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TSTC Students Practice For Job Interviews With Polished Resumes And Firm Handshakes Page 3



Brownsville to Host The Games of Texas For a Second Year in a Row Page 5



By Mike Villarreal

On Thursday, July 11, the Food Bank of the Rio Grande Valley (FBRGV) organized a momentous groundbreaking ceremony to mark the commencement of construction on its new state-of-the-art Produce Resource Center. During the ceremony,

Libby Saenz, CEO of FBRGV, expressed her occasion and showed their unwavering support. Your presence and support made this event a resounding success, and we are proud to have you as part of our community.

The new Produce Resource Center is poised to revolutionize the food bank's operations. With its cooler, freezer, and operations area, it will significantly enhance the bank's ability to cater to the needs of the Rio Grande Valley community. This means we can ensure access to an even broader selection of fresh and healthy produce options, bringing hope and optimism for a healthier future. Notably, produce sourced from the Rio Grande Valley is distributed on a statewide scale by the Collaborative for Fresh Produce. This collaborative effort serves 20 food banks within the Feeding Texas network and numerous others under the Feeding America network of food banks. As a result of this concerted collaboration, an astounding 75 million pounds of nutritious fresh produce are distributed annually, reaching more than 4 million foodinsecure Texans. Acknowledgments

were expressed to the generous contributions from partners at the Adam R. Scripps Foundation, Feeding Texas, Feeding America, the City of Pharr, and the Collaborative for Fresh Produce for their instrumental support in enabling the construction of the new building. The collaboration with the Collaborative for Fresh Produce will further empower the food bank to continue its invaluable efforts in distributing millions of pounds of nutritious fresh produce statewide, ensuring sustenance for over 4 million food-insecure Texans annually.

The Adam R. Scripps Foundation, established posthumously in 2023, remains steadfast in its commitment to allocate significant funds annually to causes close to Scripps' heart, including animal welfare and community development. The generous donation of \$900,000 in 2023 from the Foundation to support FBRGV's new Produce Resource Center will effectively double the amount of fresh produce distributed to food-insecure Texans by the Collaborative for Fresh Produce in collaboration with the Food Bank of the RGV.

Alex Bakkum, Chief Philanthropy Officer at the Adam R. Scripps Foundation, emphasized the Foundation's commitment to effecting meaningful change for people and communities through their grants. He expressed the Foundation's privilege in supporting organizations such as Feeding Texas, which is dedicated to enhancing lives and combating food insecurity for children and families.

Photos and information from the Food Bank RGV Inc



Battle of the Alphas Tournament was a Great Success Page 5



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excitement about the new Produce Resource Center. emphasizing that it will have a cooler, freezer, and operations area. These facilities will enable the Food Bank of the RGV to exponentially expand its capacity to provide the community with an even more comprehensive array of healthy produce options. She conveyed deep gratitude for the unwavering support from the Adam R. Scripps Foundation, whose generous contributions made constructing this innovative new building possible.

The event was a rousing success, with the Food Bank of the RGV expressing their immense gratitude for the overwhelming support and turnout. They were particularly thankful to everyone who graced the







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Popular Frida Fest 2024 To Take Place on July 27th



By Mike Villarreal

The city of Edinburg will celebrate Frida Fest 2024. This year, the festival honors the renowned Mexican Artist Frida Kahlo and the spirit of empowerment and perseverance. It will be combined with the One Nation One Project for Everybody Festival, which celebrates arts and wellness. These two events are free and open to the public.

Come on out and enjoy live art demonstration performances, various children's activities, a Frida look-a-like contest, chalk art, and so much more. This unique evening will conclude with a fantastic concert with the whole family dancing away.

The city of Edinburg's Frida-inspired Festival is the largest gathering of people dressed as Frida Kahlo in the Rio Grande Valley. Frida



Fest celebrates the strong women in our lives and honors womanhood. The city of Edinburg invites all women to attend and join in the celebration, and all activities are family—and pet-friendly. The event will take place on Saturday, July 27th, at Promenade Park Amphitheater at 201 W. MacIntyre St, Edinburg, TX.

Frida Kahlo was born on July 6, 1907, in Coyoacan, Mexico. She was a Mexican painter primarily known for her vivid colored self-portraits that often dealt with such themes as death, the human body, and identity. Along with her unique work, she was also known for her rocky relationship with Diego Rivera, the muralist whom she married in 1929, divorced in 191939 and remarried in 1940.

Frida was born to a Mexican mother of Spanish and Native American descent and a German father of Hungarian descent. Kahlo suffered a bout of polio as a child, which left her with a slight limp, and she would endure this chronic ailment throughout her life.

Kahlo took some drawing classes but was always more motivated by science. She entered Preparatory School in Mexico City in 1922 with an eye on studying







medicine. While she was enrolled here, Frida met Diego Rivera as he was working on a mural for the school's auditorium. Kahlo was involved in a bus accident in 1925 and was so seriously injured that she had to undergo over 30 medical operations in her lifetime.

During her slow recovery, Frida taught herself how to paint and read and studied the Art of the Old Masters. In 1927, Kahlo became a member of the Mexican Communist Party (PCM), where she once again met Diego Rivera. She showed him some of her work, and he encouraged her to continue painting.

Two years later, in 1929, Kahlo married Rivera and changed her painting and personal style. She also started to wear a traditional Tehuana dress, which became her trademark. It consisted of a long-ruffled skirt, gold Jewelry, a loose blouse, and a floral headdress. the museum's collection. In the mid-1930s, after many extramarital affairs, with one being that of Rivera with Kahlo's younger sister and those of Kahlo with many women and men, the two divorced in 1939. She painted some of her most famous works, including the Two Fridas that year. Frida reconciled with Rivera in 1940, when the couple moved into her childhood home, La Casa Azul (The Blue House) in Coyoacan, Mexico. At this time, with her health in further decline, she started to turn to drugs and alcohol for relief.

She required assistance with walking toward the end of her life, and due to her declining health, she had to attend her first solo exhibition in Mexico in 1953, where she lay on a bed. Frida Kahlo died in La Casa Azul a year later, with the official cause listed as pulmonary embolism. After her death, Rivera had La Casa Azul become a museum dedicated to her



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SATURDAYS

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In accordance with the Order of the Office of the Governor issued March 16, 2020, the City of La Feria will conduct the meeting and provide audio/telephonic availability for the public using live stream in order to advance the public health goal of limiting face-to-face meetings (also called "social distancing") to slow the spread of the Coronavirus (also known as Covid-19). To view the meeting via internet live streaming, please visit https://www.cityoflaferia.com/ boards-and-commissions/city-commission/agendas-2020/ where you will find the agenda for the next meeting. The pdf for the agenda will include a link, meeting ID and passcode for the Zoom meeting. More information is available by calling 346-248-7799.

Members of the public may sign up for public comment on an agenda item or for another item of public concern by submitting an email to *amorales@cityoflaferia.com* containing (1) the name of the individual wishing to comment; and (2) the item number or subject matter the individual wishes to comment on. Please submit requests for public comment no later than two hours before the meeting. Join the meeting at the time and login listed above and the Mayor will call on you when it is your turn to speak. A recording of the meeting will be made and will be available to the public in accordance with the Texas Open Meetings Act. If during the course of the meeting, any discussion of any item on the agenda is permitted to be held in executive or closed session, whether such item is already so identified on this Agenda or not, the City Commission will convene in such executive or closed session in accordance with Texas Government Code Section 551.001-551.146.

<u>JULY 9, 2024</u>

6:30 PM City Commission Meeting

Commission Meeting Room 115 E. Commercial Avenue • La Feria, TX

JULY 23, 2024

6:30 PM

City Commission Meeting

Commission Meeting Room 115 E. Commercial Avenue • La Feria, TX While traveling in the United States (1930-1933) with Rivera, he painted murals for which he received commissions in several cities. It was during this time that she suffered some complicated pregnancies that ended prematurely.

During this time, she suffered a miscarriage in Detroit. Her mother also passed away, which led to her painting some of her most distressful works, such as Henry Ford Hospital (1932), where she painted herself hemorrhaging on a hospital bed in a barren landscape. She painted a taboo scene of a shrouded woman giving birth in My Birth(1932).

Kahlo and Rivera returned to Mexico in 1933, moving into a new house made of separate spaces joined by a bridge. The house became a gathering spot for political activists and artists, with the couple hosting the likes of Andre Breton and Leon Trotsky. At this time, the Louvre in Paris, France, acquired one of Kahlo's works, the Frame (1938), making Kahlo the first 20thcentury Mexican artist in

life.

1958, the Frida Kahlo Museum opened to the public a year after Rivera's death. A dressing room and bathroom remained sealed per Riveras' wishes, and they were opened in the 21st Century. Once opened, the objects uncovered in the room included Kahlo's wardrobe, medical coretes, cosmetics, and letters, many of which have been displayed at the Frida Kahlo Museum since 2012.

Even though Kahlo had been successful as an artist in her lifetime, her posthumous reputation grew from the 1970s into what some critics called "Frida mania "by the 21st Century. Frida Kahlo is one of the best-known artists of the 20th Century. Her serious injury from her bus accident, her rocky marriage, scandalous love affairs, and her heavy drug use and drinking were inspirations for many movies and books in the decades following her death.

Photos from the City of Edinburg Facebook page

TSTC Students Practice For Job Interviews With Polished Resumes And Firm Handshakes



(HARLINGEN, Texas) The Career Services department at Texas State Technical College's Harlingen campus recently held an Interview Practicum to help more than 200 TSTC students prepare for real-life interviews, with several area business and industry representatives serving as interviewers/coaches.

Participating were students from Auto Collision and Management Technology, Automotive Technology, Biomedical Equipment Technology, Building Construction Technology, Cybersecurity, Electrical Lineworker and Management Technology, HVAC Technology, LVN to RN Transition Nursing, Mechatronics Technology, Precision Machining Technology, Vocational Nursing, and Wind Energy Technology.

The event focused on three rounds of 20-minute practice interviews, with a different interviewer/ coach for each. The students were given constructive feedback on their interviews, as well as critiques on their resumes and cover letters.

Liane Flores, a **TSTC** Career Services representative, said the event's goal was to help students build their confidence so they can land their dream jobs after graduation.

"The strategies we suggest for students is to be ready with a polished resume, dress professionally, arrive early, learn from the interview practice, and greet your interviewers/coaches with a firm handshake," Flores said.

Los Fresnos resident Cristian Garza, a

Biomedical Equipment Technology student, said the event was a valuable learning tool.

"I learned that I should ask questions that are relevant to the industry that I'm applying for," he said. "I realized if I don't ask a relevant question to an interviewer, they may think that I'm not interested."

Wind Energy Technology student Adrian Lerma said the event was beneficial for him.

"I was asked, 'What makes you a better hire?"" he said. "The response I gave was that I'm punctual, I perform the job to the best of my abilities, and I'm willing to learn. The interviewer's feedback was that it should be reworded and to have confidence in how I'm answering the question."

TSTC Surgical Technology alumna Tanya

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Vento, a science teacher at the Marine Military Academy and a smallbusiness owner, said it was her first time participating as an interviewer/coach.

"The event is such an innovative way to help TSTC students prepare for a real-life interview as they near graduation," she said. "I enjoyed getting to know

the students' aspirations because (they) want more for themselves, such as a management position."

Gilberto Garcia Jr., a Texas peace officer for the Cameron County Constable's Office who also served as an interviewer/ coach, said the students were engaged and enthusiastic.

"The feedback I shared with students was to emphasize the core values that they plan to bring to the industry they want to work in," he said.

Registration for TSTC's fall semester is underway. For more information, visit tstc.edu.



Layla Garcia (left), a TSTC Biomedical Equipment Technology student, is greeted by Ashley Salinas, TSTC's advisory committee lead for Career Services, during a recent TSTC Career Services Interview Practicum. (Photo courtesy of TSTC.)



HURCH OF Living Water Church and Santa Rosa United Methodist Church 408 Main Street (Hwy. 107/506) Methodist Church Ministry Pastor Henry and Rosie Santa Rosa, across from High School 2805 Memorial Suite B. La Feria Sunday Sunday Coffee and Service 11am, 6pm Spanish Worship

Fellowship 9:30 AM Worship10 AM Service, 7pm Wednesday Service (Communion first Sunday) Wednesday Prayer Service 9:00 AM St. Francis Xavier Pastor: Carole Lahti **Catholic Church** (956) 279-3407 Msgr. Luis Javier Garcia 797-2666, office: 502 S. Canal Saturday Mass 5:30pm, Sunday Mass 8am Spanish, 11am English **Christ In Our Midst Missionary Church** Pastor Rev Daniel Carrizalez 956-742-6311 1 mile N. of FM 506, La Feria Sunday School - 9:45 a.m., Sunday Worship - 11:00 a.m. Prayer - 7:00 p.m New Hope Presbyterian Church 208 West Central Ave. La Feria,TX, 956-277-0208 Services Sunday 4:30 pm Sunday School 3:15 pm Communion on the 1st Sunday of every month **Cowboy Church** 11235 Swift Ln. Santa Rosa, Tex. Servi at 11:00am Sunday 6:30pm pm Monday 956-975-6144 www.westernoutreach.org Pastor Nathan Wendorf Sundays 8:00AM (Traditional) HC first, third & fifth 10:30AM (Contemporary) HC second, fourth & fifth (956) 423-3924 602 Morgan Blvd. Harlingen, TX 78550 church@saintpaulharlingen.com Templo Getsemani Pastor Julio y Claudia Mendoza Phone (956) 589-5016 11418 Fifth St. La Feria Servicios: Tuesday & Thursday 7pm Friday Pray at 7pm Sunday Bible Study at 10am & 6pm Immanuel Lutheran Church & School Rev. Ed Weber 956-565-1518 Office (M-F; 8-12 noon) 703 W. 3rd St., Mercedes, TX Sunday Worship Services 9am Sunday Bible Class 10:30 am immanuelmercedes@gmail.com lutheranmercedes com 236 S. Ohio Mercedes, TX 78570

church: 500 South Canal St., La Feria, Wednesday Service - 7:00 p.m., Monday St. Paul Lutheran Church 956-565-3208 School (Grades: PK-5th



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GRAPHIC DESIGNER

ADVERTISING

Victor Moreno

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OFFICE CLERK Mike Villarreal



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International worsnip Centei Casa de Esperanza Apostolic Bishop Ronaldo Ortiz 956-797-1204 Church 416 W. Snruce La Feria 116 W. Seventh St., La Feria Services Sunday (English) 9:30am 965-639-4301 Bilingual Services Sunday Domingo (Espanol) 11am, at 1:00pm Miercoles 7pm Daniel Martinez - Pastor Interdenominational Worship St. Mary's Catholic Extreme Youth Sat. 6 pm Church First Baptist Church of FR. Edouard Atangana Santa Rosa 956-636-1211 Pastor Harold Parker 101 San Antonio Ave., Santa Rosa 956-636-1603 Saturday Mass 5pm Bilingual, 118 Jesus R. Cruz, Santa Rosa Sunday Sunday Mass 8am Spanish, Services 9:30am Bible Study, 10:30am 10am Enalish. Morning Worship, 7pm Wednesday Evening Worship First Baptist Church of La Feria **Apostolic Faith** 797-1214 Tabernacle Main St. & Magnolia, La Feria Pastor Ramon Zarate Wednesday 6:30pm Youth Bible Study & 357-6384 Mission Friends, 9:45am Sunday School, 621 South Main, La Feria 11am Mornina Worship Service Sunday School 10am Sunday Worship 4pm, Wed. St. Albans **Episcopal Church** Evening 7:30pm. All services are bilingual. Reverend John Inserra 956-428-2305, Iglesia Oracion 1417 E. Austin, Harlingen,TX Holy Communion 8am, Sunday School en Su Presencia Missionary Church, Inc. 9:15, Holv Eucharist 10:30am. Pastors Frank & Janie Gonzalez 797-0044 4th Street, La Feria,TX Hope in the Word Church Sunday 10am & 6pm, Pastors Jose & Bertha Belmares Monday 7 pm Praver Service, 797-3621, 28354 S. Bixby Rd., La Feria Wednesday 7 pm, Friday 7 pm Services Friday 6pm, Sunday 10am **Church of Christ** All services are Bilingual, English & Spanish. 912 N. Parker Rd., La Feria Primera Iglesia Sunday 10:30am Service Bautista Sunday 5pm Evening Service 604 N. Main St., La Feria TX. Los Domingos 2:00pm Medio Dia Los 956-797-1740 Pastor, Jorge Navarro Childrens SS classes in English Adult SS class in Spanish Faith Church of Christian Begins at 9:45 AM Worship Service at 10:45 AM & Missionary Alliance Iglesia Generacion Church Pastor Oscar Loredo En Conquista 797-1739 Pastor Samuel y Magda Cervantes, 125 W. First St., La Feria, Tx Phone (956) 536-2215 2803 W. Exp. 83 Suite A. La Feria Bilingual Ministry Sunday 10am Sunday Sunday Service 10am Bible Study, 11am School, 11am Worship, Wednesday 7 pm Worship Service, Bible Study, Friday 7 pm Prayer. 7pm Wednesday Family Service **Rudy Garza Funerals, Inc.** 0 219 S. Main, La Feria, TX

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As a kid, I played baseball and collected baseball cards. The collection included some of the big hitters, even Mickey Mantle! I fantasize that someday I will find that stack and retire.

But if I find my card collection, it will be incomplete. Despite all my card trading and chewing enough gum to kill an elephant, my stack was short. There were very few black players in it.

Willie Mays was in the stack. But not Josh Gibson. Gibson predated me. He also predated a time when the stats of black players would be counted alongside the stats of white players.

That has all changed since MLB recently integrated black league stats with white league stats. Josh Gibson has surpassed even the great Babe Ruth. "We have come a long way, baby."

"The arc of the moral universe is long, but it bends towards justice." Dr. Martin Luther King Jr. was saying it takes justice a long time to get here. He also said, "The most segregated hour in America is 11 am on a Sunday morning." Is that still true?

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CITATION BY PUBLICATION - TRC 109 & 114

THE STATE OF TEXAS

2024-DCL-02750

Evangelina Zamora

IN THE 357TH DISTRICT COURT §

Julia Zamora

OF §

CAMERON COUNTY, TEXAS Ş

Julia Zamora

Known and Unknown Heirs

NOTICE TO DEFENDANT: "You have been sued. You may employ an attorney. If you or your attorney do not file a written answer with the clerk who issued this citation by 10:00 am on the Monday next following the expiration of 42 days after the date this citation was issued, a default judgment may be taken against you. In addition to filing a written answer with the clerk, you may be required to make initial disclosures to the other parties of this suit. These disclosures generally must be made no later than 30 days after you file your answer with the clerk. Find out more at TexasLawHelp.org."

You are hereby commanded to appear by filing a written answer to the Original Petition at or before 10:00 o'clock A.M. on the Monday next after the expiration of 42 days after the date of issuance of this citation before the Honorable 357th District Court of Cameron County, at the Courthouse in said County in Brownsville, Texas. Said Original Petition was filed in said court on the 17th day of May, 2024 in the above entitled cause.

A brief statement of the nature of this suit is as follows, to-wit: Trespass to Try Title to the Property described as Lot 29 and Lot 30, Block 8, West Harlingen Addition to the City of Harlingen, Cameron County, Texas as is more fully shown by Original Petition on file in this suit.

Issued and given under my hand and seal of said Court at Brownsville, Texas, on this the 13th day of



CITATION BY PUBLICATION - TRC 109 & 114

THE STATE OF TEXAS

2024-DCL-02750

Evangelina Zamora	§	IN THE 357TH DISTRICT COURT
VS	§	OF
Julia Zamora	§	CAMERON COUNTY, TEXAS

TO: Lupe E. Zamora

Known and Unknown Heirs

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Issued and given under my hand and seal of said Court at Brownsville, Texas, on this the 13th day of June, 2024.

ATTORNEY: TRAVIS BENCE 24029441 956-440-8900 1018 East Tyler Harlingen TX 78550

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Laura Perez-Reyes

District Clerk of Cameron County 974 E Harrison Street Brownsville, Texas 78520

Drinda M' Kamirez

Brenda Ramirez, Deputy Clerk 6/13/2024 3:19:46 PM

CITATION BY PUBLICATION - TRC 109 & 114

THE STATE OF TEXAS

2024-DCL-02750

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VS

IN THE 357TH DISTRICT COURT § OF

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- § CAMERON COUNTY, TEXAS
- TO: Maria Teresa Azua Known and Unknown Heirs

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ATTORNEY: TRAVIS BENCE 24029441 956-440-8900 1018 East Tyler Harlingen TX 78550



Laura Perez-Reyes District Clerk of Cameron County 974 E Harrison Street Brownsville, Texas 78520

Trenda M Kamirez

6/13/2024 3:18:23 PM Brenda Ramirez, Deputy Clerk

EXAMPLE A FERIA SPORTS Brownsville to Host The Games of Texas For a Second Year in a Row



By Mike Villarreal

The Games of Texas— Brownsville will occur this year from July 25 to July 28, 2024. The Brownsville Parks and Recreation Department organizes this sporting event, which features competitions at various venues, including facilities operated by the Brownsville ISD.

At this event, amateur and recreational athletes will compete in 16 sports at various venues throughout the city. This multi-sport event is expected to draw over 8,000 athletes. Outstanding performers in these competitions can advance to state-level events held in other parts of Texas.

The Games of Texas 2024 in Brownsville will feature 16 different competitions, including track and field, swimming, soccer, skateboarding, golf, flag football, volleyball, boxing, basketball, baseball, and more. The Texas Amateur Athletic Federation chose Brownsville to host this event not only for its strong commitment to amateur athletics but also for its ongoing efforts to enhance community life through parks, recreation, and leisure services.

Brownsville has been honored to host this event for the past two years. This year's Games of Texas promises an unforgettable experience and intense competition in a friendly and supportive environment.

The city of Brownsville is thrilled to invite sports enthusiasts, athletes, and families from near and far to join them at this year's remarkable event. The first Games of Texas took place in 1986 during the summer. It was hosted by the city of San Antonio and



consisted of 10 sporting events. It's Brownsville's turn to highlight the city's enthusiasm and dedication to amateur athletics.

The Games of Texas are not just about competition but also about the spirit of sportsmanship and the drive to be the best one can be. Modeled after the Olympics, the event strongly emphasizes the recreational athlete to enhance their competitive spirit. As a National Congress of State Games member, the United States Olympic Committee annually recognizes the Games of Texas as having an approved State Game Program, a testament to the event's commitment to inspiring and motivating athletes.

Photos from the City of Brownsville, Tx Facebook page

Battle of the Alphas Tournament was a Great Success





By Mike Villarreal

On Saturday, July 13, 2024, Alpha Karate proudly hosted its inaugural karate tournament, Battle of the Alphas, sanctioned by TKO and WKL. The event, conceived by owner Cesar Hernandez, brought together top adult and junior martial artists from all over Texas to compete in Brownsville, Texas, determining the ultimate Alpha among them.

With over 300 spectators and 150 competitors at the Brownsville Sports Park, the first Battle of the Alphas tournament was a resounding success. Whether seasoned fighters or first-timers, participants had something to look forward to. Cesar Hernandez, who started training at the early age of four and later opened his own Dojo in 2020, saw his dream of organizing a tournament come to life.

The tournament

included demo divisions for all junior first-timers, where all competitors were recognized and celebrated regardless of performance. The event also allowed those who believed they or their schools were the most dominant Alpha to showcase their skills.

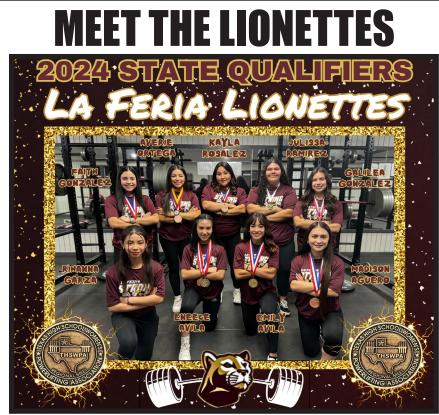
Notable competitors included Chad Cannon, a multiple-time world champion and this year's sparring champion. Other winners were Adult Creative Forms was Aiden Lopez, Adult Traditional Forms- Robert Wilcox, Jr Blackbelt Creative Forms- Anthony Haas, Jr Blackbelt Traditional Forms- Anthony Haas, Jr Advanced Forms- Brooke Roberts, Jr Intermediate-David Martinez and Jr Beginner Forms- Adam Ochs. All 1st, 2nd, and 3rd place winners were awarded custom championship rings, while the Grand Champions received a unique Gorilla bust to symbolize their

position as the Alpha of their division.

Martial arts in the United States has a rich history, dating back to 1946 when U.S. Navy veteran Robert Trias began teaching in Phoenix, Arizona. Asian karate teachers arrived in the U.S. in the 1950s and 1960s, playing a significant role in popularizing the art. The Battle of the Alphas tournament is a continuation of this legacy, connecting us to the tradition and history of martial arts.

The owner of Alpha Karate had this to say to the community, "I've been doing this for a long time, even though I am still very young in the game. It's always been my dream to open my own Dojo and my own tournament. Seeing everyone have a great time and love the Championship Rings and the Gorilla Bust brought me so much joy. This was our first one; we are doing this annually, and it's only going to get bigger. Next year, it will be "King of the Jungle "themed, with a new animal. The Lion!" For more information on Alpha Karate, visit them at 6672 South Padre Island Hwy Unit 8 or online at Team.AlphaKarate@ gmail.com. You can also contact them at (956) 404-6127.

Photos by Cesar Hernandez



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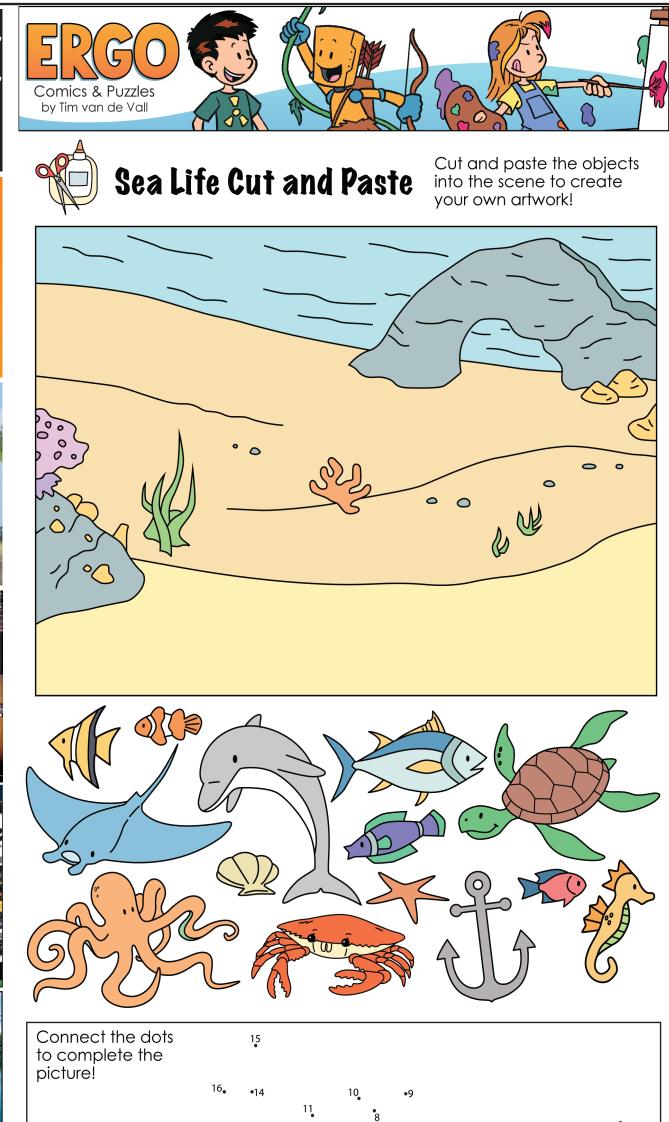
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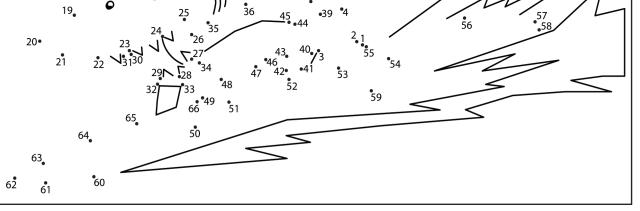
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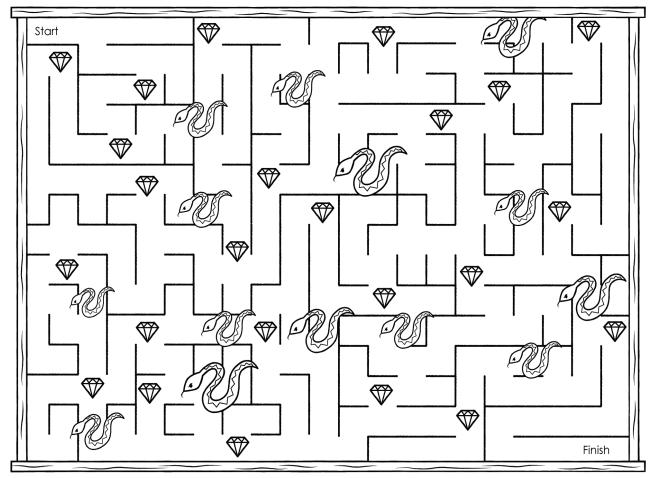


Travel the maze from start to finish. Collect all the diamonds without backtracking. Avoid the snakes!

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For more puzzles and activities, please visit: www.timvandevall.com

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What Really Happens When You Get A Sunburn? Cell injury researcher answers burning questions on the science behind sunburns

By Ashley Vargo

It's understandable — you were having too much fun splashing around in the pool to even consider stopping the fun to get out and go about the incredibly un-fun task of reapplying sunscreen. Next thing you know, you're reaching for the aloe vera and frowning at the flaking skin peeling off your arms and shoulders.

Though the sunburn following a day outside may feel like a punishment, it's actually the body's attempt to deal with ultraviolet damage and prevent further harm in the long run — though anyone who's had to deal with tomato-red skin can confirm that it's by no means a perfect system.

Jean-Philippe Pellois, Ph.D., associate head of research in the Texas A&M College of Agriculture and Life Sciences Department of Biochemistry and Biophysics, discusses what causes sunburns and why they're a necessary physiological evil.

What causes sunburns Ultraviolet, or UV, light is a high-energy type of light outside the visible spectrum. Pellois said it has so much energy that it can literally break molecules in your skin — most problematically, DNA.

Sometimes a cell can repair the damage, but after a certain amount of exposure to UV, cells initiate apoptosis, or programmed cell death.

"They basically selfdestruct because they would otherwise become very unstable and potentially dangerous," he said. "A thermal burn from a fire or scalding water on the other hand causes cells to die from the rapid damage, rather than by apoptosis. What you see and experience in the aftermath is similar, but the cells are dying for different reasons and in different ways."

Once cells begin to die from UV exposure, blood vessels dilate to help immune cells reach the affected areas and digest the cells. An inflammatory cascade begins as well, together causing the redness you associate with the sunburn. Your body then replaces the surface-level



UV levels increase during the summer, making people more susceptible to sunburns. (Texas A&M AgriLife)

skin and pushes the next layer of skin up, leading the layer of dead cells to flake off.

UV sensitivity factors

For cells that get a heavy dose of UV and manage to survive, Pellois said it can cause some crazy things.

"Millions and millions of cells end up with different levels of damage when we get a sunburn," he said. "If even one cell starts to grow without control, that's enough to theoretically form a tumor and develop into skin cancer."

Fortunately, that's rarely the case following a single sunburn. But the more damage your DNA experiences over time, the more likely mutations are to accumulate and get out of hand, which is why repeated sunburns increase the risk of skin cancer.

The body also has ways of adapting to UV exposure. For instance, Pellois said cells respond to UV by producing more melanin, the pigment involved in tanning and skin color. Melanin can absorb some UV and convert it to a form that won't cause harm, making people with more melanin more resistant to sun exposure.

Chemical sunscreens work similarly to melanin by changing UV light to a non-harmful form, while mineral sunscreens, like those with zinc oxide or titanium dioxide, work by creating a physical barrier that reflects the light. Many other factors,

even the antioxidant content of foods, can change a person's sensitivity to UV exposure.

"In the body, everything is connected by biochemistry," Pellois said. "Our cells are amazing at responding to injury naturally, but you should do whatever you can to keep them from having to do so."

Tour Bluegrass State Museums to Explore History and Culture

StatePoint

If you're the type of traveler who loves getting to know a region's people and culture, then look no further than Kentucky's museums.

Beyond the world-

Since 1977, Owensboro Museum of Fine Art has connected people to the culture of artistic expression. More than 4,000 individual pieces representing diverse time periods, genres and mediums are on Cave Museum is nestled beneath the charming town of Horse Cave. Delve into the captivating world of caves through interactive exhibits, fascinating displays, and an unforgettable elevator ride down into the belly of Hidden River Cave. Take in spectacular cave formations such as dripstone chandeliers, stalagmites and flowstone formations sculpted over millions of years. Learn about the importance of karst geology and the vital role that cave ecosystems play in groundwater systems.



famous National Corvette Museum in Bowling Green, the International Museum of the Horse in Lexington, and the Newport Aquarium in Northern Kentucky, are these lesser-known but just as amazing museums:

Roots 101 African American History Museum

Located in the heart of downtown Louisville with a view of the Ohio River, the Roots 101 African American History Museum gives visitors a comprehensive look into what it means to be Black in Kentucky, and the United States. Thoughtprovoking exhibits cover wide-ranging topics on cultural identity such as civil rights, music, representation in the media and much more, and will leave an impression on you long after your visit. The museum also regularly hosts live performances, community events, lectures and other educational programming.

Owensboro Museum of Fine Art

display in this free admission museum. In one afternoon you can view both paintings from the 1500s and ceramic pieces created by Pablo Picasso. The museum houses a Regional Art Market offering works for sale by artists and craftsmen from Kentucky and surrounding states, and hosts annual events like the Bronze Buffalo Festival and Art by the Stars Gala, KALEIDOSCOPE KAVE, a computerized digital gallery, and the Young at Art Gallery, offering hands-on

Kentucky Science Center

children's activities.

Wandering around downtown Louisville? Walk on down to the Kentucky Science Center. There you'll find three floors dedicated to fun and interactive STEM exhibits for kids and kidsat-heart, aged 2 through 99.

American Cave Museum

Not so much a museum as an immersive experience, the American

Behringer-Crawford Museum

The unique arts, heritage and culture of Northern Kentucky are on display at the Behringer-Crawford Museum in scenic Devou Park in Covington. With its wide array of exhibits, there is something to pique everyone's interest, such as centuries-old fossils and artifacts from the area's Indigenous communities, as well as a replica of the Roebling Bridge, which connects Covington to Cincinnati. Families can explore NaturePlay@BCM, a free and contained handicapped-accessible green space. The area includes kid-sized log cabins and caves, a wooden replica of a flatboat, a cruise

line swing, walkways imbedded with animal tracks, and gardens planted with native plants and shrubs.

Kentucky Gateway Museum

At the Kentucky Gateway Museum, you can peruse in-depth dinosaur and history exhibits, immerse yourself in a world of 1/12 scale miniatures dioramas that feature hundreds of homes, room boxes, vignettes and individual works of art, and even learn how bourbon became the Spirit of Kentucky. The museum is home to the Old Pogue Distillery Experience, offering tastings of select bourbons from the area's storied distillery.

The Historic RailPark and Train Museum

Are you a certified train enthusiast? You'll love the Historic RailPark and Train Museum in Bowling Green. Its fun, interactive displays allow you to learn from real cooks, pullman porters and conductors who worked on the historic L&N rail line. After wandering the museum, be sure to check out the RailPark's five restored railcars.

Visit kentuckytourism. com to learn more and get inspired.

With more than 60 museums state-wide, there is no shortage of fun, interesting and engaging ways to explore the Bluegrass State.