



The Voice

Newsletter of the American Society of Jalisco, A.C.

March 2010 Edition

The American Society celebrates its 65th birthday in March 2010!

Grand Celebration

The American Society of Jalisco,
A.C.

La Sociedad Americana de
Jalisco A.C.

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On Wednesday, March 17, the American Society will be celebrating its 65th birthday combined with St. Patrick's Day
Door open 12:30 Lunch served 1:30

Menu

Braised brisket with carrots, cabbage and potatoes

Smoked turkey, salad,

Birthday cake

50/50 Draw

\$150 members · \$165 non-members



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Announcements and Notices:

Members, \$25 peso per month donation to AmSoc

Non-members, \$50 pesos/mo

Mexican Vacation Trips

Barranca del Cobre (Copper Canyon)

In Mexico, which is rich in historic sites and splendid beach resorts, *La Barranca del Cobre* promises a unique and memorable vacation trip

La Barranca del Cobre is series of canyons which drain the western side of the *Sierra Tarahumara*—part of the Sierra Madre Occidental range. The entire Copper Canyon region comprises almost a third of the state of Chihuahua, which is Mexico's largest state. The canyon system is larger and in places deeper than the Grand Canyon in the United States. Eventually, all of the rivers which formed the Copper Canyons merge into the *Rio Fuerte* which continues across the adjacent state of Sinaloa, emerging near the city of *Los Mochis* on the Sea of Cortez. The name Copper Canyon originates from the copper-green color of the canyon walls.



There are many ways to explore Copper Canyon: hiking, bicycling, driving or horseback riding, but the most popular way is by train. The *Chihuahua al Pacifico* Railroad, or *el ChePe*, runs along the main canyon called Canyon Urique, between Chihuahua and *Los Mochis*. The railroad comprises 405 miles of rails with 39 bridges and 86 tunnels.

The total trip takes approximately 15 hours and passes through towns and along the towering cliffs of the canyons. From the train you are likely to see many *Tarahumara* Indians laying out their food, crafts and other wares for sale.



El ChePe

The Tarahumara people

The dignified and reclusive *Rarámuri* Indians, as they call themselves—*Tarahumara* is a name given them by the Spanish conquerors—are a tribe who have chosen to live apart from modern western culture and are well worth a visit. They live primitively, subsisting on corn, beans, and their livestock. The area is one of the coldest in Mexico and soil conditions are very poor. Because of this, the *Tarahumara* are semi-nomadic, living in caves in the winter and moving into small log cabins in the summer. They are excellent weavers and produce fine wool blankets to provide warmth during the harsh winters of the canyon.

The men are slender, with strong muscles. Recognized for being the among best long distance runners in the world, they are capable of running 80km or more often over rugged mountainous terrain, barefoot or in laced sandals.

The *Tarahumara* are renowned for hunting small game animals such as turkeys, rabbits and deer by chasing them until they drop from exhaustion.

The women are shorter, with oval faces, black oblique eyes and straight noses. They wear brilliantly colored wide, skirts and loose blouses with wool waistbands called *pukeras*. The women usually cover their hair with a shawl.

The language is sweet with an abundance of words referring to their customs and environment, with polite expressions such as: "I greet you, as the dove that warbles; I wish you health and happiness with your loved ones."

Each house has a hearth where they cook the maize and beans they harvested during the season in the hand-made bowls. Among the *Tarahumaras* everything belongs to



everybody; private property does not exist, so they share everything, especially food and shelter.

The Mexican Government recommends asking for permission when taking photos, entering accommodations or crossing *Tarahumara* land. Respect all celebrations as well as rights to privacy by these proud, quiet people.

Humor

Semantics

A man runs a stop sign and gets pulled over by a sheriff's deputy. He thinks that he is smarter than the deputy because he is a lawyer from New York and is certain that he has a better education than any cop from Houston. He decides to prove this to himself and have some fun at the deputy's expense.

Deputy says, "License and registration, please."

Lawyer says, "What for?"

Deputy says, "You didn't come to a complete stop at the stop sign."

Lawyer says, "I slowed down, and no one was coming."

Deputy says, "You still didn't come to a complete stop. License and registration, please."

Lawyer says, "What's the difference?"

Deputy says, "The difference is, you have to come to complete stop, that's the law. License and registration, please!"

Lawyer says, "If you can show me the legal difference between slow down and stop, I'll give you my license and registration; and you give me the ticket. If not, you let me go and don't give me the ticket."

Deputy says, "Sounds fair. Exit your vehicle, sir."

At this point, the deputy takes out his nightstick and starts beating the crap out of the lawyer and says, "Do you want me to stop or just slow down?"

Health News

Non-surgical treatment of cataract

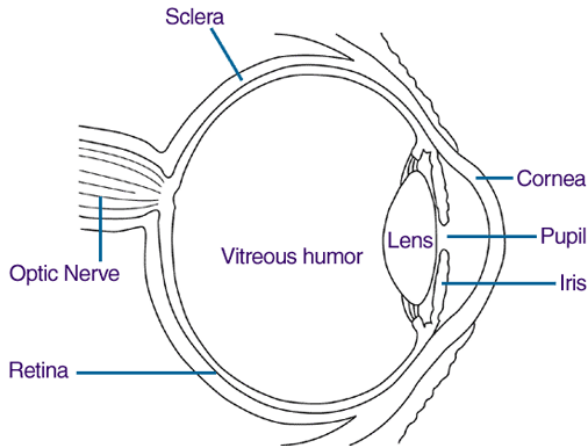
A friend told me recently about a treatment for cataracts that is an alternative to surgery, so I've done some research, from a variety of sources, I've learned the following:

Senile (age-related) cataract affects up to 5.5 million people in the United States and about 400,000 new cases appear each year. Approximately 25% of the population over 65 (and about 50% over 80), have a serious loss of vision due to cataract. Worldwide, cataract is the leading cause of blindness, accounting for 42% of all cases.

What causes cataract? Basically, it is caused by damage to cells in the lens of the eye by oxygen free radicals (oxidants), possibly combined with deficiencies of an important protective *anti-oxidant* called glutathione. This causes the lens become progressively cloudier until in some cases vision is totally impaired

Diabetics are especially prone to cataracts because of oxidative stress in the eye. Although cataracts can be surgically removed, in diabetics this can be an extremely risky procedure, since cataract removal causes suction on the retinas, which may completely pull away as diabetic retinas may already be weakened by retinopathy.

While cataract surgery is generally recognized as being one of the safest operations, there is a significant complication rate. For example, in the United States 30% to 50% of all patients having cataract extraction, develop opacification of the posterior lens capsule within two years and require further laser treatment. There are other complications such as retinal detachments, corneal edema and endophthalmitis. Approximately 27,000 individuals, in the US each year, develop serious complications as a result of cataract surgery, which in some cases, require hospitalization.



Over the last decade scientists at the Helmholtz Institute of Eye Disease in Moscow have tested various forms of carnosine. One in particular is N-alpha acetylcarnosine abbreviated here to NALC.

NALC presents the first major advance in the treatment and possible prevention of senile cataract.

With the use of a particular proprietary method of producing extremely high purity, NALC has been proven to be a suitable ophthalmic drug for the non-surgical treatment of age-related cataracts. It also displays high efficacy and physiological tolerance.

N-alpha acetylcarnosine should not be confused with N-carnosine which was found to be ineffective against cataracts and may even aggravate the condition.

Clinical tests in Russia have resulted in a 100% improvement in primary (early) cataract. For the more mature senile cataract (i.e. those who had had the cataract the longest time, in some cases more than 20-years) the effective rate was still an extremely impressive 80%.

The subjects reported no side effects from the medication, which is administered as eye drops. The term of the treatment with two or three daily drops varies from three to six months.

Dr. Mark Babizhayev, one of the principal Russian researchers behind the clinical trials, makes it quite clear that "ordinary" NALC will not be of much use in the treatment of senile-cataract. This is because there are many synthesized "carnosines" and their biological and medicinal activity strongly varies and depends on the mode by which they are acquired. He stresses the importance of purity of the product is essential.

"A simple way to determine if one is purchasing the safe, patented formula product is by the following statement, provided on the eye drop labels by our approved distributors: *N-Acetylcarnosine Patented by Innovative Vision Products.*" States Dr. Mark Babizhayev. "This phrase

ensures that you have the exact formula and purity of eye drop that was proven safe in our clinical trials."

Also, some manufacturers are attempting to make their products more attractive by adding vitamins such as vitamin A and E. These vitamins, while by themselves may be beneficial to the eye, inhibit the activity of N-Acetylcarnosine, particularly in the critical cornea and conjunctiva of the eye

Dr. Barbizhayev also states that Innovative Vision Products (IVP) holds the worldwide patents for the use of N-Acetylcarnosine and that the only clinically efficacious product on the market is Can-C™. Its Private labels Ocuzyne and Bionational (Nu-Eyes™) are also clinically effective in curing cataracts.

There are a number of websites where you can find more information as well as sources of this medication.

Disclaimer: This article is not intended to be a recommendation of any particular treatment. Before trying any new remedy, talk it over with your physician. V.W.

Quotations

America believes in education: the average professor earns more money in a year than a professional athlete earns in a whole week.

Evan Esar

You see things and ask "Why?" but I dream things that never were, and I say "Why not?"

George Bernard Shaw

Speech is conveniently located midway between thought and action, where it often substitutes for both.

John A. Holmes

Debemos alejarnos con toda nuestra alma de las cosas que pasan

Platón

Recipe from Brandy Tuscan soup "Ribollita"

Ingredients

- Day-old bread, chopped into chunks
- Fresh kale or other hearty dark green leafy vegetable (anything but spinach, which is too delicate to hold up!)
- Onions, carrots and celery
- Olive oil
- Fresh chopped sage, bay leaves, rosemary (or thyme).
- Garlic
- 1 can Cannellini beans (large white beans used in minestrone)
- 2 tablespoons tomato paste.
- Piece of rind from parmesan cheese
- ½ cup good white wine
- 1 quart stock or chicken broth

Method

Fold fresh kale or other vegetable leaves and slice into ribbons then set aside. Chop onions, carrots and celery then sauté in olive oil until caramelized, add as much garlic as you like. Stir in chopped herbs then add the greens and cook until wilted down. Stir in the tomato paste. Deglaze cooking pot with half a cup good white wine and allow the alcohol to cook off (about 2 minutes). Add stock or chicken broth and the beans. Drop in piece of Parmesan rind (always save the rind, it adds so much flavor to soups and stews). Simmer for 15 minutes,



stirring occasionally then stir in the bread chunks a handful at a time. The soup should be thick enough for a wooden spoon to almost stand up

Garnish with a drizzle of olive oil, finely chopped onion, or fresh grated parmesan cheese, or all three!

With this hearty, healthy soup you don't even need a salad, just enjoy! Brandy

Announcements

Salud Integral Club de AmSoc

Physiotherapy • Massage Therapy

Stress Management • Rehabilitation

Sciatica • Sprains

Reflexology • Bioenergetics

Pain Management • Post-surgery Therapy

Rehabilitación post-cirugía

Masaje relajamiento • Manejo del dolor

Reflexología • Depilación laser

Terapeuta: Leticia (Lety) Rodriguez

Tel: 044-333-103-2528

San Francisco 3332, Chapalita

Over-eaters Anonymous

12-step program for compulsive eating. The group is self-supporting from member contributions. No fees or dues. Meetings are upstairs in Louise Mattos's office.

Every Saturday 11 a.m. – 12 noon

Contact: Daryl 33-3507-4746

New Website!

AmSoc members, Patricia Dygula and Vicki Wootton are pleased to announce the opening of their new website *Pasajes de la Vida*

We invite you to visit us at:

www.pasajesdelavida.com

Recovery Corner

Friends of Bill W. AA Group has moved their meetings into the main AmSoc building from the Parrot Cage. Meeting times are the same: Monday, Wednesday & Friday from **6:00 PM - 7:00 PM.**

Lunch and a Meeting AA Group now meets at Mexicaltzingo 1238 esq. Pavo in Centro on Tuesday, **Thursday & Saturdays from 12 – 1:00 PM.** The location is 1-1/2 blocks from the Mexicaltzingo light rail [Tren] station, between La Paz & Niños Heroes

Weather: Many times in the last three months, the nighttime temperature in Guadalajara was lower than in Vancouver, Canada and twice in February, it was lower than in London.

Handy Household hint: Easy way to clean a microwave oven

If your oven is spattered with food and grease or burnt popcorn, here's a fast easy way to get it clean. Cut a lemon into quarters and put them in a large glass measuring cup. Add one cup of water, place in the oven and leave it on high for 5 minutes. The steam and lemon melt away dirt. Just wipe dry with cloth or paper towel. Your oven will be spotless.

Bilingual Service & Information

Comprehensive help for visitors and newcomers to Mexico

Assistance with government agencies

Rental or purchase of property

General maintenance and repairs

Household moving

Carlos Ruiz Checa

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Weekly Calendar

Monday	Breakfast 9:00 Aerobics 8:30 a.m.
Tuesday	Breakfast 9:00 a.m. Breakfast 9:00
Wednesday	Aerobics 8:30 a.m. Breakfast 9:00
Thursday	Breakfast 9:00 a.m. Lunch 12:30 p.m. Games until 4:00
Friday	Breakfast 9:00 Aerobics 8:30 a.m.
Saturday	Breakfast 9:00 a.m. English conversation group Toastmasters 1 p.m.

NOTE: We'll gladly publish announcements of upcoming events at AmSoc if you send written information by the 3rd week of the month

The last word

I apologize for the lack of news about AmSoc this month. Unfortunately, through circumstances beyond our control, we weren't able to get photos of the Valentine's Day dinner dance, so if anyone who attended the event has pictures he or she would like to share, please send them to the email address on the front page.

I wish some of you would send me suggestions and news. This is your newsletter and I have no way of knowing the sort of things you want to read about unless you tell me. I am willing to do the research on any subject you are interested in, so please, give me some feedback.