THE VAN GOGH EXPERIENCE
U.S. Republicans ready to declare Mexican cartels as terrorists

The bill will be introduced in the next few days and promotes declaring these cartels as a “foreign terrorist organization” and intends to authorize the U.S. Army to intervene on Mexican soil.

The U.S. Republicans are ready to declare drug cartels as terrorist groups. They took another step by preparing and soon introducing a bill that advocates that designation and authorizes the U.S. Army intervention.

“Terrorists terrorize Americans. We will destroy their business model and way of life because our national security depends on taking decisive action.” Legislators said in a press conference.

The bill will be introduced soon and promotes declaring cartels as foreign terrorist organizations (FTO) and act against them. The senators also intend to authorize the U.S. Army to intervene against these organizations “wherever they are.”

“We hope to do it in collaboration with the countries where they are, but if we have to do it on our own, we will do it alone,” Graham stated.

The U.S. Drug Enforcement Administration (DEA) announced last December that in 2022 it seized 379 million potentially lethal doses of fentanyl, “enough to kill all U.S. citizens.”

Senator Graham has branded Mexico a “narco-terrorist state” and told AMLO: “Fentanyl is a weapon of mass destruction coming from your country”.

Obrador said that Mexico does not produce fentanyl, and we do not have consumption of fentanyl,” Lopez Obrador said. “Why don’t the US take care of their problem of social decay?”

AMLO said that Americans might be turning to fentanyl, including single-parent families, parents who kick grown children out of their houses, and people who put elderly relatives in old-age homes “and visit them once a year.”

His statement contrasted sharply with U.S. Ambassador Ken Salazar saying a meeting between Sherwood-Randall and Mexico’s attorney general was meant “to enhance security cooperation and fight against the scourge of fentanyl.”

He depicted the synthetic opioid epidemic largely as a U.S. problem and said the US should use family values to fight drug addiction.

His statement came during a visit to Mexico by Liz Sherwood-Randall, the White House homeland security adviser, to discuss the fentanyl crisis. It also comes amid calls by some U.S. Republicans to use the U.S. military to attack drug labs in Mexico.

The Mexican government has acknowledged in the past that fentanyl is produced at labs in Mexico using precursor chemicals imported from China. Fentanyl has been blamed for about 70,000 opioid deaths per year in the United States.

AMLO declared that fentanyl is a “U.S. problem” and U.S. Republicans ready to declare Mexican cartels as terrorists.

The Yucatan Times Newsroom
Cartel apologizes and delivers their own hitmen

On March 9th, five alleged Gulf Cartel hit men were left alive with a message to the public and an apology to the families of those affected. The card was signed by the “Grupo Escorpión,” the armed wing of the Gulf Cartel.

According to the message, these men are allegedly responsible for shooting and kidnapping the four Americans, killing two of them and a Mexican woman in Matamoros. They excuse themselves by saying that their five “sicarios” did it without orders from the cartel. On the contrary, they acted under their indiscipline and responsibility for attacking citizens without knowing who they were and without orders from their superiors.

“We strongly condemn the events of March 7th, in which unfortunately, an innocent working mother died, and 4 American citizens were kidnapped, of which two died, and therefore, we have decided to hand over their superiors.

The CDG apologizes to the American citizens kidnapped and for the events of March 7th, in which unfortunately, an innocent working mother died, and 4 American citizens were kidnapped, of which two died, and therefore, we have decided to hand over their superiors.

The Cartel apologizes and delivers their own hitmen.

If this is proven, and that these people are responsible for the acts of violence that took place in Matamoros Tamaulipas, it only highlights the great inability of the Lopez Obrador government to operate against organized crime, allowing Mexico to have a country in absolute impunity, where the criminals, not the government, are in charge.

The Yucatan Times Newsroom

Americans kidnapped in Matamoros had previous criminal records

It was revealed that the Americans kidnapped and executed in Mexico, had a criminal record that included drug distribution and sale.

According to the website Arrests.org, the foreigners Shaheed Woodard and Zindell Brown - who were killed - had been arrested on several occasions in Florence County, South Carolina.

While the American survivors of the kidnapping, Eric James Williams and Latavia “Tay” McGee, also have records in the United States.

In 2022, Woodard was arrested for distributing and selling crack cocaine outside a school.

Later that year he was arrested again on similar charges.

Brown, was arrested for possession of cocaine, marijuana and hashish in 2015, and on 2019, he was arrested for domestic violence.

Williams also has a criminal record for selling drugs, while McGee was accused by her 8-year-old daughter of slapping her in public.

The Yucatan Times Newsroom

Reflections from the Bar Stool

Sean Toland, an Irish philosopher and professor from Donegal, globetrotter and atheist - except for that summer in 1977 when he heard Elvis sing “Unchained Melody” - took a sip of his “New York sour” cocktail made with Tennessee whiskey and said to his drinking partner:

- I like how Aristotle explained the change be employing the act and the potency. An act is the actuality of a person or thing. At the same time, potency is the pure possibility of being or doing something. He took another sip of his cocktail and continued: Although the act is the consummated fact, the potency allows us to correct, to convert again into the act.

- Act and potency perfectly summarize existence. Existence puts into action the capacity to exist, contained in essence, as a mere potency. That is to say: existence is characterized as an act of the essence, but to each essence corresponds a different type of existence: to exist, for a living being, is to live. For an animal, it is to feel, and for a being with understanding, to understand. Consequently, not all things exist in the same way.

His drinking partner, listening attentively, looked at him seriously and answered: - For me, the true power in the human being is summarized in these three words: to live, to feel, and to understand.

Both men nodded. They clinked their glasses as a toast and drank their last drink. The act had been consummated, leaving them with the potency to continue drinking and philosophizing.

Eukon Urioste
Merida Yucatan, Mexico
March 17 2023
Tixkokob a hammock manufacturing town

Hammocks are a resistant weaving that is used as a resting and sleeping device; the hammocks have a manufacturing origin within the Central American indigenous people, and such is their use that they have been commercialized all over the world.

These hammocks used to be hung between trunks in the past, however this has been modified over time and today in order to hang them from the walls of a house you need the help of metal rings, which are called Aicayatas.

Tixkokob is the only one of the 106 municipalities in Yucatán where more than 30 workshops are dedicated to the production of hammocks of various sizes and models, even personalized with names of the client, as well as with symbols and images of choice.

The manufacture of this typical resting device is totally handmade and can take from eight days to three weeks, depending on the size and model, although there are specific cases in which, due to their details, they can take up to 60 days to be made.

The origin of the hammock has not been defined yet, but it is known that it existed at least two centuries before the legacy of the Spanish. The word hammock comes from the Taino language, which means “fish net”. In the Mayan region they were made from the bark of the Hamak tree and later with silver from Sisal. The green fiber of the henequen tree was used to weave them, mixed with cotton, until the present day, in which nylon thread is used.

These are the different types of hammocks you can find in Tixkokob:

- Crochet
- Traditional hammocks
- Swings
- Whistles
- Banqui

TYT Newsroom
Ticul, the home of artisan shoes

Ticul is a town in Yucatan with more than 400 handmade footwear factories, being its main economic activity, making it known as the home of artisan shoes.

This town stands out for the great variety of products they make, from sandals to close-toed shoes, for adults, children and babies. All the shoes have attractive designs and affordable prices.

Ticul has positioned itself for the outstanding work of its artisans and for the quality of its footwear, causing people to call it “The Pearl of the South.”

Currently some of the selling points are their shoe fair every December at the Principal Plaza in Ticul, and at the “Expocomercio” in Merida, which is a fair held at different times of the year at the Siglo XXI Convention Center, where various Yucatecan companies, businesses and services from municipalities in the interior of the state are exhibited.

You can also find in this town the EcoMuseo of Cacao, a space surrounded by regional vegetation, where you can learn about the process of elaboration of organic cacao, Mayan rituals, and visit the rescued fauna area, with deer, spider monkeys, crocodiles even a jaguar and many others.

In Ticul you are in for a great cultural experience, and its located just 85 kilometers from Merida.

Oaxaca and the Guelaguetza in Merida

The Guelaguetza is a tradition of the Zapotec culture (Oaxaca) where a celebration is held to the goddess of corn with dances, rituals, music, food and so on.

In this festival you will find a great variety of Oaxacan products such as typical clothing, carved isthmus, black clay, alebrijes and Oaxacan gastronomy such as tlayudas, quesillo, chapulines, mezcal and black mole, among many others.

Two cities and two states with millenary traditions that share a rich history and part of the culture of this country, turning this festival in a unique opportunity.

The festival is open from 9 am to 10 pm and admission is free.
Izamal, an ancient sacred Mayan city

Concerning archaeoastronomy, we must remember that some pre-Columbian Maya cities were designed following an astronomical and magical religious pattern, resulting in schemes of their cosmovision and stellar representations of what was observed in the cosmos.

This construction practice, in which architecture, astronomy, and cosmovision are intertwined, was common during the Maya civilization. Among the Maya of Yucatan, this knowledge was maintained during the colonial period, in combination with the construction of convents and churches, as another example of religious syncretism, that is, the combination of Christianity with the ancient Maya religion, but as a palpable, material sign of this new Maya religious thought, where magic continued to play an important role.

Although this cultural practice is observed throughout Spanish rule, it was in the second half of the sixteenth century when the most notable examples were built, such as the convent complex of Izamal, in which the atrium, among other places, contains a pre-Hispanic calendrical, numerical, astronomical and mythical symbolism.

Thus, we see that in Izamal, the orientation is given to four of the main pre-Hispanic buildings: Kinich Kakmó, Kabul, Itzamatul, and The Foundation, form a rhombus, a figure that constitutes a representation of the pre-Columbian Maya cosmos: the four corners of the world -four of the five pre-Columbian Maya cardinal points-, supported by the Bacabes, with their respective color for each orientation: white for north, red for east, yellow for south and black for the west, corners where the ancient Maya also supposed the existence of a ceiba tree with a bird on top of it.

Within this pre-Columbian cosmogonic rhombus, the Franciscan convent we see today was built in colonial times, starting in the second half of the 16th century. This architectural convent complex was built over a little more than 100 years. The convent and the church began to be built in 1553, and the work was completed in 1561. The atrium was finished in 1618, and the chapel was built between 1648 and 1656.

The temple and the atrium of this convent present some orientations and astronomical alignments, which also have the pre-Hispanic buildings of Itzamatul and Kabul in this same archaeological zone, this fact along with other particularities, suggesting that this Christian colonial precinct contains a calendrical, mythical, religious, astronomical, mathematical and magical Mayan symbolism.

The observations made in the atrium show that the set of its 154 arches, between internal and external, would have been an astronomical construction where it is possible to carefully appreciate the passage of the sun, the moon, and the stars, through its arches, columns and the main entrance to the church, on specific dates such as noon and sunset on the summer and winter solstices, as well as the sunset on the spring and autumn equinoxes.

Some parts of the atrium, together with the church, show certain similarities, in terms of orientation, astronomical alignment, and constructive characteristics, with the eastern building of the Quadrangle of the Nuns and the Temple of the Soothsayer at Uxmal, as well as the Palace of the Communes at Aké.

In this way, the atrium of Izamal appears to be a gigantic calendar, where it would be possible to observe and keep track of the passage of the sun and the moon day by day, month by month, throughout the year, in a probable continuity of the astronomical, magical, mythical and religious practices, carried out in pre-Hispanic times. It would also be a building where Mayan periods superior to the year would be represented, such as the Calendar Wheel and the Short Count.

Merida, Yuc., March 10, 2023
Chichen Itza was a prominent Mayan city that flourished from the 7th to the 13th century in what is now the Yucatan Peninsula of Mexico. The city was home to some of the most impressive architectural and engineering feats of the ancient world, including the Temple of Kukulcan, also known as El Castillo.

The Temple of Kukulcan is a stepped pyramid that rises to a height of 79 feet (24 meters) and is made up of nine terraces, each with a stairway of 91 steps. At the base of the pyramid are four platforms, each with a stairway of 18 steps, bringing the total number of steps to 365, one for each day of the year.

During the spring and fall equinoxes, the angle of the sun creates a unique visual effect on the Temple of Kukulcan. As the sun sets, a series of triangles of light and shadow are cast on the side of the pyramid, creating the illusion of a serpent slithering down the staircase. This serpent is believed to represent Kukulkan, the Mayan feathered serpent god, who was associated with fertility, agriculture, and wisdom.

Kukulkan is a deity from the mythology of the Maya civilization, who was worshiped as a god of many things including wisdom, knowledge, agriculture, and the wind. The name “Kukulkan” means “feathered serpent” in the Yucatec Maya language. According to Maya mythology, Kukulkan was believed to be a divine being who descended from the sky to teach the Maya people about agriculture, mathematics, and astronomy. He was also associated with the wind and was often depicted as a serpent with feathers.

One of the most famous stories about Kukulkan tells of his arrival in the ancient city of Chichen Itza. According to the legend, Kukulkan came to Chichen Itza and taught the people many things, including how to build a great pyramid. The people followed his instructions and built a massive pyramid with four sides, each with 91 steps. When you add the top platform as the final step, the total number of steps is 365, representing the number of days in a year. The pyramid was named “El Castillo” (the castle) and is one of the most famous and recognizable structures in Mexico.

Kukulkan was associated with the end of the world and the beginning of a new era. According to the Mayan calendar, the end of each cycle was marked by a catastrophic event, which was believed to be a time of great change and renewal. Many people believed that Kukulkan would return during these times to bring about a new era of prosperity and knowledge.

The equinox in Chichen Itza shows the advanced astronomical knowledge of the Mayan civilization, who were able to accurately predict celestial events and incorporate them into their religious and cultural practices. The event continues to attract visitors from around the world, who gather to witness this impressive display of ancient knowledge and craftsmanship.

5 Things you didn’t know about the phenomenon Chichen Itza equinox

1. People tend to believe when Kukulkan returns to Earth, it is to provide blessing for a full harvest and good health to his worshipers.
2. An illusion of light and shadow creates seven triangles on the side of the staircase, then it connects the top platform with the giant stone head of the feathered serpent at the bottom.
3. This phenomenon stayed entirely around forty-five minutes before slowing descending the pyramid and disappearing along with the crowd that gathered to see it.
4. The pyramid was built as a representation of the Mayan Calendar.
5. You can visit Chichen Itzá to admire the recreated phenomenon nightly (artificially) during the Chichen Itzá Light and Sounds Show all year.

The Equinox

The equinox in Chichen Itza is a phenomenon that occurs twice a year when the sun aligns with the architecture of the ancient Mayan ruins of Chichen Itza in Mexico. The event is a testament to the advanced astronomical knowledge of the Mayan civilization and continues to attract visitors from around the world.
Vincent van Gogh was a Dutch post-impressionist painter who is widely regarded as one of the most influential and beloved artists of all time. His expressive and vibrant paintings, which often focused on landscapes, still lives, and portraits, have captivated audiences for more than a century.

Born in the Netherlands in 1853, into an upper-middle-class family in the Netherlands. He showed an early interest in art and began working for an art dealer in The Hague when he was in his early 20s. He later worked for other art dealers in London and Paris, but he was never very successful in this line of work.

In his mid-20s, Van Gogh decided to become an artist himself. He began taking art lessons and producing his own paintings. At first, his work was heavily influenced by the dark, realistic style of the Dutch Masters, but he soon began experimenting with more vibrant colors and looser brushwork. His use of vivid, saturated colors and bold brushstrokes would go on to become hallmarks of his work and have influenced countless artists since.

Despite his artistic talent, Van Gogh struggled with mental illness throughout his life. He suffered numerous nervous breakdowns and spent time in psychiatric hospitals. His mental health struggles undoubtedly influenced his work, as many of his paintings feature moody, introspective scenes.

Even though he struggled with mental illness throughout his life and suffered from numerous nervous breakdowns, he continued to paint prolifically. Some of his most famous works include “Starry Night,” “Sunflowers,” and “The Potato Eaters.” He also painted dozens of self-portraits throughout his life, which offer a fascinating insight into his own psyche.

Unfortunately, Van Gogh’s career was cut tragically short. In 1890, at the age of 37, he died from a self-inflicted gunshot wound. He left behind an enormous body of work that has had a profound impact on the world of art.

Today, Van Gogh is widely regarded as one of the greatest artists of the 19th century. His work has influenced countless artists since and continues to inspire new generations of creatives. His paintings are beloved for their emotional intensity and striking use of color, and his life story has become the stuff of legend.

He will always be remembered as a remarkable artist whose work has had a lasting impact on the world of art. Regardless of his struggles with mental illness and personal challenges, he continued to produce beautiful and meaningful paintings throughout his life. His legacy continues to inspire and captivate people all over the world, and his influence will undoubtedly be felt for generations to come.

The Starry Night

“The Starry Night” is a painting by Vincent van Gogh, which was completed in 1889. It is known as one of the most famous works of art in the world and for its swirling, dreamlike composition and bold use of color, representative of his work.

The painting portrays a night sky with a large, bright moon, and a village at the bottom of the painting with dark blue hills in the distance. The sky is filled with swirling patterns of yellow and blue, and the stars appear to be alive and moving.

Van Gogh painted “The Starry Night” while he was in a mental institution in France, and many art historians believe that the painting reflects his personal struggles with mental illness. The swirling patterns in the sky may represent the turbulence and chaos in his mind, while the bright stars and moon may symbolize a glimmer of hope or a sense of peace.

Despite the possible interpretation of the painting, “The Starry Night” remains a masterpiece of post-impressionist art, admired for its unique style, emotional depth, and technical brilliance.
Vincent Van Gogh’s Self-Portrait with Bandaged Ear

“Van Gogh’s Self-Portrait with Bandaged Ear” is a famous painting completed in 1889, a year before his death. The painting illustrates the artist with a bandage over his right ear, which he had infamously cut off a few months earlier.

It shows van Gogh staring directly at the viewer, with his blue eyes conveying a sense of sadness and turmoil. His ginger hair is messy, and he has a thick beard, which gives him a rugged and somewhat troubled appearance.

In the background, we can see a greenish-brown wall with a wooden door on the right side of the painting. The brushstrokes used in the painting are thick and bold, which gives the painting a sense of energy and movement.

The self-portrait is significant since it captures a moment of profound personal crisis in Van Gogh’s life. As we previously mentioned, he struggled with mental illness and isolation, and the cutting off his ear was a dramatic and disturbing act that shocked the people around him.

To many, this portrait is very significant as it shows Van Gogh’s ability to use art to process and express his innermost thoughts and emotions. Despite the intense suffering presented in the painting, it is a powerful work of art that has inspired and moved countless viewers over the years.

The Yucatan Times Newsroom

Van Gogh The Immersive Experience Merida

From March 21 to June 18, 2023.

Schedule:
- Monday to Thursday from 10:00 to 20:00 (last pass).
- Fridays and Saturdays from 10:00 to 21:00 (last show)
- Sundays from 10:00 to 20:00 (last show)

Duration: the visit will last approx. 90 minutes.

Place: Centro de Convenciones y Exposiciones Siglo XXI (Salón Chichén Itzá I)

Age: all ages are welcome (children under 3 years old are free)
When Ireland and Mexico became one

The Saint Patrick’s Battalion - Batallon de San Patricio - was a military group of Irish and European immigrants who joined the Mexican Army in 1846. It was 1846 when the U.S. Army invaded Mexico intending to make their country grow. They first established the Republic of Texas in our territory. Then they tried to take the states of Coahuila and Tamaulipas. When the army arrived in Matamoros, a young Irish soldier named John O’Riley began to visit the church in the city.

The Irish immigrants saw that fight very similar to their homeland. An arrogant imperial power seizing homes, lands, property of another, smaller, weaker nation of Catholic working people. “While many immigrant soldiers abandoned their posts and others grumbled but made their peace, hundreds of Irish immigrants from tyranny said that they could run no further. Probably knowing their ultimate fate was not a good one, they chose to desert from the U.S. Army and fight injustice in a struggle that they saw as much like the one they had just left in their beloved but occupied homeland.” (Quote by peoplesworld.org / All honor to the San Patricios)

The Battle of Monterrey

The Battle of Monterrey was the first major battle of the Mexican-American War. It was fought on September 21, 1846, with an artillery battery under the command of O’Riley, who assumed the position of commander of this military group. The result was that they managed to avoid two assaults by the Americans on “La Ciudadela.”

Los San Patricios - Painted by Pino Cacucci (2015)

The San Patricios’ was a military group composed of European immigrants, mostly Irish and Germans. It was a mixture of rebellion and desertion because the Europeans were so fed up with the mockery and punishments the Americans gave them for being Catholics that they felt more identified with the Mexicans.

John O’Riley and Patrick Dalton formed a battalion joined by Scots, English, Poles, and French. The group gathered hundreds of soldiers, who took the patron saint of Ireland as their name and banner.

The San Patricios' banner

There are conflicting accounts of the design of the flag of the Saint Patrick’s Battalion. Unfortunately, no flags or depictions of them are known to have survived to the present day. The only version of the flag known to have survived the war was subsequently lost or stolen from the chapel at West Point.

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John O’Riley, who left an account of the battalion, noted the flag in a letter: “In all my letter, I forgot to tell you under what banner we fought so bravely. It was that glorious Emblem of native rights, the banner which should have floated over our native Soil many years ago, it was St. Patrick, the Harp of Erin, the Shamrock upon a green field.”

According to George Wilkins Kendall, an American journalist covering the war with Mexico: “The banner is of green silk, and on one side is a harp, surmounted by the Mexican coat of arms, with a scroll on which is painted Libertad por la Republica Mexicana [Liberty for the Mexican Republic]. Under the harp is the motto of Erin go Bragh! On the other side is a painting ... made to represent St. Patrick, in his left hand a key and in his right a crook or staff resting upon a serpent. Underneath is painted San Patricio was green, with the phrase Erin go Bragh (Ireland forever) in golden letters. On the other side was an image of the saint who introduced the Catholic religion in Ireland.

The first combat of the “San Patricios” as part of the Mexican Army was the Battle of Monterrey, on September 21, 1846, with an artillery battery under the command of O’Riley, who assumed the position of commander of this military group. The result was that they managed to avoid two assaults by the Americans on “La Ciudadela.”

After many bloody and successful fights they were betrayed and their position was revealed. Several of their key commanders were captured by the United States, tortured, and killed in San Jacinto on September 13, 1847, by order of General Winfield Scott.

Those who managed to survive the war disappeared. John Riley died at the end of 1850. He was buried in Veracruz under the name of Juan Reley, the same name under which he was registered in the Mexican Army. John O’Riley’s name in the original Irish Gaelic was Seán Ó Raghailligh.

Currently, there is a commemorative plaque at the place of the execution of the San Patricio Battalion in the San Jacinto Plaza in San Angel. In Merida, a memorial plaque can be seen at Hennessy’s Irish Pub, which its owners, Mr. Sean Hennessy and Mr. Colm Cooney, have displayed in honor of these heroes and martyrs who changed sides to defend what they believed was right, out of pure conviction and ideology.

The Yucatan Times Newsroom
Merida International Book Fair Activities (Filey 2023)

**Literature**
- Presentation of the book: The return to art in 20 eccentric portraits of Aida Sosa.
- Presented by: Sara Poot Herrera.
- 03/15/2023

**Silver Sequences**
- Music: Yucatan International Reading Fair 2023
- Russell Montañez Coronado, Artistic Director
- 03/16/2023

**Crafts workshop: Kukulcan snake**
- Make a craft with a leaf...
- Instructor: Deyby Sierra.
- 03/16/2023

**Literature**
- Presentation of the book: Cinema Palacio De Iván Noé Espadas.
- Presented by: Jorge Alberto Esquivel León, Jorge Carlos Cortazar Sabido.
- 03/16/2023

**From the Heart**
- Choir of the City of Mérida Music Gala concert.
- Artistic direction: Nidia Góngora Cervera. Pianist: Ricardo Moo Pino
- 03/17/2023

**Freak Show, the circus of human emotions**
- Theater Inc. Epigraph Dramaturgy: Martín Giner
- General coordination: Alex Benavides
- 03/17/2023
Traditional Shepherd’s Pie

Shepherd’s pie originated in the 1700s in Ireland. During this time, money was tight for families. It was a creative way for families to combine leftovers from other meals to make a new dish that’s extremely filling. Since Shepherd’s pie began to make use of what you had on hand, there isn’t one exact recipe. Different families formed different variations and that’s how it remains today. Here is one of many ways you can make a delicious Shepherd’s pie.

Ingredients

Prep time: 40 minutes  
Cook time: 1 hour 10 minutes  
Total time: 1 hour 50 minutes

For the potato topping:
• 2 pounds (907 grams) potatoes, peeled and cut into wedges
• 4 tablespoons unsalted butter, melted
• 1/4 cup (59 ml) milk, warm
• 1/2 teaspoon salt, to taste
• 1/4 teaspoon ground black pepper, to taste

For the filling:
• 1 tablespoon vegetable oil
• 1 1/2 pounds (680 grams) ground lamb
• 1/4 teaspoon ground black pepper
• 7 ounces (207 grams) yellow onion, chopped
• 2 garlic cloves, peeled and grated or finely chopped
• 1 teaspoon fresh thyme
• 3 tablespoon tomato paste
• 1 pound (453 grams) carrots, peeled and diced small
• 6 ounces (170 grams) parsnip, peeled and diced small
• 1 cup (150 grams) frozen peas
• 3/4 cup (177 ml) Guinness
• 2 teaspoons Worcestershire sauce
• 1 cup (236 ml) beef stock, low sodium

Preparation

For the potato topping:
1. To a large pan add the potatoes, add cold water until the potatoes are covered and bring to a boil. Turn down to a low boil and cook for 20 minutes until tender.
2. Drain the potatoes a colander and add back to the pan. Mash until smooth and add the butter, milk, salt and pepper to taste. Mix well and set aside.

For the filling:
1. Preheat oven to 350° F/177°C.
2. Add vegetable oil to a 10-inch cast iron skillet over medium-high heat and add 1/2 of the ground lamb. If the pan is too crowded, the meat will not brown, it will boil. Season with half of the salt and pepper, sauté until browned, breaking up the meat as it browns. Drain the meat keeping the fat in the pan and transfer to bowl or plate and repeat with the other 1/2 of the lamb, salt and pepper.
3. Turn the heat down to medium and add the onions to the browned lamb. Cook for about 5 minutes until softened. Add the garlic and thyme, cook for 3 minutes. Add tomato paste and mix well.
4. Add the carrots, parsnip, peas, Guinness, Worcestershire sauce and beef stock. Simmer for 20-25 minutes until the liquid has reduced and the carrot and parsnips are tender. Taste for seasoning and add salt and pepper if needed. Turn off the heat.
5. Spread the potato mixture (or pipe with a piping bag for a decorative look) over the meat mixture. Make sure you make little peaks, so they get a nice brown color in the oven.
6. Place the pan onto a baking sheet and bake in the oven for 25 minutes or until the top is golden brown.
7. Remove from the oven and allow to sit for 10 minutes before serving.
Mexican Medical Companies providing Medical Treatments in Mexico

Mexican Medical Companies Mexico are creating and promoting stories of successful patients that have traveled to Mexico for medical procedures that help our readers to make better decisions when considering a healthcare procedure abroad.

Mexico has long been known for its beautiful beaches, rich cultural heritage, and delicious cuisine. Now, the country is also a Medical Tourism premier destination for Americans, Canadians and Europeans. With its state-of-the-art medical facilities, skilled physicians, and affordable prices, Mexico is attracting patients from all over the world who are seeking affordable medical care.

According to the Medical Tourism Index, Mexico was one of the major countries in the area of medical tourism in 2022, which is a good indicator that the medical services offered to foreigners will keep improving and growing this year.

Mexico boasts a wide range of medical specialties, like cosmetic surgery, dentistry, bariatric surgery and other medical treatments. Patients can choose from a variety of world-class medical facilities, including hospitals, clinics, and specialized centers.

According to Healthcare.com the most popular procedures in Medical Tourism are:

- **Hair Transplants & Cosmetic Surgery**: Hair transplants have become a well-known procedure in Mexico, especially the FUE and FUT procedures performed by specialists and with state-of-the-art technology.
- **Weigh Loss Surgery**: Some weight loss procedures people want to get done in Mexico are gastric bypasses and gastric sleeves surgeries.
- **Dental Care**: Many medical tourists also seek affordable dental work; some popular procedures include dental implants, dental veneers, and full mouth restorations.
- **Other Medical Treatments**: Some of these treatments have to do with the patients overall physical health or something that requires more time and attention like assisted living.

**Los Algodones, Baja California “Mexico’s Dental Powerhouse”**

Los Algodones is a town and borough in the municipality of Mexicali, Baja California, Mexico, five miles west of downtown Yuma, Arizona.

One of the main reasons that Americans go down to Baja for dental treatment is the simple fact that it’s much more affordable! In many cases, you can take a short vacation in conjunction with your treatment and the grand total will work out less than the cost of the treatment in the US.

Los Algodones is a safe and small tourist town that relies on medical tourism, it has the reputation of being one of the most visited cities for dental work in Mexico. Every year, people from all over the world visit Los Algodones to get affordable dentures, dental implants, dental veneers, dental crowns and other dental procedures.

Dental prices are one of the main topics of interest for people planning to visit Los Algodones, even though a proper diagnosis is necessary to determine the price of any dental treatment, this list of dental prices will give you a rough estimate on what to expect when searching for dental prices in Mexico.

**TYT Newsroom**

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Real estate profitability potential of the Riviera Maya

Investors can enjoy the profitability potential of tourism and real estate in the Riviera Maya for 2023, with accessible and profitable investment options through crowdfunding platforms.

The Riviera Maya has become one of the most popular destinations to invest in real estate in Mexico, and the real estate industry in the area is expected to continue growing in 2023, with the construction of more than five thousand homes and 25 thousand appraisal procedures, estimates the College of Appraisers of Quintana Roo. However, prices are expected to rise due to a shortage of skilled labor and construction materials.

Despite many challenges, private investment in commercial real estate globally remained strong in 2022, with the tourism sector, industrial and multi-family residential assets being the most attractive to private investors.

The Ministry of Tourism of Mexico (Sectur) highlighted the importance of tourism for the country’s economy, currently representing 8.7% of the national GDP and employing 4.5 million people.

Sectur stated that domestic tourism has recovered quickly, while international tourism is facing challenges due to travel restrictions. The Mexican government is working on a tourism promotion plan to attract more international visitors to the country, and Sectur highlighted the need for investment in tourism infrastructure, such as the Maya Train Project.

Investing in properties in the Riviera Maya is attractive, especially with more accessible and lower-risk options such as Fibers and Crowdfunding. The latter allows collective investment in high-quality and profitable real estate projects, such as hotels or tourist complexes in high-demand tourist areas. It is more flexible and cheaper than the direct purchase of real estate since the investor does not assume maintenance, management and operation expenses.

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House for sale in the center of Progreso

House for sale in the center of Progreso, one level house with very spacious and illuminated spaces, 2 bedrooms, 3 bathrooms. Land 600 m² (15 x 40 meters) Construction 370 m².

Price: MXN $ 6,940,000.00

Description

- Land: 600 m²
- Construction 370 m²
- Bedrooms: 2
- Bathrooms: 3

- Receiver
- Living room
- Dining room
- Kitchen
- Each bedroom with living room and bathroom
- TV room
- Large terrace in the form of a corridor
- Garden with swimming pool
- Bar
Crossword

Across

3 The last tsar
6 Invented by a Nobel man
9 A man with holes
11 Apart / to part
12 Assassin
14 Donkey in black and white
15 An opiate
16 Can tell you when
20 Someone who likes to ponder
22 Iron bird
23 To interrogate
24 A hot pot
26 A roll of this instead of a book
27 Hides in range, has an “o” missing

Down

1 White stuff
2 A dozen
4 Someone in control
5 Companions for a knight
7 A man with golden hands and rabbit ears
8 Big red (gives presents)
10 Apple of the earth
13 Big red (scared McCarthy)
14 Man o’ lightning
17 A blood disease and a wolf
18 Is mean for money
19 An undead deity
21 A black cat in pants
25 Your friends are on tv in a ...

Sudoku

Browse, Guacamole, Aguacate, Tacos, Erase, Mole, Writer, Pub, Saint Patrick, Dog, History, Battle, Church, Gold, Hamaca, Mexico, Butterfly, Irish Luck, Books, Ireland.

Word Puzzle
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