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**FOUNDED BY:**  
José G. Esparza And Lilia S. Esparza  
/1993/  
PO BOX 1805  
CYPRESS TEXAS 77410  
Phone: (713)880-1133  
Fax: (713)880-2322

**PUBLISHERS**  
GABRIEL ESPARZA  
gabriele@queondamagazine.com

**PUBLIC RELATIONS**  
AMANDA G. ESPARZA  
mandye@queondamagazine.com

**SPORTS EDITOR**  
MICHAEL A. ESPARZA  
michaele@queondamagazine.com

**FOTOGRAF**  
VICTOR LOPEZ

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## GOVERNOR ABBOTT APPOINTS SIX TO ADVISORY COUNCIL ON CULTURAL AFFAIRS

Governor Greg Abbott appointed Mike Arismendez, Ezzard Castillo, and Ricardo Solis, Ph.D. to the Advisory Council on Cultural Affairs for terms set to expire on February 1, 2021. The Governor also appointed Aaron Demerson and reappointed Veronica Vargas Stidvent and Juan Ayala for terms set to expire on February 1, 2023. Additionally, he named Demerson as chair of the Advisory Council on Cultural Affairs. The council will advise the office of the governor on issues resulting from changes in demographics in the state.

Mike Arismendez of Shallowater is Deputy Executive Director of Texas Department of Licensing and Regulation. Previously, he served as City Manager for the City of Littlefield and as Mayor of the City of Shallowater, and is a Certified Public Manager. He is a member of the Texas Association of Sports Officials. Arismendez received a Bachelor of Business Administration in Finance and Economics from Texas Tech University and attended St. Edwards University in the Master of Business Administration program.

Ezzard Castillo of Floresville is Executive Director and Administrator of River City Christian School. He is Commissioner of the International Christian Accrediting Agency. Castillo received a Bachelor of Applied Arts and Science from Texas State University, a Master of Education in Management of Technical Education from Texas State University, and a Master of Arts in Theology from Logos Graduate School.

Ricardo Solis, Ph.D. of Laredo is President and CEO of

Laredo College. He serves on the Leadership Committees of the Texas Higher Education Coordinating Board and the Hispanic Association of Colleges and Universities. Additionally, he is a member of the Laredo Economic Development Corporation Executive Committee and a board member of the Laredo Chamber of Commerce. As a former professor of business and management in China, and a founding member of the Border Trade Alliance, he brings over 20 years of global corporate development experience along the border and in Mexico. Solis received a Bachelor of Science in Business and Economics from Trinity University, a Master of Business Administration in International Business from Middlebury Institute of International Studies, and a Doctor of Philosophy in Higher Education Administration from The University of Texas at Austin.

Aaron Demerson of Austin is the Texas Workforce Commissioner Representing Employers, appointed by Governor Greg Abbott in August 2019. He is a member of the National Forum of Black Public Administrators and the Texas Economic Development Council. Additionally, he is the chair of the Capitol Credit Union Nominating Committee and a member of the 100 Black Men of Austin and Leadership Austin. Demerson received a Bachelor of Business Administration in Finance from Texas A&M University-Kingsville.

Veronica Vargas Stidvent of Austin is the President of Stidvent Partners. Previously, she served as Chancellor of WGU Texas. She was the Head of Education and Training at Dimensional Fund Advisors and a lecturer at

The University of Texas (UT) at Austin McCombs School of Business, where she was Program Director for the UT Hispanic Leadership Initiative and Subiendo: The Academy for Rising Leaders. Stidvent was also the inaugural Executive Director for the Center for Politics and Governance at the LBJ School of Public Affairs at UT Austin. Prior to that, she served as Assistant Secretary for Policy at the U.S. Department of Labor and as Special Assistant for Policy to President George W. Bush. She is a former member of the UT Commission of 125, Texas Commission of Human Rights, and Travis County Elections Study Group. Stidvent received a Bachelor of Arts from UT Austin and a Juris Doctor degree from Yale Law School.

Major General Juan Ayala, USMC (Ret.) of New Braunfels is the Director of the Office of Military and Veteran Affairs for the City of San Antonio. His last assignment was as the Command-

er of Marine Corps Installations Command at the Pentagon in Washington, D.C. He served as Inspector General of the Marine Corps, Chief of Staff of the United States Southern Command, Senior Advisor to the 1st Iraqi Army Division, Plans Officer, JTF 6 (Counterdrug Operations), and 4 combat tours in support of Operation Iraqi Freedom. He is the recipient of the Defense Superior Service Medal, Legion of Merit with Gold Star and "V" Combat Distinguishing Device, Bronze Star Medal, and the Combat Action Ribbon. While on active duty, he served in Iraq, throughout Africa, South America, Eastern Europe, Germany, Japan and Cuba. Ayala received a Bachelor of Arts in Business from The University of Texas at El Paso, a Master in Business Administration from Campbell University in North Carolina, and a Master of Arts in National Security and Strategic Studies from the Naval War College.

## GOVERNOR ABBOTT DELIVERS REMARKS AT GROUNDBREAKING OF NEW UBER HUB IN DALLAS

Governor Greg Abbott today delivered remarks at the groundbreaking of the new Uber Hub in Dallas. The Governor thanked Uber for their investment in Texas and highlighted the growth of technological innovation by companies in the state. Governor Abbott was joined by Uber CEO Dara Khosrowshahi and Dallas Mayor Eric Johnson for the event.

"Through the investments made by companies like Uber, Texas continues to flourish as a hub of innovation, technological advancement, and economic prosperity," said Governor Abbott. "I

am proud to welcome Uber to Dallas and I am grateful for the vital role they are playing in the Texas success story. Together, we will continue to keep our economy the strongest in the nation, and ensure a prosperous future for the city of Dallas and the entire state of Texas."

This new location will serve as a general and administrative hub for Uber Technologies, Inc, and will generate 3,000 new jobs and over \$75 million in capital investment. A Texas Enterprise Fund (TEF) grant of \$24,000,000 was extended to Uber in August 2019.





## GOVERNOR ABBOTT DELIVERS REMARKS AT GRAND RE-OPENING OF BP WESTLAKE CAMPUS IN HOUSTON

Governor Greg Abbott today delivered remarks at the grand re-opening of BP's main building at its Westlake Campus in Houston, which was damaged by flooding from Hurricane Harvey in August 2017. The Governor spoke of the strong and resilient partnership between BP and the state of Texas, and discussed Texas' continued efforts to cultivate an innovative and prosperous energy sector.

"The re-opening of BP's campus is illustrative of the Houston community's resilience following Hurricane Harvey, and it is more proof that Texas continues to come back stronger than ever before," said Governor Abbott. "BP's presence in Houston is vital

to this community, and to Texas' role as the national leader in energy production. I am grateful to BP for their continued investment, and for their work to foster an even stronger partnership with the Lone Star State."

BP engages in the development, production, and exploration of oil and natural gas. Their U.S. headquarters is located in Houston. The Houston area represents BP's largest employee base anywhere in the world. BP's operations in Texas include oil and gas exploration and production, research and technology development, natural gas power and natural gas liquids trading, petrochemical production, wind power generation, and shipping.



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## COUNTY ATTORNEY VINCE RYAN HOSTS ENVIRONMENTAL SYMPOSIUM

At a conference hosted by County Attorney Vince Ryan last week, experts described the environmental challenges facing Harris County when storms like Hurricane Harvey strike the Texas coast, the home of hundreds of chemical companies and oil refineries.

The symposium titled "Environmental Disasters in Harris County," held on Oct. 10 featured scientists, lawyers, and other experts who discussed what government and industry were doing and could do to prevent the loss to life and property from flooding and severe weather events.

"Our office is willing to take the lead in protecting our community with respect to the environment," said County Attorney Ryan. "This symposium was a great effort to keep all parties focused, engaged, and up-to-date with the latest information and efforts by our office and other agencies."

Attorney Charles Irvine, lead counsel in a lawsuit against the Army Corps of Engineers, for flood damage to hundreds of homes located upstream of the Barker and Addicks Reservoirs in west Harris County, said the Corps knew that torrential rain storms regularly occurred in Harris County and that the areas upstream from the dams would flood. He described the devastating impact of flooding to home-

owners.

Jim Blackburn, Co-Director of the SSPEED Center, Rice University, showed the catastrophic impact of a Hurricane Ike-type storm moving up the Ship Channel. He said it would be one of the worst environmental disasters ever to occur in the United States, jeopardizing over 200 chemical plants, shutting down refining capacity for six to 12 months, and placing the lives of 800,000 people at risk. He called for the construction of the Galveston Bay Park, a series of islands extending from Houston Point down the ship channel to Texas City, to provide protection from storm surge.

Arturo Blanco, Director, Office of Communities, Tribes and Environmental Assessment, EPA Region 6, shared the EPA's environmental justice outreach and emergency response initiatives. Rodrigo Cantú, Environmental Justice Team, Lone Star Legal Aid, discussed protecting communities from environmental hazards – especially low-income, marginalized communities. Randy Palachek, Senior Technical Expert, and Kirk Dean, Ph.D., Principal Scientists, Parsons, discussed dioxin contamination at the San Jacinto River Waste Pits.

Other presenters included Dr. Latrice Babin, Interim Director of Harris County Pollution Control Services, Anne Hutson, Assistant District Attorney, and Bethany Dwyer, Assistant County Attorney.

The symposium is part of the County Attorney's continued environmental protection efforts. Last week, County Attorney Ryan swore-in environmental attorney Clarissa Kay Bauer as an assistant county attorney to help with environmental cases against several large corporations, including ITC, KMCO, Valero and Exxon-Mobil.

"We can only effect the change necessary to protect our environment if we work together," said County Attorney Ryan. "We had a great turnout today, and we will continue to work with all interested agencies and organizations to keep the focus on our environment."



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# ENTRETENIMIENTO

## BECKY G GANA LOS PREMIOS ARTISTA FEMENINA FAVORITA Y EVOLUCIÓN EXTRAORDINARIA EN LOS LATIN AMAS 2019

Noche histórica para la superestrella global Becky G! En la misma noche lanzó su álbum debut Mala Santa, recibió el Premio Evolución Extraordinaria por lograr un éxito meteórico en la industria de la música a tan temprana edad; y por segundo año consecutivo, el Premio a la Artista Favorita Femenina en los Latin American Music Awards, que fueron transmitidos en vivo por Telemundo desde el Dolby Theatre.

La joven de veintidós años originaria de Inglewood, California, caminó por la alfombra roja por primera vez con toda su familia y pronunció un discurso de corazón agradeciendo a sus padres, hermanos, equipo directivo y fanáticos. Dedicó su premio Evolución Extraordinaria a sus abuelos que emigraron a éste país de México para luchar por un mejor futuro para sus familias.

Becky G se presentó dos veces durante el show, primero cantó un increíble "Medley", lleno de baile, con sus éxitos desde "Shower" y "Mayores" hasta "Sin Pijama" y su nuevo álbum titulado Mala Santa; y más tarde durante la transmisión regresó al escenario para presentar su más reciente sencillo "DOLLAR" junto a Myke Towers.

### Acerca de Becky G

La joven cantante, compositora y actriz Becky G nació para estar en tarima y su carrera multifacética promete convertirla en una figura icónica. Los logros de la estrella de veintidós años de edad incluyen dos éxitos #1 en el listado Latin Airplay de Billboard ("Mayores" y "Sin Pijama"), un papel protagónico en "Power Rangers" y de estrella invitada en la serie ganadora del premio Emmy, "Empire".

Ha ganado dos Latin American Music Awards 2018 por Artista Femenina Favorita y por Canción Urbana Favorita (por "Mayores") y fue galardonada con el premio Diamond Play Button de parte de YouTube por haber sobrepasado 10 millones de suscriptores en la plataforma digital. Becky G ha participado en giras junto a Katy Perry, Demi Lovato, J Balvin y Jason Derulo y ha grabado colaboraciones con Pitbull, Daddy Yankee, Maluma, Bad Bunny, ZAYN, Natti Natasha, Anitta y CNCO, entre otros.

Esta noche Becky será honrada con el premio Evolución Extraordinaria en los Latin American Music Awards por el éxito fenomenal que ha logrado a su joven edad.



## EL MÁS RECIENTE VIDECLIP DE LUNAY "LA CAMA" X MYKE TOWERS YA ESTÁ DISPONIBLE

La nueva cara del género urbano y el ganador del Latin AMA al Nuevo Artista del Año, LUNAY, acaba de estrenar su nuevo videoclip "La Cama" x Myke Towers. Para verlo ahora haga clic AQUÍ.

El video de "La Cama" fue filmado en Los Angeles, California por el director Fernando Lugo. La canción ha acumulado millones de streamings y el video del audio de la canción tiene 17 millones de visualizaciones desde que se estrenó hace sólo dos semanas.

"La Cama" se desprende del álbum debut de LUNAY titulado ÉPICO, el cual ya está disponible en todas las plataformas de música digital.

Producido por los renombrados y multi-premiados Chris Jeday y Gaby Music junto a Nino (Nino Karlo Segarra) y Dulce Como Candy (Jorge Cedeño), entre los singles que ya son hits (como "Soltera", "A Solas", "Fin de Semana") y sus canciones inéditas, ÉPICO tiene colaboraciones con Daddy Yankee, Ozuna, Wisin y Yandel, Bad Bunny, Anuel AA, Myke Towers y Darell. ÉPICO es un lanzamiento de la discográfica independiente Star Island, distribuido por Ingrooves.

### Acerca de LUNAY

El cantante juvenil originario de Puerto Rico, Jefnier Osorio, mejor conocido como LUNAY; desde los 15 años posee talento no solo como artista sino también como deportista. Antes de que la música llegara a su vida Lunay estaba enfocado en el fútbol y conforme pasó el tiempo descubrió su pasión por este arte. Comenzó haciendo "freestyle" en redes sociales y fue así que logró llamar la atención de los productores multi-platino: Chris Jeday y Gaby Music, quienes actualmente son sus managers y mentores.

Con tan sólo 18 años, LUNAY logró el #1 en el listado Latin Airplay de Billboard con su sencillo "Soltera" que se mantuvo en la primera posición por dos semanas. Este año ha ganado el Latin American Music Award al Nuevo Artista del Año y el Premio Juventud "On the Rise". Apple Music lo escogió como su artista "Up Next" convirtiéndolo en solamente el segundo artista latino en ser elegido para esta campaña y documental de la empresa que reconoce talentos sobresalientes en la industria. A principios de este mes cantó en el programa estadounidense Jimmy Kimmel Live de la cadena ABC.



# INMIGRACIÓN & POLÍTICA

## TRUMP CIERRA LA FRONTERA A INMIGRANTES PROTEGIDOS QUE EL GOBIERNO YA HABÍA ACEPTADO

Octubre fue el primer mes en al menos 18 años que Estados Unidos no admite a ningún refugiado. Y esto está íntimamente relacionado a la gestión del presidente Donald Trump.

El pasado martes, el Departamento de Estado notificó a las agencias de reasentimiento de refugiados que posponía por tercera vez los vuelos con inmigrantes a los que el gobierno ya había aceptado la protección. Estos retrasos han dejado completamente paralizado el programa de reasentimiento y los refugiados han quedado en un limbo en algunas de las partes más peligrosas del mundo. Muchos de ellos son menores de edad que ya se han enfrentado a un duro proceso de escrutinio.

La llegada de refugiados queda generalmente detenida la primera semana de octubre mientras las instituciones federales, internacionales y gubernamentales hacen los ajustes para implementar un nuevo plan para las admisiones en Estados Unidos. El presidente suele firmar la orden oficial de este plan en septiembre, al final de cada año fiscal.

“Nunca hemos visto una

moratoria tan larga como esta”, dijo Krish O’Mara Vignarajah. Vignarajah es presidenta y CEO de los servicios luteranos para inmigrantes refugiados, una de las agencias más grandes del país enfocada en esta materia.

“De acuerdo a la ley, no se puede admitir a ningún refugiado en ningún año fiscal hasta que el presidente firme la Decisión Presidencial sobre Admisiones de Refugiados”, dijo a principios de semana un vocero del Departamento de Estado a Yahoo News. “Ahora hemos extendido [la firma del permiso del presidente] hasta el 5 de noviembre”, explicó.

Sin embargo, de acuerdo con este medio, el pasado viernes 1 de noviembre, Trump aún no había firmado dicha resolución para el año fiscal 2020 que comenzó a principios de octubre.

Es la primera vez, desde que en 2001 el Departamento de Estado empezara a registrar la llegada de refugiados, que en octubre no se admite la entrada de ninguno a EEUU. Incluso aquel año, después de los atentados terroristas del 11 de septiembre, llegaron al país ocho refugiados entre octubre y noviembre.



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## HOUSTON DYNAMO NAME TAB RAMOS AS HEAD COACH

The Houston Dynamo have named U.S. Men's National Team legend and National Soccer Hall of Famer Tab Ramos as head coach, the club announced today.

Ramos, 53, joins the Dynamo after serving as the head coach of the United States Under-20 National Team since 2011 and as the U.S. Soccer Youth Technical Director since 2013. During that time, he led the U-20s to the FIFA U-20 World Cup in 2013, 2015, 2017 and 2019 and three consecutive quarterfinal appearances. He was also Assistant Coach to Jurgen Klinsmann including the 2014 FIFA World Cup in Brazil where the U.S. team advanced to the Round of 16.

Regionally, Ramos led the United States to two consecutive titles at the Concacaf U-20 Championships, including the country's first Concacaf U-20 title in 2017 with a win over Honduras in the final. Ramos followed that up by repeating as champion in 2018 with a 2-0 defeat of arch-rival Mexico in the final.

"I'm excited to join the Houston Dynamo organization and I'm looking forward to the challenge of leading this group of players," Ramos said. "This is a club that has winning in its DNA, a club with a clear vision for the future centered around development and a team-first mentality, and Houston is a city that has tre-

mendous untapped potential as a soccer market, both on and off the field. This is a fantastic opportunity, and I can't wait to get started."

Ramos was one of the greatest and most decorated players in American soccer history. Playing in a variety of roles in the midfield, the Uruguay native earned 81 caps with the U.S. Men's National Team and represented the United States in the 1990, 1994 and 1998 FIFA World Cups, the 1995 Copa América and the 1988 Seoul Olympics.

Ramos was inducted in the National Soccer Hall of Fame in 2005. He was named U.S. Soccer Athlete of the Year in 1990 and was the Concacaf Player of the Year in 1994 after leading the United States to the knockout stages of the World Cup for the first time since 1950.

"I am incredibly excited that we were able to bring a coach with Tab's résumé and background in to lead our team," said Dynamo controlling owner Gabriel Briner. "He has a deep understanding of the needs, wants, goals and challenges that our players face, having been an elite player himself; and he has a deep understanding of how to develop young players from his tenure with the Under-20 national team. Most importantly, we believe he will be a great fit within the club culture that we are working to create on and off the pitch."



## ASTROS LAND FOUR FINALISTS FOR HEAVY HARDWARE

while throwing 212 1/3 innings. He finished the season on a 16-game winning streak, including a Major League-record nine consecutive double-digit strikeout games. Cole was the fourth player in Major League history to have at least 21 double-digit strikeout games.

The Astros, who led the Majors with a club-record 107 wins, are poised to take home some hardware after four players -- third baseman Alex Bregman, pitchers Gerrit Cole and Justin Verlander and designated hitter Yordan Alvarez -- were named finalists for Baseball Writers' Association of America awards.

Bregman joins the Angels' Mike Trout and the Athletics' Marcus Semien as finalists for the American League MVP Award. Alvarez is the favorite for the AL Rookie of the Year Award, joining Rays infielder Brandon Lowe and Orioles pitcher John Means as finalists. Verlander and Cole are finalists for the AL Cy Young Award with the Rays' Charlie Morton, who was their teammate in Houston in 2018.

Bregman, who hit .296, led all AL players in WAR (8.4) and walks (119), ranked second in on-base percentage (.423), third in slugging percentage (.592) and OPS (1.015), tied for third in homers (41), was fourth in runs (122) and fifth in RBIs (112). Bregman also started 59 games at shortstop in addition to his 91 starts at third base.

Cole went 20-5 and led the AL in ERA (2.50), strikeouts (326) and K's per nine innings (13.8, a Major League record)

Verlander, who is seeking his second Cy Young, went 21-6 and led the Majors in wins, opponents' batting average (.172), innings pitched (223) and WHIP (0.80) while ranking second behind Cole in the AL with a 2.58 ERA. He reached 300 strikeouts for the first time in his career while throwing his third career no-hitter in a season in which he reached 3,000 career strikeouts.

Alvarez made his debut June 9 and hit .313 with 27 homers and 78 RBIs in 87 games. He led MLB rookies in on-base percentage (.412), slugging percentage (.655) and OPS (1.067), which was the highest by a rookie since Shoeless Joe Jackson (1.058) in 1911. His 78 RBIs ranked as the seventh-highest total through a player's first 87 games.

"He should get recognition for what he did, but mostly I'm just excited he's going to be back next year hitting the ball hard for our team," Luhnow said.

The AL Rookie of the Year will be announced next Monday, the Cy Young winner will be revealed Nov. 13 and the MVP on Nov. 14 -- all on MLB Network.







## SOURCE: ROCKETS PG RUSSELL WESTBROOK TO REST VS. GRIZZLIES

Rockets star point guard Russell Westbrook will not play Monday against the Grizzlies, resting the second half of Houston's back-to-back, a source tells ESPN's Tim MacMahon.

Rockets coach Mike D'Antoni said before Sunday's game against the Heat that Westbrook likely would rest the next night's game.

But after Houston was routed, 129-100, on Sunday night in Miami, D'Antoni left open the possibility that Westbrook could

play Monday, responding "maybe" when asked about the former MVP's availability.

"You're going to see tomorrow," D'Antoni told reporters.

Westbrook played just 26 minutes Sunday night and struggled through his worst game as a member of the Rockets, finishing with season lows of 10 points, six assists and four rebounds while committing a season-high seven turnovers.

Westbrook is averaging 21.2 points, 9.2 assists and 9.8 rebounds in six games this season, his first with Houston.



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## WINNING AT WEMBLEY

A second-half surge pushed the Texans to their largest margin of victory this season and earned a tie for their second-best start after nine games as they beat Jacksonville 26-3.

The day started with a scoring drive and ended with a takeaway, one of four, that highlighted a stronger-as-the-game-went-on performance.

Deshaun Watson was in command all day long. And the ground game was crunching out yards from the get-go with Carlos Hyde running strong and Watson pitching in as needed. Hyde sprinted past the century mark with 160 yards and Watson threw two TD passes to bring his season total to 18.

Scoring on the opening drive for the first time was key. The Texans committed three penalties but still managed to get three points on a Ka'imi Fairbairn 52-yard field goal.

The defense was wrecking shop early and often. Houston added to the lead as Watson found Darren Fells for a short TD pass to make it nine-zip as the extra point was blocked.

Another field goal made it 12-3. Houston was rolling in the time of possession category and 'Minshew Mania' never got going, with the Texans shutting down the run and consistently getting off the field on third down.

In the second half, the Texans takeaway train got rolling. Two picks and two fumbles ended the Jaguars' last four possessions. The pass rush was effective with three sacks and numerous pressures. But the biggest factor was a run-stopping commitment that held Leonard Fournette to 40 yards.

The Jags were 4-4 and filled with the knowledge that they played the Texans tough in Houston, getting stopped on a two-point conversion for the win inside the final minute. There were no such dramatics in London. The Texans went full throttle on both sides of the ball and ascended to 23-point win.

Now comes the bye. It's not only important for healing and resting but for the coaches to self-scout and fine-tune what they're doing as they head into a brutal three-game stretch.







## FIGHT FINISHED: TITLE WON IN TYPICAL NATS FASHION

The 2019 Washington Nationals should be remembered for their resiliency. Every time they seemed down, like they dug themselves in too big of a hole, that there were no more comebacks to be made, they somehow found a way. On the way they retrained a fan base that had so often expected heartbreak in October to dream again, to remember what it feels like to believe.

The season nearly slipped away in May, but these Nationals refused to allow it. They trailed in all five elimination games this month, yet they found a way to win them all. In a way, that made Game 7 of the World Series on Wednesday night seem like a microcosm for the season -- the Nats' offense looked lifeless as they trailed into the seventh inning, until all of a sudden they

found life. So maybe it had to be this way for a team that made a habit of taking the hard way out. And now for the first time in franchise history, they can call themselves champions.

The Nationals won the World Series on Wednesday night, knocking off the favored Houston Astros, 6-2, in the decisive Game 7 to win their first championship. They did it by overcoming a 3-2 series deficit to become the first team in MLB history to win all four games on the road to clinch a series.

"Everything that we've been through over this past month, you can't describe a better team than what we have," Max Scherzer said. "The moments that we all shared. It wasn't just one guy, it wasn't just one moment, everybody had a mo-

ment. Everybody stepped up."

The Nats arrived in D.C. in 2005 and revived baseball in a city that had been without it for three decades. They transformed from also-rans into perennial postseason contenders, but their failures in October only offered a tease of what it would be like if they ever reached the pinnacle of the sport. It all made the moment that much sweeter.

That much sweeter for the thousands of fans in Houston who filled the lower-level seats near the visiting dugout after the game, celebrating the team as they filed into the dugout to celebrate. More than 1,400 miles away, fans packed into Nationals Park for a watch party and worked themselves into a frenzy on the final out.

"There's no better place than this right now," manager Dave Martinez said.

Remember that this Nationals team wasn't even supposed to be here, rebounding from such a disappointing start that would have crumpled many teams. The details of that comeback have been cited repeatedly this month, but they're worth revisiting. After falling to 19-31 on May 23, Washington ripped off the best 80-game stretch in club history. On the way to 93 wins, the Nats secured the top National League Wild Card slot, earning their spot in October on a different path than any previous Nationals

team and then traveling farther down that road than any who came before them.

That road included five potential elimination games and three winner-take-all contests. The Nats trailed the Brewers by two runs in the eighth inning of the NL Wild Card Game, staring down Josh Hader and just six outs away from an early offseason, but they survived. They trailed 2-1 in the NL Division Series against the heavily favored Dodgers, but they responded to win the next two games, including a Game 5 in Los Angeles where they trailed, once again, by two runs in the eighth inning with Clayton Kershaw on the mound. That stretch began one of the most blissful runs for any team in MLB postseason history, eight consecutive victories to knock off the Dodgers, steamroll past the Cardinals in the NL Championship Series and capture the first two games of the World Series in Houston.

And then once again the Nationals found themselves with their backs against the wall, down 3-2 in the World Series against the juggernaut Astros and needing to win Games 6 and 7 on the road. But they were not interested in becoming a footnote to the making of a dynasty.

"We stunk," right fielder Adam Eaton said, thinking back to the start of the season. "But for us, it's like you fail early, you come







together as a group, you struggle as a group to be able to succeed later. You learn from the mistakes. ... All of a sudden we start to accelerate and then when our backs are against the wall, it's like, 'Well, we've done this before.' We stunk in April and May and everyone counted us out. We're used to this, this is nothing new."

To win this championship, the Nationals were carried by their stars.

Scherzer and Stephen Strasburg pitched in 10 games this postseason and the Nats won all 10 of them. Seven years after a shut-down, Strasburg rewrote his own postseason legacy and was named the World Series Most Valuable Player. Two days after Scherzer needed help dressing himself, he gutted through five innings of two-run ball without his best stuff in Game 7. Patrick Corbin, the third member of this dominant rotation trio, spent most of the month pitching out of the bullpen, helping to turn the team's weakest link into a strength. Aníbal Sánchez might have had the best start all month, just missing out on a no-hitter in

Game 1 of the NLCS.

That model built around starting pitching was crafted by general manager Mike Rizzo, who saw the 2001 Arizona Diamondbacks ride the arms of Curt Schilling and Randy Johnson to a title and believed in the value of a rotation, ever since.

"We have a really good process of how we do things and I would say that we have been a really good team since 2012," Rizzo said. "It's time we've gotten to the top of the mountain and I just feel happy about it."

And then there was Juan Soto introducing himself to a national audience as a star before his 21st birthday, shuffling and smiling and bat dropping and putting on a performance well beyond his years. Anthony Rendon remained calm and collected even in the biggest moments, and his homer Wednesday night helped ignite the offense, just like he did in Game 5 of the NLDS. Or Howie Kendrick, who tore his Achilles tendon and missed most of last season, delivering two of the biggest home runs in Na-

tionals postseason history, a grand slam in extra innings to beat the Dodgers in Game 5 and a go-ahead two-run homer off the foul pole in right field in the seventh inning Wednesday.

They rallied behind their manager Martinez, who missed a series in September to receive a cardiac catheterization and had to lay off caffeine during this postseason run, even if that didn't mean taking it easy on umpires.

"It's not a mystery that we just kept fighting to the end and now look at us, we're raising the trophy and we're world champs," catcher Kurt Suzuki said. "It feels like we had to come back in every game that we won, especially the elimination games. It just says a lot about this team and the character."

And remember these Nationals for how much fun they had along the way.

How they smashed cabbages on the clubhouse floor after victories -- a tradition that began on national cabbage day, they'll say, as if that makes it more normal.

They had a full-on dance party in the dugout to celebrate home runs, where everyone got involved, even the normally stoic Strasburg. They gave awkward hugs and wore colored glasses in the dugout. They got a stadium full of people to clap their hands in unison along to "Baby Shark."

Their clubhouse champagne celebrations -- five in the past month now -- included lightsabers and football helmets, random whistles, corn on the cob and bottles of tequila. Scherzer, so giddy for most of the night he could not control himself, smiled when dared to match the Washington Capitals' celebration after winning the Stanley Cup.

When the Nationals were down earlier in what looked like might become a lost season, black T-shirts were draped over every chair in the clubhouse with red letters that read "Stay in the Fight." Fast forward to Wednesday night: As the Nats stood on the field at Minute Maid Park for the World Series trophy presentation, they were handed out new T-shirts that read: Fight. Finished.



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## NOW OPEN TO THE PUBLIC: RENOVATED AND EXPANDED "TEXAS OIL & GAS" EXHIBIT AT BULLOCK TEXAS STATE HISTORY MUSEUM

The Bullock Texas State History Museum unveiled last week a newly renovated and expanded "Texas Oil and Gas" exhibit, where visitors are invited to learn about cutting-edge innovation, economic impact, and the environmental evolution of the state's most storied industry over the past 100 years. The new exhibit was made possible with the support of Texas oil and natural gas companies and the Texas Oil & Gas Association (TXOGA). The unveiling of the renovated exhibit coincided with TXOGA's Centennial Celebration.

"Innovation, perseverance and grit are the hallmarks of being a Texan. Perhaps no one better personifies 'Texas' than the fearless oil wildcatters who set out to change the world more than 100 years ago," said Todd Staples, president of TXOGA. "I am so proud to see their legacy on display at the Bullock Texas State History Museum and encourage everyone to learn more about how Texas know-how, innovation and hard work have catapulted the United States to become the world's undisputed energy leader."

"This expanded gallery makes it possible for the Museum to highlight more of the early and contemporary stories of oil and natural gas in Texas than ever before," said Margaret Koch, director of the Bullock Texas State History Museum. "It's more interactive and richer in artifacts and personal stories, emphasizing the importance of the industry to Texas's impact across the world. We're very excited to bring this experience to our visitors, and are grateful to TXOGA and the numerous companies and archives that provided the access and resources to make it possible."

Dedicated sections of the exhibit include Economic Booms and Busts, Process to Product, Environmental Impact, and Innovation. Visitors will see a working pumpjack and an immersive fly-over of offshore oil rigs, view video interviews of industry employees, operate a Christmas tree to control the flow of oil, learn about the evolution of drill bit and imagining technology, understand the anatomy of a pipeline, and much more in the 1500-square foot exhibit. To learn more, visit <https://www.thestoryoftexas.com/visit/exhibits/texas-oil-and-gas>.



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# STAR WARS™ GALAXY'S EDGE

## DISNEYLAND RESORT CELEBRA LA NUEVA STAR WARS: GALAXY'S EDGE CON UN GLOBO GIGANTE DEL MAESTRO YODA EN EL FESTIVAL INTERNACIONAL DEL GLOBO EN LEÓN, MÉXICO, DEL 15 AL 18 DE NOVIEMBRE

Con el fin de celebrar Star Wars: Galaxy's Edge, Disneyland Resort presenta un globo gigante del Maestro Yoda durante el Festival Internacional del Globo en León, Guanajuato, México, del 15 al 18 de noviembre de 2019. El

pasado mayo Disneyland Resort inauguró Star Wars: Galaxy's Edge en Anaheim, California, donde los visitantes pueden recrear sus propias aventuras de Star Wars en esta nueva y épica área temática. Un área idéntica también abrió sus puertas este pasado agosto en Walt Disney World Resort en Florida.

El Festival Internacional del Globo, que este año celebra su 18 edición, es el mayor festival de su categoría en toda Latinoamérica, presentando 200 globos pilotados por representantes de 25 países. El espectáculo es presenciado por más de 550,000 espectadores.

Star Wars: Galaxy's Edge abarca más de 14 acres (más de 56,500 metros cuadrados), convirtiéndose así en el área temática más grande de la historia de Disney Parks. Los visitantes se han quedado maravillados al explorar sus tierras, toparse con criaturas y droides y embarcarse en misiones desafiantes a bordo del Millennium Falcon: Smugglers Run. Otra espectacular atracción, Star Wars: Rise of the Resistance, abrirá sus puertas el 5 de diciembre de 2019 en Walt Disney World Resort y el 17 de enero de 2020 en Disneyland Resort.

Esta nueva área temática enmarcada en el Borde Exterior de la galaxia también incluye una auténtica cantina de Star Wars, criaturas exóticas y más de una docena de establecimientos, incluyendo campamentos de la Resistencia y la Primera Orden, un puerto espacial y un mercado bul-

licioso.

El globo gigante del Maestro Yoda que volará durante el Festival Internacional del Globo también hará acto de aparición en mayo en Sacramento, la capital de California. La Legislatura de California declaró que el 4 de mayo fuera "Día de Star Wars" en reconocimiento a la inauguración del área temática en Disneyland Park.

### Acerca de Disneyland Resort

Disneyland Resort cuenta con dos parques de atracciones espectaculares: Disneyland (el parque original de Disney) y Disney California Adventure, además de tres hoteles y el Downtown Disney District, que ofrece experiencias únicas culinarias, de entretenimiento y de compras. Los

hoteles del Resort son el lujoso Disney's Grand Californian Hotel & Spa, que cuenta con 948 habitaciones y también 50 habitaciones de dos recámaras equivalentes a las unidades de Disney Vacation Club; el mágico Disneyland Hotel, que cuenta con 973 habitaciones (ambas propiedades clasificadas con Cuatro Diamantes de la AAA); y el Disney's Paradise Pier Hotel, con 481 habitaciones, que presenta una temática playera. Para más información acerca de las atracciones y las vacaciones en el Disneyland Resort, visita la página [www.DisneylandEspanol.com](http://www.DisneylandEspanol.com), llamar al (866) 43-DISNEY o consulta con tu agente de viajes. Disneyland Resort, localizado en Anaheim, California, abrió sus puertas el 17 de julio de 1955. Está abierto todos los días del año.





# MOTIVACIÓN

## María Marín

### LA RAZÓN POR LA QUE UNA MUJER NO QUIERE HACER EL AMOR

**H**ace 4 meses comencé un nuevo programa “Una noche íntima y sensual” transmitido en mi Facebook, junto a dos prestigiosas doctoras, una es ginecóloga y la otra es experta en rejuvenecimiento vaginal. En este show hablamos de sexo sin rodeos, sin filtros y sin pelos en la lengua.

En uno de estos programas tuve una revelación que me impactó, hablábamos de las razones por las que una mujer no quiere tener intimidad con su pareja. Yo al igual que muchos pensé que los motivos que generan falta de deseo, son los que solemos escuchar como el cansancio, estrés, monotonía, dolor de cabeza, falta de amor, infidelidad, cambios hormonales, medicamentos y hasta la edad, por mencionar algunos.

Esa noche descubrí la ver-

dadera razón por la que muchas no quieren tener relaciones, te puedo asegurar que nunca la has escuchado, porque a las mujeres les da vergüenza y frustración expresarla, hasta en muchos casos no se dice por temor a perder la pareja, y esta razón es ¡Dolor al tener relaciones sexuales!

Te pregunto ¿quién puede disfrutar cuando hay dolor? Para muchas la incomodidad es tan agobiante que no les permite concentrarse y mucho menos sentir placer. En la mayoría de los casos esto sucede por falta de lubricación, ya sea por bajos niveles de estrógeno o por la falta de estimulación previa. Lo cierto es que muchas mujeres creen que este padecimiento es normal y por eso no buscan una solución.

Si alguna vez has experimentado dolor, la solución es



sencilla; ¡utiliza un gel lubricante vaginal a base de agua! Los mejores son aquellos veganos, que tienen ph ácido, ácido hialurónico, sin glicerina, sin aromas, ni parafina y, que no hayan sido testado en animales.

Ahora, si aun usando un gel hidratante femenino no encuentras remedio a tu dolor durante las relaciones íntimas, te

recomiendo que busques ayuda de un profesional de la salud, porque las relaciones sexuales con responsabilidad son para disfrutar sin dolor, ardor ni sequedad. Me uno a que el cuidado íntimo deje de ser tabú y todas las mujeres hablemos libremente, con el fin de encontrar el máximo placer en todos los ámbitos de nuestra vida.

**María Marín** motivadora internacional.

Visita el canal de Youtube: “El Empujoncito de Maria Marin”  
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 Visita: [www.MariaMarin.com](http://www.MariaMarin.com)

# María Marín

Autora · Figura Radical · Columnista · Motivadora

**“El Poder del Compromiso  
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# COCINA

## MOLE POBLANO WITH CHICKEN

This simplified version of classic Puebla mole – a smooth, savory Mexican cocoa-based sauce – gets a boost from mild dried ancho chile peppers, which are known as poblano when fresh. Serve on tortillas with all the fixings or over brown rice.

### INGREDIENTS

- 3 large dried ancho chiles
- 3 tbsp unsalted pumpkin seeds
- 1 tbsp sesame seeds
- 4 tsp olive oil, divided
- ½ cup chopped yellow onion
- 2 cloves garlic, roughly chopped
- 1 tsp coconut sugar
- ½ tsp each dried oregano and ground cumin
- ¼ tsp ground cinnamon
- 1 Roma tomato, chopped
- 1¼ cups low-sodium chicken broth
- 2 oz unsweetened chocolate,

- finely chopped
- 3 tbsp almond butter
- ¾ tsp sea salt, divided
- 4 5-oz boneless, skinless chicken breasts
- ¼ tsp ground black pepper
- corn tortillas or brown rice, for serving, optional
- Toppings (optional): avocado, cilantro, yellow bell pepper, radishes, full-fat yogurt or sour cream, lime wedges

### PREPARATION

1. In a small bowl, soak chiles in hot water until softened, about 30 minutes. Drain, discarding soaking liquid. Remove and discard stem and seeds. Set aside.
2. Meanwhile, in a large heavy-bottomed saucepan, toast pumpkin and sesame seeds on medium-low, shaking pan almost constantly, until just turning golden, 1 to 2 minutes. Remove from saucepan and set aside. Add 2 tsp oil to pan and heat on medium-high. Add onion and garlic and sauté, stirring often, for 2 to 3 minutes.
3. To saucepan, add coconut sugar, oregano, cumin and cinnamon and cook for 2 minutes, un-

til fragrant. Add tomatoes and cook for 3 minutes more, until just softened.

4. Add broth, chocolate and almond butter to pan. Heat until chocolate is melted. Transfer to a blender or food processor along with pumpkin seeds, sesame seeds and chiles; purée until smooth. Return to saucepan and simmer on low for 10 minutes, until sauce is thick and creamy. Season with ½ tsp salt.
5. Meanwhile, lightly grease the grate of a grill and heat on medium-high. Lightly brush chicken with remaining 2 tsp oil and season with remaining ¼ tsp salt and pepper. Add chicken to grill and cook until internal

temperature registers 165°F on an instant-read thermometer, 4 to 5 minutes per side. Transfer to a cutting board and slice.

6. To serve, divide chicken among tortillas or over rice. Pour sauce over chicken, and garnish with toppings of your choice.

Source:  
[cleaneatingmag.com](http://cleaneatingmag.com)



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# TRAVEL

## NEW ORLEANS

Everyone knows New Orleans. At least, they think they do. Colorful parades, raucous parties and delicious food — that's it, right? Wrong! The city is so much more than its nightlife, and even those who have visited several times keep finding things that surprise them. At its core, this resilient and soulful city encapsulates a joy that can't be beat, no matter what, and you'll find yourself wondering why you haven't relocated yet.

### WHEN TO GO

#### February - May

Of course, most people flock to the city during Mardi Gras celebrations, but a visit to New Orleans is a party no matter what time of year you go. Temperature-wise, spring is the best time to visit, and even if you miss Fat Tuesday there's still a lot going on. From Easter celebrations to the New Orleans Jazz & Heritage Festival, there's plenty to keep you occupied.

### DISCOVERIES

#### Follow the Jazz

Here's another nickname to know — the Birthplace of Jazz. That's right, that swinging, soulful rhythm was born in the Big Easy, and you'll find musicians of all genres and backgrounds collecting in streets and back patios drumming their own beat. Where can't you go in New Orleans with-

out hearing a tune? But if you're a dedicated music-lover, hit up Frenchmen Street, popping into bars like The Spotted Cat to hear up-and-coming artists. If you want a more outdoorsy parade feel, attend Second Lines on Sundays. Brass parade bands take to the street for different occasions, but they're always a good time. Or book your own second line to follow you through the streets and ensure you have a great time.

#### Who Said Museums Can't Be Fun?

New Orleans has culture and character in spades, which becomes more apparent in its variety of museums. For a sobering and historical experience, check out the National WWII Museum, a sprawling exhibition that's well worth the visit. For art, try the Ogden Museum of Southern Art, or hit up the art galleries along Julia Street for some local flair. If you still aren't over the party scene, stop into Mardi Gras World and see where floats and costumes hibernate between parades.

#### Which Ward?

Bourbon Street and the French Quarter act as the center of most activity, and you should definitely visit the main attractions. From sunny Jackson Square to the bars and music venues, there's plenty to do. But get outside this main district to explore the charming homes in the Treme neighborhood, the character of the Lower 9th Ward and the shady boulevards of the Garden District. These pockets are just as worth exploring as anywhere else in 'Nola — sometimes more so. Wander the shops of Magazine Street or join a haunted tour of its famed cemeteries, like the St. Louis Cemetery no. 1 or the La-



fayette Cemetery.

#### Let the Sunshine In

New Orleans isn't just about city life. Get out in the fresh air of this Southern gem. Stroll leisurely through Audubon Park or City Park, admiring some of the oldest oak trees in the world. Then get adventurous with an alligator cruise in the swamps where you can get up close and personal with these scaly dinosaurs. Or get acquainted with the famous Mississippi River, hopping aboard a river tour or just enjoying the breeze while you eat a po' boy on the boardwalk.

### WHAT TO EAT

#### Where to Start?

Let's begin with the obvious: beignets. Cafe du Monde serves up the best, and while it is a big tourist spot they move quickly so you can enjoy some piping hot, sugary goodness on the go. Next up is some world-class seafood. Trying oysters ev-

ery which way is mandatory — we're talking grilled, fried or just served up raw. But beyond the classics, New Orleans is always popping out new chic spots, from cute coffee shops to fancy French fare. We couldn't stick to just one, so check out our list of the top 10 foods you have to try in New Orleans.

### STAY HERE

#### Retreat

Here's the thing — hotels in the French Quarter can get pricey, but neighboring Garden District is home to some lovely boutique hotels, like the Henry Howard Hotel. Airbnb in this neighborhood is also worth checking out, so you can feel like a local. The Business District also has great deals on hotels, like the Eliza Jane hotel, so don't count out this underrated area. If you can't imagine not staying in the French Quarter, just go for it at the romantic Soniat House or sophisticated Roosevelt.







## CULLINAN

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Making millions of calculations every second, self-levelling air suspension cushions against the toughest surfaces, all proactively adjusting to acceleration, steering cues and camera intelligence. While the double wishbone front axle and five-link rear axle deliver agility and stability.

### PRESS TO GO ANYWHERE

The Off Road Button unleashes Cullinan's full off-road capability. All-wheel drive actively engages, providing uninterrupted torque to all four wheels for precise, reliable performance on dry, wet, snowy or icy surfaces. Suspension raises 40 mm to offer additional ground clearance. Brake and acceleration responses adapt for greater control and responsiveness on uneven terrains. Once engaged, the off-road setting can be tailored for optimum performance on any terrain, gradient, or surface quality.

### IMMERSIVE SEATING

An indulgent configura-



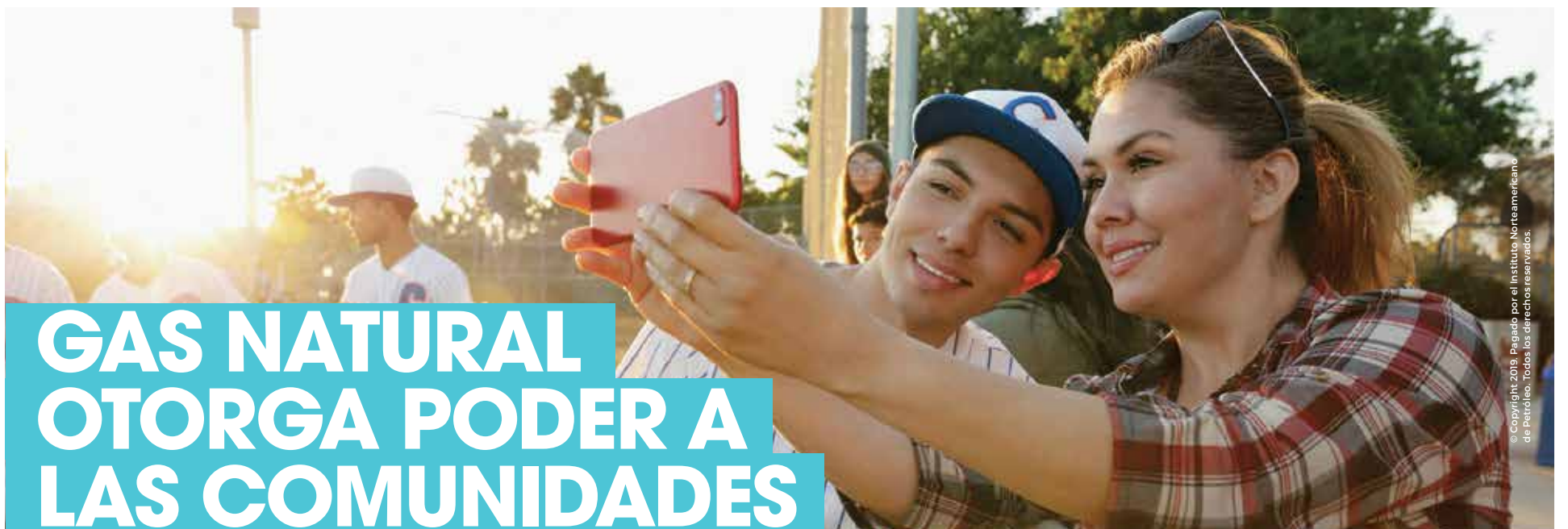
tion for two passengers. The Immersive Seating option allows you to simply lean back and unwind as the massage seats cosset you in ultimate luxury. Then toast the occasion with a drink from the Champagne cooler or whisky decanter housed in the centre console, which also contains either two Rolls-Royce champagne flutes or whisky glasses.

### UNMISTAKABLY ROLLS-ROYCE

Iconic motifs speak to a heritage of excellence, enhancing Cullinan's formidable presence with pinnacle luxury. This is a motor car is inimitably, authentically Rolls-Royce.







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ESTADOS UNIDOS

6 PM

EL FINAL DEL PARAÍSO

8 PM

el SEÑOR de los CIELOS

NUEVA TEMPORADA 14 DE OCTUBRE 9 PM



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LUNES A VIERNES  
11 A. M. / 4 P. M. / 5 P. M. / 10 P. M.

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