La prensa Texas

VOL. 6 • NUM 45 www.LaPrensaTexas.com 5 de Noviembre de 2023



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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La Prensa Texas San Antonio is published once a week by La Prensa Texas Inc. San Antonio, Texas (210) 686-0600. Subscription price in the U.S.A. \$125 per year (52 issues). The opinions expressed in the editorials of this publication represent the positions and ideology of this newspaper; the opinions expressed by writers and guest columnists are not necessarily the opinions of the management staff or ownership of this newspaper; the contents of which they are solely and exclusively responsible for. Letters from our readers are welcome and will be published, subject to space availability so long as they are signed and have a proper return address. All letters will be reviewed and edited for offensive language, libel, slander, defamation, proper grammar, spelling, and accuracy, according to our style. La Prensa Texas Inc. is not responsible for advertisements that may be deceitful or fraudulent, and does not guarantee in any way the products or services offered, of which only the advertiser is responsible. All Rights Reserved. Published and printed in the United States of America.

Let's Talk About It

Life after Death

Do you believe it ends here when we die? When a person passes or has a near death experience, do you think it is real when they say they have seen

near death experience, do you think it is real when they say they have seen loved ones that have passed? Has this ever happened to you or anyone you know? Let's talk about it...

By Yvette Tello

Cathy Trznadel: "I was told that my brother, before he passed, saw our mother and our older brother who passed years before in the room and commented to his sons and wife that they were there. I find this very comforting."

Melinda Parker: "On September 4, 2023, Mom was still at home, but had hospice. I was in the kitchen, she was in her hospital bed in the living room... she woke up and asked 'is your dad still in the cemetery?' I sat next to her and asked her to repeat what she said. She asked, ' is your dad still in the cemetery?' I told her yes. She held out her arms, and said 'no, he is here with me. Can you see him?'I said "yes I can Momma", then she said "he's gone. I want to die". I held her close to me, she suddenly pulled away and said "No, I'm not ready to go yet, I still have joy in my heart", she put her hand on her heart. The next morning, she said 'I was this close to dying. I am 3/4s there' Then she slipped into a semi conscious state. We took her to Taylor Hospice House on the 5th. I had told her I would be with her until she took her last breath. On the 8th, when everyone had left for a bit, she opened her eyes. I kissed her on her lips, told her I loved her. She took her final breath in my arms. Just Momma and me..she passed at 8:16AM. It was the most beautiful bittersweet moment of my life."

Sandra Martin: "My mom also saw people we knew and my father before she passed when it was just mom and I. The gift I prayed for was to hold my mom's hand when she took her last breath. My prayer was granted. Thank you for sharing."

Mary Lou Wilson: "My mom was severely brain damaged after a heart attack and without oxygen for twenty minutes. She was between two realms and saw many deceased people. She told me about who she saw but never elaborated. I told her what happened to her and she said God didn't want me. I absolutely believe that she saw people from the other side."

Lynne Meyer: "On the day of my brother's death, he asked why there were so many people in his room and in the house. We told him they were his angels. He seemed to be satisfied with the answer. I believe this is true."

Geraldine Carbone: "Just before my friend died he claimed to see his dead brother and yelled 'I'm not going with you!' He had a fight with him in life. Suddenly, he said 'Grandma's here with the dog!' Then he died."

Claudine Gillen: "I went into cardiac arrest twice in August 2017. While I was gone, I was watching the doctor teams work on me. I was able to tell them when I woke up 'please thank the 9 people in the room who were able to revive me'. They wanted to know how I knew how many people there were. Also, I went into a bright light and in the distance, I'm sure I saw my dad and uncle who passed years prior waving me back as if it wasn't my time yet. I could not see them clearly but enough so that I truly believe it was them. I do believe you see passed relatives when you're close to passing away and now that I lived this experience I am no longer afraid of dying like I once was."

Sally-Ann Lilley: "My Nan pointed to the ceiling a few hours before she died and said she could see her late brother and her cat. It was comforting."

Danny Stojcevski: "I was clinically dead for a few minutes and when the paramedics brought me back to life, I remember them asking me if I saw Jesus or anything. To be honest, I replied that I did not. I saw nothing. True story, but for a moment I felt myself fighting death. It was dark and I could hear people talking in the room around me. I could still use my brain but not my body. I believe there is another side, whatever you want to call it. Never give up and may God, Allah, Buddha, your higher power let you all live long and healthy lives and when that day comes, may it be quick and painless.'

Chrystal Ellerbee: "Before my husband passed, he was in an extended care hospital. One morning when I got there, he told me he saw his dad, who had already passed about 12 years before. He said that his father told him he would be seeing him soon. He said he talked to his grandfather. He passed away about a month later."

Carol Tennyson: "When my husband was dying, he saw his Mother who died in childbirth with him. He also saw my father and our dogs."

Richard Andrews: "My wonderful partner passed away 3 years ago on a Sunday. Days later she re-appeared in the evening. She just stood there. I was astounded. The scene behind her was where she came from. I know it well. I repeated her name and she was gone. My conclusion is she departed too soon and came to say goodbye. I believe she will wait for me."

Black Sheep: "I've spoken to many health care people who work in hospitals and senior homes. They've all seen this. However, they are not allowed to talk to anyone about it or they risk losing their positions."

Diana Smith: "My Mother, just before she died, had been in a coma for days but started to reach up with her arm to the ceiling. I would put her arm down. She would raise it back up and keep it up for hours till she died a few hours later."

Charlie Hill: "I'm sure this is comforting. But the human mind wanders all over the place. We know this from our dreams which take random pieces of information and try to make sense of it as we sleep. My father passed 4 years ago at 91, he would ramble occasionally in the days prior. He was lucid up to the end, but he 'saw' soldiers marching in the distance (he was in the army in his youth) and he'd say things randomly. Personally I believe it was just memories being brought to the surface."

Libbie Marshall: "During my near death experience I saw 10 of my closest family members with my mom in the dead."

About the Cover Artist: Joao Quiroz

By Dr. Ricardo Romo

Joao Quiroz (Zacatecas, Mexico 1980) explores the interior language and the landscape, expressionism and impressionism. He trained as a graphic designer and adopted painting as a means of expression 20 years ago, he has toured the most important squares in Mexico, he traveled to Italy and now in Texas, EU, he leaves his stamp on images that belong to the culture and the way of life in his present, the portrait of society as a time capsule turned into painting.







Hello everyone, a big thank you to Rudy's BBQ and American Legion for teaming up with WAA Ft Sam Houston cemetery for an event on 11/04/2023. Tickets on sale now.

Rudy's will be serving their famous BBQ, American Legion will have entertainment with a DJ, live band and many more.

Options are:

- 1. BBQ plate pickup only, no dance 15.00 dollars.
- 2. BBQ plate and dining in for music and entertainment
- 20.00 dollars.









Escareño Family Celebrates Matriarch Angelina at 90

Mass at San Fernando Cathedral siding then followed by a dinner in adjacent Plaza De La Cruz, some 80 family members gathered to toast Angelina Fernandez Escareño on her 90 th birthday.

Mrs. Escareño was born on October 31, 1933 in San Antonio to Cecilia Guerra Fernandez and Miguel Fernandez Sr. The Guerra Family centered around Bergs Mill in South Side San Antonio and the Fernandez Family in West Side San Antonio. Angelina is one of six siblings, Mary Alice +, Miguel Jr. +, Raul +, Robert + and Ralph, who was able to join the family dinner. In March 22, 1952 Angelina married Louis Rondan Escareño + at Christ The King Catholic Church and they were married 69 years.

Angelina has 5 children, Louis Rey Escareño, Helen Aguilar "Elizabeth Escareño Collazo, Michael F. Escareño and Patricia Ann Escareño. 13 Grandchildren: B.J.

Beginning with a celebratory Maldonado ,Nicholas Maldonado +, Charlie Winkler, Roy B. Aguilar with Rector Carlos Velasquez pre-, Jared R. Aguilar, Alexandra N. Villalobos ,Michael Escareño, Jr. , Jeffery Cervantes

> Stacee Rae Cervantes, Eddie Collazo, Jr., Tabatha Ann Mireles ,Luke Anthony Collazo, and

Elizabeth J. Collazo and 15 greatgrandchildren: Benjamin, Arianna, Meadow, Liam, Isaiah Nicholas, Eliana Nichole, Asher, Victoria, Sophie, Charlotte, Romi, Clark, Jeffrey Wyatt, Sienna and Manu.







HAPPY BIRTHDAY NINA!







UNIVERSITY HEALTH SYSTEM

University Health Request for Proposal

University Health is requesting proposals for the solicitation listed below:

SOLICITATION #

RFP-223-08-048-SVC

NAME OF SOLICITATION

Landscaping & Irrigation

DUE DATE

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What Does The Day Of The Dead Mean To You

By Yvette Tello Photos by Dr. Ricardo Romo

"What does the Day of the Dead mean to you? Do you think it is good to celebrate this day?"

For me, the Day of the Dead, or Dia de los Muertos, holds profound significance as a beautiful and meaningful tradition. It's a day when we remember and honor our loved ones who have passed away, celebrating their lives and the lasting impact they've had on us.

In San Antonio, where I have seen this tradition evolve over the years, it has transformed from a quiet, cemeterycentered observance into a vibrant and inclusive celebration of culture, remembrance,

and community. This evolution is a testament to the power of cultural exchange and the importance of preserving and sharing our traditions.

Celebrating the Day of the Dead in San Antonio, with its colorful ofrendas (altars), sugar skulls, marigold flowers, and lively parades, is a wonderful way to embrace diversity and strengthen bonds within our community. It's a time when we come together to share stories, to cherish the memories of those who have left us, and to appreciate the cycle of life and death.

This tradition is not just about mourning; it's about celebrating the legacy and continuing the connections we have with our dearly departed. Through Dia de los Muertos, we find comfort in knowing that their spirits are never truly gone as long as they live on in our hearts and memories.

So, yes, I believe it's good to celebrate this day, and I'm grateful that it has become such a popular holiday in San Antonio. It's a reminder that, even in the face of loss, there is a powerful and beautiful way to honor the past and embrace the present, as we come together as a community to celebrate and remember those who have touched our lives.







Los Spurs Tienen Apoyó De Sus Fans

Por Franco

La base de seguidores de los Spurs sigue firme dándoles su apoyó. Esto se vio durante el primer partido de latemporada regular NBA 2023-24, cuando más de 18 mil espectadores estuvieron presentes en recién nombrado Frost Bank Center. (Sede del pentacampeón Spurs de San Antonio), donde en la planta Plaza Level sé exhiben los trofeos Larry O'Brien NBA de la temporadas 1999, 2003. 2005, 2007 y 2014 con los respectivos y preciosos anillos conmemorativos.

Spurs bajó el timonel Gregg Popovich (Pop), debutó al novato francés Víctor Wembanyama apodado cariñosamente Wemby, ante Mavericks de Dallas logró el saqué exitoso en manos de uno de sus compañeros.

triple en la NBA y al lado de sus compañeros estuvieron adelante en la pizarra.

Mavericks dirigidos por el ex jugador Jason Kidd, al final impusieron su ley ganando el partido de cierre con marcador de 126-119, gracias al plan de juego en la ofensiva dirigida por su capitán el escolta Eslovenio Luka Doncic, quién encesto 33 puntos con 13 rebotes y 10 asistencias.

Wemby, en su debut encesto 15 unidades con 9 rebotes. Pop, inteligentemente lo estuvo enviando al ataque, y descansandolo lo cuál le dio buenos resultados en su plan de juego para un novato.

La pizarra registró los siguientes resultados durante los 48 minutos de espectacular juego.

Spurs en el primer cuarto anotaron Posteriormente encesto su primer 43 puntos Mavericks hizo 36. En el se-

gundo cuarto Spurs 25 Mavs 28. Tercer cuarto San Antonio 23 Dallas 32. Cuarto periodo Spurs 28 Mavericks 30. Total Mavs 126. Spurs 119.

Entre los miles de espectadores La Prensa Texas, entrevisto en breve al renombrado doctor Dámaso A. Oliva Jr., M.D., de 62 años de edad, quién a lis 10 años, en 1973 acompaño a su senor padre a lo qué fue su primer partido aplaudiendo a Spurs.

Con el paso del tiempo Oliva Jr., sé convirtió en Spurs Season Ticket Holder (cliente de temporada).

Lapso qué junto a su esposa la prestigiada abogada Bridgette Oliva, y su familia han disfrutado de los campeonatos de Spurs, así cómo del baloncesto profesional femenino en la WNBA con el equipo Stars de San Antonio qué fue propiedad de la empresa Spurs Sports and Entertainment (SS&E)

El doctor Oliva Jr., dijo lo siguiente. "Wemby es un jugador extraordinario para moverse sobre la cancha. Vamos a ver si jugará todos los partidos tanto en casa como de gira.

Pop, mandará en ese aspecto veremos con esperanzas qué Spurs logré ganar 40 de los 82 partidos qué garanticen clasificar a los playoffs".

Los fanáticos en cada asiento recibieron regalo alusivo con una camiseta blanca y la imagen de la mascota The Coyote, y otros emblemas culturales de la región de nuestra deportiva v cada vez más visitada región de El Álamo.

Los fanáticos aplaudieron la presentación durante ceremonia del Himno Nacional de la escolta militar JBSA Lackland USA Air Force y la presentación de la cantante local Eliotte Nicole, quién interpretó el Himno Nacional. Así cómo de las diversas promociones, entre ellas "Flying Fríes Whataburger", en la que animo el evento The Coyote. HEB Parachute Drop. Y la espectacular actuación del Mariachi Los Soberanos qué cantaron populares temas bravios del género ranchero mexicano.

En las fotos aparecen: Wemby en el saqué del balón contra Mavericks. Dr. Oliva Jr., y su esposa Bridgette y Wemby calentando.

Frost Bank Center. Y la promoción Horse Racing animada por The Coyote (Fotos de Franco).









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Wed, Dec 6, 2023 ★ 7 am - 3 pm ★ Freeman Expo Hall ★ San Antonio, TX

Visit our website for all the details, presenters & schedule: www.Bexar.org/smwbe

Breakfast Program - 7:30 - 9:00 am **TOPIC: Growing Your Business Market - Federal Opportunities & Resources**

BREAKFAST

KEITH W. WILSON

U.S. Army (Ret.) -Executive Director Bexar County Military & **Veterans Services Center**



BREAKFAST SPEAKER

TED JAMES

Region VI Administrator South Central Region, SBA



State Panel (Hall A) - 10:00 - 11:00 a.m

TOPIC: Updates on the Texas Historically Underutilized Business (HUB) Program and Opportunities

MODERATOR: Texas Statewide HUB Program

Texas Department of Transportation (TxDOT) PRESENTERS:

Texas Department of Information Resources (DIR)

Texas Facilities Commission (TFC)

Texas Health & Human Services Commission (HHSC)

Lunch Program - 12:00 to 1:30 pm (Exhibit Hall closed during the luncheon) TOPIC: San Antonio Airport's Terminal \$2 Billion Development Program -**Upcoming Business Opportunities**



GREETINGS: San Antonio Mayor Ron Nirenberg



REMARKS: Rudy D. Garza **CPS Energy**



REMARKS: James Josey rocurement



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MARY HERNANDEZ

District Director San Antonio Office U.S. Small Business Administration



LUNCH **KEYNOTE SPEAKER**

JESUS H. SAENZ JR.

Director, San Antonio Airport



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Celebrating Day of the Dead in San Antonio, Texas

By Dr. Ricardo Romo

Dia de los Muertos or Dav of the Dead is celebrated on November 1st and 2nd by Mexicans wherever they live. It is one of Mexico's most colorful holidays and an important day of festivity in U.S. communities with large Mexican-American residents. The celebration is based on the belief that during these two days, "the souls of the dead awaken and return to the living world to feast, drink, dance, and play music with their loved ones" [History. Com Editors].

Dia de los Muertos has been celebrated in Mexico for centuries although Mexican scholars are divided on the question of when this tradition started. Some historians

date the celebration to the Olmecs and Aztecs. Several pre-Colombian scholars credit the 14th-century Aztec Queen Mictecacihuatl, a ruler of the underworld, as the initial protector of the dead. The Aztecs believed that Mictecacihuatl returned annually to grave sites during the corn harvest period to make certain that the bones of the deceased were protected.

The Aztec Queen's visit was celebrated with ofrendas [offerings], dances, and the preparation of special foods such as pan de muerto or atole [corn cereal]. On those celebratory days, the dead were thought to be awakened from their eternal sleep by the presence of family and friends, the scent of food, and the coveted smell of marigold flowers. Music and candles also contribute to the awakening.

Aztec art and artifacts sug-



Johnny Hernandez's La Gloria Restaurant. Photo by Ricardo Romo.

gest that Nahualt-speaking ancestors may have practiced celebrations of the dead in the centuries before they migrated to the interior of Mexico where they founded the Aztec capital. The Spanish conquistadors who arrived in the Aztec capital in 1519 found evidence of art and sculptures demonstrating that the Aztecs believed in the underworld and honored ancestral gods who ruled in that world.

Some Mexican historians question the Aztec origin of Dia de los Muertos and argue that the Spaniards introduced their Catholic observance of All Saints and All

Souls Day to Mexico in the aftermath of the conquest of the Aztecs in 1521. These two Catholic holidays are traditionally celebrated on the first two days of November. Mexican historian Elsa Malvido. founder of the institute's Taller de Estudios sobre la Muerte, completely discards an Indigenous origin arguing that the tradition can be fully traced to Medieval Europe [5th to 15th

centuries] and Spain. Malvido notes that in the centuries before the conquest of Mexico, Catholics in Southern Europe constructed altars for the dead and placed offerings of sweets in the shape of skulls and bread in the shape of bones on their altars.

When it comes to an annual traditional observance that includes food, drink, music, and dressing up like skeletons, the origins debate seems to matter very little. My wife and I attended one very joyful Dia de los Muertos celebration some years ago in Oaxaca, Mexico where we followed the processions and visited several large cemeteries at midnight. The cemetery reunion is special. Families gather at the gravesite, usually with elaborate marigold flower decorations and the favorite drinks and foods of those they honor. Most families sat around the gravesite visiting, singing, and eating. Friends passed by to greet the family members and offer memories of the dead. Candles were lit. and

drinks such as tequila, pulque, and beer were carefully placed around or on top of the graves of deceased adults. Drawings, favorite toys, papel picado, and photos decorated the gravesites of children and adolescents. Many chose to share their drinks with the expected spiritual visitors. Pan dulce, other treats, and favor-

ite dishes were also included.

Today's broad public celebrations of this event have relatively recent origins in the United States. For 250 years, the Day of the Dead celebrations in

Spanish/Mexican Borderland communities were private and modest. Even one hundred years ago, the Day of the

Dead was a private affair, usually celebrated by faithful families wishing to remember their loved ones. Although the celebration has ancient roots, the cultural tradition is celebrated enthusiastically today by thousands in cities with large Latino populations.

U.S. Latinos' first introduction to Dia de Los Muertos occurred in the early 1970s as they began to cultivate an interest in Mexican and Chicano art. Mexican art, which gained popularity in the U.S. in the 1970s, provided Latinos with the ideal visual interpretation



La Catrina garden dedication at Rosario's Restaurant. Photo by Ricardo Romo.



Artist Hector Garza constructing his family altar at Centro Cultural Aztlan. Photo by Ricardo Romo.

of what the Day of the Dead meant to the Aztec people. The great Mexican illustrator and lithographer Guadalupe Posada [1852-1913] is credited with the popularization of imagery once employed by the Aztecs to convey deceased persons. His drawings of calacas and calaveras [skeltons and skulls] were popularized in the penny press and later incorporated into murals by the acclaimed Mexican painter Diego Rivera.

This year UNAM students in Mexico City competed for the opportunity to come to San Antonio's UNAM to construct an altar in honor of famed Mexican artist Juan

O'Gorman. Three architectural students won the competition and spent a week in San

Antonio [October 23-30] carefully constructing an elaborate altar for Juan O'Gorman who is known in San Antonio for completing the mosaic tile mural on the Convention Center. On October 26, the UNAM inaugurated the altar, a splendid artistic creation with a stunning floor painting constructed with colored rice. The Mexican students were also invited to build an altar at the San Antonio Museum of Art.

This fall, Centro Cultural Aztlan invited students from St. Anthony's High School to construct a Day of the Dead altar on the gallery's exhibit floor. The Centro's exhibition of altars included San Antonio artist Hector Garza whose elaborate altar honored

his grandparents. Students at Mark Twain, a San Antonio Bilingual Junior School, under the direction of art teacher Ms. Elizabeth Diaz, constructed an altar dedicated to artist Jesse Trevino.

Day of the Dead altars are found across the city of San Antonio and my wife and I were not surprised to see them at The Pearl and Esperanza Center. Large altars take time to build and most are placed inside to protect them from

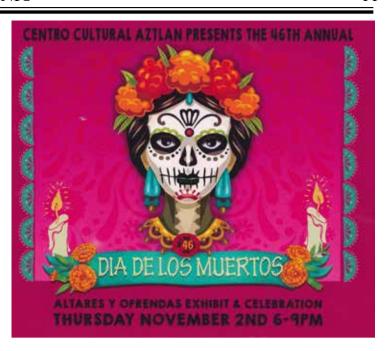
bad weather or careless admirers. The popular La Gloria and Rosario's restaurants placed attractive large calaveras and calacas in their outside spaces. Mi Tierra Mexican Restaurant in Market Square has constructed altars for many years and it is always a sure bet to see a beautiful one there.

As social media introduced this Indigenous

celebration to global audiences, more U.S. cities with large Latino populations have added Day of the Dead celebrations to their annual cultural events calendars. Local community groups incorporate adaptations of this cultural legacy to reflect links to Indigenous roots as well as contemporary experiences. The regeneration of this Day of the Dead celebration has brought growing attention to the deep and rich heritage of Latino culture in the

United States. The event offers an opportunity to celebrate our loved ones and bring family and community together.

In 2008, UNESCO recognized the importance of Dia de los Muertos by adding the holiday to its list of Intangible Cultural Heritage of Humanity. Today the world knows more about this holiday because of the immensely successful Disney movie Coco.



Invitation to Dia De Los Muertos Event. Centro Cultural Aztlan. Photo by Ricardo Romo.



UNAM students from Mexico City constructing Juan O'Gorman's altar at UNAM San Antonio. Photo by Ricardo Romo.

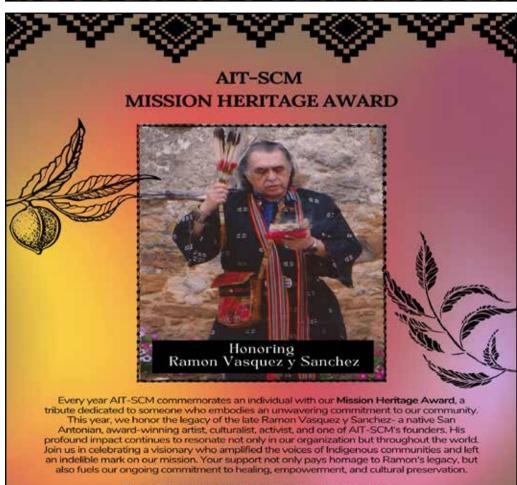


St. Anthony School altar at Centro Cultural Aztlan.

Photo by Ricardo Romo









Para Pacientes de Medicare & Medicare Advantage

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San Antonio celebra la llegada de Salud VIP y la apertura de sus clínicas, especializadas para pacientes de Medicare y Medicare Advantage

Su compromiso inquebrantable con el bienestar, tiempo dedicado y el cariño que brindan a sus pacientes, los ha transformado en la elección preferida de muchos. Convirtiendo a SaludVIP en un nombre de confianza y preferencial en las comunidades de adultos mayores de la Florida. Hoy, estamos emocionados de compartir la noticia de que esta atención médica ha cruzado Estados y está abriendo sus puertas en San Antonio, Texas; con una tradición arraigada en el cuidado empático, compasivo y calidad médica de primer nivel.

Las clínicas de SaludVIP han decidido llevar su legado de excelencia y tocar el corazón de los adultos mayores en la encantadora ciudad de San Antonio. La apertura de sus nuevas clínicas representan una oportunidad para que nuestra comunidad se beneficie de una medicina preventiva y un camino hacia una Mejor Salud, porque el Bienestar de sus Pacientes es su Mayor Tesoro.

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Las clínicas de atención primaria SaludVIP San Antonio, están ubicadas en Questa Loma, Northwest, Austin Heights, South Park Plaza y Monticello Park, y todas están aceptando nuevos pacientes que hagan parte del plan de Medicare y Medicare Advantage.

SaludVIP quiere invitarte a celebrar juntos la Inauguración de sus clínicas y disfrutar de muchas actividades acompañado de música, rifas, regalos y mucho más.

Registrate ahora y reclama un detalle el día del evento 210.405.4623

- 8 de Noviembre De 10:00 am a 12:00 pm SaludVIP San Antonio Questa Loma 1575 Bandera Rd, San Antonio, TX 78228
- 9 de Noviembre De 10:00 am a 12:00 pm SaludVIP San Antonio Northwest 9355 Culebra Rd, Suite 101, San Antonio, TX 78251
- 16 de Noviembre De 2:00 a 4:00 pm SaludVIP San Antonio South Park Plaza 2305 SW Military Dr, San Antonio, TX 78224

Una Receta para una Buena Salud: Como Seleccionar un Plan de Medicare Adecuado

Humana

Por: Dr. Giri Chilukuri, Vicepresidente de Servicios de Salud, Texas, Humana

Como médico, me preocupo cuando mis pacientes toman decisiones sobre su salud y bienestar basándose en el costo de su cuidado médico y de sus medicamentos, en lugar de sus verdaderas necesidades.

Ahora mismo es un momento crítico para las más de 4.6 millones de personas en el estado de Texas que dependen de Medicare para su seguro médico. Para poder seleccionar un plan que este entre su presupuesto y que esté disponible cuando más lo necesite, es necesario evaluar sus necesidades médicas de antemano.

Aunque es imposible prever todos los problemas de salud que puedan requerir tratamiento, es importante considerar las siguientes cosas durante el Período de Elección Anual (AEP) de Medicare Advantage y el Prescription Drug Plan, que se llevará a cabo del 15 de octubre al 7 de diciembre:

Riesgos de la salud en el futuro: Además de asegurarse de que su plan cubra sus necesidades de salud actuales, consulte con su médico los posibles riesgos de salud que puedan requerir tratamiento adicional. Por ejemplo, si tiene pre-diabetes, considere la probabilidad de poder controlar la diabetes en el futuro.

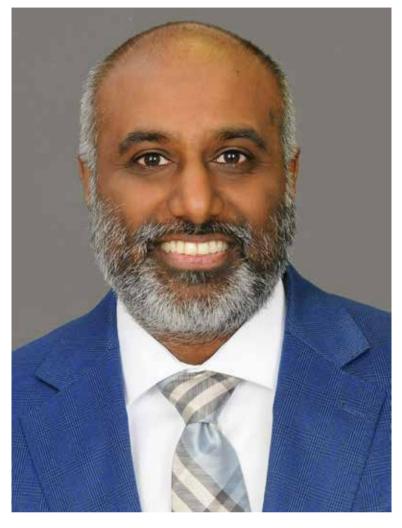
Beneficios de medicamentos recetados: La cobertura de medicamentos recetados está incluida en muchos planes Medicare Advantage, a diferencia de Medicare Original. Si prefiere Medicare Original, puede optar por un plan de medicamentos recetados independiente a través de una aseguradora privada. Al elegir sus planes, tenga preparada una lista de sus medicamentos actuales para comparar costos.

Médicos y hospitales: Si tiene un médico favorito, asegúrese de que acepte su plan para así evitar gastos adicionales por proveedores fuera de la red. Asegúrese también de comprender si el plan requiere referidos para cuidado especializado.

Otros beneficios: Considere beneficios adicionales que puedan impactar positivamente su salud y bienestar. Los planes Medicare Advantage pueden incluir cobertura dental, de visión y auditiva; programas de actividad física; transporte para visitas médicas; e incluso subsidios que ayudan a los beneficiarios elegibles a pagar alimentos saludables y otros artículos esenciales, como el alquiler y los servicios públicos.

Costos: Diferentes planes tienen diferentes costos, así que asegúrese de comprender el panorama completo al comparar planes en su área. Consulte las primas mensuales, los deducibles y los pagos secundarios por estadías en el hospital y visitas al médico. Además, preste atención a los desembolsos máximos anuales: si alcanza el límite, no pagará nada por los servicios cubiertos durante el resto del año.

Calidad: Los Centros de Servicios de Medicare y Medicaid (CMS) revisan y califican todos los planes Medicare Advantage antes del período de inscripción de cada año, para así ayudar a los consumidores a tomar decisiones informadas. Los planes se califican en una escala del uno al cinco, donde uno indica desempeño deficiente y cinco indica excelencia.



Su compañía de seguro médico es un aliado que le ayuda a obtener la atención que necesita. Si es elegible para Medicare, tómese el tiempo para investigar sus opciones y asegurarse de seleccionar el plan que mejor satisfaga su salud personal y sus necesidades financieras.

Explore sus opciones de cobertura de Medicare a través de la página Medicare.gov donde puede comparar planes y beneficios y obtener un costo estimado para cada plan. Para obtener más información, visite Medicare.gov o llame al 1-800-MEDICARE (800-633-4227) las 24 horas del día, los siete días de la semana (los usuarios de TTY deben

llamar al 1-877-486-2048). Puede obtener información sobre los planes de Humana en Humana.com/Medicare o llamando al 1-800-706-1368 (TTY: 711), de 8 a. m. a 8 p. m., los siete días de la semana, para hablar con un agente de ventas autorizado.

Información Adicional

Humana es una organización Medicare Advantage HMO, HMO SNP, PPO, PPO SNP Y PFFS con un contrato con Medicare. La inscripción en cualquier plan de Humana depende de la renovación del contrato. Cada año, Medicare evalúa los planes según un sistema de calificación de 5 estrellas.

Carbon Capture Study At The Largest Artificial Reef Pushes Past Half-Way Mark, Early Data Is Promising

By Curtis Hayungs RGV / October 18, 2023

Initial data from groundbreaking study shows carbon-capture potential

- An ambitious two-year study to determine the carbon capture potential of artificial reefs – as a possible tool to combat climate change – completes its first half with encouraging results.

"The early data that we are seeing is delivering some encouraging results, the sponges and soft corals that cover the reef do contain high amounts of carbon" said Dr. Richard Kline, Ph.D., Professor, School of Earth, Environmental, and Marine Sciences at the University of Texas Rio Grande Valley (UTRGV).

Kline's UTRGV team is leading the research. "We suspected that reefs, manmade or natural, could sequester or capture carbon. Now, initial data shows that the reef's structure, the bottom or sediment, and the biomass, fish and other marine life in the water column, is indeed capturing or trapping CO2 a known greenhouse gas, in some significant proportions."

The study, which is supported by Friends of the RGV Reef (RGV Reef) with



a grant from Enbridge, is the first of its kind. "UTRGV's research is the most comprehensive study in the world to determine the ability of artificial reefs to capture or trap carbon and maybe provide a solution in dealing with our real-life climate challenges," said Gary Glick, President, RGV Reef.

"We're excited to see that early results are encouraging, but Dr. Kline's team has a lot more work to do. They are now in the second phase of this vitally important research," continued Glick.

The groundbreaking study centers on RGV Reef, a 1,650-acre artificial reef, the largest and most complex artificial reef off the Texas coast. The artificial reef has already brought back substantial populations of fish and increased other sea life. It is located approximately 13 nautical miles northeast of the South Padre Island jetties offshore in the Gulf of Mexico, permitted through the Texas Parks and Wildlife Department. The majority of the artificial reef is constructed out of cleansed intentionallysunken vessels, concrete rail ties, and cinder blocks.

"If reefs prove to be a major force or a way to capture carbon, then this research could benefit every country in the world that has a coastline," Glick said. "As human beings, we need to look

at all the ways we can reduce emissions and capture greenhouse gases. Reefs may be an important tool in our bigger toolbox that we can use to help us achieve a cleaner and brighter future. These reefs have also been found to be instrumental in supporting sea life."

Dr. Kline said the study is entering the critical second and final 12-month phase. "The study is driven by the data we're collecting," said Kline. "During the first half, we refined our data collecting process, using some innovative techniques. The team has collected samples that are being analyzed in the lab. At the end of the study, we will publish our findings for the world to

see. We'll be able to know definitively if reefs have the ability to capture carbon in enough concentrations to have a significant impact."

FOR FURTHER INFOR-MATION PLEASE CON-TACT:

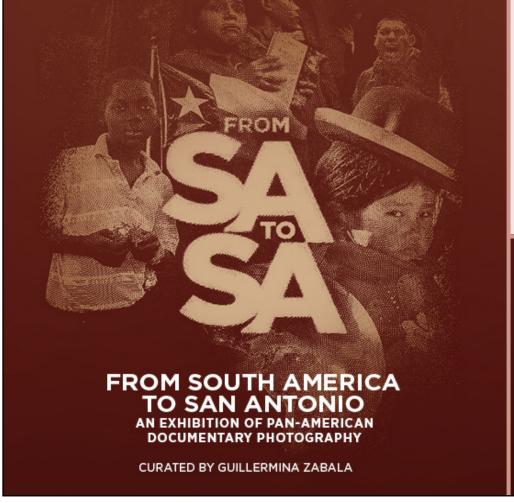
Gary Glick, President, Friends of RGV Reef

Phone: 956-624-2463 Email: Curtis@rgvreef.org

Dr. Richard Kline, University of Texas Rio Grande Valley Email:

richard.kline@utrgv.edu









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

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Astros Vs. Yankees El Clásico Masters 50+

Por Sendero Deportivo

Éste domingo 5 de noviembre con la quinta fecha, sé estará cerrando la primera vuelta en la categoría Masters 50+ temporada dedicada al lanzador derecho regiompntano José Luis Gómez "Liga Mexicana".

El presidente Simón Sánchez y el GM, el scout Frank Torres, convocan a la afición pará qué acudan a presenciar esa jornada beisbolera con tres partidos en el campo 2 del estadio Potranco Baseball Field propiedad del artista Eloy Rocha.

Rol de juegos: Broncos vs Tuzos. Reds vs Rangers y el clásico dominical Astros de Pedro Espinoza (4-0), y el campeón Yankees de Luis Velázquez [3-1]. A jugarse en el horario de las 2pm.

Resultados: Yankees blanqueo a Broncos 11-0, en lo qué el clásico entre el líder de la pasada temporada y el campeón del playoff respectivamente. Por Broncos perdió Humberto

García y Moisés Cervantes ganó por Yankees SA.

Astros 2 Reds 0, en gran partido ganado por el serpentinero derecho Alfredo Obregón (4-0).

Quien contó con el apoyó de sus compañeros el catcher Klayton Anstine, qué impulso la carrera del gane (2-0), y el tercera base Rafa López quién bateó de 3-2, con la primera carrera impulsada (1-0).

Tuzos de Johnny López con el manager Luis Ríos, y los lanzadores Hilario Álvarez (ganador), Eleazar Bocanegra (relevó), derrotaron 15-3 carreras a Rangers de El Venado Benito Martínez y el coachjugador Ruperto Ortega. La derrota fue para el popular lanzador derecho "El Mejoral" René de la Garza con relevó de Ricky Hernández.

El legendario Mencho Vargas, logró base y anotó carrera sin que la pelota saliera del cuadro. Johnny López, tuvo conferencia con su cuadro y salieron adelante con pizarra de 15-3.

En categoría Abierta dominical Potranco temporada dedicada a Franco La Prensa Texas, éstos fueron los resultados. Rieleros de JP Reza con su pitcheo y de su pitcher relevista Luis de Luna, derrotaron al Jalisco 6-1.

Reza sé apuntó 11 strikes y De Luna cerró con 10 ponches [consecutivos] Imponiendo marca de hacer 21 outs de los 27 qué conlleva un partido regular de 9 entradas, por lo qué sus compañeros hicieron 6 outes pará conservar dicha marca.

"Rieleros estamos listos pará cerrar la temporada el próximo domingo contra Piratas de Sabinas. De antemano doy las gracias a nuestros jugadores, seguidores y familiares que nos apoyaron durante la temporada", dijo el timonel JP Reza.

Cardenales 8 Águilas 1. Orlando Barroso se agencio la victoria y Juan Serrano la derrota. El manager Nacho García felicito a su jugador Adriel Labrada por su jonrón con dos compañeros a bordó. "Deseamos pronta recuperación a nuestro coach Efrain Cruz Franco, quién siempre en Cardenales ha sido gran amigo y estratega de grandes experiencias", dijo Nacho García.

Tomateros blanqueo 4-0 a Pericos. Maceteros con Jheyson Manzueta doblegaron 3-1 a Piratas, quién tuvo buen pitcheo de su as Matt Harrell. Rol de juegos domingo 5 de noviembre campo 1 estadio Potranco. Maceteros vs Pericos. Rieleros vs Piratas .Águilas vs Texas Jay's. Campo 2. Jalisco vs Cardenales. Bobcats vs Tomateros.

En las fotos aparecen. JP Reza y Luis de Luna de Rieleros. Brayan Guerrero tercera base y capitán de Piratas poniendo out al corredor Anthony Hernández de Maceteros, quien fue persegudo en tira y tira por el campo corto DeAndre Torres, el ampayer es Daniel Toledo. Eleazar Bocanegra pitcher de Tuzos. (Fotos de Franco).







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2023 Toyota Tundra





So Proud to have the Toyota plant in San Antonio, and to know that people all around the country, are enjoying this well-built truck. The 2023 Tundra is a visual feast, boasting a robust and stylish exterior that immediately commands attention. The introduction of the new SX Package on the SR5 grades enriches this allure, offering an updated appearance that is both bold and sophisticated. The package features striking Dark Gray Metallic 18-inch wheels and replaces body-color trim with black accents, achieving a modern and minimalist aesthetic. You get a choice of colors: Super White, Wind Chill Pearl, Magnetic Grey Metal Celestial Silver Metallic. Midnight black Metallic, Supersonic Red, Smoked Mesquite, Army green, Lunar Rock, and Blueprint.

The interior of the Tundra is a sanctuary of comfort and luxury, with premium materials employed across high-contact areas and attention to detail that is second to none. The black accents inside the cabin further accentuate the truck's contemporary vibe, creating a cohesive and inviting space. The Tundra is incredibly spacious, comfortably seating up to six people in its roomy interior. The CrewMax models provide ample legroom and headspace, ensuring that every passenger, regardless of where they are seated, experiences the utmost comfort.

Let me tell you if you are looking for a truck that looks good, but has the power you need, look no further. Under the hood, the Tundra is a powerhouse. It offers two formidable twin-turbo V6 engines, with the hybrid variant standing out as the most potent and efficient option. The standard



Automotive Review by Albert Flores



i-FORCE 3.5-liter twin-turbo V6 engine delivers an impressive 389 horsepower and 479 lb.-ft. of torque, promising a thrilling driving experience. The i-FORCE MAX hybrid powertrain, however, takes performance to a whole new level, offering an astounding 437 horsepower and a jaw-dropping 583 lb.-ft. of torque. This powertrain ensures that the Tundra is ready to take on any challenge, all while maintaining excellent fuel efficiency with up to EPA-estimated 20 MPG city, 24 MPG highway, and 22 MPG combined. For those who demand even more from their trucks, the Tundra doesn't disappoint. With a maximum towing capacity of 12,000 pounds and a payload of up to 1,940 pounds, it is more than equipped to handle hefty loads. Off-road enthusiasts will appreciate the slew of features designed to enhance the Tundra's off-road capabilities, especially in the TRD Pro models and 4x4 trucks equipped with the TRD Off-Road package. These features, including Multi-Terrain Select and CRAWL Control, ensure that the Tundra is as much at home on rugged terrain as it is on the highway. With a starting price that re-

mains competitive within its segment, the 2023 Toyota Tundra offers exceptional value for money. The wide array of choices, from the base SR model to the luxurious Capstone grade, ensures that there is a Tundra for every preference and budget. The inclusion of the SX Package on the SR5 grades provides an affordable option for those looking to add a touch of style and uniqueness to their truck without breaking the bank. The Tundra is a technological powerhouse, featuring the latest in safety and connectivity. Toyota Safety Sense 2.5 comes standard across all grades, providing a suite of advanced safety features that in-





cludes Pre-Collision System with Pedestrian Detection, Lane Keeping Technology, and Automatic High Beams.

The all-new Toyota Audio Multimedia system offers a seamless and intuitive user experience, with available wireless Apple CarPlay® and Android Auto compatibility, ensuring you remain connected wherever your journey takes you.

In conclusion, the 2023 Toyota Tundra stands as a testament to Toyota's unwavering commitment to excellence. It masterfully combines power, luxury, and

functionality, delivering a driving experience that is unparalleled in its segment. Whether you are navigating city streets, hauling heavy loads, or exploring off-road trails, the Tundra is ready to rise to the occasion. With its striking appearance, spacious interior, powerful engine options, and advanced technology, it sets a new standard for what a full-size pickup should be. Don't just take our word for it; experience the 2023 Toyota Tundra for yourself and discover the pinnacle of automotive innovation and design.



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