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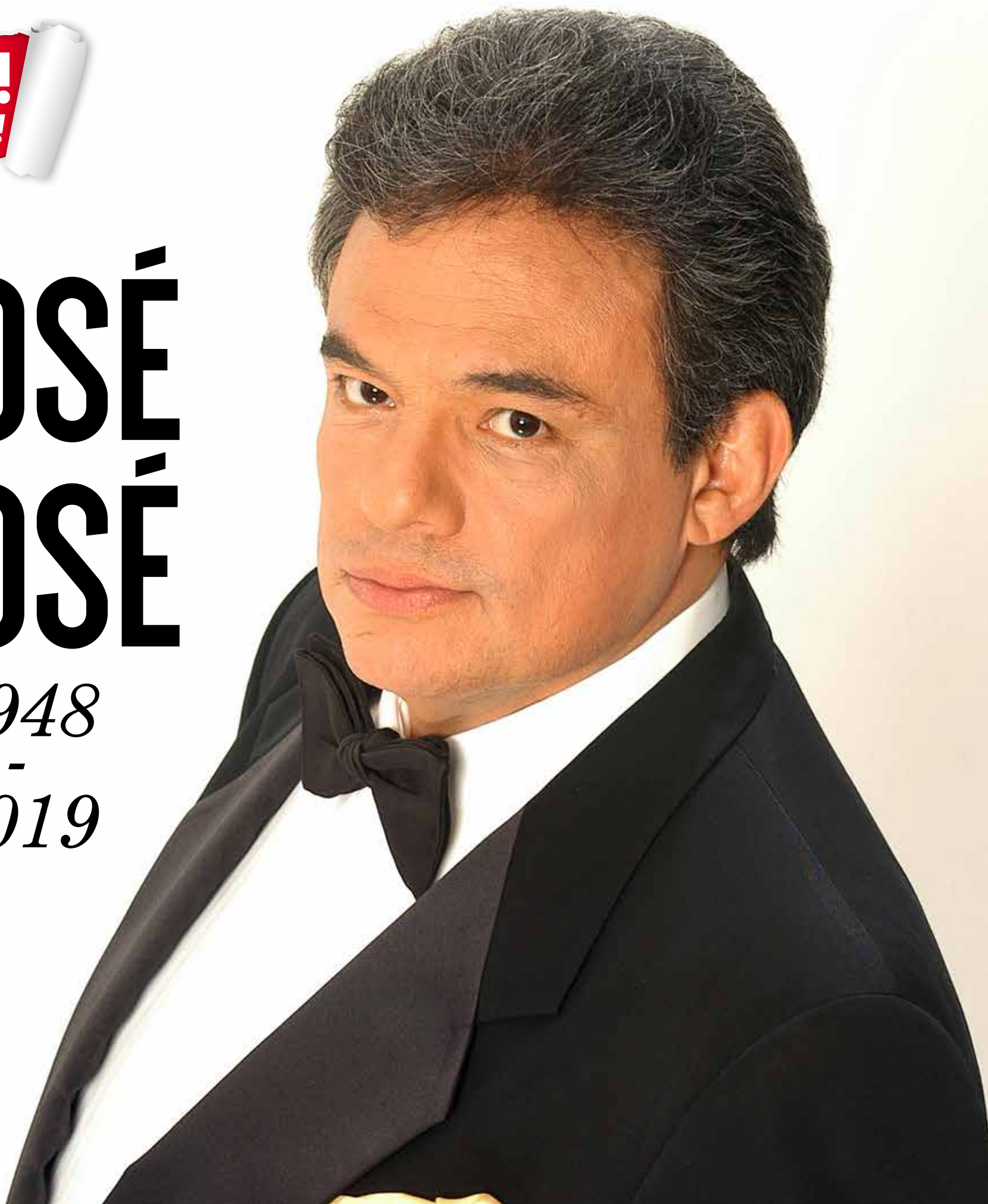
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In loving memory of
 Mr. José G. Esparza


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 HOUSTON, TEXAS

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GOVERNOR GREG ABBOTT EXTENDED THE STATE DISASTER DECLARATION IN SEPTEMBER 2019

TO ALL TO WHOM THESE PRESENTS SHALL COME:

WHEREAS, I, GREG ABBOTT, Governor of the State of Texas, issued a disaster proclamation on August 23, 2017, certifying that Hurricane Harvey posed a threat of imminent disaster for Aransas, Austin, Bee, Brazoria, Calhoun, Chambers, Colorado, DeWitt, Fayette, Fort Bend, Galveston, Goliad, Gonzales, Harris, Jackson, Jefferson, Jim Wells, Karnes, Kleberg, Lavaca, Liberty, Live Oak, Matagorda, Nueces, Refugio, San Patricio, Victoria, Waller, Wharton, and Wilson counties; and

WHEREAS, the disaster proclamation of August 23, 2017, was subsequently amended on August 26, August 27, August 28 and September 14 to add the following counties to the disaster proclamation: Angelina, Atascosa, Bastrop, Bexar, Brazos, Burleson, Caldwell, Cameron, Comal, Grimes, Guadalupe, Hardin, Jasper, Kerr, Lee, Leon, Madison, Milam, Montgomery, Newton, Orange, Polk, Sabine, San Augustine, San Jacinto, Trinity, Tyler, Walker, Washington, and Willacy; and

WHEREAS, on September 20, 2017, and in each subsequent month effective through today, I issued proclamations renewing the disaster declaration for all counties listed above; and

WHEREAS, due to the catastrophic damage caused by Hurricane Harvey, a state of disaster continues to exist in those same counties;

NOW, THEREFORE, in

accordance with the authority vested in me by Section 418.014 of the Texas Government Code, I do hereby renew the disaster proclamation for the 60 counties listed above.

Pursuant to Section 418.017 of the code, I authorize the use of all available resources of state government and of political subdivisions that are reasonably necessary to cope with this disaster.

Pursuant to Section 418.016 of the code, any regulatory statute prescribing the procedures for conduct of state business or any order or rule of a state agency that would in any way prevent, hinder or delay necessary action in coping with this disaster shall be suspended upon written approval of the Office of the Governor. However, to the extent that the enforcement of any state statute or administrative rule regarding contracting or pro-

urement would impede any state agency's emergency response that is necessary to protect life or property threatened by this declared disaster, I hereby authorize the suspension of such statutes and rules for the duration of this declared disaster.

IN TESTIMONY WHEREOF, I have hereunto signed my name and have officially caused the Seal of State to be affixed at my office in the City of Austin, Texas, this the 28th day of September, 2019.

Governor Greg Abbott

In accordance with the statutory requirements, copies of this proclamation shall be filed with the applicable authorities.

GOVERNOR ABBOTT MEETS WITH JETRO EXECUTIVES IN TOKYO, JAPAN

Governor Greg Abbott today delivered remarks at a luncheon with leaders of the Japan External Trade Organization (JETRO) luncheon in Tokyo, Japan. The Governor praised the dynamic trade partnership between Japan and Texas, and discussed ways to grow both of our economies.

"JETRO continues to play an essential role in developing a strong partnership between Japan and Texas," said Governor Abbott. "Japan and Texas are half a world apart, but we are working every day to close that gap by facilitating more trade and investment between our two regions. Together, we will create a more robust partnership and a more prosperous economic future."

The Japan External Trade

Organization (JETRO) is a government-related organization promoting international trade and investment. They offer foreign investors with abundant information on all aspects of doing business in Japan by providing expert consultation and offering free temporary office space in major business areas across the country. JETRO was established in 1958 and is focused on investment in Japan, supporting the overseas business of Japanese firms, and facilitating economic growth in developing countries through trade promotion. JETRO has one office in Houston, which assists companies in the U.S. South Central Regional in investing in Japan, providing direct access to the Invest in Japan Business Support Centers where American companies can be supplied with market information.



MODI BECOMES SECOND WORLD FIGURE TO BACK GANDHI MUSEUM FOR HOUSTON

India Prime Minister Narendra Modi has become the second world figure to support the creation and operation of a privately funded Eternal Gandhi Museum planned for southwest Houston.

"The Eternal Gandhi museum will be a prized cultural landmark in Houston," said Modi, leader of the world's most populous democracy, during his week-end visit to Houston. "I have been associated with this effort for a while. It will surely make Gandhiji's thoughts popular among the youth."

His Holiness The Dalai Lama, world leader of Tibetan Buddhism and the Tibetan people, endorsed the museum project in January letter to its local backers.

Gandhi was the Indian leader whose non-violent resistance movement led India to independence from British Rule and inspired later civil rights movements in other nations.

After Modi's speech Sunday to about 50,000 people at NRG Stadium, Modi met with

Indian-American business leaders and unveiled a plaque stating that he had symbolically participated in the ground-breaking for the museum, which will take place in southwest Houston. ANI News video of the unveiling is here.

Mayor Sylvester Turner visited Rajghat, the Gandhi Memorial in New Delhi, during the Greater Houston Partnership trade mission he led to India in November 2018.

The mayor related the Eternal Gandhi Museum project in Houston to his visit to Gandhi's living quarters and the garden where Gandhi was assassinated in 1948.

"The kind words from Prime Minister Modi and His Holiness The Dalai Lama help us show that here in the nation's most diverse city, we live the values of tolerance, inclusion and pluralism, which were among Gandhi's most important teachings. We are a welcoming city, where one of every four residents is foreign-born and where we build relationships rather than walls," the mayor said.



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THE DISTINGUISHED SERVICE AWARD: CELEBRATING THE OIL AND NATURAL GAS INNOVATORS WHO SET THE PACE FOR TEXAS SUCCESS

The Texas Oil & Gas Association released the following column as a part of TXOGA's year-long celebration of its centennial anniversary.

Founded in ingenuity. Fueled by innovation. This year, the Texas Oil & Gas Association celebrates one hundred years – a significant milestone only achievable through the discovery, determination and grit of the forward-thinking men and women who make up the oil and natural gas industry.

The desire to explore, discover, and harness the resources that fuel the world is a timeless quest. The women and men who step up to meet that challenge are those with an exceptional combination of tenacity, intuition and intelligence. From the pioneers who first struck oil in Nacogdoches, to the wildcatters who changed the game at Spindletop, to the innovators who tapped into the technologies that modernized our industry with hydraulic fracturing and horizontal drilling, to those who developed the juggernaut known as the Permian Basin, these extraordinary men and women propelled our state and

our nation into the energy space as global leaders. The list goes on, but the story remains the same. Our state's oil and natural gas industry – the lifeblood of Texas education, Texas highways, the Texas economy and the Texas way of life – would not be the nation's number one producer of oil and natural gas in the number one producing nation in the world without the illustrious individuals who set the pace for success.

Recognizing that oil and natural gas would not exist as the backbone of modern life without these individuals, the Texas Oil & Gas Association created the Distinguished Service Award in 1936, and for more than eighty years, TXOGA has bestowed this honor to the great ambassadors of an industry that profoundly impacts our lives and the lives of those throughout the world.

In 2019, in TXOGA's Centennial year, we will honor Hilcorp Energy Company's Jeffery Hildebrand and Exxon Mobil Corporation's Darren Woods at the TXOGA Centennial Celebration October 22, 2019.



COUNTY ATTORNEY RYAN APPROVED TO GO AFTER VIOLATORS OF FLOODPLAIN REGULATIONS

Harris County Attorney Vince Ryan gained approval during Tuesday's Commissioners Court to pursue expedited litigation against violators of floodplain regulations.

In the wake of severe flooding caused by last week's Tropical Storm Imelda, County Attorney Ryan will now have the authority to file lawsuits against individuals and businesses who violate floodplain management regulations without having to seek prior approval from Commissioners Court.

"The County has recognized that flood prevention is a major priority and has empowered my office to help protect our community against those who are unwilling to comply with regulations that ensure the safety of

all," said County Attorney Ryan.

Prior to Tuesday's vote, the County Attorney was required to seek Commissioners' approval to file suit on a case by case basis, which could take two to three weeks. The new streamlined process will allow the County Attorney to address a growing number of enforcement cases for violations that range from structures built below elevation requirements to the placement of unpermitted fill in the floodplain. The County Attorney will also be authorized to expend up to \$35,000 for all cases without prior approval.

These cases will be handled by the Environmental Practice Group, which specializes in the enforcement of environmental laws and related County development regulations. These assistant county attorneys also represent the public's interest by opposing the issuance and renewal of environmental permits if the permit fails to meet federal and state requirements. The group also ensures Harris County's compliance with environmental regulations; represents the county in state administrative hearings; and coordinates with federal, state, and local stakeholders on environmental legislation, rules, and policies affecting the county and its citizens.

"We cannot overlook these violations, especially as flooding is becoming more prevalent," added Ryan. "My office will continue to use the tools available to us to prevent un-needed and unwanted pain and suffering within our community."





The Houston Dynamo rallied from an early deficit at Real Salt Lake this evening, but a 75th-minute goal by RSL winger Jefferson Savarino was enough to give the home side a 2-1 victory at Rio Tinto Stadium.

In a contest which was noteworthy for being the final home appearance for legendary RSL goalkeeper Nick Rimando, Houston midfielder Boniek García reached a pair of notable milestones of his own. García made his 200th appearance for the club in league play, becoming just the fourth player in Dynamo history to do so; and in the 14th minute he became the fourth Dynamo player to eclipse 15,000 minutes played for La Naranja.

Real Salt Lake took the lead in the game's first minute after Corey Baird won the ball at midfield and sprinted to the top of the box. Baird finished at the near post 35 seconds into the contest for his fifth goal of the season and the second-fastest goal scored in Real Salt Lake history.

Houston equalized in the 32nd minute after Elis forced a save at the near post. Midfielder Tomás Martínez recovered the rebound, dribbled around a defender and fired a right-footed shot past Rimando from a tight angle for his fifth goal of the season.

The Dynamo looked as though they had taken the lead just a minute after equalizing, as Elis ran onto a brilliant through

RECAP: DYNAMO FALL 2-1 AT REAL SALT LAKE IN ROAD FINALE

ball from Martínez and slipped a shot past an onrushing Rimando, but the Honduran was ruled off-side by the assistant referee.

Houston continued to knock on the door prior to the end of the first half. Martínez and Manotas combined for a one-two at the top of the box to create space for Adam Lundkvist at the far post. The Swedish defender's shot was blocked in the 38th minute and the ball floated inches past McNamara at the opposite post for a corner kick.

Salt Lake eventually took the lead in the 75th minute after midfielder Sebastián Saucedo found Savarino at the top of the box. Savarino's hard, low shot just beat a diving effort from Dynamo goalkeeper Tyler Deric and slipped into the bottom corner of the far post.

Salt Lake forward Albert Rusnák forced a save in the 72nd minute with an effort from outside the box. The local side would follow up as Saucedo found Baird inside the box, but his header was eventually handled by Deric.

The Dynamo return to BBVA Stadium on Sunday, Oct. 6 for Fan Appreciation Night presented by BBVA and a special send-off for captain and U.S soccer legend DaMarcus Beasley, who will be playing his final professional game. Beasley announced his intention to retire at the conclusion of the season in May.



COLE, HAPP NAMED FINAL '19 PLAYERS OF THE WEEK

The final W.B. Mason Players of the Week for the 2019 regular season are Gerrit Cole in the American League and Ian Happ in the National League.

MLB made the announcement Monday.

Cole was named AL Player of the Week after closing out the season with two dominant starts for the Astros. The right-hander threw seven shutout innings with 14 strikeouts on Tuesday, then held the Angels to one run in five innings with 10 strikeouts in Sunday's regular-season finale.

Cole ended the year on a run of nine straight starts with double-digit strikeouts, setting a Major League record. A Cy Young Award favorite along with rota-

tion-mate Justin Verlander, Cole finished 2019 as the MLB strikeouts leader with 326 -- the most by any pitcher since Randy Johnson in 2002 (334) -- and the AL ERA leader at 2.50.

Happ was named NL Player of the Week after posting an MLB-best 1.636 OPS in six games for the Cubs. His slash line for the week was .455/.500/1.136, and he hit four home runs and drove in 10 runs.

Happ's batting average and RBI total led the NL for the week, and his slugging percentage led the Majors.

This is Cole's first career Player of the Week Award. He's the second Astros player (and pitcher) to win AL Player of the Week this month, after Verlander won for the week of Sept. 1.





ROCKETS ANNOUNCE 2019 TRAINING CAMP ROSTER

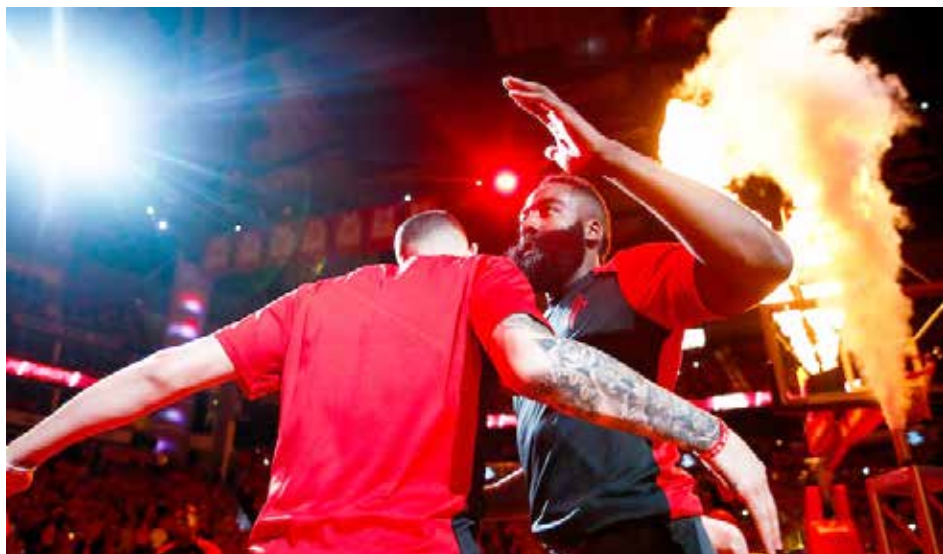
Houston Rockets General Manager Daryl Morey today announced the team's training camp roster for the upcoming 2019-20 season.

The Rockets open the preseason against the Shanghai Sharks of the Chinese Basketball

Association at Toyota Center on Monday, Sept. 30. Immediately following that game, the Rockets will travel to Hawaii to play the Los Angeles Clippers and then to Japan for a pair of games vs. Toronto. The first scheduled practice upon returning to Houston is on Monday, Oct. 14.

Below is the Rockets 2019 Training Camp roster:

No.	Player	Pos.	Ht.	Wt.	DOB	Last Team	Experience
33	Ryan Anderson	F	6-10	240	5/6/88	California/USA	11
30	Anthony Bennett	F	6-8	245	3/14/93	UNLV/Canada	4
7	Jaron Blossomgame	F	6-7	220	9/16/93	Clemson/USA	1
15	Clint Capela	C	6-10	240	5/18/94	Elan Chalon (France)/Switzerland	5
19	Tyson Chandler	C	7-1	240	10/2/82	Dominguez HS (CA)/UA	18
6	Gary Clark	F	6-8	225	11/16/94	Cincinnati/USA	1
3	Chris Clemons	G	5-9	180	7/23/97	Campbell/USA	R
21	Michael Frazier	G	6-4	200	3/8/94	Florida/USA	R
4	Danuel House Jr.	F	6-7	215	6/7/93	Texas A&M/USA	3
10	Eric Gordon	G	6-4	215	12/25/88	Indiana/USA	11
14	Gerald Green	G/F	6-7	205	1/26/86	Gulf Shores Academy (TX)/USA	12
13	James Harden	G	6-5	220	8/26/89	Arizona State/USA	10
55	Isaiah Hartenstein	C	7-0	249	5/5/98	Rio Grande Valley (G League)/USA	1
16	Ben McLemore	G	6-5	195	2/11/93	Kansas/USA	6
42	Nenê	C	6-11	250	9/13/82	Vasco de Gama/Brazil	17
2	Shamorie Ponds	G	6-1	180	6/29/98	St. John's/USA	R
25	Austin Rivers	G	6-4	200	8/1/92	Duke/USA	7
18	Thabo Sefolosha	F	6-7	220	5/2/84	Angelico Biella (Italy)/Switzerland	13
17	P.J. Tucker	F	6-6	245	5/5/85	Texas/USA	8
0	Russell Westbrook	G	6-3	200	11/12/88	UCLA/USA	11



TEXANS NEWS

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DESHAUN WATSON NAMED AFC OFFENSIVE PLAYER OF THE WEEK

The NFL has named Houston Texans QB Deshaun Watson the AFC Offensive Player of the Week following his performance in the team's 27-20 victory over the Los Angeles Chargers. This marks his second career Player of the Week award and first since Week 4 of the 2017 season.

In Week 3, Watson completed 25-of-34 passes (73.5 percent) for 351 yards, three touchdowns, no interceptions and a 135.8 rating. He also ran for 18 yards on seven carries (2.6 avg.). Watson completed a 53-yard touchdown pass to TE Jordan Akins in the fourth quarter, which marked Watson's second-longest completion of the season. He also threw a 15-yard touchdown pass to Akins in the third quarter and a 16-yard touchdown pass to TE Darren Fells in the second quarter. Additionally, Watson's 38-yard pass to WR Kenny Stills in the second quarter set up Houston's first score of the game.

Watson threw for the most yards (351) in a game since Week 5 of the 2018 season vs. Dallas (375). He recorded his seventh career game with three-or-more touchdown passes and eighth career game with 300-or-more passing yards, which is tied for

the fourth-most 300-yard passing games (eight) within a player's first 26 career games in NFL history. It also marked his 15th career game with multiple touchdown passes, which tied Carson Palmer (15 from 2004-05) for the fifth-most games with multiple touchdown passes within a player's first 26 career games.

Watson became the fastest player in NFL history to record 6,500 career passing yards and 500 rushing yards while also becoming the fastest player in NFL history to record 50 passing touchdowns and five rushing touchdowns (26 games). He is just the third player in NFL history to record at least 6,500 passing yards and 50 passing touchdowns in a player's first 26 career games and became the fourth-fastest player in NFL history to record 50 passing touchdowns. Watson now owns 51 passing touchdowns, which is the fourth-most in NFL history through 26 games, and 6,642 passing yards, which is the sixth-most in NFL history through 26 games.

This marks the 45th time a Texan has been named Player of the Week in franchise history and the second time this season. It is also the 14th time Houston has won the AFC Offensive Player of the Week award in team history.



ENTRETENIMIENTO

J-HOPE DE BTS LANZA 'CHICKEN NOODLE SOUP FEAT. BECKY G'

J-hope de la banda surcoreana, los consolidados superestrellas mundiales BTS, acaba de lanzar "Chicken Noodle Soup (feat. Becky G)" con su video musical ya disponible. Mira el video ahora haciendo clic AQUÍ.

j-hope ha destacado su inimitable identidad como músico en su primer mixtape Hope World, que incluye 7 canciones lanzadas en marzo pasado, que se mantuvo en la cima de la lista de álbumes top de iTunes en 63 regiones y se clasificó como número 38 en el listado Billboard 200. Esta vez, a través de la nueva canción "Chicken Noodle Soup (feat. Becky G)", regresa a la época en que aprendió a bailar.

Incorporando el coro pegajosa de "Chicken Noodle Soup (Feat. AG aka The Voice of Harlem)" de Webstar y Young B, que fue una inspiración para él cuando comenzó a aprender a bailar, j-hope presenta su propia historia bailar y sus sueños en la letra coreana, mientras que Becky G participó en la composición de la letra en español e inglés, también usando su propia historia como inspiración.

El proyecto se hizo realidad cuando ambos artistas citaron "Chicken Noodle Soup" como una de sus canciones favoritas de la infancia. Becky G es una de las su-

perestrellas de música latina más importantes en EEUU y a nivel global, conocida por sus canciones 'Dollar', 'Mayores (Feat. Bad Bunny)' y 'Sin Pijama (Feat. Natti Natasha)', mientras que j-hope ha sido parte del proceso creativo de canciones exitosas de BTS como "Boy With Luv feat. Halsey", "MIC Drop", "MAMA", "Blood Sweat & Tears", "I NEED U" y "RUN" como letrista, compositor, productor y rapero.

La actuación es una reinterpretación de la coreografía de la canción original que presenta movimientos dinámicos en un baile con un ambiente divertido y moderno que cualquiera puede seguir fácilmente. Dirigido por Lumpens, el video musical sigue a j-hope y Becky G mostrando sus movimientos de baile impecables junto a más de cincuenta bailarines de regiones de todo el mundo.

"Chicken Noodle Soup (feat. Becky G)" fue producido por los productores de Big Hit Entertainment, Supreme Boi, Pdogg y Jinbo, quienes trabajaron en canciones exitosas como "Pied Piper", "Anpanman" y "Look Here". Jaycen Joshua, socio de artistas como Camila Cabello, Beyoncé y Chris Brown, supervisó la mezcla; Chris Gehringer, que ha trabajado con Rihanna, Madonna y The Chainsmokers, masterizó la canción.



¡AQUÍ ESTÁ! LA UNIÓN URBANA MÁS PODEROSA DE COLOMBIA PARA EL MUNDO MALUMA Y J BALVIN EN "QUE PENA" ¡YA DISPONIBLE!

Tras meses de anticipación, los máximos exponentes de la música urbana nacidos en Medellín, Colombia, Maluma y J Balvin, han unido sus fuerzas para lanzar su primera colaboración original titulada "Que Pena".

Maluma y J Balvin, con esa singularidad que los caracteriza, crearon ésta canción con el toque único de ellos; contagiosa, divertida y sexy. Un sensual reggaeton que los une como artistas, colegas e ídolos mundiales.

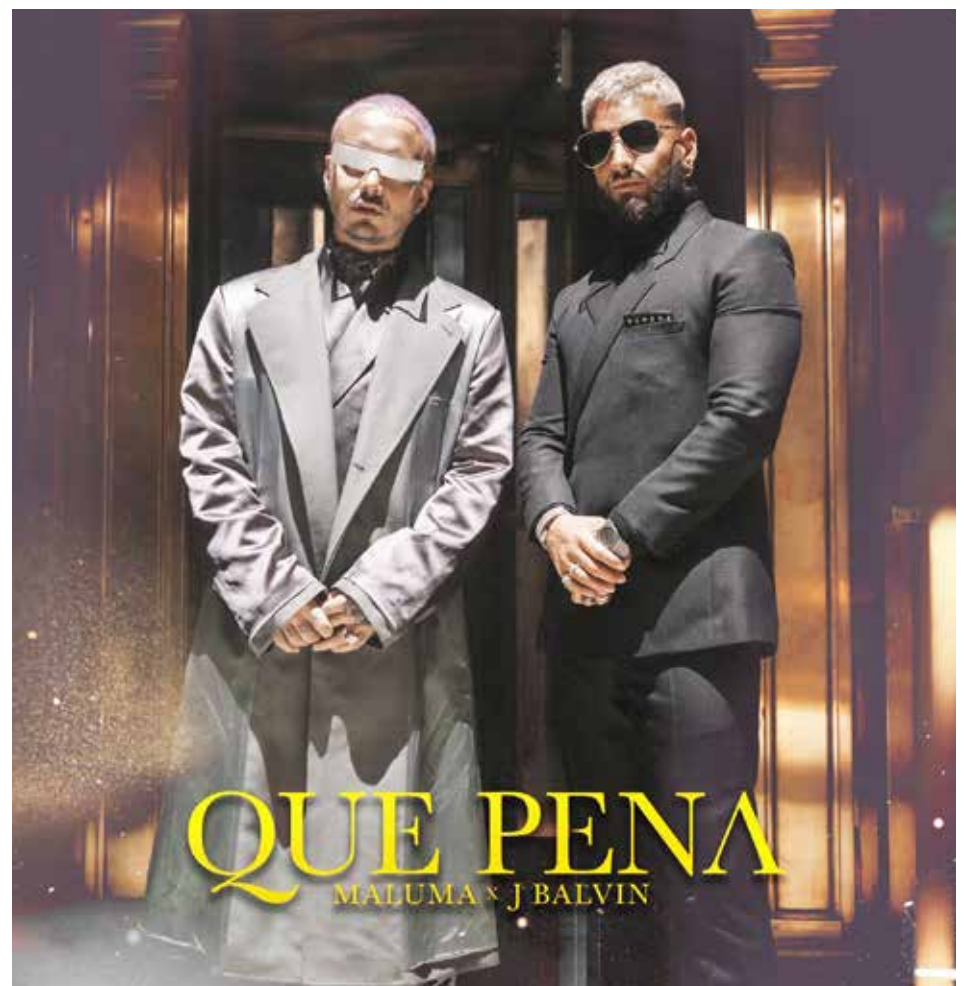
Para escuchar/descargar "Que Pena" visite <https://smarturl.it/QuePena> y para ver su video oficial vaya a <https://smarturl.it/QuePena/youtube>.

Producida por Edgar Barrera "Edge", Sky Rompiendo y DeeMad y escrita por Maluma, J Balvin, Edgar Barrera, Alejandro Ramirez y Wissem Larfaoui; "Que Pena" pondrá a cantar al mun-

do en español: "Ey Que Pena, tu nombre no, pero tu cara, me sueña..."

El videoclip oficial de "Que Pena" se rodó en la ciudad de Nueva York por el director Colin Tiley. La producción visual comienza con un toque de sentido del humor, ya que cada artista imita las expresiones en redes sociales del otro. El video es diversión pura, tal cual son los ídolos urbanos que se reúnen para salir, encontrándose con dos chicas que pueden (o no) haber conocido desde antes.

Los ganadores al Latin GRAMMY, Maluma y J Balvin, están en la cima de sus carreras. Medellín vio nacer a estos dos "parceros" que son motivo de orgullo y de sentimiento paisa. Sus nombres recorren los países más lejanos y llegan hasta donde el idioma no tiene barreras y es ahí, donde se sienten que sus carreras son globales. ¡Por eso unir sus talentos los hace aún más poderosos!





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JOSÉ JOSÉ "EL PRÍNCIPE DE LA CANCIÓN"

1948 - 2019

José José falleció el 28 de Septiembre del 2019 a los 71 años, en el Baptist Hospital de Miami, al sur de la Florida, confirmó a Quién Laura Núñez, que fuera su asistente por varios años. La ex personal manager recibió la noticia en propia voz de la hija del cantante, Sarita Sosa, quien decidió cambiar la residencia de su padre de Ciudad de México a Estados Unidos.

José José informó a sus seguidores que padecía un tumor cancerígeno en el páncreas el 24 de marzo de 2017, las complicaciones derivadas de esta compleja enfermedad lo llevaron a ser internado en varias ocasiones en la Unión Americana. Al intérprete le sobreviven su viuda Sara Salazar y sus hijos José Joel, Marysol y Sara Sosa.

La vida de un hombre que se convirtió en el Príncipe de la Canción

El 17 de febrero de 1948 nació en la delegación Azcapotzalco José Rómulo Sosa Ortiz, el pequeño se crió en el seno de una familia musical, su padre fue el tenor José Sosa Esquivel y su madre la concertista de piano Margarita Ortiz Pensado; ese talento correría por sus venas y heredaría la capacidad vocal paterna y el tempo musical materno.

En la escuela, el niño Sosa Ortiz desarrolló aún más su atracción por el ritmo y la lírica, comenzó a trabajar su instrumento vocal con su participación en el coro escolar. El dominio de la guitarra marcó su arranque de estudio formal en lo sonoro y aunque su padre no apoyaba la música popular, cuando éste abandonó la casa familiar, José Rómulo aprovechó para formar un trío.

Al lado de su primo Francisco Ortiz y su amigo Alfredo Benítez iniciaría a los 15 años el camino para transformarse en el

adorado y admirado Príncipe de la Canción. En 1965 primero nacería Pepe Sosa; ya en un terreno más profesional se uniría a otro trío pero de jazz con Gilberto Sánchez y Enrique Herrera bajo el nombre de Los PEG.

Eran los 60, cuando en la radio mexicana se escuchaba Elvis Presley y los Beatles. Pero José José nunca quiso adoptar esos ritmos. Lo suyo eran las baladas románticas, que interpretaba en centros nocturnos.

En sus primeras presentaciones utilizó el nombre artístico de Pepe Sosa y con ese nombre grabó dos discos sencillos que no tuvieron mucha repercusión.

En 1969, cuando obtuvo un contrato de grabación con el sello mundial RCA Victor, adoptó el seudónimo José José, en honor de su padre que había muerto un año antes víctima del alcoholismo.

Y con ese nombre lanzó su primer gran éxito: La Nave del Olvido, escrita por el compositor argentino Dino Ramos.

Pero quizás la canción que lo llevó a la fama fue El Triste, de Roberto Cantoral, que presentó en marzo de 1970 en el Festival de la Canción Latina en la Ciudad de México y cuya interpretación fue calificada de extraordinaria.

Durante toda la década de los 70, José José siguió obteniendo grandes éxitos, no solo en México sino en el resto de América Latina, con canciones como Es Que Te Quiero, Todo es Amor y El Príncipe, por la cual se le bautiza como "El Príncipe de la Canción".

En abril de 1970 recibió en Los Ángeles su primer Disco de Oro. Y también en esta década incursionó en la actuación en películas como "Buscando una sonrisa" y "Un Sueño de Amor".

Con la fama y el éxito también llegaron los problemas de salud que lo llevaron a inter-



narse en hospitales en numerosas ocasiones para desintoxicarse del abuso de drogas y alcohol.

Pero José José siguió cultivando éxitos después de firmar un nuevo contrato con la disquera Ariosa (hoy Sony-BMC).

Bajo este sello su éxito se consolidó al grabar algunos de sus temas más conocidos: Gavilán o Paloma, Buenos Días Amor, Lo Pasado Pasado, Si Me Dejas Ahora, y Amar y Querer.

Fue una época en la que colaboró con los reconocidos compositores Rafael Pérez Botija, Adán Torres, y los cantautores Camilo Sesto y Juan Gabriel, entre otros.

El ascenso de José José continuó durante los 80 cuando grabó el que muchos críticos afirman es el mejor álbum de su carrera: Secretos.

Grabado en España en 1983, el disco fue producido y compuesto por Manuel Alejandro y fue el primer álbum para el

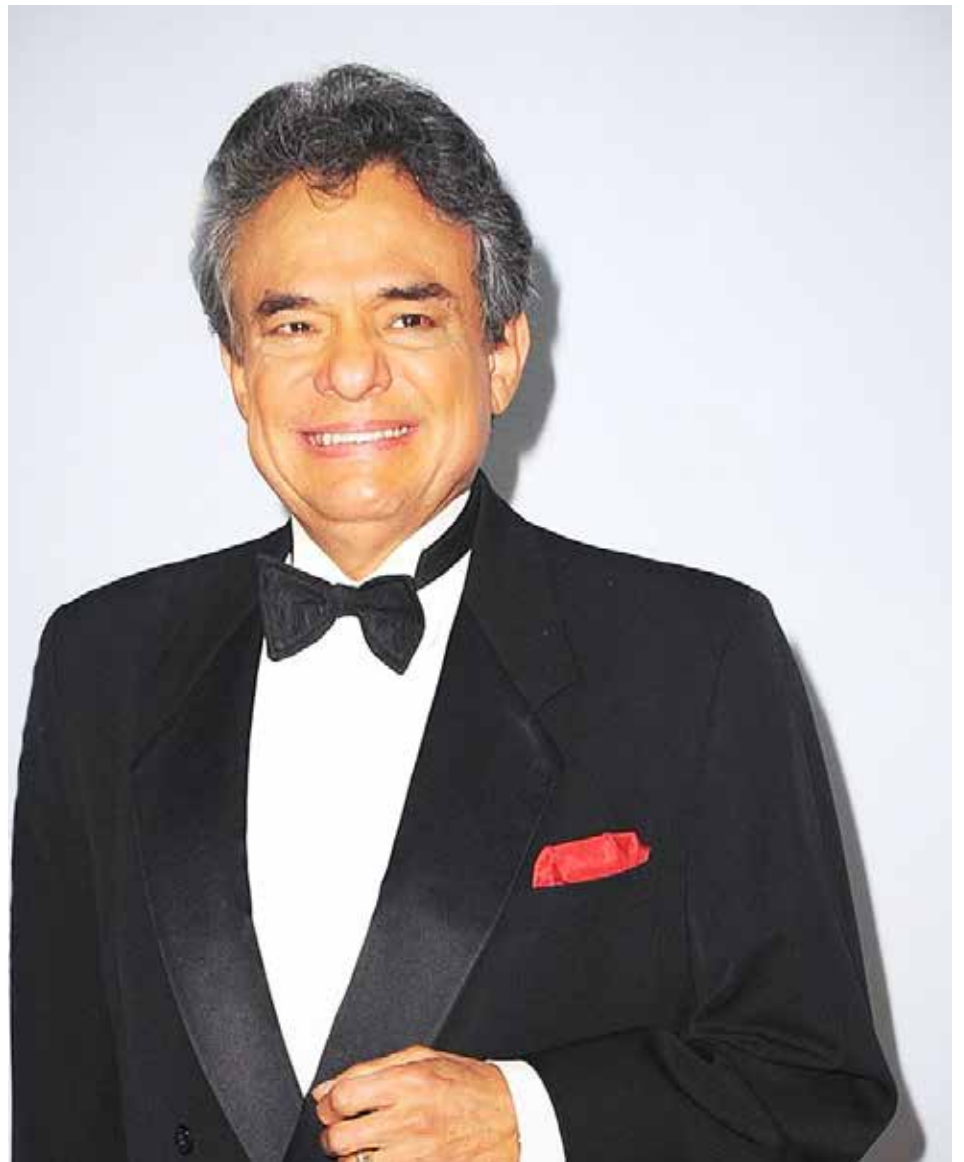
que se produjo un video para cada canción.

Secretos fue nominado a Mejor Intérprete de Pop Latino en los Premios Grammy de 1985, la primera de nueve nominaciones del cantante durante años consecutivos, y ha vendido más de 7 millones de copias.

José José tuvo tres esposas y tres hijos. En 1970 se casó con Natalia "Kiki" Herrera Calles, la nieta del expresidente de México Plutarco Elías Calles, que era 20 años mayor que él. El matrimonio duró cinco años.

Poco después de divorciarse, José José se casó con Ana Elena Noreña, actriz y presentadora de TV conocida como Anel, de quien se divorció en 1991. Con ella tuvo dos hijos, José Francisco y Marysol Estrella.

El cantante posteriormente le contó a la revista Selecciones que en 1985 había tenido una "grave crisis personal" debido a que "había pasado su vida en aviones, autobuses de giras y



habitaciones de hotel".

También admitió que había comenzado a beber a los 15 años cuando su padre, que era alcohólico, los abandonó.

Declaró que como resultado de su alcoholismo había desarrollado una adicción a la cocaína. En 2010 le dijo al Diario Las Américas que era porque ser "frágil, inocente, ignorante, de voluntad débil e incapaz de decir no".

Su batalla contra el alcoholismo duró décadas. Tal como le dijo a Selecciones, después de divorciarse de Anel "llegó a su punto más bajo", pero indicó que con la ayuda de sus amigos y familiares decidió ingresar a una clínica de rehabilitación.

En 1995 se casó con la cubana Sara Salazar, con quien tuvo una hija, y con quien vivía en el momento de su muerte.

Ya desde mediados de los 90, a pesar de que se seguían acumulando sus éxitos y dinero, se

hizo claro que el cantante tenía serios problemas de voz.

Aún así, siguió grabando álbumes y obteniendo múltiples discos de oro y platino durante los 2000.

En marzo de 2017, publicó un video en el que informó a sus seguidores que padecía un cáncer de páncreas y que estaba siendo tratado.

Ese mismo año su familia dio a conocer que había sido sometido a una cirugía para extirpar el tumor y que se recuperaba en su casa.

Pero el cantante volvió a ser hospitalizado de emergencia en febrero de 2018 (días antes de cumplir 70 años) en Miami, donde residía desde hace varios años con su esposa.

Su último mensaje en Twitter, publicado el pasado 10 de junio, fue un agradecimiento a todos los seguidores que lo apoyaban durante su enfermedad.



METRO BOARD APPROVES EXTENSION AND EXPANSION OF POPULAR HOV PILOT PROJECT

METRO Board Approves Extension and Expansion of Popular HOV Pilot Project. HOV Weekend commuters will continue to enjoy drives into downtown without having to battle congested roadways.

METRO's popular I-45 North HOV pilot program will be extended and expanded through the end of December 2019. The pilot program, which began in May of this year, was slated to end in late September. METRO's Board of Directors decided to extend the program due to the initial success. It will also give METRO staff the opportunity to continue to track usage.

Both the North and Gulf Freeway's High-Occupancy Vehicle (HOV) lanes will be open to inbound traffic only on weekends from 10 a.m. until 7 p.m. though Sunday, Dec. 29, 2019. Use of the lanes is free during specified hours (see charts below) and no minimum number of occupants is required. Towed trailers and trucks over one ton are prohibited from accessing the lane.

An interactive map with a list of I-45 North / North Freeway and I-45 South / Gulf Freeway entrances can be found here <https://www.ridemetro.org/Pages/HOVandHOTLanes.aspx>



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INMIGRACIÓN & POLÍTICA

CIUDAD 'SANTUARIO' PONE FRENO A ICE POR "MANIPULAR" A SUS POLICÍAS PARA QUE ARRESTEN INMIGRANTES

Un concejal de Chicago (Illinois) ha acusado al Servicio de Inmigración y Control de Aduanas (ICE, en inglés) de "manipular" a la policía local para que arreste a inmigrantes indocumentados pese a ser una ciudad santuario, según ha informado el sitio web de noticias Block Club Chicago.

Raymond Lopez ha indicado que los agentes de ICE llamaron al número de emergencias 911 para pedir refuerzos al Departamento de Policía de Chicago (CPD, en inglés) durante una operación que tuvo lugar el martes en la zona conocida como Back of the Yards.

Según una ordenanza, la policía y otros empleados de la ciudad tienen prohibido preguntarle a una persona sobre su estado migratorio o entregar inmigrantes indocumentados a agentes federales. "Esta fue una llamada de cebo para llevar al CPD allí", ha afirmado el concejal.

"Desafortunadamente, el CPD fue manipulado por ICE", ha añadido.

La alcaldesa de Chicago Lori Lightfoot ha dicho que la llamada le dio a entender a los despachadores del número de emergencia que los oficiales estaban en peligro y fue por eso que los oficiales de policía actuaron.

Siete residentes de la ciudad fueron arrestados por ICE la semana pasada.

"Estamos llegando al fondo de lo que sucedió", ha afirmado Lightfoot, que ha prometido ajustar los protocolos para que si hay una llamada que diga 'Seguridad Nacional', se hagan más preguntas antes de que alguien sea enviado".

Los agentes dejaron la escena una vez que quedó claro que los agentes de ICE no estaban en peligro y, por lo tanto, no participaron en los arrestos, según el portavoz policial Anthony Riccio.

López ha señalado que los agentes federales hicieron una llamada similar al 911 durante una redada en una pizzería la semana pasada.

"Queremos asegurarnos de que esto no sea parte de un patrón más amplio para traer al CPD a la fuerza", ha añadido el concejal.

Lightfoot le ordenó el martes a los funcionarios de la ciudad que endurezcan las reglas bajo las cuales la policía de Chicago puede ayudar a los agentes del Departamento de Seguridad Nacional a aplicar la ley federal de inmigración.

"No cooperamos con las acciones de inmigración de ICE", explicó.

La cadena Fox News asegura haber obtenido un memorándum interno de la policía en el que se ordena que un supervisor apruebe cualquier colaboración con ICE y, en caso de que se trate de una operación contra migrantes, los agentes abandonen la escena.

La alcaldesa participó el jueves en una protesta frente a la oficina de ICE en Chicago luego de que el nuevo director de la agencia en la región criticara a la ciudad por sus políticas de santuario para inmigrantes, ha informado la estación de televisión WGN 9.



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MOTIVACIÓN María Marín

PIDE MÁS... ¡Y OBTENDRÁS MÁS!

Hay tres razones que incitan a una mujer a tener un hijo. La primera y más común es el instinto maternal con el que nacemos la gran mayoría. Otras desean satisfacer un vacío emocional de cuidar y dar amor. Y algunas, por ignorancia, desean encargar un hijo para ¡amarrar a un hombre!

Las que creen que la llegada de un bebé puede transformar una relación inestable en una sólida, están equivocadas. Si un hombre no se ha enamorado de ti por tus cualidades, tampoco lo hará cuando llegue un hijo a la relación.

Los niños traen presiones financieras, quitan la privacidad, absorben energía y requieren atención las 24 horas del día. Este estrés provoca deterioro en una relación firme, así que imagínate el efecto que tendrá en una relación frágil.

Por eso, antes de tomar

la decisión de añadir un nuevo miembro a la familia, debes tener la seguridad de que tú y tu pareja están profundamente enamorados, y han tenido una relación armoniosa, respetuosa y estable por un periodo mínimo de un año.

El regalo más preciado del mundo son los hijos, pero deben venir únicamente cuando ambos han hablado formalmente de comenzar familia y llegaron a un acuerdo en las responsabilidades que cada quien tendrá con el niño. Además, debes analizar tus gastos y asegurarte que tienes suficiente dinero para mantener a un hijo responsablemente.

Usar un hijo como “carnada” o solución para una pareja con problemas es una pésima idea. Tienes derecho de hacer lo que quieras con tu vida, pero tratar de manipular el destino de otro es egoísta e inmoral.



Todavía no he conocido a nadie que haya enamorado a alguien a la fuerza. Si tu relación no funciona, ni mellizos, ni trillizos u octillizos, harán que la situación mejore. Una mujer que acude al embarazo para ser amada o ar-

reglar su relación amorosa, sufre de baja autoestima y está totalmente desinformada.

Si quieres enamorar a un hombre, reconoce tus encantos. ¡Esa es la manera más fácil de “amarrarlo”!

María Marín motivadora internacional.

Visita el canal de Youtube: “El Empujoncito de Maria Marin”
 Siguela en Facebook mariamarin
 Twitter @maria_marin
 IG mariamarinmotivation
 Visita: www.MariaMarin.com

María Marín

Autora · Figura Radical · Columnista · Motivadora

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COCINA

VIETNAMESE BANH MI-STYLE STEAK WITH PICKLED VEGETABLES

This marinated steak uses bold flavors such as ginger and fish sauce. Make the marinade in advance, but only add the steak the same day. The pickled carrots and cucumbers are a great make-ahead side. You can also serve this dish with brown rice.

Citrus Source

Limes are 8% citric acid and thus one of the best sources of the component in food form. Citric acid has been demonstrated to help prevent kidney stones from forming by raising the level of citrate in the urine and thus inhibiting the binding of calcium and other compounds to create stones.

MARINADE

- 3 TBSP COCONUT AMINOS (TRY: COCONUT SECRET COCONUT AMINOS)
- 3 TBSP FRESH LIME JUICE
- 2 TBSP AVOCADO OIL
- 2 TBSP FISH SAUCE
- 2 TSP RAW HONEY
- 1 TSP PEELED AND MINCED FRESH GINGER
- 1 CLOVE GARLIC, MINCED
- ¼ TSP SEA SALT
- 1 LB SIRLOIN STEAK, ABOUT 1¼ TO 1½ INCHES THICK, TRIMMED

Pickles

- 6 tbsp fresh lime juice
- 2 tsp raw honey
- 2 tsp peeled and minced fresh ginger
- ¼ tsp sea salt
- ½ English cucumber, halved lengthwise, sliced (1¼ cups)
- 1 carrot, cut into matchsticks or ribbons (¾ cup)

PREPARATION

1. Make marinade: In a bowl,

whisk all ingredients; cover and refrigerate (without steak).

2. Make pickles: Whisk together lime juice and honey. Whisk in ginger and salt. Add cucumber and carrot. Cover and refrigerate for at least 4 hours, or for up to 5 days (shake occasionally).
3. The Day Of 3. Pat steak dry and place in a bowl. Pour marinade over and turn to coat; let stand for 15 to 30 minutes. Preheat grill to high; grease grill. Add steak and cook to desired doneness, 4 to 6 minutes per side for medium rare. Meanwhile, pour

marinade into a skillet; bring to a boil on medium heat. Reduce heat to a simmer and cook, stirring occasionally, until slightly reduced, about 3 minutes. Transfer steak to a cutting board, tent with foil; let rest for 5 minutes.

4. 4. Slice steak against the grain. Divide among plates and spoon a small amount of sauce on top (you will have sauce left over). Serve with pickles.

Source:
cleaneatingmag.com



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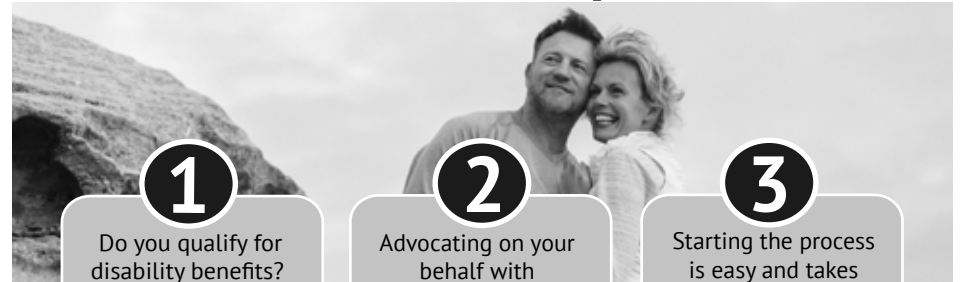
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TRAVEL

ASHEVILLE, NC

A true hidden gem, Asheville is tucked away in the Blue Ridge Mountains just waiting to be discovered. More and more people are won over by the city's natural splendor and thriving arts scene each year, but it's no tourist trap — and, considering how strong and distinct its identity is, probably never will be. Which is a good thing: Asheville is the heart of Western North Carolina, and it's got room for more visitors.

WHEN TO GO

September - October

This being the South, Asheville is hot and humid in the summer. Avoid inclement weather by aiming for early autumn, when temperatures and leaves begin to fall — the air will be especially crisp at 2,216 feet. If you're a leaf-peeper hoping for bright foliage, October is the ideal time to go.

DISCOVERIES

More Like Built More, Am I Right?

Dating back to 1895, George Vanderbilt's 178,926 square-foot Gilded Age mansion is still the largest home in the country. Biltmore draws many a visitor to Asheville, not least because it was added to the National Register of Historic Places in

1966. There are gardens, a winery, and a farmyard full of animals to explore as you make your way around the estate. It's like stepping into the past for a luxurious day trip.

Hop Around a Brewery

There may be no such thing as a free lunch, but at least there's free beer — especially on the New Belgium Brewing Company tour. You can sample several different varietals during the 90-minute experience, which is open to all ages (though only the 21-and-older crowd can partake in the best part, of course). As for lunch, the on-site food trucks provide tasty fare even if they aren't free.

A Van Gogh Down by the River

Hundreds of artists call Asheville home, namely the River Arts District. The increasingly trendy neighborhood has become a hotbed of galleries and venues while you weren't looking, almost like a canvas in and of itself. Working studios are open every day, meaning your preferred medium — whether it be pottery, painting, woodwork, or anything else — is sure to be on display.

Wild Wild West

Asheville and its surrounding environs are extremely beautiful. The area's flora and fauna are celebrated and protected at Western North Carolina Nature Center, which aims to keep Asheville wild by caring for more than 60 species: red pandas, grey foxes, black bears, bobcats, even an aquatic salamander known as the hellbender. If you're especial-



ly fond of one, you can symbolically adopt it and help take care of a creature that, for one reason or another, wouldn't be able to survive in the wild.

WHAT TO EAT

Corner Cuisine

It's fitting that one of Asheville's best restaurants is located in a house that dates back to the 1890s. The city itself is an elegant melange of the old and the new, which at the Corner Kitchen means the menu is known to change on a daily basis. One day's offerings tend to be as delicious as the next, with the likes of grilled Georgia peaches and molasses-glazed chicken making for a tasty night out. And though Chai Pani means "tea and water," you'll find much more than that at this Indian joint featuring chaat (street snacks) in addition to traditional fare.

STAY HERE

If You Lived Here, You'd Be Home by Now

Pink on the outside and rustic on the inside, Asheville's oldest bed and breakfast sits on three charming acres. Cedar Crest Inn has been making visitors feel at home for more than three decades, treating everyone who walks through the doors like a guest of honor. With options ranging from the Romeo and Juliet Room to the Serenity Suite, it also offers packages for those planning to visit Biltmore. Those who want to go camping but not really go camping can try Asheville Glamping, a more glamorous take on roughing it — whether you want to stay in a treehouse or a dome, it's the outdoors experience for lovers of the great indoors.



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