The MLK Legacy

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Let’s Talk About it...

Is God Real?

By Yvette Tello

I want to say something about the “GOD isn’t real” “debate. If you don’t believe in God, that’s ok, but why is it so important for many of you to mock those of us that do? If we’re wrong, what have we lost when we die? Nothing. How does our faith in Jesus Christ bring you any harm? You think it makes me stupid? Gullible? Ignorant? That’s ok too. How does that affect you? If you’re wrong, your consequence is far worse. I would rather live my life believing in God and serving him, and find out I was right, than not believe in him and not serve him, and find out I was wrong. Then, it will be too late.I believe in Jesus Christ. He said, “deny and disown me before MEN and I will deny and disown you before my FATHER who is in HEAVEN.” God is Good. Do you believe in God? Do you think people who believe differently than you are dumb or ignorant? Let’s talk about it....

Delia A Guajardo:
“Our god is real. He is real in our souls. Mi dios es real. Real en mi ser. Me abando con su sangre carmesi. Heaven is for real.”

Gilbert Dimas Jr:
“My question is…from the oldest recorded history there were 9 gods in every society and different parts of the world. Only when you get to Christians and Muslims does it go to one god. So whos gods are the correct ones? There is no true religion because there are no true gods. Just my opinion. I don’t mind people believing in god. I hate those who preach and don’t follow what they believe.”

Henry Shamdas:
“Well that’s how I feel. It’s better to believe and be wrong than to not believe and be right. One has a higher consequence.”

Gerard Bustillo:
“The first amendment in the Constitution of the United States allows everyone to practice their faith. Those who do not believe in God or religion do follow a faith. Not believing in God or recognizing other faiths is a type of faith. So if those who ridicule people of faith are essentially ridiculing themselves as well and may not be intellectually capable to comprehend their sarcasm includes them.”

Eliseo Moreno:
“It goes both ways; people should believe what they want and not be criticized for what they believe as long as it doesn’t affect others. Some people criticize and discriminate if not murder as in the past and present against people for their choices and beliefs of life; like being gay or marriage and other supposed issues due to religion. I have a hard time believing in the bible or any religion because it was written by man. I see all around us through experience and history how the majority of humanity behaves. I definitely have little faith that truth is being told. I do believe there is a reason and purpose to our existence and I think the answer to our questions is in our creation; and it’s simple and understandable. Also, foundation of bible came from the Sumerians.”

Richard Copner:
“I’ve been on the other side of the fence so-to-speak and I can testify God is good-all-the-time and my life is better for it...”

Mike Miller:
Bible says in BBN in the end times our knowledge will grow. Look at what the bible says that has come to pass! I have a feeling we won’t be waiting another generation before we know who is right!”
About the Cover Artist:
Armando Sanchez

By Dr. Ricardo Romo

Armando Sanchez, 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. Soon after enrolling at Burbank High School, an art teacher noticed his creative skills, in particular, his excellent lettering, and suggested that Armando work as a sign maker. The following year, Armando left Burbank before graduating and worked over the next five years in the sign business. His big career break came in the late 1960s when he filled 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 is sold in the thousands annually. 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. Today Armando teaches art in his home studio and continues to paint colorful murals with historical themes. His colorful watercolor portraits are especially popular in many restaurants around San Antonio.

San Antonio Collision Center
Grand Opening

San Antonio Collision Center held their grand opening on Saturday January 12, 2019 at 4247 Industrial Center Drive San Antonio, Texas 78217. Manager, Ramon Lira, invites the community to stop by and meet the staff.

“We may have all come on different ships, but we’re in the same boat now.”
-Martin Luther King, Jr.

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The MLK Legacy

Civil Rights in Texas

By Dr. Ricardo Romo

On October 14, 1964, the Nobel Committee in Norway awarded Dr. Martin Luther King the Nobel Peace Prize.

At age 35, Dr. King was the youngest person to receive such prestigious recognition. Throughout his career as a civil rights leader, Dr. King credited Mahatma Gandhi of India with influencing his civil rights movement. Gandhi successfully led non-violent protest movements against British colonialism in India. Gandhi’s courage and spirit inspired Dr. King to lead the protests against segregation in public transportation in the 1955 Montgomery Bus Boycott. Dr. King also organized the largest civil rights demonstration ever with the March on Washington D.C. in 1963. The protests and marches helped bring about such landmark legislation as the Civil Rights Act and the Voting Rights Act in 1964. In the 1963 March on Washington Dr. King stood before 250,000 civil rights marchers on the Washington Mall and delivered one of America’s greatest speeches. His “I have a dream” speech did not mention the possible election one day of an African American to the highest office in the land, the United States presidency. No one can blame him for not dreaming what seemed at the time an impossible political miracle--electing the first African American president. One of Dr. King’s greatest legacies is the election of President Barack Obama whose victory would not have been possible without the passage of the Voting Rights Act in 1964. President Obama won a second term and is now considered one of the best presidents ever by U.S. historians.

Paramount to Dr. King’s teaching was the notion of inclusion of all people in the fabric of American society. In accepting the Nobel Peace Prize he noted that this was not a personal honor, “but a tribute to the disciplined, wise restraint and majestic courage of gallant Negro and white persons of goodwill who have followed a nonviolent course in seeking to establish a reign of justice and a rule of love across this nation of ours (New York Times, October 15, 1964).”

He understood that America could not be a great country if it denied any group of people basic rights and equal justice. The denial of equal rights was most prevalent in the southern states, and Texas had its share of laws and traditions which denied African Americans and Mexican Americans full citizenship status. In every Texas city and town, African Americans attended segregated schools and churches. In San Antonio, African Americans paid taxes to maintain parks and pools but were allowed entry only one day a week. African Americans experienced discrimination in restaurants and movie theaters paying full price to sit in segregated sections. In the 1950s and 1960s, Dr. King led a civil rights movement that spread from the deep south to all parts of America. There were some significant legal victories as in the case of Brown vs. Board of Education, however, the courts were not always helpful and desegregation moved at a very slow pace. Dr. King believed that protests and boycotts were more effective strategies to challenge inequality in
The Supreme Court and Chief Justice Earl Warren agreed that there had been a systematic exclusion of Mexican Americans on juries in Texas for decades. The victory was a first for the Mexican American community in the nation’s highest court. The walls of segregation were slowly crumbling. Desegregation in the Alamo City peaked with a successful sit-in in 1960 by African American activists at a downtown lunch counter.

Madalyn Mendoza, writing in the book San Antonio: Our Story, discussed the initial steps in 1960 to protest segregated lunch counters at several San Antonio stores. Mendoza noted that Mary Andrews, a college freshman at Our Lady of the Lake College, led the desegregation effort by writing to the United States Supreme Court with Cadena and Garcia arguing the case successfully.

The Hernandez case went to the United States Supreme Court with Cadena and Garcia arguing the case successfully. The State of Texas argued the basis that Mexican American community in the nation’s highest court. The walls of segregation were slowly crumbling. Desegregation in the Alamo City peaked with a successful sit-in in 1960 by African American activists at a downtown lunch counter.

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Un Encuentro Entre Alcaldes

Columna de Dr. Julián Villarreal. Originario de San Antonio, el Dr. Villarreal se graduó del MIT y obtuvo un doctorado en ingeniería de la Universidad de Texas en Austin. Se mantiene activo en diversas organizaciones locales y actualmente es profesor no numerario en la Universidad de Texas en San Antonio.

El viernes pasado, el ex-alcalde de la ciudad de Nueva York y filántropo multimillonario, Michael Bloomberg visitó nuestra ciudad por primera vez para reunirse con el alcalde Nirenberg. En una reunión en la Plaza de Armas donde estuvieron presentes los miembros del concejo de la ciudad, varios altos funcionarios del gobierno municipal, y representantes de la sociedad civil, Bloomberg anunció el otorgamiento de unos 2.5 millones de dólares para la implementación de un plan estratégico para combatir el cambio climático. El generoso Bloomberg, que también cuenta con inversiones millonarias en el sector petrolero, anda de vuelta con sus más de 7 millones de toneladas anuales de contaminación de dióxido de carbono que producía al año, es demasiado preocupante que CPS Energy contemple el cierre de la central JT Deely que era una de las más viejas y contaminadora de toda la ciudad y despedirnos de sus más de 4 millones de toneladas de contaminación de dióxido de carbono que producía al año, y que tardará el pueblo de San Antonio en serio estos asuntos, habrá que ver si nuestras declaraciones del alcalde se traducen en acciones concretas contra la peligrosa trayectoria ambiental actual de CPS Energy. Y si nuestros gobernantes no toman en serio estos asuntos, el pueblo se lo demandará. 

Por último, sería muy negligente si no mencionara el componente más grande de contaminación climática de nuestra ciudad: las centrales eléctricas a carbón operadas por nuestra empresa de servicio público, CPS Energy. Si bien nos podemos alegrar por el reciente cierre de la central JT Deely que era la más vieja y contaminadora de toda la ciudad y despedirnos de sus más de 4 millones de toneladas de contaminación de dióxido de carbono que producía al año, y que tardará el pueblo de San Antonio en serio estos asuntos, el pueblo se lo demandará. Pues la solución al problema de prensa ni en la escasa pecunia esparcida por los filántropos, sino en las acciones colectivas que inician desde abajo.

“I look to a day when people will not be judged by the color of their skin, but by the content of their character.”

-Martin Luther King, Jr.
Federal Workers are Trump’s Latest Pawns in Pursuit of a Border Wall

By Rogelio Sáenz

Ever since Donald Trump campaigned for the presidency, he has had that dastardly wall that he wants to erect on our southern border as a major priority. He has used a litany of people as pawns in his machination to build the wall.

At the outset, Trump set his aim outside of the country as he boasted that Mexicans would pay the exorbitant sum of money to build what he described as a “beautiful” wall. That pretty much was a non-starter, as it was extremely unlikely that the Mexican government would pay for the wall. How likely would it be for you to get your neighbor to spring for the entire cost of building a beautiful fence that only you wanted?

Subsequently, Trump turned his vision to Deferred Action for Childhood Arrivals recipients. In September 2017, Trump terminated the DACA program and gave Congress six months to come up with a policy to prevent Dreamers, people who came to the U.S. at an early age, from being deported. Essentially, his deal was for Congress to come up with legislation that would allow Dreamers to stay in the country in exchange for funds to build the wall. His own party established roadblocks to make sure that policies were not enacted to help Dreamers, and once the courts weighed in to keep the DACA program alive, the Democrats, too, did not have much of an urgency to make a deal.

To recap: Trump tried to get Mexicans to pay for his wall and then turned to use DACA recipients as collateral to get his wall. Neither worked.

Where to turn? Who is next?

Trump’s latest pawns in efforts to win funding for his wall: U.S.-citizen federal workers. In particular, the partial federal government shutdown impacts 800,000 federal employees, a segment of the overall federal workforce. We can get a sense of who these individuals are by examining data from the 2017 American Community Survey. Overall, there are approximately 4.7 million federal employees. Federal government workers are a cross-section of the U.S. population, with 60 percent being white, 18 percent African American, 13 percent Latino, and 6 percent Asian or Pacific Islander.

Approximately 43 percent of all federal employees live in six states led by Virginia (446,000) and followed by California (445,000), Texas (365,000), Maryland (338,000), Florida (235,000), and North Carolina (186,000). The District of Columbia has the greatest share of its workforce who are federal employees at 17.2 percent with four other states having more than 10 percent of their jobholders working for the federal government: Hawaii, 12.5 percent; Alaska, 11.0 percent; Maryland, 10.8 percent; and Virginia, 10.4 percent.

Trump’s latest pawns include many people among us. They are our family members, our neighbors and our friends.

With his sulking pout and his arms crossed, Trump is holding firm waiting for Congress to blink and give him his wall, which he obviously views as more important than a large segment of our nation’s workers, many of whom voted for him. He has boasted that he will hold out as long as it takes to get Congress to fund his wall. I wonder if one of Trump’s biggest lies is his claim that federal workers are telling him that they support his strategy to get funding for his wall.

Trump has made a full circle from having Mexicans pay for the wall to holding hostage federal employees who are being forced to forfeit their earnings to get Trump his wall. Who will he go after as his next pawn? Could it be you or me?

We need to realize that the emperor has no clothes and he cannot hide behind a senseless wall.
Broncos Contra Red Sox la Gran Final en Veteranos

Por Sendero Deportivo

Broncos de Reynosa campeón de temporada en la categoría Veteranos de la Liga Potranco 2018, tras eliminar a su duro rival Yaquis de La Sauceda en la tercera contienda de la serie del playoff, se enfrentara a los Red Sox que se clasificaron en el subliderato y en la postemporada en el tercer partido de su disputada serie fueron cuentas del trubuo Mineros.

Broncos con su timonel Roberto Garza, se estará enfocando en conseguir su primer banderín en el circuito sabatino donde logró gran debut ubicándose en el primer lugar de la tabla general.

Red Sox de Pedro Espinoza, ocupó el segundo escano durante la temporada, destacándose como digno subcampeón del pasado playoff, que le disputó a Yaquis de La Sauceda.

“Nuestra primera temporada en Potranco, nos clasificamos como líder del standing con 8 victorias por cero derrotas. Sin embargo no logramos llevarnos el banderín del playoff que conquistó Yaquis. Estamos listos para la final, de antemano agradecemos al apoyo de jugadores, seguidores y nuestras familias” dijo Espinoza.

Para Red Sox será un nuevo comienzo, a pesar de su experiencia de haber disputado la gran final del playoff pasado. Para los Broncos, será lo mismo ya que le tiene puesta la vista a ganar la serie y de paso agenciar el preliso trofeo de la gran final de postemporada.

Para ambos equipos no será la primera vez que se disputen una gran final de playoff, ya que cuando militaron en la legendaria liga Colt 45 Old-timers Baseball League, se enfrentaron en par de ocasiones por el máximo galardón.

De acuerdo al señor Simón Sánchez, presidente de la liga, dijo que se tiene programado para el sábado 19 de enero, el partido por el tercer lugar entre los equipos Yaquis y Mineros en el horario de las 10:30 a.m. (campo 1 de Potranco Baseball Field). A la 1 p.m. se tiene programado el primero de tres partidos entre Broncos y Red Sox

Red Sox eliminó a Mineros con pizarra de 9-6 carreras con victoria para el relevista Humberto “El Triste” Montemayor en relevo a Chris Lee, la derrota fue para Miguel Ángel Vázquez (El Chango). “Mineros hizo buen papel, peleamos la serie, dejando corredores en base. Gracias a patrocinadores, jugadores y seguidores se logró llegar a la semifinal”, dijo Ramiro Morales, manager de Mineros.

Broncos con blanqueada de 17-0 acabó con las aspiraciones de Yaquis que con su manager Benito Martínez, no pudo retener la corona. La victoria fue para el zurdo Alan Mow. “Red Sox es un gran rival, le deseo suerte. Broncos se encuentra motivado, se cumplió ganando la temporada, todo gracias al respaldo de jugadores, fans y familiares”, dijo Garza.

“Sé logró una buena serie ante un duro rival. Yaquis contempla seguir capitalizando el respaldo de jugadores, seguidores y de patrocinadores para lo que puede ser una temporada más en este potente circuito”, dijo Martínez.

En las fotos aparecen los equipos de Red Sox y Mineros. (Fotos por Franco).
Flashbacks of my tender years include walking through a subtropical backyard in the dead of night in the arms of a pleasant man from Mexico that Mr. Gutierrez wanted my Dad to meet . . . sitting on the regal and throne-like lap of Mrs. Gutierrez, the original proprietor of Tiny Tot Daycare, with the bright red lipstick she wore and kissed us with . . . watching my mother leave to the hospital in her steel blue Chevy Impala as she carried a green small suitcase in her right hand, the evening of my brother’s birth, from behind a screen door, crying, inconsolable as Maria, our maid, held my hand . . . playing in the waiting lobby of Mercy Hospital, as my grandparents and ChaCha watched me and conversed as my Daddy entered the hospital, a day after my brother was born through the sliding glass doors, carrying a bunch of gladiolas for my Mom . . . learning how to play Silent Night on the organ Santa Clause delivered to me Christmas of 1968. By the time I turned the age of 4, my Mom had enrolled me in weekly piano lessons with Mrs. Harness at her fourplex apartment located a couple of blocks away from Central Boulevard on Elizabeth Street. To this day, when I hear the scribbling of a well-sharpened pencil on crisp paper, I am careened back to watching Mrs. Harness marking my errors on the sheet music and making sure where I had to hit every flat and sharp note as I played Yankee Doodle Dandy or Ol’ Susana on her piano’s yellowed ivory and worn ebony keys. Mrs. Harness and I had a special relationship. You see, she spoke no Spanish and I spoke very limited to no English when my lessons started. I have often told people that my first English words were really letters A through G, words flat and sharp and counting to 8. That’s what I needed to master to be able to learn my basic piano lessons. Over time, Mrs. Harness and I got to be great friends and she smiled at me more and more with each lesson. My lessons were on Thursdays at 6pm. Mom would drop me off and watch me walk up the stairs and onto the porch, then watched me knock on the screen door and waited for Mrs. Harness to let me in before she proceeded to go run errands. It wasn’t too long before Mom had to drop me off about 10 minutes early on a more regular basis and I arrived at Mrs. Harness’ to find the young man who had his piano lessons before I was scheduled for mine on Thursdays. His name was Phillip. Phillip was a young man. He was always freshly bathed and smelled good. Sometimes, he was clean shaven, other times he was not. His hair was always slicked back and a faint scent of Tres Flores Brillantina also emanated from where Phillip sat at the piano, either in his wheelchair or on his good days, from the piano bench. On his good days, he did not need a wheelchair, he used his aluminum forearm crutches. On his good days, he would smile and sometimes laugh when he managed to hit the right keys as he read his sheet music. On good days, he made eye contact with Mrs. Harness and me. On his bad days, Phillip would sometimes drool. On his bad days, Phillip would struggle to speak and sounded like he was in pain as he moaned through his attempt to play the piano. No one ever told me anything about Phillip . . . To be Continued next week...
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“In the End, we will remember not the words of our enemies, but the silence of our friends.”

-Martin Luther King, Jr.
Julián Castro Announces Presidential Run

Presidential candidate & former SA Mayor, & HUD Secretary Julian Castro, declared he is officially a candidate for President to a crowd to well over 1,500. San Antonians cheered when he officially announced it to the crowd, He posed with two supporters, & spoke from the podium to the ecstatic, cheering crowd. The media was well represented by both English and Spanish reporters.

(Photos by Stephen Walker)

Jonael Omar Cisneros Festejado con Fiesta ‘El Chavo del Ocho’

Concurrida fue la colorida fiesta del niño Jonael Omar Cisneros (cumplió tres años), que fue al estilo “El Chavo del Ocho”. Su mamá Janelle Cisneros y sus abuelos Beatrice y Manuel Cisneros, con anticipación, invitaron a familiares y amistades, quienes llevaron bonitos regalos y disfrutaron de “tortas de jamón”. El evento fue ofrecido en el popular centro de diversión Gema Activity Center (706 New Laredo Highway), donde durante show sorpresa, Jonael Omar, se deleitó participando en las actividades de entretenimiento ofrecidas por los personajes “La Chilindrina”, y “El Chavo del Ocho”, en las que participaron niños y adultos. La parte más emotiva de la fiesta, fue cuando Jonael Omar, fue invitado para que partiera su pastel, en esos momentos los personajes en mención, pidieron a los invitados que se unieran en la dedicación musical de “Las Mañanitas” y “Happy Birthday to You”. Temas que todos emocionados cantaron para cerrar con broche de oro ese inolvidable evento social. “Estamos contentos porque se logró con éxito celebrarle su cumpleaños a nuestro nieto. Lo mismo esperamos continuar realizando con nuestros otros diez nietos. Agradecemos la asistencia de nuestra familia, amistades y el show de El Chavo del Ocho”, dijo el abuelo Manuel Cisneros, persona estimada y reconocida en el circuito del béisbol independiente en la región de San Antonio.

(Fotos por Franco)
Is a Managed Account Right for You?

By Edward Jones

As an investor, you’ll face many decisions over the years. How much should you invest? Where should you put your money? When is it time to sell some investments and use the proceeds to buy others? Some people enjoy making these choices themselves – but not everyone. Consequently, the type of investor you are will influence your thinking about whether to open a managed account.

Beyond this basic structure, managed accounts can vary greatly in terms of administration, reporting, fees and minimum balance. So, assuming you meet the requirements for a managed account, should you consider one? There’s really no one right answer for everyone. But three factors to consider are cost, control and confidence.

• Cost – Different managed accounts may have different payment arrangements. However, it’s common for a money manager to be paid based on a percentage of assets under management. So, if your manager’s fee is 1% and your portfolio contains $100,000, the manager earns $1,000 per year, but if the value of your portfolio rises to $200,000, the manager earns $2,000. Because the manager has a personal stake in the portfolio’s success, this arrangement could work to your advantage. Be aware, though, that other fees may be associated with your account.

• Control – With any managed account, you will give up some, or perhaps all, of your power to make buy-and-sell decisions. If you’ve built a large portfolio, and you’re busy with work and family, you may like the idea of delegating these decisions. And, as mentioned above, you can still oversee the “big picture” by working through a financial advisor or, at the least, having your investment preferences dictate a money manager’s decisions. But you will have to decide for yourself how comfortable you are in ceding control of your portfolio’s day-to-day transactions.

• Confidence – It’s essential that you feel confident in a managed account’s ability to help you meet your goals. And the various elements of a managed account may well give you that assurance. For example, some managed accounts include automatic rebalancing of assets, which, among other things, can help you achieve tax efficiency. Other features of a managed account – such as the experience and track record of the manager – also may bolster your confidence.

Ultimately, you’ll need to weigh all factors before deciding whether a managed account is right for you. In any case, it’s an option worth considering. Martinez at 210-354-4915 if you have any questions.
BUSINESS SPOTLIGHT

Chicho Boys
Your Non-Profit Alternative for Local Produce

By Isa Fernandez

Isa Fernandez, MPA is a business alliance program manager at Westside Development Corporation, advocate of the disenfranchised and a freelance photographer.

As a nearly-vegan Latina who works promoting small businesses in the downtown area, I am always on the look-out for businesses that sell locally-sourced fresh produce (like mango cups, avocados, fresh garlic and guava!) at fair prices. Chicho Boys Fruit Market, located at 1631 S. Laredo Street, exceeds that criteria in spades. Family-owned and operated since 1995, Chicho Boys is a Westside legacy business began by Patricio Gonzalez, (known as “Chicho”) whose plan was to create an “economic alternative to shopping for fruits and vegetables.” Still in operation all these years later by his children John, Paul, Nando and Gina, the store is indeed an alternative to the larger corporate supermarkets in town.

Going there is always an experience. There is an outside portion of the market and an inside, which is chilled to keep produce crisp and fresh. Atop the produce counters rest traditional Mexican décor, including talavera mariachi frogs, aged wagons and black and white photos of the Gonzalez family which line the walls even higher, honoring the history of the market. The staff are friendly and knowledgeable. General Manager Gilbert Weaver is a wealth of information about the family history, the products sold in the store and about how fruits and vegetables are grown, even detailing a recent visit to a pineapple plantation in Hawaii, still awe struck (I’m adding this to my travel plans). He also shared referrals to juicers in town, ultra-marathon, triathlon and general running clubs and of course, information on the benefits of the fruits, vegetables and spices sold. Additionally, he relayed the many incentives to shopping at Chicho Boys – they take competitor’s coupons and offer a standard 10% off discount for military, fire and police.

This dedication to family, customers and the community at large extends to its business model, as it nearly exclusively sells products from South Texas and Mexico and other independent retailers. Included among the products are – Ladybug cookies, granola, scones and seasonal pies, Buddha’s Brew beverages which use traditional fermentation methods and are handcrafted out of Austin, and jams from Arkansas in flavors like Jalapeno Strawberry, Apple Peach or Blueberry Raspberry and paletas from San Antonio’s very own El Paraiso. Mexican candy and spices from Don Juan from Laredo, Texas line the walls next to fresh produce that includes unique seasonal and hard to find fruits and vegetables such as dragon fruit, rambutan, guava, starfruit, lychees and purple potatoes, known for their disease-fighting phytonutrients and reducing inflammation. Local honey from Fowler’s Texas Pure Honey from La Vernia, TX is one of the increasingly popular items sold at the store - a spoonful of locally sourced honey is said to stave off allergies.

Chicho Boys also creates and sells its own items including candied apples, its proprietary blend of Chile powder, typically used on fruit cups, as well as standard and/or organic fruit and vegetable baskets, trays, and striking iconographic T-shirts promoting the family business. Store hours are Monday – Saturday, 9:00 am-6:30 pm. Support local business, the local economy and your health by getting your produce from a true local legacy business!

www.chichoboys.com
1631 South Laredo St.
San Antonio, Texas 78207
(210) 225-7557
info@chichoboys.com
Business hours: Mon-Sat 9am-6:30pm
NFL Conferences Championships are Set For Sunday Showdowns

Por Jessica Duran

The NFC and AFC Conference Championships are set for Sunday as the playoffs are down to the last 4 teams. The New Orleans Saints will host the Los Angeles Rams in the NFC Championship game. The New England Patriots will fly to Kansas City to face the Chiefs in the AFC Championship.

The Saints will face the Rams coming off a close 20-14 victory against the Philadelphia Eagles. For the 40 year old Saints quarterback Drew Brees, he is no stranger to the NFC Championship as he won the same championship 10 years ago against NFL legend Brett Favre and the Minnesota Vikings. They would go on to Super Bowl XLIV and face another NFL legend Peyton Manning and the Indianapolis Colts and win in a 31-17 matchup. Brees won the Super Bowl MVP award.

These teams have similar history but this year, the Super Bowl will be in Atlanta. The Rams won their last Super Bowl in the Georgia Dome in Atlanta. Could this be history repeating itself? 20 years later for Los Angeles or history repeating itself for the Drew Brees and the Saints having the same exact season 10 years ago? Maybe or maybe not, this may or may not be Drew Brees final run at another Super Bowl ring, either way, it will be one exciting game. The NFC Championship will be televised on Fox on Sunday at 2:05pm CT.

For New England, it’s the same old song. Brady. Belichick. Another Conference Championship appearance, 11th to be exact.

But, for Kansas City, this will be the Chiefs first time ever in a Conference Championship. Coming in as clear underdogs despite the season the Chiefs have had, you can never count out Tom Brady and the Patriots.

Led by sophomore sensation Chiefs quarterback, Patrick Mahomes has lit up the league in the stat sheet. Former Texas Tech Red Raider, Mahomes has thrown for 50 touchdown passes and over 5,000 yards. Despite losing shamed star running back Kareem Hunt for his domestic violence arrest and league suspension, the Chiefs offense still works like a charm.

The Chiefs will host the Patriots in an exhilarating matchup between Mahomes and Brady, Andy Reid and Bill Belichick on Sunday and will be televised on CBS on Sunday at 5:05pm CT.

Parker Celebrates Return with Win Over Spurs

By Jessica Duran

It was a night to remember for Spurs guard and now Charlotte Hornet Tony Parker as he returned to the AT&T Center for the first time. Parker was welcomed in a nearly sold out crowd with loud cheers and a thunderous applause.

As Parker warmed up before the game, he greeted some fans, hugged some old friends who were in attendance such as former Spurs players Boris Diaw and David Robinson.

Before team introductions, the Spurs played a tribute and thank you video highlighting his career with the Spurs bringing joy and tears to many fans. The video was titled in French “Merci Tony”.

In what he said was an “emotionally draining” game, Parker was thankful for the fans response. Although the 4 time NBA Champion has just a bench role for the Hornets, he averages 9 points a game and 3 assists.

Last night, in 19 minutes of play, he scored 8 points, and tallied 3 rebounds with 4 assists. Kemba Walker scored 33 points as he led the Hornets in the 108-93 victory snapping the Spurs 7 game home win streak. Spurs forward LaMarcus Aldridge posted a double double with 28 points and 10 rebounds.

If you didn’t get to see Parker, fear not Spurs fans, he will return one more time this season at the AT&T Center on March 29th for Manu Ginobili’s jersey retirement as he will be in attendance for the game and make a speech afterwards during the ceremony.

Illustrated by Korean artist Min-suk Kim
Ariana Moncada: Solar Powers her Opportunity of a Lifetime

By Milady Nazir

Ariana Moncada is a senior double majoring in math and statistics at UTSA. This coming spring, she will be only one of 20 students from across the U.S. to participate in a mini-semester program at the National Renewable Energy Laboratory. This exclusive research facility is a government hub that develops the latest breakthroughs in new clean technologies.

The UTSA student fought hard and won admission thanks in part to her work in developing UTSA’s Sky-Imager, a solar forecasting technology that uses machine learning to help the City of San Antonio determine how much solar energy to expect from local solar panels.

We spoke to Ariana about this incredible internship opportunity:

Can you describe your work with the Sky-Imager?

I analyze images and weather data captured by the UTSA Sky-Imager, and I create machine learning models to forecast solar irradiance. The solar irradiance then can be used to predict how much power solar panels can produce.

Why did you feel when you were notified about your acceptance to the NREL program?

I was ecstatic! I’ll get to see with my very own eyes research at “THE” renewable energy lab. Although, I’ll admit, reality still hasn’t set in yet. I still can’t believe I’ll be visiting soon.

What would you tell other women and minorities about applying to top internships in the country?

I would tell them apply, apply, APPLY! You may surprise yourself at what you are capable of and what other people see that you are capable and deserving of. You lose nothing by applying and just getting your name out there is very important. The sky is the limit.

What is the one class at UTSA that has been the turning point in your educational career?

It actually wasn’t a particular class. Going to Professor [Walter] Richardson’s (my faculty mentor’s) office hours and asking him about his research was what changed everything for me. He took a chance and believed in me, and working with him has opened up many opportunities.

You are the first Hispanic female student from UTSA to be admitted to the NREL mini semester program. What does that mean to you?

Personally, it means that all my hard work really does pay off. Most importantly, I hope I empower others just like me to push past the difficulties—that being Hispanic and female doesn’t define all of who you are and have to offer. You have abilities, passions, motivations and qualifications just like any other, so you can do great things too.

Close up of the pyrometer used to calibrate the Sky-Imager irradiance observations.
City Market House

West Commerce St. East of San Saba St. at Santa Rosa St.
The City Market House designed by Architect Alfred Giles was built in 1900. It served as a market and as the City’s first convention center that included a 4000 seat auditorium on the second floor. The building was demolished in 1938 and replaced with the Farmer’s Market Building which today houses multiple vendors selling Mexican wares to thousands of visitors each year. This area is now known as Market Square. Paschal Square is shown with a water fountain in the center.

Food Pantry to Provide Food to Coast Guardsmen

A local food pantry will be providing assistance to members of the United States Coast Guard and their families suffering as a result of the ongoing partial federal government shutdown.

Blessed Angels Community Center, which operates the pantry, was contacted this week by United States Coast Guard representatives and asked to provide assistance to Active Duty military families struggling to pay bills.

For almost a month, some 800,000 federal workers have been furloughed or are working without pay. The pantry has begun gathering food, household supplies and diapers and other baby care products to distribute to the military members starting later this week.

“Hunger doesn’t know or respect boundaries,” said Marion Thomas, the pantry’s executive director. “Our mission is to fight hunger and to give hope with kindness and compassion to whoever needs food assistance. And right now, those Coast Guard families really need it,” she noted.

Over the past 5 years, the pantry has provided free emergency food supplies, clothing and other assistance to 110,661 low income veterans, senior citizens, homeless veterans, evacuees, and families in need in Bexar and surrounding counties.

An estimated 49 million Americans are food insecure. Texas is the most food insecure state in the nation.

Blessed Angels is dedicated to also extending a helping hand to homeless, low income and at-risk veterans with food assistance, toiletries, and other items as they become available, she said. E

Estimates are that nationally one out of every three homeless men and women sleeping in a doorway, alley or box has put on a uniform in service to the country.

“While our focus is the local community, this is a special and very serious case, so we are collecting and preparing to serve an as yet an untold number of Coast Guard personnel and their families with emergency food supplies and more. But because we were asked, we will also collect and distribute household goods, and especially baby supplies and diapers, and gas cards to these federal law enforcement officers in their time of need,” Thomas said.

Blessed Angels Community Center’s Emergency Food Pantry is operated by an all volunteer group and “100% of all donations are used for the benefit of homeless and low income veterans, seniors and needy families. Donations are needed for this worthy cause. You can donate online at blessedangelscc.org or visit our office 14094 Nacogdoches, Thomas said.

The pantry’s collaborative partners include the San Antonio Food Bank, the National Veterans Outreach Program of the American GI Forum, the San Antonio Optimist Club, Omega Psi Phi Fraternity.
Impuestos y Recursos Afectados por el Cierre del Gobierno

Mientras el cierre parcial del gobierno se encuentra en la cuarta semana completa, se ha dado cuenta de que muchos sitios web gubernamentales indican que no están actualizando activamente su información. Better Business Bureau (BBB) no es una entidad gubernamental, ¡bbb.org está trabajando! BBB es una organización sin fines de lucro que ayuda a las personas a encontrar y recomendar negocios, marcas y caridades en las que pueden confiar.

Encontrar a un preparador de impuestos confiable es algo que probablemente esté buscando en este momento, ya que la temporada de presentación de impuestos comienza el 29 de enero. Desafortunadamente, el IRS es una de las entidades gubernamentales afectadas por el cierre. Aún se deben pagar los impuestos, y se indicó recientemente que es probable que los reembolsos de impuestos aún se procesen, sin embargo, a los consumidores les puede resultar difícil comunicarse con un agente del IRS para hacer preguntas relacionadas con los impuestos. BBB puede ayudar!

Si está buscando un preparador de impuestos confiable, BBB recomienda:

- **Obtenga referencias:** pida recomendaciones a amigos y familiares, luego verifique los Perfiles de negocios de BBB en bbb.org y lea los detalles de la queja y las reseñas de los clientes para determinar si desea trabajar con ese preparador de impuestos.

- **Busque Credenciales:** Agentes inscritos, Contadores Públicos Certificados (CPA) y abogados de impuestos tienen derechos ilimitados para representar a sus clientes ante el IRS en todos los asuntos.

- **Asegúrese de estén debidamente registrados:** un preparador de impuestos debe obtener un PTIN del IRS. Nunca permita que alguien trabaje en sus impuestos a menos que tengan este número. No tenga miedo de preguntar sobre esta u otras calificaciones; a un profesional capaz no le importan las preguntas.

Entonces, ¿con qué más podría tener problemas durante el cierre parcial del gobierno? Los compradores de viviendas que buscan comprar una casa nueva o refinanciar una hipoteca asegurada por la Administración Federal de Vivienda pueden ponerse en espera. Debido a que el prestamista depende del IRS para proporcionar y confirmar la declaración de impuestos federales del prestatario, el proceso tendrá que esperar hasta que los empleados del IRS regresen.

Otras entidades gubernamentales afectadas por el cierre pueden afectarle como consumidor. La Administración de Pequeños Negocios (SBA) se cierra durante el cierre, lo que significa que las solicitudes de préstamos que normalmente utilizan las pequeñas empresas y las nuevas empresas no pueden procesarse. El Departamento de Vivienda y Desarrollo Urbano (HUD, por sus siglas en inglés) también se ve afectado, por lo que las nuevas subvenciones para el desarrollo de viviendas, los préstamos para compradores de viviendas nuevas y las inspecciones de la calidad de las viviendas pueden retrasarse.

Los consumidores también pueden tener problemas para obtener información actualizada de USA.gov, el Registro Nacional de No Llamadas y la Comisión Federal de Comercio (FTC, por sus siglas en inglés), y ese sitio lo indica específicamente; “La FTC está cerrada debido a la falta de financiamiento del gobierno”. Sin embargo, los consumidores pueden encontrar consejos actualizados sobre negocios y estafas en bbb.org. Simplemente oprima “Últimas noticias” y la “Información más reciente sobre estafas”. Para obtener más información, visite el blog independiente de su BBB, watchyourbuck.com.
Mental Health Misconceptions

By Michelle Idar

As a mental health professional and someone who regularly sees a therapist, I strongly support and advocate the benefits of attending therapy. Let’s be honest for a second. When we don’t know how to fix something, we reach out to a professional like a mechanic to fix our car, a contractor to fix our house, or a dentist to fix our teeth. We easily seek help to fix these issues and move on, right?

Why is it that we have trust issues or difficulty reaching out to a therapist to help us fix ourselves? We can be repaired as well, right? Why do we avoid seeking professional help when it comes to our mental health and well-being? Why do we keep quiet about it?

Our mental health is just as important as physical health. Both are closely connected. At some point in our lives, we deal with stressors that affect our mental health. Many people are fearful or ashamed to reach out for professional help because of the stigmas that exist around therapy and mental health. You are not alone. It is important to recognize the false and negative beliefs that surround mental health services and understand that help is available for you.

Want to learn more about the misconceptions regarding mental health treatment? Please bring your family and friends to join TCP Marriage & Family Services, for a FREE Mental Health Community Event on January 10, 2019, from 6:00 PM – 8:00 PM, located at the Best Western Plus Hill Country Suites, 18555 US Highway 281 N, San Antonio, TX 78258. We will be covering a variety of Mental Health topics including: Anger, Anxiety, and Depression. Drinks and snacks will be provided. Please register for this event by contacting our office at: (210) 516-2607 or visiting our website at: www.tcpmfs.org.

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1401 S Flores San Antonio, TX 78204
Just a Thought:
31st Annual MLK Jr. March

By Steve Walker

Tomorrow is the 31st Annual Dr. Martin Luther King Jr. March. As one who has marched consecutively for the last 21 years without missing, I look forward to once again making the 2.75 mile trek along Martin Luther King Drive to the Pittman Sullivan YMCA for the festivities.

Since 2007 I have been blessed to cover the March by taking photos of the event for my photo-blog, http://walkerreport.net.

Before that I was strictly a marcher and active participant in the yearly tribute as a Balcones Heights Councilman, American Federation of Teachers Union President representing Harlandale ISD, and four years as a Judge.

In 1981 when I was the President of the Junior Chamber of Commerce, our chapter was one of the first non-African-American organizations in San Antonio who endorsed a National Martin Luther King Jr. Holiday when it wasn’t that popular to do so.

Because of that endorsement, I was asked as President to speak to the first group of about 500 people who gathered at MLK Plaza to unofficially celebrate the occasion which the following year was to become a nationally recognized holiday.

During my coverage in photos of the March, I have covered Grand Marshalls to include Congressman John Lewis, Dr. Joseph Lowry and other civil rights activists who marched with Dr. King in the 50s and 60s.

In 2012 the guest speaker was Martin Luther King III, eldest son of the slain civil rights leader. I was fortunate to have covered MLK III a few years earlier for a program on poverty when he visited San Antonio to be a speaker at a conference.

During the 2012 event he was interviewed by San Antonio Express-News Reporter Abe Levy. In the interview he praised San Antonio “for its eye-raising turnout.” He noted that the March would have impressed his father very much.

Levy quoted MLK III who explained, “My father said the highest love is defined by the word ‘agape.’ It is the love that is totally unselfish because it seeks nothing in return.”

“You love because you know God calls you to do that. And when we embrace that kind of love, we will move America and the entire world forward. We’ve got to have that kind of love for humankind,” MLK III added.

His speech to the estimated crowd of over 100-thousand marchers was well received. By 2018 the crowd size for the march was over 300-thousand and counting.

Assuming this year’s event will continue to grow well over 300-thousand plus, we can look forward to another successful celebration of the legacy of national civil rights leader.

If you haven’t ever participated, now might be the time to do so. Be sure when you attend the MLK March and be sure that you wear some comfortable shoes for the 2.75 mile trek!

The City of San Antonio’s Martin Luther King Jr. Commission continues its commemoration of King’s legacy by celebrating the 51st anniversary of the first March for Justice organized by the late Rev. Dr. Raymond “R.A.” Callies Sr., a San Antonio teacher and pastor. I marched with him back in the day.

Tomorrow we will all march the 2.75 miles on MLK Drive towards Pittman-Sullivan Park, and with once again approximately 300,000+ participants. Keynote Speaker: Shaun King, journalist, humanitarian, and activist. The program will feature the City of San Antonio Mayor Ron Nirenberg and other national, state, and county officials.

Steve Walker is a Vietnam Veteran, former Justice of the Peace and Journalist

Just a Thought:
31st Annual MLK Jr. March
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