



The Voice

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

May 2010 Edition

The American Society celebrates its 65th birthday in 2010!

The American Society of Jalisco,
A.C.

La Sociedad Americana de
Jalisco A.C.

Avenida San Francisco 3332
Colonia Chapalita
Guadalajara, Jalisco, MX
Tel. & Fax (33) 3121-2395

www.amsocguadalajara.com

Contents

Activities calendar	4
Announcements	4
Casserole recipe	4
Getting away	2
Health news	2-3
Home pest control	3
Quotations	3

Editor Vicki Wootton

Email: la.inglesa@gmail.com
Tel. (33) 3647-6232

Announcements and Notices:

*Members, \$25 peso per month
donation to AmSoc*

Non-members \$50 pesos/mo

May Events at AmSoc

Saturday, May 1 Kentucky Derby Day

Doors open at 4 p.m., Race starts at 5:30 p.m.

Chili and hot dogs will be served

Donation \$50 pesos



Ladies: wear your fanciest hat and win a prize

Come and join us - have some fun with friends!

Saturday, May 22
Mother's Day/Father's Day

Combined celebration!

Doors open 12 noon — Lunch served 1:00 p.m.

Menu

*Barbecued Ribs, Chicken Breasts
Mashed Potatoes, Corn, Salad*

*Donation \$120 pesos or \$10 US
Seating is limited so book early*

Getting away from it all

Lagos de Moreno

If you feel like taking a trip out of town, but don't want to go to the beach, Lagos de Moreno would be an excellent place to visit. It is in the extreme north east of the state of Jalisco, about 165 km (102 m.) from Guadalajara.

One thing in its favor now that hot weather is approaching is that it has a cooler climate than Guadalajara. Lagos de Moreno can be reached by the excellent highway 80.

Because of the numerous writers and poets who were born there, and its splendid mansions and architecture, Lagos de Moreno is called by Mexicans, the "Athens of Jalisco".

With a population of around 93,000, it is an important center of agriculture and food processing, however, the historical city is of more interest to visitors.

Lagos de Moreno was founded on March 31, 1563 by Captain General and Grand Major of the Teocaltiche Valley, Hernando de Martell—also known as. Hernán Gallegos—and was originally named *Villa de Santa Maria de los Lagos*.

The old pre-Hispanic name of the city was Pechichitlán or Teziziatlan and was the Great Capitol city of the Chichimecatlalli Empire founded by Ahnuvic-VII around 1028 B.C.

Gallegos founded the village in the Spanish style in the remains of Chichimecas and Caxcans cultures with sixty-three Sephardic families who came from Spain after King Ferdinand's Alhambra Decree (March 31, 1492) which ordered every Jew in Iberia to convert to the Catholic religion or be expelled from the country. Some of the Spanish (Sephardic) Jews went to America and founded towns or cities in the New World.

The city was renamed *Lagos de Moreno* in memory of insurgent General Pedro Moreno who led the struggle for independence from Spain.

Travel writer, Pedro Fernandez Somellera, uses the phrase "*Los increíbles Lagos (que no hay) in los Altos (que no son altos) de Jalisco—The incredible Lakes (that don't exist) in the Highlands (that aren't high)*" to describe this area.

Dominating the central square of the city is the magnificent 18th century cathedral, Our Lady of San Juan de Los Lagos, which is one of the finest examples of Baroque church architecture in Mexico. The interior murals are truly

spectacular. In addition, the city and surrounding area are replete with examples of colonial architecture, including many fine haciendas, some of which have been converted into hotels. In the historic center are antique stores selling colonial furniture and accessories, a beautiful theater, and many fine restaurants and hotels.

At the end of July and beginning of August, Lagos de Moreno celebrates its *Fiestas de Agosto* with events for every interest, including sports, art, culture and Mexican folklore.



Health News

Salt

Starbucks Coffee Company has announced it will cut salt levels in its popular breakfast sandwiches as part of a national campaign started by New York City Mayor Michael Bloomberg. Joining 15 other U.S. companies, Starbucks pledge is part of Bloomberg's National Salt Reduction Initiative, a coalition of cities and health organizations that aim to reduce salt in restaurant and packaged foods by 25 percent over five years.

So why is Mayor Bloomberg targeting restaurants and packaged food companies? According to the New York City Health Department, only 11 percent of sodium in American

diets is added by consumers. Nearly 80 percent is added to foods before they are sold.

Reuters reports that "cutting salt intake by approximately 10 percent could prevent hundreds of thousands of heart attacks and strokes over several decades and save the United States \$32 billion in healthcare costs."

And that's not all—eating too much salt is a major cause of high blood pressure, which the Institute of Medicine has declared a "neglected disease" that costs the U.S. health system \$73 billion a year.

Other companies involved in the initiative are Heinz, Boar's Head, Au Bon Pain, FreshDirect, Goya, Hain Celestial Group, Kraft, LiDestri, Mars Food US, McCain Foods, Red Gold, Inc., Subway, Unilever, Uno Chicago Grill and White Rose.

The importance of Vitamin D

Reducing Falls

Taking vitamin D supplements, at a dose of 700-1,000 international units per day, may lower the risk of falling by 19% for people aged 65 and older. Vitamin D affects muscle strength, and stronger muscles could mean less likelihood of falling, the researchers noted.

From a research review published online in BMJ, the British Medical Journal.

A healthy brain

Studies indicate that older people with low levels of vitamin D may be more likely to suffer from cognitive impairment. It is hoped that Vitamin D may slow mental decline.

Vitamin D is best known for helping the body absorb calcium, which restores and strengthens bone, protecting against fracture. But vitamin D also seems to have anti-inflammatory effects that may help keep blood vessels healthy, ensuring nutrient- and oxygen-rich blood flow to brain cells. In addition, the presence of vitamin D receptors throughout the brain suggests that it may directly affect brain tissue.

"People with dementia or cognitive impairment tend to become socially isolated and less physically active, so they're less likely to get outside to get the benefits of the sun's vitamin-D-producing ultraviolet light," a researcher stated.

The good news is that it doesn't cost anything. Just get about 20 minutes of exposure to the sun each day. If for some reason you cannot get out in the sun, Cod Liver Oil capsules are a good substitute.

Heart Attacks and Aspirin

Heart Attack Warning Signs

Most heart attacks occur in the day, generally between 6 a.m. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Researchers at the Mayo Clinic, who have been studying the phenomenon for a decade, show sleep apnea could be the cause.

Some heart attacks are sudden and intense—the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea, or lightheadedness

Why use Aspirin?

Aspirin prevents platelets in the blood from sticking together and enlarging blood clots that may damage the heart muscle.

Emergency procedure

If you wake up in the night and think you may be having a heart attack, follow this procedure:

1. *Immediately dissolve two regular aspirins in your mouth and swallow them, with water if it is handy. (Do not use soluble aspirin, or Ibuprofen.)*
2. Call 911—or **066** in Mexico—and say "heart attack-*ataque al corazón!*"
3. If you can, unlock your front door
4. Sit on a chair or sofa near the front door and wait for the arrival of the ambulance.
5. It is safer to wait for the ambulance to take you to the hospital than have someone drive you there. You will receive faster treatment if you arrive by ambulance.
6. You may want to have a family member or friend with you to give your information to hospital staff.

Important, especially if you live alone: be sure to add the emergency number (066) and the number of a friend to the speed dial codes on your phone(s) so you only have to press one button in an emergency.

Thanks to Ann Whiting for sending the information, which I have adapted for this report.

Quotations

Real joy comes not from ease or riches or from the praise of men, but from doing something worthwhile. Sir Wilfred Grenfell

To read a newspaper is to refrain from reading something worthwhile. The first discipline of education must therefore be to refuse resolutely to feed the mind with canned chatter. Aleister Crowley

Until you've lost your reputation, you never realize what a burden it was. Margaret Mitchell

Parte de la felicidad de la vida es consiste, no en entablar batallas, sino en evitarlas. Una retirada magistral es en sí misma una victoria. Norman Vincent Peale

Household pest control

Ants: NutraSweet (aspartame works) in repelling or killing ants because of its ability to affect the nervous system. It contains aspartic acid which over-stimulates brain cells and causes them to die. Or you can sprinkle talc, cinnamon, citronella, or tea tree oil around the place where they enter your home.

Recipe

I've been searching the Internet for recipes in an attempt to expand the limited variety in my diet and came up with this delicious casserole. It's definitely a keeper!

Black Bean Casserole

Ingredients

1 tbsp cooking oil
1 med. onion, diced
1 med. zucchini, grated or diced
1 ½ cups cooked black beans
1 cup diced tomatoes
1 ½ cups kernel corn (frozen or canned)
1 tsp ground cumin
12 corn tortillas, quartered, 1 cups enchilada sauce*, 1 ¼ cups shredded zesty cheese



Directions

Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until it starts to brown, about 5 minutes. Stir in zucchini, beans, tomatoes, corn, and cumin. Cook, stirring occasionally, until the vegetables are heated through (about 3 minutes).

Lightly coat a 9-by-13-inch baking pan with cooking spray. Scatter half the tortilla pieces in the pan. Top with half the vegetable mixture, half the enchilada sauce and half the cheese. Repeat with one more layer of tortillas, vegetables, sauce and cheese. Cover with foil.

Bake the casserole in the oven at 210° (400°F). for 15 minutes. Remove the foil and continue baking until the casserole is bubbling around the edges and the cheese is melted, (about 10 minutes more.)

* I make my own sauce by adding chili sauce *muy piquante* to a 345gr. carton of tomato puree.

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 held in the library every Saturday 11 a.m. – 12 noon

Contact: Daryl 33-3507-4746

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

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

*Member of AmSoc

Tel. 3659-8017
cells. 044-33-3806-4719
044-33-3153-9888

Email: caruche@hotmail.com
www.caruche.com

Weekly Calendar

Monday	Breakfast 9:00 Aerobics 8:30 a.m.
Tuesday	Breakfast 9:00 a.m. Breakfast 9:00 Aerobics 8:30 a.m.
Wednesday	Breakfast 9:00 Aerobics 8:30 a.m.
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. Overeaters Anonymous 11:00 a.m. English conversation group 1:00p.m. 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