

VOLUME 29, MAY, 2021
VOLUMEN 29, MAYO, 2021

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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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COVER by Childrens Art Program

Conecciones welcomes submissions of articles from Lakeside authors

— we reserve the right to edit as necessary. Submissions should be in MSWord 600 words, and should be directed to submissions@lakechapalasociety.com. Advertisement inquiries should be directed to ventas@lakechapalasociety.com.

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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The Lake Chapala Society President's Message

Education All Around Us

This May issue of Conecciones is dedicated to education. You will find several articles from members of the community on this topic and this seems very appropriate as the Lake Chapala Society, for more than 66 years, has been a center of education for those who call Lakeside home. In our early years, Neill James provided tremendous resources to offering education programs to the local Mexican community. Our current members through past surveys have reaffirmed Neill's commitment to offering programs to our Mexican neighbors.

How many programs and activities are you aware of that LCS offers? Some would guess around 20, others might come up with 30, but even the most aware people were surprised when Glorine Barnhardt, Alfredo Perez and a few people actually developed a catalog of activities that take place at LCS and the list contained about 150 wonderful programs. While the pandemic has slowed down some of these activities, each month we restart more and more programs making best use of our outdoor spaces. To date about 24 activities are now taking place. With more and more people getting their vaccine shots, it is our goal to have many more programs up and operating by September.

We invite you to read through each issue of Conecciones, and maybe print out the centerfold section which has many of these programs listed. Come on back and re-engage in your Lake Chapala Society. We have something that you will find beneficial.

I try to use this letter each month to highlight some of the current "happenings" at LCS as there are currently many things in the works, one of the biggest being what is referred to as the "Molinari Property". This is a house that was part of the Neill James property years back which is located right next to the Neill James house and is surrounded by LCS property. John Molinari passed away last year, and we would like to purchase this property for several reasons.

1. It is surrounded by LCS on three sides and the street is the open side making sense that it be part of our campus.
2. We would like to move some of the programs from the Wilkes Center to this location to be more encompassing and inclusive. Also, it allows more space at the Wilkes Center in light of ongoing space use health guidelines.
3. Failure to purchase this property would result in it going to others who would tie up the property for decades to come.
4. Now is the best time to acquire this property.

The challenge of course is that our financial position at this moment is tight. We will pull through, but we are not in a position to purchase it out of our operating budget. If you or someone you know, or a group of people, may be



in the position to help fund the purchase of this property either as a loan or donation, we would love to have a conversation with you. Please contact me sb4LCS@gmail.com or our Executive Director Luis Pacheco. A couple other quick mentions of upcoming activities. Open Circle continues every Sunday morning. Gates open at 9:30 a.m. and the program begins at 10:30 a.m. finishing at 11:30. See the LCS website and click on Open Circle for upcoming presenters.

The Concerts in the Park Series continues with some great upcoming shows.

May 5, Wednesday — this Cinco de Mayo concert is sure to be a very special concert. It will feature Enrique de Allende and his 5 musicians presenting for the first time to a live audience this great show that will be touring later this year. I joined them for a rehearsal recently in PV and it is an amazing show that you will not want to miss. [Click on this Link to a message from Enrique.](#)

May 16, Sunday — American Idol finalist, Effie Passero returns with her own show. People loved her when she appeared in a collaboration with Spencer Day and then with Enrique de Allende, but now she is working on a show that really presents her variety of song stylings and genres.

Shows will be held at 3:30 and 6:00 p.m. Tickets are available in the LCS office Monday — Saturday 10 a.m. to 1:30 p.m. or on the website LakeChapalaSociety.com

Please consider a donation to our Annual Fund either by dropping your donation to our office or use this link for an online donation.

We thank you very much for your ongoing support of the Lake Chapala Society and the community that we support.

Stay Safe.

Steve Balfour
President, Lake Chapala Society

The Lake Chapala Society Mensaje del Presidente

La educación a nuestro alrededor

Este número de mayo de Conexiones está dedicado a la educación. Encontrará varios artículos de miembros de la comunidad sobre este tema. Esto parece muy apropiado ya que Lake Chapala Society, durante más de 66 años, ha sido un centro de educación para aquellos que llaman a Lakeside su hogar. En nuestros primeros años, Neill James proporcionó enormes recursos para ofrecer programas de educación a la comunidad local mexicana. Nuestros miembros actuales a través de encuestas pasadas han reafirmado el compromiso de Neill para ofrecer programas a nuestros vecinos mexicanos.

¿Cuántos programas y actividades conoce que ofrece LCS? Algunos dirán alrededor de 20, otros podrían llegar a 30, pero incluso las personas más conscientes de LCS se sorprendieron cuando Glorine Barnhardt, Alfredo Pérez y algunas personas realmente desarrollaron un catálogo de actividades que se llevan a cabo en LCS y la lista contenía alrededor de 150 maravillosos programas. Aunque la pandemia ha frenado algunas de estas actividades, cada mes reanudamos más y más programas aprovechando nuestros espacios exteriores. Hasta la fecha se están llevando a cabo unas 24 actividades. Con un número cada vez mayor de personas que se vacunan, nuestro objetivo es tener muchos más programas en marcha para septiembre.

Le invitamos a leer cada número de Conexiones, y tal vez a imprimir la sección central que contiene muchos de estos programas. Vuelve a participar en tu Lake Chapala Society. Tenemos algo que encontrará beneficioso.

Trato de usar esta carta cada mes para destacar algunos de los “acontecimientos” recientes en LCS. Actualmente hay muchas cosas en LCS. Una de las más importantes es lo que se conoce como la “Propiedad Molinari”. Una casa que había sido parte de la propiedad de Neill James hace años. Esta casa está situada justo al lado de la casa de Neill James y

está rodeada por la propiedad de LCS. John Molinari falleció el año pasado, y nos gustaría comprar esta propiedad por varias razones.

1. Está rodeada por LCS en 3 lados y la calle es el lado abierto teniendo sentido que sea parte de nuestro campus.
2. Nos gustaría trasladar algunos de los programas del Centro Wilkes a este lugar para ser más inclusivos. También permitir más espacio en el Wilkes Center a la luz de las directrices de salud de uso de espacio en curso.
3. Si no se adquiere esta propiedad, esta pasaría a manos de otros que la inmovilizarían durante décadas.
4. Ahora es el mejor momento para adquirir esta propiedad.

El reto, por supuesto, es que nuestra posición financiera en este momento es ajustada. Saldremos adelante, pero no estamos en condiciones financieras de adquirirla con nuestro presupuesto operativo. Si usted o alguien que conoce, o un grupo de personas, está en condiciones de ayudar a financiar la compra de esta propiedad, ya sea con un préstamo o una donación, nos encantaría tener una conversación con usted. Por favor, póngase en contacto conmigo sb4LCS@gmail.com o con nuestro Director Ejecutivo Luis Pacheco.

Sólo un par de otras menciones rápidas de las próximas actividades. Open Circle continúa todos los domingos por la mañana. Las puertas se abren a las 9:30 y el programa comienza a las 10:30 terminando a las 11:30. Visita el sitio web de LCS y haz clic en Open Circle para ver los próximos presentadores.

La serie de Conciertos en el Parque continúa con algunos grandes espectáculos próximos.

El 5 de mayo, miércoles—este concierto del Cinco de Mayo será seguramente un concierto muy especial. Contará con Enrique de Allende y sus 5 músicos presentando por primera vez a una audiencia en vivo este gran espectáculo que estará de gira a finales de este año.



Me uní a ellos para un ensayo recientemente en PV y es un espectáculo increíble que no querrás perderte. [Haz clic en este enlace para ver un mensaje de Enrique.](#)

Mayo 16, Domingo — La finalista de American Idol, Effie Passero regresa con su propio show. La gente la amó cuando apareció en una colaboración con Spencer Day y luego con Enrique de Allende, pero ahora está trabajando en un espectáculo que realmente presenta su variedad de estilos de canciones y géneros.

Las presentaciones tendrán lugar a las 15:30 y a las 18:00 horas. Los boletos están disponibles en la oficina de LCS de lunes a sábado de 10 a 1:30 o en el sitio web LakeChapalaSociety.com

Por favor, considere una donación a nuestro Fondo Anual, ya sea dejando su donación en nuestra oficina o utilice este enlace para una donación en línea.

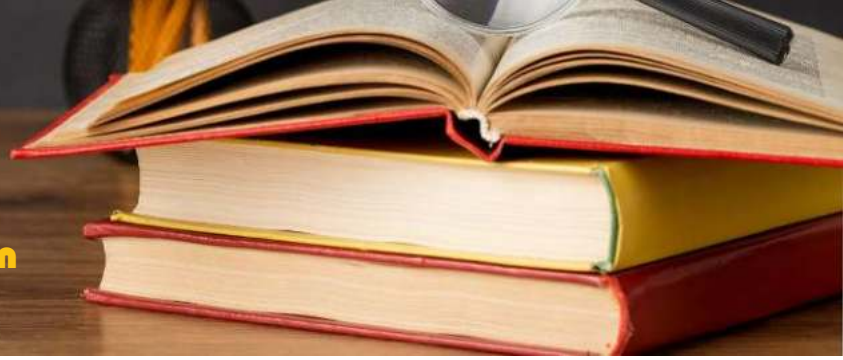
Le agradecemos mucho su apoyo continuo a Lake Chapala Society y a la comunidad que apoyamos.

Sigamos cuidándonos

Steve Balfour
Presidente
Lake Chapala Society

Lifelong Learning

By Hunter Johnson



*The beautiful thing about learning
is nobody can take it away
from you.*

-- B. B. King

As you see elsewhere in this issue of Conecciones, we are celebrating teachers and education; May 15th is National Teachers' Day in Mexico. Most of us can think of a particular teacher who made a big difference in our life. In my case, it was Miss Morgan, my 11th grade English teacher, who showed me the benefit of good writing, great books, and clear thoughts.

But education and learning doesn't really stop after the diploma. Throughout our lives, we have had to keep up with technical and cultural changes. Perhaps through professional or labor organizations, perhaps through adult classes at a university or community college, or perhaps just by our own reading and research. Now, as more and more of us approach retirement, we have time to investigate subjects we would like to know about. We can learn for the joy of learning, not only because it is practical.

The concept of Lifelong Learning has evolved to facilitate this. Originally proposed in the 1920s in the UK, support for learning because it's enjoyable and enriching has spread around the world with the support of organizations such as The University of the Third Age, Lifelong Learning Institutes, and any number of well-known universities and colleges.



Lifelong Learning

UNESCO has recognized the value of these approaches and in Mexico many cities, especially those with a concentration of expats, have diverse organizations that offer classes in language, culture and the arts. Here, at Lakeside among almost 150 programs, the Lake Chapala Society has offered classes in Spanish, ESL, a children's art program, local customs and history, film appreciation, ceramics, dance, technology, and contemporary affairs. Similar programs can be found in Oaxaca, San Miguel de Allende, and Merida.

A key element of many such programs is the fact that they are largely focused on peer-education. That is, everyone can teach even without formal training if the subject is something they know well and care deeply about. You might find a former emergency room physician teaching photography or a retired engineer teaching art appreciation.

Beyond a doubt, the COVID pandemic has set back many programs at LCS. Now, as we look forward to the end of the year and the relaxing of the pandemic restrictions, and consistent with the recently adopted strategic plan, LCS is seeking new and expanded ways to benefit both the expat and Mexican community. Broadening our educational and enrichment offerings is an obvious opportunity. We would expect to continue with the current offerings and, at the same time, there is an opportunity for more short- or long-term courses led by our members.

We at LCS would invite you to think about subjects you would like to see or teach. Remember, your passion for a subject is more important than any formal academic credentials. Sharing that passion can be deeply rewarding and a way to expand your circle of friends, as well. As we move closer to normal operations, we will be reaching out and seeking your ideas.



Please watch for that opportunity to help guide LCS into the future. Contact Alfredo Perez, Education Director with your ideas at: directoreducacion@lakechapalasociety.com

In closing it seems appropriate to remember the words of Henry Ford:

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."



One More Letter to Learn

By Neri Navarro

My grandmother, on my mother's side, used to say that she wanted her children to have an education, so they could have "one more letter to learn". Sixty-years ago, economic conditions did not allow all families to have access to education, so many of our mexican grandparents were unable to finish elementary school. That's what my grandmother meant; she wanted her children to go beyond their limits so they'd be able to make a dignified lifestyle for themselves. My mother continued her legacy with us: despite not having access to a higher education, she always supported and encouraged our dreams. She and my dad taught their three children that there was no better tool for life than education, and in order to be successful you don't need to have billions in your bank account but to enjoy day by day what you do.

I've had inspiring teachers since I was little. From the toughest, like my father and his energetic teaching method, or like teacher Pina, a traditional old-school woman who knew how to "hand out" smacks and stars on the forehead equally well; to the most patient and benevolent, like Professor Francisco Mercado at Chapala Regional High School, who showed us empathy and was always interested in his students' welfare. At that stage, I was already interested in literature and Spanish, so the decision was clear: I would spend the next five years of my life studying one of the most stigmatized degrees in Mexico, for its reputation of unemployed graduates and questionable hygiene habits.

My mother had a small heart attack when she found out I was going to study Hispanic Literature, but I was ready to break with the stereotype of a hippie student with radical ideas. In my career I had many unexpected discoveries, and one of the most beautiful was my love for teaching. I was never an exceptional lecturer, but when I had the opportunity to give literature workshops to teenagers I realized that perhaps I had the talent to guide a person towards knowledge. Then, when I participated as an academic assistant in a summer program at UDG, I met Professor Lisandra; she

is the one to blame for my interest in teaching Spanish. Her classes were very fun and dynamic, she made the 6 hours of intense study just fly by and forged strong bonds with the students, almost all of whom were young adults.

Years later, and thanks to the trust and support of Melody, a volunteer at LCS, I had the opportunity to start the "Spanish in Action" program

and little by little I have confirmed my passion. My main motivation is my students: knowing that they are interested in learning this complicated language and that they are not stopped by age or the limitations of COVID, makes my work worthwhile. I spend a lot of time researching topics that can be difficult to understand, and then I develop activities that make it easy for my students to learn. I'm a fan of Plan B: things don't always go as expected, and I like to anticipate mis-

fortune. As a teacher, this really has helped me a lot. It is tremendously satisfying to see a person progress: that sparkle in their eyes when they have understood a topic, or the pride they exude every time they formulate coherent sentences are two things that I encourage and celebrate once they appear.

I love how each group I've had is different, and how supportive the students tend to be of each other. The more advanced students inspire those who are just starting out, share study tips, and unique friendships emerge. Their reasons for studying Spanish may vary: some of them are only in Ajijic for a season, but want to be able to interact with the community; others are already permanent residents and want to include their Mexican neighbors in their social circles. Among so many reasons, I recognize the importance of studying a second language: it is a mental exercise and keeps our brain healthy, it makes us more empathetic people because, through languages, we get to know different ways of understanding reality, and it brings us closer to diverse cultures.

I carry my grandmother's words with me and, as a teacher, I hope to transmit the same to my students: always one more letter, to understand others better and to continue learning.





Una letra más

Neri Navarro

Mi abuela materna decía que quería que sus hijos fueran a la escuela para que aprendieran “una letra más”. Hace 60 años, las condiciones económicas no le permitían a todas las familias tener acceso a la educación, por lo que muchos de nuestros abuelos no pudieron terminar la primaria. A eso se refería mi abuela; ella quería que sus hijos fueran más allá de sus logros y que pudieran hacerse de un estilo de vida digno. Mi madre continuó su legado con nosotros: a pesar de no tener una formación universitaria, siempre apostó por acompañar e impulsar nuestros sueños. Ella y mi papá inculcaron en sus tres hijos que no había mejor herramienta para la vida que la educación, y que para ser exitoso no es necesario tener miles de millones en el banco, sino disfrutar día a día lo que uno hace.

Desde muy pequeña tuve maestros inspiradores. Desde los más estrictos, como mi padre y su energético método de enseñanza, o como la maestra Pina, una mujer de la vieja escuela que sabía repartir reglazos y estrellitas en la frente por igual; hasta los más pacientes y benévulos, como el profesor Mercado en la Preparatoria Regional de Chapala, que nos mostraba empatía y siempre se interesaba por el bienestar de sus estudiantes. En esa etapa, ya me interesaba la literatura y el español, así que la decisión estaba clara: pasaría los siguientes cinco años de mi vida estudiando una de las licenciaturas más estigmatizadas en México, por su fama de egresados desempleados y hábitos cuestionables de higiene.

Mi mamá tuvo un pequeño infarto cuando supo que estudiaría Letras Hispánicas, pero yo estaba dispuesta a romper con el estereotipo de estudiante hippie de ideas radicales. En la carrera tuve muchos descubrimientos inesperados, y uno de los más hermosos fue mi gusto por la enseñanza.



Nunca fui una expositora excepcional, pero cuando tuve la oportunidad de dar talleres de literatura a adolescentes me di cuenta que quizás tenía el talento para guiar a una persona hacia el conocimiento. Luego, cuando participé como asistente académico en un programa de verano de la UDG, conocí a la profesora Lisandra; ella tuvo la culpa de mi interés en la enseñanza del español. Sus clases eran muy divertidas y dinámicas, hacía que las 6 horas de estudio intenso simplemente volaran y forjó vínculos fuertes con los estudiantes, casi todos jóvenes adultos.

Años después, y gracias a la confianza y el apoyo de Melody, voluntaria en LCS, tuve la oportunidad de arrancar con el programa “Español en Acción” y poco a poco he confirmado mi vocación. Mi principal motivación son mis estudiantes: saber que están interesados en aprender este idioma tan complicado y que no los detiene la edad ni las limitantes por el COVID, hace que mi trabajo valga la pena. Paso mucho tiempo investigando sobre temas que pueden ser difíciles de entender, y después desarrollo dinámicas que les faciliten el aprendizaje a mis alumnos. Soy fan del Plan B: las cosas no siempre salen como uno lo espera, y me gusta anticiparme a la desgracia; como maestra, esto me ha ayudado muchísimo. Es tremendamente satisfactorio ver el progreso de una persona: esa chispa que tienen en los ojos cuando han entendido un tema, o el orgullo que emanan cada vez que formulan oraciones coherentes son dos cosas que me esfuerzo por que sucedan y celebro una vez que aparecen.

Me encanta cómo cada grupo que he tenido es diferente, y el apoyo que suele haber entre los estudiantes. Los más avanzados inspiran a quienes apenas van comenzando, comparten tips para estudiar y surgen amistades singulares. Sus motivos para estudiar español varían: algunos de ellos solo están en Ajijic por una temporada, pero quieren poder relacionarse con la comunidad; otros ya son residentes permanentes y quieren incluir a sus círculos sociales a sus vecinos mexicanos. Entre tantos motivos, reconozco la importancia del estudio de una segunda lengua: es un ejercicio mental y mantiene a nuestro cerebro sano, nos vuelve personas más empáticas porque, a través de los idiomas, conocemos distintos modos de entender la realidad, y nos acerca a culturas diversas.

Llevo conmigo las palabras de mi abuela y, como profesora, espero transmitir lo mismo a mis estudiantes: siempre una letra más, para entender mejor al otro y seguir aprendiendo.

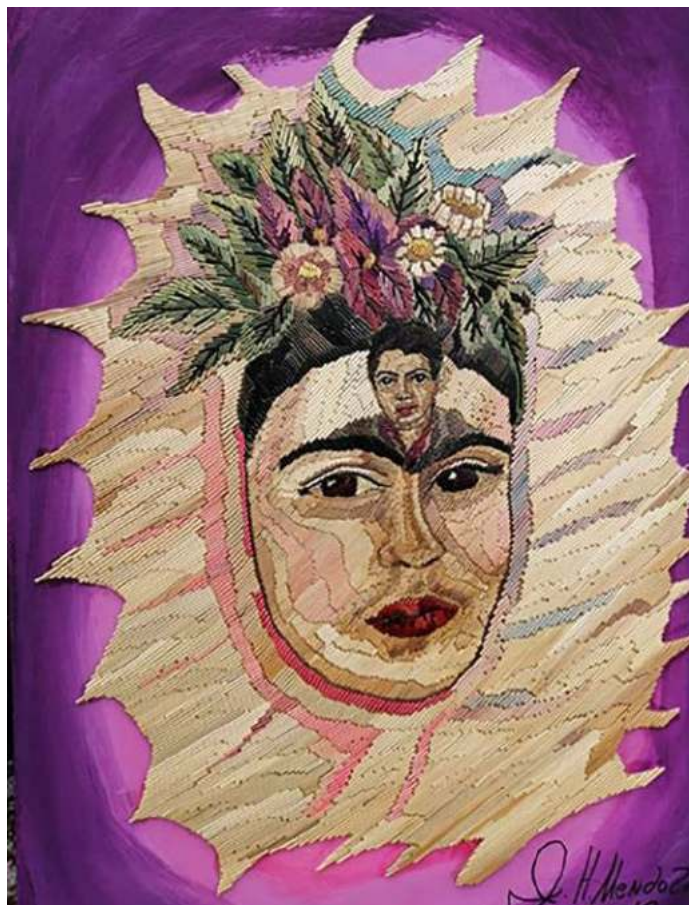
When I was young and visited my grandfather, Andres, I marveled at his workshop where he made his popotillos (straw paintings). It was always full of drawings that he carefully designed with themes of typical landscapes, dancers, churches, etc. I enjoyed the aroma of the wax extracted from the beehives and the colors of the broom straw that were dyed with powders of natural extracts in metal pots that were heated with a wood fire.

The imagination of a little girl, who at that time was eight-years old, wandered, giving life in my mind to the drawings that my grandfather would capture on a piece of cardboard and then cover with wax to begin the process of gluing each tiny piece of straw on the popotillo. He gave color and shape to the picture as he worked.

I feel blessed to have inherited this talent which, after a life almost complete, is what keeps my mind and spirit active and is where I give wings to my imagination. In a world of colors and shapes, my emotions and feelings are expressed in the popotillo I create. Every day brings a new or different experience — sometimes full of joy and happiness, sometimes with melancholy or misfortune — but always emanating from the soul.

What I am most grateful for in my profession and from my grandfather is the opportunity to meet people who enjoy my art. It has taken me to places and countries I never thought I would have the opportunity to visit. I receive great pleasure from knowing that some people recognize my signature and my work. Now, as an adult woman over 50, I have a great desire to travel and meet other artisans who work not only with their hands, but also with their hearts.

My country is full of artisans like me. In the fast pace of today's world, where technology is a fundamental part of our daily lives, we artisans who work with our hands, often using primitive materials, are forgotten as creators who still continue to make age-old traditional art. We artisans use the gifts from our planet: earth, clay, wood, grass, tree resin, beeswax, rustic stones such as quartz, onyx, metals, copper, silver... even bones to create. How can we not feel grateful for our talents that bring these gifts to life through an art medium that distinguishes us as creators, and brings us closer to the imagination of our creator?



Fijate bien que acomodes los popotes bien derechitos, decía mi abuelo Andres, cuando lo visitaba en su taller en donde El hacía sus cuadros, ese lugar siempre lleno de dibujos que mi abuelo cuidadosamente diseñaba con temas de paisajes típicos, bailarones, iglesias etc... Yo disfrutaba el aroma de la cera extraída de los panales de abejas y los colores de las escobas de popotes que se teñían de vez en cuando con polvos de extractos naturales, en vasijas de metal que se calentaban en leña la imaginación de una niña, que en ese tiempo tendría 8 años divagaba. Dando en mi mente vida a los dibujos que mi abuelo plasmaba en un cartoncillo, para luego cubrir de cera y comenzar a pegar cada popotillo dando color y forma al cuadro.

Bendecida me siento por haber heredado ese talento, que después de una vida ya casi completa, es lo que mantiene a mi mente y espíritu, con un oficio, en donde doy alas a mi imaginación, en un mundo de colores y formas que me permiten estampar, las emociones y sentimientos que mi ser quiere expresar.

Cada día, una vivencia nueva, o una experiencia diferente. Algunas veces llenas de alegría y júbilo, otras, con melancolías o desaciertos, pero siempre emanan del Alma Lo que más agradezco a mi oficio, y a mi abuelo, es la oportunidad de conocer personas que disfrutaban de mi Arte, y también me lleva a lugares y países a donde nunca creí tener la oportunidad de visitar con el gran placer de que algunas personas reconozcan mi firma y mi trabajo.

Ahora, una mujer ya adulta con más de 50 , con unas ganas enormes de vivir, viajar, conocer y convivir con más artesanos que trabajan no solo con las manos, si no con el corazón, para mi es un deleite mi oficio.



Mi país está lleno de gente como Yo, que en un mundo nuevo, en donde la tecnología es parte primordial de los haceres de día a día, nosotros los artesanos trabajamos con nuestras manos, utilizando materiales primitivos, que ya casi nadie se acuerda que existen y es lo que nos obsequia nuestro planeta: tierra, barro, madera, pasto, resina de árboles, cera de abejas, piedras rústicas como, cuarzo, onix, metales, cobre, plata etc... hasta huesos. Cómo no sentir agradecimiento, por este oficio de Artesanos, que nos distingue como creadores, y nos acerca a la imaginación del creador.





My Mother's Day Memories

By Maria Elena Herrera

When I was a child I remember that my older brothers and my sister had a piggy bank. My father would give the younger children, my brother and I, a few coins every Sunday, and each one of us, according to any extra coins we had left, had to deposit them into the piggy bank every Sunday for an entire year. Approaching Mother's Day, my older siblings broke the piggy bank and divided the savings into equal parts and gave us the money so that each one could buy what he or she wanted. Every year on May 10 in Mexico we celebrated Mother's Day. Very early in the morning our older brothers and sister woke up my younger brother and me, and we all sang "Las Mañanitas" and other songs to our mother. My younger brother and I wanted to be the first to give our mother her gifts. She made her best happy face or perhaps, pretended, because all the gifts were something for the house: an iron, blender, coffee cups, jug or glasses; nothing for her personal use.

After all this ceremony came a big breakfast, menudo Norteño, coffee, chocolate and bread. As a Mexican custom, women in the family must do the dishes and clean the kitchen. On Mother's Day my sister and I had to do the cleaning-up because my mother was the queen of the day.

She had the whole day off.

As the years passed, I remember at elementary school it was an obligation to do a sewing job such as a kitchen towel or a tortilla basket cover. One year I made a tortilla basket cover, and I was proud of my horrible job. Anyway, it had to be finished washed, starched and ironed a week before Mother's Day festival so we could give her our gift.

As a teen in our neighborhood my friends and I organized a group to give our mothers a "Serenata." We started at 12 midnight, walking some blocks singing to all the mothers of the group and finished at almost 6.00 a.m. We sang beautiful songs, and even if we didn't sing very well, we sang with a lot of love. All of us went to school tired, because we didn't get much sleep that night. This habit continued for years until the group of friends in the neighborhood moved or married. Mother's Day Serenatas still continue to this day.

When I became a mother, my Mother's Days with my children (two boys) were very different. My husband used to give me a "Serenata," hiring a Trio or Mariachi early in the morning. He sent a bouquet of flowers and took me and my children for dinner. My children used to give me a card with beautiful thoughts. All these ceremonies and customs have changed. Now I'm a grandmother and mother-in-law. Everything is different living at the Rivera of Chapala. Now, they just call me and wish me Happy Mother's Day.

Something funny happened about ten years ago. I was invited to Guadalajara to my son's house to celebrate Mother's Day. After dinner they started giving gifts to Claudia, my daughter-in-law, Claudia's mother, and me. There was a big difference between Claudia's gifts and ours. She received flowers, beautiful balloons, cards and a lot of hugs and kisses from her children and my son gave her a brand new car! But my daughter-in-law's mother and me, we received cards, flowers, hugs and kisses. In a moment I was thoughtful and someone asked me what I was thinking. Suddenly, I answered... "that's not fair, Claudia, you didn't give birth to my son. I don't think a mamacita is worth more than a mother." Everybody started laughing. It's something we always remember as funny for many years. (I want to say that she deserves all that and more because she is an excellent wife, mother, and daughter-in-law, I really love her a lot.) I want to tell you that years later my son gave me a car too!

Mothers' love in Mexico has been in our culture for generations. Mothers are in charge of teaching values and religion; mothers keep peace in the family and keep it together.

After all these memories, I have to tell you that in Mexican culture, Mother's Day is the second most celebrated annual event in Mexico, second only to The Day of the Virgin of Guadalupe, because in the Catholic religion this celebration is the biggest and most important one.

Happy Mother's Day to All Mothers on May 10.

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The Role of Higher Education in Jalisco

By Luis Pacheco

Jalisco was part of a vast and wide region previously known as Nueva Galicia and, before that, it was the location of the “Señorios de Chimalhuacan”. In this territory around 1966, the then rector of the San José Seminary, Bishop Felipe de Galindo y Chávez, pledged to establish a University in the capital of the province of Nueva Galicia. It took many years of effort by Bishop Fray Antonio Alcalde, until pledge finally bore fruit in 1791 when King Carlos IV authorized the creation of the Royal University of Guadalajara.

La Real Universidad de Guadalajara began its teachings with the faculties of canons, law, medicine, and surgery. Much of the University’s history can be found in Ramon García Ruiz’s and Juan Real Ledezma’s work. Since that first moment of recognition as a University, Jalisco’s Education has undergone many transformations. An extensive change had taken place since those moments when knowledge was articulated and transmitted through the Trivium and Quadrivium (the official studies of medieval universities) to the complex information and software systems that make today’s online education possible.

The University in Jalisco has been an active participant in every historical moment of the territory. From its monastic origins, through Truth’s antagonism with the Institute of Sciences during the 19th century, during its suppressed recognition, and on through and after its resurgence in 1925, higher education in Jalisco has been a witness, an accomplice, and an actor in the multiple educational, cultural and social transformations, particularly in the last century.

Through the history of the various institutions that today make up the current system, we can distinguish the traces of the diversity of educational paradigms and therefore of different political projects and ways of understanding and explaining the world and the community.

Jalisco today has more than 290,000 students pursuing a bachelor’s or postgraduate program in one of the more than 180 institutions of higher education, although more than 50% of the total enrolment is concentrated in nine institutions. However broad this number may seem, it is misleading, because in Mexico only 46 % who graduate from high school manage to enter higher education, and only 60 % obtain a degree.

In a social system in which higher education has become the key to accessing a good job, leaving young people out of these possibilities constitutes a profound social differentiator that segregates and generates inequity.

Educational processes make sense when they call for the construction of worlds that, from the worldview of each people, propose appropriate, coherent, and possible ways for everyone living in a territory to achieve a good life. An educational system that leaves so many without the possibility of equity in access is undoubtedly a significant challenge.

When we ask ourselves what we want for our young people, we come across countless answers: that they learn, that they be free, to be happy, to become good citizens, and so on. From daily observation and reflection, we can understand how we do things and whether we currently achieve those goals, and then we can imagine new paths to walk. I think it would be wonderful to help young people experience the desire to understand the world they inhabit and imagine new ways of achieving a good life for all in their community. I also think that education reduces the fears that prevent action while providing the ability to carry out sustained actions to achieve their goals. This means that an open dialogue with all versions of our world is vital.

Today’s usual educational processes are configured with groups of people where one is the teacher. It is common for the teacher to assume himself as the one who teaches and, for this, he proposes a set of knowledge that offers explanations of the world. In the best of cases, he provides action scenarios to recognize the value and validity of this knowledge. We could then imagine a University in which observation and listening to things are principles of action. Doing contains a journey in which each one of us collectively does and continues to be. It is a reflective doing, and the teacher collaborates in this and in promoting the reflective moments that enable the awakening of the student.

The challenges that higher education face today are enormous. Not only to stop legitimizing the processes of social exclusion but to rethink the world and, therefore, the life and community that we want.

The permanent construction of any human being is always communal. We are and do through interaction with others. It is the others who make us grow, and among all of us, we are. For this reason, the understanding of the world in which we live contains a collective search path. Attentive to what is happening, observing and listening, in dialogue with all possible voices, and articulating experimental practices to understand more and better the integrality of the world we live in. We need to imagine appropriate ways to share and ensure a good life for everything and everyone in the community.

For this reason, higher education institutions in the state are today a key piece in any transformation process. Through them, we create what will be our tomorrow. The question will remain whether they are up to the challenge that reality is presenting us.



La Educación superior en Jalisco

Por Luis Pacheco

Lo que antes fue La nueva Galicia y antes de ella el conjunto de señoríos chimalhuacanos, se extendía sobre una amplia y vasta comarca en la que se comprendía la mayor parte de lo que hoy es el estado de Jalisco. Es en este territorio de donde surgieron las primeras gestiones del entonces rector del seminario de San José el obispo Felipe de Galindo y Chávez, en 1966, para el establecimiento de una Universidad en la capital de la provincia de la Nueva Galicia.

Fueron muchos años de gestiones impulsadas por el obispo fray Antonio Alcalde las cuales finalmente rindieron fruto en 1791 cuando el Rey Carlos IV autorizó la creación de la Real Universidad de Guadalajara. Esta inicio sus enseñanzas con las cátedras de cánones, leyes, medicina y cirugía. Mucha de la historia de estos interesantes procesos históricos puede encontrarse en la obra de Ramon García Ruiz y en la de Juan Real Ledezma.

Han sido muchos años y transformaciones las que ha sufrido la educación en Jalisco desde aquel primer momento de reconocimiento de una Universidad. Amplia es la transformación que se ha vivido desde aquellos momentos en que los saberes se articulaban y transmitían a través del trívium y el quadrivium hasta los complejos sistemas de software que hoy posibilitan la educación en línea.

La universidad en Jalisco ha sido participe de cada momento histórico del territorio. Desde sus orígenes monacales, su antagonismo con el Instituto de Ciencias durante el siglo XIX y tras el cual se suprimo su reconocimiento, y su resurgimiento en 1925.

La educación superior en Jalisco ha sido testigo, cómplice y actor en las múltiples transformaciones en la educación del último siglo. Se pueden distinguir en la historia de las diversas instituciones que hoy integran el ecosistema, las huellas de la diversidad de los paradigmas educativos y por tanto de diversos proyectos políticos y de formas de comprender y explicar el mundo y la comunidad.

Jalisco cuenta hoy con más de 290,000 alumnos cursando una licenciatura o programa de posgrado en alguna de las más de 180 Instituciones de educación superior. Sin embargo, mas del 50% de la matricula esta concentrada en tan solo 9 instituciones. Y por amplio que pudiera parecer este este número, es en realidad engañoso, pues en Jalisco solo el 46 % que egresan de la educación media, logran ingresar a la educación superior y solo 60 % obtienen un título.

En un sistema social en que la educación superior se ha convertido en clave para el acceso al trabajo. El dejar a los jóvenes fuera de esas posibilidades se constituye como un profundo diferenciador social que segrega y genera inequidad.

Los procesos educativos tienen sentido cuando convocan a la construcción de mundos que, desde la cosmovisión de cada pueblo, proponen formas adecuadas, coherentes y posibles para el buen vivir de todo lo que existe en el territorio. Un sistema educativo que deja a tantos fuera sin posibilidades de equidad en el acceso es sin duda un desafío mayúsculo.

Cuando nos preguntamos qué queremos para con nuestros jóvenes nos topamos con un sinnúmero de respuestas: que aprendan, que sean libres, que sean felices, etcétera. Desde la reflexión de la práctica, como ya vimos, podemos ir entendiendo cómo lo hacemos, si lo logramos o no e imaginar nuevos caminos por andar. Considero que sería maravilloso si logramos que los jóvenes se llenen del deseo de comprender el mundo que habitan e imaginen maneras de compartirlo para la buena vida de todo lo que existe en su comunidad, para la buena vida en y de la comunidad. Un deseo asociado a este querer es que logren disminuir todos los miedos que impiden la acción y tengan la capacidad de llevar a cabo acciones sustentadas para lograrlo; por esto, el diálogo con todas las versiones de mundo es clave.

Los procesos educativos a los que estamos acostumbrados se configuran con grupos de personas donde uno es el profesor. Es común que el profesor se asuma como el que enseña y, para ello, propone un conjunto de saberes que ofrecen explicaciones del mundo y sus cosas; en el mejor de los casos, ofrece escenarios de acción para reconocer el valor y validez de esos saberes.

Podríamos entonces imaginar una Universidad en la que la observación y la escucha de las cosas son principios de la acción y que el hacer contiene un caminar en el que cada uno de manera colectiva nos vamos haciendo y vamos siendo. Es un hacer reflexivo, y el profesor colabora en este hacer y en propiciar los momentos reflexivos del hacer que posibilitan el despertar del alumno, su ir siendo.

Son mayúsculos los retos que la educación superior enfrenta en la actualidad. No solo para dejar de legitimar los procesos de exclusión social, sino para repensar el mundo y por tanto los proyectos de vida y comunidad que deseamos.

La construcción permanente de la persona que va siendo es siempre comunitaria, somos y nos hacemos con los otros. Son los otros los que nos hacen crecer y entre todos vamos siendo. Por eso, la comprensión del mundo en que vivimos contiene un andar juntos caminos de búsqueda, atentos a lo que sucede, observación y escucha, en dialogo con todas las voces posibles y articulando prácticas experimentales para comprender más y mejor la integralidad del mundo que vivimos e imaginar modos adecuados para compartirlo asegurando la buena vida para todo y todos en la comunidad.

Por ello, las instituciones de educación superior en el estado son hoy una pieza clave en cualquier proceso de transformación. A través de ella nos jugamos mucho de lo que será nuestro mañana. La pregunta seguirá siendo si están a la altura del desafío que la realidad nos está presentando.



HONEY

By Marianne Carlson

Honey, a sweet Maya legacy, is embroiled in an ongoing argument around the world where bees are kept. Insecticides used by farmers are killing the bees. In 2017, a dispute broke out between the farmers and beekeepers in Ciénega de Chapala, Michoacán (near Lake Chapala) who said that an insecticide used by sorghum producers to control sugarcane aphids had caused the loss of 280 beehives and thousands of bees (3,000 hives total in that area). After exposure to insecticides, the bees die gradually; affects can normally be seen within a day of the insecticide being used. The bees' ability to organize their feeding or fly completely collapses due to a neurotoxin in the insecticide. A government mandate to notify beekeepers prior to using chemicals was put in place by the Mexican government but, for the most part, farmers have ignored it.

There's something very special about honey. It can remain preserved in a completely edible form—one could dip into a thousand-year-old jar of honey and enjoy it as if it were only a day old! Honey can be safely stored at room temperature and some honey may crystallize. This does not necessarily mean it is not pure honey, and setting it in a pan of hot water will restore it to its liquid form.

Honey contains virtually no fiber or fat and is considered the purest food in the world. It has been recognized for centuries as having health benefits, some of which are: (1) it contains magnesium, potassium, calcium, iron, and vitamins B1 through B8; (2) allergy sufferers are advised to eat local honey, thus building up immunity to reactions from local plants; (3) it has antimicrobial and anti-inflammatory properties, soothing sore throats, burns, and even ulcers; (4) makes a good moisturizing mask for the complexion; and (5) it is considered a sodium-free food.

When buying honey, check the label to make sure it is not adulterated with corn syrup or other sugars. There are a couple of simple tests that you can do to determine the purity of honey: (1) drop a spoonful of honey into a glass of water. Pure honey will remain in a ball, while adulterated honey will dissolve; (2) dip a cotton candlewick in honey and light a match to it. If the substance burns, it is pure

honey, and if not, it is adulterated. Darker types tend to be even higher in beneficial health compounds than lighter types—nutritionally, one tablespoon of honey (21 grams) contains 64 calories and 17 grams of sugar (fructose, glucose, maltose, and sucrose).

The different colors of honey are due to the different kinds of pollen the bees feed on: apple and peach blossoms for instance result in paler honey while mesquite results in an almost black honey and each has a different flavor.

Honey is a healthy product produced right here in Jalisco so remember to buy local and be healthy.





La miel

Por Marianne Carlson

La miel, un dulce legado maya, está envuelta en una discusión constante en todo el mundo con respecto a la cría de abejas: los insecticidas utilizados por los agricultores las están matando. En 2017, estalló una disputa entre los apicultores de la zona Ciénega de Chapala, Michoacán, que dijeron que un insecticida utilizado por los productores de sorgo para controlar las plagas de pulgones en la caña de azúcar había causado la pérdida de 280 colmenas y miles de abejas (3,000 colmenas en total en esa zona). Después de la exposición a los insecticidas las abejas mueren gradualmente, y los efectos pueden verse normalmente al día siguiente del uso del insecticida. La capacidad de las abejas para organizar su alimentación o volar se derrumba por completo debido a una neurotoxina presente en el insecticida. El gobierno mexicano estableció un mandato en el que se exige que se notifique a los apicultores antes de utilizar productos químicos, pero, en su mayor parte, los agricultores lo han ignorado.

La miel tiene algo muy especial. Puede conservarse de forma totalmente comestible: uno podría abrir un milenario tarro de miel y disfrutarlo como si tuviera un día. La miel puede conservarse con seguridad a temperatura ambiente y es posible que algunos tipos de miel se cristalicen. Esto no significa necesariamente que no sea miel pura, basta con ponerla en un cazo con agua caliente para que recupere su forma líquida.

La miel prácticamente no contiene fibra ni grasa y se considera el alimento más puro del mundo. Desde hace siglos se le reconocen beneficios para la salud, algunos de los cuales son: (1) contiene magnesio, potasio, calcio, hierro y vitaminas de la B1 a la B8, (2) es recomendable que las personas alérgicas consuman miel local, ya que se refuerza la inmunidad a las reacciones de las plantas locales, (3) tiene propiedades antimicrobianas y antiinflamatorias, que alivian los dolores de garganta, las quemaduras e incluso las úlceras, (4) es una buena mascarilla hidratante para el cutis, (5) se considera un alimento sin sodio.

Cuando compre miel, compruebe la etiqueta para asegurarse de que no está adulterada con jarabe de maíz u otros azúcares. Hay un par de pruebas sencillas que puedes hacer para determinar la pureza de la miel: (1) dejar caer una cucharada de miel en un vaso de agua. La miel pura se mantendrá en forma de bola, mientras que la miel adulterada se disolverá, (2) sumergir la mecha de una vela de algodón en la miel y encender un cerillo en ella. Si la sustancia arde, es miel pura, y si no, está adulterada. Los tipos más oscuros suelen tener incluso más compuestos beneficiosos para la salud que los tipos más claros: nutricionalmente, una cucharada de miel (21 gramos) contiene 64 calorías y 17 gramos de azúcar (fructosa, glucosa, maltosa y sacarosa).

La variedad de colores de la miel se debe a los diferen-



tes tipos de polen que las abejas consumen: las flores de manzana y durazno dan una miel más pálida mientras que el mesquite otorga una miel muy oscura y cada una tiene un sabor distinto.

La miel es un producto saludable y se produce aquí en Jalisco, así que, recuerde consumir lo local y mantenerse sano.

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The Path of Teaching

By Alfredo Perez and Diana Ayala

Life itself is the Great Teacher of all of us who walk the planet.

It is the one who teaches us the way, challenges us, rewards or reprimands us as necessary. Of course, this work is not carried out by she alone, it is helped by those people who by vocation or by chance end up being guides, facilitators for others.

Neill James left a great legacy in the region. She marked the people forever teaching them other paths, paths that have led some to become great people, great things, great guides, great masters. We celebrate his work in the community. It is well known that without the work he carried out, many current artists would not exist.

Maestro Javier Zaragoza, to whom we pay tribute on the occasion of the celebration of the Teacher's Day, was the first student of Neill James, whom she herself took in her "bochito" to San Miguel de Allende to study art. She saw the talent and potential of that 13-year-old boy for whom life had prepared a different path.

Once in San Miguel, Neill told the landlady where Javier would be staying that she took great care of him, that he would be a recognized painter. - recalls Javier.

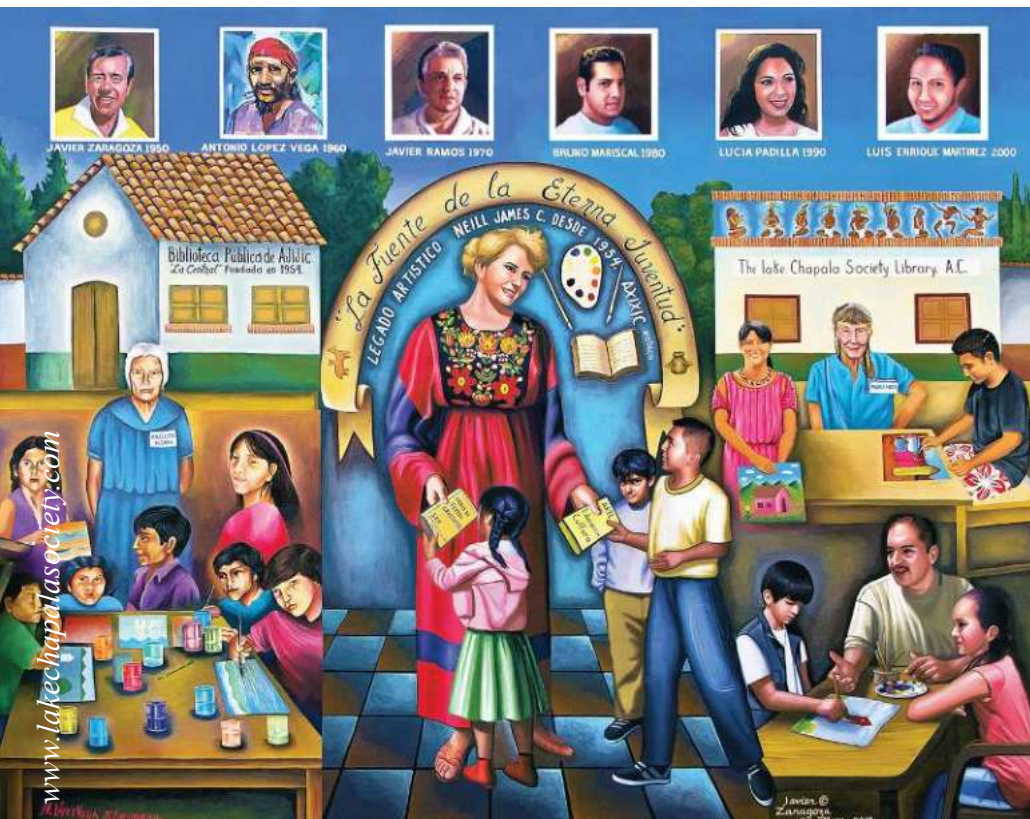
Going back further in time, in Ajijic one could only study up to fifth grade in those days. To advance to higher grades, students had to go to Chapala. Families had more needs than resources. Work was important.

Neill opened a library where she taught the children various things, including drawing. There she realized the potential of several of her students.

At the age of 16, Javier painted the murals in the church of Ixtlahuacán de los Membrillos. Even the restoration of them was under his hand. At that time, no one thought it was possible to make a living from art. So, he went to the United States to try his luck.

Javier Zaragoza returned to his town many years later. During his absence he learned and practiced painting. He made many billboards in the neighboring country to the north, in addition to painting backgrounds and posters for Warner Brothers. Back here, he discovered his taste for teaching. He does not forget the support Neill gave him and the vision she had for him. Now with the legacy of the Children's Art Program, Javier gives back to the community by teaching every Saturday.

Among the students who have passed under his tutelage, we have the case of José María, silent and with an incredible ability to create. Javier recalls that he visited José María at his home in San Juan Cosalá to bring him some materials to continue painting while the pandemic progresses and was amazed to see the murals that the student made on the walls of his house. José María has found in art a great form of self-expression.



COVER STORY

Javier has also learned a lot while teaching how to create art. He has found inspiration to find diverse ways to teach not only how to paint, but how to trace, combine colors, patience, perseverance, courtesy, the beauty in what we see, its shades, nuances and colors and a great etcetera.

The school of life has taught you social skills, the classes have taught you techniques, and your spirit has taught you passion and talent. When you doubt your talents, look around you, there will always be a teacher of life that will help you see yourself with different eyes to grow and be.

Thank you, Javier for your contribution to our community.



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LESSONS (M)

Basic Principles of Drawing/Painting T 9-11 Email jorge.garcia003@gmail.com

Exercise M+W+F 9-9:50

Exploring Spanish Zoom, T+TH+SAT 12-1:30, Email sambrit10@gmail.com

Portraiture for Beginners (S) TH 12-1:30
Email zoearmiger@gmail.com to register

Intermediate Hatha Yoga Zoom, T+TH 2:00
Email knightsinajjic@gmail.com

Introduction to Lakeside (S) Zoom 1-2:30+ on campus
10-1pm, May 10, Cost May 4, 11, 18, Cost

Introduction to Spanish (S) May 4, 11, 18, Cost

Line Dancing T + TH 10-11:15 Email Vt2mx@yahoo.com

Mudlarks Pottery Introduction to Ceramics (S) M+F 11-1
Cost + Registration

Mudlarks Pottery Open Studios (S) M+F 10-2,
Cost + Registration

PEP & Prueba Mexico Series (S) See the LCS website + Cost

Rhythms Dance Class M+W+F, 3-14 May, 11-12

Stretch & Balance T+TH 8:45-9:45
Email harry_bertram@hotmail.com.

Spanish in Action classes (espanol en accion) Check online or in office for more info

Spanish a la carta Online program See LCS website for more info.

Tai Chi Chih M+W+F 9-10

Tech Help via Email email lcs.tech.training@gmail.com

Walk for Fitness M+W 10-11

LIBRARIES (M)

Book Library M-Sat 10-1:30

DVD, Books on Tape & Library of Congress Talking Books Library.

To order books on-line, you must use a computer or a tablet/iPad. It is not possible to order using a cell phone. Go to lakechapalasociety.com & select libraries/English.

SOCIAL ACTIVITIES (M)

Discussion Group W 12-1:30

English/Spanish Conversation* Sat 12-1:30* Open to public

Everyday Mindfulness Zoom, M 10:00
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*

Hospital San Antonio TH 10-12

IMSS & Immigration Services M+T 10-1 Call for appointment 333-157-9472., No sign up

Lakeside Insurance T+TH 11-2

HEALTH & LEGAL SERVICES*

Becerra Immigration TH 10:30-12:30

Gonzalez Attorney at Law 3rd W 10-1

Hearing Aid Services (S) M+ 2nd+4th SAT 10:30-4
Call for appointment. Dr. Polo

Intercam Banking Services M-F 10-1

Optometrist Claravision (S) TH 9-4 Call for appointment

Skin Cancer Screening (S) 2nd+4th W 10-12:30
No walk-ins, Sign up

SkyMed 1st F 10-1

SERVICE & SUPPORT GROUPS *

Al-Anon (Spanish) M 6-7:30, W 5:30-7:30

ASA Board Meeting Last W, 10:30-12

Diabetes Support Group Zoom, 1st F 11:00
Email welchk4diabetes@ghmail.com

Information Desk M-Sat 10-1:30

Lakeside AA M+TH 4:30-5:30

Needle Pushers 1st +3rd T 10-11:45

Open Circle Sun 10:30-11:30

Toastmasters M 7-9

*Open to the Public ** US Citizens (S) Sign in (C) Member card
(M) LCS members only (s) sign-up group limited to 15 or less

Lake Chapala Society

U.S. CONSULATE

EXACT STEPS FOR SUBMITTING ADULT PASSPORTS FOR RENEWAL

- » Drop off Saturdays at LCS 10:30 am to 12:30 pm
- » Use form DS-82 for renewal fee \$110 USD
- » *See item 5 for paying with pesos

When dropping off at Lake Chapala Society bring the following:

1. Completed form using black ink
2. Proper 2"X2" color passport photos (NO GLASSES)
3. Your current passport and a copy
4. A pre-paid Fed Ex envelope purchased at IShop in San Antonio (short block East from Super Lake) Originating address: US Consulate calle Progreso 175, Col Americana, Americana, 44100 Guadalajara, Jal.
5. Payment in CASH ONLY either US dollars or Mexican pesos at the current monthly rate. EXACT CHANGE ONLY
 - Current rate: RATE SUBJECT TO CHANGE
 - For current monthly rate inquire at email address below
 - The rate is set by the US Consulate NOT current bank rate
 - Of special note question #8 is your US address or mail forwarding address and question #18 is your local Mexico address. Also please be sure the photo is as shown below with a smooth white background. Genesis Digital photography is located at Ocampo #34 in Ajijic.

U.S. Consulate Continued

Here is what happens when you turn in completed items above:

- » All your paperwork and a copy of receipt will be placed in an individual envelope with your name on it.
- » You will receive a receipt for the paperwork and cash received
- » Twice a month the applications will be taken to the consulate and processed (approximately 4 weeks) then sent in your prepaid envelope to IShop who will notify you.
- » Questions: pifernr@gmail.com

DRIVER'S LICENSE

Fee: \$400

Alfredo Pérez Monday, from 3 to 4:30 pm

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.

May 10 class & 19 visit

Jun 14 class & 23 visit

Veranda

INTRODUCTION TO SPANISH

Inez Dyer

Tuesday, May, 4, 11 & 18

Fee: \$350

Or June 1, 8 & 15

From 12 noon to 1:30 pm

3-sessions class. The instructor will introduce learners to Spanish pronunciation, some vocabulary and social protocols.

MEXICAN MANNERS

THURSDAY, JUNE 3

\$350 with Alfredo Pérez

FROM 1 - 3:30 PM

Cultural shock is a normal part of life when you move to another country. Learn why the behaviour of your new neighbors differs from your own. Our intention it help you understand cultural differences and promote real and positive coexistence.

MEXICAN SALSAS

WEDNESDAY, MAY 27

\$380 with Ana Moreno

FROM 1 - 3:30 PM

Learn how some of the favorite Mexican salsas in the region are made. What ingredients you need, how and where to buy them. How Mexicans use them. What food you can dress with them.

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.



ESPAÑOL EN ACCIÓN

Por la Profa. Dolores Alicia Ordóñez Pinter

With this course we want to support you in learning to speak the language so that you can communicate with the Spanish-speaking community in an adequate and relaxed way.

1A MAY 31ST TO JUL 19TH
Monday and Thursday - 9:00 to 11:00 am. Gazebo

1B MAY 31ST TO JUL 19TH
Monday and Thursday - 11:15 to 1:15 pm. Gazebo

2A JUN 1ST TO JUL 16TH
Tuesday and Friday - 9:00 to 11:00 am. Wilkes

2B JUN 1ST TO JUL 16TH
Tuesday and Friday - 11:15 to 1:15 pm. Wilkes

3A JUN 2ND TO JUL 16TH
Wednesday - 9:00 to 11:30 am.
and Friday - 1:30 to 3:00 pm. Gazebo

We will follow Covid protocols. It is mandatory to properly wear a mask that covers your mouth and nose the whole time you are in campus.

Lake Chapala Society

ACTIVITIES & EVENTS ADDITIONAL COMMENTS

- All activities listed as Zoom require those interested to contact the email to obtain an invitation, day and time.
- **Diabetes Support Group** Monthly Zoom meeting. Email Kim Welch welchk4diabetes@gmail.com, MS, RD, CDE for information
- **Gonzalez Attorney at Law** at LCS the 3rd Wed. 10-1 in hearing Aid/Insurance room. Felipe González, info@felipe-jgonzalez.com, 331-862-6230
- **Hearing Aid Services** appointments made by phone Dr. Polo 331-511-4088
- **IMSS** appointments made by phone to Veronica at 333-157-9472
- **Mudlarks Pottery Introduction to Ceramics**:. Open to members, covers basic hand building techniques, glazing & finishing. Meets Monday & Friday, 11am to 1pm. Fee: Per calendar month: \$500 MN, plus \$500 MN for 12 pounds of clay. Registration limited to 6 participants, register after the 25th of the previous month.
- **Mudlarks Pottery Open Studio**: Open to members who have completed one month Introduction to Ceramics — chance to work independently. Meets Monday & Friday, 10am-2pm. Fee:

Per calendar month: \$500 MN. Clay may be purchased as needed, \$500 MN for 12 pounds. Registration for Open Studios is any time.

- **Optometrist** appointments by phone to Dra. Luz at 331-411-1178.
- **Skin Cancer Screenings**. call or visit the LCS office. NO walk-ins. Screening is free, there is a charge for treatment. Other dermatological concerns, Dra. Ballesteros. 333 408 0951 for appointments.

DVD Library

We are once again offering transfer of VHS tapes to DVDs in the Video Library. The cost is \$100 pesos per tape in advance, and it takes between one and two weeks. LCS takes no responsibility if the tapes are damaged or come off the spool during rewinding (this can be fixed for \$150p).

NEW LCS Activity Rhythms Dance Classes

Beginning May 3 to 14, Mondays, Wednesdays, and Fridays from 11-12 on the SC patio. This is a mindful movement practice incorporating the 5 Rhythms of Flowing, Staccato, Chaos, Lyrical and Stillness. No steps to learn and you move at your own pace. Contact Jean Rankin for information at info@jeanrankin.com

PAINTING & DRAWING

“The joy comes from painting for its own by yourself”

Beginners & Advanced

CLASSES

TO LEARN:
The basic principles

- Perspective
- Proportion
- Composition
- Human figure
- Lifescapes

Tuesday at 9:00 - 11:00

LCS's "Ken Gosh Pavillon"

The class is FREE and available to LCS members only.



JORGE GARCÍA VIRAMONTES

Tel. 55 26 74 56 72 ✉ jorge.garcia003@gmail.com



Steve Balfour presents A benefit for Lake Chapala Society

Concerts in the Park



MAY 16
3:30 AND 6:00 PM SHOWS

Effie Passero

VIP Tickets \$500 | General Seats \$350

Effie Passero, a recent American Idol semi-finalist, has one of the most amazing voices you'll ever hear. She often has stories that accompany each song. She'll also play many of your all time favorites and some of her own originals. Effie has performed twice at LCS, once with Spencer Day and once with Enrique - both shows have attached great audiences. This time - this is Effie's show. You'll fall in love with Effie in her own space.



MAY 30
6:00 PM SHOW

Back to Broadway

Tickets \$300

Michael Reason the conductor of the Lake Chapala Community Orchestra is presenting "Back to Broadway" with Amaranta Santos, Laura Medina and Doug Voet in a show featuring songs from hit musicals such as A Chorus Line, Kiss Me Kate, Wicked and Follies.

Shows at the Lake Chapala Society wonderful garden

Tickets available at the Lake Chapala Society Office 10:00 am - 1:30 pm, Monday through Saturday, or at LakeChapalaSociety.com

Pandemic precautions including wearing of masks and distancing. Reserve now.

It's Mother's Day Soon... What can we give the Mothers of the Children we serve? A child who is Healthy and Happy!!

We have a story to share with you. It will show you how important your support has and will continue to be for the many children we serve.



Before

Sebastian was born 11
Nov 2019.
He has been with us
since 08 July 2020.



After

He was born with a deformed cranium. He went to Mexico City to a specialized clinic and a helmet had to be made in the US. Sebastian has been wearing the helmet since July 2020, 23 hours a day, only taking it off for his bath. He has been to Mexico City 4 times to adjust the helmet.

On March 22, 2021 Sebastian graduated, he no longer needs the helmet and his cranium is now normal.

Help us give more of our Mothers this kind of gift!
We truly appreciate all that you do for
Niños Incapacitados!

DONATE >

El camino de la enseñanza

Por Alfredo Pérez y Diana Ayala

La vida misma es la Gran maestra de todos los que caminamos por el planeta.

Es la que nos enseña el camino, nos pone retos, nos premia o reprende según sea necesario. Por supuesto que ese trabajo no lo lleva a cabo ella sola, le ayudan aquellas personas que por vocación o por azares del destino terminan siendo guías, facilitadores para los demás.

Neill James dejó un gran legado en la región. Marcó al pueblo para siempre enseñándoles otros caminos, caminos que han llevado a algunos a hacer grandes personas, grandes cosas, grandes guías, Grandes Maestros. Celebramos su labor en la comunidad. Es bien sabido que sin la labor que llevó a cabo, muchos artistas actuales no existirían.

El maestro Javier Zaragoza, a quien hacemos homenaje aprovechando la celebración del día del maestro, fue el primer alumno de Neill James, a quien ella misma llevó en su “bochito” a San Miguel de Allende para que estudiara arte. Ella vio el talento y potencial de aquel jovenzuelo de 13 años para quien la vida le tenía preparado un camino diferente.

Una vez en San Miguel, Neill le dijo a la casera dónde se hospedaría Javier que se lo encargaba mucho, que él sería un pintor reconocido. - recuerda Javier.

Volviendo más atrás en el tiempo, en Ajijic solo se podía estudiar hasta quinto de primaria en aquellos entonces. Para avanzar a grados superiores los alumnos debían ir a Chapala.



Las familias tenían más carencias que recursos. Trabajar era importante. Neill abrió una biblioteca donde enseñó a los niños diversas cosas, entre ellas a dibujar. Ahí se dio cuenta del potencial de varios de sus alumnos.

A los 16 años, Javier pintó los murales que se encuentran en la iglesia de Ixtlahuacán de los Membrillos. Incluso, la restauración de los mismos fue bajo su mano. En aquel entonces, nadie pensaba que se pudiera vivir del arte. Por lo que se fue a Estados Unidos a probar suerte.

Javier Zaragoza regresó a su pueblo muchos años después. Durante su ausencia aprendió y practicó la pintura. Realizó muchos anuncios espectaculares en el país vecino del norte, además de pintar fondos y carteles para la Warner Brothers. De vuelta acá, descubrió su gusto por la enseñanza. No olvida el apoyo que Neill le dio y la visión que tuvo sobre él. Ahora con el legado del Programa de Arte para Niños, Javier retribuye a la comunidad enseñando cada sábado.

Entre los alumnos que han pasado bajo su tutela, tenemos el caso de José María, silente y con una capacidad increíble para crear. Javier recuerda que visitó a José María en su casa en San Juan Cosalá para llevarle algunos materiales para continuar pintando en lo que avanza la pandemia y quedó sorprendido al ver los murales que el alumno hizo en las paredes de su casa. José María ha encontrado en el arte una gran forma de expresión de sí mismo.

Javier ha aprendido mucho también mientras enseña a crear arte. Ha encontrado inspiración para encontrar formas diversas de enseñar no solo a pintar, sino a trazar, combinar colores, paciencia, perseverancia, cortesía, la belleza en lo que vemos, sus sombras, matices y colores y un gran etcétera.

La escuela de la vida le ha enseñado habilidades sociales, las clases sus técnicas, y su espíritu la pasión y el talento.

Cuando tú dudas de tus talentos, voltea a tu alrededor, siempre habrá algún maestro de vida que te ayude a verte con otros ojos para crecer y ser.

Gracias, Javier por tu contribución a nuestra comunidad.

Enjoy
30% better speech understanding
mejor comprensión de las palabras

Carlos Alonso Flores M.D. (Licensed Audiologist)
Médico Especialista en Audición Certificado
Ced. Esp 10394596 U.N.A.M.
doctorcarlos@audiologia-auxiliares.com

Chapala MED
Libramiento Chapala-Ajijic
132 int. 21
Plaza Interlago
Tel (376) 766 5126 / (376) 766 4435

Clínica Luvare
Av. Paseo de la Arboleda 950
Colonia Jardines del Bosque,
Gdl, JAL.
Tel (33) 3122 2257 / (33) 3122 2266



WRITINGS FROM WILKES

These writings are from the LCS Wilkes Center, or Biblioteca, a beehive of activity, Galeana 18 in Ajijic, two blocks from the LCS main campus. For 20 years, a cadre of volunteers have taught ESL to the Mexican Community, gratis. There are several levels of study. Volunteer teacher and author Carol Bowman recently asked her Level 4 students to try their hands at creative writing. We are proud to announce that Writings from the Wilkes will become a regular feature of this magazine. We will not edit these pieces as a way of demonstrating how much progress these talented, hard working students have made.

Life in the Racquet Club By Blanca Favela

In 2006, I came to Chapala to look for a house to buy. I wanted a place that could give me a sense of freedom and openness. After searching for some time, I found the community of the Racquet Club. As I drove around, I just fell in love with the place. It was exactly what I was looking for.

The Racquet Club is located in the picturesque town of San Juan Cosalá, which is situated on the shores of Lake Chapala. It is a very popular town and well known for its hot springs, spas, and its natural geyser, very close to the municipality of Jocotepec.

On the mountain side of the Carretera, you can find the gated community of the Racquet Club with extraordinary views towards the lake and mountains as well. Even though it is gated, anybody can have access to the streets because they are public, with the exception of the road to the clubhouse.

The Racquet Club shares the same entrance with two beautiful restaurants and spas, *Monte Cosala* and *Vita Bella*. All the streets of the Racquet Club have been named after the most important tennis players. It also has its own well with thermal water and a complete clubhouse with its own Board of Directors.

The clubhouse area includes 12 tennis and racquet ball courts, a soccer field, an Olympic size pool, small gym, steam room, showers with lockers and a very big terrace for all kinds of events that take place there. Yoga, water aerobics, Majong, and ping pong are just some of the activities that the club offers.

After searching in different communities and comparing the HOA fees, the fees in the Racquet Club are the lowest. Other communities don't even offer the same services. For security, the club has cameras and patrol cars that make their rounds day and night, which make you feel very safe.

Another nice thing about living in Mexico is being able to have a maid and gardener. Most of us use the services of the women and men from San Juan Cosalá. There are many women in the village who need, and want, to work. There are also several handymen in the village who can repair and paint.

The Racquet Club is governed by an elected Board of Directors, who serve for a three-year term. These elected volunteers have to be aware that the *Fraccionamiento* lies within the jurisdiction of the Municipality of Jocotepec; therefore, its rules have to conform to those of the municipality. There are 432 lots and each owner, regardless of how many lots he or she owns, has only one vote at the Annual General Meeting.

There is a variety of different home styles, from colonial to rustic Mexican and all properties that are in the Racquet Club have access to thermal water three times a week, which can be used to fill a jacuzzi. The cost of the homes here goes from \$300,000 to one million dollars. Most of these homes have a septic tank, but some of the new ones have a treatment plant instead.

Several events take place in the clubhouse during the year, the most important being the celebration of Mexican Independence Day, where a lot of the residents and neighbors get together and enjoy the fiesta, just like a big family. Just as important is the pot luck, the first Friday of each month, where everybody brings a food item to share.

If you feel like pampering yourself, just crossing the Carretera you will find the *Spa Tlalocan*, where you can relax with any kind of massage and a variety of treatment therapies, like aromatherapy, just to mention one. Also the spa is equipped with mineral springs, mud baths, sauna, and Turkish bath.

When I was very young, my family and I used to go to San Juan Cosalá to spend the day in the hot springs. It was like a picnic; we took sandwiches and really had fun. It usually was in the summertime during the raining season when all the mountains were so green and beautiful. As I stared at the mountains, one thought came to my mind. "One day I have to come to live here." And so here I am.



MOOCs in the Time of COVID

By Amelia Stevens MD

Who could have imagined at the beginning of 2020 that the COVID pandemic, the deadliest and most economically destructive since the flu pandemic of 1918, would dominate our lives for the next year and still counting?

Masking, social distancing and now anxiously waiting for “the vaccine” have become the constricting and anxiety-producing “norm” for much of the world. We deeply miss those previously taken for granted aspects of life which gave us pleasure and meaning: family visits, travel, dinner with friends, in person bridge and sports, in person classes, church or other spiritually centered gatherings, concerts, plays, movies, people-watching, going to work, even grocery shopping. Normal social mingling has been virtually shut down.

The Internet fills some of the gaping holes in our lifestyles. With our computers, iPads or smart phones, we can maintain or resume contact with friends and family, play games, date, have virtual travel experiences and so on. (Walking tours of various cities on YouTube are fun.) Basically we do whatever is possible virtually, while maintaining physical distance.

For most of us virtual socializing isn’t as good as the real thing but is definitely better than nothing, or the risk of COVID. The popularity of virtual conferencing apps like Zoom has skyrocketed over the year (the Zoom boom) and its stock price has shot off the charts. Zoom’s basic, easy to use version is free.

People all over the world have also turned to MOOCs, massive open online courses. They are free, have no admission requirements (all you have to do is have a computer and log in), are taught by world experts, typically by university professors, and cover literally thousands of topics, ranging from the everyday practical to the technological to the most philosophical and abstract, even esoteric. You may take them on your own schedule at your own pace.

They are video-lecture based with suggested reading material, usually provided with the course. You may take quizzes and participate in discussion forums as you wish. Many offer paid options for certificates of completion or college credit; it is possible to earn a university degree in some areas as a paid option. The free courses have enjoyed

Thanks for being with us.



an exuberant resurgence in popularity during this epic year of virtual living when many people have unanticipated time to pursue neglected interests or passions.

As a free MOOC consumer I can attest that learning in this way has been most rewarding, and it's likely that I would not have pursued the experience without the pandemic.

Several history courses from the University of Virginia and Macquarie University offered through *coursera.org*, helped me gain some perspective on the confusing, global sociopolitical picture of today; another class from Yale through *coursera.org*, *Moralities of Everyday Life*, opened a window into the many factors that shape differing world views and political ideologies.

A current Harvard course called *Justice (What's the right thing to do?)* through *edX.com*, examines the kinds of moral choices that have preoccupied humans since our beginnings and that continue crucially relevant to living in today's divided and COVID plagued world. People from all parts of the globe are enrolled in these courses and offer their diverse thoughts and opinions on the Discussion forums. It is of interest that the worldwide most popular free MOOC offered through *coursera.org* is Yale professor Laurie Santos's "The Science of Happiness." Connection with others from across the planet underlines the old

wisdom that as members of *H.sapiens* we are more same than different, at least in our concerns if not our approaches.

Four friends from both US coasts and I are taking the courses together; we view the same video lectures and do the same readings weekly, and at times seek and share additional material of interest. On Sundays we have a two-hour Zoom meeting for live discussion of the contents of the week's study. Our discussions are animated, often heated, and always thought provoking. We are bonded through friendship and commitment to civility, but our views and opinions are often markedly different. It feels good to learn more about ourselves, each other, and the world we live in.

The following among many others are helpful sites for information about MOOCs:

<https://www.classcentral.com/report/most-popular-online-courses>

<https://www.classcentral.com/>

<https://www.nytimes.com/2020/05/26/technology/moocs-online-learning.html>

KEIRA J. MORGAN

The Importance of Pawns

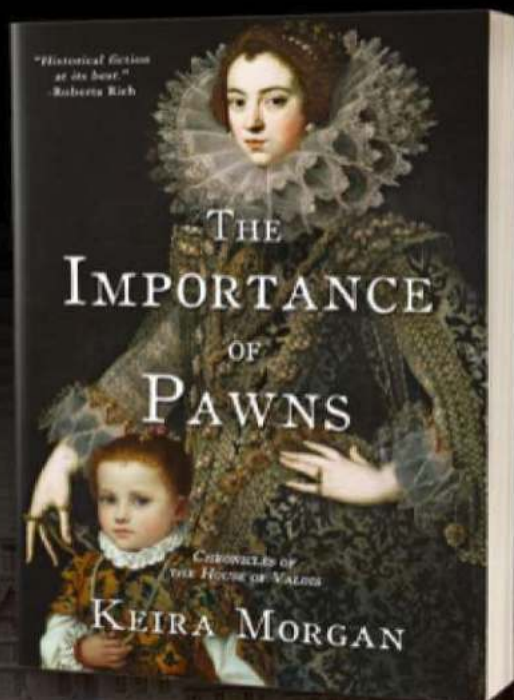
(Chronicles of the House of Valois)

“Love, revenge, deceit, valour, struggle and bravery. These are the keystones of Keira Morgan's fascinating new novel, *The Importance of Pawns*. Historical fiction at its best.”

Roberta Rich
Internationally Bestselling Author

Amazon US

Buy now on Amazon



AJIJIC SOCIETY OF THE ARTS Virtual Art Show

Our monthly Garden Art Shows are being replaced this season by a Virtual Art Show!

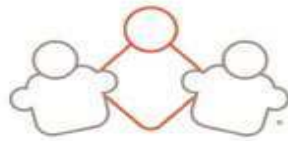
Check out the art by some of our ASA members displayed in our easy-to-use online store. Please use the web address below to browse and purchase art to uplift your spirits...

AjijicArtSale.com

30 featured artists: Cathy Chalvignac, Charlie Patman, Corina Lunita, David Lorenz Winston, Deborah Cabalar, Denise McFarlane, Eusebio Sanchez Benitez, Ferdy Sant, Frank Maczko, Garry Musgrave, Gwynne Lott, Jaime Barbiery, Jan Clayton-Miller, Jill Flyer, Jutta Fernald, Katherine Halley, Lois Schroff, Lola Pelayo, Luci Williams, Marian Decker, Mia Pratt, Noris Binet, Pat Apt, Richard Royce, Robina Nicol, Roy Quiriconi, Shannon Kilkenny, Stephany "Long" Andrews, Tresor-Cecilia Renteria, & Zhanna Sosensky

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**AT LCS 10 AM
3rd WEDNESDAY
of each month TO 1 PM**

16 de Septiembre #16-A, Ajijic, Jalisco

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Teachers Who Influenced Our Lives

By Harriet Hart

Recently, I was watching a morning news program when the host interviewed Dr. Derrick Rossi, one of the co founders of Moderna, the company that produced one of the first vaccines to combat the current COVID pandemic. Toronto born Dr. Rossi is a molecular geneticist, and an Associate Professor in the Stem Cell and Regenerative Biology Department at Harvard Medical School. He is a principal faculty member of the Harvard Stem Cell Institute and he is also an investigator at the Immune Disease Institute (IDI) and the Program in Cellular and Molecular Medicine at Children's Hospital in Boston.

In 2010, Time magazine cited one of Rossi's discoveries as one of the top ten medical breakthroughs of the year, naming him one of "People Who Mattered" that same year, and one of the 100 Most Influential People in 2011. Clearly, this man is a highly successful scientist. And, whom did he name in the television interview as a major contributor to his success, but his grade eleven biology teacher.

How many of us had a teacher we can thank for steering our lives in a different, positive direction? Rose Vasey taught me grade eleven literature and composition in Morris, Manitoba. Thanks to her, I chose to major in English and attend university a year earlier than I originally intended. Instead of marrying my high school sweetheart and settling down to keep house and raise children, I discovered the joys of higher learning. I can honestly say Miss Vasey changed the direction of my life. So I asked a few regular contributors to *Conecciones* if they had a teacher who stood out for them. Here are their replies: Herbert Piekow recounts: "In 1956 my parents moved their blended family of seven children from Central California to Portland, Oregon and I, the eldest, attended seventh grade in a public school. Mrs. Borchers was a far more motivational teacher than any nun who previously taught me. Mrs. Borchers ignited my life-long passion for history and current events. She gave me the confidence to speak in class.

I had an accent. Weekly, Mrs. Borchers assigned us to look up a word of our choice, write the definition and use our selected word in a written sentence to be read to the entire class. She was the first person to encourage me to research, write and speak. I wish she could have done the same for my mediocre math skills. She transformed a skinny, shy boy who previously lacked any confidence into a young person who enthusiastically read the daily papers, researched interesting subjects, wrote and participated in class with confidence."

Carol L. Bowman recalled a "a terrifying but terrific" English teacher named Mrs. Dorothy Hafer.

"During my senior year in high school, college-bound students could choose between Advanced English and Advanced

Science. I had survived three years of English with teacher, Mrs. Dorothy Hafer, a stern, no-nonsense, no excuses drill sergeant, but I suspected that taking her Advanced English course would be worth the punishment. I spent 14 periods a week with Mrs. Hafer that year. I cried when my essays were returned with harsh criticism marked-up in red pencil, I smiled when my tests were returned with A+ and I danced through the halls when she told me I was learning how to write.

She withheld trivial praise, she taught us that using correct English would be our most valuable tool in life; she demanded one's best and pushed hard until she got it and no one ever dared go to class unprepared.

Mrs. Hafer is the reason I've been writing for publication for 40 years. She's the reason I could tackle theses, assignments and reports in college with less duress. She's the reason I notice other writers' overuse of passive voice, misspelled words, or improper punctuation. She's the reason I've been volunteering to teach ESL to adults for 25 years. It was terrifying to reveal my oral, written and grammatical faults to Mrs. Hafer, but terrific when she gave me that sly smile of hers to indicate her approval."

Margaret Larson said: "Mrs. Reiter was a stern, matronly Algebra teacher nearing retirement when I landed in her class at middle-high school in 1971. Older classmates assured me that I'd hate her, so I was intimidated from day one. Yet I found her drill-instructor attitude overlaid by a deft teaching style of visualizing equations to be oddly soothing."

Margaret continued: "A 14-year-old girl's life is a chaos of social pressure and hormones, the emotions of which she often cannot express. Mrs. Reiter's class was a place where the clear rules of mathematics reigned supreme, and I knew exactly what was expected of me. Mrs. Reiter quietly congratulated me for my straight A's each grading period, and thus she gave me a solid platform for higher forms of math. Later, I was able to grasp the complicated costs and pricing structures in the newspaper and printing business and demonstrate to the owners that I was capable of handling the financial side of being the top manager at age 25. I would not ever have been promoted to a temporary position, and then chosen permanently, without these skills, as I had no formal education in the industry. Mrs. Reiter did that."

A Japanese proverb reads, "Better than a thousand days of diligent study is one day with a good teacher." While most of us haven't spent 24 hours with ours, we can agree that a good teacher can change our lives by igniting passion for a subject that leads us down a specific career path, cultivating skills like mathematics or writing that serve us well throughout our lives, giving us self-confidence, serving as role models, inspiring, and creating in us a life long love of learning. Let's raise a glass to them one and all on May 15, National Teacher's Day in Mexico.

Maestros que cambiaron nuestras vidas



Por Harriet Hart

Hace poco vi en un noticiero matutino una entrevista al Dr. Derrick Rossi, uno de los co fundadores de Moderna, la compañía que produjo una de las primeras vacunas contra el COVID. El Doctor Rossi, originario de Toronto, es un genetista molecular y profesor asociado del Departamento de Células Madre y Biología Regenerativa de la Facultad de Medicina de Harvard. Es miembro principal del profesorado del Instituto de Células Madre de Harvard y también es investigador del Instituto de Enfermedades Inmunológicas (IDI por sus siglas en inglés) y del Programa de Medicina Celular y Molecular del Hospital Infantil de Boston.

En 2010, la revista Times citó uno de los descubrimientos de Rossi como uno de los diez principales avances médicos del año; además, lo incluyeron en la lista “People who mattered” ese mismo año, y como una de las 100 personas más influyentes del 2011. Sin lugar a dudas, este hombre es un científico exitoso. Y, a quién nombró en la entrevista televisiva como principal contribuyente a su éxito fue a su profesor de biología de 11° grado.

Todos hemos tenido un maestro al que le podemos agradecer por haber dirigido nuestras vidas de manera positiva. Rose Vasey me enseñó literatura y composición cuando cursaba onceavo, en Morris, Manitoba. Gracias a ella, decidí especializarme en inglés y asistir a la universidad un año antes de lo que tenía previsto. En lugar de casarme con mi pareja de la preparatoria y establecerme para mantener la casa y criar a los hijos, descubrí las alegrías de la educación superior. Puedo afirmar que la señorita Vasey cambió el rumbo de mi vida. Por eso, le pregunté a los colaboradores de Conexiones si alguna vez tuvieron un maestro memorable. Estas fueron sus respuestas:

Herbert Piekow cuenta: “En 1956 mis padres trasladaron a su familia de siete hijos del centro de California a Portland, Oregón, y yo, el mayor, iba en séptimo grado en una escuela pública. La señora Borchers era una profesora mucho más motivadora que cualquier monja que me hubiera enseñado anteriormente. La señora Borchers encendió mi pasión de toda la vida por la historia y la actualidad. Ella me dio la confianza para hablar en clase.

“Antes yo tenía acento. Cada semana, la señora Borchers nos encargaba que buscáramos una palabra de nuestra elección, escribiéramos la definición y utilizáramos la palabra seleccionada en una frase escrita para leerla a toda la clase. Fue la primera persona que me animó a investigar, escribir y hablar. Ojalá hubiera hecho lo mismo con mis mediocres habilidades matemáticas. Transformó a un chico flaco y tímido que antes carecía de toda confianza en sí mismo en un joven que leía con entusiasmo los periódicos del día, investigaba temas interesantes, escribía y participaba en clase con confianza.”

Carol L. Bowman recuerda a una “temible pero tremenda profesora de inglés llamada Sra. Dorothy Hafer”.

“Durante mi último año de instituto, los estudiantes que iban a la universidad podían elegir entre Inglés Avanzado y Ciencias Avanzadas. Ya había sobrevivido a tres años de inglés con la profesora Dorothy Hafer, una severa sargento que no aceptaba excusas ni incoherencias, pero pensé que su curso de Inglés Avanzado valdría la

pena. Aquel año pasé 14 horas a la semana con la señora Hafer. Lloraba cuando me devolvía mis redacciones con duras críticas marcadas con lápiz rojo, sonreía cuando me devolvía los exámenes con A+ y bailaba por los pasillos cuando me decía que estaba aprendiendo a escribir.

Ella retenía los elogios triviales, nos enseñaba que el uso correcto del inglés sería nuestra herramienta más valiosa en la vida; exigía lo mejor de uno y presionaba hasta conseguirlo y nadie se atrevía a ir a clase sin estar preparado.

La señora Hafer es la razón por la que he estado escribiendo y publicando durante 40 años. Ella es la razón por la que pude afrontar tesis, trabajos e informes en la universidad con menos presión. Ella es la razón por la que me doy cuenta del uso excesivo de la voz pasiva, las palabras mal escritas o la puntuación incorrecta de otros escritores. Ella es la razón por la que he sido voluntaria para enseñar inglés a adultos durante 25 años. Fue aterrador revelar mis errores de expresión oral, escrita y gramatical a la Sra. Hafer, pero fue tremendo cuando me dio esa sonrisa socarrona suya para indicar su aprobación”.

Margaret Larson dijo: “La señora Reiter era una profesora severa de álgebra a punto de jubilarse cuando aterricé en su clase en la secundaria en 1971. Mis compañeros me aseguraron que la odiaría, así que me sentí intimidada desde el primer día. Sin embargo, su actitud de entrenadora y su hábil estilo de visualización de las ecuaciones me parecieron extrañamente relajantes”.

Margaret continúa: “La vida de una niña de 14 años es un caos de presión social y hormonas, cuyas emociones a menudo no puede expresar. La clase de la señora Reiter era un lugar en el que reinaban las reglas claras de las matemáticas, y yo sabía exactamente lo que se esperaba de mí. La Sra. Reiter me felicitaba en voz baja por mis calificaciones en cada curso; de este modo, me ofreció una plataforma sólida para las formas superiores de las matemáticas. Más tarde, pude comprender los complicados costes y estructuras de precios de la industria periodística y editorial, y les demostré a los propietarios que era capaz de manejar el aspecto financiero como gerente principal a los 25 años. Sin estas habilidades, nunca me habrían ascendido a un puesto temporal, ni luego me habrían elegido de forma permanente, ya que no tenía educación formal en el sector. La señora Reiter lo consiguió”.

Un proverbio japonés dice: “Mejor que mil días de estudio diligente es un día con un buen profesor”. Aunque la mayoría de nosotros no hemos pasado 24 horas con el nuestro, podemos estar de acuerdo en que un buen maestro puede cambiar nuestras vidas al encender la pasión por una disciplina que nos lleve por un camino profesional específico; al cultivar habilidades como las matemáticas o la escritura que nos sirvan a lo largo de nuestra vida; al darnos confianza en nosotros mismos, y sirviendo de modelo, inspirando y creando en nosotros un amor por el aprendizaje para toda la vida. Hagamos un brindis por todos ellos el 15 de mayo, Día del Maestro en México.



Second Best

By Herbert W. Piekow

According to Trip Advisor, the Museo de Paleontología de Guadalajara is Guadalajara's second most popular museum. Which is not surprising, but unfair, as number one is Las Cabañas, the UNESCO World Heritage building that houses Guadalajara's largest art museum, while the Paleontology museum is filled with dust, digging apparatus and old bones.

Lake Chapala, Mexico's largest fresh water lake, was once the size of Lake Superior. It is estimated Lake Chapala was once eight hundred feet deep until about 20,000 years ago when the lava dam in Guadalajara's Barrance de Oblatos, also known as Huentitan, burst and drained much of the vast lake, leaving rich soil for today's farmers. Anthropologists estimate that approximately 5,000 years ago humans settled around the lake and there is some speculation that corn was cultivated here as well. The marshy lakeside vegetation and corn were attractive food for the fuzzy peccary and tapirs and the larger Gomphotherium, which looks similar to a mammoth, or the even older Mastodon.

These animals were herbivores with long curved tusks for uprooting vegetation.

The Gomphotherium that roamed the shores of Lake Chapala must have caused anxiety for the farmers trying to settle the shores of that same lake whose mud flats provided enriched soils for the cultivation of their crops.

On April 12, 2000, just east of Chapala's Christiania Park, a man from nearby Santa Cruz de la Soledad discov-



ered a complete skeleton of a mastodon-like animal, later to be identified as a Gomphotherium, who lost his struggle with the lakeshore muds about 13,000 years ago. Although time and bacteria dissolved the hair and flesh, the bones remained undisturbed. The discovery and careful removal of the skeletal remains took about two months.

These bones are now housed in the small, but beautiful Museo de Paleontología de Guadalajara. Basically this museum is tucked in one corner of Guadalajara's Parque Agua Azul. This museum is beautifully laid out so that the visitor can gain an idea about archaeology and about "bone hunters;" as the museum is designed with a Plexiglas floor and visitors walk over what appears to be a dig in process. Visitors, school children mostly, love to come here on field trips, walk across the Plexiglas floor, looking at tools such as brushes, axes and shovels employed in liberating bones and fossils from the earth where they have lain for eons.

The museum has a large display of fossilized bones of numerous types of bears and wild cats such as the saber toothed tiger etc., all artfully arranged as if a paleontologist were brushing away the layers of sand, silt and

compacted earth which has preserved these fossilized treasures for today's school children and curious adult visitors.

The Museum of Natural History, Museo de Paleontología de Guadalajara is located at Roberto Michel 520, on the corner of Gonzalez Gallo in the Parque Agua Azul. The museum is closed Mondays.





El segundo mejor

Por Herbert W. Piekow

Según Trip Advisor, el Museo de Paleontología de Guadalajara es el segundo museo más popular de Guadalajara. Lo cual no es sorprendente, pero sí injusto, ya que el número uno es El Cabañas, edificio Patrimonio de la Humanidad por UNESCO, que alberga el mayor museo de arte de Guadalajara, mientras que el museo de Paleontología está lleno de polvo, aparatos de excavación y huesos viejos.

El lago de Chapala, el mayor lago de agua dulce de México, fue en su día del tamaño del lago Superior. Se calcula que el lago de Chapala llegó a tener doscientos metros de profundidad hasta hace unos 20,000 años, cuando la presa de lava de la Barranca de Oblatos, también conocida como Huentitán, reventó y drenó gran parte del vasto lago, dejando un rico suelo para los agricultores de hoy. Los antropólogos calculan que hace unos 5,000 años los humanos se asentaron en torno al lago y se especula que también se cultivaba maíz aquí. La vegetación pantanosa de las orillas del lago y el maíz eran un alimento atractivo para los peludos pecaríes y tapires y para el más grande Gomphotherium, de aspecto similar a un mamut, o el aún más antiguo Mastodonte.

Estos animales eran herbívoros con largos colmillos curvados para arrancar la vegetación. El Gomphotherium que deambulaba por las orillas del lago de Chapala debió causar ansiedad a los agricultores que intentaban asentarse en las orillas de ese mismo lago, cuyas llanuras de barro proporcionaban suelos enriquecidos para el cultivo de sus cosechas.

El 12 de abril de 2000, justo al este del Parque La Cristianía en Chapala, un hombre de la cercana Santa Cruz de la Soledad descubrió un esqueleto completo de un animal pare-



cido a un mastodonte, que más tarde se identificó como un Gomphotherium, que perdió su lucha con los lodos de la orilla del lago hace unos 13,000 años. Aunque el tiempo y las bacterias disolvieron el pelo y la carne, los huesos permanecieron intactos. El descubrimiento y la cuidadosa extracción de los restos óseos llevó unos dos meses. Estos huesos se encuentran ahora en el pequeño, pero hermoso, Museo de Paleontología de Guadalajara. Básicamente, este museo está escondido en una esquina del Parque Agua Azul. Este museo está muy bien distribuido para que el visitante pueda hacerse una idea sobre la arqueología y sobre los “cazadores de huesos”; ya que el museo está diseñado con un suelo de plexiglás y los visitantes caminan sobre lo que parece ser una excavación en proceso. A los visitantes, sobre todo a los escolares, les encanta venir aquí en sus excursiones, y caminar por el suelo de plexiglás, observando herramientas como cepillos, hachas y palas empleadas para liberar huesos y fósiles de la tierra donde han permanecido durante eones.

El museo cuenta con una gran exposición de huesos fosilizados de numerosos tipos de osos y felinos salvajes, como el tigre de dientes de sable, etc., todos ellos dispuestos artísticamente como si un paleontólogo estuviera cepillando las capas de arena, limo y tierra compactada que han preservado estos tesoros fosilizados para los escolares de hoy y los visitantes adultos curiosos.

El Museo de Historia Natural, Museo de Paleontología de Guadalajara, se encuentra en Roberto Michel 520, esquina con González Gallo, en el Parque Agua Azul. Cierra los lunes.



AVOCADOS

By Harriet Hart



I remember the first time I tasted an avocado, four decades ago, at a dinner party in Canada. When the hostess served them as a first, starter course, I had no idea what the green oval object on the plate in front of me was. She served this exotic fruit cut in half, pit removed, and the cavity filled with salad dressing. It was love at first bite. Now here I am, fortunate to be living in the state of Jalisco, one of the major suppliers of avocados to the entire world. The avocado has gone mainstream and deserves to be, given its pedigree.

The name avocado is an Anglicization for the Aztec *ahuacatl*, which became *aguacate* in Spanish. A native of the highlands of Mexico and Central America, it has been an important food here for centuries. It was taken to Spain in 1601, Jamaica 50 years later, Asia in 1850 and the USA in 1833. Today it is a major crop in California and Florida, and of course, right here in Jalisco. Three out of every 10 avocados consumed worldwide come from Mexican soil.

Jalisco is the largest producer per acre in the world, with 62 thousand acres planted with the crop. Last year, Jalisco producers harvested 140 thousand tons, exporting 80 thousand to the USA, Canada, Japan, Korea, and China. The value of these exports was 2.8 billion USD. When COVID hit, consumption at home increased. Currently, avocado production generates 9,000 direct and 20,000 indirect jobs in Jalisco. Blessed, as we are to live in a state where avocados are produced, there are negative environmental impacts associated with such high production and exports, including extensive deforestation and loss of habitat, depletion of water resources, and increased insecticide use.

The avocado tree grows in tropical and subtropical climates, and can reach up to 65 feet in height. It has oval, waxy evergreen leaves. There are a dozen varieties, but Hass is the most common. It is oval, with dark brown shiny skin. Choosing one ready for consumption at the market or grocery store can be tricky for expats. I often ask a Mexican shopper to help me choose ones that are ready to eat (and have always been glad I did).

The avocado is a very nutritious and energizing food, an excellent source of potassium and folic acid, and a good source of vitamin B6. It also contains magnesium, pantothenic acid, vitamin C, copper, niacin, iron, vitamin A, and zinc. Despite its high fat content, it is easy to digest because it contains numerous enzymes that facilitate the breakdown of fats. It is said to be good for the stomach and intestines. Most of us think guacamole when we think of avocado, but there are many ways to serve them. You can try avoca-

do for breakfast sprinkled with salt, lime juice and a little sugar. They also go well with scrambled or poached eggs, or in breakfast smoothies. For lunch or dinner, cold avocado soup is outstanding. And, avocados are perfect in salads. Their smooth, buttery texture, delicate coloring and subtle flavour team beautifully with oranges and grapefruit drizzled with lemon vinaigrette. Add cold roasted chicken slices or cooked shrimp or bacon and tomatoes for a main dish salad. They can be added to sandwiches — like the classic BLT.

A quick informal survey of friends resulted in a list of favourite dishes featuring avocados available in local restaurants:

- » Beet/avocado/feta cheese salad at Gosha's
- » Stuffed avocado at La Ancla's
- » Guacamole made right at your table at Viva Mexico, Tia Lupita's in San Juan Cosalá
- » Cobb Salad at Sentido's

Avocados have earned the nickname "green gold" because of their high market value, but to me it implies hitting the jackpot in terms of nutrition and taste.

Sources: *Cooking with Fruit*, *The Food Encyclopaedia* and www.agrogonzamec.com.

Traditional Mexican Guacamole

- 2 avocados, peeled and pitted
- 1 cup chopped tomatoes
- ¼ cup chopped onion
- ¼ cup chopped cilantro
- 2 tablespoons lemon juice
- 1 jalapeno pepper, seeded and minced (Optional)
- Salt and ground black pepper to taste



AGUACATES

Por Harriet Hart

Recuerdo la primera vez que probé un aguacate hace unas cuatro décadas, en una cena con amigos en Canadá. Cuando la anfitriona los sirvió como aperitivo, no tenía idea de lo que era ese objeto verde y ovalado; en un plato frente a mí, estaba servida esta fruta exótica partida a la mitad, sin hueso y rellena de aderezo para ensalada. Después, fue amor a la primera mordida. Y aquí estoy ahora, con la suerte de vivir en el estado de Jalisco, uno de los principales proveedores de aguacate de todo el mundo. Dado su gran prestigio, se ha convertido en un producto en tendencia.

La palabra aguacate proviene del náhuatl “ahuacatl”, y curiosamente se traduce literalmente como “testículo” en español, por su forma ovalada. Es un fruto nativo de la Mesa del Centro de México y Centroamérica y ha sido un alimento esencial por muchos siglos. Fue llevado a España hacia 1601, a Jamaica algunos años después, luego a Asia en 1850 y llegó a Estados Unidos en 1833. Hoy en día es un cultivo importante en California y Florida, y por supuesto aquí en Jalisco. Tres de cada diez aguacates que se consumen en el mundo provienen de tierras mexicanas

Jalisco es el mayor productor por hectárea en el mundo, con 25 mil hectáreas cultivadas. El año pasado los productores jaliscienses cosecharon 140 mil toneladas, exportando 80 mil a Estados Unidos, Canadá, Japón, Corea y China. El valor de estas exportaciones fue de 2.8 mil millones de dólares. Con la llegada del COVID, el consumo en el país aumentó. Actualmente, la producción de aguacate genera 9 mil empleos directos y 20 mil indirectos en Jalisco. A pesar de la bendición de vivir en un estado donde se produce aguacate, existen impactos ambientales negativos asociados a una producción y exportación tan elevadas, como la deforestación extensiva y la pérdida de hábitat, el agotamiento de los yacimientos de agua y el aumento del uso de insecticidas.

El árbol del aguacate crece en climas tropicales y subtropicales, y puede alcanzar hasta 20 metros de altura. Tiene hojas ovaladas, brillantes y de color verde. Hay una docena de variedades, pero la Hass es la más común. Es ovalado, con una piel brillante de color marrón oscuro. Elegir uno listo para el consumo en el mercado o la tienda de comestibles puede ser complicado para los extranjeros. A menudo pido a un cliente mexicano que me ayude a elegir los que están listos para comer (y siempre me he alegrado de haberlo hecho).

El aguacate es un alimento muy nutritivo y energizante, una excelente fuente de potasio y ácido fólico, y una buena fuente de vitamina B6. También contiene magnesio, ácido pantoténico, vitamina C, cobre, niacina, hierro, vitamina A y zinc. A pesar de su alto contenido en grasa, es fácil de digerir porque contiene numerosas enzimas que facilitan la descomposición de las grasas. Se dice que es bueno para el estómago y los intestinos.

La mayoría de nosotros, los extranjeros, pensamos en guacamole cuando hablamos de aguacate, pero hay muchas formas de servirlo. Se puede probar el para el desayuno con un poco de sal, jugo de limón y un poco de azúcar. También van bien con huevos revueltos o pochados, o en licuados para el desayuno. Para el almuerzo o la cena, la sopa fría de aguacate es excepcional. Y los aguacates son perfectos en las ensaladas. Su textura suave y cremosa, su delicado colorido y su sutil sabor combinan a la perfección con las naranjas y las toronjas rociadas con vinagreta de limón. Añada rodajas de pollo asado frío o camarones cocidos o tocino y jitomates para una ensalada de plato fuerte. También pueden añadirse a sándwiches, como el clásico BLT (bacon, lettuce and tomato: tocino, lechuga y jitomate).

En una encuesta informal entre amigos, hicimos un recuento de los mejores platillos con aguacate que se pueden encontrar en algunos restaurantes de la zona:

- » Ensalada de betabel, aguacate y queso feta en Gosha's
- » Aguacate relleno en El Ancla
- » Guacamole hecho en tu mesa en Viva México en San Juan Cosala
- » Ensalada Cobb en 4 Sentido

Los aguacates se han ganado el nombre de “oro verde” por su valor en el mercado, pero para mí implica llevarse el premio mayor en términos de nutrición y sabor.





Fating Local

By Marianne Carlson

A trend that's here to stay is the purchase of locally grown fruits and vegetables instead of produce that's been trucked cross-country. While many people have gotten on board, some are wondering if the hype over the health benefits of locally grown food is all it's cracked up to be. An offshoot of the hippie movement of the 1960s and 70s, farm-to-table began as a revolt against processed food.

Food is "local" if it's grown and harvested within 100 miles of your home or the restaurant where it's served. It doesn't come from large commercial farms, and it isn't transported over long distances. In the early 2000s, farmers' markets and farm-to-fork restaurants quickly began popping up everywhere.

With almost every fruit and vegetable available in the Lakeside area, here are some of the possible advantages of eating local-grown food:

- 1) Choosing local-grown food helps to keep your money within your own community, rather than forwarding it to a national conglomerate.
- (2) Events like farmers' markets are a great way for local communities to get together and celebrate their area.
- (3) Local food tastes better than preservative-filled food that is shipped long distances. Recent studies have found that foodstuffs can be transported up to 1,500 miles on average before reaching a customer's hands. As a result, produce will lose some of its nutritional value. By buying directly from farmers, local food advocates argue that consumers will receive a product that was allowed to ripen on the vine during its intended season, which will not only be more nutritious, but also taste better than food grown out of season and then transported.
- (4) By reducing greenhouse gas emissions from transportation, local eating can have worldwide benefits, as food is often shipped worldwide, and
- (5) There are health benefits to eating local.

Grown in southern Jalisco, pomegranates are one of the healthiest foods on the planet, packed with nutrients, high in antioxidants, vitamin C, and potassium. They have wide-ranging benefits and may help reduce your

risk of type-2 diabetes, obesity, heart disease, cancer, arthritis, and other inflammatory conditions. Regular consumption of pomegranate helps in improving gut health, digestion, and keeps bowel diseases at bay. They are available September to January.

The mead extracted from agave is the raw material for alcoholic beverages such as pulque and also has various health benefits. It:

- Controls diarrhea;
- Prevents gastrointestinal diseases;
- Stimulates the immune system;
- Helps lower cholesterol;
- Is good for the digestive system—the mead has a lot of fiber that helps the digestive tract by preventing gastritis and constipation;
- Is ideal for people with diabetes—although mead contains sugars such as fructose, sucrose, and glucose, they are not processed;
- Is a galactophore (helps the production of maternal milk);
- In places where the indigenous live, drinking pulque appears to keep them healthy in the most difficult working conditions and increases longevity;
- Contains iron, ascorbic acid, and alcohol, properties that may influence the anemic state of rural women in central Mexico; and
- Contains Lactobacillus, a bacteria group considered to be probiotic.

Pulque is an authentically Mexican drink known since the Mexica, which results from the fermentation of the mead obtained from the maguey. It is also the main ingredient in a typical dish from Mazamitla, Jalisco, called *Bote*: a kind of mole de olla that is made with *pulque* and meat from beef, chicken, and pork. *Pulque* is available in numerous flavors and grades, and you might see a couple of tattooed millennials sipping strawberry-flavored *pulque* from a liter container outside a popular bar, or cowboy-hatted peasants sipping it in a Mexican village.

Honey-water or aguamiel (*Agave* sap) has been consumed by Mexicans since pre-Columbian times. Although it has been claimed by folk belief to possess some medicinal properties, scientific studies on its effect on human health are not well documented. Some believe health benefits include: keeping cholesterol levels in normal ranges; reducing blood sugar levels; and containing fructans or insoluble fibers with a hypoglycemic effect that controls sugar levels.

These are just a few of the local foods that benefit health.



Consume local

Por Marianne Carlson

Una tendencia que ha llegado para quedarse es la de comprar frutas y verduras cultivadas localmente en lugar de productos que han sido transportados en camiones a través del país. Aunque mucha gente se ha sumado, algunos se preguntan si el entusiasmo por los beneficios para la salud de los alimentos cultivados localmente es tan bueno como se dice. El movimiento “de la granja a la mesa”, derivado del movimiento hippie de los años 60 y 70, comenzó como una revuelta contra la comida procesada.

Los alimentos son “locales” si se cultivan y cosechan en un radio de 100 kilómetros de tu casa o del restaurante donde se sirven. No proceden de grandes explotaciones comerciales ni se transporta por largas distancias. A principios de la década de los 2000, mercados de productores y restaurantes “de la granja a la mesa” empezaron a surgir por todas partes.

Con una gran disponibilidad de frutas y verduras en la zona de la Ribera, he aquí algunas de las posibles ventajas de consumir alimentos cultivados localmente:

- (1) elegir alimentos cultivados localmente ayuda a mantener el dinero dentro de la propia comunidad, en lugar de enviarlo a un conglomerado nacional,
- (2) los eventos como los mercados de productores son una excelente manera de que las comunidades locales se reúnan y valoren la zona donde viven,
- (3) los alimentos locales saben mejor que los alimentos llenos de conservadores que se envían por largas distancias. Estudios recientes han descubierto que los alimentos pueden ser transportados hasta 2,400 kilómetros en promedio antes de llegar a las manos del cliente y, como consecuencia, los productos pierden parte de su valor nutritivo. Al comprar directamente a los agricultores, los promotores de la comida local argumentan que los consumidores recibirán un producto que se dejó madurar en la huerta durante la temporada prevista, lo que no sólo será más nutritivo, sino que también su sabor será mejor que el de los alimentos que fueron cultivados fuera de temporada y luego transportados,
- (4) al reducir las emisiones de gases de efecto invernadero derivadas del transporte, la alimentación local puede tener beneficios a nivel mundial, ya que los alimentos comúnmente se exportan, y
- (5) hay beneficios para la salud al consumir lo local.

Estos son solo algunos de los productos locales que traen beneficios a la salud.

Al sur de Jalisco se cultivan las granadas, que son uno de los alimentos más saludables del planeta, repletas de nutrientes, con alto contenido en antioxidantes, vitamina C y potasio. Sus beneficios son bastantes, por ejemplo, pueden ayudar a

reducir el riesgo de diabetes tipo 2, obesidad, enfermedades cardíacas, cáncer, artritis y otras afecciones inflamatorias. El consumo regular de granada ayuda a mejorar la salud intestinal, la digestión y permite prevenir las enfermedades intestinales. Pueden adquirirse de septiembre a enero.

El aguamiel extraído del agave es la materia prima de bebidas alcohólicas como el pulque y además tiene varios beneficios para la salud:

- controla la diarrea,
- previene enfermedades gastrointestinales,
- estimula el sistema inmunológico,
- ayuda a reducir el colesterol,
- es bueno para el sistema digestivo: el aguamiel tiene mucha fibra que ayuda al tracto digestivo previniendo la gastritis y el estreñimiento,
- es ideal para las personas con diabetes: aunque el aguamiel contiene azúcares como la fructosa, la sacarosa y la glucosa, no son procesados,
- es un galactóforo (ayuda a la producción de leche materna),
- en algunas comunidades indígenas donde se bebe pulque, parece que los mantiene sanos en condiciones de trabajo duras y aumenta la longevidad,
- contiene hierro, ácido ascórbico y alcohol, propiedades que pueden influir en el estado anémico de las mujeres rurales del centro de México,
- contiene *Lactobacillus*, un grupo de bacterias consideradas probióticas.

El pulque es una bebida auténticamente mexicana, conocida desde los tiempos de los mexicas, que surge de la fermentación del aguamiel obtenido del maguey. También es el ingrediente principal de un plato típico de Mazamitla, Jalisco, llamado Bote: una especie de mole de olla que se elabora con pulque y carne de res, pollo y cerdo. El pulque está disponible en numerosos sabores y grados, y quizás alguna vez se encuentre a un par de millennials tatuados saboreando pulque con sabor a fresa en un recipiente de un litro a la salida de un bar popular, o a campesinos con sombrero de vaquero tomándolo en algún pueblo mexicano.

El aguamiel (savia de agave) ha sido consumido por los mexicanos desde tiempos precolombinos. Aunque la creencia popular afirma que posee algunas propiedades medicinales, los estudios científicos sobre su efecto en la salud humana no están bien documentados. Como parte de los beneficios que se le atribuyen, se cree que: mantiene los niveles de colesterol en rangos normales, reduce los niveles de azúcar en la sangre, contiene fructanos o fibras insolubles con un efecto hipoglucémico que controla los niveles de azúcar.



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