



Manzanillo SUN

March 2017

coastal Mexico's lifestyle magazine

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by Kim Bates



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E-MAGAZINE

a publication of Manzanillo Sun

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

Article submissions:

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

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A visit to Santiago de Tequila

by Suzanne A. Marshall

with photos by Suzanne A. Marshall and Allan Yanitski

We are off on a short, 4-day excursion with family, to give them a taste of the countryside and tourist attractions that are not far away from the shores of Manzanillo.

Our destination is the town of Tequila. The countryside is absolutely beautiful through the Sierra Madre Mountains and undulating hills with row upon row of blue agave plants as far as the eye can see. We have also been told about other attractions involving the production of opal and black Abyssinian gems and jewelry from mines in the area.



Agave fields near Tequila

With our rooms booked at a lovely small inn on the square, we all look forward to some new adventures. We also booked a short tour of the oldest established tequila distillery named Jose Cuervo. There, we learned a great deal more about Mexico's famous brew and did a little sipping, too.



The streets of Tequila

Located in the State of Jalisco, about an hour west of Guadalajara, the town of Tequila is a wonderful touring destination. Founded in 1530 by Franciscan monks, the municipality is home to approximately 40,000 people with some 26,000 residents in the town itself.



Tequila—Pueblo Mágico

Tequila is best known, of course, for being the birthplace of the drink that bears its name "tequila". The drink is made from the blue agave plant, native to the area. Tequila was also named a "Pueblo Mágico" (Magical Town) in 2003 by the Federal Government and is also a World Heritage Site.

When in Mexico, who doesn't want to check out the origins of fine tequila making and savor the subtle variances. Unlike the television or movie impressions about hard drinking characters consuming tequila, many of us become quite enthralled and delighted by learning the true character of the drink and its numerous grade levels. There are collectors of fine tequilas that compare the best of cognacs and good scotch to the delicate palate of really good tequila. Many will debate what is 'the best of the best'. No one ever wins the debate of course as this all depends on your individual preferences.



Many of varieties of Tequila in store

(Continued on page 2)

(Visit to Tequila - Continued from page 1)

For me, having been introduced to the taste of a wonderful tequila by our Mexican neighbors (also producers), tequila can be among the smoothest of 'straight up' alcoholic beverages that I've ever tasted. The variances are attributed to stages of the distillation process, aging and the type of wood used for holding and aging the mixtures.



In the Tequila shop

Until spending more time in Mexico, I never knew that tequila is really a variety of mescal (or mezcal), made wholly or mostly from the blue agave plant. The heart of the agave plant, known as the piña (little pineapple) has been used to make sweets and fermented alcohol going back to the pre-Hispanic period. The beverage was called mescal and was much like what is called pulque today. It was the Spanish who eventually introduced the distillation process and the first large-scale distillery was created in 1600.



Agave pineapples

From our tour we learned that the agave plants are ready for harvesting after at least eight years of growth. The heart of the agave plants (piña) actually weigh between 40 to 60 kilos. They really do resemble pineapples once they are trimmed of their spikes. But when you have the opportunity, as we did, to stand beside a mountain of them in the brewery, they are surprisingly large.

When we entered the actual cooking areas where ovens are stoked and loaded for cooking the agave hearts, we were not able to take photos. This was apparently for safety regulations due to the seepage of alcohol fumes and gases produced during the tequila distilling process.



Street tour in the barrel

(Continued on page 3)

(Visit to Tequila - Continued from page 2)



It was interesting to note that much of the agave plant trimmings are composted for mixing back into the vast fields, thus enriching the soil. This is part of a plant rotation system that allows the soil to rest and renew itself for more agave growth in future. Other uses of the plant trimmings include making craft paper, twine, burlap-type cloth and agave honey.

However the journey is not just about the making of tequila. It is also a charming town with a beautiful central square complete of course, with a fabulous cathedral (Our Lady of the Purisima Concepcion). The square itself offers lovely restaurants, gift shops and of course 'Mercados' full of many variations and

decorative bottles of tequila. While there, you may wish to visit the National Museum of Tequila. It is dedicated to the history of tequila liquor and the only one of its kind in the world. Also take a peek in the courtyard of city hall to see a beautiful mural depicting the history of the area and its people.

Having toured the distillery; viewed the cathedral; walked the shops and streets and purchased some mighty fine tequila, we found ourselves amiably exhausted. Earlier we had dined on traditional Mexican food so we headed for a little coffee shop on the square to complete the evening. As we sat and discussed the day and enjoyed the ambiance of the cooling breezes, the church bells began to toll. Everyone in the square including shops, restaurants and their employees stood and bowed their heads for the daily traditional blessing of the town by the town priest. Although it took us a few minutes to react and understand the occasion, we rose to our feet and followed suit of course. I noted it was 9 PM. I couldn't help but feel something very special about that moment and our visit to this lovely location in Mexico. We would all highly recommend it.



City hall courtyard - Tequila

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by Tommy Clarkson

American Oil Palm, *Elaeis oleifera*

Family: *Arecaceae*

*(At the sake of presumption, I respectfully state that I take exception with some of my secondary research sources! Some of these speak of the *Elaeis oleifera* as synonymous with the *Corzo oleifera*, describing it as a "solitary creeping trunk" palm with a trunk of only 6 ½ to 13 feet (2-4 meters). Such IS NOT the oil palm I see around these environs and from which I have collected and eaten its mature nuts – which taste a great deal like Brazil Nuts.*

*The palm with which I am quite familiar, clearly, is close kin to the *Elaeis guineensis*, from "the Dark Continent". I am highly suspect that this is another of those cases, occasionally encountered in tropical botany, wherein not enough time, attention and "hands on" study has been given in order to ensure full and correct identification.*

Hence, much of that which follows is from my personal study and observation of what I believe to be the correctly identified – and thriving in substantive proliferation around the Mexican States of southern Jalisco and North Colima – American Oil Palm.)

According to the International Palm Society's tome, "Genera Palmarum (The Evolution and Classification of Palms)" the two species of the genus *Elaeis* palms are "solitary, pinnate-leaved palms from South and Central America and humid tropical Africa." David L. Jones, in his book "Palms throughout The World" describes them further as "stout, armed (meaning to bear spines or prickles), solitary, feather-leaved palms which lack a crownshaft."

So – based on having specimens of each in Ola Brisa Gardens – what, then, are the differences between the African Oil Palm (*Elaeis guineensis*) and the American Oil Palm?



These monsters grow exceedingly tall

While both have thick trunks and sport long fronds, they have an easily-identifiable visual difference. When asked to describe the American Oil Palm, I often say, "Imagine a big brother to a Coconut Palm with gelled, spiky hair sticking upwards like that which was popular among the "punk" set for a while!" That is to say that a mature, healthy African Oil Palm, with its large, drooping fronds, would look more like a Coconut Palm than would its cousin from the tropical Americas.

The African Oil Palm (*Elaeis guineensis*) – which of the two is, perhaps, more important commercially - is now the cultivated source of oil in West and Central Africa. The American Oil Palm, (*Elaeis oleifera*), originating in Central and South America, also a source of Palm Oil, is sometimes grown under the erroneous names of *Elaeis melanococca*.

Appropriately enough, the American Oil Palm's Latin name

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(American Oil Palm — Continued from page 4)

stems from the Greek word for "oil-bearing" or "olive tree" which alludes to the oil extracted from it.

Some of my reference material states that in the Central and Southern America wilds, the *Elaeis oleifera* can be found on the edge of the humid forest, in sandy soils and in savannas, while in Costa Rica it is often found in what they call "palm swamp" or in mangroves. H'mmmmm. The one – pictured here – I find in fields and in the lower elevations of foothills!



Even the young are substantive in the space they take

But let's now, briefly, talk about that oil for which the *Elaeis* is known. Actually, there are two types: palm oil and palm kernel oil. The former comes from the crushing and extracting of oil from the fruit of the tree. Palm kernel oil, on the other hand, is obtained by the crushing and extraction of oil from the seed (or kernel) of the fruit.

As to products in which this oil is incorporated, it is used in baking bread and biscuits, fried products such as chips, and

confectioneries like chocolate as well as in cosmetics and shampoo. (As a historical aside, its oil is thought to have been used for making candles in the early American colonies.)

So from where does this oil come? Well, both species have thousands of tiny male and inflorescences (the flowering structure) that are crowded together on short branches and develop into a large cluster of 1.5 inch (4 cm) oval fruits that, ultimately, become large (I often tell visitors to *Ola Brisa Gardens* that these look somewhat like huge brown, Jolly Green Giant sized, grape clusters!)

Some I have seen near our home may be as tall as 30+ meters or over 100 feet tall! And they are wide as well. Given the significant length and long life of the fronds, folks generally smile as we walk under our young oil palms with their pendulous fronds propped up by bamboo poles!



The delicious nuts are the source of palm oil

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

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you can reach Tommy Clarkson at tommy@manzanillosun.com

Now's the time to spring clean your financial house

by Yann Kostic

As spring arrives, many of us look forward to spring cleaning our homes - dusting the corners, organizing cabinets and airing it out in preparation for a new season. But spring is also a good time to get your financial house in order.

That means you may want to meet your advisor for an annual financial review. Here are some areas to examine during your meeting:

Your accounts: Look at your bank and retirement accounts, credit card balances, and investments. Do they still meet your needs? Discuss your finances with your advisor to decide whether you should consolidate, close or open.

Updated account information: Ensure that all your financial accounts are up to date. Is the contact information still accurate and is the status of your beneficiaries current? If you have not checked your beneficiaries' information in some time, you may want to review it. Some distant relations may have moved or changed their names.

Your budget and debts: Is your spending on budget? If not, determine why. Are you spending too much money on luxury items? Are you spending too much money on inexpensive items and never use them? Are you overwhelmed with debt? Work with your advisor on a strategy to keep spending on track and eliminate debt.

Estate planning: Estate planning isn't just for the wealthy; everyone should have a will. If you don't, get one. If you have one, ensure it still protects your family as you intended. For example, did you know that by making as many of your financial accounts as possible "TOD" (transfer upon death) you can help your beneficiaries avoid probate? This in itself is literally the ultimate savings you can pass along to your loved ones. Your lawyer can provide details.

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

Persian Shield, *Strobilanthes dyerianus*

Family: *Acanthaceae*

Also known as: Purple Strobilanthes or Burmuda Conehead

All originating in Asia, the *Strobilanthes* genus consists of around 250 different species of perennial herbs and subshrubs – obviously, small to medium-sized shrubs. The genus name comes from the Greek words *strobilos* (cone) and *anthos* (flower).

Both indoors and out, the Persian Shield has been grown since Queen Victoria reigned, for its ornamental foliage. This beauty proudly boasts leaves of an almost-metallic sheen that easily calls to mind those spectacular, intricate mosaics of ancient Persia. This stunning plant, however, originates a bit south and east of there, in Burma. (Now called, I believe, Myanmar.)

With its long, narrow, iridescent leaves of pink to purple with silver markings on the top and purple undersides, this is one very attractive, herbaceous, small shrub! Though not that large, it inevitably catches - and holds - the eye of visitors who stroll the paths of Ola Brisa Gardens. Bonnie L. Grant, in *Gardening Know How*, correctly noted that it's, "almost better than a flowering specimen since they provide stunning color year around." Its elliptically-shaped, acuminate (tapering gradually to a point) leaves oppose each other in unequally-sized pairs and range in length from one and five eighths to eight inches (4.13 – 20.32 cm). Its veins are dark green and its margins (edges) are finely-

toothed.

Though infrequently, it can flower. These – small, white or blue blossoms stands atop round, pubescent bracts - are borne on terminal spike. They emerge from those sticky bracts which open sequentially along that spike. This allows the plant to remain in bloom for a long time. These blooms appear in short funnel or cone-shaped inflorescences which – as a result of their appearance - gave rise to that lesser-used name of Bermuda Conehead.



Contrasted against the coconut coir (*fibre de coco*) this plant's coloration is striking!

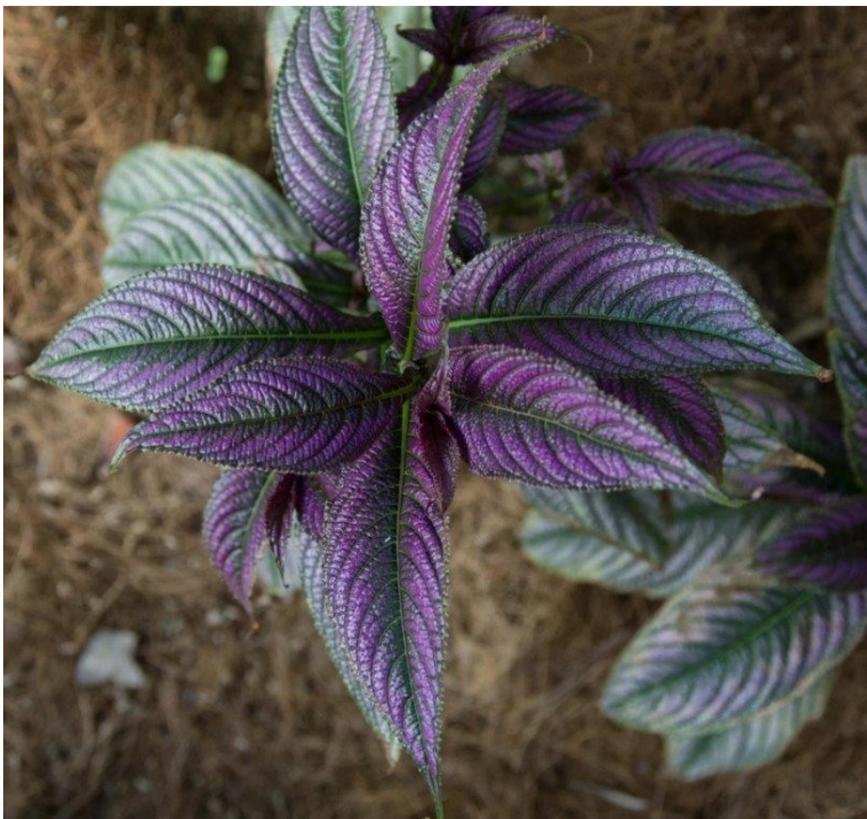
It wants warm, rather moist – but (you know the drill), in well-draining - soil with filtered sunlight. (This is another of those tropical plants that is neither drought tolerant nor does it want to be kept in wet soil.) But, select your planting location carefully as their colors will not be a brilliant as possible if in total shade. It seeks the same, be it in the soil of your garden or in a potted venue. I'd encourage that you mulch around it with an organic material up to, perhaps, two inches (5.08 cm). Though ours has yet to reach such lofty heights, I understand that the Persian Shield can, potentially, grow to six feet (1.83 meters) tall.

It will tend to become leggy, requiring pruning or pinching back of leaves. During its active growing season, feed it one-half strength general plant/flower fertilizer every other week. It'll grow anew, quite easily, from cuttings.

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(Persian Shield — Continued from page 7)

For all intents and purposes, it has no serious insect or disease problems. However, if used as an indoor plant, keep a watchful eye out for spider mites, aphids or mealy bugs. Of course, if left in too wet of soil, root rot can be a problem.



Did I mention that its purple is REALLY purple?

In cooler climates, the *Strobilanthes dyerianus* is sometimes enjoyed indoors. But with winter's coolness may come an increased lack of humidity. If seeking to enjoy this beauty year-round and "up north" here's a simple way you can provide extra humidity. Merely place a thin layer of rocks in a saucer that is kept full of water and balance the pot on top. This will keep the roots out of the water but its evaporation provides the necessary higher humidity to the air around the plant. Both you and the plant will be happier for it!

For alternatives or additional "lookers", attractive kin of the Persian Shield is the shrubby-appearing Goldfussia (*S. anisophyllus*) which sports thin purple leaves and bell-shaped, pinkish flowers. Two other good-looking ones – though often hard to find – are the *S. maculata* that comes from the Himalayas and has beautiful silver-splotched leaves and the *S. lactata* from Brazil with its leaves of white blotches.

Nellie Neal, author of *Gardener's Guide to Tropical Plants*, is

always good at finding the right words to describe plants such as this.



She writes, "One clump of Persian Shield puts a dazzling, iridescent exclamation point on any mixed planting. A group of them creates a stained-glass window in a garden with deep purple-green leaves painted in feathery patterns of rosy lavender with silver tones. The leaf surface and its dark veins shine through the lighter colors to create a show-stopping, glistening, faceted look."

(Well put, and thanks, Nellie!)

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Tsunamis

by Terry Sovil

Tsunami is a word that originated in Japan from the late 19th century meaning *tsu* 'harbor' + *nami* 'wave' (harbor wave). It is a series of ocean waves caused by the same shift in tectonic plates that we learned about in previous articles on Earthquakes and Volcanoes. A sudden displacement in the ground from an earthquake, landslide or volcano can trigger a tsunami.

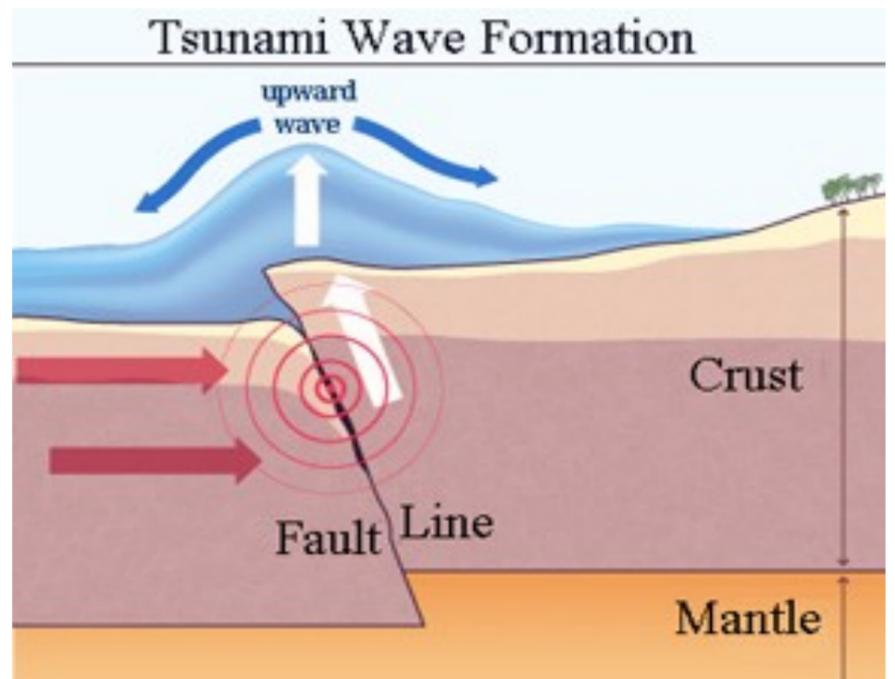
Mariners know the safest place to be in a tsunami is out on the open ocean over very deep water. In water greater than 600 feet / 183 meters in depth, a tsunami wave may be only a few inches / centimeters high and rarely over 3 feet / 1 meter high. It will pass under a boat very quickly because the wave crests come spread over time and traveling at speeds of 500 miles / 805 km per hour!

Tsunamis travel approximately 475 mph / in 15,000 feet of water. In 100 feet of water, the velocity drops to about 40 mph as the wave grows in height. If a tsunami originated near the central Aleutian Islands (Alaska), it could reach Hawaii in about 4 hours and California in about 6! If it originated in Portugal, it could reach North Carolina in about 8.5 hours.

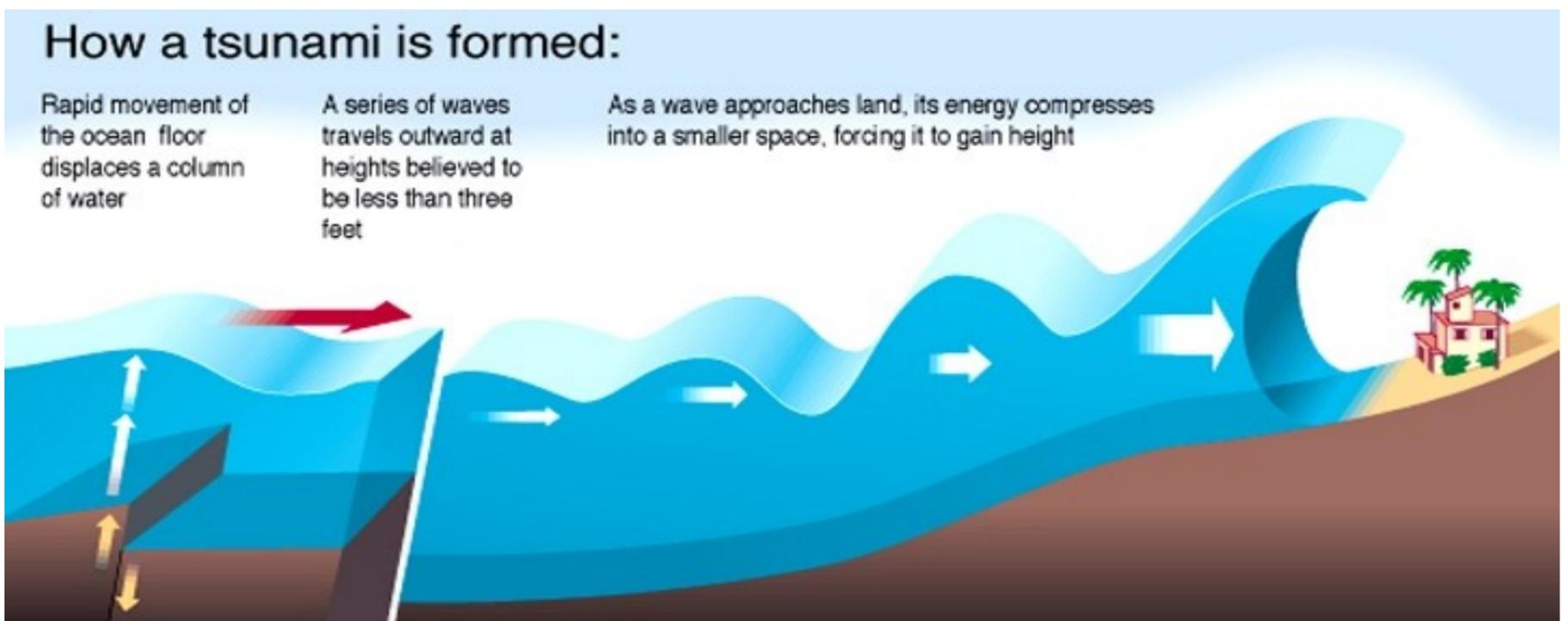
Depending on the depths of water near shore, it may come ashore gently or as a fast-moving wall of water several meters high. As a tsunami moves into shallow water, the wave height can increase over 10 times. The height of the wave will vary

along a coast. The wave can be amplified by shoreline and sea floor features. A large one may flood low-lying coastal land over a mile from the coast.

Like volcanoes and earthquakes, a tsunami can't be prevented but monitoring points around the world make us aware of a potential volcano or earthquake and we can be made aware of a possible tsunami following a natural disaster. In the USA, NOAA (National Oceanic and Atmospheric Administration) has primary duties for warnings, observation and research. Networks of monitoring can quickly sound an alarm for a possible tsunami.



Tsunamis are NOT tidal waves. Tidal waves are caused by the forces of the moon, sun and planets upon the tides, as well as the wind as it moves over the water. With typical waves, water



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(Tsunamis — Continued from page 9)

flows in circles, but with a tsunami, water flows straight. This is why tsunamis cause so much damage!

Wind-generated waves typically come in periods of time between crests of between 5 and 15 seconds. Tsunami periods are normally from 5 to 60 minutes. Wind generated waves break as they shoal and lose energy offshore. They are more surface-oriented. Tsunamis are more like flooding waves, a column of water, so a 20 foot / 6 M wave is a 20 foot / 6 M rise in sea level.

Normally, a tsunami appears as a rapidly advancing or receding tide. In some cases, a wall of water or series of breaking waves may form. There are a few signs like hard ground shaking for 20+ seconds near the coast or a sudden sea level withdrawal. A sudden recession of water, a "draw down", should be a good

reason to move away from the beach! Tsunamis may be accompanied by loud, booming noises.

Statistically, there are about 2 tsunamis per year throughout the world. These are usually a 'slip-strike' or horizontal motion earthquake that causes the tsunami and 10-15% of the damage. These inflict damage near the source or origin, of the event (volcano or earthquake). About every 15 years there is a destructive ocean-wide tsunami.

OK. So what about Manzanillo, Colima and Mexico's Pacific Coast? Historical and recorded data indicate the Pacific coast of Mexico has had destructive tsunamis over at least the past 500 years. Also affected by hurricanes, and the huge 1985 Mexico earthquake which generated tsunamis that affected Ixtapa-Zihuatanejo and Michoacán.

Date -->		25/Mar/1806	13/Nov/1816	31/May/1818	7/Abr/1845	24/Feb/1875	9/Mar/1875	12/Mar/1883	20/Jan/1900	16/may/1900	3/Jun/1932	18/Jun/1932	22/Jun/1932	20/Feb/1933	8/May/1933	15/Apr/1941	3/Dec/1948	30/Jan/1973	19/Sep/1985	9/Oct/1995	22/Jan/2003	
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23	Laguna El Tule																				●	
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26	Vida del Mar Hotel																				●	
27	Santiago Hacienda												●								●	
28	Las Hadas Hotel																				●	
29	Laguna San Pedrito									●												
30	Manzanillo				●	○				●	●	●	●	●			□	●	●	●	●	□
31	Manzanillo's Power Plant																				●	
32	Ventanas ´ channel																				●	
33	Cuyutlan		●							●		●	●	●					●	●		
34	Tecoman																					
35	El Paraiso											●									●	
36	Armería River Mouth	○		○											○			○				
37	Boca de Pascuales													●								

- Disturbance in river mouth
- Ocean roar
- Tidal wave
- Flood
- Tidal wave and flood
- Tidal wave and flood maximum
- Only instrumental

Tsunamis triggered by local earthquakes on the Jalisco-Colima coast. The list has been shortened to our local area.

(Continued on page 11)

(Tsunamis — Continued from page 10)

The following link is to GeoScienceWorld, Seismological Research Letters, Updated Tsunami Catalog for the Jalisco-Colima Coast, Mexico, using data from historical archives: <http://srl.geoscienceworld.org/content/early/2016/12/02/0220160133>

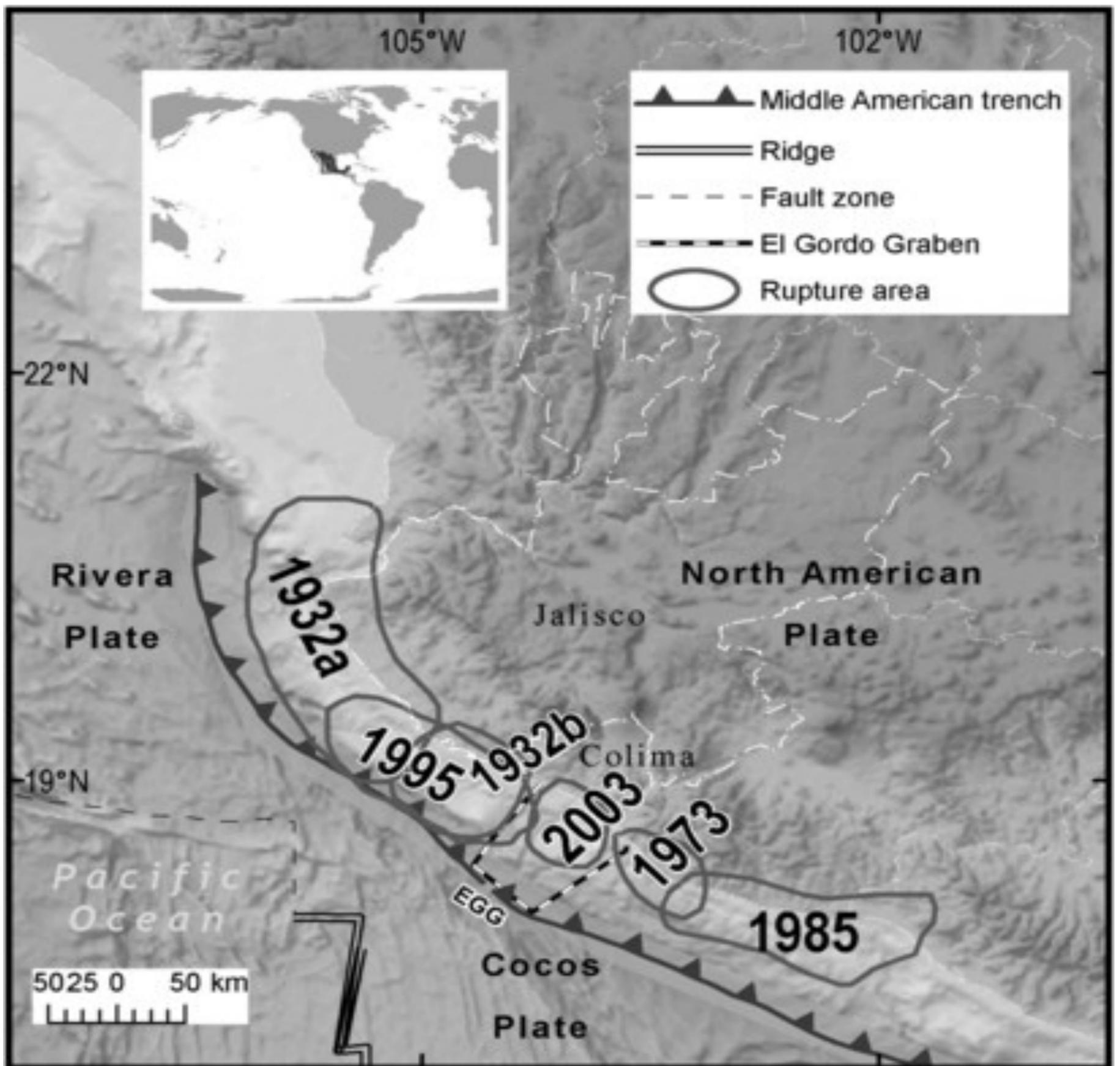
The charts and maps are from geoscienceworld.org.

This group extensively researched online catalogs, newspapers, incidents recorded to create a new look at the activity near us over the years. A visit to their site is a great look at the history. As we noted before in the Earthquakes article, our area is a

complex setting of tectonic plates. They crafted a revision of tsunamigenic earthquakes over the years to document our area.

This includes the occurrence of 21 events; 2 earthquakes documented for the first time (in 1563 and 1816) for the Jalisco-Colima coast, and 8 large or medium intensity tsunamis also first reported (1816, 1818, 1900 [two tsunamis], 1911, 1933 [two tsunamis], and 1941) through documentary evidence.

Tsunamis triggered by local earthquakes on the Jalisco-Colima coast. The list has been shortened to our local area.



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The Great Wall

by Suzanne A. Marshall

Starring: Matt Damon, Tian Jing, Pedro Pascal, Willem Dafoe

Director: Yimou Zhang

“When a mercenary warrior is imprisoned within the Great Wall, he discovers the mystery behind one of the greatest wonders of the world. As wave after wave of marauding beasts besiege the massive structure, his quest for fortune turns into a journey toward heroism as he joins a huge army of elite warriors to confront the unimaginable and seemingly unstoppable force.”

As the storyline indicates, the movie genre is action/adventure/fantasy. It seems difficult to avoid the popularity of these productions if you are a regular movie theatre goer and enjoy the big screen and some really good popcorn. As I’ve indicated before, the prolific science fiction movies these days leave me craving for something more realistic. But there you go; fantasy does take you away from the real world sometimes and gives you a welcome few hours buried in fantasy.

The special effects and costuming of these productions continue to ‘blow my mind’ so to speak. The sets and locations are absolutely stunning to see. Much of this movie was filmed in China and the depictions of the vast Great Wall of China are truly unbelievable. As well, the surrounding terrain and vast scenes of the armies and beasts are extremely well done and ‘in your face’. The storyline is

completely predictable but Matt Damon and cast pull it off with enthusiasm and therefore the movie is quite entertaining and enjoyable.

The IMDB rating is 6.3/10 based on about 9,834 viewers.



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The Aztec and the Ant

by Kirby Vickery

The Aztec mythological 'Beginning' fables are one of the most complete sets of stories in the world. Mythologically, they tied everything back to being a gift of the gods. Even though there are some very good socialistic reasons for this, it is still fun to run back into other theologies to isolate and exemplify the reasons. Let me cite an example.

In Aztec Mythology, it was the gods that gave man sustenance or food. In the Creation Story of the Fifth World where humans are finally created, the Aztec gods were noticing that these good people were growing weaker every day and something needed to be done to have them be able to replenish their strength.

In Greek Mythology, Hestia was the goddess of the hearth and of staple food. She was the daughter of Chronos and Rhea and, as such, she was one of the 1st order of gods. However, the only food that was given to man was Ambrosia. This mythological plant bestowed longevity on the eater, had nothing to do with America's Ambrosia salad made with whipped cream, coconuts, orange slices and/or creamed cheese. In any case, Ambrosia is not the staple presented to man in the Aztec myth. Actually, in today's world, Ambrosia is another name for the ragweed plant.

The Romans assigned their god, Mars, as the god of war and the guardian of agriculture. Apparently, in the early days, most of the men were farmers and soldiers depending upon the time of year. Their year began in March, which signaled the switch from the harvest to the marching and killing times. Again, neither fable tells of anyone's god giving the gift of food to man. There is a people on Seram (or Ceram) Island in Indonesia (Molucca Islands) who have a belief that there once was a maiden named Hainuwele whose murdered corpse sprouted into the people's staple food crops. Other references tell that all plant and animal life sprang from her sacrificed body. It is a myth but she wasn't a god.

The Aztec myth tells of the gods becoming increasingly worried about the health of their creation, man. They were such fragile little beings. As the story goes, several of these gods set out to comb the area to find something for mankind so they would



Aztec ant

wither away after all the work that had gone into them to get them right in the 5th place. One of the more resourceful gods, Quetzalcoatl, the god of the winds,

was one in this searching group. After searching for several days, he had sat down on a small rock to rest when he noticed a small red ant carrying a kernel of maize.

He asked the ant where she had gotten the kernel but she wouldn't tell him and after a while continued on her journey leaving Quetzalcoatl sitting there, on his rock.

When she was out of sight, he got up and started to track her down the path so that she didn't know he was doing that. After quite a bit of time, he followed her to the base of a large mountain. He noted that her tracks led up and into a large crack in the rock not very far from the mountain base and he continued to follow them. After a while, the tracks disappeared into the mountain while following that crack. And still, he followed until it got too small for him to go.

Then he turned himself into another little red ant and continued his quest. It wasn't too long when the crack opened up into a very large cavern. Quetzalcoatl was totally astounded by what he saw. There, in front of him, were mountains and mountains of grain of all kinds. There was maize and all sorts of seeds. He quickly gathered up samples of every kind of seed and grain he could carry and turned around to head out of the cavern. He carried them all back to where the other gods were and passed them out for inspection. Everybody got really excited because they all agreed that these things were exactly the right things to become man's staple food source.

It was decreed that Quetzalcoatl should go back to that mountain and gather all the foods that were there and give them to the men and their families so that they could grow and prosper. He returned to the mountain but, try as he might, he couldn't open those massive rock doors to the chamber to get anything out. He was about to give up when he discovered he

(Continued on page 14)

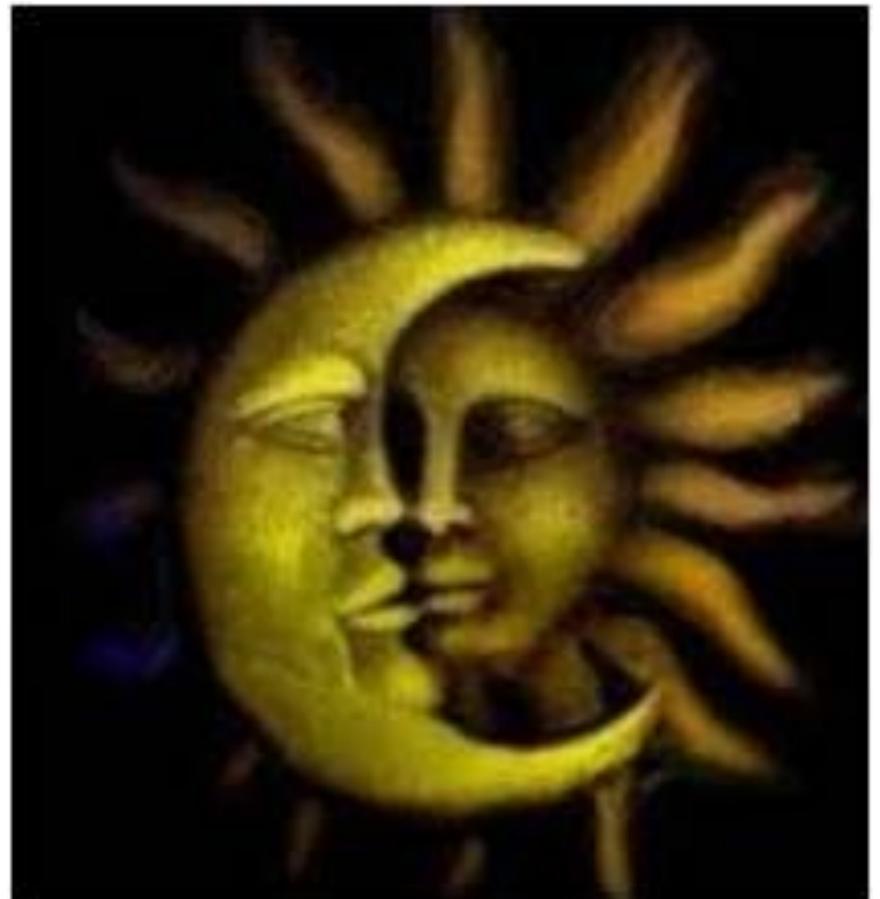
(The Aztec and the Ant - Continued from page 13)

just wasn't strong enough when Nanahuatzin, the sun god came by and saved the day. You see, as the god of the sun, he was not only much more powerful than Quetzacoatl, he also had certain tricks he could perform which our god of the wind didn't have dealing with heat and the sun's energy.

He assumed a position of strength then created a lightning bolt which he directed at the opening to the cavern. That lightning bolt simply blew that cave wide open and they both helped themselves to all the billions and billions of seeds and grains that were being held inside, only to give them to man so they would continue to grow and prosper for the rest of the days of the Fifth World.

Because of this action taken by the Aztec gods, and therefore the humans – they had all the food they ever needed and, because it was a gift from the gods, it was deemed only fair that the gods got their payback from mankind. A Mexican scholar, Guilhem Olivier (Guilhem Olivier, Universidad Nacional Autónoma de México, Faculty Member) says that a sort of grand bargain developed between humanity and the divine.

He explains: The gods provide humans with life, sustenance, and cultural benefits, in exchange for prayers, songs, offerings, and sacrifices. This central dependence on divine beings translated into expressions of devotion on the part of the indigenous population that left the Spanish friars in utter awe. Clearly, the ancient Mexicans gave frequent expression to a profound veneration of their gods.



Nanahuatzin

Quetzalcoatl



Ant hard at work

you can reach Kirby Vickery at kirby@manzanillosun.com

Ricki and the Flash (Netflix)

by Suzanne A. Marshall

Starring: Meryl Streep, Kevin Kline, Mamie Gummer

Director: Jonathan Demme

"A musician who gave up everything for her dream of rock-and-roll stardom returns home, looking to make things right with her family."

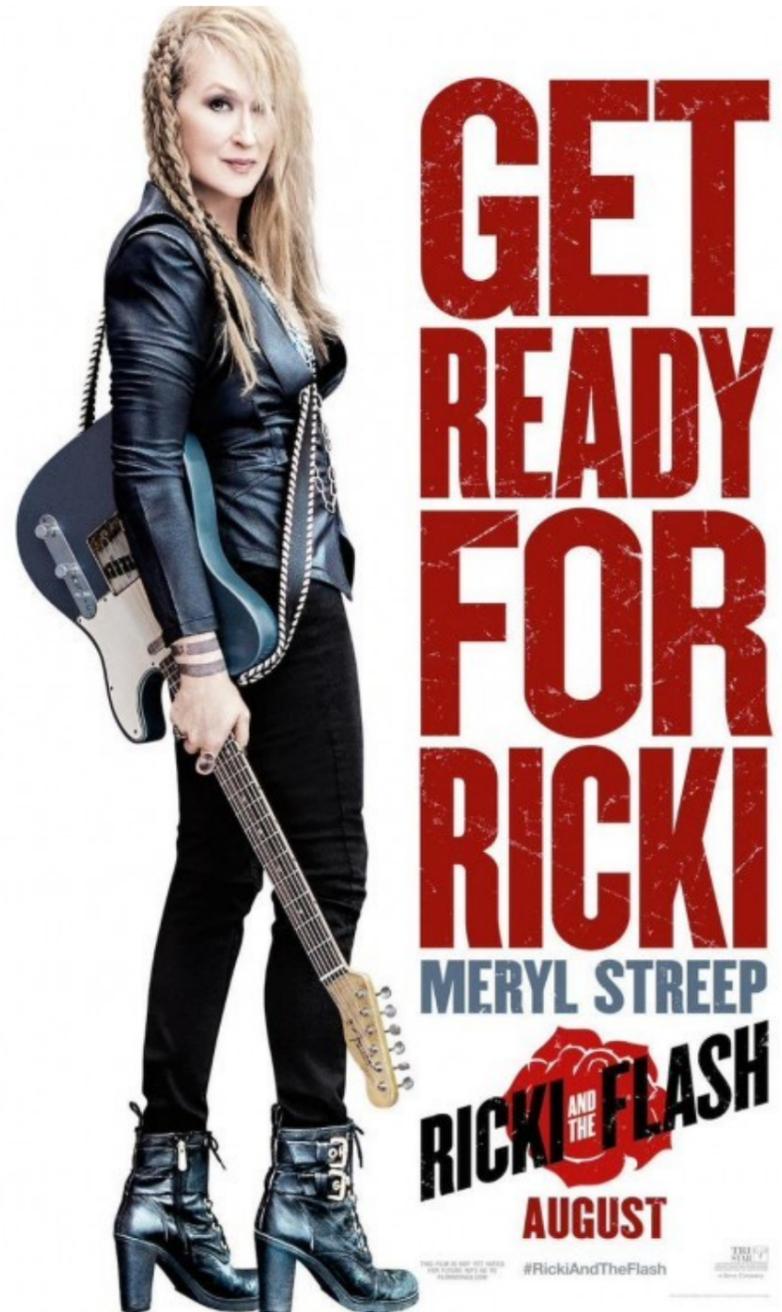
As I've said before, I'll watch anything involving Meryl Streep. Her talents are so expansive that I continue to give her my utmost respect. This production is something new in her repertoire as she portrays a musician with a life-long dream of stardom. As the byline indicates, she has given up everything in her pursuits. This includes a husband and two children whom she apparently walked out on. So, of course, the story deals with some real emotional family issues covering shame, rejection, love and healing. I really enjoyed the movie and, of course, viewing yet another twist on the capabilities of this multi-faceted actress. Her real-life daughter Mamie Gummer plays her daughter in the movie with notable skill as well.

I did a bit of research to confirm the authenticity of the musical performances. Yes, indeed, Meryl and the band performed for real and is likely why these performances came across as well as they did. Below is a quote from my research. Enjoy this movie, too, if you have the chance. It's light hearted and sincere.

"Talking to Parade, Ricki and the Flash director Jonathan Demme insisted that all the musical performances were recorded live, without playback or dubbing. The Streep you hear

in the film is the same Streep who was singing on set. Added Streep, "We did everything live. Aug 7, 2015"

The IMDB rating is 6.0/10 based on about 16,476 viewers.



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Facebook privacy demystified (part one)

by Señor Tech

Several my friends, real, not virtual (online) have expressed concerns about using Facebook. I must admit, I was reluctant to use Facebook as the company's privacy policies were borderline invasive. Facebook's CEO tried to determine how much personal data they could sell to advertisers before the users pushed back. Mark Zuckerberg, on more than one occasion, had to publicly apologise to Facebook users about changes to those policies without notification.

Since then, the online community has kept a vigilant watch on Facebook's privacy policies. Facebook offers its services for free to users. As of the fourth quarter of 2016, Facebook had 1.86 billion monthly active users. The cost to run all the servers, software engineers, and all other business operations is just under 2 billion dollars per year. So where do they get the revenue to run their business and keep their shareholders happy? From advertisers who pay to get personal data to target ads that they think may persuade Facebook users to buy their products.

Every time a user likes a product, company, photo, that data is stored in that user's data file in the form of cookies (persistent cookies are sometimes referred to as tracking cookies because they can be used by advertisers to record information about a user's web browsing habits over an extended period of time).

Now if you are getting freaked out by the definition on the previous paragraph, remember it is these advertisers who are Facebook's customers. Facebook user data is the product that they sell to the advertisers.

There are ways to mitigate what data the advertisers get. And this is the theme of a series of articles I will write about over the next few months.

I can only relate what I do as a user, so use your own judgement with these tips. Identity theft is an issue, so I did not provide my real birthdate. In my profile I did not provide any information about my work data, education, etc. It is none of their business!

Next month, I will provide a step-by-step tutorial for setting privacy. For now, only set your posts to friends only. Do not set posts to public, that is unless you are using Facebook for self-promotion. The instructions I provide are designed for people wanting to communicate with friends and family without being inundated by advertisers.

Facebook is an excellent venue for posting photos to friends and family once, and they can comment for all other friends and family. My wife and I sold our cars on Facebook just posting to family. Both sold within hours of posting. My sister and brother-in-law just spent 2 months in New Zealand, Australia, Cook Islands and Hawaii and, not only was the family treated to astounding photos and videos, but we also knew where they were and that they were safe.

There is an issue with addiction, as there is an adrenaline rush from friends liking your posts; users comment about how much time they spend on Facebook. But these guilty pleasures are an issue to be covered another time.

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



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Puebla

by Dan and Lisa Goy, exclusive to Manzanillo Sun

Days 60-63 (March 6-9, 2016)

After a few days visiting Oaxaca City, we were off to Puebla City led by Roland and Janice. Fortunately, it was a Sunday. Traffic was light and the quota/toll road (Hwy 135D then Hwy 150D) was great. We picked this up on the north side of town. Not much to report other than beautiful vistas and panoramic views as we as we drove across the mountains. On our drive from Oaxaca to Puebla, it became apparent that the Class C (Ford E450) driven by Rafael and Eileen had developed transmission problems. This was not a transmission failure as such, more likely some internal solenoid problems. Fortunately, Grant had a can on transmission magic fluid which seemed to help and we were able to continue.



RV Park in Cholula

Our destination was the Las Americas RV Park in Cholula, a community adjacent to Puebla. We made good time, arriving at about 3 pm with no missteps or wrong turns. We even encountered a significant road construction project (a massive express overpass across Puebla City).



Massive new overpass structure in Puebla

After setting up the RVs, Rafael and Grant immediately set out to make arrangements get the Class C RV to a mechanical shop which they found nearby. While the repair was underway, they

stayed with Grant and Anita for a couple of nights in their Class A Motorhome. Four days later, on the evening prior to our departure, the vehicle returned with a nearly new transmission for



Massive infrastructure Project in Puebla

\$2,300.00 CDN, ready to go. Rafael and Eileen never had any more problems with the transmission or the vehicle.

Also shortly after arrival, we called a meeting to review our remaining schedule and make some adjustments. Hard to believe we were on the last third of our 90-Day Mexican Adventure. Later, a number of us went out in search of dinner and we stumbled upon a Family Day Celebration in the Cholula Zócalo and a little hole-in-the-wall restaurant. As we were driving around, we had our first look at 'The Great Pyramid' (Tlachihualte), the Church sitting on top (Nuestra Señora de los Remedios) and the Popocatepetl and Iztaccihuatl volcanoes.



Nuestra Señora de los Remedios church atop the pyramid in Cholula

The next day, we met with the pre-arranged guide for Puebla City, a good friend of Antonio Resendiz from Bahia de Los Angeles on Baja, named Carlos. Carlos arrived with another guide, Alberto, a real expert in pre-Columbian and Colonial history. They provided us with a terrific two days of touring in both Puebla City and Cholula next door. We visited many of Puebla's famous churches, said to have 365 (you could visit a different one every day), the historic Puebla City downtown core, an extensive tour of the "Great Pyramid" in Cholula, a couple of dif-

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(Puebla — Continued from page 17)

ferent shops making the unique Talavera pottery and Fort Loreto with an overlook of the famous Battle of Puebla.



Talavera pottery factory in Cholula

During the French intervention in Mexico on 5 May 1862, in the Battle of Puebla, defending Mexican forces under Ignacio Zaragoza, Mexico defeated the French army under Count de Lorencez, which was considered to be the most powerful in the world at the time. Moving on from Veracruz towards Mexico City, the French army encountered heavy resistance from the Mexicans close to Puebla, at the Mexican forts of Loreto and Guadalupe.



A view of Cholula from the great pyramid

The 6,000-strong French army attacked the much smaller and poorly-equipped Mexican army of 2,000. Yet, on May 5, 1862, the Mexicans managed to decisively crush the French army. Cinco de Mayo (pronounced: ['siŋko ðe 'majo]; Spanish for "Fifth of May") is a celebration held on May 5. The date is observed to commemorate the Mexican Army's unlikely victory over French forces at the Battle of Puebla on May 5, 1862, under the leadership of General Ignacio Zaragoza. **The city's name was changed to Puebla de Zaragoza in 1862, by a decree issued by Benito Juárez and the holiday "5 de Mayo" (Cinco de Mayo) is a major annual event here.**

Tuesday night, the heavy rain started and it continued almost all day as we drove with Carlos to Contla, about an hour away. We had promised Efen from Baja (blanket factory where we stop to purchase blankets, ponchos, rugs and more) that we

would visit his family home where they produce all the goods we see in his shop. We did not know what to expect and when we arrived we were welcomed with the hospitality we have enjoyed from so many Mexicans across the country over so many years.



Family blanket factory - Contla



Dan with Efen's mom in Contla

After initial introductions, we were treated to some local refreshments and fresh baked goods. Then Efen's father led us across the street to see where everything was made. Some of the looms were fairly modern, others pre-dated the depression. It was a real treat to see all this in action. We learned that all the product is delivered to Baja by truck across on the ferry from Mazatlan. Next we returned and a shopping spree broke out, no negotiation required, the prices were just that good. Following all the purchasing, we sat down for lunch, prepared

(Continued on page 19)

(Puebla — Continued from page 18)

by Efen's mom and sisters, then tres leches cake for dessert. Mexican's are wonderful people and this experience made our trip extra special indeed.



Lunch at Efen's family's house

We returned to Cholula and headed out to Carlos and Cotty's house for a pre-arranged dinner at 6 pm. Again the hospitality was amazing, as was the food. They had prepared all locally-made traditional Puebla dishes from beginning to end (including mole poblano, chiles en nogada). I lost count of how many courses. We also met their daughter, Alejandra and her baby daughter. The gals got the nana and gramma fix in for sure. What a fabulous end to our Puebla stay. We will be back again for sure. These were both fabulous experiences and speak volumes to the generosity and welcoming culture of Mexicans.



The group at Carlos and Cotty's house for dinner



Cholula streetscape

Historical Background of Puebla, Puebla

Founded in 1531, in an area called Cuertlaxcoapan, which means "where serpents change their skin", located between of two of the main indigenous settlements at the time, Tlaxcala and Cholula, Puebla is located in the Valley of Cuertlaxcoapan, a large valley surrounded on four sides by the mountains and volcanoes of the Trans-Mexican volcanic belt. It is located 40 kilometres (25 miles) east of the Popocatepetl and Iztaccihuatl volcanoes, giving the residents a magnificent view of their snow-topped peaks. One of the volcanoes was smoking during our visit and erupted less than 2 months later. The city of Puebla is the seat of the Municipality of Puebla, the capital and largest city of the state of Puebla, and one of the five most-important Spanish colonial cities in Mexico.



Busy corner in downtown Puebla

Puebla was an important city and region in the history of New Spain, since it was in the center region of Spanish settlement, midway between the main Atlantic port (Veracruz) and the

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capital (Mexico City). It had a large indigenous population and drew many Spanish settlers. It supplied the capital with commercially grown agricultural products and became a center of local textile production. It was well connected to Mexico's North, particularly the silver-mining region around Zacatecas. After the city's foundation, this valley became the main route between Mexico City and Veracruz, the port on the Caribbean coast and the connection to Spain.



Casa de la Cultura in Puebla (across from the Zócalo)

The layout of the city is of classic Spanish design, centered on a main plaza, today called the Zócalo. This main plaza originally was rectangular, but later made square because the earlier version was considered to be ugly. Another major feature of the city is the weekly markets (tianguis), in which indigenous sellers would come with their wares and foodstuffs to sell to the population. By the mid-16th century, water was brought in to the main plaza to a newly-installed fountain.



Cathedral in Puebla (Zócalo)

By the end of the century, the city occupied 120 blocks, much of which was under construction, with the new Cathedral begun in 1575. Its favorable climate and strategic location helped the city to prosper, quickly becoming the second most important city in New Spain. Juan Gutiérrez de Padilla, the preeminent 17th-century composer in the New World, spent most of his life at the Cathedral, from about 1620 to 1664.



Downtown Puebla is elegant

The city council of Puebla, being made up of only Spaniards, had a certain amount of autonomy in the politics of the city and the land under its jurisdiction. This council annexed the towns of Amozoc, Totimehuacán, and Cuautinchán to its territory in 1755. By 1786, Puebla's lands reached from what is now Veracruz to Guerrero states. The city continued to grow and be more regulated during the 17th and 18th centuries. A new city hall was built in 1714 and the tianguis in the main plaza was replaced by wood stalls by the 1770s. The streets were paved with stone between 1786 and 1811.



Looking west toward the Popocateptl volcano from Cholula

In 1847, the city was taken by US forces under General Winfield Scott, without a shot fired. The American garrison was besieged

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(Puebla - Continued from page 20)

in the city from September 14–October 12, 1847 by the irregular forces of General Joaquín Rea and later reinforced by Antonio López de Santa Anna. The siege was broken by the force of General Joseph Lane that fought its way from Veracruz into the city after defeating Santa Anna in the Battle of Huamantla on October 9, 1847. Puebla was then the base for General Lane's campaign against General Rea and the other guerrillas that harassed the US Army line of communications. These forces left in July 1848 after the Treaty of Guadalupe Hidalgo was ratified.



Carlos (our guide) was married here - there are 1000 ornate faces inside

During the end of the 19th and beginning of the 20th century, Puebla remained important culturally and economically. It had a thriving textile industry at this time. Immigration from Europe was encouraged and people from Spain, Italy, Germany, France and Lebanon came to live in the city. French influence can still be seen in much of the city's architecture. The Germans mostly settled in the Humboldt neighborhood where Bavarian style houses and the Alexander von Humboldt German College can still be found. German immigration here was one of the reasons Volkswagen built a large factory just outside of the city, later in the 20th century.



The Cholula Zócalo

In what became a precursor to the Mexican Revolution, siblings Carmen, Máximo y Aquiles Serdán were behind one of the first

conspiracies against the Porfirio Diaz government. Their plans were discovered and their house, located on 6 Oriente street was surrounded by federal troops. A gun battle ensued, killing both Serdán brothers on 18 November 1910. During the Mexican Revolution, the city was taken by forces under General Pablo González Garza, then later was under Zapatista control.



Excavated archeological remains of Tlachihualteptl

From 1931, until the end of the 20th century, growth of the city spurred the absorption of the municipalities of Ignacio Mariscal, San Felipe Hueyotlipan, Resurrección, San Jerónimo Caleras, San Miguel Canoa and San Francisco Totimehuacán into the city. In 1950, by decree of the state congress, the city received the title of Heroica Puebla de Zaragoza. In 1977, the federal government declared the city a Zone of Historical Monuments. In 1987, the historic center of Puebla was declared a World Heritage Site by UNESCO. The City of Puebla submitted its candidacy to hold the headquarters of the Free Trade Area of the Americas, and briefly served as interim secretariat headquarters until negotiations were stopped in 2005.

Cultural attractions

The historical and cultural value of Puebla's architecture is a major reason the city was chosen as a World Heritage Site. Various styles and techniques such as Baroque, Renaissance and Classic are represented here in over 5,000 buildings included in the catalogue. The historic center is filled with churches, monasteries, mansions and the like, mostly done in gray cantera stone, red brick and decorated with multicolored tiles. Puebla is also considered to be the "cradle of Mexican Baroque" both in architecture and in the decorative arts, and one of the five most important colonial cities in Mexico.

Cathedral of Puebla

The Cathedral, located on 16 de Septiembre and 5 Oriente, took 300 years to complete, in part due to interruptions in its construction. The Cathedral was begun in 1575 under orders of

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(Puebla - Continued from page 21)

Philip II of Spain by architects Francisco Becerra and Juan de Cigorondo. The building was consecrated in 1649 even though only half of the walls and much of the roof were missing and the towers not yet built. The north tower was added in 1678 and the south tower in 1768.



Emiliano Zapata statue in Cholula

Fort Loreto and Fort Guadalupe are located in the Centro Cívico 5 de Mayo part of the city. Both were instrumental to the Battle of Puebla on 5 May 1862. The chapel of the Loreto fort contains a former chapel, which is now the Museo de la No Intervención (Museum of Non-Intervention). This is to commemorate a non-aggression pact signed by Mexico and Central America and two South American countries in the 1960s. The Museo de Guerra del Fuerte (Fort War Museum) de Loreto y Guadalupe is located in this fort as well. This museum contains cannons, shotguns, swords, documents and other objects related to this battle.



Cholula market



Gang has lunch at the Cholula market



Cholula vegetable market

The Museo Amparo (Amparo Museum) is housed in two colonial-era buildings from the 17th and 18th centuries that were popularly known as El Hospitalito. One was the Hospital of San Juan de Letrán, which was converted into a college for women. The other is a mansion from the 18th century. It was joined to the hospital and then became the "Deposito de Mujeres Casadas" (Refuge of Married Women). This was established in 1606 for women whose husbands were gone for long periods of time. However, the idea was not popular with women and in 1609, it became the asylum for "lost women," those obligated to be secluded for some reason. The museum has fourteen exhibition halls with pottery, steles and sculptures from the Zapotec, Huasteca, Maya, Olmec and Aztec cultures as well as fine furniture and religious objects from the colonial period and examples of contemporary art. These represent the three epochs of Mexican history, pre-Columbian, colonial-era and post-Independence. Seven of the halls are dedicated to pre-Columbian pieces.

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(Puebla - Continued from page 22)

The Biblioteca Palafoxiana (Palafoxiana Library) was established in 1646 by Juan de Palafox y Mendoza for the Seminary of Puebla. He donated his own collection of 5,000 books to the College of San Juan to start the collection. It was the first library in the Americas and is the only one to survive to the present day. The main room is in Baroque style and was constructed in 1773 by Bishop Francisco Fabian y Fueno who also named the institution after Palafox. Today the library contains over 42,000 books, 5,000 manuscripts and other items, which date from 1473 to 1910. The Library was named a Historic Monument of Mexico (Monumento Histórico de México) and UNESCO has made it part of Memory of the World.

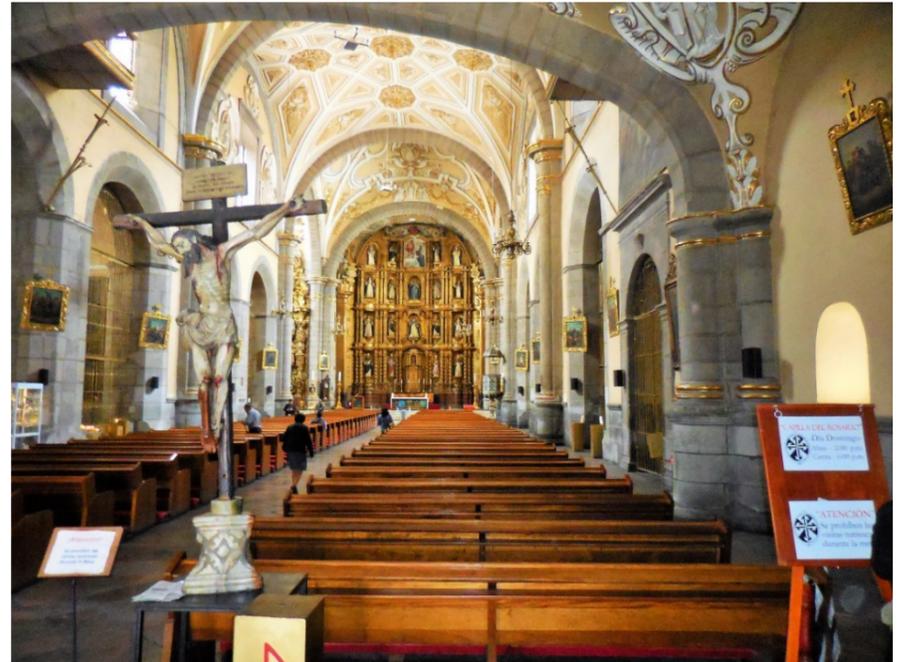


Talavera pottery in Cholula

The Casa del Deán is the oldest noble house in the city of Puebla, constructed by Tomás de la Plaza Goes, who was the deacon of the Cathedral of Puebla. It was finished in 1580. The building remained practically intact until 1953, when it was going to be demolished to construct a movie theater. Protests to save the building, due to its murals and façade, succeeded. The murals are frescos, which are the only surviving non-religious examples from the 16th century in their original place in Mexico. The gray stone façade is completely smooth to let the main portal, of Renaissance style, stand out. The portal contains and upper and lower portion with a crest.

The Museo de la Revolución (Museum of the Revolution) was the home of Aquiles Serdán in the very early 20th century. He was politically active in the anti-reelection (of President Porfirio Díaz) movement of the time and was accused of distributing propaganda against Díaz. Police assaulted the building and Serdán and his family fought back, until Aquiles was killed. President Francisco I. Madero stayed at the home in honor of

Serdán. Shortly thereafter, the family moved to Mexico City and the building became tenements and stores. Decades later, the federal government acquired the building from the family to convert it into the museum that is there today.



Churches are very ornate inside

Other significant cultural sites include:

- **The Centro Cultural Santa Rosa** is housed in a building that dates from the 17th century which originally was housing for Dominican nuns
- **The Galería de Arte Contemporáneo y Diseño** (Gallery of Contemporary Art and Design) is dedicated to visual arts such as painting, sculpture, ceramics, metal etching, photography, video, and others and belongs to the Secretary of Culture of the state of Puebla
- **The Museo de José Mariano Bello y Acedo** (José Mariano Bello y Acedo Museum) was initially founded with the private collection of the Bello family, along with works donated by friends
- **The Casa del Alfeñique** is named for the intricate mortar work that covers its façade
- **The Museo de Arte** (Museum of Art) originally was constructed to be the Temple of San Pedro, founded in 1541 to be a church and a hospital
- **The Museum Workshop of Erasto Cortés Juárez** was the home of one of the major figures in fine and graphic arts in Puebla in the 20th century
- **The Teatro Principal de Puebla** (Main Theater of Puebla) was inaugurated in 1761 by Miguel de Santamaría
- **The Municipal Palace** is located on Maximino Avila Camacho
- **The Fountain of the China Poblana** is located on Blvd Heroes de 5 de Mayo

(Continued on page 24)

(Puebla - Continued from page 23)

- **The Church and ex Monastery of San Francisco** is on Blvd Heroes del 5 de Mayo
- **The Church of Santo Domingo** is located on 5 de Mayo Street
- **Cuexcomate** is the **smallest volcano in the world** at just thirteen meters tall and a diameter of 23 meters. The volcano is inactive and located in the La Libertad neighborhood of the city of Puebla. There is a spiral staircase going down into the crater itself.



Streetscape in Puebla

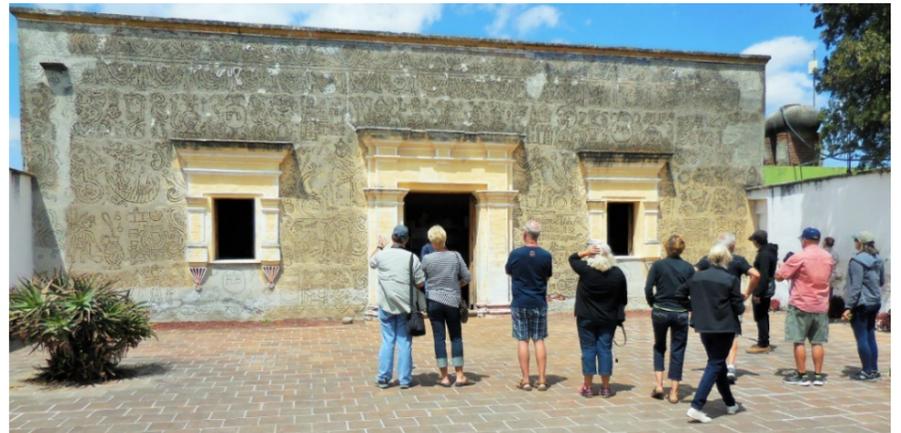


Lunch in a traditional Poblano restaurant

Talavera Pottery

Soon after its foundation, Puebla was well known for its fine ceramics, especially for the style that would be called Talavera. This has been due to the abundance of quality clay in the region, drawing some of the best artisans. Between 1550 and 1570, Spanish potters from Talavera de la Reina in Spain came to Puebla to teach the locals European techniques of using the potter’s wheel and tin-glazing. These new methods were mixed with native designs to give rise to what became known as Poblano Talavera. The glazing technique was first used for the tiles that still decorate many of the buildings in this city. Later, it was used to make pots, plates, jars, religious figures and other items. By the mid-17th century, the industry here had become well-established. Guilds were formed and ordinances

passed to ensure quality. Blue was used only on the most expensive pieces due to the cost of the mineral used to produce it. The period between 1650 and 1750 was known as the Golden Age.



Former devil worship place in Puebla



Puebla’s historic centre



The gang, with guides, in Puebla

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In 1813, the constitution eradicated the potter's guild and revoked the ordinances established in 1653 to standardize production. Now anybody could use this ceramic method in any style they wanted, and the lack of regulations led to a decline in technique and artistic quality. The Talavera market crashed. Out of the 46 workshops in production since the 18th century, only seven remained. When Enrique Luis Ventosa, a 29-year old Catalan, arrived in Puebla in 1897, there were just six workshops left. Ventosa was fascinated by the history and fine craft work that had distinguished Puebla from the rest of Mexico. He became the leading force behind a renaissance in Talavera ware.



Restaurant mural - fabulous!

Another **impetus to the rebirth of Puebla tile** was that collectors found out about it. In 1904, an American named Emily Johnston de Forest traveled to Mexico with her husband and discovered Talavera. She established contact with scholars, collectors, and dealers who assisted her in building her collection. Eventually her collection was given to the Metropolitan Museum of Art in New York City. Other museums, like the Philadelphia Museum of Art, built their own collections. The Franz Mayer Museum in Mexico City has the largest collection of 726 pieces.

Cholula History

Cholula is located in the Mexican highlands and, for thousands of years, it was an important trading post, connecting the Tolteca-Chichimeca kingdoms in the North with the Maya in the South. At its peak, Cholula had the second-largest population in Mexico of an estimated 100,000 people living at this site. Cholula had an alliance with the neighboring city Tenochtitlán, which they shared religious services and rituals with. Conquistador Hernán Cortez discovered the alliance between Cholula and Tenochtitlán, and when he became aware of a plot against the Spaniards, he decided to make a pre-emptive attack. When Cortez, the leader of the Spanish Army, and his men arrived in Cholula on October 12, 1519, they stormed the

streets, looted religious treasures, burned holy pyramids and killed 3,000 people within a few hours - although some say the death toll was as much as 30,000. The massacre had the effect Cortez wanted and the people of Mexico were much more inclined to surrender. The city was believed to be incredibly sacred and the people constructed a holy pyramid for every day of the year, however, when the Spanish settled, they created one church for every day of the year as a symbol of their Christian conquest - **the final touch being the the Iglesia de Nuestra Señora de los Remedios on top of the Great Pyramid of Cholula.**



One of Puebla's many churches

Great Pyramid of Cholula

The Great Pyramid of Cholula, also known as **Tlachihualtepetl** (Nahuatl for "artificial mountain"), is a huge complex located in Cholula, Puebla, Mexico. It is the largest archaeological site of a pyramid (temple) in the New World, as well as the **largest pyramid known to exist in the world today**. The pyramid is a temple that traditionally has been viewed as having been dedicated to the god, Quetzalcoatl.



Iglesia - Nuestra Señora de los Remedios - Cholula

(Continued on page 26)

(Puebla - Continued from page 25)

The architectural style of the building was linked closely to that of Teotihuacán in the Valley of Mexico, although influence from the Gulf Coast also is evident, especially from El Tajín. The Cholula archaeological zone is situated 6.4 kilometres (4 mi) west of the city of Puebla, in the city of Cholula.

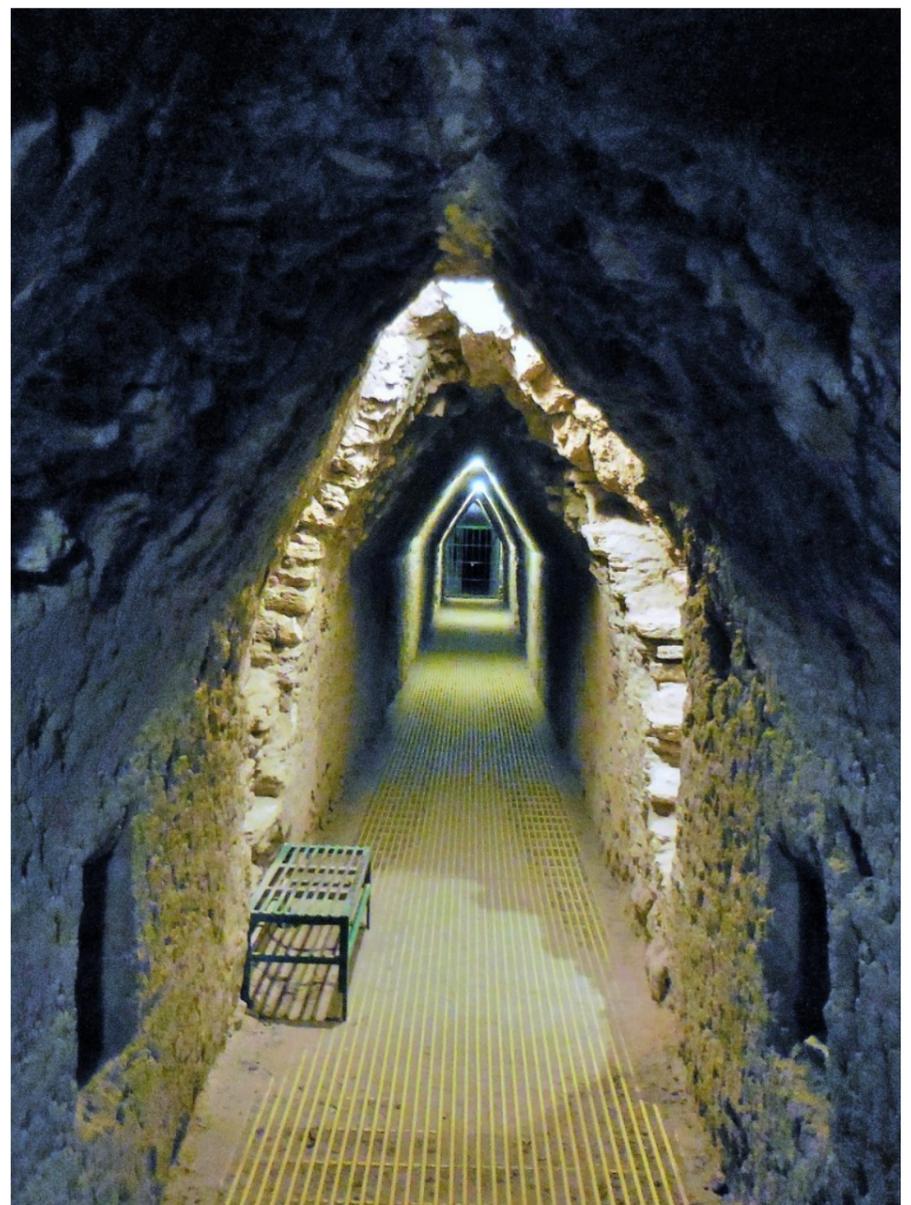


Nuestra Señora de los Remedios church from below

The Great Pyramid was an important religious and mythical centre in pre-hispanic times. Over a period of a thousand years prior to the Spanish Conquest, consecutive construction phases gradually built up the bulk of the pyramid until it became the largest in Mexico by volume. The temple-pyramid complex was built in four stages, starting from the 3rd century BC through the 9th century AD, and as mentioned before, was dedicated to the deity Quetzalcoatl. It has a base of 450 by 450 metres (1,480 by 1,480 ft) and a height of 66 m (217 ft). According to the Guinness Book of Records, it is, in fact, the largest pyramid as well as the largest monument ever constructed anywhere in the world, with a total volume estimated at over 4.45 million cubic metres, even larger than that of the Great Pyramid of Giza in Egypt, which is about 2.5 million cubic metres. However the Great Pyramid of Giza is higher at 138.8 metres (455 ft). The ceramics of Cholula were closely linked to those of Teotihuacán, and both sites appeared to decline simultaneously. The Postclassic Aztecs believed that Xelhua built the Great Pyramid of Cholula.

Although the pre-Hispanic city of Cholula continued to be inhabited, the Great Pyramid was abandoned in the 8th century at a time when the city suffered a drastic drop in population. By the time the Spanish arrived, the pyramid was overgrown, and by the 19th century it was still undisturbed, with only the church built in the 16th century visible. Today the pyramid at first appears to be a natural hill surmounted by a church. This

is the Iglesia de Nuestra Señora de los Remedios (Church of Our Lady of Remedies), also known as the Santuario de la Virgen de los Remedios (Sanctuary of the Virgin of Remedies), which was built by the Spanish in colonial times (1594) on top of the pre-Hispanic temple. The church is a major Catholic pilgrimage destination and the site is also used for the celebration of indigenous rites. Many ancient sites in Latin America are found under modern Catholic holy sites, due to the practice of the Catholic Church of repurposing local religious sites. Because of the historic and religious significance of the church, which is a designated colonial monument, the pyramid as a whole has not been excavated and restored, as have the smaller but better-known pyramids at Teotihuacán. Inside the pyramid are some five miles (8 km) of tunnels excavated by archaeologists.



Five kilometres of excavated tunnels below the pyramid of Tlachihualteptl

The first study of the pyramid area was done by Adolph Bandler, a Swiss archaeologist with an interest in Mexico. He arrived at Cholula in 1881 and published his findings about the site in 1884. The Great Pyramid of Cholula was discovered in 1910 by construction workers building an insane asylum. Architect Ignacio Marquina started exploratory tunnelling within the pyramid in 1931. By 1954, the total length of tunnels came to approxi-

(Continued on page 27)

(Puebla - Continued from page 26)

mately 8.0 kilometres (5 mi). The pyramid was excavated in two phases. The first began in 1931 and ended in the 1950s. Excavations began again in 1966 and officially ended in 1970, with the publication of the reports of the various academics who worked on Proyecto Cholula. Despite the site's pre-Hispanic importance, this pyramid is relatively unknown and unstudied, especially in comparison to others in Mexico such as Teotihuacán, Chichén Itzá and Monte Albán.

Our group spent most of the day exploring Cholula's Great Pyramid. It was simply fascinating. First we entered the tunnels beneath the pyramid itself. Yes, this was a little claustrophobic. We visited the small museum adjacent to the pyramid. The model in the centre of the exhibit certainly helped putting the scale of the archeological site in perspective. Next, we walked the entire grounds or archaeological zone surrounding the pyramid where much of the excavation has taken place. Lastly, we climbed the pyramid, first on the walkway then finally ascending a long, steep flight of stairs. From the top, you had a stunning view of Cholula and surrounding area. We only spent four (4) days in Puebla and Cholula. Next time it will be four (4) weeks!



Great pyramid museum



Happy hour back at the campground in Cholula



Marian happy to leave the great pyramid tunnels



Museum model of the pyramid and church atop it



Cholula's mounted police stationed at the great pyramid

Submitted by Dan and Lisa Goy
Owners of Baja Amigos RV Caravan Tours

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you can reach Dan and Lisa Goy
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advertisement

An advertisement for BISTRO MARINA. The top part shows a dining table set on a boat deck with a blue tablecloth, white plates, glasses, and a vase of flowers. In the background, there's a marina with several boats and a town on a hillside. The text "BISTRO MARINA mediterranean cuisine" is overlaid on the bottom part of the image.

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Mole Poblano

Puebla's top-secret sauce

YIELD: Makes 15 servings

INGREDIENTS

Mole:

- 8 dried mulato chiles, wiped clean, seeds and veins removed, and seeds reserved
- 5 dried ancho chiles, wiped clean, seeds and veins removed, and seeds reserved
- 6 dried pasilla chiles, wiped clean, seeds and veins removed, and seeds reserved
- 2 dried chipotle chiles, wiped clean, seeds and veins removed, and seeds reserved
- 4 Roma tomatoes, cut into quarters
- 6 tomatillos, husked, rinsed, and cut into quarters
- 1 medium onion, halved
- 3 cloves garlic, unpeeled
- 5 tablespoons lard or shortening, or more as needed
- 10 whole black peppercorns
- 3 whole cloves
- 1 (3-inch) stick Mexican canela or cinnamon
- 1/2 teaspoon whole coriander seeds
- 1/2 teaspoon whole anise seeds
- 2 teaspoons black raisins
- 20 whole almonds, blanched
- 2 ounces pumpkin seeds
- 1/2 cup sesame seeds
- 2 stale corn tortillas
- 3 stale baguettes, cut into 1-inch slices
- 1 tablespoon canola oil
- 4 ounces Mexican chocolate, or more to taste, coarsely chopped
- Kosher salt
- Up to 1/2 cup of sugar, as needed

Garnish:

- 1/4 cup sesame seeds, lightly toasted

Chicken:

- 8 bone-in, skin-on chicken breasts or legs, rinsed, dried
- 1 medium onion, halved
- 5 cloves garlic
- Kosher salt



PREPARATION

Poach the chicken in 2 quarts water with the onion, garlic, and salt. When cooked through, transfer the chicken to a plate and reserve the cooking liquid. Pour the liquid through a fine-mesh sieve and reserve. Remove and reserve the meat from the bones, discarding the bones and skin.

On a comal or in a cast-iron skillet over moderately high heat, dry-roast the chiles, flipping occasionally, until they start to blister and change color. Transfer the chiles to a bowl of hot water and soak for 15 minutes. Drain the chiles and reserve the water then transfer the chiles to a blender or food processor

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 Hotel Zar | MARINA | (Wing's Army) | by La Catrina

(Continued on page 30)

(Mole Poblano - Continued from page 29)

and blend until smooth, adding the reserved water as needed. Push the purée through a small mesh sieve and set aside. On a comal or in a cast-iron skillet over moderate heat, dry-roast the tomatoes, tomatillos, onion, and garlic. Remove from heat and let cool. Once cool enough to handle, peel the tomatoes and the garlic.

In a small skillet, over moderately low heat, heat 1 tablespoon of the lard. Add the peppercorns, cloves, cinnamon, coriander, and anise seeds and toast until fragrant. Remove from the heat. Using the remaining 4 tablespoons of lard, fry the raisins until they plump and change color. Remove with a slotted spoon. Continue the frying process with the almonds, pumpkin seeds, sesame seeds, tortillas, bread, and reserved chile seeds, adding more lard if needed.

In a blender or food processor, purée the roasted vegetables, spices, and fried ingredients in small batches, adding water as needed, to form a smooth purée. Strain through a fine-mesh sieve and set aside.

In a Dutch oven over moderate heat, heat the canola oil until hot but not smoking. Fry the chile purée, stirring constantly until it changes color, about 8 minutes. Add the reserved vegetable and spice mixture. Reduce the heat and simmer, stirring occasionally until the mole thickens, about 1 hour.



Add about 2 cups of the reserved chicken broth and simmer for 30 minutes. The mole should be thick enough to coat the back of a spoon. Add the chocolate and cook for 10 to 12 minutes. Season to taste with salt and sugar, and add more chocolate if needed.

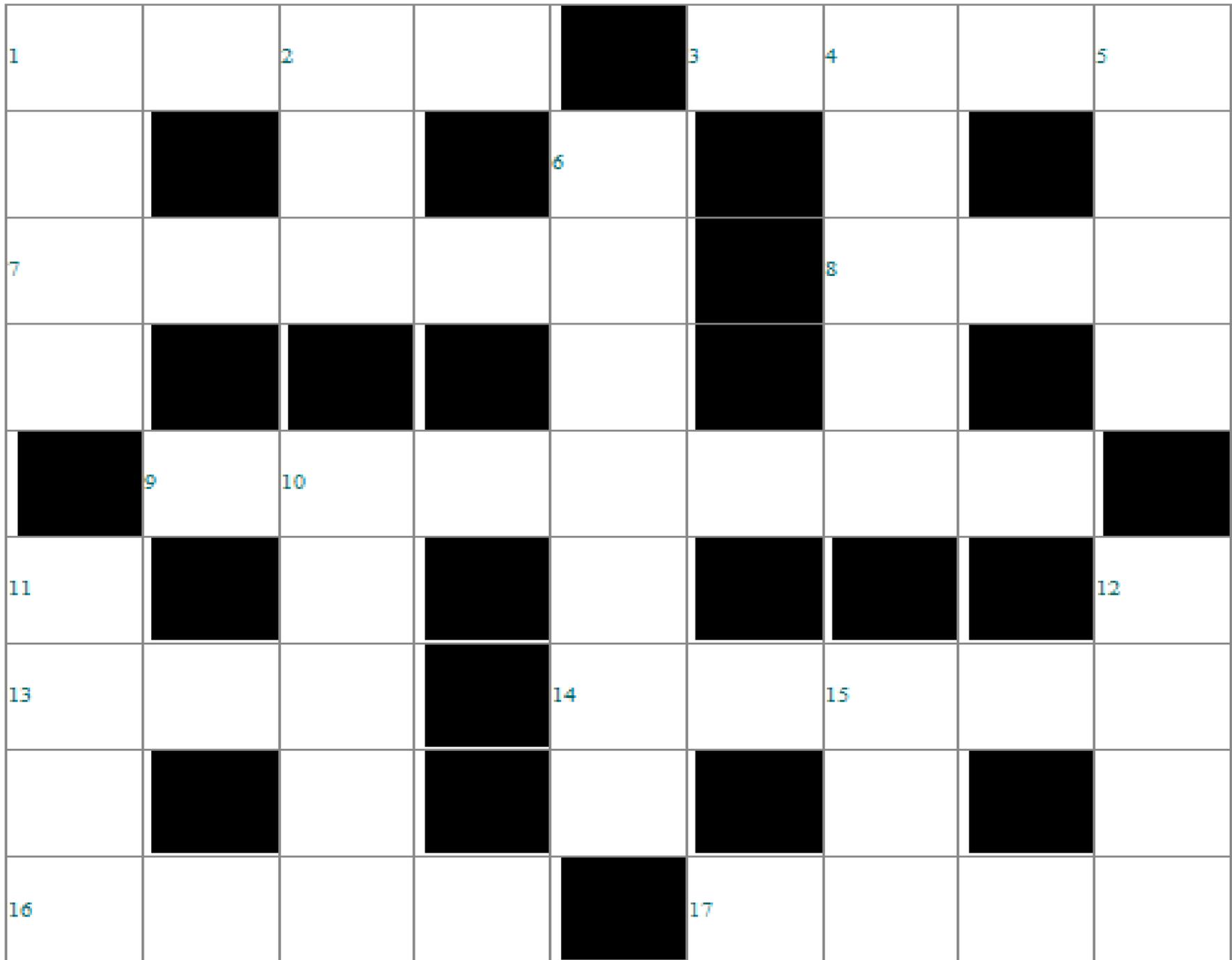
To serve, ladle mole over the chicken until it is completely covered, then garnish with toasted sesame seeds.

source: Epicurious



Crossword

solution posted in next month's edition



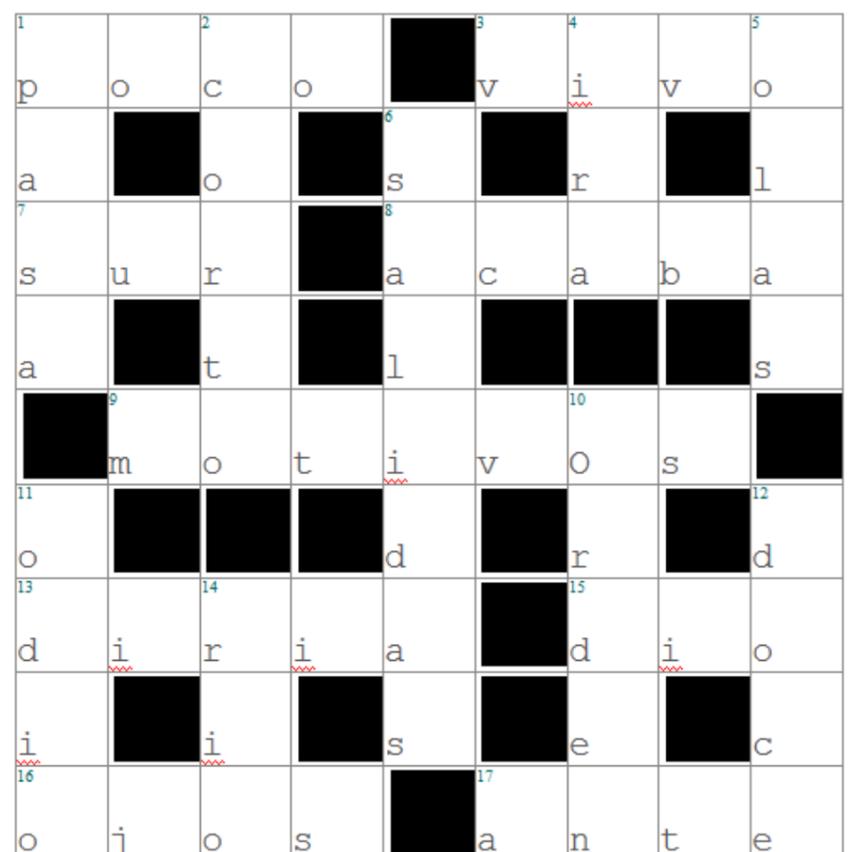
Across

- 1 this, this one
- 3 (you/ustedes) were going, (they) were going
- 7 key
- 8 thirst, second-person positive imperative of ser
- 9 (they) used to be, (you/ustedes) used to be
- 13 to hear
- 14 help, aid, assistance
- 16 wings
- 17 crazy

Down

- 1 she
- 2 aunt
- 4 enough!
- 5 nothing
- 6 weeks
- 10 (I) could be, (he, she) could be
- 11 zone
- 12 (I) pass, step

Last month's crossword solution:



lexisrex.com

1521

from the Path to Citizenship series

In January 1521 the conquistadores entered the valley of Mexico. They staged a series of raids throughout the countryside and took the Aztec stronghold at Texcoco, from whence they could launch the newly built fleet.

In May, Cortés began his final assault on Tenochtitlán, bearing down from every direction, with separate divisions assigned to each of the city's three causeways and the flotilla moving in by water.

The Aztecs fought valiantly under leadership of the last Aztec emperor, Cuauhtemoc, whose name translates as "falling eagle" or alternately "setting sun."

Ravaged by diseases introduced by the Spaniards, deprived of

fresh water and food supplies from the mainland, they with

stood an 80-day siege, surrendering August 13, 1521, only after their captured leader grasped the dagger in Cortés' belt and pleaded, "I have done all that I could to defend my people. Do with me now what you will."

Their fervor fueled by victory, the conquistadores lay the Aztec empire to waste, erasing the remnants of the culture as best they could, scorching Tenochtitlán by fire, leveling its majestic temples. The rubble would make up the foundations of a new world, the cradle of a brand new people.

source: extracted from The Spanish Conquest (1519-1521) by Dale Hoyt Palfrey, as published in MexConnect.com

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



Bocce on the Beach

story and photos by John Chalmers

A game with roots dating back to the time of the Romans was the latest sport to be played on the beach at Club Santiago, in front of the Oasis Ocean Club restaurant, at a festive event, on January 24, 2017. The first-ever Bocce Ball Tournament was a fund raiser for the Animal Angels program of Friends of Mexican Animal Welfare (FOMAW).



Tournament organizer Fred Taylor, originally from Seattle and now a resident here, is seen with the competition chart for the 40 teams of two players

“The program helps animals living on the street with medical care, food, medication and in our spay/neuter clinic here in Manzanillo,” says Stan Burnett, president and founder of FOMAW. “We started in 2009 and our goal was to assist Mexican animal welfare organizations to obtain funding to continue and improve their programs. The primary focus has been on spay/neuter services.”



Marge Tyler sold tickets for the “booze basket,” limited to only 50, selling out with good odds and won by Dara Green from Kansas

Forty teams of two signed up with the 500-peso entry fee for a day of the competition. Related to British lawn bowling, and essentially the same as French boules, the game of bocce is

especially popular among folks of Italian descent and played widely in Europe and other countries. To start the game, a small ball is thrown in the court as a target, and players then toss the playing balls towards it to see who comes closest.



The beach at Santiago Bay was marked off with four bocce courts 60 feet long by 12 feet wide for the competition

It’s not the purpose of this account to explain the game, but there is much to be learned on the internet, such as on this interesting and informative site: <http://www.boccevolo.com/about.html>

Friends of Mexican Animal Welfare is a charitable organization based in Bothell, Washington and has distributed over \$300,000 USD to over 10 different Mexican organizations. FOMAW operates a low-cost, high-quality clinic named Alianza Animal Manzanillo three days a week, performing about 10 surgeries a day, with 40% done for free in support of the Animal Angels street animal outreach program.



Left to right, Don Carstensen from Iowa and Lloyd Duncan from Montana watch Darcy Myer show his winning form as partner Robert Page looks on

(Continued on page 34)

(Bocce on the Beach - Continued from page 33)

The bocce tournament raised nearly 180,000 pesos, enough to perform almost 500 sterilization surgeries.



The Juluapan Peninsula and the blue Pacific in a cloudless day added to the scenery of the tournament

A donated basket of several bottles of assorted liquor, worth \$200 USD, was raffled off at 200 pesos a ticket, limited to only 50 tickets, providing excellent odds of winning. The lucky winner was Dara Green from Kansas. A 50/50 raffle brought in over 27,000 pesos from ticket sales, with the winner receiving half that amount. Funds were also raised with a silent auction that provided the opportunity to bid on over 50 donated items, including art, restaurant dinners, merchandise and personal services. In addition, some 15 business and personal sponsors made financial donations.



Dane Russo, who moved from Texas to live in Mexico at Vida del Mar, tosses the ball in his first-ever bocce game

Besides the clinic and Animal Angels services, FOMAW holds three continuing education courses per year in partnership with Dr. Susan Monger of International Veterinary Consultants for Mexican veterinarians involved with spay/neuter work. "We just completed our fifth class and have now trained around 35 vet-

erinarians," says Stan Burnett.



In a game played by both men and women, Wendy Rominger lofts a ball

With a large crowd under beach umbrellas enjoying two-for-one pricing on cervezas and margaritas while eating lunch on the beach, the tournament was a total success. "We will most definitely do this again next year," says Fred Taylor, one of the founders of Animal Angels and organizer of the tournament. Donations for the auction and sponsorships are always welcome. For information on donations and future events, Fred can be contacted at ftaylor88@yahoo.com.



Beach vendors provided a diversion from watching the games and this one offered colorful baskets and masks

While the Bocce on the Beach tournament may not be in the same league as the world championship bocce games, competition was brisk and competitive, a fun day for all. Winning the prize for Best Name of a team were Jamie and Deana Slack, calling themselves "Boccelism"!

Ultimate first-place winners were Canadians competing as the "Sandbaggers," Robert Page from Calgary, Alberta, and partner

(Continued on page 35)

(Bocce on the Beach - Continued from page 34)

Darcy Myer from Parksville, British Columbia, were first-place winners. Their prize was a five-course dinner from the Oasis Ocean Club restaurant. Second place team was the "Bocce Ball Bandits," Duane Van Gheluwe and Art McKinnon, winning a \$1000 peso gift certificate from Pacifica del Mar restaurant. Gordon Wilson and Dane Russo of the "Kowboys" team took third place and won three chicken dinners from Monkey's Chicken.



Bocce balls 90 mm in diameter, roughly the size of a small grapefruit, were thrown to the target, a small white ball the size of a golf ball

Buoyed by the enthusiasm of competitors and the support for the tournament, organizers look forward to another event next year in support of a worthwhile cause. For more info about FOMAW, visit the web site at <http://www.fomaw.org/>



Darcy Myer launches another bocce ball as his team continues to advance



Jamie and Deana Slack from Arizona got knocked out in the first round, but won the prize for best team name – Boccelism!



From 10 am to 4 pm, the bocce tournament was a busy day on the beach for the Oasis Ocean Club restaurant



The bocce tournament brought out 40 teams of two and a crowd of onlookers for a fine day at the beach



Beach vendors added to the color of the festivities



The beach at the bay was a perfect setting for a bocce tournament



Mary Janney, left, from California, and Judy Buono, right, from Oregon, in front of the large crowd that came to enjoy the day



Jan Mabey from Utah gets ready to make her play



Out of the competition but still enjoying the day, left to right are Gary Hess, Susan O'Leary, Susan Hess and Dick O'Leary



Oasis Ocean Club restaurant proprietor, Diego Cordera, takes a photo of the large crowd at his establishment



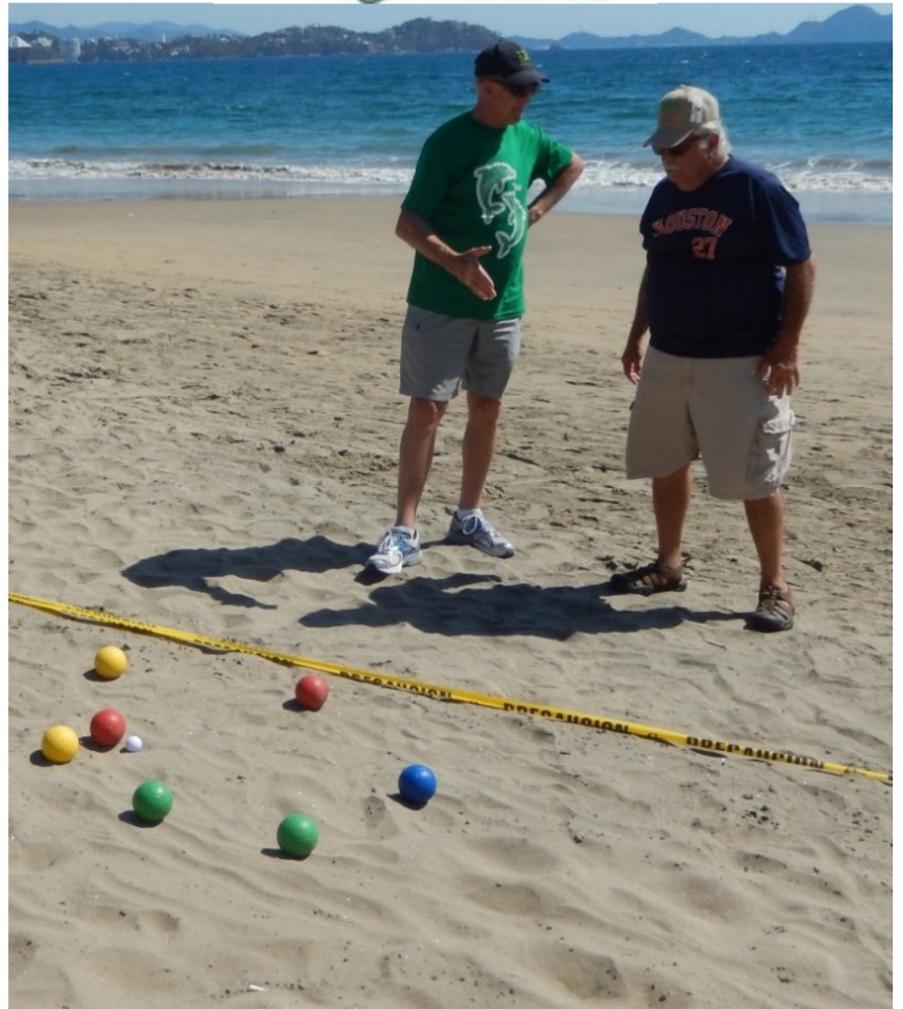
Competitors and spectators line up for a view of the bocce action



One of the many beach vendors offering temptations



Merchandise to support Friends of Mexican Animal Welfare included caps and coffee mugs



With a small white ball as a target, players try to throw their bocce balls closest to it

For close calls, a measurement was necessary



Gordon Wilson went on to take third place with partner Dane Russo of the "Kowboys" team, winning three chicken dinners from Monkey's Chicken



Merchandise included this spectacular bedspread among the products offered by beach vendors



Second place team was the "Bocce Ball Bandits," Duane Van Gheluwe and Art McKinnon, winning a \$1000 peso gift certificate from Pacifica del Mar restaurant



Left to right are Robert Page, second placers Duane Van Gheluwe and Art McKinnon, organizer Fred Taylor, announcer Randy Dean, and Darcy Myer



The writer's wife, Linda Chalmers, shows the ceramic fish she bought from a pedlar on the beach



Ultimate winners of the tournament, taking first prize, a five-course dinner from the Oasis Club Restaurant, were the "Sandbaggers" team, Darcy Myer, left, and Robert Page



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