



Free

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FOLK ART From OAXACA The newest obsession of collectors



Carved wood tiger by Manuel Jimenez of Arrazola, Oaxaca.

The diversity of Oaxacan folk art is enormous, with so many different cultures and with millions of artisans working their various crafts. There are exotic and colorful wool rugs from Teotitlan del Valle and Tlaxiaco; shiny figures of tin brightly colored from Xochimilco. Carved wood animals from Arrazola (a 20 minutes ride from the city) and splendid pottery—a world of ceramics glazed and unglazed, useful and decorative, huge and tiny multicolored and jet black. The craft tradition in Mexico is as historic as it is diverse. Before the Cortes conquest in 1519, native Indians used a wide variety of materials to produce objects for every day use as well as for religious celebrations. These were usually sold, as they are today, in large central market-places.

After the conquest, some crafts, like featherwork were lost. Others were either debased or enhanced by European influences, new manufacturing processes and shifting market demands. Often practical items became less utilitarian and more decorative.

Today crafts are neither completely Indian nor foreign. Each piece is unique to its time and place, materials available today may not be tomorrow.

Oaxaca one of the richest areas for folk art and one of Mexico's most pleasant destinations. A popular diversion there is visiting folk artists at their homes.

Go to Atzompa you can visit the pottery studio of the Blanco family Teodora Blanco was justly famous for wonderfully imaginative, unglazed earthenware. The human figures intricately decorated with applied vines, flowers, leaves and animal heads. Many in her family still carry on her tradition.

Stop at Arrazola to visit the master family of animal wood carvers headed by Manuel Jimenez. His is a sophisticated workshop and his textiles and metal work are also major crafts. Why not visit the Aragon house and see why their knives are so famous? Their shop is on J.P. Garcia St. And also go and see how the weavers from Teotitlan del Valle collect from the cactus plants the "Cochinilla" a little animal that they use for coloring. Serape and rug production in Teotitlan first began to rise 20 years ago, when to Mexico attended the 1968 Olympic games. Many of those who discovered the town have returned for purchases of up to \$ 5,000 dollars in rugs at one time.

The artists of Teotitlan buy the wool from campesinos, who cut and washes in the river. Then one of the sons or daughters brushes the wool in a manner similar to



brushing a pet poodle. Then the wool is dyed. Cochinilla is boiled in water over a hot wood fire for two hours before the dead insects emit enough of the rich orange-red coloring. The wool will soak in the pot for 15 days. The same length of time necessary to dye wool blue from the indigo plant or from the fruit of zarzamora, the blackberry bush. Material dyed other colors must soak in water at least a wk. A number of the weavers have now turned to synthetic coloring when natural dyes are unavailable or to give the material a desired luster.

For the best embroidery dresses look for doña Rosa Sanchez in San Antonino Ocotlan, Morelos St. 42

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GOT SICK ANYWAY....



"Traveler's diarrhea" as the medical community now calls this ailment, is almost impossible to avoid. If you stay in Mexico long enough, you'll probably experience another case when you return home. Consider it a natural side effect of travel like a hangover after a night on the town.

Because doctors now recognize that traveler's diarrhea is inevitable, even "natural" they have begun to change their approach to treatment. Strangely enough, the change has been toward remedies that sound suspiciously like those used by natural healers. First, do not take anything that will stop bowel movement. The body needs to flush out, not plug up. This eliminates the use of Enteroc-Vioformo, Kaopectate and other classic diarrhea medicines. Using them will only prolong the problem and may even aggravate it, by forcing the body to delay healing. The greatest danger with diarrhea is dehydration, especially in kids. The following drink is recommended:

Put eight ounces of fruit juice in a glass, add half a teaspoon of honey or sugar and a pinch of salt. In another glass mix eight ounces of water (can use mineral or carbonated) and one quarter teaspoon of baking soda. Drink them down, alternating sips from one glass to the other. An adult should take several doses a day and a child at least four. Avoid Coffee, black tea, alcohol, chilies, black pepper, raw fruit, anything greasy, spicy or extremely hot or cold. Rest and relax

it will go away. A normal case of diarrhea is often more severe than a person expects: Cramps, nausea, vomiting, chills and fever, as high as 103 F. It lasts from one to three days and may end suddenly, leaving you weak but happy. Don't resort to antibiotics or liquid cork" until you've given yourself enough time for normal recovery.

FOOD POISONING, The symptoms are similar to diarrhea, but usually come on much faster and more severe. Food poisoning also tends to end quickly, a common variety lasts only about 12 hours. Use the same treatment as for diarrhea.

For all internal ailments drink

plenty of liquids. The Oaxacan classic is Ixtafiate. It really works. Add a little bit of the herb to one cup of boiling water, let it boil for two minutes. Drink it every morning before breakfast. It will help a lot!

What if you are in a situation that makes immediate relief necessary? Carry a few ounces of Paregorico or Lomotil tablets. Both contain opium and will stop uncontrollable diarrhea.



Useful tips

If you would like to get some of the 'ixtafiate' tee go to the natural products stores they usually have it. If you get it fresh from the market, let the rest dry out and keep it in a glass container so you can drink a cup every morning. One of the natural products store is located on the 9th St. of Hidalgo and another one on the 3rd St. of V. Guerrero.

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CAN A TOURIST OWN LAND ?

A tourist cannot own a land in Mexico, but any foreigner who meets certain immigration requirements can own land outside of the prohibited zone. (Within 50 kilometers of any coast and 100 kilometers of borders.) because immigration is a major undertaking, the government has made it possible for tourists to acquire land trusts. Under the law to promote investments and regulate foreign investment, tourists can acquire land both in and outside the prohibited zone. The trust lasts for 20 years and is an agreement between the seller, the bank and the beneficiary (the buyer). The tourist can use the land, improve it, rent it and transfer or sell the rights to it. It can also be passed on in a will.

There are some restrictions, but the most important involves ejido land (cooperatives established by the government). Members of ejidos do not own their land and may not sell it, though they often make deals with tourists. These arrangements are not legal and provide no protection. In spite of this, foreigners often rent or lease ejido property and build houses. This type of deal is only as good as the minimize the risk by keeping your investment low.

Tourists are frequently overwhelmed by Mexico and suddenly decide to buy a house, condominium or land. The price seems good, the people and the climate agreeable and the style of living attractive, if not irresistible. Many of these impulses, however, are regretted later. Don't rush into anything. If you think you'd like to buy a place, try living there first. Rent a house and wait a minimum of six months before making a final decision. You might well find that the easy life is dull, or that familiar faces and surroundings are too important to do without.

Luis Jose

One of the youngest stars on the horizon of Oaxaca is Luis Jose Ramirez. Bold and vivid colors sweeping and abstract designs, and a variety of textures give Jose's canvases an exiting appeal that is totally original.

Art has been as much a part of Jose's formative years. Born in the city of Oaxaca on one of the most traditional barrios of our city. He attended schools in Oaxaca, National University of Mexico City, School of Art in Warfaw and also Poland. His genius was probably first recognized by his first Art teachers of the University of Oaxaca because they were the ones that encourage Jose to continue with his studies. Honorably discharged in 1986 from The school of Art of Poland and after 7 individual exhibitions all over Europe and 15 in group throughout France, Berlin Athens, and Warfaw Ramirez came back to Oaxaca where right now he is getting ready for his number eight one -man show which it will be in the month of november.

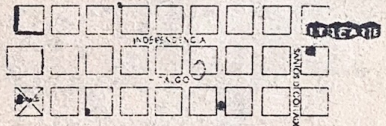


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