 4: Get Up and Go Outdoors! (¡Levántese y disfrute del aire libre!) Se ha comprobado que pasar tiempo en la naturaleza proporciona beneficios para la salud mental, incluida la reducción de los niveles de ansiedad y depresión. De hecho, salir al aire libre con regularidad para correr, ir de excursión o disfrutar de la luz del sol puede proporcionarle una serie de excelentes beneficios físicos, mentales y emocionales.

"El Mes de la Salud Masculina es un llamado a los hombres para que asuman la responsabilidad de su propia salud", expresó el Dr. Harris M. Nagler, presidente de Urology Care Foundation. "Muchos hombres evitan buscar atención médica porque temen obtener resultados negativos,

o piensan que su condición mejorará por sí sola o sienten que es un signo de debilidad. Algunos también posponen los cuidados personales y no incorporan hábitos saludables en su vida diaria. Las buenas prácticas de salud, incluida la búsqueda de asesoramiento médico por parte de los profesionales de la salud, pueden ayudar a evitar las consecuencias devastadoras de las afecciones no tratadas o del retraso del tratamiento. Ahora es el momento de que los hombres se tomen en serio su salud".

La Fundación ha puesto en marcha su Centro de Información sobre la Salud Masculina, que promueve recursos relacionados con cada tema semanal en [www.urologyhealth.org/menshealth](http://www.urologyhealth.org/menshealth). Además, la Fundación utilizará Twitter, Facebook, Instagram, podcasts y otros medios para difundir información que promueva el diálogo con el público y la sensibilización sobre los problemas de salud de los hombres.

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# Teaching Artist Empowers Community Through the Arts

Interview by Julia Aguillon

Article by Jackie Velez

Writer, artist and performer, Joyous Windrider Jimenez, plays a vital role in the San Antonio community as a teaching artist, a unique occupation that helps young artists thrive creatively.

Before helping San Antonio artists, Jimenez needed to find her path to this important role. To do that, Jimenez left San Antonio for awhile, and upon her return, began searching for a way to utilize her creativity around town.

"I was at poetry events and I was just doing different things around town, and then, it was time for me to get a job," Jimenez said.

Jimenez waited tables for a short while, but soon after, decided that she needed to find another way to make ends meet for her and her child, so she attended "Dress for Success," a non-profit organization dedicated to helping low-income women search for job opportunities. It was there that Jimenez was able to hone in on her talents and skills for job placement.

"Through that, I knew I needed to be in a creative place," Jimenez said.

It was a position as a theater instructor at the local non-profit organization, Say Si, that jump-started Jimenez's role as a teaching artist in the community.

As a teaching artist, Jimenez, through the arts,



mentors and empowers a wide range of people to organize, plan and present their artistic ideas to the community.

"It's really important to me to see others have that opportunity to be heard, to be seen, and then, to feel empowered to express and use their own artistic language," said Jimenez.

Jimenez continues to empower young artists throughout San Antonio and shines a spotlight on important issues. She works with students on visual arts projects. She volunteers her time at the Bexar County Correctional Juvenile Facilities where she helps young women who

suffer from mental health issues. She's created educational videos for the San Antonio Museum of Arts and is creating video poems with refugee students for World Refugee Day coming up in June.

For this artist, it's full speed ahead because empowering the San Antonio community and highlighting important issues are what matters most.

Contact Joyous Windrider Jimenez at joyouswindrider@gmail.com

[Watch the full video here: https://www.instagram.com/p/CPHIMdBrFX5/](https://www.instagram.com/p/CPHIMdBrFX5/)



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