

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

Dining Out

By Yvette Tello

When I was growing up, going out to eat was a rare treat, something reserved for special occasions or a well-deserved break from the kitchen. Fast forward to today, and it seems like the tables have turned. Now, a homemade meal is considered a nice change. Eating out there is no grocery shopping, no cooking, no dishes to wash – just delicious food served to you with a side of convenience. It can also be a social experience, a chance to explore different cuisines, and an excuse to dress up and savor a night out. Which do you prefer? Let's talk about it...

Mark Lambert: “Home Dining is more relaxing and better quality!!!”

Ralph Tello: “Home cooked meals are made with love. They are the better choice for me but anytime with family and friends is a blessing.”

Joann Laque: “I would rather eat at home than any restaurants or fast food places.”

Kenneth Raymond: “Home cooked meals.”

Sally Schopp Patino: “I remember we only went out to eat after Saturday church. Sonic or 7/11 slushes. Every once in a while, Arby's. Now my family is lucky if I cook. I just don't have much time. But if we are free Saturday or Sunday I make an amazing meal.”

Laura Cardenas: “Hands down for sure it's always home cooking for me..But by Sunday we're eating out,kitchen closed lol!”

Ramon Chapa Jr.: “I always eat out. But I have a top of the line air fryer, pots and pans. But I don't know how to cook! I wish I had someone that could come to my house and cook homemade meals for me! Caldo, enchiladas, homemade tortillas, meat loaf, pot roast!”

Oscar Garza: “San Antonio's cuisine has changed in the last decade because of population growth. There is more of a diverse selection of restaurants, Thai, Sushi, Korean, Indian, and authentic Mexican. I'm sure smaller cities and towns eat more at home.”

Ralph Valdez: “Restaurant food gets boring.”

Jayanti Jaya: “It is better to eat home cooked food and to avoid alcohol. Through exercising we only burn the excess fat present in our body, but we often forget that food not only affects us physically but also psychologically. So a disciplined life is good to lead a healthy life.”

Sayan Sarkar : “You are better off eating fresh, home cooked meals for long-term health. The 80/20 principle applies to nutrition and health just as much as it does in other fields. For weight loss, or just overall health/body composition and vitals, 80% of success (or lack thereof) comes from diet and nutrition, while 10-15% comes from exercise, and the remainder comes from supplements and external factors such as smoking and other lifestyle habits. So a healthy diet, moderate exercise (primarily resistance training to maintain and/or build muscle), good supplements, and avoidance of smoking, drinking, etc will move mountains in your quest for long-term health. And in direct relation to your question, if you eat junk all the time but work out habitually, you still have 80% of the determining factor in your health (i.e. food) coming from a really nutritionally deficient place. That 10-15% benefit from lots of exercise just won't add up.”

Phil DiNuzzo: “You can develop deficiencies if you don't consume enough variety of food. Fundamentally, diet is more important than exercise assuming you have at least a minimal amount of daily activity. Strength exercise in particular will be pointless if you're not consuming enough protein, though even a fast food diet would provide far more than enough. I imagine it comes down to how badly you're eating. A "normal" bad diet is sustainable with exercise, an atrociously bad diet can have serious repercussions that no amount of exercise can overcome. Further, you can't become obese by consuming the amount of calories that you burn off during normal daily activity, even with no purposeful exercise. But you could exercise all day long and still become obese or otherwise unhealthy if your diet is atrociously poor.”

Marlene Dempster: “Empty calories will not sustain organ function, skin elasticity, digestion, etc. You really are what you eat. One may get away with a junk food diet in their teens but after that proper nutrition is key. I don't understand the either/or dilemma of the questioner as both are critical really to a long and healthy life. An example in an excellent book titled The Jungle Effect is of the Copper Canyon Indians in Mexico who still eat an indigenous, plant based diet with some meat, diet and exercise daily.”

Gerhard Walter: “In my experience, food cooked at home could be prepared to your level of satisfaction and health standard but restaurant cooked meals tastes a whole lot better. Now consider a meal cooked by a skilled

culinarian in a health conscious restaurant, I'd go for that anytime. But really it depends on what you're after; quantity in home cooked meals or the savory contentment in restaurant cooked meals.”

Sarah Clinton: “I prefer home cooked meals provided that I'm not the one who has to cook them. After 50 years of holding the title “Chief Cook and Bottle Washer” I am sick and tired of it. Homemade meals are more likely to please the palate, have less salt and sugar in them and fresher ingredients. They also have more dishes to wash, pots and pans to scrub and leftovers to deal with. Restaurant meals are often more extravagant, loaded with salt, sugar and fat, but require no labor in the kitchen before or after. A single serving reduces the chance of leftovers to store in the fridge until they become alien life forms.”

Venkateswara Swamy Swarna: “My diet restrictions, my age, my lack of transportation and my dislike of the food delivery apps (since there is really no way to get your food personalized through them unlike sitting in a restaurant), make me a poor customer for eating out or getting food from outside. So, I prefer making something simple that is within my skill level (I am not a cook and really don't know much about cooking from scratch). I am managing quite well.”

Clarisse M. : “Well... it depends on whether it is a vegetable dish or not; Home-cooked vegetables all the way. Whether the dish would be worth the effort? Fish & Chips: love it... wouldn't dream of bothering with all the cleaning afterwards. So all the way to my favorite. Whether I have necessary ingredients and/or skills and/or equipment and/or time and/or patience and/or desire to learn a new technique or dish. I don't have a pizza oven, so a pizzeria is where I go for pizza. I must confess, during Covid-19 lockdowns I made an attempt to make pizza at home. It wasn't bad, but it wasn't pizza. So my options are either making a not-a-pizza pizza at home or buying a pizza oven preferably a wood burning one or going to one of my favorite pizzerias. No-brainer here! Whether I'm in the mood to cook for myself and my loved ones, or enjoy a day out.”

Daryl Stahler: “I'd say this is as different as apples & oranges. Being that one has the skill set to cook at home, we go to restaurants for service, and food is secondary. I enjoy cooking, but there are a few things that are difficult to prepare at home, such as fresh sushi!”

About the Cover Artist: Vicente Telles

Courtesy of vicentetelles.com

Photos by Dr. Ricardo Romo

Vicente Telles is a Santero (painter of saints) and Cultural Iconographer who is driven by the desire to honor the culture and traditions of his native New Mexico. He began painting traditional retablos (saints on carved wood) using natural pigments created from clays and minerals on homemade gesso, which is then sealed with an archival varnish.

Always looking for ways to push boundaries, his style has evolved to include various reinterpretations of traditional Catholic and cultural iconography, which is evident in his social commentary retablos and his on going border culture series. His experimentation with different mediums such as textiles, high quality paper(s), found and repurposed materials are used to create more contemporary pieces.

To Telles being a Santero and Cultural Iconographer is so much more than painting; “being a Santero and Cultural Iconographer means being a teacher, a student, and an observer of tradition and maker of the contemporary.” In this way, his traditional and contemporary pieces, allow Telles to do his part in keeping his heritage and centuries of tradition alive and vibrant.

Telles’ work can be found in private and public collections both in the United States and abroad.

The cover art is from the Collection Of Harriett And Ricardo Romo.





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4 PM – 7 PM

Can-struction and citywide food drive in the heart of the City's Main Plaza

6 PM – 7 PM

Music and table prayers from multi-faith traditions & religions on the Plaza

7 PM – 8 PM

Join us inside the San Fernando Cathedral for an inclusive, multi-faith gathering of contemplation and giving in gratitude.

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2023 Veterans Parade

By Ramon Chapa. Jr.

La Prensa Texas was represented by Board Member Commissioner Tommy Calvert and Community Liaison Ramon Chapa Jr, a U.S. Army Veteran, in the San Antonio Veterans Parade! Thousands lined the streets of San Antonio to pay homage to Our Military Veterans! The pictures tell the story!





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The Alamo Colleges District is receiving sealed bids/proposals prior to 2:00 PM (CST), unless otherwise indicated, on the date shown.

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Arrancó El Primer NBA In-Season Tournament

Por Franco

Con la visión de lograr incremento de audiencia tanto en estadios cómo por televisión de cable.

El honorable Adam Silver, Comisionado de la NBA y gobernadores de los 30 clubes afiliados, decidieron incursionar en una nueva aventura de mercadotecnia en la que estarán participando los 30 equipos en lo que es la primera edición del NBA In Tournament, qué el viernes pasado arrancó con éxito y el cual concluirá con la postemporada Cuartos de Final, Semifinal y la gran final a jugarse los días 7 y 9 de diciembre en Las Vegas, Nevada.

Una ciudad sin franquicia NBA.

Lo bueno de este torneo es qué se dará seguimiento al programa del mejor baloncesto mundial. Y sobre todo los premios económicos qué se repartirán entre los juga-

dores de equipos qué logren clasificarse entre los mejores ocho teams (cada jugador recibirá su parte equitativa al lugar qué les corresponderá finalizar).

Los Spurs de San Antonio, quedaron sembrados en el Grupo C de la West Conference dónde se acomodó a Kings de Sacramento. Golden State Warriors, Timberwolves y Thunder de OKC.

Un grupo incómodo para los chicos que comanda el gran timonel Gregg Popovich.

Ya qué a la fecha registran par de descalabros ante Timberwolves de Minnesota en casa el Frost Bank Center con pizarra de 110-117. Y el visitante Miami Heat 113-118.

Cabe anotar qué las 30 plazas en sus estadios y uniformes lucirán coloridos temas alusivos a este magno evento deportivo.

Spurs éste viernes 17 de noviembre tienen el compromiso de salir adelante cuando enfrenten a los Kings de Sacramento en el horario de las 6:30 pm. Y a la vez observar qué su base de seguidores también los van a respaldar vistiendo playeras alusivas. Entre otras prendas con marca oficial obtenidas en su tienda del Frost Bank Center y en línea.

"Spurs es el equipo más joven de la temporada. Sin embargo ahí vamos adelante siguiendo el plan de juego de nuestro coach en jefe Gregg Popovich y su staff. Sé ha jugado buen baloncesto ante grandes rivales ya establecidos. Por lo qué seguimos compitiendo con todo lo qué traemos en nuestras habilidades qué seguimos desarrollando bajo la dirección de Pop y su cuerpo técnico", así

sé ha expresado el novato francés y delantero Víctor Wembanyama apodado cariñosamente Wemby.

Víctor ante los T-Wolves, tuvo de rival a su paisano el central Rudy Gobert, ha quién superó en el tablero encestando 29 puntos por 11 de Rudy.

Wemby (delantero de altura 7'3" y peso de 230 libras, con marca actual de 18.8 puntos encestados. 8.6 rebotes y 1.8 asistencias por partido) en su debut le mostró a los más de 18 espectadores que bien puede competir ante los grandes. Y contra su veterano paisano Gobert qué tiene foja de jugar en el centro con 7'1" de estatura, 266 libras de peso 11 años en la NBA. 12.7 promedio de puntos ences-

tando y 13.6 rebotes 1.0 en asistencias por partido en la temporada.

Éste torneo concluirá en Las Vegas, con incentivos económicos para equipos -jugadores- qué pierdan cuartos de final \$50,000 cada uno. Perdedores de semifinal obtendrán \$100,000 c/u. Segundo lugar de la gran final obtendrán \$200,000 c/u. Jugadores del equipo campeón de la NBA Cup 2023 recibirán \$500.000. El partido de gran final no contará dentro del rol regular NBA 2023-24. En las fotos aparecen logotipos del torneo y Wemby contra el delantero Kyle Anderson ex jugador de Spurs.

(Fotos de Franco).



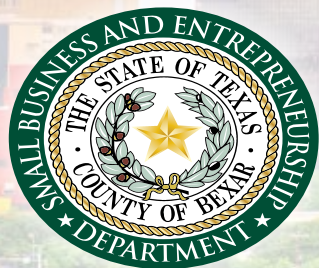
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Wed, Dec 6, 2023 ★ 7 am - 3 pm ★ Freeman Expo Hall ★ San Antonio, TX

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 MC

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

PRESENTERS: Texas Department of Transportation (TxDOT)
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
President/CEO
CPS Energy**



REMARKS:
**James Josey
Procurement
Analyst,
US State
Department**

LUNCH MC

MARY HERNANDEZ

District Director
San Antonio Office
U.S. Small Business
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LUNCH KEYNOTE SPEAKER

JESUS H. SAENZ JR.

Director,
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Guadalupe Cultural Arts Center Presents Chicano Classic Comedy Petra's Pecado Dec. 8

By Laura Hernandez Aplin

The Guadalupe Cultural Arts Center Theater Arts Program is proud to present the Chicano classic comedy *Petra's Pecado* written by Rupert Reyes and directed by Rodney Garza. *Petra's Pecado* is scheduled for six performances at the historic Guadalupe Theater from December 8 to 17. Friday and Saturday showtimes are 8 p.m. with Sunday matinees at 3 p.m.

In the rural town of Las Flores, Texas, Petra Dominguez's small tortilla factory is threatened by competitive businesswoman Tina Tamayo and her repeated underhanded and devious efforts to run her out of business. To boost morale, Petra takes advantage of a one-month free cable offer for the employee break room only to stumble onto an X-rated sight she feels she must seek confession for. When the priest hears Petra's confession, he sees an opportunity to combine her penance with a scheme to increase participation at the church.

For her penance, Petra must direct the annual play commemorating the appearance of La Virgen de Guadalupe to Juan Diego. Having directed the play for years, Tina Tamayo hates the change and sees this as a personal cross she refuses to bear. Petra's inexperience, mixed with the loyalty of her senior citizen friends and Tina's mischief, leads to almost certain disaster. Through a series of "miracles" Petra

and her friends begin to find strength in themselves and each other. Who will triumph in the end?

"We, the Guadalupe Cultural Arts Center, premiered Rupert Reyes' *Petra's Pecado* in the fall of 1995 to sold-out performances," according to Jorge Piña, GCAC Theater Arts Program Director. "It was such a big hit for us and the community that we presented this comedy as 'Back-By-Popular-Demand' the following March 1996 to 19 sold-out performances." *Petra's Pecado* has now become a Chicano classic comedy that has been presented at numerous theater companies throughout the country and has a special meaning during the Christmas Holidays, especially during Día de la Virgen de Guadalupe on December 12th.

Director Rodney Garza says of the show, "It feels like I'm returning to the GCAC for a family reunion. Not only do I get to work again with some of the original creatives from 1995-96, but I also get to work with long-time San Antonio friends who are new to this production. And as a bonus, I get to revisit with Rupert's wonderful characters from Las Flores, which have become like 'familia' to me from the years of working on Petra's productions. I hope this reunion also extends to those audience members who have requested Petra's return."

Tickets for *Petra's Pecado* are \$15 general admission and are available at www.guadalupeculturalarts.org or by calling 210-271-3151 ext 250. Patrons can also visit the Guadalupe Latino Bookstore, 1300 Guadalupe St., Tuesday to Saturday from 10:00 am to 4:00 pm to purchase tickets.

This event is sponsored by the City of San Antonio Department of Arts & Culture, a generous grant from the National Latinx Theater Initiative. A reception honoring the playwright & director will follow the Sunday, December 10th performance and is sponsored by Trinity University.

Rodney Garza is an actor, director, writer, designer, and teaching artist who resides in Moreno Valley, CA. Most recently seen as Viejo Antonio in the touring version of *Crystal City 1969*, he's collaborated with Cara Mia Theatre since 2005 and has done 24 productions for the company. His next acting project for Cara Mia, in collaboration with Soul Rep Theatre will be Jaime Chabaud's *Yanga* from January to February 2024 at the Latino Cultural Arts Center in Dallas.

Rupert Reyes is a playwright, actor, director, producer and founder of Teatro Vivo, Austin, Texas, with his partner, JoAnn Reyes. Reyes graduated from the University of Texas at Austin, Department of Theater with a certification in Theater Education. His interest in theater education and



writing has not diminished as he continues to provide playwriting workshops in area elementary schools. His work in the summers of 2013 and 2015 led to original works based on Guatemalan folk tales performed by Guatemalan children.

The Guadalupe Cultural Arts Center was founded in 1980 as a nonprofit, multidisciplinary organization. Located in the heart of San Antonio's westside, the Guadalupe is one of the largest community-based organizations in the US with the mission to cultivate, promote and preserve traditional and contemporary Chicano, Latino and Native American arts and culture through multidisciplinary programming.

**Petra's Pecado
Performance/Ticket
Information:**
December 8 & 9, 2023
8:00 PM
December 10, 2023
3:00 PM
December 15 & 16, 2023
8:00 PM
December 17, 2023
3:00 PM

General Admission
\$15
Students with ID's
\$10
Senior Citizens
\$10

Location:
Guadalupe Theater
1301 Guadalupe St. San
Antonio, TX 78207
210-271-3151

Vicente Telles: A Latino Who Preserves and Redefines New Mexican Art

By Dr. Ricardo Romo

Vicente Telles is an award-winning Santero retablo painter of saints and a highly talented portrait painter from the South Valley of Albuquerque. He is one of a few U.S. Latino artists chosen to participate in the La Malinche Exhibit created at the Denver Art Museum and traveled to the San Antonio Art Museum. His religious santos and watercolor and foraged pigments in paintings are currently in shows in Albuquerque and Santa Fe, New Mexico.

A brief reference to the santero tradition by a Mexican-American studies professor at the University of New Mexico in Albuquerque piqued his interest in this traditional Mexican and Mexican-American art expression. His curiosity about New Mexican santeros came about at the same time that he decided to leave the university in Albuquerque to work in Los Angeles.

Telles settled in Lawn-dale, a suburb south of the LA International Airport, where he found a job as a furniture maker. Telles had learned construction from his father who built his family home. At a Los Angeles contemporary metal wall art fabrication company, he worked mainly with wood products and took a special interest in the company's vast inventory of wood and metal paint products. After a few years of manufacturing work, Telles returned to his hometown of Albuquerque.



Vicente Telles, "Vecinos." Hecho Gallery. 2023. Photo by Ricardo Romo.

A self-taught artist, Telles's early exhibition of

religious santos in 2007 gave him the confidence he needed to devote himself full-time to art. His retablo on metal garnered First Place at the San Felipe de Neri Santero Market in Albuquerque in 2007. Over the next three years, he won Best of Show in Grants, New Mexico, and First Place (retablos) at the New Mexico State Fair. He has won several first-place awards at the Traditional Spanish Market in Santa Fe in the last ten years.

In writing about the 400-year artistic tradition of New

Mexico's santeros, or "saint-makers," Rosemary Diaz, a writer with the magazine *Craftsmanship*, noted that the first santeros arrived with the Roman Catholic Missionaries from New Spain in 1598. Today, New Mexican santeros keep one of the oldest living folk traditions alive. Diaz observed that "distinctions hold the craft to rigid standards, and change is slow to come. But like any living tradition, preserving it means making room for innovation." Telles is preserving the tradition as well as bringing innovation to this art form.

We met Vicente Telles in San Antonio in June of 2022 through Rigo Luna and Janelle Esparaza, co-owners of Presa House Gallery. My wife Harriett and I knew little about New Mexican art, but we both agreed that Telles was equally talented in carving wooden retablos and creating watercolor and mixed media paintings on masonite panels. For the Presa House exhibit, Telles only presented his watercolors and mixed media paintings including "Vecinos," a self-portrait in which he covered his head with a colorful pinata. Telles returned to Texas the following year

for the La Malinche exhibit at the San Antonio Museum of Art [SAMA] in August 2023. Telles was honored that SAMA designed a large banner of his "La Malinche" painting to welcome exhibition visitors at the entrance of the museum.

Last week, we traveled to Albuquerque to visit with Telles and to see the "Hecho En New Mexico" exhibit at the National Hispanic Cultural Center [NHCC]. The NHCC art gallery included a Telles wood carving, "Santa Kateri," that the NHCC purchased in 2019. Telles studies New Mexican traditional art and religious practices and acknowledged to us that he also draws inspiration from the 17th-century "Casta" painters from Mexico City. The Mexican Casta artists dealt principally with issues of identity and race. They are among the earliest individuals to popularize racial and ethnic terms such as Creole, Mestizo, Mulato, and Coyote [a mixture of Indian and Black].

In Santa Fe, we visited Telles's solo exhibit at Hecho Gallery. His creative works at Hecho were artistically done, spirited, gutsy, and unflinching. Telles presented what I would call his anonymous or incognito series. All of the works are self-portraits in which Telles represents different sectors of society with a figure's face covered with a food sack. The sack of pinto beans, he noted, gives recognition to a main Latino food substance. Latino consumer spending in

the U.S. topped 1.8 trillion dollars in 2022. U.S. Latino households consumed 1.75 billion dollars of food and beverages—more than the majority of Latin American countries.

Latinos are the largest consumers of pinto beans in North America, but Telles also noted in his conversation with us that as consumers and cultural creators, Latinos have little visibility. His anonymous self-portraits also address the traditions and values of Latino families. In several portraits, Telles wraps himself with hand-made quilts that remind him of his grandmother. He honors his mother and grandmother who used scraps of outgrown clothing to make beautiful quilts, another traditional art form.

New Mexico has one of the oldest art traditions in the U.S., and Santa Fe represents the third-largest art market in the U.S. after New York City and Los Angeles. While in New Mexico, we visited numerous museums and galleries, mostly in the surrounding neighborhoods of Santa Fe's Old Town. In the beautiful showrooms of the King Gallery, we were amazed by the collaborative art of Telles and Jason Garcia. Garcia, a Pueblo Indian, is a member of the Tewa tribe which resides in Santa Clara Pueblo. Telles and Garcia have several collaborative pieces, including a stunning free-standing wooden art retablo that features a traditional santero interpretation by Telles and at contemporary Tewa rendition by Garcia on the opposite side.

Telles and Garcia both work with traditional im-



Vicente Telles, "Cobija de Corazones." Hecho Gallery. 2023.
Photo by Ricardo Romo.



Vicente Telles, "El Consumido." Courtesy of Hecho Gallery. 2023.
Photo by Ricardo Romo.

agery but still creatively manage to insert a blend of modernism in their art. Garcia learned Tewa art traditions from his paternal and maternal family members who were all artists—potters, painters, and jewelers. Garcia's art, however, reflects the influence of modern heroic figures such as "Warrior Maiden Muse," a powerful Wonder Woman-type Indian figure. Telles's retablos reflect his talented woodworking skills in the construction of the free-standing frames that display his paintings known for their modernistic interpretation of retablos. These two artists contribute significantly to preserving traditional art forms while reflecting the younger generations' experiences.



Jason Garcia with Vicente Telles, "Warrior Maiden Muse." Courtesy of King Gallery. Photo by Ricardo Romo.



Vicente Telles, "Santa Kateri." National Hispanic Cultural Center. 2019. Courtesy of the artist. Photo by Ricardo Romo.



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Conviva Care Center Amplia su Presencia en San Antonio

CONVIVA Care Center



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

SAN ANTONIO – Conviva Care Center está aumentando su presencia en San Antonio, brindando a más adultos locales de 65 años acceso al enfoque personalizado y respaldado por equipos de atención médica de Conviva.

Los centros de atención primaria para adultos mayores, anteriormente operados por Cano Health, ahora forman parte de Conviva Care Center, uno de los proveedores de valor agregado y atención médica centrada en adultos mayores de más rápido crecimiento en el país. Junto con su marca afiliada, CenterWell Senior Primary Care, estas empresas forman parte de la Organización de Atención de Primer Apoyo de Humana, brindando atención a más de 285,000 adultos mayores en casi 300 centros. Los centros están abiertos ahora en 15 estados, con planes de agregar de 30 a 50 nuevos centros por año hasta 2025.

"Estoy emocionado de liderar esta expansión de Conviva Care Center en San Antonio, porque realmente creo en nuestro modelo único de atención donde podemos ayudar a nuestros adultos mayores a disfrutar de una mejor, más feliz y más saludable calidad de vida", dijo Wes Smith, Presidente de Mercadeo en San Antonio. "Nuestros médicos y profesionales adelantados junto con nuestros equipos de atención integrada la brindan amplia y holísticamente. Estamos comprometidos a abordar todos los factores que afectan la salud y el bienestar de nuestros pacientes y la comunidad de adultos mayores. Espero expandir ese nivel de atención y una experiencia primaria para ellos aquí".

Según Smith, Conviva adquirió seis centros de atención primaria en San Antonio de Cano Health.

"Algunos centros están cerca de ubicaciones existentes de Conviva", dijo. "Nuestra estrategia general es atender a nuestra po-

blación actual de pacientes adultos mayores y expandir nuestros servicios a nuevos pacientes adultos mayores en nuestras comunidades. Esperamos integrar y unir algunas ubicaciones y mantener algunos centros en sus ubicaciones actuales. Nuestra estrategia significa centros aún más convenientes y accesibles para nuestros pacientes y la comunidad".

Las ubicaciones de Conviva Care Center cuentan con médicos, profesionales adelantados (enfermeros practicantes y asistentes médicos). Los pacientes tendrán acceso a especialistas en salud mental, farmacéuticos clínicos, coordinadores de equipos de atención, trabajadores sociales y especialistas de referencia que han sido especialmente capacitados para tratar a la población de adultos mayores. Además, Conviva no limita a los especialistas que ven los pacientes; si están en la red de los planes de salud de los pacientes, Conviva puede trabajar con ellos.

Los profesionales de Conviva se centran en la salud integral de la persona y tienen experiencia en el tratamiento y manejo de un espectro completo de condiciones, desde agudas hasta sub-agudas y crónicas, dijo Vivian Ayoub, M.D., Directora Médica de Mercado, Conviva San Antonio y CenterWell Rio Grande Valley.

"Los adultos mayores de Texas merecen un proveedor de atención primaria que trabaje diligentemente para conocerlos", dijo la Dra. Ayoub. "Debido a nuestra atención integral a la persona, podemos pasar hasta un 50% más de tiempo con cada paciente cada vez que vengan, lo que es de dos a tres veces más largo de lo que pueden estar acostumbrados en consultorios médicos tradicionales. Nuestros equipos de atención integrada saben que los adultos mayores a menudo lidian con una variedad de necesidades físicas, sociales y emocionales, todas las cuales afectan su salud general. Trabajamos para abordar cada uno de los factores que contribuyen al bienestar de un paciente".

El rango de servicios extendidos en Conviva Care Center completamente enfocado en satisfacer las necesidades particulares de los adultos mayores incluye:

- Citas más amplias;

- Sillas especiales que se convierten rápidamente en camillas de examen;

- Básculas para pesar, habilitadas para sillas de ruedas y otras características para ayudar a aquellos con problemas de movilidad;

- Experiencias convenientes y completas para el paciente adulto mayor;

- Recursos para transporte y asistencia financiera y de vivienda;

- Centros de actividad que ofrecen educación y sociabilidad.

Los centros también brindan educación sobre la salud y servicios de bienestar de valor agregado en su lugar y en los vecindarios para ayudar tanto a los pacientes como a los miembros de la comunidad a mejorar su salud. La mayoría de las instalaciones de Conviva incluyen centros de actividad para todos los adultos mayores locales, no solo para los pacientes.

Las ubicaciones de Conviva en San Antonio aceptan pacientes que tienen Medicare Original, así como los siguientes planes de salud de Medicare Advantage: Aetna, Amerigroup/Wellpoint, Blue Cross Blue Shield, Cigna, Humana y Wellcare/AllWell.

Para obtener más información sobre Conviva Care Center, visite ConvivaCareCenters.com.

Acerca de Conviva

Conviva es parte de CenterWell, una empresa líder en servicios de atención médica centrada en adultos mayores que se enfoca en crear experiencias integradas y diferenciadas que ponen a nuestros pacientes en el centro de todo lo que hacemos. El resultado es una atención médica de alta calidad que es accesible, integral y, sobre todo, personalizada. Como el proveedor más grande de atención primaria centrada en adultos mayores, Conviva es uno de los principales proveedores de atención médica domiciliaria y un destacado servicio integrado de entrega a domicilio. CenterWell esta enfocado en la salud completa y dirigida al bienestar físico, emocional y social de nuestros pacientes. CenterWell y Conviva son partes de Humana Inc.

Resident Relocation Assistance Program

Eligible renters experiencing financial hardship or housing instability can apply for financial assistance to cover reasonable moving expenses in San Antonio.*

*Applying does not guarantee assistance. Qualifying households must meet income at or below 80% AMI

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2nd Saturday Habitat Clean-Up
Saturday, December 9
8:30 - 11:30 am | FREE



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ALAMO COLLEGES DISTRICT BID/PROPOSAL INVITATION

The Alamo Colleges District is receiving sealed bids/proposals prior to 2:00 PM (CST), unless otherwise indicated, on the date shown.

CSP# 2024-0046 PURCHASE OF FACILITIES CUSTODIAL AND GROUNDS SERVICES

Deadline: December 19, 2023

A Pre-Proposal meeting is scheduled for December 5, 2023; the meeting will begin at 9:00 a.m. in the ACCESS Broadway Room #100, 2222 N. Alamo Street; San Antonio, Tx 78215. The Pre-Proposal meeting is not mandatory; however, attendance is strongly encouraged.

Specifications are available by visiting Alamo Colleges District website: www.alamo.edu/purchasing or by emailing dst-purchasing@alamo.edu

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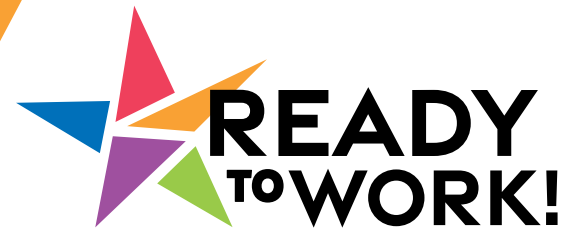
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CSP# 2024-0049 PURCHASE OF HEARSE

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Sáshenka Gutiérrez Valerio, Adeline Lulo, Tamara Merino
Sandro Pereyra, Natacha Pisarenko, Joseph Rodriguez, Jorge Saenz
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Después De Las Lluvias Playball En Potranco Baseball Field

Por Sendero Deportivo

Las tupidas lluvias del pasado fin de semana, beneficiaron los campos deportivos del complejo Potranco Baseball Field.

Su propietario el artista Eloy Rocha, lo vio positivamente y admitió las cancelaciones de interesantes partidos tanto en la categoría dominical Abierta en la cuál se tenía programado partido por desempate entre los potentes equipos Piratas de Sabinas y Águilas del Veracruz. Ambos equipos se verán las caras en el estadio Potranco Baseball Field #1, en el horario de las 12pm. Sabinas es dirigido por Sergio De Luna y el coach Iván Rubinsky. Águilas al frente con su experimentado timonel Nicho Jacome.

Así cómo del inicio de la segunda vuelta en categoría Masters 50+ con la participación de seis clubes qué éste domingo 19 de noviembre reanudarán acción tras cantarse el tradicional Playoff.

El presidente Simón Sánchez y el scout Frank Torres [GM], desean todo lo mejor a los equipos qué estarán

disputándose los cinco partidos correspondientes a la segunda vuelta, en lo qué bien podrá ayudar a los soñadores a salir adelante ante los líderes que finalizaron empatados con marca de 4-1, en la primera ronda de la temporada regular dedicada al lanzador derecho regiompntano José Luis Gómez "Liga Mexicana".

Ellos son el campeón Yankees de Luis Velázquez. Astros de Pedro Espinoza y Tuzos de Johnny López y el timonel Luis Ríos.

Rol de juegos domingo 19 de noviembre.

Campo 2. 9:30am Broncos vs Reds. 11:30am Rangers vs Astros. El clásico a las 1:30pm entre Tuzos vs Yankees, quiénes estarán aumentando el clima ambiental con sus espectaculares acciones.

En resultados del cierre de la primera vuelta con cinco partidos del rol regular los Tuzos blanqueo 8-0 a Broncos, campeón del rol regular en la pasada temporada. Lo cuál el magnate Roberto Garza, sigue celebrando al lado de sus nuevos directivos Tomás Muñoz y

el ex futbolista profesional Sergio Torres.

Reds con el Doc. Faustino Cortinas en relevó al abridor Abdon Orozco derrotó 8-6 ha Rangers del Venado Benito Martínez, quién felicito al pitcher abridor René de la Garza "El Mejoral" y al debutante Luis Sánchez quién aceptó la derrota. Sánchez, sé reincorporó a Masters, tras buenas vacaciones en el montículo.

El campeón Yankees doblegó a los Astros con pizarra de 11-5. Moisés Cervantes sé anotó la victoria con salvamento del manager Luis Velázquez.

La derrota fue para Alfredo Obregón qué tubo relevó de Greg Carrera. Obregón. Sé quedó con 11 victorias consecutivas contando 7 de la pasada temporada y 4 de la actual.

Marca difícil de superar ya qué sus siete partidos ganados consecutivos en la pas-

ada campaña fueron clave para lograr la clasificación de Astros a la postemorada qué marcó su tercera ocasión consecutiva, en la qué el campo corto y manager Pedro Espinoza obtuvo un trofeo de campeón y otro de subcampeón.

Rol del Torneo Thanksgiving 2023 qué organiza Juan Sánchez y Servando Hernández, con apoyó de Simón Sánchez presidente de la Liga Potranco y el artista Eloy Rocha dueño del complejo deportivo Potranco.

Sábado 25 de noviembre a las 9am campo 1 estadio Potranco. Piratas vs Carde-

nales. 12pm Bobcats vs Tuzos San Antonio.

Domingo 26. 9am perdedores por tercer lugar. 12pm gran final. Trofeos para los 4 equipos y MVP.

En las fotos aparecen: Johnny López de Tuzos y su tocayo Juan Sánchez organizador del Torneo Thanksgiving 2023. Swing de Johnny López, quién lidera la tabla de bateó. El legendario utility Manuel Cisneros de Rangers y el Doc Faustino Cortinas tercera base de Reds.

[Fotos de Franco].



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2023 Rivian R1 is Redefining the Electric Pickup Truck! The Rivian R1T has emerged as a frontrunner in the electric pickup truck segment, captivating the automotive industry with its blend of innovation, performance, and practicality. Everyone is going to want to walk up and check out your new electronic pickup truck, trust me. This groundbreaking vehicle has challenged conventions, proving that electric vehicles can seamlessly merge capability with style, making it a compelling choice for both adventure seekers and urban dwellers alike. The Rivian R1T's exterior design strikes a harmonious balance between modernity and ruggedness, reflecting its dual nature as a capable off-roader and a sophisticated urban vehicle. Its sleek, aerodynamic lines and sculpted body panels exude a sense of forward-thinking design, while its imposing stance and purposeful details underscore its off-road prowess. You cannot tell by looking at the Rivian, that this vehicle is going to take on the hills to the north

of San Antonio. The front fascia boasts a minimalist approach with a subtle grille and LED headlights that seamlessly integrate into the overall aesthetic. The side profile highlights the R1T's long wheelbase and spacious cabin, while the rear showcases a unique and functional tailgate that doubles as a camp kitchen, further enhancing its versatility. You got to admit this one stands out in the crowd of other electronic trucks. Stepping inside the Rivian R1T is akin to entering a luxurious sanctuary that seamlessly blends technology with comfort. The interior is spacious and thoughtfully designed, utilizing high-quality materials and finishes that create a premium feel. The centerpiece of the dashboard is a large, 16-inch touchscreen infotainment system that provides access to a suite of features, including navigation, entertainment, and vehicle settings. The instrument panel is also digital, displaying essential driving information clearly and in a precise manner. The seats are supportive and com-



Automotive Review by Albert Flores



fortable, offering ample legroom and headroom for all occupants. The rear seats fold down to create a flat cargo area, further expanding the R1T's versatility to accommodate a variety of cargo and equipment. The Rivian R1T's electric powertrain delivers an exhilarating driving experience that combines impressive performance with remarkable efficiency. With a quad-motor configuration, the R1T generates up to 835 horsepower and can accelerate from 0 to 60 mph in just 3.0 seconds, making it one of the quickest pickup trucks on the market. YOU cannot even imagine what it feels like to hit 60 miles in less than 5 seconds, you are going to get nailed into your seat! The R1T's off-road capabilities are equally impressive. Its air suspension provides adjustable ground clearance, allowing it to tackle challenging terrain with ease. The truck also features a unique "Tank Turn" mode that enables it to pivot almost in place, making it particularly maneuverable in tight spaces. The Rivian R1T is designed with practicality in mind. Its spacious cabin can comfortably accommodate five passengers, while its cargo area offers ample space for gear and equipment. The truck also features a unique gear tunnel that runs along the entire length of the vehicle, providing additional storage space. The R1T's versatility extends beyond its cargo capabilities. Its tow capacity of up to 11,000 pounds and its ability to charge other electric vehicles make it a truly multipurpose vehicle, catering to a wide range of needs and activities.

Of course, safety is paramount for Rivian, and the R1T comes equipped with a comprehensive suite of advanced safety features, including Automatic emergency braking, Lane departure warning, Blind spot monitoring, Adaptive cruise control, and Driver drowsiness monitoring. These features work in conjunction with the R1T's robust construction and impact-absorbing design to provide a high level of protection for occupants and



other road users. If you were looking for a bargain electronic truck or SUV, this is not the one. The Rivian R1T reflects its premium features and capabilities in its pricing. The starting price for the Dual-Motor model is \$67,500, while the Quad-Motor model starts at \$73,000. While these prices may seem higher than traditional gasoline-powered pickup trucks, they are competitive within the electric pickup truck segment and represent the R1T's cutting-edge technology and advanced capabilities. Without a doubt, The 2023

Rivian R1T is a game-changer in the automotive landscape. It represents the combination of cutting-edge technology, innovative design, and a commitment to sustainability. With its impressive performance, versatile practicality, and luxurious interior, the R1T sets a new standard for electric pickup trucks and redefines what is possible in the automotive world. You have to make it a point to ask for a test drive of the Rivian R1T you will be telling your friends about the experience and going to the bank to borrow the money@

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