



Manzanillo SUN

coastal Mexico's lifestyle magazine

September 2017

Coco man
by Marg McKenna



- Mighty Nature
- Nature's Wonders
- Finance
- Culture
- Mexico Living
- Technology
- RV Travel
- Recipe
- Path to Citizenship

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www.manzanillosun.com

Publisher/editor: Dana Parkinson

Contact:

General info@manzanillosun.com

Dana Parkinson dana@manzanillosun.com

For **advertising** information in the magazine or web pages contact:

ads@manzanillosun.com

Regular writers and contributors:

- Suzanne A. Marshall
- Allan Yanitski
- Tommy Clarkson
- Dana Parkinson
- Terry Sovil
- Señor Tech
- Kirby Vickery
- Yann Kostic
- Dan and Lisa Goy
- Ruth Hazlewood and Dan Patman
- Ken Waldie
- John Chalmers

Writers and **contributors** may also be reached via the following email:

info@manzanillosun.com

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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Waves

by Terry Sovil

We've had a lot of big waves this summer. It's made diving difficult! I started to wonder where they came from. Could it be all of the storms and hurricanes? At one point we had 5 "disturbances" lined up like a parade. None came close to shore. I wondered if these winds could generate waves. I hoped to find a simple table: this size hurricane goes by this far out to sea how big would the waves get and how far would they travel? I found out it isn't as simple as that.



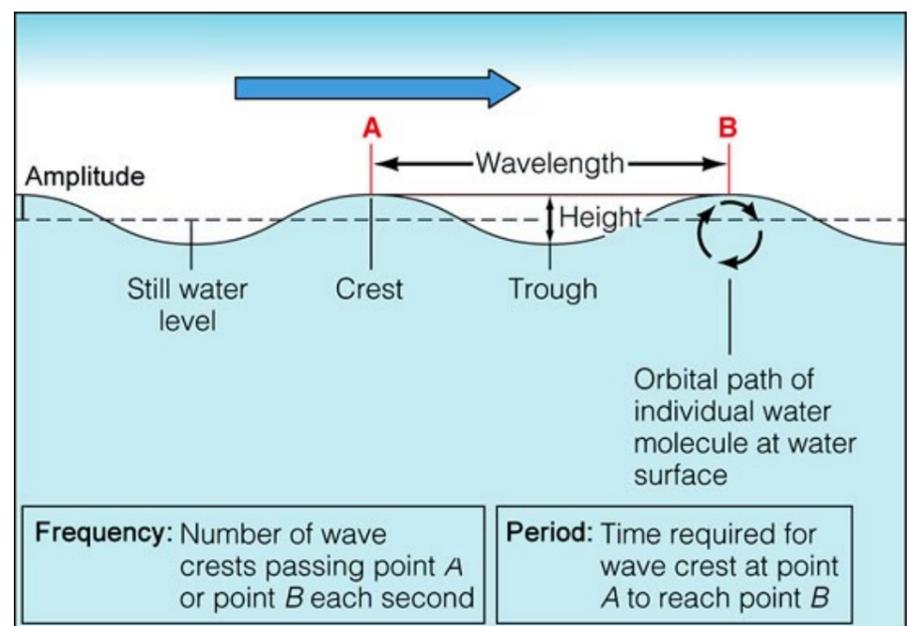
I had to start with the basics. Here's a good analogy. A small quiet pond with no wind. You throw a small pebble into the water. It sends out ripples which move in all directions from the point the pebble landed. The ripples travel until they contact land. Four things happen:

1. Each ripple has a measurable size or height
2. It travels toward shore with a measurable speed
3. It covers a measurable distance that spans from the point of origin (pebble hits water) until it reaches land
4. Once ripples form, wind can push against the surface, and the waves grow faster



Once the pond is calm, throw in a bigger rock. You get bigger ripples with a larger height, moving faster. If you toss in an even bigger rock, bigger and faster waves. Now you know the basics of waves! So if our pond is the ocean and our pebble or rock is a storm, the same concepts apply but on a much bigger scale. Our pond is now 3,000 or more miles (4,828 kilometers) and the rock is 500 miles (804 kilometers) wide.

A storm makes waves just like the rock. It uses mass to move and displace water. Most waves are wind driven. **Waves** are created by energy passing through the water. **Wind-driven waves**, or **surface waves**, are from the friction between the wind and surface water. This causes it to move with a circular motion.



Molecules of air in the wind rub against the surface of the water. This causes water molecules on the surface to move in the direction of the wind. As water molecules start to move, they collide with others and they begin to move. As the air continues to move, so does the water. Basic friction. Waves are transmitting energy, not water.

Waves can also be created by the gravitational pull of the moon and sun. These are tides. **Tides** impact the water depth and will cause water movement or **tidal waves**. The flow of waves and tides are what makes our ocean move. It is a common misconception that a tidal wave is also a tsunami. The cause of tsunamis are not related to tides at all but can occur in any tidal state.

...Waves

With a hurricane, the strong winds can cause a **storm surge**, a series of long waves created out at sea, far from shore, and in deep water, so they intensify as they move closer to land. A hurricane forms and the water looks like that in a washing machine, all waves and heights are mixed together. But as the waves travel, they tend to separate and stabilize as they move away from the generation area. This is called **dispersion** and, over a distance, they stabilize into the normal waves we see coming into shore.

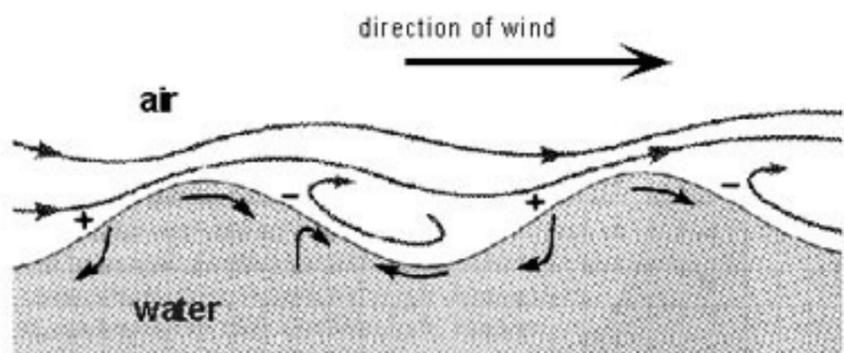
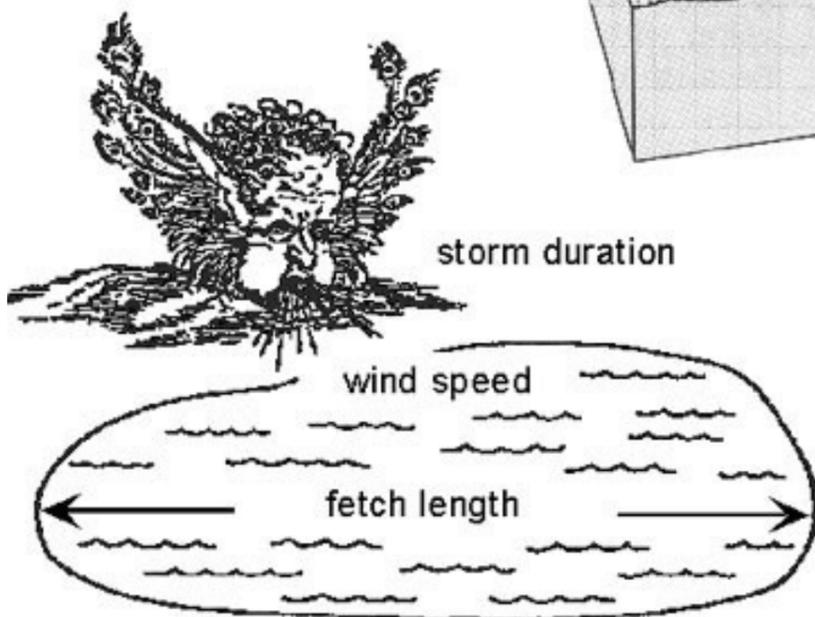
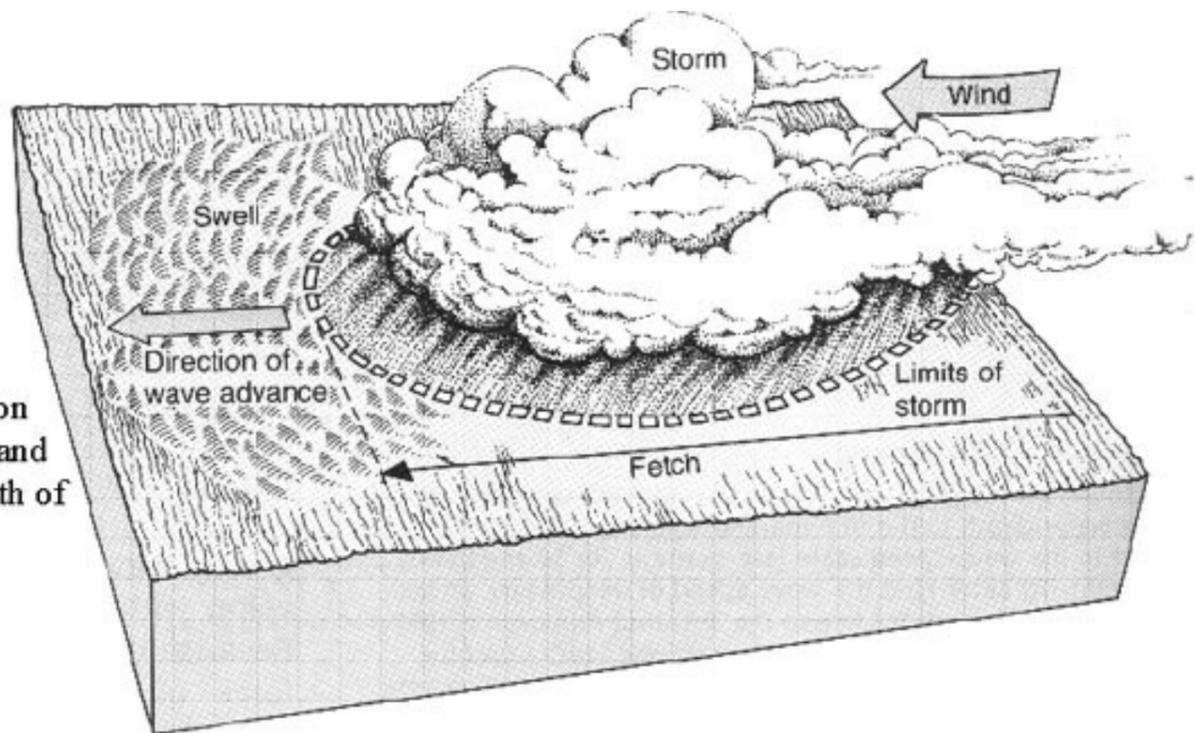
Three factors influence the level of energy in swells: **Wind velocity, wind area (fetch),** and **duration.** In a different description: the speed of the wind, the amount of ocean surface affected by the blowing wind in the same direction (fetch) and the amount of time these winds blow over the same part of the ocean. Winds blowing at maximum velocity over thousands of miles in the same direction for days on end would create big waves. But our atmosphere is dynamic and rarely do such conditions last for very long.

During a typical storm, we may see winds of 45-55 knots (83 to 102 km/h) blowing over 600-1,000 (1,111-1,852 km) nautical miles for 36 hours. Seas would reach an average of 30-35 feet (9-10m) towards the center of the fetch area and produce a swell of 17-20 seconds. As the storm dies down, say the wind falls from 50 knots (93 km) to 40 knots (74 km), the newer, smaller wave creates swells of lesser energy. The result is smaller swells in the 11-13 second range and these arrive long after the more energetic ones have hit and died. Such swells are known as **ground swells.**

Ground swells from winter storms off New Zealand may travel over 6,000 nautical miles (11,112 km) to reach the beaches of Southern California!

I never really found my simple table, however this answered my original question: **"Waves without an obstruction can travel across an entire ocean!"**

Waves are formed in a generating area where the wind begins to disturb the water surface, forming ripples and then waves. The size of waves generated is a function of wind speed, duration of coupling between the wind and the water surface, and the length of this coupling.



waves are formed by frictional drag of the wind across the water surface. Growth of the wave is from the sheltering effect of the wave crest.

you can reach Terry Sovil at terry@manzanillosun.com



by Tommy Clarkson

Dwarf Papyrus *Cyperus isocladius*

Family: *Cyperaceae*

Also known as: Miniature Flatsedge, Dwarf Egyptian Papyrus, *Cyperus papyrus Nanus*, *Cyperus haspan*, *Cyperus aequalis* or *Cyperus papyroides*

(Like so many things in life today, every day, change seems the absolute constant. Hence, names of plants - be they common or Latin - are often subject to new data, more recently completed research or, sometimes I suspect, the simple whims of botanists. Such is the case here. No few "authorities" contend that this plant is but a sub-species, variant or cultivar of the Cyperus papyrus. But, according to the Royal Horticultural Society, this is a Cyperus isocladius. In at least this case, I go with the Brits!)

The two best-known plants of the over 600 herbaceous sedge species in the *Cyperus* genus are the *Cyperus papyrus* and the *Cyperus involucratus* or *C. alternifolius*. Well, (enter stage left) allow me to introduce a new character in our aquatic loving family - the Dwarf Papyrus. Upright, arching and just as cute as the proverbial button, this small, mesic (appropriately meaning "adapted to a moderately moist habitat") plant does, indeed, look like a miniature version of its large cousin of "source of paper" and Moses' river basket renown.

Any of these - as stated by Riffle, "are valuable additions to [one's] water and bog repertoire".

The Dwarf Papyrus naturally occurs along the east coast of Africa, from Kenya south through the northern areas of Eastern Cape, as well as on Madagascar and the three Mascarene Islands in the Indian Ocean, between Madagascar and India and above Australia.

Like its kin - the fast spreading, "bold, noble and exotic" Giant

Papyrus, Egyptian Paper Reed or Egyptian Papyrus - the soil in which the Dwarf Papyrus grows must remain constantly wet. All the earlier-mentioned varieties can thrive well in water as shallow as a few inches. So, if you have any of them, just keep their surrounding soil or rhizomatous root mass wet. They are comfortable in a pot, along the edge of a pond, or even in a pond itself. But, while it's imperative to keep their feet wet, their crown should never be covered in water.



It has fine-textured, threadlike, terminal bracts and glossy, green umbels that grow to two to three inches in diameter.

With further regards to those papyrus homesteading locales, if placed into a pot, you might wish to plug the hole(s) in the bottom to effectively maintain the necessary wetness within. As a full-sun loving, grass-like plant, you should remove its foliage once it browns. Keep in mind that evergreen grasses don't go dormant. So, if planted in environs where the temperature drops below freezing, don't expect it to be around for growth in the springtime. However, down here where winter temps seldom drop below 65° F (18.33° C) it's considered a perennial.

By way of description, it has fine-textured, threadlike, terminal bracts and glossy, green umbels (an inflorescence which consists of a number of short flower stalks, which, in turn, are called pedicels) that grow to two to three inches (5.08 - 7.62 cm) in diameter. A simplistic description I heard, and found quite apt, is that the Dwarf Papyrus has a "buzz cut" instead of the longer, flowing "lion's tail" of its larger relations.

The inflorescences are intermingled with, and surrounded by long, linear, leaf-like bracts atop leafless stems with sheathing leaves only at their base. The flowers of the *Cyperus isocladius* are borne in brown spikes. It grows to a height of a foot to a foot and a half (30.48 - 5.72 cm). Its delicate evergreen appearance stems (forgive the pun) from slender stalks and flower spikes that create an umbrella-like appearance.

Remember the negative implications of the old adage about a "family divided?" Such applies to the *Cyperus isocladius*. Accordingly, know that separating clumps in order to propagate them will wound the base plant.

...Dwarf Papyrus



As Robert Lee Riffle says, these "are valuable additions to [one's] water and bog repertoire"



They appear almost like an all green sky fireworks display!

Should propagation be your plan, there are several courses of action: By dividing rhizomes, tubers, corms or bulbs (but remember my counsel, above, regarding this method), from seed, or simply self-sows, which it does rather freely. This happens in that it is viviparous (a plant that produces seeds that germinate before they detach from the parent).

Another plus for this little guy is that the Dwarf Papyrus is, virtually, pest and disease free.

In encapsulating conclusion, as a growing plant, this is great in or near small pools, ponds, botanically landscaped bogs, pots or tubs. It can also be a wonderful choice for inclusion in fresh or dried flower arrangements.

So, you see, there's nothing really small about this dwarf!

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Planning: Is a Living Trust Right for You?

by Yann Kostic and Tom Zachystal

Some companies use fear-mongering tactics to sell living trusts to people who simply do not need them. So how do you know if you are really a good candidate for a living trust?

The primary advantage of a living trust - which is a legal entity that holds legal title to certain of your assets - is that assets in the trust do not go through probate, the lengthy and often - expensive court-supervised process of distributing your property to your heirs upon your death.

But you may not need the probate benefits, because there are a number of other ways to avoid probate, such as making gifts before death and adding a payable-on-death designation to an account. Plus, living trusts can be time-consuming and costly to set up and involve ongoing maintenance.

So, what should you think about when considering if you need a living trust? Age, wealth and marital status are three things to consider.

Living trusts often do not make sense for middle-aged people in good health, because people at this stage in life do not need to worry about probate for many years. The less wealthy you are, the less sense a living trust makes, because if you do not have significant assets you will not save much by avoiding probate. Finally, if you are married, and you and your spouse plan to leave your property to one another, probate will not be necessary for those assets.

A living trust may be helpful if you have children or grandchildren with special needs, if you own your own business or if you own real estate in more than one state or country (regardless of your age). You also would want to consider a Living Trust (or even another type of Trust), if you were to leave some of your estate to charities or non-profit organizations. It is important to remember that a US trust might not necessarily be recognized in Mexico and so it might also be necessary to have a Mexican will for any Mexican assets.

In conclusion, do not trust any one-size-fits-all estate-planning product: If you want to know if a living trust is for you, it is best to consult a qualified Financial Advisor or a Certified Financial Planner, known as CFP.

The legal and tax information contained in this article is merely a summary of our understanding and interpretation of some current provisions of tax law and is not exhaustive. Consult your legal or tax counsel for advice and information concerning your particular circumstances. Neither we, nor our representatives may give legal or tax advice.

Note: This material has been prepared for informational purposes only, and is not intended to provide financial advice for your particular situation.

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@atlantisgrp.com, in the US at (321) 574-1521 or in Mexico, (376) 106-1613.



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by Tommy Clarkson

Xanadu *Xanadu philodendron*

Family: *Araceae*

Also known as: Philodendron Xanadu, Philodendron 'Winterbourn', Philodendron 'Aussie' or Philodendron Xanadue

It's trivia time! However, this may require us to turn the clock back a ways! Here goes: Beyond the 2007 musical by that name, where and what was Xanadu?

Firstly, Xanadu (also known as Shangdu) was the capital of the Chinese Yuan dynasty. Created by Kublai Khan, Genghis Khan's grandson, it was founded in 1271 and ruled by him until his death in 1294. Secondly, it was also the massive, fictional estate of Charles Foster Kane, the title character of the 1941 film – somewhat controversial at the time - classic, *Citizen Kane*, written, directed and starring Orson Welles. And lastly, it was the subject of a poem by Samuel Taylor Coleridge that starts: "*In Xanadu did Kubla Khan, - A stately pleasure-dome decree: - Where Alph, the sacred river, - ran Through caverns - measureless to man - Down to a sunless sea.*" (Miss Marcena Pettijohn, my wonderfully professional high school English teacher, would be so proud that I remembered this)

Who says one can't attain a bit of couth, class, culture and literary decorum while studying tropical plants?

But for our immediate, horticultural purposes, Xanadu is a dramatically attractive, evergreen, low shrub that can spread to ten feet by ten feet (3.05 meters) and grow to around two feet, six inches (72.20 cm) high – and, if the conditions are right, all of the proper stars aligned and correct attention given, even larger in size! China and Hollywood notwithstanding, it is believed to have originated in southeastern Brazil.



Xanadu is a wonderful plant used in a mass planting providing a mid-height groundcover.

However, that said, Kirsten Albrecht Llamas, in her book *Tropical Flowering Plants* identified this plant as a "Swiss Cheese Plant (or) Taro-Vine *Monstera adansonii*, in the *Monstera* genus, and said that it comes from the range between Central America and Brazil! But, further digging unearthed that several botanical authorities are in total disagreement as to whether or not this is a hybrid of the *P. selloum*, or a separate and individual species all unto itself. I agree with the latter and, accordingly, choose to proceed with such contention! *Is it any wonder why I so often babble incoherently to myself?*

It is one of around five hundred tropical American herb, shrub and climbing species that – as a result of their poisonous sap - can be lethal to small children or pets if ingested. Its name, *Philodendron*, speaks to much of its nature, in that this word stems from the Greek one for "tree loving".

...Xanadu



Xanadu is a dramatically attractive, evergreen, low shrub that can spread to ten feet by ten feet (3.05 meters).

Unlike many Philodendrons, the Xanadu is an upright plant, not a climber or vine. Like them, however, the individual leaves of the *Xanadu philodendron* are a delight. These, of this exotic looking plant, can be as large as 16-18 inches (40.64-45.72 cm) long and 7-14 inches (17.78-35.56 cm) wide.

Shy and retiring - *like me (I heard that snort of derision)* - seldom seen are its flowers featuring dark red spathes. It also has significantly less aerial roots, like those seen trailing to the ground from its kin, the larger *Philodendron bipinnatifidum*. The *Xanadu Philodendron* needs more light than most other philodendrons so that it can properly maintain its compact appearance.

Hence, the challenge is to find just the right amount of partial shade and indirect sunlight. Too much of old Sol's direct rays will cause the leaves to become pale and bleached in appearance. On the other hand, the plant will spend its time and energy reaching for sunlight if in too shady of environs. Once you've found the perfect growing locale, feed your Xanadu monthly to keep it a deep green color.

Apply fertilizer in the spring and fall, every other week during the hottest season and, if you've chilliness during the winter, none at all then.

At the basest of levels, as a tropical species, it needs warmth and humidity to survive. It might attract aphids and mealy

bugs, but is not known to be invasive. If growing indoors, keep your Xanadu near natural light and take it outside to rinse it off weekly. As it grows, and should you so wish, you may propagate it by plant division.



The individual leaves of the leaves of the Xanadu philodendron are, in themselves, a delight to behold.

Xanadu is wonderful plant used in a mass planting providing a mid-height groundcover. It also makes a super foundation planting, a spreading climber or, as noted previously, growing in a container – inside or out of doors. It's sure to generate comments and – armed with the trivia, minutia and the facts above – just imagine how you can wow your guests!

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Marrying a Mexican - Fun and Paperwork

by Ken Waldie

We did it! Not only did we get hitched, but we also got an education in Mexican paperwork. It's well known that you cannot just make one trip to get any paperwork accomplished. It usually takes 2 or 3. For us, it was more like 6 stops at government offices.

While the requirements (and experience) will vary from state to state, this is our story about what we needed to do in order to meet the legal requirements. My understanding is that it is similar for foreigners marrying one another in Mexico. For Mexicans marrying one another, it's a little easier and fewer steps are called for.

To marry a Mexican (as I did), a foreigner must have permission at the state level. Years ago, a permit from the Interior Ministry (Secretaría de Gobernación) was required. Now it is a letter from the state civil registry (vital statistics office) that is needed.

Requirements, as provided by the Manzanillo civil registry office (9 am – 2 pm, tel. 314 137 2248), inside the main city hall in Manzanillo Centro (most documents need to be in original and it's wise to have three copies on hand with the originals first and copies immediately behind each original):

- Application form (specifying your choice of marital regimen or union, among other items - more on that later)
- Medical certificate (blood tests and a medical letter for each applicant - most local clinics do this)
- Proof of premarital talks (no more than 30 days ahead of the wedding, signoff from an office in Colima City), ours was exempted for some unknown reason but the location for this is: Alfonso Sierra 369, tel. 312 330 3014, no cost, 9 am – 2 pm
- Authorization from the state civil registry in Colima City (a letter): \$650, Gabino Barrera 261, tel. 312 313 7730, 9 am – 2 pm
- From the foreign applicant: legalized or apostilled birth certificate and a letter of single status from your state or province or a notarized copy of a divorce certificate, also legalized or apostilled, both documents duly translated by an official translator of the state such as Luis Medina luis@saymetra.com (Manzanillo will also accept translations from CENBI – apostille or legalization is done at your local consulate back home) .

- For the Mexican applicant: birth certificate or naturalization letter
- Official ID from both applicants (passport, voter's card in Mexico, etc.) and the foreigner's tourist card or visa
- Two witnesses each (full name, address, age, occupation, relationship to applicant)

Note: all amounts mentioned in this article are in pesos mexicanos (MXN)

On the application itself, you are asked to provide details of yourself, former spouse (if applicable) and your parents including the name (at birth) address, nationality, occupation, birth date or age of each and related details. This is provided mainly on the application form but can be asked for on other documents as well.

The other decision that needs to be made and presented to the judge (justice of the peace) at the civil registry is whether the marriage will take place in the judge's chambers (small office, mainly meant for applicants and witnesses only) or elsewhere around town. The cost of the wedding ceremony and paperwork is \$775 and an additional \$2,000 if held off-site (the latter payable at the wedding ceremony).

So...after all paperwork is gathered and you are ready to present it (likely two weeks or more before the intended date), you take all to the Manzanillo civil registry office, present it to the judge for revision and obtain a letter to take to the Colima office. Most likely the Manzanillo office paperwork will take a few trips as you'll probably be missing something. As with any Mexican paperwork, make sure that every piece of paper you receive and present is correct (names, birthdates, not using your middle name as your first last name, etc.) and don't accept it if it is incorrect. Politely ask for a correction.

After you have your letter from the Manzanillo office, you're ready to go to Colima with your mountain of paperwork and copies. Go to the marriage talks in Colima for your stamp before proceeding to the civil registry office where you will present all your papers. The clerk in the Colima office will need to see originals and will also keep a copy of each document. There is a copy place across the street from most offices in case you need it but it's best to be fully prepared. Copies can be in black and white.

Once you have had all paperwork accepted, the clerk will ask you to wait and will prepare a letter. You will need this letter to return to Manzanillo. Generally, the judge in Manzanillo will

...Marrying a Mexican

ask you to send him this letter, perhaps by Whatsapp, to verify that all is correct before leaving the Colima office. Ours was not (it was addressed to the office in Villa de Alvarez instead of to the Manzanillo office) and we had to return to Colima to have it corrected.

As you can see, this takes several days and trips so patience is a must. You can now return to Manzanillo with all the documents and the letter from Colima and present them for final inspection to the Manzanillo judge and pay your tax (the \$775). If you will want certified copies of your marriage license on the day of the wedding, now would be a good time to request them (\$75 each). You will need a certified copy (or more than one) in the future and, in particular, to get the apostille or legalization that you'll need for legal effect in your home country.

The day before the wedding, the judge's clerk will do up the wedding certificate and documents. You will want to go and view them in person to ensure everything is correct. Ask when they will be prepared and then take all your documents again to verify this in their system. Go as early as possible. Ours contained more than 30 errors at first sight. It is important that this be done correctly as it would be nearly impossible to change it later. Once all is completed, you are set to go. If you are getting married off-site, then you'll have to provide the judge with the time and location of your ceremony. Expect him to be punctual or arrive early.

Taking a few steps back in the paperwork process, one of the very important things you'll need to decide for your application form is the marital union or regimen (regimen de matrimonio). This is a legal decision. You'll be asked to choose between a sociedad conyugal (collective goods) and bienes separados (separate goods). These terms are used differently in different states in Mexico. The sociedad conyugal is sometimes referred to as bienes mancomunados. This is, again, a critical legal decision and the main reason for which we chose to formalize our marriage in Mexico. If you select the collective goods regimen, that means that all debts and assets are joint or are community property.

The joint property union is better to protect a stay-at-home spouse or when the assets and income are quite uneven. The separate property union protects the parties from liability for debt or suit and also from the need to declare income to one another. In the case of a Mexican with a foreigner, in particular for those located within 50 km from the coastline, it means that one spouse can own property without needing a trust (because a foreigner can't own property in the zone). There are many articles to better explain the difference online and you should seek legal advice before making such a decision to ensure you select the correct option for your family.

So...on to the big day! On the wedding day (ours was held off-site), the judge will arrive with yet more paperwork (vows, paperwork for the couple and witnesses to sign and more) and will ask to see the ID of each witness to ensure all info is correct (best to have a copy of said ID and official address when the paperwork is being drawn up in the first place - name, address, date of birth). The judge won't likely ask for more paperwork from the bride and groom as it has all been cleared already. The judge will read the marriage act (foreigners will need an interpreter for this, either someone they know or the civil registry can provide one at a cost) and will ask each party if he/she accepts the marriage contract. The marriage contract is a one-page document that will be provided to the couple upon completion of the ceremony.

Once the marriage act has been read, if the couple will exchange rings (best to let the judge know in advance), the judge will ask each of the parties to repeat after him, making a vow and placing the ring on the other person's finger. If you wish to use some vows you have written, including in English, that would be the time to exchange your own vows, most likely in addition to the marriage act or pre-prepared vows.

The judge will make a brief declaration then will ask the bride and groom, witnesses and parents (if present) to sign the paperwork (many copies and documents) and provide fingerprints (bride and groom). And that's it, almost.

For legal effect of your new marriage certificates in other countries, it's best to have the document legalized or apostilled (depending on where it will be used) then translated. You take the certified copy to the Palacio de Gobierno, second floor (tel. 312 314 4046, 9 am - 2 pm) and drop off your document, then take a slip of paper they will give you down the road to another office and pay for the apostille or legalization (\$136) then return for your document a while later. Once you have your legalized or apostilled document in hand, you can have it translated by a Mexican translator but most likely your local jurisdiction at home will have specifications for this. You may need to use a local, certified translator at home.

While marriage certificates are considered legal anywhere, you may need to do the extra step to legalize the document for various purposes, such as to do a will. As with most paperwork in Mexico, you can often get someone to do the paperwork for a fee. This will work for some of the marriage paperwork but most of it must be done by the couple, or with the couple present, to ensure it is the will of both parties and no fraud is being committed.

The celebration after the ceremony was a lot more fun. All in all, getting married in Manzanillo was worth it!

The Ballet Folklórico Los Angelitos dancers are going to Canada!

Manzanillo's Ballet Folklórico Los Angelitos
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"Origins", Mexico As You Never Imagined

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Performance Dates:

September 17, 2017 7:00 pm
Olds, Alberta, Canada
Transcanada Theatre
www.oldskiwanis.org

September 18, 2017 7:00 pm
Okotoks, Alberta, Canada
[St. Raphael Theatre](#)

September 19, 2017 7:00 pm
High River, Alberta, Canada
[Highwood Memorial Centre](#)

September 20, 2017 7:00 pm
Edmonton, Alberta, Canada
Festival Place Theatre Sherwood Park
\$25 Adult \$15 Children under 12
Tickets: Festival Place Box Office 780-449-3378
Tickets: www.ticketmaster.ca (add service charge)

September 21, 2017 7:00 pm
Leduc, Alberta, Canada
[MacLab Theatre](#)

If you are interested in additional information please contact The Children's Foundation
And see the **Casa Hogar Los Angelitos** sites at [Facebook](#) and [their web site](#)
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Facebook privacy demystified (part seven)

Snopes.com is back!

by Señor Tech

Last month I wrote that Snopes.com was having difficulties. Whatever their issues, they have returned to debunking rumours. Go to Snopes.com if you see a claim and wish to know whether it is real or a hoax.

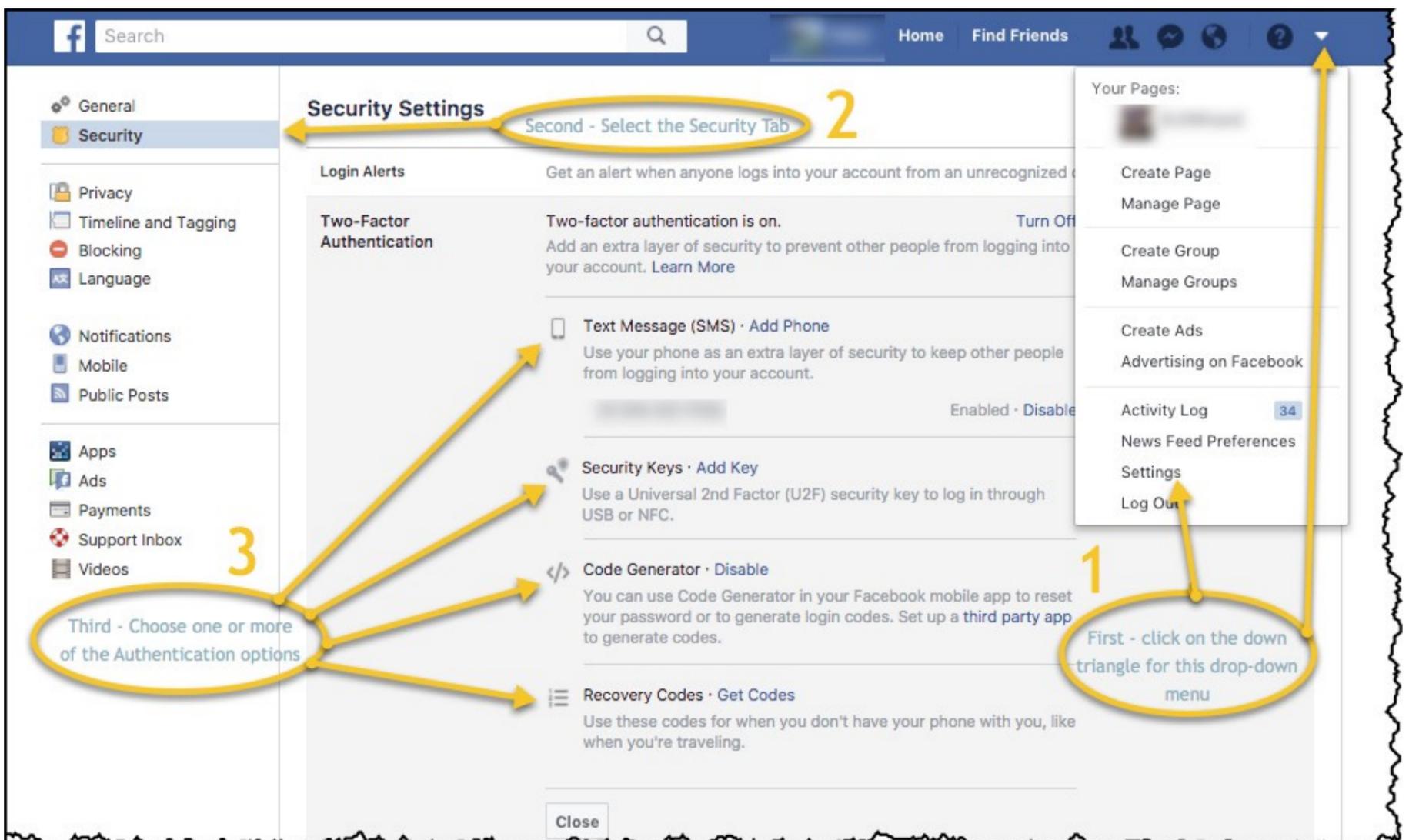


For example, a few nights ago, I received a message on Facebook Messenger "Please tell all the contacts in your messenger list not to accept anything from XXXXXXXX XXXXXXXX. He has a foto with a dog. He is a hacker and has the system connected to your messenger account. If one of your contacts accepts it, you will also be hacked, so make sure that all your friends know it. Thanks. Forwarded as received. Hold your finger down on the message. At the bottom in the middle it will say forward. Hit that then click on the names of those in your list and it will send to them."

The first thing to do when you receive a message like this, is nothing. Do not send this to all your contacts, unless you are prepared to send another message later explaining that it was a hoax.

No one can connect to your Facebook account or Facebook Messenger account without your login credentials. If a hacker has the capabilities to hack Facebook, nothing you do will prevent the hacker from doing what he/she wants to do.

If you are concerned about your Facebook account security, you can set up Two-factor authentication. Two-factor authentication provides two steps for secure logins. The first step is



...Facebook privacy demystified

your login username and your password; the second step is something only you have for verification, such as a smartphone with text messaging.

To login from an untrusted device (one that you have not already used and marked as trusted) you will need your login credentials (username/password) and a code generated by Facebook. So, if someone acquires your username and password, they will be unable to login to Facebook without the code (unless they have access to one of your trusted devices).

To set up Two-factor authentication follow the instructions in the attached graphic.

- On your Facebook page, click on the down triangle and choose settings.
- Select Security
- Choose one or more of the 4 choices.

For most people, a text message to your smartphone is easiest. After you enter your phone number, a text message with a code will be delivered. Use this code to authenticate your account. Anytime an authentication is required in the future, a

text message will be sent to your phone with a new code number.

If you do not have a smartphone, you can select Recovery Codes (A list of ten codes will be generated. Print or write them down. These will be used anytime authentication of your identity is required. Remember to keep the list current, as the codes can only be used once.) The other options require a bit more technical savvy, and if you have it, you can use one of these options.

Two-factor authentication adds a lot more security, but it also adds an annoyance factor. If you are careful with your passwords and use different passwords at all the sites that you visit, you can disregard Two-factor authentication. If you do not practice secure password protocols, I highly recommend Two-factor authentication for your peace of mind.

if you have questions or suggestions about future technology topics, email seniortech@manzanillosun.com

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Villahermosa, Tabasco

by Dan and Lisa Goy, exclusive to Manzanillo Sun

January 17 - 18, 2016 (Days 11-12)

We left the RV Park in Catemaco about 8 am with Mike and Kelly in the lead headed for Villahermosa in the state of Tabasco; we estimated a 6-hour drive of just over 300 kms, almost 200 miles. Our destination was a resort that includes camping and a pool, and is very popular with locals and families, called "Recreativo El Gordo y San Pancho." This was a scenic drive as we continued more eastbound now south through the tropics, leaving the state of Veracruz.



Good signage of Hwy 180D

Travelling Hwy 180 early on, the road was not great and we had to be careful and watchful for potholes. This was also the case on the toll portion of the highway. We briefly lost our #6



Toll Hwy 180D is worth every peso

Bruce and Marian at a Hwy interchange as they got stuck behind some traffic and prematurely exited off the Hwy 180 as we transitioned Hwy 180D. We simply pulled off at the first opportunity so #6 could get themselves sorted out and rejoin the group.

As we entered the state of Tabasco, the road improved dramatically with few potholes and much better pavement. A couple of body breaks and a fuel stop and we arrived at our destination. On arrival, it became apparent at the campground/pool/banquet hall, there was event going on, so we cooled our jets in open field adjacent to our camping area full of parked cars.

RV Caravan prefers toll roads



...Villahermosa



Setting up at Recreativo El Gordo

We started moving into the campground at 5:30 pm and Rafael and Eileen were the last to park by 6:30 pm. The pool party was over by about 6 pm but the festivities at the banquet hall kept going strong and went late, music blaring in typical Mexican Style.

The next morning, we headed off to La Venta Museum Park at 9 am and ran right into some crazy traffic because of major road construction into town. Fortunately, we got a parking spot

at the entrance to the Museo and spent the next couple of hours touring a wonderful exhibit of Olmec sculptures. La Venta Museo itself is located on an island in a swampy area beside the river Tonalá near the Gulf of Mexico. Due to the construction of an oil refinery and an airport, big parts of this historical site have been destroyed. Hence artifacts that were found there have been moved to the La Venta Park Museum in town. Unfortunately, the attached zoo reminded me of old Stanley Park from decades ago. We all felt bad for many of the larger cats on display. I have to say, the jungle setting in the middle of the city was nothing short of spectacular. This Museo is well worth the stop.



La Venta Museo is lakeside

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...Villahermosa



Gang celebrates Dan's birthday!

Returning to campground, we stopped at Wal-Mart for some shopping and supplies. Arriving back at the RVs, the gals went to the pool and the guys enjoyed a beverage. Before you knew it, was a Happy Birthday Happy Hour for yours truly. Good snacks, summer beer, great friends. This really could not have been much better. We even had some dancing with lots of my favorite tunes. The next day we left early, led by Rafael and Eileen. Our 6:37 am departure was our attempt to miss road construction rush hour traffic. It worked, for the most part.

About Villahermosa

Villahermosa literally means Beautiful Village and is the capital and largest city of the Mexican state of Tabasco, approximately 863 kilometres (536 mi) from Mexico City. Tabasco's political powers reside here. It is the main city of the state of Tabasco and is home to the state's largest population. The city is an important business center for the Mexican oil industry. In 2008, the city consisted of 33 colonias and fraccionamientos.

Also known as La Esmeralda del Sureste (The Emerald of the Southeast), Villahermosa is a modern city, rich in natural resources, in terms of both agriculture and farming. Commercially, the city is served by major merchants, such as Liverpool, Fábricas de Francia, Palacio de Hierro, Wal-Mart, City Club, Soriana, Comercial Mexicana, and Home Depot. All the major national banks are represented in the city as well.

Founded officially on 24 June 1564 by the Spanish Diego de Quijada on the banks of the Grijalva River under the name of Villa Hermosa, in 1826 the village was raised to the rank of city under the name of San Juan Bautista de la Villa Hermosa (Saint John the Baptist). During the French intervention in Mexico, French troops occupied the city in 1863. In 1916, the governor of Tabasco, Francisco J. Mújica, ordered the restoration of the

city's name to Villahermosa. Today Villahermosa is a modern city in southeast Mexico and, possibly only after Mérida, Yucatán, it is the most important business and commercial point in the long stretch between Mexico City and Cancún.



Dan and Lisa with Olmec colossal head - Parque Museo de la Venta

Like most of Tabasco, Villahermosa has a tropical monsoon climate. Temperatures during spring and summer seasons can reach upwards of 40°C (104 °F), with humidity levels hovering around 30% during the same period (for total humidity-adjusted temperatures in the high forties). During its short "winter", Villahermosa's climate is very humid but daytime temperatures decrease to around 28°C (82 °F).

The most stunning season of the year is spring, as the flamboyán, guayacán, macuilis, and other tropical vegetation bloom and dress the city with a beautiful sense of joy along its major thoroughfares. Villahermosa is located in the southeast of Mexico between the rivers Grijalva and Carrizal. The average elevation of the city is 10 meters above sea level. The city also has several lagoons, the largest and most important of them being La Laguna de las Ilusiones (Illusions Lagoon). In October 2007, Villahermosa suffered its worst flood in recorded history. Several hundred thousand people were displaced because of flooded homes.

Popular Sites

- La Venta Museum-Park, which includes a small zoo, has the most important collection of Olmec artifacts
- "Casa de los azulejos", built in 1890 in the Historic centre of Villahermosa, combines Gothic and Moorish styles
- Esperanza Iris Theatre

...Villahermosa

- Plaza de Armas (main square)
- Zona Luz (city centre)
- Catedral del Señor de Tabasco (Cathedral of the Lord of Tabasco)
- Tomás Garrido Canabal Park
- Yumká (zoo where animals roam freely)
- La Choca Park
- Tabasco Park - a 'must see' during the Feria festivities
- Papagayo Children's Museum
- Museo de Antropología Carlos Pellicer

Olmecs

The Olmecs were the **first major civilization in Guatemala and Mexico** following a progressive development in Soconusco and modern southwestern pacific lowlands of Guatemala. They lived in the tropical lowlands of south-central Mexico, in the present-day states of Veracruz and Tabasco. It has been speculated that Olmec derive in part from neighboring Mokaya and/or Mixe-Zoque.



Lisa and Dan at the Olmec museum

This area is characterized by swampy lowlands punctuated by low hills, ridges, and volcanoes. The Tuxtla Mountains rise sharply in the north, along the Gulf of Mexico's Bay of Campeche. Here the Olmec constructed permanent city-temple complexes at San Lorenzo Tenochtitlán, La Venta, Tres Zapotes, and Laguna de los Cerros. In this region, the first Mesoamerican civilization emerged and reigned from c. 1400-400 BCE.



Colossal Head
MONUMENT 1

This head, unlike the other three found at La Venta, does not display parted lips. The individual depicted presents a harsh facial gesture, carved with a prominent frown and furrowed brow. He is wearing a helmet that displays the common Olmec "U" element directly above the forehead, from which three petal-shaped appendages emerge. This colossal head was discovered in 1925 by Frans Blom and Oliver La Farge, facing southward at the base of the large pyramid C-1 at La Venta. Behind the head were found several large stelae — also facing southward— whose iconographic narratives are associated with the justification of power. These monuments, together with the colossal head, appear to bound and protect the sacred precinct of the political-religious center of the site. These sculptures leave no doubt that a primary mechanism for the legitimation of political power among the inhabitants of the site was through the representation of rulers in monumental stone sculptures.

La Venta. Olmec Culture, Preclassic period (700-400 B.C.).



Pre-Olmec cultures had flourished in the area since about 2500 BCE, but by 1600-1500 BCE, early Olmec culture had emerged, centered on the San Lorenzo Tenochtitlán site near the coast in southeast Veracruz. They were the first Mesoamerican civilization and laid many of the foundations for the civilizations that followed. Among other "firsts", the Olmec appeared to practice ritual bloodletting and played the Mesoamerican ballgame, hallmarks of nearly all subsequent Mesoamerican societies.

La Venta consisted of several pyramids that were constructed as mounds, built from clay. The high time of the La Venta culture started around 1200 BC. The site was abandoned from 400 BC on. It is very famous and many monumental stone figures have been found there. Four of them are gigantic stone heads. The aspect of the Olmecs most familiar now is their artwork, particularly the aptly named "colossal heads". The Olmec civilization was first defined through artifacts which collectors purchased on the pre-Columbian art market in the late 19th century and early 20th century. Olmec artworks are considered among ancient America's most striking.

Scholars have yet to determine the cause of the eventual extinction of the Olmec culture. Between 400 and 350 BCE, the population in the eastern half of the Olmec heartland dropped precipitously, and the area was sparsely inhabited until the 19th

...Villahermosa



The blue church in Juan Diaz Covarrubias

century. According to archaeologists, this depopulation was probably the result of "very serious environmental changes that rendered the region unsuited for large groups of farmers", in particular changes to the riverine environment that the Olmec depended upon for agriculture, hunting and gathering and transportation. These changes may have been triggered by tectonic upheavals or subsidence, or the silting up of rivers due to agricultural practices.

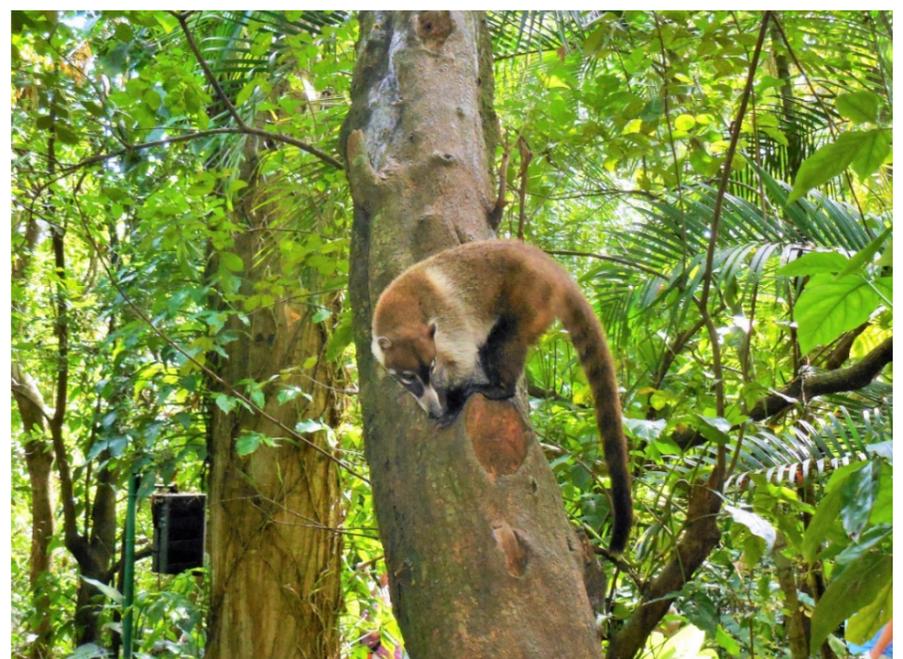


La Venta Museo Park includes a small zoo

One theory for the considerable population drop during the Terminal Formative period is suggested by Santley and colleagues (Santley et al. 1997) who propose relocation of settlements due to volcanism, instead of extinction. Volcanic erup-

tions during the Early, Late and Terminal Formative periods would have blanketed the lands and forced the Olmec to move their settlements. Whatever the cause, within a few hundred years of the abandonment of the last Olmec cities, successor cultures became firmly established. The Tres Zapotes site, on the western edge of the Olmec heartland, continued to be occupied well past 400 BCE, but without the hallmarks of the Olmec culture. This post-Olmec culture, often labeled Epi-Olmec, has features similar to those found at Izapa, some 550 km (330 miles) to the southeast.

The Long Count calendar used by many subsequent Mesoamerican civilizations, as well as the concept of zero, may have been devised by the Olmecs. Because the six artifacts with the earliest Long Count calendar dates were all discovered outside the immediate Maya homeland, it is likely that this calendar predated the Maya and was possibly the invention of the Olmecs. Indeed, three of these six artifacts were found within the Olmec heartland. But an argument against an Olmec origin is the fact that the Olmec civilization had ended by the 4th century BCE, several centuries before the earliest known Long Count date artifact.



Coati-Mundis are everywhere

The name "**Olmec**" means "**rubber people**" in Nahuatl, the language of the Aztec, and was the Aztec name for the people who lived in the Gulf Lowlands in the 15th and 16th centuries, some 2000 years after the Olmec culture died out. The term "rubber people" refers to the ancient practice, spanning from ancient Olmecs to Aztecs, of extracting latex from castilla elastica, a rubber tree in the area. The juice of a local vine, Ipomoea alba, was then mixed with this latex to create rubber as early as 1600 BCE.

...Villahermosa



The Museo is very green

Early modern explorers and archaeologists, however, mistakenly applied the name "Olmec" to the rediscovered ruins and artifacts in the heartland decades before it was understood that these were not created by people the Aztecs knew as the "Olmec", but rather a culture that was 2000 years older. Despite the mistaken identity, the name has stuck. It is not known what name the ancient Olmec used for themselves; some later Meso-american accounts seem to refer to the ancient Olmec as "Tamoanchan". A contemporary term sometimes used for the Olmec culture is tenocelome, meaning "mouth of the jaguar".



The Olmec Governor

...more pictures follow



...Villahermosa



Checking wifi at the park office



Fun galore!



Dan celebrates his 61st birthday - Recreativo El Gordo



Olmec exhibit - model of La Venta site



Two Nannas

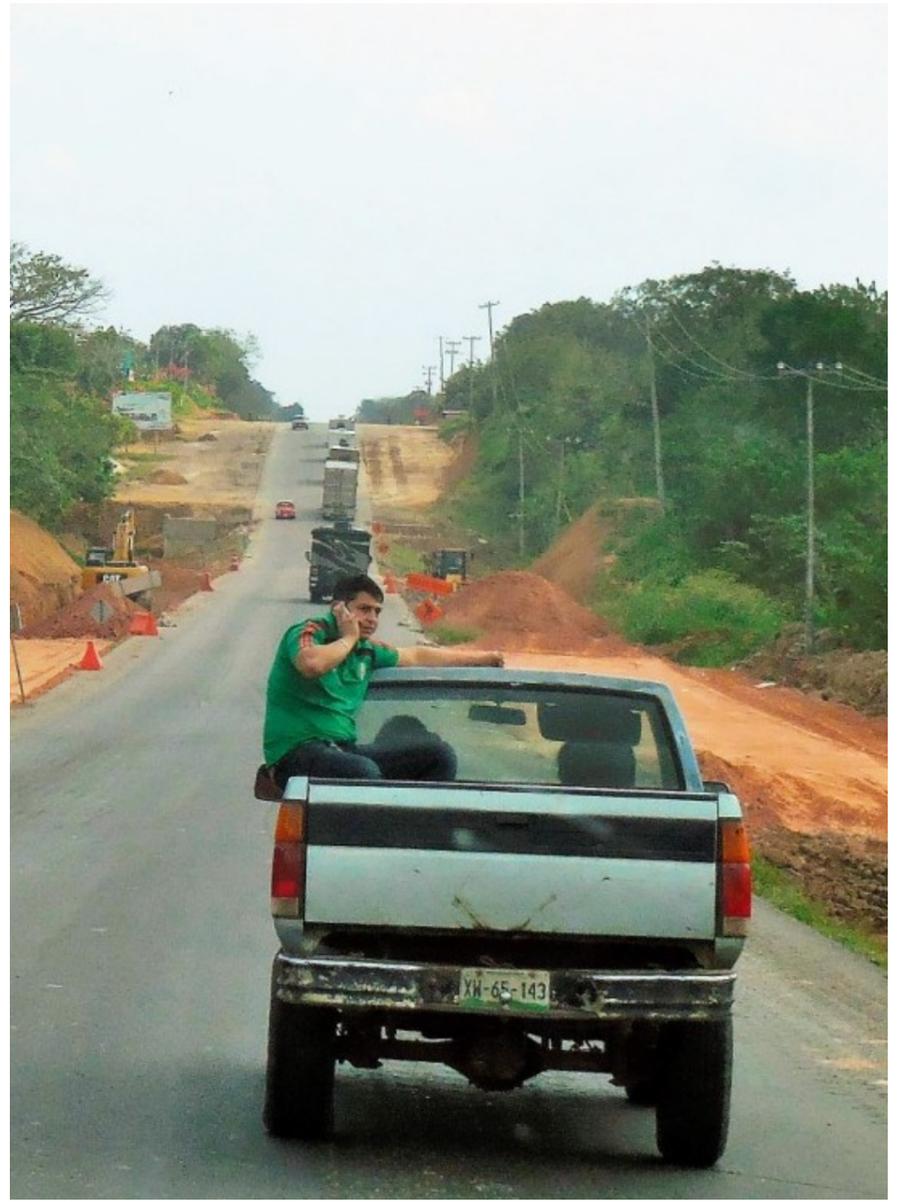


Museo - worth a visit

...Villahermosa



Four moms, one of them Olmec



Roadwork on Hwy 180



Olmec artifact

...Villahermosa



Large gas stations work well for the group



Mike pours summer beer at Dan's birthday party



Villahermosa

Submitted by Dan and Lisa Goy
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you can reach Dan and Lisa Goy at thegoys@manzanillosun.com

MEXICAN BEAN SALAD



Ingredients

- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can cannellini beans, drained and rinsed
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 (10 ounce) package frozen corn kernels
- 1 red onion, chopped
- 1/2 cup olive oil
- 1/2 cup red wine vinegar
- 2 tablespoons fresh lime juice
- 1 tablespoon lemon juice
- 2 tablespoons white sugar
- 1 tablespoon salt
- 1 clove crushed garlic
- 1/4 cup chopped fresh cilantro
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground black pepper
- 1 dash hot pepper sauce
- 1/2 teaspoon chili powder

"A colorful, spicy, and refreshing bean and corn salad."

Directions

In a large bowl, combine beans, bell peppers, frozen corn, and red onion.

In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.

Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.

Prep 15 min

Ready in 1 h 15 m

Allrecipes.com

Recipe by: Karen Castle

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Crossword

solution posted in next month's edition

1		2			3	4		5
				6				
7				8				
	9					10		
11								12
13		14				15		
16					17			

Across

- 1 (you/usted) live, (he, she) lives
- 3 on foot (1,3)
- 7 (they) are, (you/ustedes) are
- 8 never, ever
- 9 captain
- 13 in the end, finally (2,3)
- 15 anger
- 16 but (on the contrary, but rather)
- 17 (you/usted) put, (he, she) puts

Down

- 1 glass
- 2 (I) was coming, (you/usted) were coming
- 4 bread
- 5 (they) used to be, (you/ustedes) used to be
- 6 ancient, elderly
- 10 soul, spirit, mood
- 11 country
- 12 (you/usted) do, (he, she) does
- 14 end

Last month's crossword solution:

¹ t	u	² v	o		³ d	⁴ i	j	⁵ e
í		e		⁶ e		d		d
⁷ a	t	r	á	s		⁸ e	r	a
s				p		a		d
	⁹ i	¹⁰ n	m	e	n	s	o	
¹¹ a		a		r				¹² n
¹³ m	a	r		¹⁴ a	c	¹⁵ a	s	o
o		¹⁶ i		r		m		t
¹⁶ r	a	z	a		¹⁷ h	o	r	a

lexisrex.com

Viceroyalty of New Spain

1521 - 1821

from the Path to Citizenship series

Capital	Mexico City
Languages	Spanish (official), French, Nahuatl, Mayan, Indigenous languages, Philippine languages
Religion	Roman Catholicism
Government	Viceroyalty

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.



Flag of the Cross of Burgundy

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 from its capital, 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 Mexican Empire – when the latter dissolved, it became modern Mexico and Central America.

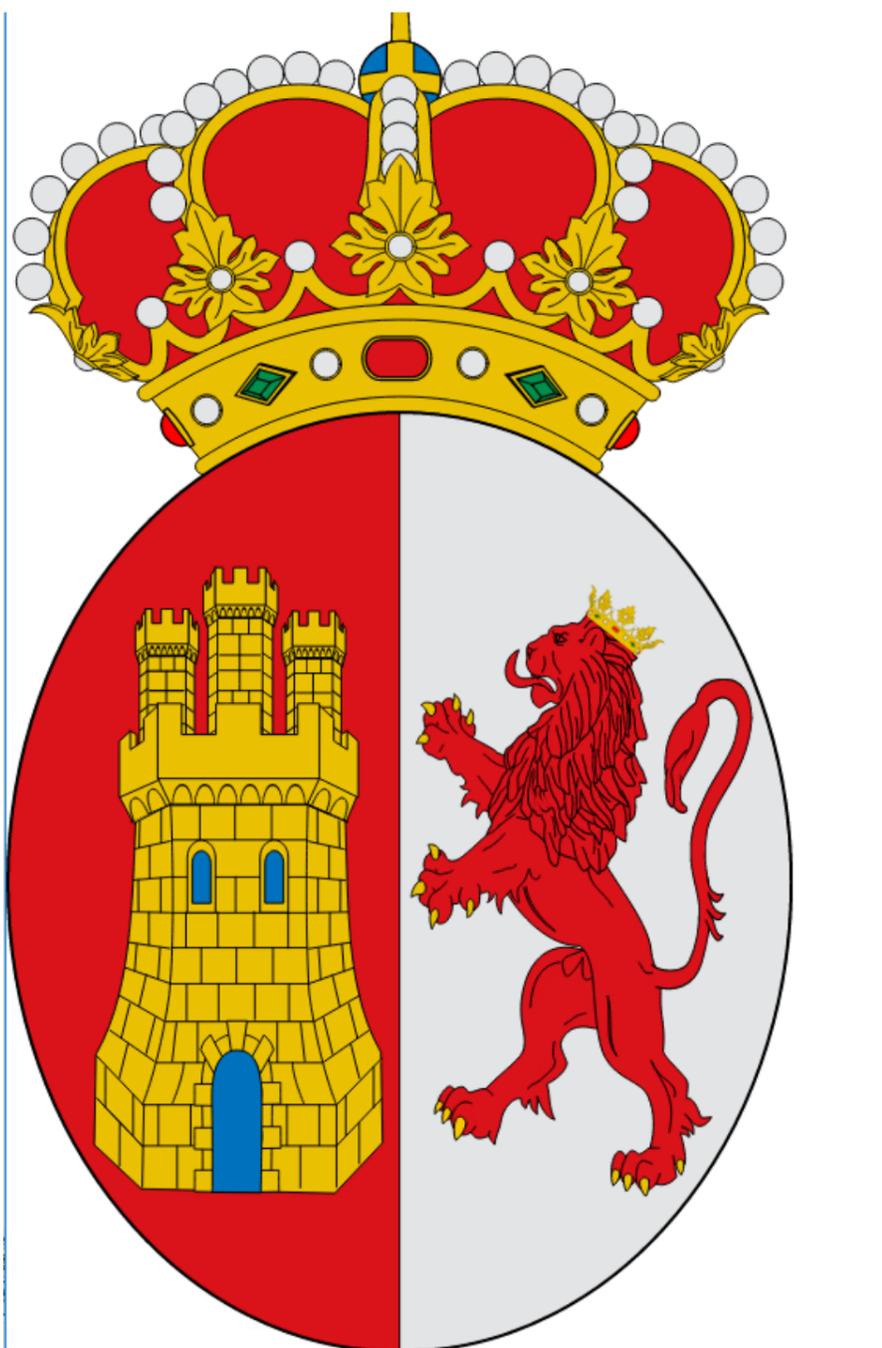
New Spain developed highly regional divisions, reflecting the impact of climate, topography, the presence or absence of dense indigenous populations, and the presence or absence of mineral resources. The areas of central and southern Mexico had dense indigenous populations with complex social, political, 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

To see more about this article series, visit us at [Path to Citizenship \(P2C\) online](#)



Viceroy of Spain - coat of arms



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