

Onda Portadora is a retaken idea that we plan to do monthly to inform our membership and friends of noteworthy information that may be of interest to you and the community.

ONDA PORTADORA

INSTITUTO DE CULTURA HISPANICA DE CORPUS CHRISTI



FROM:
MEMBERS OF THE BOARD



Hoping all our members,
friends and families are safe
and healthy.

WHAT'S NEW?

- 01 *States re-opening*
- 02 *FACE MASKS*
- 03 *Social Distancing*

This has been a time of different feelings, some feel stressed, fatigued, exhausted, isolated. for others it has been a time to relax, to do what they haven't been able to do in some time; others see it as a time to reflect on life, god, earth, politics, economics, the virus itself, etc. Not everyone has the same experience or thought, we are all in this but we don't see it the same way. Some people cope better, some don't cope at all, some think this is almost over, others think when is this going to end, and many just don't seem to care about the virus and what it has done to us, positive or negative.

I have thought on what lies ahead for us, and what this different time in my life means, I feel like I'm on a roller coaster that doesn't end, overcoming obstacles, wearing a mask every time I go out, learning something new, social distancing is tough but it hasn't been the hardest thing to manage as i know very few people in this city.

The most important thoughts that have gone through my mind as a mother-pediatrician- immunologist is the misinformation about the virus, the under statements, the anti Vaxxers, people not following CDC guidelines and the re-opening of the country even though the virus hasn't been "controlled".



#stopthespread

MAY 2020

I would like to talk a little further about face masks because as of now other than staying home it has been demonstrated that masks help prevent the spread of coronavirus disease 2019 (COVID-19). Face masks combined with other preventive measures, such as frequent hand-washing and social distancing, help slow the spread of the disease and flattening the curve.

Why weren't face masks recommended at the beginning of the pandemic? At that time, experts didn't know the extent to which people with COVID-19 could spread the virus before symptoms appeared. and they didn't know that some people have COVID-19 but are asymptomatic. these two groups can unknowingly spread the virus to others.



These discoveries made the U.S. Centers for Disease Control and Prevention (CDC) change the approach about- face on face masks. The CDC updated its guidelines in APRIL to recommend widespread use of simple cloth face coverings to help prevent transmission of COVID-19 by people who have the virus but don't know it.

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

So if you can't stay home please use a face mask, don't be that person that doesn't care if others get sick,

Olga Velasquez



AMATE

The People of the States of Oaxaca and Guerrero are spiritually profound and very fond of keeping their traditions and craftsmanship. The paintings on "Amate" paper are a very popular sample of their artistic expression. It is extracted from the Ficus tree, soaked and straightened manually with a stone, obtaining through this method a very thick, texture with an uneven cut. They generally depict daily activities and real or fictitious nature sceneries or animals, using non-chemical inks for intense brightness.

In their depictions, they usually revere the sky with wonderful portrayals of the sun, moon, stars, clouds and mountains, which are most important for them. The coarse, textured paper adds a robust feeling and interesting variations in surface and color.



LEGEND OF THE CIRCLE OF FRIENDS

The Circle of Friends is a candle holder with a legend still shrouded in great mystery. It is said that when you give the candle holder to a friend, that it will solidify your bond with that person for the rest of your lives. The interlocked arms of the figures are meant to be symbolic of the bond shared between close friends.

Mayan Indian legend is where the Circle of Friends story originates. The legend says that at the end of the evening, friends would gather around a bonfire and share their hearts and speak of the good qualities of one another and remember times shared. As the embers faded, their friendship was said to be sealed anew, bringing them closer together.

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