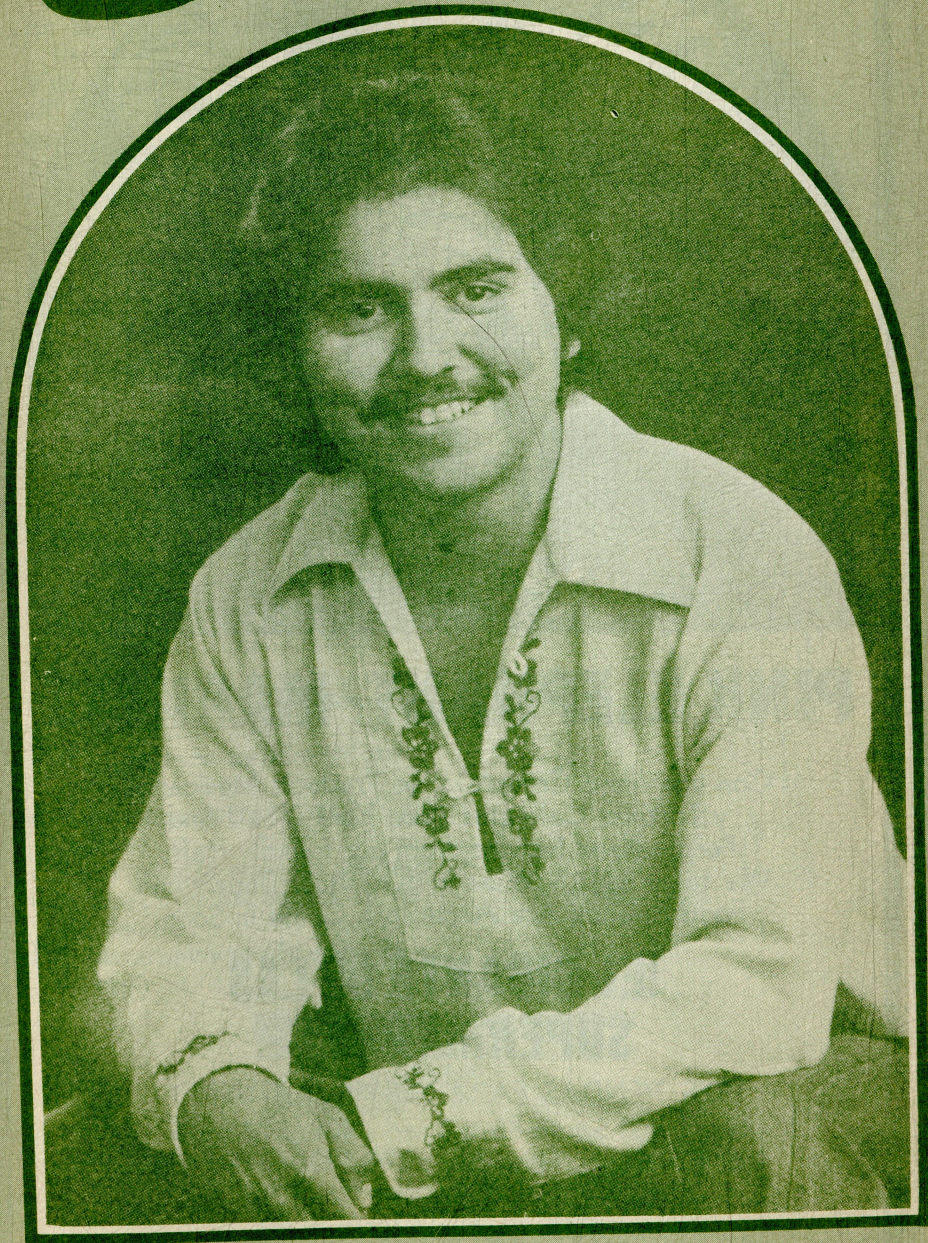
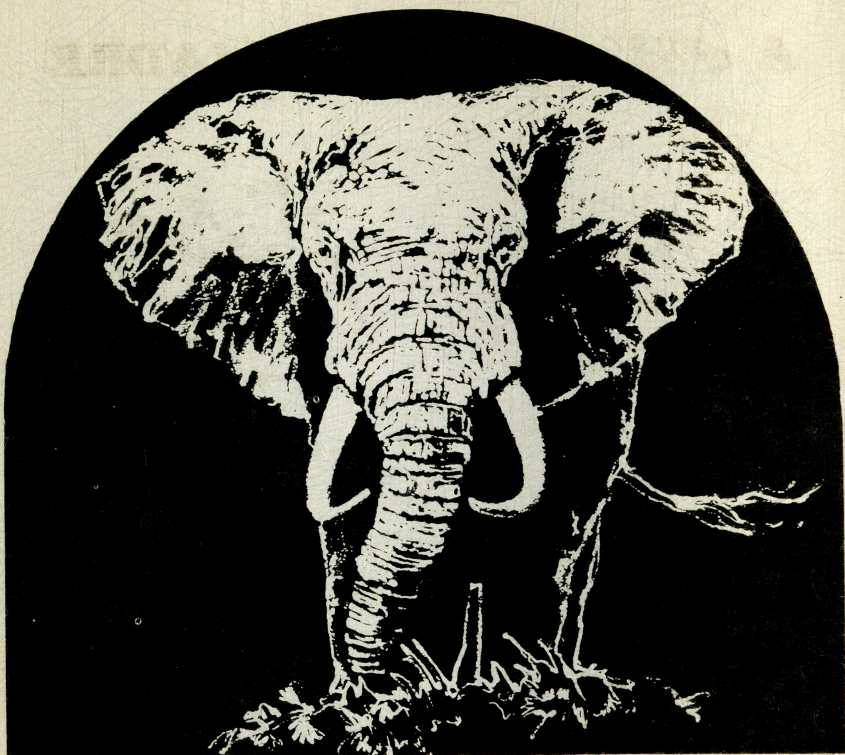


El Excentrico

30th Year, No. 3 May 5, 1979



San Jose's BILL QUINONES currently appearing
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A MI QUERIDA MADRE

Oración a su Alma

En la profunda oscuridad del
tiempo,

y en el sublime espacio de la vida,
allí están los recuerdos,
envueltos en la quietud del dolor.

Allí están, mudos en el silencio,
consagurándose en una lágrima,
que brota desde la profundidad
del alma, para elevarse hacia tí.

Y poderte decir, al conjuro
de tu ternura, e ntu exelsa gloria:
Lluminame siempre, por el
camino

que me falta recorrer . . .

y que la maravilla de tu ciencia
náutica

empuje las velas de mi pobre
barca,

lejos del azote del ciclón fatal.

Déjame seguir sintiendo
las líricas vibraciones de tu alma,
y que la tristeza que me agobia,
siga siendo el símbolo de tu
recuerdo.

Por la angustia de tu alma,

al separarse de nosotros . . .

Por la dulzura infinita de tus
besos,

que hubiera querido, sean
eternos . . .

Por las pálidas rosas de tu dolor,
que marcaron los dardos de tu
destino . . .

Por las armónicas virtudes, de
tu espíritu,

que fueron como una canción

acariciante,

en la fría soledad . . .

Déjame que ruedon eteramente

por mi rostro,

al torrente de mi llanto . . . en
tu memoria . . .

en tu inolvidable recuerdo.

Karl R. Bernard



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MANUEL FERNANDEZ

CONTRIBUTORS

Gloria Kharis Arvil

Luis G. Juarez

Jesus Orosco

30th Year, No. 3/May 5, 1979

Contents	Page
A Mi Querida Madre	3
Boulevard dNights	5
Pedro Yañez	6
Sobre La Tortilla	12
Cinco de Mayo	16
Punch Bowl	19
Alcohol and Birth Defects	23
Richard Diaz	29

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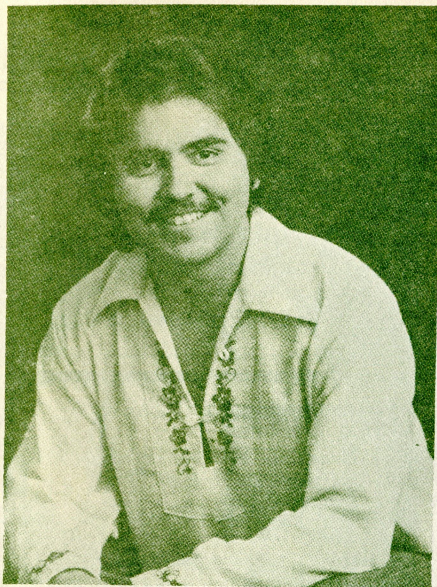
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"BOULEVARD NIGHTS"



Bill Quiñones, age 23, promising young actor, landed a supporting role in 'BOULEVARD NIGHTS.' Having taken drama in school he is pursuing his ambitions in movie and television acting, currently making commercials for Greyhound and The Tamale Factory and keeping up with his drama studies. His parents, Bill and Lydia Quiñones, proprietors of the Tamale Factory, located at 1054 Story Road here in San Jose, wish Bill the best in seeking a movie and television career. Readers who would like to write to Bill and wish him well in his career may do so at 480 N. Lincoln Ave., Pasadena, Ca. 91103. We are sure he would appreciate it.



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EL TENOR PEDRO YANEZ Jr.

La salió el primer disco de larga duración "Long Play" de el gran tenor mexicano Pedro Yañez Jr. que vive en San José, Ca. y que por muchos años nos ha deleitado con sus interpretaciones. El disco tiene diez canciones de las más gustadas por el público ellas son: VOLVERAS de Enrique Valencia, LA PRESENTIDA; CUANDO EL DESTINO de José Alfredo Jimenez, CUANDO ME VAYA DE AQUI de Gerardo Reyes, CIELO NUBLADO y LIBRO DE HISTORIAS de Miguel El Bravo, LA ULTIMA CARTA y CORAZON CORAZON de José Alfredo Jimenez, YO AME de Jesús Estrada y NO CABE DUDA de Pedro Yañez Jr.

Para las personas que gustan de la música mexicana, este disco de larga duración les proporcionará momentos de mexicanísimo sabor, con el acompañamiento de los mariachis NUEVO TECALITLAN DE GUADALAJARA y NUEVO TEPATITLAN de Manuel Aguilar muy conocido en San José. Los arreglos musicales a la dirección estuvieron a cargo de José Zamora es una producción de Abel de Luna para Luna Records que esta localizada en el número 85 al Sur de la Calle Segunda en San José, Ca.

El tenor Pedro Yañez Jr. tomó parte en la película "PELEA DE PERROS" con el argumento basado en la canción del mismo nombre de Enrique Valencia; la dirección estuvo a cargo de Julio Aldama. El reparto lo componen conocidos artistas, entre ellos Julio Aleman, Gerardo Reyes, Diana Torres, Lilita Ortiz, Beatriz Ad-



riana, Pedro Yañez Jr. y otros artistas. La película fue filmada por producciones EL REY de Luna Records y se presentará en los teatros locales en el mes de Mayo.

El Tenor Pedro Yañez tomó parte en una Caravana de Artistas en la que alternó con estrellas famosas como Juan Gabriel, Beatriz Adriana, Chayito Valdez, Valentín Trujillo, Ricardo Lafarga, Diana Torres, Lupita Ortiz y otros artistas; la caravana ha visitado Sacramento, Salinas y Santa Rosa donde han recibido aplausos del público; en el mes de mayo se proponen visitar otras ciudades del Estado de California.

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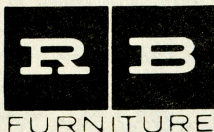
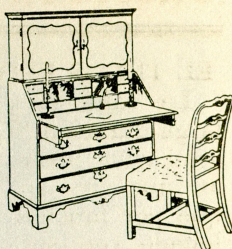
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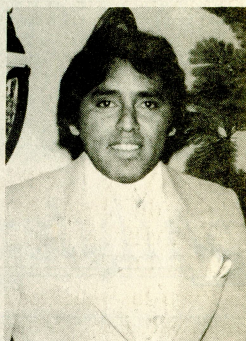
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Sus Padrinos/Leonard Williams y
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The Baptism of

Berta Alicia Perez
will take place
at

*Sacred Heart Church
Sagrado Corazon*

on Sunday, May 27, 1979

*Mis Padres: Rodolfo Perez Jr.
and Berta Perez*

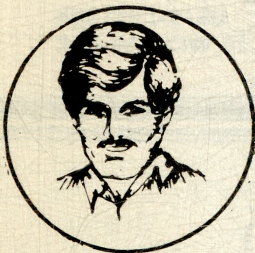
*Mis Padrinas: Eduardo Flores Jr.
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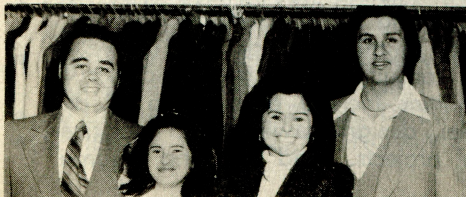
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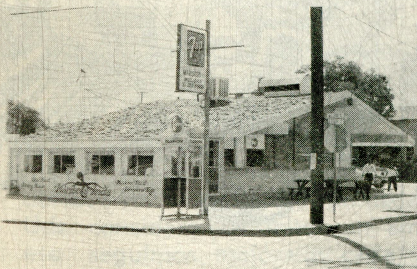
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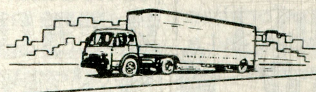
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SOBRE LA TORTILLA

ESTILO DE LA RAZA

By Jose Antonio Burciaga

The tortilla has changed very little throughout the centuries. It originated with the Mayan civilization and is thus older than the origin of bread from Europe.

The tortilla is widely used throughout Mexico and the Southwestern United States. For centuries it has been the spoon and the fork, the chopsticks and the sandwich for millions of people. It has also served other purposes. One of my earliest recollections associated with tortillas is my Mother telling me not to play with them. I used to make holes in my tortillas and use them like masks. Or I would make very interesting designs by biting curious holes in them. I also remember turning them into hats and hand warmers.

There is more to this circular maize bread than meets the gringo eye. Like everything else there are good tortillas and bad tortillas, mediocre tortillas and outstanding tortillas. Tortillas have a bottom and a top, a left and a right, an inside and outside. There are various kinds of tortillas and they are made in various ways. A connoisseur can smell the quality of a good tortilla.

Tortillas are not necessarily thin. Thin tortillas are used for flautas, a type of taco that is filled, rolled and then fried crisp. Then are "gorditas" or "sopas." Small and thick tortillas that can be fried or baked and filled with frijoles, meat or eaten plain.

The most handsome and delicious of tortillas is the handmade tortilla. It takes generation-to-generation experience to come out with a truly "sabrosa tortilla." Sadly enough the tortilla has also suffered from the machine age. Handmade tortillas are now becoming a rarity as machine-made tortillas rapidly monopolize the "mercados." Factory made tortillas roll out of the assembly line never

12 receiving the personal attention and



tender loving care given to handmade tortillas.

I used to know a place for handmade tortillas close to the market in Ciudad Juarez. It was an old adobe building on a street corner, and as you passed by you could hear the rhythmic slapping of the "masa" between hands forming perfectly round tortillas. They could hardly keep up with the demand. One day I went back and the place had disappeared.

But the tortilla continues to grow and flourish. The corn tortilla has found a compadre in the flour tortilla which originated in Arizona. In New Mexico they like to dye their tortillas red and when they use blue corn the tortillas come out blue.

The best way to warm a tortilla is over an open fire. I remember amazing many a gringo friend by sticking my fingers into the fire and flipping the tortilla to warm it on the other side. One can also use the toaster if the tortilla is small enough. But toasters tend to dry up the tortilla. We have an electric stove now and have found it very impractical for heating tortillas. So we heat a frying pan and use it like a comal. What is a comal? Well, that's another story.

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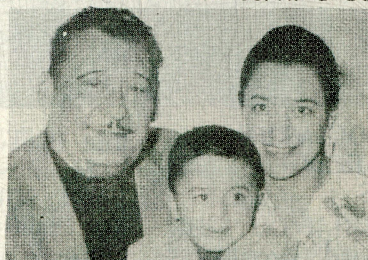
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2nd Place—Madrone Jr. High

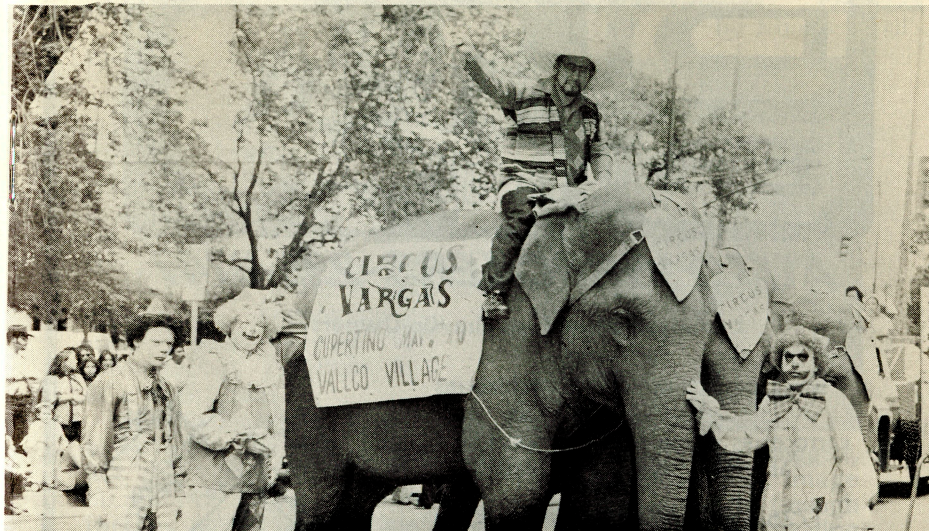
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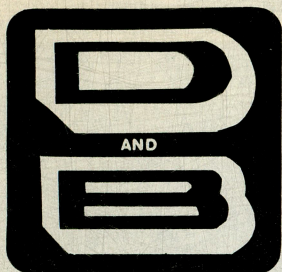
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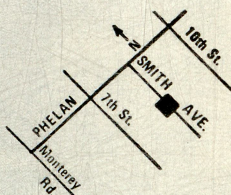


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The Punch Bowl



by Kharis Avril

COMMERCIALS

Groceries! Poor Bozo! Your owner got something for you -- no, not a steak bone, perish the thought! How nasty! No, no, Bozo, he's got something better! BOOooooone!

Even dogs nowadays get ripped off. Bozo's naive owner, sold on and by advertising, reminds me of a politician:

Here, taxpayer, I got something for you! No, not the real McCoy (like no income taxes for low income workers) no, nothing like that! (you wouldn't like it anyway).

I have for you the fairy tales you love to hear, tales you love to hear ... a couple of fables ... Words and more words ... And as with Bozo, it works. If Bozo has never known the taste of a real steak bone, probably he could develop a liking for BOOooooones -- as you, 'carnal' -- for Words!

MINUTE BY MINUTE ...
DEPRESSING NEWS
ABOUT JOHN WAYNE



Sure, baby, people love
in and identify them-



self with his rugged, macho, do-gooder image ... but enough is enough ... the media is keeping the world informed when he so much as takes a trip to the bathroom. How much better it would be for everyone to remember him as he was, and dispense with the step by step descriptions of the ravaging cancer which is killing him.

IS COCAINE A REMEDY FOR ARTHRITIS?

Mmmm ... I think I am getting a sore knee, and I can hardly lift my arm ...

'Basically, it's just a pain killer,' says Dr. Ephraim Engelman, director of the Rosalind Russell Arthritis Clinic.

'To my knowledge, the use of cocaine has only a pain killer effect,' he affirms.

Wellll, that's not what I have heard. I believe it also provides an euphoric mood, a transient feeling of well being.

Prescription cocaine derived from the cocoa plants of South America sells for about \$23 an ounce, compared to prices as high as \$10,000 paid by drug addicts.

Dr. Engelman says he would like to 'at least have the opportunity to observe the effects of cocaine under scientific controls.' Ay, ay, ay doctorcito ... I am aching all over ...

At least 13 patients of Dr. Lowell M. Summers from Kelseyville (Florida, I believe), are ready to go to court to testify that cocaine has great curative powers and thus is of a beneficial nature. And so is marijuana for glaucoma ... and heroin

to give peace, comfort, and a feeling of happiness to terminal cancer patients.

Perhaps it is all true, and that is why God placed these drugs in this valley of tears.

Well, all is well! 'The joy of meeting makes us love farewell / We gather once again around the earth, and thou will tell / all thy keen experiences have been / of pleasure, danger, misadventure, mirth, and unforeseen ...' Quoting Alfred de Musset. And I'll drink to that, and one more for the road ... Do you know of a gas station selling gas? Ciao! Au revoir! Adiosito, hasta la otra che! Love and joy!

El Chapparral Super

Donde Más Barato Dan



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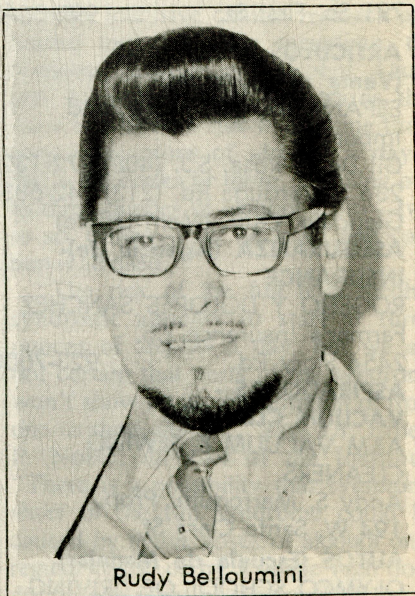
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En El Directorio Hispano aparecen los comerciantes, profesionistas y negocios de servicios, que están interesados en servir a la población de habla Hispana, usando



Rudy Belloumini

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— A —

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Alcohol And Birth Defects

There is very strong evidence that consumption of alcohol by pregnant women can cause birth defects in their offspring. Scientists now are seeking answers to such questions as how much alcohol is it safe to drink and at what point in pregnancy is the risk greatest. In the meantime, the National Institute on Alcohol Abuse and Alcoholism has warned that there is a definite risk to the fetus if a pregnant woman drinks three ounces or more of alcohol a day.

by Fritz P. Witt

The more a pregnant woman drinks, the greater her risk of giving birth to an abnormal baby, say the Nation's top experts on alcohol and health.

Thousands of malformed and mentally defective babies, these experts say, are born yearly in the United States because their mothers drink too much alcohol during pregnancy. And, they suspect, thousands of other youngsters face learning and behavioral problems in childhood and youth because of brain dysfunction resulting from heavy drinking by their mothers during pregnancy.

The malady, suspected for centuries, was "discovered" and given a name—the Fetal Alcohol Syndrome—within the past 10 years. The symptoms shown by children suffering fetal alcohol syndrome may include slow growth before and after birth, small head, facial irregularities such as narrow eye slits and a sunken nasal bridge, defective heart and other organs, malformed arms and legs, genital abnormalities, and mental retardation. There are also behavioral problems, such as hyperactivity, extreme nervousness, and a poor attention span.

Although convinced that alcohol and birth defects are linked, scientists have been unable to pin down precisely the timing and degree of risk. Just how



much beer, wine, or distilled spirits is it safe to drink during pregnancy? At what point in pregnancy is the risk to the unborn child greatest? They can't answer these questions on the basis of present knowledge.

The answers are being sought through intensive clinical research and animal testing. In the meantime, the National Institute on Alcohol Abuse and Alcoholism (NIAAA) warns that there is a definite risk in drinking three ounces or more of alcohol a day—that's six drinks or more. Drinking one to three ounces of alcohol a day—two to six drinks—may be risky and caution is advised.

"The risk of the full fetal alcohol syndrome appears to start at three ounces of alcohol a day, but we are not certain that parts of the syndrome won't show up at consumption of from one to three ounces," says Dr. Ernest P. Noble, director of the Institute. "There is a possibility that symptoms short of the full syndrome could be caused by lesser doses of alcohol on a regular basis, or by a single high dose during one night or weekend of heavy drinking during a critical time in the development of the fetus."

He points to recent statistical evidence that suggests alcohol consumption during pregnancy may be significant in the development of more subtle but much more frequent abnormalities of attention, behavior, and learning called minimal brain dysfunction.

Fortunately, prevention of fetal alcohol syndrome, unlike Down's syndrome and certain other birth defects, requires no medical or scientific breakthroughs. The surest preventive, of course, is for a woman who is pregnant to avoid alcohol completely. Short of that, following the guideline of no more than two drinks per day and generally keeping aware of drinking patterns during pregnancy can help a mother to avoid potential harm to her unborn child.

For women who have a serious drinking problem, timely assistance from health professionals can be effective, according to Dr. Rosett of Boston University. He reports that in a survey of all patients registered at the Boston City Hospital Prenatal Clinic, nine percent reported heavy drinking. He defined "heavy" as five to six drinks on some occasions and a minimum of 1½ drinks a day when monthly consumption is divided by 30.

Within a group of 42 of the clinic patients who said they drank heavily, 15 were able to abstain or reduce alcohol intake before the last three months of pregnancy. Rosett found that infants born to those 15 had fewer abnormalities than 27 infants whose mothers had continued heavy drinking.

Additional clinical experience supported the initial observation that "reduction of alcohol use during pregnancy benefits the baby," Rosett said.

Dr. Noble has placed the fetal alcohol syndrome high on the list of research priorities at the National Institute, which is committed to "aggressively seek out and study all aspects of life that may be adversely affected by alcohol."

Until the answers are in on the key questions of exactly how much or when alcohol is safe to drink during pregnancy, medical authorities agree that it is wise to be cautious.

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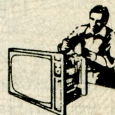
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Sunbathing And Skin Cancer

Scientists agree that ultraviolet radiation from the sun is the leading cause of skin cancer, which is responsible for an estimated 6,500 to 7,500 deaths in this country every year. Sunlamps also can produce ultraviolet radiation, and FDA is developing performance standards for them to reduce potential hazards. People can reduce the potential hazard from the sun by not exposing themselves to it unnecessarily for extended periods between 10 a.m. and 2 p.m., when most ultraviolet radiation reaches the earth's surface.

by Robert T. De Vore

Carcinogen.

That word has become all too familiar in recent years. A carcinogen is something that causes cancer. FDA and other regulatory agencies spend a good deal of their time devising ways to control cancer-causing agents and, where possible, to eliminate them from the products we use and from our environment.

But there is one carcinogen that no regulatory agency could or would ban because without it there would be no life. It is the sun.

The sun—or, to be more precise, ultraviolet radiation from the sun—is the leading cause of skin cancer. And although many people apparently believe otherwise, skin cancer is a significant health threat.

The National Cancer Institute has estimated that more than 300,000 cases of just two types of skin cancer develop each year in the United States. Another category of skin cancer—an especially deadly type—has an annual incidence of more than 9,000.

The three kinds of skin cancer together may kill at least 6,500 and perhaps as many as 7,500 people in the Nation every year, according to Cancer Institute mortality data.

Skin cancer is the commonest form of cancer. It causes about two percent



of all cancer deaths. Admittedly, a much higher yearly toll is taken by cancer of the digestive organs, lungs, and some other parts of the body. But just about every skin cancer death is avoidable and, therefore, especially tragic. Skin cancer, because it can be seen, can almost always be detected and treated in an early stage. In fact, 95 percent of skin cancer patients today are free of the disease after treatment. Many scientists believe, however, that a 98 or even 100 percent cure rate would be possible if people would seek medical help soon enough.

Skin cancer is not only a real public health problem, but a rapidly worsening one. In a special study done by the National Cancer Institute, the number of skin cancer cases and deaths from the disease was found to have doubled in one large metropolitan area over a 10-year period. For the Nation as a whole, investigators suspect a twofold increase in skin malignancies in the last 25 years. This has been accompanied, they note, by a marked increase in sunbathing.

The most common skin cancers are named for the cells from which they develop. These are basal and squamous cells. Basal cells lie in the lowest part of the epidermis, which is the outermost layer of skin. Squamous cells comprise most of the epidermis. Basal cells produce more cancers than squamous cells. Basal cancers are characterized by pale, waxy, pearly nodules or by red, scaly, sharply outlined patches. Squamous cell cancers appear as scaly patches and nodules. Eventually the nodules of either type may ulcerate and form crusts.

Melanoma, the third important type of skin cancer, is much less common.

Richard Diaz

ELFOTOGRAFO DE LAS ESTRELLAS

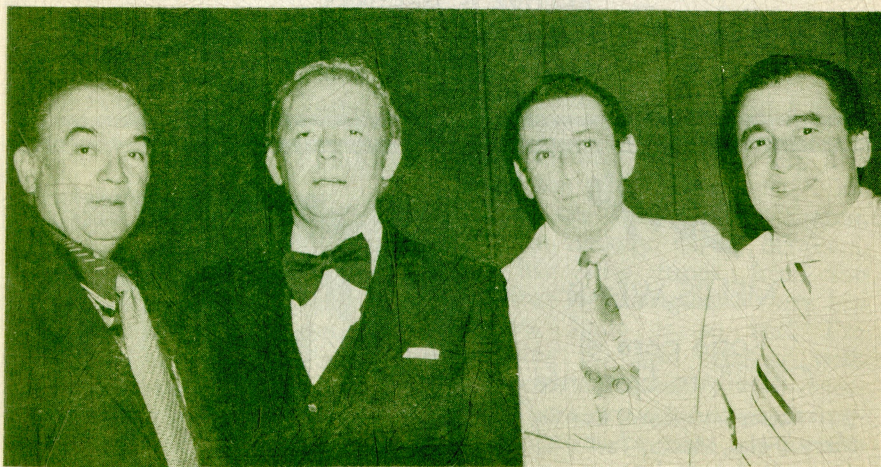


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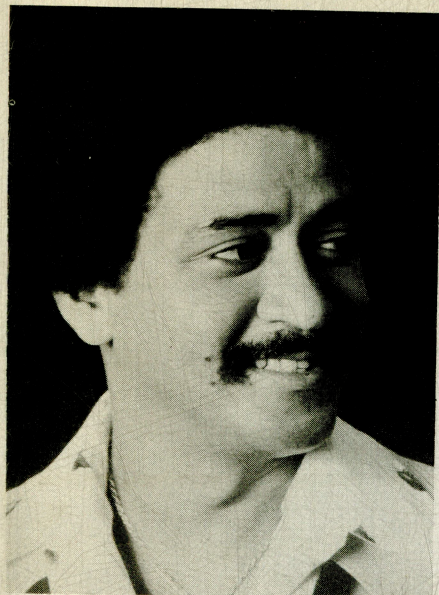
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EL BRAVO DE SIEMPRE

The great Cuban sonero Justo Betancourt, and his band, Borincuba, have just released their latest album. Entitled *Presencia*, the album again shows the fantastic voice of the "Cantante de Matanzas." This album is again another in the string of hits for Betancourt. His rendition of an older song, *Psicologia* is one of the best cuts on the album. I have always felt Justo has never gotten the attention he deserves. As I compare him to the big names in Salsa (Hector LaVoe, Ismael Miranda, Cheo Feliciano) I think Betancourt has a better all-round voice. From Boleros to guaguanco's Justo can make you cry, laugh and dance all in a matter of one or two songs. When comparing Justo with Miranda and LaVoe Justo's voice (very typical of Cuban soneros) is not as nasal as the to Boricwas. Neither great Bolero singers. On the other hand singers like Cheo Feliciano or Sanfitos Colon are some of the greatest Bolero/slow tropical singers in Latin America, but I don't think they have the same fire in their fast Salsa. So then slip into Justo, the man is a monster, his Boleros are six-pack, my mama, left me nobody cares, drinkers, and his Salsa tunes, from the Guajiras to Guanguarco's are hip movers. Justo is so bad, I'm watching on him singing with mariachis or country and western. There are a lot of good singers in Latin America but for the best in all-around sound, the man who can make you dance a four minute mile try Justo Betancourt, Too Loose Jesús (Orosco's) number one pick.

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