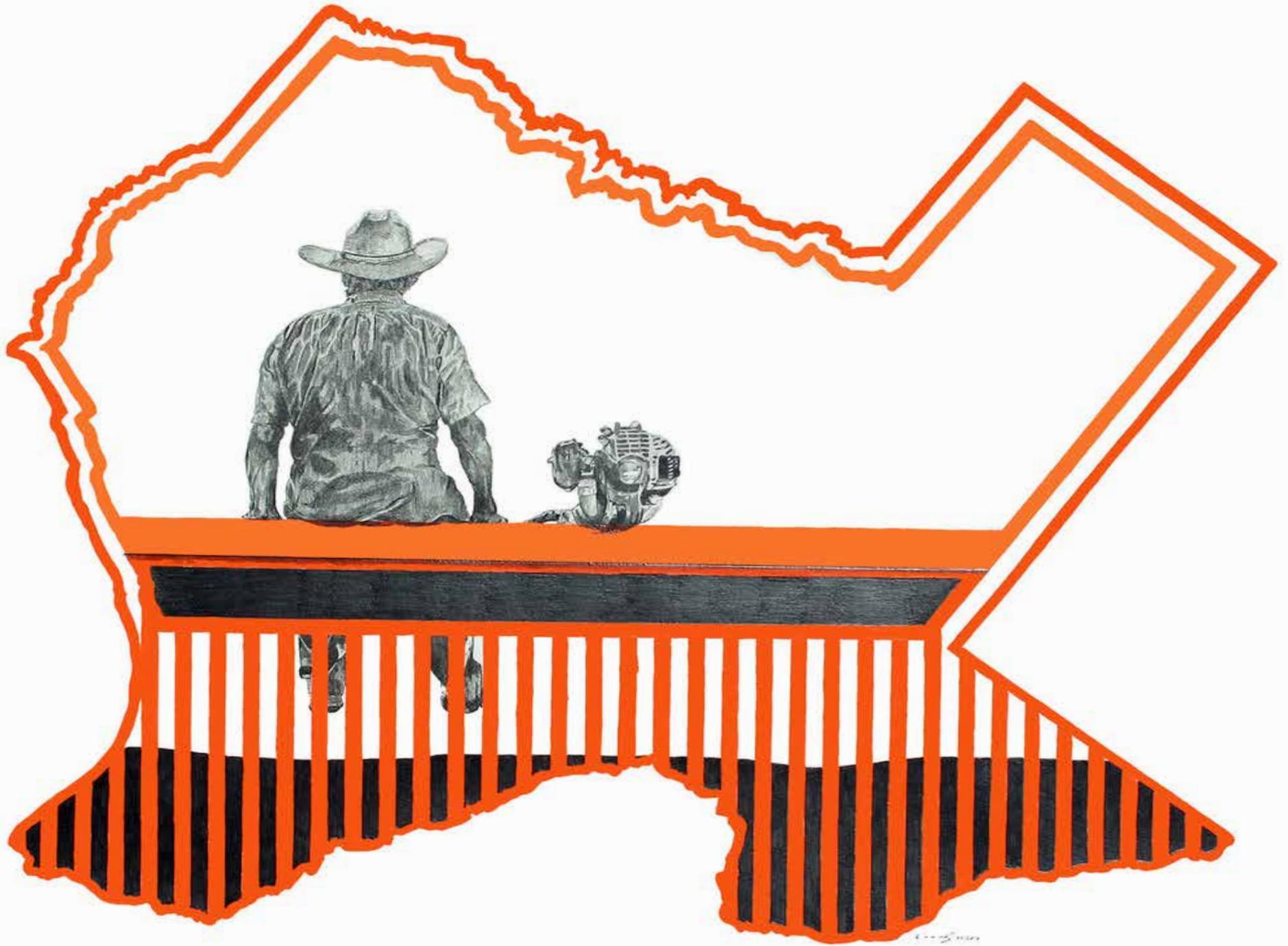


# La Prensa Texas

VOL. 5 • NUM 10

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

6 de Marzo de 2022



# 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 Beto or Abbott

*The results are in...  
The run for Governor is on.  
Beto against Abbott. Who do you want in office? Who do you think will win? Let's talk about it:*

**Roger Reyna:** "Neither of those jokers!"

**Thomas Mc:** "Lol great my choice is the loser in office or the guy who can't win."

**Marlene Smith Meredith:** "Abbott kept Texans working! Don't forget that very important piece of information!"

**Mimi Gregg:** "Beto has more love for Texas and our kids than Abbott."

**Adam Slind:** "I admire how often O'Rourke is campaigning, but he seems to be edging closer to being the Texas version of Dino Rossi."

**Kaye Linsley Lanham:** "I am proud that Governor Abbott is campaigning in Texas. He is who I voted for again. He loves our Guys in Blue. He wants to fix the border fence so we won't be getting so many people from other countries to come into the USA."

**Bob Tallon:** "Labels kill, the media loves them. Politicians use them to divide. Beto unites folks through labels that negate false narratives and point toward synergies that unite. Both Dems and Republicans could benefit from this energy."

**Tammy Massey:** "Beto is amazing. Yes, the power grid is a problem but right now women's rights, transgender children, voting rights and so much more is in front of people's minds."

**Mary C. Heller:** "Congratulations to Beto, on his primary victory, and I hope his campaign will make good use of Rick Scott's call to raise taxes on half of all Americans, and to legislate a 5-year sunset clause on entitlements, such as SOCIAL SECURITY and MEDICARE."

**Matt Benefield:** "You've been laying down on the job too long. Praying this is your last term."

**Shirley L. Baum:** "Thanks Governor Abbot for continuing to work so hard to keep Texas the BEST state in which to worship, live, work, and raise a family!"

**Rick Hartwick:** "My local property taxing entities appreciate the windfall taxes they've extorted from homeowners. Way to go.... NOT!"

**Benny Bryant Barrett Jr.:** "Hello, I'm a young Texan trying to figure out who to vote for. I've heard bad things about this guy but he seems all right with me. I'm a minority female and I'm voting for Abbott. I use my common sense, research and cut through all the BS of the liberal party."

**Barbara Stephens:** "Abbott is a wolf in sheep's clothing. It's called a Fascist"

**Belinda Wilson:** "Abbott told us no mask mandates in Texas. Then did it anyway."

**Mike Lowell:** "I'm Republican and don't like this guy anymore. Time for a change."

**SuSie Jones Kinder:** "Get ready to pack your Governor bags and move on down the road, Abbott."

**Anne Scott Lydahl:** "Governor Abbott. Thanks for everything you do for Texans."

# About the Cover Artist: Raul Rene Gonzalez

Provided by Dr. Ricardo Romo

Raul Rene Gonzalez is the Director of Clamp Light Studios & Gallery. He is also the Owner & Operator of Werk House SA. Read more about the artist on Page 10.

(Photos of Gonzalez at their 2021 SAMA Artist Residency)

Corner Block 3 - acrylic, ballpoint, concrete, plexi, wood - private collection in Michigan

Stop Cheap Labor - ballpoint pen and acrylic on STOP sign, 2021

2021 Oil painting :Together (Photographer Anthony Francis and Family), oil on canvas, 30" x 40)





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# STATUS OF WOMEN IN SAN ANTONIO

Reflections on the Pursuit of Gender Equality

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**SANANTONIO.GOV/ARTS**

# 'Mas' ZEUS!



By **Natasha Gonzales**

Picture this. A cold December night in the countdown city, and cheers from a sold out crowd at local bar, Picks, is emanating throughout the night sky. The clinking of shot glasses filled with reposado can be seen throughout the crowd as they anxiously await for ZEUS "El Mero Necio" and his band to hit

the stage. The guitar chord riffs in the air, the DJ hits the track, the bass from the drums starts to beat and your heart syncs. Zeus runs to the stage and the crowd goes wild for what is sure to be the show of the year.

ZEUS "El Mero Necio" is no stranger to the stage and the spotlight. His latest single 'Mas' from his upcoming album is already generating buzz

from San Anto to the 956 and everywhere in between. The song is inspired by the Tejano classic "Lo Voy A Hacer Por Ti" by El Grupo Mazz. ZEUS' first album under Chris Perez's Blue Mariachi Productions titled Tejano Revival is set to release later this year and it is an album you will NOT want to miss.

When asked about the album,

ZEUS stated, "Imagine walking into a studio with a blank canvas and one of the greatest producers on planet earth (Steve O Valdez), knowing you can drive a stake into the heart & soul of everything that made you who you are today to bleed that valle shit that pumps thru your veins. It's kinda wild. That's what this is project is to me."

'Mas' was taped at the recent

live show and the song was produced with the help of the talented Steve O Valdez and band; George (guitar), Jose (accordion), DJ Boboglobo (DJ), Mike (drums), and Mimi (bongo) which can be viewed exclusively on YouTube. Be sure to follow ZEUS on social media at @zeus.elmeronecio for updates on upcoming events and of course, the album drop.



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# National Women's History Month

By Virginia Gallegos

“The emancipation of women will only be possible when women can take part in production on a large, social scale, and domestic work no longer claims anything but an insignificant amount of her time.” -Friedrich Engels

Sojourner Truth, Louisa May Alcott, Susan B Anthony, Marguerite Higgins, Coretta Scott King, Rosa Parks, and Sandra Day O Connor are all pioneering women from history. America is full of influential women today, however there was hundreds of women that came before us/them that made it possible. In March, annually encourages us to pay homage to the brave women who fought for equality among all races and genders.

In 1987 National Women's History month was proved, so that the brave and determined women of our nation could be celebrated. How will you celebrate and acknowledge that the country and world is a better place for all women no matter their age or race, because of their efforts?

“Of all the evils for which man has made himself re-

sponsible, none is so degrading, so shocking or so brutal as his abuse of the better half of humanity; the female sex.” -Mahatma Gandhi

Women's right to vote was taken away in 1777, when all states passed the law. Imagine being declared property with no rights to protect yourself or defending yourself from being raped. Sadly in 1855 a black women who was a slave was forbid to. What do you know about New York's Married Women's Property Act? Every state in 1900 passed legislation that granted married women SOME control over their property and earnings. Imagine, not being able to vote, to truly have a voice that's never heard or respected. The path that was paved by all the brave women who refused to settle for just the right to own property and serve on a jury gives us the blessing of only imagining.

Shockingly, to this very day, so many people are oblivious to the leaps and bonds women have made in the United States. Will you take the time to learn more about women's history this month? Odds are you can truly appreciate and



fully understand the backbone and determination of the women pioneers of our country throughout the past hundred of years' strongly

encourage teachers or professors to set aside time this month to communicate about women's history.

“I raise up my voice-not

so I can shout, but so that those without a voice can be heard...we cannot succeed when half of us are held back.” -Malala Yousafzai

# Los Spurs en la Recta final

## Por Franco

Con 19 partidos para que concluya la temporada NBA 2021-2022, los Spurs retornaron exitosamente a casa el AT&T Center, tras su gira anual por el Rodeo San Antonio.

Spurs con su triunfador estratega Gregg Popovich entrenador en jefe, visitaron las plazas de los rivales equipos (comenzando el 9 de febrero contra Cavaliers que los derrotaron con pizarra de 105-92. Posteriormente se desquitaron contra Hawks con marcador de 136-121. Con celebración en Nueva Orleans ante Pelicans con pizarra de 124-114

puntos. Ante Bulls perdieron 120-109. El Thunder pago los platos rotos perdiendo por 114-106.

Finalizó su gira ante Wizards, Heat y Grizzlies, para retornar a casa y enfrentar a Kings., luego visitar a Hornets. Para regresar a su sede y ser anfitriones en siete partidos consecutivos ante Raptors donde celebró el cumpleaños de su mascota The Coyote, los fans recibieron una figura Bobblehead del curioso Coyote, que desde que se convirtió en mascota del pentacampeón no sólo ha participado en el entretenimiento en el estadio, dándole a la tarea de at-

ender diversos eventos especiales en actividades comunitarias y dándole la mano a personas necesitadas.

Spurs sostendrá combates contra grandes rivales de las conferencias Oeste y Este, ante Raptors, Jazz. Pacers, Timberwolves. Thunder y Pelicans éste partido será el 18 de marzo en el horario de las 7:30pm.

Durante su gira los Spurs disfrutaron de merecidas vacaciones, debido al intermedio de la NBA por el 71vo partido NBA All Star Game 2021-2022 celebrado en Cleveland donde su guardia estelar Dejounte Murray participó con el Team Durant.

De acuerdo al departamento de medios informativos de Spurs, su roster se encuentra activo

con 15 elementos tras dar de baja al escolta veterano Tomás Satoransky, quien luego fue firmado por su ex equipo Wizards de Washington.

Los Spurs se encuentra en la recta final de la temporada que consta de 82 partidos con 41 partidos de gira y 41 de locales.

Se encuentra en el 12o escaño del Oeste donde en el octavo sitio es ocupado por Clippers, Lakers en el noveno escaño. Pelicans en el decimo sitio, Trailblazers en 11o.

San Antonio en la recta final se encuentra a siete juegos por debajo de Clippers. Por lo que Pop, tiene que presionar el acelerador y llegar a la meta. Por no se ha jactado por ser el entrenador en jefe con más victorias en el circuito de la National Basketball Association

(NBA), esa siempre ha sido su humilde decisión. Para él lo más importante es que los Spurs superen su plan de juego.

"En la Liga NBA, todos los equipos y jugadores son de gran competitividad. Ello es lo que distingue éste gran deporte", así se ha referido Pop ante los medios.

Ahora todo queda en que la fanaticada continúe apoyando a Spurs para que sigan adelante en los partidos restantes.

Y tener esperanza en verlos desarrollar su plan de juego que los lleve a un buen final de temporada regular. En las fotos aparecen Dejounte Murray en acción contra Warriors y Pop en reunión con sus jugadores sobre la cancha en tiempo pedido. Go Spurs Go!

(Fotos de Franco).



# Mr. Cinco's Sight for Life

by Sonny Melendrez

The story I'm about to tell you is one of countless happy beginnings, made possible by the Sponsel Foundation, an organization dedicated to providing resources and services to advance the research, diagnosis and treatment of eye diseases and trauma for the poor and underserved communities in San Antonio, South Texas, Guatemala and Africa, since 2012.

Mr. Cinco appears feeble with his head hanging low, as the 65-year-old is slowly guided by his wife into the Roger William Lytle Clinic in Chichicastanengo, Guatemala.

A massive tumor has enveloped his left eye and the decision is made to remove it. During the operation, his surgeon, Dr. William E. Sponsel, founder and chairman of the Sponsel Foundation, notices a good red reflex behind the nuclear sclerotic cataract, prompting its extraction and implanting of an intraocular lens (IOL), replacing the eye's natural lens.

In other words, Dr. Sponsel, believes the eye can be salvaged.

Because of a cataract that is completely occluding his sight in his other eye, he has been without vision for 15 years.

Twenty-four hours later comes the anticipation of a most joyous moment. It is known as, the one day post-op smile.

As, ophthalmic assistant and president of the foundation, Joanne Yawn, explains, "It means our patient can see after being blind. It makes us forget our long hours, aching feet and



backs. It acknowledges our purpose for why we are there. Best feeling in the world!"

The bandages are removed and after assessing his ability to count fingers, Dr. Sponsel excitedly holds his hand up to give his patient a high-five. Mr. Cinco thought the doctor was asking him to say how many fingers he was holding. With a big smile, he answered, "Cinco!"

From that moment on, he became, "Mr. Cinco."

Mr. Cinco returned to the clinic a year later to have his left-eye cataract successfully replaced. This time he walked into the clinic, his head held high, with "Mrs. Cinco" on his arm. He had been given the gift of sight and was, once again, the patriarch of his family, no longer having to depend on others for his mobility.

In 2016, the Sponsel Foundation teamed with doctors from around the world to open a modern eye clinic in Malawi, one of the poorest countries in the world. It is a permanent, full-time clinic where surgeons and researchers can engage in vision related proj-

ects and surgeries. During the first year, 1000+ patients were screened and over 300 surgeries were performed, many on children.

Glaucoma is the second leading cause of blindness after cataracts, but, according to Dr. Sponsel, "It doesn't have to be." His vision of eradicating this cause of blindness around the world is a sight for life.

For more information about this life-changing foundation and how you can help to keep these clinics open, please visit: [www.SponselFoundation.org](http://www.SponselFoundation.org).

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](http://SonnyMelendrez.com) or email him at: <mailto:sonny@sonnymelendrez.com>. Subscribe to his inspiring podcast, "The Sonny Melendrez Show," wherever you access your podcasts.

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- High school senior from participating school districts in San Antonio
- Accepted to & planning to attend an accredited two-year or four-year college or university by Fall 2022
- Must submit one letter of recommendation
- Must have cumulative GPA of at least 3.0

### Application Checklist

- Select your school from the application website and complete online application form
- Upload "What Drives Your Dream?" essay (500-1000 words, 12-pt font, double-spaced, PDF)
- Upload most recent official high school transcript
- Upload letter of recommendation (email option provided on online application form)

Winners will be notified in mid-May.



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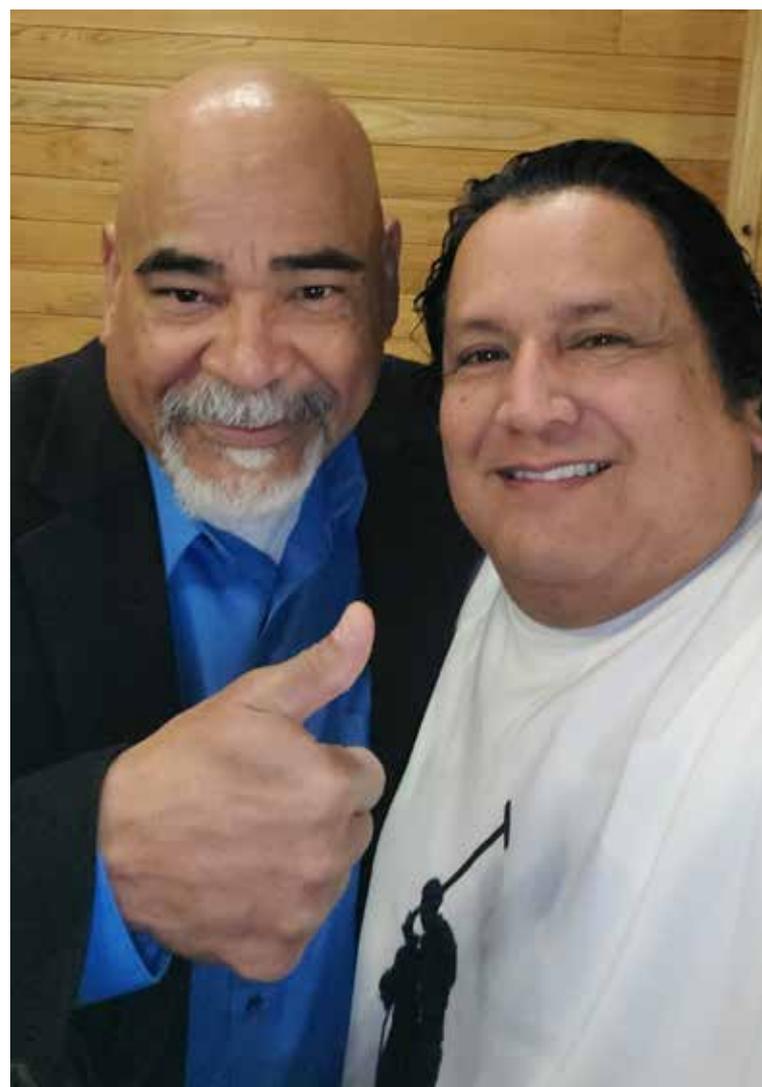
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The Ford Driving Dreams essay contest is implemented by Ford Motor Company Fund in collaboration with LULAC National Educational Service Centers, Inc. For inquiries regarding the essay contest, please email [info@forddrivingdreams.com](mailto:info@forddrivingdreams.com)

# LULAC State Members meet on South Padre Island

By Ramon Chapa, Jr.

South Padre Island welcomed LULAC members from all over the State of Texas as they gathered for a weekend of meetings and planning their upcoming State Convention. La Prensa Texas Community Liaison and also proud LULAC Member Ramon Chapa Jr provided the exclusive coverage. The meeting was chaired by State Director Rudy Rosales who is from San Antonio. So many great long time friends are fighting for causes well worth fighting for, all in the name of helping Latinos improve their quality of life.



# Raul Rene Gonzalez's Art World

By Dr. Ricardo Romo

Raul Rene Gonzalez is a self-described

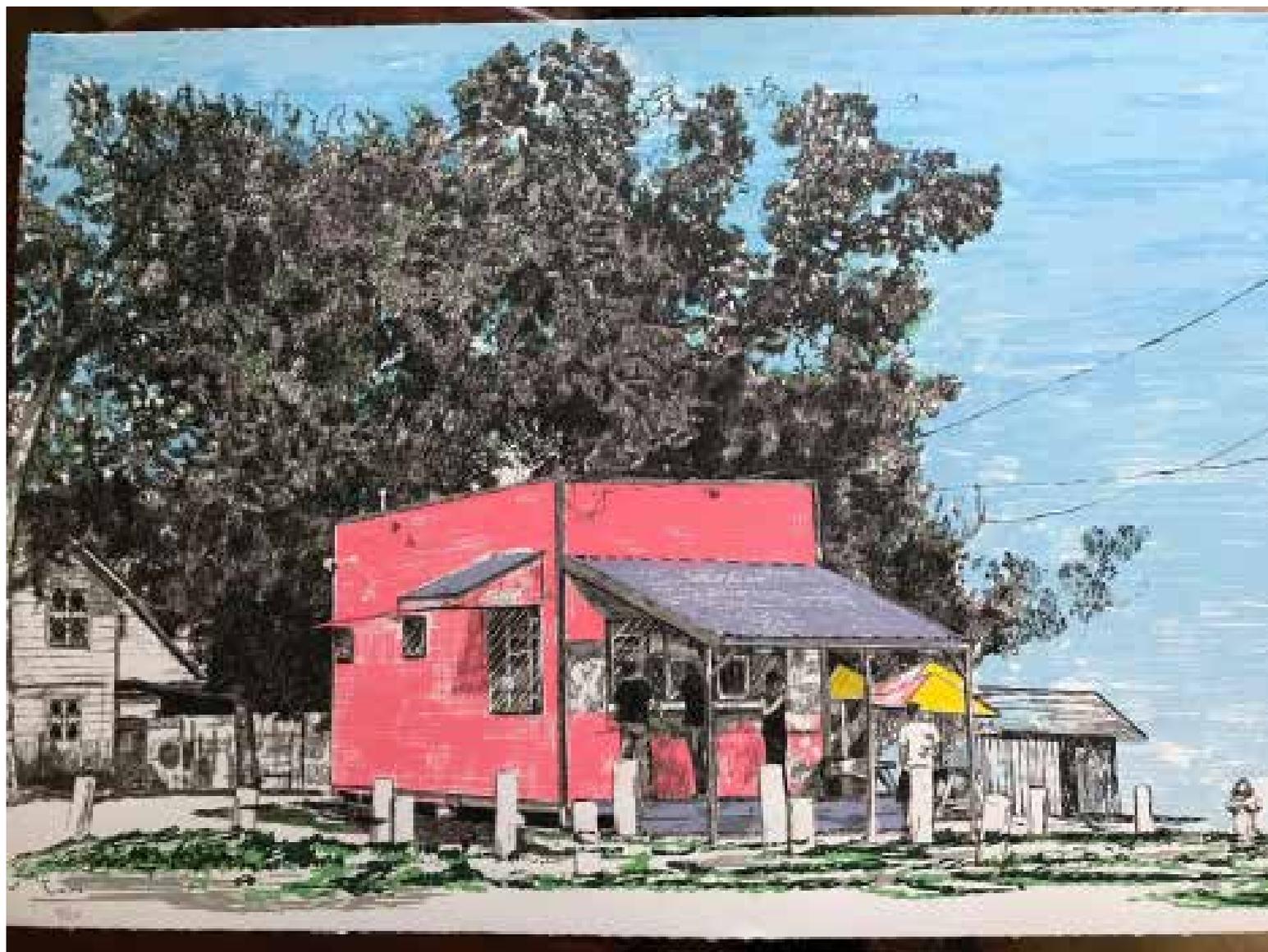
multidisciplinary artist who creates art by using a multitude of mediums and methods. While he favors painting, he is highly productive in drawings, sculptures, clothing, murals,

and installations. His artistic versatility includes live and recorded dance and other performance-based work. Last year he was selected as San Antonio Museum of Art's inaugural artists-in-residence for 2021. His paintings that document key features of San Antonio's musical history now have a permanent home in City Hall.

Gonzalez grew up in Houston, Texas, and began drawing at the age of six. As a teen, he never thought that a path existed for him to become an artist until he viewed the film "Blood In Blood Out," a 1993 crime drama that featured the work of San Antonio artist, Adan Hernandez. Gonzalez was fourteen years old when he saw the movie, and he instantly connected with one of the featured characters whose painting talents enabled him to sell his art in prestigious Los Angeles galleries.

High school teachers noticed his talents and encouraged him to enter art competitions. Gonzalez's creativity and hard work were rewarded when he won a local Congressional competition as a senior in high school.

Gonzalez's training in the arts took him to Washington University in St. Louis, Houston Community Colleges, the University of Houston, and



*Raul Gonzalez. Detail from "Tampico Refresqueria." Serigraph print. From the collection of Harriett and Ricardo Romo.*

the University of Texas at San Antonio. At the University of Houston, Professor David Hickman encouraged him to add painting to his skill set.

After finishing his art education at the University of Houston, Gonzalez joined the Art Collective in Houston which introduced him to artists from numerous European and Latin American countries. As part of that group, over several years he

worked with nearly 60 artists. He enjoyed the Art Collective and learned from his involvement with the international artists that art had many dimensions he had yet to master. Thus he decided to pursue additional training.

He enrolled at UTSA with growing artistically in mind. While at UTSA, he was mentored by professors Connie Lowe, Dennis Olson, Ron

Binks, Ricky Armendariz, and Kent Rush. Moving to San Antonio to attend UTSA had an added dimension: meeting some of the Latino artists he admired. Gonzalez made a point of contacting Cesar Martinez whose work he had followed for many years.

Gonzalez arrived in San Antonio only a few years after the Chicano Visions exhibit opened at the San Antonio Museum of

Art and at a time when the McNay Museum of Contemporary Art was considering the design of their famed Estampas de la Raza exhibit. Gonzalez was one of many San Antonians to view the Estampas exhibition that included Texas artists Vincent Valdez, Alex Rubio, Sam Coronado, Luis Jimenez, and Cesar Martinez.

Gonzalez often paints images of construction sites and work-



**ABOVE:** Artist Raul Gonzalez standing in front of his artwork featuring San Antonio music history. Permanent public art at San Antonio City Hall. Courtesy of the artist.

**LEFT:** Raul Gonzalez. "Artist Julia Barbosa Landois multi-tasking." Courtesy of the artist.

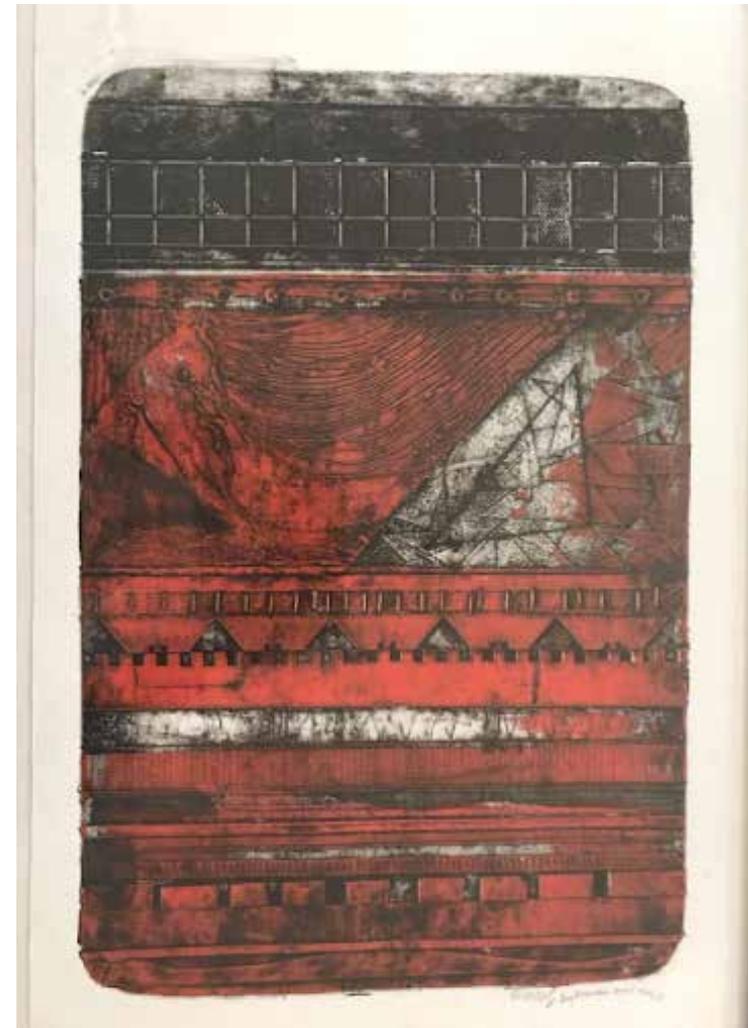


**Raul Gonzalez.**  
*Pop-up installation at University Health Hospital,  
San Antonio, Tx. Courtesy of the artist.*

construction sites in his work. A painting of his daughter hammering at what appears to be a wooden toolbox is colorfully portrayed on a discarded masonry block.

Gonzalez notes in his bio that the experiences of living in Houston and San Antonio influenced much of his work. Over the past decade, he has produced creative works that "detailed urban landscapes that pay homage to the workers who build and maintain our cities." Several years ago I was drawn to his paintings, intrigued by his handling of geometric abstractions. He is known for his use of bright colors, which his wife K.C. Gonzalez, a writer, "refers to as bold colors that draw the viewer and bring a sense of energy to each piece."

Gonzalez has a studio in his home where he spends time drawing and painting and also caring for his children as a stay-at-home-dad. In a painting completed during the height of the pandemic in 2020, he is seated on a chair bottle-feeding a young baby while his preschool daughter stands nearby with a paintbrush in hand ready to begin her art piece.



**Raul Gonzalez.** "Excavation," Serigraph print. 2014.  
*From the collection of Harriett and Ricardo Romo*

ers in this industry. His dad worked his whole life as a construction laborer, and Gonzalez has an affinity for the skills and equipment needed in this work.

In recent self-portraits, he is shown teaching his daughter skills common to construction workers. Gonzalez uses materials commonly found at

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# Piratas Campeón

## Astros imparables en Liga Masters 50+

### Por Sendero Deportivo

El primer Cuadrangular denominado Amor y Amistad que exitosamente se jugó en el campo 3 del complejo deportivo Potranco Baseball Field del artista Eloy Rocha.

Bajo la coordinación de Javier Hernández "Chicharito", y el magnate Roberto Garza, quien es directivo en jefe internamente de la Liga Semi-Pro Men's Potranco Independiente Baseball League 2022.

Durante el pasado fin de semana logró reunir equipos de gran calibre beisbolero, quienes fueron apoyados por un gran número de seguidores.

En la primera ronda, se impusieron los equipos Broncos de Reynosa SA ante Mineros que

fueron dejados en el terreno de juego. Al final los directivos Roberto Garza y Freddy García, felicitaron al timonel Jaime Cárdenas de Mineros, quien dio gran pelea en la estrategia.

Piratas de Sabinas con su talentoso manager Sergio De Luna y sus coaches Mauricio Esparza quien destacó pegado perra línea sobre la antesala en el octavo capítulo Iván Rubinsky, pasando a la segunda ronda derrotando a Tuzos 4-1 de los directivos José Cruz y Roberto "La Yerba" Villarreal.

El plato quedó servido para jugarse la gran final el domingo 27 de febrero a la 1pm en el campo 3 entre Sabinas y Reynosa SA.

El cual fue abarrotado por seguidores de ambos equipos.

Piratas y Broncos se fueron empatados 1-1 carreras hasta el octavo capítulo. Piratas respondió anotando dos carreras poniendo la pizarra 3-1 carreras.

En la apertura del noveno episodio Piratas dominó la artillería de Broncos, alzándose victorioso. La premiación fue encabezada por el organizador Chicharito Hernández y su colaborador Juan Higa "El Carbonero Mayor", quienes felicitaron a la gran afición y los equipos participantes.

Especialmente al subcampeón Broncos y al campeón Piratas. Así como al jugador MVP el lanzador Alejandro Rivera de Sabinas quien lanzó 7 entradas aceptó 1 carrera y 2 imparables. Con salvamento y victoria para el relevista Aldo Rodríguez.

Presentaron trofeos a Broncos que fue recibido por Sergio Torres, a Piratas cuyos representantes fueron De Luna, Rubinsky y Esparza. Y el lanzador Alejandro Rivera de Piratas por su labor en siete entradas de 1 carrera y 2 imparables. Con especial reconocimiento a los esposos Linda y Roberto Garza, por su aportaciones en este grandioso torneo dedicado al Amor y la Amistad 2022.

El comentarista y compilador oficial Tony Gómez, hizo la invitación para que aficionados retornen al campo 3 este domingo para presenciar apertura de la segunda temporada Semi-Pro, que tendrá tres encuentros.

LIGA MASTERS 50+. En su segunda jornada de temporada 2022 dedicada al jugador de Ca-

tarino Obregón del subcampeón Astros que dirige Pedro Espinoza, se registraron los resultados Astros 16 Dodgers 1 con victoria para Chris Hux y relevó de Jaime Guerrero.

Rangers SA de El Venado Benito Martínez blanqueo 3-0 a Yankees SA vapuleando al gran lanzador Willie Martínez. Rol de juegos en Masters. Domingo 6 de marzo: campo 2. 9:30 am Rieleros vs Rangers. 12pm Tuzos vs Dodgers. 2:30 pm Astros vs Yankees SA. En las fotos aparecen Chicharito, Linda Garza y Juan Higa. Broncos y Piratas con trofeos presentados por Higa. En panorámica de compañerismo Broncos y el campeón Piratas. (Fotos de Franco)

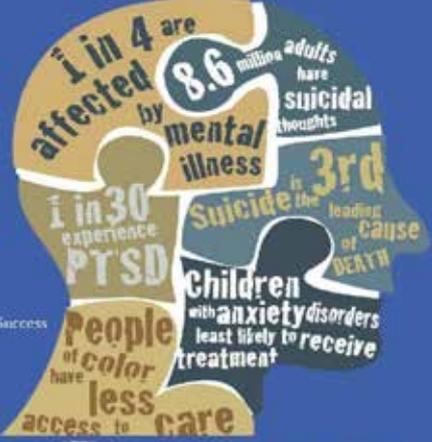


**JOIN US!**

ALAMO COLLEGES DISTRICT  
Northeast Lakeview College



# MENTAL HEALTH CARE FORUM



Sponsored by:  
NLC National Society for Leadership and Success  
NLC Service-Learning Committee  
NLC Public Service Institutes

10 am - 2 pm  
**PERFORMING ART CENTER (NPAC) THEATER**  
Panel will be held at 10:30 am to 1:30 pm  
Standard NLC COVID protocols will be in place  
Refreshments will be served at 1:30pm

**SATURDAY**  
**26<sup>TH</sup>**  
**FEBRUARY 2022**

**Mental Health Care Forum Panelists:**  
PhD. Sociology, Dr. Brittany Chozinski  
NLC DSS, Faye Hilliard  
MA Psychology, MA Finance Management, Sharon Nittinger  
Advocacy Center, Ursella Castellana  
IPA-S Professional Counselor/Supervisor, Elizabeth Young  
Mobile Crisis Outreach Team (MCOT) Representative

Northeast Lakeview College  
1201 Kitty Hawk, Universal City, TX 78148

The Alamo Colleges District is an EOE. For any special accommodations issues in an alternate format, contact the Title IX Coordinator. (210) 486-0

# Cuida tu río. Pon la basura en su lugar.

Imagen real del río San Antonio después de una tormenta.

Cuando llueve, la basura de las calles, los estacionamientos y los vecindarios termina en zanjas y alcantarillas pluviales, que drenan a los arroyos y ríos de la zona. Esto hace que los parques se vean desagradables y daña los hábitats de la vida silvestre.




**¡Sé RiOrgullosa!**

**INFÓRMATE MÁS EN**  
**SARiverAuthority.org**



**SAN ANTONIO RIVER AUTHORITY**

**Marzo 18**  
2022

**NUEVA FECHA**

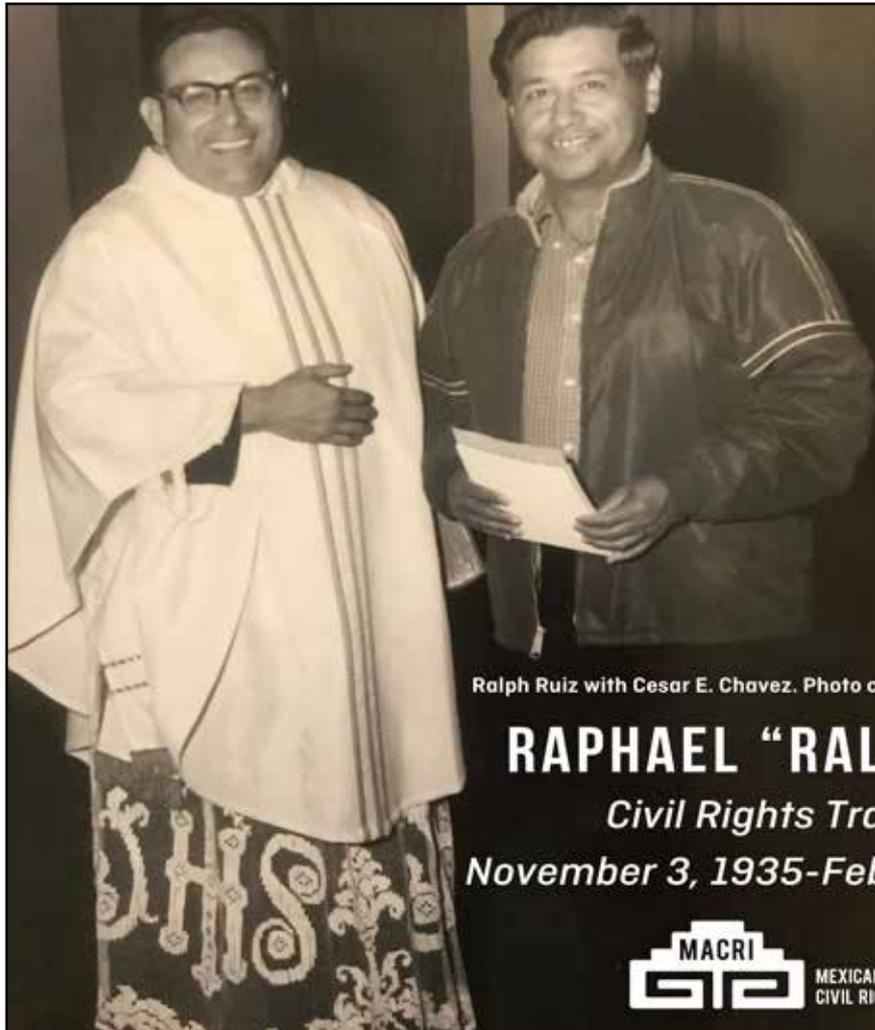


*En Concierto*  
**CARIN Leon**

**FREEMAN COLISEUM** **TAMARINDO**

3201 E HOUSTON ST, SAN ANTONIO, TX 78219

**BOLETOS A LA VENTA YA**  
**ticketmaster®**



Ralph Ruiz with Cesar E. Chavez. Photo courtesy Dr. Paul F. Ruiz

**RAPHAEL "RALPH" RUIZ**  
*Civil Rights Trailblazer*  
November 3, 1935-February 16, 2022



**MEXICAN AMERICAN CIVIL RIGHTS INSTITUTE**

## Inscríbese ahora en el taller virtual en español sobre diabetes a partir del 4 de Marzo



“Los consejos que aprendo cada semana me ayudan a mí y a mi familia a mantenernos saludables.”

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

### Por Rudy Arispe

Metro Health's El Programa de Prevención y Control de la Diabetes ofrecerá un taller virtual en español sobre la diabetes de seis semanas a partir del viernes 4 de marzo. Las sesiones se llevarán a cabo de 10 am a 12:30 pm todos los viernes hasta el 15 de abril.

Estos talleres sin costo brindan apoyo para que las personas tomen el control de su salud y ayuda a los participantes a aprender habilidades para controlar los síntomas de la

diabetes. Están abiertos a todas las personas, tengan diabetes o no.

Los temas de las sesiones incluyen el manejo de los síntomas, la alimentación saludable, el uso de medicamentos, el establecimiento de metas, la resolución de problemas, las técnicas de relajación, el ejercicio para la fuerza y la energía y el manejo de las emociones negativas.

Todos los participantes recibirán un libro Tomando Control de su Salud, un diario, CD

de relajación/ejercicio, una banda elástica de ejercicio y una bolsa térmica para el almuerzo. Las personas que completen el programa asistiendo de cuatro a seis sesiones recibirán una tarjeta de regalo HEB de \$20 y un certificado de finalización.

Para registrarse, llame al (210) 207-7766 o [https://www.diabeteshelpsa.com /find-a-workshop/](https://www.diabeteshelpsa.com/find-a-workshop/) El último día para inscribirse es el 25 de marzo.



AVISO DE REUNIÓN PÚBLICA

# Cambios de Servicio Propuestos para mayo 2022

VIA los invita a participar en la reunión pública virtual para revisar y comentar sobre los cambios de servicio propuestos para el **16 de mayo de 2022**.

## FECHAS DE REUNIONES PÚBLICAS

Las audiencias públicas se grabarán para su visualización y estarán disponibles en la página web a continuación.

**7 PM**  
MARTES,  
8 DE MARZO  
2022  
En inglés

**7 PM**  
MIRECOLES,  
9 DE MARZO  
2022  
En español



Teléfono: 855-925-2801  
Código de reunión: 5149



[VIAinfo.net/proposedchanges](https://viainfo.net/proposedchanges)

Las reuniones públicas virtuales también se grabarán y publicarán en línea para su visualización. Durante las reuniones y en todas las oportunidades de participación comunitaria, VIA analizará los cambios propuestos en las siguientes rutas:

### Alineación de rutas para mejorar la eficiencia y reducir el servicio duplicado

**2 - BLANCO**

Cambiar la ruta desde North Star Transit Center para permanecer en Blanco Rd. entre Rector y Lockhill-Selma.

### Ampliación de ruta y sustitución por adición de VIA Link

**606 - MEDICAL CENTER / ALAMO RANCH**

**609 - INGRAM / MAINLAND**

La ruta 606 será reemplazada por el servicio VIA Link Northwest ampliado a Alamo Ranch. Extender la ruta 609 para incluir el segmento restante que conecta el Centro de Tránsito del Centro Médico y el Centro de Movilidad de Mainland. Cambio al nombre de Ruta 609 a Ingram / Mainland / Medical Center.

### Alineaciones de ruta con ajuste de frecuencia para facilitar el servicio y combinar la frecuencia con el número de pasajeros

**20 - NEW BRAUNFELS**  
**32 - STEVES**

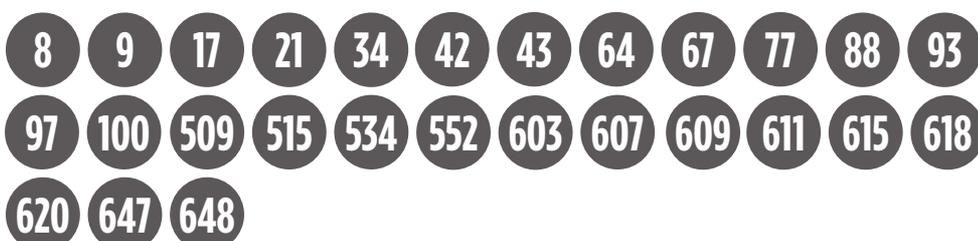
Acorte la ruta 20 para terminar en el Centro de Tránsito de Brooks. Ampliar la ruta 32 para cubrir el servicio a Brookside Branch y cambiar la ruta para incluir Military Dr. Reducir la frecuencia a Brookside Branch de 12 minutos a 40 minutos de lunes a viernes entre las 6 a.m. y las 6 p.m.; reducir la frecuencia de fin de semana de 20 minutos a 60 minutos durante las horas pico.

Las frecuencias se ajustarán para que los niveles de servicio coincidan con la disponibilidad de la fuerza de trabajo y para mejorar la confiabilidad

### Ajustes de frecuencia

<b>3 - SAN PEDRO SKIP</b> <b>76 - W. COMMERCE SKIP</b>	Reducir la frecuencia entre semana de 15-min a 20-min entre las 6 AM y 6 PM.
<b>5 - MCCULLOUGH</b> <b>30 - RIGSBY</b>	Reducir la frecuencia entre semana de 30 minutos a 20 minutos durante horas pico en las mañanas y las tardes; Reducir la frecuencia en los fines de semana de 45 minutos a 60 minutos durante horas pico.
<b>8 - N. ST. MARY'S</b>	Reducir la frecuencia los sábados de 30 minutos a 60 minutos durante horas pico.
<b>20 - NEW BRAUNFELS</b>	Reducir la frecuencia entre semana de 12 minutos a 15 minutos entre las 6 AM y 6 PM.
<b>21 - KIRBY / CONVERSE</b> <b>36 - SOUTH PRESA</b> <b>77 - MARTIN</b> <b>90 - WOODLAWN</b>	Reducir la frecuencia entre semana de 30 minutos a 60 minutos durante horas pico en las mañanas y las tardes.
<b>22 - HAYS</b> <b>51 - NOGALITOS</b>	Reducir la frecuencia entre semana de 30 minutos a 40 minutos entre las 6 AM y 6 PM; reducir la frecuencia en los fines de semana de 30 minutos a 40 minutos durante horas pico.
<b>24 - E. HOUSTON</b>	Reducir la frecuencia entre semana de 20 minutos a 30 minutos entre las 6 AM y 6 PM.
<b>25 - E. COMMERCE</b> <b>75 - W. COMMERCE</b>	Reducir la frecuencia entre semana de 20 minutos a 30 minutos durante horas pico.
<b>26 - MARTIN LUTHER KING</b>	Reducir la frecuencia entre semana de 24 minutos a 30 minutos entre las 6 AM y 6 PM.
<b>32 - STEVES</b>	Reducir la frecuencia los sábados de 30 minutos a 60 minutos durante horas pico.
<b>66 - CERALVO</b>	Reducir la frecuencia los fines de semana de 40 minutos a 60 minutos durante horas pico.
<b>68 - GUADALUPE</b>	Reducir la frecuencia los fines de semana de 20 minutos a 30 minutos durante horas pico.
<b>96 - VANCE JACKSON</b>	Aumentar la frecuencia de 60 minutos a 30 minutos durante horas pico.
<b>103 - PRIMO ZARZAMORA</b>	Reducir la frecuencia los sábados de 12 minutos a 15 minutos durante horas pico.
<b>524 - GENERAL MCMULLEN</b>	Reducir la frecuencia entre semana en el segmento de ruta de SW Military Dr. a Palo Alto College de 40 minutos a 60 minutos entre las 6 AM y 6 PM; y reducir la frecuencia en los fines de semana de 30 minutos a 60 minutos durante horas pico.

### Rutas que tendran ajustes de horarios para mejorar la confiabilidad



## COMENTARIO PÚBLICO

Los miembros del público pueden proporcionar comentarios por correo de voz por adelantado marcando 855-925-2801 (código de reunión: 5149). Durante la reunión pública virtual, los comentarios públicos se escucharán en el orden en que se recibió la llamada. Cada individuo tendrá hasta tres minutos para comentar. Los comentarios públicos pueden enviarse hasta el 11 de marzo de 2022 y pueden enviarse en las siguientes maneras:

Por correo electrónico a: **GCR@VIAinfo.net**  
Sitio web: **VIAinfo.net/ProposedChanges**  
Oficina de Gobierno y Relaciones Comunitarias: **210-362-2389**  
VIA goLine: **210-362-2020**

Envíe Comentarios por correo a:  
**c/o Government and Community Relations**  
**Re: May 2022 Service Changes**  
**800 W. Myrtle St., San Antonio, TX 78212**

Para información en español, llame a (210) 362-2075.  
التالي: ٢٠٧٥ إذا أردت هذه المعلومات بلغة أخرى، يرجى الاتصال على الرقم ٣٦٢-٢١٠

如果需要任何其它语言的信息，请致电:(210) 362-2075  
만일 다른 언어로 정보가 필요하면 (210) 362-2075 로 전화하십시오

Nếu bạn cần thông tin trên viết bằng một ngôn ngữ khác, xin hãy gọi số (210) 362-2075.

Kung nangangailangan ng impormasyon sa ibang wika, mangyari lamang na tawagan ang: (210) 362-2075.





**Dr. Jesse Esparza**  
Texas Southern University



# MACRI TALK

## I CAN HATE NO MORE: PRESERVING THE HISTORY AND MEMORY OF JOE CAMPOS TORRES

**Wednesday, March 16, 2022 - 6 PM Central**



Learn about the tragic death of Vietnam Veteran Jose "Joe" Campos Torres, and current efforts to memorialize his life. Featuring Dr. Jesse Esparza, professor of history at Texas Southern University.

# CELEBRATE MARIO DAY WITH SAPL!

**Weeklong Celebration**  
March 5-12

Trivia  
Online Video Game Events  
In-Person Mario Party Party

**SAN ANTONIO PUBLIC LIBRARY**

SAN ANTONIO PUBLIC LIBRARY CELEBRATES

# WOMEN'S HISTORY MONTH

MARCH 2022

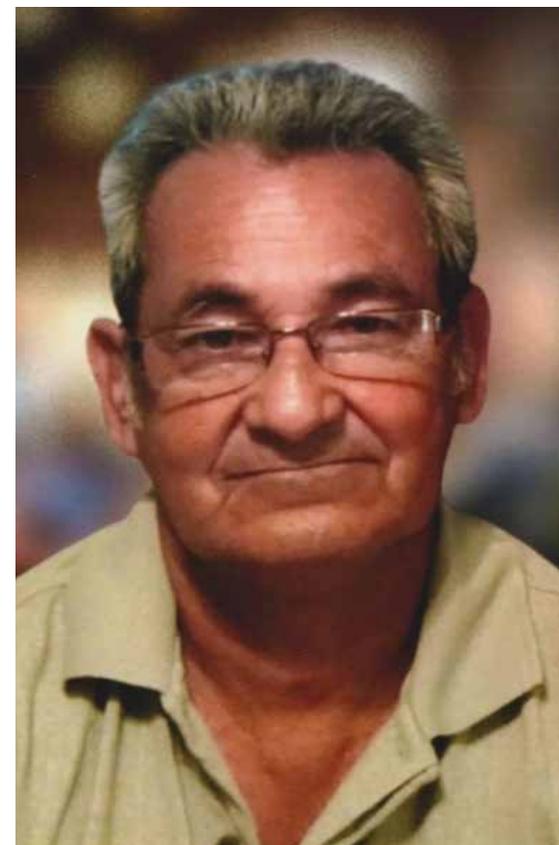
SAN ANTONIO PUBLIC LIBRARY | SAN ANTONIO PUBLIC LIBRARY FOUNDATION | FRIENDS OF THE SAN ANTONIO PUBLIC LIBRARY

# Arthur Jesse Tello

**FEBRUARY 18, 1952 – FEBRUARY 11, 2022**

Arthur Jesse Tello passed into the gates of heaven on February the 11, 2022. He was 69 years young. Jesse was born in Milwaukee Wisconsin and was raised in San Antonio. He worked at Gebhardt Mexican foods for over 10 years before starting his career of over 20 years at St. Matthews Catholic Church. When he wasn't working he was spending his time with his family and was never one to miss an opportunity for a cold big red. Our beloved husband, dad and granddad will be greatly missed but always loved. He was welcomed by his

mother Nicolosa Caballero, aunts Petra B. Lozano and Lucia Sarabia, uncles Roberto Bautista, Clemente Bautista, Silverio Bautista Jr, and Encarcion B Bautista and his sister Yolanda Tello Dominguez. Jesse is survived by his wife of 50 years Julia P. Tello, his children Jesse (Ida) Tello Jr., Jason Tello and Joyce (Chris) Tello along with his brothers Ralph (Corina) Tello Jr. and Raul(Cynthia) Caballero Jr. Grandsons Vincent, Gabriel, Aaron and Jeremy. Jesse will be greatly missed by everyone who knew him.



# Concepción D. Lopez

**February 7, 1958 - February 9, 2022**

Connie D. Lopez went to be with our Lord on February 9, 2022. She was born in San Antonio, TX to Carmen and Alberto de Luna on February 7, 1958. She is preceded by her parents and her two sisters. Connie is survived by her beloved husband, Guadalupe C. Lopez; her children, Paul Anthony Arriaga, Jr., Joe Andrew Arriaga, Monica Mendez,

Kenneth David Arriaga, John Albert Lopez, Melanie Barron, Lupita Delgado, Erin Omar Lopez; twenty grandchildren; three great-grandchildren; siblings, Jesse Martinez, Olga Valles, Yolanda Rodriguez, Guadalupe Cardenas; as well as numerous nieces, nephews, family and friends. Connie will be dearly missed by all who knew her.





**El único noticiero en español en vivo los siete días de la semana**

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