



Manzanillo **SUN**

coastal Mexico's lifestyle magazine

February 2017



A day at the Turtle Sanctuary in Cuyutlán, releasing the baby turtles into the ocean

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Publisher: Dana Parkinson
 Layout: Dana Parkinson
 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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Back to Daily Life in Manzanillo

by Suzanne A. Marshall

Once the festivities of the New Year and Christmas have passed; the children return to school; the non-stop partying with families and friends settles down; life begins to normalize again. That is, as normal as one might imagine in beautiful, tropical Manzanillo. In spite of the distractions of the surf and the beaches and those glorious sunsets, there are still the usual errands that must be taken care of.



Container ship, fully loaded

Many volunteers have walked the beaches to clean up the aftermath of the New Year's Eve fireworks. The construction on the main boulevard has resumed its persistent pace as well as the awesome overpasses leading to the El Centro area in downtown Manzanillo where the shipyards are located. Not having been downtown in a few months really gave us some perspective on our drive there recently.



Container ship leaving Manzanillo

The progress was very apparent and I am beginning to believe there really will be an end to the construction. The efficiencies expected from these projects will make Mexico's largest and

busiest port even more so. It's mindboggling to think of our port receiving and coordinating somewhere in the vicinity of half a million twenty-foot containers per year. Thus the need for smooth handling of the containers in and out of the port loading areas is truly apparent. The Puerto de Manzanillo serves 15 states within México and 26 shipping lines bound for 74 ports around the world. This season, the port will host an estimated 24 cruise ships I am told. This gives a great boost to the local tourism business.



Shipyards in Manzanillo

Our ventures into the heart of Manzanillo are often for fresh market shopping, a nice lunch across from the Pez Vela malecon or showing visitors some aspects of daily life in the heart of Manzanillo. But this day we are headed down to the main administration building at city hall to pay our annual property taxes. We are expecting serious traffic congestion in the area since, aside from the road construction; taxes are due at this time of year for most local property owners.



Goods from around the world

Because we are now permanent residents here, we have qualified for our INAPAM (Instituto Nacional de las Personas Adultas Mayores) status as senior citizens. This status provides us with a 50% property tax discount (among other benefits). Colour us

(Continued on page 2)

(Back to Daily Life in Manzanillo - Continued from page 1)

ecstatic and more than willing to deal with a wee traffic jam. Now the real challenge remains to find a good parking spot nearby.



Blue sailfish at the end of the street - El Centro

To our amazement, the street immediately east of the building has a couple of free spaces next to the curb. It's a bit daunting because Manzanillo is built on lovely rolling hills and the angle of this particular street is pitched at about 40 degrees. It's going to be a little tricky and on the left side of the street, so I jump out to give my husband some help backing the car into the slot. We did it. We were absolutely giddy about our lucky find and proceeded into the building and took care of our business.

Then, with the main mission taken care of, and having found such wonderful parking, we decided we should head up the street to a nice little restaurant amidst the tourist shops and have brunch. Off we went anticipating our 'Cubana Tortas' and a lovely view of the big blue sailfish while we munched. As we took a table and sat down to look at the menu we notice a bit of a hubbub taking place behind us. Soon we are approached by one of the servers who spoke to us in excellent English.

Apparently, our coveted parking spot is being watched continuously, by a local traffic policeman. This is taking place in order to assist people like ourselves deal with the traffic congestion. The policeman saw us leaving the building and heading down the street in the other direction. So, he sent a woman to inform us that we could not leave our car there as this spot was needed by others. Now this is where the social graces of the Mexican people are demonstrated. Where else would the courtesy of the locals be shown in such a thoughtful fashion?

I suspect he could have dealt with us differently with perhaps a traffic ticket. Who knows? We may have been in a short-term

parking zone and didn't know it. So we toddled back to our car to take our leave and let someone else use the space. There was the officer busy doing his job, whistle in hand with several cone markers now in place at the bottom of the street. A few happy on-lookers helped us back down the hill as the officer removed the cones and gave us an approving nod.



Pez Vela from offshore

It was cause for us to have a good chuckle and admire the ease with which the situation worked itself out. But of course we either had to find other parking or move on to some other location for our meal. We decided to lunch at the local market called 'Cinco De Mayo' and reflect on this small humorous incident that could have been quite confusing otherwise. Think about it. A policeman sees us leaving, sends a person down the street, who finds someone else who speaks English to advise us that we must move our car. Ah yes, life in Manzanillo is so quaint and really quite wonderful.



Cinco de Mayo market

you can reach Suzanne A. Marshall at suzanne@manzanillosun.com



by Tommy Clarkson

Yellow Bells, *Tecoma stans*

Family: *Bignoniaceae*

Also known as: Yellow Elder, Trumpet Bush, Ginger-Thomas, Tecoma, Trumpet Flower, Yellow Trumpet Bush, Yellow Trumpet Flower, Yellow Bignonia, Tronadora or Esperanza*

*(Sometimes I embarrass myself so much that I think I should go back to the insect collection of my 4-H project youth! Such is the case with the Yellow Bells. Upon spying this beauty and deciding to write about it, I jumped to the conclusion that it was a - very similar in appearance - Golden Trumpet Tree - *Tabebuia chrysantha* - that had somehow gotten its flowering seasons mixed up. Wrong, wrong, wrong, Bug Breath!)*

Bailing me out – as he has done on numerous occasions - was my pal, Dr. Mark Olson, of the Institute of Biology at the University of Mexico. He, you may recall, kindly wrote the Foreword for *The Civilized Jungle, Volume I*. Along with his equally-intelligent, PhDed (*if that's not a word it should be*) botanist wife, this globe-trotting, internationally-known, plant profes-



The showy clusters bend the twigs into arches with their weight



The blooms are followed by long, string bean-like pods

sional shot me a note, while "in the field *Down Under*", setting me straight. Next, taking these pictures for me was my buddy, Nathan. So all I'd contributed, up to that point, was identifying it incorrectly! *But, Golden Trumpet – Yellow Bells . . . I'm getting older, you can see how I'd get confused, right? That's my story and I'm sticking with it!*

But, so as to keep you from repeating my great and galling, geriatric gaffe, allow me to describe these attractive trees in a bit of detail. To start with, they are an evergreen - zone ten and eleven – full-sun loving, large bush to small tree, growing in the United States, Mexico to northern Venezuela and Argentina. And yes, some folks in the cooler climes enjoy them year round as they can be grown in pots/containers outside during warm weather and then overwintered indoors as a houseplant in a bright, sunny room. In the former mode, they have no serious insect or disease problems. But indoors, keep a watchful eye out for spider mites and whiteflies.

(Continued on page 4)

(Yellow Bells — Continued from page 3)



The contrast of flowers against the dark green leaves is lovely!

Beyond that, I could not say it better than is written in the *Floridata Plant Encyclopedia*, as follows: The Yellow Bells have "bright green opposite leaves, which are pinnately compound with one to nine (usually three to seven) sharply-pointed, oval leaflets. The two to three inch (5-7.6 cm) long leaflets have sharply-toothed edges. They are borne on very short petioles and are slightly hairy on the undersides along the midrib and in the vein axils. The smooth, squarish twigs are green, turning tan or reddish tan as they age. The bark on the main trunk is light brown and becomes corky with age. The one to two inch (2.5-5.1 cm) sunshine yellow flowers are trumpet shaped.

They hang in showy clusters at the branch tips and forks, bending the twigs into arches with their weight. There are two folds along the bottom of the flower's throat and several delicate rust-red lines decorating the interior. The blooms appear in flushes throughout the growing season. They are followed by four to eight inch (10.2-20.3 cm) long, string bean-like pods that hang in vertical clusters. These turn brown and split open to release flat, oblong one-quarter inch (0.6 cm) seeds with transparent one-quarter inch (0.6 cm) wings on each end."

According to the National Gardening Association's Plant Database, it is both humidity and drought tolerant but, on the other hand, likes mesic soil. (*What, one asks, is that? Well, ecologically speaking, such is "a habitat with a moderate or well-balanced supply of moisture".*)

(By the way, worry not, the preceding two paragraphs of good - but somewhat tediously-detailed - data, is not on the test!) You may wish to remember only that it has delightfully, bright yellow, trumpet-shaped flowers displayed in terminal clusters and growing from fifteen to twenty feet (4.57 – 6.10 meters) in height.

Beyond we - moderately sentient - humanoids, the Yellow Bells flowers are enjoyed by butterflies, nectar-seeking insects, bees and hummingbirds. Small mammals eat its seeds, while some creatures browse on the plant's leaves. However, not all are favorably inclined to the Yellow Bells. In South Africa, it is considered an invasive species. But, it is the official flower of the Virgin Islands!

** Speaking of Esperanza, she and her husband John are our wonderful friends and next-door neighbors here atop the ridge above Santiago Bay. Their restaurant, Juanito's, is a "must go to" place here in Manzanillo!*

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you can reach Tommy Clarkson at tommy@manzanillosun.com

What will happen to bonds if interest rates rise?

by Yann Kostic

Rising interest rates are generally bad for bond funds. This is very important for bond investors today to understand.

An example to explain why.

Let's say you purchased a bond with a coupon of 6 percent at par, for \$1,000. You will receive annual interest of \$60 (\$1,000 x 6%). You will also receive your \$1,000 principal back when the bond matures. Until then, however, the value of your bond will fluctuate as interest rates move.

Assume, for example, that interest rates rise to 8 percent. That means newly-issued bonds have coupons of 8 percent, and your bond, with a paltry 6 percent coupon, is less valuable. Its price declines.

On the other hand, assume that interest rates fall to 3 percent. That means newly-issued bonds have coupons of 3 percent, and your bond, with a 6 percent coupon, is more valuable. Its price rises.

So the market value of a bond moves inversely to market interest rates. This does not matter if you plan to hold the bond to maturity, in which case you'll receive its face value. However, if you plan to sell it sooner, interest rates matter.

The situation is further complicated if you hold shares of a bond fund. A fund holds many individual bonds instead of a single individual bond.

When interest rates rise, shareholders get scared and tend to sell their shares. In order to pay those shareholders, the fund manager may have to sell some of the portfolio of bonds. This can hurt the value of the bond fund.

Today, interest rates are historically low in the United States, and the US Federal Reserve has suggested that it will increase rates three (or possibly four) times in 2017.

If you're a bond investor, be sure you understand the risks. Bonds can play an important role in a diverse portfolio, but no investment is without risk and bonds are not an exception.

Yann Kostic is an Investment Advisor (RIA) and Money Manager with Atlantis Wealth Management. Yann specializes in retirees (or soon to be), self-reliant women and expats in Mexico. Atlantis Wealth Management has relationships with international custodians allowing multiple foreign currencies in a single account. Yann splits his time between the Lake Chapala area, Manzanillo and Central Florida. 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

Zombie Palm, *Zygocactus truncate*

Family: *Cactaceae*

Also known as: Latayne Palm, Latayne Zombie or Guanito

Native to Hispaniola, where it grows in sparse scrub at low elevations on dry hills, this interesting – and somewhat different-looking – species is closely related to *Coccothrinax* and *Thrinax* palms. A bit of a “hippy wild child” and “free love” sort, it regularly hybridizes with species of the former genus. (*But, then again, maybe we might be a bit “irregular” too if every book that discussed us relegated to the last page or so!*)

A bit dissimilar from close-up pictures of Zombie Palms I have seen in numerous printed and on-line venues, and in that ours is not a clustering sort but rather a solitary, I suspect it may well be cultivar.

The genus name of *Zombia* is derived from the Haitian Creole name for it, *latanier zombie* or “ghost palm”. The Latin epithet *antillarum* means “of the Antilles”.

With a degree of the “ugly duckling syndrome”, it is a bit daunting in appearance at first glance when the palm is younger. But the Zombie Palm will eventually develop into a medium-sized, rather attractive, sort when “grown up”. Its tightly clustering stems and the intricate weaving of its trunk enveloping, leaf stem base fibers are the impetus for its beauty in “adulthood”.

It does have some other rather interesting and unusual growth features.

One should stand back when admiring this character as the ends of the fibers project outward in sharp spines. Some say

that its common name comes from the alleged use of these spines as voodoo needles, while other authorities totally dispel this story. If the tree dies and the central core rots away, it may leave a hollow, fibrous column standing alone but with its projecting spines. . . . which is, I suppose, a bit “zombiesque”.



In this shot, one can see the entire cycle of inflorescence - from budding through its tiny flowers to mature fruits

The Zombie Palm sports approximately twenty - bright green above and silver below - leaves atop a slender, burlap-like, matted trunk. Its palmate leaves have thirty to forty drooping segments which are split at their tips and are from two to three feet wide (.61 - .91 meters). They have no crown shaft but will grow to approximately ten feet (3.05 meters) tall and the same width with its spreading fronds. Its white flowers are bi-sexual and develop into good-looking, roundish fruits, one inch (2.54 cm) in diameter. (I’ve read of orange-fruited specimens being known to exist but have not seen them.) Bees and other insects like the palm’s blossoms.

My books assert that it is a clumping variety. However, as noted earlier, our single specimen seems bent on a lonely, solitary trunk existence.

The *Zombia antillarum* has high salt and drought tolerance, prefers moderate to full sunlight, has low nutritional needs and is adaptable as to where it plants its roots. About all it requests is good drainage. While it doesn’t demand a lot of water, it will grow better and look prettier with regular watering. As it handles salt well, it makes a good palm for planting near the ocean. Its seeds will germinate in around two months, should

(Continued on page 7)

(Zombie Palm — Continued from page 6)

you wish to grow your own.

As to proper placement in one's garden, I'd encourage that you showcase it in a location where its somewhat-unique stems can be appreciated. I've read in no few publications similar comments of this species that, as Riffle states, has a "natural tendency . . . to form dense clumps that obscure the trunks, resulting in a mound of foliage in which, not only the trunks, but also the shape of the leaves, are obscured."



Some say that its common name - Zombie palm - comes from the alleged use of these spines as voodoo needles

He goes on to advise that "Some judicious pruning out of the stem (will) reveal . . . the wondrous woven fibers and their spiny projections." When they are in season, also seen at that time, are the ghostly, white or greenish-white fruits.

One might consider using it as an indoors specimen but ensure that it has a significant amount of light and good air circulation.

But let's get back to that creepy, zombie stuff. According to a

2004 article by F.B. Taylor and J.C. Timyan in Economic Botany, purportedly, "The people of Gros-Morne, Haiti, believe that the yellowish-brown oil produced by the seeds is a "sense-activator" used to stimulate all five senses. They (also) believe this oil can be used to "awaken" a zombie back to life."



Its ripe fruits are a striking white in color

I've heard that there's a dwarf variety named *Z. gonslezii*.

(H'mmmmmmm, a dwarf zombie. . . now that's quite a mental picture!)

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Earthquakes

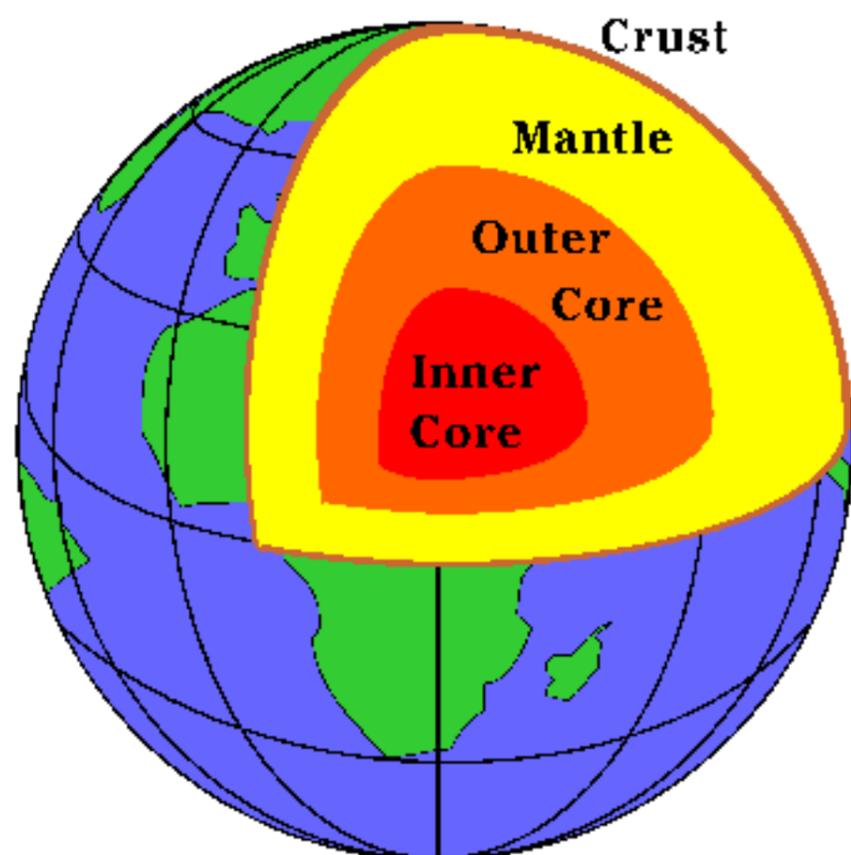
by Terry Sovil

An earthquake, also called a temblor, is the shaking or rolling of the earth's surface. It is when two "plates" suddenly slip and slide past each other or break apart due to tension or pressure. You may feel it as a rumble or shock under your feet or it may be so powerful it can flatten buildings or large sections of a city. They occur on land or at sea.

Terms

There may be smaller shocks before (foreshock) and some after (aftershock) from the main earthquake (mainshock). Foreshocks can be so big you may feel it was the mainshock. Foreshocks and aftershocks can occur within days, weeks or months of the main earthquake.

In the diagram below, you can see the inner core, the outer core (liquid in nature), the mantle (semi-molten rock called magma) and the crust. The crust is the hard part of the earth that forms the surface. It includes the land masses we live on, the oceans and the ocean's depths. Earthquakes form in the outer crust.



The crust thickness varies from 5 to 40 km (3 to 25 miles). The mantle is about 2,900 km (1800 miles) thick. It makes up 82%

of the earth's volume and 68% of its mass. The outer core temperature is very high and is liquid. The molten iron here is thought to be the source of the earth's magnetic field.

Temperatures range from 3,200 C to 4,000 C (5,400 to 7,200 F). The inner core is very hot and keeps the inner core solid (4,000 to 4,500 C or 7,200 to 8,100 F).

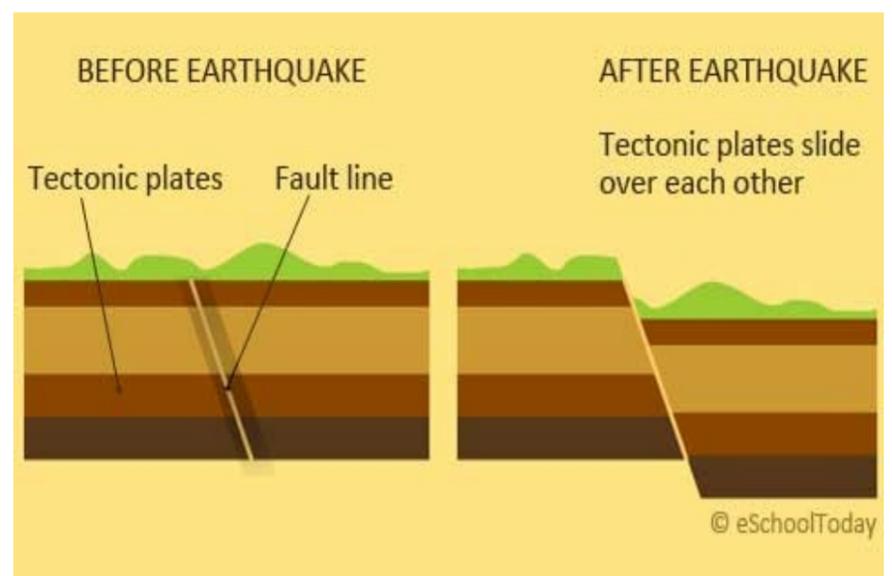
Plates, Faults, Richter Scale

Tectonic Plates – Huge layers of the earth's upper crust. They move, slide, stretch and collide with other layers. Each plate is 50-250 miles (80-400 km) thick!

Faults – Also called fault plane or fault lines. Weak lines that develop in plates, usually on the surface of the earth. If a fault line slips, an earthquake may result. The hypocenter is the location directly below the earth's surface where the earthquake starts. The epicenter is directly above it on the surface of the earth.

Seismograph / The Richter Scale – A seismograph measures the magnitude of an earthquake. The Richter scale (RS) is a measure to compare earthquakes. It is calculated in levels of ten. So a measure of 4 is ten times more than a measure of 3. An earthquake of 3-5 is considered minor, 5-7 is moderate and 7-8 is major, and 8 or more is great and devastating.

How do they happen?



Imagine what happens when two plates collide using the diagram above. The earthquake develops in the crust of the earth.

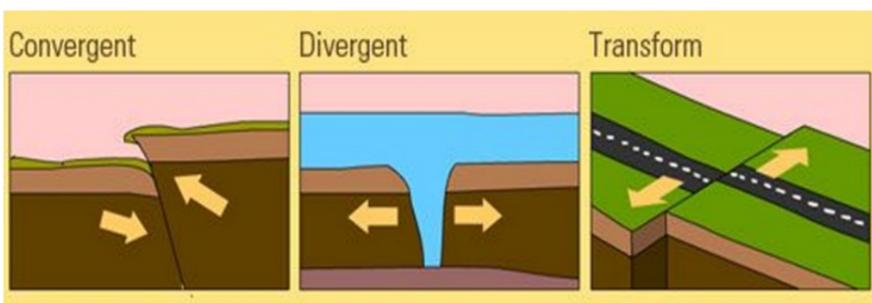
(Continued on page 9)

(Earthquakes — Continued from page 8)

Think of the plates as similar to a jigsaw puzzle. As they push against each other with great pressure, it finally "gives" along that fault line and there is an earthquake. Much like ripples on a pond when you throw a rock, the plates direct tremendous energy outward. The earth will shake and roll, causing damage.

Types of Earthquakes

There are three main forms of earthquakes, depending on the plate movements. It could occur in a convergent, where one plate is pushed over another creating a thrust fault. It could be a divergent boundary where the plates are forced apart, forming a Rift Zone, or new floor. This is common on ocean floors, with the Mid Atlantic Ridge being an example. Last it could be a transform fault. Unlike the other two the plates here slip by each other. This is also called a strike-slip. See the diagram below.



Tsunami

A tsunami, massive ocean wave, can be triggered by an earthquake that occurred in the sea. This happens when the plates move, or focus, so that one slips under another. Tsunamis may also be caused by underwater landslides or the eruption of a volcano. The waves created can grow to a size of 100 feet or 30 meters. Out at sea, the waves travels very fast and is only 1-2' / .5M in height. It will pass under a boat with no problems. It is not like a conventional wave as it runs from the surface to the bottom of the ocean. As it travels it gains speed, up to 500 mph / 804.672 kph. When it reaches shore, and the depth of the water decreases, the wave grows in height.

Manzanillo and Colima

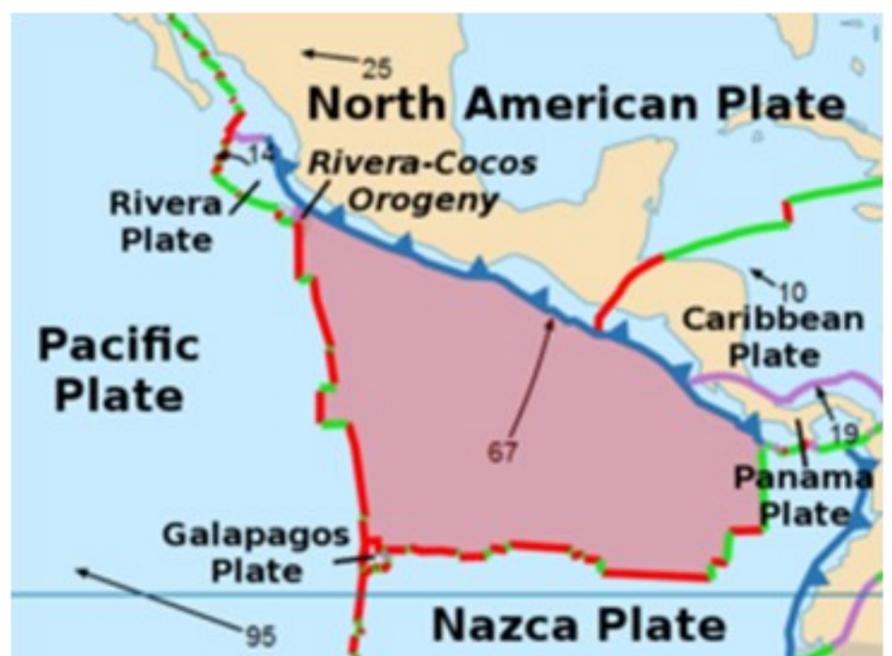
We are surrounded by the North American plate, The Cocos plate and the Pacific plate. The Rivera Plate is a small plate, a microplate, located off the south of the Baja. It is believed that

the Rivera Plate separated from the Cocos Plate 5-10 million years ago.



This area has caused some of the strongest earthquakes in the history of Mexico:

- June 3, 1932 the largest earthquake in the history of Mexico, RS 8.2, in Jalisco with an aftershock of 7.8.
- October 9, 1995 an RS 7.6 earthquake occurred beneath the Jalisco region with significant loss of life and property
- An RS 7.8 earthquake on January 24, 2003 occurred near Colima city resulting in 29 dead, 300 injured, 10,000 left homeless, 2005 homes destroyed and 6,615 homes damaged. The quake was felt in Mexico City, most of Mexico and into Southern Texas. Landslides closed Colima-Guadalajara highway and the port of Manzanillo. A local tsunami of about 1m / 3 feet was recorded in Manzanillo.



you can reach Terry Sovil at terry@manzanillosun.com

Allied

by Suzanne A. Marshall

Starring: Brad Pitt, Marion Cotillard, Jared Harris

Director: Robert Zemeckis

"In 1942, a Canadian intelligence officer in North Africa encounters a female French Resistance fighter on a deadly mission behind enemy lines. When they reunite in London, their relationship is tested by the pressures of war."

This film is a masterpiece of art direction, costuming and realistic sets. These alone are worth seeing. I note there are a number of award nominations for these very reasons. Brad Pitt and Marion Cotillard play their roles with a genuine 'feel' for those times; somewhat reserved and proper. This is, perhaps, why I never really felt a chemistry between them. However, the story is fascinating and overall very good entertainment. There is plenty of intrigue and the plot does keep you guessing until the very end. I enjoyed it.

My curiosity found me doing a little bit of research to find out if the movie was based on a true story. The story's writer, Steven Knight, now a successful screen writer, was personally told this story while visiting friends many years ago. This being long before his fame, he feels that the story was related to him, in all sincerity, by a relative of the heroine's family. Therefore, it's possibly a true story but not one that can be verified. He says he knew it would be a movie someday.

The IMDB rating is 7.2/10 based on an estimated 25,085 viewers.



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Volcano of Fire

by Kirby Vickery

I wanted to be able to tie in Aztec mythology into to the eruptions of Volcán de Colima which is also known as Volcán de Fuego in recognition of its almost constant eruptions of late. I didn't find what I was looking for but have found some interesting facts that I can give.

In the Aztec creation saga, we are in the fifth world. The other four were created then destroyed before true man came along. The God of Fire, also known as the Turquoise Lord or Lord of the Volcano actually has two names. The old guy's name is Huchueotl and he is the oldest god in the Aztec pantheon of gods. According to the Florentine Codex, he is considered as the mother and father of all the Aztec gods. You have to remember the duality of their gods being masculine and feminine at the same time. His other name is Xiuhtecuhtli in his younger state and was usually represented by a face of turquoise.



Xiuhtecuhtli

From another Codex, this duality is exemplified by the very first Aztec god that created itself. Ometecuhtli, the Lord of Duality, and Omecihuatl, Lady of Duality, came to be as one. This gives the good and bad and male/female to all the Aztec gods. This god gave birth to four others named Huiziopochtli, Quetz-

acoatl, Tezcatlipoca and Xipe Totec. It was these four that created the world while each of them represented a cardinal direction.

Xipe Totec was the god of the east. He represented agriculture, disease, spring, vegetation, goldsmiths, silversmiths, liberation and the seasons, as well as pimples and eye diseases. He connected agricultural and the renewal of life in living things and flayed himself to give food to humanity. Without his skin, he was depicted as a golden god. Xipe Totec was supposed to have been the god that invented war.



Xipe Totec

[At this point in the creation of the world, there are several different accounts and I have picked some - sorta.] Huitzilopochtli and Quetzalcoatl teamed up to make the first world and the first thing they created was fire. Then they set out to create humanity and chose Tezcatlipoca to be sacrificed as the source of light because the world was in darkness and needed a sun. The problem was that Tezcatlipoca only had the power to become a half sun. When he was sacrificed, his blood dropped on a mass of ground up bones of the ground and two gods sprung up. They were the first man and woman, named Oxomoco and Cipactonal respectively.

In later myths, the four gods who created the world, Tezcat-

(Continued on page 12)

(Volcano of Fire - Continued from page 11)



Cipactonal

lipoca, Quetzalcoatl, Huitzilopochtli and Xipe Totec were referred to respectively as the Black, the White, the Blue and the Red Tezcatlipoca. The four Tezcatlipocas were the sons of Ometecuhtli and Omecihuatl, lady and lord of the duality, and were the creators of all the other gods, as well as the world and all humanity.

During this, a fight transpired between Quetzalcoatl and Tezcatlipoca. Quetzalcoatl was the victor, but Tezcatlipoca takes revenge by sending jaguars on Earth to destroy the giants. Thus, came an end to the first sun.

There is some conflict concerning the reality of these giants. They were the people created in the first sun but kept falling off the edge of the earth, into the sea where they were all eaten by the sea creatures created either by a crocodile-like water creature named Cipactli and the rain god Tlaloc and his wife Chalchiuhtlicue. One supposedly survived and, as a result, fathered a race of over eight-foot giants which keep popping up in various archeological sites, expeditions and other places such as in the Bible as Goliath.

you can reach Kirby Vickery at kirby@manzanillosun.com

Cipactli



Sully

by Suzanne A. Marshall

Starring: Tom Hanks, Aaron Eckhart, Laura Linney

Director: Clint Eastwood

"The story of Chesley Sullenberger, an American pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew."

I knew I was guaranteed a good movie for two reasons: the director and the cast. It's very difficult to go wrong with a Clint Eastwood film and the acting talents of Tom Hanks. The movie is billed as a biography. For me that means details and facts as opposed to fictional liberties. I am quite sure there had to be some allowances for improvising that would integrate the basic story with the aviation industry, the passengers and the families involved. Therefore, it was extremely interesting to see the details of the crash play out. Further, we get an inside look at the investigative 'machinery' that comes into play when such a dramatic and potentially-huge tragedy takes place.

That being said, the skills of the cast and filmmakers gave us a realistic, yet amazing production. The aircraft scenes and the forced landing were extremely well done. This is an excellent movie.

The IMDB rating is 7.5/10 based on about 104,000 viewers.



you can reach Suzanne A. Marshall at suzanne@manzanillosun.com

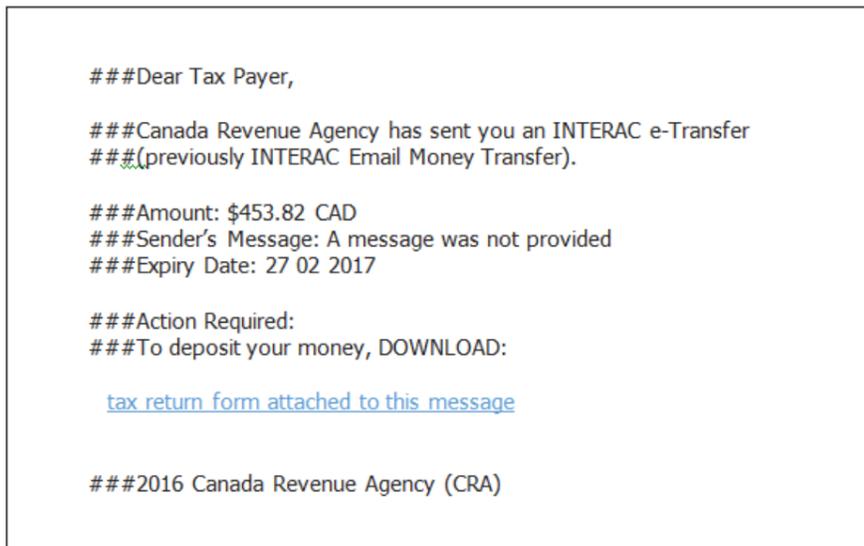
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**You do not need a boat or rod to go Phishing,
just the right bait.**

by Señor Tech

Today I was racking my brain about what I could write about this month and like being hit by a 2 x 4 across my head, I read my email to find ...



I have disabled the hyperlink above, but if I had clicked it, I would have downloaded the following file.

[http://luvzizfashion.com/Tax Refund ID 16677893623 PDF DOCUMENT.zip](http://luvzizfashion.com/Tax_Refund_ID_16677893623_PDF_DOCUMENT.zip)

The file is meant to look like a PDF document, but it is, in fact, a zipped file of an executable program. Although I didn't open the file or go to the site, I am 99.999% certain the program would load onto the computer of the person who did.

There are several scenarios that could occur:

Ransomware – the computer is locked and will not function until you call a number and give your credit card information to unlock the code. Of course, if you do the crooks will now have your credit card information.

Identity theft – by filling out the fake form, the information you provide, could be used to apply for credit in your name.

Key stroke logger – the code could open a back door to your operating system and your passwords and UserIDs could be

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(Continued on page 15)

(Phishing - Continued from page 14)



Image courtesy of pat138241 at FreeDigitalPhotos.net

harvested. With these credentials, the crook could hijack your Facebook account, your email or even log in to your online banking account.

Botnet – your computer could then be controlled as part of a network of hijacked computers to shut down sites online.

The Reply-To address was listed as Reply-To: Revenue Agency 2017

But in fact, was from Irene@datanetlink.com.br - this person most likely did not send this email and is probably one of the crook's victims.

You can find this information by right-clicking your mouse on the reply-to email address in your email client (program you use to read email).

Whenever an unsolicited email message arrives in your inbox

offering something you did not expect, be very wary. Banks, Federal Government Agencies or businesses, do not send these types of communications.

Never click on links within unsolicited emails. If you have a question about the validity, contact the sender by telephone (look up the number online rather than trusting the one provided in the email) or go directly to their website that you type in (do not use links that are in the email).

I have talked to a few people who had their computers compromised and it cost them time, money and inconvenience to restore their systems.

The bait in the email was the \$482.53, that is probably what I would have to pay them to get back the control of my computer.

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

Veracruz

By Dan and Lisa Goy, exclusive to Manzanillo Sun

Days 6-8 (January 12 - 14, 2016)

We started out early from Costa Esmeralda on the Gulf of Mexico Coast following Hwy 180 to Veracruz, lead by Bruce and Marian. Unfortunately, this was unsuccessful as shortly after our departure we came to halt and a 5-hour lineup because of a blockade. The locals were protesting the state of the road to Tampico.



Stuck behind a protest on Highway 180

We were definitely in solidarity with them as we had recently driven it and can confirm it was in major need of repair. The group took everything in stride. Before you knew it, vendors



Three amigos in the lineup

arrived. We did some shopping in the village of Casitas and Roland entertained some locals roadside.



Roadside entertainment

We met a local performer (they flying around a pole guys) and a young bus driver, Rafael had a good conversation on many Mexican topics. Once the logjam started to move, about 1pm, we returned to Sun Beach Campground to the avoid chaos when the protest was over.



Flying performers from Papantla, Veracruz

As it turns out, we were now back on schedule and the next day, before 8am, we continued southbound. The road was good-to-OK from Costa Esmeralda to Boca del Rio (south of Veracruz) where we ended up staying with the RVs. It is always so interesting driving thru villages, where we purchased or-

(Continued on page 17)

(Veracruz — Continued from page 16)
anges, crayfish and tamales.



A very modern grocery store



Good directions



Fort San Juan de Ulúa

The group found a spot to pull over and I jumped in Rafael and Eileen's RV to scout out Rancho La Condesa in Church's book. We decided to stay here at \$200 pesos per night, partial services, close to town and well-kept grounds on the river with peacocks and iguanas in the trees. After getting settled, we headed out for supplies at Chedraui, next to the Liverpool. What an excellent store and mall!

Mike and Kelly had arranged a group tour in Veracruz the next day. We met at the Hilton in Boca del Rio and piled into 2 vans. We had an extensive tour of Fort San Juan de Ulúa by a very knowledgeable guide, Pablo, that included a stop at the

"El Gran Café de la Parraoia" for coffee and lunch.

On our return to the campground, Roland gave everyone a lesson on how to prepare and eat crawdads - lots of fun and tasty, too! We returned into town on the 3rd day to see more of historic Veracruz and dropped the gang off at the square (Plaza de las Armas), adjacent to the Municipal Palace, Virgen de la Asunción Cathedral.



Crawdads happy hour

Fortunately, I was able to park nearby on the street by using 2 parking meters; 6 pesos for 2 hours, very inexpensive for sure. During our walkabout, Lisa and I were caught on the Google Street View Car, 2nd time for Lisa.

Afterwards, we returned to Rancho La Condesa just after lunch and headed back out in search of fresh potable water. Only a few blocks away, we found a couple of roadside "aqua purificada" stands, 10 pesos for 20 liters, 5 pesos for 10 liters and 1 peso for 1 liter. The sun was out, skies were blue and temperatures were rising so many were reading or having a siesta.



An easy way to buy purified water

(Veracruz — Continued from page 17)

Later some of the group grabbed a cab and headed back into town for dancing in the historic Zócalo. We did enjoy our time in Veracruz, certainly lots to see and do.



Some of our group headed out for a night on the town

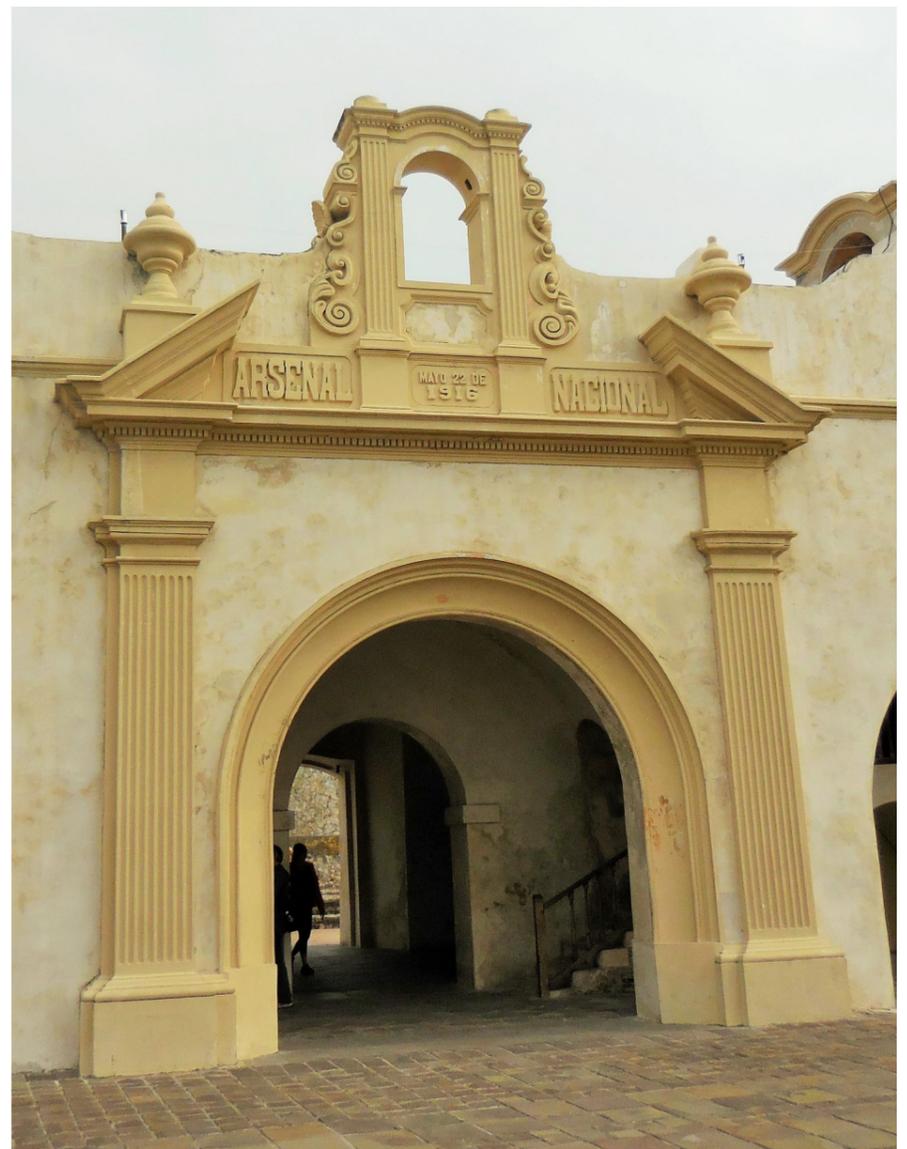
Some Veracruz History

The Spanish explorer Hernán Cortés arrived in Mexico in 1519 and founded Villa Rica de la Vera Cruz, referring to the area's gold and dedicated to the "True Cross", because he landed on the Christian holy day of Good Friday, the day of the Crucifixion. It seems all invasions of Mexico from the sea started here. We camped south of the city at Rancho Condesa, an inexpensive scenic spot on the river. Veracruz has much to see including the cultural center of the city, which is its main plaza, officially named Plaza de las Armas but commonly called the Zócalo.



Benito Juárez monument in Veracruz

In addition to a couple of visits downtown, we took a guided tour of the Fort San Juan de Ulúa, originally on an island which is now connected to land. In the pre-Hispanic era, this island was a sanctuary dedicated to the god Tezcatlipoca. The site where the Spanish first landed has been developed over the centuries and today serves as the container ship terminal of the port. Most of the island is occupied by the fort. This fort was built where the Spanish first landed to conquer Mexico and they used it for their last defense during and just after the Mexican War of Independence.



Benito Juárez was both imprisoned and governed here

Between these periods, the fort helped defend the city against piracy and later was used for prisoners and interrogations of the Mexican Inquisition. Started in 1582 to protect the city from pirates, it was enlarged in 1635 during the period of frequent pirate raids and finally finished in 1707.

The city was the first on mainland America to receive a European coat of arms, which was authorized by Carlos V in Valladolid, Spain, on 4 July, 1523. The original settlement was moved to what is now known as Antigua, at the mouth of the Huitzilpan (or Antigua River) shortly thereafter. This separated

(Continued on page 19)

(Veracruz - Continued from page 18)

the city from the port, as ships could not enter the shallow river. Ships continued to dock at San Juan de Ulúa, with small boats being used to ferry goods on and off the ships. When large-scale smuggling of goods took place to avoid customs officials, the Spanish Crown ordered the settlement returned to its original site to cut down on that traffic. Docks and an observation tower were constructed on the island to ensure that goods went through customs officials.



Container port next to Fort San Juan de Ulúa

This city will soon celebrate 500 years of existence, in comparison Canada is celebrating a 150-year birthday in 2017.

As in other parts of Mexico, the indigenous peoples suffered from epidemics of European infectious diseases and maltreatment, which decimated the population after contact. The Spanish began to import African slaves via the port of Veracruz to work on sugarcane plantations. In the 16th century, this state had more slaves than any other in Mexico. Before the slave trade was abolished, Mexico had the second-highest population of African slaves in the Americas, following Brazil.



Former government palace in Veracruz



Historic streetscape

By the end of the 16th century, the Spanish had constructed roads to link Veracruz with other cities such as Córdoba, Orizaba, Puebla, Xalapa and Perote. Their gold and silver were the principal exports. This caused the city problems with pirates, prompting the construction of Fort San Juan de Ulúa on the island where Grijalva had landed in the mid-16th century. Major public buildings were constructed at the beginning of the 17th century: the municipal palace, the monastery of Nuestra Señora de la Merced, and the Hospital de Nuestra Señora de Loreto.

City of Veracruz and San Juan de Ulúa in 1615 was called 'City of tables' because the houses were of wood with flat thatched roofs. In 1618, a fire nearly reduced much of the city to ashes. In 1640, the Barlovento Armada was stationed here for additional defense against pirates. Through the rest of the colonial period, this was the most important port in New Spain, with a large wealthy merchant class that was more prosperous than that of Mexico City. The pirates Van Hoorn, Laurens de Graaf and Michel de Grammont attacked Vera Cruz in 1683.

The 19th century was marked by armed conflicts. During the Mexican War of Independence, Spain placed troops here to maintain Mexico City's sea link with Spain. In 1816, Antonio López de Santa Anna commanded royalist troops countering the insurgency. In 1820, insurgents took the city, despite Santa Anna's attempts to stop them. The last viceroy of New Spain, Juan O'Donojú, arrived here in 1821, where he signed the

(Continued on page 20)

(Veracruz - Continued from page 19)



This is where Hernán Cortés stepped ashore in what is now Mexico

Treaty of Córdoba with Agustín de Iturbide at Fort San Juan de Ulúa. In 1823, Spanish troops remaining at Fort San Juan de Ulúa fired on the newly-independent Mexican city of Veracruz. The city's defense against the attack earned its first title of "Heroic City." During the Pastry War in 1837, the city mounted a defense against a French attack, and earned its second title of "Heroic City." In 1847 during the Mexican-American War, United States forces invaded the city. It was defended by generals Juan

Morales and José Juan de Landero, but they were forced to surrender a few days later. The government of Mexico recognized Veracruz with a third title of "Heroic City." Ten years later, civil war between liberals and conservatives forced Benito Juárez's government to flee the capital of Mexico City. Juárez went to Veracruz and governed from there in 1857. In 1861 Spain sent its troops to occupy the port in an effort to secure payment of debts, which Juárez had suspended. French military forces accompanied them to prepare for Maximiliano I and occupied the city when the emperor and his wife Carlota of Belgium arrived in 1864.

The conflicts and damaged trade relations with Europe took its toll on the port of Veracruz. By 1902, the port facilities had deteriorated, and it was considered one of the most dangerous on the American coast. President Porfirio Díaz contracted with foreign enterprises to modernize the port's infrastructure. In 1914, during the Mexican Revolution (1910-1920), the US attacked and occupied the port in an effort to try to preserve trade. The city gained its fourth title of "Heroic City". After the Revolution, most port workers became unionized. Through most of the 20th century, federal and state legal and political initiatives intended to better workers' lives had effects on the operations of the port. Eventually, unions came to have great power over the operations and tariffs charged. By the latter part of the 20th century, competing unions made the operations of the port difficult. Some blocked access to the port from federal roads and financial corruption was a problem.

In the 1970s, a federal commission was established to design a new administrative system for the ports of Mexico. The legislature passed laws authorizing the federal government to take control over important ports such as Veracruz. The federal government modernized the port, adopting automation of loading and unloading. This resulted in a reduction of 80% of the port's jobs and labor resistance through strikes. The dockworkers' unions unified, negotiating for members to have a stake in a new company to manage the port's functions, named the Empresa de Servicios Portuarios de Veracruz, S.A. de C.V. The old Compañía Terminal de Veracruz was dissolved in 1988 and the new organization was fully in place by 1991.

In September 2010, Hurricane Karl, a small, strong Category 3 hurricane, caused widespread flooding and damage affecting approximately half a million people. Sixteen were confirmed dead with another eleven missing. Sixty-five municipalities in the state were declared disaster areas. Preliminary damage estimates total up to \$3.9 billion USD and \$50 billion MXN. Much

(Continued on page 21)

(Veracruz - Continued from page 20)

of the most recent commercial development has been in newer areas in the south of the city and in the neighboring municipality of Boca del Río (where we stayed with the RVs), linked by a ten-kilometer road along the shore that caters to tourists and business travelers. The hotels in Veracruz are more rustic and traditional; the modern ones are in Boca del Río, especially near Playa Mocambo.



Sugar cane truck on the way

Although Veracruz is not as popular a tourist destination as many other resort areas there are many sites to see. In more recent years, the city has been promoting an identity as a tourist destination, emphasizing new attractions such as the Veracruz Aquarium and the City Museum, and the renovation of



Southbound toll road

historic ones, such as Fort San Juan de Ulúa and the Naval Academy. The Malecón (boardwalk) stretches for kilometers along the Gulf of Mexico, leading from the city center into the suburbs. This area is popular at night, when people stroll and exercise, enjoying the ocean breezes. Near the city center, the Malecón is crowded with merchants selling knick-knacks, souvenirs, jewelry made with seashells, and T-shirts.

Submitted by Dan and Lisa Goy
 Owners of Baja Amigos RV Caravan Tours
 Experiences from our 90-day Mexico RV Tour: February 7-April 5, 2016
www.BajaAmigos.net

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Sandwichon

A large, multi-layered sandwich meant for sharing

A sandwichon can be made with a variety of meat, vegetables and other ingredients in many combinations and with a whole range of toppings and can sometimes be confused with a cake at first sight. We gathered a sample of a chicken salad sandwichon.

This would make 1/3 of the cake, or one main layer. Many people make a variety of combinations for the layers. Others repeat the same layer 3 or more times.

Ingredients

- 1/3 white onion
- 1/4 cup of shredded carrots
- 1 rib of celery
- 4 - 5 chicken breasts (boiled)
- 1 tsp kosher salt
- Ground pepper
- 1/2 to 1 cup of light miracle whip
- 1 jar of mango slices in juice

Cream cheese frosting

- 1 8oz package of light cream cheese (softened at room temperature)
- 1 8oz container of light sour cream
- 1/4 cup of mango juice

Have on hand...

- 1 loaf of sliced, whole wheat bread
- 1/4 cup chopped pecans

First things first: Boil your chicken on medium heat for about hour so that it will easily fall apart when it's done. Then let it cool and get to work on the rest. In a food processor add onion, carrots, celery and chop finely. Transfer to a medium-sized bowl.



By now, the chicken has cooled so you can put it in the food processor and chop it well. Then add to the bowl with the vegetable mixture and mix together.

Now add the miracle whip and 1/4 cup of mango juice. The chicken mixture should be moist and not dry so, if you need to add more miracle whip, do so. Take your bread and slice the crusts off. I know, what a waste but you can give them to some ducks or birds or turn them into bread crumbs for later use.

Next, the cake part: Place 4 bread slices side by side, spoon over and spread around a 1/4 cup of the chicken salad on top, then another layer of bread, and then more chicken salad until the bread and chicken salad are all done. It should have at least 4 layers.

To make the cream cheese frosting: In a small bowl whip cream cheese until creamy and then fold in the sour cream and mango juice. Frosting should NOT be runny.

Frost the SANDWICHON as if frosting a cake with the cream cheese frosting and refrigerate for at least 3 hours. Overnight is best. When you are ready to serve it place mango slices on the top of the cake and sprinkle pecans. Slice up like a cake and enjoy!

source: <http://mrsgalvan.blogspot.ca/>



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 little, not much, few
- 3 (l) live
- 7 south
- 8 (he, she) finishes, ends (you/usted) finish, end
- 9 motives
- 13 (l) would say (you/usted) would say
- 15 (he, she) gave (you-usted) gave
- 16 eyes
- 17 in front of, before

Down

- 1 (you/usted) pass (he, she) passes
- 2 short , a glass of pure liquor
- 4 anger
- 5 waves
- 6 exits
- 10 order
- 11 (l) hate
- 12 twelve
- 14 river

Last month's crossword solution:

1	m	u	2	r	o	3	h	4	a	g	5	o
	a		e		6	u		l		l		
7	n	e	c	e	s	a	r	i	o			
	o		o		t		e		r			
		8	e	n	v	e	z	d	e			
	9	t		o		d		e		10	o	
11	r	e	c	u	e	r	d	o	s			
	e		e		s		o		e			
12	s	e	r	á		13	a	r	m	a		

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Chichen Itza

from the Path to Citizenship series



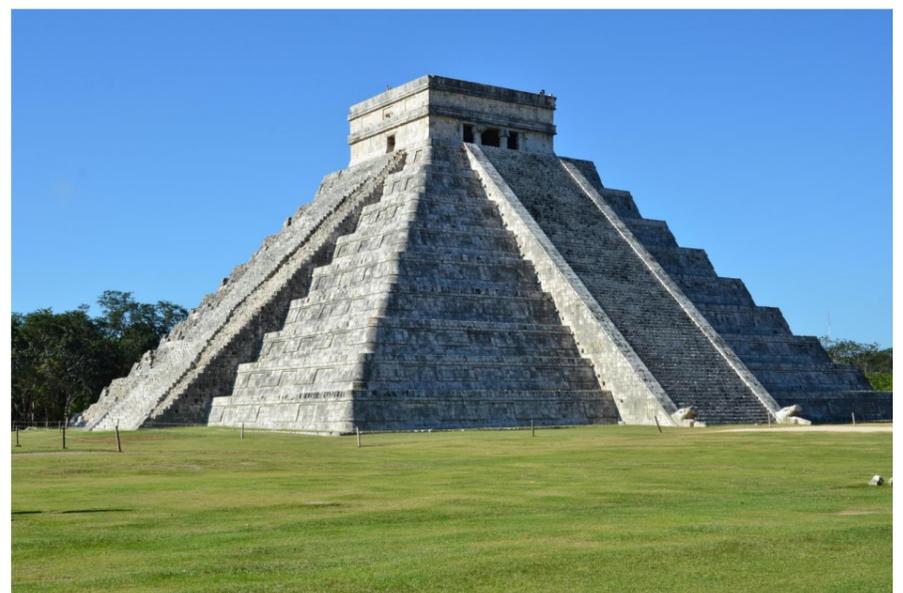
Statue of Chacmool in the Temple of the Warriors

Chichen Itza was a large pre-Columbian city built by the Maya people of the Terminal Classic period. The archaeological site is located in Tinúm Municipality, Yucatán State, Mexico.

Chichen Itza was a major focal point in the Northern Maya Lowlands from the Late Classic (c. AD 600-900) through the Terminal Classic (c. AD 800-900) and into the early portion of the Postclassic period (c. AD 900-1200). The site exhibits a multitude of architectural styles, reminiscent of styles seen in central Mexico and of the Puuc and Chenes styles of the Northern Maya lowlands. The presence of central Mexican styles was once thought to have been representative of direct migration or even conquest from central Mexico, but most contemporary interpretations view the presence of these non-Maya styles more as the result of cultural diffusion.

Chichen Itza was one of the largest Maya cities and it was likely to have been one of the mythical great cities, or Tollans, referred to in later Mesoamerican literature. The city may have had the most diverse population in the Maya world, a factor that could have contributed to the variety of architectural styles at the site.

The ruins of Chichen Itza are federal property, and the site's stewardship is maintained by Mexico's Instituto Nacional de



Antropología e Historia (National Institute of Anthropology and History). The land under the monuments had been privately owned until 29 March 2010, when it was purchased by the state of Yucatán.

Chichen Itza is one of the most visited archaeological sites in Mexico; an estimated 1.4 million tourists visit the ruins every year.

source: Wikipedia.org

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

A Hike to Peña Blanca

by John Chalmers

A fine way to enjoy the Manzanillo area is to join friends for a good hike! Besides the camaraderie, sunshine and warm weather, hikes provide good exercise to help you keep fit during your sojourn in Mexico. Several roads and trails reward hikers with vistas and views of scenery not seen from the main roads. One such route is a rural road that leads to seaside for a splendid view of the white rock, Peña Blanca, a little north of Manzanillo, just offshore from an endless beach of golden sand.



Starting out on the road to the beach after parking the vehicles

Turning off Highway 200, just a minute past the village of La Central, we drove towards the west coast for a kilometer or two to park the vehicles in which 24 of us arrived on a fine morning to start our trek. The winding road leads downward on a slope to flat land as the beach is approached. Jungle, palms, and flowering trees line the route. At one point we left the road to walk a path apparently used by ATV riders, going past palms and giant trees so tall and thick that the sun barely peeks through fronds and branches.

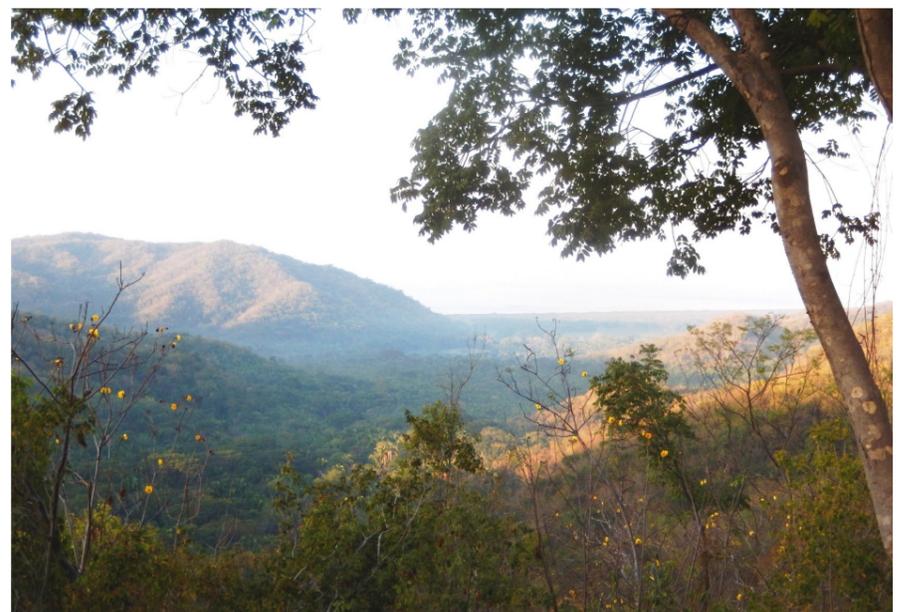
Birds are seen in some places. Our hike passed a great egret, a yellow-crowned night heron, ducks and other water birds that could be seen in wetlands near the end of the route. Close to

them, several vultures perched on fence posts while watching our passing parade.



Hikers en route

From there, we crossed sandy soil with scattered vegetation and strange cactus growth that added to the interest of the landscape. Our ultimate reward was a fine view of the great white rock, Peña Blanca. Standing on the beach, we had a sea level view of the rock familiar to us from above when flying in to Manzanillo's Playa de Oro International Airport.



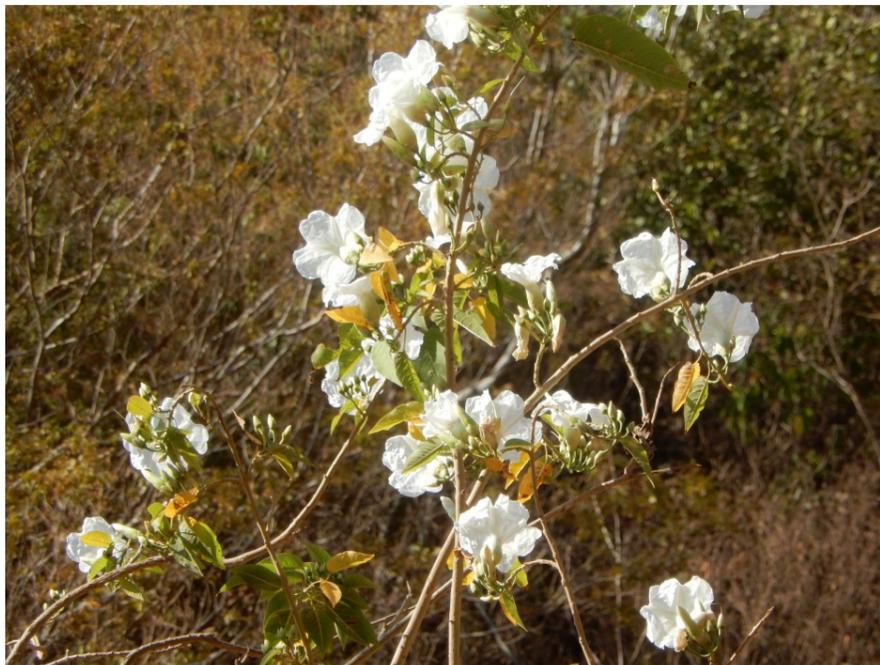
An early morning view of the distant beach



(Peña Blanca - Continued from page 25)

As the huge roller waves came to shore and crashed in their final approach to the beach, we marvelled at the sight of the tireless sea and recorded the view with our cameras. While we walked the beach to rejoin the return road back, tiny crabs scurried to shelter in the sand.

After covering 14 kilometers by the time we returned to our vehicles, and some three hours after starting, our final reward was an ice-cold *cerveza* as we planned our next hike.



Flowering trees at roadside



Only light traffic is on the road



Two Canadians from Alberta: Laura Huber of Calgary and writer John Chalmers of Edmonton, deep in the off-road jungle path



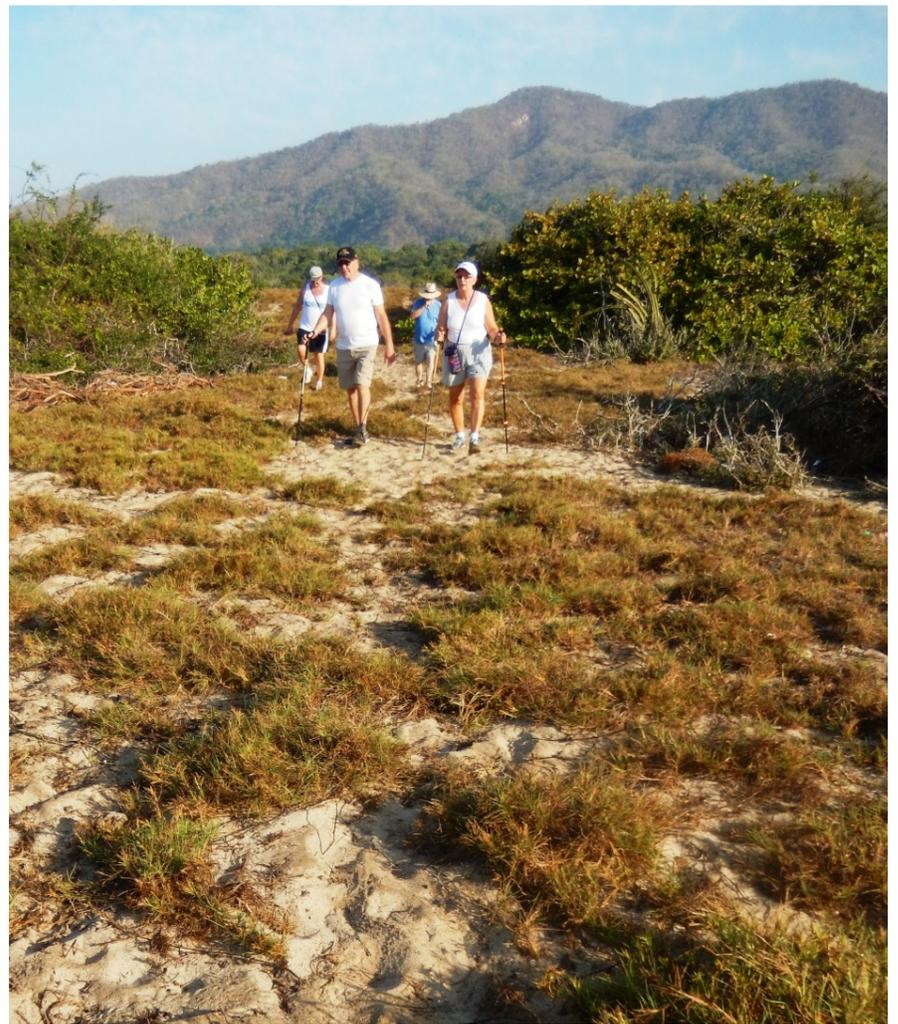
Approaching the beach



(Peña Blanca - Continued from page 26)



Local general contractor, Angel Briseño Ramírez, near the beach



Approaching the beach where vegetation grows in the sand



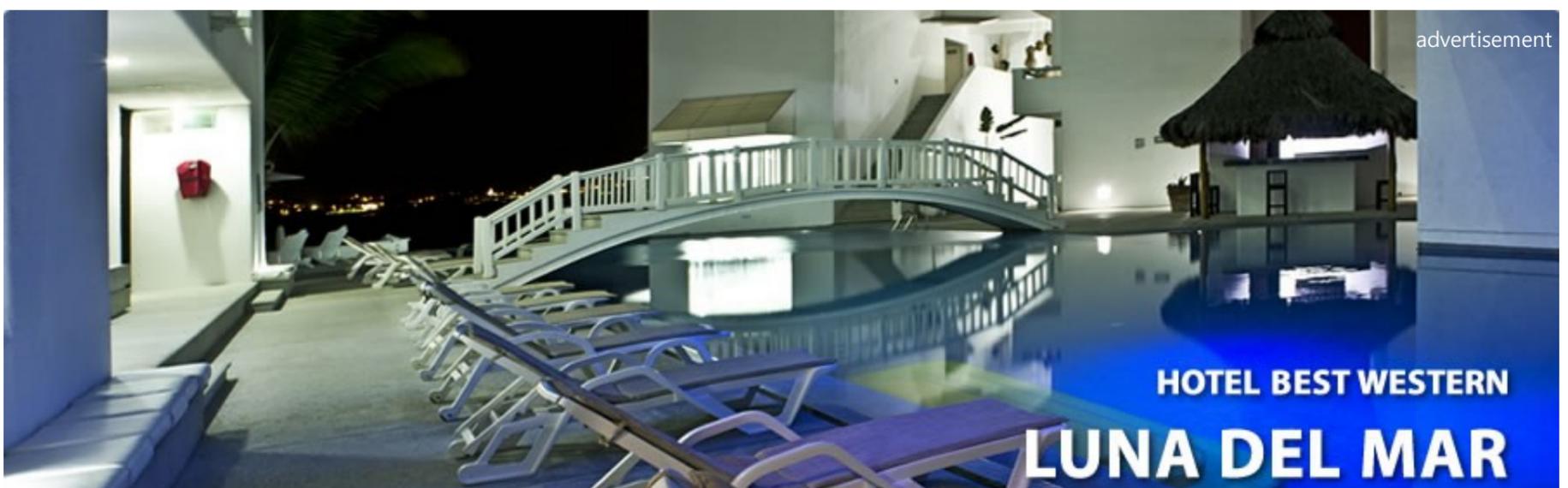
Strange cactus abounds near the beach!



Close-up view of a cactus fruit



Turkey vultures stand sentry by a warning sign at the beach



(Peña Blanca - Continued from page 27)



Peña Blanca in the background, close to shore, where waves roll in and crash on the beach



Heading back from the beach



Hikers listen to organizer Rich Taylor from California, shown with arm raised, as he speaks about other possible hikes in the area



A walk on the beautiful beach begins the return hike



The start of the road to the playa to see Peña Blanca, about 4 minutes past El Naranjo and 1 minute past La Central

you can reach John Chalmers at john.chalmers@manzanillosun.com



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