

¡QUE ONDA!

MAGAZINE™

HOUSTON'S BILINGUAL PUBLICATION

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SYLVIA GARCIA

.....
FOR CONGRESS

In loving memory of
 Mr. José G. Esparza


¡QUE ONDA!
 HOUSTON, TEXAS

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GOVERNOR GREG ABBOTT



TEXAS WINS SITE SELECTION MAGAZINE'S GOVERNOR'S CUP AWARD FOR THE SIXTH STRAIGHT YEAR

AUSTIN - Governor Greg Abbott today announced that Texas has been awarded Site Selection Magazine's Governor's Cup for a record-breaking 6th year in a row. The Governor's Cup is an annual award that recognizes the top performing states for business and job creation. In 2017, Texas led the nation with 594 business relocations or expansions. This year's award marks Texas' 14th Governor's Cup, more than any other state.

"I am proud to accept the Governor's Cup on behalf of the great state of Texas as we are once again the top state for the most new and expanded corporate facilities," said Governor Abbott. "In Texas, we don't settle for the status quo. We are always striving to be even better and we will ensure Texas remains the best state for businesses. I want to thank CEOs and business leaders from across the state for investing in our communities and creating jobs for so many hardworking men

and women and making Texas the envy of the nation."

To determine the rankings, Site Selection focuses on corporate facility projects with significant impact to the state, such as corporation headquarters, manufacturing plants, R&D operations and logistics sites. These new business facilities and expansions are chosen based on specific criteria, which include capital investment, job creation and square footage.

Site Selection Magazine publishes information for expansion planning decision-makers — CEOs, corporate real estate executives and facility planners, human resource managers and consultants to corporations. It has awarded the Governor's Cup annually since 1988, based on new and expanded corporate facilities as tracked by the proprietary Conway Projects Database.

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SPEC'S GOES BIG ON GIVING BACK



Spec's Wines, Spirits and Finer Foods recently teamed up with multinational alcoholic beverages company, Diageo, in a program to donate \$1 to the Houston Food Bank for every bottle of Crown Royal Hand Selected Barrel sold.

The program was so successful, that Spec's is proudly hosting a check signing ceremony featuring Spec's owner John Rydman, and representatives from Diageo and the Houston Food Bank. Working together, Spec's and Diageo raised \$25,000 which will be presented to the Houston Food Bank as an oversized check showcasing Spec's continued support of their hometown Houston community.

The event will take place at the downtown Smith Street location, 2410 Smith Street on March 6th at 11AM.

To view a map of the location, visit: www.specsonline.com

Since 1962, family-owned Spec's has been providing ex-

ceptional service and an ever-increasing selection of tantalizing treats for hungry and thirsty Texans. With over 100 locations in more than 35 cities, this once-small enterprise now boasts tens of thousands of products in its larger locations, including over 15,000 wines, mixers, hundreds of spirits and beers, premium cigars, snacks, gourmet foods and accessories.



NOTIFICACIÓN DE COMENTARIOS DEL PÚBLICO

Autoridad Metropolitana de Tránsito del Condado de Harris (METRO)

En su reunión de Enero 25, 2018, la Junta Directiva de la Autoridad Metropolitana de Tránsito del Condado de Harris, Texas (METRO), aprobó los Programas de Proyectos de la Fórmula de Área Urbanizada del Año Fiscal 2017, del Estado de Buena Reparación del Año Fiscal 2017 y de Autobuses e Instalaciones de Autobuses del Año Fiscal 2017. Estos Programas de Proyectos serán financiados con el apoyo de una subvención de parte del Departamento de Transporte de los Estados Unidos, Sección 5307, Sección 5337 y Sección 5339 de la Decreto de reparar la superficie de transportación de America (Decreto FAST, por sus siglas en ingles). Una lista completa de los proyectos puede verse en <http://www.ridemetro.org/Pages/NewsPublicHearing.aspx>.

Los miembros del público pueden enviar comentarios por escrito a la dirección indicada arriba; o, solicitudes para una audiencia pública serán aceptadas hasta las 5:00 p.m., del Viernes, 16 de marzo, 2018. Puede obtenerse más información contactando a Albert Lyne, Director Interino de Programas Subvencionados de METRO, al 713-739-4637 o a al21@ridemetro.org.

El Programa de Proyectos del Año Fiscal 2017 ya indicado se convertirá en el Programa de Proyectos definitivo, a menos que sea enmendado por la Junta Directiva.

RideMETRO.org • 713-635-4000



METRO OFFERS SMALL BUSINESSES A MAP TO SUCCESS

Representatives from dozens of small businesses have a leg up on the competition thanks to METRO's "Meet the Buyers" event. The free seminar held today gave business owners a chance to hold face-to-face meetings with the agency's procurement decision makers. It is part of METRO's award-winning Small Business Enterprise Program. METRO Board Chair Carrin Patman expressed the Board's deep commitment to partnering with small businesses.

"I want to thank you for the enormous contributions small businesses make to the region and particularly to METRO. You are also job creators and that is invaluable for all of us," said Patman.

Over the last three years, METRO has awarded \$136 million to small and disadvantaged businesses (SBE/DBE).

"We were the first agency in the Houston-Galveston region to set a 35 percent small business goal on eligible contracts. We're proud to say we consistently meet or exceed our goal," Patman added.

METRO President & CEO Tom Lambert explained how everyone at the agency is responsible for encouraging small business partnerships.

"Our culture is to embrace the opportunity to work with small businesses as we go forward," Lambert said.



**Ryan Gealow, Program Coordinator
Maria Gonzalez, Staff Assistant
Brenda Duran, Presenter
Brian Flores, Program Director
Massa King, Program Coordinator**

LONE STAR COLLEGE NORTH HARRIS
PRESENTS
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*Saturday, March 3rd, 2018
8:30am - 12pm
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A FINANCIAL LITERACY WORKSHOP
MONEY MATTERS

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**3 Raffle Ticket Winners
Rosa Martinez, Feli Luna & Yolanda Vasquez**

ADRIAN GARCIA

A Lifetime of Service



Adrian is a life-long member of the Precinct 2 community and has a 35-year career in public service that began as a Houston Police officer. He was appointed by Mayor Lee Brown as Director of the Mayor's Anti-Gang Office, was then elected to Houston City Council and appointed as chair of two City Council committees – the Public Safety and Homeland Security Committee and the Minority / Women Business Enterprise Committee. With the support of his peers on City Council, he would be confirmed as Mayor Pro-Tem by Mayor Bill White.

- Adrian continued his service by being elected to the office of Harris County Sheriff – the largest sheriff's office in Texas and the 3rd largest in the United States.
- Adrian's accomplishments during his years of service include:
- Leading the effort to create the Houston Police Department's Real Time Crime Center;
- Creating the Construction Mitigation Program that saved many family-owned businesses;
- Saving more than \$200 million in operational costs during his tenure as sheriff;
- Eliminating chronic overcrowding in the jail and lowered crime every year; and
- Adding 200 patrol deputies to keep businesses and neighborhoods safe.

"Never forget where you come from!"

Adrian was born in Houston, as the youngest of six children, on the day after Christmas in 1960. His parents, Maria and Ignacio Garcia, made many sacrifices to bring their young family

to the United States from Mexico in 1959 for a better life. Adrian's father had received a guest-worker visa and later petitioned to be re-admitted to the U.S. under a work visa. He eventually opened an auto repair shop, where Adrian worked in his youth. Eventually, Adrian decided to follow in his brother's footsteps and become a Houston police officer. His dad gave him some very specific advice:

"Promise me these five things and you will have my blessings:

1. Don't be ashamed that you are Mexican;
2. Don't be ashamed that your name is Garcia;
3. Don't bring shame to your name;
4. Be honest; and
5. Never forget where you come from!"

Adrian, who grew up in Houston's Northside, still lives there today with his wife and daughter. And he still lives by the rules laid down by his dad.

One of the Good Guys

Having served in law enforcement as a police officer and sheriff, and in politics as a city council member and mayor pro-tem, Adrian was asked recently to respond to the perception that today, cops and politicians are on the receiving end of much harsh criticism. "That just drives me more to show that public servants – when they do their jobs – are the good guys," said Adrian. Let's elect one of the good guys as our next County Commissioner in Precinct 2: Vote Adrian Garcia.



Distroller allows every child to enter a world full of unforgettable experiences. Everything we do is meant to be memorable, unique and fun! We create products, designs and concepts based on the philosophy of recognizing the extraordinary in the ordinary, where all "species" are welcome, having fun is the only required course of action and that you must stay on that course forever and ever. A Mexican content generating brand founded by artist Amparo Serrano in 2004 in Mexico City, Mexico, Distroller is known for its rebellious and innovative style of communication and recognizable style of graphic art.

For more info visit:
www.distrollerusa.com



Disneyland RESORT

Disneyland Resort debutará su esperadísimo Pixar Pier en Disney California Adventure Park el 23 de junio de 2018, dando fuerza a un verano donde los visitantes podrán disfrutar de las más populares y conocidas historias y personajes de Pixar. También en junio debutará una nueva carroza, protagonizada por los personajes de “The Incredibles”, de Disney•Pixar, que aportará aún más diversión súper heroica al electrizante desfile “Paint the Night”. Ambas noticias fueron anunciadas hoy por el Presidente de Walt Disney Parks and Resorts, Bob Chapek, durante su presentación de la D23 Expo Japan en el Tokyo Disney Resort.

Este año, los visitantes podrán vivir el ingenio, el humor y el encanto de las historias y los personajes Pixar de forma nueva y extraordinaria en el Disneyland Resort, primero a través del primer Pixar Fest, una celebración por tiempo limitado, que da inicio el 23 de junio, y que ofrece a los visitantes la oportunidad de vivir en carne propia la nueva montaña rusa Incredicoaster, una aventura emocionante protagonizada por la superfamilia favorita de todos y todas, y cuya temática está inspirada por la más reciente película de Disney•Pixar, “Incredibles 2”

En el Pixar Pier, los visitantes podrán explorar cuatro nuevo vecindarios imaginativos, nuevas atracciones temáticas, entretenimiento y encuentros con los personajes amigos y amigas de Pix-

ar, además de comida y bebida temática, todo ello inspirado en las historias de Pixar. Con motivo del Pixar Fest, el desfile favorito “Paint the Night” regresa el 13 de abril a Disney California Adventure. Y en junio, el espectacular show nocturno añade aún más diversión Pixar con la incorporación de una carroza nueva y vigorizante inspirada en “The Incredibles”. Mr. Increíble, Elastigirl y Frozone darán muestra una vez más de su impresionante súper heroísmo cuando deben enfrentarse a su nueva amenaza y rival, el Underminer. Violet, Dash y Jack-Jack también hacen muestra de sus poderes únicos de formas nuevas y sorprendentes, gracias al empleo de una tecnología visual dinámica e innovadora. Al igual que otros elementos de este desfile espectacular, esta nueva carroza cobrará vida a través de una serie de efectos de iluminación LED deslumbrantes, nuevos elementos musicales y efectos “pop-art” basados en el estilo visual de las películas, inspiradas en el estilo modernista de mediados del siglo 20.

Pixar Pier abre sus puertas en California Adventure Park el 23 de junio

Incredicoaster será el eje central de Pixar Pier. Esta montaña rusa forma parte del primer vecindario de esta nueva área temática que está inspirada en “The Incredibles”. Nuevos momentos, escenas, efectos especiales y banda sonora musical, que acompañarán a los personajes,

conecta la atracción a la historia de “Incredibles 2”, que se estrena en cines el 15 de junio de 2018. Un segundo vecindario en el Pixar Pier se inspirará en “Toy Story” y se centrará alrededor de la popular atracción Toy Story Mania!. El tercer vecindario estará basado en “Inside Out”, y contará con una atracción inspirada en “Inside Out”, que abrirá sus puertas en un futuro próximo. Mickey’s Fun Wheel se transformará en una nueva atracción basada en Pixar, que permitirá a los visitantes disfrutar de las maravillosas vistas del Pixar Pier desde sus nuevas 24 góndolas, que contarán con la presencia de los encantadores personajes amigos de Pixar. Los juegos de feria del área también estarán inspirados en los encantadores personajes de Pixar, incluyendo a favoritos del público como “A Bug’s Life,” “La Luna” y “WALL•E”. Además, el área hasta ahora conocida como el restaurante Ariel’s Grotto y el Cove Bar se transformarán en un “lounge”, bar restaurante de temática Pixar, y ofrecerá a sus comensales vistas maravillosas de la Paradise Bay y la nueva área Pixar Pier.

El primer festival dedicado a Pixar da inicio el 13 de abril en el Disneyland Resort

Pixar Fest permitirá a los visitantes celebrar la amistad hasta el infinito durante este evento de tiempo limitado en el cual las historias y los personajes de Pixar cobrarán vida como nunca antes. En Disneyland, un nuevo espectáculo de fuegos artificiales, “Together Forever – A Pixar Nighttime Spectacular”, ofrecerá efectos pirotécnicos deslumbrantes, música memorable y una historia encantadora. “Pixar Play Parade” regresa, esta vez abriéndose camino a través del parque Disneyland. Este popular desfile aportará aún más historias Pixar favoritas

de la audiencia al incluir tres nuevos elementos, como la famosa lámpara Pixar, o Pixar Lamp, y la pelota, o Ball, del cortometraje de Pixar, “Luxo Jr.”, así como personajes y elementos de “Up” e “Inside Out”.

Y, por primera vez en Disneyland California Adventure, el desfile “Paint the Night” regresará para deleitar a los visitantes con sus 1.5 millones de focos o bombillas LED y sus melodías pegadizas. Además de la nueva carroza dedicada a “The Incredibles”, el desfile “Paint the Night” destacará muchas de las historias y personajes de Pixar, como Toy Story, “Monsters, Inc.” y “Cars”. Un nuevo festival de cine, Pixar Shorts, también tendrá lugar durante del Pixar Fest en Disney California Adventure. Pixar Shorts incluirá la proyección rotante en el Sunset Showcase Theater en Hollywood Land de clásicos favoritos del público como “For the Birds” y “LAVA”. Y muchas nuevas experiencias Pixar estarán disponibles para el disfrute de los visitantes, incluyendo las actuaciones de un nuevo grupo de música inspirado en Pixar, encuentros con personajes Pixar, y manualidades y actividades especiales para los y las visitantes más jóvenes. Pixar Fest también incluirá elementos adicionales a través de todo el resort, como nueva decoración, entretenimiento al aire libre, comida y bebida temática y mercancía del evento a la venta por tiempo limitado. Todas estas novedades emocionantes, con motivo de la celebración Pixar Fest, de tiempo limitado, y la apertura de la nueva área temática Pixar Pier, se sumarán a las atracciones y entretenimiento Pixar ya disponible a lo largo y ancho del Resort, desde Buzz Lightyear Astro Blasters en Disneyland hasta Cars Land en Disney California Adventure.



TALLER DE BANDA GÁSTRICA VIRTUAL DE GRANYA GONZALEZ



La Banda Gástrica Virtual (BGV) es un tratamiento psicológico de la obesidad que hace uso de todos los recursos de la hipnosis y de la reprogramación subliminal, operando precisamente sobre el otro extremo del problema, sobre el deseo.

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dadero flagelo que azota a nuestra sociedad y que afecta de manera directa o indirecta a todas las familias.

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La banda gástrica virtual, Se trata de un enfoque psicológico del problema, con la utilización de los recursos de la hipnosis y la reprogramación subliminal tendiente a disminución del peso cor-

poral, no a partir de la prohibición externa, sino de la disminución del deseo, lo que evita el ciclo de recuperación de peso común a todos los otros tratamientos.

No está enfrentado con otros tratamientos ni con los recursos quirúrgicos: al contrario. Facilita su éxito.



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Saturday, March 10, 2018
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For more information:
Thomas R. Lewis 713.816.0859
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Net proceeds from Go Tejano Committee events benefit the Houston Livestock Show and Rodeo, a 501(c)(3) charitable organization. The amount of the contribution that may be deductible for federal tax purposes is the excess value contributed by the donor over the value of goods or services. Consult your tax professional for more information.



MEXICAN HISTORY MURAL PROJECT

Houston, Texas – June 21, 2017 –Houston Hispanic leaders Orlando Sanchez and Christina Morales, co-chairs of The Heritage Society's fundraising campaign for a major new artwork entitled Mexican-American Culture in 20th Century Houston, are hosting a final fundraising reception Thursday, June 29 at 5:30 in the Museum Gallery to lead the mural toward funding completion. Mural themes include Mexican immigration as people fled the Revolution at home, the jobs that the new immigrants took on the railroads and in Ship Channel industries, life in El Segundo Barrio, community institutions and the all-encompassing importance of extended family in the life of Mexican-Americans. Key Hispanic figures will be included as well. Set against a backdrop of City Hall and the downtown skyline, this mural will be a cultural landmark and prime photo opportunity in the very heart of Houston.

The style of the mural at THS will evoke 20th century art in the vein of the great Mexican muralists, such as Diego Rivera. The artwork, a collaboration between highly esteemed artists Jesse Sifuentes and Laura Lopez Cano, will be a significant contribution to Houston's growing catalogue of public art, and the process of painting the mural will be an event in itself since it will be painted in place at Sam Houston Park.

The mural will invite visitors to discover The Heritage Society Museum behind the wall. It becomes an opportunity for The Heritage Society (THS) to introduce a powerful Hispanic presence to Houston's first municipal park. THS's historic campus has multiple buildings that tie directly to other key ethnic elements of the city, including Anglo, African-American and German immigrants, but this will be the first tangible asset that reflects the enormous influence of Mexican-American culture.

The estimated project cost is \$45,000

and includes artist fees, materials, structural elements, lighting, canopy, and miscellaneous other project related items. The McNair Foundation has already contributed \$25,000 toward that goal, and the project co-chairs are optimistic that the broad support from the community will continue. Houston City Councilmember Robert Gallegos has offered his backing. THS hopes that the goal will be met quickly and the mural can be unveiled during the city's Hispanic Heritage Month.

The THS mural will follow in the footsteps of other important Houston history murals including those of John Biggers on the TSU campus and those still found in the Gulf Building and once found at the Southern Pacific Train Station. Today, murals are experiencing a renaissance, especially in the Hispanic communities of the East End, where there are now more than 25 murals highlighting those neighborhoods.

Donations may be made by mailing to: The Heritage Society, 1100 Bagby, Houston, TX 77002 with instructions to apply funds to the Mexican-American Mural project. Dedicated donations may also be made online at <http://www.heritagesociety.org/sponsors/> and scrolling to Mexican History Mural Project

About The Heritage Society

The Heritage Society Museum is located at 1100 Bagby Street, Sam Houston Park. Founded in 1954, The Heritage Society is a 501(c)3 non-profit organization whose mission is to tell the stories of the diverse history of Houston and Texas through collections, exhibits, educational programs, film, video, and other content. The museum and historic structures are open for tours Tuesday through Saturday from 10 a.m. to 4 p.m. There is an admission charge for the historic structure tours with special rates for seniors, students and children. For more information about The Heritage Society call 713.655.1912.

LETICIA GUTIERREZ ABLAZA

Q: What made you decide to pursue causes related to children's health in your career?

A: My son was born with asthma, which inspired me to make it my mission to find out why his condition would get worse when we were around certain parts of town. In contrast, when we would go visit the Mexican country ranch where I grew up, we would notice it would all but completely disappear.

Q: Why are you so passionate about children's health with regard to air pollution? Do you have any personal stories or experiences to share, such as with your own children or otherwise?

A: When my family first moved Houston from Mexico when I was a child, we settled in the Second Ward before later moving near Milby High School in Pecan Park. I noticed the difference in the air quality pretty much from the moment we moved. Event though I was only eight years old, I knew something wasn't right. My mother would complain of headaches and had severely itchy and watery eyes, an issue she never had before. This became something we felt we just had to put up with, until I started getting involved and researching what exactly was around us causing this thick, smelly air and our resulting ailments.

Q: How has your Mexican upbringing and background inspired your work?

A: In the Mexico countryside where I am from, the residents have a grand respect for the land, which they use to farm and raise livestock. They recycle almost anything and make sure not to contaminate soil or water since it is what is used to grow and nourish. I carry these memories and characteristics in my daily life and work today.

Q: What children's health-related projects are you involved with through your current role at Air Alliance Houston?

A: The organization's staff is currently researching concrete batch plants and their health effects on children. There is a push to try and have larger setback

rules in order to mitigate the issues arising from these plants opening up so close to schools and parks.



Q: What are your professional goals with regard to children's health and air quality in Houston and the East End areas?

A: My goal is to continue to increase air quality awareness and empower communities to speak out and question what they see and smell. Our culture is known for keeping our heads down and stay busy working just to try to put food on the table. But we need to inform our fellow citizens and provide much-needed resources to bring attention to these issues before we can tackle and deal with the culprits.

Q: What do you think are the biggest issues related to children's health that are facing Houstonians and East End residents today?

A: For many people, there is little to no access to healthcare. If a community is not able to afford or access to health care resources, the health effects of air pollution, such as asthma and upper respiratory problems, will not be reported. Although we have had school nurses report an increase in asthma incidents in the East End, we have yet to be able to gather the medical data necessary to make our case to better argue the need to push back industry's harmful effects to our community.

Q: What do you think needs to be done to help more Hispanic families get their voices heard with regard to these issues in the Houston area and specifically in the East End?

A: I know firsthand how difficult it can be to work and raise children with a busy schedule for everyone involved. Getting involved with these issues is undoubtedly a task, but it is an important one that will bring in dividends in the long run. Unfortunately, no organization can single-handedly push a message and legislation on its own, which is why it's so important to give a voice to those who are being impacted the most significantly.





Únete a la tradición de Houston Livestock Show and Rodeo™

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J Balvin

Martes, 13 de Marzo

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de 11 a.m. a 4 p.m.



SABADO

10 DE MARZO ⚡ 5PM

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SYLVIA Garcia

FOR CONGRESS

Senator Sylvia R. Garcia is a native of Palito Blanco, a South Texas farming community. The eighth of ten children, Senator Garcia saw her parents struggle to raise her and her siblings. Senator Garcia's parents taught her that with hard work and a good education she could accomplish anything.

As a result of these lessons, Senator Garcia dedicated herself to success at school. She earned a scholarship to Texas Woman's University in Denton, where she graduated with a degree in social work and political science. Senator Garcia then received her Doctor of Jurisprudence from Thurgood Marshall School of Law at Texas Southern University in Houston, working several jobs to pay for her tuition. Just as her parents believed in her future, Senator Garcia believes the children of Texas can do anything.

Senator Garcia has dedicated her life to her community and to public service. As a social worker and legal aid lawyer early in her professional career, she protected our community's most vulnerable, old and young, and ensured no one was forgotten.

Senator Garcia continued her public service career by serving as Director and Presiding Judge of the Houston Municipal System for an unprecedented five terms under two mayors. In 1998, she was elected City Controller, the second highest elected official in Houston city government and its chief financial officer. She quickly earned a reputation as the taxpayers' watchdog, fighting to protect the

pocketbooks of working families and ensuring the City was transparent and accountable.

After two terms as Controller, Senator Garcia was elected to the Harris County Commissioner's Court. The first Hispanic and first woman to be elected in her own right to the office, she continued her advocacy for working families and made certain Harris County took care of its most defenseless, all while making certain Harris County led the way for new jobs and economic development.

Active in the Houston community, Senator Garcia has served on more than 25 community boards and commissions, including the San Jacinto Girl Scouts, the Houston Hispanic Forum, the American Leadership Forum, Battleship Texas and the Museum of Fine Arts - Houston.

Senator Garcia has been named "Humanitarian of the Year" by the National Conference of Communities and Justice and chosen as one of "Houston's 25 Power People" by Inside Houston magazine. She has been awarded the Hispanic Scouting Distinguished Citizen Award from the Sam Houston Area Boy Scouts

of America, the Mexican American Legal Defense & Education Fund Matt Garcia Public Service Award and the Houston GLBT Political Caucus Eleanor Tinsley Award.

When all is said and done, there is no doubt Sylvia Garcia has dedicated her life to her community and to public service.

Senator Garcia was sworn in to the Texas State Senate on March 11, 2013, representing Senate District 6. She became the seventh woman and the third Hispanic woman to serve in the upper chambers after winning a special runoff election for the seat of the late Senator Mario Gallegos.

Over three terms in the Texas Senate, Senator Garcia has been a fighter for her district and advocated for veterans, immigrant rights, women's health and access to healthcare. She has passed numerous bills including the Relationship Privacy Act which outlaws revenge pornography, the Truckers Against Trafficking Bill, which requires human trafficking training for commercial drivers, and the School Bus Safety Act, which requires school buses in Texas to have seat-belts.

ISSUES

Advocate for Women

Sylvia has been an advocate for women since her student days fighting for the Equal Rights Amendment. A strong legislative record supporting

abortion access, quality health care for women, educational opportunity for all girls, and promoting women in leadership backs up a lifelong commitment to women and girls. Senator Garcia worked with Representative Mary Gonzalez in the Texas Legislature to pass the bill that makes revenge porn a crime. And on countless occasions when it seemed hopeless to stop anti-woman and anti-abortion legislation, Senator Garcia was still a strong voice, not just a good vote, against the GOP's extreme agenda.

Fighter for Transparency and Accountability

Taxes and government spending can be complicated. Sylvia Garcia prides herself on helping the general public understand how their tax dollars are spent since she was Houston City Controller. She's worked across the aisle on stronger oversight and accountability for local taxing entities. And she's not afraid to get down into the details of complicated budgets to see if her constituents benefit or just a lucky few friends of those in power. She held strong and voted against the last budget passed by the Texas Senate because it did little to help public education or access to healthcare for people. Instead, it put additional pressure on local governments. The Houston Chronicle said of the vote, "Sylvia Garcia voted against



raising your property taxes. Every other Texas senator voted to hike 'em.”

An Equal Opportunity Economy

Good paying jobs and quality education are the pillars of Sylvia's economic philosophy. Good paying jobs create security and opportunity today. Quality education for our children creates opportunity and security for tomorrow. Her broad support among union leaders reflects her staunch record for working families. The Trump tax plan is an epic failure for the people of CD 29. We need real tax relief for working Americans that makes it easier for people to make ends meet, not a boondoggle for the president's buddies and the super elite. Ending tax breaks for teachers who buy supplies for children but giving billionaires a tax cut is unconscionable.

Supporter of Equality

Sylvia is a strong and steady voice for equal rights in the halls of power. Senator Garcia's record on human and civil rights has been recognized by many organizations over the course of her career. In 2017, she was honored by the

Houston GLBT Political Caucus and the Mexican American Legal Defense and Education Fund among others. Her fight on behalf of trans Texans is second to none among Democratic senators, including introducing legislation that would make gender marker changes a predictable and clear civil process versus the current system that is uncertain, expensive and requires a lawyer and court proceedings.

Immigration Policy with a Heart

Senator Garcia doesn't advocate on behalf of new Americans just because it's politically convenient. She fights for fair immigration policy rooted in deeply held moral beliefs. And it shows. Sylvia was such an effective champion against the extreme right-wing attempt to license detention centers as state childcare facilities that her floor speech on these so-called baby jails made international news. She has fought the discriminatory and racial profiling SB 4 law since the very beginning. Her work on the floor was recognized in uniquely effective way – in the federal court decision that ruled the sanctuary cities law was discriminatory.



ENDORSEMENTS

- Senator John Whitmire
- Representative Alma Allen
- Representative Carol Alvarado
- Representative Garnet Coleman
- Representative Jessica Farrar
- Representative Ana Hernandez
- Representative Mary Ann Perez
- Representative Shawn Thierry
- Representative Senfronia Thompson
- Representative Armando Walle
- Sheriff Ed Gonzales
- County Commissioner Rodney Ellis
- Galena Park Mayor Esmerelda Moya
- Jacinto City Mayor Ana Diaz
- South Houston Mayor Joe Soto
- Former Houston Mayor Annise Parker
- Houston City Council Member Ellen Cohen
- Houston City Council Member Jerry Davis
- Houston City Council Member Robert Gallegos
- Houston City Council Member Karla Cisneros
- Galena Park City Council Member Eric Broussard
- Galena Park City Council Member Oscar Silva
- Jacinto City Council Member Mario Gonzales
- Pasadena City Council Member Cody Wheeler
- Pasadena City Council Member Sammy Casados

For questions or information on voting, visit
www.sylviaforcongress.com

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Sanchez Charter School – The district has two campuses, one located in the East End of Houston (Gulf Freeway campus) and one in the Northside area (Sanchez - North campus). The Gulf Freeway campus currently serves over 750 students and this includes pre-kindergarten, middle and high school students. The Gulf Freeway campus offers academic, sports, and after-school programs for middle and high school students.

Sanchez North is currently has grades 6-8, and next year the campus will be adding 9th grade and another level each year until 12th grade is reached. Sanchez-North campus offers academic and after-school programs for middle school students.

Adelante (adult education) – Four locations are located in the Houston area. GED preparation courses, ESL classes, and certification programs (ex: Medical Business Office Professional) are offered. All

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GED exams are administered at HCC campus and the cost is about \$180 for all four exams. The cost of registration is \$20 for GED or ESL classes and a photo ID is required (DL, ID, home country ID or passport is accepted). Prevention & Counseling – Services consist of counseling and case management for individuals suffering from Substance Use Disorder. Outpatient services consist of individual, group and family counseling services, several times a week. In addition to these services, the department offers in-school prevention education for elementary, middle and high school students to prevent the onset of the use of alcohol, tobacco, and other drugs and to foster the development of social and physical environments that promote healthy and drug-free lifestyles. Youth patient services include Casa Phoenix residential treatment center in Houston for boys, ages 13-17, as well as Selena Center in San Antonio for teen girls. Lastly, people living with HIV/AIDS or at-risk of acquiring HIV and other Sexually Transmitted Infections receive treatment.

Want more information? Contact us at (713) 929-2322 or by email at communications@aama.org



SENDEROS, ALBERTH ELIS AND CABRERA MAKE MLS TEAM OF THE WEEK FOR WEEK 1

The MLS Team of the Week, presented by Audi, has a decidedly orange tint in Week 1 following the Dynamo's 4-0 thrashing of Atlanta United FC.

Philippe Senderos and Albert Elis both earned spots in the weekly eleven, and Wilmer Cabrera was named the top coach by the MLSsoccer.com editorial staff. The three Dynamo representatives tied Columbus Crew SC's three players named to this week's team.

Senderos scored a goal, provided a secondary assist,



and lead a shutout performance against one of last year's most potent attacks in an impressive Opening Day performance. Elis assisted the opening goal of the day and helped set up the third as he terrorized the Atlanta defense all afternoon.

Source: houstondynamo.com

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PAUL SCORES 25; ROCKETS TOP THUNDER FOR 16TH STRAIGHT WIN

Trevor Ariza scored 15 points and Eric Gordon added 14 for the Rockets.

Russell Westbrook scored 32 points and Carmelo Anthony added 23 for Oklahoma City, which is in a logjam of teams trying to fight their way into third place in the West.

Oklahoma City had beaten several of the league's top teams this season. The Thunder have two wins over Golden State, a victory over Toronto and a win over Cleveland this season. The Rockets avoided that fate by going 17 of 33 on 3-pointers and 29 of 34 on free throws.

"We're so good offensively that every single night, teams are going to throw different coverages at us," Harden said. "We've just got to figure out ways to attack them. Tonight was no different. Once we

OKLAHOMA CITY (AP) The Rockets are still rolling. Chris Paul scored 25 points, James Harden had 23 points and 11 assists, and Houston beat the Oklahoma City Thunder 122-112 on Tuesday night for its 16th straight victory.

The Rockets matched Boston for the longest win streak in the league this season and are on the second-longest win streak in franchise history. Harden was blunt when asked what those things meant to him.

"Nothing," he said. "Nothing at all. We just want to play well. We want to play well and have each other's back, no matter what, on both ends of the floor. It doesn't matter. Wins and losses will come."



found something that we could go to, we used it. Guys got open shots and we just ride that wave out the entire game."

The Rockets led 54-45 at halftime as Harden posted 13 points, seven assists and five rebounds. Anthony had 19 points for the Thunder and Westbrook had 14, but All-Star Paul George went 1 for 7 from the field before the break.

The Thunder closed the gap to three in the opening minutes of the third quarter, but the Rockets dominated the rest of the way and led 87-74 at the end of the period. Houston made 7 of 10 3-pointers in the quarter.

"You just have to keep playing," Thunder guard Corey Brewer said. "They are going to make shots. You can't get down. You can't let their shot-making affect your game. I think tonight we got a little bit down when they made tough shots but that's what they do."

Houston extended its lead to 19 midway through the fourth quarter.

"When a team like that is making 3s, it's tough out there because you're always in a scramble situation," Anthony said. "But you know, those guys beat us tonight, and we have to accept that and move on and learn from it."

Source: nba.com/rockets



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ENTRETENIMIENTO

OSCAR 2018, LISTA COMPLETA DE GANADORES

La 90ª entrega de los premios Oscar se celebró en el Dolby Theatre de Los Ángeles, California. Otra vez, Jimmy Kimmel fue el maestro de ceremonias y abrió la transmisión con un fuerte discurso contra los casos de abuso en Hollywood. La forma del agua es la Mejor película, y el mexicano Guillermo del Toro, su creador, el Mejor director.

Frances McDormand, protagonista de Tres anuncios por un crimen, y Gary Oldman, de Las horas más oscuras, ganaron como Mejor actriz y Mejor actor, respectivamente, y así avalaron las estatuillas que habían recibido en la ceremonia de los premios SAG, la entrega del sindicato de intérpretes.

Esta es la lista completa de ganadores:

MEJOR ACTOR DE REPARTO

Sam Rockwell, "Three Billboards Outside Ebbing Missouri"

MEJOR MAQUILLAJE Y PEINADO

"Darkest Hour"

MEJOR DISEÑO DE VESTUARIO

"Phantom Thread"

MEJOR LARGOMETRAJE DOCUMENTAL

"Icarus"

MEJOR EDICIÓN DE SONIDO

"Dunkirk"

MEJOR MEZCLA DE SONIDO

"Dunkirk"

MEJOR DISEÑO DE PRODUCCIÓN

"The Shape of Water"

MEJOR PELÍCULA EN LENGUA EXTRANJERA

"Una mujer fantástica" (Chile)

MEJOR ACTRIZ DE REPARTO

Allison Janney, "I, Tonya"

MEJOR CORTO ANIMADO

"Dear Basketball"

MEJOR PELÍCULA ANIMADA

"Coco"

MEJORES EFECTOS VISUALES

"Blade Runner 2049"

MEJOR EDICIÓN

"Dunkirk"

MEJOR CORTO DOCUMENTAL

"Heaven is a Traffic Jam on the 405"

MEJOR CORTOMETRAJE

"The Silent Child"

MEJOR GUION ADAPTADO

"Call Me By Your Name"

MEJOR GUION ORIGINAL

"Get Out"

MEJOR CINEMATOGRAFÍA

"Blade Runner 2049"

MEJOR MÚSICA

"The Shape of Water"

MEJOR CANCIÓN ORIGINAL

"Remember Me", de "Coco"

MEJOR DIRECTOR

"The Shape of Water", Guillermo del Toro.

MEJOR ACTOR

Gary Oldman, "Darkest Hour"

MEJOR ACTRIZ

Frances McDormand, "Three Billboards Outside Ebbing Missouri"

MEJOR PELÍCULA

"The Shape of Water", Guillermo del Toro

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MOTIVACIÓN María Marín

¡CALLADITA TE VES MÁS BONITA!

Más allá de ser detallista, cariñosa y buena amante con tu pareja, hay algo que muchas mujeres desconocen sobre los hombres para poder mantener una relación saludable. Me refiero a ciertas expresiones que jamás deberías decir porque sin darte cuenta puedes herir su ego hasta llegar al punto de destruir la relación. Échale un vistazo las tres expresiones que jamás deben salir de tu boca:

1.No halagues a otro frente a él: Tu hombre quiere ser lo máximo para ti y necesita sentir que no hay nadie como él ante tus ojos. Su obsesión por querer ser el héroe en tu vida llega al extremo de molestarle cualquier comentario que pueda insinuar que hay otro hombre más guapo, más inteligente, más exitoso o más talentoso que él, pues en su mente

él escucha: “No te respeto, así que no me importa hablar de otros hombres frente a ti.”

2.No comentes cualquier experiencia sexual pasada: A un hombre no le interesa saber en lo más mínimo tu pasado sexual. Por mas confianza que haya, este tema es algo que le incomoda. Él no quiere pensar que existe otro individuo con quien hayas disfrutado sexualmente más que con él.

3. Criticarlo en público: Cuando te incomode algo, háblalo en privado. Cualquier crítica, por más insignificante que sea, lo va a herir, especialmente si es frente a otros. Por eso, si vas a señalar uno de sus defectos o un mal comportamiento, asegúrate



de no hacerlo delante de nadie. Desde algo tan simple como decirle que tiene la camisa arrugada, que cierre la boca cuando come o que no tiene ritmo para bailar, hasta algo tan serio

como comentar que no soportas algún familiar. En fin, evita decir cualquier comentario que tan siquiera insinúe que él no es el hombre ideal.

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COCINA

CORNERED BEEF

A good rule of thumb for this corned beef recipe is to cook about 45 minutes per pound of meat. Serve with boiled red skin potatoes, green cabbage, and carrots (just cook 40 minutes in the brine).

INGREDIENTS

Pickling Spice

- 5 dried chiles de árbol
- 1 1-inch piece fresh ginger, peeled, coarsely chopped
- 1 3-inch cinnamon stick
- 10 cardamom pods
- 8 dried bay leaves
- 3 tablespoons whole peppercorns
- 2 tablespoons coriander seeds
- 2 tablespoons mustard seeds
- 1 tablespoon allspice berries
- 1 tablespoon juniper berries
- 1 teaspoon whole cloves

Brine and Brisket

- 1 14.9-ounce can Guinness draught
- ½ cup (packed) light brown sugar
- 5 teaspoons pink curing salt
- 2½ cups kosher salt, plus more
- 1 5–6 pound untrimmed flat-cut beef brisket

RECIPE PREPARATION

Pickling Spice

Toast chiles, ginger, cinnamon stick, cardamom, bay leaves, peppercorns, coriander seeds, mustard seeds, allspice berries, juniper berries, and cloves in a large dry skillet over medium heat, shaking pan occasionally, until spices start to jump in pan and are fragrant, 3–5 minutes (don't let them burn). Transfer to a mor-



tar and pestle and coarsely crush about 1 minute (or crush with a knife).

Brine and Brisket

Whisk Guinness, brown sugar, curing salt, 2½ cups kosher salt, and 1 gallon water in a large pot or container (at least 8 quarts) until sugar and salts are dissolved. Scoop out ½ cup pickling spice and set aside in a small bowl or jar (you won't need it again until it's time to cook the corned beef). Add remaining spice mixture and brisket to brine and weigh down with a plate to keep it submerged (it's okay if brisket needs to be crammed into the container, just don't fold it; you can also cut it in half if you can't find a large enough container).

Cover with plastic wrap or a lid and chill, flipping meat once a day, 5–6 days.

Bring a large pot of lightly salted water to a simmer. Remove brisket from brine and rinse thoroughly under cold water; discard brine. Add brisket to simmering water along with reserved ½ cup spice mixture and cook, covered, until corned beef is fork-tender and easily shreds with the grain, 4–4½ hours.

Slice corned beef against the grain and serve.

Do Ahead: Corned beef can be cooked 1 week ahead; cover with plastic and chill.

Recipe & Photo Source:
eatingnaturallymag.com/

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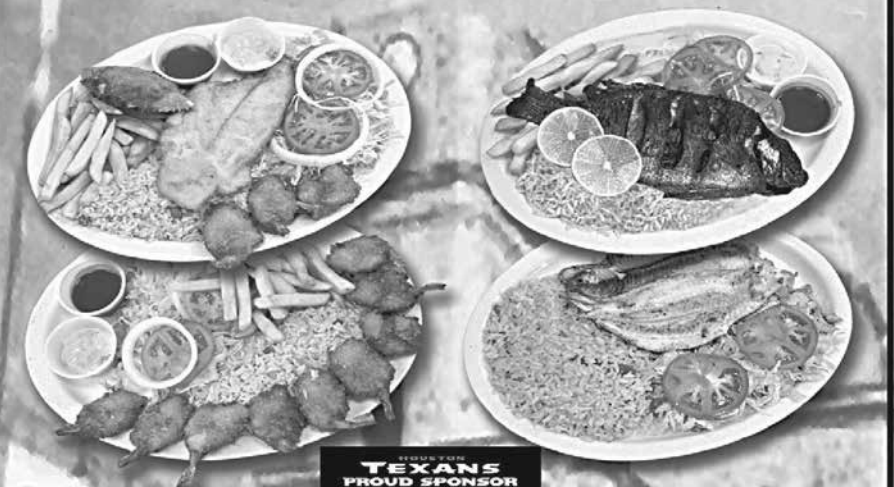
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124 SPIDER CLASSICA 2018

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New for 2018

Fiat reconfigures the Lusso and Abarth model's packaging for more flexibility, adds a new Red Top Edition to the Lusso model, and offers Puro Bianco Perla (Tri-Coat White Pearl), Grigio Chiaro (Silver Metallic), and Blu Scuro (Dark Blue Metallic) exterior colors.

Vehicle Summary

The 124 Spider is Fiat's only non-hatchback and rear-wheel drive model.

With the exception of the 500e EV, the Fiat 124 Spider has the highest starting price of any Fiat.

Overview

The 2018 Fiat 124 Spider is powered by a 1.4-liter turbocharged I-4 that produces 160 hp (164 for the Abarth model) and 184 lb-ft of torque, and delivers an EPA-rated 25/36 mpg city/highway with the six-speed automatic or 26/35 mpg with the six-speed manual transmission. Power is routed to the rear wheels of this two-seater. In Motor Trend testing, the 124 Spider hit 60 mph in 6.5 seconds and stopped from 60 mph in 108 feet. The

The base 124 Spider Classica model comes standard with independent front and rear suspension, electronic locking differential, 16-inch alloy wheels, dual stainless steel exhaust tips, two USB ports, a black soft top, and leather-wrapped steering wheel and shift knob. The Lusso model adds 17-inch premium wheels, fog lights with automatic headlights, dual chrome exhaust tips, a 7.0-inch touchscreen display and command dial, automatic temperature control, heated leather-trimmed front seats, and a rearview camera. The range-topping Abarth model adds a sport mode selector, a mechanical limited slip differential, Bilstein front and rear performance suspension with strut tower bar, 17-inch gunmetal wheels, a unique body-color sport



fascia, a sport-tuned quad-tipped chrome exhaust, heated leatherette and microfiber performance seats with red accent stitching, a perforated leather-wrapped steering wheel, aluminum accent sport pedals, and mirror caps, roll bar cover, and windshield surround in a Gunmetal finish. For more features, order the Luxury Collection with Sirius that consists of a nine-speaker Bose audio system, sport leather seats, auto-dimming and heated exterior mirrors, automatic headlight leveling system, Fiat Connect with navigation, headlight washers, LED headlights, and SiriusXM satellite ra-

dio.

Safety

The 2018 Fiat 124 Spider offers some driver assist safety features including blind-spot monitoring, Rear-Cross Path Detection, and Rear Park Assist (rear parking sensors), in addition to adaptive front headlights (they turn as you steer).

Cool Fact

The 124 Spider uses the same 1.4-liter turbocharged I-4 found in the 500 Abarth but produces a little more power thanks to the 22 psi boost rating versus the 500 Abarth's 18 psi rating.





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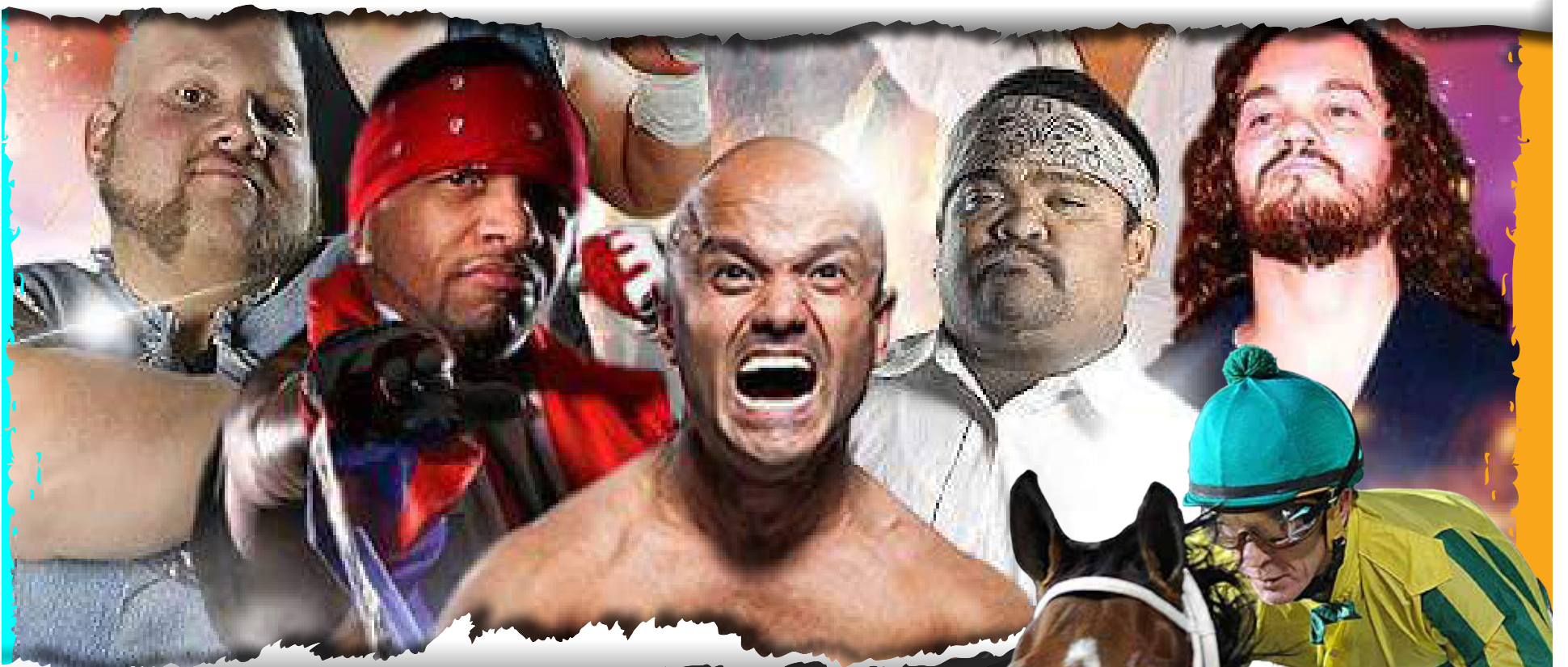
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