

**SAN FELIPE'S ENGLISH LANGUAGE NEWSLETTER**



# *San Felipe* **NEWSLETTER**

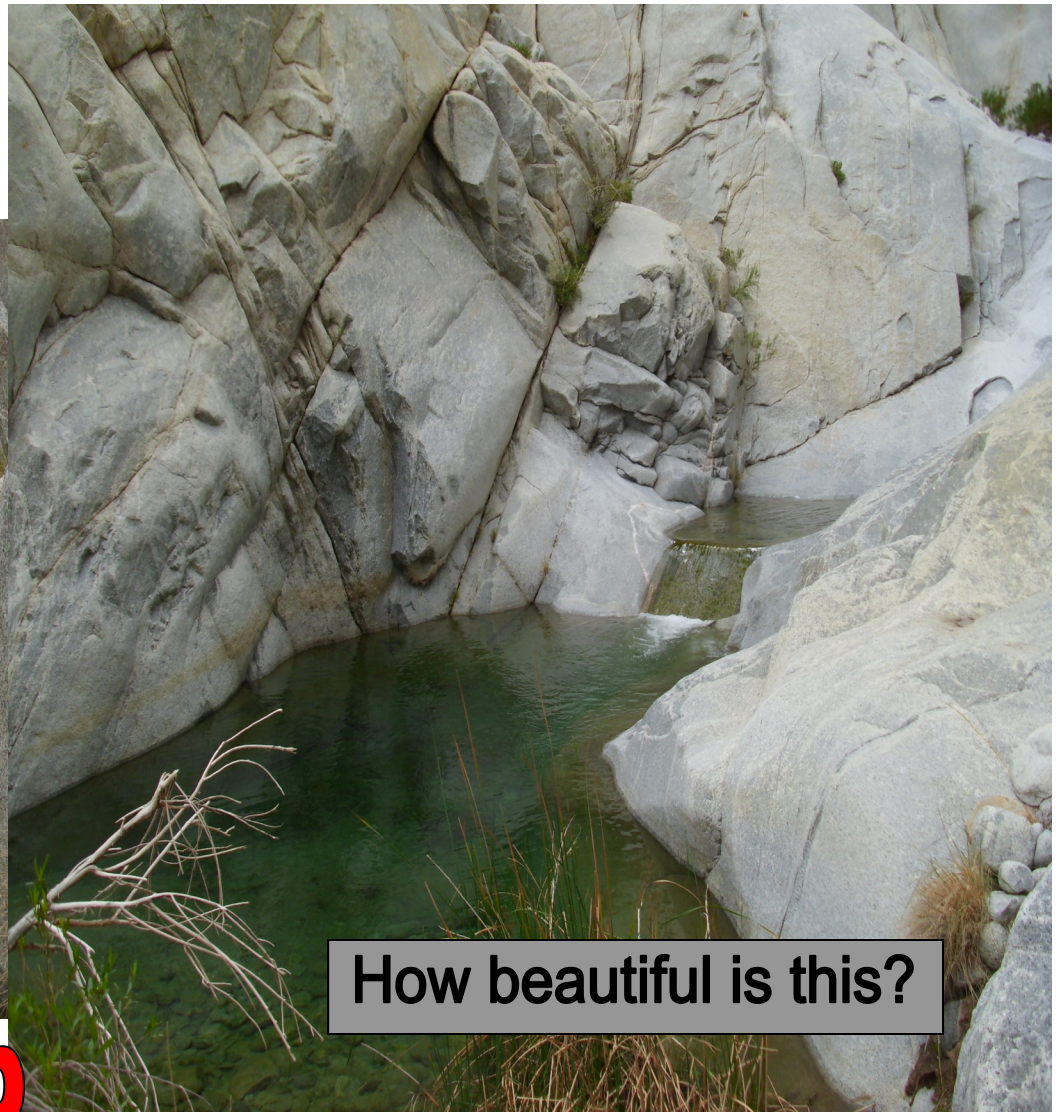
San Felipe, Baja Ca, Norte, Mexico

March 15, 2014

**NEWS, ACTIVITIES, CLASSIFIEDS & MORE**

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**A Great**



How beautiful is this?

**Day Trip**

Photos taken by Lowell Martin of Las Arenas  
The Water Falls.



*By Linda Sullivan*



**Bob and Linda and the grand kids behind us.  
Photo taken by Beth Anderson  
In North Carolina**

The weather is changing and the Spring is starting to make her appearance. It is so wonderful in San Felipe this time of year. Warmer days and the nights still have a nice crisp cool feel to them

The Peoples Gallery/San Felipe Newsletter Office is doing just fine. Bob and I seem to be keeping afloat for now. Town is just starting to get busy and the people are having a good time when coming here to visit and those who stay for the winter are enjoy the change in weather and the events San Felipe has to offer.

I am often asked where a good place to camp at, and I always send them to Club De Pesca at the South end of Mar de Cortez street. They have so much to offer the Campers and they have great security as well. My house is there right on the beach front and boy do I enjoy it. Lots of places for sale.

Sometimes people get sick or one dies and it is time to go back to the states. This is the main reason for having to leave such a wonderful place.

Now it is time to remind you all that bringing down clothing, toys, tools, kitchen and bathroom items, always can help a person in need down here. You can always drop things off at the Peoples Gallery.

My days are filled with work, so it keeps me busy. This is a way to enjoy it here and to keep up with what is happening.

My family are all well. The kids are growing too fast, but that is life. I miss them very much.

*Till next time!*

*Linda*

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**EDITOR/OWNER: Linda Sullivan  
TECHNICAL ADVISOR: Patti Haynes  
and Susan Young**

### **Contributing Writers & Volunteers**

**Diane Pilato (Health Info.)  
Patti Haynes (Computer Info.)  
Stacy Ditita (Viva Articles)  
Katherine Hammontre Craig ("Dear  
Kat")  
George Jackson (Races)  
Donna Roberts (Desert Mothers)  
Sandi Flannigan (Recipes +)  
Susan Young (Food Bank)  
Joy Darr (Golf Tourn. News)  
Jim Ingegno (Interviews +)  
Roy S. Houston (Informative Articles)  
Vickie Kimble (South Campo Events)**

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# CALENDAR OF EVENTS

## MARCH

- 1 SCORE San Felipe 250
- 1-4 Mardi Gras (Carnival)
- 10 Tootie & The Gals
- 15 Paella Festival (El Cortez)
- 21 Meeting of the Minds
- 22 San Felipe Folk Festival
- 28-29 Blues & Arts Festival

## APRIL

- 12-13 Art, Wine & Food Festival
- 13-20 Mexican Spring Break
- 30 Dia del Nino

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





# South Campo Calendar of Events

## MARCH

- 3 Tidepool Talk 6pm at CC
- 4 Tidepool Walk 9am
- 5 Ash Wednesday
- 7 Knit Together 12-3pm
- 14 Author Tim Smith at CC
- 17 SCEG General Meeting 4:30pm
- 18 St. Patty's Day Dinner
- 25 Bunco at CC 1130

## APRIL

- 5 Star Lecture 7pm at CC
- 6 Star Gazing Party at Sunset
- 7 Wine Glass Clay Class
- 14 Mosaic Class

## MAY

### 5 Snorkeling Class

### Activities at CC & South Campos

- 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
- Sunday Catholic Services 2 PM**

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



### **March is full of Excitement!**

**Tootie and the Gals are back in town for another fantastic performance.** On March 10<sup>th</sup> from 12-4pm, Tootie performs her "Mardi Gras Extravaganza" at the EDR's Pavilion Restaurant. This show is a 'must see' San Felipe favorite. Tickets are \$15 with an optional \$1 lunch menu. No host bar. A huge silent auction and an adoption event with our fluffy pups will add extra enjoyment. The Tootie after party is at Parrots Cracker. Come and meet the gals. Buy your tickets now. They are available at the Swap Meet, The Segunda, Sunrunner Mail Services and through VIVA members. Call Carole at 686-511-9722 for more information.

**On St. Patty's Day, Monday, March 17<sup>th</sup> Parrots Cracker will be the place to be! They host our annual "Corned Beef and Cabbage Dinner" this year.** Wear your green and bring your Irish charm to enjoy a delicious dinner in Parrot's Cracker's spacious restaurant from 1-4pm. Tickets to our "Corned Beef and Cabbage Dinner" are \$12 and are on sale at the Swap Meet, The Segunda, Parrots Cracker and through VIVA members. The dining excitement continues with some shopping!

**"Second Chance", VIVA's new resale shop will have their Grand Opening from 11-4pm on St. Patty's Day! It is conveniently located right next door to Parrots Cracker (in the old Blowin' Smoke space).** Second Chance is a Resale Shop with consignment clothing, home décor, furniture, appliances and a pet boutique. It is another fun VIVA shop and will offer another way to enjoy friends and help the animals too. Be one of the first to enjoy 'retail therapy' with our amazing staff and walk away with some fantastic bargains. A car wash and an adoption event will round out the festivities and make for a perfectly fun day. *Erin Go Bragh!*

**Adopt, Donate, or Volunteer.**

## Desert Mothers By Donna Roberts

Many changes, some good and some sad. We are going to close the Creative Community Center. I have to return to the job of running Desert Mothers.

Ron and Marilyn Dole have decided to leave us. I would like to thank them for all the help and time they have given to Desert Mothers. It is time for them to enjoy their retirement. With all the time they were putting into Desert Mothers it was effecting the lifestyle they wanted to lead.

Running an organization like this is very challenging. It can burn you out very quickly. The time required is like doing a full time job.

Ron and Marilyn, I hope you know how much we appreciated everything you did for us. Our store looks great, the women learned new skills because of your hard work. We wish you a happy and fun life.

But now I have to make some hard choices. Desert Mothers is my first love and that is where I need to spend my time. So, as much as I hated to do this I must close the Center. I had to face the fact that I am not Superwoman. No one can do both of these jobs.

The good news is, we had the second Fiesta. I really want to thank all the wonderful people (friends) that stopped by the booth to purchase our products and to say hello. It was a wonderful welcome back. The women were really excited about having such a great show. Also, more people are coming to the shop everyday.

As some of you know, we were in the process of closing our doors, but with the towns support, we will keep our doors open as long as possible.

Hard times can tear people apart or bring you closer together. All of these things have made us stronger, and we are closer than ever. I love my women, and all the wonderful people (Gene, Connie, Debbie, Becky, Susie and our teachers who make Desert Mothers what it.

Thanks Donna Roberts

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**CBS Sports Network will be televising the  
 Score Off Road Race**

**By  
 Linda Sullivan**

**This is great news for all of us. Our town of San Felipe will be on TV, so the news is really good publicity for all of us.**

**Each telecast will be show on the on the month following the event. Look for it to be shown on Sunday nights at 9:00 pm.**

**This should include all 5 races. So, get out there and cheer them on. San Felipe can use this kind of publicity and just to be able to show who we are is very exciting.**

**Good Luck to all the racers and please stay safe.**

**CAMPO OCOTILLO ANNUAL GROUND HOG  
 GOLF TOURNEY**

**By  
 Joy Darr**

A slight breeze and a beautiful warm, sunny day welcomed the Campo Ocotillo Annual Ground Hog Golf Tournament on January 31.

**Winners were:**

**First Place (tie):** Dan Esau, Ed Ardary and Bobbie Stout. Steve Praml, Rich Quinones and Mick Maurer.

**Second Place (tie):** Doug Anderson, Al Darr and Van Meter. Paco Ordinas, Jim Tucker and Joy Darr. Dale stout, Shirley Esau and Gene Brown.

**Supervising drawing the teams** were Audrey Ardary and Pennie Norton.

**Closest to the Pin on Hole Three** was won by Steve Praml.

**In charge of Hot Dogs and beer** were Debbie Quinones and Diane Tucker.

**A good time was had by all.**

**San Felipe Scene**  
**By Sandi Flannigan**



Denny and I would like to thank you all for attending the Snarlin' Cholla 250 party at our house. You all made it a huge success! We had so many people working hard to contribute to our fun. Belinda & George, Jean & Brian. Rocky & Marla, Mike, our bartenders Samantha & Pedro, our "money lady" Kathy & the great Margaritas by Cordell. The hard work of setting up and tearing down was done by a dedicated crew of Susan S, Karen, Kathy S, Baja Joe, Diane, Doug, Jeff, Juan Guacamole, Jeannine & John. Butch the Beer Guy served The 'Baja Brew Club Beer.' The 'way good' Rolling Red beer went through 20 gallons. WOW!! Rolling Red is a Scott Wilmarth recipe. The "Suns of Beaches" kicked off the party with an hour & a half set & put the parties into a great groove. DJ Mexico kept the music going for the balance of the party. Our 50/50 was won by the keeper of the cash, Kathy E. Parrots Crackers driver, Dawnette brought their truck over to join the party. Victor R was snapping so many photos...he brought his lovely lady Marsha.

We had representatives from all the Campos & the Ejido... Club De Pesca showed up in force led by Nikki, Linda, Brian also on the dance floor was Lindsey, Kathy T etc., by the time the dancing started I was into my cups and and have no memory! If you were out there dancing let me know. . . There were over 400 people. Nacho ran out of Hamburgers & we had to make 2 booze runs....Think we had some fun?

The Suns of Beaches will be playing at Road-Runner every Friday and Saturday Night. Come and party with them.

Sea, ya' next month and I'll have a recipe and tell you all about NameThatTuneBaja.com ... Sea Ya, Sandi

**I hear Name that Tune is a real blast.**

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**How Americans Travel Legally to Cuba**  
 – by Marilyn Catherine McDonald

During one of our winters in San Felipe, a group of people we traveled with planned a trip out of Mexico to Cuba. When the tour company discovered there were Americans on the tour they raised the price by \$500 per person. The group canceled their trip. Although we had not been included on that trip out of Mexico, but our interest was spiked. We made the decision that we would someday travel to Cuba – legally.

Last year, we received a promotional brochure featuring authorized travel to Cuba. When I called YMT tours, their dates were already filled, and we went on a waiting list. Initially, we were scheduled for a late September 2013 authorization. It didn't happen. But, early December 2013, did happen.

Before our group of 34 travelers left Miami for Cuba, we each completed our paperwork and had our copy of the "Cuba, Its People & Culture – People to People Program" Authorization Letter to carry with us. The authorization was issued to the tour company and confirms the named individuals as participants in "a full time schedule of education exchange activities that will result in meaningful interaction between the authorized participant(s) and the individuals in Cuba."

The United States has a long, interesting, friendly and turbulent history with Cuba, once considered the "US playground" in the Caribbean, and favored location for Major League Baseball teams spring training, until Fidel Castro and his band of rebels drove out the former (dictator) President Fulgencio Batista on January 1, 1959.

In 1961, when the new Cuban government under Fidel and Raul Castro, and Che Guevara, began their agrarian reform and expropriation of land owned by foreigners and wealthy Cubans – the 26,000 acre Castro family plantation was among the first to go. The





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revolutionary reform of land and property ownership, employment and industrialization, as well as health and education, was claimed by the revolutionaries to have been guided by the reinstatement of the 1940 Cuban constitution, with the "return of power to the people." The exodus of thousands of Cubans to the United States was encouraged in 1966 by the passage of the Cuban Adjustment Act, allowing any Cuban who reaches the US by any means to be given residence.

Since then, we experienced the Bay of Pigs attempt by exiled or displaced Cubans to regain their homeland under failed cover of American support; the back down of Soviet Russia over the Cuban Missile Crisis and the dropping of their financial support; and the sunken boat survival of young Elian Gonzales, followed by the return to his father, and back to Cuba. The history of the US embargo, or blockade, of Cuba spans more than half a century – varying in length and depth depending on the occupant of the White House.

President Dwight Eisenhower initiated the embargo in 1960 by canceling purchases of sugar from Cuba and shipments of oil to Cuba. In 1962, President John

Kennedy forbade purchases from Cuba and denied access to US ports for ships that go to Cuba. Americans were then prohibited from visiting Cuba. The 1992 Torricelli Act prohibited all US corporate subsidiaries from trading with Cuba. The 1996 Helms-Burton Act stopped US trade with foreign companies trading with Cuba. President George W. Bush halted most cultural, scientific, academic and sports exchanges between the US and Cuba in 2004.

In 2009, President Barack Obama eased travel restrictions on Cuban-Americans, and allowed some exchanges. Under the existing blockade renewal, individuals, groups of individuals, and tour companies may seek authorization from the US Department of the Treasury Office of Foreign Assets Control for travel to Cuba that qualifies as an educational or cultural exchange.

**Continued on  
page 17**





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

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## I DID IT!

By

Linda Sullivan

This month around the 24th of March I had my Gastric Sleeve done in Mexicali, by Dr. Ramos with the help of Dr. Abasolo making most of this possible for me. Dr. Abasolo set up every thing so I can have this done.

It has now been 5 years and I have lost approximately 178 lbs. I am very proud to say that I am keeping it at that. I watch the scale all the time and make sure that it stays the same.

This has made a huge difference in my life. The way I look, the way I walk and just about everything else. I do go out and eat at the local restaurants, however Bob and I both are very careful how we eat. I don't ever plan on letting my self gain the weight back. I was told that about 30% of the people who have these surgeries gain it back plus more. I worked very hard to do this and won't let it go back to the way I was.

Just a very special thank you to both Dr. Abasolo of San Felipe and Dr. Ramos of Mexicali who was my surgeon. They both watched my health get stronger and better.

## American Tax

Bob is at the Peoples Gallery ready to help you with your American income tax. If you would like to have it done here and not have to go back to the states just for that, he has been doing this since 1965.

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



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## MSCOWPATTY'S CYBER SHOTS

### Windows XP

Patti Haynes

Microsoft ends support for Windows XP on April 8, 2014. People who are still using Windows XP and plan to continue may not notice much of a change.

The number of Windows XP computers in use has dropped below 30%, which still represents hundreds of millions of computers. These XP owners are happy overall and feel no need to upgrade. The fact that Microsoft is stopping support will go unnoticed by many. Any support for Windows XP is primarily in the form of security updates. These updates will stop, but it's questionable how much they are needed. If users follow safe computing guidelines (don't click questionable links, don't download unknown files, etc.), then it's unlikely there will be a problem. If you install Windows XP on another computer (or reinstall on your current computer), you will continue to have access for downloading all of the updates. With the exception of the security updates, dropping of support for Windows XP is mostly a symbolic gesture by Microsoft. XP won't run with a browser beyond IE8 which now won't function well with modern Web sites. Windows 7 or 8.1 are alternatives. Windows 7 is easier to transition to. Windows 8.1 is faster and requires some adapting to the modern interface. Here is a link to Microsoft tutorials.

<http://windows.microsoft.com/en-us/windows/how-to>

## CLUB DE PESCA UPDATE



By Jim Ingegno

### Less then 70 days until the Club de Pesca La Fiesta en La Playa Chili Cook Off and Salsa Fiesta.

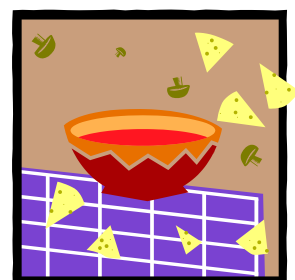
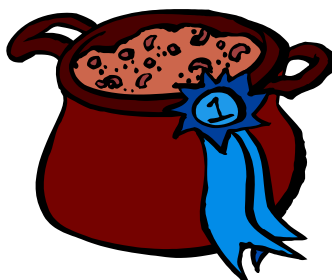
La Fiesta en La Playa, the 12<sup>TH</sup> Annual Chili Cook off which will include the 1st SALSA Competition, with entrees from various local restaurants as well as local residents, will be held as planned at Club De Pesca on Saturday May 3, 2014. The event will start at 12:00PM and continue till 5:00PM.

Already there are 10 Salsa Entries as well as 10 Chili entries. There is still time to enter either event or both as some people have chosen to do.

Anyone wishing to enter either event may register by emailing Jim at [clubdepescachili-cookoff@gmail.com](mailto:clubdepescachili-cookoff@gmail.com), or calling 686-181-7041. It is not too early to register. We are limited to 20 entrees for Chili and 12 for salsa. There will be cash prizes for the chili competition, as well as trophies for both events. There is no entr  e fee for either event. Entries for Chili must be a minimum of 3 gallons and for Salsa a 1 gallon minimum.

In addition, anyone who wishes to volunteer please contact Jim at the above listed addresses or phone number.

Please mark your calendar for next year's FIESTA EN LA PLAYA..



# GETTING AROUND TOWN

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 People's Gallery... 577-2898  
 Pharmacy Regina... 577-1258  
 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  
 The Hideaway (Las Palmas Hotel)... 577-  
 1333  
 YET MAIL (fm3;s etc.).. 577-1255

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

## 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           | 577-1293        |
| TAXI              | 577-2134        |
| 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.



Americans in Cuba  
By Marilyn Catherine McDonald

Our first day on Cuban soil was packed with the flight from Miami to Santa Clara de Cuba and a visit to the Che Guevara Mausoleum and Revolution Museum (no doubt an obligatory first stop for tourists). Then we went to the old 1689 Spanish town of Santa Clara where the Castro revolutionaries established the stronghold that chased Batista out of Cuba. There we walked to the senior citizens' community center Abeulos de Fiesta where we participated in the "music dance," learned about the Cuban ladies "come hither or go away" use of the fan, and purchased art and crafts. That night and the next, we stayed at the first-class resort Hotel Playa Santa Maria, with its white sand beaches. There, the maids displayed the welcoming blue or white towels with red hibiscus flowers.

In Remedios we visited the Catholic Church. The pastor, Fr. Jose Luis from Guadalajara, Mexico, talked about the re-opening of the churches after Fidel's visit to the Vatican and Pope Benedict's subsequent visit to Cuba – followed by the opening of a seminary in Havana. Currently, Cuba has one cardinal and 12 bishops, one for each of Cuba's 12 provinces.

The city's Christmas Eve parade and celebration is the highlight of their religious freedom. Our bus took us to the warehouse where locals were building floats for the Parrandas Festival, using some rather outdated and dangerous tools and techniques.

During a visit to a government owned print shop in Caibarien the operators showed off their \$48,000 digital printer sequestered in a darkened, locked room. Fully operational and ancient printing presses filled the shop and produced all the private and government documents for the town. A tour of Por la Costa, artisans' project of murals and paintings followed.

One full day was devoted to agriculture and rural life in Pinar del Rio, where our group visited a tobacco farm, the place where rum comes from, and an organic "Finca Agroecologica."

Music where children could spend their entire education time divided between the study of music and their other academic requirements. These young virtuosos played incredible music for us. Many of their students have had the opportunity to study and perform abroad. In Old Havana we saw the room-sized-city model presented by Architect Daniel de la Regatta who explained how the massive current restoration is taking place. On March 24, 1981, the Cuban government accepted a United Nations Educational, Scientific and Cultural Organizations (UNESCO) World Heritage Site designation. As of 2011, "Old Havana and Its Fortifications" have been named one of the nine Cuban sites. The once beautiful city is coming back into its own proud heritage of Spanish influenced architecture, with bright colors, and

music in the streets. That evening we attended an exuberant local music festival in a crowded hall of happy locals and visitors.

On our last day in Cuba we visited a day care center operated by Passionist Nuns for the three to four-year-old children of working mothers. They sang for us and we fell in love with them. There was a young boy on the street smoking a cigar. I took his picture before I realized he was really smoking the cigar, and this was a money-making scheme by his grandfather collecting the money. We went around the corner to the Bodega, where Cubans use their coupon books to buy staples. Prices to them are in the Cuban peso, or CUP. We exchanged our US dollars for the tourist currency, the CUC. For \$100 US we got \$87.30 CUC, the government tax is almost 14%. The coupon books are issued the first of each year and become an irreplaceable precious possession. American dollars are rare and one dollar is worth 24 CUPs.

We wrapped up our tour with a visit to Hemmingway Museum at Finca Vigia, where his empty bottles from liquor are boldly displayed among his libraries of thousands of books. It was his home for 20 years before returning to Key West where he shot himself. Following that, we visited the Muraleando community of artists and musicians. And, topped off our cultural shock with the visit to Casa Fuster in Jaimantas, where the artist and his three sons have spent more than 20 years building a "theme park" of mosaic murals and monstrosities that extend throughout the yard and three-story house, as well as, up and down the streets of his neighborhood. He calls himself the Pecasos of Cuba.

Before we went to Cuba, our friends and neighbors said they wanted to hear all about it when we returned. Some asked, "Why are you going to Cuba." I said that I wouldn't know until I got there. And, I might add, until I returned home and digested this amazing experience.

Happy travels to you from Harry Taylor and Marilyn McDonald



## Banish Wrinkly Skin As You Eat!

By Diane Pilato, of SEA STAR

Anti-wrinkle creams, lotions, potions, serums are big business as there are so many people seeking for the fountain of youth from a bottle or jar of elixir. Do these products really work? Do they “keep” your skin looking younger? It is easy to convince people through clever marketing, showing youthful, glowing women looking fabulous. But in reality, when you belong to an older generation, getting rid of wrinkly, sagging skin comes from within. You can delay and correct a lot of the problems as you eat – providing you eat foods that encourage the production of collagen. Collagen is the guardian of your skin and hair, and as you age collagen production declines and weakening of the skin occurs. This is when skin wrinkles, necks become saggy, arms become baggy and lines form around eyes and mouth.

Remember that anti-aging creams with chemicals in them can actually age you, instead of reversing aging. Most of these creams contain collagen and elastin, and won't do anything for us due to the fact that these ingredients are too dense to readily enter our skin. Unless they go through extensive processing that will allow them to be absorbed, they will stay on the surface of the skin-doing nothing.

Collagen is a type of protein, and works with keratin to provide the skin with strength, smoothness, elasticity and resilience. When you are young, you have an abundance of collagen in your body, which is why young children have such lovely shiny hair and smooth skin. It is referred to as the cement which holds everything together.

The skin is made up of three layers, epidermis, dermis and hypodermis. The second layer of the skin (dermis) is where the protein collagen is found. Collagen molecules are bundled together throughout the dermis. There are ways to help you increase the collagen in your skin, so you have to know what nutrients your body really needs to do this.

**Soy** products such as soymilk and cheese contain an element known as genistein. The presence of genistein gives soy products their collagen production qualities, as well as helping to block enzymes that tend to break down and age the skin.

**Dark green vegetables** are excellent examples of food containing collagen producing agents. Add dark green leafy veggies such as spinach, cabbage and kale to your diet every day. They are packed with an antioxidant called lutein. You need 10 mg to get results - which equates to about 4oz. of spinach or 2oz. of kale. Rich in Vitamin C, regular consumption of kale, spinach, collards, and asparagus help to strengthen the body's ability to manufacture collagen and to utilize the protein effectively.

**Beans** help your body produce a vital anti-aging substance called hyaluronic acid. Aim for at least two tablespoons of beans each day, even added to salads is great.

**Red fruits and vegetables** are also excellent sources to increase the collagen content of foods. The lycopenes in

these foods increase the production of collagen. Try adding red peppers, beets, and fresh or stewed tomatoes to the diet. Also include sweet potatoes, carrots and more. Research has found that the antioxidants in red, yellow and orange foods build up under the skin creating extra UV protection. **Vitamin C rich** fruits and vegetables are excellent sources of collagen production. Try to include citrus fruits like oranges, lemons and strawberries into your daily diet.

**Prunes:** one of the biggest causes of skin aging is attack by substances called free radicals that break down healthy skin tissues. Antioxidants help neutralize these free radicals before they can do any damage - and prunes are the fruit containing the absolute highest level of antioxidants. 6 prunes a day are great, and blueberries are a close second

**Omega Acids** also help to create an ideal environment for collagen production. Fish such as salmon and tuna are excellent sources of omega fatty acids. Nuts such as cashews, pecans, almonds and Brazil nuts contain healthy amounts as well.

**Flaxseed** is a major source of the healthy fat omega-3. Skin cells are surrounded by a fatty layer made from this and other fats so the higher your omega-3 intake the stronger that layer is, and the plumper your skin cells are - which helps disguise lines and wrinkles. Try to have a tablespoon each day.

**Sulphur-rich foods** are also important. Among these are green and black olives, fresh cucumbers, and fresh stalks of celery. Working in conjunction with the sulphur, vegetables that are rich in Vitamin A are an excellent combination.

**Turkey** contains a vital skin-friendly protein called carnosine that slows down a process in the skin called cross-linking. When this happens, fibers grow into the collagen of the skin making it stiff and inelastic. This then stops it snapping back when you do things like smile, laugh or frown - and this is what causes smile lines or crow's feet. Eat turkey a couple of times a week.

**Chocolate** is really is good for your skin. Studies have shown blood flow to the skin was boosted (meaning it gets higher levels of nutrients and moisture) and was more protected against UV damage - the number-one skin ager. Only dark chocolate contains enough antioxidants to have effects, though. Milk Chocolate is not in this category.

**Avocado Oil** Try to use face masks or creams that contain avocado oil. Avocado oil is deeply hydrating and highly compatible with the natural oils in your skin. Avocado oil is high in plant steroids, which help to reduce blemishes and age spots. It also helps to regenerate and rejuvenate skin damaged by free radicals. And don't forget to include fresh avocados in your favorite salad and soup recipes! Try Cacao-Avocado pudding. You'll get addicted!

One of the key points to keep in mind is that it is possible to provide everything your body needs to produce collagen by eating a balanced diet. By including some of the foods mentioned here, you will soon see a difference in the quality of your skin tone, as well as a sense of good health. So toss those "collagen" creams out and start eating foods that will banish those wrinkles from within. And that's no Blarney! (Happy St. Patty's Day!) Diane

**BAY of LA 200**  
**GIRLS DON'T CHANGE TIRES ! By George Jackson**

SAT. Feb1, the 5th annual Bay of Los Angeles 200 Off Road Race was attended by 100 plus, enthusiastic men, women, and girl offroaders. Some seasoned racers, some new to the sport, some just plan ole' want-a-bes. Hey! Ya gotta start some where right? The event is hosted by Federico Montez of Ensenada, an accomplished racer, transmission and motor builder. It draws people from the San Quintin/Colonet farming area, San Felipe, and just about anybody else in a 200 mile radius. It's only 1500 pesos to enter, plus a \$30 medical fee, probably the best value Off Road Racing event in North America. The course is 4 - 32 mile laps, beginning in the downtown BoLA mainstreet. We always pit at the south end of the course and are usually the only one's there.

Racing this fine event from San Felipe was the old Cholla car from Juan Gallo's race shop, the big blue Class 8 truck from Pete's Camp, Mikey Van Dyke, the buggy from Funrail, Salvador "Chava" Morachi, the big yellow Class 7 truck from Llantera Aguilar, Betos, the yellow tire shop ½ mile north of the Arches, and a barbarian horde of fun seeking race fans. Parrots Cracker came in the big blue Love Bus and provided a nice steak dinner during which, a spur of the moment, quick 'flash' kind of side show happened on the main drag.

Race day, 1st lap: 2 very sharp looking Class 12 racers and a very fast trophy truck started the race in the unlimited class, but only 1 Class 12 made it to our spot at mile 15 in a race timely manner, having bad luck right from the start. Unfortunately Beto's nice looking Class 7 truck took a hard hit and was out early. Gallo's Cholla car was right on time, and Chava made lap 1 in a timely manner. Mikey's big blue Class 8 came in a little late and we got a call on the radio requesting assistance; a tire problem, 13 miles into the race.

Mikey's lovely bride Kate Van Dyke was at the helm of the Class 8, and 'lightly' seasoned racer girl Dawnette Pressley was the co-driver. As they made the hard right coming out of the desert on to the main road we could see the tire problem, it was flat!

We provided an excellent wide, flat area for the girls to pull off and change their tire complete with all safety concerns taken care of. But, because these girls don't change tires, we were the ones that had to change their damn flat - they run their tires flat for as many miles as they can until they see men, who do change tires. We got the floor jack off the race truck, but couldn't find the handle, so we tried to use a farm jack provided by Raul and Mary Beth, but couldn't get it to work. These bossy racer girls were getting mad and starting to bark out orders.. We radio'd Mikey, and he told us it was behind the driver seat. We couldn't find it until we pulled out all the bags that were stacked on top of course during this time we were

graciously taking verbal abuse from the drivers compartment. Well, we finally got the tire changed, in 10 minutes flat and sent the surly muchachas down their damn race course. Not exactly Nascar time, but given the conditions, sort of OK

Next lap, same thing, flat tire, only further out in the desert. This time Diane Pigeau was the co-driver, she doesn't change tires either, but she had a pleasant disposition and was very good on the radio. It's good the tire had bead locks, because when they showed up at our pit the tire was in shreds, didn't even look like a tire. This time we knew where the jack handle was and had them out there in 3 minutes, thanks to the speedy work of Raul, Mary Beth and Jim Booth. Mary Beth changes tires !

The next 2 laps were driven with out a flat, cause there weren't any girls in the truck??? I think that's a rule in the SCORE rule book. The Race time limit was 5 hours and almost all the other teams finished, the tough luck and DNF's went to the big rigs. Everyone that was there had a ton of fun, especially the girls who had their tires changed for them. Many teams have the co-driver do all the tire changes while the prima donna driver sits in the car with "his" foot on the brake as a safety measure. This is practiced regularly by all competitive teams. Anyway, it was a great race and everybody went home with trophy's even the girls. Next time; tire changing class for girls only, no exceptions! Maybe Mary Beth should be the instructor, or..... the driver.

**KEEP RACING**



**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**  
**fotograham@hotmail.com or**  
**Sergio Leon Cuevas at the Cobach**  
**f Sergio Leon Cuevas**



DEAR KAT OR QUIERDA KAT is a jaded form of Dear Abbi but is not meant to be professional, legal or other marital advice. It's simply my opinion and you are free to take it or not. 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@gmail.com](mailto:bajakat@gmail.com). You can also send or drop off any issues you may want advice on. Enjoy!

Dear Kat: My neighbor's dog keeps crapping in my yard. I have turned her into security but it hasn't helped. What can I do? Tired of picking up dog poop.

Dear Tired: Well, if security can't stop the dog then you'll have to take drastic measures. It's very rude of your neighbor to allow her dog to crap in your yard. So, this is what I would do. Every time the dog comes into your yard and leaves his calling card, pick it up and throw it in your neighbor's yard. Or, if you want to store up and deliver a big pile you can do that too. I gather your neighbor relations aren't up to snuff, so you don't have to worry about losing a friend. I think I would deliver it to her front porch each time the dog does his business in your yard and knock on her door. Tell her you've brought her dog's business where it belongs. Good luck!

Quierda Kat: Estoy muy triste. Mi novio es muy malo pero no tengo dinero para salir. I am very sad. My boyfriend is very bad but I don't have any money to leave. Triste.

Dear Triste. I gather you speak both Spanish and English. This is a problem a lot of women have and thereby become stuck in a bad relationship. I realize there's not much support here in San Felipe, but hopefully you have your family nearby to help you out. Leave and go to your parent's house and don't look back. Things never get better when you're in an abusive relationship. Wish I could help you but I'm sure your family will give you the support you need. Bueno Suerte!

Dear Kat: How long does one have to live in Mexico before you can become a citizen? My grandparents were born in **citizenship**.

Dear Looking. You have a head's up because your grandparents were born in Mexico. You'll need their birth certificates, which sometimes can be difficult, especially if they were born on a farm or in a small pueblo. After you have their birth certificates, you'll need your parents proof of citizenship too. You'll have to make an appointment in Mexicali and it will take a bit of time. If you've got the patience, I'm sure it will pay off for you. You'll have to go to Monterey



### *Books by Marilyn*

now available on  
[www.amazon.com](http://www.amazon.com) in print, as  
Ebook, or through their lending  
program

#### **Books on Amazon/CreateSpace/Kindle**

*Little Girl Lost: a true story of tragic loss*

*Mother of Eight Survives Population Explosion*

*Alert the Media: How AIM used the Media*

*Snowbirds Unlimited: Tales from Restless Traveler*

*An Unforgettably Marvelous Chicken Named Oscar*

(Children's Ebook only)

More Information:

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

[dtestpmt@aol.com](mailto:dtestpmt@aol.com)

to finish the process, but that's a bit down the line. Good luck.

Dear Kat: My husband drinks too much. He starts at about 11:00 in the morning and doesn't stop until he passes out. He never drank like this before we retired and I'm worried. What can I do? Scared.

Dear Scared. Does your husband understand he has a drinking problem? If so, then you might suggest he go to AA for help. It's free and it works. If he's reluctant to seek help, you may want to talk to your doctor and/or pastor to see if one of them can get through to him. Play on the grandkids - but get him some help or he'll be dead before you know it. Alcohol is hard on more than just the liver; the heart and other organs are also affected. Tell him you have no plans to be a widow after just retiring. Perhaps if you threaten to leave him, he'll seek help. You never know. Good luck.

Quierda Kat: I think my wife is having an affair. She's always on her laptop and every time I come near, she closes it down. How can I find out one way or the other. Fed up!

Dear Fed Up: Is the laptop the only proof you have? If so, confront your wife and tell her what you think. If she denies it, ask her to show you her social networking page and if she balks at that, she probably is having an affair. Remember not to ask any questions if you don't want the truth.

**Quierda Kat:** This is sort of a personal problem in that I go to a public pool and there's a woman there who is always at the pool. The problem is she doesn't seem to care if her breasts are flopping around, out of her suit. I actually seen her walking around with a boob hanging out. It makes me sick to watch so I stopped going to the pool. However, I don't think I'm the one who should stay away. How should I approach her? Enough of the boobs.

**Dear Enough:** If I were you, I'd confront her with the problem. Just tell her you think it's disgusting that she walks around or plays in the pool with her breasts hanging out. You might want to gather up other folks who feel the same and confront her together. Perhaps she'll get the message and start covering herself up. Some folks just don't have any shame.

**Dear Kat:** This may seem petty but I have a friend who always has her grandchildren visiting. What she doesn't understand is not everyone likes children. It's not that I dislike them, I simply choose not to be around them as they get on my nerves. Whenever they are visiting, she makes it a point to drag them over to my house for cookies and milk or ice cream. I play like I'm nice and give them their treats but I'd rather she didn't bring them over. I don't know how to tell her as she is a good friend. Call me a kid hater.

**Dear Kid Hater:** Well, I'm afraid you can't have your cookies and eat them too. Most folks who have grandchildren love them dearly, so if you want to remain friends with this woman, you should bite the bullet and fork over the cookies with a smile or be prepared to lose a friend. Speaking as a grandmother, I would definitely choose my grandkids over a friend.

**Dear Kat:** What would you do with a neighbor who comes home at all hours of the night and revs up his engine, waking me up? This guy isn't here all the time but when he is, everyone's aware of it, at least in our neighborhood. I've reported him to anyone who will listen, but it doesn't seem to do any good. What would you do? Irritated.

**Dear Irritated:** Have you talked to the neighbor and told him how you feel? Perhaps if you go to his home and tell him what your problem is, he might stop irritating you. Give it a try and if it doesn't work, start looking for a place to move to.

If you have a problem you'd like me to solve, just drop an email. Dear Kat the San Felipe Newsletter appears on line and in hard copy. You can stop by The People's Gallery/San Felipe Newsletter Office for more scoop. Facebook @bajakat and of course, [http:// www.katskorner.com.mx](http://www.katskorner.com.mx)

## 8th Annual San Felipe International Blues & Arts Fiesta



### *Help Change Lives Through Music and Art*

San Felipe, Baja California, Thursday, February 6 - After 7 successful years, the Annual San Felipe International Blues & Arts Fiesta is back for its eighth installment, only this year it's bigger and better with two full days of music and art.

The Blues and Arts Fiesta is the first and original Baja blues event and each year continues to grow, attracting art and music fans from throughout Baja, Sonora, California and Arizona.

This year, the San Felipe Blues & Arts Fiesta will take place on March 28th and 29th at the Pavilion, located in La Ventana del Mar in **El Dorado Ranch** in San Felipe Baja California. The Pavilion is one of the main landmark venues in San Felipe and offers amazing sea and mountain views at [La Ventana del Mar](#), a world-class golf and beach resort that attracts numerous visitors from around the world.

The 2014 band lineup includes some of the most celebrated blues bands and artists in the area along with many returning bands. This year will feature blues artists Rod Piazza, Javier Batiz, Nathan James, Mercedes Moore, Mofo Party Band, Michele Lundeen, Missy Andersen, Pachuco Blues and Agave Blues.

In addition to incredible music, the event will feature the top artists from throughout the region, offering all types of art from sculpture and fine painting, to local Indian art, apparel and jewelry.

Visit [www.bluesandarts.com](http://www.bluesandarts.com) to learn more about the bands and read updates from the organizers. The tickets are available for purchase at SunRunner Mail Services, Fat Boys, El Dorado Ranch, Las Palmas Hotel Resort or online at the Blues and Arts web site. Tickets sold on line will be held at the gate for your arrival. Ticket prices are; \$16 for Friday only, \$20 for Saturday only, or \$32 for both days

### **About the organizers:**

*San Felipe BC Lions Club* operates with the sole purpose of assisting the humanitarian needs of local people and organizations. Our members are dedicated to encouraging cooperation among citizens and unconditional compassion towards the less privileged.

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



8th Annual International

# Blues & Arts Fiesta

LA VENTANA DEL MAR AT EL DORADO RANCH **San Felipe Baja California**

MARCH 28 - 4 to 8pm

MARCH 29 - 11 to 8pm

## Rod Piazza



## Javier Batiz

## Nathan James



## Mercedes Moore



## Mofo Party Band



## Michele Lundeen



## Missy Andersen



## Pachuco Blues



## Agave Blues



### TICKETS

Pre-Sale Pricing

Friday Only \$16.00 / 200 pesos

Saturday Only \$20.00 / 250 pesos

Both Days \$32.00 / 400 pesos

VIP \$64.00 / 800 pesos

**Ticket Outlets:**

SunRunners North & Central

El Dorado Ranch

Fat Boys Pizzeria

Las Palmas Hotel

For Information call ,MX 52+1+686-212-3599 or U.S. 509 944-1138

Purchase Tickets on line @ [www.bluesandarts.com](http://www.bluesandarts.com)





## BARK, BARK, BARK!

by  
Roy S. Houston, Ph.D.

Have you ever heard that strange barking offshore at night? No, I am not blaming the neighbor's dog, but calling attention to the California sea lion, *Zalophus californianus*, also referred to as lobo marino by the locals. This magnificent critter is a marine mammal that belongs to the order Pinnipeda which means fin footed and refers to the webbed front and rear flippers. This group includes sea lions, seals and walruses. The California sea lion is an eared seal and is a member of the Family: Otariidae. Eared seals are characterized by having small external ear flaps and large front flippers which are used for locomotion. Their hind flippers act as a rudder while in the water and are used to assist the front flippers when moving about on land. Even though sea lions appear to be clumsy when out of the water they can out run humans over short distances. The family Phocidae comprises the earless seals of which the harbor seal is a member and differs by lacking external ear flaps and has small front flippers. The larger hind flippers are used to propel the creature through the water. Unlike eared seals these flippers trail behind uselessly while the individual is moving on land.

Sea lions are extremely social animals congregating in large colonies or herds throughout the year, whether they are breeding or not. During the breeding season these colonies are considered rookeries as opposed to "hauling out" (non-breeding critters lying about on coastal rocks and beaches). Populations of sea lions occur on numerous islands through the Gulf of California including the Islas Encantadas near Punta Bufeo which is about ninety miles south of San Felipe.

At the beginning of the breeding season the mature males or bulls arrive at the rookery and begin to fight for territory by biting, barking and pushing each other. Some individuals grow up to 10 feet long weighing over 700 pounds. As a result of the fighting it is quite common to see extensive wounds and scarring on individuals. Therefore, you do not want to mess with these mega-pit bulls during the breeding season! Fighting rarely occurs after the females arrive and territories are usually maintained by ritualized barking between individual bulls. It is interesting to note that males only compete for space and make no attempt to prevent females from mating with other males; as long as mating occurs outside of their domain. These creatures are polygamous meaning that both partners have more than one mate.

Copulation occurs both in the water and on land, however the females will give birth only in the most acceptable territory which may or may not be where they mated. Females will give birth about 12 months later during the next breeding season, even though the gestation period is around nine months. This difference is the result of delayed implantation, a phenomenon in which the fertilized egg lies dormant in the uterine wall for three months. This process occurs in most pinnipeds and insures that females give birth in the rookeries where they breed.

Mothers will nurse their pups for about two weeks before she leaves them for short periods of time where they begin to forage for themselves. After that she will nurse the young periodically for up to six months.

Young sea lions learn to swim by the sink or swim method. Mothers will drag the babies down the beach and into the water where they protest only for a short time.

Soon after they adapt well to their new environment and can be seen swimming, playing and splashing about.



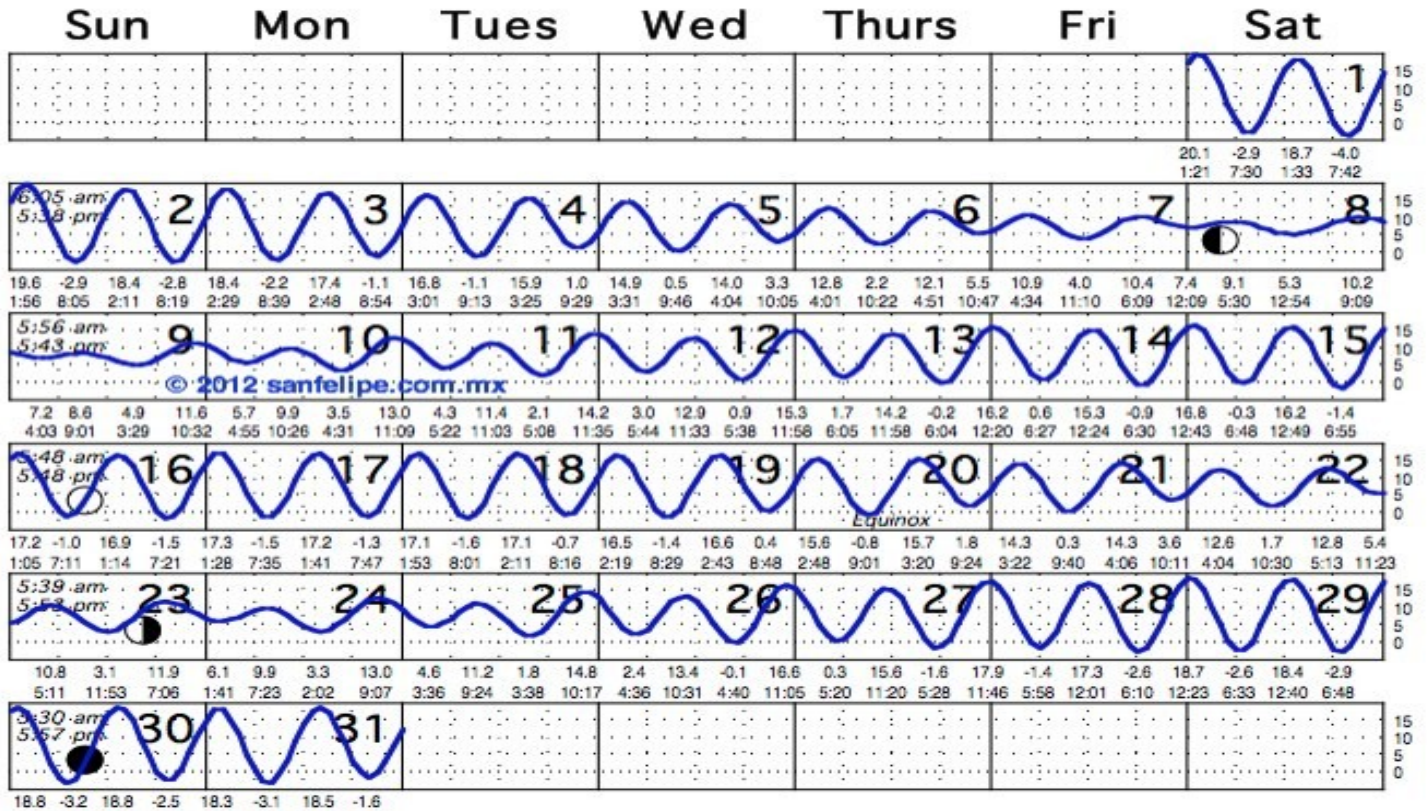
Sea Lions Off Los Islotes

These gorgeous creatures are disliked by many fishermen for they compete for fish and tear up their nets. Therefore, it is not uncommon to see sea lion carcasses washed up on our beaches. In the United States where these critters are protected they have over-populated certain urban marinas and have become somewhat of a nuisance where they have inhabited wharfs and some of the yachts.

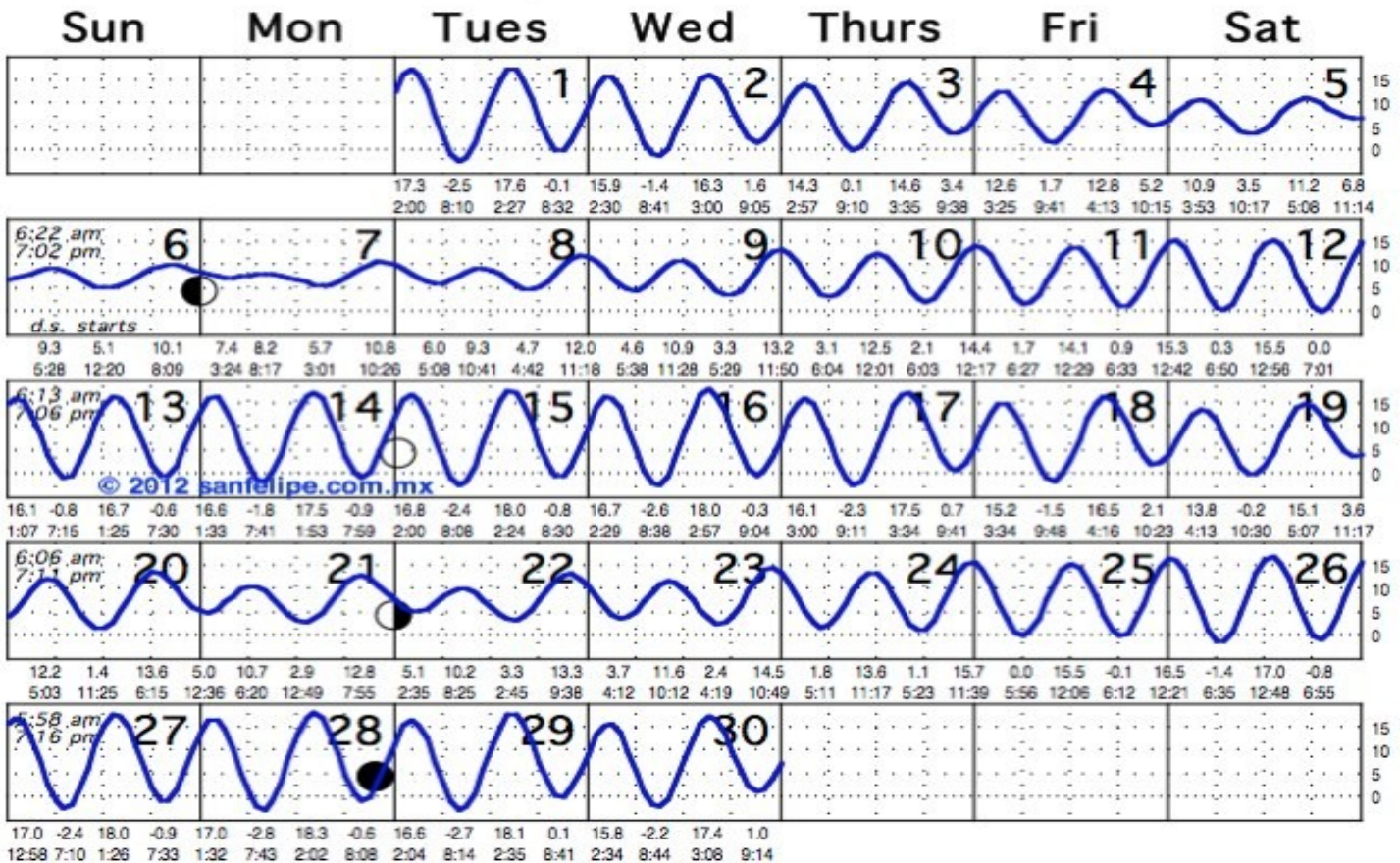
Some of the most exciting and fun dives that I have had are when I have encountered sea lions. The sea lion population off Los Islotes near La Paz is a famous dive site. Soon after entering the water many individuals, mostly pups and young sea lions swim over and approach me. It can be quite startling for some of them come eyeball to eyeball and blow bubbles at my mask, while others nip at my fins and regulator hoses! However, they are just pups and their play is harmless.



# March 2014



# April 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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# Making A Difference



## Bringing Donations To The People Of San Felipe

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Jerry Redman.. Clothes  
Carol Miller & Hubby ... Clothes  
Diane Snook.. Clothes  
Glenda Blessing... Clothes  
Larry and Andrea Edell.... Canned goods,  
pens & tooth brushes....

Thanks for caring  
Linda Sullivan



## FROM THE DESK OF SANDI FLANNIGAN

Please bring down Dog Food for the local dogs... You can drop them off at the ViVA's Segundo, next door to Dr. Solice. (closed on Sunday & Monday)

# SPECIAL

## All Cactus People T-Shirts

# 2 for \$15

## A COURSE IN MIRACLES

? ? ? ? ? ? ? ?

**Information Meeting**  
**2nd Sunday of Every**  
**Month**

Time: 10:00 AM

Place: Alegra Restaurant

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Mar De Cortez Sur.

### *Credit Where Credit is Due..*

by Susan Young, VolunteersWithoutLimits

People often incorrectly introduce my husband and I as the people who “run” the food bank. Time and time again I explain that No, we do not run the food bank, we are not on the board of directors, we do not work at the thrift store, or even now, personally help with the food distribution.

Voluntarios Sin Limites (VSL) was formed by and is run by several local ladies. Women from San Felipe, mothers and grandmothers. Women who have themselves known what it is to struggle to feed a family when the fishing industry runs dry and local businesses close their doors because of lack of tourists and vacationers. Women who have found themselves with babies to care for long before they are ready. Women who also have known the heartaches and joys of raising a “special needs” child. One who will never outgrow their need for continual care as a healthy child will.

Paty Orozco, the director often starts each day short of sleep because her daughter Lupita has been up most of the night with a fever, the coupe or suffering from seizures. Yet, she shows up. She makes sure the donated items get sorted, applications get taken, homes visited and food bought and distributed. She counsels new mothers about good nutri-



tion and providing physical therapy for their children and helps them find the medical care they need for their

special needs child, provides diapers and nutri-

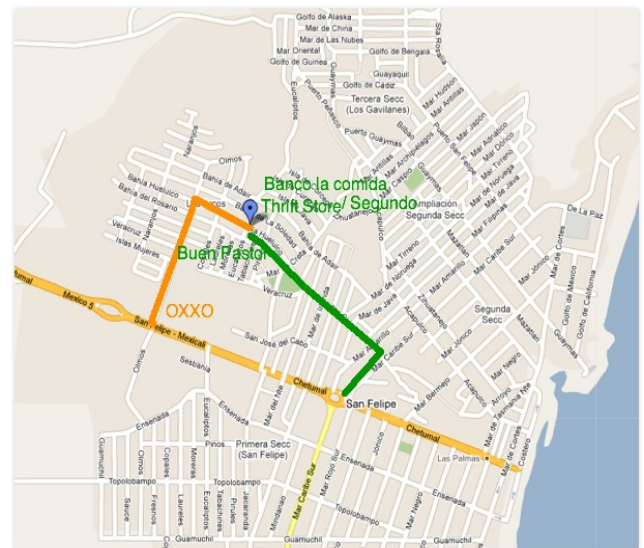


tional drinks to those who need them.

Along side her are her mother-in-law, Manuela Reyes, daughter-in-law, Adriana Bojorques Flores, her sister Christina and friends (Claudia, Lupe, Perla, etc). This month VSL and the gals bid a sad farewell to one of VSL's founders, Rosario Torres Combera, who moved away. Rosario has been there since the very beginning of VSL. She will be greatly missed.

These are the women who have put this organization together. They have survived themselves and they now reach out to help others get through the same trials. They are ones who should be given credit and acknowledged. Not us.

Map



We are located in Los Arcos across from Buen Pastor Hospital. Go past the arches turn left at the OXXO and go to second stop sign turn right (Hualtulco). 2 blocks down on the left.



# CLASSIFIED

## "DRIVE FOR THE CURE" CANCER TOURNEY

By  
Joy Darr

**\$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.

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Cell: 646-153-6077 or you can

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**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.

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**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](mailto:johnpschward@gmail.com)

Another wonderful day in sunny San Felipe for the "Drive for the Cure" Cancer Golf Tourney at Campo Ocotillo on Valentine's Day.

Supervising the drawing for teams and paying the winners were Doug Anderson and Bobbie Stout.

### Winners Were:

**First Place (tied):** Sid Norton and Jerome Liegenbeng. Doug Anderson and Shirley Esau.

**Second Place:** Larry Winslow, Al Darr and Marge Demel.

**Closest to the Hole** on Number 1 was Doug Anderson and Number 3 was Sid Norton.

Head Hamburger Chef was Mick Maurer (Delicious!) Assisting in delivery were: Karen Maurer, Darlene Trower and Skye Erickson. Selling pop and cookies driving around the course was Gary Trower. Karen and Mick worked hard collecting a lot of donations for the Silent Auction.

\$625 was made to donate to the Susan B. Komer "Walk for the Cute" Organization.

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**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**





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