

VOLUME 19, JULY, 2020
VOLUMEN 19, JULIO, 2020

FREE
GRATIS

CONEXIONES

People Helping People • Gente Ayudando Gente



COVID-19 Companions
Compañeros COVID-19

Vamos Juntos • Coming Together

PUBLICATION



PUBLICACIÓN

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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COVER PHOTO BY: Louise Neal Pedroza (see page 6)

Lake Chapala Society

To our valued members, volunteers and supporters:

We started as strangers, from places across the globe. We have different backgrounds and interests. We came looking for something new and different. As we arrived, we started looking for people we might have something in common with, while being open to new explorations. We reached out to LCS to meet new friends, explore new things and to help us get settled. Most came wanting to explore the local culture and to give to the culture that opened their arms and hearts to us.

None of us could have imagined a time when we could not hug, could not shake hands, could not personally engage with those who have become such a valued part of our new community.

We had worked hard to prepare and present what was intended to be our best Annual Meeting yet, one where we would kick off a new phase for LCS. A phase with great promise, expectations and new energy for pulling together in collaboration for an even greater community. A phase of enhanced community service and quality of programs. That was before the word “Phase” has become a word to announce the gradual reopening of the restaurants and businesses we have come to love and places that brought us together.

Over the next month, we will be releasing a series of videos. The first one [is attached here](#) — look closely and you may recognize some friends. These videos will reflect

on where we were before having to close the physical campus, where we are now, and where we are heading as we move forward.

Because of your support, LCS is still strong, our employees have been able to provide for their families, our campus is being taken care of, we are offering over a dozen classes and business meetings through Zoom online. Do-

nations have carried us through these past three months. We are about to embark on much needed repairs and preparation for reopening our campus when the government allows us to submit our application. But there is a lot of work that needs to be done to meet the requirements.

We are committed to this principle: to reopen the LCS campus in a safer manner and stronger than it has ever been. We will expand on the legacy of Neill James and LCS 1.0 as we roll out LCS 2.0.

We are calling on our most valued supporters to help us with the funds we need to make all this possible. Will you consider a donation to help us get the campus ready? To donate [click here](#).

Sincerely,

Steve Balfour
Executive Director

Lake Chapala Society

A nuestros valiosos miembros, voluntarios y simpatizantes:

Empezamos como extraños, de todos los lugares del mundo. Tenemos diferentes antecedentes e intereses. Vinimos buscando algo nuevo y diferente. A medida que llegamos, empezamos a buscar gente con la que pudiéramos tener algo en común, mientras estábamos abiertos a nuevas exploraciones. Nos acercamos a LCS para conocer nuevos amigos, explorar nuevas cosas y ayudarnos a establecernos. La mayoría vino queriendo explorar la cultura local y dar algo a la comunidad que nos abrió sus brazos y corazones.

Ninguno de nosotros podía imaginarse un momento en el que no pudiéramos abrazarnos, darnos la mano, socializar con aquellos que se han convertido en una parte tan valiosa de nuestra nueva vida.

Habíamos trabajado duro para preparar y presentar lo que pretendía ser nuestra mejor reunión anual hasta ahora. Una en la que iniciaríamos una nueva fase para LCS. Una fase con grandes expectativas prometedoras y nueva energía para unirnos en colaboración para una comunidad aún mayor. Una fase de servicio comunitario mejorado y calidad de los programas. Eso fue antes de que la palabra “fase” se convirtiera en una palabra para anunciar la reapertura gradual de los restaurantes y negocios que hemos llegado a amar y los lugares que nos unieron.

Durante el próximo mes estaremos lanzando una serie de videos. El primero está adjunto aquí. Mira con atención y

quizás reconozcan a algunos amigos en este. Estos videos reflejarán dónde estábamos antes de tener que cerrar el campus, dónde estamos ahora y hacia dónde nos dirigimos a medida que avanzamos.

Gracias a su apoyo, LCS sigue siendo fuerte, nuestros empleados han sido capaces de mantener a sus familias, nuestro campus está siendo cuidado, estamos ofreciendo más de una docena de clases y reuniones online a través de Zoom. Las donaciones de los miembros nos han ayudado en estos últimos tres meses. Estamos a punto de embarcarnos en las muy necesarias reparaciones y preparativos para reabrir nuestro campus cuando el gobierno nos permita presentar nuestra solicitud. Pero hay mucho trabajo que debe hacerse para cumplir con los requisitos.

Estamos comprometidos con este principio: reabrir el campus de la LCS de una manera más segura y fuerte que nunca. Nos expandiremos en el legado de Neill James y LCS 1.0 a medida que desplegamos LCS 2.0.

Pedimos a nuestros más valiosos partidarios que nos ayuden con los fondos que necesitamos para hacer todo esto posible. ¿Considerías

una donación para ayudarnos a preparar el campus? Para donar, haga clic aquí.

Sinceramente,

Steve Balfour
Director Ejecutivo

Lake Chapala Society

Wilkes Education Center: Changing lives through ESL.

By Alfredo Pérez

E.S.L. “I don’t like English! I’d rather learn French,” I said to my dad when we were talking about my intention of learning another language. I was adamant that whatever I was going to learn should resemble Spanish, and I found French sexy and elegant. I could already hear myself sounding like that. But the vision given by my father’s experience made me understand later that the language that would make a difference in my life would be English.

I was 15 years old when I had this talk with him. After a few months of throwing a tantrum, I accepted and attended a school. I took a liking to it, no matter how complicated it was to pronounce correctly.

Since that talk, English has become an invaluable tool in my life. It has given me a job after college. It still gives me a job today. It opened up a world of possibilities for me that I wouldn’t have known without it. Not only work, but the way I see the world, has changed. Wow, even love has been affected.

Learning English has become more necessary over the years. We live in a community with a large number of native speakers and from a young age we are bombarded with the idea that speaking the language is as basic as knowing mathematics. This vision is supported by many. For LCS it has been of great importance. The English as a Second Language (ESL) program was created more than 50 years ago, and the number of people learning to speak ESL continues to grow every year.

This program is free to students. Each year we register about 500 Mexican students who come from various towns along the lake, as well as the Guadalajara metropolitan area. The teaching staff has been comprised entirely of volunteers from diverse backgrounds who do their best to make each class meaningful to each student. For all of these students, it represents a door to more opportunities, not only for work, but for personal development, travel, opening the mind, and taking care of oneself.

The Wilkes Education Center, or the Public Library,

as it is known by the Mexican community, has witnessed the passage and growth of thousands of people throughout its history --thousands who now have the ability to communicate in a different way. It is the vision of LCS that thousands more will have this opportunity in the future.

JULY COVER PHOTO

Louise Neal Pedroza paints the people and scenes of Mexico. She grew up in California where she began painting at a very early age. In her teenage years, she was lucky to study with two artists, Mona Froyland Valencia whose father is the famous Spanish artist Manuel Valencia, and Howard Brodie, best known for WW2 combat and courtroom sketches.

Louise has won awards in various juried shows in the states. She lives in Mexico but she has done many commissions (from photos) for clients out of the country. She can be contacted by email or telephone. Studio 333 485 6875 or weeze-123go@hotmail.com or.

Lake Chapala Society

La biblioteca Pública de Ajijic cambiando vidas en inglés.

Por Alfredo Pérez

--No me gusta el inglés, prefiero aprender francés. --le dije a mi papá cuando hablábamos de la intención de aprender otra lengua. Yo insistí mucho en que lo que fuera a aprender se pareciera al español, además de que aquella lengua me parecía sexy y elegante. Ya me podía escuchar yo sonando así. Pero la visión dada por la experiencia de mi padre me hizo entender más adelante que la lengua que haría un cambio en mi vida era la inglesa. Tenía yo 15 años cuando tuve esta charla con él. Después de unos meses de hacer berrinche, acepté y asistí a una escuela. Le tomé el gusto, independientemente de lo complicado que resulta pronunciar correctamente.

Esta lengua se convirtió en una herramienta invaluable en mi vida. Me dio trabajo al salir de la universidad. Me sigue dando trabajo el día de hoy. Me abrió un mundo de posibilidades que sin ella no hubiera conocido. No solo de trabajo, sino la forma de ver el mundo cambió. Vaya, hasta en el amor ha influido. Aprender inglés se ha vuelto más necesario a través de los años. Vivimos en una comunidad con una gran cantidad de hablantes nativos y desde pequeños somos bombardeados con la idea de que hablar dicha lengua es tan básico como saber matemáticas. Esta visión es respalda-

da por muchos. Para LCS ha sido de mucha importancia. Desde hace más de 50 años se creó el programa de Inglés como Segunda Lengua (ESL por sus siglas en inglés) y cada año sigue aumentando la cantidad de personas que aprenden a hablarlo.

Este programa no tiene costo para los estudiantes. Cada año registramos alrededor de 500 alumnos mexicanos que vienen de diversas poblaciones de la ribera, además de la Zona Metropolitana de Guadalajara. El cuerpo de profesores ha estado formado en su totalidad por voluntarios de diversos orígenes que ponen todo de su parte para que cada clase sea significativa para cada uno de los asistentes. Para todos ellos, representa una puerta a más oportunidades, no solo de trabajo, sino de desarrollo personal, viajes, abrir la mente, cuidar la salud mental, etc.

El Centro Educativo Wilkes o la Biblioteca Pública, como es conocido por la comunidad mexicana ha sido testigo del paso y crecimiento de miles de personas a lo largo de su historia. Miles que ahora tienen la habilidad de comunicarse de una manera distinta, y es la visión de LCS que miles más tengan esta oportunidad en el futuro.

KNOW YOUR NEIGHBORS

By Rachel McMillen

OPEN CIRCLE

Change is a constant. That's a maxim we have all become more aware of as COVID-19 has infiltrated into every area of our lives, but exactly what changes there will be as we slowly emerge from our respective havens are still a matter of conjecture.

Here at Lakeside, one of those changes will be Open Circle, although it will not be the first time this popular event has changed. First organized in 1995 by Joan and Roy Forman as New Dimensions, it was held in their home every Sunday morning and emphasized spirituality and various aspects of Buddhism, Sufism and Christianity. Then, in 2001, it changed its name to Open Circle and moved to other homes and restaurants. Shortly thereafter Marianne and Michael Warren approached LCS to see if the organization could utilize the patio area and a rental agreement was drawn up.

For several years Marianne Warren, Hilary Stewardson, Derek Firth and Jim Spivey coordinated the weekly programs until, in 2011, Jim Spivey assumed total responsibility for the event. In 2015, when poor health dictated he could no longer continue, things changed again and Jim passed the reins over to David Bryen and Margaret van Every, both regular attendees and supporters.

David and Margaret have long been part of the fabric of Lakeside, both being published writers and Margaret also an accomplished musician, and they wanted to free the event from the restrictive rules it operated under and open it up to the community. In order to do this, they immediately established the Open Circle Steering Committee and asked for volunteers.

They also asked for input from the Open Circle audience, which resulted in the original spiritual/metaphysical focus of the program expanding to include more art, music, science, psychology, natural history, health, and Mexican his-

tory. The result was obvious and has proved both satisfying and rewarding for both of them. Last year more than 13,000 people came to OC, the highest number being 550 for a presentation by David Truly in February.

Another success in 2019 was the Mexican Grace program for which nine members of the OC audience pre-auditioned and subsequently presented a 5-minute story of moments when they experienced an example of Mexican Grace. The program's highlight was when a group of Mexican senior citizens in full traditional regalia danced for the attendees, who in turn lifted Tequila-filled shot glasses and toasted Mexico.

Open Circle, the largest and longest-running expat program in Mexico, with a reputation that has spread far beyond Jalisco, was the first to suspend its activities when COVID-19 arrived, realizing the physical characteristics of the meeting area would not allow for the safe distancing required to protect those participating.

With the respite that decision brought, both

David and Margaret decided it was time to pass the torch yet again, and the Steering Committee in turn realized that it was time to find a new organization to carry the event forward. So it is that LCS, the leading support organization for both Expats and the Lakeside community in general, which has spent these past few months re-evaluating its own programs and re-designing the campus to better accommodate classes, presentations and meetings, will include Open Circle under its umbrella when its doors re-open.

Both the board of LCS and Steve Balfour, the Executive Director, are grateful for the work the steering committee has done and are looking forward to continuing the tradition of Open Circle and maintaining both the spirit and the energy that has made this weekly event such a unique and quality forum.

NOTE: There is a plaque commemorating Marianne Warren in the ground near the Ken Gosh Pavilion. Not only was she instrumental in getting Open Circle started, she also organized and gave lectures, including the Neill James lecture series.

CONOZCA A SUS VECINOS

OPEN CIRCLE

Por Rachel McMillen

El cambio es una constante en nuestras vidas. Esa es una máxima a la que todos nos hemos hecho más conscientes a medida que COVID-19 se ha infiltrado en cada área de nuestras vidas, pero exactamente, qué cambios habrá a medida que emerjamos lentamente de nuestros respectivos refugios, es todavía una conjetura.

Aquí en Lakeside, uno de esos cambios será el Open Circle, aunque no será la primera vez que este popular evento cambie. Organizado por primera vez en 1995 por Joan y Roy Forman como New Dimensions, se celebró en su casa todos los domingos por la mañana; enfatizaba la espiritualidad, así como varios aspectos del budismo, el sufismo y el cristianismo. Luego, en 2001, cambió su nombre a Open Circle y se mudó a otras casas y restaurantes. Poco después Marianne y Michael Warren se acercaron a LCS para ver si la organización podía utilizar el área del patio y se elaboró un contrato de alquiler.

Durante varios años Marianne Warren, Hilary Stewardson, Derek Firth y Jim Spivey coordinaron los programas semanales hasta que, en 2011, Jim Spivey asumió la responsabilidad total del evento. En 2015, cuando la mala salud le impidió continuar, las cosas volvieron a cambiar y Jim pasó las riendas a David Bryen y Margaret van Every, ambos asistentes y partidarios habituales.

David y Margaret han sido durante mucho tiempo parte de la estructura de Lakeside, siendo ambos escritores publicados y Margaret también una consumada intérprete de música, querían liberar el evento de las reglas restrictivas bajo las que operaba y abrirlo a la comunidad. Para ello, establecieron inmediatamente el Comité Directivo de Open Circle y pidieron voluntarios.

También pidieron la opinión de la audiencia del Open Circle, lo que dio lugar a que el enfoque espiritual/metafísico original del programa se expandiera para incluir más arte, música, ciencia, psicología, historia natural, salud e historia de México. El resultado fue obvio y ha demostrado ser satisfactorio y gratificante para ambos. El año pasado más de 13,000 personas vinieron a Open Circle, el número más alto fue de 550 para una presentación de David Truly

en febrero.

Otro éxito en 2019 fue el programa Mexican Grace, para el cual nueve miembros de la audiencia del Open Circle hicieron una pre audición y posteriormente presentaron una historia de 5 minutos de momentos en los que experimentaron un ejemplo de Mexican Grace. El punto culminante del programa fue cuando un grupo de ancianos mexicanos en plena vestimenta tradicional bailó para los asistentes, quienes a su vez levantaron sus caballitos llenos de tequila y brindaron por México.

Open Circle, el programa de extranjeros más grande y duradero de México, con una reputación que se ha extendido mucho más allá de Jalisco, fue el primero en suspender sus actividades cuando llegó COVID-19, al darse cuenta de que las características físicas de la zona de encuentro no permitirían el distanciamiento seguro necesario para proteger a los participantes.

Con el respiro que trajo esa decisión, tanto David como Margaret decidieron que era hora de pasar la antorcha una vez más, y el Comité Directivo, a su vez, se dio cuenta de que era momento de encontrar una nueva organización para llevar adelante el evento. Así que es que LCS, la principal organización de apoyo tanto para los extranjeros como para la comunidad lacustre en general, que ha pasado estos últimos meses reevaluando sus propios programas y rediseñando el campus para acomodar mejor las clases, presentaciones y reuniones, incluirá a Open Circle bajo su paraguas cuando sus puertas vuelvan a abrirse.

Tanto la Mesa Directiva de LCS como Steve Balfour, el Director Ejecutivo, están agradecidos por el trabajo que el comité directivo ha hecho y esperan continuar la tradición de Open Circle y mantener tanto el espíritu como la energía que ha hecho de este evento semanal un foro único y de calidad.

NOTA: Hay una placa conmemorativa de Marianne Warren en el suelo cerca del Pabellón Ken Gosh. No sólo fue decisiva para iniciar Open Circle, sino que también organizó y dio conferencias, incluyendo la serie de conferencias de Neill James.

2020 Feria Maestros del Arte

Given the current state of COVID-19, canceling Feria Maestros del Arte 2020 is not just a moral imperative but it is also a logical one. This is the first time in 19 years that the Feria will not take place, but our top priority has to be the well-being of our artisans, hosts, volunteers, and event attendees.

Like many other events both large and small that have either cancelled or are considering cancelling well into 2021, we are now working through the ramifications of this unprecedented situation and are exploring other means by which we can financially help our 2020 artisans who will not be able to benefit from this year's Feria sales, as well as past artists in need.

The Feria is not an event that can be put together “on the spur of the moment.” Arrangements for the show — hosting, artist transportation, reservations for site and equipment, etc. — all are done months before the event. The Feria would normally begin finding hosts for this year's show in June but when asked whether they would consider hosting in November, most potential hosts felt they could not make that decision now with the prospect that Covid-19 might still be a threat in November.

2021 will see the 20th Anniversary of Feria Maestros del Arte. Hopefully, Covid-19 will be a memory by then. We promise an incredible show that you won't want to miss. To stay up to date on the latest news about how you can help and the 20th Anniversary show, please watch our Facebook page or log in to our new website at www.feriamaestros2.com. For questions, please contact feriamaestros@gmail.com.

For updates: Our new website is still in flux — we ask your patience until it is completed. We will continue putting art for sale by Feria artisans on Facebook and we encourage you to support them by making your purchase directly from the artisan. However, should you need assistance, we are always happy to assist you.

Dado el estado actual de COVID-19, la cancelación de la Feria Maestros del Arte 2020 no es sólo un imperativo moral sino también lógico. Es la primera vez en 19 años que la Feria no se llevará a cabo, pero nuestra máxima prioridad debe ser el bienestar de nuestros artesanos, anfitriones, voluntarios y asistentes al evento.

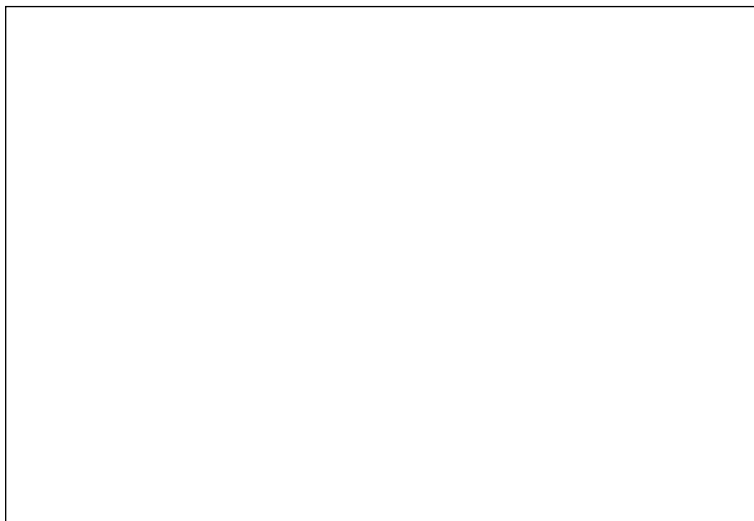
Al igual que muchos otros eventos, tanto grandes como pequeños, que han sido cancelados o están considerando cancelarlos hasta bien entrado el año 2021; ahora estamos trabajando en las ramificaciones de esta situación sin precedentes, explorando otros medios para ayudar financieramente a nuestros artesanos de 2020 que no podrán beneficiarse de las ventas de la Feria de este año, así como a los artistas pasados que lo necesiten.

La Feria no es un evento que se pueda montar “sobre la marcha”. Los arreglos necesarios - alojamiento, transporte del artista, reservas de sitio y equipo, etc. — se hacen meses antes del evento. La Feria normalmente empezaría a encontrar anfitriones en junio pero cuando se les preguntó si considerarían recibir artesanos en noviembre, la mayoría sintieron que no podían tomar esa decisión ahora con la perspectiva de que Covid-19 podría seguir siendo una amenaza en esas fechas.

En 2021 se celebrará el 20° aniversario de la Feria Maestros del Arte. Con suerte, Covid-19 será un recuerdo para entonces. Prometemos un espectáculo increíble que no querrán perderse. Para estar al día con las últimas noticias sobre cómo puede ayudar y el gran evento del 20° Aniversario, por favor vea nuestra página de Facebook o entre en nuestra nueva página web en www.feriamaestros2.com. Para preguntas, por favor contacte con feriamaestros@gmail.com.

Para actualizaciones:

Nuestro nuevo sitio web sigue en movimiento — les pedimos su paciencia hasta que esté terminado. Continuaremos poniendo a la venta el arte de los artesanos de la Feria en Facebook y les animamos a apoyarlos haciendo su compra directamente con los artesanos. Sin embargo, si necesita ayuda, siempre estaremos encantados de ayudarle.



COMMUNITY OUTREACH

In 1970 as a newlywed, I moved to London, England where I learned to grocery shop the way the locals did. This meant daily, carrying a shopping basket or cloth shopping bag. Weekday evenings after work, I got off the tube, and picked up meat at the butcher shop, a loaf of bread at the bakery, and a few vegetables at the green grocer's on my walk home. All the shops were conveniently located on the high street, near the tube station. When I got home, I cooked and ate dinner. This was a great way to save money and time; besides, I didn't own a car, there was no supermarket nearby, and my refrigerator was too small to hold much. And it felt neighborly; in fact, it was. Once the butcher informed me that there was another Canadian bride who shopped at his store, and introduced us! He thought we were lonely, and he was right.

Of course times changed, and soon Londoners and Canadians alike were shopping at huge supermarkets where our choices were staggering. Giant conglomerates got our money, not local matchmaking entrepreneurs. The recent pandemic has changed that for this shopper. As local businesses here at Lakeside reopen their doors, it seems the perfect time to support them with my business. Goodbye Wal-Mart, hello Puritan Poultry, Tony's Meats, the Scandinavian Bakery, Super lake, Pancho's Deli, and The Granary.

There are many good reasons for shopping locally:

- You are making a personal investment in your community. One study in the US showed that for every \$100 spent locally, \$68 - \$73 was returned because local businesses buy from each other, and from local farmers.
- You will receive the personal touch. Proprietors and their staff know their products better. I had the perfect example of this when I bought sausages at Puritan Poultry and a staff member told me that Germans living in nearby San Nicolas made them, and that they "use good things."
- There will be shorter lineups and less stress. My next stop that morning was the French Bakery, where I happened to recognize the only other person standing in line (even though she was wearing a mask) and we had a nice visit while we waited.
- You are helping reduce the environmental impact of transporting goods. This means less pollution and reduced traffic congestion. Think of this the next time you curse all the vehicles now on our roads.
- Locally owned business owners often give back to their communities by volunteering and financially supporting non-profits.
- You will be getting unique, fresher, better products.

Quality is the reason Ann Flaningam shops at the Farmer's Market held every Tuesday from 9:30 a.m. to 12:30 p.m. at *Salon La Huerta* on the outskirts of Ajijic. "I used to have 28 acres of land in Oregon where I raised my own beef and grew my own vegetables," she said. "The Farmer's Market is the only place at

Shop Local

By Dorrie Dixon

Lakeside that offers that kind of home-grown, fabulous food." Ann is the volunteer coordinator for the market, and explains how it operates during the pandemic. "We removed the socializing tables so the vendors could be far enough apart. Now vendors fill the whole space. There are currently 53 of them and each must provide hand sanitizer at their stalls and wear a mask. We control the flow of customers, admitting only 20 at a time, organized by surname, and temperature checks are done on all customers prior to entry. And we are prepared to maintain these safety standards for as long as this thing (COVID-19) goes on."

The Farmer's Market recently celebrated its 10th anniversary of providing local products. For details on vendors and entry schedule check the website at marketchapala.com.

Ladies, imagine you need a new outfit for a social event like a birthday party, although this is currently unlikely, given the government advisory to stay home. You could easily outfit yourself from head to toe by shopping in the two blocks on Colón in Ajijic between the plaza and the lakeshore. I counted over half a dozen shops where you could buy a cotton dress or pant set, a shawl to throw across your shoulders, stylish Mexican made shoes and if you went all the way up to the carretera, a leather handbag. Men will find shirts, belts, hats and shoes . . . but they might have to provide their own trousers!

If you needed to purchase a gift for this fictitious occasion, there are several gift shops where glassware, pewter, and ceramic ware are sold at very reasonable prices. There is jewelry, too — pendants, earrings, bracelets and rings. And finally, if you need gift-wrap or ribbon, it's available.

The shop local philosophy applies to just about anything you might require, so embrace it now and help local businesses make a come back!

Sometimes by happen-
stance you read the right
book at the right time.

The Murmur of Bees by Sofia Segovia was that book for me this past April. A member of the book club I belong to put forth the title for our May selection. “It’s by a Mexican novelist,” was all she said. It is our practice to read Mexican authors as often as we can; to date my all-time favorite was *Into the Beautiful North* by Luis Urrea, but it’s now been replaced.

The Murmur of Bees is an historical novel with light touches of magic realism. Set in Linares, near Monterrey, in 1918, during the Mexican Revolution, it describes the lawlessness of those times, and goes on to include the onset of the Great Depression with the failure of banks, and the Agrarian Reform movement that threatened wealthy landowners. But for me, what made it so relevant was the arrival and devastation caused by the Spanish influenza in 1918. The epidemic infected 500 million people worldwide, resulting in 50 to 100 million deaths — 3% to 5% of the population. Mexico was not spared: 300 to 500 thousand died in this country.

The authorities reacted just as some are during the current coronavirus pandemic: “At the time, the doors to the cathedral were kept locked because the federal government had ordered all gathering places to be closed: theatres, movie houses, bars, and of course, churches.” Citizens were advised to keep social distance and wear masks, but many did not, nor did they have the benefits of hand sanitizers or respirators. And mistakes were made. Rail travel was allowed across the country far longer than it should have been. The flu spread like wildfire. One poor soul, aptly named Lázaro, was taken

to the cemetery still alive, yet he recovered. When he reappeared on the streets, the priest proclaimed a miracle. The town doctor thinks: “The miracle would have been if those arrogant fools with the fate of the country in their hands had listened to the experts. Now it was too late.”

The novel begins with the discovery of an abandoned baby under a bridge on the hacienda owned by Francisco and Beatriz Morales. The foundling has a facial deformity, a cleft palate, and is protected by a hive of honeybees that never sting him, and as time goes on, commune with him and teach him survival skills. The couple love Simonopio unconditionally, despite the fear and even loathing his deformity creates in the neighbors, in particular, *campesino* Anselmo Espiricueta, who pronounces the infant a demon, a child of the Devil himself.

The plot and characterizations are well crafted, the prose style perfect, but what I enjoyed most were the truisms, the observations about life made by various characters. For example, Beatriz learns that “life does not make promises, but it offers opportunities.” Or, when one of the narrators, Francisco Junior, now elderly, realizes: “It doesn’t matter whether time passes slowly or quickly. What you can be sure of, in the end, all you want is to have more.”

The Murmur of Bees is a great read. Penguin Random House called it “the literary discovery of the year” in 2019. And like all good novels, it conveys a message, through the bees, about the importance of listening “to what life sometimes murmurs into your ear, heart, or gut.”

It is currently on sale on Amazon Mexico for \$64 pesos.

CRÍTICA DEL LIBRO

El murmullo de las abejas.

Por Harriet Hart

A veces, por casualidad, lees el libro correcto en el momento adecuado. El Murmullo de las Abejas de Sofía Segovia fue ese libro para mí el pasado mes de abril. Un miembro del club de lectura al que pertenezco puso el título para nuestra selección de mayo. “Es de una novelista mexicana”, fue todo lo que dijo. Solemos leer a los autores mexicanos tan a menudo como podemos; hasta la fecha mi favorito de todos era “En el bello norte” de Luis Urrea, pero ahora ha sido reemplazado.

El murmullo de las abejas es una novela histórica con ligeros toques de realismo mágico. Ambientada en Linares, cerca de Monterrey, en 1918, durante la Revolución Mexicana, describe la anarquía de aquellos tiempos, continúa incluyendo el comienzo de la Gran Depresión con el fracaso de los bancos, el movimiento de Reforma Agraria que amenazaba a los ricos terratenientes. Pero para mí, lo que lo hizo tan relevante fue la llegada y la devastación de la gripe española en 1918. La epidemia infectó a 500 millones de personas en todo el mundo, resultando en 50 a 100 millones de muertes - 3% a 5% de la población. México no se salvó: 300 a 500 mil personas murieron en este país.

Las autoridades reaccionaron como algunos lo hacen durante la actual pandemia de coronavirus: “En ese momento, las puertas de la catedral se mantuvieron cerradas con llave porque el gobierno federal había ordenado cerrar todos los lugares de reunión: teatros, cines, bares y, por supuesto, iglesias”. Se aconsejaba a los ciudadanos que mantuvieran la distancia social y usaran máscaras, pero muchos no lo hacían, ni tenían los beneficios de los desinfectantes de manos o los respiradores. Y se cometieron errores. Se permitió el viaje en tren a través del país mucho más tiempo del que debería haber sido. La gripe se propagó como un incendio forestal. Una pobre alma, acertadamente llamada Lázaro, fue llevada al cementerio aún con vida, pero se recuperó. Cuando reapareció en las calles, el sacerdote proclamó un milagro. El médico del pueblo piensa: “El milagro habría sido que esos arrogantes tontos con el destino del país en sus manos hubieran escuchado a los expertos. Ahora era demasiado tarde.”

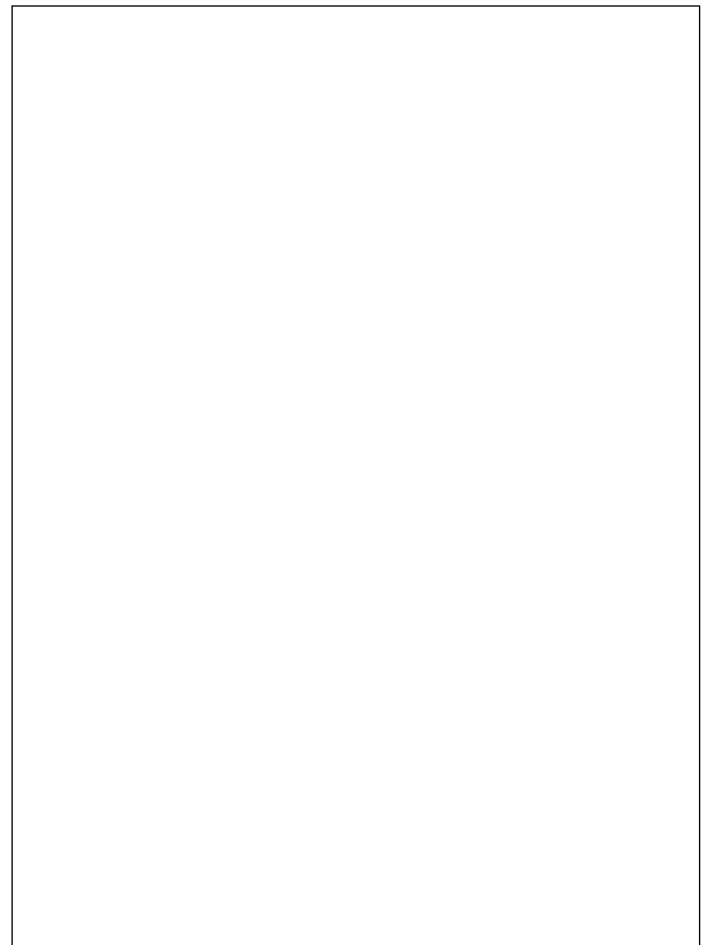
La novela comienza con el descubrimiento de un bebé abandonado bajo un puente en la hacienda de Francisco y Beatriz Morales. El niño abandonado tiene una deformidad facial, un paladar hendido y está protegido por una colmena de abejas que nunca lo pican y, con el tiempo, comulgan con él y le enseñan habilidades de supervivencia. La pareja ama incondicionalmente a Simonopio, a pesar del miedo e

incluso del odio que su deformidad crea en los vecinos, en particular, el campesino Anselmo Espiricueta, que pronuncia al niño como un demonio, un hijo del propio diablo.

La trama y las caracterizaciones están bien hechas, el estilo de la prosa es perfecto, pero lo que más me gustó fueron los tópicos, las observaciones sobre la vida hechas por varios personajes. Por ejemplo, Beatriz aprende que “la vida no hace promesas, pero ofrece oportunidades”. O cuando uno de los narradores, Francisco Junior, ahora anciano, se da cuenta: “No importa si el tiempo pasa lentamente o rápidamente. De lo que puedes estar seguro, al final, lo único que quieres es tener más.”

El Murmullo de las Abejas es una gran lectura. Penguin Random House lo llamó “el descubrimiento literario del año” en 2019. Y como todas las buenas novelas, transmite un mensaje, a través de las abejas, sobre la importancia de escuchar “lo que la vida a veces murmura en tu oído, corazón o intestino”.

Actualmente está a la venta en el Amazonas de México por \$64 pesos.



WRITINGS FROM WILKES 500 Years of Discussion

By Adriana Gabriela Sánchez Macías

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.

This year, on June 30, we remember 500 years of the so-called “Noche Triste”. In this brief text, a little context of this event will be offered, rather than reviewing the facts of the hours that passed during that night and the dawn of July 1, 1520 in Tenochtitlan, which was located in what is now Mexico City.

This event, after half a millennium has passed, is still analyzed and discussed by the historians.

This article is based on the research and writings of three historians: José Luis Martínez, who wrote what still remains the best biography of Hernan Cortes, Jose-Juan Lopez Portillo, and Luis Barjau.

Almost a year and three months before the date we commemorate the 500th anniversary of this incident, on March 25, 1519, Hernan Cortes and his men faced the first battle against the indigenous people in Mexican territory. This first armed encounter took place in Centla, currently in the state of Tabasco. In that skirmish, which lasted only two hours, the Spaniards killed around 900 Chontales, although the chronicles of the invaders speak of up to 12,000 dead.

The defeated, according to their customs, gave the winners 20 women. The intention was clear: to establish an alliance with the invaders in the face of the impossibility of defeating them.

After this forced union, other alliances would develop with the natives of other regions. The first one with the Totonacas in Cempoala who, like the indigenous of Centla, were subject to what historians have called the Triple Alliance, formed by Mexico, Texcoco and Tacuba.

At this time, Cortes was already convinced that he must reach Tenochtitlan, the capital of that alliance, since from there the Aztecs dominated half a million square kilometers of what has been called Mesoamerica.

Cortes, on his way to the dominant center of that vast territory, promised to free the various kingdoms from their oppressors.

However, the first attempt to conquer Tenochtitlan failed. The most plausible explanation is that when the Spaniards arrived at the largest city they had seen in their lives (except for two who had been in Istanbul) they preferred to be guests of Montezuma, instead conquering that huge city by arms.

It seems that Montezuma, rather than being afraid of the people of Cortes, intended to use them as mercenaries or as a personal guards.

The sum of these misconceptions on one side and the other, and the constant increase of abuses by the Spaniards resulted, first, in the decrease of the legitimacy of Montezuma and, second, in his mysterious death when he was supposedly protected by the Spaniards.

At this time, the indigenous people decided to face the Spaniards in a fight to death. Cortes tried to convince them not to do this, but the Mexicas told him to leave and, if the Spaniards did not withdraw, the people were ready to die.

Cortes was forced to flee on June 30, 1520, but before leaving the city he tried to take the Aztecs’ gold and silver. The most ambitious Spanish soldiers sank into the mud from the weight of the metals they were trying to steal. The rest were attacked by indigenous people who massacred the Spaniards. The survivors did not know where to go, but the Tlaxcaltecas, who were already the main allies of the Spaniards, welcomed them with the expectation of becoming the new lords of the territories that dominated the Mexicas. But that is another story.

KNOW YOUR NEIGHBORS

Peol'A Strong Community in the Time of COVID-19

By Alex Searles

Ever since I moved to Lakeside four years ago, I have been amazed by the strong sense of community here, and I was worried how it would be changed by this COVID-19 crisis. Luckily, others in the expat community recognized this as well and stepped forward to help by trying to give back to this area and its people who have accepted us with open arms. I sat down with several individuals running these programs to see what inspired them to give back and to get others around them involved.

Larry and Glorine Barnhardt were two such individuals who felt a strong call to help the community. Back in March, Glorine wanted to find out what she could do so she reached out to Christine Philipson, who runs the Facebook page *Caremongering*. Christine was interested in joining their efforts, so they asked Steve Balfour, the Executive Director of LCS, who put them in contact with Paola De Watterlot who was interested in setting up a local food bank. This resulted in a program initially intended only to service Ajijic, but is now servicing towns along Lakeside as far out as San Pedro Itzicán.

Starting from a staff of seven, they decided first to learn the logistics of actually running a food bank. As Larry explained, "None of us were in the food bank business, so we reached out to the Tepehua Center and Operation Feed (of San Antonio) to learn about what we should do." Through their research they learned how to become a recognized charity and set up a web page so people from the U.S. and Canada could donate through PayPal and receive a tax credit for charitable contributions.

The program has grown from seven to around 70 volunteers, an approximately 50-50 mix of locals and expats. As of June, they had managed to organize and distribute 4,674 *despensas*, each containing enough food for a family of four for an entire week. Glorine was quick to acknowledge that, "The larger community has been very generous supporting Lakeside foodbank."

Another person working to help feed people in need

right now is Christy Caldwell who has been working with local musicians to raise money for Operation Feed. When I sat down to interview Christy, she explained that her desire to give back originates from a value system instilled in her from a young age by her parents. "When I was in high school, my best friend's father had a heart attack and couldn't work. Unbeknownst to them, my father went to the bank and paid their mortgage for a year. I didn't find out until years later when I attended her dad's funeral and they told me what he had done." Christy's parents passed prior to her friend's dad, and her father had never told anyone. When her father did pass away, he made Christy promise to use the money left to her to help people in need who came across her path, and she has made that her mission since arriving in Lakeside last year.

This March she produced a show at the *auditorio* to raise money for a music school in San Juan Cosalá, and recently she has been working with the local trio *Linea Bohemia* to raise awareness and money for Operation Feed in San Juan Cosalá. Christy explained, "I've been given many opportunities in life. I grew up comfortably. I am thankful for my talents, and all I have learned and experienced, and now I feel it's my turn to give back."

The third group I talked with has taken a different direction by trying to support local businesses. The program, called Apollo 2020, was started by Roberto Serrano and Michael Searles as a way to help businesses pay their expenses during the shutdown. "I returned after surgery in Dallas right before the border was closed and at a time when businesses began to shut down," Michael explained. "Having been a small-business owner myself, I knew how disastrous this would be if we didn't find a way to support them." Together, Roberto and Michael developed a program to help businesses sell gift certificates in order to maintain cash flow so they could afford to reopen after the crisis. "I worked out a discount with a local printer and had my son, Miguel, do graphic design work to make sure every business had their logo on their gift certificates," Roberto explained, "and we set up a Facebook page to spread the word and coordinate our efforts." According to them, the businesses involved have sold around \$80,000 pesos' worth of gift certificates. "While some businesses may not survive, we are doing everything we can to ensure that many do," they both explained to me.

Examples such as these make me proud to live here. This community focuses on helping each other through difficult times. The inclusivity and relationship between both expats and Mexicans during this difficult time makes me proud and hopeful that we can conquer this together as a united community.

La fortaleza de una comunidad en tiempos del Covid 19

Desde que me mudé a la Rivera de Chapala hace cuatro años, me ha sorprendido el fuerte sentido de comunidad que hay aquí y me preocupaba cómo cambiaría todo con la crisis del COVID-19. Por suerte, otros en la comunidad de extranjeros también lo reconocieron y dieron un paso adelante tratando de devolver algo a esta zona y a

su gente que nos han aceptado con los brazos abiertos. Platicué con varios individuos que dirigían estos programas para ver qué les inspiraba a devolver y a hacer que otros a su alrededor se involucraran y esto fue lo que encontré.

Larry y Glorine Barnhardt fueron dos de esos individuos que sintieron un fuerte llamado a ayudar a la comunidad. En marzo, Glorine quería saber qué podía hacer, así que contactó con Christine Philipson, que dirige la página de Facebook Caremongering. Christine estaba interesada en unir sus esfuerzos, así que le pidieron a Steve Balfour, el Director Ejecutivo de LCS, quien los puso en contacto con Paola de Watterlot quien estaba interesada en crear un banco de alimentos local. Esto dio lugar a un programa que inicialmente estaba destinado sólo a servir a Ajijic, pero ahora está sirviendo a los pueblos a lo largo de la orilla del lago hasta San Pedro Itzican. Comenzando con un equipo de siete personas, decidieron primero aprender la logística de manejar un banco de alimentos. Como Larry explicó, “Ninguno de nosotros estaba en el negocio de los bancos de alimentos, así que nos pusimos en contacto con el Centro Tepehua y la Operación Alimento (de San Antonio) para aprender acerca de lo que debemos hacer.” A través de su investigación aprendieron a convertirse en una organización benéfica reconocida y crearon una página web para que la gente de los EE.UU. y Canadá pudiera donar a través de PayPal y recibir un crédito fiscal por las contribuciones benéficas. El programa ha crecido de siete a alrededor de 70 voluntarios, una mezcla aproximada de 50-50 de locales y extranjeros. Hasta el 7 de junio habían logrado organizar y distribuir 4,674 despensas, cada una de ellas con suficiente comida para una familia de cuatro personas durante una semana entera. Glorine se apresuró a reconocer que, “La comunidad en general ha sido muy generosa apoyando al banco de alimentos de Lakeside”.

Otra persona que trabaja para ayudar a alimentar a las personas necesitadas en este momento es Christy Caldwell, que ha estado trabajando con músicos locales para recaudar dinero para el proyecto Operación Alimento. Cuando

me senté a entrevistarla me explicó que su deseo de devolver se origina en un sistema de valores que le inculcaron sus padres desde muy joven. “Cuando estaba en la escuela, el padre de mi mejor amiga tuvo un ataque al corazón y no pudo trabajar. Sin saberlo, mi padre fue al banco y pagó su hipoteca durante un año. No me enteré hasta años más tarde, cuando fui al funeral de su padre y me dijeron lo que había hecho.” Los padres de Christy murieron antes que el padre de su amiga, y su padre nunca se lo dijo a nadie. Cuando su padre falleció, le hizo prometer a Christy que usaría el dinero que le quedaba para ayudar a la gente necesitada que se cruzara en su camino, y ella ha hecho de eso su misión desde que llegó a la zona el año pasado. Este marzo produjo un espectáculo en el auditorio para recaudar fondos para una escuela de música en San Juan Cosalá, y recientemente ha estado trabajando con el trío local Linaje Bohemio para generar conciencia y recaudar dinero para el Proyecto de Alimentos en San Juan Cosalá. Christy explicó: “Se me han dado muchas oportunidades en la vida. Crecí cómodamente. Estoy agradecida por mis talentos y por todo lo que he aprendido y experimentado, y ahora siento que es mi turno de dar algo a cambio”.

El tercer grupo con el que hablé ha tomado una dirección diferente al tratar de apoyar a las empresas locales. El programa, llamado Apollo 2020, fue iniciado por Roberto Serrano y Michael Searles como una forma de ayudar a los negocios a pagar sus gastos durante el cierre. “Regresé después de la cirugía en Dallas justo antes de que se cerrara la frontera y en un momento en que los negocios comenzaron a cerrar”, explicó Michael. “Habiendo sido yo mismo propietario de una pequeña empresa, sabía lo desastroso que sería si no encontrábamos una manera de apoyarlos”. Juntos, Roberto y Michael desarrollaron un programa para ayudar a los negocios a vender certificados de regalo con el fin de mantener el flujo de efectivo para que pudieran permitirse reabrir después de la crisis. “Hice un descuento con una imprenta local e hice que mi hijo Miguel, hiciera un trabajo de diseño gráfico para asegurarme de que cada negocio tuviera su logo en sus certificados de regalo”, explicó Roberto, “ creamos una página en Facebook para correr la voz y coordinar nuestros esfuerzos”. Según ellos, los negocios involucrados han vendido alrededor de \$80,000 pesos en certificados de regalo. “Aunque algunos negocios no sobrevivan, estamos haciendo todo lo posible para asegurarnos de que muchos lo hagan”, me explicaron ambos.

Ejemplos como estos me hacen sentir orgulloso de vivir aquí. Esta comunidad se centra en ayudarse mutuamente en los momentos difíciles. La inclusión y la relación entre ambos, extranjeros y mexicanos, durante estos tiempos difíciles me hace sentir orgulloso y esperanzado de que podamos salir adelante de esto juntos como una comunidad unida.

The companionship of pets was a great comfort to iconic Mexican artist Frida Kahlo, who spent much of her later life confined to her home, La Casa Azul, due to poor health. Of necessity, her house became the center of her world. She was kept company by “friends, servants, and various pets including spider monkeys, *Xoloitzcuintles* (hairless dogs) and parrots.” Biographer Hayden Herrera writes that in Frida’s confinement a connectedness with nature became increasingly important to her, especially with her animals.

Today social distancing, lockdown, or solitary confinement—call it what you like—spells loneliness for many. Ours is an active community, where people like to congregate, often at the Lake Chapala Society, to have a coffee, take a class, visit the library, or volunteer. Now they can’t. What is the best strategy for dealing with this? Like Frida Kahlo, we can look to our pets.

“Sometimes the cure for isolation and anxiety comes in a needy, furry package,” writes Edward Baig in the April 8th edition of the AARP magazine. He goes on to say “as older adults find themselves alone and anxious amid the uncertainties of the pandemic, many are seeking companionship from new four-legged friends.”

The companionship of animals affects us in a positive way on four levels: physical, social, emotional and cognitive. It is seniors (the most at risk during this pandemic) who can especially benefit from the companionship of animals. For them “a pet can fulfill their need to care for others, create a sense of purpose, and offer a relationship based on unconditional love. They can also help their owners feel valued.”

What are the specific physical benefits of pet ownership? Studies have shown that when you pet your pet, your blood

pressure goes down and your happy brain chemicals such as oxytocin, dopamine and serotonin go up. Dr. Karen B. London writes: “That dogs have a profound influence on our lives is not news to anybody, but their effects on our physiology continue to make headlines.”

Petting our dogs can increase our oxytocin levels. Even thinking about our dogs can make them rise. Having our dogs on our mind when life gets rough may be a good idea, since oxytocin can reduce stress, increase pain tolerance and enhance well-being. “With its reputation as the ‘feel-good hormone,’ it’s no surprise that oxytocin figures heavily into our relationship with dogs. We’ve learned much about its effects

on both species. If you’re convinced that the chemistry between you and your dog is real, science definitely has your back.”

Amelia Stevens agrees. She says she has always had dogs, and they have always been “a source of comfort” to her. Her current dog, Marco, has big brown eyes and “when he gazes directly into mine,” she says, “it makes me feel understood. We are on the same wavelength and are somehow communing.”

Rosemary Keeling describes how during these times when we aren’t supposed to get closer than two meters to other people, we can still hug our dog, hold it in our arms, pet it, and even “roll around on the floor with it” if we like. She said this kind of physical contact with her dog Chispa feels great.

There are the fitness benefits of having to walk a dog daily. Dogs need regular exercise and so do people. Patsi and Rob Krakoff’s dog, Molly, has kept her owners moving. Patsi says, “Molly has worked miracles. She got Rob to do what

I couldn't nag him into doing: the three of us now walk together every morning around the neighbourhood! We three have bonded because apparently Molly is worth listening to and if she wants to go walkie-walkies, we do! We also take her out for lunch at noon, getting in the car, even if that means going to pick up takeout since restaurants closed. Molly loves car rides and the attention. There is no end to the benefits of having Molly; when I speak kindly to her, it often rubs off and I end up speaking kindly to the husband!"

The social benefits of dog ownership include meeting other dog owners, whether on your daily walk or at a dog park, and while they are temporarily closed, neighbors out walking their dogs can still keep the recommended two meters apart, and visit with each other safely.

Cats have a reputation for being aloof, but some are anything but. During the recent COVID confinement, our Trotsky shows my husband and me how much he cares by seeing us off when we go for our morning walk and greeting us when we return. He lies at my husband's feet (or on his desk) while Paul spends time on the computer, and lolls on my lap every evening when I binge on Netflix. Trotsky joins us for morning coffee and evening happy hour on the terrace, and demands to be picked up when this solitary life becomes too much for him. Cats, remember, are directly descended from lions and lions like to hang out with their prides.

Curly Lieberman's cat is more the distant kind. When asked, Curly Lieberman said Everest, her black and white eleven-year-old kitty, demands her attention, but "is only moderately grateful for all I do for her. Still, it makes me feel needed." Loving and caring for a pet gives owners a sense of purpose, connection, and is an outlet for our need to nurture.

Therapists suggest that establishing and sticking to a routine during these times of social distancing helps us maintain a sense of well-being. Pets give our day structure and balance. They need to be fed, walked, groomed and played with, on schedule.

With too much time on our hands, it's easy to become absorbed with our personal worries. An animal takes us out of ourselves and provides perspective. Janice Kimball's Precious Pooch turns a small event into a happening. "Driving to the ATM, Precious quivers in anticipation as her ears flap in the breeze from the open window. Fifteen minutes later she is as happy to see our house as if we were returning from a weekend excursion." Getting joy in the small things is a lesson we all need to learn during these trying times.

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

Dra. Martha Ballesteros is seeing patients on Thursdays at the Riberas Medical Group. Address is Hidalgo # 244, Riberas Del Pilar. Office number is 376-688-1244 to schedule appointments. Dra. Ballesteros's cell 333-408-0591. Skin cancer screenings at the LCS will resume when LCS reopens and Dra. Ballesteros advises LCS of her schedule.

LCS INTERMEDIATE/ZOOMYOGA

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 knightsinajijic@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 THINGSTECH

Tech Classes are alive and well using Zoom online classes. Since we all have more time on our hands, classes have expanded to twice a week — Tuesday and Thursday 10 a.m. a Tech Class is presented via Zoom. Information about how to register and what classes are being offered is all detailed on the LCS website. www.lakechapalasociety.com. Scroll down to see “What’s Happening” to the item called “Online Tech Classes”. Need help using your Tech device and Zoom, 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 333-201-3123, office 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.

CHAUTAUQUA INSTITUTE ON-LINE LECTURES

Check the 2020 season of lectures at www.chq.org.

HOW TO DRAW ALMOST ANYTHING

Contact Zoe Armiger for information on the Thursday Zoom drawing class. zoearmiger@gmail.com, 333-452-4894

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.

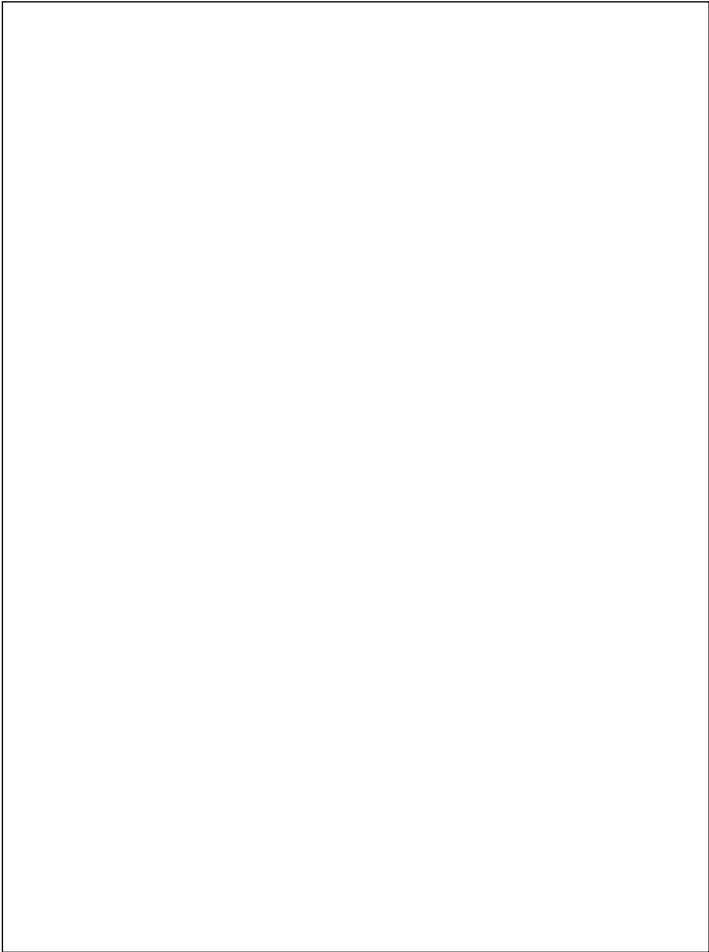
LCS REACHING OUT PROGRAM

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](#)

Lake Chapala Society



A Doggie Tale

It's 1993, shortly after leaving Los Angeles, and here we are in a beautiful area of Eugene, Oregon, in a house that will be lovely once we remodel it, on seven acres backed up to hundreds of acres of forest. Obviously, what we need now is a dog. Jerry drove to the local shelter (in his very appropriate pickup truck) and returned home with an 8-week old black-and-white furry bundle. He handed her out of the truck window and I fell in love with Clio. She was a Black Lab crossed with Australian Shepherd. We later discovered she had been the TV star of the week on the shelter's spot which aired shortly after Jerry brought her home. Lots of disappointed callers responded to her adorable face, but she was now part of our family, a big part.

We kept her in the big family room and kitchen area except when we went outside, and until she was both house broken and spayed. The vet had advised a stuffed toy about her size as a littermate, so we got her "Mr. R," a raccoon. She loved Mr. R., slept with him, carried him around, and rested her head on him all her life.

When Clio was about a year old, I read a book called, I think, *The Secret Life of Dogs*. It said that, while cats want mice, dogs want other dogs. Needless to say, I convinced Jerry that the puppy needed another dog. We went through a series of trials with dogs who either intimidated her, or didn't interact well with both Clio and us. Then I found a notice in the paper about two abandoned dogs that a woman had rescued. When I called, she mentioned that one had been claimed, but the other was a young male — and she went on and on about his beautiful eyes. I figured she would probably keep him, but then she said she would bring him over to the house. When Mike (the name we eventually gave him) jumped out of her car, Clio fell in love. They bumped noses, then Clio led him merrily into the forest, then back to the house, showed him the dog door, the water dish, the kitchen area. He was clearly dazzled by her, ready to become her Prince Consort, which he remained until her death 14 years later.

Shortly after she gained access to everywhere, the cats decided to explain interspecies etiquette. When I came to rescue her, both cats had lured her into the office, blocked her exit, and were beating the bejezus out of her. She always paid them complete respect from that moment on. She must have explained this to Mike too.

The two of them had the forest, with a lovely meadow some one hundred yards up the slope, the pasture in front

with apple trees and two horses belonging to our neighbor, Karen. She lived at the bottom of our land on about an acre. Shortly after we moved there we suggested that she pasture the horses (Sugar and Cinnamon) on our land as we were not using it. She was delighted and the agreement worked well with the horses munching down the growth and our getting to see the pretty creatures as part of the view. Occasionally, Cinnamon would evade the electric fence and stand grazing in our front yard, but Jerry would lead her home (I'm afraid of horses.)

Mike, we were to learn, was no normal pup. One day, we took the dogs for a walk down our long driveway, and around the dirt loop road leading to a much larger road. They liked going with us even though they could have done it by themselves. Right at the end of our driveway was a small cattle farm. The barn was across the dirt road, and about the time we reached the dirt road, the farmer had let the eighteen cattle out of the barn. Mike took one look, dashed under the fence and as any good Border Collie would do, he tucked them back into the barn. The farmer was not pleased, nor were the cows. Afterwards, we tried our best to discourage Mike from exhibiting such behavior, but Border Collies seem to have this instinct within their hard drive. Nevertheless they are very bright, and Mike seemed to understand that his behavior needed to be tempered. And he had also become entirely deferential to the cats.

Acompañantes durante la cuarentena

Por Harriet Hart

La compañía de las mascotas fue un gran consuelo para la icónica artista mexicana Frida Kahlo, que pasó gran parte de su vida confinada en su casa, La Casa Azul, debido a su mala salud. Por necesidad, su casa se convirtió en el centro de su mundo. Le hacían compañía “amigos, sirvientes y varias mascotas, incluyendo monos araña, Xoloitzcuintles (perros sin pelo) y loros”. La biógrafa Hayden Herrera escribe que en el encierro de Frida la conexión con la naturaleza se hizo cada vez más importante para ella, especialmente con sus animales.

Hoy en día el distanciamiento social, el encierro o el confinamiento solitario, llámelo como quiera, significa para muchos la soledad. En nuestra comunidad, que es tan activa, donde a la gente le gusta reunirse, a menudo en Lake Chapala Society, para tomar un café, asistir a clases, visitar la biblioteca o hacer voluntariado. Ahora no pueden. ¿Cuál es la mejor estrategia para lidiar con esto? Como Frida Kahlo, podemos mirar a nuestras mascotas.

“A veces la cura para el aislamiento y la ansiedad viene en un paquete peludo y necesitado”, escribe Edward Baig en la edición del 8 de abril de la revista AARP. Continúa diciendo que “a medida que los adultos mayores se encuentran solos y ansiosos en medio de las incertidumbres de la pandemia, muchos buscan la compañía de nuevos amigos de cuatro patas”.

La compañía de los animales nos afecta de manera positiva en cuatro niveles: físico, social, emocional y cognitivo. Son los ancianos (los que corren más riesgo durante esta pandemia) los que pueden beneficiarse es-

pecialmente de la compañía de los animales. Para ellos “una mascota puede satisfacer su necesidad de cuidar a los demás, crear un sentido de propósito y ofrecer una relación basada en el amor incondicional. También pueden ayudar a sus dueños a sentirse valorados”.

¿Cuáles son los beneficios físicos específicos de tener una mascota? Los estudios han demostrado que cuando acaricias a tu mascota, tu presión sanguínea baja y tus químicos cerebrales felices como la oxitocina, la dopamina y la serotonina suben. La Dra. Karen B. London escribe: “Que los perros tengan una profunda influencia en nuestras vidas no es noticia para nadie, pero sus efectos en nuestra fisiología siguen apareciendo en los titulares”.

Acariciar a nuestros perros puede aumentar nuestros niveles de oxitocina. Incluso pensar en nuestros perros puede hacer que se eleven. Tener a nuestros perros en nuestra mente cuando la vida se pone difícil puede ser una buena idea, ya que la oxitocina puede reducir el estrés, aumentar la tolerancia al dolor y mejorar el bienestar. “Con su reputación como la hormona de la sensación de bienestar, no es sorprendente que la oxitocina figure en nuestra relación con los perros. Hemos aprendido mucho sobre sus efectos en ambas especies. Si estás convencido de que la química entre tú y tu perro es real, la ciencia definitivamente te cubre las espaldas.”

Amelia Stevens está de acuerdo. Dice que siempre ha tenido perros, y que siempre han sido “una fuente de consuelo” para ella. Su perro actual, Marco, tiene grandes ojos marrones y “cuando mira directamente a los míos”, dice, “me hace sentir comprendida. Estamos en la misma

longitud de onda y de alguna manera estamos en comunión”.

Rosemary Keeling describe cómo durante estos tiempos en los que se supone que no debemos acercarnos más de dos metros a otras personas, todavía podemos abrazar a nuestro perro, tenerlo en brazos, acariciarlo, e incluso “rodar por el suelo con él” si queremos. Dijo que este tipo de contacto físico con su perro Chispa se siente muy bien.

Existen los beneficios de tener que pasear a un perro diariamente. Los perros necesitan ejercicio regular y las personas también. El perro de Patsi y Rob Krakoff, Molly, ha mantenido a sus dueños en movimiento. Patsi dice: “Molly ha hecho milagros. Consiguí que Rob hiciera lo que yo no podía: ¡los tres ahora caminamos juntos todas las mañanas por el vecindario! Los tres nos hemos unido porque aparentemente vale la pena escuchar a Molly y si ella quiere salir a caminar, ¡lo hacemos! También la llevamos a almorzar al mediodía, subiendo al auto, aunque eso signifique ir a buscar comida para llevar ya que los restaurantes están cerrados. A Molly le encantan los paseos en coche y la atención. Los beneficios de tener a Molly no tienen fin; cuando le hablo amablemente, a menudo continúo y termino hablando amablemente con mi marido.”

Los beneficios sociales de ser dueño de un perro incluyen conocer a otros dueños de perros, ya sea en su paseo diario o en un parque y mientras estén temporalmente cerrados, los vecinos que salgan a pasear a sus perros pueden mantener los dos metros de distancia recomendados, y visitarse mutuamente de manera segura.

Los gatos tienen la reputación de ser distantes, pero algunos no lo son. Durante el reciente confinamiento de COVID, nuestro Trotsky nos muestra a mi esposo y a mí cuánto le importamos, al despedirnos cuando salimos a

caminar por la mañana y al saludarnos cuando regresamos. Se acuesta a los pies de mi marido (o en su escritorio) mientras Paul pasa el tiempo en la computadora, se acurruca en mi regazo cada noche cuando me doy un atracón en Netflix. Trotsky se une a nosotros para el café de la mañana y la hora feliz de la tarde en la terraza, pide que lo abrace cuando esta vida solitaria se convierte en demasiado para él. Los gatos, recuerden, descienden directamente de los leones y a los leones les gusta pasar el rato con sus manadas.

El gato de Curly Lieberman es más del tipo distante. Cuando le preguntó, Curly Lieberman me dijo que Everest, su gatito blanco y negro de once años, exige su atención, pero “sólo está moderadamente agradecido por todo lo que hago por ella. Aun así, me hace sentir necesitada”. Amar y cuidar a una mascota da a los dueños un sentido de propósito, conexión, y es una salida para nuestra necesidad de nutrirnos.

Los terapeutas sugieren que establecer y mantener una rutina durante estos tiempos de distanciamiento social nos ayuda a mantener una sensación de bienestar. Las mascotas dan a nuestro día estructura y equilibrio. Necesitan ser alimentadas, caminadas, arregladas y entretenidas, según el horario.

Con demasiado tiempo en nuestras manos, es fácil enfocarnos en nuestras preocupaciones personales. Un animal nos saca de nosotros mismos y nos da perspectiva. El Perro precioso de Janice Kimball convierte un pequeño evento en un acontecimiento. “Conduciendo hacia el cajero automático, Precious tiembla de anticipación mientras sus oídos aletean en la brisa de la ventana abierta. Quince minutos más tarde está tan feliz de ver nuestra casa como si volviéramos de una excursión de fin de semana”. Alegrarse de las pequeñas cosas es una lección que todos debemos aprender en estos tiempos difíciles.

Where does Mexico get dollars to pay for all its imports? These range from farm products such as corn, wheat and meat and Hollywood productions, through car parts and factory equipment, to processed petroleum, which surprisingly is Mexico's largest import at \$29B (billion) USD per year.

Fortunately, Mexico had a slightly positive balance of trade in 2019; exports totaled \$472B, while imports were \$467B. The USA receives 76% of Mexican exports followed by Canada (3%), Germany and China (1.5% each). Trade is extremely important to Mexico; it has 12 Free Trade agreements covering 44 countries.

Exports account for over 39% of the Mexican GDP. Mexico's largest dollar earning companies include America Movil, the largest telecom provider in Latin America; FEMSA which bottles Coca-Cola in Latin America and the Philippines, OXXO stores, 20% of Heineken, CEMEX, world's second largest building materials com-

pany, Televisa, the largest mass media company in Latin America, and Grupo Bimbo, the world's largest baking company which includes Entenmann's, Sara Lee, Thomas English Muffins, Wonder, Orowheat & Arnold breads; top sellers in Mexico, US and Canada.

Mexico also gets \$365 billion per year from migrant remittances, tourism which adds up to \$23B/yr, and the illicit drug trade at \$25-30B/yr. In addition, Mexico received \$11B/yr in net direct foreign investment in 2018, which includes foreigners investing in Mexico (mostly from US - 39%, Spain - 13% and Canada - 10%), Mexicans investing abroad and repatriation of investment earning.

Mexico is generally known for its export of crude oil, avocados, tomatoes, beer and tequila. Today, Mexico ranks only 15th in crude oil exports which accounts for less than 5% of total exports. Mexico leads the world in export of avocados, tomatoes, tequila, and beer, exporting twice as much as runner up the Netherlands. But crops are only about 3% of total exports, while beer and tequila are only 1%.

What are Mexico's highest revenue exports? Unlike Brazil, Russia, and Australia, the Mexican economy is not heavily dependent on natural resource exports. Manufacturing is now by far the most important export sector, accounting for over 90%.

Vehicle exports (\$121B/yr) are about 26% of the total, especially cars (11%), auto parts (7%), trucks (6%), and tractors (2%). Though Mexico does not have any widely recognized car brand names, it is the fourth largest car exporter in the world after Germany, Japan and South Korea. About 80% of Mexican car exports go to the US, followed by Canada (7%) and Europe and Asia (6%) each. Canada is also a major player in NAFTA sales of vehicles and vehicle parts. In 2018 the largest auto exporters in Mexico were GM (811,954 units), Fiat/Chrysler (630,967), Nissan (496,333), VW (377,437), Ford (273,009), Kia (231,695), Toyota (187,569), Audi (172,232), Mazda (137,463), and Honda (130,542). Other important exports include machinery and electronic equipment (34%) including computers, TVs, smartphones, air conditioners and refrigerators/freezers as well as optical/medical equipment (4.2%).

The Covid-19 pandemic is currently having a big impact on the Mexican economy. For example, auto exports in April 2020 were down 90% from April 2019. Tourism is also taking a major hit, though remittances in March 2020 (\$4B) were up 36% over March 2019. Until Mexico feels the full impact of COVID-19 it is difficult to determine the impact on the economy and exports.

Citations are available from the author on request.

¿De dónde saca México dólares para pagar todas sus importaciones? Las cuales van desde productos agrícolas como maíz, trigo, carne, producciones de Hollywood, piezas de automóviles, maquinaria hasta petróleo procesado, que sorprendentemente es la mayor importación de México con 29 mil millones de dólares por año.

Afortunadamente, México tuvo una balanza comercial ligeramente positiva en 2019; las exportaciones totalizaron 472,000 millones de dólares, mientras que las importaciones fueron de 467,000 millones de dólares. Los Estados Unidos reciben el 76% de las exportaciones mexicanas, seguido de Canadá (3%), Alemania y China (1,5% cada uno). El comercio es sumamente importante para México; tiene 12 acuerdos de libre comercio que abarcan 44 países.

Las exportaciones representan más del 39% del PIB de México. Entre las mayores compañías que ganan dólares en México se encuentra América Móvil, el mayor proveedor de telecomunicaciones de América Latina; FEMSA que embotella Coca-cola en América Latina y Filipinas, tiendas OXXO, (20% de Heineken), CEMEX, la segunda compañía de materiales de construcción más grande del mundo, Televisa, la compañía de medios masivos de comunicación más grande de América Latina, y Grupo Bimbo, la compañía de panadería más grande del mundo que incluye Entenmann's, Sara Lee, Thomas English Muffins, Wonder, Orowheat & Arnold breads; los más vendidos en México, Estados Unidos y Canadá.

México también recibe 365,000 millones de dólares anuales de las remesas de los migrantes, el turismo, que asciende a 23,000 millones de dólares anuales, y el tráfico ilícito de drogas, que asciende a 25,000 a 30,000 millones de dólares anuales. Además, México recibió 11,000 millones de dólares anuales en inversión extranjera directa neta en 2018, lo que incluye a los extranjeros que invierten en México (en su mayoría de Estados Unidos: 39%, España: 13% y Canadá: 10%), los mexicanos que invierten en el extranjero y la repatriación de las ganancias de la inversión.

México es conocido en general por sus exportaciones de petróleo crudo, aguacates, tomates, cerveza y tequila. Hoy en día, México ocupa sólo el 15° lugar en las exportaciones de petróleo crudo, lo que representa menos del 5% del total de las exportaciones. México es el líder mundial en exportación de aguacates, tomates, tequila y cerveza, exportando el doble que el segundo lugar de los Países Bajos. Pero los cultivos son sólo un 3% del total de las exportaciones, mientras que la cerveza y el tequila son sólo el 1%.

¿Cuáles son las exportaciones de mayores ingresos de México? A diferencia de Brasil, Rusia y Australia, la economía mexicana no depende en gran medida de las exportaciones de recursos naturales. La fabricación es ahora, con mucho, el sector de exportación más importante, representando más del 90%.

Las exportaciones de vehículos (121,000 millones de dólares al año) representan alrededor del 26% del total, especialmente coches (11%), autopartes (7%), camiones (6%) y tractores (2%). Aunque México no tiene ninguna marca de automóviles ampliamente reconocida, es el cuarto exportador mundial de automóviles, después de Alemania, el Japón y Corea del Sur. Alrededor del 80% de las exportaciones mexicanas de automóviles se destinan a los Estados Unidos, seguidos por el Canadá (7%) y Europa y Asia (6%) cada uno. Canadá también es un importante actor en la venta de vehículos y piezas de vehículos en el marco del TLCAN. En 2018 los mayores exportadores de automóviles de México fueron GM (811,954 unidades), Fiat/Chrysler (630,967), Nissan (496,333), VW (377,437), Ford (273,009), Kia (231,695), Toyota (187,569), Audi (172,232), Mazda (137,463) y Honda (130,542). Otras exportaciones importantes son la maquinaria y el equipo electrónico (34%), incluidas computadoras, televisores, teléfonos inteligentes, aires acondicionados y refrigeradores/congeladores, así como equipo óptico/médico (4,2%).

La pandemia Covid-19 está teniendo un gran impacto en México. Por ejemplo, las exportaciones de automóviles en abril de 2020 se redujeron en un 90% con respecto al mismo mes en 2019. El turismo también se está viendo afectado, aunque las remesas en marzo de 2020 (4,000 millones de dólares) aumentaron un 36% con respecto a marzo de 2019. Hasta que México no sienta el pleno impacto de Covid-19 es difícil determinar el impacto en la economía y las exportaciones.

Las citas pueden solicitarse al autor.

If I Could

By Armando García-Dávila.

If only for a moment, I would silence the world's motors and the roar of the airplane would not be so much as a hum. The thunder from the locomotive would become less than a moan.

No blaring horns, no screeching brakes, no screaming police sirens would wail from the avenues. The din of Industry would cease and the factory would fall into a coma, its smoke would lift allowing the forest to inhale deeply and once again we would drink from the river. The miracles of dawn and dusk would reclaim their sacred stillness.

The parrot would quit his incessant squawking and children would play a game of statues. The wino, realizing the gift of his existence, would leave his bottle corked.

The right would swing to the left; and the left would not know where to turn. Politicians would be left without plots to hatch and the devil would run out of tricks.

Shouts would turn to whispers, whispers to quiet prayer, quiet prayer to silent meditation. Chicks in their nests, would sleep, and in every canton, and hamlet, in every town and city, one would only hear the rhythmic breathing of deep slumber and the throbbing of his own heart, and the only sounds interrupting this immense meditation would be the wisps of butterfly wings and a prayerful chant quietly echoing mountain top to valley.

“Love.” “Love.” “Love.”

BIOGRAPHY

Armando García-Dávila

Armando began his writing career over 30 years ago while living in Northern California. His first collection of poetry, *Out of My Heart* was so well received, a second printing was done.

A second collection, *At the Edge of the River*, also met with acclaim. He served as the Literary Laureate of Healdsburg, California 2000-2002. A novel, *The Trip*, and his latest collection of poetry and short stories, *Profile*, are available through Amazon.

Armando is currently working on a second novel, *The Scarecrow's Memories* and now makes his home in Ajijic, Mexico.

His website is located at
<http://armandogarciadavila.com/>

Many folk, especially those who live alone, know the wonderful companionship provided by a dog or cat, and here at Lakeside there are many waiting for their special human at either Lucky Dog or The Ranch. Here are just a few of them.

LUCKY DOG:

www.luckydoglakechapala.com

THE RANCH:

www.lakesidespayandneutercenter.com/ranchdogs.html

DeeDee spent the past three years living in a school yard in Jocotopec. All the kids loved her and she was kind and gentle, but the officials at the school felt it best that she find a forever home, so now she's at the Ranch. We estimate she's between 4-5 years old and she is just a super kind and loving soul.

A farmer found these five babies abandoned near his home and couldn't leave them, so he brought them to the Ranch and we couldn't say no! They are about six months old and we think they will be beautiful medium to large dogs.

"Are they gonna like me? Oh . . . I don't think they're gonna like me. Do you think they'll want to adopt me? I think I'll go hide in my kennel!"

I'm Wanda and I'm about 4-years old. I'm a beautiful Chihuahua who was living in a house where there were other dogs but no humans, so we didn't know when we would get food. I'm a small gal — less than 5 kilos — and I love to sit on laps and cuddle. I don't bark much and I look terrific in sweaters."

Beautiful Sophia Grace was abandoned as a puppy before being rescued and loved. She is 7 months old and was fostered for the past six months so she's ready for her forever home. She loves other dogs and people as well.

Lucca is 2-3 years old and is a "velcro" dog, who bonds quickly and loves to be with her favorite person.

My name is Cuchi, (which means cute) and I'm a sweet 3-year old gal who weighs around 14 kilos. I was tied to a tree and abandoned in La Reserva. Lucky Dog took me in, and they have made sure I get all my vaccinations and am house trained.

I do have some special needs. As a puppy, I never had a nutritious diet and that has caused some skin issues, so I scratch a lot. Lucky Dog has put me on a special diet with foods that help and I also take some medications. The special food and medications are not terribly expensive, especially when you realize all the love I have to give to you.

Wade is a beautiful gentle lab mix about 2 to 3 years old.

Conan is only a year old and while he appears a bit fierce he is really a gentle boy, puppy sweet and full of love.

Carson is a golden retriever-ish/ yellow lab guy. He is neutered and perhaps four years old.

He definitely needs some training to learn to keep all four paws on the ground when greeting you, but he's so full of enthusiasm that he sometimes forgets.

So if you feel lonely or isolated, just remember . . . sunshine doesn't come from the skies, it comes from the love in a dog's eyes.

Maddox, fun and playful, about two years old

In mid-May, 10 people in Ajijic died from drinking adulterated alcohol. Sadly, one of these was Mauricio Romero, a familiar figure at LCS where he tended the gardens. Mauricio was an animal lover who had many well-loved dogs and a cat, and after he passed, six of his dogs came to The Ranch. All are friendly and well-adjusted and get along with other dogs and with cats. Five of them remain at The Ranch, looking for their forever homes. Mauricio will be missed. Can you help by adopting one of his beloved dogs?

Digging in the dirt can ease stress, keep you limber, and even improve your mood, and for some of us who are finding the restrictions imposed on us by the pandemic difficult, it is proving to be a life-saver.

Many of us have turned to gardening not only as an antidote to isolation, but also as a way to reclaim some of the intangible things we've lost over the years. We are finding that nature not only has physical, spiritual and emotional rewards, but also practical ones: after all, the food you grow yourself is the freshest and healthiest food you can eat, and you can grow a wonderful crop of cherry tomatoes in nothing more than a five-gallon bucket! Here at Lakeside where pots of all kinds are both easy to find and cheap, and where the weather is perfect, we can have a vegetable garden on our patio or balcony in next to no time.

A number of recent studies have confirmed the many benefits of gardening. Princeton University tracked the emotional well-being of 370 Minneapolis-St. Paul residents and found that those who garden at home reported high levels of happiness and emotional well-being.

Another study done in the Netherlands showed that gardening fights stress better than other leisure activities and resulted in lower levels of cortisol (the stress hormone); among participants. This was reinforced by a Norwegian study which discovered that people who had been diagnosed with depression, persistent low mood, or bi-polar II disorder who spent six hours a week growing flowers and vegetables experienced a measurable improvement in their depression symptoms. What's more, their mood continued to be better three months after the gardening program ended.

Christopher Lowry, PhD., an assistant professor of integrative physiology at the University of Colorado at Boulder, thinks he has discovered the reasons for all these benefits. It seems that *Mycobacterium vac-*

cae, a harmless bacteria commonly found in soil, increases the release and metabolism of serotonin in parts of the brain that control cognitive function and mood in much the same way as serotonin-boosting antidepressant drugs do.

There is also research that suggests the physical and mental activity associated with gardening helps lower the risk of developing dementia. Two separate studies that followed people in their 60s and 70s for up to 16 years found, respectively, that those who gardened regularly had a 36% and 47% lower risk of dementia than non-gardeners, even when a range of other health factors were taken into account.

Proof of how many people have discovered the benefits of gardening are seen in the current shortage of seeds. From Canada to Mexico and beyond, garden centers are struggling to keep up with the demand. Here at Lakeside, the Garden Store in Ribieras is constantly re-ordering popular varieties, and even hardware stores have added display racks of seeds to their inventory. The more creative (or resourceful) among us simply take a tomato or a bell pepper, cut it in half and plant it directly in a pot. Wait a week or two and voilà! More seedlings than you will ever need.

Gardening not only gets you outside in the fresh air and sunshine, improves your mood, reduces stress and nourishes your body, it also gets your blood moving. And while patio gardening probably won't do much for your cardiovascular fitness, moving and stretching are, nevertheless, forms of low-impact exercise and excellent for those of us who are older, have disabilities, or suffer from chronic pain.

With all these benefits, plus the fact that homegrown produce grown organically last much longer and taste much better, I'm off to my local vivero to stock up on my supply of pots. I hope to see you there — at a safe distance of course.

Muchos de nosotros hemos recurrido a la jardinería no sólo como un antídoto para el aislamiento, sino también como una forma de recuperar algunas de las cosas intangibles que hemos perdido a lo largo de los años. Estamos descubriendo que la naturaleza no sólo tiene recompensas físicas, espirituales y emocionales, sino también prácticas: después de todo, la comida que uno mismo cultiva es la más fresca y saludable que se puede comer, se puede cultivar unos maravillosos tomates cherry en nada más que una maceta grande. Aquí en Lakeside, donde las macetas de todo tipo son fáciles de encontrar, son accesibles, el clima es perfecto, podemos tener un huerto en nuestro patio o balcón en un abrir y cerrar de ojos.

Varios estudios recientes han confirmado los diversos beneficios de la jardinería. La Universidad de Princeton rastreó el bienestar emocional de 370 residentes de Minneapolis-St. Paul y encontró que aquellos que cultivan un jardín en casa reportaron altos niveles de felicidad y bienestar emocional.

Otro estudio realizado en los Países Bajos mostró que la jardinería combate el estrés mejor que otras actividades de ocio y dio como resultado niveles más bajos de cortisol, la hormona del estrés entre los participantes. Esto fue reforzado por un estudio noruego que descubrió que las personas a las que se les había diagnosticado depresión, estado de ánimo bajo persistente o trastorno bipolar II, que pasaban seis horas a la semana cultivando flores y verduras, experimentaban una mejora mensurable en sus síntomas de depresión. Además, su estado de ánimo siguió mejorando tres meses después de que el programa de jardinería terminó.

El Dr. Christopher Lowry, profesor asistente de fisiología integrativa en la Universidad de Colorado en Boulder, cree haber descubierto las razones de todos estos beneficios. Parece que la *Mycobacterium vaccae*, una bacteria inofensiva que se encuentra comúnmente en el suelo, aumenta la liberación y el metabolismo de la serotonina en las partes del cerebro que controlan la función cognitiva y el estado de ánimo de la

misma manera que lo hacen los medicamentos antidepresivos potenciadores de la serotonina.

También hay investigaciones que sugieren que la actividad física y mental asociada a la jardinería ayuda a reducir el riesgo de desarrollar demencia. Dos estudios separados que siguieron a personas de 60 y 70 años de edad durante un máximo de 16 años encontraron, que quienes trabajaban en el jardín regularmente tenían un riesgo 36% y 47% respectivamente menor de demencia que quienes no lo hacían, incluso cuando se tomaban en cuenta una serie de otros factores de salud.

La actual escasez de semillas es prueba de la cantidad de personas que han descubierto los beneficios de la jardinería. Desde Canadá hasta México y más allá, los centros de jardinería están luchando por mantenerse al día con la demanda. Aquí en Lakeside, la tienda de jardinería en Riberas está constantemente reordenando variedades populares, e incluso las ferreterías han añadido estantes de exhibición de semillas a su inventario. Los más creativos (o ingeniosos) entre nosotros simplemente toman un tomate o un pimiento, lo cortan por la mitad y lo plantan directamente en una maceta. Esperen una o dos semanas y ¡voilà! Más plantas de las que nunca necesitarás.

La jardinería no sólo te lleva al exterior, al aire libre y al sol, mejora tu estado de ánimo, reduce el estrés y nutre tu cuerpo, sino que también hace que tu sangre se mueva. Y aunque la jardinería de patio probablemente no hará mucho por su estado cardiovascular, el movimiento y los estiramientos son, sin embargo, formas de ejercicio de bajo impacto y excelentes para aquellos de nosotros que somos mayores, tenemos discapacidades o sufrimos de dolor crónico.

Con todos estos beneficios, más el hecho de que los productos cultivados orgánicamente duran mucho más tiempo y saben mucho mejor, me voy a mi vivero local para abastecerme de mi suministro de macetas. Espero verlos allí, a una distancia segura, por supuesto.

Nota: Fotos de mariposas de Paul Hart

BUEN PROVECHO Cacao — Mexico's Gift to the World

By Marianne Carlson

"True strength is when you can break a bar of chocolate into four pieces with your bare hands — then eat just one." (Unknown)

The cacao bean, the basis of cocoa and chocolate, is one of Mexico's many culinary gifts to the world. Cacao refers to the cacao plant and the products made from non-roasted seeds. Cocoa products are made from roasting its seeds and grinding them into a chocolate powder (among other things).

The Olmecs (1500 to 400 BC) were the first to cultivate and taste cocoa — they ground the cacao beans, mixed them with water, then added spices, *chiles* and herbs. Over the centuries, cacao culture spread to the Maya and Aztec civilizations to whom the cacao pod was worth more than gold, and they used it as a currency for bartering. Cacao became a symbol of abundance and was used in religious rituals dedicated to *Quetzalcoatl*, the Aztec god who had given this magical gift to man.

In the 16th century the natives drank "*xocolatl*", a cacao drink with a strong flavor that invigorated the drinker, and the cultivation of cacao spread throughout the warm and temperate areas, from the state of Tabasco, to Michoacán, Colima, Chiapas and Campeche.

In 1519, Hernán Cortés arrived in Mexico, and convinced the Aztecs to exchange cacao for gold. The Spaniards acquired the custom of drinking chocolate as the natives did, however, they added sugar. In one of the letters that Cortés sent to Carlos V, he assured him that a cup of "*xocoatl*" was enough to sustain a soldier during a whole day's march.

In 1528, Cortés returned to Spain with a shipment of cacao, as well as the recipes and utensils necessary for its preparation. The cacao pods were fermented, dried in the sun, roasted and pressed between two hot stones until an aromatic paste was obtained. This was then molded into bars, then water, sugar or honey and spices were added.

The love affair with cocoa spread throughout Europe, and in 1659, the first chocolate factory opened in Paris. In 1697, a Swiss tasted chocolate in Belgium and took it back to his home country, and in 1765 chocolate was brought to America by the British. Industrialization sparked eventual changes to the production of chocolate and the first chocolate factory opened in Barcelona, Spain in 1780. Germany and Switzerland soon followed.

During the mid-1800s in Vevey, Switzerland, Henri Nestlé's laboratory was adjacent to a small chocolate shop. One day, Peter Nestlé decided to incorporate milk into chocolate and *voilà* the world's first milk chocolate was born.

Cocoa and cacao are not two ways of saying the same thing. Everything we know as chocolate starts from the bean-filled pods of the *Theobroma* cacao tree. What happens next determines whether the beans become cacao or cocoa.

Heating at higher temperatures transforms cacao into cocoa by changing the structure of the beans on a molecular level, which lessens their nutrient content. That means that cacao, which is less processed, has more powerful antioxidant effects and health benefits. A few of the many benefits of cacao are:

- Natural origin with a high nutritional content.
- Source of vitamins (thiamine or B1 and folic acid) and a high content of minerals (potassium, phosphorus and magnesium).
- Cacao seeds moisturize, tone and regenerate skin and have omega-3 fatty acids.
- Contains antioxidants that slow aging and have been shown to prevent the arteriosclerotic process and the appearance of some types of cancer.
- Contains phytosterols that reduce "bad" cholesterol and facilitates digestion.
- Increases serotonin and endorphin levels in the brain, improving mood and increasing pleasure so works as an antidote for depression.
- Associated with better cognitive performance of the elderly, lowers high blood pressure and reduces the risks of blood clots and cerebral infarctions.

Cacaopuccino

Ingredients:

Cacao
Hot water
Milk (foam it if possible)

Directions: Let the cacao dissolve for 15 seconds in the hot water and stir before pouring the (foamed) milk.

Delicious things to add: *chile*, cinnamon, cardamom, ginger, turmeric, vanilla, anise, nutmeg, coconut oil — let your imagination run wild. *Chile* gives a nice kick and increases the effect of cacao. If pure cacao is a bit too intense for you, add some honey, *agave* or cane sugar to sweeten it up. Coconut oil makes the taste softer and smoother.

“La verdadera fortaleza se demuestra cuando puedes, con tus manos, romper una barra de chocolate en cuatro pedazos – y comer únicamente uno.” (Desconocido)

El grano de cacao, la base del cacao y el chocolate, es uno de los muchos regalos culinarios de México al mundo. El cacao se refiere a la planta de cacao y a los productos hechos de semillas no tostadas. Los productos de cacao se elaboran tostando sus semi-

llas y moléndolas para obtener chocolate en polvo (entre otras cosas).

Los olmecas (1500 a 400 a.C.) fueron los primeros en cultivar y probar el cacao: molían los granos de cacao, los mezclaban con agua, añadían especias, chiles y hierbas. A lo largo de los siglos, la cultura del cacao se extendió a las civilizaciones maya y azteca, para las que la vaina de cacao valía más que el oro y la utilizaban como moneda de trueque. El cacao se convirtió en un símbolo de abundancia, fue utilizado en los rituales religiosos dedicados a Quetzalcoatl, el dios azteca que había dado este mágico regalo al hombre.

En el siglo XVI los nativos bebían “xocolatl”, una bebida de cacao de fuerte sabor que vigorizaba al bebedor, y el cultivo del cacao se extendió por las zonas cálidas y templadas, desde el estado de Tabasco, hasta Michoacán, Colima, Chiapas y Campeche.

En 1519, Hernán Cortés llegó a México, convenció a los aztecas de cambiar el cacao por oro. Los españoles adquirieron la costumbre de beber chocolate como los nativos, sin embargo, añadieron azúcar. En una de las cartas que Cortés envió a Carlos V, le aseguró que una taza de “xocoatl” era suficiente para mantener a un soldado durante todo un día de marcha.

En 1528, Cortés regresó a España con un cargamento de cacao, así como las recetas y utensilios necesarios para su preparación. Las vainas de cacao se fermentaban, se secaban al sol, se tostaban y se prensaban entre dos piedras calientes hasta obtener una pasta aromática. Luego se moldeaba en barras, se añadía agua, azúcar o miel y especias.

El romance con el cacao se extendió por toda Europa y en 1659 se abrió la primera fábrica de chocolate en París. En 1697, un suizo probó el chocolate en Bélgica, lo llevó a su país de origen y en 1765 el chocolate fue traído a América por los británicos. La industrialización provocó cambios eventuales en la producción de chocolate y la primera fábrica de chocolate se abrió en Barcelona, España, en 1780. Alemania y Suiza pronto le siguieron.

A mediados del siglo XIX, en Vevey, Suiza, el laboratorio de Henri Nestlé estaba junto a una pequeña chocolatería. Un día, Peter Nestlé decidió incorporar leche al chocolate y voila nació el primer chocolate con leche del mundo.

La cocoa y el cacao no son dos formas de decir lo mismo. Todo lo que conocemos como chocolate empieza con las vainas llenas de granos del árbol de cacao Theobroma. Lo que sucede a continuación determina si los granos se convierten en cocoa o en cacao.

El calentamiento a temperaturas más altas transforma el cacao en cocoa por efectos que cambian la estructura de los granos a nivel molecular, lo que disminuye su contenido de nutrientes. Esto significa que el cacao, que es menos procesado, tiene efectos antioxidantes más poderosos y beneficios para la salud.

Algunos de los muchos beneficios del cacao son:

- » Origen natural con un alto contenido nutricional.

- » Fuente de vitaminas (tiamina o B1 y ácido fólico) y un alto contenido de minerales (potasio, fósforo y magnesio).
- » Las semillas de cacao hidratan, tonifican y regeneran la piel y tienen ácidos grasos omega-3.
- » Contienen antioxidantes que retrasan el envejecimiento y se ha demostrado que previenen el proceso arteriosclerótico y la aparición de algunos tipos de cáncer.
- » Contiene fitoesteroles que reducen el colesterol “malo” y facilitan la digestión.
- » Aumenta los niveles de serotonina y endorfina en el cerebro, mejorando el estado de ánimo y aumentando el placer, por lo que funciona como un antídoto para la depresión.
- » Asociado con un mejor rendimiento cognitivo de los ancianos, disminuye la presión arterial alta y reduce los riesgos de coágulos de sangre e infartos cerebrales.

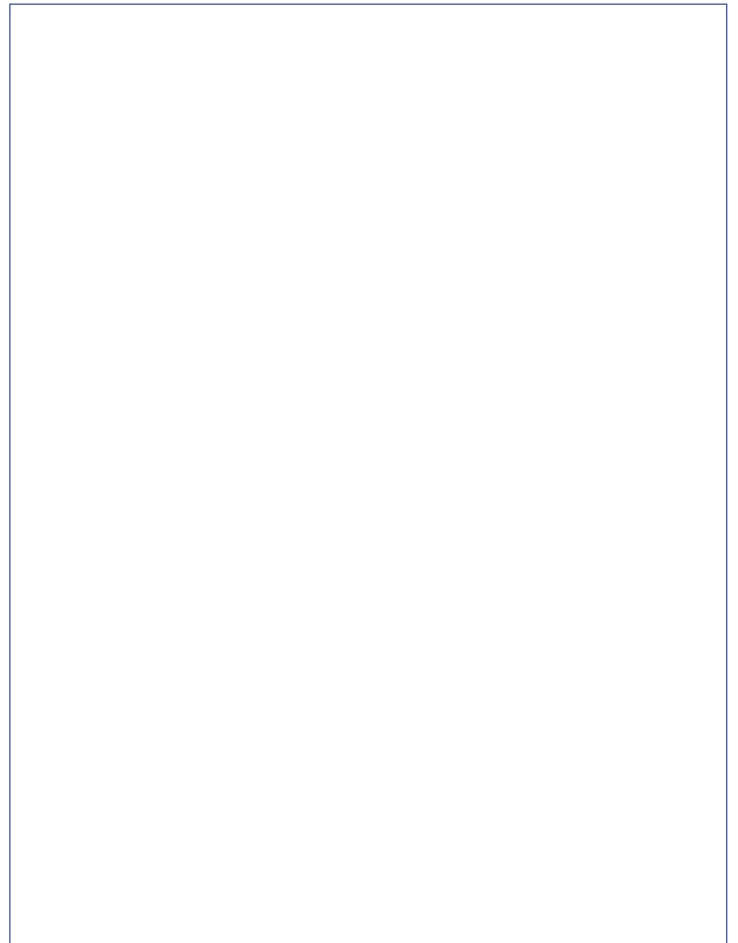
Cacaopuccino

Cacao

Agua caliente

Leche (si es posible con espuma)

Deje que el cacao se disuelva durante 15 segundos en el agua caliente y revuelva antes de verter la leche (espumosa). Puede añadir: chile, canela, cardamomo, jengibre, cúrcuma, vainilla, anís, nuez moscada, aceite de coco... dejen volar su imaginación. El chile es un buen complemento y aumenta el efecto del cacao. Si el cacao puro es un poco demasiado intenso para ti, añade miel de agave o azúcar de caña para endulzarlo. El aceite de coco hace que el sabor sea más suave y delicado.



The decision to reopen non-essential businesses in Jalisco has brought with it many problems and, often, more questions than answers. A great many

restaurants in Ajijic are back in business, complete with in-restaurant dining, in addition to the more familiar limitation of takeout and delivery — *solamente*.

A few restaurants have not yet reopened and/or will not reopen for a variety of reasons. Some are worried about the transmission of the coronavirus through customers or staff. Others may have lost a great deal of their only source of income, and there are some additional costs to reopen that they are not able to afford. Many feel that, with asymptomatic conditions existing where people can transmit the virus unknowingly, why run the risk to reopen?

The overwhelming majority of local eateries are reopening, and taking great effort to follow protocols of the federal government, of the State of Jalisco, or of the local government of Chapala. And, this task is often not simple or clearly defined.

Do we allow 50% capacity or 35% capacity? Can we serve two drinks per person per meal, or might a “drink” also be defined as “one bottle of wine?” What do we do when a potential customer refuses to wear a mask? How do we handle a customer refusing to have his/her temperature taken? Do we conform to the limitation of four people per table or the federal number of six people per table? Restaurants are told they must go to Chapala and pay for their 2020 license and agree to a set of protocols to be assessed through an official “inspection” which may or may not be forthcoming in a timely manner. And customers are supposed to leave the restaurant within 15 minutes after they have finished their meal, or maybe after their *entrée* or maybe after eating their *postre*. Oftentimes, it is hard to know which protocol to abide by.

Amid all this confusion, restaurants are doing their best to address protocols with logic. You may find some differences when you walk into your favorite establishment. Some will take your temperature. Some will have you clean your shoes on a mat as you enter. All will make sure you cleanse your hands. Tables will be appropriately distanced from each other. Most will tell you politely that if you refuse to wear a mask upon entering or don't want your temperature taken, that you will be unable to dine there. This is as it should be. It is not the fault of the restaurants. They are simply trying to follow rules designed for everyone's safety.

Some restaurant owners have staff living a great distance from the restaurant who have no car and rely on public transportation. Owners dealing with this particular problem often tell the staff member that they, unfortunately, cannot come to work. The potential problems of close contact on a bus can be an open invitation to the virus. Still, owners often go out of their way to pick up staff living a distance from the restaurant and returning them home after work. Talk about commitment! Owners have often paid their staff when the restaurant was closed to in-restaurant dining. Commitment again! Others assume financial responsibility for costs of health care issues when the staff member has no insurance and simply cannot afford the cost of a tooth extraction or a surgical procedure. Commitment yet again, and again and again.

Speaking with owners of restaurants such as Chopsticks, *Jitomate* Gourmet, *La Paceaña*, Go Bistro, Gossips Kitchen and Bobby's *La Terraza*, I learned that their efforts usually go well beyond what might be expected under the current conditions. They make appropriate accommodations to existing protocols, often doing more because they value their customers, want to do what is right, care for their staff and keep the restaurant scene in Ajijic at the wonderful level that it has attained.

These times are difficult and challenging, but we can make it through, and remember (Americans especially) as my friend Gene Ma says through his mask, “You are definitely on the right side of the wall.”

La decisión de reabrir negocios no esenciales en Jalisco ha traído consigo muchos

problemas y, a menudo, más preguntas que respuestas. Muchos restaurantes de Ajijic han vuelto a funcionar, con servicio en el restaurante, además de la comida para llevar y la entrega... solamente.

Algunos restaurantes aún no han reabierto y/o no volverán a abrir por diversas razones. A algunos les preocupa la transmisión del coronavirus a través de los clientes o el personal. Otros pueden haber perdido una gran parte de su única fuente de ingresos, además hay algunos costos adicionales para poder abrir nuevamente, que no pueden afrontar. Muchos piensan que, con las condiciones asintomáticas existentes en las que las personas pueden transmitir el virus sin saberlo, ¿por qué correr el riesgo de volver a abrir?

La abrumadora mayoría de los comedores locales están reabriendo, y haciendo un gran esfuerzo para seguir los protocolos del gobierno federal, del Estado de Jalisco, o del gobierno local de Chapala. Y esta tarea a menudo no es simple o claramente definida.

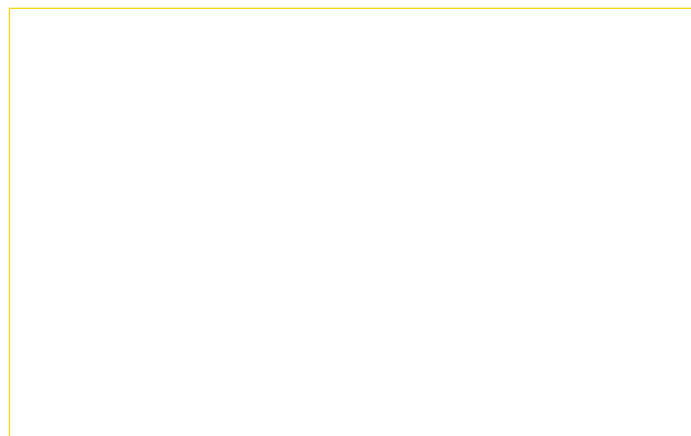
¿Permitimos una capacidad del 50% o del 35%? ¿Podemos servir dos bebidas por persona por comida, o podría una “bebida” también ser definida como “una botella de vino”? ¿Qué hacemos cuando un cliente potencial se niega a usar una máscara? ¿Cómo manejamos a un cliente que se niega a que le tomen la temperatura? ¿Nos ajustamos a la limitación de cuatro personas por mesa o al número federal de seis personas por mesa? A los restaurantes se les dice que deben ir a Chapala y pagar su licencia para el año 2020 y que acepten un conjunto de protocolos que se evaluarán a través de una “inspección” oficial que puede o no realizarse de manera oportuna. Y se supone que los clientes deben dejar el restaurante en quince minutos después de haber terminado su comida, o tal vez después de su entrada o tal vez después de comer su postre. A veces es difícil saber qué protocolo hay que seguir.

En medio de toda esta confusión, los restaurantes están haciendo lo posible por abordar los protocolos con lógica. Puede que encuentres algunas diferencias cuando entres en tu establecimiento favorito. Algunos te tomarán la temperatura. Algunos te harán limpiar tus zapatos en tapete especial entres. Todos se asegurarán de que te

limpies las manos. Las mesas estarán apropiadamente distanciadas unas de otras. La mayoría le dirá educadamente que si se niega a llevar un cubre bocas al entrar o no quiere que le tomen la temperatura, no podrá comer allí. Esto es como debería ser. No es culpa de los restaurantes. Simplemente intentan seguir las reglas diseñadas para la seguridad de todos.

Algunos dueños de restaurantes tienen personal que vive lejos del restaurante, no tienen coche y dependen del transporte público. Los propietarios que se ocupan de este problema particular a menudo les dicen a los trabajadores que, lamentablemente, no pueden venir a trabajar. Los problemas potenciales del contacto cercano en un autobús pueden ser una invitación abierta al virus. Aún así, los propietarios a menudo se esfuerzan por recoger al personal que vive lejos del restaurante y regresarlo a casa después del trabajo. ¡Eso es compromiso! Los propietarios a menudo han pagado a su personal cuando el restaurante estuvo cerrado. ¡Compromiso de nuevo! Otros asumen la responsabilidad financiera de los costos de las cuestiones de atención de la salud cuando el empleado no tiene seguro y simplemente no puede sufragar el costo de una extracción de dientes o un procedimiento quirúrgico. Compromiso una vez más, y otra vez y otra vez.

Hablando con los propietarios de restaurantes como Chopsticks, Jitomate Gourmet, La Paceaña, Go Bistro, Gossips Kitchen y Bobby’s La Terraza, me enteré de que sus esfuerzos suelen ir mucho más allá de lo que se podría esperar en las condiciones actuales. Hacen adaptaciones apropiadas a los protocolos existentes, a menudo haciendo más porque valoran a sus clientes, quieren hacer lo correcto, cuidan de su personal y mantienen la escena de los restaurantes en Ajijic en el maravilloso nivel que ha alcanzado. Estos tiempos son difíciles y desafiantes, pero podemos superarlos, y recuerden (especialmente los americanos) como dice mi amigo Gene Ma a través de su máscara, “Definitivamente estás del lado correcto de la pared”.



Tonalá Tianguis

Por Diana Ayala

The *tianguis* of Tonalá used to be a great attraction, providing sales for hundreds of artisans in the area. Every Thursday and Sunday you could go and buy all kinds of products, but the pandemic changed everything: the shops closed, the artisans stopped selling because they could not erect their stands and as a result, experienced very serious economic consequences. For many this was their only source of income. Some desperate artisans began to barter for food.

Faced with this situation, the Regidor of Tonalá, Enrique Guzman, thought about how to help them, and together with Cubo Creativo and Manada Creativa, respectively a company and a nonprofit dedicated to strategic communication, he developed the project **Tonalá Tianguis**.

The idea is to provide the artisans with a virtual showcase through the website <https://tonalatianguis.com/> so they can sell their products. The whole project has been supported by volunteers and the expenses generated so far have, as Miguel Angel Rubio from Cubo Creativo explained to me, been covered by the Regidor.

The idea was presented to the municipal president, who was immediately interested and who agreed to provide support to the artisans to help them integrate their work into the page as many of them do not have the tools to generate the material to promote their products. They will be given training to enable them to take photos and make videos and upload them to the site.

Tonalatianguis.com works as a link between buyers and sellers, who must agree on the sale, payment methods, delivery time, etc. Currently the page has few artisans, but every day they receive new requests and follow them up. The Tonalá Chamber of Commerce is also interested in the project and will disseminate information among its 12,000 members, in the hope of making this a real virtual tianguis.

At the moment the page is only in Spanish, but it is expected to soon be in English as well. I invite you to visit the Tonalá tianguis from the comfort of your home and to help the artists. <https://tonalatianguis.com/>

Tonalá Tianguis

Por Diana Ayala

El tianguis de Tonalá solía ser un gran atractivo, proveyendo un medio de venta para cientos de artesanos de la zona, cada jueves y domingo se podía ir y adquirir todo tipo de productos. La pandemia cambió todo, las tiendas cerraron, los artesanos dejaron de vender al no poder instalar sus puestos y esto trajo consecuencias económicas muy graves al ser esta la única fuente de sustento de muchos. Algunos artesanos desesperados, empezaron a hacer trueque para poder conseguir comida.

Ante esta situación, el regidor de Tonalá Enrique Guzmán, pensó en cómo ayudarlos, y junto con Cubo Creativo y Manada Creativa, empresa y asociación civil dedicadas a la comunicación estratégica, desarrollaron el proyecto **Tonalá Tianguis**.

La idea es proveer a los artesanos de un escaparate virtual mediante la página <https://tonalatianguis.com/> para que puedan vender sus productos. Todo el proyecto ha sido apoyado por voluntarios y los gastos que hasta ahora se han generado los ha cubierto el regidor, según me explicó Miguel Ángel Rubio de Cubo Creativo.

Presentaron la idea al presidente municipal, quien se mostró interesado y se buscará apoyar a los artesanos para que puedan integrarse a la página, y es que muchos de ellos no cuentan con las herramientas para generar el material para promover sus productos. Se les dará capacitación y apoyo para tomar fotos y video.

Tonalátianguis.com funciona como enlace entre compradores y vendedores, los cuales deberán ponerse de acuerdo sobre la venta, medios de pago, tiempo de entrega, etc. Actualmente la página cuenta con pocos artesanos, pero cada día se reciben solicitudes nuevas y se les van dando seguimiento. La Cámara de Comercio de Tonalá también se mostró interesada en el proyecto y difundirá la información entre sus 12,000 asociados, buscando que se sumen y hacer de verdad un tianguis virtual. De momento la página está únicamente en español, pero se espera pronto poder tenerla en inglés también, te invito a que recorras el tianguis de Tonalá, desde la comodidad de tu casa. <https://tonalatianguis.com/>

Manuel Felguérez. el Monstruo Creativo

colonial city is different from others because of its urban layout. Its mining history and its location among hills made its streets take all kinds of directions and formations, and each common space became a charming garden or square. Among these wonderful alleys are other wonders, such as the Manuel Felguérez Museum of Abstract Art, the first museum of its kind in Mexico and Latin America, which we want to tell you more about.

Just in front of a plaza called "450", the building that currently houses the Museum of Abstract Art Manuel Felguerez was built in 1888, to house the Seminary and Tridentine Council of the Purísima. The Seminary operated until 1914 and trained many famous Zacatecans, among them the poet Ramon Lopez Velarde, a student between 1900 and 1902. On June 24, 1914, one day after the historic capture of Zacatecas, the Seminary was occupied and sacked by the villagers' troops. The property was later used as a military barracks and neighborhood and it later fell into disuse. In 1964 it was renovated to accommodate the State Penitentiary, undergoing many transformations to its structure. It was used as a prison for both men and women until 1995.

Even If you haven't visited it, you have surely heard that walking around the city of Zacatecas is a unique experience. This beautiful

colonial city is different from others because of its urban layout. Its mining history and its location among hills



By Secretaría de Turismo de Zacatecas

In 1997, the State Government began the remodeling and adaptation of the building to install the first stage of the Museum, which was inaugurated on September 4, 1998.

Manuel Felguérez (1928-2020), originally from Valparaíso, Zacatecas, was considered the pioneer of abstract art in Mexico. He made paintings, sculptures and works integrated into architecture. His work is in permanent exhibitions in museums and public and private collections both in this country and abroad. The Museum, which continues to receive donations of work from national and foreign artists, has become an obligatory reference in Mexico for

those interested in abstract art. It is a high quality museum site, where the original architecture of the building harmonizes with modern elements and materials and each space is surprising.

Here you can learn about the development of Mexican abstract art and admire the works of more than 170 artists represented in the Museum, along with a collection of more than 800 pieces, including paintings, sculptures, engravings and personal objects of the master Felguérez. The murals in Osaka, due to their monumentality and subject matter, are without a doubt one of the collections that most surprises visitors and by itself justifies the trip to the city of Zacatecas.

For Felguérez, each piece of art was an adventure where you know how and when it begins but do not know for sure when or where it will end. Travel to Zacatecas, be dazzled, and learn more about the skill and sensitivity of this great artist whom Zacatecas will always miss. Enjoy a virtual tour on this link <https://tour.maamf.com.mx/>

Si no lo has vivido, seguro ya has escuchado que caminar por la ciudad de Zacatecas es una experiencia única. Esta hermosa ciudad Colonial es distinta a

otras por su traza urbana. Su vocación minera y su localización entre cerros hizo que sus calles tomaran todo tipo de rumbos y formaciones, y que cada espacio común se convirtiera en un encantador jardín o plazuela. Entre estos maravillosos callejones se encuentran otras maravillas, como el Museo de Arte Abstracto Manuel Felguérez, el primer museo de su tipo en México y América Latina, del que queremos platicarte un poco más.

Justo en frente de una plaza llamada 450, se encuentra el edificio que alberga actualmente el Museo de Arte Abstracto Manuel Felguérez, fue construido en el año de 1888, para alojar el Seminario Conciliar y Tridentino de la Purísima. El Seminario funcionó hasta el año de 1914 y formó a ilustres zacatecanos, entre los que destacan el poeta Ramón López Velarde, estudiante entre los años 1900 a 1902. El 24 de junio de 1914, un día después de la histórica Toma de Zacatecas, el Seminario fue ocupado y saqueado por las tropas villistas. Posteriormente la finca se usó como cuartel militar y vecindario; después cayó en desuso. En 1964 fue habilitada para instalar la Penitenciaría del Estado, sufriendo fuertes transformaciones en su estructura. Como cárcel de hombres y mujeres funcionó hasta 1995. En 1997, el Gobierno del Estado inició la remodelación y adecuación del inmueble para instalar la primera etapa del

Museo, el cual fue inaugurado el 4 de septiembre de 1998. Manuel Felguérez (1928-2020), originario de Valparaíso, Zacatecas, fue considerado el pionero del arte abstracto en México; realizó pintura, escultura y obra integrada a la arquitectura. Su obra se encuentra en exposiciones permanentes en museos y colecciones públicas y privadas en el país y el extranjero. El Museo, que no ha dejado de recibir donaciones de obra de artistas nacionales y extranjeros, se ha convertido en un referente obligado en México para aquellos interesados en el arte abstracto. Es un sitio museográfico de gran calidad, donde la arquitectura original del edificio armoniza con los elementos y los materiales modernos y cada espacio resulta sorprendente.

Allí podrás conocer el desarrollo del arte abstracto mexicano y admirar las obras de más de 170 artistas que están representados en el Museo, junto con un acervo de más de 800 piezas, entre pintura, escultura, grabado y objetos personales del maestro Felguérez. Los murales de Osaka, por su monumentalidad y temática son sin lugar a dudas, una de las colecciones que más sorprende a los visitantes y que por sí

misma justifica el desplazamiento de cualquier parte a la ciudad de Zacatecas.

Para Felguérez, cada obra artística era una aventura en donde se sabe cómo y cuándo comienza y no se conoce con certeza en qué momento o lugar vaya a terminar. Viaja a Zacatecas ¡Deslumbrante!, y conoce más de la sensibilidad de este gran artista al que Zacatecas siempre extrañará. Disfruta de un recorrido virtual dando click aquí <https://tour.maamf.com.mx/>

BUEN PROVECHO La Michoacana

By Diana Ayala

About 25 years ago I took a trip to the municipality of Tingüindin in Michoacán, where a friend who worked in an avocado packing plant lived, and I remember telling her, “Here the whole economy is driven by the avocado.” To which she replied, “You will be surprised when you visit the municipality of Tocuambo.” This left me intrigued and the next day we went—it was only about 15 minutes away. As soon as we reached the junction leading to the town, I could see something different—a sculpture of a great pink popsicle and an ice cream cone. They indicate that you are entering

the world of paletas.

I remember that the whole entrance to the village was clean, the trees were cut out and everything was painted. And when you arrived at the square, where normally in Mexican villag-

es you find a church, we found a church of a non-traditional style that contrasted with the red tile roofs of the houses. When my friend saw my admiring face she said, “This church was designed by the architect Pedro Ramirez Vazquez, the same one who designed the Aztec Stadium, the Anthropology Museum and the Basilica all at CDMX.

The history of all this begins in 1940, when a visionary man, Don Rafael Malfavon, started the popsicle business. His beginnings were with a wooden cart, manufacturing and selling the popsicles, but with time he began to be successful and invited other people into the business. His secret was to make his popsicles from seasonal fruit and leave pieces of that fruit in them, so that you had the feeling of eating a fruit at the same time as you were eating the popsicle.

He baptized his business “La Michoacana” and soon other people joined the business and took it to Mexico City and other places, keeping the name. Don Rafael helped whoever wanted to start their own business, gave them credit, and taught them the trade without asking for royalties.

The business grew so much that at the end of the 80’s they started the Ice Cream Fair with the purpose of collecting funds for the church, and it was such a success that they soon achieved their goal.

Tocuambo is about 3 hours away from Lakeside and it is worth the trip to appreciate the love of the people for their town and above all to enjoy a delicious ice cream or popsicle from the original “La Michoacana”.

Hace unos 25 años hice un viaje a Michoacán al municipio de Tingüindin, donde vivía una amiga que trabajaba en una empacadora de aguacates, y recuerdo haberle dicho: Aquí toda la economía la mueve el aguacate. A lo que ella me respondió: Te sorprenderás al visitar el municipio de Tocuambo. Esto me dejó intrigada y al día siguiente fuimos, estaba a unos 15 minutos. Y desde que tomas en entronque hacia el pueblo, ves algo diferente, una escultura de gran paleta rosa y un cono de helado, te indica que vas entrando al mundo de las paletas.

Recuerdo que toda la entrada hacia el pueblo estaba limpia, los arbolitos recortados parejitos y todo pintado. Y al llegar a la plaza, donde normalmente en los pueblos de México está la iglesia, encontrar una iglesia de un estilo nada tradicional que contrastaba con los techos de teja roja de las casas. Al ver mi cara de admiración mi amiga me dijo: Esta iglesia la diseñó el arquitecto Pedro Ramírez Vázquez. Y siguió diciendo: - si, el mismo que diseñó el Estadio Azteca, el Museo de Antropología y la Basílica en CDMX.

La historia de todo esto empieza en 1940, cuando un hombre visionario empezó el negocio de las paletas, Don Rafael Malfavon. Sus inicios fueron con un carrito

de madera, fabricando y comercializando las paletas, con el tiempo empezó a tener éxito e invitó a otras personas al negocio. Su secreto era hacerlas de fruta de la temporada y dejar pedazos de fruta, para que tuvieras la sensación de estar comiendo una fruta al tiempo de estar comiendo la paleta.

Bautizó a su negocio como “La Michoacana” y pronto se unieron otras personas al negocio y lo fueron llevando a la Cd. de México y otros lugares, conservando el nombre, según cuentan, Don Rafael ayudaba a quien quisiera iniciar su negocio, les daba crédito, les enseñaba el oficio y así cada quien se hacía de su propio negocio, sin regalías.

Tanto creció el negocio que a finales de los 80's empezaron la Feria de la Paleta, con la finalidad de reunir fondos para la iglesia, y fue tal el éxito que pronto lo lograron. Tocuambo está a unas 3 horas de camino y vale la pena la vuelta para apreciar el cariño de la gente por su pueblo y sobre todo disfrutar una deliciosa paleta de las originales “La Michoacana”

What Inspires Mexican Folk Art?

Mexican folk art draws an abundance of its creative inspiration from native Indian culture, myths and legends. It is inundated with folk fantasy in which people fly and animals are endowed with heads from one species and bodies of another. Skeletons are probably the most common subjects of folk art. In both ancient and contemporary times, life and death exist side by side — death is just the other side of life — all types of skeletons in every walk of life are created depicting aspects of daily life. In Mexican culture, death is a time to remember and honor the dead with joyous festivity rather than the somber sadness usually associated with death in other cultures.

The *Catrina* character was created by José Guadalupe Posada, a journalist and writer (1852-1913). Posada considered all members

of the community fair game for his satirical wit. His most enduring image is the *calavera* (skeleton) *Catrina* dressed in elegant European finery, adorned with a wide-brimmed, feathered hat. He used this image to poke fun at the overdressed Mexican women who, at the time, had an obsession for French culture. From his drawings a new folk art genre was born — the *Catrina* dolls. Today, you will find *Catrin*as in all shapes and sizes and depicting all walks of life.

In the animal world, the jaguar was by far the most revered beast in ancient Mexican culture. Because of the fear and respect they commanded, chiefs and kings wore and made shoes from their pelts, and necklaces made from their teeth were highly prized. The jaguar or *tigre* whose spirit was believed to harm the crops, is celebrated in the *Fiesta del Tigre*. Masked villagers play the parts of hunters and a dog that try to capture the *tigre* so their crops can be saved for another year.

Mexican folk art is also inspired by both Mayan and Aztec art. Animals revered or shunned in those cultures are still seen in the folk art of today. Dogs were revered as guides in the underworld. Human skeletons have been found buried along with their dogs. Folk legend tells of a great body of water in the underworld that only dogs can navigate. Black dogs were favored as they didn't mind getting wet or dirty. Owls were also associated with the underworld, as the caves they lived in were thought to lead there. Perceived as messengers between humans and the divine, the owl is considered the pre-Columbian equiva-

lent of an angel. Deer are identified with the gods of the hunt while turtles are associated with music as their shells were used as musical instruments. If the gods were playing the turtle shells, it was thought to be thunder. The Mayans associated the turtle shell with the shape of the earth. Dragons depicted as flying serpents symbolized lightning and oddly enough, the butterfly was associated with fire and war and was thought to be the soul of dead warriors.

Not all folk art is inspired by ancient symbols or folk lore. Frida Kahlo, for instance, has become a source of inspiration for Mexican folk art. In an interesting turn about, Frida, who was so supportive of indigenous Mexican art, clothing and culture during her lifetime, has had the favor returned by contemporary folk artists who celebrate her work and life in their art. It has been over 66 years since her passing, and it seems like she never left. She was famous in her lifetime as wife of the celebrated muralist Diego Rivera and as a respected painter in her own right. Today, her fame has become mythological in large part because Mexican folk art has captured her likeness in hundreds of different mediums.

This land called Mexico has many moods and faces. There is realism mixed with a little of the absurd in much of their folk art that tells us not to take ourselves too seriously!

entendiendo México

¿Qué inspira el arte popular mexicano?

Por Marianne Carlson

El arte folklórico mexicano se inspira en gran medida en la cultura, los mitos y las leyendas de los indígenas. Está inundada de fantasías populares en las que la gente vuela y los animales están dotados de cabezas de una especie y cuerpos de otra. Los esqueletos son probablemente los temas más comunes del arte popular. Tanto en la época antigua como en la contemporánea, la vida y la muerte coexisten y se crean todo tipo de esqueletos en diversos ámbitos de la vida cotidiana. En la cultura mexicana, la muerte es un momento para recordar y honrar a los muertos con una alegre festividad en lugar de la tristeza sombría que suele asociarse con la muerte en otras culturas.

El personaje de Catrina fue creado por José Guadalupe Posada, periodista y escritor (1852-1913). Posada representaba a todos los miembros de la comunidad con su ingenio satírico. Su imagen más perdurable es la Catrina, vestida con elegantes galas europeas, adornada con un sombrero de ala ancha y plumas. Usó esta imagen para burlarse de las mujeres mexicanas demasiado vestidas que, en ese momento, estaban obsesionadas con la cultura francesa. De sus dibujos nació un nuevo género de arte popular: las muñecas Catrina. Hoy en día, usted encontrará Catrinas en todas las formas y tamaños, que representan todos los caminos de la vida.

En el mundo animal, el jaguar era con mucho la bestia más venerada en la antigua cultura mexicana. A causa del miedo y el respeto que representa, los jefes y reyes usaban y hacían zapatos con sus pieles, los collares hechos con sus dientes eran muy apreciados. El jaguar o tigre cuyo espíritu se creía que dañaba los cultivos, se celebra en la Fiesta del Tigre. Los enmascarados juegan las partes de los cazadores y de un perro que intenta capturar el tigre para que sus cosechas puedan ser salvadas por otro año.

El arte folklórico mexicano también se inspira en el arte maya y azteca. Los animales venerados o rechazados en esas culturas todavía se ven en el arte popular de hoy. Los perros eran venerados como guías en el inframundo. Se han encontrado esqueletos humanos enterrados junto con sus perros. La leyenda popular cuenta de un gran cuerpo de agua en el inframundo que sólo los perros pueden navegar. Los perros negros eran los favoritos ya que no les importaba mojarse o ensuciarse. Los búhos también estaban asociados con el inframundo, ya que se creía que los llevaban hasta las cuevas en las que vivían. Percibido como mensajero entre los humanos y lo divino, el búho es considerado el equivalente precolombino de un ángel. Los ciervos se identifican con los dioses de la caza, mientras que las tortugas se asocian con la música, ya que sus conchas se utilizaban como instrumentos musicales. Si los dioses tocaban las conchas de tortuga, se creía que eran truenos. Los mayas asociaban el caparazón de la tor-

tuga con la forma de la tierra. Los dragones representados como serpientes voladoras simbolizaban el relámpago y, curiosamente, la mariposa estaba asociada con el fuego y la guerra, se creía que era el alma de los guerreros muertos.

No todo el arte popular se inspira en símbolos antiguos o en la tradición popular. Frida Kahlo, por ejemplo, se ha convertido en una fuente de inspiración para el arte popular mexicano. En un giro interesante, Frida, que fue tan solidaria con el arte, la ropa y la cultura indígena mexicana durante su vida, ha recibido el favor de artistas folklóricos contemporáneos que celebran su trabajo y su vida en su arte. Han pasado más de 65 años desde su muerte, y sigue vigente. Fue famosa en su vida como esposa del célebre muralista Diego Rivera y como una respetada pintora por derecho propio. Hoy en día, su fama se ha convertido en mitológica en gran parte porque el arte folklórico mexicano ha capturado su imagen en cientos de medios diferentes.

Esta tierra llamada México tiene muchos estados de ánimo y rostros. Hay realismo mezclado con un poco de lo absurdo en gran parte del arte popular mexicano que nos dice que ¡no nos tomemos nada demasiado en serio!

