

VOLUME 43, AUGUST, 2022
VOLUMEN 43, AGOSTO, 2022

FREE
GRATIS

CONEXIONES

People Helping People • Gente Ayudando Gente

Mariachi Festival Festival del Mariachi

Vamos Juntos • Coming Together



PUBLICACIÓN

TRY THE BEST
MEMORY FOAM MATTRESS



UP TO
50%
OFF



Made in México



Limited Warranty



Trial



Interests Free



Free Shipping

www.ColchonSensei.com •   

SENSEI
COLCHONES

■ **How to install the SenSei Mattress**

01



Get out the box

02



Unroll

03



Enjoy the best rest

■ **Buy Online**

Scan your code:



ShowRoom

Rubén Darío 633,
Col. Providencia, Gdl.



+52 33 1169 2700

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

President/Presidente: Steve Balfour (2020)

Secretary/Secretario: George Radford (2020)

Treasurer/Tesorero: Tim Boardman

Directors/Directores: Larry Barnhardt, Christy Caldwell, Richard Chase, Greg Custer, Hunter Johnson III, Leigh Manheim, Yolanda Martínez Llamas

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

Managing Editor/Director General: Rachel McMillen

Department Editor External/Editor del Depto. Externo: Harriet Hart

Department Editor Internal/Depto. de Edición Interno: Diana Ayala

Art & Design/Arte y Diseño: Domitzu Medrano B.

Production Manager/Director de producción: Marianne Carlson

Translations/Traducciones: Diana Ayala y Neri Navarro

Proof-reader/Revisión final: Frank Lynch

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. Advertisement inquiries should be directed to ventas@lakechapalasociety.com.

Conecciones agradece el envío de artículos. Nos reservamos el derecho de editarlos si es necesario. Los envíos deben ser en MS Word de 600 palabras, y deben dirigirse a submissions@lakechapalasociety.com. Las solicitudes de publicidad deben dirigirse a ventas@lakechapalasociety.com.

All prices include free design work. 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 / *Todos los precios incluyen el trabajo de diseño gratuito. Todos los anuncios/información de anuncios deben ser enviados antes del día 10 del mes para su inclusión en la revista del mes siguiente. Enviar a ventas@lakechapalasociety.com*

INDEX / ÍNDICE

2 Message from the President
Mensaje del Presidente

2-5 RFC Q & A.

6 New U.S. Notary Opportunities

8 Music Group Gamos / *Grupo Gamos, Selectivo De Musica*

9 Filling prescriptions in Mexico

10 Some Food and Drugs Don’t Mix!

11 *Algunos alimentos y medicamentos no son compatibles*

12-13 COVER STORY: International Mariachi and Charrería Encounter

LCS-1 Activities

LCS-2 LCS Educational Program

LCS-3 Library Updates, Spanish in Action

LCS-4 Bus trip, Open Circle

16-17 **ARTÍCULO DE PORTADA:**
Encuentro internacional del Mariachi y la Charrería

18 History of Chiles en Nogada

19 *Reseña de los Chiles en Nogada*

20 Primer on Pets: Do Animals Appreciate Music?

21 *Sobre animales de compañía: ¿Los animales aprecian la música?*

23 First Person Singular: My Two Half Lives

24 González Gallo Cultural Center
The best space for concerts in Chapala.
Centro Cultural González Gallo
El mejor espacio para conciertos en Chapala.

25 Concerts in the Park

27 Conciertos en el Parque

28 Up, Up & Away

COVER: Miguel Ángel Rojas Tafolla

Conecciones Advertising Prices / Precios de los Anuncios

2022	Cost / Precio	with/ con IVA
Back cover / Contraportada (9 x 11.4” / 23 x 29 cm).....	\$5,000	\$5,800
Inside front & back cover / Contraportada interna (9 x 11.4” / 23 x 29 cm).....	\$4,500	\$5,220
Full page / Página completa (8.2 x 10.5” / 21 x 27 cm).....	\$3,600	\$4,176
1/2 page / 1/2 página (4.7 x 7.2” / 12 x 18.5 cm).....	\$2,150	\$2,494
1/4 page / 1/4 página (3.5 x 4.7” / 9 x 12 cm).....	\$1,150	\$1,334
1/8 page-business card / 1/8 página-tarjeta de presentación (3.5 x 2” / 9 x 5 cm).....	\$ 400	\$ 464

President's Message

Reflect - Reconnect. - Reprioritize

It's hard to believe we've just passed the halfway point of 2022. The spring season is over and fall events will soon be in high gear. What is often referred to as the "busy" season here at Lakeside is just around the corner.

This brief respite is the perfect time to pause and look back on what you have to be thankful for so far in 2022, and to plan for the journey ahead.

Reflect

Take note of the things you have done so far this year - both big and small. What impact will some of them have on your next chapter in life? When you are running from one activity to the next, it can be hard to focus on what you have accomplished and what you have learned along the way. Whether it's setting a new health goal or exercise goal, or getting involved with organizations or making new friends, or overcoming a big obstacle, it's important to identify - and celebrate - what you achieved in the first half of the year.

Reconnect

Summer is a great time to reconnect with our organization's mission and remember the impact we as a group have on our community. This is a great time to connect with family and friends to share experiences and strengthen the relationships. Share recent stories of what you have going on in your life. Invest time with the people around you and for your closest family and friends, make sure they have current info about you and your life and life planning.

Reprioritize

Ask yourself where you can make the biggest impact in your life this fall and beyond, put some goals on paper. Is there a new skill you want to develop? Are there classes at LCS or other organizations that you would enjoy and benefit from? Do you want to meet new friends? Is there a program at Lakeside that you would like to volunteer with? Do you want to get your Will in order? In Mexico, September is the month of Will planning and there are discount fees for doing so. Are there projects at home you wish to take care of? What can you be doing this year that will enrich your life here at Lakeside? Take note of what you want to achieve by the end of the year and set some concrete steps to get there. LCS offers over 100 programs, how many are you aware of? Are there others you could engage with?

At The Lake Chapala Society we have been working aggressively to expand our offerings and cultivating our collaborations with the overall community. Most of our programs have restarted and more will be coming online soon. We are also developing new programs that we think would be of value to many. The Concerts in the Park have restarted with a full schedule starting in September. Many of our Expat members, volunteers and friends who have been away for part of the summer, will be returning soon and the famous snow birds will soon be arriving as well. Take this time to get involved. Consider becoming a volunteer if you have not done so in a while, or if you are new to town. Consider making your annual fund gift to The Lake Chapala Society. These gifts are what make everything we do possible.

We hope these ideas leave you recharged and ready for the fall season!

Steve Balfour
Your President
LCS Board of Directors

Mensaje del Presidente

Reflexionar - Reconectar. - Repriorizar

Es difícil creer que acabamos de pasar la mitad de 2022. La temporada de primavera ha terminado y los eventos de otoño pronto se pondrán en marcha. Lo que a menudo se conoce como la temporada "alta" aquí en Lakeside está a la vuelta de la esquina. Este breve respiro es el momento perfecto para hacer una pausa y mirar hacia atrás en lo que tienes que agradecer hasta ahora en 2022, y para planificar el viaje por delante.

Reflexiona

Toma nota de las cosas que has hecho en lo que va de año, tanto grandes como pequeñas. ¿Qué impacto tendrán algunas de ellas en tu próximo capítulo de la vida? Cuando estás corriendo de una actividad a otra, puede ser difícil centrarse en lo que has logrado y en lo que has aprendido por el camino. Tanto si se trata de establecer un nuevo objetivo de salud o de ejercicio, como de participar en organizaciones, hacer nuevos amigos, o de superar un gran obstáculo, es importante identificar -y celebrar- lo que has conseguido en la primera mitad del año.

Vuelve a conectarte

El verano es un buen momento para reconectar con la misión de nuestra organización y recordar el impacto que, como grupo, tenemos en nuestra comunidad. Es un buen momento para conectar con la familia y los amigos para compartir experiencias y fortalecer las relaciones. Comparta historias recientes de lo que está pasando en su vida. Invierte tiempo en las personas que te rodean y, en el caso de tus familiares y amigos más cercanos, asegúrate de que tienen información actualizada sobre ti y sobre tu vida y tu planificación vital.

Vuelve a priorizar

Pregúntate dónde puedes tener el mayor impacto en tu vida este otoño y más allá, pon algunos objetivos en el papel. ¿Hay alguna nueva habilidad que quieras desarrollar? ¿Hay clases en LCS u otras organizaciones de las que disfrutarías y te beneficiarías? ¿Quieres conocer nuevos amigos? ¿Hay algún programa en Lakeside en el que te gustaría ser voluntario? ¿Quieres poner en orden tu testamento? En México, septiembre es el mes de la planificación del testamento y hay descuentos para hacerlo. ¿Hay proyectos en casa de los que quieras ocuparte? ¿Qué puedes hacer este año que enriquezca tu vida aquí en Lakeside? Toma nota de lo que quieres lograr al final del año y establece algunos pasos concretos para conseguirlo. LCS ofrece más de 100 programas, ¿cuántos conoces? ¿Hay otros en los que podrías participar?

En The Lake Chapala Society hemos estado trabajando agresivamente para ampliar nuestra oferta y cultivar nuestras colaboraciones con la comunidad en general. La mayoría de nuestros programas se han reiniciado y pronto habrá más en línea. También estamos desarrollando nuevos programas que creemos serán de valor para muchos. Los Conciertos en el Parque se han reanudado con una programación completa a partir de septiembre. Muchos de nuestros miembros extranjeros, voluntarios y amigos que han estado fuera durante parte del verano, volverán pronto y los famosos pájaros de la nieve también regresarán pronto. Aproveche este momento para participar. Considere la posibilidad de convertirse en voluntario si hace tiempo que no lo hace, o si es nuevo en la zona. Considere la posibilidad de hacer su donación anual al fondo de la Lake Chapala Society. Estas donaciones son las que hacen posible todo lo que hacemos.

¡Esperamos que estas ideas te dejen recargado y listo para la temporada de otoño!

Steve Balfour
Su Presidente
Junta Directiva de LCS

Vendimias

• 2 0 2 2 •

GUA NA JUA TO

Tierra de Vinos

CONOCE MÁS EN:

23 julio al 2 octubre



Guanajuato
Vive Grandes Historias
Secretaría de Turismo



GUANAJUATO.MX



#ViveGrandesHistorias

RFC Q & A.

Each government administration adjusts the law according to its objectives and the times in which we live.

One of the changes that has caused so much noise recently is the one related to the RFC.

LCS together with Solbes & Solbes Abogados offered an open talk to help understand what this is all about and how it affects us.

From the presentation we prepared this Q & A which we hope will serve as a guide during the learning curve and bring us some peace of mind.

What is RFC in Mexico?

The RFC is a code that consists of 12 digits.

First and second letters of your last name plus first letter of your second last name (for Mexicans), first two letters of your given name (for non-mexicans). date of birth yy/mm/dd, and three random letters/numbers assigned by the authority (a.k.a homoclave).

For instance: John Lee Jehnsen, 1970-09-12: JEJO700912AB1.

The RFC is a Tax ID that is assigned to every individual, either being Mexican or non-Mexican citizen.

The purpose of the RFC is to be able to know about the business transactions of every individual and to keep track of tax payments.

What is a constancia de situación fiscal?

It is a certificate that includes the taxpayer's general information as well as information on their tax regime and tax obligations on the date it was issued.

What's the whole hassle on RFC?

On 2022, a reform to the Article 27 of the Federal Fiscal Code (*Código Fiscal de la Federación*) established that all individuals of legal age (In Mexico is 18-years-old) are to get an RFC number, regardless of whether they are employed or have a business activity.

SAT (*Secretaría de Administración Tributaria*) tax authority in Mexico issued a statement on March 30th, 2022, saying that the *Constancia de Situación Fiscal* (Tax ID for every individual) will be required in order to issue new invoices (*facturas*) that will appear on your name.

This is linked to the new invoice (*Factura*) version 4.0 that was implemented in the tax law reform issued on January 1st, 2022. Several changes were added to this new Factura, which include the obligation to provide a digitalized Tax ID (*Constancia de Situación Fiscal* or RFC).

FACTURA 4.0?

Several changes were made in this new version of our current facturas, the most important are the following

I. *Persona física or moral* needs to include the zip code of its official tax registered address.

A zip code will be needed for the person that receives the *factura* as well.

II. A digitalized copy of the tax id (*constancia de situación fiscal o rfc*) will need to be attached to the *factura*.

What is global invoice (factura global)?

Within the changes that this new reform brought, there has been a lot of questions regarding if the Generic RFC will remain. The answer is YES.

Generic RFC?

A generic RFC is assigned when there's no registry of the *persona física or moral*" or for non-Mexican citizens that do not have RFC.

Generic RFC for non-Mexican and Mexican citizens

For non-Mexican citizens, the Generic RFC is:

XEXX010101000

For Mexican citizens that don't have RFC: XAXX010101000

What applies to non-mexican citizens?

It is important to know that because immigration granted non-Mexican citizens residency in Mexico, that does not mean that they are tax residents.

The Federal Tax Code states that an individual can be considered a resident for tax purposes when the residence (referring to houses, condos, RVs, etc.) is in the country.

How do I know if I already have a RFC?

Before showing up to any of the SAT offices in Guadalajara, it is best to be sure if you already have it assigned.

Go to: <https://www.sat.gob.mx/aplicacion/operacion/29073/verifica-si-estas-registrado-en-el-rfc>

The image shows a screenshot of the SAT website's 'Consulta Contribuyente' form. The form has five numbered callouts: 1. 'Choose Persona física' (selected), 2. 'Choose CURP', 3. 'Type your CURP', 4. 'Type the Catcha code', and 5. 'Click on consultar'. The form includes radio buttons for 'Persona Física' and 'Persona Moral', and radio buttons for 'RFC' and 'CURP'. There is a text input field for 'CURP' and a 'Consultar' button at the bottom right.

What are the requirements to get a RFC?

- Valid passport
- Valid Mexico residency card (temporary or permanent) or FMM.
- Proof of address. Telmex and CFE are accepted, and they don't have to be under your name. You can ask your landlord about this.

- Printed CURP.
- USB stick: this will be used to download/save your firma digital (Digital Signature). It is important not to forget this. Bring a NEW flash drive in its package.
- Processing your RFC is completely free of charge.
- All documents above must be printed. They do not accept digital copies.

Do I need an appointment?

No. Anyone that is 60 years old or older do not need an appointment to get their RFC.

What will require having a RFC?

If you don't have a RFC, you cannot claim capital gains tax exemptions on any property you own when you sell. Banks now ask for a RFC when you open a bank account in Mexico; and car dealers ask for a RFC when you purchase a car in Mexico. (*Constancia de Situación Fiscal*).

Also, if your vehicle is towed, the insurance will not pay the amount established in your insurance policy if you don't have a RFC, you will need a *Constancia de situación fiscal*.

How can I get my constancia de situación fiscal?

Know that this can only be done digitally now. Visit <https://www.sat.gob.mx/aplicacion/login/53027/genera-tu-constancia-de-situacion-fiscal>.

This works if you have already RFC and a password given in the SAT office.

If you don't remember your password, Click on "e.firma" (it is your digital signature) and use the files included in your flash drive given in the SAT office. Download then your file and you are done.

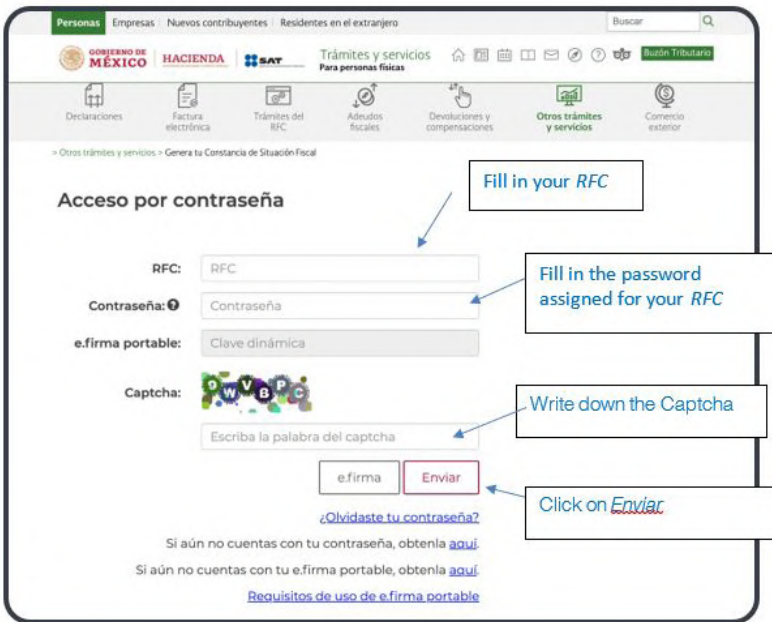


What about the deadline to get a RFC and your constancia?

In June 8th, 2022, The SAT authority issued a statement number 029/2022 saying that the new Factura will start operating in January 1st, 2023. This means that the obligation for the *Constancia de Situación Fiscal* will be extended as well.

Even though the period to obtain your RFC and the constancia has been postponed, we recommend you resolve it as soon as possible, since the lines for appointments with the SAT will be very long towards the end of the year. The sooner the better

Solbes & Solbes Abogados.



Moving to Lake Chapala Discount Coupon

Take up to \$500 off

And we donate 2% to LCS! *

US / Canada: (915) 235-1951
US cell: (520) 940-0481

BestMexicoMovers.com

Better Process - Lower Prices

* Your discount is equal to 5% or \$500 USD, whichever is less. To receive the discount and have us make the donation to LCS, use discount code: LCS. Expires December 31, 2022

www.lakechapasociety.com

New U.S. Notary Opportunities

By Charles D. Wilder, Esq.

If you have tried to get something “notarized” while you are here at Lakeside, or anywhere in Mexico, you know that it is not an easy proposition. Why is that?

To understand that we should first understand what a “notary public” and a “notarization” really are. Generally notaries are individuals at least 18 (21 in some states) years of age who have not been convicted of a felony who apply for a commission from their state government, usually the secretary of state. When receiving this commission a notary serves the public as an impartial witness in performing a variety of official fraud-deterrent acts related to the signing of important documents. A notary’s duty then becomes to screen the signers of documents for their true identity, their willingness to sign without duress or intimidation, and sometimes for their awareness of the contents of the document.

Performing this service or function is generally referred to as notarizing and the result a notarization or notarial act. Some notarizations also require the notary to put the signer under an oath, declaring under penalty of perjury that the information contained in a document is true and correct.

In the U.S. it is not a big deal to be in another state and have something notarized in one state to be sent back to your home state for recording or other acceptance by the person or entity requiring the notarization. That is, at least in part, because of the full faith and credit provisions of the U.S. Constitution requiring states to recognize the laws of all the other states, including the laws providing for notaries public in each state. However many people do not realize that the authority of a notary public is limited to acts by the notary conducted within the geographical boundaries (jurisdiction) of the state in which

they receive their commission. So if someone who is a notary public back in the U.S. offers to notarize something for you here at Lakeside, it is beyond the scope of the authority of their commission and totally invalid. Also unlike notaries in foreign countries, a U.S. notary public is not required to be an attorney.

What about using an abogado or notario here in Mexico? If an abogado or notario is legally able to take oaths and acknowledgments, which a notario clearly is, that could be accepted in the U.S. However, it will require someone analogous to the secretary of state in a U.S. state to certify that the particular abogado or notario has that legal authority. That certification is referred to as an Apostille and is generally going to be more trouble and expense to do than the method that specifically provided for in U.S. law which is an oath or acknowledgment taken by a consular official.

The Lake Chapala Society used to facilitate a consular official from the U.S. Consul in Guadalajara to come to Lakeside once each month to help U.S. citizens with documents that need to be notarized. Unfortunately that stopped with the pandemic and has not been started again yet and the cost is not insignificant.

So what is the new opportunity referred to in the title to in this article? Something that is referred to as a

Civil-law Notary and Florida and Alabama are the only two states that have passed such laws. But a Civil-law Notary is a trained legal professional who may exercise legal power and authority generally similar to those exercised by non-U.S. Notaries, subject to provisions of local law. The powers of Civil-law Notaries also include, but are not limited to, all of the powers of a notary public under any law of their State. Whereas the authority of a regular notary public to take oaths or acknowledge (“notarize”) documents is limited to within the jurisdiction of where they receive their notary commission, a Civil-law Notary is not so limited and may exercise their authority beyond the normal jurisdictional boundaries. So a Civil-law Notary can go anywhere in the world and notarize documents that are valid back in the U.S. for recording or acceptance as would be from a notary public who properly notarized something within the jurisdiction for which they received their commission.

About the author: Charles D. Wilder, Chuck, is Board Certified by The Florida Bar as a Wills, Trusts and Estates attorney who has been practicing law in Central Florida for over 40 years. Chuck and his wife own a home at Lakeside, he is a member of LCS and although not a full time resident at Lakeside is here several times a year and for various lengths of time.

He has agreed to make himself available during his visits to Lakeside to LCS members at LCS, Friday August 19 and Tuesday August 23, from 10 to 1 pm





Call for the:

1st GOLF TOURNAMENT FOR EDUCATIONAL CONTINUITY MONDAY, SEPTEMBER 5, 2022

O'yes

holes 4, 7, 14 and 17

1st place: \$10,000.00 pesos
2nd place: \$5,000.00 pesos
3rd place: Smart Speaker
4th place: Green Fee
in Atlas Country Club

1st. Place

\$20,000 pesos
and handmade trophy

Hole in one

Hole 7: \$500,000.00
Hole 14: A 2022 model
sedan automobile



The system of play will be Go-Go Stroke play to 18 holes and by pairs.

Information and registration:

33-1671-6895

Presented by:



RECOVERY FEE:

\$3,000 + TAX

*Price per player. We accept all forms of payment.

INCLUDES:

- Golf cart per couple
- Beverages and snacks
- Participant kit
- Courtesy of sponsors
- Continental breakfast
- Awards luncheon

*ILLUSTRATIVE IMAGES, THE COMMITTEE RESERVES THE RIGHT TO MAKE CHANGES TO THE ILLUSTRATIONS.

MUSIC GROUP GAMOS

By: Tecnológico Mario Molina Pasquel Y
Henriquez Campus Chapala.

Music is an integral part of education, which is why TecMM Campus Chapala has a music course, which has brought us great satisfaction.

Grupo Gamos arises from the initiative of TecMM Campus Chapala to give a space for artistic and musical expression to the students. This is how Grupo Gamos was born, with an innovative, fresh, quality format. Their passion and dedication led them to win 2nd place in the Intercampus 2018 with headquarters in Mascota Jalisco, competing with musical groups from different university campuses.

Within the Repertoire of Grupo Gamos are genres such as Rock, Ballad, Cumbia, Merengue, Regional Mexican among others. The instrumentation of this group is very peculiar since there are few groups with these characteristics, which have: Harp, Tuba, Drums, Clarinet, Violin, Bass, Guitar and Voice. Fusing their sound to give identity to this project.

The group has had several presentations since its inception, among which stand out: Intercampus Mascota 2018. Ixtlahuacán de los Membrillos 2018 as part of the patron saint festivities. Atequiza Jalisco 2019 in the framework of the patron saint festivities. Lagos de Moreno 2022 in the closing of TecMM Campus workshops.

At the end of 2021 and beginning of 2022 they were part of the staging "Tribute to Mike Laure" sharing the stage with the Dance and Theater Selective, having a great impact on the student community.

Grupo Gamos is under the tutelage of Maestro Moisés Real, arranger, musician, choral and orchestral director, who graduated from the University of Guadalajara. Director of the Academy of Musical Education MUSA in Chapala. As choral and orchestral conductor he has conducted the Golden Gate Symphony Orchestra and Chorus in the city of San Francisco, California, his arrangements have been played in different countries such as the United States, Colombia and Spain.



GRUPO GAMOS, SELECTIVO DE MUSICA

Por: Tecnológico Mario Molina Pasquel Y
Campus Chapala.



La música forma parte integral de la educación por lo que en TecMM Campus Chapala se cuenta con una materia de música, la cual nos ha traído grandes satisfacciones.

Grupo Gamos surge a partir de la iniciativa del TecMM Campus Chapala para darle un espacio de expresión artístico - musical a los alumnos. Fue así que nace Grupo Gamos, con un formato innovador, fresco, de calidad. Su pasión y entrega los llevó a ganar el 2do lugar en los Intercampus 2018 con Sede en Mascota Jalisco, compitiendo con grupos musicales de diferentes campus universitarios.

Dentro del Repertorio del Grupo Gamos se encuentran los géneros como el Rock, la Balada, Cumbia, Merengue, Regional Mexicano entre otros. La instrumentación de este grupo es muy peculiar ya que existen pocos grupos con estas características, que cuentan con: Arpa, Tuba, Batería, Clarinete, Violín, Bajo, Guitarra y Voz. Fusionando su sonido para darle identidad a este proyecto.

El grupo ha tenido diversas presentaciones desde su creación, entre las que destacan: Intercampus Mascota 2018. Ixtlahuacán de los Membrillos 2018 en el marco de las fiestas patronales. Atequiza Jalisco 2019 en marco de fiestas patronales. Lagos de Moreno 2022 en el cierre de talleres TecMM Campus

A finales del 2021 e inicios del 2022 formaron parte de la puesta en escena "Homenaje a Mike Laure" compartiendo escenario con el Selectivo de Danza y Teatro, teniendo un gran impacto en la comunidad estudiantil.

Grupo Gamos está bajo la tutela del Maestro Moisés Real, arreglista, músico, director coral y orquestal, egresado de la Universidad de Guadalajara. Director de la Academia de enseñanza Musical MUSA en Chapala. Como director coral y Orquestal ha dirigido a la Golden Gate Symphony Orchestra And Chorus en la Ciudad de San Francisco California, sus arreglos se han tocado en diferentes países como los son Estados Unidos, Colombia y España.

Filling prescriptions in Mexico

By Arturo Valencia, Umma Farmacias



UMMA FARMACIAS

¡Lo mejor para ti!

Prescriptions for medications in Mexico are filled differently than north of the border, since different types of grammages are used. In the United States, pharmacies fill the medications stipulated by the Doctor in the prescription, so if a medication is 7.5 milligrams this means that they can combine two pills or capsules, one of 5 milligrams and the other of 2.5 milligrams; there is also the possibility that the laboratory manufactures a pill with the prescribed measure, since in the United States and Canada there are averages that start at . 5 milligrams and increase by 1.5, 2, 2.5 and so on; in Mexico they are not handled in this way; usually scales ranging from 1 gram, 3 grams, 5 grams, 10 grams, 20 grams, 40 grams, 80 grams, etc. are used, depending on the type of medication, but they are usually whole numbers, never fractioned.

In the United States, prescriptions are filled according to the treatment required by the patient, so if the treatment lasts 20 days, 20 pills or capsules are given; however, in Mexico this is not the case, here they are sold by the full box, therefore, if the

box contains 30, you will have to buy the full box, and if the treatment is for 40 days, you have to buy two boxes. As a recommendation, never accept open boxes or medical samples, always ask for a closed box and check the expiration date. It may happen that you find a certain medicine in unitary form, that is to say that they sell you one or two pills, many people use these medicines to self-medicate, which is not recommended, always go to a doctor to get the correct prescription.

It is important to note that nowadays, largely due to the pandemic, there is a shortage of medicine and it is always advisable to ask the doctor to give us two options of medicine; Besides that there is a high possibility that the medicine you take in your country you cannot find it in Mexico either because of shortage or because it is not marketed in the country; here the suggestion is always to go to a doctor to give you an alternative, if there is no option in UMMA FARMACIAS we can help you get the medicine you require as is the case of Brupropion.

UMMA FARMACIAS, is a chain of pharmacies with more than 15 years of experience in the sale of medicines, our goal is to offer a different treatment that is traditionally known in pharmacies, so we are focused on personalized service, for us it is very important to give advice to the expats, since we know the needs of this community in terms of buying medicines.

Umma Farmacias is located at Calle Hidalgo 8-B, Col. Centro Ajijic.

Tel. 33 4363 9200 Whatsapp 33 3258 9002



SOLBES & SOLBES

ABOGADOS/ATTORNEYS

• Legal Practices:

- Commercial
- Corporate Litigation
- Real Estate
- Financial (tax, bankruptcy. Etc)
- Criminal

• Family:

- Divorces
- Wills
- Child Custody
- Domestic Violence
- Equitable Division of Property

• Criminal:

- Squatter removal
- Fraud
- Property recovery

• Civil:

- Immigration
- Leases
- Mortgages
- Recovery of property
- Rescinding or Execution of Contracts



Come to a FREE consultation for LCS members every second Monday of each month.

Av. Hidalgo #44 Suite 104
Riberas del Pilar
Chapala Jalisco
Mx 45906



José Ángel Martínez Velázquez
Criminal attorney



Diego Díaz Solbes
Civil attorney
33 36 76 62 45
diegosolbes@hotmail.com



María de las Nieves Solbes Luis
Civil specialized attorney with masters degree in constitutional law
33 15 20 55 29
neus_sol@yahoo.com



Anayely Cornejo Rodríguez
Immigration specialized attorney



Enrique Ruiz Peña
Criminal attorney



Some Food and Drugs Don't Mix!

By Marianne Molinari

Prescription or over-the-counter medications are important when treating or preventing illness. Interactions, however, may occur between certain foods and medications.

When you take a medication, it is absorbed into the blood stream, which carries it to the target cells. Some foods can speed up or slow down the absorption.

A medication that is broken down too quickly will not have time or amount to work effectively. A medication that stays in the body too long may build up in the blood resulting in dangerous levels. Many interactions are influenced by what you eat and/or when you eat. Therefore, it is important to know if a drug should be taken with or without food.

Taking a medication at the same time that you eat can cause your body to reduce the amount of the drug that the body absorbs, making the drug less effective.

For example, milk can reduce the absorption of certain antibiotics. This why some medications should be taken on an empty stomach which is generally defined as 1 hour before eating or 2 hours after eating. On the other hand, some medications are better absorbed when taken with food. When taken on an empty stomach, a medication may cause you to feel

gastric irritation, nausea, dizziness or heartburn.

More common Drug-Food interactions include:

Grape Fruit Interactions have been found between grapefruit, and grapefruit juice and some anti-hypertension, antihistamine, anti-cholesterol and anti-anxiety medications. The result is an increase absorption level in the blood. So a drug given to reduce blood pressure might lower blood pressure too much. Be aware that many citrus flavored soft drinks contain grapefruit extract.

Juices. Orange juice acidity has been shown to decrease the effectiveness of some antibiotics. Several of the newer antihistamines have been shown to interact with acidic juices, such as apple, orange and grapefruit juice. They work by blocking the effects of histamine, a natural body chemical often used to relieve symptoms of allergies.

Dairy Products. Dairy products such as milk, yogurt and cheese seem to inhibit drug absorption of certain antibiotics, compromising the ability to treat your infection effectively. Dairy products do not mix well with certain laxatives. One might find the laxative works a little "too well".

High Fiber. High-fiber cereals such as oatmeal should be eaten in moderation especially when taking thyroid and some cardiac medications. Fiber sometimes interferes with the absorption of the drug; this could lead to dangerously high levels in the body.

Vitamin K. A well-known food drug interaction is between anticoagulants and vitamin K. Vitamin K can reduce the effectiveness of anti-coagulation drug therapy, which can lead to blood clotting. You need to be careful how much Vitamin K rich foods you consume when taking anti-coagulants. Vitamin K is found in leafy green vegetables, as well as some dairy, organ meats and vegetable oils. Some herbal supplements such as St. John's Wart and herbal teas have chemical structures similar to vitamin K, so have the same potential to affect bleeding time.

Alcohol. Alcoholic beverages can change the way a medication works in the body. Often, they increase the depressive action of medications such as antihistamines, antidepressants, muscle relaxants and narcotics. Alcohol seems to prolong the affects of insulin or oral diabetic pills which leads to low blood sugar.

There are many medications, foods, vitamins and herb interactions that can cause adverse reactions. Reactions are also influenced by age, body size, medical conditions, number of medications you take and even genetics. So it is important to consult with your health care provider when you have questions.

There are also several reliable Pharmacy web sources well as Medscape.



**MOVING
NEVER LOOKED
SO GOOD!!**

Come see the change.

ARDEN
MEXICO
MUEBLES
By Maggie Garcia

Av. Hidalgo #316
Riberas del Pilar, Chapala
Mon to Sat 10-18
Closed Wednesday
and Sunday

(376) 76 5 35 40
331 3615 865
/ardenchapala
www.mueblesarden.com





Algunos alimentos y medicamentos no son compatibles

Por Marianne Molinari 

Los medicamentos con o sin receta son importantes para tratar o prevenir enfermedades. Sin embargo, debemos ser conscientes que pueden producirse interacciones entre ciertos alimentos y medicamentos.

Cuando se toma un medicamento, éste es absorbido por el torrente sanguíneo, que lo transporta a las células objetivo. Algunos alimentos pueden acelerar o ralentizar la absorción.

Un medicamento que se descompone con demasiada rapidez no tendrá tiempo ni cantidad para actuar con eficacia. Un medicamento que permanece demasiado tiempo en el organismo puede acumularse en la sangre y dar lugar a niveles peligrosos. Muchas interacciones están influenciadas por lo que se come y/o cuando se come. Por lo tanto, es importante saber si un medicamento debe tomarse con o sin alimentos.

Tomar un medicamento al mismo tiempo que se come puede hacer que el organismo reduzca la cantidad de fármaco que absorbe, haciendo que el medicamento sea menos eficaz. Por ejemplo, la leche puede reducir la absorción de ciertos antibióticos. Por ello, algunos medicamentos deben tomarse con el estómago vacío, lo que generalmente se define como una hora antes o dos horas después de comer. Por otra parte, algunos medicamentos se absorben mejor cuando se toman con alimentos. Cuando se toma con el estómago vacío, un medicamento puede provocar irritación gástrica, náuseas, mareos o ardor de estómago.

Las interacciones más comunes entre los medicamentos y los alimentos son las siguientes

Toronja: Se han encontrado interacciones entre la toronja y el zumo con algunos medicamentos contra la hipertensión, los antihistamínicos, el colesterol y la ansiedad. El resultado es un aumento del nivel de absorción en la sangre. Por tanto, un medicamento administrado para reducir la presión arterial podría reducirla demasiado. Tenga en cuenta que muchos refrescos con sabor a cítricos contienen extracto de toronja.

Jugos: Se ha demostrado que la acidez del jugo de naranja disminuye la eficacia de algunos antibióticos. Varios de los nuevos antihistamínicos interactúan con los zumos ácidos, como el de manzana, naranja y toronja. Funcionan bloqueando los efectos de la histamina, una sustancia química natural del cuerpo que suele utilizarse para aliviar los síntomas de las alergias.

Productos lácteos: Los productos lácteos, como la leche, el yogur y el queso, parecen inhibir la absorción de ciertos antibióticos, lo que compromete la capacidad de tratar la infección con eficacia. Los productos lácteos no se mezclan bien con ciertos laxantes. Uno puede encontrar que el laxante funciona un poco "demasiado bien".

Alto contenido en fibra: Los cereales con alto contenido en fibra, como la avena, deben consumirse con moderación, especialmente cuando se toman medicamentos para la tiroides y algunos medicamentos para el corazón. La fibra a veces interfiere con la absorción del medicamento; esto podría llevar a niveles peligrosamente altos en el cuerpo.

Vitamina K: Una conocida interacción entre alimentos y fármacos es la que se produce entre los anticoagulantes y la vitamina K. La vitamina K puede reducir la eficacia del tratamiento farmacológico anticoagulante, lo que puede provocar la coagulación de la sangre. Hay que tener cuidado con la cantidad de alimentos ricos en vitamina K que se consumen cuando se toman anticoagulantes. La vitamina K se encuentra en las verduras de hoja verde, así como en algunos lácteos, vísceras y aceites vegetales. Algunos suplementos de hierbas, como la hierba de San Juan y las infusiones, tienen estructuras químicas similares a la vitamina K, por lo que tienen el mismo potencial de afectar al tiempo de sangrado.

Alcohol: Las bebidas alcohólicas pueden cambiar la forma en que un medicamento funciona en el cuerpo. A menudo, aumentan la acción depresora de medicamentos como los antihistamínicos, los antidepresivos, los relajantes musculares y los narcóticos. El alcohol parece prolongar los efectos de la insulina o de las píldoras orales para diabéticos, lo que provoca una bajada de azúcar en la sangre.

Hay muchas interacciones entre medicamentos, alimentos, vitaminas y hierbas que pueden causar reacciones adversas. En las reacciones también influyen la edad, el peso, las condiciones médicas, el número de medicamentos que se toman e incluso la genética. Por lo tanto, es importante consultar con su médico cuando tenga dudas.

También hay varias fuentes web de farmacia fiables, así como Medscape.



Oticon OPN S T.M.
Brain hearing. New rules. Rechargeable.
Nuevas reglas en audición cerebral. Recargable

Enjoy 30% better speech understanding
mejor comprensión de las palabras

Reduce your listening effort by 20%
menor esfuerzo para escuchar

Remember 20% more of your conversations
mayor recuerdo de las conversaciones

oticon

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

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

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

International Mariachi and Charrería Encounter

By Diana Ayala



The mariachi is a symbol of Mexico, recognized worldwide and declared in 2011 by UNESCO as a Masterpiece of the Intangible Cultural Heritage of Humanity. Many consider the town of Cocula as the birthplace of the mariachi, but agree that it was a fusion of diverse cultures that gave its origin.

In 1994, Mr. René Rival, then president of the Guadalajara Chamber of Commerce, attended a conference on Mariachi and together with the counselor Adalberto Ibarra from Cocula, had the idea of organizing an event that would highlight the mariachi tradition, and rescue the musical and dance tradition of Jalisco, while seeking to increase tourism and commerce in the area.

Within the framework of the first edition, activities such as Mariachi Galas, parades, concerts, conferences, painting and handicraft exhibitions, dance and music workshops, a minuet evening, a film series and excursions to Tequila, Cocula, Tecalitlán and Chapala were held.

In that first event there were 18 national mariachis and more than 30 foreign mariachis from America, Asia and Europe, among which we can highlight Mariachi Los Morenos (Belgium), Mariachi Tierra Caliente (Holland), Mariachi Romatitlán (Rome, Italy), Mariachi Amigo Nipón (Tokyo, Japan), Mariachi los Camperos (Los Angeles USA), and the best Mariachi in the world, El Vargas de Tecalitlán.

The following year the first sung masses were held in the parish of Cocula and in the Guadalajara Cathedral. In 1996 the participation of Charrería was added and in 1999 the National Charro Championship was held, and from then on, the best charro teams have met to demonstrate their skills.

To enhance the presence of women in the mariachi, since 1998, the Ambassador of Mariachi and Charrería contest is held, the winner serving as a spokesperson for the event.

Throughout the years there have been several tributes to both composers and performers, such as the presentation of the Presea "Silvestre Vargas," which was given to his son and in then in 1999 was given to Tito Guizar, singer and actor from Guadalajara, considered the first charro of Mexican cinema for the film "Allá en el Rancho Grande". As for composers, it is worth mentioning Consuelito Velázquez, for her songs that have gone around the world, especially her song *Bésame mucho*, which has been sung by such emblematic figures as The Beatles, Edith Piaf, Frank



Sinatra, Elvis Presley, Sara Montiel, Plácido Domingo, Paloma San Basilio, Andrea Bocelli, and Luis Miguel, among others. Named the song of the 20th century, it was composed when she was only 16 years old.

In 2001 there were 50 mariachis, 40 foreigners and 10 nationals; and since 2004 guest artists are included. The festival continues to grow reaching new spaces, with activities in Mexico City and Oaxaca. In 2008 the *Compañía Nacional del Mariachi* was created and since then it has been the emissary of our Mexican music in the different parts of our country and the whole world, with presentations programmed in different states, Europe, United States and Asia.

Throughout the history of the Festival, 11 Guinness Records have been achieved. The first, the largest number of mariachis playing the "Son de la negra"; then, the largest number of Charros Floreando la Soğa; the largest number of folkloric ballet couples dancing to the same song; the fourth, the largest number of skirmishes performing an uninterrupted charro suerte; the fifth, again the largest number of mariachis playing; sixth, the largest number of people singing the song "Cielito Lindo" in the form of a round. Seventh, the largest number of agave jimadores performing this activity; eighth, the largest mosaic of sombreros in the world; ninth, the largest paper-mache figure on the planet; tenth, the largest chaquira mosaic in the world. The most recent, the world's largest Mexican folkloric dance.

In 2020, due to the sanitary contingency caused by COVID-19, the easiest thing would have been to cancel the edition, however, it was held not in person, but through open television and social media platforms broadcasting the most representative events, which allowed reaching new spaces, and more people to enjoy it.

At the end of the first festival in 1994, they were in the red and that made them question whether it was worth continuing with the dream, and it was thanks to the kind collaboration of the North American mariachis who offered to come for free that they went ahead with this proj-



ect. Don Rene Rival qualifies it as an aspiration fulfilled, thanks to the support of his board for this crazy idea.

Thanks to Don Rene Rival for the interview, Yolanda Sanchez for making the contact and Miguel Rojas for the information and photos. And to the Chamber of Commerce for giving us this event that highlights our Mexican traditions, our values that give us identity and that go beyond borders.

This year, the Encuentro Internacional del Mariachi y la Charrería will take place from August 25 to September 4, with on-site activities and broadcasting through social media platforms and open television to reach nearly 13 million viewers. If you want to know more about the various events that will be held, visit www.mariachi-jalisco.com.mx



Felipe González
Attorney at Law



 CONTRACT LAW

 CORPORATE LAW

 ADMINISTRATIVE LAW

 MIGRATORY LAW

 LEGAL TECH

 CIVIL LITIGATION

 COMMERCIAL LITIGATION

 INDUSTRIAL AND INTELLECTUAL PROPERTY

Member of:




 376 688 4563

 Ramón Corona 11 , Ajijic

 info@felipejgonzalez.com

 @Mtro. Felipe González

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

LUCKY BAR

TUESDAY MARGARITA:
CLASSIC MARGARITA \$60

PINK FRIDAY:
COSMOPOLITAN MARTINI \$75

LIVE MUSIC ONCE A MONTH

DJ NIGHTS

T-DANCE LAST SUNDAY OF THE MONTH

DJ


4 TO 8 P.M.


BRING YOUR FAVORITE SNACK

TUESDAY TO FRIDAY:
2:30 PM TILL CLOSE

SATURDAY:
4:00 PM TILL CLOSE

DAYS OFF: SUNDAY & MONDAY

 luckybarajjic

 LUCKY BAR

TEL. 3761084111

CARR. PONIENTE CHAPALA

JOCOTEPEC #25-E



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)

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 12:30-2, 2,9,16 Aug
Introduction to Lakeside	12 Aug, Zoom 9-12 8 Aug Campus 9-12
Line Dancing, gail@doughertynet.com	T + TH 10-11:15
Mudlarks Pottery Open Studios	M+F 10-2
NIA/Joy of Movement	F 10-11
Stretch & Balance,	T+TH 8:45-9:45 harry_bertram@hotmail.com
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
Tech Help via Email	lcs.tech.training@gmail.com
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 & select libraries/English.	

SOCIAL ACTIVITIES (M)

American Man Jongg	TH 10-1
Discussion Group	W 12-1:30
English/Spanish Conversation* Open to public	Sat 12-1:30*
Everyday Mindfulness	Aug 8 Back Lawn, Aug 15, 22 10:30-12, KG Pavilion
Game Group	TH 1-4
HOT Science Zoom, hotsciencelcs@gmail.com	T 1:45
Scrabble	F 11:30-1:30
Tournament Scrabble	T 12-1:50

HEALTH INSURANCE*

Hospital San Antonio	TH 10-12
IMSS & Immigration Services	M+T 10-1
Call for Appointment 333-157-9472 No sign up	
Lakeside Insurance	T+TH 11-2
Shiatsu Chair Massage	2nd & 4rd 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 10-4
Consultation fee	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;
Consultation fee	Call for appointment 333-408-0951
Solbes & Solbes	2nd Monday 10-12
Wilder U.S Notary	Friday August 19 and Tuesday August 23,
Notarization fee	10 to 1

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 welchk4diabetes@gmail.com
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
Overeaters Anonymous	W 3-4

NEW ACTIVITIES:

- **US Voter Registration**
Mondays 10-1 Blue Umbrella Patio & Fridays, July 8, 22 from 11-1 Blue Umbrella Patio. Democrats Abroad Lakeside will aid U.S citizens in obtaining information and registering for ballots to vote in the November elections. Open to all U.S. citizens. Laurie Devine, lauriedevine52@gmail.com, Democrats Abroad lakeside.
- **Mudlarks Pottery Introduction to Ceramics is postponed until further notice.**
- **Introduction to Spanish will change the hours of the class, beginning September to 12-1:30 at the Wilkes Center.**
- **Chuck Wilder notary service fees:**
\$35USD first notarization
\$25USD additional notarization
Cash only



EDUCATIONAL PROGRAMS



Chiles en Nogada Class

By Hotsson Hotel

Tuesday, August 09

10:00 to 11:30 am

LCS members:\$560

Regular price: \$728

LCS and Hotsson together have planned a class where you will learn how to prepare and assemble them. In addition, of course, to taste them. Nogada sauce has its own particularities, discover them and enjoy them.



Wills and Testaments in Mexico

By Nieves and Diego Solbes

Friday, September 02 & 09

2:00 to 3:00 pm

LCS members:\$500

Regular price: \$650

The 2-session course is all about: Wills. Being prepared in the event of death is an important consideration, especially when living in a foreign country. 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).

Mexican Manners

By Alfredo Pérez

Wednesday, September 07

10:00 to 12:30 pm

LCS members:\$400

Regular price: \$520



Getting your Jalisco driver's license without losing your mind

By Alfredo Pérez

Monday, September 12

LCS members:\$500

Regular price: \$650

2:00 to 3:45 pm Class

Thursday, September 22 visit to Secretaría de Transporte (test).

Early in the morning.



Mexican independence from Spain.

By Ted Rogers

Tuesday & Thursday

September 6, 8, 13, 15, 20

10:00 to 11:00 am

LCS members:\$500

Regular price: \$650



Introduction to Spanish

By Inez Dyer

Tuesday, September 06, 13 & 20

12:30 to 1:30 pm

LCS members:\$380

Regular price: \$494

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



Insurance contracts and general info

By Nieves and Diego Solbes

Friday, September 23 & 30

2:00 to 3:00 pm

LCS members:\$500

Regular price: \$650

Check our website for more August classes.

Enrollment at LCS Office

Monday through Saturday

from 10:00 am - 2 pm

LakeChapalaSociety.com

Registration requires payment.

There is no refund.



EXPRESSING OPINIONS

Intermediate

Aug 31 & Sept 07, 10:00 to 11:20 am by Zoom

We will learn how to express our opinion in a friendly, polite and considerate way, through different examples and exercises.

¿SABÍA O SUPE? VERBS THAT CHANGE THEIR MEANING IN PRETERIT OR IMPERFECT TENSE

Beginners - Intermediate

Aug 31 & Sept 07, 12:00 to 1:20 pm by Zoom

In Spanish there are two simple past tenses: the preterite and the imperfect. Why? Because we understand the past with two different perspectives, and therefore, there are some verbs that can represent different ideas about the same action.

WHERE TO EMPHASIZE WORDS IN SPANISH

Beginners

September 14 & 21, 10:00 to 11:20 am by Zoom

We will learn step by step how to identify the tonic syllable of a word, that is, the syllable of emphasis.

MEXICAN POLITENESS: GIVING ORDERS, ASKING FOR FAVORS, REFUSING INVITATIONS AND CANCELING APPOINTMENTS IN A ROUNDABOUT WAY

Intermediate

September 14 & 21, 12:00 to 1:20 pm by Zoom

Mexicans do not know how to say no. Instead of trying to understand, better immerse yourself in the Mexican way of being and learn to identify when a yes is really a never.

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

One of my favorite genres of books is Historical Fiction. I find that reading about real events, times and places in a fictionalized way is much more interesting than diving into an oftentimes dull history book.

Celedon Books describes Historical Fiction as being “Set in a real place, during a culturally recognizable time. The details and the action in the story can be a mix of actual events and ones from the author’s imagination as they fill in the gaps. Of course the key to an author getting all of this right is research. Authors are always allowed artistic license, but the most satisfying works of Historical Fiction have been researched down to every last detail.”

Our large collection of Historical Fiction novels includes everything from earliest times to the modern era. Bernard Cornwell’s Last Kingdom series describes the making of England in the 9th and 10th centuries while The Vanishing Half by Brit Bennett and The Nickel Boys by Colson Whitehead explore race in America in two different more modern time periods.

Popular sub-categories of Historical Fiction include war novels like Martha Kelly’s Sunflower Girls about the Civil War and the Tattooist of Auschwitz by Heather Morris.

Biographical Historical Fiction tells the fictionalized story of a real person’s life. Tracy Chevalier is the master of this category with titles like Burning Bright about the poet William Blake and Remarkable Creatures which explores the lives Mary Anning and Elizabeth Philpot, two extraordinary 19th century fossil hunters who changed the scientific world forever.

Historical Series and Epics are works of Historical Fiction that cover many eras, often in several settings. Popular series include Ken Follett’s Kingsbridge series which begins with The Pillars of the Earth about the building of a great Gothic cathedral in 12th century England, and ends five centuries later; and Wilbur Smith’s Courtney series, which spans several continents and 100 years of history.

Historical Mysteries and Thrillers have all the elements of the contemporary genre; they’re just set in the past. The Maisie Dobbs series by Jacqueline Winspear will transport you to London in the 1920s. Or follow the indomitable Egyptologist Amelia Peabody as she solves mysteries in Victorian-era Egypt with her archaeologist husband.

Whatever time period you wish to learn more about or escape to, the LCS library has something for you! Look for a shelf of our favorite historical fiction novels in August.

Submitted by Deb Gang, LCS library co-manager

AUGUST 23RD AT 9AM

COSTCO & HOME DEPOT AT LÓPEZ MATEOS

Shop Home Depot for home and garden needs and then on to Costco and Mega.



AUGUST 19TH AT 8AM

MERCADO DE ABASTOS

At the Market you can find a big variety of vegetables, fruits, spices, some imports from Asia/Europe, kitchenware, grains and seeds, chili peppers of many kinds, and either at the end or beginning of shopping you will be able to enjoy tacos, carne asada, Asian food, etc.

Do not forget to bring your cooler.



The Bus will depart promptly from the sculpture in La Floresta.

**LCS-Member: \$550 plp
Regular price: \$715 plp**

You can register at the LCS office or at www.LakeChapalaSociety.com | Limited seats.



**SUNDAY MORNING
10:30 IN THE GARDEN AT
LAKE CHAPALA SOCIETY**

**AUGUST
7TH**



Negocios magicos Ajijic
Presented by Katja & Araceli Kopiloff

**AUGUST
21ST**



**Don't Trust Your Gut:
How To Make Better Decisions in Life.**
Presented by Rex Gale

**AUGUST
14TH**



**Democracy Today: A global look at
3 types of government.**
Presented by Terry Rosson

**AUGUST
28TH**



How to clean the water?
Presented by Roberto de Alba

CHECK THE SCHEDULE AND MAKE YOUR RESERVATION
WWW.OPENCIRCLEAJIJIC.ORG

Volunteers are Love in Motion!!

*Niños
Incapacitados
NEEDS
Volunteers*

www.programaninos.com

Go to our website and find out what it means to Volunteer for:

- *Events, yes we will have events this coming year*
- *Clinics, where we meet with the families*
- *Administration & Organization positions*

The 'Gift' of your time is "PRICELESS"

*Share in the joy of making a
difference in this great
Community*

Volunteers are paid in

Six Figures

S-M-I-L-E-S

www.programaninos.com

Encuentro internacional del Mariachi y la Charrería

Por Diana Ayala



El mariachi es un símbolo de México, reconocido a nivel mundial y declarado en 2011 por la UNESCO como Obra Maestra del Patrimonio Cultural Inmaterial de la Humanidad; muchos consideran a Cocula como la cuna del mariachi, pero coinciden en que fue una fusión de diversas culturas lo que dio su origen.

En el año de 1994 el Sr. Don René Rival, entonces presidente de la Cámara de Comercio de Guadalajara asistió a una conferencia sobre el Mariachi y apoyado con el consejero Adalberto Ibarra proveniente de Cocula tuvieron la idea de hacer un evento que resaltara la tradición del mariachi, rescatar la tradición musical y dancística de Jalisco, buscando así incrementar el turismo y el comercio en la zona.

Dentro del marco de la primera edición se realizaron actividades como Galas de Mariachi, desfile, conciertos, conferencias, exposiciones de pintura y artesanías, talleres de danza y música, velada de minuets, ciclo de películas y excursiones a Tequila, Cocula, Tecalitlán y Chapala.

En aquel primer encuentro estuvieron presentes 18 mariachis nacionales y más de 30 mariachis extranjeros de América, Asia y Europa, entre los que podemos destacar al Mariachi Los Morenos (Bélgica), Mariachi Tierra Caliente (Holanda), Mariachi Romatitlán (Roma, Italia), Mariachi Amigo Nipón (Tokio, Japón), Mariachi los Camperos (Los Ángeles EUA), además del mejor Mariachi del mundo El Vargas de Tecalitlán.

Al siguiente año se realizaron las primeras misas cantadas en la parroquia de Cocula y en la Catedral de Guadalajara, en 1996 se agrega la participación de la Charrería y a partir de 1999 se realizar el Campeonato Nacional Charro, donde a partir de entonces los mejores equipos charros se dan cita para demostrar sus suertes.

Para realzar la presencia de la mujer en el mariachi a partir de 1998, se da el certamen de Embajadora del Mariachi y la Charrería, sirviendo de portavoz del evento.

A lo largo de los años se han realizado diversos homenajes tanto a compositores, como intérpretes; como la entrega de la Presea "Silvestre Vargas" que fue entregada a su hijo y en 1999 fue entregada a Tito Guizar, cantante y actor tapatío, considerado el primer charro del cine mexicano por la película *Allá en el Rancho Grande*. En cuanto a compositores cabe resaltar a Consuelito Velázquez, por sus canciones que han dado la vuelta al mundo especialmente por su canción *Bésame mucho*, que ha sido cantada por figuras tan emblemáticas como The Beatles, Edith Piaf, Frank Sinatra, Elvys Presley, Sara Montiel, Plácido Domingo, Paloma San Basilio, Andrea Bocelli, Luis Miguel entre otros. Nombrada la canción del siglo XX, compuesta cuando tenía tan solo 16 años de edad.

En 2001 se cuenta con 50 mariachis, 40 extranjeros y 10 nacionales; y a partir del 2004 se incluyen artistas invitados. El festival sigue creciendo alcanzando nuevos espacios, con actividades en la Ciudad de México y en Oaxaca. Por lo que en 2008 se crea la Compañía Nacional del Mariachi y desde este año es emisario de nuestra música mexicana en las diferentes entidades de nuestro país y el mundo entero, con presentaciones programadas en diferentes estados, Europa, Estados Unidos y Asia.

A lo largo de la historia del Festival se han alcanzado 11 Récord Guinness. El primero, el mayor número de mariachis tocando el "Son de la negra"; luego, el mayor número de Charros Floreando la Soga; el mayor número de parejas de ballet folklórico bailando a un mismo son; el cuarto, al mayor



número de escaramuzas ejecutando una suerte charra de manera ininterrumpida; el quinto, de nuevo mayor número de mariachis tocando; sexto, el mayor número de personas cantando la canción "Cielito Lindo" en forma de ronda. Séptimo, el mayor número de jimadores de agave realizando esta actividad; octavo, el mosaico de sombreros más grande del mundo; noveno, la figura de papel mache más grande del planeta; decimo, el mosaico de chaquira más grande del mundo. El más reciente, el baile folclórico mexicano más grande el mundo.

En el 2020, debido a la contingencia sanitaria provocada por la COVID-19 lo más sencillo hubiese sido cancelar la edición, sin embargo, se llevó a cabo no de forma presencial, sino a través de televisión abierta y por plataformas

de redes sociales transmitiendo los eventos más representativos, lo cual permitió alcanzar nuevos espacios, y que más gente lo disfrutara

Este año, el Encuentro Internacional del Mariachi y la Charrería tendrá lugar del 25 de agosto al 4 de septiembre, contará con actividades presenciales y habrá transmisión a través de las plataformas de redes sociales y televisión abierta para llegar a cerca de 13 millones de espectadores. Si quieres conocer más sobre los diversos eventos que habrá, visita www.mariachi-jalisco.com.mx

Al finalizar el primer festival en 1994, quedaron en números rojos y eso los hizo cuestionarse si valía la pena seguir con el sueño y fue gracias a la amable colaboración de los mariachis norte americanos quienes ofrecieron a venir gratuitamente que se siguió adelante con este proyecto. Don René Rival lo califica como una aspiración cumplida, gracias al apoyo de su consejo a esta idea loca.

Agradezco a Don René Rival la entrevista, a Yolanda Sánchez por hacer el contacto y Miguel Rojas por la información y fotos. Y a la Cámara de Comercio por regalarnos este evento que resalta nuestras tradiciones mexicanas, nuestros valores que nos dan identidad y que traspasan fronteras.

CLÍNICAS AUDIOLÓGICAS



OÍR BIEN

Audiology-Hearing Care Specialists

Cuidado Auditivo – Audiología



Your first step
**TO BETTER
HEARING**

10% Discount *Top world brands and latest technology*

10% de descuento en las mejores marcas y tecnología.



Dr. Blanca M. Gómez Ochoa
Universidad Nacional Autónoma de México
Ced. Prof. 1042142

- **Hearing test (Audiometry)** - Estudios de Audición (Audiometría)
- **Hearing Aids** - Auxiliares Auditivos
- **Fitting and Programing** - Adaptación y Programación
- **Repairs** - Reparaciones
- **Clean & Care Service** - Servicio y mantenimiento
- **Supplies: batteries, ear molds, ear domes, earwax guards, etc** - Insumos: baterías, moldes, ollvas, filtros, etc.

At LCS every Monday, Wednesday and Friday from 10:00 am to 3 pm

Book your appointment:



332 945 3267

www.clinicasob.com
chapala@clinicasob.com

History of Chiles en Nogada

By Chef Jaime Sánchez Rodríguez

Gastronomy teacher at CETAC Ajijic and TECMM Chapala campus.

The story goes that when the Mexican Independence movement ended in 1821, the insurgents were on their way to Córdoba, Veracruz to sign the Act of Independence. The Bishop of Puebla, Antonio Joaquín Pérez Martínez, wanted to receive Agustín de Iturbide on his way through Puebla, to welcome him, so the nuns of the Santa Monica Convent created the Chiles en Nogada dish, in which the colors of the Trigarante flag (which would become the colors of the current Mexican flag) were captured: green, white and red.

Chiles en Nogada is famous because it is considered a culinary emblem of the state of Puebla, thanks to the nuns of the Santa Monica convent who spread the recipe to Puebla's families. Previously it was considered a dessert since the version they prepared on that occasion had local ingredients from the region such as apple, pear, banana, crystallized fruit and was bathed with a sweet walnut sauce. It is said by local people that the ingredients of the chile en nogada were selected among the products of each of the regions of the state of Puebla: poblano peppers from San Martín Texmelucan, ground beef from Cholula, apples from Zacatlán, pomegranate from Tehuacán, walnuts from San Andrés Calpan, pears from the convent of Carmen de Puebla, peaches from Huejotzingo, cheese from Tlatlauqui, Zacapoaxtla or Teziutlán, pine nuts from Libres or Oriental, parsley from Atlixco, eggs from Tepeaca, Amozoc or Acajete. The red is obtained by decorating that majestic dish with small edible rubies: the pomegranate, a fruit that was brought by the Spaniards and found good shelter in Mexican soil, and the plate where it was placed was made of Puebla talavera and the seasoning of San Pascual Bailón.

With the passage of time the recipe was modified and included some products such as onion, tomato and minced beef or pork. Today it has become a culinary tradition, and each year families prepare their own version or family recipe. In the municipality of Calpan they present their versions at the Chile en Nogada Fair. To get there, take the federal highway Puebla-Mexico and just before San Pedro Cholula, you will find the turnoff to Calpan. This year the venue will be in front of the Franciscan Convent of San Andrés Calpan.



Restaurants and hotels also offer chiles en nogada in their menus from July until the last days of September, when the season ends.

The chile en Nogada can be described as a delicacy made with *tornachiles* (later called *chiles poblanos*) which are stuffed with a mince made with meat, seasonings, crystallized fresh fruits, and nuts, before being coated with a preparation of beaten egg and then fried in vegetable oil. Finally, it is bathed in a walnut sauce and decorated with pomegranate seeds and parsley.

Currently there are many variants in the ingredients that make up the chile en nogada, as there are some with *capeados* and others without capers; with ground or shredded meat, beef or pork. There is also a variant in the nogada sauce, instead of using walnuts, almonds or pecans are added, and another variant found is that the fresh cheese used to thicken the sauce is substituted with whole cream. No matter what variants exist, the important thing is that each person gives the best of themselves to elaborate a culinary delicacy emblematic of the state of Puebla.

I recommend this dish because it is a delicacy for emperors as it is made with high quality products, plus it is a seasonal dish that is prepared in the months of July to September. The chile en nogada has a slightly sweet flavor due to the ingredients of the filling and the creamy nogada sauce to bathe it can be paired with white wine of the muscatel or Gewürztraminer variety.

LCS and Hotsson together have planned a class where you will learn how to prepare and assemble them.

**The date is August 9th at 10:00 am at the hotel.
If you need a ride, please let us know so we can plan it.
General fee: \$728 LCS member: \$560
Enrollment at LCS Office
Monday through Saturday from 10:00 am - 2 pm
www.LakeChapalaSociety.com**



Reseña de los Chiles en Nogada

Por Chef Jaime Sánchez
Rodríguez

Docente de gastronomía en el CETAC
Ajjic y TECMM campus Chapala

La historia cuenta que, cuando finalizó el movimiento de Independencia en 1821, los insurgentes se dirigían a Córdoba, Veracruz para firmar el acta de Independencia, por lo que el Obispo de Puebla, Antonio Joaquín Pérez Martínez, quiso recibir a su paso a Agustín de Iturbide, a su paso por Puebla, y para recibirlo las monjas del Convento de Santa Mónica crearon el platillo de los Chiles en Nogada, en el cual se plasmaron los colores de la bandera Trigarante (que quedarían como los de la actual bandera mexicana): verde, blanco y rojo.

Es famoso el chile en nogada ya que es considerado un emblema culinario del estado de Puebla, gracias a las monjitas del convento de Santa Mónica que difundieron la receta a las familias poblanas. Anteriormente se consideraba un postre ya que la versión que prepararon en esa ocasión tenía ingredientes locales de la región como la manzana, pera, plátano fruta cristalizada y bañado con una salsa de nuez de castilla dulce. Se cuenta por pobladores de la región que los ingredientes del chile en nogada fueron seleccionados entre los productos de cada una de las regiones del estado de Puebla: los chiles poblanos de San Martín Texmelucan, la carne molida de Cholula, las manzanas de Zacatlán, la granada de Tehuacán, las nueces de San Andrés Calpan, las peras del convento del Carmen de Puebla, los duraznos de Huejotzingo, el queso de Tlatlauqui, Zacapoaxtla o Teziutlán, los piñones de Libres o de Oriental, el perejil de Atlixco, los huevos de Tepeaca, Amazoc o Acajete; El rojo se obtiene al decorar aquel majestuoso platillo con pequeños rubíes comestibles: la granada, fruto que fue traído por los españoles y encontró buen refugio en suelo mexicano, y el plato donde se colocó fue de talavera poblana y la sazón de San Pascual Bailón.

Con el paso del tiempo se fue modificando la receta ya que le incluyeron algunos productos como cebolla, jitomate y carne picada de res o cerdo, En la actualidad se volvió una tradición culinaria, cada año las familias preparan su propia versión o receta de la

familia. En el municipio de Calpan presentan sus versiones en la Feria del Chile en Nogada. Para llegar se toma la carretera federal Puebla- México y adelante de San Pedro Cholula, se encuentra la desviación a Calpan. Este año la sede será enfrente del Convento Franciscano San Andrés Calpan. También los restaurantes y hoteles los ofrecen en sus menús a partir del mes de julio hasta los últimos días de septiembre que finaliza su temporada.

El chile en Nogada se puede describir que es un manjar elaborado con tornachiles (después llamados chiles poblanos) los cuales se rellenan con un picadillo elaborado con carne, condimentos, frutas frescas, cristalizadas, así como nueces, ya relleno se capea en una preparación de huevo batido y para acto seguido freírlo en aceite vegetal. Para finalizar se baña con una salsa de nueces de castilla y se decora con semillas de granada y perejil.

Actualmente hay muchas variantes en los ingredientes que conforman el chile en nogada, ya que los hay capeados y sin capear; con carne molida o deshebrada, de res o cerdo. También hay una variante en la salsa nogada, en vez de utilizar nuez de castilla, se agrega almendra o nuez de pacanas, y otra variante encontrado es que el queso fresco que se utiliza para espesar la salsa lo sustituyen con crema entera. No importa que variantes existan lo importante que cada persona le da lo mejor de sí misma para elaborar una exquisitez culinaria emblemática del estado de Puebla.

Recomiendo este platillo pues es un manjar para emperadores ya que se elabora con productos de alta calidad, además de que es un platillo de temporada que se prepara en los meses de julio a septiembre. El chile en nogada tiene un sabor ligeramente dulce por los ingredientes del relleno y la salsa cremosa de nogada para bañarlo se puede maridar con vino blanco de la variedad moscatel o Gewürztraminer.

Primer on Pets: Do Animals Appreciate Music?

by Diana Hunt



Music is the primordial language of life. That is why we love it so much. Actually every animal can hear and understand music better than we do.

~ Dr. Debasish Mridha, an American neurologist, a philosopher, poet-seer and author.

Over the past 15 years, starting with dogs and cats and then horses, researcher and founder of Pet Acoustics Inc, Jane Marlow, designed a principle called species-specific music. This is music played in the “green zone” according to each animal’s hearing range.

Dogs, cats and chimps can use their acute selective listening to escape what is bothering them better than humans can. Most of our music is mathematically too complex and alien sounding for animals. They are attentive to sounds that are simple, predictable, familiar and ordered in a simple structure.

Because animal shelters are both essential and stressful for the pets who wind up there, it is encouraging to hear about new approaches that help make these environments a bit more tolerable. Recently a mainstream songwriter, producer/ engineer named Terry Woodford is applying his skills to creating music for dogs. He calls his works Canine Lullabies, which marry the steady, soothing thump-thump sound of a human heartbeat with traditional lullabies. Woodford’s music tracks are being played at animal shelters across the U.S. and reportedly has been effective in reducing barking and overall stress levels in shelter dogs.

Dogs detect sounds in a much

broader frequency than humans (from 67-45,000 Hz, compared to 64-23,000 Hz for humans*). Canines can also move their ears in ways we can't, which helps them determine a sound's location. In many ways, dogs are built for listening, so it's not surprising that music can have a dramatic influence on them. Dogs are calmer, which allows more of their real personalities to shine through.

It should come as no surprise that cats react differently. Unlike canines and ancient humans, cats - as predators - don't tend to chase prey over long distances. Instead, they wait to pounce by listening for sounds like rustling leaves.

Their ears are fine-tuned for this job. Cats' specific cone-shape ears can amplify sound waves from 45 to 64,000 Hz.* Cats can move their ears up to 180 degrees, helping them to pinpoint sounds.

Your cat may react with complete indifference to your favorite song or to classical music. But when they are played music that has been developed just for them, they have been known to show appreciation by rubbing up against speakers and purring. Louisiana State University researchers have found that playing specially made music for cats can help calm their nerves while going through a stressful vet visit, for instance.

“The thought and musical design behind composing cat-specific music was based on the idea that the development of emotional centers in the cat’s brain occur shortly after birth, during the nursing stage,” the

study states. “Because purring and suckling sounds are common in this developmental stage, these sounds are layered into tempos and frequencies used in feline vocalization to create cat specific music.”

As prey animals, however, horses rely on all of their senses to alert them to danger. This is why they often react to anything in a different place or to loud noises and must be desensitized to startling sounds. Horses and humans share the most closely related hearing ranges of any other mammals on the planet -- the frequency hearing range of a horse is 55 Hz to 33,500 Hz.* We connect to and bond with our horses through a whisper, a whistle, a word of praise.

Playing music helps balance equine behavior because it helps mask outside sounds and vibrations, such as tractor engines, high-pitched tools, thunder and other intense sounds. Horses respond best to music with short melodies and strong rhythmic patterns.

In Jane Marlow’s clinical research, she has observed that horses prefer being in a barn with music as opposed to one without, preferably classical or country played at a low volume. It’s not so much the style of music, but its frequency and volume that are most important.

Blood pressure studies that compared the cortisol levels of riding horses, racehorses and therapy horses revealed that therapy horses have the highest levels, which means they have the highest levels of stress. The ability of therapy horses to restrain their behaviors during riding sessions is a remarkable empathic trait, but also physically distressing. Playing calming music during student/horse sessions can make the experience more entertaining while helping the horse feel calmer. Music is a profound environment for sensitive equine ears!

The equine version of Dancing with the Stars is the crown jewel in Dressage competition, the Grand Prix Musical Freestyle. In fact, the musical component is the reason Dressage is still included in the Olympics at all.

*<https://www.lsu.edu>

Sobre animales de compañía: **¿Los animales aprecian la música?**

por Diana Hunt

La música es el lenguaje primordial de la vida. Por eso nos gusta tanto. En realidad, todos los animales pueden oír y entender la música mejor que nosotros.

~ Dr. Debasish Mridha, neurólogo estadounidense, filósofo, poeta y escritor.



A lo largo de los últimos 15 años, empezando con perros y gatos y luego con caballos, la investigadora y fundadora de Pet Acoustics Inc., Jane Marlow, diseñó un principio llamado música específica para cada especie. Se trata de música reproducida en la "zona verde" según el rango auditivo de cada animal.

Los perros, los gatos y los chimpancés pueden utilizar su aguda escucha selectiva para escapar de lo que les molesta mejor que los humanos. La mayor parte de nuestra música es matemáticamente demasiado compleja y de sonido extraño para los animales. Están atentos a los sonidos simples, predecibles, familiares y ordenados en una estructura sencilla.

Dado que los refugios de animales son tan esenciales como estresantes para las mascotas que terminan allí, es alentador escuchar nuevos enfoques que ayudan a hacer estos entornos un poco más tolerables. Recientemente, un compositor, productor e ingeniero llamado Terry Woodford está aplicando sus conocimientos a la creación de música para perros. Llama a sus obras Canine Lullabies (Canciones Caninas), que combinan el sonido constante y relajante de los latidos del corazón humano con las canciones de cuna tradicionales. Los temas musicales de Woodford se reproducen en refugios de animales de todo Estados Unidos y, según parece, han sido eficaces para reducir los ladridos y los niveles generales de estrés de los perros de los refugios.

Los perros detectan los sonidos en una frecuencia mucho más amplia que los humanos (de 67 a 45.000 Hz, frente a los 64-23.000 Hz de los humanos*). Los perros también pueden mover sus orejas de una manera que nosotros no podemos, lo que les ayuda a determinar la ubicación de un sonido. En muchos sentidos, los perros están hechos para escuchar, por lo que no es de extrañar que la música tenga una gran influencia sobre ellos. Los perros son más tranquilos, lo que permite que brille más su verdadera personalidad.

No es de extrañar que los gatos reaccionen de forma diferente. A diferencia de los perros y de los antiguos humanos, los gatos, como depredadores, no suelen perseguir a sus presas grandes distancias. En su lugar, esperan para abalanzarse escuchando sonidos como el crujido de las hojas. Sus oídos están afinados para este trabajo. Las orejas cónicas específicas de los gatos pueden amplificar las ondas sonoras de 45 a 64.000 Hz.* Los gatos pueden mover sus orejas hasta 180 grados, lo que les ayuda a localizar los sonidos.

Su gato puede reaccionar con total indiferencia a su canción favorita o a la música clásica. Pero cuando se les pone música desarrollada sólo para ellos, se sabe que muestran su agradecimiento frotándose contra los altavoces y ronroneando. Investigadores de la Universidad Estatal de Luisiana han descubierto que poner música especialmente creada para gatos puede ayudar a calmar sus nervios durante una estresante visita al veterinario, por ejemplo.

"El pensamiento y el diseño musical que hay detrás de la composición de música específica para gatos se basó en la idea de que el desarrollo de los centros emocionales del cerebro del gato se produce poco después del nacimiento, durante la etapa de lactancia", afirma el estudio. "Dado que los sonidos de ronroneo y amamantamiento son comunes en esta etapa de desarrollo, estos sonidos se incorporan a los tempos y frecuencias utilizados en la vocalización felina para crear música específica para gatos".

Sin embargo, como animales de presa, los caballos confían en todos sus sentidos para alertarse del peligro. Por eso suelen reaccionar ante cualquier cosa que se encuentre en un lugar diferente o ante ruidos fuertes y hay que desensibilizarlos ante los sonidos que los sobresaltan. Los caballos y los humanos comparten los rangos de audición más parecidos a los de cualquier otro mamífero del planeta: el rango de frecuencia de audición de un

caballo es de 55 Hz a 33.500 Hz.* Conectamos con nuestros caballos y establecemos un vínculo con ellos a través de un susurro, un silbido, una palabra de elogio. Poner música ayuda a equilibrar el comportamiento de los equinos porque ayuda a enmascarar los sonidos y las vibraciones del exterior, como los motores de los tractores, las herramientas agudas, los truenos y otros sonidos intensos. Los caballos responden mejor a la música con melodías cortas y patrones rítmicos fuertes.

En la investigación clínica de Jane Marlow, ha observado que los caballos prefieren estar en un establo con música frente a uno sin ella, preferiblemente clásica o country tocada a un volumen bajo. Lo más importante no es el estilo de música, sino su frecuencia y volumen. Los estudios sobre la presión sanguínea que compararon los niveles de cortisol de los caballos de monta, los caballos de carreras y los caballos de terapia revelaron que los caballos de terapia tienen los niveles más altos, lo que significa que tienen los niveles más altos de estrés.

La capacidad de los caballos de terapia para contener sus comportamientos durante las sesiones de equitación es un rasgo empático notable, pero también físicamente angustioso. Poner música tranquilizadora durante las sesiones entre el alumno y el caballo puede hacer que la experiencia sea más entretenida, al tiempo que ayuda al caballo a sentirse más tranquilo. La música es un entorno profundo para los sensibles oídos equinos.

La versión equina de Dancing with the Stars es la joya de la corona en la competición de doma clásica, el Grand Prix Musical Freestyle. De hecho, el componente musical es la razón por la que la Doma Clásica se sigue incluyendo en los Juegos Olímpicos.

*<https://www.lsu.edu>

Trust | Insurance | Mutual Funds | Foreign Exchange
Personal Banking | Private Banking
Home Delivery Service | ATM Network

ENJOY EVERY MOMENT

—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

#HumanizingBanking

intercam.com.mx



Review terms, conditions, fees and account opening requirements at intercam.com.mx

 **INTERCAM**[®]
Banco

First Person Singular

My Two Half Lives

By Mary Paston

Where on earth did you put that red pepper grinder, the good one?

What happened to my favorite green linen shirt?

Ok, is her husband's name Bill or was it Jack?

Oh, help me here, quick...is that Juan Jose or Jose Pablo?

Life lived between two homes can at times be confusing, especially with the ravages of the aging brain as a bed partner. These kinds of mildly frustrating events happen often, even on a daily basis, as we attempt to come to terms with a home and a life in two different countries. It has been over ten years now that my husband and I have been living six months in Ajijic and the other six in Canmore, Alberta in the heart of the Canadian Rockies. Therefore one would expect that I'd have it "down pat" by now. The fact is that I do not even have it "down George" yet. I continue to falter when packing in each direction, bringing the totally unnecessary and forgetting the essential. Last year I brought five tubes of toothpaste that is readily available Lakeside, and NONE of the hair volumizing product that my fine hair truly requires and I cannot find at Lakeside.

Socially it is challenging. First of all I forget the names of the neighbors and the storekeepers in two communities. The pandemic most certainly did not help us either! In both of our two communities I find it hard to find meaningful volunteer opportunities because I cannot commit to a full year. It is hard to create and maintain sincere friendships when six months separate us every year. It is not impossible, but it is challenging. And I am a socially engaged extroverted woman.

For two years we drove down to Ajijic each year with our Portuguese Water Dog Gracie. She loved the trip, especially the motel rooms where she had her very own big double bed. She had good friends in Ajijic, but she was always overjoyed when we returned home to Canada. She would pop out of the car and run from house to house on our block looking for her friends. In her doggie way she was ringing doorbells and yelling, "Hi its Me, Gracie!! Hi, I'm home! Hey you guys, its me Gracie, I'm home, remember me??"

True confessions here, I think my own behavior is not much different from that of dear Gracie. In an effort to establish and to maintain relationships and a sense of belonging or a sense of home in both countries, I come bounding into both towns with what is quite likely, very irritating enthusiasm. Probably, my laid back, full time friends who are moving gracefully through their lives, feel like hiding behind the closest tree, "Oh my God, here comes Mary with that boundless enthusiasm. Settle down girl". And I do settle down, but that is the quarantine period of the snowbird life.

The shifting of location, climate and scenery is hard, too. Each time we leave Ajijic I feel sad, heavy and burdened by the people, places and plants that I'm leaving behind. And of course, once I return to Canada I feel out of sync with my life here. And it doesn't help that it's usually bloody cold up here in the mountains...a harsh shift indeed. My Canadian home feels at once wonderful and yet somewhat awkward and I never remember where the pepper grinder is. Even relationships with family and friends are awkward at first. A huge issue now, as time is marching on, is how many friends have become seriously ill or died during our absence, not to mention the birth of babies, the dissolution of marriages, the new romances and, of course, the huge physical changes in each of our communities. Emotionally, adapting to these takes its toll.



Saturday August 13th 10am - 3pm

ASA Artists. Live Music.
Delicious Food.
Beautiful Garden Setting.
Buy Art. Shop Local.



Beautiful NEW LOCATION at
Garden of Dreams Boutique Hotel
Calle Constitución #105 in Ajijic

www.ajjicsocietyofhearts.com

@ajjicsocietyofhearts

González Gallo

Cultural Center

The best space for
concerts in Chapala.

Luis Alberto Muñoz
Hernández "Betto Rock"
Technical Coordinator González
Gallo Cultural Center



The González Gallo Cultural Center Museum is a cultural precinct with great success in the musical field in terms of concerts. For several months now, the management of this venue has been presenting every Sunday at 12:30 pm a series of concerts of different genres such as classical music, jazz, Latin American folklore, world music, etc. and talented soloists of various instruments such as guitar, violin, violoncello, harpsichord, electric bass, double bass, among others.

These concerts began as reactivation activities after the critical moments of the pandemic, with the sanitary measures recommended by the authorities. Little by little, the tradition of the concerts has been consolidating, achieving a full house.

The concerts are free for the attendees with direct voluntary contribution to the artist and at this moment we have the complete program for the remaining Sundays of the year. It is necessary to add that the activities of the museum are not limited only to the Sunday concerts. Let's not forget that temporary art exhibitions are

offered and there are two permanent exhibition halls: the Site Museum and the Archaeology Museum, and also on other days of the week there are educational and recreational activities such as film screenings, theater performances, sound experiments, technology workshops, art and literature, book presentations and lectures.

Program of activities for August at the González Gallo Cultural Center

-Summer courses for children
Tuesdays, Wednesdays, Thursdays and Fridays
from August 02 -19, 10:00 am - 2:00 pm

-Creative Economies Mobile Lab Camp
Wednesday, August 24, Thursday 25 and
Friday, August 26, 10:00 am

Concerts

-Sunday, August 7, 12:30 pm
Concert to be confirmed

-Friday, August 12, 6:00 pm
Harpsichord Concert / Gerardo Ruiz

-Saturday, August 13, 11:00 am
The Apprentices, Betus Clay Workshop /
Taught by Artisan Eleuterio Ortega

-Sunday August 14, 12:30 pm
Piano Concert / Sofía Ramírez

-Saturday, August 20, 6:00 pm
Rock for Kids Concert / Luis Delgadillo y
los Keliguanes

-Sunday, August 21, 12:30 pm
String Ensemble Concert / Cuarteto de las
Rosas

-Sunday, August 28, 12:30 pm
Gypsy Jazz Concert / L' infamous jazz
Project

*Program subject to change

For all activities, news, announcements and future concerts please visit our official Facebook page: <https://www.facebook.com/CCGonzalezGallo>, or send a message with the request to be added to the email list: gonzalezgallo1500@gmail.com; and/or to the Whatsapp group "Eventos Ribera de Chapala": 33 21 69 8944

The González Gallo Cultural Center Museum is located in the building that 100 years ago was the Chapala Train Station, 1500 González Gallo Avenue in Chapala, Jalisco.



Centro Cultural González Gallo

El mejor espacio para
conciertos en Chapala.

Luis Alberto Muñoz
Hernández "Betto Rock"
Coordinador Técnico Centro
Cultural González Gallo

En la ribera existe un recinto cultural con bastante éxito en el ámbito musical en cuanto a conciertos se refiere, el Museo Centro Cultural González Gallo. Desde ya algunos meses la dirección del mencionado lugar ha venido presentando cada domingo a las 12:30 pm una serie de conciertos de diferentes géneros como son la música clásica, el jazz, el folclore latinoamericano, música del mundo, etc. y a talentosos solistas de variados instrumentos como guitarra, violín, violoncello, clavecín, bajo eléctrico, contrabajo, entre otros.

Estos conciertos iniciaron como actividades de reactivación después de los momentos críticos de la pandemia, con las medidas sanitarias recomendadas por las autoridades. De poco a más ha ido consolidándose la tradición de los conciertos logrando lleno total.

Los conciertos son gratuitos para los asistentes con aportación voluntaria directa al artista y a este momento tenemos el programa completo de los domingos que restan del año. Es necesario agregar que las actividades del museo no se limitan solamente a los conciertos de los domingos, no olvidemos que se ofrecen ex-



posiciones de arte temporales y se cuenta con dos salas de exposición permanente: el Museo de Sitio y el museo de Arqueología, además en otros días de la semana se brindan actividades educativas y de recreación como proyecciones de cine, funciones de teatro, experimentaciones sonoras, talleres de tecnología, arte y literatura, presentaciones de libros y conferencias.

Programa de actividades de Agosto en el Centro Cultural González Gallo

-Cursos de verano para niños
Martes, miércoles, jueves y viernes del
02 -19 de agosto, 10:00 am – 2:00 pm

-Campamento Laboratorio Móvil de
Economías Creativas
Miércoles 24, jueves 25 y viernes 26 de
agosto, 10:00 am

Conciertos

-Domingo 7 de agosto, 12:30 pm
Concierto por confirmar

-Viernes 12 de agosto, 6:00 pm
Concierto de clavecín / Gerardo Ruiz

-Sábado 13 de agosto, 11:00 am
Los Aprendices, Taller de barro Betus /
Impartido por Artesano Eleuterio Ortega

-Domingo 14 de agosto, 12:30 pm
Concierto de piano / Sofía Ramírez

-Sábado 20 de agosto, 6:00 pm
Concierto Rock para niños / Luis
Delgadillo y los Keliguanes

-Domingo 21 de agosto, 12:30 pm
Concierto de ensamble de cuerdas / Cuar-
teto de las Rosas

-Domingo 28 de agosto, 12:30 pm
Concierto de Gypsy Jazz / L' infame jazz
Project

*Programa sujeto a cambios

Para todas las actividades, noticias, avisos y futuros conciertos favor de visitar nuestra página oficial de facebook: <https://www.facebook.com/CCGonzalezGallo> o mandar un mensaje con la solicitud de ser agregado a la lista de email: gonzalezgallo1500@gmail.com; y/o al grupo de whatsapp "Eventos Ribera de Chapala": 33 21 69 8944

El Museo Centro Cultural González Gallo se encuentra en el edificio que alguna vez hace más de 100 años, fue la Estación del tren de Chapala, Avenida González Gallo 1500 en Chapala, Jalisco.



Concerts in the Park

Presented by
Steve Balfour

When I first thought up the idea of concerts as a way to raise funds for Lake Chapala Society, my first concept was Sundays in the Park - borrowing the name from a Sondheim classic, but I realized we would not be able to hold a Sunday for every performance. Since I was sitting in the lush gardens of LCS while I thought through my idea it was pretty easy to modify the name to Concerts in the Park.

For over forty years my career has been centered around events with a special love for music. As a child my parents were not supportive of me learning a musical instrument and I certainly never had the talent for singing. But I have always loved listening to music and exploring how music impacts our lives. I am not sure where or how I fell in love with Broadway and all the possibilities that came from that but it has been a wonderful journey.

While the first phase of my life was growing up in Boston, in the late 70's I moved on to Hollywood which opened so many adventures. While in LA I had the honor of serving a nonprofit with of Board of Directors made up of Hollywood's most prominent industry people. There I had the opportunity to serve on teams that produced a great many shows and made some tremendous connections. One of my biggest joys was working on "S.T.A.G.E." which was an annual event that ran for 17+ years with 3 performances yearly that often sold out. In order to perform in S.T.A.G.E., the talent must have performed on Broadway at some point in their life. Several of our performers here at Concerts in the Park at one point participated in S.T.A.G.E. (S.T.A.G.E. stands for Southland Theater Artists Goodwill Event).

Combining the many phases of my life and some great friendships that developed along the way with more recent friendships such as the great Mark Rome, I have put together something that I hope the community is enjoying. Through Concerts in the Park, we work to enrich lives and provide entertainment here at lakeside while raising vital funds for the many programs of LCS. During these past couple of years when most charities have been struggling just to stay alive, I am proud and appreciative of the community that has supported this initiative and given generously. Since Valentine's Day 2021, I am thrilled to announce we have raised over 3.6 million pesos through Concerts in the Park. These funds have helped not only the LCS but also Cruz Roja Chapala, Ajijic Cares and the FoodBank Lakeside. I took a few months off while I had to take care of some things north of the border including some concerts and a half marathon in New England. But I am back and scheduling concerts for your enjoyment.

For the coming months and winter season at Lakeside, I am in talks with many artists and friends to bring more great shows to LCS. People do ask why I don't produce more Rock and Roll. Quite simply, there are about a dozen venues around town that specialize in Rock and Roll and I have always tried to be cautious in not wanting to take anything away from the many entertainment outlets we have here at lakeside, I believe in collaborations and helping one another. I want to fill the void left by the Spotlight Club and the Red Piano. I try to focus

on shows that have additional artistic value and show the creativity and talent of artists from Mexico as well as from friends in the US. For me, it is me sharing my background experiences and the music I love. I have over 30,000 songs in my iTunes account, I enjoy many genres of music, but have a special excitement over shows where the artists really put a tremendous amount of themselves into their performance and have a little twist in what they do.

There are a few goals that I have for my labor of love, one of them is to produce a Latin show oriented towards the more local Mexican community. I have always had a love for Latin music and there are so many talented performers I have met along this journey. One friend does an amazing Jose Jose tribute. For those unfamiliar, to many Mexicans, Jose Jose is like their Frank Sinatra, another friend does a Luis Miguel tribute that would win over even the biggest Luis Miguel fan. One of the performers that we lost at a very young age was Selena. There is a performer who has done a wonderful Selena tribute in Puerto Vallarta this past season that I would love to bring to Ajijic. I am just trying to figure out how the finances would work for this show. While I have been doing this as a labor of love, the talent needs to be paid. I would want it to be a gift that the Expat community gives to the local Mexican community. I am open to any thoughts or people who may want to sponsor such a show.

As we head into fall, I am also working with the Lakeside Little Theatre to help them with their fundraising needs. As I write this article the first such show is scheduled for July 24 with a wonderful walk down memory lane with the show "My Way". Featuring Nacho Granados with his touching tributes to the music of Frank Sinatra, Paul Anka, Tom Jones, Nat King Cole among others. As we head into the fall I hope to continue with shows under the banner of Concerts at the Lake. These concerts will be a benefit for LLT.

So keep your eyes and ears open, through these concerts I have lots more coming for your enjoyment. Not everyone will love every genre of every show, but please love the compassion the performers put forward. Look for the beauty in each, sit back and I hope we can bring back some memories of the past through the international language of music.

Upcoming concerts can be found on the website for Lake Chapala Society, Lakeside Little Theatre and the Keep It Live at Lakeside weekly newsletter.



Haven Park
Gallery

Art and Activities Center

#23 Santa Margarita, Riberas del Pilar
376 766 5683 dianepearl.com
dianepearlmexico@gmail.com
creativelyminifullart.com Complimentary gift Wrapping

CONCIERTOS EN EL PARQUE

Por Steve Balfour

Cuando se me ocurrió la idea de los conciertos como una forma de recaudar fondos para Lake Chapala Society, mi primer concepto fue Domingos en el Parque - tomando prestado el nombre de un clásico de Sondheim, pero me di cuenta de que no podríamos mantener un domingo para cada actuación. Así que mientras disfrutaba los exuberantes jardines de LCS pensé que lo mejor sería Concerts in the Park.

Durante más de cuarenta años mi carrera se ha centrado en eventos con un amor especial por la música. De niño, mis padres no me apoyaron para que aprendiera un instrumento musical y, desde luego, nunca tuve talento para cantar. Pero siempre me ha gustado escuchar música y explorar cómo la música influye en nuestras vidas. No estoy seguro de dónde o cómo me enamoré de Broadway y de todas las posibilidades que se derivan de ello, pero ha sido un viaje maravilloso.

Mientras que la primera fase de mi vida transcurrió en Boston, a finales de los 70 me trasladé a Hollywood, lo que me abrió muchas aventuras. Durante mi estancia en Los Ángeles tuve el honor de trabajar en una organización sin ánimo de lucro cuyo consejo de administración estaba formado por las personas más destacadas de la industria de Hollywood. Allí tuve la oportunidad de formar parte de equipos que produjeron un gran número de espectáculos y establecí algunas excelentes conexiones. Una de mis mayores alegrías fue trabajar en "S.T.A.G.E.", un evento anual que se celebró durante más de 17 años con tres representaciones anuales en las que a menudo se agotaron las entradas. Para poder actuar en S.T.A.G.E., los artistas deben haber actuado en Broadway en algún momento de su vida. Varios de nuestros artistas aquí en Concerts in the Park participaron en algún momento en S.T.A.G.E. (S.T.A.G.E. significa Southland Theater Artists Goodwill Event).

Combinando las muchas fases de mi vida y algunas grandes amistades que se desarrollaron a lo largo del camino con amistades más recientes como el gran Mark Rome, he reunido algo que espero la comunidad esté disfrutando. A través de Conciertos en el Parque, trabajamos para enriquecer las vidas y proporcionar entretenimiento aquí en la orilla del lago, mientras ayudamos en la recaudación de fondos, los cuales son vitales para los muchos programas de LCS. Durante estos dos últimos años, en los que la mayoría de las organizaciones benéficas han estado luchando sólo para mantenerse vivas, estoy orgulloso y agradecido de la comunidad que ha apoyado esta iniciativa y ha dado generosamente. Desde el Día de San Valentín de 2021, estoy encantado de anunciar que hemos recaudado más de 3.6 millones de pesos a través de Conciertos en el Parque. Estos fondos han ayudado no sólo al LCS sino también a Cruz Roja Chapala, Ajijic Cares y el FoodBank Lakeside. Me tomé unos meses de descanso mientras tenía que ocuparme de algunas cosas al norte de la frontera, incluyendo algunos conciertos y un medio maratón en Nueva Inglaterra. Pero ya estoy de vuelta y programando conciertos para el disfrute de todos.

Para los próximos meses y la temporada de invierno en Lakeside, estoy en conversaciones con muchos artistas y amigos para traer más grandes espectáculos a LCS. La gente

me pregunta por qué no produzco más Rock and Roll. Simplemente, hay una docena de lugares alrededor que se especializan en Rock and Roll y siempre he tratado de ser cauteloso en no hacer competencia con los muchos puntos de entretenimiento que tenemos aquí en la zona, creo en las colaboraciones y en ayudarse unos a otros. Quiero llenar el vacío dejado por el Spotlight Club y el Red Piano. Trato de centrarme en espectáculos que tengan un valor artístico adicional y que muestren la creatividad y el talento de los artistas de México, así como de los amigos de Estados Unidos. Para mí, es compartir mis experiencias de fondo y la música que me gusta. Tengo más de 30,000 canciones en mi cuenta de iTunes, disfruto de muchos géneros de música, pero tengo una emoción especial por los espectáculos en los que los artistas realmente ponen una gran cantidad de sí mismos en su actuación y tienen un pequeño giro en lo que hacen.

Hay algunos objetivos que tengo para la labor de amor, uno de ellos es producir un espectáculo latino orientado a la comunidad mexicana. Siempre he tenido un amor por la música latina y hay muchos artistas con talento que he conocido a lo largo de este viaje. Un amigo hace un increíble tributo a José José. Para aquellos que no están familiarizados, para muchos mexicanos, José José es como su Frank Sinatra, otro amigo hace un tributo a Luis Miguel que se ganaría incluso al mayor fan de Luis Miguel. Una de las artistas que perdimos a muy temprana edad fue Selena. Hay una artista que ha hecho un maravilloso tributo a Selena en Puerto Vallarta esta última temporada, y me encantaría traer a Ajijic. Sólo estoy tratando de averiguar cómo las finanzas funcionarían para este espectáculo. Mientras que he estado haciendo esto como un trabajo de amor, el talento tiene que ser pagado. Me gustaría que fuera un regalo que la comunidad de expatriados diera a la comunidad local mexicana. Estoy abierto a cualquier idea o personas que quieran patrocinar un espectáculo de este tipo.

A medida que nos adentramos en el otoño, también estoy trabajando con el Little Theatre de Lakeside para ayudarles a recaudar fondos. Mientras escribo este artículo, el primer espectáculo está programado para el 24 de julio con un maravilloso paseo por la memoria con el espectáculo "My Way". Con Nacho Granados y sus conmovedores homenajes a la música de Frank Sinatra, Paul Anka, Tom Jones y Nat King Cole, entre otros. A medida que nos adentramos en el otoño espero continuar con los espectáculos bajo la bandera de Conciertos en el Lago. Estos conciertos serán a beneficio de LLT.

Así que mantén los ojos y los oídos abiertos, a través de estos conciertos tengo muchos más por venir para su disfrute. No todo el mundo amará cada género de cada espectáculo, pero por favor, ama la compasión que los artistas presentan. Busquen la belleza en cada uno, siéntense y espero que podamos traer algunos recuerdos del pasado a través del lenguaje internacional de la música.

Los próximos conciertos se pueden encontrar en el sitio web de Lake Chapala Society, Lakeside Little Theatre y el boletín semanal Keep It Live at Lakeside.

Up, Up & Away

By Harriet Hart

A disability can strike anyone, at any time. For my husband Paul it happened last September when he began experiencing weird symptoms like nocturnal leg and back pain, and minor facial paralysis, including the inability to close his eyes or smile. When our doctor diagnosed Guillain Barré Syndrome, neither of us realized it was going to end up with Paul living in a care facility, temporarily paralyzed, and me figuring out what to do next. Would he recover? Seventy percent of those afflicted do, but thirty percent do not. And if he did, what would recovery look like? How long would it take?

We have lived in a two-story home since 2008. Outside, there are 4 stairs leading down from the street to the front door, and inside 17 stairs leading up to the bedrooms and bathrooms. I was a rehabilitation counselor for many years, working with paraplegics, but my recollections of home renovations are dim. I knew only one thing for certain: I faced a choice – renovate or sell. We love our home in Villa Nova and I decided to stay put and get the house ready for my husband assuming the worst-case scenario, that he'd be relying on a wheelchair for mobility.

First I needed a ramp. Buddy Brian called: "I'm building a house right now and have a construction crew. They could come and build you a ramp. Would that be okay?" It was more than okay. Building a ramp turned out to be relatively straightforward.

Now for the interior. I called friend and local designer, Gene Fortun, who was very busy with all the remodeling that is going on at Lakeside.

"I need your advice!" I pleaded.

Gene came over to have a look.

"You have the perfect staircase for a stair lift," he said as he ascended. "Wide and straight." Here's the name of a company that imports stair lifts, Movilidad sin limites in Guadalajara. I asked a Spanish-speaking friend to phone them. Yes, they assured me (through her) that I could buy a stair lift from them, but because it had to come all the way from Wisconsin, which is prone to snow storms at this time of year (the first week of February), it could take as long as eight weeks to arrive.

Stair lifts are an investment. I'd never been to the company showroom nor could I find anyone who knew anything about them, neither at the local medical supply store nor the care home where Paul was living. Doing business with them would be a leap of faith.

I soon became email pals with Hector, the sales manager. I vacillated. Then I got a phone call from the owner who assured me that MSL would do everything they could to help me make this decision. They would prepare a contract and come out to assess the suitability of the staircase. And they'd give me a special deal, the Valentine's Day special.



Imagine my astonishment when the entire team arrived the following week: CEO, owner, sales manager, and administrative assistant. They descended on my house, conferred amongst themselves, and pointed out two potential problems: yes, my stairs are wide and straight, but there would be an overhang at the top preventing easy entrance to the guest bedroom, and the electrical outlets were in an inconvenient spot. Did I want electrical cords strung across the bottom of the stairs (certainly not) or would I prefer trouble entering the guest room? I went with the latter.

"The good news is we can install it next week," said Hector.

I resisted the urge to kiss the man.

By the time they left, I felt like they were old friends.

They were good as their word. On the following Tuesday the installation team arrived. I expected loud hammering, drilling, construction dust and a big mess. Instead two men rolled up their sleeves, and within a few hours the stair lift was in place. Not only that, they shortened the railing so there was no problem with it blocking the door to the guest room.

Our Bruno stair lift is American made, sturdy and attractive, and installation was simple- brackets, bolts, a track and a chair. When I rode up and down, I thought what a great invention it really is. Hector, the sales manager at Movilidad sin limites, called several times to see if I was clear on the way it operated.

Guillain Barré Syndrome entered our lives like a thief in the night, robbing Paul of his mobility, and the ability to live in his own home. But now, thanks to our friends, a group of total strangers, and a great invention, he's up, up and away.



WE ACCEPT INTERNATIONAL INSURANCE

Aceptamos seguros internacionales

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

**Get free
advice on your
health insurance
coverage.**

Recibe asesoría
gratuita de la cobertura
de tu seguro médico.

Contact us:

Gabriel Pérez

Monday to Friday from 10 am to 2 pm / 3 pm to 5 pm

contacto@hospitalsanantonio.com.mx

376 689 0911



¡Ah Chihuahua!

MÉXICO

YES, YOU CAN LOVE MEXICO EVEN MORE...

VISIT CHIHUAHUA

