López Obrador’s ambition to become president led him to force high-level federal government officials to become cash fundraisers according to “The King of Cash”. AMLO supported three presidential campaigns, traveled throughout the country, and created “Morena”.

At least that is the vision of Elena Chávez, ex-wife of César Yáñez, the closest collaborator of the President until 2018 and today Undersecretary of Democratic Development, Social Participation, and Religious Affairs, who was a member of AMLO’s cabinet from where all kinds of transactions using cash were practiced regularly.

Now senator Gabriel García “became the cash administrator”, through a “money laundering laboratory” that was fronted by a Civil Association known as “Honestidad Valiente”, created by Julio Scherer, former legal advisor to the President (who quit 6 months ago).

In turn, Ebrard as Mayor of Mexico City, delivered “millions of pesos a month” to the President through his Secretary of Finance, Mario Delgado, now president of the Morena political party, according to “El Rey del Cash”. Delgado delivered the money in suitcases full of peso-bills.
Guacamaya Leaks reveals drug cartels presence in Yucatan

SEDENA recognizes that the geographical location of Yucatan makes the State a strategic region for criminal structures.

Confidential reports that are part of the emails obtained by the group Guacamaya Leaks confirm that the southeast of Mexico is plagued by the struggles of criminal groups for the transfer of drugs, and Yucatan is no exception.

In the reports, SEDENA acknowledges that the geographical location of Yucatan makes the State a strategic area for criminal structures involved in drug trafficking and illegal human trafficking, coming from Central, South America, and the Caribbean.

The National Defense Secretariat SEDENA affirms that the Pacific Cartel operates in Panabá and Tizimín, and is headed by Roberto Nájera Gutiérrez, “La Gallina” (arrested in 2017), who directs through Arturo Becerra Ancona “El Borrego”.

In addition, the Jalisco Nueva Generación Cartel (CJNG) is present in Progreso and Mérida, led by an individual known as “Enzo” and/or “Chino”, and focuses its activity on illicit exports of fine wood, “without ruling out that they could be importing chemical substances for manufacturing of synthetic drugs or running landing strips for drug transfer.

The La Familia Epitacio cell, headed by Nicasio Epitacio José, has a presence in Mérida, Progreso, and Kanasín, as revealed by Guacamay.

Drug trafficking in Progreso

But it is noteworthy that this statement, made at a press conference, went almost unnoticed: the official denounced serious drug trafficking in the middle of Progreso maritime custom, surely carried out for years, with the usual money laundering, opening of front companies and the purchase of phantom invoices, an activity in which Yucatan occupied the first places in the country.

“It will be interesting to follow what happened with the arrest warrants against Calderón León and the progressive businessman, because they could be the tip of something much more serious, involving not only local businessmen, but also foreigners and Mexican officials.”

Things must be so entangled that Andrés Manuel López Obrador’s team has responded with the militarization of customs and port administration, says Ratti Fernández.

Indeed, since the first days of this month, the new administrator of the Progreso Customs is Rear Admiral Armando Caballero Vázquez and the general direction of the Comprehensive Port Administration is in charge of Vice Admiral Jorge Carlos Tobilla Rodríguez.

“It is clear that the civilians could not with that package. Hopefully, the sailors will eradicate corruption and document the black and hidden history of the port and customs of Progreso”, Victor Ratti concluded.

The Yucatan Times Newsroom
State government to invest **50 million pesos** in the construction of the Naval Hospital in Progreso

After endorsing the teamwork that takes place in Yucatán with the Secretariat of the Navy (Semar), Governor Mauricio Vila Dosal announced that, for next year, the State Government will allocate 50 million pesos for the works of the Progreso Naval Hospital.

The investment will expand the capacity of public hospital care not only to members of the Navy but also to the population of this port, as part of the transformation of health services in the state.

During the Inauguration of the 58th Ordinary General Assembly of the Heroic Naval Military in the presence of the Undersecretary of the Navy, Admiral José Luis Arreliano Ruiz, governor Mauricio Vila Dosal stated that progress is being done on different projects in our state, such as the construction of the first and second stages of the Progreso Naval Hospital, to which the state government already allocated 30 million pesos back in 2021.

“This is how we are building the Yucatán we long for, with equal opportunities and demonstrating that when we work as a team there is nothing that can stop us, because important things are happening in Yucatán,” said Vila Dosal.

This project is part of a collaboration agreement between the State Government and the Secretary of the Navy, which will benefit 8,378 inhabitants of the area with a hospital that will have an installed capacity of 30 beds, as well as basic gynecobstetrics, pediatrics, internal medicine and general surgery services, as well as diagnostic support services such as laboratory, X-rays, ultrasound and mammography. Once completed, this hospital will also offer emergency and outpatient services for the aforementioned specialties, as well as operating rooms, a hemodialysis area, and a neonatal intensive care unit.

During his message, the Governor recognized the invaluable work of the naval forces for their support in emergencies, for defending the integrity, independence, and sovereignty of the nation, always guaranteeing our security, but also our development and benefit, without any interest other than the duty fulfilled.

“In Yucatán, we have an exemplary governance scheme in which decisions are not made by one person, but by a team; it does not matter what political party we belong to, what matters is that we deliver results and we are convinced that when we work in coordination with the three levels of government and the 106 municipalities is when we have the best chance of delivering results and in the Semar, we have always found an important ally,” said the governor.

Vila Dosal highlighted the participation of the Navy as part of the State Roundtable for the Construction of Peace and also of the multidisciplinary justice working group where regular meetings are held and agreements are reached as a team to reinforce security in the state.
Events you can’t miss during “Noche Blanca”

1. **Nuestra América (Our America)**
   Massive dance show by the international choreographer of the National Ballet of Cuba Eduardo Blanco with the students of the Municipal Dance Center.
   
   *Time: 8:00 p.m.*
   
   Flagpole of the Plaza Grande
   
   General audiences – All ages admitted

2. **Concert: Chico Trujillo**
   Pioneer band in the revitalization of the New Chilean Cumbia.
   
   *00:30 hours*
   
   Santa Ana Park | Street 60 x 47, Center
   
   General audiences – All ages admitted

3. **Concert: Ernesto Blanco “Lo que traigo”**
   
   *Time: 9:00 p.m.*
   
   Santa Ana Park | Calle 60 x 47, Center
   
   General audiences – All ages admitted

4. **Xempa: Traditions of Life and Death**
   Inc. Dragon Circus (Circo Dragón)
   Multidisciplinary Acrobatic Theater Show featuring characters from these unique Mexican traditions.
   
   *Time: 9:00 p.m. and 11:30 p.m.*
   
   Ground floor of Municipal Palace | Calle 62 x 63, Downtown, Merida
   
   General audiences – All ages admitted

5. **A night of Swing, Mambos and Boleros**
   Mérida Big Band and Créssida Contemporary Dance. Dir. Ranier Pucheux and Lourdes Luna
   A night to dance to the rhythm of: Sing Sing Sing, Mambo No. 5, Cherry Rose, among others.
   
   *Time: 10:30 p.m.*
   
   Santiago Park | Street 70 x 59, Downtown
   
   General audiences – All ages admitted
More than 460 years old, with a significant aspect to our 21st-century eyes, the front of the Casa de Montejo is made entirely of stone, with a Renaissance design and symbolism. It is divided into two bodies, a lower and an upper, featuring allegories based on Greco-Roman and medieval mythology, two aspects of the story of Francisco de Montejo el Adelantado.

In the lower part, his efforts to conquer the Yucatan are represented. Finally, the upper part tells us about the lineage he founded, although his offspring did not reach the brilliance he desired for his offspring.

In the center of the façade, under the balcony, is a sculpture of a character holding up the window. The researcher Guillermina Vázquez identifies a character from Greek mythology there: Hercules, taken up again during the Spanish Renaissance to personify royalty, but in this case, he symbolizes Montejo el Adelantado.

The cover’s lower body represents the Adelantado’s triumph over numerous difficulties and setbacks. Those are depicted through mythological beings and characters from classical Greco-Roman antiquity, carved in the form of grottos, that is, whimsical adornments in the form of fantastic beings such as hippocriphs, griffins, mermaids, chimeras, and fabulous entities, with human and animal forms, or with human and vegetable appearance.

In this lower part, on the sides of Hercules (that symbolizes the Advanced), two busts are sculpted that look at the horizon. To the observer’s left is the face of a man with his head covered with a helmet. He is the Adelantado Francisco de Montejo. To the observer’s right is carved the beginning of a woman, Beatriz de Herrera, wife of the Adelantado.

Below these characters are two other busts, each inside a medallion in the shape of a shell. Finally, under the carving of the Adelantado, there is a female character, with her face turned upwards, looking in the direction of Beatriz de Herrera. She is Montejo’s daughter, Catalina, held by her mother, Beatriz de Herrera.

Below this is a male puppet, with his head uncovered and his face slightly inclined, looking forward but towards the floor. Francisco de Montejo el Mozo, the founder of the city of Merida, son of the Adelantado, -out of wedlock- with Ana de Leon years before he married Beatriz de Herrera.

Images of the Adelantado and family are found amid the many carves already mentioned and refer to four of the twelve works of Hercules:

- The garden of the Hesperides.
- The lion of Nemea (both pointed out by researcher Guillermina Vázquez)
- A passage from the cattle of Geryon.
- The Hydra.

In this lower part of the façade, there is also an allusion to the journey of the Argonauts, with a very probable reference to the mermaids and the Amazons.

In equally beautiful characters, the upper body of the façade features scenes from the Middle Ages. The “savages” and the Spanish warriors. The honor granted by the Spanish crown to the Adelantado, and the praise of the ancestors. Through the coats of arms carved on the façade, he and his wife, Beatriz de Herrera, gathered in a new coat of arms.

This original emblem is located above the balcony door, is flanked by two warriors, and is surrounded by plant motifs. It is divided into four parts and has a helmet above it. The door’s sides and upper part depict diverse geometric motifs resembling pre-Hispanic Mayan artistic elements.

In the upper part of the façade is a pediment, a triangle, with two rampant lions, one on each side, each holding a decorative motif, which has been identified as the columns of Hercules. In the middle of these lions is an inscription where several authors claim that can be read: This work was commissioned by Don Francisco de Montejo, year of MDX-LIX (1549).

However, recent analyses of this date written with Roman numerais, carried out by myself and other colleagues, indicate that this temporal- ity was never carved, which is difficult to specify due to the erosion of the stone.

It is not known who made the design of this cover. However, it is noticeable that it was physically made by Maya indigenous sculptors, who left in the carvings traces of their culture, of course.

The House of Montejo is one of Merida and Yucatan’s icons. Its beauty and the magic of evocation that its carved stones have made that the mystery they project remains in time.
The rise of the Quetzal and the fall of the Roadrunner

These Maya legends are stories told by the local families, passed from generation to generation, fascinating to the ears of those who listen to them for the first time.

Long ago, in the Maya Land, forests, birds, trees, butterflies, and mammals appeared in all colors and shapes than those of today. "Halach-Unic," the Great Spirit guarded over all the Mayan World.

His word was law, but one day he grew tired of the constant chatter and fighting among the birds. So at a meeting in the forest's center, he announced that the birds must choose a king to keep the peace.

Of course, each bird thought it possessed the best qualifications. "Col-pol-cho," the cardinal sang, "Look at me. No one else is bright red and so beautiful. All the birds admire me. I should be king." As he strutted in front of the impressing bird audience, fluttering his wings and raising his crest.

"X'col-col-chek," the tropical mockingbird trilled out, "I'm the only bird with such a lovely voice. So everyone listens to me." Then, enlarging his throat, X'col gave a short performance of enchanting and complicated melodies. This was a tremendous sensation among the birds, and they went so far as to convince them that the mockingbird should be king.

Then the wild turkey, "Cutz," strode into the circle and gobbled, "There's no doubt that I should be king because I'm the biggest and strongest bird. I can stop fights and defend any bird with my size and strength. So it would be best if you had a powerful king. I'm the one!"

And so, throughout the day, various birds displayed their qualities. The only one that kept quiet was "Kukul," the quetzal. This bird was very ambitious and proud. He had elegant manners and a graceful body, but his plumage was shabby. Kukul thought it would be impossible to be chosen as king while he was dressed poorly.

After thinking carefully, he flew over to his friend, "Xtuntun-kinil," the roadrunner. "I want to make you a proposition, my dear friend," he said. "Your feathers are so handsome as any bird's here, but you are too busy with your work as messenger of the roads to become king. I don't think you possess quite the flair and sophistication necessary for this job. I'm afraid I can't loan these qualities to you, but you could loan me your feathers just for this occasion. Then, after I'm elected king, I'll share the wealth and honors with you."

It was a tempting offer, yet the roadrunner did not feel too eager to part with his plumage. Kukul kept persuading and assuring Xtuntun of his integrity and good intentions. He painted bright visions of the riches to come. At last, he convinced his trusting friend.

One by one, the feathers disappeared from Xtuntsun's body, and the clever quetzal adjusted them to his own. Within minutes, they multiplied and grew so that the ambitious bird was attired in the most splendid costume imaginable. Kukul's tail hung in a sweeping curve of jade-green plumage. His body shimmered with soft, iridescent hues of blue and green like the Maya sky and jungle. His breast blazed with the colors of a tropical sunset. And his beak turned yellow as corn.

Swinging his exquisite 4-foot tail in an arc, the bold bird promenaded into the circle where the birds of Maya Land were congregated. His entrance caused a hush. Then cries of "Bravo," "Hurrah," "Oh," and "Ah" filled the forest. "Halach-Unic" was very pleased with the miraculous change from the quiet, drab bird to this radiant, proud creature before him. Then, the Great Spirit called the audience to order: "I name the quetzal to be king or the birds."

Loud applause followed this announcement, and each bird hopped to the quetzal with congratulations. Finally, they all flew home and left Kukul to begin his new duties. Unfortunately, he was swamped, so he never had time to return the borrowed feathers. He forgot all about his promise to the roadrunner.

One day, a group of birds noticed that the roadrunner had not appeared in several days. No one had seen him since the great election. They began to suspect Kukul of some trick, so they organized a search. Deep into the forest behind a bush, they found Xtuntun-kinil naked, trembling with cold, and almost dying of hunger. The birds quickly gave him some honey to drink to help him recover.

When he was able, the roadrunner told them of the cruel deception played by the quetzal. He kept saying, "Puhuy? Puhuy?" which means "Where is he? Where is he?" in the Maya language. After that, all the birds felt sorry for the roadrunner and decided each should donate a few feathers to cover him. The mockingbird even sang a jolly song to raise the courage of the embarrassed bird.

That is why today, the roadrunner's feathers are so oddly colored and varied in pattern, and he always watches the Maya roads. He is still searching for the quetzal that took away his plumage and still running anxiously in front of travelers asking, "Puhuy? Puhuy?"
Mérida Noche Blanca 2022

Mérida celebrates its Noche Blanca two times every year since July 2013. The famous White Night brings together the Yucatecan people on an unforgettable, art and cultural reset, where you’ll be able to get to know Mérida like never before.

The event is presented by the Ayuntamiento de Mérida, offering a great variety of cultural events such as theatre, music, visual art, plastic arts, dancing, gastronomy and many others.

This tradition was born very far away from Yucatán, the concept dates back to Paris 2002, where they created a cultural activities program to be presented only one night. Throughout the years, this idea has been consolidated and has become an annual must-attend event. Now it does have some requirements such as:

- All activities must be free of charge
- They need to be open for everyone
- The activities should be preferably sustainable

This fantastic celebration first began being shared on the European continent, although since then other cities have adopted this idea. These initiatives have an important impact on society in general, in the media and therefore on the image projected of the municipality. Therefore, many localities carry out La Noche Blanca, also known as La Noche en Blanco, in a themed way, based on the city’s own city marketing strategy. For this reason, the Noche Blanca has become a globally recognizable brand that serves as a way for cities to demonstrate to all visitors what they are capable of.

Rome itself has been one of those cities that has periodically decorated to live its white night, in which museums, exhibitions and galleries open their doors and, in every street, or square you can enjoy concerts and activities. Its monuments are illuminated with colored lights to welcome the whole city and visitors.

The concept has gradually spread to many other cities, even outside Europe: in La Floresta, Uruguay, the first Noche Blanca was held in South America. Its purpose is to bring together the best of each city’s culture.

Mérida is the first Mexican city and the only one that so far organizes this cultural activity, whose editions have been a total success thanks to the citizen participation, avid of art and culture; and also due to the collaboration with institutions that with their offer allow to recover the regional economy, which has been so affected after two years of pandemic.

Thankfully we have had the opportunity to experience this magnificent night in which for six hours we’re able to experience the unexplainable taste of the Yucatecan cuisine, along with other flavors from around the world, interacting with museums, art galleries, music exhibitions as well as many new experiences that are welcomed every time. Surprisingly enough, during this period, an average of 40,000 cultural experiences are provided by local citizens who select the art and culture of their choice from an offer of more than 150 free events throughout the historic center of the city.

Bringing new life to the Centro Histórico, making its assets visible, encouraging the playful and peaceful use of public space and of course engaging visitors in a way that focuses on peace. La Noche Blanca meridana was created thanks to the sum of international experiences and local conditions and with the participation of diverse social and cultural actors and new ventures.

Today, “La Noche Blanca” is a registered trademark of the City Hall of Mérida, Yucatán and allows all social sectors to tour the historic center in a 100% family atmosphere.

By Sofía Navarro for The Yucatan Times
Do not miss out on this marvelous event this October 21st and 22nd!
UPCOMING EVENTS

Noches de aniversario en Galería LAGALA
Painting and photography group exhibition with the participation of the following artists: Lorena Medina, Emilio Said, Andrea Pasos, René Rabadán, Carlos Nuñez, Derellete, Marta Cabane and Arfaxad.
- Time: 8 pm
- Where: Galería Lagalá 56:426
- Price: Free

Noche Recorrido de esquinas Santiago
Rescuing the collective memory through the stories of the corners of the Historic Center, preserving the social landscape that identifies the streets surrounding the center of Mérida.
- Time: 8 pm
- Where: Parque de Santiago
- Other: 60 people per tour

Ojos cerrados
Mar Botello’s collection of paintings, based on the theme of Super Girls and Homage to Picasso, which invites you to focus your attention and join an experience of positive creative contemplation.
- Time: 8 pm
- Where: Centro Cultural MID
- Price: Free

Archivo y Memoria: 45 años de la Fototeca Pedro Guerra
Memory and Archive shows other constructions around the photographic reservoirs, various implications from the selected images, which allow us to rethink what we conserve for.
- Time: 8 pm
- Where: Museo de la Ciudad de Mérida
- Price: Free

Do the same thing and let’s talk about it
The artist AURÈLE, a two-time survivor, exercises and celebrates life through his artistic action. This is the story of “Q”. A luminous and musical installation about life, death and its relationship with beauty.
- Time: 8 pm
- Where: Centro Cultural La Cúpula
- Price: Free

Recorrido: La Tercera Raíz
Ombligo de Luna A cultural tour through the Historic Center of Mérida in which we will tell the story of three representative points that connect us with the roots of our culture: using dance, theater and music we will discover the third root.
- Time: 8 pm
- Where: Centro Cultural de Mérida Olimpo
- Price: Free

Exposición: Open Studio
6 Soho Galleries resident artists will step out of their comfort zone and use the street as their workshop demonstrating how they manage to create their artwork.
- Time: 8 pm
- Where: Parque recreativo Oriente
- Price: Free

Noche Bajo el Cielo Maya
A day of astronomical observation with telescopes and lasers by the Astronomical Society of the UADY, as well as a guided tour of the archaeological site and talks on pre-Hispanic Maya culture.
- Time: 5 pm
- Where: Parque recreativo Oriente
- Price: Free
UPCOMING EVENTS

Noche Blanca en Matilda
Rejoice with the proposal of Agus C.: Exhibition: Plastilokis by Agus C. In each of the pieces presented, the author incorporates what he defines as elements that he defines of a graphic pop consumption with a naïve style.

When 22 October, 2022.
Time 8pm
Where Matilda Galería
Price Free

Recorrido: Una muestra Titerechévere
Exhibition-homage to the work of the Titeradas company in Yucatán for 50 years, consisting of four rooms with the most iconic characters and an interactive room to create your own puppet.

When 21-22 October, 2022.
Time 8:30 pm
Where Teatro Pedrito
Price Free

Bazares: Luz de Luna. Expo-bazar de artesanía y diseño
Bazaar that promotes the value of handmade products in Mérida. Artists, designers, creatives and artisans in various techniques and disciplines.

When 22 October, 2022.
Time 8 pm
Where Parque de Santa Lucía
Price Free

Bazar de antigüedades
Meet the proposal of the Collective of Antique Dealers of Mérida with 11 stands and interesting decorative objects, books, philately and numismatics of the first half of the twentieth century.

When 21 October, 2022.
Time 8 pm
Where Parque de Santa Lucía
Price Free

Videomapping: Piedras Sagradas
Enjoy history and technology in one place.

When 22 October, 2022.
Time 8 pm
Where S.I. Catedral de San Ildefonso
Price Free

Exposición: Entre la vista y el Gusto
The Museo Soumaya Carlos Slim Foundation returns to the White City at the Centro Cultural de Mérida Olimpo with the exhibition Between Sight and Taste.

When 22 October, 2022.
Time 8 pm
Where Centro Cultural de Mérida Olimpo
Price Free
Feria del Panucho

Enjoy the delicious Yucatecan flavor in this gastronomic fair of one of the most emblematic dishes of the region, the panucho, where you can enjoy thousands of panuchos in their different presentations. Don’t miss this incredible experience.

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<td>Parque La Ermita</td>
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Comida sin fronteras

Taste the typical cuisine: Germany, France, Uruguay, Colombia and Mexican with the dishes that: Meyer’s Authentic German Sausage Shop, Cafeteria Escargot French Bakery, Alfajor de Alicia y el Che Chef, Color Asociación de Colombianos, Alex Canul Cocina de Herencia and La Repochteria de Maria Teresa May Pérez, present us this Noche Blanca.

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Comidas del Mundo Internacional

15 culinary styles to taste and enjoy. Amix Merida Collective.

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<td>Time</td>
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<tr>
<td>Where</td>
<td>Remate de Paseo de Montejo</td>
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Comidas del Mundo Internacional

Meet the proposal of the bazaars of the Green Market Collective. Team of artisans that produce vegan and vegetarian food with local and seasonal raw materials. Most of the enterprises produce their own crops trying to be organic avoiding the use of pesticides.

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October 19, Breast Cancer Awareness

Mexico is experiencing the effects of the demographic and epidemiological transition that began in the second half of the 20th century with the gradual decline in mortality and fertility. But on the other hand, the increase in life expectancy at birth. As a result, Mexico is currently facing an accelerated growth of the elderly population, which requires specialized care because it is highly vulnerable to chronic degenerative diseases, such as cancer.

In Mexico, since 2006, breast cancer has been the leading cause of death by a malignant tumor in women. One out of every 12 women will get breast cancer during her lifetime. Figures reported by PAHO/WHO: each year in the Americas, more than 462,000 women are diagnosed with breast cancer, and nearly 100,000 die from the disease. If current trends continue, by 2030, the number of women diagnosed with breast cancer is expected to increase by 34% in the Americas.

In Latin America and the Caribbean, the highest percentage of breast cancer deaths occur in women under 65 years of age (56%), compared to the United States and Canada (37%). In Mexico, there are 21 deaths per day related to this cause.

International Breast Cancer Day
International Breast Cancer Day is celebrated on October 19 and aims to raise awareness among the general population about the importance of this disease in the industrialized world. The incidence of breast cancer is increasing in the developing world due to longer life expectancy, increased urbanization, and the adoption of Western lifestyles.

On this particular day, WHO promotes early detection to improve the prognosis and survival of breast cancer cases. PAHO/WHO joins the breast cancer awareness campaign in October.

The awareness campaign for October aims to: raise cognition about breast cancer and provide support to women to reduce their risks, participate in screening and seek medical attention if they detect a suspicious lump.

During October, activities are developed throughout the Mexican Republic. It seeks social participation aimed at raising awareness, promoting the co-responsibility of women, their families, and communities in the care of their health, identifying and assessing risk factors, and promoting healthy lifestyles, which are essential in this fight.

What is breast cancer?
Breast cancer is the abnormal growth of malignant cells in breast tissue. There are two main types of breast cancer: ductal carcinoma, the most common, which begins in the ducts that carry milk from the breast to the nipple, and lobular carcinoma, which starts in parts of the breast called lobules that produce breast milk.

In 5 to 10 percent of cases, breast cancer is caused by inherited genetic mutations. The following are biological risk factors:

- Female sex
- Aging
- Family history of breast cancer in the family, mother, daughters, or sisters.
- History of ductal hyperplasia.
- Menstrual life of more than 40 years (menarche before age 12 and menopause after age 52).
- Breast density
- Being a carrier of BRCA1 or BRCA2 genes

- Iatrogenic or environmental
- Diet high in carbohydrates and low in fiber
- Diet rich in both animal fats and trans fatty acids
- Obesity, especially postmenopausal obesity
- Sedentary lifestyle
- Alcohol consumption more significant than 15 g/day
- Smoking

How to detect it?
One way to find breast cancer is through self-examination. Hence the importance of screening. The most crucial thing in self-examination is to see, know and check your breasts regularly.

What to look for?
Changes in size and shape of the breast; the appearance of a lump in the breast; the appearance of a lump in the armpit; changes in the skin of the breast or armpit, such as swelling, redness, or sagging; changes in the nipple, the shape or direction if it points, or that it inverts or pulls inward; redness around the nipple; fluid leaking from one or both nipples; pain or discomfort in one breast or in the armpit that is not caused by menstruation; swelling in the armpit.

These changes may indicate a benign or malignant abnormality in the breast. If you have any of them, see your doctor immediately for a checkup.

Clinical breast examination
Studies on self-examination and clinical breast screening and their impact on mortality have not shown consistent evidence of their benefit. However, recent research points to the effectiveness of both interventions when an organized program for early diagnosis is warranted in women 25 to 39 years of age.

On the other hand, the World Health Organization recommends education on breast cancer. It is aimed at raising women’s awareness of the importance of knowing the typical characteristics of their breasts and seeking medical attention if any abnormality is discovered.

Treatment and control
Therapeutic decisions on breast cancer should be formulated according to the clinical stage, histopathological report, hormonal status, and general health conditions of the patient. In addition, precise and adequate information according to sociocultural conditions and her emotional state is necessary.

Seven practical tips to prevent and detect breast cancer
1. Maintain an adequate weight with a healthy diet based on fiber, vegetables, fruits, and proteins, for their high content of nutrients and compounds.
2. Avoid alcohol intake and eliminate tobacco consumption.
3. Be physically active for at least 30 minutes a day or exercise regularly.
4. Perform self-examination once at least 30 minutes a day or exercise regularly.
5. Go at least annually to your medical unit to have a clinical breast examination performed by trained health personnel.
6. After age 40, check your breasts with a study called mammography. Even if you have no discomfort, it is crucial!
7. When you have babies, breastfeed them!
Crossword

Horizontal
4 Active volcano located in central Mexico
8 The Chairman of the Board
10 Small sharp-pointed organ capable of inflicting a painful or dangerous wound
11 Written in the form of letters
13 Abbreviation for the official currency of the United Kingdom and its territories
14 A person who shies away from people or has a strong aversion to them
15 Mythological ability of a human being to transform into a wolf
18 Word shouted by Archimedes as he ran naked through the streets of Syracuse.
19 Nonexistence or lack of
20 I’ll make him an offer he can’t refuse

Vertical
1 J.D. Salinger’s mythical protagonist of his only novel
2 Dust in the Wind - American progressive rock band
3 American writer who lived in Cuba
5 Waterfalls connected to the U.S. by the Rainbow Bridge
6 American writer - 1962 literature Nobel Prize winner. Last name.
7 Means “Mark number two” - Samuel L. Clemens nom de plume
9 Walled city attacked by pirates in the Yucatan Peninsula
12 Pressing need
16 Its size is 40 thousand square miles. It ranks as the 17th largest island in the world
17 It is a fruit, considered a vegetable by nutritionists.

Sudoku

Find the answers at the link: https://www.theyucatantimes.com/2022/10/the-yucatan-times-print-edition-fun-times-answers-october-12-2022/
Why you should build your home in Mérida

Well located, so close to everything and everyone, Mérida is the capital of the state of Yucatán. Known for its romantic provincial atmosphere, a past rich in history and legends. And although the city’s facade has been modernized, Mérida retains its colonial flavor, full of light and color in every corner.

This week we sat down with architect Luis Garibay, founder of Garibay arquitectos, a company born out of their passion for design and a quest to improve the viability conditions of its users. For them it is difficult to define a particular style of design, as their main concern is focused on the functional and spatial theme, looking beyond the facades or structures of their designs, creating a connection between the client and its new home.

On our talk we discussed about the reasons to live here in Mérida Yucatán and what is for them the most important thing when it comes to a home.

Why is building a home in Mérida such a great idea?

• There is a wide variety of architects and their visions: “What is great about Mérida and this career”, mentioned Luis Garibay, “is the outstanding group of architects representing different styles, ideas and visions who are committed to elevating the architecture and design level of the city.”
• Mérida blanca, a safe place to live: According to the results of Ceoworld magazine’s safety index, which lists 334 cities in the world through indicators that estimate the level of crime in each city, Mérida, Yucatán is, after Quebec, Canada, the safest city in the American continent, as well as the safest city in Latin America.
• The land’s price is very accessible: Yucatán is known for offering great investment options in real estate, mainly for its profitability and secondly for offering affordable costs to investors seeking to be part of this real estate expansion.
• We feel connected to nature: Due to the hot climate in Mérida, the open concept was incorporated to facilitate the residents’ connection with the outdoors, creating a pleasant and enjoyable atmosphere.
• The city continues to grow: Mérida continues to expand its horizons from north to south, creating multiple new subdivisions and gated communities ideal for the construction of your new home.

By Sofia Navarro for The Yucatan Times

House for sale in Merida, colonial to be restored

Price: $12,900,000 MXN
Spectacular corner house in the Garcia Ginérez neighborhood. This residence dates from 1933, that makes it a treasure in our city.

Description
- 2 bathrooms
- 3 parking spaces
- At the hotel zone entrance
- High ceilings and masonry walls
- Spacious bedrooms and gardens
- Roofed terrace
- Service room
- Mini wirehouse

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(999) 949 0929

Land with Cenotes for sale in Valladolid (magic town)

Price: $11,500,000 MXN
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