

VOLUME 22, OCTOBER, 2020
VOLUMEN 22, OCTUBRE, 2020

FREE
GRATIS

CONEXIONES

People Helping People • Gente Ayudando Gente



The Marigold
El Cempasúchil

Vamos Juntos • Coming Together



PUBLICATION

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The Lake Chapala Society

Mission & Vision

Our mission is to promote the active participation of Lakeside's inhabitants to improve their quality of life lakeside.

Our vision is a future where all Lakeside residents continually have a role in enriching the community's quality of life, vitality and prosperity through the exchange of knowledge, expertise, culture, heritage & language.

Nuestra Misión es promover la activa participación de los residentes de la Ribera de Chapala, para mejorar la calidad de vida en la comunidad.

Nuestra Visión es un futuro donde todos los residentes de La Ribera participen continuamente en mejorar la calidad de vida, vitalidad y prosperidad de la comunidad a través del intercambio de conocimiento, experiencia, cultura, patrimonio y lenguaje.

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The magazine's name, Conecciones — Connections in English — reflects its purpose, which is to enable the Lake Chapala Society to connect with its community. / El nombre de la revista Conecciones refleja su propósito, favorecer la conexión de The Lake Chapala Society con la comunidad.

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Propuestas de artículos para la revista Conecciones. Nos reservamos el derecho de editar según sea necesario. Las consultas deben dirigirse a editor@lakechapalasociety.com. Las consultas sobre publicidad deben dirigirse a ventas@lakechapalasociety.com.

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All prices include free design work except business card ads. All ads/ad information must be submitted by the 10th of the month for inclusion in the next month's magazine. Send to sales@lakechapalasociety.com / Todos los precios incluyen el trabajo de diseño gratuito, excepto los anuncios de tarjetas de presentación. Todos los anuncios/información de anuncios deben ser enviados antes del día 10 del mes para su inclusión en la revista del mes siguiente. Enviar a ventas@lakechapalasociety.com

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Lake Chapala Society

As your President of the Lake Chapala Society,

I want to give you a quick update on our efforts. It has been quite a journey, but our gates have reopened. Months of planning have taken place as we intentionally open our campus in phases. There are several factors that go into opening each program that I would like to share with you.

These include:

1. Can the activity follow State of Jalisco Guidelines?
2. Are there enough volunteers to consistently operate the program?
3. Can the program be held in outdoor spaces?
4. Is there enough interest to bring the program back at this time?

To-date, the Book Library is open along with the membership and service office. The Docents and Info desk are able to cover most slots, but we definitely need more volunteers to be able to keep these services going. If you are able to volunteer please register as a volunteer by [clicking here](#) and someone will follow up with you.

At this time, I think It is important to be up front about our financial situation. Over 50% of our income stream dried up for the past 6 months, while our operating costs have continued. The number of members has dropped by over 800 during this period. These two factors have made it particularly difficult to operate the organization. We really are calling on all our lapsed members, whether here in Mexico or back in your home country to please consider [renewing your membership now](#). This simple step can make a big difference.

We are also sending out this urgent call for donations to our Annual Fund to help keep our Mexican employees employed and able to support their families. Donations to the

Annual Fund are also needed to maintain our gardens and restart additional programs. To donate to the Annual Fund please [click on this link](#), we are so grateful for your support!

November 1st is the target date for restarting Open Circle Presentations on campus. This will be done under strict guidelines. We will also be video taping each session and making them available shortly after the presentation.



With the closing of the Spotlight Club, we are working with local performers and the talent from Puerto Vallarta to offer concerts in the park at LCS, which we hope to start in the months ahead.

We have also been working on offering new **additional classes** that will benefit us all.



Many of you have probably already heard, but our friends who operated the Café Corazon at LCS, are not able to come back. We are very pleased to announce that we are working out details with Ray Domenech to open a new café at LCS in the weeks ahead. Many of you know Ray from his Domenech Restaurant, and many more know him from

his generosity to the community and his efforts with bringing great Jazz music and Tango performances to lakeside.

We are all growing and learning new ways to live our lives. We appreciate your support in making challenging times a little easier for so many. Our best wishes for healthy days ahead and we look forward to seeing you on campus when you are comfortable rejoining us.

Steve Balfour
President

Como Presidente de Lake Chapala Society

Quiero darles una rápida actualización de nuestros esfuerzos. Ha sido un gran proceso, pero nuestras puertas se han vuelto a abrir. Meses de planificación para poder abrir el campus en fases. Hay varios factores que intervienen en la apertura de cada programa que me gustaría compartir con ustedes. Estos incluyen:

1. ¿Puede la actividad seguir los lineamientos del Estado de Jalisco?
2. ¿Hay suficientes voluntarios para operar el programa de manera consistente?
3. ¿Puede el programa llevarse a cabo en espacios al aire libre?
4. ¿Hay suficiente interés para volver a poner en marcha el programa en este momento?

Hasta la fecha la biblioteca está abierta junto con la oficina de membresía y servicios. Los docents y voluntarios pueden cubrir la mayoría de los espacios, pero definitivamente necesitamos más voluntarios para poder mantener los servicios. Si puedes ser voluntario, por favor regístrate como tal haciendo [clic aquí](#) y alguien se pondrá en contacto contigo.

En este momento, creo que es importante estar al tanto de nuestra situación financiera. Más del 50% de nuestro flujo de ingresos se secó en los últimos 6 meses, mientras que nuestros costos de operación han continuado. El número de miembros ha disminuido en más de 800 durante este período. Estos dos factores han hecho particularmente difícil el funcionamiento de la organización. Realmente estamos pidiendo a todos nuestros miembros expirados, ya sea aquí en México o en su país de origen que por favor consideren [renovar su membresía ahora](#). Este simple paso puede hacer una gran diferencia.

También estamos enviando este urgente llamado a

donaciones a nuestro Fondo Anual para ayudar a mantener a nuestros empleados mexicanos y que puedan mantener a sus familias. Las donaciones al Fondo Anual también son necesarias para mantener nuestros jardines y reiniciar programas adicionales. Para donar al Fondo Anual por favor haga [clic en este enlace](#), ¡estamos muy agradecidos por su apoyo!

En los próximos meses esperamos continuar reiniciando programas adicionales. El 1 de noviembre se reiniciarán las Presentaciones de Open Circle en el campus. Esto se hará bajo estrictas directrices. También grabaremos cada presentación y la pondremos a disposición poco después de la presentación. Con el cierre del Club Spotlight, estamos trabajando con los artistas locales y el talento de Puerto Vallarta para ofrecer conciertos en los jardines de LCS, que esperamos poner en marcha en los próximos meses. También hemos estado trabajando en ofrecer nuevas clases que nos beneficien a todos.

Muchos de ustedes probablemente ya lo han escuchado, pero nuestros amigos que operaban el Café Corazón en el LCS, no pueden regresar. Estamos muy contentos de anunciar que estamos trabajando en los detalles con Ray Domenech para abrir un nuevo café en el LCS en las próximas semanas. Muchos de ustedes conocen a Ray por su restaurante Domenech, y muchos más lo conocen por su generosidad con la comunidad y sus esfuerzos por llevar la

música Jazz y el Tango a la orilla del lago. Todos estamos creciendo y aprendiendo nuevas formas de vivir nuestras vidas. Apreciamos su apoyo para hacer los tiempos difíciles un poco más fáciles para muchos. Nuestros mejores deseos para los próximos días y esperamos verlos en el campus cuando se sientan cómodos al volver a unirse a nosotros.

Steve Balfour
Presidente



Visit to Mario Molina Technology Center

On Friday, September 25, at the invitation of Ing. Enrique Dau Flores; Steve Balfour, Aurora Michel, Michael Searles, Alejandro Sierra and Diana Ayala visited the Mario Molina Technology Center on the Libramiento. The purpose of the meeting was to lay ground work for future collaborations between LCS and the Tech School.

Mtro. Luis Jiménez, Director of the institution, conducted the tour along with Mtro. Fernando Leach highlighting the needs of the school and offering thoughts on collaborations. Currently, there are seven students from the institution in the apoyo económico (Student Aid) LCS program finishing their studies. This support is made possible thanks to LCS members.

After leaving the institution, the group also toured the Lake Chapala Society campus and talked about LCS projects, our history and thoughts on how we might continue to collaborate in the future.





U.S. CONSULATE GUADALAJARA

General in Mumbai, India. She joined the U.S. Department of State in 1997 as a local hire in Jerusalem.

Eliza has a Master's degree in Environmental Management from Duke University, 1996, and a B.A. in World Political Economy from Colorado College. She speaks Spanish, Arabic, Chinese, and French. Eliza is married and has three children.

On September 17, before opening the campus to the public, LCS had a visit from the new Consul General of the United States, Eliza F. Al-Laham. Together with Steve Balfour they toured the facilities and talked about the continuity of the projects that LCS and the Consulate currently have together.

Prior to her arrival in Mexico in August 2020 as the Consul General to Guadalajara, Eliza F. Al-Laham was serving in the joint Executive Office for the Bureaus of Near East Asian Affairs and South and Central Asian Affairs as the Regional Programs Coordinator, conducting strategic planning for the overseas support platform that serves 30 diplomatic missions. From 2018 to 2019, she was the Supervisory Post Management Officer where she coordinated government strategy in Iraq as well as the evacuation of three posts. Earlier in her career, Eliza served as Human Resources Officer in the Iraq Support Unit in Amman, Jordan.

Managing operations at the American Institute in Taiwan and prior to that at the U.S. Consulate General in Shanghai, Eliza led preparations to move 500 employees into a new office compound and negotiated land acquisition with the Chinese. She continued to develop innovative Chinese language training programs that she had started in Washington as a Post Management Officer in the East Asia and Pacific Bureau.

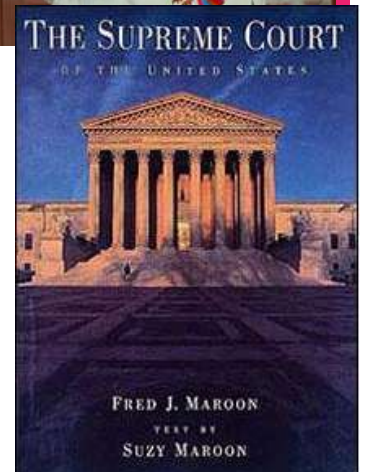
Eliza's entry level tours were as Assistant Cultural Affairs Officer in Cairo and Consular Officer at the Consulate



Visit from the Ambassador & Consul

On Saturday, September 26, the Lake Chapala Society was honored to host a visit from Ambassador Christopher Landau, his wife Caroline, and Consul General Eliza F. Al-Laham. They toured the facilities, appreciated the gardens, and we talked about the services offered at LCS to American citizens, with the idea of strengthening ties and continuing our joint efforts to support the U.S. community living in the area.

Ambassador Landau was born in Madrid, Spain, and speaks fluent Spanish. He graduated *summa cum laude* from Harvard College in 1985, where he earned a Certificate in Latin American Studies. He graduated *magna cum laude* from Harvard Law School in 1989. He has argued nine cases in the U.S. Supreme Court and has briefed and argued appeals in all of the U.S. Courts of Appeals. At the end of the visit, Ambassador Landau presented Steve Balfour with the book "The Supreme Court".



One of the pastimes I enjoy most in Ajijic is walking along the lakefront, observing changes in nature as the seasons move from rainy to dry, from fall to spring, and with the changes, bringing new avian visitors.

I start early each day and take my dogs, Carlo, the big black Newfoundland, and Cokie, the brown Lab, and together we encounter many new sights and sounds. While I am concentrating primarily on our winged friends, Cokie and Carlo tend to favor close encounters with other mammals, such as cows, horses, and other dogs. However, even they can be moved to notice some of our more statuesque shore birds, the beautiful egrets and herons who stand patiently at the water's edge waiting for the moment they can capture their next meal.

Of late, however, I am concentrating on the arrival of new species to our area, some of the "snowbirds" who arrive each year to spend the winter in Mexico, after breeding north of the border, and who come back here to spend the next months feeding where the food supply is more plentiful.

A most notable arrival of late has been the huge flocks of Yellow-headed Blackbirds. We tend to see them flying in large groups, either along the marshy areas of the lake, or often above the cultivated lands, pastures, and fields that comprise the federal zone of Lake Chapala. The Yellow-heads are omnivores and will feed on aquatic insects, and on grasshoppers, grubs, weed seeds, and grain. They roost at night in reedy or marshy areas near Lake Chapala or irrigation ditches.

The Yellow-headed Blackbird spends the spring and summer in the western half of the continent, breeding in the central and northern part of the US and Canada. It is a handsome bird, approximately the size of a robin, and is easy to identify due to its bright yellow head and breast,

contrasted with a black body and white wing patch. The female of the species is smaller and more drab, of a mostly charcoal brown color. She lacks the conspicuous wing patch.

They are extremely territorial during nesting season, and the males will ardently defend their claims for females.

In their breeding range, the Yellow-heads also frequent reedy lakes or marsh areas, but spend a fair amount of time foraging for food in grain fields. These habits remain the same here in Mexico.

A significant difference in their winter range is their social behavior. Here the flocks of birds we see flying overhead in huge number are segregated by sex. The older, more mature males tend to hang together, and, of course, due to their striking plumage are the easiest to identify. The less spectacular females often travel in their own groups and are easy to confuse with other species of blackbirds. However, it is literally possible to see thousands of Yellow-headed Blackbirds as they fly over Lake Chapala each morning and evening, forming undulating ribbons as they soar and dip over the lakeshore.

One of the reasons the flight of the blackbirds is nearly impossible to miss while walking along the shore is due to the sound overhead. I don't refer to their vocalization, which is distinctly unmusical for a songbird, and is frequently described as close to the unpleasant sound of a very rusty hinge. Rather, it is the whoosh sound created as these huge flocks speed over the heads of us land-bound creatures, making a dramatic whirring noise, and a sensation of a cool breeze wafting above us. It makes for a very pleasant beginning to a day, to pause, and look up at their fantastic feats of flight, to feel the air displaced above us, and to marvel anew at the wonders of nature.

Courtesy of Mary McDermott and Mex/Connect.com, the world's leading source of quality information about Mexico.



Uno de los pasatiempos que más disfruto en Ajijic es caminar a lo largo de la orilla del lago, observando los cambios en la naturaleza a medida que las estaciones pasan de lluviosas a secas, de otoño a primavera, y con los cambios, trayendo nuevos visitantes aviares. Empiezo temprano cada día y llevo a mis perros, Carlo, el gran Terrier negro, y Cokie, el Labrador marrón, y juntos nos encontramos con muchas nuevas vistas y sonidos. Mientras que yo me concentro principalmente en nuestros amigos alados, Cokie y Carlo tienden a favorecer los encuentros cercanos con otros mamíferos, como vacas, caballos y otros perros. Sin embargo, incluso ellos pueden emocionarse al ver algunos de nuestros pájaros costeros más estatuarios, las hermosas garzas y garcillas que se paran pacientemente a la orilla del agua esperando el momento en que pueden capturar su próxima presa.

Últimamente, sin embargo, me estoy concentrando en la llegada de nuevas especies a nuestra zona, algunos de los “pájaros de nieve” que llegan cada año para pasar el invierno en México, después de reproducirse al norte de la frontera, y que vuelven aquí para pasar los próximos meses alimentándose donde el suministro de alimentos es más abundante.

Una llegada muy notable últimamente han sido las enormes bandadas de mirlos de cabeza amarilla. Tendemos a verlos volando en grandes grupos, ya sea a lo largo de las zonas pantanosas del lago, y a menudo por encima de las tierras cultivadas, pastos y campos que componen la zona federal del lago de Chapala. Los Cabezas Amarillas son omnívoros y se alimentan de insectos acuáticos, y de saltamontes, gusanos, semillas de malezas y granos. Se posan por la noche en zonas de juncos o pantanosas cerca del lago de Chapala o en acequias.

El mirlo de cabeza amarilla pasa la primavera y el verano en la mitad occidental del continente, y se reproduce en la parte central y norte de los EE.UU. y Canadá. Es un ave hermosa, aproximadamente del tamaño de un petirrojo, y es fácil de identificar debido a su cabeza y pecho de color amarillo brillante, que contrasta con un cuerpo negro



y una mancha blanca en las alas. La hembra de la especie es más pequeña y más monótona, de un color marrón carbón en su mayoría. Carece de la llamativa mancha alar. Son extremadamente territoriales durante la temporada de anidación, y los machos defenderán ardientemente sus reclamos por las hembras.

En su área de reproducción, los Cabezas Amarillas también frecuentan lagos de juncos o áreas pantanosas, pero pasan bastante tiempo buscando comida en los campos de granos. Estos hábitos siguen siendo los mismos aquí en México. Una diferencia significativa en su área de distribución invernal es su comportamiento social. Aquí las bandadas de aves que vemos volar en gran número son segregadas por sexo. Los machos más viejos y maduros tienden a estar juntos, y, por supuesto, debido a su llamativo plumaje son los más fáciles de identificar. Las hembras menos espectaculares a menudo viajan en sus propios grupos y son fáciles de confundir con otras especies de mirlos. Sin embargo, es literalmente posible ver miles de mirlos de cabeza amarilla mientras vuelan sobre el lago de Chapala cada mañana y cada tarde, formando cintas ondulantes mientras se elevan y se sumergen en la orilla del lago.

Una de las razones por las que el vuelo de los mirlos es casi imposible de perder mientras caminan por la

orilla es debido al sonido que emiten. No me refiero a su vocalización, que es claramente poco musical para un pájaro cantor, y se describe frecuentemente como cercana al desagradable sonido de una bisagra muy oxidada. Más bien, es el sonido whoosh creado cuando estas enormes bandadas se apresuran sobre las cabezas de nosotros, criaturas terrestres, haciendo un dramático zumbido, y una sensación de una fresca brisa que sopla sobre nosotros. Es un comienzo muy agradable para el día, hacer una pausa y mirar sus fantásticas hazañas de vuelo, sentir el aire desplazado sobre nosotros y maravillarse de nuevo con las maravillas de la naturaleza.

Cortesía de Mary McDermott y Mex/Connect.com, la principal fuente de información de calidad sobre México.

Not all Great Alexanders are Greek. In fact this one was born in El Paso, Texas, to an Irish father and a Mexican mother in 1934.

His father was a literary Irishman, a man of compassion and letters who, unfortunately, died when Alex was only nine years old, leaving his Mexican wife, Juanita, to raise two rambunctious boys: Alex and his younger brother, Tommy, on her own. Naturally, Juanita had to provide the boys a role model and so when she would tell little Alex to turn away a salesman she was avoiding by saying, "Mother is in the bath," she would go and stand in the bath so Alex would not be lying. She also had to be a disciplinarian, but the boys had an early warning system in the form of Alex's first dog, a loyal Scotty named Skippy. This brave companion could read Juanita's mood, and if there was a hint of frustration or impatience, Skippy would run out to meet the boys when they came back from school to warn them not to enter the house until her mood changed.

Alex's youth was filled with exciting times growing up in Texas with his younger brother, but Tommy decided to leave home at an early age and demonstrated astounding entrepreneurial skills by becoming financially independent in his mid-teens.

Alex stayed to keep his mother company and after high school, went to Texas A&M University which was, at the time, a hardscrabble military school costing \$175 per semester. From there he attended Southern Methodist University, which he described as "going from a concentration camp to a resort." The fees, though, were now \$3,000 a semester and family money was always very tight. Luckily, an Aunt, who had married well, stepped up to cover them. Alex majored in English Literature and Theatre Arts and, upon graduation, went to Hollywood where he hoped to become a writer/director/producer.

To keep body and soul together, Alex worked as an insurance adjuster for Continental Casualty, writing screenplays in his own time. One day he was investigating a claim by a man whose car had been broken into and burgled. The man was impressed by Alex's professionalism and honesty and mentioned he was an associate producer on the "Alfred Hitchcock Presents" TV series. He asked about Alex's career aspirations and when he found out the young man was interested in film, asked if he had anything prepared. Luckily, Alex had a five-page synopsis on him which he gave to the producer. The next day, in the insurance office, the re-

ceptionist came to him in a lather saying someone on the phone, pretending to be Alfred Hitchcock, was asking for Alex. It was Alfred Hitchcock himself and, in his inimitable voice, he told Alex that although it wasn't appropriate for his 30-minute show, he felt the synopsis should be developed into a full-length feature film.

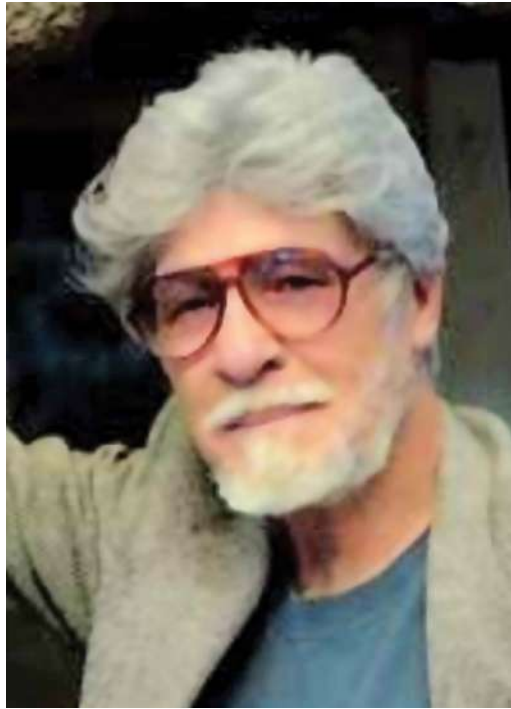
Alex was amazed and encouraged. It was the 1960s in Hollywood, an era of new beginnings and classic stars. Magical things were happening. On one occasion young Alex was at a golf course playing just ahead of Randolph Scott, an actor Alex had admired for many years. Randolph invited Alex for a drink. Later the barman advised Alex to decline any invitation Mr. Scott might proffer, unless Alex was gay.

At this point, Alex told his wife, he was ready to start making movies and he made *No Return Address*, which he sold successfully. This was only the beginning and was followed the next year by *The Lucifer Rose*, a horror film. He was then asked to direct *Children of the Sea*. Now that he was committed to making a career in films, his scripts and "rewrites" of other scriptwriters' work kept him alive. He was mentored by MGM screenwriter John Clemons, who would steer business his way.

In addition to his work on screenplays, Alex would put his encyclopedic knowledge of film-making to work at film trivia parties, normally winning and taking home significant supplemental income. One night he kept losing to a certain player and could not seem to beat him at all. When the evening was over and the man was walking out with his spoils, Alex asked, "Who are you?" "Peter Bogdanovich," the man replied. So despite losing his rent money, Alex was not too dismayed at having lost to the famous film historian, director, and producer.

In the meantime, Alex's brother, Tommy, made millions transporting substantial amounts of a then-schedule A drug, marijuana. Tommy had been in Afghanistan when the Russians were taking their turn at being humiliated there, suffering the fate of every empire that has tried to oppress the Afghans. He'd traveled all over Central and South America and lived the sort of life Alex only dreamed of and wrote about. Naturally, this was highly illegal in the sixties and seventies. Had this been Tommy's business today, he would be lauded as a great entrepreneur.

Tommy once called Alex from Denmark. He wanted Alex to meet him in Copenhagen. Alex flew out immedi-



ately. Tommy needed Alex to marry Tommy's girlfriend so she would have the means of immigrating to the U.S. and to legitimize any progeny they might generate. Alex agreed, perhaps a little too enthusiastically, as the girl was stunning. Tommy lived a Jason Bourne-type life and had to rely on Alex for such favors. So, today Alex has two legal children who are not biologically his. In fact, after five marriages, he still has no biological children (that he will acknowledge).

All this time Alex's career in the movies was climbing the roller coaster. The zenith of that climb was his film *Only Once in a Lifetime*, a touching love story about a middle-aged man and woman living in the hilly Mexican section of Los Angeles. It was shown at the Kennedy Center in Washington, D.C., won best picture at the San Antonio Texas Film Festival, and was chosen by the U.S. State Department to represent the U.S. at the Deauville Film Festival, in France. It had its Los Angeles premiere at the Motion Picture Academy Theatre. This is a film I personally saw at a benefit for "Niños Incapacitados" before a packed theatre in Ajijic. I found it emotionally engrossing and the story irresistible. Miguel Robelo starred with Sheree North and both were sensational. This film is available in the LCS film library.

But, in keeping with Hollywood tradition, fame is fickle and fleeting. The other side of the roller coaster was quite an earthward zoom as at one stage Alex found himself living in his car, with his dog Sam. He's proud to mention that at least his home was a Jaguar Mark VII sedan. Being the animal lover he is, when he was down to his last meal, an old donut, he shared it with Sam. Perhaps this was the magical event that changed his luck, because he encountered an old friend, Richard Vasquez, a famous Mexican-American writer who wrote the wildly successful book, *Chicano*. Vásquez said, "I have a ranch with a guest cottage you can use free of charge for as long as you like." Shortly thereafter, a friend of Tommy's turned up with a luxurious 25-foot Winnebago which he just gave to Alex. Senator Eugene McCarthy would have loved to know about these subversive, un-American acts of kindness so he could extend his reign of idiocy. In fact, many of the best things that happened to Alex came from his brother, Tommy.

Unfortunately, Tommy died suddenly and his girlfriend (Alex's wife) followed soon after, so Alex raised Tommy's kids

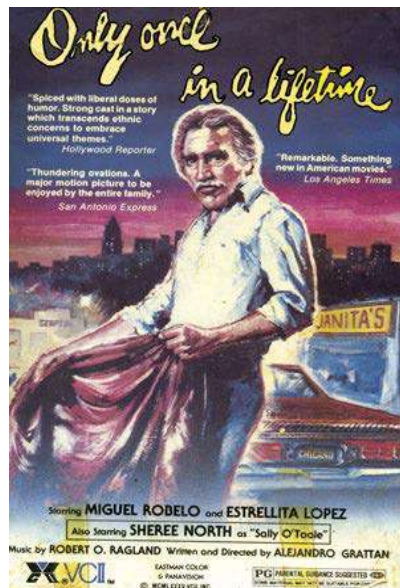
crammed into his motor home with three dogs and one canary.

The next film Alex was involved with was *The Undertaker and His Pals*. Alex, who was the hired producer, thought it would go nowhere. His interest was 9% of the gross profit which he sold for \$3,000, displaying, yet again, the great business acumen that Alex seemed to have lost to his brother when the business genes were distributed. The film went on to be a successful cult classic, which would have left Alex quite wealthy.

At one point, in his eternal quest to make ends meet, Alex worked for PBS and wrote the screenplay *The Homecoming of Private Salazar*. In 1987, at the prior suggestion of his brother, Tommy, Alex moved to Mexico, a country for which he'd always had a great affinity through his mother's family. Five years later he founded the Ajijic Writers' Group which first met at the Old *Posada*. He had formed it with a lady he met in Ajijic and after the first meeting, this lady left the group saying she could not accept the behavior of the people in the group. Nevertheless, Alex kept the group going, meeting every first and third Friday of the month at 10 a.m., and after a while the group ended up at the *Nueva Posada* where it still gathers. Alex directed the second play put on by the Lakeside Little Theater when it moved into the building it now occupies and *Arsenic and Old Lace* became one of the longest running shows ever staged.

He wrote his first book, *The Dark Side of the Dream*, in 1995, about a Mexican family coming to the U.S. in 1941. This won the Silver Award from the Independent Book Publishers of America for Best Historical Fiction. That was quickly followed by *Breaking Even*, written in 1997. The latter was the most autobiographical of his books, although all are imbued with a little of Alex's life. There followed *Hollywood and Vine* in 2003, then *Shattered Illusions* in 2004, about going from Vietnam to Central America. In 2005 he wrote *The Stuff of Dreams*, followed by *Whereabouts Unknown*, about Nazis hiding in South America, written in 2006. Alex then put his pen down for eight years, picking it up to write the book of his movie *Only Once in a Lifetime* in 2015. His last work *The Long Journey Home*, completed in 2019, is a compilation of essays, articles, and columns he has written through the years. All these books can be found on Amazon or in the LCS library.

To know Alex is a fascinating privilege. He is an intelligent and decent man with a wonderful sense of humor. His love of dogs exceeds his love of life. He has three right now: Frankie, Wolfie, and Panchita. They're big and rambunctious and behave the way deeply loved dogs do: friendly, confident, and happy. Although Alex is an accomplished screenplay writer and author of eight books, a film director/producer who has acted in a locally produced film, he is a caring friend and an engaging raconteur who remains most comfortable with his dogs.



Jalisco has an inventory of more than 500 temples in the state. The oldest temples date from the 16th century and the most modern ones from the middle of the 20th century. Such temples are the identity of the historical centers and form a living architectural heritage. In addition the economic flow they generate is very important. In Mexico, more than 30 million people move only for religious reasons and it is estimated that they generate an economic income of 680 million dollars. (Ruezga and Martinez, 2006)

Most important religious destinations in Jalisco

There are three sanctuaries most visited by national and foreign tourists: the Virgin of San Juan de los Lagos, which receives 7 million pilgrims a year with the Pilgrimage of the Virgin; the Virgin of Talpa, which is visited by more than two million faithful each year and the Virgin of Zapopan, which on October 12 each year receives more than two million people in a single day. The annual celebration of the Pilgrimage of the Virgin of Zapopan is a cultural expression that dates back to 1734. In addition, the celebration is inscribed in the list of Intangible Cultural Heritage UNESCO since 2018.



The mayor of Zapopan, Pablo Lemus Navarro, confirmed that after reaching an agreement with the Archdiocese of Guadalajara, the Franciscan brothers and the governments of Guadalajara and Jalisco, it was determined that the Pilgrimage will be held despite the contingency by COVID-19.

“It will be a small contingent, which will mainly include the Virgin with some protection vehicles. This means that there will not be a pilgrimage of cars behind the Virgin, but rather this contingent of five, ten vehicles at most and barricades will be established in the municipality of Guadalajara to prevent other vehicles from passing,” he said.

TOURIST OR PILGRIM?

The article *From Sacrifice to Leisure in Jalisco* states: in Jalisco, in relation to religious tourism, the designation of pilgrim predominates, which implies a sacrifice in the visitors. The sacred spaces and their cultural contents still fulfill the function of generating favorable environments for veneration, contemplation and adoration.

Both actors, tourist and pilgrim, travel, move around, change places, one motivated by devotion and the other by the desire to know the space from an artistic vision. The tourist goes in search of the authentic, the pilgrim the sacred. In this sense, the tourist is a pilgrim and the pilgrim is a tourist.

Therefore, in Jalisco there is a concordance between the religious attraction and the motives of the visitor, that is to say, in general the implicit idea of the sacrifice-veneration on the part of the pilgrim is imposed on that of the leisure-visit of the tourist. Jalisco is a land of believers where the human expression of faith is a living matter and of interest for future studies.

Referencias:

- » CORNEJO, LUIS. 2015. Del sacrificio al ocio en Jalisco, México / *From sacrifice to leisure in Jalisco, Mexico*. Luis Cornejo: Doctor of Science Secretary of the Division of Social and Economic Studies, University of Guadalajara. <https://www.redalyc.org/jatsRepo/881/88145251006/html/index.html>
- » RUEZGA, S. Y MARTÍNEZ, R. 2006. “Religiously motivated tourism in Mexico. El caso de San Juan de los Lagos” in *Patrimonio Cultural y Turismo*, Cuadernos No. 14, CONACULTA, Mexico.
- » Zapopan Basilica, began its construction in 1689. Photography: Alberto Paz

Jalisco tiene un inventario de más de 500 templos en el estado. Los templos más antiguos datan del siglo XVI y los más modernos de mediados del siglo XX, tales templos son la identidad de los centros históricos y conforman un patrimonio arquitectónico vivo, además la derrama económica que generan es muy importante. En México más de 30 millones de personas se desplazan sólo por motivación religiosa y se estima una derrama económica de 680 millones de dólares. (Ruezga y Martínez, 2006).

Destinos religiosos más importantes en Jalisco

Son tres los santuarios más visitados por el turismo nacional y extranjero: el de la Virgen de San Juan de los Lagos, que recibe a 7 millones de peregrinos al año con la Romería de la Virgen; el de la Virgen de Talpa, que es visitado por más de dos millones de fieles cada año y el de la Virgen de Zapopan, que el 12 de octubre de cada año recibe en un sólo día, a más de dos millones de personas. La celebración anual de la Romería de la Virgen de Zapopan es una expresión cultural que data de 1734. Además, la celebración está inscrita en la lista del Patrimonio Cultural Inmaterial UNESCO desde 2018.

El alcalde de Zapopan, Pablo Lemus Navarro, confirmó que luego de llegar a un acuerdo con la Arquidiócesis de Guadalajara, los hermanos Franciscanos y los gobiernos de Guadalajara y de Jalisco, se determinó que la Romería, si se llevará a cabo pese a la contingencia por COVID-19.

“Será un contingente pequeño, donde se incluya principalmente a la Virgen con algunos vehículos de protección. Esto quiere decir que no habría una peregrinación de coches atrás de la virgen, sino que sería este contingente de cinco, diez vehículos cuando mucho y se estarán estableciendo barricadas en el municipio de Guadalajara para evitar que otros vehículos pasen”, expresó.

¿TURISTA O PEREGRINO?

El artículo *Del sacrificio al ocio en Jalisco* comenta: en Jalisco, con relación al turismo religioso, predomina la condición de peregrino que implica un sacrificio en los visitantes.

Los espacios sacros y sus contenidos culturales aún cumplen la función de generar entornos propicios para la veneración, la contemplación y la adoración.

Ambos actores, turista y peregrino, viajan, se desplazan, cambian de lugar, uno motivado por la devoción y el otro por las ganas de conocer el espacio desde una visión artística. El turista va en busca de lo auténtico como el peregrino

de lo sagrado. En este sentido el turista es peregrino y el peregrino es turista.

Por lo tanto, en Jalisco existe una concordancia entre el atractivo religioso y los motivos del visitante, es decir, en general la idea implícita del sacrificio-veneración por parte del peregrino se impone a la del ocio-visita del turista. Jalisco es tierra de creyentes donde la expresión humana de la fe es un asunto vivo y de interés de futuros estudios.

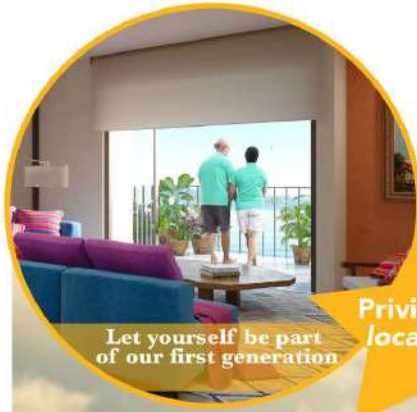
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- * RUEZGA, S. Y MARTÍNEZ, R. 2006. “El turismo por motivación religiosa en México. El caso de San Juan de los Lagos” en *Patrimonio Cultural y Turismo*, Cuadernos No. 14, CONACULTA, México.
- * *Basílica de Zapopan*, inició su construcción en 1689. Fotografía: Alberto Paz.



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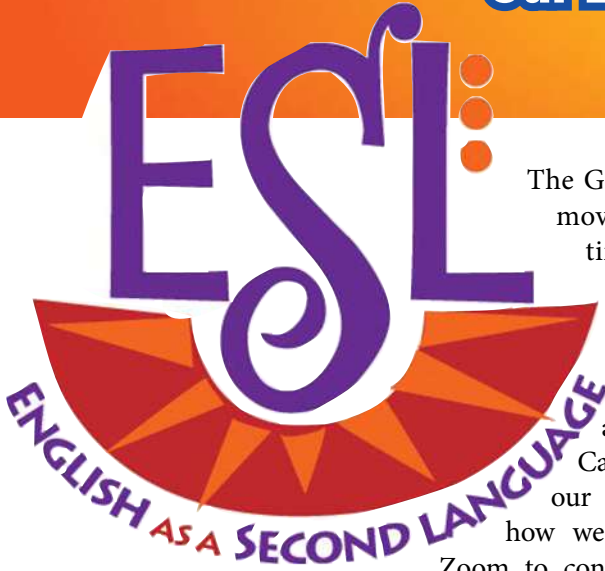
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The Global situation moved us to continue with our class online.

Last month you read an article from Carol Bowman, our teacher, about how we had to learn Zoom to continue with the classes.

Before lock down, we were attending Ed Wilkes Center twice a week, and we were so sad when the School was closed by Covid19, and all of us were wishing to be back soon.

We are a small group and we decided to try to continue learning, practicing and improving our English together. We choose to use Zoom on our devices once a week, and began to learn how to do it.

The start was an adventure for the whole group; first for Carol who is in charge to schedule the meetings and also she was so stressed by the complicated tasks to manage them with several options. For us, it was not easy to manage the correct meeting ID's, passwords, control the videos and microphones on, etc.

With enthusiasm and helping each other, we learned how, and now we are proud for it. With some issues, we are available to meet once a week in a new schedule.

I miss one of our classmates who doesn't have internet at home and another who is busy at the time of our meeting.

The other ones usually try to be present, and we enjoy having this special activity.

The other day we had a conversation about our experience having English class online. All of us think that Zoom gives us an opportunity to see each other's smiles without wearing a mask, and talk with our classmates and teacher, something that we really are missing.

I think, in this time, when we are mostly at home, to have an activity that involves us, is really helpful for our mental health. Also having it scheduled in our agenda is to have an important appointment that we are waiting for. Meanwhile, we have the responsibility to read, think and write our homework in English.

It also lets us to be prepared on time in front our device and be wearing nice attire like we would use to go to classroom.

The classes now have more conversations which include time for each of us to read the paragraphs written for homework, the opportunity to correct the pronunciation of some words and the meaning for others ones. We have moments to talk about the latest news or personal feelings in this time and why not, to sing along together.

Zoom from home allows many interferences and interruptions. People must get up to answer the door, dogs barking in the background, one of us needs to have cell-phone calls to help and try to solve problems in the connection to the meeting for other classmates, and other issues we do not have in the physical classroom.

The free sessions are for 40 mins, and they run so fast! Many times someone is talking and the time is over.

Now we have an extra time and its works better, but sometimes the internet connections are not good enough and the sound or picture is affected and when the problems interfere with our class we get frustrated.

The 'no personal interaction' remains the number one thing against Zoom meetings. We miss hugs and the additional time that we were expending before and after class chatting about different situations not related to the class in familiar environment.

With pros and cons, our ESL class by Zoom lets us improve our English in this confinement time. We are not youngsters, and the technology is not easy for us but now we are like many people in the world who are working, or having meetings or virtual social gatherings and this is great!

Zoom was a challenge for all of us and finally we are here looking forward to improving our English!

We dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, we create the dreams.”

Albert Einstein

Cortlandt Jones is one of the dancers in Ajijic, and one of the very few male dancers here. He is an easygoing, unassuming man with a great smile. He came to visit with his partner, Brent, in 2007 and (you’ve heard this one before) “fell in love with the village.” He has performed (and sung) in several LLT productions, as well as worked as a choreographer. Plus, he is a regular with the benefit lip sync show every year for the Ajijic auditorio.

Like many performers he started young. “My parents enrolled me at the Wally Saunders Dance Studio in Baltimore, Maryland, when I was about 14 years old. I took classes seven days a week. In fact, Goldie Hawn also attended classes there.” Later on he danced with Goldie in a show she was in.

He really did not get serious about dancing as a profession until he was in his twenties, after his discharge from the Air Force, when he enrolled in the North Carolina School of the Arts. His major was ballet with a minor in modern dance. Subsequently he joined the North Carolina Dance Theater and performed both classical ballet and modern works. He has toured around the world.

Dancers are affectionately called “gypsies” (no, it is not because they can tell your fortune), because their lives are always on the move, dancing one place here and another place there. The work ethic for dancers is legendary. Nobody rehearses more than dancers.

For years he performed with Ann-Margret in Las Vegas, dancing in her one-woman review called “Raw Satin.” He did two shows a night at the Hilton and then moved to Caesars Palace where he did ten shows a week and then on tour at eight shows a city. That’s a lot of kicks!

After arriving in California in the late 1970s, Mr. Jones began working in TV, stage, cabaret, and the music video industries. In 1982 he was hired to work with Michael Jackson on a short video Michael was producing in conjunc-

A LOT OF KICKS

By Michael McLaughlin

tion with the release of his new record called “Thriller.” As you know, that record turned out to be the largest selling musical recording of all time and by some estimates has sold over 100 million copies worldwide. In the short video, Cortlandt was one of the memorable zombies. His movie credits include *The Color Purple*, *Protocol*, *King Kong*, and



Annie. His teaching career spans over 30 years in ballet and jazz, either as a faculty member or Master Class instructor in Maryland, North Carolina, Tennessee, Oregon, and California.

When we all get out of this pandemic and theater in Ajijic happens again, make sure to come out and see the gypsy zombie, he’ll be kicking someplace. (*Cortland is the dancer to Jackson’s immediate right.*)

BELLAS ARTES Y EL ESPECTÁCULO



“Bailamos por risa, bailamos por lágrimas, bailamos por locura, bailamos por los miedos, bailamos por las esperanzas, bailamos por los gritos, somos los bailarines, creamos los sueños.” Albert Einstein

Cortlandt Jones es uno de los bailarines de Ajijic, y uno de los pocos bailarines masculinos de aquí. Es un hombre tranquilo, modesto y con una gran sonrisa. Vino a visitar a su pareja, Brent, en

2007 y (ya lo han oído antes) “se enamoró del pueblo”. Ha actuado (y cantado) en varias producciones de Little Lake Theater, así como trabajado como coreógrafo. Además, es un habitual del espectáculo benéfico de sincronización de labios cada año para el auditorio de Ajijic.

Como muchos artistas, empezó de joven. “Mis padres me inscribieron en el estudio de danza Wally Saunders en Baltimore, Maryland, cuando tenía unos 14 años. Tomé clases los siete días de la semana. De hecho, Goldie Hawn también asistió a clases allí”. Más tarde bailó con Goldie en un espectáculo en el que ella estaba.

No se tomó en serio la profesión de bailarín hasta los veinte años, tras su baja de la Fuerza Aérea, cuando se matriculó en la Escuela de Artes de Carolina del Norte. Su especialidad era el ballet con una asignatura secundaria en danza moderna. Posteriormente se unió al Teatro de Danza de Carolina del Norte e interpretó tanto ballet clásico como obras modernas. Ha hecho giras por todo el mundo.

A los bailarines se les llama cariñosamente “gitanos” (no, no es porque puedan decir su fortuna), porque sus vidas están siempre en movimiento, bailando un lugar aquí y otro allá. La ética de trabajo de los bailarines es legendaria. Nadie ensaya más que los bailarines.

Muchos pasos

Por Michael McLaughlin

Durante años actuó con Ann-Margret en Las Vegas, bailando en su crítica unipersonal llamada “Raw Satin”. Hizo dos espectáculos por noche en el Hilton y luego se trasladó al Caesars Palace donde hizo diez espectáculos a la semana y luego en una gira de ocho espectáculos por ciudad. ¡Esos son un montón de pasos!

Después de llegar a California a finales de los 70, el Sr. Jones comenzó a trabajar en la televisión, el escenario, el cabaret y la industria de los videos musicales. En 1982 fue contratado para trabajar con Michael Jackson en un video corto que Michael estaba produciendo en conjunto con el lanzamiento de su nuevo disco llamado “Thriller”. Como saben, ese disco resultó ser la grabación musical de mayor venta de todos los tiempos y, según algunas esti-



maciones, ha vendido más de 100 millones de copias en todo el mundo. En el corto video, Cortlandt fue uno de los zombis memorables. Sus créditos en la película incluyen The Color Purple, Protocol, King Kong y Annie. Su carrera docente abarca más de 30 años en ballet y jazz, ya sea como miembro de la facultad o como instructor de clases magistrales en Maryland, Carolina del Norte, Tennessee, Oregón y California.

Cuando todos salgamos de esta pandemia y el teatro en Ajijic vuelva a suceder, asegúrate de salir y ver al zombi gitano, estará dando pasos en algún lugar. (Cortland es el bailarín a la inmediata derecha de Jackson.)

The Marigold, or *Cempasúchil* in Spanish, is a native flower of Mexico, and is traditionally used on the Day of the Dead. It is said that because of its yellow color which is reminiscent of the sun, this flower is placed on the altars to point out the path that souls should follow on their journey back to earth.

There are records that show marigolds were widely used by Mexicans, and although there are diverse varieties of this flower, the most common is the one we currently know. It is said that the Aztecs also used it, and that it is part of the headdress of the goddess **Coyolxauhqui** found in the *Templo Mayor*, symbolizing her sovereignty over death.

From the book *Natural History of New Spain*, by Francisco Hernández, we know that this plant with its diverse varieties had medicinal uses, which continue to this day. It is now mainly used in the food industry as a colorant and many arti-



sans use it to dye textiles.

Marigolds grow wild in various regions of Mexico, mainly in the states of Chiapas, Mexico, and Morelos. They are also grown commercially as an ornamental plant for pots and there is also a version for sale in florists. In the municipality of Tlajomulco, *El Rancho San Juan Diego* is one of the largest growers and they supply almost half of Jalisco consumption. They own two hectares and rent another eight for sowing, and they also produce sunflower, *cordón de obispo*, ornamental varieties of marigold, and turf, plus corn, beans and sweet potatoes



When I went to visit the ranch, which is easily accessible and is very close to the IMSS 180 Hospital in Tlajomulco, Ing. Francisco Moya explained how the two types of marigolds are sown from either a *Creole* or improved seed. While the *Creole* seeds produce flowers of both types, the imported seeds



provide more leafy flowers.

Seeds are sown in two stages, the first at the end of July and the second two weeks later. After germination the plant must reach 15 cm before it is transplanted. It is watered by dripping and fertilized, but it's a plant which doesn't require much care. Each year they sow roughly 100 furrows which produce about 5,000 bunches.

The sowing time is planned to ensure the plants flower about 15 to 22 days before *Dia de los Muertos* — Day of the Dead — to allow time to prune and market. Three plants are gathered to form each bunch for retail. Each bunch has between 60 to 80 flowers and last year a bunch sold for around \$50 pesos while a pot sold for about \$30 pesos, but with the current situation this year's price has not yet been established, since sales have dropped considerably.

This Ranch is 20 years old and it is a true family business. Four gener-



ations live there and all help out: Francisco, who studied agricultural engineering, is from the third generation, a sister is a veterinarian, another brother is a lawyer and a sister serves as administrator.

As a well-run ranch they also have small animals — chickens and ducks from which they sell the eggs; turkeys, pigs, cows; and sheep, all of which they use both for their own consumption and for sale.

They also sell flowers, which are shipped from the State of Mexico and stored in a cold chamber for their conservation, an advantage over other flower markets which do not have a cold chamber. They make flower arrangements or sell individual flowers so you can make your own.



If you want top quality flowers, either to decorate your house or for the altar of the dead, you can find them on Facebook as *Rancho San Juan Diego*. Or you can contact Francisco at his WhatsApp 33 3842 1735,

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LESSONS (M)

Bordados Artístico M+W+F 4-6
 Español en Action (Spanish in Action) (S) Begins Oct. 15 + Cost
 Exercise M+W+F 9-9:50
 Exploring Spanish Zoom, T+TH+SAT 12-1:30,
 Email sambrit10@gmail.com
 Intermediate Hatha Yoga Zoom, T+TH 2:00
 Email knightsinajijic@gmail.com
 Introduction to Lakeside (S) Zoom, Oct 5+9 + Cost
 Introduction to Spanish (S) T 12-1:30 + Cost, Begins Oct.6
 Line Dancing T+TH 10-11:15
 Mudlarks Pottery Intro To Ceramics (S) T+TH 11-1 + Cost
 Mudlarks Pottery Open Studios (S) M-F 10-2 + Cost
 PEP & Prueba Mexico Series (S) + Cost
 Stretch & Balance T+TH+SAT 8:45-9:45
 Email harry_bertram@hotmail.com
 Tech Class Basics Zoom, Email lcs.tech.training@gmail.com
 Warren Hardy Spanish Series (S) + Cost
 Write to a Prompt Writers' Group TH 10-12

LIBRARIES (M)

Book Library M-Sat 10-2
 DVD, Books on Tape (Library of Congress Talking Books Library closed until procedures are determined).

To order books on -line you must use a computer or a tablet/ iPad. It is not possible to order using a cellphone.

Go to lakechapalasociety.com and select libraries/English

SOCIAL ACTIVITIES (M)

Everyday Mindfulness Zoom, M 10: Email barbarahildt@gmail.com
 HOT Science Zoom, T 1:45 Email hotsciencelcs@gmail.com
 Scrabble F 11:30-1:30
 Tournament Scrabble T 12-1:50

HEALTH INSURANCE*

Amexcare Last F 10-12
 Hospital San Antonio TH 10-12
 IMSS & Immigration Services M+T 10-1
 Lakeside Insurance T+TH 11-2

HEALTH & LEGAL SERVICES*

Becerra Immigration TH 10:30-12:30
 British Consular Services Last Sat 10-12
 Hearing Aid Services (S) M+ 2nd+4th SAT 10:30-4
 Sign-up or call Dr.
 La Pueblita 2+4 W 10-12
 Optometrist Claravision (S) TH 9-4 Call for appointment,
 No sign-up
 Sky Med 1st F 10-1

SOCIAL ACTIVITIES *

Spanish/English Conversation Sat 12-1:30

SERVICE & SUPPORT GROUPS *

Al-Anon (Spanish) M 6-7:30, W 5:30-7:30
 ASA Board Meeting Last W 10:30-12, Oct.28
 Diabetes Support Group Zoom, 1st F 11
 Email welchkdiabetes@gmail.com
 Information Desk M-Sat 10-2
 Lakeside AA M+TH 4:30-5:30
 Needle Pushers 1st +3rd T 10-11:45
 Open Circle opencircleajijic.org
 Toastmasters M 7-9

Office & Libraries

Mon-Sat 10 a.m. to 2 p.m.
Grounds

Open 8:30 a.m. to 3 p.m. in October

- Activities listed as Zoom require contacting the email noted to obtain an invitation, day & time.
- **Stretch & Balance** has limited attendees. Email harry_bertram@hotmail.com to register.
- **Hearing Aid** services require appointments made by phone: Dr. Polo 331 511 4088 or sign-up outside hearing aid room.
- **Optometrist** services require appointments made by phone: Dra. Luz 331 411 1178. No sign-up at LCS & NO walk-ins.
- **Diabetes Support Group** Diabetes is a chronic condition requiring on-going daily management — a balancing act that requires constant updating of your therapy (meds, diet, activity, monitoring). Join us for our monthly meet up to share experiences & challenges. Email: Kim Welch, MS, RD, CDE (registered dietitian/certified diabetes educator) for more information. I'd like to get to know a little about you & your diabetes privately as well as gather your contact information so that I can get that Zoom invite right to you. Indicate in the subject line of your email that it is re: the support group. Welchk4diabetes@gmail.com
- **Discussion Group** – Will resume Wednesdays in November 12-1:30 on the SC Lakeside Patio.
- **Line Dancing:** Email June Matthews for registration to attend. Vt2mx@yahoo.com

Lake Chapala Society



PERSONAL ENRICHMENT PROGRAM SERIES

DRIVER'S LICENSE

Instructor: Alfredo Pérez

Cost: \$400

We will provide you with the necessary knowledge to obtain a new license or to renew it.

Material will be sent over email previous to the class.

OCTOBER 7

Online

Wednesday, from 3:00 to 4:30 pm

OCTOBER 28

At SCBR patio

Wednesday, from 3:00 to 4:30 pm

NOVEMBER 18

At SCBR patio

Wednesday, from 3:00 to 4:30 pm

Enrollment at LCS Office or LakeChapalaSociety.com

YOUR MEMBERSHIP MUST BE CURRENT DURING THE COURSE

Registration requires payment. There is no refund.

We will follow COVID protocols with no exception.

US CONSULATE

The U.S. Mission in Mexico suspended routine passport and other consular services March 19 in light of COVID-19.

- » If your passport is expired or is going to expire soon, and you have imminent travel plans to the U.S., please contact the embassy or nearest consulate to apply for an emergency passport ONLY. To schedule an appointment, please call 55-8526-2561 or visit our website.
- » Due to reduced operations at U.S. domestic facilities effective April 2, if you have previously applied for a passport or citizenship service, such as a Consular Report of Birth Abroad (CRBA), you should expect significant delays receiving your documents.
- » If you are in this situation and have imminent travel planned, please contact us for an emergency passport. As a reminder, U.S. citizen children do not require a CRBA to qualify for an emergency passport.
- » Please enroll in the Smart Traveler Enrollment Program (STEP) and visit the Embassy's COVID-19 webpage for up-to-date information on COVID-19 and the status of U.S. consular operations in Mexico.

WE ARE LOOKING FOR A NEW EXECUTIVE DIRECTOR

The Lake Chapala Society is the largest expat organization outside the us.

We have an immediate opening for a person with great customer service skills, nonprofit and management experience, who wants to build collaborations between the Mexican and Expat Communities along Lakeside.

This is a full time position that is filled with rewarding experiences, bilingual, computer skills, entrepreneurial and customer service focus.

Please send you resume to:

Steve Balfour

president@lakechapalasociety.com

Before October 31

The Lake Chapala Community Orchestra

has been silent since the Covid 19 pandemic started in March

Friday October 23

12 noon to 1:30 pm

free performance at

The Lake Chapala Society Gazebo

In an effort to re-establish live performances LCCO conductor, Michael Reason, has formed an 11 piece chamber ensemble from members of the orchestra.

LCS is delighted to welcome the debut of this ensemble.

Music will include works by Johann Strauss, Albeniz, Holst, Piazzola and Gounod.



Social distancing will be adhered to during the performance. Please join us for this return to live music making all within the beautiful setting of the Lake Chapala Society.

THE USE OF MASKS IS **MANDATORY**
THE USE OF FACE SHEILD IS **VOLUNTARY**



According to Jalisco State Protocols for Your Safety

COVID-19 PUBLIC NOTICE:

An inherent risk of exposure to **COVID-19** exists in any public place where people are present.

COVID-19 is an extremely contagious disease that can lead to severe illness and death. Keeping this fact in mind the Lake Chapala Society is establishing norms for reopening the campus. Our primary objective is to enhance health and safety measures for our members, staff, volunteers, vendors, and guests.

We expect all people working at or visiting the LCS campus to follow these norms. However, know that by entering the campus you voluntarily assume all risks related to the exposure of **COVID-19**.

Online services from your home are available for those not willing to wear a mask.

INTRODUCTION TO LAKESIDE

Instructor: **Rachel McMillen**
Cost: **\$300 pesos per session**
Location: **LCS Gazebo**

Exploring Lakeside Session 1
Monday, November 9, 10:30 a.m. to 12 p.m.

Where exactly is Lakeside, Lakeside Communities, Ajjic Village, Fiestas, LCS.

Exploring Lakeside Session 2
Friday, November 13, 10:30 a.m. to 12 p.m.

Health & Medical, Eating Out - Eating In, Money - Banks & ATM's, Churches, Entertainment & Recreation, Transportation, Accommodation & Utilities.

Enrollment at LCS Office or LakeChapalaSociety.com
YOUR MEMBERSHIP MUST BE CURRENT DURING THE COURSE



PRUEBA MEXICO SERIES

MOCK DEATH YOU SAY!

\$400 with Alfredo Pérez

Discover where these traditions come from and why they are so popular among Mexicans. Build your own altar, compose your own poetry for the calavera literaria and costume you own catrina.

FRIDAY
OCTOBER 30
2 - 4:30 P.M

CACAO & TABLE CHOCOLATE

\$400 with Nora Maldonado

From Luna Cacao

Savor the experience of what this wonderful seed shares and gives to us to enjoy! This is a hands-on class. It includes material.

FRIDAY
NOVEMBER 13
10 A.M. - 1 P.M

Enrollment at LCS Office or LakeChapalaSociety.com
YOUR MEMBERSHIP MUST BE CURRENT DURING THE COURSE
Registration requires payment. There is no refund.
We will follow COVID protocols with no exception.



CONVERSATION FOR ADVANCE

We will practice our Spanish and learn more vocabulary for advancement.

IMPROVE YOUR PRONUNCIATION FOR SPANISH

Improve your pronunciation by doing vocal exercises and practice.

OCTOBER AND NOVEMBER

LCS online program for learners and practitioners of Spanish

PACKAGE 1

¿Qué harías tú?
(What would you do...?)

3-session class.
Wednesday, October 14, 21, 28
From 12 to 1:10 p.m.

\$300

PACKAGE 1

/r/, /rr/, /d/ and /t/ sounds

2-session class.
Wednesday, October 7 and 14
From 10 to 11:10 a.m.

\$200

PRACTICAL GRAMMAR

Let's see the practical use of grammar in Spanish.

PACKAGE 2

Expresar la opinion.
(Express opinion)

2-session class.
Wednesday, October 21, 28
From 10 to 11:10 a.m.

\$200

PACKAGE 2

Where to emphasize words in Spanish

2-session class.
Wednesday, November 4 and 11
From 12 to 1:10 pm

\$200

PACKAGE 1

Por vs para.

2-session class.
Wednesday, November 4 and 11
From 10 to 11:10 a.m.

\$200

The sessions are online. (we use Zoom)
Each session lasts 70 minutes.
Registration is online through PayPal.
If you wish to make your payment in cash, please send an email to direcc-toreducacion@lakechapalasociety.com
Sessions are limited to 9 participants.
No refunds.
To participate you must be an active member and your membership must cover the duration of the classes.

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Chapala, Jalisco.

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HSBC Premier Call Centre **(55) 5721 3389**



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Cuenta Premier y su Tarjeta de Débito relacionada se encuentran protegidas por el IPAB hasta por un monto equivalente a 400 mil UDI por cliente por institución, lo anterior de conformidad con las disposiciones legales que regulan a dicho Instituto. www.ipab.org.mx

Consulte requisitos, términos, condiciones de contratación, comisiones y condiciones de estos productos en www.hsbc.com.mx
HSBC, HSBC Premier y sus logotipos son marcas registradas en México.

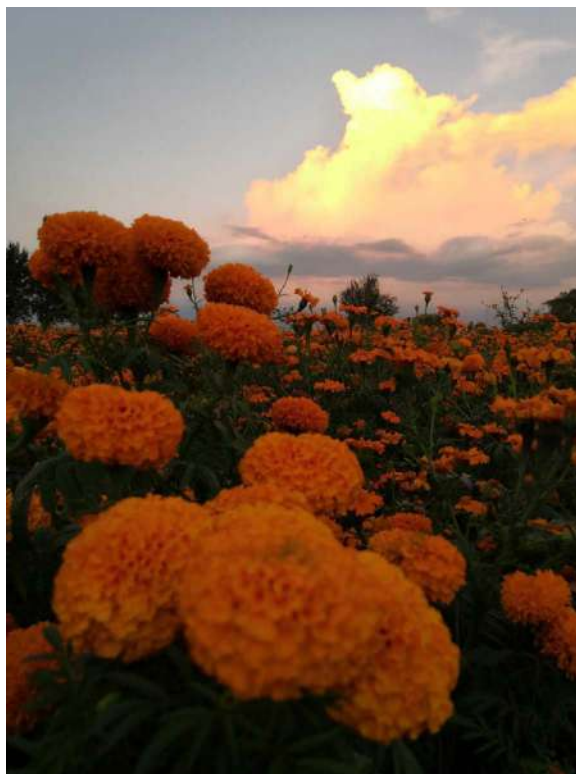
ARTÍCULO DE PORTADA **El Cempasúchil** Por Diana Ayala

El Cempasúchil es una flor originaria de México, la cual es utilizada tradicionalmente en Día de muertos, se dice que por su color amarillo que recuerda al sol, se coloca esta flor en los altares para señalar el camino que deben seguir las almas.

Se tienen registros de que el cempasúchil era ampliamente utilizada por los Mexicas, y aunque hay diversas variedades de esta flor, la más común es la que conocemos actualmente. Se dice que los Aztecas la utilizaban también, y que forma parte del tocado que tiene la diosa Coyolxauhqui encontrado en el Templo Mayor, simbolizando su soberanía o su muerte.

Por el libro Historia Natural de la Nueva España, de Francisco Hernández, sabemos que la planta con sus diversas variedades tenía usos medicinales, los cuales siguen hasta la fecha. Es utilizada en la industria alimenticia como colorante principalmente y muchos artesanos la utilizan para teñir textiles.

Crece de manera silvestre en varias regiones de México, principalmente en los Estados de Chiapas, México, Morelos entre otros. Además, se produce como planta ornamental en macetas y hay otra versión para venta en manojos. En el municipio de Tlajomulco se produce alrededor del 50% de esta flor para el consumo en Jalisco, siendo El Rancho San Juan Diego, es uno de los más grandes productores de esta flor. Tienen 2 hectáreas propias y rentan otras 8 para siembra, producen además del cempasúchil, girasol, cordón de obispo, pasto en rollo y follaje, además siembran maíz, frijol y camote.



Fui a visitar el rancho, el cuál es de fácil acceso y se encuentra muy cerca del Hospital del IMSS 180 de Tlajomulco, ahí me explicó el Ing. Francisco Moya como la flor de cempasúchil se siembra a partir de una semilla, la cual puede ser criolla o mejorada, ellos sembraron a finales de julio y otra parte dos semanas después; se deja que germine y cuando la planta alcanza unos 15 cm se trasplanta. Hay dos tipos uno para maceta y otro para flores en manojo. Se riega por goteo y se fertiliza, es una planta que no requiere muchos cuidados. Sembraron unos 100 surcos aproximadamente y de ahí saldrán unos 5,000 manojos.

Me comentó que las semillas mejoradas son importadas y la característica que tienen es que dan flores más frondosas. Las semillas criollas dan flores de ambos tipos. Y los tiempos de la siembra es buscando que florezcan unos 15 a 22 días antes de días de muertos, para dar oportunidad de podar y comercializar. El 20 de octubre se puede apreciar el campo lleno de flores. Se juntan 3 plantas y con eso se hace un manojo, los cuales son los que se comercializan. Cada manojo tiene entre 60 a 80 flores y su precio es de alrededor unos \$50 pesos. Las macetas se venden en unos \$30 pesos. Al menos esos fueron los precios del año pasado, este año con la situación actual no saben cómo estará el precio. Ya que las ventas han bajado considerablemente.

Este Rancho tiene 20 años y viven ahí cuatro generaciones. El Ing. Francisco, que es de la tercera generación estudió ingeniero agrónomo, una hermana es veterinaria, otro hermano es abogado y una her-



mana administradora, es un negocio familiar donde entre todos ayudan.

Como buen rancho tienen también animalitos, gallinas y patos de los cuales comercializan los huevos. Guajolotes, cerdos, vacas, borregos, los cuales utilizan para consumo propio y venta. Además comercializan flores, las cuales les llegan desde el Estado de México y son almacenadas en su cámara fría para su conservación, lo cual es una ventaja ante otros mercados de flores, los cuales no cuentan con cámara fría. Ellos hacen arreglos florales o te pueden vender las flores para que tú hagas los tuyos.

Si quieres flores de primera calidad, ya sea para adornar tu casa o para el altar de muertos, los pueden encontrar en Facebook como Rancho San Juan Diego. Y puedes contactar al Ing. Francisco en su WhatsApp 33 3842 1735,



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www.lakechapalasociety.com

Poems for Flourishing by Susa Silvermarie is a wonderful new book from a permanent resident of Ajijic that includes, among its riches, poems about the beautiful culture and surroundings where we all now live. I understand that those poems in particular have been very well-received at the Ajijic Writers Group meetings in the past.

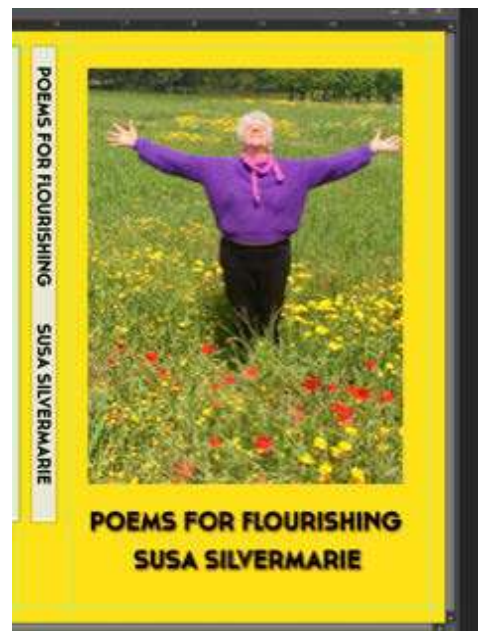
Dipping in and out of *Poems for Flourishing* reminds me why I love poetry. All her poems paint pictures with origins in her heart, her soul, her connection with Nature. Those words and images are connective tissue to my very own heart and soul. I breathe deeply as I start reading a poem, and allow transport into the holy ground of oneness and connection. Listen to this, (after she crosses a river in the wilds of Ecuador):

...On the other side of the Chamba,
waving leaves, and whole branches,
welcome me as kin.
I never was

alone. Everything
is always with me.

To communicate the vastness of the human spirit and experience, along with its spiritual underpinnings, is a gift Susa brings to her readers. We imagine and feel along with her, opening to new ways of seeing, new ways of feeling about this complex, unfathomable human journey. She invites us in for a view and a shock of wonder. Through this lyrical song of life called *Poems for Flourishing*, you can immerse yourself into a pure celebration of Being.

Poems for Flourishing (193 pp, perfect bound) is available locally from the author (<http://susasilvermarie.com/>) and at Diane Pearl Galería in Ajijic 250 pesos); and from Amazon in paperback and ebook.



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ARDEN
m e x i c o
MUEBLES
By Maggie Garcia

Mexican *Dichos* (Sayings)

Aún no es alcalde y ya quiere comer de balde / He's not mayor yet and he wants to eat for nothing.

Se cosecha lo que se siembra / You reap what you sow

De que se pierdan a que me hagan daño, mejor que me hagan daño / Being lost to being hurt, better to be hurt.

Este arroz ya se coció / This rice has already been cooked

Al hombre se le conquista por el estómago / Man is conquered by the stomach

Este hueso es duro de roer / This bone is hard to gnaw.



October Corn

The stalks of corn in my garden, a deep green not long ago, have given way to the yellowing of old age. Once straight, tall, and virile, they now lean over like tired old men. My tomato plants are stressed from the cold night air of fall. The green tomatoes hanging on their vines will not ripen. It pains me seeing the sweetness of summer fade day by day but it's all a part of the plan, you know; the strength of summer giving way to the aching bones of autumn.

My twin brother, Fernando, and I went trick-or-treating as boys. Tony, our big brother, dressed us as pirates. I got an eye patch, Fernando a handkerchief tied around his head. Tony made us wooden swords and then had me go shirtless into the night. He told me that a real pirate would brave the cold, and so I did. I did not allow myself to shiver. Our older sisters then took us house to house and neighborhood to neighborhood in a frenzied drive for as much candy as we could gather; pirates pilfering booty.

Only Christmas surpassed Halloween in fun and being rewarded for simply being young. So many years later, I am occupied by the business of grown-ups.

Newspapers tell me the last of the apples and grapes are being harvested as the wars continue taking their human harvest and squander funds that would be better used to feed the hungry, clothe the naked, and cure the sick. It saddened me to read that Paul Newman died. They say he was old and sick, though I only knew him to be young, handsome, and generous. Someone wrote a poem about his life the next day. I'm glad that poets write about things that matter sometimes.

My grandaunt, Tia Sara, who lived in Mexico, died when I was a boy. I never knew her to be anything but old and wrinkled. Sara always wore dark, ankle-length skirts and flesh-colored stockings that covered what little one could see of her ankles. Her long hair was always braided and looked like two grey snakes wrapped tightly against her scalp. She went to bed one night never to rise again. Ma's cousin, my Tia Concha, washed Sara's lifeless body, combed and braided her hair, powdered her face, applied rouge, and stuffed wads of newspaper in her mouth to plump up her cheeks that had been sunken in by death's hand. The family had a traditional *velorio* for Sara. Laid her out in her living room surrounded by candles. Everyone knelt and prayed for her soul. My uncles dug her a grave the following day and buried her. She received a proper memorial service even if she was a gossip who often doled out advice that hadn't been asked for.

By A. García-Dávila

My ma and pa, tios, tias, and some amigos have passed on; irreplaceable losses. Sad that they are not with me anymore, at least they visit once in a while in dreams. I take comfort knowing that one day we will be together again.

I love the Day of the Dead, a custom rooted in ancient Mexico. A way to honor those who have passed to the other world, a way to accept and even poke fun at death, instead of fearing him. I suppose that by doing this we prepare ourselves for our own inevitable appointment with him. We can fear or we can laugh and even accept him, for in the end we have no choice in the matter. It's all a part of the plan, you know. After all, aren't we like stalks of corn? Small, tender sprouts in spring, strong and sturdy in summer, frail in autumn, dried and lifeless in winter.

Let us be like the Mexican *calaveras* (skeletons) who play music, dance, and sing, replacing fear of death with a *fiesta*. Let us celebrate, then, for today we are on this side of the great divide honoring those who have passed to the other, and hoping that one day we will be remembered and respected in the same manner even if we are imperfect. Raise your cups of *atole*, of chocolate *caliente*, raise your *pan dulce*: here's to life *mis hermanos y hermanas*, here's to death.

Enjoy 30% better speech understanding
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Tel (33) 3122 2257/ (33) 3122 2266



By Turismo Jalisco

Tourism & Short Trips — Viaja en corto

The government of the states of Aguascalientes, Guanajuato, Jalisco, Querétaro, San Luis Potosí and Zacatecas have all worked together to create the *Viaja en corto* (Short Trip) campaign, which seeks to encourage road trips by taking advantage of the fact that the distance between those states ranges from 1.30 to 4 hours maximum.

Details are available on the website <https://viajacentromexico.com/>, which provides information on each destination, as well as different options for lodging, restaurants and tour operators. At the moment, the site is in Spanish, but they are working to have all the information in English. You can contact Charter Club 376 766 1777 and they can help you with all your travel plans.

Here is a list of Q & A about travel that the Jalisco Tourism office shared with us:

Q: What steps has Jalisco taken to create a safe environment for international visitors?

A. The state of Jalisco received the World Travel and Tourism Council's "Safe Travel Global Safety & Hygiene Stamp" on June 14 for applying globally standardized hygiene and sanitation standards at its facilities.

Q: What requirements are in place regarding face coverings and social distancing?

A. All residents and visitors are encouraged to maintain social distancing practices and the use of masks is mandatory.

Q: What restrictions are currently in place for Jalisco's tourism industry?

A. The state of Jalisco remains in Phase 0 of its COVID-19 recovery plan. Hotels are permitted to operate at 25% capacity with pools, beach clubs, gyms, and restaurants open to guests, though spas remain closed.

Hotels are required to follow cleanliness and sanitation protocol established and monitored by local authorities in

addition to protocol required by their parent company or ownership.

Restaurants and cafes that apply established sanitation and safety protocol are able to operate at 50% capacity. Bars and nightclubs in Puerto Vallarta are open and operating at 25% capacity. It is expected that bars and nightclubs in Guadalajara will start operations again the first week of September.

Q: What can be expected upon arrival at Puerto Vallarta International Airport, Miguel Hidalgo & Costilla Guadalajara International Airport?

A. COVID-19 protocol for international airports in Guadalajara and Puerto Vallarta is as follows:

- Masks are required.
- Disinfectant is applied on welcome mats at entrances to the terminals.
- Social distancing of at least five feet is encouraged in lines of documentation, inspection point, migration, customs, baggage claim, boarding, and disembarking, among other processes.
- Use of adjoining seats is restricted.
- Use of documentation and migration counters and kiosks is limited in all common areas.
- Access to common use facilities, such as play areas, is restricted.
- Antibacterial gel dispensers are available throughout terminal buildings.
- Authorities, airlines, handling agents and commercial operators use gloves and face masks in processes that involve contact with passengers.
- All restaurant and food court personnel must wear disposable face masks and gloves

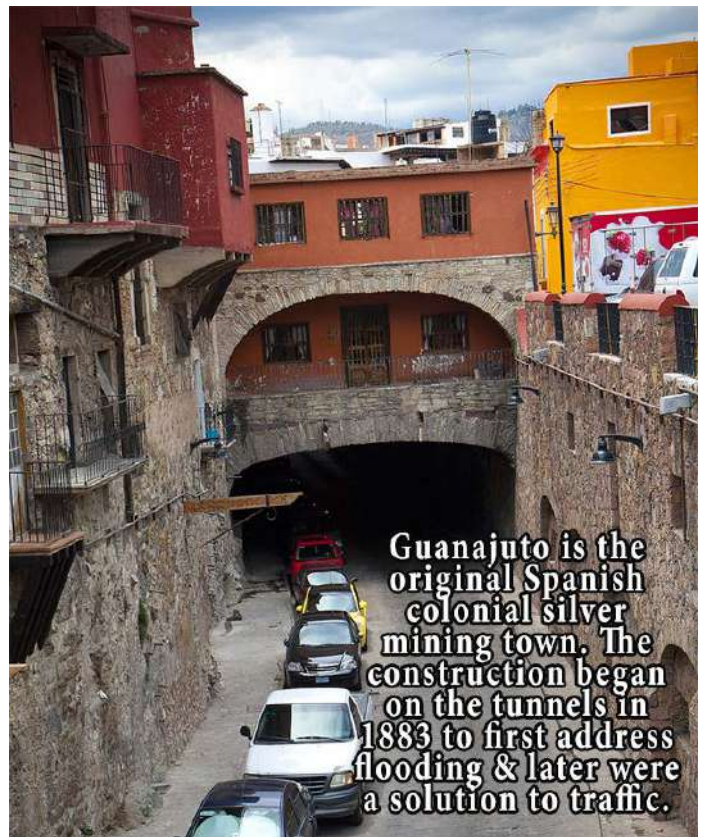
All passengers are required to fill out a form titled "Questionnaire of Identification of Risk Factors in Travelers" available on-site via QR code or in hard copy.

Q: What can be expected upon arrival at a hotel or resort?

A: Jalisco state government has established COVID-19 protocol which consists of sanitary recommendations and good practices that promote a healthy and hygienic environment. The state recommends that hotels engage in the following activities:

- Provide hotel guests with questionnaires to monitor the type of activities they have participated in and if they have presented any symptoms.

- Establish stations at the main entrance for a temperature check prior to check-in
- Place antibacterial gel on access doors
- Avoid crowding of guests inside the hotel in common areas and maintain social distancing during check-in
- Encourage payment with card or mobile apps rather than cash
- Use chemical products for proper disinfection of the rooms and common areas, as well as steam cleaning systems with chlorine or UV lamps
- Emphasize the disinfection of spaces such as lobby, corridors, common areas and disinfection in rooms through the following measures:
- Floors: every two hours
- Elevators: disinfect buttons every hour
- Door handles, railings and similar objects: every hour
- Common bathrooms: every hour
- Common or public telephones, every 2 hours
- Reinforce the cleaning of places such as elevators, gyms, pools and spas
- Verify that all spaces have strict capacity limitations that reduce capacity by at least 50%.



Because Mexico is a mineral-rich country, paper money was late in being accepted here because coins had an implied intrinsic value. Now, as with every country, paper money is regularly redesigned not only to change appearance, but with added security features.

Most of our current Mexican bills were designed in 2010 to honor Mexico's 200 years of independence and history. Each has a nearly invisible quote from the person featured on the bill. The bills are multi-colored making them more difficult to counterfeit. Here is a brief description of our most common denominations.

The 20-*peso* bill features President Benito Juárez with the eagle and snake of the Mexican flag. Juárez, born in Oaxaca and orphaned at age three, is Mexico's only indigenous president. He studied to be a priest, but ended up marrying and practicing law. He guided Mexico through the time of the French occupation. As a security measure, this predominantly blue bill has a microscopic line quoting Benito Juárez. "May the people and the government respect the rights of all. Between individuals, as between nations. Peace means respect for the rights of others."

The 50, or *cincuenta peso*, is shades of rose and grey and features two crossed cannons and revolutionary Catholic priest José María Morelos who fought and died for Mexican Independence. In 1815, he was captured and executed. The microscopic quote on this bill says, "Slavery shall be forever forbidden, as shall cast distinctions, leaving everyone equal. One Mexican shall be distinguished from another only by his vices and virtues."

The pre-Hispanic philosopher, poet warrior, and architect *Netzahualcoyotl* graces the 100-*peso* bill. He was king of

the city-state of Texcoco. The \$100-*peso* bill contains one of his poems: "I love the song of the mockingbird; Bird of four hundred voices; I love the color of the jadestone; And the intoxicating scent of flowers; But more than all I love my brother, Man!"

Mexico's most famous and favorite Catholic nun, Sor Juana Inés de la Cruz, graces the green and beige \$200-*peso* note. Probably the most fascinating woman of Mexico's colonial period and an inspiration to today's young Mexicans, Sor Juana rose above her fatherless childhood. She was a champion of women's rights to education and is still a feminist icon. In her short life, she was recognized as a brilliant scholar, then condemned and silenced, but not forgotten. Her spirit lives as a celebrated feminist; she wrote of romantic love, jealousy, and death. She is famous for posing the question, "Who is guiltier, the man who pays the prostitute, or the woman who sells herself to feed her children?" One of Sor

Juana's poems is on the \$200-*peso* bill. "Foolish men, who accuse women without reason, without seeing that you create the very faults that you identify."

Diego Rivera and Frida Kahlo, along with a work of art by each, grace both the front and back of the rose-colored \$500-*peso* note. Books and movies have been produced about Mexico's most famous and tumultuous artistic couple. Twice married to each other, the internationally recognized Mexican artists were known for their passion and political involvement. The Diego Rivera quote says, "It has been said that the revolution does not need art, but art needs the revolution. That is not true. The revolution needs revolutionary art."

Now, get out your magnifying glass and find those quotes before spending your *pesos*.



Debido a que México es un país rico en minerales, el papel moneda tardó en ser aceptado aquí porque las monedas tenían un valor intrínseco. Ahora, como en todos los países, el papel moneda se rediseña regularmente no sólo para cambiar de apariencia, sino con características de seguridad adicionales.

La mayoría de nuestros actuales billetes mexicanos fueron diseñados en 2010 para honrar los 200 años de independencia e historia de México. Cada uno tiene una cita casi invisible de la persona que aparece en el billete. Los billetes son multicolores, lo que los hace más difíciles de falsificar. Aquí hay una breve descripción de nuestras denominaciones más comunes.

El billete de veinte pesos muestra al presidente Benito Juárez con el águila y la serpiente de la bandera mexicana. Juárez, nacido en Oaxaca y huérfano a los tres años, es el único presidente indígena de México. Estudió para ser sacerdote, pero terminó casándose y ejerciendo la abogacía. Guio a México durante la época de la ocupación francesa. Como medida de seguridad, este billete predominantemente azul tiene una línea microscópica que cita a Benito Juárez. “Que el pueblo y el gobierno respeten los derechos de todos. Entre individuos, como entre naciones. La paz significa el respeto de los derechos de los demás”.

El billete de cincuenta pesos, es de tonos rosas y grises, presenta dos cañones cruzados y al sacerdote católico revolucionario José María Morelos que luchó y murió por la Independencia de México. En 1815 fue capturado y ejecutado. La microscópica cita de este proyecto de ley dice: “Se prohibirá para siempre la esclavitud, así como las distinciones, dejando a todos iguales. Un mexicano se distinguirá de otro sólo por sus vicios y virtudes.”

El filósofo prehispánico, poeta guerrero y arquitecto Netzahualcōyotl adorna el billete de cien pesos. Era el rey

de la ciudad estado de Texcoco. El billete de cien pesos contiene uno de sus poemas: “Amo el canto del ruiseñor, pájaro de cuatrocientas voces, amo el color de la piedra de jade, y el embriagador aroma de las flores, pero más que nada amo a mi hermano, el hombre”.

La monja católica más famosa y favorita de México, Sor Juana Inés de la Cruz, adorna el billete verde y beige de 200 pesos.

Probablemente la mujer más fascinante del período colonial de México y una inspiración para los jóvenes mexicanos de hoy, Sor Juana se elevó por encima de su infancia sin padre. Fue una defensora de los derechos de la mujer a la educación y sigue siendo un ícono feminista. En su corta vida fue reconocida como una brillante erudita, luego condenada y silenciada, pero no olvidada. Su espíritu vive como una feminista célebre; escribió sobre el amor romántico, los celos y la muerte. Es famosa por plantear la pregunta, “¿Quién es más culpa-

ble, el hombre que paga a la prostituta, o la mujer que se vende para alimentar a sus hijos?” Uno de los poemas de Sor Juana está en el billete de 200 pesos. “Hombres necios, que acusan a las mujeres sin razón, sin ver que crean las mismas faltas que identifican.”

Diego Rivera y Frida Kahlo, junto con una obra de arte de cada uno, adornan el frente y el dorso del billete rosa de 500 pesos. Se han producido libros y películas sobre la pareja artística más famosa y tumultuosa de México. Dos veces casados entre sí, los artistas mexicanos internacionalmente reconocidos fueron conocidos por su pasión y participación política. La cita de Diego Rivera dice, “Se ha dicho que la revolución no necesita del arte, pero el arte necesita de la revolución. Eso no es cierto. La revolución necesita el arte revolucionario”.

Ahora, saca tu lupa y encuentra esas citas antes de gastar tus pesos.





Once upon a time, in Hollywood, artisans and carpenters who worked in the film industry used their imaginations and skills to create a distinctive style of home, the Storybook House. This past March, I had the opportunity to stay in one, the Hlaffer-Courcier Residence, described as “the purest example of the Storybook Style in existence.” Built in 1923 by Rufus Buck, it’s a bit of the witch’s cottage from Hansel and Gretel, a bit of Grandma’s house from Little Red Riding Hood, part movie set, part Disneyland.



I had never heard of this type of home before, but I once lived in a California Arts & Crafts-style house (circa 1916), and my affection for oak woodwork and Mission-style furnishings is well known to old friends. When my best friend of 50 years invited me to share her Hollywood house-sitting assignment, I jumped at the opportunity.

Storybook Style had its origins in the movie industry and was based on “the fanciful portrayal of medieval architecture, intentionally aged.” There are only a handful of such houses, and no two are alike. The bronze plaque by the front door promised an architectural delight, and the interior delivered on that promise. The owners have spent twenty years collecting, furnishing, and decorating, and they have done a fine job. The interior has dark oak floors, three-legged dining chairs, an occasional Scottish throne, and chandeliers and wall sconces in keeping with the period. I felt like Goldilocks when she pronounced everything “just right.”

Cozy evenings spent around the original fireplace, reviewing the day’s adventures, were followed by sleeping in a big oak bed with a view of the sparkling lights of downtown Los Angeles, framed by the leaves of a stately tree in the front garden. After the first few nights dreaming of witches and goblins, we were inspired to look for other houses that had stories to tell. We didn’t have to look very far.

Right next door sits an abandoned 5,000-square-foot Spanish revival-style mansion that was the scene of a horrific crime, real, not cinematic. In December 1959 Dr. Harold Perelson bludgeoned his wife to death with a ball-peen hammer, savagely beat their teenage daughter, drank a cup of acid, and died, hammer still in hand, sprawled across the floor beside the blood-stained marital bed.

The mansion was locked up and remains empty six decades later. Through filthy windows the curious can see all the original furnishings, including the Perelson family Christmas tree with gaily-wrapped gifts gathering dust beneath it. A nosy neighborhood sleuth entered through a back door one dark night and was bitten by a black widow spider.

The house was sold one year after the murder to Emily and Julian Enriquez, who never moved in and let the home fall into disrepair. After their deaths, Rudy Enriquez inherited the house, but he never moved in either, although he kept cats on the premises and went over nightly to feed them! Just this year Rudy abandoned any plans to keep the haunted house and sold it to controversial civil rights attorney Lisa Blum, rumored to be fearless. Ms. Blum has yet to move in. Will she or won’t she?

Seated immediately above it, dominating the hillside, stands the Ennis Brown House, designed by Frank Lloyd Wright in 1923. It is also currently empty, and on the market for \$23 million. Every morning I sipped my coffee and stared at this masterpiece, an example of Mayan Revival architecture. When America’s genius architect left the Midwest and his prairie style, he came to California and designed a new style of home that suited a warm, southern clime. As a young man, Wright was exposed to Mayan design at an Exhibition at The Field Museum in Chicago. Wright translated ancient Mayan into modern, thus changing architectural history.

Frank Lloyd Wright was no stranger to murder scenes. On August 15, 1914, his lover, Mamah Borthwick Cheney, her two children, and four others were brutally murdered by a male servant, Julian Carlton, who set fire to the living quarters at Taliesin, the home Wright had lovingly built for them. Carlton hacked his victims to death as they tried to escape the flames. No motive was ever established.

Wright was in Chicago at the time, supervising a project, and was summoned to a “devastating scene of horror” which biographers say he never fully recovered from. He buried Mamah in an unmarked grave on the property, and rebuilt Taliesin in her memory.

Houses are supposed to be safe havens for their owners. The Hlaffer-Courcier House is just that, but others like the Perelsons’ tell a darker story, of blood and brutality, madness, murder and neglect. Not all storybooks have happy endings.



Érase una vez, en Hollywood, los artesanos y carpinteros que trabajaban en la industria cinematográfica usaron su imaginación y sus habilidades para crear un estilo distintivo de hogar, la Casa de los Cuentos. El pasado marzo, tuve la oportunidad de alojarme en una, la Residencia Hlaffer-Courcier, descrita como “el ejemplo más puro del estilo de los libros de cuentos que existe”. Construida en 1923 por Rufus Buck, incluye un poco de todo: la casa de la bruja de Hansel y Gretel, la casa de la abuela de Caperucita Roja, parte plató de cine y Disneylandia.

Nunca había oído hablar de este tipo de casas, pero una vez viví en una casa de estilo California Arts & Crafts (circa 1916), y mi afecto por la carpintería de roble y los muebles de estilo Mission es bien conocido por los viejos amigos. Cuando mi mejor amiga de 50 años me invitó a compartir su tarea de cuidar la casa en Hollywood, aproveché la oportunidad.

El estilo de los libros de cuentos tuvo sus orígenes en la industria cinematográfica y se basaba en “la representación extravagante de la arquitectura medieval, envejecida intencionadamente”. Sólo hay un puñado de esas casas, y no hay dos iguales. La placa de bronce junto a la puerta principal prometía una delicia arquitectónica, y el interior cumplía esa promesa. Los propietarios han pasado veinte años coleccionando, amueblando y decorando, han hecho un buen trabajo. El interior tiene suelos de roble oscuro, sillas de comedor de tres patas, un trono escocés ocasional, lámparas de araña y apliques de pared acordes con la época. Me sentí como Ricitos de Oro cuando ella dice: “bien”.

Las acogedoras tardes que se pasaban alrededor de la chimenea original, repasando las aventuras del día, eran seguidas por dormir en un gran lecho de roble con una vista de las brillantes luces del centro de Los Ángeles, enmarcadas por las hojas de un majestuoso árbol en el jardín delantero. Después de las primeras noches soñando con brujas y duendes, nos inspiramos en buscar otras casas que tuvieran historias que contar. No tuvimos que buscar muy lejos.

Justo al lado se encuentra una mansión abandonada de 5,000 pies cuadrados al estilo del renacimiento español que fue la escena de un horrible crimen, real, no cinematográfico. En diciembre de 1959 el Dr. Harold Perelson golpeó a su esposa hasta la muerte con un martillo de bola, golpeó salvajemente a su hija adolescente, bebió una taza de ácido y murió, con el martillo aún en la mano, tendido en el suelo junto a la cama matrimonial manchada de sangre.

La mansión fue cerrada y permanece vacía seis déca-

das después. A través de las sucias ventanas los curiosos pueden ver todo el mobiliario original, incluyendo el árbol de Navidad de la familia Perelson con regalos envueltos alegremente acumulando polvo debajo. Un sabueso entrometido del vecindario entró por una puerta trasera una noche oscura, fue mordido por una araña viuda negra.

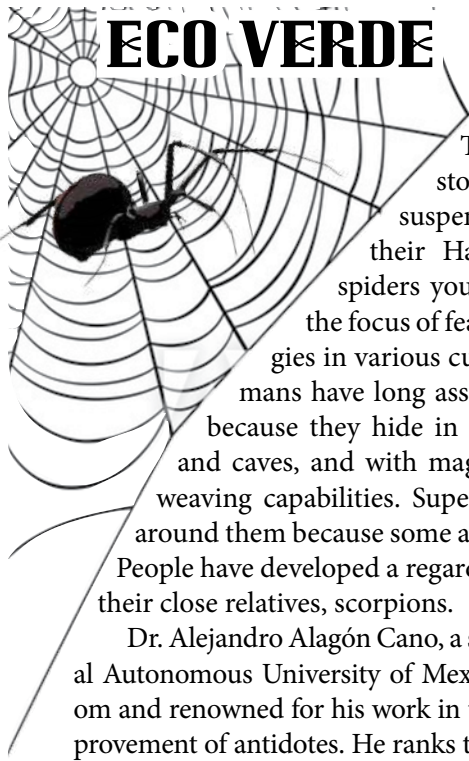
La casa fue vendida un año después del asesinato a Emily y Julián Enríquez, quienes nunca se mudaron y dejaron que la casa se deteriorara. Después de sus muertes, Rudy Enríquez heredó la casa, pero tampoco se mudó, aunque mantuvo gatos en el lugar y fue todas las noches a alimentarlos. Sólo este año Rudy abandonó cualquier plan para mantener la casa embrujada y la vendió a la controvertida abogada de derechos civiles Lisa Blum, de la que se rumorea que no tiene miedo. La Sra. Blum aún no se ha mudado. ¿Lo hará o no lo hará?

Sentada inmediatamente encima, dominando la ladera, se encuentra la Casa Ennis Brown, diseñada por Frank Lloyd Wright en 1923. También está actualmente vacía, y en el mercado por 23 millones de dólares. Todas las mañanas tomaba mi café y miraba esta obra maestra, un ejemplo de la arquitectura del Renacimiento Maya. Cuando el genial arquitecto estadounidense dejó el Medio Oeste y su estilo de pradera, vino a California y diseñó un nuevo estilo de casa que se adaptaba a un clima cálido y meridional. De joven, Wright fue expuesto al diseño maya en una exposición en el Museo Field de Chicago. Wright tradujo el antiguo Maya al moderno, cambiando así la historia de la arquitectura.

Frank Lloyd Wright no era ajeno a las escenas de asesinatos. El 15 de agosto de 1914, su amante, Mamah Borthwick Cheney, sus dos hijos y otros cuatro fueron brutalmente asesinados por un sirviente, Julian Carlton, que prendió fuego a las habitaciones de Taliesin, la casa que Wright había construido con amor para ellos. Carlton mató a sus víctimas a hachazos mientras intentaban escapar de las llamas. Nunca se estableció un motivo.

Wright estaba en Chicago en ese momento, supervisando un proyecto, y fue convocado a una “devastadora escena de horror” de la que los biógrafos dicen que nunca se recuperó del todo. Enterró a Mamah en una tumba sin nombre en la propiedad, y reconstruyó Taliesin en su memoria.

Se supone que las casas son refugios seguros para sus dueños. La Casa Hlaffer-Courcier es justo eso, pero otras como la de los Perelson cuentan una historia más oscura, de sangre y brutalidad, locura, asesinato y negligencia. No todos los libros de cuentos tienen finales felices.



This time of year retail stores often feature spiders, suspended in webs, as part of their Halloween displays. Why spiders you ask? Spiders have been the focus of fears, stories, and mythologies in various cultures for centuries. Humans have long associated spiders with evil because they hide in dark places like corners and caves, and with magic because of their web weaving capabilities. Superstitions have grown up around them because some are deadly when they bite. People have developed a regard for these arachnids and their close relatives, scorpions.

Dr. Alejandro Alagón Cano, a scientist from the National Autonomous University of Mexico, is an expert on venom and renowned for his work in the development and improvement of antidotes. He ranks the seven most poisonous terrestrial animals here in Mexico: black widow spiders, coral snakes, the brown recluse spider, rattlesnakes, scorpions, and the fer-de-lance serpent. Leaving the snakes and lizards for another issue, let's focus on the spiders and scorpions.

Spiders and scorpions are cousins. Both species have eight legs, two body segments, and hatch from eggs into miniature versions of themselves. Both are predatory, obtaining their nutrients by catching and consuming other insects. Spiders, however, have fangs at the front, which they use to inject their venom, and scorpions have a stinger located at the base of their tails for the same purpose. And both make Jalisco home.

Black Widow Spider

Scientists know it as *Latrodectus mactans* and although its venom is not lethal for humans, the bite of the black widow can cause people serious pain. Luckily, it is a shy insect and easily recognized, especially the females, who have a shiny red hourglass mark on their backs. The states where there is a higher risk of being bitten by a black widow are Coahuila, Chihuahua, Tamaulipas, San Luis Potosí, and Nuevo León. The number of cases increases during winter months when the spiders look for shelter during the cold and enter houses.

The black widow only attacks humans when it feels threatened. Their bite has neurotoxic effects and can result in intense muscle pain, bad cramps, hypertension, and excessive sweating. Although the victim has a tough time, they usually recover.

Chilean Recluse Spider

The brown recluse likes to hide in dry, dark corners.

It is brown with a violin shaped pattern on its back. Along with the black widow, the Chilean recluse spider is the only spider in Mexico with fangs able to pierce human skin and inject venom. Only one component of its venom is responsible for damage to humans, Sphingomyelinase D, a protein that produces the formation of blisters hours after the bite, which later destroys skin cells. The others cause paralysis in insects, its main prey.

"The pain associated with a brown recluse spider bite typically increases during the first eight hours after the bite. You may also have fever, chills, and body aches. The bite usually heals in about a week. Sometimes the skin at the center of the bite turns dark blue or purple, and then forms an open sore (ulcer) that gets bigger as the skin around it dies." (*Mayo Clinic*)

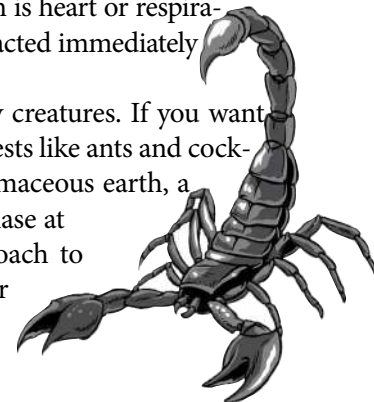
Clinical data indicates that in only 10% of cases, the bite of the Chilean recluse causes metabolic disorders, kidney and lung damage, coagulation disorders, haemolytic anemia, and death. If you suspect you've been bitten, consult a doctor immediately. Treatment can include antibiotics to combat infection and surgery to remove dead skin tissue.

Scorpions

Scorpion stings are the main public health issue associated with venomous animals in Mexico, with 300,000 cases being reported each year. There are over 200 scorpion species, all venomous, but only a dozen of them are dangerous for humans. Scorpion stings can be treated with Alacramyn, an antidote developed by Mexican scientists (including Dr. Alagón Cano mentioned earlier).

What happens when a scorpion stings us? The Mayo Clinic says that their sting feels like a bee sting, causing intense pain, followed by numbness, tingling, and slight swelling at the site. The very young and the very old can die of untreated stings, experiencing involuntary movements, salivation or dry mouth, dilated or contracted pupils, fibrillations, muscular paralysis, bronchial hyper secretion, gastric secretion, and vomiting. The ultimate cause of death is heart or respiratory failure. A doctor should be contacted immediately if you've been stung by a scorpion.

Spiders and scorpions are scary creatures. If you want to eliminate them (as well as other pests like ants and cockroaches) from your home, try diatomaceous earth, a natural white powder you can purchase at local garden stores. It's a safe approach to pest control that won't hurt you, your pet, or any small witches or goblins that show up on your doorstep on Halloween looking for treats.



Arañas y culebras.

Por Harriet Hart



es

En esta época del año, las telarañas suelen decorar con telarañas y arañas, como parte de sus exhibiciones de Halloween. Y yo me pregunto ¿Por qué las arañas? Las arañas han sido el centro de los miedos, historias y mitologías en varias culturas durante siglos. Los humanos han asociado durante mucho tiempo a las arañas con el mal porque se esconden en lugares oscuros como rincones y cuevas, con la magia por su capacidad para tejer telarañas. Las supersticiones han crecido a su alrededor porque algunas son mortales cuando muerden. La gente ha desarrollado un respeto por estos arácnidos y sus parientes cercanos, los escorpiones.

El Dr. Alejandro Alagón Cano, un científico de la Universidad Nacional Autónoma de México, es un experto en veneno y reconocido por su trabajo en el desarrollo y mejora de los antídotos. Él clasifica los siete animales terrestres más venenosos aquí en México: las arañas viudas negras, serpientes coralinas, la araña reclusa parda, serpientes de cascabel, escorpiones y la serpiente fer-de-lance. Dejando las serpientes y los lagartos para otro tema, centrémonos en las arañas y los escorpiones.

Las arañas y los escorpiones son primos. Ambas especies tienen ocho patas, dos segmentos de cuerpo, y eclosionan de los huevos en versiones miniatura de sí mismos. Ambos son depredadores, obteniendo sus nutrientes mediante la captura y consumo de otros insectos. Las arañas, sin embargo, tienen colmillos en la parte delantera, que usan para inyectar su veneno, y los escorpiones un aguijón ubicado en la punta de su cola con el mismo propósito. Y ambos hacen de Jalisco su hogar.

La araña viuda negra

Los científicos lo conocen como *Latrodectus mactans* y aunque su veneno no es letal para los humanos, la mordedura de la viuda negra puede causar graves dolores a las personas. Por suerte, es un insecto tímido y fácilmente reconocible, especialmente las hembras, que tienen una marca de forma de reloj de arena rojo brillante en sus espaldas. Los estados en los que existe un mayor riesgo de ser mordido por una viuda negra son Coahuila, Chihuahua, Tamaulipas, San Luis Potosí y Nuevo León. El número de casos aumenta durante los meses de invierno cuando las arañas buscan refugio del frío y entran en las casas.

La viuda negra sólo ataca a los humanos cuando se siente amenazada. Su mordedura tiene efectos neurotóxicos y puede resultar en un intenso dolor muscular, calambres fuertes, hipertensión y sudoración excesiva. Aunque la víctima lo pasa mal, normalmente se recupera.

Araña reclusa chilena, también conocida como araña violinista. A la reclusa parda le gusta esconderse en rincones secos y oscuros. Es de color marrón con un patrón en forma de violín en su espalda. Junto con la viuda negra, la araña reclusa chilena es la única araña en México con col-

millos capaces de perforar la piel humana e inyectar veneno. Sólo un componente de su veneno responsable del daño a los humanos, la Esfingomielinasa D, una proteína que produce la formación de ampollas horas después de la mordedura, que luego destruye las células de la piel. Los otros causan parálisis en los insectos, su principal presa.

“El dolor asociado a la mordedura de una araña reclusa parda suele aumentar durante las primeras ocho horas después de la mordedura. También puede tener fiebre, escalofríos y dolores en el cuerpo. La mordedura suele curarse en aproximadamente una semana. A veces la piel del centro de la mordedura se vuelve azul oscuro o morada, y luego forma una llaga abierta (úlceras) que se agranda a medida que la piel que la rodea muere”. (Clínica Mayo)

Los datos clínicos indican que en sólo el 10% de los casos, la mordedura de la reclusa chilena causa trastornos metabólicos, daños en los riñones y los pulmones, trastornos de coagulación, anemia hemolítica y muerte. Si sospecha que ha sido mordido, consulte a un médico inmediatamente. El tratamiento puede incluir antibióticos para combatir la infección y cirugía para remover el tejido de la piel muerta.

Escorpiones

Las picaduras de escorpión son el principal problema de salud pública asociado a los animales venenosos en México, con 300,000 casos reportados cada año. Hay más de 200 especies de escorpiones, todos venenosos, pero sólo una docena de ellos son peligrosos para los seres humanos. Las picaduras de escorpión pueden ser tratadas con Alacramyn, un antídoto desarrollado por científicos mexicanos (incluyendo al Dr. Alagón Cano mencionado anteriormente).

¿Qué sucede cuando un escorpión nos pica? La Clínica Mayo dice que su picadura se siente como la de una abeja, causando un dolor intenso, seguido de entumecimiento, hormigueo y una ligera hinchazón en el sitio. Los muy jóvenes y los muy viejos pueden morir por picaduras no tratadas, experimentando movimientos involuntarios, salivación o sequedad de boca, pupilas dilatadas o contraídas, fibrilación, parálisis muscular, hiper secreción bronquial, secreción gástrica y vómitos. La causa última de muerte es la insuficiencia cardíaca o respiratoria. Si le ha picado un escorpión, debe contactar inmediatamente con un médico.

Las arañas y los escorpiones son criaturas temibles. Si quiere eliminarlas (así como otras plagas como hormigas y cucarachas) de su casa, pruebe con tierra de diatomeas, un polvo blanco natural que puede comprar en las tiendas de jardinería locales. Es un método seguro de control de plagas que no le hará daño a usted, a su mascota o a cualquier bruja o duende pequeño que aparezca en su puerta en Halloween buscando golosinas.

Perhaps the quintessential symbol of autumn, the pumpkin is a Mexican native and an ancient staple food. The oldest pumpkin seed found dates back as far as 7000 BC, according to archaeologists excavating a tomb in central Mexico. Botanically classified as a fruit rather than a vegetable, the pumpkin has been cultivated in the *Tehuacan* and *Oaxaca* valleys and in *Tamaulipas* since 6000-5000 BC.

For centuries, this member of the *Curcubitaceae* family, a relative of cucumbers, melons, and many types of squash and gourds, has been used as both a ritual offering and food. The Aztecs, whose month of *Miccailhuitontli*, meaning “little feast of the dead” that was the forerunner of *Día de los Muertos*, used pumpkin throughout the year and prized it especially for its seeds, as did other Mesoamerican indigenous groups, including the Maya, who used the seeds and their oil in sauces and baked whole pumpkins in pit ovens called *pibs*. The shells were carved into fine drinking vessels called *xicallis*, which gave us the modern Spanish word *jícara*, or cup. Even today, Mexican cuisine relies on pumpkin seeds for some of its finest regional dishes, while the pulp is prepared at this time of year as *calabaza en tacha*, a Day of the Dead delicacy whose preparation begins in late October.

The *curcubitaceae* are divided into four subspecies, one of which, the Mexican native *Curcubita pepo*, includes pumpkins, ornamental squash, acorn squash and summer squash, also known as vegetable marrow. (Another subspecies, *curcubita ovifera*, which includes the scallop, crook-neck and straight neck squash, originated in the eastern U.S. and was most likely the squash the Pilgrims encountered.)

According to the Oregon State University department of horticulture, it is useless to try to distinguish between pumpkins and squash in terms of species relationship, since they are all fruit of the *curcubita* genus, the difference being in whether they are harvested as immature fruit summer squash — or mature fruit — winter squash or pumpkin. All *curcubita* plants have both male and female flowers and must be cross-pollinated. *Peponopsis* and *xenoglossa* gourd bees are far more effective pollinators of pumpkin flowers than honeybees.

Once the Spaniards brought *curcubita* to Europe and Asia, where it was welcomed as a nutritious and economical food, it became part of the cuisine of many countries. By the 18th century, the Italians had developed a fingerling *curcubita* they called zucchini, nearly identical to the Mexican *calabac-*



ita, a smaller relative of the pumpkin. In Austria, culinary use of pumpkin seed oil has led to its being produced on a grand scale in the last century. Today Mexico grows enough pumpkin for its own consumption and also exports it to Japan.

Mexican pumpkins are dark green and yellow in the southern part of the country and more orange-colored in the north. Although pumpkins are widely associated with the color orange, they can also be white, pink, yellow, red and green. They range in size from 9 – 500 pounds, with the average large pumpkin weighing in at 50 pounds. They are rich in vitamins A and C, as well as potassium and dietary fiber. The pulp is sodium, fat and cholesterol free

and only 50 calories a cup. While the pulp contains 3% protein, the seeds provide a whopping 35% and are also high in unsaturated fatty acids, probably accounting for the Aztec and Maya appreciation of their food value. The Mayan dish *papadzules*, made with pumpkin seeds and meaning “food for noblemen” is still a favorite in Yucatán restaurants.

With their white hulls removed, pumpkin seeds, called *pepitas*, are green kernels, with a delicious flavor that is intensified by popping and salting. When toasting on a comal, raw *pepitas* tend to pop rather far, making it advisable to stand at arms’ length from the stove. Care must be taken to avoid burning, since this gives them an undesirable bitter taste. A good rule of thumb is to remove them from the heat when most have “plumped out”. Most Mexican recipes calling for pumpkin seeds use the toasted, ground green kernels. In central Mexico, they can be bought already ground, and in all parts of the country they are sold in many forms — hulled and unhulled, raw or roasted, salted or unsalted. Outside Mexico, they may be found in health food stores, Mexican markets and large supermarkets.

The raw seeds should be kept in an airtight container in the refrigerator or freezer. When buying a cooking pumpkin, look for a smaller one with a hard, thick shell. A pumpkin that is heavy for its size will yield more pulp and flavor. Whole pumpkins can be stored in a dark, well-ventilated place for several months. Cut pieces can be kept in the refrigerator for up to four days, wrapped in plastic wrap. Whether celebrating Halloween, Day of the Dead or both, pumpkins play an important part in the festivities.

Courtesy of Karen Hursh Grober and Mex/Connect.com — the world’s leading source of quality information about Mexico.

Tal vez el símbolo por excelencia del otoño, la calabaza es un nativo mexicano y un antiguo alimento básico. La semilla de calabaza más antigua encontrada data del 7000 A.C., según los arqueólogos que excavaron una tumba en el centro de México. Botánicamente clasificada como fruta más que como verdura, la calabaza se ha cultivado en los valles de Tehuacán y Oaxaca y en Tamaulipas desde 6000-5000 AC.

Durante siglos, este miembro de la familia de las Curcubitáceas, pariente de los pepinos, los melones y muchos tipos de calabazas y calabacines, se ha utilizado tanto como ofrenda ritual como alimento. Los aztecas, cuyo mes de Miccailhuitontli, que significa “pequeña fiesta de los muertos” y que fue el precursor del Día de los Muertos, utilizaban la calabaza durante todo el año y la apreciaban especialmente por sus semillas, al igual que otros grupos indígenas mesoamericanos, incluidos los mayas, que utilizaban las semillas y su aceite en salsas y cocinaban calabazas enteras en hornos de pozo llamados pibs. Las cáscaras se tallaban en finos vasos para beber llamados xicallis, lo que nos dio la palabra española moderna jícara, o taza. Incluso hoy en día, la cocina mexicana depende de las semillas de calabaza para algunos de sus más finos platos regionales, mientras que la pulpa se prepara en esta época del año como calabaza en tacha, un manjar del Día de los Muertos cuya preparación comienza a finales de octubre.

Las curcubitáceas se dividen en cuatro subespecies, una de las cuales, la *Curcubita pepo*, originaria de México, incluye calabazas, calabaza ornamental, calabaza de bellota y calabaza de verano, también conocida como médula vegetal. (Otra subespecie, *curcubita ovifera*, que incluye la vieira, la calabaza de cuello torcido y la calabaza de cuello recto, se originó en el este de los EE.UU. y fue muy probablemente la calabaza que encontraron los peregrinos).

Según el departamento de horticultura de la Universidad Estatal de Oregón, es inútil tratar de distinguir entre calabazas y calabacines en términos de relación de especies, ya que todos son frutos del género *curcubita*, la diferencia está en si se cosechan como frutos inmaduros - calabaza de verano - o frutos maduros - calabaza de invierno o calabaza. Todas las plantas de *curcubita* tienen flores masculinas y femeninas y deben ser de polinización cruzada. Las abejas de calabaza *peponapis* y *xenoglossa* son polinizadoras mucho más efectivas de las flores de calabaza que las abejas.

Una vez que los españoles trajeron la *curcubita* a Europa y Asia, donde fue acogida como un alimento nutritivo y económico, se convirtió en parte de la cocina de muchos países. Para el siglo XVIII, los italianos habían desarrollado una *curcubita* de ala ancha que llamaron calabacín, casi idéntica a la calabacita mexicana, un pariente más pequeño

de la calabaza. En Austria, el uso culinario del aceite de semilla de calabaza ha llevado a su producción a gran escala en el siglo pasado. Hoy en día México cultiva suficiente calabaza para su propio consumo y también la exporta a Japón.

Las calabazas mexicanas son de color verde oscuro con amarillo en el sur del país y más anaranjadas en el norte. Aunque las calabazas están ampliamente asociadas con el color naranja, también pueden ser blancas, rosadas, amarillas, rojas y verdes. Su tamaño oscila entre las 9 y las 500 libras, y la calabaza grande promedio pesa 50 libras. Son ricas en vitaminas A y C, así como en potasio y fibra dietética. La pulpa es libre de sodio, grasa y colesterol y sólo 50 calorías por taza. Mientras que la pulpa contiene un 3% de proteínas, las semillas proporcionan un enorme 35% y también son altas en ácidos grasos insaturados, probablemente explicando la apreciación azteca y maya de su valor alimenticio. El plato maya papadzules, hecho con semillas de calabaza y que significa “comida para los nobles” sigue siendo un favorito en los restaurantes yucatecos.

Con sus cascos blancos removidos, las semillas de calabaza, llamadas pepitas, son granos verdes, con un delicioso sabor que se intensifica al reventar y salar. Cuando se tuesta en el comal, las pepitas crudas tienden a estallar bastante lejos, por lo que es aconsejable pararse a distancia de la estufa. Hay que tener cuidado de no quemarlas, ya que esto les da un indeseable sabor amargo. Una buena regla general es quitarlas del fuego cuando la mayoría se ha “regado”. La mayoría de las recetas mexicanas que piden semillas de calabaza usan los granos verdes tostados y molidos. En el centro de México se pueden comprar ya molidas, y en todas partes del país se venden en muchas formas - descascaradas y sin descascarar, crudas o tostadas, saladas o sin sal. Fuera de México, se pueden encontrar en tiendas de alimentos saludables, mercados mexicanos y grandes supermercados.

Las semillas crudas deben guardarse en un recipiente hermético en el refrigerador o el congelador. Cuando compre una calabaza para cocinar, busque una más pequeña con una cáscara dura y gruesa. Una calabaza que es pesada para su tamaño producirá más pulpa y sabor. Las calabazas enteras pueden ser almacenadas en un lugar oscuro y bien ventilado durante varios meses. Los trozos cortados pueden guardarse en la nevera hasta cuatro días, envueltos en plástico.

Ya sea que celebren Halloween, el Día de los Muertos o ambos, las calabazas juegan un papel importante en las festividades.

Cortesía de Karen Hursh Grober y Mex/Connect.com - la principal fuente de información de calidad sobre México.



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Pumpkin Gratin with Crispy Rosemary-Parmesan Topping

POINTS® value: 4 Servings: 6

Preparation Time: 18 min Cooking Time: 50 min

Level of Difficulty: Easy

This savory gratin is packed with caramelized onions and creamy pumpkin, and then nestled under a rosemary-Parmesan crust. It's sure to become a new Thanksgiving side dish tradition.

Ingredients:

- 2 sprays cooking spray (5 one-second sprays per serving)
- 3 Tbsp olive oil, divided
- 1 large onion(s), thinly sliced and separated into rings
- 1 pound canned pumpkin
- 2 large eggs
- 1/2 cup fat-free evaporated milk
- 2 Tbsp rosemary, fresh, leaves, chopped, divided
- 3 Tbsp grated Parmesan cheese
- 4 Tbsp dried bread crumbs, or fresh (fresh preferred)
- Spray cooking spray (5 one-second sprays per serving)

Instructions:

Preheat oven to 400°F. Coat a 9- X 9-inch pan with cooking spray. Heat 1 tablespoon of oil in a large nonstick skillet over medium-high heat. Cook onion until soft and caramelized, stirring to prevent sticking, about 9 to 11 minutes; allow to cool.

Place cooled onion, pumpkin, eggs and milk in a large bowl; mix to combine. Add 1 tablespoon of rosemary and pour into prepared pan.

Combine remaining tablespoon of rosemary, cheese and bread crumbs in a small bowl; mix and sprinkle over pumpkin mixture. Lightly coat with cooking spray. Bake until firm and heated through, about 35 to 40 minutes. Slice into 6 pieces and serve.



Sweet Potato Soufflé

Ingredients

- 5 med size sweet potatoes
- 2 Eggs, beaten
- 1/2 tsp Salt
- 1 tsp Lemon extract
- 1/4 cup Raisins
- Cinnamon to taste
- 3 Tbsp. Butter
- 1/4 cup Light brown sugar
- 1 tsp Vanilla extract
- 1/4 cup Coconut, grated
- Miniature marshmallows

Instructions:

Cook, peel and mash the sweet potatoes.

Add butter and eggs to the potatoes and beat until the mixture is light and fluffy.

Add all remaining ingredients, saving a little of the coconut.

Place in a buttered, 2 quart casserole dish and sprinkle with cinnamon.

Bake at 350 degrees for about 30 minutes.

A few minutes before removing this dish from the oven, sprinkle with the remaining coconut and a layer of mini marshmallows and complete browning for about 5 more minutes.



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The last six months has shown Niños Incapacitados many things:

- You care that the need to help our children does not go away
- You share when we need people to volunteer their time and skills
- You care that Niños Incapacitados needed to do more for our families because of the pandemic
- You shared and supported our fundraising campaigns when the pandemic changed our way to interact with you



But MOST of all, with everything that is happening, YOU continue to Care & Share.

THANK YOU

What we are doing for the children and their families:

- Ensuring the families continue to be reimbursed for their medical expenses under new circumstances
- Taking on new children in need of assistance
- Finding new medical partners to enhance our ability to serve the children better and reduce costs
- Engaging the Mexican Business Community in assisting with fundraising opportunities
- Ensuring that Niños Incapacitados remains a nonprofit charity in good standing with the Mexican Governing authorities

We do all this and more to show you that we are very grateful for your continued support.

All of this is because you Care & Share

THANK YOU

DONATE >

Mark Your Calendars!!

- *Virtual Annual General Meeting Thursday November, 19, 2020*
- *Virtual "Meet the Children" Thursday January 21, 2021*
- *Virtual Burns Supper Monday January 25, 2021*

Details for these events and others will be communicated shortly through our mailing list & website



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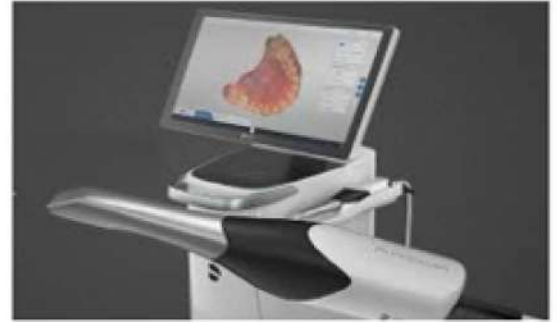


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