Paredes con Historias

Potosinos se Impuso Ante Cachorros de Nava

La Musica De San Anto Mural 10 Year Anniversary
David Blancas Muralist and Painter

Old Spanish Trail Fredericksburg Road Community Mural Unveiling this Thursday

Protecting Your Family during ‘Ozone Action Days’

Fruta Nativa: Malpighia Glabra

Por Sendero Deportivo

By Dr. Ricardo Romo

By Lindsey Amick

By Veronica Gallegos

Por Rachel Cywinski
Let’s Talk About it...

Gun Control

By Yvette Tello

This weekend social media topics were about the mass shootings and gun control. I saw many posts that argued politics; Republicans are to blame. Guns are to blame. Racism is to blame. That is perfectly clear. I do not own a gun but I do believe we should have the right to bear arms. I also grew up in a neighborhood where getting your hands on a gun was no problem and most people who were up to no good for the most part. Did this person have a license to carry? Do you think gun control is the solution to ending the hate for the immigrants/Mexicans? If not, what is? Let’s talk about it...

By Benjamin Godina

“I believe gun control is an issue although I also believe as you, the right to bear arms. We are definitely in a whole new culture and epidemic. The days of the streets and words are now guns on the streets and social media as an instigator. People have been killed simply by social media attacks. Our gaming system is no longer an Atari system with paddles going back and forth. They are new very tactical and influential. We, young or old have always controlled what we need to force it down, parenting. The spanking paddles have been taken away, God has been almost entirely removed, parenting is now diminished because many want to be friends first. In all, WE are to blame for what we’ve allowed to happen. #letstalkaboutit”

By Chris Jones

“Point Blank: Lack of Parenting. People need to Teach Their Children Right From Wrong... Stop Blaming others and Be Parents to your Kids. There were already actions in place for people with mental illness Trump repealed that.”

By Beverly Brooks

“Both of these incidents could have been much worse had it not been for lawful firearm carrying men. Owning a firearm does not in any way influence or breed racism. Controlling guns does not equal controlling psychopathy. HATE, ABSENT PARENTING, THE ABSENCE OF GOD and a “look at me” culture that glorifies a lack of respect for (any) authority is what fuels this. These people are no far less radical than the ones that flew planes into our towers. We will continue to have more 9/11 like incidents unless we stop blaming anything and everything other than the shooter and take a closer look at our family units or lack thereof. Sadly, we have proven time and again that we will not see another 9/11. And with all due respect, my statement about the absence of God is my opinion. I don’t mean that we need to force it down anyone’s throat, that applies in the home and for those that it applies to they carry it with them outside. Or, one hopes, anyway. Again, just my opinion- not anyone’s place to tell me I’m wrong about my own opinion.”

By Rebecca Perez

“It is not the lack of parenting, and hate is not always taught by parents. Hate is everywhere and young minds pick it up from the environment around them. Some minds are easily influenced and some are not. No one can really pinpoint why someone with a disturbed mind does what they do.”

By Roxanne Perez

“We can improve our gun control but mental and hate are the issues and of course it all starts at home. No question there but we as citizens must now make concessions to make this safer future generation. The left will quickly say no due to privacy and the right will say it’s the government’s way of backdoor to taking away our guns. However both sides must concede and this is exactly how to curtail some, if not all of the mass shootings.”

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Although, I’m a mixed culture, not Mexican at all. So there’s hatred everywhere, the people who choose to act this way are not a product of anything other than their own hatred.”

Rob Gonzales:
“Here’s a truth nobody wants to hear. Racists already own guns AND don’t go killing people. If you read the narrative of these mass shooters, they don’t come from broken homes and their families are usually good people. So, the absence of God and family upbringing isn’t the issue.

What is the issue is that our gov’t hasn’t incorporated a background check that checks for mental health history? Link up to the background system to the health care system and bam, you prevent gun sales to people with mental issues. You may lose a few hundred gun sales at most.”

Gene A. Gomez:
“The hate will Never end.. and that is sad. And I also believe we have a right to own a gun. However, assault rifles have no business in any citizen’s hands. They are weapons of war and that’s where they belong. Yes, we need strict gun laws which should include strict policies and laws for gun owners.”

Alan Thomas:
“Working on mental health issues would be a start. Pull the head out of the sand and start to look around, say something if you see something. Plus remember years ago when parents just started giving their kids meds just because a doctor said, this may be the side effects years after their usage.”

John Diego Vacca:
“Hundreds Mexican American (La Raza) Gangs in Barrios everywhere in Texas including San Antonio but not one of them can step up and protect our communities. What a shame! Plenty of grown men and young men who should be warriors for our community and stand up would rather destroy brown communities and allow these killers (homegrown terrorists) and negative political driven agendas by corrupt people to enter do as they please. Just my thoughts.”

By Centro de Artes Sergio Cristóbal Mata is an American pop artist, painter, and photographer. Born in San Antonio, he is a first-generation American, the son of Rosita Cisneros-Mata and Jose Guadalupe Mata. Some of his best-known works include the painting “Superpaint” (2017), and the portrait series “Selena Hexaptych” (2018).

To see more of Mata’s work please visit www.sergiomata.com

Photos by Luis M. Garza. Visit this exhibition through Sunday, Sept. 29, 2019 at the City of San Antonio’s Centro de Artes Gallery, located at 101 S. Santa Rosa, 78207. The exhibit is free and open to the public.
A beloved, iconic landmark in San Antonio’s west side, the Virgen de Guadalupe Veladora on the historic Guadalupe Theater, is receiving its first touch-up 17 years after it was erected. Muralist Jesse Treviño, designer and creator of the work, is working with a team to replace some tiles and fill in grouting work.

Gabriel Velasquez, Executive Director of Avenida Guadalupe and good friend of Jesse Treviño, approached the Guadalupe Cultural Arts Center about collaborating on the upkeep of the mural.

“We are all one entity in this block, in this neighborhood,” says Velasquez, “and we are committed to helping make this block the best it can be. This is an important part of Jesse’s legacy, so we want to help maintain it.”

“This image of the Virgen de Guadalupe may be the biggest in the world,” adds Cristina Balli, Executive Director of the Guadalupe Cultural Arts Center. “It’s an important cultural symbol and icon for San Antonio and south Texas. We want to make sure it’s in good shape to showcase it fully.”
By Lindsey Amick

Join Bubble Bath Car Wash for the unveiling of the new community mural being established at their new Fredericksburg Road location. After more than 8 months of community meetings and hard work from the talented muralists at San Anto Cultural Arts, the mural will officially be revealed to the community and blessed this Thursday, Aug. 15th.

Enjoy special remarks from the lead artist, Bubble Bath Car Wash’s owners and San Anto Cultural Arts leadership, among others. Refreshments will also be provided. Everyone is invited--Fredericksburg Road locals, art enthusiasts, Bubble Bath friends, curious passersby--to join us in celebrating the past, present, and future of Fredericksburg Road and the Old Spanish Trail.

Once known as part of the “Old Spanish Trail,” the Fredericksburg Road corridor has a long history of travel, trade and commerce dating as far back as the 1700s. Bubble Bath Car Wash, a family-owned business that recently joined the corridor’s bustling commerce landscape, decided to help document that remarkable history with the help of nonprofit arts group San Anto Cultural Arts and the Fredericksburg Road community, establishing an 8.4-by-129-foot community mural on the wall of their new location at 3934 Fredericksburg Road.

San Anto Cultural Arts is a nonprofit founded in 1993 with the mission to foster human and community development through community-based arts. They focus on art through community engagement led to the creation of two community-based arts programs: The Community Mural & Public Art Program, and El Placazo Community Newspaper & Mentor Program. These dynamic programs engage residents and foster the talents of youth by educating them on the history and techniques of public art. The programs also document and preserve the rich history and heritage of the Westside.
EVENTOS

Back to School Event at Legacy Middle School
Presented by Commissioner Tommy Calvert

Coffee with Council Member Rebecca Viagran
at Brooks City Base
Por José I. Franco

Inolvidable fiesta se ofreció en honor de los beisbolistas cumpleañeros, los hermanos Iván y Jonathan Vaquera (acompañados por su papá Santos Vaquera), José Luis (La Guicha) Salinas, acompañado por su esposa Laura Alicia Flores Durán, Johnny López, acompañado por su esposa Claudia López, quien es administradora de Potranco Rodeo Ballroom, y Raúl Vela “El Vela”, quien fue acompañado por su tío Rubén Jiménez.

Los padrinos de salón fue Eloy Rocha (propietario de Potranco Rodeo), y de música el señor Jiménez, quien contrató al famoso trío “Cachas de Oro”, que con su repertorio musical complacieron a los cinco cumpleañeros y sus invitados que bailaron y escucharon corridos y baladas románticas.

Santos Vaquera, se discutió cocinando delicioso guiso, y las damas Anel Guerrero y Claudia Sánchez-Guerrero, patrocinaron el pastel decorado con los colores de la franquicia ligamayorista Pirates.

Cabe anotar que los hermanos Vaquera, Salinas y López, son jugadores del club local Piratas de Sabinas, que se encuentra defendiendo su campeonato en los playoffs de la potente Liga Potranco categoría Abierta dominical. Raúl Vela, es parte de la base de seguidores de Piratas, que dirige el pentacampeón timonel Sergio De Luna, sus jugadores y coaches Iván Rubinsky y Mauricio Esparza.

Por su lado los pequeños que estuvieron acompañando a sus familiares, durante la gran fiesta se divirtieron dándose chapuzones en un brinca brinca acuático, lo cual les ayudó para combatir las altas temperaturas veraniegas.

Los cumpleañeros, posaron frente a su colorido pastel, mientras que invitados les cantaban “Las Mañanitas”, y el “Happy Birthday”. Siendo posteriormente embarrados (por familiares y amigos) con su propio pastel, lo cual ellos también hicieron entre sí.

“Contento de ver a los cumpleañeros, divirtiéndose y brindando por tan especial motivo. Para mí es gran satisfacción, haber contribuido con la reservación para que en este domingo 4 de agosto, la pasaran bien luego de haber jugado su segundo partido de serie en el playoff. Les deseo todo lo mejor a ellos, sus familiares e invitados”, dijo Eloy Rocha.

Johnny López, agradeció las finas atenciones que recibieron por parte de sus familiares, invitados y de los integrantes del trío Cachas de Oro, quienes dieron el toque alegre y de mucho sentimiento con los temas musicales que les fueron solicitados.

López, en representación, de sus compañeros, tuvo palabras de agradecimiento para La Prensa Texas. Su servidor también les agradeció la invitación para su exclusiva cobertura, por ser la primera ocasión que cubre fiesta de tal magnitud como lo fue “Gran Fiesta Para Cinco Cumpleañeros”.

ESPECIALES
Gran Fiesta Para Cinco Cumpleañeros
By Ramon Chapa Jr.

District 7 City Councilwoman Ana Sandoval will host the Woodlawn lake Outdoor community movie night screening of “One Chance” the Robert Pikin Quiroga story next Friday August 23, 2019 at 830pm.

The event is free to the public and will end with an SABULLYFREE Campaign Anti-bully pep rally.

The movie was directed by Raymond Ramos and Jason Rivera and produced by Jesse Borrego and Epi Quiroga. Many San Antonio community members and close friends of the boxer participated in the documentary including: Ramon Chapa, Jr. – La Prensa Texas

Henry Cisneros – Former HUD Secretary, Former San Antonio Mayor

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The life and legacy of Robert “Pikin” Quiroga.
The story of a man from humble beginning’s who rose from the Westside streets of San Antonio to capture the first World Title for his city. Friends family and colleagues discuss his life, death and the impact he left in the world.

Director Statement
My good friend Jason Rivera and I, are So blessed to have had this great opportunity to be apart of this storied, great legend from San Antonio. While making this film, I have learned so much about this man and his family. Then learning what he means to the city of San Antonio was truly another experience. Even after the interviews, it still was not registering on why this man was so great.

It was not until finally putting all the pieces together in the editing, when I finally realize what a true people’s champion Quiroga is. I really hope that after you watch our film “One Chance” that you feel the same way - Robert “Pikin” Quiroga the people’s champion of San Antonio.

The film description reads, “It was the boxing match of a lifetime for 19 years-old San Antonio native, Robert “Pikin” Quiroga. He leaves his hometown to fight in Sunderland England for the International Boxing Federation World Champion against Juan Polo Perez. After several brutal and fierce rounds with Perez, Quiroga’s coach, Joe Lopez, was ready to throw in the towel. But Quiroga was not ready to quit. Quiroga told his coach, “You said I had “ONE CHANCE” Give me that “one chance.” And after 12 rounds, the rest was history.”
Protecting Your Family during ‘Ozone Action Days’

By Veronica Gallegos
Communications Specialist, Alamo Area Council of Governments

Depending on the day and the amount of ground-level ozone in the air, the great outdoors could in fact be causing harm to you and your loved ones. In observation of the Ozone Season – and August, one of the months with the highest concentrations of ozone – the Alamo Area Council of Governments (AACOG) wants to make sure you and your family are prepared and protected.

The most common form of air pollution in the San Antonio region is ground-level ozone, a major component of smog. This ozone is formed when intense sunlight mixes nitrogen oxides (NOx) – largely produced by vehicle exhausts – with volatile organic compounds (VOCs), which are found in gasoline fumes. While the primary emitters of NOx are our personal and commercial vehicles, VOCs are generated by a wide range of polluters, including coal plants, dry cleaners, and even the hair spray we use.

Among the number of negative effects to the environment, ground-level ozone can cause breathing problems and damage lung tissues to some of our most vulnerable communities. Ozone is particularly harmful to those who already have breathing ailments, to those who are young and whose lungs are still developing, and to those who spend a lot of time outdoors. Individuals with respiratory issues can experience soreness in the throat, irritation, cough, tightness in their chest, and pain when breathing.

On the days that concentrations of ground-level ozone become high enough to impact our health, multiple entities, including AACOG, will issue out Ozone Action Day alerts. When this happens, everyone can help by making simple changes in their daily routines to reduce pollution:
- Limit your driving. Consider carpooling, using public transportation, or riding a bicycle.
- Reduce engine idling. Avoid drive-thru lanes, or sitting in your car while in a parking lot. Try to bring your lunch to work.
- Refuel after 6:00PM. During an Ozone Action Day, wait until the temperatures drop before you fuel up your vehicle.
- Upkeep maintenance on your vehicle. This includes ensuring your tires are properly inflated.

For more information on what ozone is, how it impacts public health, and to find more tips, you can visit aacog.com/376.

To subscribe for ozone action day alerts, please send an email to LHufstetler@aacog.com or call (210) 362-5225.

By Leonard Rodriguez
This column highlights 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.

Carolyn Curiel
Closer to President Clinton than perhaps any other Hispanic in his administration, Carolyn Curiel, senior speechwriter, 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’ “Nightline”, 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.”
LA MUSICA DE SAN ANTONIO MURAL 10 YEAR ANNIVERSARY

David Blancas
Muralist and Painter

By Dr. Ricardo Romo
San Antonio’s Westside is home to some of the city’s most vibrant cultural murals. The mural movement that began at the Cassiano homes nearly forty years ago has spread to other parts of the Westside and now to the Southside. However, multiple years under a burning Texas sun have not been kind to the older murals.

David Blancas is one of the many artists who intend to change that.

Blancas, as well as members of the San Anto Cultural Arts, are making sure that there is a balance between painting new murals and restoring older faded murals.

It is fitting that David Blancas is about to begin the restoration of the Musicos mural on the western reach of the Westside, a mural that he originally painted in 2009. Located on Commerce Street near the Colorado Street intersection, the Musico mural was the 37th mural project of the San Anto Cultural Arts.

Blancas’ grandfather and father were musicians both earning a living performing with trios in Mexico and the United States. Blancas moved to the United States from Nueva Rosita, Coahuila when he was two years old.

As a child, Blancas developed a deep-seated interest in painting and drawing. He attended San Antonio Highlands High School and studied art at UTSA. Blancas’ dedication paid off in his early twenties when he entered and won two national Hispanic arts competitions in 1997 and 2001 respectively.

Today, Blancas is confident about his artistic path. He writes: “My passion for historical and cultural themes is a recurring component of my studio, exhibition, and public art projects. My experience with various forms of media is demonstrated in bodies of work which include abstract conceptual work, sculptural 3-dimensional installations, and modern mural fabrication and installation processes.”

The restoration of the “Musicos” mural is just getting underway and will engage him for five months. Thanks to the pioneering work of the Philadelphia Mural Arts Program, the restoration work will largely take place in his studio. The mural will be painted on textile panels and then glued to the exterior wall of the Commerce Street building.

The Philadelphia Arts model was successfully applied to a mural at Harlandale High School. The Harlandale Class of 1955 funded the mural which linked the school to the Missions of San Antonio’s southside.

A press release on the Musicos mural restoration project acknowledged the “piece is a commemorative mural project which pays homage to the lives and music of Randy Garibay, Clifford Scott, Rocky Morales, Felix Villareal, Manny Castillo, Eva Garza, Doug Sahm, Valerio Longoria, Lydia Mendoza, and Rosita Fernandez. “

I am most familiar with the last four performers. Growing up in the 60s in the Westside I listened to and danced to the music of Doug Sahm, as well as Sonny and the Sunliners and the Royal Jesters. I have also enjoyed the accordion music of the legendary Valerio Longoria, Santiago Jimenez, Flaco Jimenez, and Estevan Jordan. My parents followed the musical careers of Lydia Mendoza and Rosita Fernandez whose music dates back
to the 1940s.

All of these musicians have had a profound influence on the musical heritage of San Antonio. Their creative influence is woven into the fabric of San Antonio’s musical identity and has long been representative of the Westside of San Antonio. Blancas’ project is supported by Westside Development Corporation (WDC), San Anto Cultural Arts (SACA), Alamo Colleges Westside Education and Training Center, and La Prin teria.

David Blancas has an excellent track record in mural painting in San Antonio. His most recent work includes painting 88 colorful concrete pillars under Highway 90 at Roosevelt Ave. Each pillar celebrates Latino history and the culture of San Antonio and Texas. For example, one mural celebrates the life of Emma Tenayuca, the San Antonio pecan sheller labor leader of the 1930s.

Among the Highway 90 paintings, I took a special interest in the mural dedicated to Don Pedro Huizar, one of Texas’ first artisans. I wrote about Huizar for my recent essay in the Art of Texas book sponsored by the Witte Museum. I consulted historical studies that utilized church records from the San Jose Mission and journals written by the Spanish explorers and the accompanying friars, as well as records in the Bexar County Archives. These records and studies allow us to trace the arrival of Huizar and other Mestizo artisans to Texas.

The first architectural designs and sculptures of the missions along the San Antonio River, especially at San José, are attributed to Antonio Salazar and Pedro Huizar.

Salazar, born in 1730 in Zacatecas, Mexico, is recognized by art historians as a sculptor, master mason, and architect. He is, without doubt, Texas’ earliest artisan. There are ample myths and much controversy about the birthplace and personal life of Pedro Huizar (1740-1804).

According to historian Rebecca Green, “Over two centuries, Huizar gained notoriety within the oral tradition as the sculptor of the façade and Rose Window of San José.” Many scholars claimed that Huizar was born and trained in Spain and created the Rose window in memory of a woman he had left behind in Spain who had lost her life while crossing the Atlantic to meet up with him. Huizar is said to have died of a broken heart.

Over the last two decades, we have learned much about Huizar. According to the Texas State Historical Association, Huizar (1740-1804) was actually born in Aguascalientes, Mexico, and arrived in San Antonio sometime before 1775. He married Maria de la Trinidad in 1775 and they had seven children.

Huizar was commissioned to work on the façade of San José mission and also sculpted the church’s rose window. Huizar not only worked as a mason at San José Mission, but he also bought land in the surrounding area and eventually was appointed as a local judge. He died a natural death at age sixty-four. I recently learned from Blancas that Huizar’s great-great-great-grandchildren still live in the area surrounding San Jose Mission on the land once owned by their ancestors, Don Pedro Huizar.

The tragic events of El Paso, Texas last week remind us that too many of our fellow citizens still consider all Latinos as recent immigrants. When friars and Mestizo soldiers founded San Antonio in 1718, they were joining the first Americans, native indigenous people, in the establishment of frontier settlements.

In many frontier instances, new settlers fought with the native people, but in San Antonio, they joined hands to build a community. In perhaps the first mural or painting of Huizar in Texas, the mural of Blancas recognizes the work of Don Pedro Huizar and acknowledges the importance of knowing and understanding Latino history in this region, which began before the Mayflower arrived.

Blancas notes that “Public art can inspire and engage an individual in a visual dialogue. What that narrative may involve is up to the artist. Each project represents a wonderful opportunity to have a positive impact on the cultural texture and creative landscape of a community.”

I agree, and we wish him well in his new project to restore the Westside mural that celebrates the great musics of Texas.
Be Alert for Opportunities When Preparing for College Costs

By Edward Jones

Edward Jones is a licensed insurance producer in all states and Washington, D.C., through Edward D. Jones & Co., L.P. and in California, New Mexico and Massachusetts through Edward Jones Insurance Agency of California, L.L.C.; Edward Jones Insurance Agency of New Mexico, L.L.C.; and Edward Jones Insurance Agency of Massachusetts, L.L.C.

Now that summer is winding down, it will soon be “back-to-school” time. When children are young, your logistics for the new academic year may involve little more than a trip to buy school supplies. But if you’d like to send your kids (or grandkids) to college someday, you need to plan far ahead to meet the financial demands. And, as part of your planning, you also need to be on the lookout for all opportunities to help pay those sizable college bills.

Specifically, you’ll need to be ready to take action in these areas:

• Financial aid – You should start thinking about financial aid at least a year before your child heads off to college. For example, you can begin submitting the Free Application for Federal Student Aid (FAFSA) on Oct. 1, 2019, for the 2020-21 academic year. The FAFSA helps colleges and the U.S. Department of Education evaluate your financial need and determine how much financial support your child requires. And since a lot of financial aid is awarded on a first-come, first-served basis, it’s a good idea to submit your forms as soon as possible once the application period opens.

• Scholarships – Colleges and universities offer their own scholarships, but you’re not limited to them. In fact, you might be surprised at the number and variety of college scholarships available to your child or grandchild – but to find them, you may need to do some digging. Find out what’s offered from foundations, religious, ethnic or community organizations, local businesses and civic groups. Also, ask the high school guidance office for information. Your own employer might even offer small scholarships. You can find more information on scholarships on the U.S. Department of Education’s website.

• College-specific investments – You might also want to consider an investment designed to help you save for college. You have several options available, each with different contribution limits, rules and tax treatments, so you’ll want to consult with a financial professional to choose an investment that’s appropriate for your situation.

• Community colleges – Not every bachelor’s degree needs to begin and end at an expensive four-year college or university. Many students now fulfill some of their “general” education requirements at affordable community colleges before transferring to a four-year school – often saving tens of thousands of dollars in the process.

Paying for college is challenging. After all, for the 2018-19 academic year, the average annual cost (tuition, fees, and room and board) was $21,370 for in-state students at public four-year colleges or universities; for four-year private schools, the corresponding expense was $48,510, according to the College Board. And college costs will likely continue to rise over the next several years. But, as we’ve seen, by being proactive and having a plan in place, you can go a long way toward coping with these expenses and helping your loved ones enjoy the benefits of higher education.

For more information contact Ernest J. Martinez 210-354-4915 or ernest.martinez@edwardjones.com
THIS DAY IN
LA PRENSA HISTORY

EL BAUTISMO DE JESUS, por Relyk.

"...y llegando a la orilla del río Jordán, Jesús se desnudó de sus vestiduras recibiendo las aguas del bautismo de manos de Juan, quien estaba en medio contemplando la realización de una de las profecías." (San Mateo, 3:13 vers.)
Navigating Back-to-School Shopping

By Jason Meza
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bbb.org Start With Trust®

It may seem like summer vacation just began, but it’s already time to start thinking about the new school year! The National Retail Federation predicts an average of $696 will be spent by families with students in elementary through high school, and an average of $976 spent by families with college students. Both amounts are higher than last year.

In addition to financial stress, parents also worry about protecting their children’s safety. Children and young adults often are targets of identity theft, as they have no credit history or past banking transactions. If their identity is stolen, it may not be discovered for years.

Better Business Bureau (BBB) has tips on protecting your money and identity:

Make a list. While this may sound simple, having a list of everything you need to buy for school can help you from getting off track or getting tricked into buying something you don’t need. Start with your child’s school list of needed supplies.

Shop at home. It is always possible you have leftover supplies from the previous year and can save yourself money by crossing items off your list before leaving the house.

Research bigger items. This is especially important for students leaving for college and moving into dorms. Items like laptops, mini fridges and microwaves will come with different types of warranties or optional insurance. Research different brands and customer reviews to be sure you’re choosing the right items for your specific needs.

Don’t forget Tax-Free weekend. This year’s Sales Tax Holiday is Aug. 9-11. According to the Texas Comptroller, you can buy most clothing, footwear, school supplies and backpacks tax-free from a Texas store or from an online seller doing business in Texas.

Know return policies and save receipts. Before you purchase something, especially a large item, know the retailer’s return and exchange policy. And be sure to save all receipts to prove you purchased the item.

Shop safely online. Online shopping can provide convenience and sometimes deals that retailers don’t offer in-store. When shopping online, always look for the lock icon next to the URL, and the “s” in “https.” These things mean you’re shopping on a secure site. Consider paying with a credit card when shopping online, as credit cards provide additional protection to users.

Protect your child from identity theft. Scammers may use large purchases as a reason to ask for you or your child’s Social Security number. Never give personal information to someone unless you are completely certain of how it will be used, stored and protected.

For more information, visit bbb.org/backtoschool.
La novena de Red Sox (campeón de temporada Invernal 2019), con pitcheo del valioso serpentinero derecho Will Martinez, derrotó 9-3 carreras a Cardenales, por lo que sigue imbatible (4-0), en el potente circuito independiente sabatino de Potranco Baseball Oltimers Baseball League, categoría Veteranos Verano 2019.

En otros espectaculares partidos de la cuarta jornada el campeón (de playoffs 2019) Broncos de Reynosa SA y Sultanes, el resultado fue a favor del monarca con pizarra de 15-0 carreras. Potosinos se trenzó en contundente combate ante el popular club Cachorros de Nava obteniendo la victoria de 13 a 5 carreras, victoria celebrada por el timonel sanluisino, Catarino Obregón, quien agradeció labor del abridor lanzador Alfredo Obregón, que se agenció la victoria, la derrota fue para el legendario abridor derecho Luis Arredondo. Calixto Moreno, con su experiencia monticular de Potosinos, se agenció el salvamento.

Cabe anotar que el promedio del jardinero Johnny López (jardinero de Cachorros), quien pegó imparable con casa llena, aumento su promedio de bateo a .490 (logrado en 13 turnos al bate con ocho imparables).

Rol de juegos sábado 10 de agosto. Campo 1, 11am San Luis vs. Cardenales. 2:30 p.m. Red Sox vs. Sultanes. Campo 2, a las 12pm Potosinos vs. Cardenales.

En el segundo partido de la primera ronda del playoff categoría Abierta dominical, los resultados fueron los siguientes. En la Zona Norte, Águilas emparejó la serie ante Piratas de Sabinas (actual campeón), con pizarra de 4-2 carreras, triunfo celebrador por sus directivos Luis Cerros (manager), Martín Castillo y Raúl Originals (lanzador).

Highsox del Marine Eddy Rodríguez, con tres outs para eliminar a Broncos de Reynosa SA del “Bronco Mayor”, Roberto Garza y su coach Sergio Torres, cedieron terreno con sorpresivo cierre de la manada de Broncos que en el noveno capítulo se agenció el triunfo anotando carreras que marcaron la diferencia (5-3), y en el cierre Highsox con dos outs teniendo las bases llenas no lograron concretar ya que con espectacular jugada del tercera base Jacob R. Morales, quien capturó contundente línea y pisando la almohadilla consumó el 27 out salvando la pizarra a su favor (5-3), con lo que se convirtió en el héroe de partido y le dio a Broncos se pase a la tercera contienda del su serie de postemporada ante Highsox.

Por Broncos comenzó Marcos Reyes y cerró el relevista Omar Solís, quien se agenció la victoria.

El Marine, Eddy Rodríguez, de Highsox confiado con la joya de pitcheo de su lanzador Matt Harrell (quien en el noveno inning dejó el partido ganado 3-1), decidió cambiarlo enviando al relevo a Kayler Cook y Onassis Sirrett, no logró concretar su plan de juego ya que Sirrett, concedió bases por bolas con las bases llenas y luego Bronco contestó con su acostumbrada defensiva y ofensiva, para igualar la serie 1-1.

En las fotos aparece Eric Granado lanzador de Bobcats. Jacob R. Morales tercera base de Broncos. Highsox y su manager el Marine, Eddy Rodriguez (de barba).
Summer is ending and it time for students to head back to the classroom and resume their studies. As a retired teacher reminiscing about my 26 years in the classroom, one of my happiest memories involves teaching in 1980-81 at “La Memorial” High School in Edgewood ISD.

I was honored to teach Senior Government at a school that referred to itself as “La Memorial.” Two years later I also taught at La Techla (Fox Tech in SAISD) as well but that is another story for another column.

Before I began the year, I was recruited away from reporting for the Westside and Southside Weekly Suns (part of the Express-News) which now no longer exists. They discontinued them some years later and incorporated those publications into the main body of the paper.

I would write about stories on “La Memorial” for the Westside Sun and the Principal Joe Arriaga would come into my office and submit press releases and ideas for stories to cover his school. Besides editing press releases I would also go out into the Southside and Westside to cover activities and events and write feature articles about personalities I encountered.

When Ethel Kennedy, wife of slain Senator Bobby Kennedy came to Kennedy High School for the dedication ceremony in his name in 1979, I was thrilled to interview her. She was gracious, to say the least. That caught Arriaga’s attention and he asked me to leave the Suns and come to “La Memorial” and teach since I had a number of years of experience in the classroom.

The only opening he had available at the time was a government class that was losing the teacher who was being promoted to an administrative position within the district. The deal was that I would finish the school year as the Senior Government Teacher with one Freshman History Class and then the following year I would switch to teach English and Journalism since that particular teacher was retiring at the end of the year.

The good news was I took four years of History classes in high school and some classes in College which I enjoyed very much although it wasn’t my teaching field. I really enjoyed teaching the government that year, although the bad news was I followed a very popular teacher.

Rule of thumb in teaching is if you are taking over for another teacher mid-semester you want to follow one that is not the most popular or the most well-liked, which in turn can make you look good. Unfortunately, I followed the most popular teacher in the school who at one time been named the school’s “Teacher of the Year.”

What happens is when you institute your rules and ways of doing things, the students tend to say things like, “That’s not the way Mr. Rodriguez (not real name) does it or we don’t do that.” It is hard to overcome, but not impossible.

That is when you get really creative. I decided that one way to get the student’s attention was to bring in an occasional guest speaker so they wouldn’t have to listen to me do all the talking. That worked well.

One time I had a police officer come to my class to talk about students becoming interested in going into police work as a career and what it all entailed. I had not informed them beforehand the guest speaker would be a police officer so they didn’t know who was coming. What they also didn’t know was I had talked to the officer before-hand and we played out a little scenario.

He’s walking into the classroom obviously got their attention. When he entered the classroom, he asked me if I was Mr. Walker. When I said “yes” he told me to turn around put my hands behind my back and then he proceeded to cuff me.

The stunned looks on my student’s faces told the story. Once they realized it was only a stunt, everyone had a good laugh and he proceeded to inform them how they could become a police officer.

The students enjoyed the class despite my prank and asked lots of questions of the officer. I have actually run into a couple of those students over the years who vividly remember that day.

One said jokingly that was the only time he ever saw my hands behind my back. I talk with my hands! Who knew?

To all the students in San Antonio in whatever school district you attend, have a safe and positive learning experience and the best school year ever.
By Gabriela Kenny

Albert Zapanta, President and CEO of the U.S.-Mexico Chamber of Commerce (USMCOC), and Binational Board Members of the Chamber Louis Escareno, Legal Counsel of Duty Free America/UETA and Bryan Ricker, Vice President of Community Development Manager of Zions Bank traveled to Washington, D.C. to meet with U.S. Congressmen and discuss passage of the U.S.-Mexico-Canada Agreement (USMCA). The Chamber Delegation had the opportunity to meet with members of Congress of both parties on June 25th and 26th, and was also invited to the Arkansas, Louisiana, Mississippi, and Texas Regional White House Conference.

The Regional Conference held on June 25th at the White House was an exceptional opportunity to learn about domestic initiatives on Community Revitalization, Urban Development, Drug Control Policy, Agriculture, Transportation, Small Businesses, Transportation, Agriculture and Energy, which also have an important effect on international trade. U.S. Secretary of Energy, Rick Perry, and U.S. Secretary of Agriculture, Sonny Perdue along, with high level officials of the Administration were part of this event.

Maj. Gen. Albert Zapanta (Ret) was invited to witness the signing of President Trump’s Executive Order establishing the White House Council on Eliminating Barriers to Affordable Housing Development, which will be chaired by Secretary of Housing and Urban Development, Ben Carson. Secretary Carson and Senators Tim Scott (R-SC) and Martha McSally (R-AZ) joined the signing ceremony. General Zapanta was also invited to the Medal of Honor Ceremony with President Trump.

The USMCOC strongly believes in free trade, and advocates for the continuation of a legal framework that facilitates the exchange of goods and services between the nations in the North American Region. The Chamber has had the opportunity to engage and discuss at length the new agreement with the Office of the U.S. Trade Representative, and we are certain that the USMCA provides not just the much-needed updates to the North American Free Trade Agreement (NAFTA), but also the tools to adapt to the fast-paced changes in all industries due to new science discoveries, technology and innovation, while at the same time incorporating a new vision of labor and ecological practices to provide equal protections for workers and the environment in all three countries.

The delegation first met with Congresswoman Xochitl Torres Small (D-NM), and her Chief of Staff, Brian Sowyrda, followed by a meeting with Congressman Mike Conaway (R-TX), Ranking Member of the House Committee on Agriculture, and his Chief of Staff, Matthew J. Russell and other members of his team.

Congresswoman Liz Cheney (R-WY), the House Republican Conference Chair, the third-highest position in the GOP House leadership met with the delegation and assured that Republican Members of Congress are prepared to vote for the USMCA.

The Chamber delegation also met with Congressman Ted W. Lieu (R-CA), Dan Crenshaw (R-TX), Debbie Dingell (D-MI), Tom Mahr, Policy Director at the Office of Congressman Steny Hoyer(MD), House Majority Leader, and Johnna Carlson, Chief of Staff of Congressman Michael T. McCaul (R-TX), Ranking Member of the House Committee on Foreign Affairs. The Chamber delegation expressed to members of Congress and their staff, the willingness to provide support to the USMCA ratification process.

There is strong support for the ratification of the USMCA by the U.S. Congress, however, House Speaker Nancy Pelosi (D-CA) announced the creation of a “Trade Working Group” led by Congresswoman Richard Neal (D-MA), Chairman of the House Ways & Means Committee, to review some areas of concern. This working group is integrated by teams who focus on the following topics:

- Biologics: led by Congressmen Earl Blumenauer (D-OR) and Congresswoman Jan Schakowsky (D-IL);
- Labor: led by Congressmen Jimmy Gomez (D-CA) and Mike Thompson (D-CA);
- Environmental: led by Congresswoman Suzanne Bonamici (D-OR) and Congressman John Larson (D-CT);
- Enforcement: led by Congresswomen Terri Sewell (D-AL), and Congresswoman Rosa DeLauro (D-CT).

The Chamber will conduct follow-up meetings with members of Congress of the Trade Working Group, in support of passage of the USMCA this fall.

If you are interested in participating in our next round of meetings please let us contact: Gabriela Kenny, Director of Communications at (469) 567-0923 or by email at gabriela.kenny@usmcoc.org
Team USA Comienza El Campamento De Entrenamiento Fiba En Las Vegas

El equipo de baloncesto de Team USA Men comenzó su campamento de entrenamiento en Las Vegas mientras se preparan para la Copa Mundial FIBA de este año en la nación anfitriona China. Esta será la primera competencia del equipo desde los Juegos Olímpicos de Río 2016.

Dirigido por el entrenador Gregg Popovich y asistido por el entrenador en jefe de los Warriors Steve Kerr, el entrenador trajo consigo a los entrenadores y asistentes de los Spurs para ayudar a administrar el campamento. Cuando se le preguntó si el nuevo entrenador asistente de los Spurs, Tim Duncan, estaba presente en el campamento, el entrenador Pop se burló de Tim en tono de broma en una declaración que decía “no sabe nada de baloncesto” con una sonrisa en su rostro.

Si bien el equipo estará notablemente sin las caras clave del equipo, como las superestrellas LeBron James, Kevin Durant y James Harden, veteranos como Kemba Walker y Kyle Lowry buscan liderar la lista de jóvenes a la victoria. Una vez que se haya formado la lista final, el equipo jugará una serie de partidos de exhibición en Australia para prepararse para el torneo.

El calendario de la Copa Mundial FIBA del equipo de EE. UU. Es el siguiente:

1 de septiembre, 8:30 a.m. EST: EE. UU. Frente a República Checa (Shanghai, China)
3 de septiembre, 8:30 a.m. EST: EE. UU. Frente a Japón (Shanghai, China)
5 de septiembre, 8:30 a.m. EST: EE. UU. Frente a Turquía (Shanghai, China)
6-9 de septiembre: segunda ronda (Foshan, Nanjing, Shenzhen y Wuhan, China)
10-11 de septiembre: cuartos de final (Dongguan y Shanghai, China)
13 de septiembre: Semifinales (Beijing, China)
15 de septiembre: Finales (Beijing, China)

Carrot, Apple & Cucumber Slaw

Ingredients:

- 1 cup grated carrots
- 1/2 cup diced apples
- 1/2 cup sliced cucumbers
- 1/4 cup chopped mint
- 1/4 cup olive oil
- Juice of 1/2 lime
- Salt and pepper

Method:

1. In a large mixing bowl, combine all ingredients and toss to mix.
2. Serve immediately. Garnish with a sprig of mint or parsley.

Nutrition Facts:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount (per serving)</th>
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<tbody>
<tr>
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<tr>
<td>Total Carbs</td>
<td>11g</td>
</tr>
<tr>
<td>Total Sugar</td>
<td>3g</td>
</tr>
</tbody>
</table>

Tips on Carrots:

- Carrots are a great source of vitamin C and potassium.
- They are also low in calories and high in fiber.
- Carrots can be enjoyed raw or cooked.
- Carrots can be used in salads, soups, and stews.

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Fruta Nativa
Malpighia Glabra

Por Rachel Cywinski
Miembro vitalicio de la Sociedad de plantas nativas de Texas

Traducido del inglés al español por LPT

Malpighia glabra (símbolo del USDA MAGL6), conocida como “cereza de Barbados” en el paisaje pero “cereza de acerola” cuando se hacen jugo, proporciona alimento para las aves y produce suficientes frutas para que los humanos también las disfruten. Estas plantas versátiles de flujo libre ayudan a atraer a las aves al patio para comer y las mantienen allí para anidar cuando se plantan con plantas nativas de tamaño mediano y árboles pequeños para formar un sotobosque.

El jugo de Malpighia glabra es valorado por su alto contenido de vitamina C. La demanda de los consumidores que desean obtener vitaminas de los alimentos integrales hace que el jugo de cereza Acerola tenga un precio muy superior al de muchos otros en los EE. UU. La acerola es una fuente tradicional de vitamina C en las regiones tropicales. Su rango nativo se extiende hacia el sur hasta Perú y Brasil y hacia el norte hasta zonas subtropicales en Texas. La planta no se recomienda para zonas al norte de Austin. El sitio Aggie Horticulture de la Universidad de Texas A&M enumera las conservas de frutas con usos actuales junto con el remedio astringente y para la fiebre hecho de la cor- teza de la planta que se llama “Nancebank”. Drugs.com enumera los usos tradicionales de Malpighia para disentería, diarrea, trastornos de lliver, fiebre y como astringente. Su análisis de contenido encontró más vitamina C que naranjas y tanta vitamina A como zar hashtags, más tiamina, ribo- flavina, niacina, calcio, hierro, bioflavonoides, fósforo, ácido mático, ácido pantoténico, potasio, magnesio, zinc, dextrosa, fructosa, sacarosa, proteínas, fibra, lípidos y ácidos grasos.

Malpighia glabra se encuentra en palmerales, como sotobosque en los bordes de los bosques, y es dominante junto con otros arbustos pequeños y medianos en matorrales. Una vez establecido en cualquier tipo de suelo, es extremadamente tolerante a la sequía. Malpighia glabra se planta cada vez más en los paisajes debido a sus hermosas flores de color rosa, que pueden aparecer en cualquier época del año, excepto en invierno. Por lo tanto, la planta proporciona fruta para las aves nativas que comen fruta durante gran parte del año; y, por lo tanto, plantarlo puede disminuir la muerte de las aves que comen bayas invasoras de Nandina domestica y mueren por una horrible hemorragia por envenenamiento por cianuro cuando no pueden encontrar fruta nativa para comer.

La planta ahora está disponible en cualquier centro de jardinería comercial en el área de San Antonio. Para proteger la integridad de la fruta y evitar matar las larvas de mariposas, es importante comprar en un centro que pueda garantizar que la planta no haya sido tratada con pesticidas sistémicos.

Se sabe que Malpighia glabra es el huésped larval de cuatro especies de mariposas nativas. Es una planta huésped de importancia primordial para Chiomara georgina “Capitán de parches blancos”, Ephyriades brunnea “Florida Duskywing” y Timocharis ruptifasciata “Capitán de bandas marrones”. La especie Leptotes cassius “Cassius Blue” utiliza la planta cuando está en Texas.

Al igual que con muchas de nuestras plantas nativas del sotobosque, la destrucción del hábitat no ocurre solo cuando una excavadora limpia inicialmente un sitio; La pérdida devastadora de un lugar para que estas mariposas prosperen o incluso sobrevivían ocurre con cada césped que no tiene más que hierba y árboles exóticos. Esto no ofrece refugio ni lugar para que las mariposas de estas especies pongan sus huevos. Una de las acciones más patrióticas que cualquier residente puede tomar es plantar estas plantas nativas más pequeñas para devolver los hogares que estas mariposas han perdido.

Al hacerlo, las recompensas humanas abundan en fruta fresca nutritiva, aire más limpio y belleza que calma los sentidos. Las fotografías de Malpighia glabra en todas las estaciones están disponibles en su perfil en la Red de Información de Plantas Nativas: https://www.wildflower.org/plants/result.php?id_ plant=MAGL6

Perfil de mariposas y polillas de América del Norte de Chiomara georgina “Patrón de parches blancos”: https://www.butterfliesandmoths.org/species/Chiomara-georgina

DERECHA: Las frutas de Malpighia glabra aparecen a lo largo de esta plantación de setos en el patio trasero, mezcladas con Anisacanthus que atraen a los colibríes y fuentes de alimento para aves de menor crecimiento, como Rivina humilis pigeonberry.
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