



The Yucatan Times

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"...AND FROM CORN
MAN WAS CREATED"

Fragment of the Popol Vuh - Sacred Mayan Book
Myth: The Creation of Man

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Corn, one of the main icons in Mexican Culture

Dear reader. On September 29, an extremely important date is celebrated in Mexico, Corn Day, but why is this date so important?



Corn is not just a crop, but a deep cultural symbol intrinsic to daily life in Mexico. It is the main ingredient of many traditional dishes, such as tortillas, tamales, pozole and atole. It is also used to make syrup, oil, flour and starch for various products. Corn is grown across a third of Mexico's land area and yields 27,000 tons annually.

But corn is more than just food. It is also a sacred element that connects the people of Mexico with their ancestors and their gods. According to some historians, corn was domesticated from a grass called Teocintle by the peoples of Meso-America approximately 10,000 years ago. Corn was considered sacred because it was the first plant to be domesticated in Mexico and it symbolized the creation of humanity.

Corn also has a spiritual significance for many indigenous groups in Mexico. For example, the Tzotzil Maya believe that corn is alive and has a soul. They call it "the people of the corn" because they treat it with respect and humbleness. The Nahuatl speaking peoples refer to corn as "Tlaolli", which means "our sustenance". Corn is seen as a source of life and energy that sustains the people and their communities.

Corn also has an economic importance for Mexico. It is the basis of its food security and its export sector. Before NAFTA, more than a third of the corn produced by rural farmers was retained for consumption at home or sold on local markets. This allowed them to protect themselves from natural disasters and price fluctuations. However, NAFTA (USMCA as it known now), has allowed the Mexican market to be flooded with imported corn from the United States, most of which is genetically modified. This has threatened the livelihoods of local farmers and their food sovereignty.

Therefore, **The Yucatan Times Editorial Team** decided to dedicate a whole edition to Corn, and its tremendous importance in the Mexican culture. We believe that it is not only interesting but also relevant for understanding its history, identity and challenges.

Corn is more than just a plant; it is a living being that shapes and reflects the lives of millions of people in Mexico.

TYT Newsroom

The Yucatan Awaits.
A column by anthropologist
Indalecio Cardeña Vázquez.

The Cosmovision of Native Americans and the Sacred Corn

The indigenous peoples of the Americas have cultivated a unique and profound worldview intricately intertwined with their environment and agricultural practices. At the heart of this cosmology lies the sacred crop, corn (or maize), which serves as a source of sustenance and a symbol of life, fertility, and cultural identity.



Corn was first cultivated around 9,000 years ago in what is now Mexico. It represents the embodiment of the indigenous cosmovision, and its significance extends beyond mere sustenance; it forms the very fabric of the indigenous cultures across the Americas. The cosmology emphasizes the interconnectedness of all living beings, the cyclical nature of life and death, and the profound relationship between humanity and the natural world. Corn is a living expression of these beliefs.

Corn is revered for its role in nourishing communities. It is a staple food, a source of sustenance, and a dietary foundation. In the hands of people, it becomes a transformative element, a life-giving force. Its cultivation and harvest follow intricate rituals and ceremonies, acknowledging the reciprocity between humans and Mother Earth. Corn is seen as a gift from the Creator, and its cultivation is imbued with spiritual significance.

Corn also features prominently in creation myths. Many native cultures in the American Continent describe the creation of humans from maize

dough. This narrative highlights the intimate connection between humanity's origin and corn cultivation, reinforcing that humans are not separate from nature but an integral part of it. Moreover, corn symbolizes cultural identity and heritage. Diverse indigenous communities have distinct varieties of corn, each with its unique characteristics and history. Corn varieties are passed down through generations, serving as a living testament to the continuity of indigenous traditions and knowledge.

In essence, the cosmovision of Native Americans and their sacred corn reflect a profound respect for the natural world, a recognition of the interdependence between humanity and the environment, and a celebration of the cycles of life and death. Cultivation and reverence for corn are not merely agricultural practices but a way of life, encapsulating indigenous peoples' spiritual and cultural richness across the Americas. It reminds us of the wisdom of living in harmony with the earth and each other, a lesson that transcends time and place.

Indalecio Cardena Vazquez
Merida, Yuc., September 6, 2023



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An advertisement for ALFAIRO Real Estate. The top part shows a street scene in Campeche, Mexico, with a building facade and a window with a metal grille. Text on the right reads 'UNESCO World Heritage Site Campeche' and 'The most liveable city in the Yucatan.' Below the street scene, the text 'Its time has arrived.' is written in a cursive font, followed by the 'ALFAIRO' logo in a bold, sans-serif font. At the bottom, it says 'BIENES RAICES REAL ESTATE 9818291777'.

National Maize Day in Mexico: Celebrating the Sacred Plant and Its Diversity

On September 29, 2023, Mexico will celebrate its National Maize Day, a day to honor the ancient and vital crop that has shaped the country's culture, cuisine, and history.

Maize, also known as corn, is a large grain plant that was first domesticated by Indigenous peoples in Mexico about 10,000 years ago. Since then, maize has become a staple food and a symbol of identity for millions of Mexicans, especially the campesinos/ (small farmers) who still grow native varieties of maize using traditional methods.

However, maize is also under threat from various factors, such as the importation of genetically modified (GM) corn from the U.S., the loss of biodiversity and soil fertility, the effects of climate change, and the lack of support for small-scale agriculture.

According to some estimates, Mexico now imports one-third of its corn consumption, mostly from the U.S. This situation not only affects the food sovereignty and security of the country but also exposes the native maize to the risk of contamination by GM corn.

Various organizations and movements have been working to raise awareness and mobilize action among farmers, consumers, and policymakers to protect the sacred plant and its diversity. One of these groups is Seeds of Life (Semillas de Vida), a group that promotes agro-biodiversity and the conservation of native maize. The group supports farmers in creating corn reserves, where they can store and exchange their seeds, as well as share information on the risks of GM corn. Another initiative is Without Corn, There Is No Country (Sin Maíz, No Hay País), a coalition that advocates for food sovereignty and the defense of maize as a cultural heritage.

On National Maize Day, these groups and others will organize various activities across the country to celebrate and educate about the importance of maize. There will be demonstrations, marches, expositions, workshops, festivals, and more.

National Maize Day aims to show the richness and beauty of maize in its different colors, shapes, and flavors and highlight the traditional knowledge and practices that have preserved it for millennia.

As Adelita San Vicente Tello, director of Seeds of Life, once said: "This is really where the alternative lies for the food production model, especially when faced with the problem of climate change".

TYT Newsroom



And so, “Man was made of Corn”

According to the sacred Maya book, Popol Vuh, after several attempts, the gods finally created man and formed him from Corn.

In Mexico “Corn” is the basis of all our gastronomy, it is and will continue to be the food par excellence of all of Mexico. Corn is “King” from Baja California to the Yucatan peninsula and down to Central and South America.

In our Yucatan region, Corn is considered vital, an element of the worldview of the indigenous peoples, it is loaded with symbolism, history, legends, and creation, corn is tradition, and it is life.

The Maya farmers in our región thank the god Kili'ich Ixi'im (god of corn) for the first harvest of corn in a ceremony offering corn foods such as sa' (atole), Chakbil naal (boiled corn) and Pibil naal (corn cooked underground) in a ritual of ancestral Maya customs.

Corn is life, it is art, flavor, smoke, aromas, traditions, and culture, it is past, present, and future... How many delicious dishes and drinks have been created out of Corn?

So many memories come to mind, so many different foods, and as a good Yucatecan, I hope I don't omit any. Yucatecan people are proud of our recipes and traditions, some of them vary by municipality.



I will start with the basic tamales, try to mention some of their base ingredients, created from corn dough, freshly ground, lard, salt, banana leaf, holy leaf, corn leaf, chaya leaf, pork or chicken, annatto or in some cases x'pelón (small and tender bean).

I love the Vaporcitos (those little birthday party tamales) delicious whether they are made with ground meat or just X'pelón. Baked tamales,

- Chachacua (strained tamales).
- Chanchamitos.
- Tobiljoloch (with corn husk).
- X'pelon tamale, the pibihua.
- Xmakulan tamale (hoja santa).
- Dzutobichay (chaya leaf tamale).
- Parboiled corn (Chakbil naal) corn cooked underground.
- Queen's arm (Brazo de Reina).
- Mucbilpollo, muk (bury) bil (twist), or pib (baked or cooked underground) or as we know it.

I don't think I will go into much detail since each of these stews deserves a complete chapter and I hope I haven't omitted any.

When it comes to corn drinks, Yucatán has quite a few:

- Saka' (sacred drink)
- Puukbijuuch' (thinned dough)
- Isi sa' (atole with sweet potato)
- Ts'anbil xi'im (soaked corn atole)
- Chax bi xi'im (parboiled corn atole)
- Choko sakan (dough atole)
- Sikil sa' (atole with seeds)
- Labi sa' (old and chopped corn atole)
- K'eyemel k'uum (atole with pumpkin)
- K'aj (pinole), x-is uul (new corn atole)
- Kobi sa (chopped corn atole)
- Pozole or pozol with habanero chili and salt, pozol or pozole with coconut.

And finally the corn tortilla, the most iconic element of the Mexican Gastronomy.

Thank you Mother Earth for such sacred food “CORN”.

TYT Newsroom

Chef David Cetina is faithful to the tremendous culinary education imparted at an early age by his grandmother and later by his professional training. Today, he is a reference to Yucatecan culture in the field of gastronomy. In his long career, he has cooked for significant personalities, from presidents, ministers, and ambassadors to showbusiness stars. He has cooked alongside international chefs, who have surrendered to David's talent and the extraordinary richness of our ancestral Maya food.

Chef David Cetina has established himself as an Ambassador of Traditional Yucatecan Gastronomy by jealously guarding the ancestral procedures and promoting them worldwide, obtaining important recognitions.

- Try his cooking at his restaurant “La Tradición”, across the street from the US Consulate in Merida
- Instagram - @latradicionmid
- Facebook - Restaurante LA TRADICIÓN
- www.restaurantelatradicion.com



Tortilla: An Authentic Slice of the Real Mexico

The Mexican tortilla is a thin, round flatbread that is a staple of Mexican cuisine. It can be made from corn or wheat flour, and it has a long and rich history that dates back to ancient times. Here are some facts about the Mexican tortilla that you may not know. The history of the Mexican tortilla is a fascinating story that spans thousands of years and cultures. Here are some highlights of how the tortilla came to be and how it evolved.

- The origin of the tortilla can be traced back to the ancient Mesoamerican civilizations, such as the Maya, the Aztec, and the Olmec. They cultivated maize, or corn, as their main crop and developed a process called nixtamalization, which involved soaking and cooking the corn kernels in an alkaline solution, usually lime water. This improved the taste, texture, and nutritional value of the corn, and made it easier to grind into a dough called masa.
- The masa was then shaped into thin, round disks and cooked on a hot griddle called a comal. These flatbreads were called tlaxcalli by the Nahuatl-speaking people, such as the Aztecs. They were eaten as a staple food, often with beans, chili peppers, tomatoes, and other ingredients.
- The Spanish conquest of Mexico in the 16th century brought many changes to the culture and cuisine of the region. The Spanish introduced wheat, which was more suited to the climate and soil of northern Mexico. They also brought livestock, such as cows, pigs, and chickens, which provided meat, cheese, and eggs. The Spanish adapted the native tlaxcalli to their tastes and preferences and gave it a new name: tortilla, which means cake in Spanish.
- The wheat tortilla was different from the corn tortilla in several ways. It was made with wheat flour, fat, salt, and water, and it was softer and more pliable than the corn tortilla. It could be rolled or folded to make burritos, quesadillas, enchiladas, and other dishes that were influenced by both Spanish and Mexican cuisines.
- The tortilla spread to other parts of the world through trade and migration. It became popular in the United States, especially in the Southwest and California, where it was adopted by various ethnic groups and incorporated into their culinary traditions. It also reached other countries in Latin America, Europe, Asia, and Africa, where it was modified according to local ingredients and preferences.
- Today, the tortilla is a global food that can be found in many forms and flavors. It is still a staple of Mexican cuisine, but it is also enjoyed by people from different backgrounds and cultures. It is a versatile and delicious food that reflects the history and diversity of Mexico and the world.
- The word tortilla comes from the Spanish word torta, which means cake. The Spanish colonizers gave this name to the flatbread they encountered in Mexico, which was originally called tlaxcalli by the indigenous people.
- The corn tortilla is the oldest and most authentic type of tortilla. It is made from nixtamalized corn, which is corn that has been soaked and cooked in an alkaline solution, usually lime water. This process makes the corn easier to grind, as well as it makes it easier for the stomach to digest, and also enhances its nutritional value.
- The flour tortilla is a more recent invention that originated in northern Mexico, where wheat was more available than corn. Flour tortillas are made with wheat flour, fat, salt, and water. They are softer and more pliable than corn tortillas and can be used to make burritos, quesadillas, and enchiladas.
- Other varieties of tortillas are flavored or colored with different ingredients. For example, blue corn tortillas are made with blue maize, which is a type of corn that has a high content of anthocyanins, a natural pigment that gives it a blue hue. Chipotle tortillas are made with chipotle peppers, which are smoked jalapeños that add a spicy and smoky flavor.
- Tortillas can be eaten plain or with various fillings and toppings. They can also be fried, baked, or toasted to make different dishes, such as tacos, tostadas, chilaquiles, flautas, and nachos. Tortillas are a versatile and delicious food that reflects the diversity and creativity of Mexican cuisine.

TYT Newsroom



Mexican corn and its colors

As we now know, Mexico is a country known for its rich culinary and agricultural heritage, and one of the most emblematic elements of its gastronomy is the diversity of corn grown in its territory. Not only are these corn varieties the basis of many of Mexico's culinary delights, but they are also a symbol of the country's cultural identity and agricultural tradition. Some of the most striking characteristics of Mexican corn are its unique colors and the different varieties developed over centuries of cultivation. These are some of the most representative Mexican corn varieties.

Criollo Corn: It is the oldest variety of corn in Mexico and is prized for its diversity of colors. We find criollo corn cobs in shades ranging from yellow and white to red, blue, and black, depending on the region. Each variant has its own characteristics and is essential in traditional Mexican cuisine.

Blue Corn: One of Mexico's most iconic types of corn, known for its vibrant blue color. This corn is used in the preparation of tortillas and tamales, bringing a unique flavor and appearance to dishes.

Black Corn: Native to the Central Valley region of Oaxaca, black corn is known for its characteristic black hue. It is used in the preparation of tortillas and Tlayudas.

Yellow Corn: Widely grown throughout the country, yellow corn is essential to the Mexican diet. Its yellow kernels are used to make tortillas, pozole, and a wide variety of traditional dishes.

Red Corn: In some regions of Mexico, such as Oaxaca, red corn is a prominent variety. This deep red corn is used in the preparation of tamales and Atoles, adding a distinctive touch to these dishes.

Purple Corn: Purple corn is another important variety. This corn is used in the preparation of traditional beverages such as purple Atole, as well as in tamales and tortillas.

The diversity of colors and types of Mexican corn reflects the richness of Mexico. These corn varieties are not only a source of food, but also a symbol of identity and a priceless heritage that should be preserved and valued throughout the world.

The deep connection between corn and Mexican culture is a testament to the importance of biodiversity and tradition in food and society.

TYT Newsroom



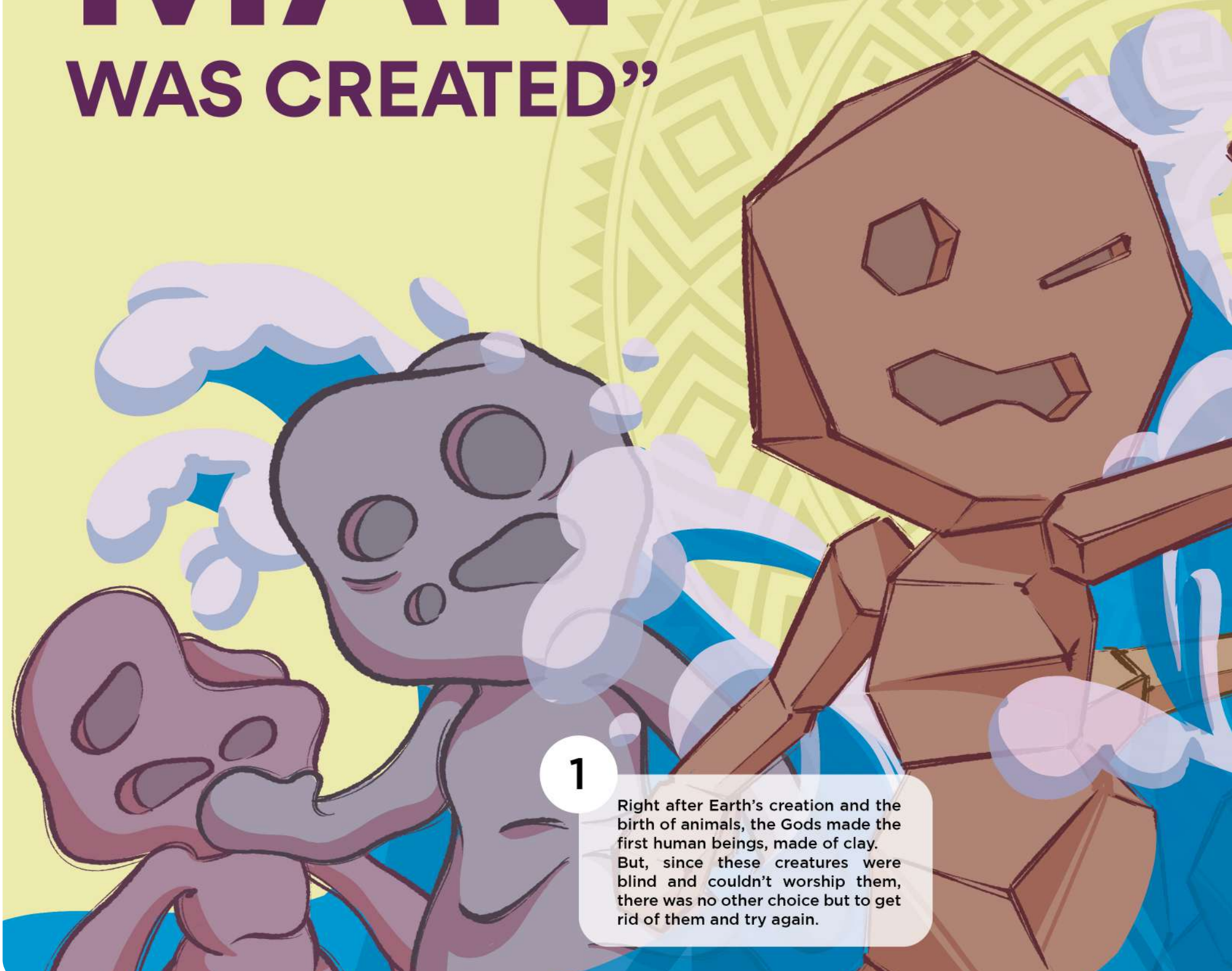
“...AND FROM CORN, MAN WAS CREATED”

The Yucatan Times Newsroom presents you with one of the greatest myths in Mayan culture: the creation of man.

Join us on a journey through time and discover the process that started it all, making us what we are today.

1

Right after Earth's creation and the birth of animals, the Gods made the first human beings, made of clay. But, since these creatures were blind and couldn't worship them, there was no other choice but to get rid of them and try again.



'Third time's the charm', the Gods said, and the first real human beings were created, now from corn, and with no apparent flaws whatsoever. And thus, humanity was finally here. Thank you, corn!

3

2

That's when they created the second batch of humans, now made of wood. But even though these beings could see and speak, they didn't remember who created them, so the Gods sent a flood to get rid of them, too.

Check out the full story on our TikTok!



Make your own Elotes & Esquites at home!

Esquites is a delicious Mexican street food made from corn kernels served in a cup with different toppings. Here's a basic recipe for homemade esquites:

Ingredients

- 4 cups corn kernels (fresh or frozen)
- 2 tablespoons of vegetable oil
- 1/2 cup chopped white onion
- 2 minced garlic cloves
- 1-2 serrano or jalapeño peppers, finely chopped (adjust to your spice preference)
- 1/2 cup crumbled cotija cheese (or substitute with feta cheese)
- 1/2 cup mayonnaise
- 2 tablespoons fresh lime juice
- Salt and pepper to taste
- Chopped fresh cilantro (garnish)

Optional toppings

- Chili powder or Tajin seasoning
- Hot sauce (e.g., Valentina)
- Lime wedges

Instructions

- 1 Sauté the Corn:** Heat the vegetable oil in a large skillet over medium-high heat. Add the chopped onion and sauté for about 2 minutes until it becomes translucent. Add the minced garlic and chopped serrano or jalapeño peppers and sauté for another 1-2 minutes until fragrant.
- 2 Cook the Corn:** Add the corn kernels to the skillet and cook for about 5-7 minutes, stirring occasionally, until the corn is heated and starts to develop a slightly golden color—Season with salt and pepper to taste.
- 3 Prepare the Dressing:** Mix the mayonnaise and fresh lime juice in a small bowl until well combined.
- 4 Combine and Serve:** Turn off the heat and drizzle the mayonnaise-lime mixture over the cooked corn. Stir everything together until the corn is evenly coated with the dressing.
- 5 Add Cheese and Garnish:** Sprinkle the crumbled cotija cheese over the esquites and garnish with chopped fresh cilantro.
- 6 Serve:** Spoon the esquites into cups or bowls. You can optionally sprinkle chili powder. Provide lime wedges and hot sauce to add more tang and spice.

Enjoy your homemade Mexican esquites! A delightful snack or side dish.

Elotes (Mexican Street Corn on the cob)

Ingredients

- Corn on the cob cooked
- 1/2 cup mayonnaise
- 1/2 cup sour cream or Mexican crema
- 1 cup crumbled Cotija cheese (or feta cheese)
- 1 teaspoon chili powder
- 1 lime squeezed
- Salt and pepper to taste

Instructions

- 1 Grill the corn:** Place the husked corn on the grill and cook, turning occasionally until it's nicely overdone and cooked through. This will take a couple of minutes.
- 2 Prepare the toppings:** Mix the mayonnaise and sour cream (or crema) in a small bowl. In another bowl, combine the crumbled cotija cheese and chili powder.
- 3** When the corn is done, remove it from the grill. While it's still hot, spread the mayonnaise and sour cream mixture over each ear of corn. **Sprinkle** the cotija cheese mixture on top, and add a squeeze of lime juice, and a pinch of salt and pepper. **Serve.**



Pox: A Sacred Ceremonial Maya Elixir made from Corn

Pox (pronounced posh) is a traditional drink that originated among the Tzotzil Maya people in the state of Chiapas, Mexico. Pox means medicine in the Tzotzil language, and it was used for religious ceremonies and healing rituals.

Pox is made from corn, wheat, sugar cane, and sometimes other ingredients, such as fruits or herbs. It is fermented and then distilled, resulting in a potent and slightly sweet liquor that can have a smoky flavor.

Pox has a long and mysterious history, dating back to the pre-Hispanic times. It was considered a sacred drink that connected the Maya with their gods and ancestors. It was also a symbol of resistance against the Spanish colonizers, who tried to ban it.

Pox was mostly consumed by men, especially elders and priests, who drank it before performing rituals or making important decisions. Women and children were not allowed to drink pox, except for special occasions or medical purposes.

Pox was rarely seen outside of Chiapas until the 2000s when some producers started to commercialize it and sell it in other regions of Mexico and abroad. Nowadays, pox is gaining popularity among tourists and locals alike, who enjoy its unique taste and cultural value.

Pox can be found in bars, restaurants, and shops, especially in San Cristobal de las Casas, the cultural capital of Chiapas. There are also different varieties of pox, such as white, yellow, or flavored with fruits like peach or raspberry.

Pox is more than just a drink; it is a part of the Maya identity and heritage. It represents their spirituality, resilience, and creativity. Pox is a drink that honors the past, celebrates the present, and hopes for the future.

Modern Mayas in the state of Chiapas have managed to preserve "Pox", but they have produced it only for

their consumption. Besides, this magnificent drink is produced in a very mystical environment. The indigenous people get dressed in their typical costumes. Pox is distilled up in the mountains, where there's always a mist. Musicians play traditional prehispanic instruments during the process of manufacture, all wrapped in a mystical scenery of an utmost magical moment. The people who had witnessed this ritual treasure the moment as a once-in-a-lifetime experience.

The next thing I did was to ask my friend what "Pox" was; he had been living in Chiapas for many years, so, he just told me that it was a traditional drink,

very important for the Mayan culture and the indigenous people of Chiapas.

And from that moment on, my goal has been to dignify this drink, to put it in the place it deserves. This has been a fantastic journey and I have been a pioneer trying to regulate, certify, and improve the production processes of "Pox". It has not been easy, I have received absolutely zero support from the government; not in Chiapas, not here either.

However, after eight years, I am currently the only person who has registered this product legally, formally, and officially, and with very positive results.

TYT Newsroom



U.S. and Mexico clash over Genetically Modified Corn

GMO stands for genetically modified organism, which is an organism whose DNA has been altered using genetic engineering techniques. GMOs are used to create crops and animals with desirable traits, such as resistance to pests, diseases, or herbicides. However, GMOs also pose serious risks to the environment, biodiversity, and human health.

One of the countries that is facing the negative impacts of GMOs is Mexico, which is the center of origin and diversity of corn, one of the most important staple crops in the world.

GMO corn has also been linked to health problems, such as allergies, immune disorders, and cancer. According to a study by the National Institute of Genomic Medicine in Mexico City, 90 percent of Mexicans have traces of GMO corn in their blood. This raises concerns about the long-term effects of GMO consumption on human health.

In addition, GMO crops have also harmed the environment by reducing soil fertility, increasing pesticide use and resistance, and affecting the balance of ecosystems. For example, GMO cotton has been shown to have negative effects on non-target organisms, such as bees and butterflies. Furthermore, GMO crops have also contributed to deforestation, land degradation, and water pollution.

Therefore, GMOs are not a sustainable solution for agriculture and food security in Mexico. Instead, they are a threat to the country's rich biodiversity, cultural heritage, and public health. Mexico should ban GMOs and protect its native seeds and farmers from biotechnology corporations that seek to monopolize the food system.

The U.S. and Mexico are locked in a trade dispute over genetically modified (GM) corn, a staple crop for both countries. The conflict stems from a presidential decree issued by Mexico in late 2020, which aims to ban GM corn for human consumption and phase out its use as animal feed by 2024. The decree also seeks to end the use of glyphosate, a herbicide commonly used with GM crops.

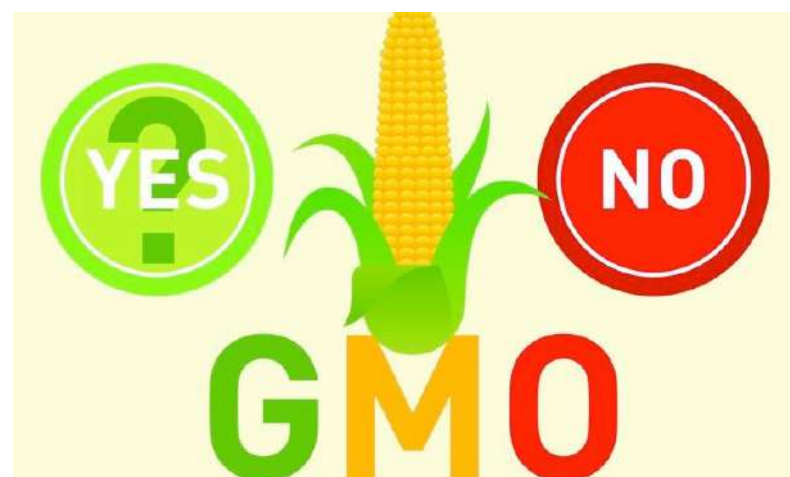
The U.S., which is the largest exporter of GM corn to Mexico, has objected to the decree, claiming that it violates the U.S.-Mexico-Canada Agreement (USMCA), a free trade pact that took effect in 2020. The U.S. argues that Mexico's measures are not based on science and undermine the market access it agreed to provide under the USMCA. The U.S. also says that the ban would hurt American farmers, who rely on

biotechnology to increase their productivity and resilience to climate change.

On the other hand, Mexico says that its policy is consistent with its trade obligations and constitutional right to protect its biodiversity, food security, and public health. Mexico claims that GM corn poses potential health and environmental risks, especially for its native varieties of corn, which are considered part of its cultural heritage. Mexico also says that it has requested scientific cooperation from the U.S. to study the impacts of GM corn, but that the U.S. has denied the request.

The dispute has escalated in recent months, as the U.S. has formally requested a dispute settlement panel under the USMCA to resolve the issue. The panel of experts will have about six months to examine the case and issue a ruling. If Mexico is found to have breached the USMCA and fails to comply with the panel's directives, the U.S. could impose retaliatory tariffs on Mexican goods, sparking a possible trade war between the two neighbors.

TYT Newsroom



Javier Álvarez Fuentes

(Mexico City, May 8, 1956 - Mérida, May 23, 2023)

Who excelled as a composer, professor, and clarinetist, also specialized in concert music, electroacoustic, dance and film music.



Javier Álvarez did his first musical studies in clarinet and composition at the National Conservatory of Music. In 1981, he obtained a master's degree in Theory and Composition at the University of Wisconsin, USA, and then a doctorate sponsored by the Felix Mendelssohn and Ralph Vaughn Williams Foundations at City University in London, England.

Álvarez Fuentes founded the Bachelor of Musical Arts degree at the Escuela Superior de Artes del Estado de Yucatán, which he directed until 2007, and since 2018 was its general director, until becoming its first Dean after the achievement of converting the school into the Universidad de las Artes de Yucatán (UNAY).

He served as a visiting professor at the Paris Conservatory, the City University of London, the University of Lanús in Argentina, and Western Michigan University.

From 1989 to 1990 he was president of the Sonic Arts Network and the Electroacoustic Music Society of Great Britain. In 2005 he was elected honorary member of the Mexican Academy of Arts. From 2007 to 2011 he was rector of the Conservatorio de las Rosas. From 2008 to 2009 he was artistic director of the International Forum of New Music.

In 2000 Álvarez Fuentes received the Mozart Medal, Chapter of Excellence, from the Austrian Embassy in Mexico. In 2012 he was nominated for the Grammy Awards. In 2013 he was one of the winners of the National Prize of Sciences and Arts in the area of Fine Arts awarded by the Ministry of Public Education.

Álvarez's most famous piece is perhaps Metro Chabacano, performed by many orchestras and chamber groups around the world. The composer was surprised by the resonance and recognition this piece obtained. He later composed Metro Nativitas and Metro Taxqueña in Mexico City.

As part of the program for this season of the Yucatán Symphony Orchestra, some pieces written by Maestro Javier Alvarez will be included. At Palacio de Música, Friday, September 29, 8:00 p.m.; and Sunday, October 1, at 12 noon, some of the works of the late director of the Yucatán Higher School of Art: ESAY will be performed.

Under the baton of Artistic Director José Areán, and with the distinguished participation of soloist Fernando Domínguez, the Yucatán Symphony Orchestra will perform the following pieces originally composed by Maestro Javier Alvarez:

- Metro Chabacano by Javier Alvarez.
- Vendedor de Ilusiones (Seller of Illusions) - Clarinet Concerto - by Javier Alvarez.
- Hormiga renca de paso corto (Lame Ant with short stride) by Javier and Tobías Alvarez.
- De Aquí a la Veleta (From Here to the Weather Vane) by Javier Alvarez.



Scan this QR code
to get your tickets!

Medicinal uses of corn in Mexico

Mexican corn is not only a staple food in the country's diet but also has a long history of medicinal use in indigenous and traditional Mexican culture.



It has been used to treat digestive problems such as diarrhea and indigestion, thanks to its astringent properties and its high fiber content. Likewise, corn silk has been used to treat minor wounds and cuts, due to its antimicrobial and anti-inflammatory properties that help prevent infections and promote healing.

In addition, the consumption of purple corn, which is rich in anthocyanins, can help regulate blood sugar levels and improve control of type 2 diabetes. Purple and blue corn is also an important source of antioxidants that protect cells from oxidative damage and reduce the risk of chronic diseases.

On the other hand, Atole, prepared with corn dough, has been traditionally used as a home remedy to relieve stress and insomnia, thanks to its relaxation effect that improves sleep. In addition, corn is a source of vitamin C, essential for strengthening the immune system and preventing disease.

Although Mexican corn has these potential medicinal uses, it is important to remember that it should not replace professional medical care, and it is always recommended to consult a health professional before using any natural remedy for medicinal purposes, as a complement to proper medical treatment.

In addition to its medicinal properties, corn also plays an important role in food security and land sustainability. Indigenous varieties of corn, such as "Criollo", are resistant to adverse climatic conditions and pests, which contributes to the resilience of local agricultural systems.

Conserving and promoting the diversity of Mexican corn not only benefits human health but also protects biodiversity and preserves Mexico's ancestral agricultural culture.

TYT Newsroom



Dr. Javier Cámara Patrón

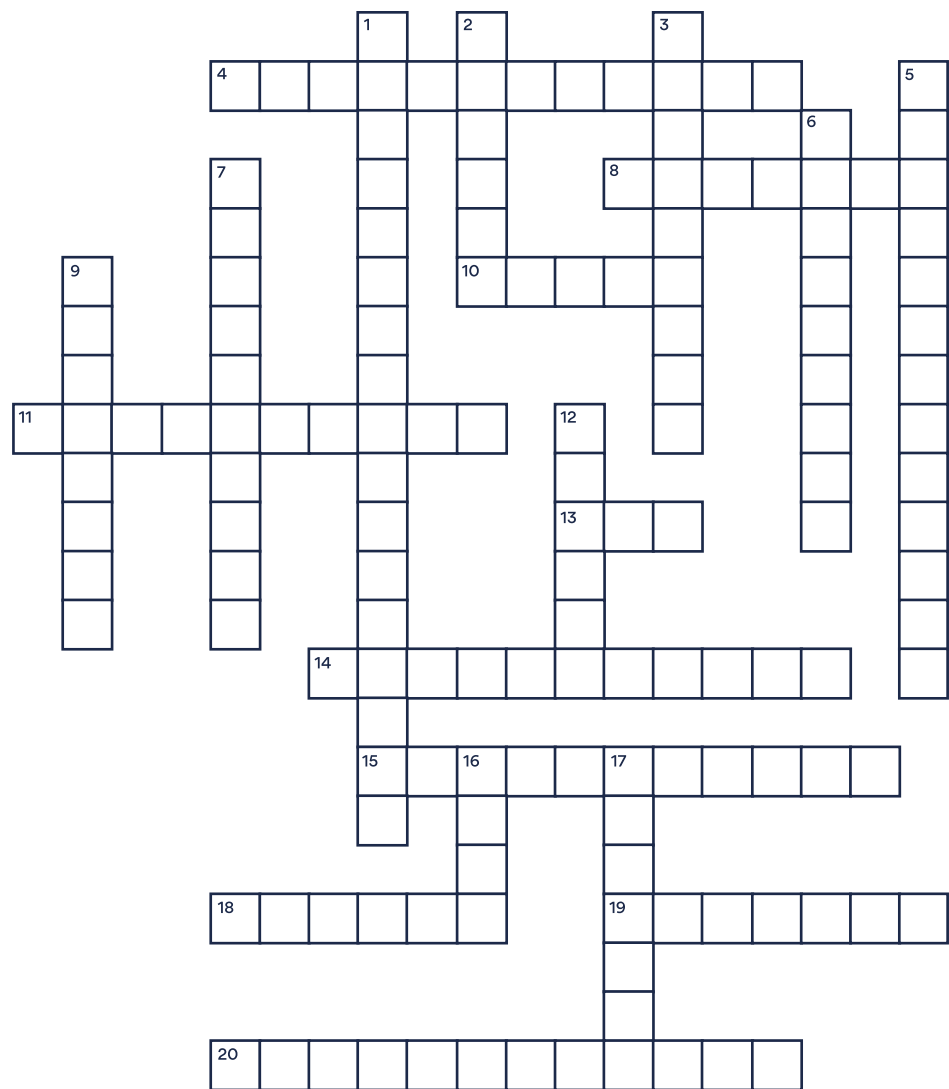
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Crossword



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.

Word Puzzle

Y	O	U	A	Í	U	Á	Ñ	C	X	X	O	N	Q	D
B	I	W	S	T	G	K	N	F	X	Y	I	H	G	I
Q	R	C	O	M	E	R	I	D	A	U	Ú	V	M	X
G	A	P	G	U	Ú	N	P	R	X	U	N	P	S	B
I	N	L	V	Í	É	X	P	M	E	R	C	A	D	O
O	E	A	U	R	J	A	C	T	Á	K	Ú	C	S	H
G	T	Z	S	A	N	T	I	A	G	O	É	A	A	K
M	N	A	W	Ú	U	E	W	H	A	S	Ú	T	N	G
M	E	G	Y	Ó	B	Í	R	T	A	E	P	E	T	É
Á	C	R	Z	N	E	D	I	N	D	Ú	É	D	A	Ñ
B	E	A	V	Q	Z	M	T	K	D	A	Í	R	L	Ó
Y	I	N	I	E	R	A	Z	Q	D	L	P	A	U	O
X	Z	D	Y	E	A	S	T	É	X	P	Ñ	L	C	Ñ
J	E	E	C	N	U	Í	Ñ	A	M	B	F	T	Í	J
Z	Ú	M	A	É	N	T	Ú	Q	V	J	É	N	A	I

Merida, Catedral, Santa Ana, Santiago, Ermita, Plaza Grande, Centenario, Mercado, Santa Lucía.

Sudoku

5		1				2		
6		4	5	2	8	9	7	1
	7			9		3	5	6
	1	9	8	5			3	
	2	3	9		6			5
	6	5		3	1			2
9	8	7		4	5	1	6	3
1	5		3	8		4	2	9
	4	2			9		8	

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