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June 2015 / Volume 02 Issue 19

North Texas Premiere Latino Publication

Welcome PAGA Conventioneers | The Jose C. Martinez Family Of Dallas | Meet The 2015 Graduates

Education Is a Family Affair Staphanie Guerrero A 2015 Graduate



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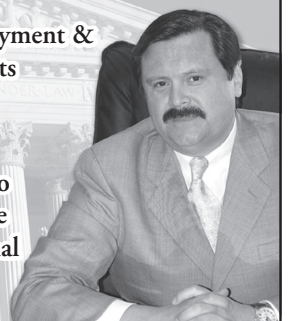


Table Of Contents

- Page 02- Pan American Golf, Letter From the Editor**
- Page 05- Amigos-n-Business Directory**
- Page 06- Rodolfo “Corky” Gonzales**
- Page 07- Se Juntaron El Hambre Con las Gan De Comer**
- Page 08- Why We Worship**
- Page 09- El Cowboy 2015 Draft, Mayweather vs Pacquiao**
- Page 10- Save Money, TWU LULAC**
- Page 11- Denton LULAC Banquet 2015**
- Page 12-Denton Citizens & Police Work Together**
- Page 13- School Vouchers End Of Public Saul “ Canelo” Alvarez Destroy James KirkLand**
- Page 14- The Sensible Shopper Buy Smart**

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Letter from the Editor

Felix Alvarado

This month we finish our series on the arrival of Mexicans to North Texas by looking at the Jose C. Martinez family of Dallas. Jose Martinez and his wife left his village of San Felipe, Guanajuato and worked his way to Dallas arriving in 1912. Perhaps Jose Martinez was representative of the thousands of Mexicans that left Mexico and made their way to North Texas. Perhaps the Mexican Revolution had something to do with his departure from Mexico. Perhaps it was the developing North Texas economy and the availability of jobs that did the luring. Certainly it was the case for Jose Martinez who found a job at the Portland Cement Company on arrival. We look forward to expanding our story on the arrival of Mexicans to North Texas.

We congratulate the thousands of seniors that crossed the finish line. A new journey begins for each graduate and we wish them the best along the way. We encourage all those students that are starting their senior year to look at their future after graduation. This is something that should be done by all students including those that are starting their freshman year. We encourage all counselors and parents to get involved in the education of our children. Don't give up on your dreams is an inspiration to all students and parents.

We applaud Denton's community outreach efforts on health, education and children's safety. We welcome the PAGA golfers to North Texas. It is a time for birdies, eagles, holes-in-one and mulligans.

Amigos in Progress

Dr. Robert Munoz Tarrant County College Trinity River Campus, Vice President for Community and Industry Education is a native of El Paso; Texas. Prior to moving to Fort Worth in November of 2008 he made Odessa Texas his home. He worked at Odessa College for 16 years most recently as the Dean of Workforce and Technical studies. In 1994 he received the NISOD (National Institute for Staff and Organizational Development) Teaching Excellence award. NISOD is based at The University of Texas at Austin. In 1998, the management program he chaired was named an exemplary program by The Texas Higher Education Coordinating Board. In Odessa he served on a number of boards and served as Chairman of the Odessa Chamber Of Commerce in 2004-2005 the first Hispanic to do so. In Fort Worth he has served on board of directors of the Fort Worth Chamber of Commerce and is past Chair of the Central Area Council. He also sits on the United Way of Tarrant County Income Council, is on the site base team for Joy James Elementary of Castleberry ISD, Career and Technical Education Advisory Committee Fort Worth ISD, president elect of the Hispanic Wellness Coalition of Fort Worth and is a taskforce member for Tarrant County Voices for Health. He also sits on the executive committee of The Texas Education Consortium for Male Students of Color which is housed at the University of Texas at Austin.

He received several award in Odessa for his leadership in the community. Here in Fort Worth he has been recognized by The Hispanic Women's Network of Fort Worth with the 2012 Brillo award, Hispanic Heritage Award 2014 from The United Hispanic Council of Tarrant County, and in 2015 with the Fort Worth Hispanic Chamber Champion of the Year.

He holds an AAS from Odessa College, BS from the University of Texas at El Paso, Masters in Counseling from Sul Ross State University and a Doctorate in Educational Administration from New Mexico State University.

He is married to Kristi and is father to Jordan their daughter a graduate of Texas State University San Marcos.

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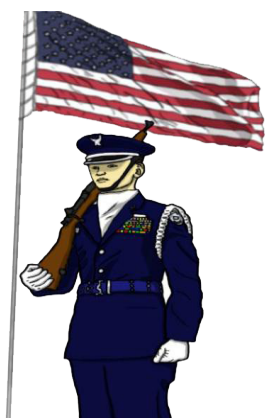
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Join Our Fourth Of July Veterans Celebration To Honor Area Veterans



Nuestra Voz and Amvets Post 22 will host a special 4th July Luncheon to recognize World War 11 Veterans and all other war time Veterans. Please let us know if you have someone you would like us to Honor or if you want to become a sponsor for this worthy event. Contact us at goveaalberto215@yahoo.com or call us at 817-797-4015.

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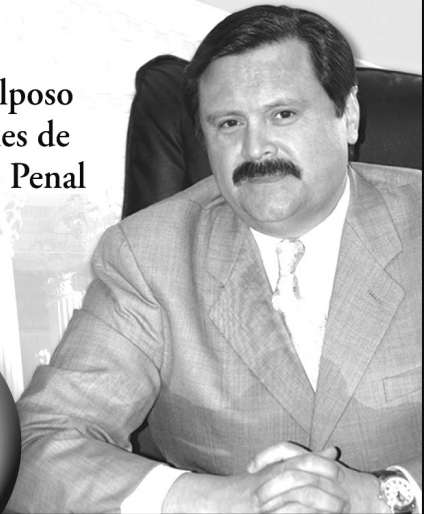
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Denton Citizens learn to work with Denton Police

By Lee Howell (Police Chief) and Alfredo Sanchez

Having a good police department depends on having honest police officers, and requires that the citizens of the community get to know and get involved with the issues in their community. Citizens' input and implementation of the citizen's suggestions by the Police Department leadership is crucial if citizens are to be able to trust their police department.

The Denton Police Department (DPD) has a long standing tradition of reaching out to Denton Citizens to make the city's neighborhoods a safer place to live. Reaching out to Denton Citizens is an underlying principle of the Denton Police Department and it is called community policing. Since the late 1980's DPD has been in the forefront of creating partnerships with Denton citizens, been involved with responding to community concerns, and have been involved in non-traditional policing roles. One example of a non-traditional role that the DPD has assumed is management of the Citizen Police Academy (CPA). The CPA is an initiative by the DPD designed to open the lines of communication between the police and the community, build relationships, and foster trust under friendly and informative circumstances. The goal of the CPA is to increase "Understanding through Education". The belief is that informing citizens on police procedures, policies, and actions, will reduce misunderstandings between DPD and Denton Citizens. The Denton Police Department believes that policing through partnership and the union of efforts of both DPD and Denton Citizens is essential for an effective Police Department.

The Citizen Police Academy is open to all citizens that live or work in the City of Denton. This includes students at UNT and TWU. You must be 18 years of age or older to participate. Participants are chosen to ensure a broad community representation so that the community will develop an understanding of the effects that social, cultural, educational and economic institutions have on our neighborhoods. Normally one or two classes are held annually with approximately 20-30 citizens participating in each class. Classes meet once a week for 12 weeks for approximately 2 hours and at no cost to the participants. The curriculum is intended to provide a comprehensive overview of DPD operations and the critical role citizens play in our community crime control efforts. Instructors for each class come from the ranks of Police Officers who work every day in Denton. For example, School Resource Officers (SRO) will discuss the SRO program and how it benefits our children in public schools. Traffic Officers will discuss their role in enforcing traffic laws and reducing the number of accidents in the city. Detectives will discuss the types of offenses that occur in Denton and their role in investigating those crimes. As a participant you are also encouraged to go out on a ride out but it is not mandatory. This is your opportunity to see police in action. Many of our perceptions about police officers are based on television, one bad encounter with a police officer, or what others have said about police officers. What many have learned, after attending the academy, is that citizens' behavior or attitude plays a critical role on how a situation may develop when encountering an Officer. As adults, if our attitude changes about police officers

that will be passed on to our children.

If you are interested in learning more or interested in attending the Citizens Police Academy contact Officer Shane Kizer at (940) 349-7241 or Shane.Kizer@cityofdenton.com. The application is available at the Denton Police Department lobby, 601 E. Hickory, Suite E, Denton, TX, 76205.

Ciudadanos de Denton Aprendan a Trabajar Con la Policía de Denton

Por Lee Howell (Jefe de Policía) y Alfredo Sánchez

Tener un buen Departamento de Policía requiere tener oficiales de policía honestos, y requiere que los ciudadanos de la comunidad se tomen el tiempo para conocer e involucrarse con los problemas de la comunidad. La comunicación entre la comunidad de los ciudadanos y las sugerencias del liderazgo del Departamento de Policía es crucial si queremos confiar en nuestros policías.

El Departamento de Policía de Denton (DPD) tiene una larga y extensa tradición de comunicación con los ciudadanos de Denton para tener una ciudad más segura para vivir. Recurrir a los ciudadanos de Denton es una prioridad para el departamento de Policía de Denton a eso le llamamos comunidad policiaca. Desde el año 1980 el departamento de Policía de Denton (DPD) ha estado al frente de crear una asociación con los ciudadanos de Denton, estando al pendiente e involucrándose para responder a las preocupaciones de la comunidad, y han estado involucrados en asuntos policiacos no-tradicionales. Un ejemplo de un rol no-tradicional es que el DPD ha asumido el manejo de la Academia Policiaca de los Ciudadanos (CPA). El (CPA) es una iniciativa del (DPD) diseñado para abrir líneas de comunicación entre la policía y la comunidad, construir relaciones, pero sobre todo formar confianza y una amistad bajo cualquier circunstancia. La meta del (CPA) es incrementar "Entendimiento por la Educación". El saber que al informar a los ciudadanos sobre los procedimientos, pólizas, y acciones reducirá los malos entendidos entre el Departamento de policía (DPD) y los ciudadanos. El Departamento de Policía de Denton cree que la asociación y unión y esfuerzos de los dos tanto como del (DPD) como de los ciudadanos es esencial para tener un departamento de policía efectivo

La Academia Policiaca de los Ciudadanos (CPA) está abierta para todos los ciudadanos que viven y trabajan en la ciudad de Denton. Esto incluye a los estudiantes de UNT y TWU. Tienes que tener 18 años o más para participar. Los participantes son elegidos para asegurar una amplia comunidad representativa para que la comunidad pueda desarrollar un buen entendimiento sobre lo social, cultural, educacional, e instituciones económicas que tenemos en nuestros vecindarios. Normalmente tenemos una o dos clases anuales con aproximadamente 20-30 ciudadanos participando en cada clase. Las clases se reúnen una vez a la semana por 12 semanas por aproximadamente 2 horas sin

Nuestra Voz De North Texas 5 ningún costo a los participantes. El plan de estudios esta diseñado para proporcionar una visión comprehensiva de operación del (DPD) y el papel fundamental que los ciudadanos desempeñan en nuestra comunidad y esfuerzos hechos para controlar el crimen. Los instructores de cada clase son oficiales de policía los cuales trabajan todos los días para la ciudad de Denton. Por ejemplo, oficiales de recursos de las escuelas (SRO) ellos explicaran de que se trata el programa de (SRO) y como beneficia a nuestros hijos en escuelas públicas. Los oficiales de trafico explicaran cuál es su participación al ejercer las leyes del tráfico y reducir el número de accidentes viables en la ciudad. Los detectives explicaran su participación en el tipo de ofensas que ocurren en la ciudad de Denton y su rol en investigar los crímenes. Como participantes les insto a conducir pero no es obligatorio. Esta es su oportunidad para ver a los oficiales en acción.

Muchas de nuestras perspectivas sobre los oficiales de policía están basadas en lo que vemos en la televisión, un mal enfrentamiento con un oficial de policía o lo que alguien puede comentar sobre un oficial de policía, pero lo que muchos se han dado cuenta después de asistir a la academia, es que el comportamiento y la actitud de la ciudadanía juega un rol muy importante en cómo se va a llevar acabo cada situación al enfrentar a un Oficial. Como adultos si nuestra actitud cambia acerca de cómo pensamos de la policía eso será ejemplo para nuestros hijos en el futuro.

Si estas interesado en aprender más o deseas atender a las clases de la Academia Policiaca de Ciudadanos (CPA) puedes contactar al Oficial Shane Kizer al 940-349-7241 o a su correo electrónico Shane.Kizer@cityofdenton.com. Las aplicaciones están disponibles en la siguiente dirección Denton Police Department lobby, 601 E. Hickory, Suite E, Denton, Tx, 76205

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Stephanie Guerrero

Daughter Of Manuel and Ofelia Guerrero Graduated From Texas Academy Of Biomedical Sciences. The 2015 class is the first to graduate from Texas Academy. She will be attending Texas Tech University in the fall.

Ms. Nakamoto



Rina Nakamoto graduated from UT Austin in 2003 with a Bachelors of Science in Communication Studies. She has been at Diamond Hill-Jarvis High School since 2007. She won Teacher of the Year in 2007 and 2015. She is the UIL Academic Coordinator and coaches the award-winning DHJ Speech and Debate Team.

She is proud of the progress and growth she sees at the end of every year from all of her students. She is proud of the fact that for the past 5 years, her Speech and Debate Team has swept the UIL District Meet, and qualified for Regionals. She is proud to be a DHJ eagle!

Domingo Eli Ponce IV

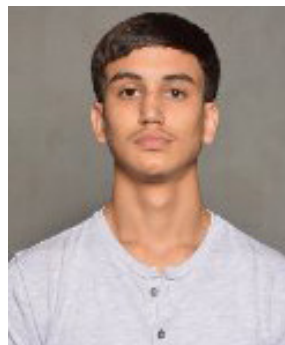


is a graduate from Justin Northwest High School. He is the son of Domingo and Elise Ponce III who reside in Rhome, Texas. Eli will be attending MidAmerica Nazarene University (MNU) in Olathe, Kansas in the fall of 2015. He plans on majoring in Business and has also signed a letter of intent to play basketball. Eli is receiving \$40,000 from MNU, the Wise County Character Counts Scholarship for \$5,000, and the NISD Athletic Booster Club scholarship for \$500. Eli also received the Academic All State designation in basketball from the Texas High School Coaches Association (THSCA) and the Texas Association of Basketball Coaches. He was involved in many activities in high school, he accumulated over 100 hours of community service. He is a member of the National Honor Society and served as a leader for FCA. Eli has a strong faith in his savior Jesus Christ and gives All Glory to God for everything in his life.

Javier Padilla

Molina High School, DISD

Valedictorian



Cesar A Flores



Cesar A. Flores, son of Oralia Flores, plans to attend University of North Texas to study Medical Laboratory Sciences/Pre-Med. Graduate of Diamond-Hill Jarvis HS.

Maria Hernandez



Maria Hernandez, Daughter of Esperanza Aguilar, plans to attend Texas AM University to study Urban Planning. Graduate of Diamond-Hill Jarvis HS.

Erik DeAnda

Molina High School, DISD

Salutatorian



Sunset High School DISD

Valedictorian

Margarita Hernandez-Sanchez

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Nelson Mandela

Jose C. Martinez, A hundred years later

By Felix Alvarado



In the late 1800's the railroad was to communication what the internet is today, the information highway. Businessmen saw the need for a railroad to connect every corner of the country. Laying the track was labor intensive. It required young, healthy, strong men. Mexico laid the railroad to the Rio Grande first. Once the railroad reached the border the river was not going to stop American entrepreneurs were not going to stop the railroad from crossing the border and continuing north. Going north with the railroad were the Mexicans that had laid the tracks to the river. They just crossed the border and kept going. The Mexicans that installed the railroad tracks also ferried information back to Mexico on the availability of jobs in North Texas. All along the way the railroad needed two things to keep going, water and coal. Texas had a ready supply of coal. To dig the coal Americans recruited Mexicans. The discovery of oil led to layoffs of many coal miners. With nowhere to go the miners went to where there was potential. That was a nascent metroplex area.

These miners went where there was housing. That usually was the center of town where Whites were moving out. There were not those many Mexicans in the beginning so where they settled could not be called a "barrio". It was just an abode. The actual first barrios in Dallas grew up in Cement City between Loop 12 and Industrial Blvd today and what was once called Eagle Ford. The Trinity Portland Cement Company (El Cemento Grande) and the Lone Star Cement Company (El Cemento Chico) were located. The companies actively recruited Mexicans to come to North Texas to work. Others came because of the rumor that there were jobs here. Rumors undoubtedly carried by the railroad.

One of those that worked his way to Dallas was Jose C. Martinez. Jose C. Martinez hailed from the small hamlet of San Felipe, Guanajuato. Jose Martinez, a butcher by trade, and his wife Maria de Jesus Rodriguez Martinez departed the hamlet one day and made their way to the metroplex. They arrived in 1912. He immediately found work at the Portland Cement Company. The company provided free housing to its employees. From the very beginning Jose Martinez personified the American spirit. He valued education and all his children graduated from Crozier Tech HS. The first school they went to was the Eagle Ford District 49 School on Chalk Hill Road. From Eagle Ford Mexican-American children were bussed to Crozier Tech HS. Mexican-American children were not permitted to attend Sunset or Adamson HS's that were much closer. Being bussed to a distant school was much more than an inconvenience. It was a road block and a detriment to an education. This was not a barrier to the Martinez children. Jose C. Martinez made sure of that. Feliberto Martinez and Eladio Martinez served in WWII. Eladio was killed in action in the Philippines. Henry Martinez Jr. served in the

Korean War.

When the depression hit, Jose Martinez left the employment at Portland and went to work for the WPA. When the depression ended he returned to work at the cement factory. When Portland closed Jose Martinez bought the house he lived in at the cement factory and moved it to Eagle Ford. He bought several other houses and relocated them too. Jose Martinez proved to be a model parent, a model worker and an model entrepreneur.



The Martinez Family (Circa 1930)

MUZQUIZ Y DENTON UNIDOS/ COMO CIUDADES AMIGAS

By Aida Urquidez

Somos un grupo de 10 personas, Proyecto Diez, que buscan la unidad y el bienestar de nuestros compatriotas de Muzquiz, Coahuila México. Nuestra organización fue iniciada por el alcalde de Múzquiz, Lic. Luis Fernando Santos Flores, en busca de hermandad entre Denton, Texas y Múzquiz, Coahuila. Nos invitaron a crear esta organización de 10 personas, Proyecto Diez, para cada persona encontrar 10 personas y así sucesivamente identificar la mayor cantidad de personas que viven en Denton originarios de Muzquiz. Esta organización comenzó en junio del 2014 y hemos logrado firmar un acuerdo de amistad entre las dos ciudades. El 02 de mayo, del 2015, durante las festividades del Cinco de Mayo, el alcalde Chris Watts, invitó a:

Jim Encelbrecht Alcalde Pro-tem, Ciudad de Denton,
Administrador Municipal John Cabrales Ayudante,
Ciudad de Denton

Laura Behrens Jefe de Bomberos de la Ciudad de Denton

Brian Glenn Departamento de Bomberos

EMS Jefe de Operaciones, Ciudad de Denton

Lee Howell Jefe de Policía de la Ciudad de Denton

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Tim Sanchez Presidente, Denton Consejo LULAC # 4366

Dorothy Martínez Denton ISD Miembro del Consejo

Escolar

Dianne Costa Denton Consejo LULAC # 4366
Y el alcalde Luis Santos para convivir en el Ayuntamiento.

Con representantes de ambos municipios, junto con miembros de Proyecto 10, este acuerdo fue firmado. Nuestra organización busca ahora el apoyo de más personas para ayudar en Denton y Muzquiz tanto como podamos. Apoyamos el intercambio de Educación, Cultura, Deportes, agricultura, negocios, historia y tradiciones de estas dos ciudades hermosas. Algunos de nuestros miembros incluyen Angélica de la Garza, Magda Téllez, Berenice Long, Amelia Chávez, Guadalupe Montelongo, Aracely López, Aida Urquidez, Mónica Torres, y más.

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Why we worship

“Lamb of God who takes away the Sins of the World”

By Joe Govea

So you went to Mass last Sunday. When you left Church did you say to yourself “Ok I did my Sunday at church and I put in the required time.” If that was how you felt please keep reading this article.

Last month I wrote a pep talk to some Catholics. I said you should go to mass and participate. Well some of you don’t know what is going on during mass because well maybe you didn’t pay attention during catechism or maybe you just didn’t get it but still got passed along to the next session then finally you wound up making your first holy communion. That made your mom happy. She did her job she made sure you had everything you needed to save your soul. So from there on it has been all up to you.

Sadly you were still missing needed information to appreciate your Catholic religion. It is never too late to learn though. Before you can appreciate our Holy Catholic Mass you have to understand what is taking place on the Altar. The Catholic Church is a very alive Christian denomination. It gives us many ways to earn grace and be able to live happy and content in Christ. We have a number of sacraments that we can participate in. All of which allows us to earn grace from God that protects us and helps us every day.

The one most important sacrament and the one that we can take part in everyday if we wish is the Sacrament of Holy Communion. This is where we are able to eat and drink the sacrificial offering made to God. This sacrificial offering is the same one made by Jesus Christ during the last supper. The Last Supper was actually done as a Passover Feast. During the Passover feast there is a Sacrificial offering made to God. That offering is a slain lamb with no broken bones. When Jesus was going thru the steps of the Passover rituals instead of offering a lamb he offered his own body instead. That is when he took the bread and called it his body. Then also he took the wine and called it his blood. He then said that it was to be sacrificed for all so that sin might be forgiven. So Jesus became the Sacrificial Lamb. And he also said “do this in remembrance of me”.

During our Catholic Mass we are doing that. We watch and pray along with the Priest as he goes thru the rituals of first making the offerings of bread and wine, and then asking God to accept them as the body and blood sacrifice of our Lord Jesus Christ. We participate in the whole prayer and Hymn process of converting the bread and wine into the body and blood of our Lord Jesus Christ. What a beautiful thing happens. Our Lord’s Body and blood are now there on the Altar transformed by the Holy Spirit. The next beautiful thing that happens is just like during the Passover feast the people get ready to eat the sacrificed lamb with no broken bones, we also get to eat of the sacrifice, but it is the Body and Blood of Jesus Christ.

Well we are what we eat. So the more you participate in Communion the more you will become like Christ. The Catholic Mass includes many parts and they all lead to the one act performed by the ordained priest conducting

the Mass and that is, the Consecration of the bread and wine into the body and blood of our Lord Jesus Christ. Go to confession be forgiven for your sins then go to Holy Communion. You shall then be happy.

Yours in Christ,
Joe Govea

Sports Esto Y Lo Otro This and That

Dallas Cowboys

Romo seems to be excited about Terrance Williams’ progress. Good he may need him even more this season. And talking about Romo a new stat just came out on him last year he only threw 1 interception on 40.4 pass attempts. That is better than a few Quarterbacks you may have heard of: Rodgers, Peyton and Brady among others. Only Alex Smith of Kansas City Chiefs was better in that department but you can easily credit it to only throwing the safe high percentage passes. Now I will say that when you have the best back in the league and a great O-Line that helps. But all that said, Tony still has some Jedi in him. Ahh—but the running back situation is far from being solved and now that it appears that Peterson has made up with the Vikings “he aint’ going anywhere.” But hey we got McFadden, yea maybe, he recently aggravated his hamstring again in OTA. That happens, no big deal, well think again that has been a recurring injury with him. Not to worry Randle said not too long ago (Paraphrase) “Well, truth is Demarco left some yards out there last year.” Good eye, hope the rest of you works as good and not just your body upstairs too, (Think you know why). But hey maybe our new DeMarco may come from our neighbors from the South e.i. Baylor Bears former running back Lache Seastrunk. He was drafted by Washington last year, but was released by end of training camp and then joined practice squads in both Carolina and Tennessee. Lucky for us he was released on May 18th.

Dez, no contract yet but we got until July 15th or it’s the franchise tag for Dez. Either way we have him for next season, I for one hope we have the happy Dez.

American Pharoah

The 37 year old drought is over A.P. not Adrian is the 12th Triple Crown winner in history. Now I will admit that I am no real horse racing fan but when something special happens in any sport (well for the most part) I am in. Pharaoh is in indeed a special horse, while other have come close recently Big Brown (Boy I wanted him to win a color thing maybe) none have been able to pull this off. Some say that maybe it has to do with the breeding maybe horses are now too soft, like many of us Americans. And he won going away much like the old days of Tiger Woods winning a major by 18 strokes. By the way Tiger just shot an 85 over the weekend, just like a regular human but that is another story for another day. Oh and by the way the new Tiger did not do it alone he had Jockey Victor Espinosa a first class Jockey that has been there before. In fact this was Victor’s 3rd time at the big dance and it proved to be the charm for him. Victor was born in Hidalgo Mexico in May 23, 1972,

Nuestra Voz De North Texas 9 the 11th of 12 kids, he lived in a Dairy Farm and besides horse racing he was also a bus driver at one point. At 43 he is the oldest Jockey to win the Triple Crown, which he called the best feeling ever. Victor is also a generous man donating his winnings to the City of Hope in Duarte California a cancer research clinic. So to both Victor and American Pharaoh I join many others in saying “Saludos y en Buena hora”

I am out of time so I cannot stop without at least saying How Bout Them Rangers, more on them next time.

by A. Govea

Is golf for you?

Some of my old friends that used to play baseball then softball wound up playing no-ball. Yep. After a certain age your body just can’t do it anymore. You are being replaced by younger players. You are left with only being able to out drink those young guys and that’s about it.

You still have the desire to compete in sports but you know it isn’t with a bat, glove and a ball. You have to face it, it’s over, so boohoo, boohoo, boohoo!

Well my lads there is still one outdoors sport you can play and you are not limited to age. You can play into your 80’s and 90’s. That game is Golf! Golf is a game that after you learn the basics you can play the rest of your life. The more you play the better player you can become. It is a game that requires you to use a lot of mental ability. Physical ability is of course required but if you lose concentration on a 2 foot putt, you will miss it. Oh man is that frustrating. So in order to improve you have to work on your physical skills as well as you mental skills. It is a very challenging game but it is also very rewarding.

Golf has many different categories associated with the golfer’s skills called Flights. It also has what is called a handicap. A handicap has to do with what kind of score you shoot for 18 holes commonly figured on an average of 3 or more rounds. Most handicap chairmen have a formula for figuring your handicap and it more than likely will not include that 10 you took on a par 3. It is adjusted according to the formula. When these two categories are combined guess what, you compete against players that play like you. Then because of your handicap you can also compete against better players than yourself.

There are a number of amateur golf organizations around Fort Worth. The biggest and oldest is the Pan American Golf Association. It was established in 1947 in San Antonio. Later in 1956 a chapter was started here in Fort Worth. Now there are chapters all over Texas and other states.

The Fort Worth chapter held the first National tournament in 1957. Since then the National tournament is held in a different host city each year. The tournament is back in our city again this July and many events are being planned for the golfers and their families.

The week is full each day with golfing for juniors, seniors, ladies, men, and this year the Super Seniors. There are also a number of activities to keep the golfer’s families entertained. This includes evening receptions with music and dancing for around 900 persons. Yep it’s a big party. Life is good with Golf.

Yours in Golf,

Joe Govea

MUZQUIZ AND DENTON/ UNITED AS FRIEND CITIES

By: Aida Urquidez

We are a group of 10 people, Proyecto 10, seeking the unity and welfare of our countrymen from Muzquiz, Coahuila Mexico. Our organization was initiated by the Mayor of Muzquiz, Lic. Luis Fernando Santos Flores, seeking sisterhood between Denton, Texas and Muzquiz, Coahuila. We were invited to create this organization of 10 people, Proyecto 10, so that they may find 10 more people. By this model, we could successively branch out to as many people living in Denton that are originally from Muzquiz. This organization commenced in June 2014 and we have managed to sign a friendship agreement between the two cities. On May 2, 2015, during the Cinco de Mayo festivities, Mayor Chris Watts invited:

Jim Encelbrecht Mayor Pro-tem, City of Denton,
John Cabrales Assistant City Manager, City of Denton

Laura Behrens Fire Marshal, City of Denton

Brian Glenn Fire Dept.

EMS Operations Chief, City of Denton

Lee Howell Chief of Police, City of Denton

Michelle Cunningham Business Development Officer,
City of Denton

Kevin McGinnis Website/Social Media Administrator,
City of Denton

Elizabeth Ruiz Denton Municipal Electric Key Ac-
counts Coordinator

Tim Sanchez President, Denton LULAC Council #
4366

Dorothy Martinez Denton ISD School Board Member

Dianne Costa Denton LULAC Council # 4366

Mayor Luis Santos

With representatives of both municipalities, along with members of the Proyecto 10 to carry out this agreement. Our organization now seeks the support of more people to help both in Denton and Muzquiz as much as we can. We support the exchange of Education, Culture, Sports, farming, business, history and traditions of these two beautiful cities. Some of our members include Angelica de la Garza, Magda Tellez, Berenice Long, Amelia Chavez, Guadalupe Montelongo, Aracely Lopez, Aida Urquidez, Monica Torres, and more. If you have ties with Muzquiz, friendships or family etc. and are interested in our group contact Aida Urquidez at aurquidez@dentonisd.org. The larger our membership the more we can accomplish.

Prudence Sanchez, J.D.

English/Espanol

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Latinos Face Urgent Health Challenge

By: Rebecca Williams

Caused by high levels of sugar in the blood, diabetes is one of the most serious health challenges facing Latinos in our country today. Latinos have a higher risk of developing and dying from diabetes, and are twice as likely as other populations to experience the horrific complications that accompany it.

The prevalence of diabetes increases with age, affecting over 50% of Latino women by age 70 and 44.3% of men aged 70-74. It is the 6th leading cause of death among Latinos in the US, and the 4th leading cause of death for women and the elderly. By 2040, the number of adult Latino Texans with diabetes is projected to grow from 855,000 to 4.7 million, more than the number of Caucasians and African Americans with diabetes combined. The disease also has an earlier onset in Latinos than in other populations, leading to an unprecedented growth in the number of Latino youth with diabetes. At current rates, one out of every three children born after 2000 in the US will develop diabetes by 2050.

The health care costs are spiraling out of control as well. On average, diabetes results in medical expenses 2.3 times higher than the norm. The estimated cost for Texas in 2011 was \$18.5 billion, a burden we all share.

While the costs are tremendous, the complications are devastating. People with diabetes have a reduced life expectancy of up to 15 years, a two to four times increased risk of heart disease, and damage to organs and the immune system. Latinos with diabetes have one of the highest rates of kidney failure, amputations, blindness, disability and death.

The good news is that diabetes is largely controllable. In many cases it's preventable, and there are free community-based diabetes self-management training programs available to help us do it. Programs that help us take control of our own health.

We know that diets low in fruits and vegetables and high in soft drinks and fatty snacks, coupled with hours of television that replace physical activity, is a recipe for diabetes. It is an absolute fact that lifestyle changes will make a difference in preventing and managing the disease, but we all need to do our part and act now to get control of this urgent health care crisis.

Editor's note: This article was submitted by Rebecca Williams, Dallas Area Agency on Aging Certified Volunteer Facilitator for Stanford University's Diabetes Self-Management Program. Rebecca is an Independent Contractor with the North Central Texas Area Agency on Aging and may be reached at 214-641-5325 or by email at agewise-ly@mail.com for more information.

Si Se Puede: Don't Give Up Your Dream

By Christian Sotelo

My story begins in the city of Chicago; it's very common within the Hispanic community. My parents were once illegal immigrants, my first language is Spanish, and I struggled during my elementary years. I lacked my parent's help with my schoolwork. I didn't have any friends; the language barrier prevented me. That only made school harder. I remember getting in trouble when I was in second grade because I hadn't done my homework. I remember wearing a red sweater and my teacher calling me out. I wasn't lazy; I just didn't understand and my parent's didn't know English. Eventually I learned English, learned it was up to me to put forth all my efforts in order to do well in school.

I always liked school. Though my parents never helped me with my schoolwork, homework, and projects, etc. they always gave me their full support. They have always been cheering me on the sidelines. They have been the ones to motivate me; assuring me I can achieve anything I set my mind to. Their support has been a great tool in my success. The parental support, or lack of, is a great factor that can determine the success of a child. It determined mine. Without my parent's support, my life would not be where it is today.

My parents have worked multiple jobs, to provide my siblings and me with a home with our basic necessities; they have endured humiliations from job patrons, all with the desire to give my siblings and me a better life. When I was 16 years old, I had to give my parents the news I would be a father. I felt my world crush above me. I had brought my family disappointment, embarrassment, and anger. My parents had done their best to give me everything I needed and I was paying them back with this? I was disappointed in myself. My parent's have always stressed the importance of education. "Education is the way to go Chris." For years I had told them, I would be a doctor, I would make them proud, give them the gift of having a doctor in their family, their first-born son. I thought, "I'll be a doctor, save lives, be an asset to my community, and make money to help my parents when they're older. Yes, I have it figured out. My plan is flawless." How could I achieve this goal with a child?!?!?

Though I know I brought disappointment to my family, and while my mother shed many tears, both of my parents stuck by me and provided me with moral support. I learned this was all I needed.

I was already working one job; I became proactive and took on a second job. During my senior year of high school I worked 50 hours a week, including two overnight shifts equaling to 30 hours, and managed to

excel in my AP classes. I graduated in the top 15% of my class and was admitted to several universities.

Students: Don't give up on your dreams. Don't put your education on hold. You will be broke, you will miss out on family gatherings, birthdays, mother's days, father's days, and trips. You will be sleep deprived, many if not every night. But the reward is granted. There is light at the end of the tunnel. And when you make it out, you'll look back and think to yourself, "That wasn't so bad."

Parents: Don't stop believing in your children. Let them know you care for them. Tell them they can do it; keep them motivated.

Be the rock that they need. You are a prime factor to their success. It is difficult to do it without you.

I became very involved in my son's life. I have been there from the beginning of his birth. I went to the first doctor's visit with him. It's me who takes him to every check up or every sick visit. It is I who introduced him to books, puzzles, power rangers! I have yet to miss a milestone he's achieved. A child is a blessing, a gift of God, literally the meaning behind his name, Matthias. I admit it has been extremely exhausting and difficult to raise a child and go to school. I can't count the number of times I've had to tell him I can't play, or the number of times I've had to leave him with my parents to attend school meetings, conferences, or study for exams.

Students, Students who are parents: It is worth it. Every sacrifice, every absence, is worth it. It may not make sense right now, it may not feel joyous, you may be scared, but you will pull through. Life works in a mysterious way. Hard work is rewarded.

Initially, the idea of having a son, brought me the most pain, crushed my world...today my son is the joy of my life, he is my world. He is the greatest thing that God has ever given me. He is the funniest person I have ever met. Every day he teaches me something new. The learning never stops.

I am a statistic. I was a Hispanic teenager affected by a pregnancy. There was a low probability I would graduate high school, let alone make it to college and even graduate that. But I did it. I made it.

All throughout college I had two jobs. I had a child to support. I learned what it meant to sacrifice. But because of the struggles I have experienced, the hardships I have overcome, and the disadvantages I used to my advantage, today, I am a proud first-generation college graduate. I was one of three students in my graduating class who graduated with the honor: Summa Cum Laude (GPA 3.9-4.0). My GPA was a 3.94.

I went from sixteen and pregnant to medical school. In July I will continue my journey and begin medical school at the Texas College of Osteopathic Medicine, in Ft. Worth, TX.

Student: Find your ambition, your motivation for fighting for your goal, that dream of yours. Find it fast. There are people out there waiting to help you. Don't



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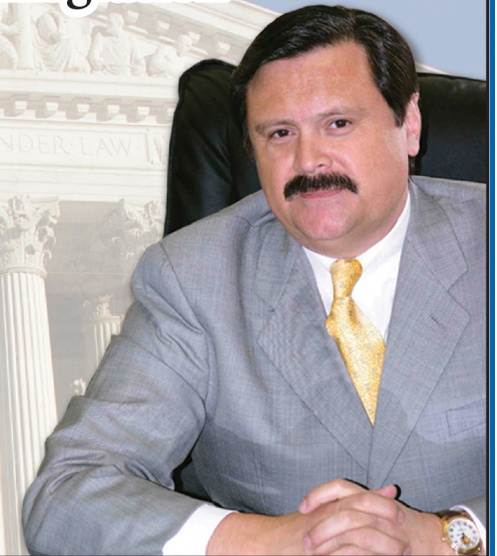
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