

La Prensa Texas

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VOL. 8 • NUM 07

www.LaPrensaTexas.com

16 de Febrero de 2025



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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Our Circulation

45,000 Printed

And Distributed Weekly

English And Spanish

Send Press Releases And

Advertising Inquiries To:

Info@LaPrensaTexas.com

2 1 0 - 6 8 6 - 0 6 0 0

Digital Team:

The Social Being



Let's Talk About It

Let's Talk About Menopause- El Cambio de Vida

By Yvette Tello

My mom and grandma talked about it. These hormones are no joke. They affect everything in your life and body. Menopause (and perimenopause!) is what the female body goes through when the level of oestrogen the female body produces gradually (or sometimes dramatically) drops. The oestrogen factory doesn't close up completely, but it does produce less. This creates an imbalance in the hormones and, thus, the withdrawal symptoms, including hot flashes, mood swings, memory loss, daily aches and pain, loss of sleep, anxiety. The conversation really needs to get started and become normal. We need to share our experiences. Many people don't understand the impact it can have on relationships and marriages. Menopause can bring a range of symptoms, from hot flashes and night sweats to mood swings, body pain, and even feelings of frustration and depression. It can be a challenging time, not just for those experiencing it but also for their partners. Sadly, many relationships end because one or both partners struggle to navigate this phase of life together. What's particularly concerning is that many individuals might not even recognize these symptoms as part of menopause, often accepting them as just a part of aging. But the truth is, menopause can start as early as your 30s! It's crucial to talk about it openly rather than viewing it as something to be ashamed of. Have you or someone you know experienced menopause? How has it affected your life or relationships? What treatments have you found helpful? Let's break the stigma and let's talk about it...

Veronica Amaro: "Many of us don't treat it because "it's just a part of life". Well there's help out there for us!!! I use Hormone Replacement Therapy in the form of pellets. Our hormones change through time and we need to

adjust them as needed. Men also go through their own hormone issues, but no one ever talks about it. It's as simple as going to your doctor and having them order labs to check your hormone levels. We also need to eat healthier and move our bodies more! I'm going to shamelessly plug my doctor in here. Lol."

Mari Bonilla: "Oh gosh! Menopause is the devil. It's rough!"

Martha Bosmans: "When does it come? still waiting."

Timothy Lambert Donovan: "It's hell for me, man! Wife is always on the rampage."

Brenda Garcia: "It is so freaking annoying."

Eve Farr: "I started having hot flashes early, right after my son was born. I was 36. Boy oh boy, my body was on fire. If I could have walked around naked, I would have. LOL. I told my OB I thought I was going through menopause. He said I was too young to be going through menopause; he was wrong. I am 60 and still having hot flashes. All is good. It is not the end of the world."

Kassie Green: "Getting the brain zaps now. I had no idea this could be a sign of menopause. I have had a lot of symptoms for years now. Women don't discuss enough about this time we all go through and doctors don't either. Don't be embarrassed if you are going through perimenopause or menopause talk about it with the women and men in your life. Most men have no idea what happens to us and why. ALL WOMEN GO THROUGH THIS STAGE IN LIFE. Why not help each other through it? It's not the end of anything but just the step to the next stage in life. Oh, and some men go through a type of

menopause too."

Tammy Schroeder: "Excuse my language... Menopause sucks!!! How long does this last??"

Emma Pd: "I'm so scared of going through menopause because I can't take any hormonal treatment of any kind because I've had a Pulmonary embolism before so I hope I'm going to be OK."

Elizabeth Lillo: "I never got the hot flashes, but I did get very dry wrinkled skin and lots of hair loss. Diet may have helped. I have been a vegetarian since my early 20's."

Karine Le Mauff: "Thank you ladies for sharing and openly speaking about it. I am experiencing perimenopause as a result of my chemotherapy and hormonal therapy. I guess it's the price for getting rid of my breast cancer. I am 50 so I was nearly there anyway. It's something natural, and no woman should feel ashamed."

Shan Winchester: "It is the first stage of hell."

Bonnie Rose: "Started perimenopause at 38 years of age. Finally finished menopause at 53. It was not an easy time."

Forbes Shanett: "I know a lady who didn't have kids until she started going thru perimenopause. Boom twins and didn't know she was pregnant until she gave birth. She thought she was in menopause stages."

Rachel Bremilst: "Just another way that it is hard to be a woman."

Char Nagy: "It's stupid is what it is. I'm sorry I ever complained about having my period. Eve, We are gonna have words one day!"

Sobre la Artista de Portada: Ruth Leonela Buentello

Imágenes cortesía de ruthlbuentello.com

Ruth Leonela Buentello (nacida en 1984) es una artista chicana estadounidense. En 2019, fue nombrada participante en el programa de residencia de la Fundación Joan Mitchell. En 2017, recibió el premio Pintores y Escultores de la Fundación Joan Mitchell. Fue la tercera Artista Emergente en Residencia de Efroymsen patrocinada por la Universidad de Michigan.

Asistió a la Escuela del Instituto de Arte de Chicago y se graduó con una Licenciatura en Bellas Artes en 2008. Su trabajo se ha centrado en la inmigración, los inmigrantes indocumentados, el patriarcado, el machismo, el trabajo, los estudios chicanos y el arte chicana. En 2009, cofundó el Colectivo de Artistas Chicanas Más Rudas (Más Rudas) con Sarah Castillo, Kristin Gamez y Mari Hernandez. En 2010, estudió en Francia e Italia después de recibir una beca de viaje para artistas de Artpace para estudiar el arte de Nikki de Saint Phalle. En 2021,

Buentello se graduó con una Maestría en Bellas Artes en pintura del Maine College of Art & Design.

En 2001, había trabajado como asistente de Alex Rubio para un mural en la calle Chupaderas de San Antonio.¹⁰ En 2003, creó *Piedad*, un mural callejero centrado también en la brutalidad policial en San Antonio.

Participó en la exhibición *Young Latino Artists 16: Thought Cloud* del Museo Mexic-Arte en 2011. Realizó una residencia en 2012 con la organización sin fines de lucro *Serie Project*. Ese mismo año, publicó en la revista revisada por pares *Chicana/Latina Studies*. En 2013, Más Rudas presentó una obra colectiva titulada "*Ruda Phat*" en el Instituto de Culturas de Texas.

En 2014, Más Rudas fue curadora invitada de la muestra "*Jóvenes Artistas Latinas*" en el Museo Mexic-Arte. La decisión del colectivo de cambiar el nombre de la exposición "*Jóvenes artistas latinos*" en la que Buentello había participado sólo 3 años

antes a la exposición "*Jóvenes artistas latinos*" tenía como objetivo resaltar el trabajo de los artistas latinos.

Del 24 al 25 de octubre de 2015, Más Rudas presentó su pieza original "*Walking Altars*" en el festival de arte *Luminaria*. En 2017, recibió la beca para Pintores y Escultores de la Fundación Joan Mitchell.¹¹ Ese mismo año, la exposición "*Narrativas domésticas*" de Buentello se mostró junto con la exposición "*Eastside Westside*" de Ana Fernández en el Centro de Artes Culturales Guadalupe en San Antonio.

En 2018, el trabajo de Buentello junto con el trabajo de Kathy Vargas y otros tres artistas se exhibió en la exposición "*Deep Roots: An Intersection of Borders*" de la Universidad de Texas en San Antonio. En 2019, fue la tercera artista emergente residente de Efroymsen

en la Universidad de Michigan. Ese mismo año, su exposición "*Yo Tengo Nombre*" se exhibió en la Galería del Instituto de Humanidades de la Universidad de Michigan. También apareció en la exposición *Remember Me 2019* de Presa House Gallery.





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Black History Month: An Important Historical Event

By: J. Gilberto Quezada

Since 1976, every U.S. president has officially designated the month of February as Black History Month. And to commemorate and celebrate Black History Month, I would like to share with you this personal true story. When my wife Jo Emma and I go to our cottage in Zapata, Texas for our mental and physical health, I always pack some books that I have not read. On our recent trip, I was working on the mental exercises on the following book that my niece Verónica and Arturo gave me for my last birthday, which she so lovingly and affectionately inscribed for me.

Besides the 399 games, puzzles, and trivia challenges, it also has the months of the year dispersed throughout the book with trivia quiz about important historic events in our country and throughout the world by years. So, when I got to page 220, "September In History," I knew the answer to the trivia quiz for 1957.

The answer was Little Rock, Arkansas, and I knew it not because I was aware of this historic incident when it actually happened in 1957, since I was in the fourth grade at St. Augustine School with Sister Emmanuel, and many homes in the barrio El Azteca in Laredo, including ours, did not have a black and white television set, and on the only radio we had, Mamá listened to her novelas from the Mexican channels. And, we could not afford to subscribe to the Laredo newspaper. I double

checked with the answers in the back of the book to see if my recollection was correct and it was. It was not until I attended St. Mary's University in the late 1960s that I became aware of this historic event.

Two years later, in 1959, and about 1,024 miles from Little Rock, Arkansas, in the town of Norfolk, Virginia, a courageous young man by the name of Louis Cousins attempted to replicate the previous historical event. According to a newspaper article: "This 1959 photo shows Louis Cousins in the Maury High School auditorium in Norfolk. In 1959, Cousins was the only black student at Maury High School."

When six public schools closed 50 years ago rather than accept black students, 10,000 white students in Norfolk were locked out of classrooms during Virginia's last, desperate gasp to resist integration.

He spoke about his first day at his new school. "My mother and I walked up those steps and people were calling us names," he said. "When my mother left me, I was completely alone."

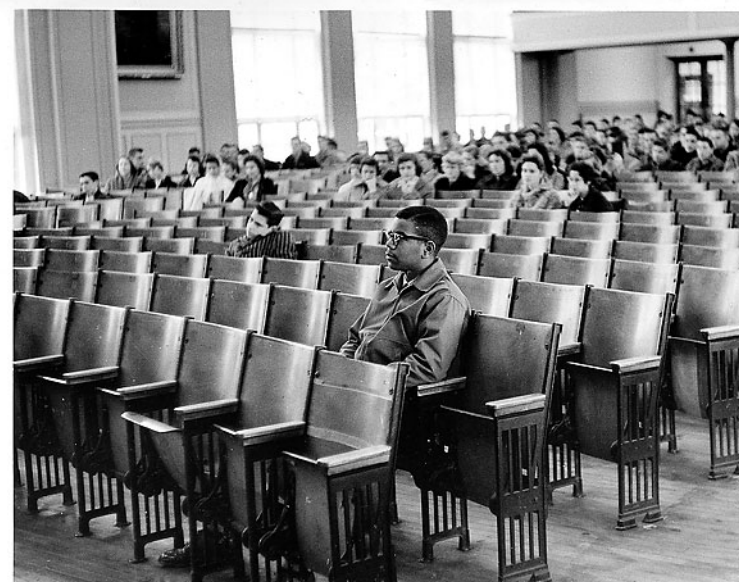
"I went to the auditorium along with all of the other new students and picked a seat near the front, he said. I was not going to sit in the back anymore because I finally had an opportunity to be in the front."

In 2016, I had the honor and the pleasure of meeting Louis Cousins. He and his charming wife, Deloris, live one block from my parents house and

just a few blocks from ours in the same subdivision. One day when Jo Emma and I were walking towards my parents' house, he was outside in the front yard and waved at us to come closer which we did. The conversation quickly centered on him knowing my sister Lupe who used to walk by his house almost every day since she lived with my parents. In our conversations, he and I found out that we had a lot in common. We see each other quite often and get together for breakfast to talk about literature. He is also an avid reader, and so we share the latest books we have read. I did not know about his historic background until he told me about it during one of our breakfast get-togethers.

Louis is three years older than I am and during the Vietnam War, he was a medic for the U.S. Army. After the war, he changed careers and went into Clinical Research. In this capacity, he garnered several honors and medals for his exemplary service in the Air Force. And, after 21 years of dedicated service, Louis retired from the Air Force and he and his wife and son settled in San Antonio where he worked at the Methodist Hospital as a Medical Technologist.

Then one day, I took him to visit St. Mary's University. We had a very enjoyable visit at our alma mater. We went to visit some of his professors in the Science Department. And, for lunch we went to the cafeteria and sat at the faculty table and had a delightful time visiting with our former faculty



members. Louis received his B.A. degree in Chemistry in 1990, while he was working full time in the medical field and supporting a family.

Louis Cousins and I at one of our breakfast get-togethers. During this particular get-together, I highly encouraged him to do an interview for the St. Mary's University Alumni magazine, Gold & Blue. He agreed and I promised him that I would contact Alex Salinas at the university. A few days later, Louis called me to let me know that Alex had contacted him to set up the interview at his house. Accordingly, Alex published the story in the Fall 2016 issue of Gold & Blue. A copy of the story is in the attachments.

Sadly, on Friday afternoon, January 17, 2020, I received a telephone call from Deloris to notify me that her beloved husband had unexpectedly passed away. I was in shock because a few days before, he had called me from the Fort Sam Houston Medical Center,

and we were making plans for another breakfast get-together. He was an amazing person and very well read on a variety of topics. I do miss his friendship. May his soul rest in peace.

Photo Captions: A picture of Cousins sitting in the front of the auditorium alone with all of the other students sitting in the back became a popularly used photo to describe the integration period.

Louis Cousins, one of the "Norfolk 17," waits to be assigned to a home room at Maury High School in the auditorium on Feb. 1, 1959. (The Virginian-Pilot file photo)

Louis Cousins, one of the "Norfolk 17," waits to be assigned to a home room at Maury High School in the auditorium on Feb. 1, 1959. (The Virginian-Pilot file photo)



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Potros De Zacatecas Campeón

Por Franco

Potros de Zacatecas del artista Eloy Rocha conducidos por el beisbolista internacional Víctor Mercedes “El Caminante”, ganó el segundo partido consecutivo del playoff a los Acereros de San Antonio del manager y jugador Memo de la Cerda y el coach y jugador Luis Mendoza (El Tronco).

La pizarra de 6-0 favoreció a Potros con victoria en el montículo para el rubio Matt Harrell, quien superó al veloz serpentinerero Diego Dugarte, quien tuvo relevo de Esteban Iván.

Harrell fue relevado en el séptimo capítulo por Blane Taylor, quien se adjudicó el salvamento.

Potros se clasificaron a la postemporada 2024 Liga Abierta dominical Potranco, donde comenzó la temporada con tres derrotas y luego bajó el mando del triunfador estratega Luis Cerros, finalizaron la campaña ganando consecutivamente nueve partidos.

Cerros tuvo ayuda de su coach Castillo, y del artista Eloy Rocha. En los playoffs El Caminante, tomó las riendas del equipo y logró clasificar a la gran final contra el trabuco Acereros.

Matt Harrell, fue nombrado el MVP de la serie recibiendo medalla alusiva presentada por el presidente Simón Sánchez.

En la presentación de los trofeos Sánchez, y Rocha, agradecieron la participación de equipos y sus seguidores.

Entregando trofeos al campeón Potros de Zacatecas, Acereros de San Antonio. Josh Gill, campeón pitcher invicto de Cachorros (7-0), El Caminante, campeón bateador de Potros con promedio de .500 y Henry Pichardo de Acereros campeón de jonrones (3). Sánchez a la vez distinguió al novato Alex Rodríguez, como el mejor cuarto bate de la temporada dedicada a Pachin Martínez y Rudy Barrientez del equipo Indios de Nava.

Esta edición es patrocinada por los beisbolistas; Johnny López, Mencho Vargas y El Rielero Mayor Juan Sánchez.

El presidente Simón Sánchez, dijo a La Prensa Texas, estar listo para la inauguración de la temporada 2025 categoría Abierta

dominical Potranco Baseball League, con la participación de ocho equipos y de la ceremonia en la que los padrinos Roberto (Jesús) Garza de Broncos de

Reynosa, Chuy Ramírez y Freddy García, lanzarán la primera bola el domingo 23 de febrero.

(Fotos de Franco).





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Food Policy Council of San Antonio Opens Grant Applications to Boost Urban Farms

By Dani Espinoza

The Food Policy Council of San Antonio (FPCSA) is excited to announce the opening of grant applications for urban farms within city limits. These grants, made possible through funding allocated by San Antonio’s City Council to San Antonio Metro Health, aim to support urban farmers in increasing their production and enhancing food access across the city.

FPCSA, a 501(c)(3) nonprofit dedicated to fostering a sustainable, equitable, and economically just local food system, has been a grassroots advocate for urban agriculture since its founding in 2011. Operated entirely by volunteers, the organization works to bridge gaps in food accessibility and promote local food production

in San Antonio. "The FPCSA is excited to partner with the city to help grow the urban agriculture industry in San Antonio through this micro-grant program. It's our hope that with enough local farmers, we can increase regional food security, sustainability, and economic vitality." Mitch Hagney, Chair of the Urban Agriculture Workgroup for the FPCSA.

"We believe urban farms play a crucial role in increasing access to fresh, locally grown food while strengthening community resilience," said Jamie Gonzalez, President of the Food Policy Council of San Antonio. "Through these grants, we hope to empower urban farmers with the resources they need to scale up their operations, implement innovative

growing methods, and expand their impact in neighborhoods across the city."

Grant Details & Eligibility

Urban farms of all types—whether using traditional soil-based farming, hydroponics, mushroom cultivation, beekeeping, or other sustainable growing methods—are encouraged to apply. To be eligible, farms must be located within the San Antonio city limits. Key details:

- Grant Amount: Up to \$18,000 per farm
- Eligible Expenses: Equipment, supplies, staffing, and other costs that directly contribute to the farm’s growth
- Application Deadline: March 5, 2025
- Application Link: Application is

available here

Applicants must submit a detailed proposal outlining their farm's expansion plans, budget, and intended use of funds.

Info Sessions & How to Apply

FPCSA is offering two informational sessions to assist potential applicants with the process:

- In-Person Session: Wednesday, February 19 at 6:00pm at 5200 Historic Old Hwy 90, San Antonio, Texas, 78227

- Virtual Session: Wednesday, February 26 at 6:00 pm

Link: <https://us02web.zoom.us/j/83015796367>

For additional details or inquiries, interested applicants can contact info@foodpolicysa.org.



With this initiative, FPCSA and San Antonio Metro Health seek to cultivate a stronger, more resilient local food network, one that nourishes communities and supports small-scale urban agriculture in meaningful ways.

The Food Policy Council of San Antonio is a nonprofit organization working to develop a robust and fair food system for the city. Founded in 2011, the council collaborates with local partners, advocates for food policy improvements, and supports initiatives that promote food security and sustainability.



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Prints by Chicano/a and Latino Artists at the San Antonio Museum of Art Educate and Delight



Carlos Francisco Jackson, "Departure: Braceros Departing Mexico City for California, 1943." Courtesy of San Antonio Museum of Art. Gift from Harriett and Ricardo Romo. Photo by Ricardo Romo.

Ricardo Romo, PH.D

Texas Latino art is in vogue this winter with shows in San Antonio, Houston, Corpus Christi, and the Dallas metroplex. I rely on my Latino art network to keep me informed on upcoming shows. I also rely on Glasstire, one of Texas' premier art magazines, which appears weekly online. Their weekly reviews are stimulating and informative. Glasstire art writers review exhibits from across the state and each week select the week's "Top Five."

The Glasstire selection of the San Antonio Museum of Art [SAMA] exhibit, "Lovers & Fighters: Prints by Latino Artists in the SAMA Collection" as a "Top Five" gave Harriett and me great joy since the majority of art prints in the exhibition came from our art donation of nearly 500 Latino/Chicano prints to SAMA going back 20 years. The

current exhibit was curated by Lana Meador, a specialist in American art. This is "Round Four" of "Lovers & Fighters" which has presented a total of 36 prints—with 29 of the prints drawn from the Romo collection. The other seven prints were donated by artists, museums, and Latino art collectors.

The current exhibit features images of love, power, and resistance. The SAMA curators selected romantic couples, heart motifs, boxers, and

wrestlers. These images, noted Meador, "evoke 'lovers' and 'fighters' and serve as points of departure to explore these seemingly opposing concepts." Some images, such as that of Emma Tenayuca created and donated by artist and scholar Amalia Mesa-Bains, are straight forward portraits. Others are more complicated.

Vincent Valdez's "From the Series: America's Finest." represents an intriguing concept. Valdez has long been enamored with boxing figures and prizefighting imagery. But his painting in "Lovers & Fighters" is not your usual boxer. Valdez's figure is an American Indian with a feathered headdress and boxing gloves. Arrows penetrate his body throughout. The figure closely resembles Saint Sebastian, a 3rd century Roman soldier and Christian martyr, who is often portrayed as captured with his body pierced with arrows.

Vincent Valdez grew up in San Antonio and studied at the Rhode Island School of Design. He now lives in Houston but also has a studio in Los Angeles. He currently has a show at the Museum of Fine Arts in Houston. Harriett and I last saw his stunning painting "The City" at the Musée du quai Branly-Jacques Chirac in Paris in 2024 on loan from the UT Austin Blanton Museum.

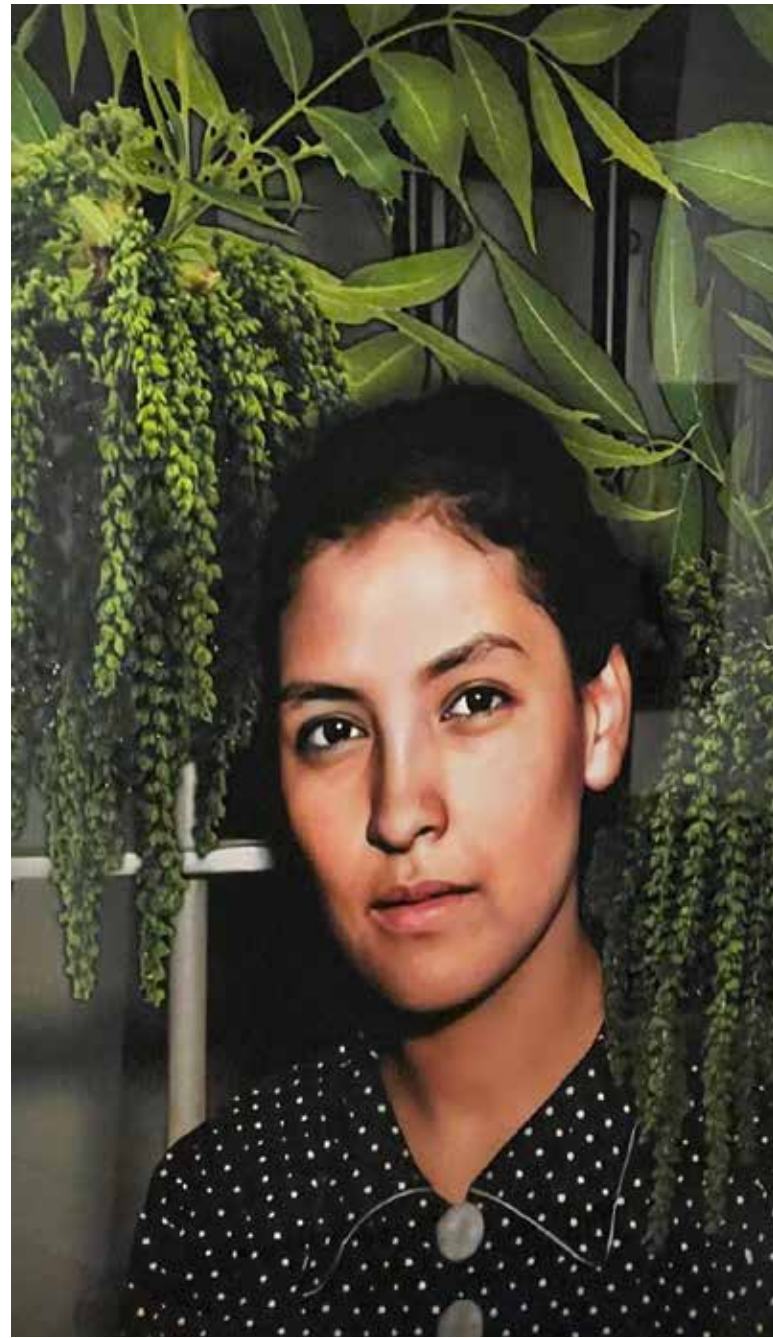
One of the more powerful images

in the exhibit is by Carlos Francisco Jackson and is titled "Departure: Braceros Departing Mexico City for California, 1943." During World War II, the United States gravely needed agricultural and industrial workers as millions of the most able American

men and women were serving in the US military. While American women filled the industrial and manufacturing labor void, the planting and harvesting of the nation's crops fell largely to unskilled labor from Mexico. Thus, a major phase of current Mexican migration patterns to the US began when large agricultural companies were allowed to recruit workers in Mexico for seasonal labor. The Bracero Program began in 1943 and Mexican workers contributed throughout the US war effort as they harvested the crops that fed American families and provided food for US military bases. The use of Mexican Bracero workers continued until 1964 when President Lyndon Johnson terminated the labor program, but many employers enabled their loyal workers to remain in the US.

Jackson holds a BS in Community and Regional Development and an MFA in Painting from the University of California, Davis. He also earned an MA in Visual Critical Studies from the California College of the Arts.

While a Professor in Chicano/a Studies at UC Davis, Jackson founded the Taller Arte del Nuevo Amanecer (TANA), a Chicano community art center that worked closely with California artist Malaquias Montoya. TANA sought to foster cultural expression and social justice through art. Jackson is also the author of Chicana and Chicano Art: ProtestArte (2009), a critical exploration of Chicano art as a tool for activism. He served as a professor and chair in the Department of Chicana and Chicano Studies at UC Davis before becoming the Dean of the Penny W. Stamps School of Art & Design at the University of Michigan in 2022. The SAMA curators referenced the exhibition artists' "depictions of familial bonds, spiritual devotion, gender and sexuality, political activism, reverence for cultural leaders, and the celebration of cultural heritage." Ruth



Amalia Mesa-Bains, "Emma in the Pecan Blossoms." Gift of the artist. Courtesy of San Antonio Museum of Art. Photo by Ricardo Romo.

Buentello's work "Spring Love Come Back to Me," meets the curators criteria of including "depictions of familial bonds." Buentello's serigraph was part of Sam Coronado's Serie Project, which also included her serigraph Baby Daddy, Spring Love Come Back to Me (2012). Her work exemplifies engagement with themes of family, identity, and community building through printmaking.

Buentello is a San Antonio visual

artist and arts educator with a Bachelor of Fine Arts degree from the Art Institute of Chicago. She is a descendant of Mexican immigrants and her art emphasizes Mexican and Chicano working-class narratives. Buentello has received significant recognition, including the prestigious 2017 Joan Mitchell Painters and Sculptors Grant. Her work has been exhibited at prominent institutions such as the Smithsonian National Portrait



Vincent Valdez, "From the Series: America's Finest." Courtesy of San Antonio Museum of Art. Gift from Harriett and Ricardo Romo. Photo by Ricardo Romo.

City, a borderland community, but he has lived in San Antonio for the past 25 years. His South Texas community is rich in folklore and Mexican culture, and he was fortunate to be brought up by an extended family that preserved his Mexican heritage and valued storytelling. He demonstrated an early talent in drawing and a fascination with Mexican wrestling—lucha libre.

The Texas-Mexico Borderlands are filled with traditional Mexican and contemporary Chicano stories and lore. Garza's hometown, Rio Grande City, is situated on the Rio Grande across the border from the Mexican town of Camargo. As a teen Garza often ventured across the US-Mexico border—a 30 minute walk—to see lucha libre fights and enjoy a sampling of Mexican cuisine and culture, and his art work reflects those experiences. In his paintings, storytelling, and illustrated books Garza is a master of the borderland narrative.

Garza, who is currently a San Antonio middle school art teacher, received his Bachelor of Fine Arts [BFA] degree from the University of Texas-Pan American in 1994 and a Master of Arts [MA] in Art History from UTSA in 2007.

SAMA Curator Lana Meador drew from the museum's print collection for the "Lovers & Fighters" exhibit seeking to show that the "focus on printmaking also demonstrates the medium's influence on Latino art history." The Taller de Grafica Popular in Mexico City gained international standing in the 1930s because the collective included artists Diego Rivera, David A. Siqueiros, Leopoldo Menedez, and Raul Anguiano. This prominent Mexican taller influenced the creation of Latino print galleries in the US beginning in the 1970s, notably Self Help Graphics in Los Angeles, Coronado Studios in Austin, and Rene H. Arceo studios in Chicago. The SAMA print collection now includes works from all of these print studios. The "Lovers & Fighters" exhibition series has rotated four sets of different prints from April 2024 through April 2025 and has presented viewers with an exciting selection of Chicano works on paper.



Xavier Garza, "El Mil Mascaras." Courtesy of San Antonio Museum of Art. Gift from Harriett and Ricardo Romo. Photo by Ricardo Romo.



Vincent Valdez in his San Antonio Studio. Photo by Ricardo Romo.

Gallery where she was a finalist in the 2019 Outwin Boochever National Portrait Competition. Xavier Garza is a Lucha Libre [Mexican wrestling] fan, but I believe the baseball term "triple hitter" best describes him. He is a triple hitter because he paints and

teaches, and has written and illustrated over twenty published books. Garza's "El Mil Mascaras" print in the current "Lovers & Fighters" exhibit stands out for its portrayal of action and its imposing application of color.

Garza is a native of Rio Grande



Artist and Printmaker Sam Coronado in his [Austin] Montopolis studio. 2012. Photo by Ricardo Romo.



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Saturday, February 15 | Palo Alto College
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Thanks to the City of San Antonio Parks Department, we have 200 FREE trees available for adoption to help grow San Antonio's urban canopy.

Event Schedule:

- 8:00 AM - Volunteers Arrive
- 8:30-11:00 AM - Vehicle Registration (Still time to sign up!) / Vendor Set up
- 11:00 AM-2:00 PM - Showtime!
- 11:00 AM - Tree Adoption Begins
- 1:00 PM - Awards Ceremony

Trees available for adoption:

- anacacho orchid
- Eve's necklace
- Mexican plum
- desert willow
- yaupon holly
- Mexican white oak
- live oak

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Tuesday, March 4th
Tobin Center for the Performing Arts



Rodeo Recap - HCA de SA

By Julissa Ramos

Our 8th annual HCA de SA Rodeo BBQ Cook-Off and Private Party this past weekend was one for the books! We had 2 fun-filled days with incredible turnouts and we survived the Rodeo weather!

Congratulations to back to back GRAND CHAMPION winners, Atwell, LLC! Will they do a threepeat next year??!

Below is the list of all our winners!

Chicken

1st place- Atwell, LLC

2nd place-Casiano's Blue Line BBQ

3rd place- Pro Landscape Solutions

Rib-

1st place- Casiano's Ble Line BBQ

2nd place- Atwell, LLC

3rd place- Guido Companies

Brisket

1st place- Guido Companies

2nd place- Atwell, LLC

3rd place-Casiano's Blue Line BBQ

Congratulations to all the winners and thank you to all the teams who competed and made this an exciting and very close competition!

We hope to see you all next year!

Thank you for your support of the Rodeo BBQ Cook-Off, KASH FOR KIDS and the HCA de SA!

A huge GRACIAS to all our 2025 Rodeo BBQ Cook-Off Sponsors!

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PRESENTING SPONSOR-
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We could not have done it with all y'all! Thank you so much for your support of the HCA de SA!

Mil GRACIAS to all our volunteers, board members,



members, sponsors, vendors, bartenders, and our Rodeo committee, who donated their time and commitment to the 8th annual HCA de SA Rodeo BBQ Cook-Off and Private Party. Without y'all's blood, sweat, and tears, this event would have not run as smoothly as it did. Y'all's endless support of the HCA de SA does not go unnoticed, and we hope y'all had a great time!

Volunteers:

- Carlos Galvan & familia -
- C. G. Steel Solutions, LLC
- Isabel, Jonathon, Carlos, Leondre - TCRC
- Shaz Mahmud -
- Zaviya Solutions Group
- Javier- J.R.'s Plumbing
- Ann Marie Mungia -
- J.R.'s Plumbing
- Joe Gonzalez- J.R.'s Plumbing
- Angie's whole crew (familia, besties, high school, team)- J.R.'s Plumbing
- Ida, Letty& Erika - Lone Star National Bank
- Ladies from Satterfield & Pontikes Construction
- Nora Alvarado - Tiresocks, Inc.



Rene Ojeda - Floor & Decor
Danielle & Kat-

Board Members:
Jon-Michael- Central Builders, Inc.

- Alejandro Gonzalez- Satterfield & Pontikes Construction
- Stephanie Alvarado- SpawGlass
- Angie Mojica- Floor & Decor
- Fernando Keller- Pro Landscape Solutions
- Jorge Mora- AKJ Commerical Services
- Jesse Torres-

Thank you,

Mariachi Las Alteñas
The Velvet Band
Mary C. Haskin
Photography
DJ Rosendo
Bandero Tequila

Special THANKS to our Rodeo Committee :
Chair, Angie Gonzalez- J.R.'s Plumbing,
Co-Chair, Sim G. Tirado- Silverback Financial, LLC
Lisa Casarez- TCRC
and Julissa Ramos- HCA de SA for not only your hard work and dedication but for your passion to make this event the BEST one yet!



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Palo Alto College Offering its First Four-Year Bachelor Degree in Business Operations Management

By Jocelyn Sandoval

Palo Alto College offers its first-ever four-year degree, the Bachelor of Applied Technology in Operations Management (B.A.T.). This entirely online, accelerated degree program, offered through the online learning portal Alamo U. The program allows students to earn a four-year degree in a flexible and accessible format that meets the demands of a busy lifestyle. The program's first cohort began in Spring 2024, and applications are now open for future cohorts.

The B.A.T. in Operations Management equips students with the critical skills to streamline business operations, optimize productivity, and lead teams to deliver high-quality outcomes.

By focusing on key areas such as business management, finance, technology, and human resources, this degree prepares graduates to tackle the challenges of leading operations across growing industries like logistics, manufacturing, and service delivery.

Dr. Robert Garza, President of Palo Alto College, said, "The launch of this degree program represents a major milestone for Palo Alto College. We're excited to offer a pathway to higher education that meets the needs of today's learners and prepares them to navigate leadership roles in a rapidly changing workforce."

Thanks to accelerated 8-week courses and multiple start dates throughout the year, students can

complete the program at a pace that suits their personal and professional commitments. Incoming students may transfer up to 30 open elective hours from prior coursework in other fields, making it an ideal choice for students enrolling or transferring with existing credits.

A distinctive feature of the online program is its capstone course, where students work on solutions for real-world business problems alongside local business partners. Students apply what they've learned in the classroom to solve common operational challenges and present their findings, research, and solutions to business leaders, enhancing their problem-solving and communication skills.

Beyond the academic focus, Palo Alto College provides students various support services throughout the program, including a dedicated Career Services Navigator. This expert will help guide students through the job search process, assisting with resume writing, interview preparation, and job placement to ensure they are ready to launch their careers. The Bachelor of Applied Technology in Operations Management program produces graduates with the knowledge and practical skills to lead teams, design business strategies, and manage operations in various industries.

Prospective students can learn more about the program, including admission requirements and application deadlines, by visiting

Palo Alto College's website at alamo.edu/pac/ops-mgmt.

Palo Alto College, part of the Alamo Colleges District, is accredited by the Southern Association of Colleges and Schools Commission on Colleges and a recipient of the 2015 Texas Award for Performance Excellence, a finalist for the 2016 Malcolm Baldrige National Quality Award, and a Rising Star winner of the 2019 Aspen Prize for Community College Excellence. With over 12,000 students, Palo Alto College is accredited to offer associate degrees and short-term certificates. The college is located on the Southside of San Antonio at 1400 W. Villaret Blvd. at I-410 and Texas Hwy 16 and online at alamo.edu/pac.

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February

21

10:30 am
to 1:00 pm

We will be having raffles, games, prizes, food, and insurance assistance for all those who attend. Please RSVP by calling Daisy Garcia at 210.212.2564 or emailing at dgc Garcia@chshel.org. RSVP required. Limited space available.

2939 W Woodlawn
San Antonio TX 78228

St. Jude Dream Home Giveaway

San Antonio St. Jude Dream Home Update | February 2025

LESS THAN 2,000 TICKETS!



Over 8,000 tickets have already been sold in just the first few weeks with less than 2,000 remaining! Once all 10,000 tickets are gone, we are officially **SOLD OUT!**

Continue to tune into News4-San Antonio for updates on ticket sales and upcoming key campaign dates!

Built by **Evolutionary Homes** in the Serenity Oaks Subdivision in Spring Branch, this stunning custom home is valued at \$570,000.

Open House Highlights!



Sponsor Spotlight

San Antonio WOMAN

Highlighting one of our wonderful media partners this week - **San Antonio Woman Magazine!** Providing coverage for the St. Jude Dream Home. San Antonio Woman is helping to sell tickets at a record pace! We greatly appreciate your dedication and support of the mission of St. Jude! Thank you!

Key Campaign Dates

Early Bird Prize: Thursday, February 13
Bonus Prize: Thursday, March 6
Giveaway Date: Thursday, April 3

Coming up next - **Early Bird Prize!** Purchase your ticket by Thursday, February 13 and you will be entered to win a **\$10,000 VISA Gift Card**, courtesy of **Dream Day Foundation!**

Currently happening - **Open Houses!**
Saturday: 10am - 3pm
Sunday: 1pm - 4pm
 207 Serenity Pass | Spring Branch, TX

Volunteers Needed!



Calling all Open House volunteers! The St. Jude Dream Home will have nine weekends of open houses this year! Hours are Saturday 10am-3pm and Sundays 1pm-4pm.

Register to volunteer at Volunteer.stjude.org
 Keyword: San Antonio Dream Home

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Your odds of having a dental problem only go up as you age.²

Treatment is expensive — especially the services people over 50 often need.

Unexpected bills, like \$190 for a filling, or \$1,213 for a crown³ can be a real burden, especially if you're on a fixed income.

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- ▶ Look for coverage that helps pay for major services.
- ▶ Look for coverage with no deductibles.
- ▶ Shop for coverage with no annual maximum on cash benefits.

Simply put – without dental insurance, there may be an important gap in your healthcare coverage.

1 "Medicare & You," Centers for Medicare & Medicaid Services, 2024. 2 "Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. 3 American Dental Association, Health Policy Institute, 2020 Survey of Dental Fees, Copyright 2020, American Dental Association.

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Reds Ganó El Clásico A Los Astros

Por Sendero Deportivo

Las espectaculares acciones en los partidos categoría Masters 50+ de Liga Potranco con sede en el campo 2 del complejo deportivo y social Potranco Baseball Field.

Se registraron pizarras con el mismo número de carreras anotadas.

El tricampeón Yankees de Luis Velázquez con pitcheo combinado de Moisés Cervantes y Willie Martínez (ganador), derrotó a Broncos del club White Sox. Felicidades y adelante en la promoción del béisbol independiente en San Antonio. Esta edición es presentada por los beisbolistas Johnny López. Juan Sánchez [El Rielero Mayor], y Mencho Vargas.

Israel González quien tuvo relevo de Ubaldo Montelongo.

El clásico Astros de Pedro Espinoza fue ganado 9-6 por Reds (Los Rojos), del manager Jimmy Martínez, quien tuvo la gran ayuda de sus coaches Catarino Obregón y Alacrán Galindo [ambos jugadores].

Por Reds Carlos Cerda en toda la ruta se agenció el triunfo desde la lomita de los disparos, superando al al abridor de Astros Lee Mann y el relevista zurdo Greg Carrera.

El espectacular juego registró grandes jugadas en el plato con anotaciones de José Espinoza y Joey Farías

de Astros que lograron burlar al experimentado receptor Mario Roldán, quien al final junto con su compañero Carlos Cerda, recibió felicitaciones de sus compañeros y el coach Catarino Obregón, quien se ha venido haciendo cargo del equipo cuando el timonel Jimmy Martínez no ha estado presente compartiendo responsabilidades con Alacrán Galindo.

Durante el partido destacó la actuación del jardinero derecho Luis Ríos, quien hizo atrapadas oportunas evitando que Astros se fueran arriba en la pizarra, por igual Abdon Orozco jardinero central.

Rol de juegos para el domingo 16 de febrero de acuerdo a José Sánchez compilador y comentarista oficial.

10am Astros vs Yankees.
1pm Rangers del Venado Benito Martínez y el coach Ruperto Ortega contra el trabuco Broncos.

Reds descansan, contentos porque se encuentran en el tercer lugar del standing, por debajo del tricampeón Yankees y Astros.

En las fotos aparecen: Los Rojos. Joey Farias de Astros anotando la sexta carrera (6-5) el receptor de Los Rojos, Mario Roldán en espera de la pelota. Carlos Cerda, pitcher de Reds. (Fotos de Franco).

Liga dominical Potranco Abierta, el 23 de febrero

inaugura la temporada 2025 con ocho equipos. Y será dedicado a los beisbolistas: Roberto (Jesús) Garza de Broncos, Chuy Ramírez y Freddy García del club White Sox. Felicidades y adelante en la promoción del béisbol independiente en San Antonio. Esta edición es presentada por los beisbolistas Johnny López. Juan Sánchez [El Rielero Mayor], y Mencho Vargas.



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The 46th CineFestival San Antonio Launches Call for Entries

By Laura H. Aplin

The nation's original and longest-running Latino film festival returns in the summer of 2025 with the 46th edition of CineFestival San Antonio. Presented by the Guadalupe Cultural Arts Center, San Antonio's annual celebration of independent Latino cinema will take place July 10-13, 2025, continuing its programming focus on Chicano, Latinx and Native American cinema, with an emphasis on Texas and San Antonio related films. The festival will be accepting films which were finalized after January of 2024.

"To reach this 46th year of CineFestival at this time is an important landmark for me. I look forward to continuing to work with artists, audiences and supporters to create a space where our Latinx and Chicana stories flourish and find ways to grow" said CineFestival Director Eugenio del Bosque.

CineFestival is honored to be able to continue serving a growing community of local, regional, and national film and media artists of all levels of experience. The spirit of the festival is to foster the work of San Antonio and Texas-based filmmakers as their voices mature, while keeping our finger on the pulse of what nationwide filmmakers are producing and offering international context.

In 2025, CineFestival will bestow its traditional Mesquite Award to the best short films made in Texas. To learn more



about the call for entries, including program sections, fees, and to submit a film, visit: <https://filmfreeway.com/CineFestivalSanAntonio>

CineFestival San Antonio traditionally hosts screenings, Q&A sessions, panels, workshops, receptions, and after parties. Featured programs include the Mesquite Award nominees for Best Texas Short Film, Texas and San Antonio showcases, and a small selection of US Latinx and international feature and short films. Master classes and panels are designed for established filmmakers to share artistic insight and industry knowledge with attending filmmakers.

Almost 50% of the festival events are free and open to the public. Free community events include Family Day, a Youth Film showcase including work made by artists 18 years old or younger, a matinee Senior Cinema screening for the area's elderly film lovers, and Cine en el Barrio.

In 2025, CineFestival and the Guadalupe Cultural Arts Center are honored to receive a National Endowment for the Arts Grant for Arts Projects (GAP), which provides expansive funding opportunities to strengthen the nation's arts and cultural ecosystem, including opportunities for public engagement with the arts and arts education, for the integration of the arts with strategies promoting the health and well-being of people and communities, and for the improvement of overall capacity and capabilities within the arts sector.

Important Dates: (CHANGE YEAR TO 2025)

1/22/2024 - Open Call for Entries

2/21/2024 - Early Bird Deadline

4/15/2024 - Regular Deadline

5/5/2024 - Late Deadline

7/10/2024 to 7/13/2024 - 46th CineFestival San Antonio

For over four decades, CineFestival San Antonio has hosted dozens of independent filmmakers and many of the industry's pioneering U.S. Latino and Mexican films, actors, and directors. Highlights from past editions include appearances by Marcela Arteaga, Gina Rodriguez, Guillermo del Toro, Edward James Olmos, Benjamin Bratt, Jesse Borrego, Esai Morales, Aurora Guerrero, Raúl Castillo, Luis Valdez, Lalo Alcaraz, Cruz Angeles, Hector Galan, Adán Medrano, and some of the fresh voices in Latino film including Fernando Frias de la Parra, Cristina Ibarra, Alex Rivera, Chelsea Rendon, Steve Acevedo, Gian Cassini, Marcella Ochoa, and Iliana Sosa among many others.

Since 2017, CineFestival San Antonio has developed a strong focus on local and regional filmmaking, prioritizing films

that are closely related to Texas and San Antonio, supporting regional filmmakers who are based in neighboring states, and including works made by Latinx and indigenous filmmakers working in the US and Puerto Rico. The festival includes a limited number of international works made by filmmakers from Latin America and Spain with an emphasis on Mexican films.

For more information about CineFestival San Antonio go to <https://guadalupeculturalarts.org/cine-festival>

The Guadalupe Cultural Arts Center was founded in 1980 as a nonprofit, multi-disciplinary 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.



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