



coastal Mexico's lifestyle magazine

Color and costumes at CALA
in performance by
Ballet Folklórico Los Angelitos
Photo by John Chalmers



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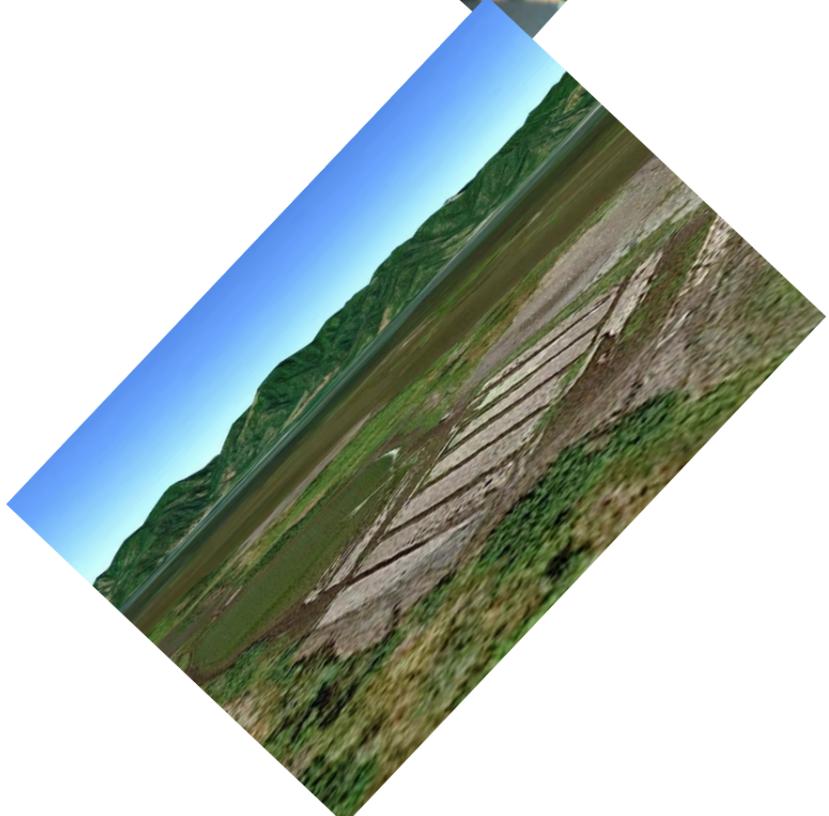
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To send submissions for possible inclusion in the magazine, please send to the editor by 15th of each month. We are always looking for writers or ideas on what you would like us to see as topics for the magazine.

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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Culture Comes Alive at CALA!

Story and photos by John Chalmers

Mexican culture, costumes, tradition and heritage are in good hands with young people of Manzanillo! That was clearly evident on March 31 when the girls and boys from Casa Hogar Los Angelitos gave a stellar performance of dance and music at the new CALA facility, now nearing completion. CALA – the Centro de Artes Los Angelitos – is a multi-purpose venue that was the site of the first official public performance for the Centro.

Offering an optional Mexican buffet dinner available for an appreciative crowd, in a two-hour program, the exuberant performance contributed to a very special evening. Although tickets were sold for the performance, and souvenir merchandise was available for purchase, “The primary purpose was not fund raising, but rather to gain experience in managing a regular performance event,” says Don Carstensen, a board member of The Children’s Foundation, which is the parent organization for Casa Hogar.

Nevertheless, “The market response was excellent,” says Don, “and there is much to be learned about the many on-site tasks needed in the start-up of a brand-new performance venue.” Judging from the success of the March 31 event, the future looks great for CALA.

When completed, the facility will be an asset to the larger community for public events, such as performances by the talented dancers from the Casa Hogar Los Angelitos home for disadvantaged youngsters. Plans call for the Centro to be an enclosed structure with classrooms, housing, offices and, of course, a theater. Air conditioning will contribute to suitability of the facility for year-round use.

The CALA stage was alive as the young residents of Casa Hogar, and other young people from the community, performed a series of dances in beautiful costumes. Traditional dances with lively music, swirling skirts, flashing footwork and clashing machetes all added to an enjoyable program that demonstrates the success of the home’s Expressive Arts Program.

The Program provides more than just a chance to learn music, song and dance. It teaches the discipline needed for a precision performance and rewards participants by developing their talents and self-confidence. Another reward for members of the troupe has been to see cities in Canada and the United States when Casa Hogar’s Ballet Folklórico Los Angelitos has taken the show on the road, to wide acclaim, beyond the city limits of Manzanillo and the boundaries of Mexico.

...Culture Comes Alive at CALA!



The dancers of Ballet Folklórico Los Angelitos, the main aspect of the Expressive Arts Program at Casa Hogar Los Angelitos, know how to pose and ensure that anyone can get a good photo, as shown left to right by Diana, Diana V. and Naomi.

Starting with the founding of Casa Hogar by Nancy Nystrom in 1995, beginning with a food program and care for abused, homeless and orphaned children, Casa Hogar today is home to over 70 girls and boys. The residence offers care in a loving environment that provides them with opportunity for education and, if they wish, a chance to participate in the arts program. From toddlers to young adults now attending university, Casa Hogar has become the only real home known by many who have grown up there.

One indication of success is that many residents have lived most of their lives at Casa Hogar and some are now university graduates. When completed, the Centro de Artes Los Angelitos will be available for rental and use by organizations wishing to stage events at the facility.

To complete all construction, including a roof in the stage area as well as stage flooring and other amenities, at least 1.2 million dollars are still needed. The end result will be a splendid addition that will provide for cultural enrichment in the Manzanillo area.

Nancy Nystrom sees great potential for the facility. "The plan for CALA's purposes within the community includes its availability to community organizations and others seeking a performance venue, a classroom for educational purposes, short-term lodging for those participating in some form of exchange program, medical students doing their internship at the Manzanillo hospital, college students, volunteer groups, etc. The purposes may range from accommodating a professional touring dance troupe, orchestra or convention, to a small group seeking a place to meet and advance a community purpose."



The March 31 performance at the Centro de Artes Los Angelitos (CALA) began with music presented by players who also participated in dance numbers.

Support for Casa Hogar has been received in an annual sold-out benefit dinner, featuring a wide variety of goods and services offered in silent and live auction. An annual golf tournament, organized by the parent organization, The Children's Foundation International (TCF) in Loveland, Colorado, is another fund-raising event. To sponsor a child or to donate to the work of Casa Hogar and help to build CALA, visit the TCF web site at www.tcfcares.org. Your contribution helps with operations, clothing and scholarships and is an investment in the youth of Mexico that helps pave the way to success in education and life.

... more pics follow

...Culture Comes Alive at CALA!



Don Carstensen, a volunteer member of the Board of Directors, and his wife, Peg, are seen with Artemio, center, who was raised with his brother at Casa Hogar Los Angelitos (CHLA.) Artemio is now a college graduate and returns to participate in the dance program and support the work of CHLA.



Eventually, the stage area at CALA will have a roof, but fine weather is still great to give an outdoor performance for an appreciative audience.



With up to 20 dancers on stage at once, the CALA theater is alive with traditional dances, performed in precision of movement and footwork, with lively music.



The first official performance at the CALA facility was a sold-out event to an audience that was eager to see the show.



Diana V. shows how beauty and poise contribute to a dramatic start of a two-hour program. Dancers appear in several numbers after quick changes of costumes.

...Culture Comes Alive at CALA!



Above: Spectacular costumes helped introduce the audience to Mexican heritage that dates back to Aztec history of the country.



Right: Solo performances by singers were part of the show, as Karina demonstrates the wide range of talent seen in the cast from Casa Hogar Los Angelitos.



In masks and movement, boys of Ballet Folklórico Los Angelitos portrayed old men in an entertaining number that delighted the audience.



Above: The professionalism of all the cast members, as shown by Isaura, was clearly evident in every song and dance, a result of talent, training, and dedication.

Left: Costumes, hair styles and traditional dances all contribute to the rich heritage of Mexico, as presented in every number of the program.

...Culture Comes Alive at CALA!



The colorful dresses in many of the numbers added greatly to the show and were just one indication of the thought and planning of the program.



Swirling skirts, fast footwork and clashing machetes in a lively dance brought both boys and girls together on stage for part of the spectacle.



The color and radiance of many dances was reflected in the expressions and smiles from the cast of Ballet Folklórico Los Angelitos.



The first stage of CALA construction focused primarily on the function of the Centro as a performance venue. To finish that stage will require some \$80,000 USD to build a roof over the stage and adjacent facilities related to performance.



The machete dance with its toe-tapping music is part of the appeal in fast-moving action that sees each dancer working with two machetes, in a flawless number, with no room for error!



The beautiful dresses worn in many of the dance numbers are themselves part of the Mexican heritage in the performance.

...Culture Comes Alive at CALA!



Costumes, whether simple or elegant, for every dance number, are an important aspect of every performance throughout the entire program.



Radiant smiles from dancers Yarely, Lupita and Naomi add greatly to their appeal, as do the colors and beauty of their dresses, which are works of art.



Even in a long program, the tireless performance of every number contributed to the enjoyment experienced by the audience.



Even the youngest members of the Casa Hogar dance group like Fátima, Bianca, Fernanda, Estefani and Alisson have opportunity to display their talents as they await their turn on the stage.



As the evening moved from dusk to darkness, the sky and the floodlights added to the drama of the program.

...Culture Comes Alive at CALA!



Matching dresses, hairstyle and makeup contributed to the team appearance in many of the dances that graced the stage.



As the evening's program moved towards its conclusion, the stage was filled with many cast members whose costumes and dances depicted Mexican culture.



The stage at Centro de Artes Los Angelitos is just one aspect of the multi-purpose facility that will be an asset for the entire Manzanillo area when fund-raising efforts and donations result in its completion.



Writer/photographer John Chalmers, left, is seen with Julio, who epitomizes the opportunities realized at Casa Hogar Los Angelitos, having grown up in the home and is now attending university. This year 90% of the youngsters at CHLA excelled with high marks in their studies. In the coming term CHLA will have nine youth studying at the university level. Donations are an investment in young people like Julio and help them to continue their education.

...Culture Comes Alive at CALA!

CHLA founder, Nancy Nystrom, is seen at center rear, with Casa Hogar student Yarely, left, who will complete high school this year and then attend university.

At right is Dr. Elizabeth Torres, who specializes in Mexican anthropology. Seated at front is Bonnie Sumlin, also from Manzanillo. They are seen at the 2019 annual fundraising benefit dinner and auction, attended by 300 folks who came to support the work of Casa Hogar Los Angelitos.



A model of the Centro de Artes Los Angelitos shows what the excellent facility will look like when completed and becomes the home of Ballet Folklórico Los Angelitos. The land on which the Centro is located was donated by the city of Manzanillo.

To inquire about how to sponsor a child, or make a donation to Casa Hogar Los Angelitos or to contribute to the building fund of Centro de Artes Los Angelitos, contact The Children's Foundation at info@tcfcares.org.

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



by Tommy Clarkson

Hibiscus

Family *Malvaceae*

Also known as *Rose Mallows*

(Regular readers of my weekly column, "Planting Roots in Mexico," or those who've perused the first two volumes of our "The Civilized Jungle" series, are aware that, generally, I strive to write about specific species, not general genera – somehow that sounds redundant! However, as a result of there being so many varieties in the Hibiscus genus whole - plus numerous wonderful cultivars - I wish, herein, to make an exception.)

In "Tropical Plants for Home and Garden", William Warren succinctly encapsulates a description of Hibiscus by saying, "If any special plant had to be selected as emblematic of the tropics, it would very likely be Hibiscus, the flowers of which brighten gardens from Bali to Florida."

Well, bright our outdoor environs are in that we've a diverse array of these tropical beauties growing around Ola Brisa Gardens. So keen on them I am, it is not uncommon to hear me enthusiastically greeting them, early each morning, with a hearty "Hi-biscus!" *(Ok, I may have to acknowledge that I just possibly might be one flower short of a full bouquet - but what self-respecting gardener doesn't talk to his or her plants?)*

All told, there are somewhere between 200 to 300 different species of hibiscus plants around the world, each - well, duh - differing in flora size, shape, and color. While most are grown



Perhaps the most commonly known of this spectacular genus of tropical flowering plants is the *Hibiscus rosa-sinensis*.

and sought for their nicely sized and quite showy flowers, some tropical tree species have stunningly attractive leaves with – what Robert Lee Riffle calls – a "noble stature." Such, of the former "flora foremost" sort, are represented in the specimens of Ola Brisa Gardens, with some classics, while others are rather intriguing hybrids. But let's commence with a bit of an overview of their greater whole. And, what need is there to re-write information when someone else has already said it very well?

Accordingly, I wish to quote Mary Ellen, from her discussion included in "Gardening Know How," as follows: "Among the various kinds of hibiscus plants are hardy and tropical specimens, native plants, annuals, and perennials."

There are also related plants, like hollyhock, common mallow, and even okra. Some of the main categories of hibiscus include: "Native hibiscus: (T)here are about 35 species of hibiscus native to parts of the southeastern US. A popular native variety is the Scarlet Rose Mallow, common in Florida, which can grow to 4 to 8 feet tall (1 to 2.5 m.). Rose Mallows are also called Marsh Hibiscus and, although they naturally grow in wetlands, they will tolerate drier areas."

...Hibiscus



Forget not the doubles!

"Hardy hibiscus: These cold-tolerant, perennial shrubs can be just as beautiful as their tropical counterparts, with big showy blooms in a range of colors. A popular hardy hibiscus variety is Rose of Sharon, with pink, white, or purple flowers.

"Tropical hibiscus: (*Obviously, those with which I am most familiar and which are pictured here.*) These types of hibiscus have some overlap with the native species that grow in Florida and southern Louisiana. The most common tropical hibiscus found in nurseries is *Hibiscus rosa-sinensis*. Different cultivars will give you a choice of flower color and size. They can be very large and showy, with bright and rich colors.

"Perennial hibiscus: These are shrubs, which can range from smaller, dwarf varieties to large, tree-like bushes. The perennial hibiscus may be hardy or tropical, and include Rose of Sharon, Scarlet Swamp Hibiscus, Rose Mallow, and Confederate Roses.

"Annual hibiscus: These are not true annuals, but they are tropical and can be grown as annuals in slightly cooler climates. They are often grown in containers and include Chinese and Red Leaf Hibiscus.

The former comes with a variety of colors, while Red Leaf is grown mainly for its deep red foliage. With so many options

for growing hibiscus, every gardener in every setting can find something that will grow and thrive while adding beauty to the garden."

Generally speaking, Hibiscus plants – of the sort we would more generally see - may grow to around fifteen feet (4.58 meters) in height in well-draining soil. They like bright sun to light shade. While capable of tolerating heat and alkaline soil, they are moderately able to handle salt and drought – but a bit begrudgingly!



And then there are those of the multi-color sort that make one simply roll back on their heels and say "wow"!

While each - single or double - flower lasts but a single day, a healthy plant will bloom year around. Beyond the obvious simple enjoyment of their somewhat exotic looking flowers, they may be employed as an accent, hedge, screen or attractive background plant.

Get your copy of The Civilized Jungle: Tropical Plants Facts and Fun From Ola Brisa Gardens [Volume I](#), and now [Volume II](#) is here!!

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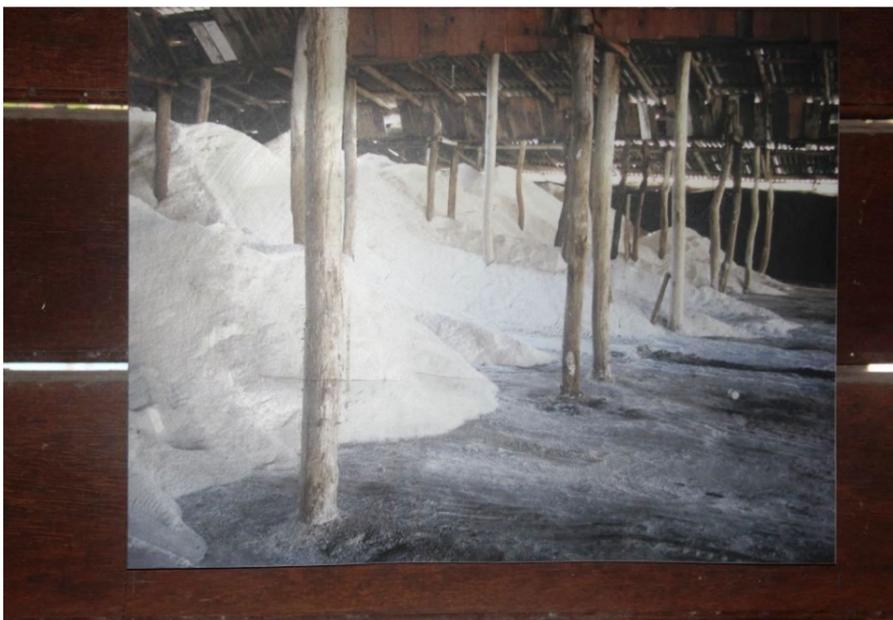


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Sea Salt

by Terry Sovil

Sea Salt. Is Sea salt different from table salt? Yes, according to Katherine Zeratsky, R.D., L.D from the Mayo Clinic. It differs in taste, texture, processing. Sea salt is from the evaporation of sea water, has little processing and leaves minerals. Table salt is mined from deposits underground, more heavily processed to eliminate minerals and usually has iodine added (healthy thyroids). Consumption should be less than 2,300 milligrams per day.



Salt is a common product but easy for us to forget its uses and place in history. Salt has more than 14,000 applications. Most of them are in the chemical industry, demand for de-icing highways and, finally, kitchen use. In the future, there will be even more uses.

Salt Museum in Cuyutlán

I made a trip to visit the Museo de la Sal (Salt Museum). Totally enjoyable and worth the trip! A voluntary donation is requested. Call 313-326-4014 from within Mexico, open daily from 9:00



Figure 1 - Huixtocihuatl. Salt God. She holds a reed staff in her hand and wears garments with a water design. Huixtocihuatl angered her younger brothers by mocking them, so they banished her to the salt beds. It was there where she discovered salt and how it was created

to 19:00 hours. The museum was a salt cellar of the 19th century so this continues the history of Cuyutlán. There are miniature dioramas that show the entire process.

Processes for Sea Salt

Inland production involved the digging of holes and "pans" into which sea water is brought and dumped in. Much like an individual wading out into the sea to waist-deep water, filling a 5-gallon (19 liter) bucket and then boiling it at home to evaporate and leave behind the salt. They also use wells and canals dug to route saltwater.

The sea salt that Colima is known for is from a lagoon area. The lagoon in Cuyutlán is aptly named, Lagoon Cuyutlán. Saltworks operations are in the margins of the Lagoon Cuyutlán, a lake whose waters are the product of ancient water runoff from the surrounding mountains. Previously, salt was extracted by leaching the salt land. Now seawater is pumped from artesian

...Sea Salt

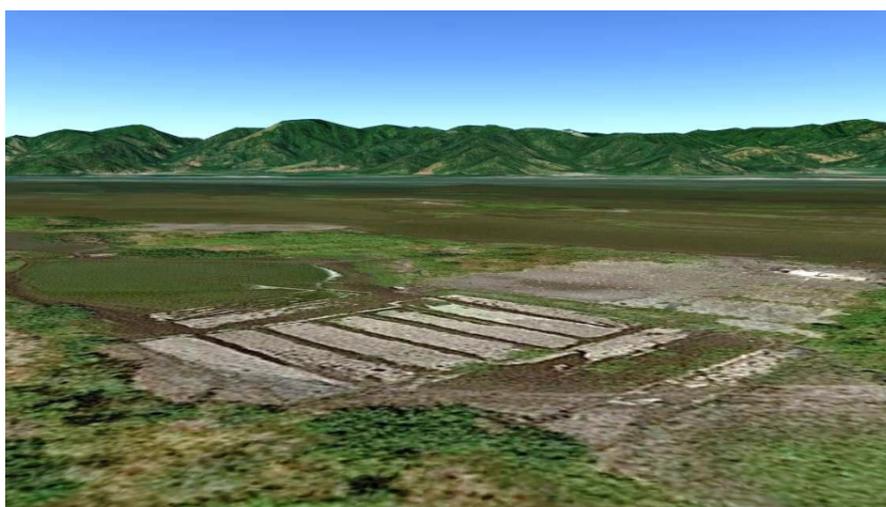
wells, called tajos, which produce salt by evaporation. This allows a more even pure salt than traditional methods. The evaporation process of brackish water forms a thin surface layer called the salt mirror. Salt is obtained by delicately gathering, by hand, this thin layer of salt that solidifies on the surface of the salt-water basins.



History

The mighty Aztec Empire had control over the various salt routes which were strategic when the Spanish arrived. It supported the "New Spain". Currently, Cuyutlán remains the place of origin which keeps the essence of craft production, with improved processes to ensure better hygiene and purity.

Colima has been inhabited since long before the Spanish colonization. The production of salt practiced along the Pacific coast here dates to the pre-Colombian era. On April 12, 1600 Viceroy Gaspar de Zúñiga y Acevedo granted the Villa de Colima the rights over the fisheries of the Cuyutlán lagoon. This caused untold conflict between the owners of haciendas and salinas of Cuyutlán for three centuries. The resolution to this, the largest litigation in the history of Colima, ended in 1919.



President Venustiano Carranza declared the salt flats and the Cuyutlán Lagoon as property of the nation.



The cooperatives of salineros (person who manufactures, extracts or transports salt or trades with it) were granted exploitation permits. In 1925, the Sociedad Cooperativa de Salineros de Colima S.C.L. was founded, which, in 1928, obtained the first definitive concession.

During the spring in late 19th century, the local population would swell, with many coming to make salt, harvest, and bring mule teams and merchants. Folks came from local states, Jalisco and Michoacán, but also from far-away areas such as Mexico City, Querétaro and Guanajuato. In pre-Spanish times, the salt was made by boiling brine, using sea water or water from saline wells. It was boiled to produce crystallized salt by evaporation. The collection and boiling were effective but made it hard to produce great volumes of salt. As demand grew, new ways had to be found.

Close to the end of the 16th century, the tapeixtle appeared in Colima. The Tapexitle / tapeixtle is a construction of two levels. In the upper level is the filter or bowl and, in the lower, the cup or brine pile. This innovation allowed leaching earth to gather

...Sea Salt



huge amounts of high-quality brine. It was no longer boiled. It evaporated under the rays of the hot sun. This technique is still used today in Colima. Perhaps it was not developed here and could have been introduced from the Philippines since its use is limited to the Pacific coast.

As the well and its parts were built on the bottom of the lagoon during the dry season, when the water rose, these were partially or totally destroyed, so it was necessary to rebuild it annually. The construction is made with round wood, palapas and a mortar prepared with sand, lime and brackish water.



What kind of tools were / are used?

- Tapextle / tapeixtle: A construction of two levels, in the upper the filter or bowl and in the lower the cup or brine pile
- Panino: Surface crust of earth saturated with salts that remain exposed when the waters of the lagoon are removed
- (Comederos) Feeders: Adjacent land where the panino is collected
- (Gato) Jack: Triangular wooden harrow with large protruding nails, used to break the panino
- Cajete: Top of the tapextle in which the panino, or saturated earth, is deposited to remove the brine through the process

- of leaching or filtering
- (Tajo) Tag: Small well from where the brackish water used in the filtrate is obtained
- Cayaco: Wild palm and its fruit
- (Salmuera) Brine: Water with high salt content in solution.
- (Taza) Cup: Stack located in the lower level of the tapextle, which receives and stores the brine.
- (Era) Solar evaporation pans: A small pond, with depth of 12 to 15 centimeters (4.72" – 6"), where the brine is poured and the salt crystallizes.
- (Pizar) Pick: Pick up, collect
- Asoleadero: Space close to the workplaces where the salt is piled to eliminate humidity

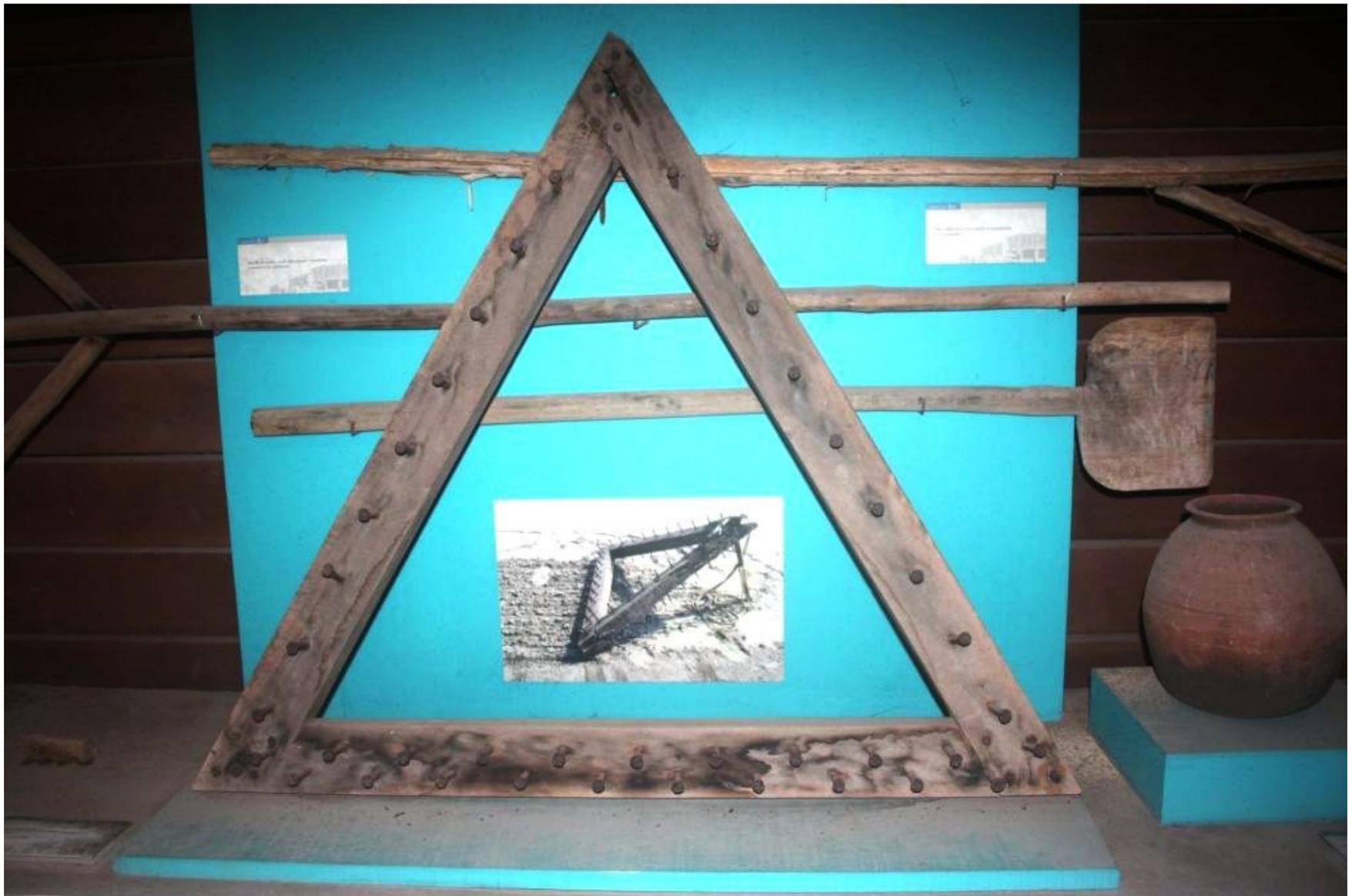
Sea Salt Sales

Rank	Country	Salt Exports In 2015 (USD)
1	Netherlands	\$277,913,000
2	Germany	\$205,826,000
3	Chile	\$189,179,000
4	Canada	\$170,906,000
5	Mexico	\$154,741,000
6	United States	\$148,313,000
7	India	\$129,097,000
8	Belgium	\$79,767,000
9	China	\$75,523,000
10	France	\$73,443,000
11	Spain	\$65,751,000
12	Belarus	\$59,500,000
13	United Kingdom	\$59,417,000
14	Austria	\$58,059,000
15	Denmark	\$48,330,000
16	Egypt	\$43,153,000
17	Italy	\$42,703,000
18	Tunisia	\$41,215,000
19	Ukraine	\$36,163,000
20	Poland	\$33,075,000

Sea Salt Sales

Mexico seems to be consistently about #5 on every site I checked. This ranking is from 2015. Mexico has the largest sea salt plant in the world. It sits on the Baja California Peninsula where ownership is shared by the Mexican government and Mitsubishi, the Japanese company. Most Mexican exports go to Japan, the US, Canada, Taiwan, Central America and Korea.

...Sea Salt



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MESOAMERICAN DOGS

PART TWO

as told by Kirby Vickery



The dog figures prominently in Mesoamerican Folklore so much so that in many versions of the 20-day cycle of the Mesoamerican calendar, the tenth day bears the name "dog". This is Itzcuintli in Nahuatl, the language of the Aztecs, Tz'i' in the K'iche' Maya language and Oc in Yucatec Maya. However, among the Mixtecs, the tenth day was taken by the coyote, Ua.

The Ahuizotl

The creature of Aztec mythology is included within Book 11 of the Florentine Codex which describes the Ahuizotl as "...very like the teui, the small teui dog; small and smooth, shiny. It has small, pointed ears, just like a small dog. It is black, like rubber; smooth, slippery, very smooth, long tailed. And its tail is provided with a hand at the end; just like a human hand is the point of its tail. And its hands are like a raccoon's hands or like a monkey's hands. It lives, it is a dweller in watery caverns, in watery depths. And if anyone arrives there at its entrance, or there in the water where it is, it then grabs him there.

It is said that it sinks him, it plunges him into the water; it carries him to its home, it introduces him to the depths; so its tail goes holding him, so it goes seizing him ...[When the body is retrieved] the one it has drowned no longer has his eyes, his teeth, and his nails; it has taken them all from him. But his body is completely unblemished, his skin uninjured.

Only his body comes out all slippery-wet; as if one had pounded it with a stone; as if it had inflicted small bruises ... When it was annoyed - had caught no one, had drowned none of us commoners - then was heard as if a small child wept. And he who heard it thought perhaps a child wept, perhaps a baby, perhaps an abandoned one. Moved by this, he went there to look for it. So there he fell into the hands of the auitzotl [sic], there it drowned him..."



The Ahuizotl

This is the closest to a written account of the mythological beast. Though there are many who do not believe such a beast was just a myth. There are some who believe that it was a type of otter, possibly extinct in our days. This would account for the beast, but not some of the stories surrounding the creature (such as the drowning of, eating the teeth, nails, and eyes of its victims, or the hand at the end of its tail).

...Mesoamerican Dogs, Part Two

Only one other thing to note about the Ahuizotl. An Aztec ruler, Ahuizotl, took the beast to be his mascot, so to say, and named himself after this beast. The king's rule began in 1482 and was marked with the military expansion of the Aztec empire. He was also known for expanding the Great Pyramid in Tenochtitlan. It is believed that he ordered the sacrifice of 20,000 people during the dedication of the Great Pyramid. He died in 1502. The Aztec people continued to believe in the Ahuizotl and the stories behind the beast.

While belief in this creature has greatly diminished, there are a few that still believe that it is waiting there and will snatch those who mean to do harm to the creatures of the water.



The Ahuizotl (not a real picture)

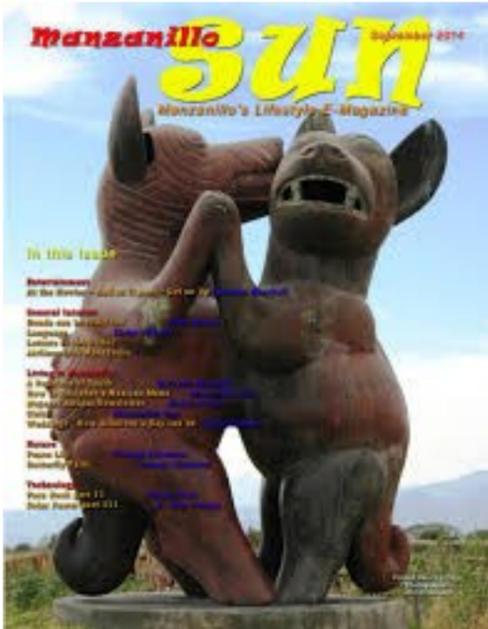
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...The Mesoamerican Dogs, Part Two



Dancing Dogs featured in the Manzanillo Sun magazine

Historically, there were three types of dogs developed in the pre-Columbian times. The first was a small-sized, furred dog called 'Itzuintii.'

The second was our medium-sized, hairless puppy known as Xoloitzuintii. And the third was a short-legged Tiachichi, now extinct. However, almost universally the Dancing Dogs of Colima are mistakenly identified as Xoloitzuintii, the hairless kind. More, I think, for commercialization than anything else. They were first bred in Comala, Colima and are used for the theme for the Colima Dancing Dogs.

The Aztecs believed that dogs enabled the souls of people into the afterlife by carrying them on their backs. This could explain why both statues and real corpses of dogs are being found in their tombs throughout Western Central Mexico.

The Regional Museum in Colima is small but informative. They show an ancient civilization in this area (2500 BC) which was related to South American and/or Pacific cultures (as evidenced by deep well tombs which are not found in other parts of Mexico). The most striking artifacts are ceramic dogs (including a charming pair of dancing dogs).

As far as the 'teui dog' goes, as mentioned in the Codex; The word's meaning has grown beyond a means to find the original dog species. For example, Tan Teui is a famous traditional Kung Fu form practiced throughout China and traces its origins back to the Shaolin. The word "Teui" is currently used in several hashtags on Twitter and Facebook, to various fashion companies and styles, with others showing a particular style of art.

Just looking at the Codex's description could lead one to believe the original dog could have been crossed with a small fox, another Central American carnivorous animal.

When I started this article, I had never seen a Mexican Hairless or Xoloitzuintii (shortened to Xolo in some cultures). I thought they were the size of a skinny Basset Hound or larger. So, I was very surprised to learn that they can be the size of a Chihuahua all the way to a medium-sized dog.

They are the national dog of Mexico, originally Chihuahua dogs with a defective hereditary chromosome. They are one of the world's oldest and rarest breeds, dating back over 3,000 years.

Here I am, in the middle of the State of Washington, and having just written about the breed, when I saw my first Xolo hanging out of a car window in the middle of a Wally World parking lot. At first I thought that it was a black, shaved, Chihuahua, until his owner acerbically set me straight.

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



by Tommy Clarkson



The flowers are small but quite attractive and vary in color from one cultivar to another.

Ti Plant *Cordyline Fruticosa*

Family *Agavaceae Asparagabae*

Also known as *Cordyline, Hawaiian Ti Plant, Palm Lily or Tree of Kings*

Since writing about the more commonly seen, magenta-colored and often simply called a Cordyline – featured in Volume I of our “The Civilized Jungle” book series - no few have been the questions asked by visitors touring the gardens, or weekly readers of my “Planting Roots in Mexico” column, about its numerous, attractive “look-alikes.” Hence, let’s endeavor to address them here and now.

So, where to start? How about at a lunch featuring our topic plant? You see, in its original realm—as a result of its edible rhizomes being high in starch - these plants are used for food . . . among a variety of other applications.

Nowadays, Ti Plants, original and cultivars, have spread throughout the world as houseplants and garden features, but few are my acquaintances—if any—who dine upon them! However, noted tropical plant botanist (as well as being a rather prolific author on the topic), Dr. Arthur Whistler, has written that in Hawaii “a brandy-like drink called *okolehau* was once fermented from (its) mashed roots (and) the leaves have long been used for fibers, clothing, food wrappers and folk medicines (as well as being) currently braided into leis.”

Furthermore, and wholly germane to this piece, he continues that, “A bewildering number of cultivars have been named, with variously colored (and) differently shaped leaves,”

As to from whence these came, presumably, they originated in Southeast Asia and Papua New Guinea. It is thought that they, then, were brought to an array of the many Pacific islands by the early Polynesians. Various botanists have also noted that they occur in eastern Australia and a few other islands of the Indian Ocean.

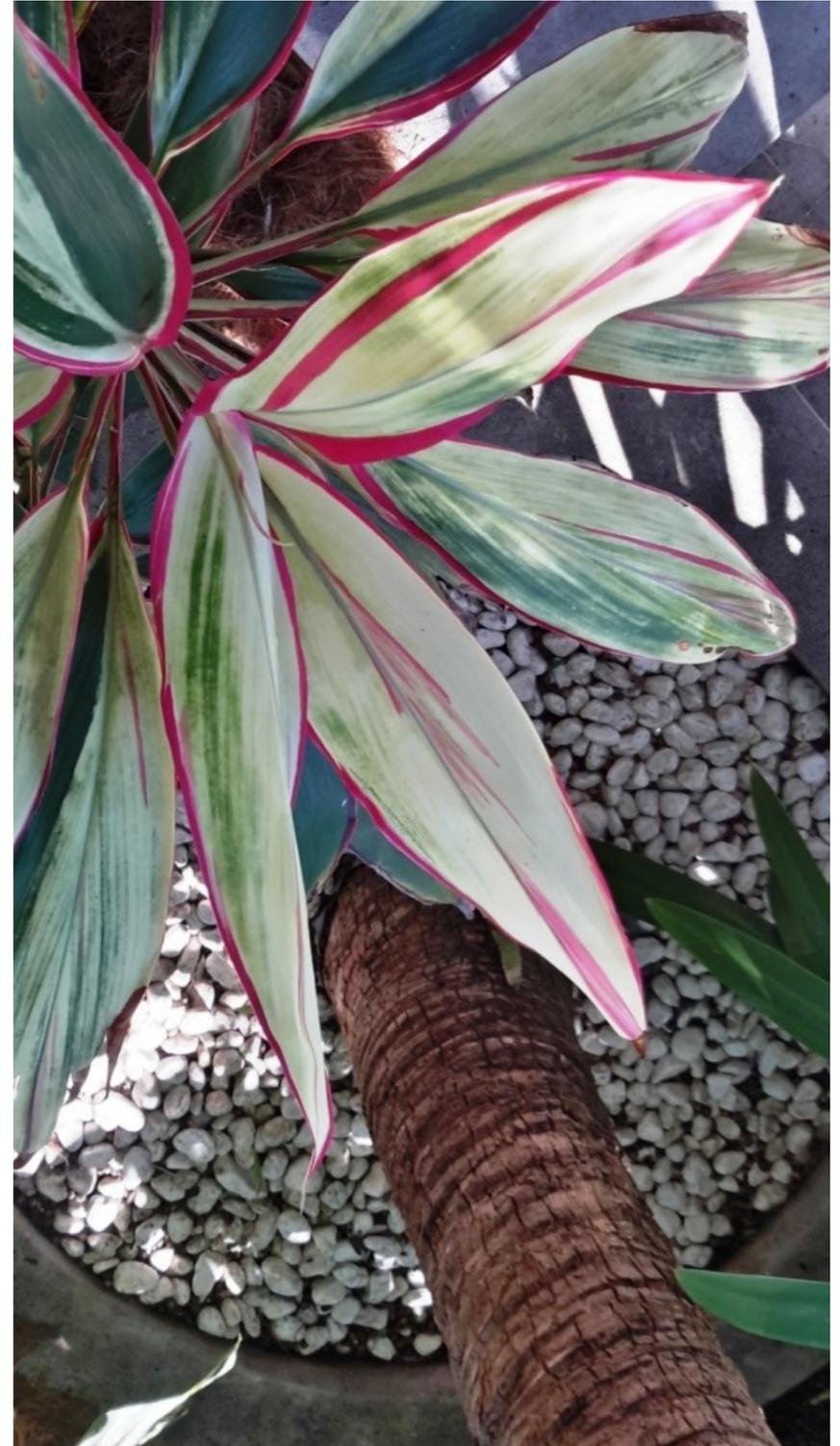
As a result of their striking color, this is one of those ornamental plants sometimes used in water applications – particularly, the one sometimes called *Dracaena 'Firebrand'*. However, this seems, to me, to be, simply silly and wasteful department as, before long, they will die, in that they are not marsh plants, but rather terrestrial ones. This is yet another case where we need to believe and trust some online advisors but, very cautiously, and I strongly encourage that we do our full and complete research before placing all of our new plant pets in our home or one’s environs!

(Oh my! I really shouldn't try to multi-task. I am still struggling to handle the multiplicity of activities that encompasses a full life, without my Patty. As I am writing this, on a Sunday afternoon and Ana, Jose and Felix are off, I'm here alone. Nonetheless, striving to be the domestic sort, I thought I'd boil some

...Ti Plant



Several sources attribute different name to this cultivar. I prefer "Hilo Rainbow".



I have heard of this one being called 'Candy Cane.'

eggs for inclusion in a fresh vegetable salad that I made a bit ago. Good idea – bad follow-up! My olfactory lobe just - very clearly - notified me that I'd allowed the water to completely boil away! Increasingly of late, methinks that I may be in need of a full-time "keeper, overseer, or assistant"!)

But, while the aforementioned - very well cooked - *huevos* cool off, let's get back to plant reality. These different *Cordyline fruticosa* cultivars grow upright, to just under ten to over thirteen feet (3.50 to 3.96 meters) on sturdy, slender trunks.

Sprouting from these are shining, lanceolate leaves on slender leafstalks. But, as alluded to at the outset, there are many cultivars of this plant having an array of beautiful colors and patterns, as well as varying leaf length and width. (And yes, you can safely trim back its stems to about a foot (30.46 cm) from the soil in which it grows. New shoots will grow back from the cut points.

These cultivars like a degree of lightness - but not full sun – and high humidity, as well as having their soil kept constantly rather moist, but not waterlogged. Propagation of them is best accomplished through approximately two and three-quarters to four and three-quarters inches (7 to 12 cm) long-stem cuttings that have been laid on a slightly sandy substrate and kept warm.

In such environs, before long, new shoots will sprout which can be separated from the initial stem piece and, once they have developed four to five leaves, planted into pot homes of their own.

Here in Ola Brisa Gardens, ours are interspersed along the pathway adding color and texture to the plethora of complementary tropical palms, vines and bushes and flowers. I believe you'll enjoy these characters!



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Avoid Mistakes Now, Live a Happy Retirement Later

by Yann Kostic

It's easy to make financial mistakes when you're young, because you can generally recover from them over time. Unfortunately, the same can't be said as you approach retirement, when you'll have less room for error. With that in mind, here are five mistakes that are easy to make heading into, or during, retirement.

Waiting too long to start saving

If you save aggressively in your twenties, those gains will compound over forty or more years. But the later you start saving, the harder it gets to accumulate a nest egg with which you are comfortable.

Not saving enough

Some of us are disciplined savers who live below our means and put away a good amount for retirement. Most of us are not. Indeed, the savings rate today is around 6%, about half what it was in the 1960s. So, as you approach retirement, it's a good idea to make do with less and save more.

Ignore tax consequences

Every dollar you pay in taxes is a dollar you could have potentially saved and invested. So consider tax-advantaged accounts, such as 401(k) plans and individual retirement accounts (IRAs).

Being too aggressive

Being too aggressive late in your retirement can be disastrous, and it's easy to do when we've saved too little. Many investors try and compensate for a lack of savings and low returns on safer investments such as cash and bonds by taking on more risk.

Being too conservative

On the other hand, having too little in riskier investments can also be disastrous. Stocks are usually the best long-term growth vehicle, but other investments can fall into this category as well – real estate, for example, and commodities. Regardless of how you take on risk, you'll likely need at least a little, depending on your time horizon – more when it's longer, less when it's shorter.

The takeaway: don't make mistakes now that will affect your lifestyle later.

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

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Hibiscus Margaritas

Hibiscus Tea Concentrate

- ✓ 3 cups filtered water
- ✓ 3/4 cup dried hibiscus flowers
- ✓ 1/4 - 1/2 cup sweetener of choice (or to taste, could use 1/2 agave, 1/2 cane sugar)

For 2 Margaritas

- ✓ 5-6 ice cubes
- ✓ 1/2 cup hibiscus tea concentrate
- ✓ 1 large lime (juiced - 1 large lime yields ~3 Tbsp)
- ✓ 2 ounces silver tequila (2 ounces equals ~4 Tbsp)
- ✓ 1 Tbsp. agave nectar (optional)

This drink starts out with the hibiscus tea concentrate made from hibiscus tea, water and your sweetener of choice.

The whole process is quick and painless and yields a gorgeous, deep magenta hibiscus tea concentrate perfect for adding a floral, tart-sweet punch to your favorite cocktails.

5-Ingredient Hibiscus Margaritas

Simple 5-ingredient margaritas infused with hibiscus tea concentrate, giving it the perfect tart, sweet finish. Complex, delicious, and pairs especially well with Mexican food.



Instructions

To make the hibiscus tea concentrate, bring 3 cups water to a boil, add hibiscus tea, stir, remove from heat and let steep for 30 minutes.

Strain into a jar or glass container using a fine mesh strainer and add sweetener to taste. The author found 1/3 cup (amount as original recipe is written, adjust if altering batch size) was about the right amount, using half agave nectar, half cane sugar. Stir to dissolve and let cool.

To make two margaritas, add ice, cooled hibiscus tea concentrate, lime juice, tequila and 1 Tbsp. agave nectar (optional, amount as original recipe is written, adjust if altering batch size) to a cocktail shaker and shake vigorously to combine.

Pour over two glasses with ice. Salt or sugar rim is optional. Garnish with lime wedge. If too strong, dilute with a splash of sparkling water.

Store hibiscus concentrate covered in the fridge for up to 2 weeks, though best when fresh.

Carbohydrates: 27.6g

Fiber: 0.9g

Sugar: 24g

Protein: 0.2g

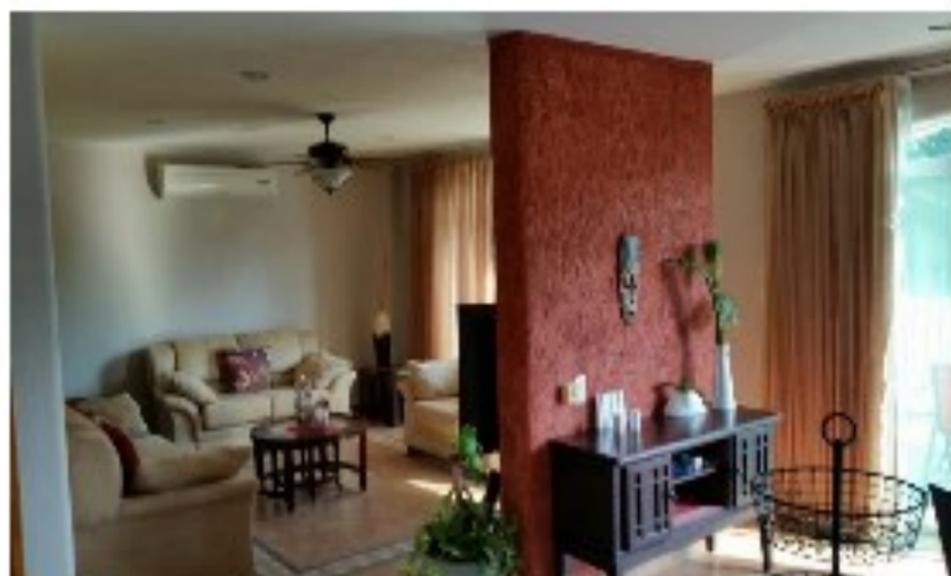
Source (article and images): Minimalist Baker



House for Rent

Golfers, take note!

Beautiful furnished home for rent, well situated in Real del Country next to the golf course.



The home has 3 bedrooms (each with air conditioning), 2 full, large bathrooms. One of the bedrooms is on the main (lower) floor and adjoins the downstairs bathroom. It comes with a fully equipped kitchen, a washer and dryer.



In addition to 2 patios, and an amazing view of hole 3 of the golf course, a third terraced deck overlooks the social area of the complex that offers a pool, tennis court and a palapa for your enjoyment.

This home comes with 24-hour security, wifi, cable TV and includes water, maintenance fee and covered, off-street parking for 1 car.

Rates:

\$2,100 USD monthly (3-6 months)

\$1,800 USD per month (7-12 months)

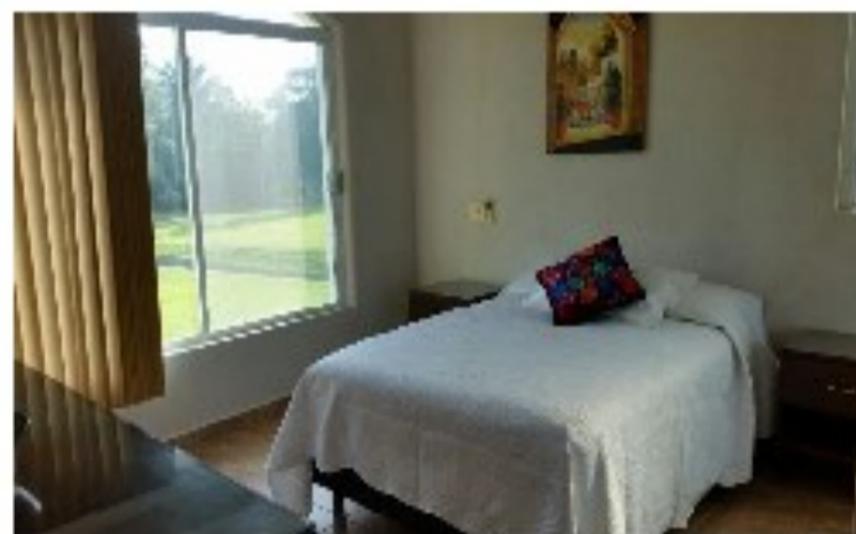
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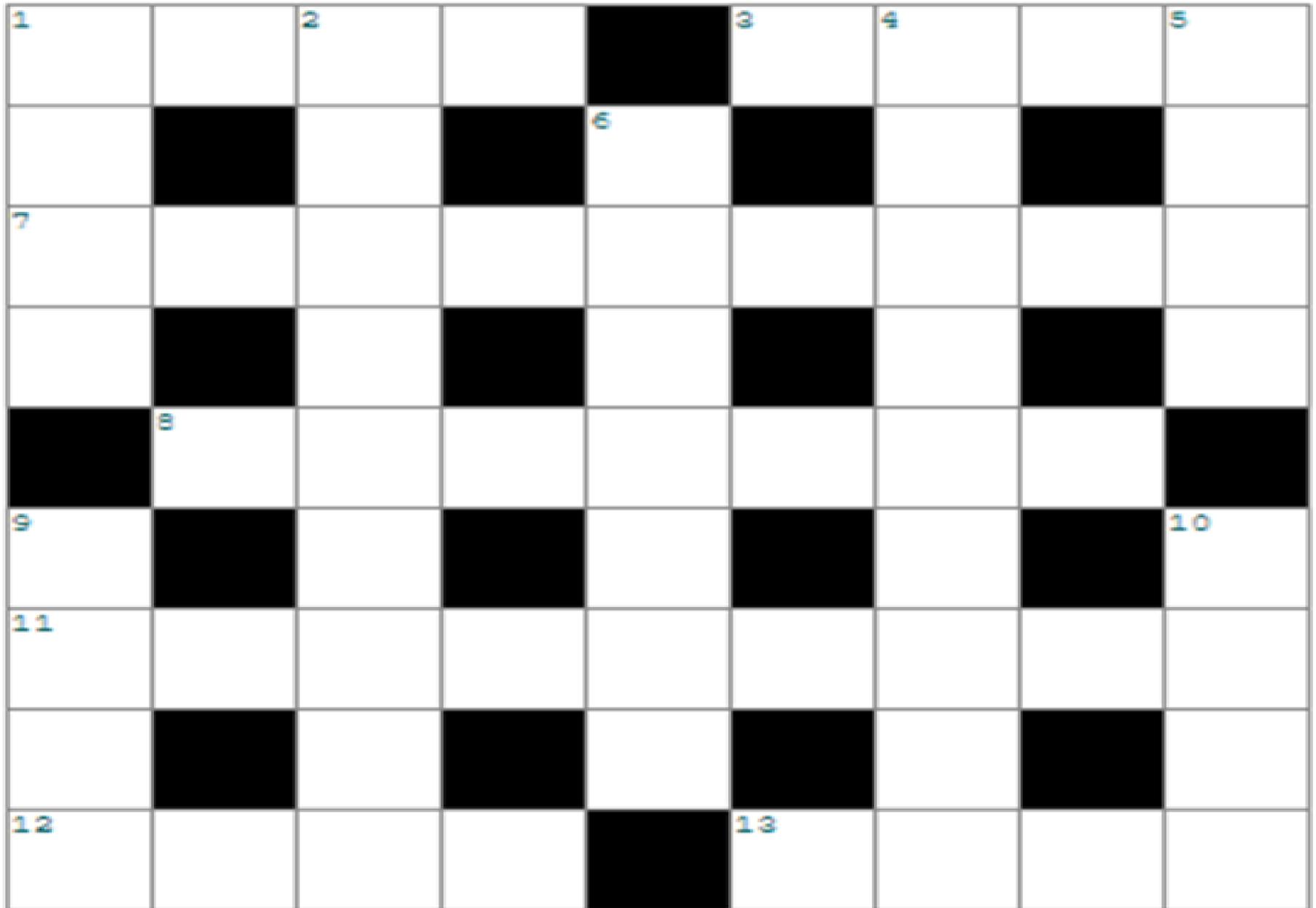
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Crossword

solution posted in next month's edition



Across

- 1 pink; rose
- 3 (I) drink
- 7 (I) link
- 8 (they) accept
- 11 (you/vosotros) will dance
- 12 healthy
- 13 (feminine of) this

Down

- 1 (feminine of) weird; rare
- 2 choice
- 4 (you/vosotros) will anger
- 5 odour
- 6 to accept
- 9 (you/tú) were going
- 10 island

Last month's crossword solution:



lexisrex.com

1968 Mexico Olympic Games

from the Path to Citizenship series



Enriqueta Basilio lighting the cauldron at the 1968 Mexico City Olympics Opening Ceremony, she was the first woman to do so.

Mexico first participated at the Olympic Games in 1900 and has sent athletes to compete in every Summer Olympic Games since 1924. Mexico has also participated in several Winter Olympic Games since 1928, though has never medaled in the Winter Olympics.

Mexican athletes have won a total of 69 medals with diving as the top medal-producing sport. The National Olympic Committee for Mexico is the Mexican Olympic Committee and was created in 1923. Mexico was the first Latin American nation to host the Olympic Games on one occasion, in 1968.

The 1968 Summer Olympics (Spanish: Juegos Olímpicos de Verano de 1968), officially known as the Games of the XIX Olympiad, was an international multi-sport event held in Mexico City, Mexico, from October 12th to the 27th.

These were the first Olympic Games to be staged in Latin America and the first to be staged in a Spanish-speaking country. They were the first Games to use an all-weather (smooth) track for track and field events instead of the traditional cinder track.

The 1968 Games were the third to be held in the last quarter of the year, after the 1956 Games in Melbourne and the 1964 Games in Tokyo. The Mexican Student Movement of 1968 happened concurrently and the Olympic Games were correlated to the government's repression.

On October 18, 1963, at the 60th IOC Session in Baden-Baden, West Germany, Mexico City finished ahead of bids from Detroit, Buenos Aires and Lyon to host the Games.

The 1968 torch relay recreated the route taken by Christopher Columbus to the New World, journeying from Greece through Italy and Spain to San Salvador Island, Bahamas, and then on to Mexico. American sculptor James Metcalf, an expatriate in Mexico, won the commission to forge the Olympic torch for the 1968 Summer Games.

Tlatelolco massacre

Responding to growing social unrest and protests, the government of Mexico had increased economic and political suppression, against labor unions in particular, in the decade building up to the Olympics.

A series of protest marches in the city in August gathered significant attendance, with an estimated 500,000 taking part on August 27. President Gustavo Díaz Ordaz ordered the occupation of the National Autonomous University of Mexico in September, but protests continued.

Using the prominence brought by the Olympics, students gathered in Plaza de las Tres Culturas in Tlatelolco to call for greater civil and democratic rights and showed disdain for the Olympics with slogans such as ¡No queremos olimpiadas, queremos revolución! ("We don't want Olympics, we want revolution!").

...1968 Mexico Olympic Games

Ten days before the start of the Olympics, the government ordered the gathering in Plaza de las Tres Culturas to be broken up. Some 5000 soldiers and 200 tankettes surrounded the plaza. Hundreds of protesters and civilians were killed and over 1000 were arrested. At the time, the event was portrayed in the national media as the military suppression of a violent student uprising, but later analysis indicates that the gathering was peaceful prior to the army's advance.

Black Power salute

On October 16, 1968, African American sprinters Tommie Smith and John Carlos, the gold and bronze medalists in the men's 200-meter race, took their places on the podium for the medal ceremony wearing black socks without shoes and human rights badges, lowered their heads and each defiantly raised a black-gloved fist as the Star Spangled Banner was played, in solidarity with the Black Freedom Movement in the United States.

Both were members of the Olympic Project for Human Rights. International Olympic Committee (IOC) president Avery Brundage deemed it to be a domestic political statement unfit for the apolitical, international forum the Olympic Games were intended to be. In response to their actions, he ordered Smith and Carlos suspended from the US team and banned from the Olympic Village. When the US Olympic Committee refused, Brundage threatened to ban the entire US track team. This threat led to the expulsion of the two athletes from the Games.

Peter Norman, the Australian sprinter who came second in the 200 m race, also wore an Olympic Project for Human Rights badge during the medal ceremony. Norman was the one who suggested that Carlos and Smith wear one glove each. His actions resulted in him being ostracized by Australian media and a reprimand by his country's Olympic authorities. He was not sent to the 1972 games, despite several times making the qualifying time, though opinion differ over whether that was due to the 1968 protest.



Gold medalist Tommie Smith (center) and bronze medalist John Carlos (right) showing the raised fist on the podium after the 200m race.

When Australia hosted the 2000 Summer Olympics, he had no part in the opening ceremony, though the significance of that is also debated. In 2006, after Norman died of a heart attack, Smith and Carlos were pallbearers at Norman's funeral.

Boycotting countries

North Korea withdrew from the 1968 Games because of two incidents that strained its relations with the IOC. First, the IOC had barred North Korean track and field athletes from the 1968 Games because they had participated in the rival Games of the New Emerging Forces (GANEFU) in 1966. Secondly, the IOC had ordered the nation to compete under the name "North Korea" in the 1968 Games, whereas the country itself would have preferred its official name: "Democratic People's Republic of Korea".

Source (images and article): Wikimedia