

La Prensa Texas

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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

Trump indicted- Again...

The Democratic Party did too. It's the exact same thing. EXACT. Y'all are so stupid. The left is so scared of Trump."

Kayleigh Schoppe: "I don't understand how felons aren't allowed to vote but they're allowed to RUN??? And why can't they just pick a different candidate?"

Kay Gruwell: "He just said at a rally that if he is elected, he will be a dictator!! Come on people!!"

George Bulger: "Trump should have been in prison since 2020. He gets away with everything. Why isn't the IRS after him for not paying his share of taxes? He needs to rot in prison. He shouldn't be able to run in politics of any kind, let alone President. I am so sick of him and his name. Lock him up and throw the key away."

Debra Thompson: "How destructive and hateful if he's the nominee. Where are the brains of those supporting him?? He's going to bleed them dry and not even care. He cares for no one except himself. He lies about everything that comes out of his mouth. And his followers believe him!! I would be so ashamed of myself if I supported him."

Jerry Franklin: "They are so afraid he will be president again they will charge him with anything to stop him. So afraid he will interrupt their agenda again and bring back American pride. People have to wake up and see what the democrats are doing to ruin the country."

David Gaver: "America has never been attacked by terrorists from the Russian government like Donald Trump has. He wanted to be a dictator. He admires Vladimir Putin and North Korea and he wants to be like them. He wants to give the keys to the White House to Vladimir Putin and he's already given him 320 top secret documents of nuclear weapons and War plans. Donald Trump it's nothing but a terrorist, he's not an American and he never will be. Donald Trump for all these 44 indictments and more coming should receive the federal death penalty. The American people want to see the federal government execute Donald Trump in front of the Capitol building after Donald Trump has been found guilty of over 44 indictments to try to overthrow and Destroy American democracy for Vladimir Putin, his boss."

Randy Carey: "I hope that we as United States citizens never again take it for granted how much of a privilege it is to be able to peacefully vote for our favorite candidate and the peaceful transfer of power in this country. The Republicans in government that continue to support this criminal should be ashamed of themselves.

History will not be kind to them."

Alice Tessier: "I cherish the day that Trump is no longer in politics. Sick of him and his cronies, who tried to DESTROY US."

Nick Cifonie: "Trump's beating sleep joe in the polls, of course they're gonna come at trump again for the 3rd time. The American people are starting to see through it all, be careful what you wish for."

Donna Telese: "It's dangerous to keep letting him hold rallies because all he is doing is inciting people. He needs to be in jail."

Ginger Alford: "I am so sick of the left's hypocrisy concerning the Bidens. They preach and preach how no one is above the law. If that's so, then why did Darryl De Sousa get 10 months in prison for the same crime as Hunter committed, but Hunter got probation. Sousa didn't pay \$67,587.73, Hunter didn't pay \$2 million+. Get this, the exact 2 prosecutors in both cases are the same prosecutors. That's not treating citizens the same."

Betsy Caposell: "I keep hearing the talking heads speculating that it would be bad for the country if that con man went to prison. I say it's the opposite. When this is finally over, we'll be lucky if we still have a democracy. He is an immoral person who ignores what he doesn't like, including the Constitution."

Marsha Paley: "It is obvious that too many Republicans do not care if we lose our ability to maintain a democracy...they only care about retaining power. Frightening to contemplate."

Belinda Zermeno: "Trump is a clear and present danger to our country. Had it been anyone of us, you or I. They would've locked us up a longtime ago- forever. Make him pay for what he tried to take away; what our great grandfathers, grandfathers, brothers, uncles, fought and still standing watch for; our country."

Debbie Toleno-Ewalt: "He should be put in cuffs and put in a prison cell to await trial. He'll be less likely to find ways to slow down a trial if his "comfort" is compromised and we can finally start to heal as a country. For those who say he's being treated unfairly.....no, he's being treated deferentially because any one of us would have restrictions, our passport taken, and not able to traipse around the country spreading more hate and violence."

Jackie Miller: "Actions always speak louder than words. Trump's actions to incite were very clear."

By Yvette Tello

In a startling turn of events, former President Donald Trump finds himself in the midst of yet another indictment while leading the presidential race for his party. The prospect of a candidate potentially running the country from behind bars raises serious questions about the state of democracy and governance. As citizens, it is crucial to ponder the implications and consider whether we can truly be comfortable with the idea of a president ruling the nation from a jail cell. Would you be comfortable with a president behind bars running the country? Let's talk about it.

Morgan Ekeugo: "It is absolutely incomprehensible to see Trump in any area in America conducting rallies because he is inciting people against the state. Talking about Trump being in jail is belated as far as I am concerned. We should be counting on his anniversary of a year or two in prison. He is a distraction to American democracy and a shame to the core Republican values."

David Morris: "I think he only ran again so his campaign could pay for his legal troubles."

Tom Heyman: "That really says all you need to know about the Republican Party and its constituents."

Gerard Stone: "Impeached twice, under investigation for four separate crimes, but he's the best candidate for the GOP?"

Sue Loney Abler: "Just because he's been indicted, doesn't mean he will be punished. I'll believe it when I see it."

Betsy Handley: "Have you watched him at all? Very easy to find! The whole Ellipse speech. Again, each time he says to come protest at New York, Mar-a-lago, DC...threatening riots if he doesn't get his way, and the list is too long to continue. Try some actual research from CREDIBLE sources and you'll find plenty. Problem is that his cult members refuse to see the truth."

Pamela Robbins Riggs: "They need to look into Biden, he is not as honest as you all think."

Mary Ann Christopher Nestore: "I hope Trump wins and wins big. If not for anything else but to infuriate all of you."

Amy Olson-Treptow: "His cult followers are delusional. They evidently think he can do no wrong and he's a constant victim. Get a clue Republicans. You're batting for the wrong team."

Justin Keller: "Why wasn't Clinton indicted for trying to overthrow the election in 2016? She denied the election then and still does now.

About the Cover Artist: Adeline Lulo



Adeline Lulo

Born 1992, Washington Heights, Manhattan, New York, United States
Lives in the Bronx, New York, United States
 @adelinelulo.com
 @adelinelulo

Adeline Lulo is a visual storyteller who is inspired by her upbringing, culture, and community. Working between the Bronx, Washington Heights, and the Dominican Republic, she uses photography to address socio-political issues that directly affect her family, friends, and communities. Lulo illuminates the presence of joy, resilience, and love; often experienced but rarely documented within Black and Hispanic communities.

In 2022, Lulo was 1 of 20 artists to be selected for Google's first-ever Image Equity Fellowship. She was 1 of 100 to be selected for the merit-based Eddie Adam's Workshop and was featured in Afropunk as one of the Artists documenting the many layers of the Black and Afro-Latinx experience.

Lulo's image was highlighted as TIME's "Best Portrait of 2020." She is the recipient of two "Bronx Recognizes Its Own" award received in 2017 and 2019.

Lulo earned a BFA from Parsons School of Design in 2015 and was awarded "Best In Show" for the Thesis Exhibition. Her work has been exhibited at The Studio Museum of Harlem, NYU Tisch School of the Arts, Longwood Art Gallery and BronxArtSpace. Lulo's photographs were projected in the "Claremont Illuminated" Festival held by the Bronx Documentary Center which brightened a dark stairwell on the edge of the South Bronx's Claremont Village, a New York City Housing Project. Her clients include The New York Times, Time Magazine, Freeform, Disney, Bank of America, Nike, Footlocker, AT&T, Uniqlo, R29 x Somos, Vice and more.

Her photographs in this exhibition are from the Dominican Republic.

Courtesy of the City of San Antonio Department of Arts & Culture

An engaging compilation of significant works from 20 Latinx documentary photographers living in South, Central and North America. From SA to SA: An Exhibition of Pan-American Documentary Photography will focus on the interconnected weaving of individual and collective stories depicted in appealing, powerful, and thought-provoking photographic images. Curated by Guillermina Zabala, the exhibition will be on view from August 10, 2023 – December 30, 2023 at Centro de Artes Gallery - 101 S. Santa Rosa Ave. San Antonio, TX 78207 – in Historic Market Square. Always free to visit.

Curator Statement:
From SA to SA: From South America to San Antonio encapsulates the astonishing power of documentary photography as a direct representation of our realities and as a force of social change. This exhibition of Pan-American documentary photography presents over 200 remarkable works from 20 award-winning Latin American and Latinx photographers living in South, Central and North America.

Focusing on the weaving of individual and collective threads, From SA to SA depicts visually appealing and thought-provoking photographic narratives. As an art form and as a journalistic medium, documentary photography captures a straightforward glance and accurate portrait of society with the artistic touch from the photographers' lenses. Throughout Latin America and the Latinx community in the U.S., documentary photographers chronicle historical and relevant events, intimate portraiture, and everyday life while capturing the socioeconomic and cultural struggles faced by minorities and marginalized populations.

The subjects, places, and situations portrayed on these prints are vivid, present, and emerge from social challenges revealing a series of thematic paradigms that range from immigrant stories and the effects of the COVID pandemic, to the fight for women's rights, social unrest, and indigenous realities. Expanding throughout the Americas and representing more than 15 regions, From SA to SA

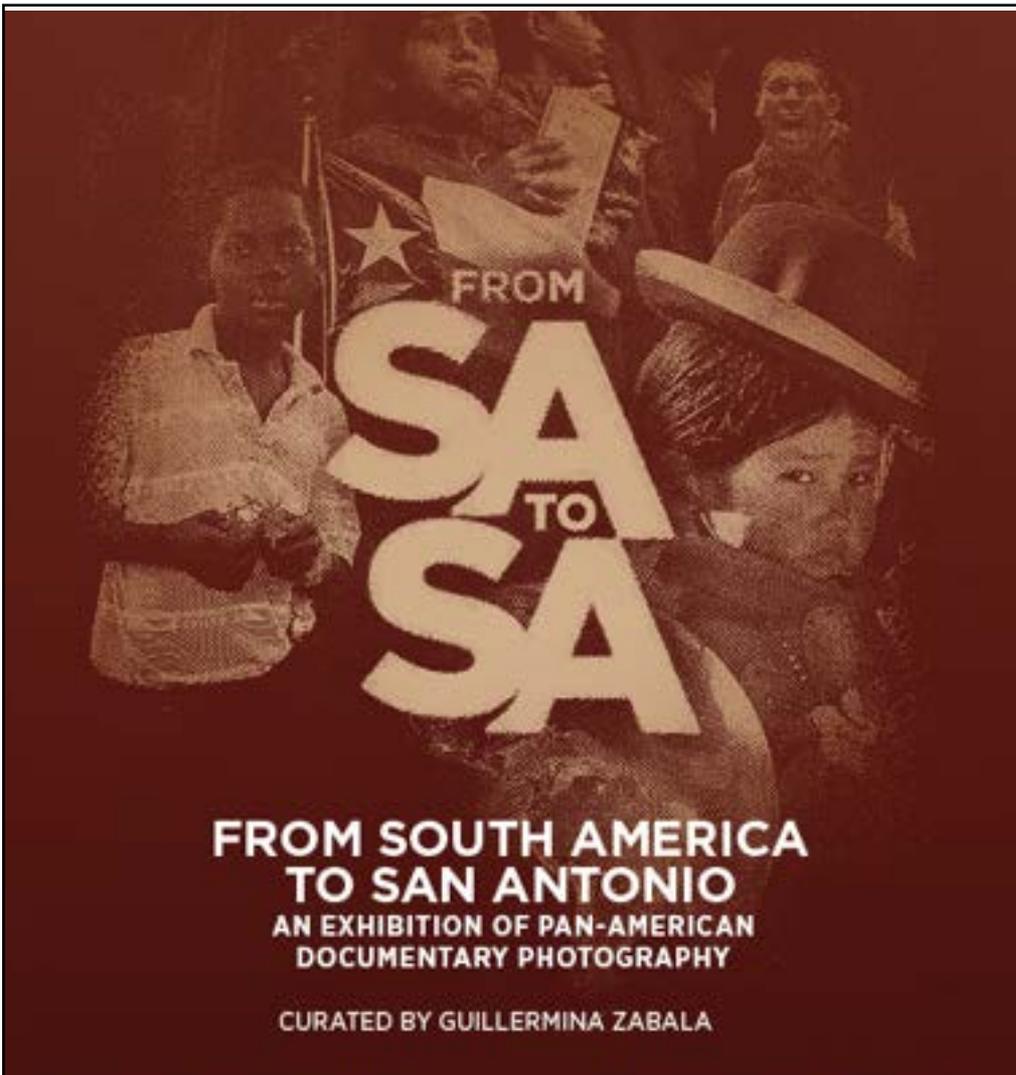
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brings seldom told stories from the Latinx experience through poignant, poetic, and everlasting photographic imagery.

From SA to SA invites us to embark on a visually aesthetic journey documented by these 20 photographers who, on several occasions, have risked their lives to capture historically significant moments. It is through the uniqueness of their photographic lenses, their social resistance and their Latinx perspective that we can, today, experience these valuable images, remember our past, and present them as a series of interwoven narratives reflecting the Pan-American reality.

Learn More at [SanAntonio.gov/Arts](https://www.sanantonio.gov/Arts)



FROM SOUTH AMERICA
TO SAN ANTONIO
AN EXHIBITION OF PAN-AMERICAN
DOCUMENTARY PHOTOGRAPHY

CURATED BY GUILLERMINA ZABALA



Participating Artists

Rodrigo Abd, Sara Aliaga, Eliana Aponte, Guillermo Arias
María Paula Avila, Verónica Gabriela Cárdenas, María Eugenia Cerutti
Francisco Cortes, Ana Carolina Fernandes, Mariana Greif
Sáshenka Gutiérrez Valerio, Adeline Lulo, Tamara Merino
Sandro Pereyra, Natacha Pisarenko, Joseph Rodriguez, Jorge Saenz
Claudio Santana, Yvonne Venegas, Martín Zabala

August 10 – December 30, 2023

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Se Habla Espanol

WestCare Texas/Ella Austin Community Center Chosen by US Attorney's Office for Better Block Initiative

By Jessica Cerda

International design non-profit Better Block will work with WestCare Texas at the Ella Austin Community Center to reimagine pieces of the center based on community input. The activations and design of the space will bring to life a community vision for a more vibrant space through a placemaking demonstration to open in December.

“We have worked with the Project Safe Neighborhood initiative to look at how placemaking can not only reduce crime but increase community engagement,” says Krista Nightengale, Better Block’s Executive Director. “It’s imperative that in these projects we have incredible community partners who can help bring it all to life. We’re very excited to be working alongside WestCare at the Ella Austin Community Center.”

The Better Block’s 120-day process puts the community at the forefront of the planning process.

Participants will join in volunteer workshops involving painting, furniture assembly, and event setup. Residents and members of the community are encouraged to go to betterblock.org/san-antonio-betterblock to learn more.

Better Block Foundation is an urban design nonprofit that educates, equips, and empowers communities and their leaders to reshape and reactivate built environments to promote the growth of healthy and vibrant neighborhoods. Find out more by visiting www.betterblock.org.

WestCare, whose mission is “Uplifting the Human Spirit,” was founded 50 years ago. Since its inception, it has grown to more than 130 programs in 16 States, the Dominican

Republic, Pacific Islands, Puerto Rico and the U.S. Virgin Islands. The non-profit organization serves more than 55,000 people annually through a variety of health, human service, and capacity-building programs in the communities it serves that address the unique needs of that community. For more information on the WestCare Foundation and its mission, visit www.WestCare.com.



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Better Block San Antonio

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Back to School Fair & Giveaways

District 1 is hosting a Back to School Fair & Giveaway at Edison High School from 10 a.m.-2 p.m. on Aug. 12. There will be free school supplies, free haircuts, free snacks and drinks and more.

District 2 is hosting two Back to School events and resource fairs. One will be held from 4:30 to 7 p.m. Friday, Aug. 4, at the Pre-K 4 SA East Education Center, located 5230 Eisenhower Rd. The second will be held from 6 to 8:30 p.m. on Saturday, Aug. 5, at The DoSeum, located at 2800 Broadway St. There will be free backpacks and school supplies on a first-come, first-served basis. Vaccines will be offered by the Metro Health Department and the University of Incarnate Word, which will also share resources.

District 3 officials will give away backpacks and school supplies at the Southside ISD Back to School Event from 5:30-7:30 p.m. on Wednesday, Aug. 2 at Southside High School, located at 19190 US 281 South. There will also be more giveaways at the Brooks Back to School Event from 9 a.m. to 2 p.m. on Sunday, Aug. 13, at The Greenline at Brooks, located at 2532 Sidney Brooks. Supplies are limited. For inquiries and additional information pertaining to the City Council District 3 Office, call 210-207-0969 or email Addinelly.MorenoSoto@sanantonio.gov.

District 5 is hosting a back-to-school resource fair from 9 a.m. to noon on Saturday, Aug. 5, at Burbank High School, located at 1002 Edwards. There will be backpacks, school supplies, and other local resources. Students must be present to receive backpacks and school supplies. Supplies are available on a first-come, first-served basis until supplies last.

District 6 is hosting Back To School Readiness Bash from 10 a.m. to 2 p.m. on Saturday, Aug. 19 at Hallmark University located at 9855 Westover Hills Blvd. There will be free backpacks, school supplies, haircuts, vaccines and more.

District 10 officials are hosting their annual Back-to-School Backpack and Supply Giveaway from 9 a.m. to noon on Saturday, Aug. 5, at the Blessed Angels Community Center, located at 14078 Nacogdoches Road. Free backpacks, supplies, diapers, food, and special surprises will be provided throughout the day, while supplies last, District 10 officials said in a press release.

A TODAS LAS PERSONAS Y PARTES INTERESADAS:

Toyoda Gosei Texas, LLC, ha solicitado a la Comisión de Calidad Ambiental de Texas (TCEQ, por sus siglas en inglés) lo siguiente:

Enmienda del Permiso 72563

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Juan Sánchez "El Rielero Mayor" Celebró En Grande Su Cumpleaños

Por Franco

El caballero deportista Juan Sánchez, nativo de Nueva Rosita, Coahuila celebró en grande su 63o cumpleaños. Recibió las primeras felicitaciones el viernes 28 de julio, de parte de su gentil esposa Rosa Maria Sánchez, de sus hijos Enrique Damián, Orvil Dagoberto. Iván, Juan Jr., y el menor Jordy. Así cómo de su princesa Verónica Sánchez. Sus ocho nietos varones y 8 hembras. Sus hermanos y hermanas. En su fiesta familiar recibió también fe-

licitaciones de amistades y jugadores- directivos de los equipos Rieleros categoría Abierta y Masters 50+, con éste equipo forma mancuerna con su coach y jugador Servando Hernández.

Rieleros es actual campeón de Masters y sé encuentra bien ubicado para la postemporada 2023 en Liga Potranco.

Sánchez. Dijo a La Prensa Texas, haberse iniciado en el béisbol regional en su nativa ciudad de Nueva Rosita, dónde jugó en el jardín central y de pitcher.

En San Antonio ha tenido brillante trayectoria al mando y jugador de los equipos Atlético y Rieleros, con los que ganó 4 trofeos en Abierta.

Juan Sánchez fundador del tradicional torneo Thanksgiving Day lleva 7 ediciones en el estadio Potranco donde su propietario el artista Eloy Rocha le ha dado todas las facilidades y también el presidente Simón Sánchez. "Me gusta el béisbol y la gente que nos sigue. Con su apoyo hemos salido adelante. Por igual mi familia. Rieleros ha ganado prestigio porque siempre presentamos un roster incompa-

rable", afirmó El Rielero Mayor.

En el aspecto de contribución a la economía local de San Antonio, Sánchez, junto con sus hermanos y familiares por años sé han destacado en la rama de la construcción con su compañía "Sánchez Brothers Drywall y Pintura".

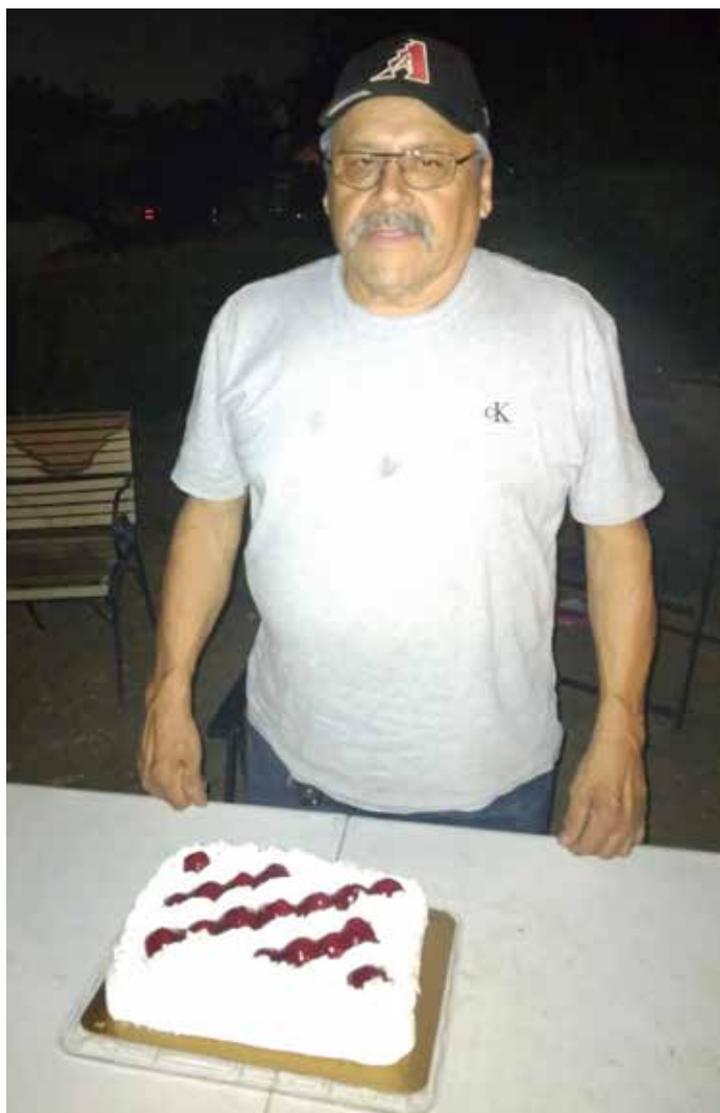
En la cuál comparten sus contratos con otras compañías en calidad de subcontratistas. Lo cuál él indica que ello ha sido el éxito de salir adelante en el "Sueño Americano".

La celebración fue de su agrado, saboreando cerveza favorita Ultra Michelob,

así cómo deliciosa cena de carnes asadas, mole y menudo. El ambiente fue amenizado por música variada de su gusto e invitados.

Juan se mostró emocionado cuando antes de partir su pastel de 63 años escuchó las tradicionales Mañanitas y el Happy birthday to you. El domingo 30, su equipo Rieleros le ofreció suculento casó y buen ambiente estilo Nueva Rosita. Por lo que agradecido les dio las gracias y los convocó a seguir adelante apoyando a Rieleros en la próxima postemporada.

(Fotos de Franco).



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BEAUTIFULLY CONFIDENT

Hoy, Telemundo y la Organización MISS UNIVERSE® (MUO, por sus siglas en inglés), anunciaron un acuerdo de varios años que confirma a la cadena como la casa oficial en español de la competencia en los Estados Unidos. La 72ª edición de MISS UNIVERSE® se transmitirá en vivo y exclusivamente en español desde El Salvador el sábado, 18 de noviembre del 2023. El certamen más popular del mundo que culminará cuando la actual reina, R'Bonney Gabriel de Houston, TX, corone a su sucesora al final de la noche, reúne a mujeres que representan a más de 90 países a competir por el codiciado título y la oportunidad de llevar su misión de causa social a una audiencia internacional.

"Como la casa oficial en español de Miss Universe en los Estados Unidos, estamos felices de traer el certamen de vuelta a nuestra audiencia en vivo desde El Salvador, un país latinoamericano lleno de belleza y rico en cultura", declaró Ronald Day, presidente de Entretenimiento y Estrategia de Contenido de Telemundo. "El tan esperado evento internacional muestra la diversidad en nuestra cultura, al mismo tiempo que reconoce a mujeres que han impactado positivamente en sus países y han ayudado a empoderar a otros".

"Miss Universe y Telemundo han mantenido una relación de décadas y es simplemente, una asociación increíble", señaló Paula Shugart, presidenta de la Organización MISS UNIVERSE® y productora

ejecutiva del programa. "Telemundo ha tomado con éxito la transmisión de Miss Universe y la ha convertido en un gran evento con amplia cobertura sin precedentes en sus múltiples plataformas y programación, obteniendo formidables índices de audiencia. Espero que esta relación continúe creciendo en los próximos años".

Además de la transmisión en vivo, los fanáticos de MISS UNIVERSE® podrán disfrutar de contenido exclusivo del certamen en los programas de entretenimiento, además de las plataformas digitales y sociales de Telemundo antes y durante el evento principal. Los televidentes pueden unirse a la conversación siguiendo @Telemundo en Facebook, Twitter, e Instagram.

NBCUniversal Telemundo Enterprises lidera la industria de los medios en la producción y distribución de contenidos en español para los hispanos de Estados Unidos y las audiencias del mundo entero. La compañía sirve a los hispanos de Estados Unidos a través de su cadena nacional de televisión, la cadena de cable Universo y plataformas digitales que incluyen la aplicación Telemundo y servicios de streaming, como Peacock, entre otros. La cadena Telemundo ofrece contenidos de entretenimiento, noticias y deportes en español que llegan al 95% de los hogares hispanos de Estados Unidos en 210 mercados, a través de 30 emisoras propias y 61 estaciones afiliadas. Telemundo también es propietaria de una emisora independiente en Puerto Rico. Telemundo es el hogar exclusivo en español para los Esta-



dos Unidos de los dos eventos deportivos más populares del mundo, la Copa Mundial de la FIFA y los Juegos Olímpicos, así como de la Liga Premier y del equipo de fútbol mexicano las Chivas. Telemundo Global Studios, la productora número uno de contenidos de ficción en español en Estados Unidos, incluye Telemundo Television Studios, Telemundo Streaming Studios y Underground Producciones. Tplus, la nueva marca de contenido de Telemundo en Peacock, presenta programación desarrollada para todo el espectro de Hispanos. NBCUniversal Telemundo Enterprises es una división de NBCUniversal, una subsidiaria de Comcast Corporation.

La Organización MISS UNIVERSE® (MUO) existe para

abogar por un futuro forjado por mujeres y bueno para todos. Es una comunidad global que apoya a las mujeres para alcanzar sus metas a través de experiencias que construyen confianza en sí mismas y crean oportunidades para el éxito. Sus programas proporcionan una plataforma internacional para lograr un cambio positivo a través de esfuerzos humanitarios y profesionales que influye a 10,000 mujeres que participan anualmente. Las delegadas y ganadoras del título son líderes y modelos de vida a seguir en sus comunidades; desarrollan metas personales y profesionales, e inspiran a otros a hacer lo mismo. Para más información, visite

www.missuniverse.com.

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Freeze water bottles at night to carry in day (@lostwanderfound)

Keep a wet bandana or wet wipes for your neck (@PuroPincheSA)

Cold foods, try watermelon with salt (@UptheTwerx)



CRASH AT A COOLING CENTER

Many libraries and community centers double as Cooling Centers during dangerous heat. VIA offers free rides to and from cooling centers while they are operating. The buses themselves can serve as a safe spot to cool down.

Download the VIA app or call (210) 362-2020 for assistance.



CONOZCA SUS DERECHOS TRABAJADORES

La ley federal exige a los empleadores que protejan a los trabajadores del calor extremo proporcionándoles:



Agua, descanso, sombra

Formación en materia de prevención y planes de emergencia

Descansos más frecuentes para los trabajadores más nuevos

Vigilancia de los trabajadores para detectar signos de enfermedad

KNOW YOUR RIGHTS WORKERS!

Federal Law requires employers to protect workers from extreme heat by providing:



Water, rest, shade

Prevention training and emergency planning

More frequent breaks for newer workers

Monitoring workers for signs of illness.

AGOTAMIENTO POR CALOR

Puede convertirse en una insolación.

Sudoración intensa

Sed

Mareo

Náusea



Trasládate a una zona más fresca, aflójate la ropa y refréscate con agua o hielo para evitar que el estado empeore.

INSOLACIÓN

LLAMAR ALL 911 Puede llevar a la discapacidad o a la muerte sin la ayuda de los médicos.

Confusión

No hay sudor



Pérdida de conciencia

HEAT EXHAUSTION

Can develop into heat stroke.

Heavy sweating

Thirst

Dizziness

Nausea



Move to a cooler area, loosen clothing, and cool with water or ice to prevent conditions from worsening.

HEAT STROKE

CALL 911 Can lead to disability or death without medical assistance.

Confusion

No sweat



Loss of consciousness

OTROS RECURSOS

Asistencia con la factura de CPS Energy: (210) 353-2222 (CPS Energy); o (210) 335-6770 (Condado de Bexar)

Asistencia con la factura del Sistema de Agua de San Antonio: (210) 704-7297 (SAWS) o (210) 207-7830 (Centro para Familias Trabajadoras de la Ciudad de San Antonio)

Climatización del hogar, asistencia para los servicios públicos, y más: (210) 477-3275 (Bexar Area Agency on Aging)



DECELERATION.NEWS/EXTREME-HEAT-GUIDE

ESCANEARME

OTHER RESOURCES

Assistance w/ CPS Energy bill: (210) 353-2222 (CPS Energy); or (210) 335-6770 (Bexar County)

Assistance w/ San Antonio Water System bill: (210) 704-7297 (SAWS) or (210) 207-7830 (City of San Antonio Center for Working Families)

Home weatherization, utility assistance, and more: (210) 477-3275 (Bexar Area Agency on Aging)



MORE AT DECELERATION.NEWS/EXTREME-HEAT-SURVIVAL-GUIDE

Richard Arredondo: Latino Artist Captures Tejano History in His Art

By RICARDO ROMO, PH.D

Richard Arredondo's art gained international visibility following a commission by the City of San Antonio in 2021 to provide his art as official gifts to sister cities in China and South Korea. The Alamo City has friendship agreements with eleven sister cities. Monterrey, Mexico became the first Mexican City in 1953 to seek a US Sister City and chose San Antonio, Texas. Over the next two decades, ten additional foreign cities followed suit.

A Sister City relationship with Kumamoto, Japan established in 1987 proved significant in cultivating Japanese Toyota business officials interested in building a Toyota plant in the United States in the early 2000s. Toyota built its first American plant in San Antonio in 2006 and today manufactures 208,000 cars and trucks per year.

Richard Arredondo grew up in Tobin Hill, a residential community near Brackenridge Park and the Pearl Brewing Company. His father, Luciano Arredondo, a native of San Antonio, worked for the Coca-Cola Bottling Company where he learned to drive stick-shift trucks and later drove similar vehicles in France during World War II. After the war, he continued to work at Coca-Cola for the next thirty years. In addition, Mr. Arredondo supplemented his salary through secondary jobs. His evening and weekend jobs included running the concession stands at La Villita Plaza Juarez. His dad's strong work ethic influenced young Richard.

His mother, Elvira Cortez Arredondo, also a native San Antonian, traced her roots to Tejano Alamo legend, Gregorio Esparza, the sole male survivor of the 1836 assault on the Alamo by Mexican forces. She worked at home full-time caring for the children and made good use of her limited free hours sewing clothes for weddings and quinceañeras, as well as baking cakes and other pastries for Latino families. When Richard Arredondo enrolled at Fox Tech High

School, he followed in the footsteps of his artistically talented older brother Luciano, a 1962 graduate. [Full disclosure: Luciano and I were good friends in high school]. Arredondo shared art classrooms with Fox Tech art legend Jesse Trevino. Fox Tech only offered commercial art classes, but Arredondo credits an exceptional teacher, Mrs. Katherine Alsup, with

providing the guidance and mentorship that prepared him for the rigorous art courses he later took in college.

Fox Technical and Vocation High School took pride in preparing students for skilled jobs. Few students graduated with plans of going to college. Arredondo was the exception. He had the full support of his family, but his parents lacked the financial re-

sources to help out. President Lyndon B. Johnson's Great Society program initially provided scholarships for low-income students.

When Arredondo graduated from Fox Tech in 1967, the U.S. Department of Education had approved providing financial aid directed to integrate formerly segregated colleges across America. Prairie View Uni-

versity, a Historically Black College located in Prairie View, Texas near Houston, offered low-income students full scholarships. Prairie View awarded Arredondo a full scholarship, but upon enrolling, he discovered that the college did not have an art department.

After a year of taking all his basic education courses, he applied for a transfer to UT Austin and enrolled there in the Fall of 1968. UT Austin had an excellent art department. His classmates included Carolina Flores and Santa Barraza. Arredondo considers himself fortunate to have taken classes with Latin American art expert Dr. Jacinto Quirarte. He also credits the supportive guidance of famed sculptor and art professor Charles Umlauf.

Arredondo graduated from UT Austin in 1971 and moved to New York City, a city that attracts young artists wishing to test their artistic talents. He found work as a graphic artist and illustrator with numerous retail stores and the Latino magazine *Nosotras*. He left *Nosotras* when he saw an advertisement for a graphic designer with American Express Corporate Graphics on Wall Street, a job he quickly accepted. While in New York, he lived in the East Village not far from the studios of Andy Warhol.

After three years in New York City, Arredondo took the bold step of leaving New York to enroll at the University of the Americas in Puebla, Mexico. He enjoyed the creative environment there and had nearly completed his final thesis when the school closed due to a strike by the Puebla faculty. The strike disrupted his schooling at a time when he began worrying about the bills UT Austin was sending him. At that point, he returned to San Antonio where he found freelance work designing logos for local non-profit agencies, including the Centro Cultural Aztlan. He also worked as Advertising Art Director for the San Antonio Gunter Hotel.

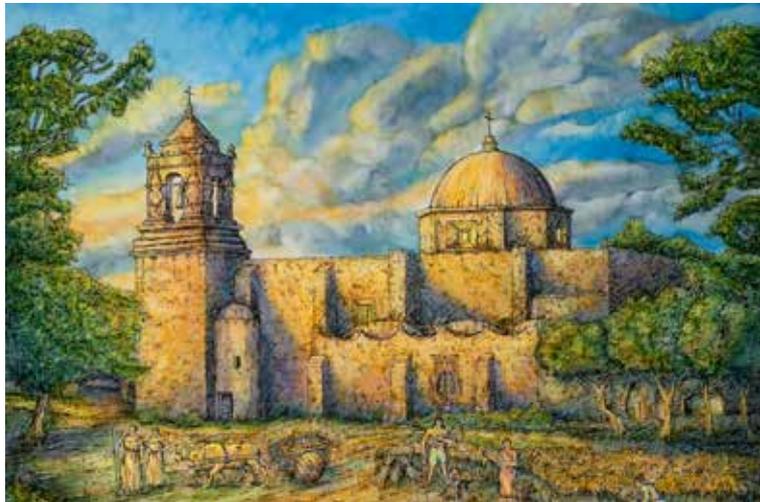
During the 1970s and early 1980s,



Richard Arredondo, Mission San Jose. Photo courtesy of the artist.



Richard Arredondo, Mission Espada. Photo courtesy of the artist.



Richard Arredondo, Mission San Jose. Photo courtesy of the artist.

Latino artists in San Antonio struggled to find steady work. Before the 1970s, San Antonio attracted few manufacturing and industrial companies which limited employment opportunities for skilled workers and talented artists like Arredondo. Over the period 1977-1984, he worked as an independent graphic design profes-

sional. His clients included the hotel and tourism industry, performing arts agencies, and cultural arts centers.

In 1984, Arredondo answered a job advertisement for an art instructor at San Antonio College [SAC]. Professor Mel Casas, one of San Antonio's finest artists and long-time SAC Art Department Chair interviewed him

and hired him in the Graphic Arts program. At this time, Arredondo also completed his Masters degree. He continued teaching Graphic Arts when the art department became the Visual Arts and Technology department. In the late 1990s, SAC promoted Arredondo to Professor and Chair of the department. From 2009-2014, Arredondo served as Professor and Program Coordinator of the SAC Communication Design program. He retired in 2014 but continues his art and design work. Arredondo began his career as a graphic designer and illustrator, and over the past forty years, he has developed a unique artistic process that he utilizes for works such as the commissioned Mission Series that the City of San Antonio bought for the Sister Cities program. Arredondo uses a variety of mixed media including digitized line art and oil-based marker wash which he executes in a distinct line technique that emanates a characteristic lithographic quality.

Arredondo's commissioned work requires an extensive creative process. He begins with a visit to the selected site under study where he sketches a structure or landscape on a sheet of tracing paper. He also takes photographs of his subject matter to accurately capture intricate details. He returns to his studio and using a Rapidographpen, he refines and transfers the image onto Mylar, a special plastic-like film. The near-finished product is then professionally photographed into a digital

Mylar print where the oil-based markers and pastels are added to complete the piece.

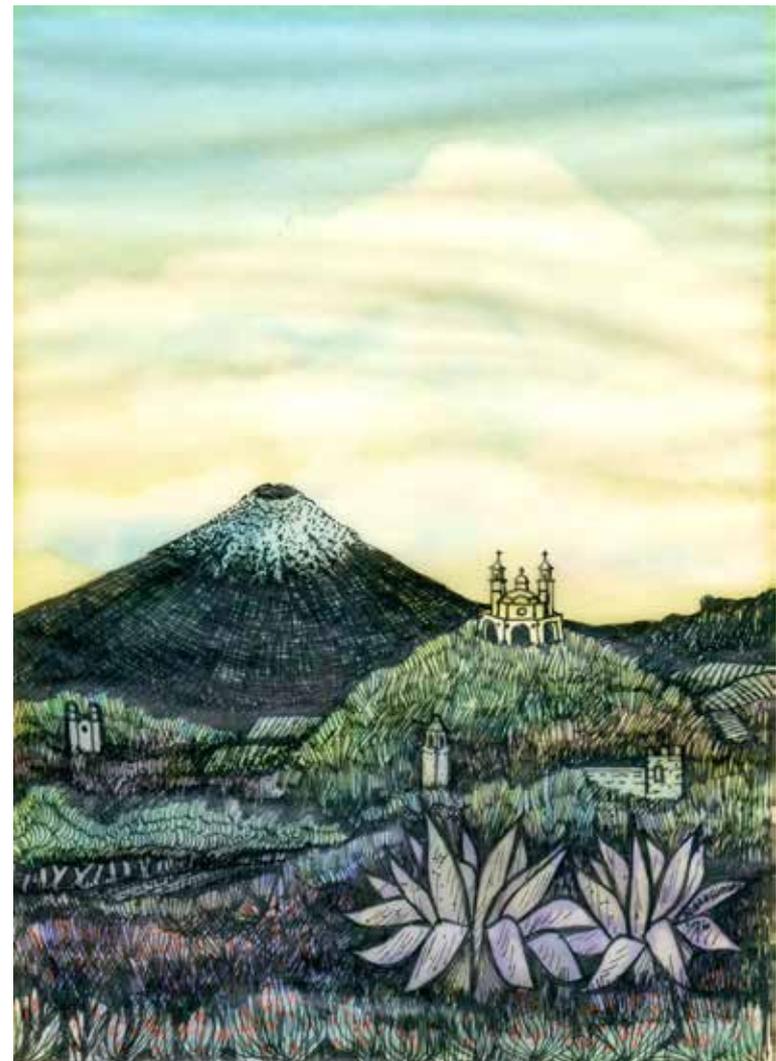
His application of radiant colors demonstrates a clear consciousness of the fluctuating potency of light. He intends his art to express a "mystical, spiritual surrealism" that adds to life's "visual language." Arredondo's

decision to illustrate the San Antonio missions and his earlier work on churches in Mexico reflect what he refers to as his "Catholic bond."

Arredondo is immensely talented and his artworks are well-executed. The Latino art community looks forward to a retrospective show of Arredondo's nearly fifty years of artistic creations.



Richard Arredondo on the rooftop of his New York City apartment building in the East Village. Photo courtesy of the artist.



Richard Arredondo, Cholula, Mexico. Photo courtesy of the artist.



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Cardenales Campeón De Campeones

Por Sendero Deportivo

Cardenales del timonel Nacho García y el coach Efrain Cruz Franco (ambos jugadores activos), ante Texas Jay's ganaron el banderín de Campeón de Campeones 2023 en Liga Abierta dominical Potranco con sede en el estadio Potranco Baseball Field que preside Simón Sánchez y es propiedad del artista Eloy Rocha.

Cardenales con su as del pitcheo Orlando Barroso,

blanquearon 5-0 al rival Texas Jay's de John Alvarado. La premiación fue encabezada por el padrino Manuel Cisneros, quién en nombre de su familia aceptó alusivo trofeo.

"Agradezco haber sido tomado en cuenta por mi trayectoria beisbolera. Felicito a los Cardenales y Jay's", dijo Cisneros. Ex presidente de la legendaria Colt 45 Baseball League.

En resultados del circuito categoría Masters

50+, coordinado por Simón Sánchez y el scout Frank Torres, en el campo 2 del estadio Potranco, Yankees 14 Rangers SA 4.

El primera base Johnny López de Rangers, dio de 4-2 con 1 RBI. Y a la vez fue felicitado por "El Ropero" Jaime (Zurdo) Morales, con quien logró compartir el terreno de juego con los equipos Atlético y Rieleros de Juan Sánchez. López es originario de Sabinas y Morales de Agujita, Coahuila.

"Tengo la satisfacción de haber jugado con el Zurdo Morales, quién además es un gran amigo y beisbolista completo de renombre internacional", dijo López.

Zurdo Morales, recientemente fue fichado por el campeón Rieleros en categoría Masters 50+ para vestir la franela en la próxima temporada.

Astros de Pedro Espinoza doblegó 11-6 ha Rieleros, con victoria para Alfredo Obregón (6-0), y salvamento de Lee Mann. Amado

Gutiérrez, campeón pitcher actual cargo con la derrota. Reds y Broncos finalizaron empatados 5-5 carreras.

Astros con su victoria ante el campeón Rieleros se afirmó en el cuarto lugar del rol regular con marca de 7 victorias. 6 derrotas y 1 partido pendiente contra el sublider Broncos del mag-nate Roberto Garza.

Eno las fotos aparecen: Orlando Barroso pitcher de Cardenales al que guió a Campeón de Campeones

2023 Liga Abierta dominical Potranco. Manuel Cisneros Padrino de Temporada 2023 Liga Abierta dominical Potranco.

Johnny López jugador de Rangers con su buen amigo Zurdo Morales. Ruperto Ortega y Benito Martínez "El Venado" coach y manager, ambos jugadores activos de Rangers.

(Fotos de Franco).



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EN VIVO POR TELEMUNDO 60



DALLAS
COWBOYS

VS



JACKSONVILLE
JAGUARS

SÁBADO 12 DE AGOSTO
3:30 P.M.



Presa Community Center 8TH Annual



August 11, 2022
3721 S. Presa St.
9:00 am – 1:00pm

Back Pack with School Supplies Give Away
for children in Kinder to 12th grade
(Children must be present)

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- 🍷 COVID Shots
- 🍷 School Immunizations
- 🍷 Food Distribution
- 🍷 And much more.....

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COMISIÓN DE CALIDAD AMBIENTAL DE TEXAS



EJEMPLO A

AVISO DE RECIBIMIENTO DE LA SOLICITUD E INTENCIÓN DE OBTENER UN PERMISO DE AIRE (NORI)

NÚMERO DE PERMISO DE CALIDAD DEL AIRE 72563

SOLICITUD Toyoda Gosei Texas, LLC, ha solicitado a la Comisión de Calidad Ambiental de Texas (TCEQ, por sus siglas en inglés) para: Enmienda del Permiso 72563. Esta solicitud autorizaría la modificación de una Planta de Fabricación de Piezas de Plástico para Automóviles y Camiones Ligeros ubicado en 1 Lone Star Pass Edificio 31, San Antonio, Condado de Bexar, Texas 78264. Este enlace a un mapa electrónico de la ubicación general del sitio o instalación se proporciona como cortesía pública y no como parte de la solicitud o aviso. Para conocer la ubicación exacta, consulte la aplicación. <https://gisweb.tceq.texas.gov/LocationMapper/?marker=-98.53539,29.257985&level=13>. La instalación emitirá los siguientes contaminantes: monóxido de carbono, contaminantes atmosféricos peligrosos, solventes exentos, óxidos de nitrógeno, compuestos orgánicos volátiles, material particulado incluyendo material particulado con diámetros de 10 micrones o menos, material particulado incluyendo material particulado con diámetros de 2.5 micrones o menos, y óxidos de azufre or dióxido de azufre.

Esta solicitud se presentó a la TCEQ el Julio 11, 2023. La solicitud estará disponible para su visualización y copia en la oficina central de la TCEQ, la oficina regional de la TCEQ San Antonio y Torre de la Ciudad, 100 W. Houston St., Oficina de la Secretaria de la Ciudad de San Antonio, Condado de Bexar, Texas a partir del primer día de publicación de este aviso. El archivo de cumplimiento de la instalación, si existe alguno, está disponible para su revisión pública en la oficina regional de San Antonio de la TCEQ.

El director ejecutivo ha determinado que la solicitud está administrativamente completa y llevará a cabo una revisión técnica de la solicitud.

COMENTARIO PÚBLICO. Usted puede enviar comentarios públicos a la Oficina del Secretario Oficial en la dirección a continuación. La TCEQ considerará todos los comentarios públicos al desarrollar una decisión final sobre la solicitud y el director ejecutivo preparará una respuesta a esos comentarios.

REUNIÓN PÚBLICA. Puede solicitar una reunión pública a la Oficina del Secretario Oficial en la dirección a continuación. El propósito de una reunión pública es para brindar la oportunidad de enviar comentarios o hacer preguntas sobre la solicitud. Se llevará a cabo una reunión pública sobre la solicitud si lo solicita una persona interesada y el director ejecutivo determina que existe un grado significativo de interés público en la solicitud o si lo solicita un legislador local. Una reunión pública no es una audiencia de caso impugnado.

ANUNCIO DE SOLICITUD Y DECISIÓN PRELIMINAR. Además de este NORI, 30 Texas Admin. Cod. (TAC) § 39.419 requiere que esta solicitud también tenga un Aviso de Solicitud y Decisión Preliminar (NAPD, por sus siglas en inglés) después de que se determine que la solicitud está técnicamente completa y se prepare un bosquejo de permiso. **Tenga en cuenta que: La TCEQ puede actuar sobre esta solicitud sin emitir un NAPD y sin buscar más comentarios públicos o proporcionar más oportunidades para una audiencia de caso impugnado si los cambios en las representaciones en la solicitud hacen que la solicitud ya no esté sujeta a los requisitos de aplicabilidad de 30 TAC § 39.402. En tales casos, este NORI será su aviso final de esta solicitud y no tendrá oportunidades adicionales para hacer comentarios o solicitar una audiencia de caso impugnado.** Si se requiere un NAPD, se publicará y enviará por correo a aquellos que hicieron comentarios, enviaron solicitudes de audiencia o están en la lista de correo para esta solicitud, y contendrá la fecha límite final para

enviar comentarios públicos.

OPORTUNIDAD PARA UNA AUDIENCIA DE CASO IMPUGNADO. Puede solicitar una audiencia de caso impugnado si usted es una persona que puede verse afectada por las emisiones de contaminantes del aire de la instalación. Si solicita una audiencia de caso impugnado, debe presentar lo siguiente: (1) su nombre (o para un grupo o asociación, un representante oficial), dirección postal y número de teléfono diurno; (2) nombre y número de permiso del solicitante; (3) la declaración “[Yo/nosotros] solicitamos una audiencia de caso impugnado”; (4) una descripción específica de cómo se vería afectado negativamente por la aplicación y las emisiones atmosféricas de la instalación de una manera no común para el público en general; (5) la ubicación y distancia de su propiedad en relación con la instalación; (6) una descripción de cómo utiliza la propiedad que puede verse afectada por la instalación; y (7) una lista de todas las cuestiones de hecho en disputa que envíe durante el período de comentarios. Si la solicitud es hecha por un grupo o una asociación, uno o más miembros que tienen capacidad para solicitar una audiencia deben ser identificados por su nombre y dirección física. También deben identificarse los intereses que el grupo o asociación busca proteger. También puede presentar los ajustes propuestos a la solicitud / permiso que satisfagan sus inquietudes.

La fecha límite para presentar una solicitud para una audiencia de caso impugnado es de 30 días después de que se publique el aviso del periódico. Si una solicitud se presenta oportunamente, la fecha límite para solicitar una audiencia de caso impugnado se extenderá a 30 días después del envío de la respuesta a los comentarios.

Si una solicitud de audiencia se presenta oportunamente, después del cierre de todos los períodos de comentarios y solicitudes aplicables, el Director Ejecutivo enviará la solicitud y cualquier solicitud de audiencia de caso impugnado a los Comisionados para su consideración en una reunión programada de la Comisión. La Comisión sólo podrá conceder una solicitud de audiencia de un asunto impugnado sobre cuestiones que el solicitante haya presentado en sus observaciones oportunas que no hayan sido retiradas posteriormente. **Si se concede una audiencia, el tema de una audiencia se limitará a cuestiones de hecho en disputa o cuestiones mixtas de hecho y de derecho relacionadas con preocupaciones relevantes y materiales sobre la calidad del aire presentadas durante el periodo de comentarios.** Cuestiones como los valores de las propiedades, el ruido, la seguridad del tráfico, y la zonificación están fuera de la jurisdicción de la Comisión para abordar en este procedimiento.

LISTA DE CORREO. Además de enviar comentarios públicos, puede solicitar ser colocado en una lista de correo para recibir futuros avisos públicos para esta solicitud específica enviando una solicitud por escrito a la Oficina del Secretario Oficial a la dirección a continuación.

CONTACTOS E INFORMACIÓN DE LA AGENCIA. Los comentarios y solicitudes del público deben enviarse electrónicamente a www14.tceq.texas.gov/epic/eComment/, o por escrito a Texas Commission on Environmental Quality, Office of Chief Clerk, MC-105, P.O. Box 13087, Austin, Texas 78711-3087. Tenga en cuenta que cualquier información de contacto que proporcione, incluido su nombre, número de teléfono, dirección de correo electrónico y dirección física, se convertirá en parte del registro público de la agencia. Para obtener más información sobre esta solicitud de permiso o el proceso de permisos, llame al Programa de Educación Pública al número gratuito 1-800-687-4040. Si desea información en español, puede llamar al 1-800-687-4040.

También se puede obtener más información de 1 Lone Star Pass Edificio 31, San Antonio, Texas 78264-3640 o llamando a Sra. Stephanie Grelle, The Thrival Company al (512) 468-7370.

Fecha de emisión del aviso: 14 de julio de 2023

Congressman Castro Urges Veterans to File PACT Act Claims Ahead of August 9 Deadline for Retroactive Benefits

By Geneva Kropper

Congressman Joaquin Castro (TX-20) is urging all eligible veterans to file claims or submit notice of their intention to file claims under the Honoring Our PACT Act by the August 9, 2023 deadline for retroactive benefit eligibility.

The Honoring Our Promise to Address Comprehensive Toxics (PACT) Act expands health care and benefits for more than five million service members who were exposed to burn pits, Agent Orange, and oth-

er toxins during their military service. The law, which passed in August 2022, is the largest expansion of VA benefits in decades.

There is no deadline to file general claims for the PACT Act, but veterans must submit claims or notice of their intent to file claims by August 9, 2023, to be eligible for retroactive compensation dating to August 10, 2022. Veterans can learn more and apply by visiting VA.gov/PACT or call 1-800-MY-VA-411.

“Last year, I was proud to

work alongside Captain Le Roy Torres, Rosie Torres, and thousands of other advocates to get the Honoring Our PACT Act signed into law,” said Congressman Castro. “As we celebrate one year since the law took effect, I want to make sure all San Antonio veterans get the full benefits they earned. The VA is the first stop to file claims under the PACT Act, but my office is always available to help veterans and their families access the services they need.”

The Honoring Our Promise to Address Comprehensive Toxics Act:

Expands and extends eligibility for VA health care for veterans with toxic exposures and veterans of the Vietnam, Gulf War, and post-9/11 eras.

Adds more than 20 new presumptive conditions for burn pits and other toxic exposures.

Adds more presumptive-exposure locations for Agent Orange and radiation.

Requires VA to provide

a toxic exposure screening to every veteran enrolled in VA health care.

Helps VA improve research, staff education, and treatment related to toxic exposures.

Last year, Congressman Castro’s office helped San Antonio veterans get more than \$320,000 in benefits from the Department of Veterans Affairs. Constituents who need help with the VA or other federal agencies can call 210-348-8216 to speak with a member of his staff.

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PRINCESS NOKIA
DAUGHTER OF THE SEA

Special thanks to our program partners MonteVideo and the San Antonio Department of Parks & Recreation! This FREE program was made possible with support from the City of San Antonio Department of Arts and Culture, Bexar County, the Mellon Foundation, and individual donors. To learn more about supporting MACRI's programs, please visit www.somosmacri.org/donate

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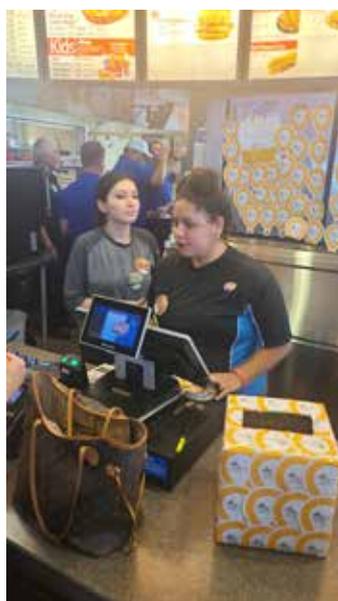
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New Braunfels Miracle Day Network Fundraiser

By Ramon Chapa, Jr.

La Prensa Texas was in New Braunfels at the Miracle Network Fundraiser! The Unicorns easily defeated the Cougars once again! Congratulations to Theresa and Juan Lopez on an incredible community event for a great cause!




MIRACLE TREAT DAY

10:30AM - 9:30PM
DAIRY QUEEN - BOTH NEW BRAUNFELS LOCATIONS

THURSDAY, JULY 27, 2023



ACTIVITIES AT THE LANDA STREET DQ LOCATION WILL INCLUDE:
25TH ANNUAL BATTLE OF THE BLIZZARDS
COACHING STAFF FROM NBHS AND CHS WILL COMPLETE 30 WASH MILES FOR CHILDREN'S MIRACLE NETWORK BY SPARING BLIZZARD TREATS. THE SCHOOL THAT WINS THE BATTLE MILES IN A HOUR WILL WIN THE BATTLE OF THE BLIZZARDS!

CHS:	VS.	NBHS
1:30pm - 2:30pm		3pm - 4pm

'23 Audi RS e



Automotive Review by Albert Flores



Are you ready to experience the sensation of electric luxury and power? Look no further than the beautiful and powerful 2023 Audi RS e-tron GT. This cutting-edge marvel combines an electrifying electric system with the renowned Audi craftsmanship, delivering an unrivaled driving experience that's bound to leave you in awe.

Step into the world of cutting-edge design with the Audi RS e-tron GT's exterior finishes. This lovely vehicle boasts an aerodynamic silhouette that exudes style and sophistication. The muscular lines blend gracefully with the distinct Audi Singleframe grille, accentuating its bold character. LED matrix headlights illuminate your path with unmatched clarity, while the sculpted rear diffuser enhances both performance and aesthetics. Available in an array of striking colors, the RS e-tron GT guarantees that you make a statement wherever you go. Inside as on the outside, Prepare to indulge your senses in the lavish interior of the Audi RS e-tron GT. Premium materials, such as supple leather and genuine carbon fiber, adorn the cabin, while meticulous attention is paid to detail enhancing every element of the experi-

ence. Sink into the bolstered RS sport seats, offering sublime support during spirited driving. The flat-bottomed, leather-wrapped steering wheel exudes a sporty ambiance, emphasizing the RS e-tron GT's dynamic nature. Audi's virtual cockpit immerses you in a high-tech digital display, providing essential information at your fingertips, plus honestly, it looks like you are commanding a starship! Get ready to buckle up for an electrifying adventure as the Audi RS e-tron GT harnesses its twin electric motors to deliver an astonishing 590 horsepower. The quattro all-wheel drive ensures impressive traction and stability, enabling you to easily conquer any road condition. The RS e-tron GT's advanced electric system optimizes power delivery and efficiency, ensuring exhilarating performance.

Gone are the days of range anxiety with your electric vehicle; the Audi RS e-tron GT boasts an impressive electric driving range that allows you to embark on extended journeys without compromise. With a full charge, this cutting-edge electric grand tourer can travel over 300 miles, ensuring that you reach your destination

with energy to spare. The rapid charging capabilities mean you can recharge the battery to 80% in less than 30 minutes, making pit stops a breeze. Safety is paramount in the Audi RS e-tron GT, with an array of cutting-edge features designed to protect you and your passengers. Audi's pre-sense technology anticipates potential collisions and prepares the vehicle accordingly, while adaptive cruise control maintains a safe distance from the car ahead. Lane departure warning and blind-spot monitoring add an extra layer of confidence, allowing you to focus on the thrill of driving. Get ready for a driving experience, you are sure to remember. Slide behind the wheel, and you'll experience an extraordinary blend of comfort and performance. The adaptive air suspension ensures a smooth and refined ride, while the dynamic handling system allows you to fine-tune the car's responsiveness to match your preferences. The RS e-tron GT's regenerative braking system captures kinetic energy during deceleration, replenishing the battery and enhancing efficiency, adding an element of sustainability to the driving experience.

Despite the sporty coupe-like



exterior, which honestly makes the car look a bit tight on the inside, the Audi RS e-tron GT generously accommodates passengers and cargo alike. The spacious cabin comfortably seats four adults, providing ample head and legroom. The 12.3 cubic feet of trunk space offer practicality for everyday errands, making it an ideal way to travel to your weekend getaways and daily commutes. You deserve to drive a car that is not only economical but brimming with luxury features that provide you with sheer opulence on the road. A panoramic sunroof floods the cabin with natural light, while the Bang & Olufsen sound system en-

velops you in an immersive audio experience. Ambient lighting sets the perfect mood for any journey, and the four-zone climate control ensures personalized comfort for everyone on board. So, I am sure you are wondering if you can afford this beauty. The Audi Prices start at a competitive yet justifiable range, from \$103,895 to \$121,690 depending on the configuration you chose. Certainly not available to everyone, but then, you work hard for your money and deserve to spoil yourself, every once in a while. Check out this stunning Audi E-tron GT at your local Audi dealership. It's going to be love at first sight.



American Heart Association®

Life's Essential 8™

→ for kids

HOW TO CONTROL CHOLESTEROL

UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and your **BODY**.

It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).¹

HDL = GOOD

High-density lipoprotein is known as “good” cholesterol.

LDL = BAD

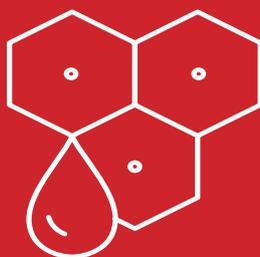
Low-density lipoprotein is known as “bad” cholesterol.

High triglycerides = BAD

Triglycerides are a source of energy for the body, but too much can raise the risk of heart disease and stroke.³

HDL helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke.

heart.org/cholesterol



SCREEN FOR HIGH CHOLESTEROL

Children with high cholesterol are usually healthy and have no symptoms. The only way to know if your child has high cholesterol is to be screened. Kids should have their cholesterol checked at least once between 9-11 years old and again between 17-21 years old.⁶

Learn more at heart.org/lifes8



TIPS FOR SUCCESS

EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates (e.g. white rice, white breads, pastries) and highly processed foods (e.g. chips, packaged soups, sweets).²

MOVE MORE

Physical activity helps improve cholesterol levels.

KNOW YOUR FATS

The fats in food you eat can affect your cholesterol levels. Replace saturated fats (e.g. full-fat dairy products, beef, pork) with unsaturated fats (e.g. avocados, nuts, fish).⁴

NO SMOKING OR VAPING

Smoking lowers good HDL cholesterol. It also raises your risk of heart disease.⁵

TAKE MEDICATION IF DIRECTED

Some children with very high cholesterol should take medication to control their cholesterol levels and prevent heart disease. Talk to your child's health care professional.⁶

¹American Heart Association, What is Cholesterol, <https://www.heart.org/-/media/Files/Health-Topics/Cholesterol/What-is-Cholesterol.pdf>

²American Heart Association Diet and Lifestyle Recommendations, <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>

³American Heart Association, What is Cholesterol, <https://www.heart.org/-/media/Files/Health-Topics/Cholesterol/What-is-Cholesterol.pdf>

⁴American Heart Association, Dietary Facts, <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/dietary-fats>

⁵American Heart Association E-cigarettes match traditional smoking in some heart risks, <https://www.heart.org/en/news/2019/11/11/e-cigarettes-match-traditional-smoking-in-some-heart-risks>

⁶Centers for Disease Control, Get a Cholesterol Test, https://www.cdc.gov/cholesterol/cholesterol_screening.htm

⁷Cleveland Clinic, High Cholesterol in Children, <https://my.clevelandclinic.org/health/diseases/12113-high-cholesterol-in-children>

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