

Inside this issue:

Santa Familia Futbol	1
Letter to the Editor - Road	1
Moringa Tree	2
Summer Fun Contest	2
Cook it Up!	3
Letter to the Editor - Thief	3
HIV/Aids	5
Humes Wedding	6

Permanent columns

- Village Council
- Water Board
- Births, Deaths, Marriages
- Bus Schedules
- Church News
- School News
- Events
- Letters to the Editor/Info
- Advertising
- Fun Stuff/Recipe
- Wise Voice/Womens Voice/Weddings

Our Village Life



Santa Familia Futbol!!



Mundialito Game on Tuesday, July 24



The Santa Familia Mundialito started on 22nd of July with a huge marathon.

Trophies for the Fundraiser Game for a member of the community that was held on 29/7!

Letter to the Editor

By Anonymous

As a concerned citizen of the Village of Santa Familia I must express my deep disfavor of the current policy of grating the road by the Government, although there has been no road work to build the road back up after the graters passed. Their continuous grating of the road without any upkeep to the road bed has resulted in grating down to the MUD! It has also exposed water lines in the village to additional wear and tear and damages. The last three passes of the grater have either exposed the water lines under the road or actually broken them and pulled them out of the road. This has resulted in an additional expense for repairs. If other villages in the country are having the same problem I think we should all let our discontent be known. Scraping roads down to the mud creates an additional hazard when it rains. The roads become

very slick, vehicles get stuck, pot holes form and deep depressions and ruts are left behind. Re-grating this does not solve the problem. We need better roads. Our road is an evacuation route for hurricanes, it is also the only road out of Spanish Lookout to other parts of the country when the Iguana Creek bridge and the ferry are closed due to flooding. This means we have increased traffic of heavy equipment, trucks, busses, etc. which damages the road for our villages even further. This is why I feel the government should make this road a priority in their road upkeep and maintenance schedule, not just grate it continually ad nauseum.

CHURCH NEWS!

- † **New Generation** —
Nueva Generacion
Service: every day except
Thursday, 7 – 9 pm
- † **Catholic Church**
Service: 10 am Sunday
- † **Seventh Day Adventist Church**
Service: Sat. 9 am to
11.30 am
- † **Evangelical Holiness Church**
Service: 7 pm Wednesday
10 am Sunday
7 pm Sunday
- † **Pentecostal Church**
Service: Mo., Wed., Fr., Sat.
Sun. 7 pm to 9 pm, Sun. am
- † **Iglesia de Dios Septimo Dia**
Service: Wed. 7 pm
Sat. 9am – 11.30am
Sun. 7 pm



When you get to your wit's end, you'll find God lives there.

SCHOOL NEWS!

WHOOOPEEEEE! SCHOOL'S OUT!
SUMMER VACATION IS HERE!



Mundialito started July 22!!!
Summer Fun Contest has started!



BUS SCHEDULES

Santa Familia to

→ San Ignacio

- 6.00 am
- 7.30 am
- 8.00 am
- 1.00 pm
- 1.40 pm
- 3.30 pm

San Ignacio to

→ Santa Familia

- 6.45 am
- 10.30 am to SL

- 11.00 am
- 12.30 pm
- 3.30 pm
- 4.00 pm

- 5.00 pm

Santa Familia to

→ Spanish Lookout

- 6.00 am

Spanish Lookout to

→ Santa Familia

- 7.00 am
- 1.00 pm

**Things you need to know about ...
THE MORINGA TREE—PART 2**



By Whistling Ducks Farm

Moringa Tree is a rapid growing tree. Once the Tree is 4 - 5 feet , families should begin to harvest the leaves from the top of the tree and this will allow the tree to spread. The leaves can be eaten raw, or in salads or in any recipe. Steam them and make a puree. Each person should try to eat at least ONE CUP FULL of Moringa Leaves. When the trees get older the peas, the pods and the flowers can be eaten. When lots of leaves are available,

the leaves can be dried to make Moringa Powder. Take the leaves off the woody stem and spread them out to dry. Crush the dried leaves to get the Moringa Powder. This can be stored and sprinkled on meals. Also for babies feed, mix the dried leaves or the fresh leaves with water. Or sprinkle them on the baby's food. (In the Philippines, Moringa is known as 'Mothers Best Friend'.) Plant the Moringa Tree

near to the house so that the leaves can be easily accessed. Moringa trees can also be grown in pots (e.g. Pigtail buckets) instead of in the ground.

Ounce for ounce, they have:-
7 times the Vitamin C found Orange.
4 times the Vitamin A of carrots.
3 times the Iron of spinach.
4 times as much Calcium as milk.
2 times the protein in milk
3 times the Potassium in bananas

MORE IN THE NEXT ISSUE!



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Advertisement

Santa Familia Village Newsletter Children's Summer FUN Contest!
Are you ready to roll?? Bring your bird house, picture or story to the Whistling Ducks Farm by August 30, 2007. All

children up to 16 years can enter the contest! Sizes, formats, etc. not important, just be creative, maybe together with your friends & family (you may enter as a group!!)

1. Build a bird house →
 2. Paint a picture →
 3. Write a story →
- Win prizes!
Please put name and age!

Village Inside

WELCOME!
Births in Santa Familia



Don't forget to let the editor know when you had a baby!

1 + 1 =

Marriages in Santa Familia

I have heard of no marriages for this month!
Please kindly let the editor of this newsletter know when you plan to get married!



Santa Familia Mobile Clinic
FRIDAY, AUGUST 10
At the Health Center

Events in August:

THROUGHOUT AUGUST
Ongoing Mundialito Football Games at the Football Field!!

7th August Tuesday
Meeting with all Village Business People—Community Center—7pm

8th August Wednesday
Free Rabies Vaccination at the Bus Stop, 1.30 pm to 4.30 pm

10th August Friday
Mobile Clinic at the Health Center

11th August Saturday
The Village Council together with the Family of Guadalupe Humes of San Jorge and the Churches will organize a fundraising event for Lupe, who was seriously injured. There will be 3 Christian Bands playing - music starts 5pm. Location "Football Field". Food and drinks will be for sale. Raffle tickets for Sale!

12th August Sunday
Village Cleanup—Please put your metal junk and cans, etc. out by 7 am for pickup. Please seal the bags ...

Water Board Billing Clerk Information

- You can pay your water bill at the WATER BOARD
- OFFICE in Santa Familia on the following days:
- 1st day of every month**
- 8th day of every month**
- 15th day of every month**
- LAST day of every month**
- TIMES: 8-12 am and 2-6 pm**
- Payments due before the 15th of the following
- month. Accounts 60 days past due will be
- disconnected automatically with no notices.

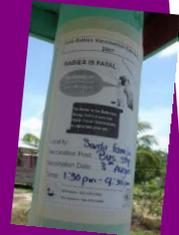
See also
PAGE 4 !!!

FREE FREE FREE FREE FREE FREE
Anti-Rabies Vaccination Campaign

Wednesday August 8
1.30 pm to 4.30 pm

Location: BUS STOP

RABIES IS FATAL!



The Santa Familia Village

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Deadline for next issue:
20 August 2007



Our Village Life

Wedding!

FUN STUFF!

The Ring Bearer

A little boy was in a relative's wedding. As he was coming down the aisle he would take two steps, stop, and turn to the crowd (alternating between bride's side and groom's side). While facing the crowd, he would put his hands up like claws and roar. So it went, step, step, ROAR, step, step, ROAR all the way down the aisle. As you can imagine, the crowd was near tears from laughing so hard by the time he reached the pulpit. The little boy, however, was getting more and more distressed from all the laughing, and was also near tears by the time he reached the pulpit. When asked what he was doing, the child sniffed and said, "I was being the Ring Bear."

Wedding Vows

A grandmother overheard her 5-year-old granddaughter playing "wedding." The wedding vows went like this: "You have the right to remain silent, anything you say may be held against you, you have the right to have an attorney present. You may kiss the bride."

The good Lord didn't create anything without a purpose, but mosquitoes and sand flies come close.

CONGRATULATIONS!



Leonel Humes & Leticia Reyes
got married July 14, 2007 in Santa Familia!

Advice to the Newly Married Couple
At my granddaughter's wedding, the DJ polled the guests to see who had been married longest. It turned out to be my husband and I. The DJ asked us, "What advice would you give to the newly-married couple?"

I said, "The three most important words in a marriage are, 'You're probably right.'"

Everyone then looked at my husband. He said, "She's probably right."

FACTS ... It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the **honeymoon**.

Quote of the Month:
He who angers you, controls you!

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Cook it up!



The Recipe of the Month!

MANGO UPSIDE DOWN CAKE!

- 1/3 cup brown sugar
- 2 tsp baking powder
- 1/4 cup shortening
- 1 egg
- 1/2 cup milk
- 1 tblsp butter
- 1/4 tsp salt
- 2 tblsp lemon juice
- 1-1/4 cup flour
- 3/4 cup sugar
- 2 cup sliced mangoes, sliced
- 1/2 cup milk

How to make the cake:

Melt fat in 8-inch pot or casserole. Add brown sugar and cover with a layer of mango slices. To prepare the cake batter: Cream the shortening, add the shortening, add the sugar and cream together, then add beaten egg. Sift dry ingredients and add alternately with milk. Pour over mangoes and bake 50 to 60 minutes at 375 degrees F.

When cake is done, turn it out upside-down and serve while still warm.



IMPORTANT!

⚠ **Burning** of mango wood, leaves and debris is not advised - **toxic** fumes can cause serious irritation to eyes and lungs. ⚠ **Mango leaves** are considered **toxic** and can kill cattle or other grazing livestock.

Letter to the Editor

By Anonymous

Whatever happened to "Thou shalt not steal?"

I just recently got myself a new cell phone (after my last two phones got stolen as well), but I couldn't enjoy it very long. This one got stolen, too, and I am wondering what is happening in Santa Familia. Why do people think they can just take what belongs to others? This is not only about cell phones, also other

things get stolen all the time. What happened to the times when you could leave your door open in our village and even if people walked in while you were not there, they never thieved anything?? Well, I know who took my phone and YOU know it, too, so why don't you just **give it back???** You know where I live ... and this is my wish for you **THIEF:** I wish you many sleepless

nights—until you give back what you stole!

The rest I leave to the Lord, He will know how to punish you **BEST ...** And always remember ... **YOU REAP WHAT YOU SOW.**

You know what to do if you want good things in your life—perform good deeds! Help somebody and stop the thieving!

Village Council News

By Benicio Cano

The Members of the Village Council of Santa Familia

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Millard Tun, Treasurer
Phone: 663-2140
Gilberto Guerra, Vice Treasurer

Greetings from Village Council Chairman and Council Members

I take the time now to congratulate the editor and sponsors for issuing this newsletter monthly. I believe this has been a very good way of communication with our villagers, of which any villager should feel proud of. Villagers, let's get involved in our community, let's work towards building a better Santa Familia. What do you want other people or villages to say when they hear "Santa

Familia"? Remember what they voice out is very important. Let us be building blocks to create a peaceful atmosphere. I urge you to get involved with the Village Council and together we can feel proud of where we live. I know, challenges will come, but together we can overcome all obstacles. Well, this is our fourth month working for you as a Village Council. There have been challenges, but Thank God we have managed. My Council Members and I have just been so glad for allowing us to work for you.
God's Blessings,
Benicio Cano, Chairman

Village Water Board News

By Paulette Robinett

The Members of the Water Board of Santa Familia

David Cobb sen.,
President
Phone: 609-3090
Paulette Robinett,
Secretary
Phone: 602 3924
Marlyn Waight,
Treasurer
Phone: 601-0279
Domingo Chincilla,
Vice Chairman
Phone: 665-6486
Ivan Carrias
Phone: ---
Israel Rivera
Phone: ---
Cristobalina Leal
Phone: ---

Well, here's the news about water board activities this past month.

First, it is finally here! In case you haven't noticed the water board office was delivered July 31, 2007 and will be open for business effective the 1st of August. Please remember to check the billing clerks hours ... those are the dates and times someone will be in the office.

It has been a long haul (no pun intended) since the Water Board was tasked by the Village at a meeting in May 2005 to get an office. Well, we have it and everyone in the village should pat themselves on their backs...paying your water bills in a timely manner made this possible.

Also, we will be making repairs to the line going up to the Auxiliary Tanks by the Catholic Church. We've had problems filling the tanks so we are installing shut off valves on the branch lines. In the future those lines will be closed when we fill the auxiliary tanks. Ms. Robinett will be asking friends to help with some repairs to the main line. Hopefully after the repairs are made the system will operate more efficiently and the water will be cleaner coming through the pipe from the well. If your water comes out brown during the month of August let it run until it clears...usually 25 - 30 minutes maximum duration. If it is still brown after that notify Mr. Teofilo...there may be a break or leak along your line. Do not keep the water running longer than 30 minutes trying to get it to come out clean. Also, please everyone if you know of a leak or break in the system let Mr. Teofilo or someone on the Water Board know about it IMMEDIATELY so that it can be fixed. **Thanks again and pat on the back to our loyal paying customers.**



99% of the villagers pay their water bill!

Your Health Page - HIV Part 2

By Marlyn Waight

Continued from July Issue

It does appear that persons already infected with a sexually transmitted disease are more susceptible to acquiring HIV during sex with an infected partner. Mucous membranes, a weak point in the skin, include the lips, mouth, vagina, vulva, penis or rectum. Because mucous membranes are porous and viruses and other pathogens are able to pass through, these areas are rich in immune cells. When a person already has a sexually transmitted disease, sex organs may be flooded with [CD4+T cells](#), making it much easier for HIV to infect.

The only way to determine HIV infection is to be [tested](#) for the virus. It is not unusual for HIV-infected persons to experience symptoms years after the initial infection; some may be symptom free for over 10 years. However, during the asymptomatic period, the virus is actively multiplying and destroying cells in the immune system, weaken-

ing the body's ability to fight infection. The effect is most keenly observed in the decline of the immune system's key infection fighters in the blood, the CD4+T cells. There are medical treatments that can reduce the rate at which HIV disables the immune system; early detection offers more options for treatment and preventative care. As a matter of safety, people who engage in high-risk behaviors -- such as intravenous drug use or having unprotected sex with multiple partners -- should be tested regularly.

[How can I lower my risk of HIV infection?](#)

Practicing safe sex and avoiding high-risk behaviors are the keys to protecting yourself from HIV. This begins with understanding that there is a risk of transmission any time infected blood, semen, vaginal secretions or breast milk are exchanged. By limiting the possibility of these flu-



The HIV virus

ids entering your bloodstream, you are lowering the possibility of HIV infection. You can achieve this by limiting the number of people you have sex with, never sharing needles with anyone at any time and avoiding the use of alcohol or drugs before having sex. Drugs and alcohol may influence your decision and may reduce your ability to practice safer sex.

Safe sex involves using a latex condom or latex square (dental dam) for sexual activities -- when used properly, latex is an effective barrier against the spread of HIV. In addition, the use of lubricants should be limited to water-based only, as oil-based lubricants can break down latex condoms within seconds of use.

Next month (September):

What are the symptoms of HIV?

More next month!