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Sobre Espinas Andamos

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

Booster Shot- How bad are the side effects

By Yvette Tello

COVID-19 booster shots are the same formulation as the current COVID-19 vaccines. However, in the case of the Moderna COVID-19 vaccine booster shot, it is half the dose of the vaccine people get for their initial series. Boosters are being recommended because data is showing that protection against mild and moderate COVID-19 via the vaccines is declining over time—particularly for those who were vaccinated some time ago. Have you or anyone you know had their booster? Where did you go for the booster? Did you have any side effects? Let's talk about it...

Deborah Bond: "Got my Moderna through a walk in at my local HEB. Easy peasy. Not sore or anything."

Elisabeth Thrasher: "I had the booster in October, no side effects at all. I had it done at Fort Sam because I work there."

Gina Sandoval: "Wonderland Mall (Pfizer) Mon - Fri 9 to 6pm... Quick and no side effects for me."

John Wiesen: "Had my booster and flu shot last week at Wilford Hall. No side effects other than a slightly sore arm."

Jamie Lewis: "HEB appt. It was easier than the first two vaccines. I had some slight "under the weather" sluggishness."

Dan Alvírez: "I got mine at University Health."

Chris Garcia: "MARC building by UT Health, on Floyd Curl. Yes, day off - sore arm; next morning - sore arm, later in the afternoon - fatigue, body ache, body temp felt off, that came down with something but I felt better by the evening."

Mary Pietrazek: "I went to Wonderland Mall. The side effects were a minimal version of what I had the first time but nothing too terrible."

Andy Ternay: "Yes. I got mine at UT Southwestern in Dallas. The flu shot was much worse - minimal pain, no feeling unwell. I did Pfizer."

Joseph Tanasi: "Got mine at CVS Pfizer booster but no side effects."

Carlos Soto: "Central Market made an appointment over six weeks ago with no side effects."

Anthony M. Flores: "Wonderland of the Americas! Walk-in! No side-effects. Pfizer"

Richard Garcia Jr. "CVS. No side effects."

Deborah Gardiner: "CVS. No side effects."

Linda Karamanian Maldonado: "HEB, Pfizer. No side effects. Made an appt and the next available was in 15 minutes..LOL So, I had to rush out the door!"

Terri Castillo: "CVS, Pfizer, no side effects for me."

Xochil Rodriguez: "Moderna, my arm hurt for a day but that was it."

Michael De Leon: "CVS and no side effects at all. I even got my flu shot at the same time."

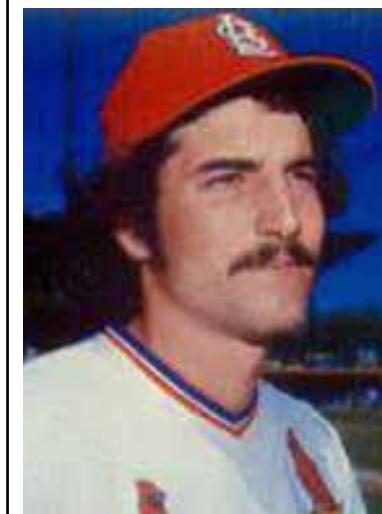
Richard Garcia Jr.: "I got my 2nd Shingles shot at the same time."

David McGurkin: "I had a sore shoulder for two days, and that wasn't even bad."



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.



Keith Hernandez

Keith Hernandez was born in 1953 near San Francisco. Drafted in the 40th round to the St. Louis Cardinals, he was called up to the majors in the '74 baseball season and, after three years, won his first Golden Glove Award. Before retiring at age 38, Hernandez earned 11 consecutive Golden Glove Awards, batted a lifetime .296, was named Most Valuable Player in 1979 and helped the Cardinals win the 1982 World Series Championship. In 1983, Hernandez was traded to the New York Mets, becoming the team's inspirational leader. Two years later, he helped the Mets capture the World Series Championship. Plagued by injuries, Hernandez retired from baseball in 1991.

Cover Art By Cecila Paz

Provided by Dr. Ricardo Romo



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SD Tejano Democrats Holiday Celebration

By Ramon Chapa Jr.

Great time with all our friends at the SD 19 & 26 Tejano Democrats Christmas Party! So many great long time incredible friends of La Prensa Texas. Great Job to Manuel Medina, Richard Gonzalez and Emilio Pena!



Prevén O Controla Tu Diabetes Con Estos Consejos

Por Mariana Bernal Rosales

Llegaron las navidades y las fiestas de fin de año, lo que significa que comenzaremos a reunirnos más seguidos con nuestros familiares y amigos para disfrutar. La realidad es que estos momentos también pueden significar un aumento significativo en el consumo de comida y bebidas.

Una reciente investigación de Anhelo, una agencia de seguros de Medicare, descubrió que los adultos hispanos tienen un 70% más probabilidades que los blancos de ser diagnosticados con diabetes, y 1.3 veces más probabilidades de morir a causa de la enfermedad. ¡Estos son números alarmantes!

Tomando en cuenta este estudio

y el momento que vivimos al final del año, la Dra. Sylvia Meléndez, nutricionista y dietista certificada y consejera de la junta de Anhelo, comparte algunas recomendaciones para prevenir y/o controlar la diabetes, especialmente si eres mayor de 65 años.

Determina los síntomas y toma cartas en el asunto: Para algunas personas, los síntomas de la diabetes pueden no ser tan perceptibles. Es fundamental que te realices un examen físico anual que incluya prueba de tolerancia a la glucosa en ayunas, conocido como GTT. ¡Los síntomas a continuación pueden indicar la presencia de la enfermedad, así que ponte las pilas!

- o Orinar mucho por la noche
- o Tener mucha sed
- o Perder peso involuntariamente
- o Tener hambre constantemente
- o Tener la visión borrosa
- o Tener las manos o los pies entumecidos o hormigueantes
- o Sentirse muy cansado
- o Tener la piel muy seca
- o Tener llagas que se curan lentamente
- o Tener más infecciones de lo habitual

Controla las porciones de comida y limita los alimentos con azúcar añadida: Tener diabetes no significa que no puedes comer azúcar de vez en cuando. Se trata de saber cuáles

son tus necesidades nutricionales e incorporarlas de la mejor manera posible. Por ejemplo, si tienes antojo de algo dulce, puedes comer frutas en vez de ingerir alimentos y bebidas con azúcar añadida como las golosinas y las sodas.

Tener una dosis de fibra en el organismo ayuda a mantener los niveles de azúcar en la sangre dentro de los límites adecuados. Los frijoles, la avena, la quinoa y el trigo son una excelente fuente de fibra. Estos pueden ayudarte a controlar la diabetes mientras disfrutas de alimentos tradicionales de nuestra cultura latina.

Identifica tus niveles de azúcar en la sangre: Para esto necesitarás

hacerte pruebas de azúcar y ver si tus niveles son normales o elevados. El nivel normal de glucosa en la sangre para adultos sin diabetes (sin comer al menos durante ocho horas y en ayunas antes de la prueba de tolerancia a la glucosa) es inferior a 100 mg/dL. Un nivel normal de glucosa en la sangre para adultos sin diabetes, dos horas después de comer es de 90 a 110 mg/dL. Si tus niveles son más altos, debes acudir a un médico lo antes posible para que pueda diagnosticarte adecuadamente y ofrecerte el plan nutricional que más te convenga. La mayoría de la diabetes tipo 2 se puede tratar fácilmente si recibe la atención adecuada.

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Niños De Coahuila Recibieron Regalos

Por Franco

El quinto viaje del equipo All Star San Antonio al norte del estado de Coahuila, fue todo un éxito llevándoles regalos anticipados a la Navidad a niños de escasos recursos económicos en las ciudades de Piedras Negras y Palaú.

De acuerdo a los organiza-

dores Johnny López y Antonio Ramirez (Morris), fueron entregados 250 regalos en cada una de las citadas ciudades. Todo gracias al buen corazón de personas qué una vez apor taron su granito de arena do nado juguetes, y televisores y bicicletas las cuales fueron rifadas entre el público asistente.

Lista de donantes: John-ny López, Antonio (Morris) Ramirez, Jesús Carmona. Roberto Villarreal "La Yerba", Lolo Rodríguez. Jaime Cárde- nas, Francisco Najera, Eloy Rocha, dueño del complejo deportivo y social Potranco.

Juan Sánchez, Servando Hernández, Armando Soto.

Nachk Nacho Cortéz, Lolo Gó mez, Cuco Arias, Lalo García. José Luis Sánchez (Cabiche), Gabriel Morales, Coco Vega.

Mario Mandujano, Jesús González "La Coyo", Juan López Jr. Bebo Sausedo, Ma cario Rosas, Alberto López, Choreras Velázquez. Jesús Ru bio, Daniel Guerrero. Milton

Guerrero, John Paez, Roberto Tovar, Jaime Garza. Antonio Hernández (Rancherias), José Luis "Pichón" Alarcón. Sammy Gloria. Pablo Pereida, Manuel Rábago "El Rojo", Miguel Espinoza, Daniel Espinoza. Teodo- doro Ontiveros, Pablo Olivo, Miguel Leija, Tony Reyna. La Chona González.



Viva la Matrix!



By Natasha Gonzales

Erendira Ibarra is a force to be reckoned with both on screen and off. Ibarra's latest project is none other than THE Matrix. Ibarra plays Lexi, a gun slinging chingona who is not one to believe everything she hears about the Matrix. In real life, the Mexican actress is an activista, feminista y anti-racista according to her Instagram biography. When asked about her feelings regarding Latinos getting big roles more frequently, Ibarra states that "we are finally getting the roles we should have had all along".

As a fellow Latina, I could not agree more. Not only does Ibarra believe in equal roles for latinos but for equal representation for ALL. "Seeing people on screen that adequately portray the real people in the world" is a necessity in film and television today. People of all races, sexes and backgrounds are now being seen and represented on the screens we are watching and it is nothing short of amazing. For those that are looking forward to the movie, it is set to release worldwide on December 22, 2021. If you would like to check out the interview between



her and I, you can catch it on Facebook and Instagram. For all of you readers out there, relish

this time of oncoming realness and transparency. So head to your favorite local theater,

grab some popcorn, snacks and drinks and enjoy the new Matrix: Resurrection!

Heaven Scent

**By Sonny
Melendrez**

When my brother Rick, who lives in El Paso, visits San Antonio, we always take a walk in the neighborhood where we grew up.

The building where my father's small barbershop was located still stands at the corner of Nolan and Pine on the East Side of town.

My dad partitioned half of what was already a small address: 908 ½ Nolan Street. We lived in the other half. He did it to save money for our education.

Today, this address is the office of attorney, Maria Salazar, whom we visited and explained where my father's 2 barber chairs and cabinets stood.

Then she mentioned something that we couldn't believe.

She said that sometimes, when she comes in to work on



Saturdays, sitting at her desk, she often smells a cologne-like aroma.

My brother and I wondered if it might be the scent of a specific brand of hair tonic my dad would use liberally after each cut.

So, I went online and found that the company that makes the fragrance: Jeris Hair Tonic, still exists.

I ordered a bottle and dropped it off at Maria's office.

When she returned and took a whiff of the tonic, she sent me the following text:

"Sonny,
That's it!!! Every once in a while, that's the smell I get, especially on Saturday mornings.

I come in on Saturdays and that's the smell I get when I step in. Wow!!!"

When I told Rick, he reminded me that Saturday was Dad's busiest day. Thus, the more customers, the more tonic

he'd shake out of the bottle.

Now, keep in mind that my dad moved out of that building over 40 years ago and the Dignowity Strip Center has been gutted and restored since then.

My father passed away in 1988 and I often feel his presence, guiding me from above.

I can't help but believe that his fragrant sign was, "heaven scent".



Sonny Melendrez is an award-winning motivational speaker, Hall of Fame radio/TV host and author, based in San Antonio. For more of his enthusiastic brand of inspiration and speaking information, visit his official site: SonnyMelendrez.com or email him at: Sonny@SonnyMelendrez.com Subscribe to his podcast, "The Sonny Melendrez Show," wherever you access your podcasts.

Malena Gonzalez-Cid: A Champion of Latino Arts

By Dr. Ricardo Romo

In its forty-four-year history, San Antonio's Centro Cultural Aztlan has been led by only two executive directors. Carlos Gonzales served as founding director from 1977 to 1987. The current and longest-serving Executive Director, Malena Gonzalez-Cid, started in 1987 and has established a consistency in leadership seldom seen in the arts locally or nationally.

Over this period Gonzalez-Cid relocated the Centro from the deep Westside at the Las Palmas Mall to the emerging Westside, north of Jefferson District. She has met and interacted with thousands of individuals dedicated to the arts. Her thick Rolodex contains several thousand names—principally of Latinos in the arts—artists, writers, and poets. In her 34 years as Executive Director of the Centro Cultural Aztlan, Gonzalez-Cid exhibited more than 10,000 distinct artworks.

A San Antonio native, Gonzalez-Cid began her formal art education at UTSA in 1981 studying Comparative Humanities. She had the good fortune of a work-study position with the legendary Dr. Jacinto Quirarte, UTSA Dean of the College of Fine Arts during the 1980s and a member of the Art Department. In the early 1970s, Dr. Quirarte initiated one of the first research studies of Mexican American and Chicano Art. He was among the first to document and write about several emerging Chicano artists, including Mel Casas, Luis Jimenez, Amado Pena, and Rudy Trevino.

Throughout his career at UTSA Quirarte received several grants and university support for his research on Latino artists enabling him to hire work-study students and graduate assistants. Malena Gonzalez-Cid found part-time work with Professor Quirarte and considers him

an exceptional mentor. She acknowledged that her interests and understanding of Latino art grew because of Quirarte's teaching and research. Gonzalez-Cid also credits her mentor Quirarte for making her aware of the lack of business acumen in the art organizations and the pressing need for leadership in the Latino art world.

Support for Westside arts projects received a boost with the election of Henry Cisneros and Bernardo Eureste to the City Council in 1978. In a 1979 New York Times article, writer William K. Stevens credited the 35-year-old Eureste as "part of an electoral revolution that has given Mexican-Americans control of the City Council, transformed this city's power relationships, altered its attitudes and outlook, ended a long-time dominance of public affairs by an entrenched business oligarchy and brought San Antonio to a crossroads in its long and colorful history."

While City Councilman Henry Cisneros championed economic development and political empowerment for Mexican Americans of the Westside, Councilman Eureste focused on the lack of funding for the arts and cultural programs in the city's Mexican American districts. Arguing for fairness and equity, Eureste was able to garner the necessary six votes to provide initial funding in the late 1970s for the Centro Cultural Aztlan and the Guadalupe Cultural Center. San Antonio city arts funding also later enabled the establishment of the Conjunto Festival, the Cine Festival, and Dia de Los Muertos celebrations.

When Gonzalez-Cid accepted the Executive Director's post at the Centro Cultural Aztlan in 1987, Latino arts organizations still had a difficult time acquiring funding resources. The election of Henry Cisneros to four terms as mayor during the decade of the



*Installation at Centro Cultural Aztlan by Henry de Leon, floral designer.
Photo by Ricardo Romo 2021.*

80s raised hope and expectations for Westside organizations. A decline in the number of Latino organizations in the mid-late 1980s convinced the Westside's art organizations that they had to organize to maintain cultural sustainability. In the early 1990s, Gonzalez-Cid helped to establish the Westside Arts

Coalition, an organization that lobbied the city for greater equity and fairness in funds for the arts.

In later years, Mayors Ed Garza and Phil Hardberger contributed to securing the Centro's future. Mayor Garza was instrumental in moving the Centro to the Deco District of the Jefferson area as well as finding funding for the relocation. Mayor Hardberger lent his support to the Westside arts organizations by increasing their share of hotel and motel tax funds, city funds that he viewed as essential to maintaining equity and fairness in art funding.

Over the past 44 years, the San Antonio Centro

Cultural Aztlan has organized exhibits and cultural events highlighting both established and emerging Latino artists. Centro staff have recently begun documenting the work of Latino artists and the visions they incorporate in their

works using video technology that will provide oral history archives related to Latino art and culture. The Centro also

promotes artworks by participating artists and helps the artists develop networking skills. Each December 12, the Centro features Latino artists' interpretations of the story of the Virgen de Guadalupe.

Oscar Galvan is among the artists included in this year's Virgen de Guadalupe Exhibition. Galvan has exhibited at the Centro Cultural Aztlan for the past 12 years. He also contributed to the Day of the Dead and Mariachi Exhibitions. Galvan is a native of San Antonio and studied art at Our Lady of the Lake University.

Robert Wilkens [aka Roberto Dorantes Alonso] enjoys a wide range of artistic mediums including drawing, sculpting, and welding, but his true passion is painting. He painted a mural at the Washington, D.C. White House East Wing Theater Room. His painting in the Centro's recent exhibition features a Virgen de Guadalupe with a long striking dark-colored shroud.

Hector Garza, a high school art instructor and artist, makes art for the purpose of "reimagining the intersection of Mexican traditions and contemporary American pop culture." Garza earned a graduate degree in education from the University of Notre Dame and a Masters of Fine Arts in painting from the Savannah College of Art and Design. Garza's 2021 contribution to the Centro's Virgen de Guadalupe Exhibition is a painting of green nopal, one of Mexico's most popular motifs, surrounding the Virgen de Guadalupe.



*Opening of Centro Cultural Aztlan
Virgen de Guadalupe Exhibition 2021.
Photo courtesy of Ruth Guajardo, Arts Program Manager.
Photo by Ricardo Romo.*



*Robert Wilkens, "La Virgin," Centro Cultural Aztlan.
Photo by Ricardo Romo 2021*



*Victor Tello. "Virgin de Guadalupe" at Centro Cultural Aztlan.
Photo by Ricardo Romo 2021*

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**Wishing Everyone a Merry Christmas,
Happy Holidays, and a Happy New Year!**

**Albert & Elsie Uresti
and Family**

Roger Bernal De All Star San Antonio Ganó Home Run Derby Y Regalaron Juguetes

Por Sendero Deportivo

El equipo All Star San Antonio dirigido por el cuerpo técnico Cacho Medina, Rodrigo "Lolo" Rodríguez, Jorge Martínez y Juan Balandran, llevó alegría, regalos y mucha acción de alto calibre en su quinto evento caritativo donado juguetes a niños, con rifa de televisores y bicicletas entré aficionados qué acudieron a los estadios Tripoli de

Piedras Negras y Mimoso en la ciudad de Palaú, Coahuila.

Los organizadores Johnny López y Antonio Ramirez (Morris), ambos beisbolistas de gran calidad deportiva y humanitaria, el primero nativo de Sabinas y el segundo de Palaú, una vez más cumplieron con su objetivo representando All Star San Antonio.

El recorrido por Piedras Negras y Palaú,

les llevó a jugar tres partidos. El primero ante selección Piedras Negras dirigido por Adrián Ramirez qué perdieron con pizarra a favor de 7-6 carreras. Dónde posteriormente repartieron juguetes a pequeños menos afortunados.

Posteriormente en la ciudad de Palaú, sostuvieron competencia del Home Run Derby ante selección anfitrióna qué fue ganado por el visitante slugger Roger

Bernal quién conectó 3 jonrones.

Resultados: All Star San vs. Selección Palaú dividieron con pizarra a favor de 3-0 y en contra 5-3. Selección Palaú fue dirigido por el timonel internacional Roberto Villarreal "La Yerba", quién reside en la ciudad de El Álamo.

"Los aficionados agradecieron la participación de nuestros jugadores y del equipo anfitrión. Agradeciendo

los dobativos de regalos y el bien tiempo qué pasaron durante las fiestas de navidad", dijo López.

Por su lado Morris Ramirez, jugador activo en Liga del Norte de Coahuila, una vez más agradeció el respaldo de los equipos anfitriones y de las comunidades qué visitaron qué recibieron donativos de paisanos radicados en San Antonio, Texas. (Fotos cortesía).



Servants of the Cross



Manténgase a Salvo de Amenazas Ciberneticas Mientras Está en Línea esta Temporada Navideña: Consejos para las Familias Hispanas

Por Luis Silva, Vicepresidente y Gerente General de AT&T

Cada temporada de fiestas, las familias hispanas y latinas se reúnen; algunos de nosotros con nuestra familia inmediata y, a veces, con familia extendida, en varias casas durante las festividades, e incluso a través de las fronteras del país. Estamos unidos por nuestros recuerdos, historias y experiencias (algunas personales y otras a través de parientes cercanos) de vivir fuera de los EE.UU. Las vacaciones decembrinas son nuestro momento para difundir el amor y la gratitud a través de la música, la comida, los regalos y las historias. Y para nosotros, "el reunirnos" no siempre significa en persona. A menudo confiamos en la tecnología porque tenemos algunos miembros de nuestras familias con quienes solo podemos celebrar la temporada en forma virtual.

Con las celebraciones en puerta como Navidad, Año Nuevo y Tres Reyes (Epifanía / Día de los Reyes Magos 6 de enero), es importante que nuestras familias puedan comunicarse de manera efectiva con sus seres queridos (locales e internacionales), navegar de manera segura las compras en línea, protegerse a sí mismo y a sus cuentas del fraude y, en última instancia, tener la

tranquilidad de saber que está tomando pequeños pasos para mantenerlo a usted y a su tecnología segura en esta temporada navideña!

Aquí hay algunos consejos que ayudarán, a padres y a las familias, a mantenerse conectados y seguros en esta temporada de fiestas:

Proteja su Experiencia en Línea

Amenazas ciberneticas: tenga cuidado con el phishing, el malware, el ransomware y los virus, que son algunos de los tipos más comunes de ciberataques llevados a cabo por estafadores. De hecho, las estafas de phishing se encontraban entre los 3 principales delitos ciberneticos en el 2020, según el Informe sobre delitos en Internet del FBI del 2020. Responda a este breve cuestionario para ayudarlo "¿Qué tan ciberseguro está usted? Evalúe su riesgo personal".

Privacidad: se ha dicho que "el triunfo de los audífonos es que crean, en un espacio público, un oasis de privacidad". En esta temporada decembrina, disfrute de la familia, los partidos de fútbol y las celebraciones, pero llévese unos auriculares en caso de que quiera tener algo de privacidad con los audífonos y los audífonos inalámbricos.

Asegure sus redes. Proteja su conexión a Internet utilizando un firewall y encriptando la información. Si tiene una red Wi-Fi, asegúrese de que la red sea segura y esté oculta.

Protección para padres: Elija la aplicación de Administrador de Casa Inteligente (Smart Home Manager) que permite a los padres controlar el tiempo de pantalla, el uso y proporciona restricciones de contenido y privacidad.

Fortalezca la Conectividad y la Comunicación Bilingüe

Velocidad de Internet: Los adultos hispanos en los Estados Unidos siguen siendo menos probables que los anglosajones a tener Internet de alta velocidad en casa. Para ayudar a aumentar la velocidad de Internet, ¡elia la fibra óptica! Ésta utiliza ondas de luz en lugar de electricidad, para transmitir datos. ¡Eso significa que puede mover grandes cantidades de información a mayor velocidad!

Dispositivos Hot Spots: Si la fibra óptica aún no está disponible en su área, los hotspots son una excelente opción para conectarse a Internet. Y, para fortalecer el servicio en toda la casa, también hay extensores de wi-fi.

Otros Dispositivos: Estudios también muestran que los hispanos se inclinan más a elegir dispositivos como computadoras

portátiles, tabletas y teléfonos celulares en lugar de las tradicionales computadoras de escritorio. Entonces, aquí están los mejores dispositivos para aprender, trabajar y jugar (computadora portátil, tableta, teléfono celular).

Traducción: Según la compañía Apple, el último iPhone 13 tiene una función de cámara de lectura de texto en vivo que ahora es más rápida que nunca. Permite a los usuarios traducir cualquier texto que vea la cámara, etiquetas, letreros, etc. mediante el aprendizaje automático en el dispositivo, en lugar de depender de los servicios en la nube. Y en la mayoría de nuestros hogares se hablan varios idiomas. Entonces, descubra algunos de los mejores sitios web y aplicaciones que brindan traducción del inglés al español.

Cargadores: A continuación le proporcionamos las mejores estaciones de carga para múltiples dispositivos. (Cargador con bocina, cargador inalámbrico).

Ahorre Dinero

Una vez que haya terminado sus compras navideñas y comiencen las festividades, no olvide tomarse un minuto para revisar sus cuentas bancarias y tarjetas de crédito en busca de cargos fraudulentos. O configure alertas de sus cuentas bancarias. Cuando

reciba un mensaje de texto o correo electrónico sobre un cargo, puede verificar el mensaje y probablemente recordar fácilmente si reconoce el cargo y realizó esa compra.

México ahora está abierto a los viajeros. La frontera terrestre entre México y los Estados Unidos se ha reabierto para viajes no esenciales desde el 8 de noviembre del 2021 y esto significa que la comunicación, las llamadas y los mensajes de texto a través de la frontera han aumentado considerablemente. Pero esto no significa que sus tarifas de llamadas internacionales y roaming también tengan que aumentar. Solo AT&T permite que los consumidores usen su plan en México así como en los EE.UU. No hay ningún truco. En otras palabras, los planes ilimitados de AT&T también incluyen llamadas, mensajes de texto y datos ilimitados en México.

¡Tener en cuenta estos consejos de ciberseguridad y conectividad puede ayudarlo a usted, a su familia y a sus negocios a terminar el año con fuerza y comenzar el nuevo año aún más fuerte! ¡Le deseamos una experiencia de compra en línea segura para las fiestas decembrinas para ayudarlo a relajarse y disfrutar de la temporada un poco más!

Texas's Largest Cities Turning Their Lights Out For The Birds

'Certified Bird City' SA Holds Out

By Greg Harman

Decades ago, we were warned that the insidious contamination of the food web by rampant pesticide could soon rob the world of birdsong. "On the mornings that had once throbbed with the dawn chorus of robins, catbirds, doves, jays, wrens, and scores of other bird voices," Rachel Carson wrote of this possible future in 1962's *Silent Spring*, "there was now no sound."

The birds are still with us, but the song is much reduced. The number of adult birds has collapsed to the tune of 3 billion birds—that's one in every four birds—in the span of 50 years.

While Carson's work helped slow the destruction, the decades that followed have been anything but forgiving. We are in a moment of biodiversity collapse, with our rampant consumption and deforestation debated on international stages along the accelerating climate crisis. Pesticides are still doing damage, as is the loss of habitat to industrial farm-

ing and urban sprawl. Cats allowed to roam outdoors in the United States may kill as many as four billion birds per year. And, less discussed, are our lights. Between several hundred million to 1 billion birds die in the US each year due to collisions with buildings and their disorientating lights.

In 2017, building lights lured nearly 400 migrating songbirds, who navigate by the light of the stars, into a skyscraper on Galveston Island. The tragedy set in motion a range of responses, including a rapid-response network that today alerts major building managers in Galveston and Houston when large nocturnal bird migrations are approaching.

After Galveston renewed interest in their work, scientists at Cornell University ranked Texas cities Houston, Dallas, and San Antonio in 2019 among the Top Ten most treacherous flyways. "Now that we know where and when the largest numbers of migratory birds pass heavily lit areas we can use this to help

spur extra conservation efforts in these cities," one of the researchers said.

In the last two years cities like Houston, Dallas, Fort Worth, Austin, and others, responded to this research by passing "Lights Out" pledges. In Dallas, the iconic Reunion Tower dialed back its lighting and the Omni Hotel has been going dark through fall migration.

San Antonio, believed to see far more birds than Dallas, hasn't made any changes.

A spokesperson for Mayor Ron Nirenberg directed us to a 2020 proclamation recognizing World Migratory Bird Day but didn't respond to questions about actual policy changes. Prior to unanimously passing the proclamation, Council members commented that the action, which helped facilitate recognition in turn of San Antonio by Texas Parks & Wildlife Department as a "Certified Bird City," could lead to more dollars from bird tourism at "zero cost."

The lights have not

dimmed. Walking downtown in the early hours this spring and fall, volunteers from Bexar Audubon bagged one-third of likely strike victims in the shadow of a brightly lit Frost Tower.

Last month, the City of San Antonio flipped the switch on their annual holiday River Walk lights display two weeks early, cutting into the end of fall migration. The same night an estimated 60 million birds were flying south across the United States—millions of them through Texas and subsequently, we hope, over the Gulf of Mexico.

A recent investigation by Deceleration shows deeper issues at work in the city. In 2019, City and USDA staff demolished a decades-old rookery at Elmendorf Lake because of concerns expressed by the U.S. Air Force about a potential risk to pilots. But Parks Department staff continued to harass the migratory birds with lasers and pyrotechnics in 2020 even after the birds struggled to rebuild their nests miles further away from the airfield.

"Lights Out" isn't the first or last word when it comes to what is needed to help birds reestablish their populations. But dimming the lights may be the very least we can do—even if that means delaying the holiday lights until after Thanksgiving.

Mitchell Lake Audubon Center provides an important lesson when it comes to understanding the limits of our ability to repair the damages we've unleashed on the birds. Staff there relocated many of likely hundreds of egret nests from Elmendorf to the Southside preserve in the off chance they would be reclaimed by the birds. They were not. They've since decayed.

"It was an experiment," one MLAC staff wrote us, "and it showed that you can't make birds nest where you want them to nest, even if you give them a head start with a nest."

Greg Harman is the founder and co-editor of Deceleration.news, a nonprofit online journal responding to our shared ecological, political, and cultural crises.



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Jorge Urby Toy Drive

By Ramon Chapa Jr.

Congratulations to Jorge R. Urby on an incredible toy drive at La Roca. He says many times when he was growing up, his family was so poor that there were no gifts. Now, for the last 10 years, he has been gathering toys and delivering them to an orphanage in Mexico. What a great story! And the who's who of elected officials and great friends were present. The pictures tell the story! God Bless You Jorge for this tremendous gesture of giving joy to the children in the community.



**Todas las personas mayores de 5 años son elegibles para la vacuna de COVID-19.
Habla con tu pediatra sobre la vacuna contra COVID-19.**

Si no tiene un pediatra, puede visitar una clínica móvil de vacunación de Metro Health.



Albert Uresti and the Bexar County Tax Assessor-Collector's Office

Collecting and Donating Toys This Christmas

By Lisa Anderson

Albert Uresti and the Bexar County Tax Assessor-Collector's Office collected more than taxes this Christmas season. Nearly 400 hundred toys were collected from employees, including some taxpayers who visited the offices in early December.

"Helping people is what the Tax Assessor-Collector's Office strives to do every day. Every year, our employees collect and donate hundreds of toys to different organizations. Many families are going through a difficult time right now and need a helping hand. We try to bring joy

to some of these children in need," said Albert Uresti, Bexar County Tax Assessor-Collector.

Albert Uresti and this Office teamed up with Pastor David Rodriguez and the People's House Church and Pastor Jimmy Robles and Last Chance Ministries Church to collect and give toys to needy families near the Cassiano Homes, San Juan Homes, and the surrounding areas. Together, the two churches and the Tax Assessor-Collector's Office collected and gave out about 2000 toys to needy families.

"Since my election as Bex-

ar County Tax Assessor-Collector, our Tax Office has sponsored an annual toy drive for needy children who would not normally receive toys from other known charitable groups," said Albert Uresti.

The primary mission statement of the Tax Assessor-Collector's Office is "To Help Keep Families In Their Homes," with an emphasis on helping our Senior Citizens, our Disabled, our Veterans, and ultimately our Children. We see this toy drive as a way to extend our mission in a tangible way to the children of our community.



Albert Uresti, (center) and staff members with Pastor Jimmy Robles of Last Chance Ministries (left).



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Thank You Bexar County Judson Service Center

By Ramon Chapa, Jr.

La Prensa Texas thanks the Bexar County Public Works Judson Service Center Team, under the direction of Aaron Martinez, for all their hard work throughout the year(s)! Happy Holidays and Blessings to All of You!



**A tu enemigo, perdón.
A tu oponente, tolerancia.
A tu amigo, tu corazón.
A todos, la caridad.
Para cada niño,
un buen ejemplo y para ti mismo,
respeto.**

**To your enemy, sorry.
To your opponent, tolerance.
To your friend, your heart.
To all, charity. For each child,
a good example and for yourself,
respect.**

La Prensa Texas