Amor de la Humanidad

Let’s Talk About It
RELATIONSHIPS

By Yvette Tello

Recordando Iowa

Por Rogelio Sáenz

The Rise of Latino Political Leaders

By Dr. Ricardo Romo

Aficionados estarán apoyando a los Spurs en su gira Anual durante el Rodeo y Exposición Ganadera 2020

Por José I. Franco

About the Cover
Artist: Alethia Jones

Provided by Dock Space Gallery
By Yvette Tello

Michelle Bautista: “I wish I knew what went wrong. 25 years and got divorced. First Valentine’s Day alone but better to be alone in a relationship.”

Virginia Ann Sherwood: “Drugs and greed, broke my marriage. But at last, I found the right man. I just had to realize he was always there; the right man. I just had to make the relationship work?”

Elsa Sixto: “If you wait up enough, you’ll find that knight in shining armor; a little dented but he will come. What causes a marriage to fail is insecurities, cheating, and not paying attention to your loved one.”

Raymond Casares: “Marriage isn’t easy. It is commitment and getting through the hard times. It is holding on no matter how bad things are. It’s being present. It’s not wanting what everyone else has but appreciating what you do have. I was married for 27 years. She died 25 years ago, but it was enough to last me a lifetime. Until we meet again, she is my forever love.”

Jenfer Perales: “I am in a marriage that is so rocky but I wouldn’t trade it for anything. We have ups and downs but this is one road trip that will never end. We have grown up together and we will grow old together.”

Kayla G: “I have been fortunate enough to find love many times in my life. All of my relationships ended because their season was up. We all evolve and change and that is not a bad thing. Everyone of those relationships had a reason and a season.”

Facilities Maintenance Assistant will be responsible for the day-to-day service and support to the assigned support area. Will ensure employee safety and protection of company assets while maintaining exceptional customer service to operations teams.

Must be a licensed HVAC/R Service Channel experience preferred but not required Knowledge & Skills

- Ability to effectively communicate with Supervisors, Restaurant Management and vendors.
- Must be organized and provide deliverables in support of project plans.
- Ability to prioritize.
- Able to work independently without direct supervision.
- Able to walk, bent, balance, crawl, and reach for extended periods of time.
- Able to lift up to 100 pounds. Willing and able to work extended hours and weekends as needed.
- Working knowledge of commercial plumbing and electrical.
- Knowledge of hand tools, electrical meters, and power tools.

Work Experience
- 3-5 years of experience with food service equipment, HVAC, appliance and plumbing.
- Restaurant equipment experience required.
- Job Type: Full-time
- Experience: Restaurant Equipment Maintenance

Photo: Courtesy of Sushicaritasociety.org

- Must have HVAC/R Certification
- Ability to lift up to 100 pounds. Must be able to walk, stoop, and bend.
- Must be able to work extended hours and weekends as needed.
- Working knowledge of commercial plumbing and electrical.
- Knowledge of hand tools, electrical meters, and power tools.

Swipe the page to read more...
Este año, a pesar de las dificultades, me dirigí a Iowa. Trabajé como asistente de investigación en el Departamento de Demografía de la Universidad de Iowa. La Universidad de Iowa es el centro de investigación demográfica más importante del país. Esperamos que esta investigación una vez más presente de un poco más de la población del estado. Recordar que en 1980, la población blanca y la población latina de Iowa es el 80% de la población del estado. Se trata de un poco más del 6% de la población de Iowa. A pesar de la importancia de los latinos en la sostenibilidad de la población de Iowa, se pasa por alto a los latinos. Según la Encuesta de la Comunidad Estadounidense de 2017, los latinos son más de 1,000 o representan más del 10% de las poblaciones de 99 de las 1,000 comunidades del estado. Dada la naturaleza rural del estado, la mayoría de estos lugares son pequeños. Por ejemplo, con una población de aproximadamente 500, los latinos comprenden la mayoría de los residentes de Columbus y Conesville. Sin embargo, una docena de comunidades tienen más de 1,000 habitantes. Los latinos son más del 10% de la población de estas comunidades. La ciudad de Sioux City (15,562, 18,8%) Marshalltown (7,952; 29%), Council Bluffs (6,345; 10,2%), Aurora (4,618; 19,4%), Storm Lake (4,947; 37,7%),

Denison (3,920; 46,9%); Ottumwa (3,631; 14,7%); Perry (2,876; 37,1%); West Liberty (1,852; 49,4%); Osceola (1,085; 21,7%) y Hampton (1,001; 23,2%).

Estos números hablan de una presencia significativa de latinos no solo en las principales áreas urbanas de Iowa, sino también en muchos de sus lugares rurales. El ex candidato presidencial Julian Castro encontró a muchos de estos latinos mientras recorría incesantemente las aceras y el campo de Iowa. Desafortunadamente, los principales medios de comunicación una vez más han hecho vista gorda hacia los votantes latinos cada vez más importantes. Hace aproximadamente cuatro décadas, nunca imaginé que esta población latín significativa de Iowa. En las últimas décadas, las ciudades latinas de Iowa se convertirán en una fuerza demográfica y política aún más importante aquí, así como en muchas otras partes del país. Esperamos que estas tendencias despierten a los principales medios de comunicación.

The English translation of this essay can be accessed at latino reefers.com/2020/02/03/remem- bersinghiora/
Rogelio Sáenz fue el sociólogo y demógrafo. Es profesor en el Departamento de Demografía de la Universidad de Texas en San Antonio. Es autor de varios libros y artículos sobre la población mexicana en el estado.
The Rise of Latino Political Leaders

By Dr. Ricardo Romo

Amor de la Humanidad

How political change came about.

Cortes, a Central Catholic High School graduate, earned a degree from Texas A&M at age 19. He enrolled in the PhD program in Economics at the University of Texas at Austin the following year. However, in 1967 he made a monumental decision and joined Cesar Chavez's efforts to unionize workers in the Rio Grande Valley, a decision that led him to abandon his graduate studies. The Valley farm workers earned less than a dollar an hour and labored in the spring and summer months in sweltering heat with only short breaks for water and food. Although small employment gains were made, nonetheless, Cortes felt that his work was best suited for an urban grassroots movement. Thus he left the Valley to organize the urban poor of San Antonio.

COPs' earliest successes came after several crippling floods devastated homes and businesses near the Westside creeks. In an essay by Moises Sandoval titled “The Decolonization of a City” the author noted that by their fourth year of existence, COPs drew 6,000 delegates to its annual meeting. While the delegates pressed for improvements in their communities, they were also demanding higher wages and employment benefits. Sandoval noted that Mexican Americans on average earned $8,000 a year or less, and many subsisted on income below the $5,500 poverty level. COPs became a powerful voice that criticized the city's policy of allocating generous tax breaks to industries and companies that paid wages below the national average. Rising Political Power.

Henry Cisneros entered the San Antonio city council race in 1975, he did so with the endorsement of the Good Government League [GGL] which controlled city politics over nearly a quarter century. Cisneros, also a Central Catholic High School graduate, earned degrees from Texas A&M, Harvard, and George Washington University. When Cisneros first entered politics, COPs had been in existence for only a year and their political muscle had yet to reach full strength. In addition, in 1975, Cisneros ran prior to the creation of single member districts and getting elected meant that he had to run citywide for his post. The GGL, controlled by wealthy Northsiders, seldom lost an election when they endorsed a candidate. Cisneros won the city-wide election in 1975 and was elected two more times following the implementation of single member districts. By 1981 when he ran for Mayor, Cisneros no longer needed the GGL. He won with strong COPs support, although COPs never officially campaigned for a local candidate.

As is evident, COPs, which Ernesto Cortes was central to creating, and Mayor Henry Cisneros were the major change agents in the 1970s and 1980s in San Antonio, a remarkable period when a record number of Latinos became politically engaged. Latino engagement contributed to the rise of future young political leaders like Julian and Joaquin Castro, and other Latino leaders such as Leticia Van De Putte.
Heart Disease in Hispanic Women

On average, Hispanic women are likely to develop heart disease 10 years earlier than non-Hispanic women. Only 1 in 3 Hispanic women are aware that heart disease is their No. 1 killer. Why? Hispanic women?

While heart disease doesn’t discriminate, you could argue that it does have a bit of a penchant for racial bias where Hispanic and Latina women are concerned. And the statistics above are proof. For Hispanic and Latina women, murmur.

Thirteen years of an ignored heart challenge 10 years earlier than non-Hispanics. Why Hispanic women? Why? Hispanic women think heart disease is something that’s “my” problem and they don’t want to share it with their family,” explains Myrna Aguilar. “It makes it more difficult for them to get the help they need.”

Myrna, unlike most Hispanic women, was proactive about her health. Heart disease shared a long history with her family. But as she grew older, she became determined to stop the disease that claimed the lives of too many family members for so long. “I decided no more,” she said.

Myrna knew firsthand the challenges that face Hispanic women: they take on the role of caregiver superwoman, catering to the needs of everyone but themselves. And that catering largely has to do with food. For Hispanic and Latina women, cooking for family is an act of love that involves unhealthy pork products and lard. And the more they assimilate to American traditions, the quality of their diets really deteriorate. Turn the corner to a heart-healthy life.

To address these issues, the American Heart Association launched Go Red For Texas, which promotes a heart-healthy lifestyle among Hispanic women, building on the strong ties to family and cultural traditions. As a Hispanic woman, remember that your commitment to your family and cultural traditions; the quality of their diets really deteriorate. Turn the corner to a heart-healthy life.

Go Red for myself, my family, and all Hispanic women.” Myrna proudly declares. Just like these ladies, you can reverse this trend in your own family and in your own life. Being born Hispanic does not have to be synonymous with heart disease, or death. But in order to do that, you have to share the passion and love you have for your family with yourself.

For Hispanic and Latina women, it’s a good idea to put their own health issues first until now. Today, Eva, Myrna, Migdalia and Maricela are more committed to their families than ever before. And they’re fiercely committed to putting their own health issues first. “Go Red for myself, my family and all Hispanic women.” Myrna proclaims. No. 1 killer.

Why Hispanic women?

Many Hispanic women have said that they more likely to take preventative action for their families when it comes to heart health. However, they end up completely ignores their own health in the process, and these acts of selflessness can become deadly. Here are some stats:

- You take care of your home, you take care of your children.
- You take care of your entire household.
- You take care of yourself.
- You take care of your husband.

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nombre. En esta competencia "Campeón de Campeones no logrando concretar en su cierre en la campaña adjudicarse por su lado entonces logró de del circuito Potranco Baseball la primera edición (2019), en nas a una convencedora victoria duro rival Indios de Nava, logró Abierta dominical, contra el final en el playoff de la categoría rante el tercer partido de la seria equipo Piratas de Sabinas, du 9 de Febrero de 2020 La Prensa Texas SAN ANTONIO Gregorio Quintero se impuso en la lomita de los disparos boto solitario. Indios, respondió con cuadran de Mike Light, quien se llevó entrada tres carreras, con jonrón de juego, marcó en la primera y los coaches Iván Rubinsky y final de la contienda felicitaron su clase en la serpentina, con cotejos de la primera edición, el mandón en la Zona Sur donde Norte, mientras que Piratas fue en el sur de Texas. Indios final del mejor béisbol independiente los de otros equipos, finalizaron dos es que nuestros jugadores y zaron a dominar. Lo mejor de to primer episodio Piratas, comen dejó corredores en base que no para el que jugó mejor. Indios del beisbolista José Mendoza, lente organizador (con ayuda del beisbolista José Mendoza, quien perdió los dos cotejos de la primera edición, después se discutió imponiendo su clase en la serpentina, con marca de 2 victorias por 1 der. nata, dirigidos por el manager Juan (Pachito) Martínez y el coach Rudy Bartirante, al final de la contienda felicitaron al timonel rival Sergio De Luna, y el portero Iván Rubinsky y Mourad Campoer. Piratas de acuerdo a su plan de juego, marcó en la primera entrada tres carreras, con jonrón de Mike Light, quien se llevó por delante a dos compañeros. Indios, respondió con cuadran- gular de Kelly Shelly, quien fue el bateo soloario. Por Nava, comenzó en la lo- mita Toño León, quien cedió el episodio a su compañero Alan Mora, y este al poner zarpa- tieno Juan Serrano. El capitán Brayuan Guerrero, en el cierre del noveno capítulo consumó "dou- ble-play", para cerrar con broche de oro la serie y adjudicarse el precioso trofeo Campeón de Campeones 2019-2020, que les fue presentado por los directivos Eloy Rocha, gerente general y Simón Sánchez, comptelador oficial, comentarista y presi- dente organizador (con ayuda del beisbolista José Mendoza, propietario del club Bravos en Liga 2020). "Partido bien jugado entre ambos equipos, la victoria fue para el que jugó mejor. Indios dejó corredores en base que no se logró impulsar. Desde el primer episodio Piratas, comen- zaron a dominar. A lo mejor de tos es que nuestros jugadores y los de otros equipos, finalizaron la temporada en en el sa- ludable. Ello es lo que siempre ha contado para nos- tos", indicó el coach Bar- ristana. "Se logró tempear las fallas del pitcheo contrario. El plan ofensivo nos salió bien desde la primera entrada en la que Mike Light, pegó jonrón con dos compañeros en las bases. Sin embargo también le damos bastante crédito a nuestro lanza- dor estarle Gregorio Quintero, quien realizó una manuella en su trabajo montículo", dijo el coach Sergio De Luna. En la categoría Veteranos 2020, el clásico sabatinio se lo agencio el campeón Broncos de Reynosa SA de Roberto Garza, que derrotaron 9-1 carreras a Bombay de Alejandro Becerra, un popular rival Cachorros de Nava. Henry Pichardo, colaboró en el triunfo pegando tres jonrones", expresó el manager Roberto Guevara. Bravos de José Menduña, el coach Efrain Franco Ruiz, blan- gueran y noquean (10-4), al popular rival Cachorros de Nava de Alejandro Becerra, Benito Martínez y Rubén Galindo. Por Bravos, batearon bate, Jaime Cárdenas de 4-3, Jaime (La Crema) Rodríguez de 4-2, Ulises Arriaga de 5-3, René Rodríguez de 2-2, Juan Pedro Reza, de ex- erente bate doblete con las bases llenas, para completar el nocaut, ya historizado en ocasiones por parte de sus seguidores. En las fotos aparecen: Henry Pichardo de Broncos, que pegó 3 jonrones ante Potosinos. José Menduña de Bravos, Juan Mar- tínz, manager de Indios y Eloy Rocha. Piratas de Sabi- zote, campeón de la Zona Sur y Campeón de Campeones 2019-2020. (Fotos por Franco).
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