Mente Sana, Cuerpo Sano
Let’s Talk About It
Mexican Flag at Graduation Ceremony

By Yvette Tello
Southwest Legacy HS graduate was booted from graduation ceremony after displaying a Mexican flag. She says she still hasn’t gotten diploma. Southwest ISD said protocols are applied to avoid disruptions. Do you agree with the student being escorted out during her graduation ceremony for displaying the Mexican Flag during the ceremony? Let’s talk about it...

Beverly Brooks: “This is completely just. Let me first state that I do applaud her for wanting to recognize the hardships of immigration and bring to light the struggles in attaining the American dream. There simply are better ways to do this. She admits she broke protocol and understood there would be consequences. That she "didn't think" this would be the result is a quick scapegoat and lack of personal accountability. She DID think, she CHOSE to break the rules, and now the repercussions are at her dismay and she was humiliated by not getting her diploma. It matters not what "might have" happened if there was another flag displayed like that- there simply wasn't and that doesn't free her of accountability for her actions. The irony of it all is that in the middle of what is meant to be a sacred, humbling, pivotal moment into adulthood, she got what she asked for- a real life lesson. If an apology is owed it's from her to own family. She had free will and she chose to cause a distraction that resulted in disparaging her ceremony.”

Augustin C Montemayor: “Way over reaction in a country that claims to be a free country. She did not hurt anyone, or violate, anyone.”

Kelly Narvaez: “Rules are rules, they apply to everyone. She knew the risks or else she wouldn't have hid it. She will get her diploma just not the normal way since she chose to go against the rules. It’s valid.”

Monica Mendez: “She could have decorated her cap to represent the country she's so proud of and make her parents proud. Students are given the do's and don'ts when graduating and now she is confused? The only statement being made is that she's ungrateful to be an American and doesn't appreciate the risks her parents took to get here to give her a better life. There is a reason they fled Mexico.”

Carmen Rodriguez: “They know the rules. But I give her credit for what she believes in. Everything has consequences. The graduation was like a circus. Many students didn't do what was told. It's hard to see others following rules while others do as they pleased. That's not how life works. Just my opinion…”

Valerie Sepulveda: “You can’t be denied something that is earned, I just don’t understand how schools can do that.”

Jean W. Garcia: “If she didn't like the result then why didn't she graduate in Mexico then.”

Armando Cantu: “Y'all guys are too harsh. If she had a flag from Canada or from Europe, you guys would say something positive. Y'all guys just show me and everybody else how much hatred you have and what racist you are! You shall be just as you judge others.”

Hilda Benny: “She will now wait for her diploma in the mail and no, she will not get an apology. Lesson learned young lady. She knew exactly what would happen if she didn’t follow rules and regulations.”

Paries Olga: “I am a child of Mexican immigrants and very proud of my heritage, however this event ceremony was not "heritage month". It's respectful to her other school mates. What is her statement? Display it at a Soccer Copa America game, not in the school that is paid by America Tax dollars to support your free education.”

Kelli Arguello: “Follow the rules!!! That’s it!”

Jeanine Benjamin: “She would have just as easily decorated her cap with the flag. But she CHOSE to hide it in her gown until getting on stage. Any flag would have gotten the student the same consequences. People are making this about race and that's not it at all. It is about rules. It is a big moment for all the kids but they need to find a way to correctly show their pride and excitement.”

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Celia Cruz

Born in Cuba, Celia Cruz intended to become a teacher, but after winning a talent show in 1947 where she sang “Nostalgia,” her plans changed. By the 1950s, she became the lead singer for La Sonora Matancera. For the next 10 years, the group was the wave of the湘国 throughout Latin America. In the “70s, Cruz’s popularity soared as Americans warmed up to salsa. Performing with such artists as Johnny PACHECO and Tito Puente, Cruz cut several albums including “Celia and Johnny,” “Tremendo Cache” and “Recording el Ayer.” A legendary performer, she has received several Grammy Awards as well as Billboard’s 1978 Country’s Best Female Performer. She also has released more than 70 albums, 20 of them gold. (Photo Courtesy of Grammy.com)
By R. Eguia

As we transition towards the summer equinox this month, there is a universal push to go outside and begin to be in closer relation to each other and our environment. Resident cover artist, Suzy González has been exploring these ecological themes this season by incorporating raw materials into paintings like husks and seeds.

The San Antonio Museum of Art has commissioned González to curate a community mural that will be housed on one of the exterior museum walls downtown. During this first phase of the process, she will propose three themes which community members will be able to vote on.

Community members can submit their suggestions for “ideas, themes, people, [and] histories [that] you want to see at your community’s mural site,” here: http://bit.ly/2e2DR.

Community conversations via the feedback survey is scheduled to end on June 16th,

We encourage our community members to submit their feedback on what they want to be included in the murals and begin to be in closer relation with their stories and place.

Artist Statement:

“Through Xicanx veganism, I find interest in the decolonization of one’s diet, or a desire to reclaim the pre-colonial plant-based nourishment of my ancestors through food and herbal medicine. This painting is based upon the Three Sisters, or the name that the Haudenosaunee people gave to corn, beans, and squash. These plants have long been sacred Indigenous food staples on the land called the Americas. When grown together, the corn provides a stalk for the beans to climb, the beans provide nitrogen to the soil, and the squash leaves provide shade to the roots. They’re known as companion species, which work together to help one another grow. If we take the time to listen and to consider new perspectives, we may learn lessons that we didn't even realize nature is providing us. If we work to engage our ancestral memory, we will find there is untapped knowledge within us. This lesson that we are gifted from the Three Sisters is that when we mutually care for one another and work collectively, we grow stronger. My artwork serves as a platform for working through my own intersections as well as striving for an intercultural conversation with folks outside of my identity labels. This, I hope, will open doors to compassion and healing in this world of destruction.”

Three Sisters
Acrylic on canvas
48 x 60 in.
2018
Cáñamo Cultivado en SA Utilizado Para la Construcción Consciente

Por Liliana Teran

Cuando pensamos en cannabis, la mayoría de nosotros pensamos en marihuana, que todavía es ilegal en Texas, pero Eli Rodríguez, propietaria de Stokkers USA, está cultivando otro tipo llamado cáñamo. Rodríguez posee 200 acres en Von Ormy que se dedican al cultivo de cáñamo industrial y ahora está contratando un socio para invertir en material de construcción de hempcrete, un material biocompuesto utilizado en la construcción.

"Estamos tratando de traer a alguien para la construcción para usar productos de hempcrete, que son energéticamente eficientes y buenos para el planeta", dijo Rodríguez.

Ahi es donde entra Fernando Mendoza. Mendoza tiene su sede en México y es propietaria de una empresa de construcción que proporciona material de construcción de metal.

"Durante más de 22 años he dedicado mi negocio al diseño, fabricación y transporte de metal que se utiliza en la construcción. He trabajado con muchos otros socios en México y he proporcionado metal para varios proyectos importantes de construcción. Mi objetivo ahora es llevar negocio a San Antonio, una ciudad que he llegado a amar", dijo Mendoza.

El cultivo de cáñamo se legalizó después de que los legisladores de Texas aprobaron HB-1325 o la Ley de cultivo de cáñamo. El cáñamo no solo es legal sino beneficioso para muchos. "Se trata de cultivar una planta saludable e incorporar un extracto en productos que puedan servir a nuestra comunidad", dijo Rodríguez.

Rodríguez y Mendoza están colaborando para crear productos de cáñamo beneficiosos para el público. Actualmente también están involucrados en la extracción de plasma puro, el proceso de patente de creación de un agua de nanopartículas esterilizadas para la extracción de aceite de cáñamo y cannabis o un tratamiento avanzado de oxidación del agua. Rodríguez se encarga del cultivo, mientras que Mendoza proporciona los materiales de construcción necesarios para crear productos beneficiosos como aceites, jugos, alimentos, material de construcción y ropa hecha de cáñamo.

"Sé que este tema conlleva un estigma, por lo que uno de nuestros objetivos es educar a los tejanos sobre la importancia de los muchos usos que ofrece el cáñamo", dijo Mendoza.

El cáñamo se utiliza en los alimentos para obtener fibra, es beneficioso para la tierra, ya que crea más dióxido de carbono que los árboles y reduce los materiales necesarios para la construcción o confección de ropa. Sin embargo, muchos no saben que se puede utilizar como material de construcción.

Hempcrete se hace mezclando el cáñamo con cal y agua y pesa sólo alrededor de un octavo del peso del concreto normal. La naturaleza liviana del cáñamo también puede reducir la energía incorporada de un edificio al reducir las emisiones asociadas con el transporte de materiales pesados. Dado que el cáñamo industrial también se puede cultivar en una amplia gama de climas y suelos, también es una excelente alternativa como material de construcción local. La planta de cáñamo parece marihuana pero tiene menos THC, lo que significa que no puede colocarse. Si la concentración de THC es superior al 0,3%, se considera marihuana, cualquier cantidad inferior al 0,3% se considera cáñamo.

"Elijo hacer este proyecto en San Antonio porque creo en la causa y en ayudar a la gente. Estoy emocionado de ser parte de algo que en última instancia puede ayudar al planeta", dijo Mendoza.

La presencia de Mendoza en los Estados Unidos es importante para él, ya que planea proporcionar material de construcción para proyectos futuros. Planea expandir su negocio a otros estados una vez que sienta que el tema del hempcrete sea más aceptado por el público. Texas, en particular, sería un estado perfecto para beneficiarse del hempcrete ya que, en comparación con el hormigón, el hempcrete tiene propiedades de aislamiento superiores debido a su resistencia al moho y su capacidad para soportar el clima de Texas, desde el calor al frío.

Debido a todos sus beneficios, es importante investigar y educarnos para comprender completamente el impacto positivo que puede tener en nuestra comunidad. Es por eso que la asociación con Mendoza y Rodríguez es crucial. Mendoza no solo trae su material sino su visión y amor por nuestra ciudad y estado. Juntos planean abrir más tiendas que venderán productos de cáñamo al público.

"Stokkers es sinónimo de creación de crean productos que ayudarán al medio ambiente ya las generaciones venideras. Si pudiéramos eliminar incluso una bolsa de plástico, habríamos hecho nuestro trabajo", dijo Rodríguez.

Cáñamo Cultivado en SA Utilizado Para la Construcción Consciente

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Patty Mills candidato a recibir el premio NBA Season Long Community Assist Award

Por Franco

El carismático guardia australiano Patty Mills de los Spurs de San Antonio, ha sido convocado entre nueve basquetbolistas más para ganarse el distinguido premio NBA Seasonlong Community Assist Award 2020-21.

Este año el premio incluye el voto de seguidores de los clubes que forman el circuito NBA.

El voto se puede hacer por Twitter. “Cualquier apoyo en la votación a favor de Patty, será bien apreciado”, indicó un boletín informativo de los Spurs de San Antonio.

De acuerdo al departamento de comunicación de la NBA con sede en Nueva York el período de la votación se extenderá hasta el sábado 19 de junio bajo el patrocinio de Kaiser Permanente.


En los que los nominados participaron y apoyaron en la pasada temporada. Los $25,000 por el ganador serán donados a su organización sin fines de lucro de su preferencia.

La votación concluye el sábado 19 de junio en el horario de las 11:59 am tiempo del este.

En la elección también participará un panel ejecutivo de la NBA, el candidato ganador será anunciado durante la post temporada (playoff de las conferencias oeste y este).

Fans también podrán votar en la plataforma Jebbit que recolecta y ofrecerá información de jugadores nominados.

Por Twitter votos serán enviados en #NBACommunityAssist y en #Playerfirstnamelastname. #DavidRobinson.

Votos depositados vía Jebbit, serán reportados en Twitter y contados por separado, por igual en los “reweets”.

Los 10 jugadores nominados incluye el sistema: antes de la temporada ganador. Ganadores en seis meses y tres jugadores adicionales elegidos por la NBA por su excelente trabajo comunitario.

NBA Cares Community Assist Award, patrocinado por Kaiser Permanente, reconoce jugadores cada mes quienes comparten su pasión altruista que es motivada por la liga y sus integrantes retribuyendo el apoyo con la ayuda a sus comunidades y a la vez, honrando el alto standard iniciado por el legendario “The Admiral” David Robinson, ex jugador de los Spurs.

Aquí la lista de los jugadores candidatos: DeAndré Bembry de Raptors. Devin Booker de Suns. Joel Embiid de los 76ers.


Más información en el sitio: nba.com/Community assist/. (Fotos de Patty Mills son cortesía de Spurs de San Antonio).
Carlos Fuentes Unguarded, written in 1998

By L. Leon

“I was born under the zodiac sign I would have chosen anyway. I am a scorpio.

Born 11 Nov. 1928 in Mexico City, Fuentes would spend his formative years in the U.S. From age 4 to age 11 he lived in Washington, DC.

It was here that at the age of 7 Carlos Fuentes began his literary career. In a packed lecture hall on the old Radcliffe College campus, he explains that that was the year he began producing a personal monthly magazine. At the bottom of the back page he neatly printed on each copy: “Please return when you are finished reading.”

It was the 30s. FDR was president. He learned that the U.S. is “a country that depends on human and social capital. A vibrant place…”

”[The U.S.] solved the problems of the world through democracy…but politics and poetry would not come together for me until I lived in Chile, where at the age of 13 I wrote my first novel.”

Melodramatic, debaucherous, full of distressed damsels, and testosterone, testosterone everywhere. “It wasn’t very good.”

He explains, “It wasn’t till I discovered Borges that I decided to be a writer in Spanish. Up until then I thought I could only dream, make love, and curse in Spanish.”

Fuentes always loved Don Quixote, but it seemed to him there weren’t any other great writers in his native language until Borges. Reading Borges opened a world for him. “The crown prohibited novels in the colonies.” But now the rise of great African literature, great Indian literature, great Latin American literature, and great literature written in English is what he calls “the empire writes back.”

The audience chuckles, but there is truth here. "Arrogant, inconsiderate and rude behavior are all forgivable in a writer if thanks to them HE DOES HIS WORK,” he emphasized these words passionately. Like Janus, “books look toward both the past and the future. And the next reader is always the first reader.”

What are the two biggest lessons of literature? ”Grandmothers are the best novelists in the world, no doubt.” And “the windmills are giants, never forget.”

After America, he taught himself French on the steamship to Europe. And under Balzac’s influence, he wrote Aura, one of his greatest books. “Aura is a novella about time and longing. Social reality and fantastic reality. Fact and imagination. And the deadly duality between fear and desire—the fear that the price of desire accomplished is death!” In other words, “sex is 90% misery and 10% pleasure.” Perhaps this is even more true today. “Who you confide in, lie to, make love to…these are the things in life that matter.”

Fuentes read from his new work Laura Diaz. It seemed the audience held its breath as he read a passage in Spanish, a sex scene between the protagonist and Frieda Calho. Contrived, perhaps, but there was no doubt of the scene’s beauty. ”Mi cuata, mi cuata de veras.” He closed with the words, “Beauty only belongs to those who understand it.”

In addition to a life of letters, Carlos Fuentes served as Mexico’s ambassador to France.
LO HICE POR MI, POR FIESTA Y POR SAN ANTONIO.

#HazloPorSA

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covid19.sanantonio.gov
Tarasco Tropical Delivers a Brand-New Hit “Big Red Y Barbacoa” to San Anto

Hey, San Antonio! If you’re into cumbia, then Tarasco Tropical is the band for you to watch out for! They’re releasing their debut single “Big Red Y Barbacoa.”

Tarasco Tropical is a brand-new cumbia band in San Antonio, and they’re bringing together a fresh new cumbia sound! Front man Geo Ramos, originally from Los Angeles, relocated to San Antonio at an early age and is a first-generation Chicano of Purepecha descent. So, what is Purepecha and how does it relate to this brand of music? The Purepecha or Tarascans are a group of indigenous people centered in the northwestern region of Michoacán, Mexico, and are the early influences that helped mold Geo’s current sound and serve as the foundation for this spectacular project.

“It’s my roots, my culture,” said Ramos.

Tarasco Tropical is coming in hot with its grand debut single “Big Red y Barbacoa,” which features Philthy Dronez, Hippiecholo, and Corpus Christi’s own Principe Q who mixed and mastered this cumbion and created the Screwmbia mix and added the Q sauce giving the song a completely different vibe reminiscent of the screwed and chopped sounds originated in Houston, TX.

“Cumbia has been my life since I was little,” said Ramos. “Big Red y Barbacoa” has been in the making since the beginning of the pandemic and is a tribute to the infamous combination of food which originated around Central/South Texas, or some would say, and since Big Red y Barbacoa is a staple food in San Antonio and the surrounding communities, it’s bound to become a staple around these parts of Texas!

What’s more awesome is that the official video was filmed by San Antonio’s Lucid House Productions, and captures a typical San Antonio backyard Fiesta. That’s a love letter to behold to all San Antonians.

Ramos also took it upon himself to invite Alamo City icon Felipe Aldape to make a guest appearance in the video! Say it with me, peeps, “Nombre, Shut Up!”

Ramos decided to invite Felipe Aldape via Facebook when it came time to record the music video. “He was skeptical,” said Ramos. “When he met me and did the video, we hit it off and we’re friends.”

So, if you’re tired of listening to the same old songs, check out Tarasco Tropical’s debut single “Big Red y Barbacoa,” on youtube, which is out now! Cumbia, San Antonio!

For more information please visit @TarascoTropical on social media and subscribe to their official YouTube channel here: https://www.youtube.com/watch?v=1rRBdS0hJ0

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**Sultanes doblegó 4-2 a Mineros, Missions 6 Red Sox 4**

**Chofores Jacome, Juan Serrano, El Caminante**

**MVP’s vs Tuneros**

**Por Sendero Deportivo**

Espectaculares acciones se ejecutaron en el circuito sabatino Veteranos Potranco 2021. Sultanes de Gabriel Ruiz Sr., con pitcheo combinado de Israel González y Tomás Rodríguez y salvamento de Julio Aquino derrotó 4-2 a Mineros de Juan Sánchez y Ramiro Morales, quienes contaron con buen pitcheo del estelar Juan Pedro Reza y Armando “El Nopalero” Calderón.

Sultanes se mantienen de líder en la campaña en la que este sábado 12 de junio disputará el clásico contra el bicampeón Cachorros de Nava en el horario de las 2 pm estádio Potranco.

“Dejamos muchos corredores en base”, dijo Ruiz Sr.

“Sin titulares estuvimos en la pelea. No excusas ya que tenemos plan para cuando disputemos la serie del playoff. Entonces haremos buen papel”, indicó Morales.Mineros en su salida de este sábado se miden ante Missions a las 10 am.

Missions SA del timonel y jugador Mike Tanbhan, quien ante Red Sox lanzó cinco entradas se impuso ante Red Sox de Pedro Espinoza y Catarino Obregón con pizarra de 6-4 carreras.

Mike abrió y en el quinto episodio lo relevo Juan Martínez, Juan Romero de emergente jugó en el jardín central con dos turnos al bate impulsó con jitr dos carreras qué les dio la ventaja.

Por Red Sox lanzó el abridor derecho Alfredo Obregón con relevo de José Espinoza.

“Jugamos en equipo, Martínez dominó al rival teniendo las bases llenas”, dijo Tabhan.

“No ganaron bien. Ahora les tocó la suerte a Missions de ganar su primer partido de temporada. Los felicitamos deportivamente”, apuntó Espinoza.

Resultados en liga dominical Masters 50+: Tecos de Laredo del manager Jorge Damian con el ex lanzador profesional fronterizo derecho Luis Alfonso Velázquez derrotó 3-2 a Rangers de la tercera Benito Martínez “El Venado”, Alejandro Becerra (Rabano) y El Alacrán Rubén Galindo, quienes tuvieron en la lomita de los disparos a Jorge Morales.

Astros del scout Frank Torres batalló para derrotar a Dodgers de Mack Rosas con pizarra de 14-11 con victoria para el relevista emergente Jaime Guerrero quien entró por el abridor Luis Sánchez (El otro biónico).

En liga abierta dominical Potranco los Cardenales de Nacho García y Efraín Cruz Franco negoció 15-4 a Potros. Carlos Sierra consumió su tercera victoria. Charros Potosinos 4 ante Diablos 5.

En el clásico Tuneros vs Águilas de Veracruz ganó con pitcheo de su as cubano derecho Juan Serrano, quien tuvo releves de Leonel Montes y el capitán Chofores Jacome, quien sacó los últimos tres outs en un cierre cardíaco con pizarra de 9-7.

La derrota fue para Julio Aquino. Jacome en el quinto episodio pegó jonrón con dos compañeros abordó, Víctor Mercedes “El Caminante”, dio de 5-4 con 4 carreras impulsadas.

Serrano se apuntó sexto triunfo consecutivo qué puso contento al timonel zacatecano Luis Cerros.

Jacome, Serrano y El Caminante, por La Prensa Texas fueron elegidos como los jugadores MVP’s del partido, qué al final celebraron con deliciosa cena preparada por Taquitos al Minuto de los esposos Nora y Víctor Silva.

En las fotografías aparecen: Nick Lerick de Highsox qué pegó jonrón vs Diablos en el primer episodio 10 am Piratas vs Indios. 1 pm Highsox vs Bobcats. 4 pm Desperados vs Broncos de Reynosa SA de los esposos Linda y Roberto Garza qué tienen tres fechas sin jugar por descanso y las lluvias.

Indios de Nava 9 Desperados 1. Piratas de Sabinas con el returnó de su as izquierdo venezolano Gregorio (Goyo) Quintero pudo dominar a los siempre peligrosos Bobcats de John Guzman Sr., con pizarra de 4-2.

Highsox del Marine, Eddy Rodíguez doblegó a Diablos del estratega Starky Dávila.

Por Highsox en el primer episodio pegó jonrón Nick Lerick, Matt Harrell se anotó la victoria con salvamento de Clay Gentle y Tyler Blair. La derrota fue para el abridor Arón Peralta.

En las fotografías aparecen: Nick Lerick de Highsox qué pegó jonrón vs Diablos en el primer episodio 10 am Piratas vs Indios. 1 pm Highsox vs Bobcats. 4 pm Desperados vs Broncos de Reynosa SA de los esposos Linda y Roberto Garza qué tienen tres fechas sin jugar por descanso y las lluvias.
San Antonio for Growth on the Eastside (SAGE) Unveils Fiesta Inspired Poster

By David Mandujano

The Eastside is home to The Hays Street Bridge, an astonishing view of the Tower of Americas, The Open Hand-Open Mind Sculpture and home of our city’s five-time NBA Champions and are featured on this papel picado inspired Fiesta poster.

The return of Fiesta has been long awaited after the 2020 festivities were cancelled due to the global pandemic.

SAGE is excited to bring the long-awaited Fiesta spirit to its Eastside community and partners.

Only 250 hand-numbered 11x17 posters will be available for sale to the general public starting June 11, 2021. Proceeds will be donated to a local Eastside initiative, Community Clothes Closet, housed at the Eastside Education Training Center. The project provides new and donated clothing and shoes for children and adults of all ages and sizes. All this while also providing information about the campus’ training classes and services provided to students and community members at no cost to the participants.

SAGE looks forward to supporting a great community project while spreading the much-needed Fiesta spirit and keeping the community Eastside Strong.

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Saturday, June 19, 2021

Windcrest City Hall • 8601 Midcrown, 78239

8 am Chip-Timed 5K

with staggered starting times for adaptive divisions

Join us for the After Party and Parade at 10 am!

Race Divisions:
Runner/Walker (non-adaptive/intra)
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Registration Fees*:
5K Chip-Timed Run $35
1 Mile Run/Walk $25
Virtual Marathon $10
5k/Marathon Combo $40
1 Mile/Marathon Combo $30

For more Information or to Register please visit
FiestaEspecial.com/run-walk-registration

*Discount rates for early bird, teams, providers, schools, and military vets available.
Central Electric: Where Familia y Comunidad Matter

Interview by Clint Westwood
Article by Celinda De La Fuente

Central Electric Ent. & Co., a family owned company, has been impacting our San Antonio communities in ways you may not even know. The Martinez family, owners and operators of the Westside business, are truly passionate about carrying on their family tradition in their work, and it shows. For the past eight years, this 2nd generation family-owned company has been serving and giving back to our gente through their intern fellowships and career opportunities for young adults where high school Juniors and Seniors can learn the trade, receive credit for the program, receive payment, and possible future employment.

Some of the high schools which participate in the program include Lanier, Warren, Holmes, and South San. Juniors and Seniors can speak with their counselors regarding the internship. Students go to school part-time and work part-time, and they are paid for their work which all qualifies as school credit. Upon completion of the program, and once the student graduates, the family-owned company can then hire the participants, offering a career opportunity in the electrical field.

Students gain real world experience through this innovative program and exposure for the future job world such as:
- Soft skills in the workforce
- Time management
- Organization
- Teamwork and collaboration
- Multi-tasking
- Punctuality

Not only is this a worthwhile investment in our youth, but in the community as well.

“We’re here to break the myth that construction is not a good career path. It actually is. The average construction personnel is probably right over $50,000 a year,” states Chris Martinez, President of Central Electric who went to St. Mary’s to be a lawyer, but instead picked up the family mantle as an electrician and continues to build upon what his familia has created.

“For business owners, potential students, and for the families, it’s a great opportunity. The average age of an electrician is only getting older. The pay is getting better, and it’s getting more technologically advanced. So, the opportunities are there,” Martinez comments.

Aqui, en San Antonio, we understand that building and uplifting our gente is an integral component in improving our communities.

To Learn More:
Website: http://centralelectricsa.com/
Address: 2320 Southwest 36th Street
San Antonio, TX 78237
Phone: (210) 433-9999
La Prensa Texas SAN ANTONIO

13 de Junio de 2021

**TENSA MULTI-PROPERTY ONLINE AUCTION**

June 14th: 9AM - June 15th: 3PM

409-203-6126

Visit website for open house, registration and auction information:

PALAuctions.com

4 property Online Real Estate Auction. Monday June 14th For details about the auction and about the properties see web site at www.palauctions.com.

Lot 103: 2806 Rigsby Ave., San Antonio, TX 78222 * 5.119± AC/222,983± SF land parcel.

Lot 101: 2901 Terrell Ave at 4th St., Beaumont, TX 77701 * 5,532± SF Structure * 22,980± SF lot,

Lot 102: 1705 Walton St., Beaumont, TX 77703 * 2,010± SF Structure * 39,618± SF/0.9095± AC

Lot 104 - 106: Located in the 7200 – 7400 Block of 9th Ave. 8.964± AC

Auctioneer/Broker, Paul A. Lynn & Associates, LLC TX Auc. Lic. # 9627, TREC Broker Lic. # 9000489. 10% Buyer’s Premium added; 2% Co-op Broker fee offered.

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Walgreens Amplía El Horario De Farmacia Para Aumentar El Acceso A La Vacunación De Covid-19

Por Jasmine Rodríguez

Como parte del de la Administración de Biden Mes Nacional de Acción, Walgreens extenderá el horario de atención de la farmacia todos los viernes de junio para brindarle a quienes tengan tiempo limitado la flexibilidad adicional necesaria para obtener una vacuna COVID-19. El viernes 11, 18 y 25 de junio, 4,000 farmacias de Walgreens extenderán el horario de atención para las vacunas sin cita previa. Las personas pueden visitar Walgreens el localizador de tiendas en línea de o llamar a sus Walgreens locales para verificar el horario de atención actualizado de la farmacia.

Además, Walgreens tiene más de 400 ubicaciones de farmacias abiertas las 24 horas en todo el país donde las personas pueden recibir una vacuna COVID-19 sin cita previa.

Los siguientes locales tendrán un horario de atención ampliado en San Antonio:

- 3065 RIGSBY AVE
- 2710 NOGALITOS
- 7423 BROADWAY ST

Como la fecha límite del 4 de julio de la Administración para tener más del 70 por ciento de los adultos en la nación con al menos una dosis de los enfoques de la vacuna COVID-19, los esfuerzos de Walgreens para abordar las dudas y reducir las barreras comunes al acceso a la vacuna COVID-19 continúan con resultados alentadores:

Albergó más de 1,000 clínicas de vacunas en áreas médicamente desatendidas, con aproximadamente 140 clínicas adicionales planificadas para las próximas seis semanas.

Se lanzó una clínica móvil de vacunación COVID-19 que ha realizado más de diez paradas en todo el país, con 10 paradas adicionales planificadas para el 5 de julio. Se agregaron nuevos socios nacionales, incluidos Faith for Black Lives y la Liga de Ciudadanos Latinoamericanos Unidos (LULAC), continuando creando conciencia sobre el acceso a las vacunas y brindar educación continua para abordar las dudas sobre las vacunas.

Se asoció con UnidosUS para aumentar la aceptación de las vacunas COVID-19 entre la comunidad latina mediante el desarrollo y la ampliación de recursos bilingües a través de un recorrido educativo móvil.

Continuar proporcionando miles de vacunas COVID-19 en junio a través de más de 120 clínicas de vacunas directamente con los empleadores y con las escuelas y colegios comunitarios durante el verano.

Permitió a los miembros de myWalgreens donar Walgreens a recompensas en efectivo detrás de la aplicación móvil al Fondo de acceso a vacunas, administrado por LISC y fundado en asociación con Uber y la Fundación PayPal, para garantizar que las personas puedan continuar recibiendo transporte gratuito hacia y desde las citas de vacuna COVID-19 con Uber.

Las personas pueden continuar programando citas, incluidas las citas para el mismo día, según la disponibilidad en su área, a través de Walgreens.com/ScheduleVaccine o llamando al 1-800-Walgreens, con opciones en inglés y español.
Interview by Julia Aguillon
Article by Jackie Velez

Vandross is bringing some flavor to popcorn with his business, Vee’s Street Corn.

Vandross has had his hands in other businesses like podcasting, but he wanted to try another side business. After thinking about all his other previous ventures he had been in, Vandross realized that one thing that never goes out of business is food. Thus, began his new venture with popcorn.

“I wanted to get into something that’s going to definitely make a mark and that’s going to separate me from the rest,” said Vandross. “I like to cook, and I just got in the kitchen one day and it kicked off from there.”

Vee’s street popcorn has so many tasty flavors like Cheddar Cheese, Jalapeno Cheddar, Strawberry Shortcake, and a popular one, Hot Cheetos. You can purchase popcorn bags for $4.00 or a canister of popcorn for $8.00, and if you buy the container, you get two refills free. Just send Vandross an email letting him know you want a refill, and he will deliver your flavor of choice to your door.

Vandross creates his flavors straight from his kitchen. One of his most interesting flavors requested has been the Hot Cheetos. San Antonio loves their Hot Cheetos. While that one was requested for him to make, it’s actually his sweet tasting Strawberry Shortcake that’s the most popular among buyers, but you don’t have to take my word for it. Go and see for yourself! Get your day poppin’ with Vee’s Street Corn!

If you would like more information on Vee’s Street Corn, please visit: https://www.instagram.com/veesstreetcorn/

Watch the full video at LaPrensaTexas.com
By Guillermo Osorio

Queta Rodriguez is the Regional Director of FourBlock, A Career Preparation Nonprofit Organization for Assisting Veterans seeking employment after military service and a former political candidate in Bexar County. She will soon be featured on the US Department of Veterans Affairs “Veteran of the Day” Biographical Blog, written by our own Guillermo Osorio, who serves as a writing intern for the VA DME team. Once the blog is posted and published, it will have a link to the article published in the Veterans Section of the upcoming BCDP News Digest.

We had the opportunity to get some Q&A from Bexar County’s own Veteran, US Marine Corps Capt. Queta Rodriguez and receive her personal views on issues that have affected Bexar County.

We hope that our readers enjoy this exclusive interview, and if you would like to know more about Queta you can find her on Twitter @quetalrodgriguez.

Here’s what the Regional Director of FourBlock had to say:

GO: What are you seeking in terms of changes to leadership or management at the city and county level after the fallout of the winter storm?

QR: Leaders taking responsibility and accountability, you cannot fix something without acknowledging that it’s broken. We saw some huge failures by city and county leadership during the freeze, now we understand that you can’t control the weather. The power outages were the failure of leadership at the state level, but the local response was also a failure. We had a complete failure with a lack of preparedness, responses were extremely slow, leaders take responsibility for the things that they are in control of. For things that are in your sphere of influence you have to take responsibility and hold people accountable. That is something that is needed and needs to be discussed so that would be the first step in solving this problem.

Secondly, we obviously failed to respond to the procedures that we already had in place for emergency response. I know that there is a committee currently going over those items. There could be the public perception that we are looking at some magical thing that we can point at rather than really taking a holistic approach to look at the things that we did and didn’t do well and then address those issues. When I say holistically I mean examine the publicly funded entities such as CPS or SAWS, boards and commissions where we have political appointees assigned, board members and directors that failed to take care of our most vulnerable people where San Antonio Housing Authority (SAHA) is one of them. No one has accepted responsibility for the failures and tragically for the experience many of these people in the city endured, especially our most vulnerable residents during the winter freeze.

I think it wasn’t so much of an organizational failure as it was leadership, leaders at multiple levels. There was no unity of command, no unified communication, lack of communication with the public, with the county and city leadership, elected officials, city manager, county manager. There are plans in place, emergency operations written and for some reason it seems like nobody followed them as if they were put to the wayside almost as if we never experienced an emergency crisis before. They might not have been as severe as this, but we have gone through crisis situations in the past, we have been a host refuge for others going through similar situations however we couldn’t do it for ourselves. As a whole, I think our city and county leadership failed. If you look at last year with COVID-19, we have seen our city and our mayor, our county judge or the judge’s representative on television. Every single day on television gave us the daily update, regurgitating numbers yet we didn’t see either one of them for five days into the winter storm and that was despite the fact that we had emergency declarations they had signed stating that there was severe or significant risk of injury or death to our citizens. So, in my mind, that was a huge failure. Our responses were slow, and there are multiple examples of this but as a whole, no one stepped up to say obviously we are having an extreme crisis and somebody needs to step up to be in charge and show some leadership. I think it’s kind of an all-around failure.

Our communications to the public, our public information offices, all of those things. There wasn’t any presence of centralized coordination, and we did have EMT but it seemed like everybody was doing their own thing and elected offices were doing their own thing, and at the end of the day the people who paid the price were the residents. You and I are able bodied enough to take care of ourselves through the cold, but there are a lot of senior citizens and disabled residents that just do not have that ability. They suffered significantly, I talked to some of these people that have post-traumatic stress from that experience. We understand that we cannot control the weather, but we could have been proactive and we simply were not. We failed badly.

GO: What could current leadership at the city and county levels do at present in order to address the poor responses by SAHA and management personnel as there have been a number of deaths recorded on their watch?

QR: First off, we need to hold people accountable. If this were a corporation, someone would have been fired already. If this were the military, people would have been relieved of command. You just don’t leave people out to die, you just don’t do that and that’s what they did, so you start with accountability. We already know SAHA, for example, there’s an emergency plan prepared and developed by HUD in 2016 that’s a directive for everyone to create their own emergency procedure, to conduct training with residents, training with staff, none of that was done. In my opinion, if you are put into a position to do something and you fail to do it, then you are no longer able to serve in that position. You failed to serve the public. Accountability first and foremost and no one has taken responsibility which is what we have seen a lot of is that we are going to do this or that. Yeah great, but we can fix those things moving forward, but until you acknowledge that you actually failed, and acknowledge that you did something wrong, then really it all looks like all you’re doing is putting on smoke and mirrors.

Read the Full Interview at LaPrensaTexas.com
Compost Queens Wants to Help You Help the Environment

Interview by Julia Aguillon
Article by Jackie Velez

Kate Jaceldo, co-owner of Compost Queens, sat down with La Prensa Texas to discuss her business and Compost Day, which is on May 29.

If you’re looking for a way to better the environment by learning how to compost, Compost Queens will gladly help you.

Compost Queens is a small business that helps the community compost organic material by turning it into organic matter to create healthier soil and plants.

“We’ve been in business for four years,” said Jaceldo, who was influenced by her mother to garden and compost.

Anyone from a resident or business can call the Compost Queens to collect food scraps for composting. The team goes about this mission by giving you the material to collect your food scraps. Then, they come to your residents or business to take the scraps and compost it on local farms.

In addition to providing the service for homes and businesses, Compost Queens sells Bokashi flakes for those who want to compost at home.

“You combined a little bit [of Bokashi flakes] with food scraps in an air-tight bucket and just keep layering that and it’s basically going to ferment your food scraps, so that it doesn’t smell super awful like a lot of people think about with rotting food, and you won’t get bugs in there,” said Jaceldo.

Compost Queens also offers educational workshops through Facebook and Instagram for those who want to learn the process of composting.

So, for Compost Day on May 29, if you want to start helping the environment and are ready to learn about composting, Compost Queens is there to help you help the environment.

What do you say, San Antonio? It’s time to do your part and save water, energy and fuel by composting.

“When we send our food to the landfill it’s a liability for all of us, and when we compost, it’s a resource,” said Jaceldo. “So, to me, it’s a no-brainer, if you can compost your food waste, you should do it.”

For more information on Compost Queens, please visit:

Website - https://www.compostqueens.com/
Instagram - https://www.instagram.com/compostqueens/
Facebook - https://www.facebook.com/compostqueens

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Dr. Mario Longoria: Latinos in American Football

By Dr. Ricardo Romo

I recently read an excellent review of a new book by Mario Longoria and Jorge Iber, Latinos in American Football: Pathbreakers on the Gridiron, 1927 to the Present. The review, published in the prestigious journal Choice, noted that based on personal interviews and related research, “the authors tell stories of hardship, racism, dedication, and triumph...The careers of distinguished, trailblazing players and coaches and their successes in memorable games are recounted.” This essay is based on an interview with Mario Longoria about the book.

Mario Longoria, a San Antonio native and graduate of John F. Kennedy High School in the Edgewood District, served in the U.S. Navy during the Vietnam War. Following his honorable discharge in August of 1970, he relocated to Los Angeles where he and his military buddy from the U.S. Marine Corps, Anthony Zapata, shared an apartment in West Los Angeles while attending Santa Monica Community College on the G.I. Bill. Dr. Longoria earned a B.A. degree from California State University Northridge and a Ph.D in English from The University of Texas at San Antonio.

Romo: What is your new book about?

Dr. Longoria: The book is a story of Latinos’ struggle, perseverance, and achievement in a grueling sport. It is a story of Latino athletes who did not allow other people’s views and prejudices to discourage them from pursuing their desire to participate in the sport of football. Each of their stories is unique although the circumstances for each of the athletes were basically racial in nature. During the numerous interviews I conducted over the years, the information I gathered is a story in itself because the athletes shared with me both their concerns and their elation about their football careers.

Romo: What got you started in thinking about college or professional football?

Dr. Longoria: During my early college years, we acquired another roommate who happened to be a member of the UCLA football team. He was Efren Herrera from Mexico who was on an athletic scholarship. It was during these times as we sat on the apartment floor having dinner that we discussed football and the possibility of other Latino players like Efren Herrera on both collegiate and professional football teams. We initially could only recall about (10) Latino players and this short list prompted me to think about researching the sport to see what and who would turn up.

Romo: Who are the Mexican/Latino football athletes?

Dr. Longoria: As a result of wondering who played, I began my search back in 1981 by going to the main library in San Antonio, Texas. There, a resource librarian provided me with the Roger Treat Football Dictionary, a book published in Canada. The book provided a year-by-year history of the NFL along with rosters of the players. This was a revelation and there I found, for example, the name of Jesse Rodriguez who played in professional football in 1929. Jesse Rodriguez...1929

In retrospect, this was the kick-off of a research project that has lasted into the 21st century. The more I researched, the more I found. Once I identified the players’ collegiate and pro football teams, I then embarked on the task of writing letters to Sports Information offices of countless colleges and universities and pro football teams.

Romo: Where are the Mexican/Latino football athletes from?

Dr. Longoria: The football story begins with a Cuban immigrant in 1927 who was followed by two Spanish-born immigrants in 1929 and 1930 respectively who learned the sport well enough to compete at both the collegiate and professional football levels. Since then there have been hundreds of both native-born and immigrant Latinos who played or competed in the sport at all levels...Today...our research has identified several thousand Mexicano/Latino athletes with documentation of their participation in high school, college/university, and professional football history.

Romo: Is there a particular story or player who is more memorable?

Dr. Longoria: After giving the question some thought, I found it difficult to narrow my response to any one story or player. My research experience with all the individual players to whom I spoke was a prideful, memorable, and educational experience. As I asked the questions about their interest in football, their replies were straightforward and sincere. I heard stories of success and accomplishment, as well as disappointments, missed opportunities, and mistreatment. But the memorable parts of these inquiries and discussions provided valuable insights into the athletes’ character as Mexicano/Latino men as well as athletes’ mindsets that are more collective than individualistic.

If I may, I will cite one significant story: Joe “Toughest Chicano” (Garcia) Kapp is at the top of the list for many reasons that I might describe as his unimaginable determination and strength of character. Joe was called many derogatory names and criticized openly by coaches, opponents, and the press, but he never wavered in his unquenchable desire to play and win at football. Even in defeat, Kapp won because he never accepted the meaning of the word defeat and constantly pushed forward. When not on the football field, Kapp was a Chicano at heart. He loved his culture and his family, and he was constantly educating players and the media whenever they commented ignorantly about who he was...
By DeeDee Belmares

If you aren’t keeping up with CPS Energy, it’s time to pay attention.

Our city-owned utility is preparing to make decisions that could have significant effects on many customers’ pocketbooks. When the Covid-19 pandemic struck, CPS Energy rightly placed a moratorium on disconnections for non-payment. The moratorium is ending soon, and the utility now claims it won’t disconnect customers’ power during July and August. History shows otherwise.

Prior to the pandemic, electricity disconnections in San Antonio have doubled during CEO Paula Gold-Williams’ tenure. CPS Energy has claimed that, because of soaring temperatures, they do not disconnect customers’ power during July and August. History shows otherwise. In 2012, the hottest year on record for Texas, 12,000 homes and businesses had their power cut off by CPS Energy for non-payment in June, July, and August of that same year, Deceleration News reported.

On top of this hardship, CPS Energy CEO Paula Gold-Williams has said the utility will ask the city council to impose a rate hike on its customers by this fall.

And let’s not forget, Winter Storm Uri, which blasted Texas in February and left millions shivering in the dark, caused CPS Energy and the city flat-footed. The deadly storm, which killed at least a hundred Texans, and likely many more, left more than 300,000 San Antonio residents without electricity for days. Now, CPS Energy is facing nearly a $1 billion dollar tab because it owes suppliers for overpriced natural gas and electricity they were forced to buy during the storm.

In stark contrast to CPS, Austin Energy made $50 million during the freeze. While it’s hard to stomach the idea of anyone profiting while people were left freezing in the dark for days, at least Austin Energy’s customers are not facing a rate hike because their utility was unprepared and plunged into debt. That’s because Austin Energy’s power plants were winterized and prepared for the extreme weather.

The pandemic and Winter Storm Uri are putting financial pressure on CPS Energy to start cutting off people’s electricity even as we come into the scorching hot Texas summer. In May’s meeting of the board of trustees, Gold-Williams—who makes more than $800,000 per year—said CPS will need to impose a customer rate hike to make up for the losses. But before it can raise rates, CPS Energy’s leadership must ask the board of trustees for approval. If the board gives the green light, the rate request goes to city council for a vote.

City council shouldn’t approve any rate hike until our rate structure is fair and considers the most vulnerable rate payers. Customers that use the most electricity pay the least. This doesn’t incentivize conservation or efficiency.

Recently, CPS Energy formed a citizen Rate Advisory Committee. The 21-member committee met for the first time late last month. It is tasked with giving CPS Energy input and recommendations on rate structure and power generation.

The rate advisory committee’s work comes at a critical time for all customers, so we should all be paying attention to the decisions being made for us.

DeeDee Belmares is Public Citizen’s climate justice organizer in San Antonio.
Family-Friendly Hot Spot: Ernie’s Patio Bar

Interview by Natasha Gonzales
Article by Celinda De La Fuente

From a grocery store, to a feeder store, and now to the newest spot in Cibolo, Texas, Ernie’s Patio Bar is filled with family history, and is a place where everyone is welcome. Austin Schlather, is the proud owner of this beautiful creation, as he has poured himself into Cibolo’s newest mainstay. Diligence pays off.

In the late 1800s, the building we now know as Ernie’s Patio Bar was a grocery store owned by Schlather’s great-grandfather. It was then transferred to Schlather’s grandfather, the late Ernie Schlather (who passed in 2000), and turned into a feed store due to the agricultural locale. In 2017, Austin Schlather took over the location, and with four years of hard work and gains, has created something we know those who came before him are proud of.

“I kinda wanted to be able to just add in to my hometown, and you know, try to pack the biggest punch that I could...I think we definitely did it,” remarks Schlather. With their Mango Chamoy Margarita, Frozen Jack and Coke, the top-selling Strawberry Mojito, live music including bands and DJs, and their rotating food trucks (With Latin American Food, Filipino Cuisine, and Cajun food truck as their mainstays), we absolutely agree. You definitely did it. We look forward to what’s to come in this family journey.

“Bring everyone. Everyone’s welcome here, and that’s what we kinda stand by,” Schlather sincerely states. With a plethora of different cuisines to try, and a family atmosphere, who wouldn’t feel welcomed at such an establishment?

For all you entrepreneurs out there, “Just keep going,” advises Schlather, “Whatever your goal is...make sure to write it down. Any goal you have, whether it be a small or big goal, write it down. Write the steps it’s gonna take to get there. And no matter what, just keep on working.”

Keep moving forward, gente. Dreams do come true.

Visit Ernie’s Patio Bar at 200 Pfeil Rd. Cibolo, TX 78108
El único noticiero en español en vivo los siete días de la semana