

**SAN FELIPE'S ENGLISH LANGUAGE NEWSLETTER**



# *San Felipe* **NEWSLETTER**

San Felipe, Baja Ca, Norte, Mexico

June 15, 2014

**NEWS, ACTIVITIES, CLASSIFIEDS & MORE**

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*By Linda Sullivan*

Photo  
Taken  
By  
Karen  
Buehler  
At the  
Club  
De  
Pesca  
Chili  
Cookoff



Me &  
Bob  
Just  
About  
To dip  
Into  
All  
The  
Chili  
Tasting.

Each year the Fiesta gets better and better.

We have arrived at the end of our working season. Now it is time Bob and I get our vacation time in. We will miss all our friends and customers, but before we know it summer will be over and it will be time to start our next season the end of Sept.

I would like to thank everyone for patronizing all our business's and enjoying what we have to bring to San Felipe. Fun, friends and good times. Our time with everyone is very precious to us and we enjoy being with you all.

Bob and I are getting so spoiled by all the Pot Lucks, Full Moon parties, and everything else, we will miss those days for now, but we know when you all get back for the winter months, it will start again.,

Planning on just sitting back and enjoying our time off. We are planning a great new season for the Peoples Gallery and San Felipe Newsletter. I have new writers as well as the usual ones. Lots of new things to share with everyone.

Please don't forget about our Mexican friends who are in need of just about everything. Warm things for the winter will help someone from getting too cold. Candy and toys for the kids. Halloween is a good time to bring in candy to the gallery.

We hope you have a wonderful summer and enjoy this time with your families. Bob and I miss you all and will see you on your return.

Make sure you go to the business's that stay open for the summer and help them out.

*Till next time!*

*Linda*

## PERCEPTION

**We are led to the people we can best teach and from whom we can best learn.**

**From a course in Miracles**

**EDITOR/OWNER: Linda Sullivan**  
**TECHNICAL ADVISOR: Jesus (Cheuy) Alverez**

### **Contributing Writers & Volunteers**

**Diane Pilato (Health Info.)**

**Terry Smith (Viva Articles)**

**Katherine Hammontre Craig ("Dear Kat")**

**George Jackson (Races)**

**Donna Roberts ( Desert Mothers)**

**Susan Young ( Food Bank)**

**Joy Darr (Golf Tourn. News)**

**Jim Ingegno (Articles)**

**Roy S. Houston (Informative Articles)**

**Vickie Kimble ( South Campo Events)**

**Kathy Keane (Birds)**

**Sandi Flannigan ( Second Chance)**

**Jesus "Cheuy" Alverez (#1 right hand)**

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# CALENDAR OF EVENTS

## JUNE

- |    |                          |
|----|--------------------------|
| 4  | Art, Wine & Food Fiesta  |
| 16 | Desert Mother Workshop   |
| 18 | Desert Mother's Workshop |

**Dates change here from time to time.**



Here we are at the new opening of El Padrino. It was the Red Lobster, but is now the El Padrino Pizzeria y Rest. On Chetumal. In the blue outfit is Karen and next to here is hubby Tony Buehler, then Mary & Lowell Martin, then Bob and Me. (Linda) It was great. The food and friends made it even better..

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Mary and Lowell Martin

Remember gossip hurts. Those who do this to harm other people seem to have a big problem themselves. For one reason or another, they are not happy. This is too bad. You can do real damage to a nice person who does not deserve what is happening to them. Be kind or keep your mouth shut. If something is wrong go to that person yourself and try and make amends that is the only way to have piece of mind.

*Linda Sullivan*

# South Campo Calendar of Events

## JUNE

- 1 Navy Day (Mexican)  
1 Community Center Closed for the summer

### Activities at CC & South Campos

#### This is for next season

- M-W-F- Exercise Class 9 AM  
M Quilting Group 10AM  
M Bible & Prayer Study 1PM  
M AA 4 PM  
T Yoga 8AM  
W Cards 1PM  
Th Yoga 8 AM  
Th AA 9:30 AM  
F Fine Arts Group 12-3  
**Sunday Catholic Services 2 PM**

**Everyone is invited to join the South Campo activates. All are welcome!**

Every day is a challenge. Take it and run with it. Make sure you keep love in your heart. I don't mean to sound corny, but as we get older we all need to make peace with ourselves and others.

I am grateful for my friends and everyone around me.

*Linda Sullivan*



VIVA's successful spay and neuter clinic May 17, 18, and 19<sup>th</sup>

I was put in charge of the spay and neuter clinic a few months ago. The first thing I did was to contact Juakin Villasenor Navarro (the vet) who comes to San Felipe from Rosarita, for instructions as to what his needs were for the clinic and when he could come. His passion is to control the animal population, for both the sake of the animals and humans in the community. He is a very giving vet and goes beyond what is asked of him. He not only comes to San Felipe but travels all over the Baja and mainland Mexico to assist communities in the animal population and to do hands on training for future vets. We found a large building in San Felipe, but no electric! That we over came as we borrowed power and had plenty of fans running to keep us and the animals cool. In the back room the vet worked with his volunteer preparers, who shave each animal in prep for surgery. In the main room all the animals are given antibiotic shots and while they sleep are checked by our volunteer groomers. They removed ticks, clean ears, cut nails and hair if needed. When the animals come around they are put back in their crates ready to go home. We give the owner a call and all this takes about 3 hours for each animal. We can handle 25 animals per day. A lot of work but very gratifying for us.

As the owners come to pick up their pets, they have huge smiles on their faces, as most can only donate small amounts for this surgery they are so grateful for our organization to help them. We are all happy to help out and our motto is Spay is the Way.

A special thanks to Joaquin Villasenor Navarro, Irene, Lisa, Barbara Bagilego, Lori Barszcz, Jean Burnham, Gene Deplush, Stacy Ditata, Luz Elena, Alex Herrera, Art Hurtado, Carol Kingaby, Linda Reardon, Judy and Tom Topping, Cheryl Weiss, Suzanne Wheeler, Derek Wille. Some local merchants donated the hall, electricity and lunch for the workers. It was a community effort.

Jean Breslin

VIVA spay and neuter coordinator

**Adopt, Donate, or Volunteer.**

## Desert Mothers By Donna Roberts

Desert Mothers will close for the Summer season this year. Only fifteen days early. We will close June 15, 2014 and reopen September 15, 2014. This will give us time to take care of some business we need to do. Also, we are all ready for a vacation. There will be one exception and that is the Baja Blues Festival at Rosorito Beach Hotel. This is a great event and we hope you all come. August 22nd thru the 24th.

We are busy renewing all of 501 papers. This is our third year, so we decided to try for the 50/C. This will allow us to give tax's credit for donations. This is a long and expensive process - wish us luck.

This year has been one of our best, the last three months have been some of our best. The people of San Felipe are being supportive and discovering how wonderful our products are.

The women are becoming more independent, comin up with new products. This has always been a dream of mine. For the women to learn to be able to someday do Desert Mothers themselves.

None of this could ever have happened without all the help of volunteers. Thank you Lois, Becky, Gene, Debbie, Suzie, Sue, Eve, Marilyn, Ron, Penny, Maggie, Skip and Susan Young. Also, Laura Thomson (a great teacher) and Irene. It takes many different talents and people to put something as wonderful together as Desert Mothers.

But the real credit goes to the Women of Desert Mothers. Some who have been with me since the first day. It has been a long hard trip. Many up and downs, joy and sadness. Five of these women have been there the whole time. I love you all.

Thank you with all my heart  
Donna Roberts

I think Donna should get a great big thank you for all the hard work and time she has put into this project. So many people have her to thank. So thank you Donna for being there for everyone.



# COLOR ME

### American Tax

**I am at the Peoples Gallery ready to help you with your American income tax. If you would like to have them done here and not have to go back to the states just for that, I have been doing this since 1965 and am up to date on the laws.**

**Income tax is something we don't really like doing, but it must be done, so he is here to help you with your needs. He is a tax consultant and knows the best way to do this.**

**So, if you would like to have some help, stop by the Peoples Gallery and he will be there to answer any questions you might have.**

**Hope to see you soon.**

Bob Silverman

# Lupita Fouady Mora



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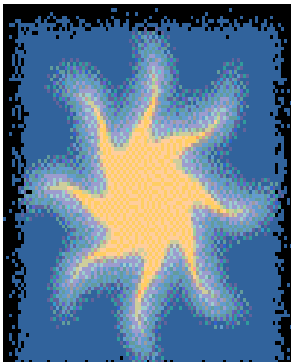
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## LOOKING UP!

By  
Roy S. Houston, Ph.D.

Let us take a break from inner space and look up into outer space. I always had a keen interest in astronomy and it became my first major in college. The incredible evening skies that occur in Baja provide an excellent opportunity to marvel and enjoy the glorious features of our universe. First I want to clarify that astronomy is the scientific study of stars, planets and other objects in outer space; whereas astrology is the study of how the positions of the stars and movements of the planets have a supposed influence on events and on the lives and behavior of people. Therefore a basic knowledge of astronomy will enhance our adventures as we gaze into outer space.

Our universe, so vast and incomprehensible, is composed of **gazillions and gazillions** of stars, nebulae, galaxies and the like which are separated from each other by vast spaces known as voids. So let us begin a journey and become familiar with many of these universal features. Interestingly enough many of these objects can be observed and appreciated with the naked eye, a pair of binoculars or a small telescope.

**Stars** are by far the most numerous objects in the night sky. They are hot balls of ionized gas (plasma) which create energy through nuclear reactions. Stars form from the condensation of clouds of gas and dust known as nebulae and sometimes occur as doubles or clusters. They can exist in a wide range of sizes and colors and will vary in brightness and age. Our sun is a medium size star which formed 5 to 6 billion years ago and is about half way through its life cycle. Most stars are so far away they appear as pinpricks of light. Except for the sun and a few large and relatively close stars that have been observed and highly magnified with the Hubble telescope, most stars also appear as points of light. They are so far away their distance is measured in light years. One light year is the distance light travels in one year which is 5.8 trillion miles. Since, light travels close to 186,000 miles a seconds; it takes close to 8 minutes for it to reach us from our sun which is about 93 million miles from earth. The next closest star in the universe is Proxima Centauri which is 4.2 light year from us. Some stars are millions or even billions of light years away. Therefore, the light that we see originated from some of these distant stars before our solar system was even formed! Hence we are looking back in time.

**The Milky Way** which is our local galaxy consists of all of the stars that we can individually see on any given night. However the majority of the stars cannot be picked out as individual points of light, instead on a clear moonless night they appear as a broad, irregular “milky band” that reaches across much of the sky. The Milky Way galaxy is in the shape of a disk with spiral arms. Since we are looking through the plane of this disk, we see a high concentration of stars, with fewer to each side of the band. Beyond our Milky Way there are billions of other galaxies, some smaller, some incredibly larger.

**The Solar System** consists of planets, many with their respective moons or satellites, dwarf planets and thousands of asteroids.

Planets are objects within our solar system that orbit the sun. The size and mass of these bodies are not large enough for nuclear reactions to occur as to produce stars. Also for these objects to be considered true planets they have to maintain orbits that are clear of rocky debris except for their own moons. Dwarf planets are those objects which are too small to have cleared their orbits of debris. For this reason Pluto was recently reclassified as a dwarf planet. Eight planets orbit the sun and shine by reflected sunlight. Mercury is closest to the sun followed by Venus, Earth, Mars, Jupiter, Saturn, Uranus and finally Neptune. The inner four planets have rocky cores; whereas Jupiter, Saturn, Uranus and Neptune are gas giants that orbit way out from the sun. There are certain times of the year that we can see one or more of these beautiful planets in the night sky. Recently astronomers have discovered planets which orbit distant stars thus comprising solar systems beyond our own.

Asteroids are small rocky, irregular shaped bodies which are remnants of failed planet formation. Many asteroids orbit the sun between Mars and Jupiter in a region called the “main belt”. Other asteroids have elliptical orbits and receive much attention for some of them pass within a few thousand miles of the earth. These bodies are known as “near earth asteroids”. Some asteroids are even large enough to be seen through binoculars. Comets, meteors and other objects within our universe will be discussed in future articles. For now let us just sit back and enjoy the wonders of the night (and day) sky.

<p>Thank you so much Roy for all your articles this season. Everyone enjoyed them. Please join me for next season. Linda</p>
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# THE FOOD BANK

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**Things that you have around the house like clothing, cookware, all kinds of kitchen utensils, pots and pans. Toy for the kids, clothes for the babies and small children.**

**If you give they will get what is needed to help keep a clean and safe home.**

*Volunteers without limits*

## SECOND CHANCE RESALE By Sandi Flannigan

Second Chance has rapidly become a favorite shopping spot in San Felipe! The store located at KM 178, next to Parrots Cracker, is easy to find and a great spot to meet friends and drop off your treasures, clothes, jewelry and all the items you have grown tired of storing. Lets face it, we store a lot of items we never use...Please clean out your cupboards & closets here and in the states and help us dress up the town. Your castaways could be treasured by another person.

Appreciation Day party for all our friends at Second Chance was lots of fun. Wine cheese and Baja Chocolates were served. Everyone received Customer Appreciation cards and every time you spend a minimum of \$10.00, we punch your card and after 8 punches, you will get a 20% discount on your next shopping spree!

On the 21st local humorist Sam Grubb gave us all a Second Chance at Second Chance to buy and get a signed copy of his latest book "Snapshots: A life of a Gringo in Mexico". We had a fine "wine and sign" day! Always fun and great bargains at 2nd Chance! Your castaways and our San Felipe Animals are all getting a second chance.

We are really growing up; we now have a phone 686.577.3576, and a mail drop in Calexico. If you want to mail donations you can send them to Sandi Flannigan at 315 West 2 St \$429, Calexico, CA92231. Through VIVA we are a non profit organization so let us know if you need a slip for your accountant.

This fall look more fun happenings at Second Chance! Please call us if you have a donation and are unsure of our hours. During the season, our hours are 10 to 3 Tuesday through Saturday.

Laurie, Elizabeth, Patty and I thank you all for being so supportive of Second Chance. We are totally volunteer and donation based and with your help we are able to make a difference. Thank you San Felipe.

Sea ya' next fall, Sandi

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## At The Peoples Gallery

**FABULOUS FRUITS  
FOR YOUR “-ITIS” ISSUES**  
By Diane Pilato of SEA STAR

Here's great news for your various “-itis” issues. You know about “-itis” if you have it. That would be like osteoarthritis, rheumatoid arthritis, bursitis, etc. – those painful conditions that afflict so many people in today's world. You don't have to be of a certain age to experience the “itis” pains because younger as well as older people develop these conditions. Gout is another form of arthritis that many people suffer with. Well, here is some great news: Summer is upon us, and there are some Fabulous Fruits that help ease the “itis” pains and help to remove your discomfort.. Cherries and Pineapple top the list as heroes in the war against pain!

**Cherries:** Research shows that compounds found in cherries may be helpful in reducing inflammation and pain in people with arthritis. A study notes that people who consumed 8 oz. of cherries daily for a period of several weeks reported significant changes in their pain levels and a reduction of stiffness, pain and inflammation. Any type of cherry will supply the antioxidants and anthocyanins that reduce inflammation; however, tart cherries and cherry juice seem to provide the greatest amount of relief. Make sure you eat about 1/2 lb. of cherries daily or drink two glasses of cherry juice per day during an acute attack. If you use a concentrated dark cherry juice, a recommended blend is 2-3 oz. unsweetened cherry juice with 4 to 6 oz. of water. If you choose to eat cherries, you can use fresh, cooked, canned, stewed or frozen, sweet or tart fruits. Costco has great tasting, frozen dark cherries if you can't find fresh.

Pineapples contain an enzyme called bromelain, which is known for its ability to reduce inflammation and relieve the pain and stiffness associated with rheumatoid and other forms of arthritis. Fresh pineapple and freshly squeezed pineapple juice are the best sources of this important enzyme. Canned or bottled products have lost most of their potency due to heating during processing. If you are unable to eat pineapple or drink the juice, you can buy bromelain supplements in capsules at most health food stores. Take the capsules between meals for best results for the treatment of inflammation.

Another great pain fighter is Ginger. Eastern medical practitioners have used ginger for centuries to reduce pain and inflammation in the joints. Fresh ginger is best and is highest in medicinal chemical compounds that increase the immune system's reaction. Grate some on your daily salads, add a chunk of it to your fresh vegetable and fruit juices, or you can sip on freshly brewed ginger tea by cooking a 1-inch piece of fresh ginger in a cup of water for 15 minutes. Remove the ginger and allow the tea to cool. Add honey or stevia to sweeten. Ginger is soothing

to the stomach as well as effective in reducing overall bodily soreness.

Turmeric is an ancient spice used for thousands of years in Ayurvedic medicine for the reduction of inflammation and pain and may offer relief from symptoms of RA and other forms of arthritis and autoimmune diseases where joint pain is involved. Turmeric has been found to be even more effective when combined with bromelain in reducing pain and inflammatory processes. You can add the spice to your cooking and take supplements, which are available at health food stores. A delicious drink is ½ tsp. turmeric powder, ½ tsp. cinnamon powder, and warm almond milk with 1 tsp. of honey. Stir well & enjoy!

Please be aware that bromelain, ginger and turmeric can thin the blood, so speak to your doctor if you take blood-thinners before starting a regimen using these foods.

Research has shown that foods from the nightshade family can contribute to the discomfort of the various joint issues that plague humanity. The nightshade foods you are most familiar with are as follows:

- Potatoes, all varieties (sweet potatoes and yams are NOT nightshades. Beware of potato starch used in many seasonings and as a thickening agent)
- Peppers (red, green, yellow, orange, jalapeno, chili, cayenne, pimento)
- Tomatoes, all varieties (including Tomatillos)
- Paprika

**Eggplant**

An enzyme present in the body called Cholinesterase originates in the brain where it's responsible for flexibility of muscle movement. Solanine, present in nightshades, is a powerful inhibitor of cholinesterase. Therefore, its presence can interfere with muscle function – the cause of stiffness experienced after consuming nightshades. All people are not sensitive to nightshades in the same degree. However, 74 – 90% of people who ache and hurt, regardless of their diagnostic “label,” have sensitivity to nightshades. Note: 4 other foods that are NOT from the nightshade family, but do contain solanines are Okra, Artichokes, Blueberries and Huckleberries.

Research has shown that when an inflammatory condition exists, consuming nightshades is like adding “fuel to the fire”. If you suffer from an arthritic condition, you can experiment by eliminating nightshade foods for two weeks to see if improvement is noticed. Also, cutting back on foods that are loaded with fats and sugars, especially empty calories like soda or foods that trigger you to overeat, can help peel off pounds while reducing inflammation.

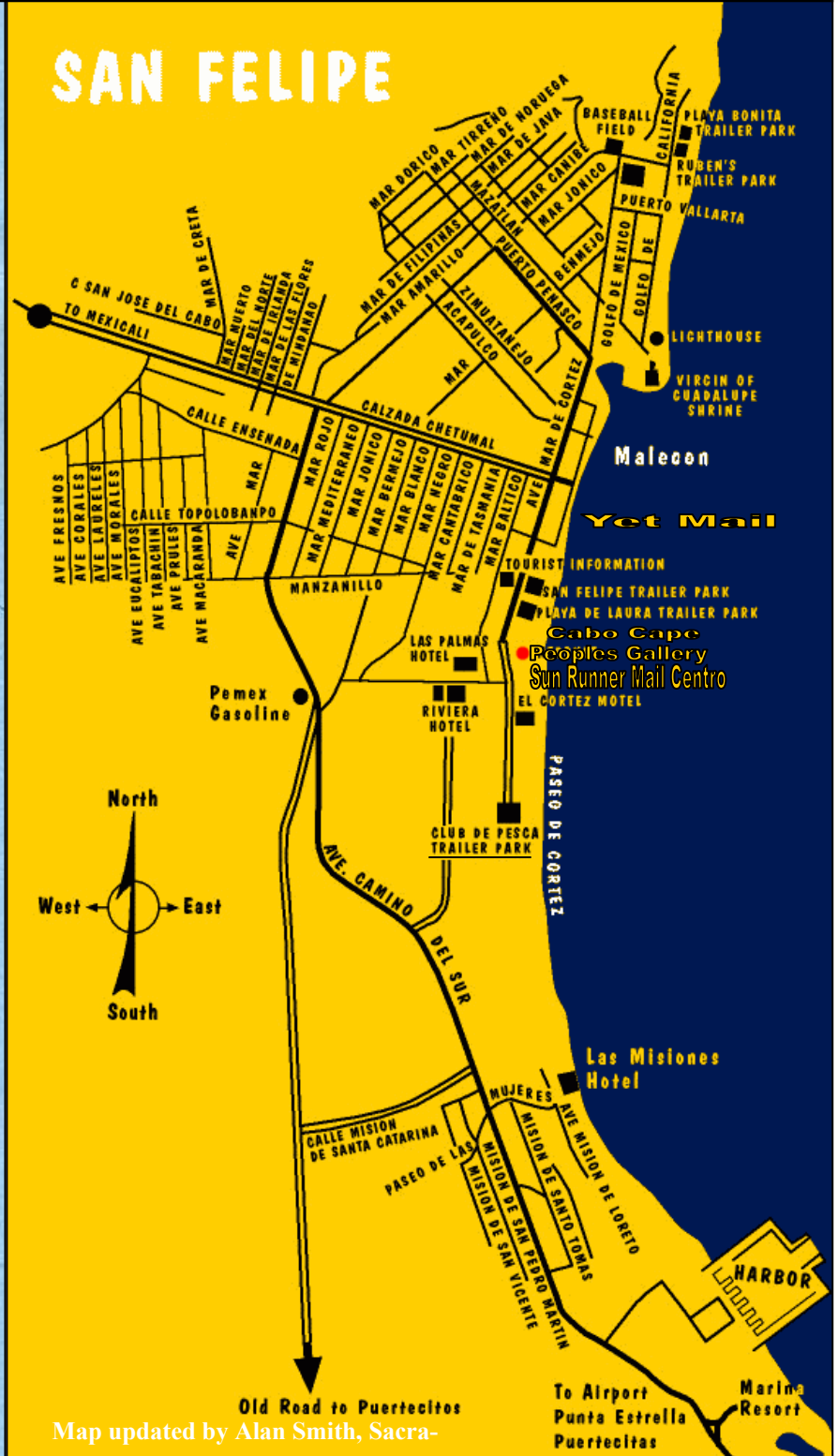
While you're at it, do your daily stretching and exercises that keep the body limber. Remember that living in a pain-free body improves your outlook and keeps you happier! So this summer, enjoy these Fabulous Fruits, and see if your “itis” condition goes bye-bye before Fall gets here. Yours with an always-ready smile on her face- Diane

If you have ever been in Sea Star you have enjoyed the aroma that comes from within. The smells are just wonderful. I love some of the oils Diane carries, not to mention the rest of just about everything. \

Diane is a delightful person and charming host. So, stop in this summer and say hello. She loves the visit. Thanks Diane

**Linda Sullivan**

# GETTING AROUND TOWN



Map updated by Alan Smith, Sacra-

# How do I Contact...

## San Felipe Newsletter & People's Gallery...577-2898

Alarm Co... 577-6267  
Attorney's  
 Sr. Gazcon ... 686-122-5572  
 Sr. Sandoval... 686-191-2934  
 Sr. Rubio... 686-216-3070  
 Baja Bills Rentals... 577-4014  
 Bakery (Blue Gecko)... 686-209-6771  
 Bug Busters Pest Control... 577-1406  
 Chumpo's Pizza + More... 577-0085  
 Club De Pesca (Campo)... 577-1180  
 Deli ( Road Runner) + Rest. 577- 3060  
 Desert Realty..... 686-573-0339  
 El Cortez Hotel... 577-1055 from the U.S.  
 011-52-686-577-1055  
 Fat Boys Pizza & More... 577-4092  
 Papeleria Copicentro... 577-1402  
 People's Gallery... 577-2898  
 Pharmacy Regina... 577-1258  
 Pizzeria y Restaurante (El Pardino)...  
 686-163-7704  
 Rancho Market.. 576-1020  
 San Felipe Storage... 688-0179  
 Sea Star Body Shop... 577-6250  
 Services by Lupita Foudy Mora...577-0178  
 SunRunner Mail Service... 577-0365 Cen-  
 tral or North 576-0370  
 Talabarateria Y Fotografia.. 577-1144  
 YET MAIL (fm3;s etc).. 577-1255

## MEETING TIMES AND PLACES

Las Amigas..2nd & 4th Wed. 10:00am @  
 Ocotillo Lodge  
 SFARP.. 1st & 3rd Wed. 10:00am @  
 Old Corona Building on Mar de Cortez  
 Rotary Club.. Monday 8:00am @  
 The El Cortez Hotel  
 AA & NA Corner of Ensenada & Mar  
 Caribe (Schedule on door)  
 Lions Club.. 1st & 3rd Thurs. 4:00pm at  
 Las Palmas Hotel

## IMPORTANT PHONE NUMBERS

FIRE DEPARTMENT	577-1182
POLICE	577-1134
IMMIGRATION	577-1083
TOURIST OFFICE	577-1155
TELNOR PHONE CO.	577-1000
PHARMACY "Regina"	577-1258
WATER CO.	577-1022
PROPANE	577-2373
RED CROSS	065 or 577-1544
AIRPORT	577-1368
TAXI	577-1293
BANCOMER	577-2224
DMV	577-1065
VET	686-149-9319
VISITOR HELP	078

DR. ABASOLO... 577-1706  
 DR.'S EMERGENCY NO...  
 686-573-0174  
 DENTIST... 577-1143

OPERATOR 002  
 066 for emergencies is the same as 911 in  
 the U.S. and will connect you to the  
 emergency numbers above.

# Look for us in the Fall.

**\*\*WELCOME TO QUIERDA KAT OR DEAR KAT\*\*** - “Dear Kat” or “Quierda Kat” in Español, is a jaded form of Dear Abbi. However, it’s not meant to be professional legal advice of any kind nor am I a marriage counselor. I sometimes give my advice on how to compromise but again; I am not a professional peacekeeper. It’s simply my opinion and unless you wrote me, it’s not about you, so that’s my disclaimer of the month. I also write Kat’s Korner, San Felipe's Scoop on [www.katskorner.com.mx](http://www.katskorner.com.mx) but this is the only place you can read “Dear Kat”. If my advice helps you - bravo - but if it doesn’t, don’t blame me! Feel free to drop a comment off at the People’s Gallery or email your advice to bajakat at Gmail dot com. This is my last column for the season, but as Arnold would say: “Finish cleaning and meet me in the basement”. Oh wait, wrong one. “I’ll be back”. You may also send requests for advice or requests to stop writing to Linda at the San Felipe Newsletter (via email). Enjoy!

**Dear Kat:** I have been feeling like my husband is not being very supportive with my wants and needs. I want him to need me!! Is there a problem here? Or am I asking for too much from my husband?

**Signed, “Wanting to be wanted”**

**Dear Wanting:** Okay Wanting, I noticed you signed your email “Wanting to be Wanted” however, if I’m reading this correctly, you want him to need you. Why? I mean, what for? If your husband doesn’t want you honey, pack your bags and move on. If what you’re really saying is “you want your husband to be more supportive of your choices, etc.” Then I get it; now. I don’t think you’re asking too much, but obviously, even if you were asking for your husband to be more supportive of your wants and needs, that’s funny. I’ll bet he hogs the control to the television too. As my daddy used to say, “People in Hell Want Ice Water”. I don’t mean to sound unkind nor do I want you to think I’m heartless. Having said that, it kind of cracks me up when you wrote: “Is there a problem here?” That would be a big fat Duh!! Besides, I’m pretty sure he “needs” you. Somebody’s got to cook, clean, iron and whatever else is on his “want” list. Sorry, I can’t help you!

**Dear Kat:** What do you do with a friend who always has something negative to say? I really like these people, but it is always “poor me”. The funny thing is they are not doing so badly. They have each other and are eating rather well. All their bills get paid, but there is always something wrong. What do you say to a friend like that? I don’t want be a pain, but they need to look at the good side for once.

**Signed: “A really good friend**

**Dear “A really good friend”** - Has it ever occurred to you to call a powwow and set them straight. It doesn’t sound like you’re the pain in this situation, but if you haven’t told them yet, I’m afraid I’ll have to ask this: Why not? If you have told them to quit being so negative and they have continued, then kick them to the curb. Seriously, who wants to be always around negative people or anyone who would bring around such icky juju? I have this theory and it goes something like this. If you spew all that negative crap, it angers the Universe. If you spew positive thoughts, you tend to have a nice day, until you, we, anyone, **allows** someone to ruin your day. Allowing being the key word here. Misery loves company, but if a simple “stop” or “If you can’t say something nice or positive, shut your fly trap” doesn’t work, then it’s on you if you continue to listen to it or allow them in your head. Why spend money to go out for a nice dinner to listen to that. Hell to the No!

**Quierda Kat:** There is a younger man who thinks he would be a good match for me. He is very funny; always has a smile and has been generous in bringing flowers or dropping off an occasional six-pack of beer and chorizos. However, I would rather not become involved, as I know he runs around with a lot of women. That is a dangerous thing for a man to do with a woman like me, if you get my drift. I would really like the relationship to remain, as is, comfortably flirtatious. So how do I let this person down without him becoming a non-friend, if you know what I mean?

**Signed “Tired of macho men”**

Continued on page 18



**NEW AA MEETING PLACE**  
**AA meeting at KM 181 on Hwy.**  
**in front of Campo Ocotilla**  
**English meeting hours Tuesday**  
**& Saturday @ 12 Noon**  
**Monday & Thursday 6:30 pm**  
**Mexican Meetings every night**  
**@ 6:30 EXCEPT Wednesday &**  
**Sunday. Everyone Welcome.**  
**For more information...**  
**Call 686-686-526-0096**

Special thanks to all my friends and customers for being so supportive to all the Charities and bringing down clothes, toys, candy, blankets, jackets and everything that our Mexican friends are in need of. Please do it again starting in Oct. The Peoples Gallery takes what ever you bring. No food or money. Thanks

### **SAN FELIPE NEWSLETTER**

**Prices per month:**  
**For ads**

1/8 page ad = \$ 30 (3 1/2 x 2 1/2")  
 1/4 page ad = \$ 45 (3 1/2 x 5")  
 1/2 page ad = \$ 85 (5 x 7 1/2 or 3 1/2 x 10")  
 1 page ad = \$125 (8 x 10")

The newsletter comes out 9 months per year, October - June. (June is our summer issue). June issue runs through the summer till Oct. 15th, when the new season starts.

You will be listed next to the map in the middle of the newsletter with your phone number on the other page, only while you are advertising with me.

### **The Verdin** By Kathy Keane

One of the tiniest birds in our area is the Verdin, easily missed if not for its sonorous three-note song. If you get a good look with your binoculars, you'll notice its bright yellow face and head, tiny bill, and a conspicuous orange patch at the top of the wing while it's perched. The Verdin is common in desert scrub habitats, particularly along washes. Its range includes the American southwest and northern Mexico. The Verdin is unique in being the only member of the family in which it is classified, the Remizidae—in North America. In contrast, North America is home to over 35 species of sparrows!



*Verdin*, from "All About Birds,"  
<http://www.allaboutbirds.org/guide/verdin/id>

The Verdin builds a globe-shaped nest with a hole in the side that is effective in deterring most predators. Unlike most birds, Verdins build nests year-round. One pair of Verdins was observed building 11 nests in one year! The male constructs the outer shell of sticks, while the female weaves the inner lining. Small birds like the Verdin have a higher surface-to-volume ratio than larger birds, so adaptations for staying warm at night and in the winter are necessary. Hummingbirds accomplish this by entering torpor, a state in which body temperature and metabolic rate are reduced. Verdins don't enter torpor, but after their eggs hatch and the young fly away, they build another type of nest called a roosting nest. In the winter these roosting nests have thicker insulation. Roosting nests built during the heat of the desert summer often have an opening toward prevailing winds, which perhaps aids in keeping the birds cool.

**Dear Tired:** You neglected to say “how much younger” your little friend is. So, are you afraid he won’t stop by to visit even if you tell him you wish to remain amigos? If he expects more than friendship for a bag of fried fat and a six-pack of beer, you’re better off letting him down softly. And by that I mean, your right boot connected to his ass as you “softly” kick him off the porch and to the curb. Save you time in jail if you did get with him and caught him playing around. You sound determined (and a little dangerous jaja). At the same time, perhaps he was left without a mother when he was very young and he finds solace in the arms of someone old enough to be his grandma. Doesn’t sound like a keeper!

**Dear Kat:** I find your column not only fun to read, but sometimes your advice is right on target. I was just wondering if you can offer any tips on how I can get my neighbor to put her garbage in the bin and not let it sit outside her door until garbage day? I spray her accumulating mess with Raid each time I go to empty my indoor bin into the large one a few feet from her door. The flies do not seem to bother her at all, whereas I can’t stand the nasty creatures. HELP!!

**Signed:** “At my wit’s end”

**Dear Wit’s End:** I’m with you on the fly description and thank you for reading “Dear Kat”. So, tips on trying to get your neighbor to do something. Hmm. I’m assuming you asked her to place it in the bin, right and she said no. Do you speak Spanish? If not, then I would imagine you would have a hard time explaining your plight. Here’s a novel thought – pick up her garbage on your way and put it in the bin. Perhaps she’ll get the hint, or call the cops on you for trespassing. Try a different route to the dumpster as I’m pretty sure she’s too busy watching novelas to bother with the garbage. Oh, and dogs – maybe she doesn’t want it strewn all over the place and a love letter to her married boyfriend, flies into the yard of the wife. You know how the wind carries so much basura. In other words, who knows why she leaves it there?

**Quierda Kat:** Recently I’ve learned that someone I thought was a friend is spreading rumors behind my back. For the past few months I have been hearing very negative things that she has

said things **hind my back. For the past few months I have been hearing very negative things that she has been saying and this neighborhood is so small, I hardly know what to do about it as she has a business where people tend to gather. I have been very generous to her and her family, so I really can’t think of anything I could have done to cause her to behave like this.**

**Signed:** “Innocent bystander”

**Dear Innocente:** Would you rather she spread them in front of your back? Welcome to the world! There are rumormongers who do nothing but start crap about other people just to stir the pot. I have to ask – did you hear it come out of her mouth, or did someone tell another person she said “whatever” and so on and so on. I suggest you turn off “As the Taco Turns” and forget about it. What other people think of you, is none of your business. Okay, now that I gave you the politically correct answer, catch he in the alley and bitch slap her – then run like hell!!! Did you stop being generous?

See you all next season! Thank you for reading “Quierda Kat” and the San Felipe Newsletter! I am also on Facelessbook as Bajakat; on twitcity or Twitter @ #sanfelipebajakat and, of course, [www.katskorner.com.mx](http://www.katskorner.com.mx) - simply the best!



See you all in the fall.



From left to right... Jackie, Sandi, Katherine, & Gail. Yes, you can look great any time. The 4 Musketeers.



From left to right. Pat, Jackie, Jim & Jean, & Pam, all from Club De Pesca. Enjoying the new opening of El Padrino. I was at a different table there were about 18 of us I think. Linda Sullivan

# How do we get to the Food Bank?



## Follow the Map.



**LOOKING FOR HELP**

To Get Helmets, Shoulders Footballs, Training Aids & Field Equipment

**Used or New Boys 10-15 Years**

If you know a school in US that can Donate, we take care of the import to Mexico.

**We Will Appreciate Your Help**

Please Contact:  
**Jesus "Chuey" Alvarez at Copicentro**  
 fotogrham@hotmail.com or  
**Sergio Leon Cuevas at the Cobach**  
 Sergio Leon Cuevas

## " FEAR AND LOATHING" WINDS at I V - 250

The Inagural Imperial Valley 250 was held at Plaster City, 20 miles west of El Centro April 26th. Saturday, race day, saw winds reminiscent of the "Fear and Loathing in Las Vegas" movie. Our very own local photo journalist Kat Hammontre attended with full media credentials and lucky me as her assistant. Contingency and driver registration was the day before at Imperial Valley Mall . About 1/4 of the parking lot was blocked off for the event. Mid day there was a motorcycle exhibition. At first it was a guy doing wheelies, etc. but then as a crowd built up the announcer claimed he was going to jump over the RV motorhome they had there in the contingency parade area, there were ramps built up on both ends of the RV, so we waited to see the show.

OK, one rider with juevos grande, gets the crowd psyched up and off he goes jumping over the RV and landing safely on the other side. Then another bike shows up, then another. Three bikes were going one right after the other, then they started pitching their bikes side ways, no hands, no feet on the bike, doing vertical 360 loops, one right after the other, over and over again, until it seemed like it was child's play for these guys. This was a great show, and thanks to the promoter for organizing this spectacle.

Race day, we went out early to get a good seat for the event. It was extremely windy and face scarfs were necessary to just breathe and keep the sand out of your eyes. The media/VIP area was on a large dirt mound, about 30' high and a couple hundred feet long. There was a food tent and some other shade there, but it just did not help.

Right away we had carnage. Race cars took off 2 at a time and had to negotiate their way thru multiple jumps and hairpin turns. In the 3rd set of Trophy Trucks off the line, one rolled and crashed 10 seconds into his race. It somehow made the wait in the blowing sand worth while. Just before the end of the first 83 mile lap, Kat had to go back to the truck and download her photos. The VIP area did offer free beverages, so I hung out and took advantage of sandy beer. To look across the desert was surreal, flashes of color breaking thru tornado like dust storms. I'm sure the best place to be this day was in a race car with your helmet on, face sheild down, with the Parker Pumper shooting filtered air into your face.

SCORE wants to duplicate this event Sept. 27th. Great ! It will be all of the above plus 115 temps in the sun. CYA THERE-

RACE POLITICS ???

The I V -250 race had 3 - 83 mile laps. In addition to regular check points, there were numerous (over 100) virtual check points per lap. These show up on the race car GPS via a special download with the locations of these electronic check points. The co-driver usually calls out these points to the driver, as they scroll down the GPS screen. Or in the case of a

of a single seat racer, the driver is responsible for hitting these virtual check points.

There are limitations as to how far away you can race thru these points, usually 50' in a race such as this where BLM land use rules are very strict. For those race vehicles that do not go thru the virtual check point, "electronically" they show on a computer that SCORE officials tally at the end of the race and penalties are assessed by adding time to the racers actual race time. This can take a 1st place racer who got penalties, and push his position back to 2nd, 3rd or whatever.

In this event there was an incident where a class 10 driver was complimented by the promoter for actually completing every single virtual check point (over 300), during the race. This pushed him up to 1st place in his class, as many of the other class 10 drivers got busted for not completing all virtual points among other penalties, and time was added to their actual time which dropped those drivers back several positions. The man who hit every point "as required by the rules" was awarded the 1st Place trophy at the awards ceremony the following day, Sunday.

A couple days later, after the trophies were publically given out, the promoter changed ruling on the penalties, which changed the outcome of many driver's positions in the race,..... thereby taking away this racers 1st place standing, and giving him a 4th place; going down on record. This also took away his points standings. It was also to be this man's 1st win in SCORE. ???

---

" ROLLING " IN THE " HAPPIEST RACE "  
Stories from the NORRA MEXICAN 1000 VINTAGE RACE

The 5th resurected NORRA 1000 was held from May 10 -14, starting in Ensenada and ending in San Jose del Cabo. It's considered a rally and actually has all types of race cars. Evolution class can be new cars and run the event in their own class, and oldies run with their class, there is a class for everyone. The pace is a little bit slower than the SCORE 1000.....

sort of.....no one really expects a rally.....really. But, it "is" a timed event and there is testosterone involved.

A local favorite, the big black "COPS" car, driven by producer John Langley had all his fun wrapped up in his first 30 minutes of actual off road on the 1st special section just over the hill west of Santo Tomas. Apparently, John's fun came in the form of taking his high powered V-8 Class 1 about 80 mph into a nice turn just before the beach and rolling several times breaking all kinds of good expensive parts off of his nice big black car. His crew wasn't too far behind and was able to come with the trailer to pick up the pieces. John's comment was: "Well boys, you got 3 weeks to put it back together for the Baja 500."

Now John was in the exhibition class up in the front of the pack, but towards the end of the pack, almost the last car was a small vintage 1970's Datsun that came into the same scenario, same area, and they rolled their little toy too. The COPS guys were still there picking up their pieces, so they flipped the little rig back up on its wheels, and they got him

going again. He was dead last, back of the pack, but he was still racing.

Almost local, Pretty Boy Bob Howle and son Barret, (almost pretty), were racing their #3 blue VW powered rail and they rolled on the first leg also, they bent up some not so expensive parts on their car and got going again, but the next day they blew a motor, Bob carried a spare in the chase truck and they were able to change it out and got going again.

Greg Bouma and Dick ran the Ranger from 3 years ago and had some problems but did manage to get their 3rd, 3rd place in their 3rd year at this 4 day race.

STEVE O'LEARY OF SOLAR EXPRESS, WHO TOOK A 1 ST PLACE >> W I N !!! IN THIS EVENT A YEAR AGO, BUT NEVER GOT A CREDIT FOR IT IN HIS LOCAL HOME TOWN PAPER!!!!

had a great "paid for" race this year as a chaser/ course sweeper for NORRA. Paid to play and having fun in his new 4 seat UTV.

Another "cop" on the course was Juan Guacamole, (alias John Betz) running a radar gun on the first speed section at KM-105 on Hwy -1.

He had the pleasure of clocking the fastest law breaker of the day: Sr. Rene Aguire doing 80 mph in a vintage 1964 Ford Galaxie, passing every car in front of him and thumbing his nose at "cop" Juan. Spotting numbers for Guacamole was Weatherman #2, James "eagle eye" Coats, catching all but 1 sneaky little Baja Bug that timed his passing along side a big semi as it went right by us where we were set up, we couldn't read his number but we got his color, his speed and his relative position in the pack...busted! After running the radar gun for a couple of days, you are able to figure out how to use it to your own advantage when the tables are turned and you are the one being hunted.

MORE WOMEN RACING "CODE" RACES

The annual CODE night race brought out twice as many women as last year. The race was 5 - 38 mile laps for the fast classes and 4 - 38 mile laps for the little guys. The recent 2nd annual "BOOBS" race held in mid April has had an influence on women in the "male" dominated sport. Nine women listed in a broad range of classes entered the night race.

Karla Alvarez, co-driver, took the 1st place win in the 1850 full size Truck Class, 35.55 mph, (8 cars in class, 5 finishers). Jessica Richardson, co-driver, came in 5th in the Trophy Truck/ Open Class, 39.55 mph, (8 cars in class, 5 finishers). Kelly McNeil, Driver of Record of the McNeil Race Team got a 2nd place in Class 7 Open, 32.83 mph, (4 cars in class, 2 finishers). Yvonne Ramirez took the bronze in Sportsman 1500 Class, 31.22 mph, (6 cars in class, 4 finishers).

Wendy Cazares and Karen Ibarra made 3 laps in a Class 11. Elizabeth Martinez also did 3 laps in Class 5-1600 and Shellya Valenzuela got 2 laps in Class 1400. Anabil Lopez got a couple laps in 1850 full size Truck and Veteran racer Fernanda Vargas got 1 lap in Class 11 stock

VW beetle.

Over all winner for the event was Francisco Perez and Roberto Romo in a Class 1 with an average speed of 53.75 mph, covering the 188 miles in 3:29:19. Veteran Trophy Truck "hot shoe" Juan Carlos Lopez "PIN", who won in many SCORE races; DNF'd and Javier Robles normally fast in the races south of the border, also DNF.

NEXT RACE: BAJA 500, June 5-8, Ensenada to "JOSE'S" at our very own Diablo Dry Lake; which will be check point 4, Race Mile 290. Bikes there by 11 am, Trophy Trucks by 2 pm-ish, then returning to Ensenada.

RECORD, June 21, San Vicente 200 CODE, Aug. 2, Mexican Logistics 300  
 RECORD, Oct. 4, Race Ready 250 CODE, Oct. 11, Race Ready 275

Some time in Oct. I will walk you through the IMSS Mexican Insurance down here.

It was easy to get and easy to renew. I will go step by step so you are able to understand what to do.

I was a little nervous at first going to get it, but once it was done I found out how easy it was and how much I needed it down here. You never know what will happen and to have an emergency unit and to see your Dr., to get your medicine and so on it so important. If you need to get help they can not pervade for you right away they will do what ever it takes to help you decide what to do.

You go year by year. I will start my 3rd year and Bob will start his second year with the medical group and have been very pleased so far with all the service's they have offered.

You get more and more each year till the third year and then they offer you everything.

The hospital/clinic is in Mexicali near the Mexicali border. Not bad. If you didn't have this insurance you would have to cross the border anyway, so that would be a little further away.

Bob and I have found this to be a very good thing to have down here and we use it when need be.

In the fall I will give you an update on how and when to do this. It all depends on what you want to do.

For the first twenty three years here I had no insurance except in the states and it cost me a lot of money when I became sick and needed help.

See you in the fall. Linda Sullivan

Lowell & Mary Martin after the remodeling of their trailer home at Las Arenas. It is now a home with no trailer.

They had a party to celebrate and we all had a ball. Congratulations from Linda and Bob.



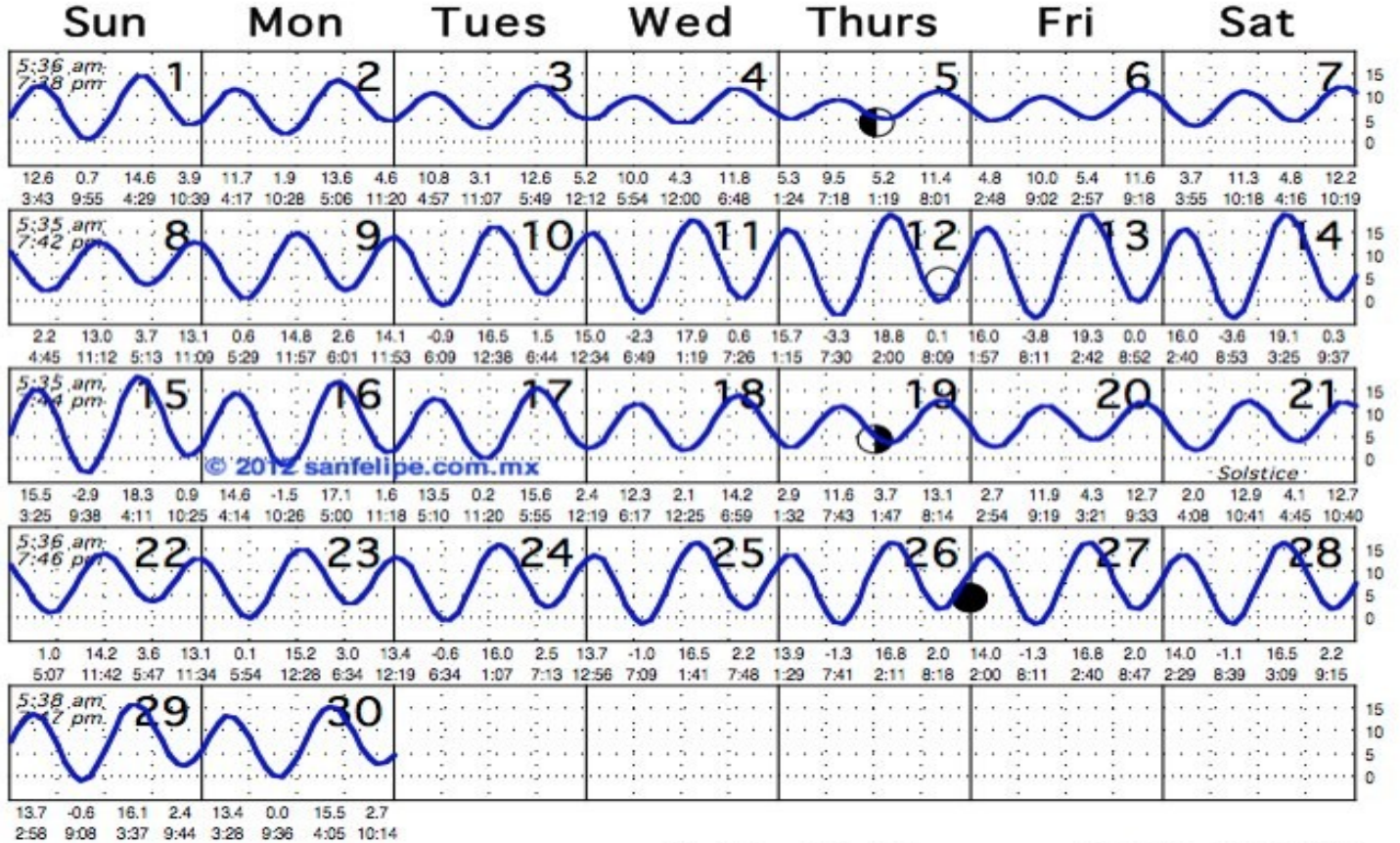
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 **SECOND CHANCE resale**

**All articles, ads, classified and photos are due by the 26th of each month. This will help get the printing done on time. This is a must.**

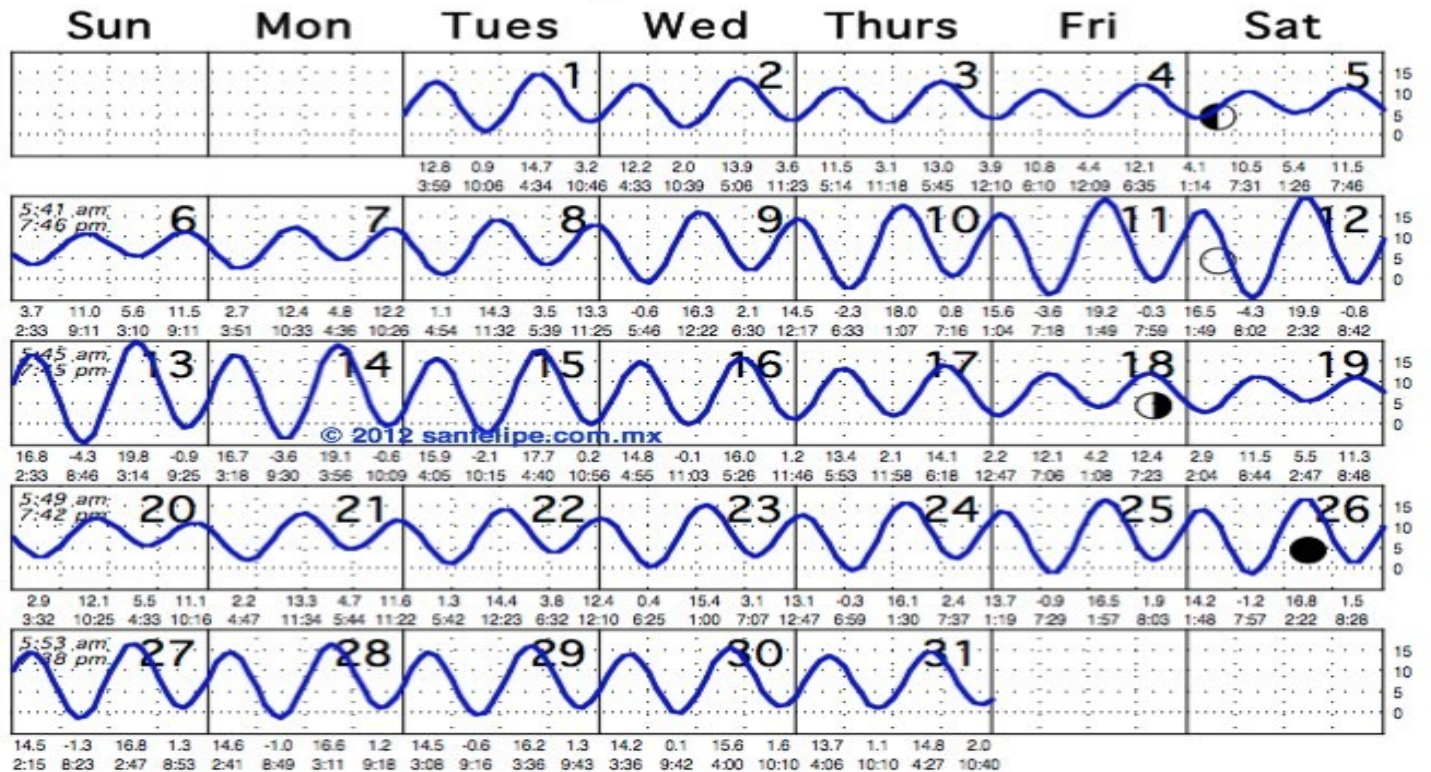


# June 2014



San Felipe, B.C., Mexico - approx. (31°2.0'N, 114°46.0'W)

# July 2014



San Felipe, B.C., Mexico - approx. (31°2.0'N, 114°46.0'W)



Mar de Cortez sur 1049 San Felipe, B.C. Mexico

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analuisatafoya@hotmail.com



# Making A Difference



## Bringing Donations To The People Of San Felipe

Barbara Adams.... Clothes  
Dick Bartell... Clothes  
Joy Darr... Clothes and misc.

Thanks for caring  
Linda Sullivan



Always remember the San Felipe Cancer Society.

They work very hard to help anyone who might be suffering from this nasty killer. They really can make a difference.

Artwork by Steve Sullivan

If you want to help the animals here in San Felipe, please bring food for them. Blankets for the winter, medicine is always needed. If you want to help, please come and make an adoption. They are so sweet and in need of a loving home. They need us.

# SPECIAL

## All Cactus People T-Shirts

### AT THE PEOPLES GALLERY

### \$10 each while supply lasts.

## A COURSE IN MIRACLES

? ? ? ? ? ? ? ?

### Information Meeting

### 2nd Sunday of Every Month

Time: 10:00 AM

### Free Group Discussions

688-0240

E-mail:

mnqnjc@hotmail.com



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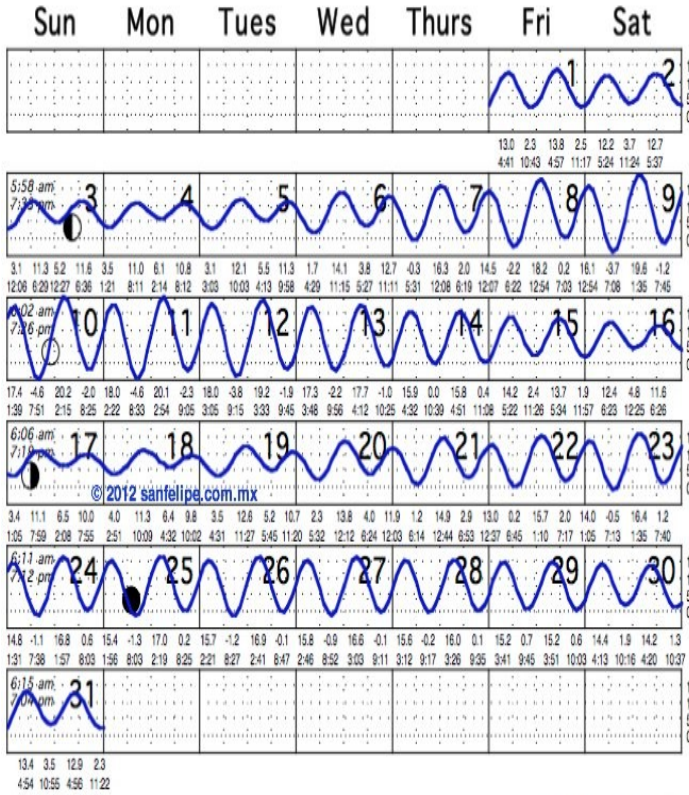
**From U.S. 011-52-686-577-1055**

**E-Mail: hotelcortez1@prodigy.net.mx**

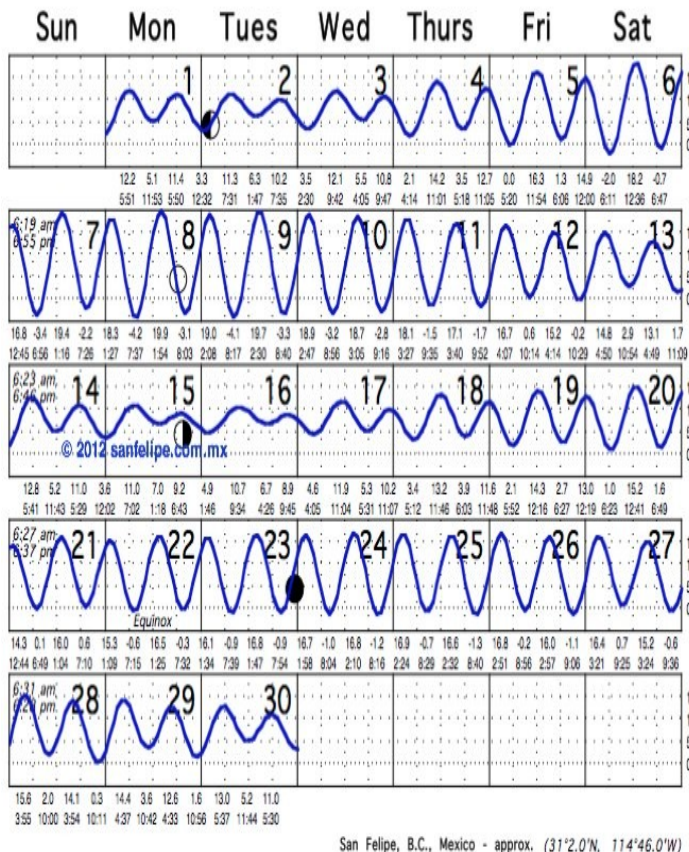
**Mar De Cortez Sur.**

# CLASSIFIED

## August 2014



## September 2014



**FOR SALE:** WATER AND MOUNTAIN VIEW HOME IN TOWN at CAMPO LAS ARENAS.

Great second story beach home custom built in 2000. Upstairs 2 bedroom, 2 bath, open floor plan, 17' high ceiling, light and airy, and over 400 sq. foot deck facing the ocean, and 8' by 22' deck with mini spa pool facing the mountains. Situated just 350 from the high tide and beach. Downstairs is a third bedroom and bath suitable for teens or guests, with separate entrance, garage and work shop plus large parking area for additional toys. An additional one bedroom older trailer with kitchen and bath also included. Located in a small Campo with 48 homes, lovely landscaping and boat launching ramp, and private ownership of your land. Priced to sell at \$139,000 usd. Contact [heidibob2@gmail.com](mailto:heidibob2@gmail.com) or Dunie 686-577-1978.



**FOR SALE:** Spacious, elegantly furnished Beachfront Villa in S.F. Marina Resort, highly upgraded with two Master Suites, + guest bdrm. Reduced \$100,000. Health issues force immediate sale at \$389,000. Diane 686-577-0216 or 760-890-4822.

**FOR SALE:** Beachfront Home, fully furnished with 3 bdrms,. 3 baths + separate + 1 bdrm/guest casita. Has family room, garage, laundry room and the most incredible and unobstructed shoreline views leading all the way to the town of San Felipe. \$359,000. Diane 686-577-0216 or 760-890-4822

**FOR SALE:** Seaside lots available at drastically reduced prices. Located in the beautiful community of La Hacienda. Terms available with low down payment and monthly payments at 5% interest on balance. Call Diane for more info. Ad 686-577-0216 or 760-890-4822

# CLASSIFIED

**\$7 Minimum (5lines): \$2 Each Extra**

**BEACH HOUSE FOR SALE:** In Laguna Percebu. Home on bluff overlooking beautiful beach: Three bedrooms and three bathrooms: Several covered patios: and numerous shade trees. A deck over patio with great view: Solar system, and very large leased lot; two garages for the toys. Quick sale: \$110,000 DLLS.

Call Tom or Lupita for more info.

Call: 686-577-0178

Cell: 646-153-6077 or you can

E-Mail: foudy@prodigy.net.mx

**HOUSE FOR SALE:** Beautiful Beach house with guest rooms, garages, and boat storage. Big solar system with elec. refrigerator. The Best Camp at KM 45. \$149,000. Call Allen for more information. 619-417-4216.

**FOR RENT:** 2 Full Hook-Up RV Sites/**Beachfront** at Campo Ocotillo 5 miles North of San Felipe. Available March, 2014 - Short or Long Term Rent [belindaeastman@yahoo.com](mailto:belindaeastman@yahoo.com); Or 01152-686-577-3018

Or Cell: 01152-1-686-215-4914

**FOR SALE:** Affordable Percebu v. nice 31ft. 5th Wheel 24 X 32, patio & deck w/ocean & Desert view, 2 car brick garage w/full bath, + generator & with rooms, 5500 Watt generator & battery solar, Rent 1200 yr. \$16,900. Call 760-419-1234 OBO. Ask for Don Euhus at euhusd@thegrid.net

**FOR SALE:** Dune Buggy Chenowith 4 seater with roof rack. VW 1700CC motor-Good cond. \$22,000 OBO. John 760-807-9720 E-mail: johnpschward@gmail.com

**FOR SALE:** Beachfront Villa with 3 bdrm., 3 bath in S.F. Marina Resort, and is currently used for vacation rentals. Own your beachfront, prime location and rent it out when you aren't here. Seller unable to return to S.F. due to health challenges and is super motivated to sell. Placed far below value at \$299,000. Diane 686-577-0216 or 760-890-4822.

**FOR SALE:** Waterfront house 2 bedroom's & 2 baths. Aprox 1500 sq. ft. A view of the City night lights, city limits in San Felipe. \$99,950. You own the land at Las Arenas. Call 707-486-5888 or 707-583-5306. Fantastic Deal and view of town.

**FOR SALE:** 2005 1.8L Toyota Jimco Beam Buggy. SCORE teched till March 2015. Weddle geared '91 Bus Transmission 219 miles on Full Prep. \$19,000 (NORRA ready!) . Call George 011-52- (686) 577-3018 or e-mail: belindaeastman@yahoo.com\

**FOR SALE:** '84 Chenoweth- pre-runner powered by 1835 VW w/twin carbs & close ratio trans, 20 gal. tank, racing seats & harnesses, new front tires & spears, plus a luggage rack, 5 gauges. Car located at El Vergel. \$5,900.. E-mail Ed Wright at ednora@sbcglobal or 760-443-4645.



**BEACHFRONT CASITA FOR SALE:** 9 minutes From Malecon; at picturesque Campo Canto. Voted "Best Beach," Mexico Living. Casita, solar, furnishings - good condition. 12'X 20' roof covered patio. Million Dollar View. Sacrifice \$10,000.. Contact Jim Moore 686-184-9237 or Dave 619-938-9646... E-mail: nezbis@gmail.com

**FOR SALE:** 1976 International SCOUT \$700  
1993 Dodge Van 350, \$1,600... 1980 Toyota 4x4, 4" lift \$2,000... 1951 Chrysler Funeral Limo on Silverado 4x4 chassis \$SOBO... Call 577-3018 George or Belinda or E-Mail: belindaeastman@yahoo.com

**FOR SALE:** One minute walk to beach from this adorable little house in Pete's Camp. 2 bdrm., 1 bath, 2 A/C's, stove, refrigerator, new roofing & interior paint, garage, palapa, blt in barbecue & long driveway for an RV if desired. New listing... \$47,000. Call Diane to view (686) 577-0216 or U.S. # (760) 890-4822.

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