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Growing Up with Nervios

By Stephanie Shamloo

Growing up with “depression” was a taboo subject. If I mentioned the word, my grandmother or mother would immediately tell me I needed Jesus, laid hands on me, prayed and then sent me to church. Other common Hispanic rituals of alleviating depression, anxiety or “nervios” (“nerve problems”) are to go to a curandero, light candles or roll eggs on our bodies then place the egg in a bowl under our bed while you slept to rid of the negative energy. Often in the Hispanic culture if we exhibit any depressive symptoms or “nerve problems” we were just told to “get over it…you will be okay.” Not knowing that there is a clinical diagnosis for this and having thoughts of being different has often led to treating these feelings with alcohol and drugs causing the depression and anxiety to worsen. If anyone did attempt to get help, “that is the gringo way.” (Whites are 60% more likely to receive mental health treatment than the Hispanic culture). Then, there is the label or the stigma of getting involved in treatment and being stereotyped. “Ella esta loca.” This Stigma often delays or causes minorities to avoid seeking professional help for any mental health symptoms. Other reasons for avoiding treatment are because Hispanics feel they have to resolve their issues on their own or do not want to be a burden.

After I graduated in 1991 with my Bachelors in Social Work I got my first professional position at the local mental health authority clinic. This is when I fell in love with the mental health field. My knowledge and education has grown since working with this population for over 27 years. Since then I have referred many of my family members. They have finally got the treatment that they should have received many years ago. My only regret is that I did not learn about it earlier so that I could get the help for my Grandmother that has passed on since then.

Don’t wait. There is treatment and relief for your extreme feelings of sadness and “ansios”.

July is national minority health month

Outstanding Hispanics in History

John Quinones was born and raised in San Antonio, Texas. John earned his B.A. from St Mary’s University and his master’s from Columbia School of Journalism. He first garnered national attention as a reporter with WBBM-TV in Chicago in 1980, and revived two Emmy Awards for his coverage of the plight of illegal aliens from Mexico. Since Joining ABC News in 1982 as a correspondent for “World News Tonight” with Peter Jennings, Quinones has covered Numerous on-location stories including the Civil War in El Salvador, political upheaval in Argentina and the execution of serial killer Ted Bundy. He has won the Gabriel Award, a National Emmy Award and received a citation from the Robert F. Kennedy Journalism Awards. By Leonard Rodriguez

The Outstanding Hispanics in History column will highlight inspiring stories of Latino leaders. For more than 500 years, Latino men and women have positively influenced the face of United States society. Let us celebrate these outstanding hispanics.

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A Call For Immigration Reform

For my entire life I have always heard that children are precious and should be protected by adults. This assumption was reinforced recently in the worldwide response to news that twelve young Thai boys were trapped in a dark and treacherous cave as a result of rapidly rising flood water. It took two weeks, lots of luck and resources, as well as a large team of international divers to rescue the boys.

Their rescue, followed by millions across the globe, brought joy and relief. At the same time, a Federal Judge in San Diego was issuing an order for Homeland Security (ICE) to end the separation of families who had crossed into the United States along the U.S.-Mexico border. Moreover, the judge insisted that our federal government reunite those already separated.

By the time the federal courts put a stop to this draconian action, more than two thousand children had been impacted. The United Nations was among the first to condemn the Trump policy of family separation. “The Trump administration’s practice of separating children from migrant families entering the United States violates their rights and international law,” the United Nations human rights office commented, and urged an immediate halt to the practice.

Time is of essence in the reunification of children with their parents. We see daily evidence that children matter, families matter, and being with your parents is a natural and humane expectation. In a statement issued by the UN’s Human Rights Council, experts said “Detention of children is punitive, severely hampers their development, and in some cases may amount to torture.” They added that “Children are being used as a deterrent to irregular migration, which is unacceptable.”

Not surprisingly, finding the children to match them up with their parents has not been easy. The New York Times reported this week that “With less than a week left before the deadline (imposed by a Federal Judge in San Diego), just 364 of the separated children, or less than 15 percent, have been reunited with their families.”

It is clear that many of the children, especially those under the age of five, will have difficulty knowing their parents full name or community of origin. And while the Foster Care programs help many children whose parents demonstrated an inability to raise their children, we cannot assume that children living with strangers who may not speak the children’s home language or children placed in a group home solves the problem. The Foster Care system is already struggling to meet the needs of children whose parents cannot care for them.

There was ample confusion on how to implement the Trump policy dealing with the separation of families. American immigration agencies have created a crisis in that they placed apprehended children under the age of five in centers as far as the state of New York. As of this week, more than seventy children under the age of five do not know where their parents are. They too are lost, and the trauma of separation is real.

Some of the children were taken to refugee centers as ICE deported their parents, most often their mothers transported in planes and buses back to the homeland. This meant, of course, leaving their children in the United States. There will be serious problems in bringing children together with their parents who may be thousands of miles away.

It is reasonable to expect many hardships for families separated by time and vast distances. And there is little time to lose, something that the American Civil Liberties Union argued before a Federal Judge in San Diego.

Much has changed in the past decade in terms of migration from Mexico and Central America. Today’s forced displacement includes more women than men. The migration patterns have also changed. The violence occurring in Central America is forcing many families to seek asylum in the United States.

In the last decade, the Pew Research Center showed that migration trends have reversed as more Mexicans leave the United States than enter. Today, Central Americans make up vast number of apprehensions by the Border Patrol and Homeland Security (ICE) officers along the 2000 mile border between Mexico and the United States.

Migration is a world-wide phenomenon. It is not unique to America. Everyday hundreds of refugees die in their attempt to seek a better life for their families. Poverty caused by drought and war in Africa sends thousand of refugees to other countries every week. While forced migration appears to be a hopeless situation with no solution in sight, it should be noted that no country other than the United States has chosen to separate families from their children.

The United Nations, which tracks the migration of refugees and asylum world-wide, estimated more than 68 million people left their homeland in 2017. Thus forced displacement is a global issue.

Upon learning that the Trump Administration had adopted a separation of families policy, the head of the United Nations Human Rights Council stated that “Children should never be detained for reasons related to their own or their parents’ migration status. Detention is never in the best interests of the child and always constitutes a child rights violation. The UN Council called on the authorities to adopt noncustodial alternatives.

Migration is a complex phenomena and many policies have been tried. However, the American separation policy appears to have been a horrible mistake. America should be and can be a model for humane migration policies and practices. The United States can also demonstrate how to treat people from neighboring countries, who are our closest allies.
July 14th this year was the annual running of the Bulls in Pamplona Spain. Forty-five years back in 1973, I recall backpacking Europe with some fellow international backpackers. Reminiscing about my past, I recall I showed up in Pamplona, Spain for the event on the 10th.

It was just in time for their annual week-long event. I was so excited to be in Pamplona and experience the running first-hand. I had read about the popular event in school years before, and learned about the history of the celebration. I arrived by train early in the day awaiting my opportunity to see the opening ceremonies first-hand the following day.

While in the town square that night before the official running, I was standing with my Australian friends who I was currently backpacking with, while a band was playing in the large gazebo in the town square directly in front of us. Believe it or not the city allowed backpackers like myself from all over Europe and the United States to actually camp out in the town square at night with sleeping bags during the annual event. Those who take part in the run now are not allowed to do so because so many young people have done it in the past that hotels complained.

The band was playing and singing “Black Magic Woman,” and “Oye Como Va!” To my ecstatic surprise it was America’s own Carlos Santana and his band playing. I freaked as my friends asked me who he was since they hadn’t heard of him. Joyfully I informed them that Santana was a very popular band in America at that time. In 2014 President Barack Obama awarded Carlos Santana the President’s Award for his contributions to the music industry. Who knew? Last year Santana performed here in San Antonio. I wasn’t able to get a ticket. It would have been so cool if I did!

Thousands of people continue to flock to Pamplona for the extravaganza every year and fill the new hotels, homes and hostels to capacity. The city relented back then and allowed the backpackers to camp out wherever they could as long as they cleaned up after themselves. The town square was ideal. In the mornings hundreds of backpackers would awake to the birds chirping and the sun shining on a new adventure, compliments of Pamplona. It was definitely an adventure to rush to the public facilities and form a line!

What I didn’t know previously but learned quickly about the Running of the Bulls back then was a practice that involves running in front of a small group of cattle, typically six, of the toro bravo breed that have been let loose on a course of a sectioned-off subset of a town’s streets. The eight-day festival of San Fermines is held in honor of Saint Fermin in Pamplona although they are also traditionally held in other places. Towns and villages across Spain, Portugal and in some cities in Mexico and southern France during the summer also host a similar festival.

The origin of this event comes from the need to transport the bulls from the off-site corrals where they had spent the night, to the bull ring where they would be killed in the evening. Youngsters would jump among them to show off their bravado. In Pamplona and other places, the six bulls in the event are still those that will be featured in the afternoon bullfight on the same day.

Spanish tradition says the true origin of the run began in northeastern Spain during the early 14th century. While transporting cattle in order to sell them at the market, men would try to speed the process by hurrying their cattle using tactics of fear and excitement. After years of this practice, the transportation and hurrying began to turn into a competition, as young adults would attempt to race in front of the bulls and make it safely to their pens without being overtaken. When the popularity of this practice increased and was noticed more and more by the expanding population of Spanish cities, a tradition was created and stands to this very day.

During my short stay in Pamplona I was informed that every so many years some runners are killed participating in the run down the streets with bulls chasing after them. I also learned numerous runners do get hurt. While I was there, one runner was gored by a bull and died later that day from his wounds. I watched from behind the fence constructed down the town streets as the participants and bulls made their way to the bull ring. Considered a sport, it is still very dangerous and not recommended for everyone to actively participate.

However, the memory etched in my mind was standing close to Carlos Santana and hearing the future Grammy winner performing “Oye Como Va” in the town square. As always, I write “Just a Thought.”
Virtual viaje por el Cosmos en Scobee Planetarium

Aunque el Scobee Planetarium anexo a San Antonio College opera regularmente todo el año, durante las vacaciones escolares ofrece una diversión distinta que además de entretenerte a toda la familia abre una ventana inigualable a la imaginación de los niños, al mostrar diferentes presentaciones del universo que graban en su mente una imagen imborrable para su futuro.

Hay tres funciones regulares cada viernes con horarios de 6.30, 7.30 de la tarde y el último a las 9 de la noche con precios realmente accesibles de 4 dólares para niños de 6 a 17 años, 5 dólares para adultos, y de 4 dólares para militares y senior citizens. Los boletos de entrada empiezan a venderse media hora antes de cada función.

Los tres programas en el auditorio de Planetario muestran temas diferentes y en cualquiera de las funciones los temas son entretenidos y de valiosa motivación educativa. La ventaja de la función de las 9 de la noche es que al terminar la presentación, si el clima lo permite, especialmente si no hay lluvia los asistentes tienen la oportunidad de observar el firmamento en el nuevo y poderoso telescopio de del Scobee Education Center and Planetarium atendido por astrónomos locales.

La presentación tiene el título “Little Star That Could” y es considerado el show familiar a fin de que los niños menores regresen temprano a casa. Se muestra con dibujos animados y proyecciones en la bóveda del auditorio y muestra el movimiento de estrellas consideradas “pequeñas” en sus funciones dentro de una galaxia.

“The Sky Show” tiene lugar a las 7.30 PM. Cuando a audiencia toma un paseo en “vivo” recorriendo las maravillas del cielo de San Antonio como un recorrido por la Luna, los planetas del atardecer y de la noche y para concluir se hace un recorrido imaginario identificando las Galaxias visibles en nuestra latitud así como las estrellas más brillantes. Se admite a niños de 6 años en adelante. “The Sky Show” es una lectura impartida por astrónomos y la venta de boletos se inicia a las 7 PM.

La función nocturna comprenden los segmentos “Tales of The Maya Skies” y “Secrets of The Sun”: En el primero utilizando programas de avanzada tecnología digital y nítidas proyecciones en la bóveda, sumerge a los asistentes dentro de la Astronomía del Pueblo Maya, complementando el tema con muestras de su arte, cultura y la belleza de la región de Chichen Itza, considerada por sus pirámides y monumentos “una de las 7 maravillas del mundo moderno”.

El tema de “Tales of the Maya Skies” esta a cargo de la Lila Downs, quien recientemente obtuvo un premio Latin Grammy quien discurre temas sobre como precisión de La Astronomía de los mayas y su intima conexión con el Universo.

“Secrets of The Sun” es un observación detenida de la influencia y funciones que el Sol ejerce en la vida de nuestro planeta y el Sistema Solar.

Por Roberto Perez
Construction Begins on New Alamo Colleges District Support Operations Building

By Kay C. Hendricks

Alamo Colleges District Board Chair Dr. Yvonne Katz, Trustees Marcelo Casillas, Joe Alderete Jr. and Gene Sprague joined Chancellor Dr. Bruce Leslie, Incoming Chancellor Dr. Mike Flores and district employees to celebrate the “topping out” of the new District Support Operations Building under construction on the 12-acre former Playland Park site at 2222 N. Alamo. Two steel beams were signed by attendees and then raised by a giant crane to “top out” the building, marking a significant milestone in the construction. The complex is 40% completed and will comprise five interconnected buildings on three floors and a large, multi-purpose conference center/board room with space for 300. The district broke ground on the new facility in January 2017 and plans to hold the grand opening in early 2019.
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ATTORNEY - EDUCATOR - VETERAN
WNBA ALL-STARS Announced

Por Jessica Duran

The fans have spoken. The WNBA 2018 All-Stars have been chosen and the roster lineups are in. All-Star team captains Los Angeles Sparks forward Candice Parker and Washington Mystics forward Elena Delle Donne have chosen their teams from the fan selected All-Stars. However, due to injuries sustained by Delle Donne and All-Star teammate Brittney Griner, both have been replaced by Rebekkah Brunson from Minnesota Lynx and Sugar Rodgers from the New York Liberty.

In what has been an entertaining season for the league, this year’s All-Star pool have familiar and iconic faces like 9 time WNBA All-Star Diana Taurasi from Phoenix Mercury and 11 time WNBA All-Star Sue Bird from Seattle Storm. But there are some new faces including 2nd year veteran Jewell Lloyd from Seattle Storm and from the new expansion team Las Vegas Aces Center A’ja Wilson. Wilson is averaging 20 ppg along with 8 rebounds per game and is looking like their clear front runner for rookie of the year.

The reigning WNBA Champions Minnesota Lynx will be hosting this year’s All-Stars at the Target Center. The game is set for Sunday, July 29th at 2:30pm on ABC.

TEAM DELLE DONNE:
POS. G G G F F F
NAME Seimone Augustus Sue Bird Dewanna Bonner Rebekkah Brunson Sugar Rodgers Kayla McBride
TEAM Minnesota Lynx Seattle Storm Phoenix Mercury Minnesota Lynx New York Liberty Las Vegas Aces

TEAM PARKER:
POS. G G G F F F
NAME Liz Cambage Tina Charles Skylar Diggins-Smith Chelsea Gray Jewell Lloyd Angel McCoughtry
TEAM Dallas Wings New York Liberty Dallas Wings Seattle Storm Atlanta Dream

TEAM DELLE DONNE:
POS. F F F G G G
NAME A’ja Wilson Brenda Beachem Stefanie Dolson Jewell Lloyd Katherine Fanouros Allie Quigley
TEAM Las Vegas Aces Washington Mystics Phoenix Mercury Minnesota Lynx Connecticut Sun Chicago Sky

Head Coach: Sandy Brondello (Phoenix Mercury)

¡ADIOS KAWHI!
Bienvenidos DeMar!

Por Jessica Duran

The Spurs announced Wednesday July18 that the organization has moved on from their franchise player Kawhi Leonard. The Spurs traded the former Finals MVP Kawhi Leonard for the four time NBA All-Star Toronto Raptors guard DeMar DeRozan. The trade package included sending guard Danny Green along with $5 million to Toronto for Raptors Center Jakob Poeltl.

The disgruntled Spurs star Leonard finally got his wish. Pop gathered his bags and sent him away, but not exactly where he preferred. Instead of the “City of Angels” to the Clippers or Lakers, he was literally sent out of the country to the home of maple syrup, Canada, more specifically the ‘Los Angeles’ of Canada, Toronto.

Kawhi was out all but nine games last season due to a recurring battle with a thigh injury. Kawhi averaged 16 ppg, 4 rebounds per game, and 2 assists last season. DeRozan, averaged 23 ppg, 3 rebounds per game, and a career high 5 assists per game.

Demar DeRozan expressed anger at the Raptors’ organization after hearing he had been traded to San Antonio. The Raptors organization supposedly had a discussion earlier in the week stating he was not an option for a trade. According to Raptors President Masai Ujiri, there was a “gap in miscommunication” between DeRozan and the Raptors organization.

Spurs gained an All-Star in DeRozan, but also a former lottery pick in Jakob Poeltl. Poeltl was formerly the 9th pick in the 2015 NBA Draft. Poeltl averaged 6ppg along with 4 rebounds. Not major on the stat bored but has the potential that Pop can’t help but be excited to explore adding depth along with LaMarcus Aldridge and Pau Gasol.

Unfortunately, Spurs fans are having to say goodbye to our beloved Spurs guard Danny Green. Green averaged 8ppg and 3 rebounds per game and was a part of the Spurs 2014 NBA Championship team. Fans across the Spurs Nation immediately took to his popular social media accounts to thank him and wish him well in Toronto. Green posted a long heartfelt message to the city of San Antonio and Spurs fans for their continued love and support. His posted message attached a picture of himself hugging Coach Pop in the Spurs locker room doused in champagne following their 2014 Championship victory.

Spurs fans are ready to move on and give a Texas size welcome to DeRozan and Poeltl, looking forward to what kind of result the upcoming season might hold against an already tough Western Conference and a drastically changed new league.
UNEMPLOYMENT RATE IN SAN ANTONIO-NEW BRAUNFELS MSA RISES TO 3.6 PERCENT

(July 20, 2018) Workforce Solutions Alamo (WSA) released information today indicating that the unemployment rate in the eight county San Antonio-New Braunfels metropolitan statistical area (MSA) rose to 3.6 percent in June. Since this time last year, 15,500 jobs have been added, resulting in a 1.5 percent increase.

Annual and monthly job growth continues in most major industries. The greatest job growth occurred in Construction which reported 1,100 jobs (2.0%) between May and June, while Other Services came in second with an addition of 900 jobs (2.3%), Trade, Transportation, and Utilities grew by 700 jobs (0.4%), Leisure and Hospitality with 700 jobs (0.5%), Financial Activities added 500 jobs (0.6%), Manufacturing added 400 jobs (0.8%), 300 additional jobs (1.5%) were reported by Information and Mining and Logging reports 100 more jobs (1.1%). The largest losses were in Government at -2,800 jobs (-1.8%), but the industry reports an annual positive growth of 1,600 jobs (0.9%), Education and Health Services lost -2,200 jobs (-1.3%) and two reports an annual positive change of 4,100 jobs (2.5%), and Professional and Business Services lost -800 jobs (-0.6%) but maintains a positive overall annual number of 900 jobs (0.7%) since June 2017.

Comparing the Workforce Solutions Alamo metro area to the state and nation, the Texas seasonally unadjusted (actual) unemployment rate increased to 4.2 percent in June, up from 3.7 reported in May. The nation’s unadjusted (actual) unemployment rate increased to 4.2 percent, up from 3.6 percent reported in May. Summarizing the seasonally adjusted unemployment rates for the state and the nation, Texas decreased to 4.0 percent in June, down from 4.1% reported in May, while nation’s unemployment rate increased to 4.0 percent in June, up from the 3.8 percent rate reported in May.

The mission of Workforce Solutions Alamo involves working to strengthen the Alamo regional economy by growing and connecting talent pipelines to employers. Workforce Solutions Alamo reaches over 8,000 businesses and more than 2.0 million residents in the City of San Antonio and the counties of Atascosa, Bandera, Bexar, Comal, Frio, Guadalupe, Gillespie, Karnes, Kerr, Kendall, McMullen, Medina, and Wilson counties. For more information on available workforce programs and services, visit our website at www.workforcesolutionsalamo.org.

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