



FIVE FUN WAYS TO LOSE WEIGHT WITHOUT COUNTING CALORIES!

FREE TAKE ONE!

By Jacqi Leyva-Hill, M.ED.

NOVEMBER 2024

StreetTalk

Entertainment News
Magazine®

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FIVE FUN WAYS TO LOSE WEIGHT WITHOUT COUNTING CALORIES!

By Jacqi Leyva-Hill, M.ED.

Hello beautiful readers! Hopefully everyone is getting geared up for the holidays and are ready to enjoy lots of festivities with friends and family. This month I will be talking about five fun ways to lose weight without counting calories. Of course, as always, consult with your doctor before starting this or any lifestyle modification plan, as well as to take beginning measurements to help you track your progress. After you've done that, try these five fun things to look and feel better throughout the holiday season.

1. *Get Creative with Movement.*

Think outside the gym! Dance in your living room, try out a martial arts class, go for a hike, or take up rock climbing. I love dancing to all kinds of music, so Zumba is always a personal favorite for me. By mixing up your exercise routine, you'll engage different muscle groups, have more fun, and find new ways to stay active.

2. *Get Enough Sleep.*

Sleep might not seem related to weight loss, but it's a game-changer! Lack of sleep messes with hunger-regulating hormones, making you crave sugary and high-carb foods. Aim for 7-8 hours per night to keep your metabolism in check and cravings at bay. You can use apps to help you monitor your quality of sleep too, that can be very beneficial to you.

3. *Focus on Quality Over Quantity.* Avoid white sugar and white flour foods like chips and candy. Instead of obsessing over calorie numbers, focus on eating whole, unprocessed foods. Fresh fruits, vegetables, lean proteins, and whole grains will fill you up naturally and provide lasting energy. It's a win-win because you're eating nutrient-rich foods without stressing over portions.

4. *Hydrate, Hydrate, Hydrate.*

Thirst is often mistaken for hunger, so make sure you're drinking plenty of water throughout the day. Try drinking a glass of water before meals, which can help prevent overeating. For a fun flavor boost, add slices of lemon, cucumber, or berries.

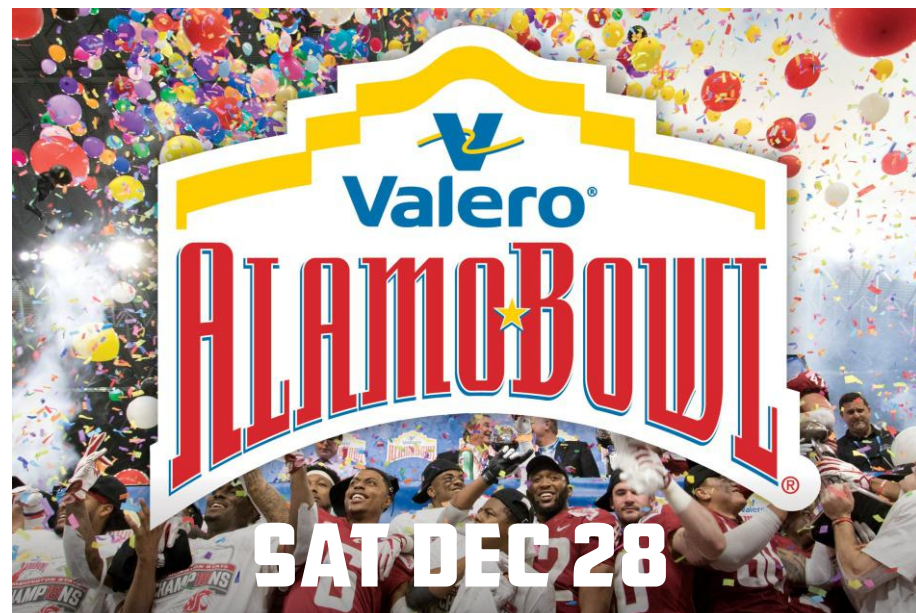
5. *Use Smaller Plates.*

Our brains are wired to finish what's in front of us, so trick your mind by using a smaller plate or bowl. You'll eat less without even realizing it. Studies show that using smaller dishes can lead to eating around 20% less!

So there you have it, five fun ways to lose weight without counting calories. It is possible so try these fun ideas and let me know how it goes!

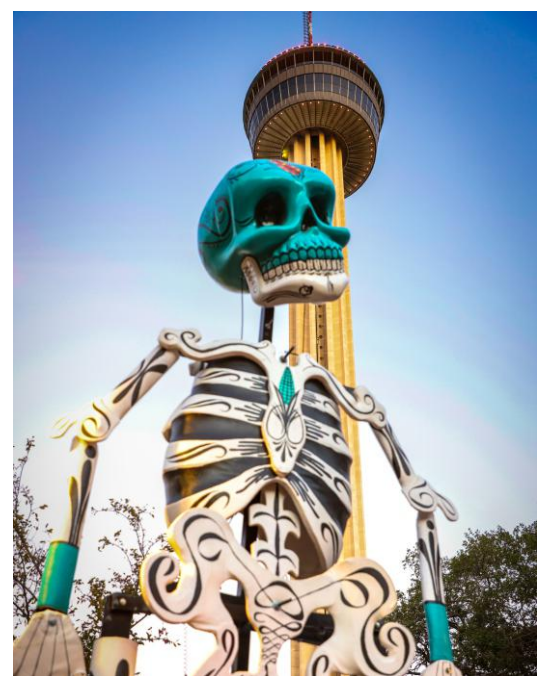
Until next month, healthy ((hugs)),
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By Mariaelena Villarreal





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San Anto Culture



"Miguel Keith"

THE VIETNAM WAR HERO FROM SAN ANTONIO

Each month in November in honor of Veteran's Day, Street talk Magazine honors a local military veteran that has made an impact not only in the military but in our country's freedom. While many battles and wars have many stories to tell including the infamous Roy Benavidez, World War I hero David Barkley, Tech Sgt Cleto Rodriguez and many others. While we can say we do have to be proud of is our past basketball championships the "San Antonio Spurs" We do have other records to be proud as records show that San Antonio has 13 percent of Medal of Honor recipients nationwide that were awarded this great award for bravery beyond their call of duty. Our next story of military bravery from the Vietnam war era that takes us to a gentleman from San Antonio, Texas, USMC Lance Corporal Miguel Hernandez Keith.



Miguel was born in San Antonio, Texas on June 2, 1951. Miguel and his family relocated to Omaha, Nebraska at an early age. Miguel had obtained being raised by his step-father, who was a USMC veteran, in which Miguel grew interest and felt inspired by his step-father's military stories. Miguel attended North High School in Omaha, Nebraska.

The years between 1968 and 1970 brought in some of the toughest years of the Vietnam war as this era brought in the Tet Offensive as on January 30 of 1968 as North Vietnam carried a surprise attack on many military bases in Vietnam against the United States and South Vietnam forces. Many lost their lives and these heartfelt moments impacted many back in the United States as Miguel still in school experienced much turmoil with protests, wounded veterans coming back sharing their stories of regrets, and many walkouts at the schools as protests. With our nation's morale at the hardest, Miguel grew anxious to do something but not here in the states, but eager to make a difference in Vietnam. Miguel told many of his classmates that he did not like "the direction the country was going." He felt that while Hispanics were sometimes exploited in a negative way coming back from Vietnam, Miguel wished to change the view of Hispanics serving in the military. This would become reality for Miguel upon his graduation from high school.

Miguel decided to visit a USMC recruiter at the age of 17 but was told that he would need written consent from his parents, because of his age. Miguel went to his mother and after a very debatable conversation, she signed the enlistment paperwork. Miguel enlisted to the United States Marine Corps reserves on January 21, 1969 but transferred to the active duty of the USMC on May 1, 1969. One day later Miguel was off to basic training at San Diego, California. After basic training Miguel was assigned to combat training at Camp Pendleton, California with Company B 1st Battalion, 2nd Infantry Training Regiment, upon completion Miguel passed his training with flying colors and was promoted to Private First Class on August 1, 1969.

On September 18, 1969 Miguel received his orders to deploy to Vietnam and arrived in the Republic of Vietnam on November 6th. He was assigned as a rifleman attached with the 1st Combined Action Group, III Marine Amphibious Force which served as an elite Marine Air- Ground Task Force that was trained to face high-intensity combat. On April 1, 1970. Miguel was promoted to Lance Corporal.

During the early morning in Quang Ngai Province, Republic of Vietnam of May 8, 1970 the enemy brought in fire and serving as a machine gunner, Miguel became wounded under fire as his platoon was under heavy ground attack. While Miguel's wounds became serious and instead of requesting for medic attention. Miguel miraculously grabbed his machine gun and headed into under-fire area to secure defense positions and as rounds came towards him, Miguel opened fire on the enemy with his machine gun and successfully stopped five enemy troops headed into the command post. As he continued an enemy grenade denoted near Miguel and brought him down with more painful wounds inflicted to his body. Miguel with loss of blood got back up again as he managed to gun and eliminate twenty-five more enemy troops before they could get in the post. On his last moments of honorary breaths, Miguel took out four more enemy troops but was brought down one last time to his saddened last breath by the enemy. When he went down several of the enemy had even decided to fled back or seek cover as Miguel had not only managed to eliminate but intimidate the enemy of them being under heavy fire. While Miguel had not only made a difference in protecting his post with valor the platoon had gained success over the enemy that early morning. An act of honorary patriotism was Miguel's wish in fighting for a true meaning in freedom brought him the highest reward from the President of the United States which is known as the honorary Medal of Honor. Miguels highest military medals and decorations include also the Purple Heart, the Combat Action Ribbon, National Defense Medal, Vietnam Service Medal with one bronze star, and the Vietnam Campaign Medal.

Many years later, Miguels military bravery has been honored with a US Navy ship being named "USS Miguel Kieth" in his honor, a new barracks at known as Keith Hall at the Marine Corps Headquarters at Arlington, Virginia, and the Memorial Park with an honorary bronze statue honoring Miguel located in his hometown of South Omaha, Nebraska. One can only never forget Miguel's bravery in the call of freedom for his country as his honorary inspiration of patriotism can only be thanked everytime we see a fellow military veteran or active duty personal and reach out our hand to say "thank you for your service" as they salute our flag that resembles our symbol of freedom and those who have sacrificed themselves and to those who have them the ultimate sacrifice. To all military veterans "Thank You and Happy Veterans Day." The United States Military Veterans Parade Association will host their Veterans Parade on Saturday November 9 2024 at 12:00 pm at downtown starting at the Milam Park.



Miguel Keith Bronze Memorial

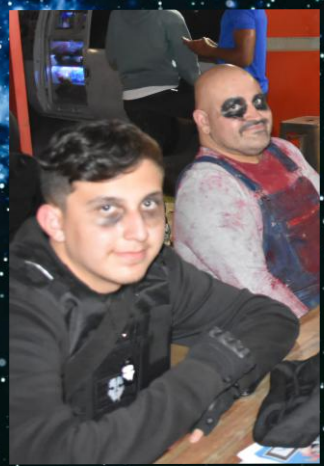




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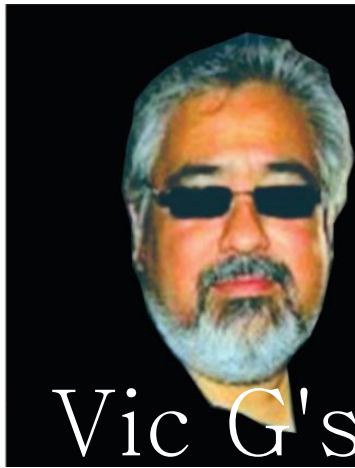
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J I N A I N K

By Jina Ink

Joe Gutierrez

Maravia

www.TexasPartyPatrol.com Jina Ink

Here's another star who's making a killer comeback! Born in September 1958 in San Antonio Texas. at the age of 17 Joe enlisted in the United States Marine Corp and married his to his highschool sweetheart at this time in his life he's been married over fifty years, and now has three amazing children.

Joe, has been a vocalist for 48 years and of those 48 years: he has spent 35 years with his band called Maravia. They are back in full force playing locally in San Antonio and surrounding areas.

You have to come check them out. Jina Ink Tejano News Publication is just starting to promote and release the schedule on my website.

I'll have that information at the bottom of the page.

He started his musical career in 1976 after he served the marine corp.

Joe began being a vocalist for several bands, including Ratazz, Johnny Val Band, Friction, Rozy, Walls, and Sierra.

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In 1977, Joe auditioned for Stonecreek which was a touring band and the name was later changed to Brown Brady, where he played at several Military installations such as Lackland Airforce Base and Fort Sam Houston in San Antonio Texas.

Joe also played in multiple other cities such as Oklahoma City, Denver and Minot North Dakota.

In 1990 Joe decided to form his own band which was then named, Maravia.

Joe was fortunate to work with Mr Roger Hernandez/ En Caliente Productions and a booking Agent and promoter.

In 1995 Joe won first place in the battle of the bands and won a recording contract with Joey Records.

In 2012, Maravia was nominated for the Tejano Music Awards Under The Category Best Vocalist and Best New Artist. and at The Tejano Globe Awards in Houston Texas,

Joe was nominated at The Pura Vida Awards In 2024 for Tejano Group of the year, and Single of the year.

1998 - Tejano Shootout, Joey Records

2006 -La Capirolada, Tejano Unlimited Records

2006 - Simply Marvelous Tejano Unlimited Records

2011 - Eras La Mujer, Discos Savaro

2014 -Algo Suave, Discos Savero

2019 -Quadate, TMR Escalante Music

2023 Que Maravia, TMR Escalante Music

Having been an extraordinary and talented vocalist over all these years, Joe has captured and captivated audiences with his unique style and professional showmanship, the band has a unique flair and traditional progressive sound that has you dancing all night long.

They are back and ready to have you come to their show.

Maravia still continues to perform "simply marvelous", with a way only this band can deliver. With all the talent and years of experience, it's no doubt that this comeback will be stronger than ever.

I, (Jina Ink) am promoting and booking Joe Gutierrez & Maravia, if your interested as to having this band at your Venue, Wedding, Debut's, Local Clubs. We are here to make it happen.

Joe A Gutierrez

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Street Talk Magazine Welcomes Contributing Writer...

"Heather Joy Pitamber"

"Heather Joy Pitamber is a licensed professional counselor with a passion for service, learning and growth. With degrees in Philosophy, Psychology, French Literature, and Clinical Mental Health Counseling, Heather has dedicated her eclectic career, both in Europe and the United States, to education and human services. She is passionate about helping her clients and students find the awareness, insight, and empowerment they desire to create lives of meaning and purpose. As an educator with a heart for wellness, Heather has cherished serving students and their families in public and private school settings, from elementary school through the university level, and also as an independent academic consultant. In addition to teaching creative writing classes at Gemini Ink, she has given two TEDx talks on the topics of resiliency, mental health and wellness and has been featured on Texas Public Radio for a story on suicide prevention. Most of all, Heather is deeply honored to continue serving her community's diverse clientele through her private counseling practice in San Antonio, TX where she lives with her husband, children, and rescue dogs."



DAVI

Davi, the Latin artist from Carros Verdes, made a memorable appearance at this year's Texas Street Festival in his hometown of Mercedes, Texas, where he captivated the audience with his new single "Te Agradezco." This Tejano/Norteño fusion track highlights Davi's distinct raspy voice and was produced by Chaava of the Rio Grande Valley and written by Skoundrel from San Antonio.

Following the release of his album Desmadre, Davi has continued to build momentum with "Te Agradezco," a heartbreak song that is quickly becoming a fan favorite. "This song reminds me of 90's Tejano jams and I love it," Davi shared, reflecting on how the sound resonates with fans who grew up with that era of music. "Te Agradezco" is now available on major streaming platforms like Spotify, Apple Music, and YouTube Music.

For Tv & Radio interviews please contact Gavino Promotions @ (956)392-3661 or send a Email: gavinoPromotions@gmail.com





The Gilbert G Show!

On Air Radio Talent



By Gilbert G. - Dallas, Texas

TRUMP BACK IN THE SADDLE! COLLEGE FOOTBALL PLAYOFFS 2024

Donald Trump is back. He has been declared the winner of the 2024 presidential election, marking only the second time in U.S. history that a president has been elected to non-consecutive terms. He had a noteworthy and improved performance over 2020, leading to a successful bid for a second term in office, according to Edison Research.

CBS News stated Trump projected victory over Kamala Harris in the 2024 presidential election, making it a historic and improbable comeback for the former president, who left office in 2021 after failing to overturn the 2020 election results. In addition, he was the first former president to be charged with either state or federal crimes, with four separate indictments, one resulting in a conviction, said Olivia Rinaldi and Jacob Rosen.

After a bitter, bruising campaign on election night, Trump said they overcame obstacles that no one ever thought they could overcome, vowing to fight for every family and their futures. He further went on to say, "This will truly be the golden age of America."

Trump made strides among Latinos and African Americans, especially men. There was a 12% to 20% increase in Black male votes, and he carried Hispanic men by nine points, 54% to 44%, a remarkable shift in four years' time. Edison Research further stated that 40% of Hispanic/Latino voters named the economy as their most important issue from a picklist of five possibilities, nine points higher than the voting population overall.

Epifanio Munguia, who lives in Orange, TX, agreed with many that the economy was top of mind when the American people went to the polls. League of United Latin American Citizens (LULAC) section 19 district director Zulema Escobedo thought that there were, however, different complexities of the Hispanic vote but noticed they tend to shift more guardedly on issues like the economy and abortion, according to Edison Research.

2024 College Football Playoff Implications

The 2024-25 college football season is the first time we will have a 12-team playoff format. During the season, the selection committee ranks the top 25 teams and then sets the bracket based on that ranking. The four highest-ranked conference champions receive byes into the quarterfinals, with the fifth highest-ranked conference champion getting in automatically, according to ncaa.com.

In the first year of the new format, the four conference champions from the ACC, Big Ten, Big 12, and SEC will receive the top four seeds, granting them a bye to the quarterfinals hosted at one of the New Year's Six bowl venues. The remaining eight bids will be filled by seven at-large qualifiers and the highest-ranked group of five conference champion.

Through 10 weeks of football, the selection committee ranks the Top 25 teams with a chance to earn their spot in the new 12-team College Football Playoff.

1. **Oregon** (Big Ten) who are one of five unbeaten teams remaining and have faced the hardest schedule of that group with wins over Ohio State and Boise State so far. They have a clear path into the Big Ten title game and a potential No. 1 overall seed.

2. **Ohio State** (Big Ten) suffered a loss on the road against Oregon but has since rebounded with a road win against Penn State to remain alive in the hunt for the Big Ten championship and a first-round bye.

3. **Georgia** (SEC) sit atop the SEC standings and are ranked highest in the conference so far, with their lone loss coming on the road against Alabama, but rebounded well with a win over Texas.

4. **Miami** (ACC) enters November undefeated and has a clear path to the ACC championship game where they can compete for the first-round bye with a favorable schedule remaining the rest of the way.

5. **Texas** (SEC) took a loss to Georgia but still has a path to the SEC championship.

6. **Penn State** (Big Ten) recently lost to Ohio State, otherwise could have provided the inside path for a Big Ten title game appearance. However, the rest of the schedule falls well for them as they seek their first CFP appearance.

7. **Tennessee** (SEC) has beaten Alabama yet has overcome the road loss to Arkansas and asserted itself back in the SEC conversation. A road game against Georgia will determine their opportunity to win the conference.

8. **Indiana** (Big Ten) who have made their first-year coach proud thus far as one of the only unbeaten teams entering the final month. The Hoosiers sit atop the Big Ten standings alongside #1 Oregon and control their destiny in a game at Ohio State coming soon.

9. **BYU** (Big 12) has remained unbeaten so far and is the top team in the Big 12.

10. **Norte Dame** one of the most prestigious college football teams in history, does play five games each year against ACC opponents who have suffered an early loss to Northern Illinois but capitalized on opportunities to remain a CFP contender by beating Texas A&M, Louisville, and Navy. They have a chance to run the slate and claim one of the at-large spots.

11. Alabama, 12. Boise State, 13. SMU, 14. Texas A&M, 15. LSU, 16. Ole Miss, 17. Iowa State, 18. Pittsburgh, 19. Kansas State, 20. Colorado, 21. Washington State, 22. Louisville, 23. Clemson, 24. Missouri, 25. Army.

The first meeting in 13 years between Texas and Texas A&M is shaping up to have College Football Playoff (CFP) implications for both teams. They will renew their rivalry in the final game of the regular season as they are finally back in the same SEC conference. Since both have one conference loss, the winner of this meeting will decide which is playing for an SEC Championship. (cbsnews.com, edisonresearch.com, ncaa.com)

GILBERT GONZALES

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By Grace Hernandez

BLUE BEATLE



Xoxo Maridueña star of the Blue Beetle movie spoke on a panel at Big Texas Comic-con alongside his some of his cast members from his current Netflix series Cobra Kai. The October 11th panel held in San Antonio allowed an audience of over 1000 people to learn more about the cast including an upcoming feature film spinoff from the series.

Blue Beetle fan, Alice Cortes said , “I think it’s important to support Latino projects to see stories from our underrepresented perspective. Blue Beetle’s focus on a Latino family working together to take care of each other in a crisis warmed my heart, made me laugh and think of my family.”

Many fans some dressed in costumes attended the weekend long comic-con event for it’s panels, autographs, photo ops, merchandise and a costume contest.



Our Most Sincere Condolences to Sheriff Joe Frank Martinez of Del Rio ,Texas in Val Verde County on the loss of His Daughter.



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By Sandra Cerna

Trusting God With The Unexpected! *When Disaster Comes! Part 2*

About a year ago I wrote an article with this same title, but my subtitle was, “When Breakthrough Comes!” A few weeks ago, our family suffered a life-shattering shock when my husband suddenly collapsed, not breathing. There had been no signs of distress or sickness, only a lot of fatigue. He had just come home from running errands and sat down for a while to catch his breath, he started having a headache. It was Saturday afternoon and I had just cancelled a lunch date with a woman in my area, for an upcoming conference. Something didn’t feel right and I knew I just needed to stay home, so was cleaning out the closet and moving things to my attic when I heard him get up from his chair and what seemed like his feet shuffling, when suddenly I heard a very hard fall. Thinking it was something else that had fallen I wasn’t going to go see, but the Holy Spirit of God nudged me and I leaned back, not hearing him or any other movement. I leaned out of my closet asking, “What happened?” when I saw him on the floor, face up and not breathing. I bolted to him, grabbed his neck and he was cold and gray, his hair was soaked with sweat.

I screamed, “Life, life, life, the blood of Jesus, the blood of Jesus,” repeatedly and began to vigorously massage his heart. We lost him three times before I was able to see him in the emergency room, within hours a technician with a very keen eye spotted by accident, an 11” mass pressing against his aorta. Within days he was diagnosed with Stage 4 Small Cell Lung Cancer.

When you trust the Lord, you quickly learn how to take Him by the hand and take things in stride, all the while you find yourself being tested in your faith, “Will God bring us through? Will my loved one survive this?” For the people of God, the people who know their God we rest assured that our days are in His hands and an unexplainable peace comes over you. We are challenged to want things to happen fast, results, answers and breakthroughs but I find that more often than not, God will use what the devil means for evil and turn it around for our good.

You LEARN to walk things out, you learn to pray things through, God's way. We want to 'work' things out but God wants us to 'walk' things out. God's way of walking things out is on our knees in prayer. It had been a long time since I had gotten on my knees to pray and I'm a minister! It happens to us all and we should want to learn from our mistakes, realizing how subtle ways of life creep in and take over our every waking moment. But God is so good and so generous in His patience with us. Even in this, I can see the hand of God moving in our lives.



We often feel God does not hear us or God does not care, perhaps our "need" is not as important as the needs of others, we think. We even fall into the trap of believing if God cared, He would do something, anything, to get us out of hard times and troubling situations. Our faith is being shaken, tested, and tried. How easily we forget it is in the very center of these "situations" that God is bringing about the change we need and changing us, as well. We don't always agree with His methods or timeframe but one thing is for certain: God will come through for you!

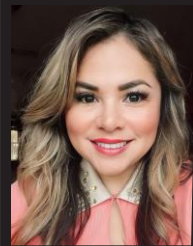
And God will come through for my husband and family, in fact, He already is! So many wonderful things have already happened to bring our family closer than ever. God is in the healing business, after all. He is all about healing relationships, our bodies and health, our attitudes and outlook on life and wayward children. God loves us and will not disappoint.

For me, 'blind' trust' is just another way of saying, "I don't have to know what lies ahead, I just have to know God is with me and God is for me".

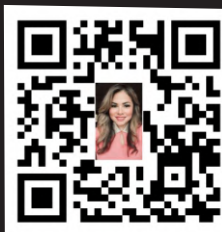
Taken from the book, “Water Me, Lord!” (edited) by Sandra Cerda. Sandra is an author, publisher and screenplay writer. For more on her work, see Fig Films at www.MaryMagdalene.Film or visit her books on Amazon under Sandra Cerda, author and connect with her on FaceBook.

Sandra Cerda
Creative Visionary & Executive Producer
I Am Magdalene, the movie
www.MaryMagdalene.Film
www.SandraCerdea.com
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<https://www.imdb.com/name/nm10378517>





I AM WOMAN



By Ana Banda



Marlana Stricker

Marlana Stricker is a local San Antonian, raised in Michigan, then moved back to San Antonio while in high school. Marlana is now a mother to 3 beautiful children, a community advocate and owner of Agape Media management.

Marlana manages various business ventures, one in particular being Agape media management. A.g.a.p.e. First and foremost means God's love & is an acronym for Assistance, Guidance, Advocacy, Personalization, Education. Community advocacy is her key focus when it comes to guiding, educating and supporting local businesses, nonprofits & our community. Marlana launched and is running Agape Media Management, since April 2024 which helps businesses grow their social media presence. She is also actively working on and opening a nonprofit called Mercy for all hearts of Texas. Marlana adds that she "has come a long way in the 4 years advocating and helping locals find housing!" She is excited to continue serving our community on another level! "I help by advocating for the people God puts on my path, whether it be helping them with my social media services for their business until they can pay me, or by guiding them to resources or locating and assisting them in this journey called life."

One beautiful attribute that shines with Marlana is her unwavering faith. I admire her so much for this. Marlana agrees that her it is her "faith that all things are possible through God who sustains and provides!" Her desire is to help others, from growing businesses and brands to supporting the community locate housing, and becoming a liaison for our neighbors to much needed

community resources. Her passion for advocacy and supporting our brothers & sisters is the goal in every venture. This holds true when I ask Marlana who her biggest inspiration is in her journey. "The words of God!", Marlana exclaims. "So many scriptures stand out! "If I had to choose one, it is "what if it was you? What if that was me? Thou shalt love thy neighbor as thyself." -Matthew 22:39 KJV.

Marlana is intentional about her actions. She adds that she practices asking herself, "if it was me in any situation what would I need help with? What would be an example of love & kindness, not judging in any instance and forgiving."

Some of the biggest challenges in her line of work are being misunderstood. "When it comes to heart posture that is very important to me. Especially when it comes to our community, doing things with excellence and care." Marlana wishes more people knew that in her work she not only does her job, but goes above and beyond the call of duty. "Whatever we have to do to get you in front of the people, or get them into a home, we will be by their side every step of the way. I love when I help my customers/neighbors meet and exceed their goals in their business or personal lives. When we not only help people into a home but help them get their items in the home, or help them find the items to furnish their home. God is good!"

As a business owner we may often think back and wonder how we could have done things differently or sooner. If Marlana had to start her business all over again, she advises that she would "keep track of everything on an excel sheet from who she met, and organize everything in different sections and purpose. Instead of spending hours, days, months organizing 5 years of information." If anyone wanted to do what she does she encourages them to network and attend events that offer resources in helping their mission.

"Remember it's your mission, take your concerns to God and let him guide you. The fast road isn't always the easiest road. Always stay organized, and create all your documents and processes as you start implementing them."

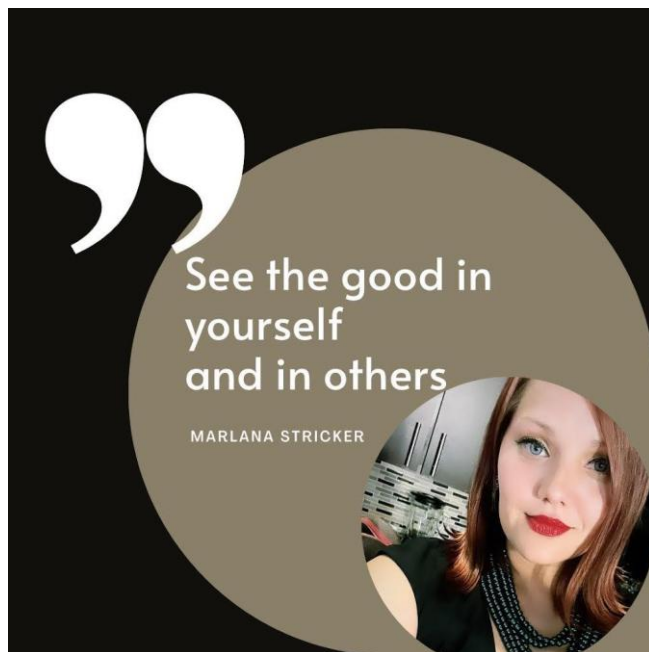
"Through experience comes revelation knowledge & wisdom", she adds.

"Never give up! You are never behind! You are right where God wants you! He is always on time! Never forget to keep your home in order #1 God #2 you #3 Family #4 job/ministry."

While Marlana is a community leader, she does seek guidance & mentorship from like-minded individuals. "We encourage each other & educate each other. Seek God's counsel in everything I do. If

I'm confused about something I know it's not from God. For he is not a father of confusion." 14. How can people get in touch with you for more information? Marlana wants to add that she is always inviting and welcomes more partnerships, help (volunteers), donations, love & support! She is always looking to learn from other social media platforms & partnerships with landlords that want to help with affordable housing, land owners that have a vision for

transitional housing as well. Please reach out to Marlana at FB: Marlana Stricker IG: @MarlanaSticker Web: unitesatx.com search Agape media Email: a.g.a.p.e.mediamgt@gmail.com Marlana is offering a starter bundle for anyone looking to hire a social media manager. You may find more info about UnitSATX.com search agape media or just call or Text Marlana at (726) 888-0824.





Lisa Carrington Firmin

Lisa Carrington Firmin is a Latina, writer, award-winning author, poet, and Bronze Star-decorated combat U.S. Air Force veteran. Author of *Latina Warrior* (October 2023), a collection of poems, prose, and art that chronicles her journey in a deeply personal, sometimes humorous, intense, and explicit expression. Award-winning author of *Stories from the Front: Pain, Betrayal, and Resilience on the MST Battlefield* (April 2022). Founder of Carrington Firmin LLC, she is a storyteller who writes, speaks, and provides consulting services in Leadership, Writing and Authorship, Veterans Culture, Transitions, Military Sexual Trauma (MST) and Diversity/Inclusion. Her poetry celebrates the joys of her Latina culture, family and life and provides an intimate reflection into the invisible wounds of MST, PTSD, trauma, hardship, and combat. Her art has been exhibited or shared nationally at various universities, VA Healthcare systems, conferences, summits, and galleries. Founder of the Office of Veteran and Military Affairs and the Top Scholar program at The University of Texas at San Antonio.

She retired from the United States Air Force as its most senior ranking Latina officer, after leading UTSA's AF ROTC program to the best in the nation. Awarded a Bronze Star Medal for efforts in combat as an Expeditionary Mission Support Group Commander in Iraq's Sunni Triangle in 2004, Carrington Firmin has received many honors and accolades.

Serves as a member of the inaugural Department of Defense Advisory Committee on Diversity and Inclusion (DACODAI), the Department of Veterans Affairs Advisory Committee on Minority Veterans (ACMV), a member of the Texas A&M University-Kingsville University's Foundation Board of Trustees among others. To learn more, please go to <https://www.lisacarringtonfirmin.com/>

LinkedIn:

<https://www.linkedin.com/in/lisa-firmin-97584a12>

Twitter:

<https://twitter.com/ColonelLisa>

Amazon:

Latina Warrior: <https://a.co/d/5Q3G83x>,

Stories from the Front: Pain, Betrayal, and Resilience on the MST Battlefield: <https://a.co/d/5Vv6NjB>



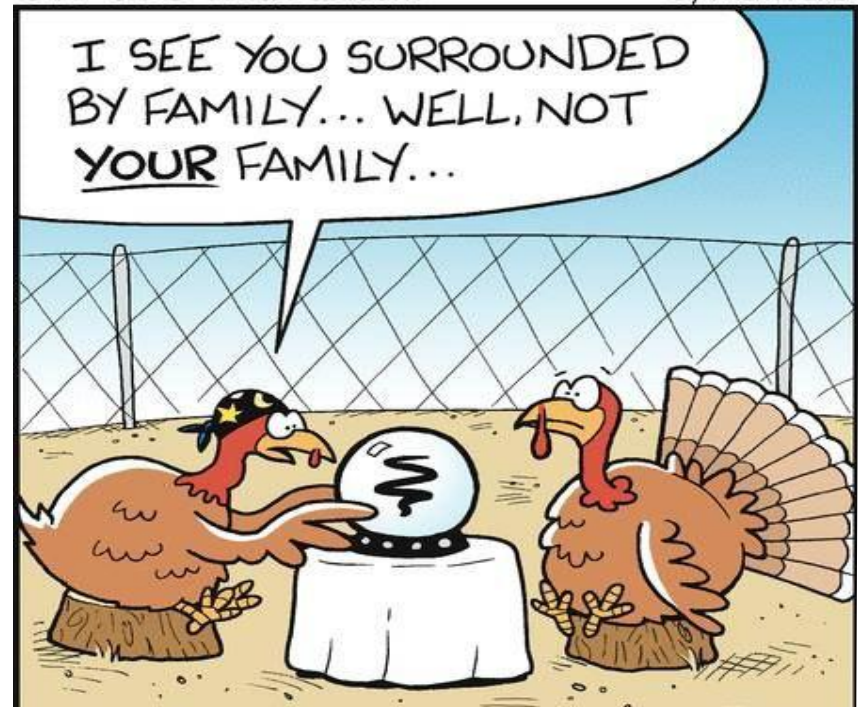
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off the mark.com

by Mark Parisi



DID YOU KNOW?



Celia Cruz

Celia Caridad Cruz Alfonso, known as Celia Cruz, was a Cuban singer and one of the most popular Latin artists of the 20th century. Cruz rose to fame in Cuba during the 1950s as a singer of *guarachas*, earning the nickname "*La Guarachera de Cuba*". In the following decades, she became known internationally as the "Queen of Salsa" due to her contributions to Latin music. She had sold over 10 million records, making her one of the best-selling Latin music artists.

She began her career in her home country Cuba, earning recognition as a vocalist of the popular musical group Sonora Matancera, a musical association that lasted 15 years (1950–1965). Cruz mastered a wide variety of Afro-Cuban music styles including *guaracha*, rumba, afro, son and bolero, recording numerous singles in these styles for Seeco Records. In 1960, after the Cuban Revolution caused the nationalization of the music industry, Cruz left her native country, becoming one of the symbols and spokespersons of the Cuban community in exile. Cruz continued her career, first in Mexico, and then in the United States, the country that she took as her definitive residence. In the 1960s, she collaborated with Tito Puente, recording her signature tune "*Bemba colorá*". In the 1970s, she signed for Fania Records and became strongly associated with the salsa genre, releasing hits such as "*Quimbara*". She often appeared live with Fania All-Stars and collaborated with Johnny Pacheco and Willie Colón. During the last years of her career, Cruz continued to release successful songs such as "*La vida es un carnaval*" and "*La negra tiene tumbao*".

Her musical legacy is made up of a total of 37 studio albums, as well as numerous live albums and collaborations. Throughout her career, she was awarded numerous prizes and distinctions, including two Grammy Awards and three Latin Grammy Awards. In addition to her prolific career in music, Cruz also made several appearances as an actress in movies and telenovelas. Her catchphrase "*¡Azúcar!*" ("Sugar!") has become one of the most recognizable symbols of salsa music.



JENNIFER PEÑA

WHAT IS JENNIFER PEÑA KNOWN AS?



THE PRINCESS OF TEJANO Courtesy Photo



WICKED

After two decades as one of the most beloved and enduring musicals on the stage, Wicked makes its long-awaited journey to the big screen as a spectacular, generation-defining cinematic event this holiday season.

Directed by acclaimed filmmaker Jon M. Chu (Crazy Rich Asians, In the Heights), Wicked is the first chapter of a two-part immersive, cultural celebration. Wicked Part Two is scheduled to arrive in theaters on November 26, 2025.

Wicked, the untold story of the witches of Oz, stars Emmy, Grammy and Tony winning powerhouse Cynthia Erivo (Harriet, Broadway’s The Color Purple) as Elphaba, a young woman, misunderstood because of her unusual green skin, who has yet to discover her true power, and Grammy-winning, multi-platinum recording artist and global superstar Ariana Grande as Glinda, a popular young woman, gilded by privilege and ambition, who has yet to discover her true heart.

The two meet as students at Shiz University in the fantastical Land of Oz and forge an unlikely but profound friendship. Following an encounter with The Wonderful Wizard of Oz, their friendship reaches a crossroads and their lives take very different paths. Glinda's unflinching desire for popularity sees her seduced by power, while Elphaba's determination to remain true to herself, and to those around her, will have unexpected and shocking consequences on her future. Their extraordinary adventures in Oz will ultimately see them fulfill their destinies as Glinda the Good and the Wicked Witch of the West.



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Texas Realtor

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Lot!



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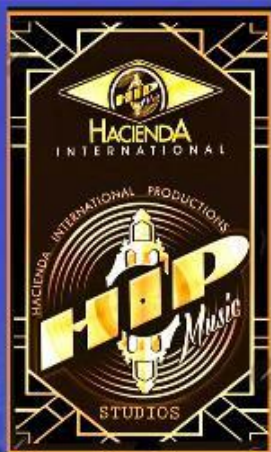


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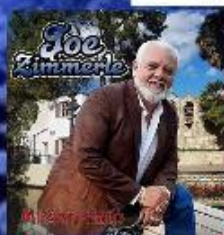
CHILD WELFARE BOARD

CHILD CARE BOARD

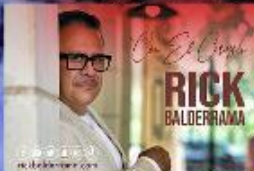


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WHAT TO DO IF YOU'RE IN A CAR WRECK!

By Roger Guevara

Let's hope that we are never in a car wreck. Car accidents can be deadly or serious. So, what do you do if you are in a car accident? First, call the police no matter what anybody says. You want to make sure you get a police accident report. If you can move and or talk, you want to take pictures of the other car and of your car at the accident scene if it is safe. Or, once you move the car, if its drivable take pictures. You may even want to take the picture of the other driver. Also, witnesses are important, so ask if people are around if they saw what happened and get their name and phone number. Also, talk to the police officer if you can and let him know how the accident happened.

Police officers will not put names of the witnesses and their phone number on the police report. Second, you want to make sure if you are injured or feel any pain to go seek medical attention. If you are feeling bad, ask police to call EMS and go in the ambulance. If you can walk, go to a minor emergency clinic that is not connected to a hospital unless you have medical insurance, Medicare, or Medicaid, because they charge outrageous prices if you do not have medical insurance and your injury is from an accident.

You can call me at 210-431-0551 and I can guide you and help you to get further medical treatment from the medical experts that we use to help our clients. You will want to have transportation if your car is not drivable or is damaged. You have two claims when someone is in an auto accident. One is for the personal injury and the other is for the property damage to your vehicle.

Sometimes you will get a call from the other person's insurance adjuster to find out what or how accident happen. I always tell clients that the auto accident is a civil case, but it's like this: whatever you say to the adjuster will be used against you later if they contest the facts as to how the accident happened. So, in other words a civil case is about monetary compensation to you the injured person for your pain and suffering, medical bills, lost wages, etc., and no one wants to pay if they don't have to. Or you may call the insurance adjuster, but I advise to call me so I can protect you from making a statement that may be use against you later.

So, if you are a loved one is an accident, you can call me. I have over 37 years of courtroom experience. I go to court and fight against the insurance lawyers to get you the compensation you deserve. Remember not every case is a million-dollar case, because it depends on the coverage of the at fault driver. If it's a commercial vehicle, they normally carry one-million dollar coverage at a minimum. I have worked with T.J. Henry and the Davis Law firms and I have the experience to win for my clients. So, if you are ever in an accident you can count on me. "know how to fight to win!"

Roger Z. Guevara
The Jalapeno Lawyer



**The Jalapeno
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WONDER
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BEETLEJUICE JR.



SPRING 2025 ACADEMY AUDITIONS

**Beetlejuice JR. & 9 to 5
(Teen Cast) Auditions are
open!**

Beetlejuice JR.

The ghost-with-the-most comes to the stage in *Beetlejuice JR.,* the frightfully funny musical based on the beloved motion picture turned Broadway phenomenon.

9 to 5

Three women — an overworked office manager, a jilted wife, and an objectified secretary — conspire to depose their smarmy boss and begin making woman-friendly changes in the workplace.

Auditions

November 16 & 17. Note that there will be one sign-up form for both shows.

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WORD SEARCH



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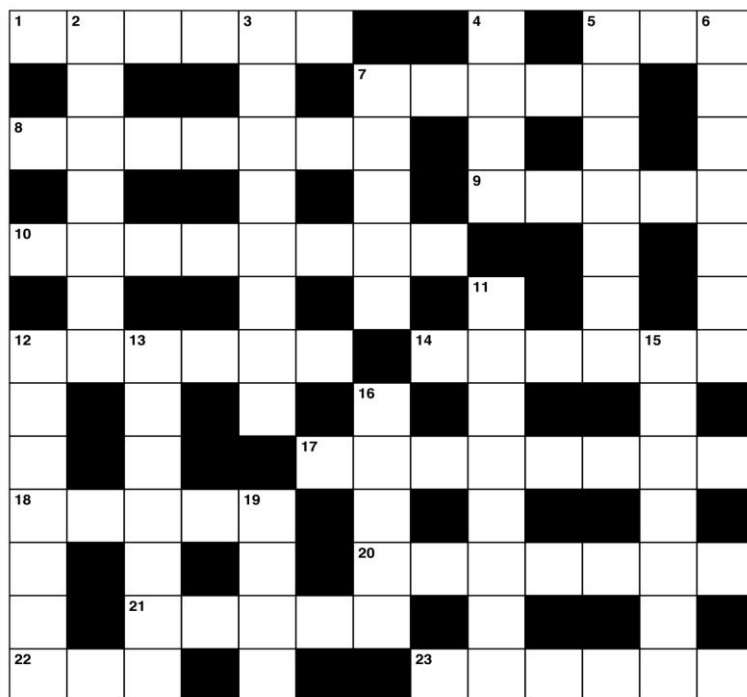
Across

- 1 - Spring back (6)
- 5 - Work of creativity (3)
- 7 - Noble gas (5)
- 8 - Forgive (7)
- 9 - Arms and legs (5)
- 10 - Forms of payment (8)
- 12 - Farmer (6)
- 14 - Tall structures (6)
- 17 - Moan (8)
- 18 - Connective tissue (5)
- 20 - Robbers at sea (7)
- 21 - Unpleasant giants (5)
- 22 - Male offspring (3)
- 23 - Chooses (6)

Down

- 2 - Space shuttle (7)
- 3 - Educational institutions (8)
- 4 - Hero (4)
- 5 - Excite (7)
- 6 - Thin papers (7)
- 7 - Dares (anag) (5)
- 11 - Bodily (8)
- 12 - Chats (7)
- 13 - Belief (7)
- 15 - Clothing (7)
- 16 - Great successes (5)
- 19 - Thin cable (4)

Crossword Puzzles

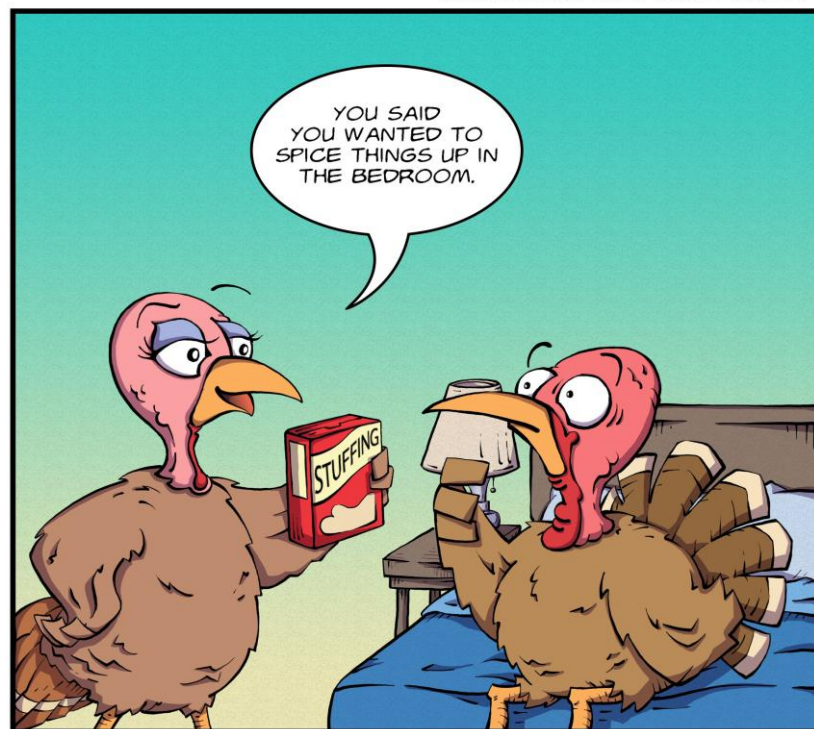


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Sports Talk

"Saintsational"



By Adam Salyer aka "Saintsational"

TEXAS SERAPHIM FLYING HIGH!

The Texas Seraphim are flying high and soaring towards the destination of a championship. The harsh reality of playing ABA Basketball this season is knowing that every team is targeting you. These 9 seasons of the Texas Seraphim it almost seems to highlight every journey. This year has no exception. The more we win the more targets are aimed right at us. There are many returning faces such as Austin Cox a power forward slash combo guard, and Marlon Williams a shooting Guard. Respect is demanded.

The Texas Seraphim's record is standing at 2 and 1, beating the number 13 team the Houston Red Storm. Mind you, it should stand to bring an exciting display especially considering on November 10, the Texas Seraphim face a rematch. If you are searching for a sports craving and need that indulgence of an exciting brand, come and see us. This will be family fun entertainment at its best. That is basketball at the highest level yet underexposed. What exciting drama. We are playing basketball! At this event we will be asking for a Thanksgiving card from the kids to provide to the senior center of choice. Pictures and Crayons will be provided by Little Angels Image and Community Connection and for every card colored, 25 cents will be donated to various local charities.

Happy Holidays from the Texas Seraphim. Thanksgiving is a time to provide thanks for those important to us most. As the Texas Seraphim embarks on this new season, we would like to reflect on those that have provided and have contributed to our mission. First and far most we thank God, our fans and all those angels looking out for us. Let us cherish every waking moment because we are not always promised tomorrow. Come make memories with us. If anyone should want to help or donate, please feel free to contact me at 210-685-9110 or email adamsalyer@yahoo.com.



2024 - 2025 ABA SEASON SCHEDULE

Game Day @Home

Game Day @Away

Sun, Nov. 10th
Red Storm

Sun, Nov. 17th
Midlothian Marshalls

Sun, Dec. 1st
TBD (Gym Closed)

Sun, Dec. 8th
Texas Night Hawks

Sun, Dec. 15th
Austin Bats

Sun, Jan. 5th
TBD

Sun, Jan. 12th
TBD

Sun, Jan. 19th
Alamo City All Stars

Sun, Jan. 26th
Lone Star Crusaders

Sun, Feb. 2nd
Shizuoka Gymrats

Sat, Oct. 19th
Red Storm

Sat, Oct. 26th
Texas Night Hawks

Sat, Nov. 2
Alamo City All Stars

Sat, Nov. 23
Austin Bats

Sat, Nov. 30
TBD

Sat, Dec. 21st
Midlothian Marshalls

Sat, Dec. 28th
TBD

Sun, Feb. 9th
Texas Purple Kings

Sat, Feb. 15th
Lone Star Crusaders

Sat, Feb. 22nd
Texas Red Wolves

Playoffs 2024 - 2025

TBD: PLAY IN ROUND

TBD: DIVISIONAL SEMI-FINALS

TBD: DIVISIONAL CHAMPIONSHIP

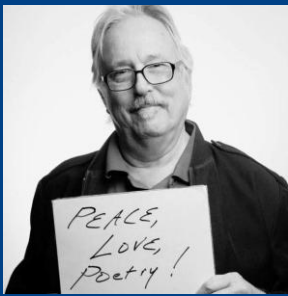
TBD: Region Final Four TBD.

TBD: REGIONAL CHAMPIONSHIP

TBD: All teams and All Stars Arrive in TBD

TBD: ABA Final 4 In TBD





By Don Mathis

INTERNATIONAL MEN’S DAY!

The time is now, the time is right,
for the human race to unite

for the formal celebrations
endorsed by the United Nations.

‘Men’s Health Champions’ is the theme
to dedicate November 19.

Every day 2,000 men will die
before they reach age 75.

And what is terribly lamentable
is most of these deaths are preventable.

So, we dialogue on healthy manhood
to benefit the common good.

We promote good examples of men,
working stiffs just making a living.

We share the trials of being male,
the sacrifice that this entails.

We laud all men’s contributions
to our nation’s institutions.

We see fragility of men’s health,
how they put others before self.

In times of war and times of peace,
we concede their vulnerabilities.

We know that misandry exists
and we stand guard in men’s defense,

for there is much male prejudice
in today’s social services.

Sexism against men ensues
in family courts and public schools.

So, we advance better gender relations
and oppose sex discrimination.

Reproductive freedom is not limited
to one gender that is privileged.

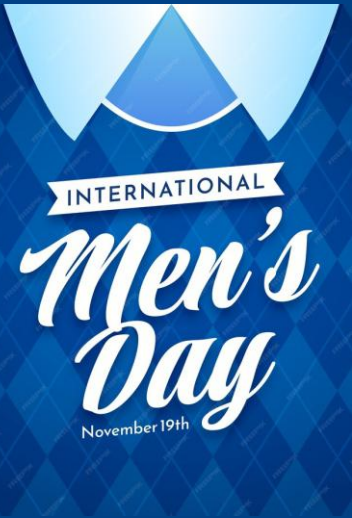
Males and females should not fight
but share in their procreative right.

We all want a society
where each can reach their capacity.

Please stop, reflect and remember
this third Tuesday in November

as we acclaim men’s altruism
and hail their humanitarianism.

Here’s the heart of what I want to say,
Happy International Men’s Day!



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Courtesy Pic

MILEY CYRUS ... More than a Flower!

Street Talk

Grammy Award winner Miley Cyrus has released eight studio albums, three live albums, four extended plays and 42 singles. Popularly referred to as the original "Teen Queen", Cyrus has sold 55 million singles and 20 million albums worldwide. According to Recording Industry Association of America, she has sold 32 million singles and 10 million albums in the US. Billboard ranked Cyrus as the ninth greatest Billboard 200 female music artist of all time and the 62nd greatest artist of all time.

In June 2007, the series' second soundtrack and Cyrus' debut studio album were jointly released by Walt Disney Records and Hollywood Records as the double album *Hannah Montana 2: Meet Miley Cyrus*. The project reached number one in the United States. Its latter disc included the single "See You Again", which became Cyrus' first track to impact the top-ten in the United States, Australia, and Canada. On her debut live album *Best of Both Worlds Concert*, released in March 2008, Cyrus performed seven songs as herself and seven tracks as her title character Hannah Montana.

The singer's second studio album *Breakout* was released in July 2008, topping the United States, Australian, and Canadian charts. Its lead single "7 Things" reached the top 10 in the United States, Australia, and Norway. Cyrus' first extended play *The Time of Our Lives* followed in August 2009, and its track "Party in the U.S.A." made the top five in the United States, Canada, Ireland, and New Zealand. In that same year she released a live album titled *iTunes Live from London*. She released her third studio album *Can't Be Tamed* in June 2010, peaking within the top five in the United States, Australia, Austria, Canada, Germany, Ireland, Italy, and New Zealand. While the title track reached the top 10 in the United States, Canada, Ireland, and New Zealand, the album was less commercially successful than her past efforts.

Cyrus' fourth studio album *Bangerz* was released through RCA Records in October 2013, topping the United States, Australia, Canada, Ireland, Norway, and the United Kingdom charts. Its songs "We Can't Stop" and "Wrecking Ball" both reached the summit in the United Kingdom while former also topped the charts in New Zealand and the latter went number one in the United States and Canada. Her fifth album, *Miley Cyrus & Her Dead Petz*, was self-released via streaming in August 2015 and did not chart. She released her sixth album *Younger Now* in September 2017, which charted within the top five in the United States, Australia, Canada, Ireland, and New Zealand. Its lead single "Malibu" reached the top five in Australia, Canada, Norway, and New Zealand. In 2019, Cyrus released her fourth EP titled *She Is Coming*. In 2020, Cyrus released her seventh studio album *Plastic Hearts*, which spawned the top-twenty single "Midnight Sky". In 2023, she released *Endless Summer Vacation*, which featured her second number-one single "Flowers".

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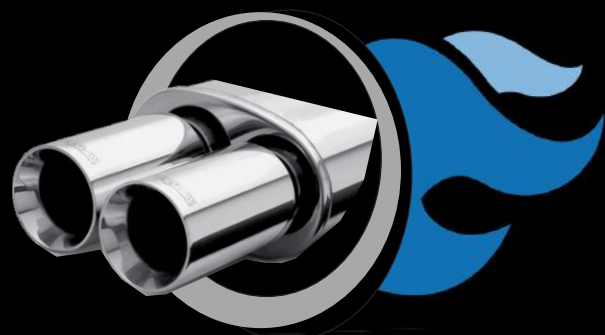
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-Mother Theresa

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80's TRIVIA

Movies! Can you Solve this?

In the 1988 hit movie "DIE HARD", What game does the villain want to play with John McClane (Bruce Willis)?



- A. HIDE & SEEK**

B. SIMON SAYS

C. MARCO POLO

D. TAG



BETTE MIDLER

WHAT'S A SAGITTARIUS?

Sagittarius, the ninth sign of the zodiac, is the home of the wanderers of the zodiac. It's not a mindless ramble for these folks, either. Sags are truth-seekers, and the best way for them to do this is to hit the road, talk to others and get some answers. Knowledge is key to these folks since it fuels their broad-minded approach to life.

This sign is ruled by Jupiter. The Sagittarius style is travel-ready. Casual, non-confining styles suit this sign best and fold quickly into a suitcase for wherever this globe-trotting sign is going next. Vintage is another Sagittarius favorite, since they love having one-of-a-kind pieces.

Sagittarius' traits are derived from its active, masculine, or yang qualities, making this sign oriented toward assertive engagement with the outer world. Alive in both a , those born with the centaur as their rising, sun, or moon sign have enthusiastic energy in their core personality; like the joyous, benevolent qualities of Jupiter.

Sagittarius, the half human and half horse, is the centaur of mythology, the learned healer whose higher intelligence forms a bridge between Earth and Heaven. Also known as the Archer, Sagittarius is represented by the symbol of a bow and arrow.

Sagittarius is a sign that is often big and bold, seeking adventure and novelty. They are adaptable to change and like to mix up their daily routines. They also tend to have to think before they speak, as they have a reputation for being straightforward to a (potentially hurtful) fault.



Rock & Roll! TRIVIA

ARE YOU ROCK SMART?

QUESTION OF THE DAY

IN WHAT AMERICAN CITY DID GUNS -N -ROSES FORM?

A. AUSTIN, TEXAS

B. NEW YORK, NEW YORK

C. CHICAGO, ILLINOIS

D. LOS ANGELES, CALIFORNIA





By Mariaelena Villarreal





COMEDY CORNER

The Femme Fatale of Comedy!

By Rose Daniel!

Hola Street Talk Comedy fans!!

It's spooky season around town but nothing is scary about the next comedian you need to know about. I was blessed to not only interview him but I have also shared the stage with this rising star.

His name is Ryan Herrera and he just won the Hustler of the year award at the San Antonio Comedy awards ceremony at Upstage Comedy Lounge, a very prestigious award considering he is fairly new to the comedy scene .

I have seen him in action! Although he works hard to develop shows promote and produce them, he finds time to do some acting in such productions as King of the South. Unfazed by his success, he navigates the entertainment world with ease.

So, let's get going with the interview!

RD: Hello Ryan, so great to catch up with you!

What made you want to start your comedy career?

RH: I always wanted to be a performer, even when I was young but I was too afraid to actually do it. When I saw my Dad and Brother do it I knew I could do it as well.

(Ryan's Father is the Comedian and Actor Roman Garcia and his brother, Caleb Garcia is a fabulous comedian as well)

RD: Did your Dad persuade you to follow in his footsteps?

RH: I had just moved back to San Antonio from Austin. My Dad and brother were performing at Las Chiladas restaurant. I was inspired by them. I told my Dad I wanted to give comedy a try and he told me to hit as many open mics as possible and work on my writing. My family is very encouraging and it makes doing what I love to do so much easier!

RD: How did it feel to win the "Hustler of year" award?

Winning that award was amazing and very reassuring! Although it may not seem like it, I am insecure by nature. To have the whole comedy community rally around me makes the hard work and energy I put in all worth it. I have a lot of respect for all those enter profession.

I get teased because not only do I promote my shows but I promote other shows too! That's the way it should be, we should all help each other.

RD: What is your comedy goal?

RH: To make it to the BIG TIME! I want to succeed in comedy and also acting. I have some acting projects that I'm very excited about. Many shows to produce as well. Opportunities have been coming my way so all my hard work is paying off.

RD: Since it is the season, what is your favorite Halloween Candy?

RH: Defiantly Reese Peanut butter Cups! I love them all year long! Maybe I need a support group to help with this addiction! Lol

RD: Do you still get nervous right before a show?

RH: I have been doing comedy regularly for a year and a half. I talk out and rehearse my set on the way to the venue in my car so by the time I get there most of the nervousness is gone.

RD: Do you have any superstitions or rituals you have to do before a show?

RH: I always go to the gym. Helps me feel healthy and gets the blood flowing so I can be alert and I can get my creative juices flowing.

RD: Your brother Caleb is a comedian, any sibling rivalry?

RH: No, not at all. While he loves to do comedy and is a great comic, at this point in time it's not his main focus. In our family, no one is selfish and we are not competitive at all.

RD: Where is your next gig?

RH: I have a big exciting gig on November 9th at *Mi Vaquita* on the Riverwalk.

We have the winner of the Best Comic in San Antonio award, Alvin Perry headlining so we are honored to have him on the show along with C Wayne and Jay Valdez. I will be hosting .

The flyer will be shared on this page.

Good luck to Ryan Hererra and everyone who gets up everyday and gives 110% to their craft!

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NOVEMBER PICKS FOR SAN ANTONIO STAGES!

-By Don Mathis

Ann Richards is remembered fondly as the last woman to be elected governor of Texas as well as the most recent Democrat to hold that office. Come to the one-woman play, *Ann*, at the **Classic Theater from Nov. 7-24** for this intimate, no-holds-barred portrait of this legendary lady of Texas politics. Huff Post called Ann a highly entertaining and lovable depiction of a woman with energy to burn. The New York Times said Ann is fiery, salty, and brash while Washingtonian Magazine called it blisteringly funny. Secure your date with Ann, starring Anna Gangai, at SanPedroPlayhouse.Org

Arte y Pasión is a local dance company specializing in Spanish and Flamenco and they are stepping out in November! From Nov. 1-7, they will be doing community engagement shows at schools and senior centers across the city. On **Nov. 12**, Arte y Pasión will present Ruta de la Seda (Silk Road) at the Brick at Blue Star. Find them Nov. 16 at Dia Internacional de Flamenco on Main Plaza. And don't miss Adventure Stories, an array of sketches combining dance, music and the spoken word at the **Jo Long Theater of the Carver Community Cultural Center on Nov. 18**. Visit Arte-y-Pasion.Com for more information about these performances.

When a man is accused of abducting half a dozen cats, it's a simple open-and-shut case – at least, it should be. *The 12 Incompetent Jurors* is a parody of 12 Angry Men and runs **Nov. 15-17** at **Second Act Productions LLC** (20318 Huebner Road). Although every scrap of evidence indicts the accused, Juror #8 takes the role of a wannabe lawyer and tries to convince the other jurors the Cat Burglar is innocent. Visit Our.Show/2ndAct12Jurors for tickets to this courthouse comedy.

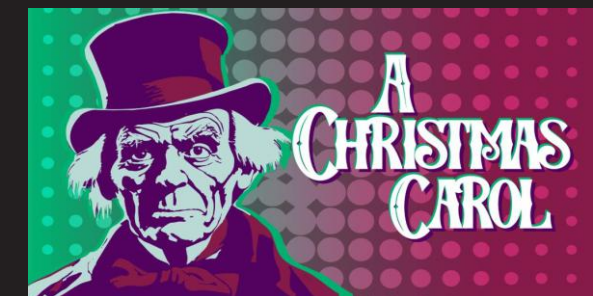
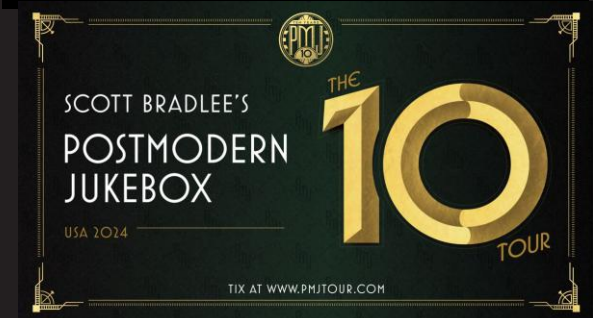
Postmodern Jukebox is a rotating musical collective founded in 2011 in New York. They are known for reworking popular modern music, such as swing and jazz, into different vintage genres. Scott Bradlee and his team of vocalists, musicians, and dancers delight audiences everywhere spinning contemporary compositions into old school hits. Tune in to TobinCenter.Org for tickets to Scott Bradlee's Postmodern Jukebox at the **H-E-B Performance Hall on Nov. 27**.

What better way to spend the dark days of December than with a ghost story? Especially if it is Charles Dickens' timeless tale, *A Christmas Carol: A Ghost Story*. This production at the **San Pedro Playhouse** from **Nov. 29 to Dec. 22** will feature shadow performances designed for all audiences, including the hearing impaired. Ebenezer Scrooge will not be the only one who discovers the spirit of the season. Jaime Ramirez enlivens the tone of this redemptive story with musical arrangements. Tickets at SanPedroPlayhouse.Org

Joseph and the Amazing Technicolor *Dreamcoat* was the first musical by Tim Rice and Andrew Lloyd Webber to hit the stage 50+ years ago. This family-friendly retelling of Joseph, an ancient hero from The Book of Genesis, enchants audiences with familiar themes and catchy music. If you haven't been to the Wonder Theatre since before the **Woodlawn Theatre** company moved into the Bijou, you are in for a treat! Visit WonderTheatre.Org to make reservations for a performance of Joseph from **Nov. 29 – Dec. 23**.

"Someday" in the past, you may have seen **Christopher Cross**, the Grammy Award winning singer from San Antonio. On **Dec. 4**, he will be "Sailing" into the **Sunken Garden Theater** with the San Antonio Philharmonic. You will be "Swept Away" when you "Think of Laura" and when he performs "Arthur's Theme," everything will be "All Right." Listen to my "Words of Wisdom" and "Ride Like the Wind" to MajesticEmpire.Com for tickets to this "Chance for Heaven."

About 30 years ago, **Las Nuevas Tamaras** opened to rave reviews in San Antonio. Since then, this holiday play has traveled from East Texas to the West Coast, from Denver to Laredo. Join three neophytes as they channel their ancestors in their first attempt at making tamales. This culturally rich comedy runs from **Dec. 5-8** at the **Jo Long Theatre** in the **Little Carver Civic Center**. Learn more about this hilarious play and get tickets at LasTamaras.Com





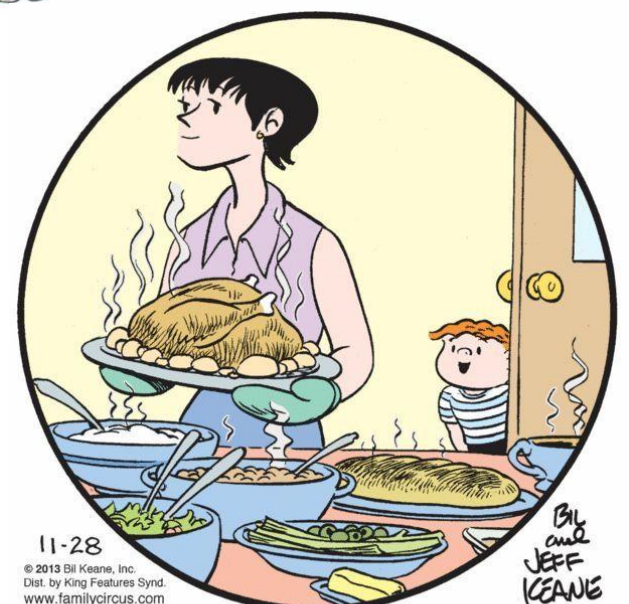
Willie Nelson

Willie Nelson is a country singer-songwriter known for hit songs like "Crazy" and "On the Road Again."

Country singer, guitarist and songwriter Willie Nelson is one of the main figures of the outlaw country subgenre that developed in the late 1960s as a reaction to the conservative restrictions of the Nashville sound. The critical success of his album Shotgun Willie (1973), combined with the critical and commercial success of Red Headed Stranger (1975) and Stardust (1978), made Nelson one of the most recognized artists in country music. Nelson has acted in over 30 films, co-authored several books, and has been involved in activism for the use of biofuels and the legalization of marijuana.

Nelson wrote his first song at age seven and joined his first band at ten. During high school, he toured locally with the Bohemian Polka as their lead singer and guitar player. After graduating from high school in 1950, he joined the U.S. Air Force but was later discharged due to back problems. After his return, Nelson attended Baylor University for two years but dropped out because he was succeeding in music. He worked as a disc jockey at radio stations in his native Texas, and at several radio stations in the Pacific Northwest, all the while working as a singer and songwriter throughout the late 1950s. During that time, he wrote songs that would become country standards, including "Funny How Time Slips Away", "Hello Walls", "Pretty Paper", and "Crazy". In 1960 he moved to Nashville, Tennessee, and later signed a publishing contract with Pamper Music which allowed him to join Ray Price's band as a bassist. In 1962, he recorded his first album, ...And Then I Wrote. Due to this success, Nelson signed in 1964 with RCA Victor and joined the Grand Ole Opry the following year. After mid-chart hits in the late 1960s and the early 1970s, Nelson grew weary of the corporate Nashville music scene, and in 1972 he moved to Austin, Texas. The ongoing music scene of Austin motivated Nelson to return to performing, appearing frequently at the Armadillo World Headquarters.

Today, at 91 the Country legend is still touring, but lately announced he won't be able to tour due to his illness.



"Are you all ready for us to be thankful yet?"

LA PISTOLA Y EL CORAZON

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efe eme

Diario de actualidad musical

6 de septiembre

HOME AGENDA DESCARGAS ENTREVISTAS NOTICIAS RETROVISOR REVISTA ROCKOLA

Las mejores portadas del rock: Los Lobos, "La pistola y el corazón"

Título de XAVIERVALLEJO publicado el 4 sep, 2013 en la categoría Las mejores portadas del rock. Revista



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WHAT IS THE STORY AND INSPIRATION BEHIND LA PISTOLA Y EL CORAZON?

In the late 1980's, there was a Blues Club in East Los Angeles called "Rivas". The Rivas Blues Club was located behind the old Googies restaurant at Atlantic Square and Floral Drive. The front business was a Chinese restaurant, upstairs was a Japanese Karaoke bar, and then in the back, with an entrance from the alley, was the "Rivas" Blues club. The City Terrace Dukes Blues Band, and The Blazers Norteno/Rock-a-Billy Band would perform there on the weekends. Sometimes Cesar Rosas and David Hidalgo from Los Lobos, Dave Alvin from The Blasters, and Juke Logan on harmonica, would show up and jam with The City Terrace Dukes and The Blazers. George Yepes would frequent the Rivas Blues club on the weekends with Irma Rangel and Raquel Salinas. In early 1988 in Los Angeles, Yepes painted the original painting of La Pistola y El Corazon, it was a portrait of Raquel Salinas from San Antonio, Texas. Los Lobos saw the original painting and wanted the painting for their new album cover.

Later that year, Los Lobos wrote the title song La Pistola y El Corazon, and then recorded the album La Pistola y El Corazon at Sunset Sound in Hollywood. Yepes went to the recording sessions at Sunset Sound, and later, re-inspired by the music, Yepes re-painted a new original La Pistola y El Corazon painting. The new painting was a portrait of Irma Rangel from Los Angeles.

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DATE	OPPONENT	TIME (ET)	TV
Sun, Sep 8	@ Indianapolis	1:00 PM	CBS
Sun, Sep 15	vs Chicago	8:20 PM	NBC
Sun, Sep 22	@ Minnesota	1:00 PM	CBS
Sun, Sep 29	vs Jacksonville	1:00 PM	CBS
Sun, Oct 6	vs Buffalo	1:00 PM	CBS
Sun, Oct 13	@ New England	1:00 PM	CBS
Sun, Oct 20	@ Green Bay	1:00 PM	CBS
Sun, Oct 27	vs Indianapolis	1:00 PM	CBS
Thu, Oct 31	@ New York	8:15 PM	PRIME VIDEO
Sun, Nov 10	vs Detroit	8:20 PM	NBC
Mon, Nov 18	@ Dallas	8:15 PM	ESPN
Sun, Nov 24	vs Tennessee	1:00 PM	CBS
Sun, Dec 1	@ Jacksonville	1:00 PM	CBS
BYE WEEK			
Sun, Dec 15	vs Miami	1:00 PM	CBS
Sat, Dec 21	@ Kansas City	1:00 PM	NBC
Wed, Dec 25	vs Baltimore	4:30 PM	Netflix
Fri, Jan 5	@ Tennessee	TBD	TBD



Thanksgiving Dinner Ideas!

With Halloween just around the corner, it's time to start planning the perfect spooky treats for your celebration. And what better way to indulge your sweet tooth than with these party ideas for that perfect Halloween party!

Lattice-Topped Apple Pie

INGREDIENTS

4-1/2 teaspoons quick-cooking tapioca
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg

PASTRY:

2 cups all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon salt
2/3 cup shortening
5 to 6 tablespoons cold water
3 tablespoons butter
2 tablespoons milk
1 tablespoon sugar

Directions

In a large bowl, combine the apples, sugar, water, tapioca, cinnamon and nutmeg; toss to coat. Let stand for 15 minutes.

Advertisement

In a large bowl, combine the flour, baking powder and salt; cut in shortening until crumbly. Gradually add water, tossing with a fork until dough forms a ball. Divide in half, making one half slightly larger.

On a lightly floured surface, roll out larger portion of pastry to fit a 9-in. pie plate. Transfer pastry to plate; trim even with edge of plate. Add filling; dot with butter. Roll out remaining pastry; make a lattice crust.

Trim, seal and flute edges. Brush with milk; sprinkle with sugar. Cover edges loosely with foil.

Bake at 400° for 15 minutes. Reduce heat to 350°; bake 40-50 minutes longer or until crust is golden brown and filling is bubbly. Cool on a wire rack.



Sweet Potato Casserole

INGREDIENTS

Sweet potatoes:
Milk:
Brown sugar:
Butter: .
Egg:
Spices:
Vanilla extract:
Marshmallows:



Directions

Step 1: Cook the sweet potatoes

Place the sweet potatoes in a large saucepan and cover them with water. Bring the water to a boil, then reduce the heat. Cover the pot and cook until the potatoes are tender when pierced with a knife through the thickest part of the potato. This will take about 15 to 20 minutes. Drain the potatoes.

Step 2: Mash and season the sweet potatoes

Transfer the sweet potatoes to a large bowl and mash them until they're smooth. Add the milk, brown sugar, butter, egg, cinnamon, vanilla, allspice, salt and nutmeg to the bowl. Beat them together until they're smooth and evenly mixed.

Step 3: Bake the sweet potato mixture

Transfer the mixture to a greased shallow 2-1/2-quart baking dish. Bake the casserole, uncovered, at 350°F until it's heated through, about 40 to 45 minutes.

Step 3: Add marshmallows and bake the casserole

Remove the dish from the oven and arrange the marshmallows across the top of the casserole. Return it to the oven and bake just until marshmallows begin to puff and brown, about 5 to 10 minutes longer.

Editor's Tip: Marshmallows go from nicely browned to scorched quite quickly, so keep a close eye here; this isn't the time to wander away from the oven.

Buelita's Capirotada

INGREDIENTS

6 cups of water
3 Piloncillo cones
3 Mexican cinnamon sticks
3 whole cloves
1 cup raisins
1/2 cup roasted, salted peanuts
12 thick slices of bolillo or French bread (see note below)
2 cups of shredded Monterey Jack Cheese

Directions

Preheat oven to 350 degrees

In a medium-sized stockpot, add the water, piloncillo, cinnamon sticks, and cloves over medium-high heat. Allow the piloncillo to completely dissolve and the syrup thickens (about 10 to 15 minutes).

Slice the bolillos about 1/3 inch thick and assemble on a baking sheet. Place in the oven for about 15 to 20 minutes to toast.

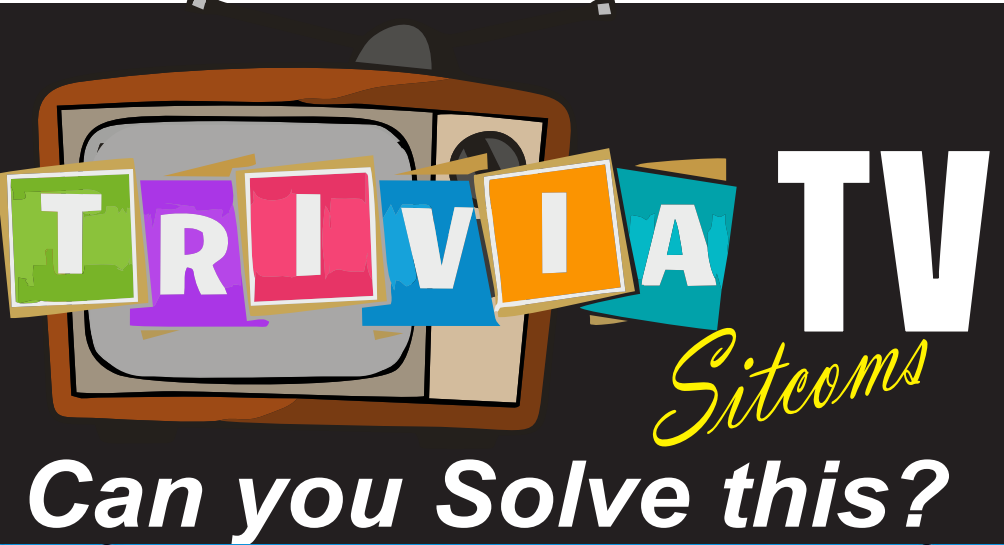
In a deep 9x9 inch baking dish, use some cooking spray on the bottom of the baking dish.

In layers, add the toasted bread, sprinkle raisins, peanuts and cheese. Continue with the next layer until you have a full baking dish adding extra cheese and raisins on top.

Spoon the syrup over the assembled dish until all the bread is moist.

Bake for 40 minutes until golden brown. Enjoy warm.





On the 1970 hit sitcom “THE PARTRIDGE FAMILY”

David Cassidy and Shirley Jones are related in real life, as stepson and stepmother. Who was David's dad, and Shirley's husband?

- A. JACK JONES
- C. JACK CASSIDY
- B. SHAUN CASSIDY
- D. JOE JONES

Answer: c



2024-25 DALLAS COWBOYS SCHEDULE

REGULAR SEASON SCHEDULE					
WK	DATE	OPPONENT	TIME (CT)	TV	RESULT
1	Sun, Sep 8	at Cleveland	3:25 PM	FOX	
2	Sun, Sep 15	vs New Orleans	12:00 PM	FOX	
3	Sun, Sep 22	vs Baltimore	3:25 PM	FOX	
4	Thu, Sep 26	at NY Giants	7:15 PM	PRIME VIDEO	
5	Sun, Oct 6	at Pittsburgh	7:20 PM	NBC	
6	Sun, Oct 13	vs Detroit	3:25 PM	FOX	
7	BYE WEEK				
8	Sun, Oct 27	at San Francisco	7:20 PM	NBC	
9	Sun, Nov 3	at Atlanta	12:00 PM	FOX	
10	Sun, Nov 10	vs Philadelphia	3:25 PM	CBS	
11	Mon, Nov 18	vs Houston	7:15 PM	ESPN	
12	Sun, Nov 24	at Washington	12:00 PM	FOX	
13	Thu, Nov 28	vs NY Giants	3:30 PM	FOX	
14	Mon, Dec 9	vs Cincinnati	7:15 PM	ESPN/ABC	
15	Sun, Dec 15	at Carolina	12:00 PM	FOX	
16	Sun, Dec 22	vs Tampa Bay	7:20 PM	NBC	
17	Sun, Dec 29	at Philadelphia	3:25 PM	FOX	
18	Sun, Jan 5	vs Washington	TBD		





ADVICE FROM MOM!

A young lady came home and told her mother that her boyfriend had proposed but she had turned him down because she found out he was an atheist, and didn't believe in God, nor Heaven or Hell.

"Marry him anyway dear," the Mother said. "Between the two of us, we'll show him just how wrong he is."



LET'S RACE!

Two natural gas company service personnel, a senior training supervisor and a young trainee, were out checking meters in a suburban neighborhood. They parked their truck at the end of an alley and worked their way to the other end.

At the last house, a woman looking out her kitchen window watched the two men as they checked her gas meter. When they finished, the senior supervisor, proud of his physical condition, challenged his younger co-worker to a foot race back to their truck.

As they approached the truck, they realized that the woman from the last house they checked was huffing and puffing right behind them. They stopped and asked her what was wrong. Gasping for breath, she replied, "When I saw two gas men running as hard as you two were, I figured I'd better run, too!"



GETTING INTO HEAVEN!

Recently a teacher, a garbage collector, and a lawyer wound up together at the Pearly Gates. St. Peter informed them that in order to get into Heaven, they would each have to answer one question.

St. Peter addressed the teacher and asked, "What was the name of the ship that crashed into the iceberg? They just made a movie about it."

The teacher answered quickly, "That would be the Titanic." St. Peter let him through the gate.

St. Peter turned to the garbage man and, figuring Heaven didn't *really* need all the odors that this guy would bring with him, decided to make the question a little harder: "How many people died on the ship?"

Fortunately for him, the trash man had just seen the movie. "1,228," he answered.

"That's right! You may enter."

St. Peter turned to the lawyer. "Name them."

LET'S MAKE SANDWICH!

After going out with his girlfriend for a month, Dave decided he wanted to sleep with her. Unfortunately he still had to share a room with his 9 year old brother Jonny. One night, he waited for Jonny to fall asleep then he rang his girlfriend and asked her to come over. Quietly they climbed onto the top bunk of the boys' bed and started to get undressed. After a few moments,

Dave realised that they would have to make up some sort of code for what they wanted each other to do if they didn't want Jonny to hear them. Eventually they settled for "Lettuce" meaning Harder, and "Tomato" meaning Change Position. Soon they began to get into a rhythm.

LETTUCE!

TOMATO!

LETTUCE!

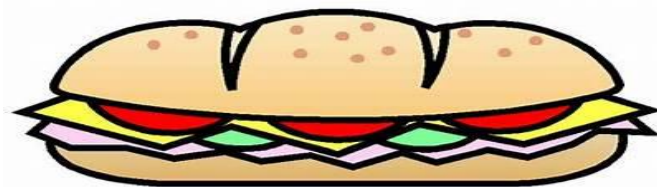
LETTUCE!

TOMATO!

OH WAIT! PULL IT OUT, PULL IT OUT!

I CAN'T GET PREGNANT!

Then suddenly quick as a flash, Jonny sat up and screamed at them, "Can you two PLEASE stop making sandwiches?! You're getting mayonaisse all over my face!"



AMERICAN LEGION



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Alamo Post #2
Free Bucket of Domestic
for the Lucky Singer
KARAOKE
Wednesday
8pm-12am
FREE/ No Cover
Snacks/Food Allowed
Mariano Perez
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EVENTS IN NOV!

NOV 3- SANTOS SOSA
NOV 10-RUBEN TELLEZ
NOV 17-LOS HERMANOS
DELEON
NOV 24-PETE
CARDENAS



American Legion Alamo Post 2
3518 Fredricksburg Rd.

NOVEMBER 9, 2024
SOCIAL 5-6 PM
CEREMONY 6-7 PM
DINNER 7-8 PM
DANCE 8PM-12AM
MUSIC BY: CELSIUS BAND
TICKET \$65 PER
DRESS: FORMAL/ SEMI FORMAL
Table Reservations 8 or 10
POC: Albert Mireles 210 275 4184
210 273 3578

AMERICAN LEGION POST 2
3518 Fredricksburg RD
FISH FRY & COUNTRY
FRIED STEAK IS BACK!!
FRIDAY
SERVING 4- 7PM
\$10 FISH OR STEAK
PLATE
\$6 FISH/STEAK
SANDWICH
DRINKS NOT
INCLUDED
ENTERTAINMENT
BALLROOM 5PM - 10PM
1st FRIDAY of the Month!

FOR EVENTS
FOLLOW
US ON
SOCIAL
MEDIA

Outside
Food Allowed

No Outside
Bottles/Beverages

DJ MELLOW





It took almost two months to curate, but the much-awaited official opening of the Bexar County Archives Clerk's exhibit is almost at hand. However, that does not mean you can't come by and view the display. To date, Efrain Gutiérrez, the first Chicano filmmaker, former councilwoman Lourdes Galván and Rosemary Lawson plus

actresses Tess DeFiore, Tere Garza and the producer of the original Pura Vida Awards have dropped by for a sneak preview. My deepest heartfelt thanks to Bexar County Clerk Lucy Adame Clark, her staff; Raquel Montalvo, and Susan Sepulveda; plus, Dr. David Carlson and Andrea De León for this fantastic opportunity and their support.





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Trabajos, desamarres! Despojo de Maldiciones, Envidias,
Males Desconocidos, Brujeria, Hechiceria!
Si te sientes mal, sientes que todo esta en contra tuya,
Te sientes salado y el dinero no te rinde, Tienes mala suerte
en el amor, te sientes confundido y sin Ningua respuesta?
Haz ido con otras personas a buscar ayuda y lo unico que te
hicieron fue sentirte peor de lo que estabas?

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TRABAJO GARANTIZADO

Trans-Siberian Orchestra

THE LOST CHRISTMAS EVE TOUR



**ALL NEW
SHOW!**

San Antonio, TX - Frost Bank Center - Friday, Dec 27, 2024 - 3:00 PM & 7:30 PM