Let’s talk about it… Vote Latino

“Latino voters should never, ever, vote against a Latino politician simply because he is Latino. They will do for their people. We need to build our people up!” This was said to me in a conversation today. I was surprised because I really didn’t believe this way of thinking existed anymore. Clearly, I am wrong. What do you think? Let’s talk about it...

Ernest Paz: Let’s vote for Pedro

Barbara Ann Mendoza Mead: It doesn’t matter what race. Latinos aren’t always for Latinos once they’re in power... Vote for the man/woman who has good credentials. Learn about them as an individual. Get involved. Don’t listen to anyone who doesn’t do their homework.

Blue Rose Alvarez: By the same token, Latino voters should never, ever, vote for a Latino politician simply because he is Latino. Totally agree with Barbara Ann Mendoza Mead. Vote for the one with the right policies and you know will do what is best for the district, state, country, etc.

Noel Tello: I think it’s cultural. There’s a cultural belief that you owe something to someone just because they’re Latino. But it’s not just in our culture. The black/African American culture is the same way.

I was a quality assurance supervisor at a plant here in Mississippi several years ago. There was a guy whom I had gotten to know and respected his work ethic and attitude. So when a position opened up in our department, I immediately had him interview and brought him in as an inspector. From then on I kept hearing how nice I was for putting a black man in a good position. They were usually taken back when I would explain that I wanted the man hired because of his qualifications and strengths, not the color of his skin or culture.

This weekly column is dedicated to topics that are not the most comfortable to talk about, but it is time we stop acting like they did not happen. We encourage our readers to give us your feedback. There is no wrong or right way to feel about these topics.

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We just want you to “talk about it..” For tips and submissions to “Let’s talk about,” please contact Yvette at y.tello@laprensatexas.com
About the Cover Artist: 
Amber Navarro and Brittney Scott

This Thursday October 4, LA-based artists Amber Navarro and Brittney Scott return to their hometown, San Antonio, deep in the heart of Texas. Situated right across from the river at Flight Gallery in San Antonio’s Southtown Arts District, Navarro and Scott present a duet show entitled “You’re Doing Amazing, Sweet Tea..” The artists will be exhibiting entirely new bodies of work, both of which savor San Antonio’s nicest features. A palette of warm primaries and playful neutrals is kissed with ultra-specifics like armadillos, BBQ, and Luby’s Cafeteria. While the artists work in quite separate modes, their practices are unified by convergent roots and a willful spirit of play.

Mounted on custom-cut acrylics, Navarro’s photographs depict still lives of ultra-familiar figurines: miniaturized San Antonio buildings, horse toy accessories and nanoscale Texas snacks are placed before candy-colored backdrops, reflecting a girlhood in Texas. Navarro plays with her memories as though they are Polly Pockets, reflecting a sense of lighthearted and precious nostalgia. Scott’s paintings, being shown for the first time, hang alongside Navarro’s acrylics. Traditional framing and stark white backgrounds bear well-known symbols of the Lone Star State: perky Bluebonnets and happy livestock are rendered in a style that is colorful and mischievously straightforward.

Scott’s thick and exhaustive-ly smoothed lines curve out images which are simple but heavy in significance, like isolated memories that have been rounded and sweetened by time. Joining these two series is a collaborative video made by the artists, an homage to the delightfully opaque pleasures of Queso. The show stands as a grateful homecoming by two LA-transplants eager to visit a home that could never be forgotten! Amber Navarro (b. 1991) is a director, animator, and curator living and working in Los Angeles. Her work often deals with femininity, intimacy, and technology. She is also interested in music video directing and incorporating mixed media into her videos. She graduated with a Bachelor of Fine Arts in Experimental Animation from The California Institute of the Arts in 2015. She has been included in exhibitions in Taipei, Taiwan, New York City, and LA; as well as the Tate’s New Museum. Navarro has been featured on DAZED, Nylon, Papermag and is represented by Adolescent Content as a director.

Brittney Scott aka B6 (age 26) is a multidisciplinary artist and activist from Texas now based in Los Angeles. Her desire for equality in society and internet obsession are the driving themes in her work.
Lorena Roa De La Cruz
Trailblazing in Male Reproductive Health

By Y. Tello

From the mother of marine conservation in the Caribbean, Idelisa Bonnely de Calventi to the first Latina astronaut Ellen Ochoa, Latinas have made waves in the field of science for decades. Now one of those Latinas is Lorena Roa de la Cruz.

She left her homeland of Mexico in 2014 to pursue her master’s degree in Europe. That same year, she was selected to be one of six presenters at the Trainee Research Competition at the annual Convention Society for the Study of Reproduction (SSR). She has accomplished all of this by the age of 27.

Her research focuses on men’s reproductive health, a specialty field called spermatogenesis. This is the process of sperm production in the testicles. While looking at the faculty research profiles, she found Dr. Brian Hermann’s work interesting and immediately immersed herself in this topic. She finds how the human male reproductive biology works fascinating and yet although it is so important for making babies, it is very understudied.

There is still a lot to learn. She wants to be able to help better understand male infertility with her research. She is also interested in discovering male contraceptive methods. Both of these things are very applicable to issues in today’s society.

“My advisor always reminds me that the word research starts with “re” which means “again” and it comes before search.” Sometimes experiments work on the first try, sometimes after many attempts and sometimes they never work. It’s up to the researcher to take these experiences and use them for their growth, to trust themselves and trust their skills. Confidence will come when an experiment works out, or not, and you know why and how to fix it,” said Roa de la Cruz.

Recently, she was one of six Ph.D. students and post-doctoral trainees selected to participate in the Trainee Research Competition at the Society for the Study of Reproduction 51st Annual Meeting. She presented her results from an experiment that allowed her to identify specific genetic markers to serve as easy tools to identify which of the cells that make sperm are present in the testicle. This could be a new way to diagnose infertility in men.

“Everyday we are inspired by latina women to achieve more and give more. This young lady is definitely one of these women. She has broken barriers and continues to do so with her research. When asked how she defines success, she answers she believes success is not a title, or an award, or a prize. “Success for me is being able to bring new knowledge to the field that increases our understanding of how the human biology works, and teach that information to the incoming generations of scientists.”
24 years of cultura, canciones y mas: Mariachi Vargas returns to S.A. in November

By Amanda Lozano

To many, the Mariachi Vargas Extravaganza isn’t just a seven-day mariachi music festival; it’s an tradition upheld annually.

With history spanning nearly four decades, the Mariachi Vargas Extravaganza continues to be the finest event of its kind in the nation, and one of the most prominent in the world.

Events include group and vocal competitions, workshops, community performances, and the grand finale: a stellar concert by none other than El Mejor Mariachi del Mundo, (The Best Mariachi in the World): Mariachi Vargas de Tecalitlán.

For six generations, Mariachi Vargas has shaped and defined mariachi music with an iconic sound and style. Under the musical direction of Carlos Martinez, the 14-piece ensemble continues defying borders and enthralling audiences.

Since taking the rein, Martinez has created arrangements keeping the tradition alive, while pushing limits and drawing more into the genre.

Earlier this year, Mariachi Vargas accompanied international superstar and idol Luis Miguel’s on his North American and Canada leg of the ¡México Por Siempre! tour, spanning more than 50 cities. They will continue touring Mexico and Spain in 2018.

Going on 24 years, the Mariachi Vargas Extravaganza brings thousands of top-tier mariachi students and tens of thousands of fans together to celebrate and embrace all things mariachi.

In 1979, Mariachi Vargas performed in San Antonio at the first-ever U.S. mariachi conference. The conference took a brief hiatus, until Muñoz Public Relations (MPR) restored it in 1993, dubbing it the Mariachi Vargas Extravaganza, with focus on higher education.

“This isn’t just a festival. It’s a life-changing experience,” Muñoz added. “When I began producing the Extravaganza in 1993, watching Mariachi Vargas perform changed my life, and they continue to influence me and thousands of fans and students annually.”

MPR is host and producer of the top mariachi events in San Antonio such as the Mariachi Vargas Extravaganza, Serenata para las Madres Mother’s Day Celebration and the Annual Mariachi Extravaganza Summer Camp.

Gonzaba Medical Group, one of San Antonio’s largest health care providers, confirmed support of the Mariachi Vargas Extravaganza. As a home-grown business, Gonzaba Medical Group understands the culture and positive impact that mariachi music has in the healthcare environment, and on the quality of life for practitioners, patients, and their families.

Gonzaba Medical Group is known in the community for taking care of their seniors, and supports quality class-act performances that respond to the community needs corresponding with their mission to provide quality care.

“Music has the power to transform lives and bring hope and comfort to people that may be faced with challenging circumstances,” said Dr. William Gonzaba, founder of Gonzaba Medical Group. “Mariachi Vargas Extravaganza corresponds with company principles of integrity and has a reputation of presenting the highest standards of excellence in performances, and we are proud to partner with them for another year.”

“We work year-round to create a unique environment and experience for Mariachi Vargas Extravaganza participants, students, artists, concert-goers, volunteers, and sponsors,” says Cynthia Muñoz, Producer of the Mariachi Vargas Extravaganza. “An event of this magnitude is only possible with the support we receive from sponsors like Gonzaba Medical Group,” Muñoz adds. “Gonzaba Medical Group is a local health care provider who understands the importance of supporting and promoting San Antonio’s rich musical history and cultural uniqueness,” she says. “Because of Gonzaba, several events held during the Extravaganza are free and open to the public.”

For more information regarding the Mariachi Vargas Extravaganza, visit mariachimusic.com. Tickets for the Mariachi Vargas Extravaganza finale concert range from $35-$205 and can be purchased at all Ticketmaster outlets, Ticketmaster.com, at the Alamodome Box Office, or by calling 1-800-745-3000.
The American Alliance Football league revealed the remaining four team names Tuesday morning. The list of teams goes as follows, the Birmingham Iron, the Memphis Express, the Orlando Apollos, the Atlanta Legends, the Salt Lake City Stallions, the Arizona Hotshots, the San Diego Fleet, and your very own, the San Antonio Commanders. Across social media platforms, each team has their own page with a video showing the reason behind the team’s name along with the reveal of the official name and logo.

For San Antonio, the video describes how the military plays a big role in our city from day to day. Saying our nickname “Military City” they also described the history of the different types of military bases in our city dating back to the days of the Alamo. The Alamo is part of the new logo along with a saber going across it. The team’s colors will be maroon and silver gray.

Former Reagan High School standout quarterback Trevor Knight will lead our Commanders into battle as he looks to transition successfully from the NFL to the AAF. Knight isn’t the only former household quarterback name. Birmingham Iron signed former Alabama standout Blake Sims and the Memphis Express signed former LSU star Zach Mettenberger.

For San Antonio, this could be the start of the NFL looking to give us a chance to have our own team in the league. In spite of Dallas Cowboys owner Jerry Jones blocking multiple attempts at a third team entering in the NFL from Texas, if the popularity of the AAF takes off, there won’t denying us any longer as a major football city. Season ticket deposits are $50 with a maximum of four seats. The Commanders will be playing at the Alamodome when the season kicks off February 9th next year. Go Commanders!

As teams across the NBA hold their annual media days, basketball fans are geared up for a new season. Lakers media day was held like a Super Bowl media day taking up their entire practice facility. Of course, attention is naturally drawn to the Lakers with the superstar signing of LeBron James, but there was no question their media day was the biggest.

Up past the Canadian border, the Toronto Raptors revealed their offseason additions of Kawhi Leonard and Danny Green. Many curious Spurs fans tuned in to see what Kawhi had to say after being famously silent during the entire summer drama surrounding himself and the Spurs. Spurs fans weren’t pleased with his reasoning of wanting to leave and play with a team that wants to win. The entire interview in question was an awkward one. Danny Green didn’t say much but was excited to start a new season in Toronto.

Tony Parker was introduced at the Charlotte Hornets media day. He jokingly told members of the media that he told his new teammates “You guys better not mess with my playoff streak - I’m going on 17 years right now.” Former Spurs coach James Borrego will join Parker in Charlotte.

At the Spurs media, Coach Pop kicked off media day by speaking to the media first and thanked them for their support along with fan support over the past few months. Coach Pop lost his wife in the middle of the opening round of the playoffs last season, but fans rallied around him over the summer. DeMar DeRozan and Jakob Poeltl, the former Raptors, were welcomed by the media and joined in with laughs and smiles by current Spurs players. The Spurs players dodged many questions about the team’s previous drama with Kawhi and said their relationships are above basketball and still remain outside of the spotlight.

Continuing to be underestimated, Spurs players said throughout the day that they were excited for the new season and the team is filled with talent. Spurs fans will get their first look at the team as preseason kicks off this Sunday as the Spurs will host the Miami Heat at 4pm. The game is scheduled to air on NBATV if fans can’t attend the game.
URGENT UPDATE

Post 8397 Commander, Cris Vieyra Jr. and Post 76 Commander John Ornelaz hosted a ceremony for prisoners of war and soldiers missing in action last week. The organizers invited every VFW post in District 20 to join the POW/ MIA ceremony that was hosted at the Veterans Memorial plaza located at 100 Auditorium circle.

The 27 September 2018 Awards Gala & Launch is *Postponed*

On behalf of the La Prensa Foundation Inc. and La Prensa Texas, the La Prensa Foundation Awards Gala & Launch is postponed and will take place at the same time on Thursday, 18 October 2018. As the city of San Antonio and the surrounding areas have been hit with severe weather and heavy rain conditions; the storms from this past weekend have, sadly, hit home. Due to unforeseeable circumstances and loss that are directly related to these storms, we ask for your compassion and consideration during this time. We extend our deepest apologies towards any inconvenience and we pray that you and your families are safe and sound during this time. We hope to see you at the San Antonio Zoo on Thursday, 18 October 2018 as we continue to support our community through charity, education and journalism.

For Questions and Concerns:
Yvette Tello 210-771-7492
Steve Duran 210-461-9800

Once Again, Thank you for your understanding: Melissa Bryant, Foundation Director
This 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.

By Leonard Rodriguez

Carolyn Curiel was closer to President Clinton than perhaps any other Hispanic in his administration. Carolyn Curiel, senior speech writer, is the first minority to write speeches for a U.S. president. Born to Mexican-American parents in Indiana, Curiel discovered the joy of writing in high school. After writing for The Washington Post, The New York Times and ABC News’ “Nightlines,” she was hired as a speechwriter for the president in 1993. One of her most famous speeches on affirmative action was delivered in 1995. In it, President Clinton coined the phrase, ‘Mend it, but don’t end it,” and remarked afterward, “It may be that the one she wrote today will go down as one of the two or three most important speeches I have ever delivered.”

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Voter Registration Deadline
Tue Oct. 9

General Election Early Voting
Mon Oct. 22 - Fri Nov. 2

General Election
Tue Nov. 6

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Catastrophe Hits Home

When our Publisher, Steve Duran decided to downsize and simplify his life by purchasing a motorhome and setting up on a beautiful river bank, the last thing he expected was to lose everything just a few months later.

He spent Sunday salvaging what he could after the Medina River flooded the Medina River RV Park in LaCoste, just outside of Castroville. The flooding destroyed the community, leaving many without a home. The river rose quickly and without a warning early Saturday morning. He watched the river swallow his RV and vehicles. The river rose several feet, leaving the park closed off until Sunday when residents were finally given access to assess the damage.

Duran sifted through his belongings, trying to make sense of the damage after losing nearly everything he owned, including vital medication for his diabetes. He said the community was lucky a neighbor spotted the flooding and rescued his family and neighbors on a jet ski.

The flood left nine families without a home or vehicles. He said his insurance will cover his losses, but adds that some of his neighbors weren’t so lucky.

Three families were completely displaced; an 8 year old boy without clothes for school, cats that belonged to the community drowned in the flood- this was just some of the aftermath.

Steve Duran has asked for help from the San Antonio community, not for himself, but for this community that lost so much. He has set up Go Fund Me page and was able to get the Red Cross to come out and support the families with Visa cards to buy necessities.

If you would like to donate to this community, please go to www.gofundme.com/stevenduranfamily
**Sunday**

**Síclovía**
Síclovía is a free, bi-annual event, organized by the YMCA of Greater San Antonio, that turns city streets into a safe place for exercise and play. The family-friendly event encourages residents and visitors to get out, get active and explore their city through car-free streets. The Y accomplishes this by activating parks, bringing exposure to local businesses and inviting community organizations. Participants can enjoy walking, biking, exercise classes, activities for youth, treats for their pets, food trucks and more.

**Event date:** 9/30/2018  
**Time:** 5:00PM - 8:00PM  
**Location:** Broadway @ Mahncke Park

**Monday**

**The Alamo on Film: Fact, Fiction, Fantasy**
Curated by George Cisneros, October’s episode of Hidden Histories examines a long tradition of Alamo cinema, exploring how the story and iconography of the Alamo has shaped the way we view a complex and centuries-long regional history. In “The Alamo on Film,” we discuss five significant Alamo films, aiming to differentiate historical reality from fictional license and interrogate how these narratives have both helped and at times hurt us.

All episodes are free of charge and can be viewed either live at URBAN-15 studio or online at urban15.org/live-stream. Episodes premiere the first Mondays of the month at 7 p.m.

**Event date:** 10/1/2018  
**Time:** 7:00PM - 8:30PM  
**Location:** 2500 S. Presa  
**Phone:** 210-293-6113

**Tuesday**

**Howl-O-Ween Yappy Hour**
Join us for our annual Howl-O-Ween Yappy Hour! Enjoy $3 margaritas, $3 Tito’s lemonade, $3 queso, giveaways, entertainment and dress up your pups to enter our costume contest. Grand prize is a Doggy Date Night - complete with a hotel stay! Be aware of Downtown Tuesday FREE parking in participating city lots and garages.

**Event date:** 10/2/2018  
**Time:** 6:00PM - 8:00PM  
**Location:** Rita’s on the River  
245 E. Commerce Street,  
San Antonio, Texas 78205  
**Phone:** 210-293-6113

**Wednesday**

**African American Quilt Circle of San Antonio**
A collection of 21 Narrative Quilts illustrating significant time periods, people, organizations and events which have impacted San Antonio’s Black Community over the past 300 years. Each quilt is custom designed and researched by quilters of the African American Quilt Circle of San Antonio. The goal is to share the untold or forgotten history of individuals whose shoulders we stand upon today. The exhibit includes Black Owned Businesses, Civil Rights Movements, Community Pillars, Public Servants and other outstanding achievements within the Black Community.

**Event date:** 10/3/2018 - 11/9/2018  
**Time:** 8:00AM - 4:00PM  
**Location:** Carver Community Cultural Center  
226 N. Hackberry  
San Antonio TX 78220

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**Thursday**

**Opening Reception: 300 Years of Sacred Spaces**
Images of the San Antonio Missions, illustrated by Richard Arredondo  
Sponsored by the Mission Library and the Friends of the Mission Library, Celebrating Hispanic Heritage Month  
This Official Tricentennial Event runs from September 30 through October 31, 2018

**Event date:** 10/4/2018  
**Time:** 6:00PM - 8:00PM  
**Location:** 3134 Roosevelt Ave  
San Antonio, TX 78214

**City Council A Session**
**Event date:** 10/4/2018  
**Time:** 9:00AM  
**Location:** Municipal Plaza Building

**Friday**

**The Jewelbox Project -Tricentennial Clock Dedication**
Tricentennial Clock is a kinetic sculpture, complete with moving gears, a swinging pendulum, and weights. The clock, juxtaposed with the historic Roatzsch-Griesenbeck-Arciniega house that protects it, highlights the passage of time into the future, while also looking back at a portion of the past 300 years. The piece can be viewed daily and is illuminated each night from sunset until midnight. Please join us to usher in this new creative space, meet the artist, and enjoy some light refreshments. This event is free and open to the public, and parking at the Alamodome is free.

**Event date:** 10/5/2018  
**Time:** 7:00PM - 10:00PM  
**Location:** 100 Montana St.  
Park for free at Alamodome Parking Lot A

**Saturday**

**Tricentennial Aeros and Autos Family Fun Fair**
You are invited to a family-fun day of wings, wheels, and aviation history including unique displays of aircraft and cars, great food, and music as well as family activities.

**Event date:** 10/6/2018  
**Time:** 9:00AM - 5:00PM  
**Location:** Stinson Municipal Airport  
8535 Mission Rd, San Antonio  
TX 78214

**Saturday Cont.**

**Rock The Plaza**
Join us for our annual Rock the Plaza program presented by Eclectic Electric at the Teen Library, featuring music and dance from San Antonio’s most talented teens.

**Event date:** 10/6/2018  
**Time:** 11:00AM - 3:00PM  
**Location:** Central Library  
600 Soledad  
San Antonio, TX 78205  
**Phone:** 210-207-2500  
**Parking:** Central Library is on Via bus routes 3, 4, 90, 91 & 92
Dr. Ricardo Romo

Armando Sanchez is not a famous artist, but his art has been purchased by famous people—such as Mick Jagger and Maya Angelou. He met these personalities when he had an art gallery and studio at the San Antonio Market Square next door to Mi Tierra Restaurant where the Cortez family first started their restaurant empire. Ms. Angelou returned to buy numerous works from him over the years and introduced him to her friend, Oprah Winfrey.

Armando, a native of South San Antonio, grew up drawing and sketching and recalls that as a child in elementary school his teachers would ask him to use his artistic skills to help decorate the classroom for holiday events such as Thanksgiving and Halloween.

At age ten, his family moved to Detroit, where his father worked at the Ford Motor Company. Armando decided at that time that he wanted to be an artist. He tried to enroll in the Detroit Art and Craft School but was rejected because he was only twelve years old.

After three years in Detroit, his family returned to San Antonio, and he enrolled at Burbank High School where he took art classes in the mornings and evenings at the public library. At the library he sat for hours studying the lives and works of famous artists. On many days he would stay until closing time.

One Burbank teacher noticed his art skills, in particular, his excellent lettering, and suggested that Armando work as a sign maker. The following year, Armando left Burbank before graduating and started working at the Schuler Sign Company. Not satisfied with just his lettering abilities, he sought out art classes at the Art Institute at the McNay and Copini Academy of Fine Arts.

He credits the mentorship of another self-taught artist, Doro Perez, who also worked at the sign company, with giving him informal art lessons and creative tips as well as encouragement. Perez was an excellent landscape painter who often accompanied the accomplished bluebonnet artist Porfirio Salinas on his plein air activities in the countryside.

In his twenties, Armando also took art classes, mostly over three to six month periods of time. San Antonio artist Warren Hunter served as another excellent teacher and mentor. Hunter operated the Warren Hunter School of Art at La Villita, and Armando was one of his students.

A clothing store in front of the Majestic Theatre hired Armando during the early 1960s to handle all the signage on the glass windows. He left after five years to fill an artistic position at Randolph Air Force Base.

At Randolph he was assigned to paint portraits of the Commanding Officers as well as canvas renderings of aircraft for the base headquarters. He loved the base art assignments, but decided to leave to join the public relations firm owned by Lionel Sosa where he did artistic design work.

While working for the Sosa firm, he met Jorge Cortez, then CEO of Mi Tierra Restaurant, and began a life-long friendship with him. Cortez commissioned Armando in 1970 to paint a Zapata portrait which became the icon for the restaurant. His Zapata image graces the aprons and tee shirts at Mi Tierra and are sold in the thousands annually.

When President Bill Clinton visited San Antonio in the 1990s, the Cortez family presented the President with a tee-shirt with the Zapata image. On his jog the next morning along the Riverwalk, President Clinton wore the Zapata shirt designed by Armando and later signed a photo of himself wearing the shirt to Armando.

During the first three decades of his painting career, Armando’s restlessness took him from one job to another. In the early 1990s, he decided to try self-employment and opened a gallery and studio on Market Square. Since thousands of people came to the Square on a daily basis, he met many people and sold hundreds of his art works. His specialities are Texas landscapes and portraits.

He recalls that a customer with a striking pink striped suit came in and asked Armando about an art piece selling for $600 dollars. After telling Armando that he only had $300, Armando suggested that he could take the painting in exchanged for the money and his pink suit. The customer agreed and left his shop in his underwear.

Armando is best known as a watercolorist, but his outdoor and indoor murals at Mi Tierra and Pico de Gallo are also highly admired by the San Antonio community. One prominent mural features the famous Mexican singer Jorge Negrete. Another mural captures more than one hundred well-known personalities in San Antonio.

In the coming months, Armando will have a retrospective show of his watercolor paintings at the Progreso Memorial Library in Uvalde. My wife Harriett and I are happy to be a part of that event, having donated fifty-two beautiful Armando watercolors from our collection of Mexican American art to the Library. We plan to keep readers informed about the date and time of this show in Uvalde.
Women Business Owners: Don’t Forget About Your Retirement Plan

By Edward Jones

Women’s Business Day is celebrated on Sept. 22. And there is indeed cause for celebration, because, in recent decades, the number of women business owners has risen sharply, to the point where nearly 40 percent of all businesses are now women-owned, according to the U.S. Census Bureau. If you are one of these owners, or thinking about becoming one, you’ll always have a lot to think about when running your business, but there’s also an area you can’t ignore—your retirement. Specifically, you need to consider establishing your own retirement plan.

Most plans available to you are fairly easy to establish and maintain, and are not terribly costly to administer. Here are some popular options:

• Owner-only 401(k) – This plan, also known as an individual or solo 401(k), is available to self-employed individuals and business owners with no full-time employees other than themselves or a spouse. For 2018, you can put in up to 25 percent of your annual income as an “employer” contribution, and you can defer up to $18,500 (or $24,500 if you’re 50 or older). The sum of your employer contribution and your salary deferrals cannot exceed $55,000, or $61,000 if you’re 50 or older. You can make elective contributions on a pre- or post-tax (Roth) basis. Pre-tax contributions reduce your taxable income for the current year. Roth contributions don’t offer any immediate tax benefit, but any qualified withdrawals will be 100% tax-free.

• SEP IRA – If you have just a few employees or are self-employed with no employees, you may want to consider a SEP IRA. You’ll fund the plan with tax-deductible contributions, and you must cover all eligible employees. As an employer, you can contribute the lesser of 25% of your compensation (if you’re also an employee of your own business) or $55,000.

• Solo defined benefit plan – Pension plans, also known as defined benefit plans, are less common than in previous years, but you can still set one up for yourself if you’re self-employed or own your own business. This plan has high contribution limits, which are determined by an actuarial calculation, and your contributions are typically tax-deductible.

• SIMPLE IRA — A SIMPLE IRA, as its name suggests, is easy to set up and maintain, and it can be a good plan if your business has fewer than 10 employees.

However, while a SIMPLE IRA may be advantageous for your employees, it’s less generous to you, as far as allowable contributions go, than an owner-only 401(k), a SEP IRA or a defined benefit plan. For 2018, your annual contributions are generally limited to $12,500, or $15,500 if you’re 50 or older by the end of the year. You can also make a matching contribution of up to 3% of your compensation. As an employer, your contributions are fully deductible as a business expense up to certain limits; as an employee, your pretax contributions reduce the amount of your taxable income for the same tax year.

Before opening any of these plans, you’ll want to consult with your tax advisor on the tax issues and a financial professional on the investment aspects. But don’t wait too long. You will need to work hard to keep your business thriving—so choose a retirement plan that works just as hard for you.
MANGUERA MEMORY:

La Migra

By Rosie Speedlin-Gonzalez

MANGUERA MEMORIES: Being from Brownsville, a small border town on the southern most tip of south Texas, brought with it experiences, conversations and stories that were fraught with “La Migra” and los “Pinches Rinchos” . . . now known as the INS and Texas Rangers (dis)respectively. I have foggy, distant memories that although reflect incidents that took place close to 50 years ago, the sounds and emotions of those incidents and experiences flood my conscience as if it was yesterday.

On any given early morning, our barrio that surrounded Garfield Park was buzzing with activity. La radio carefully placed on the kitchen window sill toasting at full volume blasting Los Cadetes de Linares, las lavadoras starting up and grinding out toda la ropa de las semana antes, la agua del sink used one minute to wash los trastes y the next minute to fill las cubetas para trapiar, the scents of Pine Sol, frijoles cooking en la olla and tortillas on the comal . . . all this work was coordinated like only a good “criada bien criada” could do. Every other house seemed to have a . . . pues for a lack of better words, “criada” and to this day still.

Las criadas were indeed teachers of networking and resourcefulness, they filled-in when our hard-working parents could not, they knew how to care for them, or pay the criada next door extra dinero to care for their kids, or drop them off at the neighborhood daycare, Tiny Tots, for a day or two, until Juanita, Pina, Tencha or Nachi, could find their way back and pick up where the Border Patrol disrupted their day. For those that were spared, the days resumed as soon as La Migra was out of sight, back to la radio, la ropa, la cocina, el trapador . . . vamos para fuera a colgar la ropa y a regar las matas con la manguera . . . make sure you don’t water el chile piquin too much porque si le hechas mucha agua no crecen y no tenemos chiles para dinner. Las criadas were indeed teachers of networking and resourcefulness, they filled-in when our hard-working parents could not, they knew about resiliency, they had dreams.

Las cicadas. Then suddenly, you could hear were the squawks of las gaviotas and los cantos de las gaviotas and los cantos de las cicadas. Then suddenly, you started to hear knocks on doors that creeped closer and closer, house after house, door after door . . . ” BOOOO EN NOOO. Ahh Bray Poo Eehr Tah Americano Inmigracion aqui.” The Border Patrol would be conducting a regular sweep of the barrio, looking for criadas to deport by way of a quick ride back to El Puente. Although our Maria and Angelita never fell to victims to one of these sweeps, many others did, leaving children to other criadas for emergency care until their parents could leave work and come home for the day.

Rosa Maria Gonzalez, B.A., J.D., C.W.L.S. Board Certified- Child Welfare Law Specialist, National Association of Counsel For Children, as authorized by the American Bar Association and the Texas Board of Legal Specialization. Born and bred in Brownsville, Texas, Gonzalez has lived in San Antonio for over 30 years. She attended St. Mary’s University where she earned her Bachelor of Arts in Political Science and later her law degree.

Gonzalez has a family law practice and is a graduate of the Women’s Campaign School at Yale University. She has a long established history of coordinating campaigns and consulting for women candidates.
Just a Thought: Central Catholic Grads

By Steve Walker

In 1960 when I graduated from St. Gregory the Great Catholic School in Balcones Heights, I was thrilled to learn I had been accepted to attend Central Catholic High School downtown San Antonio. That was the good news or so I thought.

Unfortunately I received the bad news that rocked my world just two weeks before school. I was devastated to lean that my family would be moving to some foreign country called Massachusetts. Springfield, Massachusetts to be exact!

 Needless to say I received the bad news that rocked my world just two weeks before school. I was devastated to lean that my family would be moving to some foreign country called Massachusetts. Springfield, Massachusetts to be exact!

Needless to say I had never heard of Springfield, Massachusetts much less wanted to move there and disrupt my teen years and totally ruin my life since all my male classmates for four years from St. Gregory’s, were accepted.

Ironically, I did not return to San Antonio until 1972 after a tour of sunny Viet Nam and Germany. On arrival I was hired as an English teacher at Krueger Middle School in the Northeast ISD. With 26 years of teaching under my belt over the years, I honed my skills from Northeast, Edgewood, SAISD and Harlandale that held me in good stead. Along the journey I met numerous Central Catholic graduates who I should have known back in the sixties.

Since I have been back, I have re-united with some of those graduates. First one who comes to mind is former San Antonio Mayor and former HUD Secretary, Henry Cisneros. I have written about him for La Prensa as a local icon. In 1980 when he ran as the first Hispanic Mayor of San Antonio, my government class at La Memorial and I stuffed envelopes and block walked for him in his bid for Mayor.

Another well-known Central Catholic alumni is former Congressman Charlie Gonzalez who was pulled out his senior year by his father the late Congressman Henry B. Gonzalez to attend another high school. I have written about him as well. In fact we both ran for his father’s seat when he retired. We know how that turned out although he supported me in my successful bid for Pet.2 JP.

Then there is Oscar Zaldivar, my long-time buddy who became the first Hispanic President of the San Antonio Junior Chamber of Commerce in 1980-81 at the same time Henry Cisneros became the first Hispanic Mayor of San Antonio. I was privileged to follow Oscar as President. For a year Oscar was also my roommate.

With this year being Central Catholic High School’s 54th class reunion, the students who should have been my classmates raised over 25-thousand dollars for the school which was matched by one member of the class.

Had my father not uprooted us and unceremoniously whisked us away to that foreign land of Massachusetts, Springfield, to be exact, I don’t think I would have been a part of the recent reunion of many of my almost classmates.
Solo un Pensamiento: Graduados Católicos Centrales

Por Steve Walker

En 1960, cuando me gradué de la Escuela Católica St. Gregory’s, me emocioné sabiendo que había sido aceptado para asistir a Central Catholic High School en el centro de San Antonio. Esa fue la buena noticia o eso creía yo.

Lamentablemente, recibí las malas noticias que sacudieron mi mundo solo dos semanas antes de la escuela. Estaba devastado al enterarme de que mi familia se mudaría a un país extranjero llamado Massachusetts. Springfield, Massachusetts para ser exactos.

Huelga decir que no era un adolescente feliz. Mi mundo, como yo lo vi, estaba arruinado y en desorden. El mundo estaba llegando a su fin. Para mi yo de 14 años, fue el Armagedón y el Apocalipsis combinados.

Irónicamente, no regresé a San Antonio hasta 1972 después de una gira por el soleado Vietnam y Alemania. Al llegar me contrataron como maestro de inglés en la Escuela Intermedia Krueger en el Distrito Escolar Independiente de Northeast. Con 26 años de enseñanza en mí haber a lo largo de los años, perfeccioné mis habilidades de Northeast, Edgewood, SAISD y Harlandale, que me mantuvieron en una buena posición. Durante el viaje conocí a numerosos graduados de Catholic Central que debería haber conocido en los años sesenta.

Desde que volví, me volví a reunir con algunos de esos graduados. El primero que me viene a la mente es el ex alcalde de San Antonio y ex secretario de HUD, Henry Cisneros. He escrito sobre él para La Prensa como un icono local. En 1980, cuando se postuló como el primer Alcalde Hispano de San Antonio, mi clase de gobierno en La Memorial y yo llenos de emoción lo apoyamos con una pequeña comedia mezclada. A lo largo de los años, Sonny nos ha hecho reír y también nos ha hecho llorar en el buen sentido.

Luego está Oscar Zaldívar, mi amigo desde hace mucho tiempo que se convirtió en el primer presidente hispano de la Cámara de Comercio Júnior de San Antonio en 1980-81 al mismo tiempo que Henry Cisneros se convirtió en el primer alcalde hispano de San Antonio. Tuvo el privilegio de seguir a Oscar como presidente. Durante un año, Oscar también fue mi compañero de cuarto.

Luego está el famoso ex alumno de Catholic Central es el ex congresista Charlie Gonzalez, quien fue retirado en su último año por su padre, el difunto congresista Henry B. Gonzalez, para asistir a otra escuela secundaria. También he escrito sobre él. De hecho, ambos corrímos al asiento de su padre cuando él se retiró. Sabemos cómo resultó, aunque me apoyé en mi exitosa oferta por PCP.2.

La primera vez que leí español fue cuando tomé un número de La Prensa. Estaba en la escuela secundaria y, como muchos de mis compañeros de San Antonio, la mayoría de las familias hablaban español, pero no yo. Yo estaba familiarizado con el lenguaje de conversación, hablándole solo a mi abuela sobre lo buena que era su lenguaje de conversación, taba familiarizado con el español, pero no yo. Yo es-

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