

VOLUME 18, JUNE, 2020
VOLUMEN 18, JUNIO, 2020

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The Lake Chapala Society

Mission & Vision

Our mission is to promote the active participation of Lakeside's inhabitants to improve their quality of life lakeside.

Our vision is a future where all Lakeside residents continually have a role in enriching the community's quality of life, vitality and prosperity through the exchange of knowledge, expertise, culture, heritage & language.

Nuestra Misión es promover la activa participación de los residentes de la Ribera de Chapala, para mejorar la calidad de vida en la comunidad.

Nuestra Visión es un futuro donde todos los residentes de La Ribera participen continuamente en mejorar la calidad de vida, vitalidad y prosperidad de la comunidad a través del intercambio de conocimiento, experiencia, cultura, patrimonio y lenguaje.

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The magazine's name, *Conecciones — Connections in English* — reflects its purpose, which is to enable the Lake Chapala Society to connect with its community. / El nombre de la revista *Conecciones* refleja su propósito, favorecer la conexión de The Lake Chapala Society con la comunidad.

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Lake Chapala Society Opening Plan

The Board of Directors, staff and volunteers have been working aggressively to plan for our eventual opening of our campus. Currently, we do not fall under any of the business sectors that can apply for reopening at this point. We have been developing our plans for when we do get to a clearance level for considering opening.

Because COVID-19 is so contagious, we completely recognize that there needs to be a new normal way of operating as we move into the opening phase. Based on the information we have at this time, the board has approved the following initial opening norms for when the time comes. Please note that we are not able to suggest an opening date at this time. This is our advance planning for when that day eventually comes.

1. We will open the campus in multiple phases.
2. Our 1st Phase will be for our members, along with those registered for classes on that day.
3. Classes and activities will open gradually with smaller groups starting first.
4. We will offer a day pass for those who are coming to learn more about LCS and the community. Day passes will be available for \$40 pesos.
5. There will be only two gates open for entering the campus. The front main entrance gate and the Lake-side gate.
6. There will be greeters stationed at each of these two entrances.
7. Masks will be required of everyone entering the campus and must be worn throughout the time on campus. There will be masks available for sale at the entrances.
8. Greeters will take the temperature of everyone entering the campus using a contactless forehead thermometer.
9. Hand sanitizers will be available at the entrance and other points on campus.
10. We have increased the number of restrooms and hand washing areas. Soap will be provided at each restroom along with paper towels.
11. People not wearing a mask, or not allowing their temperature to be taken, will not be allowed on campus.
12. We ask that everyone practice appropriate social distancing/separation. Including no handshaking, no hugging or kissing on campus.
13. We ask that anyone not feeling well must not enter the campus and should stay at home.

14. If people develop a cough while on campus, they must shield the cough in their elbow or with tissue.
15. Prior to opening, we will be doing a deep cleansing of the campus. After this, all tables, chairs and touchable services will be cleaned regularly.
16. We are planning to install Sneeze Guards in our office.
17. Only a limited number of people will be able to enter the office at one time.
18. We have increased the number of spaces for groups to meet around the campus.
19. The seating capacity of each individual space has been reduced.
20. Most tables will be limited to two people per table. There will be a few larger tables to accommodate more.
21. More groups will be meeting in outdoor spaces. We ask that people respect the group meetings in session, not approach the groups, observe their privacy and keep noise levels low.
22. In the initial phases, several of the classes usually held at the Wilkes Center will be moved to outdoor spaces on the main campus.
23. Exercise Classes — people are asked to bring their own exercise mats and take them when they leave their class. No sharing of mats.

We are still working through a variety of scenarios and will continue to develop plans to increase safer conditions on the LCS campus. We will give all volunteers, members and constituents advance notice prior to opening along with the current plans at that time. We hear a lot of talk about a new normal and we are doing our best to create a new normal for LCS.

This does not mean we are not currently functioning. We actually have a lot going on now through online Zoom classes and meetings and we hope that you will join in with some of our efforts. See the list of activities in this magazine or on our website and Facebook page for opportunities to contribute. Our new Reaching Out Program will be a program that continues.

Like you, we truly miss the social interactions and sharing opportunities that Lake Chapala Society provides. We miss seeing so many of you each day. We do believe that we will get through this and have a much stronger organization. We continue to work on LCS 2.0 . . . Extending our legacy as an oasis for personal enrichment, socialization and collaboration throughout Lakeside.

Stay Safe, Stay Healthy and best wishes from all of us at the Lake Chapala Society.

Steve Balfour
Executive Director

Plan de apertura de Lake Chapala Society

La Mesa Directiva, el personal y los voluntarios han estado trabajando agresivamente para planear la eventual apertura de nuestro campus. Actualmente no entramos en ninguno de los sectores empresariales que pueden solicitar la reapertura en este momento. Hemos estado desarrollando planes para cuando lleguemos a un nivel de autorización y considerar la apertura. Debido a que COVID-19 es tan contagioso, reconocemos completamente que debe haber una nueva forma normal de operar a medida que pasamos a la fase de apertura. Basándonos en la información que tenemos en este momento, se han aprobado las siguientes normas iniciales de apertura. Tenga en cuenta que no podemos sugerir una fecha de apertura en este momento. Esta es nuestra planificación anticipada para cuando llegue ese día.

1. Abriremos el campus en múltiples fases.
2. Nuestra primera fase será para nuestros miembros, junto con los inscritos en las clases de ese día.
3. Las clases y actividades se abrirán gradualmente empezando primero, con grupos más pequeños
4. Ofreceremos pases de un día para aquellos que vengan a aprender más sobre LCS y la comunidad. Los pases de un día estarán disponibles por \$40 pesos.
5. Habrá sólo dos puertas abiertas para entrar al campus. La puerta principal de entrada y la puerta que da al lago.
6. Habrá personal de LCS en cada una de estas dos entradas.
7. Se requerirán cubre bocas a todos los que entren al campus y deberán usarlos durante todo el tiempo que estén en el campus. Habrá cubre bocas disponibles a la venta en las entradas.
8. El personal de LCS tomarán la temperatura de todos los que entren al campus usando un termómetro infrarrojo evitando el contacto.
9. Habrá desinfectantes de manos en la entrada y en otros puntos del campus.
10. Hemos aumentado el número de baños y áreas de lavado de manos. Se proporcionará jabón en cada baño junto con toallas de papel.
11. Las personas que no lleven un cubre bocas, o no permitan que se les tome la temperatura, no serán permitidas en el campus.
12. Pedimos a todos que practiquen un distanciamiento/separación social apropiado. Incluyendo no dar la mano, no abrazar o besar en el campus.
13. Pedimos que quien no se sienta bien no entre al campus y se quede en casa.
14. Si la gente desarrolla tos mientras está en el campus, deben protegerse la tos con el codo o un pañuelo.
15. Antes de la apertura, haremos una limpieza profunda del campus. Después de esto, todas las mesas, sillas y demás áreas tocables serán limpiados regularmente.
16. Estamos planeando instalar guardias de acrílico en nuestra oficina.
17. Sólo un número limitado de personas podrá entrar en la oficina a la vez.
18. Hemos aumentado el número de espacios para que los grupos se reúnan en el campus.
19. Se ha reducido la capacidad de cada espacio individual.
20. La mayoría de las mesas se limitarán a dos personas. Habrá algunas mesas más grandes para acomodar a más personas.
21. Más grupos se reunirán en espacios al aire libre. Pedimos que la gente respete las reuniones de los grupos en sesión, no se acerque a los grupos, observe su privacidad y mantenga los niveles de ruido bajos.
22. En las fases iniciales, varias de las clases que normalmente se dan en el Wilkes Center se trasladarán a espacios exteriores en el campus principal.
23. Clases de ejercicio — se pide a las personas que traigan sus propias colchonetas de ejercicio y que las tomen cuando salgan de su clase. No se comparten las colchonetas.

Aún estamos trabajando en una variedad de escenarios y continuaremos desarrollando planes para aumentar las condiciones de seguridad en el campus de LCS. Les daremos a todos los voluntarios y miembros un aviso previo a la apertura junto con los planes actuales en ese momento. Escuchamos muchas conversaciones sobre una nueva normalidad y estamos haciendo todo lo posible para crear una nueva normalidad para LCS.

Esto no significa que no estemos funcionando actualmente. En realidad tenemos mucho que hacer ahora a través de las clases y reuniones de Zoom en línea. Esperamos que se unan a algunos de nuestros esfuerzos. Vea la lista de actividades en esta revista o en nuestro sitio web y página de Facebook. Nuestro nuevo Programa de Reaching out será un programa que se mantendrá.

Al igual que ustedes, realmente extrañamos las interacciones sociales y las oportunidades de compartir que Lake Chapala Society proporciona. Extrañamos ver a tantos de ustedes cada día. Creemos que saldremos adelante y tendremos una organización mucho más fuerte. Seguimos trabajando en LCS 2.0 . . . extendiendo nuestro legado como un oasis de enriquecimiento personal, socialización y colaboración a lo largo del lago.

Mantente seguro, mantente saludable y los mejores deseos de todos nosotros de Lake Chapala Society

Steve Balfour
Director Ejecutivo

Singular Living is Over

By © Susa Silvemarie 2020

The fabric of we
unrolls its truth.
Everyone in the world
responsible for everyone;
or else: extinction.
The earth demands
that our species enter
the feminine heart of the planet.
Genderless, nationless,
humanity bends into the red tent.
We stay home, we find out
the tent is vast, immense as god.
We sit silent, we discover
the feminine inward flow.
Singular living is over.



Come home dearheart,
come home, come rest.
Your spaciousness calls you
home to rest within it.
Here you remember
the dearness of the world.
Let the virus serve
the awakening of your heart.
Let the pandemic
serve the awakening
of the world.
Come home dearheart.
Singular living is over.
Our vision of humanity shrinks overnight
from countless ho-hum others

to a single kinship group.
With dropped jaws we watch
while our worldview turns on a dime.
Up we must grow, quick as a crocus.
The world is made of stories
and today we start a new one,
a beginning that could turn
into anything.
What, what could it look like?
A story of repair? A story of plenty?
As the tree is the forest, we
are the planet,
Now we finally sense,
underneath apparent isolation,
our mycorrhizal network.
It's springtime cleaning for the world.
Up we must grow to wisdom,
quick, quick as a crocus.
Singular living is over.
Yes, the end.
But only of the old world.
Now at the start
of new human ways,
global friendship breaks out.
An outbreak of peace,
of birdsong and clear skies,
a planet healing from humans.
We are alive, alive
at a brand new beginning.
Singular living is over.

Vie-R-Us

By John Sacelli

I believe millions of years of preparation have gone into the present era. Millenia depositing carbon resources that fuel the brief transition period of Homo Technocratus (I skipped high school Latin; feel free to amend). Every mass extinction event (this is the sixth) has resulted in more complex organisms. We are in the cocoon (of plastic bags, beer cans, coke bottles), between realities. Caterpillar genes are feeling fear and compression — they want to crawl out, backwards, into the past: Make Caterpillars Great Again. (Mommy, do I really have to grow up?) Butterfly genes are also feeling pressure — to burst out and fly.

Whether the focus of fear and pain are experienced as medical or eco-nomic, we're all somewhere in that melee of competing theories and beliefs, the virus, or vie-r-us. The corona of the sun is catalyzing the urge to grow into

something new. The old program (war, competition, greed) doesn't work anymore — to whatever extent it ever did. To paraphrase Benjamin Franklin, "We will all fly together, or most assuredly, the fly-swatter of history is coming down." (Original Quote — "We must all hang together, or, most assuredly, we shall all hang separately)."

There is pain, fear. There have always been pain and fear. But now it seems more acute, more prevalent, more universal. Some wish to escape. Some wish to profit. (The Market will go back up; when do I get in?) But some only yearn for Truth. Hearts are bursting with the urge to aide those who need, to protect those who fight to protect us. To know there will be a coming generation who will spread their wings.

Meanwhile, we argue with each other. Vie-R-Us. Corona Vie-R-Us. Our argument with ourselves. Will we shine? Learn? Fly? Or go extinct.



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The Lakeside Guide
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Al final, todavía hay mucho que hacer — Decisiones al término de la vida

Por Dr. Coppelia Vélez, Dr. Juan Pablo Betancourt & Lic. Hartwig Stein

seguridad del paciente



CUIDADOS PALIATIVOS

Nadie quiere morir como anciano solitario en terapia intensiva. Mientras estamos sanos y lúcidos podemos definir nosotros mismos, como queremos ser tratados al final de nuestra vida. Hay que evitar la creación de falsas esperanzas que permiten el “encarnizamiento médico”, que resultan en costos altos de médicos y hospitales, que causan un sufrimiento prolongado sin mantener una calidad de vida básica. Tomando las decisiones correctas hoy podemos tener una muerte digna en el futuro.

Todos y todas nos vamos a morir un día. Muchos esperan que este momento sea de una forma algo romántica, que cerremos los ojos y no volvamos a despertar. Sin embargo, de acuerdo con datos estadísticos recientes, el 80% de la población enfrentará una enfermedad terminal, ya sea del corazón, pulmón, de los riñones, o del temido cáncer. Debido a que actualmente la población tiene una mayor esperanza de vida que en el pasado la posibilidad de padecer complicaciones a causa de enfermedades crónicas es un escenario muy real. Las dramáticas escenas que observamos en las populares series médicas también son algo real y palpable, en las que el paciente con pocas posibilidades de sobrevivir en terapia intensiva se encuentra conectado a un sinnúmero de aparatos ruidosos, invadido en varias partes de su cuerpo con cánulas y tubos. En muchas ocasiones quien sufre esta situación se encuentra emocionalmente solo, debido a que la visita de familia y amigos ha sido restringida. En el presente artículo distinguimos entre dos grupos de tratamientos médicos, los “curativos” y los “paliativos”. Los curativos, en grandes rasgos, sirven para devolver la salud y la funcionalidad al paciente, o para mantener un estilo de vida cerca a la normalidad. La medicina avanzada hoy día cuenta con varios métodos científicos y modelos estadísticos que permiten estimar el tiempo de sobrevivencia con cierta exactitud. Los trastornos que permiten a los pacientes una sobrevivencia de menos de seis meses se consideran enfermedades terminales. Estos estados de salud ya no son curables y sabemos que el cuerpo se dará por vencido en el transcurso de seis meses, por lo que se recomienda un tratamiento con medicina paliativa, ya que con ésta se obtendrá el mismo desarrollo y calidad de vida con o sin la aplicación de tratamientos aparentemente curativos y nos permite evitar el escenario arriba mencionado: la terapia intensiva sin posibilidades de curación.

La medicina paliativa, ejercida mediante un equipo interdisciplinario, ofrece alivio de síntomas sin agredir la calidad de vida y dignidad del paciente. Se ofrece control de dolor, apoyo físico y social y el acompañamiento de los familiares en el proceso. Así se permite que el paciente se man-

tenga en su hogar, en su entorno y en compañía de sus seres queridos, con lo que obtiene mayor confort y seguridad. Se usan todos los tratamientos que alivian el dolor y aumentan la calidad de vida, pero no se aplican procedimientos invasivos que prolonguen artificialmente el desarrollo natural de la enfermedad. Se ofrece apoyo emocional, psicológico, legal y administrativo a la familia en el proceso del duelo anticipado, para fortalecer emocionalmente a todos los miembros del grupo familiar. Se promueve el reencuentro con las hijas e hijos, se resuelven problemas con las aseguradoras, se facilitan recursos humanos que cuidan al paciente por turnos, se apoya a los niños con el objetivo de que la pérdida sea lo menos traumática posible.

Además, esta disciplina defiende los derechos de los pacientes terminales, tales como el derecho a ser tratado como un ser humano vivo, a recibir atención integral óptima sin aumentar el sufrimiento de forma inútil, a conocer la verdad sobre su situación en un diálogo confiable, a expresar sus sentimientos abiertamente, para lo cual recibe asistencia profesional, derecho a recibir apoyo para lograr sus últimos anhelos, a ser escuchado y respetado en su silencio, a permanecer en compañía de sus seres queridos, a que se respeten sus creencias religiosas, a no morir sólo sino en paz con dignidad, así como a participar en las decisiones relacionadas consigo mismo y no ser juzgado por ello.

¿Qué se tiene que hacer hoy para que se respete la voluntad al final de la vida? El instrumento legal aprobado por el Congreso del Estado de Jalisco desde noviembre del 2018 para expresar esta voluntad se llama: “Carta de Voluntad Anticipada”. Esta carta es válida para todos los habitantes de Jalisco, independiente de su nacionalidad. Comúnmente para que esta carta sea válida se estipula que dos médicos deberán determinar, de manera independiente, que el paciente sufre de una enfermedad terminal o bien enfrenta una situación de salud grave e irreversible. En este caso, la persona en cuestión debe determinar con claridad y por escrito, el tipo de tratamiento o tratamientos que desea recibir llegado el momento, también se pueden nombrar situaciones de salud específicas, por ejemplo, cirrosis del hígado, Alzheimer o insuficiencia renal. Se hace válida, aunque el paciente no esté consciente. Por otro lado, se puede anular de forma verbal o escrita en cualquier momento. En la carta se nombran dos representantes que se comprometen hacer cumplir la voluntad, además de dos testigos. En total 5 personas firman la carta, el interesado, los dos representantes y dos testigos.

No podemos elegir el momento de nuestra muerte, pero la mayoría podemos decidir cómo queremos caminar este último camino. Con las palabras del filósofo Francios Fénelon: La muerte solo será triste para quienes no han pensado en ella. Por una muerte digna.

Grocery Shopping Pandemic Style

By Dorrie Dixon

Like so many aspects of our lives, the way we grocery shop has changed since the coronavirus pandemic began. We are told to go out only when necessary, which means fewer trips to the store. Back in mid-March, my personal goal was grocery shopping once a week, next it was every two weeks, and by mid-May I was aiming for once every three weeks. During this process, I developed some strategies.

First, plan ahead. Gone are the days of wandering the aisles and picking up what we are in the mood for. Now, we must know well in advance what we are going to cook and eat. Chef Corby-Sue Neumann advises making a shopping list: "I know it sounds like 1985, but, really, a shopping list is a great place to start." Whether you go the pen-and-paper route or make the list on your smartphone, it will reduce time spent wandering through the store, and even save money because you are shopping intentionally.

Remember, the freezer is your friend. Although here in Mexico we have access to wonderful fresh fruits and vegetables year-round, they do spoil over time. Check out the freezers in the grocery stores. You will find bags of frozen blueberries, blackberries, strawberries, and mangoes which don't go bad when you get them home and are great for smoothies, salads, and sauces. Frozen vegetables are equally versatile.

Buy things that can serve several purposes. For example, tinned pineapple. You can eat it straight from the can, make it into a fruit salad, toss it into a chicken salad, use it for a sweet-and-sour sauce (with meatballs or chicken), or bake it into a quick bread. The same goes for many tinned products: chick-

peas, mushrooms, tomatoes, corn . . . all can be used in many recipes, raw or cooked, hot or cold.

Read recipes before you make your shopping list. Sorting through cookbooks and accumulated piles of recipes will give you good ideas. Consult the Internet. What a resource it can be! If you find yourself out of ideas (and ingredients),

type in what you've got and you'll be astonished at what you can do with whatever that might be. A recent discovery of mine is pork chops (or chicken thighs) smeared with marmalade and Dijon mustard. Three ingredients create a taste sensation.

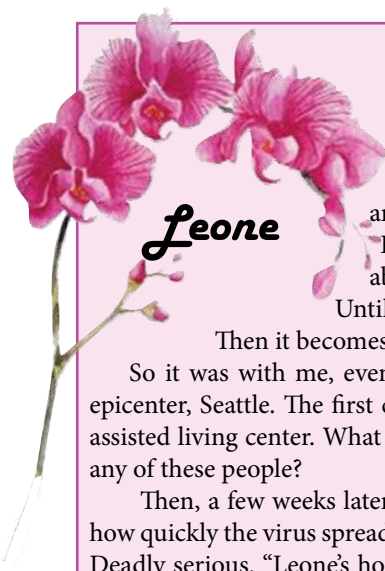
Think outside the box. There are products you might never consider buying under normal circumstances that actually come in handy. Instant mashed potatoes are a new discovery thanks to a fellow shopper who announced, "These aren't bad. Have you tried them?" They have been a godsend and are almost equivalent to the real thing in nutritional value.

Easy and quick to prepare, they provide a starch when you need one. They are also multipurpose. You can eat them as a side dish with meat, create a potato salad with hard-boiled eggs, or top a casserole such as shepherd's pie with them. Another unlikely item (at least for this cook) is canned chicken. It keeps forever, can be used for salads, sandwiches, or in casseroles, and when this pandemic is over, you can feed the leftover tins to your cat.

Purchase what you know you like and will enjoy eating. One man's meat is another's poison, so staples in one cook's kitchen aren't the same as in another's. For me, eggs, pasta, cheese, canned tomatoes, and mushrooms are essentials. Eggs can be eaten in the morning, fried for breakfast, at lunch in an egg-salad sandwich, and at night as a frittata or omelet. Pasta is miraculous; you can toss it with so many things and come up with a delicious meal; likewise, tomatoes and tomato sauce. Cheese is good to eat all by itself, but it can also add flavor and protein to salads, sandwiches, and pasta dishes. You get the idea.

Lakesiders like to eat out frequently and ours is an area blessed with excellent restaurants, which hopefully will re-open soon. In the meantime, we are going to be grocery shopping, and we might as well do it with purpose and passion. After all, it's all we can do at the moment.





By Tom Nussbaum

Leone

We have watched the number of COVID19 cases and deaths rise, worldwide, in the US and Canada, and here in Mexico. We stare, shocked. But, somehow, it is distant, unrelatable.

Until it touches someone you know, love. Then it becomes personal.

So it was with me, even though I come from the US's first epicenter, Seattle. The first cases and deaths were at a suburban assisted living center. What are the odds, I asked myself, I know any of these people?

Then, a few weeks later, my sister called. By then, we knew how quickly the virus spread. We realized this illness was serious. Deadly serious. "Leone's home has three cases," she announced. Leone's assisted living home was in Seattle proper. I tried to fight negative thoughts. But several days later, my sister called again. "She has it," she said. Leone died less than two weeks later.

Leone and her husband moved a few doors away when I was a young teenager. There were two daughters at first, then a third. But Leone was more than a neighbor. She became, although only 10 years older than me, as much a second mother as an older sister.

Leone always was available to listen to this kid with his high school problems, then college troubles. She was among the first I came out to...and kept the secret. She was there, standing in her window, when, in my late-twenties, I finally shared my sexuality with my complicated mother. And Leone held me and hugged as long as I needed when it was over.

We can have favorite people. But it is difficult to limit that designation to one person. So, long ago, I told Leone she was my favorite Sagittarius. She always has been. She always will be.



SPINNING IN THE COVID-19 CYCLE

BY SANDRA BAIRD

These days are normal and abnormal, all within the same breath. The sun slants towards summer solstice as it has forever. Trees obeying nature's urging to re-produce fling small packets of pollen to the winds ensuring seasonal allergies. COVID-19 arrives racing the Earth's spin to hurl rosetted wheels of death and disease to all nations. Travelers blow in carrying virus spores, luggage secretly stowed in their lungs. Masks sprout as social interaction is pushed down, homes become a shield, a safe place for inhalation. Those we love must like enemies be held at a distance waved at across the barbed wire of self-isolation. No curve yet just a soaring red line on a thermometer measuring the fevered assault of the plague, doubling its wins daily. All conversation baselined to the battle being fought, the war effort. What sacrifices needed to prevent failure? Do we have sufficient food if supply lines are cut? Is there enough medical help for the wounded, the dying? Who can we trust to speak the truth in the maelstrom of rumor and propaganda? How long will the war last? Kindness and compassion blossoms as emails and telephone calls spread cheer, kites in a high wind. Prepared meals are left on the doorsteps of solitary souls. Fear is diluted by the rising human spirit that refuses to accept defeat.

Restoring the Garden

By Judy Dykstra-Brown

Mankind's not in a bubble, we are linked to Nature's plan. There are no separate provinces for animals and man. All the riches of the world aren't here for just our pleasure. What we do to nature, it returns in equal measure.

This folly has gone far enough. The fools must be curbed.

The balances of nature have been cruelly disturbed.

Take back control from those who unwisely wield their power, or nature will find other ways to make us cringe and cower.

She has put us in a prison in judgement for our sin, providing us with jailers who control us from within while those we have mishandled roam freely all around— Fly and swim and crawl and run, scamper, leap and bound.

Only we are prisoners and will be 'til we've learned not to take more than our share or more than we have earned.

This absurd behavior of the naughty little boys who have seized our planet's riches as their private cache of toys will bring us all to ruin if we don't curb their powers, for they cannot see the truth of things up in their lofty towers.

DISCONNECT

By Harriet Hart



Nothing is happening and all hell is breaking loose. Within these four walls the days have taken on a quiet rhythm: coffee in bed while watching the news, breakfast, a little writing, a little reading, lunch, a nap, a little more writing and reading, half an hour of dancing by myself to get the blood circulating, preparing and eating dinner, and watching a movie on Netflix. The day comes full circle with watching the news in bed.

Solitary confinement in Villa Nova has lulled us into a false sense of security. Nothing is happening. Outside our home a pandemic rages: 5.5 million cases of the coronavirus globally, 350,000 people have died. Businesses close; the stock market plummets, while the unemployment rate rises. To quote W.B. Yeats:

"Things fall apart; the center cannot hold;

Mere anarchy is loosed upon the world."

Nothing is happening and all hell is breaking loose.



SALUD The Reluctant Cook

By Libby Colterjohn

If you read my article last month, I hope you are ready to move onto something a little more challenging. I thought I would introduce you to your oven and the joys of slow cooking. The average Mexican stove is propane gas and, unless it is a very modern, upscale version, is probably rather unreliable regarding the temperature gauge. Therefore, I suggest that we simplify things to low, medium and high which is accurate enough for this article. The internet has literally thousands of recipes for casseroles, but I want to introduce you to the basic principles here.

Unless you are vegetarian, you will need 4 groups of ingredients: meat, vegetables, seasoning, and a liquid. Chicken (especially the dark meat), pork tenderloin and chops, and beef work well. Fish and seafood are better cooked by quicker methods. Root vegetables like onions, garlic, carrots, turnip, celery, and potatoes love long, slow cooking but you can also use mushrooms, zucchini and sweet peppers. Seasoning can be simple salt and freshly ground pepper, or exotic curry powders and oriental spices. For liquids, water and stock are excellent but a can of soup or tomato sauce work well. The options are only limited by your imagination.

Although it is not essential, meat has more flavour if it is browned quickly in a little oil or fat before putting into the oven-proof dish, as do onions and garlic, so here is a basic recipe that you can adapt to other ingredients and the number of people dining. Please note that pork and beef take longer to cook.

COQ AU VIN

Serves 4 people

Oven temperature low 180C

- 4-8 chicken thighs (depends on size) with the bone, skin removed
- 4 medium/thick slices of bacon (cut into small pieces)
- 12-16 button mushrooms
- 12 shallots, pearl, or small spring onions (whole, peeled)
- Several cloves of garlic (peeled and chopped)
- Sprigs of fresh herbs: thyme, rosemary, oregano (tied with string)
- 1 cup freshly squeezed orange juice
- 1/2 cup red wine
- 2 tablespoons flour to thicken sauce
- Salt and pepper to taste

- » Fry the bacon at medium heat until cooked and the fat has released. Remove the bacon from the pan and drain on a paper towel.
- » Place the flour and seasoning in a plastic bag and add the chicken. Shake until the thighs are well coated.
- » Brown the chicken lightly in the bacon fat, remove from the pan and place into an oven-proof dish.
- » Add the onions, chopped garlic, and mushrooms to the pan and brown lightly in the remaining fat. Remove and

add to the chicken and bacon.

- » Pour orange juice, wine, herbs, and any remaining flour into the pan and stir well.
- » Boil for about 2 minutes making sure to incorporate all the brown bits sticking to the bottom of the pan.
- » Pour over the other ingredients. Cover the casserole with the lid, or a piece of tin foil with a small hole in it to release some of the steam.
- » Cook on the middle shelf of the oven at medium/low heat for an hour or until the chicken is tender.
- » Serve with mashed potatoes or rice and a green vegetable.

This is a classic recipe but can be adjusted to being a basic chicken casserole by omitting the bacon, wine, and orange juice and using water or chicken stock. The method of cooking the ingredients would be the same.

FRITATTA

A fritatta is a kind of quiche without the pastry, and is another example of slow cooking. It is very easy to make and you can add virtually anything you find in the fridge, including leftovers. It is good hot or cold, so make enough for 2 meals. A basic recipe is as follows:

CHEESE AND BROCCOLI FRITATTA

Oven temp: low 180C

Pan: 8" oven-proof dish greased well.

Makes 4 servings.

- 1 small head of broccoli (or other greens)
- 4 tablespoons full-cream milk
- 1 cup grated sharp cheddar cheese
- ¼ teaspoon salt
- 4 eggs
- Freshly ground pepper

- » Wash and cut broccoli into small pieces. Steam broccoli (or other green vegetables like spinach or asparagus) until cooked but still firm, or use left-over cooked veggies.
- » Grate cheese and spread half of this over the bottom of an oven-proof dish.
- » Lay the broccoli and/or other ingredients evenly over the cheese layer. Sprinkle on the rest of the cheese.
- » Wisk eggs, milk, pepper, and salt together and pour over the other ingredients.
- » Bake in a moderate oven for about 40 minutes, until risen well and lightly browned.

Note: You can add any leftovers you wish like chopped bacon, ham, salmon or shrimps. This can also be cooked in a non-stick frying pan over a very low heat (about 20 minutes). Adapt this basic recipe to other ingredients. Slow cooking is wonderful when you entertain. Put your dish in the oven and enjoy a glass of wine with your guests!

These writings are from the LCS Wilkes Center, or Biblioteca, a beehive of activity, Galeana 18 in Ajijic, two blocks from the LCS main campus. For 20 years, a cadre of volunteers have taught ESL to the Mexican Community, gratis. There are several levels of study. Volunteer teacher and author Carol Bowman recently asked her Level 4 students to try their hands at creative writing. We are proud to announce that Writings from the Wilkes will become a regular feature of this magazine. We will not edit these pieces as a way of demonstrating how much progress these talented, hard working students have made.

To arrive in Ajijic years ago, you had to go through Chapala, then take the 'Camino Real,' an old gap running parallel to Lake Chapala which united the lake towns. Both sides were lined with large trees and stone fences and it crossed between cultivated fields and fruit orchards. Today parts of the 'Camino Real' remain in the La Floresta neighborhood, on the street where they still rent horses.

At that time, the residents of Ajijic baptized their streets in a simple and logical way; not as politicians do, without taking into account the tradition. For example: The street (Calle)Camino Real was renamed *Ocampo*; *Calle de la Posada* (Old Posada) — *Independencia*; *Calle de la Ladillera* (Brick Factory) — *Lerma*; *Calle Seis Esquinas* (Six Corners) — *Alvaro Obregon*; *Calle La Del Muelle* (Pier) — *Colón*; *Calle La Del Templo* (Church) — *Ramon Corona*.

The self-sufficient inhabitants of the towns lived in the countryside. They used horses, donkeys, and a few bicycles as local transportation to go to work their fields by the *Camino Real*. I remember Froylan Ramos, who used to make round trips to Guadalajara every day in his gray truck. Passengers inside the cab, chickens and little pigs up on the roof rack and the back loaded with items for delivery, the trip took him all day, as he made many stops along the way.

While growing up in Ajijic 60+ years ago, I met some very interesting locals. 'Pancho de la Luz.' A man with electrical knowledge, he spent every day carrying a ladder and tools and fixing electrical connections outside of houses. Today, CFE needs three men and a truck to do the same job. Pancho solved the electrical problems the same day, while CFE takes much more time.

Alberto Pérez, the Butcher of Ajijic: He lived with Beatriz and his kids on *Calle Real*. An old custom was to set a red flag outside of the shop when they butchered beef. For his customers, it was easy to check the quality and freshness of the meat, because they saw the cow on the street entering the butcher house. Sometimes, Alberto called me to help him untie the cow. I was nine years old, but that experience helped me to become an architect, not a veterinarian or doctor!

'Lupa La Muda:' An exceptional woman, always smiling, but who couldn't speak well. Barefoot and very poor,

she went from house to house selling water in a 'cantaro' pitcher filled at 'El Ojo de Agua', a stream at the foot of the mountain. She provided fresh water to Ajijic residents for many years. She often came to my home 'Casa De Las Piedritas' for some money my granny gave her.

Some very important foreigners — Americans, English, Germans and Russians, arrived in Ajijic. With the many things they gave to the community, they became part of its history.

Miss Neill James: She raised silk worms in mulberry trees and created the craft of embroidery on clothing which she taught to the native women. She also founded the first public library of Ajijic. Besides charity work, she liked dogs and parakeets.

Doña Luisa Hower and brother Pablo of German origin: They lived by the shore and Luisa used to swim in the lake naked, without shame.

Bateman Family and children Alice, Chris, Tony, Alejandra and Señorita Eleana: They founded 'Mi Mexico' clothing store, which still exists. They used original looms to give people work making clothes. Eleana had three children — John, Katy and Jeffrey. All of Ajijic nicknamed Jeffrey, 'Chefri.' He was my friend forever.

My apologies if I have forgotten important characters, or their names.

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We are all getting used to wearing fabric masks for health reasons, but true Mexican masks are grouped in two categories: traditional and decorative. Traditional masks are used in celebration and ceremonial dances, while decorative masks are made for aesthetic purposes and usually bought by collectors or tourists. The use of masks in rituals or ceremonies is an ancient human practice across the world; the oldest mask found is 9,000 years old. Masks can be made of clay, stone, or papier-mâché; however, wood is the material most often used.

Nowadays, masks are used in ceremonial dances, particularly for the celebration of a *pueblo's* patron saint day, *Carnival*, Christmas, and locally, the *Tastoan* Pageant every July in Tonalá, Jalisco. These traditional Mexican masks are usually made by a mask-maker and rarely by the dancers themselves.

One mask-maker, Prudencio Guzman Rodríguez, who works in clay, is from Tonalá and both makes and dances his own masks. A master craftsman, Prudencio was trained by both his grandfather and father, and started creating clay objects at age 12. He describes how the material of his art — the clay — inspires his creativity. "I feel like I am *el barro*, I am the clay," he says with passion.

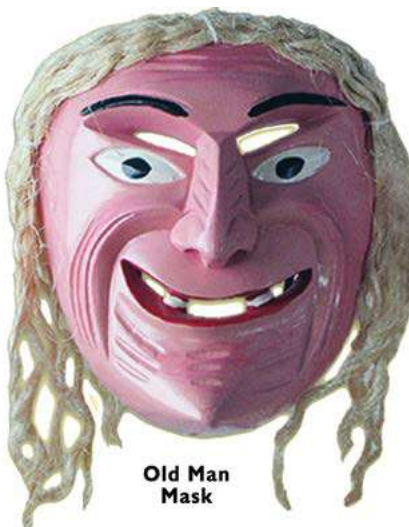
A Tonalá native, Prudencio has participated as dancer and mask-maker for 25 plus years in the annual July *Tastoan* pageant. Introduced by Christian friars in the 1500s, the *Tastoan* festival celebrates the expulsion of the Moors from Spain. In Mexico, Spain's conquest over the native population became part of the dance as the local interpretation evolved. A group of Indians less enamored with the European invaders and their religion banded together and rebelled, putting up a heroic fight on Tonalá's *Cerro de la Reina* hill. As legend has it, when their rebellion was put down they were turned into grotesque monsters known as *Tastoanes*.

Once Prudencio has created the imaginative clay masterpieces, he then makes lighter-weight leather and *papier-mâché* replicas to wear during the dances. The bizarre masks represent human faces deformed by smallpox and sores brought to the New World by the Spaniards. Some of their features also have some characteristics of animals such as dogs, cats, and wolves,

Prudencio Guzman's
Tastoan Mask



Herminio Candelario Dolores'
Animal Mask



Old Man
Mask

and are decorated with snakes, scorpions, and spiders. The long hair is made of maguey fiber, horse or cow hair.

The *Tastoanes* are characterized by their cries, which become screams that cause the audience moments of anguish and fear. This dance has been passed from generation to generation. Some masks are painted as if they had injuries — it is for this reason that they are an expression of pain.

Another mask-maker of renown is Herminio Candelario Dolores from Suchitlán, Colima. Herminio passed away some years ago and his son, Gorgonio, has followed in his father's footsteps, hand-carving wooden masks of unusual quality. This family has deep roots in the state of Colima, where they have lived in the village where both father and son were born on the *ejido* land of Suchitlán (communal land shared by the people of the community).

A farmer out of necessity and a mask-maker out of desire, Gorgonio clings tightly to the traditions of his people, the land and the spirits which inhabit it. His passion for the various dances and ceremonies native to his community, some of them in an irreversible process of extinction, was inherited from his father and his grandfather, don Basilio. If these customs remain alive, it is due to the effort that this family has expended in promoting the formation of groups of young dancers, instilling in them the desire to preserve the traditional *fiestas*, both religious and blasphemous, that characterize the village of Suchitlán.

Gorgonio's father specialized in the masks used in the *La Danza de los Morenos*, which includes 18 dancers dancing in couples called *Los Morenos* (the dark-skinned). While dancing, they wear animal masks to distract the Roman centurions who stood guard at Christ's tomb, the object being to enter and revive him. This dance is performed on Easter, Santa Cruz Day and Pentecost.

Whether *morenos*, roosters, *tlalcoyotes* (owls), demons or *bartolos* (shepherds with clean-shaven European faces), the personages emerge from the masks as if by some magic that resides in the skillful hands of Gorgonio. All of them are elaborated with energy and a knowledge of the traditions, a talent that won his father recognition far outside the borders of Colima.

In 1995, Herminio was awarded a



Angel Mask

grant with which to establish a workshop for instructing young people as well as for his own artistic production by PACMYC (Programs de Apoyo a las Culturas Municipales y Comunitarias). He became such an expert that the National Folkloric Ballet consulted him about Colima's dances and how to represent them. As a decorative mask-maker, Herminio was recognized internationally and his pieces were sought after by collectors from around the world. He was specially known for his colorful wooden animal faces based on the *Morenos* dance.

There are many more masks and mask-makers, and you can find some of them at the annual FERIA Maestros del Arte, held in Chapala every November.

- **Devil Mask:** made of wood and used in Guerrero, Michoacán and Colima for various dances and representations during Christmas; some are called *Pastorelas*, and tell how a shepherd on his way to visit baby Jesus is tempted by the devil. Although they represent evil, these devils are humorous and amuse the spectators.
- **Pascola Mask:** used during patron saint days and Holy Week by the indigenous groups in the Northeast. When the *Pascola* wears the mask on the back of the head, he is



Jaguar Mask



Pascola Mask



Coconut Mask

- representing a human and when he covers his face with the mask he represents an animal.
- **Giant Mask:** used in *La Danza del Gigante* in Chiapas at Carnival. The dance represents the story of David and Goliath.
- **Jaguar Mask:** used in different dances in Guerrero, Oaxaca, Puebla, Chiapas, and Tabasco.
- **Hermit Mask:** used to play the hermit who travels to Bethlehem.
- **Old Man Mask:** used in *La Danza de los Viejitos* (Old Men Dance) from Michoacán.
- **Conquest Dance Masks:** representation of the Spanish conquest over the native culture in Guerrero, Oaxaca, Puebla, Veracruz, Nayarit, and Jalisco.
- **Angel Masks:** taken from the *baroque putto* (a figure of a baby or toddler, often naked and having wings) and are from Guerrero.
- **Human Face Masks:** usually made to resemble a conquistador or a pre-Hispanic warrior or king.
- **Animal Face Masks:** made in Guerrero and Michoacán usually have no meaning and are made to impress the possible buyer.
- **Coconut Masks:** whimsical, colorful, and purely decorative from Guerrero.

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1. Go outside **only** for what is strictly necessary

2. Population considered at risk should **NOT** be outside their homes:



- People of 60 years or more especially those with depressed immune systems, chronic cardiac, pulmonary, renal, septic, sanguineous or metabolic diseases.
- People with obesity
- Pregnant Women
- Girls and Boys under 5 years of age



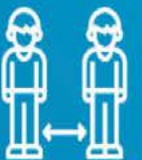
3. Only **essential** economic activities remain in operation.



4. Meetings of more than 50 people are **not** allowed in essential economic activities.



5. The use of public spaces such as plazas, sports units and municipal gardens is **PROHIBITED**.



6. The **continuous** implementation of health and healthy distance measures.



To the previous six
the **COMPULSORY**
use of facemask is added.

Lake Chapala Society

EVERYDAY MINDFULNESS

Meeting via Zoom at 10 a.m. on Mondays. Any LCS member interested in becoming a new participant, should email Barbara Hildt to request more information. barbarahildt@gmail.com

STRETCH & BALANCE

A stretch and balance class that can help you strengthen your core, improve your balance, and improve your vitality at www.youtube.com or click the following link: <https://www.youtube.com/watch?v=sqN4nDue89E&feature=youtu.be>

EXPLORING SPANISH

Exploring Spanish classes via Zoom, Wednesdays at noon and Saturdays at 11 a.m. Contact Sandy Britton at sambrit10@gmail.com to get put on the Zoom invite list.

SKIN CANCER SCREENINGS

Skin Cancer screenings will resume when the LCS reopens and Dr. Ballesteros has advised LCS of her schedule.

LCS INTERMEDIATE/ZOOM YOGA

Print a copy of the poses in our yoga class along with an audio file of George Knight conducting the same. Many in the yoga class have these already. Zoom Yoga — for the LCS Tuesday and Thursday afternoons Yoga Class, please contact George Knight at knightsinajjic@gmail.com if you want more information

LCS TED LEARNING SEMINARS

LCS TED Learning Seminars have been suspended until the sala reopens to be used for presentations.

FILM AFICIONADOS

The Film Aficionado showings that were suspended in March may be starting again from your home with use of your computers, tablets, or phones. This would be available for LCS members only. There is still some technical work to be done. Check the LCS website for future details. mak1939@gmail.com

IMSS & IMMIGRATION,

Veronica Muñoz is available for IMSS and Immigration help by email. Contact her at imssinm@gmail.com

LUZ OPTOMETRIST

Available Thursday mornings, just for URGENT glasses. Call for an appointment 331 411 1178 and to find out the procedures to follow for your appointment.

LCSTECH CLASSES & ALL THINGS TECH

The Tech Classes are alive and well using Zoom online classes. Since we all have more time on our hands the classes have expanded to twice a week. Now, on Tuesday and Thursday at 10 a.m. there is a Tech Class being presented via Zoom. Information about how to register and what classes are being offered is all detailed on the Lake Chapala Society website. See www.lakechapalasociety.com. When you get there, scroll down the page down to see “What’s Happening” and you will see the item called “Online Tech Classes”. If you are confused about using your Tech device and Zoom, please email Mike Goss at lcs_tech_training@gmail.com and he will get you online.

LCS HOT SCIENCE

HOT Science meetings have been put on hold. For those interested in science, technology and medicine, we have turned HOT Science into an expanded weekly science newsletter, *Weekly Science*. To get this by email every week, send a request to hotsciencelcs@gmail.com. You will get the week’s news and developments from Science, Technology and Health. Newsletter by Richard Clarke, Silicon Valley guy, with a career in high-tech.

BECERRA IMMIGRATION

Lic. Alvaro Becerra Sánchez

Cell +52 333 201 3123, office +52 333 810 5313 alvaro100@yahoo.com. If you are in Mexico on a tourist/visitor visa that is about to expire, please contact us to help obtain an extension. We are here to support people with immigration issues during the pandemic.. Becerra and Associates are also available for other immigration and legal services.

HEARING AID SERVICES

Dr. Polo 331 511 4088 or pologon62@yahoo.com for concerns regarding hearing aids and repairs.

OPEN CIRCLE

Open Circle has suspended its Sunday programming until further notice, however, many of their videos are available on the YouTube at Open Circle Videos.

Lake Chapala Society

TOASTMASTERS

Toastmasters Lago de Chapala club is meeting on Monday nights at 7 p.m. via Zoom. This is a fun way to work on improving your communication skills. Meetings rotate between Spanish and English. Contact sarana.donaldson@gmail.com for more information.

LAKESIDE AA

Zoom AA Meetings are available every day of the week at 10 a.m. For more information contact Marian H. at lakesidetilly@gmail.com or call 331 219 6987.

EDGARDO CEDEÑO/INSURANCE BROKER

Call 333 106 6982 or send an email for free consultation to: mexicoprotect@hotmail.com

US CONSULATE

The U.S. Mission in Mexico suspended routine passport and other consular services March 19 in light of COVID-19.

If your passport is expired or is going to expire soon, and you have imminent travel plans to the U.S., please contact the embassy or nearest consulate to apply for an emergency passport ONLY. To schedule an appointment, please call 55-8526-2561 or visit our website.

Due to reduced operations at U.S. domestic facilities effective April 2, if you have previously applied for a passport or citizenship service, such as a Consular Report of Birth Abroad (CRBA), you should expect significant delays receiving your documents.

If you are in this situation and have imminent travel planned, please contact us for an emergency passport. As a reminder, U.S. citizen children do not require a CRBA to qualify for an emergency passport.


Please enroll in the Smart Traveler Enrollment Program (STEP) and visit the Embassy's COVID-19 webpage for up-to-date information on COVID-19 and the status of U.S. consular operations in Mexico.



Quick links to donations

 PayPal - USD & MXN
<https://paypal.me/pools/c/8o7fx1IDcJ>

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<https://paypal.me/pools/c/8o0ufezDh4>

 Cash Donations / Volunteer
Email our team at:
FoodBankLakeside@gmail.com
A volunteer driver will pick it up.



Thank you!
The Team at FoodBank Lakeside



LCS REACHING OUT PROGRAM

We have recruited over 80 volunteers who are mobilized and ready to reach out to members, especially those who live alone, have no family in the area and want to be contacted on a daily basis.

This service has now been extended to the community at large.

For more information,
[Click Here](#)

HELPFUL WEBSITE LINKS

US EMBASSY AND CONSULATE

CANADIAN EMBASSY

CANADIAN HEALTH SERVICE

CDC — IF YOU ARE SICK

HOW TO PROTECT YOURSELF

MEXICO — STATE OF JALISCO — EN ESPAÑOL

GOBIERNO DE CHAPALA

JOHN HOPKINS

WORLD HEALTH ORGANIZATION

FEDERAL GOVERNMENT IN MEXICO

ATTENTION SPANISH LEARNERS



COVID-19 WON'T DRIVE US CRAZY

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Todos nos estamos acostumbrando a usar cubre bocas de tela por razones de salud, pero las verdaderas máscaras mexicanas se agrupan en dos categorías: tradicionales y decorativas. Las máscaras tradicionales se usan en celebraciones y bailes ceremoniales, mientras que las máscaras decorativas se hacen con fines estéticos y suelen ser compradas por coleccionistas o turistas. El uso de máscaras en rituales o ceremonias es una antigua práctica humana en todo el mundo; la máscara más antigua que se ha encontrado tiene 9,000 años. Las máscaras pueden estar hechas de arcilla, piedra o papel maché; sin embargo, la madera es el material más utilizado.

Hoy en día, las máscaras se utilizan en las danzas ceremoniales, en particular para la celebración del día del santo patrón de un pueblo, el carnaval, la Navidad y, a nivel local, el desfile del Tastoan cada julio en Tonalá, Jalisco. Estas máscaras tradicionales mexicanas suelen ser hechas por un fabricante de máscaras y rara vez por los propios bailarines.

Un fabricante de máscaras que trabaja en arcilla es de Tonalá, hace y baila sus propias máscaras es Prudencio Guzmán Rodríguez. Maestro artesano, Prudencio fue entrenado por su abuelo y su padre, comenzó a crear objetos de arcilla a los 12 años. Describe cómo el material de su arte, la arcilla, inspira su creatividad. “Me siento como si fuera el barro, soy la arcilla”, dice con pasión.

Nacido en Tonalá, Prudencio ha participado como bailarín y creador de máscaras durante más de 25 años en el desfile anual de julio en Tastoan. Introducido por los frailes cristianos en el siglo XVI, el festival de Tastoan celebra la expulsión de los moros de España. En México, la conquista española de la población nativa se convirtió en parte de la danza a medida que la interpretación local evolucionaba. Un grupo de indios menos enamorados de los invasores europeos y de su religión se unieron y se rebelaron, dando una heroica batalla en el Cerro de la Reina de Tonalá. Como cuenta la leyenda, cuando su rebelión fue sofocada se convirtieron en grotescos monstruos conocidos como Tastoanes.



Máscara de Baile Cristiano y Moro



Máscara de Baile de la Conquista

Una vez que Prudencio ha creado las imaginativas obras maestras de arcilla, entonces hace réplicas de cuero y papel maché más livianas para usarlas durante los bailes. Las extrañas máscaras representan rostros humanos deformados por la viruela y las llagas traídas al Nuevo Mundo por los españoles. Algunos de sus rasgos también tienen algunas características de animales como perros, gatos y lobos, decoradas con serpientes, escorpiones y arañas. El pelo largo está hecho de fibra de maguey, pelo de caballo o de vaca.

Los Tastoanes se caracterizan por sus gritos, que se convierten en gritos que causan al público momentos de angustia y miedo. Esta danza se ha transmitido de generación en generación. Algunas máscaras se pintan como si tuvieran heridas, por eso son una expresión de dolor.

Otro creador de máscaras de renombre es Herminio Candelario Dolores de Suchitlán, Colima. Herminio falleció hace algunos años y su hijo, Gorgonio, ha seguido los pasos de su padre, tallando a mano máscaras de madera de una calidad inusual. Esta familia tiene profundas raíces en el estado de Colima, donde han vivido en el pueblo donde nacieron padre e hijo en las tierras ejidales de Suchitlán (tierras comunales compartidas por la gente de la comunidad).

Agricultor por necesidad y enmascarador por deseo, Gorgonio se aferra con fuerza a las tradiciones de su pueblo, a la tierra y a los espíritus que la habitan. Su pasión por las diversas danzas y ceremonias autóctonas de su comunidad, algunas de ellas en proceso irreversible de extinción, fue heredada de su padre y de su abuelo, don Basilio. Si estas costumbres se mantienen vivas, se debe al esfuerzo que esta familia ha dedicado a promover la formación de grupos de jóvenes bailarines, inculcando en ellos el deseo de preservar las fiestas tradicionales, tanto religiosas como blasfemas, que caracterizan al pueblo de Suchitlán.

El padre de Gorgonio se especializó en las máscaras utilizadas en la Danza de los Morenos, que incluye 18

bailarines que bailan en parejas llamadas Los Morenos. Mientras bailan, llevan máscaras de animales para distraer a los centuriones romanos que hacían guardia en la tumba de Cristo, con el objeto de entrar y revivirlo. Esta danza se realiza en la Pascua, el día de Santa Cruz y Pentecostés.

Ya sean morenos, gallos, tecolotes, demonios o bartolos (pastores con rostros europeos bien afeitados), los personajes emergen de las máscaras como por alguna magia que reside en las hábiles manos de Gorgonio. Todos ellos elaborados con energía y conocimiento de las tradiciones, un talento que le valió a su padre el reconocimiento mucho más allá de las fronteras de Colima.

En 1995, Herminio recibió una beca para establecer un taller para la instrucción de jóvenes así como para su propia producción artística por parte del PACMYC (Programas de Apoyo a las Culturas Municipales y Comunitarias). Se convirtió en tal experto que el Ballet Folclórico Nacional le consultó sobre las danzas de Colima y cómo representarlas. Como fabricante de máscaras decorativas, Herminio fue reconocido internacionalmente y sus piezas fueron buscadas por coleccionistas de todo el mundo. Era especialmente conocido por sus coloridas caras de animales de madera basadas en la danza de los Morenos.

Hay muchas más máscaras y fabricantes de máscaras, y se pueden encontrar algunas de ellas en la Feria Anual de Maestros del Arte, que se celebra en Chapala cada noviembre.

- » Máscara del Diablo: hecha de madera y usada en Guerrero, Michoacán y Colima para varias danzas y representaciones durante la Navidad; algunas se llaman Pastorelas, y cuentan cómo un pastor en su camino para visitar al niño Jesús es tentado por el diablo. Aunque representan el mal, estos demonios son graciosos y divierten a los espectadores.
- » Máscara de Pascua: usada durante las fiestas patronales y la Semana Santa por los grupos indígenas del Nor-



Danza de la Máscara de los Gigantes



Máscara de baile ermitaño

este. Cuando la Pascola lleva la máscara en la parte posterior de la cabeza, está representando a un humano y cuando se cubre la cara con la máscara representa a un animal.

- » Máscara gigante: se usa en la Danza del Gigante en Chiapas en el Carnaval. La danza representa la historia de David y Goliat.
- » Máscara de Jaguar: usada en diferentes danzas en Guerrero, Oaxaca, Puebla, Chiapas y Tabasco.
- » Máscara de ermitaño: se utiliza para interpretar al ermitaño que viaja a Belén.
- » Máscara de Viejo: usada en La Danza de los Viejitos de Michoacán.
- » Máscaras de Danza de la Conquista: representación de la conquista española sobre la cultura indígena en Guerrero, Oaxaca, Puebla, Veracruz, Nayarit y Jalisco.
- » Máscaras de ángel: tomadas del barroco (una figura de un bebé o niño pequeño, a menudo desnudo y con alas) y son de Guerrero.
- » Máscaras de rostro humano: generalmente hechas para asemejarse a un conquistador o a un guerrero o rey prehispánico.
- » Máscaras faciales de animales: hechas en Guerrero y Michoacán generalmente no tienen ningún significado y están hechas para impresionar al posible comprador.
- » Máscaras de coco: caprichosas, coloridas y puramente decorativas de Guerrero.

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“It’s not the strongest of the species that survive, it’s those who are the most adaptable.” ~ Charles Darwin, *Origins of the Species*

If there’s one lesson we learned during the pandemic stay-at-home restrictions, it’s that we were fooling ourselves when we thought we never had enough time. Pre-quarantine: Housework? Too busy. Exercise? Can’t, don’t have time. Cooking? Let’s go out, saves time.

After a few weeks of lockdown in which there are no sports, no walking, no “stop ‘n’ chats,” and no dinner parties, we’ve realized just how much time there is in a day. And the funny thing is, many of us still don’t have time to get fit, do housework, garden, or cook. But there does seem to be more creative thinking, dreaming up ideas for apps and gadgets that could save us time and money, and make a million to boot.

Case in point: I have never been a Martha Stewart-type when it comes to decorating, cooking delicious meals, or tidying up. However, since the quarantine, I’ve been enjoying many household tasks, some I never even knew existed. I just put on some Spotify beats and dance the house

clean. I’ve found dust in amazing places.

And guess what? I’ve invented an amazing new fitness app that guarantees you will lose weight, get ripped, and have the cleanest house on the block. The app is called *Tidy-Fit*. It tracks calories expended and has foot-stomping music. Sensors rate you on how quickly you get housework done compared to others in your social network.

It tracks steps taken, bending down to clean out the kitty litter, taking out the garbage, vacuuming, dusting, making beds, preparing meals, and washing dishes.



There’s an outside feature to track time spent watering, pruning, sweeping, and planting. Extra credit is given for car washing and organizing the garage. If you venture out to hunt and gather at the market, you get credit only if you wear a mask and gloves. It will ding you if you get within six feet of other humans.

So far, users have posted mostly positive reviews for TidyFit. Many say that if it hadn’t been for COVID-19, they never would have cleaned so much while getting so fit. Unfortunately, some reviewers have panned the use of a negative point system. These negative points are given for engaging in sedentary behaviors such as binge-watching TV, reading books, computer gaming, and time spent on social media.

Because of the success of the app, Proctor and Gamble and other household-product sponsors are organizing The TidyFit Olympic Games for the end of the pandemic. Fit housewives and househusbands who have accumulated the most points will compete in a clean-off to be held at the Tidy Bowl in Flushing Meadows, NY.

The app may not yet be available in your area. If not, put on a little “I Will Survive” music, grab your sanitizing spray, and dust away the day to get fit while tidying. You’ll soon discover just how many hours there are in a day.



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Mantenerse en forma mientras se está en casa Por Patsi Krahoff

“No es la más fuerte de las especies la que sobrevive, sino la más adaptable”. ~ Charles Darwin, El Origen de las Especies.

Si hay una lección que aprendimos durante la restricción de salir de casa durante la pandemia, es que nos engañamos a nosotros mismos cuando pensábamos que nunca teníamos suficiente tiempo.

Pre-cuarentena: ¿Trabajos domésticos? Demasiado ocupado. ¿Ejercicio? No puedo, no tengo tiempo. ¿Cocinar? Salgamos, así ahorramos tiempo.

Después de unas semanas de encierro en las que no hay deportes, ni paseos, ni pláticas, ni cenas, nos hemos dado cuenta de cuánto tiempo hay en un día. Y lo curioso es que muchos de nosotros todavía no tenemos tiempo para ponernos en forma, hacer las tareas domésticas, el jardín o cocinar. Pero parece que hay un pensamiento más creativo, soñando con ideas para aplicaciones y aparatos que podrían ahorrarnos tiempo y dinero, y además ganar un millón.

Por ejemplo: Nunca he sido del tipo Martha Stewart cuando se trata de decorar, cocinar comidas deliciosas, o poner en orden. Sin embargo, desde la cuarentena, he estado disfrutando de muchas tareas domésticas, algunas que ni siquiera sabía que existían. Sólo me pongo algunos ritmos de Spotify y limpio la casa mientras bailo. He encontrado polvo en lugares increíbles.


¿Y adivina qué? He inventado una nueva y asombrosa aplicación de fitness que te garantiza que perderás peso, te divertirás y tendrás la casa más limpia de la cuadra. La aplicación se llama TidyFit. Hace un seguimiento de las calorías gastadas y tiene música que te mueve el corazón. Los sensores te califican por la rapidez con la que realizas las tareas domésticas en comparación con otras en tu red social. Registra las medidas tomadas, agacharse para limpiar la arena del gato, sacar la basura, pasar la aspiradora, quitar el polvo, hacer las camas, preparar las comidas y lavar los platos.

Hay una característica externa para registrar el tiempo que se pasa regando, podando, barriendo y plantando. Se da un crédito extra para el lavado de coches y la organización del garaje. Si te aventuras a cazar y recolectar en el mercado, sólo obtienes crédito si usas una máscara y guantes. Te golpeará si te acercas a menos de seis pies de otros humanos.

Hasta ahora, los usuarios han publicado la mayoría de las críticas positivas para TidyFit. Muchos dicen que si no hubiera sido por el virus COVID-19, nunca habrían limpiado tanto mientras se ponían en forma. Desafortunadamente, algunas personas han criticado el uso de un sistema de puntos negativos. Estos puntos negativos se dan por tener conductas sedentarias como ver la televisión, leer libros, jugar a la computadora y pasar tiempo en los medios sociales.

Debido al éxito de la aplicación, Proctor and Gamble y otros patrocinadores de productos para el hogar están organizando los Juegos Olímpicos TidyFit para el fin de la pandemia. Las amas de casa en forma y los maridos que hayan acumulado más puntos competirán en una limpieza que se celebrará en el Tidy Bowl de Flushing Meadows, NY.

Es posible que la aplicación aún no esté disponible en su zona. Si no, pon un poco de música de “Sobreviviré”, coge tu spray desinfectante y desempolva el día para ponerte en forma mientras limpias. Pronto descubrirás cuántas horas hay en un día.



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Reflections on a Pandemic

By Johanna Labadie

Reach out, but don't touch someone. Pandemic is such a big word to describe one's own personal experience, which is all anyone ever has.

We have big hearts, we can imagine the suffering of others. We want to support a charity, or start one of our own!

We tell our friends and family we love them, that they are special, but why? When the basic needs for food, clothing and shelter are met, we see people for their worth, not for what they are lacking.

Again, I can only really answer that question for myself. When I had very little, when every door was closing for me, someone entered my life, not with an offer of charity, but with the promise of my own potential.

Please feed the hungry. Please clothe and shelter the poor. Then try to see the truth: that everyone you meet has abilities that you can only dream of.

I want to feed, clothe and shelter those who have immediate needs, but I also see the life-changing results of empowerment.

Where do we go from here, once this pandemic is over? I know I will better appreciate hugs and unmasked smiles, not because I had to go without them, but because I've come to realize that joy is everyone's birthright.

And in the years to come, I will be focused on bringing opportunities for self-empowerment to our Mexican community, reflecting the time when someone saw that potential in me.



By Blue

When Mexico announced another 30 days of house arrest, I looked at my blank calendar and said, "Something has to change."

The first thing I did was go to Youtube.com to see what else the Google calendar was good for. I learned that it could manage a to-do list, reminders, journaling and project management — with colors and all!

The second thing I did was visit TED Talks and learned how I could be happier living in the moment rather than worrying about the future. Check out: "Want to be Happier? Stay in the Moment" by Matt Killingsworth.

The third thing I did was sign up for a free Yale course on "The Science of Well-Being."

While I searched for other on-line learning experiences, I encountered many sites on happiness, living in the moment, being grateful, being mindful, being kind and exercising. Now, each day for our 30 days of confinement, I start the morning with a cheerful, colorful calendar that looks like this under the description field:

21-Day Happiness Journal

Sunday, April 12, 7:30 – 7:45 am (Daily)

- Three things I'm grateful for: (2 minutes)
- Describe a positive experience (2 minutes)
- Focus on breathing (2 minutes)
- Praise or thank you email or call to someone different (2 minutes)
- Random Acts of Kindness
- Social Connection (via social media, zoom, or on-line games)
- 15 minutes of exercise (walking or anything else)

My calendar now is filled up with items which fit into the above new habits, such as playing bridge on-line, attending a tech seminar, taking free college classes, getting in touch with family and old friends, sharing recipes, exercising, or hosting an ebook club meeting. Better yet, I can look backwards to feel more gratitude for the things I've done for myself and others throughout the month.



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a Total of \$650,000 pesos

OUR DONORS THOUGHTS

“ I think this is a tribute to the organization and the respect the public has for it. ”

“ Thank you for your continued special help. I've watched your efforts for over 22 years and while there are many excellent charities, none can match your efforts. ”



Our grateful Mothers



“May God bless the team for helping us provide a better quality of life to our children. May you always be blessed and take care of your health. A thousand thank yous”



“Nicole, Danielle, thanks to you and everybody on the team of Programa Pro Niños for always being a step ahead of all necessities for the children and their families a thousand thank yous for the help offered and may God bless and your loved ones.”



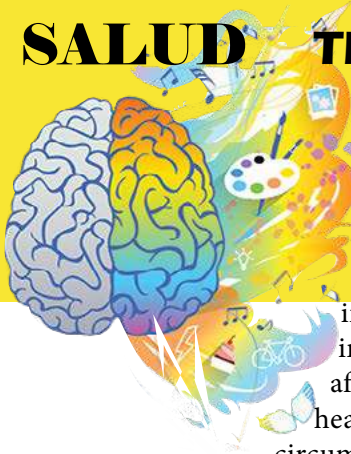
Our efforts to continue our support of these chronically ill children will average approximately \$335,000 pesos per month. We thank you again for your support and goodness to the humanity of this world.

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SALUD The Psychological Challenges of Covid-19

By Amelia Stevens, MD



Though our most immediate challenges during the Covid-19 pandemic are protecting ourselves and families from the corona virus, keeping food on the table and meeting financial obligations, we can't afford to overlook our mental health. Fear is normal in dangerous circumstances, but persistent anxiety, depression, sleep disturbance, substance abuse and domestic violence are on the rise and must be addressed.

Mindfulness, Movement, Mastery, Meaningful Connection are the 4 M's of mental health according to Dr. Sue Varma, psychiatrist and formerly medical director of mental health services in New York City during the 9/11 crisis. Dr. Varma defines mindfulness as being present, bringing attention and focus to whatever we're doing at the moment, from washing dishes to having a conversation, rather than allowing thoughts to wander in catastrophizing directions. One way among many to practice mindfulness is through the use of one of several meditation apps such as Headspace or Calm. Movement refers to any type of physical exercise; exercise apps are certainly not necessary but several are available. Mastery is allowing ourselves to be fully engaged in something we're good at, or wish to become good at, such as cooking, writing, playing an instrument, or any other creative endeavor. Meaningful connection refers to communication with others, through electronic means or personally within our household, with an attitude of helpfulness and kindness.

Dr Jud Brewer, a psychiatrist who specializes in anxiety disorders and addictions, points out that the social distancing and stay at home measures necessary to protect us from the corona virus disrupt our usual daily routines and may confuse and challenge our internal biological clocks. This disruption in turn can cause anxiety, depression insomnia, poor concentration and general

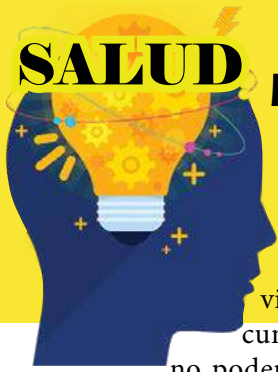
malaise. He emphasizes the importance of a daily routine framed by regular sleep and wake times and healthful regular meals. He advises actively resisting the common tendency toward negative future projections, taking one day at a time and "doing the next right thing." News consumption should be limited to two or three brief times a day and sources should be reliable. Misinformation, too abundant on social media, foments anxiety. Increase in alcohol or other recreational substances should be strictly avoided. He also stresses regular exercise, outside if safe, engagement with games, puzzles, reading, revival of abandoned hobbies, and some daily sunlight if only sitting by a window a couple of hours a day. Like Dr. Varma he endorses meaningful contact with others. Fortunately we live in an age where electronic means of communication are widely available.

Though it's hard to see anything good about this devastating pandemic, it is crucial to our mental health to find and nurture a positive outlook. A Pollyanna like attitude of denying or ignoring suffering, our own or that of others, is not realistic or useful, but when anxious and catastrophizing thoughts tend to dominate we can remind ourselves that we don't have to and should not, believe everything we think! Viktor Frankl, the Viennese psychiatrist who survived death camps during the Holocaust, emphasizes "the human capacity to creatively turn life's negative aspects into something positive or constructive," i.e., to find meaning in suffering.

A potentially positive aspect of this uniquely weird time may be the opportunity to connect more deeply and meaningfully with family members we share a home with but with whom we rarely spend quality time because of busy individual lives; we might reconnect (electronically) with valued friends with whom we have lost contact. We can choose to look deeply inward, to identify and reflect on the things that are most important to us. We can focus on what we are truly grateful for, and intentionally create an "attitude of gratitude." We may find a way to volunteer through donating money or time in a safe manner (there are many opportunities in our community). Helping others is an infallible way of experiencing meaning and lifting the spirits. We may cultivate compassion and come to the invaluable recognition that we are all vulnerable and we are all connected.

If despite self-management measures we are overwhelmed with anxiety, or depression, or have other debilitating symptoms, we should call our doctors, discuss our situation, perhaps request a short term prescription to promote sleep or lessen anxiety, and/or seek psychotherapy via the Internet. If we are already in therapy or taking medication, now is not the time to stop!





Aunque nuestros desafíos más inmediatos durante la pandemia de Covid-19 son protegernos a nosotros mismos y nuestra familia del corona virus, mantener la comida en la mesa y cumplir con las obligaciones financieras, no podemos permitirnos pasar por alto nuestra salud mental. El miedo es normal en circunstancias peligrosas, pero la ansiedad persistente, la depresión, los trastornos del sueño, el abuso de sustancias y la violencia doméstica van en aumento y deben ser abordados.

Atención, movimiento, maestría y conexión significativa son las 4 áreas de la salud mental según la Dra. Sue Varma, psiquiatra y ex directora médica de los servicios de salud mental en la ciudad de Nueva York durante la crisis del 11 de septiembre. La Dra. Varma define la atención consciente como estar presente, llamando la atención y el enfoque a lo que sea que estemos haciendo en el momento, desde lavar los platos hasta tener una conversación, en lugar de permitir que los pensamientos vaguen en direcciones catastróficas. Una forma entre muchas de practicar la atención plena es a través del uso de una de las varias aplicaciones de meditación como Headspace o Calm. El movimiento se refiere a cualquier tipo de ejercicio físico; las aplicaciones de ejercicio no son ciertamente necesarias pero hay varias disponibles. La maestría es permitirnos estar completamente comprometidos en algo en lo que somos buenos, o deseamos serlo, como cocinar, escribir, tocar un instrumento, o cualquier otro esfuerzo creativo. La conexión significativa se refiere a la comunicación con los demás, a través de medios electrónicos o personalmente dentro de nuestra casa, con una actitud de ayuda y amabilidad.

El Dr. Jud Brewer, psiquiatra especializado en trastornos de ansiedad y adicciones, señala que el distanciamiento social y las medidas de permanencia en casa necesarias para protegernos del virus interrumpen nuestras rutinas diarias habituales y pueden confundir y desafiar nuestros relojes biológicos internos. Esta interrupción a su vez puede causar ansiedad, insomnio por depresión, mala concentración y malestar general. Destaca la importancia de una rutina diaria enmarcada por horas regulares de sueño y de vigilia y comidas regulares saludables. Aconseja resistir activamente la tendencia común a las proyecciones negativas del futuro, tomando un día a la vez y “haciendo lo correcto”. El consumo de noticias debe limitarse a dos o tres breves veces al día y las fuentes deben ser fiables. La desinformación, demasiado abundante en los medios sociales, fomenta la ansiedad. El aumento del alcohol u otras sustancias recreativas debe evitarse estrictamente.

También hace hincapié en el ejercicio regular, al aire libre si es seguro, en la participación en juegos, rompecabezas, la lectura, el restablecimiento de pasatiempos abandonados, y algo de luz solar diaria. Al igual que la Dra. Varma, apoya el contacto significativo con los demás. Afortunadamente vivimos en una época en la que los medios electrónicos de comunicación están ampliamente disponibles.

Aunque es difícil ver algo bueno en esta devastadora pandemia, es crucial para nuestra salud mental encontrar y cultivar una perspectiva positiva. Una actitud como la de Pollyanna de negar o ignorar el sufrimiento, el nuestro o el de los demás, no es realista ni útil, pero cuando los pensamientos ansiosos y catastróficos tienden a dominar podemos recordarnos a nosotros mismos que no tenemos ni debemos, ¡creer todo lo que pensamos! Viktor Frankl, el psiquiatra vienés que sobrevivió a los campos de exterminio durante el Holocausto, hace hincapié en “la capacidad humana de convertir creativamente los aspectos negativos de la vida en algo positivo o constructivo”, es decir, de encontrar un sentido al sufrimiento.

Un aspecto potencialmente positivo de esta época singularmente extraña puede ser la oportunidad de conectar más profunda y significativamente con los miembros de la familia con los que compartimos un hogar pero con los que rara vez pasamos tiempo de calidad debido a las ocupadas vidas individuales; podríamos volver a conectarnos (electrónicamente) con amigos valiosos con los que hemos perdido contacto. Podemos elegir mirar profundamente en nuestro interior, identificarnos y reflexionar sobre las cosas que son más importantes para nosotros. Podemos centrarnos en lo que estamos verdaderamente agradecidos, y crear intencionadamente una “actitud de gratitud”. Podemos encontrar una manera de ser voluntarios a través de la donación de dinero o tiempo de una manera segura (hay muchas oportunidades en nuestra comunidad). Ayudar a los demás es una forma infalible de experimentar el significado y levantar el ánimo. Podemos cultivar la compasión y llegar al inestimable reconocimiento de que todos somos vulnerables y estamos todos conectados.

Si a pesar de las medidas de autocontrol nos sentimos abrumados por la ansiedad o la depresión o tenemos otros síntomas debilitantes, deberíamos llamar a nuestros médicos, discutir nuestra situación, quizás solicitar una receta a corto plazo para promover el sueño o disminuir la ansiedad, y/o buscar psicoterapia a través de Internet. Si ya estamos en terapia o tomando medicación, ¡no es el momento de parar!



I spent the month of February in London. Ajijic's weather is wonderful, but sometimes I miss the seasons. My husband doesn't, so I often take personal sabbaticals to places where it's cold, rainy, or snowy, lugging along my writing materials on a happy introvert's holiday.

While there, I fell ill with a painful flu.

I was encouraged to contact British National Health Services for an evaluation. These were the days when COVID-19 was first rearing its frightful head in Europe. The NHS said my illness wasn't the coronavirus, but rather a flu that was going around the city. I was told to expect wellness within 10 days, and that came true.

On my flight home, there were people all around me coughing and sneezing, including one of the attendants. I slept with my face covered and used up all of my hand sanitizer within the first six hours of a 14-hour ride back to Mexico.

Twelve days later, I fell ill again and exhibited many of the symptoms on the COVID-19 list. So on March 16,

I went into a personal quarantine in my home. This was about the time the world was growing desperate about the pandemic, and Mexico was starting to wake up, too. I have health insurance, so a local general practitioner directed me to Hospital Puerto de Hierro Sur in Guadalajara, where a COVID-19 team had just opened a testing center.

I was the second patient on the testing center's first day in business. Two PPE'd (Personal Protective Equipment) medics did the intake, checking me over, filling out official government forms for reporting. I am fairly fluent in Spanish, but thankfully one of them knew the English for medical terms. Soon, a lab assistant came and painfully swabbed my sinus cavities, and then I was taken for blood draws and a chest x-ray. I was placed in an isolation room and was told it would be "awhile." It wasn't comfortable, but I was given plenty of water, a metal chair, and bed if I wanted it. Two hours later, the lab assistant returned to do a second painful sinus swabbing to compare with the first. Another swabbing was done two hours after that. Each time, smiling, sympathetic sets of medic eyes peered in at me through a window as I suffered. I began to feel like a prized laboratory rat of the foreign variety.

Finally, Dra. Claudia Rivera, pulmonologist, came it for a chat. She listened to my heart and lungs, and said that there had been an irregularity on my x-ray, so wanted a full blood panel in order to assess my overall health. I had more tubes of blood drawn, waited another few hours, and was finally sent home with her personal cell phone number. She ticked off symptoms to watch for and urged, "At any minute you feel bad, you call me directly." I was quite impressed by her efficient and yet caring nature.

Forty-eight hours later, I received all the results. COVID-19 was negative, as well as every flu ever known in Mexico, all negative. I tested positive for a rhinovirus, the cause of the common cold. This nasty bugger had started a large family in my respiratory tract, mimicking COVID-19 symptoms, and can cause pneumonia. Dra. Rivera phoned to caution me, "We don't want this to worsen. Do not lay about. Sleep at night as much as you can, but otherwise, move around and stay busy." She told me to drink hot fluids, stretch, exercise moderately, and how to cough therapeutically.

I am finally on the mend. Both Dra. Cevallos and Dra. Rivera have taken time out of their busy, coronavirus-weary lives to call and check on me, which fills me with gratitude.

Everyone, keep your chin up — as poet David Whyte says: "You are allowed to consider this social isolation as freedom."



Pasé el mes de febrero en Londres. El clima de Ajijic es maravilloso, pero a veces extraño las estaciones. Mi marido no, así que a menudo me tomo un año sabático personal para ir a lugares donde hace frío, lluvia o nieve, tirando de mis materiales de escritura en unas felices vacaciones en solitario.

Mientras estaba allí, me enfermé de una dolorosa gripe. Me animaron a contactar con el Servicio Nacional de Salud Británico (NHS) para una evaluación. Esos eran los días en que el Covid-19 asomaba su espantosa cabeza por primera vez en Europa. El NHS dijo que mi enfermedad no era el coronavirus, sino más bien una gripe que andaba por la ciudad. Me dijeron que esperara sanar en 10 días, y eso se hizo realidad.

En mi vuelo a casa, había gente a mi alrededor tosiendo y estornudando, incluyendo a uno de los asistentes de vuelo. Dormí con la cara cubierta y usé todo mi desinfectante de manos en las primeras seis horas de un viaje de 14 horas de regreso a México.

Doce días después, volví a enfermar y mostré muchos de los síntomas de la lista Covid-19. Así que el 16 de marzo, entré en una cuarentena personal en mi casa. Era el momento en que el mundo se desesperaba por la pandemia y México también empezaba a despertar. Tengo seguro médico, así que un médico general local me dirigió al Hospital Puerta de Hierro Sur en Guadalajara, donde un equipo de Covid-19 acababa de abrir un centro de pruebas.

Fui el segundo paciente en el primer día de trabajo del centro de pruebas. Dos médicos del PPE'd (Equipo de protección personal) hicieron la admisión, me revisaron y llenaron los formularios oficiales del gobierno para informar. Hablo español con bastante fluidez, pero afortunadamente uno de ellos sabía el inglés para términos médicos. Pronto, un ayudante de laboratorio vino y tomó una muestra de mis cavidades sinusales, y luego me sacaron una muestra de sangre y una radiografía de tórax. Me colocaron en una sala de aislamiento y me dijeron que tardaría "un tiempo". No era cómodo, pero me dieron mucha agua, una silla de metal y una cama si quería. Dos horas después, el asistente del laboratorio volvió para hacer un segundo frotis de los senos nasales para compararlos con el primero. Otro hisopado se hizo dos horas después de eso.

Cada vez, sonrientes y compasivos médicos me miraban a través de una ventana mientras sufría. Empecé a sentirme como una preciada rata de laboratorio de la variedad extranjera.

Finalmente, la Dra. Claudia Rivera, neumóloga, vino a charlar. Escuchó mi corazón y mis pulmones, y dijo que había habido una irregularidad en mi radiografía, por lo que quería un análisis de sangre completo para evaluar mi salud en general. Me sacaron más tubos de sangre, esperé unas horas más y finalmente me enviaron a casa con su número de teléfono celular personal. Ella me indicó los síntomas a observar e instó: "En cualquier momento que te sientas mal, llámame directamente". Me impresionó bastante su naturaleza eficiente y a la vez cuidadosa.

Cuarenta y ocho horas después, recibí todos los resultados. El Covid-19 dio negativo, así como todas las gripes conocidas en México, todas negativas. Di positivo para un rinovirus, la causa del resfriado común. Este desagradable bicho había iniciado una gran familia en mi tracto respiratorio, imitando los síntomas del Covid-19, y puede causar neumonía. La Dra. Rivera me llamó para advertirme: "No queremos que esto empeore. No te quedes tirada. Duerme por la noche tanto como puedas, pero por lo demás, muévete y mantente ocupada". Me dijo que tomara muchos líquidos calientes, que me estirara, que hiciera ejercicio moderado y que tosiera de forma terapéutica.

Finalmente me estoy recuperando. Tanto la Dra. Cevallos como la Dra. Rivera han tomado tiempo de sus ocupadas y cansadas vidas de coronavirus para llamarme y ver cómo estoy, lo que me llena de gratitud.

Todos mantengan la cabeza alta, como dice el poeta David Whyte: Se les permite considerar este aislamiento social como libertad.

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***Is the Earth Healing?
What the pandemic teaches us
about the planet we live on***

By Karen Sandoval & Iveth Pavón
Educational coordination,
Vías Verdes A.C. (Casa Cem)

From home we sail in a sea of news, some more pleasant than others, and much of it false. In the midst of the news maelstrom, we have witnessed great clouds of pollution vanishing over the continents. We are happy to see wild animals taking over the streets, beaches, and rivers, occupying the spaces that were taken from them. Clear blue skies, crystalline waters . . . while we take shelter, life flourishes out there. It seems that nature is sending us a message of renewal, as if she is making it clear that she is better off without us. And many people around the world agree. But is it really impossible to achieve the coexistence of humanity with the natural environment?

We know that eventually daily activities will be reactivated, and with them, the clouds of smog will return to the cities. Without a doubt, the crisis that has triggered this pandemic has challenged our knowledge and confronted our way of life, especially the way we relate to each other and to our environment.

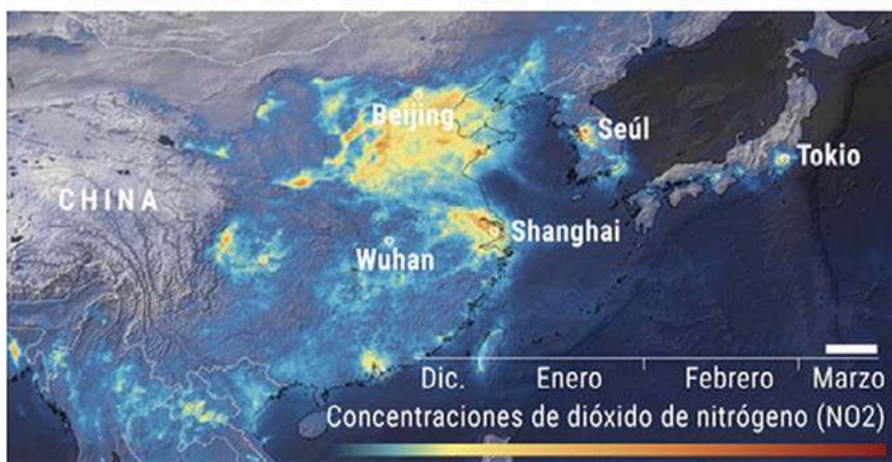
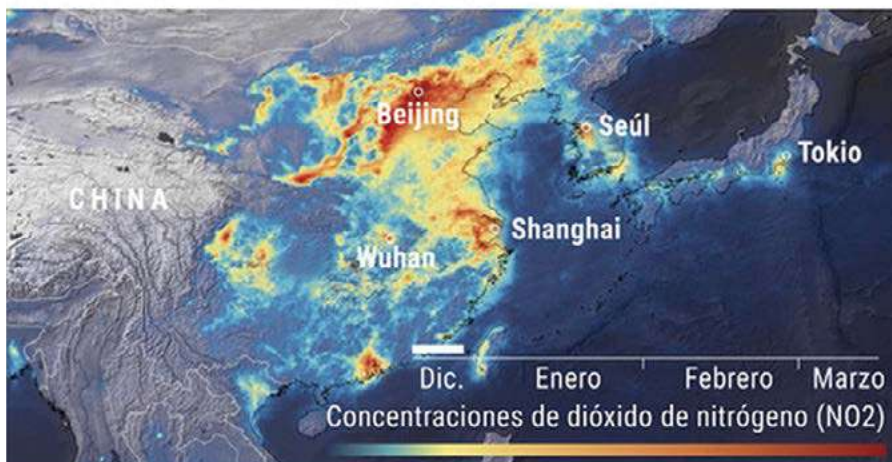
Hearing news about the improvement in air quality, or watching videos of animals returning to previously abandoned sites, makes us believe that there is a glimmer of hope, an opportunity to redeem ourselves while we wait for the pandemic to pass. But it's not enough. We cannot ignore other impacts that remain evident: climate change has not slowed down, and illegal logging has increased in some areas of Brazil and in the Sierra Tarahumara, to name a few.

Recently, National Geographic denied some news stories that had gone viral, causing disillusionment in thousands of readers. The cheerful images of dolphins in Venice, for example, were not really captured there, but in the port of Sardinia, several kilometers away. But what would be wrong with believing it was true? Does the fake news really hurt us that much?

In this case, to believe that nature can quickly recover simply by leaving it alone is to overestimate the resilience capacities of ecosystems. This could give us the misconception that no matter what we do, the planet can get over it. However, experts say that active conservation is needed to reverse the damage our activities have caused. The dramatic benefits

**EVOLUCIÓN DEL DIÓXIDO DE NITRÓGENO (NO2)
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we are seeing are an opportunity to imagine what we can achieve, if we act with the same urgency to solve the climate crisis.

As citizens, there are many factors that we can influence. In addition to community action, it is in our hands to decide whether after this experience we will return to our old consumption habits, or take advantage of this pause to change focus and prioritize the importance of living in a healthy environment. Learning to identify what is essential can open our eyes in many ways. Perhaps from now on we will not only value more the coexistence with our family and community, but also with nature.

Recommended Lectures::

- BBC, 27/03/20. *Will Covid-19 have a lasting impact on the environment?* — www.bbc.com/future/article/20200326-covid-19-the-impact-of-coronavirus-on-the-environment
- National Geographic, 23/3/20. *False news about animals circulating on social networks.* — www.nationalgeographic.com/animals/2020/03/coronavirus-pandemic-fake-animal-viral-social-media-posts/

¿La Tierra está sanando? Lo que la pandemia nos enseña sobre el planeta en que vivimos

Karen Sandoval e Iveth Pavón
Coordinación educativa,
Vías Verdes A.C. (Casa Cem)

Desde casa navegamos en un mar de noticias, algunas más agradables que otras, y muchas de ellas, falsas. En medio de la vorágine informativa, hemos sido testigos de cómo grandes nubes de contaminación se desvanecen sobre los continentes. Nos alegramos al ver animales silvestres tomando las calles, playas y ríos, ocupando los espacios que les fueran arrebatados. Cielos azules y despejados, aguas cristalinas... mientras nosotros nos resguardamos, allá afuera la vida florece. Pareciera que la naturaleza nos manda un mensaje de renovación: como si nos dejara claro que está mejor sin nosotros. Y muchas personas alrededor del mundo están de acuerdo. Pero ¿realmente será imposible lograr la coexistencia de la humanidad con los entornos naturales?

Sabemos que eventualmente las actividades cotidianas llegarán a reactivarse, y con ellas, volverán las nubes de smog a posarse sobre las ciudades. Sin duda la crisis que ha desencadenado esta pandemia ha retado nuestros conocimientos y ha confrontado nuestro estilo de vida, sobre todo la manera en la que nos relacionamos entre nosotros y con nuestro entorno.

Escuchar noticias sobre la mejora en la calidad del aire, o ver videos de sitios visitados por animales que habían dejado de hacerlo, nos hace creer que hay un atisbo de esperanza, una oportunidad de redimirnos mientras esperamos a que pase la pandemia. Pero no es suficiente. No podemos ignorar otros impactos que siguen siendo evidentes: el cambio climático no ha desacelerado, y la tala clandestina aumentó en algunas zonas de Brasil y en la sierra Tarahumara, por nombrar algunos.

Recientemente National Geographic desmintió algunas noticias que se habían vuelto virales, causando desilusión en miles de lectores. Las alegres imágenes de delfines en Venecia, por ejemplo, no fueron captadas realmente ahí, sino en el puerto de Cerdeña, a varios kilómetros de distancia. Pero ¿qué habría de malo en creer que era verdad? ¿Realmente las fake news nos hacen tanto daño?



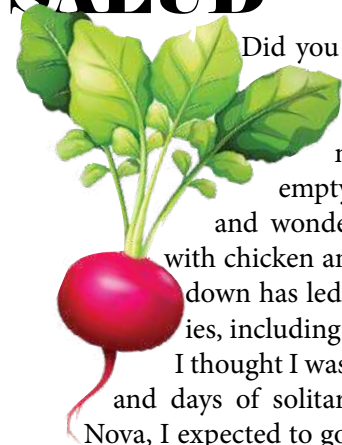
En este caso, creer que la naturaleza se puede recuperar rápidamente con sólo dejarla en paz es sobrestimar las capacidades de resiliencia de los ecosistemas. Esto podría darnos la idea equivocada de que sin importar lo que nosotros hagamos, el planeta podrá superarlo. Sin embargo, los expertos afirman que para revertir el daño que nuestras actividades han causado en el ambiente se necesita una conservación activa. Los beneficios drásticos que estamos viendo son una ventana para imaginar lo que podemos lograr, si actuamos con la misma urgencia para resolver

la crisis climática.

Como ciudadanos, hay muchos factores en los que podemos incidir. Además de la acción comunitaria, está en nuestras manos decidir si después de esta experiencia volveremos a los viejos hábitos de consumo, o aprovecharemos esta pausa para cambiar de enfoque y priorizar la importancia de vivir en un ambiente sano. Aprender a identificar lo que es esencial, nos puede abrir los ojos de muchas maneras. Quizá de ahora en adelante no solo valoraremos más la convivencia con nuestra familia y la comunidad, sino también con la naturaleza.

Lecturas recomendadas:

- BBC, 27/03/20. *Will Covid-19 have a lasting impact on the environment?* — www.bbc.com/future/article/20200326-covid-19-the-impact-of-coronavirus-on-the-environment
- National Geographic, 23/3/20. *Las noticias falsas sobre animales que circulan en redes sociales.* — www.national-geographic.es/animales/2020/03/noticias-falsas-sobre-animales-redes-sociales



Did you know you could serve roasted radishes as a side dish? I didn't either until I found myself staring into an almost empty vegetable crisper last week and wondering what on earth to serve with chicken and rice! The coronavirus lockdown has led to a variety of such discoveries, including many about my personality. I thought I was an extrovert. Faced with days and days of solitary confinement here in Villa Nova, I expected to go slightly mad facing potential anxiety, loneliness, and boredom. Instead, I found peace of mind and I didn't have to do anything to achieve it. I have not started meditating, or reading self-help books on mindfulness. Turns out, I don't mind my own company. My inner self is one thing, my outer self another. I would have described my previous personal style as "girlie

girl." I am the sort of woman who has regular manicures and pedicures, a weekly hair appointment, and who dresses up to go out. My earrings match my outfits; I put on makeup every day (past tense), and have a collection of designer handbags. I'm not saying I was a fashion icon (like fellow Canadian Celine Dion), but I was definitely fashion conscious.

Now I look like the centerfold for Mother Earth News. Sure, I still bathe and brush my hair and teeth, but I ran out of deodorant a while back and wondered, "Who cares?" I do change out of my pajamas before breakfast, but I have taken to wearing tie-dye Indian dresses I bought on former beach holidays, and a pair of old Birkenstocks. I look like I'm off to Woodstock, albeit fifty years too late.

I was a shopping addict. I loved every stage: the hunt, the pounce and purchase, the placement of the new item in my closet. I didn't care if it was a big box store like Costco or a tiny shop in a remote Mexican village. All stores were treasure troves, with my favorites being the bazaars and consignment shops at Lakeside. Now, I shop for groceries every two weeks. My bank account is growing nicely as a result; the only things I've purchased in over a month are five fabric masks made by a local seamstress and two bargain books on Kindle.

Even reading seems to be losing its appeal. A recent Zoom meeting with my book club revealed they are slacking off, too and reduced to Agatha Christie and Georgette Heyer novels. My daily outdoor walks are past history; for exercise I crank up Rock Anthems from the '60s on Spotify and dance, barefoot, which makes me feel forty years younger.

Cooking at home has become a necessity, not a choice, but now the kitchen is my favorite room. Although I have yet to bake bread, I am combing through my mother's old cookbooks and have whipped up three batches of cookies and one spice cake since this all began. Now I pride myself by making do with what I've got on hand (also an inheritance from Mom). This explains the roasted radishes, which are simple: just toss sliced radishes in some olive oil, sprinkle with salt and bake. Delicious. If you don't believe me, Google it.

Will these inner and outer changes be permanent or are they a temporary reaction to social distancing? I think we are all suffering from a version of the Stockholm syndrome. Remember Patti Hearst back in the '70s when she fell in love with her captors, the Symbionese Liberation Army, and helped them rob a bank? She resumed the normal life (of an heiress) after her eventual release from prison.

COVID-19 is holding us all hostages, and our response is to change to suit the circumstances we find ourselves in. Who will we be when our imprisonment is over? I can't wait to find out.

Garlic Roasted Radishes

are unique yet delicious side dish or toss in a salad. Roasting brings out the sweetness that's otherwise masked by the peppery kick that they're known for.

Prep Time: 10 Mins Cook Time: 15 Mins 4 Servings

Ingredients

- 1 lb. radishes, ends trimmed and halved
- 1 Tbsp. melted ghee or butter (may sub coconut oil or avocado oil)
- 1/2 tsp. sea salt
- 1/4 tsp. pepper
- 2-3 garlic cloves, finely minced
- 1/4 tsp. dried parsley, dried chives or dried dill



Instructions

Preheat oven to 425°. In a bowl, combine the radishes, melted ghee or butter, salt and pepper and toss until radishes are evenly coated. Save adding the minced garlic until just before the radishes are done roasting.

Spread radishes out in a large 9x13 inch baking dish. Don't over crowd. Bake for 20-25 minutes, tossing every 10 or so minutes. Add the minced garlic and dried parsley and bake for an additional 5 minutes or until radishes are golden brown and cooked through.

Optional: Serve with a side of ranch for dipping or drizzling on top and garnish with parsley, dill or chives.





OBSERVATIONS

By Lois Schroff, March 29, 2020.

“Climate change,” for many years, has attempted to warn us that through our greed, our earth has become tired of our mismanagement of its gifts. Melting glaciers, forests ablaze, dying coral reefs, and fish choking on plastic; tell the story of nature running out of patience.

Our only reaction has been to shrug and continue our destruction. And so, through not paying attention to the signs, the higher world is now delivering a more dire wake-up call— called Coronavirus-19. And, via continued materialistic thinking, we are looking for ways to fight back — yes, again, fighting. This virus has the potential to wipe out the enemy — us.

Relying on material “science” we are attempting to find remedies for our self-created problems. “It has always worked, and of course it always will,” because we are so wise — more wise than the Creator of the universe and the viruses.

It is past time that we consider how to cooperate with nature, rather than to dominate.

Living the Lockdown in Comala, Colima

by Keira Morgan



It is now mid-April 2020.

One year ago, my mother, sister, and brother all visited me in Comala, from

Canada. We held a big party to celebrate their 90th, 70th and 60th birthdays respectively and my brother’s retirement, too. This year, I received what was, in effect, a final warning from the Canadian consular office in Puerto Vallarta. It said that I should return to Canada now while I still could. Even if I were allowed into Canada, it added, I would have to show I had a safe place to quarantine or the government would lock me down me in an approved location until I proved free of the COVID-19 virus. What a difference a year can make!

Here in idyllic Comala, the numbers in our tiny ex-pat community have reduced very little. The snowbirds left, perhaps a bit early. The rest of us, essentially permanent residents, stay. We no longer socialize in person, but we chat incessantly on WhatsApp, the ubiquitous Mexican social media platform. When we are desperate to see one another, my friends and I use Messenger group video chat.

In the past month since the lockdown here in Colima state, I have left my home twice. Each time it was to go to a medical appointment. Outside, I saw that although it was quieter, obedience was by no means universal. The large stores were closed. People shopped at the *puestras* and *tienditas*. Most did not wear *cubra-bocas*. Our state still reports only seven cases, so I hope this casual attitude will not bring serious consequences.

Yet I do not criticize or blame. The poor have little choice. Work or starve. Will they and we and Mexico be O.K.? As they say here, *si Dios quiere*.

REFLECTIONS DURING THE PANDEMIC

By Rachel McMillen



May 2020 and the weather is perfect. I sit looking out over my garden at the lake, stretching silver-blue below me. The bright colors of bougainvillea and hibiscus glow in the sunshine and palm trees wave their graceful fronds above me. Birdsong fills the air, and the scent of plumeria drifts on the breeze. It is idyllic, and yet down there below the branches, or carried on the wind, there is a constant war raging. Although I have been blissfully unaware of it, it has always been there: insects attacking plants, birds attacking insects, fungus attacking roots, each one fighting for survival. But now the war has come to me, and it has a new weapon. Microscopic, invisible, mindless, it too fights for its survival, and in so doing it threatens not only me but all that I cherish. What arrogance made me so oblivious before? Why should I have ever thought I was exempt from the cycle of life?

As Buddha taught, the only thing in this world that never changes is change itself.

And the only thing of value is compassion.

I will remember that.



For Suzanne

By Michael Warren

I shall not mourn your beauty,
I'll not cry out to hear your song —
you were yourself a melody
not long enough for tears. Not long.

I have become your child, my child,
you open up my empty heart.
You sing me when I cannot sleep,
remind me that my time is short.

Go back and find that little hill.
I held you, pushed you sweetly slow
the first time on a bicycle —
and now again I let you go.



PROFILE

The man behind the LCS garden: Felipe González

By Diana Ayala

For Felipe Gonzalez, family has always been important: there were seven brothers and sisters and they have always taken care of each other, so much so that one of his older sisters used to go to school meetings and they thought she was his mother. His father is a construction worker and, since he was little, Felipe helped him. After school he would go to see him and they would put him to work painting. This went on for many years and when at the age of 17 there was no work on the site, he went with a neighbor who was a gardener and from there he learned the love of plants. Felipe continued his studies and finished high school. He would have liked to study architecture, but the economic situation did not allow it, so he left his studies and dedicated himself completely to work, gardening being the trade that attracted him the most.

In July of last year, his sister, who also worked at LCS until her untimely passing, told him that they needed a gardener. He went to the interview and shortly thereafter was told that the job was his. Since arriving at LCS, he has seen many plants that were new to him and learned to care for them, thanks to the support of the volunteers who go there every Saturday. In return, he taught them about plants in the area.

Felipe really enjoys his work. He likes to trim the grass and make it look even. Pruning the many plants relaxes him and allows him to forget about problems. He loves taking care of the plants, watching them go through the seasons and bear fruit, whether they are bananas, tangerine, lemon, pomegranate, avocado, coffee, *papaya*, *sapote*, or the medlar tree. Of all the plants, his favorite is the *papaya* at the entrance, because it gives so much fruit that they form a bunch and pile up.

He also takes care of the ponds and fish, which he feeds. One day, he brought two turtles that he likes to watch sunbathing and he enjoys other animals in the garden such as squirrels, cats, possums, the many insects, and the spiders and bees.

The only thing he doesn't like about his job is when people walk their dogs and don't clean up after them or put the waste in the flower pots so that when he goes around doing maintenance, he has the bad luck of finding it.

He is very proud of his work and enjoys the garden so much that he dreamed of having his wedding there, so that all his family and friends could see his work.

Because of scheduling conflicts, this was not possible. He now enjoys taking his wife and girls on a tour of the premises and sharing his work. He hopes to teach his children someday the love of the garden and everything in it.



Felipe & his bride, Jessica



Felipe and Berenice working at LCS

PERFIL

El hombre detrás del jardín: Felipe González

Por **Diana Ayala**

Para Felipe, la familia siempre ha sido importante, fueron 7 hermanos y entre todos siempre se han cuidado, tanto así que una de sus hermanas mayores, solía ir a las juntas escolares y pensaban que era su mamá. Su papá se

permite olvidar los problemas. Le encanta cuidar las plantas, ver cómo pasa la temporada y van dando frutos: plátanos, mandarina, limón, granada, aguacate, café, papaya, zapote y níspero; de todas su planta favorita es la papaya que está en la entrada, porque da muchas, tantas que se hacen un racimo y se amontonan.

También cuida los estanques y los peces, a los cuales suele darles de comer, un día trajo dos tortugas a las que le gusta observar como toman el sol. Otros animales que hay en el jardín son las ardillas, los gatos, tlacuaches; además de muchos insectos como arañas y abejas.

Lo único que no le gusta de su trabajo, es cuando las personas pasean a sus perros y no limpian después o depositan los desechos en las jardineras y cuándo andan haciendo el mantenimiento les toca la mala suerte de encontrar los desechos.

Se siente muy orgulloso de su trabajo, disfruta tanto el jardín, que soñaba con tener su boda ahí, para que toda su familia y sus amigos vieran su trabajo. Pero por conflictos en el horario no fue posible. Ahora disfruta llevar a su esposa con sus niñas a recorrer las instalaciones y mostrarles su trabajo. Espera algún día enseñarles el amor al jardín a sus hijos y todo lo que encierra.



One of Felipe's favorite plants — the papaya

dedica a la construcción y desde pequeño Felipe lo ayudaba, saliendo de la escuela iba a verlo y lo ponían a pintar. Así siguió durante muchos años y cuando no había trabajo en la obra, se iba con un vecino que es jardinero y de ahí aprendió el amor a las plantas, para ese entonces ya tenía 17 años. Felipe continuó sus estudios y terminó la preparatoria, le hubiera gustado estudiar arquitectura, pero la situación económica no lo permitió, así que dejó los estudios y se dedicó por completo al trabajo; siendo la jardinería el que más lo atrajo.

En julio del año pasado, su hermana, que trabaja en LCS, hasta que falleció, le dijo que necesitaban un jardinero, acudió a la entrevista y poco después le avisaron que el trabajo era suyo. Desde que llegó a LCS, pudo apreciar muchas plantas que eran nuevas para él, aprendió a cuidarlas gracias al apoyo de los voluntarios que cada sábado van y él a su vez les fue enseñando sobre plantas de la zona.

Felipe disfruta mucho su trabajo, le gusta podar el pasto y que se vea parejito, el utilizar la podadora lo relaja y le



Another of Felipe's favorite flowers — a bromeliad

GUADALAJARA! GUADALAJARA!

Tulips from Holland

By Herbert
W. Pigkow



Some think that perhaps we who live in Guadalajara are in prison. We are, in fact, following the governor of Jalisco's orders to shelter in place and avoid going outside without a mask. People above the age of 65 are asked not to leave the safety of their homes unless absolutely necessary. Anyone in a public space is required to wear a mask or risk being ticketed, the fine for which must be paid within 36 hours, or if one hasn't resources, an option is to clean one of the public hospitals.

We live in a typical Guadalajara neighborhood of two- and three-story homes slightly wider than the width of a double-car garage. Our homes have shared common walls and are half a block deep. While some have a courtyard, ours does not. However, we, like half our neighbors, have an enclosed rooftop *terrace* filled with planters, the washing machine and clothesline.

Being housebound is not a hardship for me as my office and garden are both on the roof with plenty of sunshine and fresh air. However, it is for many of my neighbors who are business people. One has a small shoe factory, another a fleet of taxis, and one is a dentist. Others work for the city or state.

There is nothing unusual about our mixed neighborhood with children, business owners, employees and retired people like myself, except at the moment most of my neighbors are home behind closed doors and there are no children going to school or playing on the sidewalks. It is eerily quiet; even the dogs and passing cars seem to have disappeared.

The ice cream man still pedals his cart and rings his bell every afternoon, but I never see the children congregating to purchase anything. The shoe guy whose entire first floor usually has a dozen busy employees is shuttered, the taxi driver is home because last week he earned only about \$200 pesos, and the schools are closed. Our normally active neighborhood is too quiet. Even the two women who often entertain far into the night are silent.

The stores that are open regulate the number of clients inside: each is required to wear a mask, those waiting outside must wear a mask and maintain social distancing. Each day I watch the local Guadalajara news programs as well as a favorite U.S. news. There seems to be a greater acceptance of authority and more concern for neighbors here, and yet as weeks pass, people are becoming more aggressive. Guadalajara TV and print news talk about less traffic and the economy. One evening the focus was on reduced bus passengers. Although I drive here, I frequently take the bus to avoid traffic and parking stress. It has been weeks since I journeyed into *El Centro* to buy my Guadalajara Reporter and enjoy a Starbucks.

We have our groceries and household supplies delivered; the butcher delivers fresh produce as well as meat. We paid our housekeeper to stay home and now she's angry with us because she became pregnant. Her husband is also out of work and their eldest is away in the army, so they are home alone.

Economically, 70% of Jalisco's population is out of work, or are working shortened hours. Our governor said Jalisco has approximately 4,000 closed restaurants, which represents about 40,000 unemployed people in one industry alone. The TV news showed an empty and shuttered San Juan de Dios, the largest covered *mercado* in Latin America. Daily, our local newscasters show various charitable groups set up at vacated schools, in front of public hospitals or churches, distributing packages with basic subsistence supplies for a family of four. Information in Spanish is available at coronavirus.jalisco.gob.mx.

Sunday, May 10, is Mother's Day, a day florists are usually overwhelmed. It won't be so this year since local florists are not permitted to open and the wholesale market is shuttered. The Dutch Flower Council, which supplies millions of *pesos'* worth of flowers from Holland, has donated 15,000 bunches of tulips to be distributed to local health workers. Those tulips will bloom and bring happiness even in these times of dire stress.

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GUADALAJARA! GUADALAJARA!



Tulipanes de Holanda

Por Herbert W. Piekow

Algunos piensan que tal vez los que vivimos en Guadalajara estamos en prisión. De hecho, estamos siguiendo los órdenes del gobernador de Jalisco de quedarnos en casa y salir con cubre bocas. A las personas mayores de 65 años se les pide que no salgan de la seguridad de sus casas a menos que sea absolutamente necesario. Cualquier persona que se encuentre

en un espacio público está obligada a llevar un cubre bocas o se arriesga a que le pongan una multa, la cual debe ser pagada dentro de las 36 horas siguientes, o si no tiene recursos, una opción es limpiar en uno de los hospitales públicos.

Vivimos en un típico barrio de Guadalajara de casas de dos y tres pisos, un poco más anchas que el espacio para guardar dos coches. Nuestras casas tienen paredes comunes compartidas y tienen media cuadra de profundidad. Mientras que algunas tienen un patio, la nuestra no. Sin embargo, nosotros, como la mitad de nuestros vecinos, tenemos una terraza cerrada en la azotea llena de macetas, la lavadora y el tendedero. Estar confinado a la casa no es una dificultad para mí, ya que mi oficina y el jardín están en el techo con mucho sol y aire fresco. Sin embargo, para muchos de mis vecinos que son gente de negocios si lo es. Uno tiene una pequeña fábrica de zapatos, otro una flota de taxis, y otro es dentista. Otros trabajan para la ciudad o el estado.

No hay nada inusual en nuestro vecindario mixto con niños, dueños de negocios, empleados y jubilados como yo, excepto que en este momento la mayoría de mis vecinos están en casa a puerta cerrada y no hay niños yendo a la escuela o jugando en las aceras. Hay un silencio inquietante; incluso los perros y los coches que pasaban parecen haber desaparecido.

El de los helados todavía pedalea su carro y toca el timbre todas las tardes, pero no veo a los niños reunidos para comprar. El zapatero, cuyo primer piso entero suele tener una docena de empleados ocupados, está cerrado, el taxista está en casa porque la semana pasada ganó sólo unos 200 pesos, y las escuelas están cerradas. Nuestro

vecindario normalmente activo es demasiado tranquilo. Incluso las dos mujeres que suelen entretenerse platicando hasta bien entrada la noche ahora guardan silencio. Las tiendas que están abiertas regulan el número de clientes dentro: cada uno está obligado a llevar un cubre bocas, los que esperan fuera deben llevar un cubre bocas y mantener el distanciamiento social. Cada día veo los programas de noticias locales de Guadalajara, así como mi programa de noticias favorito de los EE.UU. Parece haber una mayor aceptación de la autoridad y más preocupación por los vecinos de aquí, y sin embargo, a medida que pasan las semanas la gente se vuelve más agresiva. La televisión de Guadalajara y las noticias impresas hablan de menos tráfico y de la economía. Una noche el enfoque fue sobre la reducción de pasajeros de autobús. Aunque conduzco aquí, frecuentemente tomo el autobús para evitar el tráfico y el estrés del estacionamiento. Han pasado semanas desde que viajé a El Centro para comprar mi Guadalajara Reporter y disfrutar de un Starbucks.

Nuestros comestibles y suministros para el hogar son llevados a casa; el carnicero entrega productos frescos así como carne. Le pagamos a nuestra ama de llaves para que se quede en casa y ahora está enojada con nosotros porque quedó embarazada. Su marido también está sin trabajo y el su hijo mayor está en el ejército, así que están solos en casa.

Económicamente, el 70 por ciento de la población de Jalisco está sin trabajo, o trabaja menos horas. Nuestro gobernador dijo que Jalisco tiene aproximadamente 4,000 restaurantes cerrados, lo que representa alrededor de 40,000 personas desempleadas en una sola industria. El noticiero de televisión mostró un San Juan de Dios vacío y cerrado. Diariamente nuestros noticieros locales muestran grupos establecidos en escuelas desocupadas, frente a hospitales públicos o iglesias, distribuyendo paquetes con suministros básicos de subsistencia para una familia de cuatro personas. La información en español está disponible en coronavirus.jalisco.gob.mx.

El domingo 10 de mayo es el Día de la Madre, un día en el que los floristas suelen estar abrumados. No fue así este año, ya que los floristas locales no pueden abrir y el mercado mayorista está cerrado. El Consejo Holandés de la Flor, que suministra millones de pesos en flores de Holanda, ha donado 15,000 ramos de tulipanes para ser distribuidos a los trabajadores sanitarios locales. Esos tulipanes florecerán y traerán felicidad incluso en estos tiempos de gran estrés.

UNDERSTANDING MEXICO

The Rafael Coronel Museum, in the city of Zacatecas, houses the largest collection of masks in the world. This renowned museum — also known as the Museum of Masks — was inaugurated as such in 1990. However, the original structure, which dates back to the 16th century, was completed in the 18th century and housed the San Francisco Convent, which derived its name from the departure point of missions that evangelized northern Mexico. In 1987, restoration work began on the building, and in 1990 it finally opened its doors to the public as the Rafael Coronel Museum.

Besides having more than 11,000 masks in its collection, of which about 2,300 are on display, this museum also preserves works of the Zacatecas painter Coronel, as well as important historical documents such as the minutes of the appointment as city and Coat of Arms of Zacatecas from 1597.

This interesting museum was started with the invaluable



Museum of Masks By Secretaria de Turismo Zacatecas

donation of Coronel and his son, Juan Coronel Rivera. The collection is called “The Face of Mexico,” and all the masks you will find there have been used in dances and ritual ceremonies all over the country.

The total collection consists of more than 16,000 pieces. In addition to the impressive masks, also on display are: collections of Mexican popular art; a collection of puppets from the former Rosette Aranda Company; an exhibition of pre-Hispanic pots and vases from the entire Mesoamerican region; the “El Valle de Anáhuac” collection, terracotta figurines from the colonial era of the 17th and 18th centuries; hundreds of Mexican pieces from various periods (pre-Hispanic, colonial and contemporary).

There are also votive offerings, paintings, handicrafts, musical instruments, colonial furniture, and a collection of works by Diego Rivera, including the study of the self-portrait of Diego Niño for the mural *Sueño de Una Tarde Dominical en le Alameda Central* (Dream of a Sunday Afternoon in Alameda Park), a work that is on permanent display at the Diego Rivera Mural Museum in Mexico City. The Rafael Coronel Museum is one of many that make Zacatecas dazzling!



ENTENDIENDO MÉXICO

El museo Rafael Coronel en la ciudad de Zacatecas alberga la colección más grande de máscaras en todo el mundo. Este reconocido museo, conocido también como “Museo de las máscaras”, fue inaugurado como tal en 1990, pero el recinto original, que data desde el siglo XVI, terminó de construirse en el siglo XVIII para ser el convento de San Francisco, de donde partieron misiones que evangelizaron el norte de México. En 1987 se iniciaron los trabajos de restauración del inmueble, y en 1990 abrió por fin sus puertas al público ya como el Museo Rafael Coronel.

Además de contar con más de 11 mil máscaras en su colección, de las cuales se exponen al rededor de 2 mil 300, este museo conserva obras del pintor zacatecano Coronel, así como documentos históricos importantes como las actas del nombramiento como ciudad y Escudo de Armas de Zacatecas, de 1597. Este interesante museo inició con la invaluable donación de dicho pintor y su hijo, Juan Coronel Rivera. Algo muy valioso es que todas las máscaras que allí encontrarás han sido usadas en danzas y ceremonias rituales de todo el país, y que esta colección, llamada “El rostro de México”, es considerada la más grande del mundo en su tipo.

En sus salas, resguarda un acervo de más de 16 mil piezas. Además de las impactantes máscaras, podrás conocer: colecciones de arte popular mexicano, colección de títeres de la que fuera la compañía Rosette Aranda, exposición de ollas y vasijas prehispánicas de toda la región mesoamericana, la colección “El Valle de Anáhuac”: figurillas de terracota de la época colonial de los siglos XVII y XVIII, cientos de piezas mexicanas de diversas épocas (prehispánicas, coloniales y contemporáneas), exvotos, cuadros, artesanías, instrumentos musicales, muebles coloniales y también una colección de obras de Diego Rivera, entre las que se encuentra el estudio del autorretrato de Diego niño para el mural Sueño de una tarde dominical en la Alameda Central, obra que se exhibe permanentemente en el Museo Mural Diego Rivera, en la ciudad de México. El museo Rafael Coronel es uno de los muchos que hace a Zacatecas ¡Deslumbrante!

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