



# EL QUETZAL

Volume 20, Issue 40

October 25, 2002

## ***The US “Falls Back” this Sunday***



The US will return to Eastern Standard Time on Sunday October 27 at 2 a.m. Here in Guatemala we do not change our clocks, so the time difference between the *Land of Eternal Spring* and the east coast of the US will be reduced from two hours to one hour.

As of Sunday we will be on Central Time, versus the current Mountain Time.

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## **Baking with Altitude**

Having troubles in the kitchen since moving to Guatemala City? You're not alone. Check out this week's special feature on high-altitude cooking on page 5. And you too can make a great angel food cake!



## **Want to receive *El Quetzal* electronically?**

Contact the CLO office at x4323 and provide your e-mail address. That way you can get the weekly newsletter on Thursday and not have to depend on your spouse to print it out or bring it home. (I won't mention any names!)

## **Reminder...**

Items cannot be included in *El Quetzal* without the contact name and number of the person submitting the information. Also, the deadline for contributions each week is Tuesday at 3:00 p.m. Thank you for your cooperation!

## Medical Information

Health Unit x4306  
Florence Sandoval, RN  
Home 434-4444  
Cell 208-8851  
Beeper 360-0000 PIN 502-1746



Alvina Valentin, RN  
Home 637-3449  
Cell 704-8369  
Beeper 360-0000 PIN 500-6616

Dr. Mario Garcia Bravatti, Post Med. Adv.  
Direct 332-4812  
Home 368-1836

### Hospitals

Herrera Llerandi, 6a Av. 8-71 Z10  
334-5959  
Universitario Esperanza  
6a Av. 7-49 Z10, 339-3244 - 7  
Centro Medico, 6a Av. 3-47 Z10  
361-1645  
Bella Aurora, 10 Av. 2-31 Z14  
337-3204  
Señora del Pilar, 3a Calle 10-71 Z15  
369-3249

### Ambulance

Alerta Medica 332-9422

### Veterinarians

Dr. Marco Velez, Z14 333-3930  
Dr. Andrino, Z10 368-2818

## Mission Duty Schedule

Contact Post One

## Schools

Colegio Maya 365-4868, 365-4869, 365-0060  
e-mail: info@cm.edu.gt  
Equity 360-4261 e-mail: equitygua@intelnet.net.gt

## Worship

### San Martin de Porres

VHII, 369-0318

### San Judas Tadeo

Z14, 368-2395

### St. James Episcopal

Z8, 337-1002

### Union Church

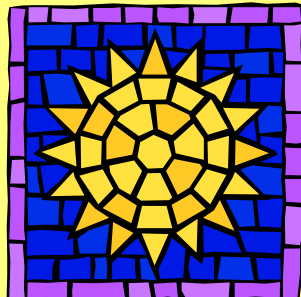
Z9, 361-2037

### Centro Hebreo

Z9, 360-1509

### Church of Jesus Christ of Latter Day Saints

Z15, 331-8585



## Important Numbers & Info

Embassy 331-1541  
Post One 331-2354  
AID 332-0202  
Peace Corps 334-8263/9  
MILGP 332-3235



APO x4347

M - Th 7:00 - 3:00, F 7:00 - 12:30

Cafeteria x4433

M - Th 7:00 - 5:00, F 7:00 - 4:00

### Cashiers

#### Embassy

Chancery M & F 8:30 - 12 noon  
T, W, & Th 8:30 - 10:00

CitiBank M - F 9:00 - 1:00

Banco Uno M - Th 2:00 - 4:00

GSO Annex T, W, Th 10:30 - 12 noon

#### AID

Cashier M - F 3:00 - 5:00

CitiBank M - Th 9 - 12 & 1 - 3, F 9 - 12

CLO x4323

M - Th 7:30 - 3:00, F 7:30 - 12:00

Commissary x4304

M - Th 9:00 - 4:30, F 9:00 - 2:00

#### Gasoline Sales

M - Th 9 - 5, F 9 - 2, Sat 9 - 12

Travel x4216

M - Th 7:30 - 4:00, F 7:30 - 12:00

## El Quetzal

*El Quetzal* is a weekly newsletter produced by the CLO Office in Guatemala for the employees and dependents of the Mission. Contributions are welcome, especially items pertaining to life and travel in Guatemala. Articles reprinted in *El Quetzal* are for the members of the embassy community and do not necessarily represent the views of the U.S. Government, or the U.S. Embassy.

**Classified Ad Policy** The Classified section of *El Quetzal* is intended for use by staff and families of all agencies of the U.S. Embassy. **Please include the name, office symbol, and telephone extension of the staff member submitting the advertisement.** Ads may run for 2 consecutive weeks.

**Contributions and ads must be received by Tuesday at 3 p.m.** for that week's edition, and **must include a name and contact number.** Please leave typed or legible hardcopy contributions at the CLO office, or e-mail to: danybrett@intelnet.net.gt The editor reserves the right to edit contributions and ads.

*Editor, Brett Gold*



# Announcements

## 2002 Military Christmas Mailing Dates



To ensure on-time delivery of Christmas cards and packages to the continental US from our military APO address, the APO suggests that mail be sent by the following dates:

<b>First Class letters &amp; cards</b>	<b>December 11</b>
<b>Priority Mail</b>	<b>December 11</b>
<b>Parcel Airlift Mail (PAL)</b>	<b>December 4</b>
<b>Space Available Mail (SAM)</b>	<b>November 27</b>

## Ambassador's Residence to Reopen Tuesday October 29



Oooops! A little later than we thought... But the driveway is looking good and will be ready for your cars on Tuesday the 29th.

## Employment Opportunities



USAID/G-CAP has a vacancy for a **Personnel Clerk** FSN-PSC-435-06 to work in the Executive Office. Candidates should submit their application to the USAID Human Resources Office by Thursday, November 7, 2002. Contact USAID/HR Ext. 40417 for a copy of the position description.



The Embassy is accepting applications from all sources to provide escort services. Must be U.S. citizens. **Applications should be submitted to the Human Resources Office.**

## Human Resources Office: State Open Assignments

- 10/15 202419 Securing Construction and Occupancy Permits
- 10/15 202616 Line: 2003-2004 Employment Opportunities in Russia
- 10/18 206160 Entry-Level Generalist and Administrative Specialist Thru 2004 (2003 Summer Cycle)

*If you need a copy of a cable contact Carolina at x4335.*

## Important Travel Benefits at Clark Tours



All American personnel please pick-up and complete an American Express customer profile available at Clark Tours. By completing the profile Clark Tours can automatically give you credit under your frequent flier programs and make your preferred airline seat and meal reservations. Keeping a current profile is a customer-service feature of American Express Travel we might all want to take advantage of. Another benefit of having Clark Tours as an American Express travel provider is the availability of the American Express Emergency Travel Service. From the US and Canada call: 1-800-847-0242. From outside the US and Canada call collect: 01-313-271-7887.

## Colegio Maya

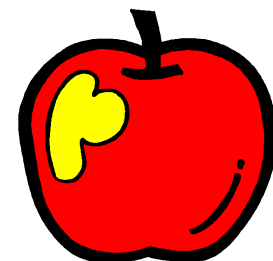


Monday, October 28 - No classes, Teacher In-Service  
Friday, November 1 - No classes, All Saints Day

## Equity American School



Friday, November 1 - No classes, All Saints Day  
Monday, November 11 - No classes, Veterans' Day



# Community Activities



## **Please come to an USMA meeting**

*to discuss the  
Holiday Bazaar &  
USMA Board Confirmation  
**Let's Make it Happen!***

Monday, October 28th  
12 noon

*at*  
Neil King's house

*Please bring  
sandwich fixings or cookies*

## *Union Church Annual Craft Fair*

*12 Calle 7-37, Plaza España  
Zone 9*

*Saturday,  
November 16*

*10:00 am - 1:00 pm  
contact - 361-2037, 331-6904*

You will find the finest quilts & crafts in Guatemala. All proceeds from the sale will support the projects of The Women's Ministries of The Union Church of Guatemala.

*Come and enjoy a cup of  
coffee and doughnuts!*

Friday, November 1  
at the Marine House

 **Haunted House**

11 a.m. - 1 p.m.

Bring your ghosts & goblins for  
goodies, games and a good scare!

 **Adult Costume Party**

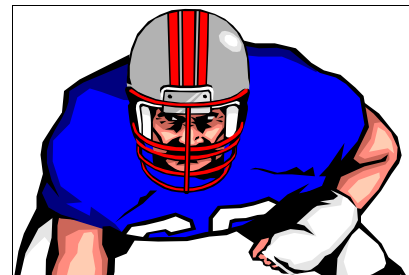
8:00 p.m. - 1:00 a.m.

*Please bring a snack to share*

## **Join the Monday Night Football Fanatics at the Marine House**

- **Big-Screen TV**
- **Good Company**
- **Endless Beer**
- **Football!**

**every Monday at 6:30 p.m.  
all-you-can-eat hotdogs for Q30**



**this Monday is week #8  
NY Giants vs. Philadelphia**



# Baking with Altitude

***Ever baked a cake that puffed-up then cratered? One that was tough? Or one that tenaciously stuck to the pan?? It's nice to know that you weren't to blame. There actually are scientific reasons for these unappetizing results.***

At approximately 5,000 feet above sea level, Guatemala City is blessed with a temperate climate high above the humidity and oppressive heat of surrounding lowland areas. While the moderate temperatures feel great, the altitude can wreak havoc in the kitchen, especially when baking. Whether you've been living in Guatemala City for years, or are new in town, the following is an explanation of why you've had to, or will have to, modify some of your recipes, as well as some tips and recommendations for the challenge of high-altitude cooking and baking.

Areas with altitudes of 3500 feet or more above sea level are considered to be high-altitude areas. The main culprit for culinary woes at these heights is the change in atmospheric pressure. The blanket of air is thinner at higher elevations meaning atmospheric pressure is lower than at sea level or more normal elevations. (Approximately ½ pound less pressure for each 1,000 feet increase above sea level.)

So how does this affect your pasta and cakes? While water boils at 212°F at sea level, at 5000 feet it boils at about 203°F, because there is not as much air pressure to inhibit the boiling action. (For approximately every 500 feet of ascent, the boiling point is lowered 1°F). This means that it takes longer to cook foods by boiling since they are actually cooking at a lower temperature. (Coffee really isn't as hot here as it is at the beach.) In addition, lower air pressure causes water to evaporate more rapidly meaning more liquid is required. Beyond a certain altitude some foods cannot even be prepared without a pressure cooker. Take dried beans for example. At extremely high altitudes the boiling point of water is so low that without a pressure cooker the water will just keep steaming off at a temperature that doesn't even begin to cook the beans.

*But it is baking that really takes the hit from decreased air pressure.* In baking recipes, each ingredient bears a definite relationship to the others, and the quality of the finished product depends upon a delicate balance of ingredients. High altitudes throw this precise balance askew.

Heat rises from the bottom of an oven, but since there isn't sufficient air pressure from above to balance this upward pressure, cakes tend to rise too rapidly. This rapid rising is compounded by the fact that at 5,000 feet 1 teaspoon of baking powder produces 20% more volume than at sea level. Thus a cake's cell structure expands before it "sets". At best cakes may have a coarse texture. At worst, cell walls may over-expand and break, causing cakes to fall. Or cake batter may rise so high during this expansion that it spills over the top of the pan. Because water in batters evaporates more quickly, there is more concentration of sugar in the recipe, which can weaken the cell structure, and result in a dry cake. Or cakes can remain underdone if the temperature is not raised to adjust for the lower boiling point. Added to all of this, cakes have a greater tendency to stick to pans!

*What is a high-altitude baker to do?*

## High Altitude Baking Tips

- **Reduce baking powder by 1/8 – 1/4 per teaspoon**
- **Reduce sugar by 0 – 2 TB per cup**
- **Increase liquid by 2 – 4 TB per cup** to counterbalance rapid evaporation of liquids
- **Use cold water and large cold eggs** to give cake extra strength
- **Don't over beat eggs** to prevent too much air being added
- **Generously grease and flour cake pans** to prevent cakes from sticking - with the exception of angel food and sponge cakes which should always be baked in **ungreased** pans
- **Fill pans 1/3 to no more than 1/2 full** to avoid batter overflow caused by rapid cake expansion
- **Increase oven temperature by 25°** to help "set" the batter before it over expands
- **Reduce baking time about 20%** to prevent over-baking at the higher temperature
- **For yeast cakes watch dough carefully** since they rise more quickly judge rise time by change in dough's bulk, not by amount of time it takes

You can always play it safe with the high-altitude modifications on cake, brownie, and cookie mix boxes. Or be brave and make a cake from scratch incorporating the adjustments on the previous page for Guatemala City's 5000 feet elevation.

When adapting a recipe for high altitudes, always start out with the smallest adjustment and add more only if necessary. Any or all of the adjustments may be required but only repeated experiments with recipes can give the most successful proportions to use.

Being extremely fond of light, fat-free Angel food cakes and having heard that they can be quite difficult to bake at almost mile-high altitudes, I decided to take the challenge and see if I could overcome the low air pressure obstacles. Angel food cakes use air for leavening, but it is important not to beat too much air into the eggs. They should be beaten only until they form a peak that falls over, not until stiff and dry. Over-beating expands air cells too much and causes angel food cakes to fall. Using less

sugar, more flour and a higher baking temperature will strengthen the cell structure of angel food cakes.

I used the following modified recipe and met with very acceptable results. The cake did not fall, was not under or over done, and had a nice flavor. Even my very discriminating husband approved. But it was slightly dense, not quite as light as I remember angel food cakes to be. I'll have to try again for more perfect results.

*Good luck and happy baking!*

- The Editor

For those of you wanting more information on high-altitude cooking, check out *The New High Altitude Cookbook*, by Beverly M. Anderson & Donna M. Hamilton. It can be ordered through amazon.com for \$20.97.

Information for this article came from *Cooking A to Z: The Complete Culinary Reference Tool*, California Culinary Academy and a number of web sites: allrecipes.com, arapcsuext.org, crisco.com.

## High Altitude Angel Food Cake

- 1 ½ cups + 2 TB of flour
- 1 ½ cups sugar
- 14 egg whites
- pinch of salt
- ½ tsp. of cream of tartar (optional)
- 2 tsps. Vanilla extract
- ½ tsp. almond extract
- 1 tsp. fresh lemon juice



**Photo of Editor's "from scratch" angel food cake with strawberry sauce.**

1. Preheat oven to 325° F. Sift flour into a dry mixing bowl. Sift sugar into a separate bowl and set both bowls aside.
2. In a copper or stainless steel bowl, beat egg whites to peaks that fall over; add salt when whites are just foamy (if bowl is stainless, add cream of tartar at this point as well.) Gently fold in sugar with a rubber spatula; fold in flour in 2 batches, then add vanilla and almond extracts and lemon juice. When all is completely incorporated, pour batter into a 10-inch tube pan and smooth top.
3. Bake until cake is a pale, creamy brown color, top springs back when gently touched with finger, and a wooden skewer inserted in center comes out clean (about 40 minutes). Cool upside down. (I tried cooling mine upside down and it fell almost immediately over the bottle on whose neck it was balancing! So it cooled unpanned.)
4. To serve, gently remove from pan (if necessary). Decorate and serve as desired.

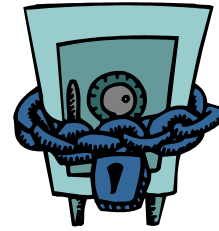
Serves 10 to 12

I topped the cake with strawberry sauce: mash 2 pints of strawberries with ¼ - ⅓ cup of sugar until juices are released. Let sauce sit at room temperature for 1 hour before spooning over cake.

# *Staying Safe*

## *a message from RSO*

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*It's a nice, sunny morning in Zone 15. The kids have gone to school and Maria's in the kitchen making lunch, so you decide to run to the grocery store. An hour later, you're back at the house. You park in the carport, grab a bag of groceries, and walk into your kitchen.*

*As you open the door, a man in a ski mask forces you face down onto the floor and holds a shotgun to your head. You hear him yelling at you, asking for the combination to your wall safe, but you can't remember it...*

Not a nice picture, is it? Unfortunately, this scenario is increasingly common in Guatemala City, especially in the nicer residential neighborhoods where most of us live. The startling fact is that most of the assailants who commit this type of crime don't force their way onto the property, rather, they talk their way in through the various layers of security.

The ruse falls into several categories, such as: "I'm a friend of so-and-so;" or "We're from the electric company and we need to repair something." Whatever the story, the moment the someone opens the gate for them, they're inside and in control.

We in the U.S. Mission community have been lucky to this point, although some homes have been targeted by miscreants. Fortunately, the people at home (usually maids) have been savvy enough not to fall for this trick. Nonetheless, it is a good time to sit down with your family and any employees and talk briefly about what's happening and how to minimize the possibility of someone gaining access to your home.

Never allow anyone to open the gate to an unknown person. Because of the nature of living here, we get visits from the Salvavidas man, as well as unsolicited visits from the fishmonger and the cobbler. Sometimes, we do open the door for these folks, but it is recommended that you only do so if you already know them and deal with them regularly. If you're new to town, get recommendations from U.S. mission members near you, and they can help you to get acquainted with the honest vendors with whom you might want to do business. At any rate, the honest folks will usually move along after a "No, thank you."

When someone is persistent about being let in, or you have suspicions about the authenticity of their request, call the Embassy PNC roving patrol. At the same time, try to stall the person(s) at your gate by saying that you're looking for the keys or something. That will give the patrol more time to arrive at your residence and question the suspects. Don't be surprised if the suspects leave quickly after waiting for a few minutes, because they stay in business by avoiding getting caught. If you have a viewer or can see the people or a vehicle, try to get a description so that the roving patrol can look for them once they've left.

***Remember, awareness is 90% of the battle while living in a critical crime environment. By talking about these and other issues with your family, you will live safer, more comfortable lives.***



# Upcoming Events



## *International Orchid Encounter*

October 25 • 6:30 - 9:00 p.m.

October 26 • 9:30 a.m. - 2:00 p.m.

*Von Hayek Auditorium,*

*Francisco Marroquin University*

*Q30 AGO members - Q60 non-members*

*To register call 364-0492 x319*

*or e-mail agorquideas@esmas.com*



The Guatemalan Orchid Society (AGO) will host its Second International Orchid Encounter. Experts from Costa Rica, Guatemala and Mexico will give lectures. Orchids from Mexico and Venezuela will be sold, as well as planting materials.

To reach the university, take the same route as if going to Museo Ixchel in Zone 10. From 2<sup>a</sup> Avenida go right on 6 Calle until it dead ends at the University.

AGO Meetings are normally held the first Saturday of every month in the Cafeteria at Colegio Americano de Guatemala/Del Valle University at 3:30 pm. Their next meeting will be November 9. For more information, contact Mary Ann Anderson at 369-0471 evenings and weekends.

***“La magia de los cuentos  
en la palabra”***

## **Camaleón cuentacuentos**



**sábados a las 4:00 pm**

**domingos a las 11:00 am**

**26 & 27 de octubre**

**2, 3 y 9, 10 de noviembre**

**IGA**

**Ruta 14-05 • Z 4 • 338-5555**

## *Marine Ball*



***Saturday,  
November 16***

***Come celebrate the  
Marines' 227<sup>th</sup>  
Birthday!***

***Tickets on Sale at  
DET Office - \$45  
\$25 for FSNs***

## **Music in the City**

**a concert production of the opera**

### ***Don Giovanni***

**Tuesday, November 13 at IGA**

**Musical Theater**

### ***Las apariencias engañan***

**November 27 - December 8 at IGA**

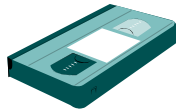
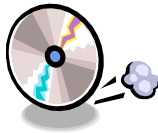
**IGA**

**Ruta 14-05 • Zone 4 • 338-5555**



CLO - Guatemala, Loretta Ramsey x4323  
 e-mail: CLO-GUATEMALA@state.gov  
 Monday - Thursday 7:30 a.m. - 3:00 p.m.  
 Friday 7:30 - 12:00 noon

## Books ■ Software ■ Videos



*Check out Post's new*

### Professional Development Library

*featuring current books on Guatemalan/Latin American politics, history and culture.*

*You'll also find all kinds of books in Spanish for kids and adults - from Danielle Steel to Captain Underpants!*

in the bookcase across from the CLO office

*Contact Geoff Martineau in CONS if you have any questions.*

## **GUATEMALA & YOU**

**Monthly Cultural Awareness Tours**  
*sponsored by the*  
**Community Liaison Office**  
**& Post Language Program**

**DECEMBER 21**

**Mayan & Spanish Traditions in Chichicastenango**

**DECEMBER 26 - 27**

**Ancient Mayan Temples at Tikal**

**DECEMBER 29**

**Holiday Pacaya Volcano Climb**

**JANUARY**

**Jade Exploration & Discovery**

**FEBRUARY**

**Indigenous Fashion Show at the Museo Ixchel**

**MARCH**

**Tour of Coffee Farm - Finca de los Nietos**

**APRIL**

**Easter Traditions in Antigua**

## Trick or Treating

### Thursday, October 31

4:00 - 5:00 p.m.

Mission children are invited to Trick or Treat at the Chancery on Halloween, gathering goodies and showing off their costumes.

Children should be accompanied by a parent and meet in the Lobby no later than 4 p.m. We are asking for a few parent volunteers to assist the CLO in escorting groups to various sections.

To ensure that there are enough goodies for all goblins, parents are asked to donate 1 bag of candy or Q40 per child. The candy should be delivered to the CLO office in advance! Sign up with the CLO at x4323 no later than Monday, October 28.



## EMBASSY & FRIENDS CO-ED SOFTBALL GAMES

*at the Colegio Americano Playing Field*

Last Sunday October 27 at 10:00 a.m.

then Saturdays from 3 - 5 p.m.

starting Saturday, November 2



Bring the family & friends, bats, gloves, and softballs and play ball. Or just sit and relax on the side lines. The idea is to have a good time!

Call the CLO, x4323, as she will need to provide a list of participants to the guard.



## CLO TRIPS *Mark Your Calendars Now...*

Monday November 11,  
9:00 a.m. to Noon  
*Chinautla Trip*

This year, let's get a jump on our Christmas shopping and visit Chinautla before the stalls there get emptied. This small town is a treasure trove of pottery--angels, nativity scenes, whimsical planters and pots in every style and size.



Friday November 15  
1:00 p.m.  
*Museo Ixchel XXIII  
Annual Holiday Bazaar*

Holiday gifts, decorations, books, cards, ornaments, calendars, cookies and much more. Free gift wrapping.

















Friday December 6  
1:00 - 4:00 p.m.  
*Angel Painting Workshop*

Paint your newly-purchased angels in festive holiday apparel for gift-giving or decoration. Haydee McAmis has volunteered to guide us in the techniques and materials used for transforming our clay angels into dazzling displays of holiday cheer in just a few easy steps. The class will be limited to 12 participants, so sign up soon in the CLO office, x4323.



## October / November 2002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 <b>Revolution Day</b> 	21	22	23 <b>Radio Check</b> 6:30 am 	24	25 <b>Promotion Party</b> 12:45 p.m. <b>Wine &amp; Cheese</b> American Society 7:30 p.m.	26
27 <b>Embassy Co-ed Softball 10-1</b> 	28 <b>USMA Meeting 12 noon</b> <b>Monday Night Football at Marine House</b>	29	30 	31 <b>AEA Vendor</b> Otoniel Polanco <b>Embassy Trick or Treating</b> 4:00 p.m.	1 <b>All Saints Day</b> Embassy Closed <b>Marine Haunted House</b> 11 - 1   <b>Marine Adult Party</b> 8 p.m.	2  <b>Embassy Co-ed Softball 3 - 5</b>
3	4  <b>Monday Night Football at Marine House</b>	5	6 <b>Radio Check</b> 6:30 am 	7	8	9  <b>Embassy Co-ed Softball 3 - 5</b>
10	11 <b>Veterans' Day</b> Embassy Closed <b>Chinautla Trip</b>	12	13 <b>Radio Check</b> 6:30 am 	14 <b>AEA Vendor</b> Ana Maria Uribe Xmas decorations 	15 <b>Museo Ixchel</b> Holiday Bazaar Visit	16  <b>Marine Ball</b>
17	18  <b>Monday Night Football at Marine House</b>	19	20 <b>Radio Check</b> 6:30 am 	21	22	23  <b>Embassy Co-ed Softball 3 - 5</b>



## Thanksgiving Dinner with the Peace Corps

Over the years it has become a tradition for Mission families to open their doors to Peace Corps volunteers on Thanksgiving Day. It is a wonderful opportunity to learn more about what goes on outside the city and to share experiences with these dedicated and enthusiastic volunteers.

**As you begin making your holiday preparations, we encourage you to consider inviting one or more volunteers to join your celebration this year.**

If you are able to host volunteers, please contact Liset Olivet at the Peace Corps Office at 334-8271 or 334-8263/69. We look forward to hearing from you. Many thanks!



**Free!**  
**JC Penney**  
**Christmas Catalogs**  
**at the CLO Office**  
*while supplies last!*

## Special Characters in Microsoft WORD

**Helpful Hints from the IMC Help Desk x4357**

**Ever wondered how to get all those funny accents in your WORD documents? IMC shows you how...**

If you want to insert an acute accent (rising from left to right), tilde, or two dots over the "u" (whatever that's called), there are several ways you can do this.

The quickest way to put these special characters into a Word document and the easiest method to remember is:

**ÁáÉéÍíÓóÚú** use CTRL-(apostrophe) followed by an a, e, i, o, or u, in uppercase or lowercase and the desired character will appear.

**ñ** or **Ñ**, hold down the CTRL-SHFT ~-(tilde), release, and then the letter n or N.

**ü** or **Û**, hold down the CTRL-Shift-:(colon), release, and then the letter u or U.

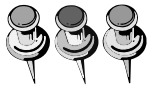
Occasionally it takes a couple of attempts for the ñ or Ñ characters to appear, but it generally works without a hitch.

Another way to put Spanish language characters in your Word document is to type in a code. The code must be typed on the keypad on the right side of your keyboard and the NUM LOCK key must be on. For each of the characters you need to hold the ALT key down when typing the numbers on the keypad.

<b>Ó</b> = ALT 0211	<b>ò</b> = ALT 0242
<b>Ú</b> = ALT 0218	<b>ú</b> = AL T 0250
<b>Û</b> = ALT 0220	<b>ü</b> = ALT 0252
<b>Í</b> = ALT 0205	<b>í</b> = ALT 0237
<b>Á</b> = ALT 0193	<b>á</b> = ALT 0225
<b>É</b> = ALT 0201	<b>é</b> = ALT 0233
<b>Ñ</b> = AL T 0209	<b>ñ</b> = ALT 0241

For the adventurous types requiring a skull and crossbones or French style accents, you will need to experiment and go into START-Programs-Accessories-Character Map. Change between the various fonts listed, view the character map grid to find the symbols you desire. Once found, select and copy into your document or write down the code specified in the lower right hand corner of the character map box that is displayed when the symbol is highlighted.

**¡ÁáÉéÍíÓóÚúÑñÇç!**



# Classified Ads

## Maids

### Live-in

Marta Teresa Marroquin has worked for us for over 7 months as a Housekeeper/Cook where she demonstrated skillful and efficient work habits. She is trustworthy and dependable, and willing to adjust to our family's needs. She is well-suited for singles, couples without children, or families with older children. Marta needs little supervision and is accustomed to working independently. She prepares well-balanced, tasty meals which are attractively presented. I am certain she will be a welcome addition to any household. Marta may be contacted at 495-2407 (cell). Recommended by Loretta Ramsey.



### Maid Interviews

The next opportunity for maid's interviews will be Friday, November 8, from 9:00 - 10:00 a.m. The CLO office maintains a listing of both day and live-in maids currently available for employment. Stop by and browse!

## Houses/Apts Available

### Houses/Apartments for Rent



The CLO office maintains a file of houses currently available for rent. Please stop by to browse through the file or search the CLO bulletin board for additional housing information.

## Lunchtime Exercise Class

Tuesdays & Thursdays  
Chancery Auditorium  
12:30 p.m. - 1:15 p.m.



Use your lunchtime effectively! Klaudia Krueger, a newcomer to the mission community, is offering aerobics classes Tuesdays and Thursday from 12:30 p.m. - 1:15 p.m. in the Chancery Auditorium. Cost per person will be Q40/class. The Tuesday class will include Aerobics Hi/Lo and Bodywork, and the Thursday class will include Tae-Bo and Bodywork. Mats and exer-tubes will be provided.

Klaudia is a personal fitness & nutrition trainer who has taught aerobic classes for 7 years in Austria, Germany and the U.S. She is a certified instructor in aerobics/step, spinning, tae-bo and aqua-fitness.

Please contact the Health Unit by **Tuesday, October 29** if you are interested in participating in the November class. Pre-payment of one month is required. Class limited to 10 participants. The Health Unit can be reached at x4306 or you can e-mail Alvina at Valentinal@state.gov.

## Available

### Parking Space in Bamboo Parking Lot

One parking space is currently available. \$105 per month. If interested call Karen Grajeda at x4304.

## For Sale

### Westinghouse Air Conditioner

White, easy window installation, energy efficient, cools 150 square feet. Ideal for office or bedroom. Specs: 5,200 BTU, 115 volts 60 Hz. Owner's manual included. Q1,000 or best offer. Call Michael at 369-3546.

### Hearts of Palm to Help Local Farmers

The Cooperative Housing Foundation on the second floor of the USAID building is working at the Ixcán area in Quiché helping small farmers become businessmen. It is a USAID project that supports the development of CORDISA (Corporación de Industrias del Ixcán). CORDISA is now selling its product - **Hearts of Palm** - under the label Ixcán Verde. The Hearts of Palm sell for \$3.50 a jar, or \$38.75 a case (12 jars). Please support this project by calling Paola Aragon at 332-0323 or 332-0551.

### Pumpkin Pie a Su Casa



Lucas' Bakery. Le llevamos el postre del fiambre a su casa. Haga su pedido a los teléfonos 704-6605 y 363-3788.

## Workshops

### Art Workshops in Antigua

*Photography / Spirit of Place* with Doug Beasley and *Watercolor / Designing with Value* with Michaelin Otis. These classes begin October 27 and run thru November 3. Interested folks should contact Liza Fourné at *Art Workshops in Guatemala* at 832-6403, Fax: 832-6925 or email: info@artguat.org Website is: www.artguat.org



## Classes

### Exercises for Mind, Body & Spirit

Tai Chi and Yoga classes at home for individuals or groups. English spoken. Luis Alberto Duarte, 215-8400, e-mail: laduarte@intelnet.net.gt. Highly recommended by Geraldine Melby.

### Ejercicios para la mente, el cuerpo y el espíritu

Clases a domicilio de Tai Chi y Yoga, individuales y en grupo. Ing. Luis Alberto Duarte, e-mail: laduarte@intelnet.net.gt, celular: 215 - 8400.