

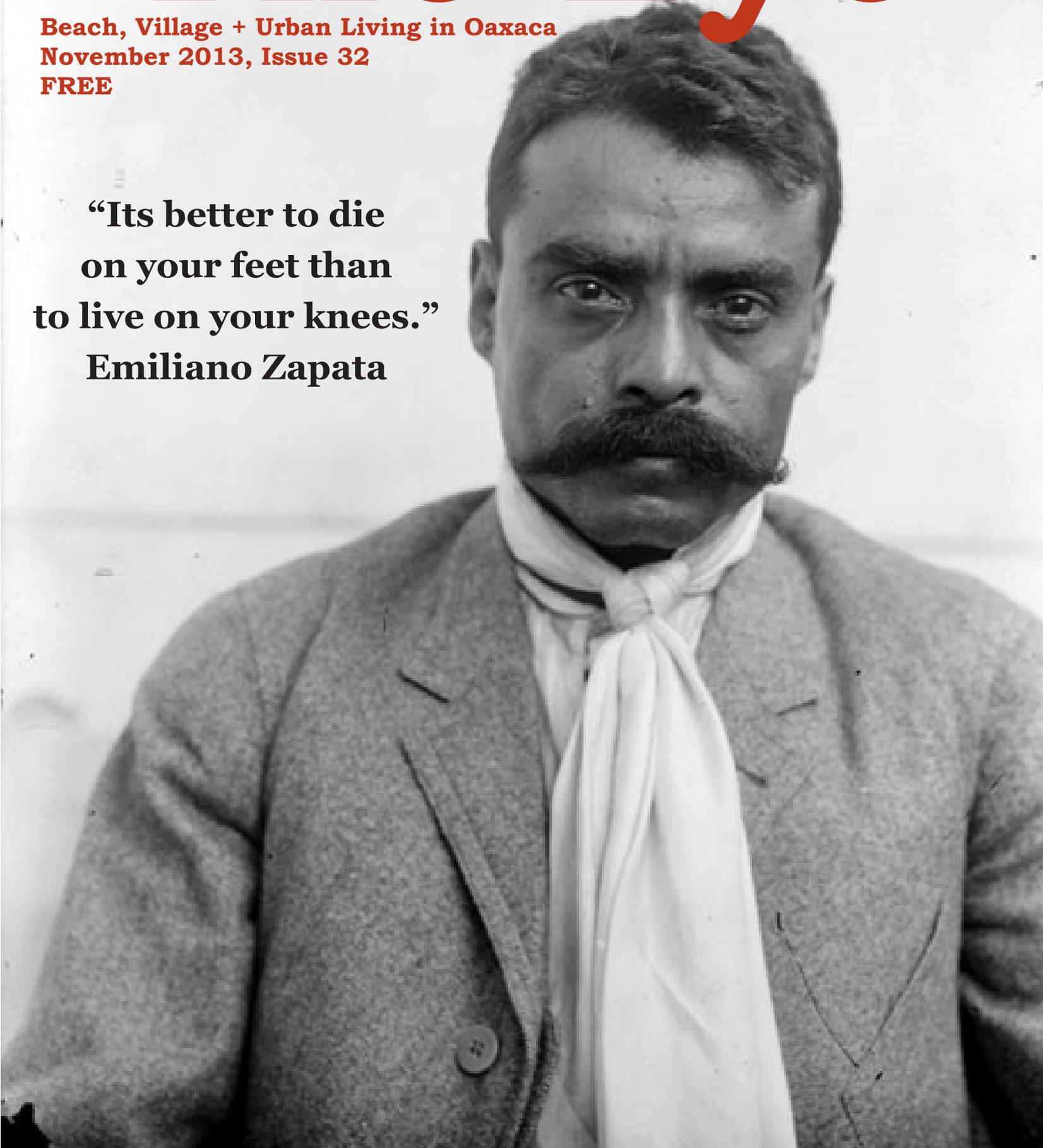
The Eye

Beach, Village + Urban Living in Oaxaca

November 2013, Issue 32

FREE

**“Its better to die
on your feet than
to live on your knees.”
Emiliano Zapata**



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From the Editor:

I am so proud that our little magazine has come so far. The writers and myself aim to provide our readers with an experience beyond a tourism selling pitch. We love life in Mexico and we think it comes through in our articles that focus on nurturing and appreciating this amazing culture.

We hope you enjoy our new website which will allow you to access past articles as well as keep you up to date on what is happening now. We have also included listings so you can get the phone number of that plumber you've been looking for or find out if your favourite restaurant is open.

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Cheers,
Jane

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Editor's Letter

The rapprochement of peoples is only possible when differences of culture and outlook are respected and appreciated rather than feared and condemned, when the common bond of human dignity is recognized as the essential bond for a peaceful world.

-J. William Fulbright

Here is what I know about you- you have an interest in Mexico and you speak English. Perhaps your interest is only in enjoying this country's amazing beaches, ruins or sipping a margarita by the pool or possibly by this point your interest has extended and you are curious about its history, its people and its traditions, maybe it is even a place you call home. If you are a regular 'The Eye' reader then you may have noticed that our format tends to follow a theme with each issue. This month's theme took us on a yellow brick road adventure- starting out in Kansas with the broad theme of 'drugs' and ending somewhere in Oz with a culmination of ideas. I will admit I had visions of a gritty issue with hot topics such as the poppy fields of Sinaloa or profiles of Mexico's top crime fighters. Instead the theme of 'drugs' took us to healing, to big pharma and since it is November we wanted to include something about the revolution. Of course there are the articles on community happenings such as the upcoming spay and neuter clinics for cats and dogs as well as information about helping villages affected during the rainy season.

As I was laying out this issue and looking at each of the pieces submitted by our fantastic and dedicated writers, a larger picture started to form because of a few things that were happening simultaneously. As I read Brooke Gazer's piece on the revolution I was also reading Malcolm Beith's intriguing book "The Last Narco", a gritty and riveting expose of the drug trade in Mexico. What struck me were the similarities between some of today's most feared drug lords and these historical revolutionaries; many were born in small rural villages, they had little access to education, used violence for reform, spent a portion of their lives in hiding, their exploits are sung about in folk songs and *narco-corridos* and some have developed a Robin Hood type reverence.

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While I was making these connections a couple of other things clashed together. I happened to be in Oaxaca City the day the children went back to school after yet another teacher's strike just as I was sent a clip of Malala Yousafzai, the 16 year old recently nominated for the Nobel Peace Prize. She was speaking about the importance of education as I read Carole Reedy's piece about the library in the Pochutla jail- a place I have visited myself on occasion and witnessed the poor conditions which inmates have. I also pondered the teacher's situation- they are rallying against standardized testing. What if the teacher's themselves were trained to do their job? Would they be striking or would they welcome the opportunity to show their stuff? To say nothing of the thousands of schoolchildren who went without classes for close to six weeks this fall! As these things collided a new theme emerged that I think ties this issue together- dignity.

We should all have the right to live dignified lives. It is a given that countries with a higher quality of life and with available quality education have lower crime rates and less violence. So when Malala said of her situation "I need to tell the world what is happening" I thought "yes tell the world". Let our concern for humanity extend beyond borders, because as the world gets smaller the butterfly effect of others suffering and injustices is inescapable.

See you next month,

Jane

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A Butterfly Bonanza and Blue Morphos to be found in Huatulco

By Monika Maeckle

I made myself a rule several years ago to stop running blindly after butterflies with my net. Too often I had done so, often in the Llano River, chasing Monarchs in the fall when they return to Mexico. Sometimes I would trip on a rock, slip on wet limestone and narrowly avert catastrophe in the middle of nowhere with the closest hospital hours away.

But the sight of a Blue Morpho, one of the most beautiful butterflies on the planet, languidly tracing a dirt road from the tropical canopy of the Sierra Madre mountains in Mexico this summer caused me to break my own rule. Running full speed while looking up, I chased the butterfly for about 500 feet before tripping on a fallen branch. Luckily I caught myself. We were many miles from medical assistance.

I gave my net to Cornelio Ramos Gabriel, our able nature guide. Within a half hour, Cornelio had nabbed a *Morpho peleides*, whose wingspan can reach eight inches and whose blue wing flashes have made the species a target of collectors in addition to its natural predators. We photographed the beauty and released her. Cornelio told me that the dreamy flyer is relatively common in these parts, along with its dramatic sister, the White Morpho. We saw several examples of both on our day trip to Finca Monte Carlo, a lovely coffee plantation in the Sierra Madre.

My five-day butterfly trip was the scheme of dear friend and fellow San Antonians Veronica Prida and Omar Rodriguez, the hosts of Casa Tulco, a fabulous nature retreat set in the ecofriendly tourist destination of Huatulco, Mexico.

Veronica and I have been butterfly buddies for years and she was kind enough to assemble a butterfly trip that included me, butterfly guide book author Kim Garwood, and birder/photographer Susan Hoffert. Cornelio and Mateo Merlin Sanchez worked hard as our guides, catering to our every whim as we made Casa Tulco our base. In the evenings, we lolled by the pool, recounted our adventures, and researched unknown finds as the entire Casa Tulco staff attended our need for margaritas, chilaquiles and wi-fi. It was a magnificent trip.

Our Blue Morpho outing took us on a two-hour spine-jangling, four-wheel drive jaunt up a dirt road that wound through tropical mountain forests and tracked a vibrant stream. We saw 117 species of butterflies in just 48 hours.

Kim seemed nonplussed each time Susan or I pointed out a new find, patiently identifying its common and Latin names, her capacity for recall a stunning reminder of my own frequent forgetfulness.

"That's a Fine Line Hairstreak," said Kim upon one of my inquiries. "He likes roadside edges." Is that unusual? "No."

After a fruitful stop at a small *cascada*, or waterfall, where various Swallowtails and Sulphurs puddled and danced above the rushing water and an Owl butterfly hid in the thick underbrush, we arrived at Finca Monte Carlo. Our gracious host, Efen Ricardez Scherenberg, escorted us directly to a mature cycad palm where a cluster of Superb Cycadian butterflies had just pupated. The brown and black chrysalises, called *capullos* in Spanish, looked like designer chocolates from a high-end confectionary.

Efen explained that every year about this time the caterpillars and later chrysalises appeared, just for a short while. He believed they would hatch the following morning, but they did not. He graciously shared the photo above just two days after our departure.

Our sojourn into the surrounding tropical forest lead us down a lovely mountain trail where a roaring spring-fed creek spilled over rocks under a thick canopy. Birds were ubiquitous and insects in every stage of development invited photos and inspection. That evening, a storm sparked a power outage and the full moon provided our light as a freshly hatched Black Witch Moth settled into the kitchen allowing for close inspection with a flashlight.

The surrounding grounds, lush with tropical vegetation and shade grown coffee, offered its own extravaganza of bird and insect life. Mateo carried a spotting scope for close-ups, as Ulises, the sweet, very spoiled and friendly house cat, accompanied us on meanders through nearby Anthurium beds where dozens of enormous and varied bumblebees harvested pollen from the showy flowers' spikes.

Interestingly, we also found some Tropical milkweed growing along the driveway's edge. On it, several eggs—either Monarchs or Queens. Efen will let us know.

Monika Maeckle
www.texasbutterflyranch.com

In Pochutla Jail: Spreading The Joy of the Printed Word

By Carole Reedy

A few months ago, the director of the Pochutla jail, Lic. Homero Gonzalez Ortega, and one of the inmates, Beatriz Arcia, approached the Biblioteca de San Agustinillo (a tiny library in an equally tiny village on the Oaxacan coast) for its assistance in creating a library at the prison.

Knowing the joy the printed word brings, the volunteers of the Biblioteca enthusiastically threw their support behind the project. Because their small library is limited by space constrictions, it was a welcome time to hone books, clean up, and prepare for more donations. Paulina, a library volunteer and owner of the Casa Magica cabañas and lounge bar, assembled two large boxes of books, and Julien Pardinella, owner of Un Sueño cabañas, happily delivered the books to the jail. Thoughtfully included were some materials to get the jail library underway, such as paper, envelopes, and other stationery items.

Beatriz herself is an avid reader, but the unknown factor was the reaction of other inmates. When asked how the library project was going and what more she needed, Beatriz reacted immediately, saying, "MORE BOOKS! Everyone is reading the 50 or more books you sent, and there is a waiting list to read those." With such a response, the library of San Agustinillo shifted into second gear and sent down two more boxes of books. And far-flung friends from D.F., Veracruz, Puerto Escondido, and other environs are following suit.

Library in action

Two San Agustinillo residents--Melissa (on her 38th birthday!) and her husband James-- visited Beatriz at the jail recently and were able to see the library in action. Armed only with a tin of muffins and two boxes of books, Melissa tells us that the experience was less intimidating than they'd expected, though, of course, both she and James were searched in separate cubicles before gaining entrance. The guards then politely directed them through a cement courtyard where the inmates were talking, visiting with families, or just thinking, each respectful of the others space.

Melissa recounts: "We arrived at the little library, which consisted of a small room with a few shelves, a table that Beatriz uses for a desk, and discussion area. We sat with her and listened to her experiences, realizing that in that tiny room there is much more than a table, shelves, and chairs. The inmates who were wandering in and out throughout our visit had just come from Rome and were about to go to Egypt. They were able to fly or be on the moon. They were dropping off books, but more importantly, couldn't wait for the next one. This small concrete space felt every bit as much like a library as any other. I hope it stays alive long after Beatriz's release and continues to bring peace and escape to people who need it most. We are very thankful to have been able to bear witness to something so positive and to meet Beatriz, who is a truly inspiring pillar of strength and determination."

Melissa reports seeing one inmate reading Dostoyevsky, and Beatriz told us that another young man who had never read a book previously was reading his fourth in just a few weeks. The most popular books are those about famous Mexicans, such as Zapata and Villa, as well as Mexican legends. But books by foreign authors are proving to be popular also.

"Who would've thought a simple name and number on a card slipped into an envelope in a book would save my mental health?" Beatriz tells us. The library has helped her through the difficult months of imprisonment, offering her too an escape.

Contact us for all your legal needs!

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The Snipsisters are Back for Another Year

By Liz Healey

Clinic Info



After 4 very successful clinics over the past two Decembers, where over 400 animals have been tended to, Canadian *Snipsisters*, Heidi Wagner and Shelagh O'Brien, will return once again to the Huatuco area to run spay/neuter clinics for cats and dogs.

The first clinic will be in **Barra La Cruz, December 11th thru 14th** and the second in **Coyula, December 16th thru 19th**.

Heidi and Shelagh host fundraisers in Canada each year to pay for the clinics, including bringing the vets from *Pets for Life*, based in Puerto Vallarta, to do the surgeries. However, extra support is always needed and appreciated. If you can help in anyway, including driving animals to and from clinics, providing hands-on help at the clinics in the recovery area (generally a 3 hour recovery), or assistance in organizing people and animals before and after surgery, all would be gratefully accepted.

The clinics are also always in need of donations of dog/cat food and old towels and blankets. Every animal is sent home with a care package, including food for several days.

To Volunteer contact Heidi: heidi@snipsisters.com

Chokolate

...y más



Alexandra Hallat Nieto
Rio Coatzacoas
Sector J, Huatulco
Cel. 958 100 3422
Tel. 958 587 1821

The Tale of Charly and a Heroic Team

Sometimes, these clinics offer more than just sterilizations. I would like to share with you the touching story of Charly from Coyula, who was found in 2012, limping out from some bushes as dogs were being returned home. He had been hit by a car 8 days previously and had a large open gash with a bone protruding from it. Charly's owners were devastated but had no way of helping their beloved pet, one of 5, including a 12 year old dog, which is almost unheard of in the countryside.

Heidi took pictures and rushed back to see if the vets could do anything to help; Poly, Antonio and Hector, our vet team, concurred that the leg could probably not be saved, and amputation surgery was scheduled for the next afternoon. You need to realize that this would be done after the dedicated vets worked from 9:00 AM to 2:00 PM without a break, completing 25 sterilization surgeries.

The surgical procedure took 2 hours and post-op another 2. After a very long day, and with permission from his owners, Charly returned home and stayed with the team until his recovery was complete, about 2 weeks. During the recovery process, Charly was fed a protein rich diet and was administered antibiotics to fight off infection. He was taken for short walks each day, getting stronger and stronger, until, finally, it was a joy to see him running and playing on the beach. At that point, it was time to return Charly to his loving family who welcomed him with tears and smiles. It was a bittersweet moment for the team as Charly had warmed their hearts with his calm, gentle and accommodating nature.

As a side note, several months later while out riding on the back roads in the Coyula area, we spotted Charly and his family: he was happily running along, looking like he never even realized that he was missing a leg!!

Again, these clinics are very important to help and ensure that we do indeed have "pets for life". Please contact Heidi if you can assist with this year's clinics.

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Temazcal in Oaxaca Instills Sense of Community

By Alvin Starkman, M.A., J.D.



Before the arrival of the Spanish, the temazcal was a village sacrament for Mexico's indigenous peoples. It involved cleansing body and mind with curative plants, heat and vapor. But it was the ritualistic aspect of the activity, with the uniting of tens of community members at a time, which likely led to the conquistadores outlawing the practice. Even if religion was not specifically expounded in storytelling, chanting and prayer, the mere acknowledgement of the power of nature was surely enough to create unease for those early, very Catholic invaders.

In the village of San Juan Guelavía, a short drive from Oaxaca, Maestro Albino Melchor Cruz explains that while the Spaniards were concerned with permitting the practice of the temazcal as a traditional gathering of *many*, they were less apprehensive about its persistence on a smaller scale; perhaps an adobe hut into which a couple, or a shaman and an infirmed pueblo member entered. Thus, the more *intimate* temazcal continued, less threatening to the order the Spanish wished to establish and affirm.



While in modern-day Oaxaca the small, ceremonial temazcal is more the norm, for groups of visitors to the city there's an alternative. Don Albino's igloo-shaped construct holds up to forty individuals on two circular levels; seating platforms are made of red clay brick, mortar and stone. In the middle there is an earthen pit into which hot rocks are placed. Marigolds, a traditional Day of the Dead flower, encircle it. The walls are adorned with tied branches of aromatic herbs. A flower and herb arrangement dangles in the middle, hanging from the domed ceiling. While my wife and I await the arrival of others to join in the experience, Don Albino explains that the temazcal has already begun; from the first moment we sat down and began our instruction, through our initial cleansing.



“When you're attending alone for a temazcal, it's total introspection, as if looking into a mirror. If with another, there's intimacy as you would share with your partner. And if with two others there's the sense of being with guardians, parents if you will. Finally, when there are more, it represents and provides the feeling of community, as you'll soon experience.”

Carmelita tells her story in the presence of her daughter and two of our friends. Don Albino's words start to ring true. Perhaps it's because we had all been given basil flower and asked to rub it all over our clothed bodies, then close our eyes and reflect, and finally express our thoughts to the others. But it's more likely as a result of empathizing with Carmelita's earlier struggles with headaches, an unhappy marriage, her feeling of incompetence in raising her family. Temazcal became her salvation.

This was indicative of what can happen in a group setting; defenses falling by the wayside with each step of the process, recognizing the nakedness, the primordial truth in simple words. Carmelita explains:

“The temazcal, beginning here and now, and concluding after we leave that dark, steamy, herb-infused chamber, is not a new consciousness, but rather something we all have that is awakened; a love of oneself – and you can't love another until you love yourself.”



Others arrive. Don Albino gives each of us a bundle of curative plants branches and asks us to swat ourselves with the bouquet, directing us to each part of our bodies. He places a sprig of another herb in our hair, massages our heads, gives a brief shoulder massage, then lifts us up by embracing tightly below the chest area. He instructs how to breathe. We imbibe of citrus tea. He takes a Lord of the Flies style conch and blows it once as he stands behind each of us. Finally, he massages us for a minute while we lie on our stomachs. The temazcal chamber is near a circular enclosure where firewood has been heating rocks. The campfire smell had been pervading, so when we were asked to walk to the chamber the smoky aroma came as no surprise.

"You can wear whatever you want into the temazcal," Don Albino reassures, "just as you now are, but it will be hot and steamy so if you have a towel, sheet, or bathing suit, you will feel more comfortable." This is the real deal, I conclude after entering the dark room; a combination of chanting, rattling of gourds containing corn kernels, steam, waves of herbal aroma, all over the course of close to an hour-and-a-half, and its ceremonial nature, with detailed explanation grounded in science on the one hand, and lore mixed with conjecture on the other.

While there is little documentary evidence of the ceremonial use of temazcal, academics have indeed written extensively about its use, including its curative powers and the assistance it afforded mother and newborn around childbirth. The archaeological record includes codices, figurines and remnants of pre-Hispanic temazcales, together confirming its importance.

Years ago I had experienced the other end of the temazcal continuum, in a small, rather contrived setting. While I found it relaxing and enjoyable, and in fact sensual given the intimacy of the environment, I noted a pervading subtext of hokey. But here there was neither mumble jumble nor catholic rhetoric. Of course not, if we are truly partaking in an experience predating the Christian era.

Don Albino emphasized community context of temazcal, and thus its broad importance became abundantly clear as the day progressed. I began to understand what was behind it, learning with a sense of both historical and personal appreciation.

The Maestro's discussion includes but runs deeper than a mere mention of the elements of fire, water, earth and wind. He had earlier noted four doors, but I didn't understand their significance until we were inside the chamber and participating in ritual.

A small window is at one end, a doorway at the other. A blanket covers the entrance until Don Albino summons his son. A pitch fork with hot rock is ceremoniously passed by son through the doorway to father, who gingerly places it in the pit. Then a bucket filled with water and a bouquet of aromatic plants. Darkness prevails. Don Albino shakes the water-drenched spray over the rocks. Steam rises. The heat increases as vapor permeates the room with each dousing. The Maestro swings flower and herb branches dangling from the center of the ceiling; back, forth, around. The ritual is repeated.

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This is the first door, the east, fire, representing birth and song, birds chirping. We are welcomed to join in the chants. Two participants shake the rattles. More water and waves of herbal fragrance ebb and flow. For two of the next three doors, again rocks are brought in and placed in the pit, steam rising and encircling. And twice mezcal is passed around, each pouring for our neighbor. It's then poured onto the rocks, changing the scent to the distinctive sweet and smoky smell of distilled agave.

The second door represents water and sea, the south, transforming suffering to happiness. Carmelita again expresses her thoughts, her struggles. Each of us is welcomed to give thanks to whomever, for whatever, more or less obligatory; I feel compelled to say something. For the rest it perhaps comes easier.

The third door, the west, is wisdom, learned from our ancestors and carried forward through generations. It corresponds with earth. And finally the north, from which the wind blows, providing stillness.

Don Albino once again massages our heads and shoulders and from behind each of us blows the conch. There is no talk of the father, the son or the holy spirit, but rather god in a spiritual sense. He also teaches a little science, about the impact of being in the steamy, fragrant temazcal, on our blood and vital organs. Time for reflection.

Departing the chamber, we slowly descend to our hands and knees, head first. "Notice," Don Albino conveys, "how you're leaving the temazcal, headfirst crouched down, as if emerging from the womb to new life."

In a sense it did seem like birth I suppose, or rather rebirth; at least to the extent of having made new acquaintances with a special bond between us, a sense of community with the group members. Will it last? Something will definitely endure.

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Alvin Starkman has written over 280 articles about life and cultural traditions in Oaxaca. He and his wife run Casa Machaya Oaxaca Bed & Breakfast. Alvin assists travelers visiting Oaxaca to plan their vacations, often taking tourists to the central valley sights.

Viva La Revolución

By Brooke Gazer

The Mexican Revolution began as a revolt against the established order and morphed into a multi-sided civil war fought with passion and laced with intrigue. The death toll is estimated between 7-13% of the entire population; compared to about 2.5% during the American Civil war. This was a revolution of simple men rising up to against tyranny to assert their fundamental rights, and became one of the most important socio-political events in the last century.

Prologue

The prelude to the revolution began when Porfirio Díaz won the election of 1876. His goal was to bring Mexico into the modern age and to hold the country together. Mexico had been ravaged by war and lawlessness for decades and it was still bankrupt as a result. As a means of accomplishing his goals Díaz became a dictator.

By attracting foreign investment he was able modernize Mexico. During his thirty-five years in power he developed mega-plantations, industry, mines and railroads, minimized banditry and began paying down the debt. This was the “Golden Age of Mexican Economics”. Financially Mexico was compared to countries like France, Great Britain, and Germany.

This economic boom came at a stiff price. Díaz maintained power by rewarding his friends and eliminating his enemies. Personal and political freedoms were sacrificed, the press was severely restricted and anyone who opposed him was incarcerated or worse. State officials were all friends and supporters of Díaz. He kept the army under tight control and they kept the nation in line. Despite the modernization, Mexico remained a predominantly poor rural country deeply stratified by class.

The social economic gap became wider than before Juarez. In the name of modernization he seized property and rewarded his friends with thousands of acres of rich farm lands. Forced to work the “haciendas” more that half of all rural Mexicans were treated no better than slaves. Life for miners, factory workers and other laborers was not much different and this disparity was one of the causes leading up to the revolution.

After thirty-five years, some were becoming disillusioned with Díaz's monopoly of power. To pacify his critics he promised to hold a free election but he had not counted on any serious rivals. Francisco Madero was a man with some charisma and high political ambitions. When it became apparent that Madero would win Díaz did what he had always done to any opposition, he incarcerated him. Although Díaz maintained the title of president his power had begun to wane.

Upon release from jail, Madero fled to Texas where he declared the election null and void and called for armed revolution. While some insurrection occurred before November 20, this was the date set by Madero for the revolution to begin and today it is still celebrated as the official starting date. By May of 1911 Porfirio Díaz was defeated and forced into exile. The revolution should have ended there but once this Pandora's Box was opened it became a powder keg.

The Eye 10

The Major Players

Francisco Madero came from the privileged class of Mexico. The family had broad economic interests but unlike many of their peers, they treated employees fairly. Well educated both in Mexico and abroad, Madero would have been the last person one expected to lead a revolution. Viewed as somewhat effeminate, he was a small man with a high-pitched voice; being a vegetarian and teetotaler did little to improve his standing among the boisterous revolutionaries. Early on however, he distinguished himself in battle and won the respect of mercenaries like Pancho Villa and Pascual Orozco. Madero was a moderate politician who believed in democracy and his most important principle was that presidents should only run for one term.



Pascual Orozco came from a middle class family in the state of Chihuahua. Prior to the Revolution he was a storekeeper and muleteer. By the time Madero returned from exile, Orozco commanded a force of several thousand men. He was an opportunist rather than an idealist and might be seen more of as a warlord than a general. He and his men fought valiantly against the corrupt regime but they also raided homes and villages for their own gain. He had a cruel ruthless streak; he once sent the uniforms of dead federal soldiers back to Díaz with a note: “Here are the wrappers: send more tamales!”



Pancho Villa was born Doroteo Arango and as the son of a sharecropper in Durango he understood the harshness and cruelty of peasant life. The legend of young Pancho Villa begins at age 16; apparently Doroteo shot the hacienda owner when he caught him raping his sister. Doroteo escaped, joined a gang of bandits and took the pseudonym “Pancho Villa”. Although he could be a ruthless killer, many saw him as a modern-day Robin Hood because he shared some of the booty with the poor. He was a simple man without an ideology but became one of the most powerful men in the north commanding an army to be reckoned with. He was loyal to Madero and the cause but eventually his bandit way of life took its toll.



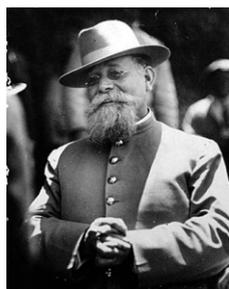
Emiliano Zapata was an idealist from rural Morelia who became a revolutionary. As a youth he was incarcerated for participating in a peasant protest when their lands were being appropriated. After his release further rabble-rousing got him conscripted into the Mexican army where he learned about military procedure. Zapata was wary of the politician from a privileged background but he made an alliance with Madero in order to promote land reform. The Zapatistas exceeded 5,000 fighting men and were as powerful in the south as the armies of Orozco and Villa in the north. He was not interested in politics; the only issue he cared about was land reform. Zapata's slogan "Tierra y Libertad" (land and liberty) became the rallying cry of the revolution. Among all the players, Zapata was the most selfless and most dedicated to his cause.



Victoriano Huerta entered the cause rather late in the game. As a leader in the federal army he was one of Porferio Díaz's most brutal generals. After the defeat of Díaz in 1911, he signed an allegiance to Madero and continued to serve in the new Federal army but he was no revolutionary. He was not a good fit with Madero's revolutionary generals; to men like Villa, Huerta was a drunken puppet with delusions of grandeur, and to Huerta, they were illiterate, violent peasants. Even today Huerta is vilified and often referred to as "The Usurper".



Venustiano Carranza was the Governor of Coahuila with high political ambitions. Although he had a brilliant intellect, his dour personality and lack of charisma prevented him from becoming a great leader. His relationship with Madero was tenuous since he was not committed to reform and he felt that a firmer hand (preferably his own) was needed to rule Mexico.



Alvaro Obregón was from a poor family in Sonora. He had some education and through his own wits and hard work became moderately successful. Unlike others in the Revolution, he had nothing against Díaz and entered only after his defeat. He began his military career by bringing 300 men to fight with Huerta against the defected army of Orozco and rose rapidly in the ranks due to his aptitude for developing military strategy. He became a skilled leader winning many campaigns by introducing modern fighting techniques to the archaic battle field. Later on Obregón proved to be a skilled negotiator and diplomat.



Post Game Celebration

November 6, 1911, Francisco Madero was elected president of Mexico. After the bitter fighting the nation was in chaos. Those revolutionaries who had pulled together to defeat a common enemy were not united in a common cause and another storm was brewing.

Madero was a moderate rather than a revolutionary. By reassuring the privileged class that he would not dismantle the current power structure, he alienated Zapata. Frustrated that land reform was not part of the new agenda, Zapata resumed his fight. Farther north, Orozco was furious at not receiving the rewards and political appointments

he expected, so his soldiers continued their attacks. Eventually the outlaw Orozco was driven out of Mexico but when he finally took office Madero's only friend was Pancho Villa.

Madero had difficulty uniting his democratic ideals with old-guard politics and in the background Huerta was plotting against him. Huerta solicited the support of the American ambassador and a coup was organized against Madero. In February 1913 Madero and his vice-president Pino Suarez were arrested. They were later shot and Victoriano Huerta appointed himself president.

A war that wouldn't end

Revolutionary violence exploded the moment the drunken tyrant took power. Pancho Villa, Alvaro Obregón, and Venustiano Carranza organized rebellions in the north and the Zapatistas continued their assaults in the south. In the summer of 1914, as all four major forces converged on Mexico City Huerta was defeated.

One would think that by now everyone had had enough but the carnage continued. Villa had no political ambitions but he vehemently protested when Carranza declared himself president. While the armies of Villa and Carranza were embroiled in battle the Zapatistas took Mexico City. Chaos and bloodshed ruled and in an attempt to restore peace, Villa, Zapata and Obregon agreed to install an interim president until an election could be held. This failed to restore order and Obregon changed his alliance to help Carranza reclaim the presidency.

A period of near anarchy continued as the power struggle teetered back and forth. Villa persisted with opposition in the north, but was being out-manuevered by Obregón. As his resources began to dwindle, Villa was not acting rationally. He detested Woodrow Wilson for recognizing Carranza and for providing him with arms. March 1916, Villa and his men entered, New Mexico planning to steal weapons and rob a bank. The mission went badly; 18 US citizens were dead and the bandits had nothing to show for their effort. In retaliation the US sent 5000 troops into Mexico to hunt the bandit down. This fiasco caused an altercation between Mexico's federal forces and the Americans. Only through diplomacy was another war averted and the US troops retreated with Villa still at large.

A new beginning

Carranza drafted a new Constitution in 1917 as a means of restoring peace to the nation. Though modifications have been made this is the same Constitution that governs Mexico today. This landmark document enabled the state to confiscate and redistribute land from wealthy landowners. It drastically reduced the power of the Church and it guaranteed worker's right. Unfortunately the rebels did not trust Carranza.

Although the Constitution did not end the hostilities the revolutionaries were beginning to weaken. Pancho Villa was a on the run from Obregón's troops and Zapata's forces were in decline. A frustrated Carranza was anxious to end the war and Zapata was his strongest opposition. In 1919 Carranza arranged for Zapata to be lured into an ambush where he was assassinated. Without its leader the rebels were lost and the fighting began to wind down.

Paradoxically, as the rebel forces began to weaken so did Carranza's presidency. Zapata was considered an honest man as well as a genuine hero and Carranza was disparaged for the deceitful murder. Those expecting changes were impatient for more reform. Although skirmishes were still common, the real enemy had become famine and disease. By 1920 Carranza was in fear for his life and as he was attempting to flee Mexico he was gunned down. In November of that year an official election finally declared Alvaro Obregon President, bringing the Mexican Revolution to a close.



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When in Need, Find a cause

By Doreen Woelfel



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Viva La Revolucion- continued from page 11

Epilogue

President Obregón continued making peace with the remaining revolutionaries. He instituted education, labor and land reform and began to rebuild an economy devastated by war.

His government sponsored the “Mexican Muralist Movement” with painters including Rivera, Siqueiros and Clemente expressing the spirit of the Revolution as a means of reuniting the Nation.

Pancho Villa retired with to his ranch. Viewing him as a “loose cannon” Obregón continued to fear him and had the former bandit assassinated in 1923. Ironically Alvaro Obregón himself was assassinated in 1928 before he could assume his second term as President.

For those of us who live here year around, we will fill you in on the “rainy” season we had this year, but needless to say, both coasts took major hits at the same time, and for the communities surrounding the coasts, it was devastating. We saw over 25 inches fall within two weeks in Huatulco, leaving rivers flooding and mud sliding. Lives and towns were lost; homes and schools washed away, and these people were cut off as well, as roads became non-existent. Huatulco responded immediately to the most urgent, critical areas, as quickly as possible, making sure that needs were met for those cut off from any kind of communication. Which leads me to two organizations that provided much needed support to local rural communities, stepped up during the storms, and continue year round to bring help to these isolated, rural communities. Britt-Marie Jarnyrd of the Bacaanda Foundation, featured in previous stories in The Eye, and Randy Clearwater with Wilfredo Justiniano and the Community Food Bank, have both made significant impacts in making life a little bit better in these rural communities.

The Bacaanda Foundation, led fiercely by Britt-Marie Jarnyrd and her husband, Raymundo, have provided continued support for a dental outreach program, where these rural communities are visited by a dentist once a month. But what has become very close to Britt’s heart is the schools of these communities. Schools, often housed in “buildings” made out of twigs, with dirt floors, no desks or tables, and maybe 12 eager children of various ages, who are valiantly being taught

by 18-20 year olds (no, they were not on strike the last 2 months), who upon teaching a couple of years in a rural community, where by the way there is no electricity, running water, privacy; they sleep at the schools, make 1,800 pesos a month (about \$160/month) and get passed around to families for meals. In our area, there are approximately 120 teachers serving rural communities. For this two year service, you get your university expenses paid for at the end; this is a huge draw for those who made it through high school and want to go to college, but can't afford to go. I've met some very passionate young people involved in this program.

Britt is directing her attention these days to "Adopt a School/Teacher". She would love if every person who read this would just go visit one of those rural schools (and the students would feel so honored someone came that far just to visit them)...look at what they need (realistically), and help them out. Considering I was in the classroom for over twenty years, with all the books, paper, pens, computers one could dream of, it's hard to be objective about what is needed here. They all need everything. Apparently rural schools are not funded by any government agency, but their curriculum (workbooks for each subject) is provided by the state. A desk would be nice, though, with paper and pencils... maybe a book to read, for fun. All the schools need play equipment. School is the center of life in these communities; it's where kids get to play a sport like soccer or basketball together (many students live miles from the school and walk in and out up to four hours, they don't get to "play" a "team" sport except at school). Needless to say, they are very under-funded. These are very poor people, living in the mountains, often small coffee growers, but most definitely subsistence farmers. They send their children to school when they can. They know the importance of at least some education.

What I find amazing is that some of those kids do get to university. The Bacaanda Foundation has begun a dialogue with local and national rural school organizations, with community leaders included, searching for ways to improve, and serve rural schools and their students. Students are being put together with available resources, from a myriad of agencies, to get them out of communities and be successful in universities. I have met several students who have come through these rural schools, ambitious to improve lives for themselves and their families. But this is much more than "it takes a village" to raise a child, these villages need support.

Britt and Ray invite everyone to stop by the Bacaanda Foundation in Tangolunda. Cruise the workshop, check out the amazing Noah's Ark; their artists are continually adding new pieces to the collection of unique, handmade gourd animals. And also check out the masks, and many other things, made from local, natural materials, sold to help support the Bacaanda Foundation. The foundation has been generously supported by a few local businesses, including Celeste Resort and Spa, but Britt would be even happier to connect you or your organization, with one of 25+ schools that need help. She would very much like to take you up to one of the schools to have a look, maybe teach a phrase in English, and see if you can make a difference in a child's life. Right now there are four schools that need immediate attention, and one school (Santiago Xanica's) needs to be rebuilt, being lost in the storm. If you can help, please contact Larry Woelfel, at ljwoelfel@gamil.com



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Two more people I would like to mention are Wilfredo Justiniano and Randy Clearwater, who have a community food bank that serves community members, here in the outlying mountain communities surrounding Huatulco, find themselves in need of food. The Food Bank immediately went into action after tropical storm Manuel, collecting and delivering food to communities into which they had to walk as the roads were washed away. "Bring the donkey" was heard aplenty when food and supplies were brought up to the communities, and Randy has good stories about driving up there and waiting for the water to go down so they could deliver food. The Community Food Bank does collect food, primarily, which includes: rice, sugar, corn oil, sardines in tomato sauce, canned jalapeño peppers, pasta for soup, powdered milk and black beans, but will certainly accept donations. They can feed a family for less than \$15 dollars a week. Donations can be dropped off at Ocean Park, across from the park in Santa Cruz, or the Remax Office in Chahue. You can contact Randy at rlclearwater@aol.com or cell # 958-585-6669 and check with him on their most important needs at the moment.

There are many other community members and visitors that contribute hugely to the well being of Huatulco and its surrounding area. Visitors and locals alike, are amazing in their support of the various organizations and people who make a difference. When events like tropical storm Manuel occur, we turn to them to insure that others are helped as soon as possible. Britt, Ray, Randy, and Justiniano are just a small part of a number of people and organizations that contribute to the well being of our community. We need to be reminded that they need our support to continue their work.

Canada's Doing It, the U.S. Is Sort of Doing It— How about Mexico? The Marijuana Legalization Movement vs. the Drug Wars

By Deborah Van Hoewyk



On October 1, Canada's medical marijuana industry officially went mail-order. Medical marijuana has been highly regulated but legal across Canada for more than a decade; the government's new approach is predicted to produce a "healthy commercial industry," with sales of domestically grown pot reaching \$1.3 billion. (FYI, the spelling in the Canadian law is "marihuana.") In the U.S., 20 states and the District of Columbia have made medical marijuana legal, five of them way back in the 20th century.

On the other hand, the tolerance for medical marijuana hasn't done much for efforts to decriminalize recreational marijuana. In Canada, there is a movement to reform marijuana laws to allow recreational use, but the Conservative government of Prime Minister Stephen Harper is opposed. In the U.S., it's moved farther ahead—two states (Colorado and Washington) have legalized recreational marijuana, and a good number of local jurisdictions tolerate marijuana use. In Ann Arbor, MI, for example, getting caught blatantly toking is a civil, not criminal, infraction, and the \$50 fine-plus-costs is more honored in the breach than the observance. The City and the University of Michigan permit an annual Hash Bash to celebrate the wonders of weed and a follow-up street bazaar selling consumption equipment.

In the U.S. at least, the issue is debated and legislated as a matter of access or consumption: if you need marijuana for pain relief or want marijuana for fun, how do you get it? It is not connected to the U.S. "War on Drugs," a four-decade effort to reduce demand through stiff enforcement of drug possession laws. Enforcement in turn is supposed to raise the price of drugs, which deters more purchases. It didn't work—during this War on Drugs, the number of drug offenders in prison has increased by over 1300% while prices of heroin and coke have plummeted by a factor of five.

While the U.S. War on Drugs reflects a policy frame of eradication and interdiction that has pushed Mexico into its own drug war, there is no resemblance between these wars. The Mexican drug war started in 2006 when the new president, Felipe Calderón, sent 6,500 soldiers into Michoacán to crack down on drug trading in the hope of eliminating drug violence. At the same time, Mexico's eight drug cartels, enormously strengthened by the decline of the two major cartels in Colombia, started trying to eliminate each other, and as the government managed to kill high-ranking players, fighting

among themselves to fill the empty power-seats. The drug wars have spilled over into murders of politicians and journalists, government corruption, human rights violations by the over-empowered military, and expansion into human trafficking. Human Rights Watch estimates that 60,000 Mexicans have been killed since 2006; the Mexican Secretary of Government, Miguel Ángel Osorio Chong, reports that it's 70,000. An estimated 20–30,000 more have disappeared.

In Mexico, Legalization vs. the Drug Wars

Currently, growing and selling marijuana for any purpose is completely outlawed in Mexico, but personal possession of small amounts of marijuana (less than 5 grams) and other drugs) has been allowed since 2009 under a national law signed by President Calderón. A strong majority (65%) of Mexicans believe that marijuana should be legalized for medical use and less than a third (29%) of Mexicans explicitly oppose medical marijuana, leaving 6% undecided. Legalizing recreational use goes in the opposite direction, with an even stronger majority (75% or more) opposing legalization, and less than a fifth (10–20%, depending on the poll) in favor, and 5–15% undecided. Across the country, the main opposition stems from the belief that legalization will increase marijuana use,

especially among young people. If you are caught with the permissible amount of marijuana (or other drugs), treatment is suggested the first and second time; the third time, treatment is mandatory.

Nonetheless, following the legalization in Colorado and Washington, Congressman Fernando Belaunzaran of the Democratic Revolution Party (*Partido de la Revolución Democrática*, or PRD) has put a bill before the Mexican legislature (*Congreso General de los Estados Unidos de México*) to legalize the production and sale of marijuana by state-sanctioned distributors across the country. The congressman's reasoning aims directly at the drug wars—it's estimated that the cartels make up to a quarter of their money from marijuana, and eliminating that profit will cut down on weapons purchases that make the drug wars so murderous. (Note that there is only one, count it, one gun store in all of Mexico; the drug wars are armed from the 28,834 licensed firearms dealers in California, Arizona, New Mexico, and Texas.)

President Enrique Peña Nieto has been opposed to legalization, but told CNN that legalization in the U.S. could change his thinking, and that the subject should be up for debate throughout Mexico. He has also made some moves that put



the drug wars under federal control and limit U.S. influence—states are no longer allowed to deal directly with the U.S. on enforcement and the U.S. must cede control of the intelligence centers it funded to their Mexican counterparts. (The relationship of the Mexican drug wars to U.S. policy and pressure is fraught, needless to say.) Two of Peña Nieto's predecessors, Ernesto Zedillo and Vicente Fox, both of whom ardently prosecuted the drug war while in office, are now in favor of decriminalizing marijuana use and sales, a major step beyond current law. Even while he was still president, Calderón spoke to the U.N. General Assembly about changing the structure of the three international drug conventions because their strict prohibitions actually create incentives for organized crime to continue the illegal drug trade.

In Colima and Morelos, Governors Mario Anguiano and Graco Ramirez, respectively, are making noises for state-wide legalization referendums, but none of the remaining 29 states has publicized any intentions in that direction. It's a different story in Mexico City, which legalized abortion in 2007.

Mexico City Leading the Movement

The *Distrito Federal* is pursuing policy change on several fronts, with ripples across the country. Mexico City's mayor, Miguel Angel Mancera, started planning for a forum on legalization even before the voting in Colorado and Washington. Held in August of this year, the International Forum on Drugs and Human Rights covered a wide range of issues involved in drug policy reform, and will provide the basis for participation in future international meetings on the issue.

Movement in Mexico City accompanies a more general questioning of current drug policy. Through his presidential institute, Centro Fox, Vicente Fox has stepped up his activities in behalf of legalization, happily noting that "as a farmer," he would certainly become a grower if the policy came through. Other prominent people, most of them former government officials, have issued public statements of support. Calderón is touting "market alternatives," code language for legalization, throughout the western hemisphere. An online petition from Change.org in support of decriminalization drew a surprising array of signatories, including the former Calderón interior minister Fernando Gómez Mont and former Fox minister of foreign affairs Jorge G. Castañeda, not to mention social activist Maria Elena Morera, film stars Gael Garcia Bernal and Diego Luna, and Oaxacan artist Francisco Toledo.

An Op-Ed piece in the *Washington Post*, authored by two more petition-signers, former Calderón interior minister Fernando Gómez Mont and former Fox minister of foreign affairs Jorge G. Castañeda, argued that drug wars could not be won, and that "decriminalization of marijuana is not a silver bullet, but it would be a major step away from a failed approach. Mexico City is the place to start, thanks to the example set in Colorado and Washington state" (July 27, 2013).

The Op Ed piece is responding to discussion in the DF Legislative Assembly, which legalized abortion in 2007 and gay marriage in 2009, of whether to make "cannabis clubs" legal, which would get around some of the national prohibitions. These clubs would be private, with member registries, rather like nonprofit cooperatives, where people could make recreational use of the drug—think the cannabis coffee shops in Amsterdam. People would also be allowed to grow three plants on their own. The proposed legislation was suggested by the nonprofit Collective for a Comprehensive Drug Policy (*Colectivo por una política integral hacia las drogas—CuPIHD*), and, after eight previous attempts in the Assembly and state parliaments, is the first time such a bill has ever reached the floor for debate. CuPIHD President Jorge Hernandez has high hopes for the local bill's prospects, but thinks national legalization will fail in the Congress—but it may open possibilities for further debate.

Will It Succeed?

Maybe, maybe not. It depends in large measure on the U.S. and whether it will back off pressuring Mexico to keep up prohibition and prosecution policies despite legalization north of the border; since neither Canada nor the U.S. seems to have the slightest concern that legalization moves in those countries contravene international drug law, or that the International Drug Control Board (INCB) regularly takes them to task for non-compliance in its annual reports, the U.S. might look a bit silly if it tries to pressure Mexico not to legalize. It also depends on whether the Mexican government sticks to prohibition regardless—in January, it was the only Latin American country that objected to Bolivia's seeking an exception from the international narcotic drug treaty for traditional coca-leaf chewing. And then there's Uruguay, which is poised to become the first country anywhere to completely legalize all aspects of marijuana. In a country where public opinion is almost as opposed as it is in Mexico, the Uruguayan government is trying to make its policy consistent (consumption is legal, distribution and sales are not), and they are responding to a decade-long movement by the same kinds of people and organizations who are promoting legalization in Mexico.

Pharmaceuticals in Mexico

By Jan Chaiken and Marcia Chaiken



The production and distribution of drugs is one of the fastest growing sectors of the economy in Mexico. Media in the United States and some other countries would have you believe that illegal drugs are the backbone of the Mexican economy. But in this article we are talking about life-saving and life-enhancing pharmaceuticals produced in Mexico, based on the cutting edge of medical knowledge.

Chemists in Mexico have long played a pivotal role in the development of modern day medications. Mexico scientists in collaboration with a U.S. Chemist, Russell Marker, took the lead in research and development of steroid hormones in the 1950s when a species of Mexican yam was discovered to contain compositions that could be used to produce progesterone. Syntex, the Mexican pharmaceutical company that originally supported steroid R&D, was bought out by a Swiss pharmaceutical giant in 1994 for over 5 billion US dollars.

Economists reported that the pharmaceutical market in Mexico had reached over \$11 billion dollars in 2010 and was projected to reach \$22.5 billion by 2020. Key companies in the industry are known and respected around the world including Pfizer Inc, GlaxoSmithKline Plc, and Sanofi-Aventis SA (first, second, and third largest pharmaceutical companies in the world) and Eli Lilly and Company (9th largest in the world). Within Mexico, another major company is Bayer, recently selected as most trustworthy in a survey of doctors in Mexico conducted by Anahuac University.

Medications are legally dispensed in chains of pharmacies that have stores in many locations (such as Farmacias del Ahorro and Farmacias de Similares), local pharmacies, and large retail outlets such as Wal-Mart, Comercial Mexicana, Gigante, Soriana, and Chedraui (including Super Che). For the foreign visitor, the experience of buying medications in Mexico is in some ways very familiar and in some ways, well, foreign.

First, the visitor will find that some medications easily purchased over-the-counter in their own country are simply unavailable for legal purchase anywhere in Mexico. In our experience, this included antihistamine tablets that contain the ingredients of Benadryl (available in Mexico only as a liquid suspension, normally packaged for children) and decongestants such as pseudoephedrine HCl (only available in Mexico as an ingredient in combination tablets for cough and cold). Second, the visitor will rapidly learn that many medications behind the counter can be purchased just by asking, no questions asked.

Third, the visitor will discover that different pharmacies have widely different products available, at widely varying prices, and getting the medication you want may be a matter of negotiation or hunting around. In Mexico, the pharmaceutical companies do not sell products directly to pharmacies; they sell to distributors which in turn sell to pharmacies. Normally any particular pharmacy will only work with one distributor and will have a large tome at hand, listing what can be purchased. When pharmacists tell you a certain medication is unavailable, they may mean that it is not in stock at the moment or that it is not listed in the distributor's book. If it is not in the store but is listed in the distributor's book, you can normally buy it if you can wait a few days and leave a deposit (normally the full price). If it is not in the distributor's book that does not mean you can't buy it in Mexico – you now need to undertake a bit of research.

Your first step in looking for your drug is to find out the name of the medication in Mexico. Most pharmacists know enough English to help you find a drug name that is just a translation (for example, we can all figure out what *crema hidrocortisona* is.) But the distributor's big tome lists medications alphabetically by brand name, which is quite unlikely to be exactly what you expect. So, even though you may know the generic name of the medication that is not going to help you very much because the pharmacists will only find the generic name *after* they have found the brand name. (We are talking about a paper book here.)

Fortunately, the internet has come to your rescue. There are websites such as: www.farmacopedia.com.mx/medicamentos-A.html that list all medications available in Mexico by their brand name and show the generic name, the company that manufactures the medication in Mexico, what it can be used for, and the mode by which it works. The website list is electronic and not paper, and therefore, you can search for whatever you want. Since the English-speaking readers of *The Eye* are not typical customers here, pharmacists don't seem to feel any need to use this exceptionally handy website. But you, armed with the Spanish name of the drug, the brand name, and the manufacturer's name, have a good chance of being able to buy what you want.

Another useful electronic document is provided by the mexican government:
www.imss.gov.mx/transparencia/CuadrosBasicos/Documents/CBM.pdf

This site lists medications in categories, such as analgesic or dermatologic. Within each group are listed all available medications in Mexico, together with generic names, physical description (such as *tableta*, *polvo*, or *crema*), what the

medication is indicated for, and side effects and warnings. Each dosage and form of administration (such as injectable solution, 60mg) is shown with a code number that surely would enable you to order it at a pharmacy. Some categories of drugs are peculiar to Mexico. These include the *similares*, literally copy-cat drugs. While a generic drug is supposedly identical to the brand name drug whose patent has expired, *similares* are drugs that are sufficiently different from a brand-name drug to be sold for substantially less, and they work *sort-of* the same. The best advice we can give readers of this magazine is: you don't need them, don't buy them. Drugs like these are one reason that the United States forbids bringing across the border to the US any drugs manufactured in Mexico.

According to Business Monitor International there is also a thriving black market for medications. In addition to undermining the future development of Mexico's pharmaceutical industry, black market distributors may also be selling drugs of unknown quality and composition including copy-cat drugs. There is not only a high tolerance for these unregulated pharmacies within Mexico, but U.S. citizens support the trade by regularly crossing the border to buy their medications in the cut-rate drug stores.

As a visitor to Mexico however, if you find your drug with the same familiar company name (but possibly a slight variant on the brand name) in a regular pharmacy, you can be quite comfortable that you have high quality, safe medication in hand. What about the price? Some brand drugs you will find remarkably less expensive in Mexico than at home. But some drugs that you buy at home as a generic will cost you less at home than in Mexico – this will be the case if only the brand-name drug is sold in Mexico. If you are surprised by the high price and have time to shop around, by all means you should do that. You can also find websites that compare prices of the same drug at different pharmacies – these are normally useful only in large cities where there are many nearby stores to choose from.

The government recognizes the reality that many people in Mexico buy drugs as a form of self-medication – they don't have the financial resources to have a regular medical checkup (which might lead to some prescriptions) or even to consult a doctor when faced with a possibly serious medical condition. They just go to the pharmacist. The pharmacist is not supposed to tell the customer what medicine to take, nor to sell prescription medications without a prescription (*receta*), but they do. So the government provides easy-to-read information about what the various medicines do for you, and what are the risks. You will notice that some pharmacies advertise that a physician is on call for a nominal charge. One function provided by those physicians is to write you a prescription if you know exactly what you want – in that case the pharmacist is acting totally within the law.

If you are tempted to self-medicate because you have symptoms tourists commonly experience because of a change in water, temperature, food or too much sun – our advice is “don't”. We know it's no fun to spend part of your vacation alone in bed or in the bathroom. But most tourists don't need a broadband antibiotic or other potent drugs commonly suggested by pharmacists in Mexico. At best, these medications may simply be ineffective; at worst, they can result in serious allergic reactions. Instead, drink plenty of water, cut back on the food and booze, and – if you're still miserable a couple of days later – ask your hotel or concierge to recommend a doctor. Many MDs in Mexico speak English well and actually make home calls.

Of course, the best is if you don't have to go to a pharmacy or see a doctor at all while you are here. Soak up some sun and stay healthy.



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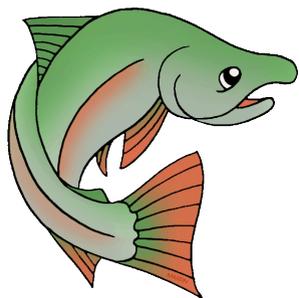


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The Heroes of Health: 10 Lifesaving Superfoods



By Carole Reedy

There is no pill or medicine that can miraculously grant you good health and an ideal weight. But there are powerful foods to help you on your quest. These superfoods contain disease-fighting nutrients that bolster your immune system, thus preventing illness. They also lower cholesterol and reduce your risk for heart disease and cancer. At the same time, they provide all the building blocks you need to stay healthy, maintain a healthy weight, and put you in a better mood.

How can they accomplish all this? Here's a list some superfoods and what they can do for you. All are readily available at your supermarket. No need to search for specialty shops or health-food stores.

Cacao: For Chocolate Lovers Only

Isn't this great news? The darker the chocolate, the more beneficial to you health. Milk and white chocolate don't count. Buy those great bars by Lindt that have more than 60% cacao. They also have less sugar than other chocolate bars. Cacao contributes to lowering blood pressure and increasing blood flow, which you need for a healthy heart. Don't worry about caffeine content as it's negligible. Everything in moderation is a good rule, so don't go crazy. Remember, the calorie content is high.

Blueberries

Frozen or fresh, and the more color, the better, as with most berries. These tasty treats provide phytonutrients and fiber that help body cells communicate with each other more efficiently and prevent mutations at the cellular level and thus the proliferation of cancer cells.

Broccoli

Here's a true miracle food that in just the past 25 years has been recognized for its benefits to the human body. It improves the immune system, protects against cancer and heart disease, reduces the risk of cataracts, and helps strengthen bones. Broccoli contains a component that reduces the growth of tumors, especially in cells sensitive to estrogens.

Quinoa: A Sacred Food of the Incas and Aztecs

Until recently, this phenomenal food was little-known and not widely available. Although quinoa appears to be a grain, it's actually the seed of a plant of the family of green-leaf vegetables, such as Swiss chard. This ancient food has been popular in South America for years, and what it can do for your well-being is quite amazing. Benefits of quinoa include its complete protein status, rich fiber content, and good source of iron. Quinoa (pronounced keen-wa) also has plenty of zinc, vitamin E, and selenium to help control weight and lower your risk for heart disease and diabetes. In addition to all that, it's delicious!

Almonds

Almonds are a powerful superfood. They're filled with vitamins and minerals, protein, fiber, and the essential fatty acids omega-3 and omega-6. They also contain vitamin E, zinc, calcium, iron, phosphorus, potassium, and magnesium. Yes, they also contain fat, but it's a healthful fat that's good for your heart--monosaturated fat (also found in olive oil and salmon).

Salmon

Be careful when buying salmon. The beneficial properties are found in wild-caught salmon, preferably from Chile or Alaska. It should have a good color with thin strips of white. It's the omega-3 fatty acids that make salmon a superfood. Many of us lack these fatty acids, partly because of lack of knowledge on the part of the public and also because they've been processed out of our modern diet. Deficiency can have long-term consequences. William S. Harris, writes in the *American Journal of Clinical Nutrition*, "In terms of its potential impact on health in the Western world, the omega 3 story may someday be viewed as one of the most important in the history of modern nutritional science." Dr. Evan Cameron, from the Linus Pauling Institute, has said: "Our epidemic of heart disease and cancer may be the result of a fish oil deficiency so enormous we fail to recognize it." Add to that the fact that salmon is beneficial for your eyes, skin, brain, and heart.

Beans

These too are good for your heart. Beans are loaded with insoluble fiber, which helps lower cholesterol, as well as soluble fiber, which fills you up and helps rid your body of waste. They're especially useful for vegetarians as they're a low-fat source of protein, carbohydrates, magnesium, and potassium.

Parsley

Known as the food that cleans your blood., parsley contains many of the vitamins and minerals that your body needs, including vitamins C, A, and K, as well as iodine, iron, and chlorophyll. Parsley also helps the function of your kidneys and aids in preventing kidney stones.

Green Tea

Believe it or not, this is the second most consumed beverage in the world, the first being water. In India and China green tea has been used medicinally for hundreds of years.

Green tea can prevent cancer by fortifying the immune system. It's also good for your blood pressure, lowers cholesterol, and provides antioxidants. It does, however, contain caffeine, unlike other herbal teas.

Apples: Trite But True

"An apple a day keeps the doctor away," seems to be true. Eat the skin and be sure to choose from the variety of the many apples offered at your market. Each has a unique antioxidant property that may prove instrumental in preventing lung cancer, improved pulmonary function, and type 2 diabetes.

Other superfoods include chia, oatmeal, kale, garlic, flax, algae, and fermented foods such as miso, kefir, yogurt, sauerkraut, and vinegar.

Here we've attempted to whet your appetite (pun intended!) for a way of eating that can lead to a happy and healthier life. Search the internet for explanations of the medical research about superfoods and other lifestyle choices that can make our short time on the planet a good life.



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Zimatan Photo Club Visits Yee Lo Bee butterfly reserve

By Jane Bauer

It was one of those perfect days when Pedro, Shunashi, Ismael and I went to the newly inaugurated Yee Lo Bee butterfly reserve just a short drive from Huatulco's Tangolunda area. We were warmly welcomed and given an explanation about the life cycle of the butterfly. I was thrilled by how much the kids already knew about butterflies given how much time they spend outdoors.

They went shutter happy and giddy when we got into the giant dome that houses the butterflies. The highlight was getting to release their very own butterfly into the dome.

Yee Lo Bee also has an iguanario and I was incredibly proud when the caretaker asked me if these were the kids from the Zimatan Photo Club and he told me he had seen their picture in the magazine!

Since a picture is worth a thousand words.....

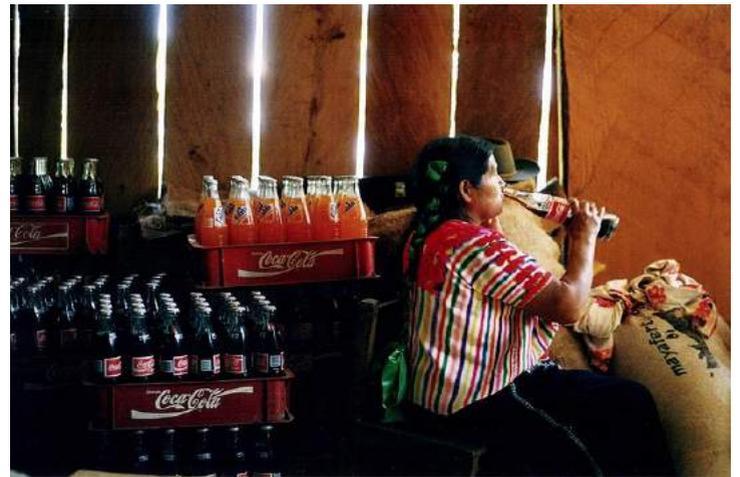


We are still in need of more digital cameras, the 3 kids are currently sharing a camera generously donated by Linda Hellmann of BC, Canada. Please send us an email for mailing info. huatulcoeye@yahoo.com

Fighting Obesity

By Julie Etra

Mexico has finally surpassed the United States and has achieved the ignoble title of fattest population in the Western Hemisphere with 32.8% of the adult population deemed obese (as compared to 31.8% in the US). It is, however, surpassed by several Pacific Island countries including Nauru (71.1 percent), the Cook Islands (64.1 percent) and the Marshall Islands (46.5 percent). Seventy percent of the population is now overweight. This is due, in large part, to the exponential increase in consumption of sugared soft drinks, particularly Coca-Cola, and junk food. Add an increased sedentary lifestyle and poor diet, which includes malnutrition



Mexicans drink more Coca-Cola than any other nationality, **225 liters (60 gallons) per person per year, and more soft drinks than any other country worldwide.** As in the United States the problems caused by obesity are causing a public health crisis in Mexico, with a rise of heart disease and diabetes.

Part of the problem can probably be traced to NAFTA (North American Free Trade Act) passed in 1994, when food imports increased dramatically, including presumably processed food with high content of filler dextrose from GMOs. In just ten years it is estimated that Coca-Cola consumption alone doubled among children.

However there is hope, and a recent N. Y. Times article addressed a new foundation, Bloomberg Philanthropies, established by Michael Bloomberg, current mayor of N.Y. City, who has been fighting to reduce the availability of large, sugary soft drinks but has met opposition in his own home town. He is now focusing his attention on the Mexican problem. On October 19th the NY Times reported that following lobbying and proposals put forth by President Enrique Peña Nieto, the lower house of [Mexico's](#) Congress approved a tax on soda and other sugary flavored drinks. At the same time legislators also added a junk food tax of 5 percent to most snacks and candy. As anticipated the beverage industry, along with sugar producers and the owners of small stores, has led a fierce lobbying campaign against the tax, but public health advocates have fought back. As of this writing the Senate will consider the tax bill in late October.



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Race for the Red 2014



Love the Amazing Race? Then this is the event for you!

That great community Scavenger Hunt, Race for the Red, is coming back to Huatulco on January 19, 2014. This is the 4th year for the very successful Red Cross fundraiser, in which teams of 8 compete to complete the most adventurous and fun-filled tasks in a limited time. Each member of the 2014 top team will receive a NORIA JR. 4GB 7" Tablet. Look for some fantastic changes in the 2014 Race for the Red, including more team prizes!

Once again this exciting day will feature a great Finish Line Fiesta open to the public, with live music, a raffle, and delicious refreshments. Committee Mission Red promises some exciting new features for the Fiesta – more fun for everyone!

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SUN	MON	TUES	WED	THURS	FRI	SAT
<div style="display: flex; flex-direction: column; gap: 5px;"> <div style="display: flex; align-items: center;"> On the Riviera</div> <div style="display: flex; align-items: center;"> Oaxaca City</div> <div style="display: flex; align-items: center;"> Weekly Event</div> </div>			<div style="border: 1px solid red; padding: 2px;">English AA 7pm Huatulco Remax Plaza</div>		1 All Saint's Day Cemetery Walking Tour leaving from the Oaxaca Lending Library Pino Suárez 519 2 to 4 pm - Free	2 Huatulco's Organic Market Santa Cruz 33rd International Book Fair Oaxaca City until Nov. 10th All Souls Day
3	4	5	6	7	8	9
Festival Curumba Railroad Museum Calzada Madero 511 FREE All Day	Music: Corrado Giuffredi, clarinet with Edith Ruiz, piano Teatro Macedonio Alcalá Independencia & 5 de Mayo 8pm FREE	<div style="border: 1px solid red; padding: 2px;">English AA 6pm Puerto Escondido Cafecito Riconada</div>	Salsa Lessons 9pm Dos Estrellas Cultural Center Zipolite <div style="border: 1px solid red; padding: 2px;">Etna Market</div>	Zaashila Market <div style="border: 1px solid red; padding: 2px;">English AA 6pm Puerto Escondido Cafecito Riconada</div>	Puerto Escondido Surf Tournament <div style="border: 1px solid red; padding: 2px;">Ocotlan Market</div>	Puerto Escondido Surf Tournament Met Live Opera: Puccini's Tosca Teatro Macedonio Alcalá Noon
10	11	12	13	14	15	16
<div style="border: 1px solid red; padding: 2px;">Puerto Escondido Surf Tournament</div> <div style="border: 1px solid red; padding: 2px;">State Band Concert 12:30pm Free Zócalo- Oaxaca City</div> <div style="border: 1px solid red; padding: 2px;">Tlacolula Market</div>	Veteran's Day Canada/ US				<div style="border: 1px solid red; padding: 2px;">Xochimilco Organic Market</div>	<div style="border: 1px solid red; padding: 2px;">English AI-Anon Puerto Escondido 4:30 P.M. at Cafecito</div> <div style="border: 1px solid red; padding: 2px;">Xochimilco Organic Market</div>
17	18	19	20	21	22	23
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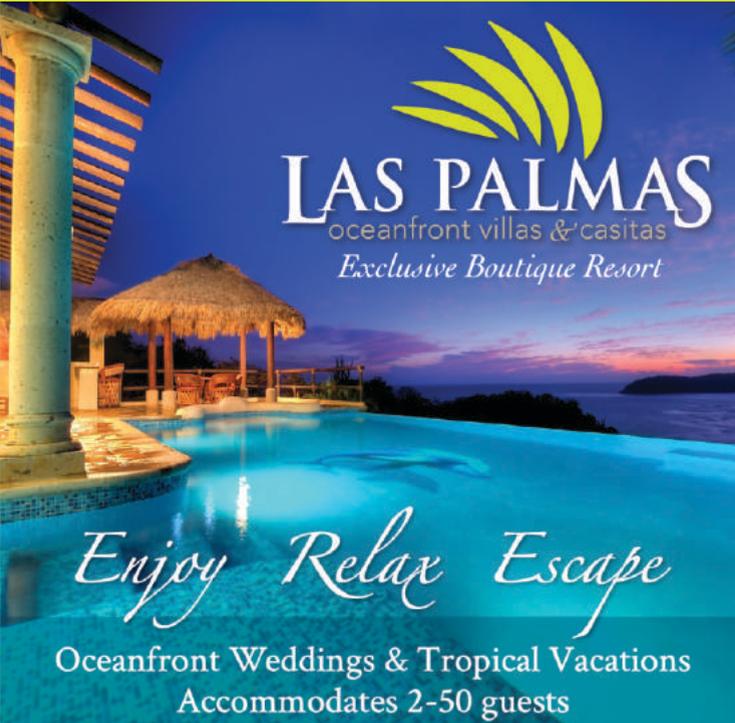
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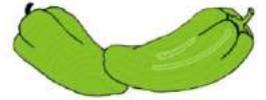
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