

VOLUME 39, APRIL, 2022  
VOLUMEN 39, ABRIL, 2022

FREE  
GRATIS

# CONEXIONES

People Helping People • Gente Ayudando Gente

Hope, Passion, and Possibility  
Esperanza, Pasión y Posibilidad

Vamos Juntos • Coming Together



PUBLICACIÓN

# Concerts in the Park

Presented by  
Steve Balfour

Enjoy Vallarta, Broadway & Hollywood Performers  
in the Lush Gardens of

Tickets available at the Lake Chapala Society  
Office 10:00 am - 2 pm  
Monday through Saturday,  
or at [LakeChapalaSociety.com](http://LakeChapalaSociety.com)

## CINEMUSIC

### BELOVED SONGS FROM HOLLYWOOD

Christy  
Caldwell



Linaje  
Bohemio



Douglas  
Voet



APR  
24  
2:30  
5:00  
SHOWS

LCS FUNDRAISING EVENTS

PRESENTS



# Fashion Show

Featuring One - of - a - Kind  
fashions by local designer

*Alma Gutiérrez*

Cash bar  
\$300 Admission  
includes appetizers

APR  
27  
2PM  
3:30

# 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.*

## Board of Directors

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**Executive Director / Director Ejecutivo:** Luis Pacheco

## Conecciones Team

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.*

**Publisher / Editorial:** Lake Chapala Society

**Editor-in-Chief / Editor en Jefe:** Luis F. Pacheco

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**Translations / Traducciones:** Diana Ayala y Neri Navarro

Conecciones welcomes submissions of articles from Lakeside authors — we reserve the right to edit as necessary. Submissions should be in MS Word 600 words, and should be directed to

[submissions@lakechapalasociety.com](mailto:submissions@lakechapalasociety.com). Advertisement inquiries should be directed to [ventas@lakechapalasociety.com](mailto: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](mailto:editor@lakechapalasociety.com). Las consultas sobre publicidad deben dirigirse a [ventas@lakechapalasociety.com](mailto:ventas@lakechapalasociety.com).*

All prices include free design work except business card ads. All ads/ad information must be submitted by the 10th of the month for inclusion in the next month's magazine. Send to [ventas@lakechapalasociety.com](mailto:ventas@lakechapalasociety.com) / *Todos los precios incluyen el trabajo de diseño gratuito, excepto los anuncios de tarjetas de presentación. Todos los anuncios/información de anuncios deben ser enviados antes del día 10 del mes para su inclusión en la revista del mes siguiente.*  
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## Conecciones Advertising Prices / Precios de los Anuncios 2022

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# President's Message Mensaje del Presidente

As we enter into Spring, I would first like to thank the many members who attended our March Annual General Meeting and thank you for your support. The Board of Directors look forward to making 2022 one of our best years yet.

Additionally, as we have passed the one year anniversary of Concerts in the Park I would like to also thank the many concert attendees which have accounted for over 5,000 tickets sold. The funds from this effort are what has gotten us through these past 12 months and there are more to come. Join us April 24th for a special concert of songs from Hollywood.

We are also thankful to the many who make the Lake Chapala Society such a tremendous asset to the entire community. Over 1,000 people per week visit LCS and our membership numbers have started to grow and recover from the two years of Covid decline. Likewise our programs are also showing great growth.



As we rebound we continue to be in need of more volunteers for our Board committees, campus projects, customer service areas and activities. There is a volunteer application available through our website.

With Spring in the air our gardens are looking wonderful, thanks to a team of volunteers and our two staff. If you have not been to the gardens of LCS lately, stop by for a real treat.

I look forward to seeing you around the campus.

*Steve Balfour  
Your President  
For The Lake Chapala Society*

Al entrar en la primavera, me gustaría en primer lugar dar las gracias a todos los socios que asistieron a nuestra Asamblea General Anual en marzo y agradecerles su apoyo. La Mesa Directiva espera que el 2022 sea uno de nuestros mejores años.



Además, ya que hemos superado el primer aniversario de los Concerts in the Park, me gustaría dar las gracias a los numerosos asistentes a los conciertos, que han generado más de 5,000 entradas vendidas. Los fondos de este esfuerzo son los que nos han permitido pasar estos últimos 12 meses y hay más por venir. Acompáñenos el 24 de abril en un concierto especial de canciones de Hollywood.

También estamos agradecidos a los muchos que hacen que Lake Chapala Society sea un tremendo activo para toda la comunidad. Más de 1,000 personas por semana visitan LCS y nuestro número de miembros ha comenzado a crecer y a recuperarse de los dos años de disminución durante la pandemia de Covid. Asimismo, nuestros programas también están mostrando un gran crecimiento.

Mientras repuntamos, seguimos necesitando más voluntarios para nuestros comités de la Mesa Directiva, proyectos del campus, áreas de servicio al cliente y actividades. Hay una solicitud de voluntariado disponible a través de nuestra página web.

Con la primavera en el aire, nuestros jardines tienen un aspecto maravilloso, gracias a un equipo de voluntarios y a nuestros dos jardineros. Si no has estado en los jardines de LCS últimamente, date una vuelta por ellos para disfrutar de un verdadero placer.

Espero verlos por el campus.

*Steve Balfour  
Su Presidente  
Para Lake Chapala Society*

# EARTH DAY FESTIVAL

## BY HARRIET HART

### What can we do to take care of our earth?

If you want to learn about local issues, learn what others are doing about them, and find out how you can help, attend the upcoming Earth Day Festival April 22 – 24<sup>th</sup> in the Ajijic Plaza.

I recently met with organizer Doug Reid to find out more. Things will kick off Friday evening with the film *Michicihualli*, a recent production of the *Cochera Cultural*. One of its creators, Antonio Lopez Vega, says the story originated for him from his grandmother, who used to say if he misbehaved that *Michicihualli*, the goddess of Lake Chapala, would punish him. He now interprets this to mean if we take care of the lake, it will take care of us; if we mistreat it, we will suffer negative consequences. The film is in Spanish, with English subtitles. It will be screened in the Cultural Center.

Saturday and Sunday there will be booths set up in the plaza; Doug is inviting groups and organizations involved in environmental issues and/or concerns to participate. Inside the cultural center, there will be speakers including a geologist and an environmental lawyer; outside will be displays of sustainable products, lessons on composting, and entertainment by indigenous musicians. Special activities are planned for children.



Doug moved to Lakeside permanently just over seven years ago, and has recently created an organization, *Connexion Ambiental* just to organize this Earth Day festival. Their stated mission is: “to create connections of earth protectors and territory defenders, indigenous communities, educators and the public/people. In doing this, our goal is to create a unified network, to empower each other and the community to create a greater impact on public policy and the Life Supporting Systems.”

There is no cost to reserve a booth. Doug encourages everyone to come out and “educate yourself” about Mother Earth and how as her offspring, we can contribute to keeping her healthy. For more information contact: doug reid at [doug4yoga@gmail.com](mailto:doug4yoga@gmail.com).



## Felipe González

### Attorney at Law



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 Monday to Friday 8:30am to 4:30pm  
Saturdays 8:30am to 2:00pm

[www.lakechapasociety.com](http://www.lakechapasociety.com)



*Congratulations*



*for its*

*3rd Anniversary*





# Hospital San Antonio

3<sup>rd</sup> Anniversary

Hospital San Antonio was born three years ago with the objective of providing the highest quality of specialized and integrated medical-hospital services in the Lakeside area, with personnel of great human empathy and both professional and academic excellence. Our guiding principles are ethics, quality and service, values that we strive to adhere to every day in order to ensure the safety and quality of care for our patients in a comfortable environment and thus fulfill our brand promise which is “We take care of you”. This promise carries with it a great responsibility, because when a patient or physician chooses us, he or she is putting the patient’s health and life under our care.

Every day we strive to be better, have a better infrastructure and have the latest technology to provide excellent care. We have medical specialists and state-of-the-art infrastructure in order to perform minimally invasive procedures for the benefit of patients’ recovery, including:

- Angioplasty
- Arthroscopic surgery
- Catheterizations
- Colonoscopies
- Endoscopic spine surgery
- Gallbladder surgery
- Hip surgery
- Neurosurgery
- Open Heart Surgery
- Umbilical hernia surgery

In the last year we have made very significant advances for the benefit of our patients by adding additional services or procedures to those we already had.

- |   |   |   |
|---|---|---|
| <b>9</b> Hospitalization rooms<br>Habitaciones de hospitalización | <b>3</b> Emergency observation units<br>Unidades de observación de urgencias        | <b>1</b> 128-slice tomograph<br>Tomógrafo de 128 cortes           |
| <b>2</b> Intensive care units<br>Unidades de cuidados intensivos  | <b>2</b> 24-hour emergency clinics<br>Consultorios de urgencias - 24 horas          | <b>2</b> X-ray equipment<br>Equipos de rayos X                    |
| <b>3</b> Operating rooms<br>Quirófanos                            | <b>5</b> Outpatient clinics<br>Consultorios de consulta externa                     | <b>1</b> Fluoroscopy equipment<br>Equipo de fluoroscopia          |
| <b>1</b> Shock Room<br>Sala de Shock                              | <b>1</b> Water filtration system<br>Sistema de filtrado de agua                     | <b>1</b> Hemodynamics Unit<br>Unidad de Hemodinamia               |
| <b>1</b> Emergency plant<br>Planta de emergencia                  | <b>1</b> 1.5 tesla magnetic resonance imaging<br>Resonancia magnética de 1.5 teslas | <b>2</b> Intensive Therapy Units<br>Unidades de Terapia Intensiva |
| <b>1</b> Hemodialysis unit<br>Unidad de hemodiálisis              |   |   |
| <b>2</b> Cisterns<br>Cisternas                                    |   |   |

**721** SURGERIES PERFORMED  
CIRUGÍAS REALIZADAS

Hip replacements Knee replacements Fractures Knee arthroscopies Foot surgeries Shoulder surgeries Hernias Gall bladder Appendix Hysterectomies Childbirth Cesarean sections Cataract Spine Neurosurgery Mastectomies Resection of skin tumors.	Remplazos de cadera Reemplazos de rodilla Fracturas Artroscopias de rodilla Cirugías de pie Cirugías de hombro Hernias Vesícula Apéndice Histerectomías Partos Cesáreas Catarata Columna Neurocirugía Mastectomías Resección de tumoraciones de la piel.
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**1,133** PROCEDURES PERFORMED  
PROCEDIMIENTOS REALIZADOS

Endoscopies, Colonoscopies, Resection of dermatological tumors, Facet blocks.	Endoscopias Colonoscopias Resección de tumores dermatológicos Bloqueos facetarios
--	--

**5,559** HEMODIALYSIS  
HEMODIÁLISIS

Team that makes up the Hemodialysis area: Two Nurses and a Physician, Specialists: Two Nephrologists.

Equipo que conforma el área de Hemodiálisis: Dos Enfermeras y un Médico. Especialistas: Dos Nefrólogos.

**16,841** PATIENTS  
PACIENTES

Patients attended, without considering outpatient consultation or outpatient laboratory and imaging studies.

Pacientes atendidos, sin considerar consulta externa ni estudios de laboratorio e imagen ambulatorios.





### Intensive Care.

The intensive care unit was added in order to provide specialized care to patients in critical condition or who, due to the nature of the surgical procedure they underwent, require this type of care.

We have:

- i. Two cubicles for intensive care.
- ii. Advanced vital signs monitoring.
- iii. Mechanical ventilators with invasive and non-invasive therapy modality.
- iv. Advanced defibrillator.
- v. Therapeutic mattresses.

In addition to the above, a team of intensive care physicians who, together with the nursing staff, are in charge of “Taking care of our patients”.

### To complete our services we added the Department of Hemodynamics and Interventional Cardiology DHeCI (Hemodynamics Room).

Inaugurated at the end of July 2021, this department provides service to the entire La Ribera area, and is of the utmost importance because it saves the patient from having to travel to Guadalajara for procedures that require immediate attention. No one wants to add the stress of traffic to a medical emergency! To date, more than 120 procedures have been performed, including catheterizations, angioplasties for peripheral vascular disease (PAD), pacemaker placement, coronary angioplasties, neurological intervention in stroke, vena cava filters, carotid angioplasty and other diagnostic procedures. Among the procedures performed, we highlight in particular 2 that, due to their complexity, required a human and technological effort for their realization: Aortic Valve Replacement (TAVI) and Cardiac Ablation.

The San Antonio Hospital DHeCi is fully equipped with state-of-the-art technology. We are fortunate as there are less than 20 such rooms in Jalisco.

This marks an unprecedented event for all medical

care provided in the area, as it allows us to move from a 2nd to a 3rd level of care, and avoid once and for all the need to travel to Guadalajara for medical attention. The intent is to serve the entire area, including towns in Michoacán, enabling them to get faster medical attention.

### Open heart surgery.

On February 14, 2022 we added a new success in the history of the Hospital y de la Ribera de Chapala by performing the first open heart surgery in the region to replace a patient’s mitral valve. This procedure required a large team of specialists who expose the heart, and with the support of specialized equipment, stop it for a period of time and perform the replacement of the valve with a prosthesis.

This type of surgery corrects the functioning of the heart, allowing the patient to improve his oxygenation and improve his quality of life and we are very proud to be part of this success story.

### International Medical insurance

Starting last year, in order to provide better service and personalized attention, the international insurance service was improved, making its operation more transparent. At Hospital San Antonio we are aware of the doubts that exist on this subject, so we have carried out several informative talks in Lake Chapala Society and in the American Legion, in order answer the question, “what does my insurance cover?”



### Our People

We cannot fail to mention and thank the commitment and dedication of the staff working at the Hospital San Antonio; We are currently a family of just over 100 people who strive every day to “Take care of you” and we are proud that more than 95% of the staff is from the Chapala Ribera (San Antonio, Chapala, Jocotepec and Ixtlahuacán de los membrillos) thus generating jobs for the community.

With all these advances, Hospital San Antonio has become a Level Three Health Care Hospital, which, given the equipment and infrastructure we now have, allows us to perform the highest level medical specialty procedures in order to support and promote the health and recovery of our patients.

Remember: **#WeTakeCareOfYou**



Hospital San Antonio nace hace tres años con el objetivo de Proporcionar servicios médico-hospitalarios especializados e integrales de la más alta calidad en la ribera de Chapala con personal de gran calidad humana, excelencia profesional y académica. Teniendo como ejes rectores la Ética, Calidad y el servicio; Valores que nos esforzamos día con día para apegarnos a ellos de tal manera que garanticemos la seguridad y la calidad de la atención de nuestros pacientes en un ambiente confortable y así cumplir con nuestra promesa de marca que es “Nosotros Cuidamos de Ti”. Esta promesa conlleva una gran responsabilidad, ya que cuando un paciente o médico nos elige está poniendo bajo nuestro cuidado la salud y vida del paciente.

Cada día nos esforzamos por ser mejores, contar con una mejor infraestructura y tener tecnología de vanguardia para brindar una atención de excelencia. Contamos con especialistas médicos, infraestructura de vanguardia para realizar procedimientos de mínima invasión en beneficio de la recuperación de los pacientes, como:

- Cateterismos
- Angioplastias
- Cirugía Artroscópica
- Cirugía de cadera
- Cirugía de columna endoscópica
- Cirugía de corazón abierto
- Cirugía de hernia umbilical
- Cirugía de vesícula
- Colonoscopias
- Neurocirugía



En el último año hemos tenido avances muy significativos en beneficio de nuestros pacientes añadiendo servicios o procedimientos adicionales a los que ya teníamos.

### Terapia intensiva.

Se agregó la unidad de cuidados intensivos con objeto de brindar atención especializada a pacientes en estado crítico o bien que por la naturaleza del procedimiento quirúrgico al que fueron sometidos, requieren de este tipo de cuidados. Contamos con:

- Dos cubículos para terapia intensiva.
- Monitoreo de signos vitales avanzados.
- Ventiladores mecánicos con modalidad de terapia invasiva y no invasiva.
- Desfibrilador avanzado.
- Colchones terapéuticos

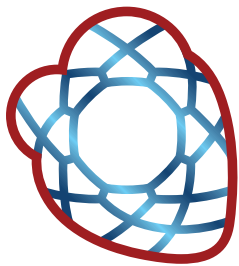
Sumado a lo anterior el equipo de médicos intensivistas que en conjunto con el personal de enfermería se encargan de “Cuidar de nuestros pacientes”

Añadimos el **Departamento de Hemodinámica y Cardiología Intervencionista DHeCI (Sala de Hemodinamia)** completando nuestros servicios.

Inaugurada a finales de julio 2021, brinda servicio en toda la zona de la Ribera, y es de suma importancia porque evita al paciente el traslado a Guadalajara para procedimientos que requieren atención inmediata. Nadie quiere sumar el stress del tráfico a una emergencia médica. A la fecha se han llevado a cabo más de 120 procedimientos, entre cateterismos, angioplastias de enfermedad vascular periférica (PAD), colocación de marcapasos, angioplastias coronarias, intervención neurológica en derrame, filtros de vena cava, angioplastia carotídea así como otros procedimientos diagnósticos.

Dentro de los procedimientos realizados destacamos en particular 2 que por su complejidad requirieron un esfuerzo humano y tecnológico para su realización

Remplazo de Válvula Aórtica (TAVI) y Ablación Cardíaca. DHeCi dentro del Hospital San Antonio está totalmente equipado con tecnología de última generación. En Jalisco existen menos de 20 salas de este tipo, por lo que somos afortunados. Esto marca un hecho sin precedentes para toda la atención médica que se presta en la zona, permitiendo pasar de un 2º a un 3º nivel de atención, y evitando de una vez por todas la necesidad de viajar a Guadalajara para recibir atención médica. La idea es atender toda la zona, incluyendo poblados de Michoacán los cuales llegan más rápido aquí, haciendo una gran diferencia en la atención médica.



**DHeCi**  
— AJJIC —  
Departamento de Hemodinámica  
y Cardiología Intervencionista

### Cirugía a corazón abierto.

El pasado 14 de febrero 2022 sumamos un nuevo éxito en la historia del Hospital y de la Ribera de Chapala al llevar a cabo la primera cirugía a corazón abierto en la región; En este procedimiento se realizó un reemplazo de la válvula mitral de un paciente. Este procedimiento requirió de la suma de un gran equipo de especialistas que llegan al corazón, lo detienen, con apoyo de equipo especializado, por un periodo de tiempo y realizar el reemplazo de la válvula por una prótesis.

Este tipo de cirugía corrige el funcionamiento del corazón, permite al paciente mejorar su oxigenación mejorando su calidad de vida. Estamos muy orgullosos de ser parte de esta historia de éxito y ayudar a que nuestro paciente mejorara su calidad de vida.



### Área de seguros internacionales

A partir del año pasado se mejoró el servicio de seguros internacionales transparentando su operación, con la finalidad de brindar un mejor servicio y atención personalizada. En Hospital San Antonio somos conscientes de las dudas que existen sobre este tema, por lo que hemos llevado a cabo diversas pláticas informativas en Lake Chapala Society y en la Legión Americana, con la finalidad de resolver dudas. ¿Qué cubre mi seguro?

- Blue Cross Blue Shield
- UnitedHealthcare – AARP
- Medicare Advantage Plan
- Aetna
- Cigna
- IMG
- Seven Corners
- Kaiser Permanente
- Travel Insurances

### Nuestra Gente

No podemos dejar de mencionar y agradecer el compromiso y dedicación del personal que labora en el Hospital San Antonio; Actualmente somos una familia de poco más de 100 personas que día con día se esfuerzan por “Cuidar de ti” nos llena de orgullo que más del 95% del personal es de la Ribera de Chapala (San Antonio, Chapala, Jocotepec e Ixtlahuacán de los membrillos) contribuyendo así a generar empleos para la comunidad.

Con todos estos avances el Hospital San Antonio se ha convertido en un Hospital de Tercer Nivel de Atención Médica, que dado el equipamiento e infraestructura nos permite realizar procedimientos de alta especialidad médica a favor de la salud y recuperación de nuestros pacientes.

Recuerda: *#NosotrosCuidamosDeTi*

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# ADHD in the Family

By Sydney Metrick

ADHD is a neurobiological condition that impacts the executive functions of the brain, and affects 3-7 % of the population. The executive functions are necessary for goal-directed behaviors and abilities that influence basic skills, like what we can and do pay attention to, memory, and even motor skills. Executive functions allow people to initiate and complete tasks, and to persevere in the face of challenges.

Here's what ADHD might look like:

## Pop Ups

Many people with ADHD have bouncy minds. This is great for making creative leaps or associations that lead to understanding.

However, often times this kind of thinking is problematic.

**Example:** A child has a task or project they're supposed to accomplish. Suddenly a pop-up thought bursts into their consciousness, effectively obliterating whatever they had been thinking about or doing. They'll typically follow the new thought and forsake the previous plan or activity. They may not even recall that there WAS a previous intention. These pop-up thoughts are internal distractions. What can you do? You can help the child train their brain. Our brains have a quality of plasticity and by creating new habits the brain actually changes. Of course, there are limitations.

## Interrupting

That bouncy mind makes amazing associations. These creative leaps are great when they lead to brilliant ideas and solutions. But sometimes those ideas leap in another direction—right out of a child's mouth and into the middle of a conversation, sometimes in a very inappropriate way. This is called "interrupting."

What to do? When a thought erupts, it's kind of like that little envelope that pops up on the corner of a computer screen to let you know a new email message has arrived. It appears for a second then disappears. With email, the message will remain in the computer, but thoughts are as fragile as dreams. They emerge and fade. Sometimes it helps to have paper and something to write with for making a "note to self."

## Homelessness

Does your child regularly misplace homework, cell phone, jacket, shoes, games and other important items?

Chances are, it's because the items are "homeless." Creating a place for things to live, an address so to say: coat hooks, labeled shelves helps. Think of how a kindergarten classroom looks. Using the "home" means developing a habit, but having the designated place makes it easier.

## Clutter

Speaking of homelessness, one of the reasons children have stacks of games and books is because they have no designated locations for these things. To create places, you first start with sorting. Decide what to keep, what to give away, throw away, recycle. How do you know what to keep? Has it been used it in the past year? Would it be used anytime soon? Is there a place to keep it where it can be found it again?

## Understanding ADHD

Generally, one or both parents will have ADHD. It often persists into adulthood, but with some different expressions. There are challenges, but also gifts.

## Common symptoms:

Trouble concentrating and staying focused

- Zoning out in conversations
- Easily distracted

- Trouble completing tasks
  - Tendency to overlook details
- Another side of this is hyper focus
- Getting so involved with something interesting, the computer, a project that they are late for other tasks or appointments

Disorganization and forgetfulness are other areas of challenge that include:

- Poor organizational skills
- Tendency to procrastinate
- Trouble starting and finishing big projects
- Chronic lateness
- Constantly losing or misplacing things
- Underestimating how long it take to complete a task
- Impulsivity
- Interrupting or talking over others
- Blurting

## Restlessness

Often children with ADHD are underachievers, and may have poor self-esteem. They've frequently been criticized by others and are self-critical.

There is a value of having strategies to address challenges whether or not officially diagnosed, and it's important to start early. Some parents choose medication but there are alternatives to medication such as coaching and training.

Basic things that you can do to help your child succeed at school. Exercise, Routines, Color Coding, Seating, Timers

The most important thing to remember is children with ADHD are doing the best they can. Support and assistance work wonders.

## ADHD Websites

[www.additudemag.com](http://www.additudemag.com)

ADHD News

[www.adhdnews.com](http://www.adhdnews.com)

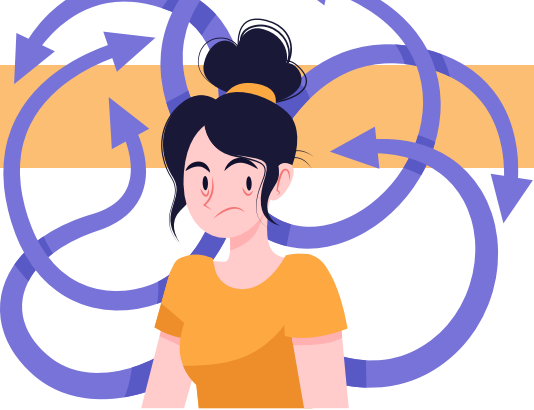
A Healthy Place

[www.healthyplace.com/adhd](http://www.healthyplace.com/adhd)

Children and Adults with ADD (CHADD)

[www.chadd.org](http://www.chadd.org)





# TDAH en la Familia

## Por Sydney Metrick

**El TDAH (Trastorno por Déficit de Atención e Hiperactividad) es una condición neurobiológica que tiene un impacto en las funciones ejecutivas del cerebro, y afecta del 3 al 7% de la población. Las funciones ejecutivas son necesarias para conductas dirigidas por objetivos y capacidades que influyen en habilidades básicas, como la concentración, la memoria e incluso habilidades motoras. Las funciones ejecutivas permiten a la gente iniciar y completar tareas, y perseverar ante diversos desafíos.**

El TDAH puede manifestarse de estas formas:

### **Pensamientos repentinos**

Mucha gente con TDAH tiene una mente "saltarina". Esto se muestra muy útil para hacer propuestas creativas y asociar distintos elementos para comprenderlos. Sin embargo, muchas veces este tipo de pensamientos puede ser problemático.

**Por ejemplo:** Un niño tiene una labor o proyecto que deben cumplir. De repente, uno de estos pensamientos surge en su psique y anula lo que estaba pensando o haciendo anteriormente. Típicamente, el niño seguirá el nuevo pensamiento y abandonará el plan o actividad anteriores. Puede que ni siquiera recuerde que había una labor previa en primer lugar.

Estos pensamientos repentinos son distracciones internas. ¿Qué puedes hacer tú al respecto? Puedes ayudar al niño a entrenar su cerebro. Nuestros cerebros tienen plasticidad, y al crear nuevos hábitos nuestro cerebro realmente cambia. Por supuesto, también existen limitaciones.

### **Interrupciones**

Esa mente saltarina hace asociaciones increíbles. Estas propuestas creativas son excelentes cuando llevan a ideas brillantes y soluciones. Pero a veces esas ideas están encaminadas hacia otra dirección, y son expresadas por un niño en medio de una conversación de una manera inapropiada. Esto se llama "interrumpir".

¿Qué hacer en esta situación? Cuando un pensamiento nace, es como ese pequeño sobre que se asoma en la esquina de una pantalla de computadora para avisarte que ha llegado un nuevo correo. Aparece por un segundo y después desaparece. Con el correo electrónico, el mensaje permanecerá en la computadora, pero los pensamientos son tan frágiles como los sueños. Emergen y después se desvanecen. A veces ayuda tener papel y lápiz para hacer una "nota personal".

### **Objetos errantes**

¿Su hijo coloca su tarea, celular, suéter, zapatos, juegos y otros objetos importantes en lugares equivocados constantemente?

Lo más probable es que lo haga porque esos objetos no tienen un "hogar". Es de ayuda crear un espacio en el que habiten las cosas, una especie de dirección: ganchos para abrigos, estantes con etiquetas. Piense en la apariencia de un salón de kínder. Crear estos "hogares" para objetos significa desarrollar un hábito, y tener un lugar designado para ellos facilita el proceso.

### **Desorden**

Hablando de objetos errantes, una de las razones por las que los niños tienen montañas de juegos y libros es porque no tienen lugares designados para ellos. Para crear lugares, uno comienza ordenando. Decidiendo qué quedarse, qué regalar, tirar o reciclar. ¿Cómo sabe uno qué quedarse? ¿Ha sido usado el último año? ¿Se volvería a utilizar pronto? ¿Hay algún lugar para tenerlo y que pueda volverse a encontrar fácilmente?

### **Entendiendo el TDAH**

Generalmente, uno o dos de los padres tendrán TDAH. Comúnmente este trastorno continúa durante la adultez, pero con diferentes manifestaciones. Tiene sus desafíos, pero también tiene beneficios.

### **Síntomas comunes:**

Problemas de concentración y enfoque

- Perdiendo atención durante conversaciones
- Distracción fácil
- Dificultad para terminar tareas
- Costumbre de ignorar detalles

Otra cara de este trastorno es la concentración excesiva:

- Involucrarse tanto con algo interesante como la computadora o algún proyecto, que puede retrasar otras tareas o compromisos

La desorganización y falta de memoria son otras áreas de desafío que incluyen:

- Habilidades organizacionales deficientes
- Tendencia a procrastinar
- Problemas iniciando y completando proyectos grandes
- Impuntualidad crónica
- Pérdida y desacomodo constante de objetos
- Desestimación del tiempo que tomará terminar una tarea
- Impulsividad
- Interrupción durante conversaciones, hablar mientras otros hablan
- Exclamaciones repentinas
- Inquietud

Los niños con TDAH comúnmente son de bajo rendimiento, y pueden tener un bajo autoestima. Han sido criticados frecuentemente por otros y son autocríticos también. Tener estrategias para solucionar desafíos con o sin un diagnóstico oficial es de gran valor, y es importante empezar pronto. Algunos padres eligen la medicación pero hay alternativas a esta solución, como coaching y entrenamiento.

Cosas básicas que puede hacer para ayudar a su hijo a tener éxito en la escuela.

Ejercicio, Rutinas, Separación por colores, Cambiar el lugar en que se sienta, Uso de cronómetros.

Lo más importante por recordar es que los niños con TDAH están haciendo lo mejor que pueden. El apoyo emocional y la ayuda hacen una gran diferencia.

# Art Classes at Diane Pearl's *By Harriet Hart*

Once upon a time Diane Pearl once had a dream – to use her gallery/shop as an arts center, a place where creativity flowed and skills were passed from expert to novice. And now, in her new location in Ribera, that dream has come true.

One Monday morning in late February I rang the bell on Diane's gate, and was greeted by Ana Peña and José Loya, two gifted ceramic artists from Mata Ortiz who were at Lakeside to conduct a class. To my right was a tall metal shelf displaying their fabulous pieces, and in front of me a group of the most enthusiastic students I've ever met, anywhere!

*"We made our own brushes – out of our own hair."*

*"You should see how they fire the pots – on a bonfire doused with diesel fuel with a plant pot put over top to create an oven."*

*"Do you know the history of Mata Ortiz pottery?"*



I promised to return when I had more time – and on Friday, the last day of class, I did. The teachers and their students were still eager to share their experience and show me their work. I pulled up a chair and sat down with Ana and José who have been married for 26 years, have three children, and who all work together as a family.

José began learning how to do ceramics at the age of ten, guided by his own parents and by Juan and Noé Quezada. His mother made pots well into her old age, and as her eyesight failed, had her offspring paint them. The passing down of this pottery tradition is a tradition in itself, and both Ana and José love teaching or as José puts it *"planting the seeds"*, thereby sharing his love of this art form.

With workshop participant Dawn Carver as translator, José explained how art is essential to his life, how grateful he is to the students for the interest they show, how it gives him such pleasure to impart the knowledge passed down to him from his parents and grandparents. He knows it will be difficult with so little time – Ana said it took her two years of constant practice before she became proficient!

José feels his art as an inner happiness; teaching is part of *"my skin, my blood."* It is essential in his life. He shows me the kiln in the back garden – a small campfire, with a platform made out of screen, where he places each pot and fires it. He prays every time he lifts the cover – will this particular piece be intact when the lid is lifted?

The students all wanted to describe their week making Mata Ortiz pots. Darshanie, who sat quietly at a back table, said, *"it's meditative. It's a slow, slow process with no quick results."* Betsy Chaps said, *"I appreciate Jose's work and was eager to learn it."*

Blanca, who is usually the translator for the students, is a trained artist herself who also teaches classes at Diane Pearl's. She told me that the process is more important than the result. *"I'm a black and white person – I needed a little color in my life."*

Dawn, an experienced potter already, said she wanted to acquire new skills – to learn how to shape the pots by hand, not on a potter's wheel. Carol described classes as where they learn, and home where they practice what they've learned.

She laughed when asked how many pieces she has completed. *"That's a well-kept secret,"* she said.

When asked to sum up their experiences, teachers and students were enthusiastic. José and Ana expressed gratitude to the class for their interest in an art form that dates back centuries. Dawn called the class *"a mutual admiration society"*, Betsy said the experience will *"stay in my heart forever"*, Carol spoke of the love in every piece, and Darshanie spoke volumes with her quiet smile. Diane assured me that classes in Mata Ortiz pottery would be offered on a regular, ongoing basis.

Diane said she believes that as we age, we need to feel relevant. Two excellent ways of giving meaning to our lives are learning new skills and creativity. Kate Schomp will be offering classes on jewelry making: stringing, beading, metalsmithing, soldering and using a torch. Blanca Casanova will teach jelly printing, Octavio papier mache and Sherry retablos.

**If you want more information or to register for a class call Diane at 376 766 5683 or check out her Facebook page. Classes are limited in size (normally to six students), are held outdoors and respect social distancing. Diane has realized her dream and you might add relevance and meaning to your life, or simply have some fun and meet some new people.**



# Clases de arte en Diane Pearl's

Por Harriet Hart

Hace tiempo, Diane Pearl tuvo un sueño: utilizar su galería/tienda como centro de arte, un lugar donde la creatividad fluyera y las habilidades se transmitieran de experto a novato. Y ahora, en su nueva ubicación en Riberas, ese sueño se ha hecho realidad.

Un lunes por la mañana, a finales de febrero, llamé al timbre de la puerta de Diane y me recibieron Ana Peña y José Loya, dos talentosos artistas de la cerámica de Mata Ortiz que estaban en la Ribera para dar una clase. A mi derecha había una alta estantería de metal que mostraba sus fabulosas piezas, y frente a mí un grupo de los estudiantes más entusiastas que he conocido jamás.

*"Hicimos nuestros propios pinceles, con nuestro propio pelo".*

*"Deberías ver cómo cuecen las ollas: en una hoguera rociada con diésel y con una maceta puesta encima para crear un horno".*

*"¿Conoces la historia de la cerámica de Mata Ortiz?"*

Prometí volver cuando tuviera más tiempo, y el viernes, último día de clase, lo hice. Los profesores y sus alumnos seguían dispuestos a compartir su experiencia y a mostrarme su trabajo. Acerqué una silla y me senté con Ana y José, que llevan 26 años casados, tienen tres hijos y trabajan juntos en familia.

José empezó a aprender a hacer cerámica a los diez años, guiado por sus padres y por Juan y Noé Quezada. Su madre fabricó vasijas hasta una edad avanzada y, cuando le falló la vista, hizo que sus hijos las pintaran. El transmitir esta tradición alfarera es una tradición en sí misma, y tanto a Ana como a José les gusta enseñar o, como dice José, *"plantar las semillas"*, compartiendo así su amor por esta forma de arte.

Con la participante en el taller Dawn Carver como traductora, José explicó cómo el arte es esencial en su vida, lo agradecido que está con los alumnos por el interés que muestran, el placer que le produce impartir los conocimientos que le transmitieron sus padres y abuelos. Sabe que será difícil con tan poco tiempo -¡Ana dijo que le costó dos años de práctica constante antes de llegar a dominar!

José siente su arte como una felicidad interior; la enseñanza es parte de *"mi piel, mi sangre"*. Es esencial en su vida. Me mostró el horno en el jardín trasero: una pequeña hoguera, con una plataforma hecha de malla, donde coloca cada olla y la cuece. Cada vez que levanta la tapa, reza: ¿estará intacta esta pieza en particular cuando se levante la tapa?

Todos los estudiantes quisieron describir su semana de elaboración de las ollas Mata Ortiz. Darshanie, que se sentó tranquilamente en una mesa del fondo, dijo: *"Es meditativo. Es un proceso lento, sin resultados rápidos"*. Betsy Chaps dijo: *"Aprecio el trabajo de José y tenía ganas de aprenderlo"*.

Blanca, que suele ser la traductora de los alumnos, es una artista formada que también da clases en Diane Pearl's. Me dijo que el proceso es más importante que el resultado. *"Soy una persona en blanco y negro: necesitaba un poco de color en mi vida"*.

Dawn, que ya es una alfarera experimentada, dijo que quería adquirir nuevas habilidades: aprender a dar forma a las vasijas a mano, no en un torno de alfarero. Carol describió las clases como el lugar donde aprenden, y su hogar como el lugar donde practican lo que han aprendido. Se rió cuando se le preguntó cuántas piezas ha completado. *"Es un secreto bien guardado"*, dijo.



Cuando se les pidió que resumieran sus experiencias, profesores y alumnos se mostraron entusiasmados. José y Ana agradecieron a la clase su interés por una forma de arte que se remonta a siglos atrás. Dawn calificó la clase como *"una sociedad de admiración mutua"*, Betsy dijo que la experiencia *"se quedará en mi corazón para siempre"*, Carol habló del amor que hay en cada pieza y Darshanie lo dijo todo con su tranquila sonrisa. Diane me aseguró que las clases de cerámica Mata Ortiz se ofrecerán de forma regular y continua.

Diane dice que cree que, a medida que envejecemos, necesitamos sentirnos relevantes. Dos formas excelentes de dar sentido a nuestras vidas son el aprendizaje de nuevas habilidades y la creatividad. Kate Schomp ofrecerá clases de fabricación de joyas: encordado, abalorios, orfebrería, soldadura y uso del soplete. Blanca Casanova enseñará *"gelli printing"*, o estampar sobre gelatina, papel maché de Octavio y retablos de Jerez.

**Si quieres más información o inscribirte en una clase llama a Diane al 376 766 5683 o consulta su página de Facebook. Las clases son de cupo limitado (normalmente a seis alumnos), se imparten al aire libre y respetan el distanciamiento social. Diane ha hecho realidad su sueño y tú podrías añadir relevancia y sentido a tu vida, o simplemente divertirte y conocer gente nueva.**

# HOPE *Passion* AND POSSIBILITY

*Hope is the Passion for the Possible -  
Soren Kierkegaard*

By Niños Incapacitados

It is the **Hope** and the **Passion** of our volunteers to serve the children of our program that has made it **Possible** to continue during these past challenging years.

It is the **Hope** and the **Passion** of our supporters that continue to donate that makes it **Possible** for Niños Incapacitados to continue to serve children in this community and provide for their future.

Our featured child, V, is a perfect example of **Hope**. It has been the **Passion** of her family to make the impossible.....**Possible!** She is 7 years old and has been with us since 2015. She has been diagnosed with Rett Syndrome. Rett Syndrome is a rare genetic disease that affects brain and neurological development, resulting in severe mental and physical adversity.

V has been working with a Therapist in Chapala since she was 8 months old. In her first 3 months they worked on muscle tone which was very low. They had to find ways for V to master certain postures. The very first thing they needed to work on was strengthening the muscles that would enable her to lift her head and hold it up. When she had mastered this, the therapy moved onto the ability to sit, then kneel. The next course of action was to work on the transition from sitting to kneeling to standing and then to start walking. All these exercises required physical assistance because she could not do them independently and she has made remarkable progress thus far. The immediate goal is to reinforce her walking skills.



Watch our latest video on our website, [www.programaninos.com](http://www.programaninos.com) featuring the journey of V and her development. Hear from her therapist and listen to our clinic volunteers discuss what it means to serve these children.

Her Mom says that V is much stronger and has better control of her core although there are many things she can't do because her feet are still bad and unstable. But now everything is **Possible** because V puts a lot more effort in. She wants to play and walk!

V has made physical, cognitive, and emotional progress. Whereas before she was in her own world, she now pays more attention and she looks for things to do with her hands. She will need language therapy, although she tries to talk, no words come out.

Mom says, "It's been very difficult to watch my daughter struggle but seeing her progress is everything. I will do everything I can to help her get ahead."

Mom admits all the therapy and doctors can be tiring but V would be worse off not moving at all. Considering she couldn't even move her little head in the beginning, Mom knows that everyone's efforts to help V has made her progress **Possible** and she is truly grateful.

Teletón works with several of our children and Niños Incapacitados pays for all transportation costs as well as the service, which could be 1-3 times a week. V and her Mom go twice a week and it can take up to 4 hours and 4 buses to get there. The therapies they offer V are cognitive exercises, aqua therapy (which she loves) to build core strength, and physical therapies to complement the ones she receives in Chapala every Saturday.



You can donate your time, your skills or financially. You can **DONATE** online (receive a Mexican Factura or no tax receipt), through Amistad Canada (receive a Canadian tax receipt) or through Lake Chapala Charities (receive a US tax receipt).

Since 1974 Niños Incapacitados has searched for organizations that will partner with us to care for the children we serve through the provision of specialized medical



services at reduced rates. Teletón, a non-profit institution located in Guadalajara which works with our families to ensure our children receive quality therapies for the best outcomes, is a prime example of such an organization. The Shriners is another organization that we work with to provide orthopedic surgeries which is done at Hospital Shriners Para Niños A.C, Mexico City.

Our Board of Directors, Advisory Board and Sub-Committees work together to ensure we operate at the highest level of professionalism but more importantly with immense compassion. We are constantly looking for new ways to increase and better the level of care we provide. The reimbursement of funds spent by the families for medication, transportation to and from medical appointments, and medical aids and equipment, represents 95% of the annual operating expenses. We currently serve approximately 130 children from San Pedro Itzcán, Poncitlán to Jocotepec.



**Niños Incapacitados has many ways for you to "volunteer". Please go to [www.programaninos.com](http://www.programaninos.com). Discover how to volunteer as a bilingual clinic assistant, help with information technology needs, assist with virtual or possible future in-person events. Watch our videos that tell many different stories about the organization.**

During the pandemic, many services were not available due to closures of medical facilities. Currently government assisted programs have reopened facilities and we are starting to receive many new referrals. Part of our goal is to expand our reach. This not only includes the number and the current boundaries within the area we serve, but also the types of medical services we cover. We are also dealing with the ever-changing Mexican health system which means there are new services being paid for that previously were not. However, if a family qualifies for the program, no child will ever be refused. We are grateful to our supporters who continue to help and move forward with us.....the need will never go away.

We are a volunteer-based organization that has many talented people giving of their time and skills. We are most fortunate to have these "like minded" individuals working for the organization.

We are always looking for new people to join in our mission to help Mexican families who require financial assistance to pay for on-going major and minor medical expenses for children who have serious disabilities or life-threatening illnesses. Consider being part of the solution to help our local Mexican community.

***We Hope that you will find the Passion within yourself to make all that we do Possible!***



**¡Lo mejor para ti!**

*Let us look after your health!*

**Having trouble finding your medication?  
We have it in stock, guaranteed!**



**If we don't have it in stock, we'll order it in!**



**La pueblita, Ajijic.**  
Paseo Cent. de la Revolución #961,  
Ajijic, Chapala. (33) 3337 - 0882

*www.takechapasociety.com*

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# RELAX AND ENJOY

—WE'LL BE BY YOUR SIDE—



**We'll be here, whatever you need.**

Ajijic: Carr. Chapala Jocotepec 19A  
Centro Ajijic Jalisco 45920  
Phone: 376 766 5978

Taak Ajijic Center: Zaragoza 23 Centro Ajijic  
Jalisco 45920  
Phone 376 766 4055

[intercam.com.mx](http://intercam.com.mx)



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Review terms, conditions, fees and account opening requirements at [intercam.com.mx](http://intercam.com.mx)

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# ACTIVITIES & EVENTS

*Pull Out*

**Office & Library Hours: Monday to Saturday 10 a.m. - 2 p.m.**  
**Grounds open: Lakeside Gate: Monday to Friday 8:30 a.m. - 11:30 p.m.**  
**Main Gate: Monday to Friday 9:00 a.m. - 3 p.m. | Saturday 9:00 a.m. - 2 p.m.**

**\*Open to the Public (S) Sign up (C) Member card (M) LCS members only**

## LESSONS (M)

Basic Principles of Drawing/Painting	T 9-11	<i>jorge.garcia003@gmail.com</i>
Bordado Artístico (Spanish)	M+W+F 4-6	
Children's Art	SAT 10-12 Invitation only	
Dance Fitness	M 10-11	
Exercise	M+W+F 9-9:50	
Gentle Yoga & Body Awareness	W 10-10:50	
Hurachess Club*	SAT 12-1*	
Intermediate Hatha Yoga	T+TH 2-3:30	
Introduction to Spanish (S)	T, 5, 12, 19 April 12:30-2. Cost	
Line Dancing, <i>gail@doughertynet.com</i>	T + TH 10-11:15	
Stretch & Balance,	T+TH 8:45-9:45	<i>harry_bertram@hotmail.com</i>
Spanish in Action classes (español en acción)	See LCS website or in the office for more info	
Spanish a la carta Online program,	See LCS website/more info	
Tai Chi for Elders	M+W+F 11-11:50	
Tech Help via Email	<i>lcs.tech.training@gmail.com</i>	
Write to a Prompt Writers' Group	TH 10-12	

## LIBRARIES (M)

Book + DVD Libraries M-SAT 10-2  
 Books on Tape & Library of Congress Talking Books. 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](http://lakechapalasociety.com) & select libraries/English.

## SOCIAL ACTIVITIES (M)

American Man Jongg	TH 10-1
Bridge4Fun	T+F 1-4:30
Discussion Group	W 12-1:30
English/Spanish Conversation* Open to public	Sat 12-1:30*
Everyday Mindfulness	M April 4+18 Campus 9:45-11:30
	April 11+25 Zoom 10am, <i>barbarahildt@gmail.com</i>
Game Group	TH 1-4
HOT Science Zoom, <i>hotsciencelcs@gmail.com</i>	T 1:45
Scrabble	F 11:30-1:30
Tournament Scrabble	T 12-1:50

## HEALTH INSURANCE\*

Cruz Roja Table	T 12-1:30, F 10-12
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
Shiatsu Chair Massage	2nd+3rd TH 10-12
	Appointment only, call 331-604-0971

## HEALTH & LEGAL SERVICES\*

Becerra Immigration	TH 10:30-12:30
Intercam Banking Services	M-F 10-1
Audiology- hearing care specialists	M+W+F 10-3
	Call for appointment 332-945-3267
Optometrist Claravision (S)	TH 9-4;
	Call for appointment 331-411-1178
Skin Cancer Screening (S)	2+4 W 10-12; Call for appointment 333-408-0951
SkyMed	1st F 10-12
Solbes & Solbes	2nd Monday 10-12

## SERVICE & SUPPORT GROUPS \*

Al-Anon (Spanish)	M 6-7:30, W 5:30-7:30
ASA Board Meeting	Last W, 10:30-12
Caregivers of Spouses with Dementia (Support Group)	T 11:30-1:30
Diabetes Support Group	Zoom, 1st F 11:00
	<i>welchk4diabetes@gmail.com</i>
Information Desk	M-Sat 10-2
Lakeside AA	M+TH 4-5
Needle Pushers	T 10-11:45
Open Circle	Sun 10:30-11:30
Toastmasters	M 7-9

## NEW ACTIVITIES:

- US Voter Registration**  
 Beginning March 28, on Mondays from 10am-1pm on the Blue Umbrella Patio  
 Democrats Abroad sponsors voter registration. Open to all US citizens to register and request ballots for voting.  
[Votefrombroad.org](http://Votefrombroad.org),  
 Larry.Pihl, 331-704-6475, *larrypihl@gmail.com*
- Gentle Yoga & Body Awareness**  
 Wednesdays, 10-10:50 on the SC Patio, LCS members only  
 Gentle yoga stretches and tones the body. Bring yoga pads and accessories. Julie Weber, *julieaweber@cs.com*, 951-970-9078
- Tai Chi for Elders**  
 M+W+F at 11-11:50 on the SC Patio  
 Tai Chi Principles- Exercise, Standing, Walking, Pushing hands for Two. Short Tai Chi form.  
 LCS members only. Kevin Gaudette,  
[globalmoviemagic@yahoo.com](mailto:globalmoviemagic@yahoo.com), 954-201-6193



# EDUCATIONAL PROGRAMS



## Getting your Jalisco driver's license without losing your mind

By **Alfredo Pérez**

Monday, April 04

2:00 to 3:45 pm Class

Thursday, April 14 visit to

Secretaría de Transporte

(test). Early in the morning.

Fee: \$500



## Introduction to Spanish

By **Inez Dyer**

Tuesday, April 05, 12 & 19

12:30 to 2:00 pm Fee: \$380

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

## Mexican Manners

By **Alfredo Pérez**

Wednesday, April 06

10:00 to 12:30 pm Fee: \$400



## Advance Care Planning Workshop on Living Well and Dying Well in Lakeside

By **Loretta S. Downs**

Wednesday, April 20 & 27

10:00 to 12:00 pm Fee: \$300

2-session class. Why bother to plan ahead of an emergency?

Because most health care emergencies involve many people. Some are known to you, some are not. The more information they have, the better your outcome.

Planning ahead puts you in control.

This 2-part workshop gives you information on Mexican healthcare directives, wills, and the LCS document along with guidance and motivation to complete and register your document as part of your total advance care planning process.



## Wills and Testaments in Mexico (Do I need one?)

By **Nieves and Diego Solbes**

Friday, April 29 & May 06

2:00 to 3:00 pm Fee: \$500  
2-session class.

Wills: Being prepared in the event of death is an important consideration, especially when living in a foreign country. This course will explore many important things to know when preparing your last will and testament. If you are considering a will, this course will help you prepare one in time to take advantage of Mes del Testamento, or September, the "Month of the Will." (Two institutions of Jalisco work together to bring a much lower price for wills and testaments on September).



## Cocktails with tequila workshop. Prepare for 5 de mayo!

By **Max Domínguez**

Tuesday, May 03

4:00 to 5:30 pm Fee: \$800

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## VERBS WITH DIFFERENT USES 1

Intermediate

April 06 & 13, 10:00 to 11:20 am by Zoom

In this course we will practice some verbs that have multiple meanings and functions in Spanish, and that do not necessarily translate the same way in English.

## CONVERSATION

Beginners

April 06 & 13, 12:00 to 1:20 pm by Zoom

Let's take a relaxed moment and practice our Spanish.

## SURVIVE THE MEXICAN SLANG

Intermediate - Advance

April 20 & 27, 10:00 to 11:20 am by Zoom

It's very easy to speak Spanish when we stick to the basic questions, but what's beyond "buenos días"? There is always another, more casual, more relaxed, more fun version of communicating the everyday, and this includes anger and frustration. This course is not suitable for sensitive hearts, because we are going to study some "swear words".

## CONVERSATION

Intermediate

April 20 & 27, 12:00 to 1:20 pm by Zoom

Let's take a relaxed moment and practice our Spanish.

### Classes are on Wednesday 2-session class only.

Price per each 2-session class: \$240 pesos

No refunds, unless LCS cancels the class.

Classes only for members. No waiting list.

Classes are online. We use Zoom.

The link for the class will be sent 24 hours before the class.

## Library Updates

Attention Grandmas, Grandpas, Aunts, Uncles and everyone else who loves sharing the joy of reading with children. Did you know that the LCS library has a large Children's section in the back room? Here you can find picture books like The Velveteen Rabbit and Sylvester and the Magic Pebble; early readers like Green Eggs and Ham and the Ivy and Bean series; chapter books like the Nancy Drew or Artemis Fowl series; and young adult titles including The Fault in Our Stars and James Patterson's Maximum Ride series. And true confession time, I love to read Young Adult books and you might too! We also have non-fiction books like Shel Silverstein's beloved poetry collection A Light in the Attic. And for those of you who would prefer sharing some knowledge with your favorite young learner, we have The Big Book of Why and Over 1000 Fantastic Facts. You might even learn something as well!

Several of our members check out books to Zoom or Facetime with their far-away friends and relatives as a way to keep in touch. Grandkids look forward to seeing Grandpa sharing a favorite story with them or Aunt Sally reinforcing and encouraging a love of reading with her favorite nieces and nephews. Often these interactions lead to great conversations and fond memories are made. Technology really can be a wonderful thing!

Closer to home, do you know a Mexican child who wants to learn English? We have a beautifully illustrated Usborne Everyday Words in Spanish that can be used to teach yourself simple Spanish vocabulary and your young friend some basic English words. You can also use our collection of Dr. Seuss early readers to introduce English to our young Mexican neighbors.

And what about when the grandkids come to Lakeside to visit? Wouldn't it be a nice to take them to the library to pick out some books to read while they are visiting? We recently had a young guest who checked out books twice in the week she was visiting her grandmother and hated to leave!

Finally, I know that there are more and more kids moving to the Lake Chapala area every month. Some attend one of the local bilingual schools and some are homeschooled. We would love to see all of these children browsing the shelves of the LCS library. A student can get his/her own library card for only 50p per year.

# Fan with Fashion

By Harriet Hart

“Clothes exist to keep us warm, to shield us from the wind, rain and low hanging branches...Clothes are also adornment, they are pleasure, they signal our place in the world and send out highly important messages about ourselves.” So writes Linda Grant in *The Thoughtful Dresser*, a book I was reading with great interest, when I got a call from Luis Pacheco, Executive Director of LCS.

“We’re having a fashion show,” he said. “Would you do a story on the local designer, Alma Gutierrez?” What perfect timing, I thought. Here I am already thinking about fashion and now I have the opportunity to interview a local designer.



Alma has a showroom in San Antonio Tlayacapan, just behind Café Negro, at 142 B Allen Lloyd, the street leading to Lakeside Little Theatre. I stopped by the very next day when Alma gave me a tour of the items currently on display. She pointed out a hand painted cotton skirt, sky blue with white clouds, a sexy black sequined top on which she drew the pattern, dresses and pants, all one of a kind. Romantic is one word that immediately came to mind. Beautiful was another. These clothes are special.

“I design clothes for mature women,” she said, “not young girls.” Alma has a team of volunteer models, some she’s known for years, and says they help choose outfits to be modeled at the five or six fashion shows she holds annually.

“It’s a good way to advertise,” she continued. “It’s easier to imagine yourself in an outfit when you see it on a model instead of hanging on a rack in a shop. People don’t necessarily buy on the spot, but often call me later, needing something for a wedding or special occasion.”

Alma has been designing clothes since she was thirteen years old. “I began making clothes for myself. Then people started asking me where I got them.” At first it was her hobby, a sideline to architecture, which she studied at university.

Born and raised in Monterrey, Alma lived in Manzanillo for a while, but had a friend here in Ajijic and like many of her customers, visited and fell in love with the place. At first she divided her time between lakeside and the coast, but when her daughter became school aged, she decided to settle at lakeside. She opened a shop on Constitution in the heart of Ajijic and five years ago moved to her current location in San Antonio.

Alma sells accessories as well. She used to buy jewelry to go with the outfits she made, but it was often hard to find what she wanted and she began making it herself.

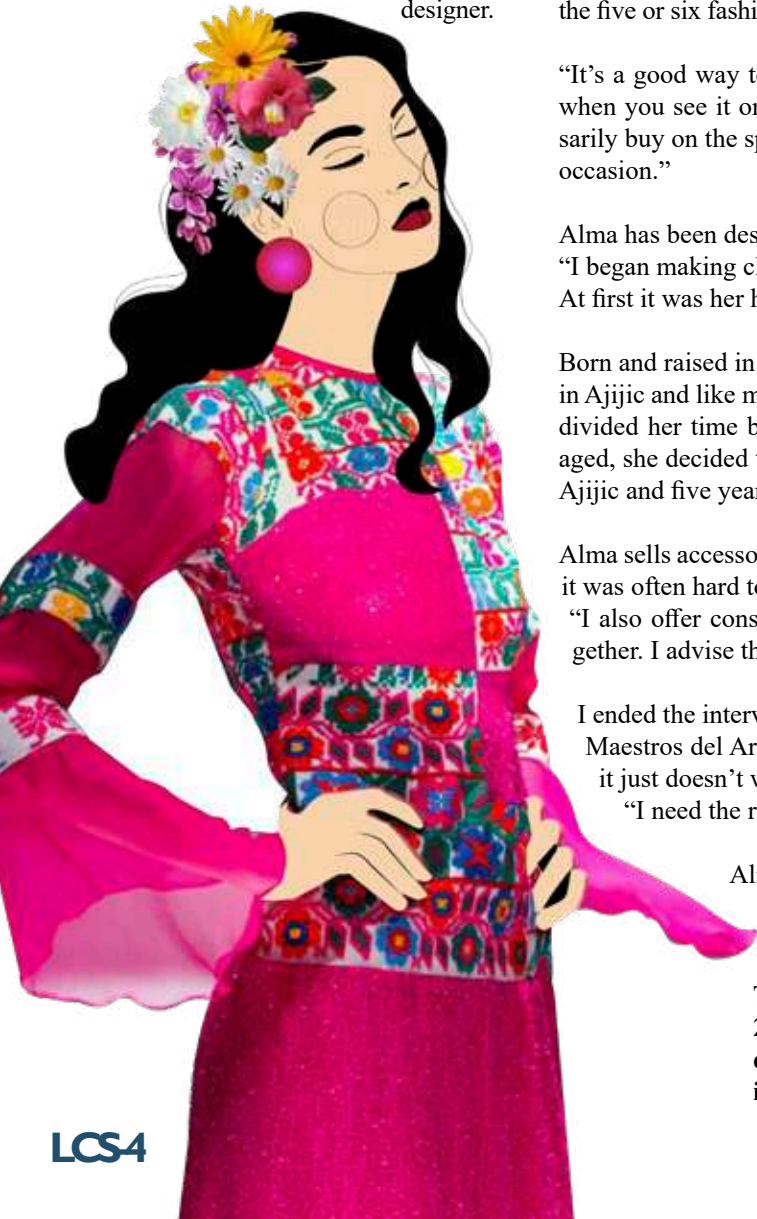
“I also offer consulting services.” Sometimes customers need help putting an outfit together. I advise them on accessories and shoes.”

I ended the interview asking her if I could show her the turquoise dress I bought at Feria Maestros del Arte because while I love the woven fabric, I have never worn it because it just doesn’t work.

“I need the right shoes,” I groaned.

Alma laughed and we agreed I’d wear my dress to the fashion show and let her see for herself! Unfortunately, she doesn’t make or sell shoes.

**Tickets for the LCS fashion show, which will be on April 27th at 2:00 p.m. can be purchased from the LCS office for \$300 pesos. This event promises to make fashion fun. I’ll see you there – I’m the one in the bright turquoise dress wearing unsuitable footwear!**





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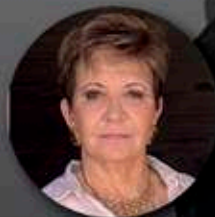
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## Artículo de Portada

# Esperanza, pasión Y POSIBILIDAD

**La esperanza es la pasión por lo posible - Soren Kierkegaard**  
Por Niños Incapacitados

Es la **Esperanza** y la **Pasión** de nuestros voluntarios para servir a los niños de nuestro programa lo que ha hecho **Posible** continuar durante estos últimos difíciles años.

Es la **Esperanza** y la **Pasión** de nuestros partidarios que continúan donando lo que hace **Posible** que Niños Incapacitados continúe sirviendo a los niños en esta comunidad, hacia un mejor futuro.

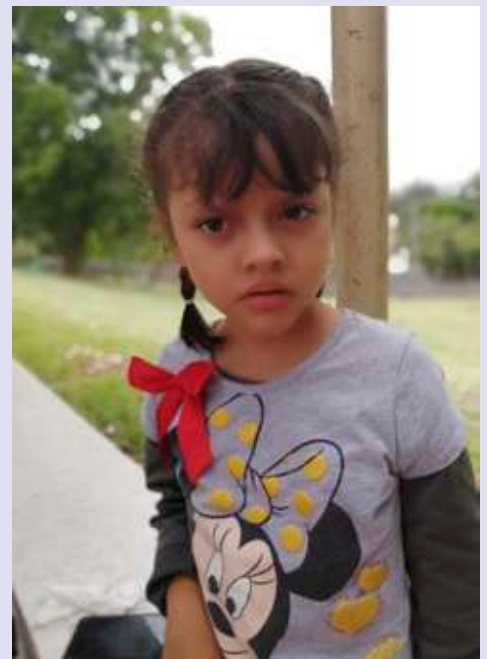
Nuestra niña destacada, V, es un ejemplo perfecto de **Esperanza**. Ha sido la **Pasión** de su familia para hacer lo imposible **¡Posible!** Ella tiene 7 años y ha estado con nosotros desde 2015. Fue diagnosticada con el Síndrome de Rett, la cual es una rara enfermedad genética que afecta al desarrollo cerebral y neurológico, dando lugar a graves adversidades mentales y físicas.

V trabaja con una Terapeuta en Chapala desde los 8 meses de edad. En sus primeros 3 meses trabajaron el tono muscular que era muy bajo. Tuvieron que buscar la manera de que V dominara ciertas posturas. Lo primero que había que trabajar era el fortalecimiento de los músculos que le permitían levantar la cabeza y mantenerla erguida. Una vez dominado esto, la terapia pasó a la capacidad de sentarse y luego a la de arrodillarse. El siguiente paso fue trabajar la transición de estar sentada a arrodillada y a estar de pie, y luego empezar a caminar. Todos estos ejercicios requirieron asistencia física porque no podía hacerlos de forma independiente, y hasta ahora ha hecho notables progresos. El objetivo inmediato es reforzar su capacidad de caminar.

Su mamá dice que V es mucho más fuerte y tiene un mejor control de su cuerpo, aunque hay muchas cosas que no puede hacer porque sus pies siguen siendo malos e inestables. Pero ahora todo es **Posible** porque V se esfuerza mucho más. ¡Ella quiere jugar y caminar!

V ha hecho progresos físicos, cognitivos y emocionales. Mientras que antes estaba en su propio mundo, ahora presta más atención y busca cosas que hacer con sus manos. Necesitará terapia de lenguaje, ya que, aunque intenta hablar, no le salen las palabras. Su mamá dice: “Ha sido muy difícil ver a mi hija luchar, pero ver sus progresos lo es todo. Haré todo lo que pueda para ayudarla a salir adelante”.

La madre admite que toda la terapia y los médicos pueden ser agotadores, pero V estaría peor si no se moviera. Teniendo en cuenta que al principio ni siquiera podía mover la cabecita, mamá sabe que los esfuerzos de todos por ayudar a V han hecho posible su progreso y está realmente agradecida.



Teletón trabaja con varios de nuestros niños y Niños Incapacitados paga todos los gastos de transporte, así como el servicio, que puede ser de 1 a 3 veces por semana. V y su madre van dos veces por semana y pueden tardar hasta 4 horas y 4 camiones en llegar. Las terapias que le ofrecen a V son ejercicios cognitivos, acuaterapia (que le encanta) para fortalecer su cuerpo y terapias físicas para complementar las que recibe en Chapala cada sábado.

Desde 1974 Niños Incapacitados ha buscado organizaciones que se asocien con nosotros para atender a los pequeños, mediante la prestación de servicios médicos especializados a precios reducidos. Teletón es una de ellas, una organización sin fines de lucro ubicada en Guadalajara que trabaja con nuestras familias para asegurar que los pequeños reciban terapias de calidad para obtener los mejores



resultados, es un excelente ejemplo de dicha organización. Los Shriners es otra organización con la que trabajamos para proporcionar cirugías ortopédicas que se realizan en el Hospital Shriners Para Niños A.C, en la Ciudad de México.

Nuestro Consejo de Administración, la Junta Consultiva y los Subcomités trabajan juntos para asegurar que operamos al más alto nivel de profesionalismo, pero sobre todo con una inmensa compasión. Buscamos constantemente nuevas formas de aumentar y mejorar el nivel de atención que ofrecemos. El reembolso de los fondos gastados por las familias para las medicinas, el transporte de ida y vuelta a las citas médicas y equipos médicos, representa el 95% de los gastos anuales de funcionamiento. Actualmente atendemos a unos 130 niños desde San Pedro Itzicán, Poncitlán hasta Jocotepec.

Durante la pandemia, muchos servicios no estaban disponibles debido al cierre de las instalaciones médicas. Actualmente, los programas asistidos por el gobierno han reabierto las instalaciones y estamos empezando a recibir muchas referencias nuevas. Parte de nuestro objetivo es ampliar nuestro alcance. Esto no sólo incluye el número y los límites actuales dentro del área que atendemos, sino también los tipos de servicios médicos que cubrimos. También nos enfrentamos al siempre cambiante sistema sanitario mexicano, lo que significa que se están pagando nuevos servicios

que antes no se pagaban. Sin embargo, si una familia reúne los requisitos para participar en el programa, nunca se rechazará a ningún niño. Estamos agradecidos a quienes nos apoyan y siguen adelante con nosotros... la necesidad nunca desaparecerá.

Somos una organización basada en el voluntariado que cuenta con muchas personas con talento que dan su tiempo y sus habilidades. Somos muy afortunados de contar con estas personas "afines" que trabajan para la organización.

Siempre estamos buscando nuevas personas que se unan a nuestra misión de ayudar a las familias mexicanas que requieren asistencia financiera para pagar los gastos médicos para los niños que tienen discapacidades graves o enfermedades que amenazan la vida. Considera ser parte de la solución para ayudar a nuestra comunidad local mexicana.

*Tenemos la **Esperanza** de que encuentres la **Pasión** en ti para hacer todo lo que hacemos **Posible!***



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# The Kids Kitchens

by Diana Hunt

It all started in San Pedro Itzacán, a small indigenous community located on the steep hills east of Mezcala. Poco a Poco San Pedro began in early 2016 under the direction of Anita Torres, the Brigada leader in the municipality. Poco a Poco works on creating small, start up projects to enable local people to earn a living as well as encouraging and enabling children to attend school.

About three years ago Patricia Moran moved to Ajijic and began volunteering for Poco a Poco, quickly witnessing the huge issue of hunger and childhood kidney disease. “I had spent many years volunteering in villages in India and wanted to do the same here,” she explained. “I learned that an estimated 70 to 90 percent of children in this indigenous area suffer from chronic malnutrition. So I decided to put my energy into creating a food assistance program in the villages.”

For the first months, Patricia’s program focused on providing *despensas* (bags of foods that do not require refrigeration) to 55 women who did community based activities, such as garbage pick up, in exchange for the food. One day when she arrived in San Pedro, two women met her and asked if we could start a program to feed children.

“I was thrilled! This is exactly how I hoped the program would evolve,” she recalled.

“We created a small outdoor kitchen and covered area and started feeding about 80 children who lived in the neighborhood.”

That was the beginning of the Kids Kitchen. The women received a small stipend for doing the cooking. Then COVID hit. It was difficult, but it opened both Anita’s and Patricia’s eyes to what was possible. An alliance was formed between FoodBank Lakeside which, in keeping with its mission, provided the food, and Poco a Poco, which provided the infrastructure to feed many families. In September 2020 they were able to restart feeding children who lined up for food to take home to eat.

“Thanks to a generous donation, we were able to build more structures so the children could eat in covered areas sitting at tables with benches rather than in the dirt,” Patricia said, now the Poco a Poco FoodShare Director. “Now we feed breakfast to about 550 children five days a week -- not only in San Pedro, but in the neighboring communities of Mezcala, Cuitzeo, Los Mangoes and La Peña and we are looking to add three more locations. At that point Kids Kitchen will be feeding about 800 children.

And then there is Ojo de Agua, a small community near Mezcala, where one couple saw a need and took it upon themselves to do something about it. They began by using their own resources to feed the children in their own house. Guillermina sells used clothing. You may have recognized her husband, Sergio, who was a regular in the Ajijic area selling fresh tortillas from a cooler walking from village to village.



Unfortunately Sergio is now facing serious health issues and can no longer work.

Another new Ajijic arrival, Judith Sweet, felt now that she was retired she could finally put her passion to work to help feed hungry people, so she joined FoodBank Lakeside. She took the opportunity to visit the Kids Kitchens in San Pedro and Mezcala.

“What I saw there changed me forever,” Judith exclaimed. “What I saw in those communities was not only heartbreaking but extremely heart warming. The children would run to the car to help carry the bags of soup bones into the kitchen -- even the littlest kids wanted to help.

“All of my life I’ve had a desire to help feed hungry people,” she continued. “I used to make large quantities of soup or spaghetti and take it to the park near our house in San Diego where a lot of homeless people stayed. Or I would go to McDonald’s and buy 25 cheeseburgers and pass them out.”

One of the founders of FBL heard about Guillermina and Sergio and brought them to the attention of FBL, where it was decided to give Ojo de Agua the same financial help.

“Somehow I just knew I wanted to be a part of Ojo de Agua. They were looking for someone to deliver food, so I practically begged to be that person, even though I don’t speak Spanish,” Judith laughed. “When I visited for the first time I realized this little gem had been created by the vision of Guille and Sergio and they had created something very special. Now that FBL is involved and supporting them to feed the kids, it has been able to flourish.”

By collaborating with FBL, the costs per meal get drastically reduced, allowing Guillermina and her family to feed 35 children hot lunches three times a week.

“My passion for feeding children has grown into something more, and my heart skips a beat thinking of helping to improve the lives of these kids in other ways,” Judith concluded.

# La cocina de los niños

*Diana Hunt*

Todo comenzó en San Pedro Itzcán, una pequeña comunidad indígena situada en las escarpadas colinas al este de Mezcala. Poco a Poco San Pedro comenzó a principios de 2016 bajo la dirección de Anita Torres, la líder de la Brigada en el municipio. Poco a Poco trabaja en generar pequeños proyectos que permitan a la población local ganarse la vida, así como fomentar y permitir que los niños asistan a la escuela.

Hace unos tres años, Patricia Morán se mudó a Ajijic y comenzó a trabajar como voluntaria en Poco a Poco, y no tardó en constatar el enorme problema del hambre y las enfermedades renales infantiles. “Había pasado muchos años como voluntaria en pueblos de la India y quería hacer lo mismo aquí”, explicó. “Me enteré de que alrededor del 70% al 90% de los niños de esta zona indígena sufren desnutrición crónica. Así que decidí dedicar mi energía a crear un programa de asistencia alimentaria en las poblaciones”.

Durante los primeros meses, el programa de Patricia se centró en proporcionar despensas a 55 mujeres que realizaban actividades comunitarias, como la recolección de basura, a cambio de los alimentos. Un día, cuando llegó a San Pedro, dos mujeres vinieron a verla y le preguntaron si se podía poner en marcha un programa para alimentar a los niños.

“¡Me entusiasmé tanto! Así es exactamente como esperaba que evolucionara el programa”, recuerda. “Creamos una pequeña cocina al aire libre con un espacio cubierto y empezamos a dar de comer a unos 80 niños que vivían en el barrio”.

Ese fue el comienzo de Kids Kitchen (La cocina de los Niños). Las mujeres recibían un pequeño incentivo por cocinar, hasta que llegó COVID. Fue difícil, pero abrió los ojos de Anita y Patricia a lo que era posible. Se formó una alianza entre FoodBank Lakeside (FBL) quienes, de acuerdo con su misión, proporcionaban los alimentos, y Poco a Poco, que aportaba la infraestructura para alimentar a muchas familias. En septiembre de 2020 pudieron continuar alimentando a los niños que hacían cola para llevarse algo que comer a casa.

“Gracias a una generosa donación, se pudieron realizar más construcciones para que los niños pudieran comer en una zona techada, sentados en mesas con bancos y no en la tierra”, explica Patricia, ahora directora de Poco a Poco FoodShare. “Ahora les damos de desayunar a unos 550 niños cinco días a la semana, no sólo en San Pedro, sino en las comunidades vecinas de Mezcala, Cuitzeo, Los Mangos y La Peña, y estamos pensando en sumar tres localidades más”. En ese momento, Kids Kitchen alimenta a unos 800 niños.

Y luego está Ojo de Agua, una pequeña comunidad cerca de Mezcala, donde una pareja vio una necesidad y se encargó de hacer algo al respecto. Empezaron utilizando sus propios recursos para alimentar a los niños de su casa. Guillermina vende ropa usada. Es posible que alguno de ustedes reconozca a su marido, Sergio, ya que era común verlo en la zona de Ajijic vendiendo tortillas frescas en una hielera, caminando de pueblo en pueblo. Desgraciadamente, Sergio está ahora enfrentando serios problemas de salud y ya no puede trabajar.

Otra recién llegada a Ajijic, Judith Sweet, sintió que ahora que estaba jubilada podía finalmente poner su vocación a trabajar para ayudar a alimentar a la gente que pasa hambre, así que se unió a FoodBank Lakeside. Aprovechó la oportunidad para visitar las cocinas de los niños en San Pedro y Mezcala.

“Lo que vi allí me cambió para siempre”, exclamó Judith. “Lo que vi en esas comunidades no sólo fue estremecedor, sino también extremadamente conmovedor. Los niños corrían al coche para ayudar a llevar las bolsas



para preparar la sopa a la cocina; hasta los más pequeños querían ayudar. “Toda mi vida he tenido el deseo de ayudar a alimentar a la gente necesitada”, continuó. “Solía hacer grandes cantidades de sopa o espaguetis y los llevaba al parque que había cerca de nuestra casa en San Diego, donde se quedaban muchas personas sin hogar. O iba a McDonald’s y compraba 25 hamburguesas con queso y las repartía”.

Uno de los fundadores de FBL oyó hablar de Guillermina y Sergio y los puso en contacto con FBL, donde se decidió dar a Ojo de Agua la misma ayuda financiera.

“De alguna manera supe que quería formar parte de Ojo de Agua. Estaban buscando a alguien que repartiera comida, así que prácticamente rogué ser esa persona, a pesar de que no hablo español”, dijo Judith riendo. “Cuando la visité por primera vez, me di cuenta de que esta pequeña joya había sido creada por la visión de Guille y Sergio y que habían creado algo muy especial. Ahora que FBL está involucrado y les apoya para alimentar a los niños, y así ha sido posible que florezca”.

Al colaborar con FBL, los costos por cada comida se reducen drásticamente, lo que le permite a Guillermina y a su familia alimentar a 35 niños con comidas calientes tres veces a la semana.

“Mi pasión por alimentar a los niños se ha convertido en algo más, y mi corazón late con fuerza al pensar en ayudar a mejorar la vida de estos niños de otras maneras”, concluye Judith.



# A Lasting Legacy

By Steve Parker



In 1954, Neill James had a vision. She wanted to share her love for the Mexican community by teaching the Mexican children the beauty and heritage of life. And so, she created the Children's Art program and now nearly seventy years later her vision is stronger than ever at the Lake Chapala Society. Over the years thousands of children have been introduced to an array of media and learned

how to express themselves through art. In Neill James' first class one of her students was a young boy named Javier Zaragoza, who she recognized possessed an inner fire and passion for art. She arranged for Javier to have a scholarship to the Art Institute of San Miguel de Allende where he continued to hone his craft. Throughout the years he painted murals that can be seen on LCS Campus as well as on the side of the police station near the plaza in Ajijic. Another early graduate of the program was Jesus Lopez Vega, who for years has contributed to the local scene as a muralist with creations decorating the walls and buildings in the area. The techniques softness and blending of colors can be now be seen in the student 's work.

### The Legacy Continues

Both these well-known artists and other prominent artists celebrate the value of the vision Neill James started nearly three quarters of a century ago. Every Saturday morning both Javier and Jesus along with other artists including Robina Nicol, a well-known abstract artist, and others give back with instruction and valuable advice to promising young Mexican students in the program directed by Manager of the Children Art Program, Danielle Page, and other volunteers.

The students learn different media and their skilled creations are often reproduced in card format, for purchase with part of the proceeds going back to the students and

other part for the material. During the year, the program has several shows where student art is displayed for sale to the public.

When asked why many years later, Javier Zaragoza still attends the Saturday sessions to give advice and instruction, he stated "I have a responsibility to give back to the program which led me to the lifetime of creation. I owe so much to the Children Art program at LCS. Without the opportunity provided by Neill James, my life would not be what it is today."

Robina Nicol has been a regular at the program for nearly nine years and said "I gain so much from working with the children. The energy I receive from the students is enjoyable. They teach the "fun" and teasingly tell me to "lighten up" and enjoy what we are doing." It is quickly evident that Robina's advice and teaching abilities are helping the students gain proficiency in their creations.

Danielle Page has been managing the program for 12 years. COVID has made the program limit the number of students but as of April 1 the class will be open to children 10 and up. Supplies and media are provided by some of the volunteers and the Ajijic Society of the Arts but donations of quality supplies are always welcomed by the program. Krishna Ortiz, featured in the photo, has been in the Student Art Program for over ten years. She is a very dedicated student willing to share her talents with others. In addition to her art, Krishna has signed up for ESL classes to become bilingual.

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# Un legado duradero

*Por Steve Parker*

En 1954, Neill James, tenía una visión. Quería compartir su amor por la comunidad mexicana enseñándoles a los niños mexicanos la belleza y el patrimonio de la vida. Es así como creó el Children Art Program (Programa de Arte para Niños) y ahora, casi setenta años después, su visión es más fuerte que nunca. Con el paso de los años miles de niños han sido instruidos en una gran variedad de medios y han aprendido a expresarse a través del arte. En la primera clase de Neill James uno de sus estudiantes fue un niño llamado Javier Zaragoza, en quien ella reconoció un fuego interior, una pasión por el arte. Hizo preparativos para que Javier consiguiera una beca en el Instituto de Arte de San Miguel de Allende donde continuó refinando su técnica. A lo largo de los años, Javier pintó murales que pueden ser vistos en el campus de LCS así como en los costados de la estación de policía cerca de la plaza de Ajijic.

Otro de los primeros graduados del programa fue Jesús López Vega, quien ha contribuido a la comunidad artística local como un muralista por años, con creaciones que decoran las paredes y edificios del área. La suavidad y armonía de colores de su técnica ahora se pueden ver en el trabajo de estudiantes.

El legado continúa

Estos dos artistas reconocidos, en compañía de otros artistas prominentes celebran el valor de la visión que Neill James comenzó hace casi tres cuartos de siglo. Cada sábado en la mañana Javier, Jesús y otros artistas, incluyendo a Robina Nicol, una artista abstracta muy reconocida, instruyen y aconsejan a jóvenes mexicanos que estudian en el programa dirigido por la Administradora del Children Art Program (Programa de Arte para niños), Danielle Page, y otros voluntarios.

Los niños aprenden diferentes medios y sus hábiles creaciones son frecuentemente reproducidas en formato de tarjetas, son puestas a la venta y todas las ganancias se van a los mismos estudiantes. A lo largo del año el programa tiene distintas exposiciones donde el arte de los estudiantes es presentado al público para su venta.

Al preguntarle a Javier Zaragoza por qué sigue asistiendo a las sesiones de los sábados tantos años después para dar consejos y enseñanzas, respondió: “Tengo una responsabilidad de devolverle algo al programa que me encaminó a la vida de artista. Le debo tanto al programa de Arte de Estudiantes de LCS. Sin la oportunidad que me brindó Neill James, mi vida no sería lo que es ahora.”

Robina Nicol ha sido un miembro frecuente en el programa por casi nueve años, y comparte: “Recibo tanto al aprender con los estudiantes. La energía que me brindan es muy agradable. Me enseñan lo ‘divertido’ y juegan mientras me dicen que ‘me anime’ y disfrute lo que hacemos.” Es evidente que los consejos y habilidades de enseñanza de Robina están ayudando a los estudiantes a obtener una mayor destreza en sus creaciones.

Danielle Page ha estado administrando el programa por 12 años. El COVID ha limitado el número de estudiantes en el programa, pero a partir del 1 de abril la clase estará abierta para niños de 10 años en adelante. Los materiales y medios de creación son proporcionados por algunos de los voluntarios y la Sociedad de Ajijic de las Artes, pero las donaciones de materiales de calidad siempre son agradecidas y bienvenidas al programa.

Krishna Ortiz, vista en la fotografía, ha estado en el Programa de Arte de Estudiantes por más de diez años. Es una estudiante muy dedicada, dispuesta a compartir su talento con otros. Además de su arte, Krishna se ha inscrito en clase de ESL para convertirse en bilingüe.



# Human Trafficking: Closer to Home Than You Think

There are more slaves in the world today than at any time in history. The International Labor Organization estimates that over 40 million people are victims of some form of modern slavery, with 314,000 of those victims in Mexico. Trafficking even occurs at high rates in Lake Chapala.

You may have heard of modern slavery referred to as “trafficking in persons” or “human trafficking.” These umbrella terms are used interchangeably and refer to a crime where traffickers exploit and profit at the expense of women, men, or children by forcing them to perform labor or engage in commercial sex.

Traffickers, usually a recruiter or employer, lure victims with false promises of decent jobs and better lives. They may use force or psychological, legal, or economic coercion to trap their victims in forced labor or sex trafficking.

Mexico is an origin, transit, and destination country for trafficking victims. Adults and children are exploited in agriculture, domestic work, childcare, tourism, begging, and street vending, among other industries. Vulnerable groups, including orphans and fostered

children, indigenous persons, transgender individuals, and migrants are most at risk. Child sex tourism continues to increase in Mexico, and many child sex tourists are from the United States and Canada. Lake Chapala is considered one of Jalisco’s three “red zones” for trafficking, where children are often sexually exploited.

Despite the enormity of the crisis, there are steps you can take to raise awareness of human trafficking and to combat this heinous crime. The U.S. Department of Homeland Security’s (DHS) Blue Campaign combats human trafficking worldwide by raising awareness; sharing information and resources; and partnering with state, local, and federal governments. You can learn more about human trafficking at [dhs.gov/bluecampaign](https://dhs.gov/bluecampaign) where you can learn how to recognize and report potential trafficking and download and share Blue Campaign resources in your community and online.

Think about how trafficking may occur in your community. For example, if you witness an adult expat engaging in an inappropriate relationship with a minor, consider reporting it. Indicators of potential trafficking include if the minor shows signs of physical or sexual abuse; appears deprived of food, water, or sleep; or acts fearful, anxious, or tense. Never approach a potential trafficker or otherwise personally intervene. Traffickers often keep watch, and it is important you don’t inadvertently jeopardize the potential victim’s safety. Instead, contact the authorities and provide as much detail as possible.

It’s important to provide fair treatment to domestic employees in Mexico. Ensure domestic workers employed in your home are treated fairly and provided employment conditions in accordance with local law. Remember that in Mexico children under 15 are prohibited from working.

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**Learn more:**

- Human trafficking in Jalisco: <https://findelaesclavitud.org>
- Human trafficking indicators: <https://www.dhs.gov/blue-campaign/indicators-human-trafficking#>
- Download a printable copy of the human trafficking indicators: [https://www.dhs.gov/sites/default/files/publications/bc-indicator-card-english\\_1.pdf](https://www.dhs.gov/sites/default/files/publications/bc-indicator-card-english_1.pdf)
- Become familiar with local government and civil society resources in your area.

# La trata de seres humanos: Más cerca de casa de lo que crees



Hoy en día hay más esclavos en el mundo que en cualquier otro momento de la historia. La Organización Internacional del Trabajo estima que más de 40 millones de personas son víctimas de alguna forma de esclavitud moderna, de las cuales 314,000 están en México. La trata de personas se da incluso en altas proporciones en la zona del Lago de Chapala.

Es posible que haya oído hablar de la esclavitud moderna como “trata de personas” o “tráfico de seres humanos”. Estos términos generales se utilizan indistintamente y se refieren a un delito en el que los traficantes explotan y se benefician a expensas de mujeres, hombres o niños obligándoles a realizar trabajos o a practicar el sexo comercial.

Los traficantes, normalmente un reclutador o empleador, atraen a las víctimas con falsas promesas de trabajos decentes y vidas mejores. Pueden utilizar la fuerza o la coacción psicológica, legal o económica para atrapar a sus víctimas en trabajos forzados o en el tráfico sexual.

México es un país de origen, tránsito y destino para las víctimas de la trata. Adultos y niños son explotados en agricultura, trabajo doméstico, cuidado de niños, turismo, mendicidad y venta ambulante, entre otros sectores. Los grupos vulnerables, como los niños huérfanos y acogidos, los indígenas, los transexuales y los migrantes, son los que corren más riesgo. El turismo sexual infantil sigue aumentando en México, y muchos de ellos proceden de Estados Unidos y Canadá. El lago de Chapala se considera una de las tres “zonas rojas” de Jalisco para la trata de personas, donde los niños suelen ser explotados sexualmente.

A pesar de la crisis tan grande, hay medidas que se pueden tomar para concientizar sobre la trata de personas y combatir este atroz delito. La Campaña Azul del Departamento de Seguridad Nacional de Estados Unidos (DHS) combate la trata de personas en todo el mundo mediante la sensibilización, intercambio de información y recursos, y la colaboración con los gobiernos estatales, locales y federales. Puede obtener más información sobre la trata de personas en [dhs.gov/bluecampaign](http://dhs.gov/bluecampaign), donde puede aprender a reconocer y denunciar la posible trata de personas y descargar y compartir los recursos de la Campaña Azul en su comunidad y en línea.

Piense en cómo puede ocurrir la trata en su comunidad. Por ejemplo, si es testigo de que un adulto expatriado mantiene una relación inapropiada con un menor, considere la posibilidad de denunciarlo. Los indicadores de una posible trata de personas son, por ejemplo, si la menor muestra signos de abuso físico o sexual; parece estar privado de comida, agua o sueño; o actúa con miedo, ansiedad o tensión. Nunca te acerques a un posible traficante ni intervengas personalmente. Los traficantes suelen vigilar, y es importante que no pongas en peligro la seguridad de la posible víctima sin querer. En lugar de ello, póngase en contacto con las autoridades y proporcione tantos detalles como sea posible.

Es importante dar un trato justo a los empleados domésticos en México. Asegúrese de que los trabajadores domésticos empleados en su casa reciban un trato justo y se les ofrezcan condiciones de empleo de acuerdo con la legislación local. Recuerde que en México los niños menores de 15 años tienen prohibido trabajar.

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# Stroke



## Amelia Stevens MD

Among the many memorable experiences of my internship, the pediatrics rotation left an indelible impression. On one otherwise quiet morning an ambulance, siren blaring, arrived at the emergency room. A 12-year old boy had collapsed on the school ground at recess. He was conscious but could not speak intelligibly or move his right side. He had had a stroke.

By far most strokes (CVAs or cerebrovascular accidents in medical jargon) occur in adults. They are characterized by the sudden failure of some bodily function(s). As in our young patient, motor function and speech are commonly affected, though strokes may affect any of the five senses, consciousness, perception, mood or personality. If the symptoms pass within a short time, the event is called a TIA or transient ischemic attack. A TIA, though it isn't a stroke, definitely indicates a problem and may herald a stroke, with the potential for permanent functional loss. Immediate medical attention is called for.

There are two main classes of stroke: ischemic and hemorrhagic.

An ischemic stroke is caused by an acute interruption of blood flow and thus oxygen, in a cerebral vessel. Either a blood clot has originated somewhere else in the body (an embolus) and travelled to the brain, or a clot has formed at the site of blockage (a thrombus). Though there are other causes of ischemic strokes, the most common are embolic or thrombotic.

Hemorrhagic strokes occur less frequently than ischemic strokes and are caused by bleeding into the brain from a ruptured or leaking vessel. The vessel bleeds because of a weakness in its wall which can no longer contain the pressure of blood flowing through it. At times an aneurysm, which is an abnormally ballooned-out portion of a vessel, may break.

Both ischemic and hemorrhagic strokes can damage brain tissue and compromise function. However not all strokes are devastating. It is not uncommon to see evidence of small "silent" CVAs on brain scans of normally functioning adults.

Among the most common controllable risk factors for strokes are high blood pressure, high cholesterol, smoking, diabetes, obesity, alcohol abuse, and atrial fibrillation (a type of heartbeat irregularity).

Stroke prevention requires management of controllable risk factors through healthy diet, adequate exercise and rest, and appropriate medical care. A recent study in the Journal of the American College of Cardiology indicates that consumption of chocolate containing high amounts of cocoa helps prevent strokes in women!

In some cases damage from ischemic strokes can be avoided with thrombolytic ("clot-busting") therapy, if treatment is initiated within three hours of the event.

Rehabilitation techniques based on understanding of neuroplasticity can also greatly improve treatment outcomes.

When our patient returned home three weeks later, he was in good spirits. With rehabilitation therapy his speech had returned to nearly normal. His right arm and particularly right leg remained weak but he could walk a few steps with assistance.

The cause of the patient's stroke was not clot or hemorrhage as would be probable in an adult. An untreated flu-like infection may have caused inflammation of his cerebral vessels, leading to a sudden vascular spasm responsible for cutting off blood flow.

Much changed in this young life with his stroke. A twist to his story was that he had an identical twin brother. The two dressed alike and one was often mistaken for the other. With a stroke of fate, a key feature of their twin ship was extinguished.

Since I was a rotating intern I didn't see the patient again after discharge. I don't know what course his life may have taken. But he had a chipper attitude and enthusiastic approach to rehab, factors which greatly aid in recovery. I speculate that whether he recovered fully or some loss of function remained, he has adjusted well.

*Amelia Stevens practiced psychiatry for many years in western Massachusetts. She may be contacted at [paysons@aol.com](mailto:paysons@aol.com) for article references.*



# Derrame cerebral

## Por Amelia Stevens MD

Entre las muchas experiencias memorables de mis años de internado, la residencia pediátrica me dejó una impresión permanente. Una mañana, por lo demás tranquila, llegó a la sala de urgencias una ambulancia con la sirena a todo volumen. Un niño de 12 años se había desmayado en el patio de la escuela a la hora del recreo. Estaba consciente pero no podía hablar de forma inteligible ni mover el lado derecho del cuerpo. Había sufrido un derrame cerebral.

La mayoría de los derrames cerebrales (ACV o accidentes cerebrovasculares en la jerga médica) se producen en adultos. Se caracterizan por el fallo repentino de alguna función corporal. Como en el caso de nuestro joven paciente, las funciones motoras y el habla suelen verse afectadas, aunque los accidentes cerebrovasculares pueden perjudicar a cualquiera de los cinco sentidos, la conciencia, la percepción, el estado de ánimo o la personalidad. En el caso de que los síntomas pasen en poco tiempo, el suceso se denomina AIT o ataque isquémico transitorio. Un AIT, aunque no es un derrame, indica definitivamente un problema y puede predecir un derrame cerebral, con la posibilidad de una pérdida funcional permanente, por lo que requiere atención médica inmediata.

Hay dos clases principales de ictus: isquémico y hemorrágico.

Un ictus isquémico se produce por una interrupción aguda del flujo sanguíneo, y por tanto del oxígeno, en un vaso cerebral. Puede ser que un coágulo de sangre se haya originado en otra parte del cuerpo (un émbolo) y haya viajado hasta el cerebro, o que se haya formado un coágulo en el lugar de la

obstrucción (un trombo). Aunque hay otras causas de accidentes cerebrovasculares isquémicos, los más comunes son los embólicos o trombóticos.

Los ictus hemorrágicos son menos frecuentes que los isquémicos y están causados por una hemorragia cerebral provocada por la rotura o fuga de un vaso. El vaso sangra debido a una debilidad en su pared que ya no puede contener la presión de la sangre que fluye por él. A veces puede haber una rotura de un aneurisma, que es una porción anormalmente abombada de un vaso.

Tanto los accidentes cerebrovasculares isquémicos como los hemorrágicos pueden dañar el tejido cerebral y comprometer su funcionamiento. Sin embargo, no todos los accidentes cerebrovasculares son letales; no es raro observar evidencias de pequeños AVC “silenciosos” en los escáneres cerebrales de adultos que funcionan normalmente.

Entre los factores de riesgo controlables más comunes para los accidentes cerebrovasculares se encuentran la hipertensión arterial, el colesterol alto, el tabaquismo, la diabetes, la obesidad, el abuso del alcohol y la fibrilación atrial (un tipo de irregularidad de los latidos del corazón).

La prevención de los accidentes cerebrovasculares requiere el monitoreo de los factores de riesgo controlables mediante una dieta saludable, ejercicio y descanso adecuados, y una atención médica apropiada. Un estudio reciente publicado en el Journal of the American College of Cardiology indica que el consumo de chocolate con altas cantidades de cacao ayuda a prevenir los accidentes cerebrovasculares en las mujeres.

En algunos casos, los daños causados por los accidentes cerebrovasculares isquémicos pueden evitarse con una terapia trombolítica (“rompe coágulos”), si el tratamiento se inicia en las tres horas siguientes al episodio. Las técnicas de rehabilitación basadas en el conocimiento de la neuroplasticidad también pueden mejorar mucho los resultados del tratamiento.

A las tres semanas, nuestro paciente volvió a casa con buen ánimo. Gracias a la terapia de rehabilitación, su habla había vuelto a ser casi normal. Su brazo derecho y, sobre todo, su pierna derecha aún estaba débil, pero podía dar algunos pasos con ayuda.

La causa del ictus del paciente no fue un coágulo o una hemorragia, como sería probable en un adulto. Una infección similar a la gripe no tratada pudo haber causado una inflamación de sus vasos cerebrales, lo que provocó un espasmo vascular repentino responsable de cortar el flujo sanguíneo.

La vida de este joven cambió mucho después de la embolia. Lo más curioso de su historia es que tenía un hermano gemelo idéntico. Los dos vestían igual y a menudo se les confundía con el otro. Por un capricho del destino, un rasgo clave de su gemelo se extinguió.

Como era interna rotativo, no volví a ver al paciente después del alta. No sé qué curso habrá tomado su vida. Pero tenía una actitud alegre y un enfoque entusiasta de la rehabilitación, factores que ayudan mucho a la recuperación. Estimo que, tanto si se ha recuperado por completo como si persiste alguna pérdida de funcionalidad, el paciente se adaptó bien.

*Amelia Stevens ejerció la psiquiatría durante muchos años en el oeste de Massachusetts. Se puede contactar con ella en [paysons@aol.com](mailto:paysons@aol.com) para obtener referencias de artículos.*

# A PRIMER ON PETS: THE RASTA DOG WALKER

by Diana Hunt



If you live somewhere between Rancho del Oro to the west and Chapala Haciendas and San Nicolás de Ibarra to the east you might have seen him: the athletic young man with dreadlocks walking eight dogs at a time - Ricardo Hermosillo Cisneros, or Richie the Rasta Dog Walker.

The first thought that comes to mind is 'how does he manage so many different dogs all at once'? The second thought is 'who is this guy with the dreadlocks'?

Richie grew up with Boxers that his father had and he seems to have developed a special gift of intuitiveness with dogs. He started walking dogs nine years ago when his brother was a dog walker. A friend of his had more dogs to walk, so he called Richie and asked if he wanted to start walking dogs. Of course, he said yes. He took courses on training and dog behavior to train himself for handling the dogs. As for how he manages to keep eight or nine dogs calm and well behaved, he responds by saying that it is because he is calm and confident.

"The dogs pick up on my relaxed, good vibes. If they sense that someone is scared or excited, you can see that the dogs get excited," Richie explained. "They all know I am the leader of the pack, so when the leader goes fast, they go fast; when I go slow, they go slow; when I stop, they stop. Some dogs like to be in front, others want to follow in the back, but they always want to be in the same order when we are walking. If I change their position they will circle back to their original spot in the pack. They feel uncomfortable and want their safe place. If there is a new dog next to them, however, they respect their space and there is no trouble.

"When someone calls me to walk their dog, I work two or three days alone with the dog," he continues, "before taking them with the other dogs to make sure they will be okay in the pack. I first have to know the dog, how he is with the leash, if he has manners. If he does not, I teach him. Sometimes it takes one day-- sometimes it takes a month or more."

An example was a difficult pit bull he worked with a couple of years ago. "He was very aggressive, he was so strong, he pulled really hard, he tried to bite even though he had a muzzle on -- no one could work with him" Richie said. "After a couple of months he was getting better -- he was a completely different dog, but it seemed he was still having a bad time and didn't like the muzzle. So I decided to take the muzzle off. Suddenly he was transformed into a beautiful, well-behaved dog because he felt he was free. He didn't pull, didn't go after other dogs, nothing."

Where he walks depends on the season. Initially he walks the dogs around their own neighborhood so if they ever got out they can recognize the way to their house. When the lake is dry he can walk around the lake; he likes to go to the mountains when it is raining - many people say they don't mind if their dogs get muddy or wet. He walks 30 to 35 dogs per day four to five hours a day, five days a week.

Richie seems to slowly meander along with the dogs, in no hurry. "Ninety-five percent of my clients are older people so the dogs need to learn to walk slow, especially big dogs with long legs," he explained. "We do around three to four kilometers in an hour, so it's still good exercise, it's also training - they love to smell things - and it is social. It's not just exercise As a fan of Bob Marley, the famous reggae Jamaican singer/songwriter/musician who infused his music with a sense of the spirituality of Rastafari, Richie adopted the Rastafarian beliefs.

Rastafari promotes the idea of "living naturally" in accordance with what Rastas regard as nature's laws. They argue that their dreadlocks mark a covenant that they have made with Jah (Jehovah) that reflect their commitment to the idea of naturalness.

Richie and his wife also run Doggie Garden, a Boarding/Day care facility at their house in San Antonio. There is enough room for 30 dogs, so they can separate the small dogs from the big dogs. His dream for the future is to have a large plot of land so he can have a rescue shelter and give clinics explaining to people why they should care for their dogs.

There couldn't be a better teacher than Richie, the Rasta Dog Walker. Now their little girl is walking dogs, too.



# UN MANUAL SOBRE ANIMALES DE COMPANÍA: EL PASEADOR DE PERROS RASTA

por Diana Hunt



Si vives en algún lugar entre Rancho del Oro y Haciendas de Chapala y San Nicolás de Ibarra, es posible que lo hayas visto: el joven atlético con rastas que pasea ocho perros a la vez: Ricardo Hermosillo Cisneros, o Richie el Rasta Paseador de Perros.

El primer pensamiento que nos viene a la cabeza es: ¿cómo hace para pasear a tantos perros diferentes a la vez? El segundo pensamiento es ¿quién es este tipo con rastas?

Richie creció con los bóxers que tenía su padre y parece haber desarrollado un don especial de intuición con los perros.

Empezó a pasear perros hace nueve años, cuando su hermano era paseador de perros. Un amigo suyo tenía más perros que pasear, así que llamó a Richie y le preguntó

si quería empezar a pasear perros. Por supuesto, dijo que sí. Hizo cursos de adiestramiento y comportamiento canino para formarse en el manejo de los perros. En cuanto a cómo se las arregla para mantener a ocho o nueve perros tranquilos y bien educados, responde que es porque está tranquilo y confiado.

“Los perros captan mi relajación y mi buen rollo. Si perciben que alguien está asustado o excitado, puedes ver que los perros se excitan”, explica Richie. “Todos saben que soy el líder de la manada, así que cuando el líder va rápido, ellos van rápido; cuando voy lento, ellos van lento; cuando me detengo, ellos se detienen. A algunos perros les gusta ir delante, otros quieren ir detrás, pero siempre quieren estar en el mismo orden cuando paseamos. Si cambio su posición, volverán a su lugar original en la manada. Se sienten incómodos y buscan su lugar. Sin embargo, si hay un nuevo perro a su lado, respetan su espacio y no hay problemas.

“Cuando alguien me llama para pasear a su perro, trabajo dos o tres días a solas con él -continúa- antes de llevarlo con los demás perros para asegurarme de que estará bien en la manada. Primero tengo que conocer al perro, cómo es con la correa, si tiene modales. Si no los tiene, le enseño. A veces se tarda un día... a veces se tarda un mes o más”.

Un ejemplo fue un pitbull difícil con el que trabajó hace un par de años. “Era muy agresivo, era muy fuerte, tiraba muy

fuerte, intentaba morder a pesar de llevar bozal... nadie podía trabajar con él” dijo Richie. “Después de un par de meses estaba mejorando -- era un perro completamente diferente, pero parecía que seguía pasándolo mal y no le gustaba el bozal. Así que decidí quitárselo. De repente se transformó en un perro precioso y bien educado porque se sentía libre. No tiraba, no iba detrás de otros perros, nada”.

El lugar de paseo depende de la temporada. Al principio, pasea a los perros por su propio barrio para que, si alguna vez se salen, puedan reconocer el camino hasta su casa. Cuando el lago está seco, puede pasear alrededor del lago; le gusta ir a la montaña cuando llueve; mucha gente dice que no le importa que su perro se embarre o se moje. Pasea entre 30 y 35 perros al día durante cuatro o cinco horas, cinco días a la semana.

Richie parece pasear lentamente con los perros, sin prisa. “El 95% de mis clientes son personas mayores, así que los perros tienen que aprender a caminar despacio, sobre todo los grandes con patas largas”, explica. “Hacemos entre tres y cuatro kilómetros en una hora, así que sigue siendo un buen ejercicio, también es un entrenamiento -les encanta oler cosas- y es social. No es sólo ejercicio.

Como fan de Bob Marley, el famoso cantante, compositor y músico jamaicano de reggae que impregnó su música con un sentido de la espiritualidad rastafari, Richie adoptó el rastafari. El rastafari promueve la idea de “vivir naturalmente” de acuerdo a las leyes de la naturaleza. Sostienen que sus rastas marcan un pacto que han hecho con Jah (Jehová) y que reflejan su compromiso con la idea de la naturalidad.

Richie y su mujer también dirigen Doggie Garden, un centro de acogida y cuidado de perros en su casa de San Antonio. Hay espacio suficiente para 30 perros, por lo que pueden separar a los perros pequeños de los grandes. Su sueño para el futuro es tener un gran terreno para poder tener un refugio de rescate y dar clínicas explicando a la gente por qué deben cuidar a sus perros.

No puede haber mejor maestro que Richie, el paseador de perros rasta. Ahora su pequeña también pasea perros.



# Going to the Doctor: A Guide

By Mary Anne Molinari

If you are like most people, you probably don't give much thought about a routine doctor's appointment. When, however, it is not a routine checkup, you may become distracted or overwhelmed by symptoms or discomfort. It is easy to forget what you wanted to ask. Being prepared with questions to ask can significantly help your doctor determine an accurate diagnosis and treatment.

When explaining your health issue try to be as specific as you can. Identify the circumstances, the time it began, location, duration, and characteristics (i.e. sharp or dull pain). Be sure to include anything that you may have done to remedy it, and the results. It is also vital to list medications and supplements you are taking if your physician does not already know them. It is possible your symptom(s) could be a medication side effect.

You have the right to ask questions about your condition, tests, therapies, medication, and lifestyle changes that could affect you. Asking the right questions will help you to understand your doctor's plan of care to resolve your health problem.

Don't, however, wait for your physician to raise a specific question or subject. He/she may not know it is important to you, may assume you already know the answer or that you don't want more information.

## ILLNESS

What do you think is causing my problem?

Is it serious, what do I need to do about it?

Can you help me understand this better? (some technical terms can be confusing)

Is my condition reversible, preventable and/or treatable?

Are there any limitations that will affect my daily life (activities, diet, medications)?

Is this condition contagious, if so, what precautions should I take?

## TESTS (Lab / X-rays)

What will this test/x-ray accomplish? Is it safe?

How should I prepare? Any foods or activities I should limit/avoid?

How long will it take?

How long before you get results?

What will it cost?

## TREATMENTS/SURGERY (T/S)

What will this T/S accomplish? Is it safe?

Will it hurt? If so, is there some way to lessen the pain?

What kinds of things should I do to prepare for the T/S?

Can I do the treatment at home alone or with help?

How long before the treatment works?

What side effects or changes should I report to you?

What is the long-term outlook with or without T/S?

Are there other treatment options? How effective are they?  
How much will this cost?

## MEDICATIONS

How does this medication work?

How, when, and how long should I take this medication?

Are there possible side effects? Which ones should I report to you?

Should I stop taking it, if I experience a side effect?

How long should this medication take to work?

What if I accidentally miss a dose?

What will happen if I don't take it?

If I don't notice any improvement, how long should I wait before calling you?

Are there any foods, beverages that I should avoid?

Can my medications or supplements interact with this new medication?

Are there any alternatives to taking this medication?

How much will this medication cost?

## COMMUNICATION

Communicating with a physician can present challenges. Language barriers, inability to read, write, hearing or cognitive disabilities can affect one's ability to understand and follow medical advice. A capable individual who can interpret what the doctor is proposing should accompany the person and ask the questions.

Note: It is tempting to "Google" conditions, treatments, medications etc. on the Internet. Be cautious and use a trustworthy site. Many are simply ads promoting some product. Reliable sites include Medscape, NIH, Medline, Merck Manual, Mayo Clinic and CDC.

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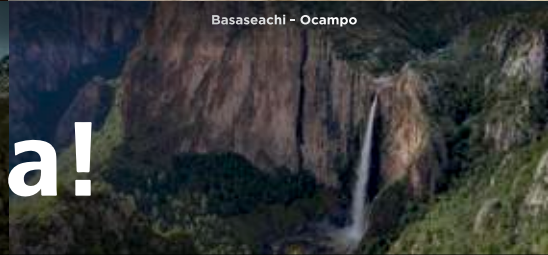
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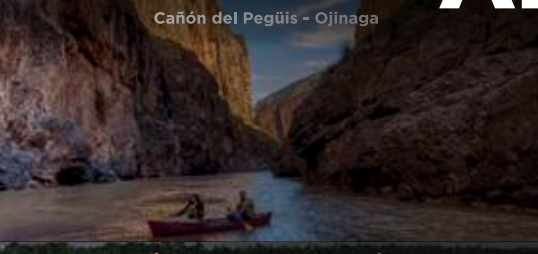
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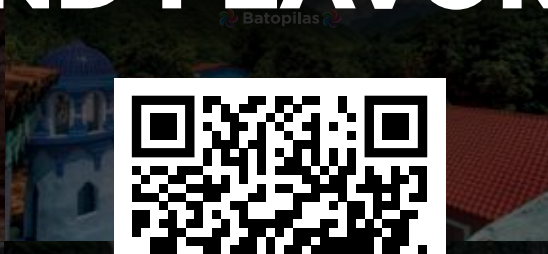
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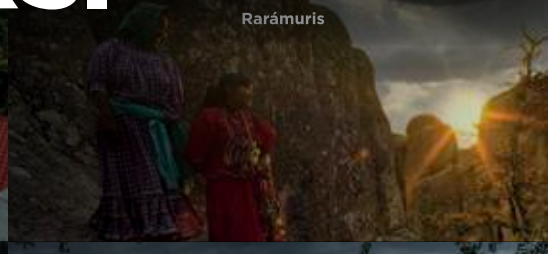
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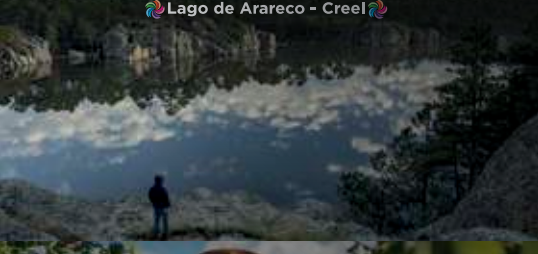
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