Aguántate Tantito y la Fruta Caidrá en Tu Mano
Let’s Talk About It
Who’s job is it to provide Mental Health?

By Yvette Tello

“Leave mental health and parenting to parents,” says one parent in Southlake, Texas. She believes that having counselors available to talk to students about suicide prevention is not only a waste of money but a way to advertise suicide and that many parents in the affluent suburbian school system have hired tutors because the district’s counselors are too focused on mental health instead of helping students prepare for college. Do you think she has a valid point? Let’s talk about it.

Mary Svetlik Watkins: “I was in an emerging leader program for my school district. One of the topics was mental health. The lead counselor for the district said that 57 elementary students were in a program for suicide prevention - six of them were kindergarteners. This was before the pandemic. Before the world went crazy. Mental health is a thing and for adults there is a huge stigma about getting help. For children with mental health issues help is impossible to get and happens often only after something happens.”

Stefani Shamlo: “That’s the problem with mental health today... parents like her. Education is the key. Mental health is real. Stigma is real. EDUCATE AND ADVOCATE.”

Michelle Morris: "More than not, parents with this viewpoint have had some sort of trauma and have not at some point felt like “it didn’t help them.” I understand and respect her view however, parents that typically say that are the ones asking or not knowing what to do with unruly, violent and or children with suicidal ideation. As far as school counseling, It is a must that counselors focus on mental Health. Should we remind them of all the shootings (shootings in general) by minors? Most schools have after and before school tutoring that is not being utilized!”

Thomas Mc: “Most parents are mentally ill and massively undereducated...this idea that a parent knows best in all things just because they donated a sperm and egg is incredibly naive.”

Corrine: “Growing up, in my household, we never talked about therapy. For the longest time I thought it wasn’t for people who looked like me. And I didn’t think mental health was something I needed to worry about. Then 2020 happened and I realized I really needed someone to talk to. I really needed a licensed therapist to talk about my depression, anxiety and help me understand why I’m feeling a certain way.”

Mikee Brosas: “This is beyond the pale. These peeps really need to be reminded that mentally deprived persons are not weak— they are sick. The moment when people like these refuse to acknowledge the differences of every individual; their emotional and psychological capacity, circumstances, privileges, and the like, is the very time they would allow themselves to still create stereotypical remarks, that also permits mental health ignominy to subsist. It’s already 2021. I hope everyone educates themselves most especially when it comes to this kind of matter.”

Rean: “I remember how I want to commit suicide because my father kept degrading my chosen college course. I remember how anxiety made me awake at night. Other people will never know until they, too, experience the same situation.”

Victor Venida: “I guess people won’t really understand the concept of mental disorders unless they experienced it themselves. The mental health stigma is one of the hardest things to eradicate due to people who have this kind of mindset. They refuse to be educated and yet they brag about a lot of stuff which they were not even aware of. This kind of stupidity is not something we should tolerate. People with mental health disorders need the right amount of therapy, intervention and pharmacological intervention in order for them to recover from their illnesses.”

Anne Dominique Perez: “I once had a friend whom I lost due to suicide. I regretted not being there at her lowest. She overdosed and only left a single letter behind. Now, I find this comment hateful and saddening at the same time. One of the reasons why I took psychology is to do my best to be of help to those who are struggling. Little by little, ask for help. Let your worries be heard. Mental health is real. Mental health professionals are here to help.”

Sun Su: “I have a nephew that committed suicide a year ago. It's really depressing. He was an athlete and intelligent, but there was something inside him that he never wanted to talk about. One day he took his own life. After that we discovered that he was struggling with something personal. He left a message on his personal laptop. That is when we found out about his depression. So guys be compassionate to everyone. DEPRESSION IS NOT A JOKE.”

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Provided by Israel Rico

“My artwork mixes Chicano Imagery and Pop culture (Loteria through Mexican remedies Vicks or our local sports icon Tim Duncan), The Beatles as Aztec Gods, Frida taking selfies with duck lips and Wonder Woman as La Virgen de Guadalupe. The aesthetics of my work juxtaposes Chicano imagery and Pop-Culture. I started my art career as a Former San Anto Cultural Arts Alum Muralist and established myself in San Antonio through exhibits at Centro Cultural Aztlan.

I have yielded publishing credits illustrating the poetry book “Roses Do Not Blossom Overnight” written by Lisa Marie Domiguez Ruiz, and “En la Punta de la Lengua, Al Filo de la Imagen” a visual book about gender equality and violence against women his image ‘Wonder Virgen I’ was used. Centro Cultural Universidadio Tlatelolco, Mexico City. In May 2017 Texas Monthly featured my work in an article of Josie Negley Gill's Historic King William home called "Life on the San Antonio River” she described Rico's art work as one of her favorite San Antonio based artists and describes the art piece as "puro San Antonio,' as we say here."

In July 2016 the "Leyendas Aztecas" Mural was voted by the SA Current Magazine as one of the 18 murals every San Antonioan should see.

I have been a staple Vendor at Frida Fest since 2016 and currently have my art housed at the Southtown Taco Haven Restaurant.I am currently engaged and have 2 daughters.”

For more information about the art and the artist, please visit artstarinc.weebly.com

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By Ramon Chapa Jr.
Under the direction of Clyde Foster, the Ella Austin Community Center has seen a resurgence of community based activity. Recently, there was a Harvest Fest where 400 bags of food were distributed, community agencies were in attendance, free flu and covid shots were administered and many fun activities for the children.
Uresti reminds Taxpayers Wanting to Participate in the 2021 Half-Payment Plan that the First Half-Payment is Due by Tuesday, November 30th

By Lisa Anderson

Bexar County Tax Assessor-Collector Albert Uresti reminds Bexar County property owners, who choose to enroll in the County’s Property Tax Half-Payment Plan for 2021, that the first half of their tax bill must be paid by Tuesday, November 30, 2021. Under the Half-Payment Plan, the second half-payment of your tax bill is not due until June 30, 2022.

“Our Property Tax Half-Payment Plan is a way to help our citizens budget their money and to help make paying their property taxes easier. It allows our citizens to pay their taxes in two equal payments instead of one lump sum. We want to remind our taxpayers that Tuesday, November 30th is the deadline to participate in this plan and to pay the first-half of their property taxes,” said Albert Uresti, Bexar County Tax Assessor-Collector.

The Property Tax Half-Payment Plan continues to be a very popular choice amongst taxpayers. The Tax Assessor-Collector’s Office is expecting a record number citizens to enroll in their Half-Payment Plan for 2021. The mission of the Bexar County Tax Assessor Collector’s Office is ‘To Help Keep Families in their Homes’. The Half-Payment Plan is one of the tools used to help with this mission.

“The Half-Payment Plan remains a popular choice with Bexar County business and residential property owners who do not have an escrow account with a mortgage company. We expect nearly 80,000 citizens to participate in our Half-Payment Plan this year. The Half-Payment Plan is one of the tools we use in Helping Keep Families in their Homes,” said Albert Uresti, Tax Assessor-Collector.

To make paying your taxes easier, all Tax Office locations will be open until 6:30 PM on Tuesday, November 30th to allow our taxpayers additional time to visit our offices. Citizens can also use the convenience of paying online or by mail. If you mail your payment, be sure your payment is postmarked by November 30th.

The downtown Tax Office, located at 233 N. Pecos La Trinidad, will have two curbside drop-offs available from 7:30 a.m. until 6:30 PM on Tuesday, November 30th. The Southside, Northeast, and Northwest substation locations will have curbside drop-offs from 2:30 PM until 6:30 PM. Each Tax Office location also has a drop-box for customers to use after business hours.

If residents need more information or want to confirm the amount due, they may visit the Tax Office website at www.bexar.org/tax, or call the Tax Office at (210) 335-2251. Credit card and electronic check payments may also be made on-line through the Tax Office website at www.bexar.org/tax or by phone at 1-888-852-3572.

Telemundo 60 Is The Most Decorated Station In San Antonio, Regardless Of Language

By Arturo Cassani

This past Saturday, the Lone Star Emmy Chapter held their 2021 virtual gala to celebrate and honor excellence in journalism. Telemundo 60 San Antonio/KVDA was recognized in 6 categories, making it the most decorated station in San Antonio, regardless of language.

“What an honor to receive such prestigious recognition, we focus all of our efforts in serving our local community by keeping them informed with the best news quality and accurate information,” said Delines Alonso, Vice President of News.

Following is the full list of wins for Telemundo 60 San Antonio:

NEWSCAST - MORNING/ DAYTIME - MEDIUM MARKETS (26-60)
11am Golpe Artico: Segunda Ronda
Karla Rivera, Producer
Justin Rodriguez, APC Operator
Alejandra Martinez, Producer
Lilian Perez, Weather Anchor
Jessica Montoya, Anchor
Arlena Amaro, Anchor
Delines Alonso, Writer
NEWSCAST - EVENING - MEDIUM MARKETS (26-60)
Noche De Elecciones Presidenciales
Jacier Gutierrez, Producer
BREAKING OR SPOT NEWS - MULTIPLE REPORT
5p San Antonio Airport

Shooting
Amy Alvarez, Producer
CONTINUING COVERAGE
Vanessa Guillen
Vladimir Flores, Reporter
HISTORIC/CULTURAL - NEWS
Celebrando El Sabor Hispano
Jessica Montoya, Reporter/Writer
Joel Flores, News Assignment Desk
RELIGION - NEWS
La Virgen De Guadalupe Fe Y Esperanza En La Pandemia
Karla Rivera, News Producer/Writer
Joel Flores, News Assignment Desk
Arlena Amaro, Anchor
Justin Rodriguez, APC Operator

“I am proud of the work of our news team and the level of commitment of each one of them, their passion and work ethic to give the best for our viewers is impressive, this motivates us to continue to do our best ever single day,” said Robert Sarabia, President and General Manager of Telemundo 60.

For complete details on all of the winners and categories, please access The National Academy of Television Arts and Sciences Lone Star Chapter’s official 2021 Lone Star Emmy Awardees list.

Telemundo 60 San Antonio/KVDA is Telemundo’s south Texas television station serving Spanish-speaking viewers in the San Antonio market. Owned by NBCUniversal, Telemundo 60 has been delivering local news, information, and entertainment to viewers throughout South Texas for more than 25 years and reaches approximately 1.3 million viewers in thirty-two counties. Viewers turn to Telemundo 60 for local breaking news, weather forecasts and sports headlines across a variety of platforms, including online at TelemundoSanAntonio.com and via its mobile and social media channels. Today, Telemundo 60 produces more than 14 hours of local news and programming each week and demonstrates its commitment to the community by cultivating local partnerships and capturing the diversity of South Texas.
Por Franco

Por segunda temporada consecutiva el equipo San Antonio Fútbol Club (SAFC por corto), bajó la dirección del director técnico Alen Marcina, afiliado a la USL CHAMPIONSHIP Segunda Division internacional, con marca de 13 victorias, 8 derrotas y 9 empates en la Division Montaña de la Conferencia Oeste sé clasificaron a la liguilla, dónde dándole logro avanzar a la final del Oeste en calidad de ante el potente rival Orange County al qué visitaron en su estadio Irvine, California.

Dónde en tiempo regular finizaron empatados 1-1 goles forzando el partido a tiros de penalty.

Llevándose la mejor parte los locales qué pusieron la pizarra a favor por 5-3 goles para terminar con los sueños del SAFC de avanzar a la gran final qué ahora disputara Orange County contra su próximo rival Tampa Bay "Rowdies" ganador de la Conferencia del Este, la serie comienza el domingo 28 de noviembre en Florida.

Marcina, tras ver caer a su equipo en la ronda de penales dijo lo siguiente ello de acuerdo a boletín informativo del SAFC. "Concluimos con una exitosamente temporada. Fue duro para seguir adelante en los tiros de penalties. Estoy orgulloso del comportamiento de mis jugadores jugaron en equipo y mostraron sus habilidades sobre la cancha. Orgulloso del equipo que por primera vez avanzo a la gran final del Oeste".

SAFC fue eliminado de los playoffs después de haberse ganado el derecho ganando 2 partidos y perdió 1 en la posttemporada de 2021. El arquero Jordan Ferr hizo cuatro atajadas durante el cerrado partido, una gran marca en su corte carrera con San Antonio

Cabe anotar qué la gerencia general encabezada por Tim Holt, logró cumplir con la afición y la empresa Spurs Sports and Entertainment (SS&E), que es la propietaria de la franquicia. Luego después de qué las restricciones de salud por Covid-19 se fueron desminuyendo en 2021, primero dejando entrar al estadio Toyota Field una minima entrada de fans que cumplieron con el protocolo de salud y posteriormente se abrió el Toyota a su capacidad.

Ello dio luz verdad para celebrar promociones comunitarias y ofertas de patrocinadores qué los espectadores aprovecharon. (En las fotos aparecen varios aspectos sucedido durante la apertura al público del estadio Toyota Field. (Fotos de Franco).
Time2Tee Golf Tournament Benefits Mental Health Programs in Bexar County

Photos by Roger Reyna

The Center for Health Care Service’s annual Time2Tee Golf Tournament consists of 18 Holes of world-class championship golf, range balls, a golf cart, a drink coupon, and more benefitting programs providing mental health and substance use treatment in Bexar County.

This year's event was hosted at The Quarry Golf Course in San Antonio. The historic Quarry Golf Course was chiseled from stone to create the most dramatic golf course in San Antonio. The Quarry is surrounded by the culture left behind from the many families that worked in Cementville, leaving behind the site for our world-renowned golf course – The Quarry Golf Course.

Designed by Keith Foster in 1993, The Quarry remains locally owned and under the care of the original GCSAA Superintendent Bruce Burger whose team ensures the best playing conditions, a natural wildlife habitat and the most unique golf experiences in the US.

Thanksgiving Day!
Thanksgiving in the Barrio

By Ramon Chapa Jr.

Great job to Ernest Martinez and the Cesar Chavez Foundation for another great Thanksgiving in the Barrio! So many great long time friends of La Prensa Texas! And Thank You for the honor of asking our very own Ramon Chapa Jr to kick off the event with the Opening Prayer! Little Joe, Joe Posada, Doctora Karla, Mayor Ron Nirenberg, Commissioner Justin Rodriguez and so many more!
The Art of Jacinto Guevara: Documenting Unique Latino Culture

By Dr. Ricardo Romo

The seventies are remembered as a monumental decade for most Americans. In the early years of the decade President Richard Nixon’s resignation and the Supreme Court decision in Roe v. Wade dominated the news. Earth Day, Godfather movies, and disco music fascinated young people. The advent of the computer revolution marked a major change in society.

For Latinos, the decade included significant events as cities across the Southwest experienced school walkouts, and California farmworkers won important union and legislative policy victories. Talented youth introduced Chicano poetry, plays, and film, and universities developed Chicano Studies classes and programs.

Chicano artists who grew up during the seventies witnessed great transformations as they saw for the first time a flowering of their own artistic cultural creations. Jacinto Guevara of San Antonio emerged as one of the fortunate individuals who rode the early waves of this artistic movement. His story provides some important insights into one of the most significant eras of Chicano artistic creativity. From an early age Jacinto Guevara discovered that art represented an important means of communicating. Guevara came of age artistically during the early 1970s while attending Belmont High School in East Los Angeles. At the time, few Latinos went to museums but most grew up surrounded by commercial art, usually in the form of billboards and posters. Significantly the early expressions of Arte de La Raza appeared in public art.

Chicano art originated with the mural movement in California. Art historians place the birth of Chicano art between 1968-1973. Guevara was a teenager when Chicano artists painted a mural at the headquarters of Cesar Chavez’ United Farm Workers Union in Del Rey, California. Some of the earliest Chicano murals originated in the heart of East Los Angeles, in close proximity to Guevara’s home.

When Joe and John Gonzalez decided to convert an abandoned meat market into an art gallery, they recruited two future Chicano art stars, David Botello and their brother-in-law Ignacio Gomez, to paint what UCLA art historians have identified as the first public Chicano mural in East Los Angeles. Muralism became the most prominent creative development of Chicano art.

Guevara enrolled at California State University Northridge [CSUN] in 1975, a time when colleges throughout Southern California were reaching out to East Los Angeles students. Guevara had seldom gone to the San Fernando Valley, home of the Northridge campus, but he liked CSUN’s Chicano Studies Program which was in its sixth year. He majored in Ethnic Studies and took classes with famed Chicano historian Dr. Rudy Acuna. Guevara loved music and joined the mariachi band headed by Professor Beto Ruiz. Guevara became a frequent art and cartoon contributor to El Popo, the Chicano student newspaper founded in 1970.

After graduation from CSUN in 1980, Guevarra painted on a regular basis and also joined several musical bands. During these years, while Guevarra remained an early aficionado of the emerging Chicano murals in his community, he focused on his drawings and canvas painting. He bought one of his first canvases for three dollars and spent a half day cleaning it.

Guevara worked at his art but could not seem to make the right connections to get his paintings in galleries and had a difficult time making a living as an artist. An invitation in 1990 by the established B-1 Galleries in Santa Monica offered him some hope. He was invited, along with several of the leading East Los Angeles artists, including Frank Romero, Wayle Alaniz, and Paul Botello to exhibit his paintings. Although Latino art was gaining in popularity, few of the paintings sold. After that show, Guevara began to think of leaving Los Angeles and was attracted to San Antonio because of the city’s thriving Chicano culture.

Guevara found the San Antonio weather suitable for his preference of open air painting, or what the French called “plein air.” Some of his favorite subjects included abandoned railroad stations and warehouses. He delighted in finding unique subjects for his paintings, such as icons and buildings in San Antonio that most observers had overlooked. Many of his paintings reflect the older sections of the East and West side of town. He looked for old houses, residences that did not necessarily catch the public’s attention. These residential structures were simple, but attractive. He told me that these houses “weren’t necessarily pretty.”

In 2016 Lewis Fisher published “Saving San Antonio: The Preserva-
tion of a Heritage.” It told a story of the San Antonio Conservation Society’s organized efforts to save historical houses from destruction. Guevara is also “saving San Antonio” through his paintings. His work captures the essence of the city, areas where not all the houses and buildings are spectacular, but they contain meaning and beauty for their owners. Guevara’s structural portraits, such as that of the 1880s building, “Liberty Bar,” which became a hang out for many Chicano artists, capture a heritage that makes San Antonio unique.

Latino writers, artists, and intellectuals hung out at these iconic eating places, such as Josephine St. Restaurant and Liberty Bar, near downtown San Antonio. Above is a Guevara painting donated by Harriett and Ricardo to the San Antonio Public Library. Photo of the painting, Ricardo Romo, 2021.

Jacinto Guevara in his Eastside San Antonio home with a recent portrait. Photo by Ricardo Romo, 2021.


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Appointments & Walk-Ins Welcome!
Por Sendero Deportivo

Con cuatro equipos bien reforzados éste fin de semana por el feriado del Thanksgiving Day 2021 en el popular complejo deportivo Potranco Baseball Field del artista Eloy Rocha y bajo el respaldo del presidente Simón Sánchez estarán una vez más apoyando Juan Sánchez quién por años ha venido promoviendo éste tradicional cuadrangular.

Juan Sánchez conocido como "El Rielero Mayor" por haber sido el manager del triunfador club Rieleros qué ganó varios campeonatos en la categoría Veteranos en el legendario estadio Colt 45 y en Potranco Baseball Field.

El torneo reunirá la élite categoría Abierta qué durante el sábado 27 y domingo 28 sé estará disputando el boleto para jugar la categoría Abierta qué durante el

En resultados del primer partido de la serie del playoff Veteranos entre el campeón de temporada Red Sox y el actual campeón Sultanes de Monterrey SA, los calcetines rojos sé anotó la victoria qué fue por cerrada pizarra de 14-13 carreras. La derrota monticular fue para Julio Aquino con relevó de Víctor López quién entró en octavo episodio teniendo la pizarra en contra de 11-7 carreras. Por Red Sox sé anotó la victoria el lanzador abridor izquierdo Alan Mow, quién tuvo relevos de Gilbert Salazar y Brandon Palomo, quién cerró el noveno episodio teniendo 2 outs.

Está fue la pizarra: Sultanes de Gabriel Ruiz Sr y sus coaches Antonio Garcia “Pimpollo” y Rupert Ortega, qué en el primer episodio abrió con 4 anotaciones. Red Sox de Pedro Espinoza y Catarino Obregón, respondieron con 3 carreras con jonron de Brandon Palomo con 2 corredores abordo. La segunda entrada Sultanes anotó 2 y Red Sox 5. En el tercer y cuarto inning no hubo carreras. El quinto capítulo favoreció a Red Sox con una carrera. El sexto episodio lo ganó Red Sox con marcador de 2-1 carreras. El séptimo inning hubo ceros. Sultanes en el octavo sé fue en blanco permitiendo racimo de 3 carreras. En la apertura del noveno episodio Sultanes en calidad de visitante hizo 6 carreras acortando el score 14-13, siendo cuándo entró la estrategia defensiva de los directivos Espinoza y Obregón, quié dieron la pelota a Palomo, en relevó a Salazar. Palomo, cumplió y salió airoso eksumando consumando el out número 27 del inicio de éste grandioso Festival deportivo”, dijo Rocha.

En seguida el noveno episodio cuándo anotamos seis carreras. En el apertura del noveno episodio cuándo anotamos seis carreras. En el segundo partido tomamos con todo. Red Sox trae mucho bateo, pero Sultanes no queda cortó porque hoy sé vio cuándo anotamos seis carreras en la apertura del noveno episodio".

Liga Masters 50+ qué coordina el scout Frank Torres, éstos fueron los resultados. Tecos SA doblegó 12-6 a Palaú. Astros blanqueo 13-0 a Rangers SA. El clásico lo ganó Yankees SA a Dodgers 7-5. Rol de juegos domingo 5 dediciendo campo 2 de Potranco Baseball Field. 9:30am Rangers vs Yankees. 12pm Tecos vs Dodgers. 2:30pm Palaú vs Astros el clásico dominical.

Llegar a su trabajo, reunirse con amigos o simplemente hacer sus mandados es más fácil con VIA. Ofrecemos más autobuses que llegan con más frecuencia, para que pase menos tiempo en llegar y más tiempo en su destino. Además, por solo $1.30 cada viaje, navegar por la ciudad nunca ha sido tan fácil, ya sea que pague en efectivo, con la VIA goCard o la aplicación goMobile+.

Para más información visita VIAinfo.net
Cinco Maneras Fáciles de Hacer que sus Vacaciones sean Más Ecológicas

Por Tassi Herrick

Los actos pequeños pueden tener un gran impacto en la creación de un mundo más ecológico. Durante las vacaciones, tendemos a concentrarnos tanto en las celebraciones que podríamos olvidar algunas de las formas sencillas en las que podemos reducir nuestro impacto en el medio ambiente. A continuación, presentamos cinco maneras sencillas de "reverdecer" sus vacaciones y, al mismo tiempo, hacer un poco de bien para nuestra Tierra.

Haga su propio papel de regalo: la mayoría de los papeles de regalo tradicionales no son reciclables y terminan en los vertederos. En su hogar. Enciéndalos durante la temporada, o en temporizador para eliminar alrededor de 200,000 horas. No solo está ayudando al medio ambiente, sino que también ahorrará dinero en sus facturas de energía durante la temporada navideña. Mínimo: guarde sus bolsas y otros objetos de limpieza no reciclables por opciones reciclables posconsumo, como las almohadillas de limpieza de microfibra Bona.

Cambie los productos de limpieza tóxicos por soluciones de limpieza con ingredientes más saludables: muchos productos de limpieza contienen ingredientes que pueden ser dañinos para las personas y los animales en su hogar. En su lugar, busque productos de limpieza que estén libres de parabenos, formaldehído, amoniaco, ftalatos y fosfatos. El limpiador para pisos de madera dura y el limpiador para superficies duras de Bona (también disponible en un trapeador en aerosol premium) son una solución que no solo contiene mejores ingredientes, sino que también son a base de agua, biodegradables y elaborados con ingredientes de origen vegetal. Además, cambie las toallas de papel u otros objetos de limpieza no reciclables por opciones reciclables posconsumo, como las almohadillas de limpieza de microfibra Bona. Mínimo básico: invierta en una solución de limpieza certificada Safer Choice para su hogar y continúe abasteciéndose mientras se queda sin otros limpiadores menos seguros.

Reconsidere sus luces: las luces LED usan un 90 por ciento menos de energía que las luces navideñas convencionales, ¡y duran alrededor de 200,000 horas! No solo está ayudando al medio ambiente, sino que también ahorrará dinero en sus facturas de energía durante la temporada navideña. Mínimo desnudo: ponga sus luces regulares en un temporizador para eliminar la cantidad de tiempo que están encendidas durante la temporada, lo que también despeja el espacio de la cabeza para que recuerde apagarlas.

Haga que su árbol tenga un tipo de verde diferente: millones de abetos se talan en los Estados Unidos cada año durante las vacaciones. Y no hay beneficios ecológicos adicionales al comprar un árbol artificial, ya que muchos tienen cualidades tóxicas y no biodegradables. En su lugar, considere comprar un árbol en maceta y luego plantarlo en su propio jardín después de las vacaciones o encontrar un parque local donde pueda donarlo. Mínimo desnudo: si todavía está obteniendo un árbol tradicional en una granja, asegúrese de buscar un programa de reciclaje cerca de usted para desechar el árbol adecuadamente después de las vacaciones o piense en uno de estos otros métodos de reciclaje / reutilización.

Reconsidere sus comidas: según una investigación realizada por la Universidad Carnegie Mellon, la huella de carbono de un pavo de 16 libras crea un total de 34.2 libras de CO2, la misma cantidad producida por la salsa de pavo, la salsa de arándanos, las coles de Bruselas asadas, el puré de papas, galletas y tarta de manzana combinados. Considere deshacerse del pavo este año o al menos sustituirlo por una porción más pequeña. Si el pavo es imprescindible, considere una forma diferente de prepararlo. Por ejemplo, un pavo sous vide tiene menos emisiones de carbono que los métodos de cocción tradicionales y también lo convierte en una versión más húmeda de este clásico. Mínimo básico: obtenga y compre productos locales para mantener su huella de carbono al mínimo.
New Farmers Market Program
Expands Access To Fresh, Local Food

By Susan Beckwith

The Texas Center for Local Food this month announced a new project to promote the use of SNAP benefits at farmers markets in Texas.

SNAP benefit recipients can use their SNAP cards to buy fresh, local food at farmers markets. But many recipients don’t know that — and farmers markets face multiple hurdles to accepting SNAP.

In FY2020, Texas ranked 47th out of the 50 US states in SNAP sales at farmers markets. “Farmers markets are a critical link in the local food system, and lower-income families have access to fresh, local food — but too many don’t know it — yet!” said Sue Beckwith, Executive Director of the Texas Center for Local Food. Our new project will get more Texas-grown, farm fresh produce onto SNAP recipients’ tables.”

Promotion alone won’t increase sales to SNAP recipients. Farmers markets also need help setting up and using the equipment for SNAP processing. “The equipment required to process SNAP is different from normal card processing equipment. It requires its own setup and specialized training,” said Susie Marshall, Executive Director of Grow North Texas, a SNAP-ED project partner. “We provide technical assistance to help farmers markets adopt and use the equipment.”

The 1-year grant of $439,951 is awarded and administered by the Texas Health and Human Services Commission using funds allocated to the USDA Food and Nutrition Service as part of the Farm Bill.

Another hurdle for farmers markets accepting SNAP are the costs of the equipment and processing. The Texas Center for Local Food also works to help farmers markets offset farmers markets costs not paid for by these grant costs using funds contributed by TCLF members. To become a member, or find out how to participate, please visit TexasLocalFood.org/Join-Us

The Texas Center for Local Food, based in Elgin, Texas, was created in 2016 by small farmers and ranchers to strengthen the economic viability of Texas communities and family farms through making the local food system economically stronger. For more information, visit TexasLocalFood.org or contact Sue Beckwith at sueb@TexasLocalFood.org.

Data Points & Sources—Based on FY 2020 & FY 2019:

On average 12.4% of Texans receive SNAP every month (1.6 million families).

Each month over $400 million dollars in SNAP payments are made in Texas.

The % of SNAP benefits redeemed at farmers’ markets is almost 0 (0.003%), ranking Texas 47th in the...
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Info:
- **FREE COVID-19**
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Health Fair Schedule

**Sunday, Nov. 14**
8 AM - 3 PM

**Sunday, Dec. 12**
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Every 2nd Sunday of the Month Starting January 2022

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- Support Group Information for Individuals with Vision Loss and Blindness

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Si no tiene un pediatra, puede visitar una clínica móvil de vacunación de Metro Health.

covid19-sanantonio.gov
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Llame al 311 para información sobre la vacuna, y apoyo durante el COVID-19.
Season of Giving
UT Health Science Center X Agarita

By Natasha Gonzales

UT Health Science Center San Antonio (UTHSCSA) and Agarita Chamber of Commerce came together this week to help raise funds for the UTHSCSA refugee clinic. The ensemble collaborates with local artists to bring awareness to various entities within the San Anto community. The collaboration, titled, “Postcards from the Border” is a compilation of photos taken on the Texas-Mexico border by photographer Joel Salcido with postcards written by Oscar Casares. The beautiful compilation tells a story about people living on the border, their struggles, laughs, joy, work, and vida. The story is performed with beautiful photos with music performed by Agarita members Daniel Anastasio (piano), Marisa Bushman (viola), Ignacio Gallego (cello), and Sarah Silver Manzke (violin) and narrated by writer Oscar Casares. This beautiful story was told to help raise money for the clinica. UTHSCSA has a refugee clinic that provides free medical, dental and psychiatric care to refugees in the community once a week. Want to give back? San anto, your help is needed and you can give back by texting ETHICS to 91999. The full production can also be seen at agarita.org/media. This is the season of giving and if you are able to give, this is a great way to help those in our comunidad.
Applications Now Being Accepted For The
2022 Las Casas Performing Arts Scholarship Program

By Ana Flores

Las Casas Foundation is issuing a call for applications for their 2022 Performing Arts Scholarship Program. The deadline to apply is 11:59 p.m. on Sunday, February 6, 2022. Students interested in applying may find additional details and apply online at www.lascasasfoundation.org. Now celebrating its 14th year, this annual presentation offers numerous educational opportunities, including workshops, master classes and a preliminary audition process. The program culminates in the Joci Awards, a one-night showcase of 25 talented performing arts high school students in San Antonio and the surrounding area, all of whom are guaranteed scholarships to pursue their dreams of higher education. $100,000 in scholarships will be awarded at the 2022 Joci Awards, scheduled for Sunday, May 16 at the Charline McCombs Empire Theatre. Since the program’s inception in 2009, Las Casas has awarded more than $1.2 million in scholarships to deserving and talented Texas high school students.

Students in grades 9-12 with singing, dancing or acting abilities are encouraged to apply.

Las Casas Foundation is dedicated to the development of the performing arts through education and scholarships, as well as the restoration and preservation of historic theatres. Las Casas Foundation offers a variety of educational initiatives to nurture and grow the performing arts, including an annual scholarship program, as well as additional educational and training opportunities. For more information, visit www.lascasasfoundation.org

Sunday, February 6, 2022 at 11:59 p.m. is the deadline to apply. Submit applications at www.lascasasfoundation.org. For questions, call (210) 223-4343.
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