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More Than an Election for Hispanic Community



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Letter from the Editor:

We stand in solidarity with the families of the victims of the Orlando massacre. When a crime this horrific is committed, much like Sandy Hook, you cannot stand in support of any part of the Second Amendment. The Second Amendment was adopted when America was still a young country and people needed weapons to defend themselves against other colonists, Indians and dangerous animals. Things have changed since. The threats have changed. So have the power of the weapons. America needs a dialogue as to how to prevent events such as Orlando from happening. Perhaps all that is needed to allow lawsuits against those that pass such laws.

I attended the Dump the Trump (AKA The Whiner) protest march in Dallas. Conspicuously present were open carry people. I really thought you had to have common sense when you got a concealed or open carry license. Those people there with arms were not exercising good common sense and judgment. Another example of a legislature that passes what they think are sensible laws with grossly simplistic by-passes. It is so easy to disarm a person with a weapon whether side arm or rifle. Easy. And you don't even need a gun or be a martial arts expert. It was part of my Army training. If you want to learn how, join the Army. When someone gets disarmed and the person doing the disarming kills several people who is going to get the blame, the victims?

I saw Trump supporters openly taunt the protestors. As we say, "Cruising for a bruising." Bully behavior. The Republican Party is in a pickle. Dump the Trump pickle. Of course, Trump's trump card is a riot at the Republi-

can Convention. The RNC should call his bluff.

Please prepare your family to learn the history of Mexican North Texas, it is fascinating. Mexicans arrived in North Texas before 1900. Since then politically we have not progressed much. We started the Hispanic Caucus of North Texas. Our aim is to increase voter turnout. To do so is going to require the involvement of everyone in the family. Whether Republican or Democrat. Talk to your family why you are voting the way you are. Encourage them to vote. It does not matter what party you vote for, what person you vote for, the only thing that matters is that you vote. We cannot accept typical excuses for low voter turnout. To get elected sometimes all you have to do is put your name on the ballot. The more people that vote the better representation that you get.

I am also forming a North Texas Genealogical Society. We have a rich history and you might be surprised how your family got here. North Texas roots are Mexican. Nowhere is Hispanic a part of our heritage. I will accept Latino since it only conveys a message that you are from a country where a Latin language is spoken. Hispanic is not a language spoken anywhere. Academia was fast to latch on to Hispanic because of the shame associated with being called Mexican. We no longer have to be ashamed and we cannot allow anybody else to define who we are.

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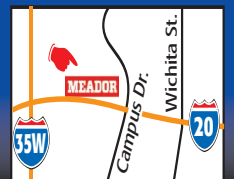
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From The Publisher:

WHAT MUHAMMAD ALI TAUGHT ME

By A. Govea

When Ali, or rather Cassius (as was his given name) won a gold medal in the 1960 Rome Olympics I was in second grade. Back then boxing was a lot more popular than it is now or maybe it was because there weren't a lot of choices. I can remember watching the Friday Night Fights on TV with my Dad. The sponsor was Gillette razors and they had a parrot as their mascot. Early on I was more interested in the commercials with the parrot than the action in the ring. The important thing to me was I was spending time with my Dad. When the National Anthem was played in a sporting event I would raise and hold my hand over my heart. I don't remember if it was my idea or my dad's. I guess it was what I learned in school, later some of my older cousin's made fun of me for this.

As I got older, I started learning the names of the great fighters of the time: Sonny Liston, Floyd Patterson, Rocky Marciano and of Ali AKA Cassius Clay. Ali was 22-years-old when he beat what was the baddest man in boxing Sonny Liston to take the title, he was a big underdog. However, he told anybody that would listen that he would. He was loud and brash and according to him very pretty, when accused by some of being a bragger he said, "It isn't bragging if you can back it up," and that he did (in and out of the ring). By now most have seen the replays of his famous fights and documentaries that detail not only the fight history but also the behind the scenes stuff. Soon after Ali became the Champion my Dad died so there was a time

in my life that I really did not watch boxing. However, Ali always appeared in news clips, especially when at 25 he refused induction into the armed services. Ali first proclaimed that he was a member of the Nation of Islam at 22 after beating Liston for the title. In addition, he would no longer use his slave name of Cassius Clay and would only answer to Muhammad Ali. This started a firestorm of hate for Ali and even ignited heated discussions among many in living rooms all over this country. In announcing his refusal for induction he stated (paraphrasing), "I ain't got no quarrel with no Viet Cong," he was also quoted as saying. "No Viet Cong ever call me a Nigger." Floyd Patterson called him a disgrace to himself and the Negro race, he was called a lot worse by members of the White community. Ali was stripped of his title and not allowed to fight for 3 years until his conviction was overturned by the Supreme Court, he was allowed conscientious objector status due to religious beliefs.

When he came back he lost to Frazier in his first fight but later reclaimed the title from George Foreman. He would lose it again and reclaim it again two times. All this behind the backdrop of the unpopular Viet Nam war and the growing unrest of the civil rights movement. By now I was older and like a lot of other Americans was beginning to question the war



"I ain't got no quarrel with no Viet Cong."

-Muhammad Ali

and unfortunately was already introduced to the realities of discrimination and how it affected me personally. And here was this larger than life personality that not only opposed the war, but also the racism in this country. He was standing up for his beliefs and against racism that had been accepted by most minorities as just a part of life. I had found the voice that expressed a lot of what I had been thinking but did not dare to voice. In most minority households we were all told to not make waves and to not bring any unnecessary attention to ourselves. All the things we were told not to do he was doing and now he was not alone and many voices were joining his. I joined some of those voices, at first just among friends and relatives and soon after I gathered the courage to go public. And that is something I still do today, if something is wrong it is wrong and just because it has always been that way is not an excuse. In fact, it is the reason to speak even more, so as the world remembers Ali I do as well and thank him for his part in helping me find my voice.

Don't Politicize An American Tragedy

By Felix Alvarado

We have been saturated with news on the tragedy at Orlando. Every reason for the tragedy has been discussed. How to prevent such tragedies has always been well discussed. There are many reasons and many solutions. Thus far all indications are that this tragedy was committed by a Lone Wolf. The Unabomber was a Lone Wolf. Eventually he was discovered because his broth-

er became suspicious and turned him in to the authorities. You cannot protect yourself against Lone Wolves. As in the Unabomber, families and friends have to alert authorities when they see something suspicious. Law enforcement agencies need our help. Once upon a time this was unimaginable, not today.

The ease of procuring assault weapons, weapons developed primarily for the military by anybody with money makes a deadly combination when purchased by a mentally deranged person. A case can be made that gun control laws that are in the books do not work.

The call by Trump to ban all Muslims from entering the United States is ignorant political rhetoric. Anyone with even a rudimentary knowledge of American Government knows that it is Congress that allows immigrants to enter the

United States. We speak of legal entry. We have all heard the expression, "One bad apple does not spoil the whole bunch."

According to Trump it seems like all Muslims must pay for the odious act of one bad Muslim. This topic has no place in politics at the moment. Trump is playing to the ignorance of a small number of supporters. If blame must be placed for the presence of Muslims or any other minority group in America, you must point the finger at your U.S. Senator and Representative, they make immigrations laws. You can point the finger at the US constitution and its protection of your civil rights. If the FBI has been lax, fix the FBI. Put the blame and responsibility where it belongs, not on innocent people. We share in the pain and suffering of the families of all victims. We express our condolences.



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Saving for the Future

By Alfred Sanchez

As parents and immigrants we have one thing in common, which is to give our children a better future. As the Latino has embraced the American way of life he has also embraced economic insecurity. The Latino, like his American counterpart, is living from pay check to pay check. We have decided to spend more than what we earn.

I have been a landlord now for nearly 30 years, and in that span of time I have seen that most people that rent have little to no concept about saving money. Most people who live from pay check to pay check have no idea about budgeting. They believe that budgeting is for those who have lots of money. Budgeting is not for them because they live from pay check to pay check, therefore there is no money to budget. This is a fallacy that needs to be corrected; everyone needs a budget no matter the socio-economic status. The first and most important when you get on a budget is to pay yourself and put that money away in a savings account. Set up an emergency fund. Make the decision that, that money does not get used except in an emergency. Also, it is important to set a goal as to what amount you want to maintain in your emergency fund, for example \$2,500-\$5,000. Money from this fund will be used for medical or vehicle emergencies.

It is also important to set aside a little money for the future purchase of another vehicle. So, when vehicle expenses exceed you have the money for a new vehicle. When your finances are very limited, that is even more reason to budget and save, because any little extra expense could put you in a situation where your family becomes homeless.

Any unexpected expense will have a huge impact on your month-

ly budget. It is extremely hard to come up with the extra money. Some people have the option of asking a family member for assistance; others are forced to turn to Pay Day Loan Businesses for assistance. Borrowing money from a Pay Day Loan Business will almost guarantee that you will not recover financially. My suggestion is to never borrow from a Pay Day Loan Business.

Become a Saver not a Spender for your family's sake. In the long term it will reduce the stress in the family, you will sleep better when unexpected expenses arrive. Most people will say that there is no money to save and that every penny gets spent. Let's look at ways to save money: 1) stop eating out — take your lunch to work, meals cooked at home are much cheaper; 2) in the summer lower your water heater, use less gas; 3) use the air conditioner only when you need to run it; 4) take shorter showers; 5) Keeps lights off during the day and turn lights off in rooms not occupied; 6) stop buying boxed dinners, cook from scratch. For example a home baked cake cost about a dollar to bake as opposed purchasing a baked cake from the bakery which could cost \$15-\$20. Cook larger meals to be served later or frozen for another day; 8) stop buying useless toys for the kids; 9) don't purchase items just because they are on sale. If you do not need it, it is not a bargain; 10) get in the mind set of looking for bargains; 11) save with a purpose, (purchase a car, a home, college for the kids, etc.; 12) if you use a credit card pay it off at the end of the month. I cannot cover all the ways in which each individual can save money. Saving for the future is a mindset driven by a purpose to save. That purpose should be for a better future for your children.

Garza's Barbershop: The place where the history of Mexican Dallas comes alive



By Felix Alvarado
Editor

Henry Garza has been cutting hair for forty-one years. His rotator cuffs are beginning to show the wear and tear of cutting so much hair. Old timers that come here have a personal connection with Portland and Lone Star Cement Companies. Their parents or grandparents worked at the plant. They come here to tell their stories. The area where Henry's barbershop is located was first called La Reunion, then Eagle Ford then Ledbetter, today it is called Singleton Blvd.

This area has a lot of history. This area is teeming with Mexican-American history of North Texas. Henry's clients come to listen to the history or tell their version of what happened here. Here you learn that Bonnie and Clyde hung around here. They were from this area. In fact, Bonnie attended Eagle Ford District 49 School. The school was a designated Mexican school. It was for children of Mexicans and poor Whites. The other designated school for Mexicans was Dallas High School (changed to Crozier Tech). Children had to be bussed across town to attend school. Education was available, just not readily available. The entire family of Henry Martinez Sr. graduated from Dallas. Henry tells of missing the bus and having to ride a bike to school. Crozier Tech is on the other side of downtown Dallas. The abandoned building is still there.

In the early 1900's when the cement plants opened up there was a huge demand for labor. The demand was filled by sending emissaries to Mexico with orders to recruit able bodies men to come work. Large portions of Mexican villages were ravaged to supply the need for workers in North Texas. These Mexicans settled in close knit neighborhoods. Mexican neighborhoods started growing going west to east to the Trinity River.

A customer recounts how when he first arrived he planned on returning to Mexico. Those plans changed when he got married. They recount the lawlessness that permeated the area. Only Bill Decker, the sheriff, had the courage to enter the area. When he would visit bars he would point to people and they would just get up and go get in the car. Dead bodies would be left alone until someone would come by and pick up the body. But there was more than lawlessness. Many Mexicans prospered. America was indeed the land of opportunity and the opportunity was here. Driven by the railroads and a construction boom, Mexicans came to North Texas to make their fortune. Descendants of the Mexicans still live in the neighborhood. They gather here to tell their stories. A picture hangs on the wall. Old timers that once upon a time would not permit outsiders to enter their neighborhood. Now they are the best of friends.

Henry opens for business early and there usually is a long line to get a haircut. But that is okay. There are many stories to tell.

North Texas Achievers Estudiantes Sobresalientes Magazine Smart Fun in The Summertime

By Jacinto Ramos, Jr. President,
Fort Worth ISD Board of Education

Summer isn't just a time to play. It's a time to learn, explore and grow! On a hot day, you may want to lounge around inside, but there are many things to do with your family right here in Fort Worth that are free or low cost.

Research says long breaks in schooling is most detrimental in math and reading — two subjects our students need the most help in. Additionally, this happens to more families with little income than their counterparts, and students are more greatly impacted in higher grade levels.

Here a few options to help your child continue to learn while on summer break:

Get outside

Pack a healthy lunch and walk or bike to a local park for a picnic. Take a Frisbee or jump rope. Visit a city park and challenge your friends to a game. • fortworthtexas.gov/pacs/parks

Bike or hike along the Trinity Trail Over 40 miles of trails • www.trwd.com/docs/general/trinity-river-trail-map.pdf

Visit a museum

Amon Carter Museum Family-friendly activities, no reservations required • cartermuseum.org/calendar

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Gracias!

The Whiteness of the Arlington ISD Workforce (Part I)

By Luis C. Castillo

The Arlington Independent School District (Arlington ISD) is the 11th largest school district in Texas and serves approximately 62,177 students. It is governed by seven Trustees that are elected through an outdated at-large system. This means each Trustee is elected to represent the whole district and in essence every constituent has seven representatives. Presently there are six White Board members and one African-American.

Changing demographics in communities has driven the need to instill a diverse workforce in governmental entities in order to better reflect the population the government serves. A diverse workforce is one that is made up of employees with a wide range of characteristics such as race, ethnicity, gender, age, religion, ability, and sexual orientation. Arlington ISD has resisted Hispanic diversification of its workforce for many years, even though Hispanic students make up the single largest group of student enrollment.

In December 2012, Dr. Marcelo Cavazos was named superintendent of Arlington ISD after serving as the interim superintendent for six months. At the time of his appointment, the school district's Hispanic student population was approximately 42 percent and the district's Hispanic workforce was at a mere 9 percent.

Incidentally, one of the first noticeable things that Superintendent Cavazos did following his appointment was to cease the district's Workforce Diversity Committee. This committee came to existence under Superintendent Dr. Bernd's administration in late 2007 after the Arlington Chapters of the NAACP and LULAC brought forth the workforce diversity issue. After Dr. Bernd's retirement, Superintendents Montenegro and McCullough followed and the Workforce Diversity Committee continued its work. Dr. Cavazos, then Deputy Superintendent, chaired the Workforce Diversity Committee which comprised of approximately 28 members consisting of representatives of Arlington NAACP, LULAC, school district staff and other members of the community.

In a nutshell, the district's Workforce Diversity Committee was charged with promoting, monitoring, embracing, celebrating and recruiting workforce diversity in the district. It made diversity related recommendations to the Superintendent. During its short period of existence some diversity baby steps were accomplished. That was until Dr. Cavazos appointment as the district's Superintendent. He ceased the district's Workforce Diversity Committee and now the end results are exposed.

A freedom of information request was made to the school district for a listing of all its current employees. The information requested and obtained included employee's Name, Position Title, Hire Date and Ethnicity. An analysis of the released information points to a disturbing pattern of employment selection at Arlington ISD. Since the start of Superintendent Cavazos administration, 2,290 or 65 percent of whites were hired compared to a dismal 278 or 8 percent Hispanics.

Below is a statistical breakdown of the data compared to the district's student demographics.

AISD Employees Ethnicity			AISD Student Demographics		
Hired from June 2012 to March 2016			as of March 2016		
African-American	721	20%	African-American		25%
American Indian	104	3%	American Indian	261	0%
Asian	135	4%	Asian	3,923	6%
Hispanic	278	8%	Hispanic		
Other	10	0%	Other	2,127	3%
White	2,290	65%	White		
Total:	3,540	100%	Total:		

The data is jaw dropping.

In a pointed email to Superintendent Dr. Cavazos, the writer of this article has challenged the

Arlington ISD Superintendent to answer the following questions:

Given the data, why are Whites eight times more likely to be hired than Hispanics?

Where in the process is the school district failing that perpetuates this disparity?

And is there an action plan to remedy this issue?

Are Hispanics applying for jobs at Arlington ISD?

Is the district actively recruiting Hispanics?



¿Por qué Dios creo el mundo y nosotros?

Por Joe M. Govea, devoto católico, cuyo deber es evangelizar.

Diversión inteligente durante las vacaciones de verano

Por Jacinto Ramos, Jr.
Presidente, Junta de Educación del Fort Worth ISD

El verano no es solamente para jugar. ¡Es tiempo para aprender, explorar y crecer! En un día caluroso, es posible que usted quiera relajarse en su hogar, pero hay muchas cosas que puede hacer con su familia aquí mismo en Fort Worth que son gratis o a bajo costo.

Los estudios muestran que las vacaciones largas fuera de la escuela son más perjudiciales para las matemáticas y la lectura—dos de las materias en las que nuestros estudiantes necesitan el mayor apoyo. Además, esto les sucede más a familias de bajos recursos económicos que a otras familias, y este impacto es mayor para los estudiantes en los grados más altos.

He aquí algunas opciones para ayudar a su hijo(a) a continuar aprendiendo mientras disfruta las vacaciones de verano:

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¡Comience desde ahora a planear su diversión inteligente para las vacaciones de verano!

Dios creó este mundo para darnos a probar estar vivo y darnos una oportunidad para calificarse para la próxima vida que será eterna. Ustedes no creyentes o aquellos de ustedes que no les importa si Dios existe o no, pueden no haber comprendido la información anterior. Pueda que usted piense que primero vive y luego se muere y eso es todo.

Bueno hay un Dios y hay mucho más que eso. Aquí está lo que yo creo.

Dios siempre fue y siempre ha sido. La definición de Dios es resumir con sus propias palabras “Yo Soy”. Para mi es muy difícil de explicar con palabras lo que su nombre “Yo Soy” significa. Creo que puedo decirle lo que siento. Creo que el tiene la sabiduría y el conocimiento con un plan para toda la humanidad. Su plan es matemáticamente correcto hasta el coeficiente más elevado. Él es el máximo conocimiento de todo y esta al cargo de todo. Usted lo ve en todo. Le ves cuando miras un hermoso atardecer o cuando conduces por el campo abierto disfrutando los árboles verdes y la vegetación. Dios está en todas partes. Él creó todo a través del poder de su Palabra. Su nombre “Yo Soy”, dice esto. Todo lo que tiene que hacer es decirlo y sucede.

VER DIOS P. 10



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NV Nuestra Voz En Español

Hierbas del Campo

Por Linda Carrasco

La cultura Mexicana está ligada a la naturaleza y la tierra. Los “antiguitos” después de tanto tiempo lejos de sus raíces que no han soltado las costumbres y tradiciones del pasado, recuerdan lo significativo del conocimiento de las hierbas del campo como uno de sus hermosos elementos.

No todo el tiempo entendemos con nuestro mente humano lo hermoso y lo misterioso de las plantas. No hay ninguna otra explicación más que hay un Poder Creador que puso en su propio lugar todas las hierbas. Al fin de las cosas, consideramos la Biblia donde hallamos este verso: “Y dijo Dios: «¡Miren! Les he dado toda planta que da semilla y que está sobre toda la tierra, y todo árbol que da fruto y semilla. Ellos les servirán de alimento. Para toda bestia de la tierra, y para todas las aves de los

cielos, y para todo lo que reptas sobre la tierra y que tiene vida, toda planta verde les servirá de alimento.» Y así fue.” (Génesis 1:29-30)

En el camino de Marfa a Presidio, al lado de la carretera parábamos el carro y nos bajábamos a cortar una hierba que se llama “hojasén.” Mi suegra es la que me introdujo a los usos maravillosos de las hierbas. Después de muchos años que ella había pasado, hallé un vaso con una tapadera que tenía adentro un papelito cortado de una bolsa de mandado que tenía escrito en su letra elegante: “Ojacén, para el empacho.” El hojasén o “tarbush” como se conoce en inglés es remedio para problemas estomacales. Las hojas redondas hervidas en agua y tomado como un té tienen valor medicinal. Científicos han descubierto que el hojasén tiene componentes que sirven para el control de bacterias y hongos que causan enfermedades gastrointestinales. La hierbabuena es otra planta que se acostumbra en algunos hogares mexicanos. Casi todos nosotros

que tuvimos una abuelita tradicional nos recordamos haber tomado una taza de “hierbabuena” o “spearmint” cuando nos dolía el estómago o teníamos un resfrío. Nos tomábamos la bebida sin saber lo que ahora se ha revelado por estudios en universidades, que la hierbabuena contiene ingredientes como el mentol que ayuda reducir la congestión en el pecho y reduce la mucosidad. También, se ha comprobado que la hierbabuena puede ayudar con los trastornos del sistema digestivo incluyendo gases, náuseas, indigestión y cólicos. Hay tantos remedios con hierbas que aquí por falta de lugar no los podemos mencionar todos.

También las hierbas que plantamos en el jardín por sus flores y hojas decorativas tienen sus historias. Mi suegra, una mujer muy sabia que conocía las plantas, me platicaba que la planta que nosotros conocemos en inglés como “ice plant” que da la flor roja-anaranjada y la otra de la flor am-

VER DEL CAMPO P. 16

toda nuestra mente, todo nuestro corazón y amar a nuestro prójimo como nos amamos a nosotros mismos. Nos ayudó a comprender todo esto asistiendo a la iglesia cristiana, reuniones y estudiar la Biblia mientras rezan a Dios pidiendo ayuda para entender lo que está leyendo.

También sé que Dios nos creó y todo el universo en que vivimos. Él hizo todo esto por una razón y la razón creo que es simple. Él nos quiere compartir con nosotros su gloria y bondad para siempre. Su reino no tendrá fin y aquellos que estarán con él solo son aquellos que han vivido sus vidas practicando lo que Jesús nos dijo que hiciéramos, mientras que estemos aquí en la tierra. Las instrucciones se pueden resumir en una sola palabra, “Amor”.

Tienes que amar a Dios y amar a los que le rodean. ¿Te gusta tu vecino mostrándole respeto, siendo educado, amable, amigable? ¿Puede mostrar

amor diciendo simplemente “buenos días” a un extraño? Esta amistad es una forma de evangelización. Usted está demostrando a la gente lo que los cristianos somos similares. Esto les hace querer ser cristianos.

Dios nos ha prometido la resurrección de nuestro cuerpo y la vida eterna. Él nos puso aquí en la tierra para demostrar que podemos controlar estos órganos que son meramente principiante modelos. En los nuevos órganos que lleguemos, seremos capaces de caminar a través de las paredes. No hay tal cosa como el tiempo en el nuevo mundo eterno. Así lugares que están a años luz de distancia, podremos llegar en un instante. Tendremos muchos poderes que no son conocidos para nosotros, pero todo lo que tienes que hacer es mirar hacia el cielo para ver nuestros límites. Más aún, estaremos con Jesucristo en Su reino y vamos a ser felices. Que Dios les bendiga a todos.

El Gabacho

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DIOS continuado de p. 9

A veces se asustan cuando usted tiene la sensación de auto-realización y me pregunto ¿de dónde vengo? ¿Qué estoy haciendo aquí? ¿Qué sucede después de morir? Esos son pensamientos aterradoros. Y Dios, que siempre fue y siempre ha sido, ha hecho mucho para ayudarlo a responder a todas esas preguntas.

Primero tienes que creer que eres una creación de Dios y debes ser totalmente agradecido con él por lo que le permite estar vivo. El te ha dado una oportunidad de ganar la vida eterna. Todo esto se puede hacer mientras estás disfrutando el don de tu amor a Dios. Dios nos ha creado en este mundo solo para hacernos dignos del próximo mundial que está por venir.

Todo lo que tienes que hacer en este mundo es creer en Jesucristo, quien es nuestro Dios. Hemos de amarle con

NV OUR VOICE

Some “Oldies,” but not always, “Goodies”



By Rosie Reyna

Well, today I take the time away from our usual busy work schedule to give you some personal feedback on a movie that was mentioned in a previous news article. We on occasion meet up with family, and the topic of discussion at one of our gatherings was the movie “McFarland”. To my surprise they were speaking of a movie that my husband and I had viewed just days ago. And let me say, when I say viewed I literally mean viewed over and over and over again in a weeks’ time. I could not get enough of this movie. This movie brought back so many childhood memories for not just me, but for my husband as well. We were both able to relate to this movie in different levels.

It took me back to when I was a preschooler. I could recall coming from a family that worked the fields and being awakened by my mother at 4 a.m. to be placed on a mattress on the back of my grandmother’s pick-up truck to pick up the crew and head for a long hot day at a field picking watermelon. I

remember being asked to bring the workers water when thirsty, and or to bring them a taco from their lunch bag while they continued to work in sometimes dangerous fields due to rattlesnakes. It wasn’t scary at the time, but looking back at it now I should have been scared. But our families had to work and this is what our family did. I could go on and on with all the memories it brought back, but I will spare it all, for I am certain you too have your similar memories.

Well, after a long day we would get back in time to go see my uncle play a baseball game. Besides it was important to him to have us there to watch him, (I was just a small kid maybe 6 or 7 years old at that time) by “us” I mean his family was there for support. SUPPORT is important in whatever form it can be given. My husband too related to the movie, he would recall his childhood friend and his mother. So in one scene of the movie it shows a Hispanic mother taking charge in the kitchen ensuring dinner is served to her hard working

family, also at the school picking up the children from school, or helping the coach



with a fundraiser to help the team with uniforms. He would always say, “yeap that’s Tino’s mom, every day cooking and wearing her apron!” Every day after school a big pot of rice and beans with a huge stack of tortillas were waiting for us, he would say. And he said that was just a snack.

Besides the fact the she resembled the mom in the movie as well. I have to say this movie always puts a smile on our face. If my husband is on the phone or on Facebook by chance or even playing his favorite Clash of Clans game. He would always pay attention to those scenes. Needless to say, do you recall the famous cliché “Oldies but Goodies”. Well this one become one of our favorite movies to make the famous Goodies List. If you have not yet have taken time to see this movie it may not be an oldie, but it sure is a goodie. I too urge you to give it a chance to take you back to your childhood days or the days of your parents. I have a pretty good feeling you too will like it. You know, I think I might just go home pop me some popcorn and pop in this movie! It is just what I need today!

Mental Illness and Guns A Bad Combination

By Denise Govea

After the Orlando Florida shootings, where 49 people attending a night club were shot and killed while another 53 were injured, there was an overwhelming feeling of grief, yet there was also a sad sense of familiarity to the sick and disheartening tragedy. In the same week Christina Grimmie, a former contestant of The Voice was slain right outside the venue where she had just performed — her own brother tackling the assailant who then killed himself. These disasters although shocking, often instantly lead to a never ending gun debate. Leaving nobody any time to even process such a great loss to everyone in this country, but especially to the family and friends who are left with nothing but anguish and pain. These debates generally don’t lead us to any new solutions or plans to fix this problem. A lot of the focus is on the guns themselves; when there seems to be a trend with the mental illness of majority of the shooters. What often seems like a gun problem, this could be a mixture of both this fascination with weapons, and the vast amount of individuals who suffer from mental illness in this country.

Mental illness used to be something that nobody wanted to talk about and there was a time when if you had a mental illness you could be thrown into an overcrowded asylum where you could easily be lost amongst all the other patients and never be treated. Now things have changed, it’s now finally becoming a part of household conversations, instead of being swept under the rug. While we have come to a place where we are making efforts to learn, and educate more about mental illness, there still seems to be lack of progress when it comes to finding proper methods on treating the illness. According to a report by the Journal of the American Medical Association, nearly 3 in 5 American adults take prescription drugs. With statistics like this people should seek to become more aware of what their doctors are prescribing them and their children. An Access Monitor report from pharma sales consultants at ZS Associates stated that only about 53 percent of doctors restrict access from pharmaceutical representatives. Some doctors may be more interested in their incentives to prescribe you something for your anxiety rather

SEE BAD COMBINATION P.13

Rangers Best Record in the American League

By Juan Daniel Garcia

The Rangers just finished taking 3-out-of-4 from the Oakland A's at the Oakland Coliseum. Lead by Roughned Odor who is 10 for 31 with 4 Homeruns, 5 RBI's, and is batting .323 over the past 7 games. The Rangers showed why they are the best team in the America League with a record of 42 – 25. Seattle is trailing the Rangers by 6.5 games followed by Houston who is 11 games back, LA Angels are 13.5 games back, while the A's are 14.5 back. The Rangers, going into a 3 game weekend series with the hated St Louis Cardinals in St Louis that started Friday, hope to continue their winning ways. Even though they return to St Louis for the first time since the 2012 World Series, which had them losing to St. Louis is 7 games with the historic Game 6 collapse. Game 1 was a Rangers 1-0 victory lead by Cole Hamels (7-1), Matt Bush earning another hold and Sam Dyson earning his 12th save. Again, Roughned Odor provided all the scoring with a solo homer in the 5th; the Rangers

were able to make their only run for the game the winning difference. During the past week; we've seen the return to Adrian Beltre from a hamstring injury and catcher Robinson Chirinos returning from a broken forearm, Yu Darvish being placed on the 15 day disabled list with a sore right shoulder, and right-hander Tom Wilhelmsen declining his outright assignment to the Rangers Triple-A on Friday. He became a free agent due to his poor pitching performance. In 21 relief appearances Wilhelmsen had an era of 10.55. The St Louis series begins a 6 game road trip with stops in Baltimore for one game and a short two game series in Cincinnati against The Reds. The Rangers then return to the Ballpark for a small 3 game home stand with the Red Sox on June 24th. So get out there and support our Rangers, the hottest team in the baseball. Also don't forget to vote for our Rangers for the All Star Game in July. Go to the Rangers web-site www.texasrangers.mlb.com. Adelante con Los Rangers!

Training Camp is Just around the Corner, Are We Ready?

By A. Govea

Darren McFadden is expected to be out for two months for elbow surgery. No, it was not an on field injury it was an iPhone injury? Over the Memorial Day weekend while relaxing at home he dropped his new iPhone S and tried to catch it before it hit the ground. But to his credit he was at OTAS working out when he complained about his elbow. Trainers took X-rays and discovered the fracture he's had since surgery, which makes the rookie next man up.

This normally would make fans nervous. However, the first round pick rookie, Ezekiel Elliott, is on odds for favorite rookie of the year. While I personally do expect him to perform well, I am not ready to proclaim him the next Emmitt Smith. Most rookie's biggest problems are adjusting to the speed of the game in the NFL, it has not been different for Ezekiel. But now having to work with the first team fulltime should help with that. There is no other way to learn but to do it.

As for Tony Romo, he is excited



Ezekiel Elliott on odds for favorite rookie of the year.

Photo from DallasCowboys.com

about the new season calling last season's injury an anomaly, and he feels strong and ready to play. He has looked good at OTAS and Mini Camp and if you listen to Jerry Jones talk about Romo he expects him to playing into his 40's. Will they be able to come back from a 4/12 season? I say yes, if they can avoid major injuries. Tony Romo was quoted as saying the team as a whole needs to do better with me or without me. The Cowboys are expected to arrive in Oxnard California on Thursday July 28 with their first practice scheduled for that Saturday. The time is now for this team, but sorry Jerry, I do not expect for Romo to be playing into his 40's nor Whitten.

Tu Voto, Tu Voz

la declaración de la independencia pronuncia audazmente “Sostenemos que estas verdades son evidentes, que todos los hombres son creados iguales, que son dotados por su creador con ciertos derechos inalienables, que entre éstos están la vida, la libertad y la búsqueda de la felicidad”. El significado de estas palabras representa quienes somos como un pueblo que vive en este gran país. Mientras que la historia ha demostrado que el término “todos los hombres son creados iguales” ha evolucionado con el tiempo, que seguimos persiguiendo el idealismo que se refleja en las palabras de Sr. Jefferson. Todos los que tenemos suerte de llamar América nuestra casa deberíamos ser juzgados justamente y sin sesgo; independientemente de su raza, etnia, religión,

género o situación económica.

Mi nombre es Joe Drago y yo soy el candidato democrático para el juzgado de distrito 348 en el Condado de Tarrant. El Tribunal de distrito 348 es un tribunal civil que se encarga de casi todos los casos excepto penal, familia y sucesiones. Fort Worth ha sido mi hogar durante toda mi vida. Asistí a Nolan Catholic High School, la Universidad de Texas y Baylor Law School. He practicado leyes durante casi 23 años en las áreas de litigio civil, mala praxis médica, lesiones personales y el seguro.

Creo firmemente que todas las personas tienen derecho a ser oído y juzgado bajo la ley. De hecho “Nuestra Voz” o “Nuestra voz” es uno de los mayores derechos que tenemos en la Constitución. Esa voz puede ser escuchada en la mesa de la cocina, en un foro público y en las urnas. La

obligación del juez es la aplicación de la ley a los hechos conforme a lo decidido por el jurado. Como resultado, no sólo es importante “Nuestra voz”, pero igualmente importante es saber que alguien está escuchando. Palabras duras y política partidista conduce gente aparte en lugar de reunirlos. Ellos no tienen lugar en un tribunal de justicia. César Chávez fue sin duda correcto cuando él famoso indicó “Preservación de la cultura propia no requiere desprecio o falta de respeto para otras culturas.”

Demasiado a menudo, la gente siente que el sistema judicial no trata por igual a las personas. Como juez, me comprometo a aplicar la ley justa y equitativamente a todas las personas que se presentan ante la corte. Si soy electo, mis decisiones serán impulsadas por la ley, y no por la política. La equidad, la integridad, la confianza y la expe-

riencia son las cualidades necesarias para ser un buen juez. Creo que tengo las características para satisfacer estos requisitos. En una encuesta reciente del Condado Tarrant abogados, 88.77% de los abogados me calificaron como “bien cualificado” o “calificado” para el puesto de juez, un porcentaje mayor que mi oponente Republicano. A pesar de se el único candidato democrático en todo en todo condado, de vez en cuando me siento ser solitario, mi voz, mis convicciones y mi devoción a la ley me hacen singularmente calificado para representar a todas las personas en el Condado de Tarrant County como juez de la 348 la Corte del Distrito. Sígueme en Facebook o Twitter en Drago4Juez o visite mi sitio web en drago4judge.com.

-Recuerde en noviembre, la voz es tu voto. Déjelo ser escuchado - Joe Drago

NV OUR VOICE

Why did God create the world and us?

God created this world to give us a taste of being alive and to give us a chance to qualify for the next life that will be everlasting.

You non-believers or those of you that don't care whether there is a God or not out there, may have missed the above information. You think that first you live then you die and that is it. Well there is a God and there is more to it than that. Here is what I believe.

God always was and always has been. The definition of God is summed up with his own words, "I Am". It is hard for me to explain in words what his name, "I Am," means. I think I can tell you what I feel. I feel that he is ultimate knowledge with a plan for all of mankind. His plan is mathematically correct to the highest coefficient. He is the ultimate awareness of all and in charge of all. You see him in everything. You see him when you look out at a beautiful sunset or drive in the country side where the trees and the greenery are beautiful. God is everywhere. He created everything through the power of his Word. His name, "I Am," says this. All he has to do is say it and it happens.

You sometimes scare yourself when you have the



feeling of self-realization and wonder where did I come from? What am I doing here? What happens after I die? Those are scary thoughts. Well, God who always was and always has been, has done a lot to help you answer all of those questions.

First you have to believe that you are a creation of God and you should be totally thankful to him for allowing you to be alive. He has given you a chance to earn everlasting life. You can do all this while you are enjoying the gift of your love for God. God created us in this world only to make ourselves worthy of the next world that is to come. All you have to do in this world is to believe in Jesus Christ who is our God. We have to love him with our whole minds, our whole hearts and also love our neighbors as we love ourselves. We are helped to understand all this by attend Christian church meetings and studying the Bible while praying to God asking for help to understand what you are reading.

I also know that God created us and the whole universe we live in. He did all this for one reason and that reason I believe is simple. He wants us to share with us his Glory and goodness forever. His Kingdom will have no end and those that will be with him are only the ones that

have lived their current lives practicing what Jesus told us to do while here on earth. The instructions can be summed up in one word, "Love".

You have to love God and love those around you. You love your neighbor by showing respect, being polite, being kind and friendly. You can show love by merely saying, "Good morning," to a stranger. This friendliness is a form of evangelization. You are showing people what Christians are like. This makes them want to also be Christians.

God has promised us the resurrection of our body and life everlasting. He put us here on earth to show we can control these bodies that are merely beginner models. In the new bodies that we get, we will be able to walk thru walls. There will be no such thing as time in the new eternal world. So places that are light years away, we will be able to get to in a flash. We will have many powers that are not known to us yet, but all you have to do is look up into the sky to see our limits. More so, we will be with Jesus Christ in his kingdom and we will be happy.

God Bless you all,

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

BAD COMBINATION FROM P.11

than send you to a specialized therapist who could more properly diagnose a problem and possibly treat patients without a long list of anti-depressants and other psychiatric medications. This poses a serious problem when you add unlimited guns into this sea of psychiatric drugs and psychiatric illnesses.

December 14, 2012, started like any other school day for the students of Sandy Hook Elementary, but would end in tragedy with 20 children ages 6-7 and 6 adult staff members shot dead. Adam Lanza who was 20 years old at the time of the murders had suffered from various mental disorders ranging from sensory integration disorder, to obsessive compulsive disorder; his father even stated that he could

have suffered from undiagnosed schizophrenia. He was prescribed Celexa as treatment but stopped taking the medication without the supervision of a doctor. While his mother knew of these serious problems she was still known as a, "gun enthusiast," and owned at least a dozen fire arms. It was stated by her sister in law that she often took her two sons to a shooting range, and never considered his mental problems when showing him how to use guns. Not only did she instruct her son on how to use weapons, but she failed to secure them in a safe or hidden place. This unfortunately led to the demise of 26 innocent people. All of this could have been prevented if Adam Lanza would have received proper treatment and if his mother would have been more aware of the immediate danger of owning firearms

and not securing them. How many more lives need to be lost before we finally learn our lesson?

When we decide to finally take a stand and make moves to assist everyone with mental illness, with proper treatment is when we will stop burying innocent people due to senseless violence. Everyone can do their part to help resolve this problem. Talk to your kids about depression and anxiety. Let them know they are not alone, and if you own guns please keep them in a locked safe out of reach from your teens and children. There has to be further research on Mental Illness and the long term effects of Psychological Medications. As long as we continue to find new solutions, we could hopefully end these horrific mass shootings.

Pioneer Creek Townhomes

Apartment living is not just a way of life it is a necessity. Families that can't afford to buy a house find apartments. Hi! my name is Gaby Perez and I have managed apartments for over 25 years and have enjoyed, the people, and found that, one or more parents need to work. Pioneer Creek townhomes in conjunction with Missions of Arlington, and Covered in faith are providing warm meals, fun activities, bible stories, snacks and tutoring for the children in our community. I believe that the children are the future of this world and by providing these activities help a little. Apartment living is a different style, by giving back to the community that they live are molding minds. Each child grows to learn new things and become like a family.

Gaby Perez
Community Manager
Pioneer Creek townhomes

NV OUR VOICE

Not Knowing Spanish

By Denise Govea

Being Mexican American has been a valuable asset to me; you get the best of both worlds and you benefit from having a rich background full of customs and beliefs from your Mexican heritage. You get to enjoy the vast amounts of pop culture and traditions that being an American has to offer. You also have two languages to either choose from or become skilled in.

I was very blessed to be born to a family that saw the same value in being Mexican American and always made an effort to stay involved in the Hispanic community through LULAC and other organizations. I often accompanied my grandparents to meetings, events and even a few conventions at a very young age. I was exposed to the political realm through the Hispanic community and I loved it. The only problem I had and still have today is that I can't speak fluent Spanish. My parents, grandparents, aunts and uncles speak fluently, but although they tried none of my siblings and very few cousins speak fluent Spanish. Growing up in the environment that I did, it always made me feel that I wasn't, "Mexican Enough," and it was always embarrassing when I would be approached in Spanish and couldn't respond or understand what they were saying, so I had no choice but to just stand there awkwardly.

Having your Spanish ridiculed when you are trying to make an effort was also no benefit to me. Even as a little girl it bothered me that I didn't know what the older family members were saying or more than likely gossiping about. Consequently, I would make an effort throughout my childhood to teach myself Spanish. I still struggle with learning Spanish today, but thanks to the app

"DuoLingo" I can say that I am well on my way to at least having a grasp of the language.

You may be surprised at the various responses people may have to a non-Spanish speaking Mexican. These reactions could come from any ethnicity, and sometimes they aren't too pleasant. I remember often being told by fellow white classmates that it made me less of or not a, "real Mexican," and it was always expressed as a positive thing, not to know Spanish. When I asked my husband how he felt about not knowing how to speak Spanish he said that it didn't bother him, the only problems he has are the reactions of other Hispanics, "I've been scolded and even yelled at, some have even accused me of pretending not to speak Spanish" he explained to me. I have experienced this myself, and it's a complaint I hear often amongst Mexican Americans who aren't fluent. Other than being judged by his own community my husband has said that he would like to learn for employment reasons but other than that he has never felt a strong desire to study the language. I was surprised by this, but I can see how being ostracized in that way could dampen any interest in getting in touch with your roots.

When talking with my peers who have dealt with the same challenges as I have, I realize there are similarities, but plenty of differences. I spoke with a cousin who lives in California whom is fluent along with her parents, but her younger siblings only speak English. She explained to me how only one of them can somewhat comprehend the language while the other knows zero Spanish. English is the first language in their household, as they are well assimilated to American culture. Her family sees their heritage as of great importance

and try to stay as in touch with their Mexican traditions as much as they can.

Another cousin of mine who grew up in a similar household as me, wasn't taught Spanish, and very much regrets the fact that she still isn't fluent. If she's anything like me there is a huge sense of guilt surrounded by the fact that we haven't made a larger effort to learn the language. Just like my family and other Hispanic families across the country there is a sense of importance when it comes to keeping in touch with your roots, but on the same note some lack motivation to pass down the Spanish language to the next generation. Most non-fluent individuals that I spoke with on the subject generally felt the same way. Not only do they feel like it deprives them of more opportunity in the workforce, but they consider not knowing Spanish as a further disconnection from their history and culture. Mentioned in the original article, "Yo No Hablo Espanol," Spanish is now taught as young as in elementary school as well as throughout high schools and colleges across the country. While these are great efforts by our school system, more can be done. We need to change this pattern throughout recent generations where households seem to look past the need of a young child or adult who has to learn Spanish, but are not being taught both English and Spanish. Of course I am not completely blaming the parents, but it starts with the adults in the house and it can only be positive to make more efforts to teach Spanish at home. It's up to this generation to teach yourself or to continue to teach your children a language that will benefit generations to come so they can know the true value of being Mexican-American.

Yo No Hablo Español

By Juan R. Govea

When I'm first introduced to someone whom I don't know by either friends or family, the conversation usually starts with me introducing myself as, "Johnny Govea." But, there are several occasions when I'm greeted in Spanish. When that happens I usually respond in Spanish by saying, "hola, yo no hablo espanol, pero poquito." This usually doesn't get me far into the conversation and usually leaves me disappointed. I look Hispanic and grew up within a family of Spanish speakers so I understand how someone would assume I speak Spanish.

I had a conversation about this with a friend whom I recently met at a wedding we both attended. We talked a good amount about how our Spanish parents didn't bother to teach us Spanish. I told my friend my parents tried but I could never pick up the language.

Growing up I attended private schools from first grade up until I graduated high school, where Spanish was never spoken. Also, I never had to speak Spanish to family members because they all spoke English, and only spoke Spanish when they wanted to keep something secret from the younger non Spanish speakers.

Although, the conversation I had with my friend at the wedding brought up her reason why she was never taught Spanish, which kind of shocked me. She said she was never taught Spanish because her family felt that it would be too low class for her to be seen talking Spanish with another Latino or Latina. I had never in my life considered that a reason to not be taught Spanish, and I was a little upset after hearing that. Me being in my 30's and while considering the generation gap I could see how that might be reasoned as a good idea.

As of now, Spanish is and has been taught as a second language in almost every school in the country, from as far as I can remember. From elementary school students to college grads. Also, a person can major in Spanish from most universities around the world.

To be honest, I am not completely Spanish illiterate. "Yo hablo espanol, poquito," I wouldn't starve to death if I were lost for days in Mexico, but I do wish I knew more Espanol than I do now. I think Spanish is a beautiful language and from now on I will make it a point to learn more Spanish. It's hard to realize that a Hispanic family would intentionally keep their children from speaking Spanish, due to stereotypes and such racism.

YOUR VOICE, YOUR VOTE

The Declaration of Independence boldly pronounces, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty and the pursuit of Happiness." The meaning of these words embodies who we are as a people living in this great country. While history has shown that the term "all men are created equal" has evolved over time, we must continue to pursue the idealism reflected by Mr. Jefferson's words. All persons fortunate enough to call America home should be judged fairly, equally and without bias; regardless of their race, ethnicity, religion, gender, or economic status.

My name is Joe Drago and I am the Democratic nominee for the 348th District Court in Tarrant County. The 348th District Court is a county-wide civil court that handles almost all cases except criminal, family and probate. Fort Worth has been my home for



**Joseph Drago representation
Ramon Romero.**

Courtesy Photo

my entire life. I attended Nolan Catholic High School, the University of Texas and Baylor Law School. I have practiced law for almost 23 years in the areas of civil litigation, medical malpractice, personal injury and insurance.

I firmly believe ALL people have a right to be heard and judged fairly under the law. Indeed "Nuestra Voz" or "Our Voice" is one of the greatest rights we have under the Constitution. That voice can be heard at the kitchen table, in a public forum and at the ballot box. A judge's obligation is to the law, and the application of law to the facts as decided by the jury. As a result, not only is "Our Voice" important, but knowing that someone is actually listening is as equally important. Harsh words and partisan politics drive people apart in-

stead of bringing them together. They have no place in a court of law. Caesar Chavez was most certainly correct when he famously stated, "Preservation of one's own culture does not require contempt or disrespect for other cultures."

Too often, people feel that the judicial system does not treat people equally. As judge, I pledge to apply the law equally and fairly to every person who comes before the court. If elected, my decisions will be driven by the law, not by politics. Fairness, Integrity, Trust and Experience are the traits necessary to be a good judge. I believe I have the characteristics to meet these requirements. In a recent survey of Tarrant

Nuestra Voz De North Texas 15 County lawyers, 88.77 percent of the lawyers who rated me considered me "well qualified" or "qualified" for the bench; a higher percentage than my Republican opponent. Although being the only Democratic county-wide judicial candidate in Tarrant County can be lonely at times, my voice, my convictions and my devotion to the law make me uniquely qualified to represent ALL persons in Tarrant County as judge of the 348th District Court. Follow me on Facebook or Twitter at Drago4Judge or visit my website at drago4judge.com. **-Remember in November, your voice is your vote. Let it be heard - Joe Drago**



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 - PERSONAL INJURY
 - MEDICAL MALPRACTICE
 - COMMERCIAL LITIGATION
 - INSURANCE

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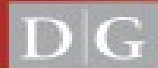
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DOMINGO GARCIA

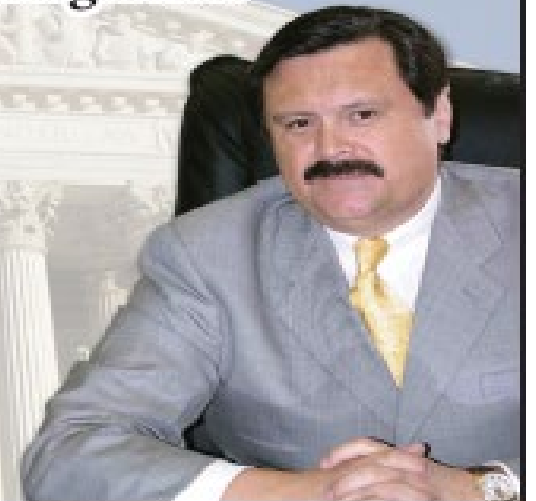
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ATIENDE:

**Lesiones en el Trabajo,
Accidentes de Autos y Casos de Inmigración**



DOMINGO GARCIA
ATTORNEY | ABOGADO



DEL CAMPO

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de p. 10

arilla son muy diferentes. Tan opuestas y diferentes son, que no se pueden plantar en el mismo sitio porque cuando se extiende una, invade “el territorio” de la otra hasta que nada más queda la que tiene la flor amarilla o la flor roja. Mi suegra llamaba a este tipo de “ice plant,” “dedos de la reina” y “dedos del rey.” En esta parte del norte de Texas no había encontrado este tipo de planta en el invernadero hasta este año. Al contrario, en el Oeste de Texas hallaba “los dedos del rey” y “dedos de la reina” en cualquier invernadero. Se promulgaban muy bien por los inviernos templados y el verano, tan seco y caluroso que nos tocaban en esa región.

La planta que se llama “hollyhock” en inglés me decía mi suegra que le decían “la vara de San José.” Esta planta tiene una historia interesante de porque se llama “la vara de San José.” Según una leyenda apócrifa, el sumo sacerdote le pidió a todos los jóvenes de la Casa de David que aspiraban casarse con María, que pusieran sobre el altar su cayado o bastón. Fue el bastón o la vara de José el que floreció, indicando que el sería el elegido para casarse con María.”

Comúnmente, en imágenes y estatuas de José se ve el nardo, pero por alguna razón “hollyhocks” también se les puso el nombre “la vara de San José.”

“La lengua de la suegra” o la Sansevieria es una de las plantas más resistentes que hay. Otros nombres comunes que se le ha dado: espada de San Jorge, lengua de vaca, planta serpiente, cola de lagarto. También tiene sus usos medicinales. Por ejemplo, cura las hinchazones del hígado y el bazo. La hoja es larga y puntiaguda quizás por eso se llama “la lengua de la suegra,” el nombre que a mí menos me gusta. Se refiere a una suegra que usa la lengua para chismes y para estar hable y hable. No me gusta el nombre porque yo tuve una suegra que era una mujer muy fina y noble. Hay personas que piensan que la planta les traer buena suerte especialmente si se pone cerca de la puerta a la entrada de la casa.

¡Eso es lo que me gusta de la cultura mexicana! No nos avergonzamos que usamos las hierbas para remedios medicinales y que tenemos historias y leyendas que acompañan las plantas. Hemos tomado beneficio de las plantas y los árboles que ha puesto entre nosotros, un Poder Creador.

NUESTRA VOZ_(OUR VOICE)

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