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March 2022

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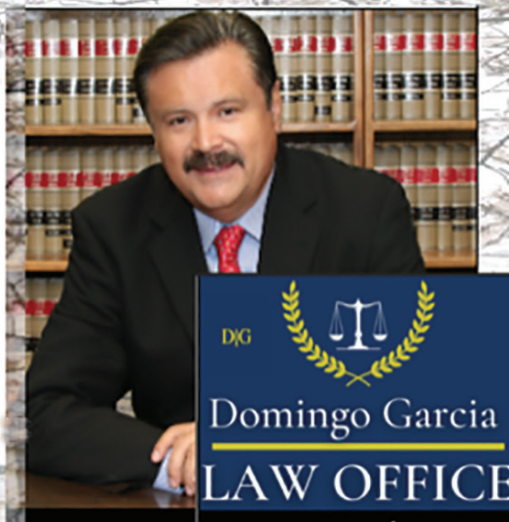
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# THE DAY THE MUSIC DIED

## Editor's Note:

This year marks the 64th anniversary of the tragic plane crash that took the lives of famed musicians Buddy Holly, Big Bopper and Ritchie Valens. And while American music fans mourned the loss of three great musicians, the Mexican American community mourned Ritchie Valens as the music legend who proved the possibilities were endless no matter where you came from, or the color of your skin. As we remember Ritchie Valens this year, let us look back at an article written by Felix Alvarado in 2014.

He was no ordinary teenager; He was a teenage singing sensation. He could get a crowd riled up and singing with him as good as Elvis Presley. At age seventeen he was destined for greatness. In the 1950's no one could have imagined that a Mexican-American teenager would have the music world in a frenzy. Ritchie Valens epitomizes being Mexican-American in the 1950's. He also symbolizes the value of talent in achieving success. The first wave of Mexican immigrants of 1910 had gotten older and the first and second Generations were taking roots in their newfound home. These generations were adapting to the American lifestyle with ease even if they were not seen as fully American. Many of whom spoke primarily English. In 1959 Rock and Roll was still in its infancy. Bill Haley and his Comets and Elvis Presley had done much to popularize rock and roll but it would take more lead singers to give long lasting life to the new sound. Buddy Holly, the Big Bopper and Ritchie Valens entered the music stage on cue and made the music even more popular. In Texas the polka was still the dominant music and Tejanos were

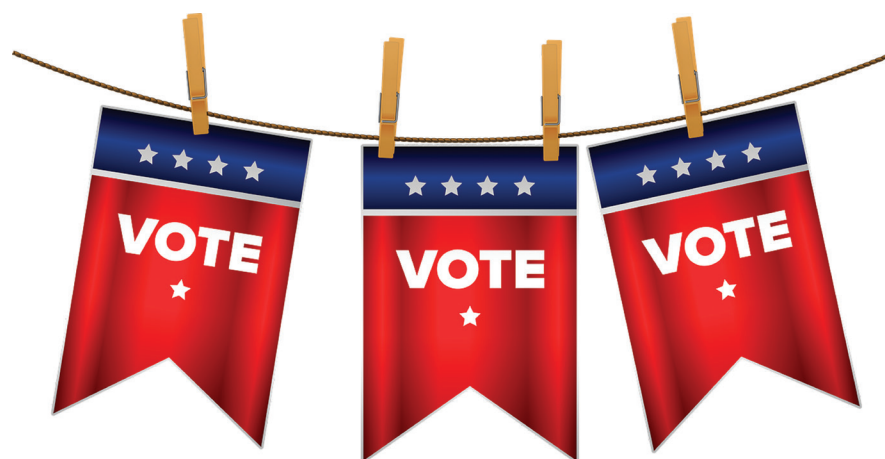
dancing to it. In Texas Rock and Roll was making head ways into the Mexican-American students in the sixth grade through high school. Mexican- American kids were dancing to the new music sensation but very few were aware of Ritchie Valens. He was not well known in Texas. Ritchie Valens was primarily a West and East Coast sensation. He had not appeared in the Texas scene yet. His real name was Richard Steven Valenzuela and millions of Americans danced to his most popular hit, La Bamba an Americanized Mexican folk song. His last name was shortened to Valens for the ease of pronunciation and for marketing purposes. From his roots in California, he was transported immediately to a much bigger music market in the East Coast. It was not until the hit movie "La Bamba" that we all learned of Ritchie Valens and much surprised to learn that we had been dancing to his song for several years. Some call Ritchie Valens a cross-over singer. He was not because he was the first Mexican-American singer to score in the American music scene and he sang in English only. He also symbolized the Americanization

of the Mexican-American. Sadly, on February 3, 1959, at Clear Lake, Iowa, the music died. Buddy Holly, J. P. Richardson, the Big Bopper and Ritchie Valens were killed in an airplane crash. Ritchie Valens may have died in a plane crash that day, but his music and legend live on. Ritchie Valens has a Star on the Hollywood Walk of Fame; he was inducted into the Rock and Roll Hall of Fame in 2001 and is recognized in the Rockabilly Hall of Fame. Don McLean immortalized this day with his song "The day the music died." The loss of Ritchie Valens was a great loss to all Mexican-Americans.

*Felix Alvarado*



# VOTE INFORMATION



## One of seven forms of ID will get you into a voting booth:

- Texas driver's license
- Texas election identification certificate (EIC) issued by the Department of Public Safety
- Texas personal ID card issued by DPS
- Texas handgun license issued by DPS
- U.S. citizenship certificate containing your photograph
- U.S. military ID card containing your photograph
- U.S. passport, book or card

## What if you don't have one of the seven acceptable forms of voter ID?

The state lists other forms of identification, like a utility bill or birth certificate, that you can use to vote if you don't "possess an acceptable form of photo identification, and cannot reasonably obtain one."

In addition to presenting that secondary form of ID, you'll also need to fill out a "Reasonable Impediment Declaration" form.

## What if you're a voter with special needs?

A person of your choice or an election worker can assist you at the polls — but the person cannot be your employer or someone who

represents your employer, or an officer or representative of your union.

If you're physically unable to enter the polling location, you can vote curbside. Send someone into the polling location to request an election worker meet you at the curb. If you're planning on arriving alone, call ahead to your county's elections office.

## Where To Vote

Early voting for the March 1 election runs Feb. 14-25.

### Collin County

Early voting in Collin County happens from 8 a.m.-5 p.m. Feb. 14-18; 7 a.m.-7 p.m. Feb. 19; 11 a.m.-5 p.m. Feb. 20; 7 a.m.-7 p.m. Feb. 22-25.

Election Day voting is 7 a.m.-7 p.m. at these locations.

### Dallas County

Early voting in Dallas County is from 8 a.m.-5 p.m. Feb. 14-18; 7 a.m.-7 p.m. Feb. 19; 12 p.m.-6 p.m. Feb. 20; 7 a.m.-7 p.m. Feb. 22-25.

Election Day voting is from 7 a.m.-7 p.m.

### Denton County

Early voters in Denton County can head to the polls from 8 a.m.-5 p.m. Feb. 14-18; 7 a.m.-7 p.m. Feb. 19; 11 a.m.-5 p.m. Feb. 20; 7 a.m.-7

p.m. Feb. 22-25.

### Tarrant County

Tarrant County early voting is open 8 a.m.-5 p.m. Feb. 14-18; 7 a.m.-7 p.m. Feb. 19; 10 a.m.-4 p.m. Feb. 20; closed Feb. 21; 7 a.m.-7 p.m. Feb. 22-25.

Election Day voting is from 7 a.m.-7 p.m. at any voting location

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# TIFFANY BURKS, A LIFE IN SERVICE

By A. Govea

When you take a moment to read Tiffany's Bio on her website, it will not take long to realize where Tiffany gets her sense of service. Her father is a World War II Veteran, her mother's commitment to serving others led her to get a nursing degree. The old saying, "The apple does not fall far from the tree" comes to mind. Tiffany's parents instilled the value of education in her and her five siblings growing up in Oak Cliff. With her parental pedigree, Tiffany could have chosen any career. But in the end, she decided to take on the legal field.

Tiffany's education took her to Austin UTA to earn a degree in sociology and government. Next, she went to TSU Law School to earn her Juris Doctor degree. This would start her journey as a prosecuting attorney in the District Attorneys' office starting in Fort Bend County, Texas. Then she returned to North Texas in 1999 to work at the Tarrant County Criminal District Attorney's Office. While meeting with Tiffany and listening to her describe her experience at that office - I heard the voice of someone who is committed to her profession.

I must admit that I am impressed with not only Tiffany's experience (24 years) but how that experience has translated into her actions in the courtroom and the community. She assured me she has always believed in recruiting the community for help and input. And that will not change if she is elected the next District Attorney for Tarrant County.

I asked about her views on cash bonds which for the poor can be a devastating dilemma. Of course, nobody wants it to be easy for a violent offender or a potential flight risk to make a bond. But for the working poor, cash - bonds can be a life-altering occurrence. If the bond is \$5,000 and 10% is \$500.00 - it could be impossible to afford. Imagine making \$10.00 an hour, which gives you under \$400.00 a week after taxes, and then having to come up with an extra \$500.00 unexpectedly. Most working people could not do it. Lack of funds leaves them with few options. One of those options



is to sit it out in jail. Sitting in a jail cell is not good, but things can quickly go from bad to worse from there. They could lose their job and maybe their car. Worse, they can become homeless if they get evicted. Tiffany responded to the cash-bond issue by recognizing that coming up with even \$100.00 can be a challenge for some. She assured me that the Judge and Prosecutor's office should be mindful of two components when determining bail - the accused's resources and the objectives of bail, which are to ensure appearance at court and, when appropriate, to protect the community. Tiffany believes personal recognizance bonds, commonly referred to as PR bonds, should be used as much as possible and in appropriate cases to minimize someone who hasn't even

been charged or gone to court sitting in jail due to an inability to pay any amount. She further explained that most people fear going to jail, which is usually effective in ensuring appearance for court dates. In addition, she looks not only at the alleged offense but at what may have led to the offense. Was it drug-related, mental health issues, or extreme poverty that were contributing factors?

Part of Tiffany's platform reads, "The Criminal District Attorneys' office will be an office with public service as the cornerstone, not politics." Tiffany has the experience and the passion for true justice for the position. And even though I do not believe it is my place to endorse a candidate, I will endorse the professionalism I believe she will bring to the office.

## Albert Roberts for Tarrant County District Attorney

I am a Fort Worth native. A father. A husband. And an attorney with a track record of community service and ethical law practice.

I'm also an advocate for structural change in the criminal legal system, who will ensure justice for all – not just for some.

### My Personal Experience

As a kid growing up on the eastside of Fort Worth, my family and I experienced firsthand the heavy hand of the criminal legal system. It separated me and my siblings from our family - leaving us vulnerable for years.

I believe justice means that everyone who encounters the criminal legal system is treated fairly, and that those who need to be held accountable, are.

That's why I'm running for District Attorney. I've personally experienced the impact that mass incarceration has had on families and children in Tarrant County, and I know it doesn't have to be that way.

My wife, Dr. Keonna Roberts, and I are the proud parents of Albert III and Karrington. We want the best possible future for our children. And we want the best possible future for ALL kids in Tarrant County. A fair and equitable justice system that doesn't tear families apart over low-level offenses and doesn't criminalize those with mental illness - but instead provides necessary support - will make our community safer and stronger. I help coach my son's basketball team, I am a member of Community Frontline, NAACP, Jack and Jill of America, Inc., and Kappa Alpha Psi Fraternity, Inc.

### My Professional Experience

I earned my diploma from Dunbar High School, my Bachelor of Science in Electrical Engineering from Prairie View A&M University and my Juris Doctorate from the Thurgood Marshall School of Law at Texas Southern University.

In 2010, I joined the Dallas County District Attorney's Office, where I prosecuted everything from traffic tickets to murder offenses under

the administrations of both Craig Watkins and Susan Hawk. In 2011, I was awarded Prosecutor of the Year in Dallas County resulting in a quick promotion to the felony division. During my tenure in Dallas, I tried countless jury trials and was assigned to the Felony Family Violence division.



In January 2016, I began work for the Tarrant County District Attorney's Office under the current District Attorney. Prosecuting numerous cases in my home jurisdiction helped me understand that there's a better way of doing things than just going with the Tarrant County status quo. District Attorneys are a powerful influence in the criminal legal system. They have full discretion to determine what gets investigated,

charged and prosecuted. We can modernize legal system practices in our community to enhance safety by being smart on crime and stopping the cycle of costly mass incarceration.

As your District Attorney, that's what I'll do.

My departure from the current DA's administration was the first step in fulfilling my vision for transformative change. I founded Albert Roberts Law, PLLC - a private law firm where I primarily practice criminal defense. And I've continued my service in professional legal organizations, including as a Past President of the L. Clifford Davis Legal Association (formerly known as the Tarrant County Black Bar Association). I currently serve as a member of the National Bar Association, the Tarrant County Bar Association, Tarrant County Criminal Defense Lawyers Association, Mexican American Bar Association (MABA) and Texas Criminal Defense Lawyers Association.

I believe residents of Tarrant County deserve a District Attorney who will ensure that justice is served, is fair, is smart and accountable. For too long, Tarrant County residents have had to settle for a criminal legal system that is ineffective and counterproductive to justice.

Let's raise the bar and set a new standard. (We at Hola Texas do not endorse individual candidates but we do endorse platforms/missions and Believe Albert Roberts has the professionalism and passion needed for the job.)

**We deserve a District Attorney's office that belongs to the people. Not one that only benefits the privileged. Together, we can change lives and make history in Tarrant County. Early Voting Starts February 15th—25th Election Day March 1st 2022**

**WILL YOU JOIN ME?**

\*\*\*\*\*

# DISCONNECTED

When Facebook first became the go-to social media platform for millions of people, it was impossible for many to avoid getting sucked into the social media vortex. For the first time people from all over the world could immediately connect. Many took advantage of the technology by reconnecting with old high school friends, long lost loves, and keeping up with their family's day to day lives. In the beginning, we were only able to access Facebook by logging into our family computers that were likely located in a shared living space at home, or at a public library.

But as smart phone technology advanced, access to social media was in the palm of our hand and went where we went. It wasn't long before other platforms began popping up like Twitter, Instagram, and Snapchat. Instagram wanted to give users the opportunity to showcase their lives via images with short captions. Then Snapchat came out with the unique disappearing chat option- giving users more privacy. As social media platforms became more popular, countless more options were added to better suit a person's interest. But did we jump into the vanity pool headfirst without making sure the water wasn't shallow?

Just recently the Surgeon General partly blamed social media platforms for the increasing number of teens experiencing loneliness and depression. And, while many people and organizations have benefited from social media, there might be a dark side to the still new - online world.

Without the Surgeon Generals warning, it might already be obvious that something just isn't right. In 2007 when a young girl posted a smiling selfie of herself at Auschwitz death camp, many people were outraged. It was obvious to everyone how disrespectful it was to make light of a horrifying event in history by showcasing your face directly in front of the Auschwitz entry gates. At that time, there was still a general understanding of acceptable social behaviors on and offline.



That is not the case in 2022.

After the COVID-19 shut down in 2020, there was a major uptick in social media use – none of us really had a choice. TIK TOK became more popular than ever by allowing others to feel connected even though we couldn't see each other in person. But, with the new wave of users came a new wave of weird online behaviors. The boundaries seem to have completely disappeared.

Recently, popular Youtuber Jordan Cheyenne received backlash for forcing her 9- year old son to “Cry for Real” for their dying dog so she could get a good thumbnail for her vlog. The undying insistent thirst for attention is driving many vloggers and influencer to great lengths in order to get what they want from their followers. The same behavior seems to be increasing amongst any social media user. TIK TOK has become a hotbed for negative influence amongst young adults and teens. TIK TOK trends have led to extremely dangerous behavior, sometimes causing death or catastrophic injury. In New Jersey May 2020, one boy became victim to the ‘Skull Breaker’ challenge . The challenge is two people tripping an unknowing person from behind, so they land on the back of their head. Luckily the boy survived but not without a long recovery. And just recently students were joining in on the

‘devious licks’ challenge by stealing from their school and posting it online. TIK TOK released a statement condemning the bad behavior but odd trends like this continue.

It may seem easy to point your finger at the younger generation, but many adults aren't setting a very good example themselves. While adult users may not be stealing for attention, many of them are posting videos without considering their audience. Adult influencers or wannabe influencers only confirm to younger users that it is okay to constantly beg for attention from others.

Do the positives of having a free platform outweigh the negatives that come along? When it comes to mainstream media, we may sometimes ask ourselves the same question. So just like when you are watching television and something you hate comes on, you might just have to change the channel.



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March 1, 2022

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correcto por la razón  
correcta.**

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BELONGS TO THE PEOPLE. NOT ONE THAT  
ONLY BENEFITS THE PRIVILEGED. TO-  
GETHER, WE CAN CHANGE LIVES AND  
MAKE HISTORY IN TARRANT COUNTY."**



**VOTE**

**ALBERT ROBERTS**  
Tarrant County District Attorney

EARLY VOTING: FEBRUARY 14 - 25, 2022  
DEMOCRATIC PRIMARY: MARCH 1, 2022

ALBERT JOHN ROBERTS  
TARRANT COUNTY DISTRICT ATTORNEY

**MORE SAFETY**

SUPPORT POLICIES AND PARTNERSHIPS WITH OTHER LAW ENFORCEMENT AGENCIES AND ORGANIZATIONS THAT HELP END HUMAN TRAFFICKING AND DISCRIMINATE IT'S VICTIMS

INCREASE ADVOCACY AND SUPPORT FOR ALL VICTIMS OF CRIME

REDUCE THE MURDER RATE THROUGH IMPROVING THE EFFECTIVENESS OF THE FAMILY VIOLENCE DIVISION

SMART ON CRIME

ALBERT JOHN ROBERTS  
TARRANT COUNTY DISTRICT ATTORNEY

**REFORM BAIL**

SUPPORT IMPLEMENTATION OF INDIVIDUAL RISK ASSESSMENTS BEFORE BAIL IS SET

RECOMMEND NON-CASH PRE-TRIAL RELEASE FOR ALL NON-VIOLENT MISDEMEANORS

RECOMMEND ALTERNATIVES TO PRE-TRIAL INCARCERATION WHERE APPROPRIATE

SMART ON CRIME

ALBERT JOHN ROBERTS  
TARRANT COUNTY DISTRICT ATTORNEY

**LESS JAIL**

RECOMMEND NO JAIL FOR LOW-LEVEL NON-VIOLENT DRUG OFFENSES

ADOPT A CITE AND RELEASE PROGRAM FOR POSSESSION OF MARIJUANA THAT WILL SAVE TAXPAYER MONEY BY DECREASING INCARCERATION COSTS, AND THAT WILL PREVENT THE UNDOCUMENTED COMMUNITY FROM BEING SUBJECTED TO PRE-TRIAL ICE DETAINERS

RECOMMEND DIVERSION PROGRAMS MORE, AND INCREASE THE SCOPE OF ELIGIBILITY FOR PARTICIPANTS

SMART ON CRIME

ALBERT JOHN ROBERTS  
TARRANT COUNTY DISTRICT ATTORNEY

**MORE ACCOUNTABILITY**

INCREASE THE EFFECTIVENESS OF THE CONVICTION INTEGRITY UNIT

DEVELOP A PUBLIC INTEGRITY UNIT TO HOLD PUBLIC OFFICIALS ACCOUNTABLE

ELIMINATE WASTEFUL USE OF TAXPAYER DOLLARS

SMART ON CRIME

# 40 DAYS OF LENT TO A BETTER YOU

The number 40 is found many places in the Bible. During the flood that cleared the earth of bad people, it rained for 40 days. Moses led his flock the Israelis in the desert for 40 years and Jesus was tempted for 40 days. In all cases the 40 was concluded with a new beginning.

After the flood Noah and his family started populating the world again, a new beginning of humanity. The Israelis' 40 years of wandering in the desert was enough time to rid the people who had been influenced by Egyptian ways and customs. It concluded with a new beginning in the Promised Land.

Lent is 40 days long. During this time many Catholics make a sacrifice by giving up something they enjoy. That's OK but after 40 days, flop there you are your old self again. You are eating a bunch of chocolate or pounding down beers again.

If we look at lent as a time for setting goals and then when it is over, it will be the start of something new. Lent can be more of achieving than sacrificing or better yet, how about sacrificing to achieve a new beginning.

We can use it as a time for change. We all have faults or weaknesses that need improving. Why don't we use the 40 days of lent as the time for

working on our bad habits. If there is going to be some sacrificing why not be on an attitude adjustment. Yes, a time for improving our selves. We are like doing a spring cleaning of the flesh.

Christ suffered for 40 days without food or water in the desert. The devil tempted him but unlike Adam Jesus did not give in. Jesus did what the first human, Adam, could not do. So Jesus became the new Adam our new Father. After those 40 days in the desert the angels tended to him. Can you imagine forty days without food or water? Makes that chocolate you are giving up for lent look pretty puny.

After Jesus left the desert he began to build his kingdom here on earth. It is, as it is in Heaven. Jesus's teachings 2000 years later continue to guide us. He preached to the people and taught the Apostles for only 3 years. The most important things we need to help us believe are in the Bible. If they were to have included everything that Jesus said and did while here on earth it would have taken many, many more books.

So the 40 days of lent that conclude with Easter is a time for celebration. We celebrate Jesus's resurrection from the dead. His resurrection proved him to be the Son of God our Savior. It is the day that God's Kingdom began here on Earth. We worship our King Jesus Christ, God himself. He will someday live amongst us again

here on earth.

Are you preparing yourself to be a worthy member of his kingdom? Lent is the time for you to reboot and make the start of a new beginning. Go to confession ask for Forgiveness partake of the Eucharist.

Ash Wednesday reminds us "you are dust and into dust you shall return". That means someday we are going to die. So we must make our soul worthy of the next life in a new body Jesus has promised us. We must take control of our lives.

Me, I figure if I can make changes and improve myself during those 40 days of lent. Those sacrificial changes for good achievements will train my mind to take control and be more like Christ.

## *Your Friend in Christ,*

Joe M. Govea, a devout Catholic whose duty is to evangelize



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# Suicidios, depresión y ansiedad: El impacto de la pandemia en niños y adolescentes

**Niños de 8 años han intentado suicidarse. Entre los jóvenes asiático americanos entre los 15 y 24 años, el suicidio es la principal causa de muerte.**

## ENGLISH VERSION INCLUDED

Los niños afroamericanos entre las edades de 5 y 12 tienen el doble de probabilidades de morir por suicidio que los niños blancos de la misma edad. El 42% de los jóvenes LGBTQ consideraron seriamente o intentaron suicidarse; más de la mitad ellos, jóvenes transgénero y no binarios.

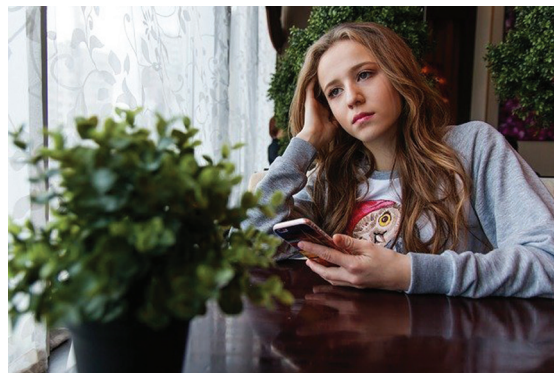
Las estadísticas de 2020 muestran un agudo panorama de los desafíos de salud mental que enfrentan los jóvenes, algo que el Dr. Vivek Murthy, Cirujano General de EE. UU., destacó en un inusual informe como una "crisis emergente", exacerbada por las dificultades de la pandemia.

Expertos convocados por Ethnic Media Services, la Fundación Sierra Health y el Departamento de Salud Pública de California observaron que la depresión, la ansiedad, los trastornos alimenticios y hasta las muertes por sobredosis están afectando de manera alarmante a niños y adolescentes desde el inicio de la pandemia, especialmente en comunidades étnicas.

"El número de niños y jóvenes en crisis agudas de salud mental se duplicó y, a veces, hasta se triplicó (en 2021)", dijo Michelle Doty Cabrera, directora ejecutiva de la Asociación de Directores de Salud Conductual de condados de California. "El Sistema de Medi-Cal atiende de manera desproporcionada a niños y jóvenes negros y nativos americanos y a comunidades LatinX y AAPI".

Aunque Medi-Cal ofrece cobertura sin costo a niños de bajos ingresos, independientemente de su estatus migratorio, la carencia de terapeutas de color y el hecho de que no todos los médicos de atención primaria evalúan las condiciones de salud conductual de sus pacientes, ha provocado que el trauma no sea atendido oportunamente.

"(Necesitamos) mano de obra que refleje las comunidades atendidas, que tenga las capacidades lingüísticas pero también culturales", agregó Doty Cabrera. "Estudios han demostrado que las personas de raza negra tienen más probabilidades de ser diagnosticadas erróneamente con esquizofrenia en comparación con otros trastornos del estado de ánimo".



Incluso los servicios de telesalud, ampliados durante la pandemia, no fueron una opción para familias de bajos ingresos que viven en espacios reducidos sin la privacidad necesaria o incluso, sin acceso a internet.

Doty Cabrera contó que el año pasado California invirtió \$4.400 millones en iniciativas de salud conductual para niños y jóvenes ampliando fondos para consejeros escolares, e infraestructura

de crisis móvil. Debido a la escasez de fuerza laboral, el estado California incluirá un nuevo beneficio en 2022 para quienes opten por carreras en el área de salud conductual.

"Cuando los jóvenes están conectados a intervenciones efectivas, son extremadamente resistentes y podemos prevenir afecciones crónicas de salud conductual a largo plazo", aseguró la funcionaria.

### Regreso al colegio

El regreso al colegio también se ha convertido en un arma de doble filo para todas las poblaciones minoritarias: por un lado tener a los estudiantes alejados del apoyo social y emocional en la escuela, exacerbó las crisis de salud mental, especialmente entre jóvenes LGBTI que viven en hogares donde su identidad no es afirmada. Por otro lado, el acoso en la escuela también contribuye al detrimento de esa salud emocional.

Quienes más han tenido que lidiar con esos desafíos son los jóvenes asiáticos, dijo Ulash Thakore-Dunlap, terapeuta familiar y miembro de la junta de My Sahana. Los ataques por

POR: JENNY MANRIQUE

motivos raciales en la comunidad asiática (AAPI) y el hecho de que se les culpe por la propagación de la COVID-19, han provocado en estos chicos el trauma de ver que sus padres son abusados verbal o físicamente. "Las personas de la AAPI dijeron que el racismo que experimentaron en COVID-19 fue mayor que el estrés de la pandemia en sí", agregó Thakore-Dunlap. Según STOP AAPI HATE, los incidentes de odio aumentaron de 3795 en marzo de 2020 a 6603 en marzo de 2021, siendo el acoso verbal (65%) y el rechazo (18%) los más comunes.

Las barreras idiomáticas persisten pues según la Asociación Psicológica de Asia, sólo el 4% de los psicólogos, consejeros y trabajadores sociales son asiáticos frente a un 84% de blancos. "Los asiático-americanos sufren discriminación cuando visitan proveedores de atención médica y hay mucha vergüenza y estigma en el acceso a recursos para familias de segunda o tercera generación", sostuvo Thakore-Dunlap.

Entre la comunidad afroamericana las tasas de suicidio y depresión ya venían en aumento desde hace dos décadas y se dispararon en el último año. El impacto desproporcionado del COVID en sus familias, no hizo sino empeorar la desconfianza histórica y cultural en los proveedores de salud mental, de los cuales solo el 4% son afroamericanos.

"Los jóvenes negros tenían dos veces y media más probabilidades de ser hospitalizados que los jóvenes blancos y cinco veces más probabilidades de morir de COVID", sostuvo LaTonya Wood, directora de formación clínica del programa de la escuela de educación y psicología de la Universidad de Pepperdine.

"Además de lidiar con el dolor y la pérdida de sus seres queridos, los jóvenes negros también experimentaron un aumento del miedo y la ansiedad sobre su salud y bienestar... Sin

mencionar la pérdida de ingresos en sus hogares y el malestar político y social del verano de 2020, al que nuestra juventud negra estuvo expuesta".

Muchos jóvenes no se sienten cómodos o seguros al decirles a sus cuidadores que necesi-

tan terapia o servicios de salud mental. Si bien las escuelas tienen consejeros, a veces son muy pocos para las necesidades de un cuerpo estudiantil numeroso.

“Un aspecto importante es que las personas menores de 18 años no tienen su propio seguro de salud a esa edad y necesitan de los adultos”, dijo Gabii LeGate, directora de operaciones de Blossoming Minds, quien durante la pandemia cumplió 21 años, se graduó de la universidad y siguió el grado de la escuela secundaria de su hermana por FaceTime.

“Los jóvenes (que sufren depresión) escuchan

mucho: “Oh son solo hormonas, solo estás creciendo” y eso es cierto, pero una vez que terminas la pubertad la gente todavía está deprimida. Hay que escucharlos de verdad”.

De acuerdo a Lori Turk-Bicakci, directora senior de programas en Kids Data, una iniciativa de la oficina de investigación de poblaciones (PRB en inglés), las visitas al departamento de emergencias de EE. UU. han aumentado en un 31% en caso de adolescentes y un 24% entre los niños de 5 y 11 años.

“Comparando febrero-marzo de 2021, con el mismo período de 2019, hubo un aumento

del 51% en la tasa de niñas que acudieron al departamento de emergencias por intentar suicidarse”, dijo Turk-Bicakci. “En los programas intensivos de día en el Área de la Bahía para la depresión y los trastornos alimentarios, la espera para obtener un cupo aumentó a tres meses”.

Los expertos sugirieron fortalecer los grupos de apoyo entre padres, crear programas de certificación de pares para aquellos profesionales de color que no pueden acceder a costosas formaciones universitarias, y normalizar la conversación sobre salud emocional entre adultos y niños, en espacios como peluquerías, iglesias y hasta redes sociales.

## THE SHADOW PANDEMIC: TEEN SUICIDES AND DEPRESSION RATES SPIKE, WITH FEW RESOURCES FOR HELP

BY SUNITA SOHRABJI/EMS CONTRIBUTING EDITOR

Teen suicide and depression rates amid the pandemic are as alarming as deaths from Covid-19, but few mental health resources are available to address this shadow pandemic, especially within communities of color.

Suicide is the leading cause of death for Asian American children between the ages of 15 and 24. Black children between the ages of 5 and 12 are twice as likely to die by suicide than White children of the same age. Amid the pandemic, 42% of LGBTQ youth seriously considered or attempted suicide, including more than half of transgender and non-binary youth.

Children as young as 8 have attempted suicide.

U. S. Surgeon General Vivek Murthy issued an advisory Dec. 7 highlighting the need to address the youth mental health crisis. Early estimates in 2020 show 6,600 youth suicide deaths in 2020, a 57 percent jump over the previous decade. 40 percent of children ages 10-24 expressed feelings of sadness and hopelessness.

The Surgeon General noted that disabled, low-income, and homeless youth, along with minorities and LGBTQ youth had suffered from greater rates of depression.

Dr. Lori Turk-Bicakci, Senior Program Director for Kids-Data — an initiative of the Population Resource Bureau — noted at a Dec. 11 news briefing organized by Ethnic Media Services that emergency room visits for attempted suicide by girls increased by 51 percent, and 40 percent for boys, beginning in May of 2020.

“This really feels like a crisis,” stated Turk-Bicakci. She noted that even before the pandemic, not all youth were able to get the services they needed for their mental health conditions. “And now the need is even greater. Mental health providers have been inundated with referrals.”

Typically, there is a three-month wait to get a spot into treatment programs. Other speakers at the briefing included: Michelle Doty Cabrera, Executive Director, County Behavioral Health Directors Association; Dr. LaTonya Wood, Director of Clinical Training - Psy.D. Program, Graduate School of Education and Psychology at Pepperdine University; Ulash Thakore-Dunlap, a marriage and family therapist and past board member of MySahana; and Gabii LeGate, Director of Operations at Blossoming Minds. “In addition to grappling with the grief and loss of loved ones, Black youth, rightfully, are also experiencing and increased fear and anxiety about their own health and well-being,” said Wood. She noted that loss of household income, increased food insecurity, school closures, and the racial unrest during the summer of 2020 all contributed to heightened anxiety, depression, and suicide among Black youth. Moreover, traditional safety nets of church, school, and peers largely disappeared amid the pandemic. Wood noted there were few culturally-appropriate mental health resources: less than 4 percent of mental health practitioners identify as Black.

A spike of racially motivated attacks targeted at Asian Americans, along with being blamed by former President Donald Trump for the spread of Covid-19, has created hyper-anxiety and depression among Asian American teens, said Thakore-Dunlap, noting that many youth witnessed their parents and grandparents being verbally or physically abused, and also worried for their own safety.

Many youth may want to access mental health services, but they have to struggle with their parents for parents, who may not understand the importance of counseling and mental health for their well-being, said Thakore-Dunlap, noting that AAPIs have the lowest rate of accessing mental health services.

Immigrant youth, who are struggling with conflicts as

they navigating to a different culture, are also at high risk for attempting suicide, she said. Thakore-Dunlap advocated for graduate degree programs to become more accessible for low-income students, and broadening the pipeline of students enrolled in peer certification programs. In 2020, 73 percent of LGBTQ youth stated that their mental health was poor, said LeGate, drawing upon data released by The Trevor Project. “Most of us have struggled with depression or anxiety, or a general feeling of helplessness, dealing with something that we know nothing about,” she said. Almost half of youth surveyed by The Trevor Project said they had sought out professional help but were unable to obtain it.

Health insurance can be a barrier to accessing mental health, said LeGate, noting that most children under 18 are covered by their parent’s insurance. “Not everyone feels comfortable or safe telling their family that they need therapy or mental health services,” she said.

Doty Cabrera said that amid the pandemic, children were often in homes where there is neglect or domestic violence. “We did not have mandated reporters able to connect those children and youth with help during the pandemic. We didn’t know that they were in trouble unless they somehow figured out a way to reach us.”

“The flip side is when children and youth go to school, they experience social pressure or other kinds of bullying and adults who may treat them unfairly, discrimination, and bullying, which may also result in crisis,” said Doty Cabrera.

“People with behavioral health conditions, it’s as normal a thing as experiencing a broken arm or having any other health condition. And so I would just encourage us all to really support young people, listening to them about what they need,” said Doty Cabrera.

# Little Joe: An American Success Story

FROM OUR ARCHIVES (2014)

Jose Maria Hernandez “Little Joe,” as we all know him—was born Oct. 17, 1940, to Salvador “La Cotorra” Hernandez and Amelia De Leon Hernandez in a 3-wall dirt floor car garage in Temple Texas. You cannot get more Central Texas than that, and that’s where Little Joe still lives today. “I didn’t let the Klan chase me out,” he says, laughing with a big smile.

BY A. GOVEA

Jose Maria Hernandez “Little Joe,” as we all know him—was born Oct. 17, 1940, to Salvador “La Cotorra” Hernandez and Amelia De Leon Hernandez in a 3-wall dirt floor car garage in Temple Texas. You cannot get more Central Texas than that, and that’s where Little Joe still lives today. “I didn’t let the Klan chase me out,” he says, laughing with a big smile.

Little Joe grew up in a predominately African-American neighborhood in a city that yielded both pleasant and bad experiences in the 1940s and ‘50s, he recalled. There in Temple in those days, if you were less than “lily white” of skin, it bound you to experience racism at some level, especially if you grew up poor. Little Joe fondly recalls his cotton-chopping (hoeing weeds) and cotton-picking days on the West Texas Plains, particularly around Lubbock and Plainview and the smaller towns. He doesn’t remember those times as a personal hardship, but as a rite of passage that most poor people, especially his family and friends, had to go through.

Before we get to the Grammy Award-winning Little Joe, let’s talk about how it all started, with some Q&A:

**Govea: “Why did you get into music, and what were your first goals?”**

**Joe: “One word survival. In 1954, they sentenced my dad to four years in prison for possession of marijuana (four joints). That is a year per joint. Luckily, if you can call it that, he got out in 28 months. “I was the seventh of 13 children and the oldest at home. I was always around music with my family. There was (it seemed) always a fiesta going on. My grandmother, who came to this country during the Mexican Revolution, was a professionally trained pianist. As for (my other) musical influences, it was the music of Jose Alfredo Jimenez and the music that was played in my neighborhood, which was predominately black, which may have been Nat King Cole, Ella Fitzgerald and jazz and radio was widely C&W.”**

**Govea: “How did you get the nickname ‘Little Joe’?”**

**Joe: “When I was a kid, I may be weighed a hundred pounds, and I had a friend named Joe, who was a kind of big guy; so, he was ‘Big Joe’ and I became ‘Little Joe.’ But it (also) worked musically because there was Little Richard, Little Anthony, and so forth. So, ‘Little Joe’ just fit.”**

When Joe described his upbringing as a cotton-picker, poor music in the home, it could have been the biography of most in our community back then, as it was for this writer and our editor, who was also in attendance at this interview. Little Joe’s first guitar cost \$150, which was not quite a million dollars, but it seemed liked it to him. Luckily, his father had a “compadre,” who was a plumber. What does that have to do with a \$150 guitar? Well, the plumber lent Little Joe the money, and he could pay it off at 50 cents an hour digging ditches for the lending plumber. That guitar now must be worth a lot more than \$150, and Joe still owns it. He took that guitar and joined his cousin’s band, originally named David Coronado and the Latinaires, not as the front man, but just a member. Little Joe said he did not want to be a singer, as he was very shy. But when his cousin left for greener solo fields on tour, the band became Little Joe and the Latinaires. Little Joe was still shy, but there was a family to help support.

**Govea: “So, how was the money?”**

**Joe: “Our first paying gig paid us \$22.50. That was \$5 each, plus**

**\$2.50 for gas, as the gig was out a town.”**

**Not exactly rock star money! But hey, Little Joe said, “getting paid to do something you love to do is a monumental achievement. It certainly beat picking cotton all day.”**

**Govea: “Did you have a money goal back then?”**

Joe, amid his laughter: “Back then my goal was to make and save \$15,000 and retire at the ripe old age of 35. Well, 35 has come and gone twice over, and I still have not achieved been able to retire.

Fast forward to 2014, Little Joe is now a Tejano music icon. Call him the King of the Brown Sound. He won a 1991 Grammy for Best Mexican American Album and since then, three Latino Grammys’ for Best Tejano Album of the Year. Joe has also appeared in movies, such as *Las Pastorellas* with Paul Rodriguez, Linda Ronstadt, Cheech Marin, Freddie Fender and Flaco Jimenez; he also appeared in *Rangers* and *Down for the Barrio*, plus many TV specials. Little Joe has performed with many other singing stars and legends such as Willie Nelson.

**Joe: “In the ‘80s, Willie put on benefit shows titled Farm Aid, fundraisers for farmers. I volunteered to perform, and that led to meeting many artists like Willie, of course, but also Kris Kristofferson, Merle Haggard, the Texas Tornados, to name a few. Included was also Ray Price, already a dear friend, who passed late last year.” (December 2013)**

**The accolades for Little Joe have been many and continue to this day. But I wanted to ask another long nagging question of mine.**

**Govea: “You have been called the ‘Tejano Frank Sinatra.’ What do you think about that?”**

**Joe: “That is really too much praise. It took me a while to really appreciate Frank’s talent. But clearly, he was a very one-of-a-kind performer and vocalist. But as for the comparison, I will take it. Who would not want that?!”**

I was ready to end the interview, but happily found that Little Joe had more to say. The interview turned to the current social and political climate in our country.

**Govea: “So what’s on your mind?”**

**Joe: “Los Cabrones in Missouri.”**

His answer started a discussion of the growing divide between the haves and have-nots. Joe talked about his lifelong stand on many community issues and support for leaders and groups, such as Cesar Chavez and his farm workers’ union, La Raza Unida, to name a few. I told Joe about having listened to him speak at rallies in Lubbock, where I grew up, during the “hey days” of the Chicano Civil Rights Movement. Little Joe said he feels extremely disappointed that many of the battles already won are now issues being contested again. From his point of view, the Republican Party has many members Tea Party types who are truly racists and liars and greedy.



**Joe. “I do not want to be labeled a reverse Ted Nugent, but if you look at party platforms and policies, you will find out for yourself. This is La Verda.”**

Joe said he’s concern for the children coming over the border and the misguided or grandstanding polices of Gov. Rick Perry concerning the immigration issues.

Summarizing Joe’s views: He’s convinced that those protesters carrying “We Want Our Country Back” signs and stickers really say that they want our society to go back to the way people were treated before they signed the Civil Rights Bill into law.

Little Joe said that he’s proud of his own family now being multi-cultural and multi-ethnic. Early in our interview, Little Joe said: “I appreciate all music. It is like a good meal, if prepared correctly, it is all good. I would add that people used to say America is a big melting pot, now I think it would be more correct to say “America is like a tossed salad, all the ingredients have value and add to “El Sabor” de America.

When I originally ended the article, I wrote Joe has a mass of loyal fans statewide. That was a grave understatement. In fact, Little Joe has fans all over the US and internationally. He has toured cities in Japan, Italy, Spain and others. So having said Joe has fans statewide is like saying Mexico has a few Mexicans.

*Little Joe has played for crowds over 70,000 at Houston’s Reliant Stadium, home of the Houston Texans and at outdoor festivals to crowds of over 500,000. Truly Joe has been responsible for keeping the Onda Tejana alive both in the US and abroad. His influence is still felt by all current and up and comers. After 50 years and 50 albums he is still the “King of The Brown Sound.” In addition, he performed at the Inaugural Ball for our last great Democratic Governor the late Ann Richards, inaugural festivals for Bill Clinton, many National Convention and Balls. And to prove you cannot label Little Joe just a Tejano Band, he has also performed at the famous LA’s House of Blues.*

*But for most of us we still turn out to hear our favorites Las Nubes, Prieta Linda and so many others which most times makes even the fair weather Chicano fan scream AYA, AYA And so it was for me and a large vocal crowd at Billy Bob’s on an August Saturday Night. Little Joe came out, which has become a standard salute to all our troops with a heartfelt rendition of America the Beautiful. He also revealed his support for Wendy Davis after taking off jacket to reveal a Wendy T-shirt perhaps he did the same for our former governor the late Ann Richards many hope it is a good sign. It happily impressed me to see how he continues to cut a cross demographic age group with people in their 20s to senior citizens that have followed him his entire career, some showing up in scooters and wheelchairs. And so the beat goes on, he has a new release titled Evolution that is filled with all your favorites, In addition, you can now have Little Joe Salsa which comes in several flavors which I can say is Muy Bueno. To find out more about both and see our interview visit us at [www.holatexas.us](http://www.holatexas.us) In conclusion, we all will have to agree that Joe kept his graveside promise to his younger brother Jessie a former band member that was killed in an automobile accident in 1964 “I promise you I will take our music to the Top!” And so he did and we are all richer for it.*

*Update Joe has continued a 50 year plus career and in 2019 Released another album titled Better Than Ever, you can also buy his book titled No Llore, Chingon!*

# CASA of Tarrant County Needs Hispanic and Bilingual Volunteers

In 2021, 663 children in Tarrant County were removed from their homes. Of these children, 33% were identified as Hispanic, yet only 10% of CASA of Tarrant County's volunteer advocates identify as Hispanic.

Similar needs exist with other aspects of CASA's diversity profile. For example: about 33% of Tarrant County children removed last year were identified as Black or African American, while only 12% of CASA volunteers identify as such. Also, while roughly half of children in foster care are boys, 87% of volunteers are women.

At CASA of Tarrant County, we serve children and families of all cultures, abilities, identities, and backgrounds. We are committed to our goal of advocating for the best interest of all children in the foster care system and providing each child with the highest quality volunteer advocacy possible. To meet this goal, we strive to recruit CASA volunteers of diverse backgrounds so that our volunteers can reflect the diversity of the children in the child welfare system in our community. Race, ethnicity, and language are valuable aspects of identity and should be honored and celebrated.

Volunteer Katalina Hibjan said, "When you're

volunteering for these kids, a great deal is about finding a way to connect with them. As a Hispanic background volunteer, I'm not only being there for them when they need a voice, but I'm contributing for them to embrace their cultural identity."

To learn more and to sign up for an upcoming information session, please visit our website at [www.speakupforachild.org](http://www.speakupforachild.org).

## Anthony Munoz, Best Lineman in NFL History

He is the first Latino elected into the NFL Hall of Fame. He is the classic role model. To quote from his biography:

*Munoz grew up in Ontario, California, with his two brothers and two sisters. Munoz's mother, Esther, raised the family by herself, as Munoz's father left the family when Munoz was very young. Although his father lived close by, Munoz only saw him twice, once when he was five and once when he was 12 years old. Munoz told Jay Greenberg of Sports Illustrated, "I never had a father, so I never knew what I was missing. As I look back, I don't even know if I was poor. We were provided for, but we didn't have any extras." Although his family didn't have a car, they were fortunate enough to have relatives who did; his aunt and uncle often took Munoz out to dinner. 1.*

From these very humble beginnings he was able to pull himself up from his bootstraps and become one of the all-time football

offensive tackles. According to the National Football League Hall of Fame website, he was selected eleven straight times to the pro-bowl as a Cincinnati Bengal. He played in two Super Bowls losing twice to the San Francisco 49'ers.

In an interview with ESPN on October 5, 2007 he was asked of the impact of being Hispanic:

**ESPN.com:** Did you encounter any resistance when you played because you were Hispanic?

**Munoz:** It was not an issue. I come from a relatively huge family. There was a lot of support and encouragement. I think it was just a matter of being successful. They [teams] looked at me as a football player. At least in my experience with a Hispanic family, they kind of rally around you with the attitude of let's do it, and we are all behind you. A lot of athletes don't like being characterized by their race. Some Hispanic football players

*might want to be known as just a football player and not a Hispanic football player.*

**ESPN.com:** Is that the case with you?

**Munoz:** The thing with me is I don't shy away from being a role model. Some guys don't like being role models and they don't like to be characterized as a Hispanic football player. I look at myself as a role model for all young people and am thankful that I am part of the Hispanic community. I want to use the platform to the fullest.

In a world that is always looking for heroes, we have heroes all around us. All we have to do is look. They are there. As is Anthony Munoz.

1. (Credits: <http://biography.jrank.org/pages/3408/Munoz-Anthony-1958-Former-Professional-Football-Player-Young-Athlete.html>)>Anthony Munoz: 1958—: Former Professional Football Player - A Young Athlete</a>

# 14 Days (Potato Challenge Story)

**F**rench Fries, Baked Potatoes, Mashed Potatoes, Potato Soup, Cheese Tots, the list of delicious potato dishes is endless. Potatoes are easily one of American's favorite junk foods. According to Web MD, each American eats at least 49.2 pounds of potatoes a year. But because of the unhealthy way potatoes are usually prepared, what is supposed to be a healthy snack has become an unhealthy food.

Potatoes on their own have many different health benefits. They are a great source of folate, calcium, magnesium and contain more potassium than bananas. Just one unskinned potato contains about half of the Vitamin B6 needed in one day. But what could the benefits of eating nothing but potatoes for 14 consecutive days?

Al Govea from the Out Seers on YOUTUBE wanted to try the challenge for himself and with his nephew's wedding fast-approaching it was the perfect time to try a new diet trend. Along with cutting out all food but potatoes, he also gave up any sugary drinks and alcohol for 14 days.

Even though Al had some cravings initially, he realized his energy and mood was greatly improved. As each day passed, he felt

## 14 DAY POTATO CHALLENGE WEEK ONE



lighter and healthier. Could eating potatoes every day really be the reason. Watch his video diary to learn how he prepared his potatoes and to find out how many pounds he lost in just one week!

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