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What's in a Name?

CULTURE

Let me get this straight. Your father is Carlos Nava Sánchez, your mother was Verónica Castro Rivera, but is now Verónica Castro de Nava, and you are Sergio Nava Castro. And you are all from the same family?

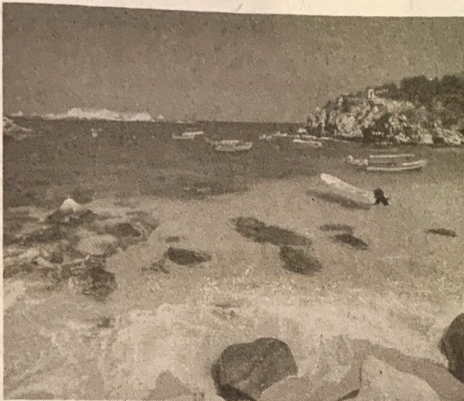
In the Spanish-speaking world, a person's second name distinguishes him/her from others with similar names, as does the English middle name. The Spanish Christian name (English middle name) is also used for this purpose among family and friends. In Mexico this two-name system is important because the country was settled almost exclusively by Spaniards who brought with them a handful of last names. Those that settled and stayed in Mexico sent home for additional family members and relatives. Eventually, the last name of this group of settlers became

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Paradise Revisited

TRAVEL

Huatulco, a series of nine picturesque bays—Conejos, Tangolunda, Chahue, Santa Cruz, Maquey, Organo, Cacaluta, Chacahua and San Agustín—has been designated “the next Cancún.” Yet, to date only two of the bays, Tangolunda and Santa Cruz, have been developed. This means that on the other side of the luxurious hotels of Tangolunda and past the small-town atmosphere of Santa Cruz lie beautiful beaches with only minimal “development.”



A view of Huatulco Bay

Recent archaeological excavations have unearthed relics of the ancient cultures that once inhabited the area. Remains of ceramic artifacts from the *Chontales* (an indigenous group native to southern Mexico) carbon-date back to as early as 1000-1200 A.D.

The name Huatulco is derived from the Zapotec word *Cuauhxocho* which means “the tree upon which the

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Help Build a Children's Hospital

COMMUNITY

Oaxaca is a wonderful place to visit. Unfortunately, there is much poverty and many destitute children living, working, and dying here. In January of 1996, a project to build a children's Hospital in Santa María, Coyotepec, began. Sadly, construction has been slowed due to lack of funds.

A children's hospital is needed to help the indigenous community. Figures show as many as 50% of indigenous children born every year, die of gastrointestinal problems and mal-

nutrition. This is a problem that can be solved and the hospital is a major step in the process.

We at the Instituto de Comunicación y Cultura A.C. want to do something to help, and you can too. For each student who signs up for Spanish Language Classes, we will donate \$5.00 (US) to the project to help build the children's hospital that will benefit all Oaxaca's children.

The \$5.00 will be donated from our tuition rate schedules —no fine

print, gimmicks or exceptions...just great language classes and a genuine effort to help those in need. If you are not interested in Spanish Language Classes, but would like to make a donation, please contact:

Patronato del Hospital del Niño Oaxaqueño
Domicilio Matamoros #400
Oaxaca, Oax. C.P. 68000
Tel.: 919-51 or 468-08

Thank you for helping.



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FOOD

Chapulines: Dried and processed Grasshoppers seasoned with garlic, lemon, salt, and often chile powder.

Tlayudas: Gigantic hard-shell tortillas flavored with a bit of animal fat, cheese and salsa.

Memelas: Smaller versions of Tlayudas with a softer, corn shell.

Tortas: Mexican submarine sandwiches filled with a variety of meats and vegetables.

Quesadillas: Tortilla filled with a variety of goodies, not necessarily cheese. A great vegetarian meal.

Try Flor de calabaza (pumpkin blossom).
Tejate: A prehispanic drink made from corn dough, chocolate blossoms, water and mamey pits; available in most markets.

Tasajo: Flame broiled meat served with tortillas and salsa.

Oaxaca abounds with all sorts of enticing entrees and delicious temptations. To help you choose, the staff at Oaxaca Times have put together a list of some of Oaxaca's specialties that may tickle your tastebuds.

Tamales: Cornmeal dough wrapped in corn or banana leaves. Try: mole, rajas, dulce and frijol.

Aguas de sabor: Drinks made from various fruits and vegetables. Try: Horchata, Jamaica, Tamarindo, Guanabana, Chicozapote and Coco.

Empanadas: A large, folded tortilla stuffed with your choice of fillings.

Pozole: A delicious soup made from pork or chicken and corn.


Quesillo: (Queso Oaxaqueño): Oaxaca's famous string cheese.

Higaditos: Scrambled eggs with bits of chicken liver and tomatoes.

Chiles rellenos: Chiles filled with cheese, meat, spices and covered with an egg and flour batter.

Chilaquiles: Dried tortilla chips smothered in green or red chile or bean sauce and covered in cheese and sometimes cream.

Entomatadas: Tortilla chips covered with a rich red tomato sauce.

Enfrijoladas: Tortilla chips drowned in spicy/hot, refried-bean sauce and covered with avocado leaves. 

What to do for Venomous Insect Bites

HEALTH

Spider Bites are common and rarely deadly. Although all spiders inject venom when they bite, few produce it in sufficient quantities to seriously injure or kill a human. Black widows and brown recluse spiders are the exceptions; their bites can be fatal if not treated in time. A tarantula bite is not in itself serious but, as with any bite, it can introduce bacteria into the body.

Because most spiders look similar to the untrained eye, it is better to attend to a bite than to try to identify the type of spider that bit you. If a bite becomes very painful, red or swollen, assume that it may be dangerous. Do not wait for evidence of poisoning.

For the most part insect bites and stings are just an annoyance, but some insects inject painful poisons, cause allergic reactions, or transmit disease. Treatment depends on the insect and on individual reactions.

If sweating, nausea, vomiting, muscle cramps, pain in joints and muscles, chills, fever or difficulties in breathing develop, seek medical aid promptly. In the meantime, keep the bite below the level of the heart and apply ice or a cold compress to the bitten area.

A paste made of baking soda and water will help soothe the pain while help arrives. What ever happens, do not run or otherwise raise your heart rate, as this increases circulation and quickly spreads the poison through out the body.

Bees, Hornets & Wasp stings are, for the most part, dangerous only to those who are allergic to them. Multiple stings—from inadvertently disturbing a nest, for example—can make anyone ill. In case of the latter, get to a medical facility as soon as possible and have a physician clear you. If symptoms of illness appear, help will be close at hand. Symptoms of a poisonous bite are: swelling that spreads beyond the bite, difficulty in breathing, and faintness.

Remember, anyone who develops more than a local reaction to any insect bite should see a doctor. Such reactions include: wheezing, hives, abnormal swelling, and profuse sweating and fatigue not associated with heat or overexertion.

Those who are allergic to insects should carry an identification tag at all

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Hotels/Restorts

Continued From Page 5 (Insects)
 If a person is carrying an anti-venom kit, ask before injecting them with the anti-venom. Anti-venom kits should be a last resort as they, too, can cause fatal allergic reactions. In all susceptible bite cases, seek medical attention as soon as possible.

Home Remedies and Relief for Minor Bites are easy and quick to apply. Bee stings and Fire-ant bites are painful but not deadly. The possibility of infection does exist, however, and should be treated.

Honey bees are the only insect that leave the stinger in the wound. In cases of honey bee stings, the stinger needs to be removed as it continues to release poison and may cause infection. Do not pull the stinger out with a tweezers or your fingers. Squeezing only injects more poison into the wound. Scrape the stinger out with the blunt edge of a knife. Meat tenderizer, if applied quickly, will break down the toxins and stop the pain. Baking soda paste or calamine lotion will help ease pain, burning and itching.

For itches covering the entire body, baking soda can be added to the bath water: use 4 tablespoons per gallon of water. Remember to avoid scratching bites as this further opens the wound and increases the possibility of infection.

-Yolanda Caballero



The Weaving Tradition...



Learn to weave the traditional Oaxacan way from a Master Weaver from San Bartolo

Two-hour workshops are held throughout January (11am-1pm & 4pm-6pm) at:
 Instituto de Comunicación y Cultura A.C.
 307 Macadonio Alcalá Street
 Call 634-43 for further information.

SPANISH SPICES ENGLISH

Allspice: Pimienta gorda	Mint: menta
Almonds: Almendras	Molasses: Miel de sorgo
Anatto: Achiote	Mushrooms: Champiñones, hongos
Anise: Anís	Mustard: Mostaza
Basil: Albahaca, albahacar	Nutmeg: Nuez moscada
Bay leaves: Laurel	Olivas: Aceitunas
Black pepper: Pimienta negra	Onion: Cebolla
Capers: Alcaparrones	Onion salt: Sal de cebolla
Caraway seeds: Semillas de Alcaravea	Oregano: Orégano
Cashew: Marañón	Paprika: pimentón dulce
Celery salt: Sal de apio	Parsley: Perejil
Chili powder: Chile molido con especias	Poppy seed: Semilla de amapola
Chinese parsley: Cilantro	Rosemary: Romero
Cinnamon: Canela	Sage: Salvia
Cloves: Clavos de especia	Salt: Sal
Cocoa: Chocolate	Seasoned pepper: Pimienta condimentada
Coconut: Coco	Seasoned salt: Sal condimentada
Coriander seeds: Semillas de cilantro	Sesame seeds: Semillas de ajonjolí
Cumin seeds: Cominos	Soy sauce: Salsa soya
Curry powder: Polvo de curry	Sugar: Azúcar
Fennel: Hinojo	Sunflower seeds: Semillas de girasol
Garlic: Ajo	Thyme: Tomillo
Garlic salt: Sal de ajo	Tumeric: Cúrcuma
Ginger: Jengibre	Walnut: Nuez castellana, Nogal
Herbs: Hierbas, Yierbas	Watercress: Berro
Hibiscus: Jamaica	Wheat germ: Germén de trigo
Majoram: Mejorana	White pepper: pimienta blanca
Meat Tenderizer: Ablandador de carne	Worm seed: Epazote



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