



Manzanillo **SUN**

January 2018

coastal Mexico's lifestyle magazine

Iguanario Archundia
painting by Alison Aguilera (7 years old)



on Aguilera

- Colours of Mexico
- History and Mythology
- Nature's Wonders
- Mighty Nature
- Technology
- Entertainment
- Finance
- RV Travel
- Around Manzanillo
- Recipe
- Learn Spanish
- Path to Citizenship

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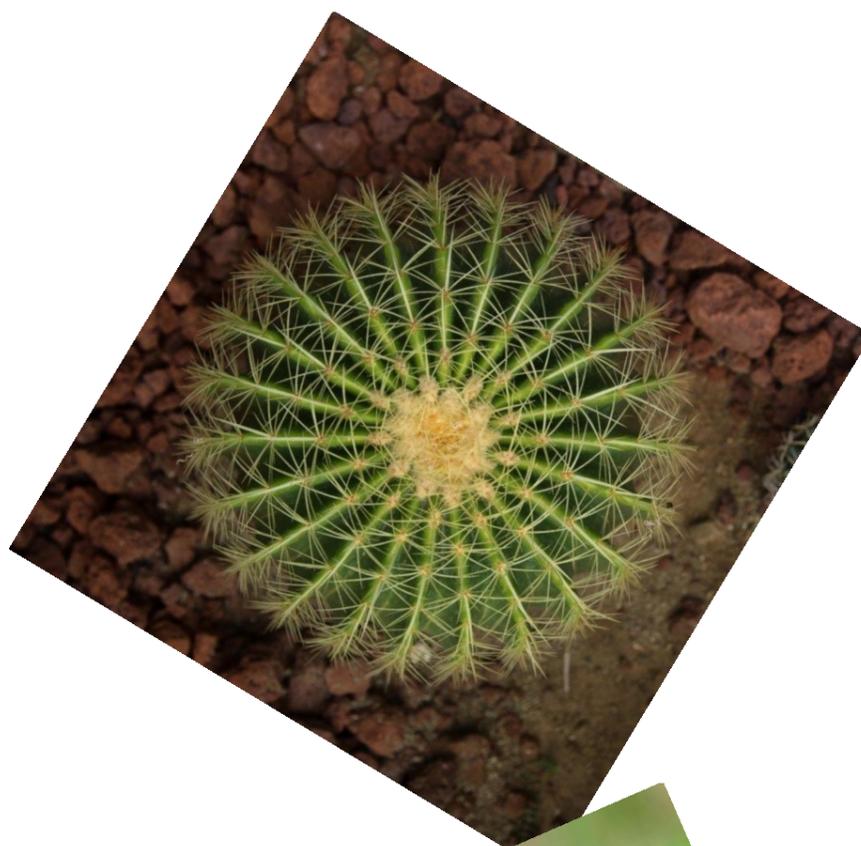
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To send submissions for possible inclusion in the magazine, please send to the editor by 15th of each month. We are always looking for writers or ideas on what you would like us to see as topics for the magazine.

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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Beachside Living

What I've Learned the Hard Way

by Suzanne A. Marshall

Part Two

In my last article, I promised to share some additional practical information about beachside living. Moving past window coverings and furniture upholstery, here are few more tips I am sharing in order to save you inconvenience and cost. I know myself that, as a Canadian girl off the prairies, I had a lot to learn about managing the sea air and humidity. Where I come from, the climate is so dry that the dust floats in the air and static electricity would often catch me off guard when flipping a light switch or running a brush through my hair!! Zap..Zap!!! This is certainly not an issue here in Manzanillo. I did have a lot more to experience and learn.

Let's talk ceiling fans for starters. During the hot humid months in the tropics, ceiling fans are pretty much an essential in most living areas. Our condo has them everywhere, the bedrooms, living room, dining room and terrace. I even had one installed in a bathroom vanity area. Though we use air conditioners in the bedrooms sparingly at night, the breezes provided by ceiling fans are life changing. My advice is to ensure that the fan blades are solid plastic. That said, I don't believe I've ever seen ceiling fans where the centre housings for the motors are not made of metal.

Structurally, it's simply necessary, especially considering the force of the cycling blades and the attachments to the ceilings and so on. But we have seen fan blades that are actually made of pressed or composite fibreboard with a lacquered finish. They look great, but unfortunately they eventually absorb the humidity and begin to expand and droop. One of our neighbour's fan blades actually thickened to several inches. I was quite astonished.

The only really serious rusting issue we've had with fans is the unit that we installed on the outside covered terrace. Though they are finished with glossy enamel, we are on our third unit. But, by now, I've found yet another great product at the local Home Depot store. Thus far, it appears to be quadrupling our time span before replacement. It's called RUST-OLEUM.

When the fan housing begins to show telltale signs of that orange/rusty color, it's time to get up on your ladder and give the area a spray of 'Rustoleum'. It covers the affected area and staves off the progress of the rust. For me, this product is a staple in the house. It is available in a rainbow of colors and also in transparent. I am using it everywhere I see problems starting.



← This product delays oxidation



⇒ Rust forming on the fan housing above the light

I have a particular affinity for metal sculptured artwork. Wouldn't you know that I started a collection of these pieces well before I understood the risk of the seaside air? I simply assumed the baked finishes and varnish would be enough. Wrong again. As time wore on, I began to see pitting on some of these and more telltale signs of oxidation. Soon, I was scouring the hardware and paint sections of the stores looking for anti-rust products and thus fell upon the Rustoleum displays.

I purchased the white enamel for the fans and transparent spray cans for the art and began the work of spraying the fan outside (repeating as necessary). Next, I removed all the metal artwork from our walls. I then started to brush and clean them front and back and then stepped outdoors with drop-sheets etc., to liberally apply the transparent spray lacquer front and back. Once dry, they looked as good as new and have been returned to their places on the walls. Color me happy, though I remain vigilant.

Loving the Mexican touches in our condo, I have also purchased two lovely tin tooled artisan mirrors. One did not sur-

...Beachside Living - part two



Metal sun sculptures made in Mexico are very popular art pieces found in artisan markets

vive and became so badly oxidized it had to be recycled. The other has survived much better since, by then, I had discovered the Rustoleum product and began to apply the silver color spray on the framework. This has stalled the corrosion but I am quite sure it has a limited life cycle since, once the deterioration starts, it subtly eats away underneath. The renewed frame does not have the glossy finish of the tin but it does suffice. Should I be tempted to purchase another, I'll likely choose the bronzed color option and give it a thorough clear coat of spray



Another example of Mexican metal artwork from the markets.

before putting it up on the wall. Again, it's a "live and learn" situation.

Let's turn our attention now to appliances. Well this is another frustrating story. If you're a fan of the popular polished aluminum appliances, you're likely going to have problems. I have opted to hang on to the old white enamel fridge we inherited with the condo for two reasons: the enamel doesn't rust and the older model fridges seem to be a better quality operationally than the new products which are mass produced offshore in areas such as Korea etc.. Though it isn't pretty, this fridge just keeps going and going though decades old.

I do have friends who've purchased a new fridge only to face replacement in 2-3 years. Not only do they no longer function as well but the polished aluminum surface has begun to pit and doesn't look good at all. So I live with the fridge we have and will figure out the next step when it fails. If at all possible I would suggest that you shop for a white enamel type fridge if you have the option. Hopefully they'll be back in style soon.



'Tooled' tin mirrors with ceramic inlays are handcrafted in Mexico. If you live in a humid climate or by the beach, oxidation is an issue. This item has been coated with an anti-rust silver spray for protection.

...Beachside Living - part two



Oxidation on an appliance trim

That being said, we're now on our third microwave. Though the finishes are also an issue, additionally, these appliances seem to gather moisture inside the unit and the power cords and eventually they just 'short out' or 'blow'. The last microwave that failed on us sounded like a cannon going off and smoke came curling out of the door. Thankfully, they aren't that expensive anymore. The only mitigating idea I've come up with so far is to put a very good appliance cover over them when not in use.



Appliance covers will stave off effects of humidity

I have done this with the microwave oven and toaster-oven and believe it's making a real difference. The covers that I'm using are a metallic material with a thick flocked backing. It is very good for preventing moisture from settling on the appliances and hopefully from the moisture finding its way inside to the electronics. I have included a photo of the trim on my countertop convection oven. This demonstrates the type of corrosion that takes place where the metal trims etc. are located. Too bad I hadn't been covering it up in between uses. I know better now.



Another beautiful sun sculpture to protect

Once a person adapts to the humid salt air in Manzanillo, the household issues definitely take a backseat to the glory of the sunshine, the beaches and the lifestyle. Wherever one goes, there are always those little nagging things that need to be managed. We love where we live; the magnificent bay view; dipping in the pool and walking the beaches. A few household chores are taken in stride and we look forward to many wonderful years of seaside living.

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

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'The Legend of the Bat' 2: the history

by Kirby Vickery

Reminiscent of Batman, the traditional painted wooden bat mask in this (main) picture from Atliaca, Guerrero, Mexico has a tell-tale clue - the carved skull on its body - to the darker side of the bat in Mexican folklore. Given that Mexico is actually the home of vampire bats, it shouldn't come as a great surprise to know that the bat had many associations in the past with death and blood(y) sacrifice... (Written/compiled by Ian Mursell/Mexicolore)



Photo credit: Donald Cordry from *Mexican Masks* by Donald Cordry, 1980, courtesy of University of Texas Press



The legendary hillside cave where the wandering Aztecs first beheld a miraculous idol of Huitzilpochtli, their tribal god
Photo credit: scanned from a hand drawn facsimile of the Codex Boturini ('Tira de la Peregrinación'), private collection, folio 1

A creature of the night, the bat has, for obvious reasons, been traditionally linked in Mesoamerican imagery and legends with darkness: its natural habitat of a cave - dark, sheltered and damp - provides an easy connection, not only with the mother's womb and place of origin of humankind, but also with the underworld and world of the dead, according to many pre-Hispanic cultures.

Stone altar of nocturnal animals, dedicated to Mictlantecuhtli (Lord of the land of the dead), National Museum of Anthropology, Mexico City
Photo credit: Ana Laura Landa/Mexicolore



...Aztec Bats - part two



Replica Zapotec jade mosaic bat figure
Photo credit: Ian Mursell/Mexicolore

Some experts believe ancient Mexicans - particularly the Maya - may have made a link between the typical habit of a bat of grabbing fruit from trees and the ritual practice of decapitation: notice the presence of an obsidian blade of sacrifice at the very top of the stone bat image on the front of the famous Aztec altar of animals associated with darkness and death (the other creatures carved on the altar are a scorpion, a spider and an owl). Esther Pasztory believes the paper rosette on the head of the creature and the streamers (both of which appear on all four sides of the altar) depict the 'tzitzimime' - greatly feared star demons of darkness that dived head-first from the heavens.

With the power of flight, the upside-down posture, and the strong association with night and the powers of the dark, the bat is a creature that bridges the sky/heavens (above) and the underworld (below); not surprisingly, the bat has traditionally been cast as a supernatural creature with deadly powers. In the famous Quiché 'Popul Vuh' text, the death bat god of the underworld, Camazotz, uses his power to cut off the head of one of the Hero Twins. References to bat imagery go back as far as Olmec times (Mexico's 'mother culture').

A strikingly beautiful bat mask, some 2,000 years old, was found in the early 20th century at the famous archaeological site of Monte Albán, near Oaxaca: possibly designed to hang from the belt or chest, this fine Zapotec bat figure, made of

jade mosaic, shows some similarity to a jaguar (lord of the night) - though you may notice the large crest on the top of the forehead.

Not all bat associations were of death, destruction and sorcery, however. Just as death carries in it the seeds of new life, so the bat was recognised as having an important role to play in supporting life. As Elizabeth Benson writes, 'Some of the plants most important to people in the New World tropics are bat-dependent.' To give just one example, provided by UK bat expert Mary Louise Crosby, "Many different kinds of fruit-eating bats LOVE fresh figs. The bats digest their meal of figs quickly. The seeds pass through the bats' digestive tracts and are expelled in feces or droppings as the bats fly or roost. In a single night, a single bat could plant thousands and thousands of fig tree seeds over acres of countryside.' Fig tree bark paper, incidentally, was an important material for manuscript writing in ancient Mexico.



The 'great stripe-faced bat' (*Vampyroides caraccioli*),
a fig eater and fig tree planter
Illustration credit: Illustration by Mary Louise Crosby

Reflecting the duality in so much of ancient Mexican beliefs, we end with a positive story of the bat, a Cora legend recorded a century or more ago in Mexico by Carl Lumholtz:

In the beginning, the earth was flat and full of water, and therefore the corn rotted. The ancient people had to think and work and fast much to get the world in shape. The birds came together to see what they could do to bring about order in the world, so that it would be possible to plant corn.

First they asked the red-headed vulture, the chief of all the birds, to set things right, but he said he could not. They sent for all the birds in the world, one after another, to persuade them to perform the deed, but none would undertake it.

...Aztec Bats - part two



A rare Mexican bat mask showing the bat in its natural resting position, with its head pointing down; from Las Sauces, Guerrero
Photo credit: Donald Cordry from *Mexican Masks* by Donald Cordry, 1980, courtesy of University of Texas Press

At last came the bat, very old and much wrinkled. His hair and his beard were white with age, and there was plenty of dirt on his face, as he never bathes. He was supporting himself with a stick, because he was so old he could hardly walk. He also said that he was no equal to the task, but at last he agreed to try what he could do. That same night, he darted violently through the air, cutting outlets for the waters; but he made the valleys so deep that it was impossible to walk about, and the chiefs scolded him for this.

"Then I will put everything back as it was before," he said.

"No, no!" they all said. "What we want is to make the slopes less steep, and to leave some level land, and do not make all the country mountains."

This the bat did, and the chiefs thanked him for it. Thus the world has remained up to this time.

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by Tommy Clarkson

Golden Barrel Cactus *Echinocactus grusonii*

Family: *Cactaceae*

Also known as: Golden Ball or Mother-in-Law's Cushion

Those who know me are aware that we've few cacti and succulents, as we haven't room for a large assortment here in *Ola Brisa Gardens*. The Golden Barrel Cactus is one we do feature, however. And it's a favorite for one simple fact - My Grammy (Mom's Mom) had one of which she was inordinately proud! She moved it every spring from inside the house to her rock garden southwest of the screened-in porch (*in which we grandkids looked forward to sleeping at night during the beastly hot days of August*). That was an occasion signaling that the arrival of the high end of the temperature spectrum from the cold, blustery Kansas winter!

Now I'm not saying that these guys are not, in themselves, rather robust. This beauty can handle temperatures down to fifteen degrees Fahrenheit (- 9.44° C). (*That's about fifty-five more than can !*) But, sadly, these hardy guys are nearly extinct in their natural environs. However, in an adopted succulent enclave, as noted by Debra Lee Baldwin in her book *Succulents Simplified*, "[These] butter-yellow balls offer wonderful texture and a wonderful shape." She also encourages the use of three in a planting for the most attractive look.

But even singularly, they're pretty! The halo effect achieved - when backlit by the sun - through the translucence of its slightly drooping golden-yellow spines is stunning! This is a good thing, as it'll be a while before opportunity arises to en-



The symmetry of the Golden Barrel Cactus when looked at from straight above is magnificent.

joy its flowers. It needs to reach fourteen inches (35.56 cm) in diameter - closely aligned with being the same number of years in age - before the emergence of satiny, pale yellow flowers. (These are unlikely to appear if kept indoors.)

Now the following information I'm quoting directly from *The Encyclopedia of Life* as it describes the *Echinocactus grusonii* rather well, I believe, "Barrel Cacti are always found in either a cylindrical or 'barrel' shape. They are covered in large, usually thick spiky quills that are two to three inches [5.08 - 7.62 cm] long. These spikes not only help the plant gather moisture from the air, but also protect the plant from possible predators. The Barrel Cactus needs to be completely in the sun for a majority of the time in order to survive." In turn, about the only plant pests one need worry about are mealybugs, overly zealous waterers, seedy and greedy cactus banditos and thoughtless land developers!

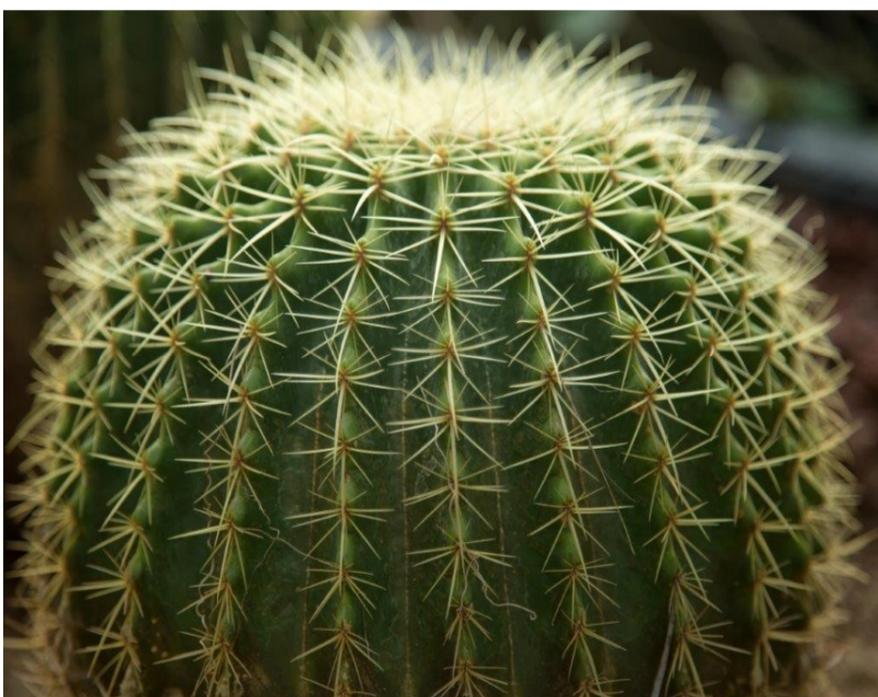
As Mexican original as *aguachile*, *bolillos* and *camarón ceviche*, this prickly characters hallmark sharp, golden-yellow spines. These are militarily arranged in rigidly erect, vertical rows, fully covering its rather symmetrical, globe-shaped self. Three positives concerning it immediately come to mind: They are drought-tolerant, suitable for xeriscaping and great for growing in containers.

...Golden Barrel Cactus



Often they are best planted in multiples - three often being the preference.

They require little care and attention to grow well. The most common mistakes made with this cactus are providing too little sunlight and/or over-watering. Be extremely careful with how much you give them to drink, ensuring their home is in a very well-draining soil/sand mix, as they can rot if overwatered. A pot mixture, used for cactus plants that drains well, will suffice. Adding gravel or small pebbles at the bottom first few inches of the pot will encourage drainage. When handling, I suggest that you follow the counsel given by Ms. Baldwin "Because it's basically a water tank, a Golden Barrel cactus [can be] larger than a basketball [and] may be too heavy to lift. When transplanting . . . wear thick leather gardening gloves and cushion the plant with crumpled newspaper."



Even from the side its looks are quite stunningly well-organized.

Now, returning to its progression in size, the Golden Barrel Cactus quickly grows to about four inches (10.16 cm) in the first few years. After that, however, it takes several more years for it to double its size. In its native environs, it can eventually grow to around three feet (91.44 cm) wide, but when civilized, cultivated and "citified" it'll usually only grow to around twelve inches (30.48 cm).

Needing well-draining soil, the Golden Barrel Cactus should be fed once a month, during the growing season, with a high potash fertilizer. Should you seek an expanded family of them, propagation may be accomplished by dividing rhizomes, tubers, corms or bulbs (including offsets) or if sought from seed, allow the unblemished fruit to significantly over-ripen and then clean and dry seeds before planting. From woody stem cuttings, allow the cut surface to callous over before planting.

Get one. Grammy would approve!

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Honey!

by Terry Sovil

Honey is one thing that can do anything and is proudly made by bees. It is a one-ingredient recipe from Mother Nature. Our honey in the state of Colima is very good!

Dr. Ron Fessenden, M.D. says the average American eats 150 pounds (68 kg) of sugar and 62 pounds (28 kg) of high fructose corn syrup A YEAR! But only 1.3 pounds (.59 kg) of honey. What you need in your diet is raw honey. Pure, unpasteurized and unfiltered. Not "commercial" honey which is processed, heated, filtered and loses its incredible nutritional value health powers.

Honey has been around in cultures all over the world for 2,500 years. *Honiq* in German. *Miele* in Italian. *Shahad* in Hindi. *Miel* in French and Spanish. *Miel de abeja* in Mexico specifically. There are very few parts of the world where honey is not used. It is nearly universal as an important food. It has been mentioned in various sacred texts in India, Egypt, Sumeria and Babylonian cuneiform writing as far back as 2100 BC and used as currency, tribute and offering, for food, beverages, furniture polish, varnish and medicine. In Mexico, the Maya of Yucatan have kept bees for thousands of years. Honey was critical in the culture and economy of the Maya.

Yucatán, Quintana Roo and Campeche are states that produce honey in Mexico. Mexico was the leading exporter of honey until about 30 years ago when China and Argentina surpassed these producers. Forty percent of all honey produced in the country comes from the Yucatán peninsula. Jalisco, Puebla, Oaxaca and Chiapas also produce significant amounts. Regional production has made for some distinctive Mexican honeys, such as the honey from Michoacán's abundant avocado blossoms.



Here, in Colima, we have the Cosmos flower, a multi-purpose bee flower. I saw a ranked list of 30 flowers with #1 being the Cosmos flower! This flower is easily raised from seed. Grow it in groups to make it easier for the collection of pollen. They grow 2-5 feet tall with most at about 2 feet. It is an annual flower with 25 species. Most garden centers will only carry the 3 most popular. The "Mexican Aster" is the most common. Plant them 9"- 24" (23cm - 60cm) apart, in poor soil. Water them at first and then cut back drastically. No fertilizer needed. They reseed themselves.

Aside from honey, pollination is one of the main reasons bees are important. Plants require pollination in order to reproduce. A bee gathering nectar and pollen has some pollen stick to the hairs of its body. At the next flower the bee visits some of the pollen rubs off on the tip of the pistil, the female reproductive organ. This can fertilize and a fruit with seeds may grow. The list on Wikipedia is incredibly large with the fruits and vegetables that require pollination.

Bees can hit speeds of 15mph. And a single worker bee produces about 1/12th of a teaspoon of honey in a lifetime! Bees are directly or indirectly involved in a third of the food we eat! This includes blueberries, avocados and apples. Their role is so important that many bee keepers actually make their money renting out hives of bees to farmers. Fully 60% of America's commercial bees are sent to California for almond pollination season. We all need to be concerned about the collapse of colonies and the death of bees. Bees work at a high level but beekeepers can only control what is going on, they can't increase or decrease production. Buy local. It helps! We can't eat too much honey.

How can you test your honey? Put a spoonful in a glass of water. Pure honey will stay in a ball. Modified, processed honey will dissolve. It can be stored at room temperature. If it crystallizes, it does not mean it is not pure honey. Put it in a pan of hot water and it will return to a liquid.

...Honey



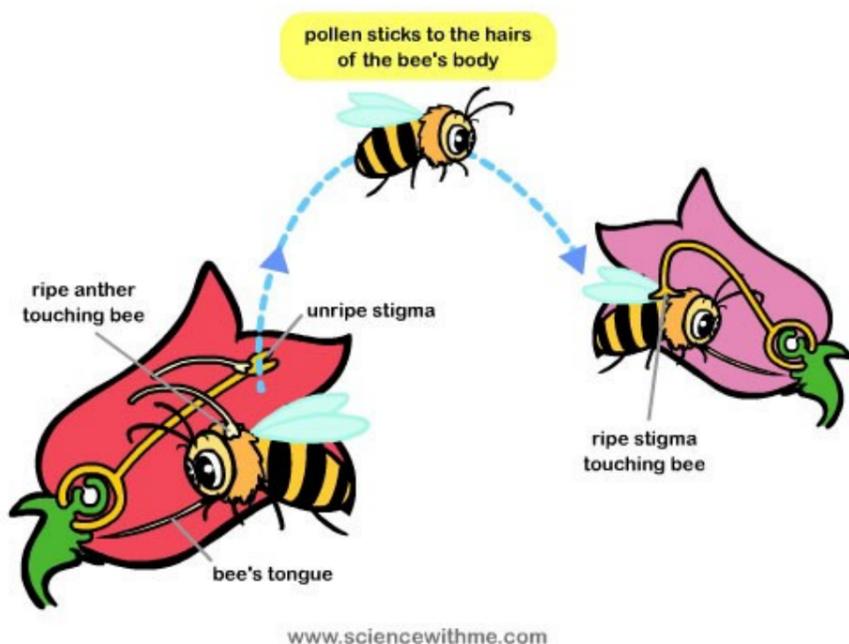
There are documented benefits of honey, from traditional natural medicine and newer medical experts.

- Healthy sweetener – 69% glucose and fructose, better than refined white sugar
- Weight loss – more calories than sugar but with warm water, helps digestion of fats
- Boosts energy – 64 calories per tablespoon, carbs are converted into glucose
- Improves athletic performance – ergogenic aid to maintain blood sugar levels, regulate insulin
- Rich in vitamins and minerals – dependent on the type of flowers, it can contain vitamin C, calcium and iron
- Antiseptic property – anti-bacterial and anti-fungal properties, natural antiseptic
- Antioxidant properties -- nutraceuticals, remove free radicals, immunity improves

If you are a concerned honey lover, help the bees. Leave dandelions and clover in your yard. Keep pesticides out of your garden – widespread spraying can kill butterflies, bees etc. Grow a variety of blooms giving bees a wonderful array of flowers. A local garden center can help. Some common flowers are lavender, rosemary, coreopsis and Russian sage are good.

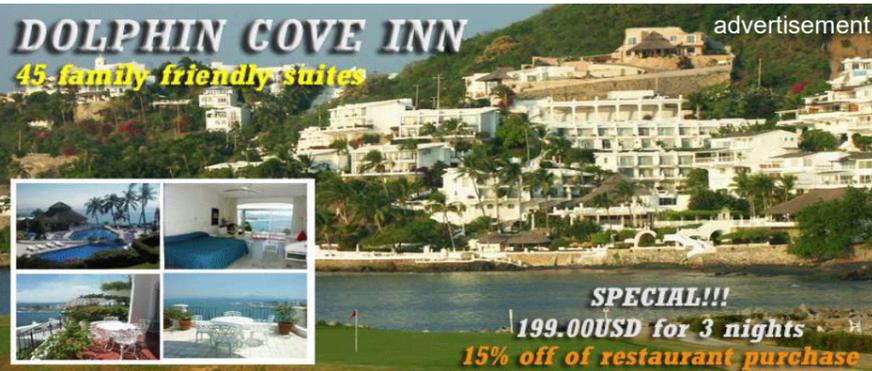
If you're truly inspired, become a backyard beekeeper. It isn't easy and it won't make you rich. But, you will become a vital part of the food system. You work to avoid colony collapse disorder. One thing is you will know that your honey is from happy bees.

you can reach Terry Sovil at terry@manzanillosun.com



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by Tommy Clarkson

Aloe Vera, *Aloe barbadensis*

Family: *Liliaceae*

Also known as: Medicinal Aloe, Barbados Aloe, West Indian Aloe, Chinese Aloe, Indian Aloe, True Aloe, Burn Aloe, Curacao Aloe, First Aid Plant, Lily of the Desert, Wand of Heaven or Miracle Plant

(From the proverbial "Get Go" let me share that there is a difference of opinion by botanists as to whether or not *Aloe Vera* and *Aloe barbadensis* are, in fact, separate varieties or one and the same. I lean toward the latter.)

Members of the Lily family, all Aloe species feature succulent rosettes and tall spikes of red and/or yellow flora. In fact, the flowers of our *Aloe barbadensis* are perhaps the most favored blooms in our entire collection by an assortment of insects and birds. I'm certainly no ornithologist but I believe a couple of regular visitors to our plant are a Wedge-Tailed Sabrewing Hummingbird (*Campylopterus curvipennis*) - I'm not making these Latin names up - and the magnificent Hooded Oriole (*Icterus cucullatus*).

Aloe is a rather large genus with more than 300 species of succulent herbs, shrubs and trees. They are often mistaken for plants in the Agave family. Generally, they bloom in the winter - ours around February through May - and should receive a minimum of watering during their dormant season. Woops, that would be during our rainy season!

While most of these different species come from Africa, this variety comes, originally, from the islands northwest of "The Dark Continent", the Canary Islands, Madeira and Cape Verde Islands. As a result of its "home roots", it is drought tolerant, sun loving and appreciates well-draining soil.

Most all of us are familiar with its medicinal qualities in the



The flowers of our *Aloe barbadensis* are perhaps the most favored blooms in our entire collection by an assortment of insects and birds.

treatment of skin abrasions and burns. But it is also used in cosmetics, shampoos and, as W. Arthur Whistler states in his book "*Tropical Ornamentals*" - that can be ordered through our site - its use as a cathartic purge dates to before Alexander the Great, 356 - 323 B.C. I've also read that, in 1500 B.C., the Egyptians used it for burn treatment, infections and parasites.

It's my understanding that aloe gel was used by Cleopatra to keep her skin soft and young-looking. As for the guys, it's still used by hunters in Africa to reduce perspiration and body scent.

The Spanish carried Aloe from Europe to South America and the Caribbean and it was introduced to the West Indies at the beginning of the 16th century. Spanish missionaries in these realms planted Aloe around their settlements and carried it with them to aid the sick.

It is also known to have been used in other ancient civilizations, including those in Africa, Egypt, Greece, India and Persia. Beyond that, it's even mentioned in the New Testament, John 19:39-40: "And there came also Nicodemus, which at the first came to Jesus by night, and brought a mixture of myrrh and aloes. . .".

...Aloe Vera

And, from what we can tell, it looks pretty much the same now as it did then with erect, two foot, lanceolate, light green leaves that are toothed with soft spines on the margins. Its deep yellow flowers hang down from tight cylindrical clusters atop three foot tall spikes.



Note the Aloe's two foot, lanceolate, light green leaves that are toothed with soft spines on the margins.

Care should be taken before using Aloe Vera, as contact dermatitis can occur in some, more sensitive individuals. When using it topically for a burn, cut away the skin (from the plant) and the inner layer of yellow juice, leaving only the actual gel. That yellow juice, particularly in older plants, is the principal cause of contact dermatitis. Hence you may wish to test a small area of skin prior to general use to see if you have an adverse effect.

So now, knowing what you do about *Aloe barbadensis*, you've decided that you must have some! Where should it be planted? They do best in warm, sandy soil with good drainage which will reduce the risk of root rot. In containers, Aloe Vera does well in a mixture of commercial potting mix with extra sand, granite grit or perlite or can be planted in cactus potting soil. When planting outdoors, find (or make) a sandy spot that dries out completely after watering or rainfall.

OK, sorry but I simply can't help myself sometimes! What was the product in early 1950's commercials - one in which a young Angie Dickinson was featured - where the jingle sounded much like this "*Aloe everybody, aloe. Aloe is the*"?

And you thought you were here just to read about great tropical plants!



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Should You Care if Net Neutrality Dies?

by Señor Tech

The US FCC (Federal Communications Commission) has voted to dismantle net neutrality rules. The ISPs (Internet Service Providers) will now be able to provide fast lanes and slow lanes for internet.

Loosely translated, if your internet provider is a cable/telephone (Telco) company, your Netflix stream could suddenly develop streaming issues because they are not partnered by the Telco. Your VoIP (Voice over Internet Protocol, including Skype) may start to break up.

The ISPs have long maintained that they need this so that they can increase their investment in hardware. But the fact is, they use this excuse to further increase their profits, but making sure you pay for their higher-priced content.

Internet speed is already charged at different price points for faster service. Faster speed is charged at higher rates.

Dismantling Net Neutrality is just another profit grab by the ISPs without having to add any value. The ISP's do not pay for

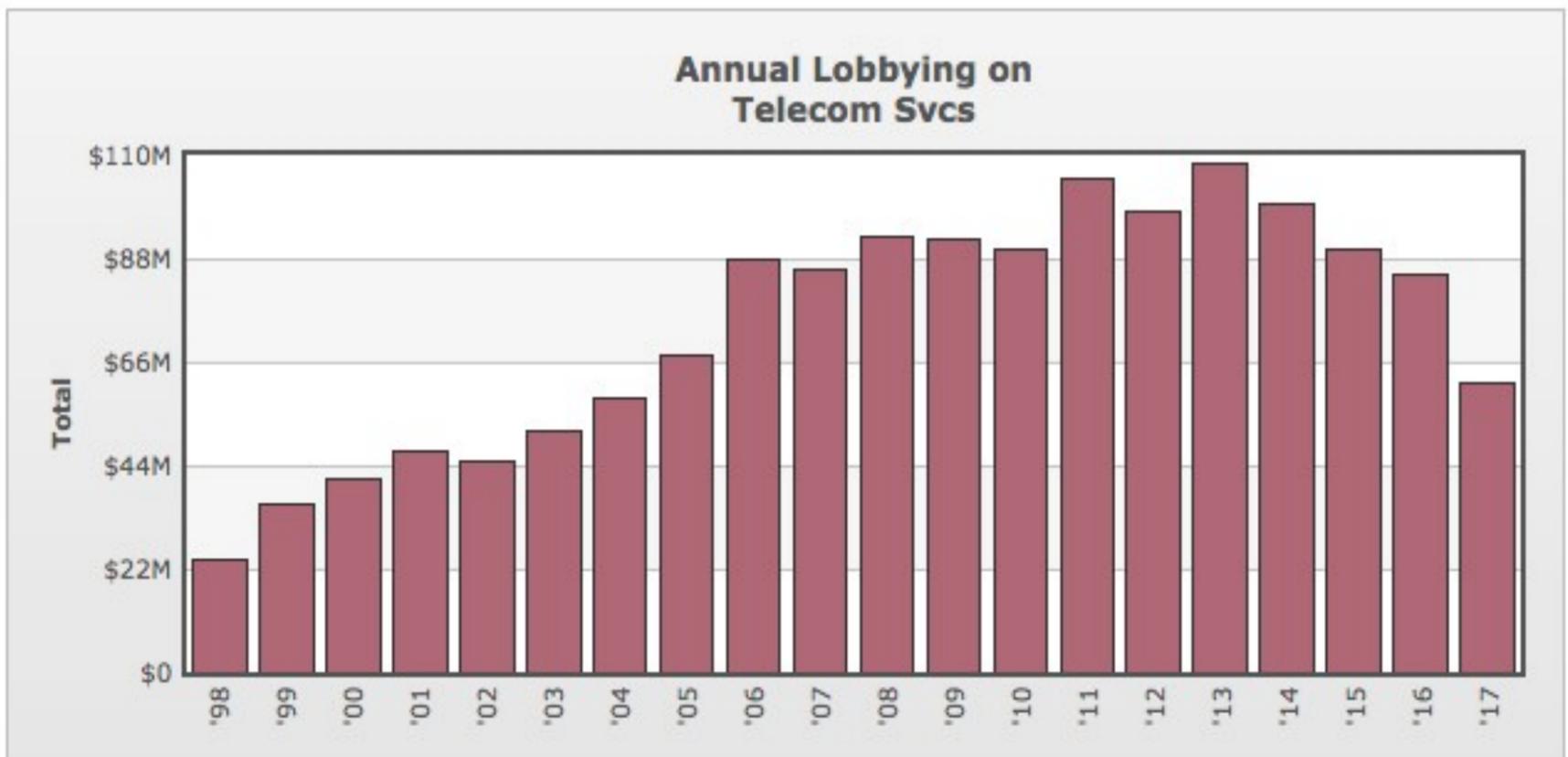
the data they sell, unlike water and electricity which are finite. Once the infrastructure is built, data just flows. The content is provided by the websites looking to attract visitors.

And the ISP's have tried to charge these websites by using their paying customers as currency. There are documented court cases where ISPs have threatened to cut the customers' access to websites if the websites did not partner with them. The changes in the rules will now allow the ISPs to legally throttle service as they see fit.

There are several Net Neutrality groups slated to challenge the changes, but pressure on elected officials will be the key to protecting the public from excessive profiteering by the ISPs.

Unlike the gun lobby, no one stands to benefit from this except for the Internet Service Providers and elected officials who accept the lobbyist payoffs. Everyone else, including anyone who has a cellphone, computer, television will pay a higher price for this change in rules. If you wish to see how much money has been spent by the Telecom lobbyists click the following link [2017 Lobby \\$\\$\\$ by Telecom Companies](#).

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



Total for Telecom Services: \$61,733,551
 Total Number of **Clients** Reported: 98
 Total Number of **Lobbyists** Reported: 532
 Total Number of **Revolvers**: 416 (78.2%)

At the Movies

by Suzanne A. Marshall

Wonder (Extraordinario in Spanish)

Starring: Jacob Tremblay, Owen Wilson, Julia Roberts, Izabela Vidovic, Mandy Patinkin

Director: Stephen Chbosky

“Based on the New York Times bestseller ‘Wonder’ tells the inspiring and heartwarming story of August Pullman. Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates and the larger community all struggle to find their compassion and acceptance, Auggie’s extraordinary journey will unite them all and prove you can’t blend in when you were born to stand out.”

I loved everything about this movie. The young actor, Jacob Tremblay, gives an astonishing portrayal of Auggie and is supported by the great performances of Julia Roberts, Owen Wilson and all the children’s characters involved. This is such a moving and heart-wrenching story, I found myself quite emotionally overwhelmed. It is one of those movies that stands out amidst a field of science fiction productions and one that will stay with you for a long time. What a breath of fresh air. It’s all about the human spirit, love and acceptance.

IMDB rating is 8.1/10 based on 14,435 viewers.



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Aztec Holidays

by Kirby Vickery

By the time the community members of the Manzanillo Sun read this, most of the Holiday Season will have come and gone. As a matter of fact, one of my sources for Aztec Mythology list eleven major holidays in America throughout the year with Christmas listed as the top holiday. They report that Canada has ten national but many more regional and provincial holidays not celebrated by the total of the Canadian population. I suppose one could do a study as to the differences and with the modern trend of newscasting then set out to pick a winner as if the two countries were in some sort of a competition. But, we know they're not and that's not my topic anyway.

The Aztecs had various rituals and celebrations, most to honor the gods and bring them either rain, good crops or other such things. Most of their celebrations consisted of dances, music, different activities and sacrifices. For example, three times a year, the Aztecs had rain festivals, where they performed various activities and dancing to bring them a lot of rain for their crops to grow.

Please remember that the Aztecs followed the greater Mesoamerican time and date structure. They were a 'Johnny-come-lately' force that took over the central Mexican area by unifying other tribes against the Toltecs. Then ruled with a strict priest class based society, absorbing not only the names and mythology of the forbearers' gods, but their time tracking and history. Having never heard of Monday, Tuesday or even the month of August, they based their time on what was known by their priest class and the learned scholars of the towering societies before them. They had eighteen months and a 360-day year. Every month had at least one major religious ceremony honoring a god or gods. Most of these ceremonies were related to the agricultural season, the sowing of corn or the harvest of fruits. In almost all major ceremonies, an individual was chosen to impersonate the god. This person would be dressed as that god then coddled as if he or she was the god until the time of sacrifice.

Because the entire Aztec empire was built upon strict priest class control, human sacrifice was important, even vital. They embraced human sacrifice because of their gods. In their mythological story of the five worlds of creation, the gods, all the gods, had sacrificed their own blood and lives in creating the fifth world and everything in it, including humans. To honor the sacrifice of these gods, man, too, had to sacrifice his blood and life. To this end, most Mesoamerican cultures featured human sacrifice, and most Aztecs went to the sacrifice willingly.



Aztec language through art

At the end of every 360-day year was the time of Nemontemi, a period of five days to even out the 365 days of a solar year. It was looked at as being a time of really bad luck and everybody, including the priests, stayed home fasting or eating very little just attempting to get through this time without mishap. One representative ceremony happened in spring: Tlacaxipehualiztli.

This honored the god of vegetation, Xipe Totec. This fertility ritual required the sacrifice of captured warriors. The warriors' souls would have already turned to butterflies or hummingbirds when their skin was flayed from them, and the priests of Xipe Totec wore these human skins for the 20 days of the ceremony, while performing featured gladiatorial battles and military ceremonies.

In a May ceremony called Toxcatl, an individual was chosen to represent Tezcatlipoca, the god of fate or destiny. The victim was treated as and portrayed the god until the time of his sacrifice. During these 17 day-long festivals, people indulged in feasting and dancing and small birds were sacrificed along with "Tezcatlipoca."

The celebration of Vernal Equinox (which happens in May) is held during the Chichén Itzá festival (which was started way before the Aztecs came on the scene) and it is still a big thing today. During this time, at this place, a shadow in the form of a serpent appears on the wall of the El Castillo pyramid, which the Aztecs thought is their god, Quetzalcoatl.

What we call a century was their World Ending mark which re-occurred every fifty-two years and would happen in our November which was used at the start of their dry season. To them, the world ended and a new epic had to be built for the next world. This was when the New Fire Rites would align the new era. The most important happening for Toxihmolpilia was to make sure all the fires were out and all other activities would have to cease.

...Aztec Holidays



Chichén Itzá

On Uixachtlan Hill, priests sacrificed a man and removed his heart. Then they started a fire in his chest and, from that fire, priests lit their torches and took them down the hill to the cities and the temples. In the dark of the night, Aztecs would watch the world's fires lit again from the one sacrifice. New temple and house fires were all lit by the priests one at a time. People bought new clothes, and replaced their day-to-day tools and utensils. A new cycle would begin. Its purpose was to "give birth to the sun that would move on its path for another fifty-two years." If the fire did not light, there was a fear shared amongst every individual in the empire that the world would be consumed by the power and forces of the night. This sacrificial ceremony allowed the Aztec people, and those who were under their control, to live for another fifty-two years in relative peace. This sacrifice allowed the proper orderly state of the cosmos its continued existence.

In the festival of Huey Tecuilhuitl women were honored. A young woman was called to take the place of the Goddess Xilolen. She had to sit before a brazier that represented the god of fire. Xiuhtecuhtli (also called Huehueteotl or Old God, Aztec god of fire) would be honored as four male captives were half-roasted and then killed in front of her. She would

Quecholli, the 14th Month of the Aztec Solar Calendar.
Image depicting The Hunt.

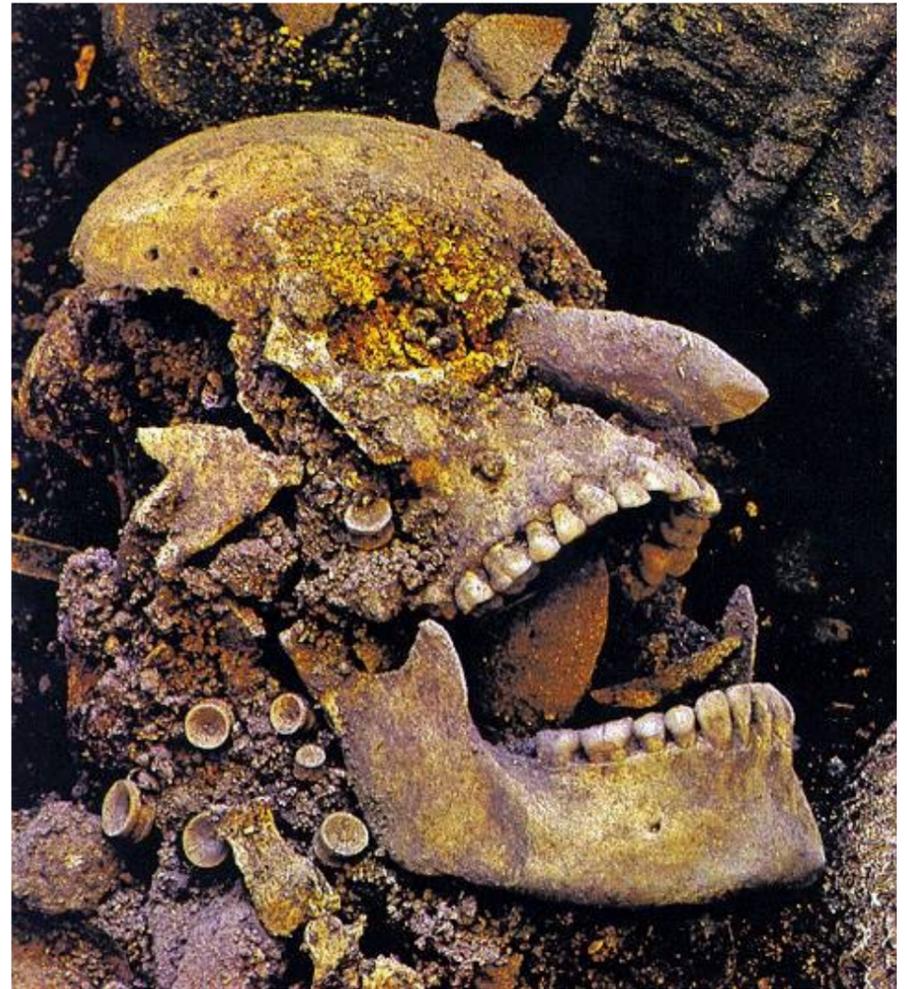


Image from where the *Templo Mayor* stood showing sacrificial knife

then be placed on top of the four dead bodies and be sacrificed. This rite was also performed to commemorate the victory of the god Tezcatlipoca over Quetzalcoatl.

The *Templo Mayor* (in Mexico City) was not simply a burial pyramid to the Aztecs. It was seen as a representation of the sacred mountain of Coatepec. It was on this sacred mountain that the mythic battle between the moon god and the sun god took place. "The newly born sun god Huitzilopochtli slew his warrior sister, the moon goddess, Coyolxauhqui, and flung her to the bottom of the mountain. The Aztec paying homage to this important battle between night and day would collect warriors and march them to the top of the *Templo Mayor*, make them dance and take part in the festivities, and then harshly cut off their heads and throw them down the steps of the temple. This was a visual reminder to the citizens of Tenochtitlan that sacrifice was essential to appease the gods and the cosmos.

Not all the festivities of the Aztec involved sacrifices. The *Quecholli* festival was a celebration of one of the four creators of the world, Mixcoatl. The Aztecs would celebrate this festival by going on a ceremonial hunt.

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You Need Both Value and Growth Stocks in Your Portfolio

by Yann Kostic and Tom Zachystal

Growth stocks and value stocks tend to take turns leading the market and, as a result, investors often raise the question of which of these two types of stocks is really "better." While both share a similar long-term, disciplined approach to investing, they are different, and advocates of the two investment styles go about their business in fundamentally different ways.

Growth stocks are those of successful companies with the potential to sustain growth over the long term. In searching for these stocks, analysts look for firms with healthy profits, rising sales, and solid balance sheets. Value stocks are those of financially solid companies that may be "on sale" due to temporary, non-fundamental reasons. In searching for these stocks, analysts look for situations in which all the good news is not yet reflected in the stock's price.

Value and growth are typically countercyclical, outperforming during different phases of an economic cycle. In a struggling economy, and during the early stages of recovery, value stocks have historically outperformed growth stocks; late in the recovery cycle, growth stocks have typically dominated.

In the late 1990s, for example, growth stocks dominated the market and value stocks were overlooked. In March 2000, however, the bubble burst, and value stocks started outperforming. We saw a similar dynamic during the last great financial crisis that occurred around 2008.

So it is actually not a question of which is "better" - you will likely want both in your portfolio. Just as diversification between stocks and bonds is important, it is also important to diversify by type of stock.

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

Yann Kostic, MBA and Tom Zachystal, CFP, are Presidents of their respective Assets Management firms, both US-Registered Investment Advisors (RIA). Tom is the San Francisco Financial Planners' Association President. Tom and Yann cater to US expats in Mexico and worldwide. Comments, questions or to request his newsletter, "News you can use" contact him at yannk@atlantisgrp.com, in the US at (321) 574-1 529 or in Mexico, (376) 106-1613.



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At the Movies

by Suzanne A. Marshall

Star Wars - The Last Jedi

Starring: Mark Hamill, Carrie Fisher, Adam Driver,
Daisy Ridley, John Boyega

Director: Rian Johnson

"Rey develops her newly discovered abilities with the guidance of Luke Skywalker, who is unsettled by the strength of her powers. Meanwhile, the Resistance prepares to do battle with the First Order."

We enjoyed the movie at the new [Punto Bahía Cinépolis](#) theatres in Manzanillo where we were thoroughly entertained. The Last Jedi delivers the expected roles of our favorite characters as well as a new field of young personalities.

The storyline intertwines the glory of the first episodes with the new generation and weaves its way through the missions of the good versus evil forces.

It looks like we have some new budding romances that will likely evolve in the future as no doubt we can assume there will be more. The character of Kylo Ren is most interesting as he battles with his own identity and where he really belongs: the dark side or with the Resistance.

I can't say I am a Star Wars fanatic but it was a good romp in space and sprinkled with little bits of humor and new characters. So I quite enjoyed the production and found myself entertained. Judging by the mixed reviews thus far, the movie hits home with many and not so much with others. It depends on your taste and is probably slanted towards the younger fans in my humble opinion.

The IMDB rating is 7.7/10 based on about 180,000 viewers.

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



Puerto Arista

by Dan and Lisa Goy, exclusive to Manzanillo Sun

February 23-24, 2016 (Days 48-49)

Today now passed the halfway mark of our 90-Day Mexican Adventure, we departed San Cristóbal de las Casas and headed off to Puerto Arista on the Pacific Ocean, still in Chiapas, with Bruce and Marian in the lead. Hwy 190 was our route dropping from 7000' (2500 m) to sea level. It was surprising that we did most of the decent in a 50 km (30 miles) stretch. Our temperature also changed drastically; shortly before departure we were sitting at about 7c (45F), 3 hours later when we arrived in Puerto Arista it was 38C (100F) and very humid. Hwy 190 was a great road and an easy drive notwithstanding a few assertive Mexican drivers who pass no matter how many signs or double solid lines tell them not to do this.

Our destination was José's Camping Cabañas. It turns out Jose is Joel from Ottawa who has been in Mexico for 41 years. This place probably had the best washrooms and showers in Mexico and the campground is reasonably priced at \$200 pesos per night. Lots of birds were in the lagoon out back such as storks and herons, plus crocodiles which Bruce and Marian got up close and personal with after dark.



Hwy 190 from San Cristobal to Puerto Arista

We found the campground easily enough although it did take some extra effort to raise wires along the way as we entered. The parking spaces were well spread out; however, amenities were sparse and the electrical service available was at a minimum. You could run fans, but no AC so no relief from the heat. As we said earlier, the showers were fabulous, well built, clean and great pressure with big shower heads and no hot water

Scenic Hwy 190



...Puerto Arista

(not cold either), which was perfect with such extreme heat and humidity. The heat and humidity of Puerto Arista was not a surprise as we were only 3 hours north of the Guatemala border and 15 hours south of Acapulco.



Rafael catching up on some reading at Joel's

The campground was a couple of blocks from the ocean and we put in some beach time and did some boogie boarding. There was beautiful sandy beach for miles in either direction, completely deserted. We learned that Puerto Arista is home of one of the state's four marine turtle sanctuaries (more about that later). The wind really came up throughout the day. Coconut palm tree branches were coming down everywhere in the campground, luckily not on the RVs.



Resident parrot

We did find wifi available at the Garden Beach Hotel in the lobby where also sold cold beer to boot. The evening before our departure, Rafael had found a local family keen to host a lobster dinner at their house. We all went, just a short walk down the road in the neighbourhood. The meal was amazing, \$180 pesos per plate (less than \$10 USD) and was delicious.



Lobster dinner at a local house in Puerto Arista



Town centre - Puerto Arista

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...Puerto Arista

Puerto Arista is a small community and tourist attraction located on the north coast of Chiapas, Mexico in the municipality of Tonalá. While it originally was a port, its lack of harbor and suitability for large cargo ships eventually shifted the economy to tourism in the 20th century. It is popular with people from Chiapas as it is located close to the state capital of Tuxtla Gutiérrez as well as the regional city of Tonalá. It is the most-visited beach in Chiapas and one of its most popular tourist destinations (during special occasions and long weekends), despite its relative lack of sophisticated tourism infrastructure. Puerto Arista is home of one of the state's four marine turtle sanctuaries, designed to help protect the various species which come here to lay their eggs.



Marsh in behind Joel's campground was complete with crocodiles

The area is part of the Istmo-Costa region of the state, itself part of the Isthmus of Tehuantepec. This coast area is a strip of

land wedged between the Sierra Madre de Chiapas mountains and the Pacific Ocean. Wind is a regular and common feature of most weather forecasts. This region is mostly filled with small towns and ranches with extensive pasture for cattle, the main economic activity for this region. Some of the nearby communities include Cabeza de Toro, which straddles the road linking Puerto Arista and Boca del Cielo, both on the La Joya Lagoon. The community of Puerto Arista itself straddles a main boulevard that runs parallel to the beach. This road has various names such as Boulevard Zapotal and Avenida Mariano Matamoros, but it is most commonly referred to as "el boulevard". Most of the buildings along this boulevard, especially in the center of town, are businesses that cater to tourists, such as hotels, restaurants and small stores. The other important road is the Tonalá-Puerto Arista highway, which connects to el boulevard in the center of town, at the lighthouse built in the 19th century.

Local History

Originally called La Puerta, its existence is first recorded in 1813, when the Spanish council in Cádiz authorized the port to trade with Guatemala, other ports in New Spain and Peru. In the 1860s, President Benito Juárez declared it a main port for coastal shipping. The port used to receive goods from Panama, Acapulco and as far as San Francisco. Chiapas products included limes, dried fish, indigo and tropical hardwoods. As it lacks a bay, ships arriving to the area had to dock in open ocean, linked to the coast with a very long cable, with smaller boats to ferry cargo and passengers. In 1893, the federal government constructed a lighthouse to warn large cargo carriers

Puerto Arista beach looking north



...Puerto Arista



Puerto Arista beach looking south

from the area as its waters were not considered safe for such craft. Since then, the area has lost its function as a port, with only shrimp boats stopping nearby. As we said earlier, the economy has since shifted to tourism. In 2010, a large rogue wave hit the area smashing into beachside restaurants, washing away dozens of establishments and boats. The wave also eroded more than a meter of beach width in areas. In the summer and November 2011, there were some problems with high levels of Enterococcus bacteria in the water.

Today Puerto Arista is all about Tourism

Although it is crowded mostly during Mexican vacation periods such as Holy Week and Christmas and empty most of the rest of the year, it is still the most-visited beach area in the state. It is one of the most-visited sites in Chiapas after Palenque, San Cristóbal de Las Casas and Chiapa de Corzo. The area received 90,371 total visits in 2008. During the Christmas vacation period in 2009, the port received about 2,000 visitors in two days, who spent about a million pesos with hotel occupancy at about

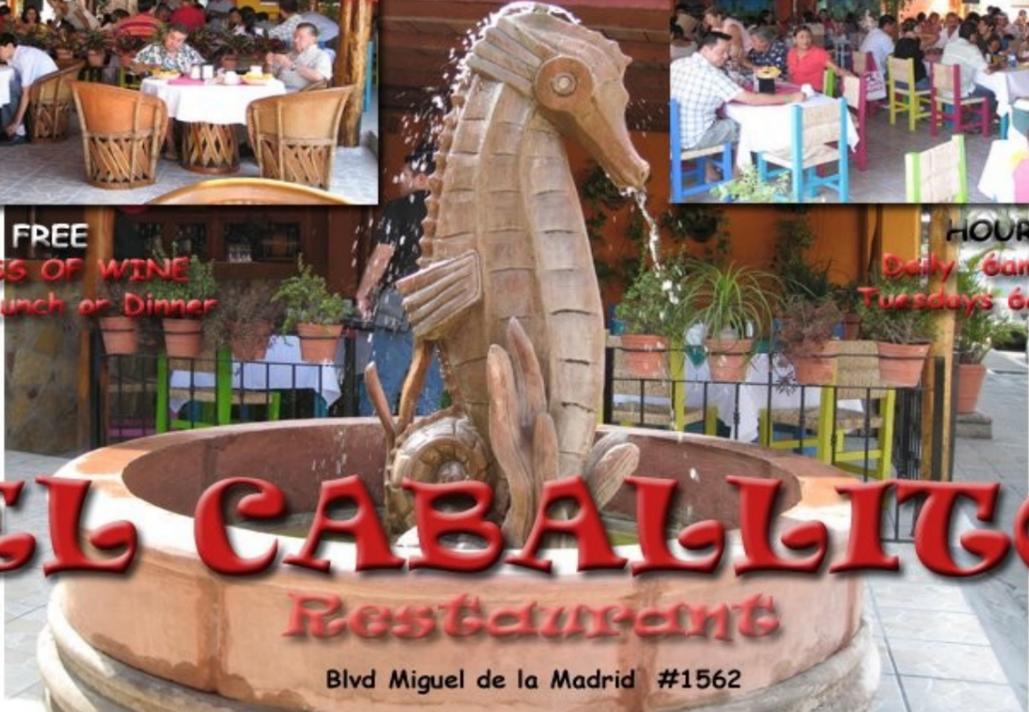
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...Puerto Arista



The gang enjoying the beach

eighty percent. In summer 2011, the average hotel occupancy was 46.38% with 17,000 visitors, up from 11,000 the year before.

Puerto Arista has thirty-two km of wide beaches facing open ocean. From the beach area, the peaks of the Sierra Madre de Chiapas can be seen in the background, which are often covered with clouds. The climate is hot and semi-humid with most rain falling in the summer. The average annual temperature is 27 °C. These beaches have fine, gray, volcanic sand and flocks of frigate birds visible. The surf can be heavy, but this is not common. At low tide, the surf is gentler and safer for swimming. However, the most dangerous aspect about the water is riptides, capable of sweeping people out to sea. These mostly occur beyond the second line of wave breaks. There are no indications as to the safety of the waters and no professional lifeguards. In 2008, 27 of the 41 near-drowning incidents in Chiapas occurred in Puerto Arista.

Tourist infrastructure mostly consists of basic hotels and simple palapa restaurants which face the ocean. There are some upscale hotels up to three-star ones: Hotel Safari, Hotel Lucero, Aguamarina and Arista Bugambilias and one business offering bungalows: José's Camping Cabañas (where we stayed!). The palapa restaurants all specialize in seafood dishes, all with very similar menus and prices. Although there are a couple dozen of these restaurants, only five or six are generally open at any given time. On the main road near the lighthouse, there are food stands selling Mexican staples. ATV rentals are popular here but there is also boat rental, sports equipment and camping. The beach was the site of an event related to the NORCECA Beach Volleyball Circuit in 2010.

Puerto Arista Turtle Sanctuary

Puerto Arista turtle sanctuary is a state-sponsored turtle protection and preservation program, located 2.5 km west of town next to the Villa Murano Hotel. It is located on a property with 500 hectares of mangroves and beaches. It is one of four installations in the area along with those in Boca del Cielo, Costa Azul, and Barra de Zacapulco. Puerto Arista is one of the 144 beaches in Mexico where sea turtles come to lay eggs. It is also one of twenty two beaches where these nests of eggs experience a high risk of being pillaged. In addition, marine turtles have turned up dead on these shores, generally blamed on illegal fishing, especially shrimping, with nets in prohibited areas.

There is still some illegal hunting of turtles and turtle eggs despite a federal ban. The sanctuary's main function is to patrol the beach by foot and ATV for fresh turtle nests in order to relocate the eggs to protected enclosures. Later, the hatchlings are released back into the sea. It allows visitors to participate in both the collection of eggs and liberation of hatchlings. Activities take place year round but most turtles come here to nest between July and November. In 2008, the governor of Chiapas visited the sanctuary to participate in the freeing of over 7,000 hatchlings for the grand opening of the Centro Integral de Conservación. In that year, about a half a million were released, with 25,000 visits. In 2010, the sanctuary was nearly abandoned with almost no personnel and deteriorated facilities. Good news; since then, is that there have been rehabilitation efforts and the situation is improving.

...more pics follow

...Puerto Arista



Joel had the best showers in his campground



Eileen on the boogie board



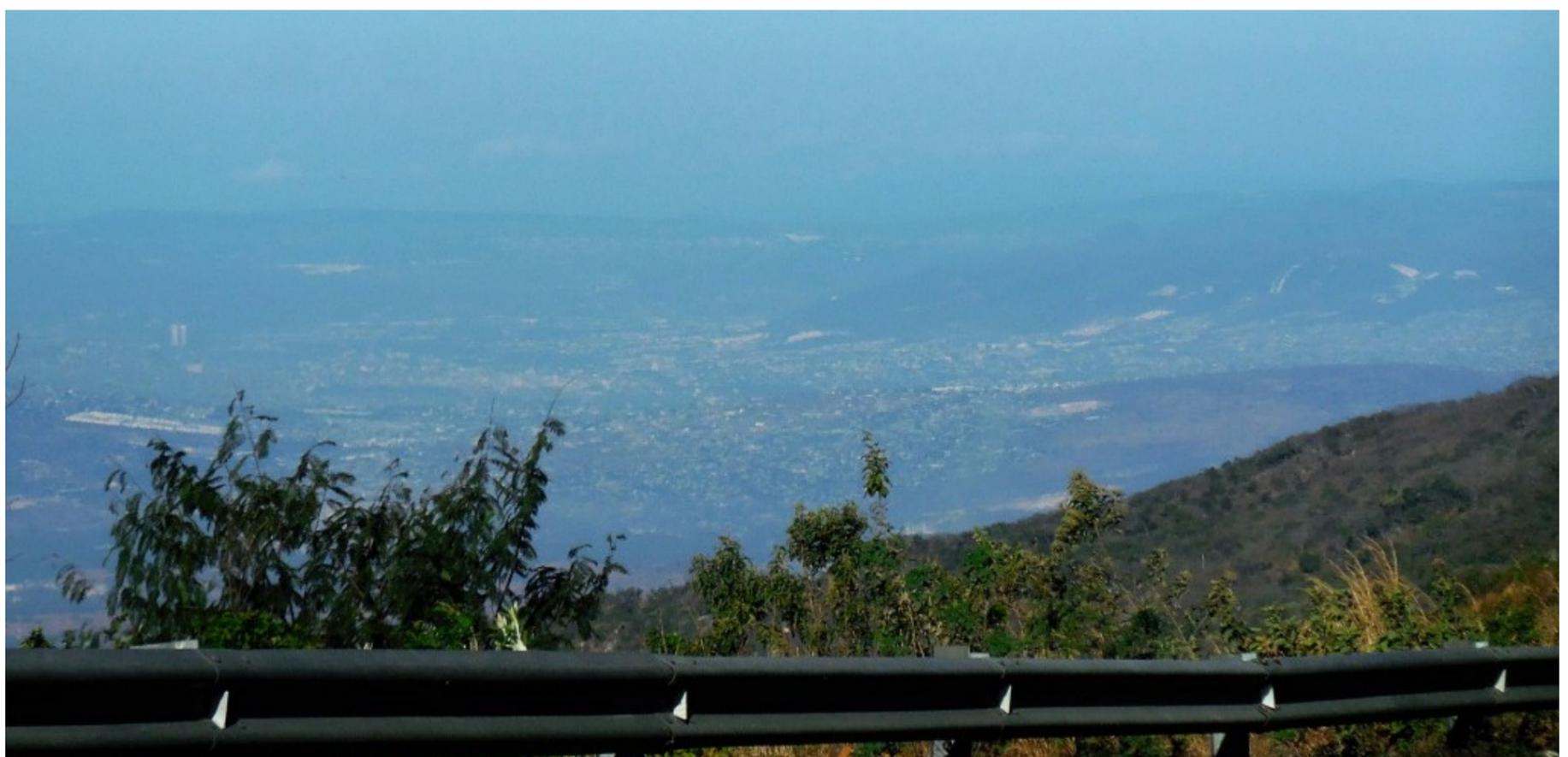
Local house where we were guests for a lobster dinner



Break along Hwy 190



...Puerto Arista



We can see the Pacific Ocean from the highway

Submitted by Dan and Lisa Goy
Owners of Baja Amigos RV Caravan Tours
Experiences from our 90-day Mexico RV Tour: January 7-April 5, 2016
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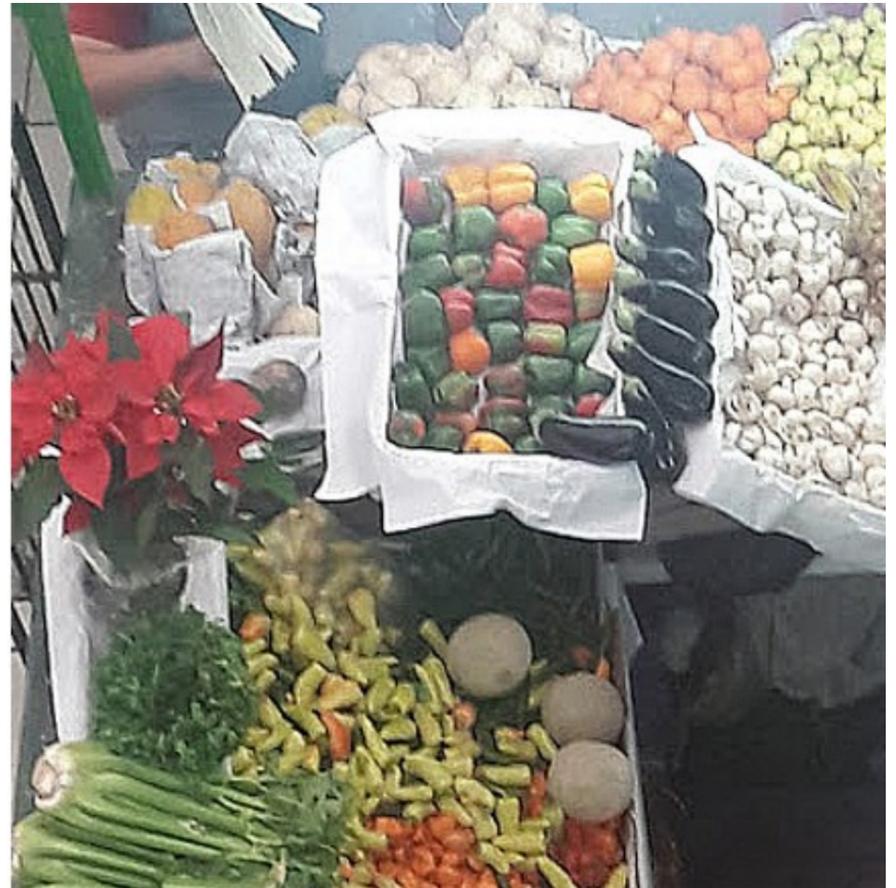
you can reach Dan and Lisa Goy at thegoys@manzanillosun.com

Manzanillo Market Day

by Kirby Vickery

I usually don't get excited about a trip out shopping. I mean how many times does the average person go out for fresh veggies and the like? In all fairness to the shopping experience I should mention that there are subtle differences in the products which take place over time. For example, my American six to eight-inch cucumbers have expanded to having stores in the U.S. offer the very long, plastic wrapped, skinny cucumbers which are labeled as 'English Cucumbers'. I haven't noticed a taste difference in any of it yet. The ones that do get to me are the apples that taste like grapes and other vegetables that you see in the States and in Canada that look like one fruit and taste like another. Other marketing delights include bunches of green and darker grapes which are the size of golf balls. Can you imagine teeing one of those up on a par five hole?

In Mexico, you can get the little pineapples which I first found in Tahiti during another life. Most of their production goes into making a wonderful but very strong alcoholic drink. Here in Mexico, you can get all sizes and varied levels of sweetness. I simply love the two sizes of bananas and the way these people grow them. I've noticed that, when you see a field of bananas, you find them growing under a field of coconut trees which are much higher. It was explained to me that the coconuts keep the sun off the bananas which, otherwise, have a tendency to mature and ripen too fast for marketing and shipping.



I have been to that traveling market in Manzanillo which has a small veggie and other food section in addition to a larger trinket and electronics variety of products available. In that one, most of the vendors speak a little English and cater to the tourist. There are a few booths of food at the back side of that market and a diner, which is labeled as being from Baja, that sells the best fish tacos in the world. So, one would go to it depending on the day of the week and where it was set up for that day.

Although I have been coming down to Manzanillo for several years or so, I'm still not caught up in all the little barrios and their names. Suffice it to say we live on one side of the bay and on a nice, clear day, we can spot the giant sailfish on the other side. Nestled in behind that fish is a permanent market that reminds me of a very opulent food souk I used to find in Damascus or the Market in Glyfada, Greece, which only appeared on Thursdays.

Here in Manzanillo they have a large city block set up, ringed in small curio and snack/lunch shops for two stories. It's cov-

...Manzanillo Market Day



ered and has a small parking lot on the second floor from a drive-up ramp. The inside is open for three stories and the bottom is loaded with tiny shops of all sorts. Each specializes in whatever they specialize in and there are narrow passage ways running all through it in different directions. Most sell veggies, beans, grains, and chilies. They are stacked to the hilt sometimes with fresh corn getting into the bin that black beans are displayed with a scoop and plastic bags to fill. Fruit can be purchased whole, or by the slice, or even diced into a mixed cocktail with ice cream and mixed nuts, 'con crema' offered in the mix.

Occasionally, one will run into a butcher shop. There are three kinds and they all are small but everyone does a brisk business. First of all, there are the butchers that sell cow, pig, and chicken. Then there is the one or two that serve up anything and everything from the sea. The third kind is still rarer yet. They will hand over any type of meat from anywhere. We even found fresh oysters for my Christmas dinner stuffing. While it is true that these oysters were small, a little on the tough side, and definitely not from Chesapeake Bay, they did have the flavor I was looking for and I will just have to cut them up a little finer next year.

A few years ago, I went into Sam's Club looking for some ground round. We selected a package with the current date on it and it looked like fresh, red, ground, meat. When we got it home, we sliced into the mound of hamburger to find that old, brown, meat had been wrapped in a thin layer of fresh stuff. I

wrote a letter to the company after taking a picture but nothing ever came of that other than the Sam's Club in the States told me that the Mexican company was a different company and that they had nothing to do with it. Please remember that happened before the Manzanillo store was opened. In that market downtown in Manzanillo, you can stand there and watch that butcher place fresh meat in the grinder for you and hand it over all ready to cook or freeze. It's all good stuff Maynard, -- good stuff.



Normally I avoid crowds because I just don't like to be pushed about by uncaring people. In this market, although it was crowded and people were always turning sideways to let someone by, people were conscious and respectful of each other. I only made one person mad at me with my bulk in the wrong place at the wrong time. She told me in passable English that if I didn't stop pushing I would have to walk home.

We both like russet potatoes with the thick, brown skins. This was the reason, or one of the main reasons, for going to this market and, as it turned out, our only disappointment. The guy just didn't have any. Apparently having those potatoes is an iffy thing. I am here to tell you that I wouldn't mind going down and trying him out every week. "Ah, Señor!—You are out again? That's just terrible. I suppose we will have to see you next week then. ¡Hasta pronto!"

you can reach Kirby Vickery at kirby.vickery@manzanillosun.com

Aztec Corn Chowder

Ingredients

- 3/4 cup dry yellow split peas
- 2 14 1/2 - ounce cans reduced-sodium chicken broth
- 1 cup water
- 1 12 - ounce package frozen corn kernels
- 1/2 cup chopped bottled roasted red sweet peppers
- 1 4 - ounce can diced green chiles
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano, crushed
- 1/2 teaspoon dried thyme, crushed
- 1/2 cup tub-style cream cheese spread with chive and onion

Directions

Rinse peas. In a 3 1/2- to 4-quart slow cooker, combine the split peas, chicken broth, water, corn, red peppers, chiles, cumin, oregano, and thyme. Cover and cook on high-heat setting for 5 to 6 hours. Cool 10 minutes.

Transfer 2 cups soup to a food processor or blender. Cover and process or blend until smooth. Return pureed soup to the slow cooker. Add the cream cheese to cooker; whisk or stir into soup until cream cheese is melted. If necessary, cover and cook about 5 minutes or until heated through.

Tip

Tip: For easy cleanup, line your slow cooker with a disposable slow cooker liner. Add ingredients as directed in recipe. Once your dish is finished cooking, spoon the food out of your slow cooker and simply dispose of the liner. Do not lift or transport the disposable liner with food inside.

Recipe diabeticlivingonline.com

Photo The Food Network



Acapulco

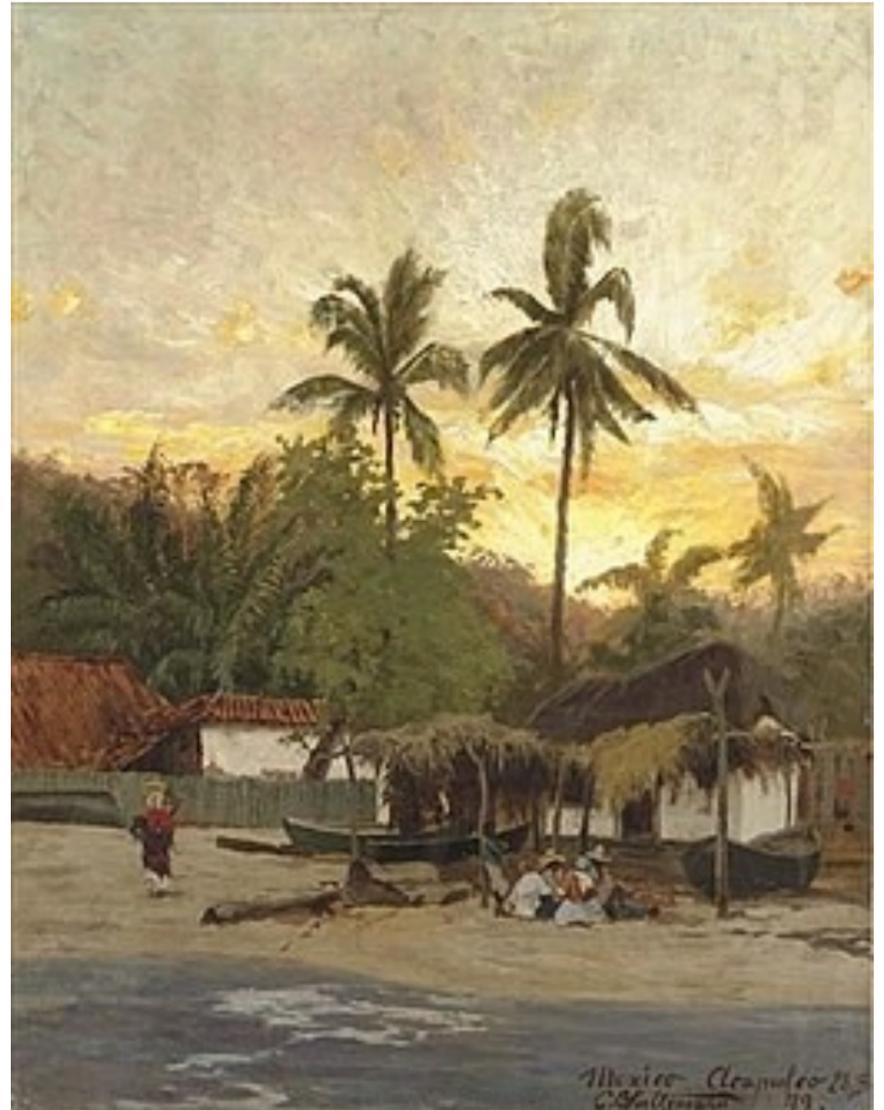
17th - 19th Centuries

from the Path to Citizenship series

The galleon trade made its yearly run from the mid-16th century until the early 19th. The luxury items it brought to New Spain attracted the attention of English and Dutch pirates, such as Francis Drake, Henry Morgan and Thomas Cavendish, who called it "The Black Ship." A Dutch fleet invaded Acapulco in 1615, destroying much of the town before being driven off. The Fort of San Diego was built the following year to protect the port and the cargo of arriving ships. The fort was destroyed by an earthquake in 1776 and was rebuilt between 1778 and 1783.

At the beginning of the 19th century, King Charles IV declared Acapulco a Ciudad Oficial and it became an essential part of the Spanish Crown. However, not long after, the Mexican War of Independence began. In 1810, José María Morelos y Pavón

[Yope Indian at the South Sea \(Acapulco\)](#)



[View of Acapulco in 1879](#)

attacked and burnt down the city after he defeated royalist commander Francisco Parés at the Battle of Tres Palos. The independence of Mexico in 1821 ended the run of the Manila Galleon.

Acapulco's importance as a port recovered during the California Gold Rush in the mid-19th-century, with ships going to and coming from Panama stopping here. This city was besieged on 19 April 1854 by Antonio López de Santa Anna after Guerrero's leadership had rebelled by issuing the Plan de Ayutla. After an unsuccessful week of fighting, Santa Anna retreated.

Source: photo and article, Wikipedia

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