

THE CUENCA DISPATCH

Ecuador's Only English-Language Newspaper

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Cuenca deep in debt from Tranvia

According to a recent report presented to the Municipality's Finance Committee, the local government of Cuenca had over \$137 million in outstanding debts to multiple banks and other creditors at the end of the third quarter in 2018.

Among those creditors are: the Development Bank of Latin America, CAF (almost \$52 million); the government of France (\$51 million); Banco de Austro (\$7.4 million); the Development bank of Ecuador (\$5.4 million) and the Inter-American Development Bank (almost \$3.6 million).

In addition, the Municipality still owes \$18 million to five banks for debts incurred by ACTN (the tram development group). They had originally planned on paying off this \$18 million through the sale of the Caymbe barracks. However, that sale fell through last year.

And that's not all. According to the Municipality's Financial Director, Wilson Campoverde, the Municipality ended the 2018 fiscal year with outstanding payments due to suppliers of about \$14 million. He expects those debts to be covered by an Ecuador government allocation of \$16 million (which has been partially delivered at this point in time). Campoverde insists that the Municipality's 2019 debt payments are up to date.

The city's 2018 budget, which is extended to 2019, is close to \$266 million after the last reform effort. Of this amount, \$94 million corresponds to contributions for the Tranvia Project that will disappear from this year. This will leave an annual budget of \$170 million that



will be inherited by the incoming administration.

But the reduction of the spending on the Tranvia expenses does not mean all is a rosy picture. That CAF debt of \$52 million is going to wind up at about \$60 million by the end of this administration.

This is the economic picture that awaits whoever wins the next mayoral election. Some of the ideas proposed to deal with this problem—by mayoral candidates—are to ask the National Government to assume the tram's debt, austerity policies, or the sale of El Arenal, the stadium or the Terrestrial Terminal.

SUPER Aki coming to El Centro



Once opened, Rotembach says the supermarket will employ 35 people, many from residents of the sector aged 18 to 25 years.

Structure

Once completed, the building will have two floors: level one will have parking for 75 cars; the second level will have the supermarket sales floor, cashier lines and in the front area there will be a sector of warehouses at the same level.

Rotembach says that, according to the guidelines of the Municipality of Cuenca, the facade of building will maintain harmony with the environment. It will be as colonial and classic as possible, according to the environment of the Historic Center of the city with tiles, white walls, balconies, iron, flower beds and illuminated venues.

Inside, the characteristic colors (white, yellow and red) of the SUPER AKI chain will be used.

The supermarket will sell groceries, cleaning and beauty products, some appliances and more. Rotembach points out that 75% of the merchandise they will sell is of Ecuadorian origin, 20% will be imported through distributors.

Neighborhood Impact

To get permission to build the supermarket, Corporación Favorita carried out a preliminary study through which it was determined that in this area of the city a supermarket of this size is necessary, not to compete with the rest of the trade segments, but to be a complement.

To begin the execution of work, the regional manager says there was a socialization with the families of the sector, where the company presented the project to a neighborhood

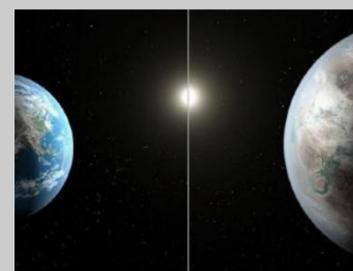
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Publisher:
Michael Soares
thecuencadispatch@gmail.com

Editor
David Morrill
david@cuencahighlife.com

Assistant Editor
Robert Bradley
robtjbradley@gmail.com

Graphic Design
Sherry B. Johnson

Staff Writer:
Brian Hitsky
Karla Betania Sánchez Arismendi

FOR ADVERTISING, PLEASE CONTACT:
thecuencadispatch@gmail.com

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I'M JUST SAIDIN'

By Michael Soares

Triggered by a thought

"Good weather for ducks." That's what a customer used to say all the time when he came into the pharmacy I worked in when I was 16. Not just on rainy days. But every day. He was most certainly mentally challenged and I was too young to really understand how deep his problem was.

He always said it with a smile and a mumbled laugh. Now, a lot older and more aware, I suspect that this was one of the few lines that someone said to him (or that maybe he overheard) on a rainy day and that he heard other people laugh at. So, he just thought it was a funny thing to say and never took it into context.

I'd long forgotten about this man (he was probably only 30, but to me that was a "man"), but today when it was raining so much, I found myself saying that very line to someone I ran into. Strange how these random thoughts from our past can come back to us when we least expect it. As I get older, I remember a lot of things that I heard, said or did, that at the time seemed to be of little importance.

There are some things that I remember that make me cringe. Things that I said at the time that seemed innocent enough, but that now looking back at them seem to have been so rude, or mean, or brash. Or worse yet, things that I did. Let's just say that I hung out with the "wrong crowd" for a while in my late teens and did things that would certainly not synch with the person that I feel I am now.

I am happy to say that I never made fun of that man that came in mumbling about the rain. Other people in the neighborhood around the pharmacy harassed the guy, less so for his words and more so for the fact that he didn't bath. His body odor was horrible and in the summertime you could smell him a long way off. But still, I never teased him or insulted him. More than anything, because I just didn't understand him, didn't understand why he acted so strange. But he most certainly did.

Mental illness is something that we all come into contact with and a lot of times we don't know how to react to it. It's not that we don't care, it's just that we don't know the right thing to do or the right way

to act or the right thing to say.

While I was back in the US, a friend recounted to Codie and I how people not knowing how to react to mental illness almost destroyed her life. She told us that she had been "down" because of a pending divorce and empty-nest syndrome. Unfortunately for her, her family overreacted and after a lot of missteps, ended up getting her committed to a psych hospital. The entire story is too long and tragic to go over here, but suffice it to say she was not bi-polar, manic-depressive or any of the other things she was treated for. She was just very sad. And it took her spending time in a psych ward and being treated by 5 different doctors before one of them finally said, "there's nothing wrong with you, you're just chemically screwed up from all the medication 4 doctors put you on!" Well, she got weaned off those by a very good psychiatrist and then started on antianxiety medication. I'm so happy to say that she is now back to her normal self.

Now, this is only a snapshot of what happened to her. So, please understand that I am not knocking mental health therapy. I think it's some of the hardest work in the world to do and that many lives are saved by those doing it.

I only raised the topic because of the rain making me think of the "duck" man and that, then making me think more about what my friend went through.

So, I guess my point with all of this is that, there are all kinds of people in this world, walking around us every day, and some of them have small problems, some big problems and some problems we will never understand. But, in the end, the best most of us can do for them is to listen to them, try to understand what they are saying, treat them with respect, and listen to what they are trying to tell us.

And, if you really think they are in danger of hurting themselves or someone else, err on the side of caution. It's better to have a family member or friend mad at you than to have them destroy their life or the lives of others.

"Mental illness is a real disease. Take it seriously. Help is out there."

*"A heart is not judged by how much you love,
but by how much you are loved by others."*

Frank Morgan

HOROSCOPES



AQUARIUS - Jan 21/Feb 18

Aquarius, even though you may have to go out on a limb and out of your comfort zone, you may find that doing so gives you the fresh perspective you've been seeking.

PISCES - Feb 19/Mar 20

Pisces, ask someone to remind you of an important deadline, as you have been a little scatterbrained as of late. Don't let this pass you by.

ARIES - Mar 21/Apr 20

Spend more time daydreaming, Aries. Even though it may seem to run counter to being productive, you may actually find some inspiration to get things done.

TAURUS - Apr 21/May 21

You may not take the same path or go in the same direction as the masses, Taurus. But you find the finish line nevertheless. Keep on tracking your own trail.

GEMINI - May 22/June 21

A few blips on the radar may give you pause, Gemini. But no obstacle is going to keep you from your final goal this week. You are ready to forge ahead.

CANCER - Jun 22/Jul 22

No matter how much time you set aside, Cancer, you seem to keep playing catch up. You may need to realize that a few extra helping hands will make a lighter load of your tasks.

LEO - Jul 23/Aug 23

You can't contain your excitement or keep a secret this week, Leo. Avoid seeking

secrets because you might let the cat out of the bag and don't want to disappoint.

VIRGO - Aug 24/Sept 22

Do not try to take control of a situation on which you have a tenuous grasp, Virgo. Other things of greater importance require your attention.

LIBRA - Sept 23/Oct 23

Domestic bliss describes your life at this point, Libra. You may have welcomed a new baby or pet into the family, and you are enjoying this new dynamic.

SCORPIO - Oct 24/Nov 22

Scorpio, even though you may have had to jump over many hurdles of late, you will come through stronger for having done so.

SAGITTARIUS - Nov 23/Dec 21

A demand for your attention reaches a fever pitch, Sagittarius. You may not know what is spurring on this sort of popularity, but you are anxious to enjoy every minute of it.

CAPRICORN - Dec 22/Jan 20

Big changes are on the horizon, Capricorn. It could be a new job opportunity or maybe a relocation if you have been thinking of making a fresh start.

FAMOUS BIRTHDAYS

FEBRUARY 10

Chloe Grace Moretz, Actress (22)

FEBRUARY 11

Taylor Lautner, Actor (27)

FEBRUARY 12

Josh Brolin, Actor (51)

FEBRUARY 13

Robbie Williams, Singer (45)

FEBRUARY 14

Freddie Highmore, Actor (27)

FEBRUARY 15

Ross & Matt Duffer, Producers (35)

FEBRUARY 16

Elizabeth Olsen, Actress (30)



Ross & Matt Duffer, 35

Guess Who?

I am a singer born in Germany on February 14, 1972. I played in a few bands since 1995, but made it big with my current band before doing solo work. One of my biggest hits features a smooth guitar legend.

Answer: Rob Thomas

Cuenca needs to change with the times



A new wholesale market, land terminals, plans to relocate the airport, parks and convention centers are among some of the proposals put forth by the candidates for the Mayor's Office of Cuenca. How necessary are these works? Well, according to a study by the Inter-American Development Bank, some should be a priority.

The study raises the need to increase density in the city in specific areas of development. One of them for example should be located on avenue Espana, using the current Mariscal Lamar airport for other projects. The IDB said that the current airport in fact represents a risk and a limiting factor to the growth of the city and should be relocated. The cost of a new air terminal, according to a municipal projection is about \$600 million.

IDB also proposes the need for a wholesale market to avoid trips to El Arenal from the north and east, transfers that are chaotic to transit throughout the city. According to the IDB, "at this moment the situation of the current slaughteryard is not acceptable, so it must be transferred and should provide the technical conditions that allow the use of the byproducts of the 140 cattle and 300 pigs that arrive daily in Cuenca for consumption."

The report even covers entertainment and leisure, with the IDB arguing that a convention center is required to host large events in order to attract tourism and investment to the city.

Cuenca also needs to go from 11 to 16 square meters of green area per inhabitant to meet the parameters established by the World Health Organization. To address this problem, the IDB recommends "ecological corridors" on the banks of rivers, especially in Machángara, and in "peri-urban" areas.

A new land terminal and a municipal stadium, two proposals included in most campaign plans, are not seen as urgent IDB; they are considered medium term needs. A study by the Universidad del Azuay supports a new land terminal being developed south of the city, to reduce the traffic caused by buses arriving from El Oro, Loja and Peru; their solution will allow passengers to use the Tranvia to reach the terminal.

Part of these works, such as the relocation of the slaughter yard, a wholesale market, and the construction of a convention center were offered by the current administration, but have not materialized.

Rotary Clubs join together to create a free health program

By Karla Betania Sanchez Arismendi

The Canadian Riverview Rotary Club and the Rotary Club Tomebamba of Cuenca have joined forces to organize a free program with the name of "Operation Hope," to offer dental and surgical services to people with no economic resources.

The program works through coordination between the Rotary Club Riverview of Canada (represented by Rodney Adams) and the Rotary Club Tomebamba (represented by Cuencan physician Manuel Ávila), volunteers and the doctors of the Hospital del Río and the Hospital Monte Sinai.

Rotary clubs support the program with the economic and logistical resources to attend the beneficiaries free of charge, both in the dental treatment and with the operations, "And the medical teams come from abroad to attend twice a year, in January and April," said Javier Ordóñez, vice president of the Rotary Club Tomebamba.

The most recent mission consisted of 62 Canadian doctors, who since the first of



February, performed 48 replacements of hip and knees in adults at the University Hospital of Río, and the Mount Sinai Hospital.

"This year, 300 people with limited resources in dental services were treated, and a team of orthopedic surgeons started surgeries for 45 patients at the University Hospital of Río," Ordoñez said.

Health professionals from Cuenca and medical students who wish to support the program can make contact through the Facebook page: Rotary Club Tomebamba.

New elevated pedestrian crossing in Las Américas

By Karla Betania Sanchez Arismendi

The new pedestrian bridge built by the Municipality of Cuenca, located on Avenida De Las Américas and Calle Tarqui, was inaugurated last week. The bridge, located at the Basilica sector, aims to provide security for pedestrians.

The structure is made up of a 120 meter (m) long bridge whose accesses are spiral shaped for the entry of pedestrians, people on bicycles and wheelchairs. The new structure connects the intersection of Americas Avenue, with the building of the Catholic University of Cuenca.

The location of this structure responds to a study made by the Mayor of Cuenca, which identified "conflicting points" from the high flow of people and vehicles that circulate at certain hours of the day.

This work directly benefits close to 5,000 people, among them students of schools, colleges, and faculties of the Cuenca Catholic University. It also neighbors of the Bellavista Parish sector, from Héroes de Verdeloma Avenue to the Cullca Hill sector.

More works

The Municipality is building another bridge next to the ring road of De Las Américas Avenue and Turuhuayco, in the sector of Miraflores Park. This bridge will have a length of 168 m and will also have



spiral access. It is expected to open in the coming months.

story of Waorani land be told by its own people. As the threat of deforestation and potential displacement continues, Oswando and the Waorani people plan to continue mapping as it is an important tool to fight natural resource extraction in their territory.

In November, the Ecuadorian government paused their current plans to auction off Block 22, but the fight is far from over. In 2019, The Waorani plan to file a lawsuit against the Ecuadorian government, which they hope will help guarantee the continued protection of their land.

Azuay traffic accidents continue to climb

By 2030 Cuenca will have 740,000 inhabitants according to the projections of the National Institute of Statistics and Census, INEC. According to urban planning expert Augusto Pintos, this will cause the need, for housing, equipment and space for industry. However, excessive growth can affect the provision of food and environmental care. To avoid this, the city has drawn up a Land Use and Management Plan.

Azuay was ranked as the third province with more accidents in 2018, According to a report by the National Transit Agency (ANT), Azuay province continues to increase its accident statistics each year. In 2018, ANT recorded 1,528 accidents, that's, 31 more than in 2017. The consequences of these accidents are often deaths or serious and irreversible injuries for survivors.

Just this past weekend, a Supertaxi cooperative bus overturned leaving five people dead and injuring 29 others. Investigations indicate that this accident occurred due to excess speed, the second highest cause of accidents in the whole country (15.93%) according to the ANT.

To emphasize the scope of the problem, Édison Moscoso, director of the Ecuadorian Transit Commission (CTE), said that through August of 2018, over 3,000 citations were issued for speeding on the Cuenca-Azogues expressway alone.

According to the data from the CTE, some private vehicles reached speeds of up to 150 kilometers per hour on the road; and a bus reached 105 kilometers per hour on the Cuenca-Girón road. The limit of the buses is 70 kilometers per hour.

He reported that CTE has intensified their efforts to control speeds on the highways. To reduce the number of



accidents, they work with 42 radars systems located on the following routes: Cuenca-Loja, Cuenca-Girón-Pasaje, Cuenca-Molleturo-Puerto Inca, Cuenca-Gualaceo and Cuenca-Azogues.

In five areas of the city, the Mobility Company, EMOV, has also placed local radar systems to avoid speeding. In January, more than 1,600 alerts were issued as part of the awareness plan on this problem.

Mortality

The increase in traffic accidents in the province has caused a reciprocal increase in the number of deaths. Last year there were 102 deaths in Azuay; in 2017 that number was 92.

National Institute of Statistics and Census, INEC, data from 2017, revealed that in Cuenca alone, deaths from traffic accidents grew by 64% from 2008; from 25 deaths in 2008 to 41 deaths in 2017.

Injuries

Though the majority of Azuay accidents are not deadly, they are leaving survivors with serious injuries.

Fabián Cordero, specialist in orthopedics and traumatology of the Santa Ana clinic, indicated that among the main injuries due to traffic accidents

are broken bones, amputations, spinal injuries and paraplegia. He explained that the more speed, the greater the injuries suffered.

He says that in high-impact accidents, there is a high percentage of disability since a large percentage of fractures occur in the spine.

their homes; but that can leave them at one of many "stops" throughout the city. To use the bikes, you will have to register

in advance. For more information, or to inquire how entrepreneurs can participate, call 0998970210.

Public bikes almost here

Four companies from the United States, Brazil, Spain and Ecuador joined to form the company "BiciCuenca," to provide public bicycle service to the public. Leading the way is the Spanish company EYSA, a provider of mobility materials that according to its representative in Ecuador, Alfredo Santiago Cruz, will coordinate everything with the public municipal mobility company (EMOV EP) within the framework of the law.

EYSA—which is opening a market in Latin America—develops and consults on complete transit systems including synchronization of traffic lights, public bicycles, electric scooters and even camera control systems.

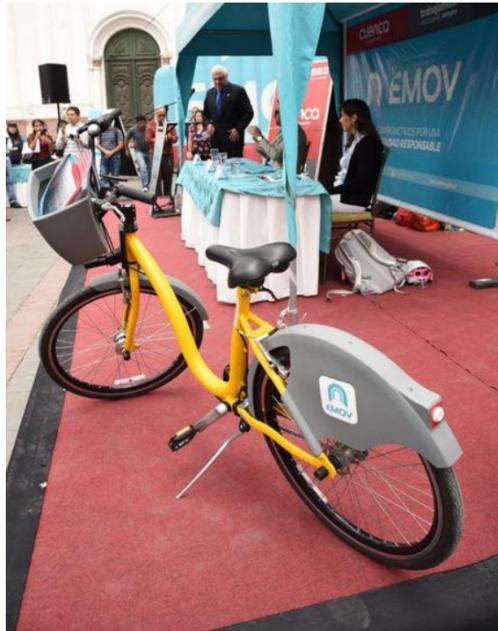
What's coming

The current project in the Cuenca is to equip the city with 240 bicycles—which are currently being produced in Brazil and should arrive in Ecuador at the end of this month.

The project's main objective is to contribute to improving the environment, avoiding the pollution generated by the vehicle fleet and supporting the preservation of citizens' health by exercising daily, among other benefits.

Gabriela Ordóñez, responsible for marketing the project, says that another of the purposes of this project is also to achieve the support of private companies.

Calls for entrepreneurs to join this



initiative and within its Corporate Social Responsibility (CSR) program promote the proposal of public bicycle.

How it works

There are 20 BiciCuenca parking stations planned in the city. For every 30 minutes of bicycle use, residents will pay 25 cents. There will also be the option to pay through an annual membership. The hours of use will be from 07:00 a.m. to 7:00 p.m., Monday thru Sunday.

Obviously, people who want to use the bikes will not be able to take them to

Species in danger



Two species of frogs that inhabit the Cajas National Park are at risk of disappearing, according to research conducted by ETAPA along with the United Nations Development Program (UNDP).

Joining in the research are the Ministry of the Environment and the Amaru Biopark, whose objective is to avoid the

extinction of two species: atelopus nanay and atelopus exiguus. José Cáceres, from ETAPA explained that both species were easily found until the 1980s, however, and now one species in particular, the atelopus nanay is in danger of disappearing. A recent effort to find one took over 10 months before being located.

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Could A Super-Earth World Around Barnard's Star Be Home To Alien Life?

When it comes to the origin of life, we only have one example in the entire known Universe where we're certain it's successfully arisen: right here on Earth. Although we're aware of many steps in the story of how life evolved and gave rise to the diversity of organisms we observe today and in the fossil record, some big mysteries remain. In particular, we don't know how life first arose, and which ingredients and conditions from Earth's early history were essential in that key step of creating life from non-life.

We assume that it's smart to look for life on Earth-sized planets with Earth-like orbits around Sun-like stars with heavy element presences similar to our Solar System. But those might not be the only conditions which support life. In fact, Super-Earth worlds, despite their extraordinary differences from Earth-like worlds, might support life finding a way, too. And if so, there's one right next door: around Barnard's Star.

The nearest star system to our own is the Alpha Centauri system. Unlike our own star, however, Alpha Centauri is made up of three stars:

- Alpha Centauri A, which is a Sun-like (G-class) star,
- Alpha Centauri B, which is a little cooler and less massive (K-class), but orbits Alpha Centauri A at a distance of the gas giants in our Solar System, and
- Proxima Centauri, which is much cooler and less massive (M-class), and is known to have at least one Earth-sized planet.

But the most common type of planet in the Universe, as far as we know, is neither an Earth-sized planet nor a gas giant-sized planet, but an in-between size. As revealed by the Kepler mission, the most common type of world in the Universe is a super-Earth, between about 2 and 10 times the mass of our own planet.

So far, we don't know of any super-Earth-sized worlds around the nearest star system to us, but the second-closest system was newly-found to have one. At a distance of just six light years away, Barnard's star has had its proper motion known since 1916. Back in the 1960s, it gained some temporary fame as the first star conjectured to have planets around it.

Working using a now-discredited technique, Peter van de Kamp (1960s-70s) claimed to have found two Jupiter-sized planets with orbital periods of 11 and 27 years, around it, which set off a firestorm of both excitement and criticism. Unfortunately, the data that gave rise to the suspected detection wasn't due to a planet, but rather to the fact that the telescope being used to record the data had its optics changed. Half a century later, we know those planets were mere phantasms.

But Barnard's star truly is home to a planet around it. Barnard b, announced in 2018, is robust and real, and its discovery arose from more than 20 years of observations that carefully monitored the motion of Barnard's star itself. Over this very long baseline of time, we could detect the tiny wobbles of the star as it periodically moved towards and away from us, due to the minute tug of the planet on its parent star.

As reported by the discovery paper, Barnard b has the following properties:

- An orbital period (i.e., year) of 233 Earth days,
- A mean surface temperature of $-168\text{ }^{\circ}\text{C}$ ($-270\text{ }^{\circ}\text{F}$),



- And a mass that's at least 325% as large as Earth's mass.

The biggest questions that we'll find ourselves poised to answer in the very near future is exactly what this planet is like.

The most remarkable property of Barnard b is that, at its extremely close distance to Earth but its relatively large, Earth-like distance from its parent star, it will be well-separated from it in a telescope. Although an angular separation of 0.22" (where 3600", or arc-seconds, are in 1 degree) is extremely small under normal astronomical circumstances, it's a tremendously large separation by exoplanet standards.

Most of the exoplanets found by Kepler have two things in common with one another:

1. They're orbiting stars hundreds or even thousands of light-years away from us.
2. They have short periods, meaning they're located very close to their parent stars.

In terms of angular separations, we have no practical chance of observing these planets, directly, with any current or near-future telescopes.

But Barnard b has a few things going for it that these other worlds don't from an observational perspective. With a period of nearly a year, it's one of the longer-period planets ever found. Since it's orbiting a red dwarf while being a physically large size, it should be visible with only a coronagraph blocking out the star's light. And, because it's around one of the closest star systems conceivable, our upcoming telescopes should be able to image it directly.

This would be the first direct image of a possibly-inhabited world ever taken. If it's a rocky world only a little bit larger than Earth — and with approximately 3.25 Earth masses, that may be possible — the imaging capabilities of NASA's James Webb Space Telescope or the 30-meter class telescopes being built here on Earth like GMT or ELT should nab it. If it's more like a mini-Neptune, with 450% the size of Earth (or more), the existing VLT with the SPHERE instrument could get it today.

Compared to Earth, it only receives 2% of the amount of energy from its star that we get, which explains the expected cold temperatures of Barnard b. But the whole reason we think life on an Earth-sized world in a more temperature-friendly zone around a red dwarf star is no good is because a world like Proxima b receives far too much X-ray and ultraviolet radiation to even maintain an atmosphere, much less remain life-friendly.

Sure, Proxima b gets 65% of the energy from its star that we receive from ours on Earth, but it receives 650 times the irradiation we do from solar X-rays and 130 times the ultraviolet radiation. By comparison, though, Barnard b receives 50% of the X-ray energy and 35% of the ultraviolet energy. If it has a hot core and a significant enough enhancement of geothermal energy, particularly via plumes, vents, and a subsurface ocean, Barnard b may house life after all.

India becomes world's 2nd largest LPG importer after China

India has become the world's second largest importer of liquefied petroleum gas as its government pushes cleaner alternatives to traditional cooking fuels such as firewood and cow dung.

Petroleum Minister Dharmendra Pradhan said Wednesday that imports of LPG grew 12.5 percent over the past five years to 12 million metric tons (13 million tons) in 2018-19, surpassing Japan and putting India in second place behind China. India's financial year runs from April to March.

He said demand for LPG is projected to rise 34 percent from 2014 to 2025.

Traditional fuels such as wood and cow



dung cause heavy pollution and health problems for millions of villagers.

India imports LPG mainly from Saudi Arabia, Qatar, the United Arab Emirates, Kuwait and Iran.

Magnetic North Pole speeds towards Russia

Something's up in the Arctic: the north magnetic pole is on the move. But rather than drifting around aimlessly as it has for centuries, the pole has picked up speed and is heading fast for Siberia.

The curious shift has caught scientists' attention and forced them to take rare action. Concerned for those who navigate in the Arctic regions, they have updated the official map of the world's magnetic field to pinpoint the pole's location.

"We know from old ships' logs that in the past 400 years, the north magnetic pole has hung around northern Canada. Until the 1900s, it moved perhaps tens of kilometres, back and forth," said Ciaran Beggan, a geophysicist at the British Geological Survey in Edinburgh.

"But in the past 50 years it started to move north, and in the past 30 years it started to accelerate away," he said. "It went from moving at about five to 10km [six miles] a year to 50 or 60km a year today. It's now moving rapidly towards Siberia."

The World Magnetic Model (WMM) tracks the positions of Earth's magnetic poles. Funded by the US and UK military, the model is normally updated every five years. But the next update, scheduled for next year, has brought forward because of north magnetic pole's recent movements.

"We'd realised that particularly up around the north magnetic pole, the errors in the model had become too large for it to be useful," said Beggan, who works on the model.

The wandering pole mostly affects those navigating in the Arctic. If GPS systems fail, pilots on planes and ships fall back on compass navigation and so need up-to-date maps on their onboard computers. At high latitudes, the US military has named airport runways after their direction in relation to magnetic north, and changes them whenever the poles move. For example, the airport in Fairbanks, Alaska, renamed the 1L-19R runway 2L-20R in 2009.

A similar map based on the WMM is used by smartphones and car satnavs to work out what direction they are facing. But below the northern tip of Scotland, at latitudes lower than about 55 degrees, the pole's recent movement does not make a drastic difference.

"The correction is only a fraction of a degree and most sensors are only accurate to within a few degrees to begin with," said Beggan.

For most WMM users, the difference between the old model and the 2019 version would be barely perceptible, he



said. "It's mainly for people who need very accurate measurements, particularly if they are going up to the north pole." While the north magnetic pole marks the northern focus of the planet's magnetic field, the geographic north pole marks the northern tip of the axis Earth rotates around.

The pole's recent travels are believed to be caused by the formation of a narrow stream, much like the jet stream in the atmosphere, in the Earth's liquid outer core. The iron-nickel core is so hot that it flows like water, 1,869 miles (3,000km) beneath the surface, creating the magnetic field and dragging it around the planet.

"The north magnetic pole has been caught up in this jet and it's pushing it rapidly across to Siberia," said Beggan. The south magnetic pole is moving far more slowly than the north, because the liquid outer core is moving differently in the southern hemisphere.

At the moment, Earth's magnetic field is growing steadily weaker, leading scientists to think it will eventually flip, with the north and south poles changing places like a bar magnet flipping over. Researchers know from traces left in rocks that this has happened before, but not in the past 780,000 years.

"It's not a question of if it's going to reverse, the question is when it's going to reverse," said Daniel Lathrop, a geophysicist at the University of Maryland. Such a flip would not be instantaneous, but would take 1,000 or more years to play out.

Lathrop believes the flip will come sooner rather than later because of the weakening of the magnetic field and the fact that an area in the south Atlantic has already reversed beneath Earth's surface.

Beggan said the magnetic field's movement is part of its natural behaviour. In the long term, he said the movement of the north magnetic field could become noticeable because it affects where aurora, such as the northern lights, can be seen. "The aurora is centred around the north magnetic pole in a ring, so as the pole moves, the aurora will follow it."

World's seven wonders recreated in New Delhi using scrap



For the past six months, a group of seven Indian artists has been working with discarded materials to produce replicas of the seven wonders of the world. Under the Indian government initiative that began in August, the artists used scrap - from a typewriter to a grass cutter, drums to cycle rims, poles to pipes, iron bars to spare car parts - to create their masterpieces.

Part of the Clean India project, the initiative in capital New Delhi aimed at incorporating waste to recreate the iconic structures.

Through the installations, the city, ranked one of the world's most polluted, remodelled hundreds of tonnes of waste into art pieces, which are now expected to

be a world-class attraction.

The South Delhi Municipal Corporation (SDMC) and the state-run Horticulture Department turned a two-hectare landfill site into a park that hosts the replicas.

Situated in the Sarai Kale Khan area of New Delhi, barely 100 metres from Hazrat Nizamuddin Metro Station, the park is expected to attract thousands of visitors.

The park has replicas of the Taj Mahal, the Eiffel Tower, the Statue of Liberty, the Leaning Tower of Pisa, Christ the Redeemer statue in Brazil, the Great Pyramid of Giza, and Rome's famous Colosseum.

Yogesh Sharma, 51, who runs a tea stall near the park, is waiting "eagerly" for the opening. "It would be a dream come true to witness such iconic structures," he said.

The next world's fair centers on mobility, but are automakers biting?

World's fairs of yore have introduced remarkable innovations and landmarks: The Eiffel Tower in Paris in 1889, the first Ferris wheel built for Chicago's 1893 fair, Seattle's Space Needle for the 1962 expo, the X-ray machine and even Belgian waffles, to name a few.

Once spectacular, enchanting events, most Americans today care little about world's fairs. The United States has hosted only 11, the last in New Orleans in 1984.

"I don't think people have any sense of the world's fair. The response I got when I asked millennials about it was laughter," said Jessica Caldwell, executive director of industry analysis at Edmunds. "They thought they'd see hot air balloons and light bulbs. They think it's a notion from an older time."

That makes things tough for Frederick Bush, who is chairman of Pavilion USA 2020. He is working to persuade at least one Detroit automaker to invest at least \$5 million in the \$60 million U.S. Pavilion for the 2020 fair in Dubai. He needs to break ground this summer.

Convincing carmakers of a return on their investment is difficult, said Caldwell. Many automakers no longer participate in big international auto shows, instead targeting shows where potential shoppers come to eye what's new. Also,

the carmakers are all trimming costs and putting any extra investment money into rapidly evolving electric vehicle and autonomous car technology, not feel-good branding, she said.

Then, there's the location. It's unlikely that many people from the U.S. or China, the two largest car markets in the world, will go to Dubai.

"If the world fair was in St. Louis, that would be a different conversation," said Caldwell. "It is really hard to justify spending money and building your brand in that kind of market that is not necessarily developed, it's not the U.S. and China. It's very cool if there were more money to be spent on that kind of thing, but considering the cost-cutting the automakers have been doing over the last 12 months, there isn't room in the automakers budgets, and it's not in Shanghai."

U.S. carmaker needed

Bush acknowledges he has a lot of educating to do to prove to the automakers that the fair is a highly trafficked event that delivers.

"That's a frustration of my job: Most executives haven't ever gone to an expo and don't know how it can benefit their company," said Bush, who was U.S. ambassador to the 1992 fair in Seville, Spain. "Companies pay millions for TV advertising with the Olympics and that's only 17 days. This is a direct experience with millions of people who are upscale influencers."

A world's fair is an exhibition. It showcases the industrial, scientific, technological and artistic achievements of the nations that participate in it.

The next, which will include about 190 countries, will be hosted by Dubai in the United Arab Emirates from October 2020-April 2021, said Bush. Its theme is "connecting minds and creating the future" and it has three sub-themes: mobility, sustainability and innovation, Bush said. Full-scale world expos last six months and are held every five years. Smaller ones are held on the years in between.

The theme assigned to the United States for 2020 is mobility. Considering that Detroit is the birthplace of the car as mass transportation, "Not getting a U.S. automaker is not an option," said Bush.

"We wrote a letter three months ago to auto CEOs all over the country," said Bush. "We met with some of the Middle East reps for Ford and General Motors, then we used the opportunity of the Detroit auto show to meet with some of executives."

Japanese automaker Nissan has paid \$50 million to be the official car of the Dubai expo, but Bush doesn't want Nissan as his investor.

"They're not American," said Bush. "We want an American, and there are only four: Ford, GM, Fiat Chrysler and Tesla."

Automaker interest

GM confirmed that it has been approached about investing in the U.S. pavilion, but it's undecided if it will.

"We have been approached about potential involvement in the 2020 World's Fair," said Pat Morrissey, GM spokesman. "Various options for participation are currently under review."

GM would be the logical choice of the U.S. carmakers, given it had a joint pavilion with Shanghai Automotive Industry Corp. at World Expo 2010 Shanghai, said Michelle Krebs, executive analyst at AutoTrader.

"It would look very odd for the U.S. pavilion at a World's Fair that has a theme of mobility to not have a U.S. automaker," said Krebs. "General Motors, which does well in the Middle East and also has declared it will be a leader in mobility, would be the likely candidate."

A spokesman for Ford said he is not aware of any conversations about an investment. Ford has agreed to sponsor the Sun Valley Film Festival March 13-17, 2019. There, Ford will shuttle filmmakers and movie industry folks to various events in the new 2019 Ranger midsize pickup.

FCA US is approached about "many potential sponsorship opportunities," said Michael Palese, an FCA spokesman. "These are confidential matters that we do not discuss publicly."

As for Tesla, Bush has not approached it yet because, "All you have to do is read the financials and know they don't have a lot of money. But Ford sells cars in the Middle East, this is the first expo in the Middle East."

Tesla last week reported that it had a profit of \$139.5 million in the fourth quarter, compared with a loss of \$675.4 million a year earlier. It's the second straight quarter the company has made money after a string of brutal losses. But with a debt payment of more than \$900 million due within weeks, Tesla must improve its

operations through cost reductions, faster production and increased sales.

It's not just money Bush wants.

"We'd like to have a small fleet of cars for our senior staff and executives to use while over there," he said. "They'd be on the roads of Dubai for six months, so it's a very good showcase and it's a tax deductible expense."

Cool, but costly

Bush has big plans for the U.S. Pavilion in Dubai, where he expects 25 million people to visit. Of those, 1.5 million will be North American with the balance being from other parts of the world, he said.

The 60,000-square-foot pavilion will resemble the Guggenheim Museum in New York, he said. The visitors enter and immediately ascend an escalator to the top of three stories, then work their way to the ground floor.

It will have a simulator of a Hyperloop, which is a capsule with the ability to travel through a vacuum tube at jet speed, and a Mission to Mars exhibit.

It will also have a fast-food restaurant, a VIP lounge with upscale catering for sponsors and heads of state, said Bush.

Sounds cool and Dubai is fairly safe, but it is costly. The price to fly from Detroit to Dubai is \$1,000 to \$1,500. Bush said that means automakers will get their vehicles in front of the wealthiest, best-educated and influential people.

"Automakers get an enormous opportunity for branding, advertising and showcasing their products to a very diverse group of people over an extended period of time," said Bush. "They would have the opportunity to bring their top clients to the VIP lounge."

Fall of the fair

In their heyday, world's fairs were influential and drew huge crowds. Take the 1964 World's Fair in New York. That's where Walt Disney tested his latest creation on the public "a little boat ride filled with animatronic dolls singing in various languages." That turned out to be the "It's a Small World" amusement park ride. It was also where the Belgian waffle was introduced, with about 2,500 waffles served a day during the fair.

Ford also showed the first Mustang there.

The Expo '70 in Osaka, Japan, was one of the most successful ever. One of the most popular exhibits was a moon rock brought back months earlier from the 1969 Apollo 11 expedition. Expo '70 also had the first IMAX movie created.

But the last World's Fair in North America was in Vancouver, British Columbia, in 1986.

That lack of proximity hurt the fairs' popularity among Americans. Also, the internet has put a damper on the pilgrimages wealthy and middle-class families once made overseas to see the innovations and exhibits firsthand. Now a quick Google search can save thousands in travel costs.

Still, in 2002, the United States rejoined the Bureau of International Expositions based in Paris, which operates the world's fairs. The Trump administration has sought to boost American interest in world's fairs, and Minnesota made a bid to host one. But in 2017 it lost to Argentina's capital, Buenos Aires, which will host a fair planned for 2022-2023.

CBS Minnesota reported that the expo would have been hosted at a site that's adjacent to the Mall of America and would have drawn in about 12 million visitors.

"Every time there's a new one, there are more and more countries and companies involved," said Bush. "So the world seems to think they are important."



Danbury, Connecticut

An 84-year-old great-grandmother has earned her GED 65 years after dropping out of high school to help support her family. The News Times reports that Joan Butler Kayser recently received her GED certificate after passing English, reading comprehension, math and social studies tests. The Danbury resident says she was especially worried about the social studies exam and "couldn't think for beans." Kayser kept her plans from her family up until she received her certificate. She says she always felt guilty she didn't keep a promise to her mother that she would graduate. Kayser's daughter,



Katheryn Cumming, says the GED "made her life complete." Kayser's home aide, Carol Thibodeau, says she is an inspiration for others to never give up on their dream.

Washington, DC

You can now walk through your next trip on Metro online, thanks to a new tool unveiled by the transit agency, WUSA-TV reports. StationView resembles Google Street View for Metro stations and works as part of Google Maps, as well as WMATA's website. Metro says StationView "takes customers on a virtual tour inside Metrorail stations," underscoring the need to give riders better accessibility to navigate the system, though some Metro riders on Twitter called the move unnecessary. Metro says the tool is the first of its kind for any rail system in the



U.S. So far, there are virtual tours of six stations: Union Station, Judiciary Square, Gallery Place, Metro Center, Archives and L'Enfant Plaza. Metro expects to complete all 91 stations by the end of the year.

Pocatello, Idaho

Three school districts have been forced to close amid one of the state's worst flu seasons in recent memory. Firth, Shelley and Fremont school districts in eastern Idaho recently have closed their schools because of the high number of absent students sick with flu-like illnesses, the Idaho State Journal reports. Health officials are strongly encouraging parents to keep their children home from school if they're sick. They also are urging everyone to wash their hands as much as possible. The Madison County



School District also is reeling from the flu. Three of its schools shut down last week after teachers and students got sick.

Souix City, Iowa

After decades of failed attempts, work has begun on a \$73 million project to restore a once elegant but long abandoned hotel. The Sioux City Journal reports that developer Lew Weinberg and real estate company Restoration St. Louis are working to restore the Warrior Hotel, which was built in 1930 but closed in 1976. The adjacent Davidson Building is also being remodeled, and the two sites are slated to be turned into a hotel, luxury apartments and retail spaces. Amy and Amrit Gill, who own Restoration St. Louis, are researching the hotel's Art Deco



design, with the goal of depicting some of the building's original style in some areas while also adding modern amenities. Work is expected to be completed in 2020.

Louisville, KY

When Rosa Parks refused a bus driver's order to give up her seat to a white passenger on a bus in Montgomery, Alabama, in 1955, she helped ignite a citywide bus boycott that became a pivotal event in the civil rights movement. For Black History Month in Louisville, the Transit Authority of the River City is saving a seat on each of its 230 buses in honor of Parks, whose birthday was Monday. The transit agency will also highlight African-American figures from

the Louisville area who contributed to the civil rights movement before and after Parks. And TARC is encouraging everyone in the metro area to take a day this month to ride the bus.



Annapolis, Maryland

Proposed legislation would create a panel to draft a blueprint for where solar projects could be built while protecting forests and agricultural land. Sen. Paul Pinsky says the state needs a plan to fulfill a commitment to clean energy while protecting important natural resources. The state commission would include farmers, representatives from solar power companies, and environmental and preservation communities. The measure was filed in response to recent local opposition to solar projects. A moratorium was proposed in rural areas in Baltimore County last month, but it was withdrawn due to a lack of support on the county



council. In Charles County, residents and environmentalists have protested a proposal for a solar project on a large area of forest.

St. Paul, Minnesota

The state tourism agency has unveiled a new marketing campaign based on the slogan "Find Your True North." The True North campaign was announced Monday at Explore Minnesota Tourism's annual conference. Officials say it leverages the "Bold North" tagline from last year's Super Bowl in Minneapolis and aims to use Minnesota's northern latitude to set it apart from other Midwestern states. It also expands on the agency's "Only in Minnesota" campaign, which launched in 2014, updating the slogan to "Find Your True North. #OnlyinMN." The



new campaign launches this spring with TV, print and digital ads across Minnesota, in neighboring states, and in big cities like Chicago, Denver, Kansas City, Omaha and Winnipeg.

Helena, Montana

Gov. Steve Bullock is proposing the state spend nearly \$20 million over the next two years to expand a pilot program for public preschool. Siri Smillie, the governor's policy advisor for education, said public preschool helps promote social development, teaches children to problem-solve, think critically, be creative and communicate - sending them to kindergarten ready to learn. Other supporters say preschool provides long-term benefits. Bullock has long called for expanding education options for

preschool-age children, noting Montana is behind the rest of the nation. The bill would allow communities that voluntarily run preschool programs to receive half as much funding per student as it receives for students in elementary grades.



Palomino Valley, Nevada

A U.S. judge has extended a protective order preventing the slaughter of a horse named Lady that has been missing since a tribal roundup. U.S. District Judge Miranda Du in Reno also scheduled an evidentiary hearing next Monday, when owner Colleen Westlake will have a chance to prove her contention that the horse she bought from the state last year was taken illegally from her private property by a neighboring Native American tribe. She fears the mare may have been sent to a slaughterhouse in Canada or Mexico. Tribal officials say they suspect Lady is still on the high-desert range. Wild horse advocates have expressed concerns that the Trump administration is



moving toward allowing some wild horses to be slaughtered, something that the government hasn't done before and that Congress has prohibited since 2004.

President Trump to hold rally in El Paso after mentioning it in State of the Union

President Donald Trump will have a rally in El Paso next week, an announcement that comes hours after he referenced the city in his State of the Union speech to support his push for a border wall.

The event is scheduled for 7 p.m. Monday at the El Paso County Coliseum, according to his campaign. It will be his seventh rally in Texas and his first in El Paso.

"As the President continues his fight to secure our border, there's no better place to demonstrate that walls work than in El Paso," said Michael Glassner, chief operating officer of Trump's campaign, in a statement. "President Trump looks forward to visiting with the patriots of Texas who are on the front lines of the struggle against open border Democrats who allow drugs, crime, and sex trafficking all along our border every day."

During the State of the Union, Trump claimed that El Paso used to be considered a dangerous city and it only became safe after a fence was constructed.

"The border city of El Paso, Texas used to have extremely high rates of violent crime — one of the highest in the entire country, and considered one of our Nation's most dangerous cities," Trump said. "Now, immediately upon its building, with a powerful barrier in place, El Paso is one of the safest cities in our country."

A fact check by the El Paso Times shows



that the crime rate in El Paso decreased before the fencing was constructed.

The president's comments angered many leaders in El Paso, including Mayor Dee Margo, a Republican, who tweeted, "El Paso was NEVER one of the MOST dangerous cities in the US."

On Wednesday morning, Margo said he was pleased to hear about the rally.

"I think it's a positive he's coming here," he told the El Paso Times. "I've been saying for months that I want to talk about the border and now he's coming to El Paso. I hope he'll allow me the chance to visit with him."

Trump's last campaign event in Texas was during the midterm elections, when he spoke at a rally for Republican Sen. Ted Cruz.

As U.S. executions wane, Tennessee moves to put more inmates to death

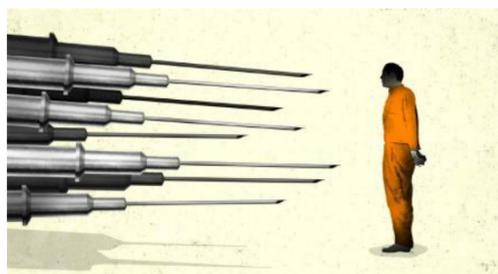
Tennessee has been waiting more than three decades to kill Donnie Edward Johnson, Stephen Michael West, Charles Walton Wright and Leroy Hall. This year, all four may die.

They are next in line in a jump-started execution schedule that has suddenly put Tennessee among states with the most active death chambers. After going nine years without putting anyone to death, Tennessee executed three people last year, second only to Texas. In addition to the four this year, it has scheduled two more in 2020.

This relative surge is unusual in America, where new death sentences and executions have dropped to historic lows and public opinion is turning against capital punishment. There were 42 death sentences and 25 executions nationwide last year.

Tennessee death row inmates have challenged the state's three-drug protocol in a series of lawsuits and court filings. The case reached the state Supreme Court, which in an October hearing focused on requirements set by a 2005 U.S. Supreme Court ruling that inmates prove that a less painful method is available. The Tennessee inmates argued that the state could use a single drug, pentobarbital, which it had accepted in the past. But the state's lawyers said it could no longer obtain the drug. The state Supreme Court ruled against the inmates, saying there was no clear alternative to the three drugs Tennessee is currently using.

The move to execute more people in Tennessee stands in contrast to Ohio,



where a federal judge found in January that a similar three-drug method caused "severe pain and needless suffering." In response, Gov. Mike DeWine, a Republican, postponed an inmate's execution and ordered the state to seek alternative drugs.

Tennessee's execution schedule represents the culmination of cases that began decades ago, when the use of capital punishment was at its height in America. While the state has 58 people on death row, only two of them were sentenced since 2013.

"It is ironic that in a time where the number of executions has decreased significantly, Tennessee has experienced a sudden rush to execute so many men in such a short period of time," said Kelley Henry, a federal public defender who represents three of the men on Tennessee's execution list.

May 16, 2019: Donnie Edward Johnson, 68, sentenced to death for murder in 1984
 Aug. 15, 2019: Stephen Michael West, 66, sentenced to death for murder in 1987
 Oct. 10, 2019: Charles Walton Wright, 63, sentenced to death for murder in 1984
 Dec. 5, 2019: Leroy Hall, 52, sentenced to death for murder in 1991

US Army plans to purchase Iron Dome weapons

The United States Army announced Wednesday they plan to purchase the Iron Dome weapons system that Israel has been using since 2011.

"The Iron Dome will be assessed and experimented as a system that is currently available to protect deployed U.S. military service members against a wide variety of indirect fire threats and aerial threats," US Army Col. Patrick Seiber said in a statement.

"While Iron Dome has been in operational use by the Israeli Air Force since 2011 and proven effective in combat, it should be noted that the U.S. Army will assess a variety of options for its long-term IFPC solution," the statement continued.

The name Iron Dome evokes an image of a protective bubble over a city. In practice, the system targets incoming



rockets and fires an interceptor missile to destroy them in the air. Each battery has a firing-control radar to identify targets. It also has a portable missile launcher. The system is easily transportable, with just a few hours needed to relocate and set up.

The system was initially developed by Israel's defense technology company Rafael, but the system has since been heavily sponsored by the United States.

Pennsylvania hospital tests patient for possible Ebola exposure

A patient is being tested for the Ebola virus while at the Hospital of the University of Pennsylvania, officials said early Wednesday.

The Philadelphia-based facility said the evaluation was done out of "an abundance of caution," although it did not provide more information about the patient or the circumstances for their treatment.

Dr. PJ Brennan, Penn Medicine's chief medical officer, said in a statement that preliminary testing shows the patient has another condition.

"Proper protocols and precautions will remain in place to ensure the safety of all of our patients and staff," he said.

The testing follows another case in Nebraska last month, when an American man was monitored for possible exposure to Ebola following a trip to Africa. He was released after the required 21-day monitoring period when it was determined he didn't have any symptoms.

The Congo since August has been gripped by an Ebola outbreak that has killed at least 430 people and been confirmed



in more than 730 cases, according to the World Health Organization's figures this month.

The major Ebola epidemic that began in 2014 and lasted through 2016 affected the western African nations of Sierra Leone, Liberia and Guinea, and led to the deaths of more than 11,300 people.

Ebola is an extremely deadly virus that causes a hemorrhagic fever, and named after a river in the Democratic Republic of Congo, where it was first discovered in 1976. There's not a proven specific cure for Ebola.

South Florida family wins court battle to drill for oil in Everglades

After nearly four years of legal battles, a Miami family that made its fortune in real estate will now be able to drill an exploratory oil well in the Everglades, just west of the Broward County suburbs.

A Tallahassee appeals court reversed a decision by the state's Department of Environmental Protection on Tuesday, ultimately granting Kanter Real Estate the authority to drill.

The land Kanter Real Estate President John Kanter is interested in drilling is on a 20-mile-wide, 150-mile-long stretch of shale between Miami and Fort Myers dubbed the Sunniland Trend. The western part of that stretch has been tapped into by a Texas oil company, but the Kanter family argues that it has found the potential for oil on the eastern part.

The land sits in one of the South Florida Water Management District's three



conservation areas.

The well will be the first of its kind east of 40 smaller drilling setups in the Big Cypress Preserve. The last oil or gas permit DEP granted was 50 years ago.

Today, Canada decides to stand up for human rights in Venezuela

Prime Minister Justin Trudeau seems most comfortable when he's signalling virtue or delivering Captain-Kirk-like lectures on peaceful coexistence and mutual respect.

So, our prime minister was in a happy place Monday, opening Ottawa meetings of the Lima Group, whose effective purpose is getting rid of the Maduro regime in Venezuela. As far as its members are concerned, the opposition leader and self-proclaimed interim president Juan Guaido is not just the country's new leader, but a member of their group.

"For years now," Trudeau said in his opening remarks, "we've witnessed the breakdown of democracy in Venezuela and a dictatorship willing to use force, fear and coercion to retain power."

As he continued, his outrage at Venezuelan President Nicolas Maduro's affront to basic humanity bubbled up.

"The violation of human rights and the complete disregard for the rule of law shown by the regime has been both inexcusable and unacceptable," he thundered, if it's possible to thunder in Trudeau's signature tones of tolerance, decency and optimism.

Not that Trudeau's characterization of the Maduro regime is particularly inaccurate.

Maduro's Venezuela

The former bus driver and union leader who took over from his mentor, the mildly unhinged Hugo Chavez, is just another dreary tyrant, the type usually referred to as a "strongman" by cliché-loving journalists.

He's a thug, a Cuban-communist-trained thug loathed by the American government, which has, of course, endeared him to the political left in the West, which sees his struggle to hold power as just the latest effort in a long history of campaigns by the U.S. military-industrial establishment to eradicate leftism (otherwise known as the will of



the people) in Latin America, and, in this case, grab Venezuela's oil riches, or at least install a pro-Washington puppet in Caracas who'll open the country to rapacious American free marketeers.

But he is nonetheless a thug. He actually personifies how fascists and Marxists, when they indulge their hunger for power, start behaving alike. Just look at how Maduro, champion of the poor, has unleashed murderous military squads in the country's angry slums, once a fortress of Chavez support. (Presumably, Venezuela's poor and downtrodden are now secretly working for the CIA, which Maduro claims is running the campaign to unseat him.)

In any case, Washington, along with Canada, a slew of European countries, and 12 Central and South American governments, has decided Maduro must go.

Evidently, given the notes U.S. National Security Adviser John Bolton carelessly left visible around cameras recently, U.S. President Donald Trump is contemplating sending several thousand troops to the region (Trump has yet to start a war, but is openly acknowledging it's an option in Venezuela).

And, seeing the critical mass of nations forming around Maduro's ouster, the Western media has deferentially joined in.

Few people, of course, are asking: "Why just Venezuela?"

QuadrigaCX granted creditor protection while it searches for \$250M in cryptocurrency

One of Canada's largest cryptocurrency exchanges has been granted an order for creditor protection in Nova Scotia Supreme Court, following the reported sudden death of its 30-year-old founder, Gerald Cotten.

Justice Michael Wood gave QuadrigaCX a 30-day stay of proceedings in a bid to stop any lawsuits from proceeding against the company at this point.

The company's lawyer, Maurice Chiasson, told the court QuadrigaCX wants time to search for roughly \$250 million Cdn in assets left inaccessible after Cotten's death. His widow said he died suddenly in India due to complications from Crohn's disease on Dec. 9 while opening an orphanage. The couple owned a home outside Halifax.

The death of the company's CEO and sole director has left roughly 115,000 users without their funds. Lawyers for some of the affected users were in the Halifax court today.

Sudden death of cryptocurrency leader sends Quadriga into tailspin, panicking



clients

Court filings show that some have very large balances, with the largest affected user claim reportedly valued at approximately \$70 million.

QuadrigaCX employees say the only way to access much of the cash was lost when Cotten died.

'Could be gone forever'

Cotten was apparently the only person with the recovery code to access the currency held in secure "cold wallets" — where the company kept much of its customers' money.

"With a cold storage wallet, it's completely offline. It's not connected to

the servers or the infrastructure set up by the exchange. It's usually a physical device that you would plug into a computer and requires a button to be pressed and it might need a password," QuadrigaCX customer Elvis Cavalic told CBC's As It Happens.

It appears the way to access the cold wallets was not left behind with Cotten's wife, the executor of his estate, Cavalic said.

If the money was in a cold wallet, it could be gone forever, said Nikhilesh De, a reporter for CoinDesk, a publication that covers digital currencies.

"The idea behind cold storage is that they're inaccessible unless you have the appropriate keys and the access and

coins have been lost in the past," said De.

"There will only be a finite number of bitcoins ever issued, and any bitcoins that are lost are lost forever."

Cotten's encrypted laptop will be given to lawyers acting for the creditors and will be eventually given to a court-appointed monitor.

A spokesperson for the Nova Scotia RCMP confirmed to CBC News they are assisting an investigation into QuadrigaCX that is being led by the RCMP's Toronto West detachment.

Lawyers for QuadrigaCX said in court on Tuesday they are considering a possible sale of the company to satisfy debts.

Canada's new Food Guide is a good upgrade, but skirts around issues of inequality

The centre piece of Canada's Food Guide used to be a largely incomprehensible rainbow graphic telling us how many portions to eat from each of the four major food groups. It's been replaced with a much easier-to-digest image of a plate of food that is half fruits and veggies, and almost half nuts, grains and legumes.

The new, improved guide has even dispensed with the meaningless notion of "portion" altogether, opting to urge people instead to pay attention to the proportion of foods they eat — again, heavy on the fruits and veggies, light on the meat, cheese.

The document also tells us our "beverage of choice" should be water — not milk, juice or beer. In fact, it has some pretty strong words about avoiding sugary drinks (including pop, sports drinks and chocolate milk) and alcohol.

And Health Canada has grown a backbone and distanced itself from industry by excising some dubious advice that was clearly designed to mollify industry, such as the recommendation to drink two glasses of milk a day and consume at least two tablespoons of canola oil every day.

All in all, it's an excellent upgrade to the iconic Food Guide.

But the Food Guide doesn't much matter to the average consumer, and it never has — but that's okay. It's not a diet or a weight-loss plan.

What it's supposed to do — and does relatively well now — is describe a pattern of healthy eating for individuals and set a standard for institutions and policy-makers.

Most of the dietary advice people need can be summed up in the seven words of author Michael Pollan's manifesto: "Eat food, not too much, mostly plants."

But the meat of the guide is the 62-page document entitled Canada's Dietary Guidelines for Health Professionals and Policy-Makers.

If the rules-makers in hospitals, schools, community centres and other public institutions (and thoughtful private ones) followed the guidelines, we would have a more supportive environment for healthy eating.

Practically, that means getting chocolate milk out of schools, pop machines out of community centres, wieners off the menu of nursing homes, and the orgy of cakes and cookies out of meeting rooms. But that's not going to happen simply by publishing glossy brochures and creating an interactive website.

Healthy eating, as it is proposed in Canada's Food Guide, is a privilege of



wealth. The symbolic fruity/nutty/grainy plate is actually out of reach for many who struggle with poverty, food insecurity and health illiteracy.

A Food Guide is an essential part of but not a substitute for a food strategy.

It does nothing to address the fact that one in six children in Canada are affected by food insecurity, or that this country ranks 37th of 41 in access to nutritious food, according to UNICEF.

The reason Canada got a Food Guide in the first place (in 1942) was that malnourishment was widespread to the point that it was difficult to recruit soldiers to fight in the Second World War.

The original Food Guide (actually called the Official Food Rules) was designed to get people to eat more and to respect wartime rationing. We got food groups because those categories of food were rationed, not because they were essential for good nutrition.

Today, our fancy new Food Guide skirts around some important political and social realities. We have as much malnutrition today as 70 years ago, but today it is as much about eating too much as too little.

The rationing of food that exists today is largely the result of economic inequality: People on low incomes can only afford or access the highly processed foods that don't appear on the pretty plate.

Initially, the global issue driving food policy was feeding the war machine. Today, climate change is the most urgent and overwhelming policy challenge in the world. That means creating a sustainable food system — one that, among other things, creates far fewer carbon emissions and results in much less food waste — has to be a priority.

The Food Guide does not address these issues directly; rather, it urges Canadians to eat less meat, dairy and processed foods, all of which are energy-intensive to produce.

There is nothing wrong, per se, about the healthy plate that is now the symbol of Canada's Food Guide.

But it will only be impactful if we realize that setting the table around that plate is equally, if not more, important for our individual and collective health.

Come join us at The Castle on
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for a night of great music with

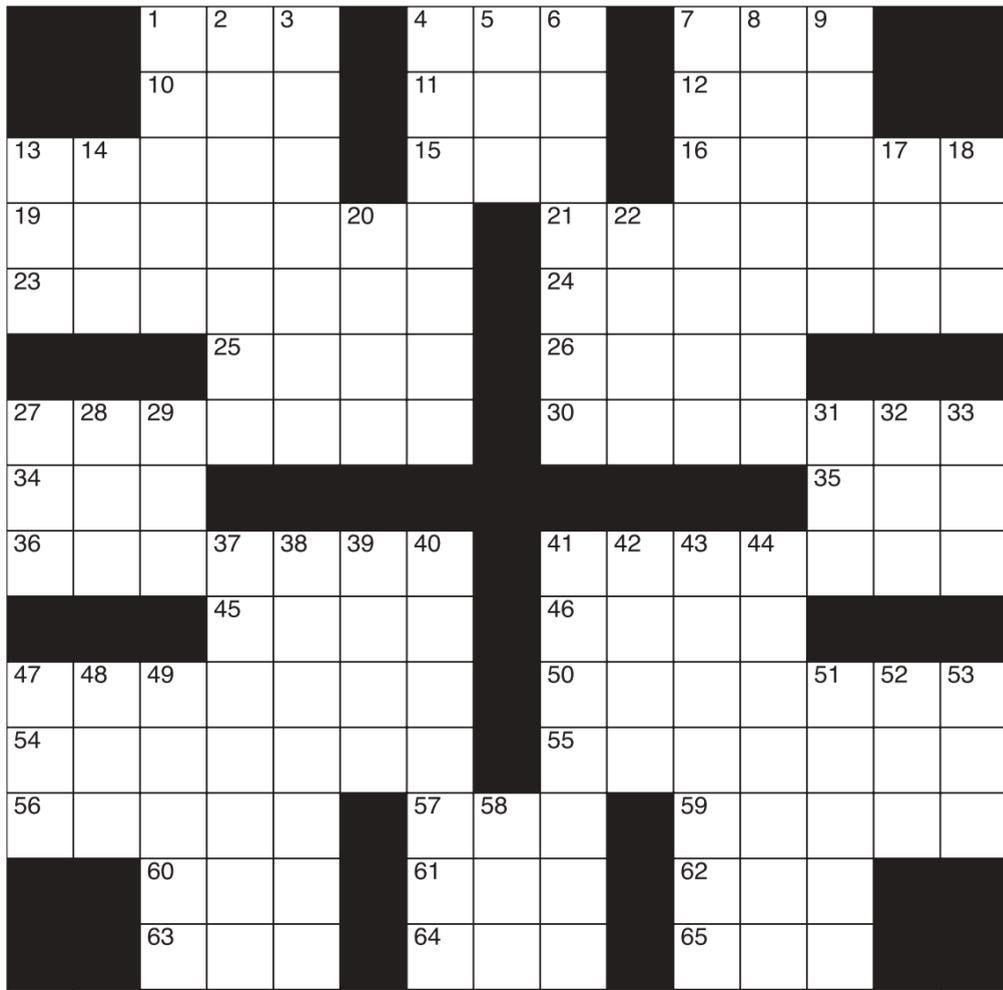
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February 16th, 7:30PM to 10:30PM. \$5 cover

The Castle, 3 de Noviembre, 70 meters
downriver from the Broken Bridge



Check Page 19 for the Answer Key to this week's Crossword Puzzle

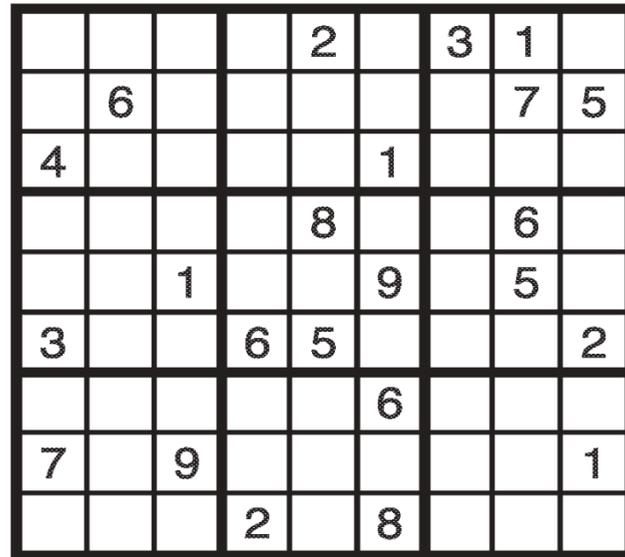
CLUES ACROSS

1. Chop or cut
4. Political action committee
7. Male parent
10. Doctors' group
11. Ottoman military commander
12. A metal-bearing natural material
13. Lively ballroom dance
15. Male Gypsy
16. Once-popular card game
19. Occurred just once
21. ___ Streisand, singer
23. Shiny yellow minerals
24. Get hitched again
25. See (Latin)
26. Lies between the Caspian and Persian Gulf
27. Scourges
30. Sentence
34. Supervises flying
35. Bar bill
36. Alfalfa
41. Type of dishwasher soap
45. Witnesses
46. Ancient Italian-Greek colony
47. Newspapers need them
50. Discuss again
54. Small group with shared interests
55. Support
56. Wool
57. Take hold of
59. Likely the first Meso-American civilization
60. Woman (French)
61. Automobile
62. Popular Georgia rockers
63. Soviet Socialist Republic
64. A major division of geological time
65. Make an effort

CLUES DOWN

1. Czech monetary unit
2. Able to arouse feeling
3. Elk
4. Muscular weaknesses
5. Earlier
6. Lightweight fabric
7. One who greets
8. Soldiers sometimes wear one
9. Officially prohibit
13. US political party
14. Used of a number or amount not specified
17. Make a mistake
18. Biopic starring Jamie Foxx
20. Ancient Media inhabitant
22. About aviation
27. Popular American sports league
28. Cologne
29. Partner to cheese
31. When you'll get there
32. Not pleased
33. One point east (clockwise) of due north
37. Respects
38. Shake up
39. Ethiopian river
40. Intrinsic nature of something
41. Principal parts of the brain
42. Brews
43. Where ships dock
44. One who wassails
47. Shock treatment
48. Popular average
49. Things
51. A type of 'bear'
52. Utilize
53. European Economic Community
58. Swiss river

SUDOKU



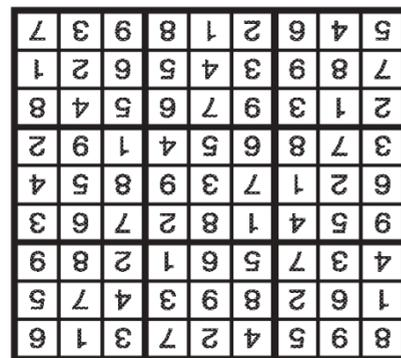
Level: Intermediate

Fun By The Numbers

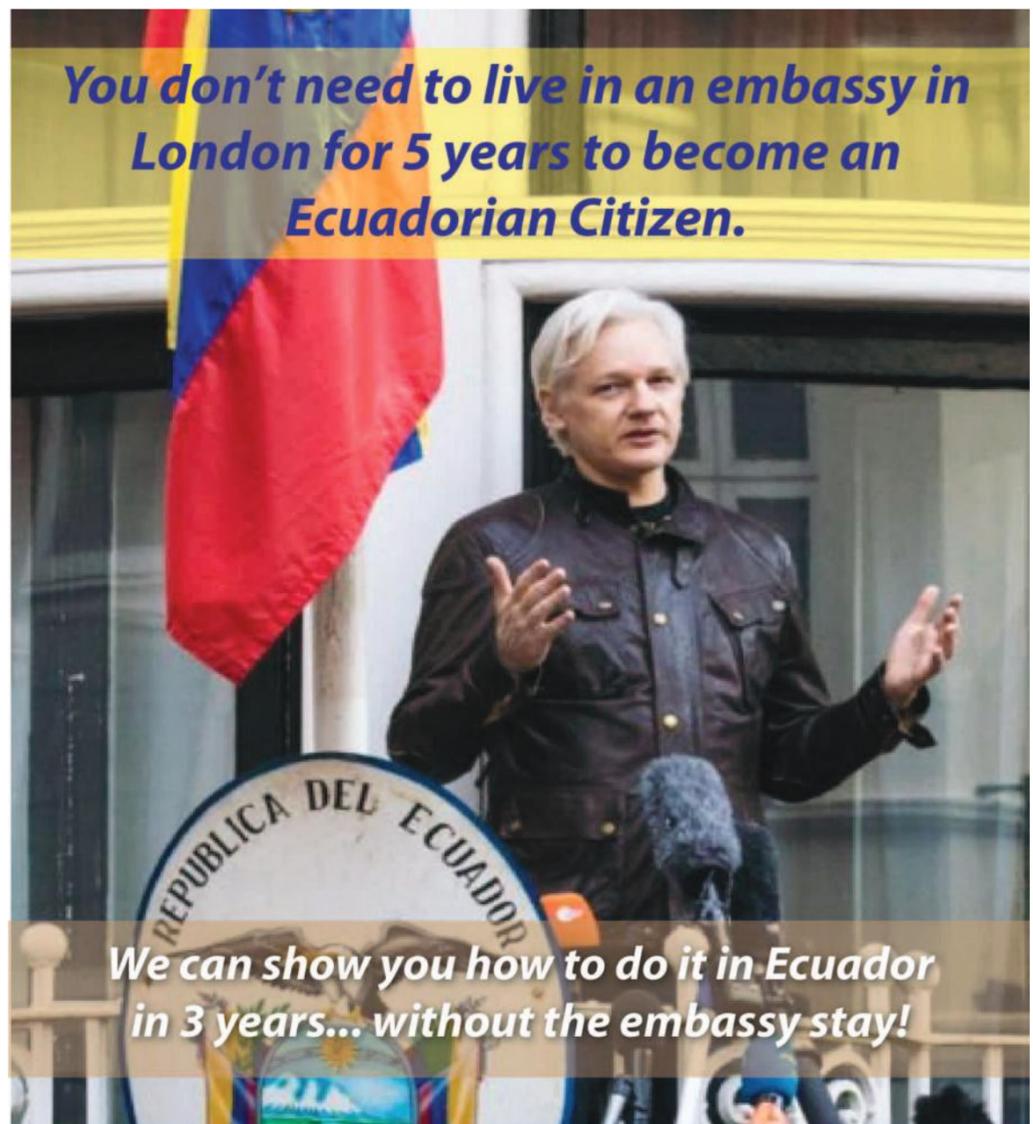
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



ANSWER:



"Ecuador Visas"
Acrópolis Building, Office #303
Ave. José Peralta and Ave. 12 de Abril
Cuenca, Ecuador 010150
sara@ecuadorvisas.com | 099 296 2065



Our Smorgasbord

A surrogate lemon recipe for Martha Stewart

What's the one thing Martha Stewart missed the most when she was in prison? Meyer lemons. Yea, right.

Jackie and I gave each other extremely exaggerated eye rolls when we heard that on the news a few years ago. Then when we actually tasted those lemons, we took it all back. Jackie loaded up once a year at Costco when they were in season. We're pretty sure that here in Ecuador, Meyer lemons would appear only in Jackie's wet dreams. As a matter of fact, lemons are pretty rare here. Instead of lemons, we see limes. Many, many limes. Tons of limes everywhere. We even see lime vendors at every other traffic light, hawking bags of lime. So, what do you do with limes anyway?

In the United States, lemons are plentiful and inexpensive, and limes cost a bit more and aren't as versatile as lemons. There, lime wedges are used as a garnish in alcoholic drinks, or in baking some specialty items. There, lemons are used for everything else, from lemonade to lemon zest additives in scones.

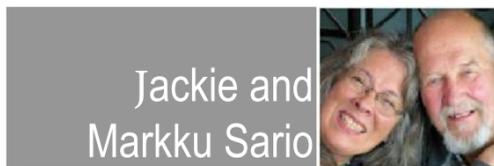


It's the opposite here, where even the Spanish name for lime is limon, and they are looked upon as essentially interchangeable with lemons.

Perhaps it's just me, but are the limes down here a bit less tart than up north? We've successfully used limes as substitutes for several recipes requiring lemons but those recipes never use up enough limes. So, in an effort to come up with ways to use local ingredients, we conjured up a tasty spritzer using limes, cilantro (another item difficult to use up before turning into compost), sweetener and soda. It ended up pretty darn good, he said modestly. And, rumor has it, it makes are good mixer for a mojito-ish vodka cocktail. But enough of that kind of talk...

To make the basic spritzer, you need two limes, three or more sprigs of cilantro, a sweetener (we used eight drops of Stevia), some carbonated water (we used Guitig) and ice.

Making the limeade couldn't be easier. First, muddle the cilantro in the bottom of a tall glass. We don't have a regular muddler (we are poor, deprived, muddled immigrants), but just used the handle end



Jackie and Markku Sario

of a wooden spoon. Whatever works, just to squash the cilantro down to release the flavor.

We have also made this using hierbabuena, found in small plastic containers at Supermaxi along with fresh mint, basil and other herbs, but cilantro gives a stronger flavor that we really enjoy. Plus, it's really inexpensive.

Then pull out your handy lime squasher and squeeze the juice out of two fresh limes into the glass. You could use the bottled lime juice sold everywhere, which would be perhaps a tiny bit more convenient, but fresh lime juice is infinitely tastier. The lime juice in a bottle might be good enough to add a bit a zest to baked goods, but remember that the juice in the spritzer will be one of only two ingredients that add flavor. There is a dramatic difference between bottled and fresh.

Add eight to ten drops of liquid stevia. You could use simple syrup or sugar, but stevia is convenient and inexpensive. A little squeeze bottle lasts forever in the fridge.

Fill the glass with ice, and top off with soda water. Stir with a spoon and suck it up. It really is an inexpensive, tasty and refreshing drink. For those seeking a more adult beverage, add two ounces of vodka.

There are many other ways of using up limes. At a little café, we enjoyed a cold glass of water packed with lime slices and muddled mint leaves. Adrian, the neighborhood ceviche guy, has a huge bowl of limes ready to squash into your morning meal. How about lime juice in your tea? How about hot water with lime and honey? You can even clean your coffee maker with these things. Just squeeze the juice of three limes into the reservoir of your coffee maker. Add water and let sit for half an hour. Run the coffee maker without using a filter. Wait half an hour again and run once more with plain water. Done.

Jackie will always salivate at the thought of Meyer lemons. But, when thinking about our new lives here in Cuenca, sipping our Lime and Cilantro Spritzer while enjoying our home and new friends, we can live quite happily without those Martha Stewart luxuries. Cheers!



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Poco a poco, new buses arrive



Between now and 2020, 372 more buses must be replaced as part of Cuenca's public transportation improvement plan.

In the last three months, urban transporters have purchased 58 new buses: 50 Euro III and eight Euro V. They are the first units of the 430 that must be changed by 2020 as part of the plan.

The companies that make up the Chamber of Transport have the freedom to choose the technology they will purchase, but the new buses must guarantee a limit of opacity (contamination by gases) of five percent in the first 18 years of useful life and a maximum of 25 percent in the following 20 years, according to a municipal ordinance.

This week, the Uncometro SA cooperative presented the first Euro V buses to arrive in the city. The Euro V is a more advanced technology than the Euro III. The difference is related to the engine and emission of gases. This company plans to change its 52 buses to this technology, said its president, Diego González.

The buses have a capacity for 90 passengers, 37 seated and 53 standing, and have a monitoring system composed of cameras on the doors and a screen on the dashboard for drivers to observe the departure of passengers.

The buses have three doors with automatic closing and six preferential zones for priority needs groups. Each driver has a built-in microphone for announcing messages and stops. All units have Wi-fi.

Accessibility

The municipal ordinance also required that the Municipal Traffic Office, the Public Works Directorate and the Social Development Directorate collect the information necessary (by this past January) to determine the sites of the stops to install ramps that facilitate accessibility for people with disabilities.

Adrián Castro, manager of the Mobility Company, EMOV, indicated that they did a study in which they determined that the

provision of stops would take more time and would be expensive, so they decided that all the units should have ramps for access.

Last year there were two units with a lift for access for people with disabilities. Leonardo Albarracín, president of the Chamber of Transportation, said that 92 of these units will be acquired.

He noted that drivers are required to provide this service to those who need it. The brands of the new units are Chevrolet, Hino and Agrale; transporters will also acquire other brands such as Isuzu.

Drivers

One of the conditions that is still pending is the increase in drivers, since the ordinance establishes that there must be two drivers per bus. In this regard, Castro explained that they had a meeting with the zonal coordinator of the Ministry of Labor, Xavier Bermúdez, in which they discussed the issues of rights and application times.

The selection process must contemplate physical, medical and psychological tests—which are not yet defined. However, Albarracín indicated that they will comply with this condition by December. This year they will also undergo a new training process with the EMOV.

The Chamber is obliged to execute all the requirements set forth in the regulations, otherwise sanctions are established, such as the withdrawal of the qualifying title, reduction of the rate of 31 cents and suspension of the buses.

Electric bus

One of the alternatives analyzed by the carriers for the new fleet is electric buses. Lamcontri SA has been running electric buses on a trial basis in the city since last December. Its president, Leonardo Albarracín, indicated that the bus goes through several routes to analyze its feasibility. This vehicle battery has a recharge time of four to five hours and a useful life of 15 years. The bus has a range of 300 kilometers between charges.

is better to be forewarned.

Henry Bermeo, analyst in the area of evaluation and information processing of the entity, said that it is normal that earthquakes are registered daily. "There are about 100 in the area covered by the Network every month."

Variation

A telluric movement can be measured based on the magnitude and depth, according to the laboratory analyst of the Network, that is, the magnitude is one, while the depth is variable. He explained that, for example, an eight-degree tremor is devastating, as less deep (underground) is as well.

Regarding the capacity of tectonic monitoring of the Seismic Network of the Austro, Jiménez affirms that it is the only seismic entity in the country to have 15 accelerographs, which allows Cuenca to have more preventive information in the future.

Recommendations

To teach how to act in case of an eventuality and promote a culture of prevention, security and response entities carry out training and

disseminate information through different communication channels.

Patricio Lucero, head of the Fire Department, said that contingency plans should be a priority for citizens. They should be alert to telluric movements and mainly keep in mind the recommendations.

Girón geological fault

In addition, with reference to the geological fault of the Girón canton, Lucero recommended the inhabitants of its surroundings to be alert, since they live in a place prone to certain natural disasters.

It is a geological fault known as Girón-Santa Isabel, which was reactivated 105 years ago, after an earthquake with an intensity between 6 and 7 degrees that destroyed much of the canton Girón.

According to the seismic network, if there is a strong earthquake, it could affect the whole area, including a part of the Historical Center of the city. "It is a conglomerate of faults that begin in northern Peru and go to the city of Cuenca," said the director of the Network, Juan Jiménez.



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Seismic activity picks up

In the last few months, the Seismic Network of the Austro has registered an increase in the telluric activity in the southern zone of the country. The number increased by an average of 10 light earthquakes per day. The average intensity is 3.4 degrees and are imperceptible by the general population.

According to Juan Carlos Jiménez, director of the Network, the last earthquakes recorded in the country with epicenters in Playas and Gualaceo, are phenomena that occur due to the release of energy from the earth, so it

qualifies as positive. "If it happens through small earthquakes, this can prevent major events."

He added that those registered in recent months "are earthquakes less than four degrees on the Richter scale, those that exceed that range we begin to feel. Those of six degrees or more generate damages. Those from seven onwards can be devastating."

He stressed that we must take into account that the Ecuadorian coast, and Cuenca by the Girón fault, are areas where strong earthquakes can be recorded, so it

SUPER Aki (cont. from page 1)

assembly

He says that this type of supermarket is structured with a format of "on foot" customers, that is, from the same neighborhood. Among one of their objectives is that people no longer have to leave the center of the city to make their purchases, but find it in the same place. In addition, Rotembach promises that there will be no traffic problems since the movement will be carried out in a controlled manner.

The new SUPER AKi is expected to be completed and opened by the end of

2019.

Company

Corporación Favorita is a public company managed by a board of directors with 14 thousand shareholders, of whom 4,000 are employees of the company. It is an open capital entity, listed on the stock exchange.

The headquarters of the Corporation is in Quito. In Cuenca it handles the formats Supermaxi, Juguetón and the AKi (GRAN AKi Totoracocha, SUPER AKi Narancay, SUPER AKi Rafael María Arizaga).



Nothing is more deceptive than the edge of a wet river. Beware!

Cuenca's rivers overflow...again



Photo Credit: Cuenca Fire Department

The rate of flow of Cuenca's rivers continues to increase and the waters are once again overflowing their banks throughout the city due to this week's heavy rains.

The danger these rapidly flowing rivers brings means you need to take extra precautions when you are travelling on their nearby trails, or maybe just leaning over to take a photo. Both the Cuenca Fire Department and Red Cross are calling on citizens to take precautions and stay away

from the shores.

They recommend avoiding any activity in the vicinity of the banks of the Tomebamba, Yanuncay, Tarqui and Machángara, since with the rains these spaces become slippery.

In many parts of the city, the rivers are overflowing their banks; because of the volume and speed of the water, trails that look safe one moment can quickly change to areas of flooding that can soon turn situations dangerous.



WORD SCRAMBLE

Rearrange the letters to spell something pertaining to romance.

O L W R E F

□ □ □ □ □ □

Answer: Flower

Do you like to write? Have a story to tell? Why not share it with our readers.



The Cuenca Dispatch is looking for writers Contact thecuencadispatch@gmail.com

HEALTH

News You Can Use

By Susan Burke March

When suppressing a cough is a bad idea

My client said, "What do you think of the 8-Hour Diet? I've heard it really works".

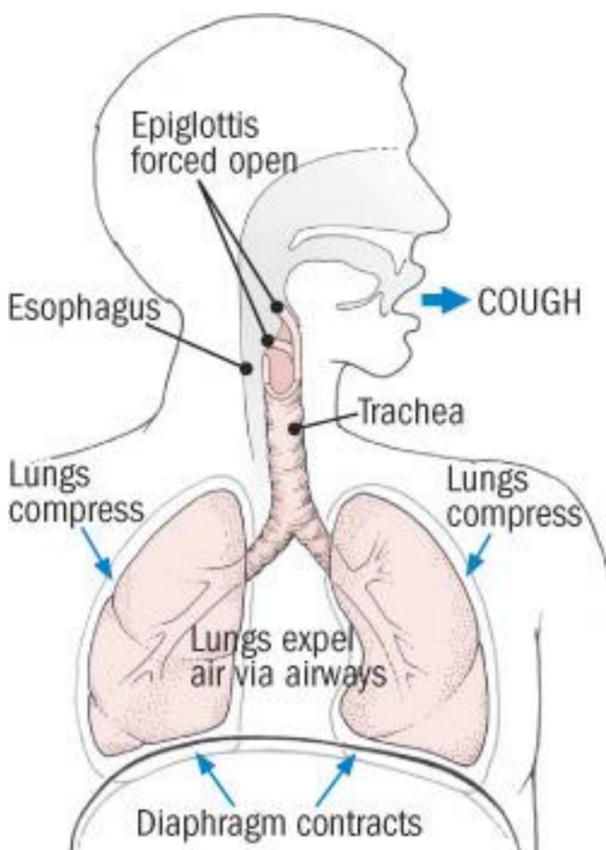
A recent discussion on an expat social media website had me worrying. One expat asked where they could find a certain cough suppressant for a chronic cough that had lasted a "few weeks." Another expat recommended honey and herbs. I added my two cents and said that honey, while it could be soothing, is not a "cough suppressant," and by the way, a cough lasting more than a couple of weeks should be addressed by a physician. After all, a cough resulting from a cold shouldn't last that long, and certain coughs need attention.

But suppressing a cough could be harmful.

Pediatrician Roy Benaroch, MD, writes in KevinMD.com, "Coughing is there, usually for a reason." He notes that almost all coughs result from upper respiratory infections caused by common, ordinary viruses like the common cold. Viral infections cause excess mucus to form throughout your "respiratory tree" — from your nose, down your throat, and deep into your airways and lungs. He says if that "warm sticky mucus" isn't expelled by coughing it's likely to attract bacteria, which reproduce easily and cause more inflammation and even more mucus.

He says, "Coughing is good, and brings the mucus up and out of the lungs and respiratory tract (it's usually swallowed, which is harmless — respiratory bacteria cannot survive in your stomach). Coughing also agitates the mucus, preventing bacteria from developing their defensive biofilm and creating a huge colony of pus-filled goo."

Dr. Benaroch says that most coughs last longer than we think, and that only 50% improve within 10 days, with many lasting up to three weeks.



And a cough not a disease, it is only a symptom of an illness. Besides upper respiratory infections, irritations from smoke, fumes, and allergies such as to pollen, animals, dust and even certain chemicals or perfumes can cause coughing. Some people have a nervous habit of coughing.

Others may have other medical conditions such as gastro-esophageal reflux disease (GERD), heart disease, or even a lung tumor. Some medications cause coughing, such as angiotensin converting enzyme (ACE) inhibitors for high blood pressure.

Asthma, which constricts breathing tubes and causes them to collect mucus, is a frequent cause of chronic cough.

Though most coughing is ordinary and benign and viral, a severe, lasting or troublesome cough should be evaluated by a doctor to determine the cause.

Dr. Benaroch writes that although there are hundreds of "cough medicines" on the pharmacy shelves, none have been shown to reduce a cough "in any meaningful way." Consumers may still want to take them, but always take as instructed, and not for longer than recommended. Know that "suppressing" a cough could backfire.

According to Livestrong.com, Mucinex, whose generic name is guaifenesin, loosens up phlegm or mucus in your chest and throat, making it easier to cough it out. The expectorant is used to treat congestion due to infection, allergies or colds. Many different versions of medications contain the active ingredient guaifenesin, and sometimes guaifenesin is found in combination with antihistamines, cough suppressants or decongestants.

Dr. Benaroch points to the "adorable mucus-monster guy," the medicine's mascot, and calls it "ironic" that a version of Mucinex contains a cough suppressant as well as an expectorant, which means that although coughing is the only way to get rid of that little pest, it's being suppressed!

It's important to note that any other drugs used in combination with guaifenesin can have side effects themselves, but the side effects associated with guaifenesin itself might include nausea, dizziness or drowsiness, or rash.

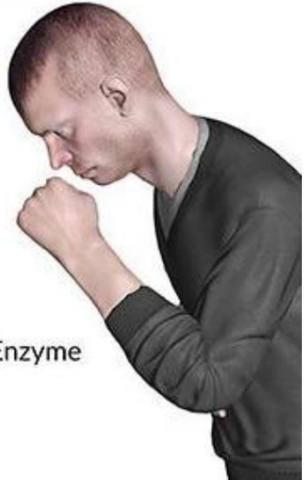
Unfortunately, some people ignore package warnings and double up on dosage, or mix medications, which could cause dangerous side effects. Cough syrups and common cold medicines may contain dextromethorphan (a cough suppressant) and excessive consumption of this ingredient can lead to euphoria, constipation, dizziness, drowsiness, panic attacks and even psychosis.

Shen-nong.com writes, "When coughing is your main symptom, a multi-symptom medicine that contains other ingredients like antihistamines and decongestants can make your sputum thicker and harder, and your cough may become worse...side effects may be a concern for those with health problems, such as asthma, heart failure, hypertension, glaucoma and urinary problems.

"Cough medicines also cause problems with other medicines such as sedatives and certain antidepressants. If you have a chronic respiratory problem, pregnant or breast-feeding or are older than 60, use the medicine

What Causes Chronic Cough All the Time?

- Postnasal
- Asthma
- Gastro esophageal reflux disease
- Pneumonia
- Angiotensin Converting Enzyme
- Heavy Smoking Habits



with caution. Always read the "Warning" section on the label to see the possible side effects. Some cough preparations are rich in sugar; diabetic patients should look for a sugar-free one."

If you have a cough due to a cold, feel more comfortable by:

Resting

Drinking lots of warm beverages: broth, tea with honey can soothe your throat

Gargling frequently with warm salt water

Sucking on cough lozenges, hard candy or a wet sponge soaked in brandy to soothe an irritated throat

Massaging the chest with aromatic rubbing ointments or creams.

Also, Vicks can be soothing and steam helps relax airways: take a steamy shower

Avoid smoke and smoking: smoking is the most common cause of chronic cough. Avoid dust, fumes, and aerosols

Sleep with your head raised, or if you cough at night, on your side.

But, if you have an unexplained cough for more than 3 weeks (you didn't have a cold; you haven't been diagnosed with allergies, for example) see your physician.

According to Harvard Health, seek medical help for a cough when you have:

Fever, especially high or prolonged

Copious sputum production

Coughing up blood

Shortness of breath

Weight loss

Weakness, loss of appetite, fatigue

Chest pain not caused by the cough itself

Night sweats

Wheezing

Most colds are viral, and will go away on their own, but if your sputum is thick, yellowish-green and you have a fever that persists, it's possible the infection is bacterial and requires antibiotics. Avoid taking antibiotics unless your doctor checks your sputum and confirms.

The fascinating and bizarre stories of Groundhog Days in Virginia

The story of Groundhog Day in Virginia is both fascinating and bizarre.

The interesting tales began in Richmond in 1914 when there was a Groundhog Day hoax at the State Capitol.

A 1958 Times-Dispatch article recounted the hoax which occurred when "Some state official, with a decided sense of humor" issued a press release that on February 2, 1914 at noon, a groundhog would emerge from beneath the pavilion that housed a statue of Henry Clay on Capitol Square (this statue is no longer in place at the capitol). On Groundhog Day, an estimated two to three thousand people assembled by the pavilion to watch for the groundhog. The rumored groundhog never appeared and eventually the unhappy crowd dispersed — concluding the successful prank whose organization remains a mystery.

In the decades that followed, local scientists studied Groundhog Day in Virginia to decipher how truthful the rodent's prediction skills were. Richmond weathermen were not fond of competing with the groundhog on making weather predictions and one year the government even forbade acknowledging the groundhog's prediction all together.

On February 2, 1985, Times-Dispatch staff writer Albert Oetgen compiled the some of the highlights of Groundhog Day in Virginia as follows:



1932: The Bureau of Biological Survey at the U.S. Department of Agriculture issues a statement outlining its exhaustive study of groundhogs. It says the earliest anyone had even seen a groundhog in any year was Feb. 7, and that was down in North Carolina, where it gets warm earlier. The bureau, clumsily exposing its regional biases, goes to say that the groundhog legend is a "superstition that must have originated in the Southern States."

1936: A biology professor at the University of Toledo conducts a serious, government study of the groundhog's ability to predict weather. He concludes that the theory is preposterous because "changes in the endocrine system are a controlling factor in the hibernation of a groundhog."

1937: A weather bureau spokesman

calls Groundhog Day "a lot of sentimental twaddle."

1939: The Richmond office of the U.S. Weather Bureau announces that it can prove groundhog legend to be false. It produces analysis of six winters showing that three times as much snow fell in the years that the groundhog didn't see its shadow. A close reading shows, however, that the report was fatally flawed. The forecasters didn't determine whether most of the snow came after Feb. 2.

1940: Members of the Virginia Commission of Game and Inland Fisheries put the groundhog in their list of protected species, drawing the ire of editorial writers in Staunton, one of whom opines: "In their delightful naiveté, they have been victimized by some rare humorist," and predicts that groundhogs will "soon overrun the countryside."

1942: Reports of what the groundhog did or did not see are not allowed to be published because long-range weather forecasting is forbidden by military censors. Writing about Groundhog Day "might give aid and comfort to the enemy," a Washington bureaucrat says.

1946: A Richmond weatherman says smugly, "We don't even know that there is a groundhog."

1947: The chief of the U.S. Weather Bureau's extended forecast division says flatly, "Scientifically, there is no basis whatsoever for the groundhog legend."

1954: The groundhog was caged in Capitol Square so everybody could watch him make his annual Groundhog Day weather prediction. But he killed himself trying to get out of his cage at the State

Department of Game and Inland Fisheries.

1957: A Byrd Field weatherman says the groundhog legend is "nonsense." He then recites the following forecast, in a monotone, no doubt: "Fair tonight, increasing cloudiness tomorrow, followed by rain or snow" (This was before forecasters said things like "a 50% chance of snow," which assures them of being correct if it snows, and correct if it doesn't snow.)

1961: An amateur meteorologist in Richmond betrays other practitioners of the black art of forecasting when he responds to a reporter's routine Groundhog Day inquiry by saying, with unusual honesty, "Watch out. Anything can happen."

1976: A Richmond News Leader editorial growls that "no self-respecting groundhog would dare leave his burrow on a bluster-chilly day like this."

1980: A professor at Virginia Polytechnic Institute and State University tells The Associate Press that if the groundhog shows its face on Groundhog Day, it will not be checking on the weather. "The first thing groundhogs do every spring when they come up and start to get active is to search for a mate," he says confidently.

1982: The "Reagan Revolution" has apparently restored humor in government, perhaps its most important accomplishment. A weather service forecaster in Pittsburgh tells a reporter, "The national meteorological center checked with Uncle Phil the Groundhog before they put out their extended forecast and they agree with his prognosis." The bad news was that the prognosis was, as it usually is, six more weeks of winter.



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WHAT'S HAPPENING AROUND TOWN AND BEYOND....

"What's Happening..." is updated weekly with a large variety of events that both ex-pats and Ecuadorians will enjoy. If you have an interesting event you would like to publicize, please visit www.cuencahighlife.com and submit your event for consideration.

Community Events

Cuenca Trivia Night

What: Join in for the fun at Cuenca Trivia and test your wits, with emcee and local legendary-liberal-loudmouth Linda Chase!
When: Every Tuesday from 5:30 p.m. to 8 p.m.; dinner first and then Trivia at 6:30 p.m. sharp.
Where: The Vegetable Bar, 3 de Noviembre (200 feet down from the Broken Bridge)
Cost: Free
Contact: Linda Chase at lchasechase@yahoo.com or thevegetablebar@yahoo.com

Cuenca Bridge Club

What: Calling all bridge players. All standards welcome come with or without a partner.
When: Every Mon Wed and Fri from 12.45 till 4.30 pm
Where: Reginaldo Arizaga 2/56 y Ricardo Darquea
Contact: Ed Greene 0998198706

Book Study

What: The Cuenca Shambhala Meditation Group will be continuing their book study meetings.
When: Thursdays from 3:30 p.m. to 5:00 p.m.
Where: Namaste Restaurant, 8-81 Calle Larga, east of Benigno Malo, upstairs room
Cost: Free
Contact: Nancy Gregory cuenca.shambhala@gmail.com

Chess Club in Cuenca

What: Every age group and skill level is welcome and we play for fun with an emphasis on slow improvement and chess camaraderie that brings us together.
When: Every Saturday from 3 p.m. - 6 p.m.
Where: Cafe Austria (Hermano Miguel and Simon Bolivar)
Cost: Free
Contact: Nicholas Barringer: barringernicholas@gmail.com

Lip Sync Fun!

What: That song, you've been singing in the shower for years...with costumes on stage!
When: Ongoing at Fishbon's Red Horse Theater Lab
Where: Fishbon del Sur 14-25 Mariscal Lamar y Estevez de Toral, El Centro, Cuenca
Cost: Free, join a group or make a pitch!
Contact: dgmac01@yahoo.com

Jazz Jam Session

What: Jazz Jam session with variety of guests.
When: Every Monday from 8 p.m. to 10 p.m.
Where: Paseo 3 de Noviembre next to the Broken Bridge
Cost: Free
Contact: Fernando Torres ftorrestt@gmail.com 099 931 0966

Saturdays in the Park

What: Let's play. This is a time for English speaking families and couples to get together, hang out, enjoy the park and socialize.
When: Saturdays at 11 a.m.
Where: Parque de la Madre on the west side of the park near the row of benches.
Cost: Free
Contact: N/A

Ruta de Museos en familia / Family Museum Walk Tour

What: Come and enjoy visiting museums with your family.
When: Every Saturday and Sunday from 10 to 11 a.m.
Where: Parque Calderón, in front of the old church Luis Cordero.
Cost: Free
Contact: Municipio Cuenca at [@MunicipioCuenca](https://www.facebook.com/MunicipioCuenca)

Coffee Club Spanish

At Coffee Club Spanish, we specialize in helping you gain useful language skills. Beginner, Intermediate and Advanced Classes.
Contact: info@coffeclubspanish.com

Cuenca Feria - Sabatino's

What: Food & Craft Feria on the grounds of Sabatino's
When: First Saturday of EVERY month from 9:30 am to 2 pm
Where: Sabatino's Garden Restaurante, Roberto Aguilar y 3 de Noviembre,
Cost: Free to attend

Cuenca Feria - Ribs and More

What: Food & Craft Feria held at Ribs and More
When: Second Saturday of EVERY month from 9:30 am to 2 pm
Where: Ribs and More, Remigio Crespo y Remigio Romero,
Cost: Free to attend

Improvement and benefits noticed in one, one-hour class!

What: The Move With Balance with Music classes will be ongoing. Drop in and try it out. Experience the benefits and improvements for yourself. Come...we know you'll stay. Please visit www.MoveWithBalance.org to see photos and videos of previous classes

When: Tuesdays from 10:30—11:30 AM. We will be there at 10 AM. Come early to experience Integrative Art before class.
Where: Luis Cordero y Tomas de Heres.
Cost: By donation. (Suggested donation \$10 per class)
Contact: Email kp@givingbackmentoring.org, Karen Peterson: 095 968 0417 .

Extraordinary Exhibit of Eduardo Segovia's art collection at CVA Gallery

What: an exceptional show of paintings from Ecuador's master artists, as well as artists from Peru and Holland. Artist Eduardo Segovia, Cuenca's master ceramicist, is offering works from his private collection. These works have been collected over decades, and include the most renowned painters of Ecuador, including Miguel Betancourt, Beltran, Alfaro, M Serrano, Whitman Gualsaqui, Ylari, Luis Lopez Cruz and more. Also see Peruvian artist Besantez, and Dutch artist Anna Reindeer.
This show is a special opportunity to see and collect master artworks from Ecuador, Peru, and beyond. Meet Eduardo Segovia at the opening, and enjoy his fantastic collection of art.
When: Show runs through February 23rd.
Where: Cuenca Visual Arts, Calle Larga 3-82 Y Vargas Machuca in the Santa Canela Building
Contact: Janda Grove, 096 867 9260 or Email: cvagalleryecuador@gmail.com

Artist Kelly Harding's Art at idiomART

What: Kelly Harding's exquisite watercolors, exhibition continues through February 28th
When: Now through February 28th, Gallery hours: Monday through Friday from 10 AM to 3 PM.
Where: idiomART is on Presidente Córdova 1-77 between Manuel Vega and Miguel Angel Estrella, in el Centro, Cuenca.
Contact: Sara: studio@idiomart.net

The Life Changing Benefits of Energized, Structured Water

What: LIVE presentation in Cuenca on the Quantum technologies and solutions that can immediately increase your health and wellness, enhance your energy, increase your awareness, reduce your pain, slow down aging and more.
When: Tuesday, February 12, 2018, 4- 6pm
Where: The House of Natural Wellbeing, Casa de Bienestar Natural, Cornelio Merchan 7-94 y Padre Sodiro
Contact: Beth Shahda, 0939820306/07 281 5579; info@casadebienestarnatural.com

Valentine's Day poetry reading at the CVA Gallery

What: Valentine's Day is the perfect time to hear the Love Poems of Pablo Neruda, some of which will be read in Spanish and in English. We also have readers who will share some poems of beloved poet Mary Oliver. Come to listen or to read (please sign up if you wish to read.) We will open the doors at 4:30 and finish by 6, so you will have time to enjoy your Valentine's dinner afterward.
When: February 14, from 4:30 PM to 6 PM
Where: CVA Gallery, Calle Larga 3-82 Y Vargas Machuca, in the Santa Canela Building, Cuenca.
Cost: FREE
Contact: email: jandagrove@yahoo.com if you wish to read a favorite poem of Pablo Neruda or Mary Oliver; Janda Grove: 096 867 9260. Call after: 10 AM.

Celebrating Valentine's Day, Super Star Band at Common Grounds

What: Common Grounds presents, the most and greatest band of Cuenca...."Super Star Band" playing the best songs of all time; special menu for the night.
1.- Grilled Salmon dill creamy sauce, veggies and risotto rice.
2.- Filet Mignon on mushroom sauce, veggies and baked potato
3.- Lobster tail over broccoli and fettuccine alfredo
When: February 14th 7:30 to 10:30 pm
Where: Common Grounds, Eduardo Crespo Malo Y Gran Colombia
Cost: \$5
Contact: Cristian: 098 107 9406

Valentine's Day at the Jazz Society Café

What: Enjoy a romantic evening of beautiful ballads by the Jim Gala Trio, with singer Ana JuliaThursday, When: February 14, 2019; Food and beverage service: 6:30 through 10 PM; Valentine's Day Concert: 7:30 through 10 PM
Where: The Jazz Society Café, 5-101 Luis Cordero y Juan Jaramillo, 2nd Fl
Contact: : jazzsocietyofecuador@gmail.com. For more information: www.facebook.com/JazzSocietyCafe/

Moxy Players at the Castle

What: Cuenca's newest band serves up a mix of Rock, Soul, Reggae, Funk and Jazz. Band mates Julio, Roxy, Freyler and Steve look forward to seeing you for a great night of music and dance!
When: February 16th, 7:30 to 10:30 pm
Where: The Castle, 3 de Noviembre, 70 meters downriver from the Broken Bridge
Cost: \$5 cover
Contact: thecuencacastle@gmail.com

End of Life Facts and Procedures in Ecuador

What: Cost of cremation services of IESS and private funeral homes; notarized document authorizing someone to dispose of a person's possessions to avoid important problems and misunderstandings, including deposit refunds, utilities cancellation, etc. Our presenters have up-to-date information to assist in preparing you to cover all your wishes and follow Ecuadorian laws

This is a public service seminar/workshop. Presenters: William Dick - Yellow Dot service for emergencies; Dra. Consuelo Carrasco, Notary Public Power of Attorney to specify your wishes for burial, hospital instructions, financial matters etc.; and Diana Vera, Facilitator,
 When: Tuesday, February 19th at 10:30 AM
 Where: International Christian Community at Nicanor Aguilar and Avenue Solano- one block north of Solano, Nicanor Aguilar y Ave Solano, Cuenca
 Cost: No fees.
Contact: Limited seating - reservations mcbsusan75@gmail

The OBG Dance at Common Grounds

What: Beginning on Wednesday, February 20, the OBG Dance will be at Common Grounds. Come early and enjoy Happy Hour from 5-7 PM with great food all evening. Drink specials and dancing from 7-10 PM.
 When: Wednesday, February 20 from 5 - 10 PM
 Where: Common Grounds, Eduardo Crespo Malo y Grand Columbia, Cuenca.
 Cost: \$5
Contact: Rene: obgdance@gmail.com

Common Grounds Bazaar

What: Common Grounds Sports Bar is sponsoring a Shopping Bazaar featuring Cuencano and expat artisans. Each vendor will be provided with one table and 2 chairs. The event is inside and outside and food is available for purchase for shoppers and vendors.
 Where: Common Grounds Sports Bar on Eduardo Crespo Malo and Gran Colombia, near the intersection of Gran Colombia and Unidad National.
 When: Saturday, February 23rd, from 9 AM to 3 PM.
 Cost: \$15 to participate, admission is free to shoppers
Contact: commongroundsbazaar@hotmail.com

Calling all y'all Texans and guests

What: Last years' Texas Hoot 'n Holler was so much fun, we are doing it again. Meet and Greet fellow Texans by reserving the number of people in your party, including any guests.
 For reservations and further information about the event, please email. See y'all there.
 When: March, 2019. Date TBD
 Cost: \$10
Contact: Jennifer Martin: CuencaTexpats@gmail.com

Health & Wellness Activities

Gentle Stretch Yoga with Anali

Wednesday: Emphasis on detail, precision and alignment with John Heck and Iyengar
 What: Yoga for every body
 When: Monday, Wednesday and Friday 10- 11 a.m.
 Where: Fishbon del Sur 14-25 Mariscal Lamar y Estevez de Toral, El Centro, Cuenca
 Cost: \$5.00 or \$20.00 for 5 classes
Contact: laurainksbodine@gmail.com

Meditation at Namaste Restaurant

What: The Cuenca Shambhala Meditation Group
 When: Sundays from (corrected time) 10:00am - 11:30am
 Where: Namaste Restaurant, 8-81 Calle Larga, east of Benigno Malo, upstairs room
 Cost: free; donation appreciated
Contact: Nancy Gregory; gregoryexpat@gmail.com

Tai Chi and Chi Kung Classes

What: Tai Chi & Chi Kung (Spanish / English).
 Where: PUERTAS DEL SOL: in front of Vegetable Bar, other side of the river. Mon & Thurs from 7:30 to 8:30 am. Sat & Sun from 8:30 to 9:30 am and Tues 8:30 am for Beginners only. PLAZA SAN SEBASTIAN: Tues and Sat from 10:15 am to 11:15 am.
 JUNGLE GYM: Upper level of Sunrise Cafe, Calle Larga. Wed 9 to 10 am and Fri 10 to 11 am (For cost call Rachel at Jungle Gym, usually packages of 8 sessions for beginners)
 Cost: Contribution
Contact: Eduardo González 099 5252898 egz1111@gmail.com

Meditation: Awaken Your Inner Power

What: Free meditation.
 When: Tuesdays from 9 a.m. to 10 a.m.
 Where: Paseo Tres de Noviembre y Ave. Los Cipreses
 Cost: Free
Contact: Eduardo 099 852 1409

AA Meetings in English

What: English Speaking AA Meetings
 When: Open meeting every day at 12 p.m. ; Women's Meeting Thursdays at 10:30 a.m.
 Where: Borrero 7-68 between Sucre and Presidente Cordova, second floor, room facing the street
 Cost: Free
Contact: Gerard 098-656-4887 gtretton@yahoo.com

Dr. Indunil @ Bioethika Center for Healing

What: Ayurvedic treatments for all kinds of diseases
 Panchakarma treatments, Live blood analysis (Darkfield Microscopy); Fasting blood sugar test. Reserve your appointment now.
 Where: Bioethika Center for Healing, 1-97 Los Pinos y 3 de Noviembre
Contact: 07-4089417, bioethikacenterforhealing@gmail.com

Worship Services

Episcopal—Anglican Communion Service

What: Worship with the Book of Common Prayer and improve your Spanish with Padre Homero Hurtado.
 When: Every Sunday at 9:30 a.m.
 Where: Mision Sagrada Familia, 5-34 Bartolome de las Casas y Tirso de Molina (Yanuncay area).
 Cost: Free (Coffee afterwards)
Contact: Eben Haskell, ebenhaskell@yahoo.com, 098-301-8880

Cuenca Christian Church Bilingual Worship Service

What: Bilingual Sunday service at Cuenca Christian Church.
 When: Sundays at 9:30 a.m.
 Where: at the SW corner of Av. Diez de Agosto y Pichincha (3 blocks east of Av. Loja). There is parking on side streets and buses #15 and #12 serve this area.
 Cost: Free
Contact: Cuenca Christian Church: cuencachristianchurch@gmail.com

Calvary Chapel Cuenca this Sunday - English and Spanish Services

What: Calvary Chapel has been formed as a fellowship of believers in the Lord Jesus Christ.
 When: Sunday's service in English at 9:30 a.m., in Spanish at 8 a.m. and also at 11 a.m.
 Where: Our location is at the western end of bus line #22, Juan Pio Montufar and Primera Convención
 Cost: Free
Contact: Roger Quilty 098 032 6390

The International Christian Community

What: We are open to Christians of all backgrounds and our main goal is to love one another in the Lord. Come and enjoy "God With Us".
 When: Every Sunday at 11:00 a.m. (in English). Coffee fellowship after the service.
 Where: Nicanor Aguilar and Solano (one block north of Monte Sinai Hospital).
 Cost: Free
Contact info: Email info@internationalchristiancommunity.org

English Worship Services - LDS

What: The Church of Jesus Christ of Latter-Day Saints
 When: Every Sunday at 10:30
 Where: Av. Fray Vicente Solano and Remigio Tamariz. Bus stop (just outside the meetinghouse) is on the west side of Solano between Remigio Tamariz and Remigio Crespo. Buses 5, 12, 15, 16, 22, 24, 26

Miscellaneous

For sale: Spacious and beautiful apartment

Where: Genova Building, Av. Juan Iniguez y Alfonso Moreno Mora, 5th floor.
 The apartment has 3 bedrooms, a large laundry area, and modern built-ins.
For more information, contact Isabel at 0979942932

Have fun and learn Spanish in one month

What: Two Spanish lessons per week, dancing and cooking lessons, a visit to the waterfalls in Giron, and Conversation Club twice a month at Golden Prague Pub with a free beer. Every month.
 Where: Spanish Institute, 2-92 Larga St.
 Cost: \$124 per month.
Contact: spanishinstitute.cue@gmail.com; 099-5870-500

Solution to Crossword puzzle on Page 12

			H	E	W		P	A	C		D	A	D			
			A	M	A		A	G	A		O	R	E			
G	A	L	O	P			R	O	M		O	M	B	E	R	
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All technical information now available in English



The Castle

With two entrances:
3 de Noviembre

(200 feet downriver from the Broken Bridge)

Bajada de Todos los Santos

(500 feet below Todos Santos Church)

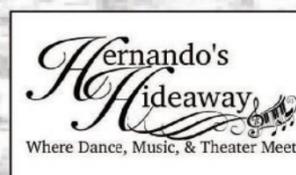
Cuencacastle.com / 098 275 9584

EAT, Cuenca's place for gourmet sandwiches and dishes is **NOW OPEN** at The Castle from 11:30 am to 8 pm Monday - Saturday and 11:30 am to 5 pm on Sundays!

Parking is available on Calle Larga, just steps away from The Castle



The Castle Cinema



The Castle, soon to be what everyone is talking about!