

# Readers' Letters

If you want to express your opinion, feel free to write to us or email us at editor@gringo-times.com. If you do not wish your letter to be published, please indicate this. We reserve the right to refuse to publish letters that we deem defamatory, abusive or in any way not keeping with the tone of this paper.

"Fantastic!"

Linda - Sosua

"Keep it going!"

Steven - Sosua

"Love your paper, laughed my ass off, a fresh new creation :-)"

Eric - Cabarete

"Congrats on your first edition, to all of you! We have received many positive comments so keep it up!"

Coleen - Sosua

"Maybe I will mention your narrow-minded attitude in my next book. I have 15 books so far, and maybe 28 with reprintings. I am in Who's Who worldwide and in the US. Thanks for your non-help."

(when we declined to publish his advert - Name withheld to save embarrassment)

"I obtained a copy of Gringo times and enjoyed it very much."

Colin - Sosua

"Dear Times: After reading several blogs and e-mail debates, I've just kept the hell out of them because they tend to become abusive, mindless and tasteless - not worth the space they take up. Nevertheless I enjoyed the tone and general quality of your first edition so I take you at your word when it comes to your inviting exchanges with your readers.

First and please remember this is from memory, I believe the word "Gringo" came into general use during the American/Mexican War. Green was the color of the American military uniform and the Spanish corruption of "Green" became "Gringo". Just think of the "Verde Times". Now for a little more useless information, if you have time to spare. The General in charge of that war was Winfield Scott, who was later fired as Secretary of War by Abraham Lincoln for failing to get anything right. He was replaced by Gen. George C. McClelland, who was also fired for refusing to fight anybody, except Lincoln. The North seemed to have lousy Generals and

the South had some real champions, Lee, Jackson, Forest, Stewart, to name a few - that's life. Serving under Gen McClelland, for a while, was a bright light by the name of George Custer, who later had some tactical problems at the Little Big Horn. (PS He was a Colonel not a General as he boasted and you might have read). By the way Gen. McClelland designed the "McClelland Saddle". In that he did get something right. He also later ran against Lincoln as a Democrat - and lost that fight too.

Ulysses S. Grant served under General Scott in Mexico as did Robert E. Lee. At the time of Lee's surrender to Grant they discovered their previous association. Grant remembered Lee, but Lee couldn't remember Grant - ho hum. Grant later became the President and Lee went back to his farm (some Roman Generals did that. It beat assassination) as the best general who ever lost a war. As President, Grant became known as "Useless" Grant and served only one term. There are tough choices here, a failed President, or a successful General cum farmer. How's that for boring?

I don't want to get "picky" but on Page 8, first paragraph, second line, I think the word might better be "drunk" drivers. And on Page 7, your article on Whales; I believe the whale is called a "Humpback Whale" or Balaenoptera to its intimate friends. OK I did want to get picky - sorry.

Thank you for your patience and if you resent what I wrote, don't get nasty and I promise not to do it again."

Good Luck, Don - Costambar

Editor - Thanks for the history lesson Don, although there seems to be quite a few ideas on where the term Gringo came from - see the online Wikipedia at <http://en.wikipedia.org/wiki/Gringo>.

Where I come from the term 'drunk drivers' means 'drivers under the influence', not necessarily 'drunk'. You may refer to them as DUI's.

Well spotted on the Humpback Whale, and thanks for pointing it out - it's my first job as chief editor - and will now probably be my last!

# Gringo Health

## "An Apple a Day..."

One of the advantages of living in the Caribbean is the



easy availability of fruit we take for granted. Sure, it's possible to buy them in the supermarkets back home, but very often, much of the goodness is lost due to the length of time it takes to get from the tree to your table. And of course the prices here are much lower.

## Apples or Guavas?

Remember the saying, "An apple a day keeps the doctor away"? In the Dominican Republic, the plentiful guavas have four times more fibre, a bit more potassium and 19 times the amount of vitamin C as the average apple. You may think grapes are better. But no, guavas still outrank them heavily in the previously mentioned aspects.

## Cranberry Juice or Coconut Juice

Another North American favourite is cranberry juice with its well-known benefits to the bladder. But Coconut milk provides the same benefits with less than third of the calories and around eight times the amount of potassium. If you normally imbibe in vitamin enhanced drinks, consider that a glass of

## Local Foods

coconut milk has around 60mg of sodium compared to 700mg in a can of V8 vegetable juice.

Coconut milk also has no cholesterol, as cholesterol is found only in foods of animal origin such as butter.

A tablespoon of coconut milk has only 38 calories and 4g of fat compared to 111 calories in the same amount of margarine and 11.5 g fat. Also, the fat of coconut is healthier for the body than margarine fats.

So next time you opt for the imported fruits, consider the extra benefits to your health (and your purse) provided by locally grown produce.

# Poet's Corner

## We All Make A Difference

We all make a difference  
In someone else's life-  
Maybe it's your Husband  
Maybe it's your Wife

Maybe it's a Friend  
Who's crying out in pain...  
Maybe it's a stranger  
You'll never see again.

You may never know  
What a difference you have made  
They may never tell you-  
They may tell you every day.

So try to make a difference  
In someone's life today  
'Cause there may be no other chance  
To make them feel that way.

This week's poem  
Inspired by Tuesday's With Morrie  
Written by Colleen L. Misner  
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Gringo Times welcomes submissions by readers. Email editor@gringo-times.com