



ManzanilloSun.com

# ManzanilloSUN

April 2017

coastal Mexico's lifestyle magazine

Manzanillo's iconic sailfish  
*by Ken Waldie*

Colours of Mexico  
Nature's Wonders  
Finance  
Mighty Nature  
History and Mythology  
At the Movies  
Technology  
RV Travel  
Good Deeds  
Path to Citizenship





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To send submissions for possible inclusion in the magazine, please send to the editor by 15th of each month. We are always looking for writers or ideas on what you would like us to see as topics for the magazine.

Article submissions:

- Preferred subjects are Manzanillo and Mexico
- All articles should be 1000 words or less or may be serialized or 500-750 words if accompanied by photos
- Pictures are welcome
- Comments, letters to the editor, articles, photos and advertisements are always welcome

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## El Tortugario - Another great Colima day trip

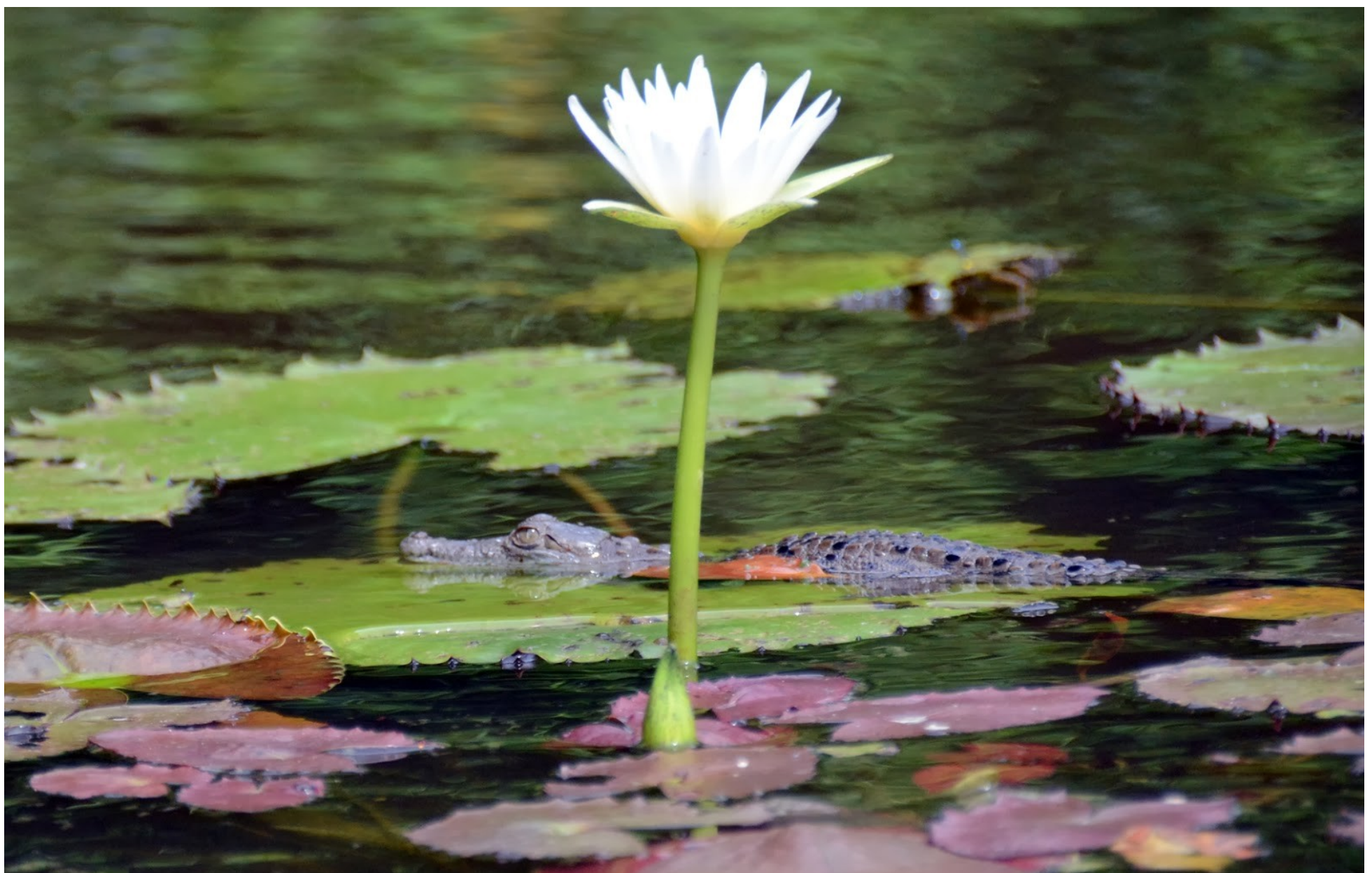
by Suzanne A. Marshall  
with photos by Suzanne A. Marshall

It's family visiting season and we delight in the abundance of interesting tour options in the Manzanillo area. Today we are slated to take a 40 minute drive down the coast to Cuyutlán where we will view the turtle sanctuary and see much more than we were actually expecting!



Baby turtles in the tank

El Tortugario is situated down a dusty road from the Cuyutlán beach zone. It is operated as a non-profit eco-conservatory. Judging by the slightly bumpy and well-used road, they have had many tour buses from the resorts or travel companies, as well as carloads of tourists or locals such as us.



Baby croc hides behind the lily

(Continued on page 2)



(El Tortugario - Continued from page 1)

There is ample parking in their lot and, once through the gate, you are received by a small shop where you pay a nominal entrance fee and sanctuary information is available. As you proceed outside, and follow the walkways, you will find large holding tanks with various large turtles swimming about. They are an awesome sight, to be sure!



Heading for the ocean out of pure instinct

The facility also hosts an open shaded shelter where a tour guide was giving a lecture to a large group of people whom we presumed had arrived on the bus. There are also large clean bathroom facilities there, so visitors have no need to worry about anything and can stay and explore as long as they like. And explore we did!



Mama turtle arriving to lay her eggs

Our timing was excellent that day as we were told that they would be releasing a number of baby turtles to the sea and we were invited to participate. Along with a number of other visitors, we followed our host to a hatching area complete with various sheds and equipment. It almost looked like a backyard

vegetable garden where a section of tilled soil and sand was laid out in long rows under shelter of basic frames and nettings. I presume this was to keep the birds and insects away from newly hatching baby turtles.

Along each row were pails turned upside down all along the rows. Underneath were the buried turtle eggs that had been carefully moved there to protect them and allow the staff to assist them out to sea and hopefully better chances of survival. Generally a mature turtle will lay approximately 300 eggs of which 90% will hatch given nature's predators and vulnerabilities. The incubation period for the eggs is an estimated 8 to 10 weeks.



As we gathered round, a worker presented a pail of beautiful baby turtle hatchlings. We were allowed to pick them up and carefully examine them as we held them in the palms of our hands. Next, we walked a little further out to the beach and everyone set their baby turtle on the sand and watched as they instinctively started racing straight ahead for the open sea.



Turtle and her eggs

The event had the qualities of a competitive race as each person cheered their turtle on and they were all eventually swooped up by the surf and carried off to sea. We found the experience very exhilarating and touching since we are aware that survival for these little guys is not a large percentage. The survival rate is only 15% and of these just one will reach sexual maturity in the deep sea.

(Continued on page 3)



(El Tortugario - Continued from page 2)

Next we headed for a trek down a boardwalk through the trees and headed out to the lagoon area where we hoped to take a boat ride through the mangroves. On our way, it was delightful to see the natural setting, mostly untouched by human hands. We viewed small lizards, birds and even spotted a big, dark lumpy termite nest up in the crook of a tree limb.



Boardwalk to the lagoon

At the end of the boardwalk, we were greeted by a sanctuary guide who helped us into the big, flat-bottomed skiff complete with some spare sun hats if we needed them. Our skiff held about 10 people as we slowly left the dock and began our smooth journey out of the tunnel of trees and into the wide open lagoon.



Brown pelican in the mangroves

The expanse of the lagoon was surprising for me as I had not realized the size of the area. It was so refreshing to move along the water with the wafting breezes and the spectacular vista. In the surrounding shoreline trees, large white egrets and herons perched while hawks could be seen floating on the air currents above.



Mangrove lagoon

Though the waters are brackish or a combination of fresh water and sea water, there were water lilies floating on the surface and some were displaying their beautiful flowers. As we moved along, we also spotted fish swimming under the surface of the water, their scales reflecting from the strong sunlight through the water. I cannot describe the peace that one feels in such a place with the sounds and smells of nature all around. It's definitely an experience to be had.

As we crossed the lagoon, we headed straight for the shoreline and our guide, who had been busy showing us all the wildlife we might have missed, announced we were entering the mangrove channels. And suddenly, we were lost in another world.

As the boat slowed we were completely engulfed in an other-worldly fantasy. At least it felt that way to me! All along the channel and above us the gnarled, bleached branches and foliage of the mangroves sheltered us from the sunlight while allowing just enough light through to view its hidden secrets.

Sometimes a few of us found ourselves ducking our heads to avoid the odd drooping branch. As we slowly cruised the channel, our guide was able to spot numerous animals that were so well camouflaged we really had to concentrate to find them. There were small tree snakes, lizards and even a couple of

(Continued on page 4)



(El Tortugario - Continued from page 3)

small crocodiles. If I was excited by this journey, you should have seen our family who described it as the best vacation day trip they had ever experienced. It makes you feel good to be able to show them something new and different and non-existent in Canada.



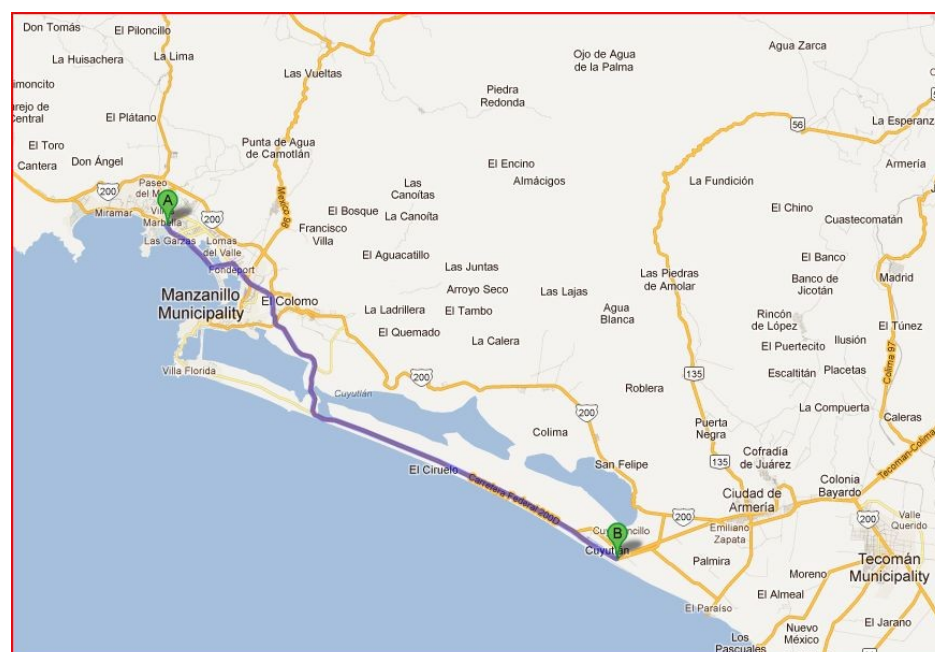
Eventually, the channel brought us around to an exit back to the vast lagoon and we found ourselves heading back to the dock area feeling exhilarated and satisfied by our brand new experience.



Cuyutlán restaurants

After leaving the sanctuary, we headed back down the dusty road to the beach area in Cuyutlán just a few minutes away. Our adventure had given us an appetite and we knew there were some great little restaurants and beach vendors to explore. We found ourselves a nice local taco stand and ate with gusto, so to speak.

Then of course it was souvenir shop time for the girls while the men rolled their eyes and patiently waited. Cuyutlán is a major beach area during high holidays for local people from Guadalajara as it is a vast expanse of volcanic black sand and, in springtime, home to the giant green surf known as Ola Verde. But that's another story.



Map to Cuyutlán from Manzanillo



Turtle tanks



Volcanic black sand beaches

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by Tommy Clarkson

## Bat Flower, *Tecca chantrieri*

Family: *Dioscoreaceae*

Also known as: Bat Plant, Cat's Whiskers, Devil Flower, Black Bat Flower, Bat Head Lily, Devil's Tongue, Black Tacca, Jews Beard or Voodoo Flower

This distinctive flowering plant is native to Myanmar (*Burma to us old-timers*) and Thailand (*Siam to the really old-timers*). By way of the simplest description, the Bat Flower blooms on a stem from the plant's center in a cluster of purple flowers. But these have not the appearance of a young child's basic, simple-petaled posies!

In actuality, dependent upon the stage of flower maturation, with its wing-like bracts spread out, they can look like a bat in full flight or, with bracts unfurled, reminiscent of a bat at rest, hanging upside down! (*Pre-description and explanation, I actually had a garden visitor bend down to take a close look, register facial shock, shriek, and jump back with heart racing a mile a minute!*)

But knowing of, and anticipating, its attractiveness, don't rush forward with expectations of a fragrant scent matching its unique appearance. The flora—like that of the Star Fish Flower—emanates a not so pleasant odor, similar in smell to that of rotting meat, which attracts flies and hence helps in the pollination process. *Pretty tricky this flower!*

The Bat Flower is one of ten species in the *Teccaceae* genus of tuberous perennial herbs. They come from Southeast Asia—like

our subject plant – including Malaysia, Australia, Africa and South America.



Bat? Sorta' depends upon you angle of view and perspective!  
But at least one of my guests thought so

The *Tecca chantrieri* plant, itself, may only grow to between twenty-four to thirty inches (60.96-76.20 cm) in size. Its large ten- to twenty-two inch (25.40-55.88 cm) long, glossy, dark-green leaves are basal (this simply means that they originate at the plant's base) and lanceolate to oblong in shape.

But those blooms can be as much as a foot (30.48 cm) across with its long whisker-shaped appendages reaching another twenty-eight (71.12 cm) inches. They bloom, primarily, during the warmer season after they reach two to three years of age. These intriguing flowers generally begin after the plant has produced two to three full-size leaves.

The black to purplish-white flowers - for which it was named – have numerous long filamentous bracts . . . this latter word, you

(Continued on page 6)



(Bat Flower — Continued from page 5)

may recall, being a modified leaf affixed below the flower. (The White Bat Flower [*Tacca integrifolia*] has - well, duh - white "wings.") Both have six-ribbed, berry-shaped fruit which are approximately five-eighths of an inch to one and five-eighth inches (1.59-4.13 cm) in size.



But it does make a rather startling statement

If you are pot inclined—no, *I meant that as to in what you grow your Bat Flower*—they prefer a somewhat wide, shallow pot with soil as described below or, if you want to get fancy, a mix of approximately 50% pine bark, 40% peat moss, and 10% sand. The Bat Flower should be only grown outside, in the ground, if one lives in the tropics or sub-tropics—so you can easily guess where ours is permanently located!

Out of doors, they like good air circulation and roots planted in moist, composty soil that is well-draining in partial shade—but protect them from heavy rain. Should you wish to expand your family of Bat Flowers, you may do so by root division or seeds . . . the former is usually much easier!

The Bat Flower wants its soil consistently moist. (Inside, simply place a saucer underneath.) If you've the time, feeding it a water soluble orchid fertilizer bi-weekly would be appreciated . . . or employ a slow release fertilizer at intervals as directed on its package. Inasmuch as they prefer a humid climate, misting may be a recurring task when watering—particularly inside. If grown in a pot, move to a larger one when it becomes root-bound. Do so in the spring, following flowering, before new growth emerges. During this repotting, divisions can be removed to start new plants while the older rhizomes may be trimmed of

leaves and roots and placed back into their original pot homes. Generally pest and disease free, I have read that it can be subject to Black Spot fungal disease.



And the leaves are rather interesting as well

Yes, these blooms are amazing but they do not make good cut flowers for interior arrangements as they wither fast and die. Similarly, let their old flowers fully die back before removal. Keep in mind that *Tacca chantrieri* are evergreen plants, however they (*like me*) have need of a rest period. During their dormancy, they'll retain their leaves but will simply stop growing.

*Now that's all pretty simple, right?*

Get your copy of The Civilized Jungle: Tropical Plants Facts & Fun From Ola Brisa Gardens (Volume 1) Paperback – December 2, 2016 on [Amazon!](https://www.amazon.com)

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## The Many Flavors of IRAs: Which Is for you?

by Yann Kostic

Americans expats hear a lot these days about the importance of saving for retirement, but what is equally important is how to manage their IRA's once they have retired. Individual retirement accounts (IRAs) and 401(k) are one way to build a nest egg, but the variety of these investments can be confusing, and you may need your advisor's help to select the one that is right for you, especially if you reside overseas. For example:

With a traditional IRA, you contribute pretax money, and it grows tax-deferred; you do not pay taxes on it until you withdraw it, at which time it is taxed as ordinary income. However, after age seventy, you must stop contributing and start taking required minimum distributions (RMD).

On the other hand, with a Roth IRA, you contribute after-tax money. It still grows tax-deferred, and withdrawals are tax-free in retirement. Moreover, you do not have to take RMD's after you reach seventy.

With both traditional and Roth IRAs, you can contribute \$5,500 if you are under age 50, and \$6,500 if you are older than age 50. Generally, you would choose a traditional IRA if you think you will be in a lower tax bracket in retirement and a Roth IRA if you think you will be in a higher tax bracket.

The SEP IRA is available to individuals who are self-employed or operate a small business. As with the traditional IRA, you contribute pretax funds, and withdrawals are taxed as ordinary income. The difference: the annual contribution limit is much higher. In 2017, you can contribute up to 25% of your income, to a \$54,000 ceiling.

Also geared toward the self-employed and small-business owner is the SIMPLE IRA. You contribute pretax funds, and withdrawals are taxed as ordinary income, but the contribution limits are lower. They are \$12,500 if you are under age 50, and \$15,500 if you are 50 or older.

As a small-business owner, you can set up a SIMPLE IRA for your employees, who can elect to contribute. You'll match their contributions according to one of two formulas. And if you're self-employed with staff, you can contribute as both employer and employee.

When you retire overseas, you may also have different considerations and making changes to your IRA or 401(k) (such as consolidations and/or rollovers) become as imperative as they become delicate with important tax implications.

Yann Kostic, MBA and Tom Zachystal, CFP, are Presidents of their respective Assets Management firms, both US-Registered Investment Advisors (RIA). Tom is the San Francisco Financial Planners' Association President. Tom and Yann cater to US expats in Mexico and worldwide. Comments, questions or to request his newsletter, "News you can use" contact him at [yannk@atlantigrp.com](mailto:yannk@atlantigrp.com), in the US at (321) 574-1521 or in Mexico, (376) 106-1613.

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by Tommy Clarkson

## Princess Flower, *Tibouchina urvilleana*

Family: *Melastomataceae*

Also known as: Glory Bush, Glory Flower or Lasiandra

*Ok, you're correct. I should have recognized this Brazilian na- as a Princess Flower when I acquired it. But I didn't. (So beat me with a healthy handful of Heliconias!) Hence, with a bit of egg (or was that pollen) on my face, I had to be reminded of its identity by Hans Meyer - a botanically knowledgeable, and most enjoyable, recent visitor to our gardens!*

In his wonderful tome, *The Tropical Look*, Robert Lee Riffle correctly observed that, "*This is yet another wonderful genus of plants whose members are lamentably mostly absent in horticulture. The genus is rife with wondrous species of greatly varying character and should be much more widely exploited for gardens in the tropics and sub-tropics.*"

These beauties of the *Tibouchina* genus comprise between 250 and 350 tropical American species of shrubs and small trees. Relative to these, I've read that the genus is being evaluated by the botanical gurus (*whomever and wherever they are*) for possible combination of presently described alternative species. Yet, additional secondary research on my part divulged that no few of the various named members of this genus share the (other) common designation of Glory Bush.

In some older botanical reference books, this plant is called *T. semidecandra*. But today, that's merely a synonym – along with *T. grandiflora*. The Royal Horticultural Society describes these plants in a bit more refined and botanically cultured manner than do I: "*Tibouchina can be evergreen shrubs or herbaceous perennials, with simple, prominently veined leaves and saucer-shaped flowers with conspicuous stamens. T. urvilleana* (in particular) *is a lax evergreen shrub to 4 meters or more, with elliptic, softly hairy leaves with prominent longitudinal veins and rich violet-purple flowers 6-10cm across, with exserted, blackish stamens.*" (For other country hicks like me, "exserted" means "projecting beyond the surrounding parts". (Perchance, like my sadly tubby belly?)



Its fuzzy leaves are green to silvery-green with three to five midribs running through them

Her highness is seldom bothered by commoner plagues, pests, pestilence or diseases of the masses, is easy to raise to adulthood and requires but limited supervision and attention. (*That's my kind of plant!* However, even healthy specimens can experience transplant stress when first moved from their "store bought" containers to a permanent outdoor home. Don't you stress if they lose some leaves, become discolored and or cease to bloom for a bit. But, you can lessen their stress by providing ample water and some fertilizer at the time of transplanting.

Once your royal Princess Flower is happily ensconced in a location of full sun with protection from the wind, there are but three things to keep in mind: Proper drinks, grooming and din-

(Continued on page 9)



(Princess Flower — Continued from page 8)



Though still young, one easily may discern how beautiful it will become

Regarding the first, water thoroughly at least once a week keeping the soil around the plant moist, but not too wet, and heavily mulch its roots. As to that second need, following its blooming, remove dead, damaged, diseased limbs as well as those that grow toward the plant's center - trimmed as close as possible to the trunk. With its nice-looking cinnamon bark, you may wish to prune it into a shrub by removal of leggy growth, while some others prefer to cut the bottom branches off for a more tree-like appearance. Concerning its nutrients, fertilize each spring and after each blooming cycle. An organic acidic fertilizer – like those for azaleas and rhododendrons - is best.

Now for my plant description: With several pink to royal-purple of its five obovate-petaled flowers blooming throughout the year, this Brazilian native is a great addition to one's tropical garden. Fuzzy on both sides, its obvate (generally short-stemmed) leaves are green to silvery-green. These have three to five midribs running through their two to eight inches (5-20 cm) length. Sometimes these are tinged with red and lighter on the undersides. They adorn quadrangular, equally fuzzy, stems that potentially range in an ultimate height of eighteen to twenty feet (5.49-6.10 meters).



Basic, yet elegant five simple petals of royal purple!

These good looking plants draw bees, butterflies and birds. As a result, we employ ours as a specimen plant on our Transition Terrace. However, it can well suit the purpose and function of other folks as a hedge. The Princess Flower prefers moist, fertile – but well-draining – soil in a sunny locale. As to living conditions, a Mediterranean climate (similar to that of coastal Southern California) suits it just fine.

*A word of warning: Take care - like those jobless in-laws who, a couple of months ago, said they'd come for only the week-end - these guys can become invasive!*

For back issues of "Roots", gardening tips, tropical plant book reviews and videos of numerous, highly unique eco/adventure/nature tours, as well as memorable "Ultimate Experiences" such as Tropical Garden Brunches

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## Red Tides

by Terry Sovil

Saltwater is alive with microscopic life. See the photo of a single drop of sea water magnified 25 times. That will keep you on the beach! Most is harmless and forms the base of the food chain, food that ultimately all aquatic life depends on. Algae grows in balance with the ecosystem it is in, limited by the nutrients in the water. Sometimes certain species of algae can reproduce extremely fast and damage the area. Algae that "blooms" into dense patches near the surface are often called RED TIDES.



One Drop of Seawater Magnified 25x - by David Littschwager

Red Tide is a term that has been used for a long time but the newer term for an algal bloom associated with potentially harmful toxins is a "Harmful Algal Bloom" or HAB. One reason is that a HAB is not associated with tidal water movement and may not be red or any color at all.

A HAB can harm by producing toxins which can kill marine organisms, make shellfish inedible, foul the air with a nasty smell and sometimes cause skin irritations. HABs occur all over the world. Marine scientists from Texas A & M University report that in the past 15 years there have been more blooms reported than in the previous 50 years!

HAB creation could be influenced by rich runoff from land or a warming climate. HABs can do serious damage such as the devastation of Long Island, New York's scallop fishery and closure of shellfish beds. As the toxin moves up the food chain it can impact fish, overgrow on corals, close harbors or block

sunlight to seagrass and other critters. Larger forms of algae, such as seaweed, may grow out of control in areas with high runoff from land or sewage pollution.

Scientists are working to develop sensors that would detect three types of dangerous algae providing an early warning to a HAB. Forecasting systems can pull satellite images and information from weather buoys and form some estimates on how a HAB might spread.

People in Mexico are not strangers to HABs. See the map labeled "Areas in Mexico with Toxic HABs". The map shows areas that have experienced toxic HABs all around Mexico (Pacific, Sea of Cortez, Gulf of Mexico and Caribbean).

The map was prepared from data collected in over 100 reports from various researchers. Their reports were in various forms of media so it was studied and put into standard categories. One conclusion is that there are just a few cases where the toxins and the impact they had on the ecology and social and economic impacts were studied. Very little data is provided about the conditions that triggered the sudden HAB blooms along the Mexican coast. They found several times when studies from various researchers point to the same location. This doesn't mean that the same HAB bloom was reported repeatedly but that location was hit several times.

The events reported seem to say the Pacific Coast had more HAB events than the rest of Mexico (East side) combined. It could also simply indicate more research has been done on the Pacific side.



Red tide ribbon

(Continued on page 11)



(Red Tides — Continued from page 10)



Red tides - algal blooms

A recent study indicates the temperature and salinity of the water can help HABs grow. They found a temperature of 10-30C, 50-86 F, and salinity of 10-40 maximized growth rate up to .41 per day at a combination of 25C, 77 F, and salinity of 34. The optimum growth rate of >0.3 per day were with temperatures of 21 to 26C, 70 to 79F, and salinities from 30-36. They did not grow at temperatures less than 10C, 50F, and only grew at salinities >30 if the temperature was >15C, 59F. The normal salinity for sea water is around 35 parts per 1,000 or 35 ppk (parts per thousand).

So what does that mean to Manzanillo? Here's a table that puts us in the "good grower" area:

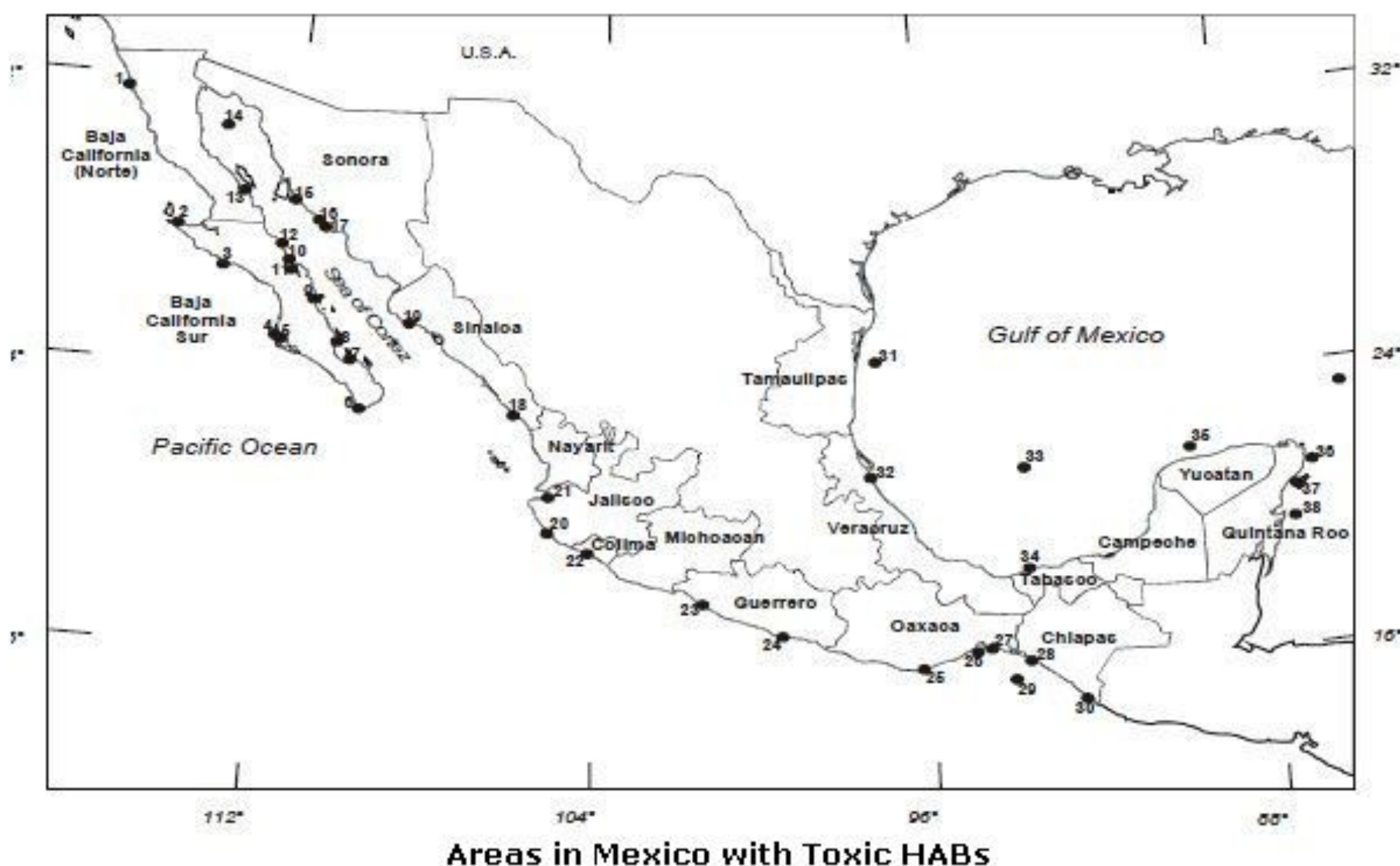
Location and year	Temperature (°C)	Salinity	Reference
Manzanillo Bay, Mexico, 1999-2000	25.5	34.5-34.7	Morales-Blake and Hernandez-Becerril (2001)

There is little danger to humans but swimming in a HAB can leave you, and your swimsuit or wetsuit, very smelly and dirty. It's much harder to clean up than normal. Visibility can be poor. If you have an open wound, abrasions with susceptible skin, eye and / or upper respiratory tract and ear problems you may want to avoid the water when a HAB is present. People who consume contaminated shellfish (mussels, clams, oysters and scallops) may contract one of four shellfish poisonings. They are: Paralytic Shellfish Poisoning (PSP), Amnesic Shellfish Poisoning (ASP) (rare), Diarrheal Shellfish Poisoning (DSP) and Neurotoxic Shellfish Poisoning (NSP).

So the biggest danger to people during a HAB is from eating shellfish that have absorbed the toxins from the water. If during a HAB where you have eaten shellfish you experience tingling in the lips, a numbness, abdominal pains and diarrhea you should seek medical help quickly. In Mexico, all cases of hospitalization and casualties due to Red Tides have been PSP-related. If you want more details on poisoning visit DAN (Divers Alert Network) here: <https://www.diversalertnetwork.org/health/hazardous-marine-life/red-tide-and-shellfish-poisonings>.

Know what you are eating!

you can reach Terry Sovil at [terry@manzanillosun.com](mailto:terry@manzanillosun.com)





## FOR RENT CONDO at the BEACH

Want to spend the winter in Manzanillo? We have the perfect condo for you.

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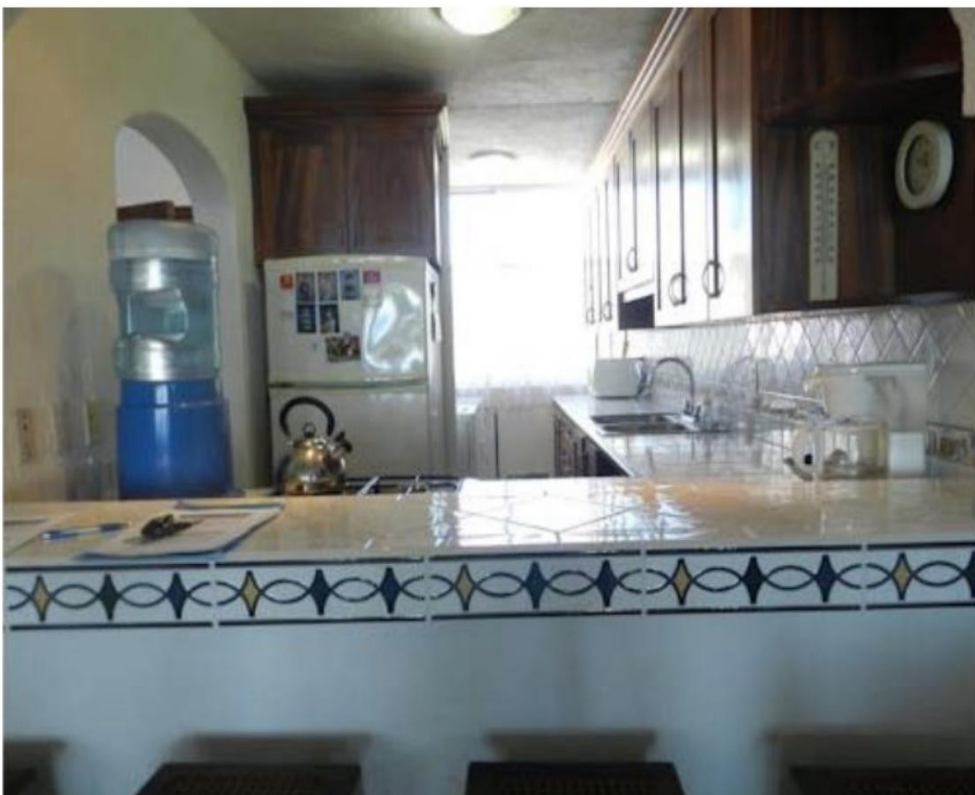
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Seeing is believing!





## La La Land

by Suzanne A. Marshall

Starring: Ryan Gosling, Emma Stone

Director: Damien Chazelle

*"Mia, an aspiring actress, serves lattes to movie stars in between auditions and Sebastian, a jazz musician, scrapes by playing cocktail party gigs in dingy bars, but as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart."*

Finally, a movie has been produced for those of us who loved the old romantic musicals of the forties and fifties. Hopefully this will spawn more of this wonderful genre for the younger set which leaves science fiction behind for a change, and gives us sheer joy and pleasure watching and listening to real people. The movie is delicious to look at and the original songs and movie score are memorable. I have been humming the melody for the song called City of Stars for weeks now (and so has my husband!). Ryan Gosling and Emma Stone are wonderful in their parts and it's no wonder they fell in love with each other. Not only can they act, but of course they must sing and dance their way through the story as well. Congratulations to the entire production crew, writer, director and musicians. It was wonderfully entertaining.

Here's an added tidbit about Ryan Gosling on the piano. "Ryan Gosling spent two hours a day, six days a week in piano lessons learning the music by heart. By the time filming had begun, Gosling was able to play all the piano sequences seen in the film without the use of a hand double or CGI."

The movie was nominated for a record 218 awards at the various film recognition venues (Oscars, Critics Choice, Golden Globe, Screen Actors Guild). Of these it won 176 including 6 Oscars.

The IMDB rating is 8.4/10 based on about 207,471 viewers.



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## Aztec Music

by Kirby Vickery

Happy spring time everyone. It is the time for nature's rebirth and the lands are full of life, music, color (or colour – depending), dance and happiness. One of the more flamboyant styles of celebration comes from the Mexican people. They say it's the 'Latin' influence in the culture. I say it goes further back than that. The 'oomph', 'oomph', of the Mexican country western music is tied in with the Germanic folk genre but the flash of the rest of it probably runs into the world of the ancient Olmecs. This fable exemplifies the duality the Aztec gods had. They were all both good and evil and male and female at the same time. This cute little story exemplifies this dualism in more than one way and there are several versions of it out there.

Although enemies from time to time, the Sky God, Tezcatlipoca, was out for a walk on a sunny beach one day with the god of wind, Quetzalcoatl. He asked Windy what he was up to and why he was late for their meeting and got the reply, "I am Quetzalcoatl, the mighty God of the Wind, and this is my hurricane season and I have to create great blows and waves which is a lot more important than walking around getting insulted by you about how I keep my calendar, or great minor God of the Dim."

They proceeded to verbally jab at each other because, being gods, they had known each other for ever. Finally, Sunny waived at Windy and forced him to shut up. Then he said "Quetzalcoatl, tell me what do you hear."

"Why nothing, of course, why do you ask?"

"That's just it. There isn't anything to hear. This world is quiet. There is no music, there is no laughter, the birds don't sing and even the alligators aren't croaking their romantic bellows to their ladies. There isn't any sound on this world, and because of that there isn't any joy or laughter either. Do you know where it all is?" He asked while looking right through Quetzalcoatl with daggers in his eye.

"No I don't," said Windy. "But I suppose you do, right?"

"Yes." Tezcatlipoca replied. "Our brother, the Sun, has absconded with all the singers and musicians and has taken them all to his house. There he has them play and sing for him all the time. This leaves our world without. I need your help in getting them back so that we create a place that will thrive on happiness, joy and the sound of music." He then smiled as the God of Wind agreed and flew out looking for the specific beach where the bridge to the House of the Sun existed.



Opposite forces combine to form the great Movement sign, Codex Borgia

[At this point the story splits depending on which Codex you look through. The Codex Zouche-Nuttall tells of Quetzalcoatl making this trip while another English author lists another minor god from an old French Codex. Another Codex, the Codex Borgia, states that Quetzalcoatl's son makes this journey: ". . . his agent and creature Ehecatl, the wind god, cold like himself, black, shadowy, and armed with a bloody thorn."]

Flying around, Quetzalcoatl found the right beach and ordered the minions of the Sun God to make a bridge to the House of the Sun. These were whale, the siren and the turtle, or the Cane and Conch, Water Woman, and Water Monster [again, depending]. The three servants reform and stretch out into the heavens to the House of the Sun and allow the God of the Wind a bridge to get there.

(Continued on page 16)



(Aztec Music - Continued from page 15)

The Sun God orders his entertainment group to complete silence and to ignore Quetzalcoatl. He tells them that if they make one sound, the God of Wind will round them up and take them away to a dull and dim place without life or form.

Quetzalcoatl arrived and hears silence and responds with extreme anger. He rolls out the lightning and the thunder. He emits rocks. The place and the darkness with the rain cause these poor musicians to run for cover. They all run into the arms of Quetzalcoatl who raps them up in his loving arms and brings them to our world.

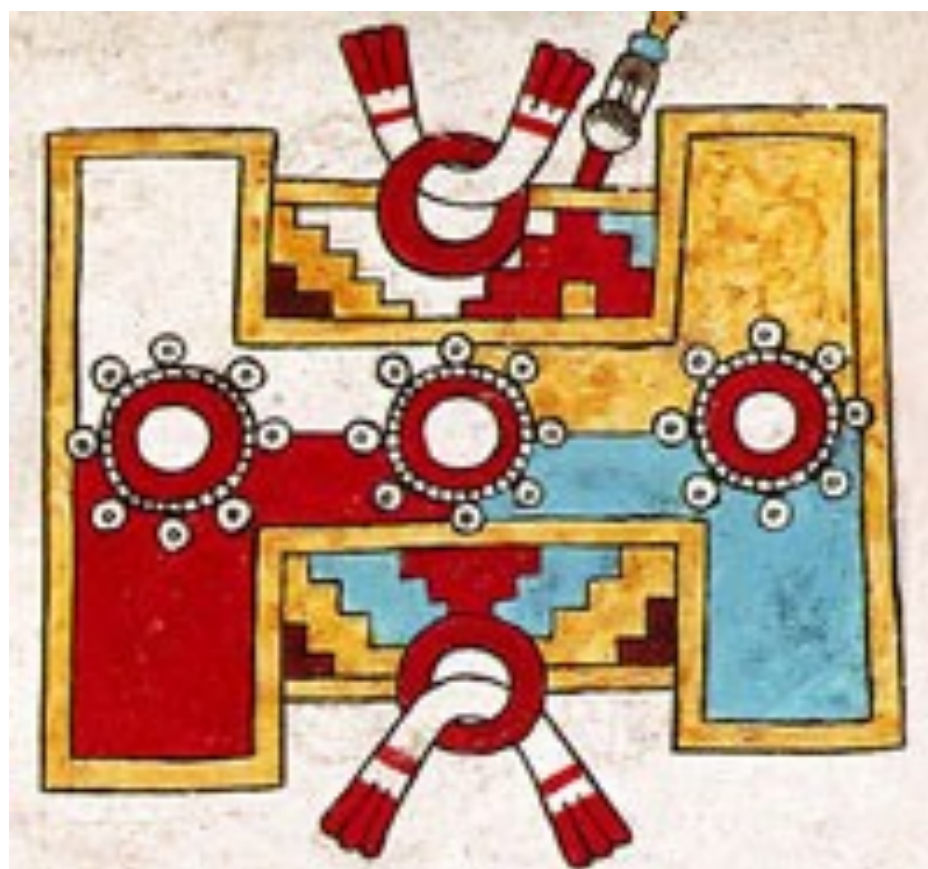


“ . . . Quetzalcoatl took the musicians up into his arms.”

[Mythology in the Mesoamerican Tradition (University of Utah Press, 1996). López Agustín adds some fascinating commentary: . . . Music, numbers, elements, order, spaces, times, colours - fundamental cosmic laws that appear, suggestively, throughout the width and breadth of the planet.

'It is common in Mesoamerican traditions to find that the four colours associated with the quadrants of the earth's surface were symbols of an order that governed the entire universe. In Mesoamerica, the four colours represented the correspondence between times and spaces, and they designated the places through which time flowed. At the ends of the world, four trees held up the skies, and the divine forces that came from on high and from below flowed inside their trunks. The colours might vary, and it is possible that besides the four colours at the ends

of the world there was a fifth colour, that of the central tree, the axis of the universe. But in the codices, in songs, and in narrations the symbolism of colour was always important...']



'Ballcourt', Codex Zouche-Nuttall, showing four symbolic colors used to represent the four sacred directions. The mention of the four colors indicates the distribution of the musicians at the four corners of the universe.

The flute players were dressed in golden yellow. The wandering minstrels wore blue. The lullaby singers were dressed in white, and the singers of love songs wore red.

The world could feel the impending arrival of Quetzalcoatl and his children as he felt for them now. The closer he got, the more colorful the world became. Flowers bloomed, fruit and maize ripened for the harvest. It was as if the world was waking up.

When they finally touched down, the musicians and singers started to play and sing. As if by magic, the world and animals all listened and began to sing themselves and beautiful music started to work its way around the world. To help things along, they began to tour the group around the world until the entire earth had been covered and was left with colors and wonderful sound and song.

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## Hidden Figures

by Suzanne A. Marshall

Starring: Taraji P. Henson, Octavia Spencer, Janelle Monae, Kevin Costner, Kirsten Dunst, Jim Parsons

Director: Theodore Melfi

*"As the United States raced against Russia to put a man in space, NASA found untapped talent in a group of African-American female mathematicians that served as the brains behind one of the greatest operations in US history. Based on the unbelievably true life stories of three of these women, known as 'human computers', we follow these women as they quickly rose through the ranks of NASA alongside many of history's greatest minds specifically tasked with calculating the momentous launch of astronaut John Glenn into orbit, and guaranteeing his safe return."*

This was a very engaging movie and a story that so many of us were unaware of. The story plays out during the time of the global space race but also at a time when America was in the early stages of major racial issues and women's equal rights movements which were working their way to the forefront. So, of course, this makes for some of the subtle tension felt in the movie; but also some of the amazing feats that we see these women undertake amidst the gallery of aeronautical geniuses and bureaucracy. At this time, NASA was struggling unsuccessfully with the huge IBM mainframe computers that had yet to provide them the computational support they were desperate for. The story is amazing and one I would highly recommend everyone should see.

The movie garnered a total of 68 various nominations including 3 Academy Awards for Best Motion Picture, Best Supporting Actress, Best Adapted Screenplay.

The IMDB rating is 7.9/10 based on about 58,697 viewers.



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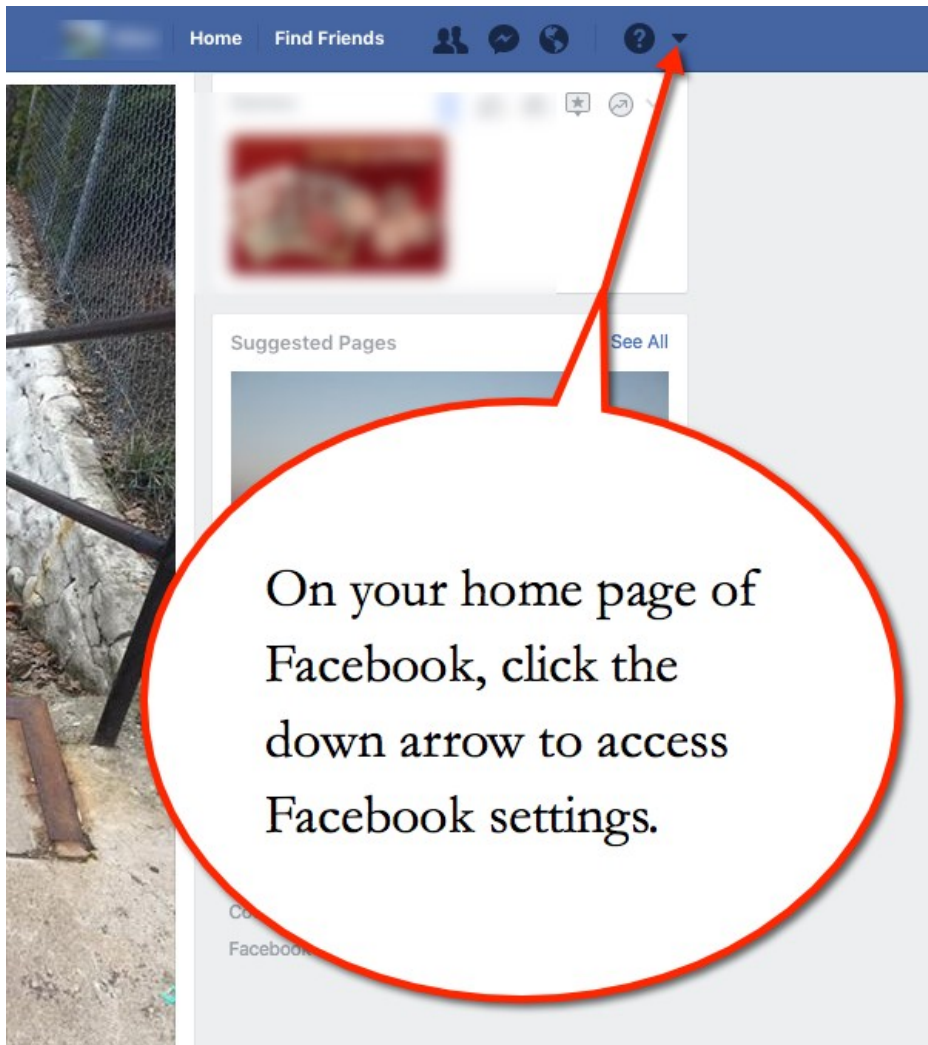
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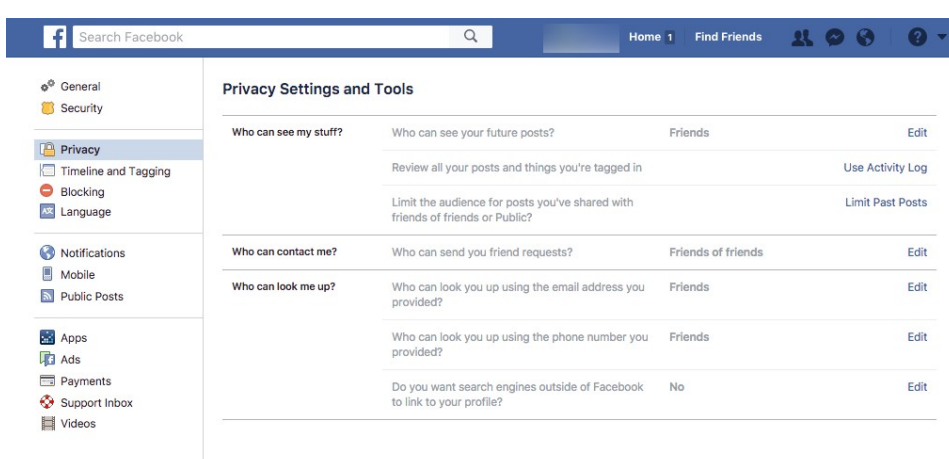
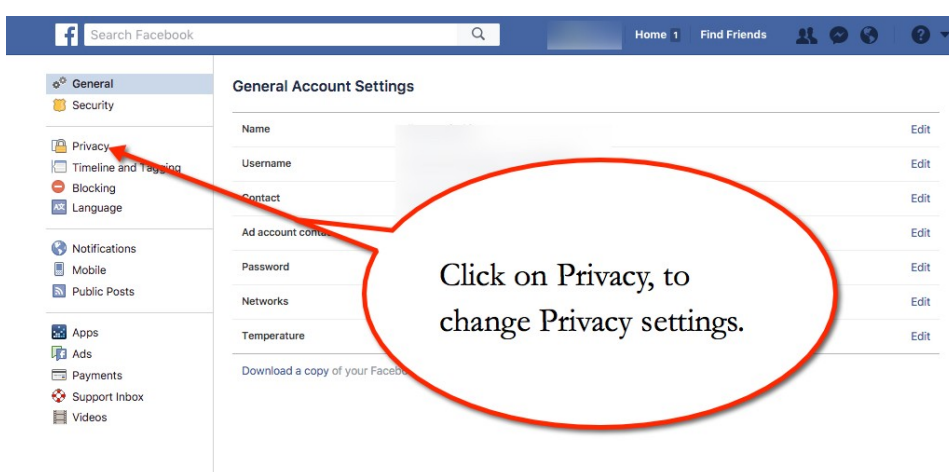
## Facebook privacy demystified (part two)

by Señor Tech

If you are new to Facebook, or a long-time user, there are several privacy settings you should consider.

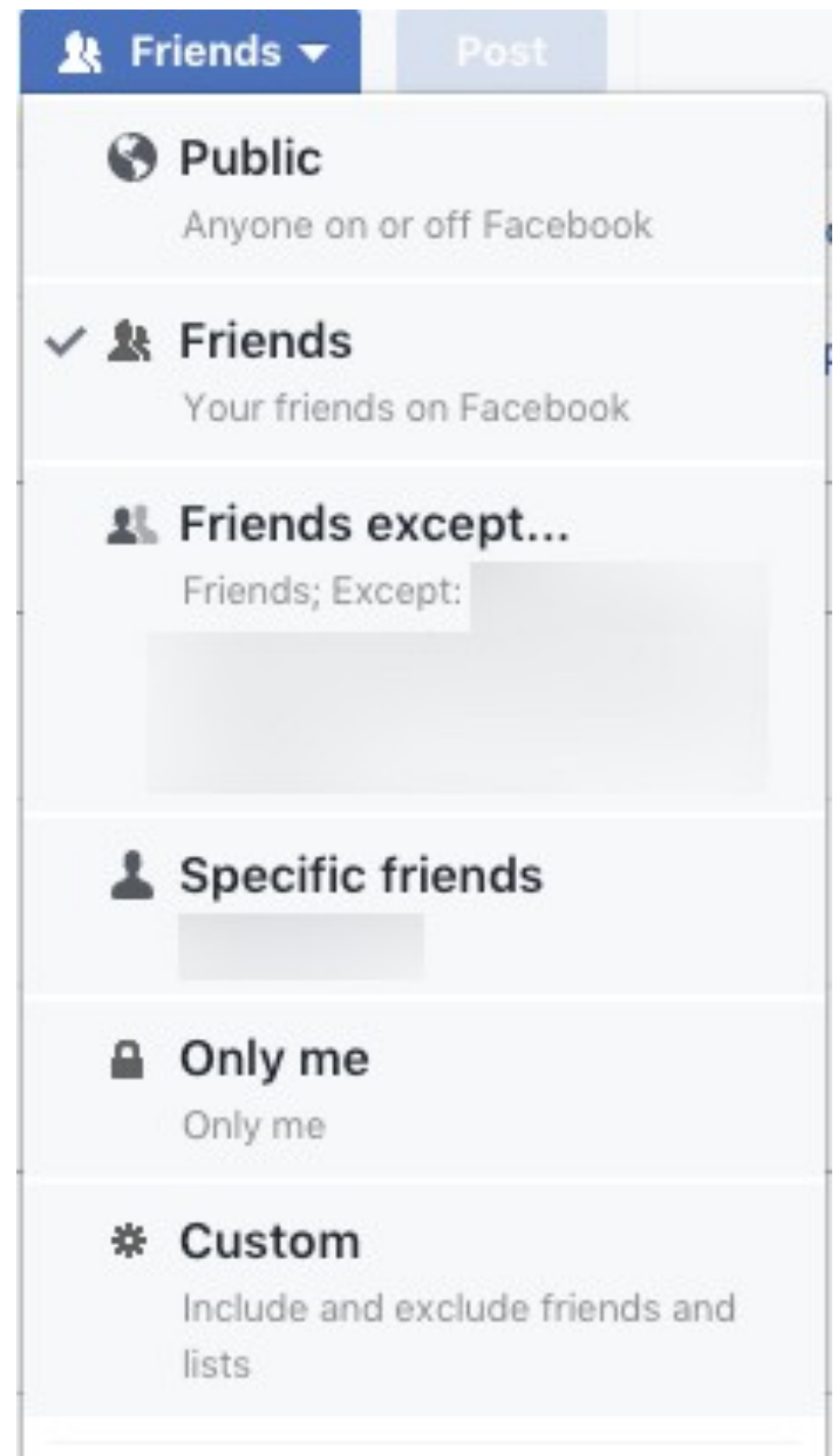


Click on the down arrow and then select Settings from the menu choices to access General Account Settings.



These settings determine who can see what you post, who can contact you and who can access your email and phone num-

ber. To make changes to the settings, click on edit and drop-down offer choices. My recommendation is to select the settings displayed on the above graphic.



I have set who is able to see my future posts to "friends", but if you wish to further limit who is able to see what you post select one of the other choices from the drop-down menu.

The "Friends except..." setting eliminates some friends that you select from viewing your new posts.

"Specific friends" (the same as the option above, but is inclusive rather than subtractive) only allows friends you select to view new posts.

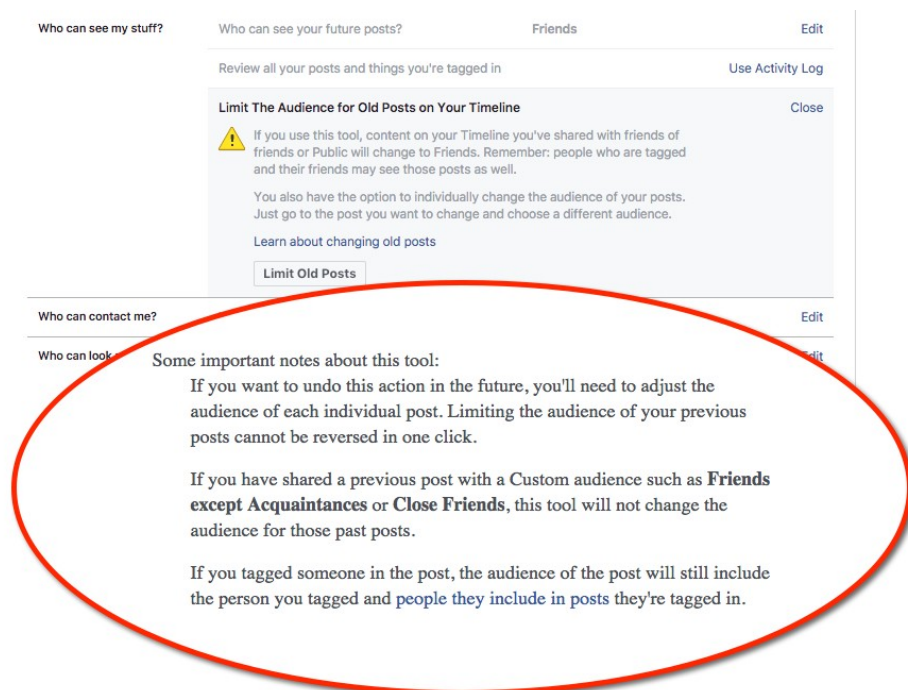
(Continued on page 19)



(Facebook Privacy 2 - Continued from page 18)

The "Only me" setting limits your post to you only. (this is helpful for making a personal journal)

If you are a long-time Facebook user, you can change the designation of older posts. This is handy if your future employer wants access to your social media accounts, prior to employment.



By clicking on the Limit Old Posts button, you can select from the list above, to determine which friends can view your old posts.

The last item, allow "search engines outside of Facebook to link your profile" should be set to NO, unless you want your personal information open to the world.

If you set your privacy settings as I have recommended, you can expect your information and postings to be viewed only by the friends you select.

My next article will address Facebook user profiles.

*if you have questions or suggestions about future technology topics, email [seniortech@manzanillosun.com](mailto:seniortech@manzanillosun.com)*

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## Uxmal

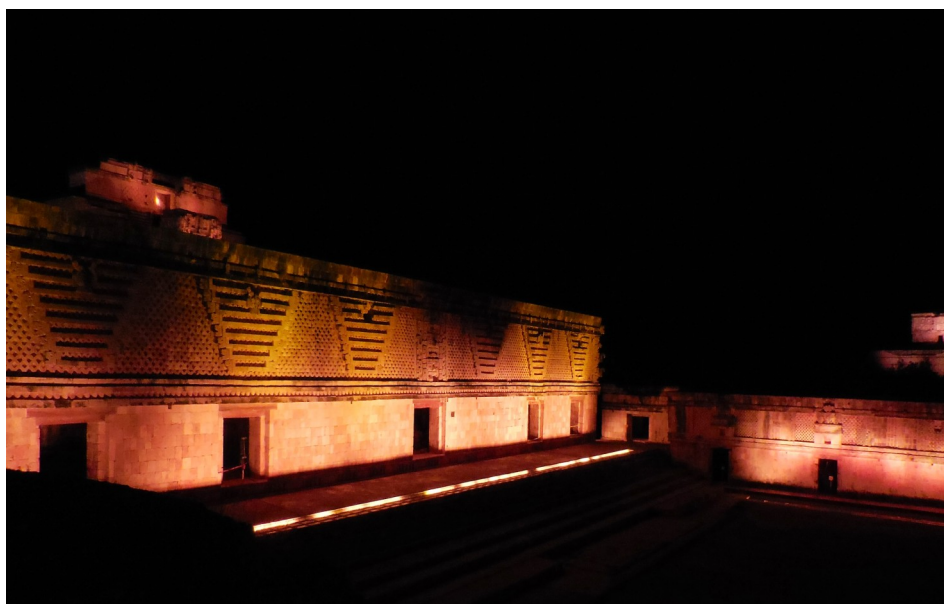
by Dan and Lisa Goy, exclusive to Manzanillo Sun

**Uxmal, Yucatán January 24 and 25 Day 18 and 19**



This ancient Maya city is considered one of the most important archaeological sites of Maya culture, along with Chichén Itzá in Mexico; Caracol and Xunantunich in Belize and Tikal in Guatemala. We were able to dry camp on a grass parking lot at the entrance to this ruin and have access to the hotel pool, restaurant and wifi. Uxmal has been designated a UNESCO World Heritage Site in recognition of its significance.

Maya chronicles say that Uxmal was founded about 500 A.D. although most of the city's major construction took place while Uxmal was the capital of a Late Classic Maya state around 850-925 AD. After about 1000 AD, Toltec invaders took over, and most building ceased by 1100 AD. Early colonial documents suggest that Uxmal was still an inhabited place of some importance into the 1550s however since Spanish did not build a town here, Uxmal was soon abandoned. Our group hired a great local guide to see this Mayan ruin who was both informative and humorous. Later we went to the light show in the evening, not so impressive.



**January 24-26, 2016: Day 18 - 20 – Uxmal 169 km/105 m – 3 hrs**

With Grant and Anita in the lead, we said goodbye to Campeche and headed out for the Mayan archeological site Uxmal, in the state of Yucatán. Uxmal, founded about 500 AD, was still in use when Cortez arrived in 1518. This was a relatively short and scenic Sunday drive on Highway 261 (169 km/105 miles), on a very quiet Hwy 261 where we were passed by only one bus on a good road. Once we crossed over into the state of Yucatán, the road got even better, sometimes a little narrow, but us Baja drivers are used to narrow roads.



Entering Yucatán state

We arrived at Uxmal just after noon and parked on a field on the right of the site entrance, paying \$131 pesos per RV, per night, including internet and, for another \$50 pesos, you could use the pool at the adjacent hotel. Certainly cannot complain about that.



After lunch, we headed across the highway to a Choco-Story Museo as coco beans were highly valued and traded in the Mayan world. The museum, arranged as a series of traditional thatched-roof houses presenting different themes, focuses as

(Continued on page 21)



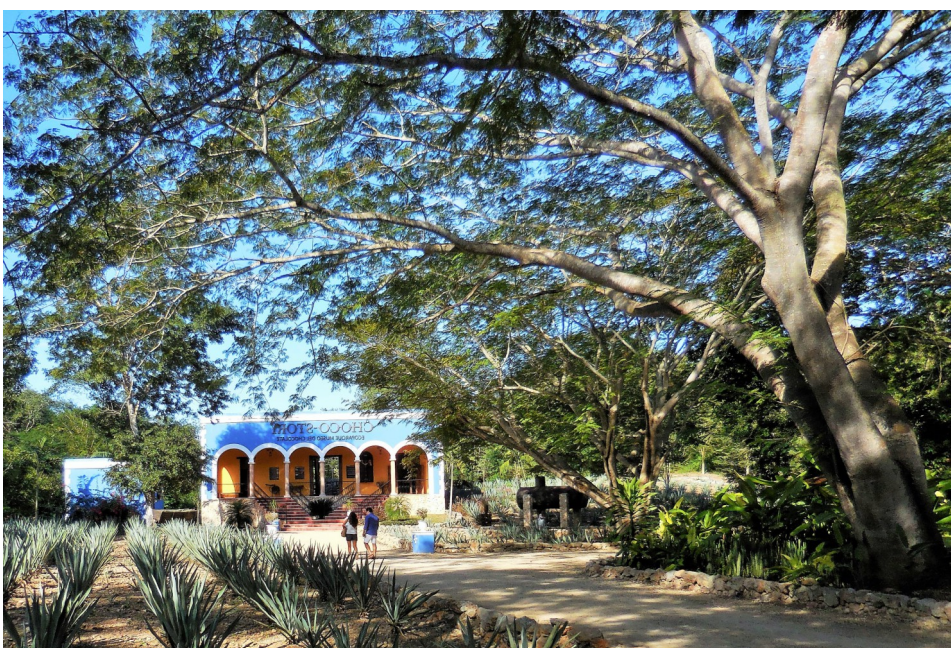
(Uxmal - Continued from page 20)

much on cocoa's mystical significance to the Maya as on the confection itself.



Choco-Story exhibit map

The stone that links the huts winds through a veritable botanical garden, with signs explaining the importance of such plants as henequen (sisal), pomegranate, habanero pepper, tamarind, lime, guava and, of course the cacao tree. Cacao is rarely grown in the Yucatán today because of the thin, rocky soil, but the Puuc region—one of the very few places where you'll encounter anything resembling a hill—has deeper soil covering the limestone shelf that forms the peninsula, as well as higher rainfall than in the coastal areas. We found that the Choco-Story Mexico location at Uxmal is really fantastic in that it brings to life the Mayan culture and the ancient Mayans' reverence for cacao as being a sacred food. We also enjoyed the Mayan ceremony at the Choco-story Museo that paid tribute to cacao.

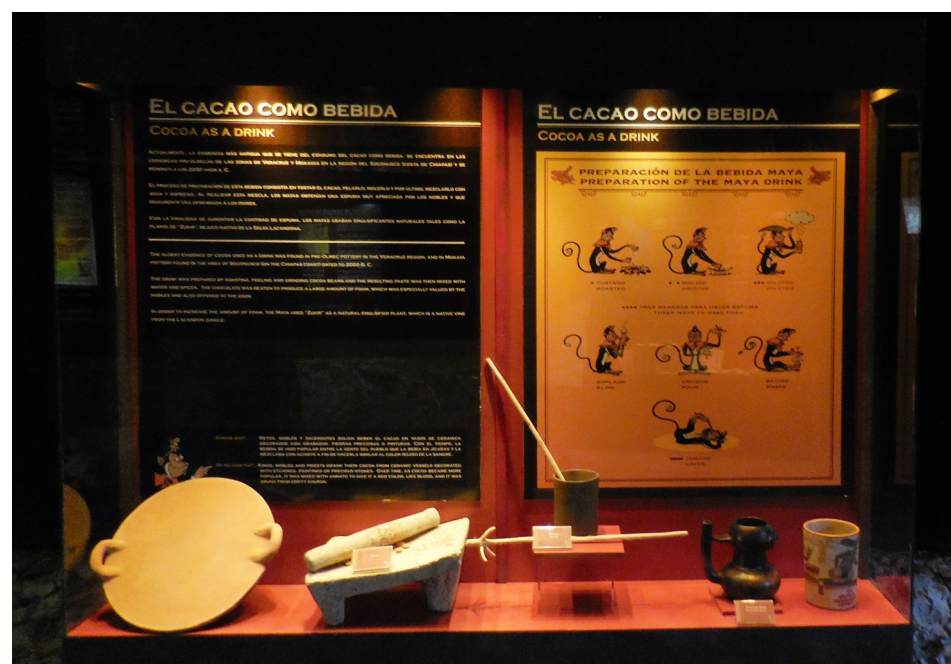


Choco-Story Museum

We spent most of the afternoon exploring the historic chocolate-making equipment and paraphernalia on-site, enjoying the eco-park and the featured flora and fauna, shopping in the chocolate and gift shop, and taking part in some of the hands-

on classes the Choco-Story Museum that Uxmal has to offer. Every chocolate lover who visits Mérida or Uxmal should make their way to the Choco-Story Museum to gain a greater understanding of the world of chocolate and Mexico's deep connection to it. Apparently, there are other Choco-Story Museums in Brussels, Belgium, as well as Paris and Prague.

To the Maya, the addictive elixir was far more than a mood ele-



Coco exhibit

vator or a PMS antidote. Without benefit of medical journals extolling chocolate's antioxidant and endorphin-boosting virtues, they did indeed use it to treat everything from fatigue to kidney stones to impotence. But it was also a form of currency—you could buy a rabbit for 10 cocoa beans, while a strong, healthy slave would set you back 100 beans. Cocoa was still used as money during the Spanish conquest. Perhaps most important to the ancients, chocolate was the "Food of the Gods" and was used in spiritual ceremonies, sometimes tinted with the red annatto seed (the ground form of which is achiote, a spice still widely used today) to replace blood in sacrificial rites. That evening, we attended the Uxmal light show.

After the Campeche experience, we were excited to see what the archeological site had in store for us. There were many in attendance as darkness fell on the Nunnery Quadrangle (Government Palace). All the seating was arranged on the highest building overlooking the rectangle opening. It was very loud, 100% in Spanish, and really had only a variety of coloured lights which made the various parts of the site, blue, red green and a couple of colours. At the same time, a narrative of the history of the Mayan people and the subsequent conquest was read, much as you would read out loud to a group of children. This was somewhat disappointing compared to the laser light show that we had seen at the Campeche Zócalo.

Day 2 at Uxmal and the gang started at 8 am for a tour of the

(Continued on page 22)



(Uxmal - Continued from page 21)



RV camp at Uxmal



Lisa enjoying the resort pool

Mayan site with Palo as our guide. \$200 pesos and 2 hours later, we were much more informed about this Mayan civilization and the general history of the Mayan culture. Palo was an excellent guide and I would recommend him to anyone. Later the gals decided to make it a poolside afternoon and they had fun for sure. A few of the guys joined them later, had a couple of beers and even some margaritas were consumed.



Arturo joined us for happy hour

Before dinner, Arturo the site guide manager, dropped by for some conversation about Mexico and the region. A few of us went for dinner at the hotel restaurant, a little pricey but what



Group at the south side entrance to the great pyramid

else would you expect at a tourist location like this? Uxmal was great 2-night stop. The group was up and ready to go the following day at the crack of 9 am, headed to Merida, the capital city of the Yucatán State.

### Uxmal, the Archeological Site



(Continued on page 23)



(Uxmal - Continued from page 22)

Uxmal (Yucatec Maya: Óoxmáal [ó'jmá'l]) is an ancient Maya city of the classical period in present-day Mexico. It is considered one of the most important archaeological sites of Maya culture, along with Chichén Itzá in Mexico; Caracol and Xunantunich in Belize, and Tikal in Guatemala. It is located in the Puuc region and is considered one of the Maya cities most representative of the region's dominant architectural style. It has been designated a UNESCO World Heritage Site in recognition of its significance.



Pyramid at the Uxmal entrance

Located 62 km (40 m) south of Mérida, capital of Yucatán state in Mexico, its buildings are noted for their size and decoration. Ancient roads called sacbes connect the buildings, and also were built to other cities in the area such as Chichén Itzá, Caracol and Xunantunich in modern-day Belize, and Tikal in modern-day Guatemala. These structures are typical of the Puuc style, with smooth low walls that open on ornate friezes based on representations of typical Maya huts. These are represented by columns (representing the reeds used for the walls of the huts) and trapezoidal shapes (representing the thatched roofs). Entwined snakes and, in many cases two-headed snakes are used for masks of the rain god, Chaac; its big noses represent the rays of the storms.

Feathered serpents with open fangs are shown leaving from the same human beings. Also seen in some cities are the influences of the Nahua, who followed the cult of Quetzalcoatl and Tlaloc. These were integrated with the original elements of the Puuc tradition. The buildings take advantage of the terrain to gain height and acquire important volumes, including the Pyramid of the Magician, with five levels, and the Governor's Palace, which covers an area of more than 1,200 m<sup>2</sup> (12,917 sq ft).

## Ancient history of Uxmal

While much work has been done at the popular tourist destination of Uxmal to consolidate and restore buildings, little in the way of serious archeological excavation and research has been done. The city's dates of occupation are unknown and the estimated population (about 15,000 people) is only a rough guess. Most of the city's major construction took place while Uxmal was the capital of a Late Classic Maya state around 850-925 AD. After about 1000 AD, Toltec invaders took over, and most building ceased by 1100 AD.



Palo speaking to the group

Maya chronicles say that Uxmal was founded about 500 AD by Hun Uitzil Chac Tutul Xiu. For generations, Uxmal was ruled over by the Xiu family. It was the most powerful site in western Yucatán, and for a while, in alliance with Chichén Itzá, dominated all of the northern Maya area. Sometime after about 1200, no new major construction seems to have been made at Uxmal, possibly related to the fall of Uxmal's ally Chichén Itzá and the shift of power in Yucatán to Mayapan. The Xiu moved their capital to Maní, and the population of Uxmal declined.



(Continued on page 24)



(Uxmal - Continued from page 23)



Governor's palace

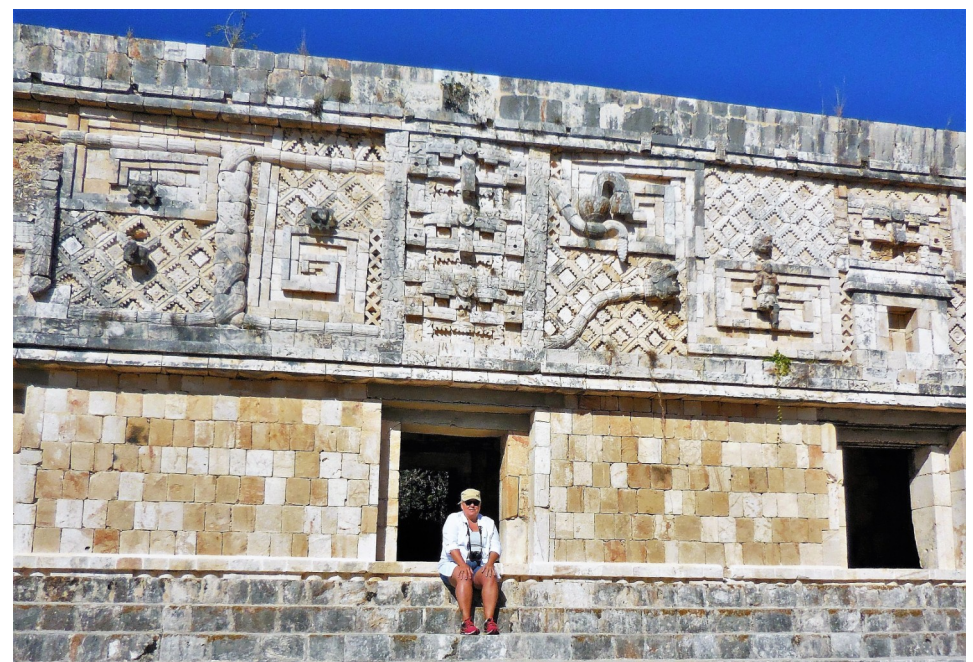
### Some of the more noteworthy buildings include:

The **Governor's Palace**, a long low building atop a huge platform, with the longest façades in Pre-Columbian Mesoamerica.

The **Adivino** (aka Pyramid of the Magician or the Pyramid of the Dwarf), is a stepped pyramid structure, unusual among Maya structures in that its layers' outlines are oval or elliptical in shape, instead of the more common rectilinear plan. It was a common practice in Mesoamerica to build new temple pyramids atop older ones, but here a newer pyramid was built centered slightly to the east of the older pyramid, so that, on the west side, the temple atop the old pyramid is preserved, with the newer temple above it. In addition, the western staircase of the pyramid is situated so that it faces the setting sun on the summer solstice.

The structure is featured in one of the best-known tales of Yucatec Maya folklore, "el enano del Uxmal" (the dwarf of Uxmal), which is also the basis for the structure's common name. Multiple versions of this tale are recorded. It was popularised after one of these was recounted by John Lloyd Stephens in his influential 1841 book, *Incidents of Travel in Central America, Chiapas, and Yucatán*. According to Stephens' version, the pyramid was magically built overnight during a series of challenges issued to a dwarf by the gobernador (ruler or king) of Uxmal. The dwarf's mother (a bruja, or witch) arranged the trial of strength and magic to compete against the king.

The **Nunnery Quadrangle** (a nickname given to it by the Spanish; it was a government palace) is the finest of Uxmal's several fine quadrangles of long buildings. It has elaborately carved façades on both the inside and outside faces.



Lisa at the Nunnery

A large **Ballcourt** for playing the Mesoamerican ballgame. Its inscription says that it was dedicated in 901 by the ruler Chan Chak K'ak'nal Ajaw, also known as Lord Chac (before the decipherment of his corresponding name glyphs).

A number of other temple-pyramids, quadrangles, and other monuments, some of significant size, and in varying states of preservation, are also at Uxmal. These include North Long Building, House of the Birds, House of the Turtles, Grand Pyramid, House of the Doves, and South

(Continued on page 25)



(Uxmal - Continued from page 24)

Temple. The majority of hieroglyphic inscriptions were on a series of stone stelae unusually grouped together on a single platform. The stelae depict the ancient rulers of the city. They show signs that they were deliberately broken and toppled in antiquity; some were re-erected and repaired.



A further suggestion of possible war or battle is found in the remains of a wall which encircled most of the central ceremonial center. A large raised stone pedestrian causeway links Uxmal with the site of Kabah, some 18 km to the south. Archaeological research at the small island site of Uaymil, located to the west on the Gulf coast, suggests that it may have served as a port for Uxmal and provided the site access to the circum-peninsular trade network.



Lisa and Dan at the Uxmal pyramid

### Modern history of the ruins

The first detailed account of the ruins was published by Jean Frederic Waldeck in 1838. John Lloyd Stephens and Frederick Catherwood made two extended visits to Uxmal in the early 1840s, with architect/draftsman Catherwood reportedly making so many plans and drawings that they could be used to construct a duplicate of the ancient city (unfortunately most of the drawings are lost). Désiré Charnay took a series of photographs of Uxmal in 1860. Some three years later, Empress Car-

lota of Mexico visited Uxmal.



Ball court

Sylvanus G. Morley made a map of the site in 1909 which included some previously overlooked buildings. The Mexican government's first project to protect some of the structures from risk of collapse or further decay came in 1927. In 1930 Frans Blom led a Tulane University expedition to the site. They made plaster casts of the façades of the "Nunnery Quadrangle"; using these casts, a replica of the Quadrangle was constructed and displayed at the 1933 World's Fair in Chicago, Illinois.



Uxmal iguana

The plaster replicas of the architecture were destroyed following the fair, but some of the plaster casts of Uxmal's monuments are still kept at Tulane's Middle American Research Institute. In 1936, a Mexican government repair and consolidation program was begun under José Erosa Peniche. Queen Elizabeth II of the United Kingdom visited on February 27, 1975 for the inauguration of the site's sound and light show (this explains why it seems so dated). When the presentation reached the point where the sound system played the Maya prayer to Chaac (the Maya rain deity), a sudden torrential downpour occurred. Gathered dignitaries included Gaspar Antonio Xiu, a descendant of noble Maya lineage, the Xiu. Unfortunately, Microbial biofilms have been found degrading stone buildings at Uxmal and Kabah.

(Continued on page 26)



(Uxmal - Continued from page 25)



Lisa standing at the site transition (restored and as-discovered)



North view of Uxmal

Ball court





(Uxmal - Continued from page 26)



Lisa with the jungle and great pyramid behind



Palo has everyone's attention

(Continued on page 28)



(Uxmal - Continued from page 27)



Uxmal resort and hotel

(Continued on page 29)



(Uxmal - Continued from page 28)



Poolside at Uxmal



Uxmal resort pool with RVs in the background

(Continued on page 30)



(Uxmal - Continued from page 29)

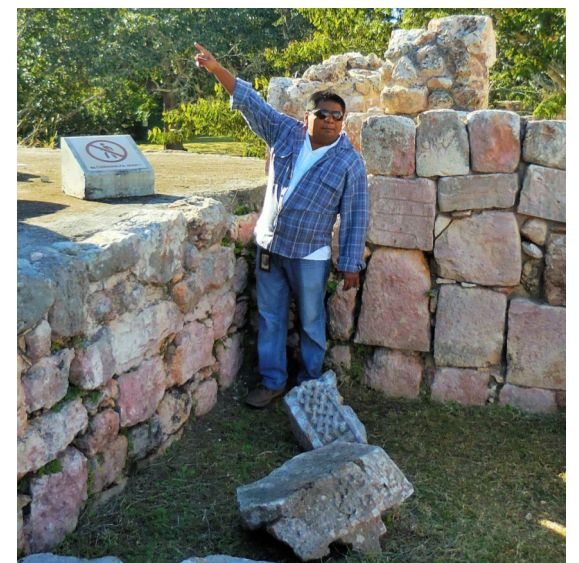


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## Tynebeka Ti Kilen

story and photos by John Chalmers

On February 23, at El Naranjo, a town near Manzanillo, at the *casino de el Naranjo*, which is an open-air pavilion on the public fairgrounds, a sell-out crowd was treated to a home-cooked Mexican buffet dinner followed by a lively and colorful performance of a local *ballet folklórico* group. Comprised of youngsters from six years old to their teens, the enthusiastic group rehearses three times a week on the plaza at Vicente V. Ibarra School in El Naranjo.



Popular subjects for cameras, the girls can pose as well as dance!

Under the direction of its 29-year old instructor, Angel Caro from Manzanillo, the performance was held as a fund raiser to help finance the elaborate costumes used by the dancers. Some three dozen young people, many from the *escuela*, perform with the group and others dancers come from areas nearby.



Costumes, makeup and smiles all add to the visual appeal of the dancers

To the audience attending a performance, some benefits of dance are obvious – exercise, fitness, skill, teamwork, and enjoying the fun of participation. However, when asked what the members of his dance troupe gain most from participating,

Angel replied, "Self-esteem and confidence in themselves. As well, the children are preserving Mexican traditions and culture in the dances they learn so that they will not be forgotten."



Poise and posture keep the lit candles balanced on the dancers' heads

Even the name of the group preserves Mexican culture – *Tynebeka Ti Kilen*. Angel Caro explains, "The origin of the name, Tynebeka Ti Kilen, is one I chose because I studied dance in the city of Tepic, Nayarit. There is an indigenous community there that is called Cora, and the name of my group in their dialect is a tribute to them and that place. Tynebeka Ti Kilen means 'little dancer' or 'the little one that dances.'"



Color and costumes make for a stunning display of dance

Having studied and taught at post-secondary institutes, specializing in regional dance, Angel now shares his love of dance and tradition with young people in the Manzanillo area. The appreciative audience attending the February 23 performance benefitted from the young people who shared their love of dance. Besides seeing the traditional dances, the audience first enjoyed a home-cooked meal prepared by mothers of the

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(Dancers - Continued from page 31)

dancers. Starting with a bowl of *pozole*, among the buffet items were *flautas*, *enchiladas*, *chiles rellenos* and other Mexican dishes, washed down with *cervezas* and *margaritas*.



Precision in movement of the dance is a credit to the performers

While Spanish is the predominant language spoken in Mexico, some native languages are still in use. Information on the internet indicates that there are five major Cora communities in the state of Nayarit. Cora is a Uto-Aztecan language still spoken in some areas. In the *Ballet Folklórico Tynebeka Ti Kilen* dance group, the name itself is a tribute to Mexican history. For more information, see: <http://www.mexicantextiles.com/grouppages/cora.html>.



Swirling skirts and charming smiles add to the appeal of dance numbers

The evening performance at El Naranjo by the dedicated and enthusiastic young people was a truly Mexican experience steeped in tradition. Their dazzling performance is a credit to themselves for the work they do, and for the quality of instruction they receive from Angel Caro. I am one of the many who hope it becomes an annual event to support the efforts of the wonderful young people of *Tynebeka Ti Kilen ballet folklórico*.



Enthusiasm for dance was clearly evident among the youngsters



Many cameras recorded moments of the *ballet folklórico* performance



Costumes and dance are part of the Mexican cultural traditions

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(Dancers - Continued from page 32)



Spectacular skirts and dancers in motion were a blur of color in dances



Dresses, dance and headgear part of the heritage on display



The machete dance, a tradition of Nayarit, is always a hit with spectators



Teamwork and tradition combine in keeping Mexican culture alive



Instructor Angel Caro waves to the audience applauding his work



Cast members pose for a group picture after all have performed several dances in the program. At center is instructor Angel Caro. To his left is Rich Taylor, who encouraged the group to hold a fund raising event and sold many tickets to it.

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(Dancers - Continued from page 33)



The troupe's name, *Tynebeka Ti Kilen*, appears on t-shirts worn at practice



Three times a week the plaza at the Vicente V. Ibarra *escuela* is alive with dance



Although most members of the dance group are girls, boys are welcome



Instructor Angel Caro leads his young dancers in one of many steps they learn



The fresh and charming faces of dancers are part of their youthful appeal



Speaking Spanish, Rich Taylor engages dancers in talking about their work

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(Dancers - Continued from page 34)



Regular practices keep the dancers prepared for a performance



With no auditions required, young people are welcome to join the troupe



Practice and persistency pay off in perfected performances

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(Dancers - Continued from page 35)



Too young yet to be part of the troupe, this little girl is eager to learn



Youngest boy, age six at left, practices with sticks in the machete dance



Even in practice, the big skirts add drama, flare and motion to the dance

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(Dancers - Continued from page 36)



Colorful skirts and afternoon sun create a lively scene at the school plaza



Instructor Angel Caro has good reason to smile at the results of his work



Practice over, the students finish the workout with stretch exercises

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## Romeritos

A traditional dish typically prepared at holiday times, including over lent and Semana Santa, from the wild plant "romerito" which resembles rosemary or baby spinach, there are many different ways to prepare it.

### INGREDIENTS

- 2 lbs raw romeritos (substitute fresh baby spinach if preferred)
- 1 cup almonds
- 1/2 lb dried shrimp
- 6 nopal cactus pads, spines removed
- 1 tsp sesame seeds
- 4 chiles guajillos
- 1 chile ancho
- 1 lb potatoes
- 1 piece of dry bread roll, in crumbs
- Oil and salt to taste

Source: MexicanRecipes.me

### PREPARATION

1. First clean the romeritos. Then wash the rosemary. Once cleaned, remove them and throw the biggest sticks in and boil in water.
2. Peel the potatoes then cook them in boiling water until tender; once cooked chop in small pieces, and reserve.
3. Peel the shrimp and keep the shells separately from the shrimp themselves.
4. Remove the veins from the chiles and discard their seeds to prevent the dish from becoming overly spicy. Fry the chiles in oil (which can be corn oil or avocado oil or similar), along with the cactus (which we have previously chopped).
5. Add almonds, bread crumbs to the pan, and the toasted sesame seeds. Cook for a few minutes until the vegetables are tender.
6. To prepare the sauce which will be the base for the romeritos dish, blend chiles, shrimp shells, bread, almonds and sesame seeds until liquefied.
7. Bring the blended sauce to a boil, then reduce heat and simmer until you get a fairly thick consistency; finally add the romeritos, potatoes and nopal cactus. Heat it a little bit then mix and serve your romeritos...



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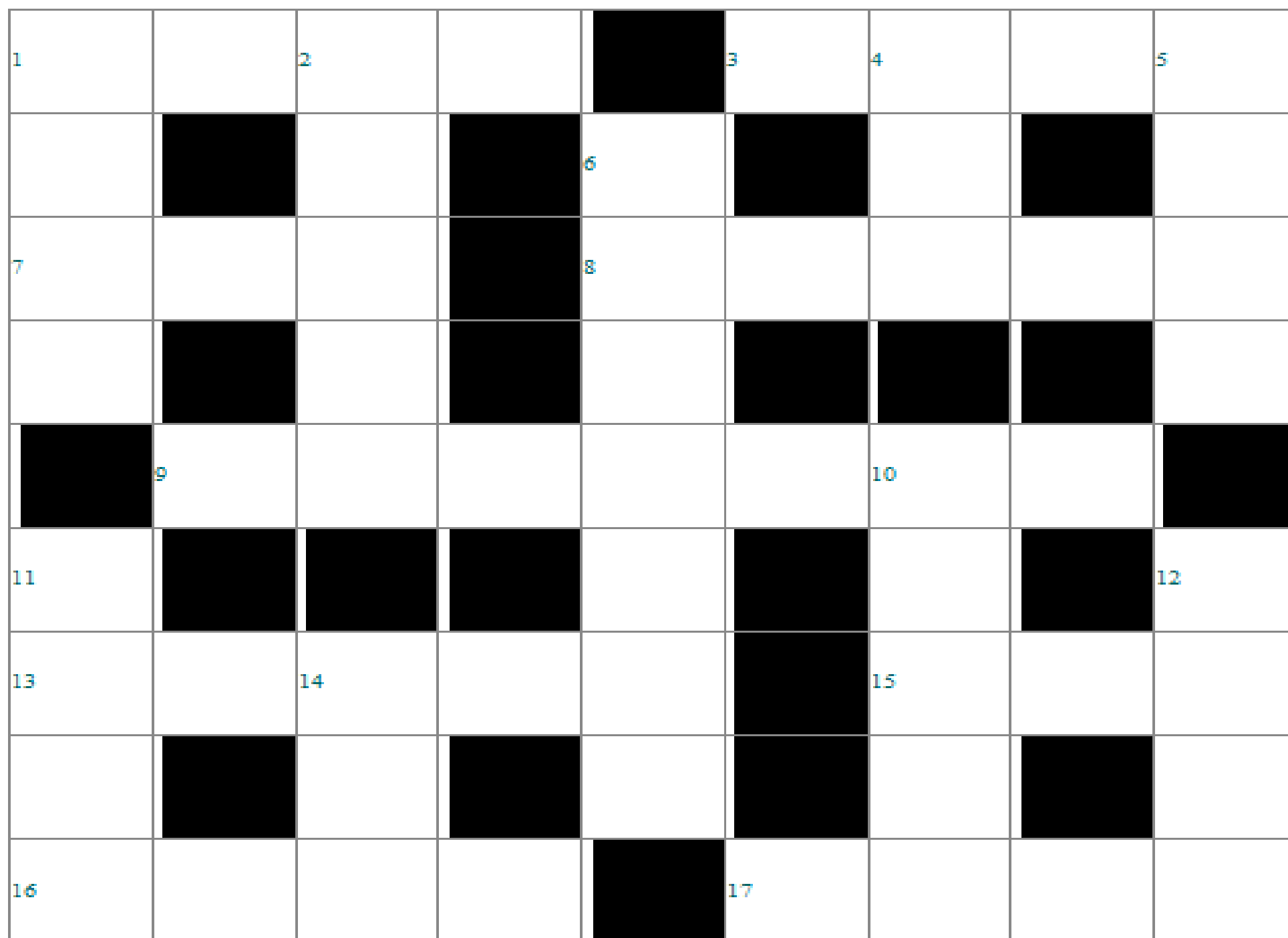
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## Crossword

solution posted in next month's edition



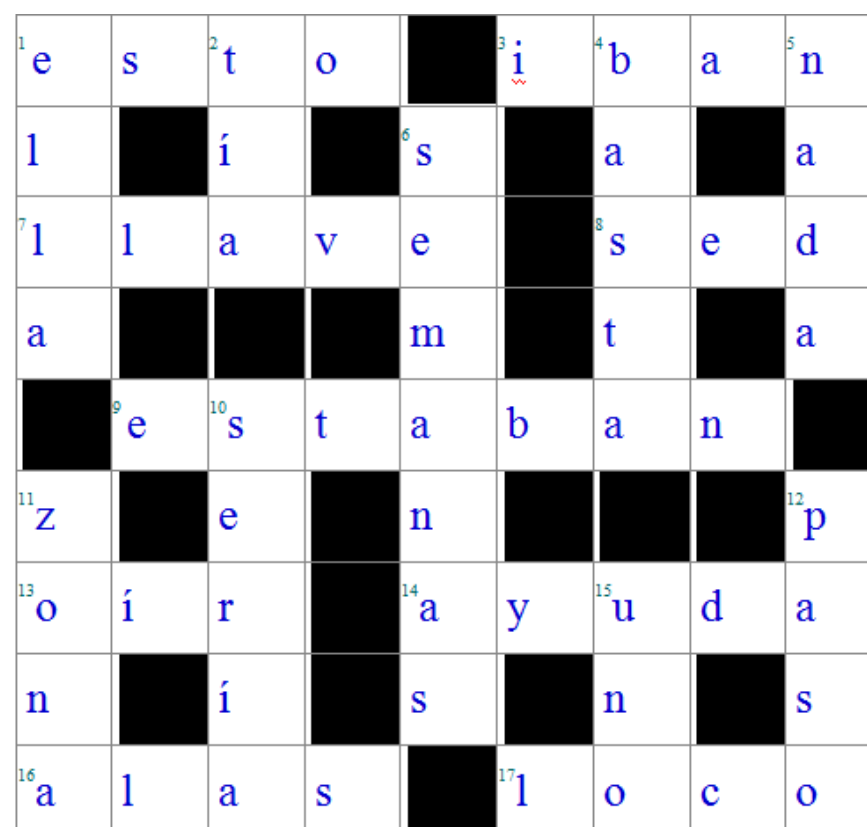
### Across

- 1 skin
- 3 (you/usted) leave (behind), let (he, she) leaves (behind), lets
- 7 sun
- 8 (he, she) has, possesses, (you/usted) have, possess
- 9 swords
- 13 suave, soft, smooth, cool, acceptable, easy
- 15 (he, she) used to be, (I) used to be
- 16 but (on the contrary, but rather)
- 17 damage

### Down

- 1 (he, she) spent, passed, (you/usted) spent, passed
- 2 they
- 4 that, that one, those
- 5 used to encourage or challenge, go!; let me see (1,3)
- 6 again
- 10 sand
- 11 uses
- 12 case, instance
- 14 still, yet

Last month's crossword solution:



lexisrex.com



## New Spain

(Mexico's name during the colonial period)

from the Path to Citizenship series

New Spain (Spanish: Nueva España) was a colonial territory of the Spanish Empire, in the New World north of the Isthmus of Panama. It was established following the Spanish conquest of the Aztec Empire in 1521 and, following additional conquests, it was made a viceroyalty (Spanish: virreinato) in 1535.

The first of four viceroyalties Spain created in the Americas, it comprised Mexico, Central America, much of the Southwestern and Central United States, and Spanish Florida as well as the Philippines, Guam, Mariana and Caroline Islands.

After 1535, the colony was governed by the Viceroy of New Spain, an appointed minister of the King of Spain, who ruled as monarch over the colony. The capital of New Spain was Mexico City.

New Spain lost parts of its territory to other European powers and independence, but the core area remained under Spanish control until 1821, when it achieved independence as the Mexi-

can Empire—when the latter dissolved, it became modern Mexico and Central America. It developed highly regional divisions, which reflect the impact of climate, topography, the presence or absence of dense indigenous populations, and the presence or absence of mineral resources.

The areas of central and southern Mexico had dense indigenous populations with complex social, political, and economic organization. The northern area of Mexico, a region of nomadic and semi-nomadic indigenous populations, was not generally conducive to dense settlements, but the discovery of silver in Zacatecas in the 1540s drew settlement there to exploit the mines.

Silver mining not only became the engine of the economy of New Spain, but vastly enriched Spain, and transformed the global economy. New Spain was the New World terminus of the Philippine trade, making the viceroyalty a vital link between Spain's New World empire and its Asian empire.

Source: Wikipedia

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